

A close-up photograph of a kitchen scene. A hand is pouring a clear liquid from a glass container into a stainless steel pot. The pot is sitting on a gas stove burner with a blue flame. In the background, another similar pot is visible on another burner. The lighting is warm and focused on the cooking area.

The Practical Cook Book for Single Men

***By
Jacobus Kotze***

The Practical Cookbook for Single Men

By Jacobus Kotze

Copyright 2013 Jacobus Kotze

Obooko Edition

Obooko Edition, License Notes

This is a legally distributed free edition from www.obooko.com. The author's intellectual property rights are protected by international Copyright law. You are licensed to use this digital copy strictly for your personal enjoyment only: it must not be redistributed commercially or offered for sale in any form.

So, whether you eat or drink,
or whatever you do, do all to the glory of God

1 Corinthians 10:31

Index

Introduction

Chapter 1 Basics

Chapter 2 Ingredients

Spices

Oils and other stuff

Chapter 3 Supplementary dishes

Rice

Veggies

Pasta

Mash Potatoes

Oven baked potato wedges

Roasted Veggies

Chapter 4 Recipes

Bacon & Cheese roll

Barbeque Chicken

Beef Curry & Rice

Beef Stirfry

Beef Stroganov with rice

Beef Burgers

Chicken a la king

Chicken Parmesan

Chicken Stirfry

Chutney Chicken

Gammon

Lemon & Herb Chicken

Marinated Peri Peri Chicken

Monkey Gland Meatballs with rice

Monkey Gland beef mince on rice

Noodle Mincemeat Mix

Oven Potjie

Pizza

Pork Chops marinated in lemon juice

Potato Salad

Shepherd's Pie

Smoked Chicken Salad

Spaghetti Bolognaise

Stew with rice

Wors & mash

Wors & veggies

About the Author

Connect with the Author online

Extract from K's free eBook [*The Egg Breakers - Counter Terrorism in Sub Saharan Africa*](#)

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

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

Extract from K's free eBook [*Tricks of Trade - Memories of a Rogue Lawyer*](#)

Extract from K's eBook *Mean Streets - Life in the Apartheid Police (College Days)*

Introduction

Now that I reached middle-age I comprehend that the male specie is under considerable threat since most of us are alone by the time we reach fifty years of age. Our sisters are all married (or in another town) and our moms' of advanced years or far away and not about to become our personal chefs. Many of us lost a wife to God or are divorced and in no mood to do the dating game again besides being broke after the hideous divorce lawyers are finally finished with you. (A peculiar specie disliked even amongst lawyers). Therefore you find yourself alone in the kitchen trying desperately to remember what your wife or mom did whilst you watched television or worked late during the good times.

After all that is the way life usually turns out and your food preparation knowledge limited to barbeques on Saturday nights as tradition dictates in this country. However, you will soon find out you cannot live of barbequed meat alone. First it is time consuming and secondly it is boring after a year and henceforth the question arrived: *What do you do when suddenly, after years of being taken care of by your wife you find yourself alone in the kitchen?* Being an educated man I decided to use the tried and tested academic approach by reading the genuine cookbooks but failed miserably to prepare decent food from them. What went wrong you ask?

I found with most genuine cookbooks that they tend to be over elaborate and the recipes way too difficult to prepare. It is unquestionably written for more advanced users than me who do not claim much skill in the kitchen and simply don't understand the instructions to be honest. Most certainly my efforts never looked quite as agreeable as the professionally done pictures in these genuine cook books making you wonder if you are doing it right or feel inferior if you are blessed with a less obnoxious personality than I have. Of course it is written to sell and to sell you need to impress!

They also add garlic in absolutely every meal which is fine as far as taste goes (debatable) but no good for me who as a professional man needs to actually talk to his clients face to face now and then since they pay me by the minute for that privilege. Thus I am predisposed against garlic...however, if you really must, please feel free to add garlic to everything in this book for it is supposed to be healthy.

* "Of course it is Honey" says my American Patriot who reads here before you do. It must be noted she loves garlic and since I know what is good for me so do I these days when she prepares the food. My poor clients!

Then there are the ingredients in the genuine cookbooks which have wonderfully exotic names. Never heard of half of them in my life... so you either walk up and down the aisle searching for it or you give up all together and go to the local steakhouse or pizza joint in disgust with your lack of knowledge. Or it is from a foreign country and unknown in this part of the world by the same name. Being a man, I am not actually that willing to display my ignorance in asking a female assistant for all the ingredients I read in the genuine cookbooks! Most men agree with this logical perspective and all real men get lost to explore a new route to wherever we want to go! What does a wife know about navigating anyway I ask?

* Apparently a lot actually! My American Patriot is a walking compass and never gets lost (only the Air Force pilots do for unknown reasons according to her who works for the U.S. Navy). Does not matter where in the world we are she knows her way is the only way and after a couple of years of "I told you so Honey" so do I for she really never get lost.

Then lastly, the quantities / measurements are rather complicated in genuine cookbooks! Some are in the metric system which I understand up to a point. Others are in Imperial or American, which I will never understand no matter how hard I try before I find myself in the local

steakhouse. (You would have thought that by now the world would agree to one system and get done with but alas, not so. It is a matter of national pride to confuse decent citizens.)

All the above made that the genuine cookbooks are of little practical use and only decorate the kitchen wall because I cannot be bothered to throw them away...they do have nice pictures in them! If you feel the same way then this down-to-earth cookbook is for you. None of the recipes herein have more ingredients than what is really necessary and the ingredients must be easy to find in the local supermarket or they will not be in this book. That was the overriding qualification and I stuck to it religiously.

You can take for granted that this book is not meant to be that healthy or the next great cookbook and have absolutely nothing in which can be remotely considered "organic." In fact, be warned that most genuine chefs will find it very mediocre for I also use ready-made packet sauces and or soups which I am told is beneath a genuine kitchen expert to use. Be that as it may, the recipes will keep you alive for the time being and these sauces came a long way since the 1980's.

Another important qualification was that the recipes must not be overly fancy! This is about survival until better times and skills arrive whilst cooking with the minimal pots & pans left to you by the hideous divorce lawyers.

* The next book in the series will be more advanced when you move on to the dating scene and need to impress your date with your culinary skills. I am still thinking of it since I am happily married and only date my American Patriot who is excellent in the kitchen as with all other aspects of life. Just to be expected actually since I proved beyond reasonable doubt in one of my other books that one American woman is worth an Empire.

Following the above qualifications the recipes contained here are simple and easy to follow. They are mostly the same (why bother to change when you know what works). I tried and tested them for years. Being twice divorced and on occasion too broke for take-away food this is what I survived on until my American Patriot took over the kitchen duties. That is except on Saturday nights when she is excused from the barbeque much to her disgust with our African traditions. May I also say that despite the non-professional pictures my food actually tastes quite nice and no-one died from it yet! This of course not to say I guarantee anything and I take no responsibility for your efforts. You have to experiment also and see what works for you. I do not claim any special gifts as a chef.

Still, I hope you enjoy this book and if so, please email me at meanstreets45@gmail.com for I like speaking to my readers. You are not bothering me. As with all my ramblings in writing I thank my American Patriot for her love and support and above all, scissors. And finally, I am not an author and claim no such status either...thus it is quite possible that you may find the odd grammatical mistake...being a native Afrikaans speaker writing in English that is bound to happen. Please accept my apologies in advance.

Let us get cooking then!

K

Chapter 1

Basics

I don't need to say this for men is by nature tidier than women (yeah sure says my American Patriot before she started laughing) but wash your hands meticulously before working with food. Furthermore, clean the work area and ensure that the rubbish bin is emptied every day before it gets smelly and the police walk in to search for a body as happened to a client of mine. It took him years to live that one down.

A clean kitchen is really nice to work with and so are sharp knives. Buy a decent survival knife which may be used for camping etc and make sure you have adequate lighting in the kitchen. You really need to see what you are doing or you will find that the medical kit your ex-wife's lawyers forgot about useful. This is especially true when working with boiling water and oil. Be careful for accidents happen more often than what you think! Know what to do in an emergency and plan ahead...see my free article on *Basic Home Security* for more details if interested.

Remember that the cutting board and kitchen sponge is the two dirtiest objects in your house (yes, even more than the toilet and your cell phone). Hence the cutting board must be thoroughly washed at high temperature and the sponge replaced regularly and kept dry when not used. Food poisoning is no joke and a sure way of never having guests over again. Obviously that may also be an advantage with some family members.

* Luckily I like doing dishes and fancy myself as being rather good with it. A good tip is that white vinegar left for an hour or two in a burned pot will make it much easier to clean. The secret is hot water, lots of soap and much passion.

