



adding life to your years

The choice in medicine, as in politics, is not often between perfection and catastrophe, but more commonly between different evils

WATER IS LIFE – SAVE IT

- **Water is the most important resource in the world.**
- About 6,800 gallons of water is required to grow a day's food for a family of four.
- 70% of the human brain is water.
- Each day, we also lose a little more than a cup of water (237 ml) when we exhale it.
- A swimming pool naturally loses about 1,000 gallons (3,785 litres) a month to evaporation.
- Household leaks can waste more than 1 trillion gallons annually nationwide. That's equal to the annual household water use of more than 11 million homes.
- **Two-thirds of the world's population is projected to face water scarcity by 2025, according to the United Nations**

I assume that you are all old enough to know what a gallon is. If not, your smartphone has a converter 😊

TOUGH LOVE

Leo Buscaglia was, inter alia, a motivational speaker. One of his examples is fixed in my memory. He came from an extremely loving family and when he left school he received a small inheritance and chose to use it to go to France. His mother said, *"Leo, when you leave this house you are declaring yourself an adult."* When his money ran out he cabled his mother, *"Starving. Leo."* He said, *"I had a mother who had the courage to cable back, 'Starve. Love, Mama.'"*

Tough love. That what it is called today.

We at SAARP are privy to so many cases where our members have been persuaded by their children to sell their home; give the money to the children who then build a cottage on the property for the parent(s). Suddenly the child is transferred and the parent(s) are left in the lurch.

There is a wonderful talk entitled “Pay Johnny Last” which addresses this problem. I have asked for a summary and was hoping to have it ready for this newsletter but will share it as soon as I receive it.

HEALTH

SATURATED FAT - The truth

Saturated fat raises cholesterol and the risk of heart disease, so why are some diet trends encouraging people to eat more of it? Advice to limit intake of saturated fat has been official government policy in many countries, including the UK, for decades. But many people are ignoring this advice, preferring to believe that saturated fat – which is in high amounts in foods such as meat products, full fat dairy, butter, ghee, cakes and biscuits, as well as coconut and palm oils – isn’t bad for us, even at high intakes. You’ll almost certainly be having more saturated fat than the officially recommended amount if you’re doing one of the popular low carbohydrate regimens, like the keto or paleo diet, or if you’re following the trend of spooning a butter or fat into your coffee each morning. Eat much more than 100g of fatty meat, pastries, or cheese each day and you’ll also easily get beyond the limit, given by UK dietary guidelines as 20g for women or 30g for men.

The American Heart Association goes further, suggesting a figure of 5-6%.

As headlines are often contradictory and experts seem to disagree, it’s no wonder people don’t know what to believe about saturated fat. What is the reality?

Lynne Garton, a registered dietitian and dietetic advisor to the cholesterol charity Heart UK, says the latest trend to embrace saturated fats over other types is very worrying: we’re already eating too much. UK adults overshoot recommendations by consuming 12.5% of calories from saturated fat, even though their total fat intake is approximately on target. Americans average 11% of their calories from saturated fat and Australians 12%.

“Several factors contribute to raised blood cholesterol, but a diet high in saturated fat is definitely one of them, and this has been confirmed in studies going as far back as the 1950s,” says Garton.

“Unfortunately, when the food industry began creating lower fat versions of foods such as ready meals, puddings and yoghurts, the sugar percentage often went up as a result, which likely wouldn’t have been reducing heart disease risk at all.”

“We all know someone whose granny lived to 103 eating lots of butter, cream and drippings. But on a population level, all the evidence suggests the diet that’s healthiest is one with plenty of fruits, vegetables, whole grains, and unsaturated fat-rich sources like nuts and oily fish. “Rather than focus on individual nutrients, we should be looking at the overall diet and including plenty of these heart healthy foods,” says Garton.

In short, that's more advice to eat a healthy Mediterranean-style diet – and steer clear of butter coffees, burgers and bacon.

Read the article:

<http://www.bbc.com/future/story/20190712-saturated-fat-worse-than-unsaturated-fat>

TRIBUTES

A EULOGY

Recently members have expressed their views on eulogies so I thought I'd share this extract with you.

