



**SAARP**  
**NEWSLETTER**  
**Number 145**  
**January 2019**

**adding life to your years**

**Welcome to 2019.**

Q - Why so optimistic about 2019? What do you think it will bring?

Everything seems so messed up.

A - I think it will bring flowers.

Q - Yes? How come?

A - **Because I am planting flowers.**

**WATER IS LIFE – SAVE IT**

**BBC Headline**

*“The Indian restaurants that serve only half a glass of water”*

The dystopian future we worried about may already be here. The world may be dying from drying long before global warming kicks us into touch.

**Click here:**

<https://www.bbc.com/news/world-asia-india-46451834>

**SAARP NEWS**

**NEW MEMBERS – 2019**

More new members availed themselves of SAARP's short term insurance offers than ever before.

I also note that the average age of new members is falling, perhaps attracted by some clubs and their activities.

**FEEDBACK**

It is always heartening when we can assist our members:

Goeiemore Anne

Baie baie dankie jy is n ster... Ons het dit gekry jy is waarlik n ligstraaltjie...baie dankie.

Baie dankie vir jou goeie diens wat ons van jou af gekry het.

Indien ons iets benodig of vrae het sal ons u kontak. Weereens baie baie dankie

## SAARP SOCIAL CLUB NEWS

### CLUB NEWSLETTERS

I notice from these that a few clubs were already into the swing of things during the week of the 7th to 11th January.

### GEORGE

The George chair, Pam Hodgson, was hospitalized during December and we wish her a speedy recovery.

### MARGATE

This is another club that suffered the fate of no one willing to step forward to serve on the committee.

## SAARP SERVICES

### CRUISE OFFERS

**Call Lifestyle Cruises to Book on 0861 11 33 88, visit [lifestylecruises.co.za](http://lifestylecruises.co.za) or email [info@lifestylecruises.co.za](mailto:info@lifestylecruises.co.za)**

BE SERENADED BY THE ROMANCE ON THE IDYLIC AEGAN FOR A 9 NIGHTS CRUISE PACKAGE FROM R39 999 PPS

Visit five of the most enchanting Greek Island destinations dotted around the Aegean Sea, where culture, history, pristine beaches, and fishing villages suspended in time all await.

Your cruise holiday package includes:

- Return flights and taxes from Johannesburg
- 2 Nights Hotel Stay in Athens
- 7 Nights All-Inclusive Cruise with Celestyal Crystal
- Drinks Package & Selected Tours
- Gratuities
- Port Taxes and Baggage Charges

This offer is valid for the departure date: 06 September 2019

The price per person sharing is from R39 999

Your cruise itinerary will include:

Piraeus (Athens), Greece | Mykonos, Greece | Milos, Greece | Santorini, Greece | Heraklion, Greece | Kusadasi, Turkey | Piraeus (Athens), Greece

SAARP Members get R1 000 off per person of our *Featured Full Cruise Packages*

T's & C's Apply

## 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](mailto:renskes@saarp.net)**

RESORT	AREA	DATE	UNIT	PRICE
Club Mykonos	Langebaan	28/10 - 1/11	1 bedroom	R2244.50
Dikhololo	Brits	6-10 May	2 bedroom	R1495.00
Mabalingwe	Bela bela	3-7 June	2 bedroom	R2442.50
Crystal Springs	Pilgrims Rest	13-17 May	1 bedroom	R1868.70
Hazyview Cabanas	Hazyview	6-10 May	3 bedroom	R2442.50
Margate Beach Club	Margate	6-10 May	1 bedroom	R1495.00
Kiara Lodge	Clarens	13-17 May	2 bedroom	R2442.50
Cayley Lodge	Drakensberg	27-31 May	1 bedroom	R1868.70
Sunshine Bay	Jeffreys Bay	27-31 May	2 bedroom	R1495.00
Placid Waters	Sedgefield	6-10 May	1 bedroom	R1868.70
Royal Atlantic	Sea Point	13-17 May	1 bedroom	R1868.70
Hermanus Beach Club	Hermanus	26-30 August	3 bedroom	R2415.00

**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](mailto: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

**SUGAR – How an experiment changed a family**

When 12-year-old Matthew Carter saw how much sugar was in his favourite fizzy drink he began spooning each person's daily sugar allowance into separate bowls every

day for five weeks. Then, when his parents and brother and sister ate anything, they had to check the amount of sugar in it, and spoon that amount out of their bowl and back into the original sugar jar. When their bowls were empty the family were not allowed any more sugar that day.

