



adding life to your years

"It's important to realize that whenever you give power to politicians or bureaucrats, it will be used for what they want, not for what you want."

Harry Browne

COVID-19

The American AARP has this interesting article on their website. Open it and follow the "Read more" clicks to find out more.

COVID - Understanding the toll the virus takes

If the lungs are ground zero for COVID-19, doctors are starting to learn more about how the disease caused by the new coronavirus affects organs throughout the body. Many COVID-19 infections, for instance, involve heart damage — often swift and serious enough to cause heart failure or heart attacks. Increasingly, potentially fatal complications are understood to affect not only the heart, but also the kidneys and brain, by way of acute infections or strokes.

As the path the virus takes through the body also starts to come into focus, doctors are gaining insight into how responses such as inflammation, or an immune system gone haywire, can lead to system-wide challenges made worse by underlying factors like diabetes or high blood pressure. Here is what the virus looks like in different parts of the body, and how experts say you can best protect yourself — whether you're concerned about lung conditions like chronic obstructive pulmonary disease (COPD) or uncontrolled hypertension.

Brain

Doctors around the world are noting COVID-19's impact on the brain, with symptoms ranging from dizziness to loss of sense and smell and even strokes. Read more.

Lungs (Asthma, COPD)

COVID-19 launches its assault from the lungs. Conditions like COPD amp up the virus's effects; asthma appears to be less of a risk factor than once believed. Read more about asthma. Read more about COPD.

Heart

Those with pre-existing conditions may face the biggest risk, but doctors are seeing many types of heart damage caused by the virus — or the body's immune response to it. Read more.

Kidneys

Those most at risk for acute kidney injury with a COVID-19 are people with diabetes, high blood pressure and chronic kidney disease. Read more.

Pancreas (Diabetes)

People with diabetes are no likelier to get COVID-19 than others, but they do face more severe complications from the virus. Read more.

Kathleen Fifield, May 7, 2020

https://www.aarp.org/health/conditions-treatments/info-2020/covid-19-and-your-body.html?cmp=EMC-DSO-NLC-RSS---CTRL-050820-P1-4558216&ET_CID=4558216&ET_RID=1554613&encparam=xRFt%2fR1zIctQhbOyU8zf06RmN9nevV5HTXunpOObw5U%3d

COVID IMPACT ON SOCIETY

Two centuries of industrialisation, population growth and frenzied economic activity has bequeathed us smog; polluted lakes, rivers and oceans; toxic waste; soil erosion; deforestation; extinction of plant and animal species, and global warming.

Looking around us, we can see the trouble we are in, we can see the threats to our overpopulated world, to our overly complex and thus increasingly vulnerable society and way of life.

And now we are having our noses jammed up against the fact that organised society is indeed a fragile construct.

MEDICAL

SUGAR - A surprising finding.

As a child growing up in poverty in the rural Eastern Highlands of Zimbabwe, Moses Murandu noticed that sugar seemed to help heal wounds more quickly than no treatment at all. So he was surprised when, having been recruited to come to work as a nurse for the UK's National Health System (NHS) in 1997, he found that sugar wasn't being used in any official capacity. He decided to try to change that.

Now, Murandu's idea finally is being taken seriously. A senior lecturer in adult nursing at the University of Wolverhampton, Murandu completed an initial pilot study focussed on sugar's applications in wound healing and won an award from the Journal of Wound Care in March 2018 for his work.

In some parts of the world, this procedure could be key because people cannot afford antibiotics. But there is interest in the UK, too, since once a wound is infected, it sometimes won't respond to antibiotics.

To treat a wound with sugar, all you do, Murandu says, is pour the sugar on the wound and apply a bandage on top. The granules soak up any moisture that allows bacteria to thrive. Without the bacteria, the wound heals more quickly.

Evidence for all of this was found in Murandu's trials in the lab. And a growing collection of case studies from around the world has supported Murandu's findings, including examples of successful sugar treatments on wounds containing bacteria

resistant to antibiotics. Even so, Murandu faces an uphill battle. Funding for further research would help him reach his ultimate goal – to convince the NHS to use sugar as an alternative to antibiotics. But a great deal of medical research is funded by pharmaceutical companies. These companies, he points out, have little to gain from paying for research into something they can't patent.

