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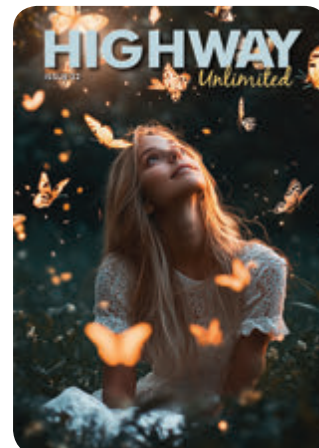
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There is no doubt the world of printed publications has changed radically, it's become more specialized, either by topic or location. Instead of publishing a 'one-size-fits-all' product the focus has switched to niche markets - an aspect which **Kal - 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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and On-line**

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Dear Readers

It seems incredible that we are reaching the halfway point of the current year, and in exactly the same period of time we will be tearing off the page to the dawn of yet another year! As the saying goes "Time and tide waits for no man".

I was sitting having my breakfast the other day, and watching a saved re-run of The Antiques Roadshow, looking at the incredible workmanship from yesteryear, and see the ever-increasing value of furniture and ceramics. Possessions, that had been in the family not for years but centuries, things that have to be sold to live or just needing to downsize, and more often than not, just not modern enough for the newer generation. What amazes me, the most, is the history that actually surrounds these articles.

Which leads me to the fact that my 18-year-old granddaughter and I have been putting together the family tree, for the last 5 years, which I might add she is really serious about. With the help of a fifth-generation cousin(who lived in Durban North at one stage) that I have found in Australia, we have managed to, and this includes her generation, go back 10 generations to 1662. We have managed to find documents of boat trips, from SA to UK and back, immigration documents and birth, baptism and death documents.

If only I had had the enthusiasm to do with my grand parents what she and I are doing now, a whole world of information has been lost forever, and more is the pity! All I say is this, it might not seem important now, or you might procrastinate, there is definitely no time like the present - Ask, dig, trace and look now, before the previous generations are lost forever! With that cryptic message, please be safe out there!

Till we meet again

Pat Franken

Kaleidoscope Media
082 552 3027



**I've learned....it's a slow process but
quitting wont speed it up.**



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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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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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Just like humans, pets need balanced diets. Treats should: **Support overall health, Provide nutrients** (not just empty calories). **Be given in moderation.**

Many healthy treats can be found right in your kitchen:

- ▶ **Carrots:** Low-calorie and great for dental health
- ▶ **Apples** (no seeds): Rich in vitamins A and C
- ▶ **Pumpkin:** Excellent for digestion
- ▶ **Cooked sweet potato:** A favourite in South Africa and full of fibre
- ▶ **Peanut butter** (unsweetened, xylitol-free): A tasty protein boost

Tip: Always introduce new foods slowly to avoid stomach upset.

Healthy Treat Options for Cats:

Cats are more particular, but there are still great options:

- ▶ Cooked chicken or turkey (unseasoned)
- ▶ Small pieces of fish (like pilchards or tuna in water)
- ▶ Commercial natural cat treats with high protein content

Avoid giving cats too many carbs - they thrive on protein-rich snacks.

Treat Ideas:

- ▶ Butternut squash - Soft, nutritious, and easy to digest
- ▶ Biltong (plain, no spices) - High in protein, but give sparingly due to salt
- ▶ Boiled eggs - Affordable and packed with nutrients

Foods to Avoid:

Some common foods are dangerous for pets:

- ▶ Chocolate ▶ Grapes and raisins ▶ Onions and garlic
- ▶ Cooked bones ▶ Sugary or salty human snacks



Peanut Butter & Oat Dog Treats

Ingredients:

- ▶ 1 cup rolled oats
- ▶ ½ cup natural peanut butter (make sure it's xylitol-free)
- ▶ 1 ripe banana
- ▶ 2-3 tablespoons water (as needed)

Instructions:

1. Mash & Mix - Mash the banana in a bowl, then mix in peanut butter and oats until a dough forms.
2. Shape Treats - Roll into small balls or flatten and cut into shapes.
3. Choose Your Method:

Bake Option:

Bake at 180°C for 12-15 minutes until firm.

