



ROCKY

Rocky issue No 016 – November/December 2024

"Rocky" is a newsletter for residents of Cove Rock Country Estate. It is published every 3rd month and your input is welcomed. The aim of the newsletter is to: * Inform residents of happenings around the estate * Share advice and general information * Talk about the wonders of the environment. If you have some input or would like the newsletter emailed to other residents or family, simply send an email to Werner Illgner at werner@illgner.net or call him on **083 6020296**

Focus on the Eastern Cape

The baboon that worked for the railroad

During the latter part of the 1800s, travellers to Cape Town, along the Port Elizabeth mainline railroad, frequently saw a curious sight as they entered the Uitenhage train station.

The signalman operating the levers that set the signals in the control tower was a baboon named Jack.

As strange as it may seem, Jack was an employee of the railroad. He belonged to James "Jumper" Wide who worked as a signalman until he lost both legs in an accident. Wide earned the nickname "Jumper" due to his habit of jumping from one railway car to another and sometimes swinging from railcar to railcar. One afternoon in 1877, near Kleinpoort in the Eastern Cape, he attempted to leap to another car and fell underneath the moving train. The massive metal wheels of the train severed both his legs.

Jumper was devastated. Not only had he lost his legs, but he would be of no use to the railroad. He took a post as signalman at Uitenhage station, where he made himself two pegged legs he carved from a piece of wood, and built himself a small trolley he used to get around. Still, he was limited on how well he could perform his job.

One afternoon he was visiting the marketplace in Uitenhage where he saw a baboon leading an ox wagon. He met the owner who demonstrated how smart the primate was. Soon, Jumper was convinced the baboon could serve him well. He pleaded with the owner to let him have the baboon. The owner didn't really want to give up his favourite pet, but he felt sorry for the crippled man.

He gave the baboon to Jumper and thus began the most unusual friendship in the railroad's history. The two lived in a cottage a half mile from the railroad depot. Each morning Jack would push Jumper to work on the trolley. He would push the trolley up a hill and once on top of the hill, Jack would jump on the trolley for a fun ride as it rolled quickly down the other side of the hill. Once at work, Jack operated the signals that instructed train engineers which tracks they would take.



Wide kept an important key in his signal box. It unlocked the points that enabled locomotive drivers to reach the coal-sheds. Whenever a driver wanted it, he gave four blasts on his whistle and Wide would trotter out on his crutches and hold up the key. Jack watched this performance for a few days, then raced out with the key as soon as he heard the four blasts. Thereafter it became one of his duties.

Finally, the time came when Wide was able to entrust the signal levers to the baboon. Wide would hold up one or two fingers and Jack would then pull the correct lever. He always looked at his master for confirmation. In the end, the baboon needed no instructions from his master. Jack really knew which lever to operate for each approaching train, and caught the various offerings thrown to him by passengers.

The working relationship between Jumper and Jack worked well and the two forged a strong friendship. Many locals would go to the tracks to see if the story of a baboon working the signals was true. Most marvelled at how well Jack performed his job.

He knew the difference between the "home" and "distant" signals, and also the engine whistles; and although he was always under the eye of his master, he never made a mistake or required telling twice. Jack was one of the sights of Uitenhage for many years, and his astonishing feats of intelligence was the wonder of all who witnessed them.

Then one day, a prominent lady on route to Port Elizabeth observed Jack working and was horrified at the prospects of a baboon running the signals. She notified the railroad authorities who were unaware Jumper's assistant was an ape. At first, they did not believe her wild story until the system manager and several authorities visited the station. Jumper and Jack were immediately fired.



Jumper pleaded for their jobs and the system manager agreed to test the ability of Jack. An engineer was instructed to blast his train's whistle signalling Jack to change the correct signals. Jack made all the changes without fail. He even looked around in the direction of the oncoming train to make sure that the correct lever and signal were changed.

Jack passed his test with flying colours and the railroad system manager was so impressed he gave Jumper his job back and even hired Jack who became the only baboon in history to go to work for the railroad. From that day forward, Jack was known as Jack the Signaller. For his labour, he was given monthly rations from the government but he also received an employment number. In the 9 years Jack worked for the railroad and his legless master, he never made one mistake that resulted in an accident.

Around Jumper's cottage Jack learned to perform other tasks such as removing rubbish and sweeping the kitchen floor. He also turned out to be a very good watchman. Intruders were greeted by a fierce guard who gnashed his teeth and snarled ferociously to frighten away unwelcome visitors.

Jack died in 1890 after developing tuberculosis.

The first pontoon

Recently I found this piece of East London history, which I found interesting, written by a Mr Graham Du Toit:

"I have an East London Municipal Office 1 Penny (1d) Bronze Ferry 1880 Token that was used as payment to Cross the Buffalo River from the East Bank to West Bank, that I inherited from my grandmother.

Nothing special, not worth very much but very seldom seen these days and to me, just a precious little item from my old home-town that was used during an era that is now long gone."



The first pontoon was provided by the British Kaffrarian Government in 1858, as a means of allowing the newly arrived German settlers to cross from Panmure on the east bank to East London on the west bank.

In 1865 when British Kaffraria was annexed into the Cape Colony, the pontoon over the Buffalo River was taken over by the East London Divisional Council and eventually purchased by the East London Town Council in 1874.

The pontoon remained the only means for vehicles and pedestrians to cross the Buffalo River until the temporary railway bridge was constructed in 1907. The East London Town Council also constructed a separate ferry in April 1875 to provide a more frequent river-crossing service for pedestrians.

An initial fee of 3 Penny's (3d) was set for everybody using the ferry between 06h00 and 19h00 and a Shilling for night crossings. In May 1877, the Municipal Board introduced booklets of paper tickets to alleviate the necessity of passengers having to carry money and the fare was reduced to 1 Penny (1d) per crossing, if the coupon was used.

The continuous production of non-reusable paper tickets however proved very costly so in February 1880, the Council introduced a Bronze 1 Penny (1d) Ferry Token that was minted in East London by Wetzlar and Hammerschlag. The Bronze 1 Penny (1d) Token measured 24,95mm in diameter and weighed 5,58g and could be re-cycled back to the Municipality on a continuous basis for re-use.

It also appears that like many other various tokens that were minted during this period, this token was also used for trade in and around the Eastern Cape area due to a shortage of official Government coins that prevailed at the time."



Ed. In his mid-teens my father served his butcher apprenticeship at Schultz's Butchery on the West Bank and spoke about using the ferry to get to the East Bank. He also told of the times when he was too late for the ferry and swam across the Buffalo to get back to the West Bank. Guess I am lucky he stayed afloat or I would not be around to tell the tale.

All about Nature and the Environment

A natural gem of the Eastern Cape

The Mountain Zebra National Park is a national park in the Eastern Cape province of South Africa and is situated in the semi-arid Great Karoo region. It was proclaimed in July 1937 for the purpose of providing a nature reserve for the endangered Cape mountain zebra, which was hunted almost to extinction during the 1800s. These zebra differ from the plains or Burchell's zebra, by having narrower stripes, absence of shadow stripes and an orange facial colouration. The Park is located some 27km outside Cradock.

