



ROCKY

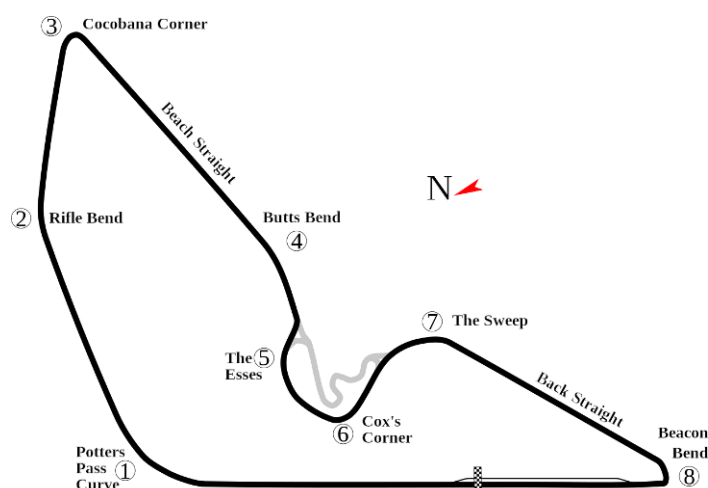
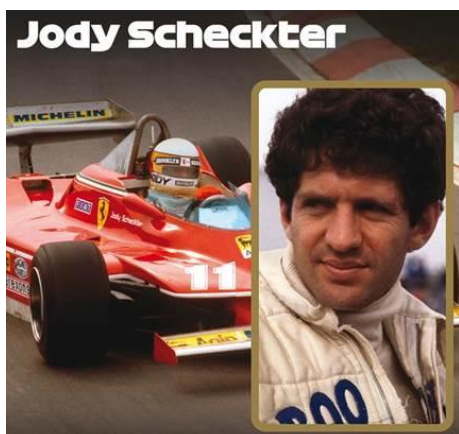
Rocky issue No 017 – July 2025

"Rocky" is a newsletter for residents of Cove Rock Country Estate. 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@gmail.com or call him on 083 6020296

Focus on the Eastern Cape - the South African Grand Prix

Prince George Circuit was a race circuit in East London in Eastern Cape Province, South Africa. On this course the South African Grand Prix was hosted in 1934, and 1936 to 1939 when racing was halted due to World War II, and then from 1960–66.

The Prince George Race Circuit, opened in 1959 (renamed East London Grand Prix Circuit), is a historic motor racing track that hosted three Formula One South African Grand Prix during the 1930s and 1960s. The circuit was run and managed by Border Motor Sport Club on a shoestring budget.



South Africa's only Formula One World Drivers' Champion, Jody Scheckter, started his motor racing career with a Renault Gordini on this track.

The interest in motor racing was ignited in the early 1930s after the municipality had constructed a circular road on the West Bank of East London.

A little of history

Mr. Brud Bishop, the motoring editor of the local newspaper, The Daily Dispatch, took a Sunday drive around the route and the idea sprang to mind to hold a race there. His ideal position at the Dispatch allowed him all the right contacts and, as he was born in England and had started his working career there, entries were soon being received from abroad, as well as around the country.

It was first mooted as a local event, under the name of the "Border Hundred". But so widespread was the support, and so eager the public of South Africa to see a road race, that it soon developed into a national event, and then an international event as entries from abroad gave the event international status and it became known as

The South African Grand Prix

On 27th December, 1934, the South African Grand Prix motor car road race was run over the magnificent Marine Drive Circuit, only a few miles from the heart of the city. Here, eighteen of the finest drivers from

South Africa, America and Great Britain battled out a race over six laps of the 15.2-mile course for the first prize of 250 pounds and the 100 guinea Barnes' Silver Trophy.

The spectacle provided was one of the most thrilling in the annals of South African sport, with a huge crowd of not less than 65 000 going wild with excitement. The vicious roar of open exhausts and the lure of sheer speed proved so attractive that there was little doubt that the majority of those present at the first event would make every endeavour to be there to cheer the victors of subsequent Grand Prix races. The race was won by Whitney Straight, the American millionaire sportsman, who flew out from England specially to compete in his Maserati racing car. Second and third places were taken by JH Case, the popular Queenstown entrant and Michael Straight, brother of Whitney Straight.

Whitney set up a World Record for road races when he steered his Maserati to victory at an average speed of 95.43 miles an hour. During the race he reached a top speed of 152 miles an hour, only four miles below the top speed the Maserati was capable of. This was the fastest he had ever been in his famous racing shell.

He was so pleased with the Marine Drive as a Grand Prix circuit that he declared he would be back to defend his title. "South Africa has been placed on the calendar of International Racing Sport, and will in future receive recognition as such from the world's aces", were his parting words to the country.

Further South African Grands Prix took place from 1936 through to 1939, after Potters Pass had been introduced to avoid racing through the township of West Bank.

This shortened the track to 11 miles and 57 yards and it was thereupon named the Prince George Circuit. It is estimated that a crowd of 82,000 attended the 1936 race.

Interest in motor racing was kept alive after the war by racing on the Esplanade at East London, as the old circuit had been affected by the introduction of the new airport.

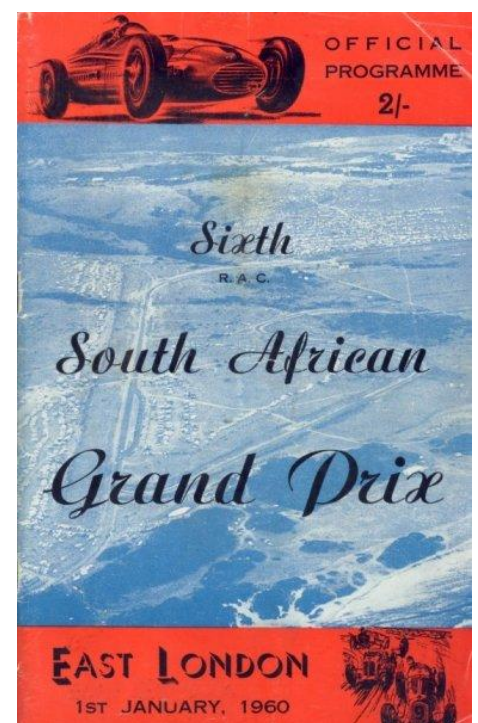
The year 1959, however, saw the opening of the new Grand Prix Circuit as we know it today, cutting through the old shooting range. It measured 2.4 miles in length.

The 6th South African Grand Prix took place in January 1960 on the new track and drew a crowd of 50 000.

The 7th took place in December 1960, while the 8th happened in December 1961 and drew 67 000 spectators.

The 9th Grand Prix took place in December 1962 and was to be the decider for the World Championship. It drew 90 000 spectators. The 10th Grand Prix took place in 1963 and drew a crowd of 40,000, while the 11th in January 1965 drew 50 000 spectators. The 12th and last Grand Prix took place in January 1966.

The original circuit was 23.4 km long and was run on streets through different populated areas. The start and finish straight ran along the sea shore. After three fast corners the course followed a road – which is now called Molteno Drive – that would later also be part of the shorter new circuit. Moving further east the course entered the West Bank Village on Strand Street before turning north onto Bank Street and then west on Military Road. There the track moved through the areas Fort Glamorgan and Gately. Military Road changed into Settlers Way at the height of Woodbrook and Greenfields. After driving past the East London Airport, the course turned south at the far west point onto Prince George Street and led with a relatively long series of twisty turns and one hairpin at the end back to the main straight.



