



# Senior Living

**MAGAZINE**

*Thrive after 55!*

**Gardening  
Gracefully**

**Dealing with  
Constant Worry**

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VOL. 25/Apr 2024

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# Editor's Note

Welcome to the latest edition of Senior Living Magazine, where we celebrate the joys and challenges of Health and Wellness.

Before I begin, I would like to extend heartfelt congratulations to Oakleigh Funeral Home as they celebrate their 25th anniversary! Oakleigh has played an important role in the start-up and distribution of Senior Living Magazine. Thank you for serving my family and the KZN community with compassion, dedication, and unwavering support during some of life's most difficult moments.

Within Volume 25, you'll find information (and inspiration) that I hope will empower you on your journey toward a "happier, healthier you."

We speak with a dedicated physiotherapist who shares her expertise in living with chronic back pain, offering valuable insights and strategies for managing this common challenge; we

explore practical techniques for dealing with constant worrying, helping you navigate fear; and we share the secrets to the best chocolate cake I've ever tasted!

While bittersweet emotions accompany any move, a new chapter also offers exciting possibilities. As I personally prepare to say goodbye to my cherished garden as I move house, I carry the warmth of countless memories and the anticipation of nurturing a new one. Make sure to look at page 12, where you'll find tips on "gardening gracefully," a practice that not only nourishes the soil but also feeds the soul!

I hope that you find inspiration within these pages. Happy reading!

**Senior Living Magazine Editor**

**To receive the digital copy of Senior Living Magazine please go to [www.seniorlivingmag.co.za](http://www.seniorlivingmag.co.za), scroll down until you see the magazine covers, and click 'download'.**

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# Discounts and Offers

Please confirm all discounts beforehand, as they are subject to change, and notify us of any discounts that you encounter for the benefit of the readership.

## Monday/Tuesday/Wednesday

- Avondale Spar: 5% discount (not on promotions), loyalty card required (bring ID and ID photo).

- Clicks: Double Club Card points for over 60s.
- Builders Express Pinetown: 10% discount, loyalty card required.

## Monday

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- SuperSpar Richden's Village: 5% discount.
- Knowles SuperSpar: 5% discount, pensioner's card required.
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- Merrivale SuperSpar: 5% discount, Spar card required.
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- Blackwoods Nursery : 10% discount for seniors (from age 65).
- Village Feeds in Hilton: 10% discount.
- SuperSpar Glenwood, Durban: 5% discount (not on promotion lines) and market day specials; grocery deliveries or pick-and-collect available.
- Cookhouse: 10% discount on all frozen meals.
- Greendale SuperSpar: 5% discount, loyalty card holders (not on promotion lines).

## Wednesday

- Musgrave Pick n Pay: Double Smart Shopper points.

## Thursday

- Merrivale SuperSpar: 5% discount, Spar card required.
- Hilton Quarry Centre Spar: 5% discount, free delivery in Hilton.
- Tanglewood Nursery Hilton – Pensioners' Day every Thursday: pensioners receive a 20% discount on all plants.
- Greendale SuperSpar: 5% discount, loyalty card holders (not on promotion lines).

## Every Day

- Bargain Books, Hillcrest: 10% discount (bring ID to register).
- Makro: Up to 5% discount on food products (incl butchery, grocery, fruit and vegetables), up to 10% discount on general products, pensioner's card required.
- Game: 10% discount on purchases up to a total amount of R3 000.
- Rotunda Coffee House and Car Wash, Hilton: Free coffee when you buy a car wash (pensioners only).
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### When last did you sit with your Executor to update your Will?

**Life changes so Wills must be updated.**

Margaret McCullough manages one of the largest Estates Departments in KwaZulu-Natal. She provides a personal service to her clients, and believes it is important for a person to not only know who their Executor is, but for them to meet the person who will be looking after their family when administering their Estate.

Margaret will be consulting clients  
in the Umdoni Village  
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# Collector's Corner

With Daryl Kriel  
from Kensington Bond

Hi Daryl

I have this tea set that I inherited from family - what do you think it is worth?

Regards Joan



Royal Albert began in a "pottery" called the Albert Works in Stoke-on-Trent, purchased by Thomas Wild in 1895. It only took on the name Royal Albert in 1904 after receiving a royal warrant as a provider to the royal household.

