



DECEMBER 2025

KHANATURAL

Rooted in Realness

AMYLEE
ADAMS

HAVE
YOURSELF A
FRUITY
MERRY
CHRISTMAS

HOLIDAY
SEASON, SET
THOSE FAMILY
BOUNDARIES -
DAMBISA M

UNAPOLOGETICALLY

FOCUSED ON GOD

As the year comes to an end, this festive issue invites you to pause and reconnect with what matters most. Inside, we celebrate purpose, community and the quiet joys that make the season meaningful. May these pages inspire you to slow down, reflect and embrace the warmth of Christmas and the spirit of the festive season.

We are also reminded that mental wellness has no holiday. It is a continuous commitment, even in moments of celebration.

Khaponina Q.
Editor-in-Chief



Images by Marishka Myers

This festive season we get wet and salty riding the waves with AmyLee Adams. Have you ever had a fruity festive? Perhaps now is the time. Kaylin Kleinhans of Jbay Academy is one to watch. Rest, in our new Khanatural Living - Therapeutic spaces feature. We discuss Love in a man's language with Mokwadi and Dambisa wraps up 2025 by asking if you've set your family boundaries yet?

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KHANATURAL LIVING -
THERAPEUTIC SPACES

WE HAVE FOUND THAT
WELLNESS ACTUALLY REQUIRES
A WHOLISTIC THERAPEUTIC
LIFESTYLE. THIS REFERS TO A
SET OF LIFESTYLE CHANGES.



LOVE, IN A MAN'S
LANGUAGE

LOVE IN A MAN'S LANGUAGE IS
NOT ABSENT, IT JUST WEARS
DIFFERENT CLOTHES.



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@SaltyAmyLee

AmyLee



"I am Amylee, A proud surfer,
23 years old from Cape Town,
currently based in Jeffreys
Bay."

Image: slingshot media

Meet "Salty Amylee"

Dec 2025

My morning at sea with the Queen of Salt was one for the books. As per my photographer, Marishka Myer's (our Oct 2025 Cover star) prediction, the weather was great, well, according to me, but definitely not for our December 2025 cover star Amylee. She needed some Windy action in order to ride the waves beautifully.

Amy is a beautiful calm soul. She graciously helped me on and off the surf board for my surfing experience while we were in conversation. I love her heart and of course I fell head over heels for her sense of humour.