The circuit was shortened to 17.7 km in 1936. Instead of taking Molteno Drive east, the course followed Potters Pass north to get back onto the original circuit at the begin of Settlers Way.

Modified to meet Formula One regulations in 1959, the track was built into a seaside amphitheatre with a length of 3.9 km. It hosted three rounds of the F1 South African Grand Prix in the 1960s. It was later deemed too small for Formula One cars, and the race was moved to Kyalami.

All about nature and the environment

Shad / Elf

Here at Cove Rock, near East London, some shoals of sardines have been passing by and the local fisherman have been busy catching shad.



The Shad (species: *Pomatomus saltatrix* – Lineaus), also known in South Africa as Elf, in Australia as Tailor and the USA as Bluefish, is a member of the order Perciformes and family Pomatomidae, and is a popular angling and food fish especially in KwaZulu Natal where people of Indian origin find it extremely desirable. Shad is also a favourite bait fish used by anglers looking for larger predatory fish species, e.g. Garrick (Leervis) and Kob.

Considered by many as the backbone of South African rock and surf fishing, the humble shad is still a much sought-after quarry to many seasonal fishermen. Known as Elf in the Cape and Shad in Natal, the species has long suffered the effects of over fishing. During the seventies and eighties fish stocks were on the verge of collapse and a noticeable decline was reversed by introducing and enforcing stringent catch limits as well as a mandatory closed season.

Shad are a remarkably fast-growing species and the positive steps in conservation have resulted in a healthy and stable fishery across South Africa. It is also evident that the average sizes have increased in recent years. It is rewarding to notice the increasing reports of a notable 'Blue Shad' being caught on a more regular basis.

Shad are known as ferocious and powerful quarry and what they lack in size they make up for in temperament. Shad can be caught almost anywhere under the right conditions, but are most active at sunrise and sunset. If there is sufficient structure such as rock pinnacles, reefs or protected bays Shad can be targeted throughout the day. Overcast conditions with warm sea temperatures also seem to keep Shad active during the day. Under these conditions the two hours before and after high tide will bring the best results.

Predominantly an inshore species, shad come close inshore to feed around rocky outcrops and in the surf zone. Shad are found along the entire coastline of South Africa from Southern Mozambique to Namibia.

A Cool Water Species

Contrary to many opinions, Shad is not a tropical water species! Larger specimens of breeding age in fact favour cooler, more temperate, conditions. This can be observed by the relative scarcity of breeding age shad along the coast of KwaZulu Natal (KZN) during summer months when sea temperature rises above 22 degrees. At this time of year, the main shoals and larger individuals are found on the Southern and Western coast.



Breeding Migration and Fecundity

From about April the species begins its migration up the east coast on their way to the waters of KZN where they will spawn.

Large female shad may produce up to two million eggs in one season, although most females produce about one million eggs each season. The eggs hatch after a few days and the pelagic larvae drifts passively inshore of the Agulhas Current back to the south-eastern Cape, where they spend their first year living in large marine bays.

During their drift southwards, the tiny fish have a slim chance of survival as the ocean teems with filter feeders and carnivorous zooplankton that thrive by gulping down small fish larvae. The migration coincides with the annual sardine migration that takes place each year. Shad in South African waters spawn in the warmer water of KZN and Southern Mozambique. Smaller females (around 35cm length) release several hundred eggs, while larger individual can drop tens of thousands each year.

This fact raises the question whether the current practice of protecting smaller individuals is not misguided. Perhaps a better approach to protecting the species will be one where both a minimum and maximum size limit is placed on the species. The current fishing regulations - minimum size limit is 30 cm total length, daily bag limit is 4 fish per person per day.

This practice has already been implemented to some extent with another inshore species, *argyrosomus hololepidotus* – more commonly known as Kob or Kablejou (members of the same family known as Drum in the USA) where both minimum and maximum sizes have been applied. The restriction varies between shore and boat anglers.

The Shad season in South Africa closes on the 1st October and remains closed until the 30th November. This seasonal ban, designed to protect the shad during its peak breeding season, has been in effect since April 2005 and has proven most valuable in maintaining the South African shad stocks.

Interesting fish facts

- Most fish reproduce by laying eggs, though some fish, such as great white sharks, give birth to live babies called pups.
- Starfish are not fish. Neither are jellyfish.
- Although the fangtooth fish is only a few inches long, it has teeth about the size of a human's.
- The mudskipper is a fish that spends most of its time out of water and can "walk" on its fins. It carries a portable water supply in its gill chambers when it leaves the water. It can also breathe through the pores of its wet skin.
- Catfish have over 27,000 taste buds. Humans have around 7,000.
- To achieve shimmering effects, most lipsticks contain fish scales.
- Lungfish can live out of water for several years. It secretes a mucus cocoon and burrows itself under the unbaked earth. It takes in air with its lung through a built-in breathing tube that leads to the surface. A lungfish has both gills and a lung.
- Seahorses are the only fish that swim upright.
- Some fish, such as the great white shark, can raise their body temperature. This helps them hunt for prey in cold water.
- The oldest known age for a fish was an Australian lungfish. In 2003, it was still alive and well at 65 years old.
- The average fish has a brain about 1/15th the size of a bird or mammal's brain. However, sharks and elephant fish actually have brains as big as those of other animals their size.
- Sharks have eyelids. They're also the only fish to have them in the animal kingdom. While they don't need to blink underwater, they need the eyelids to protect their eyes whenever they're eating or fighting with other sharks. It doesn't provide complete protection, though, as a shark's eyelids don't close the whole way.

- Flying fish don't actually fly. Instead, they glide at high speeds, staying in the air through the wind flowing over their fins. Once they slow, they would fall back into the water. Flying fish can glide for long distances too, usually up to 50 meters.
 - Scientists have only thoroughly explored 1% of the ocean. This leads them to suspect that more mysteries and discoveries await in the remaining unexplored 99% of the sea. These include millions of undiscovered species of fish and other kinds of plants and animals.
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The Beauty of Nature - Leopards



The Social Scene

Cove Rock and the Social Committee have been buzzing with activity since the last *Rocky* issue! Here are some highlights from the social scene since December 2025

Cove Rock Christmas Carnival – December 24th

Santa made a grand entrance at Cove Rock, bringing joy and excitement to the local children. But he didn't come alone—his cheerful elves arrived early to set up a Carnival Wonderland filled with Fun Games & Activities, Loads of Gifts for Every Child based on letters sent to Santa and treats and Snacks for All.

Santa personally read each letter and ensured every child received their special gift, creating unforgettable memories and smiles all around.



New Year's Beach Bonfire – January

The year began with warmth and community spirit as residents gathered around a glowing beach bonfire, sharing stories, laughter, and good vibes under the stars, February brought friendly competition and fun with a **Bingo Night** at the clubhouse. Prizes, drinks and lots of laughs made it a hit for all ages!



