

Welcome to the 1st Edition

Good Times

that make you
Wonder and **SMile**

01/2026



WELCOME TO THE FIRST EDITION OF GOOD TIMES!

If you're reading this, congratulations. You have officially survived dial-up internet, fluorescent leggings, suspiciously crunchy perms, and the moment you realized that teenagers now think the 90s are "vintage." You've earned a magazine that makes you smile on purpose.

Good Times is exactly what it sounds like: **a place to lift your mood**, and remember that the world is still full of quirky humans, surprising stories, and things that make you go, "Wait... what?"

We'll dive into everything from hilarious hobbies and strange collections (because apparently some people collect antique potato peelers), to feel-good neighborhood miracles, to those "then vs now" moments that remind us we've lived through some truly questionable trends... and somehow came out wiser, or at least funnier.

Expect the unexpected:

The coincidence-laden deaths of presidents - A village that learned sign language to include one tiny human - Unexplained photos - Odd jobs - Nostalgic treasures - Sarcastic commentary about the modern world. And the occasional spiritual wink, just enough to stir the soul but not enough to make you run off to a mountain monastery.

But here's the secret ingredient: YOU!!

This little newsletter is meant to grow into a community, not just something you skim while pretending to work. So I want your stories, the funny ones, the awkward ones, the heartwarming ones, and especially the ones that make you think, "Surely I'm not the only one who's lived through this."

Send your:

Unusual photos - Nostalgic memories - Peculiar objects with even more peculiar stories - Those "you'll never believe what happened" moments - The weird, the wonderful, and the "I swear this is true" - And anything that brings a smile or raises an eyebrow

Think of Good Times as your digital coffee break, your bi-monthly laugh, your gentle reminder that the world is still beautifully odd... and that the best stories don't belong to celebrities, they belong to people like us.

You can join the Facebook group or WhatsApp community for extra fun, spontaneous stories, and more opportunities to share your gems.

Search for Good Times from Rosita,
or stop by my home on the web at www.amarae.net.

Here's to good stories, good people, and good times, in every edition.

ENJOY



Inside this EDITION: 01/2026



Peek at what's waiting to
SPARK your **DAY**

PAGE 4 ... HUMOR

Just for laughs

PAGE 5 ... A READER'S STORY

A thoughtful reflection on what everyday life with a dog can teach us about attention, emotion, and slowing down.

PAGE 6 ... DID YOU KNOW ...

The amazing Parallels of Lincoln and Kennedy

PAGE 7 ... A FEEL GOOD STORY

A Village That Learned Sign Language to Include One Tiny Human

PAGE 8 ... I LOVE MY PET

A reader story about the wonderful and weird world of pets

PAGE 9 ... LET ME INTRODUCE

Introducing a reader with a special hobby, collection or job or anything else out of the ordinary

PAGE 10 ... A MATTER OF PERSPECTIVE

An editorial

PAGE 11 ... TEST YOUR KNOWLEDGE

A quiz, just for the fun of it

PAGE 12 ... THE ALTERNATIVE WAY

About alternative practises

PAGE 13 ... JUST FOR FUN

Bits and Bops

PAGE 14 ... A RECIPE

This time ... Zucchini Bread

PAGE 15 ... KNOWLEDGE ANSWERS

Answers to the quiz

PAGE 16 ... HAPPY NEW YEAR

just a simple thank you and a happy new year

PAGE 17 ... COLOFON

Contact information and other details

Humour?

I told myself I'd wake up early, meditate, drink water, stretch, and glow like a celestial being.

Instead, I woke up late, tripped over my own ambition, and glowed like a faulty lightbulb, but hey, effort was made.

Why did the dog sit in the shade?
Because it didn't want to be a hot dog.

What did one ocean say to the other ocean?
Nothing, it just waved.

It said, "I told my wallet to stay positive. I'm trying, but I'm feeling a little empty."

WHY DID THE COFFEE FILE A POLICE REPORT?
IT GOT MUGGED

Why did the cat sit on the computer?
It wanted to keep an eye on the mouse.

Why did the tomato sit down?
Because it couldn't ketchup.



I told my scale we needed space.
It said ... Good, step off.

