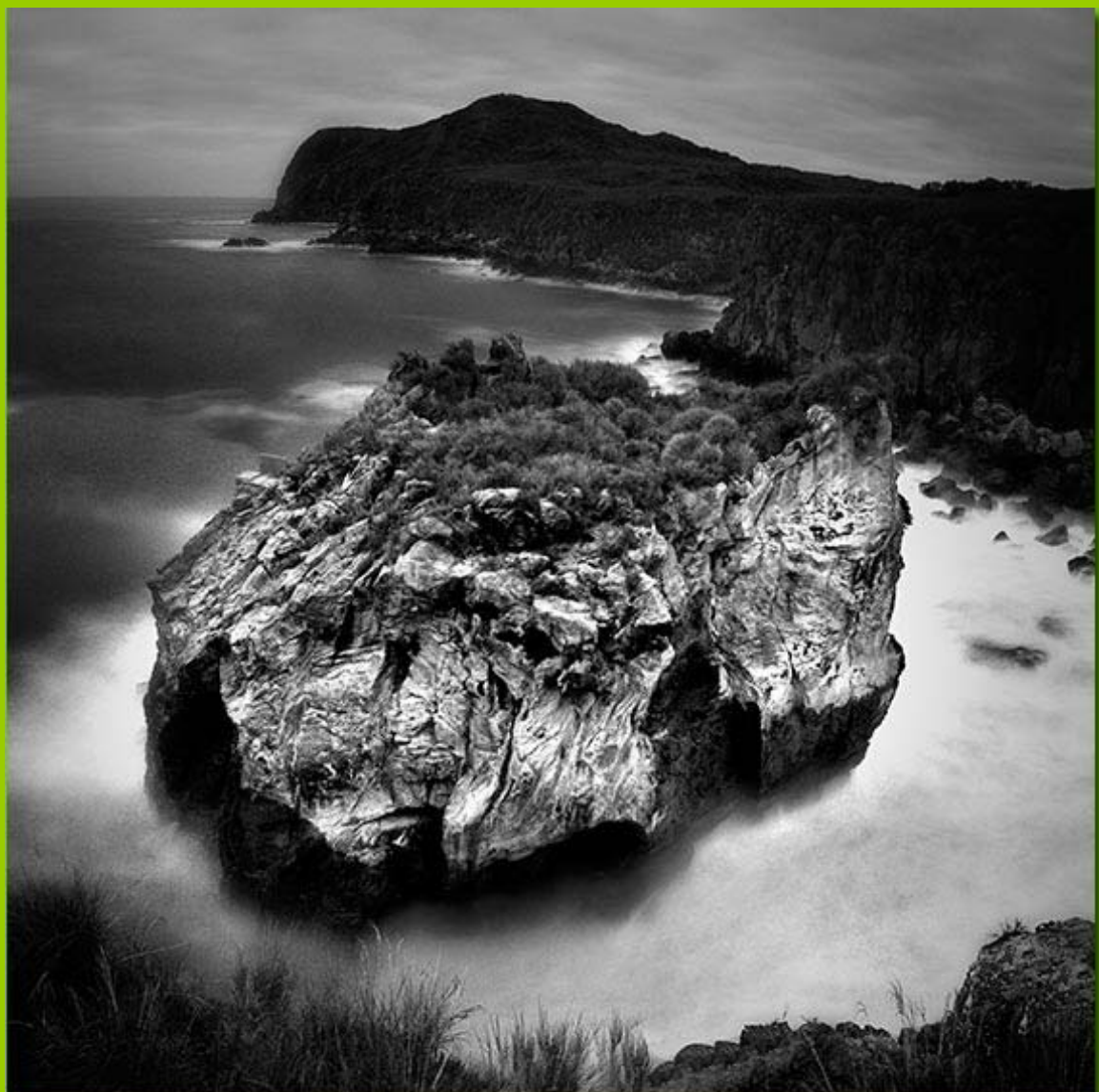




Gough Bunting

April 2009



Welcome to our Monthly Newsletter...

This is a Journey... Enjoy the Read...



