

Let us talk about Drugs, Faith and Weight Loss!



Jacobus Kotze

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By Jacobus Kotze

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A few words to my readers

I am always grateful when I see my books (free or otherwise) download by the thousands. Hence I wish to say thank you for taking the time. It is appreciated.

What you read here is three of my articles put together in one short book for your convenience. The first article deals with drug abuse and my somewhat controversial view that the real victim of drug abuse is the parents and other love ones of the addict. For some reason society feels sorry for the addict who thoroughly abuse it and then society blames the parents as if it is always their fault that the addict chose this way of life.

Why is that I wonder? And what does the law allow you as parent or spouse to do about a drug addict in your home? Are you allowed to search his rooms? All these questions are answered.

Secondly I included my views on my Christian Faith. You will not read any of my books where I do not confess that I am but for the grace of God. I have seen the very worst of life and I learned along the way that you are what your deeds shows you to be. For me it is very simple. If you cannot live in faith then you are faithless. This is no place for neutrality for you need to choose and choose wisely. Through the years, starting with my first divorce and wakeup call ten years ago I made a few notes to remind me of God. This article contains those notes.

Thirdly I lost weight and kept it off. Since April 2012 to now I lost more than 120 pounds by changing my lifestyle to some extent. Being as lazy as the next fellow I assure you it was neither difficult nor hard to do. Consequently I have the energy I used to have twenty years ago and feel good. Some of my clients were so impressed (and concerned) at the beginning that they asked me to tell you how I did it. Thus we have the short four page weight loss article. It really seems there is a need for it for it downloads twice as much as any other book or article.

I ask that if you enjoyed reading here and feel the need to donate then please contribute to any American Veteran Organisation or your choice. That honours my American Patriot who I love and she works for the U.S. Navy. She is not only

beautiful but way smarter than me as well. As in all my books I thank her for her support and love and above all, scissors.

** I am very sad to say she died, age 41, on 21 May 2014 after a short (unexpected) illness. I will always love and cherish her and we will meet in heaven one day. God knows best. On request from many readers I wrote a [short tribute](#) to her which is available online.*

Regards & best wishes,

K

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Extract from K's book [*Mean Streets - Life in the Apartheid Police*](#)

Extract from K's free eBook [*Your Worst Enemy*](#)

Extract from K's free eBook [*The Circle of Life*](#)

Book 1

THE DRUG ADDICT PATTERN

By Jacobus Kotze

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"Do not be deceived:

Bad company ruins good morals."

1 Corinthians 15 v 33

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Chapter 1

Notes to my readers & Introduction

This is only a short briefing and I could have written a full length book on the subject but the reason why I did not is time. More your time than mine for most readers of this briefing simply don't have time to read long boring academic or religious works when they need practical answers like in right now. You want to know what the signs of drug abuse are and what you can do about it without ending in jail yourself trying to protect your child.

I wrote this briefing specifically for you who suspects your teenager (child) is on drugs. Or your husband or whatever family member or friend or co-worker and you care enough to want to help. Always remember the law treats them and you differently and we will look at it in hands-on terms.

You need practical advice and you came to the right place. I think there is enough academic works on drug abuse to last a life time. Therefore this is not an academic work and does not claim to be one. I don't have the skills to write one anyway as my degrees are in law and law-enforcement. Right at the start I want to say the word "drug abuse" is a misnomer in the eyes of the law. Using illegal drugs is a crime whether you abuse it or not. Any form of use, small or big will lead to trouble. However I use the word in the normal sense of meaning "to use illegal drugs illegally".

Since we have no time to waste I kept my briefing as short and to the point as possible but we do need to clarify a few points. Please bear with me.

As background this briefing forms part of a much more detailed anti-drug briefing my legal advisory (we are a bit unconventional) gives to our corporate clients when they suspect drug abuse at the work place. It happens more than what you think and as you can imagine in an oil company or security company etc it is a big no no. Problematic is that sometimes the top management or their families are in trouble and we take care of them legally as well as the business depending who our client are. We also look at ways to protect their reputations.

An unhappy worker (because of drugs) is a bad worker besides all the other legal difficulties. So we have a chapter on family which is basically what you read here. As always I thank you for taking the time to read my works but I do hope and pray it is for informative purposes only as I wish drug addiction in a family not on my worst enemy (and I have a few which is still alive).

Drug addiction destroys the one thing which should always be sacred and that is the family unit. So whilst I will not become religious on the subject I do feel dark forces at work here. However that is another discussion. Note whatever I say about drug addicts I do not say in hate or in condemnation. I refuse to judge but I do make a stand based on my beliefs and what I saw in my years in practise.

This is not an easy subject and if you read my other works you will know my views are frequently politically incorrect and my sense of humour not in everyone's taste. I do not apologise for that. Many years ago I decided I will stick to the truth as I see it even if the long haired liberals don't agree. I must ask you that if you are politically correct and feel sorry for the poor drug addict then stop reading now for you will never agree with the contends. Each to his own. I respect your views.

For the rest of you I hope you enjoy reading here. You may be shocked on what you read and even if you do not agree entirely I hope it means something positive for you. You are welcome to contact me if you wish for more clarification on certain points but please ensure that you tell me on which of my works you are commenting on.

There are purposely no DRM rights on this briefing and you are invited to spread it around as much as you please. Even if it assists only one fellow human it is worth the time and effort.

I do not write fiction though I regret my inability to do so. All my writings are practical and based on personal experience. So this is not fiction. It is based on cases I dealt with during my years in the South African Police and subsequently as lawyer & legal advisor. It is one of my future projects to establish a charitable organisation to assist the parents and loved ones of drug addicts. Not the drugs

addict. As far as I am concerned they get enough undeserved sympathy from the many hundreds of good meaning charities.

That is the first shocker in this briefing or as I prefer to say "an unconventional approach". In this briefing you will not find any sympathy whatsoever for the drug addict or the drug user or junkie. Call the creature what you will for they have many names.

All of which is designed to hide the fact or minimize the fact that he is a drug user by choice. The truth is that he is already dead in my eyes and I will explain later why I say so. I realise it is harsh words and this does not mean rejection and condemnation at all. As we go along the meaning will become clear to you. For now it means to draw the line and act positively to stop the addict from abusing you as parent with emotional black mail & money & physical.

My sympathy is reserved for the living and not them. This briefing is for the parents and loved ones who have to deal with the drug addicts' weaknesses in life. A child's addiction is really tough and hard on you as a parent. No one wants to see a loved one in such a position for it is indeed terrible.

The real victims here are the parents and loved ones who are ignored by society if lucky and at worst wrongly condemned of causing the poor drug addict to use drugs in the first place (yes I am sarcastic). In most cases that is utter nonsense. Unless someone kidnapped him and force fed him drugs I cannot bring myself to have that kind of misguided sympathy.

He caused this himself which I can still understand for boys will be boys as they say. Continuing with the drug abuse I fail to understand completely. What happened to that good principle of "taking responsibility?" Or are we so politically correct these days that we refuse to acknowledge facts and would rather waste our resources on the dead?

Why is it so hard to accept some people have a death wish by choice and no matter what you do it will end in death for them? Usually within 3 years if on the wrong addiction. That is how long it takes on average for a healthy man to die because of drugs and I saw it many times. When a girl is involved and she starts selling her body Aids get here sooner than later. It is terribly sad.

Now there are cases, I investigated some via my legal consultancy, where young girls are kidnapped, drugged, raped and made to work as prostitutes. Or they are sold on the internet as wives which are the same thing in many cases. This is generally referred to as "white slavery" but it happens in Africa more with black woman than white. Black women being generally poorer, less educated and more traditional (read dominated by men). All of which is designed to lead to abuse. Please note I am not calling black women slaves or prostitutes or drug users as one idiotic long haired liberal accused me off.

** If you have a missing child or someone - contact www.pinkladies.org.za who may help you. They are worldwide.*

When I say he I also mean she. The word teenager may also be a more mature person. Age is not important. It is what he does with drugs which interest us for this discussion. Mostly though I refer to teenagers who are minors in the eyes of the law and thus your responsibility as parent.

This briefing is not about the white slavery ones for they deserve our assistance and deep sympathy and are indeed victims. Unfortunately the system fails them most often than not but that is another story for another day. Here we mean the loathsome teenager who should know better but for whatever reason decides to take drugs willingly whether to "experiment" or "under group pressure or "to be cool" or whatever. To be brutally honest I am sincerely not interested to hear their excuses as they lie when they open their mouths. All drug addicts do as we will discuss below.

In today's world the poor addict cannot even claim a lack of knowledge for everyone knows drugs are a killer and that even one "experiment" can lead to addiction. And whenever he gets his fix he is very happy with life and selfishly don't give a you know what for his parents or loved ones.

Addicts strive on misguided sympathy (which is why I have none to give) and play that card as much as possible. We have a saying in law that you cannot claim the courts sympathy as an orphan after you killed your parents. Same thing here. You take the drugs knowingly and willingly and keep on doing so and then want sympathy? Everyone must now feel sorry for you!

Bit ridiculous is it not? Unfortunately not in our modern liberal society. Most charities (all long haired liberals) are only concerned with the poor addict. They offer zero assistance for the parents and loved ones and condemn them as bad parents. That is absolute nonsense in most cases I dealt with.

As said I wrote this briefing for the parents and the loved ones and the need for it is great. Many of my clients are wealthy people (they have to be to afford me) and unfortunately this type of situation happens to their families all too often. We become involved in the legal aspects but really, law is not the answer here. The law (and I speak as an expert) is not on your side and tend to look at the problem from a criminal viewpoint. Which is fine when you are a policeman arresting drug addicts or suppliers but of no assistance to you the parent who understandably is highly reluctant to have his teenager arrested and exposed to even worse elements in jail (or so they believe).

I say believe for I spoke to many addicts who told me jail saved their lives. There are alternatives like rehab which is useless unless the addict wants to change and mostly they don't. Something which society doesn't want to recognise as it constitutes failure for some reason which I don't get.

Even our courts are bending backwards to drop the charges (on any crime committed by the addict) if only the poor addict will go for rehab at a State approved (probably funded also) institution and report back to the court that he went and is now rehabilitated. I wonder how successful that is and if this soft approach is working. My investigations showed me not much. In fact under any non-liberal circumstances it will be seen as a complete failure. Most rehabilitated addicts will go back to their old ways sooner than later. For the ones who don't go back to their addiction I take my hat off but they are not our concern here. On an average they are the odd ones out and I am glad for them and their families.

We will deal with the signs of drug abuse and then what to do about it in the next chapters. Once you find the evidence of drug abuse you enter a world of pain and deception. A world which (I hope) is alien to you and I really regret the need for you to go through it. There are all sorts of legal problems associated with that world which we will discuss in due course. You see in law there is

always an answer for there is no emotion involved and nothing new in law. But the legal answer is not always what is needed to correct the situation. How can a parent call the Police when he finds drugs (or what he thinks is drugs) in his teenager's bedroom?

What do you do then? Are you even allowed to touch it or destroy it? In theory no. It is evidence of a suspected crime scene. Same as where you hide the body or the murder weapon. We will deal with these questions later on in more details.

My whole life as a lawyer and later legal advisor is based on that conundrum. Law is not always the answer despite what the liberal law professors say. You can read all about that in my book "Tricks of Trade - Forensic Law Principles in Africa" if you wish. And no this not a marketing ploy. If you cannot afford the few dollars my full length books cost and want to read it I will send it to you for free on request. You are welcome for the messages in it are of more importance to me than money which I use for charity. I also made the rule that ex-Police and ex-Military are entitled to it for free. Serving members also. They at least agree completely with its contents though it caused uproar in long haired liberal circles.

A long hair liberal by the way is someone who takes his liberal human rights views so far that it becomes dangerous to society. Usually that leads to mob or lynch justice and is so one sided in favour of the criminal that the rules of natural justice is broken. We don't see eye to eye though I respect their views as I will respect yours.

I am as I am sure you gathered more conservative if very unconventional. The above is true of all my books I mention here so forgive me if I mention them now and then. If I had to include all the examples in them this short briefing would be hundreds of pages long and as said you don't have the time to read it right now. We have a problem to solve and once you finished here you will be able to recognise drug abusers. That is the beginning in our efforts to deal with them. You will also know what to be on the lookout for and how to minimise risk to you.

Drug addicts are not that clever and most display the same symptoms which form a pattern which we will look into in chapter 3 under "Signs of Drug Abuse". Obviously there exists the odd one out but this briefing is for the average parent with the average family who suspects something is wrong but cannot be sure.

For my generation and I am only 45 years of age drugs were never a big deal and I hope not for you either and thus you have no first-hand knowledge on these matters. Our parents kicked the you know what out of us if we smoked never mind taking drugs as such. We did not have mobiles and the internet to set up drug deals and may I say lived in simpler times. Certainly drugs and alcohol abuse was unknown to me when I grew up and I honor my parents for that. Later years, during my service with the South African Police, the macho culture required me to drink more than what was wise but it never became a habit. If you wish to read about that time it is in my book "[Mean Streets - Life in the Apartheid Police](#)". Today I have so many secrets in my head that becoming drunk is not an option. In fact I never touch alcohol for that very reason. Some of my clients were Heads of State and for politician's quite nice people.

As with all my books and articles I claim no recognition as an Author. I apologise in advance for any grammatical errors you may find here. English is my second language and this book is written in South African English which is not the same as American or what is known as Standard British. We devolved our own ways which is hard for me to shake off even if I wanted to.

To protect myself against claims I must tell you that I am not a drug counsellor or psychologist and claim no expert knowledge on those fields. This is a guide only and must be read as such. All situations are unique and we advise you to contact the experts where needed. When I talk of the law or legal consequences I speak of South African law which is based on the common law system and follows English Law closely. Your own laws may be different but all countries have basically the same laws if in different wording. As such it is applicable on most countries.

Grey hair means wisdom in Africa and wisdom is not college knowledge but the school of hard knocks. That is where you earn your grey hair which is why we respect grey hair above all. Most certainly I am not grey enough myself. I am

frequently told I am not very clever but I am in my own defense clever enough to agree with that statement.

I ask that if you enjoyed reading here and feel the need to contribute then please contribute to any American Veteran Organisation of your choice. That honours an American Patriot I love and she works for the US Navy. As in all my books I thank her for her support and love and above all, scissors.

We need to take care of our Veterans. This war on terror will go on in their minds for many decades still. Even if victory is declared I assure you the war will not stop for them. I speak of experience which is why I wrote "[Mean Streets - Life in the Apartheid Police](#)".

I also mention my previous books now and then. Let me be clear that is not meant as a sales drive for they are downloading by the thousands I am rather astonished to say and most grateful also. I will gladly give the few books I actually charge a nominal fee for to you ex-gratia if you cannot afford it and feel the need to read it. All Veterans and serving members of any Police (including the Army, Navy, Marines, Coast Guard and even Air Force) or Fire Department are authorised free copies of my books.

Just send me an email request for it. You are welcome and my American Patriot and I thank you for your honourable service. In this offer I include their wives as they suffer more than the actual serviceman in my opinion. They are the ones who deal with shattered minds and have the most to absorb from "[Mean Streets - Life in the Apartheid Police](#)." It explains how a good man becomes something which made satan happy. In essence to survive years of combat you change and then you go over. When you come home you have problems which only love can solve. Normal life became very abnormal to you and it is a struggle to adapt. Nothing makes sense and everything is a hassle.

You can read the book yourself. It is as good a story as any on that subject (not my words).

Best wishes,

K

Chapter 2

The drug user or addict is not the victim - you the parent is

Yes I hear the long haired liberals saying that the junkie is the victim and he has no choice and we must feel sorry for him etc. You heard all the arguments ad nauseam before as they beg you to contribute financially to their charities "to take care of the poor junkie and get them rehabilitated". I often heard it in court when I still bothered to go. These days we settle matters as much as possible and avoid the courts. It is faster, simpler and more secure to settle.

I beg to differ with the long haired liberals and say "no way." The junkie is not the victim here and never will be. He is in his own world by choice and choice alone. And as long as he stays there he deserves no sympathy and should be treated as being dead already.

Strange how people roar in anger when I say this! Shame, poor old druggie cannot help himself and is now abandoned too by his parents (my clients). Nonsense, he has and had a choice. Fact is he does not want to make the right choice. And you cannot force him to do so by any means known to man.

Intellectually he probably understands the risks and the need for genuine intervention but he cannot bring himself to act rationally on that thought. It is recognised as *dolus eventualis* in law or in plain English the principle of indirect consequence. The classic example is where you fire a shot blindly into the night and foresee that you may shoot someone unintentionally but dismiss it and still pull the trigger and then you do shoot someone and is now in court and in big trouble.

