

A TOUCH

OF THE WILD MAGAZINE

THE BEST OF LIFE IN THE WILD

Bushbaby

A Swiss couple
give up their
home to travel
through Africa

Dogs for Wildlife

Anti Poaching
dogs and training
to conservancies
and National
Parks.

*Kibale Primate
Park*

Uganda

TreeLodge
Bonamanzi's
Finest Lodge



BONAMANZI

January - March 2024

Table of contents



BONAMANZI



03 **Dogs 4 Wildlife**

Project Dan comes to Bonamanzi in the form of anti poaching dogs

07 **Maya, Manfred and Bushbaby**

This is the story of manfred and maya (and their unique bush baby)

13 **Kibale National Park**

Life is a beach interviews head ranger Prossie at Kibale Primate Park

Quiz on
Page 32

21 **Experience the Perfect Bite**

How about making a Durban Bunny Chow while visiting Bonamanzi?

25 **Tree Lodge - Featured Accommodation at Bonamazi**

Tree Lodge is a luxury lodge within the Bonamanzi game reserve and perfect for a family of 6.

27 **Over 50's and the Zulu Coast Safari**

7 over 50's visited Bonamanzi for a road trip of a lifetime.

33 **International Water Day**

Celebrate life saving water

42 **Budget Travel Tips for Retirees**

There is nothing like being retired and being able to travel at leisure but it is at a cost. Here we offer some tips.

47 **Africa Rally**

Paul Clayton and his band of merry men, take a trip across Africa. You too can join them!

52 **Items you shouldn't leave home without**

**ADMIRE THE
BREATH TAKING VIEWS
WITH WHALE WATCHING
BY AIR**



AFRICAN WINGS

WWW.AFRICANWINGS.CO.ZA





Conservation Dogs
Dogs 4 Wildlife offer highly trained and fully supported Conservation dogs alongside advanced ranger training to reserves, conservancies and National Parks in need across Southern Africa and the world.



With a long term committed view to assisting in the protection and continuation of endangered species, Dogs 4 Wildlife are a highly experienced team of knowledgeable, dedicated animal lovers with a commitment to wildlife conservation. With 13 operational dogs across 4 Southern African countries, our K9's help achieve up to a 75% reduction in poaching numbers.



With over 20 years combined experience, breeding, training and deploying multi purpose operational dogs to numerous applications around the world, with extensive and advanced handler programmes, our training and instruction is second to none.



Dogs 4 Wildlife Kal

Dogs 4 Wildlife Kal has now been gifted to the IFPCP who work in partnership with Project Rhino in the KwaZulu Natal region of South Africa. The IFPCP have a dire task, but are committed and dedicated to conserving wildlife. They cover over 32 Conservancies, Reserves and Parks across KwaZulu Natal, many of which are classified as 'high risk' to their imminent threat of poaching.

These areas include such reserves as; Hluhluwe Imfolozi Park, Thanda Game Reserve (both are Big 5 areas and over 100,000 hectares between them) and the Zululand Rhino Reserve which includes an rhino orphanage. These areas are vast and the IFPCP are already stretched to provide enough protection for the wildlife contained within each reserve. That is why the inclusion of another dog, Dogs 4 Wildlife Kal is vital to provide additional on the ground capability to further conserve and protect endangered species.



Dogs 4 Wildlife Have So Far Supported The Following Reserves And Conservancies With Our Elite Dogs And Specialised Ranger Training;

The Imire Rhino and Wildlife Conservancy, Zimbabwe
The Save Valley Conservancy, Zimbabwe
Mkomazi National Park, Tanzania
Chuilexi Conservancy, Niassa, Mozambique
Renosterpan Reserve, Limpopo, South Africa
Ditholo Game Reserve, Limpopo, South Africa
IFPCP & Project Rhino, KwaZulu Natal, South Africa
Bonamanzi Game Reserve, KwaZulu Natal, South Africa
Mankwe Wildlife Reserve, Rustenburg, South Africa
Gabon Parcs, ANPN K9 Unit, Libreville, Gabon
Akagera National Park, Rwanda

**Jackie Law &
Lucy Saxton
Quinn**



Project Dan 'Dan'

There is an amazing story behind Dogs 4 Wildlife 'Dan'. Around a year ago Dogs 4 Wildlife was contacted by a wonderful women named Caroline Bridle. Caroline saw a social media post on our important work and felt compelled to reach out to us. In 2013, Caroline's son Daniel Bridle, was diagnosed with terminal cancer, just a year later in 2014 Daniel lost his battle and sadly passed away.

Being a huge animal lover, Caroline could not think of a better way to honour her sons memory than having a specialised dog, trained to protect endangered wildlife. When she told us of Daniel's inspiring story, naming one of our dogs in memory of her son was a fitting tribute to the dedication of Caroline and her family in Daniel's memory and future legacy.

So far Caroline's commitment to this project has been awe-inspiring, thanks to her fundraising endeavours Dogs 4 Wildlife 'Dan' is fully sponsored and we feel it only a fitting tribute to find a very special conservancy to place Dan to help protect and conserve endangered wildlife, The Bonamanzi Game Reserve in South Africa.

In loving memory of 'Daniel Bridle'





THIS IS THE STORY OF MANFRED AND MAYA (AND THEIR UNIQUE BUSH BABY)

I met Maya and Manfred in front of the evening bonfire at Bonamanzi. I was captivated by Manfreds beautiful photographs and Maya's story of translates wildlife stories into German for children. To introduce them, they retired early, sold their home in Switzerland and built their Bushbaby, designed to take them across Africa.... Over the next few issues of Touch of the wild, we follow their journey as they zigzag across Africa

Happiness means creating and seizing opportunities

We have both been traveling together for 20 years now and have followed the above motto. We have worked for our happiness, both at work and in our free time, and we still do. Until the end of March 2023, we were involved in working life - Maya since her early retirement in 2020 at least temporarily and Manfred with a reduced workload.

We were and are lucky enough to have children and dogs; they have helped determine and enriched our lives. Maya has three adult sons and a great-granddaughter, Manfred always worked with protection dogs that lived in the family.

We have traveled together for many years because our curiosity knows no bounds. What started as an organized short trip to an Egyptian resort has now become our everyday life: being out and about, experiencing new things, enjoying the sun, water, earth and wind as well as the culture, food and drink of other countries, with open eyes and ears go through the world. We prefer being alone and wild nature to cities and crowds and love the wildlife that captivates us.



Our countless short trips around the world and different continents as well as our volunteer work in various areas, with people and animals, have ultimately shown us the direction and our skills and favorite activities complement our desire to travel. At the beginning of 2023 we sold our dream homes in the canton of Zug, and since then we have limited ourselves to a few motorized square meters of interior space and the huge garden that every environment offers us. Letting go of our usual home freed our hands to take the wheel and experience the whole world as home. In Bushbaby or the many tourist accommodations that are available everywhere - even at home. Without any rush and with as much time as we want to spend in one place.

Since February 2023 we have been traveling in Southern Africa with Bushbaby, our dream vehicle built for us, renewing beautiful memories and experiencing and exploring new things. Manfred captures this in photos while I write (diary), translate and make sure that my books get distributed to people for a good cause.

**AS TOLD BY MAYA ON THEIR WEBSITE WWW.BUSHBABY.INFO
(CATCH THE INTERVIEW ON YOUTUBE AND PODCAST ICONS BELOW)**



#1

THE CREATION AND BIRTH OF THE BUSHBABY....



I was born in Japan in 2018, as a Toyota pick-up with a two-seater cabin, model GRJ 79. After a stopover in the Middle East, I was brought to the workshop of the company "Extrem Fahrzeug" in Schwenningen, Germany.



Based on their experiences with rental vehicles with roof tents in southern Africa, Manfred and Maya had already given a lot of thought to what would become of me and communicated this to the experts at Extrem. So they combined their knowledge with the ideas of Manfred and Maya and developed a homely space miracle in which you can live comfortably when the weather demands it and, above all, spend time outdoors easily and comfortably. The first destination should be southern Africa, where in many places you can't buy everything around the corner and therefore need a lot of cooling and storage space. By the way, I was named Bushbaby because these little African animals are small, fast and pretty and can move quickly anywhere - as I am supposed to do in a wide variety of landscapes. And of course because Manfred and Maya love bush babies.





In place of my loading area, a living cabin made of insulated aluminum sandwich was installed, with a roof tent running the entire length over the driver's cabin, a roof window, side windows, a door at the rear and some flaps to make everyday life easier. The cabin width is divided into three parts: kitchen and bench, with the aisle in between. There is a 100 liter water tank, a boiler, an auxiliary heater and lithium batteries that store the solar energy from the three panels so that we can charge and use our devices.