No-Bake Option:

Place in fridge for 1-2 hours to set.

treats should make up no more than 10% of your pet's daily diet.

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INGREDIENTS:

- ▶ 1 teaspoon dried, food-grade chamomile flowers
- ▶ 1/2 teaspoon dried, food-grade lavender buds (ensure they are pesticide-free)
- ▶ 1 cup boiling water
- ▶ 1 teaspoon raw honey (to taste)

INSTRUCTIONS:

Place the chamomile and lavender into a tea infuser or directly into your mug.

Pour the boiling water over the herbs. Cover the mug with a small plate to trap the essential oils, and let it steep for 5 to 7 minutes.

Strain the herbs, stir in the honey, and take a moment to enjoy the calming aroma before drinking.

INTERESTING STRESS RELIEF TIPS

- Breathe deeply** – Try 4 seconds in, 4 seconds out for instant relaxation.
- Unplug for a bit** – Even 10 minutes away from screens can reset your mind.
- Get some sunlight** – Natural light boosts mood and energy levels.
- Move your body** – A short walk works wonders for stress.
- Stay hydrated** – Dehydration can increase feelings of stress.
- Write it out** – Journaling helps clear mental clutter.
- Laugh more** – It lowers stress hormones naturally.
- Sleep well** – Rest is one of the most powerful stress relievers.



I have found that it is extremely easy to spend a lot of time on things that do not really matter much. To spend hours or days or even weeks on being angry with someone replaying a mistake or failure in one's mind or to dwell on something negative and feeling more and more like a victim, is not worth it. You can waste a big hunk of a year, of your life, just on that. Think about it!

Is there something in your life now, that is so important to you that you do not know where to start or its perhaps one of the hardest things that you must do? If it feels too hard, ask yourself what is one small step I can take right now to get the ball rolling? It might just make something easier, and it would prevent you from trying to escape into procrastination.

Is there anyone on this planet having life worse off than you right now? This quite seldom delivers enjoyable answers, but it sure does snap one out of negative thinking of feeling sorry for oneself. It is of course natural to sometimes feel sad or sorry for yourself for a little while. If you do not take time to process such natural responses to negative situations, then those feelings will pop up later again.

Things can go just a little too far though it is easy getting stuck in these disempowering thoughts for too long and let them suck the life and joy out of you. So, ask yourself will it matter in 5 years, or even 5 weeks? Maybe you are making a mountain out of a molehill and losing focus and energy on crippling worries.

There is absolutely nothing in life that is worth being miserable over, there is no document or receipt that you cant get a copy of, there is nothing in life worth having a fight over and then bearing a grudge, talk it over or walk away!

But when you feel good about life, give the person you are passing in the street the supermarket or at school a smile, it might just be the best thing that has happened to them for a long time!

There are going to be days when you wont have the energy to get out of bed. There are going to be days when you want to give up. The thing is you are not allowed to give up, you were given a life and you are supposed to live it. Things may not always work out the way you want it, but that's life!

