



adding life to your years

It is better to be indifferent to others than to feel you have to love them.
Few ideals have been more harmful than that of universal love.
Better cultivate indifference, which may turn into kindness.
Feline Philosophy by John Gray

DIETING

SIX WEIGHT LOSS MYTHS

1. Myth: All calories are the same, whether from whole foods or processed ones.

Reality: While a 100-calorie candy bar and a 100-calorie apple contain the same amount of energy, the source of each calorie changes how your body digests and uses it. **You expend more energy breaking down unprocessed food and protein than processed fare**, which means eating things found in nature, not made by humans, is the better dieting strategy.

2. Myth: Losing weight is all about willpower.

Reality: Physiologically, as humans, we are not created to lose weight. Hanging on to fat helped our ancestors survive, so we have evolved to keep the weight we gain. So the battle of the bulge is a battle against biology, and obesity is not some moral failing. **Becoming overweight is a normal, natural response to the abnormal, unnatural ubiquity of calorie-dense, sugary and fatty foods.** Move to a plant-based diet to help keep you at a healthy weight. Ditch the processed food, and make sweet stuff like cake and ice cream an occasional treat.

3. Myth: Carbohydrates are bad.

Reality: For health benefits, a **high-carb diet including sweet potatoes, winter squash, peas and corn, legumes, fruit, oats, wheat, quinoa and high-protein foods such as yogurt is preferable to one of processed foods, refined grains and sugary drinks.**

4. Myth: If you really want to lose weight, you ultimately have to go on a diet.

Reality: Lasting results depend on incorporating healthy eating into your lifestyle long-term. **Permanent weight loss requires permanent dietary change.** Healthier habits need to become a way of life. Keep a daily food journal, make sure you get enough sleep, drink lots of water, and exercise at least 30 minutes a day.

5. Myth: Eating smaller meals more frequently is one of the best ways to control your appetite.

Reality: Assuming you eat the same number of calories, it doesn't matter if you graze or gorge. In fact, [studies have found that eating more frequent and smaller meals made people want to consume more.](#)

6. Myth: Juice cleanses will help you lose weight.

Reality: [Juices are typically high in calories, so it's best to keep your intake moderate at most.](#) There are also health risks to juicing, such as electrolyte imbalance, potential dehydration as your intestines empty and even kidney issues (juices made from foods such as spinach and beets, which are high in oxalate, a natural substance, can cause kidney problems).

By Rhea Borja, **AARP**, December 18, 2020

https://www.aarp.org/health/healthy-living/info-2020/weight-loss-myths.html?cmp=EMC-DSO-NLC-RSS---CTRL-012221-P1-5174899&ET_CID=5174899&ET_RID=1554613&encparam=xRFt%2fR1zIctQhbOyU8zfo6RmN9nevV5HTXunpOObw5U%3d

COVID-19

COMMON COVID-19 SYMPTOMS THAT WON'T GO AWAY

Long-term effects of coronavirus infections last months for many survivors according to [a new study](#) published in the journal *The Lancet* shows how prevalent and long-lasting the condition may be. Three out of four COVID-19 patients still suffered from at least one symptom six months later. Some of these Lingering symptoms are:

- Fatigue/muscle weakness – 63 percent
- Sleep difficulties – 26 percent
- Anxiety/depression – 23 percent
- Hair loss – 22 percent
- Smell disorder – 11 percent
- Heart palpitations – 9 percent
- Joint pain – 9 percent
- Taste disorder – 7 percent
- Dizziness – 6 percent

Though continuing symptoms from COVID-19 affect the young and old alike, age does seem to play a role. The *Lancet* study found that the likelihood of a patient's reporting fatigue or muscle weakness rose 17 percent for each 10-year increase in age.

Several possible causes

Scientists don't know for sure the mechanism behind the continuing symptoms. It could be the coronavirus itself, the result of inflammation from the virus, or an auto-immune defence. Many doctors believe it's related to the coronavirus's ability to invade blood vessel cells and cause irregularity in flow and clotting, blocking tiny blood vessels and reducing blood flow to the brain, heart and

lungs. Researchers are also investigating if the novel coronavirus is triggering chronic fatigue syndrome, also called myalgic encephalomyelitis. Symptoms include fatigue, sleep problems, a greatly reduced ability to do normal activities, and problems with thinking and memory.