My V6 engine drinks from two tanks that hold 90 and 105 liters of gasoline respectively. I need between 16 to 20 liters per hundred kilometers, of course depending on how I drive and how I drive. Of course, I have four-wheel drive that can be switched on manually, a gear reduction and a differential lock so that I can get through rough terrain. However, my height (2.65m, with roof box approx. 3m) is the biggest obstacle, or at least causes the most fears.

Since everything wasn't technically perfect, the "vehicle upgraders" in Neuheim/Switzerland upgraded and improved it. So today everything works perfectly and a socket allows you to work outside - as we all know, it gets dark very early in southern Africa. On my roof and the former bike rack there are three huge boxes attached to lashing rails in which tents, spare canisters, snorkeling gear and everything that is not used so often is stowed away.

I am particularly proud of my inner life. The cabinets, made of the finest quality wood, have folded doors so that no (or at least very little) dust gets in. A bench hides a huge material box, the batteries and the emergency toilet (portapotti with bag principle). Thanks to an additional open storage space, it not only allows you to sit comfortably but also offers an emergency shelter, just like the floor on which you can make a bed with mats if the roof tent has to remain closed exceptionally for weather or safety reasons. The drawer with two separate refrigerators can be used to freeze or cool according to your needs.

Thanks to cupboards and drawers we can carry a huge amount of household items and clothes, games, books and whatever else we need. A small pull-out table allows you to work or eat inside. Of course, you can also illuminate the living room with numerous lights and there are enough sockets and USB ports.

The bed on a board with a ship's mattress can be lifted up to the tent when the tent is opened, which takes about two minutes and is always the first thing to do in a new place, so that the entire interior offers standing height.

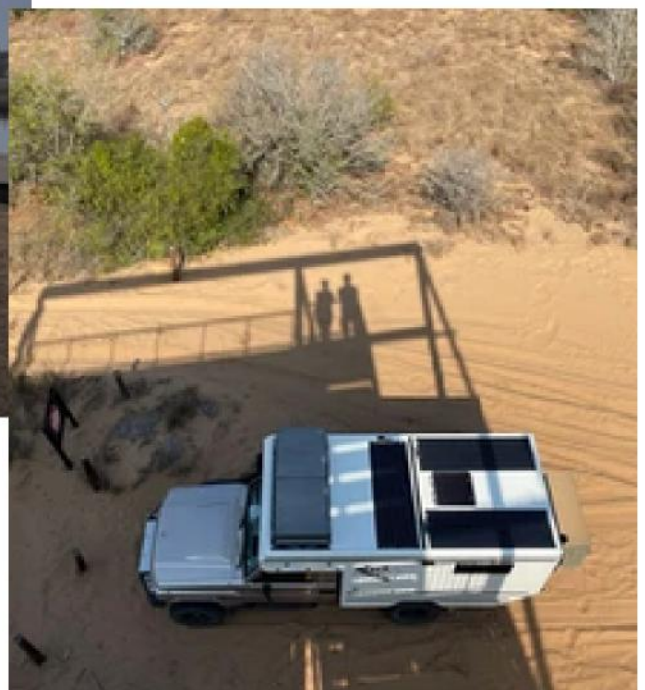
One of the most brilliant things about me are the outside flaps. For example, they make it possible to remove the table and chairs when the tent is unopened, to store workshop equipment for my maintenance or for small breakdowns, and to store the kitchen. This can be accessed both from inside and outside. The two-flame gas stove is attached to the flap on the outside, so that cooking can be done with little effort - connecting the gas hose to the bottle hanging outside.

To improve the comfort and to ensure vital mosquito protection, Manfred and Maya have a mosquito tent with them and a tarp, a fine sheet, can be pulled into a rail on both sides of me so that I can sit under it in the shade.

Manfred and Maya are thrilled to be traveling with me and are very, very proud of me and of the implementation of their ideas!



Part 2 - Their Journey to Africa (Next edition of Touch of the Wild
www.bushbaby.info



www.manfredsuter.com



VOTE NOW



Best of Zululand READERS' CHOICE AWARDS
VOTE for us
2023/2024
BEST GAME LODGE
(LIVING IN ZULULAND)

BONAMANZI

083 634 0895
info@bonamanzi.co.za
Alternative: 081 339 4181

© Bonamanzi 2024

Bonamanzi Game Reserve has – once again – been nominated in the category BEST GAME LODGE in the Best of Zululand Readers' Choice Awards 2023/24

Start voting now – scan the QR code or click on the advert now



www.bonamanzi.co.za

Paint Party

Round up your awesome crew for a creative mission!

We're doing a "Paint for Pups" project, jazzing up a doggy paradise with the coolest colors! If our masterpiece stands out, you'll snag a special two-night stay in a treehouse at Bonamanzi Game Reserve!



When

Saturday
2 March 2024

10AM

Where

Happy Yappers Shelter
Type Happy Yappers Shelter on Google maps for direction

Cost

Bring your team, bring a treat for the shelter dogs and if possible bring some paint Refreshments will be served

RSVP

082 852 8570



IT'S ALL ABOUT THE DOGS



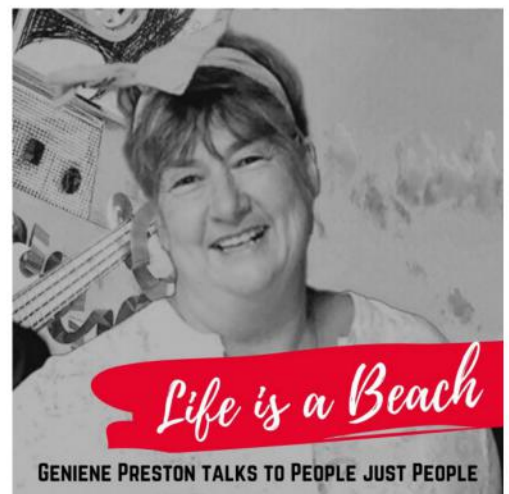
“You're in Kibali National Park, well known for primates. In fact, it's termed as the Primate capital of the world. Due to the fact that it has 13 primate species coexisting together in the same ecosystem, which has not been possible in the entire world, but here we are lucky that they're existing together. And sometimes we find more than four species interacting together, on the same tree, feeding and happily living together.

So out of the 13 primate species, we have four which are nocturnal species, the ones active at night. We have nine which are active during daytime. So, just during daytime, we get to see the chimpanzees, basically. I say chimpanzees because when we are working for the chimpanzees, we sometimes get a chance of seeing other monkey species, like the red tailed monkeys, gray or Ugandan cheeked mangabir, low heist monkey, the endemic red corvus monkeys, Black faced velvet monkeys, just to mention a few. But without forgetting the baboons, our ushers that will come, everyone who is coming to the park, kind of your welcome to the primate capital of the world. They are so fascinating. They are seen everywhere, the baboons. From the road, to deep inside the park.



Kibale National Park

Interview with Prossie, Ranger Guide at the Kibale Primate Park, Uganda





And, in here we have many individual chimpanzees and not all of them are used to people, but a good number has been habituated or used to people at different levels. Apart from the primate species, we have different bird species, different, species attract different people. We do bird watching locally and internationally.

Among the bird species, we have some endemic, much as the most wanted bird species here is the green breasted peter. Some people, when they see that bird, they're like, they have reached heaven when they're still alive. I wonder how you can reach heaven when you're still alive. Come and meet your heaven in Killarney National Park with a green breasted peter alongside chimpanzees.

We have different, reptile species and amphibians, whereby we have different snake species. On average. 32 different species of snakes have been recorded here, both venomous and non venomous snakes. So as we are walking in the forest, we need to be careful in case of any encounter with a snake. We have to give it space so that we keep peace and harmony with nature.

We've got 71 mammal species in the park, both small mammals and bigger mammals, where we have the elephants and buffalos as our biggest mammals in the forest. And sometimes we meet them when we are doing other activities in the forest. We get to see them, though they are hostile, they make us sometimes run up and down.

So it's just being fair and it's not like they're entertaining you. They are in their natural habitat. So you can only look at them for so long. Well, watching them for one hour and going back doesn't necessarily mean that we step out for other people to see them. These are animals who are seen by people on a daily basis.

So we try to regulate time so that they get their free time, they get their privacy, they enjoy themselves. When there is no one to interfere with their life, that's amazing. That's why we strictly give one hour. You either you use one hour. If you get satisfied, we find our elapses. You are free to go back as long as you've seen the chimpanzee, but we need them to remain leaving and happy without the inconvenience of the human being.

