

HILTON

& MIDLANDS

Life



**ISSUE 42
NOVEMBER 2023**

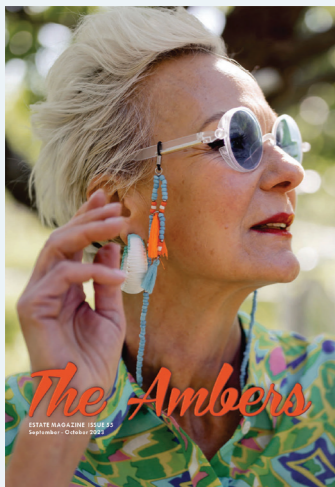
HILLCREST HILTON - HOWICK



We've
Got You
Covered



We provide a platform for those optimistic business owners out there who get up each day and make the most of it. We won't let you down, we will get print copies out everywhere we can, and you will also be in our on-line issues on the website. To support your trust, we will pack each issue with articles that mean something. Earth issues, Health, Ideas and Solutions for the Communities because we are incredibly special, this is a unique part of the world - Hillcrest, Hilton and Howick



Kaleidoscope Media Publishing
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www.kal-media-publishing.co.za

Highway UNLIMITED

Our newest addition to the Kal-Media stable of magazines. This Bi-monthly publication gives focus to business owners wishing to attract Highway residents and other business outlets. Delivered via Shopping Centres, Supermarkets and Coffee Bars, we have no doubt that this 'baby' will flourish and grow rapidly.

Hilton Life

Was launched in 2014, originally as a quarterly publication. It was extended to a bi-monthly publication in 2019 at the request of the advertisers. There is a uniqueness about the region and the magazine has captured this special trait. Like all publications in the Kal-Media stable the magazine is 'shared' not 'thrown away', which of course makes excellent value for the advertisers.

The publication is delivered to residents of the Garlington Estate in Hilton as well as popular retail outlets in Hilton, Howick and Nottingham Road. It is an ideal advertising vehicle for business wishing to attract the Hilton and Midlands residents.

The Ambers Magazine

Was established in 2012 and has grown leaps and bounds. Packed with features about the residents of this popular gated community the magazine also features a Health and Medical Directory. Residents are encouraged to contribute articles and cover shot photography, which is why it always makes such interesting reading. In 2018 due to demand by the advertisers and readers alike the publication grew in pages and became bi-monthly, which of course makes immense value for the advertisers.

The publication is delivered to residents of the Ambers Estates as well as popular retail outlets in Howick. It is an ideal advertising vehicle for business wishing to attract the senior residents of The Ambers.

Digital media won't replace print media. Print media is evolving in the same way as cars didn't replace horses. Horse riding evolved from transport to sport to recreation. Print has moved away from broad base to the concentrated.

Dear Readers

Here we are in November..... Already! Does time go by quicker only as you get older?? We will very shortly be coming to the end of yet another year together and I always feel so sad at this time, thinking of the things we haven't had a chance to do, thinking of things that we possibly shouldn't have done, and the people that won't be sharing Christmas with us this year. On the other hand, it is always good to look at the things that we decided to do this year and have done or achieved.

I see that the shops are awash with Christmas decorations and think that by the time the festive season is upon us we will be sick of looking at our own decorations when we adorn our own homes and trees.

Why the need to sell Christmas stuff when Halloween hasn't even gone past, is beyond me.

Talking about Christmas, I always vow to start my shopping earlier in the year, to avoid the rush, and it always seems to run away with me, have you started yours yet? I am not the type of person that puts off for tomorrow what I can do today, but it always seems that I run out of time and diarize for tomorrow. Will seriously have to put this on the to do list for 2024, and this time make sure that I achieve it.

We have many advertisers that have been loyal to us even through the pandemic, please utilize their services, without them this magazine would not be published.

I would also like to thank every one of you for allowing me into your homes, your works places and your lives, via our special magazine, and to wish you well over the festive season, and wherever you go, be safe, be conscious of memories you are making with family and friends, just giving and being together.

Till we meet again in 2024.
Warmest wishes

Pat Franken

Kaleidoscope Media
082 552 3027

Ive learned.... that it is those small daily happenings that make life spectacular.



IN THIS ISSUE

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Content & Design by: Kal-Media 082 552 3027

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- Programmes for the Prevention of Substance Abuse

Contact Gordon McDonald on 031 303 3890 or email: gordon@communitychest.co.za and he will gladly explain the tax benefits and help you with your gift.

Community Chest Durban

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BACON WRAPPED STUFFED MUSHROOMS

INGREDIENTS:
 50g chopped green onions
 448g cream cheese, softened
 20 fresh mushrooms, stems removed
 455g sliced bacon, cut in half

METHOD:
 Preheat the oven to 350 degrees F (175 degrees C).

