



SAARP
NEWSLETTER
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adding life to your years

My grand philosophical conclusion at the end of the day is that humanity does not divide into the rich and the poor, the privileged and the unprivileged, the clever and the stupid, the lucky and the unlucky or even the happy and the unhappy. It divides into the nasty and the nice.

Auberon Waugh

WATER IS LIFE – SAVE IT

WATER – Why it is one of the weirdest things in the universe

Water doesn't follow the normal rules of chemistry. For a start, it shouldn't really be liquid on our planet. A water molecule is made up of two very light atoms, hydrogen and oxygen. And at the pressures and temperatures on the surface of the earth, the rules of chemistry say that water should be a gas. And, unlike any other chemical, when water freezes it expands and so ice floats on water. Hot water freezes faster than cold. No-one knows why. Water molecules can float upwards, against the force of gravity. That's because they love to stick to each other. They're so good at it that they can actually pull each other up through tiny channels, such as the tiny blood vessels in your body.

Click here to watch the video:

<https://www.bbc.com/ideas/videos/why-water-is-one-of-the-weirdest-things-in-the-uni/p06y2c9k>

SAARP NEWS

IMPORTANT – Warwick Private Wealth

SAARP has been advised by Warwick that they are no longer willing to abide by their contractual agreement with SAARP and that they have unilaterally cancelled the agreement as from 1.1.2019. We will forthwith cease all advertising of their products and their services. As such we will no longer be able to assist members with complaints about their services. Clubs and members are requested to cease any SAARP involvement with this company and its representatives. Members with wills registered with Warwick are able to move their wills over to the free SAARP Wills scheme should they so desire. Please contact our office for further information in this connection. We will in due course advise members of a replacement supplier for investment services.

John Benwell
Managing Director

NEWSLETTER

It is gratifying to see that many members really enjoy this newsletter – here are some of the latest comments:

- Thank you again for a fine newsletter with so much useful information.
- It is indeed a highlight in the lives of the aged.
- Thanks a Million for your amazing Magazine. I'm supposed to be sitting here editing a book, but my SAARP Magazine comes first. I've read it from "cover to cover".
- I absolutely LOVE the newsletter you send out every month.
- Baie dankie vir die interessante nuusbrieff!
- Thank you so much for the wonderful and sometimes tongue-in-cheek wisdom we receive from you every time.
- Hierdie is net 'n kort gelukwensing vir die kwaliteit van jul maandelikse nuusbriewe. Dit is nie net die artikels wat so interessant is nie, maar veral ook die kwaliteit van die Afrikaanse vertalings.

SAARP SOCIAL CLUB NEWS

HILLCREST – Social Club

This club has closed and Pinetown Social Club has invited Hillcrest members to join them.

SAARP SERVICES

EYECARE - The Spec-Savers 2019 offer for SAARP Members cash deal

	Eye-Test	Lenses	Frame Value	SAARP Price Package
Single Vision	R499	R175 per lens	Grey up to R190	R1, 039
BiFocal	R499	R380 per lens	Grey up to R190	R1, 449
MultiFocal	R499	R695 per lens	Grey up to R190	R2, 079

This offer is for standard lenses: scratch proofing and other enhancements are in addition to these prices.

You are welcome to upgrade your purchase to a higher priced frame, lenses or add-ons. The additional cost is to be billed out at the full cash rate.

When you visit a Spec-Savers store you will be required to present your SAARP Membership Card. **Also remember to present your Clicks Club card when paying as you are entitled to Clicks Club points from Specsavers.**

CRUISE OFFERS

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

NORDIC EXPRESS TO COAST ODYSSEY 8 NIGHTS CRUISE

The Nordic Express to Coast Odyssey from Oslo to Bergen includes enjoying a scenic ride over Norway’s “mountainous rooftop” by train and a rich and cultural exploration opportunity from Bergen to Kirkenes by cruise. Delight in some sight-seeing in Oslo and Bergen before visiting major coastal cities & tiny remote villages. Book now to experience this adventure known for its incredible views from the railway and come face to face exploring deep fjords and rugged coastlines.

