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ISSUE 34





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Established in 2021, Highway Unlimited is distributed to leading outlets in the Upper Highway of KZN.

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

Dear Readers

Well Spring is supposed to be in the air – however Jack Frost is hesitant to leave. The problem with people is that when it is hot we want it cold and vice versa. For me Spring and autumn are the best times, cool days and snug nights.

Can you believe that Christmas is just around the corner? Isn't it so sad that Christmas has lost its reason for being, or is it just that I am not looking through my childhood eyes anymore? We seem to have lost Christ in Christmas. I look on craft internet sites in the States and the UK, everything is festive, with nativity scenes, ideas for table settings, decorations for the lawn..... it goes on and on.

Of course, one more year has almost gone away as well.. Was looking at movie stars from yesteryear, on Facebook, what they looked like when they were famous and what they look like now, gosh we forget that we and others age over the years. Can't help feeling just a little sad about this! I now realise that I have to learn to consider each year, month and day as a treasure.

People are so busy with their everyday lives, work and petty trifles that they don't actually pay attention to the fact that life is passing us by. It's time to sit down and realise that the most precious moments are the interactions with loved ones and special friends.

I decide every year to do my shopping early in the year, and guess what, it never happens. I'm not the type of person who puts off for tomorrow what I can do today, but there always seems to me that I run out of time today and diarise it for tomorrow!!!

AND its time to think about what to do with the kids in the Christmas holidays!!

Kind regards

Pat Franken

082 552 3027



I have learned.....to give, not because I have much, but because I know exactly what it is like to have nothing!



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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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William Meyer CEO

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Cedarberg Mountains Western Cape





Rising dramatically from the rugged landscape of the Western Cape, the Cederberg Mountains are a paradise for nature lovers and outdoor enthusiasts. Located about two to three hours' drive from Cape Town, this spectacular mountain range is renowned for its towering sandstone formations, crystal-clear streams, and wide-open spaces. The region offers a peaceful escape from the hustle and bustle of city life, inviting families to slow down, breathe in the fresh mountain air, and reconnect with nature.

The Cederberg is famous for its unusual rock formations, many of which have been shaped by wind and water over millions of years. One of the best-known landmarks is the Maltese Cross, while the impressive Wolfberg Arch rewards hikers with breathtaking views of the surrounding wilderness. During spring, colourful wildflowers brighten the landscape, and throughout the year visitors may spot dassies, baboons, klipspringers, and a variety of birdlife. The area is also home to ancient San rock art, offering a fascinating glimpse into the lives of the region's earliest inhabitants.

Families can enjoy a wide range of outdoor activities, including hiking, mountain biking, swimming in natural rock pools, and camping beneath some of the clearest night skies in South Africa. The Cederberg is also the only place in the world where rooibos tea grows naturally, making a visit to a local rooibos farm an interesting and uniquely South African experience. Many farms and lodges welcome visitors and provide opportunities to learn about the cultivation and processing of this famous herbal tea.

Whether you're seeking adventure, tranquillity, or simply a chance to admire some of South Africa's most spectacular scenery, the Cederberg Mountains offer something for everyone. From dramatic cliffs and hidden valleys to peaceful campsites and unforgettable sunsets, this remarkable region promises memories that will last a lifetime. It's the perfect destination for families looking to explore the great outdoors and discover one of the Western Cape's natural treasures.

KEY FACT

Name Origin: The range is named after the rare, endangered Clanwilliam cedar (Widdringtonia wallichii), an endemic tree that clings to higher mountain cliffs.

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Vet Talk with Dr. Nic

PLANTATIONS KITTEN
Part 2

In our last article we discussed the vaccination protocols for kittens and the very nasty diseases we vaccinate them against. This article will now cover the importance of parasite control, which includes ticks, fleas and worms.

During the vaccination process, we will generally do deworming for the kittens, so this means from 9 weeks old and then a month later, they should be dewormed. It is advisable even before they come through to their vet for vaccinations, that they get dewormed from 4 weeks old too. It is possible that the mom can also transmit worms to her kittens during these critical developmental phases.

