



adding life to your years

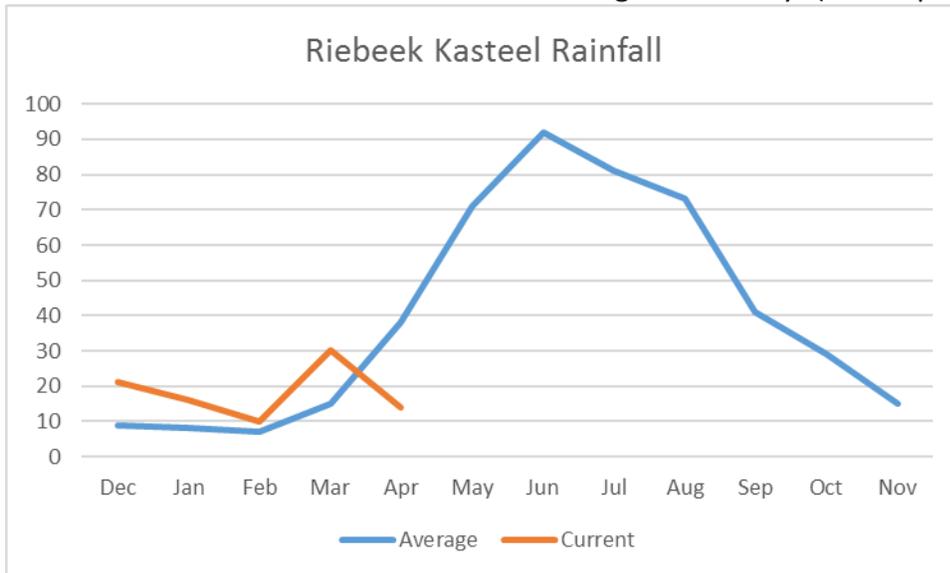
You may of course ask whether we really need to refer to "saints." Wouldn't it suffice just to refer to *decent* people? It is true that they form a minority. More than that, they always will remain a minority. And yet I see therein the very challenge to join the minority.

Viktor Emil Frankl, M.D., Ph.D. (26 March 1905 – 2 September 1997) was an Austrian neurologist and psychiatrist and a Holocaust survivor

WATER IS LIFE – SAVE IT

THE TIMES THEY ARE A-CHANGING

The rainfall patterns continue to confound us. If the current abnormal trend, below, continues it will be a disaster for the farming community. (Data up to 15 May 2019)



SOCIAL CLUB NEWS

PIETERMARITZBURG CLUB

Alas, another victim of no new committee. The club has disbanded. My thanks to all those committee members who kept it running for so many years.

SAARP NEWS

SPECSAVERS – Feedback

I am a member – 72 years old and have emphysema,, hypertension, and a very annoying Rotar Cuff tear, so don't get out much. I do a lot of reading and watching TV – and recently decided I desperately needed new glasses (multifocal).

Instead of using up Medical Aid, I used your card, and I must say a big THANK YOU for the discount received at Specsavers Pinecrest in Pinetown Their service was excellent - I must say I was vey impressed. They even offered to come to my house to do an eye test, but rather had an outing. (Quoted verbatim).

NEWSLETTERS – Feedback

- Here is one enthusiastic response: *Thank you for the wonderful newsletters! I find ALL of it of great interest.... some topics I particularly like are: Lifestyle, Health. Trivia, Computers, History, Gardening, the Holiday Club, financial matters ...*
- Another reader suggested I provide a list of books to read. I'm afraid that my reading taste is rather different from the norm, see the section on books later on.
- I always read the whole letter although some items interest me more than others. I suggest that you carry on providing items that you find interesting and that you want to share with the members. It will be impossible to please all the members all the time
- Happy with everything in it, everyone's interests & hobbies are different so just keep on with the excellent job.

NEWSLETTERS - Read

Newsletters Delivered				PDF copies downloaded			
	Eng	Afr	Total		Eng	Afr	Total
Jan	23455	7202	30657	Jan	8013	3046	11059
Feb	23669	7470	31139	Feb	6119	2602	8721
Mar	23765	7355	31120	Mar	7142	2810	9952
			92916				29732

This is 32% success rate.

