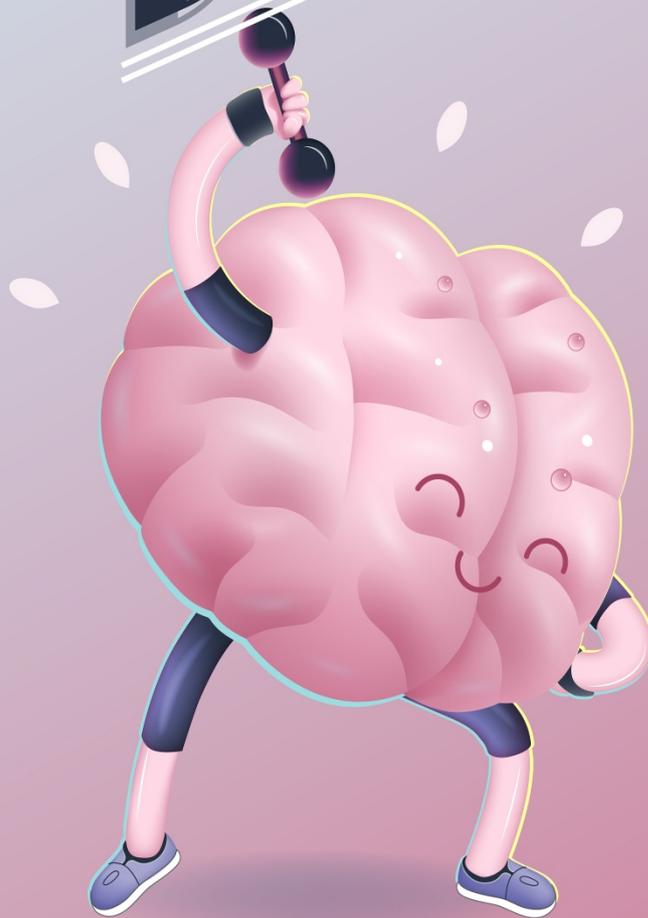


*Quality Aging*

# TRAIN Your BRAIN



May

# Mother Goose Day

The 1st of May is Mother Goose Day. This day was founded in 1987 to encourage a love for the tradition of Mother Goose nursery rhymes. Are you able to finish the following nursery rhymes? See if you can recite each rhyme as well!

1. Peter, Peter \_\_\_\_\_
2. Little Miss \_\_\_\_\_
3. Little Boy \_\_\_\_\_
4. Ring-around \_\_\_\_\_
5. One Two \_\_\_\_\_
6. Oranges and \_\_\_\_\_
7. Pat a Cake \_\_\_\_\_
8. Polly put the \_\_\_\_\_
9. Pop goes the \_\_\_\_\_
10. Rain, Rain \_\_\_\_\_
11. Sing a Song \_\_\_\_\_
12. Star Light \_\_\_\_\_
13. Three Blind \_\_\_\_\_
14. Thirty Days hath \_\_\_\_\_
15. Twinkle Twinkle \_\_\_\_\_
16. London Bridge is \_\_\_\_\_
17. Hey Diddle \_\_\_\_\_
18. Jack be \_\_\_\_\_
19. Mary Mary \_\_\_\_\_
20. Mondays \_\_\_\_\_
21. This is the house that \_\_\_\_\_
22. Two little \_\_\_\_\_
23. Little Jack \_\_\_\_\_
24. Old Mother \_\_\_\_\_

# Mother's Day Word Challenge

## Word Challenge 1

How many different ways can you say the word 'Mother'? Your job is to match up the foreign language words for mother with their correct language.

1	Maman	A	Japanese
2	Mutter	B	English
3	Okaasan	C	Dutch
4	Mom	D	Chinese
5	Mamma	E	French
6	Moeder, Moer	F	Hindi
7	母亲	G	Italian
8	Haakui	H	German
9	Mor	I	Swedish
10	Matka, Mama	J	American
11	Mother	K	Polish
12	Maji	L	Maori

## Word Challenge 2

Can you make ten or more different words, and at least one 6-letter word out of the word MOTHER?

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## Word Challenge 3

Can you make twenty or more 3-letter words out of the word MOTHERHOOD?

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# Work It Out!

This Mother's Day, 6 different people are planning different ways to celebrate with their mums. Their names are Joanna, Eric, Elizabeth, Paul, Doris, and Gretel. Your job is to work out who is planning what!

## The 6 different planned activities are:

1. Going to the beach with mum for a picnic
2. Delivering chocolates and flowers to mum via InterFlora
3. Having a quiet lunch with mum in a café
4. Dropping off some flowers for mum
5. Going to dinner with mum at the local RSL
6. Nothing planned

## Clues

1. One of the boy's mothers died when he was born and his father never remarried.
2. Elizabeth and Joanna have both spent the majority of their adult lives overseas, away from their mums.
3. Joanna is a trained hairdresser and she loves horses.
4. One of the mums loves playing Pokies.
5. Gretel's mum has just had a hip replacement and doesn't want to go anywhere.
6. Paul never celebrates Mother's Day, although he wishes he could.
7. Gretel is going to be very busy on Mother's Day seeing her mother-in-law, and won't be able to manage much for her own mum.
8. There are Pokie machines at the local RSL that Eric is going to.
9. Joanna has returned to Australia for a few months in order to spend time with her mum and dad who have just celebrated their 60th Wedding Anniversary.
10. Elizabeth works as an accountant and lives overseas, in Canada.
11. Doris and her mum live together. As a special treat, they both love going to the little Italian café around the corner.



# Card Game Word Search

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

ALUETTE  
 ASHUSH  
 AVINAS  
 BACCARAT  
 BAGCHEN  
 BARBU  
 BARTOK  
 BASRA  
 BELA  
 BLACKJACK  
 BOONAKEN  
 BRIDGE  
 CALOOCHI

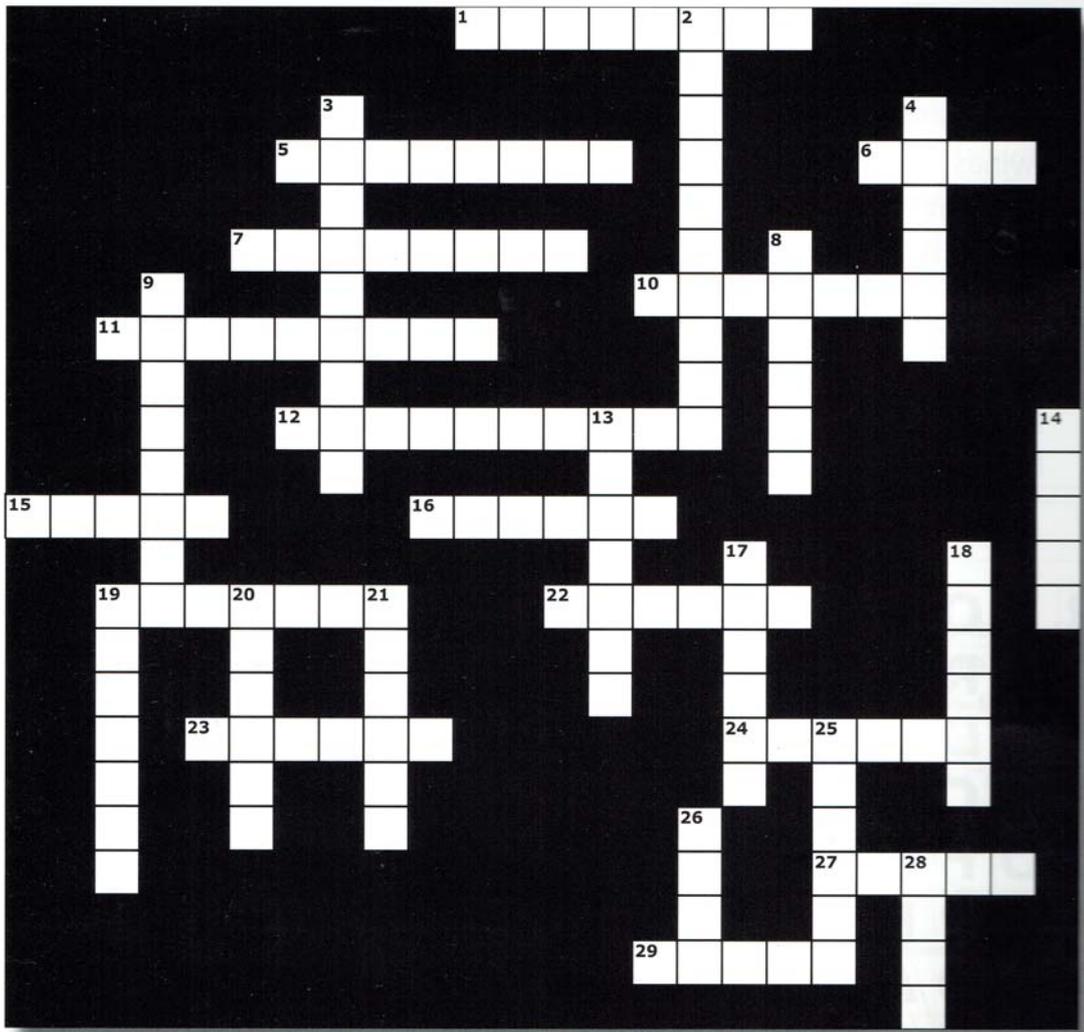
CANASTA  
 CAROUSEL  
 CASINO  
 CEGO  
 CHEAT  
 CHICAGO  
 CICERA  
 CINCH  
 CRIBBAGE  
 CUCKOO  
 CUCUMBER  
 CUTTLE  
 DOPPLEKOPF

