



ROCKY

Rocky issue No 013 – May 2023

“Rocky” is a newsletter for residents of Cove Rock Country Estate. It is published every 2nd 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 / 043 736 8980/011 787 2953

Focus on the Eastern Cape

Torrential rain causes widespread damage in Komani

willgnerOn February 8, 2023, the town of Komani (also known as Queenstown) in the Eastern Cape province of South Africa was hit by heavy rains that caused widespread flooding. The floods displaced hundreds of people and damaged homes, businesses and infrastructure.



The flooding was caused by a combination of factors, including a tropical storm that hit the coast of Mozambique and heavy rains that had been falling in the area for several days. The Komani River overflowed its banks, and the floodwaters quickly spread to low-lying areas of the town.

The floods had a devastating impact on the town. Hundreds of people were displaced from their homes, and many businesses and homes were damaged or destroyed. The floods also damaged roads, bridges, and other infrastructure.



The Silvertown and Gauteng informal settlements were badly affected as water from the rain-swollen Komani River swept through the shacks, destroying homes, cars and many other belongings. Many people have blamed a poor drainage system and the overflowing Bonkolo Dam.



The South African government responded to the floods by declaring a state of disaster in the affected areas. The government also provided financial assistance to those who have been affected by the floods. The floods in Komani are a reminder of the devastating impact that climate change can have on communities. The town is located in a region that is already experiencing the effects of climate change, including more frequent and severe droughts and floods.

Damaging floods once again hit Komani from heavy rain that fell overnight, causing road closures in the early hours of the morning of February 18.

According to the Chris Hani District Municipality, most crossings in the area were submerged. Two cars were also swept away by a strong current along Owen/Sprigg Street into Komani River.

"The floods in Komani are a call to action. We need to take steps to mitigate the effects of climate change and to build more resilient communities."

Example Button

Of course, our Estate EXCO Chairman, Sean Russell, a prominent businessman in Queenstown, was at the forefront of relief efforts to assist the people affected by the floods. Everything collected from Cove Rock by Sean's staff he personally distributed to the actual victims of the disaster. None of the donations were just dropped off at the shelters. Items he collected from other places he donated to the GIFT OF THE GIVERS when they were operating in the disaster zone.

In sympathy with the flood victims of Komani, the Cove Rock community generously delved into their piggy banks, grocery cupboards and wardrobes and donated what they could afford. The support from our residents was amazing and I think Carole Warmberg's words in a WhatsApp post says it all:

"We would like to take this opportunity to thank the Cove Rock Estate Community for their donations to the Queenstown Community. A special thank you to the Team that sorted and packed the goods with so much care and gave of their time without hesitation. Thank you, Cove Rockers."

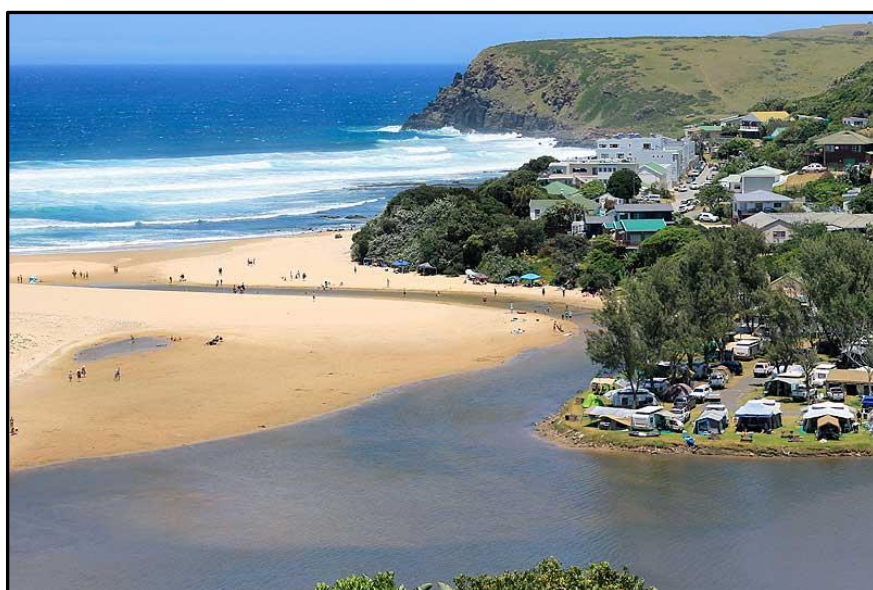
A Community in action!



Morgan Bay

Morgan Bay is a town in Amathole District Municipality in the Eastern Cape province of South Africa.

The peaceful seaside holiday village is located less than an hour from East London on South Africa's stunning Wild Coast. It was given its current name in 1822, when it was named after A.F. Morgan, the master of the Barracouta, a survey ship of the Royal Navy. The ship was part of an expedition under Captain William Fitzwilliam Owen, sent out by the British Admiralty to survey the coast from Maputo to the mouth of the Keiskamma River. The nearby Bead Beach (Treasure Beach) is the site of a 16th-century Portuguese shipwreck.



Morgan Bay is a popular holiday destination due to its picturesque setting, mile-long beach, estuary, sea cliffs and location at the Southern end of the Wild Coast.

The 1.6km long sandy beach is patrolled by lifeguards during the festive season and is ideal for ball games like cricket, rugby and tennis. Touch rugby and cricket tournaments are held between Christmas and New Year every year. The dunes are good for sandboarding and the beach is also popular with joggers and walkers.

The shallow Inchara river estuary, which hosts numerous water birds, is ideal for swimming and water sports like canoeing, board sailing and stand-up paddle boarding.

The Morgan Bay cliffs are popular with hikers and offer excellent vantage points for watching the sunrise or enjoying a sundowner with friends. The Morgan Bay cliffs is the largest sea cliff climbing location in South Africa with over 600 climbing routes and several bouldering problems.



Slightly further afield, and only a short drive over the cliffs from Morgan Bay, takes you to the Double Mouth Nature Reserve and the ever-popular Bead Beach (Treasure Beach), site of a 17th Century Portuguese shipwreck, where Carnelian Beads, Money Cowries and shards of broken Ming Porcelain lie scattered amongst the shells.

