

BUSH TELEGRAPH

**4 WHEEL DRIVE CLUB OF SOUTHERN AFRICA
PORT ELIZABETH**



December 2012



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Events Calendar

What	Where	When
Christmas Run	Geelkrans – near Patensie	First weekend in December

Chairman's Report

Hi Everyone

By now, all would have heard that Deon has handed The Steering Wheel over to me to try and continue steering this club in the right direction. There were times that he had to counter-steer this vehicle down a difficult and slippery road in difficult and trying times.

I would like to take this opportunity to thank Deon for 4 great years in the driving seat and for biting on to the steering wheel the way he did.

As the year nears its end once again, we can look back at a great year for the club. We have had some great runs this year, although not all were well attended. This included a very successful beach clean-up, as well as some great socials, including ten pin bowling and a games evening, not to mention the ever popular bring and braai's.

By the time you read this, the Manne Run will be something of the past, thanks to Marius for organizing this run.

For the rest of the year we have a new event taking place - The Amazing Race. This is taking a lot of planning, with different venues, companies, and meetings with various people in and around Port Elizabeth. This event will be open to the public and therefore has to be well planned, as we have a reputation to uphold.

We are going to need volunteers to help us with this event at various check in points around the city. Anyone who can and are willing to help can contact myself or Ann.

Our Christmas run takes place the first weekend in December at Geelkrans near Patensie. This ad is also out, please book immediately, as we need to reserve sites and pay a deposit. A very exciting announcement will be made at the Christmas run, as well as the draw for the fund raising booklets winner. Please get your booklets from Ann and please return your booklets and money before the draw at Geelkrans.

By now all should have their radios on the correct frequency, this info has being going out for over a year now, so there should be no excuse. If you have any question regarding this, please contact me. The website will be updated shortly; Braddon has negotiated a new package for the club regarding cost of hosting the web site. Thanks to Braddon for this.

We can only update the site if there is new info to add, so please forward you photos and any information you feel would benefit the site to myself or directly to Braddon.

We are going to put a magazine out at least on a quarterly basis. Once again we need input in order to make this a success. Please forward you photo's, run reports, recipes, interesting articles or anything you think might be of interest to other members, to Swanie or myself for inclusion in The Bush Telegraph.

Remember we are still working on the points system, the winner will be announced at the AGM. The member who has scored the most points will receive a small prize.

Till next time, keep the rubber on the dirt and dust in the air.

Mike

Steering wheel

FOOD ON THE RUN

Easy Christmas Cake

This is a traditional fruit cake that you can serve over Christmas time and the great thing about it is that it doesn't take forever to make! It's an easy recipe with a delicious result.

Ingredients:

250g fruit cake mix
50g mixed citrus peel
50g halved red glace cherries
50g flaked almonds
100g butter
125ml orange juice
5ml brandy essence
100g brown sugar
1 tsp bicarbonate of soda
1/2 tsp mixed spice
1 extra large egg
1/4 cup sherry
1/4 cup milk
100g cake flour

Method:

1. Preheat the oven to 180 C and line a 15cm x 7cm deep cake tin with wax paper.
2. In a large pot, combine the fruit cake mix, citrus peel, cherries, almonds, butter, orange juice, brandy essence, sugar, bicarb and mixed spice. Mix together well and bring to the boil. Reduce heat and allow to simmer for approximately 5 minutes, stirring continuously.
3. Remove from the heat and allow to cool.
4. Beat the egg with the sherry and milk and then fold the flour into the egg mixture.
5. Add the fruit mixture and mix well to combine.
6. Spoon into the cake tin and bake for 40-45 minutes or until the end of a metal or wooden skewer comes out clean when inserted into the middle of the cake.

Decorate as desired

We want to encourage everyone to send in his or her own trusted recipes & ideas. By sharing we all get new ideas to make LIFE ON THE RUN interesting.

