



adding life to your years

*"Integrity is telling myself the truth.  
And honesty is telling the truth to other people":*

Spencer Johnson

## YOUR EYES

### COMMON VISION AILMENTS

You may think that recent changes in your vision are just another sign you're getting older. That may not be so. While nearly half of the people who struggle with a visual disability are aged 65 and up, many of those cases could have been prevented.

#### **You have double vision**

First, a self-test: Cover one eye. Is the symptom still there? If yes, that's good news. The cause could be dryness; using artificial tears to lubricate the eye surface may help

More worrisome is when the problem is "binocular," meaning that double vision disappears when you close one eye. "It's a sign that your eyes are not aligned which may be caused by a nerve palsy from a stroke or aneurysm," she explains.

#### **You see floaters or flashes**

With aging, the gel-like substance in your eye starts to liquefy; as it pulls away from the retina, you may see dark moving spots called floaters. 85 percent of the time, these are not dangerous. But, if you see new floaters or flashes of light in your field of vision, contact an ophthalmologist immediately; you may need a dilated eye exam to rule out a retinal tear.

#### **Your eyes feel dry**

You may be soaking up too much screen time. Staring at a screen cuts your blink rate in half so your eyes easily become parched and feel uncomfortable. If you're experiencing dry eyes daily, take frequent breaks and use preservative-free artificial tears four times a day.

#### **You have a sharp eye pain**

If it was a split second of hurt, you're OK now and your vision is fine. If, however, the pain lasts awhile, is recurring or is associated with redness, discharge or blurry vision, call your eye doctors. Eye pain can be caused by a foreign body, infection or injury.

### **Your vision is unusually blurry**

You'll need an eye exam to check the cornea (is there any dryness?), lens (cataracts?) and retina (any bleeding or abnormal blood vessels that would suggest diabetes or high blood pressure?).

### **You're losing peripheral vision**

A gradual decrease in your ability to see out of the sides of your eyes may indicate glaucoma, a condition in which pressure builds up in the eye and damages the optic nerve. But losing peripheral vision suddenly or to one side may be a sign of a more immediate issue, such as a stroke, tumour or, if accompanied by flashes and floaters, retinal detachment; these symptoms call for an immediate examination.

### **You're having trouble reading**

Presbyopia occurs when the lens loses its ability to change shape and accommodate for close-up vision; this naturally develops after age 40 or so. Although drugstore readers can help, see your optometrist or ophthalmologist: You may now be a good candidate for contact lenses.

### **You see dark spots in the centre of your vision**

People describe floaters as spots that move when the eye does. But if you're seeing a blurry or blind spot in the centre of your vision when you're reading a book or watching TV, that's not a floater. Choroidal neovascular macular degeneration (aka wet AMD) is one concern; abnormal blood vessels grow under the retina and can leak fluid. Wet AMD can be treated effectively with drugs and other therapies—but only if you catch it early.

### **You have reduced night vision**

It may be as simple as uncorrected near-sightedness. A new glasses prescription may be all you need. But, another possibility is cataracts, a clouding of the lens that can happen with age.

### **You see glare when you drive**

It's not just you: The glare from headlights is becoming a problem for everyone, thanks to new designs that incorporate LEDs, a higher-intensity blue-wavelength light, Wisner says. Glare, though, can indicate a variety of problems, from dry eye to cataracts, so it's always a good thing to get checked out, he adds. Regular exams also ensure you're using your best prescription, which is needed for clear vision at night.

