



ROCKY

Issue No 011 – September 2022

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.

Know the Eastern Cape

The very first car to ever set wheel on South African soil was this Benz Velo, which was imported by local East London businessman John Percy Hess in 1896.

Only 67 Benz Velos were built in 1894, and 134 the following year. The Velo had a 1-litre, 1.5 horsepower engine, with a top speed of a brisk 20km/h.

The rest, as they say, is history: The Mercedes-Benz plant on the West Bank was established in 1948, and has been assembling vehicles in East London since 1949. The plant employs 3,300 people.

The Mercedes-Benz brand - synonymous with Buffalo City's automotive manufacturing industry - was established 94 years ago.



The name was first documented on 28 June 1926, when the two German companies founded by Gottlieb Daimler and Karl Benz, merged to form Daimler-Benz AG.

Karl Daimler had developed the first liquid petroleum vehicle in 1885; Karl Benz had developed the first purpose-built automobile using a two-cycle engine of his own design a few months later. Interestingly, while Daimler and Benz were contemporaries, the two men never met.



The Mercedes-Benz plant in East London is part of the global production network for the C-Class, with its lead plant in Bremen. The network also includes the Mercedes-Benz plant in Tuscaloosa (USA) and the joint venture plant BBAC in Peking (China).

The plant on the eastern cape of South Africa produces the C-Class Saloon for export to left and right-hand drive markets. Since the production start of the current C-Class in May 2014, this is already the fourth vehicle generation of the highest-volume Mercedes-Benz model series.

It was in 1958 that Car Distributors Assembly Ltd. started to produce Mercedes-Benz vehicles on a contractor basis. In 1984, the then Daimler-Benz AG acquired 50.1 percent of United Cars and Diesel Distributors UCDD. Since then the company has been registered as Mercedes-Benz of South Africa (MBSA).

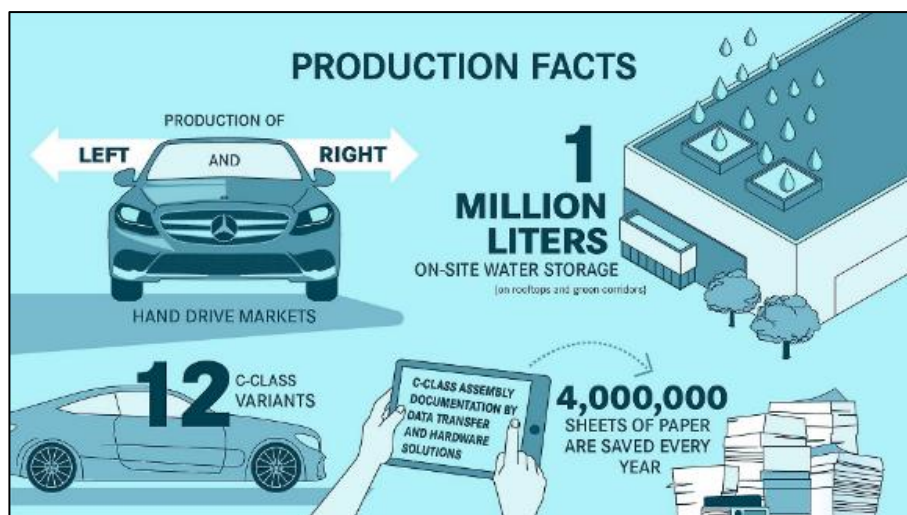
In 2018, Mercedes-Benz Cars announced an investment of 600 million euros in expansion of the plant to make it fit for the future.



In particular the car production area was expanded. This expansion represents an increase of two thirds of the existing passenger car production area. This includes a new paint shop and a new body shop, the extension of the existing assembly hall and new logistics facilities.

Consequence of this investment is that the manufacturing process of the plant is environmentally friendlier. The new paint shop for example uses the newest technologies, which contribute to energy efficiencies. The new Industry 4.0 robots and additional assembly lines reduce energy consumption per vehicle produced at the East London Plant by 25 percent.

Outstanding is also that the plant saves up to one million litres of water on roofs and green corridors. As if that was not enough, the site uses another technology for becoming environmentally friendlier. By digitalizing processes in the C-Class assembly up to four million sheets of paper is saved every year. Twelve different versions of the C-Class are built in the East London plant.



Sausage Tree [Kigelia Africana]



The sausage tree of sub-Saharan Africa is beautiful in flower. The blood-red to maroon flowers hang in long panicles. The fragrance of the flower is not pleasing to humans but attracts the Dwarf Epauletted Fruitbat (*Micropteropus pusillus*), its pollinator. As the flowers drop from the tree, animals come to feed on the nectar-rich blooms. Impala, Nyala, Kudu, duiker, baboons, bush pigs, and lovebirds all feed on the flowers of the Sausage tree. Grey fruits grow out of these flowers. These grey fruits resemble sausages and can grow for months to become over a foot long and weigh over 10 pounds.