The terrain comprises rocky outcrops, mountain plateaus and extensive grasslands and good sightings of mountain zebra are virtually guaranteed, their numbers having increased dramatically since the bad old days of unrestrained hunting.



In the early 1930s, the Cape mountain zebra was threatened with extinction. The National Parks Board of Trustees proclaimed a 17.12 km² (6.61 sq mi) area for the zebra's preservation.

The mountain zebra population of the park comprised only five stallions and one mare and was insufficient to expand the population. By 1950 only two stallions remained, and a neighboring farmer, Mr H L Lombard, improved the breeding pool by donating eleven zebra to the park.

By 1964, there were only 25 zebra in the park. At this time, the park's size was increased to 65.36 km² (25.24 sq mi) and Paul Michau donated six zebra to the park. From then on, the number of zebras increased steadily to about 140. In 1975, the zebras were re-introduced to the Western Cape at the De Hoop Nature Reserve.

Since 1978, capture and relocation of mountain zebra to new habitat have been part of the routine management of the park. Currently (2015) the park's herd number over 700 animals, and an average of about 20 animals are relocated each year. Through the years, additional farms have been purchased to increase the size of the park to the current 284 km² (110 sq mi)

There are several species of antelope in the park including eland, kudu, black wildebeest and springbok and game viewing is made easy by some 40km of good gravel roads, the Rooiplaat plateau providing a splendid vista over the park. Other noticeable species of the mountain plateau are the red hartebeest, mountain reedbuck, blesbok, eland and springbok. In the more wooded valleys visitors should search for kudu, and two of the park's more recent reintroductions, the African buffalo and the black rhino. Other mammals found in the boundaries of the park include gemsbok and grey rhebok.

In 2007, the South African cheetahs were reintroduced to the area. In 2013 three lions were released and in August 2106 the very first litter of Lion Cubs in the area for 130 years was born in the park.

A predator-proof fence prevents the large predators from entering neighboring farmland. There are also Leopard, Caracal and Brown Hyena.

Of 277 bird species recorded in Mountain Zebra NP, as many as 20 are endemic to southern Africa and don't occur outside the region. It is quite possible to check off 100 species, many of them of special interest, in a three-day stay. The impressive Verreaux's eagle and jackal buzzard can often be seen soaring over the mountains, while the martial eagle is more likely to be seen perched on a tall tree. Interesting grassland species include blue crane and Ludwig's bustard.

Early Inhabitants

The Mountain Zebra National Park has acted as a backdrop for thousands of years of human history. Around 12 000 years ago, Later Stone Age people inhabited the area where the park now stands. Evidence of their stay can be found along the banks of the Wilger River. Through research conducted by the University of Stellenbosch, 30 sites with pottery and stone artifacts have been identified in the area.

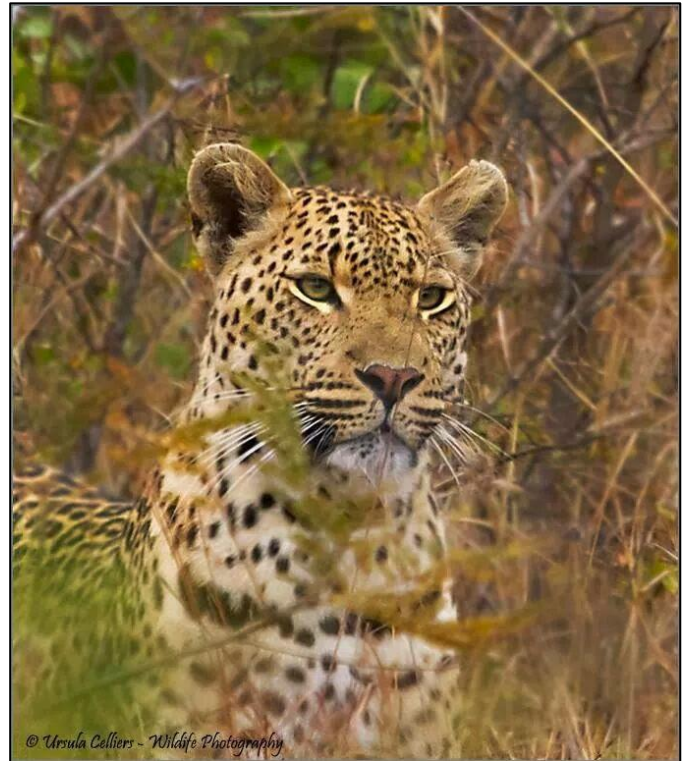
The San people occupied the area around 300 years ago. Three rock shelters containing rock art from the era have been identified, and depicts various animals like antelope and baboons, as well as humans.

During the Anglo-Boer War in the 1800s, British soldiers occupied the Saltpeterskop, a high koppie in the park where they would 'play chess' - a strategic game to signal warnings to their fellow soldiers who were stationed at an old fort in nearby Cradock. The names of the soldiers are etched onto a flat slab rock on the koppie.

During the Great Trek of 1836, settlers moved into the area and set up farms. One of the first permanent farmhouses was erected on the farm De Doornkloof. It was declared a national monument in 1986. It is still in use today as a guest house in the Park.



The Beauty of Nature



Interesting and informative

280 million e-bikes are slashing oil demand far more than electric vehicles

We hop in the car to get groceries or drop kids at school. But while the car is convenient, these short trips add up in terms of emissions, pollution, and petrol cost. Close to half (44 percent) of all Australian commuter trips are by car — and under 10 km. Of Perth's 4.2 million daily car trips, 2.8 are for distances of less than 2 km.

This is common in wealthier countries. In the United States, a staggering 60 percent of all car trips cover less than 10km.



So what's the best solution? You might think switching to an electric vehicle is the natural step. In fact, for short trips, an electric bike or moped might be better for you — and for the planet. That's because these forms of transport—collectively known as electric micromobility — are cheaper to buy and run.

But it's more than that — they are actually displacing four times as much demand for oil as all the world's electric cars at present, due to their staggering uptake in China and other nations where mopeds are a common form of transport.

How can that be?

On the world's roads last year, there were over 20 million electric vehicles and 1.3 million commercial EVs such as buses, delivery vans, and trucks.

But these numbers of four or more wheel vehicles are wholly eclipsed by two- and three-wheelers. There were over 280 million electric mopeds, scooters, motorcycles, and three-wheelers on the road last year. Their sheer popularity is already cutting demand for oil by a million barrels of oil a day — about 1 percent of the world's total oil demand, according to estimates by Bloomberg New Energy Finance.

What about electric vehicles, you ask? After all, EVs have been heralded as a silver bullet for car emissions and air pollution in cities, as their tailpipe emissions are zero. If charged with renewable power, they get even greener.