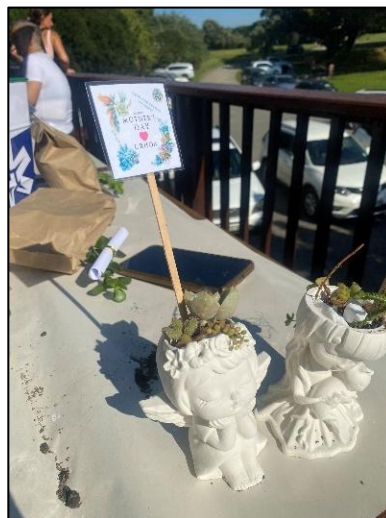
On Valentine's Day, the **Social Committee** surprised residents with a sweet **Gate Blitz**—handing out treats and tokens of love at the entrance. It was a heartwarming gesture that spread joy throughout the community



April brought a wave of excitement to Cove Rock as families gathered for the annual Easter Egg Hunt following the morning Easter service on the beach. 📷 Just as the kids were settling in, the Easter Bunny made a surprise visit, hopping in with baskets full of treats and smiles!



In May, the Cove Rock community came together to honour the amazing mothers with a delightful **"Plant & Sip"** event at the clubhouse.



In June, the Cove Rock community proudly celebrated the incredible efforts of the **Blue Wagon crew**—a dedicated team that tirelessly raises funds for clubhouse upgrades and improvements. A big Thank you to Caroll Warmberg, Bernie Esau, Antoinette Moss, Clare Schwulst, Clive Warmberg and Harry Fourie for all your hard work.

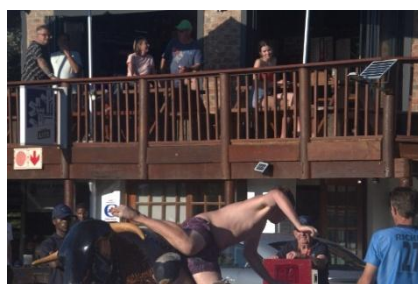


We celebrated Father's Day the **South African way**—with a sizzling **braai**, laughter, and unforgettable activities that brought the whole community together.

Highlights of the Day:

- **Traditional Braai** – Fires burned high and the air was filled with the mouthwatering aroma of grilled meats.
- **Mr & Ms Youth Competition** – Young stars showed off their charm and talent. Even the Dads stepped up and stole the show with their humor, style, and spirit.
- **Water Slide Fun** – Kids and adults alike cooled off with splashes and smiles.
- **Bull Riding Challenge** – A wild ride that had everyone cheering!

It was a day of sunshine, celebration, and community pride—proving once again that Cove Rock knows how to honour family in true South African style.



More events to come for 2025

Interesting and informative

The South African woman who created a nougat empire out of her kitchen

Wedgewood is one of South Africa's most well-known and beloved sweets brands today. However, the story starts with humble beginnings in Gilly Walter's family kitchen.

During the late 1990s, Gilly Walters was in a difficult position. Her husband had been diagnosed with cancer, and they had to sell the family farm.



To make ends meet, she started baking products and selling locally sourced cheeses, which she sold at the farmers market in Pietermaritzburg.

At one of these markets, Walters and her husband met Christopher Duigan, who is widely regarded as one of South Africa's foremost concert pianists.

This encounter sparked a new idea. Walters decided to hold concerts for music lovers at her family home, sometimes hosting up to 100 guests.

Duigan entertained audiences with his knowledge of classical music and incredible piano skills, while Walters would delight guests with dishes created in her kitchen in their Hilton family home.

"With her passion for good food, our Mum created her innovative recipes to serve to her guests," said Paul Walters, CEO of Wedgewood Crafted Confectionery.

Walters had travelled to France as an au pair in her youth and decided to try to recreate the Montelimar nougat as an evening alternative to dessert.

Montelimar nougat, a traditional French confection, is a soft, chewy candy primarily made from honey, almonds, and egg whites.

It is known for its delicate taste and unique texture, often with additional ingredients like pistachios and signature lavender honey.

Although it tasted great, the recipe was a disaster. The first batch had to be served frozen to stop it from running off the plate.

She wasn't deterred, though, and went back to the drawing board. Walters toiled over the stove for five months before she perfected the Wedgewood recipe.

"Our family kitchen became a constant stream of nougat to be tasted, pulled and prodded by anyone who stepped over the threshold," Paul said.

"Eventually, Gilly perfected her well-loved nougat recipe and packed it into baskets to sell at the local farmer's market."

Business growth

Suffice it to say, the response to her newly perfected recipe was better. In fact, Wedgewood still uses the same recipe today, Paul explained.

"Such was the demand for our Mum's honey-rich nougat, and later her world-first nougat biscuits, that production grew fast," he said.

"Her three sons jumped in to stir pots and help where needed. And that's how Wedgewood Nougat began."

Today, Wedgewood Crafted Confectionery is one of the most popular nougat brands in the country, and Walters' touch can still be found all over the business.

Wedgewood remains a family business and still makes nougat the same way she made it, in small batches with great care on their farm.

"Our nougat is still handmade on our farm, and we work with the same passion and commitment that we always have," he said.

At the same time, Wedgewood is working on creating exciting new recipes while keeping a very particular eye on quality, the way Walters did.

The Wedgewood Farm is a decommissioned dairy farm, not far from the Drakensberg Mountains. It is home to the business' bespoke nut-cracking facility, the Wedgewood Bakery and Makery and the Wedgewood Farm Shop.

Today, more than 25 years after its founding, the business has five emporiums nationwide, at the V&A Waterfront, Parkhurst, Lourensford, Ballito, and in the Midlands.

The floral theme in each emporium is inspired by the rose farm where the Wedgewood family lived and where Walters perfected high teas for her visiting customers. Her original recipes, which were first crafted on the farm, are also featured in the emporiums.

Each Wedgewood Gifting & Hamper Emporium is different in design and feel, but some key components create a common theme.

Each location has a unique floral artwork created by Walters' daughter-in-law and other artists. Most recently, Walters' grandson has taken to creating florals, which are used to create wall-to-ceiling wallpaper.

Many people may recognise Wedgewood's iconic boxes in which nougat products are sold. In 2021, Wedgewood launched its own Handmade Box Project.

The project is based on Wedgewood's Midlands farm and employs people with disabilities living in the local community.

This idea was born from the business's need for beautifully crafted handmade boxes and a request from their community to find jobs for these previously disadvantaged people.

The Wedgewood Handmade Box Project is growing and now employs two full-time Handmade Box Project team members, Sli and Sphume. They can produce up to 100 handmade boxes daily in 6 artisanal steps.

Wedgewood products can also be bought nationwide at large retailers like Checkers, Pick n Pay, Dischem, and Netflorist.

Have a Mealie

Corn, also called Indian corn or maize, cereal plant of the grass family (Poaceae) and its edible grain. The domesticated crop originated in the Americas and is one of the most widely distributed of the world's food crops. Corn is used as livestock feed, as human food, as biofuel, and as raw material in industry. In the United States the colourful variegated strains known as Indian corn are traditionally used in autumn harvest decorations.

Corn was first domesticated by native peoples in Mexico about 10,000 years ago. Native Americans taught European colonists to grow the indigenous grains, and, since its introduction into Europe by Christopher Columbus and other explorers, corn has spread to all areas of the world suitable to its cultivation.