They were inspired by English country gardens, with many of the patterns themed around roses.

In 1946, the company bought Paragon. Locally, the Paragon China does not command the same prices, even though many of them share patterns.

In 2002, after Royal Doulton bought it, they stopped manufacturing in the UK and moved to Indonesia.

Collectors are much more interested in the "Made in England" stamp.

---

**It only took on the name of Royal Albert in 1904 after having received a royal warrant as provider to the royal household.**

---

Your set is the Lady Carlisle pattern, and your six-place setting would sell for R2000 to R3000. With a teapot, it would fetch considerably more.

**If anyone has anything interesting to sell or value, give Daryl from Kensington Bond Auctioneers a call on 033 330 3185 or 082 297 1117.**





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# 6 Simple Habits for a Healthier You!



**Move your body:** Aim for 150 minutes of moderate-intensity exercise weekly.



**Eat healthy:** Focus on fruits, veggies, whole grains, and lean protein.



**Stay hydrated:** Drink plenty of water throughout the day.



**Get enough sleep:** Aim for 7-8 hours of sleep per night.



**Manage stress:** Find healthy ways to relax and de-stress.



**Stay connected:** Socialise with loved ones or join activities.

PMB/Midlands

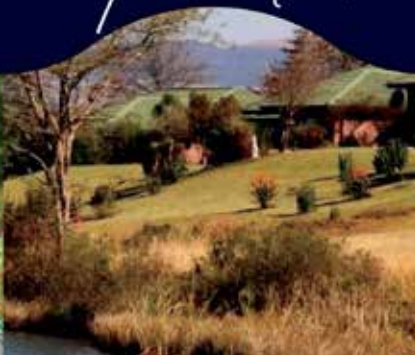
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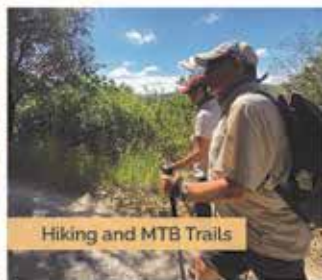
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BLACKWOOD'S

## GARDENING GRACEFULLY

As we age, our needs and abilities change, but that doesn't mean we have to give up the joy of gardening. With a few thoughtful adaptations, your garden can continue to be a source of beauty and relaxation.

- 1. Accessible Pathways:** it's important to ensure easy access throughout the garden. Replace uneven pathways with smooth, slip-resistant surfaces such as flat stones or concrete pavers.
- 2. Raised Beds and Containers:** consider switching to raised beds or elevated containers to bring your plants up to a more accessible height. It reduces the need for bending or kneeling, making planting, watering and harvesting much easier.
- 3. Ergonomic Tools:** invest in gardening tools designed specifically to reduce strain and fatigue. Look for lightweight, cushioned handles that provide a comfortable grip. Long-handled tools with adjustable lengths can achieve reach without overexertion.
- 4. Low-Maintenance Plants:** Choose low-maintenance plants that require minimal care and upkeep. Indigenous plants tend to be more resilient and less demanding. Consider drought-tolerant plants that reduce the need for strenuous tasks like hauling hoses or watering cans.
- 7. Sensory Gardens:** Engage all your senses by designing a sensory garden filled with fragrant flowers, textured foliage, and soothing sounds. Add wind chimes or water features for auditory stimulation.
- 6. Shaded Seating Areas:** Create inviting shaded seating areas where you can rest, relax, and admire your garden handiwork.



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Mowana. This beautiful name is rooted in African languages and means 'tree of life'.

Our tree, with its deep roots that anchor us as we take the best forward into this new organisation.

The sturdy trunk supporting the canopy of branches which offer shelter, protection, a space to grow and nurture.  
A place to thrive.

The brightly coloured leaves communicate the broad diversity of our people and their warmth. Our communities are welcoming, safe and vibrant.  
Full of life.

The circle represents our inclusive community spirit, the connection you will experience.  
Here individuals feel a sense of belonging.

# MOWANA

## Senior Living Communities

support. Community Spirit.  
that we do and how we do it.

We listened to the voices of  
our residents and employees  
as we created a name and logo  
which showcases these valued qualities.

Our logo is symbolic of the deeply rooted,  
diverse and sustaining organisation we are.

