



DAY 5
31 MARCH 2020

Stay at home!
Stay safe!

Stay on top of your game with these brain teasers!

PHOTO QUIZ FUN

PLEASE SEND A BABY PICTURE OF YOURSELF TO WILMA WHO WILL COMPILE PICTURES INTO THIS QUIZ AND LETS SEE IF WE CAN IDENTIFY THE PEOPLE IN THE PHOTOS?

**OUR FIRST
PICTURE...
CAN YOU
GUESS WHO
THIS IS?????**



CLUE.....NORWEGIAN VIKING...



ACROSS

1. Half-pint
3. Sleepy
9. Sean Lennon's mom
10. Sneezing (phrase)
12. "___ apple a day ..."
14. Bloom of the Netherlands
16. Dopey
18. Grumpy
22. Happy
24. Cheap and showy
26. Physician's request
28. Doc
32. ___ Mahal
34. Bashful
35. Suitable

DOWN

1. Unsullied
2. Flower part
3. August baby, probably
4. Tic-___-toe
5. Hubbub
6. Monopoly starting space
7. Barefoot Food Network star
8. Communicate
11. Santa syllables
13. Clean with a cloth
15. Concise
16. Don Draper, for example
17. Unfit
19. Compatriot

20. What a swindler does

21. Young swan
23. Unusual
25. Pause mark
27. "So there!"
29. Forever and a day
30. Shakespeare classic: Richard ___
31. *Life of Pi* director Lee
33. *Dallas* villain

Answers to previous crossword

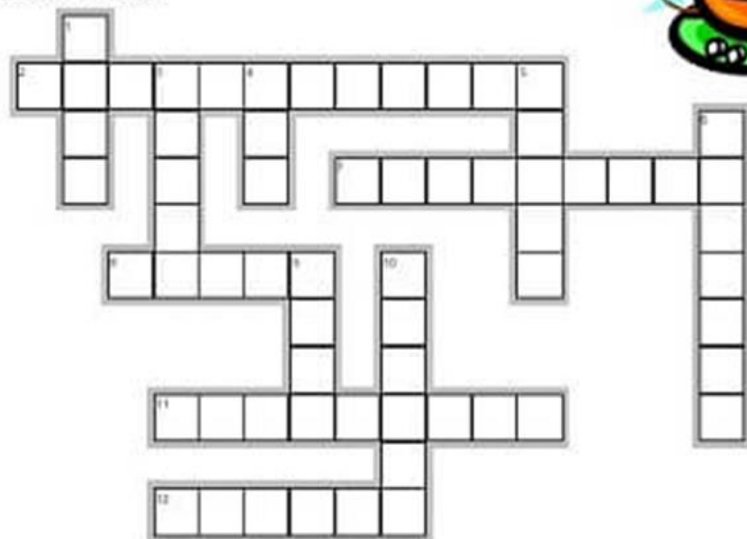
C	U	P		L	E	T	H	A	R	G	I	C	
H		E		E		A		D		O	N	O	
A	P	T	T	O	A	C	H	O	O		A	N	
S		A					O			W		V	
T	U	L	I	P			A	S	I	N	I	N	E
E					I		D		N		P		Y
	B	A	D	T	E	M	P	E	R	E	D		
C		L		H		A		P					C
H	A	L	C	Y	O	N			T	A	C	K	Y
E		Y			D					O			G
A	H		M	E	D	I	C	A	L	M	A	N	
T	A	J		O		I		N		M			E
S	H	R	I	N	K	I	N	G			A	P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

1. ❌ 🔑 👍
2. 🖐️ 🖐️ 📱
3. 🏆 ❌ 💧 😊
4. ⏪ 🐯 🐯 🐯 🐯
5. 🎵 🅂 🎤
6. 🏆 ❌
7. 👁️ 👁️ 📞
8. 🚗 🔥
9. ⚫ 🍓
10. 👁️ 👁️ 🍏
11. 🎵 🎤 😭 🦵 ❌
12. # ☕ 👁️ 👁️
13. 📐 🛒

Guess the phone brands

Cocoa Crossword

Warm up with a hot cup of cocoa while you solve this simple crossword!



