



SAARP
NEWSLETTER
Number 133
November 2017

adding life to your years

"A calm and humble life will bring more happiness than the pursuit of success and the constant restlessness that comes with it."

Albert Einstein

SAARP YEAR-END CLOSING

We will close at noon on the 15th December, 2017 and be back in the office on the 8th January 2018.

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 134 and will be distributed at 16h00 on Friday 26th January 2018.

WATER IS LIFE – SAVE IT

Cape Town is thinking of “mining” the local aquifers for water. In America some states draw between 40% and 60% of their water from aquifers. A report in National Geographic states: *If you think the water crisis can't get worse, wait until the aquifers are drained. We're pumping irreplaceable groundwater to counter the drought. When it's gone, the real crisis begins.*

Dennis Dimick

SAARP NEWS

SHORT TERM INSURANCE – Claims

We recently had a claim for items stolen from a member that was repudiated by the insurer as the member was unable to provide proof of ownership. We know from experience that this is not something that is always applied by the insurers however, insurance policies stipulate that you have to have proof of value of an item that has been stolen. This can be done by providing proof of purchase or in the case of jewellery or other special items by supplying an up to date valuation certificate. We urge

members to ensure that they have this information to obviate problems when they have should they have to submit a claim. Keep copies of receipts and invoices and also possibly have photos of your items to assist you with claims. Also remember that normal household items should be insured at the present day replacement value to obviate the application of averaging when claims are submitted.

John Benwell
Managing Director

CAR HIRE – FIRST CAR

As some members were complaining that the SAARP rate was higher than the rate offered daily we have agreed that all bookings made through the SAARP website automatically link to the First car website and the member gets the best price for the day. We do not have a SAARP discount rate.

John Benwell
Managing Director

CRUISE OFFER - Medley of Portugal, Spain, France, Italy & Morocco

11 Nights Full Board Cruise Package On board MSC Preziosa

Departure Date: 10 October 2018 - Free Day Tour Included

Cruise Holiday Includes:

- Return Flights & Taxes from Johannesburg
- 2 Nights Hotel Stay in Lisbon
- 9 Nights Full Board Cruise on board MSC Preziosa
- Gratuities
- Port & Baggage Charges Included

CRUISE ITINERARY:

Lisbon, Portugal | Barcelona, Spain | Marseille, France | Genoa, Italy | Malaga, Spain | Casablanca, Morocco | Lisbon, Portugal

PRICES FROM:

- Inside - R26,999 per person
- Outside - R30,999 per person
- Balcony - R32,999 per person

DEPARTING: 10 OCTOBER 2018

Please contact Lifestyle Cruises on 0861 88 33 11.

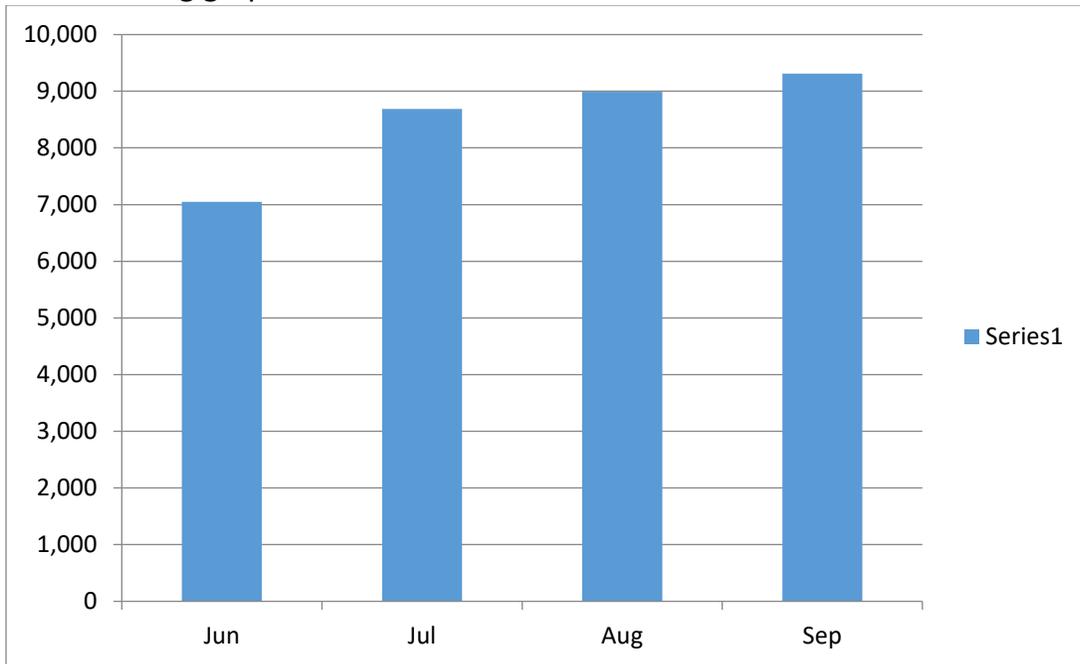
SAARP members will receive a R1000 discount for this cruise package booked with Lifestyle Cruises.