Flowers and fruit

The blood-red flowers of the South African sausage tree bloom at night on long, ropelike stalks that hang down from the limbs of this tropical tree. The fragrant, nectar-rich blossoms are pollinated by bats, insects and sunbirds in their native habitat. The mature fruits dangle from the long stalks like giant sausages. They may be up to two feet (0.6 m) long and weigh up to 15 pounds (6.8 kg).

Uses

The rind of the fruit is used to aid the fermentation of the local brews. The pods are kept as religious charms and fetishes, and produce a red dye when boiled. Ointment is made from the fruit and is used to treat skin conditions. And Meyer's parrots are fond of the seeds. Mekoro are dug-outs made of the trunks and large roots of the sausage trees. These canoes have been used for thousands of years as transportation in the Okavango River delta in Botswana.

The 'sausages' cannot be eaten but the skin is ground to a pulp and used externally for medicine. Its most important use is for the cure of skin ailments, especially skin cancers. The fruit is burnt to ashes and pounded by a mortar with oil and water to make a paste to apply to the skin.

Where they are found

The Sausage Tree is found from Sub Saharan Africa south to the northern reaches of South Africa.

Why kids need to spend more time in nature

When kids spend copious amounts of time on electronic devices, their physical health may be compromised, but research revealed their mental health and emotional well-being may be at risk too.

Taking that trek through the woods with your child may do more than build strong muscles. New research suggests that time spent in nature is also good for their mental and emotional well-being.



Improved relationships

"This research shows that children experience profound and diverse benefits through regular contact with nature. Contact with the wild improves children's well-being, motivation and confidence," said Nigel Doar, director of strategy at the Wildlife Trusts, the organisation in charge of nature reserves in the United Kingdom.

"The data also highlights how children's experiences in and around the natural world led to better relationships with their teachers and classmates," Doar said in a news release from the trust.

The study included more than 450 British elementary schoolchildren, mostly aged eight and nine, who took part in a series of Wildlife Trusts activities in 12 areas across England over several weeks.

The children completed surveys before and after they participated in the outdoor activities, which included learning about nature, its role in people's lives and the needs of wildlife habitats.

The Wildlife Trusts commissioned the study, which was conducted by researchers at the Institute of Education at University College London (UCL).

The joy of wildlife

The study found that 90% of children felt they learned something new about the natural world, while 79% felt that their experience could help their schoolwork.

After their outdoor activities, 84% felt that they were capable of doing new things when they tried; 79% said they felt more confident; 81% said they had better relationships with their teachers; and 79% said they had better relationships with their classmates.

"The Wildlife Trusts believe everyone should have the opportunity to experience the joy of wildlife in daily life, and we're calling on government to recognise the multiple benefits of nature for children and ensure that at least one hour per school day is spent outdoors learning and playing in wild places," said Doar.

"Each generation seems to have less contact with the outdoors than the preceding one. We owe it to all young people to reverse this trend – for their sake, for our sake and for nature's sake," said study co-author and UCL professor Michael Reiss.

The Beauty of Nature



WILD FACTS :

Wilbebeest (Gnu)

Well, beauty is in the eye of the beholder, but from an intelligence standpoint wildebeests are actually very vibrant animals with playful personalities and some very admirable traits. The wildebeest is the iconic antelope of the African plains, with a marvelous, rugged appearance, and unmistakable anvil-shaped head. They have large backs, curved horns, striped bodies, fluffy manes and bushy beards. A careful look at the face will reveal that the eyes are set very high up on the head. The purpose of this positioning is to allow the animal vision over its preferred short-grass grazing in order to watch for predators. It also has a unique body shape, with a large chest and front body. This allows for big lungs and long front legs which give the animal stamina to run enormous distances without tiring. When you see a single bull standing under a tree week after week as an old chap, you are wrong. This is in fact a dominant bull in the prime of life waiting for the breeding season or some passing wildebeest with whom he can associate. He will not relinquish his territory though. Should another bull enter his territory during the rut a vicious fight ensues. He always stakes out a nice shady tree in his territory and this he uses as base for his day to day living. After the morning feed and as the daytime temperature begins to rise this bull heads for his tree and as the sun is still in the east he stands on the west side where the shade is. As the sun arcs through the sky he moves around, following the shade until in the afternoon as the sun dips in the West he is left standing in the shade on the East side. After many months he tramples a bare semi circular "verandah" around the south side of the tree.