After a similar coronavirus, called SARS, circulated in 2003, researchers found that 40 percent of SARS survivors had chronic fatigue symptoms more than three years after infection.

https://www.aarp.org/health/conditions-treatments/info-2021/long-lasting-covid-symptoms.html?cmp=EMC-DSO-NLC-RSS---CTRL-011921-P1-5166867&ET_CID=5166867&ET_RID=1554613&encparam=xRFt%2fR1zIctQhbOyU8zfo6RmN9nevV5HTXunpOObw5U%3d

DEMENTIA

EARLY SIGNS

Early signs of Dementia	Yes/No
The kids and grandkids show up for their regular weekly Sunday dinner — and you completely forgot they were coming.	NO
You want to ask your neighbour about his daughter, who has just finished her freshman year of college. But you can't remember her name — until later.	YES
You sometimes look in the mirror and don't recognize yourself. It's the strangest thing.	YES
You always miss the turn to get to the grandkids' regular soccer field.	NO
You find your glasses in the freezer, your watch in the flowerpot or other objects in strange places.	YES
You're finding it harder to use your smartphone. Apps and functions you use regularly no longer seem to work, and you can't figure out why.	YES
You've always made the pies for Thanksgiving dinner, but this year you had to really focus and it took longer than usual.	NO
Your spouse tells you that you ask the same questions repeatedly.	YES
Your mother recently passed away after a long illness. You are sleeping terribly and having trouble remembering everything, from meetings with lawyers to where you put her papers.	NO
Your daughter comments that you haven't been remembering things that her children tell you, and she's not sure if you're not listening or need your ears checked.	YES

https://www.aarp.org/health/brain-health/info-2015/normal-memory-loss-vs-dementia-quiz.html?cmp=EMC-DSO-NLC-WBLTR-BRN--MCTRL-112020-F1-5018787&ET_CID=5018787&ET_RID=1554613&encparam=xRFt%2fR1zIctQhbOyU8zfo6RmN9nevV5HTXunpOObw5U%3d#quest10

DEATH RATES IN THE 20TH CENTURY

THE CRUDE DEATH RATE

(Perhaps a wake-up call for South Africa?)

This is the ratio of deaths compared to the population around the world throughout the 20th century. When giving these ratios, they are most commonly expressed by number of deaths per 1,000 people per year. According to the CIA World Factbook, as of July 2012, the global crude death rate is 7.99 deaths/1,000 population. The crude death rate represents the total number of deaths per year, per thousand people. Comparatively, the crude death rate in the year 1900 was 17.2 deaths/1,000 population and 9.6 deaths/1,000 population in 1950 in the United States.

Rank	Country	Deaths/1,000 Population
1	South Africa	17.23
2	Ukraine	15.76
3	Lesotho	15.18
4	Chad	15.16
5	Guinea-Bissau	15.01
6	Central African Republic	14.71
7	Afghanistan	14.59
8	Somalia	14.55
9	Bulgaria	14.32
10	Swaziland	14.21

https://en.m.wikipedia.org/wiki/Death_rates_in_the_20th_century

WHO READS THE MOST BOOKS (USA)?

SURPRISED?

Which age group buys the most books?

The highest percentage of readers by age was 88 percent, among the 18-24 age group, followed by 86 percent in the 16-17 range. Readers in the 30-39 group were a close third at 84 percent. The lowest percentage of readers was among people older than 65, at 68 percent.

Which income group buys the most books?

The people with the most money bought the least amount of books.

Those in the mid-income range of the study, \$54,000-\$74,900 in annual income, bought the most books.

Which demographic buys the most books?

Non-Hispanic Whites (76%) outpace non-Hispanic Blacks (69%) and Hispanics (58%) in **book-reading** incidence.

Which group buys the most e-books?

The highest e-book use was among people 30 to 39. Among Americans who read e-books, those under 30 are more likely to read them on a cell phone, at 41 percent, or on a computer (55 percent) than on an e-book reader (23 percent) or tablet (16 percent).