Your cruise holiday package includes:

- Return flights and taxes from Johannesburg
- 1 Night Hotel Stay in Oslo
- Scenic rail journey from Oslo to Bergen
- 1 Night hotel stay in Bergen
- 6 Nights full board cruise with Hurtigruten
- Shuttle transfers

This offer is valid for the departure date: 07 September 2019

The price per person sharing is from R42 999 pps

Cruise Itinerary: Bergen, Norway / Floro - Molde / Kristiansund - Rorvik / Bronnoysund - Svolvær / Stokmarknes - Skervoy / Oksfjord - Berlevåg / Batsfjord – Kirkenes

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**

RESORT	AREA	DATE	UNIT	PRICE
Royal Atlantic	Sea Point	20-24 May	1 bedroom	1868.75
Club Mykonos	Langebaan	30/9 - 4/10	1 bedroom	3737.50
Placid Waters	Sedgefield	13-17 May	1 bedroom	1868.75

Dikhololo	Brits	6-10 May	2 bedroom	1495.00
Kiara Lodge	Clarens	13-17 May	1 bedroom	1868.75
Kiara Lodge	Clarens	27-31 May	2 bedroom	2442.50
Crystal Springs	Pilgrims Rest	27-31 May	1 bedroom	1868.75
Hazyview Cabanas	Hazyview	10-14 June	2 bedroom	1495.00
Cayley Lodge	Drakensberg	27-31 May	1 bedroom	1868.75

NOTE 1: The above prices include 15% VAT.

NOTE 2: The price is for the entire period.

NOTE 3: All cancellations must be made 7 weeks before check-in date.

PAYMENT: Once Renske has CONFIRMED your booking she will submit an invoice containing SAARP’s bank details. Once you have deposited the required amount in SAARP’s bank account, please provide proof of payment using one of the following:

Fax: 021 592 1284

E-mail: info@saarp.net

And remember to quote your ID Number and name.

DO NOT PAY ANYTHING UNTIL YOU HAVE RECEIVED THE CONFIRMATION OF THE BOOKING AND THE INVOICE.

HEALTH

HEALTHY EATING – More than just diet

By doing something as small as adjusting your mealtimes, you can re-set your body clock and improve your health. When you think about eating better, what comes to mind? Adding servings of fruits and vegetables to your lunches and dinners? Cutting down on processed foods? Consuming more locally grown produce?

Chronobiologist Emily Manoogian has found that adjusting one specific factor — *when we eat* — could improve our lives just as much as changing what we eat. She says, *“Much the same way that you should eat a healthy meal every day, you should also eat it when your body expects it.”*

Our bodies run on a 24-hour clock — right down to our cells and in our busy and highly stimulating world, our circadian rhythm could use some assistance. The two biggest cues you can give your body to tell it the time of day are light and food. Evolutionarily, those were very reliable cues to know the time of day. But in modern society, light and food are available around the clock. This can lead to circadian disruption. This disruption is associated with an increased risk of heart disease and diabetes. You need to keep your body on its schedule so it can prepare itself for what it needs to do and this means using those external cues to support your biological clock: tell it when it’s morning and when it should be awake, and decrease stimulation at night so it can get a proper rest. One way to help our bodies is by practicing “time-restricted eating.” What that means is

this: Eat within the same 10-hour window every day. That's it. So if the first thing that you consume is at 8 AM, your last meal should be at 6 PM. The end of your 10-hour eating window should *not* coincide with your bedtime. (Water is fine, however.) "Leave at least three hours before you go to bed ... so your body can get that proper rest as it needs at least 12 hours of fasting every day to function properly. If you decide to try time-restricted eating, this does not mean you can never go to a party again or have a midnight snack. When you do exceed your 10-hour window, just get on track the next day.