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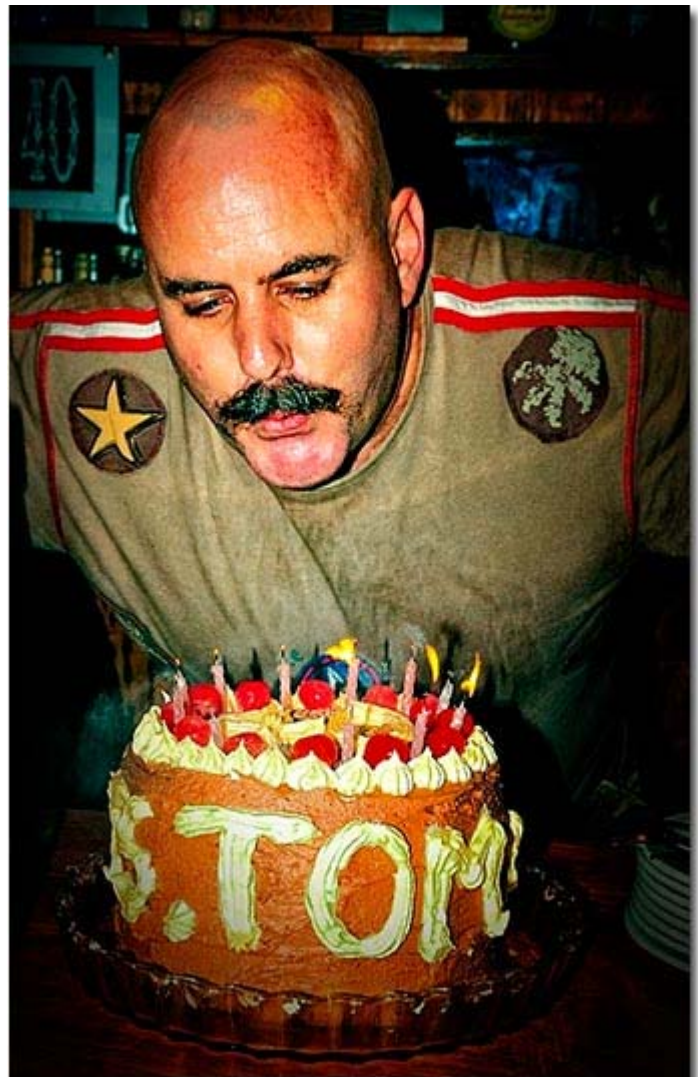
Bits and Pieces...

Hello and welcome to our 7th edition of the Bunting.

I was thinking this morning when I woke to a national holiday, and after logging on to the internet not seeing the familiar yellow dots which announce my family and friends are well and online how much this medium actually means to us. Suddenly I felt lonely, for not being able to see other people online reminded me of the emptiness one experience when you wait for an 'unwritten letter!' As a young boy my dad stopped once a week at the post office, and I ran to unlock the post box and collect the mail. That filled me with excitement, to think that some of the items made their way from another province all the way to the right address. As most of you know by now I've been working in quite a few countries, but all who has done this since the electronic era will admit laughingly that the first thing after introducing yourself is to find out where the bathrooms are, and secondly where you can find the IT personnel to set up your laptop for communication purposes. Where will we be in this modern world without the internet, isn't this remarkable to think that one can do literally almost all your communication online, listen to your favorite radio station on the 'streaming' device and load and sent photos, watch movies, even for some using a webcam to see your loved ones thousands of kilometers away!

I turned 40 the 5th of April this year, and all of you that past that milestone will be one with me when I quote 'uncle Koos Booyens' back in 1981 when he told both his son and myself that life begins at 40! Who am I to argue, he most certainly has a point, for I think that a man is more or less grown around the 40's! Oops, hope I did not step on any toes! However, my team surprised me with a very nicely decorated Bar and lounge area, and yes you're guessed right, it was a fisherman's theme!

So I was standing the other day, thinking of what do I miss most back home. Of course my two kids, Nicoléne my daughter and Chris my son, my dad Chris and mom Miemie and





Sister Wilma. Then there are friends and other family, all important but too many to mention. I'm a blessed man, and use this very opportunity to thank them for their assistance and love. It took me a while, but I learned quite a lot about family value the hard way round. To try and justify myself I would say it doesn't matter how you learn, weather the hard way round through faults and life experience or straight forward, as long as one do learn. I do miss my family the most of all, and I am looking so much forward to spent Christmas 2009 with them!

Then I turned round to the kitchen, free food till October!

We have our official cooking days where we make turns to cook for each other. Rupert has made it his business to take us on a round the world tour with the most exotic tastes, bravo for a successful achievement bearing in mind that we have a limited amount of spice and rations on hand, Tumi has his days of hot meals and by that I don't mean warm, I meat chili hot! Dries and Chantal cook in a team and they have their moments of various baking skills and also a love for curry meals. Paul and Henk are best known for their barbeque and traditional mutton or oxtail pot on the coals and Vince and I are known for 'granny's kitchen. Vincent love to treat us every now and then with his special pancakes and I do love the traditional 'Vetkoek' with a mince filling. A nice variety of a skillful team! Must say, if I were the judge Paul would be my chef of choice!

Back to the kitchen, today was a 'free for all' and I made a delicious pizza, enough for all eight of us. We will miss this place and each other but for now there is still the winter to conquer. May our last five months be an unforgettably pleasant experience! Go G54!!!

