



ROCKY

Rocky issue No 014 – November/December 2023

"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

East London goes Bok crazy

City erupts in joy as thousands of adoring fans gather to catch a glimpse of their World Cup heroes and the Webb Ellis trophy.

Supporters throng around the Springboks' bus as they drive down Amalinda Main Road during the East London leg of their national tour celebrating their Rugby World Cup victory.

Scenes of jubilation played throughout East London on Sunday as thousands of supporters welcomed the record-breaking Springboks as they paraded the Webb Ellis trophy they won in France in a nail-biting final against New Zealand.

The notable absence of big stars like Handré Pollard, Faf de Klerk, Kwagga Smith, Cheslin Kolbe, Bongi Mbonambi, Trevor Nyakane, Pieter-Steph du Toit, Damien de Allende, Willie le Roux and RG Snyman did little to dampen the mood.

So excited were fans that some even dumped church sermons midway to cheer the World Champions in Mdantsane.

Excited fans, young and old, ran behind and in front of the bus screaming, cheering and singing their lungs out.

Mothers carried their children on their hips, and backs, as they watched in awe.

Shirts, flip-flops, rugby balls and flags were thrown to the players, who effortlessly caught them to sign for a lucky few.

Captain Siya Kolisi, who arrived to join his team early on Sunday morning, lifted the Webb Ellis Cup high as the bus carrying the team and their families travelled through the city and surrounds.

This was the last leg of their tour which kicked off in Pretoria on Thursday.



The EL leg started at the Garden Court Hotel, where players were welcomed by hundreds of fans, with the Selborne Primary marimba band playing for the gathered crowd.

From Quigney, the convoy moved through a massive crowd awaiting them in Stirling, Berea, Amalinda, Mdantsane and Parkside and eventually ended at the City Hall in Oxford Street.

Makazole Mapimpi, Lukhanyo Am, Jaden Hendrikse and Kolisi, who stood at the front of the bus,

occasionally told their happy fans to steer clear of the road as they excitedly ran in front of the bus.



The players blew kisses, lifted the cup up high and signed autographs.

Breidbach-born Springbok Jaden Hendrikse said he was ecstatic over the warm home welcome. He said returning with the glory was an emotional moment and dedicated it to his late father Brian, who died just a few days before the World Cup in France. "It was his birthday during the week just before coming to East London," he said. "He [Brian] would have been super proud of me, because my dream of winning the World Cup came true."

The city's darling, Zwelitsha-born Lukhanyo Am, shared his mental journey throughout the 2023 global showpiece in France. The slick and talented Am who made headlines in the 2019 World Cup in Japan by try-assisting Mapimpi who scored SA first final's try, was a replacement for injured hooker Malcolm Marx. Am was not drafted in head coach Jacques Nienaber's World Cup due to a knee injury he picked up against Argentina in the Rugby Championship in July. Despite returning to the Bok camp, he watched the knockout stages action against France, England and New Zealand from the sidelines. "It was tough, it was a rollercoaster in terms of emotions, but at the end I had to understand that the game comes with injuries.

"I had to play a different role as player on the team than it was four years ago in Japan. "I had to help the guys who were starting to be ready as possible and painted a picture of what the opposition was going to bring out come game time."

Border Rugby executive member and father to the Boks technical analyst Lindsey Weyer, Wayne, said they were happy with the turnout by the East London public.

Talita Mavuya watched the parade with her grandchildren in Mdantsane's NU15. "Seeing the boys has made me very happy. I came with my grandchildren because I want them to be inspired by this great achievement," Mavuya said.

The moment was bittersweet for Jacqueline van de Merwe, an avid All Blacks supporter, from Beacon Bay. "I'm an All Blacks supporter, but I'm also cheering for the Springboks."

Asanele Ngalo, a former Birmingham City Ladies player from Braelyn, said: "Seeing Siya Kolisi and the guys is such a refreshing thing because black players were seen as quota players and now all we see is that South Africans matter."

Shadley Brown from Vergenoeg thanked the Springboks for coming to the township. "For them to do this is huge for us here and we appreciate it. Thank you, Springboks, for bringing the cup home."

Cleonese Brown said: "I'm so proud of them. I'm proud to be a coloured and they did well. Go Bokke!"

Iminathi Ntame, a grade 9 pupil from Clarendon High, could barely contain her excitement. "Siya smudged my glasses. I will never wipe them."

Sports minister Zizi Kodwa said: "They are exhausted, but we want to thank them for making the time to share their experience and love with SA. "The focus now must be on grassroots, on school sport ... They have done their part. "The question is how we keep this moment of a winning nation. "We need a lot of Makazole Mapimpis who must come from our areas; school sport is a focus now so that we build future champions."

Outside the city hall, Kolisi, Mapimpi and Am sang amagwijo songs, entertaining the thousands of fans gathered to welcome them.

The team didn't stay for long though, mingling with the fans and signing autographs for about 10 minutes.

The Dispatch understands this was because the team were behind in their schedule.



Meet your Neighbour

Meet Your Neighbour

As you drive round the bend in Beachcomber don't be surprised if you see this sight.....

The man at the other end of these legs is Marius Hugo. A widower, Marius made our Estate his home in 2020 and very quickly settled in and integrated into our community. His children have been Estate residents since 2016.

But let me share with you some information about Marius and his interesting and productive life.

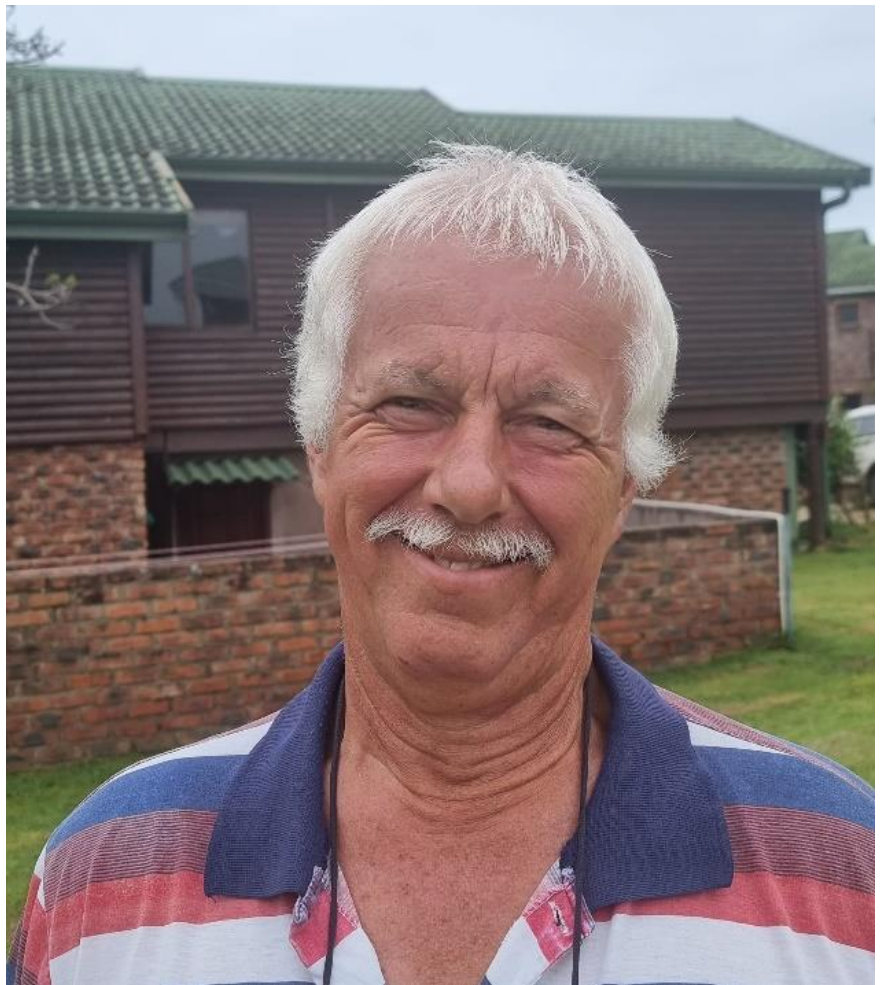
Marius was born in Uniondale - a small town in the Little Karoo in the Western Cape Province. The town was founded in 1856 and its primary claim to fame is the ghost story of the Uniondale hitchhiker – a young woman who stands alone alongside the lonely stretch of road between Uniondale and Willowmore. When a motor biker stopped to give her a lift she climbed aboard and hung onto his waist – but after a couple of kilometres she – unsettlingly – vanished. The ghost is said to be that of Maria Charlotte Roux, who tragically died in the early hours of 12 April 1968 when her fiancé lost control of the car in which they were travelling. (No – Marius does not claim to have dated her.)

