



SAARP
NEWSLETTER
Number 134
January 2018

adding life to your years

Planning is a process, not an event!

Bruce Stewart

2018

Welcome to 2018. Resolve to, “. . . every day, hear at least one little song, read one good poem, see one exquisite picture, and, if possible, speak a few sensible words.”

WATER IS LIFE – SAVE IT

Water demand, globally, is projected to increase by 55% between 2000 and 2050. Much of the demand is driven by agriculture, which accounts for 70% of global freshwater use, and food production will need to grow by 69% by 2035 to feed the growing population. Water withdrawal for energy, used for cooling power stations, is also expected to increase by over 20%. In other words, the near future presents one big freshwater drain after the next. Right now, according to a NASA-led study, many of the world’s freshwater sources are being drained faster than they are being replenished. Of the world’s major aquifers (gravel and sand-filled underground reservoirs), 21 out of 37 are receding, from India and China to the United States and France. The Ganges Basin in India is depleting, due to population and irrigation demands, by an estimated 6.31 centimetres every year. NASA has warned that ***“the water table is dropping all over the world. There’s not an infinite supply of water.”***
BBC

SAARP NEWS

We re-opened the office on Monday the 8th so I have little fresh news to share with you. I, for one, am delighted to be back in the saddle again – retirement not being a word in my vocabulary. However

LAST WILL AND TESTAMENT – An essential document

There are many good reasons why you should have a Will drawn up. Please go to our website www.saarp.net and read the full article by clicking on:

DON'T DELAY THE MAKING OF YOUR WILL

[Click here to download PDF](#)

Then please contact SAARP for the necessary information to get the ball rolling.

info@saarp.net or 021 592 1279

CRUISE OFFER - Best of the Baltics

10 night cruise package on board Norwegian breakaway from R32,999 per person. Unlock the mysteries of Scandinavia & Russia on-board the Norwegian Breakaway. Step back in time and venture deep into the Land of the Midnight Sun where Vikings ruled the Baltic Sea. Experience Tsar Peter I's Kadriorg Palace in Tallinn, the museums and restaurants of Helsinki, the quaint townhouses and streets of Stockholm.

The Package Includes:

Return flights & Taxes from Johannesburg

1 Night Hotel Stay in Copenhagen

9 Nights Full Board Cruise on board Norwegian Breakaway

Port Taxes & Baggage Charges

This cruise holiday package is from R 32 999 per person and the offer is valid for the departure date May 18 2018. LIMITED OFFER – FREE INSIDE TO OCEANVIEW CABIN UPGRADE.

The cruise itinerary includes Copenhagen, Denmark; Warnemunde, Germany; Tallinn, Estonia; St. Petersburg, Russia; Helsinki, Finland & Stockholm, Sweden.

Terms & Conditions Apply.

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

info@lifestylecruises.co.za

SAARP SOCIAL CLUBS

Four of our social clubs' newsletters were waiting in my inbox on Monday the 8th, which proves that some of them are early birds. (Perhaps many others are too.)

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
Tableview cabanas	Blouberg	28 May -1 June	1 bedroom	R1 368
Castleton	Plettenberg Bay	16-20 April	1 bedroom	R2 736

Breakers	Umhlanga	20-25 Aug	1 bedroom	R1 368
Dolphin View	Umdloti	18-22 June	1 bedroom	R3 420
Kiara Lodge	Clarens	16-20 April	1 bedroom	R3 078
Dikhololo	Brits	14-18 May	2 bedroom	R1 368
Sudwala Lodge	Nelspruit	7-11 May	1 bedroom	R1 368
Mabalingwe	Bela Bela	11-15 June	1 bedroom	R1 368
Mabalingwe	Bela Bela	11-15 June	2 bedroom	R2 052
Hazyview Cabanas	Hazyview	28 May–1 June	2 bedroom	R1 710
Umhlanga Cabanas	Umhlanga	21-25 May	2 bedroom	R2 052

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.

