



CartoonStock.com

Courtesy of Adviser Ratings

## Reid Wealth Management - Christmas Newsletter 2022

We wish you a Merry Christmas and a happy and safe New Year. Our office will be closed over the holiday period from the 16<sup>th</sup> December 2022 (closing date) until the 16<sup>th</sup> January 2023 (re-opening date). As always if you need us urgently please call our mobiles. Merry Christmas Lara & Darron

## The season for giving



**Tis the season for giving and International Volunteer Day on December 5 is the perfect time to consider how you can contribute.**

Launched in 1985, this year it has a theme of 'Solidarity through volunteering'. With millions of people already volunteering in Australia, it is hoped the theme will inspire more people to lend a helping hand. Volunteering can be a great way to forge new connections with like-minded people who share your values and interests. It can also offer an opportunity to learn new skills or gain valuable experience in areas that may not be related to your working life.

Here are five things to think about if you'd like to give back in 2023.

**1) Why volunteer?** Think about your why. What is going to feel rewarding for you? Are you hoping to meet new people in your neighbourhood? Do you want to make a difference for a particular group of people in the community: new migrants, the homeless,

people with disabilities, for instance. Or is doing something to help save the planet your passion?

### 2) What skills can you offer?

Enthusiasm goes a long way, but most organisations will look for skills when people put up their hand to volunteer. You may be happy to offer professional skills on a pro-bono basis or part of the attraction may be the opportunity to learn new skills or practice recently gained skills. It might be a way of indulging your love of animals or the arts or expanding your understanding of the fundraising process in the not-for-profit sector. Got great people skills or previous experience managing projects? Make sure you mention those in your expression of interest.

### 3) How much time do you have?

One size doesn't fit all when it comes to volunteer commitments. You may be happy to volunteer for a one-off event such as a local festival. Or perhaps you know you'll have a lighter work or study-load in the coming months and can spare regular hours but only for six months. Offering a few hours on a one-off basis to help a not-for-profit get a particular job done might be more your speed.

### 4) When are you available?

Some people have more flexibility during the day on weekdays when the kids are at school or because they are retired. For others, their time is their own in the evenings or on weekends. Your schedule will influence the volunteering opportunities available to you.

**5) Be patient.** Just because you're willing and able doesn't mean you can begin volunteering tomorrow. Organisations may have an interview and reference checking process for potential volunteers. They may ask you to

satisfy a working with children or police check or there may be a training program or information session to attend before you can begin your volunteering journey. If the organisation is operating on a limited budget or is staffed by other volunteers, it may take some time for the wheels to turn. So be patient and know that it will be worth the wait.

# 10 tips for stress free travel



**The holiday season can be stressful enough without adding travel troubles to the mix. Here are 10 ways to ensure you arrive safely and happily at your Christmas holiday destination.**

## 1) Be an early bird

Maybe you love the spontaneity of a last-minute trip. Who doesn't? But save it for another time of year. When everyone is jetting off to their favourite holiday destination or driving home for Christmas, the early bird gets the hassle-free holiday.

## 2) Pack once, pack well

Follow Santa's lead and make a list and check it twice. No-one likes the feeling of arriving at their destination and discovering they've left their swimming costume or their phone charger at home. Grrrr. Group things together – toiletries, shirts, shoes – so it's easy to locate things.

**3) Travel with carry-on only** If possible, take carry-on bags only when flying. It not only chops out waiting times at the luggage carousel, but you get to the

head of the taxi queue quicker. Plus, there's no chance of luggage taking an unplanned detour enroute. Of course, if you are checking in luggage, take some basic toiletries and underwear in your carry-on in case your bags go AWOL.

## 4) Be prepared for hiccups

Stress levels rise when the unexpected goes down. Realise that traffic jams happen, flights get delayed or cancelled and weather can create havoc. When we're prepared for the unexpected, we're able to weather the storms in a better frame of mind. Allow yourself plenty of time to get to the airport or reach your destination. That way if the unexpected happens, you're not stressing about missing a flight or Christmas dinner.