The above means logic plays no role to the addict. You simply cannot convince him what he refuses to accept and turn over in deeds. Even shock tactics don't work. At the end of this briefing you will find a poem called "My name is Tik". Tik is a dangerous drug spreading like wildfire amongst the young people all over the world. It could be "my name is heroine" or whatever drug for all of them has the same end. Death and nothing else!

Indeed it is a shocking poem and shows how drugs destroy lives and a very sad story to read. Made me wipe a few tears reading it but unfortunately it will have no effect on the junkie because of the dolus eventualis principle above. They cannot be bothered and you better accept that as fact for your own sake. Nothing you say nor your tears nor anguish will mean anything to an addict.

The next fix alone is what means something. They don't have feelings like they used to and are not the same teenager you love. They changed and that is why I say they are already dead.

Besides the deplorable lack of logic a drug addict is not trustworthy. Does not matter what he used to be and I accept most were very nice people before. The way he is now he is beyond the honor of being trusted with anything. As a former police officer I guarantee you that he lies whenever he opens his mouth. You just cannot believe a word he says and he will say anything to obtain more drugs or money to get the drugs. They will lie to you in your face and make every promise in the world to keep straight and away from his fix.

It is not a promise he is willing to keep either and only a way to the means (money from you) and it is useless for you to extract it. An empty useless victory. Simply put he will always be in breach of that promise unless he really wants to change (which is not often). Talk to any parent of a drug addict and they will confirm this lack of trust. I can tell you it breaks your heart to listen to a mom crying over the broken trust and knowing tomorrow that addict will do the same to her. She dies a thousand deaths.

Legally, you cannot enter an agreement (promise) with someone who is not *compos mentis* (fully aware of his surroundings and of sane mind). Why do I say this to you? Because it has legal consequences when a man starts to spend all his money on his habit instead of taking care of his family. You, the victim, have legal rights in such cases. For instance you may declare him incapable of handling his own finances and let the court appoint someone to take care of that aspect. This happens obviously only with relatively wealthy people or older people who have a pension or regular income. See your lawyer for more details for whilst it is a relatively simple application to court it cannot be done lightly. It is a big thing for a court to deny a man control over his own property and money

and will not be done just because you say so. Expert evidence will be needed. But it can be done and is done frequently enough. It is called curatorship or legal guardian in plain English.

Also keep in mind, regardless on how you are married, you may also claim living expenses for yourself and the children. Does not matter if you are married, not married or whatever. Child must be taken care of financially by both parents and the courts will intervene if not. You don't need to suffer further financial harm.

Further on this subject is where the parents are drug addicts. Giving a teenager alcohol or drugs is a criminal offence which may end with you in jail. Remember that when you see your family member giving his 3 year old son a beer to drink and think it is very funny. In fact it is common assault or an offence under the child protection laws. By not intervening you may also be arrested as an accessory.

So if you know about such cases there is a duty on you to report it to the Police. In most countries the law of evidence is such that a spouse cannot be forced to testify against the other spouse for obvious reasons. Except for case where children are involved and high treason. This is how serious the courts look at such behaviour.

What may be a joke to you may well ruin your life. The same with a store owner who sells liquor to minors. Or you who is of age but buy it for your younger brother and his mates. You are accessory to a crime.

On the lack of trustworthiness I must say to you that if the addict happens to be a girl you need to be very careful for she will offer her body for money to buy more drugs. It is a terribly sad situation and must be living hell to be in. They also are extremely manipulative and will abuse any and all sympathy against you.

Never be alone with her as she may accuse you of rape or any other horrible sexual deed in an attempt of black mail for money. Since we are on the topic note also that a drunk woman cannot legally give consent to sex. Thus you are raping her even if you don't think so. A crime which carries the death penalty in many countries in Africa if not South Africa anymore. The courts will not be

sympathetic to you. They tend to believe the woman in their efforts to be politically correct.

Same with an underage girl even if she looks and acts mature. Legally she cannot give consent and no excuse you make afterwards will save you.

Be warned. We Africans are quite conservative and in many African countries homosexuality is still a crime. Thus no amount of consent can ever be legal in the eyes of the law. Even consensual anal sex with a woman may end with you in court and I assure you you do not want to walk that road unnecessary. For more of this you are welcome to read my book "Tricks of Trade - Forensic Law Principles in Africa" where we discuss what not to do when doing business in Africa. Being trapped on a false rape accusation is one of the scams Westerners (or anyone with money) are subjected to.

Always remember the addict does not care one bit about you and will do whatever is necessary to get the fix. In the beginning of his addiction still looks like your teenager but in fact he is not. The addict is not the same as your beloved teenager. He changed into a monster. Of course this does not mean rejection or not to love him. Just be aware that your love will be abused. To him it is a weak point to exploit.

All above is why I advise my clients to treat them as dead already. Unless that addict wants to change his life around (and I want to see deeds not lies for he is a liar by nature) he cannot be helped and you as the parent or love one will die a thousand deaths every time he lies to you. I know this sound cruel and it is but there comes a time when you draw the line and do what is necessary for it is impossible to live in peace with a drug abuser under one roof.

You are the victim here. Always remember this despite who says what. You are the victim. Society though will not treat you as a victim. I have seen you treated as the cause of the trouble that the addict is in and let me say to you it is not your fault. Never ever start to play the game blame on yourself. You did not make that choice on the addicts' behalf. He made it and thus he must take the consequences. Anything else is nothing but an unwillingness to take

responsibility. Blaming yourself is the very worst thing you can do. You did not fail as parent. He failed you.

And why is that important you ask? Because the addict cannot be helped if he is unwilling to help himself. It is really as simple as that and nothing you say or do can change that. Thus he is dead to you.

Does this mean rejection of the addict? No. I had many readers writing to me to about this question so let me say again we do not reject & condemn anyone for all of us make mistakes in life. Nothing diminishes the love we have for our children even if they become drug addicts for whatever reason (unimportant why). It is impossible for a parent (I hope) to reject his child and I am not advocating it here. That idea alone will make all moms stop reading and send me horrible emails.

We need to understand though what we are dealing with. The addict is not your child anymore but a different animal all together who needs professional help which you cannot give to him. What he does not need is you covering up and assisting him further with money etc to increase his habit. In that way he is dead to you.

Since it is impossible to say no to an addict you need to get him out of your life into a secure environment where he can be rehabilitated (if he wishes) and you left in peace to carry on with your life. He cannot stay in your home anymore. You will soon enough agree that you need protection against the addict.

This does not mean you love him any less. But as long as he is a drug addict he is dead to you. Otherwise he will abuse you all the time and you will assist him to an early grave and then the real "what ifs" start. You have to face the facts as cruel as they are. Either he takes the rehab seriously or he dies. Simple.

Chapter 3

Signs of drug abuse - look for the pattern

All below should be read together and not in isolation. We call it the pattern and we look for all the signs as it seldom changes. When all are present it is a very strong indication that drug abuse is taking place. We are very seldom wrong on this I am sad to say.

What you are looking for are sudden changes and dramatic changes. It takes places over months. Not years. Many times family friends (visitors) notices it first for they don't see the child every day and thus have no exposure to the gradual deterioration. Many times the dad works overseas and being ex-Military immediately picks it up when he returns home on leave.

Our advice is to listen very closely if a friend raises drug concerns even if you think it is ridiculous for you know your child. Thing is you do not know the addict who looks like you child. That is an unknown monster. Your child is already dead.

Don't dismiss such warnings lightly or start lifelong feuds because of it. No responsible friend will make such accusations without good reason. Drugs knows no boundaries and strikes rich and poor with equal determination. Religious people too. Drugs don't care. In fact if it can destroy the family unit it succeeds very well in its evil but as said I am not going to get religious with you here. You can down load my Issues of Faith if you are interested in my beliefs.

Valuable items disappear suddenly

The first sign of drug use is that valuable items go missing in your house. This includes items like mobiles, X-boxes, DVD players and every electronic device you own. Anything of quick value is targets to be stolen or traded (same thing in law). Even firearms and coin collections which in the case of firearms will cause you a world of trouble when reporting to the Police. Addict don't care about that. He concentrates on the next fix.

There is an old joke which says that cocaine addicts are the best entrepreneurs for they need to make massive amounts of money to afford their habit. Certainly

when we raided their places we found the Porches etc but only in the beginning. Once down the road they end up in the streets without anything. Indeed it is very sad to see a man reduced to that state. Professional men who lost their licences to practice and their family and every drop of pride. However, here we are dealing with kids who are dependable on the bank of mom & dad.

So mom, when you notice that valuable items are missing the alarm bells must start ringing. What they do is to "lose" their mobiles every now and then or that is what they claim anyway.

No mom, it is not lost. It is sold for drug money or traded for drugs. If you now claim from your insurance you are committing fraud and because the insurance company usually wants a police case number you are wasting the police's time. Between the two of them they will make life very hard for you if found out. They may even fake a robbery to steal from you and since they know where the security cameras and other counter measures are they succeed at first. At the same time the other security cameras, for instance at the gate, will betray them quite quickly.

They are also lazy and will take the stolen items to the nearest pawn shop where you will find it.

Replacing the mobile is a waste of money for it will continue to happen as the fixes get more to have the same effect. He will just keep on "losing" it until you wake up.

Why do I mention this? Well, it brings us to the question *how far should you cover for your addict teenager or love one?*

I wanted to answer this question later on and also ask you to read Chapter 4 "What to do when suspecting drug abuse" a bit further on. Let us deal with this question now.

As a parent I fully understand how hard this question is for as a parent I am tempted to say as far as possible. But you know and I know that it is wrong. It will only lead to more problems for the nature of drug abuse is one of continuity until death stops it. Even a rehabilitated addict (still an addict) will

tell you he gets the urge now and then. It never stops completely. Thus you will get yourself dragged into that horrible world the moment you take the wrong choice which is to cover for them.

In plain English we advise you not to cover but also not to sell your child out without trying intervention first. We deal with this later on. The authorities are not always the correct answer but it depends on the circumstances. This is just a general starting point depending on how far the addict went over already. It is a moral issue rather than a legal one.

Another word for cover is to condone. The law sees it like that. If by your actions you condone the crime the courts may use the legal doctrine of common purpose against you. Not to say they will succeed though. It is more likely that you will become an accessory to the crime, in this case possession of drugs. Now it suddenly becomes a different ball game for you are dragged into something you are innocent off.

Condoning is very bad for you when that what you condone is a crime. Thus my answer to you as a professional man is no cover-up at all. Face the facts and do what is necessary. And yes I know how cruel that sounds and hard it is on you also.

Believe me, you have no other choice. Mostly my clients who come to me are so deeply involved (compromised) that we need to defend them as well as the addict which is unnecessary. We will look at your options later on. Going out to kill the drug dealer is not the answer even if you succeed someone else will replace him within minutes. He is not the problem here as he survives of supply and demand only. Your addict child is the problem.

A second variation on this scam (for they are scamming you out of money) is to say the mobile broke and they handed it in for repairs somewhere. Thus they only need x amount of money to fetch it when fixed and no, they don't need you to go with, they will deal with it. And you think how nice it is that the teenager took responsibility and acted maturely by sorting the problem out himself.

However, especially when the mobile is under guarantee, this is suspicious behaviour.

How many times can a mobile break? Despite the rumours they are reasonably reliable. So when that happens insist upon the guarantee to be invoked and take care of the repairs yourself. Never give money to the teenager to do it. His reaction will tell you if I am right or wrong. They usually over react completely for their next fix is now in danger.

Going into a tantrum is a dead giveaway. Expect tears and threats and not so subtle reminders on what an idiot you are for not trusting them etc. They may even storm out of the house and play the guilt game on you.

They will stop at nothing to get that fix which you will pay for.

We advise our clients to enable the new sim card block function and whatever else technology can do on the teenager's mobile to block it remotely. Once I traced a "stolen mobile" down and after I had a fatherly talk with the new owner he showed me where he bought it quite legally. That teenager sold it for almost no value and told his parents it was broken beyond repair and that the repairer refused to give it back. Now you simply don't sell that kind of injustice to a man like my client and his teenager should have known he would follow it up with the repairer via my offices.

In fact I made a fool of myself and whilst I could have confiscated the mobile under law I decided not to for the simple reason of natural justice. The new owner bought it in good faith and to punish him would be wrong. Now if he alluded with the addict that would be a different story.

We advise you to make the mobile worthless and keep the codes (not your birthday for children are clever with electronics) to yourself. Some clients enter it with their eyes closed (the mobile beep as it is entered) so they would not know the code anyway. Or they ask a friend to do it. This shows how manipulative the addict is for his parents to go to those lengths.

We want the mobile to become a paper weight with no value if sold illegally or stolen. Then no-one will buy it or trade it for drug dealers are not as stupid as their addicts. They test it beforehand.

Another dead giveaway is when the mobile is stolen but the sim card still in the teenager's possession. Yes a nice thief may give it back but not often. Usually the two go together. Also where the box which the mobile came in and or its charger and accessories also disappear at the same time. Yeah sure, teenager just happens to take that to school when he lost everything at the same time. Twice in a row now. Really need to be careful old chap.

A third variation is to say "it is with so and so" who is a school friend and it never returns for whatever reason. Always excuses for it is already sold. Follow up and see if it is there by calling so and so's mom. Nine times out of ten the poor friend did not even know about it. Or the friend now suddenly lost it if not stolen from him. Whatever the excuse the item is now gone.

Sudden need for money

As a child I never got pocket money without working for it. Just the way it was in the seventies and early eighties and I am grateful for that lesson. Whatever your way of doing pocket money it is a sign of drug abuse when the teenager suddenly needs more money that what his budget indicates is the norm.

Surely you know plus minus what he spends on what and when. If not, find out and start teaching him the value of a budget. Gives you insight in his life which is your right as a parent. A child lives under your rules under your roof. My elder brother who is a top class lawyer still cannot smoke in mom's house as a matter of respect. That is the way it should be. It has nothing to do with controlling his life but all to do with steering it under acceptable norms & standards.

Many of my clients, especially the moms, are shocked beyond believe that I suggest they spy on their teenager. Really, it has nothing to do with spying. You as the parent has a huge responsibility to know (not think you know) on what is happening in your child's life whether he likes it or not.

They say that power corrupts and it is true. We see that all the time in Africa. However, too much freedom for a child also corrupts. Do not lose control. You are not his buddy but his parent. Different kind of relationship.

The drug addict teenager will always need more money for his habit is expensive. A fix can cost anything between 30 USD and more. So every now and then he needs money for this or that and it all adds up. Since they are not clever they normally stick to an amount. Whether it is to do this or that the amount strangely enough is always fixed or doubled or tripled to the first one. Now you know business does not work like that. Nothing is ever the same. Warning lights must go on.

How do you prevent this type of scam?

The best way is electronic payments for whatever the "school" wants for "trips" or "excursions" or whatever he tells you. Never in cash and never into a private account. Schools don't do private accounts.

In this day and age carrying cash is dangerous if not very unhygienic. Besides the obvious danger of robbery it is a well-known fact that money is more unhygienic than your toilet seat. We always advise our clients to wash their hands thoroughly after handling cash. This is not applicable only to Africa. Traces of all sorts of horrible & nasty things are found on all cash worldwide. As a History boffin I can tell you that during WW2 the Germans faked English 5 pounds notes to such an extent that a new note was introduced. One of the giveaways (in the beginning) was that the money was too clean. The Germans being Germans used new linen as basic ingredient whilst the Brits used discarded prison linen in the original. Ironically, one of the infamous German spies, code named Cicero, was paid in fake money and sued the West German Government after the war for his rightful fees. He lost the case on some technicality.

The addict is quite clever in scamming you. After all no parent wants to treat his children with suspicion so he gets away with it for a few months! The problem is that as the habit grows the money problem becomes worse. And that is when sex starts to play a role. Usually by that time everything of value were sold or traded.

Erratic behaviour & Change of attitude & Mood swings

There is nothing in this life more erratic than a drug addict. One day he will be nice and his usual self (because he had his fix or wanted money) and the next horrible and abusive and crying. It is an unmistakable sign which you will never be able to ignore.

Mostly parents say it is hormones or teenagers or whatever crap they hide behind not to face reality. You know your child. If he changes this dramatically something called drugs is involved nine out of ten times.

Do not take the easy way out to bribe good behaviour. Good manners should be a given in your house and respect towards you as parent as commanded from God. It is not open for negotiation.

Strange friends & Weird time keeping

They say you should never judge someone by his looks and it is true. Some of my best friends will be able to intimidate any drug dealer or terrorist by looks alone. Funny thing about them is that they have a healthy respect for their wives who are much smaller and better looking. Mean looking people are usually loyal friends for they graduated with honours from the school of hard knocks. You can count on them more than the college men but that is only my opinion so don't write me nasty letters. I am a college man myself these days. A bit too liberal also since I don't support the death penalty either. Lawyers are not clever enough to make life and death decisions.