By Tom Mc Sherry...





Message by George Carlin (comedian of the 70's and 80's):

"The paradox of our time in history is that we have taller buildings but shorter tempers, wider Freeways, but narrower viewpoints. We spend more, but have less, we buy more, but enjoy less. We have bigger houses and smaller families, more conveniences, but less time. We have more degrees but less sense, more knowledge, but less judgment, more experts, yet more problems, more medicine, but less wellness.

We drink too much, smoke too much, spend too recklessly, laugh too little, drive too fast, get too angry, stay up too late, get up too tired, read too little, watch TV too much, and pray too seldom.

We have multiplied our possessions, but reduced our values. We talk too much, love too seldom, and hate too often.

We've learned how to make a living, but not a life. We've added years to life not life to years. We've been all the way to the moon and back, but have trouble crossing the street to meet a new neighbour. We conquered outer space but not inner space. We've done larger things, but not better things.

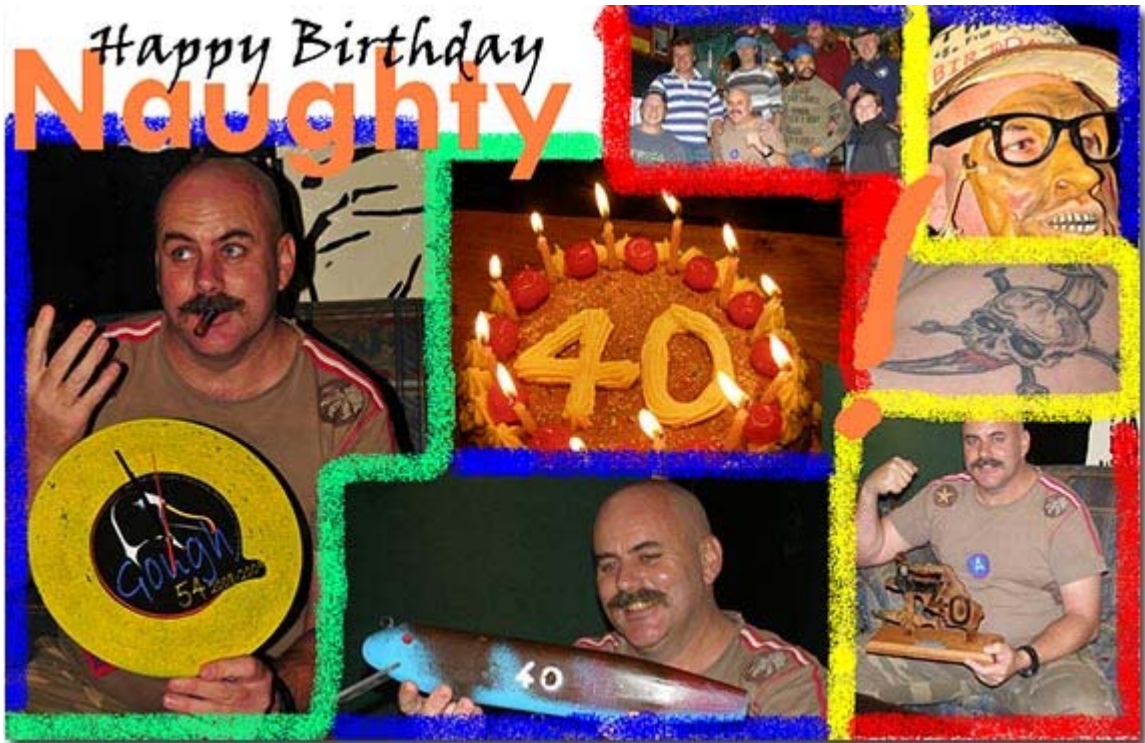
We've cleaned up the air, but polluted the soul. We've conquered the atom, but not our prejudice. We write more, but learn less. We plan more, but accomplish less. We've learned to rush, but not to wait. We build more computers to hold more information, to produce more copies than ever, but we communicate less and less.

These are the times of fast foods and slow digestion, big men and small character, steep profits and shallow relationships. These are the days of two incomes but more divorce, fancier houses, but broken homes. These are days of quick trips, disposable diapers, throwaway morality, one night stands, overweight bodies, and pills that do everything from cheer, to quiet, to kill. It is a time when there is much in the showroom window and nothing in the stockroom."

JUST ALWAYS REMEMBER:

Life is not measured by the number of breaths we take, but by the moments that take our breath away.

by Paul Visser....



by Paul Visser...



