

Afri-CAN

ISSUE No.03
DEC 2025

MAGAZINE

**FUTURE
CORE**

**SHINGISAI
SULUMA**

30th
ANNIVERSARY

THE SPECIAL
RECIPE

**XMAS
DAY
SPECIAL**



JAMAICA STAND
STRONG. YOU SHALL
RISE AGAIN



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BEYOND
THIS
FESTIVE
SEASON

COVER: MISS UNIVERSE - FATIMA BOSCH-FERNANDEZ

**REAL
ESTATE**

INVEST WISELY AS AN IMMIGRANT

AN ARTICLE BY GRACE VELA

WE ARE SO EXCITED ABOUT THE FESTIVE SEASON AND WE HAVE SOME SPECIAL CONTRIBUTIONS FOR XMAS



Merry

Christmas

And Happy New Year

In this special holiday season, may the love and
peace of Christmas fill your heart

Afri-CAN Magazine Team

Editor's



Christmas & New Year Message



A TIME FOR REFLECTION AND RENEWED HOPE

As the year draws to a close and the festive lights twinkle, ushering in a season of joy and togetherness, we find ourselves at a natural pause, a moment to reflect, give thanks, and look forward with anticipation.

This Christmas, more than just a date on the calendar, represents a timeless story of hope, new beginnings, and light emerging in the darkness. It is a powerful reminder that profound transformations often start from the humblest of beginnings. As you gather with loved ones, exchange gifts, and share in festive cheer, we hope you also find a quiet moment to connect with the peace and promise that this season symbolizes. It is a time to recharge our spirits, to cherish the bonds that unite us, and to extend kindness to all.

On behalf of our entire team, I extend our deepest gratitude. Your engagement, insights, and loyalty are the cornerstones of our community. It is a privilege to share this journey with you, and we do not take your trust for granted.

As we stand on the threshold of a New Year 2026, that sense of promise naturally expands into a broader horizon. The turning of the page from December to January is imbued with a collective sense of possibility. It is an invitation to step forward with courage and an open mind.

The coming year may hold its share of unknowns, but it also holds immense potential for growth, discovery, and positive change. Let us embrace it not with apprehension, but with a shared commitment to seeking truth, fostering understanding, and building a future defined by clarity and purpose. The journey ahead is one we will navigate together, supporting one another through every challenge and celebrating every triumph.

Thank you for being an essential part of our story this year.

Wishing you and your loved ones a Christmas filled with warmth, light, and profound peace, and a New Year abundant with health, happiness, and hope.

Editor



Inside

OUR DECEMBER EDITION

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WINTER WEAR

There is a profound comfort in the ritual of donning one's cosy winter wear, that first soft sigh of a chunky-knit cashmere scarf wrapped snugly against the chill, the satisfying weight of a well-worn coat settling upon your shoulders like a personal fortress.



MEET MISS UNIVERSE 2025

About Fatima Bosch Fernandez

Fatima Bosch Fernandez's academic journey started at Colegio Arjí in Villahermosa, Tabasco, before she went on to study Apparel and Fashion Design at Universidad Iberoamericana. She went on to train at the prestigious Nuova Accademia di Belle Arti (NABA) in Milan, Italy, and the Lyndon Institute in Vermont, USA, a public liberal arts college in Lyndon, Vermont.

On September 13, 2025, Miss Universe Mexico crowned its new queen, Fatima Bosch. The Tabasco-born beauty swept the competition, securing her spot as Mexico's official representative for Miss Universe 2025.



AT MISS UNIVERSE 2025

Bosch became the 74th Miss Universe at the pageant held in Bangkok, and the fourth Miss Mexico to win the coveted title.

The 25-year-old from the Gulf coast state of Tabasco was scolded by the competition's Thai director, Nawat Itsaragrisil, during a livestreamed sashing ceremony for the more than 100 contestants on Nov. 4. She allegedly did not follow his guidelines for taking part in local promotional activities. He

called security when she spoke up to defend herself, and she responded by walking out with a number of other contestants following in solidarity.

When Bosch was announced as the winner, cheers and screams erupted from the audience, with Mexican flags waved by elated supporters. Her home state of Tabasco, where thousands watched the competition from a local baseball stadium in southeast Mexico, partied into the night.



74th Miss Universe In Pictures



NAVIGATING The NEW Era

Written by Caroline Tembo

A profound global shift is underway, marked by an internal awakening and a collective yearning to restore a sense of lost identity. This journey traces a path back to humanity's origins, moving through what many perceive as a shadow of the future, the period preceding the **COVID-19** pandemic. That global crisis, and this can be argued, marked the end of that shadow era, clearing the way for what was to come.

For generations, a cycle has persisted where those without a vision and a focus in life have led the same and vice versa. The new era breaks this pattern, introducing a paradigm shift that only a discerning few may initially perceive. It is characterized by a renewed hunger to understand core questions of existence: the **WHAT, WHERE, HOW, and WHY** of our beginnings. This quest is fueling vigorous debates, controversies, and scholarly research, amplified in the digital age by advanced technologies like artificial intelligence.

Amid this search, a compelling perspective suggests the answers are not external but are hidden within the human spirit. This view finds resonance in the Bible (ESV), which states, "*For creation waits with eager longing for the revealing of the sons [children] of God.*" Proponents of this new era believe that time has come, the "children" have been revealed.

In this new era the children have been revealed, and the measurement or criteria has nothing to do with religion, nothing to do with a little tongue-talking experience, nothing to do with your tithe, and nothing to do with your works; the revelation lies in the **TRUTH**. The pivotal element is **TRUTH**. This immediately raises critical questions: What is truth? Who embodies it? How was it lost, and where did society miss the mark?