**Jessica Migala has written for Prevention, Self, Marie Claire and over 30 other magazines.**

**“YOUR EYES REALLY ARE THE WINDOW TO YOUR SOUL”**

## **THE 10 BEST SUPERFOODS FOR YOUR EYES**

Protect your vision with these nutritious (and delicious) foods

- **Blueberries**

- Dark Chocolate
- Eggs
- Oysters
- Oranges
- Carrots
- Almonds
- Salmon
- Kale
- Tomatoes

I score 9 out of 10 – oysters fall into my category of “ongerdiertes”. Ray ☺

Read the article here:

[https://www.aarp.org/health/conditions-treatments/info-2019/superfoods-for-eyes.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-100220-F1-4899225&ET\\_CID=4899225&ET\\_RID=1554613&encparam=xRFt%2fR1zlctQhbOyU8zfo6RmN9nevV5HTXunpOObw5U%3d](https://www.aarp.org/health/conditions-treatments/info-2019/superfoods-for-eyes.html?cmp=EMC-DSO-NLC-WBLTR---MCTRL-100220-F1-4899225&ET_CID=4899225&ET_RID=1554613&encparam=xRFt%2fR1zlctQhbOyU8zfo6RmN9nevV5HTXunpOObw5U%3d)

<b>FINANCIAL INFIDELITY</b>
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**DEVIOUS PARTNERS**

Which is worse – sexual infidelity or financial infidelity? You may think that the older you are and the longer you're married, the harder it is to hide a big financial secret. But no: financial infidelity — call it FI for short — appears to be widespread. A recent major study in the Journal of Consumer Research — one that surveyed people aged 19 to 83 — found similar rates of financial infidelity among young and old. (Infidelity was consistent across genders and wealth also.) These are deceptions partners admitted:

Hiding purchases or receipts	24%
Lying about a price paid	23%
Spending money on children behind a spouse’s back	22%
Saying a purchase was on sale after paying full price	19%
Secretly withdrawing money from savings	11%
Secretly getting a new credit card	11%
Covering up debt	7%
Hiding a raise or bonus	4%

The reasons for FI tend to fall into several key categories. These are seven of them.

**1. Addiction**

Drugs, shopping, gambling — just about any type of compulsion that requires cash — can be the spark.

**2. Revenge**

FI can be payback when one spouse feels betrayed.

### **3. Social pressure**

In this Instagram-crazed world, where everyone's life looks better than yours, a money shortage can feel like a disgrace you have to hide.

### **4. Different values**

Older couples often disagree about supporting adult children.

### **5. Anxiety**

Secret hoarding or spending can fulfil a deep emotional need and may be a coping mechanism stemming from childhood.

### **6. Affairs**

Sexual infidelity and the financial kind can easily go hand in hand, in part because the money for the incidental expenses has to come from somewhere — secretly. But even if financial misbehaviour isn't funding the extramarital sex, they're often linked. It's easier to be unfaithful in general because the lies create isolation in the relationship.

### **7. Self-preservation**

Sometimes if your partner is very controlling and you can't reason with that person.

<https://www.aarp.org/money/credit-loans-debt/info-2020/financial-infidelity-causes-and-advice.html>