How to give a eulogy that truly celebrates the person you're honouring

Death is a part of life, and so are the funerals and memorial services held to mark an individual's passing. But when we're called upon to speak at these occasions, many of us are at a loss for words. Here are some basic guidelines for writing a eulogy, from palliative specialist BJ Miller and writer Shoshana Berger.

When you leave a memorial or funeral having imagined the fullness of the person being memorialized, you know the speakers got it right. The first rule for eulogists is that this is not about them. It is about paying close attention to the way a person lived and drawing out the most meaningful, memorable bits.

Summing up a life in writing isn't easy, but it's an important exercise that serves a dual purpose. It obliges the writer to call up memories — which is a way to honour the person and process one's loss — and it creates an atmosphere of deep community with other grieverers. Do your best to be honest in your eulogy, instead of presenting some idealized portrait that others won't recognize. Steve Schafer, a pastor who helps people write eulogies, offers the following guidelines.

- Aim for 1,000 words, or about six to seven minutes' speaking time.
- Always write down what you're going to say, even if you plan to abandon your notes. It's a good way to gather your thoughts and make sure you're not missing any important details.
- Be personal and conversational. This isn't a formal speech; it's an appreciation.
- If you aren't introduced by the emcee or by another speaker, do so yourself and say what your relationship to the person was.
- Start with a story about the person. People come alive through specific anecdotes.
- Be humorous. The best eulogies are respectful and solemn, but they also give mourners some comic relief. A bit of roasting is fine if it suits who the person was *and* the family has a sense of humour.
- Close your eulogy by directly addressing the person who died, something like "*Joe, thank you for teaching me how to be a good father.*"

Read more here:

<https://ideas.ted.com/how-to-give-a-eulogy-that-truly-celebrates-the-person-youre-honoring/>

AVIATION

THE INVENTOR WHO SAVED MANY LIVES

While part of an expert panel trying to solve mysterious crashes of the British de Havilland Comet, an Australian government scientist, DR David Warren, thought of something he'd seen the week before at Sydney's first post-war trade fair - the first pocket recorder, the Miniphon. Then something clicked for him, what if every plane in the sky had a mini recorder in the cockpit? If it was tough enough, accident investigators would never be this confused again, because they'd have audio right up to the moment of the crash. The idea fascinated him but no one was interested. So he assembled one in his garage. One day in 1958, when the little flight recorder had been finished and finessed a chance encounter saw him on his way to London/There he presented "the ARL Flight Memory Unit" to the Royal Aeronautical Establishment and some commercial instrument-makers. The Brits loved it, and the British civil aviation authority started work to make the device mandatory in civil aircraft. Though the device started to be called "the black box", the first ones off the line were orange so they'd be easier to find after a crash - and they remain so today. In 1960, Australia became the first country to make cockpit voice recorders mandatory. Today they are compulsory on every commercial flight.

Dr Warren never saw a penny in royalties from the black box. He was often asked if he felt hard done by. His son, Peter, says his standard response was: *"Yes, the government got the results of what I did. But then, they also didn't charge me for the other hundred ideas that didn't work."* David's children inherited his sense of humour, at Jenny's request, he was buried in a casket labelled: ***"Flight Recorder Inventor: Do Not Open."***

BBC

SPORT

A DOCTOR'S VIEWS

- Sport is generally regarded as a healthy and health-giving activity.
- I did not observe that those who were very good at it, or trained hard, were of superior character to others. If anything, there seemed to me an inverse relationship between decency and sporting prowess. Sport gave license to bullies.
- In the modern world the excitement that people derive from sport is often proportional to the boredom of their lives and has an almost hysterical or simulated quality to it.
- Crowd behaviour is frequently unattractive, and deaths in rioting occasioned by a match of some kind are far from unknown.
- Sport inflames nationalist passions of the crudest kind.

