



SAARP
NEWSLETTER
Number 144
November 2018

adding life to your years

**Questions you cannot answer are usually far better for you
than answers you cannot question.**

Yuval Noah Harari

SAARP YEAR-END CLOSING

We will close at noon on the 15th December, 2018 and be back in the office on the 7th January 2019.

This is the last newsletter for this year.

While we are closed please remember to check the SAARP website www.saarp.net for information on a variety of subjects.

The next newsletter will be number 145 and will be distributed at 09h00 on Monday 28th January 2019.

WATER IS LIFE – SAVE IT

City of Cape Town press release:

- Cape Town's dam levels are nearing 70% of storage capacity due to good rainfall at the beginning of winter and the phenomenal conservation efforts of Capetonians
- Water restrictions and the associated tariffs are thus to be conservatively lowered in the interim to Level 5 from 1 October 2018

Cape Town has dry periods in November, December, January, February, and March – per weather-and-climate.com

I am told that Cape Town's October's rainfall measured less than 10% of the long term average. Why, then, were the restrictions lowered from 1 October?

SOCIAL GRANTS

January social grants payment notice



You may collect a new card, which will be issued immediately, from any main Post Office. You will only need the following:

- Your existing SASSA card
- Your ID Book
- Your thumbs

www.sassa.gov.za

0800 60 10 11

SAARP NEWS

YOUR REASONS - New members

Our website statistics show that 65% of new members state that they heard about us from existing members. I would like to hear your reasons why you joined SAARP and/or why you would recommend SAARP membership to your friends. Please drop me a line at ray@saarp.net and let me know. It will help us to ensure that we meet your needs more effectively.

HAPPY CAMPERS – Four very happy members

- I just wanted to let you know that Alexander Forbes have settled my claim in full, without any excess, for the wheels stolen off my car last Friday. Thank you again for all your efforts in helping me to switch over to them. The service level was really great and having a claim settled and paid into my account in less than a week, in this day and age, is really impressive.
- Thank you for all your help, you are super-efficient!

- Thank you so very much for your relentless quest in Customer Service. You are great at what you do, and I want you to know we appreciate you.
- Thank you also much for keeping tabs on this situation. The matter has been settled and deposited into the Estate account. If it was not for your intervention and escalation, we would probably still be waiting. I am so grateful for your kindness and assistance.

Thanks to our Anne and Beverley.

SAARP SOCIAL CLUB NEWS

It's the time of the year when the clubs all hold their Christmas "Feasts". Here is some news about these gatherings. Our heartfelt thanks to the committee members who organise these outings, you really do SAARP and your members proud.

PORT ELIZABETH WEST

Our Christmas lunch is on Tuesday 27th November 2018, we limit it to 200 due to venue size. We are sponsoring our members R40.00 per person. We got a super donation from Warwick towards this lunch.

LAKEFIELD (BENONI)

Today we went to a chocolate factory shop and bought 140 gifts. This is the number of people we expect to attend our Christmas function. This includes 20 in the choir invited to sing Carols.

SEDFIELD

As Sedfield becomes inundated with holiday visitors for most of December and into January we don't as a rule plan a Christmas Lunch. There just would not be a venue willing to close to the public during this time. This year however we were asked by our local Rock/dance/party band, Cloud 9, to join with them and arrange a New Year's Eve party at Scarab Village Red Shed. It is a popular venue as it is open sided for warm weather but totally covered and curtained should it rain - heaven forbid. We have planned to lay out 18-20 tables, they say we can seat 10 but we estimate 8. However, we have 192 tickets to sell. Members are of course discounted but the public and guests pay full price. So far they are selling very well. In fact, one friend of mine has booked out 32 tickets and is sending her friends in to pay for them as we go. We are hoping for half and half members to public.

AMANZIMTOTI

This year we only have 90 members attending but venue just right to hold maximum 100 at Lords and Legends.

SAARP SERVICES

CAR HIRE

We have terminated all our contracts with the companies. They quoted a price for SAARP members and on the day the member called to collect the car, the price had been reduced and they refused to lower the contacted price to the daily price. These drops in prices are due to a surfeit of cars at that rental point.