We Have Outperformed Our Fiercest Competitors.....YET

Well during the beginning or middle of the year I wrote about our goals and endeavours at Gough Island. More importantly concentrating in keeping our physique unique, I have realised as the topic of this piece states "we have outperformed our fiercest competitors...Yet". Since not only have we maintained a fierce and robust exercise regime, which not only works beautifully but makes us healthier. To add to our free weights we have in our gym we have taken a cardiovascular exercise routine known as "TAEBO"...Oh yeah! We Taebo like there's no tomorrow on this Island further illustrating how we have outperformed others who came here before us. How can I tell that we have outperformed them you ask? Upon our arrival the gym was only a gym by name because loose weights laid there and here, but now I assure you that when you walk into our gym there is clear evidence that its in regular use and those using it have an idea of what they are doing, not only that but the results are visible at least on some of us.

Now to move back to our new exercise routine Billy Blank's Taebo, back at varsity I used to think of it as a girly exercise regime. Well if only I knew back then I would be in possession of ripple core and a tight butt. The short period we have taken the regime has yielded such impressive results that even Henky boy decided to take a break from it.

Since he fears that his impressive body is now going too far, he believes that he must not let it get out of control since it will affect others negatively (they will be jealous). Well I personally believe that this regime is beating the living daylights out of him and he can't handle it, just ask Vince he only did it once and he was out. I have a strong believe that we have set high standards with regard to health at this Island...Oh no! better yet at all the Islands. I have seen pictures of people returning from SANAE, Marion and this Island, besides their weird Bin Laden like beards of which I now have, most of them are unable to see their own toes and if you ask me that is sad man! Many back home feared I would return looking like a pair of Pirelli tyres, well they should not worry we have taken exercise to the next level...I say again at least some of us. Others are just aspiring to look round as a ball.

Now I dare any team coming after us to top this, better yet take up your own exercise regime back home and attempt to topple us from our spot. Oh hopefully this piece will encourage our employer to purchase a multi exercise gym for the islands as I find many people find it easier if



one is present...lets promote healthy living. More importantly on the Islands.

Now I would also like to congratulate South Africans for casting their votes on our behalf on the 22 of April. Although some of us would have loved to have had a different outcome to the vote results, we are still proud. Proud that "we have outperformed our fiercest competitors yet" not only in Africa but across the world. As we have proven that we can uphold democratic ideals and exercise them accordingly. Now that the blame games, cabinet selection and presidential choice are covered its now time to improve peoples life.

The real striking issues such as growing unemployment rate which is at 23,5, our economies inability to absorb not only matriculants but also graduates, lack of proper housing , deficient health services and most importantly inefficient and ineffective public services and servants. Will be attended to urgently by the incoming government, if the above are considered I believe that there will never be any competitors now or in future. Oh if you are wondering yes I borrowed my title from the BMW 3 series add sue me!.....

by *Itumeleng Lefakane*



1,2,3,4....



SPORTS ON GOUGH

2009 Regatta was held at Seal beach on Sunday 19 April. First Place was taken by team Albatross.



by Vincent Rademeyer...



Gough Confidential...

It starts out with a scrambling in the pantry for the right pan, pot and other kitchen appliances for the evenings cooking. This pan is too big, that pot's base is known for burning the food and then somewhere in all of this you realise that the grater has a mind of its own as it moves around in the kitchen, only to be discovered in the most odd places.

Each Islander will be able to testify that the questions, "So what do you guys do for food?" and "Do you eat the birds?" come up in a conversation when they talk about the island. The answer to the first one is a firm "Yes" to the second question. We usually wait until right before they fledge and we skin them and remove all the fat until they are just flesh and then we cook the fat to use as candle wax. We then use the bones and some wood from the Phylica trees outside and make a little fire and then we have ourselves a lekker braai as we watch the sun set. Or well at least this is what we would have been doing if it was the year 1924 and we were a couple of sealers on the coast without any rations.



The thing is that today we have amazing technology and resources to provide us with a year's full food supply in order that we do not even feel tempted to try out a Sooty chick. It starts with a food list compiled by a dietician and then it's off to every major supermarket to purchase the goods. It gets packed on the Agulhas (research vessel) and then along with all the Islanders for that particular year, it is shipped to the island in large one and a half ton containers. Once at the island every container is flown off the ship with a chopper and placed near the kitchen and food store respectively for unloading. The frozens go into the fridges behind the kitchen and the non perish-



ables into the food store where there is more space for them. From here they are signed over to the new team and then that is their stash for the year.



I guess the question that rises in all this explaining is, "Don't you run out of items?" and "If you run out of items, do they send more down?". To the first question it is another yes answer, we do run out of items, it is only logical. Nothing lasts forever and the answer to the second question is no, the item is not replaced until the next voyage which means that the current team is on its way home, unless in special circumstances where it

was able to send items with a voyage with another ship. But generally one needs to compromise and be creative, and what place better to be creative than on an island?