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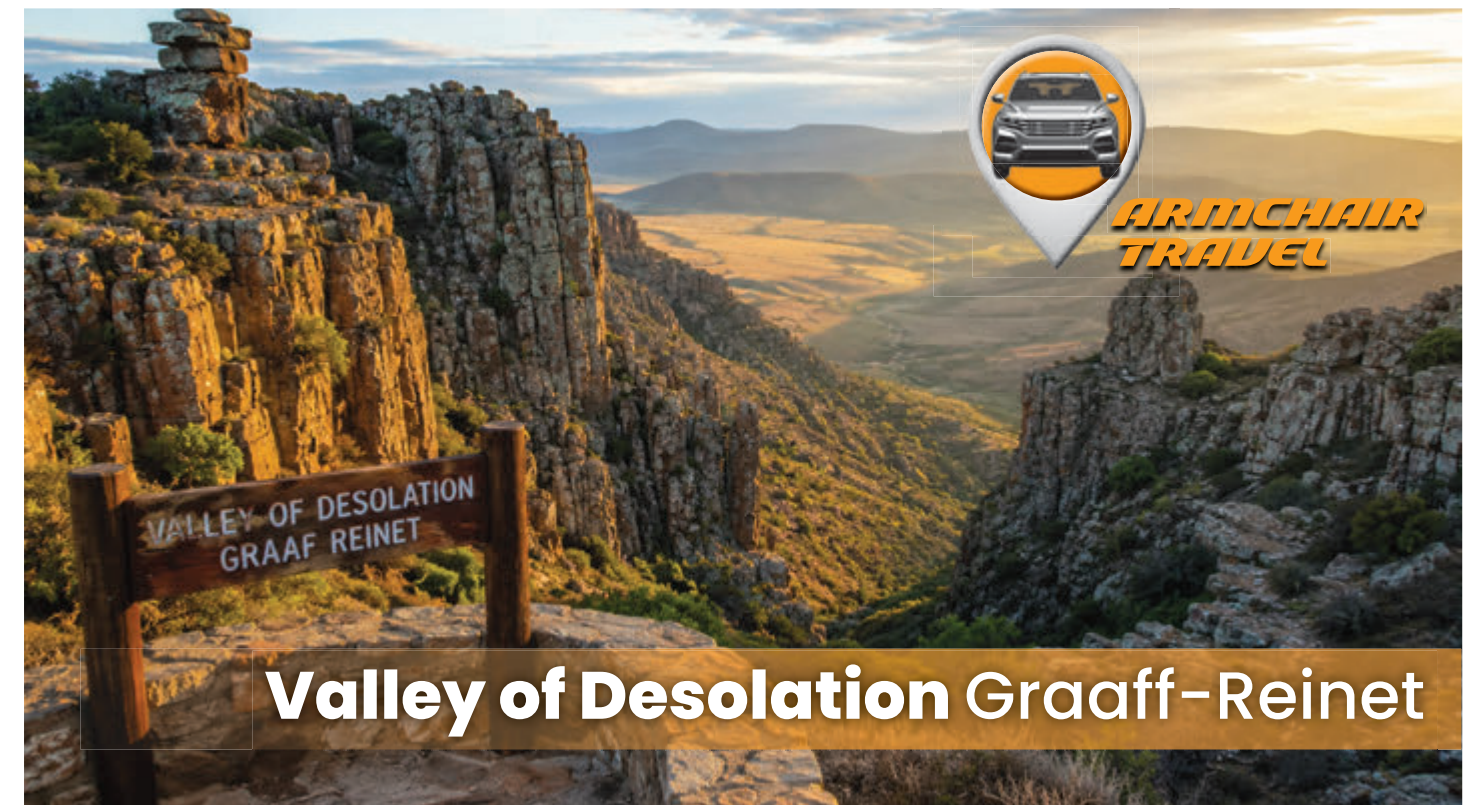
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Valley of Desolation Graaff-Reinet

The Valley of Desolation is one of the most striking natural landmarks in South Africa, located within the Camdeboo National Park near the historic town of Graaff-Reinet. This dramatic landscape is famous for its towering dolerite rock columns, which rise to 120 metres from the valley floor. Formed over millions of years through volcanic activity and erosion, the formations create a rugged, almost otherworldly skyline that attracts visitors, photographers, and nature lovers alike.

The valley's name reflects the awe early visitors felt when confronted with its stark beauty. The sheer cliffs and vast open spaces give a sense of isolation and grandeur, while the surrounding Karoo

vegetation adds to the unique atmosphere. From the viewpoints along the edge, visitors can enjoy sweeping panoramic views of the plains below, especially at sunrise or sunset when the rocks glow in shades of orange and gold.