Sources: Chris Davidson-Virtual Field Guide, Beat about the Bush
uMkhuze Honorary Officer : Christine Kruger
Photo Credit : Dave Gibbs



HONORARY OFFICER GROUP



Interesting and informative

The surge in online grocery shopping and what it means for SA

By Ross Jenvey

There can be no question that Covid-19 has changed the way the world operates. Some trends are temporary, and some are more permanent, with the common question nowadays being: what will the new normal look like? As investors in early-stage technology companies, we at Kingson Capital are trying to establish what trends are likely to stick around long term after lockdown truly ends and identify the right companies to invest into that will benefit.

We believe that e-Commerce will permanently benefit from people wanting to, or being forced to, socially distance themselves. One of the sub-sectors in this space is online grocery shopping. Adoption risk is common in most early stage companies, where new technology is built to change the way things are done, but people are often resistant to adopt the change. However, once forced to try something different, as many people have been in the last six months, the inertia is broken, and they often refuse to go back to the way they did things before.

Data released by Pitchbook on the US online grocery market shows that the early stages of lockdown in 2020 allowed grocery sales to regain some of the market share it had lost against restaurants and take-aways. More sophisticated technology, coupled with a slew of online grocery shopping options offered by stores and independent tech companies, have seen global online grocery delivery & pickup increase from \$1.2bn in August 2019 to \$6.6bn in May 2020, a 450% increase in just nine months.

Pitchbook Research furthermore predicts that in the US, online grocery shopping is going to grow from 4.9% of total grocery spend in 2019 to 11.6% by 2025, a 2.4x increase in wallet-share. No matter how you look at it, this represents significant growth. The poster-child of the online grocery shopping industry in the US is Instacart, which raised \$225m in a VC-funded round in June 2020, ballooning its valuation from \$7.9bn in late-2018 to \$13.7bn. Delivery Hero is a similar company, listed in Germany, and in the just over nine months to mid-September 2020, its share price has increased 28% (to a valuation of €18.0bn) as investors continue to take a positive view on this sector.

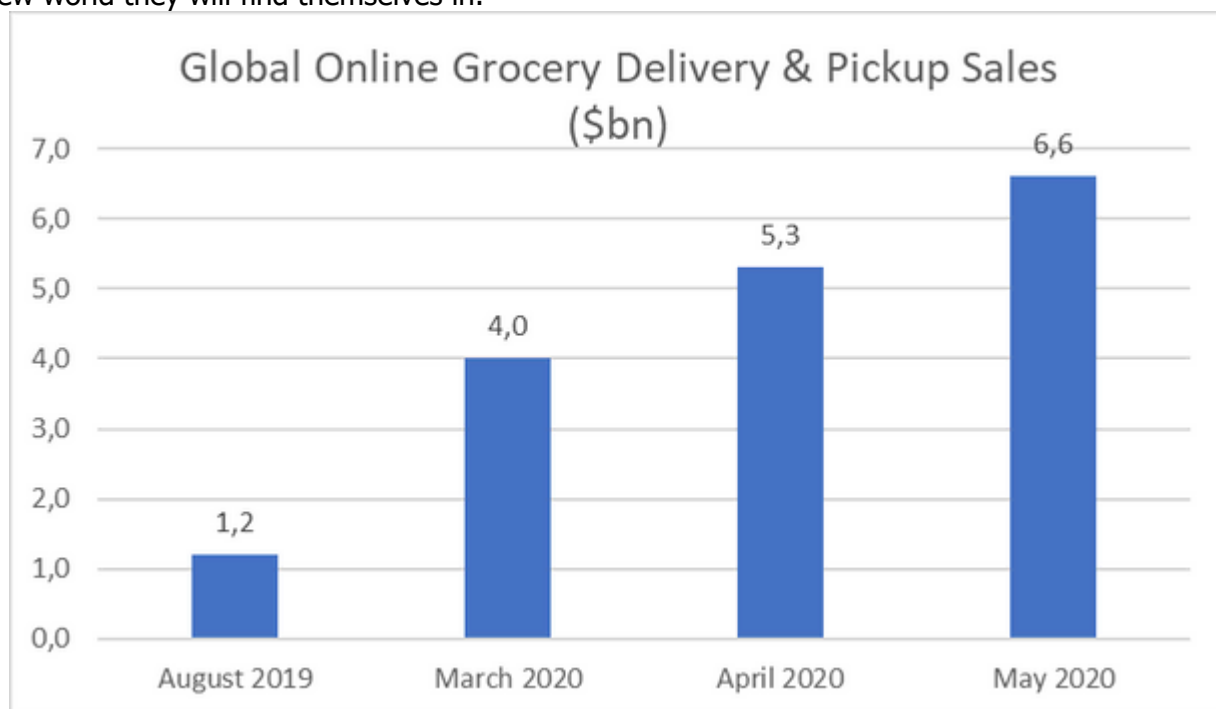
In South Africa, we are seeing equally positive developments. The main local players – OneCart, Checkers 60/60, Bottles, Quench and Zulzi – have all completed or embarked on funding rounds in 2020 led by JSE-listed companies. The main differentiation between these players is based on multiple versus single retail platforms that a customer can choose from. We are also aware that several of these players have seen anywhere between 200-500% growth in their daily orders since lockdown was implemented in March 2020.