So that means that people are experimenting, making dishes that boggles the mind, breads not even thinkable in normal civilization, we are talking about a classic banana bread made with banana Nesquik because there are no fresh bananas on the island; fruit smoothies with tinned fruit and berries from the field and a dash of vanilla ice-cream, the harvesting makes one feel part king Arthur's time. New experiments including curries and seafood dishes, fish recipes and strange ideas like dumping a piece of fish wrapped in damp newspaper in the fire and it coming out tender and delicious.

But generally we have all the things that we need, T-Bone steaks, cheese, chicken breast fillets, Boerewors (sausage), frozen vegetables, pastas and spices. Drinks include everything from Oros to Horlicks to filter coffee. And then each islander takes care of his/her alcohol ration for the year.

Some potato chips and sweets in the form of Jellies babies and





Quality Street chocolates along with Cadbury chocolates are issued as well. The general South African foods like “vetkoek” and mince and “potjie kos” are made and lets not forget the braai on Saturdays with a beer and good music. In some cases the exotics do feature such as lasagnes and curries and then with Rupert, every time he cooks we tour another part of the world, Portugal, Spain, Mexico... you name it.



I guess its really up to the team to make sure that russions are watched carefully and thus worked out to maintain until the end of the year, but from experience I know that things like bread and cheese as well as chicken are some of the first to go. No doubt they are the hot favourites and let me assure you, there is nothing like the taste of a chicken burger with cheese when you get back to SA ,form the island.

by Henk Louw...

Dries busy with a
spare-rib marinade.
Who needs the Spur????



Broad-Billed Prion...

The Broad Billed Prion (*Pachyptila Vit-tata*) is the largest of the four Prion species, about 27cm long a wingspan of 57-66 cm and weighing about 200grams. It has a broad flat bill with comb-like fringes called lamellae.

The species is found throughout oceans and coastal areas in the Southern Hemisphere. Its colonies can be found on Gough Island, Marion Island and on the sub-Antarctic Antipodes Island off the coast of New Zealand.



Broad-Billed Prion a.k.a
Kamikaze Pilots...

Its diet consists mainly of planktonic crustaceans, but, like other Antarctic prions, it uses its special bill to filter this food from the water. It feeds by running across the ocean surface with its bill open under water, moving its head from side to side and skimming for copepods and other small creatures, similar in principle to how baleen whales use their filter plates. The flight is heavier and slower than that of other prions, and they feed in large flocks but does not follow ships. Breeding begins on the coastal slopes of the breeding islands in July or August. The parents incubate the egg for 50 days, and then spend another 50 days raising the chick.

The main predators are skuas and on some islands, cats and rats have reduced this prion's numbers drastically, but with a population estimated to be more than 15 000 000 individuals, it is not believed to approach the thresholds for the population decline criterion of the IUCN Red List (i.e. declining more than 30% in ten years or three generations). Colonies disperse from December onwards, although some adults remain in the vicinity of the breeding islands and may visit their burrows in winter.

From personal experience we have found that these birds, although usually active on the island at night, get extremely disoriented in low visibility (rain or mist) conditions, and will often strike the base, especially if the lights are on inside the base. The strikes are rarely fatal, but it usually leaves the bird stunned, which makes it vulnerable to skua attacks. We therefore take care to close the windows and blinds during these conditions to prevent bird strikes.

Sources:

www.birdlife.org

www.britannica.com

www.wikipedia.org



A Dream...

I dreamt I was sitting on a beach at dusk; the thick pong of rotting seaweed draped sulfur over me. Heavy swell crashing sucked the gray sand from under me and I sank clawing madly into a black pit. Bloodied fingernail futility with muted screams suffocated hope as I descended hopelessly into the bleak well of my nightmare.

Kicking wild, solid underfoot, I gingerly stood and turned towards looming stratified rock.

Scrambling petrified up the first layer I thought of my parents who gave me love, stability and opportunity but most of all freedom. A parental statue of liberty always waved me towards success as I drifted towards calamity and during severe squalls of unjustifiable stupidity two bright stars defied nimbo-gloom guiding me safely every time. Colossal waves were crashing but brutal brine made no impression on granite and I felt safe and calm.

Climbing the second layer I thought of my friends. We boiled madness with copious amounts of insanity, dove into the resultant gumbo and swam for dear life. One after the other we clawed our way out of the broth and dried ourselves at the phalala-lapa-fire. We all survived with luck and doubtless Devine Intervention. I was the last to escape the soup. As I stood sodden next to fire Growing Up grabbed my eye lids from below, heaved itself up with sinewy arms and by the time its bulging bloodshot eyes were level with mine there was no aversion. It was a solid sedimentary layer of experience, the climbing was good.

