



SAARP
NEWSLETTER
Number 188
November 2022

adding life to years



The secret is not: Pick up your load and follow the road,
But rather: Put down your pack and go find the track.



SAARP SHORT TERM INSURANCE

	MOMENTUM INSURE
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Momentum Insure: Festive Period

Dear Momentum Client

As we approach the end of 2022, we would like to share the following tips to help you save:

- * Make sure your valuable items are stowed away safely, when you are traveling as replacing these items could be a costly expense.
- * Making sure that all the information on your insurance policy is correct, could help you save precious time during claim processes.
- * Proper maintenance on your vehicle, could help reduce fuel spend and contribute towards road safety.
- * To ensure that you and your loved ones are always protected we've created Momentum Safety Alert. A feature that transforms your mobile device into a panic button, when you feel your safety is being threatened. All you have to do is download the Momentum app on your mobile device and register for the safety alert feature.

Wishing all our client's a wonderful and safe festive period.

Contact your Broker/SAARP for more information. T&C's apply. FSP22789

SNACKING ON ALMONDS BOOSTS GUT HEALTH

A team of scientists from King's College London has found that eating a handful of almonds a day substantially boosts the production of butyrate, a short-chain fatty acid that promotes gut health.

Lead author Professor Kevin Whelan stated: "Part of the way in which the gut microbiota impact human health is through the production of short-chain fatty acids, such as butyrate. These molecules act as a fuel source for cells in the colon, they regulate absorption of other nutrients in the gut, and help balance the immune system." The results also indicate that eating almonds could benefit those with constipation.

Professor Kevin Whelan added: "We think these findings suggest almond consumption may benefit bacterial metabolism in a way that has the potential to influence human health."

[Snacking on Almonds Boosts Gut Health - Neuroscience News](#)

SIX FOODS TO SKIP AFTER 50

Bottom line: Make label-reading a habit. Better yet, cook at home.

Eating healthily after 50 requires effort on two fronts: boosting your intake of good-for-you foods such as berries, leafy greens, whole grains and lean proteins while cutting out the foods that clog your arteries and expand your waistline.

1. Fried foods that triple the calories

Pause to imagine the vat of oil that basket of fries or onion rings has been submerged in, and consider how its saturated fat may affect blood cholesterol. Not sure how to cut back? Here are two tips:

- Invest in an air fryer.
- Go with grilled, not fried.

Bottom line: Get the side salad instead of restaurant fries.

2. Sugary drinks, including most bottled teas

Soft drinks aren't your only enemy. For example, the 16-ounce chai latte at Starbucks, one of its most popular drinks, has 42 grams of sugar.

Beware of misleading labels. Just because a drink says 'pure' or 'green tea' or 'honey' doesn't mean it has less sugar. Ignore products touting their organic cane sugar, coconut sugar or raw sugar. **Sugar is sugar.**

Bottom line: Aim to keep added sugar intake to 10 percent or less of total daily calories.

3. Packaged foods with sneaky sugars

Hidden sugars can be found in pasta sauces, yogurt, granola bars, instant oatmeal packets and breakfast cereals.

Bottom line: Check labels for added sugars — but don't fret over natural sugars in fruits or milk.

4. High-sodium instant meals (think frozen pizzas)

Seventy-five percent of people over age 60 have high blood pressure. And even if you're on medication, you want to lower your sodium intake. Seventy-five percent of the salt in our diet comes from processed foods, not the saltshaker.

Bottom line: Aim for 1,500 to 2,300 milligrams of sodium per day.

5. Ultra-processed snacks

Canned tomatoes and frozen fruit and vegetables are an excellent way to enjoy produce processed at peak quality and freshness. But many ready-to-eat, processed foods like cake mixes, snack chips, ketchup, sweetened yogurt and frozen pizzas add food colouring, sodium, preservatives and other hard-to-pronounce additives to make consumers happy. And that's not good for you.

Bottom line: Make label-reading a habit. Better yet, cook at home.

6. Alcohol

Alcohol can impact fall risk, interact with the medications we take as we age, and lead to an increased risk of dehydration. Alcohol contributes to many health problems, including liver disease, heart disease, kidney disease, our immune system function, and neurological diseases like dementia.

