



Newsletter #7
July 2013

SANAE52

»» Morning has broken...

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First Sunrise ««

by Rob

The US Naval Observatory in Washington, DC has some fascinating and very useful information available to anyone interested in what's going on in space – visit http://aa.usno.navy.mil/data/docs/RS_OneYear.php, enter your GPS co-ordinates and print the table of what the heavenly bodies you are interested in will be doing for the next 1000 years!

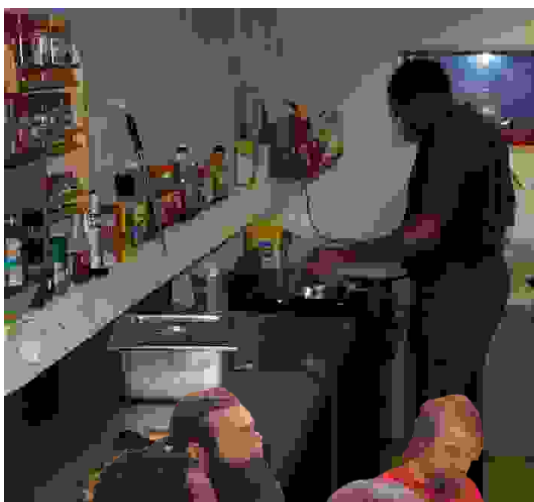
We here at SANAE are most interested in sun and moon rise/set times, partly to identify the best times for aurora and sunset viewing, but also to determine when we'll see the sun for the last and first time at either end of the 2½ months of winter darkness.



According to the USNO's predictions, our last sunset was on the 15th of May, and our 1st sunrise will be on 27 July. The prediction for the 15th of May was spot on, and we celebrated with a few bottles of champagne and some memorable photos and antics on the helideck (see May issue).

True to form the predictions turned out to be reliable for the 27th of July as well, and what a day we had in celebration! The tension and excitement was slowly building during the last week leading up to the sun's 1st appearance, and who could blame us? Nearly 3 months without seeing the sun will have anyone clamouring for a bit of UV exposure.

Even though the sun was clearly visible above the horizon, the freezing cold and gusting wind kept most of the team inside, with only a quick excursion out on the helideck for a photo or two by a brave and intrepid few!



All of this was preceded by a grand and unforgettable brunch – each team member contributed a dish, and the result was an epic event from which we needed at least a few days to digest and recover.

My feeling is that S52 withstood the onslaught of winter depression and sun depravation remarkably well. We're all taking Vit D supplements, eating healthy and staying active in the gym, and I think that's gone a very long way in preventing the dreaded SAD (Seasonable Affective Disorder). We however welcome the appearance of the sun above our horizon with glad hearts, taking it as a sign that the worst of the winter cold and darkness lies behind us.





Austral Tri- Island Walkoff ««

by Wihann

This month we had a walk-off. A race! Yippee!! We've been waiting for this a long time.

Marion Island invited us to this walk-off that's been going on for years. So it's tradition. On Sunday 28 July we set of to race. They said it should be fun, but we just had to win. Losing is not an option for us at SANAE. Luckily most of us are in the gym everyday, so we where some sort of fit. If you want to call that fit. We where sweating and searching for breath after each person was finished.

We where given two hours to see who can walk the furthest. Eight people where supposed to do 15 minutes each, but we were one person short, so someone in our group had to go again, so I stepped up to the challenge. I said I would go again if I can go slower than the first time. I'm sort of competitive, so I just had to do better and tried to beat my own personal best, and I did it.

We went in the order Kgomotso, Pieter, Karabo, Rob, Me, Philip, Adam, with his loooooong legs, and then me again. We thought that we had to make the treadmill track longer for Adam because he would step off the back of the thing. Every 4 steps the rest of us would take, he would take one.

Unfortunately, we did not manage the distance needed to be crowned the best treadmill walkers in the world. We came

second. Marion won at their own game with 16.56kms, we got 16.0kms and Gough got 12.0kms. The German base Neumayer also joined the race and got 16.3kms. Thanks guys and girls. Marion is lucky that our treadmill comes from the second world war and doesn't do decimals. Until next time Marion Island,



Phillip and Karabo sweating it out

The German Team at Neumayer

The Team at Marion Island



It's on!!!