But to see them as an inarguable good is an error. They are cleaner cars, but they are still cars, taking up space on the roads and requiring a lot of electricity to power them.

Their batteries make them heavier than a traditional car and draw heavily on the extraction of rare earth elements. While EVs are overall much greener than internal combustion engine cars, battery manufacture can undermine some of the gains.

On the plus side, petrol cars cost about AUS\$0.14 per kilometer in fuel, or about \$1,820 in fuel annually for the average car doing 12,000 km. Maintenance averages at \$910 a year, bringing the total to \$2,730 for a petrol car.



By contrast, charging an EV would cost around \$480 for that distance. Maintenance of \$240 takes annual running costs to \$720. So EVs are much cheaper to run. But they are expensive to buy.

What advantages do electric mopeds and bikes have?

The electric transport revolution is a great chance to rethink how we move through our cities—and whether we even need a car at all.

Cars, after all, often have only one occupant. You're expending a lot of energy to transport yourself.

By contrast, electric mopeds and bikes use a lot less energy to transport one or two people. They're also a lot cheaper to buy and run than electric cars.

If you commute on an e-bike 20 km a day, five days a week, your charging cost would be about \$20 — annually.

In Australia, electric bikes are very rapidly going from a hobbyist pursuit to a serious mode of urban transport. Over 100,000 e-bikes were sold here last year.

Of course, you're unlikely to use electric mopeds or bikes to drive from Sydney to Melbourne. Their real value is in short-hop trips — the school run, the milk and bread run, or even the commute — where they take roughly the same time or shorter than a car.



Smaller electric options like scooters and skateboards also offer a way to overcome the last kilometer problem that plagues public transport systems. This, in short, is the inconvenient distance between your home and the station or bus stop. Being able to cover this distance fast can be a game-changer for public transport.

If taken up, electric micromobility can cut urban emissions. A study of e-scooter riders in the United Kingdom found these trips produced up to 45 percent less carbon dioxide than alternatives. US researchers estimate that if e-bike trips expanded to 11 percent of all vehicle trips, transport emissions would fall by about 7 percent.

As petrol prices increase and battery prices fall, the cheaper running costs of electric vehicles and even cheaper running costs of electric mopeds, bikes, and scooters will keep eating away at the demand for oil. Global oil demand is now projected to peak in 2028 at 105.7 million barrels per day—and then begin to fall, according to the International Energy Agency.

Electric vehicles will play a role in cutting oil demand. But it may well be that electric micromobility cuts demand faster, given how fast these cheaper, more plentiful options are being taken up.

What does this mean for me?

If you're looking to go electric, it's worth taking a close look at your transport needs. If you live in an outer suburb or regional towns, you may find the longer range and larger capacity of an electric car is better suited.

But for many people, it's likely you'll have a range of options. You might have one electric vehicle for longer trips, or group trips, as well as an e-bike for the school run or groceries.

What causes recurrent cold sores?

Cold sores can occur when a person contracts the herpes simplex virus, which causes small, fluid-filled blisters around the lips and in the mouth. Many people get cold sores repeatedly throughout their lifetime, as the virus lies dormant in the body between outbreaks.

The blisters usually break and form a sore that crusts over. They will generally heal without treatment within a few weeks.



Once a person contracts the herpes simplex virus (HSV-1), it usually causes an initial outbreak of cold sores.

Then, the virus remains in the person's body for the rest of their life, causing new cold sores to form randomly when it reactivates. If a person keeps getting cold sores, there may be an underlying cause. Many factors can trigger reactivation and subsequent cold sore outbreaks, including:

- hormonal changes, such as those associated with pregnancy or menopause
- another viral infection or illness
- exposure to sunlight, wind, or cold
- stress
- fatigue
- immune system changes

The virus that causes cold sores is extremely contagious, even when a person does not have cold sores.

A person can contract or spread HSV-1 through sharing utensils, food, and beverages. Kissing and engaging in oral sex can also spread the virus. Oral sex may also spread HSV-2, which usually causes genital herpes.

Risk factors

Anyone who has HSV-1 or HSV-2 is at risk of developing cold sores. According to the World Health Organization (WHO), 67 percent of the global population under age 50 has HSV-1.

Not everyone who has the virus will have recurrent cold sores. People at most risk of developing recurrent cold sores or other complications from the virus may have a weakened immune system. These individuals include:

- people with HIV
- people undergoing chemotherapy
- people with severe burns
- organ recipients
- Having conditions such as eczema or psoriasis may also increase a person's risk of developing frequent cold sores.

Treatments

A person can take over-the-counter pain medication to reduce any cold sore-related pain. Cold sores generally clear up on their own within a few weeks. However, most people wish to speed up the healing process to ease their discomfort sooner.

There is no cure for cold sores, but some treatments may speed up the healing process, ease bothersome symptoms and reduce their recurrence.

Taking antiviral medications may speed up healing time and reduce recurrence rates. A doctor can prescribe either oral and topical antiviral medications. Oral antiviral medications tend to be more effective than topical treatments.

Examples of antiviral medications that a doctor may prescribe for cold sores include:

acyclovir (Zovirax); famciclovir (Famvir); valacyclovir (Valtrex)

While antiviral medications focus on healing the cold sores, other treatments can help ease the discomfort they cause. These treatments include:

- applying a cold compress to the area for pain relief
- taking over-the-counter (OTC) pain relievers, such as ibuprofen
- using aloe vera
- using lysine
- applying analgesic creams
- applying OTC cold sore creams with drying agents

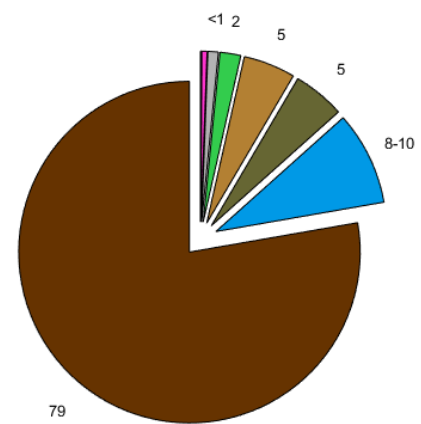
Why are green eyes so unique?

It is estimated that only 2% of all humans have green eyes, making it the rarest eye colour in the world.

