



RELAXNOMIKS

Christmas Edition

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Note from the Publisher

Dear Reader,

2023 was a tumultuous year. The global economy turned on its head as inflation remained problematic, peaking at 6.9% in 2023 from 8.7% in 2022. With interest rates increasing sharply from near zero to over 5% to tame inflation, developing economies, including Nigeria, were severely impacted by heightened inflation, bloated debt burdens, and currency depreciation.



The naira has slumped by 39% YTD (N1,219/\$), inflation is at an 18-year high of 28.2%, GDP growth is expected to remain sluggish, averaging 2.45%, and public debt is at a record high of N87.91trn. Also, the business environment has remained challenging, with Nigeria witnessing the exit of seven multinationals across the health and consumer goods sectors.

Even though the naira scarcity has resurfaced this yuletide season, I dare say, enough of the sad tales. Yes, things are not rosy, with food prices staying astronomical. However, there are things to be grateful for this Christmas. For one, you are alive, meaning that there is hope. And this is what this edition of the Relaxnomiks brings to you. Hope for a better year-end and an even better 2024. Not to worry, being hopeful does not jinx the positives that will happen next year. Thankfully, some good news has started to trickle in with the ease of global monetary policy tightening and Moody's revising upwards Nigeria's credit rating.

So, to help you declutter, have a fun-filled Christmas, and kickstart an exciting new year, we have prepared a healthy dose of entertaining tips for you in this edition of the Relaxnomiks. Journey with us to the land of hope and merriment, making interesting stops at meals to explore this festive season, skin care tips for the harmattan weather, thrilling books to read, and of course, fashion tips.

It is worth your while.

We wish you a very merry Christmas and a Happy new year!

Enjoy!

LIFESTYLE





Volunteer Opportunities for Christmas

'Tis the season to be merry, but it's also the season to give back! As we gather around glistening Christmas trees and exchange heartfelt gifts, let's not forget the true spirit of the holidays—spreading kindness and joy. Dive into the season of goodwill by exploring these volunteer opportunities that will warm your heart and make Christmas unforgettable

Santa's Little Helpers at Local Shelters

Spread the warmth of the season by volunteering at local shelters. Many organizations organize special Christmas events for those in need. Whether it's serving meals, wrapping gifts, or creating a festive atmosphere, your time and compassion can make a significant difference in someone's holiday.

Feast for All

Many community centers and churches organize Christmas feasts for those who may be spending the holiday alone. Join the effort by volunteering to cook, serve, or simply share a warm conversation with those attending. Nothing says "Christmas spirit" like a shared meal with a side of camaraderie.

Singing for a Cause

Spread joy through music for people spending Christmas in hospitals or nursing homes. Get together with friends, family, or other volunteers and sing some cheerful songs. It's a lovely way to bring smiles during the holiday season.



'Tis the Season to Give Back!

DIY Giving

Get crafty for a cause. Organize or participate in a holiday-themed DIY project, creating handmade gifts or decorations for those in need. This not only spreads the joy of the season but also showcases the power of creativity in making a difference.

Time to Teach

Share your skills and knowledge by volunteering to teach a special holiday-themed workshop. Whether it's crafting, cooking, or storytelling, your expertise can create memorable experiences for others and foster a sense of community spirit.

This Christmas, let's turn the season of giving into a season of impact. Unwrap the gift of volunteering, and watch as the true magic of Christmas unfolds. Remember, the most treasured gifts are those that come from the heart. 'Tis the season to give back and make a difference in the lives of those around us. Merry volunteering!





Skincare Tips for Chilly Days

In Nigeria, Christmas is cold, dry and windy. The harmattan weather often results in skin dryness and cracked lips.

Staying fresh during harmattan

Skincare tips to follow during colder days in harmattan



Sunscreen

Even in harmattan, the sun's rays remain potent. Use a broad-spectrum sunscreen with at least SPF 30 to shield your skin from harmful UV rays.



Protective clothing

Wear protective clothing such as long sleeves and hats to safeguard your skin from the harsh winds and dust, as cold winds can lead to skin dryness.



Healthy Diet

Consume a balanced diet rich in vitamins and antioxidants. Foods high in omega-3 fatty acids, like fish and flaxseeds, can also contribute to healthy skin.



Maintaining adequate hydration is crucial

Ensure you consume ample water during harmattan, even if you don't frequently feel thirsty. It will keep your body and skin hydrated. Adequate hydration helps eliminate toxins from your body, promoting a radiant and fresh complexion.



Moisturize

This helps to address skin concerns in harmattan. It's essential to apply extremely moisturizing skincare products during cold weather. Use body butter at night to deeply replenish and nourish your skin.



Steer clear of hot showers

While it may be incredibly tempting to bask in a hot shower on a chilly harmattan morning, hot water depletes the moisture in our skin. It's advisable to either avoid hot showers or limit them. Minimizing your shower duration and opting for lukewarm water is essential to preserving skin moisture.

