



SAARP
NEWSLETTER
Number 141
August 2018

adding life to your years

Emily Bronte 1818 - 1848

I am now quite cured of seeking pleasure in society, be it country or town. A sensible man ought to find sufficient company in himself.

OUR PLANET

BBC HEADLINES

Two-thirds of plastic food pots unrecyclable

The majority of plastic containers used for yoghurts, ice cream, ready meals and fruit end up in a landfill

A new source of warming gases hidden in waste

The most widely used plastic, the stuff used to make shopping bags, is the one that produces the greatest amount of methane and ethylene, warming gases, which both contribute to the greenhouse effect.

SAARP CLUB NEWS

JEFFERYS BAY

We received the following sad news from our Jeffrey's Bay Club. Our thoughts are with them all. He will be greatly missed.

Dear Ray

I am not sure whether you are aware but our dear Chairman, Louis Opperman, passed away this morning. At our monthly meeting on Thursday he really was very ill but true to form he still ran the meeting. Was admitted to hospital on Saturday and died at 05.50 this morning. Needless to say we are all in shock at the loss of this great man. I have had the pleasure of working alongside him on our Committee for the last 7 years and I know that the void he has left is not going to be filled easily.

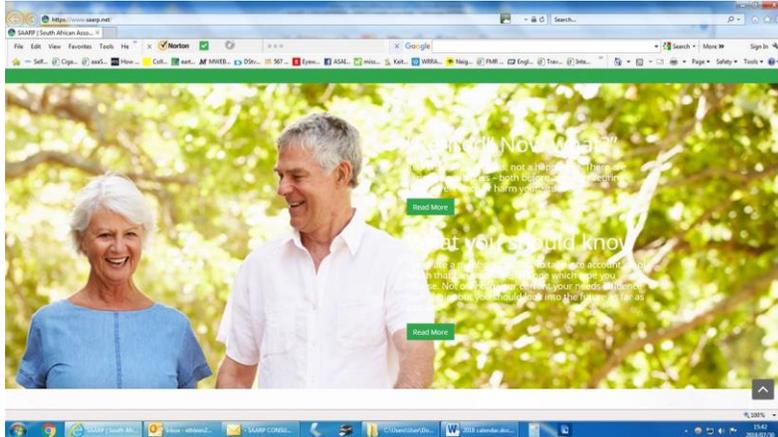
Kind regards

Cecile Heather, Jeffreys Bay

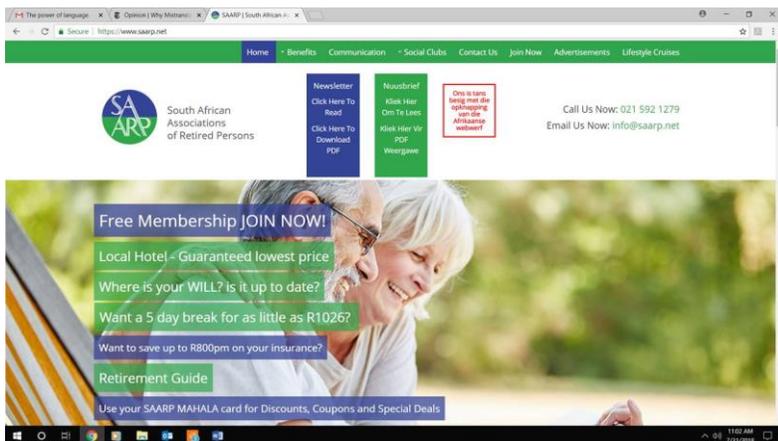
SAARP NEWS

SAARP WEBSITE

Some members complain about the way our website presents. I asked a member to send me a screen print and this is what she sees:



She should see this:



The explanation given by our software supporter is:

Ray the simple answer and hopefully without offending the web designers; they have not tested their html code on all the browsers to make sure there is compatibility.

