



SAARP
NEWSLETTER
Number 147
March 2019

adding life to your years

"Decent people form a minority: they have always been a minority and will remain a minority. But I ask you the question: is it anything other than a challenge to join the minority of decent people?"

Viktor Frankl, Holocaust survivor

WATER IS LIFE – SAVE IT

South Africa is warming at twice the global average, according to the Department of Environmental Affairs. Our water reserve allocation was 98% 16 years ago. Leaks in the corrupt; service and maintenance-inept; municipalities waste up to 40% of this most precious resource. **Your input counts.**

SAARP NEWS

NEWSLETTER

I have been tracking the readership of the newsletter since June 2017. I'm puzzled as to why the two Junes reflect such a low readership. See below. Do you hibernate, or go away with the Grandkids? I'm intrigued, please let me know by clicking here ray@saarp.net



HOLIDAY CLUB - Feedback

Through SAARP's Holiday Club we were able to enjoy four wonderful nights at Crystal Springs. The accommodation is clean and very comfortable with stunning views from the patio. The staff, from Security at the gate, to Cleaners, Gardeners and Reception were very friendly and helpful. They are an asset to your Resort. We went on some lovely, clearly marked walks, with the Waterbuck Trail a highlight. Thank you for a great experience.

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 or renskes@saarp.net**

RESORT	AREA	DATE	UNIT	PRICE
Tableview Cabanas	Blouberg	6-10 May	1 bedroom	R1495
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Hermanus Beach Club	Hermanus	20-24 May	3 bedroom	R2415
Royal Atlantic	Sea Point	13-17 May	1 bedroom	R1868.75
Crystal Springs	Pilgrims Rest	27-31 May	1 bedroom	R1868.75
Dolphin view cabanas	Umdloti	29/7 – 2 Aug	1 bedroom	R1495
Dolphin view cabanas	Umdloti	5-9 Aug	1 bedroom	R1495
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Cayley Lodge	Drakensberg	27-31 May	1 bedroom	R1868.75
Placid Waters	Sedgefield	27-31 May	2 bedroom	R2242.50
Club Mykonos	Langebaan	8-12 July	1 bedroom	R3737.50
Club Mykonos	Langebaan	8-12 July	1 bedroom	R3737.50
Dolphin view cabanas	Umdloti	27-31 May	1 bedroom	R1495

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

FIBRE - A lifesaving food

Fibre reduces the chances of debilitating heart attacks and strokes as well as life-long diseases such as type-2 diabetes. And it helps keep your weight, blood pressure and cholesterol levels down.

How much fibre do we need? Researchers at the University of Otago, in New Zealand, and the University of Dundee say people should be eating a minimum of 25g of fibre per day. But they call this an "adequate" amount for improving health and say there are benefits for pushing past 30g.

- Most people around the world are eating less than 20g of fibre a day.
- And in the UK, less than one in 10 adults eats 30g of fibre daily.
- On average, women consume about 17g, and men 21g, a day.

What does 30g look like?

Elaine Rush, a professor of nutrition at Auckland University of Technology, has put together this example for getting into the 25-30g camp:

- half a cup of rolled oats - 9g fibre
- two Weetabix - 3g fibre
- a thick slice of brown bread - 2g fibre
- a cup of cooked lentils - 4g fibre
- a potato cooked with the skin on - 2g fibre
- a carrot - 3g fibre
- an apple with the skin on - 4g fibre

It is not easy to increase fibre in the diet. It's quite a challenge.

Here are some tips:

- swapping white bread, pasta and rice for wholemeal versions
- cooking potatoes with the skin on
- choosing high-fibre breakfast cereals such as porridge oats
- chucking some chickpeas, beans or lentils in a curry or over a salad
- having nuts or fresh fruit for snacks or dessert
- consuming at least five portions of fruit or vegetables each day

It also showed lower levels of type-2 diabetes and bowel cancer as well as lower weight, blood pressure and cholesterol levels. And the more fibre people ate, the better. What is fibre doing in the body? Fibre makes us feel full and affects the way fat is absorbed in the small intestine - and things really become interesting in the large intestines, when

your gut bacteria get to have their dinner. The large intestines are home to billions of bacteria - and fibre is their food.