This search has turned historical archives and databases upside down in a frantic quest for answers, yet some philosophies suggest that the solution is closer than we think. The adage, "seek and you shall find; ask and it shall be given," is interpreted as an instruction directed not at the external self, but at the "inner man", the spirit within. It is described as an act of introspection.

In the new era, doors to understanding are described as being open, leading those who walk through them toward liberation through truth. Yet, a central paradox remains: if the truth sets one free, why do so many still feel bound? The proposed answer is that what is often mistaken for truth is merely a set of inherited beliefs. The path forward, therefore, requires a conscious effort to step away from old certainties and collectively tap into a new understanding.

While this journey is not an easy task, it is one that must be begun together. The first step is a willingness to question everything we think we know.



This article was written by one of our avid readers and followers, Caroline Tembo. Carol is passionate about writing and is working on publishing her first book. She writes in her own capacity, and her thoughts and opinions do not represent our views at The Afri-CAN Magazine.



ALBERTA AND OTTAWA REACH LANDMARK ENERGY AGREEMENT PAVING WAY FOR MASSIVE EXPORT EXPANSION

By Zvakwana Nomore Sweto

Edmonton. Alberta: In a historic move set to reshape Canada's energy landscape, the governments of Alberta and Canada have announced a sweeping agreement that will unleash the province's oil and gas sector, signaling a significant shift in federal-provincial energy policy.

The deal, hailed as a "massive win" by the Alberta government, centers on removing key regulatory hurdles and dramatically increasing pipeline capacity to international markets. The agreement effectively shelves two major federal initiatives: the proposed cap on oil and gas production and the draft clean electricity regulations aimed at achieving a Net-Zero power grid by 2035.

A central pillar of the agreement is a commitment to new pipeline infrastructure. The deal promises to advance a new pipeline with a capacity of over one million barrels per day to the West Coast, alongside the full utilization of the recently completed 400,000-barrel-per-day Trans Mountain Expansion (TMX).

Combined, this would add 1.4 million barrels per day in capacity, nearly tripling Alberta's ability to export oil to lucrative Asian markets. The plan also secures the necessary deep-water port access for oil tankers.

"This deal includes the potential for an additional 1.4 million barrels-per-day in pipeline capacity to the west

coast, almost tripling Alberta oil exports to Asian markets," the Alberta Premier, Danielle Smith stated.



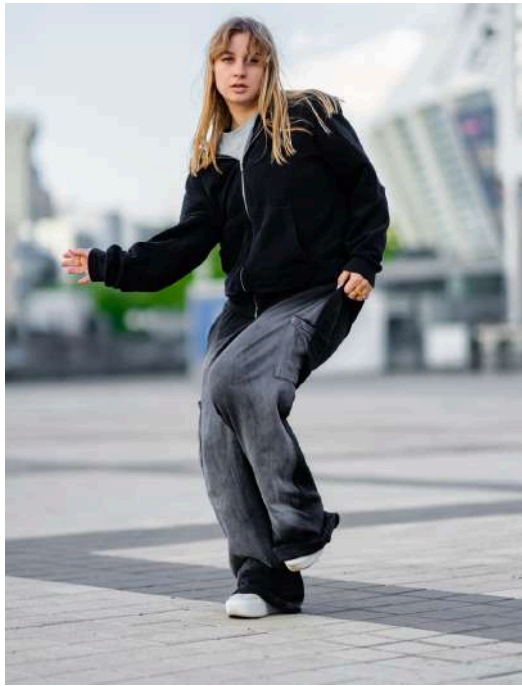
The agreement represents a major victory for Alberta's long-standing demands for autonomy over its energy sector. In return for the federal concessions, Alberta will focus on reducing emissions through its own Technology Innovation and Emissions Reduction (TIER) system and by advancing carbon capture, utilization, and storage (CCUS) technology.

"Ottawa has agreed to drop the oil and gas production cap and suspend the Net-Zero power regs, so Alberta can focus on reducing emissions through our TIER system and world-leading CCUS technology instead," the announcement read.

The province estimates the agreement will create tens of thousands of jobs and attract billions in new investment, bolstering the national economy.

...continued on Page. 12

MUST-HAVE WINTER GEAR FOR TEENAGERS



Effective home workouts designed for women

Staff Reporter

Fitness for women is a foundational pillar of empowerment, providing not just physical strength to navigate daily life, but also the mental and emotional resilience to thrive in all its facets.

Fitness is a profound act of self-care that enables a woman to be the healthiest, strongest, and most vibrant version of herself. Here are simple, effective home workouts designed for women, requiring no equipment. They focus on building strength, boosting mood, and improving fitness, all from the comfort of your living room. The key to success is consistency. Start with what you can do, and gradually increase as you get stronger.

■ Every good workout has three parts:

- **Warm-Up (5 minutes):** Prepares your body to exercise and prevents injury.
- **The Main Workout (15-30 minutes):** The core of your session.
- **Cool-Down & Stretch (5 minutes):** Helps recovery and improves flexibility.

■ The Warm-Up (Do before every workout)

- **Marching in Place (60 seconds):** Get your blood flowing.
- **Arm Circles (30 seconds forward, 30 seconds backward):** Loosen up your shoulders.
- **Leg Swings (30 seconds per leg):** Swing one leg forward and back.
- **Torso Twists (60 seconds):** Stand with feet shoulder-width apart and gently twist your upper body from side to side.
- **Jumping Jacks (60 seconds):** A classic for raising your heart rate.

▶ *Fitness builds strong bones to prevent osteoporosis, boosts heart health, regulates hormones, and improves energy levels for everything from career demands to caring for a family.*



Exercise is a powerful tool for managing stress, reducing anxiety, combating depression, and boosting self-esteem and body confidence.

