



# the bugle...



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## from the PMC Chairman

The MESCA financial year end is rushing down upon us and it is the time that all the financials must be finalised and documentation has to be submitted to the MOTH Office. To assist please get your books up to date, balanced etc and when the end of year arrives you will be ready to post the last entries and give the books to the Auditors. I would suggest that when giving the books to the auditors tell them of your intended date of the AGM; this normally chivvies them along and ensures early submission etc. (Bruce Michler)

## from the editor

We are on to the second edition of The BUGle. The first edition had a great response and feedback, thank you! The challenge I put forward is for you to use this medium to your full advantage. If you want a change in anything, you have to make it happen. Also, if you have any suggestions to improve The BUGle, by all means send them through. Let's work together. Enjoy, and remember – keep sending your news, classifieds, events and tips. (Sue-Ellen)

### quick tips



- ☆ Health Tips
- ☆ Good Advice
- ☆ A Good Cook!

### happenings



- ☆ In the News
- ☆ Classifieds
- ☆ Events and Diary 2011

### up coming



- ☆ Parades!
- ☆ Bowling
- ☆ Important and other

## quick tips

### Health Tips (<http://www.gems4friends.com/healthtips.html>)

- ☆ **Get adequate sleep:** This may involve changing your routine, but less stress and better health may be worth it. Getting a decent mattress may help a lot. You spend around 8 hours a day on that thing, and only a couple in your car. Isn't your bed worth a few extra rands?
- ☆ **Wash your hands often:** Minimally wash hands before eating and after using the restroom. Many colds and such are transmitted through contact, rather than being airborne. Regular washing can help with this. Germicidal soaps won't help against cold or flu viruses, but might have other uses.
- ☆ **Eat vegetables every day:** Vegetables provide vitamins, minerals, and fibre. Many are known to help protect against various degenerative diseases including cancer. The fresher the better. The more darkly colored then better. This may be the single best thing you can do for yourself.
- ☆ **Believe is Something:** Studies have found that people who have faith live longer. It provides direction and focus and reduces stress.

## *quick tips (continued)*

### **Good Advice** (<http://successtheory.com/info/generaltips.html>)

- ☆ Always carry Battery jumper cables in your car, Torch, Gaffer Tape, as well as tools.
- ☆ Always keep your clean sports gear in your car, it can also double as an overnight bag.
- ☆ Have a firm handshake.
- ☆ Look people in the eye.
- ☆ Be the first to say hello.
- ☆ Use the good silver (i.e. live now!).
- ☆ Return all things you borrow.
- ☆ Make new friends, but cherish the old ones.
- ☆ Never drink alcoholic drinks when you are thirsty/hungry.
- ☆ Everything you have should have a place.
- ☆ Put everything back in its place (When you need something quickly you will be grateful).

### **A Good Cook!** (<http://greatcookingtips.com>)

- ☆ Cook meat at moderate temperature to avoid nutrient loss and drying.
- ☆ Do not over-wash vegetables and try to avoid peeling. Scrub skin and cook. When roasting, save the pan juices for your gravy.
- ☆ Over toasting bread destroys Vitamin B.
- ☆ Avoid nutrient loss in beans by boiling quickly for 2 minutes, remove from stove and let stand for an hour. This method is equivalent to soaking the beans for several hours.
- ☆ Do not remove shellfish from shell to retain natural flavor and nutrients with the exception of shrimp, which takes only 3 to 5 minutes to get done).
- ☆ Oil is better than solid fats in the form of margarines and butter. To substituting oil for butter use 7/8 cups of oil for every cup of butter or shortening required in the recipe.
- ☆ Instead of using white sugar, try using the following healthy substitutes:  
HONEY, MOLASSES.

## *happenings*

### **In the News**

- ☆ The **NEW IMPROVED MOTH Website** has been launched. Go to [www.moth.org.za](http://www.moth.org.za) and have a look!
- ☆ Mesca Cottesloe Homes is alive and well. On the 16th December we were meant to have a spit braai for 120 persons, being the residents and their families. Due to the heavy rains we have been having – the day was totally washed out, and we postponed till the 8th of January, and were extremely lucky – weather was kind to us. We had about 90 people and all had a great time. Thanks to Dave Gush from PMC, and Stuart Howie and Brain Beadon and their good ladies from Province for attending. (*Andy Boden*)
- ☆ MOTH Brian Engelbrecht's Passion is BAYONETS .During the Crater Shellhole meeting held on Sunday 6th February, Sergeant Major Moth Brian Engelbrecht shared his world class collection of Bayonets with fellow Moths in the form of a well prepared presentation accompanied by some of his precious pieces in his collection. Moth members listened in awe whilst Brian discussed the science and history of the bayonets he collected over thirty years from many countries including Israel, Australia, Middle East and Europe. With some of his bayonets dating back to 1817 and other pieces rated as superb by collector's this impressive collection cannot be measured only by monetary terms but rather by the scarcity, quality and originality of each bayonet.



Guess where the word bayonet originated from? Yes from a village in France named Bayonette.

- ☆ On Sunday the 16th of January the MMA held their first meeting of the year at Marshal Smuts Shellhole. After going on a breakfast run from Cape Town via Pringle Bay and Botriver, the group of about thirty Bikers arrived at Marshal Smuts around 11:30. After a couple of cold beers and a meeting, the group was entertained to lunch. From a Marshal Smuts point of view, the bar takings were good and we also entertained some of our older members who cannot attend our evening meetings. Thank you to Moth Fred Cheetham and the MMA members for a most memorable afternoon of true comradeship, mutual help and sound memory.



