



**SAARP
NEWSLETTER
Number 174
August 2021**

adding life to your years

Books are the quietest and most constant of friends; they are the most accessible and wisest of counsellors, and the most patient of teachers."

Charles W Eliot

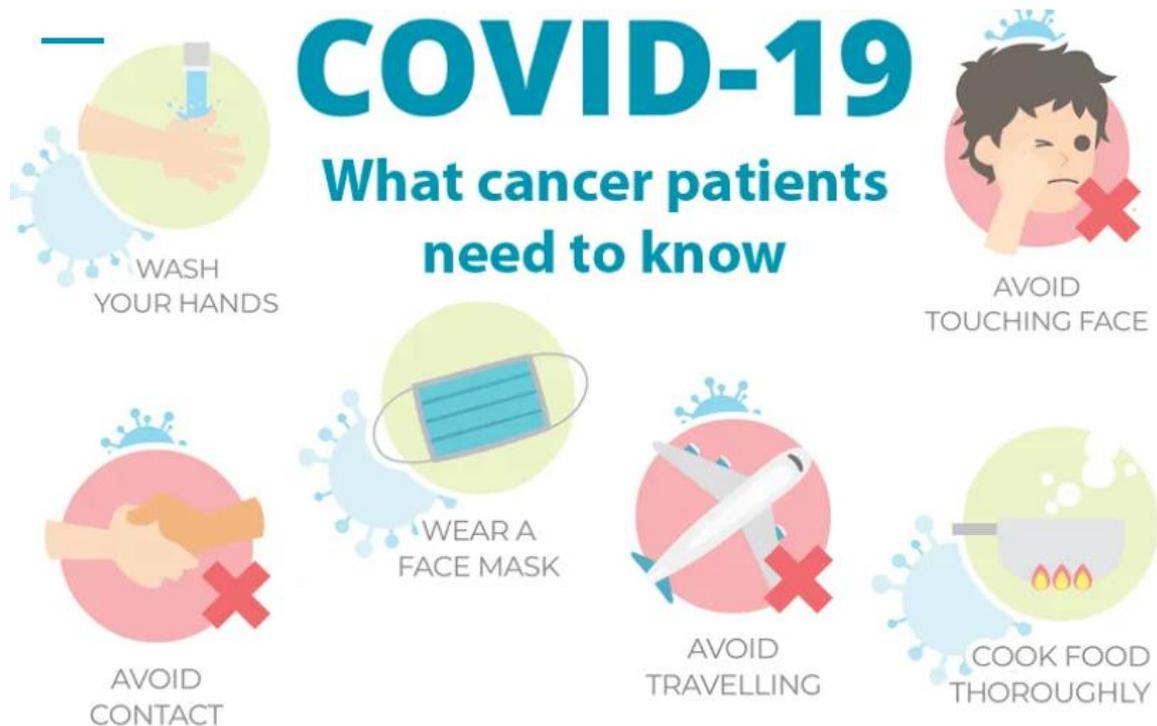
SAARP SMARTPHONE APP

**SAARP now has a Smartphone App for your membership card
See SAARP SERVICES below**

CANCER PATIENTS AND COVID

Please follow this link to the article. I have pasted the opening diagram to point your attention to the red **X** es.

COVID-19 – Information Cancer Patients Should Know



HEALTH

FIVE SURPRISING CAUSES OF BACK PAIN AFTER 50

As we get older, we start to lose fluid in our discs and as we lose fluid, the discs tend to collapse, we get stiffer, and the risk of injury becomes greater. From there, many lifestyle habits raise your risk. Some of these, like hoisting your grandkid or overdoing the gardening, are obvious. But some aren't. Here are five surprising culprits that may play a role in the pain in your back.

1. The culprit: Uninterrupted sitting

You've likely heard by now that lots of sitting can take a toll on your health. But it's also a lesser-known cause of back pain. If you're sitting for a period, your joints aren't being used. Set a schedule where you dedicate time focused on stretching and core strengthening, totalling half an hour to an hour, six times a week.

