

PAKO

Issue 11 - 2019

People Animals Kids Organisation

FNB
Competition
Inside

Chameleons:
Beautiful
Lizards

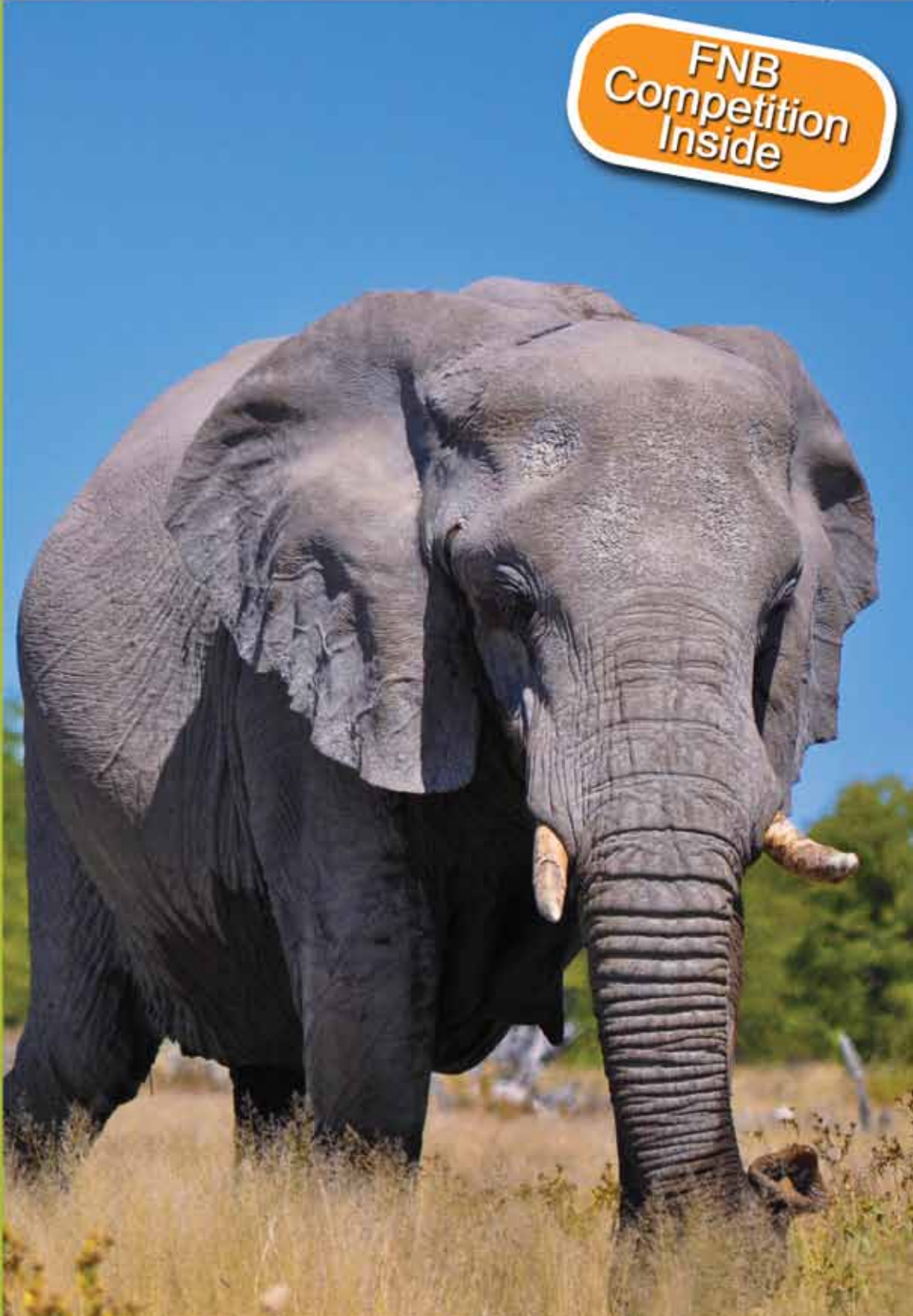
20 Ways
to Save
WATER

How cats
communicate

Ask Dr
MICKEY

EHRA
*Helping people and elephants live
together in peace*

Educational
Magazine
for Kids



Namibian Endangered Species

Great White Pelican (*Pelecanus onocrotalus*)



The Great White Pelican is a huge bird and they can have a wingspan that ranges from 226 to 360 cm. Great White Pelicans have an unmistakable bill and are heavy birds weighing up to 15Kg. Great White Pelicans can be found along the Namibian coastline and are a familiar sight in Swakopmund and Walvis Bay.

The Great White Pelican is well adapted for aquatic life. Their short strong legs and webbed feet propel them through water and help their rather awkward take-off from the water surface. Once in flight, these long-winged pelicans are powerful fliers.

The diet of the Great White Pelican consists mainly of fish. Pelicans leave their roost to feed early in the mornings and may fly over 100 km in search of food.

The Great White Pelican is one of the species to which the Agreement on the Conservation of African-Eurasian Migratory Waterbirds (AEWA) applies.

