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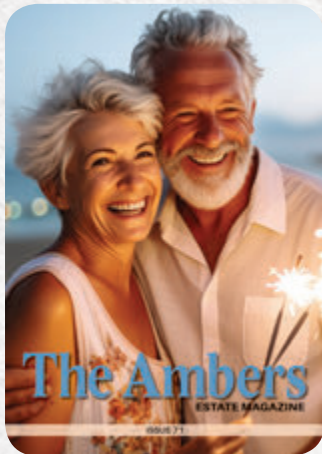
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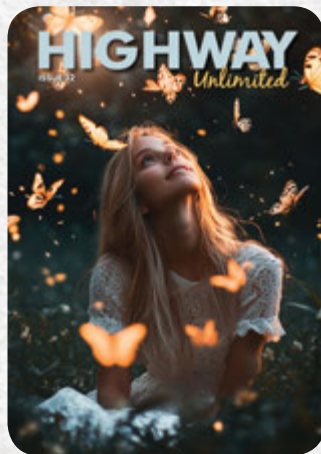
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There is no doubt the world of printed publications has changed radically, it's become more specialized, either by topic or location. Instead of publishing a 'one-size-fits-all' product the focus has switched to niche markets - an aspect which **Kal - Media Publishing** are leading experts in KZN. Established over twenty years ago, we made the decision early on (unlike many of our other competitors) not to switch **entirely** to on-line versions of our magazines; we do both!!

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Pat Franken ☎ 082 552 3027 ✉ pat@kal-media.co.za
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Dear Readers

Well its August already, and they say that time waits for no man. Its time soon to start your spring cleaning, learning for the end of year exams, and to start organising that trip if you are going on holiday over the festive season, as there is only 126 days to Christmas, so why not start this year and make your list and get your shopping done early and save that last minute rush.

Talking about time have you noticed how everyone is rushing on the roads lately? Is it because everyone leaves things for the last minute? Oversleeps? Its time to take stock, there has been some really serious fatal accidents lately.

There always seems to be a traffic jam somewhere. Have been travelling on a freeway for ages now and thinking wow, we are near the end, bliss, to find that they have blocked off two lanes because they are altering what had already been done or building a drain or a retaining wall. Seriously??

On a parting note, I would also like to remind our readers that without our advertisers, this magazine would not be published. Please, wherever possible do make use of their services.

Till we meet again

Pat Franken

082 552 3027

**126
Days
till
Christmas**

make your list
and get your
shopping done early!

Ive learned.... That being a good person
doesn't guarantee that others will be
good people too.



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On My Mind by William Meyer

Making Sense Of Your Cents Investing Overseas – The Importance Of Diversifying Your Portfolio * Extraordinary Profits From Ordinary Shares * Winning Stock Market Strategies *

Geopolitical risks and massive market volatility are factors investors need to contend with. At times like this the importance of planning carefully and considering off-shore opportunities and idiosyncratic shares is clear.

It is critical for investors to have an international strategy. Adding an off-shore equity/currency component to a South African portfolio reduces the risk of volatility of the overall portfolio. If any one currency or country enters a bear market, an investor will be protected by a diversified portfolio.

The best countries to invest in have fewer government regulations and interference, less government ownership, fewer trade unions, lower taxes and no foreign exchange controls. A thoughtful allocation of capital that results in an ambivalent attitude towards political risks and currency moves is another way to avoid catastrophe.

Idiosyncratic growth stocks are an important building block in achieving this goal.

The profitability of these companies is driven by their own fundamentals, rather than macro-economic conditions, like the US-China trade war.

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William Meyer
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The bottom line

Fenestra doesn't invest clients' money in generic portfolios. Rather investment portfolios are custom made. We listen to our clients, find out exactly what their investment objectives are and design portfolios accordingly. **William Meyer CEO**

Why Fenestra?

Our Mission

Fenestra strives to be a great South African and International specialist investment group. We are driven by a passion for outstanding performance and an unwavering commitment to our philosophies and core values.

"The inherent vice of capitalism is the unequal sharing of blessings, The inherent virtue of socialism is the equal sharing of miseries."
Winston Churchill

We all find some of the 'faces' of capitalism unacceptable. At Fenestra we strive to change what we can. Our clients use their success to set up legacies for the greater good. We need to remember we are custodians and stewards of our wealth and we must act wisely.

I also love Apple CEO Tim Cook's words in the latest Apple results: *"We're always searching across a world of possibilities, finding those places where we can do the most good."*
We are grateful. Apple helped us find the Fenestra motto for 2025.

Focus

Fenestra limits its attention to about 50 outstanding companies but will invest in no more than 10 of them. This restricts the portfolio to only five or six outstanding performers. It is a style of investment advocated by the world's most famous investor, Warren Buffet, of whom CEO William Meyer is an avowed disciple.

Criteria

The criteria for investments are simple but top of the list is honesty of management. Other key investment criteria include an established profit history, a growing market with growing margins, strong cash generation ability and some blue-sky potential. It is also preferable if the managers are very significant shareholders.

Performance

Since inception in 1990 Fenestra Asset Management has regularly outperformed the market (as measured by the ALSI).

