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MAGAZINE

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in the
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VOL. 37 Apr/May 26

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Editor's Note

Dear Readers,

As the days grow shorter and the air turns crisp, we welcome the gentle embrace of autumn; a season of reflection, change, and quiet beauty.

Donna Ashworth captures it perfectly: "Autumn does not shudder at the thought of winter ahead; it peacefully basks in the last of the sun, counting every moment as a blessing and a vital part of the journey."

In this edition, Travel Whisperer Meg from Meander Safaris takes us deep into the

Klaserie Game Reserve amidst the recent floods, navigating muddy roads and an unexpected herd of elephants - proving that adventure often arrives when least expected.

So, pour yourself a warm cup of tea, grab a "Lemon Blondie" from our recipe corner, curl up with the magazine, and let yourself get lost in the words, puzzles, and stories waiting on every page.

With love,

Alli

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

Discounts and Offers	pg 4	Cooking Corner	pg 24
The Secret Ingredient		Puzzle Corner	pg 26
to Feeling Well	pg 8	Poetry Corner	pg 35
South African Birds.....	pg 12	Scattergories.....	pg 41
Collector's Corner	pg 15	Did You Know?.....	pg 42
Muddy Feet, Rocky Roads		Comic Corner	pg 44
and a Herd of Elephants	pg 19	Competition Corner	pg 46

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Please confirm all discounts beforehand, as they may change.

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Tuesdays

- **Pick n Pay Athlone Circle & Avenues:** 5% pensioners.
- **Pick n Pay Caversham Glen:** 5% + double points on promos (pensioner's card required).
- **SuperSpar (Richden's Village, Knowles, Glenwood, Parklane):** 5% pensioners (card required at Knowles).
- **Merrivale SuperSpar:** 5% on tea and cake (with Spar card).
- **Greendale SuperSpar:** 4% (with loyalty card).
- **Quarry Centre Spar Hilton:** 5% + free delivery in Hilton.
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- **Inky Shop Hilton:** 5% off ink and toner.
- **DB's:** 2 pieces small hake & chips, or 1 piece large hake and chips for R59.90

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- **Clicks:** Double eBucks & ClubCard points (60+).

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- **Crazy Pets @ Avenues, Hilton:** 10% (ID required).
- **Piggly Wiggly Coffee Shop:** 20% off main meal & drink for seniors & kids under 6.

Thursdays

- **Merrivale SuperSpar:** 5% on tea and sandwiches (with Spar card).
- **Greendale SuperSpar:** 4% (with loyalty card).
- **Quarry Centre Spar Hilton:** 5% + free delivery in Hilton.
- **Tanglewood Nursery Hilton:** 20% off all plants for pensioners.

Other Specials

- **Piggly Wiggly Coffee Shop** (Mon–Thurs): 8–10am: Barnyard Breakfast + regular hot drink for R60 and 2–4pm: Cinnamon & sugar pancake + regular hot drink for R45
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The Secret Ingredient to Feeling Well



How Social Connection Boosts Health

As we get older, it's easy to focus heavily on exercise, diet, or managing health conditions... but there's another secret to feeling truly well: connection. The people around us shape not only our mood, but also our mind and body. Spending time with others can sharpen memory, boost focus, and lift your spirits more than you might expect.

Social interaction has been proven to lower stress, support a healthy immune system, and even help protect against chronic illness. In short, connecting with others isn't just enjoyable – it's actually good for your health.

Life's changes can make staying social more difficult. Mobility issues, hearing loss, memory changes, or the loss of friends and loved ones can leave even the most outgoing person feeling isolated. The good news is that there are small steps you can take to open the door to meaningful interaction and joy.

It could be as simple as sending a quick message to a friend, picking up the phone for a chat, or waving hello to a neighbour. Joining a club, trying a new hobby, or attending a community event can introduce you to people who share your interests. You could also try volunteering your time or offering to

help someone with a task you find easy. Perhaps you could cook with someone or offer to drive them to the shops – bringing purpose and connection at the same time.