Namibian Bird Word Search

```

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

Find the 12 birds below hiding in the letters above

CORMORANT	EAGLE	OSTRICH
CRANE	GULL	OWL
CROW	HAMERKOP	PELICAN
DOVE	HAWK	WEAVER

DID YOU KNOW?

The Giant Panda mascot of WWF originated from a panda named Chi Chi that was transferred from the Beijing Zoo to the London Zoo in the same year of the establishment of WWF.

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Wildlife



Good to Know



Q & A



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Editor's Note

Dear Kids, dear Parents,

In this issue we've included more information about chameleons! These beautiful lizards are so amazing and we know so little about them! We also have part two of 'can animals talk'. All animals are communicating, even insects, birds and all other species. We always talk to animals but we never listen - and there is so much they are telling us!

Special thanks go to Anja and Claudia! Anja, for helping us with photos and always assisting us (e.g. cover page of issue 10)! Claudia, for motivating and helping, whenever you can!

Thank you to everybody else - for assisting and for helping to spread the word about nature and animals. We all live with animals but we know so little about them. Nature and animals are so fascinating - when you start to understand! Being responsible can be fun!

Your PAKO Team!

(in collaboration with Namibia Animal Awareness, the SPCA and Border Collie Rescue Namibia).



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PAKO

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Border Collie
Rescue Namibia





Chameleons



True or False

1. Chameleons' tongues are as long as their bodies.
2. Chameleons can sleep upside down.
3. Chameleons make good pets since they are happy in captivity.

Chameleons are one of nature's most fascinating and unusual animals. They are well known for a variety of impressive physical attributes, but there's more to this specialized tree lizard than his ability to change colour, move his eyes independently or grip a branch with his tail.

Ten facts about chameleons:

1. Number of Species

Over 160 species of chameleon inhabit all kinds of tropical and mountain rain forests, savannas and sometimes deserts and steppes.

2. Tongue

The chameleon's long tongue, which it uses to catch unsuspecting insects, can be equal its entire body length (excluding the tail). Chameleons don't move around very fast, so they use their incredibly long tongues to catch the insects they eat. They are able to stick the tongue out of their mouth very quickly. The tongue has a sticky tip to snag prey

items that they would otherwise never be able to catch. This also enables the chameleon to pluck its prey from distance. Tongue projection occurs at extremely high speed, reaching the prey in as little as 0.07 seconds.



3. Colour changing

The ability to change colour is perhaps the most notable characteristic of chameleons. How chameleons change colour is a fascinating and complicated process. They don't change colour to match their surroundings, and they cannot change to any and all colours. Although they use this incredible talent to camouflage themselves, the main purpose of changing colour is to convey their mood: e.g. Dark when angry or nervous and lighter when more relaxed. Desert chameleons



Beautiful Lizards

become dark when it is cold to absorb sun, and light when it is hot to reflect sun.

4. Eyes