Click here to read the article:

<https://www.bbc.com/news/health-46827426>

WEIGHT - Skinny genes the 'secret to staying slim'

Most obesity is acquired in adult life and is linked to the obesogenic environment we live in - a sedentary lifestyle and abundant access to calorie-dense foods. Prof Tim Spector, also from King's College London, said about a third of people in most countries managed to remain thin despite this. Some of this is down to genes but other factors like individual differences in lifestyle or gut microbes are also likely to be responsible. Health experts say whatever your shape or genetic make-up, the age-old advice of a healthy level of exercise and good diet still stands.

Click here to read the article:

<https://www.bbc.com/news/health-46976031>

MEDICAL

SEPSIS - Protect yourself

Timing is everything

Sepsis ranges from mild to severe, but the earlier you begin treatment, the better the outlook. Here are common symptoms:

- **Temperature:** Look for a fever of above 101 degrees Fahrenheit or a temperature below 96.8 degrees Fahrenheit, accompanied by shivering or feeling very cold.
- **Infection:** “Signs include elevated blood sugars in those who have diabetes; wounds, sores or cuts that have redness, are warm to touch [or] painful; or foul-smelling drainage,” says Choudhary. Seek medical help immediately if infections being treated with antibiotics worsen or fail to improve.
- **Mental decline:** Those with sepsis may seem confused or disoriented, or they might be sleepy or difficult to arouse.
- **Extremely ill:** Quite simply, feeling extremely ill, be it discomfort or extreme pain, weakness or difficulty breathing.

How to stop sepsis ... before it starts

Prevent infections from happening in the first place by following these tips.

- **Keep chronic conditions under control.** People with [diabetes](#), for example, need to keep their glucose within prescribed levels and take care of their skin. General hygiene is also important. If you're a diabetic who has a foot infection, such as a chronic foot ulcer, which is common with the disease, be aware of when changes occur and don't be shy about calling for medical assistance — or at least advice — when you think things are changing.

- **Roll up your sleeve.** That means staying up-to-date with [vaccinations](#). A lot of people miss their annual influenza vaccine. There is still have a long way to go when it comes to getting pneumococcal vaccinations up to the recommended coverage among older people. That’s crucial because pneumonia is the No. 1 cause of sepsis.
- **Keep it clean.** Ensure that caregivers are doing all they can to prevent infections. Bedridden patients need to be turned and repositioned every two hours to prevent bed sores, which can turn into infections and pneumonia. And make sure they lather up: Lack of handwashing, or improper handwashing, puts people at risk for contracting an infection — likewise, not wearing gloves when providing care and not changing gloves between patients.
- **Be an advocate.** Make sure the caregivers are aware of a loved one's medical history. You probably know them better than the medical personnel or the people caring for them and you could be a sort of sentinel as far as alerting the staff to subtle changes that may not show up in the vital signs or might not be obvious during the brief interactions the patient has with their health care providers.
- **Get educated.** To learn more, go to survivingsepsis.org, a website maintained by the European Society of Intensive Care Medicine and the Society of Critical Care Medicine. It provides helpful information for sepsis patients and their caregivers.

AARP

MEDICAL DEFINITION OF SEPSIS

The presence of bacteria (bacteremia), other infectious organisms, or toxins created by infectious organisms in the bloodstream with spread throughout the body. Sepsis may be associated with clinical symptoms of systemic illness, such as fever, chills, malaise, low blood pressure, and mental-status changes. Sepsis can be a serious situation, a life-threatening condition that requires urgent and comprehensive care. Treatment depends on the type of infection but usually begins with antibiotics or similar medications. Also known as blood poisoning and septicemia.