Daily skincare products for harmattan according to skin types

Harmattan skincare routine for dry skin

Harmattan skincare routine for oily skin

Harmattan skincare routine for combined skin

As the season changes, adjusting our skincare routine is essential because the climate's effects on our skin vary in every season. That is why it is crucial to closely examine your skin type to determine the most suitable skincare product for you during harmattan.

Harmattan skincare routine for dry skin: Dry skin lacks sufficient natural oils or moisture, and when combined with the dry harmattan air, it can exacerbate the condition. If you have dry skin, refrain from frequent exfoliation, as it can be irritating. Opt for natural and mild cleansers, avoiding foam-based ones that may further dry the skin. Utilize hydrating moisturizers and shower gels to lock in moisture and alleviate dryness.

Harmattan skincare routine for oily skin: The harsh and cold harmattan air can penetrate your skin's barrier, leading to dryness and prompting your skin to produce more oil. Optimal pore unclogging and excess oil removal can be achieved through morning exfoliation. Conclude by rinsing your face with cold water to close the pores and deter impurities. Choose a lightweight gel- or water-based moisturizer that won't burden your skin.

Harmattan skincare routine for combined skin: Combined skin is characterized by some areas being oily while others are dry. When adjusting your harmattan skincare products, steer clear of products that contribute to greasiness. Opt for mild cleansers and strike a

harmonious balance between your face's oily and dry regions. Integrate a toner into your routine to uphold the pH balance of your skin after cleansing and ensure continuous hydration throughout the day.

Overall, it is important to adjust your skincare routine as the season changes because the weather variations are a contributor to our skin health. It is advisable to use thicker moisturizers that are free from harsh chemicals to nourish the skin adequately during the harmattan season.¹



1. Srishti Chaudhary (2022). Winter Skincare Routine for Oily, Dry & Combination Skin. <https://mycocosoul.com/blogs/skin-care-regimen/winter-skincare-routine#jump-2>



Gadgets for the Geeky Christmas Enthusiast

Yuletide is here again! It's time for fun and relaxation. The bucket list is prepared, and the shopping plans are in motion, all enhanced by technology. There's a gadget for everyone this Christmas. And if you can't get it now, the new year is never too late.

So, pick any gadget below that suits your personality.



Roomba 650 Robot Vacuum: The robot vacuum is a smart thing to buy this Christmas as it takes the load off your shoulders helping you clean the mess in the house. Its not only a Christmas gadget, it is a useful household item for the coming years.



Dyson Supersonic: In a hurry to do your outings and visitations, this gadget will help your hair look tidy and neat without visiting a salon.



Play station: This is perfect for the season, as gaming with family and friends helps bond well.



Divoom Ditoo speaker: A multi-functional gadget with text editing, a D.J. mixer, internet radio, sleep time and other features. The device allows you to customise your sound, and remind you to rest after enough fun.



Stealth 700 Gen 2 Max Headset: If you want to be alone in a cozy environment all day, like a beach or park, go with this device. With a battery life of about 40 hours without charging, you can be in your world of fun.





Sci-Fi Alcohol cabinet: Enjoy your drinks this season by storing them in this fancy alcohol cabinet. But drink responsibly!



Aluminum card Holder: It is designed specifically to protect your credit, debit, and store cards, as you go on a shopping spree this festive season.



Star Wars electric salt and pepper mill grinder: if you feel cooking is cumbersome this season, this light saber hilt design will keep you off the thought.



Garmin Instinct Esports Edition Gaming Smartwatch: Don't eat yourself into a weight loss plan this Christmas. Get this device, which has a sporting and exercise app to help you monitor the performance of your body.



ZWILLING Enfinigy 2-in-1 Digital Kitchen Food Scale with Wireless Charger: If you intend to do a lot of baking this Christmas, this device will help you get an accurate measurement, and you can charge your phone or tablet as you bake.



HP Portable Photo Printer: The HP Sprocket Select compact photo printer will help you keep memories of this Christmas as you can take it anywhere to print pictures.



Groot flower pot \$ pen holder: Organize your office space by keeping your pens in one cute space.