It is grown from 58° N latitude in Canada and Russia to 40° S latitude in South America, with a corn crop maturing somewhere in the world nearly every month of the year. It is the most important crop in the United States and is a staple food in many places.

The corn plant is a tall annual grass with a stout, erect, solid stem. The large narrow leaves have wavy margins and are spaced alternately on opposite sides of the stem. Staminate (male) flowers are borne on the tassel terminating the main axis of the stem. The pistillate (female) inflorescences, which mature to become the edible ears, are spikes with a thickened axis, bearing paired spikelets in longitudinal rows; each row of paired spikelets normally produces two rows of grain. Varieties of yellow and white corn are the most popular as food, though there are varieties with red, blue, pink, and black kernels, often banded, spotted, or striped. Each ear is enclosed by modified leaves called shucks or husks. Many industrial varieties of corn are genetically modified for resistance to the herbicide glyphosate or to produce proteins from *Bacillus thuringiensis* (Bt) to kill specific insect pests. In addition, some strains have been genetically engineered for greater drought tolerance.

Commercial classifications, based mainly on kernel texture, include dent corn, flint corn, flour corn, sweet corn, and popcorn. Dent corn is characterized by a depression in the crown of the kernel caused by unequal drying of the hard and soft starch making up the kernel. Flint corn, containing little soft starch, has no depression. Flour corn, composed largely of soft starch, has soft, mealy, easily ground kernels. Sweet corn has wrinkled translucent seeds; the plant sugar is not converted to starch as in other types. Popcorn, an extreme type of flint corn characterized by small hard kernels, is devoid of soft starch, and heating causes the moisture in the cells to expand, making the kernels explode. Improvements in corn have resulted from hybridization, based on crossbreeding of superior inbred strains.

Although it is a major food in many parts of the world, corn is inferior to other cereals in nutritional value. Its protein is of poor quality, and it is deficient in niacin. Diets in which it predominates often result in pellagra (niacin-deficiency disease). Its gluten (elastic protein) is of comparatively poor quality, and it is not used to produce leavened bread. It is widely used, however, in Latin American cuisine to make masa, a kind of dough used in such staple foods as tortillas and tamales. Given that corn flour is gluten-free, it cannot be used alone to make rising breads. In the United States corn is boiled or roasted on the cob, creamed, converted into hominy (hulled kernels) or meal, and cooked in corn puddings, mush, polenta, griddle cakes, cornbread, and scrapple. It is also used for popcorn, confections, and various manufactured cereal preparations.

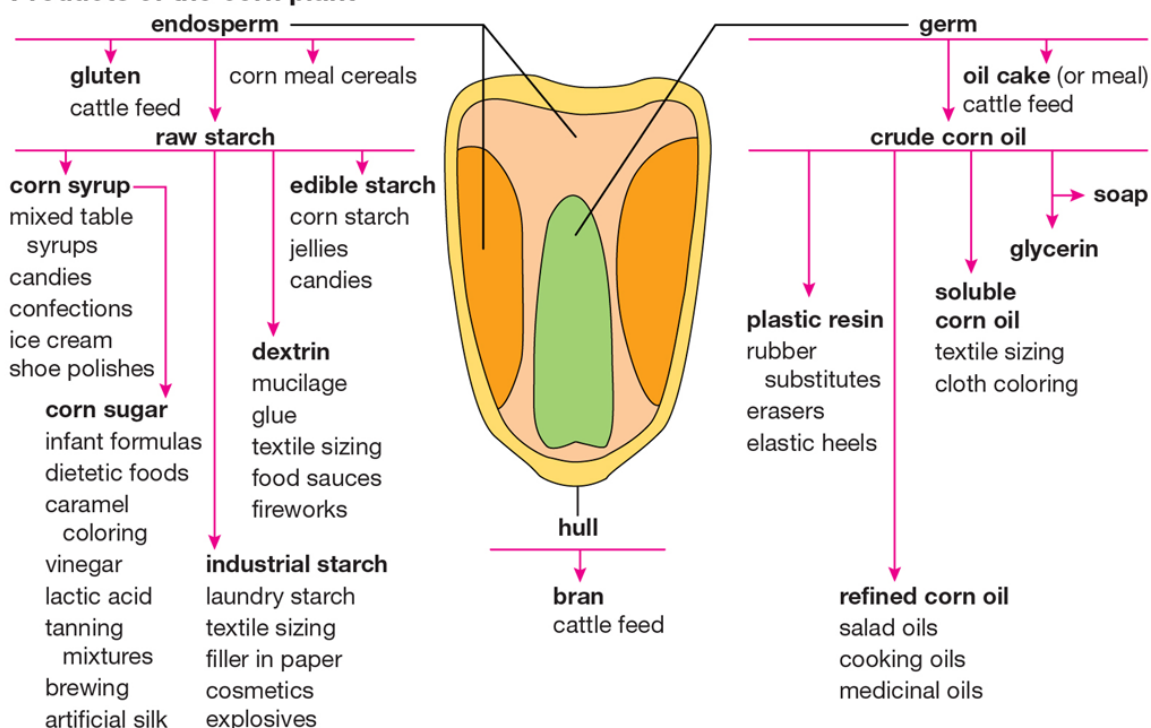
Corn is also used to produce ethanol (ethyl alcohol), a first-generation liquid biofuel. In the United States corn ethanol is typically blended with gasoline to produce "gasohol," an automotive fuel that is 10 percent ethanol. Although corn-based biofuels were initially touted as environmentally friendly alternatives to petroleum, their production diverts arable land and feedstock from the human food chain, sparking a "food versus fuel" debate.

Cellulosic ethanol, which is made from nonedible plant parts such as agricultural waste, has a smaller impact on the food chain than corn ethanol, though the conversion technology is generally less efficient than that of first-generation biofuels.

Many parts of the corn plant are used in industry. Cornstarch can be broken down into corn syrup, a common sweetener that is generally less expensive than sucrose; high-fructose corn syrup is used extensively in processed foods such as soft drinks and candies. Stalks are made into paper and wallboard; husks are used as filling material; cobs are used directly for fuel, to make charcoal, and in the preparation of industrial solvents. Corn grain is processed by wet milling, in which the grain is soaked in a dilute solution of sulfurous acid; by dry milling, in which the corn is exposed to a water spray or steam; and by fermentation, in which starches are changed to sugars and yeast is employed to convert the sugars into alcohol. Corn husks also have a long history of use in the folk arts for objects such as woven amulets and corn-husk dolls.



Products of the corn plant



Definite signs your vehicle's battery is due for a replacement

- A normal vehicle battery has an approximate lifespan of three to four years.
- Factors like a vehicle standing for a long time or leaving the lights on, can decrease the functional longevity of a battery.

Just like the engine or suspension, a battery is an essential component in how a vehicle operates. Without it, components like your starter motor, alarm system, radio and headlights will not function at all because there is no other source of power to draw from.



Last year, the hard lockdown forced many people to park their vehicles for indefinite periods, resulting in the battery running flat. Leaving the lights on with the vehicle switched off can also decrease the functional longevity of a battery.