DURAK  
 ECARTE  
 EUCHRE  
 FARO  
 FLUSH  
 FROG  
 GAPLE  
 GARBAGE  
 GIN  
 HEARTS  
 HOLA  
 KAISER  
 KRAKEN

MATADOR  
 PINOCLE  
 POKER  
 RUMMY  
 SOLITAIRE  
 SOLO



# Capital Cities Crossword



## Word List

Baghdad  
 Beijing  
 Berlin  
 Bern  
 Brussels  
 Cairo  
 Canberra  
 Copenhagen  
 Damascus  
 Dublin  
 Hanoi  
 Harare  
 Helsinki  
 Jakarta  
 Jerusalem  
 Kathmandu  
 Lima  
 London  
 Madrid  
 Manila  
 Moscow  
 Ottawa  
 Paris  
 Rome  
 Taipei  
 Tehran  
 Tokyo  
 Tripoli  
 Warsaw  
 Wellington

## ACROSS

1. Capital of Syria
5. Capital of Finland
6. Capital of Switzerland
7. Capital of Belgium
10. Capital of Indonesia
11. Capital of Nepal
12. Capital of New Zealand
15. Capital of Egypt
16. Capital of Germany
19. Capital of Iraq
22. Capital of the United Kingdom
23. Capital of Philippines
24. Capital of Canada
27. Capital of France
29. Capital of Vietnam

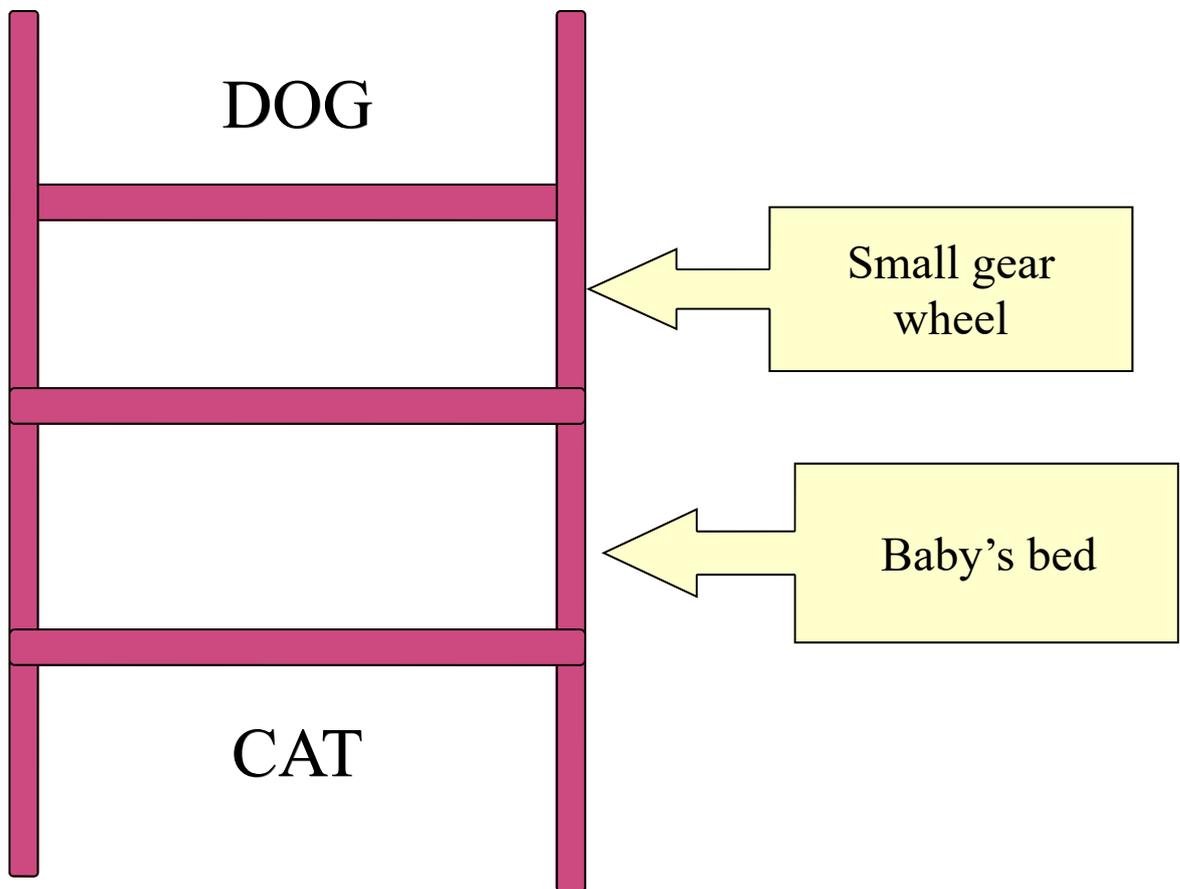
## DOWN

2. Capital of Denmark
3. Capital of Israel
4. Capital of Iran
8. Capital of Spain
9. Capital of Australia
13. Capital of Libya
14. Capital of Japan
17. Capital of Russia
18. Capital of Poland
19. Capital of China
20. Capital of Zimbabwe
21. Capital of Ireland
25. Capital of Taiwan
26. Capital of Peru
28. Capital of Italy

# Word Ladders - Dog into Cat

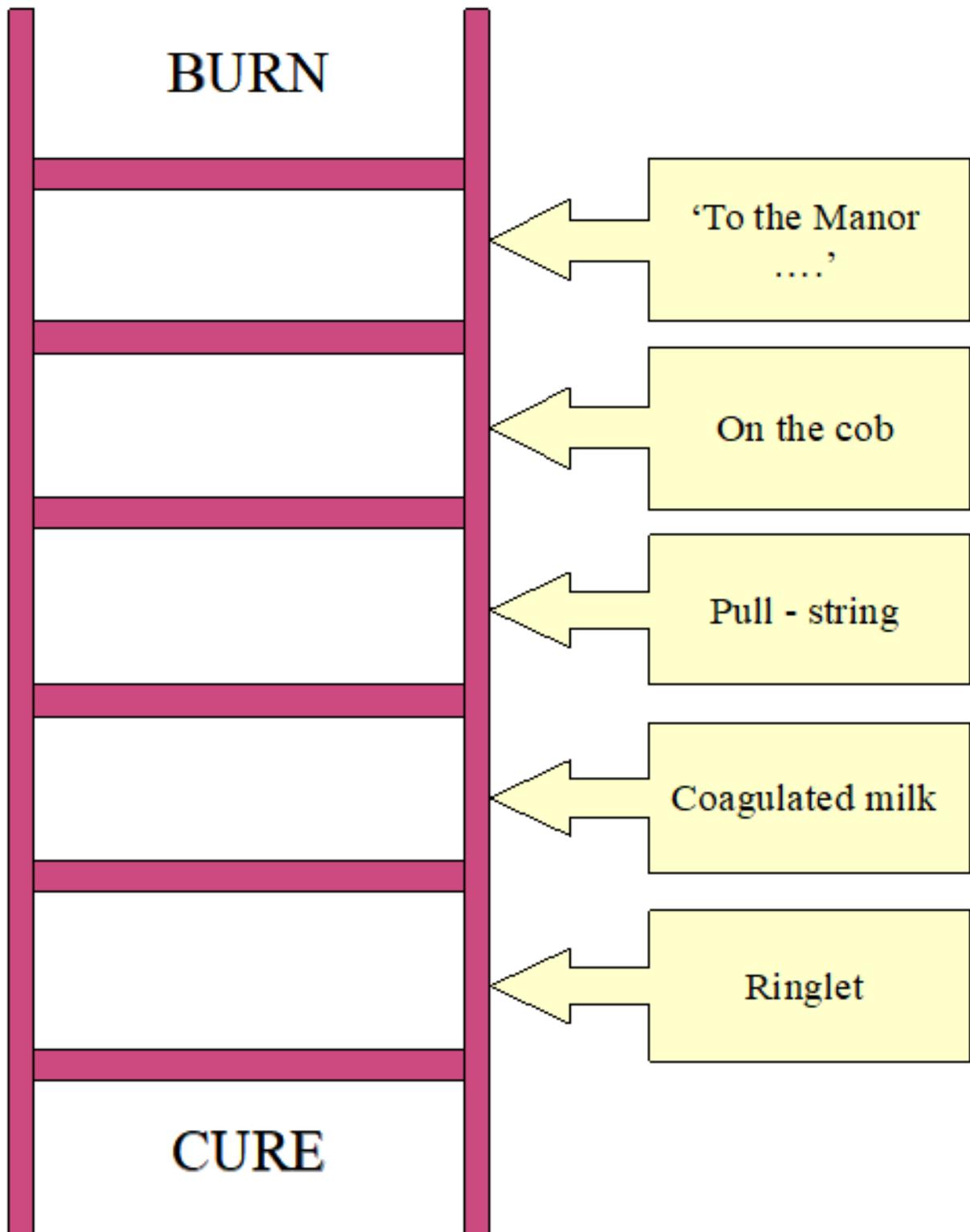


Turn **DOG** into **CAT**



# Word Ladders - Burn into Cure

Turn **BURN** into **CURE**



# Word Ladders - Pride to Sense

Turn **PRIDE** into **SENSE**

**PRIDE**

To force open with a lever

Not poetry

Vulnerable, lying flat

Ugly old woman

Exact genetic replica

Nearby

Selected

Wild Goose \_\_\_\_\_

\_\_\_\_\_ and desist

A flirt or coquette

Future, present, or past perfect

**SENSE**

# Word Ladders - Saint to Kilts

Turn **SAINT** into **KILTS**

The word ladder consists of 12 horizontal bars. The top bar is labeled 'SAINT' and the bottom bar is labeled 'KILTS'. Yellow arrows point from clues on the right to the next letter in the word on the left.