Marius matriculated at PW Botha Technical High school in George and excelled at rugby and after school represented SWD as a front ranker.

Immediately after matriculating he joined the South African Police and for the next 41 years: 6 years as a police officer and then 35 years in management. Marius moved up the ranks over the years eventually attaining the rank of Colonel and then Provincial Manager of 16 Police Garage in KZN.

He was transferred many times by SAPS and served in Uniondale, Benoni, Newcastle, Richards Bay, Pietermaritzburg, and Durban. As the Provincial Manager of the 16 Police Garage KZN, he had 133 mechanics and 125 clerical staff reporting to him.

Not only did Marius excel as a manager, he also attained the technical qualifications of; a petrol mechanic; N4; N5; N6 in Mechanical Engineering. In addition, he completed a Public Financial Act training course at National Treasury in Pretoria in 2019. He focussed during his career on building on his technical expertise and staying current.



His work philosophy is simple: If you start a job – make sure you finish it! He has a positive attitude towards what he does and says why waste money on a new part if the old one can be fixed like new!

He maintains that "Yes or No: No is not the answer" and simply says "get it done" is always top of his mind.

Marius has done considerable mechanical maintenance work for the Estate over the past year which has freed up Wayne to spend more of his time on site management. The results of this can be seen as you drive around our beautiful Estate.

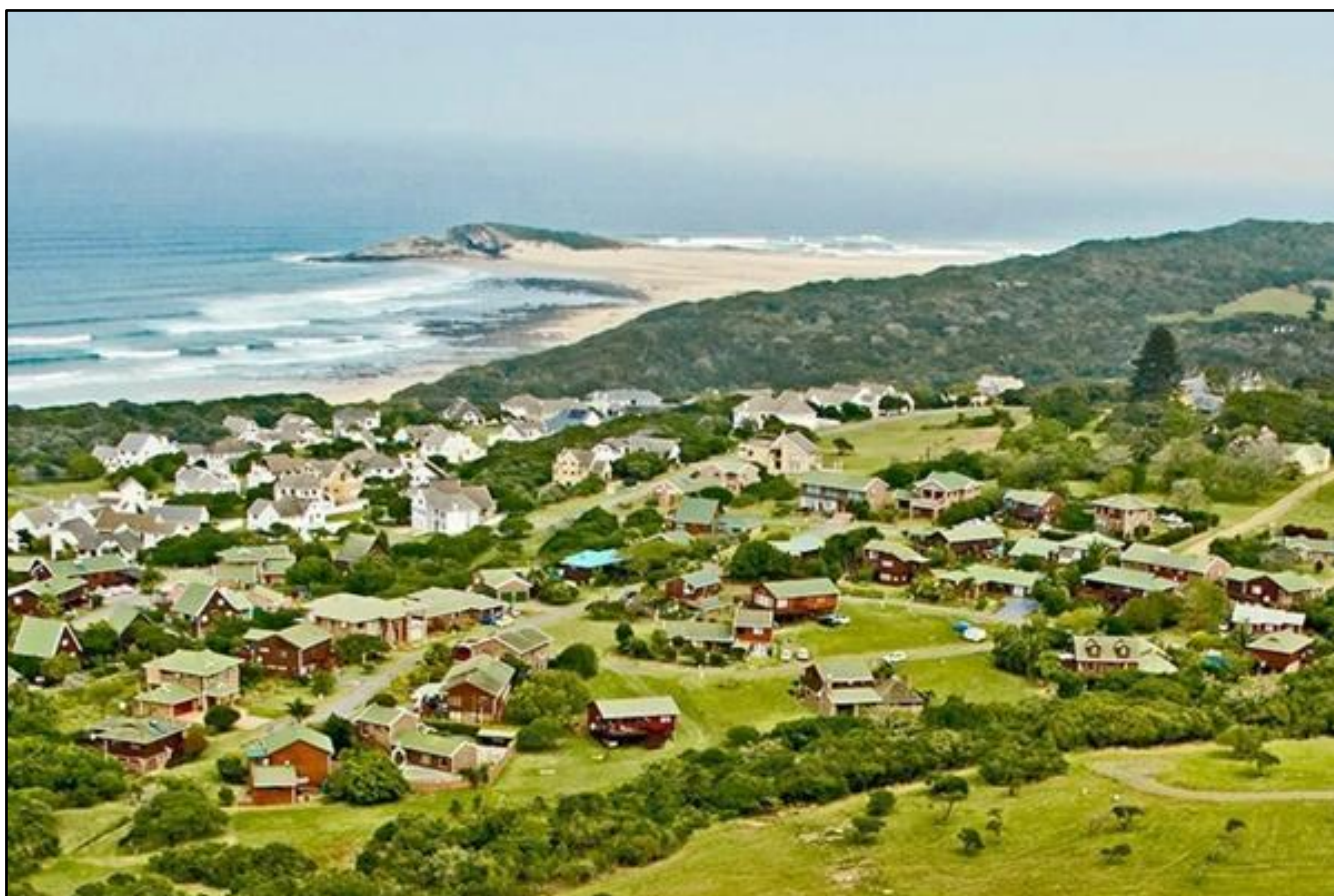
Marius has been able to focus on not only maintaining equipment and vehicles but has saved the Estate time and money by his expertise in the smart acquisition of parts and reviving equipment that we thought beyond its useful life.

Marius enjoys living on the Estate immensely – he mentions the safety, beauty, quietness and wildlife as being important to him.

Many residents may have seen Marius striding around the Estate – he walks at least 4kms a day and also gets up at 05:00 (while most of us are slumbering) and does a quick 17km on his mountain bike.

He is a private person who enjoys chatting when you get to know him. In a very short time, his services have been of considerable value to the Estate and our Community. I think we can all learn from his positive attitude and his "Get it Done" philosophy.

A belated "Welcome to the Cove Rock Country Estate Community" to you and your family, Marius.



10 Weird and Wonderful Facts About African Animals

Golden grasslands, dense jungles, tangled riverine forests, and endless miles of arid desert - each of these habitats of Africa is home to its own unique collection of wildlife. African animals have learned to survive in some of the most challenging environments on Earth – and many of them have special adaptations that help them to thrive.

Giraffes - Tongue

Already a bizarre-looking creature, the giraffe's strange appearance is compounded by the colour of its tongue. There is a reason for its blue-black hue, however. Giraffes use their tongues to strip leaves from the tallest trees, and the high melanin content helps to prevent them from getting sunburned. This is just one of the giraffe's many special adaptations. Blood is pumped up their famously long necks by a uniquely powerful system of valves and veins. When the giraffe lowers its head to drink, the same system prevents the blood from rushing downwards and causing a sudden loss of consciousness. Amazingly, when female giraffes give birth the baby drops some six feet to the ground - but is able to stand up, walk, and even run shortly afterward.



Ostriches - Running

As well as being the largest bird on Earth, the ostrich is also the fastest two-legged runner in the Animal Kingdom. On average, ostriches can sprint at speeds of up to 45 mph/72 kph, while records show that the fastest ostriches can achieve short bursts of up to 60 mph/96.6 kph. They are also the world's strongest bird. An ostrich can easily support the weight of a man, and their enormous eggs are capable of withstanding great pressure. In some areas of Africa, ostriches are used for racing. You can experience this for yourself in Oudtshoorn, an ostrich-farming town in South Africa's Karoo desert. Be careful, though: ostriches have famously volatile temperaments and are capable of inflicting serious damage. An ostrich can easily kick a grown man to death – an ability often used on predators in the wild.

Hippos - Fighting

Despite having a mostly herbivorous diet, hippos are often cited as the most dangerous of all African animals. Male hippos fiercely protect their section of the river, and will often attack those that unwittingly encroach upon their territory. Females are also quick to attack anyone that comes in between them and their calves. Hippos may look slow, but they can achieve speeds of around 20 mph/30 kph on land. Both males and females have powerful jaws with enlarged canines and incisors, sometimes called tusks. The male hippo's canines can reach up to 19.6 inches/50 centimetres in length. Other amazing hippo adaptations include their ability to hold their breath for over five minutes, and their skin, which produces its own natural sunscreen, is a useful defence against the relentless African sun.

