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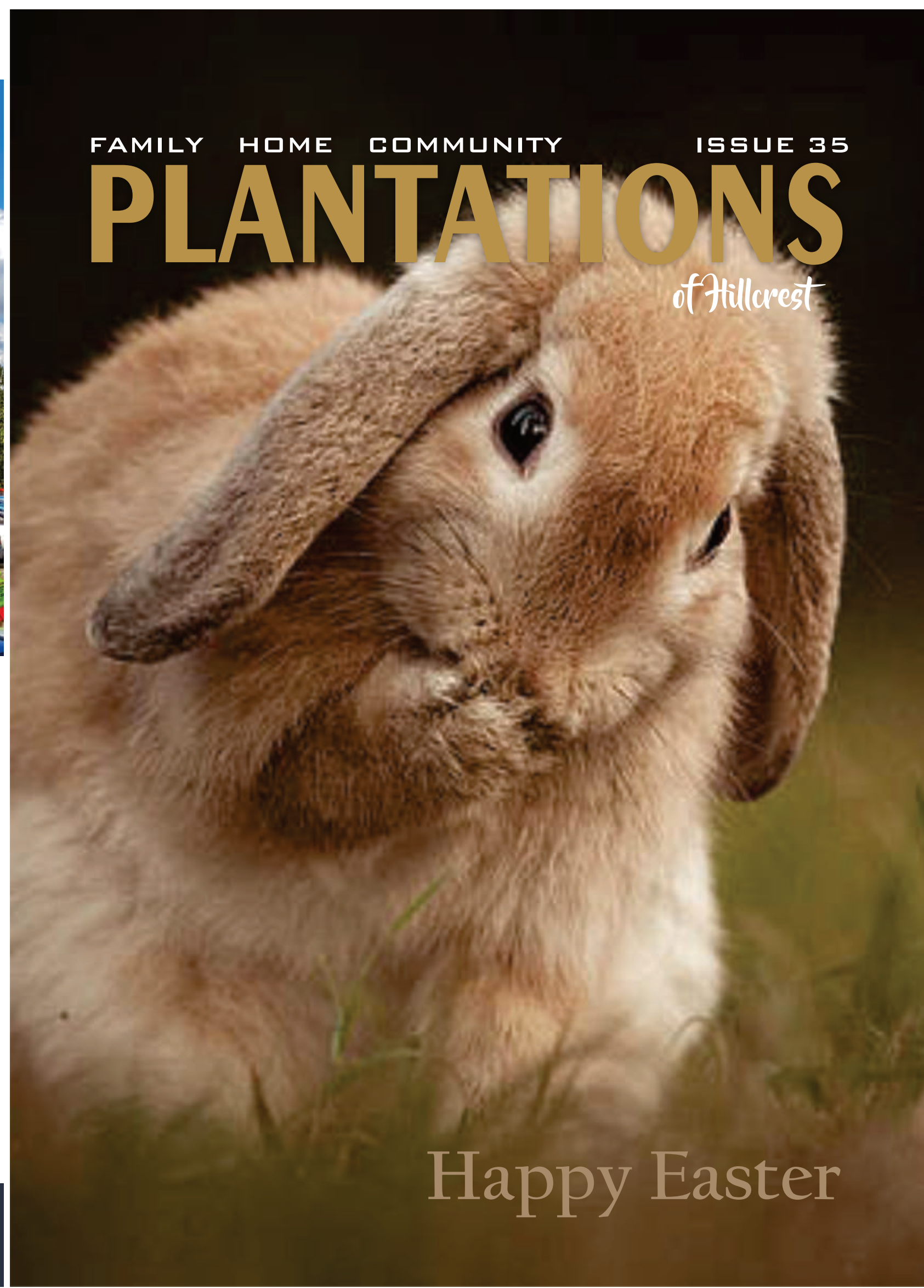
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FAMILY HOME COMMUNITY ISSUE 35
PLANTATIONS
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Happy Easter

Love is in the air at



PLANTATIONS
of Hillcrest



The estate team were so excited to be in on the surprise engagement of Chloe and Bren! How beautiful is this?

Here is Chloe's version of events

Bren and I have been together for just over 8 and a half years. I was 14 and he was 16 when we first started dating. On the day of the proposal, he told me we were visiting my dad, but ended up stopping on the side of one of the green belts. When I looked up, he'd had a professional picnic set up as well as a photographer to capture all of the moments. It was so special and all very romantic. The scenery and impeccable gardens made for a wonderful location! It was so awesome to be close to family afterwards to be able to share the exciting news. We are going to enjoy our time as an engaged couple and are planning an intimate overseas wedding for 2024.

Thank you Chloe and Bren for sharing this very special occasion with us. Here's to your future – we wish you all the happiness in the world!

Alison Kitching
Estate Manager
Plantations Estate
47 Shongweni Road, Hillcrest
Tel: 031 765 8968



DEAR READERS

Its March already how did this happen? Speaking to many of my advertisers and to shop owners in general, March is to be the beginning of the new year for most people. From car sales to furniture, clothing to everyday essentials, retailers have felt that the first two months of this year, have been a dead loss.

My motto in life has always been that there is no rear-view mirror in my life's journey. Yesterday has come and gone and we can do nothing about it, but we can go forward with hope and drive. If you think you are going to have a bad day today, guess what, you certainly will!!

We have nearly completed 9 years as the Plantations magazine. This was the start of my many estate magazines, and I have enjoyed every issue so far. Kaleidoscope Media celebrates 10 years in business in May this year. Some of the advertisers have been with me from the very beginning in our magazine and these are Clinton Nel and Fiona Diamond from Remax, Taybron, Partylicious, The Garage and Dr van der Straeten. These and the other many advertisers, have made this magazine possible. Please wherever possible utilise their services, we all depend on each other.

Keep safe until we meet again.

Warmest regards

Pat Franken

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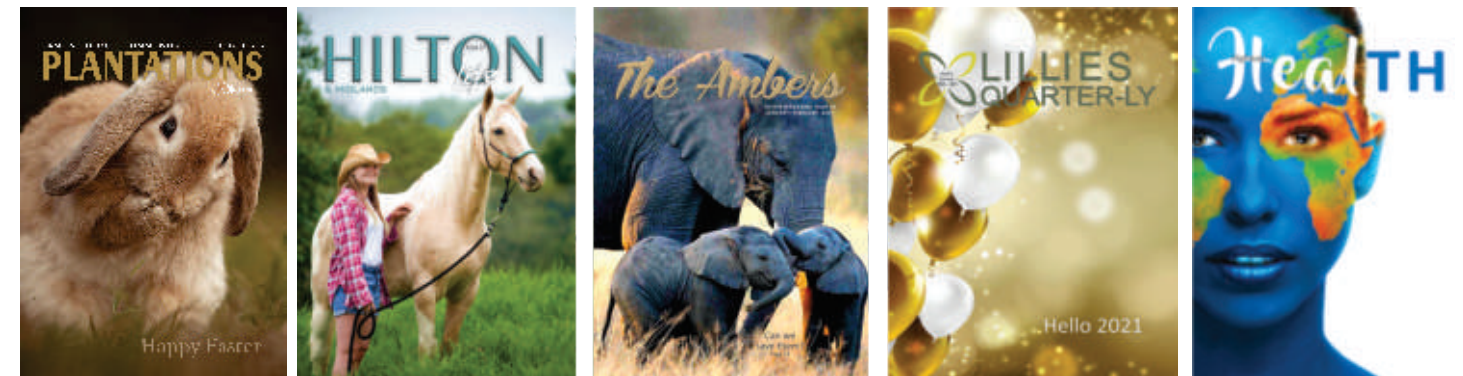
I've learned...that when you want to give up, just think of the people that would like to see you fall, and then don't give them the pleasure.