<https://www.bbc.com/future/article/20180328-how-sugar-could-help-heal-wounds#:~:text=To%20treat%20a%20wound%20with,the%20wound%20heals%20more%20quickly.>

Professor JP Van Niekerk commented on this article as follows: The ancient Egyptians used honey and oil as disinfectants and this has been shown to work. Honey has some additional antimicrobial substances not present in sugar. Bacteria also do not like sugar as it kills them by dehydration by osmosis.

HISTORY

SOME THOUGHTS ON MONUMENTS

- Heroes are like rainbows: they can only really be appreciated from a distance. As soon as we get too close, the very qualities that make them shine tend to disappear.
- Heroes come and go. A martyr is for ever.
- The problem with absence is that it can itself become a kind of presence.
- What else is a memorial, if not a ritual cast in stone?
- History is a prison from which no one escapes.
- The old monuments, carved in metal and stone, are often torn down because they lose their relevance to later generations. History changes, and if monuments do not keep pace with that change they sometimes have to go.
- Monuments, just like peoples, will always be prisoners of history.
- Tearing down monuments does not solve our history; it simply drives that history underground. While a monument still stands, it will always need to be confronted, discussed. In this way, our monuments hold us to account. They are objects that make sure we never forget our debt to history – or our enslavement to it.

Prisoners of History: What Monuments Tell Us About Our History and Ourselves (Lowe, Keith)

ONLINE PURCHASING

TAKEALOT

Takealot is South Africa's largest online shopping platform, with over 2,000 employees and sales of around R1 billion per month.

Takealot is owned by Naspers and operates the country's top ecommerce platforms – Takealot.com, Superbalist.com, and Mr D Food.

The latest **Naspers results** showed that **Takealot extended its leadership** in the South African ecommerce market with 46% year-on-year growth in Gross Merchandise Volume (GMV).

One of the main drivers behind this growth was Takealot's marketplace business, which grew GMV by 77% over the last year.

Takealot's dominance is no coincidence. Since its launch in June 2011, it focussed on the most important aspect of any online business – logistics.

Its acquisition of Mr Delivery in 2014 gave the business ownership over its own logistics network through the Takealot Delivery Team division – formerly Mr D Courier.

Takealot scaled up its delivery capability since the acquisition and currently offers unrivalled service levels and support.

https://mybroadband.co.za/news/business/361712-how-takealot-crushed-makro.html?utm_source=newsletter

I agree. Books, electronic equipment, and cell phones - we have bought these through them. Delivery to Riebeek Kasteel is prompt. Ray

FOOD

“BEST BEFORE DATES”

Further to your email sent to Ann of SANCU I am responding to you in my capacity of Chairman of FACS (Food Advisory Consumer Service). The email you received from Mike O'Leary is very relevant and I will do my best to assist where I can.

In general Best Before Dates (BBD) refer to quality while Sell By Dates (SBD) refer to food safety. Most products can be safely consumed after the BBD but the consumer needs to use common sense and rely on visual inspection, smell, and a trial taste before making a decision as to whether it is still fit for consumption. This is what one does with fruit and vegetables which do not normally carry BBD's. Obviously some senior citizens may not be that good with their senses but hopefully their friends or helpers can assist in this regard.

One really needs to look at foodstuffs in categories so it is quite a broad and complex subject. Most foods retain food safety and quality integrity while frozen for a long time provided they were fresh when frozen and that there has been no break down in the freezing process e.g. from power outages. Nearly all canned goods can be safely consumed well beyond the BBD on the label.

There are three good articles on the FACS website www.foodfacts.org.za on the subject and I would suggest that you draw your members' attention to these. Look under Articles to find Best Before/Use By Dates (FSA), Best Before - Interpreting Label Terms (NHS), and Labelling (FACS).

David Watson Chairman FACS

BOOK EXCERPTS

OUR FINAL HOUR by Martin Rees

- Nuclear weapons can be dismantled, but they cannot be un-invented. **The threat is ineradicable**
- An organised network of Al Qaeda-type terrorists would not be required: just a fanatic or social misfit with the mind-set of those who now design computer viruses. **There are people with such propensities in every country**— very few, to be sure, but bio- and cyber technologies will become so powerful that even one could well be too many.
- Other novel risks cannot be completely excluded. Experiments that crash atoms together with immense force could start a chain reaction that erodes everything on Earth; the experiments could **even tear the fabric of space itself**, an ultimate "Doomsday" catastrophe whose fallout spreads at the speed of light to engulf the entire universe.