At the next layer I realized that sisters were not the darkest incarnation of evil. Suddenly it was possible to have sibling conversations consisting of full sentences not involving potentially perilous blunt objects or vows of ultra violence. Excellent hand and foot holds led to a uniquely secure passage through this layer and I swung by one arm at dangerous overhangs, defiantly poking Vertigo in the eye with confidence grinning Family.

Next I came to a strange layer. An eclectic, eccentric mix of basalt brothers acquired over time by sisters saying eyedoo. It was a surreptitiously influential layer that guided me up into the glow of dawn. I had survived the drowning pool with a little help and sat on the edge peering down into the now toothless maw of my recent peril.

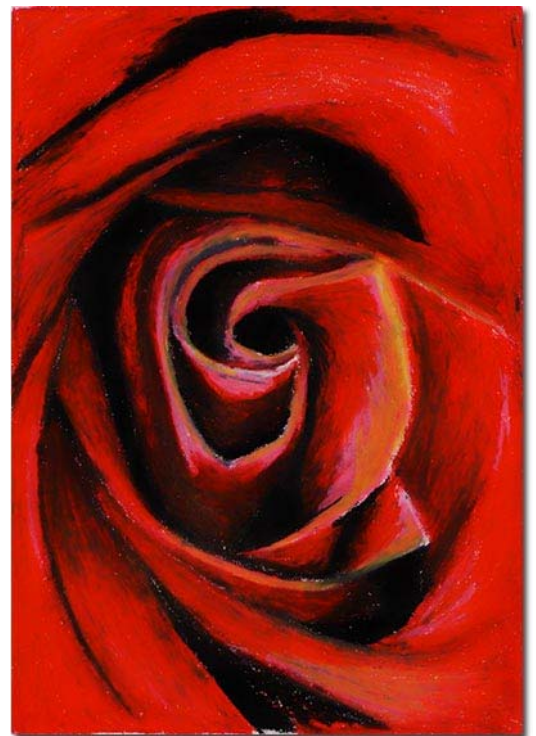
Then, as I looked up, solar fate shriveled retinas and stole equilibrium with rotting wooden cowardice. Pain covered my unsteady darkness. I reeled dangerously. Panic crept up my spine like a slow fat hairy tarantula. Directionless, confused, I was about to bolt when a woman's hand grabbed mine... and I realized mercifully... it's gonna be okay. [Dries]

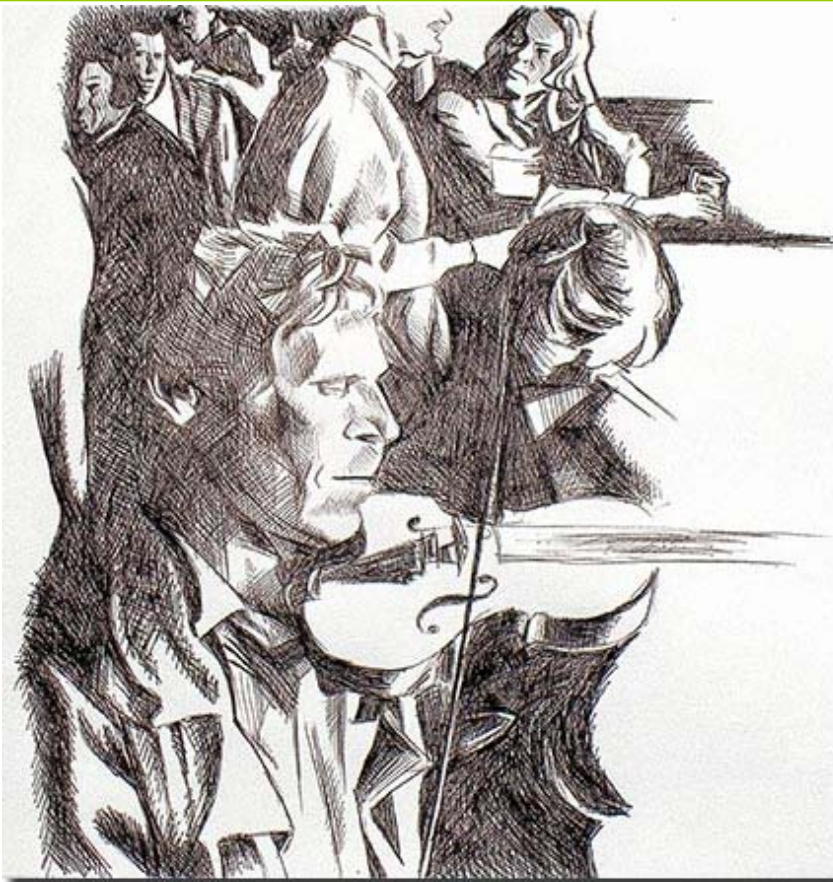


Art and Entertainment...