Workout 1: Full-Body Strength Circuit

- **Squats:** The queen of lower-body exercises. Stand with feet shoulder-width apart, lower your hips back and down as if sitting in a chair. Keep your chest up and knees behind your toes.
- **Push-Ups:** Great for arms, chest, and core. Start on your knees or against a wall to make it easier. Keep your body in a straight line.
- **Glute Bridges:** Targets your glutes and hamstrings. Lie on your back with knees bent, feet flat on the floor. Lift your hips towards the ceiling, squeezing your glutes at the top.
- **Plank:** The ultimate core stabilizer. Hold a push-up position on your forearms, keeping your body in a straight line from head to heels. Don't let your hips sag!
- **Reverse Lunges:** Easier on the knees than forward lunges. Step one foot back and lower your hips until both knees are bent at a 90-degree angle. Return to start and alternate legs.



Workout 2: Low-Impact Cardio & Tone

- **Step-Ups:** Use the bottom step of your stairs or a sturdy stool. Step up with your right foot, then left, then down with right, then left. Alternate the leading leg.
- **Modified Mountain Climbers:** Start in a plank position on your hands. Slowly bring one knee towards your chest, then return it and alternate with the other leg. Focus on control, not speed.
- **Chair Dips:** Sit on the edge of a sturdy chair, hands gripping the edge next to your hips. Slide your bottom off the chair, and lower yourself down by bending your elbows, then push back up.
- **Side Leg Raises:** Lie on your side with legs stacked. Slowly lift the top leg toward the ceiling, then lower it back down. Complete all reps on one side before switching.
- **Marching in Place with High Knees:** March, bringing your knees up high towards your chest to get your heart pumping.



Workout 3: Quick Core & Flexibility Focus

- **Bird-Dog:** Start on all fours. Extend your right arm forward and your left leg back simultaneously, keeping your core tight and back flat. Hold, then switch sides.
- **Dead Bug:** Lie on your back with arms extended towards the ceiling and knees bent at a 90-degree angle. Slowly lower your right arm and left leg towards the floor without arching your back. Return to start and alternate.
- **Knee-to-Elbow Plank:** From a high plank position, bring your right knee to your left elbow, engaging your obliques. Return to plank and alternate sides.
- **Cat-Cow Stretch:** On all fours, alternate between arching your back upwards (Cat) and dipping it down (Cow). This is a movement, not a hold.
- **Figure-Four Stretch:** Sit or lie down. Cross one ankle over the opposite knee and gently press on the bent knee. This stretches your glutes and hips.



Crucial Tips for Success

- **Listen to Your Body:** If something hurts, stop. Modify the exercise or take a break.
- **Focus on Form, Not Speed:** Good form prevents injury and makes the exercise more effective.
- **Breathe:** Never hold your breath! Exhale during the hardest part of the movement (e.g., as you push up from a squat) and inhale on the easier part.



DANIELLE SMITH

Alberta Premier

...continued from Page. 08

However, Alberta officials struck a cautiously optimistic tone, vowing to "still hold the federal government accountable for keeping their end of the bargain."

While the agreement marks a decisive end to years of friction over energy and climate policy, the statement concluded by noting the work ahead: "There's a lot of work left to do so let's roll up our sleeves and get the job done, Alberta!"

The full details of the announcement are available on the Alberta government's official website.



DID U KNOW ?

ALBERTA INTRODUCED NEW CAR PLATES

For the first time in more than 40 years, Alberta has refreshed its license plate with a Strong and Free motto, and After 240,000 votes over three rounds of balloting, the winner for the new Alberta licence plate design is the one featuring Moraine Lake.

Quick facts

- Alberta's current licence plate was designed in 1984.
- In 2021, Alberta began a transition from painted to reflective plates with the same design.
- The new designs each incorporate reflective technology to improve readability for law enforcement and automated systems in low-light conditions, and also meet international standards for visibility, legibility and counterfeit resistance.



The winning plate features a stunning depiction of Moraine Lake in Banff National Park, one of Alberta's most iconic and beloved landscapes.



Investing



IN REAL
ESTATE

If you already own personal property, it's important to discuss with your partner whether they are willing to leverage the equity in your existing property before discussing this opportunity with a broker.



The Capital Gains Play: Flipping for Profit

Strategic Guide to Building Wealth Through Canadian Real Estate

Real estate remains a cornerstone of wealth building for Canadians and immigrants in Canada, offering dual pathways to profit: through

steady rental income or strategic property appreciation. However, as with any significant investment, success hinges on a clear-eyed understanding of the risks, responsibilities, and financial nuances involved.

For aspiring investors, the first decision lies in choosing an investment strategy. The two primary models are buy-and-hold for cash flow and property flipping for capital gains.

The Buy-and-Hold Strategy: Building Equity and Cash Flow

This long-term approach involves acquiring a property, whether residential or commercial, and generating income through tenants. The allure is a consistent revenue stream, but it comes with the reality of being a landlord.

"Real estate, regardless of the age of the building, will require that you be prepared for additional expenses," the document notes, highlighting exposure to everything from emergency repairs to fluctuating utility rates and municipal policy changes. A critical consideration is the steady rise in property taxes, with cities like Toronto implementing a 9.5% increase in 2024.

Profitability requires meticulous financial planning. Investors must set a rental price that covers all expenses, including mortgages, taxes, insurance, and a robust fund for capital repairs, while also accounting for vacancy periods. Furthermore, many are surprised by Canadian tax rules; while many expenses can be written off, the principal portion of a mortgage payment is not deductible. This makes consulting a tax expert essential to properly structure the investment.

The faster-paced strategy of "flipping" involves buying a property, improving it through renovations, and selling it for a short-term profit. The success of this model is highly dependent on market knowledge and accurate financial forecasting.