Across

Down

- | | |
|--|---|
| <ol style="list-style-type: none"> 2. Puffy white treats that make great cocoa toppers 7. Ingredient that makes cocoa brown 8. Cocoa can be topped with whipped ____. 11. Whistling container used for heating water 12. Cocoa is sometimes served with a cup and ____. | <ol style="list-style-type: none"> 1. Best temperature for drinkable cocoa 3. Sweetener that's often used to make cocoa 4. Handled drinking container 5. Use this to stir your beverage 6. Name brand of powdered chocolate that you can add to milk 9. This dairy product is cocoa's basic ingredient 10. Season in which we drink the most cocoa |
|--|---|



Due to Corona virus
we are self-isolating.
No one may enter except:

Keanu Reeves

Matthew McConaughey

George Clooney

and those fire fighter guys
holding puppies who we
saw on a calendar.

My vrou het skielik begin tuinmaak maar sy
weier om vir my te sê wat sy gaan plant 🤪



A family in lockdown

40 days, 40 nights in the Ark,

Noah's family was confined in a boat.

There were no windows, no balconies, no terraces,
no internet, no phone, no Youtube, Facebook or Netflix.
They only heard the rain. They spent their time praying,
loving each other and caring for animals.

God the Father took care of them as Noah was a man of
faith and obeyed His word.

Remember even though there is out there an ocean of
viruses and life seems like a stormy ride,
our God is watching over us! Don't be afraid!
Be faithful to Him and wait patiently. The rain will stop
one day. A rainbow will shine and all will be well again.

Survival Tip #138 :

**If you have a glass of
wine in each hand, you
won't touch your face.**

You're welcome! 😊

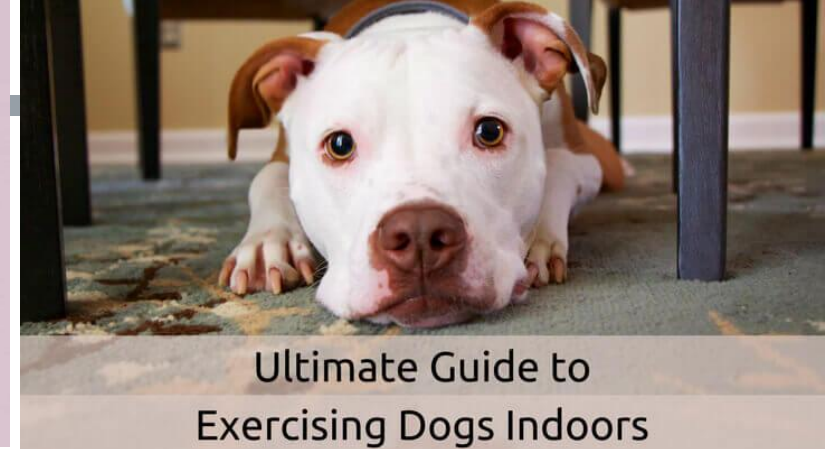




**WANNEER JY MOET HOES IN CHECKERS
MAAR JY WIL NIE HÊ HULLE MOET DINK
JY HET CORONA NIE**



DanielDannyViljoen



Ultimate Guide to
Exercising Dogs Indoors

How To Stimulate Your Dog's Mind



Stimulating your dog's mind and challenging him to try new things is one of the keys to fulfillment. Finding ways to work with a dog's instinctual nature can bring out the best in them. The walk offers a structured routine that allows you to bond with your dog, but playtime can give you more opportunities to challenge them, enrich their lives, and establish an even deeper bond.