Mowana is the newly merged organisation  
representing HADCA and PADCA.

We are a dynamic non-profit company,  
a leader in person-directed support  
in the KwaZulu-Natal Midlands  
and a resource of choice for  
older adults and their families.

[www.mowana.org](http://www.mowana.org)  
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# HADCA and PADCA Merge to Become Mowana

**HADCA and PADCA, two of the largest non-profit organisations focused on serving the Older Adults of the KwaZulu-Natal Midlands, merged to form a new organisation Mowana on 1 April 2024.**

Pooling resources and skills will improve and expand the service and product basket offered. The new organisation will leverage the opportunity for growth in affordable, older adult-centred communities in Pietermaritzburg, Hilton and Howick areas.

They will meet the needs of Older Adults while balancing the lifestyle they want to have, their health and their finances. Together they can better adapt to the changing environment, and remain relevant in an increasingly competitive market.

Their continuum of products and services as well as person-directed support will remain at the heart of what they do.

---

**Pooling resources and skills will improve and expand the service and product basket offered.**

---

The new organisation name, Mowana, is rooted in African languages and means 'tree of life'. It is the outcome of an extensive naming process which began with suggestions from the HADCA and PADCA communities.

The name is accompanied by the descriptor, "Midlands Senior Living Communities", which clarifies what they offer and, like the name itself, came as a suggestion.

The new name, descriptor and visuals are a representation of the inclusive community spirit. They are grounded and organic whilst having vibrance and life.

---

**...a representation of the inclusive community spirit.**

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All the branding elements have been developed from the valued qualities the new organisation is looking to showcase. They emerged from the residents and employees as the best of both to take forward into the future.

For more information visit  
[www.mowana.org](http://www.mowana.org)







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# Living with Long-Term Back Pain



**“Pain is real. But so is hope.”**

Juli-Ann Riley, a local physiotherapist, has a special interest in the management of chronic pain. She has published a paper on “pinched nerves” and presented it at a national physio conference. She was chosen and trained as an IASP Pain Ambassador and has lectured on pain management to various healthcare professionals. She has a passion for relieving suffering and assisting people to reach their highest level of function and enjoyment of life.

---

## She has a passion for relieving suffering...

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Juli says: “When we experience pain for prolonged periods, how our nervous system reacts to the pain changes. It becomes more sensitive, more irritable, and better at producing pain.”

“The current guidelines on the management of chronic lower back pain include medications like non-steroidal anti-inflammatory drugs (NSAIDs) and antidepressants, physiotherapy such as massage, spinal mobilisation, and specific stabilisation exercises, as well as psychological therapies. General movement and activity also yield

great results. A combination of the above seems to be most effective. Interestingly enough, no type of surgery is recommended in the guidelines, and surgery should only be considered after 2 years of conservative therapy. Obviously, everyone is different, and this is why a thorough physiotherapy assessment and individualised program are important.”

So, what can you do for yourself? Juli shares some tips: “Eat a fresh and healthy diet and minimise foods that increase inflammation (and can sensitise the nervous system) like sugar, white flour, processed foods, caffeine, and alcohol.

Get enough good-quality sleep. We all know that pain affects sleep, but research now shows that poor/insufficient sleep also causes more pain (due to increasing the sensitivity of the nervous system). Relaxation techniques (breathing techniques, guided visualisation, etc), help to ‘re-set’ the nervous system. Keep moving – avoid prolonged positions. Stay active – start low and go slow. Engage in joyful activities!”

**By: Juli-Ann Riley, Riley Physios**



- ✓ Back & neck pain
- ✓ Arthritis, joint & muscle pain
- ✓ After joint replacement surgery
- ✓ Neurological conditions (stroke, Parkinson's etc)
- ✓ Women's Health (bladder problems & prolapse)

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# 7 Tips On How To Stop Constant Worrying In Your Life



**Do you find yourself worrying about everything that is going on around you?**

It can be very tiring and depressing to constantly worry about your family, your job, your health, and everything else that is happening. Having things out of your control is very scary.

As a result, here are 7 tips on how to overcome the cycle of worry and fear in your life:

**1 Focus on the facts of your situation, not your thoughts:** When people are stressed out, they rely on their fearful and depressing thoughts. Your fearful thoughts are exaggerated and are not based on reality. When you are anxious, focus on the facts of your current situation and not on what you think.

