



ROCKY

Rocky issue No 015 – June 2024

"Rocky" is a newsletter for residents of Cove Rock Country Estate. 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

It's almost time for The Greatest Shoal on Earth!

The 2024 annual sardine run is imminent! The Sardine Run occurs off the East Coast of South Africa during the months of May to June. The area just falls outside of the tropical zone of the WIO, however the uniqueness of this phenomenon, occurring on the boundary of the WIO and touching its southern extreme, is of importance and interest.

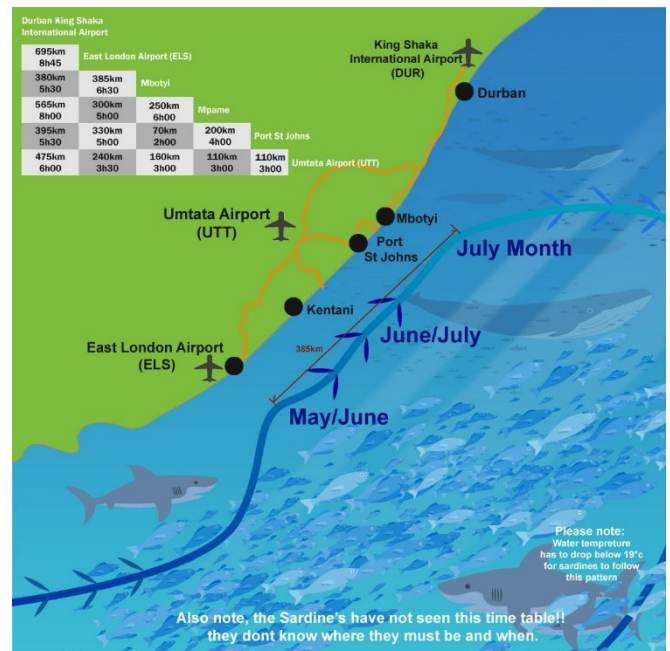


The Southern African pilchard (*Sardinops sagax*) spawns in the cool waters of the Agulhas Bank. As the spawning season matures, the shoals move northward along the east coast of South Africa. The run can contain billions of individual sardines, trapped in a cold current of water between the coastline and the Agulhas Current itself (that heads southwards), which can cause the fish to be concentrated into the dense shoals of the 'sardine run'.

Limited information suggests that the water temperature has to drop below 21°C in order for the migration to take place. More recent observations have noted that cooling temperatures, calm conditions, light north-westerly land breezes and stable atmospheric conditions promote the development of the run. In terms of biomass, researchers have estimated the sardine run could rival East Africa's great wildebeest migration. The shoals are often more than 7 km long, 1.5 km wide and 30 meters deep, and are clearly visible from spotter planes or from the surface.

The sheer numbers of sardine create a feeding frenzy of higher predators. For instance, up to 18,000 dolphins are estimated to aggregate to feed on the sardines, mostly the common dolphin (*Delphinus capensis*) but also the bottlenose (*Tursiops aduncus*).

They round up the sardines into bait balls, which instinctively group up as a defence mechanism. These bait balls can be 10 – 20 meters in diameter and seldom last longer than 10 minutes as a large number of other predators take advantage including sharks (bronze whaler, dusky, grey nurse, black tip, spinner and Zambezi), other fish (billfish, kingfish), birds (gannets, cormorants, terns and gulls), and cape fur seals.



Like the wildebeest migration, the biomass of sardines and the central role it plays in the life history of the predators of the region and the potential for nature-based tourism to view the phenomenon, make it a unique event. Climate change would lead to changing conditions (temperature, phenology and timing of seasonal events, etc) which may have a devastating effect on the Sardine Run and all its effects. The frequency of the run could be altered.

Diaspora damsels

TOM FOGARTY

The Lady Kennaway, which had made earlier voyages to Australia with immigrants, made what turned out to be her last voyage in 1857, again with Irish girls, most of them orphans, but not to Australia. This final voyage, virtually unknown or forgotten in Ireland, was to South Africa, and deserves to be recalled if only because of its relatively happy and successful conclusion.

The choice of South Africa for some 150 Irish girls was an unlikely result of the unexpected end of the Crimean War in 1856.

This war had been going so badly for England that she had been forced to recruit reinforcements for the Crimea in Germany, and 8,000 men in what was titled The British German Legion were on the point of embarking for the Crimea when the war abruptly ended.



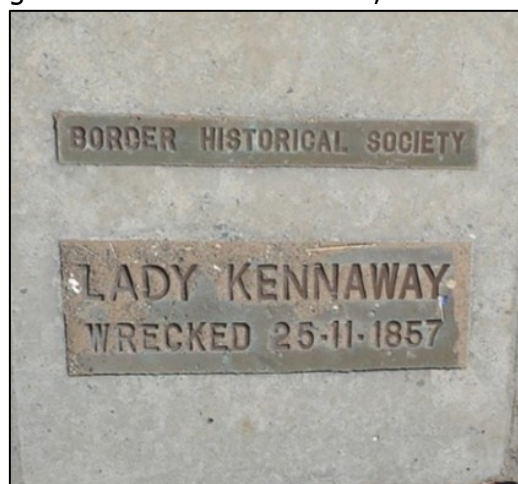
Faced with the problem of what to do with the Legionnaires, the British government, conscious of a more or less permanent shortage of men for its army in South Africa, offered attractive terms to any Legionnaires willing to serve in the Eastern Cape, a perennial trouble spot.

Some 2,000 accepted, and disembarked at East London, the Eastern Cape's main port, early in 1857.

Sir George Grey, Governor of the Cape, while grateful for the unexpected reinforcements, was simultaneously concerned that the absolute lack of marriageable women on the Eastern Cape must lead to what he termed "great immorality", given that 2,000 of the Legionnaires were single men in their early 20s. He therefore asked London, as a matter of urgency, to remedy the position, and in June 1857 heard as follows from Henry Labouchere, the Colonial Secretary:

"I am forwarding out to East London a party of single females of good character from Ireland, and yesterday engaged the ship The Lady Kennaway, which will carry about 250 adults. She is to be ready to sail in mid-August, before which time there is no reason to doubt, we shall be able to fill her."

In the event, Mr Labouchers had considerable difficulty in obtaining sufficient single girls of the right age and class from among the ordinary working population and, after what he termed "much trouble and uncertainty", about 100 young women were eventually selected from among the inmates of four or five of the principal union workhouses.



Nine Irish and 12 English families were also selected; Mr Henry Lannigan, a graduate of Dublin's Royal College of Surgeons, appointed surgeon-superintendent; and The Lady Kennaway, with a total of 231 passengers, sailed from Plymouth on September 5th, 1857, on its 7,000-mile voyage to the Cape.

The passenger list shows the 153 Irish girls as natives of 18 counties, the eldest 30, the youngest 17 years of age. All, without exception, give their occupation as "servant".

A few facts about the Kennaway itself might be appropriate at this point. A former tea clipper, she was 115' long, 30' wide, with 6' 6" headroom between decks, and weighed 583 tons. For every passenger aboard her, this effectively meant sharing an area less than the size of a tennis court with 230 other passengers for two and a half months.

No account of the voyage is extant so it's not known if the Kennaway called at either of the traditional ports of call, Madeira or the Cape Verde Islands, but the Eastern Cape's main newspaper, the resonantly-titled King Williamstown Gazette and

Border Intelligencer reported on November 20th that "The Lady Kennaway, with the Irish immigrants aboard arrived safely at East London yesterday, all aboard, including an infant born at sea, being well. Of the immigrants themselves we have heard nothing but good reports: they are said to be a very respectable body of persons."

The correspondent for the other Cape newspaper, the Grahamstown Journal, chose to write of the Kennaway's arrival in a jocose, pseudo-romantic style reminiscent of Punch at its unfunniest:

"In a place like King Williamstown, where the nobler sex, in a state of single blessedness is rampant, the entre of several score of lovely damsels from Erin's Isle was not to be effected sub-rosa.

Men of family like myself were therefore not at all surprised when they detected amative bachelors pursuing stealthily their enquiries as to the anticipated day and hour of the immigrants' arrival here.

But I confess I was a little taken aback at the antics of many of Her Majesty's loyal servants on Sunday afternoon. The excitement produced among the staid 45th was particularly strong: they displayed it in a great number of ways, two actually indulging in the unseemly sport of running a race in full regimentals.