Hyena - Cub

Hyenas are more closely related to cats than dogs. They live in matriarchal clans, with some groups numbering over 70 members. Hyena cubs are usually born in pairs, and if they are the same sex, they may try to kill each other. Although hyenas are known as scavengers, they also regularly hunt live prey. Hyena dung is white when dry because of a large amount of calcium found in the bones that they eat. A team of researchers excavating a cave near Johannesburg, South Africa, discovered five human hairs preserved in fossilized hyena dung. Thought to be at least 200,000 years old, the hairs exceeded the previous record for the oldest known human hair by more than 190,000 years. Striped hyenas are born with adult markings, closed eyes, and small ears. Spotted hyenas are born with eyes wide open and teeth intact.

Lions - Sleeping

The African lion has been admired by man for its beauty and strength for thousands of years. It is one of the most exciting animals to see on safari. However, you're more likely to see one sleeping than hunting because lions rest for an average of 20 hours every day. Because they hunt primarily at night, they do most of their sleeping during daylight hours. In this, lions are similar to many other cat species.

However, they are also unique in many ways. They are the only cats with marked differences between males and females, and unlike house cats, they cannot purr. They are also the only cats to live in large family groups, or prides. Living, hunting and raising cubs together is a survival tactic that allows for greater hunting success and a higher rate of infant survival.

Elephants - Baby Elephants

Elephant calves are amongst the most adorable of all baby animals, with their tiny trunks and a light covering of fine orange fuzz. Elephant babies are often seen sucking their trunks, in the same way that a human baby might suck its thumb. This is a natural reflex, and a source of comfort in between feeding sessions. Trunk-sucking is sometimes seen in older elephants, too, especially when they are uncertain of their surroundings. Of course, an elephant's trunk is more than a glorified pacifier. With more than 40,000 different muscles, it is incredibly dextrous. It is used to breathe, smell, touch, drink, eat, and communicate. It can pull down trees, or be used to pick up something as delicate as a tiny twig. When crossing deep rivers, an elephant can even use its trunk as a built-in snorkel.

Black Mamba - Venom

Undoubtedly the most feared of all Africa's dangerous snake species, the black mamba's venom comprises a lethal mix of neurotoxins and cardiotoxins. If cornered, the snake can deliver several bites in quick succession - although even a single bite is enough to cause a human to collapse within 45 minutes. Without antivenom, death occurs within 15 hours and the mortality rate is 100%. Ultimately, death is caused by asphyxiation, respiratory failure, or complete cardiovascular collapse. Black mambas have a reputation for aggression, but the truth is that like most snakes, they prefer to avoid confrontation where possible. Despite their name, they are rarely black, often appearing brown, grey, or olive green instead.

Crocodiles - Nile Crocodile

Crocodiles have roamed the Earth for approximately 200 million years. After surviving the catastrophe that caused the mass extinction of the dinosaurs, they continued to evolve into the awe-inspiring predators we know today. Nile crocodiles can hold their breath underwater for over 10 minutes and can go for months at a time without food. Their armour-like skin protects them from injury, and their immune system is so well-developed that they can feed on decaying flesh without getting sick. They have one of the strongest bite forces on record and can move at lightning-fast speeds during an ambush. Despite their fearsome reputation, Nile crocodiles are surprisingly dedicated parents, guarding their eggs fiercely during incubation.

Dung Beetle - faeces

African dung beetles are amazing creatures. They spend their lives gathering the faeces of other animals and rolling them into great balls that can exceed their own body weight by up to 10 times. The beetles roll their balls in a straight line, despite any obstacles that may stand in their way. They bury the dung and use it as a larder, or as a nutritional nest for their eggs. Scientists have discovered that dung beetles use the stars to navigate, and are capable of doing so even when only the glow from the Milky Way or other bright stars is visible. One African species can even navigate by moonlight alone - making these the only insects known to orientate themselves using the galaxy. According to research, dung beetles prefer omnivore faeces to herbivore faeces.

Pangolins - Long-tailed Pangolin

A rare sight on any safari, pangolins are as fascinating as they are elusive. Pangolins are toothless, and instead have strong, sticky tongues designed for lapping up ants. When fully extended, the pangolin's tongue is longer than its head and body combined. When not in use, it is stored in a special cavity in the animal's chest. Pangolins are nocturnal and sleep curled up to protect themselves from predators. Their bodies are covered in hard scales, made from keratin - the same substance that human fingernails are made from. Unfortunately, its body parts are highly sought after in Asia, both for consumption and for use in traditional medicine. All eight pangolin species are targeted for wildlife trafficking, and four are either endangered or critically endangered.

The Beauty of Nature



By Anina Visser

What would the world be without our furry friends and their unique and colourful personalities? Besides keeping us active and on our toes, pets can also be good for our mental health and general wellbeing.

According to the Pets as Therapy (PAT) organisation in South Africa, there is a wealth of scientific evidence that shows the interaction between people and pets is physically, emotionally, psychologically and socially therapeutic. No wonder dogs are known as man's best friend!

From having a playful pet at home to exploring Animal Assisted Therapy, there are many ways to reap the benefits of interacting with pets. Some perks are obvious like the joy of petting a puppy, while others are more subtle.

Here are some of the ways in which pets can impact our wellbeing.



The tail that wagged the dog

While being around our pets are often a mood-booster, research has found our four-legged friends can even help us with deeper ailments like lowering our risk of cardiovascular disease and improving our mental health during stressful times.

The simple act of petting animals activates an automatic relaxation response by releasing serotonin, prolactin and oxytocin – all hormones that can play a part in elevating moods. This, according to studies by UCLA Health, means that interactions with pets can lower anxiety, provide comfort, reduce loneliness and increase mental stimulation.

Many people can find animals more approachable and less intimidating than humans. Through Animal Assisted Therapy or Pet Therapy, animals can act as catalysts in the therapy process by helping break the ice and reducing any initial resistance to therapy.

A brief history of Pet Therapy

As early as the Greek Empire, horses were used to improve the physical and mental health of patients. The earliest records of the therapeutic use of pets was in Belgium during the middle ages where pets and people were rehabilitated together. In the 1940s, the Red Cross used animals to assist in the recovery process of veterans of World War II. They relied on therapy dogs to help veterans recover physically, mentally and emotionally from the trauma of war.

Today, pet therapy or animal assisted therapy is a well-researched field that's backed by science and supported by the World Health Organization. In South Africa, organisations like PAT orchestrate pet visits to people in hospitals, hospices, retirement homes, frail care facilities and special needs schools. According to PAT, people often talk to the visiting pets, sharing their thoughts, feelings and memories. Visits by pets can make people feel less lonely, less depressed and boost their memory.

Mom, Dad, can we get a dog?

Besides formal interventions like animal assisted therapy, people can reap the benefits of animals simply through their furry friends at home.

Studies show that growing up with pets can contribute significantly to early childhood development. From demonstrating better impulse control to reducing the likelihood of developing allergies, pets have numerous benefits to growing children.

According to the American Academy of Child & Adolescent Psychiatry, some of the benefits to having a pet pal include:

- They can be safe recipients of thoughts as children often talk to their pets;
- They provide lessons about life, including reproduction, birth, illnesses, accidents, death, and bereavement;
- They can help develop responsible behaviour in the children who care for them;
- They provide a connection to nature;
- They can teach respect for other living things;
- They can promote physical activity through play and provide comfort contact.

We receive so many benefits from our pets that we might not recognise on a day-to-day basis. So, the next time your dog wags its tail or your cat nuzzles in for a cuddle, take a moment to appreciate the daily joys your pet provides.

Who owns South Africa's favourite alcohol brands

4th Street Wine is the most consumed alcohol brand in the country, followed by Savannah, Black Label, Brutal Fruit, and Gordon's Gin.

This was revealed by Eighty20, a Cape Town-based consultancy firm, which released a report detailing the alcohol consumption habits of South Africans.

Eighty20 surveyed over 20,000 South Africans to analyse the number of people who drink alcohol and what brands they consume.

South Africa ranks fifth globally in alcohol consumption, with the average South African alcohol consumer drinking 30 litres of alcohol in a year.

This is below the country's regional neighbours, such as Namibia and Eswatini, which consume 33 and 34 litres annually, respectively.