The way forward for this, as you've seen, it has no fences. Correct. And we have different animal species. We have people who are neighboring the park, and these animals don't know the boundaries much as they know the boundaries, but they're seeing food in the neighborhood. They have to go there to feed.

Okay. And some animals have become problem ,especially elephants and baboon. They do a lot of destruction. An elephant, if it passes through your garden, most of the people here are herpetologists. Even if it doesn't feed on your crops, but where it stays only with one foot, you really lose much of it.

That's just amazing. And I notice also some of the rules around the chimpanzees to keep them safe. Yes. Is being able to wear a mask when you're around them because the same diseases we have. They can catch. I also noticed that you said it doesn't matter how long it takes you to reach a chimp. You can spend plus minus one hour being around them and then and stay eight meters away and then you need to go back because there are others that would also like to see them.



And there could be a child in the way, there could be an animal or a goat which feeds the family and is now no longer in existence. Exactly. So we are making trenches at the peripheral boundary of the park. Those trenches stop elephants from crossing to the communities. Wow. So, Hans has known that we have to maintain those, trenches, either by the community, if we let, because the park is big, 795 square kilometers.

Yes. Rotating around, it's making that trench, maintaining that means you never get one day stopping to walk onto that trench. So, hence also, the local communities also help to reopen and maintain that trench. And, among the other prospects of the park, as we have many communities of chimpanzees, 13 communities or territories of chimpanzees, only five being used to people.

We are planning to habituate more communities, making more chimpanzees get more use. Okay. So that will reduce on the little pressure that these communities are having as we increase on the permits. The more habituated chimpanzees we get, the more permits we get. That means the more people. That will come and visit, absolutely, because it sustains the community.



Exactly. However, much as we are habituating those chimpanzees, we need to let some of them remain wild, typically, without knowing any person. Cause of anything can happen. An outbreak may come up, and it claims most of the use of chimpanzees. So we need to let other individuals remain unused to people. As we have to at some point.

This area is Kibale National Park, well known for chimpanzee tracking. The name Kibale, Kibale itself means a big stone.

Inside the 100 year old Fig tree there's a big stone. There is a big stone in the path. Uganda is having several kingdoms. Okay. And of course we believe in those kings. And kings of ancient times used to live in bushmeat. So people used to come and hunt for the king.

And sometimes the king would come with his men to see where they are hunting from. So there is a big stone in the middle of the path. That's amazing. Where he would come. He comes with his men, he make his tent on to that stone, then his men go in the bush and hunt. They bring meat for him. So that visit they use it to say, literally meaning the king has gone to the stone.

Hence the name Kibali. And being a park, being having different animals. It became Kiwari National Park. So the name is Kiwari, found in the western region”.

www.uga.org (Uganda Wildlife Authority)

[www. UgandaWildlife.org](http://www.UgandaWildlife.org)

info@wildlife.go.uganda





EXPLORE
UGANDA

THE PEARL OF AFRICA

www.sacommuter.com

EXPLORE

Bonamanzi

**LIMITED
OFFER**



Time to enjoy the wildlife in Bonamanzi near Hluhluwe in KZN. A treehouse for 2 or 4 is ideal for any family holiday. As an exclusive offer we are offering 5 couples a chance to experience this wonderful park - 3 Nights for R2500 per treehouse Self Catering. Add R450 per person per day for full board (ie dinner and breakfast). And its valid for a year!

ACTIVITIES ON THE BONAMANZI GAME RESERVE

Ranges from game drives (self drive or with a ranger), swimming, rafting, cycling and much more. Not included.

Valid for 1 year and vouchers only issued after payment. Subject to availability

**ONLY 5
AVAILABLE**

Bonamanzi Game Reserve
Hluhluwe, KZN
www.bonamanzi.co.za

**TO PURCHASE CONTACT
GENIENE@SACOMMUTER.COM**



**SA
Commuter
MEDIA**

www.sacommuter.com

EXPERIENCE THE *Perfect*
BITE!



**The South African Bunny Chow
with Sindy Smith
South African living in Melbourne, Australia
VUVU TELO**

INGREDIENTS

UNITS: US

1 loaf bread, white, unsliced, flat-topped

WHOLE SPICES

- 1 star anise
- 1 cinnamon stick
- 3 whole cardamom pods
- ½ teaspoon fennel seed
- ½ teaspoon cumin seed
- ½ cup oil
- 1 onion, chopped

FINE SPICES

- 3 tablespoons garam masala
- 1 teaspoon ground coriander (seeds)
- 1 teaspoon hot ground pepper (like cayenne)
- 2 teaspoons turmeric

THE MEAT

- 2 tomatoes, medium, chopped
- 2 lbs leg of lamb, in cubes (or beef)
- 4 garlic cloves, finely chopped
- 2 teaspoons ground ginger
- 6 curry leaves
- 2 potatoes, large, in cubes
- cilantro (optional)



DIRECTIONS

Fry all the ingredients listed under "Whole Spices" until the onion is glassy.

Add the list called "Fine Spices". Lingela says: "Stir and fry until the spices stick to the bottom of the pot. If you have a good Teflon-coated pot, go and buy a cheap one first." Now add the tomatoes, and stir until everything sticking to the pot bottom comes loose.

Add the meat, ginger, garlic and curry leaves.

Simmer for half an hour or more, until the meat is almost tender, then add a little water and the potato cubes.

Simmer until meat is tender.

The bread:

It should be the unsliced rectangular loaf with the flat top, known in South Africa as a "Government sandwich loaf". You could cut the bread across into two, three or four even chunks, depending on how hungry the eaters will be.

Whatever you decide, with a sharp knife cut out most of the soft white bread, leaving a thick wall and bottom. Keep the bread you removed. Ladle the curry into the hollows, and then put back on top the bread you removed. You could use this bread to help eat the curry, as "this is ALWAYS eaten with the hands".

(Actually, any kind of curry goes into a bunny chow. It depends on the cook and your tastes!).





BONAMANZI

TREELODGE

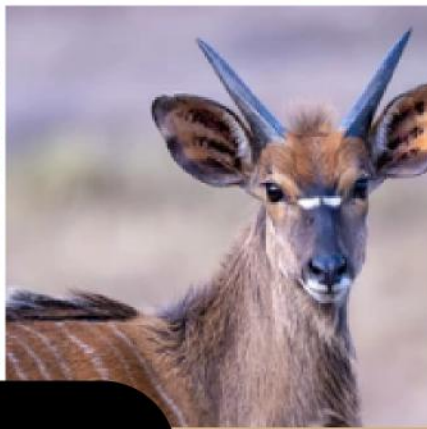


**30%
OFF**



VALID TILL 1 APRIL 2024

Email : info@bonamanzi.co.za



 **BOOK NOW**

Photos by Manfred Suter
www.manfredsuter.com

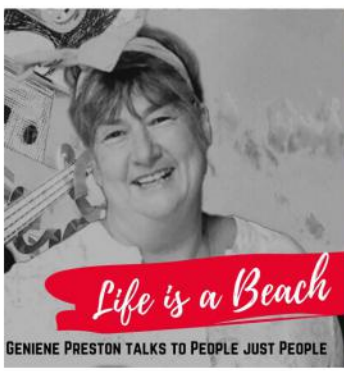
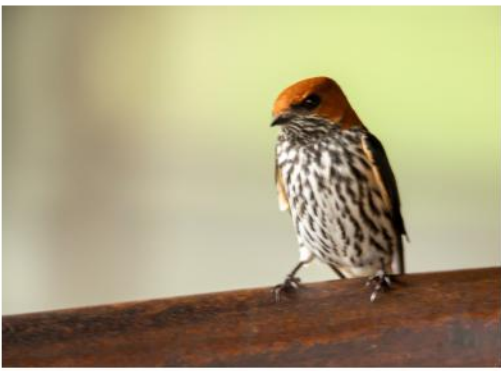
The self-catering Tree Lodge is a wooden structure on stilts, offering three bedrooms interlinked by a boardwalk, the lodge accommodates 6 people. All rooms have either 2 single beds, or can be converted to a King bed, All bedrooms are en-suite and have a small veranda leading off the room. Towels are provided for showering. The rooms are all air conditioned. The lounge, dining, kitchen area are open plan, the lounge leading onto a veranda area overlooking a water hole.

There is a shower, toilet and basin in this section. The Kitchen is equipped with a stove and oven, microwave, fridge, toaster, kettle and cutlery and crockery. The kitchen has its own Reverse Osmosis water filter and we request that guests drink from the filter tap only. Downstairs you have your own private built in braai area. The Lodge has satellite TV, and is private.