Bottom line: Current government guidelines recommend no more than two drinks a day for males and no more than one drink a day for females.

[6 Foods to Say No to After 50 \(aarp.org\)](https://aarp.org/6-foods-to-say-no-to-after-50)

TRAVEL INSURANCE

IN ANSWER TO A REQUEST FROM A MEMBER

Our international travel insurance policies available to South African residents travelling on an international return journey is available to travellers up to age 85 , please note that our benefit for pre-existing medical conditions is available to travellers up to age of 69 only and we also do not cover for vascular, cardiovascular or cerebrovascular conditions for travellers between of 70 – 85. To obtain a travel insurance quotation and view its benefits and limits please follow the below website link to our quick online application which will prompt for all of the details required to determine the policy option/s that we can offer for the journey:

<https://www.tic.co.za/travel-insurance/buy-or-get-a-quote>

Alternatively the quotation can also be obtained via our call centre on 011 521 4000. Please note that the policy must be purchased prior to the departure from South Africa.

All of our international travel insurance policies provides cover for emergency medical expenses should the traveller contract covid-19 whilst on their international journey. Please note that our policies **does not provide cover for** cancellation, curtailment or extension costs and expenses arising as a result from:

- Contracting covid-19 prior to travel and having to cancel the trip
- Compulsory testing to enter a country
- Compulsory quarantine upon entry into a country
- Missing a flight because the covid-19 test results weren't received in time
- Tests being older than 72 hours and being denied boarding
- Not being able to return to SA because there is a travel ban/borders suddenly being closed and further lockdowns and having to stay at a hotel until the ban is lifted
- Flight being cancelled by the airline and moved to another day because of not enough passengers having being booked as a result of covid-19

Travel Insurance Consultants

Email: helpdesk@tic.co.za

Office: 011 521 4000

Website: www.tic.co.za

Santam is an authorised financial services provider (FSP 3416), a licensed non-life insurer and controlling company for its group companies.

A WINDOW INTO THE WORLD OF BOOKS

WHAT COUNTS AS A BESTSELLER?

In 1983, William Blatty—author of *The Exorcist*—sued the New York Times.¹ His lawsuit alleged that the Times had incorrectly excluded his latest novel, *Legion* (a sequel to *The Exorcist*), from its bestseller list—the coveted ranking that purports to show the books that have sold the most copies that week in the United States. According to Blatty's lawyers, *Legion* had sold enough copies to warrant a spot on the list, so its absence was due to negligence or fraud, for which Blatty was entitled to compensation. The Times countered with what might sound like a surprising admission: the bestseller list is not mathematically objective; it is editorial content, which is

protected by the First Amendment. The court ruled in favour of the New York Times.

The Blatty case draws attention to a fundamental truth about bestseller lists, one that often gets forgotten amid the drama of their weekly publication: **they are not a neutral window into what the public is really reading.** Rather, they reflect editorial decisions about how and what to count. Changes on the list might reflect changes in counting procedure, rather than changes in the market. Despite their lack of neutrality—or, perhaps, because of it—these editorial and counting decisions can have a big effect on which books and authors get the honour of appearing on the list; in turn, **they shape the public’s perception of what it is reading and what it should consider reading next.**

<https://www.publicbooks.org/what-counts-as-a-bestseller/?ref=The+Browser-newsletter>

SHORT NOVELS

YOU CAN READ ANY OF THESE IN A WEEKEND

These books may be brief, but they use their limited word count to demonstrate the power of concision.

The novelist Cynan Jones once wrote that in brief fiction, “every word is doing a job. So, pay attention. A short novel is an event, not a trip.”

Some breathtakingly brief novels are among the best English literature has to offer (think *Giovanni’s Room*, or *Wide Sargasso Sea*). The form concentrates language and plot so tightly that rereading is a pleasure.

Below are seven books that each require no more than a weekend or so to finish. That doesn’t mean they’re superficial: Instead, they are examples of the power and range of short novels. They come from multiple languages over more than a century and a half, and they excel at grappling with complex situations without overcomplicated writing.