There are liquid as well as tablet dewormers available. The liquid tends to be a bit easier to dose at home, but they generally do not enjoy the taste of the medication, so there can often be more liquid around the their little faces and on you, rather than going down the throat, because they will be trashing their little heads around because of the taste, so there will normally be a need to clean up afterwards. It is also not uncommon that the kitten could start to drool quite excessively, again, due to the taste.

Some of the tableted versions are “tasty” and I have had kittens eating them from my hand during the consultation. Otherwise we use pill poppers to get the tablets down too. If you ever struggle with the dosing of a tablet, be it deworming or otherwise, either invest in a pill popper or simply ask if you could come through to the vet for one of us to assist you, we’re happy to assist.

Deworming, much like other parasite control, should ideally be used in conjunction with a “risk analysis” for each family or individual kitten / cat. If you live in a flat and your kitty is a genuine indoor cat that never leaves the building, then a deworming once a year is more than enough. The same can be said for the tick and flea medication. If your kitty isn’t being exposed to the outdoors or other cats or dogs, then discuss with your vet about the absolute need to use tick and flea preparations on your cat.

However, those cats that do go outside, very different story. Cats by nature are hunters and they will sadly catch small mammals, reptiles and birds. They will also be exposed to the outdoors and hence ticks and fleas, so it is imperative that they are protected against them, and this is where things can be misleading. All but ONE spot on preparation available for cats for ticks fleas and worms, DO NOT COVER TAPEWORM. Tapeworm is one of the most common worms that dogs, cats and humans can get. It is incredibly misleading when you use a tick/flea and deworming spot on preparation or tablet that and you think it covers everything, but it doesn’t. The pharmaceutical companies claim that your pet is safe from Tapeworm if you use their product, because, and this is where it gets wild, the tapeworm needs the flea as one of its routes of getting to a new host! (A parasite life cycle, within a parasite lifecycle, can you believe it?), so their claim is that by controlling the flea, you are inadvertently controlling the tapeworm. In an ideal world or a closed environment, I could sort of get on board with this “theory”, however, cats roam and most are outdoors, they will potentially hunt and those little critters they catch can also carry tapeworm, so your cats are being exposed to tapeworm outside of their tapeworm/flea lifecycle, which leaves you as the cat owner with a horrible false sense of security thinking your cat is protected against the full spectrum of worms, when in fact, they are not.

I don’t generally mention product names (every vet will have their own reasons for using a particular brand), but the only spot on parasite control available in South Africa at the moment, that covers ticks, fleas AND ALL the worms, is Nexgard Combo (I have not been paid to mention this product name, nor do I work for the company that manufactures it either). None of the other cat antiparasitic preparations can claim the same. If you are using other products, then it is still recommended that you do a tablet deworming every 3 – 4 months to cover for the tapeworm as well. On the converse for Nexgard Combo, I feel it is unnecessary to deworm any pet (unless there is a reason for it) every month. There are longer lasting spot on preparations that don’t contain a dewormer but cover ticks and fleas only, so our suggestion for parasite control in cats is to possibly use a 3 month lasting tick and flea spot on, then in month 4 use a Nexgard Combo (which lasts for a month), then the following dose is a 3 monthly one again, then Nexgard Combo and so on, so it becomes a 3 month- 1 month rotation that works very effectively. This way your cat is being dewormed every 4th month which is absolutely acceptable.

Also don’t be fooled if your cat is in a catio, they may not be physically able to play in the garden, but there isn’t much stopping little creepy crawlies coming into the catio, insects and even geckos that can still expose your cat to parasites.

