

# FOOT & ANKLE AND PAEDIATRIC ORTHOPAEDICS



## Dr Katherine Troisi

Orthopaedic Surgeon  
Foot & Ankle Specialist

Operating from Hilton Life  
& Lenmed Howick Hospitals

Life in present days, is rather stressful and often, degenerative foot and ankle conditions such as bunions or claw toes, are set aside or ignored. Unfortunately, not seeing to these problems only leads to further degeneration and chronic pain, keeping you from an active happy lifestyle.

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MIDLANDS  
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# The Ambers

ESTATE MAGAZINE ISSUE 62  
NOVEMBER | DECEMBER 2024





# Harcourts Ambers

Wishing all a very  
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Retirement Specialists

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## Dear Readers

Well, we have come to the end of yet another year and this marks the 13th year of being invited into your homes. My! How time has flown.

Talking about endings and beginnings do you remember the turn of the century – the problems we thought about with regards to our banking accounts, our computers everything digital related? Believe it or not - this new year will herald the passing of a quarter of this new century – incredible!

Yes, its 35 days to Christmas and before we know it, we will soon be facing another new year in our lives, with a new set of challenges and opportunities and a chance of a 'clean slate' for the year ahead. To me there is no better feeling than that of a new year, everything is fresh and new possibilities abound.

All I ask of you all, is that you appreciate life as it happens, moments will soon pass, and you will wish you had treasured them more. Lets face it the way everything changes today it's a good reason to hold onto those memories.

Till we meet again in 2025, wherever you go be safe, love one another, be good to each other!

Best regards

*Pat Franken*

082 5523027

*I've learned..... to laugh when you can,  
apologise when you should and let go of what  
you can't change!*

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Wishing you all  
the best for  
**2025**

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# Amberglen Men's Breakfast

By Howard Reeves

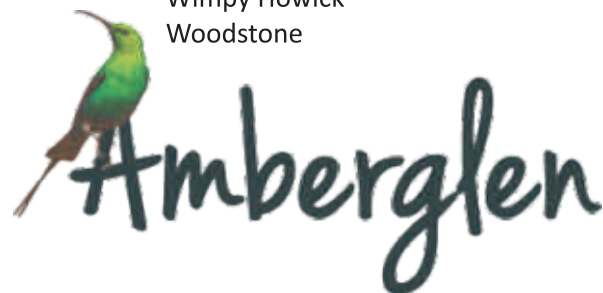


What a pleasure living in Amberglen, with a Management Team full of surprises. I was delighted to see that a men's breakfast was to take place, and surprised too that there was to be a table of ladies! I'm sure they enjoyed the morning as much as we did, especially Andy Capastagno's risqué jokes - Andy Capastagno is a well-known sports commentator and one of two speakers who entertained us with amusing stories on sport in general. We also heard about the Eucalyptus oil industry, right here in the Midlands. I was amazed to hear how big this industry is and that there are 154 types of Eucalyptus trees in the world, but only 4 suitable for making Eucalyptus oil. Well done and thank you Barnaby for a mighty breakfast. The morning finished with many lucky dip prizes. Can't wait for the next men's breakfast.

**On 30 August 2024 Amberglen Retirement Village hosted a memorable Men's breakfast and we would like to extend our deepest gratitude to the generous sponsors who contributed to the event's success.**

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## Sunfield Talent Show

By Cynthia Dibben

Sunfield Home certainly brought a ray of sunshine into our lives that by putting on a concert in our lounge. This was in the form of a talent show, showcasing 10 items, together with a compere and judges. There were various elements including choirs, gumboot performers, soloists, dancers and lively musical renditions. In the end all the items were declared winners and every single member of the cast of nearly one hundred participants were on the stage for the finale. There was hardly a dry eye amongst the audience who showed their appreciation in the form of a standing ovation. Thanks must go to the Sunfield Home staff organisers and to those who made generous donations to this worthy cause.



## Scrabble

By Cynthia Dibben

Scrabble is a word game, which two to four players score points by placing tiles, each bearing a single letter, onto a game board divided into a 15x15 grid of squares. The tiles must form words that, in crossword fashion, read left to right in rows or downward in columns and are included in a standard dictionary. The game was invented by American architect Alfred Mosher Butts who'd invented the game in 1938. Today, Scrabble is produced in 28 different languages. More than 165 million games have been sold in 120 countries around the world since 1948, according to Mattel, and an average of 1.5 million games sold globally each year. There are approximately 4,000 Scrabble clubs around the world.

**Amberglen has its own Scrabble Club, whose members meet every Thursday at 9:30 in Function Room 1. They would love to have new members to swell their numbers. No experience is needed, so come along and pit your wits and exercise your brains.**



## Farewell Weeping Willow

By Fiona Higginson

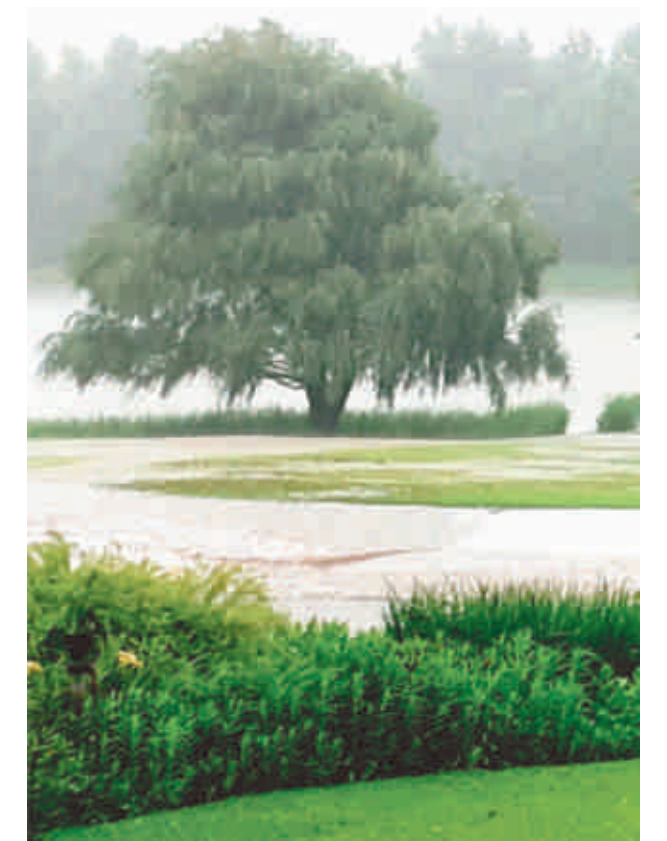
Nobody likes goodbyes, so it was with a sore heart that we witnessed the departure of the large and majestic Weeping Willow on the near-side bank of Laggan Waters. The tree, which predates Amberglen, was infested with white ants and was almost completely dead when it was cut down in August. In other words, it had to go.