When you eat can be just as important as what you eat by Mary Halton.

Click here:

<https://ideas.ted.com/when-you-eat-can-be-just-as-important-as-what-you-eat/>

GUT HEALTH - How dirty air could be affecting it

As countries industrialise, their air becomes dirtier – and this could have some far-reaching effects on the beneficial bacteria inside us. The gut microbiome is made up of billions of bacteria, and scientists have been trying to understand exactly how they affect our health, contribute to our risk of contracting diseases and how they interact with the vital organs and systems in the body, including the brain. The microbiome is dynamic and may change through life due to exposures. There is a lot of interplay between the gut and what we're exposed to. According to research, these environmental triggers include diet and stress. The hygiene hypothesis, meanwhile, argues that living in sanitary environments doesn't allow immune systems to properly develop.

Air pollution is made up of a number of substances, including carbon monoxide, nitrogen oxide (produced by diesel vehicles), ozone, sulphur dioxide and particulates (which consists of dust, pollen, soot and smoke). Such pollution is a leading cause of disease and death. It has been linked to many health conditions, including lung diseases, heart attacks, strokes, Alzheimer's, diabetes and asthma.

However, scientists also don't yet know which pollutants in particular are to blame.

As well as breathing airborne pollutants into our lungs, we can ingest them from food, which pollution can easily contaminate, through the body's mechanism of getting rid of toxins. This process, mucociliary clearance, filters the air we breathe and comes back out as oral secretion to the back of the throat as phlegm, which we swallow and which then enters the intestine.

The consensus is that air pollution isn't a leading cause of gut disease, but could be one of a number of triggers

Click here to read the article:

http://www.bbc.com/future/story/20190128-how-dirty-air-could-be-affecting-our-gut-health?ocid=global_future_rss&ocid=global_bbccom_email_30012019_future

HEARING - 10 Surprisingly Common Causes of loss

There are two main types of hearing loss. Conductive hearing loss develops when something — congestion from a bad cold, an ear infection, a perforated eardrum — blocks sound signals from reaching the inner ear. Sometimes only one ear is affected. Hearing usually returns to normal after the problem is treated.

Far more serious is sensorineural hearing loss, which involves damage in the inner ear. It can be triggered by loud noise as well as aging. Many people gradually lose some hearing as they get older.

But that doesn't mean there's nothing you can do. Here are 10 unexpected causes of hearing loss. Check with your medical team if you suspect any of these and avoid/change those that place you at risk:

1. Earwax build-up
2. Perforated eardrum
3. Ear infection
4. Listening to music with earbuds
5. All those crazy-loud football games and rock concerts
6. Tipping the weight scale
7. Diabetes
8. Sleep apnea
9. Not wearing a hearing aid when you need one
10. Medications. More than 200 drugs, ranging from over-the-counter medications to chemotherapy, can damage hearing, according to the American Speech-Language-Hearing Association.

AARP

LEGACY MATTERS

A LETTER TO REMEMBER

DR VJ Periyakoil, a specialist in geriatrics and palliative care at the Stanford University Medical Centre, has had countless conversations with people nearing the end of their lives. The most common thing they talk about, she says, is regret—regret that they hadn't spoken enough loving words to their spouse, or told their children how much they cared, or apologized for doing something hurtful, or thanked a special friend. It's not too late, as long, as you still can put pen to paper (or hand to keyboard). Think about writing your family or best friend a "last letter," showing what's in your heart. Your words will make their lives a little better. She suggests you start by acknowledging the important people in your life, telling them that you love them and expressing pride in their achievements. Maybe you think you don't have to write these things down because you've said them already. But spoken words sometimes get lost in the family

