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ISSUE 57

Life





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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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Dear Readers

September arrives with a gentle sense of renewal. After the quiet of winter, spring brings longer days, warmer sunshine and the promise of new life. Gardens begin to bloom, birdsong fills the mornings, and there is a feeling in the air that something fresh and exciting is just around the corner.

For families, spring is a wonderful reminder that every season brings an opportunity to begin again. Perhaps it's starting a new school term, settling into a new routine, trying something different together, or simply making more time for the people who matter most. Even the smallest changes can create a sense of possibility and excitement.

Spring also encourages us to step outside and enjoy the simple things. A family walk, a picnic in the sunshine, planting something in the garden or spending an afternoon outdoors can become treasured moments. As nature wakes up around us, we too can pause, refresh, and make space for new memories.

This September, let's embrace the spirit of new beginnings. We don't need to have everything figured out; we simply need to take the next step with hope and enthusiasm. May this spring season bring your family fresh energy, joyful moments and plenty of opportunities to grow together.

Till we meet again, warmest regards

Pat Franken

Kaleidoscope Media
082 552 3027



**I've learned....
that every day is a new day.**



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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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We consistently steer our clients away from risky investments and toward great companies. In the process we have protected 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.

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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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Moving home is much easier when you use simple, organized strategies before, during, and after the big day.

Before You Pack

- **Declutter early:** Sort items into keep, donate, and throw-away piles 4 to 6 weeks before your move to lower the volume of stuff you transport.
- **Use household linens as padding:** Wrap plates, glasses, and decor in socks, towels, and bedsheets instead of wasting money on extra bubble wrap.
- **Bag hanging clothes:** Pull a large clean bag up over your hanging clothes right in the closet and tie the tops around the hangers for instant transport.
- **Photograph electronics:** Snap a quick picture of the back of your TV and sound system before unplugging cords so you remember where everything plugs in.

Packing Smart

- **Pack plates vertically:** Stack plates on their sides - like vinyl records - inside boxes lined with paper to dramatically reduce chipping and breakage.
- **Label the top and sides:** Write the destination room and a brief summary of contents on both the top and the side of every box.
- **Keep heavy items in small boxes:** Put books and canned goods into small boxes so they stay easy to lift.



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Keeping Your Pet Cool and Hydrated
Hot days can be dangerous for your furry friends. A little care goes a long way in preventing heatstroke and keeping them safe, happy and healthy this summer.

Stay Hydrated

- Provide ample fresh, clean water at all times.
- Refresh their water bowl throughout the day, especially after exercise or playtime.
- Add ice cubes to their water to keep it cooler for longer.

Choose Cooler Times

- Limit walks and playtime to cooler hours of the day.
- Early mornings and evenings are the best times for outdoor activities.

Never Leave Them in a Car

- Never leave your pet unattended in a parked car, even for a short period.
- The temp in a vehicle can rise rapidly, putting your pet at risk of heatstroke.

Create Cool Spaces

- Provide a shaded area indoors for your pet to relax.
- Consider using a cooling mat or fan to help keep them cool and comfortable.

Safe Summer Activities

- Choose dog-friendly activities. Swimming, hiking on shaded trails.
- Avoid hot asphalt. The pavement can burn dogs paws.
- Bring fresh water and a portable bowl, take breaks to allow your dog to drink.

Additional Summer Pet Safety Tips

- **Protect from the sun**
Apply sunscreen to pets with light fur or hairless skin. Talk to your vet about a pet-safe sunscreen for areas like the ears, nose and around their lips to prevent sunburn.
- **Watch for summer pests**
Fleas, ticks and mosquitos become more prevalent in summer. Talk to your vet about pet parasite prevention.
- **Keep ID tags up-to-date**
If your pet gets lost during an outing, an ID tag is the best way to ensure they are returned to you.

Healthy pets, happy Summers!



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Why Worry

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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Hole in the Wall Eastern Cape

Along the rugged and beautiful Wild Coast of the Eastern Cape lies one of South Africa’s most remarkable natural landmarks - the Hole in the Wall. Near the village of Coffee Bay, this striking rock formation rises from the Indian Ocean, with a large opening carved through its centre by the relentless power of wind and waves over thousands of years. It is a spectacular sight that attracts visitors from around the world and has become one of the country’s most photographed coastal attractions.