- Wasteful public expenditure on international sporting extravaganzas occurs repeatedly, leaving a legacy of debt and buildings of scarce utility but expensive upkeep.
- Competitive sport is also a gift to ideological or totalitarian regimes, which use sporting victory as a proof of philosophical superiority over their enemies.
- Sport is one of the most important causes of injury in the world. In one survey of adolescent participants in competitive sport, 65 percent were either injured, or had been injured in the past. What other activity would be permitted with so high a rate of causing harm to young people? There must be some very strong prejudice acting in favour of its continuation and encouragement in the face of so much harm done.
- If sport were a pill, would doctors recommend it? I think not. We know that it causes many injuries, and cardiac arrest is not the only mode of death in sport. Chronic conditions such as osteoarthritis and dementia are also caused by sport. Any health benefits that sport might confer could be obtained by less vigorous exercise.
- That sport gives pleasure to millions cuts no ice with doctors of epidemiological bent (as we are all forced to be these days); smoking gives pleasure too, and I have never seen any reference to that pleasure in any medical literature about smoking, which refers only to tangible and measurable harms.
- No, in a world ruled by doctors, there would be no sport.

False Positives by Theodore Dalrymple. Encounter Books. Kindle Edition.

A MEMBERS' FEEDBACK - Some of the books I have enjoyed

- Deon Meyer: Usually set in Cape Town – with Benny Griesel as the investigating inspector. Well worth reading if you like crime stories. *Dead Before Dying, 24 Hours* etc.
- Hilary Mantell: *Wolf Hall*, and its successor *Bring up the Bodies* – dealing with the life of Thomas Cromwell – and his life in Tudor Times.
- Patricia Cornwell: *The last Precinct* – I have read many of her novels, this one deals with the possible ending of her career as a state pathologist in Richmond Virginia, USA. Eminently readable.
- Anne Rivers Siddon: *Up Island* – a beautifully written story about a woman's journey to emotional and financial independence.
- Philippa Gregory: *The other Bolyn Girl* – Henry VIII's court – Mary, Anne's sister.
- Colleen McCullough: *The Thorn Birds*
- Alexander Mc Call Smith: *The Number One Ladies Detective Agency*: (and all the others in the series) Set in Botswana – he really knows how to portray these people and their delightful way of speaking.
- *Black Water Lilies*: Michel Bussi

- *Not without a Fight*: Helen Zille – well written – an easy read of her political career, and early life
- *Aprons and Silver Spoons*: Mollie Moran

SOCIAL MEDIA

THE EFFECT – on the young of today

I sent the following to my circle of friends:

In 2017, the Royal Society of Public Health in the UK, in conjunction with the Young Health Movement published a study about how social media affects young people's mental health. It's worth reading in its entirety, but let me highlight the part salient to what we're discussing. Between 2010 and 2015, after a twenty-year decline, teenage suicide started rising again, along with rates of anxiety, depression, body dysmorphia, etc. "Social media has been described as more addictive than cigarettes and alcohol, and is now so entrenched in the lives of young people that it is no longer possible to ignore it when talking about young people's mental health issues." Shirley Cramer, chief executive, Royal Society for Public Health

Ruined by Design: How Designers Destroyed the World, and What We Can Do to Fix It (Monteiro, Mike)

One replied:

As a long-standing physical coach (Judo) of the young, across the social spectrum and financial groups, I can vouch for the decline in 'condition' of 'today's youth'. They can't do the basic physical things that kids did 20yrs ago – and I'm not talking about daring gymnastics and suicidal things – they couldn't climb a tree, they can't do a simple 'bolmakiesie' on a padded surface, or 10 press-ups, have no grip strength and certainly can't do a chin-up, or a proper sit-up.

COMPUTER WORLD

SOFTWARE OBJECTIVES?

Short-term decisions are all Silicon Valley seems to care about. We don't build businesses for the long haul anymore, at least not the venture-backed ones. Those only need to last long enough to make it to their liquidity event so the investors can get their payday. So, if Uber can show growth by squeezing drivers and riders, and Twitter can increase their engagement numbers by relying on white supremacists and outrage, and Facebook can rake in some extra cash from Russian fake news sites—they will do it. And we know they'll do it, because they did it. Silicon Valley has exhibited total comfort with destroying the social fabric of humanity to make a profit.

Ruined by Design: How Designers Destroyed the World, and What We Can Do to Fix It by Mike Monteiro.

SMARTPHONES - the new 'opium of the people'?