According to Battery Centre, keeping batteries clean and clear of corrosion, tightening terminal connections, and disconnecting the negative terminal if the vehicle is going to park for long periods are a few tips to ensure maximum battery life. A fully charged battery minimises starting problems and usually takes 30 minutes of driving to recharge it.

'Listen to your battery'

Life tends to get fast-paced at times, and it is easy to overlook something as minor as a battery telling you it's reaching the end of its lifecycle until one morning when you turn the key in the ignition, and nothing happens.

Winter has already asserted its influence with cold and wet conditions across the country. Low temperatures slow down chemical reactions in batteries, resulting in an insufficient supply of electric current that can cause it to act upon those cold winter mornings.

According to Supa Quick, 99% of breakdowns are a direct result of battery failure. This is often due to a lack of proper battery maintenance. Using references from Willard and Battery Centre outlets, here are a few sure-fire signs to let you know your battery needs replacing:

Sluggish engine starting

An engine typically turns over and achieves spark within two seconds of swinging the key in the ignition, but if it takes longer, or you have to try more than once to do so - most of the time, it's a weak battery at fault.

Battery light on the dash

This light comes on briefly when you switch the vehicle on and then goes away again, which is perfectly normal, but if it comes on while you are driving, then it means that your alternator is not properly charging. In other words, it is not getting enough voltage from the car battery.

Bloated battery casing

This is a dangerous scenario because this can lead to the battery exploding. According to Firestone, this is down to the exposure of excessive heat that causes the casing to swell. Batteries follow a solid rectangle shape, so it is relatively simple to notice any round-formed form.

Fluid leak

A fluid leak can be linked to the issue above and also if a battery has sustained physical damage like a crack where the fluid, or acid, starts leaking out. This can also occur with older wet lead-acid batteries where fluid has to physically be topped up, running the risk of throwing in too much liquid.

Headlights dim on idle

Another simple way to troubleshoot is to check to see how bright your vehicle's headlights shine at night while on idle. If it looks eerily dim, then it's inevitable that your battery is on its last legs.

Wheels24's Janine Van der Post says: "There are other more minor signs too, like having to hit your remote button twice or thrice to unlock or lock your vehicle, especially if your older car has an immobiliser fitted connected to an alarm system. Or, the indicators or hooter won't work.

"If you're driving an older vehicle, try and keep a logbook for your car with service dates, when you last bought a new battery etc. It's so easy to forget these things, and by keeping a log, it will help you to maintain a better hand on your car. It could also help you budget or save up for bigger items which need to be replaced."

Three types of WhatsApp messages can now land you in jail in South Africa

President Cyril Ramaphosa signed the Cybercrimes Act into law on Tuesday, introducing new laws that criminalise the sending of certain types of harmful messages on social media in South Africa.

Penalties for sending such messages include imprisonment for up to three years and/or a fine.

The Cybercrimes Act defines three types of harmful messages that have been criminalised in South Africa. They are messages which:

- Incite damage to property or violence.
- Threaten people with damage to property or violence.
- Unlawfully contain an intimate image.

Ahmore Burger-Smidt, the director and head of data privacy practice at Werksmans Attorneys, said that the Cybercrimes Act is mainly aimed at bringing South Africa's cybercrime laws in line with the rest of the world.



In addition to criminalising certain harmful messages, Burger-Smidt said that the Act also includes definitions for cyber fraud, forgery, extortion, and theft of incorporeal property.

The unlawful and intentional access of a computer system or computer data storage medium is also considered an offence, along with the unlawful interception of, or interference with data.

In addition to defining specific cybercrimes, the Act also places several obligations on companies such as network operators, Internet service providers, and financial institutions.

The Act stipulates that electronic communications service providers and financial institutions must report, without undue delay and where feasible, cyber offences within 72 hours of becoming aware of them. If they fail to do so it may lead to a fine of as much as R50,000.

These companies are also obligated to help in the investigation of cybercrimes, said Burger-Smidt.

They must preserve any information that may help the South African Police Service in its investigation, and may also be required to hand over hardware when an application is made to the court.

The malicious communications criminalised by the Cybercrimes Act are defined follows:

Message which incites damage to property or violence

A message which incites damage to property or violence applies to any person who discloses, by means of an electronic communications service, a data message to a person, group of persons or the general public with the intention to incite

(a) the causing of any damage to property belonging to; or

(b) violence against, a person or a group of persons

The Cybercrimes Act defines "violence" as bodily harm, and "damage to property" as damage to any corporeal or incorporeal property.

Message which threatens persons with damage to property or violence

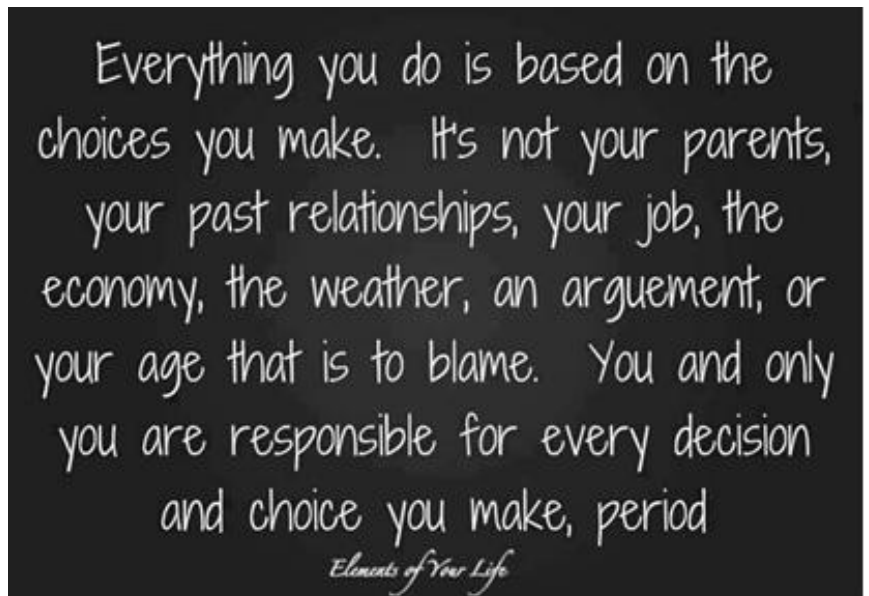
As an extension of the above, the Act also makes it an offence to distribute messages which threatens a group of people with violence, or with damage to their property.

The Act clarifies that group of persons means characteristics that identify an individual as a member of a group.

These characteristics include, without limitation:

- Race
- Gender
- Sex
- Pregnancy
- Marital status
- Ethnic or social origin
- Colour
- Sexual orientation
- Age
- Disability
- Religion
- Conscience
- Belief
- Culture
- Language
- Birth and nationality
- Disclosure of intimate image

- A message constitutes disclosure of an intimate image if any person sends a message containing an intimate image of someone without their consent.



The Act describes an intimate image as both real or simulated, which show the person as nude, or display his or her genital organs or anal region.

It also notes that the message is an offence if the person is female, transgender, or intersex and their covered genitals or breasts are displayed in a manner that violates or offends their sexual integrity or dignity.

Even if the person is not identifiable in the image, this offence applies if the message identifies the person in the text, or in other information contained in the message.

4 benefits of vitamin D you should know about

Vitamin D is widely known to help absorb calcium which helps strengthen bones, but it has several other benefits, too.