In a medium bowl, mix together the green onions and cream cheese. Stuff mushroom caps with the cheese mixture. Wrap each mushroom with a half-slice of bacon, and secure with toothpicks. Place on a baking sheet.

Bake for 20 minutes in the preheated oven, until the bacon is cooked through.
 Servings 20



Just a thought!

Im looking out my window, and suddenly I am thinking...here comes summer, the days are lengthening, new leaves on the trees, there are those golden rays of the sun that colours the earth with rich embroidery, and I pause to remember the words to the Cliff Richard song, Here comes summer, School is out - Oh! Happy days!

like it was yesterday, instead of decades ago! Hopefully, this summer, as we dip our feet into the different waters of the world as we have seen it this year, our sense of freedom will be refined.

For me, it is a way to celebrate youth. When I was young it was instilled with excitement, and a time for freedom from cold weather, school's strict schedules, and the anticipation for that last bell to ring on that last day of the school year and for the start of that long break. It was a time for picking up where we left off with friends, some, that for one reason or another, we had almost lost touch with.

Everything becomes less urgent, as we look forward to a few weeks of cramming adventure and joy whilst spending time outdoors.

For me, as each season starts, we should really make a point of creating a new heritage of beautiful memories, with the people who mean the most to you in your life, and that combined with the perfect weather, and, as only the older generation do, as I delve nostalgically back in to those old memories meant, fun, water, ice-cream, friends and laughter, a bubble of our own world as we forget what is happening outside of it. After all that is what youth should be about, there is enough time for all the rest.

I don't enjoy this season as much as I used to, but that's OK. People change, life changes. But you are never too old to know that if you are not barefoot, you are definitely overdressed!

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Revolution in Pet Arthritis Care

Unveiling Shockwave Therapy as the Breakthrough Solution

As our furry companions gracefully, they may encounter the same challenges we face, including arthritis. Watching our pets navigate the golden years with joint discomfort can be heart-wrenching. Yet there's a ray of hope gleaming from the halls of **Hilton Veterinary Hospital** - Shockwave Therapy. Today, we unravel the magic behind this cutting-edge physiotherapy modality and why it stands as the beacon of hope for our arthritic pets.

Understanding Arthritis in Pets: A Silent Struggle

Just like us, our beloved pets are not immune to the throes of osteoarthritis (QA), a common ailment that affects their joints, leading to pain and decreased mobility. Recognizing the signs of arthritis in our furry friends is crucial - limping, reluctance to move, and a change in behaviour are all red flags.

Shockwave Therapy: The Game - Changer in Osteoarthritis Management

Embracing innovation, Hilton Veterinary Hospital introduces Shockwave Therapy, heralded as the most effective physiotherapy modality in managing osteoarthritis. This non-invasive treatment utilizes acoustic waves to stimulate healing responses within the pet's body.

Pain Control: Breaking the Shackles of Discomfort

Shockwave Therapy has proven to be a game-changer in pain management. By targeting the affected joints with precise acoustic waves, it stimulates blood flow, reduces inflammation, and triggers the body's natural healing process. The result? A noticeable reduction in pain and discomfort, allowing our pets to regain their zest for life.

Enhanced Mobility: Restoring Joie de Vivre

Unlike conventional treatments, Shockwave Therapy goes beyond merely alleviating pain; it actively enhances joint function. This means that our furry friends not only experience relief but also regain their agility and ability to move freely, reclaiming their joyous spirit.

Non-Invasive and Painless: A Gentle Approach

One of the stand out features of Shockwave Therapy is its non-invasiveness. There are no needles, no surgery - just the acoustic waves working their magic. This makes it an ideal solution for elderly pets or those with co-morbidities.

Gift Your Pet a New Lease on Life

Is your pet showing signs of arthritis? Don't let them suffer in silence. **Hilton Veterinary Hospital** offers Shockwave Therapy, the gold standard in arthritis management. Investing in your pet's well-being is an investment in their happiness and longevity. Let's ensure their golden years are filled with the warmth of love, the comfort of pain-free moments, and the joy of boundless play. Together, let's pave the way for a new era in pet arthritis care, where Shockwave Therapy leads the charge towards a brighter, more vibrant tomorrow.

Take the first step towards your pet's pain-free future - schedule an appointment today. Sr Megan Adank DVN, CCRP



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Dr Martin de Scally and his team are on duty week days from 7:30am to 9:00pm
Saturday from 9:00am to 12:00pm, Sundays & Public Holidays from 9:00am to 10:00am
We normally work by appointment but emergencies are attended to immediately.