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Why Rabbits at Easter?

Every year on Easter, legend has it that a long-eared, cotton-tailed creature comes to deliver festive baskets full of treats, toys, and chocolate to children — and even lays colourful eggs for them to find!

Among other Easter traditions like hot cross buns and egg hunts, the Easter Bunny has long been a well-known and popular symbol associated with the religious holiday — but have you ever wondered about the Easter Bunny's origins, and how exactly the cute, fluffy woodland creature became such a prevalent symbol of Easter?

Originating among German Lutherans, the "Easter Hare" originally played the role of a judge, evaluating whether children were good or disobedient in behaviour at the start of the season of Eastertide. In legend, the creature carries coloured eggs in his basket, candy, and sometimes also toys to the homes of children, which shows similarities to Santa Claus - as they both bring gifts to children on the night before their respective holidays.

The Ukrainian art of decorating eggs for Easter, known as Pysanky, dates to ancient, pre-Christian times. Similar variants of this form of artwork are seen amongst other eastern and central European cultures.

The custom was first recorded in a German book in 1682, referring to a German tradition of an Easter Hare bringing Easter eggs for the children.

Eggs have been used as fertility symbols since antiquity. Eggs became a symbol in Christianity associated with rebirth as early as the 1st century AD, via the iconography of the Phoenix egg, and they became associated with Easter specifically in medieval Europe, when eating them was prohibited during the fast of Lent. A common practice in England at that time was for children to go door-to-door begging for eggs on the Saturday before Lent began. People handed out eggs as special treats for children prior to their fast.

Eggs would probably have been decorated as part of the Easter celebrations. German Protestants retained the custom of eating coloured eggs for Easter, though they did not continue the tradition of fasting for Lent.

Eggs boiled with some flowers change their colour, bringing the spring into the homes, and some over time added the custom of decorating the eggs.

The idea of an egg-giving hare went to the U.S. in the 18th century — mainly because of the arrival of German immigrants. It wasn't long before this tradition went 'commercial' around the world....



Easter Eggs

The practice of decorating eggshells is quite ancient, with decorated, engraved ostrich eggs found in Africa which are 60,000 years old. In the pre-dynastic period of Egypt and early cultures of Mesopotamia and Crete eggs were associated with death and rebirth.

The Christian Church officially adopted the custom, regarding the eggs as a symbol of the resurrection of Jesus and included in Easter Blessings of Food, one for eggs, along with those for lamb, bread, and new produce.

Pysanky is often taken to mean any type of decorated egg, but it specifically refers to an egg created by the written-wax batik method and utilizing traditional folk motifs and designs. Several other types of decorated eggs are seen in Ukrainian tradition, and these vary throughout the regions of Ukraine.

They were made by the women of the family. During the middle of the Lenten season, women began putting aside eggs, those that were most perfectly shaped and smooth, and ideally, the first laid eggs of young hens. There had to be a rooster, as only fertilized eggs could be used. (If non-fertile eggs were used, there would be no fertility in the home.)

Each region, each village, and almost every family in Ukraine had its own special ritual, its own symbols, meanings and secret formulas for dyeing eggs. These customs were preserved faithfully and passed down from mother to daughter through generations. The custom of decorating *pysanky* was observed with greatest care, and a *pysanka*, after receiving the Easter blessing, was held to have great powers as a talisman.

Chocolate eggs

Chocolate eggs first appeared at the court of Louis XIV in Versailles. In 1725 a woman in Turin, Italy started producing chocolate eggs by filling empty chicken egg shells with molten chocolate.

In 1873 J.S Fry & Sons of England introduced the first chocolate Easter egg in Britain. Actually, it wasn't that great, apparently it was bitter, grainy and not the taste sensation we now know and love. That came about thanks to the Cadbury company in 1875, they created the modern chocolate Easter egg after developing a pure cocoa butter that could be moulded into smooth shapes. In Western cultures, the giving of chocolate eggs is now commonplace, millions of eggs are sold worldwide.

Pysanky



CHOCOLATE



The history of chocolate can be traced to the ancient Olmecs and Mayans.

The word chocolate may conjure up images of delicious sweetness, but the chocolate of today is little like the chocolate of the past. Throughout much of history, chocolate was a revered but bitter beverage, not a sweet, edible treat!

How Chocolate Is Made

Chocolate is made from the fruit of cacao trees, which are native to Central and South America. The fruits are called pods and each pod contains around 40 cacao beans. The beans are dried and roasted to create cocoa beans. It's unclear exactly when cacao came on the scene or who invented it. According to Hayes Lavis the cultural arts curator for the Smithsonian's National Museum of the American Indian, ancient Olmec pots and vessels from around 1500 B.C. were discovered with traces of theobromine, a stimulant compound found in chocolate and tea.

It's thought the Olmecs used cacao to create a ceremonial drink. However, since they kept no written history, opinions differ on if they used cacao beans in their concoctions or just the pulp of the cacao pod.

Mayan Chocolate

The Olmecs undoubtedly passed their cacao knowledge on to the Central American Mayans who not only consumed chocolate, but they also revered it. The Mayan written history mentions chocolate drinks being used in celebrations and to finalize important transactions.

Despite chocolate's importance in Mayan culture, it wasn't reserved for the wealthy and powerful but readily available to almost everyone. In many Mayan households, chocolate was enjoyed with every meal. Mayan chocolate was thick and frothy and often combined with chili peppers, honey or water.

Cacao Beans as Currency

The Aztecs took chocolate admiration to another level. They believed cacao was given to them by their gods. Like the Mayans, they enjoyed the caffeinated kick of hot or cold, spiced chocolate beverages in ornate containers, but they also used cacao beans as currency to buy food and other goods. In Aztec culture, cacao beans were considered more valuable than gold.

Aztec chocolate was mostly an upper-class extravagance, although the lower classes enjoyed it occasionally at weddings or other celebrations.

Perhaps the most notorious Aztec chocolate lover of all was the mighty Aztec ruler Montezuma 11 who supposedly drank gallons of chocolate each day for energy and as an aphrodisiac. It's also said he reserved some of his cacao beans for his military.



Spanish Hot Chocolate

There are conflicting reports about when chocolate arrived in Europe, although it's agreed it first arrived in Spain. One story says Christopher Columbus discovered cacao beans after intercepting a trade ship on a journey to America and brought the beans back to Spain with him in 1502.

