



SAARP

SAARP
NEWSLETTER
Number 135
February 2018

adding life to your years

"When a man who is honestly mistaken hears the truth, he will either quit being mistaken, or cease being honest."

Attorney Richard Humpal

WATER IS LIFE – SAVE IT

"You can avoid reality, but you cannot avoid the consequences of avoiding reality."

Ayn Rand

Cape Town, home to Table Mountain, African penguins, sunshine and sea, is a world-renowned tourist destination. **But it could also become famous for being the first major city in the world to run out of water.** Most recent projections suggest that its water could run out as early as March. The crisis has been caused by three years of very low rainfall, coupled with increasing consumption by a growing population.

BBC 12 January 2018

SAARP NEWS

FEEDBACK – Holiday Club

Dear Renske, My recent booking at Drakensberg Sun - Jan 29 - Feb 2 - was absolutely fantastic and excitingly enjoyable. The everyday highlight rain storms in the Berg added to the wonderful scenery and huge waterfalls and flowing streams. Berg at its best.

Thanks to you Renske and to SAARP for arranging the reservations.

Best regards, Laurence Kingston

MEMBERS - Globetrotters

Our January e-Newsletter was opened in these locations worldwide:



If you were one of those intrepid globetrotters why not tell us about your visit.

SAARP SOCIAL CLUBS

PORT ELIZABETH WEST

Hi Ray, Warwick are really coming to the party for us, they gave us R6 000.00 towards our Christmas Lunch and at the January social announced that from February they are doubling our R200 club draw to R400 as they will be giving us R200 every month for this. They send at least 3 of their staff to every one of our social meetings. I also managed to get the entrance fee to the Storms River Mouth SANPARK entrance reduced from R64.00 per person to R25.00 as I pointed out to them that we are visiting the park on Tuesday 27th February and we are all retired and need to pay less. I am taking 2 x 60 seater busses, so will have over 100 people on that day. The bus company we are using have agreed to keep the bus price the same for this year as they charged last year.
Lynne Crothall, Chairlady

SAARP SERVICES

SPECSAVERS – Their 2018 offering

The 2018 SAARP offer is valid until 31 December 2018. In order to qualify for this offer, all members need to display their SAARP membership cards. This offer applies to cash and Credit card purchases only, not applicable to Medical aid claims.

What does this OFFER entail?

- Single Vision Package Deal: R839
- Bifocal Package Deal: R1 249
- Multifocal Package Deal: R1 879

And will consist of the following benefits:

- One consultation, Vision Fields and Intra Ocular Pressure
- One pair of Spec-Savers clear prescription lenses
- A grey sticker frame - should a member not want a grey sticker or free frame, the member must pay the value of the frame opted for in full.
- All SAARP members qualify for the normal 2.5% My Own Loyalty

In the event of a member not requiring spectacles a consultation fee of **R489.00** will apply.

IT IS IMPORTANT TO NOTE THAT THIS OFFER IS AVAILABLE TO SAARP MEMBERS WHO PAY FOR THE SERVICE IN CASH AND DOES **NOT** APPLY TO MEMBERS WHO WANT THE PAYMENT TO BE MADE BY THEIR MEDICAL SCHEMES. THIS OFFER EXCLUDES ALL OTHER SPEC-SAVERS OFFERS.

SAARP HOLIDAY CLUB

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.*

RESORT	AREA	DATE	UNIT	PRICE
Mount Amanzi	Hartbeespoort	28 May - 1 June	1 bedroom	R1 368
Magaliespark	Brits	4-8 June	1 bedroom	R1 368
Crystal Springs	Pilgrims Rest	7-11 May	1 bedroom	R1 710
Drakensberg Sun	Drakensberg	11-15 June	1 bedroom	R1 710
Tableview Cabanas	Blouberg	4-8 June	1 bedroom	R1 026
Castleton	Plettenberg Bay	23-27 July	1 bedroom	R1 368
Hazyview Cabanas	Hazyview	11-15 June	2 bedroom	R1 710
Cape Gordonia	Gordons Bay	6-9 April	2 bedroom	R2 000
Strand Pavillion	Strand	2-5 March	Studio	R2 000
Dikhololo	Brits	7-11 May	2 bedroom	R1 368
Dikhololo	Brits	11-15 June	2 bedroom	R1 026

NOTE 1: The above prices include 14% VAT.

NOTE 2: The price is for the entire period.

NOTE 3: All cancellations must be made **11 (eleven) weeks before check-in date.**

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: renskes@saarp.net

And remember to quote your ID Number and name.

