



ROCKY



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"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

Hogsback

Hogsback is a Magical World of Mountains and Forests.

The village is magnificently sited on the slopes of the Amatole Mountains, overlooking the rivers and fertile plains of the Tyume Valley in a region dominated by three ridges said to resemble the bristles on a hog's back.

There are two (or maybe more) theories as to how the village received its name. Some think it was named for Captain Hogg, Commander of Fort Michell. Some others think that it is because one of the three peaks that overlook the village, when seen from a certain angle, resembles a Hog's Back (a hog's back is a geological term describing this particular rock formation).

The earliest written reference to the name was found in the journal of the famous painter Thomas Baines, who passed the 'Hogs Back' while on his travels to the interior in 1848. The view from above the village is breath-taking and includes, besides the Hogsback, the highest peak in the area, the 1954m Gaika's Kop.



The local Xhosa tribes called this area Qabimbola (red clay on the face) as this is the area where they obtained the clay for face painting. The valley of the Tyumie River was one of the Xhosa tribe's strongholds, as was the mountain known as Gaika's Kop. British troops were stationed here and a number of forts were built to guard the border. One of these was Fort Michell, named after Colonel Michell/Michel of the Warwickshire regiment, who was at one time in charge of the troops in the area. The name has since changed to Fort Mitchell. Mitchell's Pass is also named after him. The outline of Fort Michell, and the first road from Fort Hare to the slopes of the Tor Doone is still visible.

The conflict continued further north and a small settlement started to grow. Some of the first residents were Summerton, Odendaal and Booyens. Thomas Summerton was a gardener from Oxford whose legacy survives in the local gardens. His attempts to re-create the English countryside can still be seen in apple orchards, avenues lined with hazelnut, berry fruits and the flowering plants that have spread throughout the area. European flowers, bushes and trees include rhododendrons, azaleas, fruits and berries. He named his farm Cherrie Orchard and also built a furrow - Summerton's furrow - to carry water from a stream on Tor Doone.



In the 1880's a Mr. Collins built a small hotel, called the Hogsback Hydro, which later became the Hogsback Inn. Hunterstoun, the private estate of Mr David Hunter, was built in 1910. Mr Hunter was the honorary secretary and treasurer of the Lovedale Institution and the Victoria College near Alice. Forestry began in 1883 with a survey to determine the best areas for planting. The Hogsback pass was opened in 1932. Hobbiton-on-Hogsback was started in 1946 as a holiday camp for children who could not afford to go on holidays and, with the aid of several organisations and private donations, has grown to an outdoor education facility for underprivileged children. There was also a shop, the Handy Log Cabin, situated in the grounds of Arminel.

St. Patrick-on-the-hill is one of the smallest churches in South Africa. Because of its romantic atmosphere it is very popular for weddings.

The Arboretum is a living museum of trees, both European and African, including the largest Californian redwoods in Southern Africa.

By the turn of the century, local farmers and townsfolk began to build holiday homes here and its charms became more widely known. The cottages were mostly of wattle and daub with thatched roofs. A rule was also made in regard to the size of the plots, namely that each one had to be at least two morgen.

But it is the older African forests that provide the real atmosphere at Hogsback. To enter them is to enter a truly mystical world.

Hogsback scenery probably also played a role in the mystical forest created by Tolkien in his trilogy "The Lord of the Rings". Tolkien's son was a commander of some Royal Air Force troops in the region and he visited Hogsback regularly. He sent Tolkien a number of sketches and descriptions of the Hogsback forest which probably contributed towards the special atmosphere of the forest scenes found in "The Lord of the Rings".

Hogsback is a magical world of mountains and forests. It is situated high up on the Amathole mountains of the Eastern Cape Province of South Africa, and is surrounded by centuries-old indigenous Afro-montane forests. One's overwhelming sense of Hogsback is the quiet, broken only by the singing of birds or the primeval call of the Knysna Lourié – even the chatter of a troop of Samango monkeys as they feed and play in the canopies of trees. And when you do hear a motor vehicle you wonder who is coming to visit.

This village, high up on the Amathole mountains and surrounded by centuries-old indigenous Afro-montane forests, has a dramatic natural beauty. Look towards the mountains and escarpment and you see several waterfalls. In the other direction you can see the Tyume valley and beyond. Overlooking it all are the "three Hogs". From the top of Gaika's Kop (1700 m) you have a panoramic view: the Elandsberg mountains and the Seymour valley, even the coastline some 120 km away as the crow flies. You are likely to see a long-crested eagle or crowned eagle riding the thermals, in search of its next meal. In the late afternoon you may be fortunate enough to hear - even see - a few of the highly endangered Cape Parrots returning home after a long day out, feeding. They nest in the Yellowwood trees in the indigenous forest. And in winter you may find even the lower-lying parts of the village covered by a blanket of snow a silent winter wonderland that seems far removed from the hot days and noisy thunderstorms of summer. Here you will also find magnificent gardens, with exotic plants from Australia, Europe, North America, the Himalayas, China and Japan. The gardens of Hogsback are an attraction that brings several gardening tour groups from as far as Cape Town and Johannesburg every year.