2. The culprit: Cigarette smoking

Smoking limits blood flow, causing discs to age prematurely. In fact, the number one reason people who have had spinal fusion surgery — back surgery to connect two or more vertebrae in your spine — don't heal is because of smoking.

3. The Culprit: Your mattress

That cushy mattress that makes it seem like you're floating on a giant marshmallow may feel good when you slip into bed each night, but it's not doing your back any favours. If you use a plush mattress or an old mattress, the body tends to sink down, so there's less support for the spine

4. The Culprit: Shoes

Even sensible shoes can change your gait and lead to back pain if the soles are uneven, which happens when you've worn them too long. Think about your shoes the way you think about your mattress. We talk about the support you need while lying flat; you equally need support while being upright.

5. The Culprit: Stress

Stress wreaks all kinds of havoc on the body. No surprise, it can also put the squeeze on the muscles around your spine. People usually carry stress in the neck and shoulder area. But stress can also cause pain to travel farther down the back, thanks to the inflammatory response it sets off.

By Kimberly Goad, AARP

Read the Article here

[5 Surprising Causes of Back Pain After Age 50 \(aarp.org\)](#)

PROCESSED VS NATURAL – View 1

An adjective that can whet our appetites is "natural". But when it comes to our health naturalness doesn't automatically mean a food is healthy. In fact, natural foods can contain toxins, and minimal processing can in fact make them safer.

Processing can also help to retain nutrients in food we eat. For example, freezing, which is classified as minimal processing, allows fruit and vegetables to retain nutrients that can otherwise degrade while sitting in a fridge.

Processing also allows vitamins and minerals, such as vitamin D, calcium and folate, to be added to certain processed foods, including bread and cereal.

Tinned tomatoes are a textbook example of processed food being better than fresh. They can be harvested much later when the food is much riper, and processed in a much more gentle way.

However, highly processed food – which is made from substances derived from foods and additives – is generally not good for us. Research shows that people have a tendency to overeat ultra-processed food and so consume more calories overall, gain more weight, and have higher risk of developing heart disease.

Some ultra-processed foods can be linked to bad health outcomes, but not all processed food is detrimental to our health. Frozen vegetables, pasteurised milk or boiled potatoes, for example, can be better for us than their unprocessed counterparts.

The key is, as long as we can recognise a processed food as being close to its natural form, having them in our diet may even be good for us.

Read the article here:

<https://www.bbc.com/future/article/20210521-which-processed-foods-are-better-than-natural>

PROCESSED VS NATURAL – View 2

Another main driver behind food innovation in modern society is convenience.

In just 60 years, the amount of time spent preparing the evening meal in the UK has gone from 1.5 hours to just over 30 minutes. There has also been a dramatic change in the family unit in these 60 years. The number of women working outside the home has dramatically increased and the number of single-parent families has tripled. It's not surprising people aren't keen to spend 1.5 hours in the kitchen preparing a meal with the kids at their heels after a long day at work. It is not only why we process food but, how we

process food that has changed dramatically with time yet, the average household still manages to squeeze in nearly 4 hours of television daily (this soared to over six hours a day during the COVID-19 lockdown). So perhaps we need to be honest about whether we have time to cook or whether we are choosing to spend our time doing different things.

The science is crystal clear on healthful food, regular exercise, and sleep as prerequisites for a balanced body budget and a healthy emotional life. A chronically taxed body budget increases your chances of developing a host of different illnesses.

MEMORY

WHY FORGETTING IS TOTALLY OK

Thinking about the past week, did any of you forget where you put your phone? Did you have a word stuck on the tip of your tongue, or you couldn't remember the name of an actor or that movie a friend recommended? Did you forget to take out the trash or move the laundry from the washer to the dryer or to pick up something from the grocery store you meant to buy? What is going on here, is your memory failing?

It's not. It's doing exactly what it's supposed to do. For all its miraculous, necessary and pervasive presence in our lives, memory is far from perfect. Our brains are not designed to remember people's names, to do something later or to catalogue everything we encounter. These imperfections are simply the factory settings. Most of us will forget the majority of what we experienced today by tomorrow. Added up, this means we actually don't remember most of our own lives. Think about that. So what determines what we remember and what we forget? Here are two examples of super common memory failures and why they're totally normal.

