

Your wedding is the most important day of your life and the one day that can never be repeated. There are a myriad of things to do, choices to be made, and money to pay. On top of this getting away from the workplace is challenging too. Even after making the choices many of the details will be in the hands of specialists and the venue. Most of all getting married is a life-changing event, where two families are tied up for better or worse. In a nutshell, stress is inevitable.

By Matthew Stubbs – Owner, Oakfield Farm

Weddings should be fun!

Diane & Ivor
Thursday, 7th February 2008



Photographs by Andrew Howes



Advice from Andrew Howes

You have put so much time and effort into planning your wedding—when day arrives allow the venue, make-up artist, hairdresser and photographer etc—allow them to do their work.

Andrew Howes studied in the UK and obtained his 3 year degree in Design Photography (BTEC) from one of the UK's leading art colleges. From 1998 Andrew started his career in photography and stands by his ethos a passion for excellence and even, when working in all mediums of photography, believes in 'shoot for negative' which means getting the right shot the first time. His passion guides his creativity and trained eye to make every-shoot unique and professional and that is why he is an accredited member of the Professional Photographers of Southern Africa (PPSA).

For your wedding to be the happiest day of your life you need to face up to this reality and then make proactive decisions to ensure that stress does not spoil your day. Here are some suggestions:

Delegation

Make your wedding plans together with your fiancée. Make lists of everything you need done and put a tick next to everything that you don't absolutely need to do yourself and delegate these to your closest friends and family. Give them the specific task of worrying about the details on the day on your behalf. Make sure that the venue's co-coordinators write down every detail and let them know what your priorities are so that then can put special effort into your priorities. Don't feel awkward about asking questions however silly they may seem.

Specialists

Experienced professionals are most reliable so you need to choose your Specialists with care. Using specialists, who work frequently at a venue and are recommended is sensible but remember if the venues recommend-

tion does not suit you, look further. If in doubt ask them for references. Past brides will be delighted to help. Having a mock-up of your table décor is essential so that will be able to relax in the knowledge that the venue looks just as you imagined it would.

The make-up artist and hairdresser

Your make-up artist and hairdresser are there to take some of that stress away and to turn you into the most beautiful person that you can be—you need to start dressing early. Alleviate stress by giving them all the time they need. Again, a trial before the wedding is recommended.



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“The essence of our wedding was to be married before God in the presence of our family and friends”. Defining this as a priority we ensured that all the different aspects had their rightful place. We were also determined that planning our wedding was going to be fun and chose to involve our friends. Things did go wrong, two weeks before the wedding I still did not have my wedding dress also, the crystals in the flowers were too heavy but it certainly didn't affect the outcome of the wedding. Our photographer also made a big difference. He understood what was important to us and allowed us to do it our way. Because we involved our close friends were so much a part of the wedding plans—our wedding photograph sessions were great fun and Andrew was kept on his toes as we ran around barefoot splashing water at each other. Ivor's involvement in all aspects of the wedding also made a big difference. Our wedding plans were decided on together and we shared the same expectations. There was harmony on the day.



The photographer

Your relationship with your photographer can be the best stress reliever on the day. The top professionals get their great pictures not only by their expertise with the camera but by their ability to make you feel beautiful and carefree on the day. This is such an important occasion you may also wish to do a pre wedding shoot. In the digital age these images can be on your PC within hours so that your final choice will be the right one. Every photographer needs time. You need to be ready for your photographs two and a half hours before the official start of the wedding. Advice to do the photos together before the wedding is probably the best stress reliever of all. Your photos will simply be better.

Be calm

Do your very best to have an easy day prior to your wedding. Eat and sleep well, the wedding day is a marathon. Start early and allow the the dressing to be fun activities. Allowing the photographer to capture these images, they are part of a great day. Don't be tempted to celebrate by sipping alcohol during the day





Photographs by Andrew Howes

—before you know it you will have a hangover at your own wedding.

Dressing

Whatever you do, start early. Bring your whole procedure forward an hour. As with the photographer, your make-up artist and hairdresser will do much to keep you relaxed. However, if you do not give them enough time to get their job done stress is the inevitable outcome for all.

Friends and family

They need to understand that they have a role to protect you from anything that could be stressful. Anyone who is highly strung and who play an important role in the wedding and parents (mom in particular) must be communicated to before 'your day'.

Plan for perfection but do not expect everything to be perfect. However hard people try—mistakes happen. No one will even notice a deviation from the menu and this will not matter —the quality of your wedding does! Do not allow the trivialities to get to you. Hand over your watch—let someone reliable manage the timing. Remember the order is more important than when it happens. Be determined to have a good time no matter what. Even a mishap can be a fantastic memory to laugh about later on—in the end its up to you.

