



## LEWIS PUGH - A REMARKABLE MAN - OUR NATIONAL HERO

### THE LEWIS PUGH FOUNDATION WORKS FOR THE PRESERVATION AND CONSERVATION OF OUR OCEANS

Lewis swam across the Ilulissat Icefjord, the most challenging swim of his career. He started the swim (7.8km) on the 25th August and completed it on the 7th September. It was the first multi day polar swim ever attempted. The Icefjord is fed by the world's fastest moving glacier in Greenland. It moves at an average of 30m per day. Due to its sheet size and speed, it is one of the most studied glaciers in the world. Currently the glacier discharges around 30 cubic kilometres of ice per year into the sea. Now due to warming air and ocean temperatures, the glacier is melting at an accelerating scale and pace.

If the entire Greenland Ice Sheet were to melt, it would lead to a global sea level rise of over seven metres. There is no better place in the world than Ilulissat to show the dramatic impact of the Climate Crisis. This is ground zero. That is why Lewis chose to swim across the Icefjord.

The route was not a straight one as he had to deal with icebergs and brash ice (an accumulation of floating ice made up of fragments not more than 2m across), and no one has tested the cumulative effects of swimming, day after day in water that can drop to minus 1.7°C - and that's before you take the wind chill factor into account. "How do you negotiate with an iceberg?" "You go around it !" Some of the icebergs are over a kilometre high.

This year is crucial for our climate and our future. In November Lewis will attend the UN Climate Conference (COP26) where critical decisions will be made that determine our collective future. As UN Patron of the Oceans he will stress the role healthy oceans play in mitigating against climate change by calling for 30% of the world's oceans to be protected.

*Synopsis - FW with permission Lewis Pugh Foundation*

Image credit : Olle Nordell



## Ice or Die

"We are an ice-dependent species.

Around 800 million people depend in part on melt water from hundreds of thousands of glaciers that are rapidly shrinking around the world.

At the same time, ice at the polar regions plays an important regulatory role in the global climate system and sustains unique marine ecosystems.

Now as the polar regions and mountain glaciers melt, sea level is rising and lives are on the line."

## No ice, no life

The Climate Crisis will affect every person and every creature, great or small, living on this Earth. It is the defining issue of our generation

Image credit: Wikimedia Commons//Public Domain



Image credit: Kelvin Trautman

Commenting at the end of the swim, Lewis said: “We have seen so many natural disasters this year, from wildfires in Greece to floods in Germany and extreme snowstorms in Texas, but I want everyone to be aware of what is happening here in the Arctic.

I am deeply alarmed by what I have seen. Last month was the first time in recorded history that it rained at the highest point on the Greenland ice sheet. The melt is accelerating. I watched water gushing off the ice sheet at a location, that only a few years ago, was covered in hundred of metres of ice.

The water and weather conditions during the swim were extremely challenging. A number of large grounded icebergs that were stemming the flow of ice into the mouth came apart during the swim, causing kilometres of ice to rush through the mouth of the fjord and far out to sea. This event was so severe that ice blocked the Ilulissat harbour for several days. Everything became harsher, the water was colder and air temperatures plummeted, and I had to deal with the sharp edges of brash ice.

What happens in the Arctic will determine the future of our planet and everything that lives on it. The Polar Regions are feeling the effects of the Climate Crisis more dramatically than anywhere else on Earth. If temperatures continue to increase, the polar ice caps will melt and sea levels will rise. Unless we take urgent action to decrease global temperatures by seriously lowering our global CO2 emissions, low-lying islands and coastal cities will quite literally drown. The devastation of the natural world will affect every single person, every future generation and every creature great and small on this planet.”

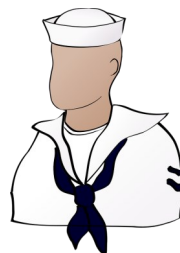
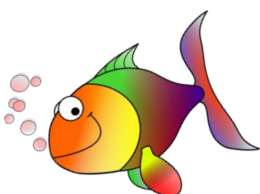
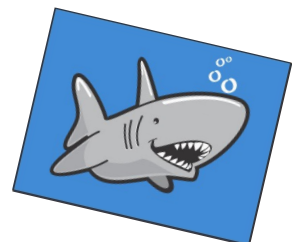
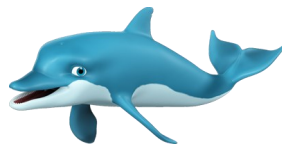


Image credit: Olle Nordell

The Lewis Pugh Foundation convenes NGOs, governments, scientific institutions and concerned citizens around the world, uniting them around our common cause.

