

PAKO

Kids Magazine

www.pako4kids.com

SPOTTED HYENAS



CREATURE Feature



Pangolin Guidelines!

© Pierre Lemos on Unsplash



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"You can start changing the world for the better daily - no matter how small the action."

Nelson Mandela



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Kids can subscribe at many schools in Namibia. If you are interested, please contact us for more information.

SPOTTED

HYENAS

Spotted hyenas (*Crocuta crocuta*) are widely misunderstood and have the reputation of being cowardly and sly, but they are actually fascinating and intelligent creatures, excellent hunters and have a very interesting social system.

4 SPECIES - There are four species of hyena in the world: the spotted hyena, the striped hyena, the brown hyena and the aardwolf. The spotted hyena is the most common one.

VARIED DIET - Working as a group, hyenas can take down big animals such as wildebeest, zebras and young hippos. They also eat birds, fish, snakes, lizards and insects.

PHENOMENAL HUNTERS - Hyenas are best known for being scavengers (feeding on animals killed by other predators) but in fact they are very skilled predators themselves and hunt and kill most of their food.

SOCIAL ANIMALS - Females are larger and rank higher than the males. Spotted hyenas live in a group called a clan of up to 80 individuals that is led by a powerful female known as the alpha female.

YOUNG ONES - A female hyena gives birth to one or two cubs a year, which she nurses for up to two years in a den in the ground or an old termite mound.

GROWING UP - When the cubs grow up, males usually leave to join a different clan, whereas females stay with the clan for life.

GREAT COMMUNICATORS - Spotted hyenas are also known as laughing hyenas. Why? Because they communicate with what sounds to us like laughs, giggles, groans, whoops, grunts, yells and whines, some of which can be heard 5km away!

CARING MOTHERS - Hyena mothers are among the most loving in the animal world. They also produce milk that is richer in protein and fat than any other land carnivore!

SUPER INTELLIGENT - Hyenas are known to have better team work and problem solving abilities than chimpanzees!

WIDE RANGE OF HABITATS - The spotted hyena is found mostly in savannas, woodlands and scrublands across sub-Saharan Africa.

TREMENDOUS STAMINA - Hyenas run down their prey until it is exhausted and they can keep up speeds of 60km/h for several kilometres.

BONE CRUSHERS - Spotted hyenas have huge jaw muscles which give them a very powerful bite. They can even crack open bones 6cm in diameter and can eat the nutrient-rich marrow most other animals can't access.



CREATURE Feature

By Hayley Brand

Namibia's Rays and Sharks (NaRaS) project



In every magazine we will now feature one species of shark, skate or ray found in Namibia.

This edition's featured creature is the bluntnose spiny dogfish.

English: *Bluntnose spiny dogfish*
Afrikaans: *Stompneus-penhaai*
Scientific: *Squalus acutipinnis*

The bluntnose spiny dogfish has a brown body, white belly, and yes, you guessed it, a blunt nose, and small spines in front of each of its two dorsal fins. You can find them in South Africa, Namibia and Angola living on or near the seafloor, and they are found both in shallow coastal waters and in waters up to 500m deep. With

their powerful jaws and sharp teeth, they feed mainly on fish but also eat worms, squid, octopus, and crustaceans.

These cute looking sharks are not considered dangerous, but watch out for those spines in front of each dorsal fin. When attacked, these sharks protect themselves by arching their back and piercing the predator with the spines. Their main predators include seals, orcas, tuna, and even other, larger sharks.

The females give birth to between two and six pups after a two-year gestation period (pregnancy), one of the longest of any vertebrate! At birth, they measure between

23 and 24cm in length and grow very slowly to a maximum size of 77cm in length. The males can live up to 29 years old and the females up to 32 years old.

Bluntnose spiny dogfish are accidentally caught in commercial fisheries, and they don't always survive, even if they are released. This may pose a serious threat to their populations and for this reason, they are classified as Near Threatened on the International Union for Conservation of Nature (IUCN) Red List of Threatened Species. That means that these impressive little sharks may be in danger of becoming extinct.

Some dogfish can live for a long time. Certain species have been known to live up to 70 years!