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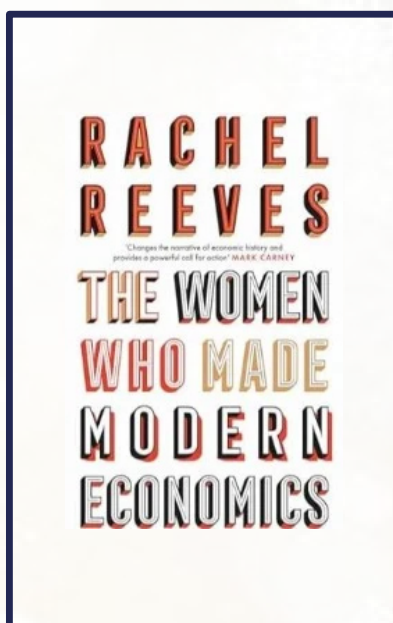
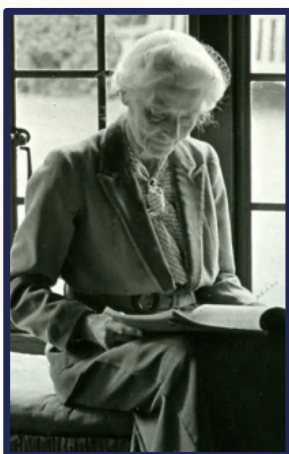
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The Women Who Made Modern Economics by Rachel Reeves –

credit where it's due?

Culled from financial times²



“The standard line-up of great economists is incomplete.”



Think of a great economist, and you'll probably think of a man. Perhaps Adam Smith, who famously wrote about the market's invisible hand. Or Alfred Marshall, whose supply and demand curves young economists still learn to draw. Or maybe Milton Friedman, champion of monetarism.

In a new book, Rachel Reeves, the UK Labour Party's shadow chancellor, argues that the standard line-up of great economists is incomplete. *The Women Who Made Modern Economics* aims to correct that by showing the thinkers and campaigners who shaped the discipline “in more ways than is recognised”. Her hope is that “these women and their stories act as role models”, increasing the diversity of future economists.

2. https://www.ft.com/content/e3270587-3b6a-4aac-85fa-e616e38e425a?accessToken=zwAGCh8nap-4kdFjwWHO2pkNOF-uYw445CWg.MEUCIQDuvzOn0VvryhGBJx3uIY6gxqmEh-4u4UdlyPOn8eQlgrnsUFBgvLP-GTysK8LZH3V0jO_rReK_UJ4jdkCaOA&sharetype=giff&token=b32d58c5-41e1-4046-a4cb-a012809ef8ff



Her examples are wide-ranging. Take Harriet Martineau, who in the 1800s popularised Smith's ideas, pushing free trade to a mass audience using fictional stories including one called "Berkeley the Banker". Or Mary Paley Marshall, whose ideas about why economic clusters exist were the basis of a book co-authored with her husband Alfred. Or Anna Schwartz, who wrote *A Monetary History of the United States* with Milton Friedman. (Friedman himself admitted that she "did all the work and I got a lot of the credit.")

Reeves, a former Bank of England economist, writes clearly and accessibly, painting portraits of female economists and explaining how they were informed by the conditions of the time. She aims for breadth rather than depth, which may leave her nerdiest readers a little disappointed.

Another disappointment is that some of Reeves's words are not her own. Spot checks reveal passages of biographical detail and political history seemingly copied from Wikipedia, specialist blogs, the Guardian and even the writing of a Labour front bench colleague, without acknowledgment.

Responding to that criticism, the book's publisher cited an extensive and selective bibliography and said that at no point did she seek to present as original research the details the FT flagged to it. "When factual sentences were taken from primary sources, they should have been rewritten and properly referenced. We acknowledge this did not happen in every case." It said any omissions would be rectified in future reprints.

On the substance of the book, one obvious question is whether, if women's contributions were properly recognised, economics would look any different. Survey evidence does suggest that female economists are more sympathetic to increased environmental protection, more comfortable with government intervention, and more accepting of the idea that men and women have unequal opportunities.

Some of the women Reeves profiles could certainly be labelled as bleeding-heart lefties. Beatrice Webb, who co-founded the London School of Economics and is one of Reeves' subjects, took from her experience visiting the Lancashire mills in the 1880s that "destitution is a disease of society itself", and warned that overemphasising incentives in the welfare system would punish those who could not work. Joan Robinson, an economist at the University of Cambridge in the 20th century, argued for a minimum wage — otherwise employers would push wages too low.

But picking out patterns is tricky. Martineau was a vocal critic of government-imposed trade restrictions, while Schwartz was an ardent free marketeer. Reeves highlights disagreements between her subjects, for example, that between Dambisa Moyo, who argues that poor countries would do better if they were subject to the discipline of free-market capitalism and not coddled by aid, while Sakiko Fukuda-Parr warns that free markets left to their own devices merely entrench inequality.



