



SAARP
NEWSLETTER
Number 137
April 2018

adding life to your years

'To punish me for my contempt of authority, Fate has made me an authority myself.'
Albert Einstein, 1930

WATER IS LIFE – SAVE IT

Agriculture uses 70% of the world's fresh water and many countries are facing severe shortages. Rainfall patterns are changing and the world's population is rising, which means increased agriculture to feed the masses. The High Plains aquifer in the USA provides 30% of all agricultural water in the USA and it is not keeping up with increasing demand. An aquifer typically takes hundreds of years to accumulate water. . . .

SAARP NEWS

LOCAL HOTELS – Guaranteed discounts

You'll notice a new link on the SAARP website, "SAARP Hotel Bookings".



I will leave you to click on the new link above and discover a whole new world.

NEW WEBSITE FEATURE - Short stories

We started this as an experiment and have had some encouraging feedback. Simply scroll down to the bottom of our website and read them. We would love to hear your feedback.

Here are some verbatim comments:

- *I love the short stories that we can read, please give us more.*
- *Love them stories. Short sweet and no drawn out issues!*
- *I really enjoyed them, just the right length and a lot of fun*
- *I enjoyed the short stories, so please keep them in SAARP publication.*
- *Read and LOVED them!*
- *Thank you so much I've saved them on my Kindle so I can read at my leisure, oooh I love this!*
- *I really enjoyed the short stories. Let me repeat Oliver Twist, please may I have some more.*
- *Thanks really enjoyed these! Looking forward to more...*
- *Thanks for the short stories, for now I've read them as I opened them.*
- *In future I might consider downloading them, because they were all a treat.*
- *I read them all and enjoyed the first one "Quick Payback".*

SAARP SOCIAL CLUBS

PE WEST – News of their latest planned outing

Hi Ray, I am taking one bus of 56 members to Cape St Francis on Tuesday 22nd May, we will be having fish & chips or salad for lunch, I have managed to get the venue to reduce the price for this to R65.00 per person. I will most likely also stop somewhere for morning tea, still negotiating for that. Our members are paying R180.00 per person, this includes the bus fare, drivers tip, sweets on the bus and lunch, and we may well have to add a bit from the branch coffers. We will be going to the lighthouse with a visit to the penguin rescue centre which is next to the lighthouse. We are having lunch at the Ski boat club in the Port of St Francis. Hopefully the weather will play along.

Just an aside we have a good mix of our rainbow nation on the bus about 50/50 white and black members. Cheers for now from the Rainbow nation branch. Lynne

SAARP SERVICES

LIFESTYLE CRUISES - Mystical Scottish Highlands

Package 1 - SUPREME BLISS

Exhilaration and relaxation to be experienced on holiday on board Norwegian Cruise Line's newest and most incredible floating resort, Norwegian Bliss.

9 NIGHTS CRUISE HOLIDAY PACKAGE

Package Includes:

Return Flights and Taxes from Johannesburg
2 Nights Hotel Stay in Miami
7 Nights Full Board Cruise on the **Brand New Norwegian Bliss**
Gratuities, Port Taxes & Baggage Charges
Selected Transfers
Departure Date: 12 December 2018

Cruise Itinerary

MIAMI UNITED STATES | ST.THOMAS UNITED STATES | TORTOLA BRITISH VIRGIN ISLANDS | NASSAU BAHAMAS
MIAMI UNITED STATES

Prices from **R 39 999** per Person Sharing

Package 2 - Majestic Voyage Barcelona to Rio

Like an enchanted fairy-tale castle, Costa Favolosa is surrounded by magic, decorated with precious materials and furnishings and perfected by state-of-the-art technology. Soaring, gothic-style spaces welcome guests to an atrium enriched with sparkling diamond-shaped decorations and regal entertainment at any time of the day or night.

