



**adding life to your years**

**Every day we should hear at least one little song, read one good poem, see one exquisite picture, and, if possible, speak a few sensible words.**

**HEALTH**

**PROTECT YOUR EYES**

Green veggies like kale and spinach are rife with zeaxanthin and lutein, which were dubbed "the most potent antioxidants" in preventing and reducing the risk of eye diseases, such as age-related macular degeneration (AMD).

Exercising for at least three hours per week was associated with up to a 41 percent lower risk of certain types of AMD, compared with maintaining a couch potato lifestyle.

Wearing sunglasses in all weather is one of the simplest things you can do to prevent eye disease. Research indicates that UV exposure is associated with cataracts, AMD and eyelid skin cancer, among other conditions.

Eating tuna regularly can reduce the risk of AMD as fish, especially oily kinds like tuna, are packed with polyunsaturated fatty acids such as DHA and EPA, which lower inflammation and free-radical exposure.

**AARP**

**GRAPEFRUIT JUICE AND SOME DRUGS DON'T MIX**

*Grapefruit juice can affect how well some medicines work, and it may cause dangerous side effects.*

Grapefruit juice and the actual grapefruit can be part of a healthy diet.

Grapefruit has vitamin C and potassium—nutrients your body needs to work properly.

However, it is not good for you when it affects the way your medicines work, especially if you have high blood pressure or arrhythmia (irregular or abnormal heartbeat).

This food and drug interaction can be a concern. The FDA has required that some prescription and over-the-counter (OTC) drugs taken by mouth include

warnings against drinking grapefruit juice or eating grapefruit while taking the drug, Huang says.

Here are examples of some types of drugs which can cause problems if taken with grapefruit -(interact with the grapefruit):

- Some statin drugs to lower cholesterol, such as Zocor (simvastatin) and Lipitor (atorvastatin).
- Some drugs that treat high blood pressure, such as Procardia and Adalat CC (both nifedipine).
- Some organ-transplant rejection drugs, such as Sandimmune and Neoral (both cyclosporine).
- Some anti-anxiety drugs, such as buspirone.
- Some corticosteroids that treat Crohn's disease or ulcerative colitis, such as Entocort EC and Uceris (both budesonide).
- Some drugs that treat abnormal heart rhythms, such as Pacerone and Nexterone (both amiodarone).
- Some antihistamines, such as Allegra (fexofenadine).

Grapefruit juice does not affect all the drugs in the categories above. The severity of the interaction can be different depending on the person, the drug, and the amount of grapefruit juice you drink. Talk to your doctor, pharmacist or other health care provider and read any information provided with your prescription or OTC drug to find out:

- If your specific drug may be affected.
- How much, if any, grapefruit juice you can have.
- What other fruits or juices may also affect your drug in a similar way to grapefruit juice.

### **Find Out if You Should Avoid Grapefruit or Other Juices**

- Ask your doctor, pharmacist or other health care provider if you can drink grapefruit juice while taking your medication.
- Read the medication guide or patient information sheet that comes with your prescription drug to find out if grapefruit juice affects your drug.
- Read the Drug Facts label on your OTC drug, which will say whether you should not have grapefruit or other fruit juices with it.
- If you must avoid grapefruit juice with your medicine, check the labels of fruit juices or drinks flavoured with fruit juice to see whether they are made with grapefruit juice.
- Seville oranges (often used to make orange marmalade), pomelos, and tangelos (a cross between tangerines and grapefruit) may have the same effect as grapefruit juice. Do not eat those fruits if your medicine interacts with grapefruit juice.

## DISCOUNTS

### FOR PENSIONERS

A SAARP member sent me the following list of discounts for pensioners. I cannot vouch for the veracity but I can say that not all are correct. I know that some discount rates are not available everywhere, it depends on where you stay. There may be others. Please check if those you are interested in are applicable to your area.