The Morganville Motorcycle Museum, located just 7km out of town, houses over 650 motorcycles, a Convair 880 passenger jet, several London buses and many other collectables. Owned and run by former Eastern Cape Finance MEC, Billy Nel, the museum is opened to the public on the occasional open-day, which he holds for local charities, and for visiting motorcycle clubs during rallies.

Other activities in Morgan Bay include bird watching, hiking, mountain biking, township tours, fishing, surfing, game drives and horse riding. Morgan Bay boasts over 280 species of bird with habitats ranging from back gardens to the banks the lagoon, municipal dam, the beach, cliffs, rolling grasslands and coastal and riverine forests.

There are lots of things to keep the young ones entertained, particularly on the excellent beach and shallow swimming lagoon. During the day you can gaze at passing ships on the horizon, relax on the beach with a book, play a round of golf in Kei Mouth, or take a walk along the beach, the picturesque cliffs and the Bushbuck Trail at Yellowwood Forest. There are several good fishing spots in the area and ski-boats can be launched from the mouth of the nearby Kei River.

Activities for the adventurous include rides along the Morgan Bay beach and cliffs with Wild Coast Horseback Adventures, game drives at Endalweni Private Game Reserve, township tours or rock climbing and abseiling with Rock Face Labs. The Morgan Bay Hotel has a climbing wall and mountain bikes, canoes, body boards, stand ups, surfboards and sand boards are available for hire.



Many good times have been enjoyed by families and friends who meet every evening in summer for sundowners on the cliffs, to reflect on the day and forget their troubles. At night you can lie relaxed in comfortable accommodation while being hypnotised by the dull roar of the sea, glorious stars and the intermittent beam of the Cape Morgan Lighthouse across the bay.



All about Nature and the Environment

Zebras

Zebras are odd-toed ungulates and thus belong to the Perissodactyla order. There are three extant families within this order: Equidae (horses, asses, and zebras), Rhinocerotidae (rhinos), and Tapiridae (tapirs).

Grevy's zebra (<i>Equus grevyi</i>)	Mountain zebra (E. zebra)	Plains zebra (E. quagga)
		

The plain zebra is by far the most common. The mountain zebra has 2 subspecies, and plains has 6 (plus a seventh extinct subspecies). However a DNA study in 2018 argues against the subspecies structure in plains zebra.

Where do zebras live?

Zebras are widespread across vast areas of southern and eastern Africa, where they live in their preferred habitat of treeless grasslands and savannah woodlands. However, their habitat is shrinking, and they're already extinct in two of the countries to which they're native (Lesotho and Burundi).

Zebras don't live in deserts, wetlands or rainforests, which may make them vulnerable to climate change.

Is a zebra a horse?

Zebras are closely related to horses but they're not the same species. They're both in the Equidae family and they can even breed with each other.

The offspring (zebroids) have different names dependent on the parents. A male zebra and female horse produces a zorse, and a female zebra and male horse produces hebra. Zebras can also breed with donkeys, to produce a zedonk.

Offspring of all crossovers are sterile, as zebras, horses and donkeys have different numbers of chromosomes.

Zebras also have very different temperaments to horses. They're far more aggressive and a lot more dangerous.

Zebras have been known to kick each other to death, they will viciously bite any human that comes too close, and there are even many accounts of zebras killing lions.

Zebras have been trained to pull carriages successfully in the past (Lord Rothschild used to drive his zebra-drawn carriage through London), but obviously it's not something that would be deemed acceptable by most people in the modern world.

How fast can a zebra run?

Zebras are very speedy animals, and can reach speeds of up to 65kph when galloping across the plains. This is just fast enough to outpace predators such as lions. Foals can run with the herd within a few hours of birth.

How do zebras keep cool in the sun?

A zebra's stripy coat is thought to disperse more than 70 per cent of incoming heat, preventing the animal from overheating in the African sun. This is because air moves at different speeds over light-absorbing black stripes and light-reflecting white stripes, so the zebra creates its own cooling air currents.

Why do zebras have stripes?

In addition to keeping zebras cool, it's thought that a zebra's stripes also serve to help camouflage the animal in long grass, and distract predators. While that might seem unlikely when we look at them, you've got to remember that lions are colour blind, and a herd of stripy running zebras will very confusing if you see everything in black and white.

Recent research also shows that a zebra's stripes may have evolved to keep biting insects at bay – the monochrome pattern seems to throw off the visual systems of flies.

Are zebras white with black stripes?

No, in fact zebras are black with white stripes! Some zebras don't have stripes on their bellies, in which case the fur is white, so we used to think that zebras were white with black stripes. But recent research looking at embryological evidence has shown that a zebra's underlying colour is actually black, and it's the white that's added on top.

Are zebras sociable?

While Grevy zebra society tends to be fairly open, that of plains and mountain zebras is more tight-knit, with the animals living in harems of up to six breeding females and their young, with a dominant male. Each female has a place in the hierarchy.

These groups are so close that if a predator injures one individual, fellow members will circle it and attempt to scare the intruder away with their teeth and hooves

What is a group of zebras called?

A dazzle of zebras is the most common collective noun, named for the motion dazzle effect created by a group of running zebras.

A group of zebras can also be called a herd of zebras or a zeal of zebras, but those aren't quite as much fun.



The Beauty of Nature



WHY DO HAMERKOPS HAVE SUCH BIG NESTS?

No one really knows, but the nests are really big – with only one breeding pair doing the building. It has been said that the size of the nest may be used as an advertising beacon, letting other Hamerkops know that the area is occupied – this even though Hamerkops do not hold territories and will therefore not defend a specific area.



The large nests are also a great defense against torrential rain as well as wind, and provide a place of refuge for both parents and offspring. In rare cases other individuals have been seen to help the breeding pair and these birds are most likely their offspring, or possibly adults that concede dominance and help the alpha pair with maintenance of the nest and rearing of the young. The pair is very energetic in their building, starting with a bowl shape, adding the sides and roof, and then plastering the entrance tunnel and breeding chamber with mud brought in by the male but applied by the female. The mud also helps improve the structural strength of the nest and blocks any holes in the nest thereby creating an insulated chamber.



Nests can be built in as little as a month or can take up to six months depending on the availability of materials that are suitable for construction. Woody material (mostly sticks), along with grasses and reeds are mainly used. Nests can physically weigh up to 50kg and consist of thousands of pieces of material. They are usually built between the main forks of larger trees along watercourses or dams.