Many residents have young grandchildren and I thought that these comments would raise a chuckle - out of the mouths of babes - children writing about the ocean

- ♦ This is a picture of an octopus, it has eight testicles : Kelly age 6
- ♦ Oysters' balls are called pearls : Jerry age 6
- ♦ If you are surrounded by ocean, you are an island. If you don't have ocean all round you, you are incontinent: Alex age 7
- ♦ Sharks are ugly and mean, and have big teeth, just like Emily Richardson. She's not my friend any more: Kylie age 6
- ♦ A dolphin breaths through an asshole on the top of its head: Billy age 8
- ♦ My uncle goes out in his boat with two other men and a woman and pots and comes back with crabs: Millie age 6
- ♦ When ships had sails, they used to use the trade winds to cross the ocean. Sometimes when the wind didn't blow the sailors would whistle to make the wind come. My brother said they would have been better off eating beans: William age 7
- ♦ Mermaids live in the ocean. I like mermaids. They are beautiful and I like their shiny tails, but how on earth do mermaids get pregnant? Helen age 6: Like, really?
- ♦ I'm not going to write about the ocean. My baby brother is always crying, my Dad keeps yelling at my Mum and my big sister just got pregnant, so I can't think what to write: Amy age 6
- ♦ Some fish are dangerous. Jelly fish can sting. Electric eels can give you a shock. They have to live in caves under the sea where they have to plug into chargers: Christopher age 7
- ♦ When you go swimming in the ocean, it is very cold and makes my willy small: Kevin age 6
- ♦ The ocean is made up of water and fish. Why the fish don't drown I don't know: Bobby age 6
- ♦ My Dad was a sailor on the ocean. He knows all about the ocean. What he doesn't know is why he quit being a sailor and married my Mum: James age 7





### Native to Cape Town and the Western Cape



Garden Acraea



African Monarch



Pied Piper

Butterflies are insects from the order Lepidoptera, which also includes moths. Adult butterflies have large, often brightly coloured wings, and conspicuous, fluttering flight. Butterfly fossils date to the Paleocene, about 56 million years ago.

Butterflies have a four-stage life cycle, as like most insects they undergo complete metamorphosis. Winged adults lay eggs on the food plant on which their larvae, known as caterpillars, will feed. The caterpillars grow, sometimes very rapidly, and when fully developed, pupate in a chrysalis. When metamorphosis is complete, the pupal skin splits, the adult insect climbs out, and after its wings have expanded and dried, it flies off. Some butterflies, especially in the tropics, have several generations in a year, while others have a single generation, and a few in cold locations may take several years to pass through their entire life cycle.

Butterflies are often polymorphic, and many species make use of camouflage, mimicry and aposematism to evade their predators.<sup>[1]</sup> Some, like the monarch and the painted lady, migrate over long distances. Many butterflies are attacked by parasites or parasitoids, including wasps, protozoans, flies, and other invertebrates, or are preyed upon by other organisms. Some species are pests because in their larval stages they can damage domestic crops or trees; other species are agents of pollination of some plants. Larvae of a few butterflies (e.g., harvesters) eat harmful insects, and a few are predators of ants, while others live as mutualists in association with ants. Culturally, butterflies are a popular motif in the visual and literary arts.

High temperatures and humidity levels, as well as the right amount of sunlight, are imperative for the survival of these delicate creatures. Overcast and cold days may well prevent the butterflies from emerging – they are known to be more active on days when the sun shines.

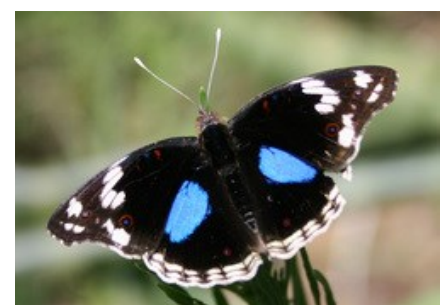
Butterfly World, the largest butterfly park in South Africa, lies at the cross roads of Paarl, Stellenbosch and Wellington, just off the N1 at exit 47, near a little village known as Klapmuts.



Garden Commodore



Painted Lady



Blue Pansy

Widespread throughout S.A. excluding areas of the Western Cape

Butterfly populations throughout the world are in decline

## Spring flowers visit

Trip to Posberg West Coast on 2 & 3 September by Smiths, Stewarts and Sampsons  
( Units 67, 69 and 71).



**Photos: Peter Sampson**

6<sup>th</sup> October 2021





**NATIONAL  
MAD HATTER  
DAY**

**NATIONAL Mad Hatter Day**

Join us for a Late Afternoon Tea with Entertainment from  
The Companions

Time: 14h30  
Date: 6<sup>th</sup> October 2021  
Show: 15h00  
R85.00 per person  
RSVP with the Bistro

Get ditzy and wear a funny hat. It can be a Cat in the Hat type hat, an over-sized wood cap like Rerun's, or fall back to the classic top hat. When people raise eyebrows wondering what you're doing, invite them to your tea party and share the story of the Mad Hatter. We all need some silly right now.



## GETTING TO KNOW YOU

### RODNEY BRYANT - WP RUGBY LEGEND



*Rodney Bryant scores his first try for Western Province at Newlands*

Although Rodney Bryant played rugby at Westerford High School, his rugby career only really took off when he joined the famed Villagers Rugby Club in 1965.

He first played scrumhalf for the Villagers Under 19 team before being selected as wing for the Villagers 1st XV in 1967. Looking back, Rodney treasures fond memories of playing alongside his brother, Richard, and Springboks HO de Villers, Mike Lawless and Roy MacCallum.