The Hole in the Wall is not only famous for its dramatic scenery but also for the legends that surround it. According to local Xhosa folklore, the opening was created when the people called upon their ancestors for help, and a mighty sea creature burst through the cliff to reach them. Whether visitors are fascinated by the geological history or enchanted by the traditional stories, the landmark offers a wonderful opportunity to appreciate both

nature and the rich cultural heritage of the region.

Families visiting the area can enjoy scenic walks along the coastline, explore the sandy beaches, or simply relax while taking in the breathtaking ocean views. Depending on the tide, it is sometimes possible to walk closer to the rock formation, although care should always be taken near the waves and slippery rocks. The surrounding cliffs, rolling green hills, and crashing surf create a picture-perfect setting for photographs and peaceful moments in nature.

A visit to the Hole in the Wall is about more than just seeing a famous landmark - it’s about experiencing the untamed beauty of the Wild Coast. Friendly local communities, dramatic landscapes, and the soothing sound of the ocean combine to create a memorable family outing. Whether you’re seeking adventure, relaxation, or a deeper connection with South Africa’s natural and cultural treasures, the Hole in the Wall is a destination that leaves a lasting impression.

Interesting Facts

Geological Facts Ancient Origins: The rock layers making up the cliff consist of 260-million-year-old mudstone, shale, and sandstone of the Ecca Group, which are capped by hard volcanic dolerite.

Separated from Land: Geologists explain that continuous wave action eroded the softer sandstone and shale beneath the tough dolerite cap over millions of years, eventually splitting the giant rock formation from the mainland.

Cultural Significance & NamesThe Place of Thunder: The local Xhosa and Bomvana people call the site esiKhaleni, meaning the “place of thunder” or “place

of sound,” because crashing ocean waves create roaring echoes and cracking noises inside the cavity during storms.

Gateway to Ancestors: Local tradition holds that the striking rock arch serves as a spiritual gateway to the world of the ancestors.

The Legend of the Sea People: Local folklore tells of a Xhosa maiden who fell in love with one of the legendary semi-human “sea people”. When her father forbade the romance, her lover enlisted a giant fish to ram a hole through the stone wall so the sea people could reach her and carry her away.

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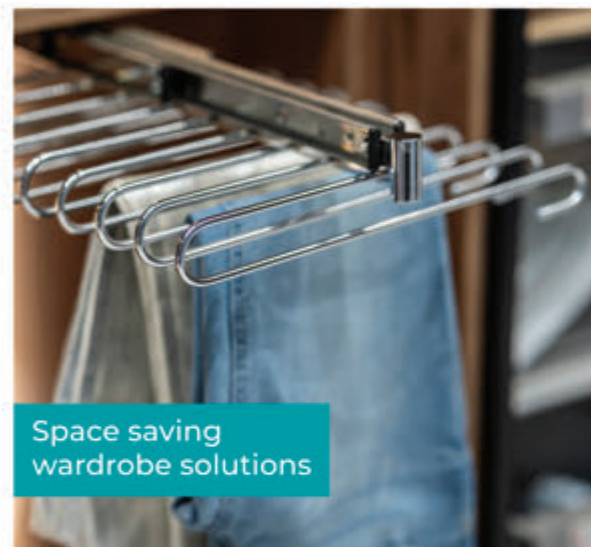


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Amazing Facts About Your Teeth

- 1** No two people have the exact same set of teeth; they are as unique as your fingerprints.
- 2** Teeth are the only part of the human body that cannot repair or regenerate themselves once damaged because enamel lacks living cells.
- 3** You can only see about one-third of your tooth. The other two-thirds are hidden safely beneath your gums.



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10 Simple Tips for Practicing Self-Care Every Day

- 1** Prioritize sleep
- 2** Move your body
- 3** Stay hydrated
- 4** Eat nourishing meals
- 5** Spend time outside
- 6** Take a digital detox
- 7** Practice mindfulness
- 8** Connect with others
- 9** Set clear boundaries
- 10** Do something creative

WHEN WE IGNORE OUR Physical Needs!

