



SAARP
NEWSLETTER
Number 173
July 2021

adding life to your years

**We have come to worship progress but still do not realise
that she is a capricious goddess.**

Johann Wolfgang von Goethe

IMPORTANT NOTICE

Please read the Technology section below. It contains information relating to two new criminal Acts:

The Cybercrimes Act

The Disaster Management Act

Both criminalise the sending of certain types of harmful messages on social media in South Africa.

CORONAVIRUS

BBC

What are the India, Brazil, South Africa and UK variants?

Extract:

The advice to avoid infection remains the same for all strains: wash your hands, keep your distance, wear a face covering and be vigilant about ventilation.

[What are the India, Brazil, South Africa and UK variants? - BBC News](#)

HEALTH

MEDICAL CHECKUPS

It is quite possible that these have been put off due to the Covid-19 pandemic. As soon as you are able, it may be wise to consider having a check up.

1. Colonoscopy

Why you need it: Though colon cancer is the most preventable cancer (caught early, the five-year survival rate is about 90 percent), it is the third most commonly diagnosed cancer and the third leading cause of cancer death in the U.S.

2. Mammogram

Why you need it: Eighty percent of all breast cancers occur in women of 45 and older. (In women age 40 to 50, there is a 1 in 68 risk of developing breast cancer. From age 50 to 60, that risk increases to 1 in 42. In the age group 60 to 70, the risk is 1 in 28.)

3. Dental Exam

Why you need it: Tooth decay can be stopped in its tracks (or even reversed) if detected early enough. Some cavities stay small for years, while others develop quickly within months, requiring treatment. If not caught in time, a cavity will eventually work its way through the dentine layer of your tooth, just below the enamel. If your tooth remains untreated, decay may reach the nerve, and a cavity that could have been treated with a filling will require a more involved (and painful) procedure, such as root canal and a crown — or possibly an extraction and dental implant.

4. Pap Smear

Why you need it: Although your risk of cervical cancer decreases with age, your need for routine Pap tests doesn't necessarily stop with menopause. One in 125 women will get cervical cancer — and more than 20 percent of cases are found in women over 65.

5. Skin Cancer Screening

Why you need it: Skin cancer is the most common cancer in the U.S., affecting 1 in 5 Americans by age 70. Experts estimate that 450,000 new cases are diagnosed each year — 10,000 of which are melanomas, the most aggressive form of skin cancer.

6. Cholesterol test

Why you need it: At least 48 percent of U.S. adults have some form of cardiovascular disease, according to the AHA, and heart disease is the leading cause of death in both men and women. For men, the risk starts to climb at about age 45, when 1 out of every 100 men develop signs of heart disease; by age 55, the risk has doubled, and continues to increase. For women, the risk also goes up with age, particularly after menopause.

Why you need it: According to the CDC, the leading causes of blindness and low vision in the U.S. are age-related eye diseases, such as cataracts, diabetic retinopathy, glaucoma and macular degeneration. It is important to diagnose them early when they are treatable or, in some cases, curable.

8. Hearing Test

Why you need it Research from the Johns Hopkins School of Medicine and the NIA found that even mild hearing loss can increase your risk of taking a tumble by three times, with the risk increasing by 140 percent for every additional 10 decibels of hearing loss. Why? Balance requires brainpower, and those with hearing loss use more of that grey matter to hear, which means there are fewer mental resources left to help you stay upright.

Read the full article here:

<https://www.aarp.org/health/conditions-treatments/info-2021/resuming-medical-checkups.html?intcmp=AE-HP-TTN-R3-POS1-REALPOSS-TODAY>

YOUR DIET

EAT WELL, EAT HEALTHY, EAT CHEAPLY

Eating healthy is cheaper, easier, and more important than you might think.

“Nutrition is one of the major determinants of successful ageing,” says a spokesperson from Senior Chef, a provider of culinary education for the over 60s.

“Eating well gives our body the fuel we need to do the things we enjoy. It can also help to prevent or manage lifestyle diseases like heart disease, diabetes and reduce the risk of some cancers.”

So, what should seniors be eating? According to The Nutrition Foundation, older people need 25% more protein than younger adults.

“Not eating enough protein can make your skin more fragile, as well as slow down wound healing, which means longer recovery times leading to decreased immune function.”

Good sources of protein are pulses like beans and chickpeas, fish, chicken, eggs, dairy, meat, nuts and seeds.