In 1969, he was chosen to play wing for the Transvaal Quaggas against the touring British Barbarians at Ellis Park. Following this, Rodney enjoyed an illustrious 5-year career as part of the successful Western Province team (1970 to 1974). Highlights of this era were matches against the All Blacks and French teams and playing in three Springbok trials.



*All Black Brett Wilson, Villagers coach Rodney Bryant and captain Nick Mallett talk tactics*

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## LIFE IS A GARDEN

What should I be doing in my garden in October?



Put your ear to the ground and you will hear the sound of stomping gumboots! It will send excited South African gardeners, big and small, young and old, experienced or 'green', marching off to their nearest garden centre where they will find seedling tables groaning under annual and vegetable seedlings, and beds heavily stocked with perennials in season, groundcovers, ornamental grasses and all the other stalwarts of spring and summer to plant.

So, say "welcome" to one of the most beautiful months of the year with flowers galore, and a potential summer harvest of fresh veggies and herbs beginning to grow up in the veggie patch! Falling blossoms followed by tiny fruit on the fruit trees are an early promise of something sweet to feast on later. The first strawberries are getting their lipstick on shyly amongst the leaves, and the sweet scent of star jasmine is in the air. October is also time to feed all your plants and to protect your mid-spring treasures against pests and weeds.

**DID YOU KNOW** sprinkling baking soda on your soil with a flour sifter keeps ants, roaches and slugs away from your garden. (Be sure to avoid your plants!) It's a safe way to keep beneficial insects around and say *sayonara* to the ones you're tired of seeing.

Coffee grounds and wet tea leaves are also a deterrent for snails and slugs.

[Lifeisagarden.co.za](http://Lifeisagarden.co.za)

What if slugs are just snails who have gone through a divorce. "Yep, she got the house"



So excited my daffodil bulbs bought in Kew and planted in 2019 are now flowering for the first time - FW



Amethyst male sunbird photographed in Rene and Ian Stewart's garden



For those residents who are music lovers - an interesting story  
Ashkenazy is given a hand

During the early 1970s, the Cape Town Symphony Orchestra, as it was then called, managed to lure the world renowned pianist and later conductor, Vladimir Ashkenazy, to Cape Town for a series of concerts. It was his first visit to South Africa and a tremendously exciting experience for music lovers. Chris and I were living in Paarl at the time and practically never came into Cape Town at night but this was too special to miss. His performance was magnificent and the audience stamped and roared their appreciation.

The day after his first concert, the Cape Times published an interview with him. It included a couple of paragraphs that went something like this.

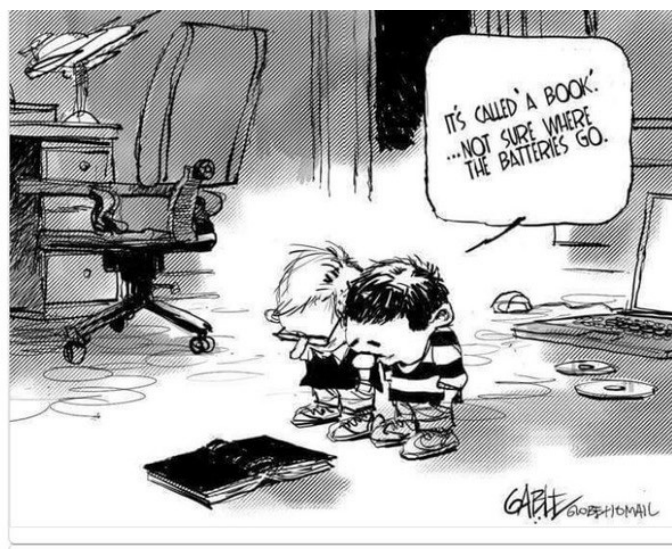
"Well, how do you like Cape Town?" asked the journalist. "Because it's obvious from the standing ovations you got that everyone in Cape Town loves you."

"H'mm, I don't know about everyone," said Ashkenazy. "Yesterday I hired a car and my wife and I drove out to visit the winelands. On the way there, we got a puncture in one of the back wheels and the tyre had to be changed. Of course, I can't risk injury to my hands, so my wife had to do it. She had just started jacking the car up when another car stopped and a man got out and asked if he could help her. He gave me a very disapproving look and said to her, 'I think it's shocking that your husband leaves you to change the tyre while he sits like a lord in the driver's seat.' "

He clearly didn't recognise the world famous figure or realise that his hands were probably insured for as much as Betty Grable's legs!



Jill Newton



*Sheila Kirkwood's memorial celebration - 1932-2021*



**An incredible life sparked by  
kindness and joy  
RIP**

**"To all my friends who in the usual Village manner have behaved wonderfully at the  
loss of Sheila, my beloved wife.**

**No words can express how grateful our family are for the love and friendship you have  
extended to us.**

**Grateful thanks for the many messages, flowers and gifts we have received.**

**I apologise for my belated message and look forward to many more memories  
made in the future.**

**Our love,  
Bill and Family"**



I recently started watching Downton Abbey for the second time, and thought that an article on the history of servants' bells would be of interest.