THE IMPORTANCE OF SOCIAL MEDIA NOTIFICATIONS:

Oh, please interrupt me.

I'm sure that notification about a game I downloaded five years ago is dramatically more urgent and life-altering than what I was just saying about my recent life choices.



I am not going to be in your face about this, but this newsletter takes time, a lot of time and a cup of coffee makes a good assistant :-)



What My Dog Lily Teaches Me: From a Spiritual Perspective

I've always believed spirituality lives in the small, unpolished corners of daily life, not only in temples or meditation rooms. As someone who practices mindfulness, I look for meaning in ordinary moments, but nothing has taught me more about presence and intuitive connection than my dog, Lily.

This is not a mystical story. Just simple observations from watching her closely every day.

Animals Hold a Natural Stillness

Each morning Lily sits by the summer house, facing the garden. She doesn't bark or fidget, she just watches the sunrise with a quiet steadiness. Animals don't meditate, yet they live in the meditative state we work so hard to reach. When I sit beside her, she glances at me, then back to the soft light. Her calm settles into me, reminding me that the day's first lesson is simply to arrive.

Pets Feel Our Energy Before Our Words

On days when my thoughts are heavy, Lily notices before anyone else. She walks over, rests her head against my knee, and sighs as if grounding us both.

Nothing about it is trained; it's intuitive. Animals feel the emotions we try to hide. Lily reminds me that energy is always speaking, even when we don't.

Routine Becomes Spiritual with Awareness

Our walks are simple but meaningful when I pay attention.

Lily sniffs the same patch of grass she sniffed yesterday. Why this spot? Why again?

I've learned spirituality often lives in revisiting the familiar and noticing how you have changed. Lily moves slowly, thoughtfully, then suddenly sprints as if shaking off stagnant energy.

Walking beside her makes me more aware of my own habits, how fast I rush, how rarely I breathe deeply, and how easily I overlook small beauty.

Mirroring My Inner State

After receiving difficult news, I sat on the floor feeling hollow. Lily approached but didn't sit close; she lay at a gentle distance, near enough to watch, far enough to respect my space.

Her reactions shift with my emotional tone: when I'm overwhelmed, she leans in; when contemplative, she gives space; when joyful, she plays. It mirrors a spiritual truth: the world reflects our inner state back to us. With my dog, that lesson becomes immediate.

The Silent Connection Is the Real Connection

When I meditate, Lily often lies nearby, not touching, just present. Her breath slows, and sometimes our calm feels shared. It's a wordless harmony.

As someone who looks for signs, I'm reminded by her that connection doesn't need symbols. Sometimes it's simply two beings sharing quiet peace.

Pets Anchor Us to Gratitude

When a pet curls up beside us, or a cat purrs on our chest, we feel grounded and grateful. Their presence is a blessing, steady, healing, full of quiet wisdom.

I once read that animals enter our lives as healers, guides, or mirrors. Watching Lily every day, I believe this. She's not just a pet, she's a companion soul who brings me back to myself when life pulls me away.



People often ask where I learn my spiritual practices. I could say books or retreats, but truly, my greatest teacher walks beside me daily, tail gently wagging, eyes full of presence. In these simple lessons, I find a spirituality more real than anything I've read.

Wilma

Did you Know...



When History Rhymes: The Curious Parallels of Lincoln and Kennedy

Every so often, history offers a story that makes us pause. The assassinations of Abraham Lincoln and John F. Kennedy, separated by a full century, are one of those rare moments where fact seems to border on the unbelievable.

Abraham Lincoln became President in **1860**. Exactly one hundred years later, in **1960**, John F. Kennedy took the same office.

Both led the nation through tense, divided times. Both inspired hope, and both were taken from the world by an assassin's bullet while still in office.

From there, the coincidences begin to stack up.