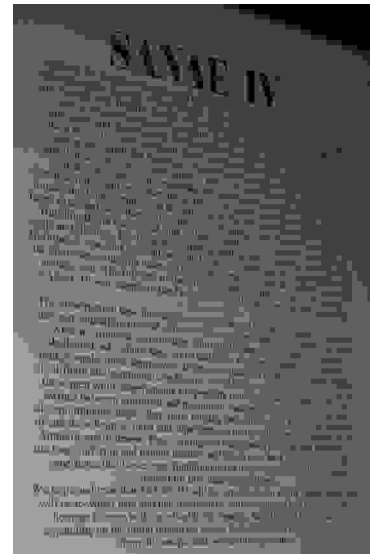
Past & Present ««

by Philip

SANAE IV has been with us for quite a while - with SANAE 37 being the first team to inhabit it over Winter in 1998.

Even before then, South Africans have ventured and lived on the snowy continent in three previous bases.

The South African National Antarctic Expedition has come a long way since 1960, however each team is still remembered together with some of the equipment and items that they have left behind.



One of the major improvements over time, has been our technology - and I am not just talking about the progression from black-and-white to colour photography.

The vehicles (both on land and at sea) have greatly improved. Where a group of Huskies could pull a sled of around 500kg, 1 Challenger can pull more than 50 tons. Thankfully, we never needed to visit Antarctica in a wooden ship such as Shackleton and Scott.



Past & Present ««

Now it is the year 2013, and everything new is already old - though SANA E IV is still in good condition after more than 15 years, the time has come for a few the following years and we are all

improvements. These improvements are scheduled for a bit jealous of our successors, SANA E 53 and onwards.



Hobbies at SANA E ««

by Kg motso

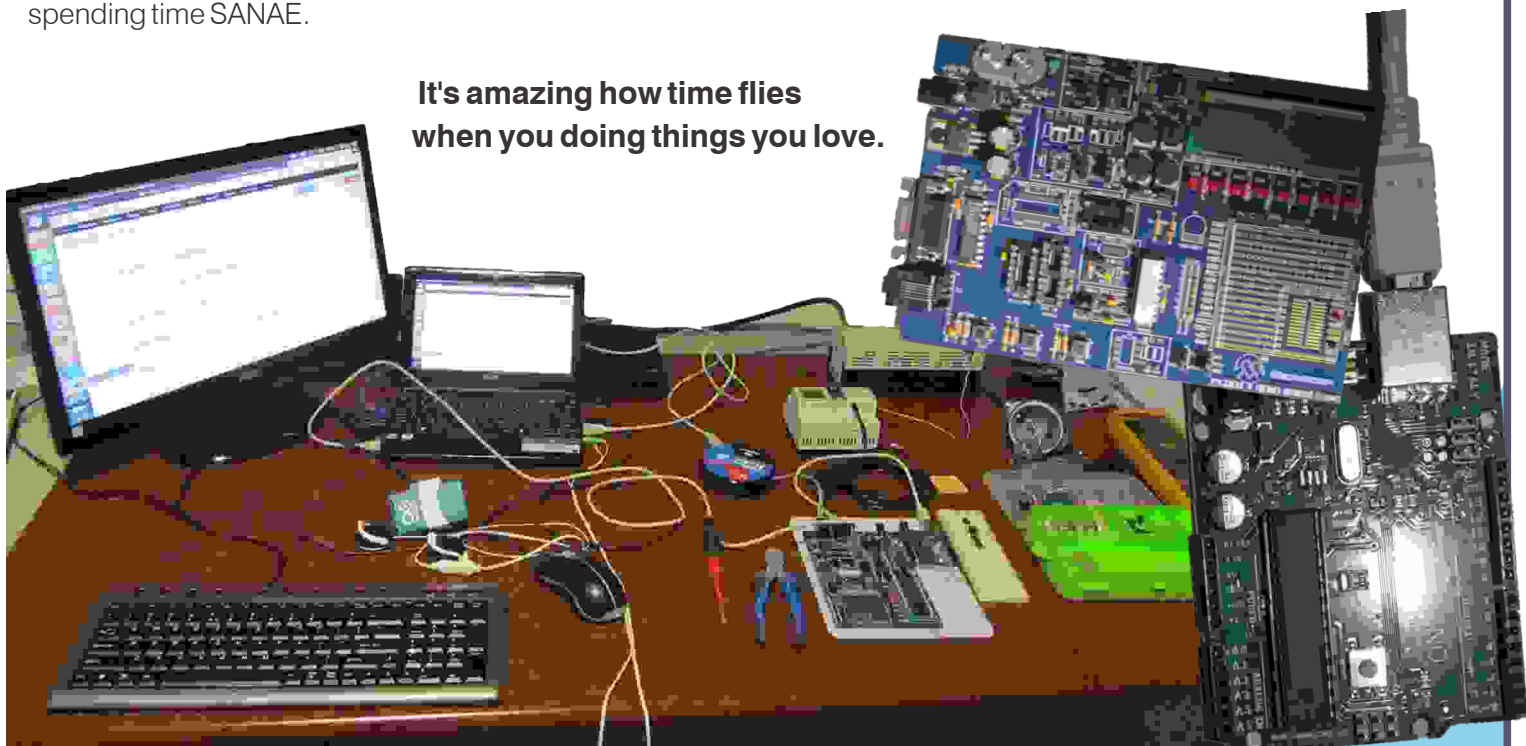
Some of you may be wondering what we get up to during our spare my spare time. Well, there are quite a lot of things you can do at SANA E to keep busy.