However, when your teenager suddenly has friends who makes you wonder about their parents it is a problem. Especially when older and not in the same school as your child and they cannot give you details on where they work or who their parents are etc. As a parent (women are very gifted by nature on this) you will feel something is not right with this particular new friend.

I know I am conservative but a school girl dating a grown man who left school years before is to me just sick and unacceptable. I am tempted to fetch my shotgun when I see that. It is one of the first signs of drug related problems when the wrong friends turn up and have a hold on your child.

Remember that drugs need to be bought. Besides the fact that it costs money (which older men have relative to the child) someone must supply them.

How does a teenager get drugs? Obviously via his supplier or his friends.

So let us look at the logistics. Presumably the drugs are not sold in your own house (a distinct possibility unfortunately) thus the addict needs transportation to the supplier. Yes I know drugs are also sold at school but that is another topic. We are looking for signs of drug abuse here in your house.

I realise that American teenagers drive cars legally from 16 years and older (my American clients found this statement hilarious for reasons which they refuse to explain claiming some amendment on the right to remain silent) so if someone can tell me I will be grateful. I would not want to think they drove illegally. This is not the case in the rest of the world where driver's licenses are not issued before 18 years and cars much more expensive and it is not as common to see a teenager behind the wheel.

The addict must be taken to the supplier since he is physically weak and unable to walk that far. This is where the adult friend comes in who takes him to the addict. This can be at any time but usually late at night or during school hours.

Another lesson we learned the hard way is that the addict stops going to school after a while. Which by the way is a crime in most countries and if you as parent condone it because you are too weak to force him to school then you are an accessory to that crime.

The social services will use that against you where they can and society will tell you that you are a bad parent. It is obviously not always as simple as that.

The fact that you dropped him off at school or he takes the bus or (where applicable) he puts on his school uniform does not mean he stays at school or attends classes. Many walk in and out and spend the day with their new friends. You will soon enough see the results in the exam results or when the school calls you to ask where the child is. However the schools don't really give you know what.

I am not sure about the rest of the world but here the schools are of zero assistance to you if your child becomes an addict. They see your child (not unreasonably) as a problem to get rid of as soon as possible. In fact they have a hands wringing attitude. Or they play the blame game and lack of responsibility on their part. As problem solvers they are utterly useless.

On this point quite a few teachers took me on and asked what they are supposed to do since they are not the police etc? My answer is take responsibility to advise the parents on where to go and how to approach the situation and talk to them as human beings and do not condemn them. It is not for you to judge anyone. You have even less legal knowledge than lawyers. Wringing your hands and saying it is a problem is wasting everyone's time. My clients want solutions and not academic crap. I would have thought it is rather simple to say "Yes mam, we noticed the problem and we are glad you are here so we can refer you to so and so at that department who may be able to help you further. We also have counsellors right here in the school doing nothing and more than willing to assist. Yes we do this because we love children in general which is why we chose to become teachers all those years ago." Do not, unless you want to be sued, say to my clients "ah yes we never noticed and it is really your problem you know" for then you utterly failed in your job. Anyway, let us not get side-tracked.

Physical signs

When we think of addicts we picture them as they are in their last hours. Wasted, thin and horrible looking creatures as they are sadly beyond what is called human. Point is it takes time to get to that. Your body can take a lot of abuse before it shuts down. Also in our innocence we associate drugs with needles and other specialist equipment which we will deal with later on. It is quite possible that the addict may look quite normal but there are signs to look for.

One of the first signs of tik or crack or cocaine is a runny nose. The addict will always be sniffing and be flushed just after the fix is administered. Thus he will avoid you and walk past out of the house as much as possible. His face is

typically turned away and eye contact avoided because of shame for he knows he failed you and himself. At this stage he is still capable of such feelings.

On eye contact I want to say the following. In my law enforcement and subsequent legal career I am faced every day with liars and other shysters. It is the name of the game in legal forensics for we protect the innocent. That story of the shifting eyes as an indication of deceit is utter rubbish and I proved it time and time again when we arrest the best worker who looks you in the eye (to read what his chances are) and refuses leave (because he cannot afford someone else in his files) for fraud.

We found the deceivers to be the ones looking you in the eye and carry the Bible under his arm. In his business dealings his son is always by his side. You can read all about it in "[Tricks of Trade - Memories of a Rogue Lawyer](#)" where we deal with the different scams. It is called the "dad& son" scam. Yes not very original I admit. These days I flatly refuse to sanction any such meetings with my clients and I deeply regret my cynicism.

The best way to see if someone is lying to you is to watch when he touches his nose or ear. Some also makes an involuntary foot movement. Asking loaded questions and noting the reaction is also good. In law, I can tell you we simply do not ask a question without knowing what the answer is.

A practical test we use sometimes to establish whereabouts is by calling him on the mobile and if he says he is on his way home ask him to turn his car radio on to a local station which you can also hear. If not in the car and with his new mates it may be difficult for him to do so immediately. Impossible in fact.

I do know you can check on his mobile too where he is and on the car's satellite tracking. Still the best option but it tracks the handset or the car. Not the actual child.

Drug addicts are creatures of habit if you will excuse the pun which is not intended. They call their supplier regularly and on the same number from the same number all the time for obvious reasons. It is very easy to analyse the mobile records and see the pattern.

Why should a teenager have unknown numbers on his mobile in the first place? Nothing in his life should be secret to you and yes I know he should have some privacy etc. Remember that the overriding duty of a parent is to protect his children. Too much privacy is dangerous. You must be able to monitor what he does without being silly about it. Leaving a child to his own devices is plain irresponsible whether he likes it or not. You are the boss (in a loving way).

Other physical signs are a lack of appetite. He just can't be bothered to eat like a normal teenager does (which is constantly). Never hungry and loses a lot of weight because of it. Becomes skinny in fact and eyes sunken into hollow cheeks.

They tend to cut you out of their lives more than usual. I know most teenagers are secretive but usually they do talk about what are interesting to them at that stage whether it is some horrible long haired musician or the latest craze at school. Not a world which a parent understands (revenge for our own crazy whims when we were teenagers I am sure) or that interested in to be honest. That is why you should sit down as a family once a day around the dinner table. It is for you to listen to what they say and not about the food as such. So when they avoid any conversation and becomes aggressive or abusive when asked something called drugs is involved.

Yes he may be in a bad mood for other reasons and his normal obnoxious self but remember we look for patterns and combine all we find before making logical deductions. As said they are not clever and have not yet learned the art of being subtle and still have some decency left in them. But anything they see as a threat to their fix (in other words you knowing about it) will be defended. Bye bye decency.

On some, not all, the drugs causes acne on their faces. It may be hormones but it may also be drugs. Remember it is part of our pattern. They cannot avoid the pattern and that is how you find out (hopefully as the alternatives may be much worse).

Clearly they may have needle marks and to cover it they wear long sleeve shirts and absolutely refuse you to see their arms. This brings us to an interesting legal question.

Do you have the right to search your child's body for needle marks without his permission?

Yes. That is the short answer and you will not be charged of assault if you physically overpower him to see for yourself or order his brothers to do so (as happened). Note please that this is not as simple as it looks for obviously common human decency plays a role here. Looking at arms for needle marks does not mean stripping a young woman naked to look at her private parts for your own sick satisfaction.

The law also states that only a female can search a female so caution is advised.

A step father has absolutely not the same rights as the natural father and what is still acceptable to the natural father is not for the step farther. Remember that for even if you brought up the child and consider yourself to be the dad (in the real sense of the word) the law may not agree with you.

My point is you have not only the right but the legal duty as a parent to investigate your child's body when drug abuse (or any other kind of abuse) is suspected on reasonable grounds (smoking gun or probable cause in American).

The problem is some teenagers are bigger physically than their single moms and will not subject themselves to such a search without violence. As said it takes time to waste away. In such cases get help from male friends. Those acting under your instructions are safe against all criminal charges. Of course, as one mom told me, she was and is too ashamed to admit to such things. My answer was that this is no time for shame.

The alternative is to call the police and let them search him but that is problematic for the police also needs probable cause. And if they find it or other evidence they will (they have to by law) arrest him. Not sure you want that without arranging first what happens afterwards.

What do we mean when we say "arranging first what happens afterwards"?

Quite often on the news you would hear that criminal so and so was surrendered to the Police by his lawyer. What you don't see is the negotiations beforehand. This happens where rich people are involved. They are treated differently in law despite all the denials you hear and you can read of this in "Tricks of Trade - Forensic Law Principles in Africa" if you are interested. Thus the accused person is delivered, arrested and taken to court for bail application without any undue harm coming to him like being left alone in the holding cells with violent criminals etc.

The same apply here. Arresting the addict is usually for his own good and protection and thus the process is negotiated before it happens. They are taken to a place of safety and not jail as such (much more civilised) and then appear in the juvenile courts (much more child orientated) from where they are send to rehab. This is unless he is guilty of a serious crime in which case other procedures may be followed.

Obviously if the Police catches him with the dealer this is not applicable. Then he may be treated as a genuine criminal for a while which is not necessarily bad. I had cases where the teenager got such a fright that he changes his long haired ways right there and then. This is the value of a respected Police Force. Sometimes the Sergeant needs to have a fatherly talk with him for his own good and yes I know mom will not agree.

Some experts (non-legal people) advise that your doctor gets involved with the searching but once again it is rather problematic under current laws. There is such a thing as patient-doctor privilege and they take that very seriously (correctly so). Is not advisable though I do believe a doctor must (by law) report any abuse of a child to the authorities. This is also not what you want right now for it takes the process out of your hands. The child welfare services gets involved and the situation becomes much worse.

Absolute begging for money, non-stop

I am sure you got the idea by now but let me explain further. You have never experienced begging for money unless you had a drug addict teenager in your house. I spoke to many parents and all of them told me it is relentless. He will not stop badgering you or play on your feelings or do whatever just to get that fix. Emotional black mail is as common as air in their arsenal and they will use it mercilessly. The word "no" does not exist to them and there is no such thing as ignoring him. It is impossible to live with an addict.

Debt ridden

Another trick they pull on you is to make debts with the neighbours and friends and expects you to repay them. Suddenly everyone you know calls to ask about the loans and as angry as you may be for them to be that silly to loan him money you are by law responsible for his debts as long as he is a minor.

You have to repay the lenders and then ask them not to lend him money again for whatever reason he may come up with and they are exceedingly clever with ideas. Anything from emergency money (medical) to you, the parent, not feeding him at home and he is now hungry.

The question here is what are your legal rights when he borrows from other loan sharks?

Well, the addict cannot commit to a legal commercial contract without your signature and approval as a minor. Since he did it without your consent the contract is null & void. In law though the money must be returned (generally speaking - it is more complex than this where banks are involved).

The more immediate problem is some of these lenders are violent men and may recover their money in illegal ways with you right in the middle. It is a mess and you need to let your lawyers deal with it.

Mr Addict will tell you this. Unless you pay he will be beaten up or even murdered and if a girl, be raped. It is a terrible situation for a parent to be in. You must understand though it can happen you cannot give in to emotional black mail or any other kind of black mail for that will lead to complete anarchy.

This is why I say sometimes it is for his own protection to be considered dead already.

We will never agree to pay black mail but you know and I know it is not that simple. Get professional assistance.

Chapter 4

What to do when suspecting drug abuse

We are now where the pattern made us concerned enough to have reasonable suspicion that the teenager is on drugs. What do we do now?

Confront the situation, no denial

You know that story of being at the crossroads? Well that is right now and right here. Denying will not make the problem disappear. The horrible nature of drug abuse is one of continuation. It will only grow worse. By confronting we mean gather the physical evidence just to make sure before you accuse the addict who will deny and deny and deny.

This means you need to act decisively when the time is ripe and you got everything setup to intervene. You need to talk to someone you trust and make sure you understand the consequences of intervention. We will deal with that in the next chapter.

- Remember that you cannot talk the addict back on the road of no addiction.
- Remember you cannot shock him back on the road of no addiction.
- Remember you cannot trust him or take his word as it is meaningless.
- Remember your child died already and this addict is not the same as your child.

By law you have a positive legal duty to intervene when a child is involved. You cannot walk away. With a grown up there exists no such duty and you can legally walk away if you wish. In fact if it is a boyfriend or a relationship which is not too serious we advise that. Walk away! He is not worth the trouble. With employees we invoke the anti-drugs clause in their contract and fire them after due process. A zero tolerance policy means exactly what it says.

The first practical step we recommend is to search his rooms

Do you have the legal right to do so? Yes.

Will he accuse you of being mean and unreasonable and theft of his stuff? Yes.

Do you care what he says? No. It is for his own good and he created this situation where you are forced to act decisively. Of course logic plays no role in his thinking so you need to do what you need to do. His consent is not needed nor required and he will get over it at some stage.

How do you search a room?

I had letters of readers who found this part most helpful for it is not as simple as it sounds. Most of you reading here are not trained law-enforcement officers and you know nothing of evidence handling. Thus we will go in some detail on this subject for there are legal consequences in this too. What do you do with the drugs or equipment you find? (We take for granted you will find the evidence for this discussion).

By law all drugs are illegal and as such must be handed over to the nearest Policeman as evidence or for destruction. As you know when you are a parent that is not as simple as that but that is the general trend of things. If you fail to do so you are breaking the law.

I suppose it is a moral issue and we are back at my conundrum with law. It is for you to decide for I cannot advise you to destroy evidence but as my old commanding officer once said to me: "I will stand by you whatever you decide".

In fact experience tells me it depends on what stage we are. I find that right in the beginning the evidence are used to confront the addict and then destroyed by the parents. After many broken promises and lots of tears (always the same patter for parents think they can talk the addict out) the new evidence is handed over to the police or social workers or other authorities. By this time it is not only the right decision but the only one. As said it is very very difficult.

So what are you looking for?

There is a huge amount of information on the internet and we advise that you do a quick search on drug paraphernalia under images on any search engine. It will show you everything you need to know. It is amazing what items which you may think is everyday stuff are actually used for drug abuse.

As a rule of thumb anything which looks suspicious to you is probably suspicious. That includes strange pills and powders with no name on it. They come in all sorts of colours and sizes but usually the size is quite small because of costs and in small packets (also to hide easily). Be warned some addicts keep their stash in normal well-known medicine holders but you know (surely) what legal drugs your child is on and what the real medicine looks like. If not find out and educate yourself.

It is quite possible that an addict may also read our briefing and thus I am deliberately not saying where to look for specifically to let them keep their carefully thought out hiding places. We know them all and seen them all. Everything else in this briefing is common knowledge and gives no secrets away. The pattern I am not worried about for he will not be able to hide it even if he knows about it.

Any place where the drugs can fit in is a hiding place but if you are unsure of all the hiding places in your house get professional help. There exist many private security companies with ex-detectives who are able to search on your behalf. Most have dogs specially trained to find drugs with them and can be hired for a small fee. In such cases make sure that you have a contract with them via your lawyer for it gives you legal privilege on what they find and what they do with what they find. This is of crucial importance if you wish the matter to be kept silent and manageable as they are then unable to testify in court on their findings which may be good for your reputation. For more details please read my book "Tricks of Trade - Forensic Law Principles in Africa" as we don't have the time to explain here. We said before I think that we don't want the authorities involved right now.

A room is searched systematically from one point to the other and back again. During my law-enforcement days we kept the suspect with us when we searched his place for two reasons. First was that he then could not accuse us of theft later on or that we planted the evidence on him (a favourite long haired liberal lawyer version of events when he has no defense and waste the courts valuable time). And secondly, to watch his reaction for he shows concern or relief (even better) when we get close to the evidence or passes it.

Thus we focussed on what his body language told us. Policeman I can tell you are absolutely experts on body language. Body guards also. That is why in real life you sometimes see a Policeman approaching a suspect with a holstered firearm and other times not. He knows which ones needs killing and which ones are wankers.

In this case the addict is probably not at home which makes it more difficult but easier if you understand what I mean. Start by searching top to bottom. Addicts are lazy people and will probably (we see it most often) hide the stuff where it is comfortable for them to get to it. Mid-level in other words depending on their size which is not the same as you.

When you find something we advise to take a decent (clear) picture as almost everyone has a mobile with a camera in it these days. You may then leave it there or take it and put it a clear plastic bag with a note where you found it and when. Be descriptive for you may need to repeat what you found two years later to the authorities. Sign your name under the description with the date. Also keep in mind the addict will deny and keep on denying years down the line and try to convince you that you had delusions and not you. Thus you need this notes for your own sake as well.