- ~ Lincoln was elected in **1860** ~ Kennedy in **1960**
- ~ Lincoln's successor was Andrew Johnson, born in **1808**
- ~ Kennedy's was Lyndon B. Johnson, born in **1908**, again, a perfect century apart
- ~ Both were shot on a Friday, both in the head, and both while seated beside their wives
- ~ Lincoln was killed in Ford's Theatre
- ~ Kennedy was shot in a Lincoln automobile made by the Ford Motor Company
- ~ Each assassin is remembered by his full three-part name, John Wilkes Booth and Lee Harvey Oswald, both names containing fifteen letters
- ~ Booth fled from a theatre and was caught in a barn used for storage;
- ~ Oswald shot from a book warehouse and was captured in a theatre, an uncanny reversal of events.
- ~ Both were killed before they could stand trial

Even beyond these parallels, their lives share a sense of shared purpose. Both men were passionate about civil rights and equality. Both faced fierce opposition. And both left a legacy that continued shaping America long after their deaths.

Of course, not every claim in the long list of "Lincoln–Kennedy coincidences" holds up to research.

Despite what's often said, Lincoln never had a secretary named Kennedy. Kennedy, however, did have a secretary named Lincoln, Evelyn Lincoln, which helped fuel the myth.

Some connections have been polished by time, others are just the kind of coincidences that naturally occur in history.

Still, even when separated from legend, the pattern is striking.

The symmetry between these two presidencies gives us a glimpse into how human minds search for meaning.

We like to believe that history isn't random, that events follow a rhythm, even when that rhythm is tragic.

Whether these parallels are coincidence, fate, or simply the echo of recurring themes, they remind us that certain stories repeat for a reason.

Courage, conviction, and compassion never vanish, they reappear, century after century, through new faces and new challenges.

And maybe that's the most meaningful connection of all.



Feel Good Story

A Village That Learned Sign Language to Include One Tiny Human

A little girl named Samantha, born deaf and full of curiosity, moved to a Massachusetts neighbourhood, with her family. Her parents expected friendly smiles, maybe a welcome or two.

What they didn't expect was an entire village-style response. The entire neighbourhood surprised them. Dozens of neighbours signed up for evening classes to learn American Sign Language, just so Samantha could feel included.

Bit by bit, people learned how to say hello, ask about her day, and chat in a language new to them but familiar to her. And with every signed word, Samantha's face lit up a little more. And just like that, something beautiful happened.

What began as a small gesture turned into a powerful reminder: good things don't always arrive with big headlines or grand gestures.

Sometimes goodness arrives quietly, through ordinary people choosing to care in the small, steady ways that change everything.

This neighbourhood didn't just learn a new language. This neighbourhood didn't just learn a new language, they proved that community, compassion, and connection can show up anywhere, at any moment, when someone decides to make room for them.

They proved that kindness can take many forms... and every single one matters.



i love my Pet



A Kangal is a large, powerful livestock guardian breed originally from Turkey. Calm, loyal, and highly protective, they are known for their strong bond with the animals and people they guard. Despite their size, Kangals are thoughtful, steady dogs with a quiet confidence rather than an aggressive nature.

Just when you think you've seen it all with these dogs, comes the mind-blowing event of all events...

Last night the girls started roaring with the unmistakable bark that means a rattlesnake is present. We go out and it is a few feet away from Ru's spot where she sleeps on the porch. The whole situation was a bit chaotic because in addition to the very angry rattlesnake, there was a large kingsnake hanging from a tree branch nearby with a mouse hanging out of its mouth...

Ru's behavior was not her solid back-away-from rattlesnake-when-humans-arrive and with her brother Tyro's history of rattlesnake killing, it was a little concerning to watch her unwillingness to leave the situation like she normally would.

She calmed down as soon as the rattlesnake was removed and then nonchalantly walks over to the kingsnake still hanging from the branch and

TAKES THE MOUSE FROM HIS MOUTH and proceeds to eat it!

There is no question that the dogs know the difference between "good" snakes and "bad" snakes but utilizing a snake to do your hunting for you is a bit much!

I do hope I won't find Ru out in the bush in the future with her pack of hunting snakes, rounding up tasty tidbits for the Queen!

A Kangal Friend



Let me Introduce...

Because this is the very first edition, it felt important to briefly introduce the person behind this magazine. That's the only reason I'm speaking about myself here, so you know who is holding the space and why it exists.



My name is Rosita, and I'm the creator of this magazine. Over the years, I've worn many hats. I'm a digital designer and author, a workshop facilitator, and an inspirational speaker. I'm also a Reiki Master and teacher, an Angel Therapist, and a professional card reader.