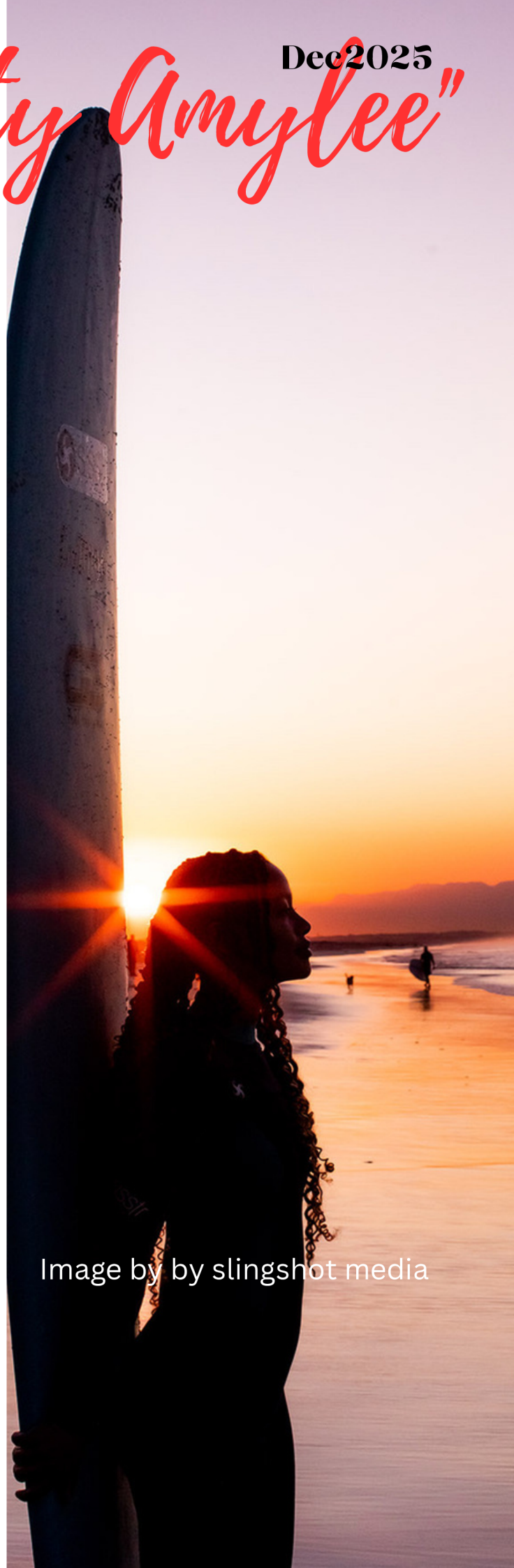


Image by by slingshot media

A salty yet sweet conversation with AmyLee

Dec2025



Image by slingshot media

WHAT DOES THE FESTIVE SEASON LOOK LIKE FOR AMY?

"The festive season for me is all about serving in my church, spending time at the beach surfing, and deepening my relationship with God. While the world around me tends to pull in the opposite direction during this time, I use the season to realign myself with Him.

TEACHING SURFING IS A SPECIALTY SKILL. ITS MORE THAN JUST RIDING THE WAVES. WHAT DO YOU FOCUS ON , MAINLY, WHEN TEACHING THE COMMUNITY KIDS ABOUT SURFING?

"That they first of all can do it! That I believe in them and they should believe in themselves too! Surfing is such a mental sport, you need to believe in yourself on the good surf days and the bad surf days!"

I PRAY FOR WISDOM AND THANK GOD DAILY FOR IT. HOW IMPORTANT IS THE POWER OF DISCERNMENT AND WISDOM TO YOUR DAILY LIFE?

"It's extremely important! And using discernment and wisdom to make decisions based on His will for my life comes from cultivating a life that's constantly seeking God's presence in everything you do. I always want to make sure that everything I do, every decision and every relationship I have is what God wants for me!"

A salty yet sweet journey with AmyLee

Dec2025



Image by slingshot media

Our favourite surfer @SaltyAmylee

THE PEACE AND CALM THAT SOMETIMES COMES WITH THE WAVES IS HEALING. WHATS YOUR TAKE ON HOW THE OCEAN MOVES, ITS CHARACTER?

"Its character is honestly a reflection of Gods power and glory. The peace, calm and beauty of the waves and the power it holds always points me to God. Just like the ocean can sustain life because He spoke life into it is a beautiful description of how God sustains us!"



taking HOW DO YOU STAY PHYSICALLY AND MENTALLY FIT IN THIS SOMETIMES CHAOTIC WORLD OF OURS?

"I stay physically & mentally fit through reading the word, spending time in worship, surfing, running and long walks! These are not only times of physical work but also moments I take to speak to God and constantly live in his presence."

WHAT'S AMYLEE'S FAVORITE MEAL?

"My favourite food is seafood hehe"

Fruit this festive?



Healthy Food

When we say "Have a fruity festive" we mean using fruits in seasonal holiday dishes like fruitcakes, mince meat, and fruit salads. Or a festive arrangement or display of fruit. The festive period is often associated with a variety of fruits such as apples, berries, grapes, and tropical fruits, used to create both healthy options and decadent desserts.



1234567890

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Image by Lex and Trev photography



Kaylin K.

"My name is Kaylin Kleinhans, and I am 25 years old. I currently live in the sunny, yet oh so windy, town of Jeffreys Bay."

What an honour it was to take a walk through the newly renovated Jbay Academy with Kaylin. She is a breath of fresh air, a teacher with her heart and energy is truly a need in any school.

She was born and raised in Bloemfontein, Free State, where she attended Jim Fouchè Primary and High School.

Kaylin is talented in multiple ways, I was curious about her choice of becoming a teacher. Did she choose it or did it choose her?

"It's never easy deciding what you want to do for the rest of your life, and my journey to becoming a teacher took a few turns! I began studying LLB Law in Potchefstroom in 2019." For most, this is it, studying your LLB literally redies you for life!