- ***The Uncommon Reader*, by Alan Bennett**
- ***The Crocodile*, by Fyodor Dostoyevsky**
- ***The Lover*, by Marguerite Duras**
- ***Visitation*, by Jenny Erpenbeck**
- ***On Chesil Beach*, by Ian McEwan**
- ***The Bluest Eye*, by Toni Morrison**
- ***Convenience Store Woman*, by Sayaka Murata**

Bethanne Patrick is the editor of [The Books That Changed My Life: Reflections by 100 Authors, Actors, Musicians, and Other Remarkable People](#).

THE DEPARTMENT OF HOME AFFAIRS

New bank branches where you can get your Smart ID and passport in South Africa

https://businesstech.co.za/news/government/641561/new-bank-branches-where-you-can-get-your-smart-id-and-passport-in-south-africa/?utm_source=everlytic&utm_medium=newsletter&utm_campaign=businesstech

Cape Town's new traffic rules let authorities impound your car on the spot – what you should know

<https://businesstech.co.za/news/government/603944/cape-towns-new-traffic-rules-let-authorities-impound-your-car-on-the-spot-what-you-should-know/>

NEW LAWS

South Africa is getting more roadblocks – and police will impound your vehicle if it has these defects

https://businesstech.co.za/news/lifestyle/643497/south-africa-is-getting-more-roadblocks-and-police-will-impound-your-vehicle-if-it-has-these-defects/?utm_source=everlytic&utm_medium=newsletter&utm_campaign=businesstech

Sharing these messages on WhatsApp can land you in serious legal trouble in South Africa

1. Threats of violence and/or bullying
2. Inciting public violence
3. Complaining about your boss
4. Hate speech
5. Nude images of a person you previously dated

<https://businesstech.co.za/news/business-opinion/643239/sharing-these-messages-on-whatsapp-can-land-you-in-serious-legal-trouble-in-south-africa/>

BARCODES

HAPPY 70TH BIRTHDAY

On 7 October 1952, a patent was granted to American inventors Bernard Silver and Norman Woodland. It took another two decades before barcodes gained commercial success in supermarkets. Once laser technology made scanning possible, the codes finally made it into supermarkets when they were unveiled

in 1974 in Troy, Ohio. As the store opened, a pack of Wrigley’s chewing gum was the first barcoded item to be scanned – chosen to prove how barcodes worked even on much smaller packaging. Britain’s turn came five years later on a box of Melrose teabags. In 1979 at the Keymarkets supermarket in Lincolnshire, the box was swiped across the scanner and the price popped up on screen. A reporter interviewed serious-looking shoppers and staff about the invention. The store manager was pleased that it would enable electronic and automatic management of stock levels and ordering – but most importantly it would help ‘control pilferage’ It’s easy to forget just how revolutionary barcodes were. Boris Yeltsin wrote that a visit to a Texan supermarket turned him off communism because he was so awed by the ready supply and choice of goods – the shelves packed from front to back. Perhaps that wasn’t just a result of capitalism, but the efficiency of barcodes and the logistical problems they managed to solve.

Barcodes By Michael Simmons. The Spectator 11 October 2022

LIFESTYLE

ALCOHOL BANS

Banning the sale of alcohol during the Covid-19 lockdown was wildly effective in keeping hospitals clear of trauma cases.

Clarence Ford interviews Barbara Friedman about this and other trending stories from around the web.

The alcohol sales ban during the Covid-19 lockdown provided much information that may lead to changes to the Liquor Amendment Bill. The Bill has been on ice since 2018 but will now be reintroduced. It will amend the National Liquor Act by way of increased alcohol restrictions and tighter regulations.

Trauma units across the country fell silent during the lockdown when alcohol sales were banned. **Chris Hani Baragwanath in Soweto - the third largest hospital in the world - famously had zero trauma cases on New Year’s Eve 2020 – for the first time ever since it started admitting patients in 1942.**

[Learnings from alcohol sales ban during lockdown to inform tough new regulations \(capetalk.co.za\)](https://www.capetalk.co.za/learnings-from-alcohol-sales-ban-during-lockdown-to-inform-tough-new-regulations)

THE LAW

DOMESTIC WORKER WAGES

The latest Consumer Price Index (CPI) data published by Stats SA this week shows that domestic worker wages in South Africa are tracking far below

headline inflation, indicating that household employees are struggling to keep up with the rising cost of living in the country.