"Your entry price will determine your ability to earn a profit on exit," the guide explains. A critical miscalculation many make is over-improving a property for its neighborhood. "You might not have a market for that higher category in the local area," turning a potential profit into a stagnant listing.

Financing these projects also carries unique risks. Whether using cash or a short-term loan, investors must consider the opportunity cost of their capital. If the property doesn't sell quickly, the financial pressure can mount, turning a projected gain into a significant loss. Importantly, revenue from frequent flipping is typically treated as business income, not capital gains, which has different tax implications.

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Rockin' em With Confidence





While other countries like Zimbabwe are busy increasing passport fees to fund their corrupt activities, Ghana took a different approach altogether and slashed the passport fees.

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The Foundation of Any Deal: Smart Financing

Both strategies often rely on leverage. While purchasing a primary residence can be done with a 5% down payment, investment properties typically require more and are scrutinized against the investor's entire financial portfolio.

"For both types of real estate holdings... your personal income standing as well as your personal investment portfolio" are paramount, as investors may need to cover shortfalls from personal funds. For those already homeowners, leveraging existing equity is a common tactic, but it requires spousal buy-in. In most Canadian provinces, a spouse must seek independent legal advice before a jointly-owned home can be used as collateral for an investment loan.



Calculated Opportunity

Ultimately, real estate in Canada presents a powerful vehicle for wealth creation, thanks to the ability to use leverage and benefit from market appreciation. However, it is not a passive endeavor. It demands active management, a deep understanding of local markets, and careful financial and tax planning.

As the guide concludes, while the market "can move in any direction, not always up," a well-researched and strategically sound approach to real estate "is something I greatly recommend" for those prepared to do their homework.



BUSINESS EXPANSION OPPORTUNITY

Mumbai, India 2026

Exclusive Business Immersion Trip

For entrepreneurs eyeing international expansion, a new destination is on the horizon. "You Deserve Grace" is launching a targeted Business Immersion Trip to Mumbai, India, scheduled for January 24-29, 2026, designed to bridge markets and forge lasting commercial alliances.

The six-day experience is more than a tour; it's a strategic gateway, designed to provide not only an authentic travel experience but also a customized itinerary for families, businesses, and individuals.

The program promises to cut through the complexities of entering a new market. With a population of over 35 million, Mumbai is not just a city but the economic powerhouse of South Asia, and this trip is crafted to provide direct access to its vibrant business heart.

"Traveling to a new market can be overwhelming, especially when doing it alone," says a representative for You Deserve Grace. "Our mission is to transform that uncertainty into opportunity by providing the connections, logistics, and on-the-ground support that turn exploratory visits into tangible business outcomes."



The itinerary is built for impact. Participants will benefit from high-level networking sessions and facility visits at leading companies in key sectors such as medical technology and agricultural processing. These engagements are facilitated through established partnerships with the Canada-India Chamber of Commerce and the Zimbabwean Embassy in India.

A unique feature of the trip is the direct insight from those who have already paved the way. The schedule includes

You Deserve Grace

Experience MUMBAI, INDIA

All inclusive:

- Flight from Johannesburg to Mumbai
- 4 start accommodation and meals
- Business networking sessions
- Facility visits to top medical technology and agriculture processing companies
- Cultural excursions and guided tours
- Visa support and pre-departure briefing

\$1,500 USD

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meetings with successful Zimbabwean business owners currently operating in India, offering authentic, peer-to-peer advice on navigating the local commercial landscape.

To ensure a productive and seamless experience, the company has pre-arranged all accommodation and transportation within the bustling metropolis, allowing delegates to focus on building relationships rather than logistics.

The all-inclusive package, priced at \$1,500 USD per person from Harare, covers round-trip airfare, accommodation, business sessions, cultural excursions, and visa support. For international participants joining from other locations, a land-only package is available for \$800 USD, which includes six nights' accommodation, local transportation, and full access to the curated business itinerary.

This initiative is tailored for forward-thinking founders and executives ready to explore new purchasing opportunities, scout for partners, and expand their global footprint.

For registration and further details, contact:

Email: gracechenesai@gmail.com

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About You Deserve Grace:

You Deserve Grace specializes in Experience Destination Tours that combine authentic cultural travel with customized, objective-driven itineraries for businesses, families, and individuals, focusing on creating meaningful and lasting connections.

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DECEMBER 7
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LIVE NATION

...AND IN OTHER NEWS

STRATEGIC DEAL OR CONTROVERSIAL MOVE?



Eswatini Accepts U.S. Deportees in \$5.1 Million Agreement

In a move highlighting the complex interplay between international diplomacy and domestic security, the Kingdom of Eswatini has agreed to accept up to 160 criminals deported from the United States.

For Eswatini, the primary motivation appears to be strategic investment. The Home Affairs Minister stated that the \$5.1 million payment will be directly used to bolster the country's border and migration systems. This suggests the government views the agreement as an opportunity to secure significant funding to enhance its national security infrastructure, a pressing need for many nations, in exchange for managing a temporary logistical challenge.

While the arrangement provides Eswatini with crucial capital, it raises questions about the international transfer of criminal offenders and the burdens placed on intermediary nations. The government maintains that the funds will ultimately strengthen its capacity to manage such complexities, framing the controversial acceptance not as a simple concession but as a calculated step toward a more secure border.

Editor's Desk

EDITORIAL

All articles and contributions sent to us are subject to review.

CONTRIBUTIONS

For article and story contributions, kindly submit by the 15th of every month through our editor's desk.

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We welcome and encourage readers to submit letters to the editor for potential publication.