22 Night Cruise Holiday Package**Package Includes:**

Return Flights & Taxes from Johannesburg
1 Nights Hotel Stay in Barcelona, Spain
19 Nights Full board Cruise on Costa Favolosa
1 Nights Hotel Stay in Rio De Janeiro, Brazil
Gratuities, Port Taxes & Baggage Charges
Selected Transfers
Departure Date: 18 November 2018

Cruise Itinerary

Barcelona, Spain | Savona, Italy | Marseille, France | Malaga, Spain | Casablanca, Morocco | Funchal, Madeira | Tenerife, Canary Islands | Recife, Brazil | Maceio, Brazil | Salvador De Bahia, Brazil | Ilheus, Brazil | Rio De Janeiro, Brazil

Prices from **R 34 999** per Person Sharing

THE NOT SO POPULAR TOPIC OF “FUNERALS”.

The topic of “Funeral” is not that popular or something we wish to discuss often but is such an integral part of life. We need to be informed and make the right decisions for our loved ones. There are a few things to consider.

Did you know that a funeral cost anything between R15 000 for a very basic funeral to R85 000 for more elaborate farewells?

We believe that the life of a loved one needs to be honoured with special warmth and care. With a passing you will need to make some important decisions and will need

assistance for the arrangement of a respectable funeral that honours the wishes of the family or, if available, the documented wishes of the deceased.

- Have you thought of putting your personal final wishes onto paper?
- Do you have a plan in place to assist family members? SAARP have negotiated a specialized Assistance Benefits Plan with Hollard. Read more www.saarp.net/Benefits/Mahala

In the case of death, a funeral service provider will provide you with an undertaker to assist you with the immediate funeral arrangements that need to be taken care of. Traditionally, funeral arrangements are done at the funeral home. However, some of the bigger names will offer the service of doing this in the privacy of your own home, if so preferred.

- Have you made provision for your loved ones? Let us assist you in making the right decision. Read more www.saarp.net/Benefits/Mahala

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
Mabalingwe	Brits	7-11 May	Studio	R1 254
Sondela	Bela Bela	10-14 Sep	2 bedroom	R2 070
Tableview Cabanas	Blouberg	27-31 Aug	1 bedroom	R1 380
Formosa Bay	Plettenberg Bay	13-17 August	2 bedroom	R1 380
Midlands Saddle & Trout	Drakensberg	10-14 Sep	1 bedroom	R2 415
Hazyview Cabanas	Hazyview	27-31 Aug	2 bedroom	R1 725
Waterberg Game Park	Limpopo	27-31 Aug	1 bedroom	R1 380
Umhlanga Cabanas	Umhlanga	20-24 Aug	2 bedroom	R2 070
Margate Beach Club	Margate	3-7 Sep	2 bedroom	R1 380
Cayley Lodge	Drakensberg	30/7 – 3 Aug	1 bedroom	R1 725
Ngwenya	Komatipoort	26-30 Nov	1 bedroom	R3 105

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. When 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: vanessa@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

BLOOD PRESSURE – And potassium

People aged 50 and over are frequently searching for ways to lower their blood pressure and the focus is on foods to eliminate items which are high in salt. Can adding tasty items help, as well? Potassium can be a secret weapon when thinking of heart health, managing blood pressure and improving systems in the body. Unfortunately our diets are typically much higher in sodium than potassium, causing an imbalance in our system. According to the National Health and Nutrition Examination Survey (USA), fewer than 2 percent of Americans achieve the recommended consumption of potassium, which is 4,700 mg per day. Yet the vast majority of us, over 90 percent, eat more than 2,300 mg of sodium per day, which is the top tolerable limit recommended by the Institute of Medicine. Just one teaspoon of table salt equals 2,400 mg of sodium, so it is easy to knock your system off balance. Whole foods are the best sources of potassium, and avoiding packaged and processed foods is the best way to lower your sodium intake. Recommended sources of potassium include:

- Yogurt
- Avocado (Try swapping out salted butter with this natural treat in your next meal.)
- Winter squash (acorn or butternut)
- Spinach and other greens
- Whole potatoes with the skin, such as yams and Idaho potatoes.
- Salmon and sardines
- Dried fruits such as apricots and prunes, and whole fruits such as bananas and grapefruit
- Vegetables such as beets and broccoli
- White beans, lima beans, black beans and other legumes