An exercise in colour...
by Dries...





Pen sketch...

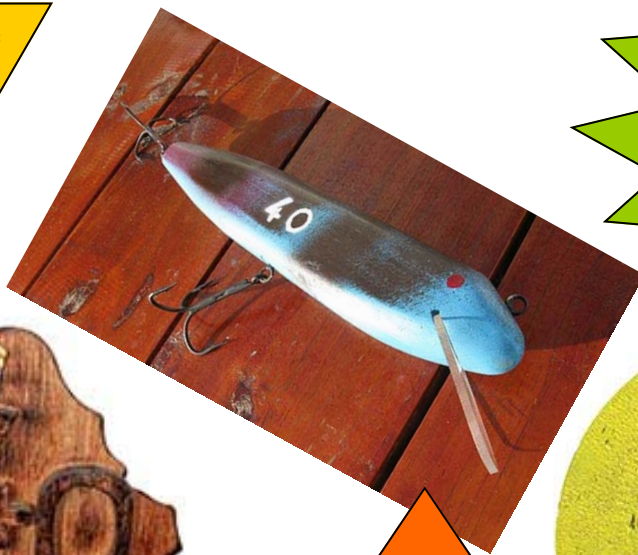
Great pen
sponsored by:



by Dries...

Present for Tom's Birthday...

Shield in honour of
Tom's 40th...
by Paul.



Wall Clock made from an
old Vinyl LP ... By Dries and
Chantal.



Model
Rapalla for Tom's
illusive Bluefish...
by Vincent.





Photo Competition...

March winning photo:



*A beautiful display of colour and flow. Photographer: Henk Louw.
This was taken in one of the many streams on the island.*

April Competition...

Please vote for your favourite photo: email: gough@sanap.ac.za

Phone: 021 405 9470

Fax: 021 405 9474

Visit our websites for more information and pictures:

<http://www.sanap.ac.za>

<http://www.gough.ac.za>



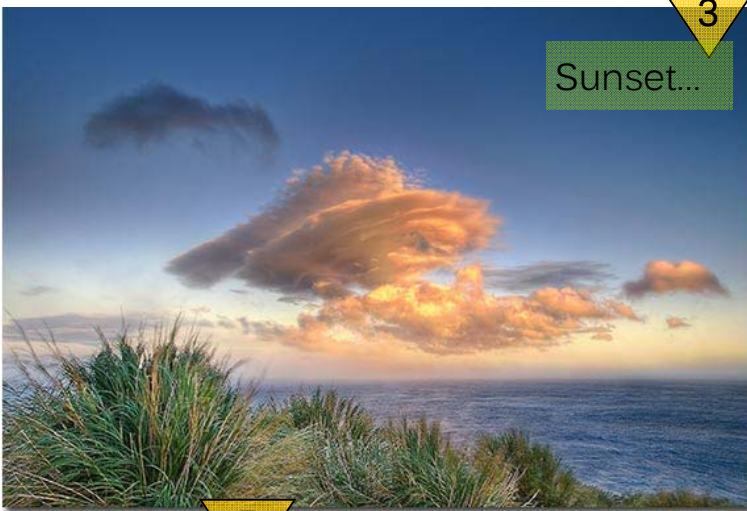
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Here be Dragons...



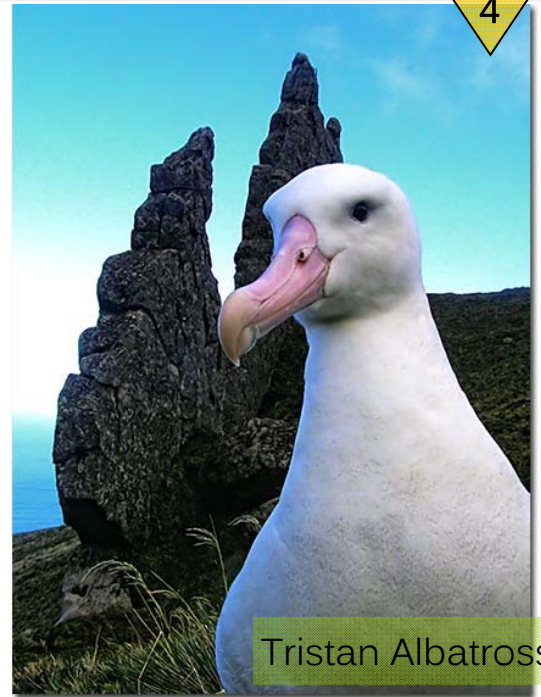
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Early Guard...



3

Sunset...



4

Tristan Albatross...



5

Double Rainbow...



6



Storm over the Island...

7



Look Forward...

8



Moorhen Feather...



Weather...