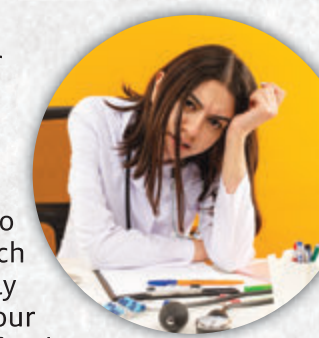
Life gets busy, and it's surprisingly easy to put our most basic needs at the bottom of the list. We push through when we're exhausted, skip lunch because there's too much to do, or sacrifice sleep to catch up on work, chores or family responsibilities. But when our bodies are asking for rest, food or a moment to recharge, ignoring those signals can leave us feeling irritable, overwhelmed and running on empty.

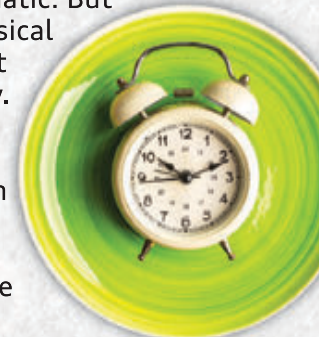
Sleep deprivation and exhaustion can affect us much more than our energy levels. When we're tired, it can be harder to concentrate, manage stress and respond patiently to the people around us. Hunger can have a similar effect, leaving us feeling sluggish, distracted or short-tempered. Sometimes the simplest solution really is to pause, have something nourishing to eat and give ourselves permission to rest.

For parents especially, putting everyone else first can feel almost automatic. But looking after your own physical needs isn't selfish - it's part of looking after your family. Making time for regular meals, protecting your sleep and recognizing when you need a break are small acts of self-care that can help you show up with more energy and patience.

So, the next time you find yourself thinking, "I'll eat later" or "I'll sleep when everything is done," take a moment to listen to what your body is telling you. You don't have to earn the right to rest or refuel.

Your physical needs matter too — and taking care of yourself helps you take better care of the people you love.







Peanut Butter Banana Smoothie

- INGREDIENTS**
- ▶ 2 small bananas or 1 large
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 - ▶ 1 cup unsweetened almond milk
 - ▶ 2 Tbsp. peanut butter (preferably natural)
 - ▶ 2 tsp. honey
 - ▶ 1/8 tsp. pure vanilla extract
 - ▶ 1/8 tsp. ground cinnamon, plus more for topping
 - ▶ Sliced banana for topping
- DIRECTIONS**
- ▶ Combine all ingredients in a blender and blend until smooth.



2-Ingredient Cottage Cheese Chips

- INGREDIENTS**
- ▶ 1/2 cup full-fat, small-curd cottage cheese
 - ▶ Everything bagel seasoning and/or crushed red pepper flakes, for serving
- DIRECTIONS**
- Step 1** - Arrange a rack in centre of oven; preheat to 350°. Scoop heaping teaspoons of cottage cheese onto a parchment-lined baking sheet, spacing about 2" apart. Using the back of the spoon, spread into thin, even rounds. Sprinkle with desired seasoning.
- Step 2** - Bake chips, rotating sheet halfway through, until golden on top and darkened around the edges, 20 to 25 minutes. Watch closely after 20 minutes to make sure they don't burn.
- Step 3** - Let cool for 5 minutes, then peel off parchment.



MORE THAN A MOUNTAIN GETAWAY

Discover a complete Drakensberg experience at Cathedral Peak Hotel

Wake to crisp mountain air, sweeping views and a day shaped entirely by you. Set within the uKhahlamba-Drakensberg Park, a UNESCO World Heritage Site, Cathedral Peak Hotel is a 4-star resort where adventure, relaxation and warm family hospitality meet.

Owned and run by the van der Riet family since 1939, the resort has welcomed generations seeking memorable time in the mountains. Whether visiting for a family holiday, romantic retreat or active escape, guests are free to do as much—or as little—as they choose.