The good news is that a good-sized trunk has been left in place and it might even sprout, according to a hopeful Brian Leck, who has a good view of the tree from his veranda.

Another piece of good news is that Brian has planted a replacement tree in front of the stump. It is a Japanese Maple, planted in memory of the active and well known Shirley Farrell of Amberglen who passed away earlier this year.

We are fortunate to have people like Brian in our midst, as besides the many caps he wears in Amberglen, he has already planted 14 Yellowwoods in an ongoing programme of planting trees, with an eye to the future.

Fortunately, Brian was able to provide a photograph that he took of the Weeping Willow.





# Amberglen SNIPPETS

## Heritage Day – Amberglen Care Centre

By Marilyn Storrow

All the caring staff in the Amberglen Care Centre went that extra mile on Heritage Day. The fashions excelled as did the singing and dancing. A happy, colourful day of celebration.



## Aerial Fire Fighting in The Midlands

By Cynthia Dibben

Who would have thought a topic of this nature could be so intriguing. Trevor Wilson, an articulate speaker, kept us spell-bound for over an hour with his entertaining accounts of his experiences as a pilot. He told us about his flying background and training in various parts of the world. His most enthralling stories came from the time he spent in the jungle of Borneo on a survival training course amongst the indigenous Dayak people. Stories about hallucinogenic frogs, strange foods and unusual customs kept us highly amused.

He then went on to describe his experiences as a crop-sprayer operator and the various methods used by the pilots to help in fighting fires. He also alluded to the challenges and dangers these intrepid aviators face, such as birds, drones, weather encounters and, of course, smokey skies. We owe these brave and daring pilots a huge debt of gratitude as they help to keep us safe from runaway wildfires.

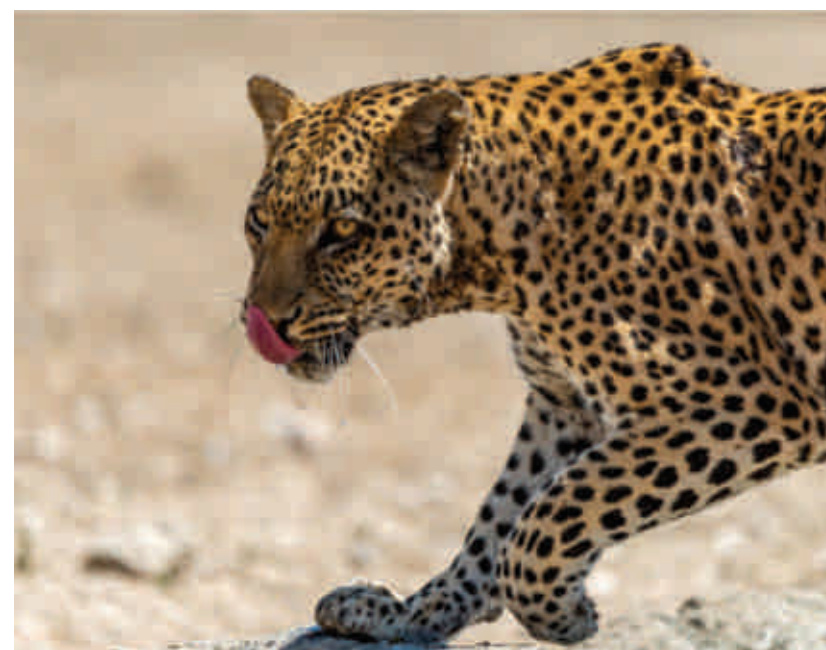


## Line Dancing And Tap Dancing Display in the Amberglen Care Centre

Care Centre residents together with a number of visitors were treated to a Line Dancing and Tap Dancing display by our very own line dancers and a visiting troupe of tap dancers. The energetic and talented ladies had everyone tapping their feet to the catchy beat of the music.