Sharks play an important role in the ocean ecosystem, helping to keep other marine populations in check. So, even though they might look a bit scary, they are valuable members of the underwater world!

Did You Know?



To learn more about our work, follow us on social media:



@namibia_sharks



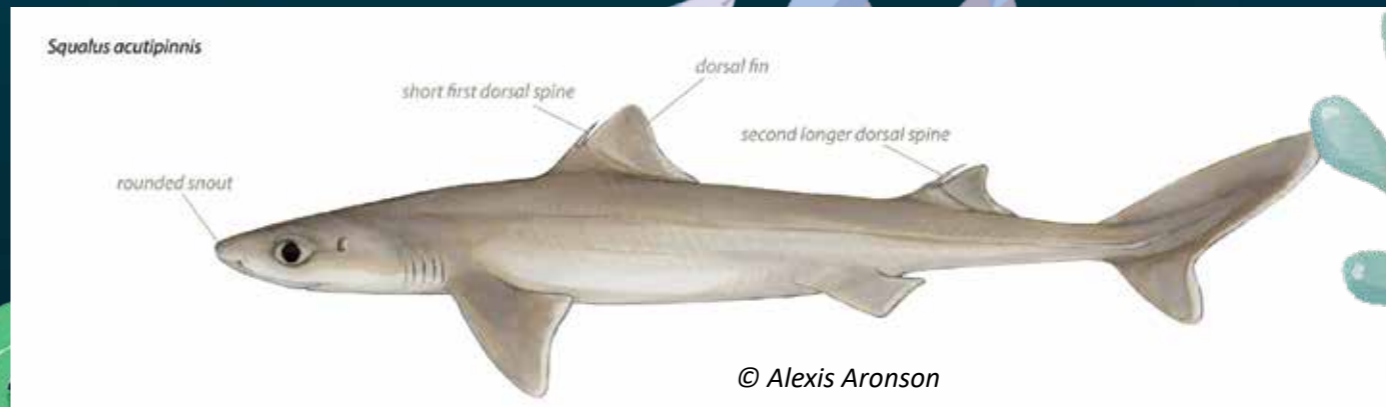
Namibia's Rays and Sharks



© Murray Lewis/ NaRaS project



© Murray Lewis/ NaRaS project



© Alexis Aronson

Dog clubs

Windhoek Dog Club (Windhoek)
Avis Street
www.windhoekdogclub.com
info@windhoekdogclub.com

German Shepherd Dog Club (Windhoek)
C/o Sean McBride /
Frankie Fredericks Drive
Tel: 081 358 2182
svnamibia@gmail.com

Doggie School Swakopmund
Doggie Lodge
Tel: 081 242 1690

Dog trainers

Dogs and more / Anja Junkers
Tel: 081 801 0104
anja.junkers@gmx.net
Force free dog training and behaviour
adjustment training.

Pet boarding

Doggie Lodge Swakopmund
Tel: 081 292 4338
UteHolstein@web.de
www.doggielodge.de

Pet supplies

Windhoek Vet Shop (Vet To Pet Shops)
(Windhoek)
1. **Lifestyle VTP Maerua Shopping
centre / Centaurus Road**
Tel: 061 223 544
info@whkvet-cc.com
2. **Klein Windhoek VTP /
Camelthorn Pod, Berg street 42**
Tel: 061 250 120
info@whkvet-cc.com

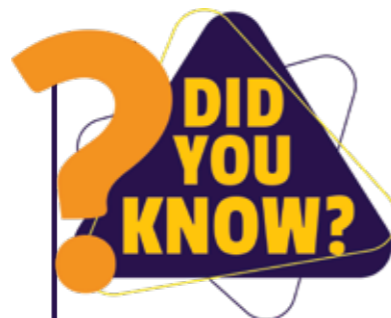
Vets

Rhino Park Veterinary Clinic
(Windhoek)
54 Rhino Street, Rhino Park
Tel: 061 257 272/3

Animal Hospital
(Windhoek)
10 Simeon Shixungileni Street
Tel: 083 330 4520 / 081 124 9052
windhoek@animalhospital.com.na

Windhoek Veterinary Clinic
(Windhoek)
8 Lossen Street
Tel: 061 228 405 / 081 124 1668
info@whkvet-cc.com

GOOD NEWS!