**Re 4 above. You are not responsible for your children's financial affairs. Ray**

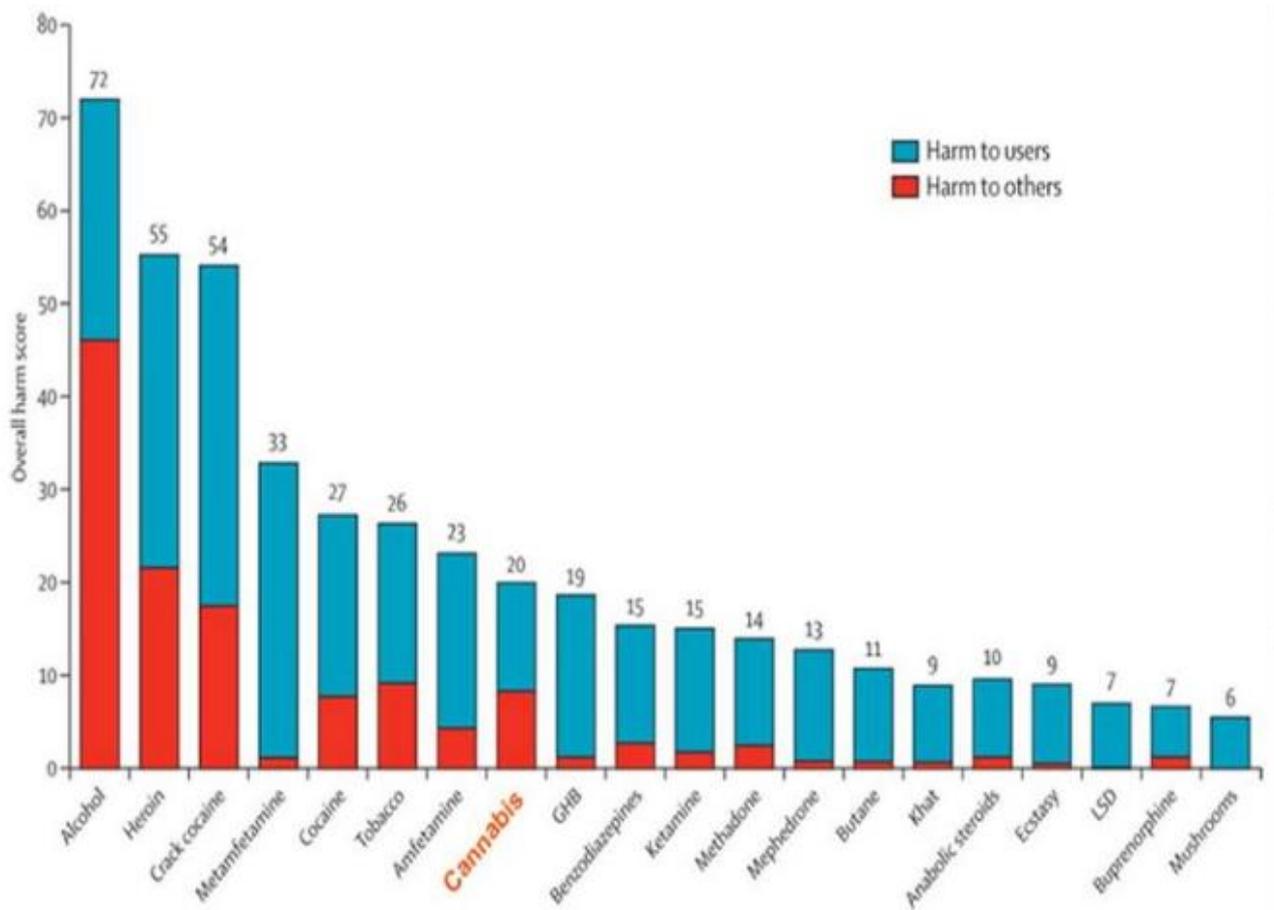
<b>DRUGS</b>
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### **THE MOST DANGEROUS**

The most dangerous psychotropic drug is alcohol, and tobacco kills more (but slowly) than all other drugs combined. And these are both legal. Hence my involvement in an NGO to influence evidence based drug policies – see SADPI.org

See below how the top experts have classified the commonly used psychotropic drugs. The reason why heroin is number two on the list is not because of the inherent danger of the drug itself but because it's criminalised and the user does not know it's concentration or what it has been adulterated with – also they use dirty needles.

JP



**NUTRITION**

**A REAL SOUP-ER FOOD?**

What's a tried-and-true remedy for all that ails you? Your mother probably made you a good bowl of soup. And now, some schoolchildren in London may have proved it! As part of a class project, the kids lab-tested more than 50 different types of soup to see how well each would fight disease. Cabbage soup worked the best, blocking transmission of a parasite by up to 50 percent. The study was impressive enough to be published recently in the *Archives of Disease in Childhood*. Perhaps the headline should have been "Mom Was Right".

AARP Magazine

**LOCAL VS IMPORTED PRICING**

- A local wine farm, 2 kilometres from our home, sells Garlic stuffed olives at R80 for 375 grams (4.6 grams/Rand). In contrast our local Pick n Pay, 8 574 kilometres away from Spain, sells Spanish garlic stuffed olives at R33 for 300 grams (9 grams/Rand). Makes you wonder . . .

Our local Pick n Pay is selling Ladismith butter at R79.99 and Mooi River (below) at R76.99. All the way from Ireland . . .