---

**Focus on the facts of your current situation, not your thoughts...**

---

---

**Take a deep breath and try to find something to do to get your mind off of your anxieties and stresses.**

---

**2 You can't predict the future:** Remember that no one can predict the future with one hundred percent certainty. Even if the thing that you are afraid of does happen, there are circumstances and factors that you can't predict that can be used to your advantage.

For example, you miss the deadline for a project you have been working on. Everything you feared is coming true. Suddenly, your boss tells you that the deadline is extended and that he forgot to tell you the day before. This unknown factor changes everything.

**3 Take a break:** Take a deep breath and try to find something to do to get your mind off of your anxieties and stresses. A person could take a walk, listen to some music, read the newspaper, watch TV, play on the computer, or do an activity that will give them a fresh perspective on things. This will distract you from your current worries.

---

## Instead of worrying about how you will get through the rest of the week or month, focus on today.

---

**4 Take it one day at a time:** Instead of worrying about how you will get through the rest of the week or month, focus on today. Each day can provide us with different opportunities to learn new things, and that includes learning how to deal with your problems.

**5 Learn how to manage your thoughts:** Challenge your negative thinking with positive statements and realistic thinking. When you are encountering

thoughts that make you fearful, challenge those thoughts by asking yourself questions that will maintain objectivity and common sense.

**6 Things change over time:** Regardless of your circumstances, your current situation will not stay the same. Everything changes over time. Knowing that your situation will improve will help give you the confidence that things will get better.

**7 Get some help:** Sometimes, it helps to be able to talk to someone about your stressful situations. Talking to a trusted friend, counsellor, or clergyman can give you additional advice and insights on how to deal with the fear of the unknown. Remember that there is nothing wrong in asking for assistance.

By: Stan Popovich. Stan is the author of "A Layman's Guide to Managing Fear" which covers a variety of techniques that can drastically improve your mental health.

For more information, please visit Stan's website at [www.managingfear.com](http://www.managingfear.com).



*Remember that there is nothing wrong in asking for assistance.*

# Oakleigh Funeral Home's Silver Jubilee



## 25 Years of Integrity and Compassion.

As we celebrate our 25th anniversary, Oakleigh Funeral Home continues striving to provide a service with compassion, care, and professionalism in the greater Pietermaritzburg and Durban communities.

Since our establishment on 1 April 1999, we have been privileged to serve families during their most challenging moments with dignity and respect. Our journey over the past 25 years has been defined by our commitment to service excellence. From our dedicated team to our state-of-the-art facilities, every aspect of Oakleigh Funeral Home reflects our deep-rooted values of compassion, integrity, and empathy.

---

**Since our establishment on 1 April 1999, we have been privileged to serve families during their most challenging moments with dignity and respect.**

---

As we mark this significant milestone, we would like to convey our sincere appreciation to each and every member of the Oakleigh family – past and present. Your hard work, dedication, and unwavering commitment to excellence have been the driving force behind our success.

We also want to express our heartfelt gratitude to our community for entrusting us with the care of your loved ones, for your trust and support, we are honoured to have been a part of your lives. Looking ahead, we are excited about the future of Oakleigh Funeral Home. We remain committed to upholding the highest standards of service and care, ensuring that we continue to be a source of comfort and support for years to come.

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Natalie, Dallas and Joshua Gilbert,  
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# Puzzle Corner

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## Sudoku

Complete the grid so that every row across, every column down and every 3x3 box is filled with the numbers 1 to 9. No mathematics involved, the grid has numbers, but nothing has to add up. You solve the puzzle with reasoning and logic.

**Solutions on page 38!**

				3	9			
							9	8
	6					2	1	
			1		7			2
5								3
4							5	
				7				
			4			6	7	
		3			6	9		1



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## Wordsearch

Can you hunt down all the 'feel-good' words in this edition's wellness word search?