- Property Rates – As a pensioner, you qualify for a rebate on your property rates of between 40% and 100%
- SABC TV licence rebate – If you are over 70 years of age, you can apply for a rebate on your TV licence. People under 70 who are eligible for a government pension or disability grant are also able to apply.
- Hertz – If you are 55 years or older, a hire car from Hertz’s ‘A group’ fleet can be as little as R200 per day. Rates include theft and damage waivers, airport surcharge, VAT, tourism levy and 200 kilometres free per day.
- Mango flights on a Tuesday, Wednesday and Saturday come with a 10% discount for those over 60 years of age.
- Sanparks – Enjoy the delights of any of the many parks under the Sanparks umbrella at a discounted tariff, if you are 60 years or older. This applies only to certain months of the year and excludes Fridays, Saturdays and long weekends. The discounts are for camping or staying in accommodation and can be up to 40% off the normal rate.
- Ster Kinekor – Over 60s are offered a 50% discount for all movies at Ster Kinekor on weekdays and weekends, up to and including the 5.30pm shows.
- Nu Metro – Again, over 60s can enjoy up to 50% discount on movies, providing you bring along ID. This is not applicable to Wednesdays as on this day everyone qualifies for a special rate.
- Game – Over 60s can qualify for a Senior Citizens’ Discount Card, which can be used only on a Wednesday in all Game stores, countrywide. The first R1 500 spent will qualify for a 10% discount, though this does not apply to groceries, liquor, insurance products cell phones, airtime and contracts.
- The V&A Waterfront in Cape Town boasts their “Especially for You” seniors campaign, which offers South African pensioners free parking anywhere at the V&A from Monday to Friday between 09h00 and

12h00. City Sightseeing's Pensioners Special is a wonderful opportunity to see the glories of Cape Town at reduced rates. Park in the Portwood Parking garage and take a short stroll over the road to the City Sightseeing Tour Office situated outside the Two Oceans Aquarium – here you can purchase the phenomenally well-priced City Sightseeing pensioner's tickets for half the normal price. You must register with the V&A Waterfront at their information centre to access the "Especially for You" special offers. Also, remember to bring along your ID book when you register.

- For pensioners who prefer to leave their cars at home, Metrorail runs a pensioners' special on Tuesdays, where over 60s can travel free by train, from any station to any destination within the Metropole area. This discount applies only on weekdays during off-peak times (09h00 – 14h00) and remember to bring your ID book.
- Pick 'n Pay – The management of Pick 'n Pay hypermarkets, family markets and supermarkets are free to decide their own pensioner policies as regards discounts – some of them issue special booklets with discount coupons every month for pensioners, for meat, dairy, fish and other foods. Some have a pensioners' day once a week where a 5% discount is offered, and others have a Pensioners' Tea once a month. Senior citizens need to be 60-plus – bring along your ID.
- Clicks – If you are 60 years or older and a ClubCard member, you can opt for Clicks' ClubCard Seniors programme and earn Double Points on the second Wednesday of the month on their exclusive Double Points Days. On these days, you get one additional ClubCard Point for every Point you earn.
- Intercape – This 'sleepliner' offers a 15% discount to all senior citizens over 60 years, and they are guaranteed a seat on the lower deck so there is no flight of stairs to negotiate and the toilet is nearby.
- AA (Automobile Association) – Over 60s get a substantial discount for an annual AA Membership on the AA Alliance option. This includes three call-outs per membership year.
- Dion Wired Stores offer senior citizens and pensioners over 60 a 10% discount on Tuesdays. The purchase amount must not exceed R1 000 and excludes specials.
- Dischem treats pensioners to a Double Points Day twice a month, and there is a 60+ Pensioners Tea once a year, where senior citizens are given a hamper of products.
- Torga Optical offers free eye testing and discounts on frames and lenses, nationally, to pensioners 60 and above.

- Tsogo Sun Hotels, which include Southern Sun hotels and resorts, The Palazzo, Suncoast Towers and Beverly Hills to name but a few, offer a 50% discount to those who are over the age of 63 on the Best Available Rate of the day, subject to availability. Phone 086 144 7744 to secure your booking.
- Weighless Ladies over 60 and men over 65 qualify for a discount. Pensioners who belong to Vitality Discovery qualify for an additional discount.
- Shosholozza Meyl – This rail service offers pensioners and senior citizens a 25% discount on all their trips.
- Greyhound – All over 60s travelling on the Greyhound bus service at any time of the week, receive a 5% discount.
- Orion – This hotel group offers pensioners over 60 a 40% discount on B&B rates.
- Subscribe to Car magazine and save 30% on your annual subscription of 12 issues.
- Subscribe to Getaway magazine and save 30% on your annual subscription of 12 issues!
- Subscribe to Leisure Wheels and save 30% on 12 issues.
- Selected Spur Steak Ranches offer a Seniors Menu, especially for their customers aged 65 plus.
- Shoprite and Checkers stores offer all senior shoppers a cup of soup free of charge on Wednesday mornings, to thank them for their loyal support through the years.
- Tiger Wheel & Tyre – In-store discounts on tyres / selected products and services for customers over 60 years old every Tuesday!