Even stepping into nature with a cup of coffee and a family member or friend can do wonders for the soul. And if getting out is difficult, today's technology can bridge the gap – video calls and messaging apps help keep friendships alive, no matter the distance.

However you may feel today, remember that every connection, no matter how small, strengthens your wellbeing. You deserve laughter, companionship, and support. Take that first step today. Send that message, try that class, or join that event.

Your next laugh, your next friend, or your next joyful moment could be closer than you think.



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8 STEPS TO BETTER SLEEP

As we age, sleep becomes lighter and more easily disturbed. We produce less melatonin, wake up more often, and may feel sleepy earlier in the evening, making good habits even more important.

Keep a Consistent Sleep Schedule

Go to bed & wake up at the same time every day.



Get Morning Sunlight

Natural light early in the day helps reset your body clock.



Limit Daytime Naps

Keep naps short (20-30 min) & avoid late-afternoon naps.



Wind-Down Routine

Read, stretch, light a candle, journal, pray, play soft music.



Make Your Bedroom Sleep-Friendly

Keep it cool, dark, quiet, and comfortable.



Switch Off Screens Before Bed

Avoid screens for at least 1 hour before bed.



Food & Caffeine

Avoid heavy meals at night and limit caffeine & sugar after 2pm.



Daily Activity

Daily movement improves sleep quality.



Most adults over 60 still need 7-8 hours of quality sleep every night. Healthy sleep supports memory, mood, heart health, and overall wellbeing.

South African Birds



Natal Spurfowl

The Natal Spurfowl is a bold little ground-dweller of southern Africa's woodlands and savannas, looking as though it got dressed in a mix of reddish-brown, grey and black and forgot to check the mirror. Males sport sharp spurs on their legs, perfect for fending off rivals – or anyone who gets too close to their prized snacks.

These birds spend most of their time scratching through leaf litter for seeds, insects and other tasty morsels, often in small family groups that resemble a feathery, gossiping committee. Their loud, repetitive calls at dawn and dusk make sure everyone knows who's boss.

Nesting is low-key, with simple scrapes on the ground, and their quick, elusive movements make them masters of hide-and-seek.

African Harrier-Hawk

The African Harrier-Hawk, or *Gymnogene* as some old-school birders still call it, is the gymnastic show-off of African woodlands. Its double-jointed legs can bend forwards and backwards, allowing it to reach deep into tree holes and rock crevices and – much to the horror of weavers – raid nests with all the finesse of a feathered ninja.

Its diet includes eggs, nestlings, small mammals, reptiles, frogs and insects – essentially anything that won't bite back too hard. Monogamous pairs build large stick nests high in trees or on cliff faces, and when the sun turns up the heat, adults stand over their chicks with wings spread wide, keeping them cool and proving that even raptors know a thing or two about childcare.





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Collector's Corner

With Daryl Kriel from Kensington Bond

Trench Art: When War Met Creativity (and a Bit of Boredom)



During the grim years of war, soldiers discovered that even in the midst of chaos, humans have an unstoppable urge to create. Enter trench art – the unlikely practice of turning the tools of war into decorative objects.

Trench art generally refers to items made from battlefield materials...

Trench art generally refers to items made from battlefield materials such as shell casings, bullets, aircraft parts, or any other piece of military hardware that had finished its original job of making loud noises and unsettling the enemy. Soldiers, prisoners of war, and even civilians transformed these remnants into surprisingly elegant items: engraved vases made from artillery shells, cigarette lighters from bullet casings, and miniature aircraft carved from scrap aluminium.

In prisoner-of-war camps, creativity also became a survival tool. POWs fashioned chess sets, rings, brooches and carved figurines from whatever materials were available. As well as providing something to pass the time (other than counting strands of barbed wire), these objects often became gifts, souvenirs, or items to trade for small comforts.

Some trench art pieces are remarkably sophisticated. Intricate engraving, repoussé metalwork and delicate carving reveal that many soldiers had hidden artistic talents – or at least a great deal of patience during long stretches between action.