I have not bothered with *breakfasts* for I am sure you know how to fry an egg. Thus let us continue to my homemade meals. You will no doubt note that the spices remain mostly the same for it is really a matter of personal choice but this worked for me. I also divided the meals alphabetically with a small picture of the final product next to it.

Since many of my loyal readers are Americans (good folk all of them) I included the temperatures in Fahrenheit also. Of course down here in South Africa, we use the metric system (anything as long as it is not English was the motto when the Afrikaner was still in charge). We also speak a different kind of English all together which led to many misunderstandings. For instance what is known here as *mincemeat* is ground beef in American! *Monkey Gland sauce* is nothing else but barbeque sauce! *Wors and russians* is a type of beef and pork sausage and *chutney* an Indian origin sauce used extensively in South Africa. It is made from peaches (mostly I hope) and quite nice on everything known to man.

* Ironically the best of the chutney is called *Mrs Balls* for reasons I have no idea of and my American Patriot finds very funny. If you have ex-South African neighbours just mention the words "*Mrs Balls*" to them and see them wipe tears for it. That, with *biltong* (beef jerky), is what they ask for most when writing home. Oh yes, *wors* too, which is a type of sausage. *Peri Peri* is a word I think borrowed from the Portugese amongst us and refers to a hot burning type of sauce.

There is no such thing as *American Cheese* here by the way; we have 200 plus other types of cheeses of which *Cheddar* is nice and used in this book...even for the pizza. *Ketchup* is called tomato sauce (actually spelled tomatoe). Regretfully, according to my better half known to my readers as *my American Patriot*, our local mayonnaise does not taste like real American mayonnaise either.

* She actually used a stronger; shall we say Navy description starting with cr...and now insists on buying only decent American made mayonnaise called Hellmann's. It tastes completely different to be honest but I know what is good for me so I agree.

Lastly, the word "*pie*" has a very different meaning here than in America. Here it refers to a *meat pie* and not a pudding or something sweet. It is usually eaten warm. Also, *chips* refer to what is known in American as *French Fries* and we don't eat it with barbequed meat either (unless my American Patriot is around). With barbeques we have salads and something called *pap* which is *maize porridge*, usually with a *sheba* on it (onion and tomato sauce). Of course, down in the Colony (known as Cape Town to foreigners), they eat grilled sandwiches instead of decent pap with their barbeques. Very weird indeed and the reason why they got left behind in 1834 when the Afrikaner decided to conquer Africa and be as far away from the English Colonial Masters as far as possible.

Note also that all the recipes below are for three people meaning two fairly large grownups and some leftovers for later. However, it is for you to increase or decrease as you please.

Chapter 2

Ingredients

It does not matter what brand you use but I found *Robertsons* or *Ina Paarlman* to work well enough for me. All can be found at your local supermarket in small bottles which lasts a couple of months. Keep them closed after use and in a dry place where within easy reach.

* *Robertson* & *Ina Paarlman* are well-known brands down here and no, I do not get commission and would not know them from Adam. None of the products mentioned have any business connection with me (another problem with the genuine cookbooks which makes them suspect).

Spices

Black pepper (to be freshly grounded when used)

Coriander to be added to any meat

Ginger for Stirfry mostly

Green Onion spice if you don't have onions around

Mild & Spicy Curry powder

Origanum for pizza

Parsley for everything

Rosemary & Olive for everything

Salt for everything

Steak & Chops salt (or any barbeque salt)

Thyme for everything

Turmeric to colour rice yellow

Oils and other stuff

Olive Oil which is always healthier than sunflower oil but more expensive

Sunflower Oil of any make

Spray & Cook to prevent burning

Margarine or butter (if margarine lookout for the heart foundation symbols on it)

Tinfoil

Chapter 3

Supplementary dishes

Since we will have either rice or veggies or potatoes (in various forms) with our main dish I thought we should look at the basics on how to prepare them. The main dish is usually added on top or mixed in or placed next to. As said you cannot live of meat alone.

Rice

One cup of rice is enough for two people when the main dish is served with it

Boil the water in a kettle for it saves electricity

Add the rice in a pot with the boiling water covering it for about 1 cm (half an inch)

Add a teaspoon of salt and stir

Close the lid but make sure it is only half covered or it will boil over

Let it boil until it is almost dry and you will see the rice forms sinkholes

Pour in a bowl and drain off the excess water, wash it under the tap (this removes the starch)

* Mix with a teaspoon butter or margarine

* Add turmeric if with the boiling water if you want yellow rice and stir it

Veggies

We are talking of frozen veggies here...fresh ones need to be washed and cut into pieces first. The frozen ones usually need not be unfrozen first but it does not really matter if it is.

Boil the water in a kettle

Add the veggies in a pot with the boiling water covering it about 1 cm (half an inch)

Add half a teaspoon of salt

Add the lid but make sure it is only half covered or it will boil over

Let it boil and pour in a bowl and drain off the excess water, rinse it under the tap

Mix with a teaspoon butter or margarine

Pasta

This includes spaghetti (break it into smaller pieces) and noodles of all types

Boil the water in a kettle

Add the pasta in a pot with the boiling water covering it about 1 cm (half an inch)

Add a teaspoon of salt

Close the lid but make sure it is only half covered or it will boil over

Let it boil until it is almost dry and pour in a bowl to drain the excess water, rinse the starch off

Mash Potatoes

Wash the potatoes and skin them

Cut in small pieces and boil in salted (one teaspoon of salt) water until soft

Add butter / margarine with parsley and two desert spoons of fresh milk to it

Mash it all together

* The boiled potatoes are soft if it can be easily pricked with steak knife

Oven baked potato wedges

Wash the potatoes and skin them

Cut into wedges and place in a flat dish

Sprinkle them with sunflower oil

Sprinkle them with salt and thyme

Bake in oven for 45 minutes at 180 (400) degrees uncovered

Roasted Veggies

Take the frozen veggies and place it in a flat dish

Take the soup / packet mixture (from *Knorr* or *Royco*) with the indicated amount of milk in a bowl and mix it thoroughly. Add mixture on top of veggies and bake in oven for 45 minutes at 180 (400) degrees uncovered

* *Knor* and *Royco* manufacture a lot of instant sauces / powders

Chapter 4

Recipes

Bacon & Cheese roll



What you need

A cup of grated cheese (any cheese like Cheddar)

Black pepper

Half a packet of diced bacon which is not frozen

Origanum

Rolled dough which is unfrozen

Directions

Pre heat the oven to 180 C or 400 F.

Spread the dough horizontally on a flat surface

Add the grated cheese evenly

Add the half a packet of (raw) diced bacon evenly on the cheese

Add black pepper (freshly grounded)

Add origanum (just sprinkle it)

Roll up the dough and place in the oven for 45 minutes or until is light brown

* You may add some diced onion or any colour pepper too

Barbeque Chicken



What you need

Chicken pieces according to taste

Barbeque marinade (I use *Knorr* or *Royco* sachets mixed with water)

Black pepper

Salt

Parsley

Directions

Pre heat the oven to 180 C or 400 F

Start the veggies separately

Leave the chicken in the marinade for an hour (never mind what the instructions say about twenty minutes only)

Place in a flat pan (pre sprayed with cook & spray) covered with the marinade

Add black pepper (freshly grounded)

Add salt and parsley (just sprinkle it)

Place in the oven for 50 minutes or until is brown (uncovered)

Beef Curry & Rice



What you need

Two potatoes

Chutney

Marinated beef blocks

Green pepper

Apricot jam

Salt & black pepper

Curry

Carrots and or mixed veggies

A few olives if possible

Ginger

Directions

Cook the rice separately, either yellow or white rice

Marinate the beef blocks for an hour

Skin the potatoes and cut into large pieces

Pre heat a pot with sunflower or olive oil

Add the olives

Add the green pepper (in small pieces)

Add the marinated beef and stir well

Add the ginger (half a teaspoon)

Add the salt

Add black pepper (freshly ground)

Add chutney (two desert spoons)

Add the apricot jam (two desert spoons)

Stir and fry until the beef is brown

Add curry powder with very little water - half a cup - directly onto the beef

Add the potatoes

Add the veggies

Place the lid on the pot and let it steam for 20 minutes until potatoes are soft

Beef Stirfry



What you need

Packet of Stirfry mix (does not matter if Hawaiian or whatever)

Chutney

Marinated beef blocks

Salt & black pepper

Ginger

Directions

Cook the rice separately, either yellow or white rice

Marinate the beef blocks - any barbeque marinate will do

Pre heat a pot with sunflower or olive oil

Add the marinated beef and stir well

Add the ginger (half a teaspoon)

Add the salt

Add black pepper (freshly ground)

Add chutney (two desert spoons)