A range of excellent accommodation is provided by several Hotels, Bed-and-Breakfast establishments, Self-catering Cottages, and Backpackers and Camping facilities.

Hogsback is home to several accomplished artists, including painters, potters, poets, musicians, singers, and photographers. They, as well as many other active and retired professional and business people, live a rich personal and community life here. Hogsback has an active garden club and book clubs. A number of parents in Hogsback home-school their children.

Hogsback offers so much to those who want to break away from the rush of city life – walking, hiking, mountain biking, horse riding, bird watching, and mountain climbing. Or you can simply relax, enjoy an aromatherapy massage, head and shoulders massage, reflexology, or just enjoy reading a book.



The mysteries of *Cussonia*, the mighty cabbage tree

written by Heather Dugmore

What do mental illness, malaria, wounds, inflammation, cancer, sexually transmitted diseases, diarrhoea and other gastro-intestinal problems have in common?

Cussonia, or the cabbage tree. The 21 *Cussonia* species that occur in the grasslands and woodlands of South Africa, sub-Saharan Africa and Yemen are well documented in African traditional medicine as an effective treatment for all these maladies. (umsenge in S, Z & Xh.)

Any ruler of *Cussonia*-blessed countries who cares for the health and wellbeing of his people, might well declare 'my kingdom for a cabbage tree' for it is an all-in-one traditional cure for the most vicious killer diseases on the continent. Regrettably, while you won't have much difficulty locating the cabbage tree, you might be hard-pressed to find a caring ruler.

On a more positive note, the governments of certain African countries, including South Africa, Ethiopia and Tanzania, have recognised the importance of recording traditional medicinal knowledge for further development.

"The evaluation of the efficacy, safety and dosage of these medicines is crucial, not only for the possible development of the compounds but because plants are still the main source of medicine in Africa," explains medicinal plant specialist and the head of the Botany Department at the University of Johannesburg (UJ), Professor Ben-Erik van Wyk, who recently participated in a scientific analysis of *Cussonia*.

"One of the aims of the analysis was to find scientific evidence in support of its traditional medicinal uses. The leaves of 13 *Cussonia* species were tested," says Van Wyk. "The antimicrobial and antimalarial activities observed in *Cussonia* species provide a scientific basis for the use of the plants in traditional medicine."

Extracts of *Cussonia* showed promising results against gonorrhoea, diarrhoea, malaria and various pathogens that cause infection. Gonorrhoea is one of the most common venereal diseases in Africa. The infection is traditionally treated with certain *Cussonia* species, either by topically applying a decoction or maceration of the leaves, root or bark, by drinking a root tea or by bathing in a leaf or root-infused bath.



Cussonia paniculata - The highveld Kiepersol can be seen as you drive down the Long Tom pass in Mpumalanga.



Cussonia spicata – Can be seen alongside the road between East London and Kei Road. Typically in the Eastern Cape along the coast and in frost free areas.

There are many different traditional treatments for malaria and diarrhoea – one is to drink a leaf or root decoction of certain *Cussonia* species. Malaria, as we know, is Africa's biggest killer. The World Health Organisation cites an average of 250 million clinical cases of malaria per year, with one million deaths, mostly among children living in Africa. Diarrhoea is also an extremely common African disease, which can be life-threatening when untreated. It is caused by various pathogens and can also be one of the symptoms of malaria.

The leaves and the roots of certain species, such as *Cussonia spicata* (the Lowveld cabbage tree), have also been reported as being poisonous, and the safety aspect of the species for traditional medicine needs further investigation.

But one man's meat and medicine is another's poison. The Lowveld cabbage tree is also widely recorded as a traditional emergency food and source of water, along with the mountain or Highveld cabbage tree (*Cussonia paniculata*) and the Cape cabbage tree (*Cussonia thyrsiflora*). The starchy, tuberous roots of these species are peeled and eaten raw. The roots were also ground and used by early settlers as a coffee substitute.

Cussonias belong to a large family *Araliaceae*, which include Ginseng, Ivy, and several indoor plants. It is also closely related to the parsley family (*Apiaceae*) which includes several popular vegetables and herbs such as carrots, fennel and parsley.

Cussonia was named after a celebrated 18th-century French botanist, Pierre Cusson, by explorer, physician and botanist Carl Thunberg, known as the father of South African botany. In 1771 Thunberg worked his passage to South Africa as a ship surgeon with the Dutch East India Company. Between 1771 and 1775 he collected a substantial number of plant species during his expeditions into South Africa's interior.

It is believed that the tree's Afrikaans name, kiepersol, comes from the Portuguese (Quinta-sol) or Indian (Kitty-sol) word for parasol. Thunberg would have come into contact with both influences through his travels with the Dutch East India Company.