OPINION

LETTER TO THE SPECTATOR MAGAZINE - Tech problems

Sir: These endless articles about how artificial intelligence is going to take over the world make me grind my teeth with rage ('More than human', 23 February). I have just spent three hours of my life trying to get my desktop computer to recognise the existence of my desktop printer. My own experience is that the biggest challenge facing mankind is how to keep the rubbish that the IT industry has foisted on us from going belly up. Examples of massive IT crises happen on a regular basis. NHS system crashes, Air Traffic

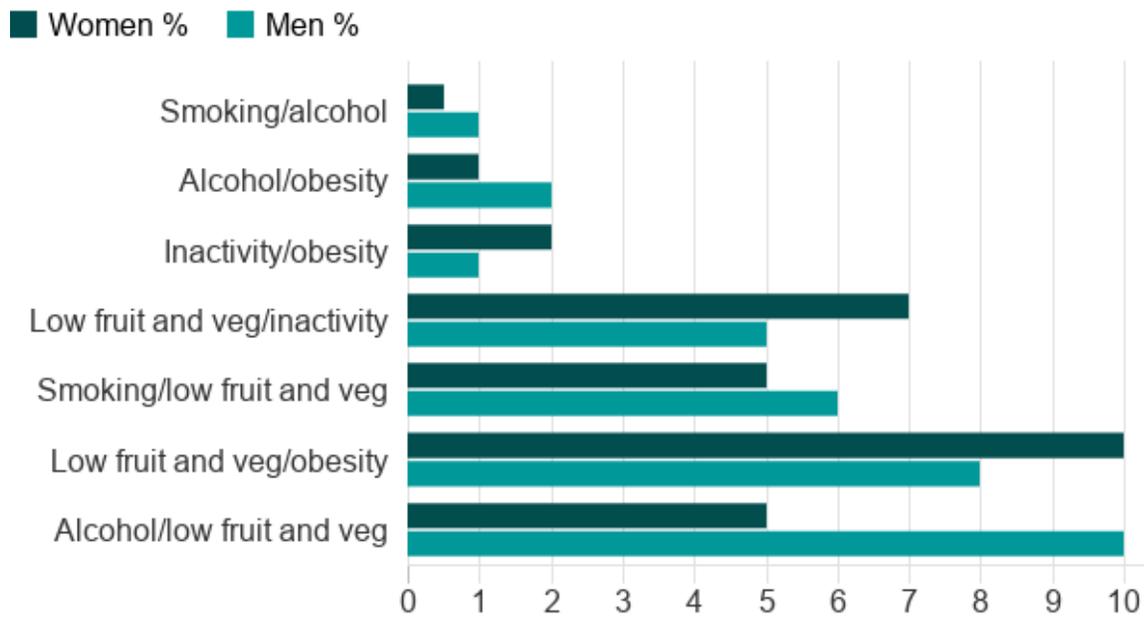
System meltdowns, railway booking systems... the list is endless. I have been a pilot for most of my working life and one of the things that is ingrained in every pilot's brain is the knowledge that, sooner or later, the wonderful new all-singing all-dancing IT system is one day going to try to kill you.

Mark Wilkins Cheltenham

LIFESTYLE

**Most live unhealthy lifestyles
Combinations of risk factors**

33% of men and 31% of women had two risks



Source: Health Survey for England 2017/NHS Digital



Click here to read the article:

<https://www.bbc.com/news/health-46439892>

WELLBEING

HAPPINESS - A Stoic's guide

A lot of the day-to-day hardships are the result of the fact that we tend to get things out of proportion.

We think that minor inconveniences are somehow these big obstacles and of course in thinking that way we make them big obstacles.

The approach of stoicism is what you might consider a mind trick, meaning that it is about changing your perspective, changing how you see things.

Talking about mind tricks might seem like it's not something serious, but how we perceive reality is a mind trick. We make judgements about what happens to us all the time.

The stoic approach is to say, look, the train is going to be five minutes late. The judgement that it is a catastrophe, that this is really horrible, that's just your own doing. It's nothing to do with the world as it is, it's your perception.

Try to divide every situation into two components: 'What is it I can do?' And what is it that is outside my control and therefore I don't really need to worry about it.'