The girls themselves take great pleasure in noticing these proofs of welcome, and by their affability have won golden opinions from swains of all classes."

THE reality, as might perhaps be expected, was neither jocose nor romantic. As little had been done to construct a harbour at East London, passengers had to be taken ashore in surf boats, a task that took nearly four days. Two days later the Kennaway dragged her anchor in a gale, went aground and became a total wreck.

TO THE EDITOR OF THE CORK CONSTITUTION.

*Government Emigration Office, Queenstown,
Feb. 18, 1858.*

SIR—Several Emigrants having left this place and other parts of the County in August last to proceed to the Cape of Good Hope by the *Lady Kennaway*, and a report having reached this country that the vessel was lost shortly after reaching her destination at the Buffalo Mouth, I have been directed by the Colonial Land and Emigration Commissioners to make it generally known through the instrumentality of the Press, with a view to allay the fears of any persons who may have had friends in the vessel, that all the passengers were landed two days before the accident took place.

I cannot however better express what occurred than by quoting the Commissioners' letter to me, which states—

"That the Colonial authorities at the Cape have informed me that the *Lady Kennaway*, which took out a large party of single women, selected in Ireland, arrived at the Buffalo Mouth, and that all the emigrants were safely landed on the 23d November last. They were sent at once to King Williamstown; and it is added that a better class of emigrants could not have been selected. Two days after the people had landed the ship parted from her anchors, went on shore, and was entirely destroyed."

Requesting you will do me the favour to insert this letter in your next publication in the hope that it may allay the fears of any who may have had any doubts on the subject, I am, Sir, your very obedient servant,

ROBT. KERR, Capt. R.N.,

Government Emigration Officer, Queenstown.

WHEN publishing the account of the vessel's loss, we stated that all the passengers, many of whom were from this vicinity, were saved, so that no apprehension respecting their safety could have been caused through the medium of the Constitution. Nevertheless we have pleasure in inserting this letter.

The two months' notice of the Kennaway's arrival had given the Eastern Cape's Administrators ample opportunity to make arrangements for the accommodation and transport of the Irish immigrants, and to set out by way of a formal notice signed by the Eastern Cape's Chief Commissioner, John Maclean, the conditions that would attach to the employment of the girls.

Whatever the problems that doubtless attended the transport, welfare and employment of 153 girls straight from a 77-day voyage on a small sailing ship, it's reasonably safe to assume that conditions were at least an improvement on those that prevailed in the "hiring room" at Hyde Park Barracks of Sydney, described at the time as "resembling a meat market".

On November 25th the girls left for King Williams Town, the capital, a 12-hour journey by mule wagons, but not before one girl had accepted a proposal of marriage from an East London police constable.

On November 27th hiring commenced, and continued for a week, during which 80 girls were employed in King Williams Town at an average wage of 30 shillings per month. The remaining girls found employment either in neighbouring villages or at Grahamstown.

Only some 17 married Legionnaires: many of their great-grandchildren probably live comfortably today in the solid, Germanic-sounding towns - Berlin, Frankfurt, Potsdam, Hanover - that are a feature of the Eastern Cape.

The Kennaway and her Irish passengers have an unlikely memorial in the shape of the multi-storey Kennaway Hotel which today overlooks the sea at East London. Prominent in the Hotel's foyer are a print of the Kennaway and a mural of the landing of her 153 Irish passengers, both of which caught my eye during an overnight stop a couple of years ago and prompted a little reading and research .. .

Of one Kennaway girl only do we know something of her marriage, which is touched on by her great-grandson in his aptly-titled autobiography, *Asking for Trouble*. The girl is Mary Warren of Dublin, her great-grandson Donald Woods, editor of the East London Daily Dispatch, and a leading anti-apartheid campaigner whose eventual dramatic escape from South Africa was the subject of Richard Attenborough's film *Cry Freedom*.

"Great-grandmother Warren," says Woods, "was one of the Kennaway girls brought to South Africa to provide wives for German Legionnaires, but after her arrival fell in love with an Irishman named Kelly. She was 15, he was 42, and for some years after he married her he was still buying dolls for her." Kelly's belief as to her age is probably nearer the truth than the 18 noted on the Kennaway's passenger list.

One of her daughters, Alice, Donald Woods's grandmother, had, he says, "handsome Irish features, and many years later, when I paid my first visit to Ireland, I saw counterparts of her, and of my mother, in the features of the women in a Tipperary marketplace." Between us and the other Kennaway girls, time and distance have drawn a veil. All that can be safely assumed is that, like Mary Warren, they settled, married, and had children; and that all now lie somewhere a long way south of any Irish marketplace.



Kruger loses 70% of rhinos in 10 years

By Sheree Bega

Rhino populations in the Kruger National Park have dropped by about 70% in the past decade because of the onslaught of poaching and prolonged drought.



Rhino populations in the Kruger National Park have dropped by about 70% in the past decade because of the onslaught of poaching and prolonged drought. In its 2019-20 annual report, SANParks said that only about 3 549 white rhinos and 268 black rhinos remain in the Kruger.

The park has been hit by a “perfect storm”, said Mike Knight, the chairperson of the African rhino specialist group in the International Union for Conservation of Nature’s species survival commission.

“For the Kruger, it’s size and position play against it when you are trying to protect species populations,” he said, citing the Park’s long, porous border with Mozambique.

The 2015-16 drought, Knight said, also placed rhinos under duress and female rhinos couldn’t conceive or had lost their calves, “which hammered the population even more”.

In its annual report, SANParks said its latest population estimates show that births equal combined natural and poaching deaths for the first time in five years.

“This bodes well for future population growth,” it said.

The non-profit Save the Rhino said although the Kruger continues to be home to the world’s largest rhino population, the latest population numbers are a “stark reminder” of their fragility. “We cannot afford to let this downward trend continue.”

Earlier this week, the Department of Environment, Forestry, and Fisheries said that 394 rhino were poached last year compared with 594 in 2019, marking the sixth year that rhino poaching had continued to decrease in South Africa.

The country's lockdown restrictions contributed in part to the decrease, as did the role of rangers and security personnel who remained at their posts and the additional steps taken by the government, said Barbara Creecy, the Minister of Environment, Forestry, and Fisheries.

The environment department said poachers killing cows also ultimately kill dependent calves and cause future loss of calves — this effect equates to an additional five rhinos lost to the population per loss of one cow, now and in future. "Poaching also causes factors such as social disruption of black rhino societies. Cows then conceive less often."