For most of recent human history social organisation has been rooted in practical faith. Great cities of antiquity were built around sites of communal prayer. Today religiosity does have a new, powerful rival; one that performs similar functions, and makes irresistible claims on our attention. It's called the internet.

The congregations of antiquity are paralleled today by communities assembling online, from the private WhatsApp group that organises a surprise hen party, to the gatherings of thousands on a Facebook group dedicated to marmalade. But just as religion found its expression through hierarchical institutions atop of which sat a priesthood, so undoubtedly has the cult of Silicon Valley, in particular, given us quasi-leaders. What was Jobs, if not a spiritual guide to Apple's employees, inspiring almost unconditional devotion? What is Mark Zuckerberg, if not a utopian leading a mass movement, who wants all humanity to be part of his scheme? The priesthood had their holy texts. Today's tech evangelists find the meaning of life in code.

In 1841, Ludwig Feuerbach said religions created alienation, by distancing humanity from all that is best about our species, by locating it in a celestial never-never land. Karl Marx also imbibed Feuerbach's scepticism toward religion. One of Marx's most quoted, but least understood sentences concluded that religion is "the opium of the people". Look at your teenager this evening, glued to social media. Better still, look at yourself, twitching if you don't have your smartphone to hand. What is it stored in there, amid the circuitry, data, addictive material and astonishing engineering - if not the opium of the people? Read the full article here:

<https://www.bbc.com/news/entertainment-arts-48923485>

TECH CORNER

WINDOWS 7 – Vulnerability

Our statistics show that more than fifty percent of our members use Windows – therefore this is of some interest to you.

The trend over the past year has been the slow decline of Windows 7's market share in favour of Windows 10, but this has accelerated recently. Microsoft has stated on numerous occasions that it will officially end support for Windows 7 on 14 January 2020. While the percentage of Windows 7 users is decreasing, it is not falling quickly enough to prevent potential widespread security vulnerabilities in January 2020.

Below is the market share of the top five desktop operating systems over the last month.

Operating System	March	April	May	June	July
Windows 10	43.62%	44.10%	45.73%	45.78%	48.86%
Windows 7	36.52%	36.43%	35.44%	35.38%	31.83%
Mac OS X 10.14	5.40%	5.23%	5.34%	5.31%	5.38%

Operating System	March	April	May	June	July
Windows 8.1	4.13%	4.22%	3.97%	4.51%	5.29%
Windows XP	2.29%	2.46%	2.22%	1.81%	1.68%

<https://mybroadband.co.za/news/software/315381-users-abandon-windows-7-as-2020-time-bomb-nears.html?source=newsletter>

THE BRAIN

CHANGING SENSES

As we age, our senses become less acute through changes in the sense organs themselves as well as changes in the brain. Minimum levels of stimulation, called thresholds, are required before the brain perceives a sensation. With age, these thresholds rise, requiring greater stimulation before sensations register.

In addition, aging brains suffer a decline in working memory, making them more prone to distraction. That's why driving, especially in heavy traffic, becomes more difficult with age.

Vision and hearing. Eyes and ears suffer the most dramatic ravages. Nearly everyone older than 55 needs corrective lenses at least part of the time. Some studies have found that impaired vision in the elderly is linked to mental decline. Why that's so isn't clear, but logic suggests the lack of clear vision for reading and performing eye-hand coordination would limit the ability to do brain strengthening exercises.

Ears also suffer abuses through age, with the ability to hear high pitched sounds the first function to disappear. Once considered a disease of old age, the loss of hearing in the high registers is now appearing in younger patients, thanks to our noisy world.

THE MAGIC NUMBER

For a long time, observers have noted that the mind can manipulate only so much information at one time. You may have noticed that when a friend tells you a new phone number, you likely forget it if your friend asks you a question while you write it down. Your brain cannot handle the overload. But at what point does the brain rebel against handling too much at once?