Beyond its visual appeal, the Valley of Desolation is also ecologically significant. It supports a variety of plant and animal life adapted to the semi-arid Karoo environment, including small mammals, birds, and hardy shrubs. Today, it stands as both a geological wonder and a protected heritage site, offering insight into South Africa's natural history while providing a peaceful and memorable experience for those who visit.

Interesting Facts

Over 100 Million Years in the Making - The formations date back to the time when molten rock forced its way into cracks in the earth's crust. Over time, erosion shaped the striking vertical cliffs seen today.



Part of the Great Karoo - It lies within the vast Great Karoo, a semi-arid region known for its wide open spaces, unique vegetation, and fossil-rich history.

One of the Best Views in South Africa - From the top, you get a sweeping 360-degree view of plains, mountains, and the historic town of Graaff-Reinet - especially breathtaking at

sunrise and sunset.

Biodiversity Hotspot - Despite the dry environment, the area supports a surprising range of plant and animal life, including: Small antelope, Birds of prey and Unique Karoo vegetation.

Located in a National Park - The valley is inside Camdeboo National Park, which protects both the landscape and its wildlife.

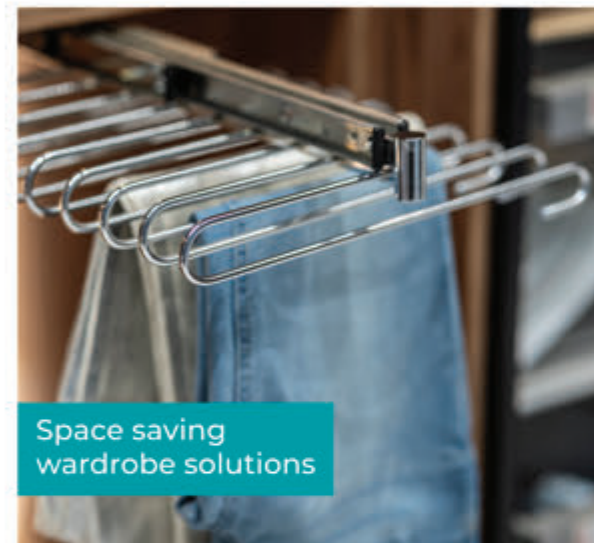
Easy Scenic Access - Unlike many dramatic landscapes, you can drive close to the viewpoint, making it accessible for most visitors without long hikes.

Close to a Historic Town - Graaff-Reinet is one of South Africa's oldest towns, known for its Cape Dutch architecture and rich cultural history - making the valley a perfect add-on to a heritage visit.

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DON'T JUST TAKE A PAINKILLER | LISTEN TO YOUR BODY

Pain is often the body's way of sending an important message. Whether it is a headache after a stressful day, back pain from poor posture, or persistent fatigue that won't go away, these symptoms are signals that something may need attention. While painkillers can provide temporary relief, they do not always address the underlying cause. By paying attention to what our bodies are trying to tell us, we can make better decisions about our health and well-being.

In today's busy world, it is tempting to push through discomfort and carry on with our daily routines. Many people reach for medication as soon as a symptom appears, hoping for a quick solution. However, recurring pain can sometimes point to issues such as stress, lack of sleep, dehydration, poor nutrition, or an underlying medical condition. Taking a moment to reflect on recent habits and lifestyle choices may reveal valuable clues about why the body is reacting the way it is.

Listening to your body does not mean ignoring treatment or avoiding necessary medication. Instead, it means combining symptom relief with awareness and self-care. A headache may improve with a painkiller, but it may also be a reminder to drink more water, take regular breaks from screens, or manage stress more effectively. Similarly, muscle aches might indicate the need for rest, stretching, or a review of daily activities that place strain on the body.

The goal is not to fear every ache or pain, but to develop a healthy relationship with the body's warning signs. When we learn to pay attention to these signals, we are often better equipped to prevent small problems from becoming larger ones. By treating pain as information rather than simply an inconvenience, families can take a more proactive approach to health and encourage habits that support long-term wellness.

