



Newsletter #6
June 2013

SANAE 52

»» I wear my
sunglasses at night ...

Medical Training

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Mid-Winter Celebration

End-of-the-World Rave Party

What is Time?



Birthdays

June House Mix

Lolly-Line Oepsie

Stocktaking Madness

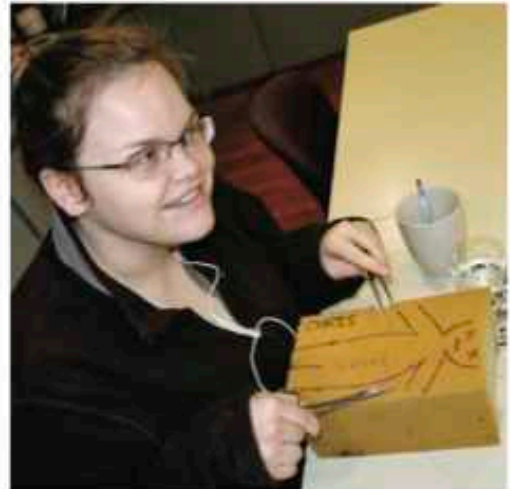
Stats & Sponsors

Medical Training ««

by Rob

During June the team got together for some medical training. Fortunately, the need to know what to do in an emergency was not on everyone's mind due to a recent accident or injury, but rather due to the upcoming Cat-Trains scheduled for a few months from now during take-over. During these excursions to the ice shelf a number of team members will be isolated and removed from any help or medical facilities, and S52 has unanimously expressed a desire to know what to do in an emergency under these circumstances when a doctor is not immediately available.

S52 did undergo 2 days of medical training in Cape Town prior to departing for Antarctica, and all received a Level 3 First Aid Certificate. I attempted to better prepare team member for the trips by choosing topics that are relevant and applicable to our situation here in Antarctica.



Everyone arrived bright eyed and bushy tailed for our 1st session on 29 May, where I trained a handful of team members in the procedures and techniques necessary to assist me in theatre during a surgical procedure. We covered injections, drug dilutions, how to run a drip through, sterile technique and scrubbing for theatre. Everyone had a great time, and the success of this session paved the way for three additional sessions:



- Suture and stitching techniques.
- General principles of dealing with commonly anticipated emergencies in Antarctica, and how to collect relevant medical data to convey telephonically during a telemedicine conference call.
- Administration of a local anaesthetic, wound debridement, haemoglucometer use, taking of a manual blood pressure and general principles in dealing with environmental exposure.

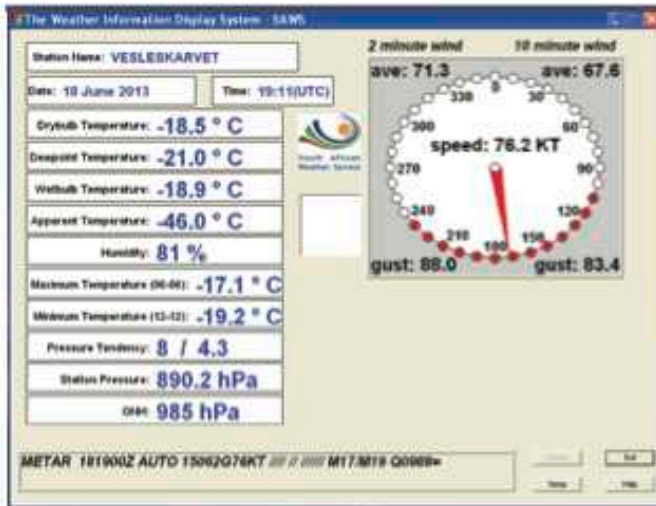
As can be seen from the pictures, everyone got involved with enthusiasm and gusto, and great fun was had by all! We covered a lot of topics, and I feel confident that the team now have the necessary knowledge to be able to look after a sick or injured team member in my absence.



As a matter of fact,
I'm thinking of
taking a few
days off...



