



BOLD DIALOGUE

Empowering women from the bedroom to the boardroom!

Welcome!

As we approach lockdown season two finale, we can't help wondering if this is the end of the Corona series. Because favourable communication is the backbone of any good and healthy relationship, we are introducing the Communication Series. Here's to better communicators and communications 🍷

Love, Peace & Light

Barbs

Reader's views

Thank you.

Observing boundaries and self care. Self care is so important. I am still yet to strike a balance in seeing that I also care for myself, as I am in most of the days of the week so worn out by work.

Great piece by 'Sox the Poet'

- Admire -

The Communication Series.

Part 1: Of fathers and their daughters

The father or father figure is every little girl's first love and that being said, it is obvious that positive, good, effective and loving communication is a requisite. The father communicates through his conduct, his actions, his words, how he treats himself, and how he treats others. This is a very serious role that fathers play in holding their daughters into the future women they become.

When the father disrespects the mother, is abusive, and condescending towards her; the daughter learns this as how she should be treated by men. Because the most important man in her life modelled such behaviour to her all her childhood. This warped idea of what a female/male relationship should be like goes on to manifest in the unconscious 'expectations' of the girl child. We find our daughters, sisters, nieces and friends explaining unacceptable behaviours of their partners. They make excuses for their partner's offensive words and behaviours. They fabricate stories to justify why they are being abused or being mistreated. The daughters grow up with a low self esteem, they are not aware of their true value and worth.

Kudos to the positive role model fathers who raise daughters who know they are 'princesses'. These men treat their partners or wives like the queens they are and this admirable and desirable quality causes their daughters to be strong, independent, free, to know who they are and their worth, and very confident. These girls grow up to be women who do not put up with any misguided men who do not value, respect, or hold them in high esteem.

Detox your phone

The lockdown has brought with it an opportunity for us to introspect and ponder on who really matters in our lives, who adds value, and who takes away from happiness.

Therefore there is no better time than now to embark on a phone detox exercise. Any one whose significance in our lives is not clear to us must be relegated to the trash.

It is better to remain with a handful of contacts who bring out the best in us, who will call us on our BS, and who love us unconditionally.

As we prepare ourselves for the next phase as defined by the corona virus, we need accountability partners.

Apart from merely seeing the shortcomings of others in our lives, let us honestly answer this question about ourselves; Would anyone keep my number on their phone based on how I conduct my affairs?

Let's start by detoxing the toxins in our hearts, thoughts and actions.

Good fathers know to guard jealously the lives and honour of their daughters. They know that however they treat the women in their lives from the privacy of their homes is exposed in broad daylight through the conduct and behaviours of their daughters. Most of the times the girl child seeks out romantic relationships with men like their fathers. Therefore if the father is a good and positive role model the daughter ends up with a man who loves, provides for and protects her. The opposite is also true for those girls raised by fathers who mistreated their mothers. There is an unconscious self sabotage in the girls who do not believe that they deserve better.

For that reason it is important for men to remember the gravity of their role in shaping the lives of their daughters. It is not a matter to be trifled with, especially now more than ever where incidences of domestic abuse and violence have reached astounding heights. Men need to be intentional about the communication they are giving to their daughters. The duty to raise wholesome and well rounded daughters is not for the mothers only, but for the fathers more so.

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**COVID-19
Mental Health
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Mirjam Nalupe (Namibia)
Lecturer: Mental Health Nursing,
International University of Management
(IUM)

Date: Sunday 3 May 2020, 2pm (CAT)
Venue: Online via Zoom

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KUNDA CARES KINDNESS CORNER



Kindness Challenges

- ✓ Give someone the gift of your ear by listening to them today.
- ✓ Spend a day saying only nice things about everyone.
- ✓ Do something you love today
- ✓ Say thank you any chance you get

Kindness Quotes

- ☺ *Kindness is the mark we leave on the world.*
- ☺ *How do we change the world? One random act of kindness at a time*
- ☺ *Kindness is realizing that we're all in this together.*

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Inspire The Next Act Of Kindness

Comments, questions or want to learn more about Kunda Cares get in touch via email, Instagram or WhatsApp.

