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MAGAZINE

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VOL. 38 Jun/Jul 26

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Editor's Note

Dear Readers,

Winter has well and truly arrived! You feel it in that first breath of morning air, the little cloud of mist as you speak, the chill that makes you pull your jersey a bit closer and the crisp crunch of leaves underfoot.

My favourite is embracing those golden moments when you pause just long enough to savour the sunlight warming your face from the outside in.

Winter is a season that feels a little slower, a little quieter, but also a little more intentional. It's a time to notice things. To appreciate how far you've come, the stories you carry, and the quiet strength that you've built along the way.

As Proverbs so beautifully reminds us: "Grey hair is a crown of glory; it is gained by living a godly life."

This wonderful winter edition is filled with all the things we love: a story to warm your heart, puzzles to keep you thinking, and little moments of joy scattered throughout.

Whether you're curled up under a blanket or just stealing a few peaceful minutes for yourself, I hope these pages feel like good company.

Pour yourself a hot cup of coffee, grab something tasty from the kitchen, and enjoy a good read!

With love,

Alli

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

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Please confirm all discounts beforehand, as they may change.

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- **Avondale Spar:** 5% with loyalty card (Mon–Wed).

Tuesdays

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- **Pick n Pay Caversham Glen:** 5% + double points on promos (pensioner's card required).
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- **Greendale SuperSpar:** 4% (with loyalty card).
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- **The Cookhouse:** 10% off frozen meals.
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- **Crazy Pets @ Avenues, Hilton:** 10% (ID required).
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- **Greendale SuperSpar:** 4% (with loyalty card).
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- **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
- **Bargain Books Hillcrest:** (Every Day) 10% off all purchases.
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Tembe Elephant Park | (3n) 26-29 July
Karoo Stargazing in Sutherland | (5n) (excl. flights) 23-28 July

AUGUST 2026

Tembe Elephant Park | (3n) 06-09 Aug
Cape Flowers Tour | (4n) (excl. flights) 12-16 Aug
Cape Flowers Tour | (4n) (excl. flights) 17-21 Aug
Springbok Lodge, Nambiti | (3n) 23-26 Aug

SEPTEMBER 2026

Hermanus Whale Watching | (4n) (excl. flights) 03-07 Sept
Tembe Elephant Park | (3n) 06-09 Sept
Mkhuze Trails, Mkhuze Game Reserve | (3n) 13-16 Sept
Bush & Berg: Springbok Lodge & Cathedral Peak | (4n) 20-24 Sept

OCTOBER 2026

Springbok Lodge, Nambiti | (3n) 04-07 Oct
Bayete Zulu Manyoni Game Reserve | (3n) 25-28 Oct

NOVEMBER 2026

Springbok Lodge, Nambiti | (3n) 01-04 Nov
Clarens Cherry Festival | (4n) 13-17 Nov
Mkhuze Game Reserve | (3n) 21-24 Nov

Watch this space for new destinations, 2027
Tours and an introduction to our new website!

Karoo Stargazing in Sutherland, Namibia May 2027, Victoria
Falls 2027, Zebra Hills - Manyoni, Kgalagadi, Mauritius

*Dates correct at the time of publishing

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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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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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South African Birds



Grey Crowned Crane

Have you ever spotted the regal Grey Crowned Crane in the wetlands of South Africa? With its golden crown of stiff feathers, red throat wattle and elegant grey plumage, it looks like royalty on stilts. In flight, it reveals striking white wing panels - the only crane in the region to do so. Often seen in pairs or noisy flocks, it performs elaborate courtship dances and calls with a mournful "ma-hem" that sounds far more poetic than its occasional reputation as a crop-raiding farmer's nuisance.

Sadly, it is endangered in South Africa due to habitat loss, poisoning and power-line collisions, with only around 6,000–10,000 birds remaining. A true wetland icon, equal parts beauty and drama, it often shares the same waterways where you may also catch a glimpse of the African Fish Eagle.