Other bird species provide the biggest problems for Hamerkops,

with a large number of species eager to set up residence within the Hamerkop's mansion. Owls, geese and small hole-nesting raptors, such as kestrels, are all unwelcome residents of the nests. Other visitor species may have no use for the chambers but will utilise the top of the nest as a base to construct their own nests.

Hamerkops may build a new nest every year, or use the same one repeatedly. This depends on many variables leading to favorable conditions for breeding e.g. food sources, disturbance by predators as well as interference by man.



Interesting and informative

Where did the clock terms “am” and “pm” come from? Why are they named so? Why isn’t a 24 hour clock universally accepted?

Sundials. It’s all about sundials.

(oldest known Sundial from ancient Egypt) >>>>>>

People on the metric system love 10’s. But the Egyptians loved 12’s. 12 is nice because it’s evenly divisible by 2, 3, and 4, and isn’t as big as 60, which is the first one to be divisible by 2, 3, 4, and 5.

The Egyptians decided that night-time was made out of 12 time periods, and daytime was also made out of 12 time periods, for a total of 24 per day— 24 hours.

And that’s great and all, but the problem is measuring it. If you wanted to start morning at sunrise, it’ll slowly change over the course of the year. How annoying!

But you know what’s more annoying? Old-school Japanese clocks. The Japanese liked 12’s too— they divided the day into 12 time periods, 6 for daytime, and 6 for night time. BUT, the problem was that they measured things from sunrise to sunset, meaning that the times were different! That’s right, an “hour” in the summer was longer than an “hour” in the winter!

Anyway. Back to sundials. There’s only one point on a sundial that works nice and evenly, and that’s noon. Noon doesn’t change, but sunrise and sunset will. Noon is easy to find, it’s “straight up”— not like the other times where it’s at some odd angle. So that was used as the “starting point” of numerical hours— the “meridian”.

That’s where AM and PM come from— they’re latin for “Ante Meridiem” (before noon) and “Post Meridiem” (after noon).

When mechanical clocks showed up, they kept the 12-hour face. It was obvious when it was day or night, so having a 24-hour clock wasn’t terribly important. And they made it go “clockwise” to mimic the direction of the shadow on a sundial.



So, for hundreds of years, we’ve been happy with 12-hour clocks. Why do we need anything different?

Well, mostly because of things like computers, the internet, and globalization. We’re doing more things at oddball hours of the night. We’re needing to pay attention to more and more precise times. And we’re interacting with people around the world in other time zones. So, a 12-hour clock can lead to confusion.

But all our infrastructure is geared towards 12-hour clocks. Our analogue clocks still have 12 hours on them — most people (in the US at least) are still immediately baffled when faced with a time like “19:22”, and need to do some quick math in order to convert it to “7:22pm”, rather than just intuitively knowing what time of day hour 19 is.

So, there’s a lot of work to be done to move to a 24-hour clock. You have to get people used to it, you have to start designing analogue and digital clocks that use 24 hours, and pay for revamping a lot of the existing timepieces.

We’re actually getting there... slowly. More and more, we’re seeing time displayed in unambiguous 24-hour display format. But it’ll take a long time before everyone is as comfortable with it as they are with 12-hour clocks!



Vision Myths

Are Cats, Dogs & Bulls Colour Blind?

All mammals are colour blind, but do see more than just black & white.

Like most mammals, it has long been assumed that cats and dogs are all colour blind and can only see in black and white. Recent studies have found this to be untrue; Cats, dogs, bulls, and many other mammals can see in colour. Comparative to the human eye, other mammals do however see colour in a different and more limited fashion.

Scientifically speaking, dogs do not have L-Cones which means they cannot see red, but can see blue and green – Dogs also have many times less cone cells in their eyes, which causes colours to appear approximately 7x less vibrant than to human eyes. However, on the upside for our colour-blind buddies, they have a reflective surface behind the retina which greatly increases their night vision.

Only Males are Colour Blind

As my diligent reader, you would already know this to be myth. As covered in my how colour blindness works section and the prevalence statistics page, women can indeed be colour blind but thanks to having two X chromosomes they are much less likely to be. If one of the X chromosomes is genetically mutated, the normal one will take precedence and the woman will see properly but remain a carrier – offering any sons she has a 50% chance of being colour blind, and any daughters a 50% chance of also being a carrier.



There are other ways to acquire colour blindness; through trauma etc, however the rate of occurrence is extremely low compared with genetic inheritance of colour blindness. The reason this myth exists is obvious, with up to 10% of men in most countries suffering some form of colour blindness, but less than 1% of women, it's no wonder some people ask the question!

Eating Carrots will Improve your Vision

There's nothing magical about carrots. This myth is more related to remedying short- and long-sighted vision however I'll include it anyway. Vitamin A is essential for good sight, and it is true that carrot is high in vitamin A however, so are a great deal of other foods including apricots, nectarines, milk, and many others. A well-balanced diet will provide all the necessary vitamin A requirements for healthy vision regardless of the inclusion of carrots.



Computer and TV Screens can damage your eyes

Staring at a TV or computer screen does not cause any lasting damage.

Again, a fairly generalised myth not specifically related to colour blindness but worth debunking all the same! Your computer monitor won't harm your eyes, however when using a computer for extended periods, the eyes blink less than normal. This makes the eyes dry, which often leads to a feeling of fatigue and eye strain. Likewise, as much as parents like to tell their children too much TV will hurt their eyes, there is simply no proof of this whatsoever. In either case, to avoid any feelings of fatigue, regular short breaks are recommended. Interestingly, children have been found to focus at close range better than adults, but if you do notice your child regularly sitting close to the TV it may be a sign of short sightedness – and on those grounds should be investigated.

Does Wearing Glasses Make Vision Worse?

Wearing glasses full-time will not worsen your vision

This is a myth! Glasses only change the path of the light entering the eye; they don't change the eye itself. It is extremely common for a teenager's vision to get worse over time as the eye is still growing. Much like having to buy larger shoes each year, you might need more powerful glasses.



What do these car insurance terms really mean?

With so many confusing terms and concepts, it's no wonder that misunderstandings and disputes with insurers happen all the time. That's why it's crucial to understand the different car insurance terms and policies.

According to Wynand van Vuuren, client experience partner at King Price insurance, many people don't know what certain terms mean or take advice from their friends instead of finding out the facts.