Nutrition for young growing pets cannot ever be under emphasised. If you are able to afford a premium brand kitten food, this is the highly recommended way to feed. Some kittens will love wet food and nothing else, some will only love a kibble, others will love both, it’s what best suits your pocket and what your kitty will eat. Kittens and cats that eat a lot of wet food, will not drink as much as a cat or kitten being fed exclusively kibble, this is normal as they get a lot of moisture from wet food. Cats by nature will also be grazers, so leaving their daily quota out for them to nibble on throughout the day is fine. The daily quota is the important bit, it is far from ideal to leave an overflowing bowl available to your cat as they will more than likely start to pick up weight because they will be eating too much.

Unlike dogs, kitten food is kitten food, there is no small, medium or large breed kitten food, it will generally just be the kittens weight and age that will give you the daily amount your kitten needs. There is however, kitten, adult and senior life stage ranges of food available (like the dogs). Once a kitten hits 12 months old, this is when you do a transition to the adult food. From around 7 - 10 years old, you can transition to a mature / senior food. More and more we are seeing older cats. Recently we had a 22 year old cat come in for a check up, that is remarkable, so yes, cat’s do potentially live much longer than some dog breeds.

Cats are obligate carnivores, which means they have to have animal based protein. Vegan diets or exclusively plant based protein diets are an absolute no no and there have been legal cases against pet owners who have forced their nutritional beliefs onto their cats with often fatal consequences for the cats. This is why selecting and feeding a premium brand food, life stage appropriate is so vitally important. As with anything pet related, be it dogs or cats, always chat to your vet about what is the best option for your pet. Be it nutrition, parasite control, general health and reproductive health.

In our next article, we’ll be discussing sterilisation and when to do it.

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Several garden and patio plants can help reduce stress through their calming scents, visual appeal, or traditional herbal use.



LAVENDER
(Lavandula angustifolia):
Features a soothing purple bloom whose essential oils help lower heart rate, reduce cortisol (stress hormone) levels, and promote relaxation.



GERMAN CHAMOMILE
(Matricaria recutita):
Produces cheerful white-and-yellow daisy-like flowers that can be harvested and steeped into a calming bedtime tea to ease tension.



LEMON BALM
(Melissa officinalis):
Offers a bright, zesty citrus scent when brushed or crushed, and its leaves are frequently brewed into a mild, nervine tea to soothe anxiety.



STAR JASMINE
(Trachelospermum jasminoides):
A fragrant climbing vine with sweet honey and vanilla notes that help calm the nervous system.



LAMB'S EAR
(Stachys byzantina):
Features silvery-green velvety leaves that provide a deeply grounding, tactile sensory experience when touched.

Your Garden holds the key to your Stress Release

Spring has a wonderful way of reminding us that life is always renewing itself. As flowers begin to bloom, trees produce fresh green leaves and gardens come alive with birds and butterflies, it is the perfect time to step outdoors and enjoy the simple pleasures around us. Your garden may be more than just a pretty space, it could also be a wonderful place to slow down, clear your mind and escape the pressures of everyday life.

Gardening can be surprisingly calming. Digging in the soil, planting flowers, pulling out weeds or simply watering the plants gives us a chance to step away from screens, noise and busy schedules. There is something satisfying about working with our hands and watching something grow. You do not need a large garden, either. A few pots of herbs, flowers or vegetables on a balcony or patio can provide the same sense of connection with nature.

A garden can also become a peaceful space for the whole family. Children can help plant seeds, water vegetables or look for butterflies and birds. Why not create a small family vegetable or herb garden and watch it develop together? It provides an opportunity to spend time outdoors, learn about nature and enjoy the satisfaction of growing something you can eventually eat.

Even if gardening is not your favourite activity, simply spending time outside can make a refreshing difference to your day. Sit beneath a tree with a cup of tea, read a book in the sunshine, listen to the birds or take a few quiet minutes to notice what is growing around you. Sometimes we become so busy trying to get everything done that we forget to pause and appreciate the little things.

This spring, why not give your garden a little more attention - and give yourself permission to enjoy it? You do not need to create a picture-perfect outdoor space. A garden filled with life, colour and a few quiet corners can become a place where the whole family can relax and reconnect. So put down the phone, step outside and breathe in the fresh spring air. Your garden might just be the peaceful escape you have been looking for.