Google search analytics has shown that after an initial surge, the reduction of lockdown restrictions in South Africa has correlated with a reduction in online searches for "Online Grocery and Delivery services". However, that search is still roughly twice as popular as pre-lockdown levels, and the growth in order volumes referred to above talks to the stickiness we would expect, as people become repeat customers. This is the kind of growth that usually attracts competition, and one place we foresee it coming from will be UberEats, after Uber bought the Mexican grocery delivery app business, Cornershop, in October 2019. New apps will also likely spring up.

Research released by the South African Council of Shopping Centres in May 2020 posted an expectation that retail sales will be down as much as 15% from current levels, and there will be slow recovery in shopping centre activity as GDP and employment both contract. Their survey revealed that 22% of respondents were not comfortable with visiting shopping centres and preferred online shopping, and 32% said they were regular online shoppers. This will likely accelerate the trend towards e-Commerce, as retailers try to protect their market share by pushing into this space, to the benefit of the incumbent tech solutions in the market.

Interestingly, the major South African retailers such as Woolworths, Pick n Pay, Checkers and MassMart have all recently partnered with or acquired e-Commerce on-demand service providers. The ultimate winners will be the providers that can win consumer trust with consistent excellence in fulfilment and on-time delivery percentages.

Online grocery shopping is likely to be one of those sticky trends which will benefit greatly from the new way the world will work post-lockdown. Pitchbook analysts seem to think this will happen globally, and we think that South Africa will show equally exciting growth, even though we have traditionally been late adopters of e-Commerce. It's also a sector that is creating jobs, since the shoppers and drivers employed now in this industry are new jobs, and the low skill requirements of the jobs is important in a country like South Africa. Necessity often brings about change, and consumers clearly need to operate differently in the new world they will find themselves in."



Stronger Than Steel, Able to Stop a Speeding Bullet—It's Super Wood!

New techniques for "densifying" wood can turn the ubiquitous substance into a super-material suitable for constructing buildings and body armour.

Some varieties of wood, such as oak and maple, are renowned for their strength. But scientists say a simple and inexpensive new process can transform any type of wood into a material stronger than steel, and even some high-tech titanium alloys. Besides taking a star turn in buildings and vehicles, the substance could even be used to make bullet-resistant armour plates.

Wood is abundant and relatively low-cost—it literally grows on trees. And although it has been used for millennia to build everything from furniture to homes and larger structures, untreated wood is rarely as strong as metals used in construction. Researchers have long tried to enhance its strength, especially by compressing and "densifying" it, says Liangbing Hu, a materials scientist at the University of Maryland, College Park. But densified wood tends to weaken and spring back toward its original size and shape, especially in humid conditions.



Now, Hu and his colleagues say they have come up with a better way to densify wood, which they report in *Nature*. Their simple, two-step process starts with boiling wood in a solution of sodium hydroxide (NaOH) and sodium sulphite (Na₂SO₃), a chemical treatment similar to the first step in creating the wood pulp used to make paper. This partially removes lignin and hemicellulose (natural polymers that help stiffen a plant's cell walls)—but it largely leaves the wood's cellulose (another natural polymer) intact, Hu says.

The second step is almost as simple as the first: Compressing the treated wood until its cell walls collapse, then maintaining that compression as it is gently heated. The pressure and heat encourage the formation of chemical bonds between large numbers of hydrogen atoms and neighbouring atoms in adjacent nanofibers of cellulose, greatly strengthening the material.

The results are impressive. The team's compressed wood is three times as dense as the untreated substance, Hu says, adding that its resistance to being ripped apart is increased more than 10-fold. It also can become about 50 times more resistant to compression and almost 20 times as stiff. The densified wood is also substantially harder, more scratch-resistant and more impact-resistant. It can be molded into almost any shape. Perhaps most importantly, the densified wood is also moisture-resistant: In lab tests, compressed samples exposed to extreme humidity for more than five days swelled less than 10 percent—and in subsequent tests, Hu says, a simple coat of paint eliminated that swelling entirely.

A five-layer, plywood-like sandwich of densified wood stopped simulated bullets fired into the material—a result Hu and his colleagues suggest could lead to low-cost armour. The material does not protect quite as well as a Kevlar sheet of the same thickness—but it only costs about 5 percent as much, he notes.