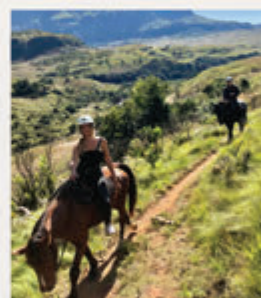
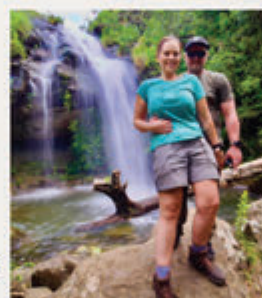
Follow one of 18 walks and hikes, join a guided daily walk, enjoy birdwatching, or explore the landscape on horseback, by mountain bike or quad bike. A 5km jogging trail and nine-hole golf course with alternate tees for an 18-hole game offer further ways to experience the outdoors. Tennis, squash, mini golf, a climbing tower, swimming pools, gym and wellness centre provide something for every pace. Younger guests enjoy a playroom, playground and entertainment programme on weekends and during school holidays.

Then come the exceptionally famous buffets—a much-loved part of the Cathedral Peak experience. Generous breakfasts, lunches and dinners bring guests together over fresh trout, stir-fries, decadent desserts and more. From active mornings to fireside evenings and unhurried terrace moments, Cathedral Peak Hotel is more than a place to stay. It is a complete Drakensberg experience, waiting to be discovered.



Welcome to the Ultimate Drakensberg Experience

Nestled in the heart of the Drakensberg, Cathedral Peak Hotel is a 4-star, family-owned resort offering the perfect spring escape, with comfortable accommodation, generous buffet meals and unforgettable outdoor adventures.



SPRING SPECIAL - 15% OFF ADULTS & TEENS AND 50% OFF KIDS

Discounted rates from R1995 per adult per night single or sharing, R1395 per teenager (13–16) per night and R490 (8–12) or R375 (4–7) per child per night when sharing with an adult, inclusive of all meals.

Valid 1st Sep to 31st Oct '26. Min. 2-night stay. Rates exclude levies. T's and C's apply.



Spring IS BRAAI SEASON

There's something unmistakably South African about the arrival of spring. The days get longer, the evenings get warmer, and before you know it, the braai is back in pride of place. September is the perfect time to dust off the braai grid, stock up on charcoal and invite family and friends over for a proper South African get-together. After all, few things say "welcome" quite like the smell of boerewors sizzling over hot coals!

A spring braai is about much more than what's on the grill. It's about gathering around the fire, chatting over a cold drink, and enjoying the easy-going atmosphere that comes when good food and good company come together. There'll be mielies on the cob, garlic bread, a generous bowl of potato or three-bean salad, and perhaps a lekker malva pudding or milk tart to finish things off. Everyone has their favourite braai traditions - and everyone has an opinion on how the meat should be cooked!

For the children, spring means more time outdoors, barefoot adventures on the grass and games that continue until the sun starts to set. For the grown-ups, it's an opportunity to reconnect, catch up on family news and enjoy those long, lazy conversations that somehow always happen around a braai. No one is in too much of a hurry, and nobody minds if supper takes a little longer than planned.

So, this September, embrace the season the South African way. Light the fire, put the drinks on ice, fill the table with everyone's favourite sides and call your people. Whether it's a big family gathering or a few friends popping in for the afternoon, spring is the perfect excuse to entertain, relax and make memories together.

Because in South Africa, there's always room around the braai.

BRAAI RACK OF LAMB

INGREDIENTS

- ▶ 1 rack of lamb (8–10 ribs)
- ▶ 2 tbsp olive oil
- ▶ 2–3 cloves garlic, finely chopped
- ▶ 1 tbsp fresh rosemary, chopped
- ▶ 1 tbsp fresh thyme
- ▶ 1 tsp smoked paprika
- ▶ 1 tsp coarse salt
- ▶ ½ tsp black pepper
- ▶ 1 tbsp lemon juice
- ▶ Optional: 1 tsp Dijon mustard

METHOD

Prepare the lamb - Pat the rack dry. Mix the olive oil, garlic, rosemary, thyme, paprika, salt, pepper and lemon juice. Rub generously over the lamb.

