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MAGAZINE

Thrive after 55!



**Knapperige
Klapper en
Hawerkoekies**

**Bear
Hearts!**

VOL. 02 Junie/ Julie 26

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Redakteursnota

Geagte Lesers

Soos die winter intree, word ek herinner oor hoe hierdie stiller seisoen ons die krag van stilte leer. In die natuur vertraag alles... bome rus, diere trek terug, en selfs die son vertoef minder lank. Dit herinner ons sagkens daaraan dat daar skoonheid is in stilhou, in die bewaring van ons energie, en in die voorbereiding vir wat voorlê.

Al lyk die wêreld buite kaal, is winter 'n tyd van onsigbare groei. Onder die grond versamel bolle hul krag, geduldig waggend om te blom. Net so is daar seisoene in ons lewens waar die werk intern is - tye vir genesing, nadenke en die vind van vrede.

Winter nooi ons om eenvoudig te oarm... 'n warm kombers, 'n goeie boek, en die troos van betekenisvolle verbinding. Dit fluister 'n stille waarheid: rus is nie luiheid nie - dit is vernuwung.

Soos ons deur hierdie kouer maande beweeg, mag ons troos vind in die wysheid van die winter - dat selfs in stilte, die lewe roer, en helderder dae op pad is.

Laat ons hierdie seisoen verwelkom, nie met vrees nie, maar met dankbaarheid.

Met liefde
Alli

Alli

Got something to share? Email us at editor@seniorlivingmag.co.za

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Stop Walking Into A Room... and Forgetting Why You Were There

What if the brain is not simply getting old; what if it's slowly becoming undernourished?

Many people accept memory loss as a "normal" part of ageing. But what if the brain is not simply getting old... what if it is slowly becoming undernourished?

The brain is made up of nearly 60% fat, and some of the most important fats are called phospholipids. These specialised nutrients form the protective outer layer of brain cells and help brain cells communicate with one another.

Over time, stress, inflammation, poor diet, lack of sleep, medications, and ageing itself can gradually damage these delicate brain cell membranes. The result? Forgetfulness. Mental fatigue. Poor concentration. Slower thinking. That frustrating feeling of walking into a room and forgetting why.

Your brain is one of the most energy-demanding organs in the body.

This is where BALANS' Brain Health Formula becomes incredibly exciting. We believe brain shrinkage should not simply be accepted as 'just ageing.'

Our advanced formula contains powerful brain-supportive nutrients such as Phosphatidylserine, Phosphatidylcholine, Choline, Omega-3 fatty acids, Ginkgo Biloba, CoQ10, Magnesium, and key B vitamins that help support healthy brain structure, communication,



circulation, memory, focus, and cognitive performance as we age. At BALANS Health, we believe brain shrinkage should not simply be ignored as 'just ageing.'

Your brain is one of the most energy-demanding organs in the body - and it requires the right nutrients to function optimally.

BALANS Brain Health was developed for individuals who want to remain mentally sharp, focused, clear-thinking, and fully engaged in life for as long as possible.

Because protecting your brain is not only about avoiding decline.

It is about staying sharp enough to fully experience the people, moments, and purpose that make life worth living!



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BRAIN HEALTH CHALLENGES

DEMENTIA WAS THE UK'S LEADING CAUSE OF DEATH IN 2023

NUTRITIONAL DEFICIENCIES

Lack of B-vitamins, omega-3s, and magnesium causes memory issues, poor focus, and fatigue.

INFLAMMATION & STRESS

Poor diet or toxins disrupt brain function, leading to brain fog and anxiety.

PHOSPHOLIPID DEFICIENCY

Insufficient phospholipids impair brain cell membranes, causing slow thinking and poor attention.