Pressure

Ave. Max Pressure	1011.3 hPa
Ave. Min Pressure	1003.2 hPa
Ave. Pressure	1007.3 hPa
Max Pressure	1017.9 hPa
Min Pressure	985.3 hPa

Temperature

Ave. Max Temp	16.8 °C
Ave. Min Temp	12.0 °C
Ave. Temp	14.4 °C
Max Temp	21.1 °C
Min Temp	8.3 °C

Humidity

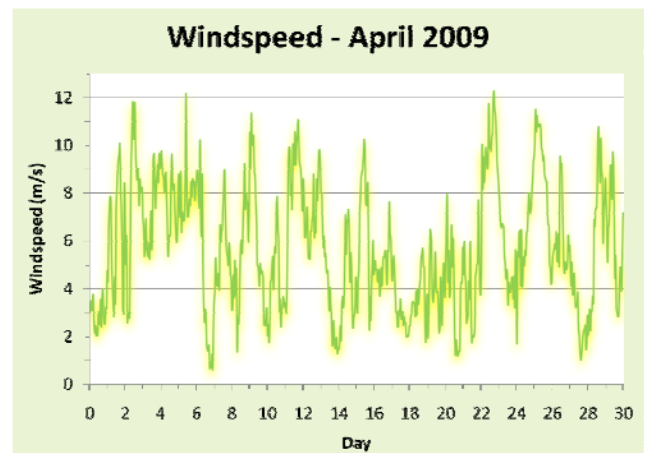
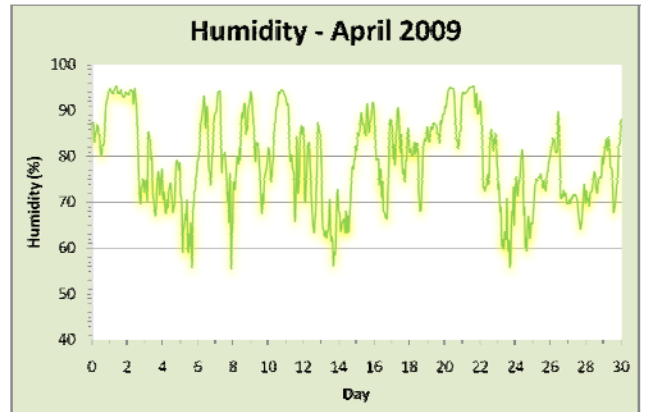
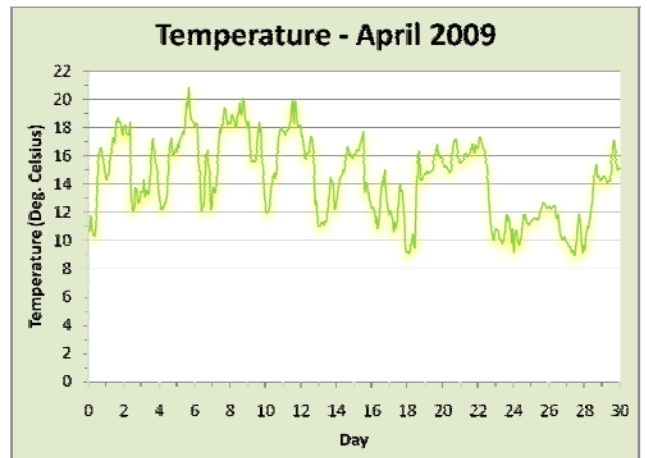
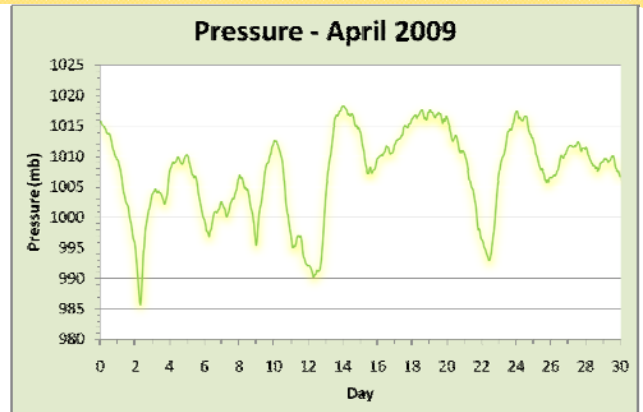
Ave Humidity	79 %
Max Humidity	95 %
Min Humidity	51 %

Wind

Max Wind Gust	27.9 m/s or 100.4 km/h
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Rainfall

Total Rainfall	309.8 mm
Highest in 24 Hours	128.6 mm
Total days with rain	19 days
Total days >1mm	15 days
Total Sunshine	113.2 hours





SPONSORS...

Sponsor of the Month:



Paul, Dries & Chantal soaking up the sun with the protection of our @lantic caps!