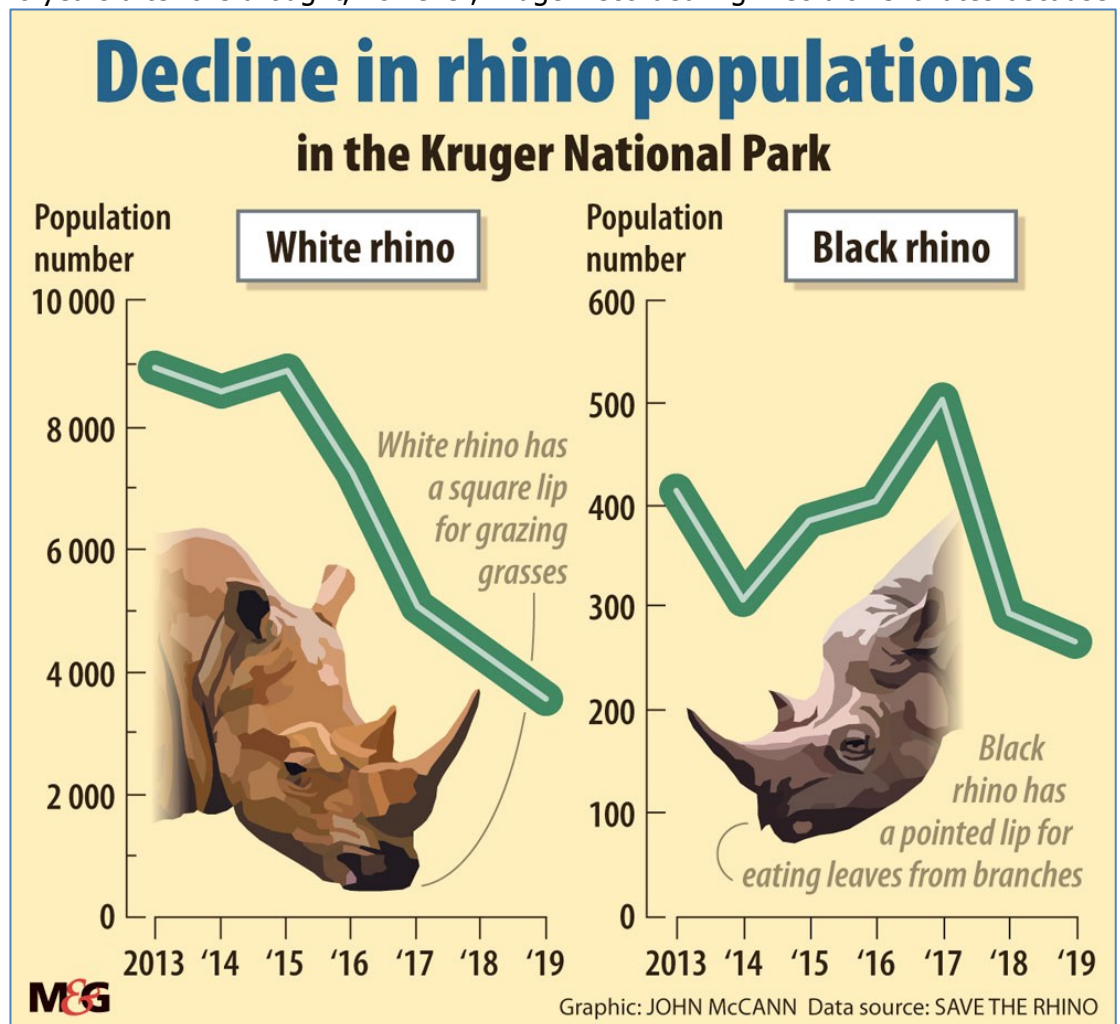
It said the discovery of bovine TB in the Kruger rhino population effectively halted the translocation of rhino to other safer areas.

"Droughts also continue to have lingering effects. During the 2015-16 drought, white rhinos died naturally at twice the normal rate. The cows also did not conceive and Kruger recorded half the birth rate a year after the drought. Two years after the drought, however, Kruger recorded high recruitment rates because many cows simultaneously gave birth in that year.

"Most of those cows are now suckling calves and therefore not as many cows gave birth in 2020 compared to 2019. The gestation period for a rhino cow is 16 months and hence a rhino cow will only calf every 2.5 to three years," the Department added.

Knight said: "You've got to make sure you secure the Parks, and at the same time you've got to give greater attention, as [the Department] has been doing now, to chasing the middlemen, the moneybags, breaking the syndicates. Here we need greater co-operation between the private sector and [the Department], and there needs to be greater co-operation between law enforcement agencies in South Africa and outside."

The World Wildlife Fund for Nature South Africa said the rhino poaching reprise provided by the lockdown restrictions last year was a temporary pause "and that the pressure on our rhino populations, particularly in Kruger, remains very high".



The Eland

The Eland, an ox-like antelope, is the largest in the world. It belongs to the 'spiral-horned' subfamily, along with the likes of kudu and bushbuck.

There are two species. The first is the giant eland (*Taurotragus derbianus*) which is the slightly larger of the two, and occurs in central and Western Africa. The second is the more familiar, common eland (*Taurotragus oryx*). It occurs in east and southern Africa, from Kenya to Botswana. Bulls of both species may top 900kg and stand 1.7m at the shoulder. Females are about half the male's weight.

Eland inhabit open country, from montane grasslands to semi-deserts. They are shy and quick to retreat from disturbance, so a sighting is always something special.



5 Fascinating Facts About the Eland

- They are great jumpers, despite their huge size, and can clear a two-metre fence with ease.
- Listen closely and you'll hear a distinct clicking sound as they approach. This is thought to come from their hooves, which splay apart and click back together under the animals' great weight.
- It was both food and spiritual inspiration to the prehistoric hunter-gatherer peoples of southern Africa. And it features prominently in rock- and cave-art across the region. Today place names such as Elandsfontein and surnames such as Mpofu ('eland' in Zulu) suggest how central to the region's culture this antelope once was.
- The giant eland is also called 'Lord Derby's eland' in honour of Edward Smith-Stanley, 13th Earl of Derby. It was first seen in England between 1835 and 1851. At that time, Lord Derby sent botanist Joseph Burke to South Africa to collect animals for his museum and menagerie.
- The common eland is better adapted than cattle to the African environment, and is easily domesticated. It has been farmed for its meat and milk in both South Africa and Russia. A female can produce up to 7kg of milk per day, which is richer in fat than cow milk.

The Beauty of Nature



Interesting and informative

WHAT IS ROOIBOS?

The 300-year-old rooibos (pronounced "roy-boss") plant is just a baby compared to the 1,000-plus-year-old *Camellia sinensis* plant that yields what we know as black and green tea.

Rooibos is an herb native to South Africa that isn't even a true "tea" at all. Rather, it's a plant that when harvested and dried can be brewed into a reddish-brown herbal infusion dubbed "African red tea" or "red bush tea" by the tea industry.



WHAT IS IT ABOUT THIS YOUNG, HERBAL RED TEA THAT HAS CAPTURED OUR ATTENTION?

While the early tea-drinking Dutch settlers of South Africa popularized the brewing of rooibos in the 1700s as an alternative to the more expensive, imported black tea of the time, rooibos as a commercial tea crop, didn't evolve until the 1930s. This young, up-and-coming herbal tea-producing plant continues to evolve.

In the late 1990s, green rooibos was created, which is a less oxidized version of the more recognizable red rooibos. And in the early 2000s, the industry developed powdered rooibos for cooking, concentrated rooibos for a tea-like "espresso" beverage, and rooibos extract to use as food flavouring and as a cosmetics product additive.

A UNIQUE CROP

Rooibos is unique because it is indigenous to South Africa's mountainous region of Cederberg (just north of Cape Town), where it still thrives today. One of the most bio-diverse areas of the country, Cederberg boasts a World Heritage protected wildlife area, 500-million-year-old sandstone formations and a 6,000-year-old rock art legacy left by the San people, or Bushmen, who originally inhabited the area.

Locals have been harvesting and brewing the naturally growing rooibos in the Cederberg region for hundreds of years. While farmers still harvest the wild growing rooibos in this region, some of the commercially grown rooibos has been transplanted to other regions of South Africa. In fact, South Africa is the only country in the world producing rooibos, boasting upwards of 450 growers who produce up to 15,000 tons of rooibos annually. About 7,000 tons of South Africa's rooibos is exported to more than 30 countries around the world. Germany, the Netherlands, Japan, the United Kingdom and the United States are the biggest importers of the herb.

The rooibos plant, *Aspalathus linearis*, is a member of the legume family of plants that flourish in dry, mountainous regions with periods of significant rainfall. The linearis description of the plant comes from its linear growing structure, which creates long, needle-like leaves. The plant blooms in early spring with yellow-coloured flowers. Each flower produces a legume with a single seed inside that pops out when ripe and lands on the dry ground around the plant. The early gatherers of wild rooibos discovered that ants harvested these seeds, so they typically hunted anthills for the seeds needed to repopulate rooibos plants. Today, farmers sift the sandy soil around the rooibos plant to gather the fresh seeds that start the new crops each spring. Rooibos plants take about 18 months to go from seedling to harvest-ready and are typically harvested during South Africa's summer months.



How It's Processed

Rooibos is harvested and processed in a similar fashion to the Camellia sinensis tea plant.

When harvested, the bushy rooibos plant is cut by hand and its stems and leaves are bound into bundles. The bundles are sorted and then cut or bruised to encourage oxidation. Oxidation, or exposure to oxygen, is what brings out the plant's essential oils and helps the leaves develop their rich colour and flavour. The more oxidized the rooibos, the redder in colour and sweeter and richer in flavour it becomes. This is the version we know as red rooibos. A less oxidized rooibos is steamed and dried immediately instead of oxidized, so it remains slightly green in colour and retains a grassy, mineral-like flavour. This less oxidized version is called green rooibos.

Rooibos is also graded like tea from the Camellia sinensis plant, where the grade depends on the leaf to stem content ratio. Higher grades of rooibos contain more flavourful leaves and less stem and dust.