The Beauty of Nature - Families



WILD FACTS : IRIDESCENCE IN BIRDS

Every specie of bird has its own colours or combination of colours which separates one from the other. Cool colours like blues and iridescence come from micro-structures in feathers. We are familiar with the bright iridescence of sunbirds. The iridescent microstructures are made of keratin. Keratin is the structural protein of human nails, rhinoceros horns, whale baleen, turtle shells, pangolin scales, and of course, bird feathers. Keratin is also responsible for the iridescent colouring of many spectacular bird species. Keratin produces colour in two main ways: by layering and by scattering. Layering colours are produced when translucent keratin reflects short wavelengths of colours like blues, violets, purples and greens. The other colours are absorbed by an underlying melanin (black) layer. The ways in which the keratin of the feathers are layered will dictate the colour of the iridescence. Examples of layered colouring include the iridescence of glossy starlings and the speculums or wing patches of many duck species. So next time you see a starling, give some thought to the complex mechanical process happening to brighten up our lives with these beautiful colours.

Sources: Fascinating Africa, Living Nature.

uMkhuze Honorary Officer : Christine Kruger

Photo Credit : uMkhuze Honorary Officer : Sharon Tluczek



Interesting and informative

South Africa's top 10 most valuable brands

MTN has retained the number one place on the ranking of the most valuable South African brands in the world, according to the latest Brand Finance report.

The leading telecoms brand value has surged this year, returning to growth after a disappointing result in 2021. MTN's value (up 34% to R59.8 billion) has extended its lead over second-ranked Vodacom (up 5% to R29.9 billion) meaning that MTN's brand value is now worth almost exactly double Vodacom's brand value.

While the introduction of new regulations have slowed growth in Nigeria, the number of MTN subscribers across the African continent increased by 2.9 million this year, to over 272 million subscribers globally.



Fastest growing

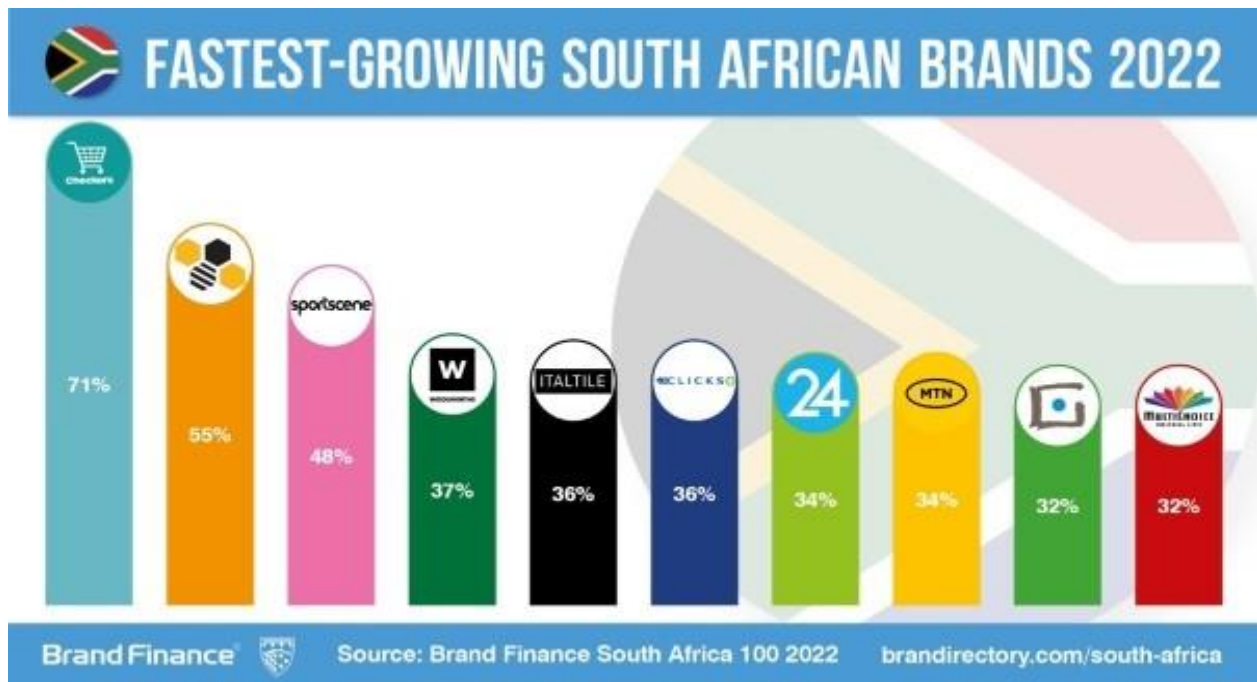
Checkers (up 71% to R11.1 billion) is the fastest growing brand in the entire report – a reflection of its ability to adjust to changing consumer demands through the pandemic.

Over the two years of the pandemic, amidst a time of significant economic disruption, the value of the Checkers brand has more than doubled: from R4.9 billion in 2020, to its current value of R11.1 billion.

As its customers look forward, Checkers is in a strong position to leverage its greater brand value to drive further growth, Brand Finance said.

"Checkers' brand value is part of the same group as Shoprite (up 22% R15.7 billion) which also achieved significant brand value growth. The combined muscle allows Checkers and Shoprite to benefit from being part of a larger group with opportunities to leverage the two brands in appropriate market segmentation."