Stir and fry until the beef is brown

Add the Stirfry mix with very little water - half a cup - may be frozen

Place the lid on the pot and let it steam for 20 minutes stirring now and then

Beef Stroganov with rice



What you need

Strips of beef

Olives

Honey

Red or green pepper

Onion

Mushrooms

Thyme

Rosemary

Black pepper and salt

Beef Stroganov packet sauce (*Knorr* or *Royco*)

500 ml milk (1 pint US)

Veggies of choice

Directions

Start the rice separately

Fry the strips of beef in a teaspoon of oil in a pot

Add olives (any colour) and teaspoon of honey for basking

Add red pepper & onion, mushroom and thyme, rosemary, black pepper and salt and stir whilst frying the meat (that will take about ten minutes on high heat)

Add the Stroganov sauce with 500ml milk and stir all the time until thick

Let mixture simmer for 20 minutes, stirring occasionally

* May add chutney or apricot jam if you wish

Beef Burgers



What you need

Beef patties

Onion

Tomato

Grated cheese or sliced

Meat marinate

Lettuce

Burger buns

Directions

Marinate the patties for an hour

Add salt & pepper

Grill the patties until brown or to taste

Add on buttered buns with the lettuce, tomato, onion and cheese

Chicken a la king



What you need

Chicken strips

Lemon juice

Chutney

Black pepper & salt

Mushrooms

Quarter onion chopped

Red or green or yellow pepper chopped

Rosemary

Thyme

Carrots & peas

Chicken a la king soup (powder)

Milk 500ml or 1 pint (American)

Directions

Start the rice separately

Marinate the chicken strips in the lemon juice for an hour

Fry the chicken strips in a teaspoon of oil in a pot with the lemon juice

Add pepper, onion, mushroom and thyme, rosemary, black pepper, two desert spoons chutney and salt to taste

Stir whilst frying the chicken (that will take about ten minutes on high heat)

Add the chicken a la king sauce with 500ml milk (1 pint) and stir all the time until thick

Add the veggies to the mixture and stir

Let simmer for 20 minutes, stirring occasionally

Chicken Parmesan



What you need

Chicken strips

Lemon juice

Chutney

Black pepper & salt

Mushrooms

Quarter onion chopped

Red or green or yellow pepper chopped

Rosemary

Thyme

Carrots & peas

Parmesan chicken mix from *Knorr*

Milk (500ml or 1 pint)

Directions

Start the noodles or rice separately

Marinate the chicken strips in the lemon juice for an hour

Fry the chicken strips in a teaspoon of oil in a pot

Add pepper, onion, mushroom and thyme, rosemary, black pepper, two desert spoons chutney and salt to taste

Stir whilst frying the chicken (that will take about ten minutes on high heat)

Add the parmesan chicken sauce with 500ml milk and stir all the time until thick

Add the veggies to the mixture

Let simmer for 20 minutes, stirring occasionally

Chicken Stirfry



What you need

Packet of Stirfry mix

Chutney

Marinated chicken pieces

Salt & black pepper

Ginger

Lemon juice

Directions

Cook the rice separately, either yellow or white rice

Marinate the chicken pieces with lemon juice for an hour

Pre heat a pot with sunflower or olive oil

Fry the marinated chicken and stir well

Add the ginger (half a teaspoon)

Add the salt

Add black pepper (freshly grounded)

Add chutney (two desert spoons)

Stir and fry until the chicken is brown

Add the Stirfry mix with very little water - half a cup - may be frozen

Place the lid on the pot and let it steam for 20 minutes stirring now and then

Chutney Chicken



What you need

Chicken pieces of choice

Chutney

Mayonnaise

Black pepper & salt

Rosemary

Thyme

Two potatoes

Directions

Start the rice separately

Skin the potatoes and cut into large pieces

Pre heat oven to 180 (400) degrees

Mix one cup chutney with two cups mayonnaise and pour onto chicken pieces

Place the chicken pieces in flat dish with potatoes

Add rosemary, thyme, black pepper and salt to taste

Cover with tinfoil, bright side up and bake for 1 hour

Remove the tinfoil for ten minutes to brown the chicken

* Serve on rice

Gammon



What you need

Smoked gammon

Apricot jam

Directions

Smear the gammon with the apricot jam

Place in covered pot in oven pre-heated to 180 (400) degrees

Bake for 2 hours covered

Wait until cold before slicing it (remove the string first)

Lemon & Herb Chicken



What you need

Chicken pieces according to taste

Lemon & Herb marinate (I use *Knorr* or *Royco* sachets mixed with water)

Black pepper

Salt

Parsley or Thyme

Directions

Start the veggies and potato wedges separately

Pre heat the oven to 180 C or 400 F

Leave the chicken in the marinate for an hour (never mind what the instructions say about twenty minutes only)

Place in a flat pan (pre sprayed with cook & spray) and add black pepper

Add salt and parsley (just sprinkle it) or thyme

Place in the oven uncovered for 50 minutes or until is brown

Marinated Peri Peri Chicken



What you need

Chicken pieces according to taste

Peri Peri marinate (I use Knorr or Royco sachets mixed with water)

Black pepper

Salt

Parsley

Directions

Start the mash and veggies separately

Pre heat the oven to 180 C or 400 F

Leave the chicken in the marinate for an hour (never mind what the instructions say about twenty minutes only)

Place in a flat pan (pre sprayed with cook & spray) and add black pepper

Add salt and parsley (just sprinkle it)

Place in the oven uncovered for 50 minutes or until is brown

Monkey Gland Meatballs with rice



What you need

Mincemeat (ground beef)

Half an onion

Half a pepper (any colour)

Salt & black pepper

Five slices of bread (brown or white)

Two large eggs

Rosemary

Thyme

One packet of monkey gland sauce (barbeque sauce)

Directions

Pre heat the oven to 180 (400) degrees

Start the rice and veggies separately

Break the bread into small pieces

Cut the pepper in small pieces

Cut the onion in small pieces

Add a little bit of water (quarter cup)

Add & mix all the above with the spices (to your own desire) in a bowl and then form the meat into meatballs by hand

Place in a flat dish and cover with tinfoil (bright side up)

Remove the tinfoil after 40 min and leave in oven for another 5 min uncovered

* Leave out the monkey gland sauce for normal meatballs

Monkey Gland beef mince on rice



What you need

Mincemeat (ground beef)

Corn

Half a pepper (any colour)

Salt & black pepper

Thyme

One packet of monkey gland sauce

One sliced carrot

Half a packet of olives

Chutney

Directions

Start the rice separately

Cut the pepper in small pieces

Slice the carrot

Fry the olives in a teaspoon of oil

Add the pepper and carrot

Add the spices according to taste

Add & mix the mincemeat and fry until brown

Add the corn and mix

Add the monkey gland sauce with half a cup of boiling water and stir

Add chutney and stir

Let the mixture boil for 20 minutes on low temperature

Noodle Mincemeat Mix



What you need

Mincemeat (ground beef)

Half a pepper (any colour)

Salt & black pepper

Thyme or Rosemary

Half a packet of olives

Chutney

Directions

Start the noodles separately

Cut the pepper in small pieces

Fry the olives in a teaspoon of oil

Add the pepper and carrot

Add the spices according to taste

Add & mix the mincemeat and fry until brown

Add chutney and stir

Let the mixture boil for 20 minutes on low temperature

Add the boiled noodles to the mincemeat and stir

Leave for 5 minutes

Oven Potjie



What you need

Short rib beef

One carrot

Three large potatoes

Salt & black pepper

Thyme or Rosemary

Chutney

Directions

Start the rice separately

Cut the pepper in small pieces

Slice the carrot

Add the meat to pot with teaspoon of oil and half a cup of chutney, fry it until brown

Add the spices according to taste

Add the pepper and carrot

Add the potatoes with a quarter cup of boiling water and mix

Let the mixture boil for 20 minutes on low temperature with the lid closed

Pizza



What you need

Pizza base, frozen

Mushrooms

One russian sausage

Grated cheese

Salt & black pepper

Origanum

Directions

Pre heat the oven to 180 (400) degrees

Cut the russian sausage in pieces

Add the grated cheese

Add the russian pieces

Add the black pepper (freshly ground)

Add the origanum

Bake in oven for 15 minutes only or until brown

* Instead of russian or mushroom you can add other ingredients to make different pizza's

Pork Chops marinated in lemon juice



What you need

Pork chops

Lemon juice

Salt & black pepper

Thyme or Rosemary

Directions

Start the veggies separately

Pre heat the oven to 180 (400) degrees

Marinate the pork chops with lemon juice for an hour

Place the chops in a flat dish and add the spices according to taste

Bake for 50 minutes or until brown, turn over after 25 minutes so both sides grill the same