Domestic workers are already low-earners in South Africa, with salary data from SweepSouth in August showing that the average worker takes home just **R2,997 per month**.

Assuming a domestic worker is working 160 hours a month (eight hours a day, 20 days a month), the monthly wage comes to **R3,710 for the month**.

However, as the SweepSouth survey noted, **domestic workers are often mistreated by employers and are tasked with working longer hours – over weekends – and taking on more tasks that are not part of their purview, such as looking after children.**

Data from the Pietermaritzburg Economic Justice and Dignity group shows that a basket of nutritional foods for a household of four people came to R3,247.23 in September, leaving very little money left for other essentials like transport, utilities and personal care products.

https://businesstech.co.za/news/lifestyle/636827/red-flags-over-domestic-workers-wages-in-south-africa-how-much-you-should-be-paying/?utm_source=everlytic&utm_medium=newsletter&utm_campaign=businesstech

RETIREMENT HOMES

ISSUES AND HOMEWORK WHEN CHOOSING A RETIREMENT HOME

1. The choice to move to a resort must be part of your Retirement Planning
2. Medical facilities and their physical proximity must be taken into account
3. Your budget must include increasing costs such as Fee increases ($\pm 8\% - 10\%$ p.a.)
4. Type of ownership (Own title, Share title, Life right or Lease) with its advantages and disadvantages for yourself in your circumstances
5. Make sure you choose an environment with which you are familiar and happy; moving after a "dream" can be traumatic once you have shaken off the novelty
6. Try to consider proximity to shopping centres, regularly available transport and accessibility when you can no longer drive
7. Where children / family live should not be your motivation - Moving away / emigration etcetera
8. Long-term projection must preferably consider the potentially large financial implications when the first partner dies. Medical costs incurred along the way can be so high as to be financially crippling
9. Remember to consider reserves for unforeseen events

10. Forget inheritances altogether - property you buy is an inheritance. (N/A with Rent)
11. Understand that in advanced years you will need much less space
12. Preferably make it a family decision (It's not easy, but in the long term, best for everyone).

Then see what is available within these guidelines and make your choice after doing the following:

- After visiting the available places in person
- And speaking to residents there.
- Ensuring that you understand all the fine print in documents
- Speaking to your lawyer beforehand
- Make sure you get, and study, the last few years' financial statements
- Read all the information that does not form part of the purchase contract
- In particular, read the house rules

Paul Rosenbrock paul@saarp.net 021 592 1279

THE WORLD WIDE WEB

HOW DO YOU COMPARE ON INTERNET SAFETY AND PRIVACY?

- “I feel supported online by my parents.” - Only 51% of Gen Z respondents agree with the statement.
- Should parents post images, videos, or personal information about their kids? Four out of five parents post images, videos, or personal information about their kids online. And 39% say it's fine to start posting images of their children as soon as they're born.
- Are your kids sneaking around your parental controls? - 72% of Gen Z admit to having tactics to avoid their parents' monitoring.
- What's the bigger threat online—cyberbullying or misinformation? 96% of parents and 93% of Gen Z say that using the internet can have harmful effects, with cyberbullying (73% of parents, 66% of Gen Z) and being influenced by misinformation (65% of parents, 64% of Gen Z) being the top two.