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05

signs of depression

Depression is among the most treatable of mental disorders. Between 70% and 90% of people with depression eventually respond well to treatment. Depression can affect anyone, even those who seemingly have it all.

Depression is far more than personal sadness; it is a severe public health crisis that erodes the foundation of human potential. Clinically defined as a major depressive disorder, it drains vitality, distorts thinking, and impairs the ability to function. Its true danger lies not just in individual suffering but in its collective impact.

This stealthy ailment weakens societies by stifling productivity, fracturing families, and contributing to chronic physical health issues. It is a leading cause of disability worldwide, creating an immense economic burden and straining healthcare systems. More tragically, it is a primary driver of suicide, claiming countless lives and leaving profound grief in its wake.

Perhaps its greatest peril is the silent erosion of human connection and innovation. When burdened by depression, individuals withdraw, and their unique contributions to art, science, and community are lost. It fosters a cycle of isolation and despair that hinders collective progress.

Addressing depression is not merely a medical issue but a humanitarian imperative. By dismantling stigma, promoting mental wellness, and ensuring access to care, we safeguard not just individual lives, but the very fabric of our shared humanity.

Symptoms of depression symptoms can vary from mild to severe and can appear differently in each person. These symptoms can include:

Fatigue and low energy:

Feelings of being slowed down and having a lack of energy that makes even small tasks feel difficult are common.

Loss of interest or pleasure:

You may lose interest in hobbies, activities, work, or spending time with friends and family.

Persistent sad, anxious, or "empty" mood:

-includes feeling hopeless or pessimistic and experiencing irritability, frustration, or anger.

Changes in sleep or appetite:

This can manifest as sleeping too much, waking up too early, or having trouble sleeping. It can also involve a significant change in appetite, leading to weight loss or gain.

Feelings of worthlessness or guilt:

You might experience excessive guilt or feel that you are worthless or helpless.

Despite its prevalence, depression is frequently met with dismissal and misunderstanding from others. This lack of seriousness often stems from the illness's invisible nature. Unlike a physical wound, the intense internal struggle, the fatigue, despair, and cognitive fog, is not visible, making it easy to underestimate or even doubt.

Furthermore, societal stigma plays a major role. Outdated beliefs persist that mischaracterize depression as a sign of personal weakness, a lack of resilience, or simply a "bad attitude" that one can "snap out of" with enough willpower.

Many also fall back on faulty comparisons, believing that because they have felt sad and recovered, a person with depression should be able to do the same. They fail to grasp the fundamental difference between temporary sadness and a debilitating clinical condition that alters brain function.

This collective failure to recognize depression's severity has dangerous consequences, discouraging individuals from seeking life-saving help. Overcoming this requires a societal shift to understand depression not as a choice, but as a valid and serious medical illness.



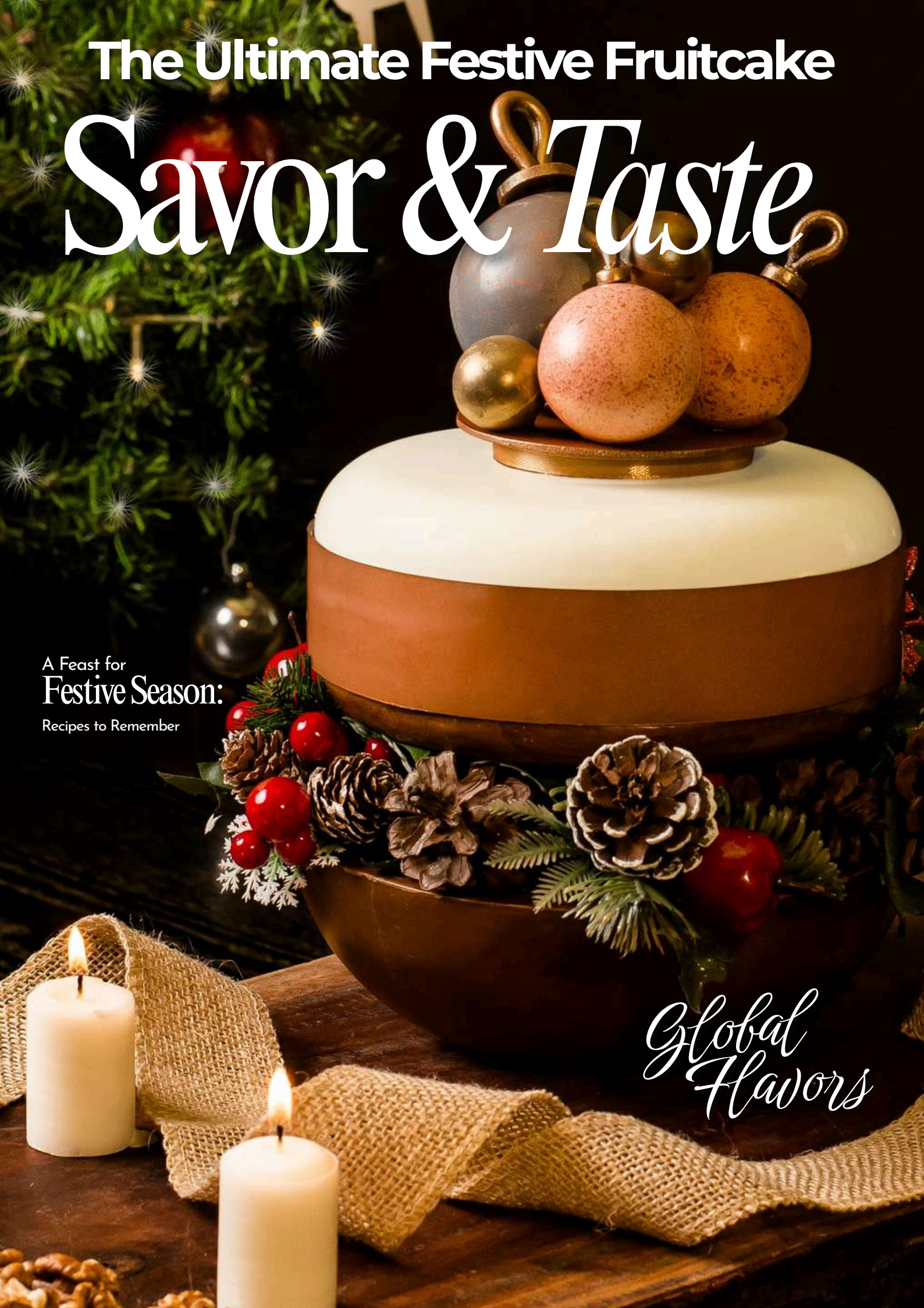
A conversation could change a life.