African Fish Eagle

The African Fish Eagle is one of South Africa's most famous birds and is often called the "voice of Africa" because of its unmistakable, loud, ringing call. Found near dams, rivers and other bodies of water, these striking eagles can spot fish from high above before swooping down to grab them with sharp talons - sometimes without even getting wet.

African Fish Eagles usually mate for life and return to the same giant nest year after year. Their nests can become so large over time that they weigh nearly as much as a person! Although they mainly eat fish, they are opportunistic feeders and will sometimes steal food from other birds. Hearing their powerful call echo across the water is a truly unforgettable South African birdwatching experience.



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Crispy Coconut and Oat Crunchies

Golden, buttery and perfectly crunchy, these coconut and oat crunchies are the perfect homemade treat to enjoy with a cup of coffee or tea.

Ingredients

1. 500ml rolled oats
2. 250ml desiccated coconut
3. 250ml cake flour
4. 250ml sugar
5. 200g butter
6. 15ml golden syrup
7. 5ml bicarbonate of soda
8. Pinch of salt

Method

- Combine the butter and syrup, and heat gently until melted.
- Mix all the dry ingredients together.
- Pour the butter and syrup mixture over the dry ingredients and mix well.
- Press the mixture into a lined baking tray (about 23cm square) and bake at 190°C for 15–20 minutes, or until golden brown.
- Cut into squares while still hot.

Enjoy!



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Poetry Corner

That's Not My Job

This is a story about four people named **Everybody**, **Somebody**, **Anybody** and **Nobody**. There was an important job to be done and **Everybody** was sure that **Somebody** would do it. **Anybody** could have done it, but **Nobody** did it. **Somebody** got angry about that, because it was **Everybody's** job. **Everybody** thought **Anybody** could do it, but **Nobody** realized that **Everybody** wouldn't do it. It ended up that **Everybody** blamed **Somebody** when **Nobody** did what **Anybody** could have.

- Charles Osgood

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Bear Hearts



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

There is a gentle 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.

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!

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.

**Most days were
quiet and long.**

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.

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!

**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 real excitement,
however, came when
an unexpected visitor
slipped under the
garage door...**

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 sadness that sometimes crept into his large, gentle heart. Although he was only a teddy bear, his heart could ache too.

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.

**These lively evenings
kept Fat Bear going.**

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!

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

As the years passed, he met each new grandchild.

Oh, how Fat Bear loved these days!

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!

As all holidays do, the family visit soon came to an end...

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.

Though sadness settled in again, he held tightly to the love he had been given, hoping it would be enough to carry him through until the next visit.

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 for this story.



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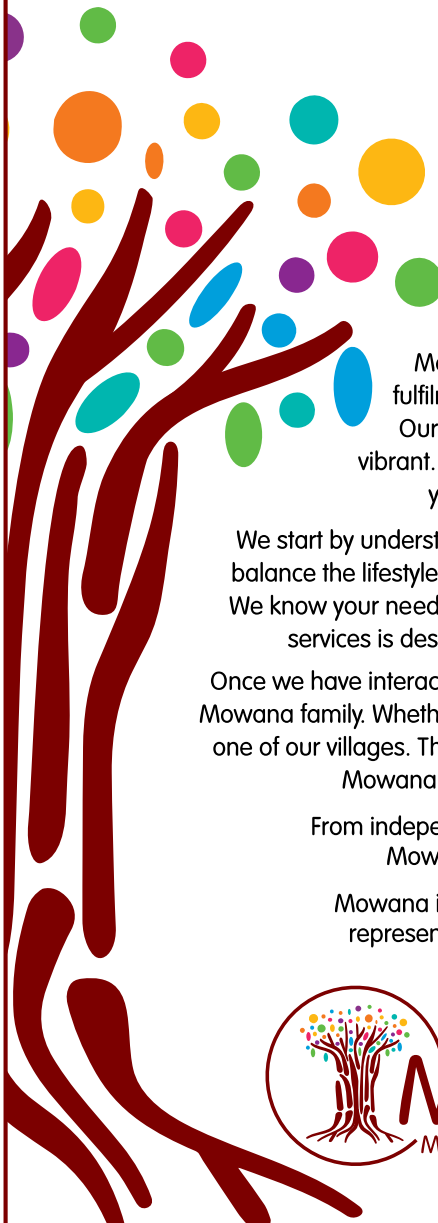
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I love being a funeral director, and the truth is, that's because of you.