Marinate - Cover and refrigerate for 1–4 hours. Take it out about 30 minutes before braaiing.

Get the coals right - Make a hot braai fire, then let the coals settle to a medium-high heat. You want good heat without huge flames.

Sear - Place the rack fat-side down over the hot coals for about 3–4 minutes, then sear the other side for 2–3 minutes.

Cook gently - Move the rack to a cooler part of the grid, bone-side down, and close the lid if your braai has one. Cook for roughly 10–15 minutes, turning occasionally.

Check the temperature - For beautifully pink lamb, aim for:

- ▶ 50–52°C → rare
- ▶ 54–57°C → medium-rare
- ▶ 60–63°C → medium

The temperature will rise a few degrees while resting.

Rest - Remove from the braai and loosely cover with foil. Rest for 5–10 minutes, then slice between the bones.

My favourite finishing touch - Brush the lamb during the last few minutes with a mixture of 1 tbsp honey + 1 tbsp Dijon mustard + a squeeze of lemon. It gives you a gorgeous sticky, slightly caramelised crust. Serve with pap and chakalaka, braai mielies, or a fresh tomato-and-onion salad.



As the weather warms up, families naturally spend more time outdoors. Walks, picnics, gardening and trips to parks or nature reserves are wonderful ways to enjoy summer, but they can also increase our chances of coming into contact with ticks. These tiny parasites can attach themselves to people and pets, often hiding in grass, bushes and areas with vegetation. A little awareness can help keep the whole family safer while enjoying the outdoors.

One of the simplest ways to reduce the risk is to check yourself and your children after spending time outside. Look carefully at the skin, particularly around the hairline, behind the ears, around the waist and in other warm or hidden areas. Don't forget your pets, as dogs and cats can bring ticks into the home. Wearing closed shoes and long trousers when walking through long grass or bushy areas can also provide some protection.

If you find a tick attached to the skin, it is important to remove it promptly and carefully. Use fine-tipped tweezers to grasp the tick as close to the skin as possible and pull upwards with a steady motion. Try not to twist or crush the tick. After removal, clean

the bite area and your hands with soap and water. If you are unsure how to remove it, or if part of the tick remains embedded, seek medical advice rather than trying to dig it out.

Most tick bites do not result in serious illness, but some ticks can transmit infections. Keep an eye on the area and pay attention to how you feel in the days or weeks afterwards. Fever, a spreading rash, increasing redness or swelling, unusual tiredness, headaches or other new symptoms after a tick bite should be discussed with a healthcare professional. The risks and illnesses associated with ticks vary depending on where you live and the type of tick involved.

The arrival of summer shouldn't stop us from enjoying the outdoors. A few simple precautions, regular tick checks and prompt attention to bites can help make outdoor adventures safer for everyone. So, pack the sunscreen, fill the water bottles, check the kids - and don't forget the dog!

With a little preparation, there is no reason not to make the most of those long, sunny summer days.

KEY FACTS ABOUT TICKS AND BITES

Behaviour: Ticks do not jump or fall from trees; they wait in tall grass, low shrubs, or leaf litter and latch onto people or animals as they brush past.

Painless Bites: Most tick bites are painless and go unnoticed initially, often causing mild redness, a small bump, or itching.

Potential Diseases: Infected ticks can transmit bacteria, viruses, or parasites. Common illnesses include: **Tick-bite fever** (African tick-bite fever /

Rickettsial infections). **Lyme disease. Anaplasmosis and Ehrlichiosis. Alpha-gal syndrome** (an allergy to red meat triggered by certain tick bites). **Tick paralysis** (caused by neurotoxins in the tick's saliva).

Early Warning Signs: Symptoms often appear 1 day to 3 weeks after a bite and mimic the flu: fever, headache, fatigue, muscle aches, swollen lymph glands, or a dark scab (eschar) at the bite site.