Retail, market and agreed value

Most insurers offering comprehensive cover will insure your car at its retail value. This retail value is what it would cost to replace your current car.

In other words, this is what it would cost to buy your car from a dealer right now, considering its age, condition and mileage. The retail value is typically higher than the market value, which you could sell your car for right now.

"Here's what's important to know," says Van Vuuren. "For various reasons, cars lose value from day one. This means that your car's retail and market values decrease over time. So, if your car is written off or stolen, and it's insured for its retail value, your insurer will only pay out what the car is worth at the time of the loss. They won't pay you what you paid for the car."

With some insurers, you can now insure your car for an agreed value. This means you can choose a more realistic replacement value for your car. With King Price, for example, this agreed value can be up to 20% more than today's retail value. It's fixed for three years and doesn't depreciate – so if your car is written off or stolen during this time, you know exactly how much your pay-out will be.

The credit shortfall dilemma

There's also a lot of confusion in the marketplace about credit shortfall. Credit shortfall covers the difference between your car's insured value and the amount you still owe the bank.

"If you've financed your car, the insurance pay-out at the time of the car being stolen or written-off can be less than the outstanding finance amount," says Van Vuuren.

"If you add credit shortfall cover to your policy, your insurer will also pay the amount you still owe the bank after they've settled your claim. Many people think that credit shortfall covers the gap between your car's insured (retail) value and the price of a new car. It doesn't."



You're Showering Too Much

Wash your hands, but lay off the other parts.

JAMES HAMBLIN

In October, when the Canadian air starts drying out, the men flock to Sandy Skotnicki's office. The men are itchy. Skotnicki studied microbiology before becoming an assistant professor of dermatology at the University of Toronto. She has been practicing for 23 years, always with an eye to how the environment — including the microbial one on our skin — affects health. "I say to



them, 'How do you shower?' she told me. "They take the squeegee thing and wash their whole body with some sort of men's body wash. They're showering twice a day because they're working out. As soon as I get them to stop doing that and just wash their bits, they're totally fine."

Bits?

"Bits would be underarms, groin, feet," she said. "So, when you're in the shower or the bath, do you need to wash here?" She pointed to her forearm. "No." Even water alone, especially hot water, slowly strips away the oils in the outer layers of skin that help preserve moisture — and the drier and more porous someone's skin, the more susceptible it is to irritants and allergens.

Skotnicki believes that this is one-way overwashing prompts eczema to flare in people with a genetic predisposition to the disease. While eczema itself can be debilitating, it often does not travel alone. It seems to be part of a constellation of conditions caused by immune-system misfires. Infants with eczema have an increased risk of developing allergic rhinitis or asthma in childhood, part of a cascade of immune-system overreactions known as the "atopic march."

"And so what if," Skotnicki speculated, "as a society, you actually triggered eczema by overwashing?"

Now couldn't be a weirder time to question washing. I've spent the past three years reporting on how our notions of what it means to be "clean" have evolved over time—from basic hygiene practices to elaborate rituals that involve dozens of products targeted at each of us by gender and age and "skin type." At the same time, the incidence of immune-related skin conditions such as eczema and psoriasis has risen in the developed world, while acne is as pernicious as ever, despite the constant stream of expensive new medications and unguents sold to address it.

Though no one would ever wish it to happen this way, the pandemic could mark a chance to re-examine how much cleanliness is good for us, and what practices we'd be better off without. Let's start with the obvious: Wash your hands, for 20 seconds, many times a day. It's possibly the single most valuable thing you can do to prevent the spread of the coronavirus.

Americans are notoriously resistant to that basic recommendation, but we've also been oblivious to the importance of the trillions of microbes that live on our skin, the largest organ in the immune system. An early jolt of public recognition that our skin was thick with them came in 2014, when researchers scraped the faces of a small group of volunteers in North Carolina and found DNA evidence of microscopic mites called *Demodex* burrowed in their pores. The detection of the colourless arachnids made headlines nationwide, eliciting a widespread cry along the lines of Get these things off of me this instant. But although an abnormally high density of the half-millimetre bugs has been linked to rosacea, they're almost surely serving some useful purposes. Michelle Trautwein, an endowed chair of dipterology (the study of flies) at the California Academy of Sciences and a co-author of the study, told me that *Demodex* may feed off our dead skin cells — making them the most "natural" exfoliants of all.

Scientific findings like these are upending the traditional conception of germ theory, the idea that we must fight off microbes to avoid disease. The relationship between microbes and their hosts — that would be you and me — is more about context and balance. Self and other is less of a dichotomy than a continuum.

The implications of this new understanding are likely to have a far-reaching impact on how we take care of our skin. Consider, for example, a recent study led by the UC San Diego dermatologist Richard Gallo. His team covered one group of mice with a bacterium that is present on most human skin called *Staphylococcus epidermidis*; another group got a bath of a different strain of the same bacterium. Then the mice all got suntans—and those coated with one type of the *Staph epidermidis* developed fewer skin cancers. The reason, Gallo theorized, is that this strain produces a compound called 6 N hydroxyaminopurine, which seems to prevent the replication of tumour cells.

An out-of-balance skin microbiome isn't just the result of too much soap and scrubbing. We've also exposed ourselves to preservatives with antimicrobial properties. Prime among them are parabens, which have been

used for the better part of a century to extend the shelf life of many hygiene and beauty products—deodorant, makeup, toothpaste, shampoo—as well as packaged foods. In small amounts, parabens are harmless; the concern arises from cumulative exposure over decades. Virtually all of us now have parabens in our blood or on our skin, and, as intended, they destroy a wide range of bacteria and fungi. So, the question isn't whether parabens have altered our microbiomes, but how much it matters. Researchers at the National Institute of Allergy and Infectious Diseases reported, for example, that products containing parabens can block the growth of *Roseomonas mucosa*—a bacterium that can kill another bacterium, one that proliferates during eczema flares called *Staphylococcus aureus*.

The geneticist Julie Segre, who published the first topographical maps of human skin's bacterial and fungal diversity in 2012, sounds almost parentally defensive when she talks about the fact that the gut microbiome has gotten so much more attention than the skin's. "I don't understand exactly why it is that people have such a different sense of the microbes that live in their gut than they do about the microbes that live on their skin," says Segre, who now leads the Microbial Genomics Section at the National Institutes of Health in Bethesda, Maryland. "Everyone wants to eat Activia yogurt and colonize themselves with bacteria, and then they want to use Purell."