That's great! Here are some positive and exciting developments in wildlife protection:

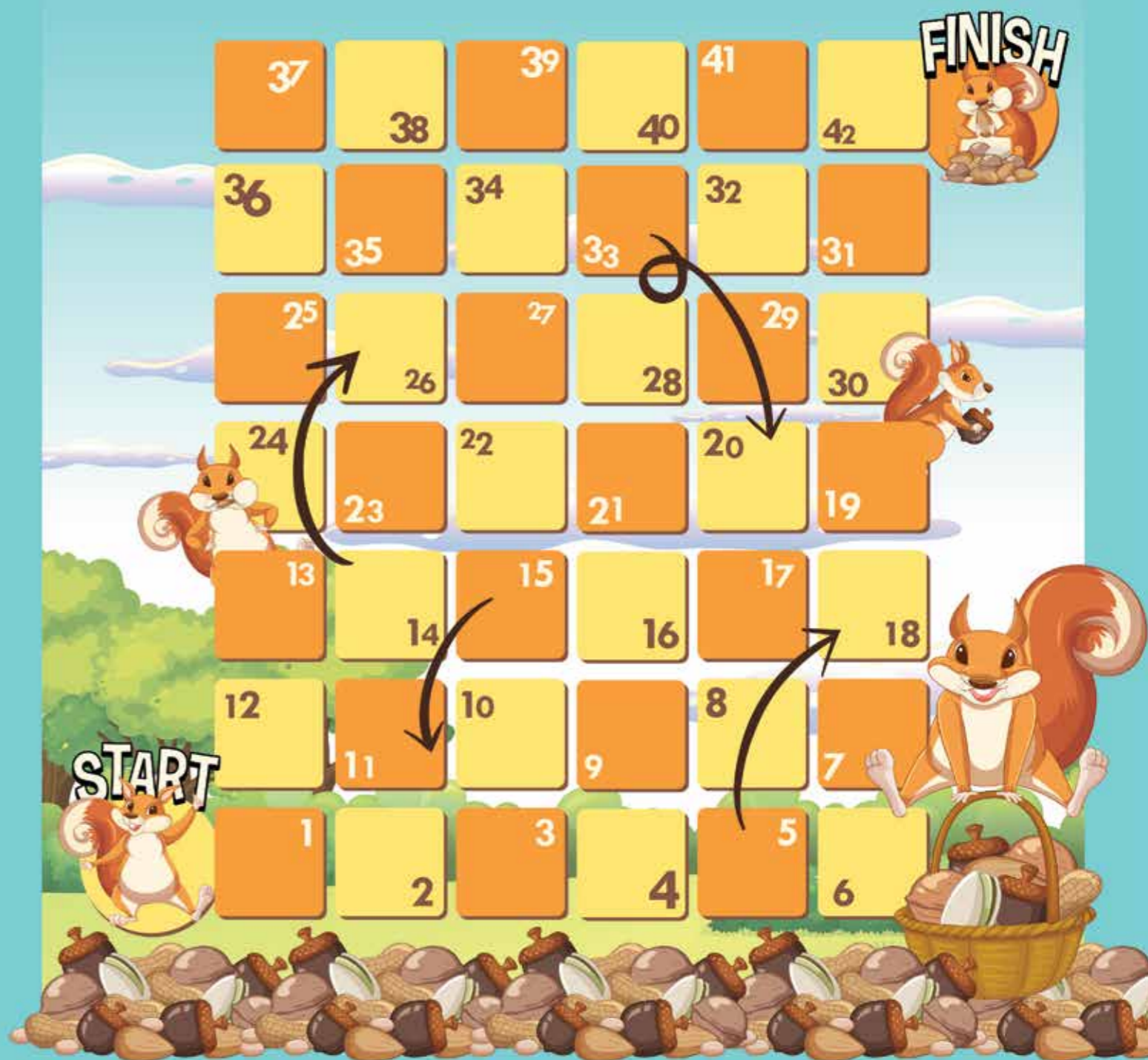
- 1. Panda Population Increase:** Giant pandas, which were once endangered, have seen a significant increase in their population. Thanks to conservation efforts and habitat protection, their numbers have been steadily rising.
- 2. Whale Comeback:** Some whale species, like the humpback whale, have made a remarkable recovery due to international bans on whaling. Their populations are growing, and you can even watch them on special whale-watching trips in some areas.
- 3. Tiger Recovery:** Efforts to protect tigers in the wild have been paying off, with some populations stabilizing and even increasing. This is great news for these magnificent creatures.
- 4. Sea Turtle Conservation:** Many organizations and volunteers work tirelessly to protect sea turtles and their nesting grounds. This has led to an increase in the number of baby turtles making it to the ocean safely.
- 5. Endangered Species Protection:** Many countries have established national parks and wildlife reserves to protect endangered animals. These areas provide a safe habitat for animals like elephants, rhinoceroses, and orangutans.
- 6. Community Conservation:** Local communities around the world are actively participating in wildlife protection efforts. They are finding ways to live in harmony with nature and protect animals and their habitats.