scrum. Written, they can be held in the hand, and cherished for life. You might also mention treasured moments you spent with your child, family or friend. Next comes a harder part—the apology section. Many patients, looking back, find themselves pained by specific actions or behaviours that hurt one of the people they love and she urges you to say you're sorry. One letter won't fix, say, a distant relationship with a sister. But it might make her (and you) feel a little better. You might also forgive anyone you love who has hurt you in the past, if you can. It's solace for those you love, and cathartic for you. If you can't forgive, keep mum. A last letter from you should be one of love and reconciliation, not spite. Death does not end your responsibility to those you leave behind. Finally, remember to thank people for the love and care that you have received, and say goodbye. Once you're finished, put the letter (or letters) with your will or in a drawer where you store precious things. You'll find the template and sample letters by clicking here:

<http://med.stanford.edu/letter/%20friendsandfamily>

AVOID BEING SCAMMED

The following comes from the American AARP (their SAARP) but applies universally.

General Tips on How to Avoid Scams

Here are some friendly reminders on how to avoid scams. The following tips from the Aging Committee are reminders that help older adults identify general scams:

- Con artists force you to make decisions fast and may threaten you.
- Con artists disguise their real number, using fake caller IDs.
- Con artists sometimes pretend to be the government (e.g. SARS).
- Con artists try to get you to provide them with personal information like your Identity Number or account numbers.
- Before giving out your card number or money, please ask a friend or family member about it.
- Beware of free travel offers.

Source: Tips from United States Senate Special Committee on Aging for Avoiding Scams, 2018 Fraud Book.

SOUTH AFRICAN HISTORY

FARM NAMES – Derivations

For many years I have tried to determine the meaning and origin of the farm name "Ongegund". At last I have succeeded.

Anyone with even a passing knowledge of South African history must acknowledge that farms are more than just pieces of land. For at least three centuries, bitter struggles

have been waged over this most basic resource, and the legacy of conflict and hardship is often registered in the layers of private names bestowed on land.

Disagreements between family members and neighbours were common among the early settlers, and these squabbles can be seen in certain farm names like 'Twis' ('quarrel') and 'Strydfontein' ('conflict springs'). While the causes of some disputes are recorded - for example, 'Afgunst' ('envy'), 'Aanstoot' ('give offence' or 'appal') and '**Ongegund**' ('not given', implying a disputed estate) - so is the desire to avoid bickering. This can be seen in the names of farms such as 'Twisniet' ('don't quarrel'), 'Vrede' ('peace') and 'Concordia'.

The vital importance of water on farms results in the widespread use of the suffixes '-fontein' ('spring') and '-vlei' ('wetland'). The regularly recurring names 'Rietvlei' ('reed bed'), 'Rietfontein' ('reed springs') and 'Mooifontein' ('pretty spring') are among the most ubiquitous. The plentiful supply of water on some farms has resulted in names like 'Driefontein' ('three springs') or 'Vierfontein' ('four springs'). The presence of water does not always guarantee refreshment, though, as can be seen in names such as 'Brakfontein' ('brackish spring'), 'Moddergat' ('mud hole') and 'Stinkfontein' ('stink water').

The difficulties experienced by the pioneers are apparent in names such as 'Soebatsfontein' ('pleading springs'), 'Noodhulp' ('emergency') and 'Helpmekaar' ('help one another'). The causes of such suffering, as well as brutal descriptions of the consequences, appear in names like 'Dorstvlakte' ('drought plain') and 'Armoed' ('poverty'). Some settlers sought seclusion from society, reflected in descriptors like 'Ruimte' ('space'), 'Afzondering' ('setting apart') and 'Eenzaamheid' ('loneliness'). Many names, however, anticipated a better life or told of gratitude: for example, 'De Hoop' ('hope'), 'De Rust' ('rest') and 'Geduld' ('patience').

