



SAARP

SAARP
NEWSLETTER
Number 129
July 2017

adding life to your years

An entire sea of water can't sink a ship unless it gets inside the ship.
Similarly, the negativity of the world can't put you down unless you allow it to get
inside you.
(Unknown)

WATER IS LIFE – SAVE IT

Fresh water is necessary for the survival of all living organisms on Earth. Our
bodies are made up of about 60% water and we cannot survive more than a few
days without it.

Water is a precious substance that meets our physical needs while at the same
time being of great spiritual importance to many people. Water is also an integral
part of many ecosystems that support us and a myriad of other species.

CELLPHONE WARNING

DO NOT return cellphone calls from unknown international numbers. Computers
from Guinea to Belgium randomly dial numbers and drop the calls in the hope that
unsuspecting victims will return them, only to be billed at premium rates. Those who
return the missed calls will find that they had been billed exorbitant amounts.

SAARP NEWS

SAARP WEBSITE – Upgraded

The redesign is proceeding apace and as soon as we have almost perfected the
English version of the website, we will complete the Afrikaans version.

www.saarp.net

NEWSLETTER – The new shortened version

Some members using GMail (including myself) were presented with:

Suspicious link GMAIL

This link leads to an untrusted site. Are you sure you want to proceed to
saarp.9.evlink.net?

Back Proceed

You may click on Proceed, it is quite safe. Apparently a global setting in Gmail needs to be set/unset and we are trying to track it down.

EMAIL - Members' ISP's

GMail now accounts for more than a third of the e-mail addresses on our database:

gmail.com	10005
telkomsa.net	4288
mweb.co.za	2190

MEMBERS - Verbatim e-mails of appreciation

Dear Anne, Thank you so much for your kindness on the phone and also your message via JO. Those are the exact right words I need now. It is super nice to find someone like you who are so kind and helpful Thanks again for your help. Warm regards Elna

HI ANNE, THANKS SO MUCH FOR SENDING ME THE NEWSLETTER – I LOVE TO READ IT. I DO APPRECIATE SO MUCH THE TIME AND EFFORT YOU GO TO ON MY BEHALF. YOU ARE A TRUE STAR. HAVE A GREAT DAY AND TAKE CARE. REGARDS MERYL

Thx so much Anne. Much obliged – great interacting with someone of your calibre – it brightens the day - & then you still get the job done too.
Regards JO

Dear Renske, Just a short note to tell you that we thoroughly enjoyed our stay at the Drakensberg Sun. I will certainly recommend it to my friends – the food, service, staff were all of a high standard with nothing too much trouble for them. A Highly recommended special . . .

SAARP SERVICES

SHORT TERM INSURANCE – Excess payments

Auto & General have now made a decision to apply excess payments on new policies. Please note that this DOES NOT affect SANTAM and Alexander Forbes policies. Please check the wording on your existing policies regarding excesses. If you are not satisfied then we can switch policies between insurers.

CRUISE OFFER – R1,000 discount for SAARP members

Cape Town to Southampton on the Cunard's 5 Star Queen Elizabeth Ship
19 Nights Cruise Package
Departing Date: 23rd April 2018
Cruise Itinerary: Cape Town/Walvis Bay/Tenerife/Madeira/Southampton
Prices:

Inside: From R38 999-00 pp

Outside: From R43 999-00 pp

Balcony: From R48 999-00 pp

Suite: From R77 999-00 pp

Cruise Package Includes:

- One Way Flight from London to Johannesburg
- 2 Nights Hotel Stay in London
- 17 Nights Full Board Cruise on board the Queen Elizabeth
- Port & Baggage Charges
- Airport Taxes
- Transfers

Set sail in regal surroundings on a luxurious 17 night cruise aboard Queen Elizabeth from Cape Town to Southampton.

Your cruise will skirt the west coast of Africa, stopping at Namibia's Walvis Bay (Whale Bay), with its artificial Bird Island and stunning marine life.