Venture capitalists are pouring millions into trying to change that—meaning by developing a topical probiotic that could be sold as an essential part of an everyday skin-care routine. At the same time, some of Segre's scientific colleagues are testing "bacteriotherapy" to treat existing diseases. Researchers at NIAID tried spraying eczema patients' inner elbows with the aforementioned *Roseomonas mucosa*. After six weeks of twice-weekly applications, symptoms such as redness and itching diminished in most of the patients, according to Ian Myles, the lead investigator. Some also reported needing fewer topical steroids even after the treatment stopped.

The promise Segre sees at the moment is not in probiotics (which, technically, are the microbes themselves), but in prebiotics—the various products that "feed our microbial gardens." The normal and beneficial microbes are there already; we probably don't need to add them so much as promote them, she says. Some things already on the market probably work as prebiotics, such as clay-based deodorants, which absorb sebum and may limit the microbial populations that produce odour.

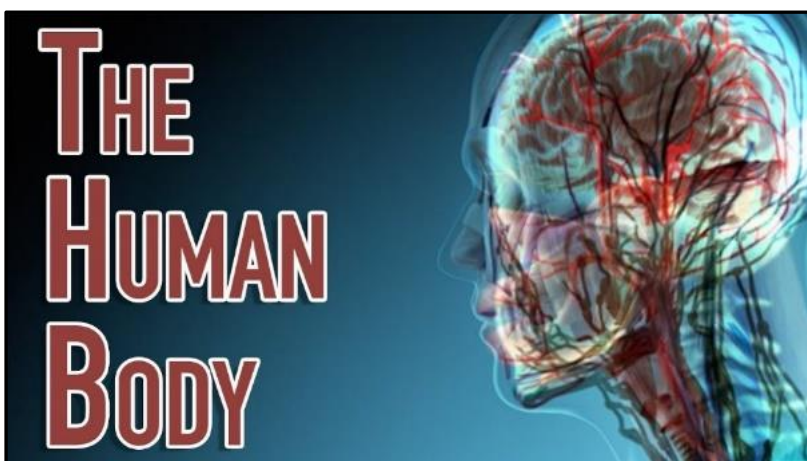
At a fundamental level, spending time in the natural world, starting from early childhood, seems to be one of the best ways to build and maintain a healthy skin biome. We evolved in the presence of other people, animals, plants, and all the attendant microbes they carry to us. Of course, the pandemic limits our time outdoors and exposure to one another. For now, targeted hygiene — again, wash your hands! — and social distancing amount to crucial, lifesaving medical interventions. But the obliteration of all microbes as often and aggressively as possible is not always appropriate. As with any medicine, more does not mean better. An abiding overall theme of the pandemic: In addition to eradicating the bad, we need to seek out the good.

At the very least, we're starting to learn not to touch our face. Our mites are probably grateful.

40 Astounding Facts You Should Know About Your Amazing Human Body

The human body is an incredible thing. Some of these facts may be hard to believe, but they are happening, inside of you, right now.

Human fingers are so sensitive, that if your fingers were the size of Earth, you could feel the difference between a house and a car.



With the 60,000 miles of blood vessels inside the average human body, you could circumnavigate Earth two and a half times.

The human eye is so sensitive that if the Earth were flat, you could spot a candle flickering at night from up to 30 miles away.

Nerve impulses travel to and from the brain at speeds of up to 250 miles per hour, faster than a Formula 1 racecar.

The human brain can read up to 1,000 words per minute.

Inside your belly button are thousands of bacteria that form an ecosystem the size of an entire rainforest.

When in love, the human brain releases the same cocktail of neurotransmitters and hormones that are released by amphetamines. This leads to increased heart rate, loss of appetite and sleep, and intense feelings of excitement.

You can see ultraviolet light; the ability is just filtered out by the eye's lens. Some people have undergone surgery to remove the lens and can detect ultraviolet light.

An adult is made up of 7,000,000,000,000,000,000,000,000 (7 octillion) atoms. For perspective, there's a 'measly' 300,000,000,000 (300 billion) stars in our galaxy.

Our muscles are actually incredibly more powerful than they appear to be. Human strength is limited to protect our tendons and muscles from harming themselves. This limitation can be removed during an adrenaline rush, during which some people have lifted boulders or even cars off themselves.

We humans are the best long-distance runners on the planet. Better than any four-legged animal. In fact, thousands of years ago we used to run after our prey until they died of exhaustion.

A full head of human hair is strong enough to support 12 tons.

In 30 minutes, the human body gives off enough heat to bring a gallon of water to the boil.

We have the same number of hairs on our body as a chimpanzee. Most are useless and so fine that they are invisible.

The atoms that make up your human body today are the same atoms that formed during the Big Bang 13.7 billion years ago.

Human bone is as strong as granite. A block of bone the size of a matchbox could support nine tonnes of weight.

If the human brain were a computer, it could perform 38 thousand-trillion operations per second. One of the world's most powerful supercomputer, BlueGene (Series developed by IBM – discontinued 2015), could at one stage manage only .002% of that.

The focusing muscles in your eyes move around 100,000 times a day. To give your leg muscles the same workout, you'd need to walk 50 miles.

For every pound of fat or muscle gained, your body creates seven miles of new blood vessels.

Humans share 50% of their DNA with bananas.

Loneliness is physically painful. Just as you have a drive to avoid physical pain, you have a similarly powerful drive to connect with others and seek companionship - in order to avoid the pain of loneliness.

A single human sperm contains the 37.5mb of male DNA required to create a human child. That means an average ejaculation sees the transfer of 1,500 terabytes of information.

Your body produces 25 million new cells each second. Every 13 seconds, you produce more cells than there are people in the United States.

Humans are bioluminescent and glow in the dark. The light that we emit is 1,000 times weaker than our human eyes are able to pick up.

Humans shed 40 pounds of skin in their lifetime, completely replacing their outer skin every month.

In one day, your blood travels 12,000 miles around your body. That's four times the distance across the US from coast-to-coast.

Our brain's connected neurons look similar to the structure of the universe. In a way, our brains are modeled after the universe.

Around 90% of the cells that make humans aren't "human" in origin. We're mostly fungi and bacteria.