Step	Clue
1	Tour of Duty
2	Tall-legged wading bird
3	Subway entrance
4	No longer fresh
5	Black Panthers co founder
6	Jazzy street in Memphis
7	'Beauty and the Beast'
8	Church chimers
9	Karate rank indicators
10	Whip marks
11	Droops in the heat

# Word Ladders - FRESH to STALE

Turn **FRESH** into **STALE**

FRESH

STALE

# Trivia Quiz

1. Which fruit used to be called a 'Love Apple' ?

\_\_\_\_\_

2. Which sport did Torvill and Dean participate in?

\_\_\_\_\_

3. There are 6 colours on a Rubik's cube. Name three of them.

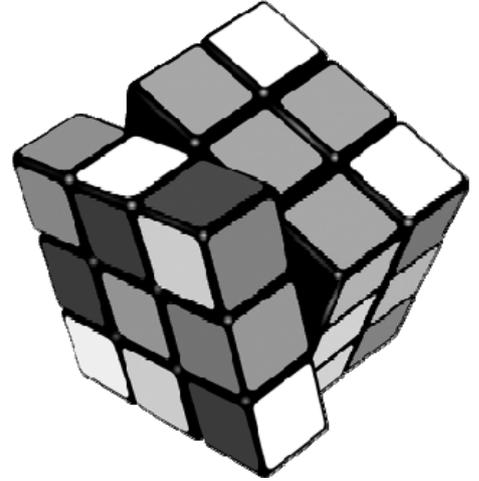
\_\_\_\_\_

4. What type of film was 'A View to Kill'?

\_\_\_\_\_

5. Which well-known book has the first line of, "Marley was dead, at least to begin with"?

\_\_\_\_\_



6. What was the name of the girl in Peter Pan?

\_\_\_\_\_

7. In Peter Pan, which animal is out to get Hook?

\_\_\_\_\_

8. Which two cities feature in Tale of Two Cities by Charles Dickens?

\_\_\_\_\_

9. What is the maximum number of carats that gold can have?

\_\_\_\_\_

10. In Animal Farm by George Orwell, what type of animal was Napoleon?

\_\_\_\_\_

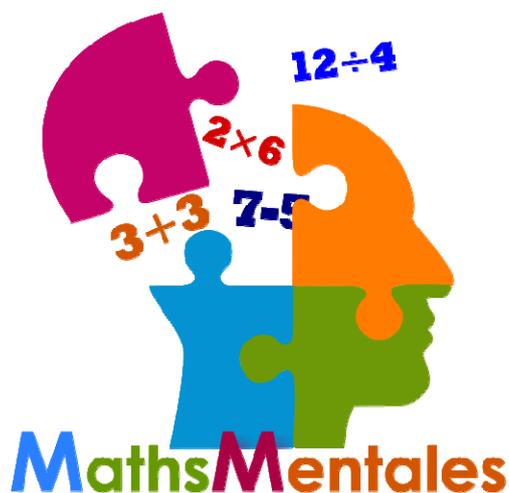


# Proverbs

1. A bad workman always \_\_\_\_\_
2. A bird in the hand \_\_\_\_\_
3. Absence makes the \_\_\_\_\_
4. A cat has \_\_\_\_\_
5. A chain is only as \_\_\_\_\_
6. Actions speak \_\_\_\_\_
7. A drowning man \_\_\_\_\_
8. Adversity and loss \_\_\_\_\_
9. A fool and his money \_\_\_\_\_
10. A journey of a thousand miles begins \_\_\_\_\_
11. A leopard can't / doesn't \_\_\_\_\_
12. All good things \_\_\_\_\_
13. All's well that \_\_\_\_\_
14. All that glitters \_\_\_\_\_
15. All's fair \_\_\_\_\_
16. Always put your best \_\_\_\_\_
17. An apple a day \_\_\_\_\_

# Simply Mathematics

1. Add 3 to 2 then subtract 1 \_\_\_\_\_
2. Divide 20 by 2 then add 4 \_\_\_\_\_
3. Multiply 7 by 2 then subtract 8 \_\_\_\_\_
4. Divide 10 by 2 then add 3 \_\_\_\_\_
5. Add 7 to 3 then divide by 5 \_\_\_\_\_
6. Subtract 6 from 10 then divide by 2 \_\_\_\_\_
7. Multiply 3 by 7, then add 3, then divide by 8 \_\_\_\_\_
8. Add 8 to 4, then multiply by 1, then subtract 8 \_\_\_\_\_
9. Divide 9 by 3, then add 9, then add 7 \_\_\_\_\_
10. Multiply 8 by 3, then subtract 5, then add 4 \_\_\_\_\_
11. Add 7 to 4, then subtract 1, then multiply by 10 \_\_\_\_\_
12. Divide 6 by 2, then add 2, then subtract 4 \_\_\_\_\_
13. Subtract 4 from 6, then multiply by 9, then subtract 3 \_\_\_\_\_
14. Add 9 to 8, then subtract 2, then divide by 3 \_\_\_\_\_
15. Multiply 2 by 6, then add 3, then add 7 \_\_\_\_\_
16. Divide 9 by 3, then add 5, then subtract 8 \_\_\_\_\_



# International Nurses Day

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

BANDAGES  
CARING  
COMFORT  
DOCTOR  
DRUGS  
EMPATHETIC  
HOSPITAL  
KIND  
MATERNITY  
MEDICATION  
MIDWIFE  
NEEDLE  
NURSE  
REPORTS  
SMILING  
TEMPERATURE  
THERMOMETER



# Words Beginning with G

1	A high wind	
2	A place with flowers and shrubs	
3	A type of fish	
4	To stare or look at something fixedly	
5	A precious stone	
6	Opposite of lady	
7	To sprout	
8	The class immediately below the nobility	
9	Opposite of good	
10	A colour of the rainbow	
11	An alcohol served with tonic	
12	A Mediterranean country	
13	Mechanics get covered in it	
14	To mourn	
15	Unauthorised artwork on public buildings	
16	A four footed animal	

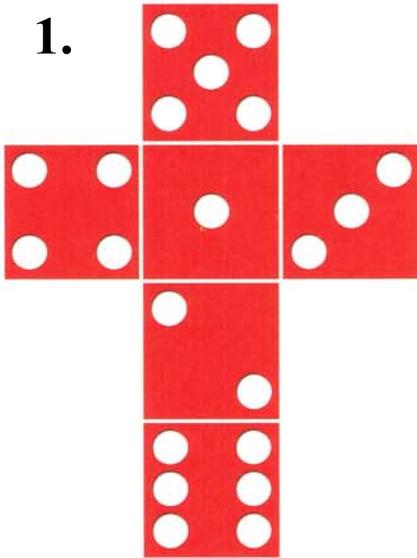
# Opposites

1	HORIZONTAL	
2	VALLEY	
3	HERE	
4	UNHEALTHY	
5	LOVE	
6	HARMFUL	
7	DEPTH	
8	GUEST	
9	GUARDIAN	
10	HERO	
11	FRANK	
12	UNFORTUNATE	
13	GRANTED	
14	DAWDLE	
15	LOST	
16	FORGET	

# Dice Games

In these puzzles, your challenge is to work out which of the given dice could be accurately formed from the template provided in each example.

1.



A



B



C

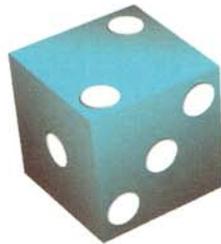
2.



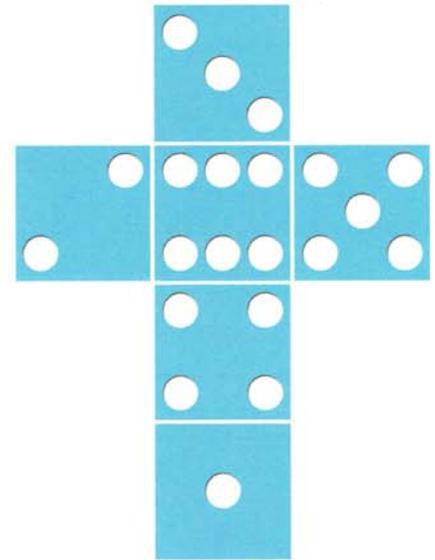
A



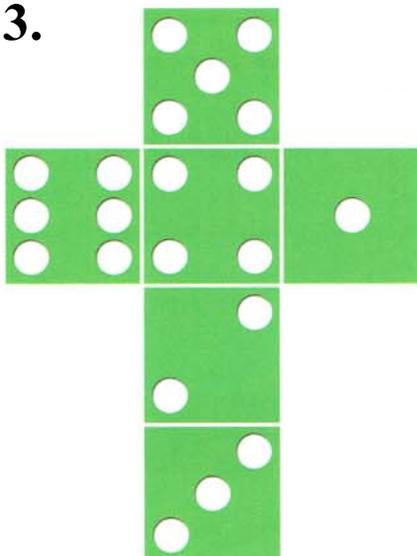
B



C



3.