## ROOTS: ENGLISH AND AFRIKAANS

### ORIGIN

Did you know that Afrikaans and English are both Germanic languages? That is why there are many words that are spelled the same or spelled and mean the same in both languages. Check out the following poem for instance:

#### MY STORIES BEGIN AS LETTERS

My pen is my wonderland.  
In my pen is wonder ink.  
Stories sing. Stories sink.  
My stories loop. My stories stop.  
My pen is my wonder mop.  
Drink letters. Drink my ink.  
My pen is blind. My stories blink.  
My pen is in my hand.

## SOUTH AFRICAN(ISMS)

### 10 SOUTH AFRICAN WORDS WE USE FOR FOOD

In South Africa we've come up with more practical, unique ways of describing certain foods. These words not only confuse the heck out of foreigners, but they make us feel all warm and fuzzy inside too. And this is especially true when you're away from home.

So, wherever you are in the world this festive season, here's your taste of home.

#### 1. WE EAT MIELIES, NOT MILLET, CORN OR MAIZE

And it's pretty much a staple diet for the majority of South Africans, so it deserves its own South African name.

#### 2. WE EAT NAARTJIES, NOT TANGERINES, MANDERINS, SATSUMAS

We keep it simple in South Africa. Any orange-coloured citrus fruit which can be peeled and divided into skyfies (segments) is a naartjie.

### 3. WE EAT PAP, NOT PORRIDGE

Pap or mielie meal are the words we used for traditional maize porridge. And we eat it every which way. Breakfast, lunch, dinner.

### 4. WE EAT SPANSPEK NOT CANTALOUPE

The word spanspek comes from the Afrikaans Spaanse spek meaning "Spanish bacon" and dates back to the 19th century when the Cape governor's Spanish wife, Juana Smith, insisted on eating melon instead of bacon for breakfast. Her Afrikaans-speaking servants coined the word as they were highly amused by her antics.

### 5. WE EAT GHERKINS, NOT PICKLES

Okay, sometimes they are called gherkins in the UK, but our American friends call them pickles.

### 6. WE EAT SLAP TJIPS, NOT FRENCH FRIES

French fries are for fancy restaurants. Salty, oily, thick-cut chips with a dash of vinegar are what we call slap tjips. We sometimes use "chips" to refer to crisps too, which can be confusing, but every South African knows what we mean.

### 7. WE EAT ALL GOLD, NOT KETCHUP

"All Gold, All Gold, tastes real good!"

### 8. WE EAT SOSATIES, NOT KEBABS

Meat (often lamb) on a skewer is a sosatie in South Africa. And it is often coated with curry spice.

### 9. WE EAT SARMIES, NOT SANDWICHES

Yes, they are technically sandwiches, but there's something more warming about a lekker South African sarmie made with love by your ma or pa.

### 10. WE EAT BOEREWORS, NOT SAUSAGE

Say what you like, there is no equivalent to boerewors anywhere in the world, and it is almost an insult to compare it to sausage.

<https://www.thesouthafrican.com/lifestyle/south-african-words-for-food-that-confuse-the-world/>

## MEDICAL

### HONEY

In response to various articles Professor JP van Niekerk has commented as follows:

Honey has been used since ancient times and is described in the Egyptian papyruses – usually honey mixed with grease. It has been tested and is largely harmless. Its effects are largely mechanical by dehydrating the bacteria but honey also contains some antibacterial substances. This mixture also prevents the sticking of dressings so is soothing. It was thus the best dressing compared

with other weird and wonderful things that have been put on wounds. However, the same properties that have an effect on bacteria can also act on human cells and may cause a slight delay in healing compared with no addition. Thus the ideal is to have a clean wound with a comfortable dressing and allow nature to do the healing. I would not even use Bactroban on a fresh clean wound. Thank goodness iodine, as used on wounds when we were young, is no longer used as it burns like mad and damages tissues.