DO NOT PAY ANYTHING UNTIL YOU HAVE RECEIVED THE CONFIRMATION OF THE BOOKING AND THE INVOICE.

HEALTH

SALT – Angel or Devil?

For years we have been told to cut back on salt. This advice is even more important for older people as the body's ability to process salt declines with age. Around menopause, women tend to begin to develop salt-sensitive high blood pressure while men also become less efficient at metabolizing salt, usually in their 60s and beyond. Why are some medical experts so certain about declaring salt guilty while another group are defending it? One reason is that salt affects people differently and about half of the population is salt sensitive. When we consume salt, our blood pressure climbs, usually about 10 points. Unfortunately, scientists have yet to develop an easy-to-administer test for salt sensitivity. Cutting down on salt dramatically may pose its own risks as too little is also linked to an increased risk of cardiovascular disease. While salt can raise blood pressure, electrolytes such as potassium keep it from climbing. Bananas, sweet potatoes, canned tuna, orange juice, tomato sauce, yogurt and milk are potassium rich sources. Most experts agree that your kitchen salt shaker isn't the culprit. Roughly 75 percent of the salt we consume comes in processed or restaurant food. Instead of worrying about the numbers, it's better to cut back on foods that are laden with salt, such as cold cuts and cured meats, pastas, pizza, baked goods, bread and soups. One way to control salt intake is to prepare meals yourself. You need to protect yourself, regardless of whether salt is eventually found guilty or not.

AARP Bulletin October 2017

CARBS – Morning or evening?

Dr Adam Collins assisted the BBC in attempting to answer this question, this is what he found.

"It's always made sense to me that we process carbs better if we have a whole day of activity ahead," he said. "So, I expect having most of their carbs at breakfast will be easier for their bodies to cope with. But we don't really know what happens if you regularly follow an evening-carbs diet. There's never been a study like this before, and as a scientist I'm excited to see what happens"

So what did we find? Well, there was a clear winner. And it wasn't the one we were expecting. When the researchers tested the volunteers on the day after a run of high-carb breakfasts and low-carb dinners, they found their average blood glucose response was 15.9 units. This was roughly as predicted.

But when they did the same tests after five days of low-carb breakfasts and high-carb dinners? Remarkably, their average glucose response went down to 10.4 units, which

was considerably lower than we were expecting. So what happened? Well, it could be that what matters is not so much when you eat your carbs but the length of the carbs-free "fasting" period that precedes your meal. If you've had a big gap since your last carb-rich meal, your body will be more ready to deal with it. That happens naturally in the mornings because you've had the whole of the night, when you were asleep, in which to "fast". But our small study suggests that if you go low-carb for most of the day that seems to have a similar effect. In other words, after a few days of low-carb breakfasts and high-carb dinners your body becomes trained for this - it becomes better at responding to a heavy carb load in the evening. Dr Collins is now launching a much larger study, which will hopefully provide more definitive answers. In the meantime, his advice is not to worry too much about what time of day you eat carbs, as long as you're consistent and don't overload with them at every meal. It's more about achieving peaks and troughs, if you've had a lot of carbs in the evening, try to minimise them in the morning. On the other hand, if you've had a pile of toast for breakfast, go easy on the pasta that night.

BBC

COMPUTERS

The world's five largest companies are now all in the field of technology and the internet:

- Apple
- Google
- Microsoft
- Amazon
- Facebook

Ten years ago, none of them made the top five: the masters, then, were:

- Exxon
- Walmart
- China National Petroleum
- Industrial and Commercial Bank of China

SOCIAL MEDIA - How it betrays your mood

For those who see social media mainly as a place to share the latest cat video or travel snap, this may come as a surprise. It also means the platform has important – and potentially life-saving – potential. In the US alone, there is one death by suicide every 13 minutes. Despite this, our ability to predict suicidal thoughts and behaviour has not materially improved across 50 years of research. Forecasting an episode of psychosis or emerging depression can be equally challenging. Data mining and machine learning are extracting signals from dizzying amounts of granular data on social media. These

