

## APPENDIX 1

**Gruntary** – (from the verb gruntare - to use a single word to express a sentence of complex structure and meaning) compiled by young adults for older adults. A layman's guide to the art of brief speech.

**Ah** - I have just made an educated guess at what you mean.

**Ahha!** - Light is dawning.

**Aargg!** - This particular cliff is actually a lot higher than I first appreciated.

**Ha!** - Caught you red-handed (or pink pawed).

**Humph** - I don't wish to discuss it.

**Mmm** - I'm trying to sound interested but I'm not actually listening.

**Nope** - You have never been more wrong.

**Na** - No - (without conviction).

**Oh** - I am deflated and disappointed, but definitely not sulking. I never sulk.

**OOooWwwwAhhh** - Saved for those occasions where events have overtaken any form of speech.

**Ow!** - You did that on purpose.

**Pah** - I'm ejecting a foreign body from my mouth.

**So sweet!** – Annoying, territorial, a flagrant snatcher of small, important objects – but cute, very cute.

**Umph** - Oh all right, you could have a point.

**Urg!** - This is gross!

**What?** - You have to be joking.

**Yeah?** - Pull the other one, it's got rabbits attached.

**Yep** - Got it in one.

**Yuk** - You don't actually eat this stuff do you?