SHORT NEWSLETTER

In June we switched to e-mailing an advice of our monthly e-Newsletter. This was mainly driven by the fact that many ISP's were not delivering our previous version due

to its length/size. The shorter version invites members to either read on, or download the Newsletter from our website.

The following graph shows how the website traffic has increased since June.



SNAIL LETTER

In November we posted a letter to around 42,000 members for whom we had no e-mail addresses. The response was encouraging as we have been able to update our records and add 1,016 new e-mail addresses to our database.

The number of members with e-mail addresses has increased from 523 to 34,344 over the past ten years. During this period Gmail has come from nowhere to dominate the market.

ISP	July 2007	July 2017
Membership	92 463	88 502
	E-mail	E-mail
Grand Total	523	34 344
gmail.com	10	11 034
telkomsa.net	92	5 074
mweb.co.za	63	2 540

The Samsung Galaxy and the Apple iPhone were both released on 29 June 2007. They appear to have had a marked influence on the use of e-mail addresses.

FUNERAL INSURANCE – Member feedback

Anne, thank you so much for the trouble you have taken – imagine what would have happened if you had not noticed the error on the document. What consternation there

would have been had something happened and we had the incorrect document. Thank you too, for the attachment pages; my husband and I will read them and then decide. Thank you for the help you have given to all our people. We appreciate all that you do.

SHORT TERM INSURANCE – Member feedback

Dear Beverley, Thank you very much for your kind help in expediting the movement of the repair claim. This is the second time this year that I appealed to you for help and in both cases things seem to happen; undoubtedly through your influence. Thank you for your excellent service. You are valuable. Kind regards, Donald Stewart.

SAARP SOCIAL CLUBS

NEW CLUBS

It is encouraging that that I have had three enquires from Gauteng re starting Social Clubs in the area.

I thank Pam Harvey – the driving force behind the establishment of the Lakefield club – for her willingness to share her experience with potential “starters”. I have experienced this willingness from many club chairs and I’m grateful to them all. Some that spring to mind are Ingrid Green, Pam Hodgson and Lynne Crothall.

Gauteng needs more clubs. The current spread is:

Western Cape	Eastern Cape	Southern Cape	Central	KZN Natal	Gauteng
9	2	2	1	6	3

COMPETITION

History - Ctrl+Alt+Del

When IBM was designing their Personal Computer in 1981 their developers used Ctrl+Alt+Del to reboot the computers without powering them down. In 1993 Bill Gates used it in Windows NT as a log on procedure. He would have preferred a single button to trigger the same actions, but could not get IBM to add the extra button into the keyboard layout. Starting with Windows 95, the command invokes a task manager or security related component that facilitates ending a Windows session.

I received a meagre 18 responses. I assume that all respondents were referring to the 95 (and current) Microsoft usage. Alas, there was no clear winner. Thanks to you eighteen brave ones.

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 2018 edition of the newsletter.

LONGEVITY

BE CURIOUS – Live longer

Brenda Milner is a preeminent neuroscientist, and a professor at Canada's prestigious McGill University. At age 99 she is still keeping up with research at the Montreal Neurological Institute and Hospital? Why is she still working, *“I am very curious. Human quirks attract my interest. I wouldn't still be working if I didn't find it exciting.”* In the 1950s, she made the revolutionary discovery that memories are formed in a brain area called the hippocampus, which is now getting lots of attention for its role in memory loss and dementia. The use of functional magnetic resonance imaging has made brain research so much easier so she can get a good look at the patients' brains while they're alive and young. She says she was privileged to have access to young adults of normal intelligence, in the prime of their lives and was therefore able to test them before and after surgery for epilepsy.