Woolworths (up 37% to R17.3 billion) also achieved significant brand value growth this year. "In a year that is seeing various supply chain disruptions, Woolworths has been rated very favourably by its customers, achieving an extremely strong brand rating of AAA+. A key driver of Woolworths' brand strength is parochial support in South Africa, where local consumers and stakeholders feel a national affinity with Woolworths," Brand Finance said.



Internet in SA could soon be 20% cheaper – thanks to Google's new undersea cable

Google's Equiano subsea internet cable touched down in South Africa in August, completing its 15,000km journey from Portugal.

Along the way, the cable has also landed in Togo, Nigeria, and Namibia.

Equiano, which has 20 times more capacity than the last cable built to serve the region, promises cheaper and faster internet.



Once Equiano comes online, internet connectivity could be around 20% cheaper, according to the managing director of Google in Sub-Saharan Africa.

But just how much cheaper data will become because of Equiano largely depends on the country and the "various partnerships along the way".

The Equiano subsea internet cable that landed ashore in Melkbosstrand outside Cape Town earlier this year could cut South Africa's internet costs by around 20%, according to Google.

The submarine internet cable, stretching 15,000km from Portugal to South Africa along the west coast of the continent, features 12 fibre pairs and a design capacity of 150Tbps. Equiano has 20 times more network capacity than the last cable built to serve this region, according to Nitin Gajria, the managing director of Google in Sub-Saharan Africa.

"There's a huge positive knock-on effect, in terms of digital economies, job generation... but, at the end of the day, for the end-user, the knock-on effect of this [Equiano] is faster internet and lower cost internet," said Gajria on Wednesday at the AfricaTech festival held at the Cape Town International Convention Centre.

"So, depending on which country you're in, what geography you're in, and the various partnerships along the way, this would be somewhere in the range of 20% cheaper internet locally."

Equiano will start feeding more network capacity through the west coast of Africa – and South Africa – in a phased approach, said Gajria, with the first phase expected to begin in December.

"What the cable does is it brings in a lot more network capacity to the continent. What we're now doing is working with partners to bring this capacity further afield. This involves us working with ISPs, telcos, other infrastructure players in the ecosystem to bring this capacity further afield," said Gajria.

"One of the objectives for us is to start driving more connectivity and getting more people online and getting faster, cheaper internet into more parts of Africa, including the rural areas."

Of the approximately 1.1 billion people living in Sub-Saharan Africa, only 300 million are online, added Gajria. "And even those 300 million people, they don't really have the full internet experience that many of us do."

The problem in getting more people in Africa connected to the internet involves network availability, which is becoming less of an issue as telecommunication providers expand, said Gajria, access to an internet-enabled device, and access to fast, affordable data.

"So, think of it [Equiano] as bringing in a lot more supply of network capacity into the continent. What that will do is make [internet] speeds faster and make data cheaper, so it works on both sides of the equation," said Gajria.

The landing of Equiano in South Africa coincides with the laying of the 2Africa cable, the longest subsea cable in the world, which recently touched down in Marseille, France. The 2Africa cable will connect 33 countries and the continents of Africa, Europe and Asia once live in 2023, further improving capacity in the regions it touches.

Are Pharmacy Reading Glasses OK for My Eyes?

Who needs reading glasses? All of us do, eventually, thanks to a condition called presbyopia — a gradual loss of the ability to clearly see things up close — that becomes noticeable for most people beginning in their 40s.

Because presbyopia is caused by age-related changes to the lens of the eye, it isn't preventable or reversible. But experts say that the right pair of reading glasses, including those readily available at retailers like a dollar store or pharmacy, can help bring small print and other objects, like your smartphone screen, back into focus.



Here's how to find your perfect pair.

Over-the-counter reading glasses

"Reading glasses from a Pharmacy are, in fact, perfectly safe," says ophthalmologist Michelle Andreoli, M.D., a clinical spokesperson for the American Academy of Ophthalmology, who notes that over-the-counter reading glasses, including low-cost dollar store options, can help you focus up close and will not damage your eyesight. But, she adds, once your up-close vision starts changing, you can expect it to continue to worsen into your mid-60s.

That means the reading-glass strength you start out with will need to increase as the years go by. "A good rule of thumb is that any strength of [reading glasses] will last someone between 45 and 65 about two years," Andreoli says.

Experts say the best way to determine what strength you need in the first place is with a yearly eye exam, which can tell you what power (notated with a number like +1.00 or +2.50) you need. The higher the number is, the stronger the glasses are.

If you haven't been to the eye doctor or want a way to double-check in the store, Andreoli recommends grabbing a greeting card from the stationery aisle to carry out a DIY test: Hold the card at a comfortable reading distance and try on several pairs until you find the ones that work best.

If you're stuck between two pairs? "In most cases, when two reading-glass powers seem equally suitable, choose the glasses with the lower power," says optometrist William Reynolds, president of the American Optometric Association. "Picking reading glasses that are too strong typically will cause more discomfort problems than reading glasses that are a little too weak."