## ROYAL LESSONS

### TEN LIFE LESSONS FROM QUEEN ELIZABETH II

At 94, the world's longest-reigning monarch still follows these 10 rules  
 “I spent more than a year investigating the mystery of her resilience for my new book, *Long Live the Queen*; here are just a few of the secrets I discovered,” writes **Bryan Kozlowski**.

#### **1. Recharge your willpower**

Teatime is that crucial interval for the queen: a sacred break in her hectic day when she rests for a quiet hour with a fragrant pot of Earl Grey or Darjeeling, and something sugary.

#### **2. Stick to a schedule**

From her first day as queen, Elizabeth has calmed her mind by following a strict daily regimen, ending each day by writing in her journal.

### **3. Develop your sense of purpose**

The queen lives for something larger than herself — her country. Studies show having a dedicated cause helps immunity and reduces one's risk of Alzheimer's.

### **4. Serve others**

The patron of hundreds of charities, Elizabeth II believes that giving herself to good causes can do “as much as anything ... to help me put my own worries into perspective.”

### **5. Sweeten the self-talk**

"I find that I can often put things out of my mind which are disagreeable. The trouble with gloom is that it feeds upon itself."

### **6. Brush aside vanity**

From the beginning of her reign, the queen has made a deliberate effort to practice what behavioural psychologists call self-distancing. She can, with a complete lack of vanity, comb through a daily onslaught of personal stories in the tabloids and still remain a detached and, frequently, amused spectator.

### **7. Never stop playing**

Elizabeth II still takes time, almost every day, to play as she loved to as a child (specifically, with horses). Doing so has kept her muscles active and her mind remarkably agile, thanks to play's unique ability to suspend the brain in a youthful, flexible state.

### **8. Keep the faith**

The queen attends church every Sunday and prays every night before bed, grounding rites that have been an essential component of her iconic resilience. Whatever worries the world throws at her; she believes there is a higher throne on which to lay them.

### **9. Be open to change**

At an age when many find it hard to accept altered conditions, Elizabeth II has never stopped learning and adapting. “Change has become a constant,” she remarked in 2002. “The way we embrace it defines our future.”

### **10. Cherish your crowning years**

Elizabeth II smiles more nowadays and is more warmly approachable than ever. All of this supports the scientific phenomenon known as the U-bend of life — the discovery that the world's happiest people tend to be those who are in their 80s and beyond.

Read the article from AARP here:

[10 Lessons Learned From Queen Elizabeth II on Aging Well \(aarp.org\)](https://www.aarp.org/living/2019/07/10/10-lessons-learned-from-queen-elizabeth-ii-on-aging-well/)

## THE DUKE OF EDINBURGH

### PRINCE PHILIP

#### Extracts from a recently published book.

I know I pleased him once by saying to him, ‘You’ve got a reputation for not suffering fools gladly, but in fact you’ve been suffering fools willingly for more than fifty years.’ He grinned at me, nodded, and said, slowly and quietly, ‘I have suffered fools ... with ... patience.’

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On Monday, 4 June 2012, six days before his ninety-first birthday, he should have been at the Queen’s side at the Diamond Jubilee concert that was staged in her honour in front of Buckingham Palace. He wasn’t there because the day before, as part of the Jubilee River Pageant, for several hours he had stood at the Queen’s side in a boat on the Thames in driving rain and had exacerbated a pre-existing bladder infection. He stood because the Queen stood – and the Queen stood because neither of them wanted to be seen seated on the grandiose thrones the pageant organisers had provided for them. ‘We’d have looked like Mr and Mrs Beckham, wouldn’t we?’ said the Duke. ‘You’ve got to draw the line somewhere.’

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Sitting alone with him in his library at Buckingham Palace, sharing a drink, he was the best company: completely unstuffy, easy to talk to – and happy to talk about anything.

We talked about life. ‘Has it been fun?’ I asked him once.

‘Fun?’ he snorted. ‘I don’t think I think much about “fun”. Do you think much about fun?’

‘Yes,’ I said. ‘Now and again.’