*The three Cs are :
Catch it, Check it, and Change it.*



**It is ok
to ask
for help**


Depression accounts for a lot of cases of suicide each year, it's essential to get medical help as soon as possible



The Ultimate Festive Fruitcake *Savor & Taste*

A Feast for
Festive Season:
Recipes to Remember

*Global
Flavors*



This isn't just a cake; it's a tradition in a tin. Dense, moist, and packed with boozy fruit, this cake is made some weeks in advance to mature into something truly special. The final decoration with a layer of marzipan and royal icing gives it that iconic, snow-dusted Christmas look.

The Recipe

Part 1: The Fruit & Nut Base (Do This the Night Before)

- 3 cups (450g) mixed dried fruit (raisins, sultanas, currants)
- 1 cup (150g) pitted dates, chopped
- $\frac{3}{4}$ cup (110g) dried cranberries or apricots, chopped
- $\frac{1}{2}$ cup (75g) candied orange peel, chopped
- $\frac{1}{2}$ cup (75g) glace cherries, halved (rinse if very sticky)
- 1 cup (120g) chopped walnuts or pecans
- Zest of 1 orange and 1 lemon
- $\frac{3}{4}$ cup (180ml) good-quality brandy, dark rum, or orange juice (for a non-alcoholic version)

Instructions: Combine all the dried fruit, nuts, and zests in a large bowl. Pour over the brandy (or rum/juice), stir well, cover, and let it soak overnight. This plumps up the fruit, making the cake incredibly moist.

Part 2: Baking the Cake

Ingredients:

- The pre-soaked fruit mixture
- 1 cup (225g) unsalted butter, softened
- 1 cup (200g) dark brown sugar, packed
- 4 large eggs, at room temperature
- $\frac{1}{2}$ cup (170g) black treacle or dark molasses
- 2 cups (250g) all-purpose flour
- $\frac{1}{2}$ tsp salt
- 1 tsp baking powder
- 2 tsp ground cinnamon
- 1 tsp ground nutmeg
- $\frac{1}{2}$ tsp ground allspice
- $\frac{1}{4}$ tsp ground cloves
- 2 tbsp brandy (extra, for "feeding")



Instructions:

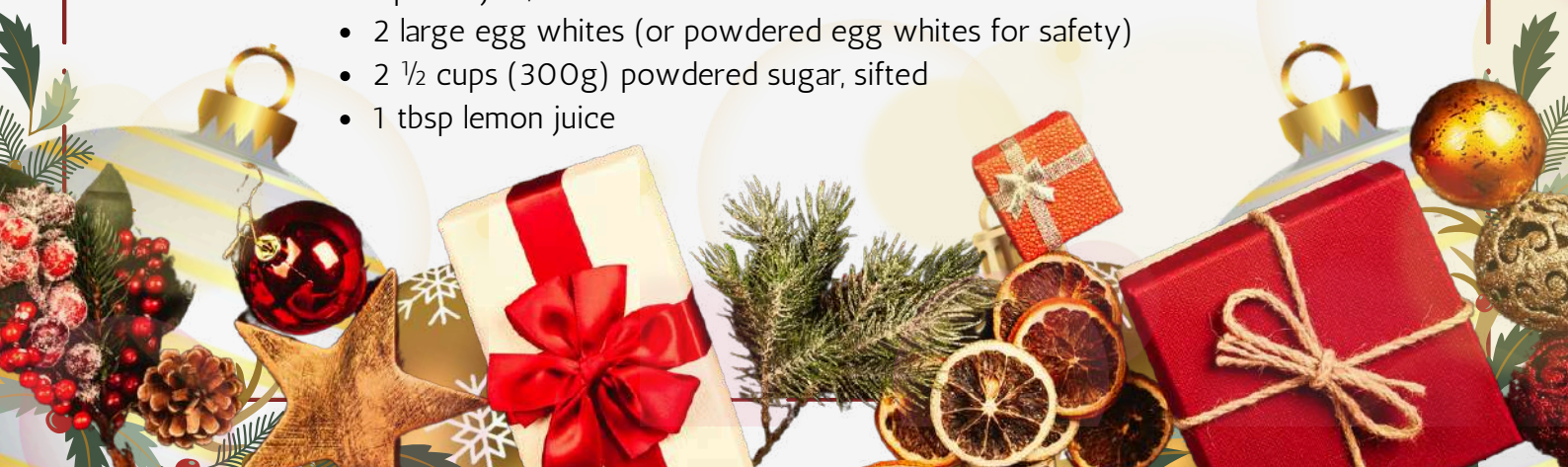
1. Prepare: Preheat your oven to 275°F (140°C). This low-and-slow bake is key. Grease an 8-inch round cake pan. Line it with a double layer of parchment paper, making the paper strips taller than the pan to protect the cake from over-browning.
2. Cream Butter & Sugar: In a large bowl, beat the softened butter and brown sugar together until light, pale, and fluffy.
3. Add Wet Ingredients: Beat in the eggs one at a time, ensuring each is fully incorporated before adding the next. Stir in the black treacle.
4. Combine Dry Ingredients: In a separate bowl, whisk together the flour, salt, baking powder, and all the spices.
5. Combine Everything: Gradually fold the dry flour mixture into the wet butter mixture until just combined. Do not overmix.
6. Fold in Fruit: Using a spatula, fold in the entire pre-soaked fruit and nut mixture until evenly distributed. The batter will be very thick and heavy.
7. Bake: Spoon the batter into the prepared pan and smooth the top. Optionally, you can decorate the top with a few whole nuts or glace cherries before baking. Bake for 2 to 2 ½ hours, or until a skewer inserted into the center comes out clean.
8. Cool & First Feed: Let the cake cool completely in the pan. Once cool, prick the top all over with a skewer and slowly spoon 2 tablespoons of brandy over it. Wrap the cooled cake tightly in a double layer of parchment paper and then foil. Store in a cool, dark place