Another thing to keep in mind is the activity you'll be using the reading glasses for. Working on the computer, for example, typically takes place at a greater distance than reading a book, and thus requires a lower strength.



Prescription reading glasses

The over-the-counter route isn't right for everyone, Reynolds says, including people who have astigmatism (meaning the eye's cornea or lens isn't perfectly round) and those who need a different strength for each eye. In those cases, prescription reading glasses from the eye doctor are a better option.

The most popular choice of prescription reading glasses are progressive lenses, Reynolds says. They combine multiple prescriptions in one lens, with a gradual top-to-bottom change, allowing someone to wear just one pair of glasses to correct far-away, middle-distance and up-close vision.

For people who otherwise have no vision problems, Andreoli says that reading-glass lenses that are clear (nonprescription) on top are another popular option available from the eye doctor. They can be worn continuously and eliminate the need to take your reading glasses on and off throughout the day.

Fredric Grethel, a board member of The Vision Council, a nonprofit optical industry trade association, notes that prescription reading glasses might also be a better choice for someone who wants more options, such as blue-light blocking lenses or an antireflective coating — not to mention a greater selection of fashionable frame choices.

"The world has really changed from some years ago," Grethel says of the numerous reading-glass options — both over-the-counter and prescription — available today. "Now they're fashionable, they're fun, and they can give you personality."

As reading glasses have grown in popularity, they've also become more sophisticated. Last year, 53.6 million pairs of "readers" (aka "cheaters") were sold in the U.S., and more than 90 percent of them to people over 45, according to the Vision Council. These glasses cost only \$17 on average and are sold mostly by mass retailers (nearly 80 percent of sales) such as supermarkets, pharmacies and convenience stores, rather than by an optometrist or online. Let's take a look at over-the-counter (OTC) vision correction.

Understanding magnification

Reading glasses are rated by their diopter strength. The power is rated in increments of 0.25 units. A higher number indicates stronger magnification.

Help with computer work

You may need two pairs — one for looking at a screen, the other for reading printed material. In general, people need about 0.75 less lens power for the computer than for normal reading, says Lindsay Berry, an optometrist with Neuro-Vision Associates of North Texas in Plano. "For example, if you wear a +2.25D for reading, you will probably need about a +1.50D for computer." Consider computer glasses with blue-light filters for better sleep.

Block out rays

Reading sunglasses for enjoying a paperback at the beach are now widely available. Berry recommends getting polarized lenses, which block UV light as well as light that reflects from flat surfaces such as roads and water, so they enhance vision and minimize squinting due to glare and reflections. Non-prescription bifocal sunglasses, with reading magnification notched into the bottom of otherwise unmagnified lenses, will let you use the sunglasses for all your outdoor activities.

One size doesn't fit all

"OTC readers are made to a standard pupillary distance, or the distance from the center of the right eye to the center of the left," says optometrist Karina Sigulinsky of Northwestern Memorial Hospital in Chicago. "If your eyes are closer together or farther apart than that standard, you might not be able to see very well or even end up with eyestrain." If that's the case, your eye doctor can provide you with a customized pair of readers to fit your face, she says.

Wear with contacts

If your contacts work well for distance vision, slipping on a pair of readers when you need them should serve your up-close needs most of the time, says optometrist Clark Chang, cornea specialty contact lens director at Wills Eye Hospital in Philadelphia.

Age	Strength
40-43	+1.00
44-47	+1.25 to +1.50
48-51	+1.50 to +1.75
52-55	+1.75 to +2.00
56-59	+2.00 to +2.25
60-64	+2.25 to +2.50
65+	+2.50 to +3.00

Help with distance vision

It's possible to buy OTC glasses to help you see better at a distance, but this is a more complex vision deficiency. These glasses won't correct for astigmatism or provide the same acuity in both eyes — each eye often requires a different prescription. Chang says it's better to see your eye doctor for a prescription and an eye exam. Then use the prescription to shop online and save money, he says. "If you have an uncomplicated distance prescription, an average facial profile and understand the risks of ordering non-customized prescriptive devices, you may find suitable glasses online that you can wear comfortably."

What's Your Power?

Reading glasses come in a range of powers, depending on the strength that you need. "You can use the general guidelines on the right, based on your age," Berry says.

Grabouw boerewors

Whether we eat it at Umlazi shisa-nyamas or agricultural shows in Elliotdale, this coil of cholesterol brings us together. From Cape Town to Kakamas, it is impossible to imagine a school fête or sporting event without a boerewors-roll stall.

Perhaps the ultimate boerewors king was Archbishop Emeritus Desmond Tutu. Speaking at the 2007 inaugural National Braai Day (with a boerewors roll in one hand and a braai grid full of scorching sausage in the other), the cleric confessed that "boerewors is really my favourite thing for a braai. More than chops or mealies, what I like is the wors. It's lekker, lekker, lekker. It is something that can unite us. It is so proudly, so uniquely South African".