CRUISE OFFERS

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

Package Name: **QUEEN MARY 2 SINGAPORE TO HONG KONG**

Departure Date: 09 February 2019

Package Includes

- Return Economy Flights & Taxes
- 2 Nights Hotel Stay in Singapore
- 7 Nights Full Board Cruise with Cunard QM2
- 2 Nights Hotel Stay in Hong Kong
- Cruise Port & Baggage Charges

Cruise Itinerary

Singapore (Overnight) | At Sea | Hue or Da Nang (tours from Chan May) | At Sea | Hong Kong, China (Overnight) Hong Kong, China

Costings

Inside	Outside	Balcony	Suite
35 999 pps	37 999 pps	41 999 pps	59 999 pps

SAARP Members get R1 000 off per person of our *Featured Full Cruise Packages*
T's & C's Apply

SAARP HOLIDAY CLUB

SAARP - Holiday Club

This has proved so popular that we have used up all our available points for the year. Discounted holidays will only be available next year and will be advertised in the January 2019 edition of the newsletter.

NOVEMBER IS WORLD DIABETES AWARENESS MONTH

DIABETES – Type 2 awareness

Here are some tips to prevent getting it.

Manage your weight. Excess body fat, particularly if stored around the abdomen, can increase the body's resistance to the hormone insulin.

Exercise regularly. Moderate physical activity on most days of the week helps manage weight, reduce blood glucose levels and may also improve blood pressure and cholesterol.

Eat a balanced, healthy diet. Reduce the amount of fat in your diet, especially saturated and trans fats. Eat more fruit, vegetables and high-fibre foods. Cut back on salt.

Limit takeaway and processed foods. 'Convenience meals' are usually high in salt, fat and kilojoules. It's best to cook for yourself using fresh ingredients whenever possible.

Limit your alcohol intake. Too much alcohol can lead to weight gain and may increase your blood pressure and triglyceride levels. Men should have no more than two standard drinks a day and women should have no more than one.

Quit smoking. Smokers are twice as likely to develop diabetes as non-smokers.

Control your blood pressure. Most people can do this with regular exercise, a balanced diet and by keeping a healthy weight. In some cases, you might need medication prescribed by your doctor.

Reduce your risk of cardiovascular disease. Diabetes and cardiovascular disease have many risk factors in common, including obesity and physical inactivity.

See your doctor for regular check-ups. As you get older, it's a good idea to regularly check your blood glucose, blood pressure and blood cholesterol levels.

HEALTH

BROKEN BONES - Five myths about

"If you can move it, it not's broken"

In fact, you can sometimes move a broken bone, so this is not one of the main signs to look for when deciding whether you have a fracture. The top three symptoms of a broken bone are pain, swelling and deformity.

"If it's broken you're inevitably in agony"

Not necessarily. Many of people have tales to tell of tripping up, then spending the rest of the day skiing, walking or even dancing, without realising they had a fracture. More often than not, broken bones do hurt, a lot, but if a break is small you might not notice it. Once you do discover a bone is broken it's important to get professional help to ensure the bones are properly lined up and held in place while they heal, to avoid infection or permanent deformity.

“Older white women should worry about broken bones due to osteoporosis”

Let's start with age. It's true that older women are more likely than younger women to suffer broken bones. The hormonal changes of the menopause can lead to rapid bone loss and the frequent fractures seen in osteoporosis.

When it comes to ethnicity, in the US there are more than twice as many hip fractures in white women than black women. A number of factors have been suggested to account for the increased bone strength in black women, including higher bone mass during childhood and a lower rate of bone turnover, which might lead to a slower decline in bone mineral density with age.

“There's no point in seeing a doctor for broken toes because they can't do anything.”

It's true that you might not end up in plaster, but a broken toe still needs to be checked out. Medical staff need to establish the nature of the fracture to avoid long term pain or deformities, which might make shoes uncomfortable in the future or lead to arthritis later in life if a fracture hasn't healed smoothly.