Along with the five traditional senses of sound, sight, touch, smell and taste, humans have 15 "other senses." These include balance, temperature, pain and time as well as internal senses for suffocation, thirst, and fullness.

You're a little richer than you might think. Inside all of us is around 0.2 milligrams of gold, most of which is in our blood. Sadly, you'd need the blood of around 40,000 people to collect enough gold to make one 8g coin.

The human brain uses 20% of the entire body's oxygen and calorie intake, despite only accounting for about 2% of an adult's body mass.

If you stretched out the 300,000,000 capillaries in your lungs end to end, the line would extend from Seattle to San Diego, or about 1,300 miles.

Some women see more colours than everyone else. Most people have three types of colour receptors to see colour vision, while some women have four or even five of these receptors and can see a wider range of colours. A condition called synesthesia can cause senses to overlap. In other words, some people can taste words or hear colours.

The need to breathe so much is due to carbon dioxide build-up, more than the need for oxygen. If there was a different way to get rid of carbon dioxide from the blood, we would only need to breathe at a rate of about once per minute.

Crying alleviates stress and allows humans to decrease feelings of anger and sadness. It physically does help to let it out. We also produce differently structured tears, depending on the reason we're crying. When put under the microscope, crying over grief, hope, or onions all produced a unique tear.

10 Fun Facts About Garlic!

1. Garlic gets its pungent flavour from a chemical reaction that occurs when the garlic cells are broken. The flavour is most intense just after mincing.



2. Garlic is a staple in most kitchens. It's one of the most utilized recipe ingredients since it is found in almost all types of cuisine, like African, Asian, European, Traditional American and Latin American. There's no such thing as too much garlic in a dish I say!
3. In ancient Greece, brides carried bouquets of herbs and garlic, not flowers. I guess it would save you a ton on flower costs!
4. China grows over 2/3rds of the world's garlic—somewhere around 46 billion pounds per year! Holy garlic breath!!
5. There is an actual, on the books fear of garlic. The psychological term for someone with a fear of garlic is Alliumphobiac. Anyone suffer from Alliumphobia?
6. Garlic is said to fight off evil spirits, and keep vampires away. It is mentioned 21 times in Bram Stoker's Dracula.
7. The Windy City? Nope. The city of Chicago is named after garlic. "Chicagaoua" was the Indian word for wild garlic.
8. During World War I, garlic was used extensively by British soldier's wounds because it was thought to heal them faster. It actually works and is still often used today in many 3rd world countries.
9. You can use garlic to make glue. Who knew? The sticky juice that's in garlic cloves is often used as an adhesive, especially for fragile items like glass.
10. If your rose garden is being attacked by aphids, an excellent home remedy to get rid of them is to spritz the leaves and blooms with a mixture of crushed garlic and water.

Did you know you can get garlic to easily last for months?

I didn't either until I stumbled onto this little trick: put them in a regular paper bag with holes punched into them and paper clip them shut. It gives them the dark dry environment they need to stay fresh, without limiting their air flow.

Here's what you need to get started: Hole Punch; Paper Bags; Marker to Label the Bag; Paper Clips or Tape

Fold your paper bag in half-length wise and punch holes in the bag {just makes the hole punching faster and more uniform}. You don't want to whole punch the bottom of the bag though, so stay away from the bottom three inches or so. Open the bag back up and pop the garlic into the bag. Fold the top of the bag over and paper clip or tape it. You can label the bags if you need to and reuse them over and over.



Rocky – Social Scene

Mad About Music at the Clubhouse

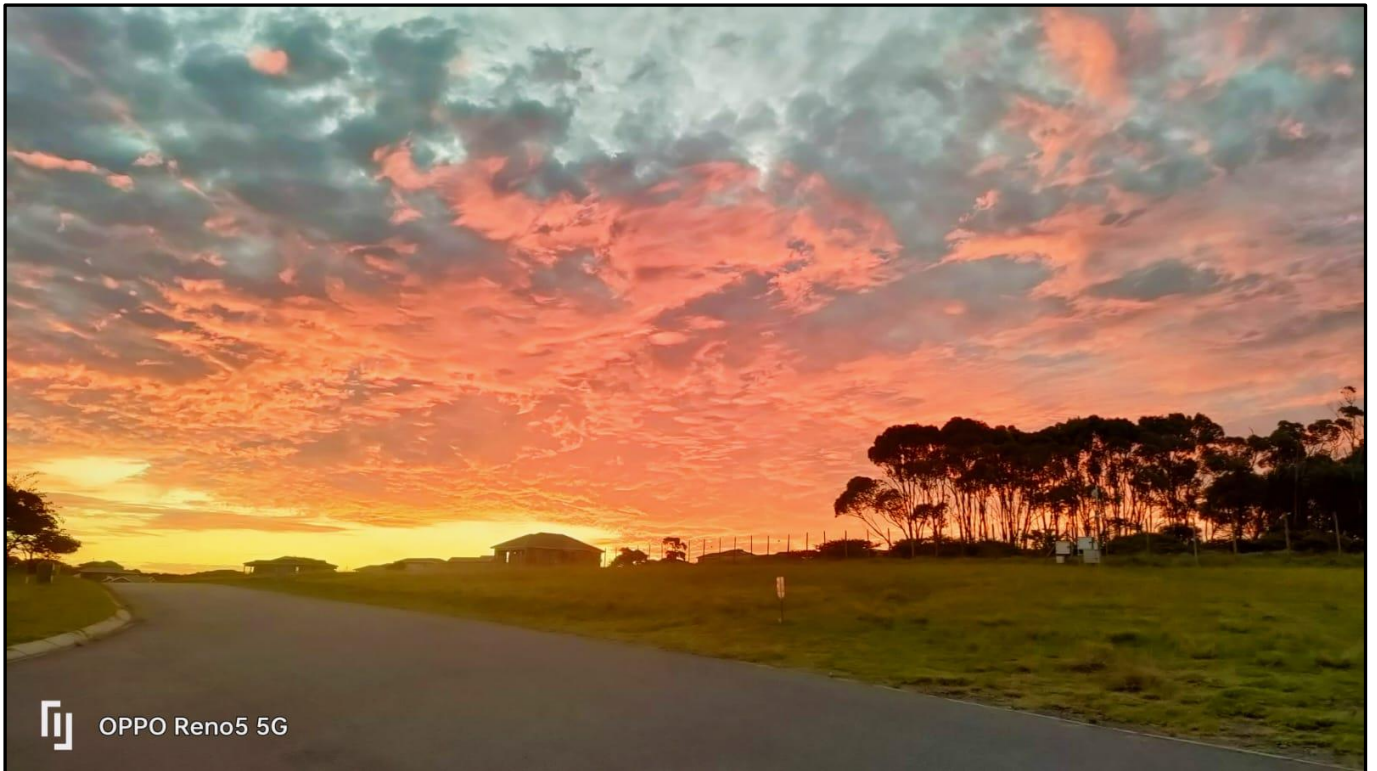


Valentine day celebration at the clubhouse hosted by the Social committee.