Forward any recipes to me at: drocher@absamail.co.za

Daleen Rochér

Ons vrouens se oogpunt

'n Vrou is soos 'n koolstoof: As jy goed na haar kyk, sal sy baie jare lank sorg dat daar lekker kos op jou tafel is.....

Nou vra jy my, hoekom juis 'n koolstoof? Die antwoord is eenvoudig, as jy net 'n bietjie daarvoor dink. Kyk, om vuur te maak in 'n koolstof, verg voorbereiding. Jy moet voor die tyd sorg dat daar papeier en fyn houtjies is, dat daar lekker stompe is en dat die kole emmer vol is. Dan begin jy daai vuur van bo af aanpak (Jy kon nog nooit 'n koolstoof van onder aan die brand steek nie!) Die papier is soos briefies en verseies en goed, en is die begin van die die hele proses. Dan kom die fyn houtjies...Hierdie is die komplimente en klein dingetjies wat jy vir haar doen om die klein vuurtjie bietjie groter te blaas. Dan volg die hout. Dis wanneer jy begin geskenke en goed koop, laaste kom die kole, die GROOT WOORD LIEFDE. Dis die ding wat sorg dat die vuur lank en warm sal brand. Jy pak ook nie sommer alles gelyk in nie, nee, jy begin met die papier en doen dinge so stap vir stap, so: soos die een mooi brand so pak jy die volgende laag. En eers wanneer daai vuur goed brand, dan mag jy maar die deurtjie hier onder aan die onderkant oopmaak en met jou poker daar karring sodat die hitte goed kan afsak.....

En 'n koolstoof vat baie lank om af te koel....As jy dit nie besef nie, kan 'n man jou hande lelik vebrand....

En moenie dink goed soos Blitz of alkohol is 'n goeie aansteker nie! Jy sal wel so vinnige opwelling en hittedjie kry, maar gewaarborg, dit sal maar kort van duur wees.

Doen jy die ding nie reg nie, sal daai stoof "tjouk" en smoor en die hele juis sal naderhand vol rook wees tot pyn en lyding van almal.

Maar doen jy dit reg, sal daar 'n gesellige rookie by die skoorsteen uittrek , 'n sekere sein vir almal dat daar hitte en gerief in daardie huis is.Daardie stoof word die middelpunt van die huishouding wat almal om haar saamstrek, wat sorg vir 'n baie gesellige ure van omgesels, wat warm maak as dit koud is en rotsvas staan waar sy staan.

Die ander ding wat 'n man moet verstaan, is dat die stoof gereeld skoongemaak moet word, gewoonlik word dit gedoen deur iemand anders van die vroulike gelag wat sorg dat daar op 'n gereelde basis van die as ontlae raak. Daar is egter niks verkeer daarmee Meneer, as jy ook gereeld gaan sit en luister as sy haar uitpraat en skoonmaak wat daar binne opgegaan het nie. Dit sat net help dat die stoof beter brand. EN dan natuurlik , so een keer per maand, moet die pype en goed skoongemaak word van die roet en goed, en dan is die stoof so bietjie buit werking..... Dan is dit ook hoogs aanbeveelbaar dat jy nie gaan staan en karring nie.....

Sy kan natuurlik ook doen met bietjie spoeg en politer, en daar moet gesorg word dat sy gereeld kry wat nodig is. 'n Gepolitoerde stoof LYK net soveel beter as 'n ou vaal, onversorde ene. En meneer, as jy nou self so nou en dan 'n bietjie olietjies in die hand neem, en dit mooi sagkens orals aanwend , later tot in die gleufies in, sal jy verbaas wees wat se verskil dit aan jou stofie maak.....Wees net versigtig dat jy nie dan 'n broodjie of twee of drie in die oondjie los nie, wat dit sal sekerlik groe en uitdy tot 'n ryke seen.

'n Man is soos 'n spiralplaat hotplate: Draai net die knop en hy is feitlik onmiddelik warm. Maar as die pot klaar gekook het, word hy weer net so vinnig koud ook.....