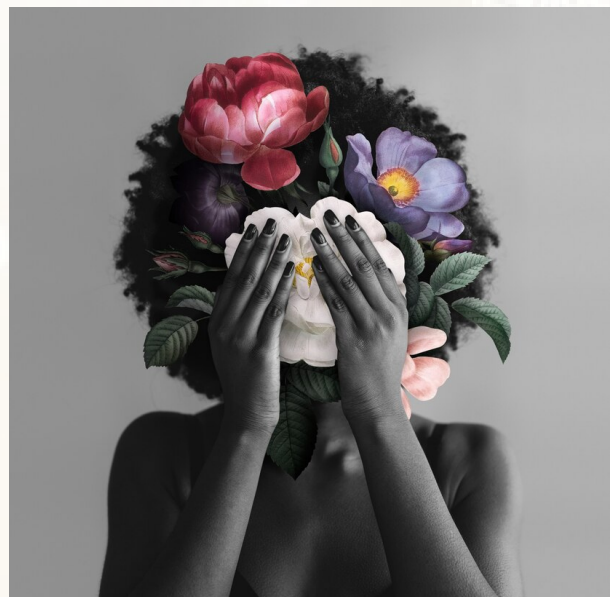
Reeves does not seem to be arguing that a world in which women were in charge would be much better than the one we got. Indeed, she very often disagrees with the women she highlights. She worries that Nobel winner Elinor Ostrom, who argued that local management of public resources can work well in the real world, understates the importance of global climate agreements. And she maintains that Schwartz took her theoretical ideas about controlling the supply of money too far, by advocating for tighter monetary policy when the economy could not bear it.

The book highlights brilliant women who have shaped the global economy. But of course there is another aim here, barely concealed – to make the case that the author should join their ranks. Britain has never before had a female chancellor, a fact referenced at least seven times.

Rachel Reeves lifts from Wikipedia Reeves is a politician and it should be no surprise that she has written a political book. Still, some of the segues are a little abrupt. She approvingly shares Webb's critique of economists, which is that they too often dress up in academic jargon which is obvious to most people, as well as her recommendation that economists should spend more energy on forecasting. Then she interrupts with a political broadcast: "The power of 'predict, prepare and

protect' in economics was never clearer to me than during Labour's battle for a windfall tax on energy and gas companies."

One Must-Read This article was featured in the One Must-Read newsletter, where we recommend one remarkable story each weekday. Sign up for the newsletter here [The Women Who Made Modern Economics](#) is an audition piece, clearly intended to demonstrate that Reeves is a serious, thoughtful contender to run Britain's economy. It also does a valuable job of challenging readers' preconceptions of what an economist is. But perhaps the most important lesson to come out of it is the importance of giving credit where it is due.





Explore the Symbolism of Christmas Hues

The symbolism of Christmas hues plays a significant role in conveying the spirit and emotions associated with the holiday season.

Red:

Symbolizing warmth, love, and passion, red is a prominent Christmas hue. It is often associated with Santa Claus, holly berries, and festive decorations, representing the joy and excitement of the season.

Green:

Green is closely tied to nature and renewal, representing the evergreen trees used as Christmas trees. It symbolizes hope, growth, and the enduring spirit of life, bringing a sense of freshness to the festivities.

Gold:

Gold is associated with wealth, luxury, and the light of the holiday season. It often represents the gifts of the Three Wise Men in Christian traditions and adds a touch of elegance to Christmas decorations.

White:

White symbolizes purity and innocence, often represented by snow. It imparts a sense of peace and tranquillity, evoking images of snowy landscapes and a serene winter wonderland.

Silver:

Silver is associated with brightness and illumination and is often seen in ornaments and decorations. It complements other colors and adds a touch of glamor, enhancing the festive ambience.



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FASHION





Style in Christmas Colors

Christmas is just around the corner, and you might be wondering how to dress up for the festive season. Whether you're attending a family gathering, a work party, or a cozy night in, you can spice up your outfit with some Christmas colors and prints. Here's how to style your red, gold, black, white, or green clothes this Christmas. You'll be surprised by how versatile and fun these combinations can be!

Metallic Accents

Step into the festive limelight with metallic accents that twinkle like holiday lights. A silver clutch or golden heels can transform any outfit into a glamorous spectacle. Whether it's a shimmering necklace or glistening earrings, metallic details add a touch of elegance and sophistication to your holiday look.

Print Mixing:

'Tis the season to play with patterns! Embrace the art of print mixing, pairing stripes with polka dots or florals with plaid. A red and green tapestry of creativity, this playful combination brings an unexpected charm to your ensemble. Go ahead, mix it up and let your style be as vibrant as a beautifully wrapped present.

Monochromatic Elegance:

Sleek and stylish, monochromatic elegance is the epitome of holiday chic. Choose varying shades of red or green to create a sophisticated ensemble that exudes festive charm. Experiment with textures like velvet or silk to add depth, making your outfit a timeless celebration of Christmas colors.

Playful Patterns:

Be whimsy with your wardrobe, trying out playful patterns that dance like sugarplum fairies. Whether it's a sweater adorned with snowflakes or a dress adorned with holiday motifs, let the patterns tell a festive story. This season, let your style be a joyful expression of the merriment in the air.