Every time a family chooses Oakleigh Funeral Home, it is not something we take lightly. It is a privilege. I am always deeply grateful when you allow us to walk alongside you, to guide and support you during one of life's most difficult moments.

Yes, there are tears, but there is also laughter, storytelling and moments of real connection.

Even the challenges that come with processes such as Home Affairs are not seen as obstacles, but as part of the journey we are here to help you navigate. In fact, we have built our processes around easing those burdens, so you are never left to face them alone.

Our consulting rooms are not only places of sorrow. Yes, there are tears, but there is also laughter, storytelling and moments of real connection. We have the honour of hearing about the lives, the memories and the people you have entrusted into our care, and that is something truly special.

We are not here to pressure or sell. We are here to present options clearly and honestly, so you can choose what feels right for you and your family. Our pricing is fair and transparent, with a clear starting point that includes VAT, so there are no unexpected surprises - only straightforward

guidance when you need it most. Every person who comes into our care is treated with the utmost dignity. From the moment we receive your loved one, to the final sensitive moment of returning their ashes to you, we remain present every step of the way. We personally oversee the journey, including the transfer to the crematorium, so you can have complete peace of mind.

There may be cheaper options available. However, in an industry that is not always regulated, this is one decision that deserves careful consideration. It is about trust, care and ensuring a safe and dignified journey.

That is why I say I love being a funeral director - because of the trust you place in us. It is a privilege you give us as a family, allowing us to care for your loved one properly, respectfully and without compromise.

**Written by Josh Gilbert,
Managing Director**



Puzzle Corner

Sponsored by:



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!

	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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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!

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

NOWNOW
BAKKIE
BOET
YEBO
EISH
LEKKER
BABALAS
BRAAI
PADKOS
BOKKIE
TAKKIES
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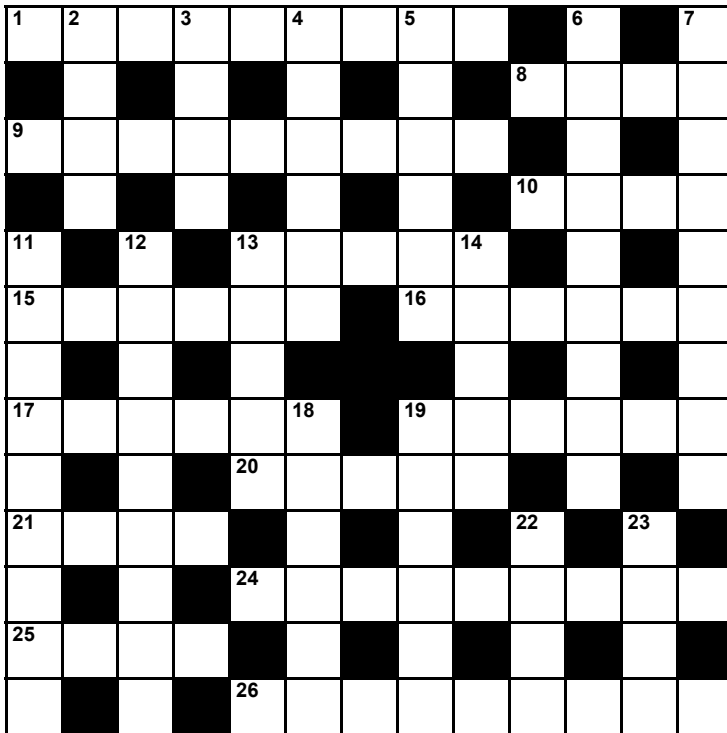
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Puzzle Corner cont.