Pioneering cognitive psychologist George Miller conducted a series of experiments and proposed the answer in 1956 in the *Psychological Review*: "*My problem is that I have been persecuted by an integer,*" reads his paper's famous opening. The mysterious numeral is evident from the article's title: "*The Magical Number Seven, Plus or Minus Two.*"

Miller found most people could keep about seven new pieces of information in memory. Through subsequent experiments, researchers have tweaked Miller's numbers in certain situations and added insights into how different kinds of information affect memory's boundary. Some have questioned Miller's finding that

active memory can hold about seven items, regardless of whether the data exist as numerals, letters, words, or some other form. Nevertheless, the end of Miller's article asks an intriguing question: Is it just coincidence that there are seven seas, seven ancient wonders, or seven deadly sins?

NATGEO

QUESTION

BLOUKOOS – Afrikaans word

I recently remembered this word from my early (1950's) youth. I'm including it in the English newsletter as many Afrikaans people choose to receive the English version and many of you are bilingual. Everyone I've asked so far does not know the word.

Clue: My Ouma occasionally used to use it when we played rummy.

Dictionary explanation at the end of this newsletter.

LANGUAGE

BILLION

a confusing ambiguity (17th century)

As scientists extended the boundaries of knowledge, so they needed larger numerals to talk about what they found. A million, known since the Middle Ages, wasn't enough. They needed billions, trillions and more. Popular usage followed suit. People were already saying things like a million to one and one in a million in the 17th century. Then inflation set in. One in a billion sounded much more impressive.

But what did billion mean, exactly? The English thought of the six zeros in a million (1,000,000) as being a functional unit, so the next value up was going to be twice six zeros (1,000,000,000,000). Billion in Britain thus meant 'a million millions' – a 'long-scale system', as it later came to be called. But French mathematicians later went in a different direction. They thought of 1,000,000 as two groups of three zeros, so for them the next unit up was three groups of three zeros – that is, 1,000,000,000. In France, billion thus meant 'a thousand million' – a 'short-scale system'.

The history of usage is complicated and varies enormously from country to country. Britain stayed with the long-scale system, but in the 19th century the USA adopted the short-scale system. For over a century, American English dictionaries recommended 'thousand million' and British dictionaries 'million million'. Then, in 1974, Britain capitulated. The prime minister of the time, Harold Wilson, made a statement to the House of Commons:

The word 'billion' is now used internationally to mean 1,000 million and it would be confusing if British Ministers were to use it in any other sense.

The Story of English in 100 Words by David Crystal

HISTORY

It is hard to think of the history of the twentieth century, including its large social movements, without bringing in the role of Hitler, Stalin, and Mao Zedong. But there was a moment in time, just before an egg was fertilized, when there was a fifty-fifty chance that the embryo that became Hitler could have been a female. Compounding the three events, there was a probability of one-eighth of a twentieth century without any of the three great villains and it is impossible to argue that history would have been roughly the same in their absence. The fertilization of these three eggs had momentous consequences, and it makes a joke of the idea that long-term developments are predictable.

Daniel Kahneman

CLIMATE

SO, WHOSE AT FAULT?

Checking out at the store, the young cashier suggested to the much older lady that she should bring her own grocery bags, because plastic bags are not good for the environment. The woman apologized to the young girl and explained, "We didn't have this 'green thing' back in my earlier days." The young clerk responded, "That's our problem today. Your generation did not care enough to save our environment for future generations." The older lady said that she was right our generation didn't have the "green thing" in its day. The older lady went on to explain:

- Back then, we returned milk bottles, soda bottles and beer bottles to the store. So we could use the same bottles over and over
- We walked up stairs because we didn't have an escalator in every store and office building. We walked to the grocery store and didn't climb into a 300-horsepower machine every time we had to go two blocks.
- Back then we washed the baby's diapers because we didn't have the throw away kind. We dried clothes on a line, not in an energy-gobbling machine burning up 220 volts. Wind and solar power really did dry our clothes back in our early days.
- Back then we had one TV, or radio, in the house -- not a TV in every room.
- Back then, we didn't fire up an engine and burn gasoline just to cut the lawn. We used a push mower that ran on human power. We exercised by working so we didn't need to go to a health club to run on treadmills that operate on electricity.
- We drank from a fountain when we were thirsty instead of using a cup or a plastic bottle every time we had a drink of water.
- We had one electrical outlet in a room, not an entire bank of sockets to power a dozen appliances. And we didn't need a computerized gadget to receive a signal beamed from satellites 23,000 miles out in space in order to find the nearest burger joint.