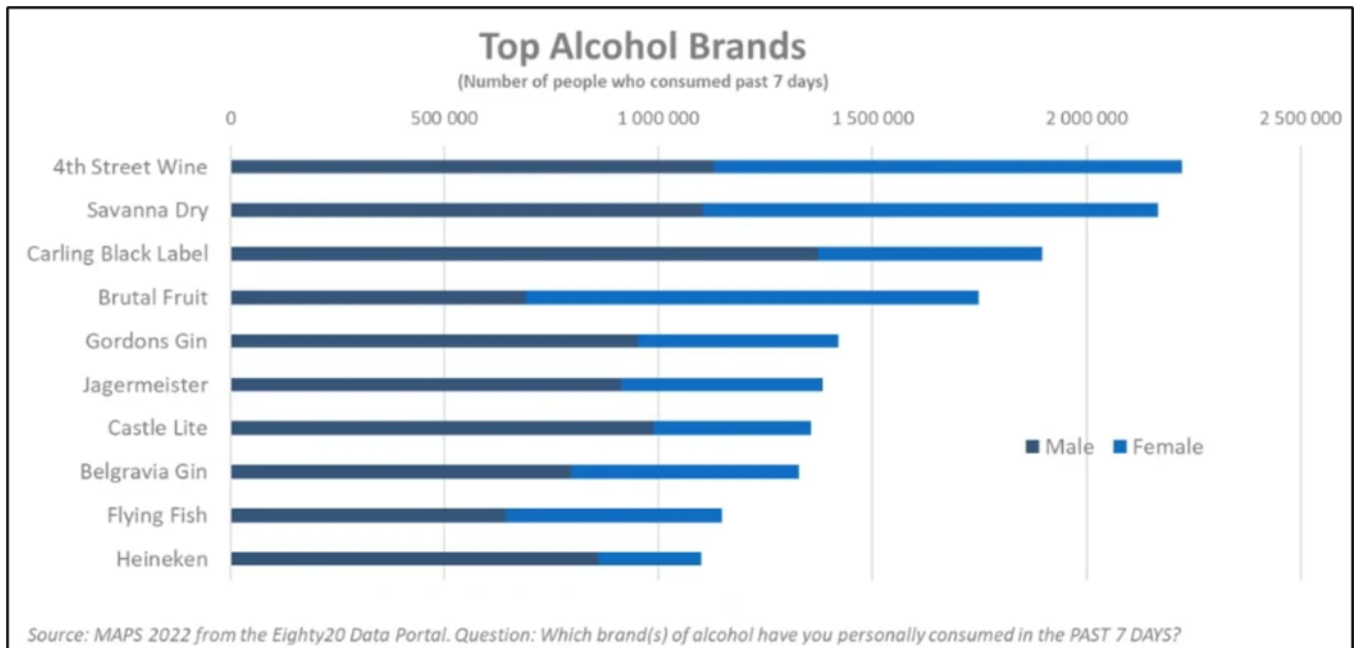
Nearly half of South Africa's adult population consumed alcohol in the past month, with beer being the preferred choice for 41%.

Interestingly, half a million consumers choose to consume non-alcoholic beer. Eighty20's analysis shows this is a health and taste choice as more than three-quarters of non-alcoholic beer consumers also drink regular beer.

Consumption by category has changed significantly over the past ten years. Beer is still largely consumed by the masses, but other categories are growing strongly, particularly the ready-to-drink category, wine, and spirits.

The top five alcohol categories for men in 2023 are beer, gin, cider, liqueur and boxed wine. Ten years ago, it included whisky and brandy.





For women in 2023, it is the same grouping as men, only replacing gin with flavoured alcoholic beverages.

Perhaps also reflecting the current economic climate, ten years ago, women's top five included champagne and wine in a bottle.

The flavoured alcohol category has grown significantly, as shown by strong growth in brands like Flying Fish and Brutal Fruit, particularly among women.

The top 10 most popular alcohol brands are dominated by Remgro's Distell brands and SAB's Brutal Fruit and established beer brands.

4th Street Wine, owned by Distell, is the most consumed alcohol brand in the country, with over 2 million South Africans consuming it every week.

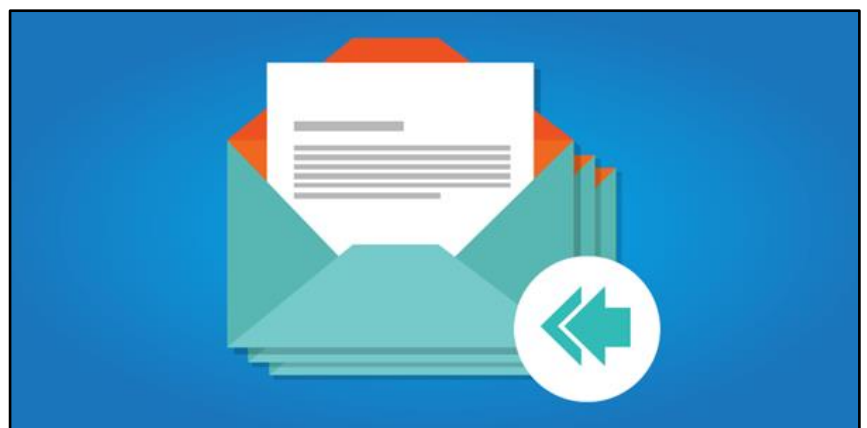
Another Distell-owned brand, Savannah Dry, is a close second, followed by SAB-owned Black Label in third. SAB's Brutal Fruit and Gordon's Gin round out the top five.

However, the data also shows that smaller brands are growing rapidly and are beginning to challenge more established, traditional brands.

REPLY ALL EMAIL ETIQUETTE: TIPS AND TRICKS

Technology is a wonderful thing. It can bridge the physical gap between people, facilitate communication, and help businesses run (especially now!). Of course, technology can have its...hiccups. From connection issues to buffering issues, to other glitches, modern communication methods aren't perfect.

The thing about technology, though, is that it isn't all programming issues or bugs. Sometimes, the problem is more human in nature—like when you forget you're on mute during a Zoom meeting.



And then there's email, the grandparent of modern communications and, quite possibly, the first major communication technology embraced by companies around the globe. But like any technology, some of the email "bugs" are really user errors, like using the reply all function.

Sometimes it's necessary, and sometimes, not so much.

Now you're probably thinking you should avoid the reply all button at all costs. But, that's hardly the case. While you should skip reply all more often than not, there are times when being smart about reply all email etiquette is the right move.

The Trouble with Reply All

Depending on the topic or your response, hitting reply all isn't the best idea. Reply all can, in some cases, create more trouble than it's worth. Here's when that applies.

Includes People Who Don't Need It

When you use reply all, there's a chance you're including people who no longer need to be included in the email chain, wasting their time with each new email. Sometimes someone on the chain has a side thought about the conversation. In attempting to share it with one or two people on the chain, they accidentally hit reply all.

Don't Count on BCC

In some cases, if you hit reply all, only the original sender receives your email. In other cases, the entire list of recipients, including the blinded ones, receive the email. Play it safe and be careful when choosing your reply option.

When You Shouldn't Use Reply All

Clearly, reply all is a dangerous function, but it does exist for a few specific purposes, which we'll cover below. However, in most cases, you should skip reply all when responding to emails.

When You're Correcting Someone

You shouldn't use the reply all function to correct someone unless there is a need to correct some pertinent information (the meeting is at 4:00 p.m., not at 3:00 p.m.).

To Vent or Comment

Sometimes, you're the unwilling participant in what seems like an endless reply all chain. But do you really want the group to know that you really think of the situation?

Regardless of how distracting it is, resist the urge to vent or comment about the chain.

Piling On

Sometimes group emails serve a purpose: welcoming someone to the team, sending birthday wishes, or congratulating a team member on a job well done.

If you want to send your good thoughts along, you should, but generally not as a reply all.

Sharing Minor Details

Mass emails are not uncommon in professional settings, like an invitation to a company-wide meeting. And sometimes you need to let the organizer know you can't be there. However, unless you're in charge of the meeting, the rest of the attendees don't need to know that you can't make it because you've got a dentist's appointment that day.

The same applies to small bits of information. For example, someone sends out a company-wide email asking, "Who left their coffee cup in my office?" (It happens!) If you're the cup owner, simply replying to the sender claiming the cup is sufficient. The rest of the team doesn't need to know that you left your coffee on someone else's desk.