Today, these objects are prized by collectors and historians because they capture the human side of wartime life. Each piece tells a quiet story: a soldier with time on his hands, a prisoner determined to keep their mind occupied, or someone turning yesterday's ammunition into tomorrow's flower vase. Even in the midst of war, people still found ways to create beauty.

Call Daryl at Kensington Bond on 082 297 1117 for a free valuation – because your “junk” might just be quietly plotting its retirement fund.

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Three years ago, we found our solution in Jumbo – a man who combines kindness with just enough firmness to keep you honest. A former Comrades runner, rugby player and adventure sports enthusiast, he also arrives armed with current rugby scores, local news and an impressive collection of exercise equipment. On each visit to our Pietermaritzburg home, he carries in an exercise bed, Pilates ball, weights and everything else needed to ensure the exercises actually happen.

...many of us need more than good intentions to do those exercises regularly.

My husband and I each enjoy separate one-hour sessions with Jumbo four times a week – and yes, we genuinely look forward to them. My husband walks

with his walker on a flat surface for part of his session, while I, having recovered from a bad fall, sometimes head out with Jumbo for a brisk walk through the streets and local park.

My husband and I each enjoy separate one-hour sessions with Jumbo four times a week...

Having Jumbo as our exercise companion has brought routine, motivation and even a bit of laughter into our days. Ideal for those past middle age, recovering from surgery, or anyone following medical guidance but needing encouragement, Jumbo reminds us that movement doesn't have to be miserable.

Sometimes, what we really need is good company and a reason to get outside.

**If you're in the Pietermaritzburg or Hilton area and would like to chat to Jumbo, you can contact him on WhatsApp on 084 503 3690.
Written by Brenda Eckstein**



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Muddy Feet, Rocky Roads and a Herd of Elephants



When we first saw the amount of rain predicted, it looked almost mythical on our weather apps – and by the next day, it had disappeared. A glitch in the matrix. What followed were days of uncertainty, as the apps showed horrific amounts of rainfall, only for it to vanish within hours. This seesaw of anticipation continued... until it didn't. "Bless the rains down in Africa," says Toto. We were praying for it to stop.

What followed were days of uncertainty, as the apps showed horrific amounts of rainfall..

Within hours, the Klaserie River was completely impassable. A day later, our alternative route off the reserve was also closed. What began as fascination with this rare, historic weather event soon turned into fear that tingled in our tummies.

The Olifants River became a fierce, furious beast...

What rainfall we should have received in an entire year, we met – and exceeded – in less than a week. The Olifants River became a fierce, furious beast, roaring



and surging past its record height from the infamous 2000 floods. Many lodges along its banks were lost.

Abandoning our vehicle – and our flip-flops – we slowly picked our way forward...

Furniture that couldn't be moved tumbled as water swirled through rooms, smashing windows, tearing up floorboards and ripping away ceilings and light fittings. Afterwards, pieces were found high in treetops.