Many owners think "play" means letting their puppy run wild, but play sessions can be productive and fun too with some focus that allows a mental component in addition to the physical. A dog plays two ways – first as a dog, and second as a breed. Channeling that energy and knowing the difference is the key to making it a positive learning experience.

Here are Cesar's best tips for mind tricks you can play with your dog



1. Stimulate the nose.

All dogs can track using their most powerful sense – their nose. Make a game out of hiding their food or play hide-and-seek with treats. You can build obstacle courses for your dog out of boxes, sturdy containers, and portable stairs. Rub the scent in various spaces, hiding the meal or the high-priced treat in the toughest place to find. It encourages the dog to problem solve and as a result, builds confidence too. Think of this as a sort of Easter egg hunt for the dog. You can hide treats and high-priced toys all over the house or yard even! I've played this "game" with all of the pups I've raised over the years.

2. Use your imagination.

You don't have to spend a ton of money on toys or tools. Remember when you're a kid and you built fortresses in the family room out of sheets and chairs and sofa cushions? You can do the same with your dog and create an agility course at home. Use treats to lure the dog by scent into the area and activity you want them to perform. Be patient. They might not get it right away, but as with any sport, practice makes perfect! Remember that all kinds of toys sold in stores can be made at home too. Treat balls are a lot of fun, but hiding kibble in an empty plastic water bottle can be just as exciting. The dog doesn't know the difference. This can be a challenging way to feed them too because it forces them to problem solve and earn their food. I know some dogs that learn how this works so quickly that they realize if they put the bottle in their mouth and turn their head, all the food comes out at once!

3. Play like a dog.

All dogs love to run and chase things (even if they don't naturally retrieve, all dogs can learn). One game I like to play: Tie a string to the end of a long stick, then tie a soft stuffed animal onto the string. Dangle it in front of your dog to catch their eye contact and attention. To make it even more interesting, stuff it with a treat or rub it with the scent of a treat or food. Instead of moving it frantically, which is our natural human inclination, move it slowly, stopping and starting again. This encourages the dog to focus the excitement and leave you in control – the faster you go, the more you drain their physical energy; the slower you go, the more you challenge their mind. Additionally, it nurtures their natural prey drive in a focused, disciplined way that is fun for them and you.

4. Discipline can be fun too!

One of the ways people often teach a puppy their name is to play hide-and-seek, literally, not just with a treat. Once a dog has learned the “stay” command, this becomes a really fun exercise. It's also a way to teach “come” with the word “come” or whatever sound you choose, a whistle for example. It works like this: you say “stay” and then go hide in another room or behind a tree or wherever. Keep the proximity close at first and then gradually increase the distance. When you are in your hiding place, make the come sound or say the word. Then patiently wait for the dog to find you. Don't say his name or the command again. Give their mind a chance to work it out. When he finds you, reward him with a treat. It's that simple. They'll get better and better at it and once they do, you can move to larger areas like a park.

5. Tug of war – but be aware of the risks.

With the amount of ropes and toys available that encourage tug of war, it's not surprising that so many dog owners play this game with their dog. However, you need to be aware of the risk. It's a game that brings out the predator in your dog and can be unhealthy for your relationship if you don't have trust and respect to begin with. You need to have control over your dog's power and instincts before you can engage in a healthy game of tug of war with them.