‘Really? I suppose the polo was fun,’ he conceded. ‘Playing cricket was fun, in the old days. The carriage driving is fun – when you don’t fall off the box seat. Then it’s just bloody painful.’

‘Has it been enjoyable?’

‘My life? Enjoyable?’ He screwed up his eyes. ‘I enjoyed flying. I enjoyed flying very much. I sometimes think I should have joined the air force instead of the navy.’

‘Is that one of your regrets?’

‘Regrets are a waste of energy. There’s no point in having regrets.’

‘Has it been a good life?’ I persisted. ‘Worthwhile?’

He shrugged. 'I don't know about that. I've kept myself busy. I've tried to make myself useful. I hope I've helped keep the show on the road. That's about it, really.'

**Brandreth, Gyles. Philip: The Final Portrait (p. 3). Hodder & Stoughton. Kindle Edition.**

## PERSONALITY

### ECCENTRICS

Perhaps there is an "Uncle Joe" in your family whom you always thought of as eccentric. Thanks to an English University, you can now compare him with the following:

The 15 Characteristics of Eccentrics, in descending order of frequency (the first five (which apply to virtually every eccentric) are:

1. Nonconformity
2. Creative
3. Strongly motivated by curiosity
4. Idealistic
5. Happily obsessed with one or more hobby horses (usually five or six)
6. Awareness that he\she is different from early childhood
7. Intelligent
8. Opinionated and outspoken
9. Non competitive
10. Unusual eating habits or living arrangements
11. Not very interested in the opinions or company of others, except to persuade them of the 'correct' point of view
12. Mischievous sense of humour
13. Single
14. Eldest or only child
15. Bad speller

## BOOKS

### NON-FICTION

Following on from last month's request for details of non-fiction books here is a selection of my reading over the past two years. The four in bold are particularly enlightening.

1. ***Prisoners of History: What Monuments Tell Us About Our History and Ourselves* Keith Lowe July 8, 2020 0 2**

2. *Tiny Blunders/Big Disasters: Thirty-Nine Tiny Mistakes That Changed the World Forever* (Revised Edition) Jared Knott April 23, 2021
3. *Revolt: The Worldwide Uprising Against Globalization* Nadav Eyal March 23, 2021 0 2
4. *The Encyclopedia Codes* David Crystal November 20, 2020 0 2
5. *If Then: How the Simulmatics Corporation Invented the Future* Jill Lepore November 7, 2020 0 1
6. ***Rivers of Power: How a Natural Force Raised Kingdoms, Destroyed Civilizations, and Shaped Our World*** Laurence C. Smith April 20, 2020 0 2
7. *The Year 1000: When Explorers Connected the World – and Globalization Began* Valerie Hansen April 15, 2020 0 2
8. *The Madness of Crowds: Gender, Race and Identity*; THE SUNDAY TIMES BESTSELLER Douglas Murray December 30, 2019 0 1
9. *Will My Cat Eat My Eyeballs?: Big Questions from Tiny Mortals About Death* Caitlin Doughty November 17, 2019 0 2
10. *The Body: A Guide for Occupants* Bill Bryson November 8, 2019 0 1
11. *Ruined by Design: How Designers Destroyed the World, and What We Can Do to Fix It* Update Available Mike Monteiro July 5, 2019 0
12. *Empire: What Ruling the World Did to the British* Jeremy Paxman January 11, 2019 0
13. *The English: A Portrait of a People* Jeremy Paxman January 5, 2019 0
14. *Life At The Bottom* Theodore Dalrymple December 23, 2018 0
15. *Our Culture, What's Left Of It* Theodore Dalrymple December 16, 2018 0
16. *The Square and the Tower: Networks, Hierarchies and the Struggle for Global Power* Niall Ferguson August 2, 2018 0
17. ***Prisoners of Geography: Ten Maps That Tell You Everything You Need To Know About Global Politics*** Tim Marshall July 13, 2018 0
18. ***Factfulness: Ten Reasons We're Wrong About The World - And Why Things Are Better Than You Think*** Hans Rosling June 22, 2018 0 (See excerpt below).
19. *How Emotions Are Made: The Secret Life of the Brain* Lisa Feldman Barrett June 8, 2018 0
20. *Vintage Champagne on the Edge of Space: The Supersonic World of a Concorde Stewardess* Sally Armstrong May 14, 2018 0
21. *The Biological Mind: How Brain, Body, and Environment Collaborate to Make Us Who We Are* Alan Jasanoff May 12, 2018 0