The Over 60's (and 2 over 50's)

Zulu Safari Coast Tour





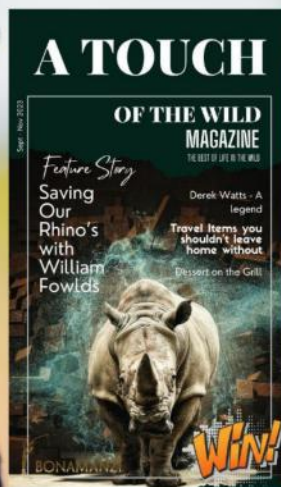
A bunch of mates without kids, decided to do a 10 day trip to the Northern Natal area of Hluhluwe, Sodwana, St Lucia and Richards Bay. And that's something you can do if you are catching a cruise from Durban or on your way home back to Johannesburg after your cruise.



It can be done for 2 days or 2 weeks and we had the best time. We had a mix of self catering and dinner and breakfast at the dining room but the food was so good at Bonamanzi, we often raced back from the other places we were visiting to get back in time for dinner!



We left Johannesburg and travelled along the Pongola road through Piet Retief and although there were many trucks, the potholes that were there before, had on the whole, been fixed. (excuse the pun).



Missed a copy? [Click here for the bookshelf](#)



[click here!](#)



On arrival we all met up as we had travelled in separate cars and on different days depending on the leave situation but most of us were either retired or self employed.



Bonananzi was as welcoming as always and we met at the bar where Lucky was always waiting to help us with our round of drinks. It was time for South Africa to play Ireland in the group stages of RWC and we dressed for the occasion. Watching rugby in the bush is definitely the way to go and their signal is really good. We spent our days relaxing and took a drive around the property using our bakkie and then we treated ourselves to a game drive so that we could see more of the wide range of animals on the property.



We had the opportunity of spending one day at Sodwana whale watching from the comfort of the bar we found which had a great view of the sea. Its a 15 minute drive and a great way to spend a day. There were other activities in the area but were either full or didn't cater for over 60 age group or pocket.



We spent a day driving through Cape Vidal and saw Giraffe, buffalo and many more animals and birds. Finished off the morning with a stop at the Ski Club in St Lucia and enjoyed a fish basket which we polished off in no time. The view was great, the monkeys were naughty and the cocktails were cold. What more could we want from a day out.



BONAMANZI



BONAMANZI

Zululand - South Africa



Say "I do" with us because "we do"

Weddings

www.bonamanzi.co.za info@bonamanzi.co.za



DOWNLOAD OUR APP

CLICK HERE 



H2O NERO

CLEANWATERSOLUTIONS



DOMESTIC USE • COMMERCIAL USE • OFFICES • LODGES • HOTELS



Whatsapp : Click on the number to send message to Angelo on +30 698 304 9688 (Greece)

+27 83 282 8888 (South Africa)

Email : Click on the email to email angelo@h2onero.com

Facebook Messenger : Click on the Facebook page to Message Angelo on H2onero

Viber : Click on the number to send a message on Viber to Angelo +30 698 304 9688

Friday 22, March 2024



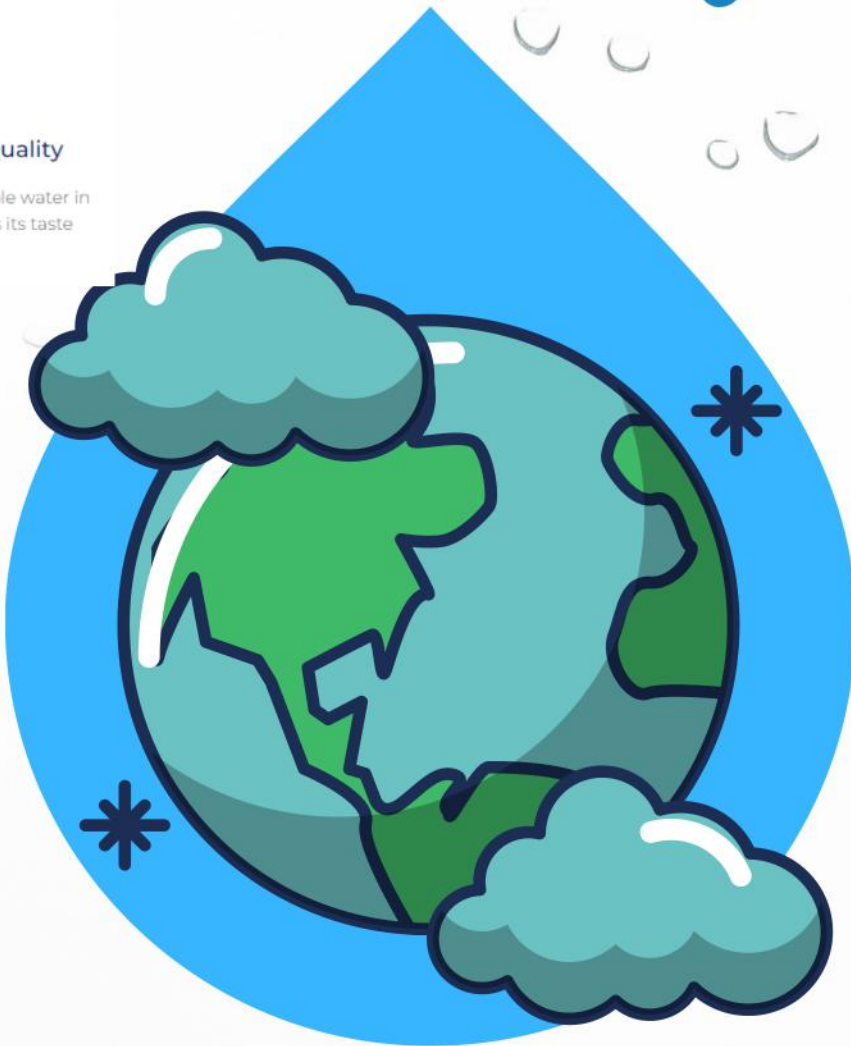
ACCESS TO CLEAN WATER IS ONE OF OUR MOST BASIC HUMAN NEEDS.

WORLD Water Day



Improves Water Quality

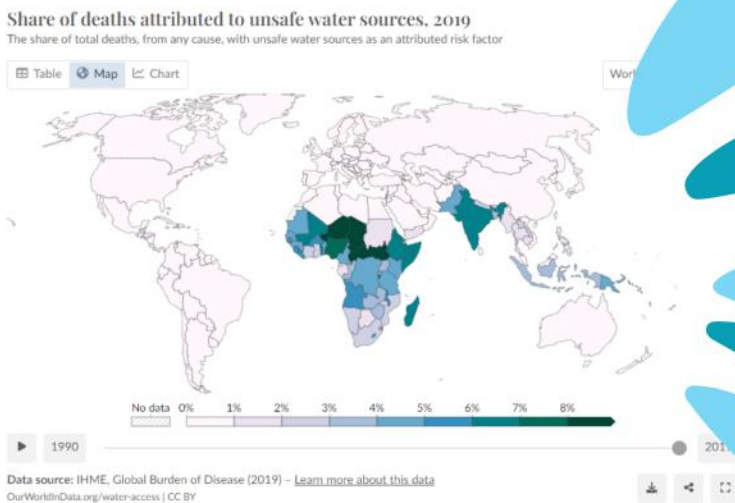
Provides clean and drinkable water in your home and improves its taste



www.ourworldindata.org

Globally, unsafe water sources account for a few percent of deaths. In low-income countries, it accounts for around twice as many deaths. In the map here, we see the share of annual deaths attributed to unsafe water across the world.

When we compare the share of deaths attributed to unsafe water either over time or between countries, we are not only comparing the extent of water access but its severity in the context of other risk factors for death. Clean water's share depends not only on how many die prematurely from it but also on what else people are dying from and how this is changing.



One in four people in the world do not have access to safe drinking water. This is a major health risk. Unsafe water is responsible for more than a million deaths each year.

In this article, we look at data on access to safe water and its implications for health worldwide.

- **Unsafe water is a leading risk factor for death**
- **Unsafe water sources are responsible for over one million deaths each year**
- **Unsafe water is one of the world's largest health and environmental problems - particularly for the poorest in the world.**

The Global Burden of Disease is a major global study on the causes and risk factors for death and disease published in the medical journal The Lancet. These estimates of the annual number of deaths attributed to a wide range of risk factors are shown here.