HOLIDAYS

Speaking of holidays, you may have that all too human urge to share thousands of pictures on Facebook (at least it has spared us those dreadful slide shows of old). Victoria Sackville-West wrote something in her 1926 book, *Passenger to Teheran*, which will always resonate with me when I have the urge to share travel experiences. *“Travel is the most private of pleasures. There is no greater bore than the travel bore. We do not in the least want to hear what he has seen in Hong-Kong. Not only do we not want to hear it verbally, but we do not want – we do not really want, not if we are to achieve a degree of honesty greater than that within the reach of most civilised beings – to hear it by letter either.”*

Spare a thought for your friends before you post ☺

HEALTH

HEARING LOSS – An insidious problem

The main causes are hereditary factors, noise exposure, trauma, ear diseases and age.

Like getting fatter and going grey, we tend to think of hearing loss as an inevitable part of ageing, and it is certainly true that as you get older your hearing tends to get worse. More than 40% of people over 50 have some degree of hearing loss, rising to 70% of those over the age of 70. For many people, gradual hearing loss is far more than an inconvenience: it can lead to social isolation, which in turn can contribute to mental health problems such as depression. And there is also mounting evidence that hearing loss can significantly increase your risk of developing dementia. So it's really important that you don't ignore it. Yet on average, people in the UK wait for a staggering 10 years before they seek treatment. It's surprisingly tricky to spot gradual hearing loss as our brains are very good at compensating, so we're not even aware of how much we've lost until things are quite far advanced.

Warning signs include:

- Having the TV on very loud
- Struggling to follow conversations
- Missing phone calls or the front door bell
- Denying that you have a problem

The effects of hearing loss on cognitive skills and memory can be quite profound. But the encouraging thing is that if you correct the hearing loss you can prevent the cognitive decline. The important message here is if you think your hearing's deteriorating, don't delay: get help from your GP who should be able to rule out any temporary causes and refer you for a hearing test, if you need it.

BBC

A hearing test is the first step so contact the Ear Institute <http://www.earinstitute.co.za> 0861 10 20 30 - They will point you in the right direction. Having a daughter with hearing problems I know that that is the right place to start.

OVERWEIGHT? – Here are some ideas

Maintaining a healthy weight is key for good health, but it can be hard to know how best to change your diet to achieve your goal. It's always worth visiting your GP to check whether you need to lose weight, and if you do, what a healthy weight range is for you. They can also check for any underlying medical conditions that may be causing excess weight gain. Once given the all-clear to change your diet, eating a balanced diet with plenty of fruit and vegetables is the best way to reach and maintain a suitable Body Mass Index. Remember that the calories you need on a daily basis vary depending on your age, height, weight, sex and activity levels.

The following are three tips for healthy weight loss:

1. Eat a healthy breakfast

An egg-based breakfast is an excellent choice; nutrient-dense and a source of protein, eggs help keep you fuller for longer which means you may be less likely to snack later on.

2. Eat mindfully

Get in touch with your hunger levels and think carefully about what your body is telling you. If you're craving something sweet, are you really hungry or are you actually bored, stressed, tired or emotional? If you really are hungry, eating a healthy snack should tide you over until your next meal.

3. Curb night-time cravings

Many people eat a large proportion of their daily calorie intake once they've settled down on the sofa, and if you're aiming to lose excess weight, this is not a good idea. Eat a satisfying, balanced dinner that you know you will enjoy. A meal full of strong flavours, such as spices, combined with some naturally sweet ingredients, like sweetcorn or butternut can help satisfy carb cravings.

BBC Food

WEIGHT - Are fizzy drinks a problem?

We all know that sugary, fizzy drinks are full of calories - but is it only the sugar in the drink that swells our waists, or could it also be the bubbles? In a recent study done last year at Birzeit University in the Palestinian territories, researchers took a group of male rats and gave them either a fizzy sugary drink, a flat sugary drink or tap water to consume. They found that the rats who regularly drank the gassy sugary drink put on more weight at a much faster rate than rats given either flat sugary liquids or tap water. When they took blood samples, they found that the rats drinking fizz had much higher levels of the hunger hormone ghrelin, which could explain the weight gain.