How Long Since You Were **Carefree?**



When was the last time you did something simply because it was fun? As adults, our days can easily become filled with responsibilities, work, bills, household chores, school runs, appointments and endless to-do lists. Before we know it, we can become so focused on what needs to be done that we forget how wonderful it feels to simply relax, laugh and enjoy the moment.

Children seem to have a natural ability to be carefree. They can turn a cardboard box into a spaceship, dance in the kitchen, splash in puddles or spend an afternoon making up games. They remind us that enjoyment does not have to be expensive or carefully planned. Sometimes the simplest activities can bring the greatest happiness. Perhaps we could all learn something from their ability to become completely absorbed in the moment.

Being carefree does not mean ignoring our responsibilities. It simply means allowing ourselves some time when we are not thinking about what comes next. Put the phone away, leave the housework for later and enjoy a cup of coffee in the garden. Take a walk, listen to your favourite music, have a picnic, play a silly game with the children or laugh with friends until your cheeks hurt. These little moments can give us a much-needed break from our busy routines.

As a family, why not make time for more spontaneous fun? Choose a sunny afternoon and head outdoors without a detailed plan. Have a family picnic, play a game, explore somewhere new or simply sit together and watch the sunset. These are often the moments that become treasured memories - not because they were perfect, but because everyone was present and enjoying being together.

Perhaps the question is not whether we have time to be carefree, but whether we are making room for it. Life will always have responsibilities waiting for us, but it should also contain moments of laughter, adventure and joy. So, when was the last time you forgot about your worries for a little while and simply enjoyed being in the moment? If you cannot remember, perhaps today is the perfect time to start.



It's Just a Thought

PAYING IT **FORWARD**

Have you ever had someone do something unexpectedly kind for you at a time when you really needed it?



Perhaps a friend brought you a meal when you were having a difficult week, a stranger helped you when your hands were full, or someone simply took the time to listen when you needed to talk. These moments may seem small, but they can stay with us for years. They remind us that kindness has a way of making even an ordinary day feel a little brighter.

Paying it forward is about taking that feeling and passing it on. Instead of trying to repay the person who helped us, we can do something kind for someone else. It might be buying a coffee for the person behind you, helping an elderly neighbour with their shopping, giving someone a genuine compliment or checking in on a friend who has been quiet lately. Often, the simplest gestures mean the most because they come without expectation.

As parents and families, paying it forward is also a wonderful lesson for our children. They watch what we do far more closely than we sometimes realise. When they see us helping others, sharing what we have or showing kindness to someone who is struggling, they learn that compassion is something we practice, not simply something we talk about. Why not make kindness a family habit? Choose one small act each week and see how it makes everyone feel.

Sometimes we may think we need lots of time, money or resources to make a difference, but kindness rarely requires any of these things. A message to an old friend, a helping hand, a smile, a listening ear or a few words of encouragement can mean more than we realise. We may never know exactly what someone else is carrying, and our small act of kindness could arrive at just the right moment.

Perhaps the beautiful thing about paying it forward is that we don't always get to see where kindness eventually leads. One person helps another, who then helps someone else, and the chain continues. So, think about the kindness someone once showed you that you have never forgotten. Today might be the perfect day to pass a little of that kindness on - and perhaps give someone else a memory they will carry with them for years to come.

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The Full Circle

A civilized society is measured by how it treats its most vulnerable members. The elderly have spent a lifetime working, paying taxes, raising families, and contributing to the culture and infrastructure we enjoy today. They have earned their right to rest, but they have also earned their right to dignity. When we spare a thought for the aged, we are practicing the ultimate form of empathy. We are looking across the generational divide and saying, "I see you, I respect you, and I am walking the same path behind you."

Let us build a world that is gentle on old age, so that when our time comes to step into the twilight, the world will be gentle on us, too.