Lack of access to safe water sources is a leading risk factor for infectious diseases, including cholera, diarrhea, dysentery, hepatitis A, typhoid, and polio.¹ It also exacerbates malnutrition and, in particular, childhood stunting. In the chart, we see that it ranks as a very important risk factor for death globally.

In low-income countries, unsafe water sources account for a significant share of deaths

There's nothing more essential to life on earth than water. Yet there's a global water crisis. People are struggling to access the quantity and quality of water they need for drinking, cooking, bathing, handwashing, and growing their food.

Significant progress has been made in making clean water accessible — the number of people who lack access to clean water decreased from 1.1 billion in 2000 to 771 million in 2020. In addition to people still in need of clean water, there are also many opportunities to multiply the benefits of clean water through improved sanitation and hygiene behavior change.

The United Nations recognizes the importance of addressing the global water crisis each year on World Water Day, March 22.

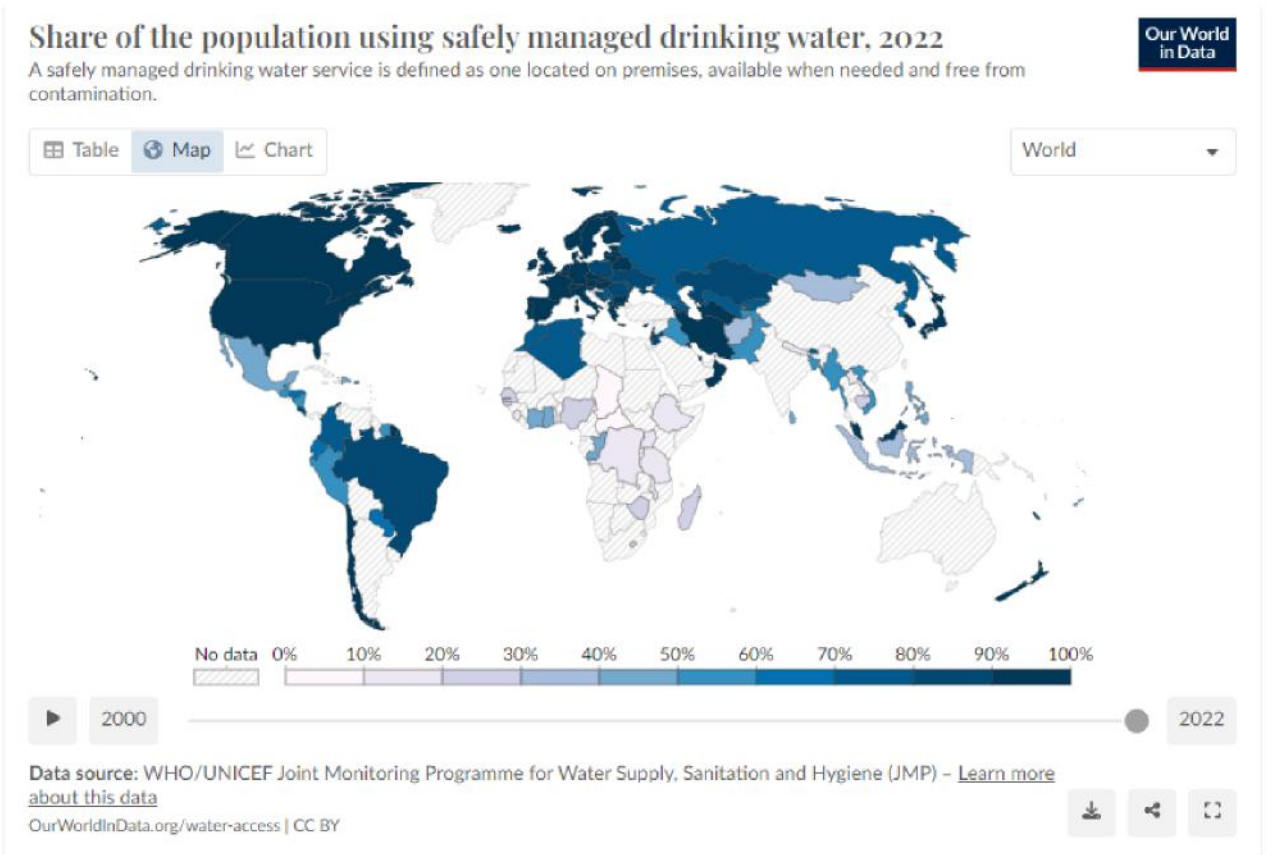


Improves Water Quality

Provides clean and drinkable water in your home and improves its taste

FAQs: What you need to know about the global water crisis

Explore frequently asked questions and facts about water, sanitation, and hygiene. Learn how you can help children and families who lack access to clean water.



Fast facts: Global water crisis

- 771 million people lack access to clean water. That's 1 in 10 people on the planet.
- Women and girls spend an estimated 200 million hours carrying water every day.
- The average woman in rural Africa walks 6 kilometers (about 3.7 miles) every day to haul 40 pounds of water.
- More than 800 children under 5 die every day from diarrhea caused by contaminated water, poor sanitation, and unsafe hygiene practices.
- 1.69 billion people live without access to adequate sanitation.
- 494 million people practice open defecation.
- The United Nations Sustainable Development Goal 6 (clean water and sanitation) aims to provide universal access to clean water and sanitation by 2030.

<https://www.worldvision.org/clean-water-news-stories/global-water-crisis-facts>

WHAT ARE WATER, SANITATION, AND HYGIENE BENEFITS FOR CHILDREN AND FAMILIES?



An investment in clean water, combined with adequate sanitation and hygiene behavior change, is one of the most effective ways to improve people's lives and fight extreme poverty. The benefits include:

Families becoming healthier: Water, sanitation, and hygiene programs work together to powerfully prevent the spread of most illnesses and are one of the most effective ways to reduce child deaths.

Children getting better nourishment: Clean water, sanitation, and hygiene help kids grow taller, smarter, and stronger. They get more nutrition from their food because they're not sick. Families can use water to irrigate their gardens to grow more nutritious food year-round.

Children attending and succeeding in school: When children don't have to walk long distances to get water, they have more time to attend school and more energy to learn. This is especially important for girls, who most often spend their days collecting water for their families instead of focusing on school.



Family income improving: Families can spend less money on healthcare and are better able to pay for things like school supplies and fees. Clean water is also used for income-generating activities like making soap, bricks, and shea butter, as well as watering livestock and gardens.

Why do you combine clean water with good sanitation and hygiene? What is WASH?

Supporting families with hygiene behavior change and sanitation facilities, such as latrines and handwashing stations, multiplies the health benefits of clean water by helping to reduce the spread of illnesses and diseases. Handwashing alone has been shown to result in children growing taller, stronger, and smarter. So intertwined are the issues of water, sanitation, and hygiene that they have been combined into one sector known in the global aid community as WASH.



freebird club

FREEBIRD CLUB IS A SOCIAL TRAVEL & HOMESTAY CLUB FOR THE OVER 50S. IT ENABLES AND EMPOWERS ITS MEMBERS TO TRAVEL, CONNECT, MEET, AND STAY WITH EACH OTHER, AS PART OF A TRUSTED OVER 50'S COMMUNITY. ATTENDING YOUR FAVOURITE EVENT CAN NOW COME A REALITY!

Through Freebird's platform, members planning a trip can connect with like-minded locals in desired destinations for

Travel tips & recommendations

Meet-ups to do local things together

Accommodation via homestays. Freebird offers an accessible new mode of travelling for older adults (especially if solo), a fun way to meet and enjoy social & cultural interaction at home and away, and a means to unlock value in their homes and earn income in later life.

Freebird is a unique mix of travel-based social network, companionship site and homesharing platform, customised exclusively for mature adults.

NEW!



WWW.FREEBIRDCLUB.COM

FREE BIRD CLUB

Remember the days when travel was simple and safe. Here at the Freebird Club we have reconnected those days! For the retired traveller.....



How it works....

It all starts by becoming a member. To join, you must complete your profile, describing yourself and your interests, and pay a modest membership fee. Once your registration is approved by one of our team, you can start to connect with like-minded members, whether you're interested in travelling yourself, or helping other travellers to get the most from your own local area.

www.freebirdclub.com

Home Stays

Homestays are where Freebird members open their homes to host fellow members for a nightly rate. Becoming a Freebird host means you can rent spare rooms on our site to friendly like-minded travellers in the over 50s demographic. You can earn money on the side and share authentic social & cultural experiences - Freebird style!



We have a dedicated Facebook Group as an extension to your membership where Freebird members share, engage and exchange further.



WHERE WILL THE SEA TAKE
YOU THIS SUMMER?