MEMORY LOSS
STRESS
ALZHEIMERS
DEPRESSION

BRAIN FOG

Hyperactivity
MOOD SWINGS

CONCENTRATION PROBLEMS

ADHD
ANXIETY

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Knapperige Klapper en Hawerkoekies

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Bestanddele

- 500 ml gerolde hawer
- 250 ml gedroogde klapper
- 250 ml koekmeel
- 250 ml suiker
- 200 g botter
- 15 ml goue stroop
- 5 ml koeksoda
- Knippie sout

Metode

1. Meng die botter en stroop en verhit liggies totdat dit gesmelt is.
2. Meng al die droë bestanddele saam.
3. Gooi die botter-enstroopmengsel oor en meng goed.
4. Druk dit uit in 'n gevoerde bakplaat (ongeveer 23 cm vierkantig) en bak teen 190 °C vir 15–20 minute tot goudbruin.
5. Sny in blokkies terwyl dit nog warm is.



Geniet!





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THE FUNNIEST WORKPLACE NICKNAMES



Newspaper: Has a new issue every day.

Bluetooth: Only works when paired.

Wikipedia: Full of information, but you can't be sure it's true.

Blister: Shows up after the hard work is done.

Credit Card: Always takes credit for everyone else's work.

E.T: Always wants to go home.

Teflon: No matter how many times you tell them, nothing sticks.

Muffler: Always exhausted.

Daisy: Some daisy's in, some daisy's out.

Dolphin: Intelligent but can't speak to humans.

Cordless: Only works for 2 hours.

Broken Arrow: Doesn't work and can't be fired.

Sensor Light: Only works if someone walks past.

Kitkat: Always taking a break.

Lava Lamp: Looks good but not very bright.

Seaweed: Just floats around all day.

Wheelbarrow: Only works when pushed.

Paper Straw: Works for two minutes and then breaks down.



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- Inhibits cancer cell growth
- Anti-Depressant
- Aids immune system function



Pain

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- Aids digestive system
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Bear Hearts



This is a story dedicated to all grandparents whose hearts stretch across oceans, loving grandchildren near and far.

This is a story dedicated to all grandparents whose hearts stretch across oceans, loving grandchildren near and far.

There is a quiet kind of love that grows deeper with time, the kind that lives in memory, in waiting, and in the small, treasured moments when family gathers again. For many grandparents, distance has become part of the story.

Children and grandchildren travel, settle, and build lives in different places, and yet the bond remains, steady, patient, and full of hope. This is a story for those with "bear hearts", big, soft, resilient hearts that hold onto love, even in the waiting.

**Hold onto love,
even in the waiting.**

Fat Bear opened his eyes slowly as the early morning sunlight filtered through the dusty garage windows.

Surely it couldn't be morning already, he thought.

It felt as though he had just fallen asleep. Perhaps he was becoming a little like the humans - always complaining about not getting enough rest! Mummy and Daddy humans, of course... the children never seemed to like sleep at all!

**...the children never
seemed to like sleep at all!**

He shifted his stiff body. It was a tight squeeze in the plastic toy box where he and all his teddy bear friends lived.

It wasn't comfortable, but they made the best of it. Most days were quiet and long.



If it weren't for the eventful evenings, Fat Bear wasn't sure how he would manage the loneliness he felt in his heart.

He smiled to himself, wondering how surprised the humans would be if they knew what really happened in their garage once the house had gone to sleep.

The fun began when the dogs were brought into the garage for the night!

The fun began when the dogs were brought into the garage for the night. They were both getting old now, but together they still had enough strength to nudge open the lid of the toy box!

One by one, the bears would heave themselves out, and just like that... the loneliness faded!

They played tag around the car, and if one of the car windows had been left open, they would creep in, switch on the radio and dance along to whatever cheerful late-night music was playing!

The real excitement, however, came when an unexpected visitor slipped under the garage door, a lizard, a cockroach, a frog, a mouse, or even a snake! The bears would dive back into the toy box and watch in delight as the dogs chased the intruder in and out of every corner and crevice.