A



B



C

# Dice Games

In these puzzles, your challenge is to work out which of the given dice could be accurately formed from the template provided in each example.



A good way to improve at puzzles like these is to practise with a cut-out paper template.

4.



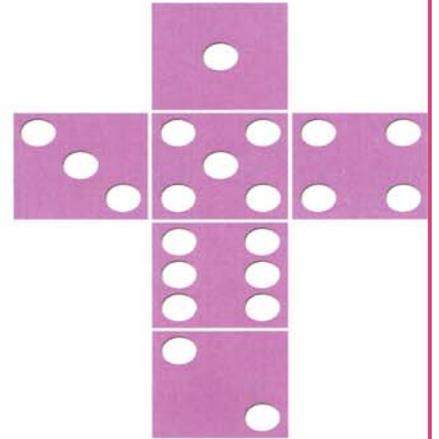
A



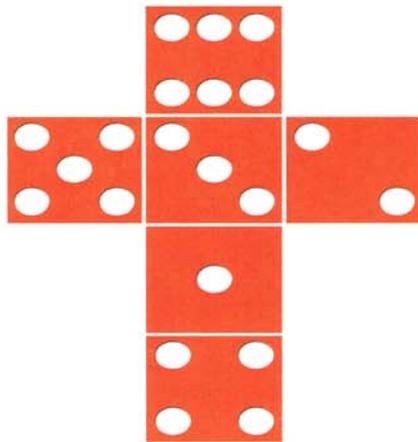
B



C



5.



A



B



C



D

6.



A



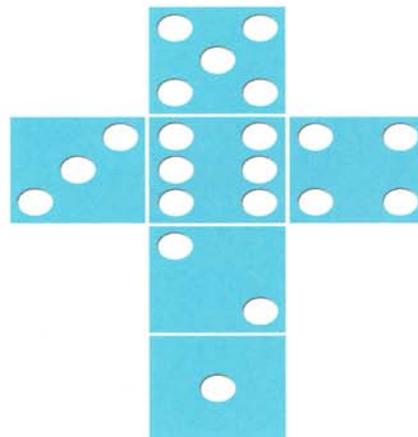
B



C

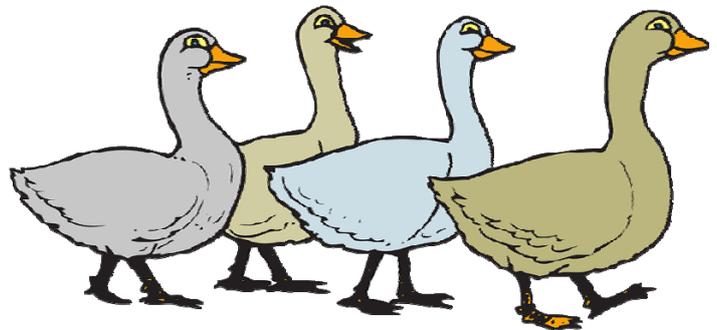


D



# What Group is that ?

1. A \_\_\_\_\_ of chickens
2. A \_\_\_\_\_ of lions
3. A \_\_\_\_\_ of geese
4. A \_\_\_\_\_ of sheep
5. A \_\_\_\_\_ of fish
6. A \_\_\_\_\_ of porpoises
7. A \_\_\_\_\_ of quail
8. A \_\_\_\_\_ of ducks
9. A \_\_\_\_\_ of bees
10. A \_\_\_\_\_ of cows
11. A \_\_\_\_\_ of ships
12. A \_\_\_\_\_ of vehicles (under escort)
13. A \_\_\_\_\_ of soldiers
14. A \_\_\_\_\_ of people
15. A \_\_\_\_\_ of musicians
16. A \_\_\_\_\_ of singers
17. A \_\_\_\_\_ of aeroplanes
18. A \_\_\_\_\_ of natives

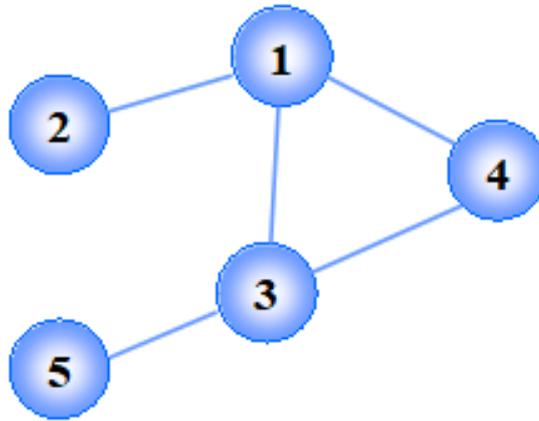


# CONNECTIONS 1

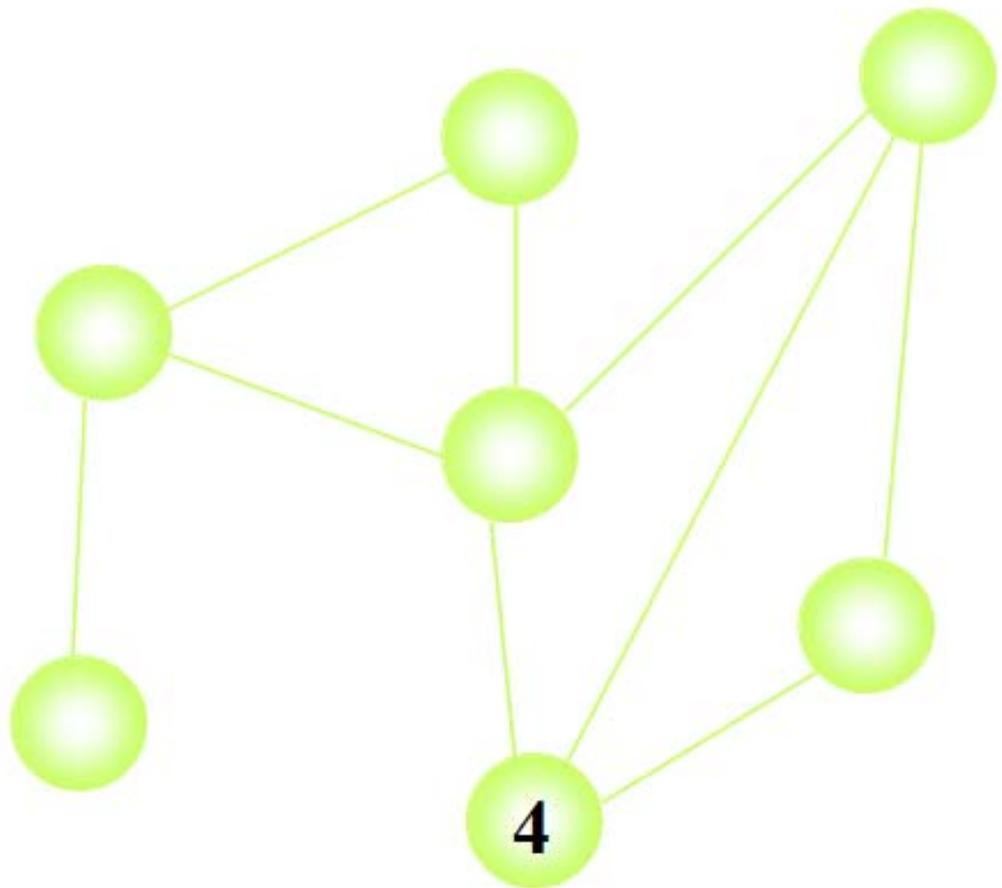
These puzzles are designed to test your powers of concentration, logical analysis and mathematical prowess. To complete the connections, insert the numbers listed in the left-hand column into the circles so that - for any particular circle - the sum of the numbers in the other circles connected to it, adds up to the value given in the right-hand column. See the example below for guidance

## Example

- 1 = 9
- 2 = 1
- 3 = 10
- 4 = 4
- 5 = 3



- ### Clues
- 1 = 13
  - 2 = 18
  - 3 = 5
  - 4 = 10
  - 5 = 8
  - 6 = 12
  - 7 = 2