Number one, where did I put my phone, my keys, my glasses, my car? The first necessary ingredient in creating a memory that lasts longer than the present moment is attention. Your memory is not a video camera recording a constant stream of every sight and sound you're exposed to. **You can only remember what you pay attention to.**

The number one reason for forgetting what someone said, the name of a person you just met, where you parked your car **is lack of attention.**

Lisa Genova

Listen to this TED talk here:

https://www.ted.com/talks/lisa_genova_how_your_memory_works_and_why_forgetting_is_totally_ok/transcript?utm_source=recommends-healthy-brain&utm_medium=email&utm_campaign=explore&utm_term=watchNow

LANGUAGE

TIME

Contemporary society is obsessed with time — it is the most used noun in the English language.

For those who think the world is obsessed with "time," an Oxford dictionary report has added support to the theory in announcing that the word is the most often used noun in the English language.

"The" is the most commonly used word overall, followed by "be," "to," "of," and, "a," "in," "that," "have," and "I," according to the *Concise Oxford English Dictionary*.

On the list of top 25 nouns, time is followed by other movement indicators with "year" in third place, "day" in fifth and "week" at No. 17.

The dictionary used the Oxford English Corpus — a research project into English in the 21st century — to come up with the lists.

Among nouns, "person" is ranked at No. 2, with "man" at No. 7 and "woman" at No. 14. "Child" appears at No. 12.

"Government" appears at No. 20 while "war," at No. 49, trumps "peace," which did not make the top 100.

The list of top 25 nouns: time, person, year, way, day, thing, man, world, life, hand, part, child, eye, woman, place, work, week, case, point, government, company, number, group, problem, fact.

"I wasted time, and now doth time waste me." William Shakespeare.

YOUR BRAIN

Your mind is not a battleground between opposing inner forces — passion and reason that determine how responsible you are for your behaviour. Rather, your mind is a computational moment within your constantly predicting brain.

Your brain predicts with its concepts, and while scientists debate whether certain concepts are innate or learned, it is unquestionable that you learned a slew of them as your brain wired itself to its physical and social surroundings. Those concepts come from your culture and help negotiate the quintessential dilemma of living in groups — getting ahead versus getting along — a tug-of-war that has more than one solution. On balance, some cultures favour getting along, while others favour getting ahead.

All these discoveries reveal a crucial insight: **The human brain evolved, in the context of human cultures, to create more than one kind of mind.** People in Western cultures, for example, experience thoughts and emotions as

fundamentally different and sometimes in conflict. At the same time, Balinese and Ilongot cultures, and to a certain extent cultures guided by Buddhist philosophy, do not make hard distinctions between thinking and feeling.

Barrett, Lisa Feldman. *How Emotions Are Made: The Secret Life of the Brain* (pp. 284-285). Pan Macmillan. Kindle Edition.

VIEWPOINT

THE RESULTS OF BANNING DRUGS

The Mexican drug war is ostensibly a conflict between the state and drug cartels. Actually, it is more a war among the cartels over money, power, and market share, as the government cracks down on them by arresting their foot soldiers and confiscating their narcotic merchandise. Most of the war's victims are cartel soldiers or civilians. The government effort in Mexico is also the result of political pressure from the country's northern neighbour, which seeks to contain its long-running and worsening addiction crisis. The US is also a source of weaponry used by both the drug merchants and the Mexican army.

In this conflict, there are no set battles and no clear and enduring winners or losers, at least not so far. Economic interest is the predominant motive. A World Bank study found a correlation in Mexico between income inequality and an increase in murder rates during the drug war. Then-president Felipe Calderón launched the drug war in 2006. Since then, at least 120,000 people have been killed, and tens of thousands more have disappeared and are presumed dead. That makes it one of the deadliest conflicts in the world, and it has virtually nothing to do with nationalism, tribalism, or religion. The most potent force in a world of globalization is supply and demand. **The drug war is a by product of a desperate attempt to eliminate the supply, while demand only grows.**

Eyal, Nadav. *Revolt: The Worldwide Uprising Against Globalization* (pp. 269-270). Pan Macmillan. Kindle Edition.