Chameleons can move both eyes independently, enabling them to enjoy a full 360 degree panorama of their surroundings. This is perfect for hunting. They can also rotate and swivel their eyes in the socket. This incredible talent enables them to observe two things, in different directions, at the same time.

5. Hands

Chameleons have 5 fingers on each hand. The front hand has 2 fingers pointing out and 3 fingers pointing inwards and the back hand is reversed – 3 out and 2 in. This layout allows 5 fingers on either side of the branch when climbing trees – e.g. 2 fronts and 3 back (to the outside) give 5 fingers and the same for the inside. This is well balanced for climbing!

6. Balance

Chameleons have fantastic balance, enabling them to climb trees and hunt with impressive dexterity. They use their tail and hands to distribute their weight across fragile tree branches. They can even sleep upside down.

7. Interaction

All chameleons live alone, only tolerating the presence of other chameleons during mating season. Males can be very territorial and can become aggressive if other chameleons enter their turf.

8. Diet

Chameleons are insectivores, favouring crickets and

bugs as their primary food source. Large species may also take other lizards and young birds. During dry season, they eat leaves to get water.

9. Mating

Sexual maturity typically happens at around 4 months of age. They mate up to three times a year, and females lay their eggs between 20 and 30 days after a successful mating. Small species may only lay 2-4 eggs, while large ones have been known to lay clutches of 80-100 eggs. Eggs generally hatch after 4-12 months, again depending on species. The Parson's chameleon, a species which is rare in captivity, is believed to take upwards of 24 months to hatch.

10. Life Span

Unknown in wild. Over 10 years in zoos.



If you want to see the desert chameleon (and more desert animals), you can contact

Living Desert Adventures:

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E-mail: nature@iafrica.com.na

habitats
Chameleons are very sensitive and are
happiest and live longest in their natural

3. False
2. True
1. True

Answers:



20 Ways to

Save WATER

TER

1. There are a number of ways to save water, and they all start with you!
2. When washing dishes by hand, don't let the water run while rinsing. Fill one sink with wash water and the other with rinse water. You can then reuse it to water houseplants.
3. Soak pots and pans instead of letting the water run while you scrape them clean.

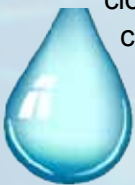


4. Take a shower instead of a bath – and shorten your shower!
5. Turn off the tap when you brush your teeth.
6. When running a bath, plug the tub before turning the water on, and then adjust the temperature as the tub fills up.

7. Teach your children to turn off faucets tightly after each use.
8. Never leave a tap dripping!
9. Only use the washing machine and dishwasher with a full load.
10. Washing dark clothes in cold water saves both on water and energy while it helps your clothes to keep their colours.



11. Wash the car with a sponge and bucket – a hosepipe uses far too much water.



12. Use 'grey' water on the garden – this is old bath and washing up water (a reasonable amount of detergent will be no problem).

13. Use plants that can withstand drought.



14. Use a broom instead of a hose to clean your driveway and sidewalk and save water every time.
15. Adjust your lawn mower to a higher setting. A taller lawn shades roots and holds soil moisture better than if it is closely clipped.
16. Don't water your lawn on windy days when most of the water blows away or evaporates.