Matthew's mother Claire explained how the experiment came about.

*"It all started because Matthew wasn't sleeping, and so we measured out the amount of sugar in the can of fizzy drink he liked. It was about four teaspoons."*

Matthew, a keen football fan, had also been reading that for sportsmen, healthy eating was an important part of maintaining fitness. He had noticed that his friends were putting on weight, and he linked this to the chocolate they were buying after school. It wasn't long after the experiment began that Claire started seeing changes in her children's behaviour. On just the second day Sarah, who was then six, announced she didn't want sugar on her breakfast cereal because losing any of her sugar allowance that early on, made the day a struggle. Sarah started eating fruit, and she no longer cried if she was told she couldn't have something sweet like a biscuit. *"Because she could see her daily sugar allowance in the bowl, the concept of a teaspoon actually meant something to her. The act of spooning the sugar back into the jar meant she could see how much sugar was in what she was about to eat,"* said Claire.

Claire and her husband Martin also lost weight over the five-week trial and Matthew's experiment has had a lasting effect on his family.

Click here to read the full article:

<https://www.bbc.com/news/health-46739905>

## **YOUR MEMORY - Some good news**

While overall memory declines as we age, that's far from the end of the story. In fact, there are certain things we older people continue to remember quite well.

Memory decline is one of the first things that concern people about growing older — it can start after the age of 20, so being more forgetful when you are 60 or 70 is often normal. It's far too simplistic to say that the elderly have impaired memories. In fact, there are many things older adults remember quite well.

### **1. Older people tend to remember the essentials.**

If we are packing for a trip we want to make sure we've packed the most important items such as credit cards, passports, medication et cetera. I have a standard check list for travelling which I have used for many years.

### **2. Older people tend to remember what they need to do in the future.**

Have you ever heard of a grandmother missing a grandchild's birthday? We make sure we keep our appointments and pay our bills on time even if we use a calendar and/or a diary. In one study people were asked to mail back postcards every week. To the researcher's surprise, it was the older adults who diligently mailed in the postcards each week.

### **3. Older people tend to remember what intrigues them.**

We are curious beings. What interests us usually sticks in our memories. I have a list of all the books I've read on my Kindle over the years. Those that piqued my curiosity stand out in my memory. In other cases I cannot even remember if I finished the book, it was that uninteresting – to me.

There's also a certain pleasure in recalling trivia and absorbing new information about the world.

### **4. Older people may forget what they're doing in a particular room, but they can jog their memory.**

Have you ever found yourself in the kitchen without the faintest idea why? This is a common occurrence for everyone, but especially for us oldies. Our minds often wander as we go to another room or we start thinking about something else.

The best way to remember what we need is to walk back into the first room where we had the original thought. The context of that starting point can provide the trigger.

### **P.S. But don't get too hung up on what you can and can't remember.**

Our beliefs about our memory can be very influential. In fact, many of us have negative beliefs and expectations about aging's impact on the brain. This can only lead to "stereotyping".

***Based on an article by Alan D. Castel, AARP***

### **Grumpy – Why?**

Here are some possibilities:

**Dementia:** Research has linked mood changes with early signs of Alzheimer's disease and some symptoms of [dementia](#) overlap with common signs of depression, like apathy, social withdrawal and isolation.

**Hormonal changes:** We're all well aware that falling estrogen levels during [menopause](#) can make a woman feel irritable, sad and anxious. But a gradual decline in testosterone levels in men, known as andropause, is being researched as a possible link to depression. Also as we age, our dopamine levels decline, making us vulnerable to dopamine-deficient depression.