*To be fair to them she is opening it on Internet Explorer 11, which may be considered old and out of support but the reality is that Microsoft's new **Edge** browser is rubbish and most people are reverting to Internet Explorer or downloading Chrome et cetera.*

I think it is still relevant considering your audience to make sure your web page works correctly in Internet Explorer 11.

We have repeatedly said that you place yourself at risk by not using the latest software and the latest versions of that software. Perhaps the safest bet is to use Google Chrome as a browser.

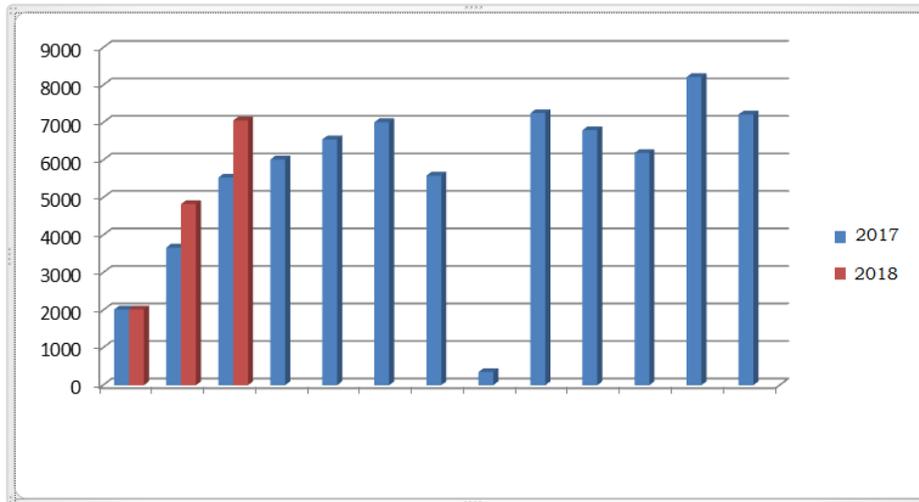
MEMBER COMMENT: *I use Firefox and it does not work there. Tried Chrome and it works.*

MEMBER FEEDBACK

Hi Anne, Gee but you do a lot and manage everything so well. I am so glad you love what you doing. Jobs are so horribly hard to come by. We are truly blessed to have a job. Thank you, I am happy with the policy. I am looking through all SAARP other services and may revert in due course on other policies required. I have also registered for a new member FA van Tonder on your website. Enjoy your day and thanks once again for helping me obtain the policy. You are truly very efficient. Helen

MONTHLY NEWSLETTERS

The following graph indicates the number of members who have read the newsletter on the website since June last year.



SAARP SERVICES

CRUISE OFFERS

Call Lifestyle Cruises to Book on 0861 11 33 88, visit lifestylecruises.co.za or email info@lifestylecruises.co.za

Oasis of the Seas Family Adventure

Price From R37 999 Per Person Sharing
Departure Date: 01 July 2019

Cruise Package Includes:

Return Flights and Taxes from Johannesburg
2 Nights Hotel Stay in Rome, Italy
7 Nights Full Board Cruise on the Oasis Of The Seas
Gratuities
Port Taxes & Baggage Charges

Cruise Itinerary:

Rome (Civitavecchia), Italy | Naples (Capri), Italy | Barcelona, Spain | Palma de Mallorca, Spain | Provence (Marseilles), France | Florence/Pisa (La Spezia), Italy | Rome (Civitavecchia), Italy

Price From:

Inside: R 37 999 pps

Outside: R 39 999 pps

Balcony: R 47 999 pps

Grand Suite: R 64 999 pps

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
2017				
Club Mykonos	Langebaan	6-10 May	1 bedroom	R1380
Club Mykonos	Langebaan	20-24 May	1 bedroom	R1380
Club Mykonos	Langebaan	20-24 May	2 bedroom	R1725
Club Mykonos	Langebaan	27-31 May	2 bedroom	R1725
Club Mykonos	Langebaan	1-5 April	1 bedroom	R3450
Drakensberg Sun	Winterton	6-10 May	1 bedroom	R1725
Drakensberg Sun	Winterton	13-17 May	1 bedroom	R1725
Drakensberg Sun	Winterton	20-24 May	1 bedroom	R1725
Hermanus Beach	Hermanus	3-7 June	3 bedroom	R2415
2018				
Ngwenya Lodge	Komatipoort	5-9 Nov	2 bedroom	R3795
Ngwenya Lodge	Komatipoort	12-16 Nov	2 bedroom	R3795
Ngwenya Lodge	Komatipoort	19-23 Nov	2 bedroom	R3795
Cayley Lodge	Drakensberg	29/10-2 Nov	1 bedroom	R2760

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.