The team's results "appear to open the door to a new class of lightweight materials," says Ping Liu, a materials chemist at the University of California, San Diego, unaffiliated with the *Nature* study. Vehicle manufacturers have often tried to save weight by switching from regular steel to high-strength steel, aluminium alloys or carbon-fibre composites—but those materials are costly, and consumers "rarely make that money back in fuel savings," Liu says. And densified wood has another leg up on carbon-fibre composites: It does not require expensive adhesives that also can make components difficult, if not impossible, to recycle.

Densified wood provides new design possibilities and uses for which natural wood is too weak, says Peter Fratzl, a materials scientist at the Max Planck Institute of Colloids and Interfaces in Germany who did not take part in the study. "Instead of creating a design for the material at hand, researchers can create a material to suit the design they want," he says, alluding to a familiar process among aerospace engineers who have a long history of developing ever-stronger alloys to meet their needs.

One possible obstacle to the widespread use of densified wood will be engineers' ability to scale up and accelerate the process, Liu notes. Hu and his team spent several hours making each coffee-table book-size slab of densified wood used for testing. But there are no practical reasons the process could not be sped up or used to make larger components, Hu contends.

Although Hu and his team have sought to enhance wood's strength, other researchers have pursued more unusual goals—such as making it transparent. One team, led by materials scientist Lars Berglund at the KTH Royal Institute of Technology in Stockholm, has come up with a way to make windowpanes of wood. The first step in that process (as in Hu's) is to remove lignin, a substance that not only stiffens wood but also creates its brownish colour. The researchers infuse the lignin-free wood with a polymer called methyl methacrylate (MMA), a material better known by trade names such as Plexiglas and Lucite.

Because MMA's index of refraction (a measure of how much it bends light) matches that of the lignin-free wood, rays of light pass right through the MMA-infused composite instead of getting bounced around inside empty cells. This renders the material remarkably clear. Berglund and his team described their feat two years ago in *Biomacromolecules*. Coincidentally, at the same time Hu and his colleagues were also developing a method for rendering wood transparent.

Research like Hu's and Berglund's can only add to the wild prospects for the future of materials science. Someday soon it might be possible to live in a home made almost completely from one of Earth's most abundant and versatile building materials—from floors to rafters, walls to windows. In the garage there may be a car whose chassis and bumpers could be composed of densified wood rather than steel and plastic—knock on wood.

Allulose – it's sugar, but better!

Almost as sweet as the real thing, with no effect on our blood sugar levels, it's safe to say sweet dreams are made of allulose.

The quest to cut sugar out of our diets has resulted in an endless list of mostly so-so sweeteners and sugar alternatives. But try as we might, these low-calorie sweeteners and supposedly guilt-free sugar substitutes are always falling short of the real thing – from the strange aftertastes to not even tasting like

sugar at all. That's why the excitement over allulose is sweeping the food industry – it's a natural sugar that offers delicious sweetness with none of the negatives traditional sugar brings to the table.



A rare sugar

Classified as a monosaccharide or simple sugar (like glucose and fructose), allulose is not a new discovery, as it can be found naturally in small amounts in raisins, dried figs and molasses, earning it the title of a "rare" sugar. Recent advances in manufacturing mean it can now be mass-produced like never before and is mostly extracted from fermented corn. With a taste described as very close to sugar and 70% of its sweetness, allulose is so far being used in a wide range of delicious offerings – from ice creams and frozen yoghurts to jellies, sweets and baked confections.

What makes allulose so special?

To start with, allulose has only 10% of the calorie count of regular sugars, making it a truly low-calorie option. Allulose also has no effect on your blood sugar; it actually isn't metabolised by our bodies at all. The American Food and Drug Administration (FDA) has gone so far as to rule allulose exempt from the total or added sugar content required by law to be declared on nutrition labels – making a very attractive option for food manufacturers.

More research is needed, with limited evidence available thus far, but it seems like its most exciting health benefit is its possible role in stabilising blood sugar and even improving insulin sensitivity and glucose tolerance in people with type 2 diabetes. Not only does this rare sugar safely sweeten your tea, but it also has the potential to regulate your glucose metabolism!

Ultimately, the proof is in the pudding

Unlike other sugar alternatives, allulose behaves very similarly to sugar when used in baking, desserts and other recipes. It caramelises and browns beautifully, responding to heat (and cold) almost identically to sugar. It's used in a similar volume to sugar, so it's easy to exchange the granulated version in standard recipes.

As for side effects, overindulging can lead to abdominal pain and possibly bloating, but symptoms typically don't last very long and have no permanent damaging effect on patients. Consumed in moderation, allulose is believed to be quite safe and extremely unlikely to lead to health problems.