How It's Used

Like any other tea or herbal infusion, rooibos is steeped in hot water to produce a tea-like beverage. Because it's an herb, rooibos is completely caffeine free. So, it's a popular alternative to traditional caffeinated beverages like tea or coffee.

Smoky, sweet, woody, grassy, vanilla, floral, geranium, honey, herbal and caramel are just a handful of the words that can describe the flavour spectrum of sipping a rooibos tea. Rooibos is delicious sipped on its own but it also holds up to a splash of milk and a little sugar or honey, which is the traditional South African way to sip rooibos.

Rooibos is becoming a popular herb outside the teacup as well:

Rooibos is often made into premium, flavoured beverages, like lattes, ready-to-drink iced teas and modern cocktails.

The flavour of rooibos, whether steeped or ground, pairs well with food. One rooibos tea company partnered with South African chefs to produce a cookbook full of rooibos-infused dishes like Rooibos Chicken Pot Pie, Mussels in Rooibos-Pernod Cream Sauce and Rooibos & Apple Chutney.

The reported nutritional and health benefits of rooibos have led to its use as a popular ingredient (as an extract, powder or tincture) in health-oriented and anti-aging cosmetic products.

The deep amber red colour of brewed red rooibos makes it a great natural dying agent for hair colour, Easter eggs or fabric for crafts.

How It's Brewed

HERE ARE A FEW GENERAL TIPS FOR BREWING A GREAT CUP OF ROOIBOS:

Use fresh, pure, cold filtered water. Spring water is best.

Good quality loose leaf rooibos can typically be infused a couple of times.

If your rooibos came with specific recommendations for brewing, use those. But using about 2 grams of loose-leaf herb per 8 oz. cup of water is a safe bet.

Rooibos is generally steeped in just boiled water at a temperature similar to a black tea or herbal infusion, around 200 to 212 degrees.

If you don't have an electric kettle with temperature control, just remember that at sea level water simmers at 190 degrees and boils at 212 degrees. The boiling temperature drops about a degree for every 100 feet in altitude increase.

Cover your rooibos while it's infusing to keep all the heat in the steeping vessel.

Taste the brewed rooibos after the recommended infusion time (we steep our Teatulia rooibos for 4 to 5 minutes) and then decide if you'd like it to go a little longer. Unlike a traditional black or green tea, rooibos won't get more astringent and bitter the longer it's infused in hot water; it will just get stronger and more flavourful.

Rooibos is nice on its own, but just like a traditional black tea, rooibos is often enjoyed with milk or cream and a little sweetener. Many tea companies are using rooibos as a base for flavoured tea blends with complementary spices like vanilla, chocolate or citrus.

How It's Stored

Rooibos, just like any other tea or herb, should be stored properly so it remains as fresh as possible on your shelf. It won't ever really go "bad" but it can get stale. When rooibos is stale, it can taste weak, dusty or musty. And nobody likes a musty cup of tea.

Be sure and buy rooibos from a reputable company that can tell you when and how the tea was processed and packaged. Most herbs have the best flavour when brewed and enjoyed as soon as possible after their processing date. Since rooibos is oxidized in a similar fashion to black tea, it is more shelf stable than some teas and herbs and can technically stay fresh and drinkable for up to two years. To ensure your rooibos stays as fresh as possible as long as possible, take care to store it in a cool, dark place, away from light, oxygen, moisture and fragrant pantry companions like coffee or spices.

Online safety in digital age: What parents need to know about sexual predators

With South African families being confined to their homes over the next few weeks as part of the National lockdown, a growing portion of the day is being spent online, whether it is for work - in the case of parents, or chatting to friends and actively engaging with social media platforms - in the case of children.

This however is also the opportune time for sexual predators to take advantage of the increased time that children spend on social media networks, as well as the higher volumes of content that they tend to post.



A discomfiting fact about sexual predators is that they historically work and hang out in areas that provide easy access to children: teachers, youth leaders and the like are not uncommon profiles of sexual predators. In today's world, this concept still holds true. It's just that this time around, the likes of Instagram, Snapchat, gaming chat rooms, Tik Tok - and whatever tomorrow's next social media craze will be - are the modern-day playground for tweens and teens, and are therefore also a preferred hangout for sexual predators.

Data from the Digital Law Company, which provides legal advice and guidance in the field of digital media, shows that there has been a dramatic increase in the cases where young boys or girls have been groomed into sending sexually suggestive or naked photos or videos by someone they have met on social media who appears to be another teenager but who is, in actual fact, nothing but an adult (usually male) paedophile preying on multiple young victims.

In one example, an Instagram account claiming to be an official Miss Teen South Africa account lured hundreds of young girls with the promise of an international modelling contract and R500,000 up for grabs in prizes. As soon as young girls liked the account, they were asked to send a WhatsApp to the number of an international modelling scout for the "international model verification process". All too soon the "verification process" was asking these young girls for photographs of themselves without any clothes on. This was not Miss Teen South Africa, or any kind of modelling contest - it was a sexual predator living in South Johannesburg.

Keeping tweens and teens safe on social media

Sexual predators in the digital age are slick and know exactly how to get attention from their victims. A profile will be set up to be something that a victim would be interested in. The predator will be sure to follow/like accounts liked by the victim so that it appears that they have a number of mutual friends. The problem here is that for tweens and teens, the number of followers and likes on social media is seen as one huge popularity contest: the more followers, the better you are.

The countrywide lockdown will most likely see increased effort by these predators to take advantage of the increased time that youngsters will be spending online. Parents, for their part, can't simply ban their children from social media altogether, and should rather focus on educating their children, and raising awareness of the dangers that are online. Here are a few pointers on what parents should consider:

Ensure your child has a private account.

Have conversations with your child about:

- Stranger danger and not talking to people you don't know in real life
- Being discerning about who you allow to follow you on Instagram - explain to your children that being popular on Instagram is like being rich in monopoly!
- Blocking anyone who makes you feel even in the slightest bit uncomfortable online
- Consulting you whenever they feel upset/unconfirmable or threatened
- Limit time spent online - there are a number of apps and tools which allow you to limit the time your children spend online or on specific apps. Apple's Screen Time app and Google Family Link are two free and relatively easy to use options.
- Disable location services on the app so that your child's location is not accessible to others

What parents have to understand is that the frontal lobe of the brain - the part responsible for impulse control and decision-making - is not fully developed until the age of 25. Tweens and teens do not understand the concept of permanent consequences of their actions, and very much live for instant gratification.

Without overseeing what our kids are doing on social media, checking in frequently and having multiple conversations around your children's online activity, they are bound to make mistakes with long term serious psychological, reputational and even legal consequences.

What is False Information (Fake News)?

False Information v Fake News

Experts now recommend avoiding the term 'fake news', or at least limit its use, as the term 'fake news' is closely associated with politics, and this association can unhelpfully narrow the focus of the issue. The term 'false information' is preferable as it can refer to a diverse range of disinformation covering topics such as health, environmental and economics across all platforms and genres, while 'fake news' is more narrowly understood as political news stories.



What is False Information?

Lots of things you read online, especially in your social media feeds, which may appear to be true, often is not. False information is news, stories or hoaxes created to deliberately misinform or deceive readers.

Usually, these stories are created to either influence people's views, push a political agenda or cause confusion and can often be a profitable business for online publishers. False information can deceive people by looking like trusted websites or using similar names and web addresses to reputable news organisations.

According to Martina Chapman (Media Literacy Expert), there are three elements to fake news; 'Mistrust, misinformation and manipulation'.

The Rise of False Information

False information is not new; however, it has become a hot topic since 2017. Traditionally we got our news from trusted sources, journalists and media outlets that are required to follow strict codes of practice. However, the internet has enabled a whole new way to publish, share and consume information and news with very little regulation or editorial standards.

Many people now get news from social media sites and networks and often it can be difficult to tell whether stories are credible or not. Information overload and a general lack of understanding about how the internet works by people has also contributed to an increase in fake news or hoax stories. Social media sites can play a big part in increasing the reach of these type of stories.