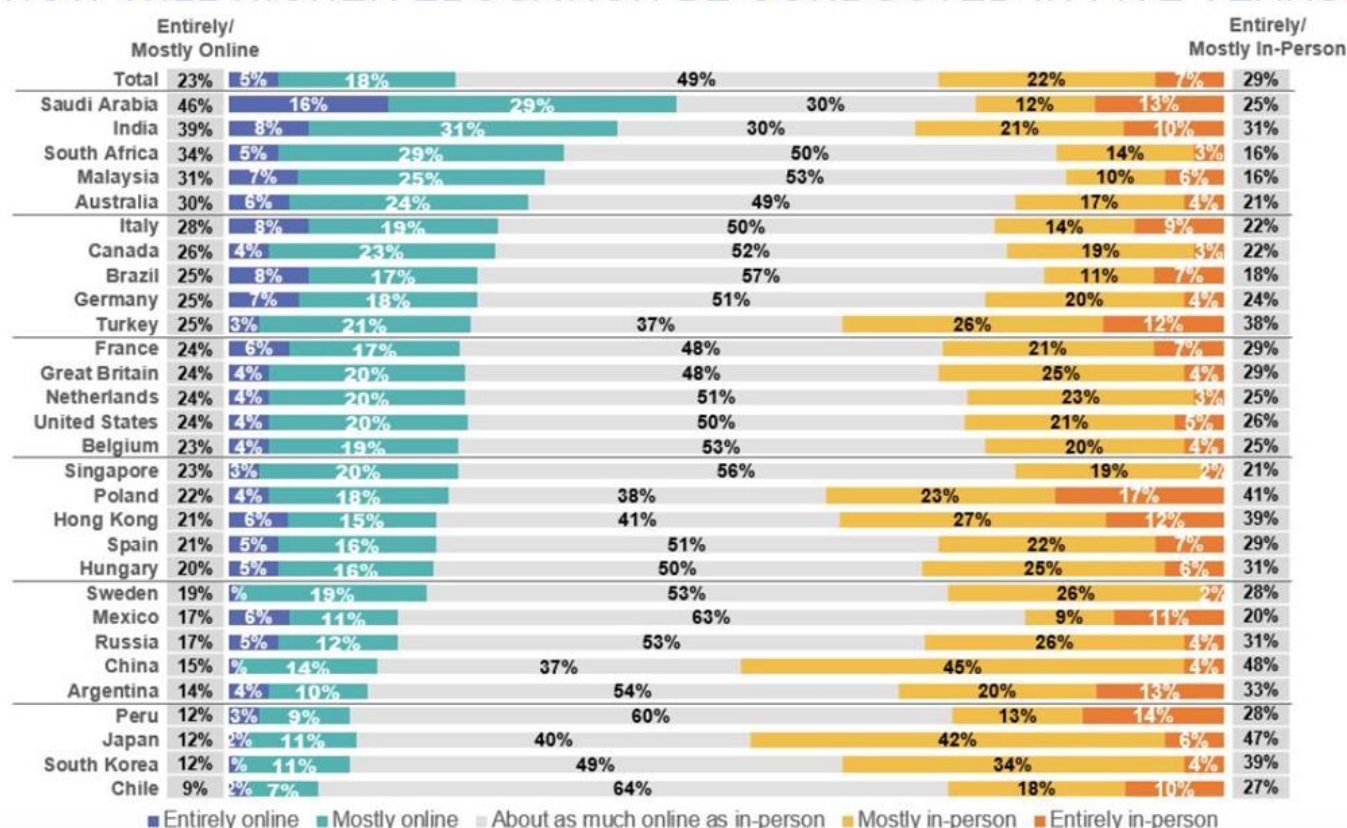
"Thank you to the social committee for putting together such an awesome event. Really was so, so nice: food, drinks. Music, prizes, flowers. Very well organised. Thank you, all at our table had a blast."

Our little bit of Paradise – especially when we hear “Beep”



Once higher education becomes mostly online, the cost will reduce and global education brands will become even stronger (Michael Jordaan)

HOW WILL HIGHER EDUCATION BE CONDUCTED IN FIVE YEARS?



I've learned that no matter what happens, or how bad it seems today, life does go on, and it will be better tomorrow. I've learned that you can tell a lot about a person by the way he/she handles these three things: a rainy day, lost luggage, and tangled Christmas tree lights. I've learned that regardless of your relationship with your parents, you'll miss them when they're gone from your life. I've learned that making a "living" is not the same thing as making a "life." I've learned that life sometimes gives you a second chance. I've learned that you shouldn't go through life with a catcher's mitt on both hands; you need to be able to throw some things back. I've learned that whenever I decide something with an open heart, I usually make the right decision. I've learned that even when I have pains, I don't have to be one. I've learned that every day you should reach out and touch someone. People love a warm hug, or just a friendly pat on the back. I've learned that I still have a lot to learn. I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.

- Maya Angelou

Nothing serious

Meanwhile – Back in Brakpan it's all still happening



Spanner van Brakpan en ...



www.laatonslag.co.za

sy goose is toe getroud!



As we Silver Foxes know, sometimes we have trouble with our computers.

Yesterday, I had a problem, so I called Georgie, the 11-year-old next door, whose bedroom looks like Mission Control, and asked him to come over. Georgie clicked a couple of buttons and solved the problem.

As he was walking away, I called after him, 'So, what was wrong?

He replied, 'It was an ID ten T error.'

I didn't want to appear stupid, but nonetheless inquired, 'An, ID ten T error? What's that? In case I need to fix it again.'