(Martin John Rees, Baron Rees of Ludlow, OM, FRS, FEng, FMedSci, FRAS (born 23 June 1942) is a British cosmologist and astrophysicist. He has been Astronomer Royal since 1995 and was Master of Trinity College, Cambridge from 2004 to 2012 and President of the Royal Society between 2005 and 2010.)

THE SUNDAY TIMES

A member asked me if I remembered The Passing Show. I do. And ,I'm surprised how many remember it fondly. I found this on the web.

WAITING FOR WAR

Mention last week of Joel Mervis's wonderful The Passing Show, which ran as a column for 50 years or more in the Sunday Times, struck a chord here and there.

Durban artist Hannah Lurie recalls a character whose mention always went with the contraction MAHFGR (May all his finesses go right).

Yes, that was Dr Ebenezer Boneash, Headmaster of Skollypot.

Meanwhile, reader Don Porter has set off for the Balkans on a journey of Mervis rediscovery.

Mervis often had the lines: "I am sitting in Prmzl. Drinking slivovitz, waiting for a war to break out.

"It is a question of zinc. Gives Ossip Broz Skopl Topl a klep in noz."

The puzzling passage was repeated so often it began to make sense and became almost a cult.

Any day now, Don will be in Slovenia where he plans to raise a glass or two of slivovitz and ask if anyone remembers Joel Mervis.

In his book, The Fourth Estate, Mervis explained the origin of it. Very late one night at a party in Johannesburg he overheard a heavily accented conversation in English

between two gentlemen from the Balkans. He got talking to them and the piquancy of the moment stayed with him.

If the lines puzzled readers, they alarmed the Yugoslavian secret service. Josip Broz Tito was the real name of Marshal Tito, and Mervis was accused of using code to assist the Mihailovich underground in Yugoslavia.

Gives Ossip Broz Skopl Topl a klep in noz. None of it makes sense, I know – except to Passing Show aficionados.

In the Vrystaat larf and larf are pronounced exactly the same way, so we learnt to larf at larf. If you didn't have a larf you didn't have a larf. Or so we thought, irreverently.

In The Sunday Times while I was growing up – which was in the heyday of the Sunday Times – editor Joel Mervis had a column called The Passing Show in which the wit Oscar Wildebeast, the policeman Charlie Klopjag of Naboomspruit, the advocate KC Taradiddle, SC and Mrs Dither of Dunkeld and her daughter Threnody did the same stuff week in and week out. Like waiting for the Dunkeld bus or drinking slivovitz in the ____ bar. I loved it.

The Mercury 11 Jul 2011

STATISTICS

UK PUBS

In 2018 there are 22% fewer pubs in the UK compared with 2000.

Tragic.

But wait

In 2001 445,000 were employed in pubs and it has now increased to 450,000.

How come?

Who's lying?

Read on.

Bar chart Pubs in England were allowed to reopen. How many were there before lockdown? — In 2018 there were 47,600 pubs in the UK, down 13% since 2011 and 22% since 2000. — However, employment in pubs has increased since 2001, from 445,000 to 450,000, suggesting that those which are left are larger establishments. — 22,740 pubs are independent, 14,260 are owned by pub companies and 10,600 are owned by breweries

The Spectator

Perhaps appending the liquor consumption figures of 2000 and 2018 will give a different picture.

FINANCIAL PLANNING

RETIREMENT

The sad fact is that only about 6% have made adequate provision for their retirement, knowing this, I came across an article on the subject in the American AARP Magazine. These are the headings and the link:

Money Regret No. 1: Skimping on saving

Money Regret No. 2: Avoiding the stock market

Money Regret No. 3: Spoiling your kids

Money Regret No. 4: Missing out on a Roth

Money Regret No. 5: Ignoring long-term care

Money Regret No. 6: Buying a timeshare

https://www.aarp.org/retirement/planning-for-retirement/info-2020/bad-financial-decisions.html?cmp=EMC-DSO-NLC-RSS-SAPLA--CTRL-062420-P1-4665369&ET_CID=4665369&ET_RID=1554613&encparam=xRFt%2fR1zlctQhbOyU8zf06RmN9nevV5HTXunpOObw5U%3d

I thought it may be of use to our members in that they could pass it on to their children and asked a trusted advisor. His answer is quite chilling.