The rest of the time one of our veterinarians is on call to see emergencies at Hilton Veterinary Hospital. Phone **082 819 7645** to arrange to be seen by the Vet on call.

MANS BEST FRIEND



There's a reason we call them man's best friend. We can learn so many things from a dog's behaviour, personality, demeanour, resiliency, and most importantly, the willingness to provide their family members with unconditional love, loyalty, and companionship down to their very last breath.

You come in the door from a long day's work. The dog doesn't judge you; he doesn't care how you're dressed or if you've just had a really bad day. No matter the situation, your dog is happy to see you. You are greeted with the same enthusiasm each and every time you walk in that door. A dog has the ability to live in the present moment. They don't regret the past or worry about the future. If we can learn to appreciate and focus on what's happening in the here and now, we'll experience a richness of living.

In the presence of a dog, somehow, nothing else matters. A dog is handing out pure love, sparing no expense, and asking absolutely nothing in return. There's consistency, love, and the beauty of life at its finest.

Dogs have the ability to sense what's really going on. Many of us have lost touch with this all-important instinctual part of who we are. By paying attention to nonverbal cues such as body language and energy, we can learn more about our friends, our loved ones, and ourselves.

Dogs don't hold grudges. There's a remarkable lack of conflict in dog packs. That's because members resolve the situation when disagreements arise, then move on. Imagine what our world would be like if we dealt with all conflicts before they escalated out of control. Holding onto negative feelings tends to make them multiply and prevent us from moving forward.

When dogs are bored, they develop issues ranging from anxiety to aggression. But when given a job and a way to contribute to the pack's well-being, they turn around almost immediately. We all have an innate need to work for food and water. Ask yourself how you can contribute more to your job, your family, and the world around you. You'll feel much better about yourself if you earn your food and water, too.

Each and every dog is unique, has its very own personality, and affects ones life profoundly. I've had some of the greatest relationships and life lessons learned with my dogs; Unconditional love, living in the moment, loyalty.

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Pomegranate

Pomegranate is a fruit that is not only high in terms of taste, but nutrition too. It has traditionally been used in Ayurvedic medicine as a part of many traditional remedies.

Here are some reasons why you should include it in your daily diet.

1 PREVENTS HEART DISEASE

A single glass of pomegranate juice has more antioxidants and polyphenols than green tea and red wine. It is also a rich source of dietary fibre along with a compound found only in pomegranates called punicalagins. These nutrients make it a potent fruit that'll reduce your cholesterol levels and keep heart disease at bay.

2 PREVENTS CANCER

Several studies have proven that the antioxidants and polyphenols present in pomegranate can help prevent the growth of cancer cells and stop them from spreading. Cancer can be a tough condition to handle for both the patient and the caregiver, and if it isn't detected early then it can even prove fatal.

3 AIDS DIGESTION

You need to consume at least 20-35g of fibre everyday according to dietary guidelines prescribed by Harvard School of Public Health. Pomegranate is a rich source of this vital nutrient that not only helps prevent constipation and keep your digestive system in good health, it also helps you absorb other nutrients more efficiently.

4 IMPROVES YOUR IMMUNITY

Eating pomegranates is a great way to boost your immunity as it is rich in Vitamin C. A healthy immune system will keep most diseases and infections at bay, as your body becomes strong enough to fight them

5 KEEPS YOU LOOKING YOUNGER

Ever wondered why we grow old and our skin develops wrinkles and other signs of ageing? Well, it is because of free radical damage that affects your cells. Pomegranates are rich in antioxidants which help delay this process. Therefore, eating pomegranate keeps your skin glowing and radiant for a long time.

6 HELPS REDUCE STRESS

According to a studies conducted drinking pomegranate juice could help reduce stress levels significantly. The study concluded that people who drank pomegranate juice had lower levels of cortisol – also known as the stress hormone.

7 KEEPS ALZHEIMER'S AT BAY

Imagine being stuck on a road having forgotten where you live? Surely, you wouldn't want it to happen to you for real. According to a researches conducted a daily glass of antioxidant juice could help reduce the build-up of harmful proteins that can cause Alzheimer's disease.

All of these health benefits make pomegranate a great addition to your diet. The fruit is a bit on the expensive side but so much nutrition definitely makes it worth the price.