The rarest eye colours are not even on the charts. For example, some eyes are different colours in different parts of the iris in an asymmetric fashion. There aren't enough of them to have a category for them. Here are the more common human eye colours:

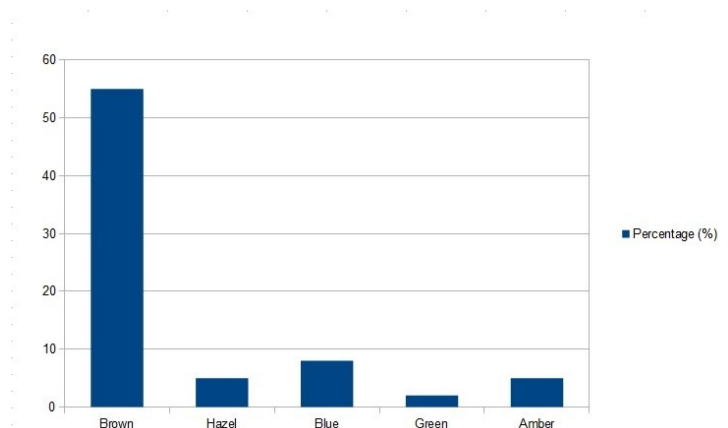
Here is a list of eye colours from rarest to most common:

Green
Violet/Red
Amber
Black (no eyes are true black, just very dark brown)
Blue
Gray
Hazel
Brown

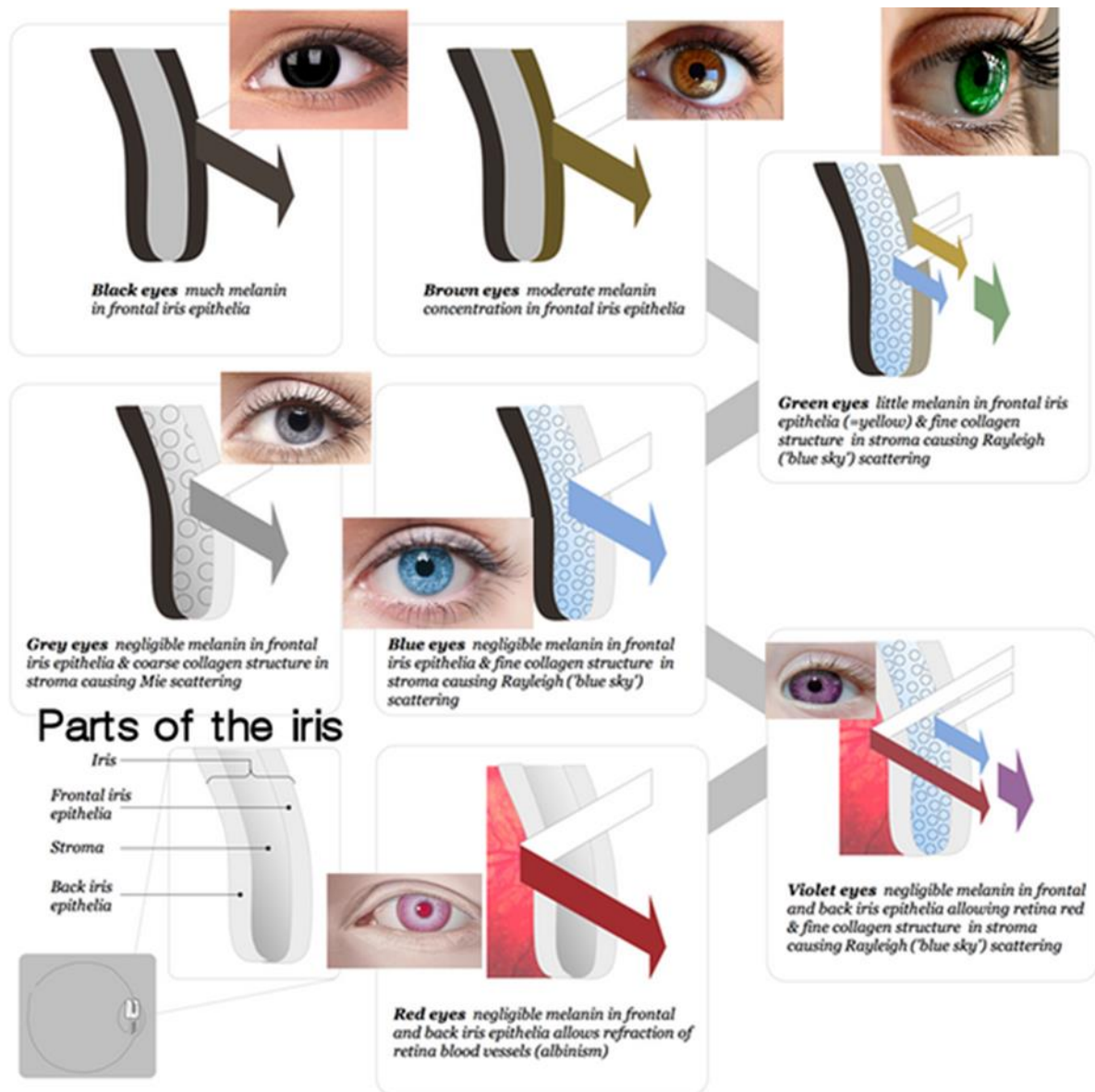


Here is another chart that summarises the frequency of eye colour occurrence.

If you noticed that the list and the charts do not agree, welcome to the issue of insufficient sample size. It depends on what part of the world you look in. It probably also depends on how you define "green" eyes or some of the other colours. The definition of colour depends a bit on the background of the researcher.



Here is a bit of information on what causes the iris to appear a certain colour. Three parts are involved in the iris. The top layer is the frontal iris epithelia. It can be clear, green, or brown. The middle layer of the iris is the stroma. It can be bluish or gray. The lower layer is called the back iris epithelia. It can be dark or clear. If it is clear, then you can see red from the retina blood vessels. This can give rise to red or violet eyes.



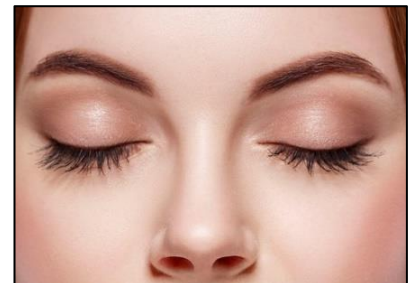
How can I improve my eyesight overnight?

Here Are Five Fast and Easy Eye Exercises You Can Do Every Day in Your Own Home:

1. Blinking

Did you know that something as easy as blinking can help you see better? This is because blinking helps your eyes stay moist, allowing you to focus longer. The problem is that when people work with digital devices, they do not blink as much. Consequently, this leads to eye strain and poor vision.

Why does blinking help your eyes? Think of your eyelids as the windshield wipers of your eyes! Each time you shut your eyes, the Meibomian glands produce moisture to cleanse your eyes. Blinking helps your eyes feel refreshed ready to focus again. Because of these factors, this exercise helps decrease eye strain.



Here's how to perform the blinking exercise:

- Set a timer for two minutes
- Blink every four seconds

Once you've completed this exercise, you will find that your eyes feel less tired and strained.

2. Palming

This simple exercise can help relieve eye strain and stress. The best time to do this exercise is when your eyes need relaxing. Therefore, many people use palming during breaks from their computers or televisions.