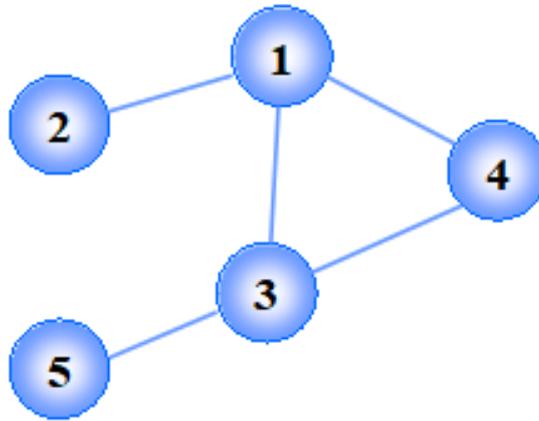


# CONNECTIONS 2

These puzzles are designed to test your powers of concentration, logical analysis and mathematical prowess. To complete the connections, insert the numbers listed in the left-hand column into the circles so that - for any particular circle - the sum of the numbers in the other circles connected to it, adds up to the value given in the right-hand column. See the example below for guidance

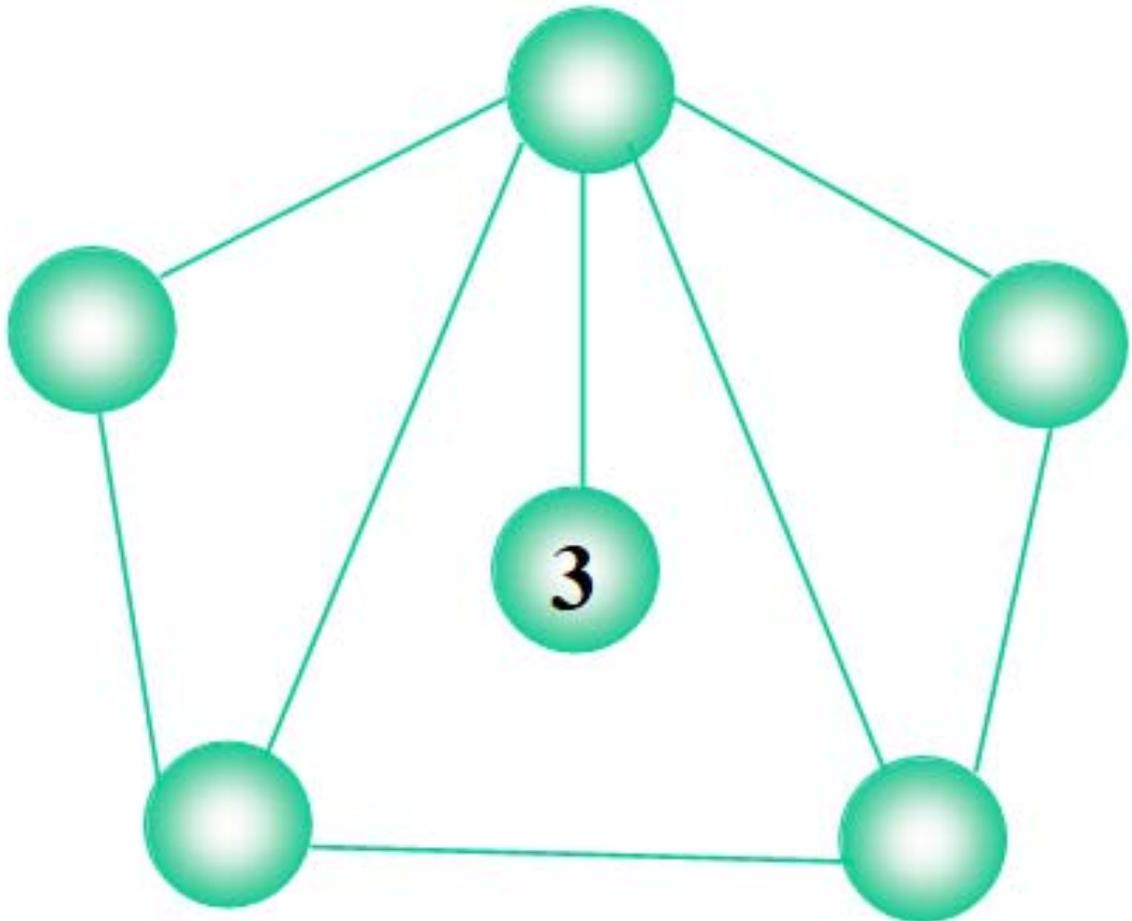
## Example

1 = 9  
2 = 1  
3 = 10  
4 = 4  
5 = 3



## Clues

1 = 9  
2 = 15  
3 = 5  
4 = 8  
5 = 16  
6 = 7

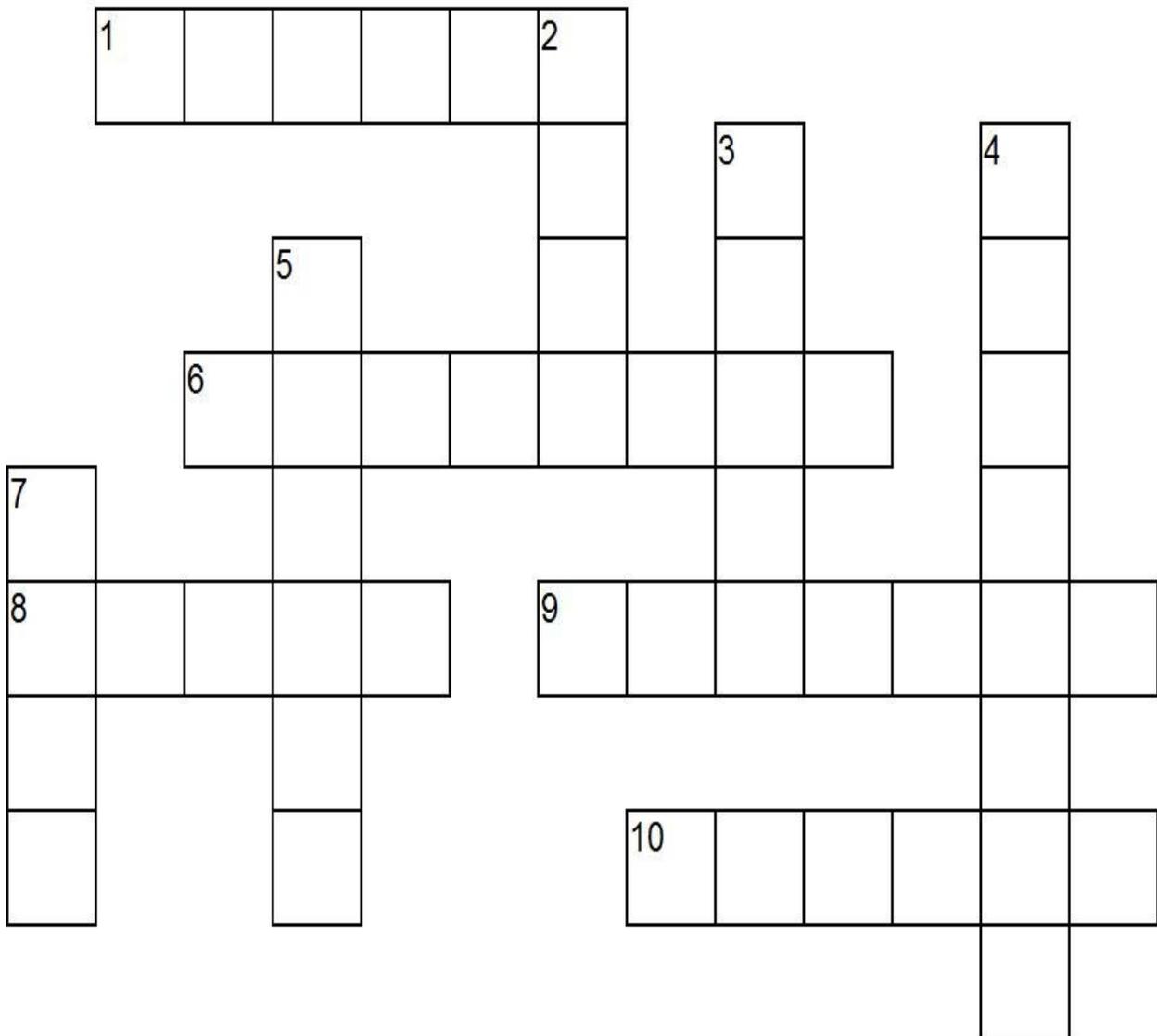


# Words ending with 'ent'

Can you work out what the words are ending in 'ent' from the clues below?