* Remember pork must be thoroughly cooked

* The lemon juice will leave a black suit on the dish; it is easy to remove

* Instead of baking the chops you may also grill it

Potato Salad



What you need

Four large potatoes

Cup of mayonnaise

Black pepper

Two large eggs

Quarter onion (sliced)

Directions

Cook the potatoes and eggs until potatoes are soft in salted (one teaspoon) water

Leave them for at least an hour in cold / room temperature water to cool down

Skin potatoes and cut into fine pieces

Slice cooked eggs

Add all including onion in bowl with mayonnaise and mix well

Add the black pepper

* You may also add a desert spoon of condensed milk

Shepherd's Pie



What you need

Mincemeat (ground beef)

Carrot

Salt & black pepper

Thyme or Rosemary

Chutney

Peppers (any colour)

Meat marinate (any type)

Corn

Directions

Pre heat oven to 180 (400) degrees

Start the potatoes for the mash separately

Cut the pepper in small pieces

Slice the carrot

Add the meat to pot with teaspoon of oil and marinate, fry it until brown

Add the spices according to taste

Add the pepper and carrot and corn

Add the chutney and stir

When meat is ready place it in a flat dish and even spread the mash on top

Bake uncovered for 10 minutes in oven or until brown

Smoked Chicken Salad



What you need

Smoked chicken

Cheddar cheese

Two avocados

One tomato

One cucumber

Some lettuce

Some onion

Black pepper

Directions

Wash all the greenery

Cut the cheese into pieces

Slice the tomato, cucumber, onion

Slice the smoked chicken

Mix all the veggies

Add black pepper

Add the sliced chicken on top

* You may add French or One Thousand Islands Salad Dressing too

Spaghetti Bolognaise



What you need

Mincemeat (ground beef)

One carrot

One packet of tomato paste

Half a pepper (any colour)

Salt & black pepper

Thyme or Rosemary

Half a packet of olives

Chutney

Spaghetti Bolognaise soup packet

Green peas

Apricot jam

Directions

Start the spaghetti separately

Cut the pepper in small pieces

Fry the olives in a teaspoon of oil

Add the pepper and carrot

Add the spices according to taste

Add & mix the mincemeat (ground beef)

Add chutney and stir

Add one desert spoon apricot jam

Add the tomato paste and stir

Add the spaghetti bolognaise sauce with half a cup of boiling water and stir

Fry mincemeat until brown whilst stirring

Let the mixture boil for 20 minutes on low temperature

Stew with potatoes and rice



What you need

Short rib beef or brisket

Green peas

Three potatoes

Salt & black pepper

Thyme or Rosemary

Directions

Start the rice separately

Pre heat the oven to 180 (400) degrees

Skin and slice the potatoes

Add the meat to pot with half a cup of water

Add the spices according to taste

Add the potatoes

Bake the mixture boil for 60 minutes with the lid closed

* Be careful when taking the lid off - steam inside is scalding hot

* Marinate the meat first if you wish

Wors & Mash



What you need

Wors (a type of sausage)

Three potatoes

Salt

Parsley

Butter or margarine

Directions

Pre heat the oven to 180 (400) degrees

Start the mashed potatoes separately - see first pages for mash recipe

Add the wors to an open dish with a few drops of water and place in oven for 45 minutes or until brown

* Wors can also be grilled

Wors & Veggies



What you need

Wors (a type of sausage)

Three potatoes

Salt

Parsley

Butter or margarine

Mixed frozen veggies

Directions

Pre heat the oven to 180 (400) degrees

Start the veggies & potatoes separately - see first pages for veggies recipe

Add the wors to an open dish with a few drops of water and place in oven for 45 minutes or until brown

* Wors can also be grilled

End of cookbook

About the author:

K is a legal & risk management professional with more than 20 years' legal experience in South & West African jurisdictions. He obtained his B Juris & 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 besides lesser awards.

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. His favourite pastime is Military History and particularly the American Civil War which he finds much less boring than law.

Besides his first book *Mean Streets - Life in the Apartheid Police* he also wrote four other books on counter terrorism, the law and numerous articles on security.

Connect with the Author online

Contact K at: meanstreets45@gmail.com

JKLS Africa: <http://www.jklsafrica.com/index.php>

Extract from K's free eBook [The Egg Breakers - Counter Terrorism in Sub Saharan Africa](#)

On Embassy security I wish to point out it is indeed necessary and attacks do happen and we all know of the unfortunate Libyan incident and others before that. So yes it must be taken seriously. My concern is the lack of access to what is known as a "walk in" source. In other words a guy who

has information you need but cannot get it to you. Yes there is the websites and telephone hotlines but please remember that the typical terrorist lives amongst simple folk who may not have access to such means of communication. Thus he cannot warn you and his only other option is to approach his own security organs which do what? It gives you second hand information you cannot verify and the edge of the local boys over you. You lose both ways and most often the source will simply shrug and walk away.

It also creates a bad impression, one of fear, to hide all the time inside the Embassy walls. I often hear you being ridiculed because of it and it is said the terrorist explains it as simple cowardness combined with the stigma of the social elite enemies of the people you mix with all the time. It is not doing your credibility any good.

Your carrot in aid money is a wasted resource

The carrot you use is always aid money in whatever form or shape for we are talking collectively and not of any specific fund. It includes the well-known NGO's that follow soon afterwards and undoubtedly are full of honourable long haired liberals (and others) trying to make a difference. Hence we have every NGO racket and scam known to man operating here with your tax payer money for most do not really have private funding. If they did there would be no need for pressure groups in Washington and no fancy offices either. It is always amazing to me to see how the volunteer workers are abused into miserable conditions whilst the fat cats sit in their luxury offices at home. Worst is they don't even realise why we smirk about it.

Research for a previous book showed me that 90% of the money is used for administrative purposes. Being long haired liberals I doubt if they would anyway be willing to give you information on terrorism. Normally

for such people their own country's safety is much less important than to be seen to be a goody two shoes. I pray I am wrong in my observation.

Money creates resentment

Money never plays a major role in source gathering operations as some think. Most defectors or informants have other motives far beyond money though we cannot deny that money can buy whatever else you need. The informant should be rewarded financially but you know that if money is his first consideration then you have a bad source that may lie to you to get more money. Worse is he may take money from the other side also having already proved he has a price.

Flashing money attracts attention and annoys the rest of the players who simply don't have your budgets and resent it. They will sell you the wrong information for they know you cannot possibly cross check what you get and they know you will pay handsomely as the stories of bags full of cash reached us. We know it is happening and happened. You are not doing yourself any favours with this attitude of "look what I can buy." Money to a source is a reward. Not a way of buying a soul. Arrogance will bite you.

Why your aid money is working against you

You are undermining your own counter-insurgency doctrines. The whole doctrine of counter-insurgency (which encompasses counter-terrorism) is based on two non-debatable legs which are so important that without both you will lose the war and it would be better for you to then withdraw to where you came from.

The first leg is non-corrupt leadership for the people by the people. The theory is that the Military can buy time (unfortunate word choice) for the fat politicians to sort their nonsense out so that the Military may withdraw. In other words, to govern in such a way that the terrorist will receive no further support for his cause or his cause disappears all

together. Obviously so will he. Being a minority without a cause open for betrayal which is what you want. This actually happened with the so called "Weatherman Movement" in your own country so in practise this is indeed possible but only if the government you support is genuinely legit. But you don't usually support legitimate governments. Historically you supported corrupt government in Africa and still do which sends all kinds of wrong messages.

We think of Mobutu Sese Seko in Zaire (now called the Congo again). We think of Idi Amin in Uganda. We think of almost every other country in Africa with a military president or one with despotic notions which you supported for reasons we fail to understand. At the same time you failed to support Biafra and before than Katanga both of which was pro-democratic and Western orientated with no Apartheid or anything negative. What message do you think that send to us? That you simply don't care? Or that you don't practise what you preach? Or that you are incompetent?

Make your choice for we believe all of those reasons. What else can we think? At least with the communists we knew what they want. Same with the Muslim radicals! We know what they expect from us and what their version of paradise is. With you we have no idea for you speak something and do something else when push comes to shove. We don't understand you.

You will not be able to show me one country with an Al Qaeda problem in Africa which has non-corrupt leadership for the people by the people which is what you say you want to see. I say there is not one and still the West pumps billions of aid dollars to them for what reason? I really fail to understand why you would want to do business with people on governmental level who are open to bribery (another word for aid money). Surely they are not the type of people you wish to be associated with? Remember you are quick to say we associate with terrorists. Well

my dear reader, why should we not say then you associates yourself with corrupt governments and thus make yourself part of the problem and not the solution? Do you not understand how that damages your reputation and create disrespect amongst ordinary folk towards you? The folks who have the knowledge you so desperately need.