Visit the island of a thousand experiences, Tenerife. Tenerife is the largest of Spain's Canary Islands, off West Africa. It's dominated by Mt. Teide, a dormant volcano that is Spain's tallest peak and finally beautiful Madeira, otherwise known as the flower island and noted for its beautiful landscapes.

Don't forget to have a sip of the famous Madeira wine before you reach Southampton, and then it's off to London for two nights to explore the sights.

For over a century and a half, Cunard have epitomised the sophisticated grandeur of ocean travel. Their ships are the most famous in the world and will transport you to a more refined age, while surrounding you with all the luxury and modern amenities you could wish for on your cruise holiday.

Guests of Cunard's magnificent fleet can dine on sumptuous cuisine in fine restaurants, waltz around the grand ballroom to the sound of the orchestra and sip champagne in elegant salons. A cruise on one of Cunard's luxury ocean liners is the experience of a lifetime.

For more information contact our cruise specialists on 0861 88 33 11

Subscribe to our newsletter for our weekly cruise offers.

www.lifestylecruises.co.za

SAARP SERVICES EYECARE

AGE RELATED MACULAR DEGENERATION (AMD)

Those of you who suffer from this will understand the following. I suggest that anyone who suspects they may have AMD should discuss it with their eyecare specialist.

Currently there is no cure for age related macular degeneration (AMD). Beware of companies that claim to have a cure or a supplement to reverse macular degeneration. There is currently no research to support this type of miracle. Scientific research does however show that your diet can affect your eyes.

Two large clinical trials sponsored by National Eye Institute (NEI) have suggested certain nutritional supplements can slow the progression of AMD among people with early and intermediate stages of macular degeneration.

AREDS1 – study the antioxidant vitamin formula used was:

1. Vitamin C – 500mg
2. Vitamin E – 400IU
3. Beta-carotene – 15mg
4. Zinc- 80mg (as zinc oxide)
5. Copper – 2mg (as cupric oxide)

The AREDS1 was a 10year of 3500 people with AMD.

The results of the trial is as follows:

1. **AREDS formula did not prevent AMD**
2. Patients with intermediate AMD , slowed the progression by 25% and vision loss by 19%
3. The formula has no significant effect on development or progression of cataract
4. OcuVite is a AREDS formula supplement
5. Beta- carotene may increase the risk of lung cancer in smokers and previous smokers

The AREDS2 study was a five year study with more than 4000 participants. In this study they included the following to the AREDS1 formula:

1. Lutein – 10mg
2. Zeaxanthin- 2mg
3. Omega -3fatty acids (350 mg DHA and 650mg EPA)

The study looked at reducing the zinc, eliminating the beta-carotene from the original formula and adding lutein, zeaxanthin and omega 3.

The results are as follows:

1. People with a poor diet the lutein and zeaxanthin provided additional benefit.
2. People on a good diet the lutein and zeaxanthin did not make a difference.
3. Omega 3 supplement had no effect.

The final formula from the AREDS2 study is as follows:

1. Vitamin C – 500mg
2. Vitamin E -400IU
3. Zinc -80 mg
4. Copper – 2mg
5. Lutein – 10mg
6. Zeaxanthin – 2mg

It has been concluded that the AREDS 2 formula may increase the safety and effectiveness in preventing the progression of macular degeneration among certain people with high risk of vision loss from AMD.

The commercially available AREDS 2 formula is PreserVision by Baush&Lomb.

Vitamins (including minerals and supplements) and its interaction with medication are complex so it's critical that you always consult your doctor when taking any

vitamin supplements. NEVER modify or change your vitamin supplement without consulting your doctor.

If you have any queries please contact: Manhar Makan, Head of Commercial and Industrial Vision SpecSavers - 041 506 5785 - 083 245 2202 - manhar@specsavers.co.za

SAARP CLUB NEWS

CHRISTMAS – In Mid-Year

By the time you read this Julie and I will have attended three clubs' Winterfest lunches. They are so much fun, particularly as the weather is cold and a hot meal goes down so much better than in does in the heat of December.