Mechanical bell systems, now known as house bells or servant call bells, were prevalent in Britain and America from the late 1700s to the early twentieth century. These technological ancestors of today's telephone were operated by the simple pull of a knob or a tug of a tassel mounted on an interior wall.

Call bell systems certainly existed in grand country estates and large city houses from the mid 1700's but probably weren't as organised and regimented as the style we associate with today from TV shows such as Downton Abbey. As the 17<sup>th</sup> Century turned to the 18<sup>th</sup>, what later became known as the 'Middle Class' started to expand into the booming Georgian Cities. The large Georgian Villas we still see today in cities like London and Bristol were purpose built with servants quarters on the top floors and working rooms on the ground and in the basement. Here we start to see a change in social attitudes towards servants as perhaps the class system starts to become more defined. The innovation of the call bells and levers serves the process of keeping the servants at an arm's length as well as ensuring they are on hand at all times, whereas previously your servants would have been present.

As the Georgians made way to the Victorians and the British economic boom continued it was now more possible than ever to climb the class ladder and what better way to show you've arrived than servants and a call lever in every room. Of course just like today, property developers were quick to cash in, even the most modest semi-detached Victorian Villa was constructed with all the wire built into the fabric of the property and the bell systems picked from a vast array of catalogues of brassware and ironmongery. Until the advent of the Internet the late Victorians probably had the widest choice of consumer goods, obviously as long as you could afford them.

As technology moved on so did the call system. As early electricity made its way in the grander homes, and batteries became more efficient and cheaper, the bells and pulley systems became electric bell pushes and wooden box's with flags connected to something we'd recognise as a door bell.

More social changes were afoot in the early 1900's a combination of changes in the workforce following WW1, changes in legislation and the first Labour Government further diluted the class system making servants a relative rarity rather than the norm. It's noticeable how the range of new servants call systems really started to decline following the end of WW1.



*architecturaldecor.co.uk*

And another piece of history

## Shipwrecks of the Cape – Commodore II



This four-masted schooner was built in Seattle, United States, in the early 20th century. Interestingly, Commodore II is said to have been used as a set for the film *Mutiny on the Bounty* (1935), starring Clark Gable.

During World War II, she was used to ferry coal. Shortly afterwards, the grandson of then-president Paul Kruger bought the boat and sailed it to Buenos Aires in Argentina. Unfortunately, the ship grounded on a mud bank and damaged the hull, which took 40 days to repair. The Commodore II also caught fire during this time, but it was quickly extinguished.

On her return to South Africa, disaster struck again. The 21-ton vessel was hit by a heavy storm which severely damaged the mast, rigging and sails. Now it was no longer seaworthy and had to be scuttled. It was stripped, set on fire and allowed to run aground off Milnerton beach.

In 2008, the remains of the ship were uncovered by a storm. This prompted still-living crew members to come forward with stories of having served on the famous vessel. For example, one crew member described how two of his shipmates rescued him from being swept overboard during a violent storm.

In 1918, for public safety reasons, it was decided to relocate the shipwreck from the Diep River in Milnerton to land owned by the City of Cape Town near the Lagoon Beach Hotel. A 130-ton mobile crane was used to move the mammoth shipwreck, measuring 14 metres in length, and 6.9 metres wide. The entire relocation cost R60 000 and took seven hours to complete.





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### Two Little Old ladies

Two little old ladies, Connie and Jean were sitting on a park bench. The bench was right outside the local town hall where a flower show was in progress.

The short one, Jean, leaned over and said, "Life is so boring. We never have any fun anymore. For \$10 I'd take my clothes off and streak through that stupid, boring flower show!"

"You're on!" said Connie, holding up a \$10 bill.

So, Jean slowly fumbled her way out of her clothes. She grabbed a dried flower from a nearby display and held it between her teeth. Then, completely naked, she streaked (as fast as an old lady can) through the front door of the flower show.

Waiting outside, her friend soon heard a huge commotion inside the hall, followed by loud applause and shrill whistling.

Finally, the smiling Jean came through the exit door to the sounds of a cheering, clapping crowd.

"What happened?" asked Connie.

"I won \$1,000 as 1st prize for 'Best Dried Arrangement'!"

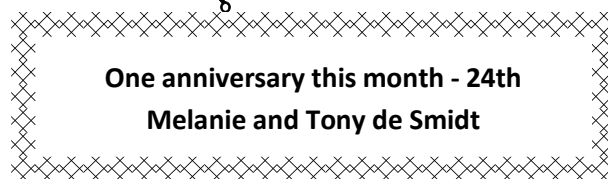
Life is short...enjoy it!!

Break the rules



**In honour of stupid people - in case you needed further proof that the human race is doomed through stupidity**

On Pick 'n Pay's peanuts "**Warning: contains nuts**" (talk about a news flash)  
On a Woolworths bread pudding "**Product will be hot after heating**" (and you thought???)  
On a Clicks hair dryer "**do not use while sleeping**" (that's the only time I have to work on my hair)  
On a bag of Simba chips—"you could be a winner, no purchase necessary ! details inside" (the shoplifter special?)  
On a bar of Dove soap—"directions: use like regular soap" (and that would be ???)  
On the packaging of a Rowenta iron—"don't iron clothes on body" (but wouldn't this save me time?)



