



adding life to your years

"Our brains quite commonly confuse actual events with realistic fiction. It's unfortunate, but it's normal. This confusion complicates the way we perceive risk."

Artificial Unintelligence: How Computers Misunderstand the World, Meredith Broussard

WATER IS LIFE – SAVE IT

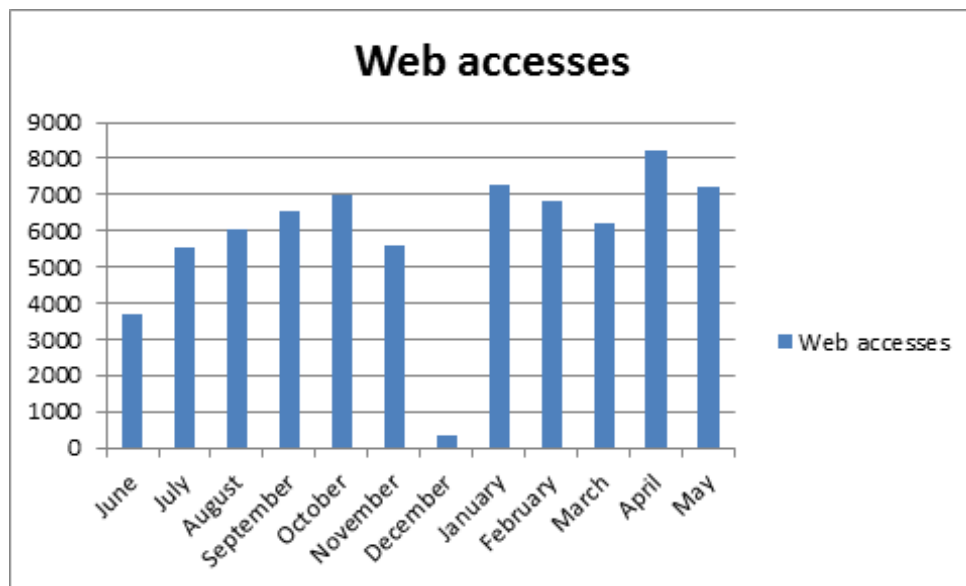
Some thoughts

- *"People without instant water heaters at the sink run about 3.4 litres of water out of the tap (about two kettles full) before it becomes hot."*
- *"It is much more economical to wash dishes with hot water from your kettle."*
- The building community has to seriously reconsider the placement and use of geysers. A geyser in the garage, feeding a bedroom upstairs, wastes an enormous amount of water before it becomes hot. What about hotels?

SAARP NEWS

SHORT NEWSLETTERS

It is a year ago that we launched this and the results speak for themselves:



IDENTITY NUMBERS

When communicating with us please remember to quote your SAARP membership number - which is your South African ID number or your Passport number for non-residents. We have nearly 90,000 members, many with the same initials and surname.

SAARP SOCIAL CLUBS

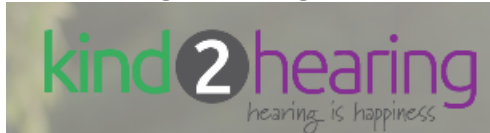
RETIREMENT VILLAGES

Many social clubs conduct activities which are not available in Retirement Villages. I would appreciate it if you can let Julie or myself have a list of any club activities which are outside the scope of most retirement Villages so that we may share these with all social clubs.

SAARP SERVICES

HEARING AIDS – New service

We have signed an agreement with [kind2hearing](#):



Their service includes free hearing screening - 10 minutes with rapport. There is no discount on any full diagnostic hearing tests. The following special discounts on hearing devices are:

- Resound devices discount of 7,5 %
- Interton devices discount of 10 %
- Sonic devices discount of 10 %

There are 28 audiologists countrywide.

Contact Anne anne@saarp.net 021 592 1279 for details

IN CASE OF SICKNESS – Downloadable document

Under **Benefits** on our home webpage we have an item ***“In Case of Sickness”***. This one page document allows you to fill in personal details, including your current medication. We suggest that you carry it in your handbag, purse or wallet. Many (most?) of us oldies are on one or more types of medication. If we are taken to a hospital in an unconscious state the doctors need to know what medication we are taking and whom to contact.