**Solutions on page 38!**

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

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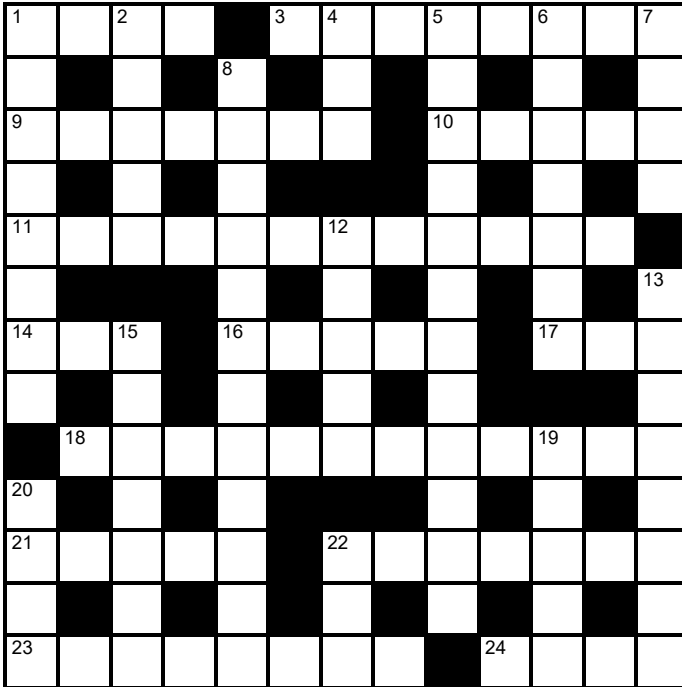


# Puzzle Corner cont.

## Crossword

Dive into this edition's crossword - use the clues to fill in those blanks.

**Solutions on page 38!**



### Across

1. Coffee house or a small, inexpensive restaurant (4)
3. In an awkward and careless manner (8)
9. Beams that support brickwork above windows and doors (7)
10. Self-indulgently sentimental (5)
11. Without being deterred by danger or pain (12)
14. Removable cover for the top of a container (3)
16. Acute but non-specific sense of anxiety (5)
17. An inflated feeling of pride in your superiority to others (3)
18. Arrangement or combination of hues, especially one used in interior decoration (6,6)
21. Plain doughy cake usually split open and buttered (5)
22. Small and of little importance (7)
23. Places of seclusion for the purposes of prayer and meditation (8)
24. A cooked dish of meat and vegetables (4)

### Down

1. Make unsolicited contact in order to sell something (4,4)
2. Cubes of meat cooked in hot oil and then dipped in any of various sauces (5)
4. Colloquial for long-playing records (3)
5. Spiral which, when lit, produces a mozzie-repellent smoke (8,4)
6. A sudden strong desire to act (7)
7. Toy that spins up and down a string (2-2)
8. Nutrient found in yellow and orange fruits and vegetables (4-8)
12. Having a strong or impatient wish to do something (5)
13. Salad of shredded raw cabbage and carrots mixed with mayonnaise (8)
15. A person who has abandoned a course of study (7)
19. Force to move out by a legal process (5)
20. Formerly the Union of Soviet Socialist Republics (4)
22. Single shot of whiskey (3)



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# Wicky Wacky Chocolate Cake



**"I used to work in the tuck shop kitchen at my children's primary school. We sold this cake from Monday to Thursday, and it was always the first thing to be sold out!"**

**- Ginny, Senior Living Magazine reader**

## For the cake:

Preheat your oven to 180°C, then sieve together:

- 3 cups cake flour
- 2 cups sugar
- 1/3 cup cocoa
- 4 tsp baking powder
- 1 tsp bicarb
- A pinch of salt

In a separate bowl, stir together:

- 2 cups rapidly boiling water
- 2 tsp vanilla essence
- 1 cup oil
- 50ml white vinegar

## Method:

1. Add the wet ingredients to the dry ingredients, and stir well until the batter looks glossy.
2. Pour into a greased oven pan and tap it on the countertop to release any air bubbles.
3. Bake for 20 minutes, or until a skewer comes out clean.
4. Allow the cake to cool in the pan.

## For the icing:

- 62g softened butter/margarine
- ½ tsp vanilla essence
- ¾ cup icing sugar
- 1 tbsp milk at room temperature
- 25ml cocoa powder (you can leave this out if you'd prefer vanilla icing)

## Method:

1. Sieve the icing sugar and cocoa together.
2. Beat the butter/margarine until light and creamy, add the vanilla essence and ½ of the icing sugar and cocoa mixture.
3. Beat until mixed, and gradually add the milk and the rest of the icing sugar and cocoa mixture. Mix until smooth.
4. Ice the cake in the pan, and cut and serve from the pan!