The instructions for palming are easy:

- Get comfortable leaning forward onto your desk or a table. If you don't have a hard surface, place your elbows on your knees and lean forward.
- Close your eyes.
- Place your hands over your eyes. The position of your hands is important: the centre of your palm should cover your eyes; your fingertips should be on your forehead; the base of your palm will rest on your cheekbone.
- Do not put pressure on your eyes. You should be able to blink easily.
- Sit this way for two to three minutes.
- Repeat this exercise three times a day when working with digital devices.

The reason this eye exercise works is because the pressure of your hands around your eyes helps to relieve muscle strain.

3. Figure 8

This next exercise helps your eyes become stronger and more flexible.

Here's what you need to do to perform the figure 8 exercise:

- Look about ten feet in front of your eyes.
- Imagine the number eight laying on its side.
- Move your eyes slowly around this reclining figure 8 for two minutes.
- Finally, trace the figure eight in reverse for two minutes.



4. Change of Focus

This simple exercise requires that you change your focus from near objects to far objects. Because it's so easy, this exercise can be done anywhere.

You can do this exercise sitting or standing. Here's how to get started with the focus exercise:

- First of all, hold your thumb up in front of your eyes. Your thumb should be about 10 inches away.
- Focus on your thumb for three to five seconds.
- Change your focus to something 15 to 20 feet away for three to five seconds.
- As you change your focus, be sure to breathe deeply.
- Finally, go back and forth from your thumb and the far object for two minutes.



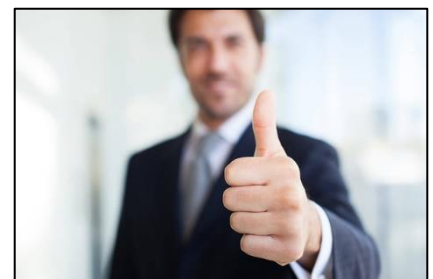
Forcing your eyes to change focus helps to strengthen your eye muscles. Strong eye muscles improve vision!

5. Zooming

Another great eye exercise that strengthens your eyes and increases your ability to focus is zooming.

Follow these simple eye-zooming instructions:

- Sit comfortably in a chair.
- Hold your thumb out like you are going to hitchhike.
- Bring your thumb closer to your eye, maintaining a focus on the thumb.
- Continue moving the thumb toward your eye until it is three inches away.
- Stretch your arm again, moving your thumb away from your eye.
- Keep focusing on your thumb the whole time.



- Do this for two to five minutes.
- Repeat three to five times a day.

So, don't let digital devices harm your vision. Instead, use these five fast and easy eye exercises to strengthen your eyes and keep vision problems at bay. Even those already wearing glasses or contacts can strengthen their eyes and keep their vision from getting worse by exercising their eyes regularly.

Beware these 3 banking scams in South Africa

Customer protection strategies are at the forefront of banks' efforts to curb ATM and related crimes, but to be effective they require customers to also do all they can to protect themselves, says Piet Swanepoel, chief risk officer at African Bank.

ATMs are a favourite target for criminals simply due to their increased usage and accessibility to customers, day and night. Their modus operandi, Swanepoel said, involves various scams, like shoulder surfing, card skimming, swapping of cards and the trapping of cards inside ATMs. As part of its Customer Protection Programme, African Bank provides insight on how these scams work and how customers can avoid falling victim:

1. Card swapping

The perpetrators are groups of at least three criminals.

The victim is distracted while the card is swapped, usually after inserting their PIN number. One of the criminals will have shouldered surfed the PIN prior to the card swap.

The victim leaves with someone else's card and the criminals immediately use the stolen card to make purchases or withdraw money, before the victim realises and has a chance to block their card.

2. Skimming:

Victims are coerced into swiping their cards through hand-held devices at ATMs.

A person claiming to be a bank employee approaches the victim and requests they 'reactivate' their card by swiping it through the hand-held device (the skimming device). This can happen before or after the customer has withdrawn money. There is often a second or third person loitering around the ATM, shoulder surfing for the PIN. In some cases, the ATM card reader entry slot is damaged. While the victim struggles to insert their card, the criminal will approach the victim and take the ATM card from the victim, often escorting the victim to another ATM to attempt the withdrawal. While on their way to the second ATM, the criminal gets hold of the card and it is skimmed.

The victim is handed back the original card only to discover much later that money was withdrawn from their account.

3. ATM-mounted skimmed:

Most ATM skimming devices do not interfere with the ATM when utilised. These devices are created to look like a card reader slot and fit seamlessly over the slot, making them difficult to detect.

A skimming device can also be mounted over the ATM card slot. The false reader in the skimming device acquires the magnetic strip data and the PIN is compromised by means of a camera containing the skimming device which is installed in the mould.

Tips

Follow the instructions on the ATM screen carefully.

- Be alert to your surroundings and leave if you notice anyone loitering suspiciously.
- After successfully transacting at the ATM, leave immediately.
- If your card does not go in smoothly do not force it in. Rather leave the ATM.
- If your card is swallowed do not leave the ATM before you have cancelled your card.
- Memorise your PIN, never have it written down or share it with anyone.
- Key in your PIN yourself in such a way that no one else can see.

- Never let anyone stand close to you while using the ATM.
 - Make sure you are not followed after withdrawing money from an ATM.
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Google's Impact In South Africa: R118 Billion In Economic Activity And Growing

A Google commissioned economic impact report, led by Public First, has confirmed that Google's products and services have contributed an estimated **R118 billion** to the South African economy.

The report highlights Google's significant investment in the country's digital growth, including infrastructure development, support for startups, and the introduction of innovative tools and services.

According to the report, South Africa continues to be at the forefront of Africa's technological revolution, with the country seeing significant growth in internet usage over the past decade and estimates that by 2030, internet adoption could reach about **87%** of the population.

Google SA Interim Country Director, Paul Mayanja, is thrilled by the results of the research which confirms Google's continued role in improving the lives of South Africans.

"It's part of our mission to ensure that Google's products and services are helping to fast track the country's digital evolution, thereby increasing the number of people with access to technology tools. By prioritising affordable access for all local users, Google has empowered millions to connect to the internet for the first time and equipped thousands of businesses and creators," he says.

The research was based on questions asked to online adults, who identified Google Search, Google Maps, Google Workspace and YouTube as among the ten most helpful innovations of the last few decades.

According to some of the respondents, Google Search is an indispensable resource for learners: whether it's researching facts, comparing prices, troubleshooting technical problems, staying updated with the news or performing basic calculations.

The report estimates that in 2023, Google Search alone created a consumer surplus for the average online adult in South Africa worth R575 a month, or almost R6,900 a year. It also mentioned that **82%** of the respondents had used Google Search in the last year to look for a new job.

When it comes to travelling efficiently, mobile apps like Google Maps, simplify navigation across South Africa, **46%** of online adults reported using Google Maps to look for public transportation routes or time, while **57%** of online adults used it to avoid traffic congestion.

More importantly, the research found that South Africa's youth are particularly eager to participate in the digital economy. An impressive 93% of online young adults recognize the importance of digital skills for their future careers.