THE RESULT OF BANNING ALCOHOL

For the first time in its history, the Chris Hani Baragwanath Academic Hospital's trauma unit was empty on New Year's Eve.

According to a post on the Soweto-based hospital's Facebook page, not a single patient was admitted to the Soweto hospital's trauma unit as the New Year dawned.

Professional nurse Busi Ramafoko, who has worked in the unit for the last nine years, welcomed the sight of an empty trauma unit, saying that New Year's Eve was very different to what she had experienced in the past.

It is believed the empty trauma unit was a result of the stricter curfew and prohibition of alcohol that was enforced by government days, before the New Year celebrations would have gotten underway.

NEWS24

I am convinced that illegal drugs were still being consumed over that New Year's weekend. In addition, no one landed up in Baragwaneth's trauma unit. So, what does that tell you about the logic of banning drugs?

TECHNOLOGY

THE INTERNET IS ROTTING

Too much has been lost already. The glue that holds humanity's knowledge together is coming undone.

Libraries in these scenarios are no longer custodians for the ages of anything, whether tangible or intangible, but rather poolers of funding to pay for fleeting access to knowledge elsewhere. Similarly, books are now often purchased on Kindles, which are the 'Hotel Californias' of digital devices: They enter but can't be extracted, except by Amazon. Purchased books can be involuntarily zapped by Amazon, which has been known to do so, refunding the original purchase price. Deletion isn't the only issue. Not only can information be removed, but it also can be changed. Before the advent of the internet, it would have been futile to try to change the contents of a book after it had been long published. EBooks don't have those limitations, both because of how readily new editions can be created and how simple it is to push "updates" to existing editions after the fact.

There are sufficient technical and typographical alterations to eBooks after they're published that a publisher itself might not even have a simple accounting of how often it, or one of its authors, has been importuned to alter what has already been published.

Society can't understand itself if it can't be honest with itself, and it can't be honest with itself if it can only live in the present moment. It's long overdue to affirm and enact the policies and technologies that will let us see where we've been, including and especially where we've erred, so we might have a coherent sense of where we are and where we want to go.

By Jonathan Zittrain

Read the article here:

<https://www.theatlantic.com/technology/archive/2021/06/the-internet-is-a-collective-hallucination/619320/>

SAARP SERVICES

SAARP SMARTPHONE APP



If you join on line, as soon as we have entered your details on our database, you should be able to download your own personal virtual membership card.

- Go to Play store
- Download the SAARP app.
- Enter your ID number
- And your membership card will be loaded onto your phone.
- This APP can be used in the same way as your membership card
- It also enables you to :
 - go straight to the SAARP website
 - to phone SAARP
 - to log in to SAARP Facebook
 - to visit Mahala (not yet operational)

Unfortunately APPLE have refused to place our app on their system, so the so this benefit is only available to people with Android smart phones. (All smart phones excepting APPLE)

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?

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SAARP NEWS

MEMBER FEED BACK (Verbatim)

- I always look forward to your newsletters full of interesting and useful facts, jokes, etc.
- Baie dankieeee vir die e-nuusbriefe met al die bruikbare inligting en winskopies. Waardeer opreg.
- No enquiry, just thank you's. Firstly let me say how much I enjoy your newsletters. I get lots of e-mails daily but when I see that your newsletter has arrived, I skip everything else and first read it from front to back.
Secondly and probably the most important, is that I can make the font bigger until I can read it without hassle. Thank you for that.
Having said that, I am an avid reader. Anything I can lay my hands on, and your short stories are a blessing for the days that I am looking for something to read. I never delete the newsletters as I consider it a treasure trove and private library. Please do not stop that. I always go back to some in older newsletters, that I have not read yet. So you get 5 gold stars from me. Keep up the good work and stay safe and healthy.
- Thanks for your monthly newsletter. Much appreciated. Really enjoy reading all the news and advice.
- First a thank you for all the effort you put in to your newsletters, there is a lot of information in there. For info, grapefruit also disagrees with chemotherapy, particularly within the first 4 days or so after application.
-
-