17. Leave lower branches on trees and shrubs and allow leaf litter to accumulate on the soil. This keeps the soil cooler and reduces evaporation.
18. Report burst pipes immediately to the local water company – then make sure the burst is fixed as soon as possible.
19. Use water wisely!
20. Share water conservation tips with friends and neighbours.

When you save water, you save money on your utility bills too. Saving water is easy for everyone to do.





BIG CATS QUIZ



ANSWERS

How much do you know about big cats? Test your knowledge of endangered cats from around the world.

1. All lionesses in a pride are related.

True / False

2. Cheetah paws have a distinguishing feature.

What is it?

- They have a sixth toe;
- Their claws are semiretractable;
- They have an extra dewclaw (non-functional claw e.g. in dogs);
- Their claws are covered with a sheath of skin.

3. Which big cat is the largest?

- African lion
- Clouded leopard
- Jaguar
- Siberian tiger

4. Which big cat species has the longest canine teeth in proportion to body size?

- African lion
- Clouded leopard
- Jaguar
- Siberian tiger

5. Ligers: Fact / Fiction

6. Black panthers are a different species of leopard.

True / False

7. What are the male lions of Tsavo, Kenya, famous for?

- They don't have manes;
- They are black;
- They like to climb trees;
- They have short tails.

1. TRUE: A pride of lions will have from 2 to 18 females, all related. There is usually only one adult male. Young males usually go off on their own by age four, but females remain with the pride for life.

2. Their claws are semiretractable: All cats have fully retractable claws except cheetahs, whose claws only retract partially. By remaining extended, the claws act like running spikes, aiding traction as these speedy felines sprint at up to 60 miles (100 kilometres) an hour.

3. Siberian tiger: Siberian (or Amur) tigers, one of just five remaining tiger subspecies, are the world's largest cats. They can grow up to 11 feet (3.5 m) long and weigh up to 660 pounds (300 kg)

4. Clouded leopard: The clouded leopard has the longest canine teeth in proportion to body size of any living feline. A full-grown clouded leopard can sport fangs that are up to two inches (five centimetres) long. Its canines are about the same size as those of a tiger – but tigers are ten times larger in body size.

5. FACT: Not just a Hollywood invention, ligers are a cross between a male lion and female tiger. They are bred solely in captivity and do not exist in the wild.

6. FALSE: Black panthers aren't a separate species – they are simply leopards with dark coats. If you look closely, you'll see their black spots. Scientists don't know why, but all leopards living in the jungles of Malaysia are black.

7. They don't have manes: The male lions of Tsavo lack manes. No one is certain why, but some scientists believe it's due to high levels of testosterone, which causes a condition similar to male-pattern baldness in humans.



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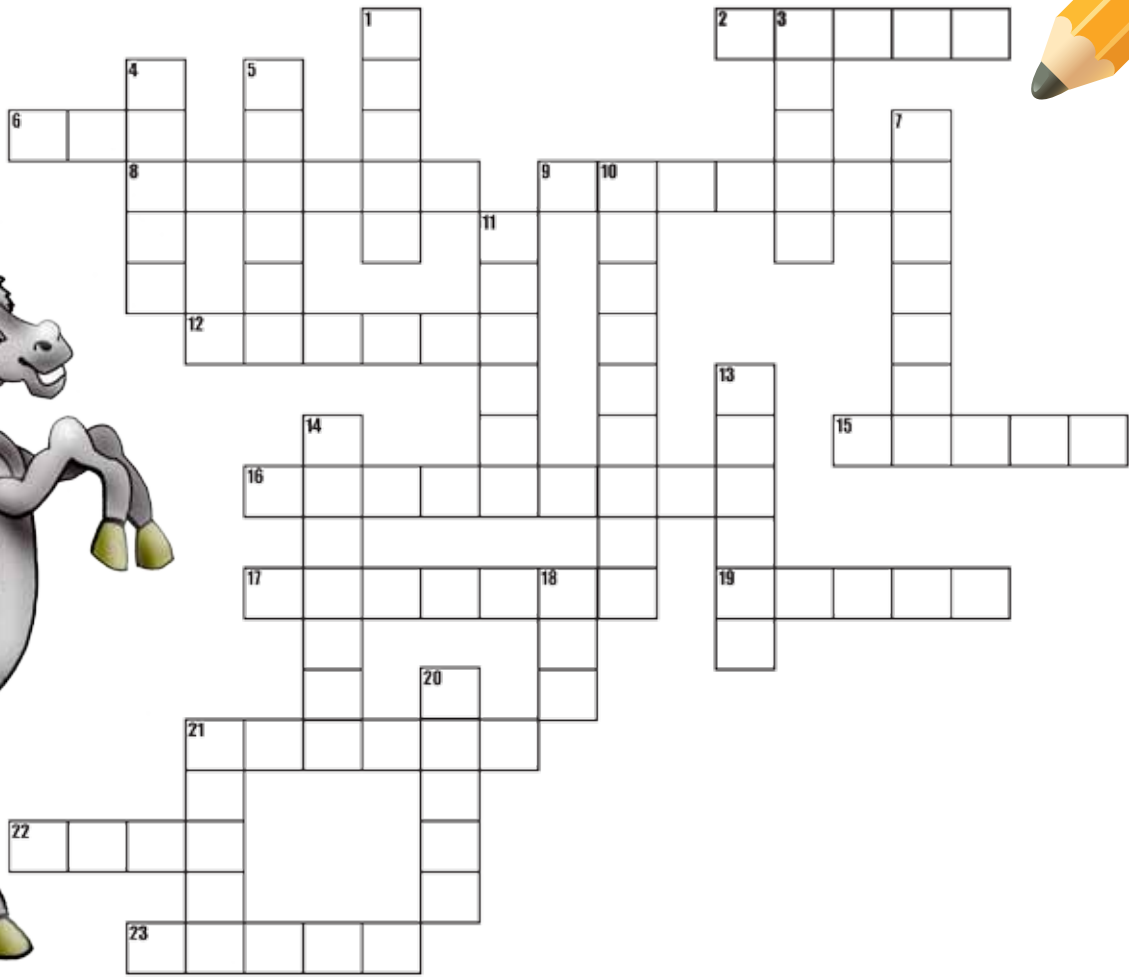
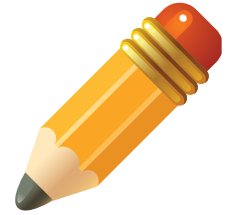


- Choco Chino
- Ice Cream
- Cough Syrup
- Green Jelly
- Lunar
- Candle Berry
- Ship Grey
- Lolli Pop



Animals and their terrain

Read the clues and then help PAKO complete the puzzle.



Across:

- 2 This animal is a dangerous fish
- 6 A big open space of water
- 8 This animal lives in the trees and is cheeky
- 9 It has eight legs and lives in the sea
- 12 I live beside the river and build dams