Then again then you would not know this for you listen to your ambassadors (all long hair liberals) who get their information from where? Their counterparts in the local government! And if not from them then from the receivers of the aid! Do you really think these sources will tell you the truth and then have to work for a living instead of taking you for a ride? Perchance they may be benefiting from your kindness and as such have an excellent reason to tell you what you want to hear so that the money taps are kept open. After all they were playing you since the 1960s and it is sort of a way of life by now.

Business as usual as we call it with much bitterness.

Let us test what I say in real life. At that wonderfully incompetent organisation called the United Nations, did these countries support you? Or did they uniformly condemned you and paid lip service to your request in the form of information to save your citizens lives? I think we know the answer to that one for we regularly change channels when we see the bizarre attacks on you with boring consistency. And you just sit there taking it which tells us Africans you may not be as strong as you would like us to believe you are. Either that or your manhood is corroded and you cannot be respected. Both of which does not make you a winner in our eyes. Then why should we make ourselves vulnerable to your cause?

How many of the begging third world nations supported your war on terrorism the way Mr Blair and the UK did. A country which suffered much abuse and terrorist attacks because of their support and loyalty towards you, a former colony, through the years and will do so for the foreseeable

future! Clever people say that a man's actions speak louder than his words and it is true. Anything which is not deeds is academic cr-p. Let us not close our eyes for the sake of political correctness when it comes to your survival.

Are you that naive to believe the money and aid is not (mostly) stolen and that third world aid is nothing but a scam? How much more evidence do you need before you realise you are taken for fools and worse. As I said in one of my other books [*Your Worst Enemy*](#), show me the infrastructure which your aid built in the last 60 years? There is nothing except swollen accounts in Swiss (or other) banks and worse I think in many cases the aid is used against your own Armed Forces and citizens.

I know how violently we in the Armed Forces turned on the super pop group ABBA (my favourite) when we heard a rumour that some of our terrorists were found with food donated by them. We reacted even worse when we found out that probably the best album in the 1980s, U2's The Joshua Tree, donated the South African royalties to our enemies and banned the album immediately. Of course both these groups supported freedom fighters from their viewpoint and no-one is denying that Apartheid was indeed a crime against humanity or their right to do so. I am merely using this as an example on how aid can end up in a place with which your constituency may not agree with. Also the time honoured point that one man's terrorist is another's hero.

Now the big question which you don't seem to understand. What message does it send to a nation, not the fat politicians, when you blindly pump money into the select few only and then keep on increasing it? Think about this for that is the root cause of your lack of sources on ground level even though you may not want to hear it and you want to believe you are doing good. Africans support a winner and a hand wringing fool who is easily parted with his money for decades is really not seen as a winner but an idiot to be abused. They laugh at you as being weak and

nothing but an ATM (the actual name Nigerians refers to Ex-Pats - automatic teller machine). The saying is "well if you want to give me money I will take as much as possible." Who can blame anyone for such an attitude?

This is one argument you cannot win for if you know or suspect you aid money is stolen or let us be nice and say abused then why do you not rectify the situation as any honourable man will do? Your lack of action in this regard means two things to us. One, you are too scared or corrupt yourself to stop it and two; you shrug and say "well different standards apply in Africa and it is the way it is."

The second answer is designed to cause resentment to us for it shows racism and moral cowardness and a serious failure of leadership on your part. We are waiting for the day that you will say "yes we are as strong as we look and you will not take us for fools any longer." Such a view will be greatly respected for Africans respect a strong man. Always did and always will. I say in my book [*Tricks of Trade - Memories of a Rogue Lawyer*](#) do not relax your standards in Africa for there is no need to do so. Yes we have our poor which are very poor indeed but we also have lawyers, doctors, universities and infrastructure which in some fields are better than yours. For example our human rights culture is much more advanced than yours in terms of labour laws and equality for the sexes as we recognise same sex marriages in law.

On this subject we also had sceptical views on homosexuals as a security risk and then realised that the only reason why they were a security risk was because of the social stigma attached to it making them vulnerable to blackmail. The stigma (in law anyway) disappeared when the law was adapted to stop the discrimination. And you know what, the world did not stop turning and nothing much happened except a few jokes on why they also got divorced which I am not putting in writing. Seems like the prophets of doom were once again wrong in their predictions and (gulp)

the long haired liberal's right! Religion has no place in law and it is a matter of time before the rest of Africa follows our lead.

In most African countries the death penalty is scrapped from the law books and the list goes on and on. Medically the first heart transplant ever was done in South Africa in 1969 already and you inherited our landmine technology to save your soldiers and aid workers. On other military equipment our G5 howitzers is still the world leader and it would be silly to believe its extended range is only 59km. That is for the export versions.

Technology wise we used frequency hopping radios in the 1970s already and our locally adapted Kfirs (Cheetah) outflew the much vaunted F15 Strike Eagle on exercises. There are many more samples but let us not get side-tracked. Hear what I say to you for I speak from experience as cross- jurisdictional expert when it comes to standards in Africa. The moment you pay a bribe (relaxing your standards) you opened yourself to continuous blackmail in the future. We Africans respect a man who says no way and stick to his principles and I guarantee you at some stage your reputation will be such that you will be respected and the pressure will stop. Give in once and we will take the whole arm never mind your hand. We see that as weakness to exploit.

Why do you arm your friend's enemies?

I often say in my books that Africans respect grey hair above all. With that comes loyalty. So it puzzles us beyond belief when you start giving sophisticated weapons to countries against the wishes of your oldest friends.

As an example (and I don't particularly dislike the Egyptians one way or another) you recently gave Egypt aid in the form of F16 fighters and I suppose training how to fight with it. I read that Abram's tanks (almost as good as the Leopard 2) are part of this process and hundreds of millions

of dollars in aid. In this case you cannot even say "well they bought it and it kept American jobs" for it is given for free as far as I understand. The Egyptians are not paying one dollar for it but the American tax payer who is already under pressure (don't dare to deny the obvious) is paying for another nation's military. How nice is that now?

Every night we see on the news grey haired men with concerned faces speaking in serious tones about your record levels of debt (made to save us whilst being the world's policeman) and we worry that you crash again as you did in 1929 and 2008 for that will bring us down with you. We pray for your leaders and rejoiced when a black man became president. And then you just carry on to give billions away including sophisticated weapons to a nation who is a sworn enemy of your only true ally in that region called Israel.

How is that possible that you cannot understand you need to survive for us to survive? You have that responsibility on you for when you sneeze the rest of us get bronchitis. Take your money and heal your own citizens we say. It is understandable and no reasonable man will condemn you for such wise action. The common African Joe doesn't see your money anyway. It makes no difference to us but it does anger us to see you being taken for fools. We looked up to you once as the Land of the Free and now we wonder if you are the land of the fools? Intellectually we understand that your intentions are good and honourable. That cannot be denied as is not denied. Aid is occasionally needed and much appreciated but aid given willy-nilly without regard to the return on investment is irrational and is pro-longing your war on terrorism. You cannot afford to do business as usual anymore.

Verily, I don't understand politics and am glad I am a simple fellow for I would hate to try to explain this line of thinking which proved disastrous right from the beginning when President Roosevelt decided to trust Stalin and expecting nothing in return as a sign of good faith during the Second

World War. Yeah, we know how that one turned out and I am not belittling Mr Roosevelt before you get upset for I admire all U.S. Presidents as being very exceptional men. Regarding Mr Roosevelt there is much evidence that he woke up to the nature of the beast in the end and even more suspicion of a communist spy inside his personal advisors who may have influenced him in the beginning. He was also a very ill man at that stage. I wish however that the Russian Historians will at least acknowledge that America's contribution to the war effort did play a major role in their victory over Nazi-Germany. It is a grave injustice to ignore it.

I ask myself. What is the worst what can happen when you get this aspect of abused aid under control? When you say "right guys, from now on no money unless..." Experience at very high level in African governments tells me you will have them begging you for money which places you in a very strong position to bargain to the best return on investment possible. I would say that would lead to a very agreeable treaty (for once) to your electorate and will change the face of Africa for the aid will be used where most needed for everyone involved including you in times of emergency.

I say again, there is nothing which angers the common African more than corruption for the few chosen ones. You can easily become a hero by cutting out the NGO's and government interference and doing it yourself.

Did this happen before? Yes, who do you think build and operated the Panama Channel for the benefit of all mankind? A fat NGO from Washington DC? The Panama government perchance? No Sir, it was the U.S. Military who has a reputation to get things done properly when allowed to do so. They got stuck in and the world benefited then and they benefit now. Then you decided for whatever reason to relinquish your control in 1979 (only physically done 20 years later).