I don't mention these roles to put them on display, but to give you a sense of the broad mix of interests, experience, and curiosity that shapes how I see the world and how I work with people. At this stage of my life, I'm retired and live quietly in the forest with my husband of 40 years, five dogs, and four cats. It's a simple life in many ways, and a full one in others. That balance, between experience and simplicity, structure and freedom, is something I value deeply.

This magazine wasn't created as a personal showcase or a one-voice project. Quite the opposite. **From the very beginning, it was meant to be shared.** I can't, and don't want to, carry this alone.

We all recognize the feeling that the world feels heavy right now. Dark, loud, and overwhelming in ways that are hard to ignore. I didn't want to add to that noise. I simply wanted to create something that brings a little light, a little warmth, and yes, even a bit of laughter. Something human. Something real.

There's **no subscription** fee for this magazine. You're welcome to support it by buying me a coffee if you feel inclined, but it's never a requirement.

What **is** required, and **genuinely needed**, is participation. This magazine only comes alive through your pictures, your stories, your links, your interests, your work, and whatever it is you feel moved to share. I'd also love to hear your feedback, what works, what doesn't, and what you'd like to see grow.

You can reach me via the email listed on my website at www.amarae.net. This is a shared space. And it only works if we build it together.

In future editions, I'd love for this space to be filled by you, by people who want to share their hobby, their interest, their collection, their work, or simply something that matters to them. There's no requirement other than it being real and being yours.

If you're reading this, you're already part of what's unfolding. And I'm genuinely glad you're here.

Rosita



A matter of perspective!

You Are Never Too Old (Despite What the Internet Says)

Apparently, once you hit fifty, society quietly slips you into the “expired products” aisle, as if your best-before date has somehow passed. One minute you’re living your life, the next you’re being told by a 22-year-old influencer with a ring light and zero life mileage that you “shouldn’t wear jeans at your age.” **Excuse me? We practically invented jeans.** We wore them before they became fashion statements for people who think distressing denim counts as a personality.

Somewhere between hashtags and filters, the world decided that youth equals wisdom and age equals... buffering? Suddenly, if you’re not juggling five apps and a constant identity crisis, you’re irrelevant. Social media has spoken. And apparently, if you dare to exist offline, you might as well be smoke signals and cassette tapes.

But here’s the twist: the over-fifty crowd actually knows things. We’ve lived entire lives before the internet decided our worth could be measured in likes from strangers who can’t spell. We’ve built things, broken things, fixed things, raised humans, and survived actual world events that didn’t involve trending dances.



Yet the rules keep coming. Don’t wear this. Don’t do that. Don’t you dare have fun. Meanwhile, 80-year-olds are out here buying houses in foreign countries while the comment section clutches its pearls like adventure is a crime after retirement.

Let them panic. Age isn’t a limitation; it’s liberation. You’ve earned the right to wear the jeans, dye the hair, chase the dream, and confuse the algorithm simply by existing.

Because the real secret? You’re not too old. The internet is just too young.

TEST YOUR KNOWLEDGE

1 ... Which legendary 1971 song by Led Zeppelin is famous for its long intro and is often considered one of the greatest rock songs of all time?

2 ... Which girl group told us what they "Really, Really Want"?

3 ... Which artist is the only person to be inducted into the Rock and Roll Hall of Fame three separate times (with The Yardbirds, Cream, and as a solo artist)?

4 ... The 1982 film Rocky III featured a chart-topping theme song. What was the song called, and who performed it?

5 ... In 1997, Elton John's "Candle in the Wind" was re-released as a tribute to Princess Diana. Who was the subject of the original 1973 version?

6 ... Which 1972 hit by the band Stealers Wheel is famously used during the "ear scene" in Quentin Tarantino's 1992 film Reservoir Dogs?

7 ... Which song by The Police (led by Sting) became their biggest hit in 1983, despite many people mistakenly thinking it's a romantic love song?

8 ... Which female singer "walked like an Egyptian" and also sang "Eternal Flame" with her band, The Bangles

9 ... What was the name of David Bowie's flamboyant glam rock alter ego in the early 1970s?