DATABASE - Annual check with the clubs

Umhlanga's James Perkins and Napier's Monique Bentall were the first out of the blocks. Our thanks to them.

We often receive gripes about, "Why must we fill in all the member's details with each annual receipt?" or "Why must we do this comparison?"

Well, why do I have 5,253 (or 18%) undeliverable e-mail addresses?

Hands up which of you have a complete list of who has your physical address and/or your cell number and/or your e-mail address? I guarantee that not one hand has gone up.

Which leads me to a another important question;

If you died today has anyone/anyplace a copy of all your usernames and passwords?

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.**

RESORT	AREA	DATE	UNIT	PRICE
Dikhololo	Brits	14-18 August	2 bedroom	R1254
Dikhololo	Brits	21-25 Aug	2 bedroom	R1254
Dikhololo	Brits	28 Aug-1 Sept	2 bedroom	R1254
Umhlanga Cabanas	Umhlanga	9-13 October	2 bedroom	R3135
Umhlanga Cabanas	Umhlanga	6-10 November	2 bedroom	R3135
Castleton	Plettenberg Bay	13-17 November	1 bedroom	R2508
Cayley Lodge	Drakensberg	18-22 September	1 bedroom	R2508
Magaliespark	Brits	23-27 October	1 bedroom	R2508
Umhlanga Sands	Umhlanga	19-24 Feb 2018	1 bedroom	R2508
Umhlanga Sands	Umhlanga	4-9 June 2018	1 bedroom	R1567.50
Umhlanga Sands	Umhlanga	13-18 Aug 2018	1 bedroom	R1567.50

Umhlanga Sands	Umhlanga	12-17 Nov 2018	1 bedroom	R2508
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NOTE 1: The above prices include 14% VAT.

NOTE 2: The price is for the entire period.

NOTE 3: All cancellations must be made 11 (eleven) 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: renskes@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.

MEDICAL INFORMATION

FOOD AND MEDICATION - Don't Eat This if You Take That

Harmful interactions aren't limited to competing drugs you ingest; anything you put in your body can potentially alter a medication's effectiveness or cause other problems.

If you take blood thinners, avoid fish oil supplements

Large amounts of fish oil also can thin the blood. Combined with these kinds of medications, this can pose a health risk.

If you take certain statins for high cholesterol, avoid grapefruit and grapefruit juice

Grapefruit interferes with your body's metabolism of atorvastatin (Lipitor), simvastatin (Zocor) and lovastatin (Altoprev, Mevacor), so your intended dose might not be accurate.

If you take medicine for diabetes, avoid too much cinnamon

This spice in large amounts can lower blood sugar — which is exactly what diabetes drugs do.

If you take certain anti-depressants, avoid red wine, hard cheese and chocolate

This applies to monoamine oxidase inhibitor (MAOI) antidepressants. Red wine, hard cheese (such as Parmesan or Swiss) and chocolate contain ingredients that can be harmful to the body. (For example, they can raise blood pressure.) Normally, the body breaks them down using monoamine oxidase, but the MAOIs block this enzyme.

If you take certain heart medicines, avoid too much calcium

Drugs called calcium channel blockers work to lower blood pressure. Too much calcium in the diet can work against this process. Limit your daily intake from all sources — including dairy products, supplements and juices fortified with calcium — to 1,000 milligrams.

If you take a certain blood-pressure medicine take it easy on bananas and other high-potassium foods

Angiotensin-converting enzyme (ACE) inhibitors lower blood pressure but also boost potassium retention. Eating too many foods containing potassium, such as bananas, may cause harmful effects.

AARP Bulletin

<http://www.aarp.org/health/drugs-supplements/info-2017/food-drug-interactions-medications.html>

Note: As an example, a commonly used blood pressure tablet - PREXUM - falls under a group of drugs called Ace Inhibitors. Having a diet rich in potassium, such as bananas, kale, tomatoes, prunes or dates might cause hyperkalaemia (too much potassium in the system) which may lead to chest pain, palpitations, irregular heartbeats, tiredness, nausea and vomiting.