JP

## BANKING

### WHAT'S CHANGED?

In the early sixties I was an agency teller for Barclays Bank DCO. One day a man walked in and presented a cash cheque for 10 cents. As it was drawn on a bank in another town I was obliged to ask for 10 cents commission. He solemnly handed me 10 cents. Having fulfilled the first part of my obligations I solemnly handed him a 10 cent piece, He thanked me, bid me good day, and left.

Today a Social Club banks a R40 cheque from a member and the bank debits their account with a 'collection fee' of R40.

## POLITICS

### DEMOCRACY

Do elected officials tend to the needs of their voters, or do they pander to the lobbyists?

But where there are big profits, there is power – and the cable companies have plenty of that, too. They enjoy long-standing relationships with lawmakers, but they also have huge access to their customers' data. We might be more used to worrying what Google, Facebook or some advertiser holds about us, but your internet provider has a chance to access everything coming and going from your computer or phone, unless it's encrypted. This is another chance for power, money or leverage.

Profit then, instead, comes from keeping hold of that monopoly position for as long as you can, with favourable planning rules and other restrictions at the local level. At the national and international level, when your business model relies on numerous intricate negotiations with the Silicon Valley giants and other internet providers, **anything lawmakers can do to tip the decks in your favour is also welcome.** The cable industry has had decades to hone this approach. **Like most US industries, the cable sector isn't shy of spending on lobbyists in Washington DC** – according to the Open Secrets database, telecoms spent a total of \$92 million lobbying Congress (Comcast was first, with a \$15 million spend) versus a \$77 million Silicon Valley spend of which just under \$22 million came from

Google's parent company, Alphabet. Like other major companies, cable corporates and their political action committees donate to candidates of both parties.

**The System by James Ball**

## THE INTERNET

### GOOGLE AND FACEBOOK

They love you. You help them to earn:

- Google \$32.6 billion (R540,000,000,000)
- Facebook \$16.6 billion (R275,000,000,000)

You might think of Google as a search engine company, or as an email provider, or as the owner of YouTube, itself an online video giant. In reality, all of those services exist as a means to attract users to Google's real business: advertising. In the last three months of 2018 alone – not the whole of the year – Google's parent company Alphabet made \$39.3 billion in revenues, and \$32.6 billion of that came entirely from advertising. (That's 83% of their income.)

Everything else is just giving you a reason to look at the adverts, and to give Google a way of knowing which adverts to target at you. This is even starker at Facebook, which makes its money not just by showing you adverts while you're on its social network, but by giving advertisers information about you as you browse the rest of the internet, so they can better follow you around other websites to deliver ads.

Facebook had revenues of \$16.9 billion in the last three months of 2018 – and \$16.6 billion of this came from advertising. (That's 98% of their income.)

**The System by James Ball**

**PS THERE IS NO SUCH THING AS A FREE LUNCH. You are trading your details for a "free" social network. Ray**

## TECHNOLOGY CAREER PATHS

### JAMAICA

U.S. and Canadian call centres for legitimate businesses provide a base of customer-service training, as does the hotel and resort industry. Young people in poverty are drawn to fraud because they see the scammers living in mansions and driving fancy cars. "When schoolchildren are asked what they want to be when they grow up, the number one answer is Jamaican track star Usain Bolt," says Julie Getz, executive producer of AARP's The Perfect Scam podcast. "Number two is a scammer."

### INDIA

Because telemarketing and call centres are big industry here, a large number of workers have built up their English skills and learned how to charm and empathize with Americans. Says Lois Greisman, who oversees the marketing practices division at the FTC: "By day some may be providing bona fide telemarketing, and by night they become tech-support scammers."