How to Style Cardigans

What better way to celebrate the holidays than by looking effortlessly chic in cozy coats and stylish cardigans? As the temperature takes a dip and Christmas lights start to twinkle, it's the perfect time to upgrade your winter wardrobe and showcase your fashion flair. In Nigeria, the harmattan season brings a distinctive mix of cool temperatures and dry air, making the art of styling cardigans also relevant.

Here are some tips on how to style coats and cardigans to “sleigh” your Christmas look this year!

Dress in Layers Like a Pro

Putting on layers isn't just about keeping warm – it's also a great way to show off your style. Mix things up by wearing a neat, fitted coat with a big, cozy cardigan. Try using different colors to make each layer stand out and create a cool look.

Wear Festive Colors

Get into the holiday spirit by adding Christmassy colors to your outfits. Think classic reds, greens, and deep burgundies. Maybe try a dark green wool coat with a cream-colored, chunky knit cardigan for a warm and festive feel.

Add Fun Accessories

Make your winter style pop with playful accessories. Try a bold scarf, fancy gloves, or a cute beanie with a fluffy pom-pom. Not only will these keep you warm, but they'll also add a fun touch to your overall look.



Belt it Up

Turn your coat into a fashion statement by adding a stylish belt around your waist. Not only does this makes you stand out, it also brings a touch of elegance to your winter style. Experiment with shiny or eye-catching belts for a bit of glamor.

Include a Bit of Tradition

Bring some Nigerian culture into your winter style. Consider wearing cardigans or coats with traditional prints, celebrating the vibrant heritage that makes our fashion special.

Mix Patterns Carefully

While mixing patterns can be cool, it's crucial to do it right. Pair a solid-colored coat with a patterned cardigan or the other way around to keep things balanced. Choose patterns that go well together to avoid a clash and keep your overall look together.

Even though looking good is essential, comfort comes first. The harmattan season can be dry, so keep your skin moisturized and go for breathable fabrics to stay comfy all day.



FOOD & DRINK





Festive Cocktail and Mocktail

Cocktail

Chapman Cocktail

Ingredients:

- 1 cup Fanta or Sprite
- 1/2 cup Grenadine syrup
- 1/4 cup Angostura bitters
- 1/4 cup orange juice
- Ice cubes

Slices of orange and cucumber for garnish

Instructions:

1. Fill a glass with ice cubes.
2. Pour Fanta or Sprite over the ice.
3. Add grenadine syrup, Angostura bitters, and orange juice.
4. Stir gently.
5. Garnish with slices of orange and cucumber.

Tequila Sunrise

Ingredients:

- 50 ml Tequila
- 80 ml Orange Juice
- Grenadine Syrup
- Lime wedge
- Orange slice

Instructions:

1. Add tequila into a highball glass.
2. Top up with ice
3. Add freshly squeezed orange juice
4. Squeeze of lime
5. Dash grenadine syrup.



Mocktail

Zobo Mojito

Ingredients:

1 cup Zobo (hibiscus) drink

1/4 cup fresh lime juice

1 tablespoon sugar

Fresh mint leaves

Ice cubes

Lime slices for garnish



Instructions:

1. In a shaker, muddle fresh mint leaves with sugar.
2. Add Zobo drink and fresh lime juice to the shaker.
3. Shake well and strain into a glass filled with ice.
4. Garnish with lime slices and mint leaves.

Mockmosa³

Ingredients:

1.5 oz. Schweppes® Original or Orange Sparkling Water Beverage

4 oz. orange juice

Sliced strawberry

Grenadine (optional)



Instructions:

1. Pour 4 oz. orange juice into a champagne glass.
2. Add 1.5 oz. Schweppes Original or Orange Sparkling Water Beverage.
3. For a sunrise effect, add a splash of grenadine.
4. Garnish with a slice of strawberry on the rim, and serve

Feel free to adjust the sweetness and tartness according to your preference. These Nigerian-inspired drinks are sure to add a festive and flavorful touch to your holiday celebrations. Enjoy responsibly!

3. Schweppes. 2023. Sparkling recipes. <https://www.schweppes.com/recipes/mockmosa>



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A Chunky Nigerian Christmas Menu!!!

During Christmas, a chunky menu lies in hearty, comforting, and flavorful dishes that bring joy and warmth to the holiday season. Here are some local menu items that capture the essence of chunkiness during Christmas.