AARP

DIET

FIRE – A cooking revolution

It is virtually impossible to exaggerate the importance of cooking in human evolution. The application of fire to raw food externalizes the digestive process; it gelatinizes starch and denatures protein. The chemical disassembly of raw food, which in a

chimpanzee requires a gut roughly three times the size of ours, allows Homo sapiens to eat far less food and expend far fewer calories extracting nutrition from it. The effects are enormous. It allowed early man to gather and eat a far wider range of foods than before: plants with thorns, thick skins, and bark could be opened, peeled, and detoxified by cooking; hard seeds and fibrous foods that would not have repaid the caloric costs of digesting them became palatable; the flesh and guts of small birds and rodents could be sterilized. Even before the advent of cooking, Homo sapiens was a broad-spectrum omnivore, pounding, grinding, mashing, fermenting, and pickling raw meat and plants, but with fire, the range of foods she could digest expanded exponentially. As testimony to that range, an archaeological site in the Rift Valley dated twenty-three thousand years ago gives evidence of a diet spanning four food webs (water, woodland, grassland, and arid) encompassing at least 20 large and small animals, 16 families of birds, and 140 kinds of fruit, nuts, seeds, and pulses.

Against the Grain: A Deep History of the Earliest States by James C Scott

DIET - Poor rural Victorians 'had best diet'

Poor, rural societies which ate high-quality foods bought locally had the best diet and health in mid-Victorian Britain, a new report has revealed. The healthiest regions, measured by low mortality rates, were often the most isolated. In those areas, people would have consumed plenty of locally-produced potatoes, whole grains, vegetables, fish and milk. There were also fewer deaths there from pulmonary tuberculosis. The researchers found the most nutritious diets were enjoyed in isolated, rural areas of England, the mainland and islands of Scotland and the west of Ireland - which was at that time part of the United Kingdom of Great Britain and Ireland.

Dr Peter Greaves, study author from the Leicester Cancer Research Centre, said: *"The fact that these better-fed regions of Britain also showed lower mortality rates is entirely consistent with recent studies that have shown a decreased risk of death, following improvement towards a higher Mediterranean dietary standard."* The rural diet was often better for the poor in more isolated areas because of payment in kind, notably in grain, potatoes, meat, milk or small patches of land to grow vegetables or to keep animals. Unfortunately, these societies were in the process of disappearing under the pressure of urbanisation, commercial farming and migration. These changes in Victorian society led to worse diets among poor, rural populations and resulted in locally-produced food becoming less diverse - something that has since occurred across the world. For many poor people across Britain, white bread made from bolted wheat flour was the staple component of the diet. When they could afford it, people would supplement this with vegetables, fruit and animal-derived foods such as meat, fish, milk, cheese and eggs - a Mediterranean-style diet. Poor people living in wealthier farming districts who were usually paid in cash often had great difficulty getting these foods on a regular basis, but in more isolated areas of Britain milk and fish were more accessible. A

good number of country dwellers lived to ripe old ages, the researchers said. In the poor rural districts of Connaught in the west of Ireland, for example, nearly 20% of people reached the age of 65 or more and some reached the age of 95 or even 100.

BBC

COMPTER SAFETY

SPYWARE - Beware

When you go online, don't assume that your privacy is secure. Prying eyes often follow your activity-and your personal information-with a pervasive form of malicious software called spyware.

What is spyware?

Although it sounds like a James Bond gadget, it's actually a generic term for malicious software that infects your PC or mobile device and gathers information about you, your browsing and Internet usage habits, as well as other data.

How do I get spyware?

Here are a few of spyware's main techniques to infect your PC or mobile device:

- **Security vulnerabilities.** Here's a top-of-the-list no-no: clicking on an unfamiliar link or attachment in an email,
- **Misleading marketing.** Spyware authors love to present their spyware programs as useful tools to download
- **Software bundles.** Who doesn't love free software (freeware)? They may look like necessary components, but they are nonetheless spyware
- **Misc.** Trojans, worms, and backdoors often distribute spyware in addition to their primary malicious intent.
- **Mobile device spyware.** Both Mac and Android devices become infected when you install an app with malicious code.