As a result, many have turned to Google Search to develop their technical expertise. According to the research, over **300,000** young adults aged **18-24** acquired new digital skills through Google Search in 2023, leading to an estimated R5 billion increase in national productivity.

Moreover, over **4000** individuals in South Africa have graduated from a Google Career Certificate Programme since 2018, with **77%** of graduates experiencing positive career advancements within six months of completion.

Another highlight was the use of Google's tools by young startups, with many respondents confirming that internet tools such as Google Search, Gmail, Google Docs and Google Workspace had helped to significantly reduce startup costs.

To this end, Google is taking significant steps to champion ambitious young people across the country, helping them to overcome the challenges associated with starting a new business:

- Google for Startup's Black Founders Fund has supported 135 entrepreneurs in Sub Saharan Africa since 2021, with over R167 million of funding.



- Google Startups for Sustainable Development programme has supported entrepreneurs from over 100+ startups across 20 African countries.
- Google's Hustle Academy has supported 4,000 SMBs from across South Africa since 2022. In 2022, over 75% of South African Hustle Academy graduates reported a positive career outcome (e.g. new job, promotion, or raise) within six months of completion.

Other highlights from the report include:

- Google Search and Google Workspace help knowledge workers save over 2.5 million hours a week, equivalent to a R72 billion improvement in productivity for the country's economy.
 - Cloud computing could increase South Africa's economy by an estimated R167 billion.
 - Artificial intelligence could increase South Africa's economy by an estimated R172 billion.
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R.I.P. Lou Ottens, Creator of the Cassette Tape Dead at 94

Lou Ottens, the Dutch engineer who created the technology behind cassette tapes and compact discs, has died at 94. He passed away at his home in Belgium on Saturday, reports DutchNews.nl.

After studying to be an engineer in school, Ottens got his start in the industry when he joined Philips in 1952 and, eight years later, rose through the ranks to become the head of the firm's product development department. It was there that Ottens led his team in developing the first portable tape recorder. Two years later, he revolutionized the reel-to-reel tape system by inventing a miniature version known as a cassette tape.



When the first plastic cassette tape made its debut at a 1963 electronics fair, it boasted the slogan, "Smaller than a pack of cigarettes!" Ottens specifically designed the cassette to be tiny enough to fit in a jacket pocket, in part because he found other tape models to be unnecessarily large. "I got annoyed with the clunky, user-unfriendly reel-to-reel system," he said years later. "It's that simple."

Instead of keeping his invention private, Ottens urged Philips to license his design so it could become an industry standard and reach a wider audience. Philips listened and made a deal with Sony to use the patented mechanism. Without missing a beat, Japanese companies quickly copied the tapes over to different formats while Sony rolled out a standard cassette globally. All told, over 100 billion were sold worldwide.

As noted by music journalist Marc Masters, who is writing a book about the history of cassette tapes, the original prototype that Ottens' team invented was created as "an opportunity for journalists or nature lovers to make sound recordings outside," not as a way to listen to popular songs. "The very first one, we said, well, speech is good enough," said Ottens. "Then we came to the conclusions that [the sound quality] was much better than we had anticipated. We said, if it's made for music, we should have 30 minutes per side." And thus, the cassette tape as a portable album was born.

Several years later, Ottens changed the game again when he helped develop the compact disc, a new Sony-Philips standard that revolutionized the music industry. Of course, CDs became a lasting global phenomenon, selling over 200 billion copies and becoming a staple for physical media.

Despite the recent boost in cassette sales in the modern day, Ottens held the firm belief that CDs were better than cassette tapes until the very end, arguing that "nothing could beat the sound of a CD." As for his own legacy, Ottens remarked, "I have no 'pride dial'" and instead credited the team effort that went into creating the products instead of himself.

Fascinating Fast Facts

Goosebumps are caused by a muscle

Arrector pili muscles, fan-shaped muscles at the base of each hair follicle, are responsible for goosebumps: these muscles contract when the body is cold in an effort to generate heat and cause a person's hair to "stand up straight" on their skin.



Only 18 out of 1 million Lego pieces are defective

The moulds manufacturing process of Lego bricks is so accurate and effective that just 18 out of 1 million are found to be defective. That's out of the 20 billion pieces that are manufactured every year



All five of George Foreman's sons have the same name, George Foreman

Things probably get a bit confusing around the Foreman household, seeing as all of the boxer's sons are also named George Foreman — and there are five of them. When asked why they all have the same name, Foreman said, "I named all my sons George Edward Foreman so they would always have something in common. I say to them, 'If one of us goes up, then we all go up together, and if one goes down, we all go down together!'"



The filling in Kit Kats is made from damaged Kit Kats

All those Kit Kat bars that are somehow made imperfect during production — due to air bubbles, weirdly shaped wafers, or some other issue — aren't tossed out, but instead ground up into a fine paste and turned into a filling that's then incorporated back into the production process to create new Kit Kat bars. It's the circle of candy life.



There's only one human organ that naturally regenerates

Of all the organs in the human body, the liver is the only that can regenerate on its own. As researcher Richard Bowen explains, "The liver has a remarkable capacity to regenerate after injury and to adjust its size to match its host. Within a week after partial hepatectomy, which, in typical experimental settings entails surgical removal of two-thirds of the liver, hepatic mass is back essentially to what it was prior to surgery."



A jockey once won a race after he had died

In 1923, Frank Hayes was hailed the victor at a race at Belmont Park in New York. The only problem? The jockey had suffered a heart attack and died in the middle of the race, so he wasn't exactly able to celebrate his victory.



Winston Churchill was hit by a car and nearly killed during a New York visit

Talk about a poor way to welcome a visitor. During a lecture tour in the U.S. in Dec. 1931, Winston Churchill was struck by a car while crossing Fifth Avenue and nearly killed. He would describe the experience in The Daily Mail, in an article dictated from his hospital bed: "I felt it on my forehead and across the thighs. But besides the blow there was an impact, a shock, a concussion indescribably violent."



Honey does not spoil. You could feasibly eat 3000-year-old honey

Natural, properly preserved honey will not expire. ... Because of the sugar content and low pH of honey, as well as the bees' honey-making process, organisms that can spoil food won't survive in honey. But honey has to be natural and sealed properly to enjoy its long lifespan.



It would take 1,000,000 mosquitoes, each sucking once, to completely drain the average human of blood. If calculated, the results come as a mosquito will suck five millionths (0.000005) of a litre of blood out of a person in a single serving. The average adult has about 5 litres of blood circulating inside their body. So, it would take about 1,000,000 mosquito bites to drain someone wholly.





Great excitement around The Rock with a magic Christmas Carnival happening on the 24th of December commencing at 17:00. Santa will be making an appearance and many Estate kiddies have been writing to him regarding their Christmas present wishes. SANTA will arrive at 20h00 on the 24th December after the Carnival to hand out prezzies and prizes .