Best Price from:

R 3900 p.p.*

BOOK NOW



MSC
CRUISES



If travel is on your retirement bucket list, try these money-saving tips to maximize your trips.

Budget Travel Tips That All Retirees Should Really Know About

by Tania Saunders

Many people have travel ambitions during retirement, yet the potential cost of globetrotting may keep some from realizing those dreams.

Fear not: Traveling, even internationally, can be done on a budget with some smart planning.

To help you hit all the destinations on your bucket list, here are 15 tips for people hoping to retire – or even retire early – and travel on a budget.

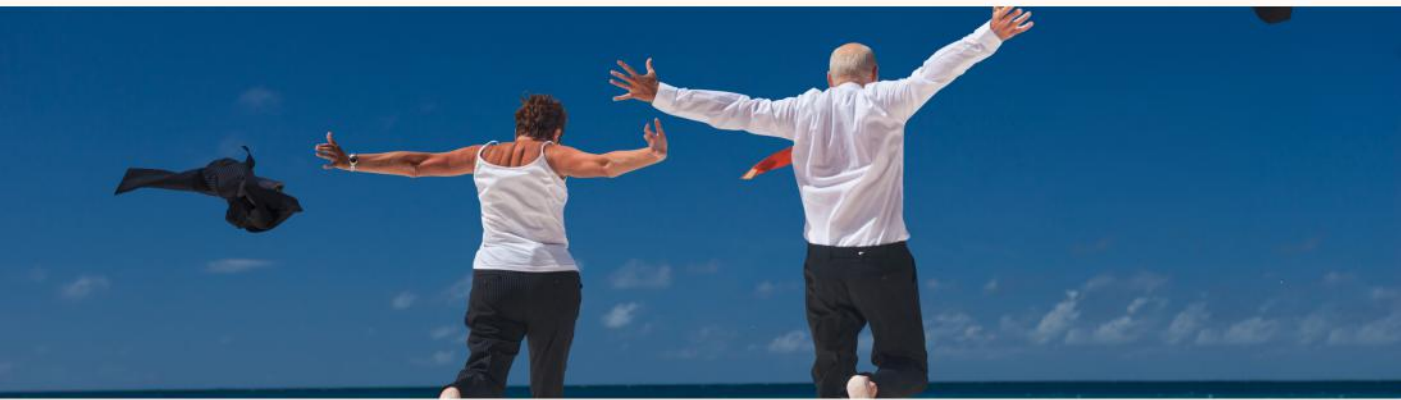
Compare the best travel credit cards for nearly free travel



If you are a retiree, you might be able to keep more money in your bank account by being flexible so you can save on flights and hotels.

This could mean booking a vacation in advance and choosing to leave and return on the dates with the cheapest flights. Or it might mean being open to booking a trip when airfares suddenly plunge or hotels reduce their prices to fill empty rooms.

Get expert advice on making more money - sent straight to your inbox.



Traveling to hot destinations during “shoulder” seasons – when travel demand briefly dips – is a great way to avoid major crowds and save some cash.

For European destinations, the shoulder season is typically spring or fall. Visiting hot spots – such as Paris or Rome – during these seasons is a favorite strategy among travel enthusiasts because the weather is still pleasant and it’s easier to score great deals.

If travel is a priority, cutting back on spending in other areas can make vacations more feasible.

That might mean fewer dinners out or cutting back on things like expensive gift-giving.

Check points and use fly miles or loyalty points. Your money will go further in specific destinations when the U.S. dollar is particularly strong compared to foreign currencies.



For example, if a trip to Japan is on your travel bucket list, you may want to look up exchange rates and plan your trip when the dollar is strong compared to the Japanese yen

Begin monitoring flight prices a few months before your trip. Get familiar with what a typical round-trip costs and regularly monitor the prices.

That way, if a deal pops up, you will recognize it and can jump on it.



Try Housesitting with Nomador as it is completely free and you can travel without worrying about paying for accommodation. House Exchange also works

Beware of foreign-transaction fees
Foreign transaction fees can really add up on international vacations. Check out what sort of fees your credit cards charge.

In some cases, it may be worth it to apply for a credit card with perks like no foreign transaction fees and ATM fee reimbursement.

Savvy travelers can save big by taking advantage of credit card travel rewards. Many credit cards let customers use points to book travel, including flights and hotels.

If you plan to travel by air frequently, it may also be worth it to sign up for a frequent flyer program so you can use miles to pay for future flights.

If two or more travel destinations on your bucket list are relatively close together, you can save big money by combining multiple destinations into one trip.

For example, many tourists visiting Europe will hit two or more countries on the same trip. You can book a “multi-city” flight or a round-trip that flies into one city and out of another



The cost of rental cars can really add up. And while renting a vehicle might still seem convenient, plenty of hot tourist destinations have easy-to-navigate public transportation options. It's also often wise to book accommodations within walking distance of the sites you plan to see.

Find travel buddies - Finding friends who will split travel costs – like hotel rooms, gas, rental cars, groceries, and more – can cut your overall vacation cost significantly. Even planning a trip with just one other travel buddy or couple can lead to major savings

Skip overpriced hotspots
A weekend with the family in Disneyland or at a beachfront condo may seem like a dream. But savvy travelers can save a lot by avoiding hotspots known to overcharge tourists.

If a hotspot is a must-see destination for you, consider being flexible about the dates and seasons you travel so you can take advantage of opportunities to save.

If you're traveling by plane and can fit all your essentials into a carry-on bag, you'll save a lot by not shelling out extra cash to check a bag. Checking just one bag can add \$30 or more to your costs each time you board a plane.



Food prices can add up quickly on vacation, especially if the accommodations you're staying in do not have much of a kitchen.

Doing some grocery shopping – either before leaving or after you arrive at the destination – can help keep spending on food in check.



Rent your home while you travel - If you are dreaming of a long vacation – say, a month or longer – you might be able to earn some passive income to add to your travel budget by renting out your home.

You can rent your home on a travel marketplace, such as Airbnb, or find a short-term tenant.

Bottom line

Retirement is a great time to see the world, but planning long or extravagant vacations on a fixed budget might seem intimidating.

However, with some careful planning, you can build fulfilling travel goals into your retirement budget and eliminate some money stress.

Laura Gesualdi-Gilmore

Laura Gesualdi-Gilmore is a seasoned freelance writer who also teaches writing courses at Rutgers University. She's based in Jersey City and enjoys travel, live music and, of course, spending quality time with her pup.

Pro tip: If you are looking for budget flights, make sure you're not booking a "basic economy" trip that charges extra for carry-on bags – unless you plan to pack extremely light.

THE AFRICA RALLY

It's been an amazing year for adventure on The Africa Rally, with a few brave teams, in some of the most surprising vehicles making it all the way from Sparrowhawk Lodge in South Africa, to Victoria Sands Lodge in Kenya!

This journey of approximately 4,500kms has seen teams come face to face with lions, elephants, zebras, giraffes, and from time to time the realisation that the tiny box of tools they through in the back of their classic vehicle might not be solely enough to get them to the finish line. Not to fear though! The friendliness of the people whom our teams have met has been to a whole new level, whether as simple as lending a 13mm spanner, or as complex as a full engine rebuild (in a day!) - they've made it happen.

The team that shone brightest though, was Team 13 - Milkvan Journey, who selected their noble steed to be a 1971 VW Kombi Ice Cream van, and somehow managed to pick up the Scavenger Hunt Trophy, the Life of Crime Award, and the infamous title of overall Winners of The Africa Rally 2023!

Keen to get involved at every level, although they only edged the victory in the Scavenger Hunt Trophy, they were far far ahead of any other team for our Life of Crime Award... I mean, how can you get caught speeding that much in a VW Kombi!? Especially as it still has it's original twin port motor in the back!



Aside from one or two unhappy police officers, they brought joy to everyone they met, with multiple strangers (now new friends) walking up to them on the street to let them know they'd been following their journey online, and were overjoyed to see the Milkvan in person. This is where The Africa Rally is different to other events. Yes it's possible to drive across Africa in a new expedition vehicle, but you simply don't invite the attention, generate the joy, and meet the new friends you would if you rocked up in a mini, or a beetle for that matter! It's the difference between an African journey, and an African adventure. This is why we always encourage entry in the ridiculous, and even provide discounted entry for that!



Was it all plain sailing?

Of course not! It wouldn't be an adventure if nothing went wrong... and coincidentally Team 13 ended up having 13 breakdowns from day of purchasing the Milkvan to getting home again safely. Some were of course worse than others, but the one that springs first to mind is in Malawi where they managed to break the accelerate cable linkage. If it had been the cable itself they would have been fine, as they had spares, but the actual linkage... this was a problem.