Vegetable and Ham fritters – Lunch Box Idea

INGREDIENTS

- ▶ 1 small carrot, grated
- ▶ 1 small zucchini, grated
- ▶ 1/4 cup frozen corn kernels
- ▶ 1 tbsp chopped fresh flat-leaf parsley leaves
- ▶ 1/3 cup grated reduced-fat cheddar cheese
- ▶ 50g shaved ham, chopped
- ▶ 2 eggs, lightly beaten
- ▶ 1/2 cup plain flour
- ▶ 3 tsp vegetable oil

METHOD

- ▶ Combine carrot, zucchini, corn, parsley, cheese, ham, eggs and flour in a bowl.
- ▶ Heat 1 teaspoon oil in a frying pan over medium heat. Add 1/4 cup carrot mixture. Using a spatula, flatten slightly. Repeat to make 2 more fritters. Cook for 2 minutes each side or until golden and cooked through. Transfer to a plate lined with paper towel. Repeat with remaining oil and carrot mixture to make 8 fritters. Cool. Refrigerate in airtight containers or snap-lock bags. Serve.

Easy and versatile. If you add broccolini instead of zucchini and cooked bacon instead of ham, it turns out crunchy and flavoursome.



Peanut Butter Energy Balls – Lunch Box Idea

INGREDIENTS

- ▶ 1 cup quick-cooking oats
- ▶ 1 cup coconut flakes
- ▶ 1/2 cup natural, crunchy peanut butter
- ▶ 3 1/2 tablespoons honey (**note:** original recipe called for 1/3 cup)
- ▶ 1/4 cup ground flaxseed meal
- ▶ 1/4 cup toasted wheat germ
- ▶ 1 teaspoon vanilla
- ▶ 1/4 cup mini chocolate chips

INSTRUCTIONS

- ▶ In a medium bowl, combine all ingredients except chocolate chips. Stir to combine.
- ▶ Add chocolate chips to mixture and stir again, just until combined.
- ▶ Using your hands, press **FIRMLY** to form one-inch balls.

Place in air-tight container and refrigerate as needed.



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This is an excellent opportunity for an experienced sales professional looking for flexible part-time work with strong commission earning potential.

To apply, please send your CV together with traceable reference to **pat@kal-media.co.za**



Are Pictures an Essential Part of a Home?

A home is more than just walls, furniture and rooms, it is a place filled with memories, personalities and stories. Pictures can play an important role in creating that feeling. Whether they are family photographs, paintings, children's drawings or beautiful prints, pictures can add colour and character to a home and make it feel more personal and welcoming.

Family photographs are especially meaningful because they capture moments that we want to remember. A photograph from a family holiday, a birthday celebration or a special milestone can bring back happy memories whenever we look at it.

Displaying these photographs around the home also allows children to see their family history and reminds every one of the people and experiences that are important to them.

Pictures can also change the atmosphere of a room. A colourful painting can brighten a quiet space, while simple photographs can create a calm and elegant

look. Even children's artwork can become a wonderful decoration when it is proudly displayed on a fridge, wall or special noticeboard. You do not need expensive artwork to make a home beautiful - sometimes the most meaningful pictures are the ones that have a personal story behind them.

Of course, pictures are not essential in the sense that every home must have them. Some people prefer simple, uncluttered spaces, while others enjoy filling their walls with photographs and artwork. What matters most is that a home reflects the people who live in it. A few carefully chosen pictures can be just as effective as a gallery of framed artwork. Ultimately, pictures can help turn a house into a home. They give us opportunities to celebrate our memories, express our creativity and surround ourselves with things we love.

Whether displayed in frames, arranged on a gallery wall or proudly stuck to the refrigerator, pictures can bring warmth and personality to family life - and that is what makes a home truly special.

"The best things in life are the people we love, the places we've been and the memories we've made!"



Note:

IMAGINE A SCHOOL THAT UNDERSTANDS HOW BOYS THRIVE

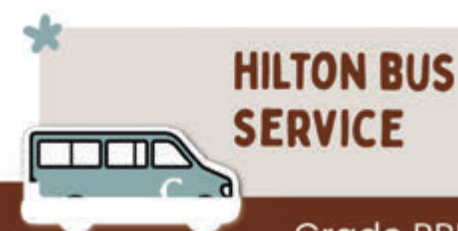


At Cordwalles, we understand how boys learn, play and grow.