Luckily, we were staying at a lodge on slightly higher ground, with no major



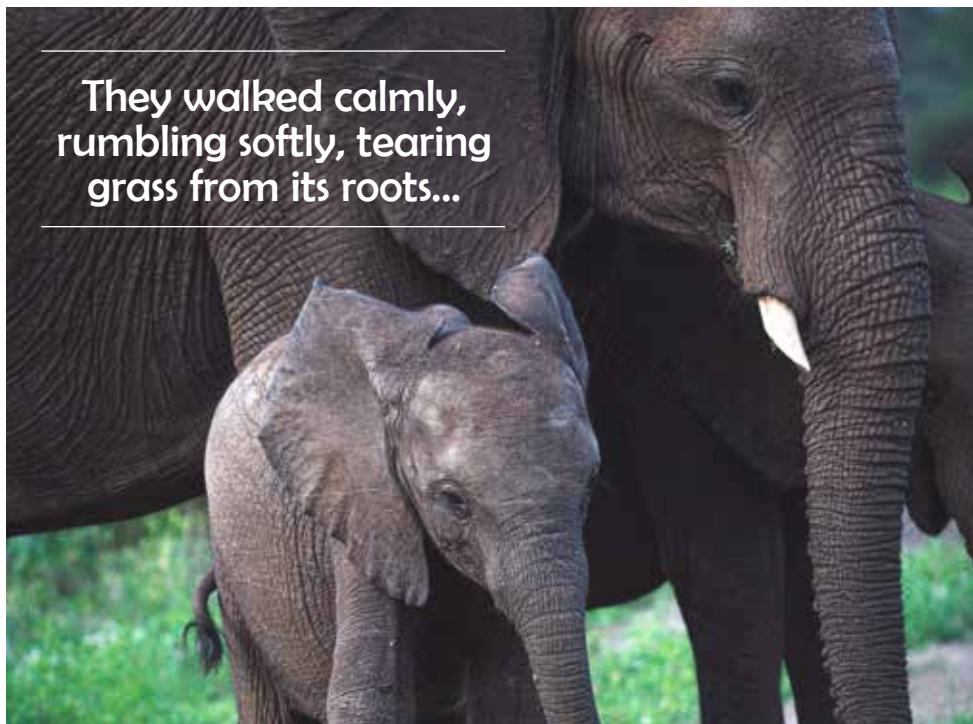
rivers nearby. Our waterhole soon turned into a lake, but our floors remained dry – aside from muddy footprints slipping and sliding along the mezzanine. One afternoon, as the rain relented into a drizzle, we decided to inspect the road between the lodge and the owner's house, about ten minutes away.

...we suddenly heard a sound that could not be dismissed...

Halfway there, we had to switch off the Land Rover. The road was completely washed away, with thigh-high water exposing roots that should have been buried deep and carving small, rocky gorges into the earth.



**They walked calmly,
rumbling softly, tearing
grass from its roots...**



Abandoning our vehicle – and our flip-flops – we slowly picked our way forward, marvelling at the destruction. Sliding through the mud and water, we passed the worst section and continued to inspect a drainage line now funnelling a river through its banks.

We heard a deep but brief sound as we tentatively walked over the silty, rocky road of quartz and sandstone. Dismissing it as water dislodging a boulder in a nearby stream, we continued our journey.

**We reached the river
after spotting elephants
on a hill in the distance.**

We reached the river after spotting elephants on a hill in the distance. The

crossing was still impassable and would be for days, so we turned back up the incline, making our way leisurely towards our Land Rover.

**Peeking over his
shoulder, I held my
breath...**

Feet slapping through shallow streams, we suddenly heard a sound that could not be dismissed: a head shaking, and huge ears slapping against giant shoulders. An elephant.

Taking deep breaths to steady myself, I knew I had to follow Matt's lead and rely on his expertise, trusting him with my short, fat, scruffy life. He signalled for me to back up, and we "calmly" crouched behind a raisin bush. Peeking over his

shoulder, I held my breath as an entire herd moved through purple pod cluster-leaf trees before stepping onto the open road ahead.

A baby hurried to his mother, panicked at the thought of being left behind.

They walked calmly, rumbling softly, tearing grass from its roots as they made their way through the muddy veld. A baby hurried to his mother, panicked at the thought of being left behind.



The mother, seemingly entertained by his panic, gently touched the tip of her trunk to his forehead. I could have sworn there was amusement in her eye.

They continued on, catching up to the elephants we had seen earlier. We slowly rose (knees clicking) and made our way back up the road for another glimpse. My hand rested on Matt's shoulder as we heard their leathery bodies brush against knobthorn trees before they disappeared into the bush below.

I finally breathed and turned to Matt, relief in my eyes. He smiled knowingly as we both paused to marvel at the magical encounter we had just shared.

We rubbed our bare soles, brushed gravel from between our toes, and walked back up the road, leaving the elephants to continue their journey behind us.

**Scribbled by Meg Botterill,
Meander Safaris**

**Photos by Matt Botterill,
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Lemon Blondies

Delightfully sweet with a zesty twist, these lemon blondies are easy to bake and impossible to resist!