*Try not to eat it all at once!*

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# Be Thankful

Be thankful that you don't already have everything you desire.  
If you did, what would there be to look forward to?

Be thankful when you don't know something,  
for it gives you the opportunity to learn.

Be thankful for the difficult times.  
During those times, you grow.

Be thankful for your limitations  
because they give you opportunities for improvement.

Be thankful for each new challenge  
because it will build your strength and character.

Be thankful for your mistakes,  
they will teach you valuable lessons.

Be thankful when you're tired and weary  
because it means you've made a difference.

It is easy to be thankful for the good things.  
A life of rich fulfilment comes to those who are  
also thankful for the setbacks.

Gratitude can turn a negative into a positive.  
Find a way to be thankful for your troubles  
and they can become your blessings.

Author Unknown



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# The Cracked Pot



A water bearer worked for a merchant who lived on top of a hill. Every day he had to walk down the hill to collect water from a stream. He would place it in two pots which hung on each end of a pole and carried over his shoulders.

One of the pots was perfect and always delivered a full portion of water at the end of the long walk. The other pot had a crack and would always arrive half full.

The perfect pot was proud of its accomplishments, whilst the poor, cracked pot was ashamed of its own imperfection.

---

**The other pot had a crack and would always arrive half full.**

---

One day the cracked pot spoke to the water bearer. "I feel like I have been such a burden to you. This crack on my side has made me useless. I end up spilling half the water and feel so ashamed," it said.

The water bearer smiled and quietly said, "As we return to the merchant's house today, I want you to notice the beautiful flowers along the path."

---

**"As we return to the merchant's house today I want you to notice the beautiful flowers along the path."**

---

All along its side of the path, the pot noticed a beautiful blaze of colourful flowers, while the other side was still dry.

As they reached the top of the hill, the water bearer said, "I have always known about your crack and took advantage of it by planting seeds that you watered every day.

And now look at these beautiful flowers along the way! Without you being just the way you are, the path would never have had such beauty."

The cracked pot was overjoyed. He understood that the very thing he thought to be his biggest flaw turned out to be a blessing for the flowers along the path.

Author unknown

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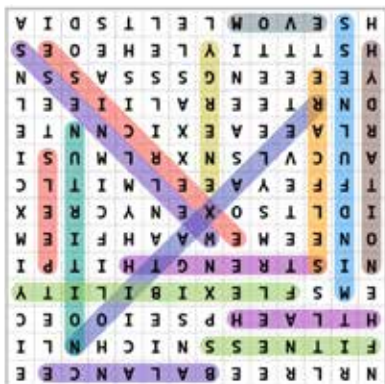


# Puzzle Corner Answers

**Across:** 1 Cafe, 3 Clumsily, 9 Lintels, 10 Sappy, 11 Courageously, 14 Lid, 16 Angst, 17 Ego, 18 Colour scheme, 21 Score, 22 Trivial, 23 Retreats, 24 Stew.

**Down:** 1 Cold coll, 2 Fondly, 4 LPS, 5 Mosquito coll, 6 Impulse, 7 Yo-yo, 8 Beta-carotene, 12 Eager, 13 Colelaw, 15 Dropout, 19 Elicit, 20 USSR, 22 Tot.

Crossword Solutions



Wordsearch Solution

7	4	3	5	8	6	9	2	1
8	9	2	4	1	3	6	7	5
6	1	5	9	7	2	8	3	4
4	7	6	3	2	8	1	5	9
5	2	1	6	9	4	7	8	3
9	3	8	1	5	7	4	6	2
3	6	9	8	4	5	2	1	7
2	5	4	7	6	1	3	9	8
1	8	7	2	3	9	5	4	6

Sudoku Solution



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# South African Birds

Selected for this edition are birds distinguished by their unique behaviour, effortlessly bringing a touch of humour and interest to their surroundings.



## **Thick-Billed Weaver**

Spotting a flock of 10-50 Thick-Billed Weavers in your bird feeder is a real treat! Look for the males; they sport a dark brown body with a thick, black bill (hence the name!), contrasting with a striking white patch on their forehead and wing. Females are more subdued, with brown streaking and a paler bill.