22. *Endurance: A Year in Space, A Lifetime of Discovery* Scott Kelly April 29, 2018 0

23. *The Order of Time* Carlo Rovelli April 25, 2018 0

24. *Skybound: A Journey In Flight* Rebecca Loncraine April 18, 2018 0

25. *Who We Are and How We Got Here: Ancient DNA and the new science of the human past* David Reich April 7, 2018 0

## BOOK EXCERPTS

### OUR WORLD

**At the beginning of the book, the author asks the following: . . . “ first, I would like you to test your knowledge about the world. Please find a piece of paper and a pencil and answer the 13 fact questions below.”**

#### **The results**

Eighty-six percent of people get the final question about climate change right. In all the rich countries where we have tested public knowledge in online polls, most people know that climate experts are predicting warmer weather. In just a few decades, scientific findings have gone from the lab to the public. That is a big public-awareness success story. Climate change apart though, it is the same story of massive ignorance (by which I do not mean stupidity, or anything intentional, but simply the lack of correct knowledge) for all twelve of the other questions. **In 2017, we asked nearly 12,000 people in 14 countries to answer our questions. They scored on average just two correct answers out of the first 12. No one got full marks, and just one person (in Sweden) got 11 out of 12. A stunning 15 percent scored zero.** Perhaps you think that better-educated people would do better. Or people who are more interested in the issues? I certainly thought that once, but I was wrong. **I have tested audiences from all around the world and from all walks of life: medical students, teachers, university lecturers, eminent scientists, investment bankers, executives in multinational companies, journalists, activists, and even senior political decision makers.** These are highly educated people who take an interest in the world. But most of them—a stunning majority of them—get most of the answers wrong. **Some of these groups even score worse than the general public; some of the most appalling results came from a group of Nobel laureates and medical researchers.** It is not a question of intelligence. Everyone seems to get the world devastatingly wrong.

\* \* \*

Question three, for example, is **about the trend in extreme poverty.** Over the past twenty years, the proportion of the global population living in extreme poverty has halved. This is absolutely revolutionary. I consider it to be the most important change that has happened in the world in my lifetime. It is also a

pretty basic fact to know about life on Earth. But people do not know it. **On average only 7 percent—less than one in ten!—get it right.**

\* \* \*

Fears that once helped keep our ancestors alive, today help keep journalists employed. It isn't the journalists' fault and we shouldn't expect them to change. It isn't driven by "media logic" among the producers so much as by "attention logic" in the heads of the consumers. If we look at the facts behind the headlines, we can see how the fear instinct systematically distorts what we see of the world.

**Factfulness: Ten Reasons We're Wrong About The World - And Why Things Are Better Than You Think by Hans Rosling. Hodder & Stoughton. Kindle Edition.**

## LIFE LESSON

### **EVENING DINNER WITH A FATHER**

A son took his old father to a restaurant for an evening dinner. Father being very old and weak, while eating dropped food on his shirt and trousers. Other diners watched him in disgust while his son was calm.

After he finished eating, his son who was not at all embarrassed, quietly took him to the washroom, wiped the food particles, removed the stains, combed his hair and fitted his spectacles firmly. When they came out, the entire restaurant was watching them in dead silence, not able to grasp how people could embarrass themselves publicly like that. The son settled the bill and started walking out with his father.

At that time, an old man amongst the diners called out to the son and asked him, "Don't you think you have left something behind?"

The son replied, "No sir, I haven't".

The old man retorted, "Yes, you have! You left a lesson for every son and hope for every father".

The restaurant went silent.

Moral: To care for those who once cared for us is one of the highest honors. We all know how our parents cared for us for every little thing. Love them, respect them, and care for them.

## SHORT STORIES

### **FROM THE BBC**

The link below takes you to: **The best short stories for every taste and mood**

Now is surely the time to turn to the short story in all its myriad formats. Ten or 20 pages are an easier commitment to make than several hundred, and if we can manage to focus our swirling brains for one, we can always go on to another. From early masters of the genre such as Chekhov to the contemporary genius of Zadie Smith, there is something for every taste and mood.

<https://www.bbc.com/culture/article/20200612-the-best-short-stories-for-every-taste-and-mood>

## SAARP SERVICES

### NOTICE TO MEMBERS

SAARP has now changed from a referral agency to full insurance broker for us to meet the short term insurance needs of our members.