Where can you get allulose?

As a relatively new product, it still has to make its way into your local supermarket's baking or health-food aisle. There are a few online retailers importing stock from overseas – for now, these are your best bet for getting your hands on this special sugar.

SA could become top exporter of green hydrogen to the world

By Dineo Faku

JOHANNESBURG - South Africa could become an effective exporter of cost-effective green hydrogen to the world, given its immense renewable energy potential, according to the inaugural PwC report on hydrogen published yesterday.

The report titled 'Unlocking South Africa's hydrogen potential' said that South Africa had one of the highest renewable energy generation potentials in the world citing the billions of rand committed to solar, wind and pumped storage projects across the country.



The report said the Integrated Resource Plan-the blueprint for South Africa's energy mix, which was gazetted last year, made clear guidance for renewables to account for a bigger proportion of the country's generation capacity.

"With so much effort being committed to these renewable initiatives, a clear opportunity exists for South Africa to a couple of renewable generation with hydrogen production through electrolysis. The added benefit of this was that an investment in electrolysis technology would also support the platinum sector and downstream beneficiation, as platinum is the primary component in the electrode assembly," said the report.

Pwc experts said that the infrastructure needed to export hydrogen was similar to existing natural gas networks and was already being piloted in Australia and Japan.

"South Africa could leverage its existing port infrastructure to support this initiative and, in doing so, protect the jobs and infrastructure that are declining as a result of the drop in global demand for coal exports," said the report.

The report said there would also be significant secondary benefits to increasing South Africa's commitment to renewable energy and that the need to construct so much renewable capacity would make it increasingly viable to manufacture a number of the components domestically.

"Especially within the wind turbine sector, this could help support the need for carbon-capture technology implemented to produce blue hydrogen.

It also said that given French oil and gas giant Total's deepwater Brulpadda find offshore South Africa and the existing gas-to-liquids facility operated by PetroSA, much of the infrastructure already existed to supply pure hydrogen into the domestic and international markets.

"The natural gas market may also provide another solution in the form of carbon storage. Many of the gas fields off the coast of South Africa are depleted, yet the infrastructure linking these fields to the coast still exists," said the report, adding that similar to the solution being piloted in the UK, hydrogen could be produced on land through either coal gasification or reforming of natural gas and the carbon by-product could be pumped into the depleted gas fields for storage.

"The transition of the ailing South African coal and natural gas sectors to the production of blue hydrogen could help protect industry jobs and, if exported, generate critical foreign income for the country," said the report.

Bring on the pearly whites: 5 tips to keep your teeth white

By Nneka Jonas

Our teeth do not have to be so white that they glow in the dark, but we all want to have healthy white teeth.

We know one of the discolouration causes in our teeth is smoking. But what can you do - or not - in order to prevent discolouration?

Here are five tips to prevent your teeth from becoming discoloured.

1. Brush twice a day

Brush your teeth for about two minutes, making circular movements with your toothbrush. This is the safest way to remove the plaque. If you do not brush your teeth well enough to remove the plaque it may result in the formation of tartar.



2. Replace your toothbrush every three months

Are you someone that brushes their teeth twice a day? Then you should regularly replace your toothbrush. When your bristles are worn out, removing plaque can be more difficult. It is advised to replace your toothbrush every three months.

3. Limit your tea and coffee consumption

There are a few things that tea, coffee, and red wine have in common. All these three drinks are liquids and they contain tannins. The chemical compounds in these drinks attack the tooth enamel, meaning that your teeth can turn yellow. Avoid this by trying to limit your tea, coffee, and red wine consumption.

4. Chew gum

When you are chewing gum, you produce saliva, which neutralizes the acids in your mouth. In addition, the chewing movements also eliminate food particles from your teeth as well. Chew sugar-free chewing gum for healthy teeth.

5. Eat raw vegetables

Not only is it very healthy to eat raw vegetables as a snack, but it is also beneficial for the colour of your teeth. Crispy vegetables work as a sort of solvent for the plaque on your teeth. This means that you will fill your stomach and clean your teeth at the same time.

Extracts from David Frost's Book of the World's Worst Decisions

David Frost is a well-known TV personality. Michael Deakin is programming director for a television station founded by Frost in England. This book is a collection of truly bad decisions from the fields of politics, sports, business, science, show business, and everyday life.



Sam Phillips owned a small recording company in Memphis. In 1955 he sold to RCA Records, for the sum of \$35,000, the exclusive contract he had with a young man named Elvis Presley, thereby forfeiting royalties on more than a billion records.