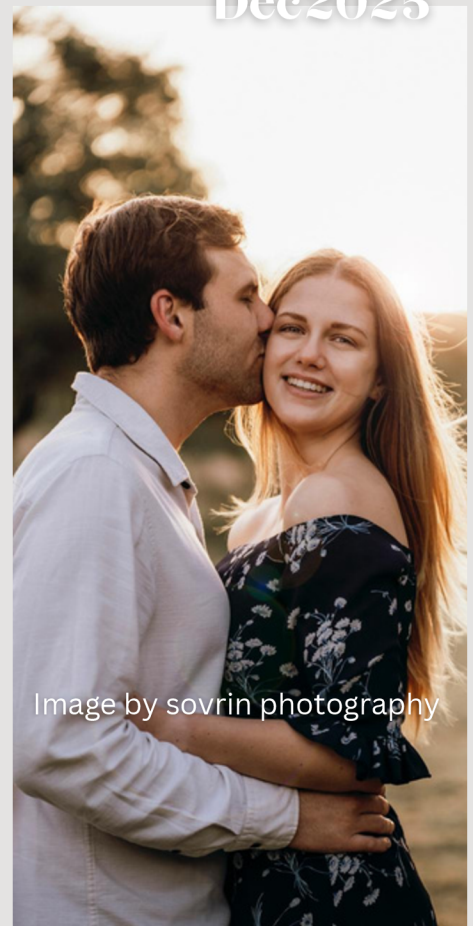


Image by sovrin photography



However," she continues, "the Lord had other plans for me. After completing one year of Law and being selected for the Golden Key Society, I felt in my heart that Law was not for me. I prayed and waited on the Lord for guidance, and in 2020 I started studying Educational Psychology, determined to become an Educational Psychologist.

Low and behold, the moment I stepped into my first practical classroom, I fell in love. I instantly knew that I had found my calling. Four years later, I graduated cum laude with a degree in Education with Psychology and began teaching in Gqeberha."

It is true, when you follow the path that God has set for you, everything becomes aligned. In 2019, along the way, Kaylin met her now husband, JP. He graduated with his degree in Pharmacy and also began working in Gqeberha in 2023. In 2024, he was offered the position of Responsible Pharmacist for the new KliniCare Jeffreys Bay pharmacy.

"We moved to Jeffreys Bay at the start of 2025, and I began working at JBay Academy Primary School." Wow. It's a full circle moment, now we sit at the school balcony filled with beautiful plants, overlooking the town of Jeffrey's bay.

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KYLIE QUOTES

My dad always says: “Your attitude dermines your altitude”
and this is something I try to live by! The way you view a situation can determine how you will handle it. Always try to find the positive in a situation.

Q: HOW DO YOU STAY IN SUCH PERFECT SHAPE?

A: I try to go to the gym 3-4 times a week. Every Monday I do a long run, and then one day I do arms and another legs.

Q: YOU ARE ALSO INVOLVED IN ENVIRONMENTAL PROJECTS, PLEASE TELL US MORE ABOUT THIS INITIATIVE.

A: I got this passion from my dad who is very environmentally conscious, when our school got the opportunity to participate in this year's enviro awards I knew I could share my passion with the learners. Since starting at JBay Academy, we collected over 500 plastic bags and made jumping ropes for underprivileged kids, we have planted a garden at school, where we are growing herbs. This term we upcycled over 15 bags of clothing and donated them to charitable organisations.

Q: WHATS FOR LUNCH THIS FESTIVE SEASON IN THE KLEINHANS HOME? DO YOU AND JP COOK TOGETHER?

A: If JP had his way, like any man, we would braai. We usually do the classics on Christmas day, gammon, lamb, my mother's famous potato salad, and a bunch of veggies! JP worked in bakery in his matric vacation so he will most likely make bread.

Q: AS A TEACHER AND A WIFE, AND EVERYTHING ELSE, LIFE CAN BE HARD AND HEAVY AT TIMES, HOW DO YOU KEEP YOUR MENTAL HEALTH IN CHECK?

A: God is my anchor and guide, finding time in my day to be with Jesus is very important to me. It keeps me grounded and incheck!



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 KHANATURAL

THERAPEUTIC SPACES

KHANATURAL LIVING

We have found that wellness actually requires a wholistic Therapeutic lifestyle. This refers to a set of lifestyle changes focused on improving physical and mental health, which includes a healthy diet, regular physical activity, stress management, and good sleep.

THERAPEUTIC SPACES



Here are a few spaces created for our Khanatural living lifestyle this season because most people are alone, not with big grand families, so these types of places will fulfil some needs.

Key components of a therapeutic lifestyle

Diet:

We made recommendations, which include decreasing saturated fat to less than 7% of daily calories.

Limit dietary cholesterol.

Increase intake of soluble fiber by adding 5-10 grams per day from sources like fruits, vegetables, and oats.

Add 2 grams of plant sterols or stanols daily to help lower LDL cholesterol.

Include lean meats, fatty fish, low-fat dairy, and plenty of fruits, vegetables, and whole grains.

Physical activity:

Engage in regular physical activity to help manage weight and cholesterol levels.

Aim to be active for at least 30 minutes a day.

Weight management:

If overweight, aim to lose about 10 pounds to help lower LDL cholesterol.