En sien jy OOIT mense om hom vergader...?????

Groete

Ann

The Winch

Diesel & Dust

After hearing of one of our long standing and most knowledgeable members having lost a vehicle due to a blow out I thought it only appropriate to discuss the in's and out's of tyres in this edition of Diesel and Dust.

Have you ever looked at a tyre and seen all the codes and markings on the sidewall and ever wondered what they mean? Many details about your tyre can be found in these codes, such as size, load and speed ratings, durability, and performance.

Let's start with a standard passenger vehicle tyre:

225/40yr18

225 - width

40 - aspect ratio/profile

Yr - speed rating / type

18 - wheel diameter

Width

A tyre's width is measured in millimetres (mm) from side wall to side wall.

Aspect ratio / profile

This is the height of the sidewall. It is a percentage of the tyre width. So 40 means it is 40% of the width, $225 \times 40 \% = 90\text{mm}$.

Type

The first letter is the speed rating and the r for radial construction, will explain speed rating later.

Wheel diameter

This is the diameter of the tyre in inches.

After the tyre size there are another codes e.g. 89v, the 89 is the load index, or how much the single tyre can carry and the v is the speed rating. Elsewhere on the tyre in smaller print you will also find, recommended pressure in psi, dot compliance code and a utqg (uniform tyre quality grade) marking.

The us dot labelling is a requirement of all tyre manufacturers and has three parts, treadwear, traction and temperature.

Treadwear

The treadwear rating is conducted by the tyre manufacturer and is only accurate when comparing tyres from the same manufacturer. The idea is that a 200-treadwear tyre will last twice as long as a 100 rated tyre.

Traction

This ranges from aa, a, b, c, this is based on straight line braking performance in wet conditions with aa being the best.

Temperature

Ranging for a, b, or c, the temperature number is based on the tyre's resistance to heat under high-speed driving conditions. All tyre's must meet the c requirement, with a being the best.

It is most important to keep your tyres in top condition by checking tyre pressures regularly. Incorrect tyre pressure cause tyre wear, bad fuel consumption, improper handling and can lead to premature tyre failure resulting in loss of control. Always check tyre pressures when they are cold. A good rule of thumb is, if the tyre is bulging at the sidewall, the air pressure is too low.

TABLE OF CODES			
SPEED RATING		LOAD INDEX	
CODE	KM/H	CODE	KILOGRAMS
N	140	71	345
P	150	72	355
Q	160	73	365
R	170	75	375
S	180	85	515
T	190	86	530
U	200	87	545

*Shortened Version of codes – a full list is available on request.

Till next time

Check those tires! Keep the rubber on the dirt and the dust in the air!

Mike

Run Feedback

Cholesterol Run – Peter Gowar se Plaas. – Tuiserkloof Ann's villa – 3 en 4 Maart 2012.

Saterdag oggend vroeg kom die manne al bymekaar by die Blue Waterbaai "on-ramp". Nou word eers broodjies geëet en koffie gedrink. Ons vertrek stiptelik op tyd met n stop in Paterson om petrol in die Suzuki te kry.

Weereens word kos uitgehaal en fees gevier.

Ek kry 'n oproep van die plaasboer om te sê hy gaan laat wees weens sake in Paterson. Ons ry solank plaas toe en alweer word daar kos uitgehaal.

Ons wag een en 'n half uur vir die plaasboer. Die konvooi vertrek op die roete. Die voorste ouens word op die radio in kennis gestel om bietjie te wag, daar is 'n recovery om te doen. Een van die beste bestuurders in die klub se voertuig lê skuins in die modder. Die voorste ouens (die ouer manne) drink lekker koffie en van bo die koppie kan ons lekker sien hoe die recovery gedoen word. Dit neem die ouens omtrent 'n uur om die Isuzu uit die modder te kry.

Konvooi kon uiteindelik stadig vorentoe beweeg aangesien die terrein rof is volgens die plaasboer. DIE ROF KOM TOE NOG.