1	Gift	
2	Away	
3	A well-behaved dog	
4	Foreigners speaking English have one	
5	A car crash	
6	The name of someone who receives something	
7	Opposite of outpatient	
8	To make up or discover something	
9	A teenager	
10	Footpath	
11	Rich or well off	
12	You sleep in one when you go camping	
13	When you don't have a job	
14	Extremely important	
15	Aggressive, harmful	
16	Naughty	
17	A downstairs room	
18	Not straight	
19	Dollars and .....	
20	Customer	
21	Opposite of patient	
22	A type of light	
23	Happy, at peace with the world	
24	Often	
25	Opposite of unemployment	
26	A flow of electricity	
27	Remark	
28	Piece of clothing	
29	Abbreviation of 'gentleman'	
30	When someone says you look nice	

# Autumn Crossword



## ACROSS

- 1 They fall from horse chestnut trees and are fun for games
- 6 Spiky animal who can roll into a prickly ball
- 8 Orchard fruit
- 9 You might light one of these to burn leaves and twigs
- 10 They fall from trees in Autumn

## DOWN

- 2 Use one of these to tidy up fallen leaves
- 3 The seeds of oak trees
- 4 Furry animal with a bushy tail
- 5 One of the colours you might see autumn leaves change to
- 7 Another name for Autumn

# Change One Letter

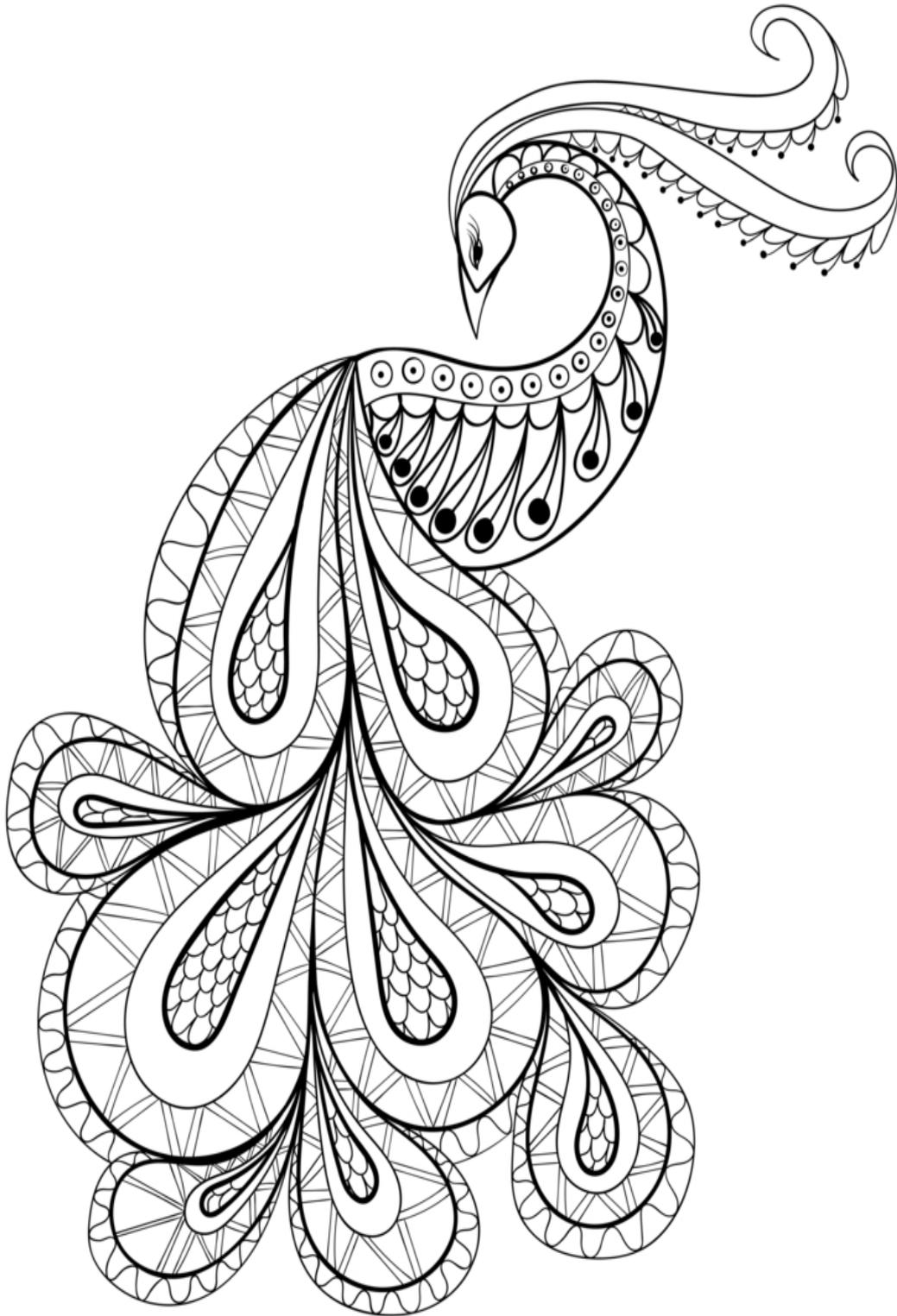
Change one letter in each word in column B to form a group of words that belong to the category of column A

COLUMN A	COLUMN B	ANSWERS
<b>BANKING</b>	HONEY	
	TELPER	
	COITS	
<b>FRUIT</b>	CYERRY	
	BATANA	
	OPPLE	
<b>BEVERAGES</b>	BEA	
	TINE	
	TOFFEE	
<b>SPORTS</b>	TWIMMING	
	ATMLETICS	
	MARATE	
<b>CIRCUS</b>	FLOWN	
	KRAPEZE	
	ACROMAT	

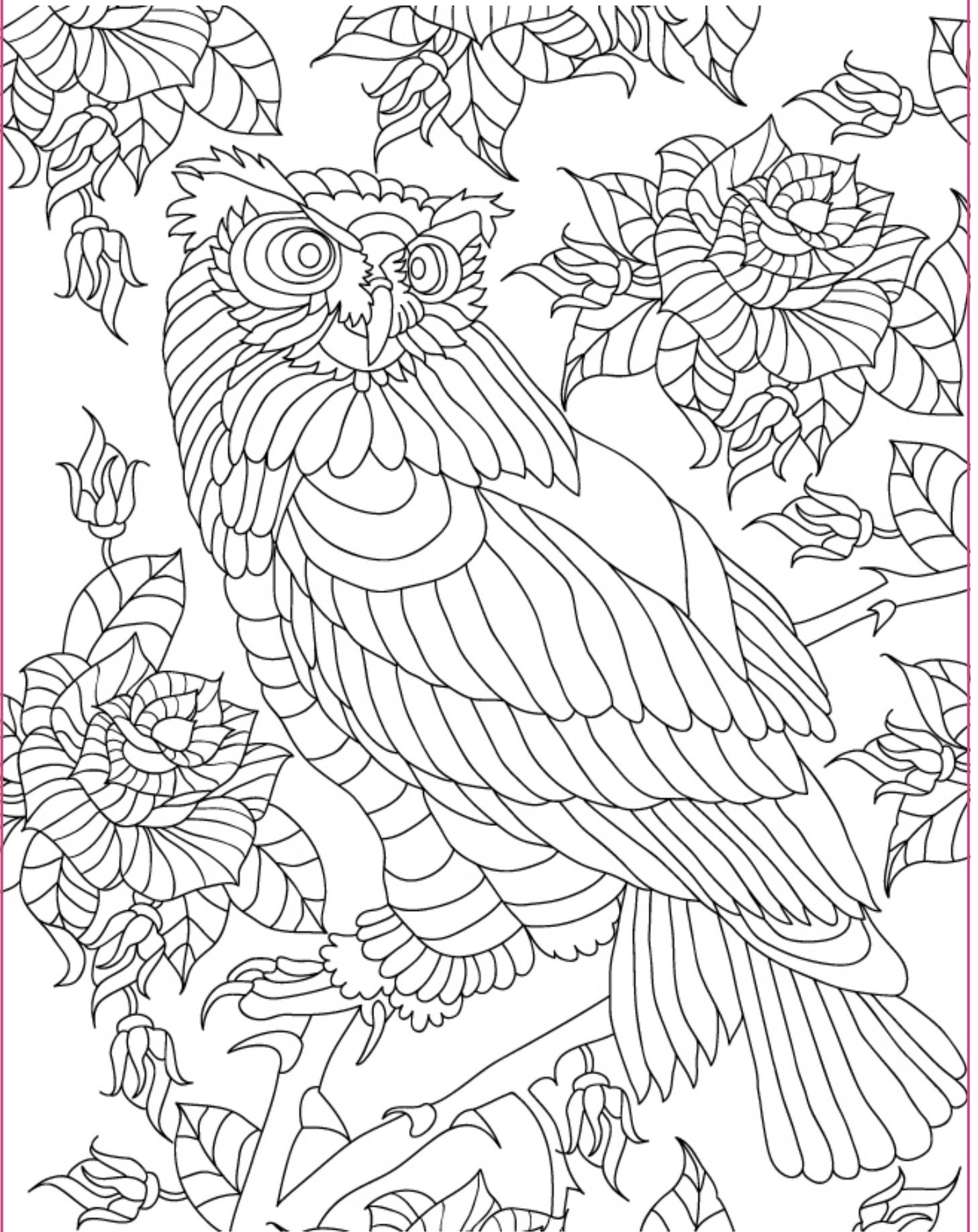
# Colouring



# Colouring



# Colouring



# Colouring



# Answers

## MOTHER GOOSE pg 2

1. PUMPKIN EATER
2. MUFFET
3. BLUE
4. A ROSIE
5. BUKLE MY SHOE
6. LEMONS
7. PAT A CAKE
8. KETTLE ON
9. WEASEL
10. GO AWAY
11. OF SIXPENCE
12. STAR BRIGHT
13. MICE
14. SEPTEMBER
15. LITTLE STAR
16. FALLING DOWN
17. DIDDLE
18. NIMBLE
19. QUITE CONTRARY
20. CHILD
21. JACK BUILT
22. DICKY BIRDS
23. HORNER
24. HUBBARD

