



# Four Flies Flash

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## Specials

Please visit our website at [www.4flies.co.za](http://www.4flies.co.za) for specials



A quiet place to recuperate

*I lift you high in praise,  
My God, O my King!  
And I'll bless your name  
into eternity.*

-Psalm 145:1





We made beautiful photo frames in our recent mosaic class

*“Now the serpent was more crafty than any of the wild animals the Lord God had made”*

Gen 3:1

Even as I did my research for this article I could feel my hair rising. This wild animal is not one that people are particularly comfortable with. However, most people do not think about snakes much, that is, until you find them in and around your house. When we found the first puff adder next to the washing machine in the laundry and three others around the house I became wary. The first and then the second rinkhals on our front lawn and one next to the laundry door added to that, and I decided to become more knowledgeable on this subject. And, having read all the facts, I am now cautious when walking in the veld.

Snakes are very sensitive to vibrations picked up from the ground and most will retreat to safety. Puff adders, however, loves to bask in footpaths, are very well camouflaged and will lie still when something approaches. It is thus a good idea to wear long trousers and a good pair of boots (which will also protect you against ticks). Also walk with a stick when you enjoy “a stroll in the wild”. Most snakes cannot identify motionless objects. Stand perfectly still if you encounter a snake. Not only will you go unnoticed, but you will also have a charming story of bravery to tell at the next braai.

	Rinkhals	Puff Adder
<b>Pictures</b>		
<b>Reproduction</b>	The female develops and retains eggs within her body and the babies hatch from these eggs inside the mother (ovoviviparous). Give birth to 20-35 babies.	The female does not develop enclosed eggs and gives birth to live young (viviparous). Up to 30 fully formed young hatch in late summer.
<b>Description</b>	Average length 90 – 110 cm. Dark belly with 1 or 2 light cross bands on the throat.	Average length 1 m and very stout. Triangular head and dark backwardly-directed chevron-shaped bands. The belly is yellow or white with dark spots.
<b>Diet</b>	Hunts at night. Mainly toads, but also small mammals, reptiles and other amphibians.	Mostly nocturnal. Mammals, birds, amphibians and lizards.
<b>Habitat</b>	Moist grass, grasslands and swamps.	All habitats, especially rocky grasslands.
<b>Defensive behaviour</b>	Plays dead. Spread its hood and can spray venom up to 2.5m.	Sluggish. Protected by camouflage. Can move very quickly when agitated. Hiss loudly, puff, body held in “S” shape. Attempt to back away. Strike suddenly and

# art for you

Original art pieces for sale. See catalogue and prices in your unit.

Did you know.....?

**By recycling just one glass bottle, the amount of energy that is being saved is enough to light a 100 watt bulb for four hours.**



Register for an art class before you arrive at **Four Flies Nature Farm.**

Attend your class between 10:00 and 13:00 on Saturdays.

All materials are provided. You do not need any skills. R100 per person.

## Contact us

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		forcefully. Fangs penetrate deeply.
<b>Venom</b>	Neurotoxic venom. Attacks the nervous system. Affects breathing, movement, swallowing, speech and sight.	Cytotoxic venom. Attacks body cells and tissues. Bite is extremely painful. Much swelling and marked symptoms of shock.
<b>Symptoms of a bite</b>	Swelling and bruising. Drowsiness, nausea, vomiting, abdominal pain, cramps, vertigo, mild fever	Severe pain, tenderness, swelling and bleeding. Nausea, vomiting, blood blisters swelling of lymph nodes. Hypotension, weakness, dizziness and periods of semi- or unconsciousness. Less than 10% of untreated cases die.

Snake venom acts fast and a victim must be treated immediately:

- **Remain calm.**
- Get to a hospital as quickly as possible.
- Basic knowledge of first aid and CPR might save a life.
- Apply a crepe pressure bandage (not a tourniquet) to the entire limb to slow down venom spread.

All being said, it was reassuring to hear the comment of our local GP: Being in Carolina his whole life he never ever had to treat a single snake bite. I still walk with my boots and my stick...

*Pictures: [www.flickr.com](http://www.flickr.com)*

## Editorial

My dad used to love driving. He could go on for hours without getting tired. While we were bored and weary, he just appeared to enjoy the time spent in the car. He would show us flowers next to the road, animals grazing in the field, interesting cloud patterns or the breathtaking, rich colours of a sunset. Sometimes he would interest us in car games, and I knew all the different models available on the market. I can still hear him sing when everyone else was quiet or asleep. Somehow he always found ways to make the trip special.

And so he lived. Although he knew exactly where he wanted to go in life, living life was a priority. He never failed to enjoy teasing and a good joke at family gatherings. The smile of a grandchild, to him, was a treasure. He told numerous captivating stories of his life experiences. Every small detail of living was valued by him. The words of Diane Ackerman: *"I don't want to get to the end of my life and find that I just lived the length of it. I want to have lived the width of it as well"* described his approach to living. Dad truly inhabited life.

Shouldn't we all?

## Four Flies News

1. **Our dams were stocked again with 1kg - 1.5kg rainbow trout.**
2. Visit us at [www.4flies.co.za](http://www.4flies.co.za) to check availability online. You can also conveniently book online.

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