QUIZ FOR THE GRANDKIDS

U.S. EXTREMES

What is the easternmost state of the United States? If you think you know ... Don't you believe it.

Try this: What is the westernmost state of the United States? Without much thought, we know it must be either Hawaii or Alaska, both being in or on the Pacific Ocean. As it turns out, it is Alaska, several of the Aleutian Islands extending to the 180th longitude, the dividing line between the eastern and western hemispheres.

And what is the northernmost state? That's easy: obviously Alaska, which reaches well above the Arctic Circle, the northern extremity being Point Barrow at 71 ° 23' N. And the southernmost state? It's Hawaii, which extends down a full five degrees south of the Florida Keys. Its most southern point is Ka Lae, also known as South Cape, on the island of Hawaii, at 18 ° 55' N.

But here's the tough one: What is the easternmost state? It would seem obvious that it's Maine. Obvious, perhaps, but it is not necessarily accurate.

Surprisingly, the easternmost state is, at least by one definition, also Alaska. It sounds odd, but it is true, inasmuch as the islands at the tail end of the Aleutian chain stretch past the 180th longitude and are thus technically on the other side of the line that separates the Eastern hemisphere from the Western. The Near Islands and the Rat Islands, both in the Aleutian chain, are all in the east longitudes; the easternmost point being Pochnoi Point on Semisopchnoi Island, at 179 ° 46' East.

Thus, strangely enough, Alaska is at once the most western, northern, and eastern state in the union. A good lesson for our kids: Geography has much to

teach us— and it is also a good source of trivia questions that could stump your friends.

Reich, Herb. Lies They Teach in School: Exposing the Myths Behind 250 Commonly Believed Fallacies (p. 90). Skyhorse. Kindle Edition.

WHAT IS 'TRUTH'?

The media constantly blabber on about “truth” and “facts”. Seems like a perennial problem.

FACTS

- The truth is more important than the facts. FRANK LLOYD WRIGHT
- In the spider-web of facts, many a truth is strangled. PAUL ELDRIDGE
- Facts are the enemy of truth. MIGUEL CERVANTES
- Do not become a mere recorder of facts, but try to penetrate the mystery of their origin. IVAN PETROVICH PAVLOV
- Facts are ventriloquist’s dummies. Sitting on a wise man’s knee they may be made to utter words of wisdom : elsewhere, they say nothing, or talk nonsense. ALDOUS HUXLEY
- I am no poet, but if you think for yourselves as I proceed, the facts will form a poem in your minds. MICHAEL FARADAY
- Anyone who is practically acquainted with scientific work is aware that those who refuse to go beyond fact rarely get as far as fact. T. H. HUXLEY
- There’s nothing as deceptive as an obvious fact. SIR ARTHUR CONAN DOYLE
- There are no facts, only interpretations. FRIEDRICH NIETZSCHE
- Facts are what pedantic dull people have instead of opinions. Opinions are always interesting. Facts are only the scaffolding, the trellis up which bright opinions grow. A. A. GILL

Lloyd, John; Mitchinson, John. QI: Advanced Banter (pp. 111-112). Faber & Faber. Kindle Edition.

INDUSTRY’S “TRUTHS”

The power of repetition, meanwhile, allows a small but vocal minority to persuade the public that their opinion is more popular than it really is. This tactic was regularly employed by tobacco industry lobbyists in the 1960’s and 70’s. The vice president of the Tobacco Institute, Fred Panzer, admitted as much in an internal memo, describing the industry’s ‘brilliantly conceived strategy’ to create ‘doubt about the health charge without actually denying it’, by recruiting scientists to regularly question overwhelming medical opinion.

Robson, David. The Intelligence Trap: Revolutionise your Thinking and Make Wiser Decisions (p. 202). Hodder & Stoughton. Kindle Edition.

UNSUNG GENIUS?

ELIZABETH I, QUEEN OF ENGLAND.