## Simply Mathematics pg. 14

1. 4
2. 14
3. 6
4. 8
5. 2
6. 2
7. 3
8. 4
9. 19
10. 23
11. 100
12. 1
13. 15
14. 5
15. 22
16. 0

## MOTHERS DAY WORD CHALLENGE pg. 3

### Word Challenge 1

1E ,2H, 3A, 4J, 5G, 6C, 7D, 8L, 9I,  
10K, 11B, 12F

### Word Challenge 2

HEM, HER, HOT, ROT, THE, TOM,  
MOTH, TERM, THEM, TO,  
THERMO

### Word Challenge 3

DOE, DOT,HEM, HER,HOD, HOT, HOE,  
MET, MOO, ODE, ORE, RED, ROD, ROE,  
ROT, THE, TOE, TOM, TOO, TOR

## PROVERBS pg. 13

1. A bad workman always blames his tools
2. A bird in the hand is worth two in the bush
3. Absence makes the heart grow fonder
4. A cat has nine lives
5. A chain is only as strong as it weakest link
6. Actions speaks louder than words
7. A drowning man will clutch at a straw
8. Adversity and loss make a man wise
9. A fool and his money are soon parted
10. A journey of a thousand miles begins with a single step

## WORK IT OUT! pg 4

1. JOANNA
2. ELIZABETH
3. DORIS
4. GRETTEL
5. ERIC
6. PAUL

## TRIVIA QUIZ pg. 12

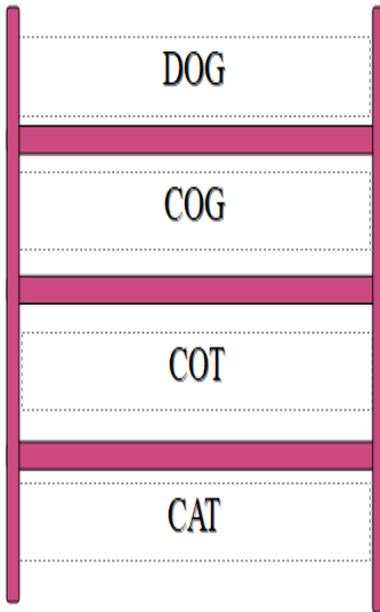
1. TOMATO
2. ICE FIGURE SKATING
3. RED, BLUE, WHITE, YELLOW, GREEN AND ORANGE
4. A JAMES BOND MOVIE
5. A CHRISTMAS CAROL
6. WENDY
7. THE CROCODILE
8. LONDON AND PARIS
9. 24
10. A PIG

## PROVERBS (cont) pg. 13

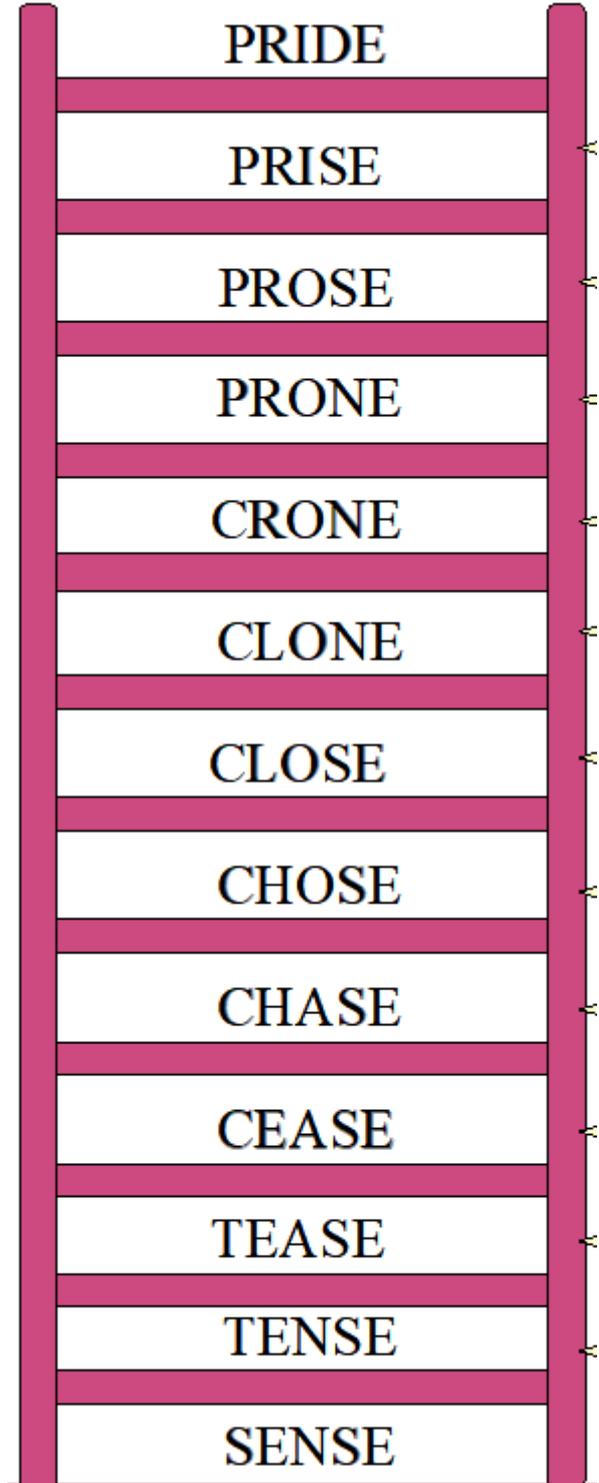
11. A leopard can't / doesn't change its spots
12. All good things come to an end
13. All's well that ends well
14. All that glitters is not gold
15. All's fair in love and war
16. Always put your best foot forward
17. An apple a day keeps the doctor away