## Judges Choice Junior 'Grooming Time' by Iain Kerr



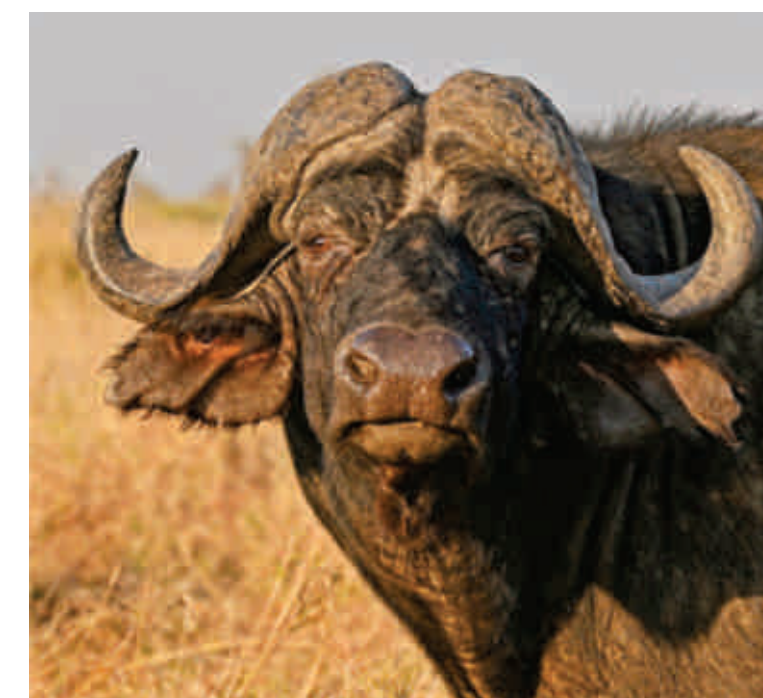
## Judges Choice Senior 'Leopard' by Michelle Nelson



## Set Subject Bovine Judges Choice Junior 'Old Man' by Rob Ainsley

## Amber Camera Club October Winning Images

Contact: [ambercameraclub@gmail.com](mailto:ambercameraclub@gmail.com)



## Set Subject Bovine Judges Choice Senior 'Watching You' by Christine Theron



# GREATER AMBERS

## Fashion Show: FROM THE AMBERS, WITH LOVE



After weeks of preparation by the organising ladies, the Auditorium stage was set and dressed as the Casino Royale by Rose and Derek Warren for The Ambers Fashion Show 2024 – From the Ambers With Love.

A James Bond theme was chosen this time and a range of fashionable clothing was selected by Barbara Mulford, Rose Warren, Sue Blignaut, and Cheryl Nefdt from Miladys in Howick. The staff from Miladys were very impressed to see their clothing on display during the show.

So they had the models, coached by Barbara Mulford, and the outfits and all the set decor ready, now who were they going to talk into being the Mr. Bonds to give the models a hand down the stage steps on the night? After some hard thinking by the members of the organising committee (which also included me), Barbara Mulford suggested her tall, Ironman son Jonothan might oblige. But they wanted two Mr. Bonds on the steps. I was asked, but I quickly reminded the committee ladies I would be far too busy playing 16 pieces of music for the models to walk to as well as doing the lights and playing videos, that I couldn't possibly be a Mr. Bond. More thinking... then Lynda Kriel, Chair of the organising committee asked, "What about Amber Valley Financial Manager Greg. He's tall and sports a six pack and pair of "guns" under his Amber Valley corporate shirt." "Great idea. But what if the Mr. Bonds didn't wear shirts?" someone suggested. "Greg would never do that," said Lynda. "I'll persuade him," said Lynda, and she did.

He didn't know at that stage that he was only going to be wearing a pair of black longs, a backless mini vest, a bow tie and a toy pistol, but after some persuasion by Lynda, standing over him while he made an

entry in his diary, and supported by Barbara's six foot something son Jono, Greg relented into being the other Mr. Bond.

The two Mr. Bonds lent a bit of tongue in cheek humour to the occasion which was all in good fun and went down very well with the audience. Greg was heard on the day to say he only realised how naked they were when they were seen from the back!

The models, wearing outfits from Mildays, wore jewellery supplied by Elize "The Silver Lady". Their manicures were done by The Beauty Institute, and Claire Strang was their makeup artist. The model's hair was styled by the ladies in our own Valley Hair and Beauty Salon.

Some amazing prizes were given by very generous businesses in Howick as well as a few by individuals in Amber Valley. The lucky draws were done by Shirley Benny and Vera Sutherland. The support of the sponsors is always greatly appreciated.

Nearly all the 250 tickets were sold for the morning show, although I think the attraction may have been the tea and cake in the Barn before the show and a glass of sparkling wine during interval.

The evening show was well attended and snacks and a cash bar were available with bubbly served at interval by the Bond men and a bevy of beauties in black and shimmering aprons.

During the show, compere Sally Hood demonstrated a few simple, but very interesting ideas with scarves and a sarong, and Jamie from Rene Health gave an informative talk about the importance of good eating to maintain a healthy gut and a happy life.

One of the highlights of the show was the comedy skit after interval entitled "My Name is Bond, James Bond", choreographed by Nona Sharples and starred Tiny Hatfield, Johan Blignaut, Derek Warren wearing shirts, socks and shoes and bright red sleeping shorts. On the hunt for a suitable Mr. Bond from the trio was a very choosy "Bond Lady", Wendy Taylor.

This is the fourth fashion show put on by very talented residents of the Greater Ambers, and the good news is a little bird told me, ideas are already popping up for the next one.

By Robin Davis (aka "Q")



Photo credits: Sue Grills, Helga Holst, Judy Singel, Rose Warren and Nona Sharples.



# Tanya Visser's Visit to Amber Valley



The article and pictures by Teri Dennison and Sue Grills



August Meeting of the Garden Club had a special guest - Tanya Visser; Editor of the Gardener magazine and the recent recipient of the Gold Medal from the South African Nurserymen's Association in recognition of her contribution to the industry.

Tanya's past presentations have been so well received that this meeting had an audience of 280. They entered past the beautiful arrangement done by Marilyn and Wendy and vases of colourful poppies on the tables and took their seats, watching her organizing the plants brought in for the talk and ready to be entertained with facts and fun.

She started by saying "See the Beauty" of plants. The theme of her presentation was Container Gardening and she covered topics of container choice, growing media preparation and plant choice.

The choice of container is endless but the one must be drainage.

Cover the drainage hole. A piece of shade cloth is a good option. If it's a big pot put in a plastic bottle to decrease the amount of growing media needed and reduce the weight.

Wide top is best, here she reminisced about the Alibaba pot so popular years ago. The bulbous body and narrow neck which made it impossible to remove an old root bound plant.