Types of spyware

Some typical functions designed into spyware include the following:

- Password stealers are applications designed to harvest passwords from infected computers.
- Banking Trojans are applications designed to harvest credentials from financial institutions.
- Infostealers are applications that scan infected computers and seek out a variety of information, including usernames, passwords, email addresses, browser history, log files, system information, documents, spreadsheets, or other media files.
- Keyloggers, also referred to as system monitors, are applications designed to capture computer activity, including keystrokes, websites visited, search history, email discussions, chatroom dialogue, and system credentials..

Protect yourself

The best defense against spyware, as with most malware, starts with your behaviour.

Follow these basics of good cyber self-defense:

- Don't open emails from unknown senders.
- Don't download files unless they come from a trusted source.
- Mouse-over links before clicking on them and make sure you're being sent to the right webpage.
- Don't use unsecured free Wi-Fi, which is common in public places.
- Look for a cybersecurity application that includes real-time protection. Real-time protection automatically blocks spyware and other threats before they can activate on your computer.

THE WORLD OF THE WEB

THE FUTURE – Are you ready?

The Worlds' top ten companies:

2008	2018
<ul style="list-style-type: none">• Exxon• Walmart• China National Petroleum• Industrial and Commercial Bank of China	<ul style="list-style-type: none">• Apple• Google• Microsoft• Amazon• Facebook

- **Uber** is just a software tool, they don't own any cars, and are now the biggest taxi company in the world.
- **Airbnb** is now the biggest hotel company in the world, although it does not own any properties.

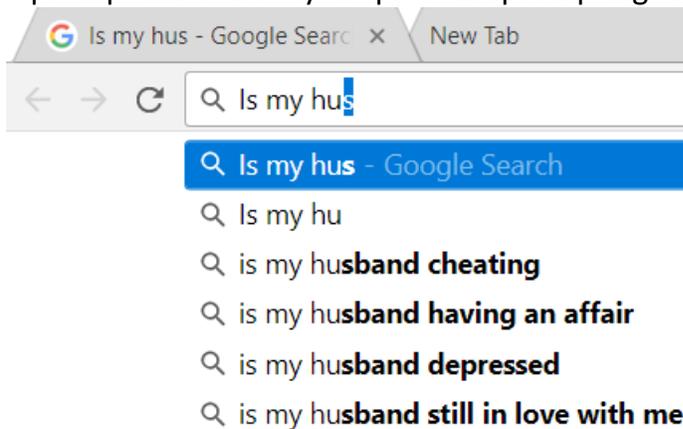
Amazon

I switch on my computer, log on to Google and click on Gmail. In my inbox there is a mail from Amazon telling me about some new books. I click to open the mail. One book immediately stands out - a definite must have. I click on the book and it takes me straight into *amazon.com* and the details of that book. I click on *[Kindle edition]*, then I click on *[Buy]*. A message pops up, *"Thank you Raymond. The book has been wirelessly delivered to your Kindle, you can go and start reading."* Almost simultaneously my cellphone beeps with a message from FNB Card Division to tell me I have been debited with an amount from Amazon. Five clicks after logging in – nothing else entered - and the entire transaction is done and dusted. It's just that simple.

Google

People bluff and lie. Users are unwilling to own up to certain attitudes on things like **Facebook** and **Twitter** and that is what makes survey questions and descriptive data so uncertain. But there is one place where no-one needs to ask you anything, where you do not lie, where you reveal your true self. That place is Google's famous lone prompt on their home page, that simple rectangle with its blinking cursor just waiting for your thoughts, asking, *"What's on your mind?"*.

Google collects data on an on-going basis; it has become the repository of the World's collective id. They have complex algorithms that prompt you using the collected data, which grows by the millisecond. Their algorithms list the responses to your questions according to the frequency of what's on your minds. If I type in, *"Is my hu,"* at that point a prompt immediately drops down prompting with:



The question of how can we see what is searched for has been answered since 2008 by the Google Trends tool. It enables you to query their aggregated database. If you ask the right questions you can extract an excellent example of the private mind and its internal workings. Data which, until Google Trends, has been unavailable to researchers since research began. Researchers can now even fairly accurately determine your IQ by what you place on the Internet.

We have become like flies in a web No place to hide (Come back Mark Saxon).