Should I Be on This?

There are those who think that everyone should be on every email, even when that's just not the case. But, don't ask if you're supposed to be included.

Asking if you should be included only creates a longer response chain and more confusion. Instead, mute the emails (if you can) or ignore them, and reach out to the sender directly to get clarification.

Email Etiquette: Reply All Can be Useful

While there are clearly plenty of reasons not to use reply all, there are a few times when reply all is useful, and those are the times when you need to follow proper reply all email etiquette.

To Add Value

When in doubt, ask yourself if your response adds value to the conversation. If you can't come up with a good reason, consider skipping the response.

End the Chain

Using reply all is one way to end a reply all chain. For example, if someone sends out a company-wide email asking about a particular spreadsheet and you've got the information or the answer, replying to everyone with, "I've got it and will send to you directly" can stop the rest of the recipients from replying all with, "Not me," and "I don't know."

When You're Asked to Reply All

Sometimes the sender instructs you to reply to all. In that case, hit reply all without any fear or worry (just make sure you're following proper email etiquette).

But, read the email carefully! Sometimes the sender says, "reply only to me."

Trim the List

Sometimes you need to reply to some, but not all, of the recipients. In that case, you should hit reply all to retrieve all of those email addresses, then delete the people who don't need to see any more of the emails.

How to Handle Reply All Mistakes

Let's face it. We've all messed up on email before, and sometimes, it's a reply all mistake. What do you do when you hit reply all and didn't mean to?

Check and Recheck

Before you hit send on any email, double-check and make sure you've selected the right option. You may have thought you hit reply and accidentally hit reply all. It happens.

Unsend the Email

Some programs have an unsend function and can retrieve the message as long as you unsend it within 30 seconds of sending it. Not every email program has this function, though. And, in those that do, the function is not usually enabled by default so be sure to check your settings.

Apologize

Sometimes, though, you can't unsend the email, and the reply goes to everyone. The best thing to do in that case is to apologize. In some cases, a quick follow-up email (Oops! Sorry, everyone!) is sufficient.

Use Reply All Wisely

Email is a powerful communication tool, and every email we send in a professional setting matters.

The 10 most dangerous roads in South Africa during the festive season

The Road Traffic Management Corporation (RTMC) has released its Festive Season Plan for 2023/24, revealing the most dangerous roads in South Africa during the December holidays.

The festive season period begins on 1 December 2023 and ends on 15 January 2024, representing a period of 46 days.

The RTMC noted that the festive season is normally characterised by increased travelling and numerous joyous festivities, which means more South Africans do long-distance travel and nighttime driving while also consuming more alcohol than normal.

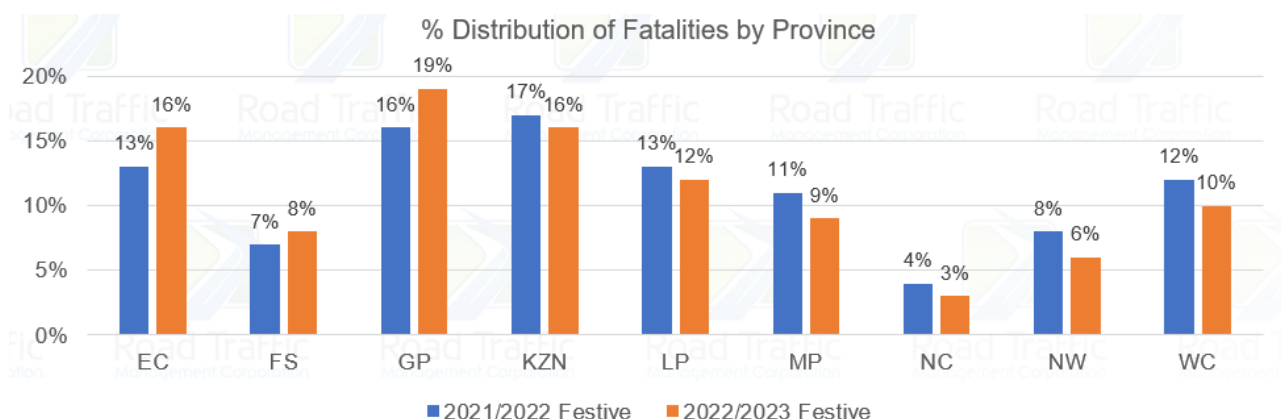


The Corporation said this increase in travel volumes results in excessive speeding; reckless and negligent driving; overloaded public transport vehicles; and driver fatigue.

Consequently, these realities lead to fatal accidents on South Africa's roads. According to the RTMC's data, there were 12,436 fatalities in 2022/23. Of these 12,436 fatalities, last year's festive season alone accounted for 1,560 – representing 34 motorists killed per day – while 1,299 fatal crashes were recorded over the period.

The data also noted that the distribution of fatal road crashes by province has remained constant over the last five years, with the Top five provinces contributing over 70% of the fatalities last year:

- Gauteng (19%);
- Eastern Cape (16%);
- Kwa-Zulu Natal (16%);
- Limpopo (12%); and
- Western Cape (10%).



"Statistics from the previous festive season campaigns show that pedestrians are the most vulnerable road user group in South Africa. 41% of fatalities on our roads are pedestrians," the department said.

"This reality calls for increased efforts to improve the safety of this vulnerable group. Our efforts will target visibility and walking, jaywalking, distracted walking and crossing on freeways."

Most dangerous roads in South Africa

The RTMC Festive Season plan for 2023/24 highlighted critical routes that have seen more fatal crashes taking place during the past five-year period.

The top 10 most dangerous stretches of road are mostly in the Eastern Cape, while the R573 Moloto Road in Mpumalanga is the deadliest stretch, with 33 fatal crashes recorded and 38 fatalities last year.

This is followed by Dutywa on the N2 in the Eastern Cape in second and Mankweng on the R71 in Limpopo in third – with 29 and 27 fatal crashes.

The top 10 deadliest roads ranked by fatal crashes recorded last year are given in the table below.

Province	Area	Road	No. of crashes	No. of fatalities
Mpumalanga	Kwamhlanga	R573 Moloto Road	33	38
Eastern Cape	Dutywa	N2	29	39
Limpopo	Mankweng	R71	27	30
Eastern Cape	Mount Ayliff	N2	26	28
Eastern Cape	Mbizana	R61	24	24
Kwa-Zulu Natal	Pongola	N2	23	32
Limpopo	Naboomspruit	N1	22	62
North West	Stilfontein	Ventersdorp	20	23
Eastern Cape	Mthatha	R61	19	23
Limpopo	Mokopane	N1	19	36

The RTMC noted the following tips if you plan on travelling any of these routes this holiday:

- **Be rested** – Have a good Night's sleep before getting behind the wheel. When driving long distances, take a break every two hours or 200km.
- **Be cool** – Don't drink and drive. Avoid road rage. Keep little ones entertained on long journeys to reduce the risk of distractions from the back seat.
- **Be patient** – Be aware of pedestrians, hikers, runners, cyclists, and motorbikes on the road. Bakkies, boats, and caravans can also book your vision and slow you down. Be patient. If you can't see past them, don't overtake them.
- **Be safe** – The sun is hotter and brighter driving during the summer. A sun visor stops it from hampering your vision, so pull it down when the glare gets dangerous.
- **Be prepared** – If you plan on travelling this festive season, save the relevant emergency contacts or services on your phone before you embark on your travels.

6 Surprising Reasons You Can't Lose Weight

What's interfering with your diet — from medications to muscle mass — and how to unstick the scale

You've been cutting calories, eating smaller portions and walking almost every day — a seemingly successful dieting strategy by all measures except one: the scale. It doesn't seem to budge. What gives? Why can't you lose weight even when you're dieting?



If you're over 50, experts say that your metabolism — as it relates to changes in your physiology, medications you take and muscle loss — may be to blame. But, of course, lifestyle (sitting much, anyone?) factors in, too. Here are the six solvable problems likely standing between you and your slimmer self, according to experts.