At some point your parents are going to die, some of your friends are going to die. Certain things are not under your control, and if they are not under your control the only choice you have is either to endure them or to despair. But if you despair you are wasting a lot of your energy and it doesn't do you any good, in fact you make your situation worse. The idea is to shift out emotional spectrum away from destructive emotions such as anger and fear and hatred, and towards cultivating positive emotions such as love and joy and a sense of justice.

Thinking about these things ahead of time prepares your mind to deal with them as best as you can.

BBC Reel

<https://www.bbc.com/reel/video/p06wv1q3/a-stoic-s-guide-to-happiness>

WORD LOVERS

Words are things; and a small drop of ink /
Falling like dew upon a thought, produces /
That which makes thousands, perhaps millions, think.

Lord Byron, poet (1788-1824)

INTERNATIONAL CONTEST

Thursday, March 14 marks 25 years since Anu Garg founded the now globally-beloved Wordsmith.org. From that first word through today, Wordsmith.org has grown into an international community of subscribers, puzzlers, and contributors. Wordsmith.org has members in nearly every country, from Afghanistan to Zambia.

To celebrate the 25th anniversary of its founding, Wordsmith.org is holding limerick, anagram, pangram and coin-a-word contests to be judged by an **international panel that includes Will Shortz**, crossword puzzle editor of *The New York Times*, **Kory Stamper**, lexicographer, and Executive Director of the Dictionary Society of North America, **Erin McKean**, author, former Editor-in-Chief of US Dictionaries, Oxford University Press, **Ben Zimmer**, linguist, lexicographer, columnist, *The Wall Street Journal*, **Lauren Gawne** of La Trobe University, Australia, among others.

Winners receive prizes that include all-expenses-paid trips to visit their choice of the Oxford English Dictionary's headquarters in **Oxford, England**, or Merriam-Webster's headquarters in **Springfield, Massachusetts**. Contest details: wordsmith.org/25years

LANGUAGE

LANGUAGE – and your senses

Ever had difficulty naming a taste or smell? It may be due to the language you speak. And this could give us hidden insights into our cultures and communities. Read on:

Which do you find easier to describe: the colour of grass, or its smell? The answer may depend on where you are from – and, more specifically, which language you grew up speaking. Humans are often characterised as visual beings. If you are a native English speaker, you may intuitively agree. After all, English has a rich vocabulary for colours and geometric shapes, but few words for smells. However, a recent global study suggests that whether we mainly experience the world by seeing, hearing, smelling, tasting or feeling varies hugely across cultures. And this preference is reflected in our language.

For example:

English speakers were best at talking about shapes and colours. They all agreed, for example, that something was a triangle, or green.

Speakers of Lao and Farsi, on the other hand, excelled at naming tastes. When offered bitter-flavoured water, all Farsi speakers in the study described it as “talkh”, the Farsi word for bitter.

This was not the case with English speakers. When offered the same bitter-flavoured water, “English speakers said everything from bitter, to salty, sour, not bad, plain, mint, like ear wax, medicinal and so forth.”

Click Here to read the article:

<http://www.bbc.com/future/story/20190226-how-your-language-reflects-the-senses-you-use>

ENGLISH TRIVIA

- No word in the English language rhymes with month, orange, silver, and purple. Angry and hungry are a lone pair.
- "I am." is the shortest complete sentence in the English language.
- Stewardesses and reverberated are the two longest words (12 letters each) that can be typed using only the left hand. The longest word that can be typed using only the right hand is lollipop. Skepticisms is the longest word that alternates hands.
- A group of geese on the ground is a gaggle, a group of geese in the air is a skein.

- The combination "ough" can be pronounced in nine different ways. The following sentence contains them all: "A rough coated, dough faced, thoughtful ploughman strode through the streets of Scarborough; after falling into a slough, he coughed and hiccupped."
- The verb "cleave" is the only English word with two synonyms which are antonyms of each other: adhere and separate.
- The only 15 letter word that can be spelled without repeating a letter is uncopyrightable.
- Facetious, arsenious and abstemious contain all the vowels in the correct order.