Another tale states Spanish conquistador Hernan Cortes was introduced to chocolate by the Aztecs of Montezuma's court. After returning to Spain, cacao beans in tow, he supposedly kept his chocolate knowledge a well-guarded secret. A third story claims that friars who presented Guatemalan Mayans to Philip 11 of Spain in 1544 also brought cacao beans along as a gift.

No matter how chocolate got to Spain, by the late 1500s it was a much-loved indulgence by the Spanish court, and Spain began importing chocolate in 1585. As other European countries such as Italy and France visited parts of Central America, they also learned about cacao and brought chocolate back to their perspective countries. Soon, chocolate mania spread throughout Europe. With the high demand for chocolate came chocolate plantations, which were worked by thousands of slaves.

European palates weren't satisfied with the traditional Aztec chocolate drink recipe. They made their own varieties of hot chocolate with cane sugar, cinnamon and other common spices and flavourings.

Soon, fashionable chocolate houses for the wealthy cropped up throughout London, Amsterdam and other European cities.

Cacao Powder

When chocolate first came on the scene in Europe, it was a luxury only the rich could enjoy. But in 1828, Dutch chemist Coenraad Johannes van Houten discovered a way to treat cacao beans with alkaline salts to make a powdered chocolate that was easier to mix with water.

The process became known as "Dutch processing" and the chocolate produced called cacao powder or "Dutch cocoa." Van Houten supposedly also invented the cocoa press,



although some reports state his father invented the machine. The cocoa press separated cocoa butter from roasted cocoa beans to inexpensively and easily make cocoa powder, which was used to create a wide variety of delicious chocolate products.

Exporters

While initially, South America were the biggest exports of cocoa this has changed and today approximately two-thirds of the world's cocoa is produced in Western Africa, with Ivory Coast being the largest source, producing a total crop of 1,448,992 tonnes. Ghana, Nigeria, and Cameroon are other West African countries among the top 5 cocoa-producing countries in the world.

"He showed the words "chocolate cake" to a group of Americans and recorded their word associations. "Guilt" was the top response. If that strikes you as unexceptional, consider the response of French eaters to the same prompt: "celebration."

— Michael Pollan, In Defense of Food: An Eater's Manifesto



PROPERTY 2021

Advantages of using an agent to rent out your property

The truth of the matter is that in these days of COVID-19 many people are struggling to meet rental payments. Many individual landlords are struggling to get in rentals, which are often vital to meet bond payments. Good tenants can be hard to find and the fact of the matter is that your chances are better when using an experienced agent.

There are also other obvious advantages including: preparing the property for rent; marketing and advertising; carrying out safety and other property inspections; vetting tenants; drawing up the lease and inventory; managing the deposit; collecting rent and chasing rental arrears; and organising maintenance.

All of this is particularly important if you don't live close to your rental property.

There are more pros than cons to using a letting agent, possibly, the only disadvantage is the fee you will pay for their services but really, when you work it out – it's a good investment.

Advantages

- Stringent vetting and referencing procedures mean you're more likely to attract reliable tenants
- The secure deposit protection scheme administration is taken care of for you
- Letting agents can handle all of the paperwork in relation to your property
- Rent can be collected and chased up on your behalf
- Letting agents can deal with all the day-to-day property management and maintenance issues
- As experts in their field, and with good knowledge of market conditions and demand, letting agents will probably be able to achieve a higher rent than you would
- Letting agents are up-to-date on current legislation affecting landlords
- You have an objective and impartial buffer between you and your tenants
- Letting agents are experienced in dispute resolution
- If you need to evict a tenant, a letting agent knows the correct legal process
- Employing an agent should reduce your workload (and possibly stress and anxiety)



PROPERTY 2021

Real Estate in the time of COVID-19



South Africans are also looking at other factors; self sufficiency regarding energy needs is one main factor with the Eskom situation. And also, hopefully, we are looking at Green Friendly options to lessen our footprint on this struggling planet. Many specialists agree that housing estates with an eco-friendly stance will begin to take centre stage – demand will increase dramatically.

Safety also remains high on the consideration list - estates will continue to be hot properties, especially those who are more of a 'gated community' than the traditionally row of townhouses. Community building is the way forward.

Back in the days of the Spanish Flu —1918 —few people were homeowners. The property boom only really started in the 1960s. The 1980s saw a massive turnaround and of course, the market reacted with increasing prices. Huge residential areas popped up around business hubs, business and retail expanded out of traditional town centres, gated estates became increasingly popular and the boom was born...

There have been many ups and downs, but overall property remains, compared to the stock market stable.

Moving along to 2020 and the world was turned upside down by the virus, the situation has given many pause for thought, especially those who are able to work from home. In Europe this has seen many people moving out of the urban areas into rural communities. In the USA large corporations are moving out of California (Elton Musk for example) into other states. This has had a massive effect on their housing market. In San Francisco for example, long the most expensive real estate, people are moving to other areas. The need to create a home office changes the needs, the price of a 1 bedroom flat in San Francisco can give you a 3 bedroom with a pool in Texas.

We have begun to realise that even when the virus is over, life as we know it, would have changed dramatically.

In South Africa, the biggest surprise after the first lockdown was lifted was increase of house sales. This was due to several reasons, particularly the low interest rates, furthermore, the negative state of the economy is most likely to lead to an increase in home sales. Experts believe the housing market will remain stable for some time. Those who are in a stable work situation have many options; purchasing a second property for example to rent out. This kind of an investment is far more beneficial than the current stock market and rentals are inflation linked.

"Every person who invests in well-selected real estate in a growing section of a prosperous community adopts the surest and safest method of becoming independent, for real estate is the basis of wealth." - Theodore Roosevelt, U.S. president

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THE WAR ON PLASTIC

Africa has come a long way on the journey to creating a single-use plastic-free world with many victorious milestones to celebrate across the continent. We've been said to be leading the way in the fight against single-use plastic. Out of 54 countries, 34 have either passed a law banning plastics and implemented it or have passed a law with the intention of implementation. Of those, 16 have totally banned plastic bags or have done so partially without yet introducing regulations to enforce the bans. **Compared to the rest of the world, the continent is seemingly doing a great job, let's look at the reality of plastic bans in Africa. And why is South Africa lagging behind?**

Benin - The West African country adopted a ban on the production, importation, marketing, possession and use of non-biodegradable plastic bags in November 2017 in an effort to end marine plastic pollution.

Botswana - In 2007, Botswana established a minimum thickness for bags and mandated that retailers apply a minimum levy to thicker bags, which would be used to support government environmental projects. Many retailers charged more than the minimum tax, and prices fluctuated over time. A study of four retail chains 18 months after implementation of the charge showed that bag use fell by half – imagine what it would be like with a total ban!

Burkina Faso - The law prohibits the production, import, marketing and distribution of packaging and non-biodegradable plastic bags in Burkina Faso.

Burundi - Burundi criminalised the use and possession of plastic bags last year, and has set a 2020 target to enforce a total ban on single-use plastics.

Cabo Verde - The island nation has prohibited the production, import into the market, and use of conventional plastic bags for packaging.