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
Dikhololo	Brits	2-6 Sept	2 bedroom	R1495
Royal Atlantic	Sea Point	5-9 Aug	1 bedroom	R1868.75
Castleton	Plett Bay	15-19 July	1 bedroom	R1495
Baywater Village	Sedgefield	29/7 - 2 Aug	1 bedroom	R1495
Placid Waters	Sedgefield	19-23 Aug	1 bedroom	R1868.75
Drakensberg Sun	Drakensberg	9-13 Sept	1 bedroom	R3363.75
Hazyview Cabanas	Hazyview	16-20 Sept	2 bedroom	R2616.25
Royal Wharf	St Francis Bay	29/7 - 2 Aug	3 bedroom	R2990
Crystal Springs	Pilgrims Rest	15-19 July	2 bedroom	R1868.75
Sondela	Bela Bela	11-15 Nov	2 bedroom	R3737.50
Magaliespark	Brits	15-19 July	1 bedroom	R1495
Fairways	Drakensberg	15-19 July	2 bedroom	R2242.50

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.

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

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

YOUR MIND CAN KEEP YOU WELL

Many victims of psychosomatic illness are up and about. Many are in hospitals. Thousands have been in bed at home for years. To avoid psychosomatic illness, you must learn to think right. There ought to be in every university a course called "The Art of Human Living." It should teach us how to make our attitude and thinking as pleasant and cheerful as possible. It would be idiotic for me to tell you that you can be pleasant

and cheerful all the time. Of course you can't. But I can offer certain suggestions which will help you to think right about yourself.

- First, stop looking for a knock in your motor. Don't be analysing your feelings all the time, looking for trouble.
- Second, learn to like to work. To get anywhere in this world you've got to work. One of the things you will escape, if you learn to like to work, is work tension, the tension that comes to those who look upon work as something that has to be got over.
- Third, have a hobby. A hobby is an important element in getting your mind off work tension. During the day when you are hurrying and worrying, just relax for thirty seconds by thinking briefly about that thing you're making in the basement, that community project you're interested in or that fishing trip you're taking next week-end.
- Fourth, learn to like people. Carrying a grudge or dislike can have disastrous bodily effects.
- Fifth, learn to be satisfied when the situation is such that you can't easily change it. Sixth, learn to accept adversity. In this life you're going to meet some adversity. You may meet a lot, but don't let it bowl you over. A lot of people start a psychosomatic illness after an adversity.
- Seventh, learn to say the cheerful, humorous thing. Never say the mean thing, even if you feel like doing so. In the morning, look at your wife or your husband and, even if it isn't so, say, "My dear, you look good this morning." It will make her (or him) feel better, and it will make you feel better.

Finally, learn to meet your problems with decision. About the worst thing to do is to have a problem and to mull it over and over in your mind. If you have a problem, decide what you are going to do about it, and then stop thinking.

These are some of the things that you have to learn if you want to escape the most common disease of all. The key is: **I'm going to keep my attitude and my thinking as pleasant and as cheerful as possible.** There isn't any better definition for happiness. Read the full article on our website www.saarp.net under Articles

SLEEP

INSOMNIA – Myths Sleep is one of the most important things we can all do tonight to improve our health, our mood, our wellbeing and our longevity.

Myth 1 - You can cope on less than five hours' sleep

We have extensive evidence to show sleeping five hours or less consistently, increases your risk greatly for adverse health consequences. These included cardiovascular diseases, such as heart attacks and strokes, and shorter life expectancy.

Myth 2 - Alcohol before bed boosts your sleep

The relaxing nightcap is a myth, whether it's a glass of wine, a dram of whisky or a bottle of beer. It may help you fall asleep, but it dramatically reduces the quality of your rest that night. It particularly disrupts your REM (rapid eye movement) stage of sleep, which is important for memory and learning.