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Our dedicated team has one goal: to make money with our clients.
William Meyer CEO

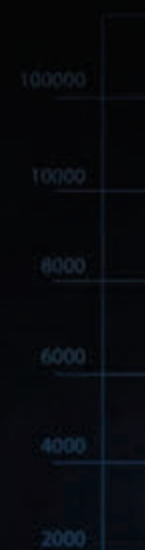
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**ARMCHAIR
TRAVEL**

Augrabies Falls and The Moon Rock

Northern Cape near the town of Augrabies

Augrabies Falls National Park, located in South Africa's Northern Cape province near the town of Augrabies, is home to one of the country's most dramatic natural wonders. The name "Augrabies" comes from the Khoisan word meaning "place of great noise," which describes the powerful rush of the Orange River as it plunges down a 56-metre waterfall into a deep granite gorge. During peak flow, the sound and force of the water are truly overwhelming, and mist often rises from the gorge, creating rainbow effects in the sunlight.

Inside the same park lies Moon Rock, a massive smooth granite dome that offers one of the best panoramic viewpoints in the

region. Visitors can climb or drive partway up and then walk to the top, where sweeping views stretch across the rugged Augrabies landscape, the river canyon, and endless desert plains. The rock gets its name from its pale, almost lunar appearance, especially under bright sunlight.

Together, Augrabies Falls and Moon Rock showcase two very different but connected sides of the park: the raw, thundering power of water carving through rock, and the quiet, timeless stillness of the surrounding desert terrain. The contrast makes the area one of South Africa's most striking natural destinations for travellers seeking scenery that feels both ancient and untouched.

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Vet Talk
with Dr. Nic

**YOUR NEW KITTEN
COMING HOME**
Part 1

In our previous 2 articles we covered what to expect with a new puppy joining the family, what is required during the first few months of age. Now it's time to discuss the little balls of claws – When the new Kitten comes along, what do I do?

Puppies are a lot of work, but also so much fun. Kittens are the same, if not more work though, they can be feisty little lightning balls that speed through the house, up onto the new leather couches, up the curtains, onto table tops, knocking things over as they go, even so far as to climb their humans legs, which believe me, is not a pleasant experience. 18 tiny needles piercing through your jeans, all at once. Most kittens will be very high spirited and will be little blurs through the house, and then nap time. From one extreme to the next. But never a dull moment and they can bring so much joy to a family as well.

One of the most important things with kittens, as with puppies, is their set of primary vaccinations. Kittens and cats and in my experience particularly Persians and the Highway UNLIMITED 08

Oriental breeds, tend to be very susceptible to upper respiratory conditions, so this is generally what kitten and cat vaccinations focus on.

Unlike puppies and dogs, cats and kittens get a 3-in-1 and Rabies. Research is being done into whether or not cats play a roll in the transmission and / or distribution of Leptospirosis, although cats don't appear to show clinical signs of the disease, because rats are the biggest distributor of Leptospirosis, it stands to reason that cats could possibly be involved in the Lepto-cycle with dogs.

Leptospirosis, if left untreated can be deadly to dogs and humans, cause kidney and liver failure. So, in the future, Lepto may be added as a precautionary vaccination for cats and kittens too.

The 3 viral conditions covered by the feline vaccine are:

1 Feline Calicivirus – (pronounced the same as Khaleesi from Game of Thrones). This is a potentially nasty virus. Causing joint pain, especially in kittens, making movement difficult to the point that kittens cant get to their mom to suckle. They can appear weak and lethargic. They can develop a discharge from the eyes which can range from clear to cloudy and if not cleaned regularly can cause difficulty in opening the eyes, as well as discharge from the nose and congestion too.

Cats rely heavily on their sense of smell to find their food and to be stimulated to eat, so if the congestion is severe, they can't smell their food and then "don't want to eat" which can be detrimental in kittens and young cats, even adults if left untreated. There can also be oral signs, like ulceration of the tongue and inflammation of the gums and lining of the mouth which can be very painful, and also prevent eating.

2 Feline Rhinotracheitis virus – This disease is caused by the horrible Feline Herpes Virus, with the same sort of clinical signs, only much worse. Sneezing and coughing, but there is also a severe eye component that can cause severe corneal ulceration which is very painful and if left untreated can cause permanent damage and could lead to vision deficits too.

They can also get severe "pink-eye" (conjunctivitis). Nasal discharges can crust over the nostril and cause open mouth breathing and again lack of smell leads to marked decreased appetite and they can very quickly fade due to dehydration and malnutrition. I will never forget during my 3rd year virology lectures at university, our lecturer joked and said, "Lovers may come and go, but Herpes is forever". Like the human herpes, once you have it, you have it for life. And this sneaky virus evades the immune system and is dormant until there is an episode of stress or other illness, and then you get the Herpes springing to life and causing a lot of horrible, and sometimes fatal consequences.