CRUISE OFFERS

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

Package 1

Sydney To Singapore

23 Nights Cruise Package Includes:

Return Flights and Taxes from
Johannesburg

2 Nights Hotel Stay in Sydney, Australia

19 Nights Full Board Cruise on the

Norwegian Jewel

2 Nights Hotel Stay in Singapore

Port Taxes & Baggage Charges

Cruise Itinerary

Sydney ,Australia | Newcastle, Australia |
Brisbane, Australia | Airlie Beach,
Australia | Cairns (Yorkey's Knob),
Australia | Darwin, Australia |Komodo,
Indonesia | Bena (Bali),Indonesia |
Semarang , Indonesia | Singapore

Date of Departure

10 February, 2019

Prices From

Inside Cabin: R 55 999 pps

Outside Cabin: R 62 999 pps

Balcony Cabin: R 78 999 pps

Haven Suites: R 197 999 pps

Package 2

Queen Mary 2 Explores China & Korea

15 Nights Cruise Package Includes

Return Flights & Taxes from
Johannesburg

1 Night Hotel Stay in Hong Kong, China

14 Nights Full board Cruise on Cunard

Queen Mary 2

Complimentary on board Spend from R1

500 per cabin

Port Taxes & Baggage Charges

Selected Transfers

Cruise Itinerary

Hong Kong, China | Shanghai, China |
Beijing (from Tianjin) | Seoul (Incheon)
| Seogwipo, Jeju Island, South Korea |
Hong Kong, China

Date of Departure

17 February 2019

Prices From

Inside Cabin: R 42 999 pps

(R1 500 On-board Spend Per Cabin)

Outside Cabin: R 49 999 pps

(R1 900 On-board Spend Per Cabin)

Balcony Cabin: R 49 999 pps

(R1 900 On-board Spend Per Cabin)

Princess Grill Suites: R 97 999 pps

(R3 500 On-board Spend Per Cabin)

SHORT TERM INSURANCE – Advice from SANTAM

At Santam, you qualify for savings as a pensioner on your insurance policy. Did you know that Santam clients who are 55 or older do not have to pay an excess on claims? This is extremely important when you have a claim and your cash flow is possibly more limited than it used to be.

While many are tempted to cut down on certain expenses, it is important that you do not see this as an opportunity to cut back on your short-term insurance. You should

consider cost effective options that ensures you are not only adequately covered, but also offers additional supporting benefits.

Think about the following when planning:

- If you are scaling down and moving into a retirement village, remember to amend your policy details such as your residential address
- Review the value of your home contents and building insurance should you decide to move with less items as this could impact your premium
- Consider combining your home contents, buildings and car insurance in one policy
- As a Santam client, you have access to 24/7 SOS benefits such as:
 - Home drive assist - chauffer service for you and your car if you have had more to drink than the legal limit
 - Roadside assistance – jump-start service, changing a tyre, mechanical and electrical breakdown, assistance when keys are locked inside your vehicle, if you run out of fuel
 - Home assistance – 24/7 assistance with household repairs such as plumbing, electrical, locksmith, glaziers
 - Legal advice – free telephonic advise and standard documentation
 - Route assistance – 24/7 directions if you are lost or don't know where to go

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
Club Mykonos	Langebaan	27-31 May 2019	1 bedroom	R1 380
Club Mykonos	Langebaan	2-6 Sept 2019	1 bedroom	R2 070
Margate Beach Club	Margate	3-7 Sept	1 bedroom	R1 380
Margate Beach Club	Margate	3-7 Sept	2 bedroom	R1 380
The Dunes	Plett Bay Bay	13-17 Aug	2 bedroom	R1 380
Cayley Lodge	Drakensberg	29 Oct – 2 Nov	1 bedroom	R2 760
Drakensberg Sun	Drakensberg	10-14 Sept	1 bedroom	R3 105
Mount Amanzi	Hartbeespoort	10-14 Sept	2 bedroom	R1 380
Hazyview Cabanas	Hazyview	3-7 Sept	3 bedroom	R2 070
Hazyview Cabanas	Hazyview	10-14 Sept	3 bedroom	R2 070
Hermanus Beach Club	Hermanus	10-14 June 2019	3 bedroom	R2 415
Hermanus Beach Club	Hermanus	27-31 May 2019	3 bedroom	R2 415

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

CHOLESTEROL - Reduction

You may well find different websites which emphasis a different top ten but this one is worth thinking about. Many years ago my GP suggested two tablespoons of oat bran in the morning and that has worked for me.