An hour or so later, they had managed to find a piece of pipe, some cord, and design a makeshift handle. Yes, that's correct... for around about 1,000kms they were driving with a hand operated accelerator!

The Full Story

The Africa Rally HQ Team have started catching up with teams from this year, in a YouTube series they are calling "Stories from the Road". It does exactly what it says on the tin. It's an unedited, unscripted interview with various teams that took part in order to provide an insight into what future teams can expect on the road up into Africa. Here's the first episode from Team Milkvan Journey:

The Golden Pineapple Award

There are no wooden spoons in this rally, in fact we reward the utterly mad, ambitious, and ultimately the tough teams that battle through when all seems against them. To this end, we're keen to introduce you to Team Two Brits & a Mini who flew over to South Africa just days before the Start Line to collect a 1978 Leyland Mini ready for the rally.

Space and ground clearance were not on their side in this vehicle, but the beauty of it being a mini, did certainly mean there was no shortage of people wanting to help them back on the road when they got stuck.

Ultimately a compounding number of issues, and a wait on parts in rural Tanzania meant they didn't quite complete the Africa Rally this year, but were well deserved winners of the Golden Pineapple Award. That's not the end of the story though...

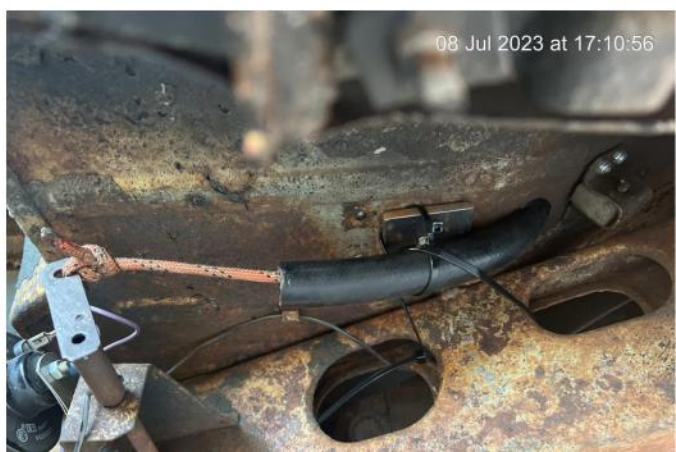


When Kaz called our Rally Director to organise recovery of the Mini via our logistics partner (Global Fixers - <https://www.globalfixers.co.uk/>) we think he must have had a beer or two, because only being a day away (by bus) he offered to head down to Tanzania (from Kenya) and pick it up. He definitely didn't know what he was getting himself in for though, as that 9 hour drive to Dar es Salaam turned into an epic 43 hour journey, where he basically (with a lot of help) rebuilt the Mini.

The Full Story can be found on the Africa Rally YouTube channel, as it was all filmed!

Picture of the Rally

There are of course a number of classic trophies as well, one of which being Picture of the Rally. The Africa Rally HQ team genuinely didn't realise how difficult a job it would be to select this... as some of the pictures, especially of the wildlife, were perfectly timed. In order to decide it, we ultimately went to our Rally Director, Paul Clayton, who to our surprise quickly discounted all the "obvious" shots, and selected a glorious shot of Mr PJ Daly topless on the edge of Victoria Falls.





PJ was part of Team The Mad Celts from Ireland, driving a trusty Land Rover called “Lucky Boy” who certainly lived up to both his name, and them to their name. The two lads (apparently in their 70s – although this is up for debate), wasted no time in jumping into what Africa had to offer. First abseiling down Table Mountain on arrival, then jumping in Devil’s Pool for the photo at Victoria Falls, before completely ignoring any satellite navigation techniques to get them through Tanzania. It turns out, pulling over and asking for directions is a much more fun approach when travelling Africa.

We probably can’t show the actual picture for censorship reasons, but it can be found on the Africa Rally socials @africarally on Instagram, and /theafricarally on Facebook.

Inside though, let us share a picture of Lucky Boy at the Finish Line on Lake Victoria, along with both PJ and Des sporting their Africa Rally Finishers Medals.

The Africa Rally 2024

Keen to get involved? Well, the good news is we’re doing it all again next year! The Africa Rally 2024 will run between 29th June 2024 and 20th July 2024 with a maximum of 50 teams permitted entry.

Click here to find out more:

We are however making it bigger and better in order to encourage more people, in more ridiculous vehicles to take part. What do we mean by that?

Well... The Africa Rally 2024 will be the first ever charity vehicle rally in Africa to run two routes in parallel, with now not two, but three all-inclusive parties! (That’s a lot of free drinks / food)

These two simultaneous route options will be:

1) The original South Africa to Kenya route, same start, same finish, same mad beautiful experience of Africa. It shall hereby be known as our Challenger Route, and will always be our favourite route up through Africa.

2) A new looped route from South Africa to Malawi (and back!). This is aptly dubbed our Discovery Route, and is by no means an easier option. Your vehicle will still be tested, you'll still see amazing wildlife, you just have the benefit of being back in South Africa when you finish - useful if you need to return your rented vehicle, or return yourself to work... and other such adulting things.



The map looks something like this:

The Africa Rallies start at the same time from the same place, costing the same, and the beauty of all this is, if you get to the half way party and want to change your mind on your route, there's nothing stopping you!

Everyone is on the same suggested route for the first half - so you've plenty of time to discuss with fellow teams, and convince each other where you'd like to go! Do you want the Challenger Medal, or the Discovery Medal? Do you plan to decide on your route or only at the half way point? No plan, no problem!

As always, our HQ Team are on hand to answer any queries or questions you may have ahead of registration - feel free to drop them an email to info@africarally.com and one of the team will be in touch. Our Rally Director is usually also happy to invite you to come see our workshop in the East Rand (Johannesburg) and chat with him in person, or for our international friends we can always setup a video call.

ITEMS YOU SHOULDN'T LEAVE HOME WITHOUT



PART 1

A Smart Tile tracker you can attach to your luggage, wallet, and keys so you can keep track of them through an app on your smartphone. Seriously though, this thing is ingenious – if your checked bag ever goes missing (*knocks on wood*), just check your phone and it'll tell you exactly where it is. Crisis averted forever.

The starter pack comes with two Mates, one Slim, and one Sticker. The Tile can also make a beeping sound until you find your items.

Promising review: "A must-have. I have these on everything, including my wallet, car, luggage and dog. After being separated from my bag in another country and tracking it down, I swear by these things. Highly recommend." –Izzy Castro

On Takealot for around R650



A teeny tiny wireless portable charger so you can doom scroll, text, and listen to SZA's new album to your ~heart's content~ without having to worry about your phone dying before your flight has even taken off, which IMO is the definition of hellish traveling.

Promising review: "iPhone users rejoice. This was the only portable charger I could find on the market that did not require a lightening adapter to charge an Apple product! I bought this for my fiancé since he spends long days on movie sets. This has been a life saver. It charges fast and you get more than one charge out of it. This would be great for travel, long work days, bad service areas (eats up battery faster), or older phones whose battery isn't that great (this worked on his iPhone 7 and my iPhone XR). It may require you to remove your phone case, but that's an easy accommodation. Highly recommend!" –Kelly Schuetz



On Takealot for around R300

An international travel adapter because the only thing worse than a dead phone is a dead phone whose charger isn't compatible with any of the outlets in the country you're visiting. 😊 This lifesaving compact adapter has a universal input so you can charge four of your devices at once, wherever you are, and breathe a sweet sigh of relief.

Promising review: "LOVE this adapter! I travel from time to time internationally and have always used just the 'standard' adapters found in airports. Could not pass up the opportunity to purchase this one after reading the reviews. Exceeded my expectations of what it was capable of. Used on a recent trip to Germany and it handled everything needed – laptop, cell phone (USB ports are so very welcome), alarm clock, dryer, etc. Did not miss a beat on the power provided. And, it is also attractive looking ;-) Thank you for making such a great, dependable product!" –Monkey

Around R1400 from Takealot



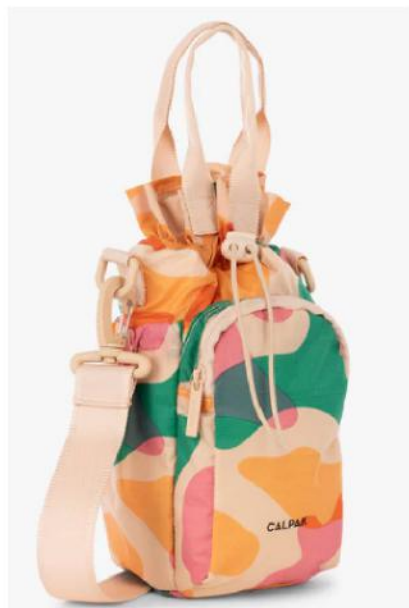
A set of Sea Bands that are clinically proven (!) to help reduce nausea related to motion sickness, morning sickness, migraines, or cramps that you are DEFINITELY gonna want on your next trip. These all-natural bbs target an acupressure point on your wrists, so they start working ASAP to spare you from the *profound* discomfort that is feeling like you have to vomit when you still have seven more hours of a road trip to get through.