This is truly not a nice virus, it means business when it manifests itself, however, if the kittens are vaccinated against herpes BEFORE potentially being exposed to it, the vaccine causes an immune response that PREVENTS the herpes from finding its usual hiding place in the body, eliminating it from the body and therefore preventing recurrence of the disease. However, if the kitten has been exposed to the herpes virus BEFORE vaccination, but is then vaccinated and the vaccinations are kept up to date, then the clinical signs are

DRAMATICALLY reduced and can be managed medically.

3 Panleukopenia virus – (feline infectious enteritis), sometimes even referred to as Feline Parvo. The name is actually very descriptive in what it does. "Pan" refers to "all", "leuko" refers to white blood cells of the immune system, and "enia" refers to "lack thereof". So this virus wipes out the kitten / cats immune system. This virus is also VERY stable and difficult to get rid of in the environment, some texts reporting up to a year before reintroducing kittens / cats onto the property if having been previously exposed to the virus.

This nasty virus has the same signs as Calici and Feline Herpes with regards to lethargy, lack of appetite etc, but it throws in the gut signs as well. Vomiting that is frequent and often stained that horrible greenish yellow bile colour, very strong pungent foul smelling diarrhoea too. And just to add to the complications, this virus, especially in kittens, can affect the nervous system too. If you thought feline Herpes was winning the race of these diseases, Panleukopenia takes the gold every time.

When the kittens are old enough, we add in the Rabies portion of the vaccinations as well. So from 9 weeks of age, we start with kittens primary vaccinations. The first vaccination we use only contains the 3 -in -1 viruses as at 9 weeks they are still too young to receive the Rabies portion. At their second vaccination, usually at 12 weeks, the 3-in-1 is repeated and the Rabies is added. Both components are mixed together so it's still only 1 injection. Then 4 weeks later, we give a second Rabies booster only. Kittens should be dewormed with an appropriate dewormer throughout the primary vaccinations, but more on this next time.

In our next article we will be covering deworming in more detail as well as nutrition and reproductive sterilisation.



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Tuscan Chicken Recipe

INGREDIENTS

- ▶ 2 Large boneless, skinless chicken breasts (1 1/2 to 2 pounds total)
- ▶ 1 1/2 Teaspoons kosher salt, divided
- ▶ 1/2 Teaspoon freshly ground black pepper
- ▶ 2 to 3 Tablespoons olive oil, divided
- ▶ 1 Small onion, diced (about 2/3 cup)
- ▶ 3 Cloves garlic, minced
- ▶ 1/2 Cup drained oil-packed sun-dried tomatoes (2 1/2 ounces), thinly sliced
- ▶ 2 Teaspoons dried Italian seasoning
- ▶ 5 Ounces baby spinach (about 5 packed cups)
- ▶ 1 Ounce Parmesan cheese (1/2 cup firmly packed freshly grated or 1/3 cup store-bought grated)
- ▶ 1 1/4 Cups heavy cream

INSTRUCTIONS

▶ Cut 2 large boneless, skinless chicken breasts in half horizontally (also known as butterflying). Pat dry with paper towels. Season all over with 1 teaspoon of the kosher salt and 1/2 teaspoon black pepper.

▶ Heat 1 tablespoon of the olive oil in a large skillet over medium-high heat until shimmering. Add half of the chicken in a single layer and sear until browned, 3 to 5 minutes per side. Transfer to a large plate (the chicken will not be cooked through). Add 1 tablespoon of the olive oil to the pan and repeat browning the remaining chicken. Transfer to the same plate.

▶ Reduce the heat to medium. Add the remaining 1 tablespoon olive oil, if needed, and heat until shimmering. Add 1 diced small yellow onion and cook, stirring occasionally until softened, 2 to 3 minutes. Add 3 minced garlic cloves, 1/2 cup thinly sliced sun-dried tomatoes, and 2 teaspoons dried Italian seasoning. Cook until fragrant, 30 seconds to 1 minute. Add 5 ounces baby spinach a handful at a time. Cook, stirring regularly, until just wilted, 1 to 2 minutes.

▶ Add 1 ounce grated Parmesan cheese, 1 1/4 cups heavy cream, and the remaining 1/2 teaspoon kosher salt. Bring to a simmer, scraping up any browned bits from the bottom of the pan with a wooden spoon. Reduce the heat to maintain a gentle simmer. Return the chicken and any accumulated juices on the plate to the pan and cook until the chicken is cooked through and registers at least 165°F on an instant-read thermometer, 4 to 7 minutes.

KEEPING AN AFRICAN PYGMY HEDGEHOG AS A PET

Can be a rewarding experience for owners who appreciate quiet, low-maintenance companions.

These small, nocturnal mammals are naturally shy and may take time to become comfortable with regular handling. With patience and gentle interaction, many hedgehogs become accustomed to their owners and can be curious, entertaining pets. Because they are most active during the evening and at night, they are best suited to households where their natural sleeping patterns can be respected.

A hedgehog requires a secure, well-ventilated enclosure with plenty of space to explore. Soft bedding, a hiding place, tunnels, and an exercise wheel designed specifically for hedgehogs help keep them active and mentally stimulated.

Maintaining a warm environment, typically between 24°C and 27°C, is essential, as temperatures that are too cold can cause health problems. Fresh water should always be available, and the enclosure should be cleaned regularly to ensure good hygiene.