During World War II she conducted aptitude tests on young recruits in the Air Force to determine if they should fly fighter planes or bombers. The bomber pilots had to go very steadily over Germany and drop bombs. The fighters had to go up and tackle the bombers that were coming toward England. These require different kinds of personalities with two different kinds of abilities. It was a great help to the war effort. What excites her now is the relationship between the brain itself and people's behaviour. She says that is important to keep sharpening your brain, *“I do puzzles. I really am addicted to reading. I read whodunit stories. I read the Guardian and the New Yorker very thoroughly. I get my exercise walking to work, and I love food. I like cheese and meat and fish and vegetables, fruit — everything except sweet things.”*

She has a 10-minute walk to work on an uphill. Walking home she finds more challenging and she feels more insecure walking downhill. Does she you ever think about retiring? *“No. I'm very grateful that I don't have to. That's wonderful.”* When asked what she would recommend to keep your brain healthy she replied, *“Find out what your strengths and weaknesses are, and play to your strengths - something that challenges you a bit.”*

AARP Magazine

HEALTH

ACID REFLUX - Some natural solutions

While over-the-counter and prescription medicines are available, lifestyle changes can sometimes help those with only occasional acid reflux. [The Mayo Clinic](#) advises losing excess weight, eating smaller meals, and avoiding alcohol and nicotine. But dietary tweaks can also be key when trying to alleviate symptoms.

Here are five foods to try.

- 1. Bananas.** This low-acid fruit can help those with acid reflux by coating an irritated esophageal lining and thereby helping to combat discomfort.
- 2. Melons.** Like bananas, melons also are a highly alkaline fruit. They are a good source of magnesium, which is found in many medicines for acid reflux.
- 3. Oatmeal.** Like other high-fiber foods, oatmeal may help stave off acid reflux symptoms. Fiber not only promotes intestinal health, but it also reduces constipation and makes you feel full a long while after eating it.
- 4. Yogurt.** Like bananas, yogurt has a soothing effect that helps keep stomach discomfort at bay. It also contains probiotics, a type of good bacteria found in the digestive tract that gives a boost to your immune system.
- 5. Green Vegetables.** If you like green vegetables and have acid reflux, you're in luck. Asparagus, spinach, kale and brussels sprouts all are highly alkaline, meaning they're good for your stomach and digestive system.

In the end, make sure to speak with your doctor if you have questions about what kinds of foods should be part of your diet. Some foods may help alleviate symptoms in one person but aggravate them in another.

PANCREAS - Beware of potential signs of cancer

One in three adults might ignore potential symptoms of pancreatic cancer, according to Pancreatic Cancer UK. Early detection and treatment are vital to save lives. Stomach ache, indigestion, unexplained weight loss and faeces that float rather than sink in the lavatory can be warning signs of the potentially deadly disease. Alex Ford, chief executive at Pancreatic Cancer UK, said: *"We do not want people to panic if they have some or all of these symptoms, because most people who have them will not have pancreatic cancer. "But it is vital that people know more about this disease, and talk to their GP if they have any concerns. "The earlier people are diagnosed, the more likely they are to be able to have surgery, which is the one treatment which can save lives."*

Common symptoms of pancreatic cancer include:

- stomach and back ache
- unexplained weight loss
- indigestion
- changes to bowel habits, including floating faeces

Other symptoms include:

- loss of appetite

- jaundice (yellow skin or eyes or itchy skin)
- feeling and being sick
- difficulty swallowing
- recently diagnosed diabetes

BBC

DISCOVERY MEDICAL

DISCOVERY HEALTH – Home care

Discovery HomeCare is a unique service that gives you access to efficient, high-quality care solutions in the comfort of your home surroundings.

HomeCare nurses are highly skilled and ICU-trained and have received additional quality training to offer expert services in the areas mentioned below.

HomeCare nursing services available:

- Intravenous (IV) therapy in your home instead of you having to be admitted to hospital, if clinically appropriate
- Wound care services if you are stable and don't need hospitalisation
- Postnatal care for you and your baby in the form of three post-natal visits by a registered midwife if you are discharged from hospital a day early
- End-of-life care for terminally ill members who prefer to live out their lives at home.

Patients already receiving the HomeCare service say they are more relaxed in their own, familiar surroundings with their family around them, as they are able to carry on their lives in a more normal way.

Speak to your doctor if you want to access Discovery HomeCare services as only your doctor can apply for you to receive these services through Discovery HomeCare and he/she can call us on 0860 462 273 or email homecare@discovery.co.za and one of our qualified Discovery HomeCare consultants will contact him to arrange the service.