Many farm names have a celebratory aspect to them, and include cheerful expressions of pleasure; among these are 'Blydschap' ('happiness'), 'Grootgeluk' ('great fortune') and 'Welgegund' ('good gift'). A sense of reward well-earned is carried in the names 'De Gunst' ('favour') and 'Langverwacht' ('long expected'), though even more so in the classic South African farm name of 'Nooitgedacht' ('never expected').

Naming farmland: Cultural legacies of named landscape in South Africa

By Steven Kotze, The Independent Institute of Education

Ongegund, bn. envied, grudged

Patriot woordeboek: Afrikaans-Engels 1902

COMPUTERS

GMAIL – Advice

I put every customer I can onto Gmail, where everything is backed up and available from any computer anywhere in the world, except possibly Zimbabwe

Sonia Eliot

Hear, hear from someone who has lost all previous e-mails in Outlook more times than I can remember.

COMPUTERS - Male or female?

A professor at the end of his last class to a group of post-graduates asked men to move to one side of the class and women to move to the other side. He then wrote a question on the board and asked the groups to think about the answer with their justifications:

"Is the computer a male or female?"

Men's response: The computer is **female** because

- No one but their creator understands their internal logic
- When computers communicate with each other, they communicate in code language only they can understand
- Every mistake we make is stored in their hard-drive which can be retrieved later
- As soon as you commit to one, you find yourself spending half your paycheck accessorizing it

Women's response: The computer is **male** because

- To get their attention, you need to turn them ON
- They have a lot of data but still can't think by themselves
- They are supposed to solve our problems, but half the time they ARE the problem
- As soon as you commit to one, you realize that if you had awaited a little longer you could have got a better model

OUR BRAINS

PRE-CONSCIOUS PERCEPTION

When you meet someone new, the first thing your brain does is take note of two characteristics: race and gender. The Harvard study, published in the journal *PLOS ONE*, used real-time brain scans to pinpoint the region in which patterns of neural activity change when people look at black and white faces, and at male and female faces. *"We found that a brain region called the fusiform face area, or the FFA for short, seems to play a key role in differentiating faces along these two dimensions,"* said Harvard Ph.D. Juan Manuel Contreras, the study's first author. *"When we studied the patterns of activation in this region, we found they were different for black and white faces, and for female and male faces."* But even though the brain seems to immediately collect information about race and sex, Contreras said, it's not until later in visual processing that meaning is attached to those differences.

An extract from *Your Brain First Notices Race & Gender Before All Else* by Traci Pedersen

Click here to read:

<https://psychcentral.com/news/2013/10/12/your-brain-first-notices-race-gender-before-all-else/60650.html>

SELF DECEPTION

People can discriminate unknowingly, even against their will, and there is a world of difference between ignorance, and wilful ignorance of one's own biases and prejudices. As the US civil rights advocate Jesse Jackson put it in 1993: **'There is nothing more painful to me at this stage in my life than to walk down the street and hear footsteps ... then look around and see somebody white and feel relieved.'**

AN Extract from: **Buddhism and self-deception**, How can I logically manage to deceive myself? Buddhist thought offers a way out of the philosophical paradox by Katie Javanaud. Click here to read:

<https://aeon.co/essays/how-buddhism-resolves-the-paradox-of-self-deception>

LANGUAGE

TRANSLATION – A difficult art

A member wrote to us complimenting on the quality of the work produced by our Afrikaans translator.

I read an interesting article by Tim Parks entitled: *Can a Translation Be a Masterpiece, Too?* He thought not.

I wrote the following to him: As a South African I have grown up with English and Afrikaans and - for me - a translation can never conjure up the same "feelings" as the original. The Bilingual dictionary may give the other language equivalent but inevitably the word in language A and its supposed equivalent in B raise different feelings within me. Words - for me - are "culture bound". And he replied: *Thanks, Ray. I couldn't agree more* So, kudos to Danie Steyl, our translator.

AH YES . . .

Men ever had, and ever will have leave,
To coin new words well suited to the age,
Words are like leaves, some wither every year,
And every year a younger race succeeds.