The economics of social media favour gossip, novelty, speed and "shareability" Simeon Yates

Types of False Information

There are differing opinions when it comes to identifying types of false information. However, when it comes to evaluating content online there are various types of false or misleading news we need to be aware of. These include:

1. Clickbait

These are stories that are deliberately fabricated to gain more website visitors and increase advertising revenue for websites. Clickbait stories use sensationalist headlines to grab attention and drive click-throughs to the publisher website, normally at the expense of truth or accuracy.

2. Propaganda

Stories that are created to deliberately mislead audiences, promote a biased point of view or particular political cause or agenda.

3. Satire/Parody

Lots of websites and social media accounts publish fake news stories for entertainment and parody. For example; The Onion, Waterford Whispers, The Daily Mash, etc.

4. Sloppy Journalism

Sometimes reporters or journalists may publish a story with unreliable information or without checking all of the facts which can mislead audiences. For example, during the U.S. elections, fashion retailer Urban Outfitters published an Election Day Guide, the guide contained incorrect information telling voters that they needed a 'voter registration card'. This is not required by any State in the U.S. for voting.

5. Misleading Headings

Stories that are not completely false can be distorted using misleading or sensationalist headlines. These types of news can spread quickly on social media sites where only headlines and small snippets of the full article are displayed on audience newsfeeds.

6. Biased/Slanted News

Many people are drawn to news or stories that confirm their own beliefs or biases and fake news can prey on these biases. Social media news feeds tend to display news and articles that they think we will like based on our personalised searches.

The False Information Business Model

The internet and social media have made it very easy for anyone to publish content on a website, blog or social media profile and potentially reach large audiences. With so many people now getting news from social media sites, many content creators/publishers have used this to their advantage.

False information can be a profitable business, generating large sums of advertising revenue for publishers who create and publish stories that go viral. The more clicks a story gets, the more money online publishers make through advertising revenue and for many publisher's social media is an ideal platform to share content and drive web traffic.

False Information, Social Media, and the Filter Bubble

In a recent article on media literacy, Hugh Linehan noted; "Media is no longer passively consumed – it's created, shared, liked, commented on, attacked and defended in all sorts of different ways by hundreds of millions of people. And the algorithms used by the most powerful tech companies – Google and Facebook in particular – are brilliantly designed to personalise and tailor these services to each user's profile."

When we go online or login to a social network we are generally presented with news, articles and content based on our own searches online. This type of content tends to reflect our own likes, views and beliefs and therefore isolating us from differing views and opinions. This is often referred to as a filter bubble.

What can we do about False Information?

Google and Facebook have announced new measures to tackle fake news with the introduction of reporting and flagging tools. Media organisations like the BBC and Channel 4 have also established fact checking sites. While these are welcome developments, digital media literacy and developing skills to critically evaluate information, are essential skills for anyone navigating the internet and especially for young people.

The vast amount of information available online and rise in fake news highlights the need for critical thinking. Children need to develop critical thinking from an early age. This is a key skill for young people to develop as they enter into third level education and prepare themselves for the workplace.

How to spot False Information?

There are a number of things to watch out for when evaluating content online.

Take a closer look

- Check the source of the story, do you recognise the website? Is it a credible/reliable source? If you are unfamiliar with the site, look in the about section or find out more information about the author.
- Look beyond the headline
- Check the entire article, many fake news stories use sensationalist or shocking headlines to grab attention. Often the headlines of fake new stories are in all caps and use exclamation points.
- Check other sources
- Are other reputable news/media outlets reporting on the story? Are there any sources in the story? If so, check if they are reliable or if they even exist!
- Check the facts
- Stories with false information often contain incorrect dates or altered timelines. It is also a good idea to check when the article was published, is it current or an old news story?
- Check your biases
- Are your own views or beliefs affecting your judgement of a news feature or report?
- Is it a joke?
- Satirical sites are popular online and sometimes it is not always clear whether a story is just a joke or parody... Check the website, is it known for satire or creating funny stories?

Fact checking sites

Snopes: snopes.com/

PolitiFact: politifact.com

Fact Check: factcheck.org/

Channel 4 Fact Check: channel4.com/news/factcheck

Hoaxes and scams: <https://www.hoax-slayer.com/>

Deep Fakes and Visual Deception

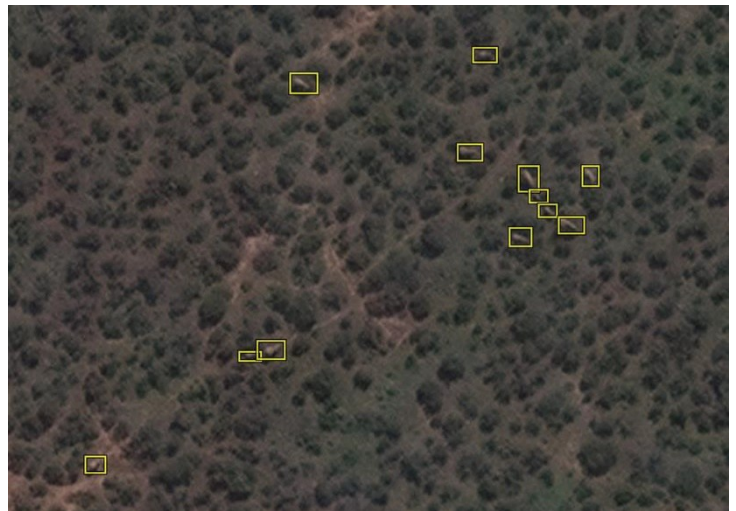
Deepfakes are fake videos created using digital software, machine learning and face swapping. Deepfakes are computer-created artificial videos in which images are combined to create new footage that depicts events, statements or action that never actually happened. The results can be quite convincing. Deep fakes differ from other forms of false information by being very difficult to identify as false.

Counting elephants from space

Satellite images processed with the help of computer algorithms are a promising new tool for surveying endangered wildlife.

Scientists have successfully used satellite cameras combined with deep learning to count animals in complex geographical landscapes. This has taken conservationists an important step forward in monitoring populations of endangered species.

For this research, the satellite Worldview 3 used high-resolution imagery to capture African elephants moving through forests and grasslands. The automated system detects animals with the same accuracy as humans are able to achieve.



The algorithm enabling the detection process was created by Dr Olga Isupova, a computer scientist at the University of Bath in the UK. The project was a collaboration with the UK's University of Oxford and the University of Twente in the Netherlands.

Isupova said the new surveying technique allows vast areas of land to be scanned in a matter of minutes, offering a much-needed alternative to human observers counting individual animals from low-flying airplanes. As it sweeps across the land, a satellite can collect over 5,000 km² of imagery every few minutes, eliminating the risk of double counting. Where necessary (for instance, when there is cloud coverage), the process can be repeated the next day, on the satellite's next revolution of Earth.

The population of African elephants has sharply decreased over the past century, due to poaching and habitat fragmentation. With only 40,000-50,000 elephants left in the wild, the species is classified as endangered.

"Accurate monitoring is essential if we're to save the species," says Isupova. "We need to know where the animals are and how many there are."

Satellite monitoring eliminates the risk of disturbing animals during data collection and ensures humans are not hurt in the counting process. Additionally, it makes it simpler to count animals moving from country to country, as satellites can orbit the planet without regard for border controls or conflict.

This study was not the first to use satellite imagery and algorithms to monitor species, but it was the first to reliably monitor animals moving through a heterogeneous landscape — that is, a backdrop that includes areas of open grassland, woodland and partial coverage.

"This type of work has been done before with whales, but of course the ocean is all blue, so counting is a lot less challenging," says Isupova. "As you can imagine, a heterogeneous landscape makes it much harder to identify animals."

The researchers believe their work demonstrates the potential of technology to support conservationists in their plight to protect biodiversity and to slow the progress of the sixth mass extinction — the ongoing extinction event triggered by human activity.