FOOD AND MEDICATION – Those grapefruit again

Grapefruit and certain other citrus fruits, such as Seville oranges, can interfere with several kinds of prescription medications.

Don't take these interactions lightly. Some can cause potentially dangerous health problems. If you take prescription medication, ask with your doctor or pharmacist whether your medication interacts with grapefruit or other citrus products.

You may need to eliminate grapefruit products from your diet. Simply taking your medication and grapefruit product at different times doesn't stop the interaction. Alternately, you can ask your doctor if there's a comparable medication you can take that doesn't interact with grapefruit.

Problems arise because chemicals in the fruit can interfere with the enzymes that break down (metabolize) the medication in your digestive system. As a result, the medication may stay in your body for too short or too long a time. A medication that's broken down too quickly won't have time to work. On the other hand, a medication that stays in the body too long may build up to potentially dangerous levels.

The list of medications that can interact with grapefruit includes commonly prescribed medicines that:

- Fight infection
- Reduce cholesterol
- Treat high blood pressure
- Treat heart problems
- Prevent organ rejection in transplant recipients

Another potential problem is that some products may contain grapefruit but don't say so in the name or on the ingredients list. For example, numerous citrus-flavored soft drinks have been identified as possibly containing grapefruit juice or grapefruit extract.

Play it safe with prescription drugs. **Always ask your doctor or pharmacist when you get a new prescription if it interacts with any foods or other medicines. If the answer is yes, ask whether you need to eliminate that food from your diet.**

HEALTH

DEMENTIA - Nine factors that contribute to the risk

- Mid-life hearing loss - responsible for 9% of the risk
- Failing to complete secondary education - 8%
- Smoking - 5%
- Failing to seek early treatment for depression - 4%
- Physical inactivity - 3%
- Social isolation - 2%
- High blood pressure - 2%
- Obesity - 1%
- Type 2 diabetes - 1%

These risk factors - which are described as potentially modifiable - add up to 35%.

The other 65% of dementia risk is thought to be potentially non-modifiable.

Source: Lancet Commission on dementia prevention, intervention and care

CREDIT CARDS

FRAUD – Credit cards

Reduce significantly the risk of falling victim to credit card fraud by following these rules:

- First, never click on links in emails that ask you to provide personal information, even if the sender appears to be your bank.
- Second, before you buy something online from an unknown seller, google the vendor's name to see whether consumer feedback has been mainly positive.
- And, finally, when you make online payments, check that the webpage address starts with **https://**, a communication protocol for secure data transfer, and confirm that the web page does not contain grammatical errors or strange words. That suggests it may be a fake designed solely to steal your financial data.

BBC Online

TRANSPORT

TRAFFIC – Law enforcement

The National Transport Department plans to declare traffic law enforcement an essential service, and thereby enable a 24-hour working schedule for traffic law enforcers. The Automobile Association (AA) supports the move.

According to reports, the plans include a two-fold approach to increase the number of law enforcers on public roads, and to declare traffic law enforcement an essential service. This will enable the department to ensure the availability of traffic officers on a 24-hour basis, every day of the year. *“This is a hugely positive step, and is encouraging in light of the country’s high road fatality statistics. According to the*

Road Traffic Management Corporation's (RTMC) statistics, about 55% of crashes occur between 6pm and 6am, when, traditionally, there has been limited coverage by traffic officials. Having traffic officers on duty during this time may lead to positive results, and we welcome the move as a first step to dealing with the carnage on our roads," the AA noted. Apart from more traffic officers, and extended working hours, the Association said it is important for the department to educate drivers on the need for compliance. It noted that without the public understanding the consequences of non-compliance with traffic laws, the current situation of disregarding the laws would continue.

ALCOHOL - Random breath testing

The Western Cape is rolling out the 'Random Breath Testing' (RBT) scheme, which has already been a huge success in Australia: Checkpoints will be set up with the sole intention of breathalysing drivers and immediately arresting those who can't prove their sobriety.