Crossword

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



Across

- 1 Question the truth or validity of (9)
- 8 Saintry radiance (4)
- 9 Power vehicle that moves fast over water (9)
- 10 Mark with signature (4)
- 13 Acronym for South West Africa People's Organisation (5)
- 15 Armed forces (6)
- 16 Painter or sculptor (6)
- 17 Thin strand of cotton used in sewing (6)
- 19 Raised an uproar (6)
- 20 Ruined or not functioning (5)
- 21 Gloomy darkness (4)
- 24 Walk on __, to be very cautious or diplomatic for fear of upsetting someone (9)
- 25 12 o'clock in the daytime (4)
- 26 The action of leaving to start a journey (9)

Down

- 2 Circular band (4)
- 3 King of the jungle (4)
- 4 Arm joints (6)
- 5 Italian spirit made from the residue from a winepress (6)
- 6 Make someone feel foolish by injuring their pride (9)
- 7 Relative importance or significance (9)
- 11 Account containing a summary of bills (9)
- 12 Area in an office where the directors of a company meet (9)
- 13 Chat or talk (5)
- 14 Course of a celestial object (5)
- 18 Hang freely (6)
- 19 Moscow is the capital of this country (6)
- 22 Whisk eggs well (4)
- 23 Become hazy (4)



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Collector's Corner

With Daryl Kriel from Kensington Bond

**Hi Daryl,
My Mom has this figurine, does it
have any value?
Regards, Sheila**



Goldscheider porcelain - proof that ceramics can have more personality than most dinner guests - originated in late 19th-century Vienna under the direction of Friedrich Goldscheider. Founded in 1885, the company quickly became known for sculptural pieces that captured movement, emotion and impeccable fashion sense.

**Production spread
beyond Austria to places
such as Germany
and France...**

Unlike traditional porcelain focused on tableware, Goldscheider specialised in decorative figures, often reflecting the flowing elegance of Art Nouveau and later the geometric flair of Art Deco. Many works were designed by prominent artists such as Josef Lorenzl, whose elongated dancers seem perpetually mid-performance - and possibly judging your posture.

Production spread beyond Austria to places such as Germany and France, especially during periods of political upheaval. Despite interruptions during the World Wars, Goldscheider maintained a reputation for high-quality craftsmanship and expressive detail.

Today, original pieces are highly collectable, prized for their artistic merit and historical value. If you stumble upon one in a dusty shop, don't hesitate - hesitation is how masterpieces end up in someone else's living room, silently critiquing their décor instead of yours.

If you have one of these serene ladies and she has been looking down her long, elegant nose at you for years, perhaps it is time she moved on. These pieces are eagerly sought after by collectors.

**Call Daryl at Kensington Bond on
082 297 1117 — we can help. Your
figurine could fetch as much as
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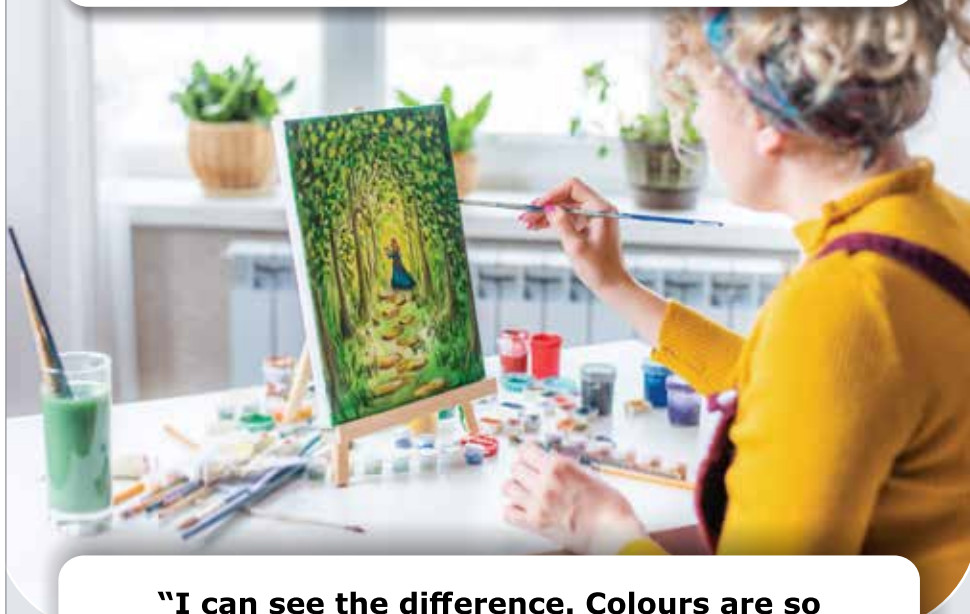
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EYE HOSPITAL