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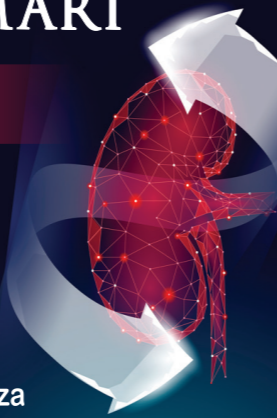
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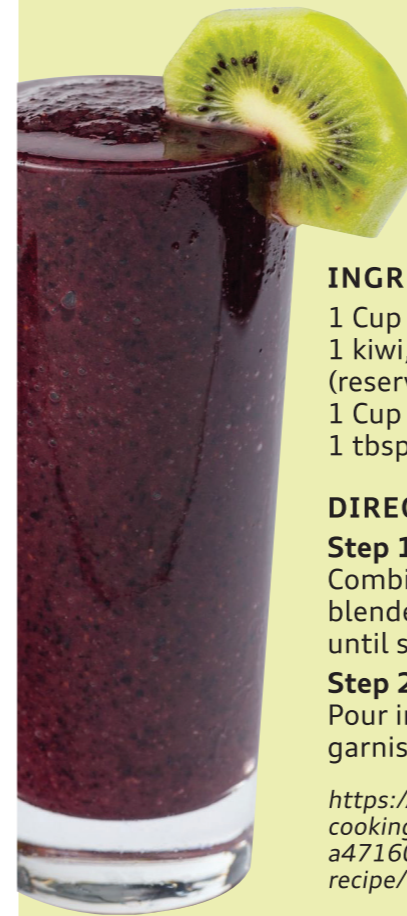
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INGREDIENTS

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- 1 Cup Almond milk
- 1 tbsp. Chia seeds

DIRECTIONS

Step 1

Combine all ingredients in a blender and blend on high until smooth.

Step 2

Pour into 2 glasses and garnish with kiwi.

<https://www.delish.com/cooking/recipe-ideas/recipes/a47160/superfruit-smoothie-recipe/>

re wisdom teeth called wisdom teeth?

Can't say mine have given me any wisdom... In fact they have caused a lot of pain, discomfort and agro.

They are called wisdom teeth because they usually don't erupt until you are between the ages of 17 and 25. Because this is the age that people are said to become wiser, the set of third molars has been nicknamed "wisdom teeth."

Anthropologists believe wisdom teeth, or the third set of molars, were the evolutionary answer to our ancestor's early diet of coarse, rough food – like leaves, roots, nuts and meats – which required more chewing power and resulted in excessive wear of the teeth. The modern diet with its softer foods, along with marvels of modern technologies such as forks, spoons and knives, has made the need for wisdom teeth nonexistent.