Time: ±40 mins

Yield: 16

Ingredients

Blondies

- $\frac{3}{4}$ cup plain flour
- $\frac{3}{4}$ cup caster sugar
- $\frac{1}{4}$ tsp salt
- $\frac{1}{4}$ tsp baking powder
- $\frac{1}{2}$ cup butter, softened
- 2 large eggs
- 2 tbsp lemon zest (from about 2 lemons)
- 2 tbsp lemon juice (from about $\frac{1}{2}$ a lemon)

Glaze

- 1 cup icing sugar
- 2–3 tbsp lemon juice
- Extra zest (for garnish)

Method

1. Preheat the oven to 180°C. Line a 20 × 20 cm tin with baking paper.
2. Whisk together the flour, sugar, salt and baking powder.
3. Cream the butter until smooth. Beat in the eggs, then add the lemon zest and juice.
4. Add the dry ingredients and mix until just combined (do not overmix, or they will become tough).
5. Spread into the tin and bake for 22–25 minutes, until lightly golden and just set. Leave to cool.
6. Whisk the glaze ingredients until pourable. Spread over the cooled blondies and garnish with lemon zest.

Allow the glaze to set, then slice and serve.



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Puzzle Corner

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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 38!

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

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Find all the hidden words in the grid - they can go forwards, backwards, up, down or diagonally! No tricky clues, just a fun challenge for your brain.

Solutions on page 38!

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

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Umngazi Hotel & Spa – Drive Both Ways | (5n) 08-13 May
Bayete Zulu – Manyoni | (3n) 25-28 May
Tembe Elephant Park | (3n) 31 May-3 June



JUNE 2026

Kruger National Park - Nkambeni Lodge | (7n) 19-27 June
Tembe Elephant Park | (3n) 26-29 June
Karoo Winter Wool Festival | (6n) 30 June-06 July
Open for Expression of Interest



JULY 2026

Christmas in July – Green Lantern, Van Reenen's Pass | (3n) 8-11 July
Tembe Elephant Park | (3n) 26-29 July

AUGUST 2026

Tembe Elephant Park | (3n) 6-9 August
Cape Flowers Tour | (4n) 12-16 August
Cape Flowers Tour | (4n) 17-21 August



Watch this space for new
destinations and tours!

Garden Route, Cape Town,
Kruger National Park, Victoria
Falls, Kgalagadi & Auwabies

*Dates correct at the time of publishing

Packages include:

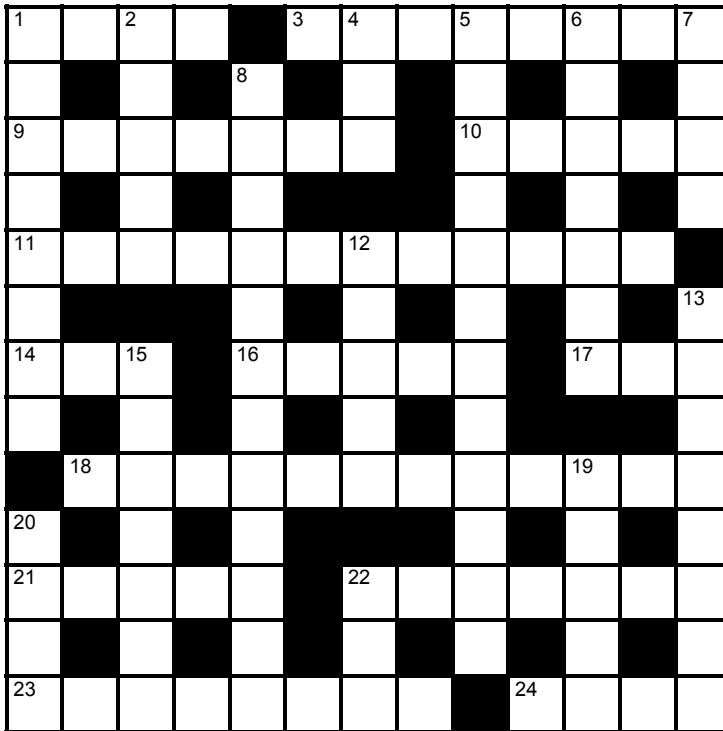
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Puzzle Corner cont.