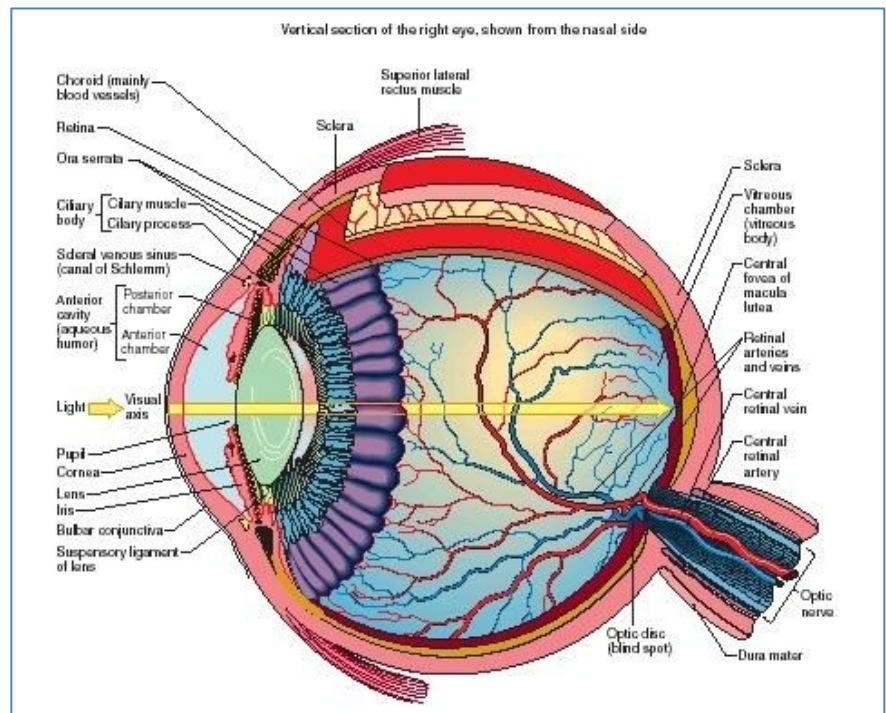
"We need to find new state-of-the-art systems to help researchers gather the data they need to save species under threat," says Isupova.

African elephants were chosen for this study with reason — they are the largest land animal and therefore the easiest to spot. However, Isupova is hopeful that it will soon be possible to detect far smaller species from space.

"Satellite imagery resolution increases every couple of years, and with every increase we will be able to see smaller things in greater detail," says Isupova. Other researchers have managed to detect black albatross nests against snow. No doubt the contrast of black and white made it easier, but that doesn't change the fact that an albatross nest is one-eleventh the size of an elephant."

What are 8 facts about eyes?

- All blue-eyed people can be traced back to a person who lived near the Black Sea almost 10,000 years ago. That person had a genetic mutation that gave him blue eyes.
- Night vision goggles make everything green, because green is the colour in which the human eye can differentiate more shades.
- The eyes heal quickly. With proper care, it only takes about 48 hours for the eye to repair a scratch on the cornea.
- New-borns do not produce tears. They make crying sounds, but tears do not begin to flow until 4-13 weeks of age.
- Some people are born with two different coloured eyes. This condition is called heterochromic.
- A new-born's eyes are approximately 65% the size of an adults. While the other organs develop more than 90% as a person grows, the eyes grow only about 35%.
- 80% of our memories are determined by what we see.
- The eyes are the second most complex organ after the brain.



Why Does Hair Turn Gray as You Age?

Science explains what causes this natural transformation

by Peter Urban, AARP

Graying hair is an inescapable part of growing older for most, as those first strands of silver appear to sprout for many people in their mid-30s — and by age 50 it's not unusual for half their hair to be gray.



Known by scientists as canities or achromotrichia, the graying of hair is a long-studied phenomenon that has a variety of causes. First, the good news: It's not going to kill you. In a 1998 study published in *The Journals of Gerontology*, researchers found no correlation between the mortality and the extent of graying of the hair among a random sample of 20,000 participants in a long-term cardiovascular study launched in 1975 in Copenhagen, Denmark.

But why do we go gray?

Hairs that appear to the naked eye as white, silver or gray do not have the pigments that otherwise provide color in shades of black, brown, blond or red.

Within each hair follicle are cells, known as melanocytes, that produce one of two basic pigments — eumelanin or pheomelanin, depending on your DNA. Eumelanin is commonly present in black and brown hair, while pheomelanin is found in red, auburn and blond hair.

Unlike the melanin that colours skin, the pigments produced in scalp hairs typically degrade more slowly — allowing for the hair to keep its colour as it grows out over an average of 3.5 years, according to a 2020 article in the journal *Skin Appendage Disorders*.

Gray hair develops as melanocytes decrease in number, but exactly when those cells begin to wane differs for each individual. However, there are some general trends. According to the article, “graying typically begins in the mid-30s for Caucasians, the late-30s for Asians, and the mid-40s for Africans.”

In your genetic code

Scientists have found specific genes related to graying hair. In a 2016 study published in *Nature Communications*, a team of researchers from University College London (UCL) identified the interferon regulatory factor 4 (IRF4) gene as being responsible for regulating production and storage of melanin.

"We have found the first genetic association to hair graying, which could provide a good model to understand aspects of the biology of human aging," Andrés Ruiz-Linares, a professor in the UCL Department of Genetics, Evolution & Environment who led the study, said in a statement. "Understanding the mechanism of the IRF4 graying association could also be relevant for developing ways to delay hair graying."

While you can't change your genetics or turn back the clock, there are other factors at play in graying hair that may be within your control.

Diet

A 2018 study published in the *Journal of Cosmetic Dermatology* found that among 1,192 volunteers between ages 18 and 20, those with premature hair graying (PHG) were more likely to have a family history of PHG, have a genetic tendency to develop allergic diseases such as eczema or asthma, or be vegetarian. To a lesser extent, they were also more likely to be overweight or report having higher levels of stress in their lives. The study suggests that it may be possible to prevent graying, or at least slow it down, through changes in diet, maintaining a normal weight and decreasing alcohol consumption.

Vitamins

Researchers at the Mayo Clinic in Rochester, Minnesota, also suggest that some causes of premature hair graying are reversible. In a 2018 article published in the *International Journal of Trichology*, they noted that a deficiency of vitamin B12 can cause premature graying, which could be reversed through supplements. Common natural sources of vitamin B12 are dairy products and meat, which may explain why a vegetarian diet could be a factor in PHG. Older adults may also often have difficulty absorbing vitamin B12 through digestion. In one study, 55 percent of patients with pernicious anemia (a condition caused by a lack of vitamin B12) had PHG, compared to 30 percent in the control group, the Mayo researchers noted.

Smoking

Smoking has long been considered a factor in premature graying, according to a 2013 study that confirmed the association among Middle Eastern men and women living in Jordan. The study, published in the *Indian Dermatology Online Journal*, found that among 207 study participants, smokers were substantially more at risk of PHG than non-smokers.

The researchers could not say with certainty why smoking affects hair colour but suggested that it could increase “oxidative stress” that damages melanin-producing cells, noting that melanocytes in gray hair bulbs frequently show common signs of such damage.

Stress

Researchers at Harvard University have found that stress can accelerate the graying process and have determined the biology behind the phenomenon — at least in laboratory mice.

Ya-Chieh Hsu, a cellular biologist at Harvard, and her fellow researchers suggest that stresses that trigger a fight-or-flight response may deplete the stockpile of stem cells in hair follicles that can be converted into pigment cells when new hairs form. In experiments on mice, they found such hair-raising experiences activated stem cells. “After just a few days, all of the pigment-regenerating stem cells were lost. Once they're gone, you can't regenerate pigments anymore,” Hsu said in a statement. “The damage is permanent.”

Diseases

Particular diseases can cause premature graying, including vitiligo and alopecia areata, according to Robert H. Shmerling, M.D., senior faculty editor of Harvard Health Publishing.

Vitiligo occurs when cells that produce melanin die or stop functioning, resulting in a loss of skin color in patches over the body that usually grow over time. In some cases, it also causes hair to lose color. With alopecia areata, patches of hair — especially colored hairs — can be suddenly lost, which may result in more noticeable gray hair. Shmerling noted in a 2017 article that the result could explain why some people seem to turn gray overnight.

Cures for graying hair

Trying to solve the puzzle of graying hair is as old as history. Clay tablets from the ancient Assyrian Empire (7th century B.C.) include medical texts (written in cuneiform) describing a means to darken prematurely gray hair by applying — often for days at a time — various mixtures of ingredients that included: cypress oil, leek seeds, poppyseeds, pine gum, the head of a black raven or gall from a black ox.

Researchers continue to look for a way to reverse the graying process, but so far with little success. Some medications have been reported, in rare cases, to restore pigmentation in gray hair but the evidence is of “low quality” and the medications may have damaging side effects, making them difficult to study for an essentially cosmetic purpose. But they do offer some hope, perhaps shedding light on “possible mechanisms to target” for future studies, according to Yale.