PERCEPTION

THE MOON – And the brain

Sometimes, the moon can look impossibly huge — big enough to swallow you and your house and still come back for more. This often happens when the moon is hovering near the horizon or near some other recognizable landmark on Earth. Then, as the moon rises, its size returns to normal. One popular but inaccurate explanation for this puzzling phenomenon is that some kind of atmospheric trick is distorting the rising moon. In truth, the humongous moon on the horizon is just an optical illusion. We perceive the celestial horizon as being farther away than the sky overhead, so our brains

automatically adjust the size of anything on the horizon to fit the assumption. To prove this to yourself, the next time you see an impossibly large moon, try blocking out all the objects that are nearby, whether they are buildings, trees, mountains, or the window frame in your bedroom. Without letting those objects deceive your brain into thinking the moon is super far away, does the moon still look huge? Probably not.

WORDS

WORDS – Eight that changed our thinking

Every word conceals a story, a secret history. Here are eight intriguing coinages that have altered the way we think about, see, hear, discover, and exist in the world around us.

Twitter

‘Twitter’ first trilled from the quill of Geoffrey Chaucer in his translation of Consolation of Philosophy by the 6th Century philosopher Boethius. Predating both ‘chirp’ and ‘warble’ by a century, ‘twitter’ is one of over 2,200 words for which the Medieval poet is credited with having inked an inaugural usage.

Serendipity

The English writer Horace Walpole, while composing a letter, gifted to the world that rather peppy prance of syllables: ‘serendipity’. Walpole said he based his lyrical invention on a Persian fairy tale.

Panorama

The word was initially attached to an entirely confined experience: a cylindrical painting that imprisons its audience – an indoor visual contraption devised by the Irish artist Robert Barker.

Visualise

1817, the year the Romantic poet and critic Samuel Taylor Coleridge coined the word in his philosophical confession Biographia Literaria.

Intellectualise

‘This probably belongs to a mysterious 18th-Century traveller known by the curious nickname ‘Walking Stewart’ for his celebrated feat of having wandered over a greater portion of the known world than anyone before him. He developed an eccentric philosophy that centred on the notion that mind and body were in constant flux between a world that is ceaselessly intellectualised and a spirit that is endlessly thingified.

Bureaucracy

In 1818, Jean Claude Marie Vincent de Gournay tethered the French word for desk (bureau) to the Greek suffix that means ‘the power of’ (-cracy) and gave a name to the red tape that was beginning to strangle society.

Photograph

The English astronomer and inventor Sir John Herschel’s proposal of the word ‘photograph’ in 1839 had to see off rival coinages before becoming fixed permanently in the world’s vocabulary.