## Classifieds

- ☆ Cosy Corner Cottages – A single cottage in Brakpan with effect from 1st March 2011.
- ☆ Websites – Large and small, Monthly maintenance, hosting etc... contact Sue 0832432270 or [sueraysmith@gmail.com](mailto:sueraysmith@gmail.com).

**Please send your classified ads for this section of The BUGle.**

## Events February and March 2011

- ☆ Wild Coast Ultra, 7 to 12 February, Port St Johns.
- ☆ Midmar Mile 12 February 2011 to Sunday, 13 February 2011, KZN.
- ☆ Dusi Canoe Marathon Thursday, 17 February 2011 to Saturday, 19 February 2011. KZN.
- ☆ Cape Town Pride, 24 February to 6 March.
- ☆ South African International Beer Festival, 25 to 27 February, Cape Town.
- ☆ Dance Umbrella Festival, Johannesburg, February 26 - March 14, 2011.
- ☆ Hands-on Harvest, 25 to 27 February, Robertson Wine Valley.
- ☆ Spier Harvest Festival, 26 February, Stellenbosch.
- ☆ Cape Argus Pick n Pay MTB Challenge, 4 to 6 March, Cape Town.
- ☆ Cape Argus Pick n Pay Cycle Tour, 13 March, Cape Town.
- ☆ Trends and Tastes 2011, Friday, 18 March 2011 to Monday, 21 March 2011, KZN.
- ☆ Lambert's Bay Crayfish and Cultural Festival, 18 to 20 March, Western Cape
- ☆ Cape Town Carnival, 19 March.
- ☆ Don't miss the Getaway Show Western Cape: 25 to 27 March 2011.
- ☆ Midlands Meander Marathon, Dates to be confirmed (Monday, 28 March 2011), KZN.
- ☆ Dragon Boat Festival (date tbc), V&A Waterfront, Cape Town.

## Public Holidays 2011

- ☆ 1 January – New Year's Day
- ☆ 21 March – Human Rights Day
- ☆ 22 April – Good Friday (Friday before Easter Sunday)
- ☆ 25 April – Family Day (Monday after Easter Sunday)
- ☆ 27 April – Freedom Day
- ☆ 1 May – Workers Day
- ☆ 2 May – Public Holiday
- ☆ 16 June – Youth Day
- ☆ 9 August – National Women's Day
- ☆ 24 September – Heritage Day
- ☆ 16 December – Day of Reconciliation
- ☆ 25 December – Christmas Day
- ☆ 26 December – Day of Goodwill

## *upcoming*

- ☆ 12 Feb 2011 - Lowveld District Dugout, Pro Patria – Moth Memorial Parade. Barberton Garden of Remembrance. Meet at the garden from 16:00 (4 pm) Fall in 1715 (5.15 pm). Parade to start. at 17:30 (5.30 pm). True Comradeship get together at Lone Tree Shellhole after the parade.
- ☆ 19 Feb 2011 - Marshal Smuts Dinner Dance at Shellhole: 19:30.
- ☆ 26 Feb 2011 - Reveille Shellhole Benoni, Pro Patria Re Union Parade. No2 Moth Rd Benoni. Patrick Nagel 083 449 1113.
- ☆ 22-26 May 2011 - National Bowls - PMB at the Alan Wilson Shellhole (HQ) the chairman is Brian McGarry – contact 0333969879, 0829373472 or email: brianmcg@telkomsa.net.

## *important and other*

### **From the office of PMC**

Government Legislation Acts – please see link for all current and amended Acts -  
<http://www.polity.org.za/page/acts>.

Recent PMC Circulars – **PMC 2010.21** – Registration of all Cottage Schemes (i.e. both MESCA and MOTH Cottage Schemes) with the Department of Social Development.

**PMC 2011.01** – Payment of Annual Levies

**PMC 2011.02** – MESCA Year end Financials and Documentation

*Please notify the PMC office if you require copies of the above or any past Circulars that have been sent out.  
([pmcmothoffice@gmail.com](mailto:pmcmothoffice@gmail.com) or 031 3071574)*

### **Thoughts of the wise Stork**

All cheques made out by units of the Order have to be signed by two persons and No Blank cheques are to be signed. *(Bruce Michler)*



### **The Last Laugh!**

Couple in their nineties are both having problems remembering things. During a checkup, the doctor tells them that they're physically okay, but they might want to start writing things down to help them remember ..

Later that night, while watching TV, the old man gets up from his chair. 'Want anything while I'm in the kitchen?' he asks.

'Will you get me a bowl of ice cream?'

'Sure..'

'Don't you think you should write it down so you can remember it?' she asks.

'No, I can remember it.'

'Well, I'd like some strawberries on top, too. Maybe you should write it down, so not to forget it?'

He says, 'I can remember that. You want a bowl of ice cream with strawberries.'

'I'd also like whipped cream. I'm certain you'll forget that, write it down?' she asks.

Irritated, he says, 'I don't need to write it down, I can remember it! Ice cream with strawberries and whipped cream - I got it, for goodness sake!'

Then he toddles into the kitchen. After about 20 minutes, The old man returns from the kitchen and hands his wife a plate of bacon and eggs.. She stares at the plate for a moment.

'Where's my toast?'