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THE INVISIBLE THRESHOLD OF AGING

In many modern societies, aging has unfortunately become synonymous with fading relevance. We live in a culture that idolizes youth and speed. When a person retires, their lifelong contributions, wisdom, and skills are often forgotten overnight.

This systemic oversight leaves many older adults facing profound challenges:

- **Isolation**: As friends pass away and families scatter, social circles shrink dramatically. Loneliness isn't just a feeling; it is a major health risk.
- **The Digital Divide**: From banking to healthcare, the world has moved online. What is convenient for a 20-year-old can be an insurmountable barrier for an 80-year-old.
- **Loss of Autonomy**: Giving up a driver's license or relying on others for basic needs can chip away at a person's dignity.

Building a Mirror to Our Future

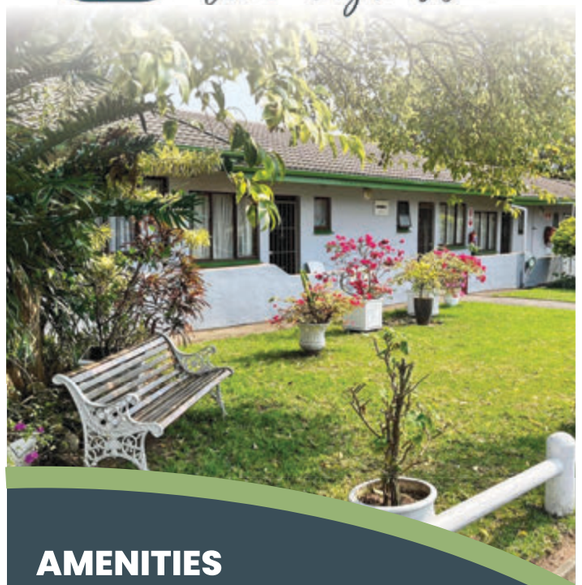
When we disregard the elderly, we are essentially ignoring our future selves. The youth we enjoy today is a temporary lease, not a permanent possession. The hands that are smooth today will one day be wrinkled; the minds that process information at lightning speed will eventually require patience. When we advocate for better elder care, accessible public spaces, and more inclusive communities, we aren't just performing an act of charity. We are designing the world we want to grow old in.

Small Actions, Massive Impact

Sparing a thought for the aged doesn't require grand, systemic overhauls from us as individuals. It starts with micro-moments of empathy:

- **Offer your time**: A ten-minute conversation over the fence with an elderly neighbor can be the only human interaction they have all day.
- **Practice patience**: When someone ahead of you in line is moving slowly or struggling with a card machine, breathe. Give them space and a reassuring smile instead of an audible sigh.
- **Listen actively**: The elderly are living history books. They have survived heartbreaks, economic crises, and societal shifts. Their stories carry invaluable perspective.

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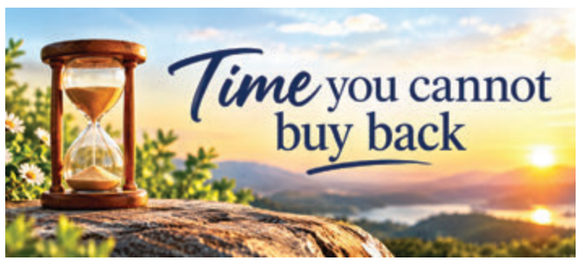


IF I DIDN'T HAVE TO WORK FOR MONEY, WHAT WOULD I DO?

Have you ever allowed yourself to imagine a life where money wasn't the reason you had to get up and go to work?

It is an interesting question, because our answers can reveal something about what we truly enjoy. At first, we might think about sleeping late, travelling or spending our days doing absolutely nothing. But after the novelty wore off, what would we actually want to do with our time?

Perhaps you would spend more time with your family. You might take long walks, enjoy leisurely breakfasts, visit friends more often or finally have those conversations that always seem to be postponed because everyone is busy. Time is something we can never buy back, and sometimes what we really long for isn't a different job, but more freedom to be present with the people who matter most.