methods already have tracked and predicted flu outbreaks. Now, it's the turn of mental health. Studies have found that if you have depression, your Instagram feed is more likely to feature bluer, greyer, and darker photos with fewer faces. Researchers from Harvard University and the University of Vermont used these techniques in their recent analysis of almost 44,000 Instagram posts. Their resulting models correctly identified 70% of all users with depression, compared with a rate of 42% from general practitioners. They also had fewer false positives. Depressive signals were evident in users' feeds even before a formal diagnosis from psychiatrists – making Instagram an early warning system of sorts. Psychiatrists have long linked language and mental health, listening for the disjointed and tangential speech of schizophrenia or the increased use of first-person singular pronouns of depression. For an updated take, type your Twitter handle into AnalyzeWords. It's a free text analysis tool which focuses on junk words (pronouns, articles, prepositions) to assess emotional and thinking styles. From my 1017 most recent words on Twitter, I'm apparently average for being angry and worried but below average on being upbeat – I have been pretty pessimistic about the state of the world recently. Enter @realdonaldtrump into AnalyzeWords and you'll see he scores highly on having an upbeat emotional style, and is less likely than average to be worried, angry, and depressed. Mental health exists between clinic appointments. It ebbs and flows in real time. It lives in posts and pictures and tweets. Perhaps prediction, diagnosis and healing should live there, too.

BBC

QUOTE

Tech companies have the smartest statisticians and computer scientists, whose job it is to break your willpower.

Michael Schulson

SCIENCE

GENETIC TESTING – How it may affect life insurance

If a genetic test could tell whether you are at increased risk of getting cancer or Alzheimer's, would you take it? As such tests become more accessible, more and more people are saying "yes". The insurance industry faces a few headaches as a result. Once used only for medical reasons, basic predictive genetic tests can now be ordered online for a few hundred dollars. One company, 23andMe, in California, has collected some 4,000 litres of sputum since 2007, enlightening 2m people on their ancestry, health risks and what they may pass on to offspring. In April it received regulatory approval to screen for risk factors connected to ten diseases and genetic conditions, including late-onset Alzheimer's and Parkinson's. The ruling could open the floodgates for others to sell direct to consumers.

“Information is power”, argue many who take such tests. But insurers fear that without equal access to such information, they will lose out to savvy customers. Consumer groups, on the other hand, fear that if underwriters did have access to such information, people with “bad” genes might find themselves unfairly excluded from cover. Either way, the scientific advances could well disrupt insurance significantly.

BLACK DEATH - Spread by humans not rats

A study has found that rats were not to blame for the spread of plague during the Black Death, according to a study the Black Death, can be *"largely ascribed to human fleas and body lice"*. The Black Death claimed an estimated 25 million lives, more than a third of Europe's population, between 1347 and 1351. The study simulated disease outbreaks in various cities, creating three models where the disease was spread by:

- rats
- airborne transmission
- fleas and lice that live on humans and their clothes

In seven out of the nine cities studied, the "human parasite model" was a much better match for the pattern of the outbreak. It mirrored how quickly it spread and how many people it affected. *"The conclusion was very clear, the lice model fits best. It would be unlikely to spread as fast as it did if it was transmitted by rats. It would have to go through this extra loop of the rats, rather than being spread from person to person."*

BBC

I shared the article with Professor JP van Niekerk and he replied:

Thank you for this paper which makes sense and challenges previously accepted history.

On my recent talk on ***The fabled Silk Road of the East*** I included the following:

‘The Black Death, one of the most devastating pandemics in history, is caused by the bacterium *Yersinia Pestis*. It is generally associated with Europe but it also spread terror and destruction wherever it arose, killing tens of millions of people. It started in Asia, perhaps first in marmots (squirrel family), then spread to other rodents and fleas. It is said to have entered Europe via the port of Kaffa in the Crimean, then owned by the Genoese. The Mogul army (Golden Horde) had besieged the city in 1347 but its army was withering from the Plague. They catapulted their corpses over the city walls – one of the first cases of biological warfare. The fleeing occupants took the disease to Europe in their boats.’ On this basis the marmot is classified as the second most dangerous animal in the world – the mosquito being the most dangerous.

EMAIL

E-NEWSLETTERS – To @telkomsa.net addresses

I receive many complaints/queries from Telkom users about the non-receipt of this newsletter. They are sent at 16h15 on the last Friday of the month. The following is a

frequent response from Telkom to which I have added my comments/questions before sending it to support@telkomsa.net

25 January

To:support@telkomsa.net

Subject: [Postmaster] Email Delivery Failure

This is a delivery failure notification message indicating that an email you addressed to email address :

-- bgmurrell@telkomsa.net

could not be delivered. The problem appears to be :

-- Bounce - Recipient server condition **NONSENSE, I'VE SENT IT VIA GMAIL AND IT WAS RECEIVED STRAIGHT AWAY.**

Additional information follows :

-- Your email address have Sent multiple Mails To email addresses that does not Exist,

PLEASE PROVIDE EXAMPLES – WE DISPUTE THIS

You reached your Hourly Limit. **WHAT IS OUR HOURLY LIMIT?**

This condition occurred after 1 attempt(s) to deliver over a period of 0 hour(s).