There are many inspiring success stories where individual animals have been rescued, rehabilitated, and released back into the wild, giving hope for the future of wildlife.

It's important to remember that while there are positive developments, there are still many challenges in wildlife conservation.



SQUIRREL GAME!



Facts about the Sun

Which facts are correct?

1a. The Sun is 150 km away from Earth.

3a. The Sun is a huge planet.

1b. The Sun is 150 million km away from Earth.

3b. The Sun is a huge star.

2a. The Earth orbits (circles around) the Sun.

4a. It takes the Sun's light eight minutes to travel to the Earth.

2b. The Sun orbits (circles around) the Earth.

4b. It takes the Sun's light two hours to travel to the Earth.



What is the difference between stars and planets?

Stars are like giant, super-hot light bulbs in the sky. They are made up of very hot gases, mostly hydrogen and helium. Stars are so hot that they give off a lot of light and heat, and that's why we see them twinkling at night. The Sun is a star, and it's the closest star to Earth. Stars are very, very far away from us, much farther than planets.

Planets, on the other hand, are like Earth or other worlds that go around stars. They don't make their

own light; instead, they reflect the light from the star they're circling. Planets are solid and have surfaces you could stand on, unlike stars, which are made of hot gases. Some planets are big like Jupiter, while others are small like Mercury. We live on a planet called Earth!

So, in simple terms, stars are big, hot, and far away lights in the sky, while planets are like Earth and go around stars like our Sun.

Facts about the Moon

Which facts are correct?

1a. The Moon is about 384,400 km away from Earth

3a. The Moon has the same gravity as our Earth.

1b. The Moon is about 384 km away from Earth

3b. The Moon's gravity is much weaker than Earth's.

2a. Unlike Earth, the Moon doesn't have any air to breathe.

4a. It takes 27.3 days for the Moon to travel all the way around the Earth.

2b. The Moon has air to breathe.

4b. It takes 24 hours for the Moon to travel all the way around the Earth.



Is the moon a star or a planet?

The Moon is different from both stars and planets.

It's not a star because it doesn't give off its own light. Instead, it reflects the light from the Sun, just like a mirror. And it's not a planet because it doesn't go around the Sun by itself. Instead, it goes around the Earth. The Moon is Earth's special

friend in space, and it's the reason we have things like tides in the ocean.

So, in simple terms, the Moon is a moon because it goes around a planet, which is Earth. It's a wonderful place to learn about and explore, even though it's not a star or a planet!

PAKO

www.pako4kids.com





Website for parents, teachers and children.

Find more contacts on:
www.pako4kids.com/
cleverkids.htm

Animal Assisted Therapy

Happy Dog (Windhoek)
Tel: 081 801 0104
anja.junkers@gmx.net

Using animal interactions to support clients with physical and mental health issues.

Art & Craft Classes

Rainy Day Kids Artistry (Windhoek)

Tel: 081 270 1809
mia.rousseau.art@gmail.com

Birthday Parties

The Fun Shop (Swakopmund)
9 Tobias Hainyeko street
Tel: 064 46 3657 / 081 360 7230
online@thefunshop.com.na
www.thefunshop.com.na

"Education is one thing no one can take away from you."