Myth 3 - Watching TV in bed helps you relax

The latest Brexit twists and turns on the BBC News at Ten will not help. Neither will Game of Thrones relax you. Then there's that blue light . . .

Will the light from your phone kill you?

Myth 4 - If you're struggling to sleep, stay in bed

You've spent so long trying to nod off you've managed to count all the sheep in New Zealand (**that's about 28 million**). Stop trying. You start to associate your bed with insomnia. Get out of bed, change the environment and do something that's mindless.

Myth 5 - Hitting the snooze button

Don't. When the alarm goes off, just get up.

Myth 6 - Snoring is always harmless

Snoring can be harmless, but it can also be a sign of the disorder sleep apnoea. People with the condition are more likely to develop high blood pressure, an irregular heartbeat and have a heart attack or a stroke.

Read the full article:

<https://www.bbc.com/news/health-47937405>

QUIZ

A				E	F		H	I		K	L	M	N					T		V	W	X	Y	?
	B	C	D			G			J					O	P	Q	R	S		U				?

Which row does **Z** belong to, and why?

Answer at the end of this newsletter.

LIFE LESSONS

FLY! - Capt Richard de Crespigny

On 4 November 2010 Capt Richard de Crespigny saved a crippled Qantas [Airbus A380](#) in a feat of professional airmanship that has seldom been achieved, never mind surpassed. His book is an eye opener of the management principles involved in any successful career.

- Captains in my airline are assessed five times every year for their 'human factors' skills. They will be failed if they inhibit a safe cockpit culture. The worst offenders have been sacked.

- Most of us are poor judges of risk. Why do people who fear flying not also fear driving or going to the hospital? According to the Chapman University's 2017 Survey of American Fears, nine per cent of Americans experience fear of flying, while fear of driving does not make the top 80. Does this make sense? In 2017, 40,100 people died in traffic-related incidents in the United States. Over the same period in the same country not a single person died in a commercial aviation incident. Worldwide the figures for the year were an estimated 1.25 million road deaths and just 44 in commercial aviation incidents. *Fly! By Capt Richard de Crespigny*
- Research shows we're consistently being driven by biases, illusions, intuition and patterns we don't consciously recognise. Richard Thaler won the 2017 Nobel Prize for Economics for his work in this area. The 'science' of economics was built on the idea that people act rationally, making carefully considered decisions in their own best interests. Furthering the work of Daniel Kahneman and Amos Tversky, Thaler has spent four decades showing this is not how things work in real life. Instead of being the sensible, emotion-free creatures that economics textbooks describe, **we tend to be overconfident, distracted, absent-minded procrastinators loaded with cognitive biases. And we find retrospective justifications for what we believe are careful choices**, as Thaler explains in his bestseller *Nudge: Improving Decisions About Health, Wealth, and Happiness*.

LANGUAGE

MODERN SMSese

Move, Queen's English! SMSese rules the class

"Adela knw she cudnt hve bn hpy wid Ronny n felt she wud b stifld in India where her respect fo absolute truth wud nt b honored."

This isn't a sentence given for correction to students in a grammar class; it is the opening line of an answer on EM Forster's *A Passage to India* by a student of a master's degree course in English at a central university. He wrote this a few days ago in his examination.

BANK CHARGES

In South Africa, banking charges are one of the most important considerations when deciding which bank to sign up with.

These costs are often difficult to find, however, as banks' pricing documents tend to be long and complicated.

To help simplify the process of investigating bank fees, MyBroadband has detailed how much it costs to draw money from an ATM in South Africa – based on the fees of the country’s biggest banks.

Using the example of drawing R1,000, we have detailed how much you will pay in fees when using FNB, Standard Bank, Capitec, Absa, Nedbank, and TymeBank.

The results are listed below.