- 15 This animal lives in the sea and is very big
- 16 A place which is very high and made of stone
- 17 This animal has a long neck
- 19 A place with fast flowing water
- 21 A place which is flat and giraffes live here
- 22 This animal is known as 'The King of the Jungle'
- 23 A large bird that eats mice

Down:

- 1 A big cat that has sharp teeth and orange fur
- 3 This animal lives in the river and is very fat
- 4 I live in the desert
- 5 A place with many trees and animals
- 7 This is a bird but it can't fly
- 10 I look like a dinosaur and have big teeth
- 11 A woodland smaller than a jungle
- 13 A place with a lot of sand and little water
- 18 A small wild dog
- 20 This animal has no legs but is very dangerous
- 21 I eat bamboo and have black and white fur



Find the answers on page 18



PAKO

Photograph is credited and copyrighted to Living Desert Adventures





Animal body parts: sentence scramble

PAKO needs your help to unscramble the sentences in their correct order.
Help him write them correctly.



1. back A strong it so kangaroo jump legs high. has can

2. can fins so it A shark has fast. swim

3. long A can run fast. cheetah so legs has it

4. through push water. whale A a has the it to tail

5. eat long to from has trees. A neck giraffe food a

6. has flippers seal A can fast. it so swim

7. fly. so A can bird wings it has

8. hands so climb. can it A has monkey

9. protect A to from itself animals. shell other turtle a has



AfriCat is waiting for the collars before Penta and her kids will be released – otherwise they cannot track her and keep an eye on her.

You guys will have to watch out for the whole story in PAKO's Issue 12.



Dr Mickey – Puppy vaccination schedule & information

Following the recommended puppy vaccination schedule is very important to your puppy's long-term health and well-being.

Puppy vaccinations are given to protect our pet from the life-threatening diseases they come into contact with. When the vet injects your puppy with a vaccine, it 'teaches' the puppy's immune system what a disease organism looks like. Your puppy's system will form antibodies to that disease making it possible for her to fight off that infection in the future.

When should my puppy be vaccinated?

If the mother has a healthy immune system, a puppy will most likely receive antibodies in mother's milk while nursing. Puppies should receive a series of vaccinations starting at six to eight weeks of age. A veterinarian should administer a minimum of three vaccinations at three- to four-week intervals. The final dose should



be administered at 16 weeks of age.

Should all puppies be immunized?

Yes! All puppies should be immunized to protect them from disease and also to reduce the spread of disease in the dog population.

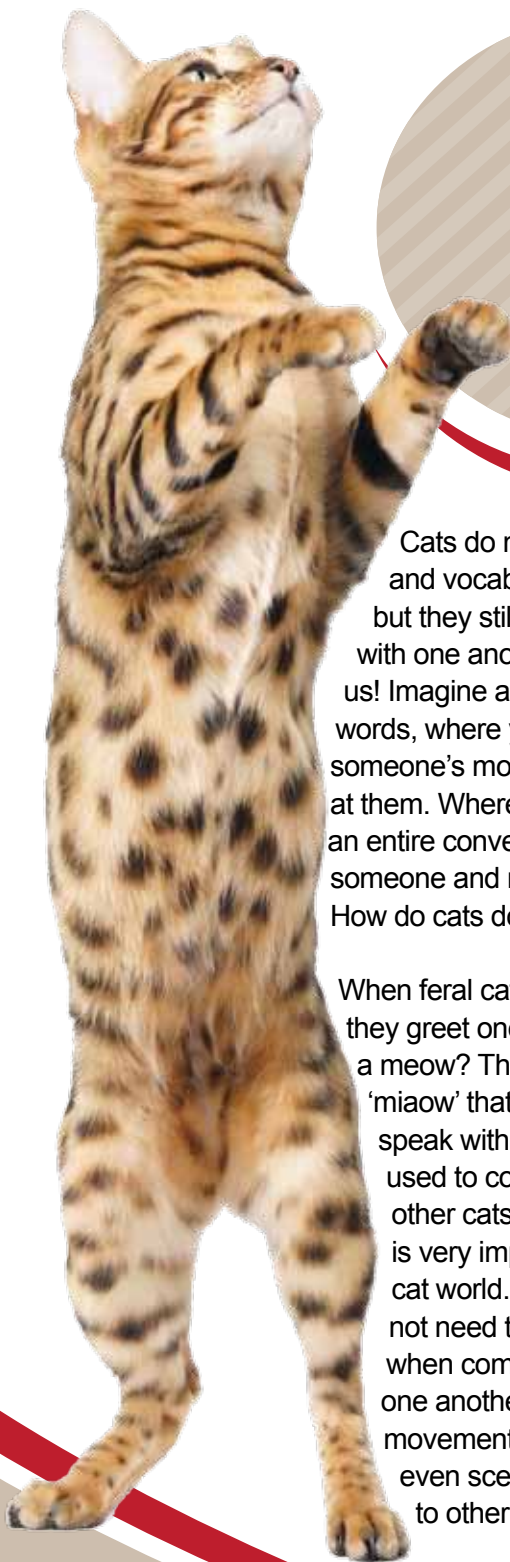
What vaccines should my puppy get?

Puppies should receive a series of vaccinations with a combination

vaccine product that protects against parvovirus, Parainfluenza, distemper and hepatitis. Your puppy must also be vaccinated against rabies. There is a variety of other vaccines that may or may not be appropriate for your pet.

Before exposing your puppy to other dogs it needs to be fully immunized against the diseases that it may come into contact with. This means your puppy should have had its 3rd vaccine before it is allowed to socialize with other dogs.





How cats communicate



Cats do not use words and vocabulary like we do, but they still communicate with one another – and with us! Imagine a society without words, where you can determine someone's mood by just looking at them. Where you can have an entire conversation with someone and not say a word. How do cats do it?