Thanks Ray,

The short answer is No.

Your pointers don't begin to even touch the surface; sadly! All of them involve financial discipline, which is lacking across the board, and commitment, to which very few adhere, as it is uncomfortable. Nothing has changed in my 45 years of involvement, and I cannot foresee any change in that regard going forward.

Behind the scenes, the foregoing is one of the main drivers towards socialism as a panacea for current and future financial ailments

Regards B

TRIVIA

PLAYING CARDS

Did you know that the traditional deck of cards forms a strikingly coherent calendar? The mathematical perfection is mind-blowing.

* In a year / In a pack: 52 weeks / 52 cards; 13 weeks in each season / 13 cards in a pack; 4 seasons / 4 suits; 12 months / 12 court cards (Jack – King in 4 suits)

* Red cards = Day / Black cards = Night

* If Jacks = 11, Queens = 12, Kings = 13, then the sum of all the cards in one suit (1 + 2 + 3 + ... to 13) = 91; multiply this by the 4 suits (91 x 4) = 364. Add 1 for the Joker, and you have 365, which equals days in the year!). Some games require 2 Jokers – so there's Leap Year!

* Spades indicate ploughing/working; Hearts 'Love thy crops'; Clubs flourishing & growth, while Diamonds reaping & wealth.

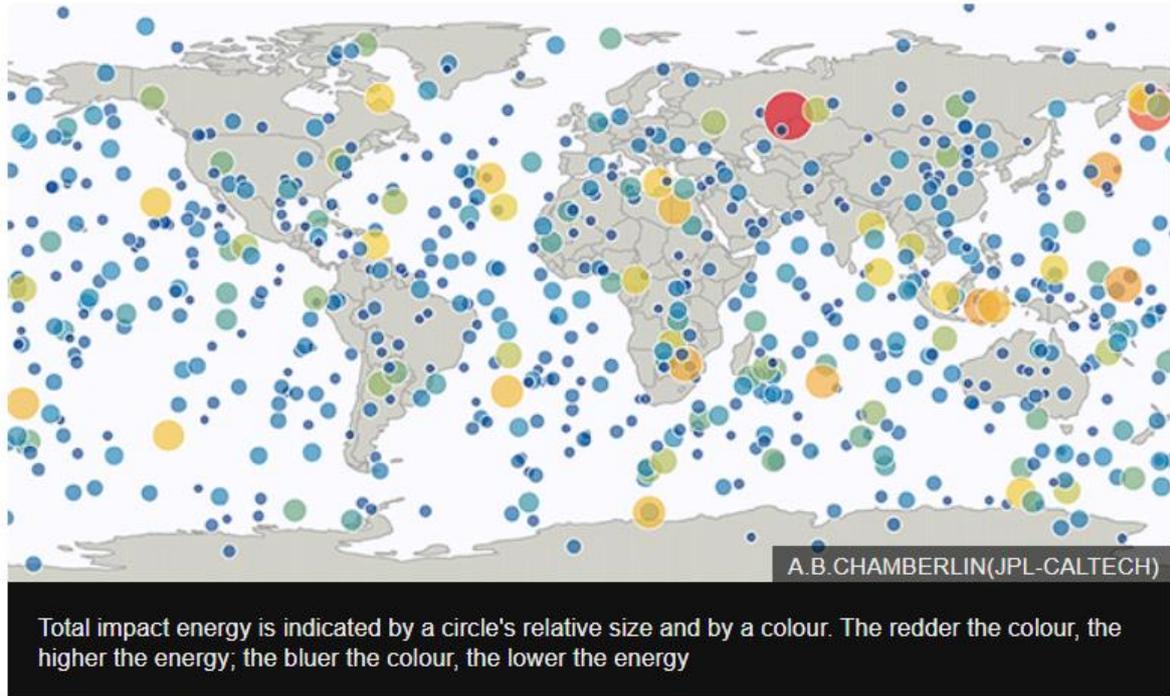
* If you add all the letters in 'one, two, three ... through to Jack, Queen, King' = 52 (back to weeks in the year!). If you're really bored, check it out during lockdown.