Bank	Withdrawal type	Pricing	Cost to withdraw R1,000
FNB	Own ATM withdrawal	R1.90 per R100	19
	Other ATM withdrawal	R9 + R1.90 per R100	28
Standard Bank	Own ATM withdrawal	R1.85 per R100	18.5
	Other ATM withdrawal	R9 + R1.85 per R100	27.5
Capitec	Own ATM withdrawal	R0.60 per R100	6
	Other ATM withdrawal	R0.80 per R100	8
Absa	Own ATM withdrawal	R4.50 + R1.50 per R100	19.5
	Other ATM withdrawal	R7.50 + R1.50 per R100	22.5
Nedbank	Own ATM withdrawal	7	7
	Other ATM withdrawal	R8 + R2 per R100	28
TymeBank	Point of sale withdrawal	Free	Free
	(PnP and Boxer)		
	Point of sale withdrawal	2	2
	Other ATM withdrawal	R0.80 per R100	8

Read the article here: <https://mybroadband.co.za/news/banking/304538-how-much-it-costs-to-draw-r1000-from-an-atm.html?source=newsletter>

PLANNED OBSOLESCENCE

PRODUCT LIFE – A marketing decision

I received the following from a member:

Vacuum Cleaners are designed to fail within a week of the warranty expiring.

You can:

- *have it repaired for the price of a new vacuum cleaner*
- *take out an extended warranty for the price of a new vacuum cleaner*
- *buy a new vacuum cleaner for the price of a new vacuum cleaner*

Make sense?

I replied:

Alas, yes – but only for the manufacturers. It is a deliberate policy . . .

In the mid-1920s, GM CEO Alfred P. Sloan had an idea: His company would release new models, new colours, and faster engines every year. They would fabricate demand. “The changes in the new model should be so novel and attractive as to create demand...and a certain amount of dissatisfaction with past models as compared with the new one,” wrote Sloan in his 1963 autobiography *My Years With General Motors*.

Resultantly:

- Before WWII, American businesses began embracing “creative waste”—the idea that throwing things away and buying new ones could fuel a strong economy.
- By the mid-1950s, the average length of car ownership had dropped from five years in 1934 down to just two.

FOOD

ICE CREAM – Really?

My daughter has vowed never to touch this again when I showed her the ingredients:

Soft Serve Ice Cream

Ingredients. Milk, Sugar, Cream, Non-fat Milk Solids, Corn Syrup Solids, Mono- and Diglycerides, Guar Gum, Dextrose, Sodium Citrate, Artificial Vanilla Flavor, Sodium Phosphate, Carrageenan, Disodium Phosphate, Cellulose Gum, Vitamin A Palmitate.

BOOKS

MY RECENT READS

- The Pigeon Tunnel: Stories from My Life by John le Carré
- Jan Smuts: Unafraid of Greatness by Richard Steyn
- Seven Brief Lessons on Physics by Carlo Rovelli
- Skyfaring: A Journey with a Pilot by Mark Vanhoenacker
- Blueprint: How DNA Makes Us Who We Are by Robert Plomin
- The Diet Myth: The Real Science Behind What We Eat by Tim Spector
- Prisoners of Geography: Ten Maps That Tell You Everything You Need To Know About Global Politics by Tim Marshall
- Factfulness: Ten Reasons We're Wrong About The World - And Why Things Are Better Than You Think by Hans Rosling
- Vintage Champagne on the Edge of Space: The Supersonic World of a Concorde Stewardess by Sally Armstrong
- Endurance: A Year in Space, A Lifetime of Discovery by Scott Kelly
- Who We Are and How We Got Here: Ancient DNA and the new science of the human past by David Reich
- The Black Swan: The Impact of the Highly Improbable Nassim Nicholas Taleb
- Before There Were Trolley Dollies Angela Waller

- Dataclism: Who We Are (When We Think No One's Looking by Christian Rudder

EDUCATION

CHILDREN

More and more of my acquaintances children are home schooling their children, often in small local groups. This brilliant essay goes a long way to explaining why. It is a long essay, here is an excerpt.

The following statement somehow showed up on my Twitter feed the other day:

“Spontaneous reading happens for a few kids. The vast majority need (and all can benefit from) explicit instruction in phonics.”