Growing media for container plants must supply all the required nutrients.

½ bucket compost, ½ bucket potting soil, ½ bucket Palm peat (which increases in size when soaked in water). Slow release fertilizer and a water retention product such as Hydrocache which can be added to the mix as granules or a polymer slurry put into the planting hole.

She demonstrated how the granules swell when water is added and forms a thick slurry.

Her hint for checking the quality of bag of potting mix is to hold up the bag for 1 minute and if it feels light, it's not suitable.

She also had a test for soil in an existing pot that needs refreshing. Remove a handful and squeeze it. It should keep its shape which indicates it is good and alive with organic material and has sufficient structure for good growth.

If it is dry and powdery and easily brushed off it needs replacing. Remove about 6 inches and replace with a good potting medium mix.

Pots of seasonal plantings such as bulbs can be used to beautify the area other larger pots

Choice of plants is endless and the guideline to follow is the combination of Colour, Texture, Form. Also remember "who is in charge" and don't try to grow a plant that will not flourish in our weather conditions.

Tanya suggested going to the nursery and trying out some combinations bearing in mind her selection options.

Thriller – a tall dramatic plant Filler – a leafy medium sized plant Spiller – cascading plant that can soften the edge of the container.

Hanging baskets were also discussed and here she had some amusing comments on how hanging baskets are often hung so high that what can be seen is just the bottom of the basket. Eye level is the best height so that the plants can be seen and appreciated.

Frequent watering is needed for baskets and a foliar spray is also beneficial.

Petunias are suitable for baskets as they are self-cleaning and do not need dead heading.

Plant suggestions for containers were Flax, Osteospermum, Alyssum, Fuchsias, Lavender and Alstroemeria and there are many more suitable plants.

She demonstrated how to pull a flower off the Alstroemeria plant by holding the stem at the base and pulling it off and not cutting it.

She took a quick rest on the steps of the stage while she was thanked and given a gift for her most enjoyable presentation.

After the talk tea and refreshments were enjoyed by all. There were free back copies of her magazines and gardening goodies and some plants for sale.



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# IN SEARCH OF



Victoria Falls

On 3<sup>rd</sup> August 2024, my family and I set off from Ashbourne, Derbyshire, to travel the NC500 (North Coast 500 Miles) around the northern top of Scotland on a warm and sunny day.

We travelled via Edinburgh, where we spent one night, and on to Inverness the next day which is where the NC500 begins.

The purpose of our journey was a 10 day holiday travelling one of Britain's most beautiful roads with two sea trips and one on Loch Ness in the hope of finding Puffins along the way!

Whilst in Inverness, we visited the Dalwhinnie Whiskey Distillery and enjoyed a few drams of delicious whiskey! We also took a trip on Loch Ness and saw a variety of sea-birds including Kittiwakes, Fulmars and Seagulls but alas no Puffins and no Loch Ness monster either!

Our next stop was the beautiful town of Wick with three harbours. After a quick visit to the Old Poultney Distillery we set off on a three hour long sea journey along the coast to explore magnificent sea caves whilst looking for Killer Whales which, like the Puffin seem to have disappeared!



Hogwarts Express



# PUFFINS

On the way to Fort William we made a detour in order to travel along the single track (steep and winding) pass to Applecross previously used by farmers to move their cattle to market – certainly not a trip for the faint hearted! Jeremy Clarkson used the pass for a 'Top Gear' show. The café at the end of the pass with its beautiful walled garden was a welcome relief and nice break!

In Tongue we spent two nights in delightful accommodation before moving on to Altnacelgach for a night in a motel on the shores of the loch. On the next day we travelled to Gairloch where we visited the Arctic Convoy Museum which was of special interest because my father-in-law was a sailor in the Royal Navy escorting Merchant Navy vessels to Archangel and Murmansk during the Second World War. He was on the HMS Searcher, a small carrier on loan from the US Navy, previously known as the USS Chesire. Whilst on route to Gairloch we visited the Inverewa Gardens. Scotland's equivalent to our Kirstenbosch Gardens, with plants from all over the world including South Africa.

We also embarked on another boat ride on Loch Ewe and saw how lobster pots are used. There were six crabs in one of the pots but no lobsters. We saw grey seals and sea birds but no Puffins.

Whilst in Gairloch we visited the 'Victoria Falls,' named after Queen Victoria who often visited Scotland....It was a patch on the falls in Zimbabwe!!