Cameroon - Cameroon's government placed a ban on non-biodegradable plastics in 2014; the ban covers the importation, production and sale of single-use plastic items, and followed a ministerial calculation that Cameroon dumped more than six million tonnes of plastic waste annually.

Congo-Brazzaville - Plastic bags and sachets for the sale of food, water and any other drink are prohibited, along with oxo-biodegradable plastic bags, sachets and films.

Côte d'Ivoire - The ban on non-biodegradable plastic bags that was expected to come into effect in November 2013 was met with fierce opposition from the plastics industry. The law includes plastics used for bags of drinking water. In 2016, they also outlawed plastic sachets used for alcohol.

Democratic Republic of the Congo - Plastic pollution in the DRC has been linked to flood-related deaths in the past. The cause? Rivers and sewage systems blocked by plastic rubbish – a completely avoidable consequence. The government banned the manufacture and sale of plastic bags and bottles.

Djibouti - Importation and marketing of non-biodegradable plastic bags and packaging, not manufactured in the country,

have been strictly prohibited since 2016.

Eritrea - In 2005, the East African state became the first to adopt an outright ban on plastic bags.

Ethiopia - Ethiopia is yet another country looking for eco-friendly status with their plastic ban. In 2008, it passed a law only banning *thin* plastic bags.

Gabon - Prohibition of the import and marketing of non-recyclable plastic bags – which doesn't help much considering that only 9% of ALL plastic ever gets recycled.

Guinea-Bissau - In 2013, the government announced a ban on plastic bags that came into effect in 2014.

Kenya - Kenya leads the way with the strictest ban on single-use plastic in the world. And it's clear how this title was earned: importing, manufacturing or selling single-use plastic bags could earn companies a fine of \$40 000; using one, on the other hand, could see individuals slapped with a \$500 fine. Despite the fact that plastic bags are still smuggled into Kenya, the ban has been considered successful by many. In June 2019, Kenya's president announced a ban on the use of single-use plastics in protected areas which will take effect in June this year, but regulations have yet to be established.

Madagascar - Plastic bags less than 0.05 millimetres thick have been banned in Madagascar since 2015, and have forced local businesses to find alternative packaging solutions.

Malawi - Plastic bags were first banned in Malawi in 2015, but the country's high court overturned the original ban the next year after 14 plastic manufacturers opposed the ban, saying it was "an infringement of business rights." But last year, seven supreme court judges ruled that the original ban must be upheld after all.

Mali - A ban against non-biodegradable bags was announced in 2013.

Mauritania - In 2013, Mauritania banned plastic bags. In the capital of Mauritania, an estimated 70 percent of cattle and sheep deaths were caused by plastic bag ingestion.

Mauritius - The law was promulgated in August 2015, and strictly prohibits import, manufacturing, sale or supply of plastic bags. However, in 2016, the Mauritian government exempted a list of plastic bags from the ban. Which means that plastic bans are not entirely banned in this country.

Morocco - Moroccan consumption of the raw material used in manufacturing plastic bags dropped by 50 percent since its plastic bag ban came into effect in 2015. Last year, the government introduced amendments to the law, allowing for the seizure of plastic used to illegally make bags.

Nigeria - West Africa's economic hub announced a ban on plastic bags in 2013, which came into effect in 2014. It includes both plastic shopping bags and plastic sachets of drinking water. Last year, it strengthened its legislation by including a fine of N500 000 or 3-year jail term for any store found giving plastic bags to customers.

Niger - Niger has only gone as far as to ban the storage of low-density plastic bags and flexible packaging. It joins the list of countries whose governments are fronting as warriors in the fight against plastic pollution.

Rwanda - Rwanda is a shining star on the continent, instituting in 2008 a national ban on non-biodegradable plastic bags. The ban prohibited the manufacture, use, importation and sale of plastic carrier bags. Travellers into Rwanda face similar restrictions to those headed for Tanzania, and are not allowed to bring plastic carrier bags into the country. Rwanda also introduced 'Umuganda', a community clean-up held on the last Saturday of every month. It is one of the reasons Rwanda is renowned for its cleanliness, especially the capital city of Kigali. In October 2019, Rwanda became the first country in Africa to issue a complete ban on all single-use plastics.

Senegal - Senegal is the most recent country to tighten its efforts against single-use plastic. It announced its ban on single-use plastic water sachets and coffee cups in February 2020, to be implemented in April 2020.

Seychelles - Only the manufacturing, importation, distribution of plastic bags, which do not fall into the list of exempted plastic, is permitted. This ban focuses mainly on thin plastics.

Tanzania - Plastic sachets used for packing distilled and other alcoholic beverages are prohibited from being manufactured or imported to mainland Tanzania. Tourists are not allowed to enter the country with plastic carrier bags.

The Gambia - Under the prohibition and ban of the use of plastic bags in The Gambia: a person who manufactures or imports, uses or sells plastic bags commits a criminal offence.

Togo - Togo has banned the manufacturing, importation, distribution and marketing of non-biodegradable bags and packaging.

Tunisia - The plastic bag ban in Tunisia is part of a broader effort at establishing greener policy. It came into effect in March 2017, and requires all supermarket chains to stop distributing the bags.

Uganda - Despite the measures put in place to ban plastic bags in 2007, the government of Uganda has struggled to implement it because of lack of regulation.

Zambia - In 2018, the Zambian government banned the use of packaging materials such as plastic bags and their resultant waste.

Zimbabwe - Apart from plastic bags used for bread, the manufacture for use, commercial distribution or importation of plastic packaging with a wall thickness less than 30 micrometres is prohibited, biodegradable or not. Also, no ink shall be used for printing on plastic and plastic bottles unless the ink and the printing comply with compulsory specifications.

South Africa – we are running far behind many of the other African countries - South Africans are familiar with the levy on plastic bags, and it is an easy enough measure for the government to implement – which it

has since the levy was introduced in 2004, along with a ban on thin plastic bags. However, the April floods in Durban 2019 forces us to question the efficacy of this levy. When the Durban harbour seemed to have more plastic than water after the floods, who does it comfort to know that we pay 25 cents for a bag when we buy groceries? **Shame on us South Africa, we are falling behind some of the least developed countries on the continent.** Why don't we ban them and before you shout jobs will be loss, it's interesting to note that in countries that did have an outright ban many industries popped up to offer alternatives and employment actually grew...

Article content thanks to Greenpeace.



Durban Harbour 2019

recycle myths

Many of us take recycling very seriously, it's sad then to realize that only about 6% of the world's plastic waste is ever recycled. The reason for this is because for the plastic manufacturers it is cheaper to create new, than to use recycled material. The only way to truly save our oceans is to ban single use plastic...

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PREDICTIONS FOR 2121

While most of us won't be here to witness, it's interesting to see what some of the predictions are regarding the next hundred years.

Most experts agree that it depends how we handle two major issues – global warming and over population. We currently stand at just over seven billion people on earth, according to the UN population division by 2121 this could increase to over ten billion. It will be exceedingly difficult for our planet to sustain this growth, so of course, there are many predictions that mankind will be making their home on other planets in our universe.