Cholesterol is a steroid lipid (fat) found in the blood and is necessary for proper functioning of cell membranes. Our bodies already manufacture all the cholesterol we need, so it is not necessary to consume more. High levels of cholesterol have been shown to increase the risk of heart disease and stroke.

Cholesterol-lowering foods should be incorporated into everyone's diet for optimal health. The top ten that lower cholesterol:

- 1: Monounsaturated and Polyunsaturated Fats (Olive Oil, Canola Oil, Peanut Oil, Peanuts, Olives, Avocados) - Cholesterol Reduction: 18%
- 2: Bran (Oat, Rice) - Cholesterol Reduction: 7-14%
- 3: Flax Seeds - Cholesterol Reduction: 8-14%
- 4: Garlic Cholesterol - Reduction: 9-12%
- 5: Almonds Cholesterol - Reduction: 7-10%
- 6: Lycopene Foods - Lycopene is found in tomatoes, watermelon, and various other high

- lycopene foods - Cholesterol Reduction: 0-17%
- 7: Walnuts and Pistachios - Cholesterol Reduction: 10%
- 8: Whole Barley - Cholesterol Reduction: 7-10%
- 9: Dark Chocolate - Cholesterol Reduction: 2-5%
- 10: Green Tea - Cholesterol Reduction: 2-5%

MEALTIMES - Are we eating at the wrong time?

We've been warned repeatedly about the health perils of being out-of-sync with our body clocks.

Some scientists believe eating more of our daily calories earlier in the day - and shifting mealtimes earlier in general - could be good for our health. One study found women who were trying to lose weight lost more when they had lunch earlier in the day, while another linked eating later breakfasts to having a higher body mass index.

"There's already a very old saying, eat breakfast like a king, lunch like a prince and dinner like a pauper, and I think there's some truth in that," says Dr Gerda Pot, a visiting lecturer in nutritional sciences at King's College London.

Now scientists are trying to find out more about what's driving those results and are looking at the relationship between eating and our body clocks. You may think of the body clock as being something that determines when we sleep. But in fact there are clocks in virtually every cell in the body. They help prime us for the day's tasks, such as waking up in the morning, by regulating blood pressure, body temperature and hormone levels, among other things. Our body clock suggests that having a large meal in the evening is actually, metabolically speaking, not the right thing to do because our body is already winding down for the night. One theory is that it's linked to the body's ability to expend energy.

"There's a little bit of preliminary evidence to suggest that the energy you use to process a meal - you use more of it in the morning compared with if you eat in the evening."

BBC

ENVIRONMENT

PLASTIC – Boon or curse?

A Threat to Us? Tiny bits of plastic harm marine life. Including the fish and shellfish we eat. Do they harm people? Scientists are racing to find out.

The “working life” of a plastic bag is 15 minutes

- **WE MADE IT:** 150 years ago we created a lightweight, strong and inexpensive material
- **WE DEPEND ON IT:** Today this miracle material keeps hearts beating and planes in the air

- WE'RE DROWING IN IT: More than 40% of it is used just once, then tossed. Some 9 million tons of it end up in the sea each year
- If plastic had been invented when the Pilgrims sailed from Plymouth, England, to North America - and the Mayflower had been stocked with bottled water and plastic-wrapped snacks – their plastic trash will likely still be around, four centuries later.
- Globally, 18 percent of plastic is recycled, up from nearly zero in 1980. Plastic bottles are one of the most widely recycled products. But other items, such as drinking straws, are harder to recycle and often discarded. Not all plastics are recyclable.
- Ease of recycling:

Ease of recycling	Percentage
Easy	25%
Manageable	39%
Difficult	11%
Very difficult	24%

SIX THINGS - You can do about plastic pollution

- GIVE UP PLASTIC BAGS - Take your own reusable Bags when shopping. A trillion plastic shopping bags are used worldwide every year,
- STOP USING STRAWS - Americans toss 500 million plastic straws every day.
- AVOID PLASTIC BOTTLES - Around the world, nearly a million plastic beverage bottles are sold every minute.
- AVOID PLASTIC PACKAGING - Don't buy produce sheathed in plastic, don't use plastic plates and cups.
- RECYCLE WHAT YOU CAN - Globally, Only 18 percent of all plastic is recycled.
- DON'T LITTER - Of the top 10 types of trash on beaches the only non-plastic item is glass bottles.