A balanced diet is important for a hedgehog's health. High-quality hedgehog food or premium cat food with a high protein content and moderate fat levels forms the basis of their diet. Small amounts of insects such as mealworms or crickets can be offered as occasional treats, along with limited portions of safe fruits and vegetables. Foods such as chocolate, grapes, raisins, onions, garlic, and avocado should never be fed, as they can be harmful or toxic to hedgehogs.

Before bringing a hedgehog home, prospective owners should consider the long-term commitment involved. African pygmy hedgehogs typically live for four to seven years with proper care and benefit from regular veterinary check-ups with a veterinarian experienced in caring for exotic pets. Although they are generally solitary animals and prefer to live alone, they thrive when provided with a safe environment, a healthy diet, and gentle, consistent



handling. For the right owner, a hedgehog can make a fascinating and delightful companion.

INTERESTING FACTS

The African pygmy hedgehog (also called the four-toed hedgehog) is a tiny, nocturnal mammal native to central and eastern Africa.

Growing just 6 to 10 inches long and weighing under a pound, they are famous for rolling into tight, spiky balls when scared and performing a bizarre behavior called "anointing."

Physical Traits and Anatomy Four toes: Their common scientific name comes from the fact that their back feet only have four toes instead of five.

Not porcupines: Their spines are modified hairs, but unlike porcupine quills, they do not easily detach or shoot out.

Baby "quilting": Just like human baby teeth, young

hedgehogs shed their initial baby spines to make room for adult quills.

Strange Behaviors Self-anointing: When they encounter a new or strong scent, they lick it, mix it with thick frothy saliva, and paste it all over their own spines - a puzzling habit scientists think helps with camouflage or toxin defense.

Aestivation: If their environment gets too hot (above 24°C to 29°C), they can enter a temporary state of summer inactivity that mimics hibernation.

Keen senses: They have poor eyesight but an incredible sense of smell and hearing, allowing them to detect underground prey from inches below the surface.

When the colder months arrive, many people naturally drink less water because they do not feel as thirsty as they do during hot summer days. However, staying hydrated is just as important in winter as it is in warmer weather. Our bodies still need enough fluids to support energy levels, concentration, digestion, and overall wellbeing, even when the temperature drops.

Cold weather, indoor heating, and busy routines can all contribute to dehydration. Heated rooms can make the air drier, which may leave us feeling thirsty, with dry skin or lips, and sometimes more tired than usual. Keeping a water bottle nearby is a simple reminder to drink regularly throughout the day. Warm drinks such as herbal teas, soups, and hot water with lemon can also contribute to our daily fluid intake while providing comforting warmth on chilly days.

Families can make hydration a healthy habit by encouraging everyone to drink fluids regularly, especially children who may become distracted during school, playtime, or outdoor activities. Eating water-rich foods such as oranges, berries, soups, vegetables, and yoghurt can also help support hydration. It is especially important to remember that exercise and outdoor activities still cause fluid loss, even in cooler weather.

Staying hydrated is a small daily habit that can make a big difference to how we feel throughout winter. By keeping water easily available, enjoying nourishing foods, and paying attention to our body's signals, the whole family can stay refreshed, energised, and ready to enjoy the season. A warm winter day is even better when we feel our best from the inside out.



Staying
Hydrated
this Winter



IMPRESSING OTHERS?

Did I mention before that I love to sit and watch people? I'm sure that I did. Once again I'm sitting having my early morning cuppa in one of my favourite coffee shop, and in drives this youngish man, and as his car is coasting through the parking lot, so his foot is revving and revving, almost like "look at me" "look at what I've got".

Much the same as the rippled-bodied Adonis that just walked out of the gym but felt the need to saunter through the shopping centre, in front of the people in the café, then go to his car. He did not have to make any sound to be 'looked at'. Different things for different people, I suppose.

Someone once told me that "integrity is being the same person in your house that you are on the street" Certainly food for thought! This as well as consistency has a huge impact on your self-image.

Why would you feel comfortable with yourself if you had the need to impress others? The question is, why do some people always want to impress others? Surely impressing others should be a side-effect of the way you live your life not the main goal. On the other hand, I suppose, it is much the same as marketing for businesses. Having the right image, the right resume, the right neighbourhood, the right car, to some people means better friends, relationships and business deals. Then again trying not to impress other people leaves your self-image independent and it is the only route to get genuine respect from other people, so it is thought.

But at the end of the day its always first impressions, especially for me, because people see the clothes you wear and the confidence with which you carry yourself. Even if you dressed for yourself every day, it still impresses other people. The main thing is to be in control, you are not always going to be able to impress others. All it does is distract you from what really matters. You strive to look good in front of others and when this does not happen, you will try something else and so it goes on. The whole thing becomes a vicious cycle, and one will then feel like being on a treadmill that just never stops.

When you are gaining the approval of others, through impressing them, it is going to be for what you are doing and not for what you as a person really are. But if what you are doing is a refection of your true self, well then, this approval would be healthy. Do not let people be in your life for what you do, but let people value you for who you are. You do not need to impress others continually to be accepted. One should try and remember that!