If you sent the email to multiple recipients, you will receive one of these messages for each one which failed delivery, otherwise they have been sent.

Five days later I received:

30 January

FROM: Tandile via RT <support@telkomsa.net>

SUBJECT: [Support #1885707] FW: [Postmaster] Email Delivery Failure

Good Day

Thank for contacting Telkom Technical Support.

Kindly advise as to how we may assist your,

We apologise for the delay and inconvenience.

Please advise whether this query has been resolved. If not please respond to this email.

For faster assistance with query, please contact 10210, option 2, option 2.

Telkom Internet Technical Support

Email: support@telkomsa.net

Tel: 10210

.....

I simply do not have the patience to listen to inane music or inane commentary while I hang on for centuries to await an answer from 10210.

My cheeky suggestion is, lose @telkomsa.net and use GMail – it's free and it works.

WORLD

THINKING OF EMIGRATING? – Where to go

- **Denmark:** “With near-perfect scores on the ‘Basic Human Needs’ ranking in the 2017 Social Progress Index, which includes meeting the nutritional and medical needs of its citizens
- **New Zealand:** “Australia and New Zealand are virtually neck-and-neck across the indexes, but New Zealand scores slightly better for overall political stability, fundamental rights and lack of violence/terrorism.”
- **Canada:** “Both the United States and Canada rank highly across all indexes, but Canada scores higher in political stability and lack of violence/terrorism. In fact, Canada comes close to many of the Scandinavian countries in its near-perfect scores, including access to nutrition and medical care, as well as to basic knowledge and personal rights.”
- **Japan:** “Not only does the island nation rank highest in Asia by the World Bank for overall government effectiveness, rule of law and political stability, it also received the highest marks in Asia from the Social Progress Index for its access to basic knowledge, water and sanitation, and access to nutrition and medical care.”
- **Botswana:** “Botswana consistently ranks as one of the strongest-governed countries in Africa, especially in its role in containing corruption, regionally ranking the highest in both the World Bank assessment and Rule of Law Index. Not only that but the national revenue from diamond mining has been fairly well distributed throughout the county.”
- **Chile:** “Ranked highly for its open and transparent government, control of corruption and access to basic knowledge and medical care, Chile has one of South America’s most stable and corruption-free governments.”

BBC

PS For the benefit of our members I asked a friend in Auckland what he thought of this report on New Zealand and his laconic reply was:

- *It's a social state.*
- *Trying to be first world, and is in many ways but it is also third world in some.*
- *Punishment by courts is low as it's cheaper to keep folk out of jails.*
- *The police force is understaffed.*
- *The NZ\$ is overvalued.*

NEWS

NEWS MEDIA – Less trusted than before

A third of Britons are consuming less news overall, according to the survey, citing as reasons that it is "depressing", "too biased" and "controlled by hidden agendas".

This was leading one in five people to switch off from the news altogether. Half of us skim headlines on social media, but don't click on the content. The trend was most pronounced amongst higher educated senior executives over 40 living in London.

The proportion of people who describe themselves as "informed" (reading business and political news several times per week at least) has halved from 12% to 6%.

"As we look at some of the big problems we face in the 21st Century, it should be of significant concern to us all that we are becoming a nation of news skimmers and news avoiders," said a spokesman, *"It's frightening that the professional classes, the people we rely on to take an interest in social affairs and to hold politicians to account, are the most pronounced news avoiders."*

BBC - Edelman Trust Barometer

SOUTH AFRICA

ALIEN SPECIES – South Africa in the spotlight

The first global register of alien species shows that a fifth of 6,400 plants and animals catalogued are causing harm.

The study is published in the journal Scientific Data

The register will generate information that is publically available on all kinds of invasive species across the world.

The number of species catalogued for the 20 countries studied so far ranges from 77 in Mongolia to **2107 in South Africa**.

Of the 6,414 species across the 20 countries, more than 80% had evidence of impact in at least one or two countries.

BBC

DSTV – New service

DStv Family, Access, and EasyView customers can now get DStv Now.

MultiChoice stated that this makes DStv Now available to all major DStv package holders. DStv Family, Access, and EasyView customers will also be able to access Catch Up via DStv Now, said MultiChoice. Previously, streaming Live TV and accessing Catch Up via DStv Now was only available to DStv Premium, Compact Plus, and Compact customers. DStv Now is available as an app for iOS and Android, or via a web browser at dstv.com/now. The Live TV and DStv Catch Up content on DStv Now will be as per the

package you are on. Qualifying users can register for DStv Now after setting up a Connect ID. Up to four devices can be registered to a single DStv Now profile.