Crossword

Crack the clues, fill the grid, and test your brain! **Solutions on page 38!**



Across

- 1 Exploding weapon (4)
- 3 Table Mountain's ride (5,3)
- 9 Recovery period in the economic trade cycle (7)
- 10 Having high moral principles (5)
- 11 One with a subsidiary role (6,6)
- 14 Room equipped for scientific experiments (3)
- 16 Smallest particles of elements (5)
- 17 Long-tailed rodent (3)
- 18 Electronic device that emits a loud noise when someone attempts to gain unauthorized entry (7,5)
- 21 Venomous snake with a hooded neck (5)
- 22 Unit of surface area (7)
- 23 Underground prison cells (8)
- 24 Outside limit of an area (4)

Down

- 1 Capital city of Belgium (8)
- 2 Sound from an orchestra (5)
- 4 Eighth mo. (3)
- 5 A telephone call made to another country (4,8)
- 6 Person whose job is mending shoes (7)
- 7 Give off a strong unpleasant smell (4)
- 8 Non-verbal communication used by deaf people (4,8)
- 12 Plant life of a region (5)
- 13 Sudden rush of frightened animals (8)
- 15 American whiskey distilled from maize (7)
- 19 Prize given in honour of an achievement (5)
- 20 Decorated with frosting (4)
- 22 One sitting on a nest egg (3)

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Total Acquisition Cost: R 2 300 000
Levy: R5330 per month



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The Computer Swallowed Grandma

The computer swallowed grandma.
Yes, honestly it's true!
She pressed 'control' and 'enter'
And disappeared from view.

It devoured her completely,
The thought just makes me squirm.
She must have caught a virus
Or been eaten by a worm.



I've searched through the recycle bin
And files of every kind;
I've even used the Internet,
But nothing did I find.

In desperation, I asked Jeeves
My searches to refine.
The reply from him was negative,
Not a thing was found 'online.'

'So, if inside your 'Inbox,'
My Grandma you should see,
Please 'Copy,' 'Scan' and 'Paste' her
In an email back to me.

- Author unknown

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Easy Autumn Cleanup

Autumn is a magical time in the garden. The leaves turn golden, the air feels crisp and the garden prepares to rest for the cooler months ahead. A little tidy-up now can keep your plants healthy, make your outdoor spaces look cheerful and set the stage for a vibrant spring.

Tidy Leaves & Paths

Collect fallen leaves from flowerbeds or sweep garden paths. You can use leaves as natural mulch around plants, helping to protect roots from the upcoming colder nights.

Trim back Perennials

Take a stroll through your garden and look for perennials that have finished blooming. Trim back any dead or wilted foliage to maintain a tidy appearance. This helps the plants focus their energy on root development during the colder months.

Potted Plants

Autumn is a great time to move tender potted plants indoors or into sheltered areas. Prune off any yellowing foliage and make sure they are in a spot that catches the autumn sun.

Spring Bulbs

If you're feeling a bit adventurous, consider planting out some spring-flowering bulbs like hyacinths, freesias or daffodils.

Finally, don't forget to pause and enjoy the beauty of the changing leaves. Autumn offers a wonderful display of colors and taking a moment to appreciate your surroundings brings joy and tranquility.

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Puzzle Corner Answers

Crossword Solutions
Across: 1 bomb, 3 cable car, 9 upswing, 10 noble, 11 second fiddle, 14 lab, 16 atoms, 17 rat, 18 burglar alarm, 21 cobra, 22 hectare, 23 dungeons, 24 edge.
Down: 1 Brussels, 2 music, 4 Aug, 5 long distance, 6 cobble, 7 reek, 8 sign language, 12 flora, 13 stampede, 15 bourbon, 19 award, 20 iced, 22 hen.