- Elin Nordegren -



Leisure Time Activities

Element Riders (Kitesurfing / Surfing) (Walvis Bay, Swakopmund and Lüderitz)
Tel: 081 666 6599
info@element-riders.com
www.element-riders.com

Equitrails Namibia (Horse Trails & Riding Tuition) (Windhoek)
Tel: 081-3380743
sam@equitrails.org
www.equitrails.org

Roosand Desert Ranch (Stargazing) (situated half-way between Windhoek and Walvis Bay)
Tel: 081 127 7629
lifestyle@roosand.com
https://roosand.com/

Mental development

Goethe Institut (Windhoek)
Apply Robotics to solving problems
1-5 Fidel Castro Street
Tel: 061 22 57 00
library.windhoek@goethe.de
www.goethe.de/namibia

Optometrists

Hasselt Optics (Windhoek)
Carl List Mall / Fidel Castro street
Tel: 061 377 800
andreas@optometrist.com.na

Olympia Optics (Windhoek)
Cnr Hidipo Hamutenya / David Carstens
Tel: 061 372 620
admin@olympiaoptics.com
www.olympiaoptics.com

African Eyes Optometrist (Windhoek)
Shop 3, Maerua Mall, Jan Jonker Road
Tel: 061 259 031
aao@optometrist.com.na

Eye Store (Windhoek)
Shop 35/36, Maerua Mall, Jan Jonker Road
Tel: 061 307 620
reception@eyestore.co.na

Windhoek Optics (Windhoek)
Continental Building / Independence Ave
Tel: 061-22 55 41
whkoptic@iway.na
www.windhoek-optics.com

Physiotherapy

Bianca Niemeyer Physiotherapy (Windhoek)
Tel: 061 253 446
biancaniem@gmail.com

Alna Swartz Physiotherapist (Kleine Kuppe / Windhoek)
Tel: 081 406 9200
alna.swartz@mtcmobile.com.na

Website for parents, teachers and children.

Pre-primary Schools

Cosmo Kids (Windhoek)
32 General Murtala Muhammed Ave
Tel: 081 128 8807 / 081 407 7677
info@cosmokids.com.na

Kindergarten West (Windhoek)
c/o Bismarck street & Dr. W. Külz street
Tel: 061 232 590
kigawest@gmail.com

Tiny Tots and Tall Tales (Windhoek)
Tel: 081 311 9312
Elisenheim Lifestyle Estate
tinytotsandtalltales@gmail.com
http://tinytotsandtalltales.simplesite.com

Private tutoring

Kumon - extra maths & english classes (Windhoek)
Tel: 061 255 367
carolkumon253@gmail.com
www.kumon.org/namibia/

Schools

Waldorf School Windhoek (Windhoek)
Tel: 061 415 250
reception@waldorf-namibia.org
www.waldorf-namibia.org

Sport Activities

Crete Gymnastics Club (Windhoek)
Tel: 085 129 9679
cretregym@iway.na
www.cretregymnasticsclub.net

Bubbles Swim School (Swakopmund)
Tel: 081 334 6871
tianeg18@gmail.com

T-Rex Tribe for Swim, Cycle & Obstacle Run Coaching; Camps & Multisport Events (Windhoek)
Tel: 081 246 2767
charm-shannon@afof.com.na
www.t-rexnamibia.com

Salty Jackal Surf School (Swakopmund)
Tel: 081 465 1465
info@saltyjackal.com
http://www.saltyjackal.com/

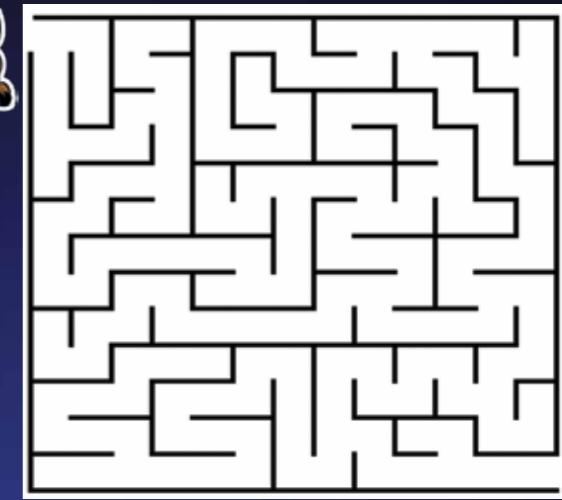
Theatre & more

Helen O'Grady Drama Academy (Windhoek)
Tel: 081 390 6210
windhoek@dramafrica.com
www.dramafrica.com