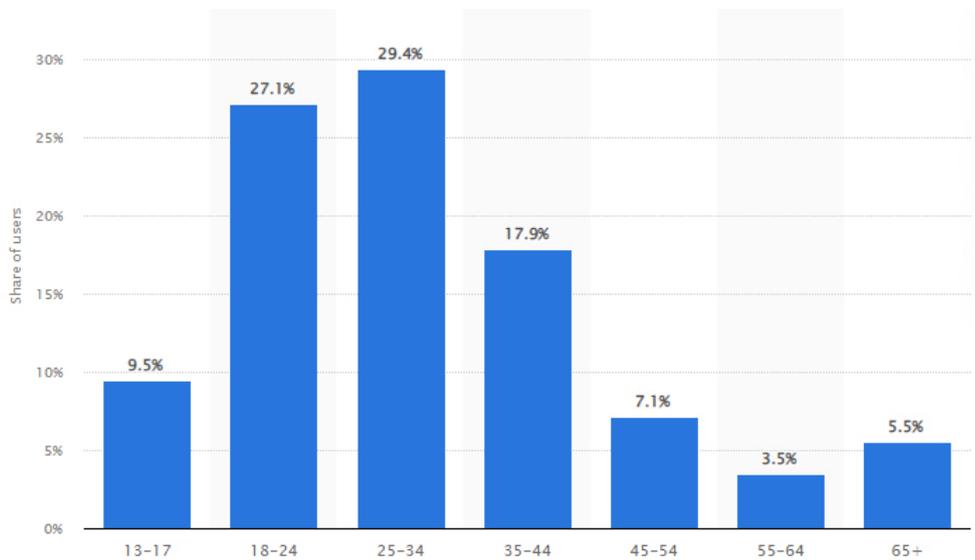
<https://mail.google.com/mail/u/0/?tab=rm&ogbl#inbox/FMfcgzGqQvxjnPljznFMGNtvwcGwWQkB>

FACEBOOK

How to delete your email and phone number from Facebook

If any of your friends have ever uploaded their contact list to Facebook then Meta probably has your phone number, even if you've never had an account. Here's how to delete and block that.

https://www.malwarebytes.com/blog/personal/2022/11/how-to-delete-your-email-and-phone-number-from-facebook?utm_source=blueshift&utm_medium=email&utm_campaign=b2c_promo_oth_20221107_promotional_weeklynewsletter_v1_166751797152



Source: statista.com

As of March 2022, there were 29.5 million Facebook users in South Africa, accounting for almost half of the population of the country. Overall, 29.4 percent of users were aged 25 to 34 years, making this age group the largest audience base. Just 3.5 percent of users were aged between 55 and 64 years.

SAARP SERVICES

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

Home ▾ Benefits Communication ▾ Social Clubs Contact Us Join Now Advertisements

SHORT TERM INSURANCE

SAARP is an officially appointed broker for, and deals with Momentum, Santam, King Price, Mutual Insure and Auto and General short-term insurers on behalf of our members.

If you have a policy with any of these companies and experience a problem - and SAARP is your broker - please ask us for assistance.

If we are not your broker either contact your broker or the company directly. However, if you would like us to assist, please complete the Broker Form on www.saarp.net and we will contact you to see how we can be of assistance.

SPECSAVERS



Home Try-On

Choose up to 6 frames from this website and we'll deliver them to your door to try on at home.

[Home Try-On - Online Ordering - Spec-Savers South Africa \(specsavers.co.za\)](http://www.specsavers.co.za)

SAARP NEWS

NOTE TO MEMBERS

Please remember to advise us of any changes to your address, email or telephone numbers. Use either of the following on www.saarp.net

Free membership JOIN NOW

Call Us Now: 021 592 1279
Email Us Now: info@saarp.net
Facebook: 

Membership Application

I have read and understood the above. [Terms and Conditions](#)

I Agree

Are you a new member, or an existing member updating your details?

I am a new member

I am updating my details

MEMBER FEED BACK (Verbatim)