**Chronic pain:** Pain, particularly chronic pain, can make a person irritable. Dealing with pain saps your energy, leaving little room for niceties and patience.

**Loneliness:** Social isolation and loneliness is a national epidemic, affecting a third of older adults. If you have no one to talk to, and no one to visit, depression can creep in. Spend little time with other people, and you lose the social skills that keep you engaged with the world. Loneliness can be a vicious cycle. Feel down and you don't want to see anyone. But if you don't see anyone, you only feel worse and become more irritable.

**Learn to adapt:** Aging often means handling an onslaught of changes, many of which you may not want to accept. People who can adapt to a changing environment fare better. The quicker you adapt, the better you will fare.

**Shut up and listen:** When you get together with other people, listen to what they have to say, and ask questions. Don't talk about your arthritis or how noisy all the restaurants are. Instead, use the opportunity to learn something new and so, get out of your head.

**Find a support network:** Loneliness is a dangerous thing. Focus your energy on building or strengthening your support network. Join a spiritual or political organization or cause. Call a friend for lunch. Join a support group for people who share a common issue. Take an exercise class. Take a class at a local college or learning centre where you can learn a new skill and meet new people.

**Talk to a professional:** If you still cannot shake your sadness or grumpiness, contact your health care provider. Your moodiness may be a symptom of an underlying health problem. If you are suffering from depression, seek help from a therapist, as depression is a treatable disease and you should not have to suffer alone.

***Extracted from an article by Ronda Kaysen, AARP***

## 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

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

### **AGE – Nor is it a physical one**

The barber who's been cutting hair for 96 years

At 107, Anthony Mancinelli has been cutting clients' hair for 96 years. And counting.

**Click here:**

[http://www.bbc.com/capital/story/20181206-the-barber-whos-been-cutting-hair-for-96-years?ocid=global\\_capital\\_rss&ocid=global\\_bbccom\\_email\\_07122018\\_capital](http://www.bbc.com/capital/story/20181206-the-barber-whos-been-cutting-hair-for-96-years?ocid=global_capital_rss&ocid=global_bbccom_email_07122018_capital)

### **Alcohol - Is a little drinking really so bad?**

Um . . . yes.

One of the big pieces of research that's driving home this point was published last month in the *Lancet*. It was notable because it combined almost 600 studies on how much people drank across the globe and what the effects were on their health. The big takeaway from it was that worldwide, drinking — and not only heavy drinking— was linked to deaths from not only car accidents and liver disease but also cancer, tuberculosis and heart disease. Still, other experts say you don't need to toss your nightcap out just yet. Dr Walter Willett believes the current recommended limit of one drink a day for women and two for men are reasonable, this does need to be considered on an individual basis with your health care provider. A young, healthy woman with a family history of breast cancer, for example, may want to avoid alcohol entirely, since even small amounts slightly raise cancer risk. But for most older adults, moderate drinking is not off the table, provided you follow these four caveats:

#### **Stick like glue to “moderate” drinking**

According to the federal government, that's defined as no more than a drink a day for women and two drinks a day for men. But it's also important to get a clear picture of what a drink is. A standard drink consists of either 12 ounces of beer, 5 ounces of wine, 1.5 ounces of distilled spirits such as vodka or whiskey, or 8-9 ounces of malt liquor. If you're in doubt, you can always measure it out. The *Lancet* analysis found only a .5 percent higher risk of developing an alcohol-related health problem among those who consume only a drink per day.

#### **Don't “bank” your drinks**

This type of drinking puts stress on your liver, can increase your blood pressure, and increases your risk of doing something reckless, like driving drunk. Even if you drink wine only twice a week, stay within the daily recommended limits. As we get older, we're more susceptible to the effects of alcohol because our bodies lose their ability to metabolize it as efficiently. This in turn can set us up for things such as falls.

#### **Don't drink at all if you have liver disease or you're at risk of developing it**

The older you are, the more likely you are to develop fatty liver disease, a condition where too much fat is stored in your liver cells. If your most recent blood tests have shown elevations in liver enzymes, you should avoid alcohol completely.