Minister of transport and public works Donald Grant believes this is an innovation that will save lives, and will finally be the message that gets through to drunk drivers: How will it work?

- Breath testing teams in distinctive RBT uniforms will be conducting rapid, lightweight, Vehicle Check Points at multiple locations in a single shift.
- "Random" refers to the Vehicle Check Points that will be used, which are locations selected randomly but covering the entire operational area.
- Handheld breathalyser devices will then be used to screen motorists for alcohol.
- The testing teams will operate day and night, on a shift basis covering any day of the week.
- RBT operations will be over and above normal traffic law enforcement activities.

In fact, RBT has already begun in some parts of the Western Cape. It gets a full run out in the City of Cape Town on 14th July.

FINES - Western Cape vs Johannesburg

The City of Johannesburg and Tshwane municipalities follow the fine costs outlined by the Administrative Adjudication of Road Traffic Offences (AARTO), established in 2008. The rest of the country follows the offences outlined in the Criminal Procedure Act except the Western Cape which has implemented its own Traffic Law Enforcement Offence Code Book. How do they differ:

The priority of the fine levels do somewhat correlate between the Western Cape (WC) and the AARTO equivalent, but that's where it ends.

There are significant discrepancies. For example, most R2 000 WC fines are typically R750 under AARTO.

But for the infringement 'driving without consideration for other road users', the fine is R250 under AARTO. It is R2 000 in the WC.

Driving without a license is also more frowned upon in Tshwane and Johannesburg if traffic fine tiers are taken into consideration.

Under AARTO, driving without a license has a maximum fine of R1 250 (among the highest fines for the municipalities). In the Western Cape, the infringement has a maximum fine of R2 000 (among the lower fine costs for the province).

Unroadworthy vehicles are also especially clamped down on in the Western Cape, with local government blaming these vehicles for many accidents – especially in the public transport sector.

Driving an unroadworthy vehicle carries a fine of R3000 in the province. Under AARTO the maximum fine for an unroadworthy vehicle is a third of the Western Cape fine's cost.

On one side of the debate are those that find the province's legislation unfair and costly. There are, however, also those who support the higher fine costs. After all, you only get the fines if you break the law. These people view the higher fines as a deterrent. It makes reckless drivers think twice about being impatient and overtaking that truck in a restricted zone.

COMPUTERS

DATA THEFT – Advice from a member

The first indication seems to be a notice from Telkom warning the subscriber that they have reached their **80% usage mark**, and after that the loss of data becomes exponential. I personally lost \pm 26 GB within the space of 10 days before I realised that there probably wasn't anything 'wrong' on either my laptop or my desktop PCs, but that I had been 'hacked'. I reported the loss of data via email to the *Abuse Department at Telkomsa* who replied to the effect that they had reviewed my ADSL connection logs and could not pick up any irregularities, their logs having shown that all the connections were made from my location. Their advice was to install or update an antivirus and antispyware program on the computer/s and make sure that all the computers were clean and with no viruses, as well as to change my passwords regularly.

I did all this but my data still continued to disappear.

Even with my modem switched off for a 24-hour period, I still had a loss of 4.09 GB during that period.

The 'thief' seems either to have obtained or have hacked my Wi-Fi, internet and/or email password/s and used them until I eventually changed all my internet passwords with Telkom, after which the data disappearance stopped abruptly.

I'm aware of exactly the same thing happening within the last two months to two other subscribers in our town who use Telkomsa as their ISP (Both subscribers, like me, are also over 60. Are the elderly being hacked because we're 'soft targets'?) And according to a local IT fundi, he's aware of it happening on a far larger scale as well.