Die omgewing is pragtig en uitsig mooi. Ons begin afdraend ry en sien dinge raak nou interresant. Die plaasboer spring uit, waai sy arms en maan ons om versigtig verder te bestuur. Ons verstaan dit nie want die pad word dan nou net lekker. Ons draai toe terug by 'n dam en geniet middagete onder die bome en dis warm!!

Die afdraend word nou opdraende, met Winston wat die konvooi lei en die plaasboer sy pasasier. Die Cruiser gaan met redelike gemak die opdraende uit met die Landrover agterna. Die Ford Carburator op die Chev enjin van die Landrover flood, dis mos warm en skuins. Winston moet help. Toe is dit die Suzuki se beurt en sy Datsun Carburator op die Datsun enjin flood - hy kry ook warm, maar doen die ding.

Kort kort sien jy 'n oop enjinkap, die enjins kry warm

Die roete was nie moeilik nie, maar wel die moeite werd. Gelukkig was daar net een Recovery, want met sulke hiite sou die Manne gesuffer het.

Die braai was op 'n ou plaashuis se stoep met kroeg en binne braai. Daar word lekker gekuier. Vroeg aand omtrent 10 uur het alles begin stiller raak en stil stil het die manne begin verdwyn.

Vroeg Sondagoggend het ons 'n Geelhoutboom op die plaas geplant en ontbyt geëet asof ons dae laas kos gesien het voor ons almal opgepak het en, lekker uitgerus, huiswaarts gekeer het om die week met moed aan te pak.

Marius

Run Feedback

Manne Run - Rust en Vrede – Patensie

The rain during the week might have concerned some of the “manne” who were planning to attend this much-anticipated run, however all their concerns ended up being totally unfounded with the “manne” enjoying some of the best camping weather anyone could have wished for.

After leaving at 7.30 sharp we headed off in the direction of some of the most beautiful scenery and mountains in the country.

After arriving at the site where we were going to camp for the night, everyone started to select their plots and pitch tents near an old shooting range - there were 2 shelters and 2 flush toilets, somewhat of a luxury on a “manne” run.

With all the accommodation sorted out, we headed off behind Marius, through the maze of tracks covering the hills in search of a challenge that would keep the guys talking for time to come. And it was not long before we came head on with the hill of all hills, as steep as the steepest with loose rocks, and more loose rocks, and even more loose rocks.

Today this hill was not going to give anyone a free ride to the top. After several attempts by some vehicles, there was no Isuzu, Colt, Toyota, or Land Rover that could make it past halfway.

After turning around and heading off in the opposite direction around the mountain, we approached the hill from the opposite side, at least we all managed to slip and slide our way down this mother of all hills.

With no incidents to hold us up, we returned to camp at 3pm to a most welcome refreshment. Duncan starting collecting firewood to last the night by towing five trees behind the bakkie to camp.

With not a breath of wind, and the smoke from the camp fire rising straight up into the night sky, the guys gathered around for a night of chit chat, together with all the normal chirps that are synonymous with every manne run in the past.

After the steaks where braaied, and the potatoes boiled, and everyone had fed themselves, only the die hards where left around the camp fire.

Sunday morning, after a hearty breakfast of eggs and bacon and left over braai, everyone packed up and headed back home.

Thank you to everyone who attended and to Marius for his time and effort in planning and handling all the arrangements of yet another memorable “MANNE RUN”.

Tell next time

Keep the rubber on the dirt and the dust in the air

Mike

Run Feedback

National Beach Clean Up

Die strande se pyn!

Deur die oog van `n kind.

Ek is mal oor die strand, en dit maak my so seer om te sien hoe vuil die strande is. Die plastiek, vislyn en ander gemors wat so gelos word op die strande kos voëltjies / pikkewyne en ander seediere hul lewe!! Die vissermanne / boot bemanning - DIE MENS! - voel net een vaal veer vir die diere en voels op die strand.