We will in the next few weeks, be contacting all members with insurance policies personally to discuss the changes and obtain their authority.

There are no changes to policy conditions, just how we will deal with members going forward.

At the same time one of our insurers SANTAM have indicated that they are also willing to insure RETIREMENT VILLAGES.

Members in villages and on the controlling bodies can contact us should they wish to obtain quotations for the VILLAGE insurance.

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 FEED BACK (Verbatim)

- Enjoying our mini break in the Drakensberg thank you so much for making it possible. Gods own country look at that sky the weather is lovely. If you have any vacancies later in the year or May next year please keep me in mind. Thank you once again.
- Just a thank you note for referring me to Kind2Hearing. The response has been excellent. The testing and fitting was done at home visits. The appointments were always arranged and kept on time.

## SHORT STORIES FEEDBACK (Verbatim)

- The books are brilliant Thank you, I am an avid reader, such a blessing
- Some of these are great to read and there seems to be something for everyone's taste. I have enjoyed those I have read so thank you for them and hope you continue to include them in the SAARP Newsletter
- Please keep on with the short stories. They are entertaining and we all need some entertainment in our lives, especially in these sad times of the virus and the lockdown!
- Thank you for the stories! I especially enjoyed "the Last Day" I was born in Southern Rhodesia in 1942. I had an Ouma and an Oupa who farmed. Near "Enkeldoorn. My father worked in the Standard Bank. He was transferred up there during the Second World War. We Went to South Africa in 1948. I lived there until 2017 (June). Then we emigrated to Vancouver, Canada. Vancouver is on the West Coast at the Pacific Ocean.
- I so enjoyed reading Mrs Kombrink's Christmas pudding. Thanks for including the short stories
- Good day Ray I think this is a great idea, as I am always looking for something to read. Would it be possible to arrange the stories in categorizes e.g... Detective Crime romance etc. etc. I have read a few stories and find them most entertaining but have to search through all of them to find what I am looking for. Thank you and keep up the wonderful newsletter my wife and I look forward to it each month.
- I received, this month's stories, thank you. So pleased to have another batch of stories from you. Looking forward to reading them. Trust you are well and "avoiding" the virus. I must tell you that the more I read the short stories, the more I feel, MAYBE I would be able to write a story as well. Blessings to you and your staff.
- Thank you for the wonderful pieces. Keep it coming.
- Really enjoyed the read looking forward to the rest of the Swift aircraft story
- The Wages and bickering. Enjoyed the short story.
- Flight of Fancy Don't like it. Make me feel uncomfortable. I am a bit hesitant to read the other stories; the next one might be a horror. Would appreciate it if you could categorised the stories.
- Hi, I have been reading the short stories. Please keep it up. Enjoy it very much
- I enjoy reading the short stories
- 100 word assignments. Well Done.
- Please keep the short stories coming, I read them a lot. Thank you.

- Just a quick note to say how much I enjoy the short stories.
- Once again Ray, thank you for garnering some great stories for your reading public. Always enjoy them. Thank you

Go to [www.saarp.net](http://www.saarp.net) . . . to read them.

<b>SAARP HOLIDAY CLUB</b>
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**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>				
Umhlanga Cabanas	Umhlanga	16-20 Aug	2 bedroom	R2587.50
Durban Spa	Durban	6-10 Sep	2 bedroom	R1725
Durban Spa	Durban	6-10 Sep	2 bedroom	R1725
Dolphin View	Umdloti	20-24 Sep	Studio	R1725
Dolphin View	Umdloti	1-5 Nov	1 bedroom	R3018.75
Caribbean Estates	Port Edward	16-20 Aug	3 bedroom	R2587.50
Margate Beach	Margate	6-10 Sep	1 bedroom	R1293.75
Margate Beach	Margate	13-17 Sep	1 bedroom	R1293.75
Banana Beach Club	KZN	30/8 – 3 Sep	2 bedroom	R1725
Banana Beach Club	KZN	6-10 Sep	1 bedroom	R1293.75
Banana Beach Club	KZN	13-17 Sep	2 bedroom	R1725
Dunkeld Country	Dullstroom	23-27 Aug	2 bedroom	R2156.25
Dunkeld Country	Dullstroom	23-27 Aug	2 bedroom	R1725
Hazyview Cabanas	Hazyview	15-19 Nov	2 bedroom	R2587.50
Hazyview Cabanas	Hazyview	15-19 Nov	2 bedroom	R2587.50
Crystal Springs	Pilgrims Rest	23-27 Aug	2 bedroom	R2587.50
Sudwala Lodge	Nelspruit	13-17 Sep	1 bedroom	R1725
Sudwala Lodge	Nelspruit	13-17 Sep	1 bedroom	R1725
Manzi Monate	Pretoria	16-20 Aug	1 bedroom	R1725
Manzi Monate	Pretoria	6-10 Sep	2 bedroom	R2156.25
Little Eden	Gauteng	13-17 Sep	1 bedroom	R1725
Little Eden	Gauteng	13-17 Sep	1 bedroom	R1725