If you are a hobbyist of electronics and programming of microcontrollers like ATMEGA and PIC's, then we have development boards like ARDUINO UNO and ICD3 to keep you busy. Having these development boards is great for me to brush up on my old and rusty skills. I really

got excited with ARDUINO UNO. It makes development and prototyping extremely easy.

There's so many exciting things one can do with ARDUINO. For example with this development you could write a programme to replace the PLC, I/O expansion device at the smelly, all on a single board. For me, it is super way of spending time SANA E.

**It's amazing how time flies
when you doing things you love.**



Camera Hacks ««

by Adam

As we have become more obsessed with getting the perfect photo, we have modified our cameras to better suit our needs. Some alterations are more neat and professional looking than others. Here is a list of the things which we have done:

1. Pieter helped Rob to machine his tripod so that the battery can be removed while the camera is mounted. This is very useful for extended stays outside. A cold battery needs to be heated in one's glove or pocket to restore the charge.

3. Duct tape can be used to keep the eye piece (not lens cap) cover from being lost. The cover is recommended to reduce noise during long exposure photography. There are mountains of duct tape on base.

2. Epoxy stuck onto buttons in blobs effectively raises the button making it easier to press while wearing gloves.

5. Canon DSLR Camera battery flap open assist, you guessed it, made of duct tape.

4. Duct tape combined with Prestik can be used to ensure that cheap wobbly kit lenses are kept at infinity focus*. It is also a good weather proofing material, but the application is not very pretty.

6. Magic Lantern is a great firmware hack for Canon DSLR cameras. It enables many features. The ones which are used most are the intervalometer, enhanced bracketing, ISO, auto ETTR and *infinity focus.

Magic Lantern:

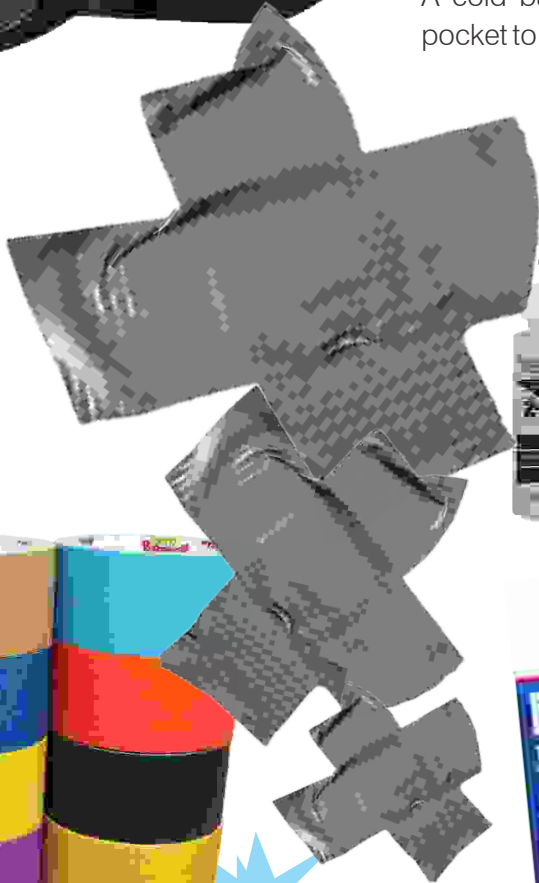
http://magiclantern.wikia.com/wiki/50D#Feature_Comparison

Nightly Builds :

<http://www.magiclantern.fm/forum/index.php?topic=3072.25>

Auto Infinity Focus Script:

<http://www.magiclantern.fm/forum/index.php?topic=4742.0>



Camera Hacks «

7. Some Pentax and Canon cameras make use of a 2.5mm stereo jack for the remote trigger. A DIY version is dead simple to make.