Word Search Solution

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

Sudoku Solution

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

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How to play

Choose a letter for each round. Write down a word or phrase for each category that starts with the chosen letter. Be creative and think of unique answers! Be quick, time yourself or have a race against a friend!



Round 1: Letter _____

- 1 Fictional character _____
- 2 Things on your desk _____
- 3 Name of a country _____
- 4 Something you wear _____
- 5 Thing at a circus _____
- 6 Farm animal _____
- 7 Board game _____
- 8 Sporting equipment _____
- 9 A body part _____
- 10 Colour _____

Round 2: Letter _____

- 1 Animal with a tail _____
- 2 A capital city _____
- 3 Boy's name _____
- 4 Something to drink _____
- 5 Footwear _____
- 6 Wild animal _____
- 7 Actor _____
- 8 Food _____
- 9 Toy _____
- 10 A president _____

Round 3: Letter _____

- 1 Something cold _____
- 2 Insect _____
- 3 Furniture _____
- 4 Breakfast food _____
- 5 Grocery item _____
- 6 Girl's name _____
- 7 School subject _____
- 8 TV show _____
- 9 Instrument _____
- 10 Thing in the ocean _____

Round 4: Letter _____

- 1 Something hot _____
- 2 Singer _____
- 3 Author _____
- 4 Book title _____
- 5 Type of bird _____
- 6 A fruit _____
- 7 A kitchen item _____
- 8 A car brand _____
- 9 A sweet _____
- 10 A pet _____



DID YOU KNOW?

THAT THESE THINGS HAVE NAMES?

- The space **between your eyebrows** is called a **glabella**.
- The way it smells after the rain is called **petrichor**.
- The plastic or metallic coating at the end of your shoelaces is called an **aglet**.
- A **nurdle** is that tiny **blob of toothpaste** you put on your toothbrush.
- A **groke** is someone who stares at you hoping you'll give them something. (Basically, your cat.)
- **Anatidaephobia** is the fear that somewhere, a **duck** is watching you.
- Ironically, the fear of **long words** is called **hippopotomonstrosesquipedaliophobia**.
- The '**na na na**' and '**la la la**', which don't really have any meaning in the lyrics of a song, are called **vocables**.
- **Lethologica** is the frustrating state of having a word on the tip of your tongue... but it **refuses** to come out.
- The **cardboard sleeve** around your takeaway coffee is called a **zarf**.
- The act of throwing someone out of a window is called **defenestration**.





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Comic Corner



The Grey Mystery

How can you tell which bunnies are the oldest?

Answer: Look for the grey hares.

Q: Why did the lion always lose at poker?

A: Because he was playing with a bunch of cheetahs!

Shopping Then and Now

When I was young, I could walk into the grocery store with two rand and leave with bread, eggs and butter. But these days, there are too many cameras.

Q: What do an old person's teeth and the stars have in common?
A: They both come out at night.

The Price of Light

I just got my electricity bill, and I believe I got charged for the sunlight, the moonlight, the street light, the light of my life, the speed of light, and the light at the end of the tunnel!

Q: Why did the student eat his homework?

A: Because his teacher told him it was a piece of cake.

Riddle 1

Four cars come to a four-way stop, each coming from a different direction. They can't decide who got there first, so they all go forward at the same time. All four cars go, but none crash into each other. How is this possible?

Riddle 2

What has 13 hearts, but absolutely no brain or lungs?

Riddle 2 answer: A deck of cards.

Riddle 1 answer: They all made right-hand turns.



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Keyword: BEANIE | Answer: Page number and location of the Beanie.



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- 3. Win a SUNDAY LUNCH FOR TWO at Nino's Hilton**

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- 4. Win R500 CASH courtesy of Senior Living Magazine**

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

Keyword: BUTTERFLY | Answer: Page number and location of the Butterfly.



Where applicable, winners will be drawn on the 15th of May 2026 and winners will be notified via email/phone, and announced on our Facebook page before the release of the next edition.

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