SHORT STORIES FEEDBACK (Verbatim)

- “The Greatest Predator” by Mike Job is a mesmerizing tale of seduction. Job’s brilliant description of the wolves - the way they behave, move, even feel, - is truly masterful. Reading it was like watching a movie - in 3D.
- Please do not even consider discontinuing these Short Stories. They really are very entertaining. Despite the authors being amateurs, there are some real gems amongst them.
- I so enjoy the short stories every month so please do not discontinue them. I have access to a great deal of reading matter but thoroughly enjoy reading your selection every month. In fact, I try to spread them out over the month. It doesn’t matter if they are written in English or Afrikaans, each gives me much to ponder on, laugh over & generally be entertained. Thank you for your incredibly interesting magazine. I think that you should receive far more compliments as it is so well collated. Obviously a labour of Love.
- Thank you for a wonderful magazine...always informative. The Short Stories also add value...well done.
- Nou die was werklik ’n puik storie en bewys soos die spreekwoord sê moet nie iemand op sy baadjie takseer nie.
- Just to give my opinion about the short stories, they are great. I particularly love the English with the actual South African Afrikaans words that we use in daily life, they give a lovely SA flair to the stories. Keep the stories rolling.
- Thanks for all the short stories, I wish I had time to read them and maybe I will eventually but if you saw the huge pile of books next to my bed you will know why I can't read them at the moment!
-

These are the top ten most read stories so far this year

Poetry The value of learning it by heart.	526
The Iditarod Trail.	257
Oom Daniel en die Karoo.	235
Sersant Smit.	217
Oom Daniel and the Karoo.	216
Better the Devil You Know.	207
Equipment Failure.	203
Mrs Kombrinks Christmas Pudding.	203

The Wages of Bickering.	191
The Inexplicable.	181

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

NEWSLETTERS

I was intrigued to see that four past newsletters from 2018 and 2019 were downloaded quite a number of times this year.

Newsletter PDF downloads January to June 2021			
Month	Year	Newsletter number	PDF downloads
February	2018	135	165
August	2018	141	398
May	2019	149	116
September	2019	153	788

Can any reader provide any clues as to why these particular four were targeted? Were the contents of special interest?

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				
Formosa Bay	Plettenberg Bay	8-12 Nov	1 bedroom	R2156.25
Formosa Bay	Plettenberg Bay	15-19 Nov	1 bedroom	R2156.25
Formosa Bay	Plettenberg Bay	15-19 Nov	1 bedroom	R2156.25
Placid Waters	Sedgefield	1-5 Nov	Studio	R2156.25
Placid Waters	Sedgefield	15-19 Nov	Studio	R2156.25
Sunshine Bay	Jeffreys Bay	29/11-3/12	2 bedroom	R3450
Royal Atlantic	Sea Point	25-29 Oct	1 bedroom	R3450