Our very own SANAE
52 medical dream team
... be very afraid



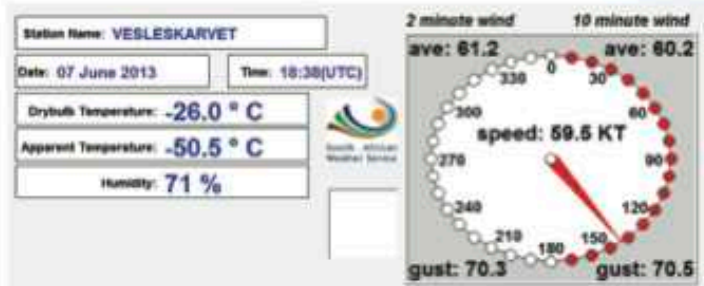
Wind Conditions

by Adam

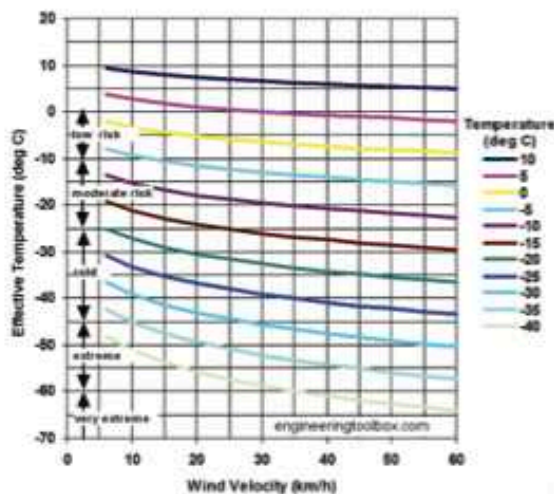
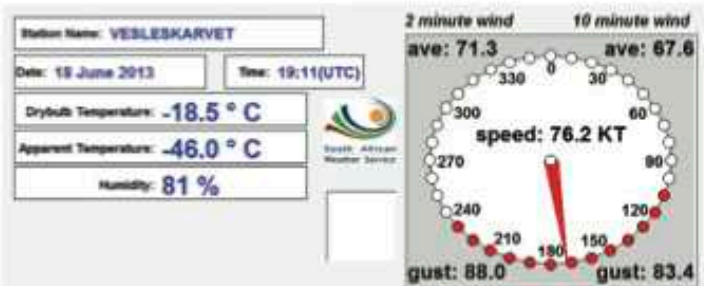
At SANAE, wind is probably our worst enemy apart from lack of fast-food. Fast-food friend or foe you decide. Wind causes temperatures to plunge and can make it dangerous to go outside.

Sub -20 temperatures are not unbearably cold, given the right equipment. However, anything above a breeze can transform a 'day at the beach' into something very unpleasant. A rough rule is that if the wind is above 20 knots, then it is likely to be cold outside.

At the point where the speed of the wind stops making too much of a difference to temperature (the relationship is non-linear) another danger is introduced. High winds are difficult to walk straight in, never mind trying to actually do anything complicated, like pick up a spade. Spades have much larger surface areas than one would think. A spade seems to transform into a sail at the least opportune moment.



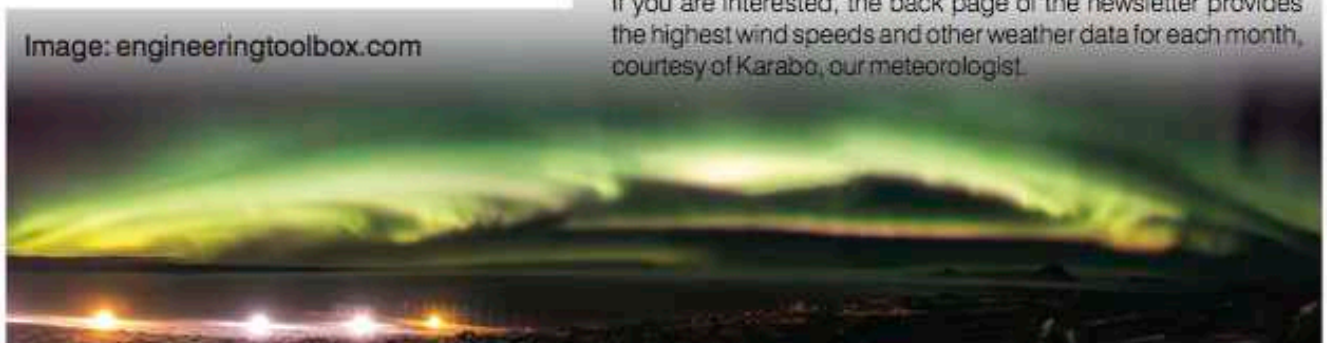
Once one gets to grips with the cold and being tossed around like a rag doll a final cruel trick can be added to the mix. Strong winds blow up ice and snow reducing visibility. It is not a stretch to state that visibility can be reduced to less than 1 meter.