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This single serving, creamy chocolate Greek yogurt is the EASIEST high protein dessert recipe that you can whip up whenever you want a healthy sweet treat. With 18 grams of protein, it's rich, chocolatey, and naturally sweetened with honey. Ready to devour in 2 minutes!

INGREDIENTS

- ▶ 3/4 Cup plain Greek yogurt, 2% or 5% milkfat
- ▶ 1 tbsp Dutch-processed cocoa powder
- ▶ 1 tbsp Honey
- ▶ Optional: Pinch of salt

INSTRUCTIONS

- ▶ Combine all the ingredients in a small mixing bowl.
- ▶ Use a spoon to mix everything together until well combined, with no streaks of cocoa powder or honey. Enjoy!



A LITTLE PIECE OF HEAVEN



dark chocolate, and silky white chocolate each offer a unique taste experience. Chocolatiers continue to create exciting combinations by blending chocolate with nuts, fruits, spices, caramel, coffee, and even a touch of sea salt.

Every bite offers a delightful balance of sweetness, richness, and texture that appeals to chocolate lovers of all ages. Although chocolate is best enjoyed in moderation, there is no denying the joy it brings. It has become a favourite gift for birthdays, anniversaries, holidays, and celebrations, symbolising comfort, love, and indulgence. Whether shared with family and friends or savoured quietly with a good book, chocolate has a remarkable ability to brighten a day and remind us that sometimes the sweetest pleasures come in the smallest packages.

FUN CHOCOLATE FACTS

The smell of chocolate triggers a theta brainwave that encourages relaxation and calms the body.

On average, 100g of fresh cocoa seeds are used to make a 100g bar of chocolate.

Eating dark chocolate every day reduces the risk of heart disease.

Nutella was created during the Second World War when an Italian confectioner mixed hazelnuts into chocolate spread to increase the supply of his spread.

Chocolate is the only food that melts slightly below human body temperature. This is why chocolate melts in our mouths.

Chocolate has long been regarded as one of life's simplest and most satisfying pleasures. From the first smooth melt on the tongue to its rich aroma and velvety texture, it has a way of turning an ordinary moment into something special. Whether enjoyed as a small square after dinner, a steaming mug of hot chocolate on a cold day, or a beautifully decorated dessert, chocolate truly feels like little pieces of heaven.

Made from the beans of the cacao tree, chocolate has a fascinating history that stretches back thousands of years. Ancient civilizations in Central and South America treasured cacao, using it to prepare a rich, bitter drink reserved for royalty and special ceremonies. Over time, the addition of sugar and milk transformed chocolate into the sweet treat loved around the world today, inspiring countless recipes and flavours.

One of chocolate's greatest attractions is its incredible variety. Creamy milk chocolate, intense

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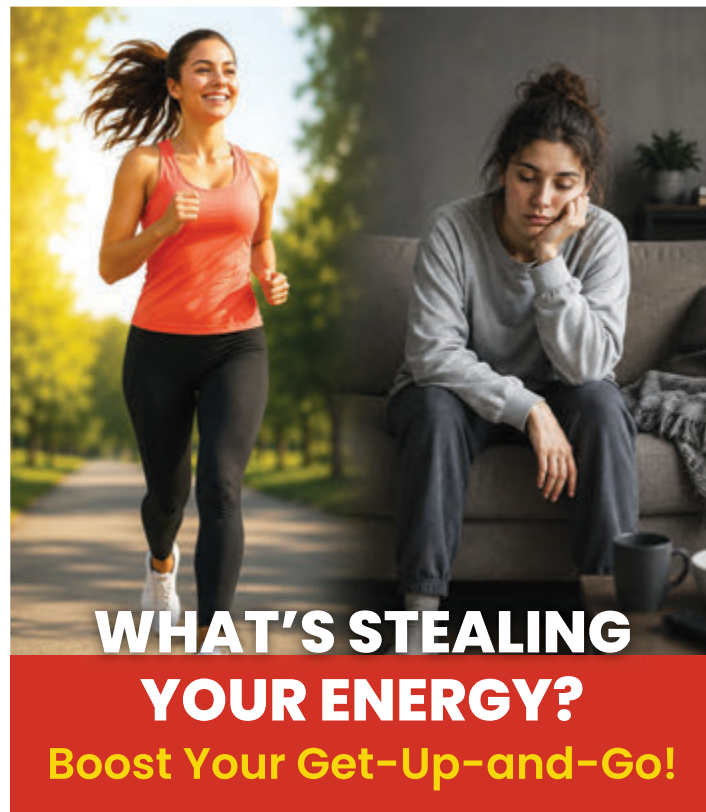
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WHAT'S STEALING YOUR ENERGY?

Boost Your Get-Up-and-Go!

Do you find yourself reaching for another cup of coffee before lunchtime or struggling to make it through the afternoon without feeling drained? Low energy isn't always caused by a busy schedule. Poor sleep, skipping meals, dehydration, and too much

screen time can all leave you feeling sluggish. Stress also plays a major role, as it can drain both your physical and mental energy, making even simple tasks feel overwhelming.