But isn't it sad that the current generation laments how "wasteful" we old folks were just because we didn't have the "green thing" back then and recycled instead?

SAARP SERVICES

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

Home ▾ Benefits Communication ▾ Social Clubs Contact Us Join Now Advertisements

SAARP NEWS

OUTLOOK FOR WINDOWS

We receive some e-mails where, "Outlook.com email account appears as "outlook_[long series of letters and numbers]@outlook.com" in Outlook for Windows" - outlook_712592227124DF28@outlook.com

This issue only impacts customers using Outlook for Windows. Emails sent via Outlook.com on the web works correctly and emails will be sent with the correct email address.

We suggest that members using Outlook for Windows utilise this fix:

<https://support.office.com/en-us/article/outlook-com-email-account-appears-as-outlook-long-series-of-letters-and-numbers-outlook-com-in-outlook-for-windows-90ed7938-7f21-4cb5-a69d-a3b79ea4eafd>

as without it no one can reply to your e-mails.

FEEDBACK

Complimenting Excellent Service. Attention: The SAARP Team

I would like to extend my thanks for the excellent way in which my recent accident outside of Worcester was handled by the following people:

Cecilia at the Tow & Assist call centre checked in with me constantly during my wait for the flatbed truck to pick up my car. She assisted me with putting WhatsApp location on my phone to enable the tow truck to find my car easily. Her final call was when I was safely home.

Cornelia from client services who lodged my claim and gave me feedback while arranging all the necessary assessments and transport from Paarl to the Assessment centre in Worcester and then transport back to Cape Town for repairs. Also for immediately arranging a hire car from Europcar.

Europcar for excellent prompt service both in my picking the car up and returning it.

Sherman at Unique Panel beaters, retreat with his team of mechanics and **Mandy** in administration for constantly keeping me in the loop as to progress. My car was repaired, buffed and polished to perfection.

Everyone played their part without any prompting from my side. It was a pleasure to deal with all of them. A traumatic experience was made so much easier by the swift and efficient handling of the claim in all departments.

I will certainly recommend Auto & General without reservation and have already done so.

With thanks

LYNNE ABRAHAMSON

RATES REBATES – City of Cape Town

The City has raised the relief rates for 2019/2020 and pensioners and social grant beneficiaries are encouraged to contact them to ascertain the details. You may call **Letitia Niemand on 021 982 2021** for information.

As a SAARP member in other municipalities please contact your local councillor and enquire about rebates in your area.

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
Durban Spa	Durban	11-15 Nov 2019	2 bedroom	R 2 616.25
Durban Spa	Durban	18-22 Nov 2019	2 bedroom	R 2 616.25
Durban Spa	Durban	25-29 Nov 2019	2 bedroom	R 2 616.25
Dolphin View	Umdloti	27-31 Jan 2020	1 bedroom	R 2 616.25
Breakers	Umhlanga	3-8 Feb 2020	Studio	R 2 616.25
Breakers	Umhlanga	24-29 Feb 2020	Studio	R 2 616.25
Umhlanga Sands	Umhlanga	Sep Oct Nov 2020	1 bedroom	R 2 990
Cayley Lodge	Drakensberg	11-15 Nov 2019	1 bedroom	R 2 990
Cayley Lodge	Drakensberg	16-20 Mar 2020	1 bedroom	R 2 990
Drakensberg Sun	Drakensberg	21-25 Oct 2019	1 bedroom	R 3 363.75
Drakensberg Sun	Drakensberg	9-13 Mar 2020	1 bedroom	R 3 363.75
Drakensberg Sun	Drakensberg	11-15 May 2020	1 bedroom	R 1868.75
Fairways	Drakensberg	14-18 Oct 2019	1 bedroom	R 3 363.75
Brookes Hill	Port Elizabeth	24-28 Feb 2020	2 bedroom	R 3 737.5
Royal Wharf	St Francis Bay	28 Oct - 1 Nov 2019	3 bedroom	R 4 485
Formosa Bay	Plettenberg Bay	2-6 Sep 2019	1 bedroom	R 1 495