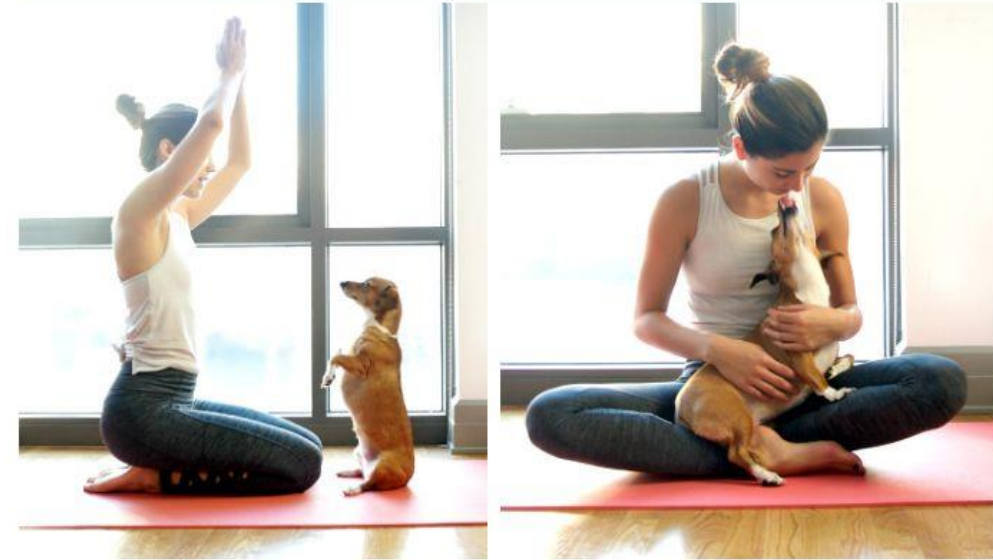


YOGA WITH YOUR DOG.....



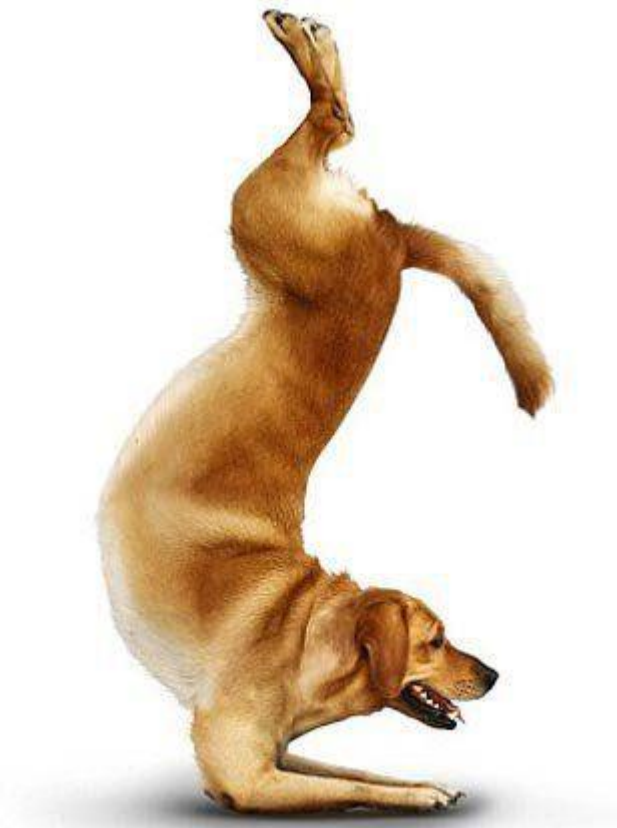
It's a thing.....its called DOGA!!