Appetizer: Puff Puff Platter

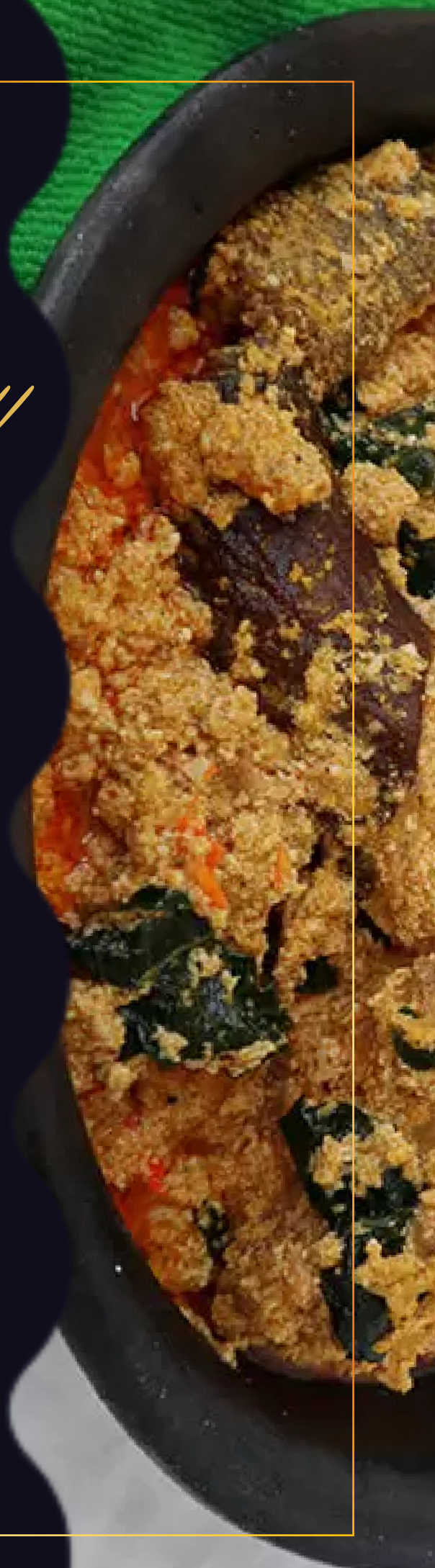
Start your Nigerian-inspired Christmas feast with a platter of puff puff. These small, round, and fluffy dough balls are deep-fried to golden perfection. Serve them with a side of spicy pepper sauce.

Main course: Egusi Soup with Swallow

One option for the main course is Egusi Soup dbhyg. It's a thick soup made with melon seeds, spinach, and other vegetables, often with the addition of meat or fish. Serve it with any swallow of your choice, but preferably pounded yam.

Main Course: Jollof Rice with Grilled Chicken

Of course, no Nigerian celebration is complete without Jollof Rice. Cook the rice with a flavorful tomato and pepper sauce, and serve it alongside grilled chicken marinated in a spicy blend of herbs and spices. Add fried plantains for a sweet and savoury touch. Fried plantains, or dodo, are a must-have side dish in Nigerian cuisine.



Side Dish: Nigerian Coleslaw:

Put a Nigerian twist on a classic side with Nigerian coleslaw. Mix shredded cabbage, carrots, and bell peppers with a tangy dressing made from mayonnaise, and vinegar.

Dessert: Chin Chin

End your Nigerian Christmas feast with chin chin, a popular crunchy snack. These bite-sized pastries are deep-fried and sweetened with sugar and a touch of nutmeg. They're perfect for snacking or as a sweet ending to your meal.

Drink: Zobo Drink

Quench your thirst with a refreshing Zobo drink. This hibiscus flower drink is often spiced with ginger and cloves, giving it a festive and flavorful kick.

Embrace the vibrant and diverse flavors of Nigeria as you relax and enjoy this chunky Christmas menu with family and friends. Wishing you a joyful and delicious holiday celebration!



ENTERTAINMENT



Cozy Books for the Holidays

It's almost that time of the year again when you don't have to worry about work. You are only permitted to chill, relax and have fun. To make this happen, especially for bookworms and aspiring bookworms, here's a list of books to add to your reading list this Christmas. Ensure to read these books with a bucket of popcorn by your side and a steaming latte in hand.

1. **A Christmas Carol by Charles Dickens:** This ageless holiday classic narrates the tale of the stingy old man Ebenezer Scrooge. Three ghosts visit Scrooge on Christmas Eve, revealing to him his past, present, and future. Through these haunting encounters, Scrooge has a significant metamorphosis, learning the true meaning of Christmas as well as the value of kindness and charity.
2. **Hercule Poirot's Christmas by Agatha Christie:** This book is about renowned detective Hercule Poirot, who is summoned to investigate a murder that occurs on Christmas Eve in the wealthy Lee family. The victim is the patriarch, Simeon Lee, and as Poirot delves into the complex family dynamics, he uncovers hidden secrets and motives. The story is filled with twists and turns, keeping readers guessing until the surprising resolution.
3. **The Christmas Train by David Baldacci:** The novel follows a journalist, Tom Langdon, as he takes a cross-country train journey during the Christmas season. The story is filled with unexpected encounters, romance, and the magic of train travel.
4. **The Gift of the Magi by O. Henry:** A short story about a young couple, Jim and Della, who make sacrifices to buy each other Christmas gifts. The story is known for its touching portrayal of love and selflessness.