Maybe there is something you have always wanted to learn or create. Perhaps you would paint, garden, write, bake, restore old furniture, play an instrument or volunteer in your community. Without the pressure of earning an income, we might discover that we are motivated by curiosity, creativity and the simple satisfaction of doing something well. Some hobbies could even become work eventually - but they wouldn't have to.

The question can also make us think about what gives our lives meaning. Work provides more than a salary for many people; it can offer friendship, purpose, routine and a sense of achievement. So rather than imagining that we would give up work completely, perhaps we could ask ourselves how we might bring more of the things we love into the life we already have. Could we make time for a forgotten hobby, volunteer occasionally or finally start that project we have been talking about for years?

We may not have the luxury of giving up work tomorrow, but we can still learn something from the question. If money were not a factor, what would you choose to spend your precious hours doing? Your answer might point towards something your life needs a little more of - creativity, adventure, family time, helping others, learning or simply rest. And perhaps you don't have to wait for some distant future to begin. Even one small change today could bring you a little closer to the life you really want to live.













CELEBRATING **87 YEARS** OF FAMILY HOSPITALITY

A family vision that has become a Drakensberg legacy

This December, Cathedral Peak Hotel celebrates 87 years of family hospitality in a spectacular Drakensberg setting. It began with Albert van der Riet, who visited the valley in the early 1900s and imagined a secluded hotel beneath its magnificent peaks. After acquiring the land in the mid-1930s, he built the road into the valley, established the infrastructure and used local stone to turn that vision into reality. In December 1939, the partially completed 43-room hotel welcomed its first guests. From the outset, Cathedral Peak offered more than accommodation. Guided walks, horse rides, dancing and entertainment created a spirit of shared adventure. After World War II, Albert, his wife Doreen and their family expanded the property and introduced recreational facilities, transforming the mountain retreat into a renowned resort.

Following Albert's passing in 1987, his son, William took over the hotel. Together with his wife, Belinda, they have preserved its warmth, generosity and deep connection to the Drakensberg. Later generations are actively involved today. Now a family-owned and run 4-star resort, Cathedral Peak Hotel combines exceptional buffet-style cuisine with 18 walks and hikes, guided daily walks, horse riding, golf, birdwatching, swimming pools, a wellness centre, bowling green, tennis and squash courts, a daily entertainment programme and more. Through every generation, its heart has remained unchanged: one family welcoming others to share the beauty and magic of the mountains.



DRESSED to IMPRESS



There is something undeniably cute about a dog in a little jumper or a cat wearing a colourful bow.

Dressing up our pets has become increasingly popular, especially for special occasions, family photographs and celebrations. For many families, it can be a fun way to include a beloved pet in the festivities. But before reaching for that fancy costume, it is important to remember that our pets may not share our enthusiasm!

The most important consideration is your pet's comfort. Some animals are perfectly happy wearing a soft jersey or a lightweight coat, particularly when the weather is cold. Others may feel uncomfortable, restricted or frightened by clothing. Watch your pet's behaviour carefully. If they are trying to remove the outfit, hiding, scratching, becoming unusually quiet or showing signs of distress, it is best to take it off. Safety is just as important as appearance. Clothing should fit properly without being too tight or restricting movement, breathing or toileting.

Avoid costumes with small pieces, dangling strings or decorations that could be chewed and swallowed. Pets should never be left unsupervised while wearing something that could become caught or cause an accident. In warm weather, extra clothing can also lead to overheating, so keeping things light and simple is essential. If your pet enjoys wearing clothes, there are plenty of gentle ways to make it part of family fun. A comfortable bandana, a simple coat on a chilly day or a festive accessory for a short family photograph may be all that is needed. Introduce anything new gradually and reward your pet with praise or a treat so that the experience remains positive.