It was such an interesting study that the BBC's *Trust Me I'm a Doctor* team thought we should do a similar experiment, but with a mix of human volunteers who were given identical, calorie-controlled cheese sandwiches to eat. The idea of doing this was to ensure that all our volunteers started with roughly similar levels of ghrelin in their blood.

Once the lead researcher had crunched the numbers he found that ghrelin levels were about 50% higher when people had a fizzy drink. So the fizzy sugary drink makes you a lot hungrier an hour later than drinking the same drink, but flat. This increase in ghrelin wasn't only seen after drinking sugary fizzy drinks; there was also a slight effect when the team compared the impact of still with carbonated water. Why should bubbles have this effect on our hunger signals? We don't know for sure, but the lead researcher thinks there are two possible reasons. *"One is that after drinking a carbonated drink, carbon dioxide is released in your stomach. There are chemical receptors in the stomach which detect carbon dioxide and cause the cells at the top of the stomach to release ghrelin and it makes you feel hungry. Another possibility is it is a mechanical thing. The stomach*

bloats and stretches a little bit from that extra gas and again that stimulates cells to release ghrelin. Those are the best two possibilities in terms of mechanism."

So is it OK to drink flat, sugary drinks? Unfortunately not. According to the team: **"The take home message from this is sadly and boringly that the healthiest option is probably still water."**

BBC

SOCIAL MEDIA

GOOD? BAD? – Get involved

The BBC is launching a season about social media and its impact on our mental well-being – and they want you to get involved. They want you to share your tips for a happy life on social media with the hashtag #LikeMinded on Facebook, Twitter and Instagram.

I Quote: *"In 2017 the smartphone turned 10 years old and new research is emerging about its world-changing impact. Having a computer in the palm of our hands has given us access to each other's lives – and an insight into our own lives – that was totally unprecedented before the internet. Many people may no longer even remember a time before social media. But is it making us any happier?"*

That's what we'd like to find out in a new season on BBC Future called #LikeMinded. There's been a lot of talk recently that social media has a negative impact on our mental health, and you might be looking at the beginning of the New Year as an opportunity for digital detoxing. The early studies suggest that, as well as making us more connected than ever before and giving us exhilarating hits of dopamine, social media usage is associated with symptoms of depression, anxiety and loneliness in some people."

It is also worth reading: **Is social media bad for you? The evidence and the unknowns**

<http://www.bbc.com/future/story/20180104-is-social-media-bad-for-you-the-evidence-and-the-unknowns>

TRAFFIC

ROADBLOCKS

If signalled to pull over at a roadblock, be sure to obey the traffic officer's instruction. Officers have the authority to demand your driver's licence, which by law must be kept on the driver's person or in the vehicle. If you violate the dignity of the officer, you may be taken into custody. Conversely, an officer who abuses a motorist can be reported to the SAPS. If something like this happens to you, note the officer's name and/or badge

number. Importantly, you have the right to record what takes place at the roadblock, which could be vital evidence in any dispute. An officer cannot confiscate or damage your filming device or compel you to delete footage.

A uniformed police officer has the right to stop any vehicle at any time. If you are stopped by the police, you are obliged to give your name and address, if required, and any other particulars concerning your identity. You are also entitled, of course, to ask such a person for proof of identification — for example, their appointment certificate or identity card. The Criminal Procedure Act clearly says that an officer who cannot, or will not, provide an appointment certificate is in violation of the act, and that any subsequent actions will be unlawful. Note that under SA law, **uniformed SA Police Service members (SAPS) have the same powers as uniformed traffic officers or other Metropolitan police officers.**

A police officer may order that the use of any vehicle that is considered unroadworthy be discontinued immediately. They can, alternatively, specify that the vehicle may only be used for a limited period or to reach a specific destination. They are further empowered to remove the license disc from the windscreen.