If you leave the drug there I don't mean forever. Only for the confrontation phase because some parents give the addict the chance to show it to them himself during confrontation stage. Why I don't know unless it has to do with proving his denial to be a lie. Drugs must be confiscated and destroyed or done away with as you decide and I cannot advise you to do officially.

I really should not say this but be very sure not to lick it or taste whatever you find. I often wonder how Hollywood detectives are not hopeless addicts themselves for they taste the drugs every time to confirm what it is. Madness! Wear surgical gloves (they are available at any pharmacy).

Do not get pricked by needles for it may cause serious infection to you. If that happens get medical assistance immediately and take the drugs and needles with you so the doctor knows how to treat you.

Look everywhere in the house and not only his rooms. One addict hid his second stash in his mom's bathroom behind the toilet. Nothing is sacred to them and we frequently find drugs inside Bibles or inside the computer boxes. Any place they spend time is a hiding place (bed room & bathroom & car etc) for drugs. That is the sad thing (besides the obvious) of drug addicts. They can never again be trusted.

The smarter ones think the drugs are safe with his girlfriend. Well, once you find drugs on him I am sure you will inform the parents of the girlfriend who will then do exactly what you did. So no, that is not really clever. It does involve her in the crime though. A point which makes most of the parents very willing to act in a responsible manner after they accuse you of your child being a bad influence on their innocent teenager.

It is also quite possible (always) that you will find other contraband like condoms, birth control pills and girlie magazines. My advice is to be grown-up about this. I mention this for the counsellors may want to know as they look for more than just drug abuse to enable the correct treatment. Perhaps you should think back on your own teenage years and act with more sympathy. Sometimes (not often) my consultancy deals with unwanted (read unplanned) pregnancies and it is my experience that 99% of the time the parents failed the teenager by not having an open and frank discussion on sexual issues. Really, it is a natural process and will happen as nature plans it. Ignoring it will not solve the problem and lead to even greater risks. If you love your child you better have this conversation sooner than later. Giving him a book to read is not the answer.

Drug testing, forced or volunteer

Luckily there is an easier way which is fool proof and we advise must always be followed where the pattern emerges. Even if you find nothing in his rooms he must undergo a drug test. There are many different ones and your local pharmacist may advise you on it for it is for sale at most pharmacists. Home tests are always a good starting point and some are quite sophisticated and accurate enough to be court evidence. Please ensure you fully understand the test results and the method of taking it. Most work on urine and be sure to go with when that sample is taken for it is not unknown to switch samples.

I guarantee you Mr Addict will not react passively to this cruel invasion of his privacy and tell you so in no uncertain terms. He will accuse you of everything bad in the world etc. Now a minor, by law, cannot refuse such a test and if he does he can be forced to undergo such a test with his parents' permission. A point which is not open for discussion with him. Remember he does not do logic anymore. Only fixes.

A grown up too can be forcibly tested by order of court so see your lawyer on that one.

Once again our problem is a moral one. To force the addict means to involve the authorities and we saw how that can turn out. The mere fact that he refuses is enough to force him. A non-guilty person will not refuse but be aware of two things. One he may jump ship and start running before the test so it must be sudden and unexpected. Secondly, he may try to switch the samples or convince you that the test results are wrong.

The tests I can assure you are never wrong.

A variation is to admit drug use but dismiss it as a once off experiment. Now it may be true but we advise you to make sure by keep on testing as advised by your pharmacist. Without sounding cynical I must tell you that if the pattern is present the chances of a once off experiment are very small.

So the question now is what do you do when that test turns positive and you found the evidence? This is what we discuss in the next chapter.

Chapter 5

Intervention or Rehab

Though I use both words in the same sentence it is not the same. With intervention we mean those steps you take to save the addict from himself and get him into rehab. Thus rehab is the logical end result for intervention. That is the theory anyway. As you know by now it is subjected to the will of the addict which is unpredictable.

I decided to keep this chapter very short for it varies so much from country to country in terms of social services and religious believes. Our main problem here is the addict himself who may not want to turn his back on drugs despite what he says. That makes it extremely frustrating and sad to go through an addiction with a loved one.

As we saw above with a minor (even if a teenager) you cannot by law walk away. Nor do you want the authorities involved unless you have to. We spoke about this when we discussed how rich people are treated in court.

First you need to set him down and without getting angry confront him with the facts and evidence.

But before you do this find out what the alternatives are for rehab and if you can afford it counselling etc. That is done by research and there are many places who will advise you. Remember that it is not his decision to make as you will inform him of the next phase which is intervention for his own good.

You can expect either utter silence (they saw the POW movies) or utter denial. When that does not work for you have the evidence they realize they are caught out and the next fix is now in danger. That is where the tears and emotional black mail and even violence start.

Unfortunately there is no easy way to do this. You cannot trust him or expect him to stop using drugs. Thus I prefer to set it up in such a way that the addict is taken away to a place of safety immediately after the confrontation. I admit to you here than in my life I dealt with many hard situations but there is nothing worse than escorting that child to the counsellors. He will curse you and his

parents or alternately beg and reason and promise to be good. Or he will threaten and later on stare at you in absolute hate. Try as nice as you wish it sucks and it is extremely unpleasant for all involved. So you need to steel yourself and support each other (husband and wife). Afterwards you need to sit down and explain to the other kids what happened.

This where love comes in. Do not blame or distrust the other kids.

So the question is how do you get your child into rehab without the authorities getting involved?

You will need to approach the private rehab centres and find out what they offer and what it costs. Not all of us are rich stars who can afford private rehab. Luckily there exist many private groups who do this for a living. Some are very good and are even send patients by the juvenile courts on recommendation of the social workers.

Your church will have names for you and if not search on the internet. Talk to the professionals (I am not one on this field) and do what is necessary. To summarize you have two paths. One is private if you can afford it and second is government. Your financial circumstances will decide that one and to be honest from what we saw the government ones are just as good or bad depending on the addict.

We distrust expensive clinics on principle and found that many of the struggling ones are by far the best when it comes to love and rehab. Why? I don't know but I suspect it has something to do with the other kids there and that all work as a community. They seem to find purpose in life. And yes religion is mandatory at such places. It is not a disguised 5 star hotel with academics running it. In these places it is ex-addicts who know all the tricks. It is your own decision though.

When the government gets involved let it be dealt with via your attorneys if you can afford it. You have enough problems not to try it yourself. They are not personally involved and know what they are doing. They also know the courts and social workers and police from prior cases.

A mom said to me once she realised her son (addict) will not recover because he does not want to rehabilitate himself. Since she tried everything possible to help him she gained peace in that she did her best. And that is my message to you also.

One day you may have to explain your actions and it is always better to keep your side clean. You cannot live the addict's life for him but you can love him (he stays your child) and support him through these times.

But you cannot trust him anymore. He is already dead.

Chapter 6

Aftermath or Aftershock as I call it

Many of my clients ended in the divorce court as the addict played the blame game very well on them. Drugs tend to tore families apart. Divorce is always sad and to be avoided for anything less than serious issues. If you go that route get professionals (lawyers) and don't make the lawyers even richer by arguing about silly things. Divide your fortunes fairly and get done. Revenge is something you cannot afford. If you want to know how lawyers burn your money read my book "Tricks of Trade - Forensic Law Principles in Africa" where I discuss in some details all the tricks of fee increasing. It happens more than what you think despite the denials.

The only important message in this chapter is to carry on with your life and not to blame yourself. You are as much the victim here as the addict if not more. If there is faults to be rectified in your life then do so immediately. I had clients resign from their high paying international jobs to spend more time at home. Others made sure they enabled our advice like the dinner table scenario etc to save the next child from drugs. As you know my intention is to raise a charity to talk to the parents and give them this briefing. Most blame themselves.

I believe in love. Despite my writings on what I think of the addict I say to you love your child until the end whether that is a new beginning or death. Constant prayer also helps. I saw that with own eyes where the most obnoxious addict suddenly one day say he is turning around. Use the military stratagem of reinforcing success. If he wants help give it. If not, well then he is already dead.

You cannot change him. It is his choice and not your fault.

God bless.

Attachments

Chapter 7

My Name is Tik

I refer to this poem often above and I would like to give proper acknowledgment to its author but I heard she died after writing this and I do not know her real name. There are many different versions of the poem as well as the authorship claims. Note I mean no disrespect by not putting a name to it as I cannot be sure which one of the hundreds who claim authorship are the actual Author. I will gladly give her recognition once identified.

Nothing I said summarizes the effect of drugs better than what this 16 years old girl wrote.

My Name is Tik

I destroy homes.

I tear families apart.

I'm more costly than diamonds, more precious than gold.

The sorrow I bring is a sight to behold.

If you need me, remember I'm easily found.

I live all around you.

I live with the rich, I live with the poor, down the street & maybe next door.

I'm made in a lab, but not like you think.

I can be made under your kitchen sink.

I have many names but there's one you know best, my name is Crystal Meth.

My power is awesome, try me you'll see.

But if you do you may never break free.

Just try me once & I may let you go.

But try me twice & I'll own your soul.

When I possess you you'll steal & you'll lie.

You do what you have to-just to get high.

The crimes you'll commit for my narcotic charms, will be worth the pleasure you'll feel in your arms (your lungs & your nose).

You'll lie to your mother, you'll steal from your dad.

When you see their tears - you should be sad.-

But you'll forget your morals & how you were raised.

I'll be your conscience.

I'll teach you my ways.

I turn people from God & separate friends.

I'll take everything from you.

Your looks & your pride.

I'll be with you always-right by your side.

You'll give up everything, your family, your home.

Your friends, your money, then you'll be alone.

I'll take & take, till you have nothing more to give.

When I'm finished with you, you'll be lucky to live.

If you try me be warned-this is no game.

If given the chance I'll drive you insane.

I'll ravish your body.

I'll control your mind.

I'll own you completely.

Your soul will be mine.

The nightmares I'll give you.

The voices you'll hear from inside your head.

The sweats, the shakes, the visions you'll see.

I want you to know these are all gifts from me.

You'll regret that you tried me, they always do.

But you came to me - Not I to You!

You knew this would happen, many times you were told.

But you challenged my power & chose to be bold.

You could have said no & walked away.

If you could have that day over what would you say?

I'll be your master & you my slave.

I'll even go with you to your Grave.

Come take my hand, let me lead you to hell.

End of the Drug Addict Pattern

BOOK 2

ISSUES OF FAITH

By Jacobus Kotze

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The Bonhoeffer Prayer

O God, early in the morning I cry to you.

Help me to pray and to concentrate my thoughts on you:

I cannot do this alone.

In me there is darkness, but with you there is light;

I am lonely, but you do not leave me;

I am feeble in heart, but with you there is help;

I am restless, but with you there is peace.

In me there is bitterness, but with you there is patience;

I do not understand your ways, but you know the way for me...

Restore me to liberty, and enable me to live now,

that I may answer before you and before me.

Lord, whatever this day may bring,

Your name be praised.

Dietrich Bonhoeffer 1945

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Chapter 1

A few words to my readers

Thank you for downloading this short article on issues of faith. Please feel free to spread it around as you wish but do not change the contents which are copyrighted to me.

About ten years ago my first marriage failed and I had serious issues with life in general being angry and obnoxious to start with. Thinking back I am reasonably sure I suffered from Post-Traumatic Stress Disorder from my years in the Apartheid Police about which you can read in my book [Mean Streets - Life in the Apartheid Police](#) if you wish. There are other books too which I mention now and then...mostly for free since the subjects are too important to ask money for.

As with all my books I claim no recognition as an Author. Thus I apologise for any grammatical errors you may find here. English is my second language and this book is written in South African English which is not the same as American or what is known as Standard British. I ask that if you enjoyed reading here and feel the need to contribute then please contribute to any American Veteran Organisation or your choice. That honours an American Patriot I love and she works for the US Navy. We need to take care of our veterans and as always I thank her for her love, kindness and above all, scissors.

Things looked so black when I first wrote the K-rules as I called it that I thought I will never get through alive and frankly could not care whether I did or not. It is said I never smiled once for 18 months and I became as negative as a man can be without being dead and condemned to hell. Interested in nothing and brooding all the time for I had to watch helplessly as my law practise was destroyed, my wife gone and so all my earthly possessions. I just could not face facts and withdrew into myself. It was not the divorce as such or the problems I had with my professional life but just everything in general. I really felt life did me in and (worse) that God was a witch doctor since my logic (read satan) convinced me that He makes any promise He wishes and then when He fails to keep it He claims the legal defense that "you did not believe enough" and thus it is your own fault that things went wrong. That by the way was and is exactly

what real life witch doctors do in Africa. They convince (always for money) their victim that if he buys their vile mixtures and believe enough whatever he wanted will happen. (That can be anything from curing Aids to finding a wife). If it does not, well, obviously you did not believe and it your fault. Thus God and the witch doctor are always innocent!

During my service years I heard of many instances where the witch doctor claimed his vile mixture (called muti in our African culture) would protect them from Police bullets. Sadly it did not and many (I am tempted to say hundreds) died when we did open fire and the muti had no effect whatsoever. This is all in my book previously mentioned and I call it the "Jesus principle". I mean absolutely no disrespect with that name. It is accepted fact that muti does not work on white people anyway, whether they are Africans or not. I also knew in my heart my theory about God was wrong for God is indeed always innocent.

Thus I kept on searching for answers and during that time of complete desperation I turned to God for answers and found some which is written here. I sometimes re-read it in wonder that I could pay such a price just to forget it again when the going is good.

I would be grateful if this article assists you in your journey. Many thousands have read it before you (according to the emails I receive) and 99.9% are happy with it. For the unhappy ones I say I am not by profession a Biblical Scholar and this based solely on my own journey. It is for you to find your own path for no-one can live someone else's life for him. It is your responsibility and you will one day be asked to explain your actions as will I. Luckily we have the very best defense lawyer in Jesus and I certainly meant no harm with this article. Whatever I say here I can backup with verses from the Bible. However I accept I am unconventional and my views may disturb your peace. As an example allow me to quote from my other book [Tricks of Trade - Forensic Law Principles in Africa](#):*(I changed the name to Tricks of Trade - Memories of a Rogue Lawyer.)*

"Being a Believer I am always nervous of Matthews 25 v 45 which say "I tell you the truth, whatever you did not do for one of the least of these, you did not do for me." I have no desire to end up at the pearly gates and St Peter giving me a chair to sit on because my billing hours indicated I am 1248 years old. I firmly

believe what you do to others will come back to you at some point. That is one coming court case where I have no intention to deny my guilt and anger the Judge even more. Thinking of it, it may be wiser to start with clemency proceedings immediately and begging the Judge for a pardon and obtaining 1000 years of peace where my skills are neither needed nor wanted. After all I am not innocent and neither are you. It says so in the good Book. So my advice is a plea for mercy and don't anger the court. There are no appeals in that system and apparently the lawyers are automatically confined to hell. Luckily the best defense lawyer of them all is on our side."

This caused quite a few smiles and also comments which were more serious. In fact what happened was that I worked in Nigeria for a Multi-National Company for a few years and we (all ex-Military) held our own church services. It was a wonderful experience as we went back to church as it was in the beginning. Many times I sat there looking at the men discussing God and His ways and how it reflected in their lives and let me tell you they were tough lads. We all faced and survived death many times. Most of us were from the elite units and attended the school of hard knocks. As such we could relate to each other. A former Special Forces Colonel acted as our lay preacher but anyone could jump in and start a discussion. Verily I say to you today, that Bible verse which says where two or three men are God will also be is true.

Since I distrust the main churches (see below from my extract why) I enjoyed this very much. However, one day the Colonel (bless his soul) asked my legal opinion on judgment day. I came to the conclusion which is explained in the prior paragraph. Legally, since we are guilty and are saved by grace alone you cannot enter a plea of not-guilty without angering the Court. Anyway, that is the story behind it and we are very blessed that Jesus already took the punishment for us. I also doubt whether we will be as clever as we are now to argue with God in His presence. Nope, I just don't see that happen and find people who says "I will tell God what I think of Him one day" to be exceedingly silly.

This article is slightly longer than the original for includes a few words on love and happiness as well as an extract of what I experienced during my service

years with religion. It is at the end of this article and I decided to do so since that is what most of my readers ask me when they send me comments.

Which God do I serve? When I say God I mean the Christian God and no other god which I would not give any recognition as God anyway. I deliberately spell satan without a capital S as he does not deserve one. Yes I may be childish but that is the way I feel and he will receive no honor from me. Further I believe these days that Christians (meaning Believers) should become more radical. By this I do not mean the Muslim radical type at all by declaring war on non-believers. I mean we should start practising what we preach. For me it is a very simple test which I took out of the Bible. I want to see deeds in your life which shows clearly your faith you acknowledge with your mouth in my presence. In other words I want to see you carry the figs which you say you do as did the fig tree. If not I will not judge you but I will take note and make a stand against you in love for you are on the wrong path. I expect the same to be done to me and in fact never do anything without prayer first for my decisions in my legal consultancy affects my clients. It is never taken lightly.