The dogs were excellent hunters,

especially when it came to mice, and very few creatures escaped. These lively evenings kept Fat Bear going. They helped take away the quiet sadness that sometimes crept into his large, gentle heart. Although he was only a teddy bear, his heart could also ache.

There was a time when he had been a prized possession, given pride of place on a bed or a shelf, always within reach of loving arms. He tried not to think about those days too often. The tears they brought made his fur damp and it took so long to dry... and each time, he cried, he looked just a little older.

But today was different...



He was glad to be awake early because he knew it was a special day. From his place in the box, he could just see the calendar on the wall, and the circle he had been watching for months.

The children and grandchildren were coming to visit!

The grandchildren were coming to visit!

Soon, the toy box would be taken out of the garage. He and his friends would be cleaned, brushed, and placed inside the house.

Oh, how Fat Bear loved these days!

He was hugged, cuddled, nibbled, and dribbled on...

As the years passed, he met each new grandchild. He was hugged, cuddled, nibbled, and dribbled on, and he didn't mind one bit. The attention filled his bear heart with such joy that it sometimes felt as though it might burst!



He went on adventures to the beach, the mountains, and the shops. Once, he fell out of a shopping trolley and was extremely relieved when a kind stranger returned him to the youngest grandchild, who had been crying so loudly that everyone in the shop had turned to stare!

Fat Bear treasured every moment of being loved and wanted. He was grateful he had never been given away. Who knew where he might have ended up?

As all holidays do, the family visit soon came to an end, and it was time for Fat Bear to return to the toy box in the garage - and though sadness settled in again, he held on tightly to the love he had been given, hoping it would be enough to carry him through until the next visit.

He held on tightly to the love he had been given...

Thankfully, his dog friends seemed to understand. Each night, when they opened the box, they greeted him with an extra lick, as if to say, "You're not alone."

As Fat Bear closed his eyes that evening, he felt a little lighter. Tomorrow he would check the calendar, just in case a new circle had appeared!



Written by Shannon Potgieter for Luke, Hollie, Elodie and Arabella who were the inspiration to this story.



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Nostalgie van Herfs

Een van my mooiste herinneringe van herfs lê in my kinderjare op die plaas in Bothaville.



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Een van my mooiste herinneringe van herfs lê in my kinderjare op die plaas in Bothaville. Soos die meeste plaastuine was my ma se lappie Eden boomryk, met 'n "gholf estate" grasperk (twee permanente tuinwerkers groot) en botaniese tuin beddings.

Vroeg in die oggende het die "privet" bos se dagbreker voëltjies jou wakker gesing. Buite op die gras kon jy die blaarmat se soet inasem terwyl jy skop skop daardeur loop.

Die kleure aan die bome was skakerings van rooi, geel en oranje. So kondig die herfskleure die verandering in seisoene jaar na jaar vir ons aan.

Paar jaar terug, met 'n herfs kuier in die immergroen Balito, mis die Vrystaat kind in my die aankondiging van herfs. Natal is pragtig met tropiese plante en lieflike warm weer, maar amper sonder 'n herfs...

Ek weet die koue kan rof raak op die lyf, maar gebruik die

verandering van seisoene in jou tuin.

My nommer een keuse vir herfskleure is sekerlik die "Liquid Amber" boom. Jy kry al die kleure van die herfs op net een boom. Jou Maple bome is net so mooi voor hulle blare afgooi.

Struik soos jou Heilige Bamboese (Nandina Domestica of Pygmae) gooi nie blare af nie, maar verkleur bloedrooi en word oortrek met rooi bessies. Meeste van jou vetplante reageer ook met pragtige donker pienk of rooi loof, met die koue.

**Kom ons leef en ervaar
die tyd en seisoen...**

My raad met die herfs tuine: omhels die kouer weer en geniet die aankondiging in die natuur van ons unieke en besondere ryk seisoene.