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The thought of eye surgery can be scary or intimidating

Your cataract did not develop overnight. Gradual progression over years has resulted in the hardening of the eye's natural lens. The cataract can safely be removed and an artificial lens permanently inserted at a time when your eye care team recommends.

From the moment patients arrive at the Pietermaritzburg Eye Hospital, they are guided by caring nurses and supportive staff who explain the steps clearly at a pace that suits each individual. While you will put aside the morning or afternoon, this includes the time required in the ward to prepare you for the procedure to ensure you don't feel rushed.

Conscious sedation allows patients to remain relaxed and drowsy while still being able to respond to simple instructions from the medical team. When used in conjunction with numbing eye drops, most patients report feeling no pain during the procedure.

During the procedure, patients may notice bright lights or gentle movement, but the procedure itself is typically quick and painless, often lasting less than 30 minutes. One of the greatest benefits of conscious sedation is the rapid recovery time. The team by your side during the procedure are there to assist and

reassure where needed.

Patients are usually able to go home very soon after the procedure and return to normal activities within a short period. Many people are amazed by the immediate improvement in their vision after a few days, with colours appearing brighter and everyday tasks becoming easier again. The healing process can take a few weeks and the ultimate result can be appreciated at that time. Once healed, it is important you return to your optometrist who plays a critical role in assessing your eyes to identify any changes or progression of any conditions.

Thanks to skilled surgical teams performing minimally invasive cataract surgery with advanced techniques, cataract surgery has become a safe, comfortable, and life-changing experience for countless patients of the Pietermaritzburg Eye Hospital.



**PIETERMARITZBURG
EYE HOSPITAL**

Written by Pietermaritzburg Eye Hospital
If you would like more information,
please visit www.pmbeyehospital.co.za
or call 033 812 2020

Classic Minestrone Soup



A hearty Italian classic filled with vegetables, beans and pasta, this comforting minestrone soup is perfect for chilly days.

Serves: 6

Ingredients

1. 1 tbsp olive oil
2. 1 tbsp butter
3. 1 medium onion, chopped
4. 2 sticks celery, chopped
5. 3 medium carrots, peeled and sliced
6. 3 cloves garlic, minced
7. 1 can (800g) crushed tomatoes
8. 4 cups chicken or vegetable stock
9. 1 small courgette, chopped
10. 1 cup fresh green beans, chopped
11. 1 can (400g) red kidney beans, drained
12. 1 can (400g) cannellini beans, drained
13. 1/2 tsp Italian seasoning
14. 3/4 cup uncooked elbow macaroni
15. Salt and pepper, to taste
16. Fresh basil and grated Parmesan (optional)

Instructions

- **Sauté:** Heat the oil and butter in a large pot. Add the onion, celery, carrots and garlic, then sauté over medium heat for 7–10 minutes.
- **Boil:** Stir in the crushed tomatoes, stock, courgette, green beans, both types of beans and Italian seasoning. Bring to the boil.
- **Simmer:** Reduce the heat to low, partially cover and simmer for 10 minutes.
- **Add pasta:** Stir in the macaroni and simmer uncovered for 15–20 minutes, until the pasta and vegetables are tender.
- **Season:** Add salt and pepper to taste, stir in the basil and serve with grated Parmesan.

Why Seasonal Eating Just Makes Sense!

South African winters have a funny way of convincing us that we need three blankets, a heater on full blast and a strategic plan for avoiding cold floors at all costs.

But while we are busy layering up like human onions, the season itself is quietly doing something wonderful... filling our shops with perfectly timed fruit and vegetables.