- Thank you for the welcome email – I have downloaded onto my phone and now have a ‘pensioners card’. I have however not received your lovely newsy ‘monthly newsletter’ Please could I have it emailed to me on this email address.
- Hi ... this is just to say thanks so much for our Newsletters 184, 185 and 186 which have all arrived safely.
- I just have 2 “Thank you’s for you”. Newsletters I send out every month. The one is from Leonie Swart, Panorama Ret. Village . Very interesting she says and she likes all your stories. I am actually very concerned about her. She says some or other time she needs to come to the office but she can’t remember how to get here. From Anne at the SAARP office.
- The other “thank you” is from Mev JM Van Wyk. I send her the news letter as well. She is 97. She got one of the ladies in the complex to phone me and then she spoke to me. Also says much appreciated. She can’t read it all at once. Reads a bit the first day she receives it and each day a little until she has read it all. Also finds it very interesting and much appreciated. From Anne at the SAARP office.
- Thank you so much for your email. I feel honoured to be welcomed so warmly. Truly appreciate it.
- I would like to commend you on the wonderful service we have received from Beverley Nunes, Beverley was an absolute star in helping us with a new quotation very efficient and a pleasure to work with. Hope your efforts won’t go unnoticed.
- Thank you for your informative and interesting monthly newsletters, which I thoroughly enjoy. In view of some of the topics that are

provided, I would just like to find out if there has ever been a topic/article that addresses hearing loss as we get older?

- Thank you for a worthwhile newsletter. There is always something of interest. Have you ever considered an article about travel insurance?
- Baie dankieeee SAARP vir jul puik nuusbriewe met puik info. Waardeer die opstellers se moeite, tyd en werk. Sandra
- Baie dankie vir die nuusbriewe.
- What a joy to read.
- Your newsletter was so great (I always love the humorous bits) that I had to send it to my friend. She wrote back to say that she can't take advantage of your cheap holidays because she is not a member. I wrote back and told her to look at page 10.
-

SHORT STORIES FEEDBACK (Verbatim)

Go to www.saarp.net to read them:

I enjoyed the donkey story, which I could understand. Didn't enjoy the Fallen, which I didn't understand. (But) It was a great ending.

The 141 stories have been read 91,348 times. I have received 477 Positive and 18 Negative comments.

SAARP HOLIDAY CLUB

The next holiday destinations will appear in the Newsletter on Monday 30 January 2023.

I'm sure, like me, many of you travellers have a soft spot for the Jumbo, so let's use this space to remember a legend.

END OF AN ERA

BOEING 747 - THE DC 3 OF THE JET AGE.

9 February 1969 - First flight

6 October 2022 - The last Boeing 747 has rolled off the assembly line . . .

Pan Am was the first airline to introduce the 707 in 1958. Thanks in part to the 707's tourist/economy class configuration, more and more Americans were taking to the skies. To take advantage of this rise, Juan Trippe – the founder of Pan Am - wanted a plane with a larger seating capacity - 2.5 times that of the 707.

Trippe struck an agreement with Bill Allen, president of Boeing. Allen casually agreed to the project while on a fishing trip, **“If you build it, I’ll buy it,” Trippe told Allen, who replied: “If you buy it, I’ll build it.”**

The rest is history – as told here:

Wide-Body: The Triumph of the 747 by Clive Irving

The creation of the 747 is a fascinating story composed of diverse elements: a disparate scientific team and one visionary engineer confronting a massive aeronautical challenge; huge sums of money; one do-or-die project putting a whole corporation at stake; cutthroat competition among corporate giants; and political subterfuge on a global scale.



The pilot's eye level when sitting on a 747 flight deck is exactly **32 feet above ground (9,76 metres)**, regardless of their physical size. There is a marker on the side of the cockpit just within the pilot's peripheral vision. The pilot adjusts the seat so that his eye is at the level of the marker.

ODE TO THE JUMBO

Any early-morning.

A 747-400 eases her main-trucks
off the tarmac of yet another runway.

Her Pratt and Whitneys,
annular chambers
seeded with blue-flame,
sing-growl their way skywards,
pull-thrusting 400 tons
of plane-fuel - cargo-people.

She accelerate-climbs into
the already sun-drenched,

cumulus-whipped, cirrus-swept,
azure-sky of the blue-planet's
snug-held mantle.

Business-deals - lover's-meetings,
holiday-fun - family-reunions.
Needed-medicine - wanted-luxuries,
necessary-food - nonsense-trivia.
All within her metal-firm cocoon.
Hopes-fears - needs-wants,
safely closeted.

Eleven hiccough-less hours
lie before her flawless
turbines.
Pliable-flexible body-metal
easily rides twisting-shearing,
compressing-bending-pulling loads
imposed between air-mass and air-frame.
Well within her design limits.