# Answers

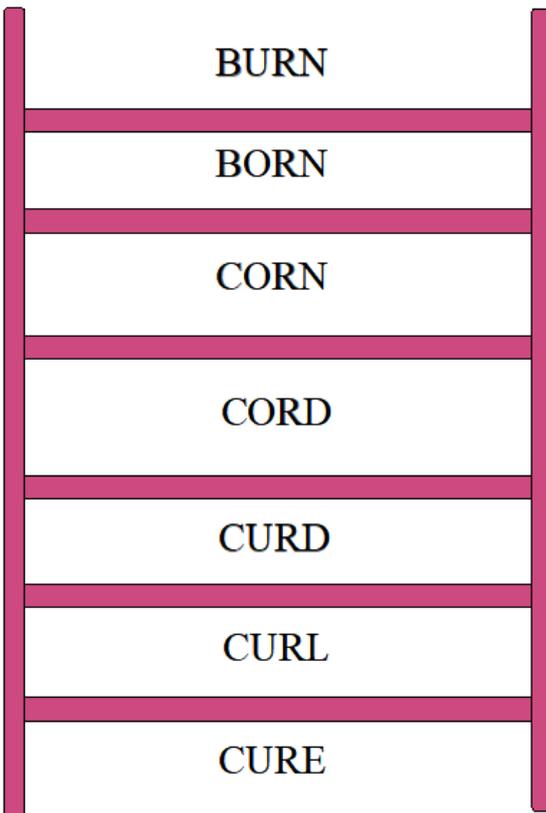
**DOG - CAT**  
**LADDER pg 7**



**PRIDE - SENSE**  
**LADDER pg 9**

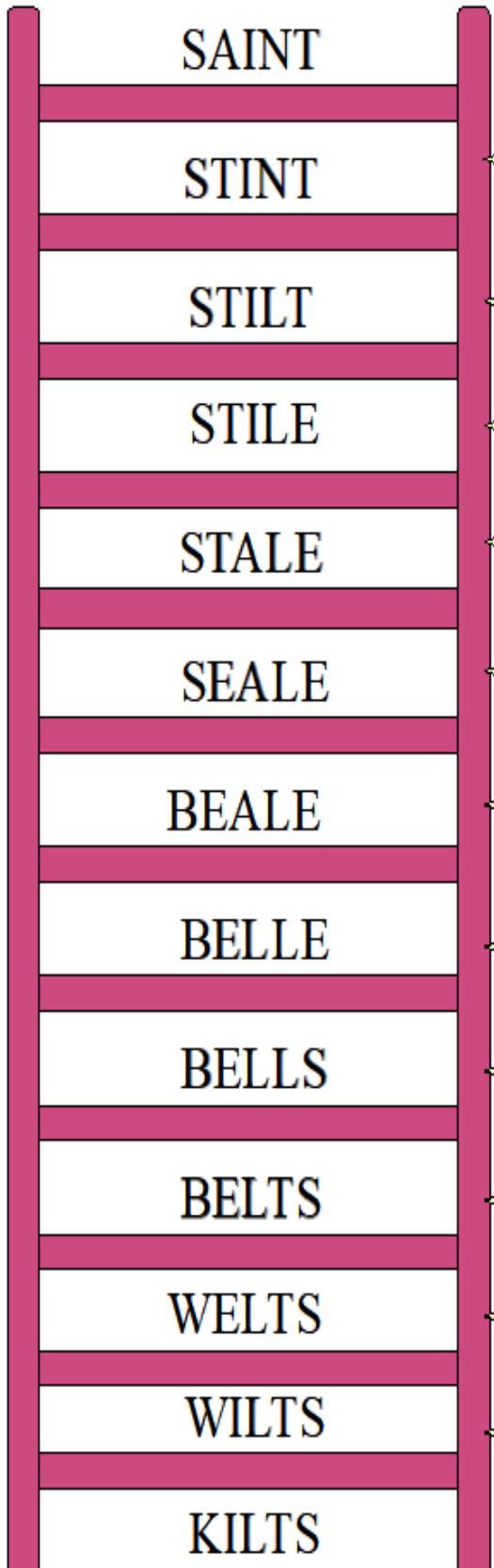


**BURN - CURE**  
**LADDER pg 8**

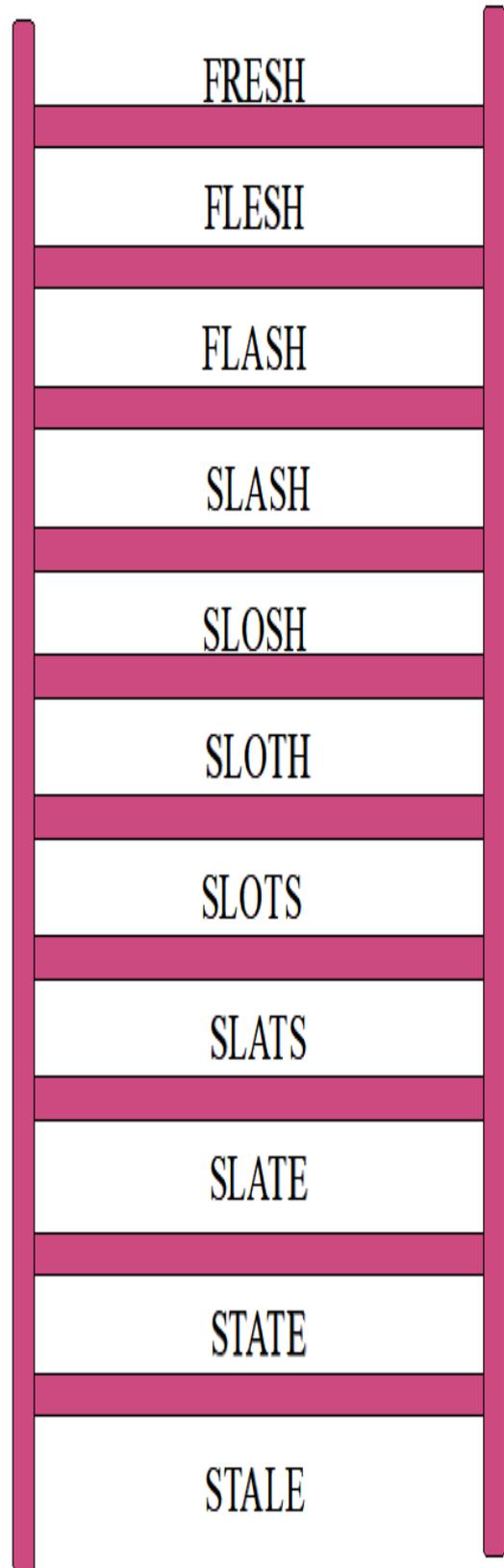


# Answers

## SAINT - KILTS LADDER pg 10

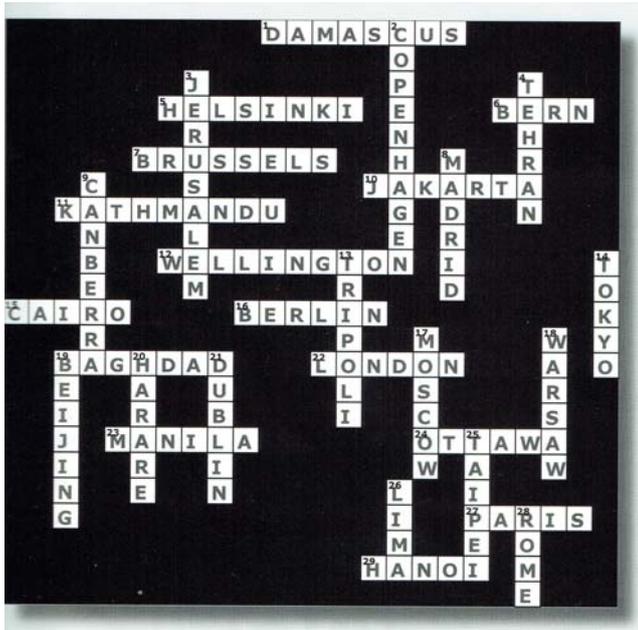


## FRESH - STALE LADDER pg 11



# Answers

## CAPITAL CITIES CROSSWORD pg. 6



## WORDS BEGINNING WITH G pg. 17

1. GALE
2. GARDEN
3. GARFISH, GOLDFISH ETC
4. GAZE
5. GEM
6. GENTLEMAN
7. GERMINATE
8. GENTRY
9. GOOD
10. GREEN
11. GIN
12. GREECE
13. GREASE
14. GRIEVE
15. GRAFFITI
16. GOAT, GIRAFFE ETC

## OPPOSITES pg. 18

1. VERTICAL
2. HILL
3. THERE
4. HEALTHY
5. HATE
6. HARMLESS
7. HEIGHT
8. HOST
9. WARD
10. COWARD
11. SECRETIVE
12. FORTUNATE
13. REFUSED
14. HASTEN
15. FOUND
16. REMEMBER

## DICE GAMES pg. 19 & 20

1. C
2. B
3. A
4. C
5. A
6. C

## CHANGE ONE LETTER

pg. 26

<b>BANKING</b>	<b>CIRCUS</b>
MONEY	CLOWN
TELLER	TRAPEZE
COINS	ACROBAT

<b>FRUIT</b>	<b>SPORTS</b>
CHERRY	SWIMMING
BANANA	ATHLETICS
APPLE	KATATE

### BEVERAGES

TEA  
WINE  
COFFEE

## WHAT GROUP IS THAT?

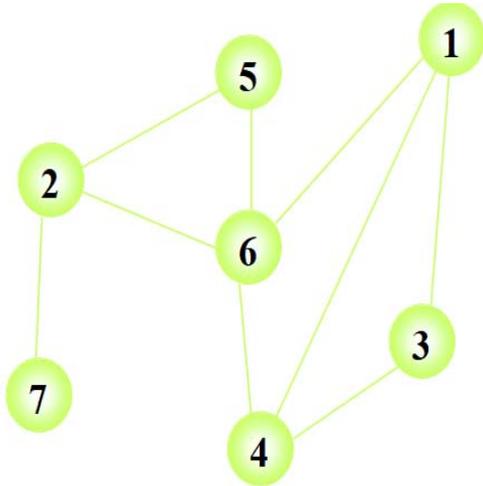
pg. 21

1. CLUTCH OF CHICKENS
2. PRIDE OF LIONS
3. GAGGLE OF GEESE
4. FLOCK OF SHEEP
5. SHOAL OF FISH
6. SCHOOL OF PORPOISES
7. BEVY OF QUAIL
8. BRACE OF DUCKS
9. SWARM OF BEES
10. HERD OF COWS
11. FLEET OF SHIPS
12. CONVOY OF VEHICLES
13. PLATOON OF SOLDIERS
14. CROWD OF PEOPLE
15. ORCHESTRA OF MUSICIANS
16. CHOIR OF SINGERS
17. SQUADRON OF SOLDIERS
18. TRIBE OF NATIVES

# Answers

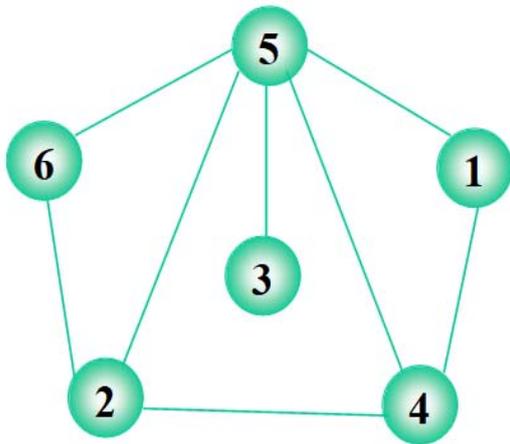
## CONNECTIONS 1 pg 22

- 1 = 13
- 2 = 18
- 3 = 5
- 4 = 10
- 5 = 8
- 6 = 12
- 7 = 2



## CONNECTIONS 2 pg 23

- 1 = 10
- 2 = 4
- 3 = 15
- 4 = 17
- 5 = 7
- 6 = 8



## AUTUMN CROSSWORD pg 25



## WORDS ENDING WITH 'ENT'

pg 24

1. PRESENT
2. ABSENT
3. OBEDIENT
4. ACCENT
5. ACCIDENT
6. RECIPIENT
7. INPATIENT
8. INVENT
9. ADOLESCENT
10. PAVEMENT
11. AFFLUENT
12. TENT
13. UNEMPLOYMENT
14. URGENT
15. VIOLENT
16. DISOBEDIENT
17. BASEMENT
18. BENT
19. CENT
20. CLIENT
21. IMPATIENT
22. FLUORESCENT
23. CONTENT
24. FREQUENT
25. EMPLOYMENT
26. CURRENT
27. COMMENT
28. GARMENT
29. GENT
30. COMPLIMENT