Soos in Prediker dit skryf het God elke ding gemaak dat dit in 'n bepaalde tyd pas...kom ons leef en ervaar die tyd en seisoen. Ook dit is 'n gawe uit God se hand!

**Written by Nico Dreyer, Nico
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Tuisgebaseerde sorg vind in die pasiënt se huis plaas, waar hulle gemakliker en emosioneel ondersteun voel. Dit is goedkoper en gee meer onafhanklikheid, maar daar is beperkte mediese

toerusting en minder onmiddellike professionele hulp.

Lang hospitaalverblyf kan risiko's soos infeksies, spierverlies, stres, angsts en gewigsverlies veroorsaak. Ouer pasiënte kan ook verwarring ontwikkel. Daarom is behoorlike sorg, ondersteuning en rehabilitasie belangrik om hierdie probleme te verminder en die pasiënt se herstel te verbeter.



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Every Day A Daisy

Deur Luco Crispin

Dit was nie 'n groot gebaar nie, maar 'n doelbewuste daad van sorg en vooruit beplanning.

Op 'n stil wintersoggend in Bloemfontein sit Johan by sy kombuistafel en draai twee herinneringe om en om in sy gedagtes wat net nie tot ruste wil kom nie.

Albei was afskeide - dié van sy eie moeder en die ander van sy skoonmoeder - maar die twee ervarings kon nie meer van mekaar verskil het nie.

Net maande uitmekaar het die twee vroue gesterf, en Johan en sy familie moes die rou proses hanteer terwyl hulle ook begrafnis reëlings moes tref.

Sy mase diens het met kalm waardigheid verloop; elke aspek was fyn beplan, elke koste gedek. Daar was geen gejaagde oproepe of fluisteringe oor geld nie.

Daar was geen gejaagde oproepe of fluisteringe oor geld nie.

Vanjaar kan begrafniskostes maklik R30 000 oorskry, veral wanneer begraafplaas en verwante uitgawes ingesluit word. Vir baie families bots hierdie werklikheid skerp met beskikbare fondse.

Sy moeder het 'n vooruitbetaalde begrafnisplan gekies.

Later het Johan die eenvoudige besluit ontdek wat die verskil gemaak het: sy moeder het 'n vooruitbetaalde begrafnisplan gekies en dit in bekostigbare maandelikse paaielemente

vooruit betaal. Daar was geen gejaagde oproepe of fluisteringe oor geld nie.

Dit was nie 'n groot gebaar nie, maar 'n doelbewuste daad van sorg en vooruit beplanning.

Sy ma het 'n vooruitbetaalde begrafnisplan gekies.

Die les het lank ná die blomme verwelk het, bly voortleef. Sy skoonma se afsterwe het egter 'n ander las gebring. Te midde van die hartseer moes die familie inderhaas 'n onmiddellike rekening betaal - onbeplande druk op hul finansies én emosies.

Die konflik was nie as gevolg van 'n tekort van liefde of emosionele voorbereiding nie, maar 'n tekort aan praktiese voorbereiding.

Vooruitbeplanning gaan nie oor die verwagting van verlies nie - dit gaan oor die liefdevolle sorg van dié wat agterbly.

In die broosste oomblikke van die lewe kan die grootste geskenk wees om 'n las weg te neem deur beplanning wat niemand alleen behoort te dra nie.

Skakel Avalon by 082 454 5045 om 'n konsultasie te reël en neem die eerste stap om vir jou familie dieselfde geskenk van vrede te gee.



Puzzle Corner

Sudoku

Fill the grid so that each row, column, and 3×3 box contains the numbers 1 to 9, without repeating any. No maths, just logic and a bit of patience. Give it a try! **Solutions on page 26!**

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



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Puzzle Corner cont.

Woordsoek

Vind al die versteekte woorde in die rooster – hulle kan vorentoe, agtertoe, op, af of diagonaal wees! Geen moeilike leidrade nie, net 'n prettige breinuitdaging. **Antwoorde op bladsy 26!**

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

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Staying Independent at Home

A home is more than just a place to live.