Did ancient-man, with all his
emotion-folly, his ego-bent
and mind-twisted,
commonsense-less
inanities...
Did he really build this
finely-honed, daily-used,
incredibly-safe,
reliable-useful,
majestic
aircraft?

Raymond Hattingh

NOTE

SAARP, its suppliers, publisher, printer and contributors do not have any intention to provide specific medical or other advice but rather may provide readers with information in terms of its rights under the Constitution of South

Africa. Information provided here is not a substitute for professional advice of any nature, more particularly medical advice, care, diagnosis or treatment, neither is it designed to promote or endorse any medical practice or treatment, programme or product. It is placed on record that SAARP does not endorse or recommend any product advertised or mentioned on or in any of our publications. Additionally, and similarly, SAARP does not offer professional advice in any area, including, but not limited to, law and finance. In all cases, should readers require advice, they should consult a properly accredited and qualified specialist in the field.

TRIVIA

SNIPPETS

- Which African country has the most internet users? Nigeria. 66.2% of the population have internet access.
- The world is not a set of things with properties. The world is a network of interactions.
- Further experiments confirm that news consumption has a lingering influence on our mood, which could, in turn, send our thinking down a darker path.
- Western power stemmed from a willingness to engage in immoral conduct. Western countries chose to colonise, plunder and cheat their way to the top and they now reap the benefits.
- Turkey rightfully decries Europe's double standards but fails to see the ways in which it resembles some of Europe's worst qualities.
- When you come across an alien culture you must not automatically respect it. You must sometimes pay it the compliment of hating it.'
- Gravity and light travel at the same speed, determined by a precise measurement. It validates Einstein once again, and it hints at something profound about the nature of space. Scientists hope one day to fully understand why these two very different phenomena have identical speeds.
- 'People like me in my sixties are being asked to think about the world in terms of climate change, rather than the old arguments about communism vs capitalism,' says Ishiguro. 'But too much energy has already been spent understanding the world in one set of terms.' Kazuo Ishiguro, Novelist

SOME THOUGHTS ON "GREEN ENERGY"

- We could try to store renewable energy, but storage, in the form of batteries, say, or pumped-storage hydro-electric stations or some other emerging technology, is incredibly expensive. **It costs around three or four times more to store a unit of electricity than it does to generate it in the first place.**
- Last year alone, the available generation capacity of wind power grew by 5.3 per cent and solar by 2.8 per cent. Yet the amount of electricity actually generated by wind, wave and solar plunged by 9.3 per cent, largely on account of low wind speeds. This is a problem which the wind industry has yet to grasp: **there is a long-term declining trend in wind speeds over the UK – and indeed throughout most of the world.**
- **The price of green energy is a form of terrible segregation**, where the rich will have access to light and heat, and those who need it most, the poor, will shiver in the dark.

The Spectator

PLEASE GET THIS MESSAGE TO SA RESTAURANTS

Wetherspoons pubs don't play music, knowing that the best pubs provide their own, in the form of chatter.

The Spectator

LANGUAGE – THAT COMMA , , ,

Why is it that the Oxford comma causes such a fuss?

The scholar says its absence makes a phrase ambiguous:

'I really like my parents, Boris Johnson and Liz Truss'

Could prompt some startling headlines in the press!

The Spectator

THOSE WERE THE DAYS

Uncle Sid, as everyone called him, was the man who issued drivers' licences too'. His test was simple, as retired Angora goat farmer Elna van den Berg recalls from her childhood.

"He would just ask: Can you drive? If the answer was yes, he'd make out the licence."

Karoo Roads III by Chris Marais and Julienne do Toit

Where I grew up a father would merely phone the licensing officer and tell him, "My son is 18 today, I'm sending him to pick up his licence." Ray

HUMAN NATURE

As with most things in Northern Ireland, of course, the census results are more complex than they seem: the fact that 45.7 per cent identify as Catholic or from a Catholic background, next to 43.5 per cent from Protestant and other Christian backgrounds, doesn't directly correlate to a majority for a United Ireland. The number of non-believers is growing, recalling that old joke: 'Are you a Catholic atheist or a Protestant atheist?'