SAARP HOLIDAY CLUB PAYMENTS

SPAM TRIGGERS

When executing an EFT payment please do not ask your bank to e-mail SAARP. They invariably put *Payment Notification.pdf* or *Notice of Payment* or *payment_notificatin.pdf* – all of which can be spam triggers on some ISPs and which block the e-mails from reaching us.

HEALTH

ALZHEIMER'S - New Research Links Your Brain and Your Gut

A 2017 Alzheimer's Association conference made headlines with the release of studies showing that a healthy diet, along with other lifestyle factors, can slash your risk of dementia by a third. To find out why exactly that might be the case, researchers have hunted for answers, among other places, in the gut microbiome, the trillions of microorganisms that live in our digestive tracts. Certain changes in these bacteria have been linked to various inflammatory and autoimmune conditions, such as obesity, diabetes and inflammatory bowel disease. But scientists also discovered that some types of microbiome bacteria can promote build-up in the brain of specific proteins known as amyloid and tau proteins, which are linked to Alzheimer's disease. In mouse studies, dietary changes that alter the microbiome in turn reduce amyloid plaques, lower inflammation and — bingo — improve memory.

While much of this research is still in its infancy you can help keep all your organs, in tiptop shape by eating a diet high in fruits, veggies, whole grains and healthy fats such as fatty fish and olive oil, while limiting saturated fats and sugars.

Hallie Levine, AARP

VITAMINS - They won't Prevent Heart Disease

An analysis of 18 studies involving over 2 million people was published in *Circulation: Cardiovascular Quality and Outcomes* concluded that supplements offer no protection from cardiovascular disease, coronary heart disease or stroke.

The new findings are in line with American Heart Association guidelines that do not recommend multivitamins or mineral supplements to prevent heart disease.

As the researchers for the current study explained, *"We undertook this analysis because, despite numerous studies strongly suggesting the neutral effect of MVM*

[multivitamin/mineral] supplements on CVD [cardiovascular disease] prevention, the controversy did not end, and the scientific community continued to send a confusing signal to the public." Continued faith in dietary supplements has led to their widespread use, with more than 70 percent of Americans 60 and older taking at least one and 29 percent using four or more per day, according to data published in the October 2017 issue of the *Journal of Nutrition*. The American Heart Association recommends a diet rich in fruits, vegetables, whole grains and low-fat dairy products to prevent cardiovascular disease.

Victoria Sackett, AARP

E-COMMERCE

PURCHASING - Online

MyBroadband has recently tested South Africa's online shops and here are their rankings.

Website	Delivery	Website Usability	Payment	Total Cost
Incredible Connection	1	Poor	Excellent	7
Takealot	2	Excellent	Good	1
HiFi Corp	2	Poor	Excellent	5
Raru	4	Excellent	Excellent	4
Makro	5	Excellent	Excellent	3
Dion Wired	5	Excellent	Excellent	6
Kalahari	7	Excellent	Excellent	2

TRAFFIC

ASOD – Speed control

An initiative by the KwaZulu-Natal, and later the Western Cape, governments, called ASOD (short for Average Speed over Distance) does seem to be having a positive effect on speed law enforcement and is helping to reduce road accidents. The core purpose of

ASOD is to help reduce excessive speeds and fatalities on our major roadways, not to serve as a fine-generation revenue fund. Simply put, this camera-controlled system is far more effective at reducing speeds than the old 'speed trapping' `instant' speed measurement. This is how it works:

A vehicle passes point A at 10h35: 15. It then passes point B at 11h06:35. The time taken from A to B is 31 min 20 seconds. Average speed is equal to distance divided by time. 71.7 km divided by 0.5222 h is equal to 137.3 km/h. The speed limit on this section of the road for normal cars was 120 km/h, therefore the speed limit was exceeded as follows:

- Cars - 17.3 km/h over the speed limit
- Buses - 37.3 km/h over the speed limit
- Heavy vehicles (more than 9 000 kg) - 57.3 km/h over the speed limit

AASA

THE INTERNET

MESSAGE – To all our siblings

I had spent an hour in the bank with my dad, as he had to transfer some money. I couldn't resist myself and asked, "*Dad, why don't we activate your internet banking?*" "*Why would I do that?*" he asked.

"Well, then you won't have to spend an hour here for things like transfer. You can even do your shopping online, everything will be so easy!" I was so excited about initiating him into the world of Net banking.

He asked "*If I do that, I won't have to step out of the house?*"

"Yes, yes!" I said, I told him how even grocery can be delivered at door now and how amazon delivers everything!

His answer left me tongue-tied, he said, "*Since I entered this bank today, I have met four of my friends, I have chatted a while with the staff who know me very well by now. You know I'm alone; this is the company that I need. I like to get ready and come to the bank, I have enough time and it is the 'physical touch' that I crave. Two years back when I got sick, the storeowner from whom I buy fruits, came to see me, sat by my bedside, and cried. When your Mom fell down few days back while on her morning walk, our local grocer saw her and immediately got his car to rush her home, as he knows where I live. Would I have that 'human' touch if everything became online? Why would I want everything delivered to me and force me to interact with just my computer? I like to know the person that I'm dealing with and not just the 'seller'. It creates bonds, relationships. Does online deliver all this as well?*"

COMPUTERS

DIGITAL DEVICES - And your eyes

Digital Devices can be computer screens, smart phones, tablets, and similar devices. While complaints of eye fatigue and discomfort are common among digital device users, these symptoms are not caused by the screen itself. Digital screens give off little or no harmful radiation (such as x-rays or UV rays). All levels of radiation from computer screens are below levels that can cause eye damage such as cataracts. Digital screens do expose your eyes to blue light. Blue light exposure you get from screens is small compared to the amount of exposure from the sun. And yet, there is concern over the long-term effects of screen exposure because of the close proximity of the screens and the length of time spent looking at them. According to a recent NEI-funded study, children's eyes absorb more blue light than adults from digital device screens. Fatigue, dry eyes, bad lighting, or how you sit in front of these screens can cause eyestrain. Symptoms of eyestrain include sore or irritated eyes and difficulty focusing. You may also have symptoms of eyestrain if you need glasses or a change in your glasses.

GEOGRAPHY

AFRICA – Larger than life

The world's idea of African geography is flawed. Few people realise just how big it is. This is because most of us use the standard Mercator world map. This, as do other maps, depicts a sphere on a flat surface and thus distorts shapes. Africa is far, far longer than usually portrayed, which explains what an achievement it was to round the Cape of Good Hope, and is a reminder of the importance of the Suez Canal to world trade. Making it around the Cape was a momentous achievement, but once it became unnecessary to do so, the sea journey from Western Europe to India was reduced by 6,000 miles. If you look at a world map and mentally glue Alaska onto California, then turn the USA on its head, it appears as if it would roughly fit into Africa with a few gaps here and there. In fact, Africa is three times bigger than the USA. Look again at the standard Mercator map and you see that Greenland appears to be the same size as Africa, and yet Africa is actually fourteen times the size of Greenland! You could fit the USA, Greenland, India, China, Spain, France, Germany and the UK into Africa and still have room for most of Eastern Europe. We know Africa is a massive land mass, but the maps rarely tell us how massive.

Prisoners of Geography: Ten Maps That Tell You Everything You Need To Know About Global Politics (Marshall, Tim)

LITERATURE

THE TOP 10 STORIES THAT SHAPED THE WORLD

The writers, critics and academics voted these as the most influential and enduring works of fiction.