#### **Don't drink because you think it's good for your health**

If you've had your nightly martini ritual for the last 30 years, it's fine to continue it, but don't start drinking because you think it's good for you. There's never been a guideline issued by groups such as the American Heart Association or the U.S. Dietary Guidelines recommending alcohol; the language has always been, if you do drink, do it in moderation.

**Extracted from an article by Hallie Levine, AARP**

## GRANDCHILDREN

### **A MODERN PROBLEM**

*"I love my grandchildren, but I'm not particularly interested in spending a lot of time with them."*

According to traditional expectations? No, you're not normal. But according to reality? Yes, you are.

Increasingly so, as the grandparent age gap widens. The median age of first marriages is rising, and for the first time in history, the birth rate for American women 30 to 34 is higher than that for women 25 to 29.

So while the average age of first-time grandparents is around 50, it isn't uncommon to find the grand-parent-grandchild age difference to be as high as 60 or 70 years. "Grandparents today may have less in common with—and less energy and patience for—their grandkids," says Ronald Jay Werner-Wilson, chair of the Department of Family Sciences at the University of Kentucky.

It's OK to be guilt-free, he adds. *"Explain to the children's parents that you're at a time in life in which you want to put your energy into doing some things for yourself, and that you love your grandchildren but just can't always be there to watch them. Then work out whatever arrangement works for you."*

Selene Yeager

**AARP The Magazine**

## A QUESTION FOR YOUR CHILDREN

### **RETIREMENT – Are you (were you) ready?**

1. What will you miss from work? The challenges? The social life? Your authority?
2. Will not working make you feel less vital?
3. Do you have an agenda for filling your time with *your* choice of hobbies and interests?
4. What will make you rise each day as excited as you were at the high points of your career?
5. What ambitions are you waiting to fulfill?
6. How do you think your being around the home more will affect your partner, if you have one? What does your partner think?
7. To what extent will you be in service to other family members once you retire? How do you feel about that?

## COMPUTERS

### **GMAIL – Tip**

Some newcomers to Gmail have expressed their frustration with composing in Gmail.

I don't. I compose the message in Word and then copy and paste the final product into Gmail.

### **SAFETY – Be prepared**

Invariably when a member says they cannot open this newsletter it because they are using outdated software.

Please make sure you all have:

- The latest versions of the software you are using
- Your data backed up on a USB or an external drive – even on another computer (It may even be on “The Cloud” but please confirm that)
- That you have an efficient and effective Antivirus software

Please do not react to e-mails or telephone calls stating that there is something wrong with you PC or whatever. Rather first check with someone or call us.

This year the industry expects AI to assist scammers, hackers and other criminals in advancing their activities.

### **DIGITAL DECLUTTER – Are you ready?**

Excerpt from *Why it pays to declutter your digital life*:

*I have a confession: there are 20,577 unread emails in my inbox, 31,803 photos on my phone and 18 browser tabs currently open on my laptop.*

\* \* \*

Right now my Nokia phone has 0 pictures and 0 messages. It is cleared every evening. I am not on any social media.

My office inbox has 0 e-mails - all today's already answered.

My Gmail has 8 unread which I shall deal with after writing this.

My personal files on my Laptop total 1,455 of which 55 are photographs.

After 40 odd years in the computer game I started decluttering about two years ago and really enjoyed repeatedly hitting that delete button followed by "Empty the Recycle Bin".