Building a Snowless Man

In the heart of the festive season, one cannot help but dream of building a jolly snowman to usher in the holiday spirit. But what if you find yourself in a snow-deprived paradise, where the closest thing to a winter wonderland is the chill harmattan breeze and not a snowflake in sight? Well, we've got the perfect recipe for creating your own Christmas snowman, no snow required! You can call him a Snowless man, if you like.

Crochet snowman

With just a ball of soft, white yarn and nimble fingers, you can create a charming snowman that captures the essence of the season. This crochet creation, complete with its cozy scarf and button-like eyes, brings the joy of winter indoors in a delightfully handmade way. It's a simple and heartwarming alternative to the traditional snowman-building experience, allowing you to infuse your space with festive cheer using just a crochet hook and a bit of creativity.



Socks snowman

Embrace the winter spirit even when you don't have the frosty outdoors by crafting a delightful "snowman" made entirely of socks. Gather a pair of white socks, and let your creativity take the lead. Fill the first sock with rice or stuffing to form the base, tying it securely at the top to create the snowman's body. Repeat the process with a smaller sock to craft the head. Adorn your sock snowman with colorful buttons for eyes and a carrot-shaped fabric scrap for the nose. A cozy scarf and a charming hat complete the ensemble.

Pumpkin snowman

Embrace the festive spirit in Nigeria's warm climate with a pumpkin snowman, a creative adaptation of the traditional snowman for tropical celebrations. Select three pumpkins in various sizes and stack them to form an imaginative snowman structure. Paint the pumpkins white or wrap them in a light, breathable fabric for a snowy effect. Add a touch of Nigerian culture with vibrant beads or Ankara fabric accessories. This pumpkin snowman becomes a playful nod to winter traditions, uniquely tailored to the local climate, and serves as a joyful symbol of holiday celebration in the heart of Nigeria.





Santa's Fit Squad: Staying Active During the Holiday Season

Christmas is synonymous with joy, and engaging in physical activities with loved ones not only boosts the feel-good neurotransmitter, dopamine but also creates lasting memories.

So, gather your family and friends and let's sleigh this holiday season with Santa's Fit Squad.

1. Reindeer Relay Races:

First, find an open space (could be your backyard) and transform it into a winter wonderland with a series of reindeer relay races. Divide into teams, each representing Santa's reindeer, and race against each other in a spirited dash. Not only does this get the heart pumping, but the laughter and friendly competition add an extra dose of holiday happiness.

2. Christmas Carol Cardio Challenge:

Turn the living room into a dance floor and crank up the Christmas carols. Challenge each family member to come up with their best dance moves for each song. Not only is this a fantastic way to get everyone moving, but it also brings a festive rhythm to your workout. It's a win-win for physical health and holiday spirit.

3. Yuletide Yoga:

Amidst the hustle and bustle of the holiday season, take a moment to find serenity through Yuletide yoga. Set up a cozy spot under the twinkling lights of the Christmas tree. Engaging in mindful movements and stretches not only benefits physical well-being but also provides a mental break during this busy time.

4. Elf Obstacle Course:

Channel your inner elf by creating an obstacle course filled with challenges like crawling through wrapping paper tunnels, jumping over gift boxes, and balancing on candy cane beams. This creative and entertaining workout guarantees a full-body exercise while embracing the playful spirit of the season.

In conclusion, this holiday season, let the festivities extend beyond the dining table and into active and joyful moments with your loved ones. Whether you're partaking in spirited activities or grooving to holiday beats, staying active ensures a healthy balance of both physical and mental well-being. So, join Santa's Fit Squad, make memories, and keep those dopamine levels sky-high throughout the most wonderful time of the year.



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2024

Include Your Pets in the Holiday Festivities!

During Christmas festivity, everybody wants to enjoy the season to the fullest, dine and wine with their loved ones, have fun, go sightseeing, and do other fun activities during the holiday. For those who have pets, how can you enjoy this season without leaving your pet or furry friend out of the family fun?

Ø **Pet-friendly decorations:** As you decorate your home, offices, and stores with seasonal greeting designs, also give your pet a warm decoration. Avoid using ornaments that can be harmful.

Ø **Dress them up:** Don't expose your pets to cold weather during this season; wear a sweater for them to make them warm and adorable.