- The Odyssey (Homer, 8th Century BC)
- Uncle Tom's Cabin (Harriet Beecher Stowe, 1852)
- Frankenstein (Mary Shelley, 1818)
- Nineteen Eighty-Four (George Orwell, 1949)
- Things Fall Apart (Chinua Achebe, 1958)
- One Thousand and One Nights (various authors, 8th-18th Centuries)
- Don Quixote (Miguel de Cervantes, 1605-1615)
- Hamlet (William Shakespeare, 1603)
- One Hundred Years of Solitude (Gabriel García Márquez, 1967)
- The Iliad (Homer, 8th Century BC)

You may read their reasoning here:

<http://www.bbc.com/culture/story/20180521-the-top-10-stories-that-shaped-the-world>

I must confess to having completed only Hamlet and having given up on some of the others. (But I have read Joyce's Ulysses.) Ray

EMILY BRONTE – 200th anniversary of her birth.

whither (v.) to move with great force, to buffet like the wind.

Emily Brontë was born on 30 July 1818. She began her career writing poetry before publishing her only novel, *Wuthering Heights*, in 1847. It is thought that Emily had started work on a second novel when she suddenly took ill attending her brother Branwell's funeral service the following September, and never recovered. She died on 19 December 1848, aged just thirty. Emily's untimely death meant she was never able to enjoy the success her novel eventually attained. On its release, *Wuthering Heights* had divided its Victorian critics: some admired its innovative structure, use of language and the author's courage in tackling sensitive subjects like gender and psychological cruelty, but others considered it an unreadable mishmash of styles and macabre set pieces. 'It is a compound of vulgar depravity and unnatural horrors,' wrote one reviewer. 'How a human being could have attempted such a book as the present without committing suicide before he had finished a dozen chapters, is a mystery.' Nevertheless, *Wuthering Heights* has since become a classic of English literature. But one question remains: what does wuthering actually mean? According to the novel itself: *Wuthering Heights* is the name of Mr Heathcliff's dwelling; 'Wuthering' being a significant provincial adjective, descriptive of the atmospheric tumult to which its station is exposed. Wuthering comes from a Yorkshire dialect verb, *wuther*, which is itself thought to be a derivative of an older dialect word, *whither*, meaning 'to knock or move forcefully' – or as in this instance, 'to buffet like the wind'."

The Cabinet of Linguistic Curiosities: A Yearbook of Forgotten Words" by Paul Anthony Jones

FINANCES

MONEY – Ten Commandments

These are the rules to follow to keep your financial prospects in order. Over the many years of my work as a financial planner, I've learned some important rules about money. They're so important, in fact, that I consider them commandments. Follow them to the letter and you will be a better steward of your money. Ignore them and, well, there will be hell to pay.

- Thou shalt not forget that skillful salespeople can manipulate thy emotions.
- Thou shalt not buy an investment before completely understanding it.
- Thou shalt remember there is no such thing as a free lunch.
- Thou shalt put thyself in the seller's shoes before buying.
- Prior to making a major purchase, you can protect yourself by reflecting on two key questions:
 - What's in it for the person selling you this product?
 - How does the company behind the product make money?
- Thou shalt not ever believe thou art too smart to fall for bad investments.
- Thou shalt not accept the stated word but instead always get it in writing.
- Thou shalt not buy anything that is too good to be true.
- Thou shalt avoid limited-time offers (like the plague).
- Thou shalt not depend upon a regulator for protection.
- Above all, thou shalt not forget that people wish to separate thee from thy money.