In 1889 the editor of the San Francisco Examiner published one article by Rudyard Kipling but declined to accept any more. "I'm sorry, Mr. Kipling," he said, "but you just don't know how to use the English language."

In 1981 Dora Wilson looked out her window and saw some men loading her neighbour's priceless Persian carpets into a van. "What are you doing?" she called. "We are taking them to be cleaned," the men replied. "Will you take mine too?" she asked. They did, and she never saw the men or the carpets again.

In 1910 Olav Olavson decided to raise some cash by selling his body to the Karolinska Institute, for medical research after his death. The following year he inherited a fortune and tried to buy himself back. The institute refused to sell and went to court to verify their claim. They even won damages, since Olav had had two teeth pulled without asking their permission.

In 1938 Joe Shuster and Jerry Siegel sold all rights to the comic-strip character Superman to their publishers for \$130, a tidy \$65 each.

In 1977 a South African hang-gliding instructor spotted an interesting sight and made an obscene gesture at a woman who was sunbathing on a rooftop below his flight path. The woman's husband appeared with a submachine gun and blasted the birdman out of the sky.

In 1898 young Albert Einstein applied for admission to the Munich Technical Institute, but was turned down on the grounds that he "showed no promise as a student."

In 1880 a house master at Harrow wrote of one of his pupils, "He is forgetful, careless, unpunctual, irregular in every way.... If he is unable to conquer this slovenliness, he will never make a success of public school." The boy in question was Winston Churchill.

In 1940 the British Secret Service decided that microfilms must be made of all personnel records, in case the originals were damaged by enemy action. It was only when the originals were, in fact, destroyed by enemy action that it was discovered that the photographer had cropped the top of every negative so the name of the person to whom the file referred was missing.

In 1862 the Union and Confederacy forces met at the Battle of Antietam. The Union forces under General Burnside were ordered to cross the Potomac River and join battle with the enemy. They marched across the bridge two abreast, making an ideal target for Confederate gunners placed so as to command the bridge. The slaughter was appalling. General Burnside had failed to notice that the river was only waist deep and could have been crossed at any other point in perfect safety.

During the 1950's when the BBC's new broadcasting facilities were built, the corridors were narrow and labyrinthine. The Music Department became concerned about the difficulties they would face in transporting their grand pianos from one studio to another, and decided on a series of trials to find the easiest route. They asked the BBC carpenters to make a plywood mock-up of a full-size piano rather than risk one of their expensive instruments. The model was duly constructed -- and found to be too large to pass through the door of the carpentry shop.



ROCKY in the News

The 24th of September was a very special day at the ROCK.

It was the day of the Annual Potjie Challenge and Fun Day – and It met all its promises.

There was plenty of fun for young and old. The Potjies were spectacular; Traditional food was on sale; Jumping Castle; Slippery Slides and fun games.

Everybody had a magic day. No doubt the Cove Rock Community where the winners of an outstanding fun day.

Congratulations and thank you to Dr Zweli Mbambisa and his team. Special recognition to Caroll and Clive Warmberg, Barbara Wiltshire and Harry Fourie for their contribution to the successful event.

Cove Rock Social Committee

24 September 2022
**Clubhouse
Recreation Area**

*Fun for the children
and families – Jumping
Castle, Slippery Slide,
fun games*

Traditional Foods on sale
ALL PROCEEDS ARE FOR YOUR OWN
INCOME.
There is NO entry fee for the stall, but
you are required to set up your own
stall / table.

Draft Beer
Music

STARTS AT 09H00

Annual Potjie Challenge and Fun Day

Potjie Competition
Entry Fee: R100 per team
Wood provided for fires.
1st, 2nd & 3rd Prizes
Prize for the Best Dressed Person or Team on the day!
Fires will be provided. Judging is set for 14h00.