If you are by choice not my brother or sister in faith then you are less than important to me if you will forgive me for putting it as clear as that. Note however I will still respect you and your beliefs but I will never honor you. In case someone takes offense let me explain to you that whilst every faith is welcome in most Christian Country's the same favour is not returned by non-Christian Country's where Bibles are confiscated by the authorities at the airports and probably burned without much outcry. I realise that my views are politically incorrect. If I may quote again out of my book [*Means Streets - Life in the Apartheid Police*](#): "Political Correctness is a debate which I am not interested into entering as it is the domain of the weak politician and generals needing a pension. Both are contemptible." I do not serve the politically correct god as many of my colleagues do for money...I pity them for having to sacrifice eternal life for a few bucks. Thus all my books are controversial to them and my views unwelcome.

As Christians we must make a stand and act on our beliefs for we are judged higher than non-Christians. I am no angel and used to use foul language all the

time with the f word in every sentence. For an educated man that was unbecoming and stopped when I realised God does not approve of me using such language. I was not easy though. Had to break a habit of a life time! Note also I am not suggesting un-educated men uses foul language (as I was accused of). I just meant that you simply do not expect such language from a top class lawyer as I was at that time.

I also used to be very judgmental on my fellow humans. For me your actions were either right (lawful) or wrong (criminal) and I acted accordingly. There is nothing wrong with such views except where you decide to condemn the person afterwards. It is not for me or you to condemn anyone as that is God's own prerogative. Today I have a much easier life to leave unto God what is His. This is a valuable lesson. Concentrate on yourself and let others explain themselves to God. By not condemning you will feel better about life and be able to ignore the side issues. Naturally satan wants you to point finger and say such things as "Yeah but my guilt is smaller for I only did whatever". That is nonsense legally by the way. Your guilt is not linked to the act but to mercy from the court. You stay guilty even if punished differently from the other fellow.

Still I believe you should make a stand by which I mean if something is against your faith you should have the moral courage to stand up and say no. Even if it costs you money in business for the gain in self-respect is worth more than money. But this does not mean condemning them for our faith is one of love and not condemnation. If it was condemnation Jesus would not have died at Calvary.

I think these days the church (not a specific one but in general) created more atheists than anything else by constantly condemning sinners to hell. No doubt they acted in good faith and I cast no dishonour or disrespect on them. The problem is that fear does not generated genuine faith and you cannot lie to your Creator. He knows your ways. As much as you can pretend and fool your fellow citizens you cannot fool God.

I searched for answers and I wrote a few notes to remind me that life is a gift from God and should be enjoyed. The good and the bad times come and go and you know what, that is called life. This article is a work in motion for I am learning every day and am grateful for that too. The day I believe I am too

clever to learn anything is the day I know I am on the wrong road. You will find the first part of the notes (rules) very short and to the point as I usually do not explain the obvious and I noted it down as I thought of it. Like in a lecture or speech where I expect the audience to ask questions if unclear. I tried in this article to expand a bit.

Rule One You are never alone

Realize and know that you are not alone. God is with you even if you don't see it that way. What you need to do is to ask for help which is called prayer by the learned folks. Therefore ask and wait patiently for something will happen. Learn from mistakes for it is human to make mistakes. It is not how you fall but how you stand up again. Carry on with your life. Never give up and fight all the way.

The trick here is to actually believe that God exists and to believe he will answer your prayers. From my own life I can testify to both. Be grateful that you do not need to make an appointment to talk to God. The lines of communication are always open. Imagine the backlog if you got the usual red tape when trying to get hold of God! This is a wonderful example of God's love to me.

Usually when I walk (for exercise) I use the time to inform God what I am doing and what I plan to do so that He can approve or disapprove. As Dr Bonhoeffer said above in his prayer " Lord, whatever this day may bring, Your name be praised."

** As a matter of interest Dr Bonhoeffer was a pastor in Nazi Germany which fell foul of the Nazis and executed in the last days of the war.*

That prayer is very famous but dangerous for us mortals for we ask God to do what is right and not what we want. Big difference in practical terms and you must realise (and make peace with it) before you ask. It is a human thing to want your own way but that may not be what God plans for you. So be sure to accept it when life does not work out as you want it to.

I spoke to a very wealthy businessman once. It was a real privilege for he had much knowledge as does all older people. He said to me if God granted his first wishes he would had the wrong wife and wrong business and wrong life.

Thus it is a matter of trust. God knows best. Be patient for other things may have to happen before you get what you need and want.

Rule Two Humans are not to be feared

Humans are not to be feared for they are only human. Their views are not of any great importance to God. It is foolish to expect people to be nice for they are not as everyone has his own agenda in life. Walk with God rather than humans. Everything you do should be to the Glory of God. You have nothing and you achieved nothing if not by the grace of God. Thus you cannot claim any honor for yourself.

When you feel down praise the Lord! I guarantee you the negative feelings will go away

Now I believe and many educated men agrees that fear is from satan and the opposite of faith. You cannot live life in fear of tomorrow and in fear of what people say about you. That is satan's primarily weapon. As long as you have fear in you God cannot work with you. It is as simple as that. Get rid of the fear in whatever form or shape. It may be fear of losing your job or illness or for a loved one. Whatever, get rid of it.

How do you get rid of fear you ask? You start trusting in God and you pray every time when fear approaches that it goes away. In fact by praying here I mean you order it in the name of God to take a hike and stay away. You have that power so use it wisely.

Most people when they read this don't believe me and smile politely. For your own sake, try it. Say to fear "You are not part of me and I will not tolerate you in me. In the name of God, His Son and the Holy Ghost, I order you to go away and stay away".

I expect to hear from you, as I did with many other Believers before you, an email to say "K it worked!" And my reaction is always the same "praise the Lord and be blessed!" The same may be used for whatever is negative in you like depression. Yes I know the long haired phycologists will now start shouting and I do not deny genuine medical conditions.

Rule Three There is a higher purpose in life

There is a higher purpose in life. What you do here on earth will be measured by God's standards after death and you will not cheat death. If you do you have no need for this article. Sometimes you must lose for someone else to win or reach his destiny. It is temporarily. Take divorce – sometimes you must get divorced so that you can meet the one who is destined for you. It is a new beginning and not the end. You will get your chances and when you do use it well. Be patient but take control of your life. God will not live your life for you. If He does what is the point of you being here?

Rule Four You are not that important

You are not important in the higher scheme of things but of extreme importance to God. Take life easy – it is not so serious and intended to be fun most of the time. Your pride will make you think you are more important than what you really are and thus satan will abuse it against you. Be wary of too much pride. You will always survive life if you wish to survive life. The sun always rises and if not God will be there to take you home.

We have a simple test in my legal consultancy. Any new arrival will be scrutinised to see how he treats the secretaries or the waiters if in a restaurant. He better get up and treat her with respect or fails the fig tree test. We all have titles and degrees and accomplishments. It is not a big deal to me to have degrees and written half a dozen books. All I have and what I am is due to God's grace.

Another trick is to have quiet time with God. Do you know most people (me included) will have great difficulty to sit just five minutes thinking of God and nothing else. You have to allow God space to give you answers. When I walk I think of nothing between two specific points in case God wants to tell me something. This is the same technique introduced after the Titanic disaster by the way. A few seconds of every minute is open for emergency calls only and radio silence is maintained during it.

Rule Five Learn from the Bible

Learn from God by reading your Bible. It speaks no lies and is in fact very practical, especially in Proverbs. Put your trust in God and not humans. Ask for advice and it will be given. Your path is already written and God will keep you on your path (destiny). Live every day as it is the last.

Tell me my friend. You who read this – have a day spend worrying ever helped you before? Remember to worry is to fear. So why will it help you now? You are playing satan's game and cannot be blessed. And as a Believer you are blessed. It is your birth right.

Rule Six It takes work to be happy

You can be happy but this does not happen by itself. It is hard work to be happy. Banish all negative thoughts from your life. Never give up. The bad times always go away. Never stop dreaming. Nothing in the world is ever as good or bad as it looks. Create a distance and be objective.

If something feels wrong it is wrong. The correct road is the difficult road. Remember it is easy to be unhappy and against God's wishes. Why would a loving God wants you to be unhappy? Just does not make sense but it is your life to live.

Rule Seven The power of music

Listen with your soul for music is very powerful. It can lift you up or make you sad or even mad (I am sure). For me the following songs helped which shows my age nicely. "Nearer My God to thee, Agnus Dei, Night comes on, (Leonard Cohen) etc". This worked for me. You know what works for you.

I have a special CD which I listen to whenever I need assistance. It is called Hope. I suggest you make your own and keep it close by and I make a point to switch the TV off on Friday nights and listen to good music only. You have to work on your relationship with God like any other.

I must warn you though that satan also knows the power of music and I have no doubts he uses it to his advantage. If you cannot hear words or the performers is known satanists don't allow it in your home and soul.

Rule Eight Find a reason to go on

Find a reason to live. Invent a reason if needs be. Get angry when needed. It is allowed. Believe in yourself for no one else will take your hand (besides God). Get rid of the blood suckers & negative energy. Extend a hand of friendship to everyone but this does not mean trust everyone or anyone. Live a life based upon respect and common decency & trust. Ignore those unworthy of you. God will sort them out. Who cares about the opinion of someone who is your enemy? It is of no value and should be treated like that.

Rule Nine Follow your dreams

Follow your dreams. Without dreams there is nothing. If God can love and forgive you then surely humans also can. If they cannot then they have a problem – not you. Remember he who sets out on a path of revenge should first dig his own grave. It is not worth it. Let it go.

Remember – heroes also cry. It is allowed (look at King David). Remember that one rejection from an X does not mean you will never be happy again. It simply means you and that specific person is not meant for each other. Your soul mate is waiting for you.

Rule Ten Be proud

Never allow any human to take away your pride or dignity for that is what satan wants. He wants you to be negative about life and stop believing. Don't overreact when something bad happens. It is just a test and there will be many. Something much better will come out of it. It makes life interesting.

Chapter 2

A few words on love

I often wonder how much time humans spend thinking about love. Or a love lost. Or a love never found. It plays a rather big part in our existence and just rightly so. Through the years I came to some conclusions on the subject.

Love cannot be forced as some people like to think. It is really a very simple emotion and it finds its own way like water down a slope. It is very natural without any complications.

You cannot force yourself or someone to love you. It either is there or it is not. Anything else is fake and not worthy of you.

Real love is based upon respect and basic human dignity. If someone loves you he or she will never make you regret the time spend with them. Nor will you be left in a position where you have to apologise for their behaviour. If that happens there is something seriously wrong.

Love is based upon clear and open communication. Never end a day angry with each other. Rather talk it out and adapt to each other.

There is a lot of love out there and to find it takes guts. Know God in your search but don't let fear for rejection hold you back.

Chapter 3

Some thoughts on happiness

You were not born to be unhappy and not to be blessed abundantly. There are many examples where God tells you to be happy – i.e. “enjoy life with the woman / man you love”. Or that God cares very much - “the feathers of the little bird being counted and you are worth much more than a little bird”. Or “that the death of a Believer is no small thing to God.”

It takes effort to be happy. Only you can make that effort. It’s like asking God to win the lotto but you can’t be bothered to buy a ticket. Just isn’t going to work now is it? Life and especially love should be simple unless you make it complicated usually by doing things you know is wrong.

There is no such thing to say “I am good under the circumstances”. As a Believer you are blessed by God and you must live like you are blessed. Thus start each day to thank God for another opportunity to chase satan away and say you are blessed for indeed you are. As long as you seek God first the rest will follow and trust me on this, it becomes rather unimportant.

For me it is God, my American Patriot and her tribe. The rest is earthly problems which go away after a while. What was so important to you yesterday is less so today.

When I say blessed I mean to live abundantly. Yes, money also though for me money is unimportant...many of my legal consultancy clients cannot afford me thus cannot pay either. As a Believer you are not meant to struggle and note I am not saying not being a millionaire means you are not a Believer. At this stage you probably have more money than me which is ironic. My point is you need to ask God to break all chains and curses or whatever is keeping you back by ordering it away in His name. And when you are blessed give your tithe in good faith. There is no other way. God wants His share. It is not open for debate.

Chapter 4

In conclusion

Of all the books and articles I wrote this one is the one I value most. I know it is easy to talk and you may be in a place where the above is just words to you. If so my prayers are with you. The fact is though only you can live through it and only you can make that decision. It is not a difficult road once on it but to make the decision and to trust God completely is difficult for you run the risk of being humiliated by friends and even family. Be assured though that you will soon find new friends and family and you will be happy. Life's trials will become unimportant to you after a while.

I simply do not have all the answers and no doubt that any atheist will be able to ask me questions designed to highlight that ignorance in me. It does not make them very smart though for everyone knows a foolish question deserves no answer to begin with. They can ask that to God one day and I will enjoy their discomfort.

The answer is to believe and keep on believing despite what the world tell you. Your faith is not depended on newspapers or humans even. It is solely your choice and this is one issue you cannot be neutral about. It is written that if you are not for God you are against God. It is entirely your choice to make. Choose wisely. If God is real then satan and his demons are also real. You have only one defense against them and that is God.

May God bless you and your family.

Regards,

K

End of Issues of Faith

Book 3

WEIGHT ISSUES

By Jacobus Kotze

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"Precious treasure and oil are in a wise man's dwelling;
but a foolish man devours it."

Proverbs 21 v 20

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Chapter 1

A few words to my readers

Thank you for reading this very short Guide on losing weight...you are joining the tens of thousands others who read it before you. From the emails I received many lost weight and kept it off. Must say I am grateful to receive such emails for I know how hard it can be to be overweight. My mom used to try (I am tempted to say experiment) on me for years but I always knew it would be my own choice and not hers or anyone else's for that matter. Same with you I suppose for I am not different from you. Simply I ate too much with way too little exercise. It is not rocket science but such a lifestyle will ruin you at some stage. Once you reach that point you look for the *easy way* out and I found it by chance.

I dare say that if you are anything like me you hate exercise and diet is a four letter word to be avoided like the very plague. I am not the gym type and never will be. Can there be something more obnoxious than a good-looking actor promoting the latest gym equipment and making us mere mortals feel like we were last in the queue when it comes to good looks? I call it the *white teeth syndrome*. It is not natural. But then we also looked good when younger and did not sit in an office all day stressing about clients. Or as a female colleague once said to me "*children change your body*".

Ironically, as a young man I was very fit having had the bad luck to serve in the South African Police (an Army in disguise) where the Drill-Sergeants took great delight in making us run up and down hills for no reason at all. Typically carrying full kit and the biggest stone / telegraph pole / sandbag or your fattest mate they could find. You can read all about that in my book [*Mean Streets - Life in the Apartheid Police*](#) if you wish. Point being, I promised myself that I will never again run or exercise in my life. After all Proverbs 28 v 1 does say "*Only the wicked shall flee without being chased*". Thus after I left the Police I gained a hundred and twenty pounds in no time at all. It was easier to ignore the weight gain and buy super-size clothes than to face facts. I convinced myself that I am big boned and skinny people may be ill!

The results of my laziness were predictable but as you know no man ever listens to good advice until too late. Apparently we cannot do two things at the same time either according to my ex-wives (they have a point). Today I suffer from *Diabetes 2* and more seriously *Sleep Apnoea* which where you stop breathing and wake up hundreds of times a night. It this is you; then do not fear for it is not the end of the world. If you feel the need to regain control please keep on reading. It is really not hard and you will not find any great spiritual journey here. This is just practical advice which worked for me.

I know I am as lazy as the next fellow and I lost 126 pounds in the last 12 months with the least amount of effort. I am glad to say that thus far I gained no weight and have no intention to do so either for I really dislike buying new clothes which I had to do since I dropped 8 inches and 4 sizes.

** Detesting shopping for clothes is a man's thing which no woman will ever understand and if she is smart she will buy our clothes and make us wear whatever she brought home. My American Patriot is not known far and wide as Mrs Always Right without reason. Never looked this smart in my life!*

My doctor was so impressed with my *weight loss* that she *ordered* me (not politely either once convinced I am not dying on her) to tell everyone what I did which is what I am doing now. Though a good friend's wife she has no known sense of humour when working and I may need to see her again in the future. Thus you are reading here as instructed. As a matter of interest only I used to choose doctors who were fatter than me for obvious reasons so she was the odd one out being thin and in good shape. Obviously my friend has exquisite taste in women and she acted as bridesmaid for my American Patriot being part of the family so to speak.