When wind speed is on the rise, the base begins to hum. As it progresses even higher, a vibration can be felt through the base. Cups and glasses on shelves begin to clink together. It is a very similar sensation to an airplane taking off. Thankfully, the base is firmly anchored into rock. Wind blowing against the base produces friction, which causes buildup of static electricity. Fluorescent bulbs placed near windows can be lit up from static discharge, quite cool to say the least. An (un)fortunate side effect of static buildup is watching and hearing Craig as he attracts a disproportional number of static discharges.

Image: engineeringtoolbox.com

If you are interested, the back page of the newsletter provides the highest wind speeds and other weather data for each month, courtesy of Karabo, our meteorologist.





Movie Night ««

by Philip

As you all know, the winter soistice happened on the 22nd of June. Before our year in Antarctica, this day did not mean much to most - but now, it signifies to us the middle of the winter and the slow return of sunlight. We had a great midwinter party, but that's another story, this story is about the movie night which happened on the 21st of June.

There are of course a few differences to watching movies back at home and watching them in Antarctica. For starters, no one checks your ticket at the door, and there are no queues for getting popcorn or drinks. Another bonus are the six "fridges" located on the right side of the cinema. They may look like windows, but when you close the blinds any drinks within are cooled to close to 0°C. Seating arrangements are quite comfortable - each person gets a couch for themselves - and you do not need to climb over anyone to get to your seat. 5.1 Surround sound is available without hearing any distortions; path lights are absent, allowing one to enjoy movies in total darkness. Finally, probably the best characteristic of our Antarctic cinema, is that there are no previews and the movie starts at the time advertised.



Over the years, a large collection of movies have been obtained - and although we do not necessarily have the latest releases available to us, we still have a lot of great movies. Seeing as Iron Man 3 was released in 2013, there was decided that our movie premiere would be the first Iron Man - after all, the first movie in a series is usually the best one. This is probably a good thing, because the reviews for Iron Man 3 on the net are a bit unkind. Anyway, there is no need to differentiate between one explosion and another. The movie was fun and we had loads for popcorn, which is a definite highlight!

Mid-Winter Celebration ««

by Grethe & Adam

For our Mid-Winter Celebration, as tradition, we sent out an invitation to the surrounding bases. These are our best rejections:

- [DECLINED]: "I have checked Travelstart but it seems they do not fly to your location - weird!" - Talita - Hamilton Russel Vineyards.
- [ACCEPTED]: "We will start today with 2 of our carriage drawn by twenty penguins. Cause they have eggs at the moment we plan to arrive you not before Friday" - Neumayer Station
- [DECLINED]: "On this occasion I'll have to decline gracefully - fuel resupply for my ZODIAC is yet to be confirmed" - Chris - Tasmanian Parks and Wildlife Service
- [DECLINED]: "Thank you cordially for your invitation to your midwinter celebrations, however I unfortunately have to decline as our rocket launching facilities are currently undergoing maintenance". - Roger van Schie - SANSA

On the day, we also received letters from other polar bases. Even the Americans sent us a letter with Barack Obama's signature on it. We thank everyone for their letters. Here are some of the greeting cards from the other bases:





Mid-Winter Celebration «

by Grethe

Every year, every team celebrates the day the sun's cycle switches from disappearing more, to appearing more. Even though we only have a faint glimmer of light for maybe an hour a day, we rejoice in every second of sun light we gain every day after this mid-winter celebration.