How To Practice YOGA With Your Dog



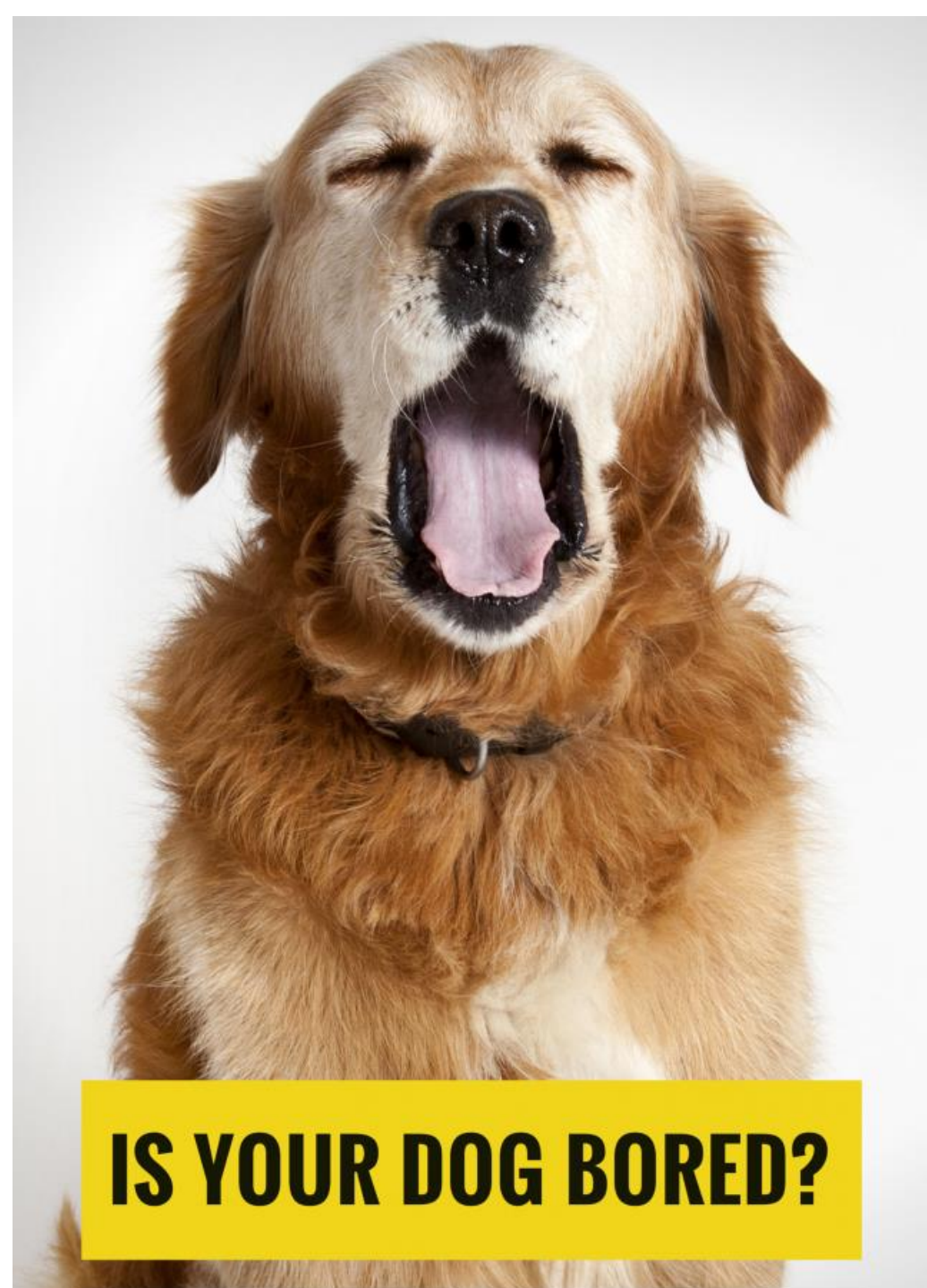


**PLEASE SEND
US PICTURES
OF YOUR DOG
EXERCISING!!!**



OR JUST LET YOUR DOG RELAX.....OR DO CHORES!!





IS YOUR DOG BORED?



Are you bored? Draw eyebrows on your dog and laugh until his next bath.



- Celebrating -
April
BIRTHDAYS

- 2nd – Andre Oosthuizen
- 5th – Vince Boswell
- 6th – Maureen Slogrove
- 7th – Chris Brennan
- 9th – Catherine Plaskett
- 11th – Maureen Privett
- 14th – Kiloran Townsend
- 15th – Heather Morgan
- 16th – Henry Dobrowolski
- 19th – Ernie Mutch
- 20th – Robin Slogrove
- 21st – Richard Townsend
- 27th – Viv Pike
- 30th – Gunther Wrogeman