Ultimately, dressing up a pet should be about their enjoyment and wellbeing - not just how adorable they look in a photograph! Our pets depend on us to make sensible choices for them, so their comfort should always come first. If your furry family member is happy, relaxed and comfortable, then a little bit of dress-up fun can certainly be part of making special family memories.



Avoid costumes for your pets with small pieces, dangling strings or decorations that could be chewed and swallowed.



In warm weather, extra clothing can also leads to overheating.



Our pets depend on us to make sensible choices for them, so their comfort should always come first.



The most important consideration is your pet's comfort.









Somewhere between growing up, going to work, raising a family and keeping up with everyday responsibilities, many of us seem to have forgotten how to have fun. We become experts at making lists, meeting deadlines and worrying about tomorrow, while the simple things that make us laugh sometimes get pushed to the bottom of the list. I have often wondered why we wait for a holiday or a special occasion before giving ourselves permission to enjoy life.

Having fun does not have to mean spending lots of money or making elaborate plans. Sometimes it is dancing around the kitchen while making dinner, laughing until your stomach hurts, playing a silly game with the children or deciding to have ice cream before supper. It is those unexpected, slightly ridiculous moments that often become the memories we treasure most. Years from now, we may not remember what was on our to-do list, but we will remember the laughter.

Fun is also good for us. When we laugh and enjoy ourselves, we get a break from the seriousness of everyday life. It gives us a chance to relax; connect with the people we love and see things from a lighter perspective. Even when life is busy, making time for something enjoyable can help us feel refreshed rather than constantly running on empty.

Perhaps we should also stop worrying so much about what other people think. We are never too old to play, be silly, try something new or laugh at ourselves. Children are wonderful teachers in this regard. Give them an empty box and they will create an adventure; give them a rainy afternoon and they will find a way to have fun. We could all benefit from rediscovering a little of that carefree spirit.

Life is precious, and while there will always be chores to finish and responsibilities waiting for us, there should also be plenty of room for joy. So, make the silly phone call, put on your favourite music, invite someone over for coffee, play with the kids or do something that makes you smile for no particular reason. Don't wait for the perfect moment to have fun. Sometimes, having fun is what makes an ordinary moment perfect.

Laughter triggers an immediate, full-body physical response that lowers stress, relaxes muscles, and boosts heart health.

Physical Effects on the Body:

- **Muscle Relaxation**: A hearty laugh relieves physical tension and relaxes your muscles for up to 45 minutes afterward.
- **Cardiovascular Boost**: Laughter dilates blood vessels, increases blood flow, and improves heart and arterial function.
- **Pain Relief**: The brain releases endorphins (natural feel-good chemicals) during laughter, which can temporarily dull physical pain.
- **Calorie Burn**: Laughing for 10 to 15 minutes a day burns roughly 10 to 40 calories by elevating your heart rate and energy expenditure.
- **Oxygen Intake**: A good laugh forces you to take in oxygen-rich air and stimulates your heart, lungs, and muscles.



Comforting Christmas Gammon

INGREDIENTS

- 1 x 2 kg Medium Woolworths Easy to Carve Gammon
- 1 kg Potatoes, peeled and quartered
- 600 g Carrots, peeled and thickly diced
- 500 g Celery stalks, thickly diced
- 6 x 330 mlBottles Hunter's Gold cider (or ginger ale)
- 1 x 150 g Tub Woolworths Christmas honey-and-mustard glaze
- Butter, to taste
- Sea salt and freshly ground black pepper, to taste

METHOD

- Wash the gammon and place in a large pot, packing the vegetables around it.
- Add the cider or ginger ale, ensuring the vegetables and gammon are covered. Cover and bring to the boil over a medium heat, then gently simmer over a low heat for about 2 hours (30 minutes for every 500 g). Keep an eye on the pot, reducing the heat if necessary. Do not let it boil dry.
- When the gammon is cooked, remove it from the heat. Remove the netting and peel o the skin, exposing the fat layer.
- Score the fat and place in a roasting pan with 2 cups of the cooking liquid, then brush with the honey-and-mustard glaze, cover with foil and place in the oven for 10–20 minutes at 160°C, then grill uncovered for a further 10 minutes.
- Drain the vegetables and roughly mash using a fork, add butter and season to taste.
- Serve with the vegetables.