The most disturbing predictions are something we are already seeing today – the gap between the 'haves' and 'the have nots' this will increase dramatically. So much so, believe some social historian's that education will become one of the main 'luxury' items of life!

Technology will also change education dramatically, privileged children will no longer have to learn, instead they will have implants, which simply downloads the information in their brains.

Continued on page 17/...

Some of the other predictions flying around include:

A bacterium capable of converting plastic into energy, which will be used to generate our power needs.

Actually, there is much research already taking place on this issue, a group of scientists in the UK are already conducting experiments. As most of the first world's plastic is dumped on third world countries there will be a scramble to get this 'valued commodity' back!

Futurologists **Ian Pearson** and **Patrick Tucker** on a recent BBC program also prediction the following:

Oceans will be extensively farmed and not just for fish – due to the demand for food, much of the ocean will be reclaimed and farmed.

Deserts will become tropical forest – this is already starting, *search The Green Wall*, Senegal is leading the way by planting millions of trees. The plan is to plant from one side of Africa to the other to hold off desertification.

One single worldwide currency – we are already seeing the beginnings of this with Cyber Currencies, at present the banks are resisting this but this will change as more people move away from traditional money.

There will only be three languages in the world - English, Spanish and Mandarin – sadly, this could be true as we lose cultural identities. At least computers will keep a record!

Marriage will be replaced by an annual contract – experts believe that as religious communities decline, values

change, and this will be a feature in the traditional Western World.

California will lead the break-up of the US – Chris Hedge has already written a book in 2018 called *America the Farewell Tour*, basically, the political upheaval we are currently seeing in the USA grows to such a point that states will break apart forming their own independent countries. Sounds far fetched now, but who knows in the future!

Africa will finally unite into a powerful trade continent – experts foresee a time when the governments of Africa unite in effort to stop simply exporting their natural resources and begin to manufacturer finished goods for exports. This changes the financial situation so radically that Africa becomes one of the leading finance powerhouses of the world! This sounds extremely far fetched at the moment, but one factor is true – Africa has the youngest population on the planet and the young are more adaptable to new ideas and change...

Article TK



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Just A Thought

Why do parents take small children shopping when they are clearly tired? And then when they throw a tantrum, and hold their breath, and fling themselves on the shop floor for everyone to look at or walk around, the parent/s just carry on with what they are doing, and it does not seem to faze them one iota!

No one wants to raise a spoiled kid. But would you know one if you had one. Few parents have the iron hand of previous generations, and for the most part that is good. But sometimes in the effort to be kinder, gentler parents, moms and dads let their sweet little darlings get the upper hand. Some parents put up with truly awful behaviour.

Of course, all toddlers interrupt, whine, and throw tantrums, you say. Those behaviours are normal ways for kids to assert their independence, you say. No! What is important, is how parents react. Spoiling occurs when kids are predominantly in charge in the family. The parents have minimal authority, and kids continually get their own way by acting up. In other words, your child is not spoiled because he whines; he is spoiled if whining consistently works to get him what he wants.

Granted, all toddlers have bratty and less-bratty days, we all do, let's face it. And all parents have days when they cave in instead of standing by the house rules. But when whining, nagging, and misbehaving to get their way becomes a constant, repetitive behaviour, you have a problem.

So where do you, as parents, stand today? Do you usually give up in exhaustion rather than enforce limits during a typical day? Do you let your child regularly butt in and take over adult conversations?

It is important to address spoiling now because you are setting up patterns that will stay with your family for years to come. If your 20-month-old has never heard the word *no*, for instance, how will she (or he) handle hearing it when she (or he) is 13 and wants to get her navel or his top lip pierced?

Spoiled kids are those who never had a chance to handle disappointment early on. The lessons they learn as toddlers -- delaying gratification, acting within limits -- will carry through to adulthood.

When my children were small, and I had 4, there was no such thing as terrible twos, or temper tantrums, and no they never got a hiding, ever! It does not really matter what the rules are; it is how consistently you apply them. For me there were three non-negotiable rules, like "No hitting or biting," "Don't interrupt adults," and most definitely for me "don't whine".

It may be tough to resist spoiling now, but the payoff will be huge. Your child will learn how to manage feelings, cooperate, follow rules, and have self-control. These lessons will be beneficial throughout your child's life. And what is more will never let you down in public. Maybe that unfazed mom will read this and think before allowing that display in public again.

Just saying!!!!

By Pat Franken

BOOKS FOR LIFE

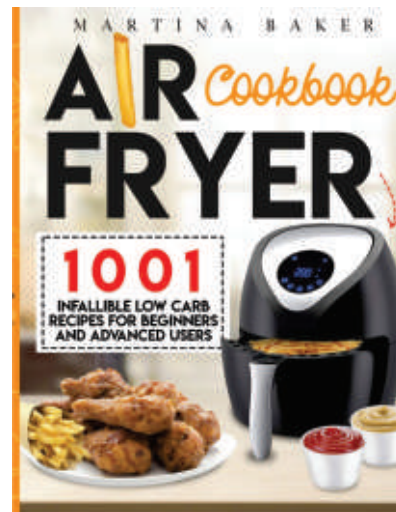
Air Fryer Cookbook By Martina Baker

Discover how you can enjoy fried foods without sacrificing your health with the definitive guide to making satisfying, mouth watering and keto-friendly recipes with the versatile air fryer.

With a massive recipe count of just over 1000 appetizing recipes, this is the biggest air fryer cookbook available and will ensure you have enough variety to keep you from ever getting bored

Step-by-step cooking instructions: Each recipe has detailed cooking directions to help you take the guesswork out of preparing amazing, air-fried meals every time

Packed with actionable information and awesome recipes for newbies and advanced users, this cookbook is a practical reference guide that will help you gain mastery and make amazing, low carb meals with the air fryer as quickly as possible.





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Our body has a system that produces its own cannabinoids, called the Endocannabinoid system (ECS). The ECS contains a complex network of neurotransmitters and receptors spread throughout the body, working to maintain balance within.

Researchers have even equated CBD's natural effects with those of antidepressants and anxiolytics (anti-anxiety medication), touting it as a "potential treatment for anxiety disorders" including post-traumatic stress disorder (PTSD), obsessive-compulsive disorder (OCD) and seasonal affective disorder (SAD).

When CBD and other cannabinoids enter your bloodstream, they communicate with your body's ECS to help your body and organs maintain balance. This is why CBD is able to help with such a wide range of conditions.

CBD has anxiolytic properties which means it relieves the anxiety caused by stress. It is also reported to relieve other stress symptoms, such as muscular tension, poor concentration, restlessness and fatigue.

Studies have shown that CBD oil not only calms your nervous system responses but positively interacts with the serotonin receptors in your brain to help you feel calmer.

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eco-therapy

A simple way to help reduce stress, anxiety, and depression, and maybe even improve your memory - Take a stroll outside.

Many people are at risk of mood swings as they age, dealing with life changes such as health, loss of loved ones and retirement influences our health. And in 2020/21 we have also had to deal with the COVID-19 Pandemic. Phew. No wonder there has been an increase in mild depression.

