



# Four Flies Flash

January 2009

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## Art for You

Do art shopping from the comfort of your unit. Catalogue available  
Contact Miemie  
Cell: 083 703 1166  
E-mail: [miemie@4flies.co.za](mailto:miemie@4flies.co.za)



## Valentine's Special

10% discount on all weekend bookings in February  
(Friday, - Sunday)

15% discount on all midweek bookings in February  
(Monday - Thursday)

**Code of reference: FFF0209**  
(Excluding honey guide card holders)



## Recipe

"Mieliepap"

## A Change is as Good as a Holiday...

Most of us start the new year with high hopes. We hope to have more money - or less debt. We hope to lose weight, stop smoking, to be more organized or to fight less. We hope to worry less, have more leisure time and to have more peace. We also make plans to change the way we live and have our new year's resolutions in place. But, by the end of January the kids are back to school and we are all settled comfortably in our old routines. The kids still fight, we still smoke and even worse, we still do not have enough money. The only difference is that we have even more worries and less peace. Forgotten are the relaxed summer holidays and all the good ideas. "Why", we ask ourselves, "Why do we struggle so much to live the life we want? Why are we so overwhelmed by life?"

This reminds me of the story of the dead elephant. What good luck to those who have all those meat available. The sheer size of it is daunting. How would you eat it? And the answer is: "One bite at a time". Perhaps the answer to our problems lies not in new year's resolutions, but in new day's resolutions or new week's resolutions. Every new day or new week we have an opportunity to change one thing. Eat a little less today, organize your cupboard today, smile more this week, and go away for a weekend this month. Bite by bite, little by little, step by step, we courageously move forward to a better life.

We have courageously embarked on the road to change at Four Flies, and are proud to announce the following:

- We changed our name to **Four Flies Nature Farm**. If the city is man's creation, nature is God's creation. Let us be reminded that nature is God's instrument for healing.
- We have a colorful new logo.
- Our new website will be live on [www.4flies.co.za](http://www.4flies.co.za) soon.
- The **Four Flies Flash** will be distributed bimonthly to keep you informed of interesting places, activities and events in the area. You will also be introduced to the people, projects and changes on the farm. Subscribe by sending this blank e-mail: [mailto:miemie@4flies.co.za?subject=Add Newsletter](mailto:miemie@4flies.co.za?subject=Add%20Newsletter)
- We have been awarded a **4 star** grading by the TGCSA.

**Four Flies Nature Farm** now proudly offers you the opportunity to become one with nature and to stay in comfortable luxury. After all, a change is as good as a holiday!

## Editorial

Trout was introduced from Scotland in 1882. It has since grown to a R45 million industry. Of the 1200 tons produced per year, 950 tons are used for food en 250 tons are taken up by sport fisheries. The most important region of production is Mpumalanga. Tourism in this province relies heavily on trout fishing, with Dullstroom as the premier trout-fishing haven. New proposed legislation could lead to the total collapse of this major industry.

250ml maize meal  
250ml cream  
250ml grated cheese  
One tin of sweet corn  
Salt

Mix and bake with lid at  
180°C for one hour.  
Serves 4

## Contact us

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The Department of Environmental Affairs and Tourism proposed that brown and rainbow trout be reclassified as invasive or prohibited species. This would require of any fisherman who catches trout to kill the fish. Trout farmers will have to do very expensive environmental risk assessments and have to possess very expensive permits to be able to continue with their farming activities. According to DEAT it is necessary to prevent or minimize the harm trout wreak on the environment.

Trout, however, are sensitive freshwater fish. They exist only in high altitude, high quality and low temperature water. One questions their capacity to invade beyond the water where they currently exist.

Current legislators seem to be set on their way to not only minimize food production in our country, but also decrease job opportunities. It will also be interesting to see how government will implement the new legislation, being so understaffed and struggling with an ineffective infrastructure.

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## Four Flies News

Due to guest requests, **continental breakfasts** will be available on arrangement during weekdays. Breakfast will be on hand in the unit for the guests' own convenience. Please order at least 24 hours before arrival. The menu is as follows:

- Fruit juice
- Cereal and yogurt
- Assorted cold meats and cheese
- Fresh bread and jam
- Coffee/tea

To help guests relax and enjoy nature, we have **picnic baskets** available over weekends. Menus and prices are available at [miemie@4flies.co.za](mailto:miemie@4flies.co.za) or 083 703 1166. Please order baskets before arrival.

Women tend to be so involved with their families that they neglect themselves. Treat yourself on your visit and attend an **art and craft class**. Invest in "art-therapy" to revive yourself. Programs available in the unit.

## Unsubscribe newsletter

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