The stars of the show from June to August are the citrus fruits. While you're shivering away, Mother Nature is busy producing oranges, naartjies, lemons and grapefruits. These aren't just snacks; they are nutritional powerhouses harvested at peak ripeness.

Unlike imported fruit that loses nutrients during long-haul transport, local winter citrus is bursting with vitamin C, which helps boost immunity during flu season.

If you're feeling fancy, grab some pomegranates - their antioxidants are far more potent now than in summer, when they may have spent months in cold storage.

On the vegetable front, it's "Cruciferous Christmas". Broccoli, cauliflower, kale, cabbage and leeks are the heavy hitters of the season. Root vegetables such as beetroot, carrots, parsnips, turnips, sweet potatoes and potatoes are also at their peak. These hearty vegetables support bone health and help reduce inflammation - perfect for when the cold makes your joints "pop" like a bowl

of Rice Krispies. They also provide fibre, which we all need for better gut health.

The benefits of seasonal eating aren't just physical; they're financial and environmental too. Locally grown seasonal produce is more abundant and doesn't require expensive heated greenhouses or energy-intensive transport, making it significantly more cost-effective. By purchasing local produce, you reduce your carbon footprint and directly support South African farmers.

So, put down that sad, expensive out-of-season summer fruit... and whip up a glass of freshly squeezed orange juice instead. It's better for your wallet, the planet and your health!





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Puzzle Corner Answers

Down: 2 hoop, 3 lion, 4 elbows, 5 grappa, 6 humiliate, 7 magnitude, 11 statement, 12 boardroom, 13 speak, 14 orbit, 18 dangle, 19 Russia, 22 beat, 23 blur.

Across: 1 challenge, 8 aura, 9 motorboat, 10 sign, 13 SWAPO, 15 troops, 16 artist, 17 thread, 19 noted, 20 kaput, 21 murk, 24 eggshells, 25 noon, 26 departure.

Crossword Solutions

K	L	N	K	A	N	T	A	I	K	O	N	A	B
O	B	O	I	N	O	M	O	M	O	S	I		
L	O	R	B	O	T	A	C	B	S	H	A	L	
B	A	K	K	I	E	A	V	K	I	A	M	O	
U	L	E	K	K	E	R	K	M	I	O	J	N	
N	A	K	O	E	I	M	O	J	O	E	G		
S	E	B	N	A	B	T	A	K	K	I	E	S	
Y	O	E	A	P	R	E	T	I	B	O	E	T	
C	B	I	B	A	B	O	K	K	I	E	B	O	
H	A	S	Y	H	A	D	A	I	R	G	T	M	
O	R	B	H	E	M	I	L	K	H	O	M	Z	
I	T												
E	8												
A	M	T	G	O	H	A	O	A	N	I	E	8	
E	J	K	M	N	Y	G	M	S	K	A	K	L	

Sudoku Solution

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

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Staying Independent at Home

A home is more than just a place to live.

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But beyond the plants themselves, a winter garden is about how it makes you feel. It's the warmth of a sunny, sheltered corner. The sound of birdsong carrying clearly through crisp air, or the scent of woodsmoke drifting from a nearby chimney.

There's no urgency; no pressure to keep up. Winter gives us permission to enjoy our gardens differently. To observe rather than tend, to appreciate rather than improve.

So this season, take a little time to enjoy the garden's gentle reminder to slow down and notice the small details that might otherwise be missed.

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Comic Corner



Q: Why are frogs always so happy?

A: They eat whatever bugs them

Painful Experiment

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!

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

What’s the Name Again?

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

A: Lost

Doctor’s Advice

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 soccer?

A: She kept running away from the ball.

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1. Win a Chocolate hamper worth R600 Courtesy of Oakleigh Funeral Home.

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

Keyword: CHOCOLATE | Answer: Page number and location of the Chocolate.



2. Win a R300 Blackwood's Nursery Voucher

Keyword: BLACKWOOD'S | No competition answer required.

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

Find the hidden FORK and tell us where it's hiding!

Keyword: NINO'S | Answer: Page number and location of the Fork.



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 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.

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