We live in an age when if something is wrong, we 'pop a pill' but according to Dr. Jason Strauss, director of geriatric psychiatry at Harvard-affiliated Cambridge Health Alliance, we would be better off if we just 'popped outside'. "People experiencing mild depression may not want to turn to medication or therapy for help, and for many, interacting with nature is one of the best self-improvement tools they can use." He says.

Your brain and nature

Research in a growing scientific field called **ecotherapy** has shown a strong connection between time spent in nature and reduced stress, anxiety, and depression. Digging a bit deeper, it appears that interacting with natural spaces offers other therapeutic benefits. For instance, calming nature sounds and even outdoor silence can lower blood pressure and levels of the stress hormone cortisol, which calms the body's fight-or-flight response.

It's not clear exactly why outdoor excursions have such a positive mental effect. Yet, in a 2015 study, researchers compared the brain activity of healthy people after they walked for 90 minutes in either a natural setting or an urban one. They found that those who did a nature walk had lower activity in the prefrontal cortex, a brain region that is active during rumination as repetitive thoughts that focus on negative emotions.

"When people are depressed or under high levels of stress, this part of the brain malfunctions, and people experience a continuous loop of negative thoughts," says Dr. Strauss.

The visual aspects of nature can also have a soothing effect, according to Dr. Strauss. "Having something pleasant to focus on like trees and greenery helps distract your mind from negative thinking, so your thoughts become less filled with worry."

Find your space

How much time with nature is enough? "As little as 20 to 30 minutes, three days a week, is helpful," says Dr. Strauss. Obviously, if such actively becomes a daily habit it can only bring you benefits.

The type of nature setting doesn't matter, either. focus on places you find the most pleasing.

Researchers noted that people who had recently experienced stressful life events like a serious illness, death of a loved one, or unemployment had the greatest mental boost from a simple walk by a pond or a river observing the birdlife. And you don't have to do this alone, unless you want to, masks on you can have an amble and reap the benefits. The added benefit will be an increased level of fitness, however, don't get bogged down with setting goals. Amble and enjoy your surroundings experts have it right, nature can be a wonderful healer.

Those of you lucky enough to be living in Plantations have lovely areas to get out and get the best results from Eco-therapy

MAKING MARRIAGE WORK

By Cheryl Sol



Every marriage faces challenges at times, even the best of relationships. But what enhances the chances of an enduring marriage and what are the best predictors of divorce?

John and Julia Gottman, in their many decades of research and work with marital couples, came up with ground breaking research, some of which I will summarize below.

The best predictors of divorce they call the Four Horsemen of the Apocalypse in that like in the Book of Revelations, they signal the end of days. The following patterns are what they identified.

1. CRITICISM

This is when one voices your complaint as an attack on the other. This in turn leads to an escalation of the conflict. The underlying attitude is "what is wrong with you? You are defective, I am perfect"

2. CONTEMPT

This is the best predictor of divorce. Gottman calls contempt the "sulphuric acid for love"

It is the opposite of respect and one partner acts or speaks with disdain, scorn or mocking - from a superior position.

3. DEFENSIVENESS

This is when a partner won't take responsibility for their part in a situation. The response to a complaint would immediately be something like "well look at what you do" without reflecting on and responding to what the other person is addressing.

4. STONEMALLING

This is emotional withdrawal from conflict. When we are listening, we give the speaker signals that we are with them, tracking the conversation – like nodding one's head, maintaining eye contact. In stonemalling, the person looks away or down, looks at their phone, folds their arms or has no facial movement or response. They might occasionally look at the speaker to signal that they should come to an end. This silent pattern usually escalates the other person as they feel unheard or unacknowledged.

The Gottmans found that they could predict with 90% accuracy, within 15 minutes of observing a couple the likelihood that they would get divorced.

We can't eliminate all anger, negativity or hurt in relationships, but we can learn what hurts the other's feelings and therefore the relationship. Cycles of getting close and becoming more distant persist throughout the lifetime of a relationship and many problems never get resolved but need to be constructively managed.

So, what are the principles that they propose for making relationships work or for turning round a troubled relationship?

They found that in successful relationships there is a 5:1 ratio. That is, that there are 5 more positive things said or done than negative things. For example, kindness, listening, showing interest, empathy vs hostility, criticism etc.

In addition the following can be useful :-

█ In conflict, have a "soft start-up" i.e. present issues in a gentle way. If we are over aroused we go into fight, flight or freeze mode, we cant process information well and are not good problem solvers. This is not useful in the middle of marital conflict. Recognize when you need to take a break to calm down to a level where you can talk constructively and listen rationally.

█ Accept the influence of the other person e.g. "that was a good point, I never thought of it that way."

█ Remember when things go wrong it is the repair that matters.

█ Create a friendship by being interested in what matters to your partner, what their hopes and dreams are, what their values are. A good friendship regulates the patterns of conflict when they arise.

█ Create a shared meaning – feel that you are building something together with meaning and purpose.

█ Practice fondness and admiration. Remind yourself and share with your partner why you care about them and what you admire. This allows each other to be more open to hearing the more difficult feedback from your partner.

█ Continue to renew the courtship throughout the lifetime of your relationship.

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pandemic fatigue

Exercise releases endorphins, which relieve stress and boost our sense of pleasure. Exercise also channels out adrenaline when frustration builds up. If the air quality is bad outside, try a yoga or workout video inside your home.

Finding someone —family, friend or professional—to **talk** to about your frustrations and anxieties is extremely helpful. Ignoring feelings or emotions doesn't make them go away —eventually they will all come exploding out and you won't have as much control.

Be compassionate with yourself and others. Feelings come from our thoughts about the situation, and although we can't change the situation, we can adjust our thinking. Remind yourself, "I'm doing the best I can."

Try being in the moment, breathing and looking around at what you have. The more you do this, the easier it gets. We put ourselves through a lot of unnecessary misery projecting into the future or ruminating about the past. For now, just take life day by day.

Don't expect perfection and don't wallow in mistakes or missed chances. Nobody prepared us for getting through COVID-19. We're all making it up as we go, and it's completely fine if you don't have all the answers or always know what to do. No one does.

There's a healthy physical reaction to laughing. **Laughter** can actually induce physical changes in the body and can even set you up for overall long-term health. If nothing else, put on your favourite comedy.

Think forward —the first few months of the pandemic most of us looked forward to 'returning to normal'. Each of us has to create a new normal, and while we look back with rose tinted glasses, it is a good time to assess your life. Write a list of what you didn't like! You may be surprised at how this lockdown has helped us to re-shape our lives and somethings are for the better!

Even those people who have not contracted the COVID-19 virus are struggling with fatigue. A sense of hopelessness has overcome many of us - so how do we deal with it?

Experts say **exercise** is the best thing we can do for coping with COVID-19. Even a simple walk can help.



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You may not know it, but you have the power to help thousands of needy people, simply by leaving a charitable bequest to the Community Chest in your will.

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THINKING Forward

Your final arrangements go beyond what you want to happen to your property, although, of course, we should all write a will —regardless of how little or large your estate.