When feral cats meet, do they greet one another with a meow? The familiar loud 'miaow' that our cat uses to speak with us is often not used to communicate with other cats. Body language is very important in the cat world. Most cats do not need to make a sound when communicating with one another. Posture, tail movement, eye contact, and even scents send signals to other cats.

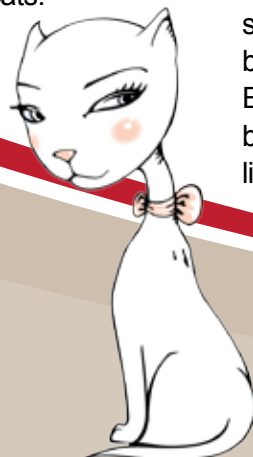
We want to help you learn cat language with this quick overview:

Cat language of the ears:

Folded back close to the head says: I'm very angry.
Pointed forward says: What is this; I'm curious.

Cat language of the eyes:

Dilated pupils say: I'm afraid.
Constricted pupils say: I'm angry (or back off buddy!).
Direct stare, large open eyes and narrow pupils say: Double back off buddy or I'll attack.
Eye or eyes slowly blinking or winking says: I'm talking to you because I like you.





Cat language of the whiskers:

Whiskers forward says: I'm very curious and interested.
Whiskers back says: I'm quite anxious and not sure what I will do next.

Cat language of the tongue:



Non-stop licking says: I'm embarrassed (for instance, when they fall off the back of the sofa and you laugh at them, licking a paw will often be the cats' response).
Long, intense licks on a human says: I love you, you are all mine and I'm so happy.

Cat language of lips:

Lips drawn back says: I am very tense, getting angry and may attack.
Lips slightly open, relaxed, eyes half open says: I'm in ecstasy.



Cat language of the tail:

Large, bristled, straight up tail says: I'm very, very afraid.
Tail lashing swiftly from side to side says: I might be agitated or I might get excited and anticipating a fly going by or maybe it was a bird, but I'm excited!
Tails erect says: Follow

me. This is the tail movement mamma cat uses to tell the kittens to follow her.

Tail up high but pointed towards the head says: I'm proud (it's like a human puffing out their chest).

Tail slightly up but not bristled says: I'm unsure of what to expect next.

Tail slightly up and gently waving says: WOW am I curious.

Tail slightly up with the tip hooked says: I want to be friends but I'm being cautious.

Tail down between the legs says: I'm so afraid I'm about to pass out.

Tail down and twitching says: I'm highly annoyed.



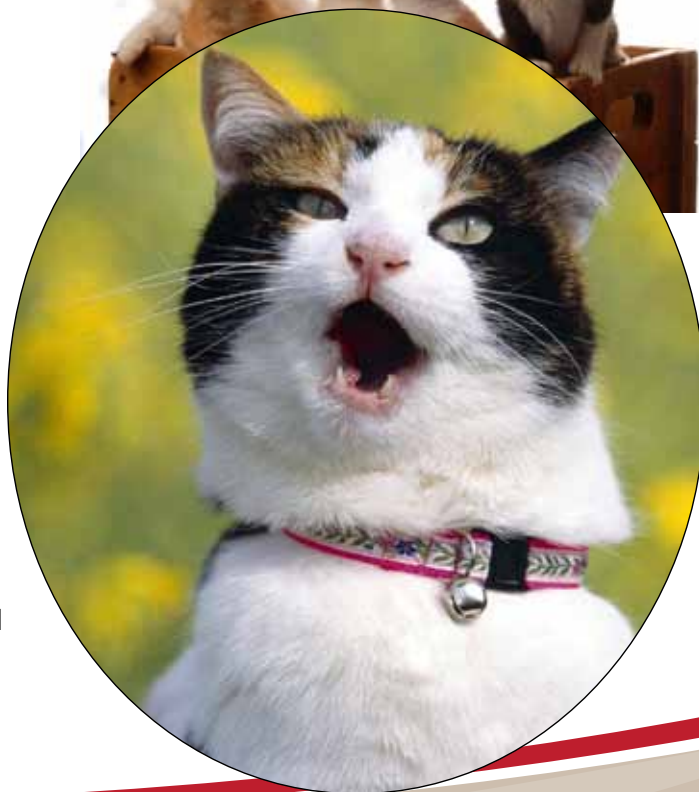
Cat language of purring:

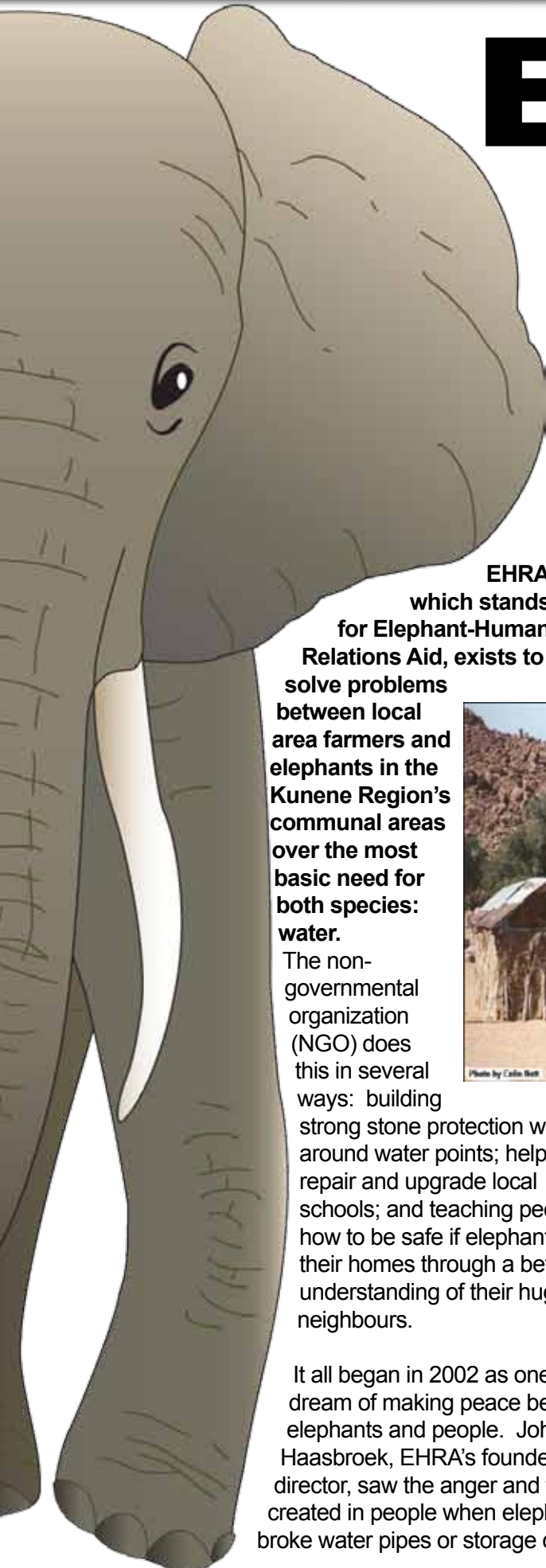
Purring and relaxed says: I'm a happy cat.

Purring and tense says: I might be frightened or in pain or both.

Cat language of head butting and body rubs:

This says you are my best buddy and I love you!





EHRA:

Helping people and elephants

in Namibia's dry, semi-desert northwestern areas and decided he would do something to help both species. So EHRA was born.

Using his own personal old Land Cruiser and a few volunteers, Johannes started building sturdy stone walls around water storage tanks, engines, windmills and pipes at water points where elephants often came to drink. The adult female elephants and their calves seldom damaged the water source; however, teenage male elephants often got bored and sometimes pulled windmills down, pulled out pipes carrying the water, or pushed a tusk through a water storage tank—all stopping the supply of water for the people and their