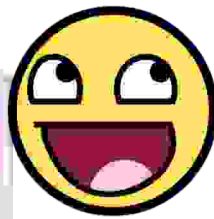
There is not really much point in reproducing an instructional on the web, so see the links below. If you have a Nikon or other brand, the plug may be very specialised, meaning that it is probably easier to buy a trigger release than to try to find the plug. Regardless, these things are pretty cheap for a real one, so I'd suggest getting your hands on one while in ZA.

http://www.diyphotography.net/release_cable_for_canon_dslr

http://www.hiviz.com/kits/instructions/rsr_inst.htm

www.doc-diy.net/photo/eos_wired_remote/

8. There is quite a bit of wind just waiting to ruin that perfect shot. To counteract this some of us use a setup with an ice screw and a ratchet to secure our tripod to the planet, mostly negating the wind problem.



Have a LOL «

by Craig

In SANAE it can become a bit serious sometimes, maybe it's just work, or maybe it is something that froze over or something that burst, but sometimes you just have to take a step back and have a laugh. Here are some of the jokes I recently received that gave me a good laugh. Enjoy.

A senior citizen in Florida bought a brand new Mercedes convertible. He took off down the road, flooring it to 80 mph and enjoying the wind blowing through what little hair he had left on his head. "This is great," he thought as he roared down I-75. He pushed the pedal to the metal even more. Then he looked in his rear view mirror and saw a highway patrol trooper behind him, blue lights flashing and siren blaring. "I can get away from him with no problem," thought the man, and he tromped it some more and flew down the road at over 100 mph. Then 110, 120 mph.

Then he thought, "What am I doing? I'm too old for this kind of thing." He pulled over to the side of the road and waited for the trooper to catch up with him. The trooper pulled in behind the Mercedes and walked up to the man. "Sir," he said, looking at his watch. "My shift ends in 30 minutes, and today is Friday. If you can give me a reason why you were speeding that I've never heard before, I'll let you go."

The man looked at the trooper and said, "Years ago, my wife ran off with a Florida state trooper, and I thought you were bringing her back."

The trooper replied, "Sir, have a nice day."



And saving the best for last, as explained by Cliff Clavin, of Cheers. One afternoon at Cheers, Cliff Clavin was explaining the Buffalo Theory to his buddy Norm. Here's how it went:

"Well ya see, Norm, it's like this... A herd of buffalo can only move as fast as the slowest buffalo. And when the herd is hunted, it is the slowest and weakest ones at the back that are killed first. This natural selection is good for the herd as a whole, because the general speed and health of the whole group keeps improving by the regular killing of the weakest members. In much the same way, the human brain can only operate as fast as the slowest brain cells. Excessive intake of alcohol, as we know, kills brain cells. But naturally, it attacks the slowest and weakest brain cells first. In this way, regular consumption of beer eliminates the weaker brain cells, making the brain a faster and more efficient machine. That's why you always feel smarter after a few beers."

Zombie Birthday ««

by Grethe

Safe to say that the whole team has been suffering from some massive T3, because in the month of July, the base turned into a zombie apocalypse zone, where people aimlessly wonder round forgetting why they went there, wondering what the dirty dishes are doing in the microwave and never knowing what day it is. From this sprouted the dreaded happening.

Dare we even speak of it, it was unthinkable, but it happened. No-one realized it was Craig's birthday until the very last moment. Luckily zombie Craig was also so chilled that it didn't faze him too much, but the rest of the zombies all felt quite bad and sprung to work to make him some nice presents and of course a lovely cake – lemon poppy seed, one of his favourites.



We all sang a song and he blew out his candles, and all was well again. Mmmmm...cake...makes everything better, it's even better than brains. And so the zombies lived happily ever after wondering around aimlessly in a building somewhere in Antarctica. Well, we do still have to burry some zombies in ice and mummify them in alcohol, four zombies if I remember correctly, but luckily the weather has not been too hospitable and they have managed to live another day, lolz.

Happy Birthday Craig and may there be many, many more!



Fashion Update ««

by Karabo

The worst thing that can happen to you when you get home from SANA is realizing how out of style you are. You are first going to feel it in Cape Town, cos the people there are very stylish and will make you look and feel like a homeless person. I'm from Pretoria and I thought we can dress up, I couldn't help but feel like I'd met my match when I landed in Cape Town. I had to up my game, and help anybody who is interested in looking their best for

any occasion.