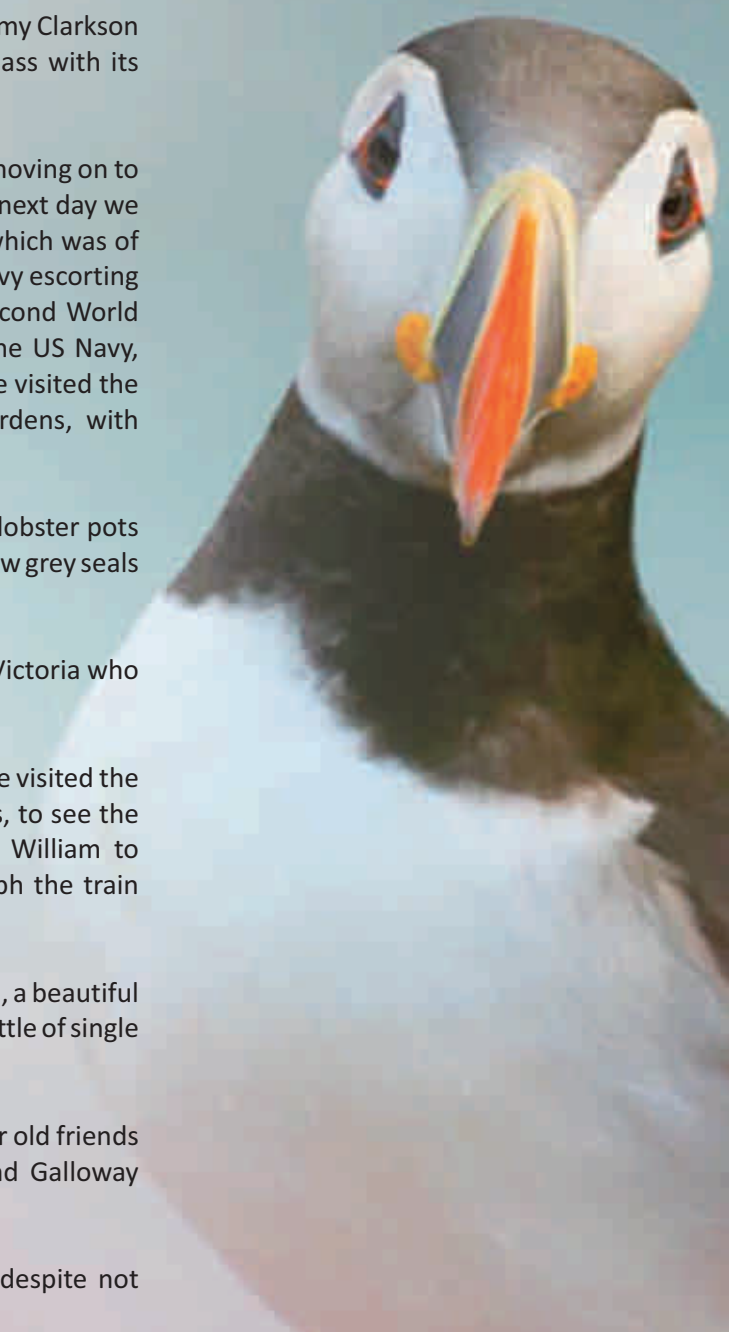
On our way to Fort William, our last overnight stop on this journey, we visited the viaduct which was used during the making of the Harry Potter films, to see the 'Hogwarts Express,' (a Jacobite Steam Train) travelling from Fort William to Ma'laig. Literally hundreds of people flocked to see and photograph the train which stopped on the Glenfinnan Viaduct for this purpose.

On the next day we travelled along the banks of Loch Lomond to Oban, a beautiful town with a large harbour and superb distillery where I was given a bottle of single malt whisky to celebrate my birthday!

This concluded our trip which ended with three day visit to one of our old friends from Botswana who now live in Kirkcudbright in the Dumfries and Galloway district, the home of my wife's family.

Scotland was truly beautiful and we thoroughly enjoyed our trip despite not finding any puffins!

By Aubrey Bowles *Amberfield Retirement Village*





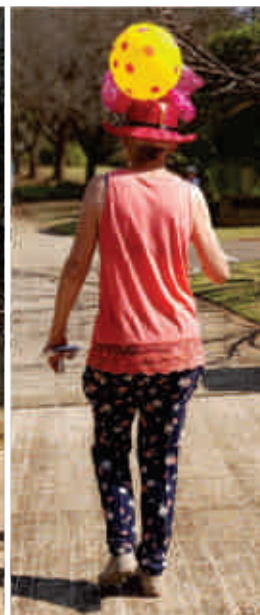
# Amberfield Retirement Village NEWS & EVENTS

by Monica Ashe



## Spring Walk

Over 140 entrants enjoyed a festive Spring walk. Amberfield drive was abuzz with music, flower adorned stands handing out all manner of treats, and umpteen spot prizes at the end. Thanks also to J Leslie Smith for their participation.



Tea and eats served throughout the 2 days in the Amberfield main lounge



## Open Gardens Weekend

Our Open Gardens weekend held on the 19th and 20th October was a wonderful success. Over 300 folk enjoyed viewing the 11 beautiful gardens on show.

Below are the talented gardeners who opened their gardens to us.



## Midlands Floral Art Group

The Amberfield lounge was adorned with flowers! The stunning arrangements were demonstrated by this artistically talented group and included a wonderful arrangement by Jeanette McLean



Fruit & Veggie Market Fridays



Did you know?

You can keep updated of events and social activities on the Amberfield News & Natters



That's all Folks Until Next Time





## 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 and 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 condition, like the Us-China trade war.

At Fenestra we tailor client's portfolios according to their individual needs. And the service is close and personal. Clients will never have to talk to a computer.

We consistently steer our clients away from risky investments and towards great companies. In the process we have protected our clients from the worst calamities, e.g. Steinhoff and African Bank. Since inception in 1992 Fenestra has regularly outperformed the market, as measured by the All-Share Index. In 2018, another good example, Fenestra did not buy or hold any of the worst 20 performing stocks, pointing to a significant out-performance of the market.

We are very suspicious, paranoid and focussed, with 10 to 12 well researched shares in a portfolio. We invest in companies with great track records, honest management, strong balance sheets and great future prospects.

If you are not happy with your portfolio performance or would like a second opinion, please do not hesitate to contact Fenestra for a free, independent, objective and confidential review of your portfolio.

Protect your wealth. Optimise your returns.

Contact Fenestra now!

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## 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.

### 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). In recent years, Fenestra's greatest successes included limiting the negative return in 2008 to under 15% when the ALSI showed a 26% drop after the global financial meltdown.

### 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

## Some Things In Life Demand Qualified Professional Services



# FENESTRA

## Asset Management

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

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**JUST  
A  
THOUGHT** by **Pat  
FRANKEN**

**W**as listening, I suppose eavesdropping I'm shamed-faced to say, whilst waiting to deliver some of my mags at a shop counter, and the one child had said to the other, "Let's do it!" and the other said "No, no one does that!"

My thoughts.... I didn't try and conjure up what it was that was requested to be done, but why are we programmed to think that it is not okay to be different from everybody else? The operative words here are "no one does that"!!