COMMON CAUSES OF RECURRENT PAIN



STRESS



LACK OF SLEEP



DEHYDRATION



POOR NUTRITION



POOR POSTURE



UNDERLYING CONDITIONS

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Amazing Facts About Human Teeth

Harder than bone: Tooth enamel contains high mineral content, making it tougher than any other tissue in your body.

Hidden parts: About one-third of every tooth is safely hidden underneath your gums.

Early start: Your primary (baby) teeth start forming inside the jaw before you are even born.

Saliva production: Your mouth makes enough spit over a lifetime to fill two whole swimming pools.

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BAD WINTER HABITS



UNDERDRESSING

Winter has a way of exposing the small habits people develop around discomfort. One common example is underdressing for the weather in order to maintain a certain appearance. Many people convince themselves that a lighter jacket, thinner shoes, or less clothing is worth it for the sake of style, only to spend hours feeling cold and distracted. The discomfort is often entirely predictable, yet the immediate desire to look a certain way outweighs the practical need for warmth. What begins as a choice about appearance becomes a choice to endure unnecessary discomfort throughout the day.

EXTENDED ISOLATION



RESISTING WARMTH

Another winter habit involves resisting warmth itself. Some people refuse to heat a room adequately, whether out of thrift, stubbornness, or a belief that they should simply tolerate the cold. While saving energy can be sensible, there is a point at which the pursuit of savings creates a greater cost in comfort, concentration, and well-being. Similarly, many people delay getting out of bed because the warmth beneath the blankets feels too good to leave behind. The result is often a rushed morning, unnecessary stress, and a feeling of being behind before the day has properly begun.

Perhaps the most interesting pattern is how people seek immediate comfort in ways that create discomfort later. Staying indoors for days can feel cozy and protective, but extended isolation often affects mood, motivation, and energy levels. Taking extremely hot showers offers instant relief from the cold, yet the contrast between hot water and cooler air can leave a person feeling colder afterward, while also drying out the skin. Across all these behaviours, the same principle emerges: people frequently optimize for comfort in the present moment without considering how those choices affect their comfort over the course of the day, the week, or the entire winter season.



POSTPONING EXERCISE

Cold weather also changes how people relate to movement and health. Exercise becomes easier to postpone when stepping outside feels unpleasant, yet inactivity frequently produces the very sluggishness and low energy that people hope to avoid. At the same time, minor illnesses are often dismissed as insignificant. A sore throat, persistent cough, or unusual fatigue may be ignored because dealing with it seems inconvenient. In many cases, however, the refusal to address early symptoms allows a small problem to become a larger one, extending the period of discomfort rather than reducing it.

What I find interesting about this topic is that it isn't really about winter at all. Winter just makes certain human tendencies easier to see. People often choose what feels best right now, staying warm in bed, avoiding exercise, ignoring a cough, dressing for appearance rather than comfort - even when those choices create more discomfort later.

Cold weather acts almost like a magnifying glass for those trade-offs.

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BOTTLED WATER VS TAP WATER



Bottled water you buy from the stores or vending machines always conjures up the idea of snow-capped mountains and crystalline streams, promoting that the H₂O inside the bottle is all natural, pure and unspoiled. Well surveys indicate that most consumers are lead to believe that the bottled water is safe and healthier than their water at home.

We see them in restaurants, people walking on the streets, and at the tables of politicians holding press conferences. And they have become a must-have accessory for every gym member and so the age of bottled water has definitely dawned in South Africa – and with it worrying environmental concerns. There are also subtle social pressures. It is so much 'cooler' to be seen to be drinking bottled water rather than free tap water. For some, it may feel awkward to order tap water at a restaurant. The price paid for bottled water is only one part of a much greater environmental cost.