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| <p>Shoulder Complaint: Pain and sometimes weakness when lifting your arm, pain when lying on your shoulder that wakes you from sleep.</p> <p>Possible Causes: Rotator Cuff Disease</p> | <p>Shoulder Complaint: Pain and stiffness that started slowly, sometimes accompanied by grating and clicking in the shoulder.</p> <p>Possible Cause: Osteoarthritis</p> | <p>Shoulder Complaint: Ongoing pain after sports injuries. Ongoing feelings of instability after previous dislocation.</p> <p>Possible Causes: Significant tendon, ligament or cartilage tears with ongoing symptoms.</p> | <p>Shoulder Complaint: Severe stiffness and pain, typically in people aged 30 to 50.</p> <p>Possible Causes: Frozen Shoulder</p> |
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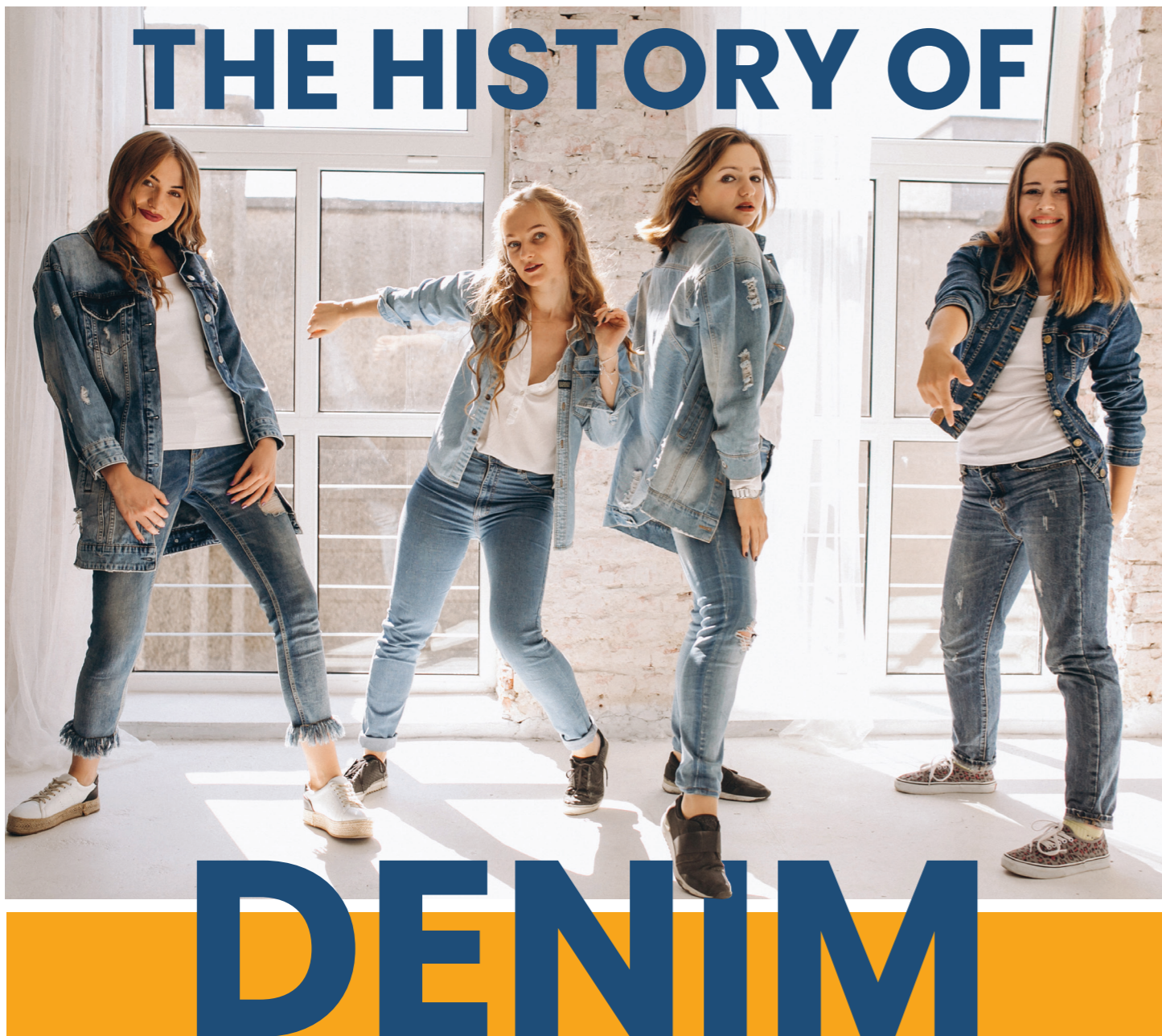
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“Hollywood costume designers put all the bad boys in denim.” Lynn Dawney

We all wear denim, sometimes we don't even realise how much denim truly represents our contemporary generations. But where does it come from, who invented it?

Here are some more or less known facts and about denim and jeans. Enjoy!

De Nimes in the 16th century

Jeans emerged in the cities of Genoa, Italy, and Nimes, France. Gênes, the French word for Genoa, may be the origin of the word “jeans” as it referred to the popular colour: ‘Bleu deGênes’.

In Nimes, weavers tried to reproduce jean but instead developed a similar twill fabric that became known as denim, from “de Nimes”, meaning “from Nimes”. Genoa’s jean was a fustian textile of “medium quality and of reasonable cost”, very similar to cotton corduroy for which Genoa was famous, and was “used for work clothes in general” Nimes’s “denim” was coarser, considered higher quality and was used “for

over garments such as smocks or overalls”. Nearly all Indigo, needed for dying, came from indigo bush plantations in India till the late 19th century. It was replaced by indigo synthesis method developed in Germany.

By the 17th century, jean was a crucial textile for working-class people in Northern Italy. This is seen in a series of genre paintings from around the 17th century attributed to an artist now named The Master of the Blue Jeans. The ten paintings depict impoverished scenes with lower-class figures wearing a fabric that looks like denim.

Moreover: Genoese sailors used jean to cover and protect their goods on the docks from the weather. During the Republic of Genoa (17th, 18th centuries), sailors exported jeans throughout Europe.

1870s American Jeans

Despite the fact that Navy sailors first strutted around in denim back in the 1500’s, it wasn’t until the 1870’s in the gold rush boom that denim took off. This was when Levi Strauss, a Bavarian immigrant

- a name now synonymous with denim - created a strong style of workers pants with rivets that was quickly adopted by Californian coal miners. Originally made from uncomfortable hemp, Strauss eventually discovered and started using the twilled cotton cloth that originated from the French town of Nimes and denim, as we know it, was born. Levi Strauss & Co.’s became even more popular when they introduced blue jean overalls in 1873.

By 1880 the Levi was full-blown, with orange stitching (including the trademark “arcuate” design across the back pockets, once the functional anchor for pocket lining), bar tacking, rivets, watch pocket and the “Two Horse” leather patch. Lot numbers are assigned to products and, for the 01-weight denim used, the “waist-high overalls” are called 501s.