Part 3: The "Feeding" & Maturing

Weekly Feeding: Once a week, unwrap the cake, prick it with a skewer, and "feed" it with 1-2 tablespoons of brandy. Rewrap it tightly. Do this for 3-6 weeks. The longer it matures, the better it gets!

Part 4: The Decoration (Do this 1-3 days before serving)

You will need:

- 1 lb (450g) marzipan or almond paste
 - Apricot jam, warmed and sieved
 - 2 large egg whites (or powdered egg whites for safety)
 - 2 ½ cups (300g) powdered sugar, sifted
 - 1 tbsp lemon juice
- 



Instructions:

1. Apply the Marzipan Layer: Brush the entire top and sides of the cake with the warmed apricot jam. This acts as glue. On a surface dusted with powdered sugar, roll out the marzipan to a circle large enough to cover the top and sides of your cake. Drape the marzipan over the cake and smooth it down the sides with your hands. Trim the excess at the base. Let it dry for at least 24 hours.
2. Make the Royal Icing: In a large, clean, grease-free bowl, beat the egg whites with an electric mixer until frothy. Gradually add the sifted powdered sugar, one spoonful at a time, beating on high speed. Once all the sugar is incorporated, add the lemon juice and beat for 5-8 minutes until the icing is thick, glossy, and forms stiff peaks.
3. **Ice the Cake:** Spread a thick layer of royal icing over the marzipan, using a palette knife to create beautiful, soft "snowy" peaks and swirls. You don't want it to be perfectly smooth!
4. **Final Decoration:** While the icing is still soft, decorate with festive ornaments like a small plastic reindeer, a sprig of holly, or a dusting of edible glitter. Let the icing set completely before serving.

Slice, serve, and enjoy the taste of a truly homemade Christmas. This cake is a labor of love, and every bite tells a story of patience and celebration.

ENJOY



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There's a unique magic to a heavy snowfall. The world goes quiet, blanketed in white, and for a moment, time seems to stand still. But as the wind howls and the snow piles up, our bodies crave more than just a warm blanket; they crave deep, substantive nourishment that fuels us from the inside out.



- ▶ Winter, especially during a snowstorm, calls for food that is hearty, warming, and restorative.

This isn't the season for light salads or cool smoothies. Winter, especially during a snowstorm, calls for food that is hearty, warming, and restorative. It's about meals that simmer for hours, fill the house with a comforting aroma, and provide the sustained energy and warmth to truly embrace the coziness within.

Here are some foods to turn to when the world outside turns white.

The Hearty Stew: Bowl of Sustained Warmth

A stew is more than a meal; it's a culinary anchor. The beauty of a stew lies in its simplicity and its power. It's a one-pot wonder that transforms humble, resilient winter ingredients into a rich and complex masterpiece.

Why it's perfect for a snowstorm:

- **Hydration and Heat:** A rich, broth-based stew provides essential hydration, which we often forget about in dry, winter air. The steaming liquid delivers immediate warmth to your core.



- ▶ The deep, robust flavors are the edible equivalent of a crackling fire.

- **Long, Slow Cooking:** The low-and-slow cooking process breaks down tough cuts of meat (like chuck roast or lamb shoulder) into melt-in-your-mouth tenderness, while root vegetables like carrots, potatoes, and parsnips absorb all the savory flavors of the broth. This method mirrors the slow, unhurried pace of a snow day.
- **Practicality:** It can be made in a large batch, providing lunches or dinners for the duration of the storm with minimal effort. Simply reheat and enjoy.

Creamy Oatmeal: The Ultimate Breakfast Comfort

While a stew might be the champion of dinner, a warming breakfast is what sets the tone for a cozy day indoors. Forget the instant packets; this is the time for old-fashioned rolled or steel-cut oats.

Why it's perfect for a snowstorm:

- **Slow-Release Energy:** Oats are a complex carbohydrate, meaning they digest slowly and provide a steady stream of energy. This is crucial on a day when your body is working a little harder to stay warm.
- **Versatile and Nutritious:** A bowl of oatmeal is a blank canvas. Stir in warming spices like cinnamon, nutmeg, and cardamom. Top with

- toasted walnuts or pecans for healthy fats, and add a handful of frozen berries for a burst of antioxidants and a taste of summer sunshine.
- **Soothing and Gut-Healthy:** The soluble fiber in oats (beta-glucan) is not only great for heart health but also creates a soothing, creamy texture that is gentle on the stomach.