Seniors should also be dining on plenty of high-fibre fruits, vegetables, and wholegrains, as well as calcium-rich foods to look after their bones: these include dairy products and canned fish with bones (salmon, sardines).

The experts also advise drinking plenty of water and enjoying foods with plant fats (peanut butter, avocados) and minimising animal fats.

Being healthy doesn't have to be expensive if you include plenty of vegetables with some protein. It's always a good idea to have frozen veg and fish fillets to hand. A well-stocked pantry should have a good supply of grains, canned food, and dried herbs and spices. You also can't go wrong with flour, pasta, cooking oils, dried fruit, and eggs.

GLOBAL AMBITIONS

CHINA RISING

In a revealing essay published last year, the Chinese political theorist Jiang Shigong, a professor at Peking University Law School, spelled out the corollary of American decline. 'The history of humanity is surely the history of competition for imperial hegemony,' Jiang wrote, 'which has gradually propelled the form of empires from their original local nature toward the current tendency toward global empires, and finally toward a single world empire.' The globalisation of our time, according to Jiang, is the "'single world empire" 1.0, the model of world empire established by England and the United States'. But that Anglo-American empire is 'unravelling' internally, because of 'three great unsolvable problems: the ever-increasing inequality created by the liberal economy, ineffective governance caused by political liberalism, and decadence and nihilism created by cultural liberalism'. Moreover, the western empire is under external attack from 'Russian resistance and Chinese competition'. This is not a bid to create an alternative Eurasian empire, but 'a struggle to become the heart of the world empire'.

The Spectator

SO WHAT IS IT?

A CONFUSED VEGETABLE

This purple vegetable has names. In American English it goes as an eggplant, in South African and South Asian Englishes as a brinjal, in British English as an aubergine, and in the language of emoji's, well, we'll talk about that some other time.

In all the names for this bulbous vegetable, there is one that truly sticks out. Many words have travelled, but when it comes to linguistic miles covered, it would be hard to beat the aubergine. It rises above all.

The aubergine spread its seed far and wide before reaching the English language. It came to English from Sanskrit via Persian, Arabic, Catalan, and French. That's some serious wanderlust.

NOVELS

COMING THIS SPRING

The American AARP lists the following novels that will be published from the first of September to the eleventh of November. Something to look forward to . . . there are some "big" names here.

- *The Lying Life of Adults* by Elena Ferrante
- *All the Devils Are Here* by Louise Penny
- *Transcendent Kingdom* by Yaa Gyasi
- *Anxious People* by Fredrik Backman
- *Monogamy* by Sue Miller
- *Piranesi* by Susanna Clarke
- *The Evening and the Morning* by Ken Follett
- *The Awkward Black Man* by Walter Mosley
- *Jack* by Marilynne Robinson
- *The Return* by Nicholas Sparks
- *Leave the World Behind* by Rumaan Alam
- *Magic Lessons* by Alice Hoffman
- *The Searcher* by Tana French
- *Elsewhere* by Dean Koontz
- *The Wonder Boy of Whistle Stop* by Fannie Flagg
- *Moonflower Murders* by Anthony Horowitz

Read the write-ups here:

<https://www.aarp.org/entertainment/books/info-2020/fall-books-preview.html>

DIS-CHEM DELIVERY SERVICE



Dis-chem launches delivery service

The service is set to offer delivery of products within 60 minutes and give customers access to more than 7000 products ranging across health, nutrition, beauty, cosmetic and electrical goods.

Read more here:

[Dis-chem launches delivery service \(supermarket.co.za\)](https://www.supermarket.co.za/news/dis-chem-launches-delivery-service)

14 SUCCINCT POINTS

I asked a friend who has crossed 70 and is heading towards 80 what sort of changes she is feeling in herself. She sent me the following:

1 After loving my parents, my siblings, my spouse, my children and my friends, I have now started loving myself.

2 I have realized that I am not "Atlas". The world does not rest on my shoulders.

3 I have stopped bargaining with vegetable & fruit vendors. A few pennies more is not going to break me, but it might help the poor fellow save for his daughter's school fees.

4 I leave my waitress a big tip. The extra money might bring a smile to her face. She is toiling much harder for a living than I am.

5 I stopped telling the elderly that they've already narrated that story many times. The story makes them walk down memory lane & relive their past.

6 I have learned not to correct people even when I know they are wrong. The onus of making everyone perfect is not on me. Peace is more precious than perfection.