What is a URL? Here's what you need to know about the internet tool that locates webpages

Dave Johnson , Business Insider US

You might know that a URL is more or less synonymous with a web address - the information you type into the address bar of a web browser to go to a specific website. Every page on the internet has its own URL.

Here's a brief guide to what a URL is and how it works.



What to know about URLs

A URL is a Uniform Resource Locator, the name given to the way webpages are referenced and found using web browsers. The URL is made of several parts:

A typical URL is composed of four parts: the protocol, domain, path, and webpage.

Protocol: Usually either `http://` or `https://`, this tells the web browser to expect a web address to follow. Modern web browsers don't require you to type the protocol; it will fill that in on its own.

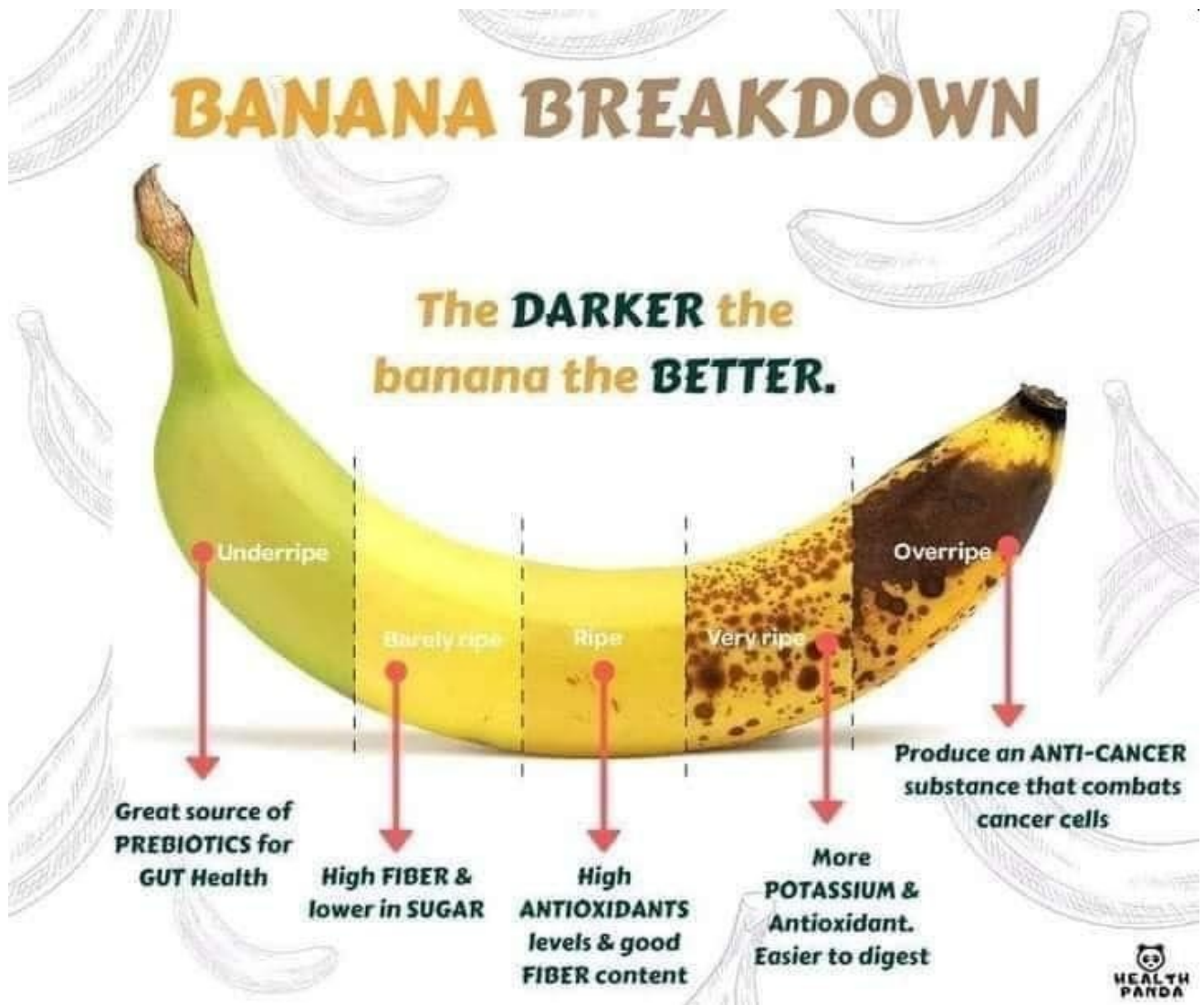


Domain: This is the highest-level part of a URL - the website's name - and you can think of it as the computer on which the webpage is stored. In reality, the domain is probably made up of many computers, especially for large domains accessed by many people.

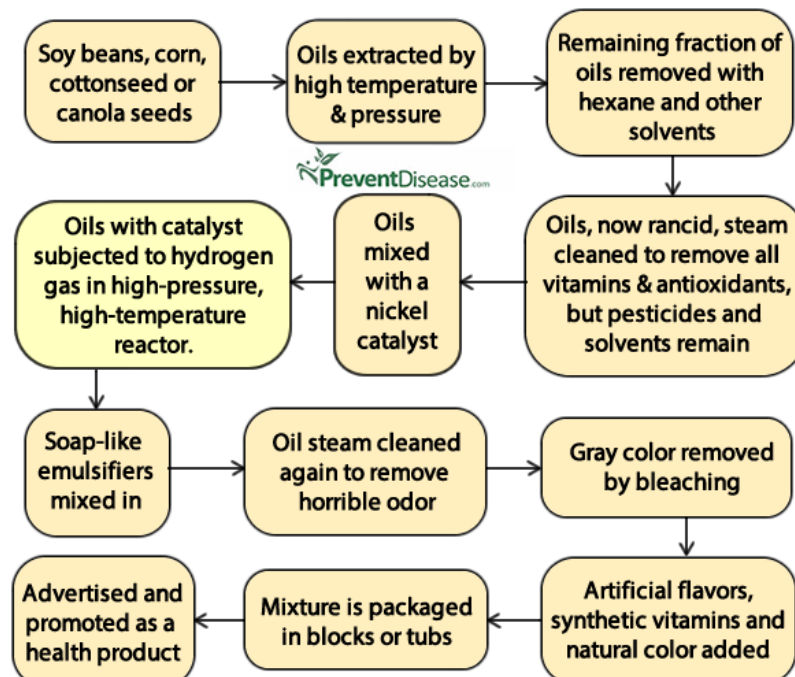
Path: Think of this as the folder structure of the website, so a browser knows which subfolder to find the webpage in.

Webpage: This is the last part of the URL and is the specific page you are requesting. It's generally the actual filename of the page as it is stored on the domain computer.

In reality, a URL is hiding a lot of complexity; the URL is a user-friendly stand-in for an IP address, which is a string of characters that serves as the webpage's actual location on the internet. When you enter a URL into a web browser, your browser then looks up the IP address of the domain name using a tool called a Domain Name Server (DNS). The DNS is like a phone book used by every web browser.



Do People That Eat Margarine Really Know How It's Manufactured?



Social Scene

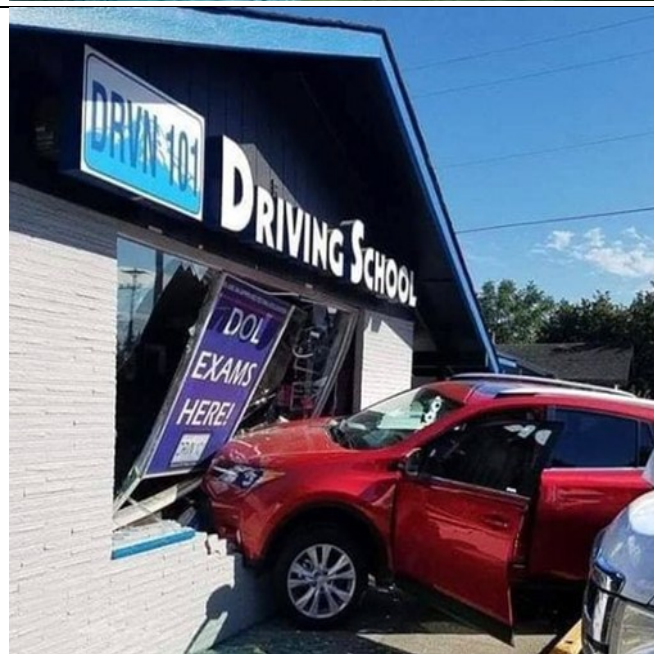


Calling on All CR Residents to come join us with a Beach Cleaning after all the rains and trash that washed out on our Beach - This Saturday from 11 am - 3PM - Trash bags will be supplied and a treat for all the kiddies coming to help. The appeal was made the Estate community responded with enthusiasm



"Today, our beach cleanup team tackled a sea of rubbish washed ashore. From plastic bottles to fishing nets, every piece collected was a step towards preserving our precious marine ecosystems. Let's continue to work together to keep our oceans clean and thriving!"