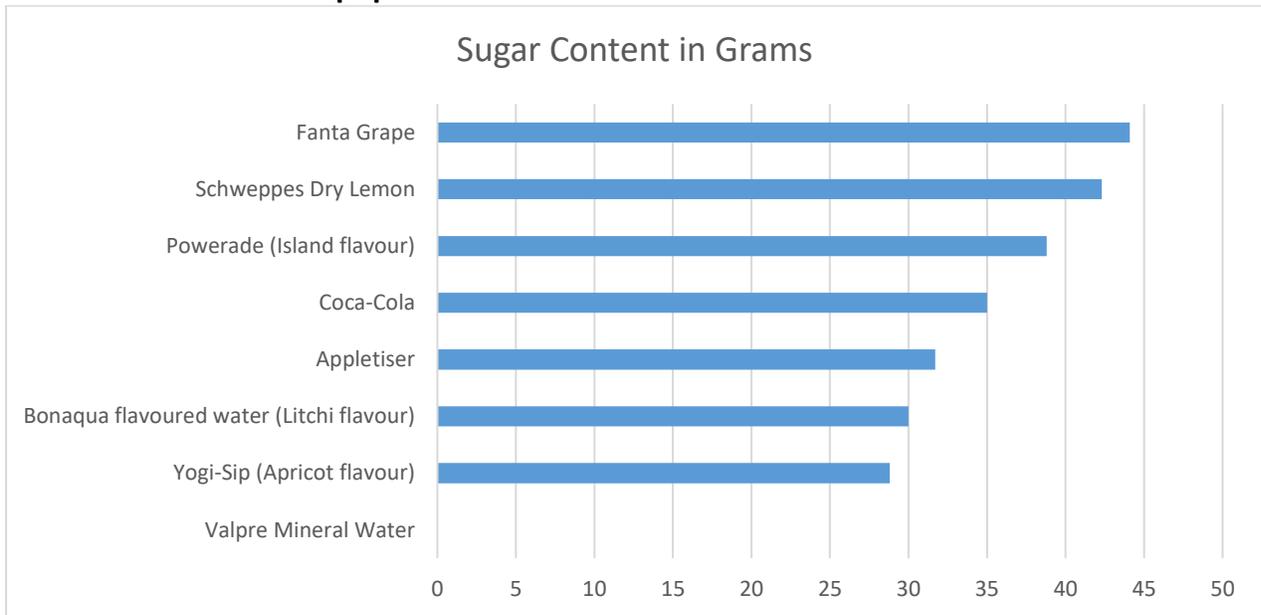
Muggle

Oxford English Dictionary attributes to female writers the first usage of such words as ‘outsider’ (to Jane Austen in 1800) and ‘angst’ (imported from German by George Eliot in 1849). In our own age, it has once again fallen to a female novelist to define who is endowed with the powers of the initiated and those left wanting of wizardry ways. J K Rowling’s coining of ‘muggle’ in her 1997 book, Harry Potter and the Philosopher’s Stone, to describe mortals bereft of supernatural skill.

BBC

SUGAR

SUGAR – How much in popular drinks



5 grams is equal to 1 teaspoon.

SOUTH AFRICA

PREDICTIONS - Unfounded fears and wildly optimistic predictions

370BC Writing will ruin our memories

1492 Printing will leave monks with nothing to do

16th-17th Century Books will render us “confused” and “barbarous”

1589 knitting machines will turn workers into beggars

1888 we’ll all retire at 45

1879 Telephones will never replace messenger boys

1883 Public education will ruin children's health
1899-1910 Hairdressing will be done by robots
1910 The telephone will give you a "sixth sense"
1926 Telephones will kill off face-to-face meetings
1930 We'll be working 30 hour weeks
1930 We'll fly off in private jets for the weekend
1936 Children distracted by the radio won't do their homework
1950 We'll commute by helicopter
1950 Work will turn women into giants
1959 Artificial intelligence will take all our jobs
1964 We'll all work remotely
1975 The paperless office is on its way
1982 We'll work for love, not money
1995 The internet will collapse in 1996

BBC

0% out of 100% – not bad - all the above must have been predicted by either economists or investment bankers ☺

TECHNOLOGY

FACEBOOK - A senior's version

For those of my generation who do not, and cannot, comprehend why Facebook exists. I am trying to make friends outside of Facebook while applying the same principles. Therefore, every day I walk down the street and tell passers-by what I have eaten, how I feel at the moment, what I have done the night before, what I will do later and with whom. I give them pictures of my family, my dog and of me gardening, taking things apart in the garage, watering the lawn, standing in front of landmarks, driving around town, having lunch, and doing what anybody and everybody does every day. I also listen to their conversations, give them "thumbs up" and tell them I "like" them. And it works just like Facebook. I already have 4 people following me: 2 police officers, a private investigator and a psychiatrist.

SAARP SERVICES

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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

CUTE DAFFYNITIONS

BEAUTY PARLOUR: A place where women curl up and dye.

CHICKENS: The only animals you eat before they are born and after they are dead.

DUST: Mud with the juice squeezed out.

EGOTIST: Someone who is usually me-deep in conversation.

HANDKERCHIEF: Cold Storage.

INFLATION: Cutting money in half without damaging the paper.

MOSQUITO: An insect that makes you like flies better.

RAISIN: A grape with a sunburn.

SECRET: Something you tell to one person at a time.

SKELETON: A bunch of bones with the person scraped off.

TOOTHACHE: The pain that drives you to extraction.

TOMORROW: One of the greatest labour saving devices of today

Ray Hattingh

PS Judge the value of what you have by what you had to give up to get it.

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