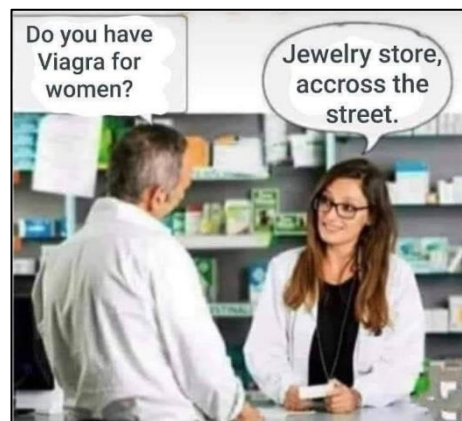
Georgie grinned. 'Haven't you ever heard of an ID ten T error before?

'No,' I replied.

'Write it down,' he said, 'and I think you'll figure it out.'

So I wrote down: ID10T

I used to like Georgie!



Husband: My wife is missing. She went out yesterday and has not come home...

Police Sergeant: What is her height?

Husband: Gee, I'm not sure. A little over five-feet tall.

Sergeant: Colour of eyes?

Husband: Sort of brown I think. Never really noticed.

Sergeant: Colour of hair?

Husband: Changes a couple times a year. Maybe dark brown now. I can't remember.

Sergeant: What kind of car did she go in?

Husband: She went in my Car

Sergeant: Was there anything of value in the car?

Husband: Yes, my golf clubs

Titleist TS3 9 degree driver with Tensei Orange TX flex CK60 with 74 Tungsten Prepreg shaft

Titleist TS3 15 degree Fairway wood with Hzrdus 6.5x 76g shaft

Titleist 3-4 718 TMB irons with Nippon modus 120 x shafts

Titleist 718 AP2 irons 5-50deg with nippon modus 120 x shafts

Titleist Vokey Sm8 52,56 & 60 degree wedges

Scotty Cameron Newport 2.5 35 inch putter

Titleist mid Staff bag; Nikon range finder

12 x pro V1s and 3 x Titleist players Golf gloves

Titleist towel; Alignment sticks and Stitch leather cover

Dubai Hills by Jumeirah bag tag



A fifty-ish woman was at home happily jumping on her bed and squealing with delight. Her husband watches her for a while and asks, "Do you have any idea how ridiculous you look? What's the matter with you?"

The woman continues to bounce on the bed and says, "I don't care, I just came from having a mammogram and the doctor says I have the breasts of an 18-year-old".

The husband said, "What did he say about your 60-year-old ass?"
"Your name never came up," she replied.

Mick, from Dublin, appeared on "Who Wants To Be A Millionaire" and towards the end of the program had already won 500,000 pounds. You've done very well so far," said, Chris Tarrant, the show's presenter, "but for a million pounds you've only got one lifeline left - phone a friend. Everything is riding on this question.....will you go for it?"

"Sure," said Mick. "I'll have a go!"

"Which of the following birds does NOT build its own nest?"

- A: Sparrow
- B: Thrush
- C: Magpie
- D: Cuckoo

I haven't got a clue," said Mick, "so I'll use me last lifeline and phone me friend Paddy back home in Dublin". Mick called up his mate, and told him the circumstances and repeated the question to him.

"C'mon, Mick!" cried Paddy. "Dat's simple.....it's a cuckoo."

"Are you sure?"

"I'm absolutely sure."

Mick hung up the phone and told Chris, "I'll go wit Cuckoo as me answer."

"Is that your final answer?" asked Chris "Dat it is, Sir."

There was a long, long pause, then the presenter screamed, Cuckoo is the correct answer! Mick, you've won 1 million pounds!"

The next night, Mick invited Paddy to their local pub to buy him a drink.

"Tell me, Paddy? How in Heaven's name did you know it was da Cuckoo that doesn't build it's own nest? I mean you know nothing about birds."

"For goodness sake!" laughed Paddy.
"Everybody knows a cuckoo lives in a clock....!!!"



Quickies

THE NEW tenant's neighbour said: "You and your husband don't seem to have an awful lot in common. Why on earth did you marry?"

"I suppose it was the old business about attraction of opposites," was the reply. "He wasn't pregnant and I was."

"I BELONG to Bridegrooms Anonymous," says comedian Dick Martin. "Whenever I feel like getting married, they send over a lady in a dressing gown and hair curlers to burn my toast for me."

A young fellow goes to a girl's house for the first time, and she shows him into the lounge.

She excuses herself to go to the kitchen to make them a few drinks, and as he's standing there alone, he notices a cute little vase on the mantel. He picks it up, and as he's looking at it, she walks back in.

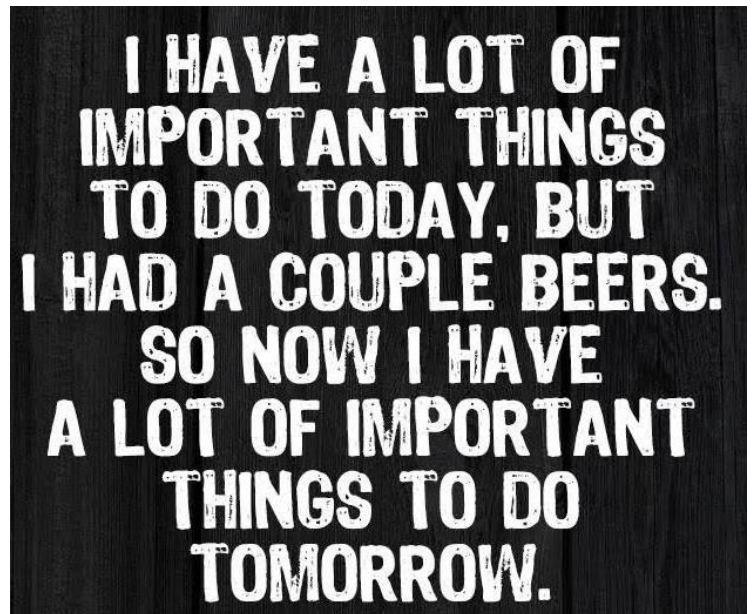
He says, "What's this?"

She says, "Oh, my father's ashes are in there."

He goes, "Gee...ooh....I..."

She says, "Yeah, he's too lazy to go to the kitchen to get an ashtray."

CHURCH notice: Searching for a new look? Have your faith lifted here!



A remote area of South Africa