National Geographic, June 2018

THE WORLD AND POLITICS

GLOBAL CHARADES

These are examples of the ludicrous charades played by, and amongst, the world's leaders and organisations such as the UN.

EXHIBIT A

But if fiction writing is a ritual in the dark, obscure and so ungraspable that you don't understand a word of what you've written until you're done, other sorts of writing

involve a plainer and more practical approach. Writing travel. I can talk about that. I have certain guidelines. The first one is, in travel be as unofficial as possible. **Evidence of the dangers of official travel is everywhere. Nothing in the world is more misleading than the sponsored visit, the press junket, the press pool, the pool feed, the fact-finding mission. The subtext of the official visit is always tendentious, and it is laziness, self-importance, and greed that impel the official visitor to accept the auspices and lap up the lies. The whole point of the red carpet is to dazzle the visitor and obscure the truth.** **“Uganda’s doing great,” President Clinton said to me at a gathering when I told him I had been traveling there. I said, “No, it’s not. The government is corrupt. It persecutes the opposition. Life in the bush is much worse than it was in the 1960s, when I was a teacher in Kampala. And, as I said, I was there a month ago.” “Hillary just came back.” The president smiled at my ignorance. “It’s doing great.” And now it was my turn to smile.**

Theroux, Paul. *Figures in a Landscape: People and Places* (p. x). Penguin Books Ltd. Kindle Edition.

EXHIBIT B

Another book where I saw this set out clearly is *Beloved Land* by Gordon Peake. A book on Timor-Leste. (See following extract.)

A colleague of mine called Ray Murray, who had been working on police development since 2003, had taken to keeping all the plans he’d acquired over the years. The legs of his desk sagged under their weight. Each plan had a name that sounded as if it had been randomly thrown up by a word-generating machine on a bureaucratic cycle. The plans bore serious titles such as Sector Investment Program, Sector Expenditure Program, Institutional Capacity Building Committee, and Joint Assessment Mission. They were all in English and, as he said, not a single one had been read by anyone in the government. There are page after page of matrixes and checklists of documents, policies, and procedures that only a brave soul would be likely to plough through, with only the occasional piece of creative writing buried within the text as an oasis of reprieve. **One meeting in 2003, in which the Timorese prime minister arrived unannounced to angrily denounce the UN’s efforts as a sham, was apparently written up internally as: ‘The meeting was further enhanced by the presence of the Prime Minister, who provided insightful comments.’**

Peake, Gordon. *Beloved Land: stories, struggles, and secrets from Timor-Leste* (Kindle Locations 2707-2715). Scribe Publications Pty Ltd. Kindle Edition.

ONE OF MANY DANGERS

. . . cheating is baked into the DNA of modern computer technology and modern tech culture. Around 2002, when Illinois redesigned the image that would be imprinted on its quarter-dollar coins as part of the nationwide quarter redesign, state officials decided to hold a contest so that citizens could vote for the design they liked best. A programmer friend of mine had a clear favourite: the Land of Lincoln design, which showed a handsome young Abraham Lincoln holding a book inside an outline of the state of Illinois. To my friend, this was the only design that ought to represent her state to the rest of the country. So, she decided to commit a tiny bit of fraud to tip the balance in favour of Honest Abe. Illinois officials were holding the voting online, hoping that using this then-new method of citizen engagement would allow them to reach new constituencies. My friend looked at the voting page and realized she could write a simple computer program that would repeatedly vote for Land of Lincoln. It took her all of a few minutes to write the program. She set it to run again and again, stuffing the ballot box in favour of Land of Lincoln. The design won by a landslide. In 2003, the design was launched to the rest of the country. The Illinois officials thought they were getting an unprecedented response from the public about a civic issue. **What they were really getting was the idle whim of a twenty-something who was bored at work one day.** To the officials, it looked exactly like a lot of citizens weighing in on a civic matter. It probably made them happy to imagine that thousands of citizens really, really cared about graphic design on currency. Dozens of other decisions must have been made based on the votes—people’s careers, promotions, financial decisions inside the US Treasury. This is the kind of fraudulent activity that happens every hour of every day on the Internet. The Internet is a magnificent invention, but it has also unleashed an unprecedented amount of fraud and a network of lies . . .