So – it's both useful and necessary to change one's passwords regularly, *but immediately when one notices one's data allocation being used up abnormally quickly.*

Regards
Dave Reid

SAARP's SERVICES – For your benefit

SAARP SHORT TERM INSURANCE POLICIES

Members have saved up to R13 000 per annum on their SAARP policies
Choose from Auto & General, SANTAM or Alexander Forbes

SAARP SOCIAL CLUBS

Find one near you at www.saarp.net and click on Clubs

SAARP HOLIDAY CLUB

Get discounted top class holidays at amazing prices

SAARP MEDICAL INSURANCE GAP COVER

Choose from Guardrisk or Alexander Forbes

SAARP FAMILY PROTECTION PLAN

Funeral insurance at reduced rates

CAR HIRE A CHOICE OF TWO COMPANIES

First Car or Holiday Autos

SAARP DISCOUNTED WILLS WITHOUT DRAFTING OR HOLDING COSTS

Discounted executor's fees could vary from 20% to 50% off the legal maximum

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e-mail: info@saarp.net

Or see it all at www.saarp.net

SNIPPETS

- A brilliant personalised number plate seen in Cape Town: HUSBANK WP Got It? **HUS**band **BANK**
- Bad News for Diet Soda Lovers. Study links artificially sweetened drinks with higher risk of stroke and dementia.
- The latest state of Transport Opinion Poll South Africa (TOPSA) shows that public transport is considered unsafe, unreliable, ineffective or unaffordable by South Africans. Respondents highlighted transport safety, taxi-related issues, the quality of roads and transport costs as leading concerns.

LANGUAGE

Procrustes

PRONUNCIATION: (pro-KRUS-teez)

MEANING: noun: A person imposing conformity without concern for individuality.

The word is more often used in its adjective form procrustean.

"The world is filled with procrustean politicians."

I wish they would rather heed Salman Rushdie, writer (b. 19 Jun 1947); "What is freedom of expression? Without the freedom to offend, it ceases to exist."

ACRONYMS

Admiral to rating: "Where is that oil coming from?"

Rating: "From the BRT sir."

Admiral: "Thank you. Carry on."

Rating's mate: "What's a BRT?"

Rating, pointing: "That big round thing."

THOUGHT

It often seems to me that happiness and possessions are like vitamins and health.

Severe lack of vitamins makes us ill, but extra vitamins do not make us healthier.

Most of us – I certainly am, as was my father – are driven to collect things, but more

possessions do not make us happier. It is a human urge that is rapidly degrading the planet: as the forests are felled, the landfill sites grow bigger and bigger and the atmosphere is filled with greenhouse gases. **Progress, the novelist Ivan Klima once gloomily observed, is simply more movement and more rubbish.**

Marsh, Henry. Admissions: A Life in Brain Surgery.

SMILE

Shortly after take-off on an outbound evening Air Lingus flight from Dublin to Boston, the lead flight attendant nervously made the following painful announcement in her lovely Irish brogue: *"Ladies and gentlemen, I'm so very sorry, but it appears that there has been a terrible mix-up by our catering service. I don't know how this happened, but we have 103 passengers on board, and unfortunately, we received only 40 dinner meals. I truly apologize for this mistake and inconvenience."*

When the muttering of the passengers had died down, she continued, *"Anyone who is kind enough to give up their meal so that someone else can eat will receive free, unlimited drinks for the duration of our 5 hour flight."*

Her next announcement came about 2 hours later: *"If anyone is hungry, we still have 40 dinners available."*

COMMENT ON A MOVIE – Dr Zhivago

"Eminently missable - unless you are addicted to boredom."

Julie Hattingh

COMMENT ON A PLAY - I am a Camera

"Me no Leica."

Walter Kerr,

OY VEY

- As I hurtled through space, one thought kept crossing my mind - every part of this rocket was supplied by the lowest bidder.
John Glenn
- America is the only country where a significant proportion of the population believes that professional wrestling is real but the moon landing was faked.
David Letterman
- I don't believe in astrology. I am a Sagittarius and we're very sceptical
Warren Tantum

Ray Hattingh

PS: "You can only be cross with someone you care about." Monique Berowsky

adding life to your years