SOUTH AFRICA

SA CITIES – Quality of life

George offers the overall highest quality of life with the highest safety rating, a good climate, a relatively affordable cost of living, low traffic and low levels of pollution. This is in stark contrast to the lowest quality of life among the South African cities ranked – Vanderbijlpark – which has the lowest safety rating, the worst healthcare rating, and one of the highest pollution ratings. The table below outlines how the South African cities score in each quality of life category, and their overall score.

City	Score	Purchasing Power	Safety	Health Care	Climate	Cost of Living	Property to Income ratio	Traffic	Pollution
George	189.18	59	48	65	98	45	5	15	0
Knysna	171.44	46	35	88	98	48	7	25	12
Port Elizabeth	151.46	71	24	64	99	41	2	39	32
Cape Town	148.40	77	30	72	98	44	8	44	36
Durban	142.70	88	20	52	96	41	3	27	51
Benoni	138.80	68	19	75	86	51	3	50	36
Pretoria	132.36	78	20	68	96	49	3	43	58
Johannesburg	128.14	87	20	59	91	47	4	42	62
Pietermaritzburg	113.65	77	18	41	97	42	3	28	80
Alberton	109.77	96	19	59	94	48	2	68	79
Centurion	106.14	79	27	68	92	45	5	45	98
Vanderbijlpark	93.16	69	16	31	85	41	3	20	98

Reading the numbers above, for purchasing power, safety, healthcare and climate, the higher the number, the better the score – for cost of living, property to income, traffic and pollution, the opposite is true.

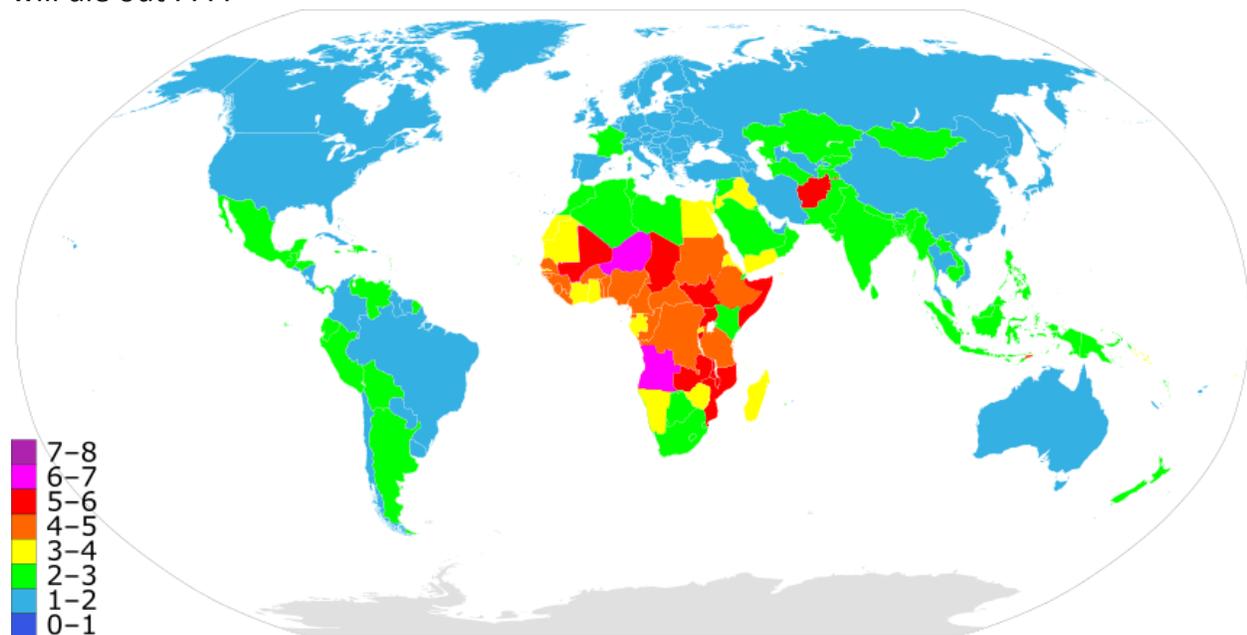
Across all the South African cities assessed, in general **safety levels are poor**, but purchasing power is quite strong – while the climate stands out as being quite pleasant. Click here to read the article:

<https://businesstech.co.za/news/lifestyle/302124/the-cities-in-south-africa-that-offer-the-best-quality-of-life/>

WORLD

POPULATION – Quo Vadis?