VISITORS FROM SPACE

ANTARCTIC METEORITES YIELD GLOBAL BOMBARDMENT RATE

This is of personal interest. You will note the two circles around Cape Town. Julie and I saw one of those in broad daylight at about 8am on our way to work. It traced a long, brilliant silver/white trail as it headed towards the South Pole.

Fireballs reported by US Government sensors (Apr 1988 to Mar 2020)



<https://www.bbc.com/news/science-environment-52465237>

WORLD RIVERS

WATER - The future

Today, the rivers struggle to carry their loads to the sea. They slide past hardened cities, yoked by dams, throttled by engineers, overlooked by most. Still, the rivers prevail. They will outlast us all.

But we will not endure without them.

The many ways that humans use rivers have varied by region and changed over time. Yet their importance to us has persisted because they provide us with five fundamental benefits: access, natural capital, territory, well-being, and a means of projecting power. The manifestations of these benefits have changed, but our underlying needs for them have not.

In Egypt, for example, the Nile River once supplied natural capital in the form of silt-rich floodwaters. Today, it supplies natural capital in the forms of

hydroelectricity, municipal water supply, and high-value riverfront real estate in downtown Cairo. The Hudson River once supplied the Lenape with fish, then it gave European immigrants a transportation gateway to the continent. Today this same river provides access to precious waterfront parks in New York City, a teeming metropolis with little greenspace. The details varied, but the five overarching benefits remained durable. Through these provisions, rivers have been serving human civilizations ever since our first great societies rose along the banks of the Tigris-Euphrates, Indus, Nile, and Yellow Rivers in present-day Iraq, India-Pakistan, Egypt, and China.

Rivers of Power by Laurence C Smith

LITERATURE

THE SHORT STORY – The original master of the form

Anton Chekhov understood that life was godless, random and cruel, good people suffered, and lazy mediocrities often flourished. Shying away from a neat narrative conclusion, he pioneered an effortlessly formless form which was almost unbearably lifelike. His work is peopled by brutish, ignorant peasants, pompous officials, frustrated wives and spineless husbands. And yet he was no moralist or writer with a message. He simply turned an exquisitely observed mirror on contemporary Russian society, and then left the reader to come to their own conclusions.

BBC

FOOD FOR THOUGHT

AWARENESS

We poor myopic humans, with neither the raptor's gift of long-distance acuity, nor the talents of a housefly for panoramic vision. However, with our big brains, we are at least aware of the limits of our vision. With a degree of humility rare in our species, we acknowledge there is much we can't see, and so contrive remarkable ways to observe the world. Infrared satellite imagery, optical telescopes, and the Hubble space telescope bring vastness within our visual sphere. Electron microscopes let us wander the remote universe of our own cells. But at the middle scale, that of the unaided eye, our senses seem to be strangely dulled. With sophisticated technology, we strive to see what is beyond us, but are often blind to the myriad sparkling facets that lie so close at hand. We think we're *seeing* when we've only scratched the surface. Our acuity at this middle scale seems diminished, not by any failing of the eyes, but by the willingness of the mind. Has the power of our devices led us to distrust our unaided eyes? Or, have we become dismissive of what takes no technology but only time and patience to perceive? Attentiveness alone can rival the most powerful magnifying lens.

Robin Wall Kimmerer

HISTORY

POPE - Gregory VII (1073-1085).

We find that, under his influence, vice, sloth, and corruption have been swept out of the Church, that the method of electing the Popes has been reformed, and that a great struggle has been waged with the Emperor upon the manifestly vital question of "investitures," the question whether Pope or temporal monarch should have the decisive voice in the appointment of the bishops in their domains. Hitherto the Roman clergy had been able to marry; but now, to detach them effectually from the world and to make them more completely the instruments of the church, celibacy was imposed upon all priests....

The Outline of History: Being a Plain History of Life and Mankind (H. G. Wells)

TECHNOLOGY

. . . A VERY SHORT PLAY

The Scene: A bedroom, both characters in bed using electronic equipment.

Julie: (Using an iPad in a Google search) why am I getting all these adverts for security doors popping up?