Most of us agree with the Arch that boerewors is lekker, lekker, lekker, but what exactly is it? On one level everything you need to know is right there in the name. It's a boere (farmer's) wors (sausage). We all know what taste (beef and coriander), texture (coarse) and diameter (approximately 2cm casing) of sausage we mean when we say the word. We all know that we mean a foodstuff of Afrikaner origin, but with a general South African appeal.

Rules and regulations of boerewors: "braai wors" doesn't mean "boerewors"

Those who feel the need for more precise descriptions can refer to the inspiringly entitled 'The Regulations Governing the Composition and Labelling of Raw Boerewors, Raw Species Sausage and Raw Mixed Species Sausage'. This edifying tome was published under Government Notice No. R. 2718 of 23 November 1990 by the minister of national health and population development in terms of section 15(1) of the Foodstuffs, Cosmetics and Disinfectants Act, 1972 (Act No. 54 of 1972).

Still awake? If so, you should know that the aforementioned regulations state that "raw boerewors shall be manufactured from the meat of an animal of the bovine, ovine, porcine or caprine species or from a mixture of two or more thereof. It shall be contained in an edible casing and shall contain a minimum of 90% total meat content and not more than 30% fat content". The regulations continue that "there shall be no offal except where such offal is to be used solely as the casing of the raw boerewors and it shall contain no mechanically recovered meat". As to seasoning and fillers, the act is very specific that "no ingredients shall be added except cereal products or starch, vinegar, spices, herbs, salt, other harmless flavourants, permitted food additives and water".

So now you know, if you see a suspiciously cheap supermarket sausage marked 'wors' or 'braai wors' you can assume that it does not meet the criteria set out above. Think soya and cereal fillers and then walk away. There are no legal guidelines as to the specific contents of regional sub-categories, but convention generally dictates that the prefix of 'Ossewa' boerewors implies a strong clove flavour while Grabouw indicates mild spicing and Cederberg suggests a sausage that is highly spiced.

A boerewors recipe from a First Lady

Whatever its origins, boerewors tastes so good that it has long since become a unifier rather than a separator of South Africans. Because we all love boerewors, it has accompanied us on a journey through almost a century of the best and worst of South Africa's life and times. Boerewors was there the night, in 1985, that police, acting under the direction of Vlakplaas commander Eugene de Kock, murdered Eastern Cape activist Bathandwa Ndonga and then celebrated the kill with a braai, but it was also present at the 1995 Rugby World Cup victory and at our 2010 soccer spectacular and at a million inconsequential family feasts in-between.

However far we have come, on some level, we do still all feel that he who holds the boerewors controls the country. The nationalist appeal of boerewors has adapted over time, but it is no less potent a gastro-political power tool today than it was in 1938. In January 2011, ANC bigwigs celebrated the ANC's 99th birthday with a banquet in Polokwane at which the starter served was Jack Daniel's honey-glazed beef boerewors on red onion and tomato salsa. In the same month the AfriForum Youth wing and the Potgietersrus District Agricultural Union grilled 290 continuous metres of the sausage to make a new world-record boerewors at the Windpomp Festival in Naboomspruit. The AfriForum Youth spokesman said that money raised from the sale of the record-beating boerewors would be used to fund their Equality Court lawsuit against ANC Youth League leader Julius Malema. And so the struggle for control of the sausage sizzles on...

In the light of the above it seemed only fitting that the boerewors recipe served up in this piece should come from a First Lady. Tragically, not one of our current First Ladies have yet published a sausage recipe but Tini Vorster (wife of BJ Vorster and First Lady 1978-1979) did and here it is...

Yield

Makes 3kg of sausage (enough for roughly 20 boerewors rolls).

Grabouw boerewors recipe ingredients

1.5kg beef, use a fatty cut such as chuck head or the top part of the brisket

1.5kg pork, use a fatty cut such as top belly or shoulder

50ml whole coriander seeds

3ml cloves

2ml nutmeg

5ml pepper

5ml vinegar

25ml red wine

25ml brandy

25ml salt

85g hog wors casing (the butcher will know these as '32 long')

Preparation method

- Rinse the sausage casings in cold water.
- Roast the coriander until light brown. Take care not to burn it as this will make for a bitter flavour. Grind and mix the coriander with all the other spices.
- Combine all ingredients with the meat and then mince coarsely.
- You can stuff sausage casings by hand or using the sausage-making attachment of most kitchen mixers. Open the end of the casing and ease open the first five-centimetres in order to fit it onto the stuffing tube.
- Pipe your mince mixture into the casing. Remember not to stuff too tightly or the sausage will burst. The sausage mixture is best left to stand in the refrigerator overnight in order for flavours to mix.
- If all the stuffing and fiddling around with casings seems too much bother, chef Heston Blumenthal has a recipe for a boerewors burger where he makes the spiced mince and then simply forms the mixture into a patty.

Additions & alternatives

Renata Coetzee's *The SA Culinary Tradition* (1977) suggests the addition of sage leaves and orange zest. Leipoldt recommends ginger, mace, fennel, thyme and a mixture of equal parts wine and vinegar be worked into the boerewors mixture. Lannice Snyman in *Rainbow Cuisine* (1998) adds allspice. Some other recipes call for Worcester sauce.