7 I give compliments freely and generously. Compliments are a mood enhancer not only for the recipient but also for me. And a small tip for the recipient of a compliment, never, NEVER turn it down, just say "Thank You."

8 I have learned not to bother about a crease or a spot on my shirt. Personality speaks louder than appearances.

9 I walk away from people who don't value me. They might not know my worth, but I do.

10 I remain cool when someone plays dirty to outrun me in the rat race. I am not a rat and neither am I in any race.

11 I am learning not to be embarrassed by my emotions. It's my emotions that make me human.

12 I have learned that it's better to drop the ego than to break a relationship. My ego will keep me aloof, whereas, with relationships, I will never be alone.

13 I have learned to live each day as if it's the last. After all, it might be the last.

14 I am doing what makes me happy. I am responsible for my happiness, and I owe it to myself. Happiness is a choice. You can be happy at any time, just choose to be!

SWEDISH WORDS

AN EXTRACT FROM THE WIKIPEDIA

A member sent me this in response to last month's newsletter and Swedish words:

Fartlek, which means "speed play" in Swedish, is continuous training with interval training. Fartlek runs are a very simple form of a long-distance run. Fartlek training "is simply defined as periods of fast running intermixed with periods of slower running." For some people, this could be a mix of jogging and sprinting, but for beginners it could be walking with jogging sections

SAARP SHORT STORIES

SAARP WEBSITE

I have had two of them translated into Afrikaans. They are on our Website (www.saarp.net) under Short Stories.

The first is a recent one and second one is the most read story on the website:

Die Loon van 'n Gekibbel (The Wages of Bickering)

Die Grootpad wat Minder Gebruik Word (The High Road Less Travelled)

TECHNOLOGY

NEW LAWS CRIMINALISING WHATAPP AND COVID CONTENTS

Three types of WhatsApp messages can now land you in jail in South Africa

President Cyril Ramaphosa signed the Cybercrimes Act into law, introducing new laws that criminalise the sending of certain types of harmful messages on social media in South Africa.

MyBroadband published three articles covering these and here they are:

Three types of WhatsApp messages can now land you in jail in South Africa

[Three types of WhatsApp messages can now land you in jail in South Africa \(mybroadband.co.za\)](http://mybroadband.co.za)

You can now be arrested for forwarding fake coronavirus messages on WhatsApp

<https://mybroadband.co.za/news/security/345439-you-can-now-be-arrested-for-forwarding-fake-coronavirus-messages-on-whatsapp.html>

6 months in jail if you spread fake news about coronavirus

<https://mybroadband.co.za/news/government/343315-6-months-in-jail-if-you-spread-fake-news-about-coronavirus.html>

SAARP SERVICES

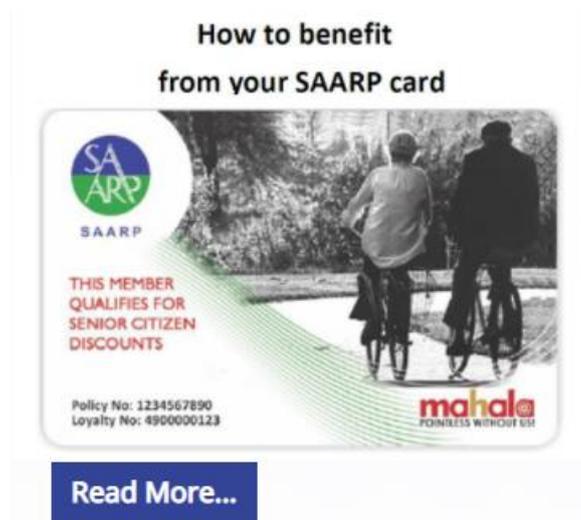
INSURANCE QUOTES

Have you ever thought it would just be too much hassle to get comparative insurance quotes when you receive your premium increase notification? SAARP are now fully fledged brokers, and as your brokers, we can do the research for you.

Sit back, write us a short email and we will get to work on your behalf. Mail your request to info@saarp.net After all, why not? Why pay more?

HOW TO BENEFIT FROM YOUR SAARP CARD

Simply log on to www.saarp.net and on the Home Screen you will see:



Click on Read More... and choose from a host of benefits. (Note, not all are available countrywide).