To use, put them on *both* wrists.

Promising review: "I was skeptical about these but I was quickly all about them when I put them on. I get really motion sick when flying but this really helped even allowing me to read a book on a 4 hour flight.

A unique water-resistant nylon water bottle holder so you can keep your wallet, phone, passport, chargers, hand sanitizer, *and* water bottle easily on hand while you're trekking through security and to your gate without having to tear through your (frankly, frighteningly messy) purse or your stuffed-to-the-brim carry-on. It has an insulated interior that fits bottles up to 40 ounces, a detachable shoulder strap, and four roomy exterior pockets (!) for storing all of your essentials.

I recently bought this from Calpak and it's my new favorite possession. I either carry my Nalgene or my Yeti everywhere (if I'm not drinking water, you can bet I'm guzzling coffee), which is unwieldy in my tote bag, to say the least. I end up carrying the bottles by hand, which, besides being tiring, makes me prone to losing said bottle. Enter the CalPak holder, which has low-key upgraded my life. I don't even carry a tote anymore – I can pack my lipsticks, scrunchies, wallet, keys, phone, earbuds, and sunglasses in the outside pockets with my coffee, water, or tea snug inside. The strap is adjustable so you can wear it crossbody or over your shoulder. This is an investment, but one that has been well worth it for me. I recently brought it to the airport with me for a flight I was taking, and it's made me love this little thing even more. I am easily frazzled in airports and am constantly anxiously digging around in my carry-on for my ID, charger, wallet, and what have you. The Calpak water bottle holder **shined**, keeping everything I needed close and neatly organized in their own compartments, plus my drink close. I will never travel without this again – mark my words.



A chic leather passport case with a protective sleeve for your vaccine card and holders for your other IDs and cards, so all your MVP documents will stay neat, safe, and ready to go - because holding up the security line while you dig through your bag for your documents is no good for anyone.

Passport holders in all different colors that open with a slot for your passport and vaccine card



Henney's Boutique is a California-based small biz that specializes in passport holders.

Get it from Henney's Boutique on Etsy for \$8+ (available in five colors and in a combo pack with a luggage-tag).

A luggage drink caddy so you can keep your coffee (aka the magic elixir that keeps this show on the road) upright and securely attached to your wheeled luggage. Its two roomy pockets also fit snacks, water bottles, your phone, and whatever else you need to take off your hands while you navigate the chaos that is the airport.

Reviewers say it's ideal for a suitcase that can roll on four wheels! If you have a suitcase that has to tilt while it rolls, just be careful if the drinks are open at the top.

Promising review: "This cup holder is perfect! It helps me a lot! Last time I took a plane with a suitcase and a cup of coffee, when it's my turn to check my passport and ticket, the coffee cup fell to the ground and coffee sprinkled. It was a nightmare! This time I bought this cup holder, and it did do me a favor! I don't have to worry about where my cup and phone are! I can free my hands to do other things. I love it so much! Hope you love it too." —Philip

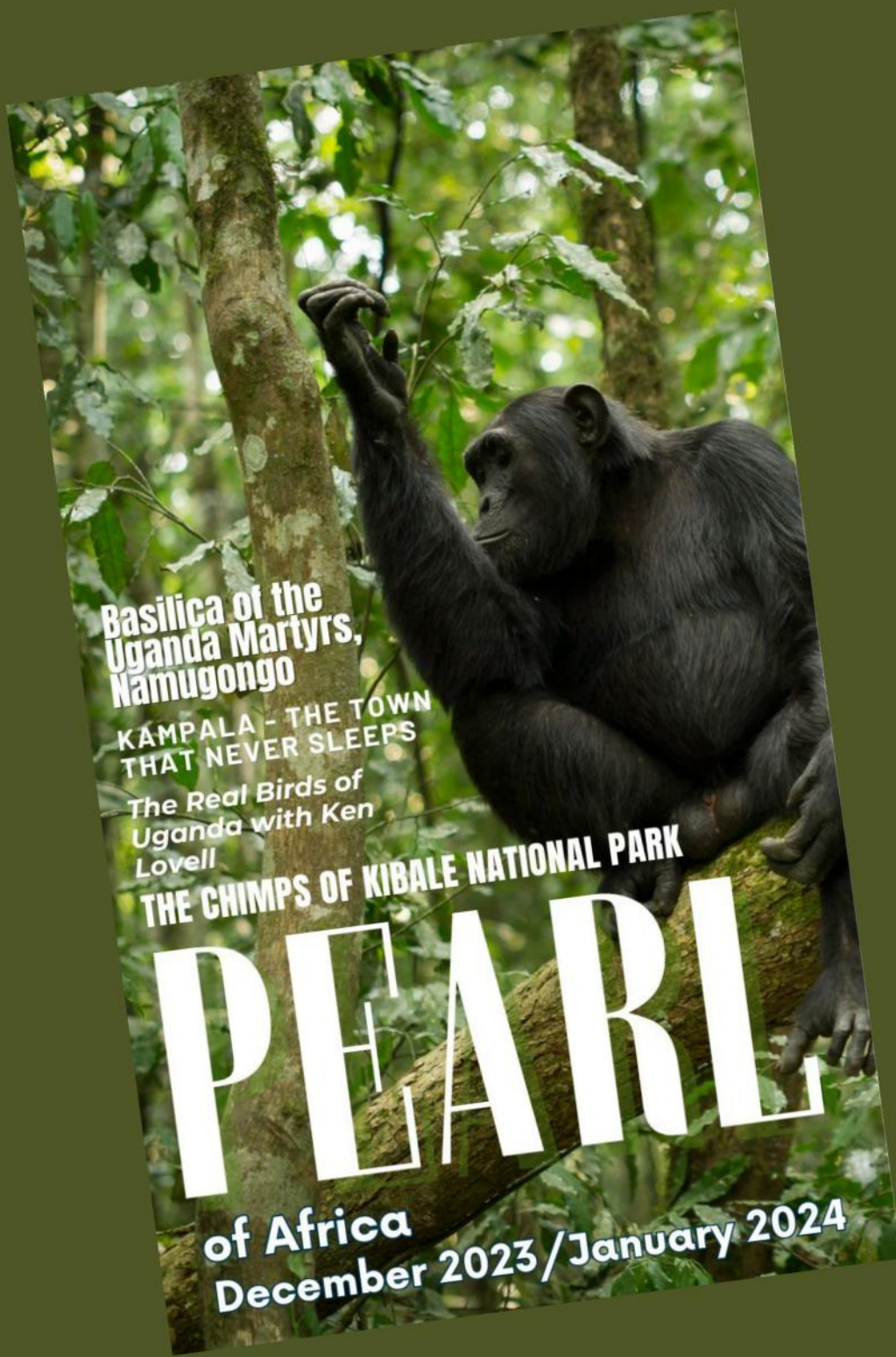


A pair of chic, comfortable compression socks if your feet and legs often swell on long flights, because there's nothing quite like the discomfort of your feet swelling up so much that your shoes no longer fit.

Promising review: "I absolute LOVE these socks!!! Usually when I travel my ankles swell so bad that I have to elevate my feet for a extended period of time for the swelling to go down. However, I just went on a 10-hour flight while wearing these and my ankles and feet were not swollen!! I was absolutely amazed!! I wish I would have bought these sooner!! I would highly recommend these socks!" —Donnesha

Some travel-sized Vaseline that'll keep your hands protected and chap-free from the vampiric dry, moisture-sucking air in planes.

Promising review: "This is the perfect size for travel, and they last forever.



**Basilica of the
Uganda Martyrs,
Namugongo**

**KAMPALA - THE TOWN
THAT NEVER SLEEPS**

**The Real Birds of
Uganda with Ken
Lovell**

THE CHIMPS OF KIBALE NATIONAL PARK

PEARL

of Africa

December 2023 / January 2024

**EXPLORE
UGANDA
THE PEARL OF AFRICA**