Allan Roth, AARP The Magazine, June/July 2018

POEM

THINGS YOU DIDN'T DO

Remember the day I borrowed your brand-new car and I dented it,
I thought you'd kill me, but you didn't,
and the time I dragged you to the beach and you said it would rain and it did,
I thought you'd say I told you so, but you didn't,
and the time I flirted with all the guys to make you jealous, and you were,
I thought you'd leave me, but you didn't,
and you remember the time I spilled blueberry pie all over your brand-new car rug,

I thought you'd smack me, but you didn't,
and the time I forgot to tell you that the dance was formal and you showed
up in jeans,
I thought you'd leave me forever, but you didn't,
Yes, there were lots of things you didn't do,
but you put up with me and you loved me and protected me.
And there were so many things I wanted to make up to you when you
got back from Vietnam,
But you didn't.

Anon

SCIENCE CORNER

EARTH'S COMPOSITION

By Volume:

- Water 0.13%
- Atmosphere 0.39%

By mass:

- Iron 32.1%
- Oxygen 30.13%
- Silicon 15.1%
- Magnesium 13.9%
- Sulfur 2.8% (note)
- Nickel 1.8%
- Calcium 1.5%
- Aluminum 1.4% (note)
- Others 1.2%

The Zoomable Universe by Caleb Scharf

Note: Before any lexical pedants choke on their morning oats, this is an American publication.

ATOMS

Make a fist. Now imagine that your fist represents the size of an atomic nucleus. If it did, the entire atom would extend to about five kilometres in all directions. Atoms are 99.99999999999999 percent empty space (a typical atomic nucleus takes up one-trillionth of its atom's volume but holds 99.9 percent of the mass). Consequently, you could crush all seven-plus billion humans into a single mass the size of a sugar cube simply by squeezing out all that empty atomic space.

(Surely, this fact adds a whole new dimension to the meaning of the phrase, "*Empty Barrels Make the Most Noise.*")

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TRIVIA

SNIPPETS

- The most commonly misspelled word in the English language is separate. A survey in 2010 found that separate—typically misspelled with an e in place of the first a—was the most troublesome word in the English language, seeing off competition from the likes of definitely in second place, and manoeuvre in third. Elsewhere, combinations of double and single letters seemingly proved difficult (embarrass, occurrence, unnecessary, and broccoli all made the top twenty), as well as easily confusable cs and ss (consensus, supersede, conscience) and a handful of foreign borrowings (connoisseur, entrepreneur). Curiously, the fifteenth most commonly misspelled word in English is a lot.

- ‘*Algorithms are opinions embedded in code,*’ writes the data scientist Cathy O’Neil in *Weapons of Math Destruction* (2016). Everywhere in the world, tech elites – mostly white, mostly middle-class, and mostly male – are deciding which human feelings and forms of behaviour the algorithms should learn to replicate and promote. (*So much for AI – merely the opinions of those guys . . . Ray*)

FOOD FOR THOUGHT

Many explanations are given for the events of our time and the events in history. One of the most common explanations is that various external circumstances led or forced people to do this or that, and one of the most overlooked explanations is that various internal drives led them to do the things they did, including things that made no sense in terms of the external circumstances. One of these internal drives-especially the desire "to feel important," in T.S. Eliot's words-fits many notions and actions that would be hard to explain otherwise. The desire of individuals and groups to puff themselves up by imposing their vision on other people is a recurring theme in the culture wars discussed in the first section of the essays that follow. Such attempts at self-aggrandizement in the name of noble-sounding crusades are too often called "*idealism*" rather than the narrow ego trip that it is.

Thomas Sowell. Ever Wonder Why? And Other Controversial Essays

SMILE

Husband: "Have a nice day."

Wife: "Don't tell me what to do."

FOOD FOR THOUGHT

There is old adage which states:

There are four kinds of people:

- those who don't know that they don't know
- those who know that they don't know
- those who don't know that they know
- those who know that they know

There is another by Tommy Lasorda:

There are three kinds of people in this world:

- people who make it happen,
- people who watch what happens,
- people who wonder what happened

I would venture to suggest a fourth kind:

- Those who don't even know that anything has happened.

QUOTE

Ray Hattingh

PS The arrogance of ignorance is commonplace. Unfortunate souls thus afflicted don't know what they don't know – and reject any evidence that suggests their beliefs are wrong.

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