I want to stress this worked for me and I do not guarantee results for you. My lawyers also insisted I say I take no responsibility for your health and please see your doctor or other health experts before trying my way. As with all my books I say I claim no recognition as an Author. Thus I apologise for any grammatical errors in advance. English is my second language and this book is written in South African English which is not the same as American. I ask that if you enjoyed reading here and feel the need to contribute then please contribute to

any American Veteran Organisation or your choice. That honours my better half, an American Patriot I love and she works for the U.S. Navy. As always I thank her for her support, and above all, scissors.

I do hope it works for you though. Is rather nice to be able to move again!

K

Chapter 2

Make sure that there is nothing medically wrong with you

I knew of course I had the *sleep apnoea* thing for my ex-wives took great delight to tell me and whoever else would listen. What I did not know was it made me fat! So my advice is to get a physical and see what the experts say but I can tell you, if you feel tired and sleepy all the time and you wake up with a throat as dry as all the desserts in the world and bruised ribs where you better half attacked you to get some sleep of her own...you have sleep apnoea and here my words, it is very serious.

First step for me was to get a continuous positive airway pressure (CPAP) machine which gave me my first decent sleep in 15 years. I have no words to tell you what a difference this treatment made and I will always be grateful to my American Patriot who made me use it. Snoring & sleep apnoea is no joke but I told everyone that it is my "*husbandly duty to chase the wild animals away by snoring loudly at night*". After all, this is Africa and it did not bother me but everyone else within two miles including, I have no doubts, wild animals who must have wondered what the humans were up to! *Suffocating* is the answer for you stop breathing for up to a minute and then your brain wakes up and starts the waking up process and you make a horrible sound as the air rushes in again.

The facts though are that being without decent sleep for many years has a huge effect for you always feel tired and sleepy and will make silly (my word for stupid) decisions. It is selfish to keep everyone awake including your better half who will get upset no matter how much she loves you for she sees you suffering. Face facts! It is serious. Deal with it and it will change your life. You will have energy and feel much better and you will lose weight. It really works. Leave it alone and it will shorten your life dramatically.

Secondly, I changed my diet and more importantly when to eat what. You will read about that below somewhere. It was not difficult for I sort of like eating too besides my natural laziness to exercise.

Thirdly, I walked. Let me explain my lifestyle before this to you. I own an exclusive legal consultancy in South Africa which entails doing things in Africa

which other lawyers cannot do (read my other book [*Tricks of Trade- Memories of a Rogue Lawyer*](#)). Thus my lifestyle was one of hotel food. I used to eat out three times a day and these were not small meals either. If you have this kind of a lifestyle then stop doing so and reduce your *café food* to once a week. If you cannot do that then change what you eat but don't do yourself in. It is impractical to expect someone to go hungry and not eat. That is unnatural and will never work. Man has to eat when hungry. You will however be surprised how easy the changes are to implement and stick to.

Chapter 3

Food - change the way you eat

For breakfast I have one slice of toast (reduced gradually from four). The toast itself consists of brown bread with high fibre content and low GI index. On that I add butter and grated cheese. Any cheese will do but I use Cheddar or Gouda or what my American Patriot refers to as "*American*" for some reason.

On the slice of toast I add *one* fried egg (reduced from four) with another layer of grated cheese complete the meal. That is the only bread I eat the whole day and the eggs have salt and coarse black pepper on so the meal is quite nice. There is no bacon or whatever else. Only as above!

I also make sure to drink four cups of genuine coffee every day for I cannot function without it. And yes I add sweetener and milk. No way I am going to do myself in with coffee. The difference is I don't need it to stay awake. I am awake already because of the CPAP which I can tell you is a major advantage at work.

In-between meals I have three pieces natural wholesome oven-baked crisp bread with cheese on it. That is at about 11am and 15h30pm if needed for sometimes I am busy and forget. I am sure your body will tell you when to eat and when not to. A piece of fruit like an apple will also work. Stay away from fizzy drinks and replace them with sugar free ones. I never drink or smoke anyway and learned not to eat any leftovers as I used to. In fact my American Patriot flatly refuses me to eat her left overs and since I am (very occasionally) smart I do not try my luck. She is remarkably strong for such a small woman with fierce elbows when called for.

Lunch consists of normal moms' food but only one helping. Whether this is *spaghetti bolognaise* or whatever. My motto is to eat what you ate as a child and it will work for you. Mom knows best!

I found sitting at a table and eating at your own pace reduces overindulgence which was difficult for me as I spend some years in a school hostel and learned to eat very fast before the bigger lads could steal my food. Obviously, when I was the bigger one, I ate faster than the newcomers for reasons which I will not

admit on paper. Fact is, that it is not good for you to gulp down food. Any educated man will tell you your brain needs time to decide if you had enough and then even more time to inform you. So take it easy and eat what is necessary.

Dinner was the biggest change for me. I eat breakfast cereal with yoghurt for dinner. Why? Well logic tells me I am inactive during the night since I am not newly married and my American Patriot in her own country most of the time. Thus I have no need for heavy food for I am not burning energy whilst sleeping.

This is the real secret of the diet as far as I am concerned. I have no preferences in cereal brands as long as it is the healthy crunch type. The yoghurt is standard fruit or whatever you like. Sweetened in fact for otherwise it is really horrible in my opinion. Ensure though that two desert spoons of yoghurt is all you take.

Anyone can do this and the strange thing is after a while you cannot eat a lot for your stomach shrinks dramatically. It is a wonderful feeling to experience.

** Even though I lost all that weight I am still fairly large. Even my fit weight was about 240 pounds (I am now at 260 and almost there). So many times when I eat somewhere many are amazed on how little I eat but really, eating more makes me ill. You get used to it very quickly and without discomfort. One day at a time becomes a week and then a few weeks and you see the pounds falling and you stay committed.*

CHAPTER 4

Exercise - your body needs exercise

Exercise is a dirty word for me. I ran and marched enough in my life and I am tempted to say that my obnoxious ways made me fitter than most because the Sergeants took a discriminating fatherly interest in me. Thus as you know I avoided all exercise when I left the Police and swore I would drive wherever I go and I did for 22 years (quite proud of that). But logic tells me that your body needs some exercise. You were not designed to sit all day.

As a joke more than anything else I started walking every day 800 yards in the first week. That took twenty minutes and I almost died. I had chest pain, back pain, feet pain and every other pain in muscles which had a rude awakening from their slumber. They complained bitterly but you know what? Muscles do what I tell them and not the other way around. That walk gradually increased up to now where I walk two miles a day at a reasonable speed. Of course I have 126 pounds less to carry and move much faster than in the beginning.

However, and this is the secret of exercise! Walk at your own pace. That means never get out of breathe or the ability to have a normal conversation. Just stroll around and take it as easy as possible. Adapt to the time of the day and as the seasons change and get decent walking shoes. You will be surprised how the weight falls off and that is also a wonderful feeling. I feel good. It is rather nice to tie my shoes without being out of breath. Or to buy normal size clothing again!

End of Weight Issues

About the Author:

K is a 45 year old legal & risk management professional with more than 20 years' legal & management experience in South & West African jurisdictions. He obtained his B Iuris & LLB in 1997 from the University of the Orange Free State (Bloemfontein, South Africa) and was an admitted attorney in the High Court of South Africa between 1998 and 2006 after which he worked as legal advisor & risk manager for various companies in South Africa and Nigeria. Before that he was a member of the South African Police for six years. K was awarded the SA Police Medal for Combating Terrorism twice during his service years.

K is the founder of JKLS Africa, an exclusive legal consultancy specialising in legal risk reduction in African jurisdictions based in South Africa and a frequent speaker on legal forensics on Voice of America.

K also wrote six books on counter terrorism, law and other articles on business and faith. His favourite pastime is Military History and particularly the American Civil War which he finds much less boring than law.

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Extract from K's book [Mean Streets - Life in the Apartheid Police](#)

On Religion

The SAP had no sense of humour with regard to religion, and was in fact held it in very high repute. Religion is not the same thing as faith in my eyes. Faith is personal. Religion is the outward worship of a god and therefore of no value to anyone without faith. The Chaplains were all commissioned officers (and thus not to be trusted and to be avoided at all costs), and there were many jokes about them.

Every time we went on border duty we were presented with a pocket Bible with the Police Star on its cover, and a nice message from someone important on the inside. They were stored in a box next to the Chaplain. I collected six of them through the years though almost all are lost. They came in differing colours and languages and included the New Testament and Psalms only.

There was a rumour that one of these pocket Bibles actually stopped a bullet during a contact (shootout/fire fight) in Rhodesia. I doubt that because I tested the rumour by firing clean through one with an AK47...much to my disgust. We never had bullet proof vests by the way—those came after my time. Still, I diligently carried my issued Bible with me. Just in case you understand! Survival is a terrible concept.

Once, being obnoxious according to the perplexed Chaplain, I asked why the issued Bible repeated itself in the first four books of the New Testament and would it not be better just to choose one gospel and get done with? It was not as if you needed more than one statement on the same subject because the Apostles were fairly reliable witnesses and would not any of the gospels do? And then add something practical, like Proverbs perhaps? He had no answer, and just shook his head and muttered to himself under his breath about the obnoxiousness of Flying Squad members. Obviously I was ahead of my time because it made a lot of sense to me. It still does.

I remember a friend being ordered into the Chaplains' office because he was concerned about his heavy drinking. He asked: "*Son, I understand that you have a drinking problem?*" My friend answered in all righteousness. "*Yes Chaplain, I do not earn enough money to support it.*" Yeah, he was sent to the wine school immediately and we only saw him a few months later, sober, upset, and divorced, since his wife thought that he'd become too boring now that he was sober, (true). He had died the next year while on border duty, and she had promptly married another policeman. When he died in a car accident while chasing criminals, no one would even look at her after that. For obvious reasons she was now regarded as the angel of death, to be avoided even though she was wealthy from all of the insurance money. At least the kids were left well off.

A coloured policeman, while enduring a heavy mortar stonking on the border was overheard praying: "God come down and help me before I am compelled by the f terrorists to come up and meet Jesus before my f time! And come down Yourself and f help me. Please do not f send Your Child for what we have here is a man-sized problem in case He hasn't noticed." I heard that same prayer rumour being attributed to the Army's Cape Coloured Regiment, so it might have happened elsewhere.

There was no such thing in the Police regulations regarding an atheist. Every cadet had to belong to some recognised church denomination, or he would be made to choose one on the spot. One really had no choice in the matter! Believe or don't, but you *will* attend church and look like you are enjoying it too. Every day began with a prayer at the parade ground regardless of where you were stationed or what you believed in. As a sergeant on the border I would always read from Proverbs something like "*Enjoy the life which God has given you with the woman you love,*" etc. I knew of course there were no white women on the border except for a few very old ladies of the *Southern Cross*, and a few military types who we steered clear of since not only did they have fearsome reputations, but as commissioned officers they outranked us. We also knew or suspected they would not want to be appropriated by SAP COIN. Black women were not regarded as women in those days. Any white Policeman caught having ideas or notions with regard to that would be in immediate trouble. Thus the impossibility that any of my men could ever follow that proverb was the very reason why I read it. No one got my joke though, which is perhaps for the best. As luck would have it I have the type of personality which finds great amusement in my own jokes...for days on end. That cheered me up for weeks. It still does.

** The Southern Cross was a charity who supplied much needed comforts from home to the troops and policemen on the Borders during the war. It ranged from soccer balls to swimming pools. It was greatly appreciated and the old ladies always treated with considerable respect.*

I respectfully asked a SAP COIN instructor during a scramble up and down some mountain (Boleo probably) whether he believed in the Bible, particularly

Proverbs 28:1, which reads: "Only the wicked shall flee *without* being chased." Are we, the SAP then as wicked as the commies we were supposed to chase now and then? That really showed his lack of humour and I had to appear before the Chaplain to confess my sins. He told me to read the next part of the verse which showed me he missed the point but they were serious people at the best of times. Also told me to leave my f long haired liberal notions at home and stop bother God with cr-p.

Made me a much fitter policeman that comment did! The instructor took great delight in me running in front of his vehicle for what seemed like hours so that I could feel chased so to speak! I suppose I must have felt wicked for the entire six months during basics for we ran everywhere. A cadet walking around better be already close to death and be certified on light duty or he will be soon after being spotted by the instructors loafing around and they had eyes like a hawk. Uncanny sometimes how they knew everything and saw everything too! It only occurred to me as I type here that they probably had a few impimpi's (informers) inside our ranks. Man, we would have kicked them fatherly to the hospital if we knew of their existence. I was still green in those days so the thought never came up for serious discussion.

Every Sunday morning we went to church. That was compulsory. We had no choice in the matter. I believe that cost the church many men afterwards. Religion is like love in my opinion. It cannot be forced, but what do I know? We would assemble on the main parade ground, have roll call and then march a couple of miles to the church which was a magnificent building. There we would be left in peace for the duration of the service only. It was always amazing to me how it was possible that we were ill-treated all the way to and from church. How could one not see the double standard in that kind of behaviour?

While I hardly ever go to church these days, I always carefully gaze around before stepping out of any church just in case the vampires are back in business. I just can't help myself and it does not matter on what continent or country I am. Something which amuses my American Patriot to no end!

Our Sergeant would take careful note of any cadet snoozing during the service (we were tired and the services were boring in the extreme) and sort them out

afterwards. If unlucky, it all depended on the Sergeants mood, the rest of the platoon would be punished for "being f disgraceful and inviting the f wrath of God not only on himself, but also on his beloved sergeant f unfairly too since he is f known far and wide to be a God f fearing man. All of which he, sergeant van der Merwe by the grace of General Johan Coetzee blah blah blah, will correct and we can thank him later for his fatherly interest in our souls." Whether we thanked him I will leave for your imagination. Survival is a serious matter, but in an indirect way we had the culprit to thank.

Group punishment is standard in any military and I do not whine about it. It is supposed to create a sense of team spirit, but I can tell you it did not always work out that way. The only sense of belonging felt by some of the sinners was the longing for their mothers afterwards as we made sure that they understood their wickedness in making their fellow innocent cadets suffer on Sunday afternoons since God had ordained the seventh day as a day of rest, a command which had now been broken with their communist tendencies of sleeping in church. More importantly we did our laundry on Sunday afternoons so the culprit's snoozing interfered with our laundry, which is not an acceptable behaviour between civilised men! Perhaps that had been the idea after all. To be sure, they never slept again in church. They should be grateful for the life lesson.

Then one day a Chaplain proved to me that they actually had a sense of humour when he explained that "Adam was originally a black man who got such a fright when God caught him stealing apples from God's garden that he turned white from shock and fear. After all, when you get a fright you don't turn black in the face...but white! It is a well-known medical fact." I chuckled respectfully, but took bets in my mind on how long he would last saying such things, which the Nationalists would surely regard as sacrilege. He may have been correct according to the latest genetic research for all I know. Perhaps he was also ahead of his time.

On a more thoughtful note, I once had a major fallout with the Chaplains. Some years later I got fed-up with the Chaplains meddling with my operations while I was on border duty. Right at the time when I had wanted to follow some spoor,

they wanted to talk to my platoon. From their point of view, it had been a great opportunity to fly in a nice Police helicopter to talk to us. For me it was like: "I have a job to do here which has no Biblical application, so please p off! I have terrorists to f kill if you don't mind!" Because they were representatives of God Almighty, I could of course not speak my mind, and they had flatly (very brave I say) ignored my evil eyes to p off too. So I'd had to interrupt them by asking: "What is the reward for faith Chaplain?" Their answer was "To go to heaven sergeant, and eternal life." I replied, quite reasonably I thought, "Chaplain, what should I do in heaven? By the time I arrive, God would have sentenced all of the criminals and terrorists to life in hell. He therefore would have no need for my skills! Who should I arrest or kill there? There can be no job or satisfaction for me in heaven, Chaplain. Do you wish for me to endure a thousand years year of extreme boredom while I wait for the convicted criminals and terrorists to escape from hell so that we can kill them again once and for all at Armageddon? Why not just kill them now properly and get done? I think the system in heaven is ineffective and the known intelligence is poorly utilized. This is not SAP COIN's way of doing business!"

They looked at me as if I was mad as I continued: "While you contemplate an answer let me share a couple poems with you since I love poetry, and I need an explanation from educated men such as yourselves. The first one is by a Roman citizen named Horace, but made famous by and Englishman named Wilfred Owen in 1917 and goes like this:

Dulce et decorum est pro patria mori

Dulce et decorum est pro patria mori

mors et fugacem persequitur virum

nec parcit inbellis iuventae

poplitibus timidove tergo.