In developed countries a fertility rate below approximately 2.1 children per woman means that the population will gradually decline to the point where their populations will die out



E-MAIL

MICROSOFT OUTLOOK PROBLEMS

At times it simply sits in “Processing” mode. To fix it you can Use:

<https://support.office.com/en-us/article/outlook-not-responding-stuck-at-processing-stopped-working-freezes-or-hangs-5c313d04-64af-4441-82d2-44e5a43eee5a>

Or simply follow this sage advice:

Don't even go there with the trying to fix it. I simply transfer and sync everybody to Gmail, with the massive amount of additional advantages. Access from a device anywhere in the world, and complete backup - i.e. never lose your contacts and your files. The new interface leaves Outlook in the dark ages. Plus, if you need less than 15 GM of word/excel storage - which is fine for the average person - switch to Google docs which has a setting to enable you to use this facility off line.

Sonia Elliott, Sedgefield

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TRIVIA

SNIPPETS

TIP: 95 Household Vinegar Uses You Never Knew About. Click here to read:
<https://www.rd.com/home/cleaning-organizing/150-household-uses-for-vinegar/>

FOOD FOR THOUGHT

An old missionary student of China once remarked that Chinese history is “*remote, monotonous, obscure, and - worst of all - there is too much of it.*” China has the longest continuous history of any country in the world - 3,500 years of written history. And even 3,500 years ago China’s civilization was old. By contrast:

- British Empire 1497 to 1997
- Roman Empire 27 BCE to 476 CE

REMEMBER WHEN . . .

. . . insults had class

- "He had delusions of adequacy." - Walter Kerr
- "He has all the virtues I dislike and none of the vices I admire." - Winston Churchill
- "I didn't attend the funeral, but I sent a nice letter saying I approved of it." - Mark Twain
- "He is not only dull himself; he is the cause of dullness in others." - Samuel Johnson
- "His mother should have thrown him away and kept the stork."
- Mae West
- "Some cause happiness wherever they go; others, whenever they go." - Oscar Wilde
- "I've had a perfectly wonderful evening. But this wasn't it." - Groucho Marx

MEN, TAKE NOTE – TAKE CAREFUL NOTE

Some Things Women Say and What They Really Mean

- "Fine." Translation: The opposite of fine. This just means that the discussion is over.
- "Do whatever you want." Translation: This is a test of your judgment. I'm not going to tell you if I think it's okay or not to do this thing. You should know enough about me by now to know if I'm okay with it. Which I'm not, by the way. If you do this, we are through.
- "I'm almost ready." Translation: I'll be ready when I'm ready. Could be 10 minutes, could be an hour. Find something else to do.
- "We need to talk." Translation: I need to talk. You need to listen.
- "It's pretty." Translation: Thank you for the gift. It's the thought that counts. But I'm going to exchange this for something I actually like.
- "Maybe." Translation: No.
- "We'll see." Translation: No.
- "Yes." Translation: Yes. Or maybe. But probably no.

Chuck Henderson

A POINT TO PONDER

Technology, while it suffuses our society, is not the product of a perfect and immaculate process. Technologies are kluges (see below). They are messes cobbled together over time from many pieces, and while they are indubitably exciting, they do not merit unquestioning wonder or profound existential concern.

Overcomplicated: Technology at the Limits of Comprehension by Samuel Arbesman.

Kluge: a software or hardware configuration that, while inelegant, inefficient, clumsy, or patched together, succeeds in solving a specific problem or performing a particular task.

Ray Hattingh

PS Oppressed peoples remember their history. One-time oppressors forget it.
The English by Jeremy Paxman

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