## 5) Snack wisely

Hitting the bar in the airport or munching on cakes and lollies on a road trip can make us feel worse-for-wear when we arrive. So, pack feel-good snacks such as protein or muesli bars, nuts, fruit, and plenty of water and resist the kids' pleas to stop for Maccas.

## 6) Take breaks

Plan to enjoy the journey. Walk along the main street of a town or a beautiful beach rather than sitting in a petrol station café when you take a break from driving. See if you can discover something new along the way. Airport delays could be a chance to call a few friends and wish them Merry Christmas or read that book you've been meaning to start all year.

## 7) Breathe

If you feel the irritation rising or panic setting in, take a few deep breaths. It helps to reset your nervous system so you can carry on from a place of calm.

**8) Build a buffer** Consider taking out travel insurance or having some extra dollars in the kitty can prevent financial stress from compounding travel stress.

## 9) Rest up

If you're crossing time zones, prepare for the time in your destination. Either stay awake longer or bring music or meditations to lull you to sleep earlier. And if you have a long drive ahead, rest well beforehand.

**10) Remember others** Collective stress can impact us too. Take steps to lower the stress levels of those around you by being kind to strangers and expressing appreciation to loved ones.

We wish you all a Merry Christmas and a happy and safe New Year. Our office will be closed over the holiday period but we will be back in the new year.



PO Box 346 MSC  
Torrens Park  
SA 5062  
Australia

Phone: 0447 800 943  
Email: [info@reidwm.com.au](mailto:info@reidwm.com.au)

Reid Wealth Management

General Advice Warning This information is of a general nature only and neither represents nor is intended to be specific advice on any particular matter. Reid Wealth Management Pty Ltd strongly suggests that no person should act specifically on the basis of the information contained herein but should seek appropriate professional advice based upon their own personal circumstances. Although we consider the sources for this material reliable, no warranty is given and no liability is accepted for any statement or opinion or for any error or omission. If you do not wish to continue to receive future newsletters or wish to opt-out from future newsletters, send a reply email with the subject UNSUBSCRIBE. Under the terms of the Spam Act 2003, we are committed to responding to your opt-out request within 5 (five) working days.

## Ever heard of the longevity diet?



**The late Queen Elizabeth II has given us all something to aspire to, living and reigning as she did until the age of 96.**

**Apart from good genes what does it take to live long and prosper?**

According to people who have reached the ripe old age of 100 and beyond, the secret to longevity ranges from eating small portions of food to enjoying life with friends and singing a lot. While some say the key is their daily tittle or smoking habit, others swear by living a good clean life.

Academics who study long-lived populations in Okinawa (Japan), Icaria (Greece), Loma Linda (United States), Sardinia (Italy), and Nicoya Peninsula (Costa Rica) say it comes down to nine factors, which can be roughly split into two areas.

There's the healthy lifestyle factors: regular intense physical activity; routines that offer a break from daily stress; eating mostly a plant-based diet and stopping short of being completely full; and drinking in

moderation. Then there's the social factors: having social connections that promote healthy habits including family, religious communities, or other social groups.

A US biochemist claims the answer lies in the longevity diet. It is a combination of vegetables such as leafy greens, fruit, nuts, beans, olive oil, and seafood (provided it is low in mercury). Here is his recipe for leaping over the hurdles of old age with ease.

### **Pick plant-based**

Cereals, grains, legumes, beans, fruit, and vegetables are the cornerstone of the longevity diet. Plant-based diets are usually higher in vitamins and minerals, dietary fibre, antioxidants and lower in saturated fat and salt.

Choose wholegrain cereals and grains whenever possible rather than refined cereals, bread, pasta, and rice and always aim to eat the rainbow of fruit and vege.

### **Go easy on meat and dairy**

As well as curbing your meat and dairy intake, it recommends giving foods that are high in processed sugar and saturated fats a wide berth.

### **Switch dairy products**

If you can't live without dairy products, choose goat's or sheep's milk rather than cow's milk. Think fermented dairy such as cheese and yoghurt too as it has more good bacteria than milk.

**Include intermittent fasting** Let your body have a break from eating. The longevity diet suggests eating in a 12-hour timeframe and ideally not eating for three to four hours before bedtime.