Broussard, Meredith. Artificial Unintelligence: How Computers Misunderstand the World. The MIT Press. Kindle Edition.

AN OLD PERRENIAL

DStv Premium is excellent value for money, MultiChoice South Africa CEO Calvo Mawela has told MyBroadband. DStv’s subscriber base is growing overall, however, and it is adding subscribers at the bottom of the market on packages like DStv Access – which is R99 per month. This is compared to Netflix packages, which range in price from \$7.99 (R100) to \$11.99 (R150) in South Africa.

Is DStv Premium too expensive? “I don’t think we are expensive in terms of the full entertainment package that we give,” said Mawela. “If you are a family of four or five

and you walk into a movie theatre – how much do you pay?” Tickets for a 2D movie at Ster-Kinekor range between R31 and R77. A family of four is looking at a minimum of R124 and a maximum of R308 for tickets to a single 2D movie “You see, it’s good value for money in terms of the entertainment that you get,” said Mawela. “You go to Dubai, the UK, whatever, and you’ll see how expensive sport is and how it is fragmented.” In the United Kingdom, pay-TV subscribers can’t get all the English Premier League matches which are broadcast on SuperSport. They can only watch around 170 matches and they are spread across two operators. SuperSport has more than double the amount of matches, all in one package. There is a regulation in the UK which places restrictions on broadcasting football matches to encourage people to watch the games at the stadiums.

Mawela said it still makes the most business sense for DStv to package channels, and they don’t see the service moving away from this model.

MyBroadband

LANGUAGE

CURIOUS WORD

tanglefoot (n) Scotch whisky

"On 1 June 1495, an entry was written into the Scottish Exchequer Rolls: To Friar John Cor, by order of the King, to make aqua vitae, VIII bolls of malt the king in question was James IV of Scotland. Friar John Cor was a monk (and presumed apothecary) based at Lindores Abbey in Newburgh, Fife. And the eight ‘bolls’ of malt he had received from the king were equivalent in modern terms to forty-eight bushels, or just under 400 gallons. Put all of those together, and this receipt represents the earliest known reference to Scottish whisky. The word whisky is an anglicised corruption of a Gaelic word, uisgebeatha, that literally means ‘water of life’ (as does the aqua vitae" mentioned in the order above). When the word first appeared in English in the late 1500s it was still spelled usquebaugh, but as time went by that form grew steadily more old-fashioned and the decidedly simpler spelling we use today eventually became standard. As well as whisky, you can call it spunkie (an eighteenth-century term, originally a Scots nickname for a burning will-o’-the-wisp); smile (early-1800s slang); snake juice or snake poison (mid 1800s); pine-top or wild-cat (nineteenth-century American words for illicit whisky); bluestone (Victorian slang, originally a nickname for copper sulphate); pinch-bottle (early 1900s); and smoke (early 1900s). The nickname tanglefoot, meanwhile, emerged in the United States in the mid-1800s and alludes to whisky’s befuddling, intoxicating potency."

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

POEM

I was moved by this poem from the day I first read it. I would appreciate your thoughts.
E-mail me at ray@saarp.net

Jugged Hare

She mourned the long-ears
hung in the pantry, his shot fur
Softly dishevelled. She smoothed that,
before gutting - yet she would rather
sicken herself, than cheat my father
of his jugged hare.

A tender lady, freakish as the creature -
But resolute, she flensed it to its tail.
Oh fortitude! Her rings sparked in and out
Of newspaper wipes. Blood in a bowl,
Sacrificial gravy. A rarely afforded
Bottle of port.

She sustained marriage
On high events, as a child plays house.
Dramas, conciliations –
Today, the hare. She sent me out
To bury the skin,
Tossed the heart to the cat.

She was in full spate.