“After a broken bone has healed, it's stronger than it was before”

This sounds too good to be true and, in the long-term, it is too good to be true. But there is some truth to it in the short term. While healing, a cuff or callous of extra-strong new bone forms around the fracture to protect it. So, it is true that a few weeks into healing process, the bone at the break is stronger than a normal bone. But eventually this cuff diminishes, and a few years later you're left with a bone that might be as good as new, but is no stronger than the equivalent bones nearby.

Claudia Hammond, BBC

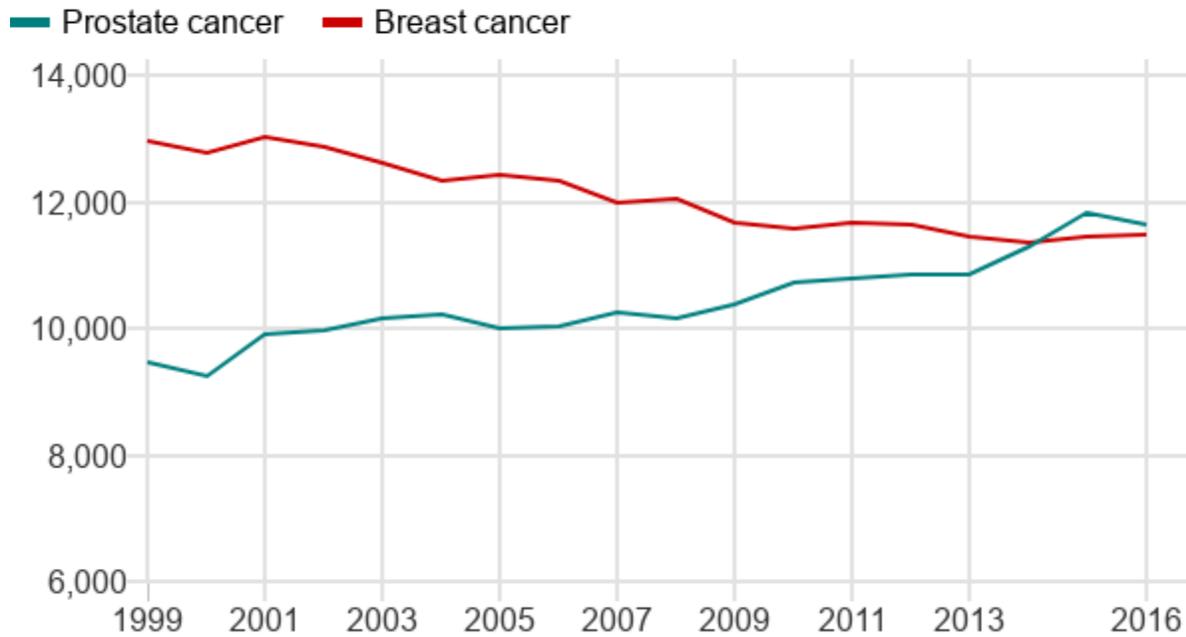
MEN ONLY – Prostate cancer

Hospitals are seeing and treating more men with prostate cancer, partly thanks to celebrities raising awareness of the disease by speaking out about their own experiences, says the head of the NHS.

NHS chief Simon Stevens will today thank former BBC Breakfast presenter Bill Turnbull and broadcaster Stephen Fry for the work they have done in urging men to come forward for help.

More people now die from prostate than breast cancer

UK prostate and breast cancer deaths, 1999-2016



Source: Prostate Cancer UK



The jump in demand also coincided with media coverage about the number of people dying from prostate cancer overtaking deaths from breast cancer.

What are the symptoms?

There can be few symptoms of prostate cancer in the early stages, and because of its location most symptoms are linked to urination:

- needing to urinate more often, especially at night
- needing to run to the toilet
- difficulty in starting to urinate
- weak urine flow or taking a long time while urinating
- feeling your bladder has not emptied fully

Men with male relatives who have had prostate cancer, black men and men over 50 are at higher risk of getting the disease.