Cooking method

Whether you are braaiing or cooking on the stove top, the same broad principles apply. Do not ever poke boerewors while cooking – the aim is to keep all the juice in so as to retain the flavour. Braai over medium heat and do not clamp the sausage tightly into a grid as this will prevent the fat from mingling inside the casing.

When pan-frying, start the sausage in liquid to soften the casing and to prevent bursting. This method also has the advantage that it allows excess fat to be drained away. A two-centimetre diameter sausage should be simmered with about half a cup of cold water, beer, wine or stock for approximately five minutes. Drain off any remaining liquid and cook over a medium heat until brown.

Wine pairing

We recommend a lighter-bodied red like Cinsaut or Grenache, served slightly chilled. The gentle spice of the boerewors should highlight the pretty fruit that both varieties typically offer.

Meet 'Lebombo', Africa's first Boeing 747

This 747-200 was delivered brand new to South African Airways on 22 October 1971. Her first revenue flight was on 10 December 1971 on Johannesburg-Luanda-London route.



Lebombo's last revenue service was Flight SA3061 from Lagos to Johannesburg on 24 November 2003. In 2004, Lebombo was retired and withdrawn from service after 32 years of a flawless flying career.

During her active flying days, Lebombo flew for 107,690 hours and made 20,304 take-offs and landings. She covered a distance of 49.2 million nautical miles, consumed 962.2 million kg of Jet A1 fuel and carried a total of 6 million passengers.

"Rocky" in the news

The Social Committee, ably led by Dr Zweli Mbambisa, organised a number of events over the holiday season primarily aimed at the youth of our community (but the adults also joined in and had great fun) Well done to the good Dr and his team.



Santa visited the Estate on the 17th of December much to the delight of our Estate kiddies.



Once again Aunty Bella and her helpers did a wonderful job in entertaining and educating many under 12 Estate children during the holiday season. The program included Table Tennis; Board Games; Art Classes; Tennis and Netball; Bush walks; swimming and pool games, Tennis Coaching.

A HUGE thank you to Aunty Bella for running this program for our Estate children.



*Please join us:
SANDY CLOSE
Viewing of our
Christmas lights*

**Saturday Evening,
December 24th
Starts at 20:00**

**No sweets will be handed
out before the time and
kids have to be present to
receive a party pack**

Free entry

*Father Christmas and his Elf
will hand out Party packs
and cold drinks to kids (50 max)*

Ages up to 12 only

Christmas Music

**Gifts for Kids can be delivered to
359 Sandy close before 18:00**

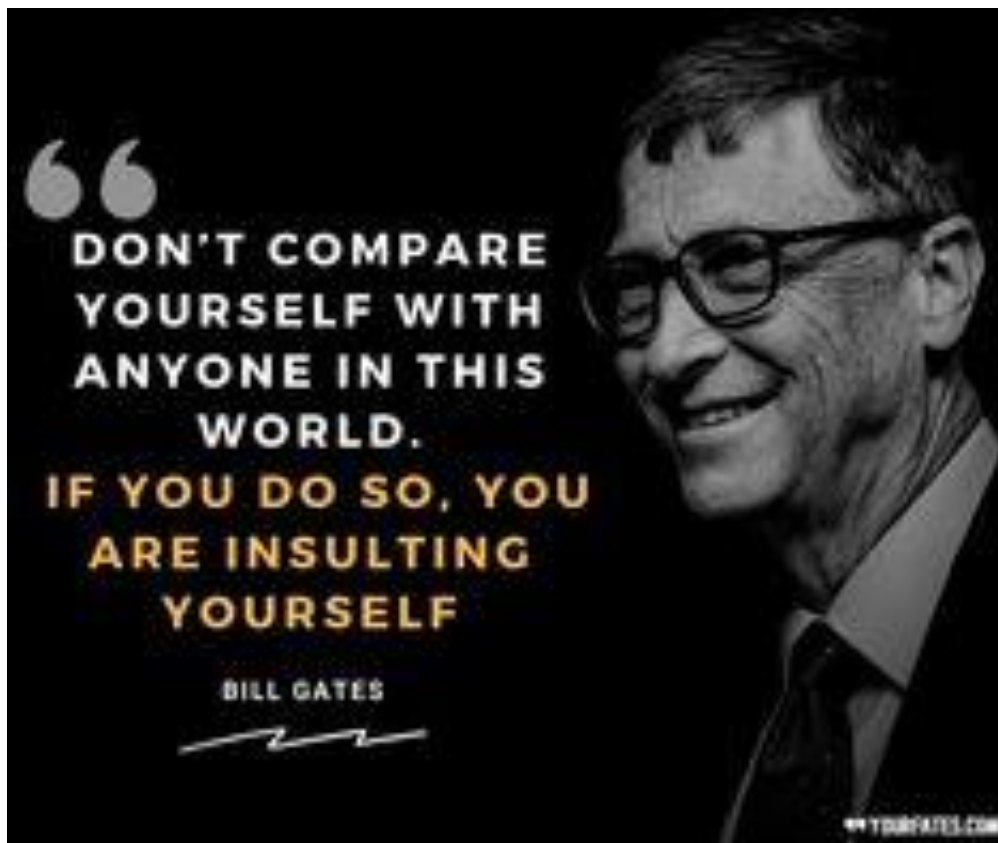
Zenda 0832386635

Looking forward to see you all here.