Alternatively, simply click on:

<https://www.saarp.net/images/SAARP%20Eng%2007%202019%20Final2.pdf>

NOTICE TO MEMBERS

SAARP has now changed from a referral agency to full insurance broker in order for us to meet the short term insurance needs of our members. We will, in the next few weeks, personally be contacting all members with insurance policies to discuss the changes and to obtain their authority. There are no changes to policy conditions, only how we will deal with members in the future.

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 and click on the Benefits tab to see our range of member services.



SAARP NEWS

MEMBER FEED BACK (Verbatim)

- I have no idea how you manage to put together the SAARP Newsletters. SO much information. Means so much time and energy. Thank you for that.
- I thoroughly enjoyed this newsletter
- Ook baie dankie vir al die nuttige inligting wat die nuusbrieff altyd bevat.
- Thank You and Welcome back. God Bless SAARP
- Thanks for the latest newsletter, wondered if you could let me know where "The A-Z of Pointless" is available? I'm a great fan of the TV program and the excerpts quoted in the latest newsletter are tantalizing!
- I emailed SAARP for info on 25/05 and was pleasantly surprised to receive our cards today in the post. Thank you. I wish you could teach other companies how to be so efficient - our country would be a better place. So, once again - thank you. (Thanks are due to the Post Office as well. They are not always this efficient. Ray)

SHORT STORIES FEEDBACK (Verbatim)

- I have just read "The Road Less Travelled" great stuff and a most surprising ending. Enjoyed it as a short story.
- Hou groot asseblief aan om die interessante en hoogs vermaaklike stories in te sluit, ek is seker almal geniet dit.
- And for the first time I have found the short stories and read the one at the bottom of the list: Nemesis. It was riveting and I will now work my way up the list as it has whetted my appetite!

- Apropos the short stories. I have read every single one of these stories over the years that you have been printing them and I have so enjoyed each and every one of them. I find it extremely difficult to pick out my favourite out of them or the one that was the best. To my mind they are all in their own right exceptional and worthy of publishing. How about considering submitting them to one of our South African publishing houses to get them to put them into book form? Naturally, you would need permission from the writers to do this but I doubt this would be a problem. There would be a ready market for these 'gems' I am sure. On reflection however if I had to choose the one I enjoyed the most it was possibly the one about the Christmas Pudding. Excellent, excellent excellent. Please carry on with these stories.
- Thank you for the latest short stories. I read them all and I even download them and save them in a special folder. It makes my day to read such excellent stories and the use of the English language is thrilling to me. In this day and age, many young people do not use English as it should be used. The quality of the stories is excellent; once again, I most thoroughly enjoy them. Being a writer myself, I take great pleasure in reading quality stories. (I however write poetry, still working on some short stories. I have had 20 poems published in anthologies so far). Please keep these short stories rolling, what a joy to relax on a Sunday afternoon or late in the evening and read these beautiful stories. They evoke all the emotions that one should experience when reading excellent writing. Thank you for sharing it with us.

Go to www.saarp.net . . . to read them.

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*

RESORT	AREA	DATE	UNIT	PRICE
BOOKINGS FOR 2021				
Club Mykonos	Langebaan	23-27 Aug	1 bedroom	R1725
Hazyview Cabanas	Hazyview	30/8 – 3/9	3 bedroom	R2156.25
Dolphin View	Umdloti	6-10 Sep	1 bedroom	R1725