1. Your medications are an issue.

Roughly 75 percent of people over 50 take prescription drugs regularly, and the percentage (and number of meds people take) rises steadily with age. While those medications may be necessary, they can mess with your weight. Research shows that 10 to 15 percent of the obesity epidemic is related to drug-induced weight gain. Further, "it's likely that drugs make it harder to lose weight," says Louis Aronne, M.D., director of the Comprehensive Weight Control Center at Weill Cornell Medicine. Weight-gain-promoting drugs run the gamut, from over-the-counter antihistamines that contain diphenhydramine, which increases appetite, to beta blockers, which can slow muscle contractions and thereby slow metabolism, to most selective serotonin reuptake inhibitors prescribed for depression and anxiety. "They initially cause weight loss, but over time they cause weight gain, although we don't have a clue as to why," Aronne says. If you think your medication may be interfering with your weight-loss effort, don't go off the drug; instead, talk with your doctor. "In most cases there are alternatives that don't have an effect on weight," he says.

2. You're losing muscle.

"If you don't make an effort to preserve muscle mass, you lose 3 to 8 percent per decade after age 30," says Kristen Beavers, associate professor in the department of health and exercise science at Wake Forest University. And because muscle burns more calories than fat, your metabolic rate slows and you torch fewer calories, she adds. Age-related hormone loss, in both women and men, accelerates the decline. Complicating matters further, you lose muscle when you shed weight. In some people, as much as 40 percent of their weight loss is from muscle, according to Beavers.

You can slow both age-related and weight-loss-related muscle attrition with a strength-training program. Swedish researchers reported in 2019 that 70-year-olds who did regular resistance training for 10 weeks not only increased lean muscle tissue but also lost body fat. What's more, in a study of 249 overweight people in their 60s and 70s, Beavers and her colleagues found that those who did resistance training along with a weight-loss program lost significantly less muscle than those who paired weight loss with aerobic exercise.

Aim for three days a week of strength training, Beavers suggests. Start with light handheld weights or resistance bands, or a few push-ups and crunches, and gradually add more weight or resistance (or reps) as your strength increases. Bonus: Building healthy muscle tissue creates more mitochondria — the energy-generating structures in your muscle cells — so you may notice you have more energy, and that, in turn, can help you stay active and burn more calories throughout the day, she adds.

3. You're skimping on protein.

As people age, they often have more trouble digesting protein, so they eat less of it, and those who are dieting tend to cut back on protein — which is exactly the wrong thing to do, Beavers says. For one thing, protein is a vital building block of healthy muscle tissue.

When Beavers and her colleagues studied 96 people in their 60s and 70s who lost weight, they found that eating one gram of protein per kilogram of body weight daily helped participants preserve healthy muscle mass. Plus, the exercise itself was (at least temporarily) satiating, she says.

4. You're eating the wrong foods.

Paleo, keto, low-fat — regardless of the diet plan, it won't be effective if you're not eating nutritious food. If you're on a low-fat regimen that includes low-fat fare like diet soda and white bread, you're going to struggle to lose weight. The same goes for low-carb if you're eating bacon every day, says Christopher Gardner, a nutrition scientist at the Stanford Prevention Research Center.

In a yearlong study of low-fat and low-carb diets, Gardner and his colleagues taught all 609 overweight participants, regardless of the plan they were following, how to cut back on added sugar, refined grains and highly processed foods, as well as how to load up on vegetables and nutrient-dense whole foods and to stop eating when they were full. People on both plans lost, on average, about 12 pounds (though some lost as much as 66) and reduced their body fat and waist circumference. "We thought we were going to find ideas for how to personalize diet programs. Instead, we discovered something more basic that works for everyone: Eat high-quality, nutritious foods, and stop eating when you're full."

5. You're not pushing your pace.

Going for a daily walk is great, but if you're moving at a speed that's comfortable (about 3 miles an hour), you're not going to see much benefit in terms of weight loss, which requires a calorie burn rate of 4 miles per hour or faster.

To achieve that, walking coaches suggest varying your pace to include short stretches at a faster stride. "One of the best ways to turn walking into a weight-loss workout is to add speed intervals," says Michele Stanten, a walking coach and author of *Walk Off Weight*. To do that, just push yourself at the fastest pace you can for 30- or 60- or 120-second intervals, followed by double the time at a normal pace. Continue alternating between fast and slow for 15 to 20 minutes. Easier yet, you can walk briskly for one block and go at your usual pace for two blocks, or walk quickly for one song and slower for two. Brazilian researchers reported in 2019 that interval-training workouts result in shedding more fat and weight than exercising at a steady pace and that these workouts may cause your body to burn more fat after you're done, as well.

6. You're eating too much at night.

Research shows that people who eat after dinner consume an average of 208 more calories than those who don't. "A lot of people are able to control what they eat during the day, but by nighttime they're tired and feel like they deserve a treat," says Kelly Allison, director of the Center for Weight and Eating Disorders at the University of Pennsylvania's Perelman School of Medicine. "When we shut down at night, there's cognitive fatigue, so we don't have as much resolve to say no to ourselves."



If you stop eating earlier in your day, however, you may experience biological weight-loss benefits, too. Allison and her colleagues recently completed a small, preliminary study in which they compared people who stopped eating at 7 p.m. with those who quit at 11 p.m. Those who stopped eating earlier burned more fat and had lower cholesterol and blood sugar — all of which can be good for weight loss — possibly because our bodies are programmed to process food more effectively during the day, Allison says. Those are good incentives to tell yourself the kitchen is closed after 7. And when you find yourself craving a night time snack, take a walk or call a friend.

Leftovers and how to use them up

Getting rid of leftover ingredients can feel both necessary and overwhelming, especially when you are working with limited storage space.



To save money and reduce food waste, using up as many leftovers as possible is essential.

The Spar Group has shared tips on how you can get the most out of your grocery rands by using leftovers wisely:

- Don't throw out small amounts of leftover wine in bottles. Freeze into ice cubes for future use in casseroles and sauces.
- To any amount of fruit mincemeat left over from your baking, add an equal amount of mashed canned pie apples – this doubles the quantity and makes a terrific trifle layer or fruit pie filling.
- Going on holiday and have a few heads of garlic that won't keep while you are away? Peel cloves of garlic and place them in a jar. Pour over enough olive oil to cover. Seal and store in the fridge. Both the garlic and olive oil can be used and will last for many months.

- A bit of jam left in a can or jar, mixed with half the amount of vinegar and a dash of Worcestershire sauce, becomes a quick chutney substitute for a sandwich spread or apply it to chicken pieces and bake them.
- Scrape the little bit of mayonnaise from the jar sides that is insufficient to bind a quantity of salad or sandwich filling. Stir it into hot mashed potato or into the scrambled egg before serving for a delicious tang.
- Save peelings and tops from carrots, onions, and other veg and keep them in a sealed bag in the fridge. Use this with leftover bones as the basis for the delicious home-made stock.

The Estate Social Scene

Once again, our thanks and congratulations to Dr Zweli and his Social sub-Committee team for organising some really spectacular social events this year.

Annual Potjie Competition and Village Market Day – Congratulations to all the winners and the ones who entered for the Potjie competition. The judges struggled because ALL the entries were of a high standard; the food was delicious; the presentation layout was excellent; and the team spirit great. Many thought that this was our best Potjie Competition so far. Let us keep up the spirit of Unity and Love. For a great selection of pictures go to

<https://photos.app.goo.gl/38irPJcAZ7QBrc6N7>



The Judges were: Cyril Raitt , Antoinette Moss and Dr Pinky Mbambisa



1st - HotPots: Harry, Christo, Leanne and Sarah Fourie



2nd - The Venter Square team: Wikus and Charmaine Venter & Riaan and Marina Venter.



3rd - Kerrie Koekies: Monique Grobbelaar and Izelle Adams

DECEMBER / JANUARY – Holiday Season Information



Cove Rock Office

- Closed from FRIDAY 22 December 2023
- Open on WEDNESDAY 3 January 2024

For emergencies please contact:

Sean Russell	- CRHOA Chairperson	:	0836267097
Harry Fourie	- General Manager	:	0660967235
	Whatsapp:	:	0825781827
Wayne van der Merwe	- Estate Site Manager	:	0827971639
Tim Pautz	- Estate Security Manager	:	0603430081

Clubhouse Activities during the Festive Season

From SATURDAY 09 December 2023 to TUESDAY 2 January 2024

Open every day from 11h00 except the days specified below:

Club Closed

Club will close earlier ON SUNDAY 24 December 2023 at 20h00

CHRISTMAS DAY – MONDAY 25 December 2023

Boxing Day/Family Day: TUESDAY 26 December 2023

New Year's Day: MONDAY 1 January 2024

FUN DAY AND COLOUR RUN: Clubhouse – Saturday 09 December, 2023

Colour Run: Starts at 12h00 from the Clubhouse. Prizes for the first three places

Fun Day Activities for Adults and Children Commence immediately thereafter:

Slippery Slide, Tug-O-War, Mechanical Bull, Paint Ball Shooting, Decades Party, etc.