BBC

PS My urologist says, "There are two types of men. Those who have prostate problems and those who think they don't have," Ray

LIFESTYLE

HAPPINESS - 4 lessons

The Harvard Study of Adult Development has tracked the lives of 724 men for 78 years. The study has yielded more than 100 published papers so far and psychiatrist Robert J. Waldinger, the study's director and principal investigator, shared some of the major lessons in a popular TED Talk. Here are four of them:

1. A happy childhood has very, very long-lasting effects.

Having warm relationships with parents in childhood was a good predictor you'll have warmer and more secure relationships with those closest to you when you're an adult. Happy childhoods had the power to extend across decades to predict more secure relationships that people had with their spouses in their 80s, as well as better physical health in adulthood all the way into old age. And it's not just parental bonds that matter: Having a close relationship with at least one sibling in childhood predicted which people were less likely to become depressed by age 50.

2. But ... people with difficult childhoods can make up for them in midlife.

People who grow up in challenging environments — with chaotic families or economic uncertainty, for instance — grew old less happily than those who had more fortunate childhoods. But by the time people reached middle age (defined as ages 50–65), those who engaged in what psychologists call “generativity,” or an interest in establishing and guiding the next generation, were happier and better adjusted than those who didn't.

3. Learning how to cope well with stress has a lifelong payoff.

We've all developed ways of managing stress and relieving anxiety, and Waldinger and his team have found that some ways can have greater long-term benefits than others. Among the adaptive coping methods, they examined are sublimation (example: you feel unfairly treated by your employer, so you start an organization that helps protect workers' rights), altruism (you struggle with addiction and help stay sober by being a sponsor for other addicts), and suppression (you're worried about job cuts at your company but put those worries out of mind until you can do something to plan for the future). Maladaptive coping strategies include denial, acting out, or projection.

4. Time with others protects us from the bruises of life's ups and downs.

Waldinger has said “it's the quality of your relationships that matters” is one significant takeaway from the study. Well, the researchers have found that quantity counts, too. Looking back on their lives, people most often reported their time spent with others as most meaningful, and the part of their lives of which they were the proudest. Spending time with other people made study subjects happier on a day-to-day basis, and in particular, time with a partner or spouse seemed to buffer them against the mood dips that come with aging's physical pains and illnesses.

Robert Waldinger and Daryl Chen TED

BOOK - A new view of living longer

I wrote the book *Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age* two years ago to help change the conversation about what it means to grow older. I believe we need to create a new mind-set around aging—a new way of thinking about possible solutions that can help us live better as we age.

With the release of the paperback edition of *Disrupt Aging* this month, it's gratifying to see shifts in attitudes, behaviours and culture as more people throughout the world are challenging outdated attitudes and stereotypes and sparking new solutions that recognize the potential historic benefits of living longer.

Where leaders once looked at the growing aging population and saw only retirees, they are now beginning to see a new type of experienced, accomplished workforce. Where they once saw only expensive costs, they are now beginning to see an exploding consumer market that is bolstering our economies.

And where they once saw only a growing pool of dependents, they are now beginning to see intergenerational communities with new and different strengths.

All we have to do is look around us to see what is happening. Advances in research and technology are driving innovation in virtually every field of endeavour that affects our ability to live well as we age. Entrepreneurs and innovators are creating an incredible array of products and services targeted to people as they age. Science is making longer lives possible, and we're just now beginning to realize the opportunities those longer lives offer. People are reinventing work, searching for purpose, embracing technology and opening themselves up to new experiences.

Here at AARP we're embracing a culture of innovation. We're working with universities, health care systems, banks, entrepreneurs, students, programmers, community leaders and more to find ways of empowering more people to live better as they age. As you read *Disrupt Aging*, you'll discover it's about embracing aging as something to look forward to, not something to fear. It's about seeing ourselves and others as contributors to society, not burdens. It's not just about adding years to the end of life; it's about creating a bold new path to living your best life at every age.

Disrupt Aging: A Bold New Path to Living Your Best Life at Every Age

by Jo Ann Jenkins

Amazon.com

Kindle - \$9.99

Takealot.com - Adobe DRM ePub R209 Paperback R 345

AGE

AGE – It is not a mental handicap

If you ever fear that you are already too old to learn a new skill, remember Priscilla Sitienei, a midwife from Ndalat in rural Kenya. Having grown up without free primary school education, she had never learnt to read or write. As she approached her twilight years, however, she wanted to note down her experiences and knowledge to pass down to the next generation. And so, she started to attend lessons at the local school – along with six of her great-great-grandchildren. She was 90 at the time.