I've compiled a couple of pictures of myself wearing items that are stylish and effortless, that will help you look and feel great. First and most important rule of picking clothes, never compromise on clothing cut, you may buy the most beautiful item of clothing in any store, but if it doesn't fit your body right, then you might as well have worn a plastic bag. Its 2013, baggy pants where hot in 1996, slim or tailored chinos, jeans or whatever will be the key to making you look slimmer, taller and looking great, not too tight though. Good thing is that these days you don't even have to go to a professional tailor to get that, most clothing stores have tailored cuts.

- ☑ **Color combination is very important.**
- ☑ **Never be shy to experiment, spring is coming in soon and although color blocking is out, throwing in a little color in summer is always great.**
- ☑ **Always invest in a good bottle of cologne for summer, the way you smell is almost as important as how you look.**
- ☑ **If you are younger and are into a more casual or hip hop look, Gold is Back and its back with a bang, gold chains, gold watch, gold ring is the ultimate accessory at the moment, so go crazy with it, retro look is in.**

Internet at SANAE ««

by Pieter

Internet aan die onderkant van die wereld! SANAE IV is seker een van die mees geïsoleerde plekke op aarde, maar ons het 'n konstante en ononderbreke satellietkonneksie met die res van die wereld. Dis absoluut ongelooflik as mens net 'n oomblik neem om daaraan te dink, veral as nog 'n winterstorm buite woed hier waar ons die mees ekstreme weer op die planeet ervaar!



Almal wil iets af laai of iets stuur. Dan wil ek nie eers praat van inligting wat bekom moet word vir werk, asook data versameling en versending nie. So het elke persoon sy eie belange op die internet. Dis ook, in die geval, ons enigste manier om met die buite wêreld te kommunikeer. Dit sluit ook nie eers die internet wat ons gebruik vir vermaaklikheid en afleiding in nie. Dan is daar die wetenskaplike toerusting wat ook nog op die internet leun sodat belangrike data afgelaai kan word na die instansies wat dit nodig het.



Die internet het nou noodsaaklik geword vir kommunikasie, en is nie meer net 'n voorreg of luuksheid nie. Dit is ongelooflik hoe die internet oor 'n kort tyd so groot en veelsydig geword het, tot 'n mate dat dit selfs 'n mens se lewenstyl beïnvloed.

Ek kyk na ons probleme hier in die Suidpunt van die aardbol en die mense hier in Antarktika spook vir 'n stukkie van die koek. Daar is net die Iridium sateliet en almal moet klaarkom met hulle stukkie bandwydte. Soos ek met almal praat is daar baie verskillende gevoelens oor die netwerk en die internet.

Ek het met verskeie spanlede gesels oor hulle opinie om die internet vir almal te verbeter, en ons stem almal saam oor ten minste een benadering: 'n Verantwoordelike benutting van hierdie kosbare en beperkte hulpbron is baie belangrik, en die enigste pad vorentoe is vir almal om prioriteite te stel tussen noodsaaklike werk en vermaaklikheid.

Almal is darem bly dat ons internet het, al is dit stadig, want daarsonder sou ons nie kon funksioneer nie. As jy in ag neem waar ons is en hoe ver ons weg is van die samelewing, dan is elke stukkie internet kosbaar. Dus bedank ons wel almal wat betrokke is vir hulle bystand en ondersteuning in die saak, want sonder hulle sou alles geheel en al tot stilstand gekom het. Baie dankie, dit sluit jou in Adam!



Weather Stats for July:

Temperature

Minimum: -33.6 °C (on 14/07)

Average: -23.1 °C

Maximum: -10.4 °C (on 08/07)

Pressure

Minimum: 861.1 hPa (on 08/07)

Average: 881.2 hPa

Maximum: 893.2 hPa (on 09/07)

Humidity

Minimum: 20% (on 10/07)

Average: 65%

Maximum: 91% (on 08/07)

Wind Gust

Maximum: 154 km/h (on 08/07)

Average Daytime Length:

0 hour 17 min

Stats & Sponsors ««



HERON RIDGE



Special Thanks to:

A. Zięba
G. Moriss



MEERLUST

Photo of the Month: See Above
Taken by Rob

Quote of the month:
Wanted, Dead or Alive - Bon Jovi

Movie of the month:
Bourne Identity

Song of the month:
the Game - Drowning Pool