There's been a lot of debate recently about what vitamin D can really do for your body, especially during the Covid-19 pandemic. Therefore, we've gathered some of the benefits of vitamin D that you should know about:

It supports a healthy immune system

Vitamin D effectively maintains the health of your immune system by strengthening the cells that fight infections. According to a study published on PubMed.gov, Vitamin D can reduce your risk of getting the flu.

It helps build strong bones

Vitamin D helps your body absorb calcium. According to the MedlinePlus Medical Encyclopaedia, getting adequate calcium and vitamin D in your diet can help maintain bone strength and reduce the risk of developing osteoporosis.

It can promote healthy blood sugar levels

Sue Shapses, a professor of nutritional sciences at Rutgers University, told SELF that vitamin D stimulates the beta cells in your pancreas to secrete insulin, which is crucial for converting food into energy and regulating blood sugar levels.

It can help support a healthy pregnancy

According to the World Health Organization, vitamin D supplementation during pregnancy improves maternal vitamin D status, and may reduce the risk of pre-eclampsia (complications characterized by high blood pressure and affecting organs like the kidneys), low birth weight and pre-term birth.

Below are some of the effective ways you can increase your vitamin D levels:

Spend time in the sunlight, take supplements, eat more mushrooms, include egg yolks in your diet, eat fortified foods, or consume more fatty fish and seafood.



Don't get caught by this banking scam in South Africa

Criminals use many avenues to access personal information and money from bank accounts including vishing, the phone version of email phishing which uses a live voice or automated voice message to access confidential information, such as banking or credit card details, says African Bank chief risk officer Piet Swanepoel.

The perpetrators deliberately create perfect conditions to trap unsuspecting victims into willingly handing over personal information, such as their full names, ID numbers, addresses, phone numbers and your online banking or credit card details.



Their aim is to trick people into providing sensitive information over the phone with which they can access your financial accounts or steal your identity.

"The word 'vishing' is a combination of 'voice' and 'phishing'. Most people are familiar with phishing. This is when someone phones claiming to be from your bank, a credit card company, charity or even a debt collector.

"Vishing criminals use a spoofed caller ID, which can make the attack look as though it comes from either an unknown number or an 800 number, in the hopes the person targeted will answer the call," said Swanepoel.

"Impersonating a person or legitimate business to scam people isn't a new thing. Vishing is simply a new twist on an old routine and has been around for as long as the internet has."

An example of vishing is receiving a phone call from someone who says they are from your bank or some other financial institution. They may say they are calling because there is a problem with your account or with a payment from your account and ask you to transfer money to a different account to solve the problem.

The attacker, posing as a bank official or service provider, uses social engineering skills to manipulate the person into disclosing confidential information because they believe they are speaking to a legitimate employee of the company.

Social engineering is where fraudsters use psychology rather than technology to gain access to sensitive information. It relies on persuasion, manipulation or deception to get a person to break normal security procedures and best practices.

Swanepoel said this is why many people do not even realise they are being conned. "Victims are often totally oblivious to the fact that they have handed over valuable information to the 'helpful' person on the phone which will be used to steal their money or personal information – or both," he said.

The biggest red flag with vishing schemes is an extreme sense of urgency for you to act on whatever the caller says the problem is – a breach of your bank account, a fraudulent transaction or having won a prize you need to redeem, Swanepoel pointed out.

African Bank provides the following tips to avoid falling victim to vishing:

- Be aware that criminals mask telephone numbers to appear they are calling from legitimate businesses.
- Your bank will never ask you to confirm confidential information over the phone.
- Never give a stranger your personal information over the phone such as your Banking profile information or debit / credit card information.
- If you suspect the person you are speaking to is not truly a bank representative, drop the call and phone your bank on a known number obtained from their website.
- If you see an OTP on your phone without having transacted yourself, it is likely a fraudster has used your personal information. Do not give anyone this OTP over the phone and contact your bank immediately to alert them to the fact you believe there has been fraudulent activity on your account.
- If asked to share your OTP, consider it fraud.



Green Potatoes: Harmless or Poisonous?

When you reach into a sack of potatoes only to find they've started turning green, you're faced with the conundrum of whether to throw them away or not.

Some cut their losses and toss the green potatoes, while others remove the green spots and use them anyway.

However, green potatoes are more than just undesirable. They can also be dangerous.

In fact, the green colour and bitter taste that potatoes occasionally develop can indicate the presence of a toxin.

Some people wonder whether eating green potatoes can make you sick, or if peeling or boiling them will make them safe to eat.

This article covers everything you need to know about green potatoes and whether they pose a risk to your health.

Why Potatoes Turn Green

The greening of potatoes is a natural process.



When potatoes are exposed to light, they begin to produce chlorophyll, the green pigment that gives many plants and algae their colour.

This causes light-skinned potatoes to change from yellow or light brown to green. This process also occurs in darker-skinned potatoes, though the dark pigments may disguise it.

You can tell if a dark-coloured potato is greening by scratching off part of the skin and checking for any green patches underneath.

Chlorophyll also allows plants to harvest energy from the sun via photosynthesis. Through this process, plants are able to produce carbs and oxygen from sunlight, water and carbon dioxide.

The chlorophyll that gives some potatoes their green color is completely harmless. In fact, it is present in many of the plant foods you eat every day.

Nevertheless, greening in potatoes can also signal the production of something less desirable and potentially harmful — a toxic plant compound called solanine.



SUMMARY:

When potatoes are exposed to light, they produce chlorophyll, a pigment that turns potatoes green. Chlorophyll itself is completely harmless, but it can signal the presence of a toxin.

Green Potatoes Can Be Toxic

When exposure to light causes potatoes to produce chlorophyll, it can also encourage the production of certain compounds that protect against damage from insects, bacteria, fungi or hungry animals.

Unfortunately, these compounds can be toxic to humans.

Solanine, the main toxin that potatoes produce, works by inhibiting an enzyme involved in breaking down certain neurotransmitters.

It also acts by damaging cell membranes and can negatively affect your intestine's permeability.

Solanine is normally present in low levels in the skin and flesh of potatoes, as well as in higher levels in parts of the potato plant. Yet, when exposed to sunlight or damaged, potatoes produce more of it.

Chlorophyll is a good indicator of the presence of high levels of solanine in a potato, but it isn't a perfect measure. Although the same conditions encourage the production of both solanine and chlorophyll, they are produced independently of each other.

In fact, depending on variety, one potato may turn green very quickly, yet contain moderate levels of solanine. Another may green slowly, yet contain high levels of the toxin.

Nevertheless, greening is a sign that a potato may be starting to produce more solanine.

SUMMARY:

When exposed to light, potatoes produce a toxin called solanine. It protects them from insects and bacteria, but it's toxic to humans. Greening in potatoes is a good indicator of solanine.