Recipe by: Hannah Lewry

Weird and Wonderful Christmas Facts

Early Mince Pies Contained Meat: Medieval mince pies were not sweet treats; they were filled with minced meat, suet, dried fruit, and warm spices. Some even featured a small pastry dough shape on top representing baby Jesus.

Sugar Plums Don't Actually Contain Plums: Traditional sugar plums are small, hard candies with a sugar coating around a spiced seed or nut, getting their name purely from their round, plum-like shape.

Fruitcake Was Built to Last All Year: Fruitcake was originally baked at the end of the harvest season and saved to be eaten at the beginning of the next harvest season, preserved heavily with alcohol and sugar.

Candy Canes Were Made to Silence Kids: Invented in 1670 in Germany, the white, shepherd-crook candies were handed out to quiet down noisy children during long church services.

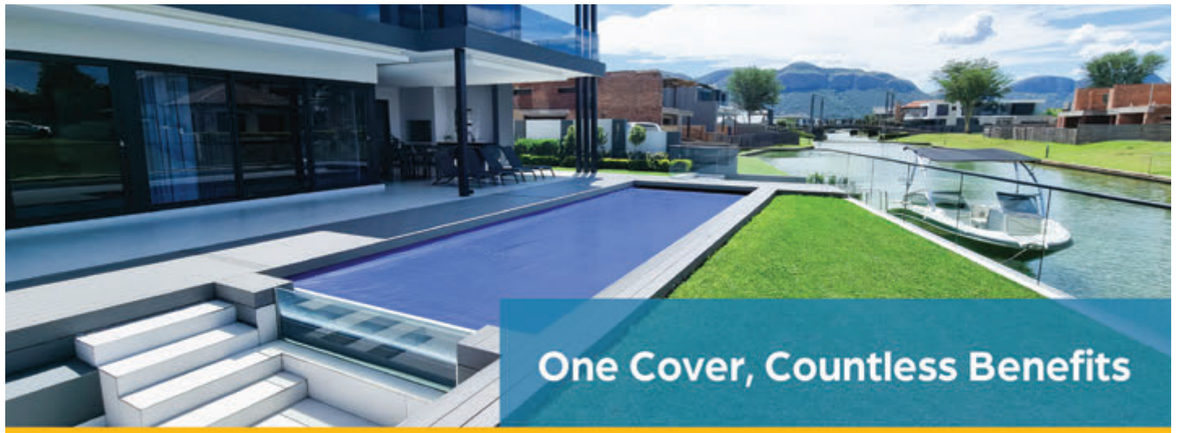
The first artificial Christmas tree was made from dyed goose feathers: Yes, you read that right - dyed goose feathers. According to The Fact File, the oldest artificial Christmas tree dates back to the early 1800s in Germany and was made from dyed goose feathers attached to wires. Unfortunately, these have been phased out in today's society, however, artificial Christmas trees still exist but are made from materials such as PVC.

The largest floating Christmas tree is in Brazil: If you ever find yourself in Rio de Janeiro for the holidays, then you'll likely come across the largest floating Christmas tree in the world. This tree stands at 278 feet and is located at Botafogo Beach.

Santa is called Kanakaloka in Hawaii: Santa is recognized worldwide, however, in Hawaii people refer to him as Kanakaloka. This version of Santa Claus is usually not seen in the bright red suit but instead wearing flowery Hawaiian clothes.

Tinsel was invented in 1610 in Germany: According to The Fact File, tinsel was created in Nuremberg, Germany in 1610. At one point in history, it was even made out of real silver.

Fruits were the first ornaments: In the late 17th century, people used fruits like apples, pears, and oranges to decorate Christmas trees. In fact, edible ornaments were so popular that many began to call Christmas trees "sugar trees."



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