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Small classes allow every boy to be known and supported, building confidence and independence from the start, while laying strong foundations for the next phase of his Cordwalles journey.

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ARE YOU FEELING UNCHALLENGED BORED AND STUCK IN A RUT?

We all have times when life starts to feel a little too predictable. The same routine, the same responsibilities and the same activities can leave us feeling bored, unmotivated or as though we are simply going through the motions. While routine can be comforting, sometimes our minds and hearts need something new to wake us up and remind us that there is still plenty to discover.

If you are feeling stuck in a rut, start with something small. You do not have to make a dramatic change or completely reinvent your life. Try taking a different route on your morning walk, learning a new recipe, reading a book outside your usual interests or taking up a hobby you have always wanted to try. Even a small change can make an ordinary day feel different and give you something to look forward to.

Family life can also provide wonderful opportunities for new experiences. Why not choose a new activity to enjoy together? You could have a family games night, explore a local park, try gardening, bake

something new or plan a weekend outing somewhere you have never visited. Children often have wonderfully creative ideas, so let everyone suggest an activity and take turns choosing what the family will do.

It is also worth asking yourself what you have been missing. Perhaps you need more creativity, social connection, exercise, quiet time or simply a chance to step away from your usual responsibilities. Sometimes feeling bored is a gentle reminder that we need to make space for ourselves. Talking to a friend, joining a club or community group, or setting aside time for personal interest can bring fresh energy into everyday life.

Most importantly, remember that being in a rut does not mean that something is wrong with you. Life naturally moves through periods of excitement and periods of routine. Instead of waiting for change to happen, look for one small opportunity to do something different.

A new experience, a new skill or even a new conversation could be the first step towards feeling curious, energized and excited about what comes next.



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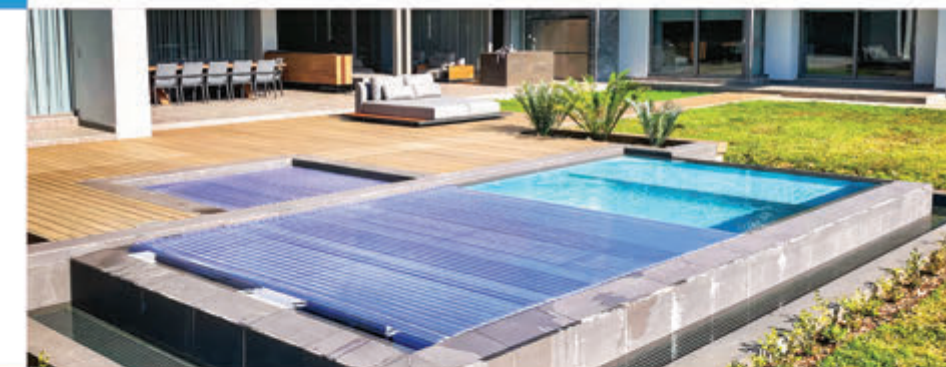
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Prof Marais specialises in orthopaedic oncology, bone and joint infections, hand surgery, and complex limb reconstruction.

He has held leadership positions with numerous key orthopaedic associations, including the European Bone & Joint Infection Society and the South African Orthopaedic Association.

Prof Marais brings with him world class surgical expertise for some of the most challenging orthopaedic conditions.



Prof Len Marais

Orthopaedic Surgeon

Hand & Bone Tumor Infection Specialist

Operating from Life Hilton Private Hospital

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- Osteomyelitis
- Periprosthetic joint infections following joint replacements
- Septic arthritis
- Soft tissue infections

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- Malignant bone tumours
- Soft tissue tumours of the limbs and limb girdles (excl skin cancers)
- Metastatic tumours, myeloma and lymphoma of bone
- Metabolic bone disease

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- Surgery of the hand
- Hand trauma
- Nerve compression syndromes, like carpal tunnel syndrome
- Trigger fingers, tendonitis, and other tendon pathologies
- Arthritis of the wrist and hand
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