Why do we care so much about fitting in? Why do we spend so much time worrying about what others think? Why do we have to impress others? And more particularly, why do we waste time, energy and sleep trying to squeeze into that impossible-to-fill mould? Why is there even a mould in the first place?

We see it so often, especially with children, who try to bend their personalities and their behaviour to fit into the preset stereotype. There will always be the artist, the social butterfly, the brainiac, and the playground politician, who then grow up to be the teenage partiers, the studiers, the rebels, and the nerds.

I believe that it is good for people to be different, whilst others think it is possibly strange if not weird. They will ease and make fun just for something to do. But in reality, the world is so much better with variety and something unique otherwise it would certainly be a boring place to live in.

For me, being different is not a weakness. I think its weak to want to do everything everyone else is doing or agree to do something so as not to upset anyone. In fact, it's a strength to be different.

For much of my life, I felt different from other people around me, and I saw this as a weakness in myself and something I had tried to rectify. It only made me unhappy. These days, I am more than aware that it was my absolute strength. When one embraces being different and you go against the common grain, you will by virtue of common sense, create a vastly different experience to the people around you.

Embrace being a different human being these days, because it gives you a great opportunity to do amazing things. My fear of being judged by others no longer exists and being different in certain ways is something that I have learned to love.

My belief is that most people live a 51% mediocre life where it is good enough to stop them doing something drastically different to make it amazing. Surely growing up, is all about figuring out who you are anyway, right?

So, for those who are a little different... learning to deal with the eye rolls, the fear in others' eyes, the ignoring from others...all that personal stress, that is what makes you stronger! You were given these strengths for a reason.... Use them! The journey through life is different, for everybody.

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# DEMENTIA AWARENESS

BY FIONA HIGGINSON

World Alzheimer's Day was celebrated on 21 September. As a result, each year, in September, the Association for Dementia and Alzheimer's of South Africa (ADASA), KZN region, hosts a main event in a different part of the Province.

This year, on 19 September, the ADASA Howick Dementia Support Group, which is run by the Cottage Care Manager at Amberglen, Claire Robertson, hosted an extremely informative and enjoyable morning. A large and diverse audience of 135 plus people, including professional staff from numerous care facilities, filled the lounge. Besides high quality eats catered by Barnaby of Amberglen's Capitol Caterers, the programme featured three Howick-based experts in the field.



The first speaker was general practitioner, Dr RP Jonck, who spoke on "Identifying early cognitive impairment and protecting brain health." The second speaker was Dr Penelope Alison, a speech therapist and wellness advocate, who spoke on "A virtue-based approach to Alzheimer's care." And the third speaker was Music Therapist, Christopher Wildman, who spoke on "the role of music in enhancing quality of life for people living with dementia."

The ADASA KZN Regional Manager, Kim Hellberg, introduced the programme with an overview. Currently, over 55 million people around the world are living with dementia. She stressed the importance, with rising global rates, of working towards a better future for those living

with dementia, where neither stigma nor ignorance prevent people from seeking support, advice, a timely diagnosis, treatment and care. But also, that communities and service providers are sensitized to the condition and are able to provide the extra consideration and assistance required.

Dr Jonck gave a very informative talk that stressed the importance of early detection and treatment of dementia. This is because it can be arrested and a number of potential problems that arise can be anticipated and addressed.

Dr Jonck spoke about the importance of both the medical treatment options and the nonmedical management of dementia. He gave important guidance on ways we can minimise or prevent the onset of dementia by following the correct (Mediterranean) diet and lifestyle and avoiding, or treating conditions such as high sugar levels, smoking, high blood pressure and cholesterol, which hasten the onset of the most common type of dementia, which is vascular dementia. Alzheimers is the second most common type. There are also a number of less common types of dementia.

Depression and hearing loss are also two important factors that must be addressed as preventative measures. Other preventative measures include keeping the mind active (cognitive training), physical exercise and staying socially connected. Music and dancing, and pet ownership, are also prescribed. Finally, we need to maintain good gut health and good sleep hygiene.

Dr Penelope Allison, who is no longer practicing as a speech therapist, but calls herself an 'Ambassador for Carers', spoke on the importance of our social emotional wellbeing as a preventative daily health practice that can greatly improve our overall health. She provided a number of practical ways this can be tackled through breathing, pausing, living in the present, practicing inner silence and thought management.

Last, but not least, was Speech Therapist, Christopher Wildman, who enchanted us by making us sing and sway to our music. He demonstrated how personal eye and body contact and the use of sounds and songs can often get through to those who feel unseen (living in a bubble). One needs to use intuition, courage and experimentation to find what is meaningful for each individual.

The presentation ended with this heartrending, simple verse:

*My eyes do see, My ears do hear  
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**Nuisance Law: Keeping the Holiday Season Merry and Neighbour-Friendly**

As the holiday season nears and we unwrap the lights, stack the wood for the braai, and cue the festive tunes, there's one thing many of us forget—our neighbours' peace and quiet. South African property law, especially nuisance law, steps in as a cheerful reminder that our property rights come with a side of responsibility. In legal terms, a "nuisance" is an unreasonable interference with a person's enjoyment of their property. Think loud noise, excessive pollution, or even wandering tree roots. For a nuisance to be actionable, however, the inconvenience must be "material"—something more than trivial, disturbing the comfort of ordinary living. South African courts apply a "reasonableness test" when determining if an interference truly qualifies as a nuisance. They assess factors like your neighbourhood's character, the severity of the disturbance, your neighbour's tolerance and even the sensitivity of the complainant. A few factors weigh in, including locality (lively neighbourhood vs. quiet suburb), proportionality, and practicality of reducing the nuisance. Think of it as a balance: Your right to a peaceful property versus a neighbour's right to ordinary use. For instance, city dwellers should tolerate a certain amount of noise, while homeowners next to a golf course might expect the odd golf ball landing nearby.