MyBroadband

TRAVEL - FLYING

SLEEPING ON A PLANE – Is there a secret?

The difference between economy and luxury flying is vast – and it’s not all about legroom, says Jamie Zeitzer. *“It’s not just that the seats lie flat – which definitely helps – it’s that there is nobody touching you. There’s no one sitting right next to you. The psychological aspect of it is really quite considerable when you can physically stretch out your body and your mind, it makes a big difference,”* he says. But what if this “lie-flat” experience is just a pipedream? What makes sleeping on a plane so much harder than on land? For most travellers, a lack of privacy and personal space; dry, recycled air; turbulence and noise are a few factors that make it really hard to fall sleep. But Zeitzer says two big barriers to sleep are actually within our control: stress and anxiety.

“There’s the social stress: you have no space, and there’s the physical stress: you are physically compressed into your seat,” he says. The causes of anxiety vary person to person, but fear of flying aside, it’s the pressure to fall asleep that keeps most people wide awake, Zeitzer says. Sleep is unique and there is no universal method for dozing off. But Zeitzer has two strategies that can at least help lessen the disruption.

The first thing, he says, is try not to think about it. *“When you worry about falling asleep, you won’t fall asleep, it just won’t happen. “So, it’s easier said than done, but if you can find a way to not worry about falling asleep, that’s the easiest thing to fix,”* he says.

The second thing is to mitigate the anxiety by zoning out and imagining yourself elsewhere. *“It’s about taking yourself out of that stressful claustrophobic positioning that you have in the plane.”* Zeitzer recommends getting some real or imagined breathing room. *“An eye mask with noise-cancelling headphones and some music can block out a lot of the world,”* he says.

Jamie Zeitzer, an associate psychiatry and behavioural sciences professor at Stanford University

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Fax: 021 592 1284

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e-mail: info@saarp.net

Or see it all at www.saarp.net

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TRIVIA

SNIPPETS

- We are in the “watery” hemisphere. Land areas are distributed predominantly in the Northern Hemisphere (68%) relative to the Southern Hemisphere (32%) as divided by the equator.
- Moscow had its darkest December on record in 2017, getting just six minutes of sunshine instead of the normal one hour per day.
- On the 17th Jan. Richmond, USA, went from low of minus 3 to a high of minus 2.
- Young people are getting married and having children later. According to the Office of National Statistics (UK), the average age for a man to enter the first marriage in 2013 was 32.5 years and 30.6 years for women across England and Wales. This represented an increase of almost eight years since 1973.

FOOD FOR THOUGHT

Our emotional state has an effect on how much empathy we feel. Our emotions literally change the way our brain responds to others, even when they are in pain. In particular, it is when we feel bad that it can have a consequence on our social world. It is apparent that our mood can influence our behaviour in a myriad of ways, from the food choices we make – when we are in a bad mood we eat less healthily – to our friendships. When our friends are down and gloomy, the feeling can be contagious and can makes us feel more miserable too. Bad moods can even spread on social media, a

2017 study found. In fact, our emotions are so powerful that when we are in a positive mood, it can dampen how much pain we feel when injured. It provides us with an analgesic-like effect. When it comes to negative emotions, the opposite occurs: our feeling towards that pain is exaggerated.

BBC

MARRIAGE - Out of the mouths of children

How can a stranger tell if two people are married?

- You might have to guess, based on whether they seem to be yelling at the same kids. Derrick, age 8

What do you think your mom and dad have in common?

- Both don't want any more kids. Lori, age 8

What do most people do on a date?

- -dates are for having fun, and people should use them to get to know each other. Even boys have something to say if you listen long enough. Lynnette, age 8
- On the first date, they just tell each other lies and that usually gets them interested enough to go for a second date. Martin, age 10

Is it better to be single or married?

- It's better for girls to be single but not for boys. Boys need someone to clean up after them. Anita, age 9

How would the world be different if people didn't get married?

- There sure would be a lot of kids to explain, wouldn't there? Kelvin, age 8

How would you make a marriage work?

- Tell your wife that she looks pretty, even if she looks like a dump truck. Ricky, age 10

Dwight D. Eisenhower (1890-1969), Inaugural Address, January 20, 1953

THOUGHT

Ray Hattingh

PS "If I was to agree with you both of us would be wrong"

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