Castleton	Plettenberg Bay	4-8 Nov 2019	1 bedroom	R 2 990
Castleton	Plettenberg Bay	9-13 Mar 2020	1 bedroom	R 2 990
Royal Atlantic	Sea Point	14-18 Oct 2019	1 bedroom	R 2 990
Table View Cabanas	Blouberg	25-29 Nov 2019	Studio	R 2 242.50
Table View Cabanas	Blouberg	18-22 May 2020	1 bedroom	R 1 495
Club Mykonos	Langebaan	3-8 Aug 2020	1 bedroom	R 1 495
Club Mykonos	Langebaan	7-11 Sep 2020	1 bedroom	R 2 242.50
Club Mykonos	Langebaan	19-23 Oct 2020	1 bedroom	R 2 242.50

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

SAARP, its suppliers, publisher, printer and contributors do not have any intention to provide specific medical or other advice but rather may provide readers with information in terms of its rights under the Constitution of South Africa. Information provided here is not a substitute for professional advice of any nature, more particularly medical advice, care, diagnosis or treatment, neither is it designed to promote or endorse any medical practice or treatment, programme or product. It is placed on record that SAARP does not endorse or recommend any product advertised or mentioned on or in any of our publications. Additionally, and similarly, SAARP does not offer professional advice in any area, including, but not limited to, law and finance. In all cases, should readers require advice, they should consult a properly accredited and qualified specialist in the field.

TRIVIA

SNIPPETS

- Ten years ago, before the iPad and iPhone were mainstream, the average person had an attention span of about twelve seconds. Now research suggests that there's been a drop from twelve to eight seconds... shorter than the attention of the average goldfish, which is nine seconds. *Ruined by Design: How Designers Destroyed the World, and What We Can Do to Fix It*, by Mike Monteiro
- We've made people more scatter-brained than goldfish. Alter goes on to describe scans that show how our brain patterns as we fire up apps, games, and social media sites match up almost perfectly with brain scans of addicts looking for their next hit. *Ruined by Design: How Designers Destroyed the World, and What We Can Do to Fix It*, by Mike Monteiro
- Fans are popular in Britain because so few homes have air conditioning. A Mintel survey from 2009 revealed that only 0.5% of homes have air conditioning. In the US the figure is 87% *The Spectator*

FOOD FOR THOUGHT

Every problem in contemporary society calls forth its equal and supposedly opposite bureaucracy. The ostensible purpose of this bureaucracy is to solve that problem. But the bureaucracy quickly develops a survival instinct and so no more wishes the problem to disappear altogether than the lion wishes to kill all the gazelle in the bush and leave itself with no food for the future. *In short, the bureaucracy of drug addiction needs drug addicts far more than drugs addicts need the bureaucracy of drug addiction.*

Theodore Dalrymple. Romancing Opiates: Pharmacological Lies and the Addiction Bureaucracy

QUOTES

Television's perfect. You turn a few knobs, a few of those mechanical adjustments at which the higher apes are so proficient, and lean back and drain your mind of all thought. And there you are watching the bubbles in the primeval ooze. You don't have to concentrate. You don't have to react. You don't have to remember. You don't miss your brain because you don't need it. Your heart and liver and lungs continue to function normally. Apart from that, all is peace and quiet. You are in the man's nirvana.

PS I wonder what he would say today . . .

Raymond Thornton Chandler, writer (23 Jul 1888-1959)

There are no persons capable of stooping so low as those who desire to rise in the world.

Lady Marguerite Blessington, writer (4 Apr 1789-1849)

ANSWER TO QUESTION

Pharos - Groot Woordeboek Major Dictionary

Bloukoos: the devil; the ace of spades; a chamber-pot

Woordeboek van die Afrikaanse Taal

Baie dankie vir die navraag. Die WAT bied die volgende verklaring:

Bloukoos s.nw.

1 Benaming vir die duiwel: *Ou Bloukoos sit weer vandag op sy nek*, hy is in 'n slegte luim.

2 (*kaartspel*) Skoppenaas.

3 **bloukoos**. Kamerpot; ook genoem *koos*, *uil*, *nagspieël*.

Ray Hattingh

PS Optimistic old people live longer than pessimists.

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