Therapists

LOGOTRIX Speech and Language Therapy (Windhoek)
Tel: 061 225 424 / 081 247 2625
logotrix@iway.na

Find more contacts on:
www.pako4kids.com/
cleverkids.htm



Going back to school is an exciting time:

New Friends: When you go back to school, you'll have a chance to make new friends. Be open to meeting new people and be friendly. Remember, everyone might be a little nervous at first, so it's a great time to introduce yourself and get to know your classmates.

Teachers: You'll have a new teacher or maybe a few new teachers. They're there to help you learn and grow. Don't be afraid to ask questions if you don't understand something – that's what they're there for!

Subjects: You'll learn many interesting things in school. Subjects like math, science, reading and art will be a part of your daily

routine. Each subject helps you explore and understand the world better.

Homework: Yes, there will be homework! It's a way to practice what you've learned in class. Make sure to do your homework and if you ever need help, you can ask your parents or teachers.

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Can you solve this?

$$\text{tennis ball} + \text{tennis ball} + \text{baseball} = 17$$

$$\text{baseball} - \text{baseball} = 4$$

$$\text{baseball} + \text{baseball} = 6$$

$$\text{tennis ball} + \text{baseball} + \text{baseball} = ?$$

(find answers on page 22)

How many?



Back to School

PAKO

Clever Kids

A database designed to provide information on activities and support services for children.

sport, art, music, education lessons, theatre, dancing, life skills, birthday parties

www.pako4kids.com | 081 124 1112
pako@africaonline.com.na

It looks like it's going to be a great school year!

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olympiaoptics.com

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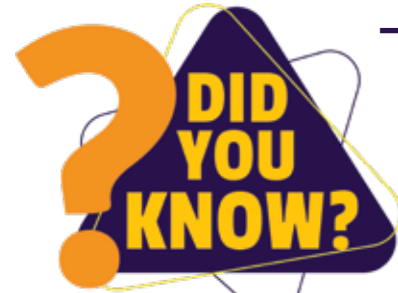
Specialists in Radio Control Cars - Boats - Planes - Helicopters - Games - Puzzles - Models and Electric Trains!
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Word Scramble
Use the letters to spell the word.

O G N P
A I N L

 A G I



Jellyfish are 98% water

The human body is composed of 60% water and the jellyfish's of 98%. When they wash ashore, they can disappear after just a few hours, their bodies promptly evaporating into the air. They have a rudimentary nervous system, a loose network of nerves located in the epidermis called a "nerve net" and no brain. They don't have a heart. Their jelly-like bodies are so thin that they can get oxygen just by letting it seep in.



Word Scramble
Use the letters to spell the word.

L N H P
A T E E

E P T

(find answers on page 22)

TRUE OR

FALSE?

Old dogs can't learn new tricks.

- True
- False



STRIMKO

The object of the puzzle is to fully fill in the given grid with missing numbers observing three simple rules. You have numbers 1 through 3 for a 3 x 3 grid; 1 through 4 for a 4 x 4 grid and so on.

Rule #1
Each row must contain different numbers.

Rule #2
Each column must contain different numbers.

Rule #3
Each stream must contain different numbers.

PUZZLE 1

PUZZLE 2

PUZZLE 3

PUZZLE 4

Pangolin Conservation & Research Foundation

What to do if you see a pangolin?

Guidelines for Tourism, Filming, and Photography

Please give our scaly friends space, they are very shy.