There was a time when words were used beautifully. These glorious insults are from an era when cleverness with words was still valued, before a great portion of the English language was boiled down to four-letter words!

The exchange between Churchill and Lady Astor: She said, "if you were my husband, I'd put poison in your tea." And he said, "if you were my wife, I'd drink it."

Gladstone, a member of Parliament, to Benjamin Disraeli: "Sir you will either die on the gallows or of some unspeakable disease."

"That depends sir," said Disraeli ... "on whether I embrace your policies or your mistress."

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

"I have never killed a man, but I have read many obituaries with great pleasure." - Clarence Darrow

"He has never been known to use a word that might send a reader to the dictionary." William Faulkner (about Hemingway).

"Poor Faulkner. Does he really think big emotions come from big words?" - Hemingway (about William Faulkner).





## What's the Real History of Halloween - and Why Do We Celebrate It on October 31?

The word itself literally means "hallowed evening," and was previously known to early European celebrators as All Hallows' Eve. All Hallows' Eve (October 31) and All Saints' Day (November 1) both paid homage to saints ("hallows" = saints). The name was eventually shortened to "Halloween," which we are familiar with.

Halloween falls on October 31 because the ancient Gaelic festival of Samhain, considered the earliest known root of Halloween, occurred on this day. It marked a pivotal time of year when seasons changed, but more importantly, observers also believed the boundary between this world and the next became especially thin at this time, enabling them to connect with the dead. This belief is shared by some other cultures; a similar idea is mentioned around the Jewish holiday of Yom Kippur, which also typically occurs in October and involves saying prayers for the dead. This is also where Halloween gains its "haunted" connotations. The early pagan holiday of Samhain involved a lot of ritualistic ceremonies to connect to spirits, as the Celts were polytheistic. While there isn't a lot of detail known about these celebrations, many believe the Celts celebrated in costume (granted, they were likely as simple as animal hides) as a disguise against ghosts, enjoyed special feasts, and made lanterns by hollowing out gourds (hence, the history of jack-o'-lanterns). Over time as Christianity took over and the pagan undertones of the holiday were lessened, the basic traditions of the holiday remained a part of pop culture every year; they simply evolved and modernized.

The mystical rituals of earlier times evolved into more fun and games. For example, the somewhat heavy concept of connecting to the dead was replaced with the more lighthearted idea of telling the future. Bobbing for apples, for example, became popular as a fortune-telling game on All Hallows' Eve: Apples would be selected to represent all of a woman's suitors, and the guy—er, apple—she ended up biting into would supposedly represent her future husband. In fact, Halloween previously posed a huge (albeit rather superstitious) matchmaking opportunity for young women in the 19th century.

Another popular All Hallows' Eve ritual was mirror-gazing, as people hoped to catch a vision of their future by looking into the mirror. There are also reports of fortune-cookie-like favours being given out during earlier times. People wrote messages on pieces of paper in milk, and the notes were then folded and placed into walnut shells. The shells would be heated over a fire, causing the milk to brown just enough for the message to mystically appear on the paper for the recipient.

Halloween obviously remains a popular holiday in America today, but it actually almost didn't make it across the Atlantic. The Puritans were disapproving of the holiday's pagan roots, so they didn't take part in the celebrations. But once Irish and Scottish immigrants began to arrive in America in greater numbers, the holiday made its way back into the zeitgeist. The very first American colonial Halloween celebrations featured large public parties to commemorate the upcoming harvest, tell ghost stories, sing, and dance.



*Countryliving.com*

I wonder if anyone has spotted the black cat in this newsletter, my nod to Halloween



We are having a *spooktacular* Halloween theme evening on Friday 29th October 6.30pm for 7pm

It promises to be a night of fun and laughter - I remember one year a lady resident dressed up as an undertaker it brought the house down !

There will be prizes for the best dressed female and male resident though dressing up is not mandatory

“When the night wind howls in the chimney cowl, and the  
bat in the moonlight flies,  
and inky clouds, like funeral shrouds, sail over the  
midnight skies -

When the footpads quail at the night-bird’s wail,  
and black dogs bay at the moon,  
Then is the spectre’s holiday - then is the ghost’s highnoon “  
*W.S. Gilbert - Ruddigore, Act II*

The Final Standings at the Men’s Junior Water Polo Championships 2021 in Prague.

This is the best ever result by South Africa at this event

Hats off to Jordon Harrod and his team

- |              |                   |
|--------------|-------------------|
| 1 Serbia     | 10 Brazil         |
| 2 Italy      | 11 Russia         |
| 3 Montenegro | 12 South Africa   |
| 4 Hungary    | 13 Argentina      |
| 5 Croatia    | 14 Kazakhstan     |
| 6 Spain      | 15 Slovakia       |
| 7 USA        | 16 Egypt          |
| 8 Greece     | 17 Czech Republic |
| 9 Germany    | 18 Uzbekistan     |





## AMAZING INFORMATION

The world's coldest place



On the high ridge of the East Antarctic Plateau, the temperature can drop to as low at  $-135.8$  degrees F.