Reminds me of a young programmer from Mitchell's Plain who told us that when their matric teacher asked what careers they all wanted to follow the three top students answered, "Drug dealers." Ray

## SAARP SERVICES

Please go to [www.saarp.net](http://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 (Verbatim)

- Thank you for the useful information package I received and the duplicate SAARP membership card - I do appreciate your assistance and all you do to improve and cheer up the lives of senior citizens like me.
- Wow! Another very interesting read. Thank you so much for stimulating the little grey cells with such a smorgasbord of information.
- Baie dankie, hierdie is 'n baie interessante nuusbrieff. Ek het van die info vir my twee seuns gestuur.
- Baie baie dankie vir die getroue diens en nuusbrieff. Ek waardeer.
- Hi Thank you for your Newsletter which was very helpful, Pamela
- Another excellent and entertaining -- and challenging, Newsletter. Much appreciated!
- Greetings! I have been going through some of my back issues of SAARP Magazines "All About Seniors" (Jan 2010, Feb 2011, etc. and what a pleasure re-reading the articles is. So sorry we don't get hard copies anymore but thank you for all you have given, are still giving us and the pleasure and fun you provide for us "oldies" (and even the young bloods we allow to take a peek!!!)
- Bless you all we do appreciate you.
- **My Reply: The cost of printing, erratic postal deliveries and e-mail killed off the magazines. In 2007 we had 267 members out of 90,000 with e-mail. Today the numbers are in 43,000 out of 88,000,**

## SHORT STORIES (Verbatim)

For a while now, since you started printing the Short Stories, I have been meaning to drop you a note to say how much I enjoy the stories. All are so different, and yet plausible - wonderful "short" reads.

I have been passing the stories on to my grand-daughter who is in grade 12. In my opinion these stories give her so many stories to adapt to the essays they are required to write, during the term and for the exams. The material is good, plausible, easy to follow and not far-fetched.

I trust you have many avid readers of the Short Stories, so that the authors of same will be encouraged to write more stories, and giving us the "oldies" time to contemplate on them, enjoy reading about "other people" and incidents in their lives. The variety of characters and incidents in the stories are 'fresh', true-to-life in many cases, thrilling and sometimes stretch the heart-strings.

So thank you for the stories - I look forward to reading them each month. Keep up the good work ... in fact your whole magazine is professional, informative, up-to-date and much more!

### SAARP HOLIDAY CLUB

**NOTE: Due to unprecedented demand for our holiday offers, we will restrict the number of points available each month.**

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](mailto:renskes@saarp.net)*

RESORT	AREA	DATE	UNIT	PRICE
<b>BOOKINGS FOR 2021</b>				
HAZYVIEW CABANAS	HAZYVIEW	8-12 MARCH	2 BEDROOM	R4025
CRYSTAL SPRINGS	PILGRIMS REST	1-5 FEB	1 BEDROOM	R3622.50
SONDELA NATURE RESERVE	BELA BELA	8-12 MARCH	2 BEDROOM	R4025
SONDELA NATURE RESERVE	BELA BELA	15-19 MARCH	2 BEDROOM	R4025
DIKHOLOLO	BRITS	18-22 JAN	STUDIO	R2012.50
DIKHOLOLO	BRITS	15-19 FEB	STUDIO	R2012.50
DIKHOLOLO	BRITS	1-5 MARCH	STUDIO	R2012.50
DIKHOLOLO	BRITS	17-21 MAY	2 BEDROOM	R1610
CAYLEY LODGE	DRAKENSBERG	25-29 JAN	1 BEDROOM	R3220
CAYLEY LODGE	DRAKENSBERG	22-26 FEB	STUDIO	R2415
KIARA LODGE	CLARENS	15-19 FEB	1 BEDROOM	R3220