It is where memories are made, and where comfort and familiarity bring peace of mind. For many older adults, staying in their own home is deeply important because it represents independence, dignity and the freedom to continue enjoying the life they know and love.

As homes grow and families evolve, moving between floors can become more difficult. A Lifta SA Home Lift offers a simple and elegant way to make every level of the home safe and accessible again.

Lifta SA specialises in premium home lifts designed specifically for private residences. With more than 500 installations across South Africa,



Lifta has become a trusted partner for families wanting to support loved ones at home. Every lift is built to high European standards and installed with care by experienced local teams.

Unlike traditional lifts, Lifta Home Lifts require minimal building work. Slim support rails guide the lift smoothly between floors without the need for a shaft or machine room. Installation is quick and designed to fit naturally into your home.

**Unlike traditional lifts,
Lifta Home Lifts require
minimal building work.**

The Lifta Trio Home Lift is ideal for those planning ahead or needing extra space. It comfortably accommodates two people or a wheelchair, providing safe and reliable movement between floors.

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South African Birds

Gewone Janfrederik Cape Robin Chat

Het jy al ooit die soet en komplekse melodieë van die Kaapse Janfrederik gehoor? Hierdie bekoorlike voëltjie kan in die meeste Suid-Afrikaanse tuine gevind word. Jy kan hulle uitken aan hul oranje keel, grys bors, rooibruin stert en, as jy een sou vang, die geel sole van hul voete!

Kaapse Janfrederikke is bekend vir hul insekvetende dieet, wat motte, ruspes, spinnekoppe, erdwurms, larwes, vrugte, bessies en sade insluit, en hulle help hulself selfs aan oorskietkos uit jou hond se bak. Hulle is monogame voëls en bou hul diep koppies op of naby die grond, in grondwalle of hol boomstompe. Hierdie territoriale klein voëltjies verdedig hul gebied hewig en behou dit lewenslank.

Gelukkig word die Kaapse Janfrederik nie as 'n bedreigde spesie beskou nie en in sy natuurlike habitat geniet dit 'n stabiele bevolking. So, hou jou ore oop vir die pragtige sang van hierdie bekoorlike voëltjie!



Visarend African Fish Eagle



Die Afrikaanse visarend is een van Suid-Afrika se bekendste voëls en word dikwels die “stem van Afrika” genoem weens sy onmiskenbare, harde, helder roep. Hulle kom voor naby damme, riviere en ander watermassas, en hierdie indrukwekkende arende kan visse van hoog bo af raaksien voordat hulle afduik om dit met hul skerp kloue te vang - soms sonder om eers nat te word!

Afrikaanse visarende paar gewoonlik vir die lewe en keer jaar na jaar terug na dieselfde reuse nes. Met verloop van tyd kan hul neste so groot word dat dit byna soveel soos 'n mens weeg! Hoewel hulle hoofsaaklik vis eet, is hulle opportunistiese vreters en sal soms kos by ander voëls steel. Om hul kragtige roep oor die water te hoor weerklink, is 'n werklik onvergeetlike Suid-Afrikaanse voëlkyk-ervaring!



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Puzzle Answers

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

Word Search Solution

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

Sudoku Solution

5 EASY WAYS TO KEEP YOUR BODY MOVING

SEATED MARCHING

Sit in a sturdy chair, lift one knee towards your chest, then lower it & alternate legs, mimicking a marching motion.



SHOULDER ROLLS

Sit or stand tall, roll your shoulders forward & backward in a slow, circular motion.



HEEL-TO-TOE WALK

Walk in a straight line by placing the heel of one foot directly in front of the toes of the other.



LEG EXTENSIONS

Sit in a chair and extend one leg out straight, hold for a few seconds, then lower it back down. Alternate legs.