Signs of stress include: **Curling up, hiding under a bush, pausing, flattening to the ground, walking away, and/or walking fast**

- DO NOT APPROACH CLOSER THAN 15M (20M IF FEMALE WITH BABY)
- LEAVE IMMEDIATELY IF THERE ARE ANY SIGNS OF STRESS
- DO NOT TOUCH OR PICK THEM UP ONLY USE RED/SOFT LIGHTING
- BE VERY QUIET. STAND UPWIND. DON'T SMOKE
- DO NOT SHARE THE LOCATION DO NOT DRIVE OFF-ROAD

IF YOU ARE AWARE OF ANY WILDLIFE CRIME IN NAMIBIA ANONYMOUSLY REPORT THIS INFORMATION TO THE NATIONAL HOTLINE: 55555

Contact us: info@pangolincrf.org | pangolincrf.org

Follow us:  





PANGOLIN GUIDELINES!

Sustainable and ethical tourism is a very tricky subject with all wildlife. What is too close? What is harassment? In a day run by social media, we develop unrealistic expectations that often cross the line of appropriate behavior around wildlife. It is important to respect the boundaries of all wildlife in order to promote conservation and maintain sustainable tourism.

Pangolins are like the unicorn of nature and often a once in a lifetime experience and very special experience, which makes it easy to get really excited and do silly things. It is important we respect their boundaries and have realistic expectations when we encounter them. Pangolins in southern Africa are predominantly nocturnal and shy by nature. Realistically you will be far away and it will be dark.

Be aware, what we share on our social media comes from our team whom are experts in handling pangolins and understanding their behaviour. Everything we do is for rehabilitation, monitoring, and research with approved permits. Getting beautiful photos for awareness often happens through extensive field hours and good luck. (Example: the last field sighting was in July for post-release monitoring, since, all of our sightings have been through camera traps).

When considering opportunities for any animal experience, follow ethical guidelines and figure out whether the best interests of the animal and conservation at hand is truly the bigger picture. This goes for all species.

Team PCRF and our scaly friends thank you for being a friend to wildlife and keeping us safe and sound!

If you are aware of any wildlife crime in Namibia anonymously report this information to the National hotline: 55555.

IF YOU HAVE THE LUCKY CHANCE TO SEE A PANGOLIN, PLEASE KEEP THE FOLLOWING SIGNS OF STRESS IN MIND AND RESPECT OUR SCALY FRIENDS:

- Speed walking away
- Pausing/freezing/laying completely still
- Curling up
- Hiding under a bush/grass/shrub
- Entering a burrow
- Change of behaviour, like stop eating




GENERAL GUIDELINES FOR VIEWING (TOURISM/FILMING/PHOTOGRAPHY)

- Do not approach closer than 15 meters (20 meters for females with pups or mating individuals)
- Leave the area IMMEDIATELY or give more space if there are any signs of stress (listed above)
- Do not touch or pick up
- Be very quiet, don't talk
- Stand/view from upwind
- Do not smoke
- Only use red/soft filter lighting
- Be respectful of burrows
- Do not share the location
- Do not drive off-road

Pangolin Conservation & Research Foundation

Hi, I am a Pangolin!



- THE PANGOLIN IS THE MOST TRAFFICKED MAMMAL ON EARTH
- THE PANGOLIN IS HIGHLY ENDANGERED DUE TO ITS USE IN THE TRADITIONAL CHINESE MEDICINE
- IT EATS ANTS AND TERMITES AND PROVIDES IMPORTANT PEST CONTROL
- ITS TONGUE IS AS LONG AS ITS BODY, REACHING UP TO 1 METER LONG

We are PCRF

We work to ensure a sustainable future for pangolin through conservation, research, collaboration in southern Africa. Our aim is to empower local communities to protect pangolins through sustainable livelihoods, awareness, and education.

<p>RESEARCH & COLLABORATION</p> <p>WE HAVE THE FIRST FREE ROAMING RESIDENT PANGOLIN ECOLOGY PROJECT. POST-RELEASE MONITORING OF LIVE CONFISCATED PANGOLINS. COLLABORATION ACROSS KAZA AND SOUTHERN AFRICA.</p>	<p>COMMUNITY ENGAGEMENT & LOCAL EMPOWERMENT</p> <p>EMPLOYING PANGOLIN RANGERS AND PROVIDING SUSTAINABLE LIVELIHOODS. WE OFFER INTERNSHIPS FOR LOCAL AND INTERNATIONAL STUDENTS</p>	<p>EDUCATION & AWARENESS</p> <p>TEACHING PEOPLE THE IMPORTANCE OF PROTECTING THE PANGOLIN. RAISING AWARENESS ON THE PLIGHT OF THE PANGOLIN LOCALLY AND WORLDWIDE</p>
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Contact us: info@pangolincrf.org | Follow us:  