When you think of your final wishes, it makes sense that a last will and testament comes to mind. You can include your funeral arrangements in your will or trust, but it should **not be** the only place where you list your final wishes. Usually, by the time your will or trust is located, your loved ones will have already made all of the decisions about the disposition of your remains and memorial.

So, it is advisable to advise what **type of funeral arrangements you want** and what should happen to your remains after you're gone. Creating a final arrangements document can ensure your final wishes are carried out upon your death and ease the burden of making those difficult decisions for your loved ones, especially, at a time when they will be dealing with grief and loss.

People often underestimate practicalities, which are so essential at such a time. Furthermore, the bigger the family the more confusion and disagreements can occur, which just brings more stress at a time when you just don't need it.

The best way to let your loved ones know about your funeral wishes is to write down a list of specific instructions in a document that is **separate from your will or trust**. This separate writing should include details about what should and should not be done so your family doesn't have to second guess what you would have wanted to happen.

The type of information to record in your final arrangements document includes:

- Whether you want a funeral or memorial service
- Where the service should be held
- Who should be specifically notified of your death
- Whether you want to be cremated or buried
- Where you would like your ashes stored or disposed of or where you want to be buried
- If you have money set aside to pay for your final expenses and where it is

None of us feel comfortable about creating a will or a final arrangements document, it goes against every human emotion —we don't like to think about a time we are not here. This is natural, however, just because you do it, doesn't mean you are going to leave the planet! What you are doing is making life, at an exceedingly difficult time, easier for your nearest and dearest —it is an act of kindness.

On a personal note, my Stepfather was a paperwork junkie! I think everything he wrote he had in triplicate. He was also a man who had married three times, so there were multiple family members. I cannot express how grateful we were that he had made his final wishes so clear to us all by writing them down in a document. His wishes were far different than any of us had imagined, if he had not done so, the stress and arguments would have been unbearable at a time when we were all grieving. Furthermore, none of us would have got it right —it was a life lesson to all the family members. A document is nothing to be afraid of, think of it as a gift.

Article by TK



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Home Chef

RECIPES

BAKING

Easter Chocolate Cake

INGREDIENTS

7 large eggs, separated
 1/2 cup baking cocoa
 3/4 cup boiling water
 1-3/4 cups cake flour
 1-3/4 cups sugar
 1-1/2 teaspoons baking soda
 1 teaspoon salt
 1/2 cup canola oil
 2 teaspoons vanilla extract
 1/4 teaspoon cream of tartar

ICING:

1/3 cup butter
 2 cups confectioners' sugar
 60ml chocolate, melted and cooled
 1-1/2 teaspoons vanilla extract
 3 to 4 tablespoons hot water
 Chopped nuts, optional



METHOD

Let eggs stand at room temperature for 30 minutes.
 In a bowl, combine cocoa and water until smooth; cool for 20 minutes.
 In a large bowl, combine flour, sugar, baking soda and salt.
 In a bowl, whisk the egg yolks, oil and vanilla; add to dry ingredients along with the cocoa mixture. Beat until well blended.
 In another large bowl and with clean beaters, beat egg whites and cream of tartar on high speed until stiff peaks form. Gradually fold into egg yolk mixture.
 Gently spoon batter into an ungreased 10-in. tube pan. Cut through the batter with a knife to remove air pockets. Bake on lowest rack at 325° for 60-65 minutes or until top springs back when lightly touched. Immediately invert pan; cool completely. Run a knife around sides and centre tube of pan. Invert cake onto a serving plate.
 For icing, melt butter in a saucepan. Remove from the heat; stir in the confectioners' sugar, chocolate, vanilla and water. Drizzle over cake. Sprinkle with nuts if desired.

Quick Mexican Hot Chocolate

Ingredients

60ml Partida Añejo Tequila
 180grams hot chocolate
 Ground cinnamon, to taste
 2 tsp chili powder
 1/2 tsp salt

Instructions

Use your desired method to brew hot chocolate with cinnamon, chili powder, and salt. Add spiced hot chocolate to heated glass, top with tequila and stir.
 Use cinnamon stick to stir if desired



brought to you by:



Home Chef

RECIPES

AIR FRY

Carrot Coffee Cake

INGREDIENTS

1 large egg, lightly beaten, room temperature
 1/2 cup buttermilk
 1/3 cup sugar plus 2 tablespoons sugar, divided
 3 tablespoons canola oil
 2 tablespoons dark brown sugar
 1 teaspoon grated orange zest
 1 teaspoon vanilla extract
 2/3 cup all-purpose flour
 1/3 cup white whole wheat flour
 1 teaspoon baking powder
 2 teaspoons mixed spice, divided
 1/4 teaspoon baking soda
 1/4 teaspoon salt
 1 cup shredded carrots
 1/4 cup dried cranberries
 1/3 cup chopped walnuts, toasted

METHOD

Preheat air fryer to 350°deg;. Grease and flour a 6-in. round baking pan. In a large bowl, whisk egg, buttermilk, 1/3 cup sugar, oil, brown sugar, orange zest and vanilla. In another bowl, whisk flours, baking powder, 1 teaspoon mixed spice, baking soda and salt. Gradually beat into egg mixture. Fold in carrots and dried cranberries. Pour into prepared pan.
 In a small bowl, combine walnuts, remaining 2 tablespoons sugar and remaining 1 teaspoon mixed spice. Sprinkle evenly over batter. Gently place pan in the basket of a large air fryer.
 Cook until a toothpick inserted in centre comes out clean, 35-40 minutes. Cover tightly with foil if top gets too dark. Cool in pan on a wire rack for 10 minutes before removing from pan. Serve warm.



Are Air-Fried Foods Better for You?

By most measures, air frying is healthier than frying in oil. It cuts calories by 70% to 80% and has a lot less fat. This cooking method might also cut down on some of the other harmful effects of oil frying. The reaction that happens when you fry potatoes or other starchy foods makes the chemical acrylamide, which research links to greater chances of getting cancer. One study shows that air frying lowers the amount of acrylamide in fried potatoes by 90%.

Cooking with an air Fryer is not restricted to just cooking traditionally fried foods. You can also bake breads, cakes, biscuits - the list is endless.

The best way to get the most of your Air Fryer is to get onto YouTube and watch some videos...

How Do They Work?

A fan pushes heated air - up to 400 F - around the food. It's a bit like a convection oven. The circulating air cooks the outside of foods first, which creates a crispy brown coating and keeps the inside soft, just like deep-fried foods. As the food cooks, a container below the basket catches any grease that drops.

Bottom line: Air fryers create the crispy, chewy foods people love without all the oil.

brought to you by:



VET TALK with Dr. Nic

Hear me out about Ears!

Many of you will have noticed your dogs flapping their heads and scratching at their ears, either one or both of them, especially now during the hot and extremely humid times of the year, which we are definitely experiencing now. We have certainly seen a significant increase in the number of skin and ear related cases here at our practice. We have had an above normal rainfall for this time of year, which has resulted in humidity like we haven't experienced in a while. And this has certainly resulted in an increase in the number of skin and ear cases we are seeing.