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 intent was involved. But how do you prove the difference between a rash business decision and a reckless one? What generally happens is the Government hammers 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 crap 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 at 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*](#)

Engagement to be married or betrothal

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 do so 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 know 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 enlightened 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 meaning BOTH of them. 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. Bizarrely 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 womans heart. Before them the ancient Egyptian physicians believed that the same finger has a nerve to her heart. 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 of 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 (Argentina 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 is 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 happens that you see an idiot "marrying" his bike or a woman her dog).

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.

Extract from K's free eBook [Tricks of Trade - Memories of a Rogue Lawyer](#)

What is so special about law that no one can afford it?

I keep on saying no-one can afford a lawyer and that is an injustice in itself for it means unequal treatment. Why are lawyers so expensive? There is no real reason besides an imperfect system in my eyes if not greed in certain cases. I understand the principle of professional men and charging fees. I understand the many years of study to become a legal expert but still something is wrong.

Let me explain in a general way how lawyers (by which I include all professionals) work and I can hear them howling in outrage in the background for it is not all of them. Let me rather say the unscrupulous

ones and it happens a lot despite the frequent denials from the law Society which no-one believes anymore. It also very hard to verify so you have to take my word for it as no-one will admit to such behaviour for obvious reasons.

Padding

Any Law Office has different grades from partners (directors) to associates to professional assistants to secretaries. All must and want to be paid at the end of the month which is normal commercial business and not to be wondered at. Someone has to pay for the fancy offices and original portraits and genuine coffee. It is presumably not for free and that someone is you, the client.

The bigger the law office the more money is needed to survive. That is logical. All the lawyers regulate themselves with nice high sounding phrases to limit the fees allowed to charge but there is (always) a loop hole. In South Africa you have three different fee scales agreed to by all attorneys. The first two is limited to which court is applicable, that is the Higher Courts and Lower Courts and is limited to a specific rate which can be charged to your client. And then the loop hole to make more money. The so called "attorney and own client" scale which means charge whatever you will get away with in normal non-legal English despite the different explanations from the law Society in this regard.

Let me explain what happens in practise. A legal letter which could be written on one page swiftly becomes ten or twenty pages. Why? Because the lawyer gets paid per page written or per word and they count it which is easy with modern computers. Thus you find the most wonderful phrases and words flowing in an elegant way quoting legal sections and other parts of previous letters to create as much pages as possible. It really looks impressive to the untrained eye but is utter rubbish in the sense that it is totally unnecessary information.

Further the letter will be signed by the partner but in fact he was not the one writing it but he would have (I hope) read and agreed with it. It was drafted by a much junior professional assistant who booked his time against it. And so does the next one and the next one and the next one. Everyone cashes in on that one letter for everyone looked at it and made a small adjustment or not. Does not matter for it is time spend and time is money and thus charged to you, the client.

This technique is called “padding” and you will find my letters to be extremely short and to the point so that this cannot happen. I simply don’t believe in long boring explanations for it is not in my nature and never padded anything in my life. I think to pad a letter (or any legal document) for more fees is unfair to you, the client.

Paper wars

Some will even start a flood of letters to create more fees. This is called a “paper war” and very difficult to prove for it looks like diligent work and caring as well. And yes I am sarcastic when I say just look at the effort made by him for his client. He must be a very hardworking fellow to take such care! Yes I am sarcastic. His work is to chase money which is not the same as chasing Justice though it may be the end result.

The problem here is twofold. One it only takes one idiotic lawyer to start it. And two, everything in law must be answered or denied or it will stand as the truth. So you have no choice but to answer the silly letters and answering creates another letter in return etc. Each letter answered cost you the client money. It is a nice merry go round which will only stop once sense returns and no-one will convince me that fees don’t play a role or that some just happen to like writing boring letters with no real substance to them.

Only once in my life, as an article clerk, did I hear a senior partner call another senior partner and tell him to "stop his nonsense and his paper war." Thus the fees generate a life of its own which is unfair to you.

Rubber stamps instead of personal attention

We find that a secretary rubber stamps the attorneys signature on letters and even summonses. What right does he then have to charge for the work he did not do I ask? Or they have one standard letter which is copied by the hundred and sent to the debtors on behalf of the creditor (client).

Why do I mention this? Because you will note some of these letters are not even signed for even the signature is copied. Only the date and named is changed. Still, they want and demand full fees for such work from you, the client who does not know any better and defend themselves by pointing out the original letter was signed and time spend drafting it and it is just about efficiency etc.

I saw this even on court summonses also which should make them defective if you know enough to take a stand on it. Most don't so they get away with it. This type of behaviour and business practises is to me rubbish. You the client pays for personal attention and worse, you think you actually get personal attention from a qualified man who you don't mind paying because of his experience. Do you really want to pay the same money to an unqualified legal secretary? I think not.

How many times did you sit in the consulting room and it is rather obvious that the lawyer did not prepare for your case and sit there reading your file in front of you? That is the ultimate disrespect but is happens all the time.

Now multiply the above and see why they can afford the nice buildings. Of course it will be denied and said, "Yes there may be a few horrible ones

who do this type of thing but we have systems in place where you can complain about your legal bills and we don't condone it either." How many complain and how many are punished for this I wonder. Why do I need to write this in a book? Why do my clients complain about this all the time when we first meet? Why is the system / red tape of such a nature that no-one wants to complain?

* We talk about the shenanigans of banksters and debt collectors in great detail in my free eBook [*Your Worst Enemy*](#). A book which I am proud to say is downloading by the tens of thousands. It will show you your legal rights when your worst enemy (your bank) comes after you as they will if you miss one payment. The legal relationship is one of "sincere mutual distrust" never mind what they say. It is all in the book!

Overreaching

In Africa the legal system works in US Dollars (for foreigners) and thus you need to establish the fees in writing before giving the instruction. As far as we are concerned a foreigner has the money to spend lavishly! After all we are professional men and used to charging good money for services rendered. That is not the scam for no one denies the right to charge reasonable fees. Even the good Book says the worker is entitled to his wages as he earned it. However, since the US dollar is worth many times the local currency the worker in this case makes millions and the client don't even realise it. He thinks, "Well it is expensive but it is the same as my New York lawyers and besides this is in a different country etc." Sir, let me explain to you. They should not charge you more than what a local is charged for the same work. To do otherwise is to take advantage of your good nature and called "over reaching." There is enough money for everyone without doing this. It is not a fair wage to charge you in any other currency but the local one.

This is a scam in my eyes and not fair to you either. The law and the efforts are the same. Why should the currency then be different and in fact the price 10 times (to the ZAR) more? No way has this made sense to me even if you are a rich man. The answer is to get the fees in writing and do a bit of research.

Contingency fees or to work on risk

Let us talk about risk or working on contingency fees. This is allowed in Africa but you will not easily find a lawyer in Africa (including South Africa) willing to take any real risk for his client for unlike America and elsewhere if you lose a civil court case you will pay the victors legal fees which may be millions and often destroy the losing client financially.

If I say you I mean you the client. Not the lawyer though he may in extremely rare cases be ordered to pay the wasted costs. I heard of such cases but never saw it in real life. Even if you win you still need to pay your lawyer. This may be reduced if the other side actually pay but many times it turns out to be a man of straw. So you, the client, just cannot win. Rather settle it and limit your risk but we will get to that too.

I never work on risk by the way. My view is that I am running a business same as you. Why should I take the risk and I must warn you against anyone who is willing to do so. It is not the norm and sometimes may be born out of desperation which is always a bad way to start.

The system failed to prevent summonses

As said it is a risky business to sue without excellent cause in Africa for it reduces the amount of summonses being issued in theory. It is not working though. The amounts of summonses are climbing every year and now it is not uncommon to wait five years before you get a court verdict.

Justice delayed is Justice denied or so say the long hair liberals. There is of course a big element of truth in this statement and it is indeed abused

sometimes. We hear of men awaiting trial spending years in jail for they cannot afford bail. That is not Justice and never will be.

There is no such thing as bail bonds in the American sense of the word here. You pay for yourself or get a mate to help if you can't. Otherwise you stay in jail and it is an unfair system but what else can the law do? There are case law stating that bail should not be artificially refused by making the bail amount too high but our people are poor and what may be easy money to some is life and death to most.

Delay and postpone

That is another tactic lawyer's use. Delay and postpone as much as possible in the hope that your opponent run out of money or that you give up. Thus we find appeals to higher courts for no other reason than time wasting and of course creating excellent fees. Whenever a lawyer takes a technical defense you can bet your last penny that he has no case on merits. Meaning he is looking for a way out since his client is guilty. That by the way is allowed and part of the game.