Fragrance of wine and herbs
Blessed our kitchen; like the hare's desert
Of wild thyme; or like his thighs
As though braised by God. She smiled
And dished up on willow,
Having a nice touch in framing
one off scenarios.

After the feast, my father was a lover

Deeply enhanced.
I heard them go to bed,
Kissing - still inside her picture.
Later, I heard her sob
And guessed it was the hare
Troubled her. My father slept,
Stunned with tribute. She lay now
Outside her frame, in the hare's dark

Hating her marital skills
And her lady-hands, that could flense a hare
Because she wooed a man.
In years to come,
I understood.

Jean Earle

From: Selected Poems, published by Seren Books 1990

<https://www.serenbooks.com/>

SAARP SERVICES

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

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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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endorse or recommend any product advertised or mentioned on or in any of our publications. Additionally and similarly, SAARP does not offer professional advice in any area, including, but not limited to, law and finance. In all cases, should readers require advice, they should consult a properly accredited and qualified specialist in the field.

TRIVIA

SNIPPETS

- **SUGAR VS SWEETNERS** Limiting how much sugar you eat is definitely a good thing - helping reduce your risk of diabetes, obesity and tooth decay. However, whether swapping sugar for a sweetener is truly healthy is harder to answer. Certainly, eating low-sugar, low-calorie products is no guarantee that you will stay fit and slim. They are not a replacement for a healthy diet.

Diabetes UK says: *"As sugar contributes no nutritive value, apart from carbohydrates and calories, it has 'empty calories' and so is not good if you're looking to manage your weight. "This doesn't mean that people with diabetes should have an entirely sugar-free diet."*

- **TIP – EXPERT ADVICE YOU SHOULD IGNORE.** Eat like a Paleolithic era hunter-gatherer. The high-protein, high-fat paleo diet may help you lose weight at first but that's mostly because of the focus on caloric intake that can occur with any new diet. The only diet proven by medic that's high in unprocessed plant-based foods.

AARP

- **TIPS – BURGLAR PROOFING** The ultimate goal of a burglar is your bedroom. They want cash, jewellery and firearms. Put junk jewellery in your jewellery box and hide the good stuff in another room. Install a peephole on any door leading to the garage. Lots of burglars try to get in via the garage.

AARP

QUESTION

Are South Africans more American or more English in their speech? You decide.

USA

Having fetched the **kids** from **high** school I drove up the **on-ramp** in my **station wagon**, along the **freeway**, and off at the next **exit**. At the **four way stop** I turned into the **parking garage** at the **mall**. I called my wife from the **bar** on my **cell phone** and told her I'd bought a **backpack** at the hardware store. I asked her if she wanted any **pantyhose**, **squash** or **low fat** milk. I asked her if she'd put the **dessert** in the deep **freeze**.

UK

Having fetched the **children** from **secondary** school I drove up the **slip road** in my **estate car**, along the **motorway** and off at the next **junction**. At the **crossroads** I turned into

multi-story car park at the **shopping centre**. I called my wife from the **pub** on my **mobile phone** and told her I'd bought a **rucksack** at the **ironmonger**. I asked her if she wanted any **tights**, **vegetable marrow** or **semi skimmed** milk. I asked her if she'd put the **pudding** in the deep **freezer**.

LOVELY METAPHOR

"The sentiments expressed might be unsurprising, but in colourful language and with devastating timing, Boris Johnson becomes the second cabinet minister in 24 hours **to throw the prime minister's authority into the pestle and mortar and pummel away.**"

FOOD FOR THOUGHT

Every corpse on Everest was once an extremely motivated person.

OUT OF THE MOUTHS OF BABES

In the nineteen fifties a farmer brought his 11 year old daughter to her first local rugby derby. After viewing the rough and tumble for a while she asked, "Papa, why don't they just give each one a ball and then they won't have to fight over one?"

(I've always maintained that why we have not seen aliens is because their first sight of earth was a rugby match and that convinced them that we are all stark, raving mad.)

QUOTE

"If we follow some evolutionary psychologists in thinking that evolution has programmed us to value solidarity and authority, for example, we must recognise that those very same mechanisms promote xenophobia, racism and fascism."

From an Aeon article by Ronnie de Sousa

Ray Hattingh

PS Everybody appears sane – until you get to know them.

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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