The Beinecke Rare Book and Manuscript Library at Yale owns copies of every history of her reign written by her contemporaries. The secret to her success? Elizabeth not only read books voraciously (three hours a day was her wont) but also people. She read, she studied, she observed, and she kept her mouth shut (*Video et taceo* was her motto). By knowing all and saying little, Elizabeth ruled for nearly 45 years, laid the foundations of the British Empire and fledgling capitalist corporations, and gave her name to an entire epoch, the Elizabethan era.

Craig Wright

Perhaps we should return to a world ruled by Queens Elizabeth I? Ray

THOUGHT PROVOKING POEM

(Do It Now)

If with pleasure you are viewing
any work a man is doing,
If you like him or you love him,
tell him now;
Don't withhold your approbation
till the parson makes oration
And he lies with snowy lilies on his brow;
No matter how you shout it
he won't really care about it;
He won't know how many teardrops you have shed;
If you think some praise is due him
now's the time to slip it to him,
For he cannot read his tombstone when he's dead.

More than fame and more than money
is the comment kind and sunny
And the hearty, warm approval of a friend.
For it gives to life a savor,
and it makes you stronger, braver,
And it gives you heart and spirit to the end;
If he earns your praise – bestow it,
if you like him let him know it,
Let the words of true encouragement be said;

Do not wait till life is over
and he's underneath the clover,
For he cannot read his tombstone when he's dead.

Berton Braley

USA AARP BULLETIN DECEMBER 2020

THE HARSH TRUTH – As of October 1

70% - Proportion of Americans turning 65 who are expected to require some form of long-term care during their lives.

27% - Proportion of long-term care provided in facilities away from home. For the remaining 73%, care is typically provided in home by unpaid caregivers (usually, family members or loved ones.)

MORE ON MEMORY

HOW RELIABLE IS YOUR MEMORY

Psychologist Elizabeth Loftus studies memories. More precisely, she studies false memories, when people either remember things that didn't happen or remember them differently from the way they really were. It's more common than you might think, and Loftus shares some startling stories and statistics -- and raises some important ethical questions.

Well worth watching.

https://www.ted.com/talks/elizabeth_loftus_how_reliable_is_your_memory?language=en

FACEBOOK

QUERY

We received the following e-mail:

Hi, I am a retired pensioner, and wanted to join a group of like-minded people, I cannot get the Facebook messaging messages to work to send to you....I don't have any business so I don't know if I qualify.

Jean M

And responded as follows:

Facebook messenger is a separate app that need to be downloaded.

Jean, no need to go this trouble of downloading – you have our attention now.

Joining is free of charge and you do not have to have any business to qualify:

The SAARP team will sign you up as a member

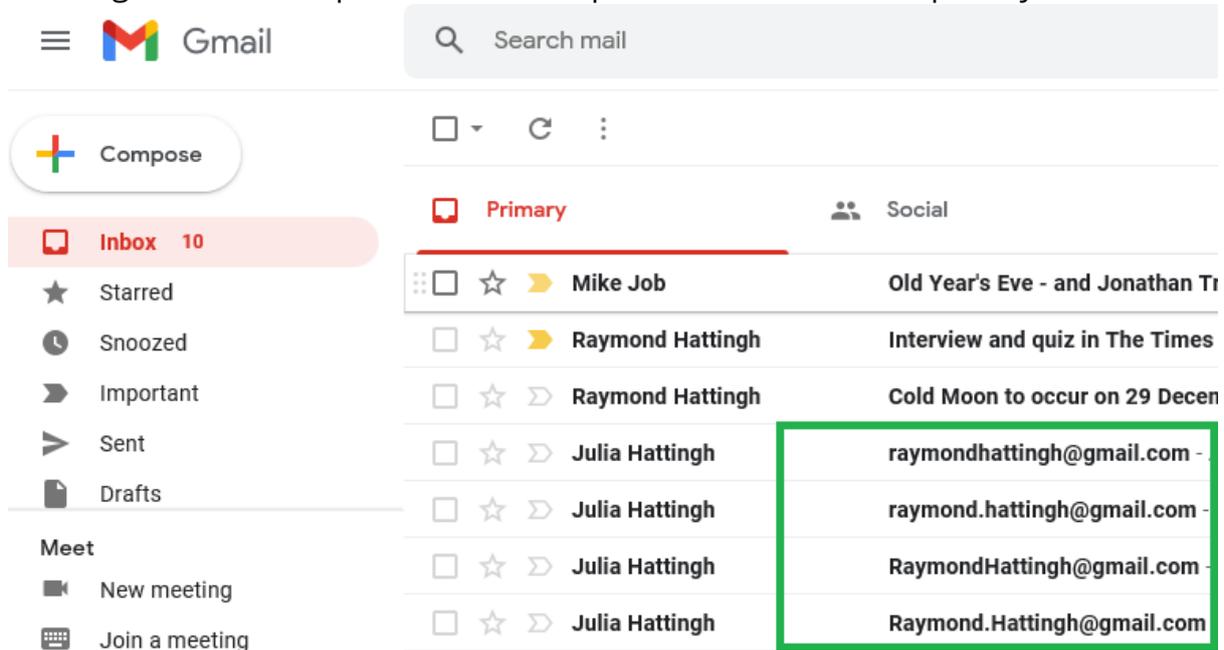
- Continue to follow the Facebook page for general information of interest and specials on offer from time to time