I am free. I recommend it. Ray

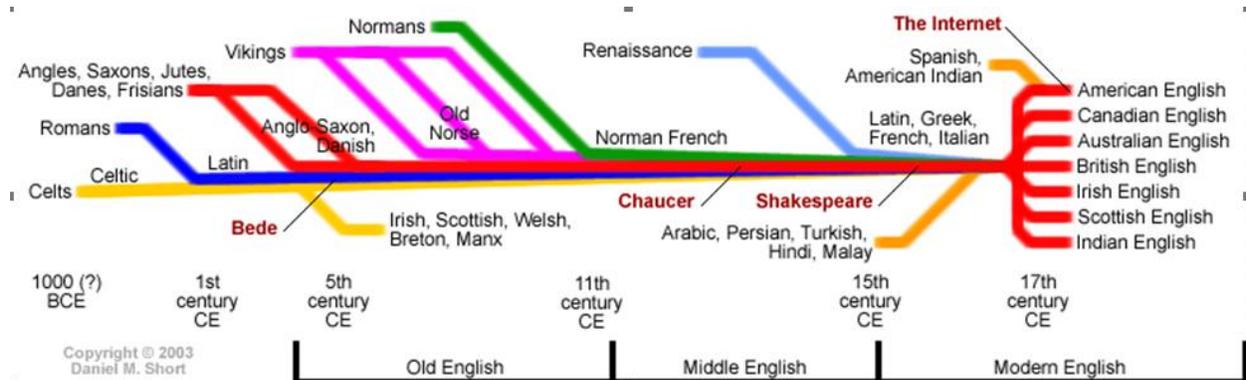
Click here to read the BBC article:

[http://www.bbc.com/future/story/20190104-are-you-a-digital-hoarder?ocid=global\\_future\\_rss&ocid=global\\_bbcom\\_email\\_08012019\\_future](http://www.bbc.com/future/story/20190104-are-you-a-digital-hoarder?ocid=global_future_rss&ocid=global_bbcom_email_08012019_future)

## **LANGUAGE**

### **ENGLISH**

A well-known writer once referred to English as the *Great Wh\*re* of languages. Here's why:



But *She* is also a fickle lady:

Language changes all the time. Some changes really are chaotic, and disruptive. Take *decimate*, a prescriptivist shibboleth. It comes from the old Roman practice of punishing a mutinous legion by killing every 10th soldier (hence that *deci-* root). Now we don't often need a word for destroying exactly a 10th of something – this is the 'etymological fallacy', the idea that a word must mean exactly what its component roots indicate. But it *is* useful to have a word that means to destroy a sizeable proportion of something. Yet many people have extended the meaning of *decimate* until now it means something approaching 'to wipe out utterly'.

Descriptivists – that is, virtually all academic linguists – will point out that semantic creep is how languages work. It's just something words do: look up virtually any nontechnical word in the great historical *Oxford English Dictionary (OED)*, which lists a word's senses in historical order. You'll see things such as the extension of *decimate* happening again and again and again. Words won't sit still. The prescriptivist position, offered one linguist, is like taking a snapshot of the surface of the ocean and insisting that's how ocean surfaces must look.

***Who decides what words mean by Lane Green.***

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## TRIVIA

### SNIPPETS

- **In essence, the most important thing that parents give to their child is their genes. Many parents will find this hard to accept.** As a parent, you feel deep down that you can make a difference in how your children develop. You can help children with their reading and arithmetic. You can help a shy child overcome shyness. Also it seems as if you must be able to make a difference because you are bombarded with child-rearing books and the media telling you how to do it right and making you anxious about doing it wrong. (These books are, however, useful in providing parenting tips, for example, about how to get children to go to sleep, how to feed fussy children and how to handle issues of discipline.) **But when these best-selling parenting books promise to deliver developmental outcomes, they are peddling snake oil.** Blueprint by Robert Plomin.
- Palau (Phillipines) has become the first country to impose a widespread ban on sunscreen in order to protect its vulnerable coral reefs - but for many consumers this may be the first they have heard of the product's harmful effects. Researchers believe 10 chemical ingredients found in sunscreen are highly toxic to marine life, and can make coral more susceptible to bleaching.

### TRANSLATION

Seen in a coffee shop:

*NO NONSENSE COFFEE GUIDE*

~~Americano~~ - Black coffee

~~Flat white~~ - White coffee  
~~Cappuccino~~ - Frothy coffee  
~~Latte~~ - Milky coffee  
~~Espresso~~ - Strong coffee  
~~Machiate~~ - Milk topped with coffee  
~~Mocha~~ - Choccy coffee  
~~Hot Chocolate~~ - Also not coffee

## QUOTE

Sacred places are the first places to be destroyed by invaders and iconoclasts, for whom nothing is more offensive than the enemy's gods. And we should recognize that much of the destruction of our environment today is deliberate, the result of a willed assault on old and despised forms of tranquillity.