This winter, as the snow falls thick and fast, see it as an invitation to slow down and nourish yourself deeply. Turn on the stove, let the pots simmer, and fill your home with the scents of comfort. These three foods are more than just sustenance; they are a warm, delicious embrace against the cold.



nutrition

The Timeless Allure of Women in *Vintage Outfits*

By Rajesh Kumar



The outfits of the lady tell a story of discovery. It whispers of hidden treasure found in a dusty thrift store, a pristine garment preserved for decades in a hope chest, or the perfect accessory stumbled upon at a flea market. This narrative of the hunt imbues her clothing with a soul that new garments simply cannot replicate.

NO LIE DETECTED

Word Of The Month



Paul Pogba

Paul Pogba: "When I received my first big salary at Manchester United, I was so happy that I went to see my father, and he told me:

'Son, don't waste your money, when the party is over, the guests will leave, and everything will be left behind.'

"I didn't understand these words until I got into trouble and realised that many friends who used to come around all the time no longer bothered to check on me. The only people I have now are my immediate family."

Why the Vintage-Clad Woman Captivates Us

In a world of fast fashion and fleeting trends, there is a singular power to the sight of a woman in a well-curated vintage outfit. It's more than just clothing; it's an aura. As she walks down a modern street, she is not merely a pedestrian but a portal to another time that commands attention not through loudness, but through a profound and elegant statement.

The allure of the woman in vintage is a complex and captivating tapestry, woven from threads of artistry, individuality, and a touch of magic.

In an era of algorithm-driven style and mass-produced sameness, choosing vintage is a deeply personal act of curation. The vintage-clad woman is not a mannequin for a high-street brand; she is the director of her own aesthetic museum.

My good friend Tim would say, "The woman in vintage dressing has likely spent hours sifting through racks, learning the language of different decades, the sharp shoulders of the 1940s, the full skirts of the 1950s, the psychedelic prints of the 1970s."

Vintage Style



A woman in vintage is the allure of substance over surface. She has the beauty of intention, the romance of history, and the powerful, quiet confidence of someone who has found her own unique rhythm in a noisy world. She is a walking reminder that while fashion is temporary, style; true, curated, personal style is forever.

Vintage clothing often represents an era of quality. The feel of heavy silk, the intricate beading on a flapper dress, the precise tailoring of a 1960s suit, these are testaments to craftsmanship designed to last. When a woman wears these pieces, she is not just wearing fabric; she is wearing artistry and history.

This connection to the past is inherently romantic. The click of patent leather heels on pavement sounds like the echo of a busier, more formally dressed street. She carries the whispers of previous owners, of dances danced, of business deals sealed, of lives lived. She becomes a custodian of these stories, adding her own chapter to a garment's rich history.

Perhaps the most powerful aspect of this allure is the defiant statement of individuality. By dressing from another time, she opts out of the homogenizing cycle of contemporary trends. She cannot be easily categorized or copied. Her style is a unique signature, a visual manifesto that declares, "I know who I am, and it is not defined by this season's catalog."

This is not about costume. The truly stylish vintage woman doesn't look like she's playing dress-up; she looks like she was born in the wrong century. She has mastered the art of blending eras, -

perhaps pairing a 1940s high-waisted trouser with a simple modern t-shirt, or anchoring a dramatic 1980s jacket with contemporary minimalist jewelry. In doing so, she makes the old new again, proving that true style is eternal.



In an era and culture that often demands instant accessibility and oversharing, a woman in vintage retains an air of delightful mystery. She invites curiosity. She prompts questions. One finds themselves wondering about the story behind her brooch, the origin of her dress, the inspiration for her overall aesthetic.

She is not an open book; she is a novel with a beautiful, intriguing cover. In a world that often mistakes exposure for confidence, she understands that true allure often lies in what is suggested, what is remembered, and what is left beautifully to the imagination.



30th music anniversary

EDMONTON, CANADA



Shingisai
Suluma

GOSPEL MUSICIAN

By Zvakwana Nomore Sweto

Edmonton, Canada – It was a night to remember as Shingisai Suluma, the Zimbabwean-born gospel music powerhouse whose voice has been a source of solace and inspiration marked her 30th anniversary in the music industry with a momentous event in Edmonton, Canada.



▶ Shingisai Suluma's husband accepting the award

ZIDC President Mr. Nzira Jaricha said, "Shingisai Suluma deserved the award as demonstrated by the excellent touch seen in her music which has managed to transform lives across the globe.

"This award is a first of its kind from ZDIC. We hid to the call from the public to honor our music queen and as a board at ZDIC, we saw it befitting that she gets the award. We hope to continue honoring members of our community through the outstanding work they do. Above all, we congratulate amai Suluma and appreciate her efforts in uplifting other people in our African community in Canada."



▶ Throughout the show, fans praised and danced to sing-along songs from her discography, which is nine albums namely, Zvanaka, Huyai Ishe Jesu, Mumaoko, Nokuti Wakanaka, Fara Zvakadaro, Maitiro Enyu, The 15 Years, Ndivake, and Rwendo.

"Seeing everyone here tonight, hearing the songs sung back to me... it feels like a beautiful confirmation. For thirty years, I have simply been a vessel, and to see that the message has found a home in so many hearts is the greatest reward an artist could ever ask for," said Shingisai Suluma.

"Seeing everyone here tonight, hearing the songs sung back to me... it feels like a beautiful confirmation. For thirty years, I have simply been a vessel, and to see that the message has found a home in so many hearts is the greatest reward an artist could ever ask for," said Shingisai Suluma.



Shingisai SULUMA



Shingisai Suluma Show In Pictures





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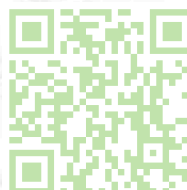


"If you want to experience the true meaning of Christmas, give something to someone who can offer nothing in return." — Toni Sorenson



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