Sondela	Bela Bela	13-17 Sep	2 bedroom	R2587.50
Waterberg Game	Limpopo	6-10 Sep	2 bedroom	R2156.25
Hazyview Cabanas	Hazyview	13-17 Sep	3 bedroom	R2156.25
Falcon Glen	Schoemanskloof	13-17 Sep	1 bedroom	R1725
The Aloes	KZN	20-24 Sep	2 bedroom	R3018.75
Hazyview Cabanas	Hazyview	15-19 Nov	2 bedroom	R2587.50
Tableview Villas	Blouberg	30/8 – 3/9	2 bedroom	R2156.50
Tableview Villas	Blouberg	20-24 Sep	Studio	R2156.25
Placid Waters	Sedgefield	15-19 Nov	Studio	R2156.25
Royal Atlantic	Sea Point	6-10 Sep	1 bedroom	R1725
Formosa Bay	Plettenberg Bay	6-10 Sep	1 bedroom	R1725
Formosa Bay	Plettenberg Bay	13-17 Sep	1 bedroom	R1725
Formosa Bay	Plettenberg Bay	8-12 Nov	1 bedroom	R2156.25
Hazyview Cabanas	Hazyview	18-22 Oct	2 bedroom	R2587.50
Waterberg Game	Limpopo	6-10 Sep	3 bedroom	R2587.50
Waterberg Game	Limpopo	13-17 Sep	2 bedroom	R2156.25
Magaliespark	Brits	13-17 Sep	1 bedroom	R1725
Manzi Monate	Pretoria	6-10 Sep	2 bedroom	R2156.25
Sudwala Lodge	Nelspruit	13-17 Sep	1 bedroom	R1725
Dikhololo	Brits	6-10 Sep	Studio	R1293
Dikhololo	Brits	13-17 Sep	3 bedroom	R2156.25
Margate Beach	Margate	6-10 Sep	1 bedroom	R1293.75
Dolphin View	Umdloti	30/8 – 3/9	1 bedroom	R1725
Dolphin View	Umdloti	20-24 sep	Studio	R1725
Banana Beach	KZN	30/8 – 3/9	2 bedroom	R1725
Banana Beach	KZN	13-17 Sep	2 bedroom	R1725
Durban Spa	Durban	6-10 Sep	2 bedroom	R1725
Margate Beach	Margate	6-10 Sep	1 bedroom	R1293
Margate Beach	Margate	13-17 Sep	1 bedroom	R1293
Dunkeld	Dullstroom	18-22 Oct	2 bedroom	R2587.50
Dunkeld	Dullstroom	1-5 Nov	2 bedroom	R2587.50
Dunkeld	Dullstroom	8-12 Nov	2 bedroom	R2587.50
Crystal Springs	Pilgrims Rest	13-17 Sep	Studio	R1293
Placid Waters	Sedgefield	1-5 Nov	Studio	R2156.25
Royal Atlantic	Sea Point	25-29 Oct	1 bedroom	R3450
Royal Atlantic	Sea Point	1-5 Nov	1 bedroom	R3450
Royal Atlantic	Sea Point	22-26 Nov	1 bedroom	R3450
Kiara Lodge	Clarens	25-29 Oct	1 bedroom	R3450

Kiara Lodge	Clarens	22-26 Nov	1 bedroom	R3450
Sunshine Bay	Jeffries Bay	15-19 Nov	2 bedroom	R3450
Sunshine Bay	Jeffries Bay	29/11–3/12	2 bedroom	R3450

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

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

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

- A recent survey found that more than half of cosmetic surgeons had patients explicitly asking them for procedures that would enhance their online image, while some surgeons have also reported patients using enhanced images of themselves as an example of how they'd like to look.
- Seventy per cent of the world's antibiotics are used on livestock, increasing the risk of antimicrobial resistance, a major fear of doctors. The Spectator
- The average American spent three hours and 43 minutes every day watching live TV in the first quarter of 2020, according to Nielsen. That's a lot, but still less time than the three hours and 46 minutes people spent staring at their smartphones.

A THOUGHT FOR TODAY

If you break your neck, if you have nothing to eat, if your house is on fire, then you've got a problem. Everything else is an inconvenience. Life is inconvenient. Life is lumpy. A lump in the oatmeal, a lump in the throat, and a lump in the breast are not the same kind of lump. One needs to learn the difference. - Robert Fulghum, author (b. 4 Jun 1937)

SOUND ADVICE

Avoidance is understandable: anxiety is unpleasant. It's also consistent with the so-called principle of least effort, which applies to all living organisms: when given the choice, we will choose the path of least resistance. But avoidance is one of the worst things you can do, because it maintains anxiety in the long run.

FOOD FOR THOUGHT

Bernstein uses the lessons of evolutionary psychology and neuroscience to argue that our propensity to go nuts en masse is determined in part by a hardwired weakness for stories. "Humans understand the world through narratives," he writes. "However much we flatter ourselves about our individual rationality, a good story, no matter how analytically deficient, lingers in the mind, resonates emotionally, and persuades more than the most dispositive facts or data."

QUOTE

The animal shall not be measured by man. In a world older and more complete than ours, they move finished and complete, gifted with extension of the senses we have lost or never attained, living by voices we shall never hear. They are not brethren; they are not underlings; they are other nations, caught with ourselves in the net of life and time, fellow prisoners of the splendour and travail of the earth.

Henry Beston, naturalist and author (1 Jun 1888-1968)

Ray Hattingh

PS: It is a mathematical fact that fifty percent of all doctors graduate in the bottom half of their class.

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