Many people assume that you simply couldn't pick up a complex skill like reading or writing, at the age of 90, after a lifetime of being illiterate. The latest studies from psychology and neuroscience show that these extraordinary achievements need not be the exception. Although you may face some extra difficulties at 30, 50 – or 90 – your brain still has an astonishing ability to learn and master many new skills, whatever your age. And the effort to master a new discipline may be more than repaid in maintaining and enhancing your overall cognitive health.

BBC

NOTE: PS Professor JP van Niekerk maintains, as I do, that having a “purpose” is key to a healthy aging process.

LIFESTYLE

ECONOMICS - inflation vs actual price increases

Value of 1969 South African Rand today

R1 in 1969 = **R70.27** in 2018

The inflation rate in South Africa between 1969 and today has been 6,926.88%, which translates into a total increase of R69.27. This means that 1 rand in 1969 is equivalent to 70.27 rand in 2018. In other words, the purchasing power of R1 in 1969 equals R70.27 today. The average annual inflation rate has been 8.88%.

<https://www.inflationtool.com/south-african-rand/1969-to-present-value?amount=1>

In that case how do we explain:

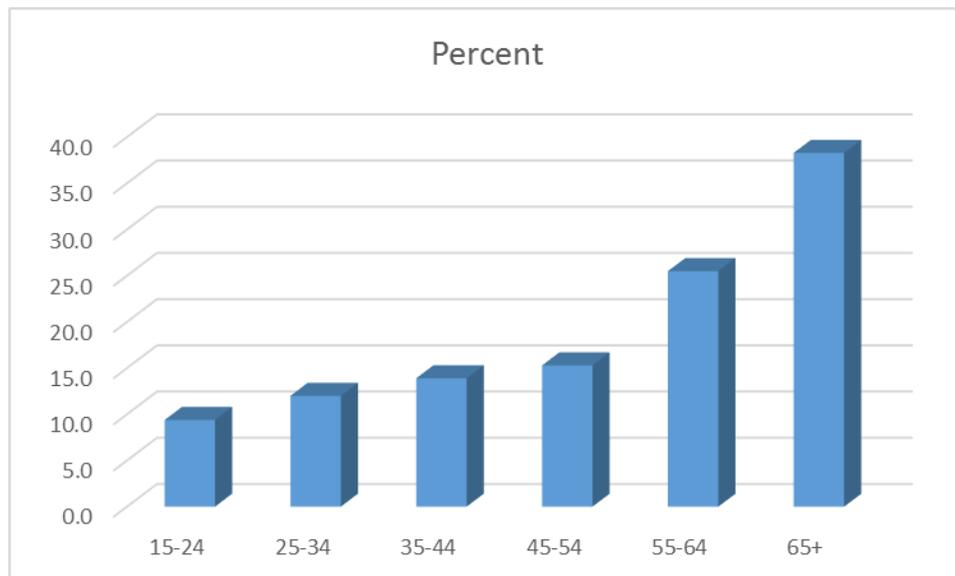
In 1969 a BarOne chocolate bar cost 5c. In terms of the above it should today cost R3.52 - and the 2018 bar undoubtedly weighs less than the 1969 version. Why does it then cost R9.99? (Foodlovers Market N1 City, Cape Town)

Do economists actually understand what they prattle on about?

LIFESTYLE

READING

These are the percentages of people - per age range - who read for pleasure or self-fulfilment on a typical day:



Source: US Government Survey

NOTE: I wonder what the percentages for our members are. Anyone care to tell me?
ray@saarp.net