SAARP YEAR-END CLOSING

We will close at 12h00 on Wednesday the 15th of December, 2022 and be back in the office on the 9th January 2023.

This is the last newsletter for this year.

While we are closed, please remember to check the SAARP website www.saarp.net for information on a variety of subjects.

The next newsletter will be number 189 and will be distributed at 09h00 on Monday 30th January 2023.

THE SOCIAL CLUB YEAR

SOCIAL CLUBS

Our social clubs have certainly weathered the storms and effects of Covid, which has probably changed many things forever. However, through all of this we soldiered on.

Some clubs elected to close down completely, others bravely continued with meetings out in the open, and the camaraderie continued.

Now ... at last ... we are back to normal, with meetings being held, outings arranged, and things operating as they used to.

New committees are now in place, as far as I know, and club activities are returning to the fun times of two years ago.

A huge welcome to all new committee members, and a big thank you to those of you who are still doing such great work for your clubs on the committees. I am often pulled between the two sentiments of - if it's not broke, don't fix it - and the need to encourage others to assist in this function, giving the hard-working existing committees a break. Then again, there are those who are so popular, and function so well on the committees, that they are more than happy to continue year after year. We thank you and all the committees for the sterling work you do for the benefit of your club members.

I have done some interesting and time-consuming exercises with some clubs, sorting out database information, ensuring that our records agree, and that

the information we have on members is accurate. It sometimes takes a while, but once completed one has a feeling of great satisfaction. Thank you to all those who diligently send in membership update details. To club members, please remember to advise your committees of any changes to your status. This includes changes in surname, address, telephone number, email, etcetera. The club cannot report your new status to us, if you don't advise them. Many is the time we try to contact a member only to find they have moved, changed their contact details or even re-married and have a new surname. In the past few years, I have become increasingly aware of the tremendous support club members afford one another in times of crisis, sadness, and joy. This, for me, is one of the most important aspects of the Social Clubs – that camaraderie that develops, and that provides support for members who otherwise may not have had this. This is what SAARP is all about. Helping others. The monthly meetings themselves are a great comfort to some members affording them an opportunity to get out, socialize, and belong to a caring group. Thank you all, once again, committees and members alike for being there for those in need, and for being part of a group of caring people. On that note Ray and I wish you all a joyful Christmas and Holiday period. This usually means different things to us, so our wish is that your dreams are fulfilled, and that the New Year brings continued happiness and inner strength to face whatever may lie ahead in 2023. Kind thoughts.
Julie Hattingh

MESSAGE FROM OUR CEO

Dear Members,
As we near the end of another eventful year we can be thankful that we seem to have again reached stability in our daily lives. Covid problems seem to have almost left us and our main problem is the incessant load shedding that disrupts all our activities.
At SAARP we have gone from strength to strength, our insurance side has expanded, we can now give members a wide choice of product providers, our holiday club offers have been well supported by our members and we continue to have the pleasure of members visiting us in the office.
Our various other products that we provide to assist members are also well supported and we are presently in the process of expanding on our funeral policy services.
Many members are also now taking advantage of our free Wills service.

SAARP is a service organisation for our members and we look forward to being of further service to you in the year ahead.

We will be closing the office for the annual Christmas Holiday period from 16 December 2022, for a well-earned rest, and will open again on 9 January 2023. We thank you for your support over the year and we wish you a blessed Christmas filled with love and happiness; we look forward to a prosperous 2023 for all of us.

Best wishes

JOHN BENWELL



FROM ALL OF US HERE AT SAARP

**WE WISH YOU AND YOURS A REALLY HAPPY CHRISTMAS
AND A HEALTHY, REWARDING AND SAFE 2022
FILLED WITH WONDER**

DO NOT DRINK AND DRIVE – THE LIFE YOU SAVE MAY BE YOUR OWN

Ray Hattingh

It's easier to lie with numbers than words, because people understand stories but their eyes glaze over with numbers. As the saying goes, more fiction has been written in Excel than Word.

Morgan Housel

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e-mail: info@saarp.net

Or see it all at www.saarp.net

adding life to years