10 ... Which Canadian artist sang the massive hit "Man! I Feel Like a Woman!" and became a crossover star between Country and Pop?



[Click to go the Knowledge answer page](#)

The Alternative Way

Crystals in General

In alternative healing traditions, the belief is that everything in the universe, including the human body and crystals, possesses a subtle energy field or vibration.

Crystals are thought to have a stable, pure vibration due to their fixed crystalline structure.

When a crystal is placed on the body or kept nearby, its consistent energy field is believed to interact with your own energy, helping to harmonize, balance, or realign it. Supporters suggest this interaction can absorb negative energy, block stress, or channel positive energy to promote emotional calm and physical well-being.

Having a crystal in your home simply extends that perceived beneficial energy into your environment.

Clear Crystal

If you are going to choose one crystal to own, let it be clear quartz, the multi tasker amongst crystals!

Not only do they look mesmerising and fascinating, they have a job to do as well....

You will find clear quartz in all electrical appliances ,they are in your phone, your computer, radio, watches, even your washing machine, they all contain a small crystal to make them work better!

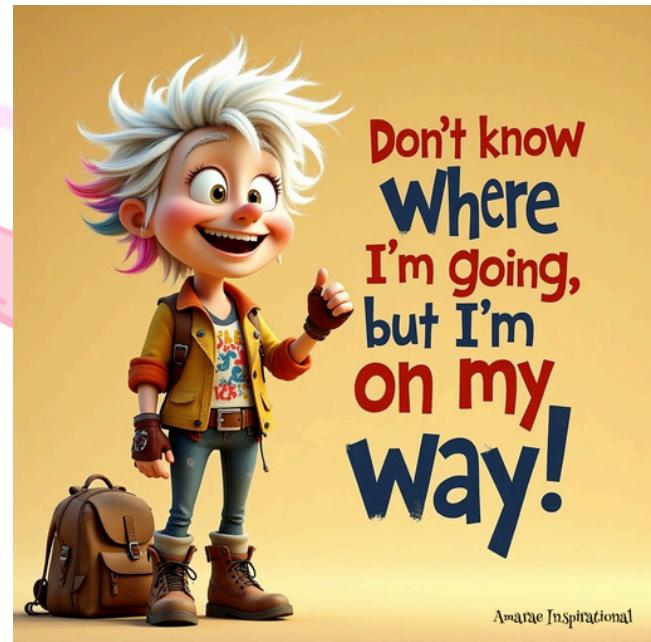
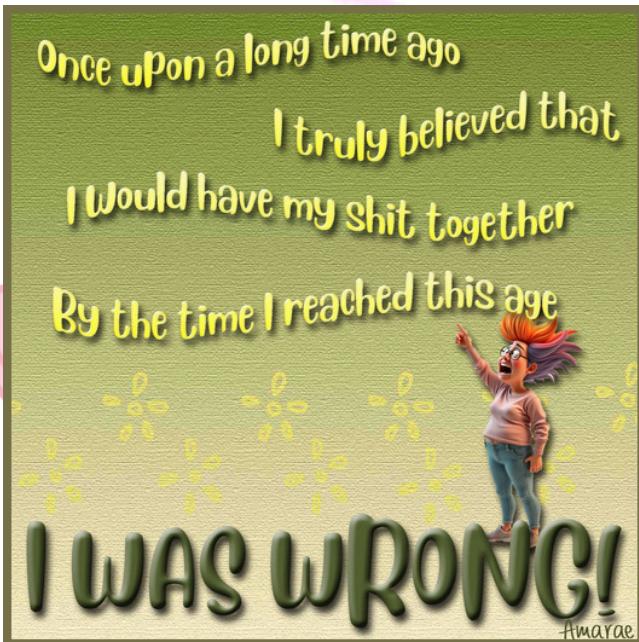
They are great for protection too, as they have a high light refraction so sends any energy coming at them, sideways. So great as a pendant in a crowd.

This also means they amplify everything next to it , giving it an extra boost which is great if you are making a crystal grid for example.

And of course they make fabulous crystal balls too!