We wish you all a Merry Christmas and a happy and safe New Year. Our office will be closed over the holiday period but we will be back in the new year.



PO Box 346 MSC  
Torrens Park  
SA 5062  
Australia

Phone: 0447 800 943  
Email: [info@reidwm.com.au](mailto:info@reidwm.com.au)

**Reid Wealth Management**

General Advice Warning This information is of a general nature only and neither represents nor is intended to be specific advice on any particular matter. Reid Wealth Management Pty Ltd strongly suggests that no person should act specifically on the basis of the information contained herein but should seek appropriate professional advice based upon their own personal circumstances. Although we consider the sources for this material reliable, no warranty is given and no liability is accepted for any statement or opinion or for any error or omission. If you do not wish to continue to receive future newsletters or wish to opt-out from future newsletters, send a reply email with the subject UNSUBSCRIBE. Under the terms of the Spam Act 2003, we are committed to responding to your opt-out request within 5 (five) working days.

# Money mantras from Warren Buffett



Billionaire investor Warren Buffett credits his father with being his greatest teacher. Buffett says his father, investor and four-term Republican congressman Howard Homan Buffett, set him on the path to his investment success. The best advice his father ever gave him: "It takes 20 years to build a reputation and 20 minutes to lose it." Recalling that statement at crucial moments in life will change the way you do things, according to Buffett.

It wasn't just this pithy piece of advice from his father that influenced Buffett's investment approach and helped him on his way to becoming one of the world's wealthiest people. Delving into books lying around his father's office also contributed to his investment understanding and a lifelong love of reading that he credits with helping him develop his ideas.

As Australians gather to celebrate their father, poppa, or dear old Dad on September 4, we look at some of the wisdom the now 92-year-old Warren Buffett has passed on to the next generation of investors. Some of the Oracle

of Omaha's favourite sayings highlight the common sense principles that have underpinned his investment success. You can hardly argue with gems like: "Never invest in a business you cannot understand" or "Rule No.1 Is never lose money. Rule No.2 is never forget Rule No.1."

Here are seven more of his favourite money mantras. They may just act as a handy reminder of how to remain rational about our investments in these times of economic uncertainty.

## 1) Be ready to embrace opportunity

"Opportunities come infrequently. When it rains gold, put out the bucket, not the thimble."

## 2) Buy for the long-term

"Only buy something that you'd be perfectly happy to hold if the market shut down for 10 years."

## 3) Avoid debt

"When major declines occur, they offer extraordinary opportunities to those who are not handicapped by debt. No one can tell you when these things will happen. The light can at any time go from green to red without pausing at yellow."

## 4) Focus on value

"Whether we're talking about socks or stocks, I like buying quality merchandise when it is marked down."

## 5) Cultivate the right temperament

"The most important quality for an investor is temperament, not intellect. You need a temperament that neither derives great pleasure from being with the crowd or against the crowd."

## 6) Look for companies with competitive advantage

"The key to investing is not assessing

how much an industry is going to affect society, or how much it will grow, but rather determining the competitive advantage of any given company and, above all, the durability of that advantage."

## 7) Learn to love market volatility

"Look at market fluctuations as your friend rather than your enemy; profit from folly rather than participate in it."

We wish you all a Merry Christmas and a happy and safe New Year. Our office will be closed over the holiday period but we will be back in the new year.



PO Box 346 MSC  
Torrens Park  
SA 5062  
Australia

Phone: 0447 800 943  
Email: [info@reidwm.com.au](mailto:info@reidwm.com.au)

Reid Wealth Management

General Advice Warning This information is of a general nature only and neither represents nor is intended to be specific advice on any particular matter. Reid Wealth Management Pty Ltd strongly suggests that no person should act specifically on the basis of the information contained herein but should seek appropriate professional advice based upon their own personal circumstances. Although we consider the sources for this material reliable, no warranty is given and no liability is accepted for any statement or opinion or for any error or omission. If you do not wish to continue to receive future newsletters or wish to opt-out from future newsletters, send a reply email with the subject UNSUBSCRIBE. Under the terms of the Spam Act 2003, we are committed to responding to your opt-out request within 5 (five) working days.