KIARA LODGE	CLARENS	7-11 JUNE	1 BEDROOM	R2012.50
TABLEVIEW CABANAS	BLOUBERG	24-28 MAY	2 BEDROOM	R2415
PLACID WATERS	SEDFIELD	17-21 MAY	1 BEDROOM	R2012.50
FORMOSA BAY	PLETT BAY	15-19 FEB	1 BEDROOM	R2415
BROOKES HILL	PORT ELIZABETH	8-12 MARCH	2 BEDROOM	R4025
DRAKENSBERG SUN	DRAKENSBERG	1-5 FEB	1 BEDROOM	R3622.50
DRAKENSBERG SUN	DRAKENSBERG	15-19 MARCH	1 BEDROOM	R3622.50
DRAKENSBERG SUN	DRAKENSBERG	10-14 MAY	1 BEDROOM	R2012.50
DRAKENSBERG SUN	DRAKENSBERG	17-21 MAY	1 BEDROOM	R2012.50
DRAKENSBERG SUN	DRAKENSBERG	24-28 MAY	1 BEDROOM	R2012.50
CLUB MYKONOS	LANGEBAAAN	26-30 JULY	1 BEDROOM	R1610
CLUB MYKONOS	LANGEBAAAN	26-30 JULY	2 BEDROOM	R2012.50
CLUB MYKONOS	LANGEBAAAN	2-6 AUG	1 BEDROOM	R1610
CLUB MYKONOS	LANGEBAAAN	2-6 AUG	2 BEDROOM	R2012.50
CLUB MYKONOS	LANGEBAAAN	16-20 AUG	2 BEDROOM	R2012.50
CLUB MYKONOS	LANGEBAAAN	23-27 AUG	2 BEDROOM	R2012.50
CLUB MYKONOS	LANGEBAAAN	30/8 – 3/9	1 BEDROOM	R1610
CLUB MYKONOS	LANGEBAAAN	13-17 SEP	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](mailto:info@saarp.net)

And remember to quote your ID Number and name.

**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](mailto:info@saarp.net)

Or see it all at [www.saarp.net](http://www.saarp.net)

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## TRIVIA

### FOOD FOR THOUGHT

- Future generations will be bewildered that a prosperous country threw its economy off a cliff in a failed attempt to suppress a disease that kills less than 1 per cent of those infected, most of them in their eighties and nineties. They will have every reason to wonder, since they will be the ones paying off the debt — or, more likely, paying the interest on the debt.
- When future historians look back on 21st-century mortality statistics, they will struggle to find anything out of the ordinary in Britain in 2020. When they look at the economic data they could be forgiven for thinking we were hit by an asteroid.

### The Spectator

### DELIGHTFUL PUNS

- Those who jump off a bridge in Paris are in Seine.
- A man's home is his castle, in a manor of speaking.
- Dijon vu - the same mustard as before.
- Shotgun wedding - A case of wife or death.
- A man needs a mistress just to break the monogamy.
- A hangover is the wrath of grapes.
- Dancing cheek-to-cheek is really a form of floor play.
- Does the name Pavlov ring a bell?
- Condoms should be used on every conceivable occasion.
- Reading while sunbathing makes you well red.
- When two egotists meet, it's an I for an I.

## STUDENT BLOOPERS

From my own cullings and those of other pedagogues, I offer my favourite student howlers, each a certifiably pure and priceless gem of fractured English worthy of a Pullet Surprise:

- A virgin forest is a place where the hand of man has never set foot.
- Although the patient had never been fatally ill before, he woke up dead.
- I expected to enjoy the film, but that was before I saw it.
- Arabs wear turbines on their heads.
- When there are no fresh vegetables, you can always get canned.
- It is bad manners to break your bread and roll in your soup.
- A triangle which has an angle of 135 degrees is called an obscene triangle.
- The dog ran across the lawn, emitting whelps all the way.
- A virtuoso is a musician with real high morals.
- The bowels are a, e, i, o, u, and sometimes w and y.
- A passive verb is when the subject is the sufferer, as in "I am loved."
- In Great Expectations, Miss Havisham puts herself into conclusion.
- The divine wind protected Japan by sinking the fleet of invading Mongrels.
- The difference between a king and a president is that a king is the son of his father, but a president isn't.
- H<sup>2</sup>O is hot water, and CO<sup>2</sup> is cold water.

## Anguished English by Richard Lederer

### AH YES

"I think my wife is getting Alzheimer's."

"Why do you say that?"

"Because she keeps saying that she can't remember what she saw in me."

## Ray Hattingh

PS Literature, like virtue, is often its own reward.

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](mailto:info@saarp.net)

Or see it all at [www.saarp.net](http://www.saarp.net)

adding life to your years