But what causes these skin and ear flare ups?

I will specifically be addressing ear infections in this article, a term known as **Otitis Externa**, the most common form of the 3 types of otitis infections. This means that it is the external portion of the ear canal that is affected, meaning the ear canal leading up to the ear drum is affected, but it doesn't extend deeper into the ear, passed the ear drum.

Otitis externa is an acute / chronic inflammation that results in the alteration of the microenvironment of the ear canal. This causes marked to severe pain and discomfort to the dogs (very rarely cats). It is not only painful but very irritating to the pet, which is why they will flap their heads and scratch their ear/s to try and soothe the discomfort. This will often result in them crying out in pain, or groaning while they gently paw at the affected ear as they get some relief from the irritation. Normally placid pets can become snappy when you as their owner touches them or pats them on the head, eliciting pain. That's also usually when you realise something is wrong and you bring them into see us for help.

The lining of the ear canal is pretty much the same as the skin, so if your dog is one of the many who suffers from allergic skin

irritations, redness and itchiness, then their ears will more than likely be affected too. Inside the ears, there is a normal population of yeasts (called *Malassezia*) as well as bacteria broadly grouped into cocci (round) and rods (cigar shaped). Now these organisms compete for resources inside the ear canal and under normal circumstances, they cause no problem what so ever. They merrily get about their day to day lives, keeping each others numbers in check. However, should there be a skin irritation flare up, such as marked increase in humidity, causing skin irritation, the integrity of the skin is disrupted, the microenvironment inside the ears is disrupted and one or the other of the normal organisms gets a slight advantage over the others, they then grow out of control and cause disease, characterised by pain and irritation to the ears, scratching of the ears, flapping of the head and bad smells coming from the ears too.

Some dogs will be more prone than others when it comes to ear infections. Dogs that have an anatomical problem with the opening to the ear canal, it's very narrow for example. Dogs with floppy ears, like a basset hound are more prone, unlike dogs with upright ears, like German Shepherds. The ear canals need to be as dry as possible, so floppy ears restricts the amount of air movement possible into and out of the ear canal, keeping it nice and warm and humid, an environment that the organisms living in the ear canal absolutely love! Dogs that love playing in the sprinkler, or swimming, or playing with the hose pipe when you're



washing your car are prone to getting an infection as excessive amounts of water get into the ear canal. Bathing your dog will also inevitably result in water going in the ears. An underlying skin condition, such as Atopy, will also make your dog more prone to ear infections.

So what can you do?

If your dog has an underlying skin issue, this needs to be addressed first. This, as many of you will know, can be a very frustrating process, not only for you and your pet, but for us as vets too. It is usually a prolonged investigation process, parasite control, food trials etc. Sometimes a specific diagnosis can't be made, but continual management keeps your dog comfortable. There have been huge advances when it comes to treatments for skin irritations nowadays, with new, safer and more effective treatments becoming available all the time. Regular shampooing and other topical treatments for a generalised skin condition can usually manage a skin condition very well. But it must be the correct type of shampoo, preferably a non detergent shampoo with antimicrobial properties. This assists the skin in maintaining its integrity and keeping the normal organism (bacteria and yeast) populations at a normal level too. Right now though you're probably thinking "Dr Nic has literally just said that bathing my dog can predispose it to an ear infection because of water getting in the ears, but now you're telling me I must bath my dog? I'm confused!"

continues on page 27

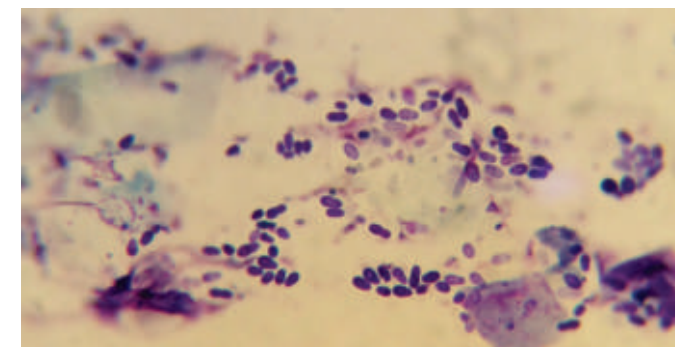
This is where another management tool comes in. The ear cleanser! What has to be noted here is that not all ear cleansers are created equal. Just because it says it's an ear cleanser, doesn't mean it's going to be doing an adequate job. This is where we come in, as your vet, we will recommend the best product for your pets ears, that can be used on a regular basis, is extremely safe for both dogs (and cats), doesn't cause discomfort and further irritation, has proven antimicrobial properties and the all important aspect of being or containing a drying agent. These points cannot be stressed enough. The ear cleansers are designed to loosen up wax and debris inside the ears, help control the organism population and dry the ear canal after application. I always recommend doing this outdoors, so as to allow your dog to shake their head after the application and witness as the dirt and muck comes flying out. I tell my clients to use an ear cleanser in their predisposed pets as regularly as necessary, even as an ongoing maintenance of 1-2 times per week. But also, after they've been swimming or playing in or with water, after a bath or having been to the doggy parlour, and even during a bad period of excessive humidity. By keeping the ear canals clean and dry with regular use, it makes it very difficult for the organisms inside the ear canal to thrive and cause disease. It must be reiterated however, that any underlying cause needs to be addressed as well. An ear cleanser isn't an antibiotic or an antifungal, so it can only do so much, but is definitely the best thing for **PREVENTION** and maintenance of clean healthy ear canals. Using an ear cleanser in the presence of an infection is not going to get rid of the infection, that's when we have to see your pet and do an examination which would include an ear smear, where we get a sample from inside the ear and look at it under the microscope to see what's causing the problem, and dispense the appropriate treatment. Certain ear cleansers can be used at the same time as the dispensed medication, but it is vitally important to ask your vet about compatibility as some ear cleansers will wash out the prescribed medication thereby making it far less effective. Most ear cleansers are over the counter products, which means you don't have to see the vet in order to get them.

So to wrap it up, the organisms causing the ear infection are naturally supposed to be inside the ear canal, but an underlying cause will result in their overgrowth and causing disease. Ear cleansers are a perfect and super safe way to keep your dogs ears clean and healthy with regular use, I repeat, regular use, a once off isn't necessarily going to keep those ears clean. The capabilities of ear cleansers are limited to maintenance and will not resolve an ear infection, medication will need to be dispensed by your vet after an examination for this.

So there's no need to stop your dogs from having fun with water, or playing in the pool with the kids, or prevented from being bathed or pampered at the doggy parlour, just give them a good ear cleanse on a regular basis, keep those ears clean and dry. And also on humid days. When in doubt, cleanse!

Bottom line, cleanse cleanse cleanse!!

Below is an example of what we see under the microscope, the Malassezia organism, probably the most common cause of otitis externa in dogs.



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"Dogs are our link to paradise. They don't know evil or jealousy or discontent. To sit with a dog on a hillside on a glorious afternoon is to be back in Eden, where doing nothing was not boring — it was peace." –
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 (Author, The Unbearable Lightness of Being)

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