Met die Internasionale Strandskoonmaak dag in September het baie vrywilligers se oë oopgegaan en ek is seker baie mense se harte het tot in hul skoene gesak. Behalwe vir die gemors soos bottles, kreefkratte, plastieksakke, vislyn en nog baie ander goed, het ons ook selfone, tandeborsels en vele meer snaakse goed gekry, dinge wat eintlik nie eers veronderstel is om op die strand te wees nie. Ons het plastieksakke by die duisende opgetel, toue omtrent die grootte van kegelbal en 10m lank. Daar was trekkerwiele, sommer `n hele stel wat daar lê.

Die snaakse goed wat ons op die strand gesien het is van "Ice Tea" bottels met Chinese skrif op, tot `n selfoon met `n Duitse SIM kaart in! MENSE, WAT SOEK DIT IN SUID-AFRIKA? Hulle sê dit is hoe die see werk, branders beweeg goed rond en spoel op snaakse plekke uit. Wat soek dit op die eerste plek op die strand, maak nie saak of dit in Miami of in Kaapstad is, dit hoort nie daar nie! Dit is my gevoel!

Ek is maar net 13, maar ek wil hê my kinders moet op strande kan KAALVOET rondhardloop, sonder om in glasstukke te trap of te moet koes vir bottles en kratte! Hulle moet langs die strand kan sit, en elke nou en dan `n dolfyn sien wat spring. Maar soos dit nou aangaan, sal ek my kinders na `n akwarium moet vat om die goed te sien. (Dit is nou as hulle nie aan China "verkoop" word nie) Dis nou eers nie "cool" nie. Ek wil hê my kinders moet die strande sien wat my pa geken het en so baie meë spog, die strande wat mooi versorg is met plante en voëls wat rondbeweeg. Is dit te veel gevra?

Nadat ek alles gesien het en gesien het in watter toesand ons strande is, kan ek verstaan dat die haaie ook "gatvol" is, en so baie mense byt. Ek praat nie van die Sharks nie, hulle is `n spesie op hul eie. Maar ons vernietig hulle habitat, hulle huis, hulle lewe! Wat sal ons doen as die visse uit die see spring en begin om ons huise en goed te vernietig en plastieksakke in ons neuse te druk en tou om ons voete en hande bind? Want dit is wat met daardie arme diere gebeur.

As ons as Suid-Afrikansers hande kan vat, en ons strande asemrowend maak, deur net na jou self te kyk en jou eie gemors en rommel op te tel, kan ons dit doen. Jy kry mos ook van daardie "Bogger dit, ek worry nie" mense, met ons "Clean-ups" kan ons hulle laat sleg voel, deur te sê: "Jou gemors, wat ons moet optel. So kinderlik dat jy nie eers na jouself kan kyk nie." Deur net daardie bewusheid te skep onder Suid-Afrikansers, kan die buiteland vir eens iets by ons leer, deur na ons strande en natuur te kyk en na `n ruk te se, "Miskien moet ons hulle voorbeeld volg"

So staan ek en my gesin alleen, of gaan ons as nasie vir eens saamstaan om ons natuurlewe en planeet se toekoms te red of gaan ons terugsit met ons voete op die koffie tafel en ons hande agter ons kop, en kyk hoe gevoellose mense ons aarde en natuur lewe verniel?

Deur:

Liza-Marli Swanepoel (Swanie se jongste dogter)