***Roger Scruton***

## SMILE

I have a brain like the Bermuda Triangle. Information goes in, never to be found again.

## FOOD FOR THOUGHT

Studies of adults show that even when presented with random stimuli, and explicitly informed that the stimuli are random, people still claim to be able to find patterns in the sequences. The brain is so fanatical about pattern that it will gladly generate patterns even where none exist. Look at the figure below.



There are no overlapping triangles in this image; the brain's pattern recognition circuits create them. Image courtesy of Adam Somlai-Fischer, Prezi.com.

***Geary, James. I Is an Other (Kindle Locations 596-601). HarperCollins e-books. Kindle Edition.***

**Ray Hattingh**

**PS** *"I have had many and severe troubles in my life," he said, "but most of them never happened."*

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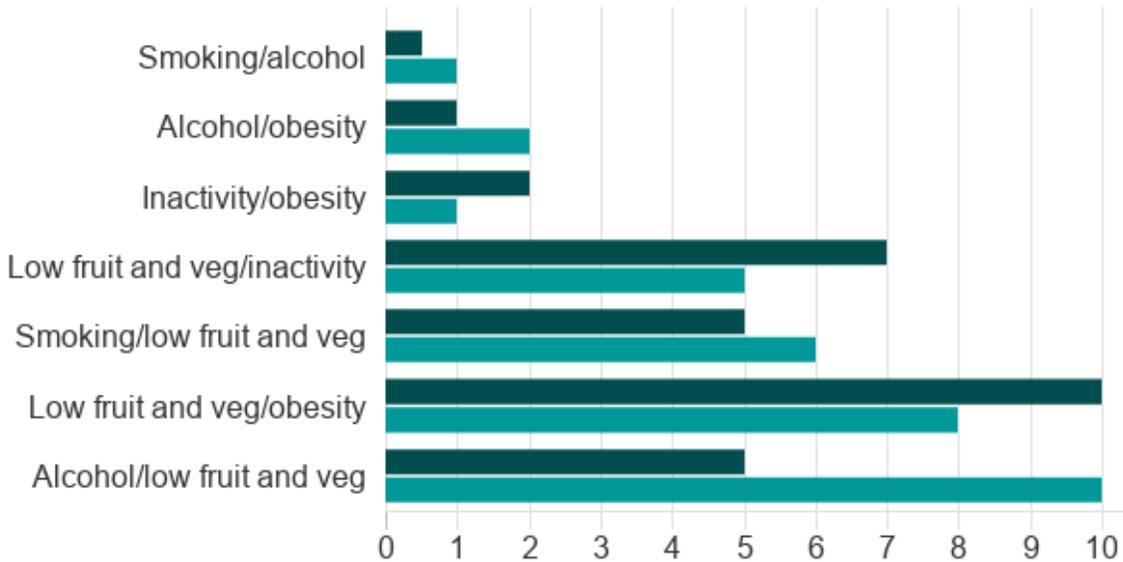
## LIFESTYLE