This 127-character edict issued, as it turned out, from a young woman who is the “author of the forthcoming book *Brilliant: The Science of How We Get Smarter*” and a “journalist, consultant and speaker who helps people understand how we learn and how we can do it better.”

It got under my skin, and not just because I personally had proven in the first grade that it is possible to be bad at phonics even if you already know how to read. It was her tone; that tone of sublime assurance on the point, which, further tweets revealed, is derived from “research” and “data” which demonstrate it to be true.

Many such “scientific” pronouncements have emanated from the educational establishment over the last hundred years or so. The fact that the proven truths of each generation are discovered by the next to be harmful folly never discourages the current crop of experts who are keen to impose their freshly-minted certainties on children.

Read it here: <http://carolblack.org/a-thousand-rivers>

TRAVEL TIPS

WHAT TO PACK FOR A CRUISE

What to pack for your cruise depends, of course, on where you’re sailing, the length of the trip, anticipated weather and the sort of ship you've booked.

1. Choose your bags carefully. Closets aren’t likely to fit all your bags, so it’s key to bring luggage that can be stowed under the bed.

2. Coordinate your wardrobe. Stick to one or two main colours of clothing, and mix and match them. Choose shore excursions in advance so you’ll be sure to have proper gear for each. And check whether your ship has a laundromat.

3. You (probably) don't need to bring formal wear. Check your ship’s dress code. Many cruise lines no longer require tuxedos, ties or gowns on formal nights. Elegant-casual may be acceptable. Notable exceptions include the Cunard ocean liners Queen Mary 2, Queen Elizabeth and Queen Victoria.

4. Bring appropriate shoes. Flip-flops make great slippers or poolside wear. And women don't need six pairs of heels. Comfortable footwear for excursions or walking around the ship is essential. Rubber water shoes are helpful to avoid cutting feet on rocky swimming areas or coral reefs.

5. Don't forget sunscreen and medication. You'll probably need more sun protection than you think, so pack a sun hat, sunglasses, sunscreen and a sunburn remedy for warm-weather cruising.

6. Bring binoculars. You'll probably float past spectacular scenery. Why not enjoy a close-up view?

7. Find out if you'll need adapters. Don't forget phone chargers and perhaps a portable one to use ashore.

8. If you want to bring booze, check the cruise line's policy. You generally can board at the start of the cruise with wine (including Champagne).

9. Keep important documents in your carry-on luggage. You'll surrender your large bags before you board, so have your passport and photo ID readily available. Also keep handy anything you might want to use soon after you board (perhaps a bathing suit or change of clothes), along with prescription medication and sunscreen, in case you don't receive your luggage right away.

Veteran cruiser and travel writer Kitty Bean Yancey rarely boards without her pashmina, used as deck chair leg warmer, night-time stole and beach cover-up.

Kitty Bean Yancey, **AARP**

PS It's good idea to photograph all your documents and keep them on your smartphone.

A CAMEO

ON BECOMING OLD

I had no intention of becoming old, in fact ageing was a term I used for wood, wine and other people. And yet, of late, I've had to admire its subtlety, it's stalking skills, camouflage and patience, as much as I admire them in the televised and predatory animals I so admire and love. Beautiful to watch, because I'm not the intended prey.

So what if I can't always remember why I came into a room, I usually leave with something (unrelated) that caught my eye. After all, time is precious, so the trip wasn't pointless, and I'm not deteriorating. Busy, busy, busy is the watch-word, so B = A in the accounting thereafter.

"I couldn't do A because I was dealing with B – stop nagging...!" to the querulous question from She Who Must Be Obeyed (S.W.M.O.) – relating to the cup of coffee she asked for 30+mins ago.

Monday night was a milestone. Away from Judo for nearly a month, I thought to vary the tedium of life (as it has become) with a visit (much like Royalty bestows on the great unwashed). The trouble, (on analysis) was that S.W.M.O. insisted on coming too,

fortunately still marginally hygienic and groomed after a morning's outing to take advantage of a 'spectacles special' (free frames) at the Blue Route, amid a general panic amongst other shoppers faced with a low-flying electric scooter – only possible by the courtesy of a very dear friend with a large van – the friend in need everyone should have on 24/7 stand-by.