Interesting Facts

Some of these are old and some are new, but all are somewhat interesting:

1. The longest one-syllable word in the English language is "screeched."
2. "Dreamt" is the only English word that ends in the letters "mt."
3. Almonds are members of the peach family.
4. The symbol on the "pound" key (#) is called an octothorpe.
5. The dot over the letter 'i' is called a tittle.
6. Ingrown toenails are hereditary.
7. The word "set" has more definitions than any other word in the English language.
8. "Underground" is the only word in the English language that begins and ends with the letters "und."
9. There are only four words in the English language which end in 'dous:' "tremendous," "horrendous," "stupendous," and "hazardous."
10. One of the longest words in the English language, according to the Oxford English Dictionary, is "pneumonoultramicroscopicsilicovolcanoconiosis".
11. The only other word with the same number of letters is "pneumonoultramicroscopicsilicovolcanoconioses," its plural.
12. The longest place-name still in use is "Taumatawhakatangihangakoauauotamateaturipuka kapikimaungahoronukupokaiwenuakitinatahu," a New Zealand hill.
13. Los Angeles's full name is "El Pueblo de Nuestra Señora la Reina de los Angeles de Porciuncula" and can be abbreviated to 3.63% of its size, "L.A."
14. An ostrich's eye is bigger than its brain.
15. Tigers have striped skin, not just striped fur.
16. Alfred Hitchcock didn't have a belly button. It was eliminated when he was sewn up after surgery.
17. Telly Savalas and Louis Armstrong died on their birthdays.
18. Donald Duck's middle name is Fauntleroy.
19. The muzzle of a lion is like a fingerprint - no two lions have the same pattern of whiskers.



20. Steely Dan got their name from a sexual device depicted in the book *The Naked Lunch*, rearranging any of its letters - "therein:" "the", "there", "he", "in", "rein", "her", "here", "ere", "therein", "herein".
24. Dueling is legal in Paraguay, as long as both parties are registered blood donors.
25. John Larroquette of "Night Court" and "The John Larroquette Show" was the narrator of "The Texas Chainsaw Massacre."
26. A goldfish has a memory span of three seconds.
27. It's impossible to sneeze with your eyes open.
28. Cranberries are sorted for ripeness by bouncing them; a fully-ripened cranberry can be dribbled like a basketball.
29. The male gypsy moth can "smell" the virgin female gypsy moth from 1.8 miles away.
30. The letters KGB stand for Komitet Gosudarstvennoy Bezopasnosti.
31. "Stewardesses" is the longest English word that is typed with only the left hand.
33. The only 15-letter word that can be spelled without repeating a letter is uncopyrightable.
34. Facetious and abstemious contain all the vowels in the correct order, as does arsenious, meaning "containing arsenic."
35. Emus and kangaroos cannot walk backwards, and are on the Australian seal for that reason.
36. Cats have over one hundred vocal sounds, while dogs only have about ten.
37. The word "Checkmate" in chess comes from the Persian phrase "Shah Mat," which means "the king is dead."

TELEPHONE 51-2327
P.O. BOX 237
DR. TO 3-8 1975

HOTEL MINHETTI
PORT ELIZABETH

TABLE No. 3

No. of Persons Jack

2 doz oyster	2	50
1 Prawn cocktail	1	50
1 Shrimp	3	50
2 Sole in butter	5	00
1 T Bone steak	1	75
1 minestone soup		50
2 Lobster Thermidor	6	00
2 " Cocktail	3	00
2 Fillet Steak	3	60
1 Porton mushroom		25
2 Salads		50
0% Service charge	2	61
TOTAL R		28.71

PAID

How to Tell if an Avocado is Ripe



Meanwhile – Back in Brakpan it's all still happening



As any experienced conversationalist can tell you, ambiguity is the key to winning any argument. The following are a few popular proverbs and counter-proverbs that will allow you to turn a conversation in any direction you want. Who can argue with the wit and wisdom of our fore fathers, or even our five fathers?

Actions speak louder than words.
The pen is mightier than the sword.

Look before you leap.
He who hesitates is lost.

Many hands make light work.
Too many cooks spoil the broth.

Clothes maketh the man.
Don't judge a book by its cover.

Nothing ventured, nothing gained.
Better safe than sorry.

The bigger, the better.
The best things come in small packages.

Absence makes the heart grow fonder.
Out of sight, out of mind.

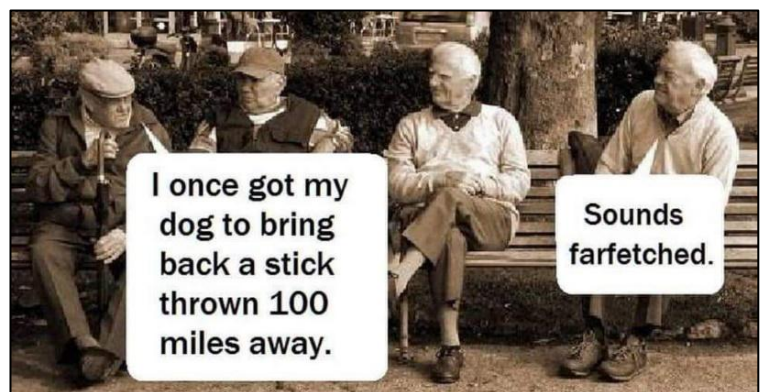
What will be, will be.
Life is what you make it.

Cross your bridges when you come to them.
Forewarned is forearmed.

What's good for the goose is good for the gander.
One man's meat is another man's poison.

With age comes wisdom.
Out of the mouths of babes come all wise sayings.

The more, the merrier.
Two's company; three's a crowd



The pastor was talking to a group of young children about being good and going to heaven. At the end of his talk, he asked, "Where do you want to go?"

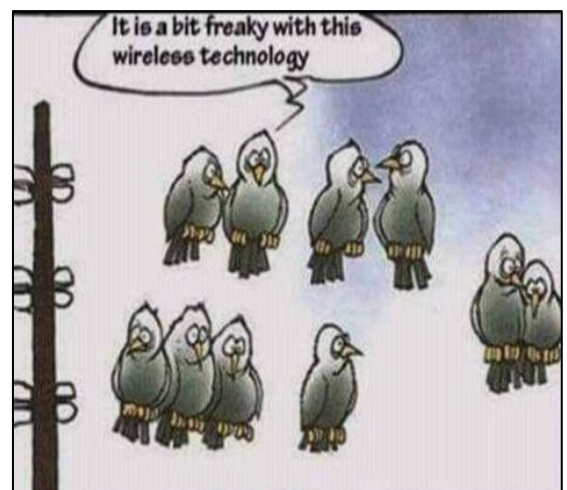
"Heaven!" Suzy cried out.

"And what do you have to be to get there?" asked the preacher.

"Dead!" yelled Little Johnny.

The psychiatrist's receptionist went to her boss and said, "doctor, there's a man in the office who thinks he's invisible."

The psychiatrist replied, "tell him I can't see him."



Some put-downs

He is racist, he's homophobic, he's xenophobic and he's a sexist. He's the perfect Republican candidate.

- - - Bill Press (about Pat Buchanan)

Oh my God, look at you. Anyone else hurt in the accident?

- - - Don Rickles (to Ernest Borgnine)

Am reserving two tickets for you for my premiere. Come and bring a friend - if you have one.

- - - George Bernard Shaw (to Winston Churchill)

Impossible to be present for the first performance. Will attend second - if there is one.

- - - Churchill's reply

Who picks your clothes - Stevie Wonder?

- - - Don Rickles (to David Letterman on 02/5/96 "Late Show")

He has never been known to use a word that might send a reader to the dictionary.