**So, how can you keep your holiday celebrations legal and neighbour-friendly?**

1. Keep the volume holiday-friendly: We all love *All I Want for Christmas*—but maybe not on repeat at full volume. Nuisance law hinges on what's reasonable, so maybe keep the carolling indoors and let your speakers stay at "neighbour-friendly" levels.
2. Mind your smoke: Braai season is our favourite season, but excessive smoke is one of the quickest ways to step into nuisance territory. Be mindful of when and where your braai is set up, maybe skip the extra charcoal if the wind's blowing toward your neighbour's window.
3. Let there be light (within reason): Festive lights bring holiday cheer, but overly bright or flashing displays might feel less *Home Alone* and more *Nightmare before Christmas* to neighbours. Choose decor that sparkles without sending SOS signals across the street. If all else fails, the law offers remedies. An interdict can halt the nuisance, but it is only granted if no other solution exists. Alternatively, if your property has suffered damage, you might claim compensation. Ultimately, nuisance cases often hinge on balancing rights, reasonableness, and tolerance. So, if your neighbour's holiday lights rival the sun, consider talking things out before heading to court. After all, litigation is a costly last resort. The bottom line? A little cheer with a sprinkle of neighbourly courtesy goes a long way!

**We wish you a merry Christmas and a happy New Year.**

Article by: **NAOMI THAMAE** Candidate Legal Practitioner

If you need any further information or assistance, please contact J Leslie Smith Attorneys, Anusha Ganas on 033 845 9700 or email on [anushag@jleslie.co.za](mailto:anushag@jleslie.co.za) or Secretary: [prisha@jleslie.co.za](mailto:prisha@jleslie.co.za)

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## WHY WON'T THIS THING WORK?

By LINDA BARLOW

Technology used to be simple. Turning a dial, switch, or button worked like magic. Now that smartphones, smartwatches, smart TVs, and everything else is too smart for its own good, many older people find themselves in a new, confusing world.

### The Smartphone Threat

You remember rotary dial phones that weighed as much as a small dog? These slim, shiny smartphones remain mysterious. Your fingers are too big and the screen too small. One wrong tap sends a lawn photo to half your contacts. You thought you were opening your email!

Autocorrect is another misunderstood "help" feature. Instead of inviting your daughter to dinner, you invite her to a "daisy from fin", leaving her wondering if you've become a quirky chef or gone insane.

### The Password Mystery

Passwords were once birthdays or pets' names. Those days have passed. Now, every password must have 12 characters, including numbers, symbols, hieroglyphics, and unicorn blood. If you forget, heaven help you. Resetting a password requires answering 15-year-old security questions like "What was the name of your favourite teacher?" Which one? Does spelling matter?

### Computer Updates

You sit with a cup of tea, ready to check emails and play Solitaire. The computer suddenly decides to update. This decision was made without your input. Your peaceful afternoon is now interrupted by a screen that reads, "Installing updates: 1% complete." The next time you look, it's at 2%. You could grow a garden faster!

After it's finished, the layout has changed, your icons have disappeared, and the printer, which worked fine an hour earlier, won't communicate with the computer.

### The Constant "New and Improved"

Just when you master one device, a new one comes out with an even more "user-friendly" experience. The home button has disappeared, too many apps were installed, and the email icon now leads to a cloud. Where and why is everything stored in this cloud?

### Accepting the Learning Curve

Despite these humorous hiccups, older people are navigating this brave new world with style and determination. By mastering the selfie (though it may be of their forehead) or video chatting with grandkids (after a few attempts to figure out why they can't hear), they're showing that it's never too late to adopt new technology.



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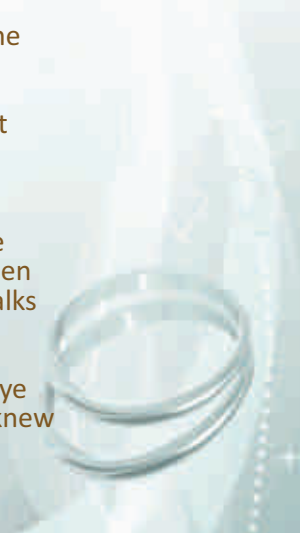
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### Photographs and Memories Song by Jim Croce (Extract)

Photographs and memories  
Christmas cards you sent to me  
All that I have are these  
To remember you  
Memories that come at night  
Take me to another time  
Back to a happier day  
When I called you mine  
But we sure had a good time  
When we started way back when  
Morning walks and bedroom talks  
Oh how I loved you then  
Summer skies and lullabies  
Nights we couldn't say good-bye  
And of all of the things that we knew  
Not a dream survived  
Photographs and memories  
That's all I've left of you



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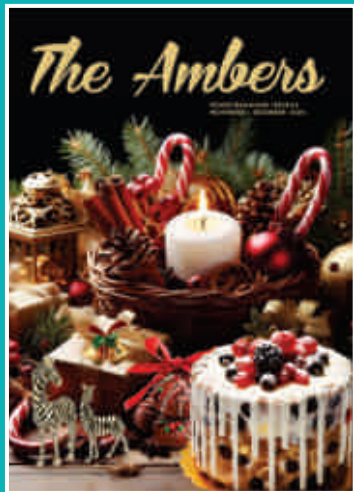
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# HOWICK HILTON HILLCREST - We've got you covered!

It's a strange phenomena that the more we become global residents due to the internet, the more we long for communities! Interestingly it's Gen Z the generation who have never known anything except a world bulging with technology leading the pack towards nostalgia; sales of printed books, videos and LP records are enjoying a surge, for example Taylor Swift sold over three and a half MILLION vinyl records! It is easy to understand why people enjoy something tangible instead of just on screen.