We decided to have a grand old party on 22 June and boy did we

over do it. So many pants buttons popped open on that day, I almost lost an eye. Ok, not really, but man did we eat allot. The menu was a feast of meatballs, roasts, vegetables delights and mouth watering malva pudding that even converted Wihann.

We all had a great time and laughed so much it hurt, and it was quite strange to see all the cave men in suits. Beards really do not look very formal unfortunately, but watching bearded people eating soup is always entertaining.

I will admit, we did have to sacrifice a few bottles of wine to the god of winter, it was hard, but we pushed through. Team work conquers all.

So now we look forward to the first sunrise in July ...
... and it will be spectacular.



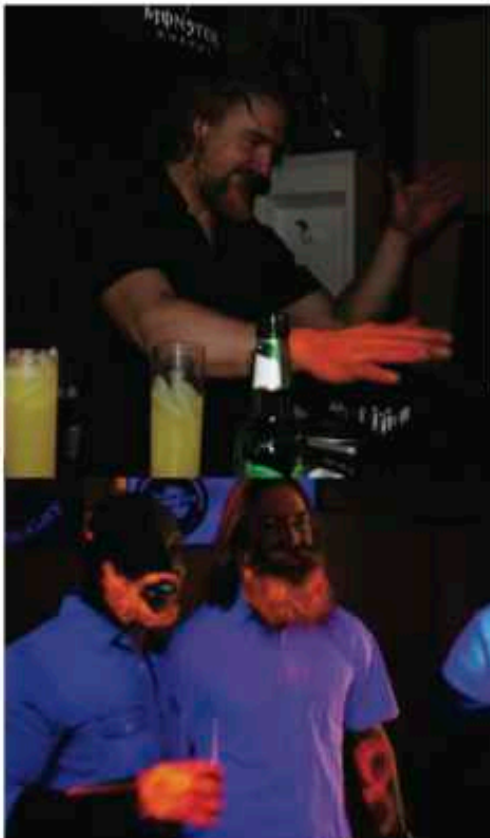
End-of-the-World Rave Party «

by Grethe

So what do a bunch of crazy people in antarctica do? They party hard, because as everyone knows, if you work hard, you party hard. We are fortunate enough to have the infamous DJ Pik here to hit us with the most awesome millennium tunes from way back when.

We all got dressed up and he hit us with his blue light, and our little plain bar turned into the end-of-the-world millennium party with strange creatures that glow in the dark.

Man...what a night...





What is Time? ««

by Craig

**“ Life is a waste of time,
Time is a waste of life,
So get wasted all the time
And you'll have the time of your life. ”**

It was thought by many that this would be a chance in a life time to have an adventure and possibly study at the same time, whilst time stands still in Antarctica, and you have nothing to do.

It was also said to us, that there is no way we would work more than 3-4 hrs per day in our respective fields.

What little did we really know. Time stands still for no man. AND TIME NEEDED is quadrupled here in the Antarctica.

Here are but a few examples...

I am quickly going out to start the Bucket Cat, should take 20 minutes.

...ahhhh no.

10 min: Getting dressed into Extreme Cold Weather Gear

15 min: Taking a few possibly necessary items

10 min: Going down the stairs, walking 100m to the vehicles.

Hmmm, forgot something.

20 min: Go back and get it.

10 min: Going down the stairs, walking 100m to the vehicles.

Start the vehicle...ahhhh no.

1-2hrs: Maybe, an hour to start up, if you are lucky.

I am quickly going to the smelly to throw ice into the smelter, should take 30 minutes.

...ahhhh no.

10 min: Getting dressed.

10 min: Walk to smelly.

30-100min: Throwing snow and checking the pump systems and filters.

10min: Walk to base.

We will quickly repair heater tape fault, should take 5 hours,

...ahhhh no.