It must be said that in our legal system you sometimes need permission from the Judge to lodge an appeal. Refusal will lead to another court case wasting even more time. We try to overcome this by ensuring an Arbitration exit in your contracts and to enforce them. That is the new way and it works very well. No contract should be without it and it must be binding on the parties. In the alternative settle the matter before wasting time and money on the courts. As said somewhere we try to minimise court time to zero.

I firmly believe that law is way too expensive in Africa (including South Africa) and unfair towards the client. I really have no idea how it can be turned around. Insurance and big corporates will make it more expensive and out of reach of the common man. It can also be correctly said to be a business and a business needs money to survive. Surely no-one denies a

fair wage for a fair days work. Just make sure you know what you get into.

Article clerks do not need to be treated like humans

I have no doubts that the article system is abused by some lawyers to gain cheap labour which they otherwise would not have had. This view I am willing to defend in any court of their choice if they want to run the risk of exposure and public humiliation. I am sure that I will receive many thousands of affidavits from former article clerks to back me up. Once again I must say this is not everywhere and not all lawyers treat their slaves inhumanely. There are apparently good ones too for I heard of them.

It is a system we inherited from the British Colonial times and comes down to a legal graduate working for an existing law office to “learn” the trade. I think in America it is called Internship but I am not sure. Perhaps someone can tell me for I would like to know.

Whilst it started off as a good idea it became nothing but a form of institutionalised slavery in my eyes. My experience (and I am not alone saying this even if no-one else is willing to write it down) is that you learn nothing and are abused as cheap labour. Conservatism & tradition is very much counterproductive if slavishly followed and the articles system is indeed abusive.

Where else have you seen graduates work for less than the minimum wage (it is not regulated and the pay vary in the extreme) because they are forced by law to do so? Advocates doing their version of articles called pupil ship is not paid even one cent but they are expected to entertain and pay membership fees towards the bar council for the privilege to be treated like a slave. At least their misery is only six months and ours one year or two years or even more depending on qualifications.

In the legal community there exists an unwritten rule that the more senior of the two lawyers will pay for the drinks or dinner. Obviously the senior because he should have more money to do so but you may be sure that you, the client, will in some way make up for our expenses. That is also an unwritten rule. Advocates needs the attorneys to send them work so they end up paying almost as a matter of course. This system at least works well in practise.

Worse than the lack of a decent salary the article clerks are made to feel inferior. Unlike the advocates they have no fancy title to impress the secretaries with. I saw a very bright female candidate forced to clean the kitchen because she is female. She is still angry about it and asked me to spit in the mugs she being ladylike and me not (enjoyed it too). Or the male clerks forced to clean carpets after hours because they are cheap labour. Or refused entry to the lifts and take the stairs because the lifts are for clients only and not lowly article clerks. Or walk around for one year being a glorified mail man delivering and serving pleadings. And let me not even start on that wonderful skill which every article clerk obtained and that is making photocopies by the million. If it was not so pathetic and inherently wrong it would be funny.

The main excuse used by the perpetrators called senior partners is that articles are what you make of it! That is so obvious nonsense that it defies reason. Articles are what the law office makes it via the senior partners. The article clerk has neither say nor any rights in it. Some are lucky and some not. That is life. But all has to follow the stupid rules and stick it out.

Then why put up with such cr-p? Simply because you have no choice! If you don't or rock the boat by complaining you will not qualify as an attorney or advocate and the system will work you out. I saw it happen. No doubt, even after all these years I am still angry about it. I have not forgotten nor forgiven the insults which indeed were uncalled for between

civilised men. It is of course only a coward who insults someone unable to return the insult.

I ask you. Is this the way to treat legal graduates or any other employee for that matter? I think not. One of the tests at my consultancy is to note what a new associate does when a woman enters the room. He better stand up and be polite or he is out. We Africans are respectful people and the traditions must be kept in this regard. I often tell my overseas clients it is rude not to ask about the weather before getting down to business. We are from an agriculture Society and always ask about the rain before commencing on less serious things like business.

This treatment of article clerks leads to a lot of frustration if not outright hatred as you may gather and is one of the ways how the system is abused. I assure you my old article law firm did not receive a single instruction from me after I left. Nor will they ever receive an instruction from me but their opposition across the street did well from my instructions. During the years I cost them hundreds of thousands of lost income by supporting the law office next door. So it is not even clever business to be nasty to your article clerks and shows the supreme arrogance which came with such behaviour.

I am very suspicious of anyone who says he enjoyed his articles and avoids him also for being of an unsound mind if not a (you know) what creeper. The publishers made me take the anatomy part out but you know what I mean. It is always a good skill to be able to read between the lines even if not a legal man.

The sooner we get rid of this article system the better off this country will be for it is also impossible for many law graduates to find legal articles in the first place. It is inherently an unfair system which does not belong in modern Society and with the law schools in place it is unnecessary and outlived its usefulness.

Of course it will never happen. After all it took a Civil War to get rid of slaves in America. I studied that war and its causes being a history boffin. Let me tell you I have never read more honourable men in my life. Just look at President Lincoln's Gettysburg speech which is almost of no length and summarise everything you need to know about democracy. That is what life is about. The search for Justice and the Americans it must be said obtained it. For some reason my American clients find this paragraph hilarious but they miss the point! For us who look towards the Land of the Free the view is much different. We still endure what you got rid of in 1774 and 1865.

We will not as long as we cling to colonial times and traditions. We did not even have the guts to tell our colonial powers cheerio as America did and created real democracy two hundred years before the rest of Africa. That will always be amazing to me and a sense of wonder is as great as the first time in a university library and you feel the incredible knowledge around you.

* There is a new Act coming out (soon I hope) which will abolish the legal slave trade in article clerks in South Africa. It will open the doors to many and is only a good thing. Wherever a closed club is you will find abuse or so I believe.

Extract from K's eBook *Mean Streets - Life in the Apartheid Police (College Days)*

Police Divers were part of the Flying Squad, but not all Flying Squad members were divers, who were and still are probably a breed of their own and should be respected. They were not attack divers like the Navy divers and other Special Forces Units, but dealt with rescue work during floods and the ghastly task of searching for submerged bodies and evidence. It was a really tough job. The water was cold and very muddy,

and much of the time the search would be done by feel only. Visibility was often zero so it was impossible to tell if you were upside down. It really takes a special breed to be a police diver. (Certainly not me - I want to see all around me or I become anxious). And then there is the small question of hungry crocodiles, snakes, and sharks, this being Africa. Of all wild animals the Hippopotamus is by far the most dangerous and they tend to hang around water too. Also, many horrible diseases are found in water if you are stupid enough to swallow it.

The diver's job was made easier by police dogs, who can sniff bodies trapped under water as released gasses travel upwards and hang around on the water's surface. The dog rode in a boat sniffing around on the surface with his handler. I can tell you that besides a suicide by carbon monoxide, nothing smells as badly as a drowned body. In said situations, always stand downwind and breathe through your mouth only. That is my good advice.

Divers were known far and wide for training whenever they could at the most exotic places they could find, and there were many in South Africa. Once there, they stayed as long as they could decently get away with. I know of a unit that apparently got stuck in the mud in the Transkei for three weeks, and managed to survive by fishing alone. Well, that is what they told the Colonel who just shook his head but accepted the fish they gave him to barbecue as evidence. Apparently they were unable to get their 4wd vehicles up a hill, and thus they stayed trapped on the beach...so to speak. This may indeed be true. The Transkei in the rainy season is four-wheel driver's paradise. But of course their two-way radios were unfortunately blocked by the hill as well. They were upset and deeply hurt that no one had missed them, but as you know only longhaired liberal complain. (We certainly told them as much when they whined in the police canteen about the whole thing, which stopped it right there. They should be grateful.)

I know that they solicited the prettiest female members to join them, but don't know if any did. (They tried it with my female constables). At that stage the SAP did not issue much in terms of equipment and what they did not have they had to buy using their own meagre resources, or rely on sponsorship from the public. It was pathetic that the generals to allowed this. Diving equipment is not only expensive, but it is imperative to have the best. Your life depends on it. It would be like the Army saying: "buy your own parachute lad, and how about contributing a bit to the Hercules (transport plane used by Army paratroopers) Avgas then?"

* If you no longer dive please donate your equipment to the police diving units. They will appreciate it and need it. Is better than having it gathering dust somewhere and will be used to save lives.

It was rumoured that they once filled their air bottles while smoking cigarettes, and had a coughing match thirty feet below the surface as a result. They had to surface in an indecent haste, and began a fistfight in the water. Bitter accusations of attempted murder were apparently hurled around between the blows. I don't know if this actually happened, but I do know that no one was allowed to smoke near their air compressors, and they got very fatherly if not downright violent if that rule was broken.