Where is the world's least populated city?  
(the picture is the clue)



Vatican City

With a paltry population of 842, the city state of Vatican City is the smallest city and state in the world.

Where is the world's poorest city  
in the poorest country



Kinshasa, Congo

The poorest city in the Democratic Republic of Congo which is also the poorest country in the world, at a GDP of 55 billion dollars. Many of its residents live on less than one dollar a day.

The world's most populated place



Shanghai - At a whopping 24,150,000 permanent inhabitants it is the only city that is home to over 24 million people in one city.

Where is the world's wealthiest city



Tokyo Japan

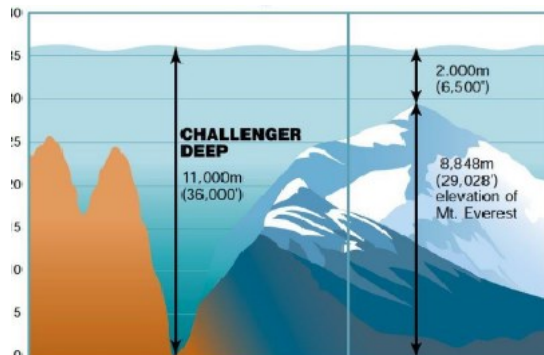
That tower might as well be made of gold since Tokyo tops the charts with a GDP of 1,520 billion dollars.

What is the highest point in the world? (this one is easy)



Towering at 29,029 feet in the air, the top of Mount Everest is the closest you can get to touching outer space while still standing on earth.

Where is the lowest point  
in the world



The Challenger Deep Trench is the lowest known natural point in the world at 35,797 ft. below sea level at the bottom of the Mariana Trench.

Where is the wettest spot on Earth?  
(and its not the Amazon!)



It rains an average of 467.35 inches per year, and has a record of 1,000 inches in 1905

Where is the most expensive city  
to live Singapore



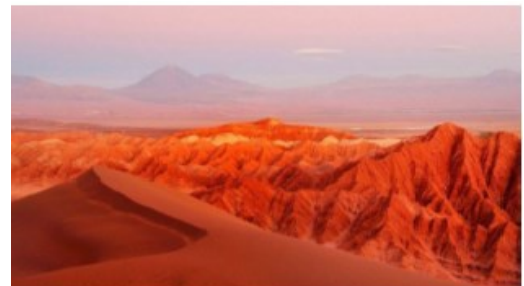
Cars can cost between 4-6 times as much in Singapore from what they cost in the US or UK - for example, a Toyota Prius actually costs about 150,000 dollars there.

What is the most photographed  
place in the USA?



The Guggenheim building in New York. Photos have always told stories, but in today's world of cell phones, cameras and social media, that story is relayed as data to companies who monitor everything we do. Geotagged data was culled by Sights Map using a Google-based image sharing software, and can show us the most photographed places in the world, right down to this landmark.

Where is the driest spot on Earth?  
(its not the Sahara!)



The Atacama Desert - 600 miles of South America's desert is recorded as the driest place on Earth, no contest. This desert has an average of only 4 inches of rain every hundred years. Incredible but true.

What city claims to be the  
sunniest place in the USA?



Yuma, Arizona

In this city the sun shines for an average of 11 hours a day. The usual forecast is sun for 90% of the year, averaging a total of 4015 daylight hours each year.

<http://wordpress.com>



## A BEAUTIFUL DAY FOR OUR HERITAGE DAY SPIT BRAAI



Rene



Stewart



Nomfundo

Trula and our intrepid  
photographer Donald

Sue



Jenjen



Glenda



Jenny



Penny



Paddy, Jo, Estelle, Paddy, Lyn, Eddie, Marion, Trula, Felicity



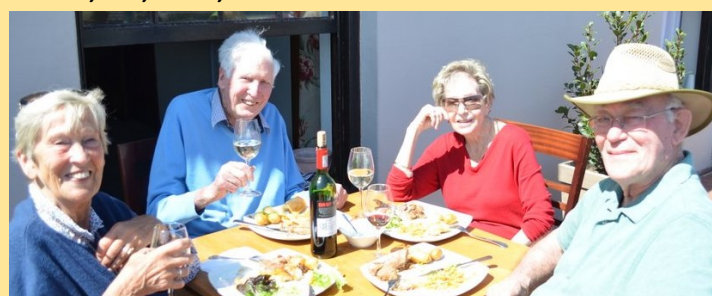
Rene, Ian, Mike, Trish and Wenche



Roger



David



Anneke, Derek, Yolanda and Ton



Buddy and Richard

## CYBER CRIME: SOCIAL ENGINEERING

There is a significant increase in cyber-crime, where fraudsters try to obtain bank clients' personal and banking information. There are various ways that they do this. This month we will cover Social Engineering as reflected below. All information is attributed to SABRIC, an organisation where South African Banks collaborate to fight organised crime and assist bank customers so they don't have their monies stolen.