These are busy birds, constantly hopping and flicking their tails. They're not picky eaters, enjoying seeds, fruit, and even insects they snatch from mid-air. In KZN, one of their most important foods is the fruit of the White Stinkwood, a tree many of us have in our gardens. These social birds are colonial nesters who often build their nests in trees and between reeds in and around wetland/marsh areas.

## **Blacksmith Lapwing**

Ever heard a blacksmith hammering an anvil? Imagine that sound echoing across a wetland - that's the Blacksmith Lapwing, named for its unmistakable ringing call! But this striking bird isn't just noisy; it's also quite the showman. During mating season, the male puts on an aerial ballet of dives, flips, and tail-fanning displays, all while serenading his mate with his namesake tune.



These loyal birds are monogamous, with both parents diligently raising their chicks. Their impressive wing spurs allow them to dive-bomb predators at supersonic speeds, fiercely protecting their young. Though their diet mainly consists of insects, they'll happily snack on lizards and small snakes when the opportunity arises.

Unfortunately, these fascinating birds face the threat of habitat loss, earning them a "near threatened" status. So, the next time you hear that rhythmic "tink-tink," remember the remarkable Blacksmith Lapwing, a feathered acrobat with a heart of steel. Let's all do our part to protect these unique creatures and their wetland homes!



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# Comic Corner

---

**Q: What do you call a fish with no eyes?**  
**A: A fsh!**

---

## **Digging Dilemma**

There were two guys working for the city. One would dig a hole - he would dig, dig, dig. The other would come behind him and fill the hole - fill, fill, fill. These two men worked furiously; one digging a hole, the other filling it up again.

A man was watching from the pavement and couldn't believe how hard these men were working, but couldn't understand what they were doing. Finally, he had to ask them. He said to the hole digger, "I appreciate how hard you work, but what are you doing? You dig a hole and your partner comes behind you and fills it up again!"

The hole digger replied, "Oh yeah, must look funny, but the guy who plants the trees is sick today!"

---

**Q: Why do golfers wear two pairs of socks?**  
**A: In case they get a hole in one!**

---

## **Frozen Feathered Friends**

A man received a parrot for his birthday. The parrot was fully grown with a bad attitude and terrible vocabulary. Every second word he said was a swear word

or something very rude! The man tried hard to change the bird's attitude. He was constantly saying polite words and playing soft music; he did anything he could think of. Nothing worked.

When he shouted at the bird, the bird got worse. If he shook the bird, the bird got madder and ruder. Finally, in a moment of desperation, the man put the parrot in the freezer.

For a few moments, he heard the bird squawking, kicking, and screaming, and then suddenly, there was quiet.

The man was frightened that he might have actually hurt the bird and quickly opened the freezer door. The parrot calmly stepped out onto the man's extended arm and said: "I'm sorry that I might have offended you with my language and actions, so I ask for your forgiveness. I will try to correct my behaviour."

The man was astounded at the bird's change in attitude and was about to ask what had changed him when the parrot continued: "May I ask what the chicken did?"

---

**Q: I have cities, but no houses; mountains, but no trees; water, but no fish. What am I?**  
**A: A map**

---



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# Competition Corner

**How to enter: Send a WhatsApp message saying HELLO to 072 632 6023 and we will send you a list of links. Select the “competitions” link provided, and enter each competition as per the individual competition instructions.**

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- 2. Win a R300 Blackwood's voucher, courtesy of Blackwood's Nursery.** To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word BLACKWOOD'S as the COMPETITION KEYWORD.
- 3. Win a R500 voucher, courtesy of Senior Living, by finding the Garden Fork hiding in the magazine.** To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word FORK as the COMPETITION KEYWORD, and the page number and location of the garden fork for the COMPETITION ANSWER. 
- 4. Win a R500 voucher for two people for dinner, at Fire and Vine restaurant in Pietermaritzburg, by finding the Fire hiding in the magazine.** To enter, go to the link provided via WhatsApp, then fill in your name and contact details, use the word FIRE as the COMPETITION KEYWORD, and the page number and location of the fire for the COMPETITION ANSWER. 

**Where applicable, winners will be drawn on the 18th of May 2024 and winners will be notified via email/phone, and announced on our Facebook page. Only one entry per competition will be deemed valid.**

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