My Landi has a Soul

A Series 111 Eulogy - Unknown Author

MY LANDI HAS A SOUL

It coughs in the morning and wheezes at night. It rattles, creaks, and is a terrible sight. The lights are pathetic, the wipers a joke, and following traffic is lost in dense smoke. It leaks oil from the engine and more from the box, some on the drive and more on your socks. Turning the steering needs, plenty of might, but it makes little difference if you turn left or right. It goes where it wants, whether you want to or not. So heaven help us if you want it to stop. It makes lots of noise, just finding the gears. Hard to believe they last so many years. It bounces around on leaf springs so stiff, they only just move if you drive off a cliff! The seats are not much better. Too much soft foam. Gives a numb bum by the time you get home, which will take quite a while because it is far from being fast, sports-cars to mopeds, they seem to go past.! So what do we have? What is it we see? Looking within, an old Series 111? Character? Charm? We love them I suppose, for some unknown reason, beyond mere prose. They transcend mortal language, have real soul, like they are alive, more than metal and oil. A trusty old friend, whatever the weather, won't let you down.... Well almost never!!! Through thick and thin they will give you the best and when it gets tough, they will just leave the rest. They may be a pain, but they get better with time and this one my friend, well..... this one is mine!!!

Scoring some lekka points

Dear Member

In 2012 we will be running an incentive scheme to thank members who regularly participate in the various events of the Club. This will be in the form of a 'points' system and points will be awarded as follows:

1. Every run attended you will receive 5 points,
2. Every volunteer run attended you will receive 6 points (e.g. mountain bike\beach clean-up)
3. Every social attended you will receive 3 points
4. Every new member signed up by you - 10 points

The Committee (aka Die Stuurwiel) is also considering other ways in which points can be earned and your suggestions will be welcome.

We are busy chatting to a number of sponsors and will be announcing the Grand Prize, which will go to the winner, shortly.

For further information or suggestions, please contact **Ann van der Berg**, our Public Relations Officer (aka. The Winch) on 083 3571377 or on annlouisev@gmail.com

Regards

Die Stuurwiel

Giggle Corner

Lekker Lawwe Lag – Nie vir grootmense nie – Uitgesoekte grappe vir kinders van alle ouderdomme!

- Wat maak 'n handlanger?
Die Vingers!
- Is jy nuuskierig?
Nee hoekom?
- Onderwyser: “Jy het twee alabasters in jou sak. Jy verloor twee. Wat het jy in jou sak?”
Jannie: “n Gaatjie Meneer!”
- Sherlock Homes en sy vriend Dr. Watson kampeer.
- Laat die nag maak Sherlock vir Watson wakker en sê: “ Watson, kyk na die lug en sê vir my wat jy sien.”
“ Ek sien miljoene sterre, en wat sê dit vir jou?”
“Dit kan beteken dat daar miljoene ander sterre is wat ek nie kan sien nie. Dit kan ook beteken dat God groot en magtig is en dat ons klein en nietig is. Maar miskien is dit 'n aanduiding dat die son more gaan skyn” antwoord Watson.
“Maar wat sê dit vir jou?”
“Elementêr, my liewe Watson,” antwoord Sherlock “Ons tent is gesteel!”
- Hoe speel ystervarke bok-bok –staan styf?
BAIE versigtig!
- Wat het die een truksvy vir die ander gesê?
Jou ou doring!

Code of Conduct : Members to abide by

- Be considerate and helpful to all
- Keep your vehicle mechanically sound
- Adhere to laws and regulations
- Obtain permission before entering private or state land
- Leave all gates as found
- Keep to roads and tracks
- Drive responsibly at all times
- Prevent soil erosion
- Respect wildlife, plants and trees
- Prevent fires at all times
- Safeguard water supplies
- Leave no litter
- Respect the right of others to peace and solitude

Run Protocol

- Every driver to ensure they can see the following vehicle & always wait at turn-offs for the following vehicle.
- If and when you lose sight of the vehicle behind you - stop and wait for them to catch up again.
- Every following vehicle to endeavour to keep the leading vehicle in sight.
- Take note of who is leading and trailing you. If they disappear, inform run co-ordinators ASAP.
- Remain in the order in which you set out.
- Stops will be planned for the route, these to be adhered to.
- At obstacles, leave the vehicle in front of you sufficient room, enough to reverse if he needs to. When stopping on steep hills, bear the following vehicles in mind, which might have to pull away against that incline.