Santa on his way to Cove Rock – Saturday 16 December

Santa comes to Cove Rock 14h00 at the Clubhouse (Please bring your plate of eats)

Gifts for children can be dropped off at Office NOT LATER THAN SATURDAY 16 DECEMBER AT 10H00

Refuse Collection Dates over the holiday season:

Refuse collection will take place on Mondays and Fridays as is normal except for Monday 25th & Tuesday 26th December. Refuse will be collected on Wednesday 27th December instead.

Garden Refuse will be collected on Mondays except for Monday 25th December), 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 have a Security Guard patrolling the beach over the festive season from the **15 December 2023 until the 14 January 2024**.

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 -

Wednesday 20 December 2023 – TUESDAY 3 January 2024

No access will be allowed during this period.

Glass and metal recycling – we request that if the recycling bins are full in your area, please use the large bins either at the Clubhouse or Beachcomber.

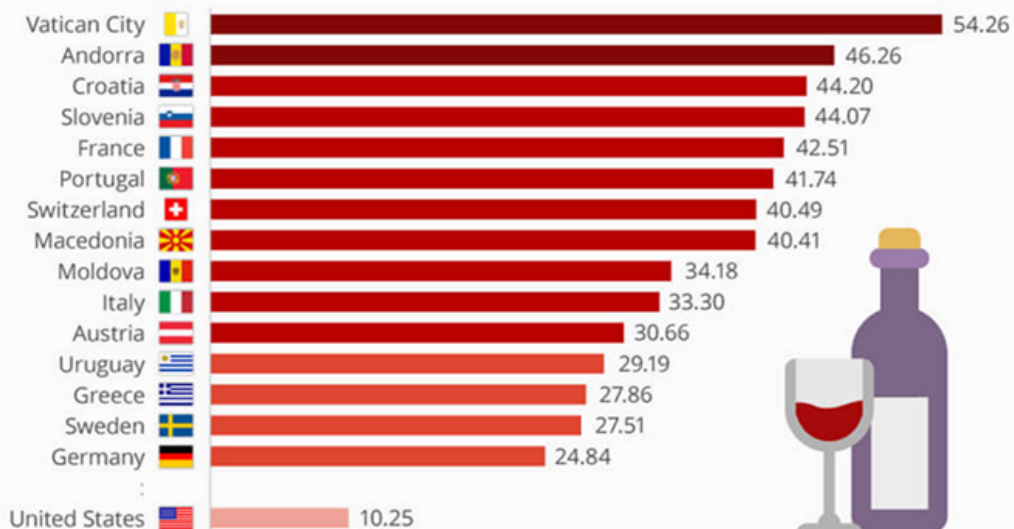
The Executive Committee would like to take this opportunity to wish all residents a most joyous, safe holiday season and a prosperous 2024. We would also like to thank those involved in the Management of our Estate for their support and dedication over the past year.

If you require any further information or would like to discuss anything relating to this Bulletin/Notice, please feel free to contact Carol Warmberg/Sean Russell before 01 December 2023 or email coverockexec@gmail.com Telephone 043 7361120.



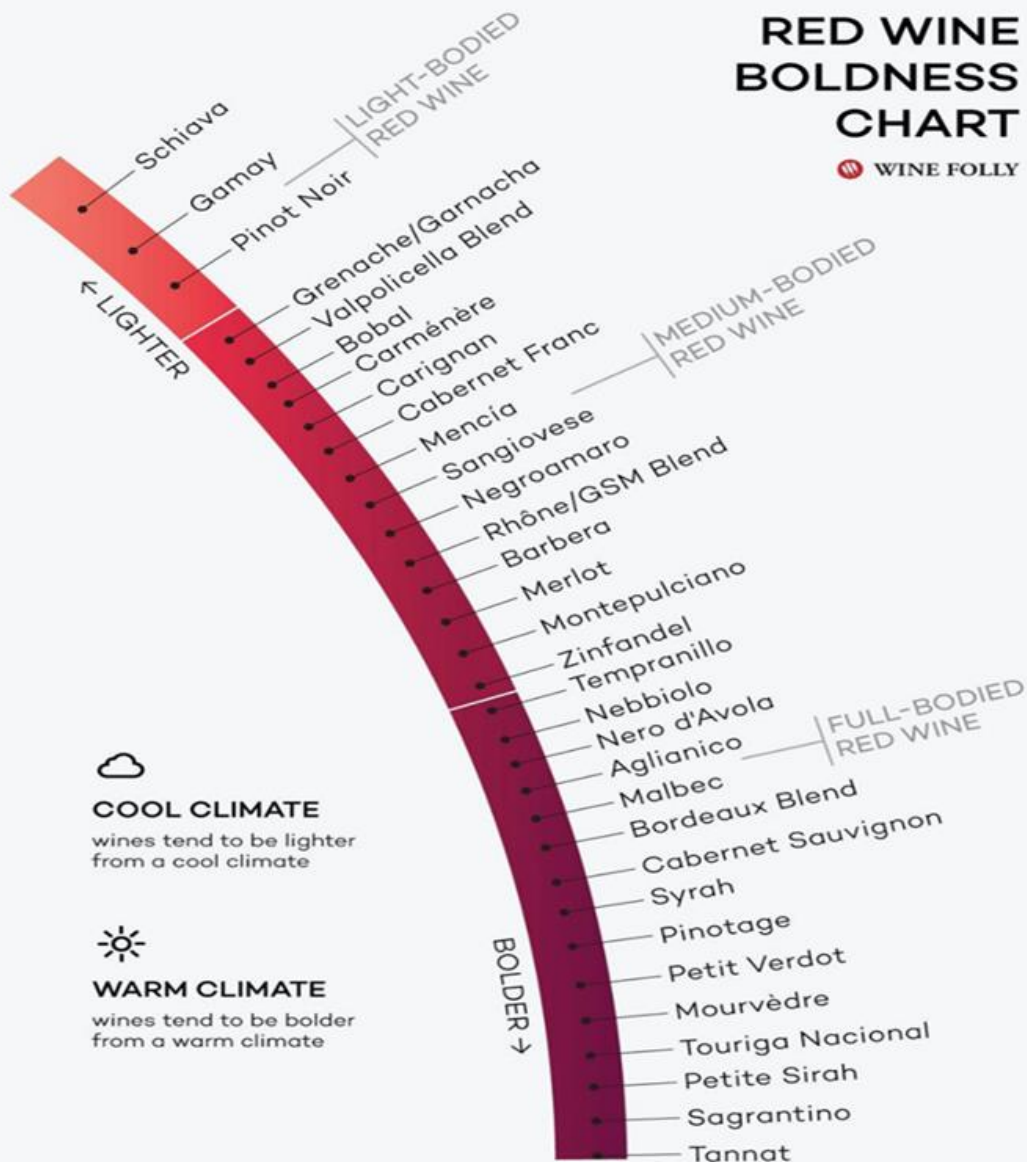
The World's Biggest Wine Drinkers

Annual per capita wine consumption worldwide (Nov 15)*



RED WINE BOLDNESS CHART

WINE FOLLY



Did you know that on Christmas day of 1899 the Boers fired an artillery shell into the besieged town of Ladysmith which was not designed to explode?

When the British soldiers retrieved the shell as a souvenir, they were astonished to find inside the shell a piece of plum Christmas pudding, two small republican flags and a note that said, "Compliments of the season..."

The shell is still on display at the Ladysmith Museum.



GEORGE R.R. MARTIN

“I have lived a
thousand lives and I have
loved a thousand loves.
I’ve walked on distant
worlds and seen the end
of time.
Because I read.”

Meanwhile – Back in Brakpan it's all still happening

My boyfriend loves me so much that he doesn't watch porn that has girls in them



Brakpan Sushi

DECEMBER



JANUARY



Never lose your glasses again!



BIOLOGY EXAM:

In an advanced biology class students were taking their mid-term exams. The last question was, 'Name seven advantages of Mother's Milk. The question was worth 70 points or none at all. One student, in particular, was hard put to think of seven advantages.