Meet your new CRHOA Country Estate NPC executive team.....

		
<p>Jaco Bakkes Chairman</p>	<p>Zandile Pase Building and Sites</p>	<p>Clare Schwulst Oversite & procedures</p>
		
<p>Tanya de Beer Environment</p>	<p>Stanley Cakata Finance</p>	<p>Marina Venter Roads & Exec Secretary</p>
		
<p>Lisa Sellers HR</p>	<p>Glynnis Martin Social</p>	

Great News!!!!!!

Cove Rock has a top-class Restaurant which has just opened for business on the Estate.

It is called the **Cove Rock Eatery** and offers a most comprehensive menu – at very competitive prices.

Still operating in its infancy, the restaurant is garnering excellent reviews from guests. To mention but a few:

- "Your meat lovers Supreme pizzas are absolutely divine."
- "The Eisbein is massive and so tender. We loved the Chilli popper starters and the Mussel pot."
- "I shared meals with friends at the Eatery ... Steak: Superb! Fish: Fabulous, Pizza: Perfect ... Service, Staff, Scenery: Refreshing!!!! Thanks a million ... I found my Happy place."
- "I am super impressed with the food! Best I've had in East London by far!!!! WOW!!!!!"

The Cove Rock Eatery is open to Estate residents and the general East London public. Bookings can be made at 0721963989 via WhatsApp.

Any patrons from outside the Estate wishing to make bookings must provide the following details:

- Name
- Car registration number
- Time of arrival/booking
- Number of people visiting the restaurant

Please carry a valid Identification document to avoid any disappointments at the security gate.

Congratulations to Rajpreet and her family on establishing a magnificent addition to the many attractions of our Estate. We wish you much success.



DECEMBER / JANUARY – Holiday Season Information



Cove Rock Office

- Closed from MONDAY 23 December 2024
 - Open on MONDAY 03 January 2025

For emergencies please contact:

Harry Fourie	- General Manager:	0660967235
	- WhatsApp	0825781827
Wayne van der Merwe	- Estate Site Manager:	0827971639
Tim Pautz	- Estate Security Manager:	0662506983
	Security Gate:	0871950338

Clubhouse Activities during the Festive Season

SATURDAY 14 December 2024 to TUESDAY 01 January 2025 - Open every day from 12h00 except the days specified below:

Club Closed

Club will close on TUESDAY 24 December 2024 at 20h00

CHRISTMAS DAY – WEDNESDAY 25 December 2024

Boxing Day/Family Day: THURSDAY 26 DECEMBER 2024

FUN DAY AND COLOUR RUN: Clubhouse – MONDAY 16 December, 2024

Colour Run: Starts at 10h00 from the Clubhouse. Prizes for the first three places.

Fun Day Activities for Adults and Children Commence immediately thereafter:

Family Braai at the Clubhouse and Movie night for the Kiddies. Please bring your own meat and drinks. Popcorn for Kiddies.



SANTA on his way to Cove Rock – TUESDAY 24 DECEMBER

SANTA will arrive at 20:00 on the 24th December after the Carnival to hand out prezzies and prizes.

CHRISTMAS CARNIVAL @ Sandy Close drive from 17h00 to 20:00



Refuse Collection Dates over the holiday season:

Refuse collection will take place on Mondays and Fridays as is normal.

Garden Refuse will be collected on Mondays, Wednesdays, and Fridays only during this period. Garden refuse of a minor nature shall be collected by the Estate Garden waste collection service. If the amount of Garden waste is very large, then the homeowner will have to contract to have it removed and must liaise with the Estate Manager in this regard.

Security on the Beach – please be reminded that we will NOT have a Security Guard patrolling the beach over the festive season. However, Security will patrol the area around the beaches.

Access to visiting dogs during the holiday period: Visitors to the Estate are NOT allowed to bring pets into the Estate (new clause added as approved at the AGM 25 June 2013). This will be controlled by our Security Staff at the Access Control.

Builders Annual Shutdown Notice

MONDAY 16 December 2024 – 3 January 2025

No Contractor access will be allowed during this period.

The Executive Committee would like to take this opportunity to wish all residents a most joyous, safe holiday season and a prosperous 2025.

We would also like to thank all those involved in the management and maintenance of our Estate for their support and dedication over the past year.

If you require any further information or would like to discuss anything relating to this Bulletin/Notice, please feel free to contact us before 13 December 2024 or email coverockexec@gmail.com Telephone 043 7361120.

Its seems the Darts competition was a great success with Mark: winner main, Donavan: 2nd





Africa smiled a little, when you left. "We know you," Africa said. "We have seen and watched you. We can learn to live without you, but we know we needn't yet." And Africa smiled a little, when you left... "You cannot leave Africa," Africa said. "We are always with you, there inside your head. Our rivers run in currents in the swirl of your thumbprints; our drumbeats counting out your pulse; our coastline the silhouette of your soul." So Africa smiled a little, when you left. "We are in you," Africa said. "You have not left us yet."

— Anonymous

DUST BOOTS

Meanwhile – Back in Brakpan it's all still happening



REMINDER OF THE BRAAI RULES 🍷

In South Africa it is always the Braai season. Therefore, it is important to refresh your memory on the etiquette of this sublime outdoor cooking activity. When a man volunteers to do the Braai the following chain of events are put into motion:

(1) The woman buys the food.

(2) The woman makes the salad, prepares the vegetables, and makes dessert.

(3) The woman prepares the meat for cooking, places it on a tray along with the necessary cooking utensils and sauces, and takes it to the man who is lounging beside the grill – beer in hand.

(4) The woman remains outside the compulsory three metre exclusion zone where the exuberance of testosterone and other manly bonding activities can take place without the interference of the woman.

Here comes the important part:

(5) THE MAN PLACES THE MEAT ON THE GRILL.

(6) The woman goes inside to organise the plates and cutlery.

(7) The woman comes out to tell the man that the meat is looking great. He thanks her and asks if she will bring another beer while he flips the meat

Important again:

(8) THE MAN TAKES THE MEAT OFF THE GRILL AND HANDS IT TO THE WOMAN.

(9) The woman prepares the plates, salad, bread, utensils, napkins, sauces, and brings them to the table.

(10) After eating, the woman clears the table and does the dishes

And most important of all:

(11) Everyone PRAISES the MAN and THANKS HIM for his cooking efforts.

(12) The man asks the woman how she enjoyed her 'night off', and, upon seeing her annoyed reaction, concludes that there's just no pleasing some women



The solemn-faced man entered the diner and took the lunch counter stool next to mine. The smiling waiter greeted the new customer and asked if he'd like the daily special.

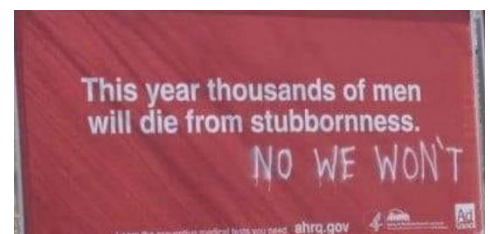
"What is it?" queried the unsmiling newcomer.