livestock, sometimes for months to years. The stone protection walls saved the day, so the people have relaxed about the elephants living nearby, knowing their water supply is safe, and the elephants can still drink without getting to any "toys" to break!

EHRA, which stands for Elephant-Human Relations Aid, exists to help solve problems between local area farmers and elephants in the Kunene Region's communal areas over the most basic need for both species: water.

The non-governmental organization (NGO) does this in several ways: building strong stone protection walls around water points; helping repair and upgrade local schools; and teaching people how to be safe if elephants visit their homes through a better understanding of their huge neighbours.

It all began in 2002 as one man's dream of making peace between elephants and people. Johannes Haasbroek, EHRA's founder and director, saw the anger and fear created in people when elephants broke water pipes or storage dams

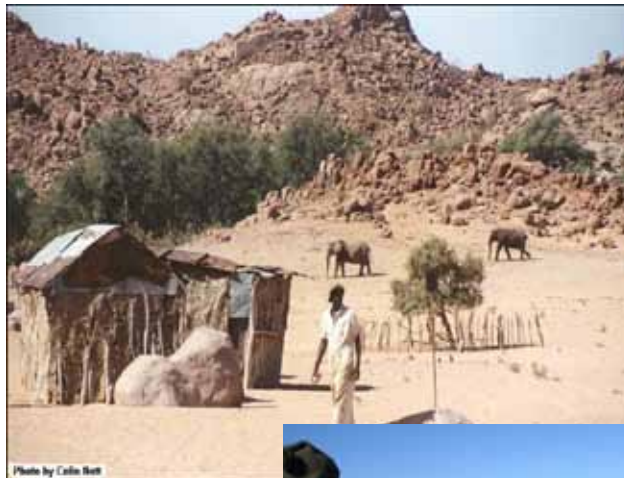


Photo by Colin Butt



After building a stone wall, volunteers go on patrol through the veld to monitor the desert-dwelling elephants. They count the elephants in each herd they find, to see whether all are present and well, and whether there are any new babies, any injuries or any missing. Last year four new babies were born to the three herds in the Ugab River! It is such a privilege to



Elephants live together in peace

By Dr. Betsy Fox, EHRA's PEACE Project Coordinator



see the tiny, hairy baby elephants with pink behind their ears drinking milk from their huge mothers!

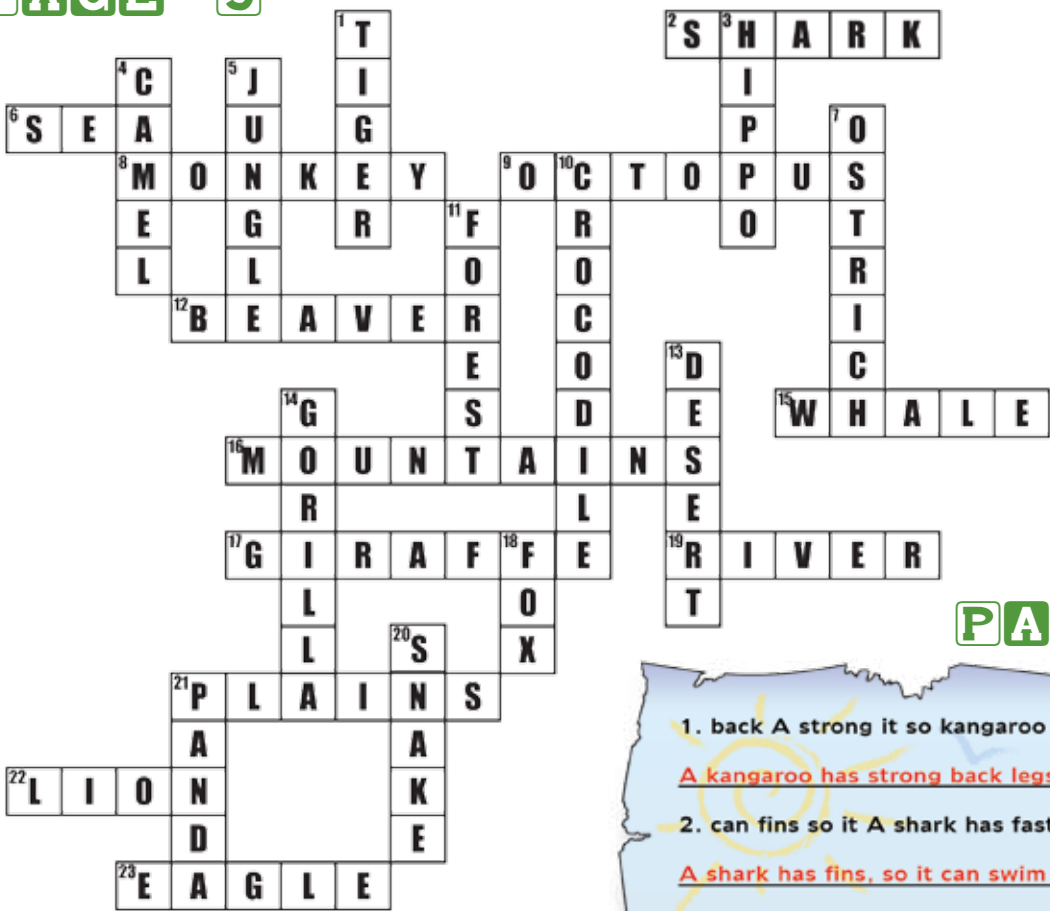
EHRA has built more than 160 protection walls on communal farms along the Ugab River and others near Khorixas. In addition, groups of school learners from England come each year to help EHRA paint and repair classrooms and hostels at schools in the area. They also have built a garden and playground for A. Gariseb Primary School in Anixab, as well as a computer room with donated computers and a library filled with books—luxuries the learners had never had!

In 2009, EHRA started the PEACE Project, to help people living with the elephants to understand their actions and ways to keep themselves safe if elephants are nearby. PEACE Project leaders go to communities, schools and lodges to talk about elephants and how they live, then take the people on a field trip to see the elephants in their natural daily lives. The people see how peaceful the elephants are, and their fear of elephants goes away and they have new respect for their large neighbours! That's what EHRA is all about!



Interesting facts about elephants that some people may not know:

- Elephants are the largest land mammals (whales, which live in the oceans, are many times larger. Mature African elephant males measure over 3 m and can weigh up to 6 tons (6,000 kg).
- Elephants grow throughout their life-time, so the tallest one in a group of the same sex is the oldest. Their tusks (actually a modified incisor tooth) also grow throughout their lives, but in Namibia, the tusks of most elephants break before they grow very long.
 - The trunk is the nose and upper lip combined! It is entirely made up of muscles—more than 70,000 of them! An adult male elephant can suck in 12 litres of water, which he then squirts into his mouth to drink.
 - Elephants can run fast—up to 45 km/h! The fastest human sprinters reach 29 to 32 km/h—so not even Frankie Fredericks can outrun an elephant!
 - An elephant female (called a “cow”) is pregnant with a baby for 22 months. A calf weighs 100 to 120 kg, and must drink milk for 2 years. Baby elephants cannot drink cow’s milk, as the fat content is too high.