Took 2-3 days, then broke again and took the whole night.



Then you throw all your daily duties, weekly duties, monthly duties, fatal faults, cooking, cleaning together and it takes up a big chunk out of your week. If you get a few hours a day for yourself....you aint working GARFIELD.

Time – where has it gone? We are more than halfway through our expedition, and what we have learnt is that SANAE is far from a holiday. You might work more than you thought and you might even sleep less due to the strange sun patterns and extreme storms that rock the socks right off your feet, but it is still a once in a lifetime adventure.

And if they asked me to do this again, I would gladly say yes if you make Time stand still, so that I can complete all those projects I brought with me to Antarctica.

“Difficulties are just things to overcome, after all.” Ernest Shackelton

*Time is at once the most valuable
and the most perishable of all
our possessions.*

- John Randolph



Birthdays ««

by Kgmotso

Thank you, God, for giving me another year of life.

Thank you for all the people who remembered me by sending cards, and letters and good wishes.

Thank you for all the experience of this past year; for times of success which will always be happy memories, for times of failure which reminded me of my own weakness and of my need for you, for times of joy when the sun was shining,

for times of sadness which drove me to you.

Forgive me for the hours I wasted, for the chances I failed to take, for the opportunities I missed this past year.

Help me in the days ahead to make this the best year yet, and through it to bring good credit to myself, happiness and pride to my loved ones, and joy to you.

June House Mix ««

by Karabo

I've recently discovered how much time I have on my hands and decided to get a new hobby. Since house music is one of my favorite genres of music, I've put my music skills to the test and compiled a mix tape of the hottest current house jams.

The mix comprises of Brazilian and African feelings* with tech, soulful and jazzy house grooves. The tunes take you on a classical-afro-deep-tech journey which create a warm and soulful ambiance, featuring productions from the likes of Rocco, Tony Loreto, Black Coffee and Abicah Souls to mention a few.

Safe to say my room is a penthouse of relaxation and I can chill in my room and have a drink.

*Note from the editor: don't worry folks, we dunno what this means either.



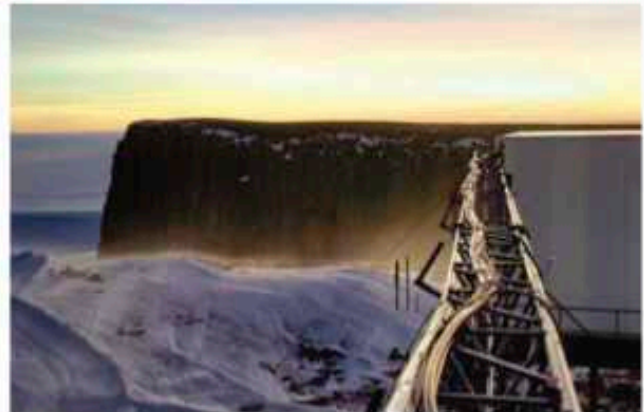
Louie Vega and Black Coffee

Lolly Line Oepsie ««

by *Whann*

In the beginning of the month we had some problems with our outlet water line that takes the cleaned sewage water from the base over the cliff. On the west side corner of the heli deck we have a bridge to the satellite dome. On this bridge we have the waste water line, main diesel line from the diesel bunkers and a lot of wiring (including for internet).

This line is insulated with heater tape all the way, covered with polystyrene tubes and sheet metal covers.



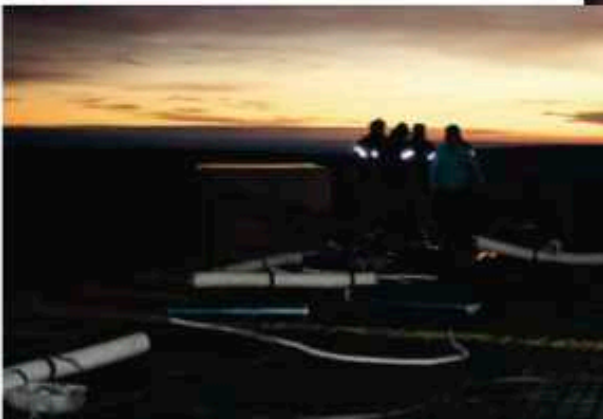
In the beginning there was a long storm with very high wind speeds, so it was not possible to go outside and see what the problem might be. This meant that we could not shower for 3 days until the wind calmed down and the problem could be sorted out. That sucked.