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Tooting some jams with Sox The Poet!



A STORY OF FAITH

My story

Is one of faith

From the beginning

To the end

All I ever wanted

Was to fly away with the birds- sky high

To soar the clouds and feel the breeze

As it liberates my soul

I wished to live with the swallows

And enjoy a life with no limits

Life so peaceful like that of the doves

To be able to see in to the future

Like the majestic eagle

That time, my imagination

Was as fit as a fiddle

Because I had a dream

I saw no harm in translating it to reality

So I collected dead feathers from places so filthy

And hoped they were the answer to the riddle

Of why I couldn't fly

Yes, that was idle

But as stupid as my story may sound

It is the foundation of everything I believe,
The majority saw the evolution of a hobo
A boy so handsome going crazy
But a few wise
Saw the beginning of a great tale
One so interesting
It would drive some people insane,
Because I had faith in my dream
I ignored all the negatives
And concentrated on the positives
I knew my feathers were being thrown away
But I chose to believe
That they resurrected and flew away,
I had faith in my dream
And hoped I would be able to fly one day

Like I said
My story is one of faith
Hope is everything I had
Because the reality
In my family
Was the most painful poverty
A mother who turned on the stove each day
Even though there was nothing edible
A father who walked miles
Until his shoes stopped to be road worthy
Sisters so intelligent
They went to school in conditions so unstable
We all had our dreams

But reality was diametrically opposed to them

BUT!

Because I saw neither of them quit

I wasn't going to be the first one to spit

Directly into the values that defined us

So I collected more feathers

And each time I collected

Time passed by

Until everything was generally better

Fun in the kitchen with Bee!



Filo Pastry

Ingredients

- 2 cups all-purpose flour, plus more for kneading
- 5 teaspoons oil (olive oil is best)
- 1/2 teaspoon fine salt
- 2 teaspoons white wine vinegar
- 3/4 cup warm water (110 degrees F (43 degrees C))

Starch Mixture:

- 1/2 cup cornstarch
 - 2 tablespoons all-purpose flour
- Add all ingredients to list

Instructions

Place 2 cups flour in a mixing bowl; make a well in the centre. Drizzle in the oil and add salt; add white wine vinegar and warm water. Mix until dough just comes together and pulls away from the sides of the bowl, 1 or 2 minutes. Transfer dough ball to a lightly floured work surface.

Knead until dough is smooth, using just enough flour to keep it from sticking to the work surface or your hands, 2 or 3 minutes. Continue to knead until dough is supple and elastic, about 5 more minutes. Wrap dough ball in plastic wrap and let rest at room temperature, 1 to 2 hours.

Divide dough into 20 (20 gram) portions using a kitchen scale; roll each portion into a ball. Place on plate and cover with plastic wrap to prevent dough balls from drying out while you begin to roll them out. Work in batches of 5.

Mix cornstarch and 2 tablespoons flour together in a bowl. Dust a work surface and the first dough ball with the cornstarch mixture. Flatten out the dough ball and roll out into a circle, about 5 inches in diameter. Dust again with cornstarch mixture. Set circle to one side. Roll out 4 more dough balls to about the same diameter and stack them on the first one, dusting each layer with more of the cornstarch mixture to keep them from sticking together.

When you have 5 circles, roll out the stack to a larger circle about double in size, turning as you go to maintain a round shape. Separate each layer and lay out the circles. Re-apply more cornstarch mixture where needed and re-stack them. Roll again until the 5-layer stack is paper thin, about 10 to 12 inches in diameter. Place on a sheet of parchment paper; top with another piece of parchment. Gently roll up the dough; wrap in plastic wrap. Refrigerate.

Repeat with the remaining 15 balls of dough in batches of 5.

Use this pastry to make Greek Spinach Pies. Recipe for these in next issue

Help is always a phone call or email away, reach out to us for your emotional wellness needs,
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