Wilma



Check out my Website

Amarae

A Recipe

from Rosita

Zucchini Bread

Ingredients:

350 g flour
350 g light brown sugar
1.5 tsp baking powder
1 tsp salt
175 g walnuts, roughly chopped
4 eggs, lightly beaten
1.5 dl vegetable oil
350 g zucchini, grated
2 tbsp lemon zest, grated
2 greased loaf tins of 700 g each



- ~ Sift the flour, brown sugar, baking powder, and salt.
- ~ Whisk together the eggs, oil, zucchini, and lemon zest, then add this mixture all at once to the flour.
- ~ Stir everything together well until you get an even batter.
- ~ Divide the batter between the two tins and smooth the tops.

Bake at 180°C (or gas mark 3) for 1 hour.

Remove from the oven and let stand for 10 minutes.

Personal note:

My oven at 180°C usually needs about 15 to 20 extra minutes. Make sure you have a skewer or cake tester handy to check whether your zucchini bread is cooked through in the middle.

Enjoy!

Knowledge Answers

1 ... Stairway to Heaven

2 ... Spice Girls

3 ... Eric Clapton

4 ... 'Eye of the Tiger' by Survivor

5 ... Marilyn Monroe (Norma Jeane)

6 ... Stuck in the Middle with You

7 ... Every Breath you take

8 ... Susanna Hoffs

9 ... Ziggy Stardust

10 .. Shania Twain





Welcome to 2026!!

Every December, we are full of good intentions and we're acting like we're about to reinvent our entire existence. We map out habits, routines and our goals, as if the simple act of writing them down **magically turns us into people who actually follow through.**

Then January barges in, loud, cold, and slightly judgmental, and suddenly all those good intentions start slipping through our fingers.

Not because we're lazy, of course. No, no, no!!

It's because "life happened." I overslept. The weather was too something. The day was too long. The motivation was too... missing. Before we know it, our big plans have quietly packed their bags and left without even a goodbye note.

But this year, maybe skip the poetic resolutions and go for something bolder: **do** the thing you keep telling yourself you'll do. Not perfectly, not beautifully, not Instagram-worthy, just do it already.

Show up messy. Show up grumpy. Show up with your hair looking like it lost a fight. But show up.

Because the new year isn't waiting for you to be ready. It isn't pausing until you feel motivated. If you want change, stop waiting for a sign and give yourself the kind of gentle kick only you can deliver. You know the one, the "enough talking, let's go" kind.

So with that said, I wish you all a Happy New Year, may this be the year your actions finally stop hiding behind your intentions ;-)

Amarae's Rosita.

About 'Good Times' and the People Behind' it

Editor

This magazine is edited and curated by [Rosita \(Amarae Inspirational\)](#), bringing together words, visuals, and ideas meant to inspire, reflect, and gently shake something awake inside us.

The Continuing Crew

Each edition includes contributions from a small group of recurring writers and creatives who share their thoughts, reflections, art, and insights.

Their voices help shape the soul of this magazine, and you'll keep seeing them return in future editions.

[Wilma \(Tarot/Angel\)](#)

Our Readers (Yes, That's You)

This magazine is not meant to be one-sided.

Readers are strongly invited to contribute, whether that's a short written piece, a reflection, artwork, photography, or a link to something meaningful you've created and want to share with the community.

[Wona Kangal from the Kangal Dog Project](#)

This last page is here to acknowledge the people who make this magazine what it is, the ones you see every edition, and the ones quietly sharing from the sidelines.

How to Contact Us

If you feel called to contribute to a future edition, here's how to do it:

Written pieces, reflections, or articles ~ Photos or visual artwork ~ Links to projects, websites, or creative work, please include a short description of what you're sharing and how you'd like to be credited.

Please send your submission in one of the following ways:

Via the [website](#) submission form: www.amarae.net

by [email: share@amarae.net](mailto:share@amarae.net)

Or through the [FB Group 'Good Times'](#)

Either way ... we would love to hear from you!

For now ... Goodbye

Thank you for reading, for showing up, and for spending a piece of your time here.

That alone matters more than you know.

Until the next edition ...

With love, Rosita

This magazine exists because of passion, consistency, and community support.
Buying me a coffee is one simple way to help keep it going.