Bottled water also hits the pocket of the consumer. It takes up to three litres of tap water to produce one litre of bottled water. At the retail cost of a few Rand for one 500ml bottle of water - compared to possibly half that for tap water - bottled water is more expensive than petrol, even after the latest claim that bottled water is a green product, does not stand up to scrutiny. One needs to contrast the idyllic settings of bottled water advertising with the heaps of empty bottles at disposal sites and those that litter the countryside.

Players in the market feel that the rise in bottled

water has to do with consumers believing that bottled water is healthier than tap water.

How is this possible?

People seem to be more concerned about making healthy choices today, and water is definitely a healthy option. The problem is that there is a perception that the health benefits of water apply more to bottled water than to tap water. This is not the case. There are rigorous standards that tap water must meet in South Africa, and the quality is constantly monitored. Presently, the quality of tap water in Johannesburg is of the best in the world. Drinking water, tap filtered or bottled is important for healthy hydration and plays a vital role in peoples lives. Consumers choose bottled water for several reasons, including taste, quality and convenience. Bottled water is also an alternative to less healthy sugary packaged beverages when consumers want to eliminate or moderate calories, caffeine, sugar, artificial flavours of colour, alcohol and other ingredients from their diet.

Moreover the water from public water systems is often comprised after emergency situations or natural disasters (eg floods) and during this time bottled water is a necessary and reliable alternative to deliver, clear, safe drinking water. However, tap water does provide, in most cases, a safe source of drinking water, even if occasional failures make it necessary for consumers to search for alternatives during this time.

So.....what is your opinion, tap water or bottled water?

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IMPULSE BUYING!

Have you ever bought something you didn't really need, agreed to a commitment without thinking it through, or spoken in the heat of the moment only to regret it later? These are all examples of impulsive decision-making. Acting on impulse is a natural part of being human, but when important choices are made without careful thought, the consequences can sometimes be costly or disappointing.

Impulsive decisions are often driven by strong emotions such as excitement, anger, fear, or even boredom. Advertisements, social media, and pressure from friends or family can also encourage us to act quickly instead of weighing up our options. While spontaneity can add fun and adventure to life, taking a few moments to think before acting can help us make choices that are better suited to our needs and values.

One of the simplest ways to avoid impulsive decisions is to pause before taking action. Asking yourself a few questions - "Do I really need this?", "What could happen if I wait until tomorrow?", or "Have I considered all the options?" - can provide valuable perspective. For larger decisions, discussing them with a trusted family member or friend often brings fresh insight and helps identify things that may have been overlooked.

Teaching children and teenagers to think before they act is an important life skill that begins at home. Parents can lead by example, showing that thoughtful decision-making involves gathering information, considering consequences, and taking time to reflect. While no one makes the right choice every time, learning to slow down and think carefully can lead to wiser decisions, less regret, and greater confidence in handling life's everyday challenges.

Interesting facts:

- Up to 90% of adults admit to making unplanned purchases.
- **Young Buyers:** Gen Z and Millennials make up nearly half of all impulse buys. Gender Splits: Men often buy electronics on impulse, while women tend to buy clothes and shoes.
- **Store vs. Online:** People overspend more in physical shops (40%) than on websites (25%) because waiting for shipping stops some online impulses.
- **Psychology and Triggers Fast Thinking:** Snap buys happen using fast, instinctive brain reactions rather than slow, logical planning.
- **Emotions:** Boredom, sadness, or stress cause people to buy things to feel better.
- **The Fear of Missing Out (FOMO):** Limited-time sales trick the brain into acting fast so a deal is not lost.



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Shoulder Complaint

- Pain and sometimes weakness when lifting your arm, pain when lying on your shoulder that wakes you from sleep.
- Pain and stiffness that started slowly, sometimes accompanied by grating and clicking in the shoulder.
- Severe stiffness and pain, typically in people aged 30 to 50.
- Ongoing pain after sports injuries. Ongoing feelings of instability after previous dislocation.

Possible Causes

Rotator Cuff Disease

Osteoarthritis

Frozen Shoulder

Significant tendon, ligament or cartilage tears with ongoing symptoms.



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