So . . . off we trundled minus the electric scooter, to the judo club, to be warmly greeted (with compliments on my white beard) a sedentary self-defence lesson from me for a trainee teacher before the main class started, nervous glances in our direction, sitting back in state, by beginners, made aware of the occasion by other members, and then a passable 90 minutes of frenetic activity as always. Different from how S.W.M.O. and/or I would have run it, but good enough. Things HAD deteriorated I noted – there was no beer in the fridge for a start, but eventually, we left for home.

A long time ago, I took note of a (judo) friend's endless ignition problems, ascribed to his having office and house keys on the same ring as his ignition key. Breakdowns in the Karoo etc. will teach you things. Logically, a heavy bunch of keys swinging back and forth on the ignition key WILL cause metal fatigue – so I have only the driveway and the ignition key on my car keys. Navigating the stoep steps with SWMO in the dark is always an adventure, but with her lodged in a stoep chair, I could unlock the house (with instructions from the stoep chair) – I couldn't find the house-keys. I leave for Judo, invariably late and burdened with all sorts of things, promised books, spare suits, etc. etc. so my hands are **full. No house keys.**

If you haven't fallen asleep already, try to picture an aged and now infirm and convalescent man, checking every key in the car and the garage and testing every door in case a bolt could be forced, considering whether breaking a window was justified and trying to lift catches with a screwdriver without doing too much damage to woodwork. What it did prove, was that the house is no easy target, but after nearly an hour (during which it started to rain) I could only think of going back to the club (23kms x2) where I MUST have left the house key on the counter.

Predictably, S.W.M.O needed a toilet so eventually she agreed, so down the precarious darkened steps, into the car and start reversing out. There, in the driveway and now lit by headlights, were the keys. Parking centrally, the car would have been over them and they'd have been in shadow. Supper at 11pm and with blazing electric lighting seemed very comforting.

Boring as this may be for others, I feel better for having recorded it. Plan B is required for future lapses. And there will be more.

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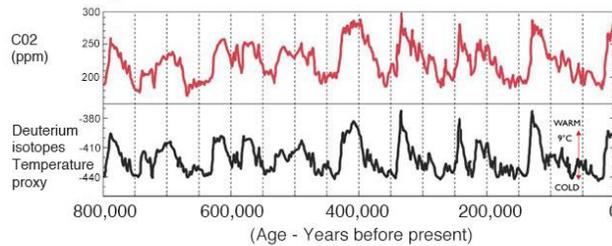
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TRIVIA

SNIPPETS

- The Hidden Persuaders by Vance Packard was one of the first that exposed marketing to the public in simple terms. The best tale was the one of Chanel No 5 not doing well. The consultant advised the firm to mark it up, to 400%. Success was guaranteed. Boyfriends are out to impress and cost is not the issue. We are still suckers.
- Samples taken from Antarctic ice cores show that temperature and carbon dioxide move in lock-step over the ages. So, are we over-reacting to carbon emissions? Just a thought.

EPICA ice core records 100,000-year cycle in ice ages



- *"Based on our own behaviour, there must be many civilizations that killed themselves by harnessing technologies that led to their own destruction," he tells me when I visit him. "If we find them before we destroy our own planet, that would be very informative, something we could learn from." Avi Loeb of Harvard University. NatGeo 03 2019*

DANGEROUS GROUND

Wife: "Why do you men never share your problems?"

Husband: "When you have malaria you don't consult a mosquito."

Editor's note: His fate is not recorded.

QUOTE

"The saddest aspect of life right now is that science gathers knowledge faster than society gathers wisdom."

Isaac Asimov

ANSWER TO QUIZ

The top row. All the letters in that row have no curves, only straight lines.

Ray Hattingh

PS There's no such thing as 'government funded' it's all taxpayer funded.

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