Today we use nitrox gas for shallow dives, and would probably not have that problem. Still, it reminds me of the old diving joke. What do you do at 40 feet below when the sharks begin to circle? Stab your mate so that he bleeds and then swim away. Yeah well, one for all I suppose. They were not Musketeers, but SAP members after all and had their usual obnoxious outlook on life. Yes indeed, and remember not to fall forward into the boat now lad. Survival is a serious matter.

Physical training was very important

Physical training or PT was, as you can imagine, as big a deal as religion. No overweight cadet existed in those days—it did not matter if you were

male or female, even if you were in good shape. There were strict regulations regarding weight, and obese policemen were not allowed in uniform. They worked in civilian clothes until he or she lost weight.

At the elite units these regulations were vigorously enforced, and if a man had a weight issue he was sent to the border or to another training unit, where they were sure to shed the extra pounds. This caused many problems for SAP COIN Instructors, who did not have the time to toughen up the newly arrived members before commencing training. SAP COIN training was always very realistic and physical, and I have seen men shrink dramatically under SAP COIN's fatherly concern. Unfortunately, the Police Stations did not enforce these same weight policies vigorously enough so some policemen became really overweight—a huge embarrassment to themselves and the SAP. And there were no unions preventing the commanding officer from becoming fatherly about it.

PT started with a bit of warming up and a lot of callisthenics, which we had a name for (unprintable) so I cannot use it here. After a while we graduated to rope climbing, which was just awful. Rumour had it that the ropes were rejected gallows ropes, or former gallows ropes, which I could believe. They were quite thick and unbending. They were fastened onto hooks about three storeys high, and we had to climb to the top within a certain period of time, which we did since we understood the consequences if we did not. And then came the hard part. We had to remain hanging by your hands and arms for a length of time the PT Sergeant deemed necessary, which usually pushed us to the limits of our endurance. Often we fell. Our hands would not, even with our best efforts, stay closed properly. There were no gloves, which were a liberal longhaired communist device designed only for the European cold weather anyway, or so they said, and it was a wonder at that we did not break more bones coming down. The instructors learned to avoid our uncontrollable landings, being clever fellows who knew what we were up

to. I certainly tried several times to fall onto one by "accident" but he was too nimble, and he gave me a few kicks in the ribs for my "f longhaired liberal tendencies, trying to imitate the Special Task Force." (They were the only policemen who parachute jumped static and free fall, including HALO and HAHO, but then that was only expected, them being mad to begin with. As such they compared favourably with the very best in the world.)

Those PT Sergeants were excellent people, being much friendlier than the drill instructors. Some were well-known sportsmen. We frequently saw a famous heavyweight boxer amongst them. His Porsche drew a lot of appreciation, and he must have been the only SAP sergeant who could legally afford one. He was by far one of the nicest men I have ever met. I watched him climbing two ropes once, one in each hand, using his arms only just to demonstrate that it could be done. He also had a wild police moustache, but was always friendly and polite. That man did not need an evil eye to be intimidating. I made sure to avoid stepping in the ring with him for he was satan himself in there. Survival is a serious matter.

One day during PT, I tore two muscles between ribs three and four according to the Army doctor at the College Hospital. It was painful but I continued on gamely before passing out during sit-ups. At first the PT Sergeant was puzzled and then he became upset at my not telling him that I was hurt, and after five minutes of telling me and everyone else within a mile that only "Communists and longhaired liberals are so stupid in trying to do PT while injured, and besides, by doing so I endangered my buddies who were not gypsies and therefore could not sense that I was hurt and look after me." He took me to the doctor in his car. You will note perhaps that he never once used the old f word, for he did not need to. I had to walk back to our dormitory afterward since I could not run as normal. Luckily the doctor placed me on light duty for a short while.

Part of our training included boxing, and one had to learn quickly how to box well if you wanted to live to fight another day. Besides rugby, boxing was the big thing at the College. As far as I am concerned it was a complete waste of time if the idea was to teach us self-defence. In the real world and on the mean streets, Marquess of Queensberry rules did not apply. In fact, I doubt if any criminal knew anything about the good old Marquess and if by miracle they did have that knowledge, who even cares?! This I know because I took the time to ask them about the mentioned rules, and invariably they asked: "Who?" while looking at me in puzzlement?

On the mean streets you learned the hard way that violence is often the best. Stop the fight before it becomes serious was the motto. You may not believe me, but many policemen reading here will agree that the opposing belligerents always band together to attack you when you arrive to make peace. Hell, even their girlfriends and long lost brothers will attack you given half a chance...including the dog. The best advice was to sort them out first and then ask who started it. There were different ways to go about this. The old Liverpool Kiss (head butt) was my favourite, but messy on the uniform. Tear-gas and a good few swings with the Squad Car's wheel spanner was another. Or the Maglite flashlight worked well as a baton. We bought the Maglite's ourselves because the police issued flashlights were junk. When wielded as a baton they broke, leading to having to explain things and write reports. If all of the above failed, we radioed the Dog Unit. They always loved a decent punch-up. Believe me, a firm hand is the only way.

Boxing taught us to hate, and to be fearless in a punch-up. We used to knock each other around, and after that we were pitted against another platoon. Now that created a free for all of note, which some of us looked forward to because of a certain misunderstandings like the one at the mess hall regarding beetroot. We would line up across from each other,

and two cadets from opposing platoons entered the ring and battled for two rounds, or as long as the PT Sergeant fancied. Unlike the Army you, could bob and weave as much as you liked as so long as you won the fight without too much cheating. Losing would surely embarrass our sergeant, who would then take an unwelcome interest in our "cowardly losing ways, but not to worry, he, Sergeant van der Merwe by the grace of general Coetzee blah blah blah would cure that. And we could thank him later for his fatherly concern regarding us." By this time we admired our Sergeant and would not want to embarrass him anyway—we had learned to detect the twinkle in his eye, and now saw the man behind the stripes. So we would psyche ourselves up to heights unattainable for mere mortals. There was no sparring. We hit hard. The PT Sergeants wanted to see blood. If it was evident to them that you were not willing to hit a fellow cadet, the PT Instructor might enter the ring in order to make you understand the error of your communist and longhaired liberal thinking.

One cadet abused this rule by deliberately fooling around until the PT Instructor stepped in to sort him out. They then gave us a wonderful exhibition of boxing, since the cadet turned out to be a good amateur boxer with a dislike for that particular PT Sergeant. It must be said the PT Sergeant did not actually lose the fight, but he certainly got a wake-up call. That cadet was a marked man from then on, but he earned their respect none the less. They eventually made peace with each other and the cadet became part of the boxing team where he attacked the Army conscripts to our great entertainment. Obviously we felt less than nothing for the Army conscripts, and would give them all the evil eye whenever possible.

The PT Instructors never bothered to match shape and size as they figured out correctly that a cadet might have to arrest a man of any size in the mean streets. Thus a six feet plus cadet could be pitted against a

much smaller cadet. It made the fight fascinating as the shorter cadet normally had the speed advantage and could stay out of trouble...until the bigger cadet was able to land a punch. Since the two platoons lined up across from each other, we could work out our opponent by counting down the cadet relative to your own number. This helped a lot regarding the psychological warfare, for you could give him the evil eye as the line moved closer to the ring. I stared so hard that I had blurred vision even before entering the ring, trying to dominate him a la wanker versus killer (me). It only worked occasionally to be honest, because my opponent always had the same idea.

I did not win all of my bouts, and in fact was almost knocked out once by a skinny cadet with an excellent uppercut. No hard feelings. He was a tough bloke from Natal and we are still friends. None of my platoon mates were sympathetic though. We really wanted to win. The rest of the fights I won, but was disqualified unfairly every time because my opponents would not stand still long enough for me to hit them cleanly, unless I managed to corner them. And when they were cornered they very unsporting grabbed the ropes if you ask me. They grabbed the ropes, which made the PT Sergeant restart the fight and the cornering process began afresh. So then I decided to keep hitting them even if they were against the ropes until the PT Sergeant physically stepped in and stopped me, which he always would after a while. And then I would be disqualified for doing it again. I kept doing it because it was the best formula I could think of. Being disqualified did not stop the fight, however. I was once disqualified four times in a single round. The Sergeant just shook his head at my strategy but never stopped me. Survival is a serious matter, and I felt quite proud of my tactic, which was soon copied by the Rooinekke.

One cadet broke all rules by kicking his opponent in the head during the first round. Apparently he was a kick boxer of note and acted reflexively,

or so he said, while daring everyone to “come and get the same and f you too.” The PT Sergeants were thoroughly disgusted with him, and force him to fight three solid opponents at one time. They beat the cr-p out him, kick boxer or not. He was marched off to the hospital when he woke up, but it was all in good fun.

End of Extracts