Meanwhile – Back in Brakpan it's all still happening



Ek sê nie dat die mense in Brakpan slegte tande het nie, maar die een vrou het gesmile in Spar vandag... toe lui die barcode scanner ń bottle Klipdrift op!



Lawyers should never ask a Georgia grandma a question if they aren't prepared for the answer. In a trial, a Southern small-town prosecuting attorney called his first witness, a grandmotherly, elderly woman to the stand. He approached her and asked, 'Mrs. Jones, do you know me?'

She responded, 'Why, yes, I do know you, Mr. Williams. I've known you since you were a boy, and frankly, you've been a big disappointment to me. You lie, you cheat on your wife, and you manipulate people and talk about them behind their backs. You think you're a big shot when you haven't the brains to realize you'll never amount to anything more than a two-bit paper pusher. Yes, I know you.'

The lawyer was stunned. Not knowing what else to do, he pointed across the room and asked, 'Mrs. Jones, do you know the defence attorney?'

She again replied, 'Why yes, I do. I've known Mr. Bradley since he was a youngster, too. He's lazy, bigoted, and he has a drinking problem. He can't build a normal relationship with anyone, and his law practice is one of the worst in the entire state. Not to mention, he cheated on his wife with three different women. One of them was your wife. Yes, I know him.'

The defence attorney nearly died. The judge asked both counsellors to approach the bench and, in a very quiet voice, said, 'If either of you idiots asks her if she knows me, I'll send you both to the electric chair.'

Joe Biden wants to paint the White House. He calls for a quotation. Chinese guy quoted \$3 million. European guy quoted R7 million... South African guy quoted R10 million.

Biden asked Chinese guys.". How did you quote R3 million...?" Chinese guy replied .. "R1 million for paint, R1 million for labour, R1 million profit."

Biden asked European guy. He replied ..." R3 million for paint, R2 million for labour, R2 million profit."

Biden asked the South African guy. He replied. "R4 million for you, R3 million for me - and we will give R3 million to the Chinese guy and ask him to paint...!!" 🤔🤔🤔🤔🤔🤔🤔 Another successful SA tender.

My neighbour just banged
on the wall at 4:20am,
can you believe that?
Lucky I was still up
playing music.

He banged and shouted,
"Can we have a little
respect please?"

So I shouted back, "I'm not
a big Aretha Franklin fan,
but ok this one's for you".

WHEN INSULTS HAD CLASS...

These glorious insults are from an era before the English language became boiled down to 4-letter words...more Paraproductians.....

A Member of Parliament to Disraeli:
"Sir, you will either die on the gallows or of some unspeakable disease."
"That depends, Sir," said Disraeli, "whether I embrace your policies or your mistress."

"He had delusions of adequacy."
- Walter Kerr

"He has all the virtues I dislike and none of the vices I admire."
- Winston Churchill

"Cannot possibly attend first night, will attend second ... if there is one."
- Winston Churchill, in response.

"I feel so miserable without you; it's almost like having you here."
- Stephen Bishop.

"He is a self-made man and worships his creator."
- John Bright.

"I've just learned about his illness. Let's hope it's nothing trivial."
- Irvin S. Cobb.

"He is not only dull himself; he is the cause of dullness in others."
- Samuel Johnson.

<p>I have never killed a man, but I have read many obituaries with great pleasure." - Clarence Darrow.</p> <p>"He has never been known to use a word that might send a reader to the dictionary." - William Faulkner (about Ernest Hemingway).</p> <p>"Thank you for sending me a copy of your book; I'll waste no time reading it." - Moses Hadas.</p> <p>"I didn't attend the funeral, but I sent a nice letter saying I approved of it." - Mark Twain.</p> <p>"He has no enemies, but is intensely disliked by his friends." -Oscar Wilde.</p> <p>"I am enclosing two tickets to the first night of my new play; bring a friend, if you have one." -George Bernard Shaw to Winston Churchill.</p> <p>"I've had a perfectly wonderful evening. But this wasn't it." - Groucho</p>	<p>"He is simply a shiver looking for a spine to run up." -Paul Keating.</p> <p>"He loves nature in spite of what it did to him." -Forrest Tucker.</p> <p>"Why do you sit there looking like an envelope without any address on it?" - Mark Twain.</p> <p>"His mother should have thrown him away and kept the stork." - Mae West.</p> <p>"Some cause happiness wherever they go; others, whenever they go." - Oscar Wilde.</p> <p>"He uses statistics as a drunken man uses lamp-posts... for support rather than illumination." - Andrew Lang (1844-1912).</p> <p>"He has Van Gogh's ear for music." -Billy Wilder.</p>
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An Irishman was drinking in a bar in London when he gets a call on his cell phone. He orders drinks for everybody in the bar as he announces his wife has just produced a typical Irish baby boy weighing 25 pounds. Nobody can believe that any new baby can weigh in at 25 pounds, but the man just shrugs, that's about average up our way, folks...like I said – my boy's a typical County Clare baby boy.."

Two weeks later the man returns to the bar. The bartender says, "Say, you're the father of that typical Irish baby that weighed 25 pounds at birth, aren't you? Everybody's been making' bets about how big he'd be in two weeks ...how much does he weigh now?"

The proud father answers, "Seventeen pounds."

The bartender is puzzled and concerned. "What happened?" "He was 25 pounds the day he was born."

The father takes a slow swig of his Jameson Irish Whisky, wipes his lips on his shirt sleeve, leans into the bartender and proudly says, "Had him circumcised."

Last year I replaced all the windows in my house with those expensive, double-pane, energy-efficient kind. Today, I got a call from Home Depot who installed them. The man complained that the work had been completed a year ago, and I still hadn't paid for them.

HHHelloo.....just because I'm blonde doesn't mean that I am automatically stupid. So, I told him just what his fast-talking sales guy had told me last year... that these windows would pay for themselves in a year.

Hellooooo, it's been a year, so they're paid for, I told him. There was only silence at the other end of the line, so I finally hung up. He never called back. I bet he felt like an idiot!!!

Tired of constant blonde jokes, a blonde dyes her hair brown. She then goes for a drive in the country and sees a shepherd herding his sheep across the road.

"Hey, shepherd, if I guess how many sheep are here, can I keep one?"

The shepherd is puzzled but agrees. She blurts out "352!"

He is stunned but keeps his word and allows her to pick a sheep.

"I'll take this one," she says proudly. "It's the cutest!"

"Hey lady," says the shepherd, "If I guess your real hair colour, can I have my dog back?"



A blonde goes into a nearby store and asks a clerk if she can buy the TV in the corner. The clerk looks at her and says that he doesn't serve blondes, so she goes back home and dyes her hair black.

The next day she returns to the store and asks the same thing, and again, the clerk said he doesn't serve blondes. Frustrated, the blonde goes home and dyes her hair yet again, to a shade of red.

Sure, that a clerk would sell her the TV this time, she returns and asks a different clerk this time. To her astonishment, this clerk also says that she doesn't serve blondes. The blonde asks the clerk, "How in the world do you know I am a blonde?"

The clerk looks at her disgustedly and says, "That's not a TV, it's a microwave!"

**Paddy was approached
by a prostitute.
She said,
"How would you like to
sleep with me for
£85?"

Paddy thought for a
minute and said,
"Well, I'm not very
tired, but I could really
use the money"**

**I once dated a girl
with a twin and
people always asked
me how I could tell
them apart... It was
simple, Alison painted
her nails red and
Bob had a beard...**