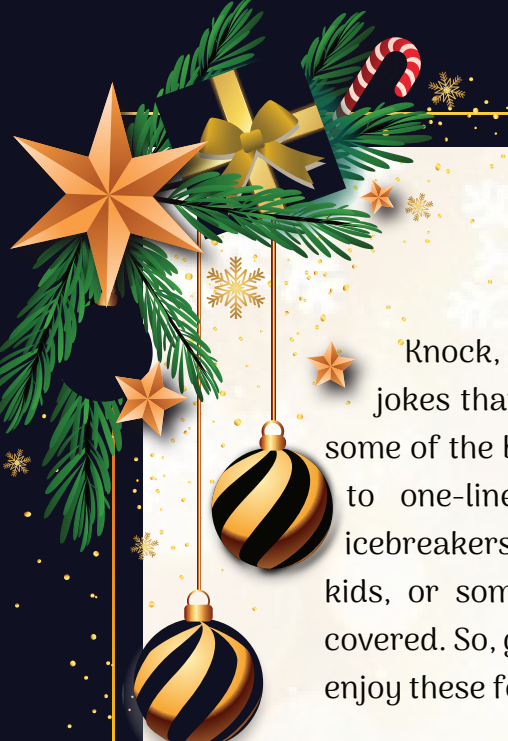
Ø **Pet-Safe Treats:** Bake or buy pet-friendly treats to include in your holiday celebrations. Many pet stores offer special holiday-themed treats for dogs and cats.

Ø **Gifts for pets:** Wrap up a special gift for your pet, whether it's a new plaything, a comfortable bed, or some delicious treats. Let them unwrap or joyfully discover their special gift.

Ø **Christmas-themed Pet Apparel:** Dress up your pet in a festive outfit. Just make sure it's comfortable for them and doesn't cause any distress.

Ø **Pet Photos with Santa:** Some pet stores or local events may offer opportunities for your pet to take photos with Santa. It can make for a cute and memorable holiday keepsake.





Knock, knock! Who's there? Chris. Chris who? Christmas and all the jokes that will make you laugh, groan, or roll your eyes. We compiled some of the best and worst Christmas jokes ever, from puns to one-liners to riddles. Whether you need some icebreakers for a party, some entertainment for your kids, or some humor for yourself, we have got you covered. So, get ready to deck the halls with laughter and enjoy these festive jokes!



- How did the reindeer know it was going to rain? Because Rudolph the Red knows rain, dear!
- Where would you find a snowman dancing? At a snowball!
- How did Scrooge win the football game? The ghost of Christmas passed.
- Why do Christmas trees like the past so much? Because the present is beneath them.
- Who is never hungry at Christmas? The turkey — he's always stuffed.
- Why is it so cold at Christmas? Because it's in Decembrrrrrrr.
- What do you call a snowman with a six-pack? The abdominal snowman. Hint: Abs
- How is a Christmas tree like a nice dog? It's all bark and no bite.
- How do you know Santa is good at karate? He has a black belt.
- Why should Santa make an Instagram account? So he can sleigh for the world to see.
- Why does Christmas feel sweet and tough at the same time? Because of Candy Cane.

*From Grinch to Glee:
Conquering Holiday Stress
with Humor*



'Twas the Night Before Christmas

Word Search

M	B	D	N	T	F	E	I	H	C	R	E	K	F	R	E	D	N	O	D	F
K	E	X	O	R	Z	P	V	F	K	U	Q	J	B	O	E	P	I	P	Z	I
A	D	P	D	S	T	N	I	C	H	O	L	A	S	C	M	I	I	V	R	F
Z	S	D	E	M	W	A	Z	Z	H	M	H	N	R	K	P	M	B	R	C	L
C	F	B	L	O	Q	D	U	C	C	U	I	E	Y	G	T	E	E	C	M	H
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J	M	E	E	E	T	L	Q	H	N	P	D	L	H	A	H	A	S	A	Z	Z
D	E	C	N	A	D	M	E	I	F	L	F	I	D	J	C	Y	J	N	B	T
W	D	C	O	M	E	T	E	E	R	S	W	H	Q	S	B	Q	B	J	G	I
S	Y	O	T	B	I	R	P	Q	S	S	M	C	W	M	H	S	J	U	H	L
S	X	L	M	V	R	H	T	M	Y	Q	H	U	D	Z	O	G	J	X	L	B
E	N	O	O	M	B	G	C	A	Q	H	D	Y	L	D	P	U	I	V	L	K
L	Q	R	O	G	P	C	L	E	M	E	N	T	H	P	K	W	S	E	R	S
P	R	W	S	I	K	U	D	R	P	L	F	T	V	I	R	F	H	E	L	A
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P	R	A	N	C	E	L	F	O	P	Q	C	R	E	A	T	U	R	E	T	X

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|----------|----------|----------|--------------|
| BEDS | CREATURE | LAWN | SASH |
| BELLY | CUPID | MOON | SLEIGH |
| BLITZEN | DANCED | MOORE | SNOW |
| CAP | DANCER | MOUSE | SOOT |
| CHILDREN | DASHER | NAP | ST. NICHOLAS |
| CHIMNEY | DIMPLES | NESTLED | STOCKINGS |
| CLATTER | DONDER | PIPE | SUGAR-PLUMS |
| CLEMENT | HOUSE | PRANCE | TOYS |
| COMET | KERCHIEF | REINDEER | VIXEN |



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