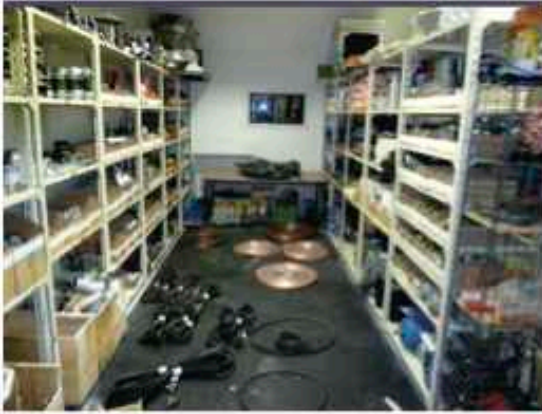
When it was possible to go outside, KG diagnosed that we had a break in the heater tape. Philip and KG then went on to carefully test sections of heater tape and concluded that, luckily, only the part of the line on the heli-deck was affected.

To solve the problem, we had to strip all of the insulation

off and inspect the line. We found that the entire line of tape was burned, no wonder it was not working! After replacing the two damaged heater tapes and refitting all the insulation, we tested it and everything was working great. This all in all took about 6 days. Six days of no showering.

Once everything was finally tested, we could shower again. Oh... so that was the smell that was hanging around in the base... Good riddance or so we thought. Stay tuned for the next episode.





Stocktaking Madness ««

by Pieter

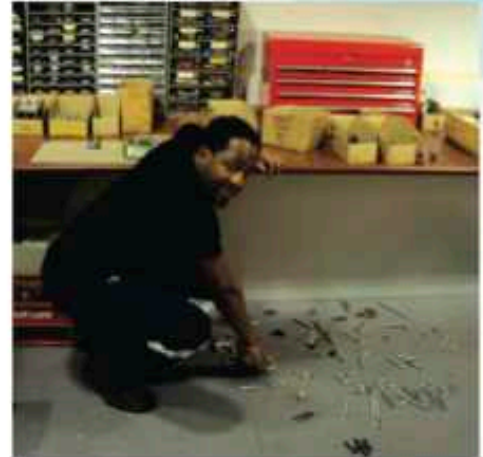
Wel die maande het baie vinniger verby ge gaan as wat ons almal besef het . So breek die tyd aan van die tel van die voorraad en die bestel vir die materiaal vir die volgende span - ons wil nie he die volgende jaar span moet sukkel nie. Dit kan ons net voor kom deur net ons deel te doen wat van ons verwag word.

Almal het besluit: reg is reg en orde sal daar kom. So het almal ingespring en die stoorkamers netjies soort by soort gepak.

Dok Robert was die eerste man wat in gespring het om orde te kry in die mediese stoor, toe die vrieskas. Dit was 'n stryd, en hy is amper vas gevries daar binne. Die volgende oomblik het die bokse uit die droe ransoen stoor uit gevlieg soos die man deur die stoor getrek het om orde te skep.

Adam was die volgende en die hoop skrot het net meer en meer geword tot die hele gang geblok was en niemand kon deur loop nie . Hy het die rakke en laaie reg gepak. Toe vra hy vir my om vir die radio stoor 'n kabelrol-rak te maak. Ek het aan sy wens voldoen en nou is sy stoor weer agter mekaar, skoon en netjies.

Toe stop dit ook nie daar nie en die volgende oomblik is dit net saagsels en stuke hout wat vlieg en wie is die een wat so tekere gaan in die skrynwerker stoor? Niemand anders as Adam en hy trek soos 'n warrelwind deur die stoor en skep so netheid en orde in die vertrek. Dis toe ook nie waar dit stop nie - Craig spring in die rakke, pak alles reg en skryf die voorraad op .