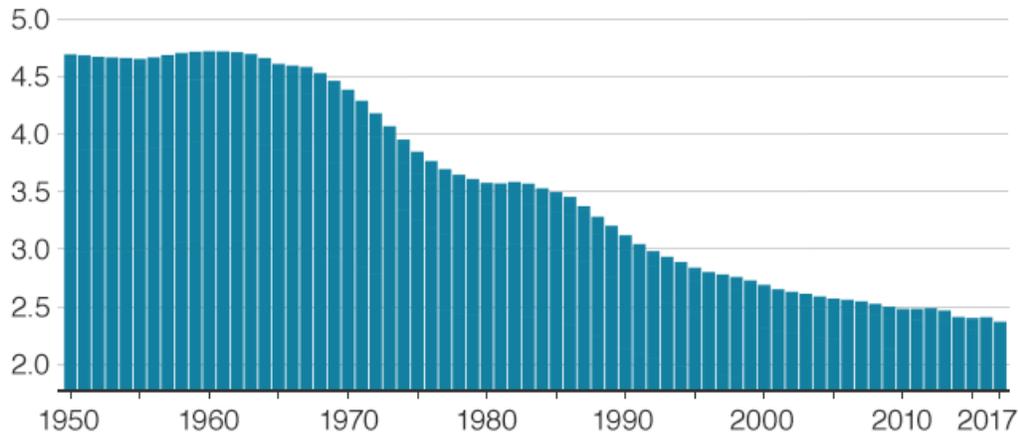
POPULATION

FERTILITY RATE - Livebirths per woman

There has been a remarkable global decline in the number of children women are having with the result that nearly half of countries were now facing a "baby bust" - meaning there are insufficient children to maintain their population size.

Researchers said the findings were a "*huge surprise*" and it will have profound consequences for societies with "*more grandparents than grandchildren*".

The Global average is 2.4, while there are many countries averaging 1.3, Niger tops the list at 7.1.



The fall in fertility rate is not down to sperm counts or any of the things that normally come to mind when thinking of fertility. Instead it is being put down to three key factors:

- Fewer deaths in childhood meaning women have fewer babies
- Greater access to contraception
- More women in education and work

In many ways, falling fertility rates are a success story.

BBC

WORLD WIDE WEB

BOOK – Thought provoking

I am reading a very interesting book: **Click Here to Kill Everybody: Security and Survival in a Hyper-connected World** by Bruce Schneier. Here are some excerpts:

Your smartphone has evolved into a centralized security hub for pretty much everything. It's where you can access all of your accounts: your email, your chat clients, your social networking sites, your banking and credit card sites. It's also a central controller hub for the Internet of Things (IoT). If you have an IoT something, chances are you control it via your smartphone, from your Tesla to your thermostat to your Internet-connected toys. And all of these systems rely on the phone's authentication. You don't have to log in separately to your e-mail, Facebook, Tesla, or thermostat. The companies all assume that if you have access to your phone, you're you. This is a major single point of failure. A hacker can convince a cell provider like Verizon or AT&T to transfer control of a victim's phone number to a device under the hacker's own control. Once they succeed—and it's surprisingly easy to do—they can reset all of the victim's accounts that use the phone number for backup: Google, Twitter, Facebook, Apple. They'll reset bank accounts and then steal all the money. In the future, we're going to have to authenticate to everything—our cars, our appliances, our environment—which will make the effects of compromise considerable.

SO

As passwords are usually your sole protection you must:

- Use as long a password as you can cope with - at least more than eight characters
- Mix upper case and lower case characters with symbols and numbers
- Try not to use easily guessable words - the names of your children, spouse, pets, favourite sports teams and so on
- Avoid sharing passwords with other people
- Use different passwords for different sites and services

Note: You can use:

<http://www.passwordmeter.com/>

to test the strength of your passwords. Here are four examples:

- RaYhAt1! 74%
- RaYhAt1943! 100% (Apple thought this password 'not strong enough')
- 10MareeStreetCapeTown 100%
- Raymond123456 100%

The mix of uppercase numerals and length is almost mandatory.

And, for the naughtier amongst you:

Our cell phones reveal where we are at all times: where we live, where we work, who we spend time with. They know when we wake up and when we go to sleep—because checking our phones is often the first and last thing we do in a day. And because everyone has a cell phone, they know who we sleep with.