Breakthrough in Popular Culture

Before WWII, denim was largely worn by workers in the West countries, whilst eastcoasters had romantic notions of the cowboy - rugged, independent and American. Affluent easterners would escape humdrum suburban life to holiday on “dude ranches”- working farms where they could play at being cowboys - and wearing jeans was part of the experience.

The 50s

When they did start to be worn as casual wear, it was a startling symbol of rebellion - the spirit captured by Marlon Brando in his 1953 film The Wild One and by James Dean two years later in Rebel Without a Cause.

The 60s

Worn by teenagers and young adults they were often refused admission to movies, restaurants and other everyday haunts when wearing them. By 1961, on screen beauties like Marilyn Monroe in, “The Misfits” had adopted denim too, and were even doubling it up with a jacket. The 60s brought denim customisation, with embroidering, painting and patch-working the norm, in fact, the more psychedelic your jeans were, the better!

The 70s

The 70s marks the beginning of an era in which to wear jeans simply wasn’t enough. They had to be flared. It was not uncommon, for people to slit the back of their flare hem and sew in a coloured, triangle piece of fabric to make their flares even bigger. The teeny-tiny “Daisy Duke short” was made popular by American pop culture shows like, “Dukes of Hazzard”, along with hip huggers, which would show much of the lower abdomen.

Studding your jeans, or even adding graffiti to them was popular. Matching denim jackets to go on top were a must, and new processes became commonplace like stone washing and pre-shrinking (so they did not shrink as much when you wash them at home).

The 80s

The 80s brought with it “designer jeans” and denim

took to the catwalks -Gloria Vanderbilt, Calvin Klein and Guess, just to name a few. New styles included acid washes, where the denim is soaked in Chlorine that removed the top layer of blue denim. Matching jackets were still a thing, double-denim every day.

The 90s

Loads denim! Overalls, dungarees, pinafores, shirts, skirts, dresses and long shorts, that were high-waisted, ripped, baggy, dirty, distressed and dyed. There was a certain sense of freedom with denim, anything went.

The 2000s

Ultra low rise was desired on all jeans . Bootcut was the shape of the time, and they needed to be distressed. Large cargo pockets and boyfriend jeans became popular and so did the denim mini skirt. Today jeans are a staple of everybody’s wardrobe and often a key element in seasonal trends and fashion around the world. Each season brings with it new cuts, features, treatments and embellishments. However, it’s always back to the classics that we turn to, for inspiration, comfort and quality.

SHOP DENIM

An extract from Rokit Store in London – UKs leading vintage store.



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3 Simple and Fun Ways to Teach Your Kids about Money



Today one can't emphasize enough how important it is for kids to learn about money—not just what they can do with it, but also the best way to use it. There are so many opportunities for parents to point out simple concepts of how to use money to their kids. Teaching your kids how to be money smart is the first lesson on how to be successful in life. Here are the three simple and fun ways to do that:

Teach your kids the concept of budgeting:

If you ask a five-year-old how many fingers they have on one hand, they're happy to tell you by counting 1, 2, 3, 4, 5 before telling you five. If you ask them how many on the other hand, they start counting again. They do this so many times that they start to get the concept of math. Learning math starts with the concept, and the same is true for learning about finances. I know some adults who don't know the concept of financial budgeting, and that's where their problems start.

You don't have to make it complex. You can make a game out of it. List five things they enjoy, like shopping for something they like, eating something they like, or going somewhere fun, with the cost for each one. Then give them enough money for only three of those five things. Explain to them that they have money for three, so they should select three - it can be all from the same category or different categories. Let them decide.

Later on, brag about them making the right decision by budgeting their money, so they can be proud of themselves for being money smart. Follow the same game, but give them a little extra - but not enough to buy or do the 4th thing on the list. They probably want to spend all the money and they will try to see how they can do it. This is the best time to teach them about saving.

Tell them that saving some of their money is a wonderful and smart thing to do. Get them a jar or a piggybank of their own to keep their savings in, and encourage them to keep adding to their piggybank, or money jar.

Make it a game again. For the duration of a month or a week, tell them that they only can buy things that they need and not want. Every time they want to buy something with their allowance, ask them if they want it or if they need it. Most probably they'll say they need it, so ask them to tell you about the reasons behind their need and work with them to understand the difference between need and want. It's okay to buy things that you want and not need - most of us do, but it should be clear to know the difference in situations where our budget is tight.

Believe me; a lot of adults don't know the difference, so it's a good lesson to learn at young age.