- Whether of any relevance at this stage to you Jean, the main offerings consist of Holiday Club, most affordable short term insurance deals, wills and much more
- For more information, we invite you to visit the SAARP website at <https://saarp.net/>

TECHNOLOGY

USERNAMES AND GMAIL

Gmail ignores both capitals and full stops in the username as per my test below:



SAARP SERVICES

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



SAARP NEWS

MEMBER FEEDBACK (Verbatim)

- Thank you for the info, wishing you guy's everything great for 2021 and many thanks
- Thank you for ALWAYS making your newsletters so interesting!
- I have just finished reading your last newsletter of 2020 and I really enjoyed the "Best Living Will Ever". You are amazing with your choice of

articles which are so appropriate to your readers. My wife and I have just completed our living wills and I wish that I had thought of a few of his requirements to cheer up my family. The "Delightful Puns" were very clever. (Fools rush in and get the best seats). My wife appreciated the lists of books. Your "Festive Greetings" made us think about our relationships with all the people that we meet in the course of our daily lives e.g. shop assistants, municipal workers, service providers, other family members etc. There are many opportunities to show kindness and appreciation. We wish you a very happy Christmas and a successful New Year.

And on the subject of books, stories, reading . . .

SHORT STORIES FEEDBACK (Verbatim)

- Thank you for the short stories as well as the poetry. I don't always get through all of the short stories and poems but doing my best to memorize a poem or two.
- My feedback re the short stories – "keep them coming!!"
- I enjoy them – some more than others, but that is to be expected. I look forward to each new monthly batch.

Go to www.saarp.net . . .

SAARP HOLIDAY CLUB

NOTE: Due to unprecedented demand for our holiday offers, we will restrict the number of points available each month.

The following are examples of discounted off-peak holidays which our Holiday Club has on offer for you and your families. *To book phone Renske on 021 592 1279 or email her at renskes@saarp.net*

RESORT	AREA	DATE	UNIT	PRICE
BOOKINGS FOR 2021				
Club Mykonos	Langebaan	7-11 June	1 bedroom	R1725
Seasons Golf	Brits	24-28 May	3 bedroom	R2587.50
Placid Waters	Sedgefield	17-21 May	1 bedroom	R1725
Falcon Glen	Schoemans-kloof	6-10 Sep	1 bedroom	R1725
Sunshine Bay	Jeffreys Bay	10-14 May	2 bedroom	R1293.75
Breakers	Umhlanga	19-24 July	Studio	R3450
Magaliespark	Brits	31 May–4 June	1 bedroom	R1725
Fairways	Drakensberg	17-21 May	2 bedroom	R2676.50