One of the biggest energy thieves is an unhealthy diet. Foods high in sugar and refined carbohydrates may give you a quick burst of energy, but they are often followed by a crash that leaves you feeling even more tired. Instead, fuel your body with balanced meals that include lean protein, whole grains, fruits, vegetables, and healthy fats. Eating regular meals and healthy snacks throughout the day helps maintain steady energy levels.

Physical activity may seem like the last thing you want to do when you're tired, but regular exercise actually boosts energy. Even a brisk 20-minute walk, stretching, or playing outside with the family can improve circulation, lift your mood, and increase stamina. Don't forget to drink plenty of water, as even mild dehydration can make you feel fatigued and less focused.

The good news is that small daily habits can make a big difference. Aim for seven to nine hours of quality sleep each night, take short breaks from screens, spend time outdoors, and make time for activities you enjoy. By listening to your body's needs and making simple lifestyle changes, you can restore your energy, improve your mood, and rediscover your get-up-and-go.



Who defines our self image?

Self-image is how you perceive yourself. It is a number of self-impressions that have built up over time: What are your hopes and dreams? What do you think and feel? What have you done throughout your life and what did you want to do? These self-images can be very positive, giving a person confidence in their thoughts and actions, or negative, making a person doubtful of their capabilities and ideas.

While no two people on the planet will view themselves in the same way, there are going to be people who have a self image that empowers them and there will also be people who have a self image that doesn't. How people feel about themselves, can change as time goes by; it either enhances their lives or could cause them to feel limited or incapable.

When it comes to self image that one has, it is going to be a result of how other people have seen them from the moment that they are born or how one has decided to see themselves. What this really means is that ones self image could be something one has defined for themselves, or it could be something that others have defined for them or being influenced by others.

We are generally all shaped by others in ways that we are aware and in ways that we are unaware of. But just because one is influenced by others, doesn't mean that they have to allow others to completely define them. For some people who have

never received feedback to allow them to empower their self image, they feel unworthy, incapable and actually have never been supported to becoming who they really are.

If you are one of the lucky ones who have had a healthy self image from birth, it will stay with you for the rest of your life. This doesn't of course mean that you won't have moments when it is put under extreme pressure or even shattered, but what it does mean is that it is likely to give you the resilience that you need to handle the ups and downs in your life.

However that being said if it wasn't possible to develop a healthy self image during your childhood years it doesn't mean that you are therefore unable to create one as an adult. What it means is that you will possibly be more vulnerable to certain things. So the good thing is that it is never too late for someone to take control of their self image and to define who they are going to be. This might not be something that is going to be supported or encouraged by the people one usually associates with. Their acceptance could be based on behaving a certain way, and when there is change, it could make them feel uncomfortable. Ask yourself what is more important? Matching up to other people's expectations of you or living a life that reflects who you really are.

Specific steps to foster a positive self-image

- ▶ Take a self-image inventory
- ▶ Make a list of your positive qualities
- ▶ Ask significant others to describe your positive qualities
- ▶ Define personal goals and objectives that are reasonable and measurable
- ▶ Confront thinking distortions
- ▶ Identify and explore the impact of childhood labels
- ▶ Refrain from comparing yourself to others
- ▶ Develop your strengths
- ▶ Learn to love yourself
- ▶ Give positive affirmations
- ▶ Remember that you are unique
- ▶ Remember how far you have come

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Buttery Crunchy

Caramel Toffee Apples

Makes: 6 Apples

INGREDIENTS

- ▶ 6 Apples
- ▶ 6 Wooden sticks
- ▶ 2 Cups (400 g) brown sugar
- ▶ ½ Cup (125 ml) golden syrup
- ▶ ¼ Cup (60 ml) water
- ▶ 60 g Butter
- ▶ 1Tsp vanilla extract
- ▶ Pinch of salt

METHOD

1. Prepare the apples as above.
2. Place the brown sugar, golden syrup, water, butter, and salt into a saucepan.
3. Heat gently until the sugar has dissolved.
4. Increase the heat and boil without stirring until the mixture reaches 150°C (hard crack stage).
5. Remove from the heat and stir in the vanilla.
6. Allow the bubbles to settle for about 30 seconds.
7. Dip each apple, rotating to coat completely.
8. Place on a greased or lined tray to cool until the coating is hard.

OPTIONAL TOPPINGS

Apply immediately after dipping while the coating is still tacky:

- ▶ Chopped roasted peanuts
- ▶ Crushed honeycomb
- ▶ Toasted coconut
- ▶ Crushed pretzels
- ▶ Mini chocolate chips
- ▶ Rainbow sprinkles



STORAGE

- ▶ Best eaten within 24–48 hours for maximum crunch.
- ▶ Store individually wrapped in cellophane at room temperature.
- ▶ Avoid refrigerating, as condensation can make the coating sticky.



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Sustainable travel isn't about perfection - it's about making mindful choices that protect the planet and enrich your experience. By planning carefully, supporting local businesses, and choosing low-impact options, families and older travelers can enjoy meaningful adventures that are both kind to the Earth and kind to the wallet.