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The old adage of "location is key" perfectly sums up why investing in Renishaw Hills is such a wise decision. From the beaches, nature reserves and gorges; to the cliffs, waterfalls, lagoons and year-round coastal weather - KZN South Coast is the ideal destination to live that endless holiday.

Renishaw Hills is situated within the Renishaw Coastal Precinct to the west of Scottburgh on the KwaZulu-Natal South Coast, just 45 minutes from Durban. Meet the team, tour the village and take a closer look at our finishes when you email sales@renishawhills.co.za or feel free to book a tour at : renishawhills.co.za/book-a-tour/



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Is the grass **GREENER** On the other side?

How many times have we heard the cliché, “The grass is always greener on the other side?” While the overuse of this phrase has mostly dulled its impact, people who experience the “grass is greener syndrome” endure a significant struggle with commitment.



What causes this issue?

The hallmark of the “grass is greener syndrome” is the idea that there is always something better that we are missing. So rather than experiencing stability, security, and satisfaction in the present environment, the feeling is there is more and better elsewhere, and anything less than ideal won’t do. Whether it’s with relationships, careers, or where you live, there is always one foot out the door.

The problem with this is the greener grass is usually based on fantasy and fear. The fear comes from several possibilities, including fear of being trapped in commitment, fear of boredom, fear of loss of individuality, and fear of oppression.

Along with these fears comes the issue of compromise. In people who fear commitment, comprising certain desires, needs, and values for the sake of the unity can feel like oppressive sacrifice. When this happens, the perception is that there is something else out there that will allow us to have all that we crave, want, and value, and that it will happen on our terms. This is where the element of fantasy comes in, and with the fantasy comes projection. We’re going to want what we don’t have, and there’s a fantasy that we’ll get what we don’t have, and that the parts that we’re currently happy with won’t be sacrificed in this change.

However, what ends up happening is that after the “honeymoon phase” of making the change, we find ourselves wanting to flip to the other side of the fence again because we discover that there are other things that we don’t have, and because the novelty of the change wears off. It ends up being true, that we always want what we don’t have, even if we’ve already jumped the fence several times.

This is where projection comes in. When the grass is greener on the other side, we’re usually (if not always) placing personal unhappiness with ourselves onto something outside of us - generally a partner, career, living environment, etc. We rely on polishing our external environment to soothe a deeper internal dissatisfaction. Though the environment changes when jumping the fence, after a brief internal high, without constant stimulation and newness, the dissatisfaction becomes the same.

I think the cliché should be changed to this: “The grass is only as green as we keep it.” The grass always starts out a nice and shiny green (“honeymoon phase”) but will begin to wear a bit with use. Then, it still needs to be maintained in order to stay a nice shade of green. The dulled green (or even brown) grass on our current side of the fence would be greener if we nurture it. The shiny green grass on the other side of the fence is our wish for our internal selves - to be happy, unscathed, and fully satisfied.

The truth is, as human beings, we are all in some ways less than perfect, and therefore, the shiny grass is an illusion. Our job is to keep the grass as green as possible, which may take some outside help. But no matter what, it won’t remain as green as the moment we first set foot on it. I must insert that there are certainly situations where another

situation is better than the current one (for example, a healthy relationship versus an abusive one; a job that’s more fulfilling to you versus an unfulfilling job). But the “grass is greener syndrome” has its own particular presentation, primarily rooted in patterns:

REPETITION

A pattern in your life of constantly wanting better and repeatedly seeking change in relationships, jobs, environment.

PERFECTION

It’s one thing to go from an abusive relationship to a positively functioning relationship, but it’s another to feel that a string of functioning relationships are never good enough. There may be a search for the fantasized ideal taking place.

WANTING TO HAVE AND EAT YOUR CAKE

This is in line with the struggle of compromise. If you must have every want and perceived need that stimulates you, then it’s likely that the grass will never be green enough unless you’re the only one on the grass — and even then, it won’t be green enough because of what may be missing from this picture.

WANTING TO RUN AWAY

If you see a pattern of being unable to settle in one geographic place, relationship, job, etc., there are deeper reasons for this than just not being in the “right” environment.

ULTIMATE DISSATISFACTION

If you enjoy constant change, and living out this sort of life, then there’s technically nothing wrong with this. But if the reason for the constant change comes from repetition of dissatisfaction, and if you’re looking to become more secure, stable, and settled, then this is an issue to look into.

The best way to deal with the “grass is greener syndrome” is to learn the underlying reasons beyond the abstract ideas of idealizations, perfectionism, and the inability to commit. Psychotherapy is a good way to facilitate this process. The other piece is learning how to nurture and increase connection to what’s current, so the relationships maintain and strengthen rather than become unsatisfying. The idea is to build an internal place of stability, rather than jumping around in your external life to compensate for a lack of internal stability.