ANKLE CIRCLES

While sitting or lying down, lift one foot & make slow circles with your ankle, first clockwise, then counterclockwise.



ARM RAISES

Sit or stand with your arms at your sides, slowly raise them out to the sides or overhead, then lower them back down in a controlled motion.



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afspraak
nodig nie*

Comic Corner



The “E” in “South Africa” stands for electricity.

Rose...

An elderly couple had dinner at another couple's house, and after eating, the wives left the table and went into the kitchen.

The two gentlemen were talking, and one said, “Last night we went out to a new restaurant and it was really great. I would recommend it very highly”.

The other man said, “What is the name of the restaurant?”

The first man thought and thought and finally said, “What is the name of that flower you give to someone you love? You know... The one that's red and has thorns?”

“Do you mean a rose?”

“Yes, that's the one!” replied the man. He then turned towards the kitchen and yelled, “Rose, what's the name of that restaurant we went to last night?”

Q: Why are frogs always so happy?

A: They eat whatever bugs them!

Q: Why do fish live in salt water?

A: Pepper makes them sneeze.

I pulled out a nose hair last night to see if it hurt. Judging by how fast my husband woke up screaming, it seemed painful!

I told my doctor I broke my arm in two places. He said....“Stop going to those places”.

Q: Why was Cinderella so bad at playing soccer?

A: She kept running away from the ball!

Q: What do you call a penguin in the Sahara desert?
A: Lost



From Far To You

Eksklusiewe Damesklere

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die eerste tree, elke aspek van beplanning tot Implementeering. Ons kan u bystaan met advies volgens u finansiële behoeftes.



Elmarie Uys en Johan Wessels
084 445 0131 | 083 300 7296
Elmarie19@hotmail.com

Competition Corner

How to enter: Send a WhatsApp message saying HELLO to 072 632 6023. You'll receive a list of links - select the "Competitions" link, then complete each entry individually by filling in your name, contact details, and using the competition keyword and/or answer shown below.

1. Win a TREATMENT VOUCHER courtesy of NewU House of Beauty and Aesthetics

Find the CANDLE hiding in the magazine and tell us where it is!

Keyword: CANDLE | Answer: Page number and location of the CANDLE.



2. Win a R250 VOUCHER to The Staffy Bar, courtesy of The Staffy

Find the BURGER hiding in the magazine and tell us where it is!

Keyword: BURGER | Answer: Page number and location of the BURGER.



3. Win R500 CASH courtesy of Senior Living Magazine

Find the SNOWFLAKE hiding in the magazine and tell us where it is!

Keyword: SNOWFLAKE | Answer: Page number and location of the SNOWFLAKE.



4. Win a GIFT HAMPER courtesy of Avalon Funerals

Find the FLOWERS hiding in the magazine and tell us where it is!

Keyword: FLOWERS | Answer: Page number and location of the FLOWERS.



5. Win a R300 VOUCHER from FROM FAR TO YOU to use on any purchase in store

Find the DRESS hiding in the magazine and tell us where it is!

Keyword: DRESS | Answer: Page number and location of the DRESS.



Where applicable, winners will be drawn on the 16th of July 2026 and winners will be notified via email/phone, and announced on our Facebook page before the release of the next edition.

Want to place an advert, provide content or sponsor a prize in the next Senior Living Magazine? Reach out to one of our team members!

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Where do I Start?

*Some things you can say when a friend
or family member passes...*

"I am really sorry. I know this is painful."
"Your brother was very special. I know it is hard."
"I want you to know that I am here for you."
"Call me anytime."
"My heart aches for you." "I love you."

*Don't let feelings of awkwardness or fear stop you from
reaching out to someone you care about.
Even a simple expression of support may mean a lot.*



Luca Crispin



*Now may the Lord of peace himself give you peace at all times
and in every way. The Lord be with all of you.*

2 Thessalonians 3:16

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