LONGEVITY

AARP USA - Happiness Grows with Age

An Aging Confidence Survey shows that, despite many younger Americans having a negative perception about aging, most older Americans report feeling pretty good about their lives, a new AARP survey reveals.

The national survey of 2,601 American adults found 67 percent of people age 60-plus are "satisfied" or "very satisfied" with their lives versus 61 percent of people age 18-39 and 60 percent of those respondents age 40-59. While about half (47 percent) of respondents age 18-39 believe it's "normal to be depressed when you are old," just 10 percent of those over 60 feel old age is a depressing life stage.

“The findings of this new survey are further confirmation of something a lot of people, especially older people, know instinctively and that is that our upper ages can be great,” said Jo Ann Jenkins, chief executive officer of AARP.

NEW SKILLS – It’s never too late to learn

Denise Park at the Center for Vital Longevity at the University of Texas at Dallas divided 200 participants into groups and assigned them to a programme of different activities for 15 hours a week for three months. Some were offered the opportunity to learn new skills – quilting, digital photography, or both – that would challenge their long-term memory and attention as they followed complex instructions. Others were given more passive tasks, such as listening to classical music or completing crossword puzzles, or social activities – such as field trips to local sites of interest. At the beginning and the end of the three months, Park also gave the participants a memory test. Of all the participants, only the subjects learning the quilting or the photography enjoyed a significant improvement – with 76% of the photographers showing a higher score at the second memory test, for instance. **Overall, the more active pastime of learning a new skill led to the more efficient brain activity you might observe in a younger brain, while the passive activities like listening to music brought no changes.** Crucially, these benefits were long-lasting; lingering for more than a year after the participants had completed their course. Park emphasises that she still needs to replicate the study with other groups of participants. But if the results are consistent with her earlier findings, then **the brain boost of taking up a new hobby may trump so-called “brain training” computer games and apps, with study after study finding that these programs fail to bring about meaningful benefits in real life.**

Although the specific activities that Park chose – photography or quilting – may not appeal to everyone, she suspects the same benefits could emerge from many other hobbies. The essential point is to choose something that is unfamiliar, and which requires prolonged and *active* mental engagement as you cultivate a new set of behaviours. “It’s important that the task is novel and that it challenges you personally,” Park says. If you are a pianist, you might find greater benefits from learning a language, say, than attempting to pick up the organ; if you are a painter, you might take up a sport like tennis. You may be surprised by how much you enjoy the challenge itself. “The participants got more confidence in themselves,” Park says. One man went on to take photographs for his local newspaper; another woman had at first reluctantly attended the quilting class, despite having no real interest in the skill. She still wasn’t convinced by the end, but her successes had nevertheless inspired her to take up a new hobby – painting – instead. “I didn’t like quilting, but I had learnt how to learn,” she told Park. So why not give it a go yourself and attempt to stretch your mind beyond its comfort zone?

BBC

So folk, close your PC's, put away your smartphones, pick up a real camera or quilting needle and start emulating Jeanne Louise Calment Ray

OF LOSS AND LOVE

OF LOSS AND LOVE - A journey with dementia

Alice Ashwell's mother passed away last year after living with dementia for about fifteen years. Although by the end of her life her mother was no longer able to speak, dementia did little to diminish who she was in her soul. As the condition progressed Alice embarked on her own journey, learning to accept what was. As her mother's cognitive faculties declined, she became far more emotionally sensitive and Alice recognised that many of the behavioural problems we think are caused by dementia are in fact triggered by our own irritability and impatience, which dementia sufferers sense. If Alice wanted to spend quality time with her mother it was up to her to create an emotional environment in which her mother felt safe, calm and loved.

In her later years, as her mother became detached from the stays of time, she came to epitomise for Alice what it means to dwell in the present moment. Their times together became opportunities to experience the grace and intimacy of simply being present with someone you love, without needing to speak.

The dementia journey is hugely challenging, and provokes in us a great deal of frustration, fear and dread – understandably. But as much as dementia is described as a journey of loss, it can also become a journey of love and understanding. At times, love needs to be gritty and determined, at other times it will be sweet. At all times it must be unconditional. Feel free to contact Alice via any of these 021 788 2431 - 082 720 7444 alice@heartofnature.co.za

Dear Alice

Ray sent your article on Dementia to me to read, and I wanted to tell you how much sense it made to me. What a wonderfully positive statement you make. It just emphasizes, yet again, how important it is to see things from another's perspective, and to act accordingly. As this "other" person was your Mother, I truly salute you, in having been able to step into her world, instead of trying to hold her in yours. And in so doing, it seems you maintained your contact with her, and with her loving soul. It is amazing how the human spirit can make lemonade out of lemons, if only we focus on the positives in any given situation.

