



I am a wife, mother and the proud author of My Shack. My Shack is a riveting story about growing up on the Cape Flats during the dying days of Apartheid and on the dawn of South Africa's new democracy. As the nation came of age, so did I, however, my life was upended when, on the cusp of adolescence, I suffered sexual assault at the hands of a trusted family member at the tender age of 11 years old.

I am an ordinary woman, but I chose an extraordinary path because I see the value in sharing our stories. It edifies and motivates, it encourages us to face our fears and in so doing, we can become whole. For many years, I lived my life according to what I thought people expected of me. I allowed external factors to dictate who I was and I started to believe the lies of my inadequacy until I started to emerge and realise that I had a voice and a future.

We've all had those moments in life where we felt like we could no longer keep going and that the

pain and heartache of our past is our lot in life. I am here to tell you that it does not have to be so. With me telling my story I hope to inspire, to encourage and to say that despite it all, I emerged and so can you! My Shack is the story of an 11 year old girl who grew into a woman of hope, a woman of worth and a woman who understands what it means to stand, despite it all.

What has been your biggest challenge as a woman?

Overcoming my past!

How did you emotionally cope through this COVID-19 Pandemic?

Through prayer, meditation, breathing, walks in nature and lots of family time.

In your opinion, why do you think women don't support each other?

There are several reasons, but our culture has not encouraged this important quality. The tide is changing though with more and more women seeing the value of unifying, building and lifting each other up

How do you think you can change that?

By creating safe, holding spaces where womxn can be authentic.

Are you involved with any charity organizations?

Yes - within the vision and mission of My Shack.

Describe your personal style.

Comfortable and relaxed, but emerging with the help of my young adult daughter.

Where do you get your inspiration from?

From other women who have come before me, the inspiring young generation of leaders and of course - my family!

What's the best piece of advice you have gotten?

Live your life as if today is the last - tomorrow is a new day.

How would you describe your own personality?

Intuitive, empathetic and creative.

What are some of the issues and causes you are raising awareness and advocating for?

The fight against Gender Based Violence and the Discrimination of the LGBTQI+ Community.

Let our readers know some of the things you are currently working on and some exciting things we can expect from you in the future.

I am currently working on My Shack Foundation - an extension of my book entitled, My Shack. Watch the space!

How do you see yourself 10 years from now?

Still advocating for Human Rights, being a grandmother and travelling the world.

Who is the most influential person in your life?

My husband and children - they challenge me to be better!

If you were given the chance to change something from the past, what would it be?

The effect that Apartheid had on my life.

What do you like to do for fun?

Swimming, Reading, Visits to the ocean and of course, cooking.

What is your favorite quote or saying?

I wish to live because life has within it that which is good, that which is beautiful, and that which is love. Therefore, since I have known all of these things, I have found them to be reason enough and — I wish to live - Lorraine Hansberry

Do you have any social media pages that you would like to share with the readers?

Website: www.myshack.co.za
Facebook: My Shack
Instagram: Lynn Kerchhoff
LinkedIn: Lynn Elizabeth Kerchhoff
My book entitled MY SHACK is available on www.myshack.co.za, Readers Warehouse and Takealot.

Credits:

Photographer: David Van Onselen Photography
Make Up Artist: Zoe Holley