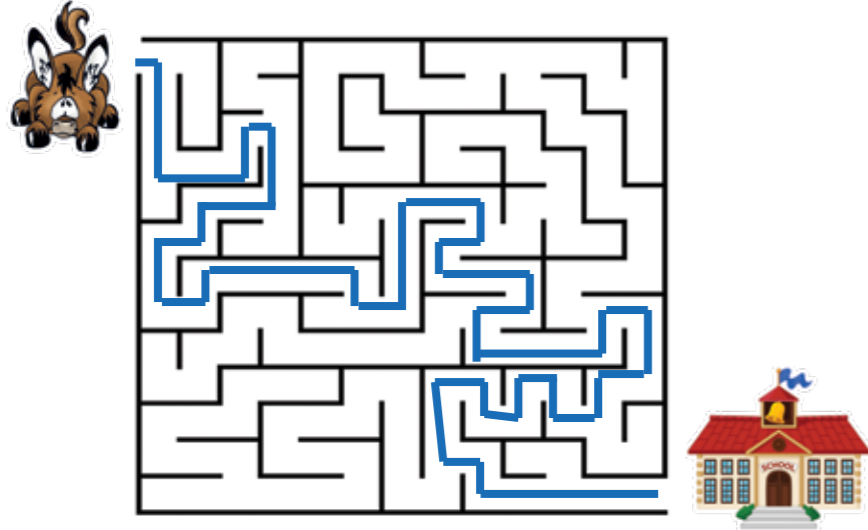
ACTIVITY ANSWERS

PAGE 10

Facts about the Sun
Correct: 1b / 2a / 3b / 4a

Facts about the Moon
Correct: 1a / 2a / 3b / 4a

PAGE 15



PAGE 16



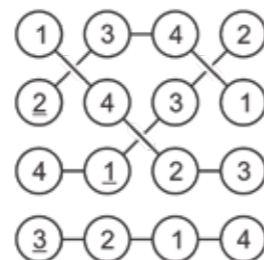
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Old dogs can't learn new tricks.

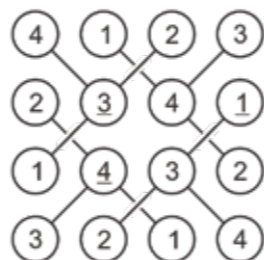
Word Scramble:
PANGOLIN
ELEPHANT

FALSE: Old dogs actually will respond faster and with greater dedication to training and trying to please their owners. There is no such thing as an old dog that cannot be trained or re-trained. You will always find the greatest satisfaction and bond with a senior dog.

PUZZLE 3

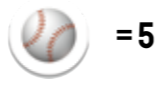


PUZZLE 4



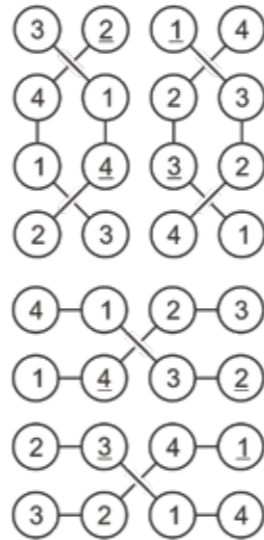
PAGE 17

How many?

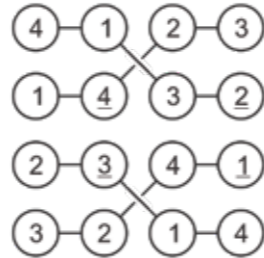


PAGE 19

PUZZLE 1



PUZZLE 2



- ✓ Afternoon Schools
- ✓ After School Care / Holiday Care
- ✓ Animal Assisted Therapy
- ✓ Art & Craft Classes
- ✓ Art Supplies and Stationery
- ✓ Baking and Birthday Parties
- ✓ Children with Disabilities
- ✓ Clothes, Bedding and Accessories
- ✓ Dance Schools
- ✓ Dietitians
- ✓ Entertainment / Leisure Time
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