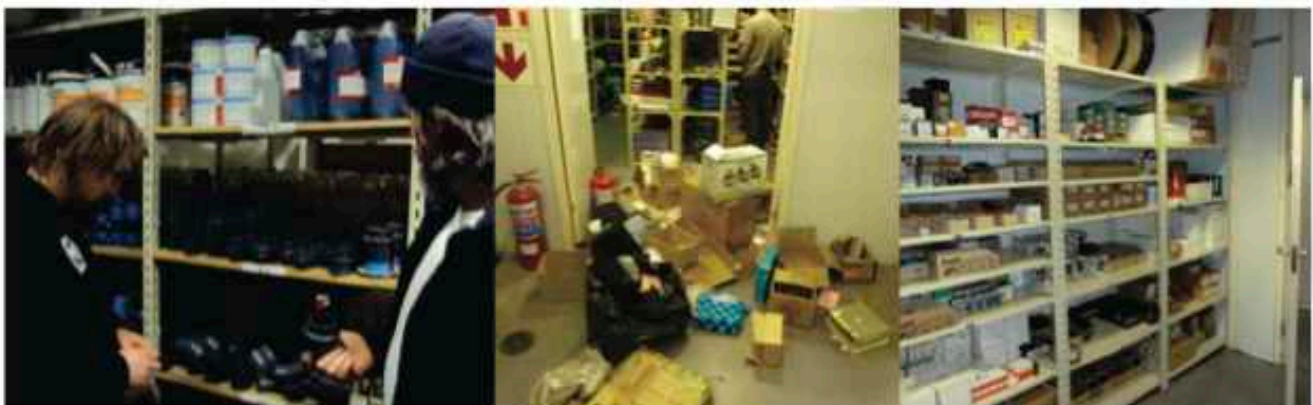


Ek stap in die elektriese ingenieurs werkwinkel en kantoor in. Alles le die vloere vol, met geen plek vir 'n muis om te loop nie. Daar vind ek vir Kgomotso besig om rakke skoon te maak en alles in orde te kry. Die arme man hardloop tussen sy ander werk en die groot taak in die elektriese ingenieurs kantoor rond om alles reg en in orde te kry.

So vat Wihann vlam en met Philip aan sy sy trek hulle deur die diesel meganiese kantoor in die loodgieter stoor, toe deur die elektries & hardeware stoor. Dis net lee bokse en skrot wat uit vlieg by die deure. Die twee manne is hard aan die werk met die taak. Gelukkig het Wihann die Cat stoor al reeds vroër reg gekry .

Ek is in die ADE stoor in en die proses is die selfde as in al die ander store: skoon maak en regpak en die neerskryf van die materiaal op die rakke.

Ek kan net van myself af se dankie vir almal se harde werk – die eindproduk gaan die netjiese basis in Antarktika wees! Dis tops manne hou so aan!



Weather Stats:

	May	June
Temperature		
Minimum:	-34.2°C	-28.6°C
Average:	-20.4°C	-18.8°C
Maximum:	-11.0°C	-10.0°C

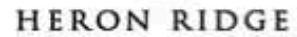
	May	June
Pressure		
Minimum:	859.6 hPa	880.2 hPa
Average:	882.1 hPa	893.4 hPa
Maximum:	900.3 hPa	911.1 hPa

	May	June
Humidity		
Minimum:	23%	25%
Average:	72%	69%
Maximum:	91%	92%

	May	June
Wind Gust		
Maximum:	140 km/h	167 km/h

	May	June
Average Daytime Length:		
June:	0 hour 0 min	

Stats & Sponsors ‹‹



Special Thanks to:
A. Zięba
G. Moriss



Photo of the Month: See Above
Taken by Adam

Quote of the month:
“Lets drink a beer while we decide what to drink” - Whann to Phillip

Movie of the month:
Iron Man

Song of the month:
Life Design - Parlotones



MEERLUST