Ray: (Lifting his eyes from his Kindle) this afternoon you sent Hancock a WhatsApp requesting a quote for a burglar bar for the scullery window, ergo the adverts.

End

SAARP SERVICES

SNAP SURVEY

The Banner of our Website contains an item July Survey. It asks the following:

- What are the three main things SAARP should concentrate on in its members' interests?

Do take a moment to fill it in as it assists us in providing services that meet your needs.

We will have two more in August and September.

Please click on **Survey** on www.saarp.net – if you do not see the version containing **Survey** do a CTRL/F5. Thank you.

Please go to www.saarp.net and click on the Benefits tab to see our range of member services:

Home

▾ Benefits

Communication

▾ Social Clubs

Contact Us

Join Now

Advertisements

SAARP NEWS

MEMBER FEEDBACK

ZBOOKS - Beware

From a member: Please advise your readers/members that Zbooks is a pirate site infringing on the author's 'Intellectual Property' and therefore illegal. (I checked on Google and it clearly states this) Unfortunately what often seems too good to be true...is just that.

SAARP HOLIDAY CLUB

The following are examples of discounted off-peak holidays, which our Holiday Club has on offer for you and your families. *To book phone Renske on 021 592 1279 or email her at renskes@saarp.net*

RESORT	AREA	DATE	UNIT	PRICE
BOOKINGS FOR 2020				
KIARA LODGE	CLARENS	26-30 OCT	1 BEDROOM	R1610
DRAKENSBERG SUN	DRAKENSBERG	26-30 OCT	1 BEDROOM	R1610
DRAKENSBERG SUN	DRAKENSBERG	2-6 NOV	1 BEDROOM	R1610
DOLPHIN VIEW CABANAS	UMDLOTI	26-30 OCT	1 BEDROOM	R1207.50
TABLEVIEW CABANAS	BLOUBERG	5-9 OCT	1 BEDROOM	R2990
UMHLANGA SANDS	UMHLANGA	12-17 OCT	1 BEDROOM	R2990
MARGATE BEACH CLUB	MARGATE	9-13 NOV	1 BEDROOM	R1610
MARGATE BEACH CLUB	MARGATE	9-13 NOV	1 BEDROOM	R1610
DIKHOLOLO	BRITS	2-6 NOV	STUDIO	R2012.50
DIKHOLOLO	BRITS	9-13 NOV	STUDIO	R2012.50
WATERBERG GAME PARK	LIMPOPO	2-6 NOV	1 BEDROOM	R3220
KIARA LODGE	CLARENS	2-6 NOV	1 BEDROOM	R3220
CAYLEY LODGE	DRAKENSBERG	9-13 NOV	1 BEDROOM	R3220
DOLPHIN VIEW	UMDLOTI	30/11-4/12	1 BEDROOM	R2012.50
ROYAL ATLANTIC	SEA POINT	2-6 NOV	1 BEDROOM	R3220
ROYAL ATLANTIE	SEA POINT	9-13 NOV	1 BEDROOM	R3220
FORMOSA BAY	PLETTENBERG	2-6 NOV	1 BEDROOM	R2415
FORMOSA BAY	PLETTENBERG	9-13 NOV	1 BEDROOM	R2415
PLACID WATERS	SEDFIELD	2-6 NOV	1 BEDROOM	R3220
PLACID WATERS	SEDFIELD	9-13 NOV	1 BEDROOM	R3220