Sondela	Bela Bela	30/8 – 3 Sep	2 bedroom	R2587.50
Sondela	Bela Bela	6-10 Sep	2 bedroom	R2587.50
Dikhololo	Brits	6-10 Sep	Studio	R1293.75
Dikhololo	Brits	13-17 Sep	3 bedroom	R2156.25
Dikhololo	Brits	13-17 Sep	Studio	R1293.75
Dikhololo	Brits	25-29 Oct	Studio	R2156.25
Dikhololo	Brits	1-5 Nov	Studio	R2156.25
Waterberg Game	Limpopo	30/8 – 3/9	1 bedroom	R1293.75
Waterberg Game	Limpopo	6-10 Sep	3 bedroom	R2587.50
Waterberg Game	Limpopo	13-17 Sep	2 bedroom	R2156.50
Magaliespark	Brits	16-20 Aug	1 bedroom	R1725
Magaliespark	Brits	13-17 Sep	1 bedroom	R1725
Royal Atlantic	Sea Point	6-10 Sep	1 bedroom	R1725
Royal Atlantic	Sea Point	13-17 Sep	1 bedroom	R1725
Tableview Cabanas	Blouberg	20-24 Sep	Studio	R2156.25
Tableview Villas	Blouberg	23-27 Aug	2 bedroom	R2156.25
Tableview Villas	Blouberg	30/8 – 3/9	2 bedroom	R2156.25
Sunshine Bay	Jeffreys Bay	13-17 Sep	2 bedroom	R2193.75
Placid Waters	Sedgefield	23-27 Aug	1 bedroom	R1725
Placid Waters	Sedgefield	15-19 Nov	Studio	R2156.25
Formosa Bay	Plettenberg Bay	6-10 Sep	2 bedroom	R1293.73
Formosa Bay	Plettenberg Bay	13-17 Sep	2 bedroom	R1293.75
Formosa Bay	Plettenberg Bay	8-11 Nov	1 bedroom	R2156.25
Formosa Bay	Plettenberg Bay	15-19 Nov	1 bedroom	R2156.25
Sunshine Bay	Jeffreys Bay	13-17 Sep	2 bedroom	R1293.75
Waterberg Game	Limpopo	30/8 – 3/9	1 bedroom	R1293.75
Falcon Glen	Mpumalanga	16-20 Aug	1 bedroom	R1725
Dolphin View	Umdloti	23-27 Aug	1 bedroom	R1725

**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)

**In addition, 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

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

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## TRIVIA

### SNIPPETS

- Today a quarter of British children have at least one foreign-born parent, which gives an indication of our social and familial links to the rest of the world. **The Spectator**
- More than a million people were admitted to hospital for obesity-related treatment in England in the year before the pandemic, the NHS said. **The Spectator**

### AH, HISTORY - Referring to the King Arthur of legend

“Believing in his existence on the strength of the evidence we have, however, is like insisting that a lost thousand-piece jigsaw puzzle must have been a picture of a steam train because one of the three surviving pieces appears to show a puff of smoke”.

## The Anglo-Saxons by Marc Moris

### PITHY QUOTES

- Success is the ability to go from failure to failure without losing your enthusiasm.
- Courage is what it takes to stand up and speak. Courage is also what it takes to sit down and listen.
- A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty.
- Kites rise highest against the wind — not with it.
- We shall draw from the heart of suffering itself the means of inspiration and survival.
- It is better to be making the news than taking it; to be an actor rather than a critic.
- Difficulties mastered are opportunities won.

### Ray Hattingh

**PS:** "Men talk of killing time, while time quietly kills them." **Dion Boucicault**

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