The internet has changed radically from inception when there were hardly any ads – now we are bombarded! Kal Media made the decision early on (unlike many of our competitors) not to switch entirely to on-line versions of our magazines, as we understand people like to take time to relax away from technology. Additionally, it allows advertisers of local businesses to advertise in their unique community, to their target audience. **We're still here for you....**



## THE AMBERS

The Ambers Magazine established in 2012, quickly became a firm favourite with the residents of this popular gated community. Each issue is packed with their contributions and features about 'The Ambers Life'; from news about clubs events and socials to life stories of local hero's and celebrities. Additionally, the yearly photographic competition has grown and the standard of entries in volume and quality is simply outstanding. In 2018 due to demand by the advertisers and readers alike the publication grew in pages and became bi-monthly – a sure sign of success.

Each issue features a Health & Medical section, as well as the Ambers Marketplace highlighting local businesses. The publication is delivered to residents of the Ambers Estates as well as popular retail outlets in Howick. It is an ideal advertising vehicle for businesses wishing to attract the senior residents of The Ambers.



## HILTON LIFE

Hilton Life was launched in 2014, originally as a quarterly publication. It was extended to a bi-monthly publication in 2019 at the request of the advertisers. There is a uniqueness about the region and the magazine has captured this special trait. The publication is delivered to residents of the Garlington Estate in Hilton as well as popular retail outlets in Hilton, Howick and Nottingham Road. It is an ideal advertising vehicle for business wishing to attract the Hilton and Midlands residents.



## HIGHWAY UNLIMITED

Highway Unlimited was launched in 2021, after Covid, to give our advertisers who advertised previously in Estate magazines a bigger footprint of exposure for their money. This bi-monthly publication gives focus to business owners wishing to attract Highway residents and other business outlets. Delivered via shopping centres, supermarkets and coffee bars, we've have no doubt this 'baby' will flourish and grow rapidly.

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# Home Chef

AT CHRISTMAS



## Spiced Apple and Fruit Mince Crumble Slice

Try this delicious spiced apple & fruit mince crumble slice, perfect for morning or afternoon tea – especially during the Festive Season. Serves 10 generous servings

### Ingredients

- 100g butter, softened
- 1/3 cup caster sugar
- 1 egg yolk
- 1 1/4 cup plain flour
- 1/2 tsp baking powder
- 1/2 cup semolina
- 1 tbsp milk
- 60g slivered almonds
- 375g packet mixed fruit
- 1/2 cup plum
- 1 large apple, peeled, coarsely grated
- 1/2 cup (firmly packed) brown sugar
- 1/4 cup orange juice
- 2 tbsp brandy, rum or orange juice
- 2 tsp mixed spice
- 1 tsp vanilla extract
- 1 tsp cinnamon

### Method

To make filling, simmer ingredients in medium saucepan over med-low heat for 4-5 minutes, stirring, until syrupy. Transfer to tray to cool. Preheat oven to 180C (160C fan-forced). Grease and line 28cm x 18cm slice tin with baking paper. To make pastry, beat butter and sugar with electric mixer until creamy. Beat in egg yolk. Fold in flour, baking powder, semolina and milk and bring mixture together with hands. Press three-quarters of pastry evenly into tin. Spread over fruit mixture. Add almonds to remaining crumble mixture and lightly press over filling. Bake for 25-30 minutes, until pale golden. Cool in pan. Trim edges and cut into 4 lines, then each line into 4-5 squares. Refrigerate in warm weather.

### Notes

Recipe works just as well for traditional round pies, either way delicious served as desert with custard or ice cream.



## Origins of Mince Pies

Mince pies are a favourite during the Festive Season, though it's unlikely its original form would appeal today!

During the Tudor period they were rectangular, shaped like a manger and often had a pastry baby Jesus on the lid. They were made from 13 ingredients to represent Jesus and his disciples and were all symbolic to the Christmas story.

As well as dried fruit such as raisins, prunes and figs, they included lamb or mutton to represent the shepherds and spices (cinnamon, cloves and nutmeg) for the Wise Men. It was only later, post Reformation, that the mince pie adopted a round shape.



## “Thunderstorm Season” is upon us!

Even before the first clap of thunder, pets can begin to pace, pant, cling to their owners, hide in the cupboard, or panic. In severe cases, they'll claw through doors, chew carpets, or break through windows in their escalating fear.

The following 5 tips can help your dog cope with storm anxiety:

1. Give your pet a safe space. Provide a comfortable and safe indoor space to create the feeling of a haven. Make sure your pet doesn't feel trapped. Be sure to fill it with familiar items such as your pet's bed, favourite toys and water bowl.
2. If there are windows in the room, close the blinds or curtains or cover the windows so your pet can't see outside.
3. Distract your pet. If your pet is afraid of thunder, play calming music to drown out the thunder claps. You can also keep your dog distracted with treats and favourite toys and playing or cuddling with them.
4. There are a wide variety of products that may help your pet with storm anxiety/ phobia from storm jackets/wraps, calming liquids, calming bandanas and collars to over the counter medications. The trick is to either keep your pet at a calming therapeutic level during the storm season or dose the medication before the storms. In severe cases, with pets that are extremely fearful of thunderstorms, we can prescribe anti-anxiety medication that will calm them in known times of stress.

5. Most importantly, practice positive reinforcement with your pet. Do not scold or punish them for displays of storm anxiety, but remember that their behaviour is not about disobedience, but about high levels of fear. Do anything you can to help your pet feel better—teaching them new, pleasant associations is the best way to help anxious behaviour.

Lastly, ensure that your pet wears identification and is microchipped. In the unfortunate event that your pet should run away, it may run blindly away without knowing where it is going. When it eventually calms down it will probably not know where it is or how to return. A microchip gives you the greatest chance that you and your pet will be reunited!

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KAL- MEDIA

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