Club Mykonos	Langebaan	11-15 Oct	2 bedroom	R3450
Dunkeld	Dullstroom	1-5 Nov	2 bedroom	2587.50
Dunkeld	Dullstroom	22-26 Nov	2 bedroom	R2587.50
Kiara Lodge	Clarens	25-29 Oct	1 bedroom	R3450
Kiara Lodge	Clarens	8-12 Nov	1 bedroom	R3450
Kiara Lodge	Clarens	22-26 Nov	1 bedroom	R3450
Dikhololo	Brits	1-5 Nov	Studio	R2156.25
Dikhololo	Brits	1-5 Nov	Studio	R2156.25
Dolphin View	Umdloti	1-5 Nov	1 bedroom	R3018.75
Dolphin View	Umdloti	1-5 Nov	1 bedroom	R3018.75
Magaliespark	Brits	22-26 Nov	1 bedroom	R3450
Drakensberg Sun	Central Berg	8-12 Nov	1 bedroom	R3881.25
Drakensberg Sun	Central Berg	15-19 Nov	1 bedroom	R3881.25
Drakensberg Sun	Central Berg	22-26 Nov	1 bedroom	R3881.25
Castleburn	Southern Berg	29/11-3/12	1 bedroom	R3450
Castleburn	Southern Berg	29/11-3/12	1 bedroom	R3450
Umhlanga Sands	Umhlanga	11-15 Oct	1 bedroom	R3450
The Aloes	KZN	8-12 Nov	2 bedroom	R2156.25
The Aloes	KZN	15-19 Nov	2 bedroom	R2156.25
The Aloes	KZN	22-26 Nov	2 bedroom	R2156.25
Dunkeld	Dullstroom	29/11-3/12	2 bedroom	R2587.50
Mount Amanzi	Hartbeespoort	1-5 Nov	Studio	R2156.25
Mount Amanzi	Hartbeespoort	8-12 Nov	Studio	R2156.25
Formosa Bay	Plettenberg Bay	18-22 Oct	1 bedroom	R2156.25
Formosa Bay	Plettenberg Bay	25-29 Oct	1 bedroom	R2156.25
Formosa bay	Plettenberg Bay	22-26 Nov	1 bedroom	R2156.25
Formosa Bay	Plettenberg Bay	29/11-3/12	1 bedroom	R2156.25
	BOOKINGS FOR	2022		
Hazyview Cabanas	Hazyview	31/1 – 4/2	2 bedroom	R3018.75
Hazyview Cabanas	Hazyview	14-18 Feb	2 bedroom	R3018.75
Hazyview Cabanas	Hazyview	21-25 Feb	2 bedroom	R3018.75
Hazyview Cabanas	Hazyview	7-11 March	2 bedroom	R3018.75
Hazyview Cabanas	Hazyview	14-18 / 3	2 bedroom	R3018.75
Dolphin View	Umdloti	7-11 Feb	1 bedroom	R3018.75
Dolphin View	Umdloti	14-18 Feb	1 bedroom	R3018.75
Dolphin View	Umdloti	28/2 – 4/3	1 bedroom	R3018.75

Tableview Cabanas	Blouberg	14-18 Feb	Studio	R2587.50
Tableview Cabanas	Blouberg	21-25 Feb	Studio	R2587.50
Tableview Cabanas	Blouberg	7-11 March	Studio	R2587.50
Cayley Lodge	Drakensberg	7-11 Feb	Studio	R2587.50
Cayley Lodge	Drakensberg	14-18 Feb	Studio	R2587.50
Cayley Lodge	Drakensberg	14-18 Feb	Studio	R2587.50

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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should readers require advice, they should consult a properly accredited and qualified specialist in the field.

TRIVIA

SNIPPETS

- In our report, we explore some of the possible consequences if we don't act. One of the worst-case scenarios we called "epistemic babble" (see below). In this future, the ability for the general population to tell the difference between truth and fiction is entirely lost. Although information is easily available, people cannot tell whether anything they see, read or hear is reliable or not. So, when the next pandemic comes along, co-operation across society becomes impossible. It's a chilling idea – but Covid-19 has shown that we're closer than we might once have thought.

epistemic: relating to knowledge or to the degree of its validation.

babble: talk rapidly and continuously in a foolish, excited, or incomprehensible way.

<https://www.bbc.com/future/article/20210209-the-greatest-security-threat-of-the-post-truth-age>

- Recent research by the psychologist Iris Mauss and colleagues found that the more actively we pursue happiness as an individual quest, as is commonly prescribed in the US, the more unhappy, lonely and depressed we're likely to become.
- 'Depression is living in the past, anxiety is living in the future, and joy is found living in the present.

SOBERING THOUGHT

Clarifying your thinking is a process: one that's necessarily incremental, iterative and imperfect. There's no such thing as a perfectly clear statement.

A THOUGHT FOR TODAY:

QUOTE

Animal factories are one more sign of the extent to which our technological capacities have advanced faster than our ethics. -Peter Singer, philosopher, professor of bioethics (b. 6 Jun 1946)

Ray Hattingh

PS: The secret is not: pick up your load and follow the road; but rather, put down your pack and go find the track.

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