1 TRAVEL CLOSER TO HOME

Choose nearby towns, national parks, or regional cities to cut transportation costs and reduce your carbon footprint. Short trips can be just as memorable as far-away adventures.

2 STAY IN ECO-FRIENDLY ACCOMMODATIONS

Look for family-run hotels, guesthouses, or eco-lodges. They often use sustainable practices and support the local community, all while offering authentic travel experience.

3 EAT LOCAL

Enjoy meals at markets, street stalls, or small local restaurants. Local food is often fresher, cheaper, and better for the environment than imported options.

4 USE SUSTAINABLE TRANSPORT

Walk, cycle, or take public transportation whenever possible. If you need a car, consider renting a hybrid or electric vehicle. Traveling slowly lets you enjoy the destination more fully.

5 PLAN MEANINGFUL ACTIVITIES

Focus on fewer, high-quality experiences rather than cramming in every tourist spot. Visit local museums, parks, and community-led tours to support the local economy.

6 PACK THOUGHTFULLY

Bring reusable water bottles, shopping bags, and containers. Minimizing waste helps the environment and often saves money on disposable items.

7 SUPPORT LOCAL ARTISANS

Buy souvenirs directly from local makers instead of large commercial shops. You get unique keepsakes while helping the community thrive.

8 BE MINDFUL OF ENERGY AND WATER

Turn off lights, unplug devices, and reuse towels during your stay. Small actions make a difference.

"Take only memories, leave only footprints."

The rise of functional foods has become one of the most significant shifts in modern nutrition. No longer are people satisfied with foods that simply provide energy - today's consumers want products that actively support their health. Functional foods, which include items enhanced with vitamins, minerals, probiotics, plant compounds, or other bioactive ingredients, are designed to offer benefits beyond basic nutrition. From probiotic yogourts and kombucha to high-protein snacks, plant-based alternatives, and foods enriched for gut, heart, or immune health, these products are reshaping supermarket shelves and daily eating habits.

Several forces are driving this trend. Growing awareness of chronic health issues has led many people to seek preventive solutions through diet. The pandemic further intensified the focus on immunity, wellness, and resilience, encouraging consumers to turn to foods that could support their overall health. Fast-paced lifestyles have also played a role; people want convenient foods that deliver more nutritional value without requiring major changes to their routines. Meanwhile, advances in food technology - such as improved nutrient preservation and new plant-based ingredients - have made it possible to create functional foods that are both effective and enjoyable. The shift toward personalized nutrition, where individuals tailor their diets to their specific needs, has pushed the demand even higher.

The functional foods market has grown into a global powerhouse, valued in the hundreds of billions of rands and projected to continue expanding rapidly over the coming decade. Demand for probiotics, prebiotics, fortified foods, and plant-based proteins has surged, and even our South African markets are seeing strong growth in high-protein and plant-based functional products. This rise reflects not just a trend, but a structural change in how people think about food and wellness. For consumers, functional foods offer greater variety, convenience, and the possibility of more targeted nutrition, while the food industry is being pushed toward innovation, cleaner labels, and more transparent sourcing.

Looking ahead, functional foods are likely to become even more personalized, more science-backed, and more integrated into everyday diets. As wearable tech and health data become more accessible, consumers may soon choose foods tailored to their gut health, energy levels, cognitive needs, or age-related concerns. At the same time, regulators and scientists may demand stronger evidence behind health claims to protect consumers from exaggerated marketing. Ultimately, functional foods are a promising tool for better health, but they work best alongside balanced nutrition, good sleep, exercise, and overall healthy lifestyle habits. They offer an exciting glimpse into the future of food - a future where what we eat doesn't just fill us but helps to fuel our wellbeing in meaningful ways.



GREEK YOGHURT & CHIA BREAKFAST BOWL

This Greek Yoghurt and Chia Breakfast Bowl recipe is made with wholesome ingredients and no refined sugar. It's thick, creamy, and is the perfect healthy snack! Made with 5 simple ingredients, one bowl, and a whisk. This nourishing, protein and fiber packed breakfast is easy to make and will last in the fridge for up to 5 days. Greek yoghurt can be substituted for dairy-free coconut yoghurt. Use berries of your choice, like blueberries, strawberries, black berries or acai berries.

INGREDIENTS

- ▶ 3/4 cup Greek Yoghurt
- ▶ 1/2 cup Unsweetened Almond Milk
- ▶ 3 Tbsp Chia Seeds
- ▶ 3/4 cup Frozen Blueberries
- ▶ 1 tsp Honey

INSTRUCTIONS

1. In a medium bowl, mix together the yoghurt and almond milk. Stir in the chia seeds. Cover and set in the refrigerator overnight. If you can, stir the chia seed mixture a couple times after putting it in the refrigerator, it will help prevent clumps.
2. In the morning, give the chia seed pudding a good mix, breaking apart any clumps.
3. Stir in another spoonful or two of yogurt, if desired. In a small pot add berries and honey and stir until the berries are warm. Spoon into two bowls, top with whatever you desire such as nut butter, pumpkin seeds, hemp hearts.
4. Omit honey for less sugar. Omit honey and fruit altogether to make it keto!
5. Substitutions: Sub greek yoghurt for coconut yoghurt to make gluten free. Omit honey for less sugar. Omit fruit and honey to make keto.