BOOKINGS FOR 2021				
CLUB MYKONOS	LANGEBAAAN	1-5 FEB	1 BEDROOM	R2415
CLUB MYKONOS	LANGEBAAAN	18-22 FEB	1 BEDROOM	R2415
CLUB MYKONOS	LANGEBAAAN	22-26 FEB	2 BEDROOM	R3220
CLUB MYKONOS	LANGEBAAAN	10-14 MAY	1 BEDROOM	R1610
CLUB MYKONOS	LANGEBAAAN	17-21 MAY	1 BEDROOM	R1610
CLUB MYKONOS	LANGEBAAAN	31/5-4 JUNE	2 BEDROOM	R2012.50
CLUB MYKONOS	LANGEBAAAN	7-11 JUNE	2 BEDROOM	R2012.50
TABLEVIEW CABANAS	BLOUBERG	10-14 MAY	1 BEDROOM	R1610
TABLEVIEW CABANAS	BLOUBERG	17-21 MAY	1 BEDROOM	R1610
TABLEVIEW CABANAS	BLOUBERG	24-28 MAY	2 BEDROOM	R2012.50
PLACID WATERS	SEDFIELD	17-21 MAY	1 BEDROOM	R2012.50
PLACID WATERS	SEDFIELD	24-28 MAY	1 BEDROOM	R2012.50
FORMOSA BAY	PLETTENBERG	8-12 FEB	1 BEDROOM	R2415
FORMOSA BAY	PLETTENBERG	22-26 FEB	1 BEDROOM	R2415
ROYAL ATLANTIC	SEA POINT	10-14 MAY	1 BEDROOM	R2012.50
ROYAL ATLANTIC	SEA POINT	17-21 MAY	1 BEDROOM	R2012.50
DIKHOLELO	BRITS	10-14 MAY	2 BEDROOM	R1610
DIKHOLELO	BRITS	24-28 MAY	2 BEDROOM	R1610
DOLPHIN VIEW CABANAS	UMDLOTI	15-19 FEB	1 BEDROOM	R2817
CAYLEY LODGE	DRAKBERG	10-14 MAY	1 BEDROOM	R2012.50
WATERBERG GAME PARK	LIMPOPO	1-14 MAY	1 BEDROOM	R1610
KIARA LODGE	CLARENS	10-14 MAY	1 BEDROOM	R1610

NOTE 1: The above prices include 15% VAT.

NOTE 2: The price is for the entire period.

NOTE 3: All cancellations must be made 7 weeks before check-in date.

NOTE 4: These are Holiday Club Regulations, to which all members MUST adhere.

Note: 5: In making a booking you agree that these regulations apply to you.

PAYMENT: Once Renske has CONFIRMED your booking she will submit an invoice containing SAARP's bank details. Once you have deposited the required amount in SAARP's bank account, please provide proof of payment using one of the following:

Fax : 021 592 1284

E-mail: info@saarp.net

And remember to quote your ID Number and name.

We have had many requests for Holiday Club bookings and many have already been made. With the present restrictions that have been reintroduced due to the Covid 19 pandemic we will hold the reservations but will not send out invoices for payment until we are sure that the holidays will be possible, otherwise we will again be forced to do refunds for payments for reservations cancelled. Please do not make any payments until you receive the payment invoice that we will send you”

DO NOT PAY ANYTHING UNTIL YOU HAVE RECEIVED THE CONFIRMATION OF THE BOOKING AND THE INVOICE.

Contact us at SAARP Tel: 021 592 1279

Fax: 021 592 1284

Call us and we'll call you back to save your phone bill

e-mail: info@saarp.net

Or see it all at www.saarp.net

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TRIVIA

SNIPPETS

- The Tyger Valley Bird Club had a surprising number of cat loving members. And you don't get many cat loving people more bird verskrik than Fiona. Whenever the cat vs bird argument came up the cat people's stock response was to do with a survey carried out in the UK. More birds were killed by flying into window panes than were killed by cats.
- Nature always seeks a balance and wonder if the bacteria evolving to be immune to antibiotics and the more virulent viruses are not the start of its fightback. I asked a local farmer – now 82 – why a particular plant seems to be spreading in the 10 years we've been here. He replied that the chemical they use to kill it now feeds it. The plant has adapted to use a poison as a food.

- My Wife wanted a low-cal wine, I handed it to her with these words, "My Dear here is your equinis urinus. I tasted it, it was a fine horse."
- What is a fanatic? It is a person who has only got room in his head for one idea at a time.
- Vienna's Ring is permanently under siege by the 21st century's most lethal virus, mass tourism.

NATURE

QUOTE

FOOD FOR THOUGHT

SMILE - SAGE ADVICE FROM THE USA

ANSWER TO QUIZ

Ray Hattingh

PS History is a vast early warning system. Norman Cousins

Contact us at SAARP Tel: 021 592 1279
Fax: 021 592 1284
Call us and we'll call you back to save your phone bill
e-mail: info@saarp.net
Or see it all at www.saarp.net

adding life to your years