### Most live unhealthy lifestyles

### Combinations of risk factors

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

■ Women % ■ Men %



Source: Health Survey for England 2017/NHS Digital

BBC

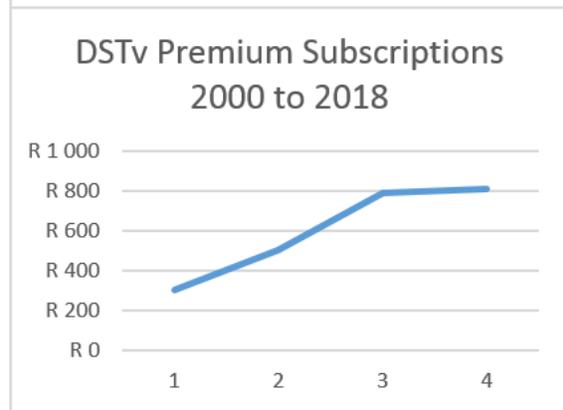
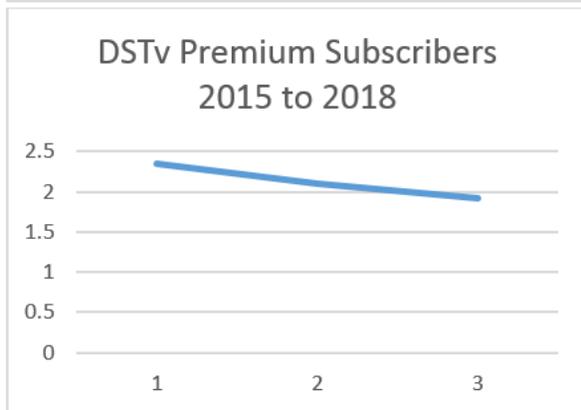
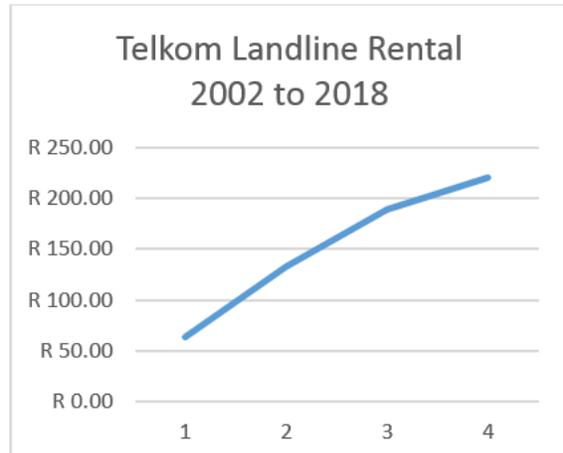
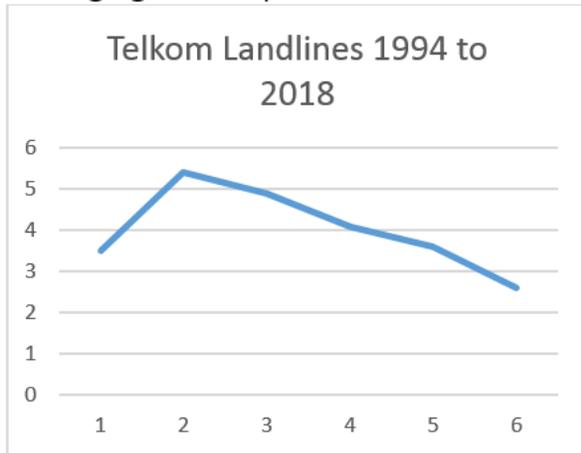
***Click here to read the article:***

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

## SOUTH AFRICAN SERVICE PROVIDERS

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**LANGUAGE**

**FORGOTTEN WORD – That changed a life**

Dactylology (n) finger speech

"Born in Alabama in 1880, Helen Keller was left deaf and blind by an outbreak of scarlet fever when she was just nineteen months old. That start in life led to an unruly childhood, and when her behaviour became too much for her parents to deal with they sought the help of a young tutor named Anne Sullivan. Sullivan joined the Keller family on their farm in Alabama and over the months that followed painstakingly worked with Helen to help her understand words, language and the world around her. The breakthrough finally came on 5 April 1887, when Helen, helping Sullivan fetch water from the farmyard pump, connected the letters W-A-T-E-R that Sullivan was tracing on to the palm of her left hand with the fresh water that was running over her right. *"Keller later wrote in her autobiography: As the cool stream gushed over one hand, she spelled into the other the word 'water' . . . Suddenly I felt a misty consciousness as of something forgotten – a thrill of returning thought; and somehow the mystery of language was*

*revealed to me. I knew then that 'w-a-t-e-r' meant the wonderful cool something that was flowing over my hand. That living word awakened my soul, gave it light, hope, joy, set it free!"*

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