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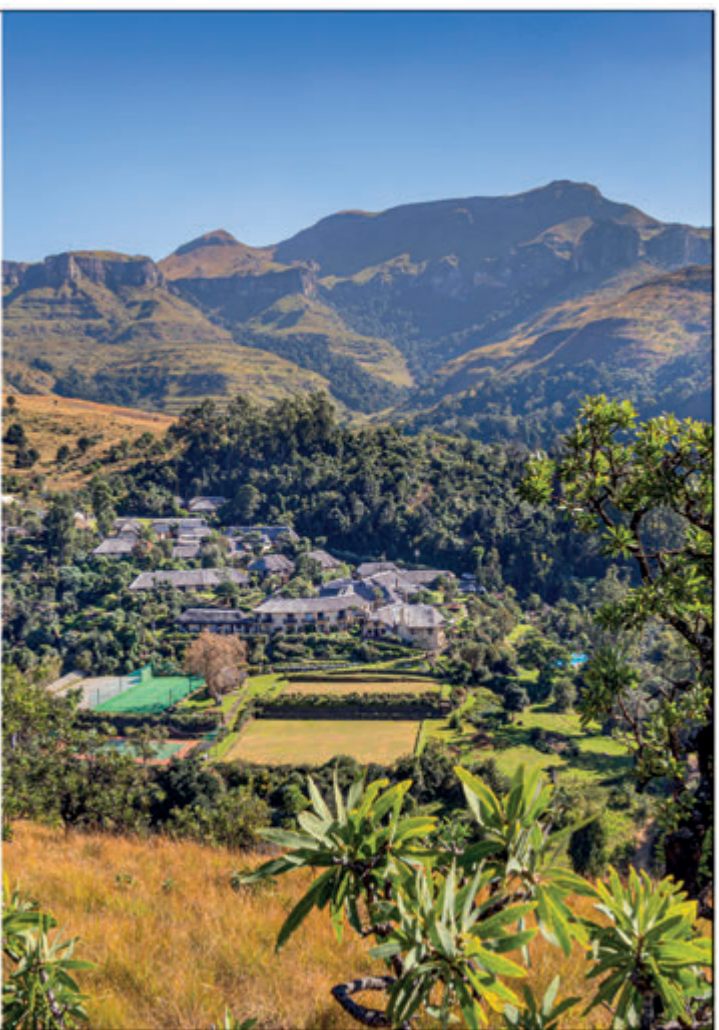
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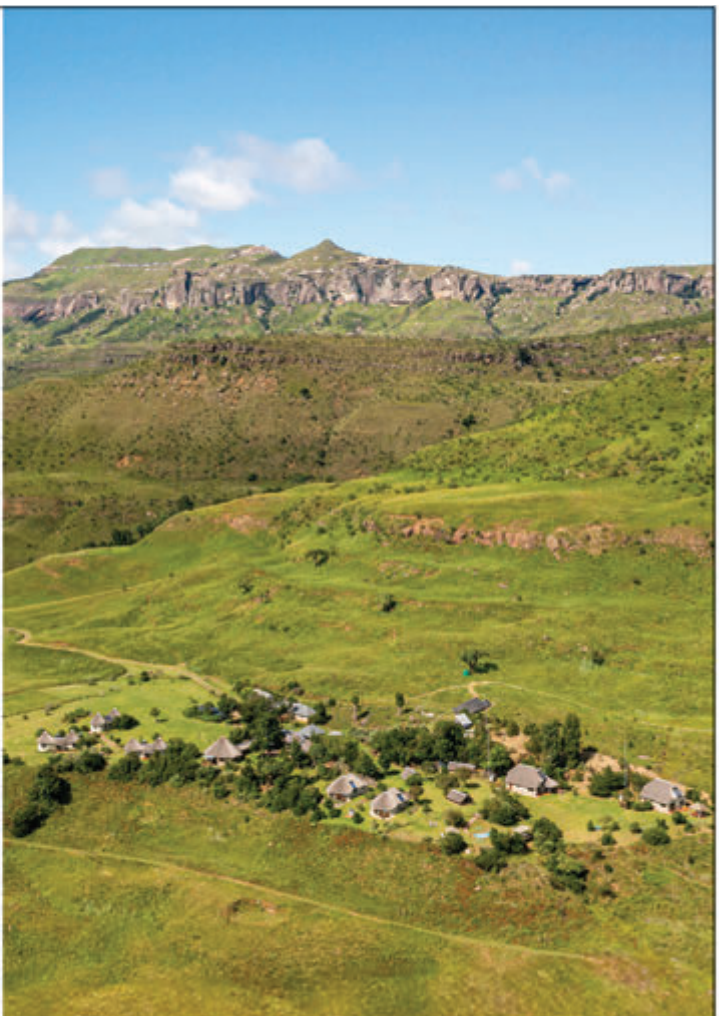
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