Umhlanga Sands	Umhlanga	21-26 June	1 bedroom	R2245.25
Crystal Springs	Pilgrims Rest	31 May-4 June	Studio	R1293.75
Hazyview Cabanas	Hazyview	23-27 Aug	2 bedroom	R1814
Hazyview Cabanas	Hazyview	6-10 Sep	3 bedroom	R2676.50
Kiara Lodge	Clarens	21-25 June	1 bedroom	R1814
Waterberg Game P	Melkrivier	17-21 May	2 bedroom	R2676.50
Tableview Cabanas	Blouberg	24-28 May	2 bedroom	R2415
Waterberg Game P	Melkrivier	6-10 Sep	1 bedroom	R1814
Cayley Lodge	Drakensberg	26-30 July	1 bedroom	R2245.25
Mount Amanzi	Hartbeespoort	23-27 Aug	Studio	R1382.75
Drakensberg Sun	Drakensberg	10-14 May	1 bedroom	R2245.25
Cayley Lodge	Drakensberg	24-28 May	1 bedroom	R2245.25
Dikhololo	Brits	30 Aug-4 Sep	2 bedroom	R1814
Dikhololo	Brits	6-10 Sep	2 bedroom	R1814
Dikhololo	Brits	13-17 Sep	2 bedroom	R1814
Baywater Village	Sedgefield	10-14 May	1 bedroom	R1725
Breakers	Umhlanga	24-29 May	Studio	R1725
Crystal Springs	Pilgrims Rest	31 May-4 June	1 bedroom	R1814
Cayley Lodge	Drakensberg	13-17 Sep	Studio	R2156.25
Falcon Glen Hot Springs	Schoemans-kloof	6-10 Sep	1 bedroom	R1814
Hazyview Cabanas	Hazyview	13-17 Sep	3 bedroom	R2156.25
Hazyview Cabanas	Hazyview	18-22 Oct	2 bedroom	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

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

Contact us at SAARP Tel: 021 592 1279

Fax: 021 592 1284

Call us and we'll call you back to save your phone bill

e-mail: info@saarp.net

Or see it all at www.saarp.net

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TRIVIA

SNIPPETS

- The United States is not composed of fifty states. Technically, there are only forty-six states. Kentucky, Massachusetts, Pennsylvania, and Virginia are commonwealths.
- You can learn many things from children. How much patience you have, for instance.

MY PANDEMIC YEAR

- What made me happy? Being able to spend all my time with my family. What did I learn? You sure don't want to spend all of your time with your family. Penn Jillette
- My husband bought a world map, gave me a dart and said, "Throw this, and wherever it lands – that's where I'm taking you when this pandemic ends." Turns out that we will be spending two weeks behind the fridge.

SMILE

- What's the difference between stress, tension and panic?
- Stress is when wife is pregnant; tension is when girlfriend is pregnant; panic is when both are pregnant.
- A bookseller conducting a market survey asked a woman,

- “Which book has helped you most in your life?” The woman replied, “My husband’s cheque book.”
- A prospective husband in a book store: “Do you have a book called, Husband the Master of the House?” Sales Girl: “Sir, Fiction and Comics are on the 1st floor!”
- Someone asked an old man: “Even after 70 years, you still call your wife “Darling, Honey, Love.” What’s the secret?” Old man: “I forgot her name and I’m scared to ask her!”
- Wife: I wish I was a newspaper. So I’d be in your hands all day. Husband: I too wish that you were a newspaper. So I could have a new one every day!

FOOD FOR THOUGHT

Every human life, even the most fortunate, is filled with pain. Painful loss, painful disappointments, the physical pain of injury or sickness, and the mental pain of enduring boredom, loneliness, or sadness. Pain is an inevitable consequence of being alive.

THE HIDDEN THERAPY OF WALKING

When I walk — which I do every day, as basic sanity-maintenance, whether in the forest or the cemetery or the city street — I walk the same routes, walk along loops, loops I often retrace multiple times in a single walk. This puzzles people. Some simply don’t get the appeal of such recursiveness. Others judge it as dull. But I walk to think more clearly, which means to traverse the world with ever-broadening scope of attention to reality, ever-widening circles of curiosity, ever-deepening interest in the ceaselessly flickering constellation of details within and without. In this respect, walking is a lot like love — for one human being to love another is to continually discover new layers of oneself while continuously discovering new layers of the other, and in them new footholds of love.

Brain Pickings by Maria Popova

Ray Hattingh

PS Looking for meaning in history is like looking for patterns in clouds.

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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