"Beef tongue sandwich," the waiter replied, still smiling.

With the most disgusted expression on his face imaginable, the man growled, "I wouldn't THINK of eating something that came out of an animal's mouth!"

"Yes, sir," the undaunted waiter said; "Would you like a menu, then?"

To which the finicky guy responded, "Oh, no -- just give me a fried egg sandwich please.



It was a bitterly contested divorce hearing, and after three weeks of bitter acrimony, the judge was ready to hand down his decision.

The judge said, "Mr. Johnson, after hearing both sides of the case, we find that you are at fault, and therefore the court will give your wife alimony at five thousand rand a month."

Johnson replied, "Thanks, your Honour. And to show I'm not such a bad guy, I'll throw in a hundred myself."

I Love this Japanese Doctor

Q: Doctor, I've heard that cardiovascular exercise can prolong life. Is this true?

A: Heart only good for so many beats, and that's it... Don't waste time on exercise. Everything wear out eventually. Speeding up heart not make you live longer; it's like saying you extend life of a car by driving faster. Want to live longer? Take nap.

Q: Should I reduce my alcohol intake?

A: Oh no. Wine made from fruit. Fruit very good. Brandy distilled wine, that means they take water out of fruity bit so you get even more of goodness that way. Beer also made of grain. Grain good too.

Bottoms up!

Q: What are some of the advantages of participating in a regular exercise program?

A: Can't think of one, sorry.
My philosophy: No pain...good!

Q: Aren't fried foods bad for you?

A: YOU NOT LISTENING! Food fried in vegetable oil.
How getting more vegetable be bad?

Q: Is chocolate bad for me?

A: You crazy?!? HEL-LO-O!! Cocoa bean! Another vegetable!
It best feel-good food around!

Q: Is swimming good for your figure?

A: If swimming good for figure,
explain whale to me.

Q: Is getting in shape important for my lifestyle?

A: Hey! 'Round' is also a shape!

Well... I hope this has cleared up any misconceptions you may have had about food and diets.

And remember:

Finally, the Japanese Doctor summed up: Look mister, Life should NOT be a journey to the grave with the intention of arriving safely in an attractive and well-preserved body, but rather to skid in sideways - Beer in one hand - chocolate in the other - body thoroughly used up, totally worn out and screaming "WOO-HOO, what a ride my life was"!!!!!! 😊

I'M GETTING SO SICK OF
THESE DOUBLE
STANDARDS. BURN A
BODY AT A MORTUARY
AND "YOU'RE DOING
YOUR JOB" DO IT AT
HOME AND YOU'RE
"DESTROYING EVIDENCE"



Eat whatever you like because you will still DIE, don't allow motivational speakers to deceive you.

1. The inventor of the treadmill died at the age of 54
2. The inventor of gymnastics died at the age of 57
3. The world bodybuilding champion died at the age of 41
4. The best footballer in the world Maradona, died at the age of 60.

BUT

5. The KFC inventor died at 94
6. Inventor of Nutella brand died at the age of 88
7. Imagine, cigarette maker Winston died at the age of 102
8. The inventor of opium died at the age of 116 in an earthquake
9. Hennessey inventor dies at 98.

How did these doctors come to the conclusion that exercise prolongs life?

The rabbit is always jumping up and down but it lives for only 2 years and the turtle that doesn't exercise at all, lives 400 years.



So, take some rest, chill, stay cool, eat, drink and enjoy your life. You will still die.

An Irish woman of advanced age visited her physician to ask his advice on reviving her husband's libido. "What about trying Viagra?" asked the doctor

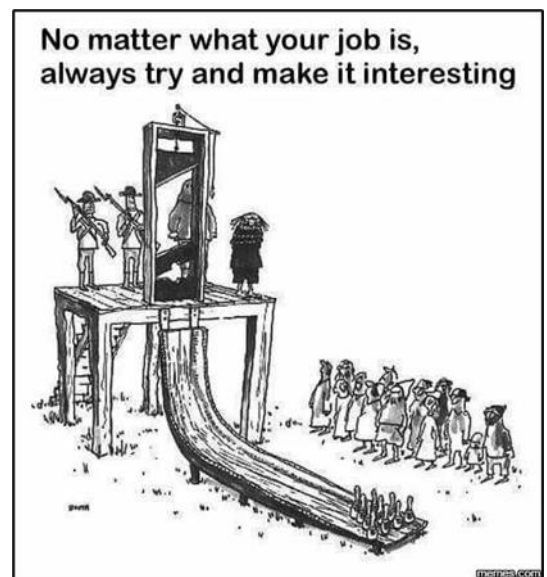
"Not a chance" she replied. "He won't even take an aspirin".
"Not a problem" said the doctor. "Give him an Irish Viagra".

"What is Irish Viagra?" she asked. "It's Viagra dissolved in his morning cup of coffee. He won't even taste it. Let me know how it goes" he said.

She called the doctor the next day. "How did it go?" he asked.
"Oh faith, doctor, it was horrid. Just terrible, I tell ya!!." "I'm beside meself!"

"Really? What in the world happened?"

"Well, I did as you advised. The Viagra in his morning coffee took effect right almost immediately. He jumped straight up, with a smile on his face, a twinkle in his eye and his pants a-bulging.



Fiercely, with one swoop of his arm, he sent the cups and saucers flying across the room, then he ripped me clothes to tatters and passionately took me then and there on top of the table."

"T'was a nightmare, I tell ya, an absolute nightmare."

"Why so terrible?" asked the doctor. "Wasn't the sex good?"

"Oh Nooo!!! it was the best sex I've had in me last 25 years, but sure as I'm sittin here, doctor, I'll never be able to show me face in Starbucks again."

A man drinks a shot of whiskey every night before bed. After years of this, the wife wants him to quit; she gets two shot glasses, filling one with water and the other with whiskey.

After getting him to the table that had the glasses, she brings his bait box. She says "I want you to see this." She puts a worm in the water and it swims around.

She puts a worm in the whiskey, and the worm dies immediately. She then says, feeling that she has made her point clear, "what do you have to say about this experiment?"

He responds by saying: "If I drink whiskey, I won't get worms!"



A blonde had not been to church for many years. She always promised to go but never did. One day, the pastor was stunned when he saw her walk in for the Sunday service. Thereafter, she was at every Sunday service, every prayer meet, and every home-group meet.

Three months later, after a service, the pastor asked, "I am glad to see the wonderful change in you. You had always dodged church, and now it looks like you can't get enough of it?"

She replied, "It's this new car of mine, pastor! They told me the warranty would lapse if I missed even one service!"

Did you know that every tire comes with a preinstalled GPS chip so you can be located in 5G networks? If you don't want to be tracked, you have to cut off the little antenna that sticks out.