 - Elephant groups are called herds or families. They are led by the oldest and wisest female, called a “matriarch”, who knows the best and safest places to drink and eat. The matriarch’s sisters and daughters and their offspring make up the herd. When male calves become teenagers, the females force them to leave the herd, so they join other males and form bachelor herds, or stay alone.
- Adult males, or bulls, only join the females for breeding. They usually live alone or in small groups.
- Their spoor (footprint) is like your fingerprint—each one is unique, and can be used to identify individual animals. You can estimate an elephant’s height at the shoulder (an elephant’s highest point) by measuring around the spoor of the front foot and multiplying by 2.
 - The desert-dwelling elephants in Namibia’s Kunene Region mainly survive on the water, plants and trees in the riverbeds. An estimated 300 to 800 elephants roam freely from the Kunene River in the north to the Ugab River in the south, and sometimes beyond. They have a high conservation status world-wide, and as are all Namibia’s elephants, are a specially protected species.



1. back A strong it so kangaroo jump legs high. has can
A kangaroo has strong back legs, so it can jump high.
2. can fins so it A shark has fast. swim
A shark has fins, so it can swim fast.
3. long A can run fast. cheetah so legs has it
A cheetah has long legs, so it can run fast.
4. through push water. whale A a has the it to tail
A whale has a tail to push it through the water.
5. eat long to from has trees. A neck giraffe food a
A giraffe has a long neck to eat food from trees.
6. has flippers seal A can fast. it so swim
A seal has flippers, so it can swim fast.
7. fly. so A can bird wings it has
A bird has wings, so it can fly.
8. hands so climb. can it A has monkey
A monkey has hands, so it can climb.
9. protect A to from itself animals. shell other turtle a has
A turtle has a shell to protect itself from other animals.



**Sneak
peek**

AfriCat: Penta and her cubs will be released into their new home. Come and read about their happy new beginnings!



Nature Fun

O F D C R M A M M A L S N E I R
 A G S U N S C R E E N F S H J P
 S R D L A V I V R U S W Y J J O
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 Q N N L E B H N F J I H C Q J C
 U I A U H O N A S M R L O F A E
 I T D C A F L R S E S T D R U X
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Find the following words:

Binoculars	Cheetah	Hat	Mammal	Squirrel	Trees
Buffalo	Elephant	Hunting	Rhino	Sun	Water
Camera	Endangered	Insects	Rocks	Sunscreen	Waterhole
Car	Grass	Lion	Sand	Survival	Wildlife

Enter and stand the chance to WIN an awesome FNB Hamper!

Complete the puzzle, tear out the page and fill in your details below. Email your entry form to mfrewer@fnbnamibia.com.na or deliver it to the FNB Marketing Division on the 5th floor, First City Centre, Levinson Arcade, or fax it to (061) 225 994.

Name: _____

Age: _____

Contact no: _____

Rules:

1. Only kids between the ages 0-16 may enter.
2. The competition ends 19 July 2013.
3. You must complete the wordsearch to enter into the draw.

Teach your children how to save money and be responsible by opening a **FutureSave** or **FutureForward** account today. Visit your nearest FNB branch for more information.

Terms and conditions apply.



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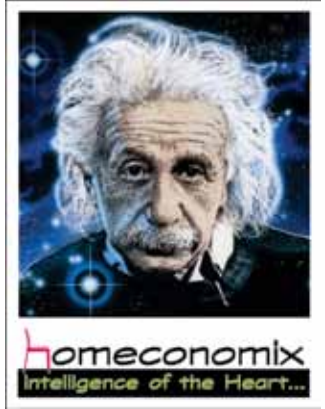


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