And while you are still contemplating, let me recite poem number two by Leo Marks, a SOE officer (Special Operations Executive) during the Second World War written as one-time code for SOE Agent Violet Szasbo, who would later die

in a Nazi concentration camp. But note, Chaplain, the poem was not originally written for her, but for his fiancée, who also died before her time:

The life that I have

The life that I have

Is all that I have

And the life that I have

Is yours.

The love that I have

Of the life that I have

Is yours and yours and yours.

A sleep I shall have

A rest I shall have

Yet death will be but a pause.

For the peace of my years

In the long green grass

Will be yours and yours and yours.

"I see that you have not replied yet Chaplain, so let me recite the last poem written only a few years ago in 1979 by Rhodesian Army Medic, Staff Sergeant Chas Lotter."

Appeal

Don't mind my hands

Padre

They shake like this

When I am in the base

I dream of death

Padre

Scream in the dark

To chase the nightmares away

I drink

Padre

To keep my memories

At bay

I am nineteen Padre

Why do I feel

So old and worn?

Why can't it be

Like the books?

Padre

For God's sake answer me"

Needless to say I had no answer that day nor since, and now I don't give a you-know-what if you saw the movie. The Chaplains left me in an undignified silent manner, muttering to themselves and shaking their wise heads while looking at me as if I were the unbalanced one. They were still climbing into the chopper when we started our Casspirs and set out to hunt for terrorists to kill. They had delayed me for more than an hour with their uncalled for visit and the spoor went cold because of it. I still blame them for robbing us of our kills. This was really not the SAP COIN way!

My comments must have caused a stir amongst them. My commanding officer looked at me rather strangely a few days later and asked if I wanted some to take some leave as the Chaplains recommended strongly recommended it, and said that they were praying for my lost soul. They also send me a book of poems by a well-known Afrikaner poet I disliked intensely. I threw it away the next day, (the only book I have ever thrown away in my life). You would have noted perhaps that none of the poets above were Afrikaners, though there are excellent ones. I declined the home leave. It was too late for me since there was nothing for me at home except loneliness and nightmares. I was already middle-aged at 22, and had turned into something that would make satan happy. The end justifies the means, and we will fight fire with fire. What is another life? Kill them all, and let God sort them out. I did not make the laws and only long haired liberals think too much!

In the College we had a designated prayer time, and we would all dutifully sit at our desks reading the Bible before going to bed, or we were supposed to anyway. The Rooinekke and I played chess, which they usually won by cheating well within the rules. I would have also had I first thought of having two extra queens in the set—it took me a while to figure that one out, but as you know I am not too bright at the best of times. Quite often my exes tell me as much, and now with all of the criticism of my books so do foreigners. That's fine. I have known for a long time that I am not that smart, which makes me smarter than most others who unfortunately still have that lesson to learn.

Seriously though, the Chaplains did marvellous work and tried their best under difficult circumstances, since both sides apparently believed in the same God.

Their problem was (my opinion), and I might be wrong since I do not dispute their good intentions, is that they acted first and foremost as commissioned officers of the Apartheid State, and secondly as the representatives of God.

*A senior officer told me after reading the Afrikaans version of this book that they reminded him of the Russian Commissars we despised as a method of indoctrination back then. One must decide for oneself – I have no comment and hold no resentment against them either.

We always searched the personal paraphernalia of dead terrorists for intelligence and would almost always find a Bible amongst their few earthly goods. That made me wonder how God could know which side was righteous, since both were requesting His support and promising good behaviour for eternal life. It troubled me greatly, but when a man decides to take up an AK47 and attack the country of his birth he should not be surprised when the police come after him. And the Police were not going to invite him to church or a nice debate, but would first have a fatherly talk with him at the end of a barrel. They would have found a Bible on my body too you know.

The Chaplains once explained to me: "Commies and terrorists were undoubtedly using the Bible as a one-time code and as they could not read nor write." Yeah, sure Chaplain! We found letters in neat handwriting too. Life should not be so serious Chaplain. God also said that we should enjoy our lives even if they come to nothing. We are all His children, just below the Angels in the food chain, black and white. We are made in his likeness even if some of us are more sunburned than others!

Before we leave this subject I want to say that I don't dislike Chaplains and I apologise if some of the above has offended you. I am a Believer, and I thank God for everything in life for I am not very strong. Man should be grateful for his experiences—both good and bad. That is how you are tested in your faith! When earthly things push you beyond the ordinary and you begin to question, the answer, my friend, is always in your past where you have failed God's tests. Seek forgiveness and fix what you can, and be glad you are still worthy of being tested.

Extract from K's free eBook [Your Worst Enemy](#)

Tactics like above (all legal and just business as usual) more often than not leads to the original shareholder being bought out at a very fair price really quickly to get rid of him and his new biker mate. This happens where the shareholders contract does not provide the right of first buying of shares to the original shareholders. Something which is standard in our contracts as it should be in all shareholder contracts. As with your relationship with your worst enemy you always consider the divorce proceedings first.

It must be said that this happens more often in private companies and not with your worst enemy as such. Their lawyers are not exactly inexperienced and know these tricks. Still, as a shareholder you can ask awkward questions even if only to be obnoxious. You may even be escorted out of the meeting by security if they are really irresponsible for it will make a wonderful story in the local newspapers and start a rumour they have indeed something to hide. You may now have a claim against your worst enemy for your injuries and loss of dignity etc. No bank likes bad publicity for obvious reasons. It is the worst thing ever to them and they act with great decisiveness through their lawyers and spin doctors when it happens. Remind me again who acts like that when people say things they don't like? Spoiled brats perchance?

The thing is that legally, as long as what you publish is the truth and in public interest or already public knowledge their chances of winning a libel case against you (or me for this book) are less than zero and the publicity you gain for your cause is tremendous. It is a home goal in all senses of the word. I for one am more than willing and able to defend all my views in all my books in court.

Another good clause which is standard with our contracts is to make the share value for the first year on a new venture rated zero. Why? Simply because I got bitten when I was younger when my clients' business partner (fellow shareholder) decided to leave after a few months and offered his shares at a ridiculous price to him! He either had to buy it or end up with a shareholder he disliked even more. He also (worse) lost his former business partners skills

which was essential to the business. Accordingly we took the third option and liquidated the company and started again with someone else tied in and understanding loyalty. That was not the best legal option but the only practical one.

Stocks and shares are the same animal in simple terms. Just different wording depending where in the world you are! I can tell you from experience that listing your company is the easiest and safest way to borrow big money. The dreadful thing is the original owner (entrepreneur) can lose control and in fact does for he is now subjected to other laws and rules than what he was used to. That is not good for his business and sometimes the original owner buys all the shares back and de-lists the company at enormous expense to him. I believe that the Sir Richard Branson of the Virgin Group did that a few years ago.

As you can imagine it is vastly expensive to list a company and lawyers make good money from it. Deservedly so I say. It is a lot of work. Many times shares are offered instead of full fees which may or may not be a good investment. I refused once and walked away reasonably untouched when it folded. Money in your pocket is always better is my motto. Other times I lost out. That is life.

Not all listed companies are successful for you (the investor) are buying into an idea and nothing else. The listing company is usually nothing but a myth in recoverable financial terms. I guarantee you that legally very few listed companies owns anything physical of value. The assets you see like aircraft or ships are all leased thus transferring the risk from the operating company to the asset owners. Listed company's tend to be the owners of nothing except their name and shares which may or may not be bulls-t when (not if) the fan hits (you know what). That fancy high rise tower with their name so proudly on it is registered in an offshore tax haven company. Same with the shopping malls and other assets they point out so proudly as being the owner. Their subsidiary companies may be the owner but they are not in law. Half the time the subsidiary also owes so much money on the assets that it is useless to sell.

Your worst enemy however must have by law a certain percentage of cash as security against losses. It is never enough and Mr Average Joe always takes a loss and you see it on television every now and then. The reason being that your

money is not really kept in a safe somewhere and given back to you on your request called a withdrawal or transfer of funds in real life! In simple terms it is mixed with the rest of the tens of thousands deposits and loaned out to whoever or invested wherever. No Bank in the world will survive if everyone withdraws their money at the same time even if they complied with all the rules and regulations on liquidity. Your money is not safe with your worst enemy when (not if) it crashes and you would be lucky to get 25% of it back. Often it is even less.

Yes I know the Government (in some countries - not all) guarantees deposits but it is usually limited to 30g or whatever. It is not an open guarantee without any limits on. People are wiped out like that. Some commit suicide for after the crash the liquidators tries to sell assets to recover you money but as you know they then discover that the assets are in other companies. Even if you are able to legally lift the corporate veil (which is rather difficult in law) you routinely lose out very heavily. Only the liquidators make money in a sequestration or insolvency. Liquidators of course are mostly specialist lawyers.

Lifting the corporate veil

Lifting the corporate veil is explained by understanding that the company is a legal entity entitled to act on its own and thus be sued on its own without the shareholders being held responsible for what the company does or does not do. In simple terms the debts of the company are the company's debts and not the shareholders. The same with assets if any! You know what happens. The assets are put in a separate company and we will discuss it in greater detail later on where we look at your structures to safeguard you against your worst enemy. Simply we use their own structure model against them in your own portfolio.

Lifting the corporate veil is to get to the shareholders and sell their possessions for the debts of the company. As said the courts will not easily agree to this unless recklessness and criminal intend was involved. But how do you prove the difference between a rash business decisions and a reckless one? What generally happens is the Government hammer them with tax evasion and other laws but that does not assist you to get your money back. The only advice is to spread your risk as my clients do.

My richer clients invest in physical things rather than bank balances though theirs are substantial for cash stays king despite the cr-p your worst enemy tell you. They also say they enjoy the finer things in life which is the logical extension of our first rule to pay you first. They contend (correctly) that driving luxury cars will protect them in a crash or high jacking attempt since some are armoured. They are that important to themselves and only rightly so.

They spread the risk around the biggest and most well-known your worst enemy with the very highest credit ratings and will not even look at regional banks whatever the incentives to do so. For such operators they are at heart actually very conservative (hope they don't disagree too much with this assessment) simply because all of them graduated from the school of hard knocks. Most was sequestered at some time.

Most of my clients have (so they say) stacks of gold bars somewhere except the Chinese who is buying silver for some reason. When asked why they just grin so obviously they know something we don't know. I do know it is rumoured on the Internet and in Africa for years now that silver will replace the gold standard in the future. I also know that very polite Chinese gentlemen are buying all the silver and copper mines in Africa. They are not interested in gold mines which say something to me and I cannot afford gold anyway.

The point is your exposure should always be minimised. Remember that saying of not keeping your eggs in one basket? It is good advice in any language. In law or rather banking terms it is called *your portfolio*. It should be balanced and I am not the one to explain to you how. There are many good men doing this for a living. Keep in mind though that any asset which is used as security or collateral is in danger to be sold (given is a better word) to your worst enemy. Never ever sign surety and always ring-fence assets.

I read a wonderful book the other day. The *Memoirs of General William T Sherman* to be specific. Yes the famous Union General and it is probably not well-known that he left the Army before the Civil War and became a banker (note not a *bankster*) in California I believe. Now I say this often to my American Patriot and in my other books that I have yet to read more honourable accounts of warfare and men in my life. Keep in mind I am not an American with any

uncalled for patriotic notions on Union Generals. Besides this my American Patriot is a Southern lady by birth!

I read many hundreds of military history books in my life (my library holds about 2000 last time we counted) and never did I find that much honour as in those Civil War Generals of both sides. They were young men too in case your history teacher failed to inform you. Generals Sherman and Grant were in their early forties when they became famous. Generals Schofield and (Stonewall) Jackson in their thirties which makes their actions so much more remarkable in my view! They were men amongst men.

The reason for my digression to the Civil War is simple. At one stage the Banker William T Sherman had to pay his deposits out because another Bank failed and a general rush of withdrawals took place. (Obviously our forefathers also knew who their worst enemy was and forgot to tell us or your worst enemy suppressed the news somehow.) Fact is he paid every single withdrawal. Not one person could point fingers and roar for a wash basin full of water to wash the future Generals' hands. Can there be more honour in that kind of behaviour? I am astonished by American History in general and if you want to know why read Presidents Lincolns Gettysburg speech.

Why do we then not see this type of standards today? What went wrong?

Historically speaking no-one trusted your worst enemy which is proved by the many laws enabled through the years to keep them under control. They are the most regulated business in the world and you should think they would keep inside the rules but as we know from what we see on the news it does not always work that way in real life.

What does this tell us? Simply that a bank is a myth, a piece of paper with a number on it in the company registration office. It is the people inside who are the bank and they are the ones using the legal entity call bank x for whatever purpose they have in mind. Mostly legal it must be said. Most banks are not run by crooks and other wankers and this is not what this book is about. We are saying to banksters stop your inhuman behaviour in treating defaulters as something akin to satan. We are not saying you are evil and should not be in

business for we saw that your worst enemy can be useful. Still, they hide behind the corporate veil to say it is your worst enemy doing this or that and not themselves. Or bank policy or whatever nonsense they come up with and sell to the public. If you accept a bank is run by people and not really a super computer then it blows away their silly defense of "*computer errors and red tape.*" There is no such thing. It is *Mr I am the big bankster* who makes the decisions as with everything else in life.

So what you ask. We knew that before we started with our book. Sometimes it is the Pretty One with the fake smile. You know that already. Why mention it then? Merely because it means legally *Mr I am the big bankster* can be sued for his wrongful deeds and feel the heat for a change. He has nothing to hide behind except a legal fiction for which he acts. It may sound terrible but we always advise our clients to go after the man also and turn the heat on him personally based on precarious liability where possible. Destroy his life as he tried to destroy yours and even if you lose in court he sweated for a while. Naturally it is just business and not personal.

Your worst enemy always sue you and whoever stood surety for you. Always! Thus you sue your worst enemy for it has the money to pay you should you win and the men who caused the delict and let him explain the "*computer error*" or "*bank policy*" to the court. I am sure they will be vastly amused and so will you.

We spoke about the Pretty One who signs the contract with you before and presumably she signs on behalf of your worst enemy. I explained how they could not understand the legal difference between an attorneys trust account and the account of a trust. Now let me take that deplorable lack of knowledge further to our advantage. According to the legalities of the Consumer Protection Act they need to explain to you what the contract means in a language which you understand. As you know I also said that no-one including me really understand the terms and conditions and Latin phrases which makes it sound so good. I do foresee then that it will be very possible to call that Pretty One to court and ask her to explain the finer details on the contract and that she will fail miserably.

What does that mean to you? A lot actually for now you proved to the court that she is incapable of explaining the finer contract details and thus you probably

(on a balance of probabilities) could not and did not understand what you signed. Your version of events now starts to make sense. This may destroy their claim against you and yes it is tough on the Pretty One but then it is just business as usual you know. She does not mind when you are called to court to explain whatever questions they have. Get a helmet Pretty One. It is just business as usual. Blame the one who called me in the beginning of this book.

Your worst enemy may then try the legal defense of *ultra vires* which is where they say that the Pretty One exceeded her powers by signing the agreement and throw her to the wolves. It is mostly obsolete now and they will have a terrible time in proving that to the court. These days the general idea is that if someone signs on behalf of a company he was fully authorised to do so. Thus the company is bound to whatever stands in that contract and the contract was not properly explained as required by law. How pathetic to play the blame game to begin with I say!

I can tell you though that the state is most definitely bound by *ultra vires*. Anything they do which is beyond their specific powers will be challenged but that is an entirely different book which I will not be bothered to write.

Your worst enemy will probably say you had the right to consult your attorneys before signing which is true but does not take away their deplorable lack of knowledge which they claim to be experts on. The court will not take kindly to this which is in your favour.

One thing I fail to understand is that all of your worst enemies have essentially the same percentage rates. How is that possible? Surely that shows a lack of competition between them and any kind of monopoly is prohibited by law for that very reason. In American this would be called *anti-trust laws* whilst we know it as *competition law*. I believe that they are investigated now and then and as said in law they are vulnerable for they need to act with cleaner hands than most businesses.

The counter argument they love to use is over regulation makes good old fashioned competition (to your advantage as the consumer) virtually impossible and the law gives them almost no leeway to change interest's rates. I say be

creative for why then charge the maximum allowed all the time? Experience tells me there is quite a bit they can do but it is not for me to give them free advice. As you know my legal consultancy refuses out of principle to act for or with your worst enemy so I will keep my ideas secret. What do I know anyway?