Beware 😊

NEW ZEALAND

RESIDENCE – Term requirements

New Zealand and Australia currently have the lowest residency requirements in the OECD at 10 years for eligibility to the state pension while the average across the OECD is 26 years. But a bill put forward by New Zealand First MP Mark Patterson could change that, if it gains support from other political parties. Patterson's bill proposes raising the minimum residency from 10 to 20 years after the age of 20 - meaning a childhood spend in New Zealand would not count towards the qualification. Paterson said raising the residency to '20 after 20' would ensure a person had lived and worked in New Zealand for a substantial part of their adult lives. He also pointed to research from BERL which estimated changing the residency requirement to 20 years would generate savings over 10 years of \$4.4 billion

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

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Or see it all at www.saarp.net

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TRIVIA

SNIPPETS

- As of 2017, there were more than 8.85 million Mexicans aged 65 or older according to WorldBank data – and this number will steadily rise. (For perspective, it is an increase of more than two million over the past decade.) As Mexico's ageing population grows, they are finding it difficult to secure jobs, despite the need to still bring in income. **BBC**
- In response to a reader suggesting that his vegan diet 'tortures' no animals a Spectator reader, a farmer, suggested he should spend some time on a farm growing arable crops, saying "I could show him a thing or two about having to kill animals." That is because, those birds of prey following the harvesters, are feasting on the rabbits, mice, tortoises, fledgling birds et cetera that are killed willy-nilly by the harvesters. (That is, if the pesticides have not already done so.)

To My Children

Never make fun of having to help me with computer stuff.

I taught you how to use a spoon.

SMILE - Bathrooms

- A man has six items in his bathroom: toothbrush and toothpaste, shaving cream, razor, a bar of soap, and a towel.
- The average number of items in the typical woman's bathroom is 337. A man would not be able to identify more than 20 of these items.

QUOTE

We have probed the earth, excavated it, burned it, ripped things from it, buried things in it, chopped down its forests, levelled its hills, muddied its waters, and dirtied its air. That does not fit my definition of a good tenant. If we were here on a month-to-month basis, we would have been evicted long ago. -Rose Bird, Chief Justice of California Supreme Court (2 Nov 1936-1999)

FOOD FOR THOUGHT 1

We think we know a lot, even though individually we know very little, because we treat knowledge in the minds of others as if it were our own. This is not necessarily bad. Our reliance on groupthink has made us masters of the world, and the knowledge illusion enables us to go through life without being caught in an impossible effort to understand everything ourselves. From an evolutionary perspective, trusting in the knowledge of others has worked extremely well for Homo sapiens. Yet like many other human traits that made sense in past ages but cause trouble in the modern age, the knowledge illusion has its downside. **The world is becoming ever more complex, and people fail to realise just how ignorant they are of what's going**

Harari, Yuval Noah. 21 Lessons for the 21st Century (Kindle Locations 3311-3317). Random House. Kindle **Edition**.

FOOD FOR THOUGHT 2

"One telephone is useless, and two are marginally useful, but an entire network of telephones is very useful. The same thing is true for fax machines, e-mail, the web, text messages, Snapchat, Facebook, Instagram, PayPal, and everything else. The more people use them, the more useful they are. And the more powerful the companies that control them become, the more control those companies can exert over you."

Click Here to Kill Everybody: Security and Survival in a Hyper-connected World" by Bruce Schneier

FESTIVE GREETINGS

Christmas is a time for remembering. 2018 has been a sad year for our Social Clubs. A number of wonderfully dedicated chairpersons, committee members and members have been called to higher service. However, we remember with gratitude and love their dedication, drive, humility and enthusiasm, and seek to keep these attributes alive in ourselves.

We see the wonder in the eyes of the children who surround us. May this sense of wonderment be with you all. We wish you happiness, acceptance and above all Love for fellowman at this special time of year.

Julie Hattingh



FROM ALL OF US HERE AT SAARP

**WE WISH YOU AND YOURS A REALLY MERRY CHRISTMAS
AND A HEALTHY, REWARDING AND FULFILLING 2019
FILLED WITH WONDER**

DO NOT DRINK AND DRIVE – THE LIFE YOU SAVE MAY BE YOUR OWN

Ray Hattingh

PS Good relationships keep us happier and healthier, and loneliness kills.

Daryl Chen

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