Potjie awarded 1st Prize – Joshua Opperman



2nd Prize awarded to Kelvin and Kenny Beets



3rd Prize goes to Shane Schwagele's Potjie



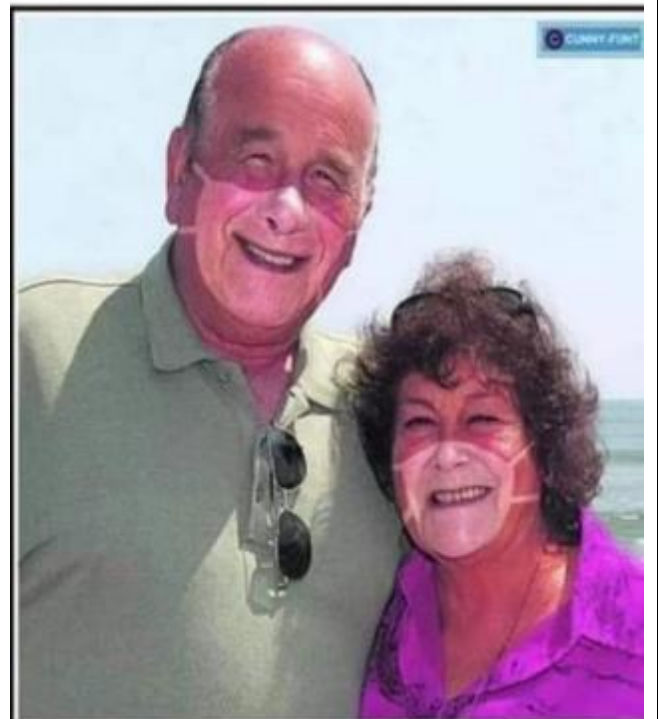
Best dressed and "gees". Mark Adams, Wikus Venter and Monique Waters.

Nothing serious

Meanwhile – Back in Brakpan it's all still happening



Just back from our cruise. Had a great time.



I FIGHT CRIME AND
INJUSTICE EVERYWHERE



EXCEPT BRAKPAN,
I'M NOT GOING TO BRAKPAN

How many Lawyers does it take to change a light bulb?

Whereas the party of the first part, also known as Lawyer, and the party of the second part, also known as Light Bulb, do hereby and forthwith agree to a transaction where in the party on the second part shall be removed from the current position as a result of failure to perform previously agreed upon duties, i.e. the lighting, elucidation, and otherwise illumination of the area ranging from the front door, through the entryway, terminated at the carpet, any spill over illumination being at the option of the party of the second part and not required by the aforementioned agreement between the parties.

The aforementioned removal transaction shall include, but not be limited to, the following steps:

1. The party of the first part (Lawyer) shall, with or without elevation at his/her option, by means of a chair, step stool, ladder or any other means of elevation, grasp the party of the second part (light bulb) and rotate the party of the second part in a counter-clockwise direction, this point being non-negotiable
2. Upon reaching a point where the party of the second part (light bulb) becomes separated from the party of the third part (receptacle), the party of the first part shall have the option of disposing of the party of the second part (light bulb) in a manner consistent with all applicable state, local and federal statutes.
3. Once separation and disposal have been achieved, the party of the first part shall have the option of beginning the installation of the party of the fourth part (new light bulb). This installation shall occur in a clockwise direction, this point also being non-negotiable.

NOTE:

The above described steps may be performed, at the option of the party of the first part (Lawyer), by any or all persons authorised by him, the objective being to produce the most possible revenue for the party of the fifth part, also known as Partnership!



A Stanford Medical research group advertised for participants in a study of obsessive-compulsive disorder. They were looking for therapy clients who had been diagnosed with this disorder.

The response was gratifying; they got 300 responses the day after the ad came out.

All from the same person.

A negative person sees the glass of water half empty. A positive person sees it half full.

But a realistic person adds 60 ml whiskey with 3 cubes of ice to it and says cheers.

I have been in many places, but I've never been in Kahoots. Apparently, you can't go alone. You have to be in Kahoots with someone. I've also never been in Cognito. I hear no one recognizes you there.

I have, however, been in Sane. They don't have an airport; you have to be driven there. I have made several trips there, thanks to my children, friends, family and work. I would like to go to Conclusions, but you have to jump, and I'm not too much on physical activity anymore.

I have also been in Doubt. That is a sad place to go, and I try not to visit there too often. I've been in Flexible, but only when it was very important to stand firm. Sometimes I'm in Capable, and I go there more often as I'm getting older.

One of my favourite places to be is in Suspense! It really gets the adrenaline flowing and pumps up the old heart! At my age, I need all the stimuli I can get! I may have been in Continent, but I don't remember what country that was in. It's an age thing. They tell me it is very wet and damp there.



Three Irish fellows would meet at a bar every day after work for a pint of Guinness and a shot of Jameson.

Same time every day at the same bar. This went on for years and as time went on the bond between these three men grew into something like a brotherhood.

Then one day as they were having their after-work drinks, two of the fellows seemed really down. That's when one of the friends announced that he was moving to the USA for a job opportunity. Then the second fellow announces that he is moving to South Africa, also for a job opportunity.

All three men, now really sad about the fact that their group will be splitting up, decide to make a pact. Every day after work, each man will go into a bar and order 3 pints and 3 shots in remembrance of their brotherhood.

After months of this tradition one day the lad that has stayed in Ireland walks into the bar and orders only 2 beers and 2 shots.

The bartender who'd known of the 3 friends and their tradition became worried. So he asked "is everything OK bud? Did you have a falling out with one of your friends? Did someone die?"

To which the Irishman responded "no, everything's ok. I've just quit drinking"