Sleep:

Prioritize getting enough quality sleep, as the average adult needs six to eight hours per night.



Stress and mental well-being:

Incorporate relaxation and stress management techniques.

Spend time in nature, engage in hobbies, maintain good relationships, and consider spiritual or religious involvement.

Other lifestyle factors:

Abstain from tobacco products.

Limit alcohol intake.

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TODAY,
I WILL



K KHANATURAL



wellness tips

Mindfulness Festive

The practice of being fully present and aware of your thoughts

Mokwadi

Mokwadi is a writer, business strategist, and lawyer by training. He is passionate about the intersection of African identity, wellness, and digital storytelling. When he's not helping creatives build impactful brands, he's writing stories that challenge the status quo and inspire new ways of thinking.



Love, in a man's language

When people think about love, they often picture words. "I love you." Sweet messages. Long calls. Grand romantic gestures. But for many men, love doesn't always speak in sentences. It shows itself in actions, in small, unpolished ways that don't always look like what the world expects.

Some men show love by fixing things around the house. By making sure there's fuel in the car. By sitting quietly next to you while the game plays in the background. By checking if you've eaten. By sending that one-liner text: "Home?" It might not sound poetic, but it means, "Are you safe? Did you make it?"

Others love through provision. Not because they believe money replaces affection, but because their first language of love was responsibility. To provide is to care. To give is to protect. It may not always feel warm, but beneath it is an attempt to say, "I'm here. I've got you."

The challenge is that sometimes, our love languages as men go unnoticed. The world says men are distant, cold, emotionally unavailable. And yes, some of us have work to do. But often, we've simply been trained to love in a language that others may not immediately understand.

Mokwadi wa Mompedi

Man to self



**"My Love Language is
when people's words
align with their
actions"**

Love in a man's language



That doesn't mean we should stop trying to translate. A strong man doesn't only insist on being understood — he learns to express love in ways his partner, his children, his friends can recognize. That means saying the words. Holding the hand. Being fully present in the moment. Sometimes, it even means crying in front of the people you love, so they can see your heart without its armour.

Love, in a man's language, is not absent. It just wears different clothes. It's quieter, practical, sometimes clumsy. But it is there. And when we learn to combine the language we know with the language our loved ones need, love stops being lost in translation.

Because at the end of the day, whether spoken or unspoken, love is the one thing that makes us fully human.

HOLIDAY SEASON IS FAMILY SEASON

DECEMBER 2025 WELLNESS CORNER

Boundaries in most homes are not something that is easily received. In many families, the idea of saying no or requesting respectful behaviour feels foreign, almost rebellious. Yet every year, more people choose not to visit family during the festive season. It is not because they love their families any less. It is often because they can no longer ignore the weight that comes with a lack of boundaries and respect.

Have you set your family boundaries?



DAMBISA MAQOGA

This shift reveals one of two reactions within families. There are those who see the person setting boundaries as the troublemaker, the one disturbing the comfort of unhealthy patterns. And then there are those who silently whisper “finally,” relieved that someone has done what they never had the courage to do. Both responses tell a story about how families handle discomfort and responsibility.

The truth about boundaries with loved ones is simple. You will win some and you will lose some. You win self love, emotional safety, peace of mind, and the freedom to show up as your full self without fear of judgment. You win clarity about who values you and who values what you do for them. But you often lose the people who benefitted from your silence. The ones who relied on you always being available, always sacrificing yourself, and always absorbing the weight of their actions without question.

HOLIDAY SEASON IS FAMILY SEASON

DECEMBER 2025 WELLNESS CORNER

Boundaries do not break families. They reveal what was already fragile. They expose who is willing to grow with you and who only loved you under conditions that benefited them.

...have you set your boundaries right?



Getting boundaries right requires intention.

First, you need clarity. You must know what you need, what no longer serves your emotional wellbeing, and what respect looks like for you.

Second, you need consistency. Boundaries are only as strong as your willingness to uphold them, especially when others push back or become uncomfortable.

Lastly, you need compassion. Setting boundaries is not an act of punishment. It is an act of honesty. It says "I love you, but I also love myself."

Healthy families create space for individuality, privacy, and emotional respect. Unhealthy families demonize boundaries because they disrupt patterns that depend on people not speaking up.

The shift we are seeing today is not rebellion. It is healing. People are choosing peace over performance, safety over tradition, and self respect over dysfunction. And perhaps this is what the festive season should truly be about: creating environments where love is mutual, respect is consistent, and everyone feels safe to be themselves.



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