- - - William Faulkner (about Ernest Hemingway)

Poor Faulkner. Does he really think big emotions come from big words?

- - - Ernest Hemingway (about William Faulkner)

If I were married to you, I'd put poison in your coffee.

- - - Lady Astor (to Winston Churchill)

If you were my wife, I'd drink it.

- - - Winston Churchill, in reply

Do you mind if I smoke?

I don't care if you burn.

- - - Oscar Wilde (to Sarah Bernhardt)

The only reason he had a child is so that he can meet babysitters.

- - - David Letterman (about Warren Beatty, 1991)

He got a reputation as a great actor by just thinking hard about the next line.

- - - King Vidor (about Gary Cooper)

I've got three words for him: Am. A. Teur.

- - - Charlie Sheen (about Colin Farrell)

Well at least he has finally found his true love ... what a pity he can't marry himself.

- - - Frank Sinatra (about Robert Redford)

McEnroe was as charming as always, which means that he was as charming as a dead mouse in a loaf of bread.

- - - Clive James (about John McEnroe)

Beyond the hair, tattoos and earrings, he's just like you and me.

- - - Bob Hill (about Dennis Rodman, 1995)

He has so many fish hooks in his nose, he looks like a piece of bait.

- - - Bob Costas (about Dennis Rodman)

Boy George is all England needs - another queen who can't dress.

- - - Joan Rivers

He hasn't just lost the plot, he's lost the whole library!

- - - Melody Maker (about Michael Jackson, 1992)

He was so mean it hurt him to go to the bathroom.

- - - Britt Eklund (about Rod Stewart)

How can they tell?

- - - Dorothy Parker (hearing of Calvin Coolidge's death)

Truman Capote's death was a good career move.

- - - Gore Vidal

When he has a party, you not only bring your own scotch, you bring your own rocks.

- - - George Burns (about Jack Benny)

He has a face like a warhog that has been stung by a wasp.

- - - David Feherty (about Colin Montgomerie)

Look how instinctively, the mother croc carries the baby in its mouth. Nature is beautiful.



When cars had both the GPS and the Sound System in the boot.

If he were any dumber, he'd be a tree.
- - - Barry Goldwater (about William Scott)
The only genius with an IQ of 60.
- - - Gore Vidal (about Andy Warhol)

A Little Old Couple

A little old couple walked slowly into a McDonalds one cold winter evening. They looked out of place amid the young families and young couples eating there that night.

Some of the customers looked admiringly at them. You could tell what the admirers were thinking. "Look, there is a couple who has been through a lot together, probably for 60 years or more!"

The little old man walked up to the cash register, placed his order with no hesitation and then paid for their meal.

The couple took a table near the back wall and started taking food off the tray.

There was one hamburger, one order of chips and one drink. The little old man unwrapped the plain hamburger and carefully cut it in half.

He placed one half in front of the little old lady. Then he carefully counted out the chips, divided them in two piles and neatly placed one pile in front of her.

He took a sip of the drink, and then she took a sip as the man began to eat his few bites.

Again, you could tell what people around the old couple were thinking. "That poor old couple."

As the old man began to eat his chips, one young man stood and came over to the old couples' table.

He politely offered to buy another meal. The old man replied that they were just fine. They were used to sharing everything.

Then the crowd noticed that the little old lady hadn't eaten a thing... she just sat there watching him eat and occasionally sipped some of the drink. Again, the young man came over and begged them to let him buy them something to eat.

This time, the lady explained that no, they were used to sharing. As the little old man finished eating and was wiping his face neatly with a napkin, the young man could stand it no longer and asked again.

After being politely refused again, he finally asked the little old lady, "Ma'am, why aren't you eating. You said that you share everything. What is it that you are waiting for?" She answered, ...

"The teeth."



They're cute and look harmless but they are loud, incredibly expensive to keep, and absolutely untrainable! The other one is a kangaroo. I don't know anything about kangaroos...

JAPANESE SEX

A Japanese couple is arguing about how to perform highly erotic sex.

Husband: "Sukitaki. Mojitaka!"

Wife replies: "Kowanini! Mowi janakpa!"

Husband says angrily: "Toka a anji rodi roumi yakoo!"

Wife, on her knees, literally begging:

"Mimi Nakoundinda tinkouji!"

Husband shouts angrily: "Na miaou kina T'im kouji!"

I can't believe you just sat there trying to read this!

You don't know any Japanese!

You'll read anything as long as it's about sex....

Sometimes I worry about you.

You're in need of serious help!

On a really hot day, four nuns were assigned to paint a room in their church. After sweating for a few hours in those black robes, they decided to take off all their clothes and paint naked. An hour later, someone knocked on the door of the church.

"Who is it?" they called out.

"I'm the blind man," came the reply.

The nuns decided to let him in since he wouldn't be able to see them.

They opened the door and led him to the room they were painting. They were surprised when he walked around the room with no difficulty.

"Okay, sisters," he said, "where do you want the blinds?"



"For better digestion – I drink beer. In the case of appetite loss, I drink white wine. In the case of low blood pressure, I drink red wine. In the case of high blood pressure, I drink scotch. And when I have a cold, I drink Schnapps."
"When do you drink water?"
"I've never been that sick."

A guy stuck his head into a barber shop and asked, "How long before I can get a haircut?" The barber looked around the shop full of customers and said, "About 2 hours." The guy left.

A few days later the same guy stuck his head in the door and asked, "How long before I can get a haircut?" The barber looked around at the shop and said, "About 3 hours."

The guy left. A week later the same guy stuck his head in the shop and asked, "How long before I can get a haircut?" The barber looked around the shop and said, "About an hour only." The guy left. The barber turned to a friend and said, "Hey, Bill, do me a favour, follow that guy and see where he goes .. He keeps asking how long he has to wait for a haircut, but then he doesn't ever come back".

A little while later, Bill returned to the shop, laughing hysterically. The barber asked, "So where does that guy go when he leaves?"

Bill looked up, tears in his eyes and said, "To your wife."

My wife asked me, "How many women have you slept with?"

I proudly replied, "Only you, Darling. With all the others, I was awake."

Hospital Visiting Hours are 10 AM to 8 PM.



DIARY OF A BLONDE

JAN : Took new scarf back to store because it was too tight.
FEB : Fired from pharmacy job for failing to print labels. Helllllooooo!!! Bottles won't fit in typewriter!!!
MAR : Got really excited – finished jigsaw puzzle in 6 months – box said '2-4 years'!
APR : Trapped on escalator for hours – power went out!!!
MAY : Tried to make Kool-Aid – wrong instructions – 8 cups of water won't fit into those tiny packets!!!
JUN : Tried to waterski – couldn't find a lake with a slope.
JUL : Lost breast stroke swimming contest – learned later the other swimmers cheated – they used their arms!
AUG : Got locked out of my car in rain storm – car swamped because soft-top was open.
SEP : The capital of California is 'C' – isn't it???
OCT : Hate Smarties – they are so hard to peel!
NOV : Baked turkey for 4 1/2 days – instructions said 1 hour per pound – and I weigh 108!!!
DEC : Couldn't call 911 – duh – there's no 'eleven' button on the stupid phone!!!

Whew – what a year!!