### MODUS OPERANDI

Social engineering exploits human psychology and is a form of manipulation used by criminals to gain personal or confidential information from an unsuspecting victim. Criminals know that the weakest link in the security chain is a human and will pose as technical support engineer, or bank staff, and will exploit the victim's inclination to trust.

The victim then willingly divulges any information requested by the criminal. In other cases, victims are guided by the criminal, purporting to be a technical support engineer requested to follow several steps to "fix" something on their computer. The victim then unwittingly installs malware, which sends their personal or confidential information back to the criminal.

### TIPS

- Keep your software up to date, using the latest security patches available.
- Ensure that you have the latest anti-virus software applications installed on your computer.
- Do not give control of your computer to a third party who calls you unexpectedly.
- Do not rely on call line identification (CID) alone to authenticate a caller. Criminals spoof CID numbers. They may appear to be calling from a legitimate company or a local number, even when they're not in the same country as you.
- Never provide your password, OTP, bank card details or other financial information to someone who calls and claims to be from tech support.
- If you're concerned about your computer, call a reputed security software company directly and ask for help.
- Never respond to emails appearing to be from your bank that request your personal details. No bank will ever ask you to confirm or update your account details via email or your phone.
- Do not click on links or icons in emails you were not expecting.
- Never provide your online ID, password or PIN to anyone.
- Change your PIN and passwords frequently.
- Place sensible transaction limits on your accounts.



## HERE ARE SOME OF THE WAYS THAT CRIMINALS STEAL YOUR INFORMATION

### 1. Phishing (sending you an email to gain personal information)



### 2. Smishing (sending you and SMS to gain personal information)



### 3. Vishing (calling you by phone to get your personal information)



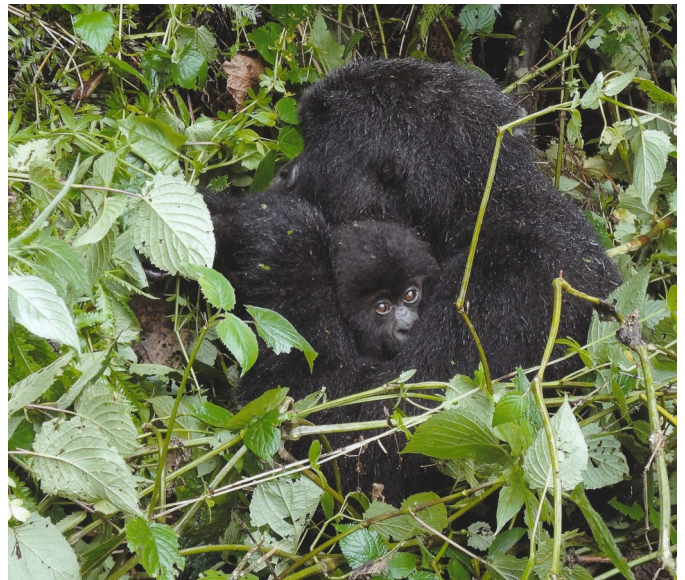
Courtesy VdV ELV

For the original article, refer to <http://www.sabric.co.za>

## MUD, MIST AND GENTLE RAIN

Nadia and I arrived at Kigali Airport on 9 June 2012 filled with great anticipation for the trip of a lifetime. After waiting for our guide for about 2 hours the gloss had all but disappeared and the prejudice of a lifetime re Africa had started to resurface when a chap arrived to tell us he would take us to our hotel as our guide was held up on the border with Uganda and we would leave our hotel the next morning as arranged and not to worry! I did walk around Kigali and felt very safe and noticed no litter, squatters or pot holes and the hotel was great.

To our surprise he did pitch up and many hours later we were in the Mountain View Gorilla Lodge waiting for our morning walk. This took the form of a four-hour easy trek through the lower part of the local mountain. Nadia and I did this, our sons a more difficult route. On this wonderful walk apart from the scenic beauty we saw several gorillas and a close up of a large silverback.



The next day I persuaded them to let me go on the big boy's walk, Nadia being happy with her sighting and preferred to wonder around the substantial gardens. Problem, I was above the age limit so I had to agree to pay 800 USD if they had to help me if I could not carry on, so full of great expectations my sons and I along with the other hopefuls set off.



After 5 hours of climbing, with me checking I had 800 USD in case, we finally came to the top of the mountain, the last hour been spent in mud, mist and gentle rain but as I was really starting to think I had overstated my durability we arrived in the middle of about 25 gorillas mainly mothers with babies. I sat down and watched the gorillas for the allotted 20 minutes. A mother with baby came towards me to touch me but the guides moved her and her baby on, risk of disease if they touch you. Elation, wonderment and a deeper love of nature all rolled into one.

Three hours we were back at the hotel my legs felt like they were not there but the adrenalin kicked in and I jumped briskly on the bus, feeling like a million dollars. The family went immediately to the hotel pub where I had about 6 beers with my sons trying to keep up and we swapped probably tall tales of what we had been so privileged to see. Nadia had seen many species which were new to her. We then spent a few days with chimps in another part of the country but they were not a patch on the gorillas, as they were only high in the trees and aggressive.