However, he wrote:

- 1) It is the perfect formula for the child.
- 2) It provides immunity against several diseases.
- 3) It is always the right temperature.
- 4) It is inexpensive.
- 5) It bonds the child to the mother, and vice versa.
- 6) It is always available as needed.

And then the student was stuck. Finally, in desperation, just before the bell rang indicating the end of the test, he wrote:

- 7) It comes in two attractive containers and it's high enough off the ground where the cat can't get it.

A rugby referee died and went to heaven. Stopped by St Peter at the gates he was told that only brave people who had performed heroic deeds and had the courage of their convictions could enter. If the ref could describe a situation in his life where he had shown these characteristics, he would be allowed in.

"Well," said the ref, "I was refing a game between the Blue Bulls and the Sharks at Loftus Versveld. The Bulls were 2 points ahead, 1 minute to go. The Sharks wing made a break, passed inside to his lock. The lock was driven on by his forwards, passed out to the flanker who ducked blind and went over in the corner.

"However, the flanker dropped the ball before he could ground it, and as the Sharks were clearly the better side all game, I ruled that he had dropped the ball down, not forward, and awarded the try."

"OK, that was fairly brave of you, but I will have to check it in the book." says Peter, and disappears to look it up. When he comes back, he says "Sorry, there is no record of this. Can you help me to trace it? When did all this happen?"

The ref looked at his watch and replied "45 seconds ago."

A man comes to a doctor and, twitching his fingers and stuttering, finally manages to say, "Doctor, I have a sexual performance problem. Can you help me?"

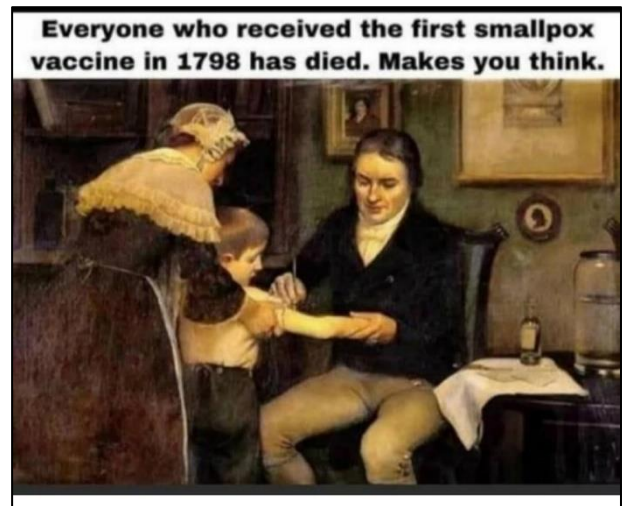
"Oh, that's not a problem for us men anymore!" announces a proud physician, "They just came out with this new wonder drug, Viagra, that does the trick! You take some pills, and your problems are history."

So, the doctor gives the man a prescription and sends him on his merry way.

A couple of months later, the doctor runs into his patient on the street. "Doctor, Doctor!" exclaims the man excitedly, "I've got to thank you! This drug is a miracle! It's wonderful!"

"Well, I'm glad to hear that" says the pleased physician, "What does your wife think about it?"

"Wife?" asks the man, "I haven't been home yet."



Jimmy Carr Humour.....

"I did a sponsored walk once. In the end, I'd managed to raise so much money, I could afford a taxi."

"When you eat a lot of spicy food, you can lose your taste. When I was in India last summer, I was listening to a lot of Michael Bolton."

"I realised I was dyslexic when I went to a toga party dressed as a goat."

"I'm not being condescending. I'm too busy thinking about far more important things you wouldn't understand."

"Swimming is good for you, especially if you're drowning. Not only do you get a cardiovascular workout, but you also don't die."

"Recently my girlfriend asked me if I was having sex behind her back and I replied, 'Yes, who did you think it was?'"

"I saw a charity appeal in The Guardian the other day, and it read, 'Little Zuki has to walk 13 miles a day just to fetch water.' And I couldn't help thinking, 'she should move.'"

"Say what you want about the deaf..."

"People with Tourette's... what makes them tick?"

"I have no problems with buying tampons, I am a fairly modern man. But apparently, they're not a 'proper' present."

"My father always used to say, 'What doesn't kill you, makes you stronger.' Until the accident."

"I went up to the airport information desk and said 'How many airports are there in the world?'"

"There was one time where I failed to perform sexually. My girlfriend said to me, 'oh, don't worry, it happens to a lot of guys.' OK, there are two things wrong with that. First of all, who are these other guys? And second of all if it's happening to more than one of us, don't you think it could be your fault?"

"I live near a remedial school. There's a sign that says, 'slow – children'. That can't be good for their self-esteem. But look, of course, on the positive side... they can't read it."

"I saw that show 50 Things To Do Before You Die. I'd have thought the obvious one was, 'shout for help.'"

"David Cameron says he'll put a cap on immigrants coming into the UK. That's wrong. Immigrants should be allowed to wear what they like."

"My Mum told me the best time to ask my Dad for anything was during sex. Not the best advice I'd ever been given. I burst in through the bedroom door saying, 'Can I have a new bike?' He was very upset. His secretary was surprisingly nice about it. I got the bike."



The Genius of Steven Wright:

- 1 - I'd kill for a Nobel Peace Prize.
- 2 - Borrow money from pessimists – they don't expect it back.
- 3 - Half the people you know are below average.
- 4 - 99% of lawyers give the rest a bad name.
- 5 - 82.7% of all statistics are made up on the spot.
- 6 - A conscience is what hurts when all your other parts feel so good.
- 7 - A clear conscience is usually the sign of a bad memory.
- 8 - If you want the rainbow, you got to put up with the rain.
- 9 - All those who believe in psycho kinesis, raise my hand.
- 10 - The early bird may get the worm, but the second mouse gets the cheese.
- 11 - I almost had a psychic girlfriend, But she left me before we met.
- 12 - OK, so what's the speed of dark?
- 13 - How do you tell when you're out of invisible ink?
- 14 - If everything seems to be going well, you have obviously overlooked something.
- 15 - Depression is merely anger without enthusiasm.
- 16 - When everything is coming your way, you're in the wrong lane.
- 17 - Ambition is a poor excuse for not having enough sense to be lazy.
- 18 - Hard work pays off in the future; laziness pays off now.
- 19 - I intend to live forever ... So far, so good.
- 20 - If Barbie is so popular, why do you have to buy her friends?
- 21 - Eagles may soar, but weasels don't get sucked into jet engines.
- 22 - What happens if you get scared half to death twice?
- 23 - My mechanic told me, "I couldn't repair your brakes, so I made your horn louder."
- 24 - Why do psychics have to ask you for your name
- 25 - If at first you don't succeed, destroy all evidence that you tried.
- 26 - A conclusion is the place where you got tired of thinking.
- 27 - Experience is something you don't get until just after you need it.
- 28 - The hardness of the butter is proportional to the softness of the bread.
- 29 - To steal ideas from one person is plagiarism; to steal from many is research.
- 30 - The problem with the gene pool is that there is no lifeguard.
- 31 - The sooner you fall behind, the more time you'll have to catch up.
- 32 - The colder the x-ray table, the more of your body is required to be on it.
- 33 - Everyone has a photographic memory; some just don't have film.
- 34 - If at first you don't succeed, skydiving is not for you.
- 35 - If your car could travel at the speed of light, would your headlights work.



A woman in a supermarket is following a grandfather and his badly-behaved grandson. He has his hands full with the child screaming for sweets, biscuits, all sorts of things. The grandad is saying in a controlled voice: "Easy, William, we won't be long . . . easy boy." Another outburst and she hears the grandad calmly say : "It's okay William. Just a couple more minutes and we'll be out of here. Hang in there, boy." At the checkout the little horror is throwing items out of the trolley. Grandad says again in a controlled voice : "William, William, relax buddy, don't get upset. We'll be home in five minutes, stay cool William." Very impressed, she goes outside to where the grandfather is loading his groceries and the boy into the car. She says : "It's none of my business, but you were amazing in there. I don't know how you did it. That whole time you kept your composure, and no matter how loud and disruptive he got, you just calmly kept saying things would be okay. William is very lucky to have you as his grandad." "Thanks," says the grandpa. "But I am William. The little ~~boy~~ grand's name is Kevin."