IF YOU SAW IT COMING...

In December 2021, if you were fascinated by the financial markets and very interested in economic conditions, you would have noticed that the tone of the market had changed. You would have felt, in your gut, that a perfect storm was brewing. Of course, there were many economic tells that would have helped crystallize your view of the market direction.

Massive geo-political tensions, supply chain constraints, and a rapidly rising inflation was a very clear warning. The market was trading at a huge premium to the 200 day moving average and as we all know over time the market will always revert to the mean. More simply put, stocks were massively over valued and large market bubbles are one of the first signs that a correction is imminent. Debt proliferation, an inverted yield curve and promises of rapidly rising interest rates were some more warnings.

Of course, after decades of incredibly low interest rates inflation took off and the market had to contend with severe structural changes and the withdrawal of financial support from almost every reserve bank in the world.

But most importantly the market itself was warning investors. The leading shares at the time, the famously termed FANG stocks, were becoming very tired and could not achieve new market highs in their share prices. It was clear that the perfect goldilocks economy and the era of low interest rates and low inflation was on its death bed.

The market leaders started to fall and the glamour - no profit yet stocks - fell even faster.

If you saw it coming...

You would have started raising cash quickly - selling highly priced growth stocks, expensive bonds, real estate, unnecessary assets and movables and keeping the proceeds in cash and near cash.

If you saw this coming...

You would have been patient, you would have carefully studied market conditions, worked on new investment ideas and updated your files and research on your favorite stocks and waited for the market to bottom and confirm a new and proven uptrend.

You would have asked yourself - are we there yet? Can we start phasing money into the market? Especially into our favorite shares.

You would have told yourself not to get excited, not to get ahead of yourself. This is the dating phase and not even an engagement. Key technical levels in the market have to hold for the trend to be confirmed.

If you saw it coming...

Fenestra Asset Management did see it coming - and we are ready. Fenestra starts 2023 with over 90 percent of the assets under management in cash and near cash! If you are not happy with your portfolio performance or would like a second opinion, please do not hesitate to contact Fenestra for a free review of your portfolio.

By William Meyer - 079 624 4031

Our numbers do the talking.

A decade ago, we predicted that Apple would become the world's most valuable technology company. Amazon shares when they were trading at \$9. They are now trading at \$137. Microsoft's shares were trading at \$25. They're now \$267. Apple's shares were then trading at \$12. They have now risen to \$164.

These shares have gained hundreds of percentage points and some of Fenestra's 2020 picks are already up more than 100%. Apple is now the most valuable company in the world, worth \$2.626 trillion. Microsoft is worth \$1.989 trillion and Amazon is third at \$1.390 trillion.

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CONFIDENCE

Confidence is not something that can be learned, like a set of rules, confidence is a state of mind.

Positive thoughts, practice, knowledge and talking to other people are all useful ways to help improve or boost your confidence levels. It comes from a



feeling of wellbeing, it comes from a feeling of being able to accept your body and mind (self-esteem) and in the belief of your ability, skills and experience. Its not a statistic or a measure, confidence levels have their ups and down days, and confidence to perform your roles and tasks can increase and decrease. It's a term used to describe how you feel about your ability to perform at work or at your daily tasks. Although often liken to self-esteem it is not the same thing.

Self-esteem is how we feel about ourselves, whether we are worthy or valued. But people who suffer from low self-esteem often suffer from low confidence. However, that being said it is also possible for people with low self-esteem to be very confident in some areas.

Our self-esteem can also be mis-aligned with other perceptions of who we are. Actually, self-esteem has little to do with our talent or ability. Sometimes a feeling of low self-esteem can stem from a poor decision, or a series of experiences in our lives that leads us to feeling down on ourselves.

One solution - Instead of saying "I am not good enough, change your personal dialogue to "I can do this!" you can start by not falling back into negative habits by becoming more confident in the way you view yourself.



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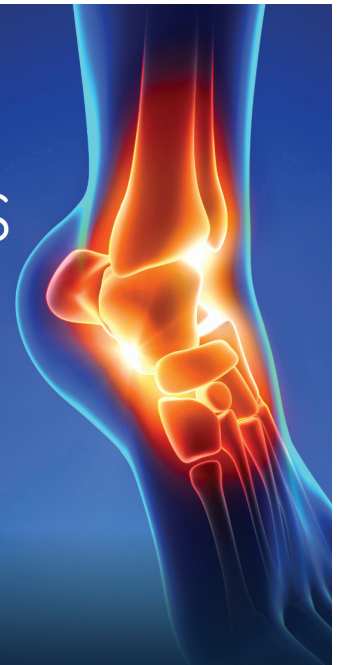
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