The other peculiar thing about your worst enemy is calling themselves *financial institutions* which I am tempted to believe is solely to regain some credibility with the ordinary folk. Even the Swiss banks took serious knocks the last few years. First it was alleged (I have no idea if it is true or not) that they have millions of executed (Holocaust) Jews money which they are refusing to pay out to the children and then they suffered enormous losses with rogue traders in London. Some of the biggest banks (other than Swiss) even laundered terrorist money if the news is to be believed.

How is this possible? I ask again what went wrong.

As an forensic law expert I can tell you that legally any bank caught with money laundering will face severe (hundreds of millions) in fines and (we hope) a few banksters in jail. As nice as that sounds it is a home goal for they will only use your money to pay for the fine and as we saw recently it just means another golden handshake with your money to the offenders.

What made them so arrogant when it comes to defaulters?

I believe it is the power of money. Ironically it is not even their own money for it is your money (deposits) which they play with. We saw how the system works and it is not nice reading. They make their money by enslaving you in loans. They act without any sense of known human decency and hide behind spin doctors and lawyers. Let us not forget the red tape and computer error myths in this regard which is the second reason why they act the way they do. They feel they will be able to hit out through their lawyers and hounds from hell with impunity. It is as a psychologist friend explained to me the same when road rage happens. You feel immune in your car and removed from reality and thus much more obnoxious than what is good for you.

Ironic to me is that your worst enemy fire their staff every now and then for whatever reason and obviously it is sad when that happens. As said before it is

good for the share price if nothing else. Consequently the loyal henchmen are not even safe from the same fate which overtakes their victims. They have no more rights under labour law than you or me and being salary drawers their job security is non-existent and they are also enslaved in company loans etc. The only real job security is to have your fate in your own hands meaning to create your own income. As long as you work for someone you are exposed! Look what the American sequesters did to thousands of workers!

I don't really care what the reason is why your worst enemy behave as they do but it must stop. A poor man is still a man with legal rights. He is not something akin to satan to be hounded and humiliated at will. You will receive the treatment you dish out in life. It says so in the good Book.

Extract from K's free eBook [The Circle of Life](#)

It is rather nice to ask your better half for her hand in marriage and is known as being engaged or betrothal if she agrees. Should she refuse it is known collectively as *the great escape or the day you embarrassed yourself* (joke). Seriously, you cannot claim any compensation because a woman refused to marry you. And whilst you may plan the big question to the last detail the law is not as bothered with it as much as you may expect. In law it is simply an understanding between two people to get married in the future and live as man and wife in the fullest sense of the word together under one roof facing life as one.

You don't need her parents' permission unless she is a minor and if I may say so you better not ask me unless you want see if you can outrun my shotgun pellets. Wait until she is of age and able to make her own decisions. If you then ask the parents you do so out of respect only and not because the law tells you to do so. Discuss this with your fiancée to be for I find many modern women do not take kindly to the idea of being given away as an item.

There is nothing to say you need to be on your knees or have a ring ready. That is just a custom but it may be cheaper to buy the ring yourself rather than let

her choose it (joking). Nothing in law says you as the man must buy the ring anyway. She can also if you happen to be broke.

The engagement does not need to be in writing though it sometimes is and known as an engagement letter. Not very original that is. Some have an engagement agreement which is a full contract but note an engagement contract is not the same as an antenuptial agreement which we will deal with later. It only states that the parties wish to marry in the future and deal with property issues. It cannot be enforced which is why it is seldom used and you cannot have penalty clauses in this type of contract like for instance stating if you don't marry me by next week Wednesday you pay me 100 dollars a day penalty.

That would be against the morals of the public at large. All in all such a contract is rather useless.

Keep in mind that when I say man I also mean woman and these days same sex marriages are allowed in many parts of the world including South Africa but not under the Marriage Act. That is done under the Civil Union Act as the Marriage Act does not recognise a marriage as anything else between man and woman.

Consequently with the Civil Union Act gays and lesbians can also be legally married. Not all consider homosexuals to be animals as one African dictator put it so inelegantly recently. For myself I believe in marriage between man and woman only but I do not discriminate or judge. Their problems in life should be between them and God and I suspect my opinion is of no relevance. Whatever their sexual orientation they stay humans and quite nice people also. Don't mix religion with law. It is wrong to treat some different than others without good reason.

I read that during colonial times in North America betrothal was seen as a trial marriage which would or could if you wish only go forward to marriage if a child is conceived. Honestly I am not sure about the reason for this attitude and not at all what I expected from a country as puritanical as America. It is not my idea of American public morals which I learned by reading Westerns up to the age of nine and then switched to history proper. I think that even in today's enlighten Society, this would be frowned upon.

I suspect in some countries deflowering a virgin in a trial marriage may be a crime if not a delict. Most certainly, in recent years, we had a case where a fellow married a virgin whilst knowing he is still married to another woman and he was hammered in both the civil and criminal courts. The law does not take kindly to such behaviour as it is presumed in law that a woman's virginity is a serious matter (as it is and should be) for once broken it stays broken even if physically repaired.

It is also well-known in law that a woman with children is a lesser "catch" than one who is a virgin but I expect that this will be challenged under the equality laws. The amounts given as compensation differ drastically between the two when it comes to seduction awards.

Not sure it should be on the law books anymore.

The legal consequences of being engaged

The effect of being engaged is to marry at some stage in the future with the person you are engaged to. Besides that there is not any other legal effect which binds you to celibacy or anything in that nature. In law all woman not married is presumed to live a celibate life anyway. Since this comes from the Romans with their well published orgies I find it ironic. Note please that being engaged does not take away a woman's right of refusal to have sex. You have no automatic right to act like a beast.

Nor do you share your estate yet and you have no special rights to his. If he dies without you in his will you will inherit nothing. Thus I always recommend changing your will and policies the moment that you become engaged.

The problems arise when you break that promise to marriage without good reason. At least you cannot be forced in law to marry anyway which was the way it was up to 1838 in England. As you can imagine that led to a lot of abuse!

The legal formalities to become engaged

It is important to note that you must be sane to become engaged. Many points out that this is indeed a contradiction of terms but let us not be nasty. I believe

in marriage and love and so should you. Being with your soul mate is the ultimate high and best of all, free and forever and two weeks.

Obviously someone who is drunk or in a coma cannot enter into a legal contract. Nor can someone who is feeble-minded for obvious and fair reasons. Also persons within the prohibited degrees of relationship may not marry each other which are blood family in simple terms like brother and sister or father and daughter. As a general rule we prohibit the direct line of ascendants to marry each other and thus they cannot be engaged either.

Being of the right age is dealt with more under marriage where it differs from country to country but most are fixed at about 15 years of age for the female. In South Africa, if you are less than 15 years old and female or 18 years and male you will need the consent of the Minister of Home Affairs to marry AND your parents. In fact, under 18 (the maturity age) means your parents must always agree and if they refuse you may approach the High Court who acts as the father of all minors for permission.

I assure you though that our courts are conservative and unless you can prove that it is in your best interests or your parents unreasonable (read very unreasonable) this will not be given willy nilly. In case you carry on regardless the marriage may be dissolved afterwards but we will speak about that under divorce later on.

So what happens when a minor promises to marry when she is of age to do so and when she comes of age she refuses? In law all promises to marry made by minors are voidable at the option of the minor meaning she can decide if she wants to go forward with the marriage or not. Weirdly enough a minor may sue on such a promise but may not be sued. She may even make a new promise to someone else and that is the way it will be.

Being pregnant is no reason in law or otherwise to get married but it was not always like this and in some cultures that would be enough reason for a marriage. It was a practical problem for under Roman law an illegitimate child could not inherit nor be entitled to his father's name. This meant wars in the old days as the kings' illegitimate offspring decided to take fight for their inheritance

as happened often in history causing civil wars and worse. These people were called "bastards" and at one stage were seen as that even if the parents married afterwards. Under equality of the law I am glad to say this is something of the past in most countries. Unfortunately the child and his mom may still be treated like something akin to Satan by the community.

We tend to throw stones quite quickly and it is very wrong.

You simply cannot in law be engaged to more than one woman at the same time or whilst you are already married. This will be in all countries which do not support bigamous relationships. In effect the second marriage or engagement is void under law but then the universal law of partnership comes in and we will look at that in some detail. It is the same as where you live together. It has far reaching effects on your estate and is known as the common law wife principle.

Why it is so important to understand what is meant with an engagement to be married?

Let me explain that getting engaged to marry is a contract in law but oddly enough it cannot be enforced if one party wants to walk away from it. Being forced to marry against your will would be against the good morals of the nation. It can never be. Thus some law professors refer to it as "semi-binding." To marry legally both parties must be willing and able. There is nothing wrong with such a system and an example how neutral the law is.

As said there is no prescribed way in law in how to ask a woman to marry you but for long haired liberals it may involve two weeks of nonstop begging. Candle light dinners and being on your knees also help I suppose and through the ages many traditions arose around betrothal which are not in the law books as such meaning it is not required in law to fulfil before the legal effects of an engagement comes into being.

Let me explain.

A ring may be given to the woman (usually is) who wears it on her left hand fourth finger which is seen as the reserve for a wedding ring. It does not matter if it is gold or silver or even rope but the intention does. In law, if a woman

accepts a ring and wear it in public on her left hand fourth finger it is very strong evidence that she agreed to be married in the future to the person who gave her the ring. If she then refuses the fiancé may claim damages from her and usually she must return the ring and that is called breach of promise or just breach. Nor does the law care if the ring has diamonds or emeralds in it. As you can see it has only evidential value on what the parties decided on.

Fascinatingly, that specific ring finger is used because our Roman forefathers believed it contained the "vein of love" which goes straight to a woman's heart. Before them the ancient Egyptian physicians believed that the same finger has a nerve to her heart. And apparently our Western way of exchanging rings started in again in 1477 when Maximilian the First gave Mary of Burgundy a diamond ring symbolising their relationship. She died at the age of 25 when she fell off her horse or the horse on her. It is tragic but I understand he married again quite soon after that.

The left hand ring finger is not the tradition in continental Europe where the right hand is seen as the place for the ring. I suppose all arteries go to the heart anyway if you want to be unromantic. I could not find anything on what happens when the woman does not have a ring finger because of accident or defect.

In other countries (Argentine apparently) a serious relationship is celebrated with a silver ring, then a gold one at the engagement and finally a diamond ring at the actual wedding.

In Nordic countries I understand that both men and women wear an engagement ring and in Brazil they switch from right hand to left hand at the wedding. Some have a separate engagement ring and wedding ring later but really it is all symbolic. None of this is of interest for the law. It is only interested in what the intention of the parties was.

That is the question and bottom-line is that you don't even need a ring to be engaged to marry. When you ask and she agrees and the two of you are legally able to marry then you are engaged. It does not give you any real rights though as with marital rights which we will look at later. For instance a medical man

would be quite within his rights to refuse to discuss any medical condition relating to your fiancé to you. If I may be brutally frank, you are not family yet.

I could not find anything in law stating that a woman is not allowed to ask a man to marry her and it can happen anytime. Not only on 29 February as is tradition in our part of the world. My research also tells me that refusal from the man meant he had to buy her twelve pairs of gloves to hide her empty (of a ring) finger or a new dress. She may choose.

She cannot sue you for refusing to marry her but we did have a thought-provoking case in Apartheid South Africa where a black man proposed to a white woman. The law in those days was not neutral and it was a crime for different race groups to have intercourse or to marry. In truth it was impossible under law to do such things. He was arrested for *crimen injuria* I think (criminal defamation) but I believe he was found innocent.

You must understand the Apartheid laws were not based on anything but farming principles and the Bible. You can read about it in my book [*Mean Streets - Life in the Apartheid Police*](#). The argument was that the animals on a farm don't mix with each other so why should humans? There is no way in this world that that system can be defended. It was a crime against humanity and an example of what happens when an artificial imbalance is created.

If you lose your ring it does not mean you stop being engaged. You can only legally stop being engaged if you break the engagement or with death of one or both of the partners at the same time which is called *commorientes* in law. We always presume the man, being bigger and stronger, took longer to die than the wife. With death the engagement stops automatically. You cannot marry a dead person because of the lack of consensus for one. Nor can you marry anything which is not human.

It is not possible to stop an engagement by doing nothing even though in our customary law the husband may refuse to eat his wife's food and that may be seen as divorce. The point is the law being neutral wants to make logical deductions on your behaviour. There must be no room for doubts on your intentions. You have to show what you mean in a practical way.

The same is true in reverse. If a woman takes her ring off and throws it at her fiancé it is very strong evidence that she does not wish to carry on with the engagement and the subsequent marriage. Clearly she may also just give it back or send it to him by mail or messenger. No need for unpleasantness.

Returning gifts is also strong evidence that the marriage is off. Not making any arrangements for the wedding may be indicative but note that there is no time limit on engagements before tying the knot so to speak. It may be a few hours or decades. The law simply does not prescribe a time but the dirty looks from your future mother in law may indicate that the time is near.

This was not always the case because under Roman law a widow could not legally be married within one year of her husband's death (did not need to be actually dead - if captured as a prisoner of war he was considered dead). This was to ensure that any children to be born be borne within that year so that no arguments could follow afterwards on whose children it were. This is not the case today. A widow can marry when she pleases though of course the community may frown on a hasty marriage the law does not prevent that at all. Clearly a widower could also marry whenever he could find a new wife.

As always with law no coercion is allowed. I remember a case in the 19th century where a woman was rescued by a sailor after being shipwrecked. Before he would allow her into his boat she had to agree to marry him which she did. This was not seen (correctly) as binding on her and he failed in his bid for damages when she told him afterwards to take a hike. He probably went to Australia and it caused quite a scandal.

Legal effects of breach of promise

When an engagement is broken off without good reason the lawyers refers to it as breach of promise and the "guilty" party may be sued for damages by the "innocent" party under delict. It used to be women suing men but these days you just don't know and it does not matter anyway. If the party is aggrieved she has rights and justice must be seen.

A good reason in law to break off an engagement would be insanity, intoxication, force, intimidation, mistake, fraud and misrepresentation and the discovery of

impotence, sterility, alcoholism or serious criminality on the part of the other side. This is not a closed list but what courts accepted previously as a good reason or defense meaning if the sued party can show that the above was the reason why she broke the engagement she would almost always be the victor in court. All of the above is excellent defenses against breach.

The reverse is also true. Where a party commits breach of promise for any reason besides the above (and what the court thinks is good enough) he will pay dearly for his actions. Marriage is a serious thing in law and not to be taken lightly.

We briefly spoke of deflowering a virgin and where one party seduced the other (usually the female but not always) under promise of marriage, she can claim damages for seduction as well as for breach of promise. Obviously this will only be where a pattern emerges or the defendant (usually the man) bragged to his friends about his "victory" and never was serious about marriage and only used the engagement as a way to get her into bed. Bragging may cost you enough to learn how to act like a gentleman next time. Certain matters should stay private unless you are a little boy needing attention. They usually get spanked in public by their moms and really are nothing to be proud off.

It can even happen where a woman is married and her husband sues the new guy but obviously that is something else called adultery. It really should not be a crime or on the law books but it is and the sentences for it harsh in Muslim countries where flogging in public (100 lashes) and or stoning to death is the norm. Again this is what happens when religion and the law is mixed.

It must be understood also that you cannot be forced into a marriage just because you had a sexual relationship with someone. In law it is presumed that a married woman cannot be a virgin but note that there is absolutely no rule in law in this country to say that a marriage must be consummated before it becomes legal or that the wife must be a virgin when it is.

I know it is different in other countries and especially it was a big deal in Germanic Law. Reminds me of a joke we had many years ago that one particular

wild girl was almost still a virgin as she only had the army and police on her. Yeah well, is not really funny. I admit. It sounds better in Afrikaans.

As with any private law case the action must be taken within three years or the claim will prescribe. Once prescribed there is nothing in law which can resurrect it. It is the end of the road.

So what happens with the gifts between the parties?

Well, it can become quite complex but it is usually dealt with in three different categories.

The first is the so called tokens of earnestness from the giver. This will include the engagement ring and must be returned to him. If not he may sue successfully in most cases for the value or the ring. The reason is simple and found in the Roman law dictum of *cessante ratione legis cessat ipsa lex* which means when the reason for the law ceases, the law itself ceases. There is no more marriage thus no more ring. The best case to illustrate this point was where a child died and the mom still demanded the maintenance money for him even though he is now deceased. The court refused.

Obviously the parties may decide to keep the ring and it is always a good idea to settle this without the need of the court getting involved. As I always say in my books you have a 50/50 chance of winning in court despite the cr-p your lawyer may be telling you. Once in court you either win or you lose and those odds are way too bad for me to take a bet on. I just don't know what will happen in court. The witness may have an off day or even your advocate. It is almost never a good idea not to settle. There are no guarantees in court but a lot in settlement because you control it.

End of extracts



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