About a year later a low scale war broke out with rebels from the Congo in the region where we had been.



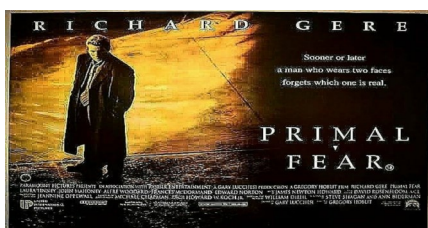
Haydn Jones

And the winner who correctly  
identified the vehicle is Lynne Perry  
1948 Chevrolet Cabriolet Woody  
She wins a Tuesday dinner for two



**MOVIE NIGHT****Saturday 2nd October 2021****PRIMAL FEAR - (2.11hr)**

This movie is a legal drama and courtroom thriller starring Richard Gere and Edward Norton. It launched Norton's career. It focuses on Chicago Defence Attorney Martin Vail (Gere) as he tries to prove the innocence of Aaron Stampler (Norton) a 19 year old altar boy who is accused of murdering a Catholic Archbishop



You are welcome to bring your own refreshments. Please contact Paddy Fordyce ext 3052 for any additional information.

**MEN'S BREAKFAST****Thursday 7th October at 9am****GUEST SPEAKER TO BE ANNOUNCED****R100 pp**

Kindly book at reception by no later than 1st October

Join Herman Poelmann for an evening of classical music Wednesday 20th October at 7pm

Kindly book at reception

**SUNDAY ROAST****10TH OCTOBER**

Kindly book at reception  
by 1st October

**Cost R150pp**

You are welcome to bring your own refreshments

We are having a musical evening with

**GORDON EPSTEIN aka****GORDON ROCKER****22ND OCTOBER 7pm**

He is a vocalist, guitarist, one-man band and songwriter. His style is similar to that of Elvis Presley, Cliff Richard, and Buddy Holly.

It promises to be a lovely evening.  
Book at reception by no later than  
the 15th October - cost R60pp

You are welcome to bring your own refreshments

Light snacks will be provided

**A very warm welcome to Penny Marek who has  
moved into apt 9**





**SAVE THE DATE:**

Wine and Cheese Pairing  
brought to you by  
Fairview Wine Estate

Friday 15<sup>th</sup> October at 15h00  
R160.00 per person

Pairing of 8 of Fairview's Top Selection Wines paired  
with cheese and cured meat.

RSVP and pay with Reception to book your place to  
taste.



ANY SURPLUS PLANTS, OR PLANTS YOU WOULD LIKE TO  
SHARE. START REPOTTING NOW SO THAT WE CAN SHARE,  
EXCHANGE OR GIVE TO SOMEONE ELSE TO BEAUTIFY OUR  
GARDENS OR BALCONIES

*Garden Lovers*

**JOIN US ON SATURDAY, 6 NOVEMBER  
AT 10AM IN THE CLUBHOUSE**

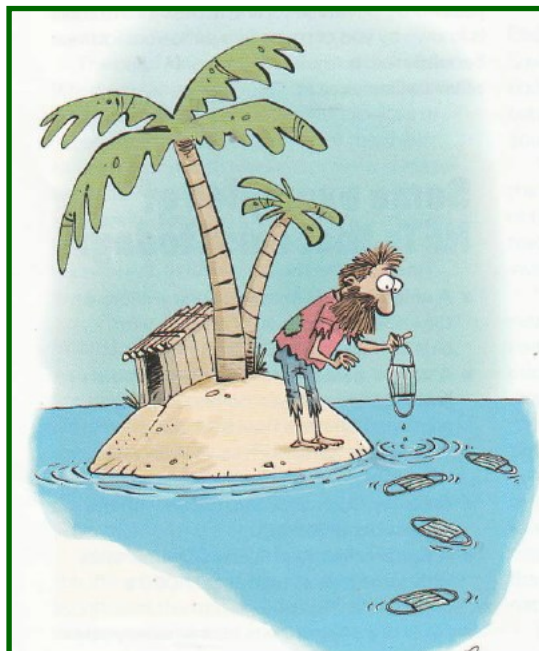
*Even if you don't have plants to share, you might  
find something that's just for you*

FOR ANY ENQUIRIES, IF YOU NEED PLASTIC POTS FOR  
YOUR CUTTINGS OR HAVE ANY SPARE, PLEASE  
CONTACT JACKY ORTON ON EXT 3031

### KEEP ON STAYING SAFE FROM COVID

It's come to our attention that not all medical professionals have been vaccinated. We recommend that, before visiting your health care professional (whether dentist, doctor, specialist, physiotherapist etc.) that you check if they have been vaccinated before paying them a visit.





**Thank you to everyone for their contributions - keep your ideas coming to**

**[davidwal@iafrica.com](mailto:davidwal@iafrica.com)**

**Articles not published in this newsletter will be used in the November edition**

**Cut off date for submissions is Friday 15th October 2021**

**FW**