Horace, poet and satirist (65-8 BCE)

SPORT

SPORT – Or reality TV?

Ever since the professionalization of sport, coupled with the advent of satellite TV, I have maintained that what was once known as sport has morphed into live reality TV. Here is my proof:

A cosmopolitan collection of millionaires, billionaires, and CEOs, met on a Thursday morning in November 2017, to make sure that their collective cash cow, which generates more than \$5.6 billion a season, kept fattening at the same astronomical rate as it had over the past quarter of a century. Since 1992, the English Premier League’s combined revenues have increased by an obscene 2,500 per cent. Not bad for a group of guys who mostly loathe one another. During the next two hours, the clubs in the room thrashed out the newest terms of their most valuable source of income, the Premier League’s television broadcast rights, which were heading to auction in three months’ time. For twenty-five years, that sale had formed the backbone of the league’s business. Its games now air in 185 countries – the United Nations recognize only 193 – and every weekend they are broadcast to a potential TV audience of 4.7 billion people. This wasn’t a gathering of twenty football clubs. This was somewhere between a shareholders’ conference and a production meeting for a reality-TV show that shoots each episode with a rotating cast of twenty-two men before a live studio audience.

The Club: How the Premier League Became the Richest, Most Disruptive Business in Sport (Clegg, Jonathan; Robinson, Joshua)

THE POTENTIAL TV AUDIENCES

The Most Popular Sports In The World			
Rank	Sport	Estimated Following	Primary Sphere of Influence
1	Soccer	4.0 Billion	Globally
2	Cricket	2.5 Billion	UK and Commonwealth
3	Field Hockey	2 Billion	Europe, Africa, Asia, and Australia
4	Tennis	1 Billion	Globally

SAARP SERVICES

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



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

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TRIVIA

SNIPPETS

- MultiChoice has announced that it will “freeze the price” of DStv Premium from 1 April 2019, ensuring customers will pay the same rate for their package.
- Emerging evidence suggests a 10:1 ratio of carbohydrates to proteins may protect the body from the ravages of ageing.

Click here to read the article:

<http://www.bbc.com/future/story/20190116-a-high-carb-diet-may-explain-why-okinawans-live-so-long>

FOOD FOR THOUGHT

Two monks were arguing about the temple flag. One said the flag moved, the other said the wind moved. Master Eno overheard them and said, *“It is neither the wind nor the flag, but your mind that moves.”*

A POINT TO PONDER

My father was born in an English slum in the years before the First World War. In the borough in which he was born, one in every eight children died in his first year. But in those benighted times, when some London children, too poor to buy shoes, went to school barefoot, the ‘vicious cycle of poverty’ had yet to be discovered. It had not yet occurred to the rulers of the land that the circumstances of a person’s birth should seal his destiny. And so my father, having been found intelligent by his teachers, was taught Latin, French, German, mathematics, science, English literature, and history, as if he were fully capable of entry into the stream of higher civilisation. When he died, I found **his school textbooks** still among his possessions, and they **were of a rigour and difficulty that would terrify a modern teacher**, let alone child.

Theodore Dalrymple, *Life at The Bottom*.

ENGLISH WIT

When distinguished oldies become senile, they are immediately withdrawn from view, not left babbling in the sun. Harold Wilson was scarcely seen in his last five years, while he was suffering from Alzheimer's. It seems especially craven to lock a former prime minister away in this fashion when we have a national institution called the House of Lords, specially designed for them to exhibit themselves.

Kiss Me, Chudleigh: The World according to Auberon Waugh by William Cook.

INTERESTING OBSERVATION

To paraphrase the investor Esther Dyson: in politics the dominant time frame is a term of office, in fashion and culture it's a season, for corporations it's a quarter, on the internet it's minutes, and on the financial markets mere milliseconds.

The Spectator

Ray Hattingh

PS To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." ***Ralph Waldo Emerson***

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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