Thank you so much for sharing your experiences and I am sure they are going to be pointers on the way for other care-givers of people with dementia.

Kind thoughts, Julie Hattingh

Dear Julie

What a lovely email. Thank you so much for your warm response.

It was such an amazing journey, and mum – as ever – was my wise woman!

I long for the stigma of dementia to be dissolved, so that family members, friends and the broader community maintain their connections to love, life and meaning.

Your email made my day!

With love, Alice

TRAFFIC

ROADS - South Africa has a big problem

South Africa has one of the largest road networks in the world, but with a relatively low number of vehicles actually using it, the financial burden to keep it maintained will ultimately fall on the motorists that do – and all taxpayers in the long-run. South Africa boasts the world's 10th longest road network and 18th longest paved road network (yet our vehicle fleet is roughly the 85th largest in the world) – equating to an estimated value of between R1.2 trillion and R2 trillion. However, since 1998, the portion of the national road network that was older than its original 20-year design life has grown from 36% to 78% in 2008 – primarily due to an estimated road maintenance backlog of R197 billion. The issues of the country's road systems are further highlighted by the increasing traffic seen in Cape Town and Johannesburg. This is because, while South Africa's road agencies have invested a lot of money into the country's roads, they may have done so in the wrong places (i.e. rural and not urban). This is further exacerbated by a public transport system which is dysfunctional and only caters for the poor, non-car owning population. Public transport is not a viable option for car owners – you simply cannot use public transport to get to work. Poor people live on the periphery with rich folk living even further away due to poor spatial and apartheid planning policies. This requires long travel distances with private cars resulting in congestion. To address this continued traffic, some form of congestion tax is likely needed, as there is no technical solution to the problem. Cape Town and Johannesburg's traffic is not unique – even if people like to think so. What does make us somewhat unique is the spatial footprint of our cities and the planning of townships (with no employment) on the outskirts of the town and the lack of public transport options.

COMPUTERS

SEVEN WAYS TO BLOCK COMPUTER VIRUSES

1. Buy legitimate software, and register it. - Only versions of Windows that were bought from a licensed retailer and registered with Microsoft.

2. Make sure your software is up to date. Set your system to automatically download and install updates from trusted software providers.
3. Don't click on links or open attachments from email addresses you don't know. Delete unsolicited emails from unfamiliar people or companies no matter how friendly they appear.
4. Instantly leave websites you've been routed to without your consent. And when on the site, don't click on anything.
5. Have a pop-up blocker running on your web browser. That keeps potentially dangerous ads from appearing on your screen
6. Use a reputable antivirus program, and always keep it updated.
7. Regularly back up your important files to an external drive or a remote storage service. The easiest way to recover from any malware attack is to restore a recent backup of your data.

AARP

SA OLD AGE PENSION

SASSA – SA old age pension

About the older persons grant

You can get a grant to see you through your old age. An older persons grant is paid to people who are 60 years or older. This grant used to be called the old age pension.

How do you know if you qualify?

You must:

- be a South African citizen or permanent resident
- live in South Africa
- not receive any other social grant for yourself
- not be cared for in a state institution
- not earn more than a specified amount
- not have assets worth more than a specified amount

How much will you get?

The maximum amount that you will get is R1 600 per month. If you are older than 75 years, you will get R1 620.

What you should do

Contact the South African Social Security Agency (SASSA) office nearest to where you live to get full details of what is required.

WORLD

NEW ZEALAND - Migrants' parents cost NZ 'tens of millions'

Parents of people who have moved to New Zealand are being stopped from migrating here because they're a multi-million dollar burden on taxpayers.

Immigration Minister Michael Woodhouse has temporarily closed the parent category to new applicants, saying he is concerned too many migrants are not honouring their sponsorship commitments.

Every year about 5500 parents of migrants come to New Zealand. About half who enter under the parent category are Chinese and around 20 percent Indian.