THE EXECUTIVE COMMITTEE WOULD LIKE TO TAKE THIS OPPORTUNITY TO WISH ALL RESIDENTS A MOST JOYOUS, SAFE HOLIDAY SEASON AND A PROSPEROUS 2023.

WE WOULD ALSO LIKE TO THANK THOSE INVOLVED IN THE MANAGEMENT OF OUR ESTATE FOR THEIR SUPPORT AND DEDICATION OVER THE PAST YEAR



Meanwhile – Back in Brakpan it's all still happening



Started growing my own pot...
Not sure if I'm doing it right...



The Lone Ranger and Tonto walked into a saloon and sat down to drink a Beer. After a few minutes, a tall cowboy walked in and said "Who Owns the Big white horse outside?" The Lone Ranger stood up, hitched his gun belt, and said, "I do.... Why?" The cowboy looked at the Lone Ranger and said, "I just thought you'd like to know that your horse is about dead outside!" The Lone Ranger and Tonto rushed outside and sure enough Silver was ready to die from heat exhaustion. The Lone Ranger got the horse water and soon Silver was starting to feel a little better.

The Lone Ranger turned to Tonto and said, "Tonto, I want you to run around Silver and see if you can create enough of a breeze to make him start to feel better." Tonto said, "Sure, Kemosabe" and took off running circles around Silver. Not able to do anything else but wait, the Lone Ranger returned to the saloon to finish his drink.

A few minutes later, another cowboy struts into the bar and asks, "Who owns that big white horse outside?" The Lone Ranger stands again, and claims, "I do, what's wrong with him this time?" The cowboy looks him in the eye and says, "Nothing, but you left your injun runnin!"

Koos dials his home phone number from work. A strange woman answers.

Koos says, "Who is this?"

"This is the housekeeper," answered the woman.

"We don't have a housekeeper!"

"I was just hired this morning by the lady of the house."

"Well, this is her husband. Is she there?"

"Ummm ... she's upstairs in the bedroom with someone who I just figured was her husband."

Koos is fuming. He says to the housekeeper, "Listen, would you like to make R50,000?"

"What do I have to do?"

"I want you to get my gun from my desk in the study and shoot that witch and the skelm she's with.

The housekeeper puts down the phone. Koos hears footsteps, followed by a couple of gunshots.

The housekeeper comes back to the phone. "What should I do with the bodies?"

"Throw them in the swimming pool!"

"What?! There's no pool here?" Long pause.

"Uh.. is this 011 832 4821?"

A man boarded an aircraft in New York and took his seat. As he settled in, he noticed a very beautiful woman boarding the plane. He realized she was heading straight towards his seat and, Bingo! She took the seat right beside him.

Eager to strike up a conversation, he blurted out, "Business trip or vacation?"

She turned, smiled enchantingly and said, "Business. I'm going to the Annual Nymphomaniac Convention in France."

He swallowed hard. Struggling to maintain his composure, he calmly asked, what's your business role at this convention?

"Lecturer," she responded. "I use my experience to debunk some of the popular myths about sexuality."

"Really," he smiled, "What myths are those?"



"Well," she explained, "one popular myth is that black men are the most well-endowed when, in fact, it's the Red Indian who is most likely to possess that trait. Another popular myth is that French men are the best lovers, when actually it is the men of Indian descent. We have found that the best potential lovers in all categories are the Afrikaners."

Suddenly the woman became uncomfortable and blushed. "I'm sorry," she said, I really shouldn't be discussing this with you; I don't even know your name

"Running Bear," the man said...."Running Bear Naidoo, but my friends call me Frikkie."



SENIOR TRYING TO RESET PASSWORD

WINDOWS: Please enter your new password

USER: cabbage

WINDOWS: Sorry, the password must be more than 8 characters.

USER: boiled cabbage

WINDOWS: Sorry, the password must contain 1 numerical character.

USER: 1 boiled cabbage

WINDOWS: Sorry, the password cannot have blank spaces.

USER: 50damnboiledcabbages

WINDOWS: Sorry, the password must contain at least one upper case character

USER: 50DAMNboiledcabbages

WINDOWS: Sorry, the password cannot use more than one upper case character consecutively.

USER: 50damnBoiledCabbagesShovedUpYourAssIfYouDon'tGiveMeAccessNow!

WINDOWS: Sorry, the password cannot contain punctuation.

USER:

ReallyPissedOff50DamnBoiledCabbagesShovedUpYourAssIfYouDontGiveMeAccessNow

WINDOWS: Sorry, that password is already in use.