NZ Herald

LIFE

THE LAW

The following excerpt resonates with me for two reasons. When I was a young man a wise old gentleman said to me, *“Son, life is not fair and there is no such thing as justice. Understand this and you will sail through life.”* Years later a lawyer told me, *“The law has nothing to do with justice. It is all about who is the better debater.”*

Excerpt: The law also has its grey areas: Judge Willem van der Merwe, the man who heard the Zuma rape case, told the Burger and Cape Argus:

“The truth plays a secondary role in court. The most important thing is how well your attorney/advocate tells your story, and how well the other party’s legal team tells their client’s story. The legal teams who tell their story the best, will win the case. For example: A young policeman sees someone being murdered. He now has to appear in court as a witness. What chance does he stand against an advocate who has studied for 10 years to be able to tell a good story?” (NB. This is an almost verbatim report of what the judge said.)

HISTORY – Standardised time driven by railways

Railway time was the standardised time arrangement first applied by the Great Western Railway in England in November 1840, the first recorded occasion when different local times were synchronised and a single standard time applied.

The key goals behind introducing railway time were to overcome the confusion caused by having non-uniform local times in each town and station stop along the expanding railway network and to reduce the incidence of accidents and near misses, which were becoming more frequent as the number of train journeys increased.

Until the latter part of the 18th century, time was normally determined in each town by a local sundial.

The electric telegraph, which had been developed in the early part of the 19th century was installed on a short section of the Great Western Railway in 1839. By 1852 a telegraph link had been constructed between a new electro-magnetic clock at Greenwich and initially Lewisham, and shortly after this London Bridge stations. By 1855 time signals from Greenwich could be sent through wires alongside the railway lines across the length and breadth of Britain.

It was not until 2 August 1880, when the Statutes (Definition of Time) Act received the Royal Assent, that a unified standard time for the whole of Great Britain achieved legal status.^[14]

- In the USA standard railway time was introduced at noon on 18 November 1883. This was incorporated into federal law only in 1918.
- Russia in 2016 still has a separate railway time, meaning that timetables on [Russian railways](#) follow [Moscow Time](#) regardless of local time.

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TRIVIA

SNIPPETS

Handbags. Ladies, you and your handbag are just about joined at the hip — and that's the problem. You take it everywhere, even to the bathroom, and that's probably why it has so many germs. A British study, in which researchers took bacteria samples from office workers' handbags, found that the average purse is three times dirtier than an office toilet seat and that 1 in 5 handbag handles contain enough germs to pose a significant risk of cross-contamination from the handle to your hand. Handbags carry so many germs because we touch them all the time and put them on the floor, and they're also packed with other germ-infested items such as hand creams and cosmetics. In fact, the dirtiest handbag items in the study turned out to be face or hand cream, with more bacteria on it than the average toilet seat, closely followed by lipstick and mascara.

Tip: Avoid placing your purse on the floor. Non-leather bags can be wiped down with an antibacterial wipe. For leather bags, wipe with a soft cloth and warm soapy water.

FOOD FOR THOUGHT

Two monks were arguing about a flag flapping in the wind.

"It's the wind that is really moving," stated the first one.

"No, it is the flag that is moving," contended the second.

A passing abbot overheard their debate and interrupted them, *"You are both wrong. Neither the flag nor the wind is moving,"* he said, *"It is your minds that are moving."*

DILLERISMS - Phyllis Diller

- Whatever you may look like, marry a man your own age. As your beauty fades, so will his eyesight.
- Cleaning your house while your kids are still growing up is like shoveling the sidewalk before it stops snowing.
- Best way to get rid of kitchen odors: eat out.
- A bachelor is a guy who never made the same mistake once.
- We spend the first twelve months of our children's lives teaching them to walk and talk and the next twelve years telling them to sit down and shut up.
- My photographs don't do me justice - they just look like me.
- Tranquillizers work only if you follow the advice on the bottle - keep away from children.

THOUGHT

100 years ago everyone owned a horse and only the rich had cars. Today everyone owns a car and only the rich own horses.

FESTIVE GREETINGS

“Christmas is a time for children. It is a time filled with magic, wonderment, fairies, Santa and his elves, reindeer, sleighs, sparkling lights, excitement, joy, gratitude. May your holiday time renew the child in you, and the child-like joys which abound. We wish you abundance and blessings. We remember absent friends, friends who have ‘become late’ as someone once said, and all who have left their footprints in our hearts.” (Julie Hattingh)



FROM ALL OF US HERE AT SAARP

**WE WISH YOU AND YOURS A REALLY MERRY CHRISTMAS
AND A HEALTHY, REWARDING AND FULFILLING 2018
FILLED WITH WONDER**

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

Ray Hattingh

PS Do not use time or words carelessly. Neither can be retrieved.

Contact us at SAARP Tel: 021 592 1279

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e-mail: info@saarp.net

Or see it all at www.saarp.net

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