If you are driving under the influence of drugs or alcohol and refuse to take a breathalyser test, the police can legally detain you and have your blood tested.

At a roadblock, the officers in charge cannot under any circumstances arrest or detain you for an outstanding traffic fine for which there is no warrant of arrest. However, they may serve you with a summons to appear in court, as long as the court date on that summons is at least 14 days in the future (Sundays and public holidays excluded), but they may not force you to pay on the spot.

AA

SCIENCE

SMALLER THAN AN ATOM

The physics that tells us what the Universe is made of. It is worthwhile copying this link and pasting it into your search engine:

<http://www.bbc.com/earth/story/20170404-the-physics-that-tells-us-what-the-universe-is-made-of>

IT'S RIGHT ON THE TIP OF MY TONGUE . . .

I'm sure you are familiar with those 'tip-of-the-tongue' moments, times when the very word you were just going to use suddenly vanishes into thin air. You will have discovered, too, that the resolution is just as mysterious and the word pops right back into your head, usually when all efforts at retrieval have been abandoned. Have you ever wondered why this happens? It does become more frequent with age. In one study at the University of Virginia designed to measure tip-of-the-tongue frequency, 20 year

olds were 'stuck' on a word three times, compared to eight times for the 80 year olds. But this does NOT mean that it is associated with some sort of increasing memory loss. It is believed that because the semantic meaning of words is stored in one part of the brain and the sound of the word in another, that if these two areas do not 'fire' together, then a tip-of-the-tongue can result. And as we grow older, the brain can be a little slower to act. As we age, the most common occurrences of tip-of-the-tongue are going to be in names - names of people (often embarrassingly people we know really well), names of books, authors, songs, characters on TV we usually recall without difficulty. So, rest assured. If you are noticing you experience tip-of-the-tongue incidents more often than you used to, it is not related to general memory loss.

Dr Allison Lamont

WORLD

RECYCLING - Wrapping paper

Can it be recycled? The short answer? Not always. And that's because gift wrap often contains much more than simply paper. Some is plastic-based. Then there's the issue of gift wrap that's covered in "*metres of Sellotape*", not to mention gift tags or paper that contains foil or glitter, none of which can be recycled. But you can recycle a good deal of what you've wrapped your presents in, just as long as it's pure paper.

How do you check? Try to scrunch up the paper into a ball. **If it scrunches, and stays scrunched, it can probably be recycled.**

We wish more gift wrap is manufactured with a thought for the recyclers. "*Do we really need to design a non-paper wrapping paper? Make paper with recycling in mind!*"

BBC

FESTIVE WASTE – UK figures

How much do we throw away over the Christmas period?

— 1 billion Christmas cards.

— 83 sq km of wrapping paper (**enough to plaster the whole of Brighton and Hove with festive greetings**).

— 125,000 tonnes plastic packaging.

— Six million Christmas trees (**as many as there are trees in Epping Forest and all London's parks put together**).

— 4,200 tonnes of aluminium foil (**enough to manufacture 14 Boeing 747s**).

Source: Envirowaste

The Spectator

SCARY

LIGHT POLLUTION - Night being lost in many countries

A study of pictures of Earth by night has revealed that artificial light is growing brighter and more extensive every year. Between 2012 and 2016, the planet's artificially lit outdoor area grew by more than 2% per year. Scientists say a "loss of night" in many countries is having negative consequences for flora, fauna, and human well-being. Lead researcher Dr Christopher Kyba from the German Research Centre for Geoscience in Potsdam said that the introduction of artificial light was "one of the most dramatic physical changes human beings have made to our environment". He and his colleagues had expected to see a decrease in brightness in wealthy cities and industrial areas as they switched from the orange glow of sodium lights to more energy-efficient LEDs yet they see countries like the US staying the same and the UK and Germany becoming increasingly bright. Since the satellite sensor does not "see" the bluer light that humans can see, the increases in brightness that we experience will be even greater than what the researchers were able to measure. Dr Kyba said that we could make our urban areas much dimmer and not actually cause any problems for visibility. *"Human vision relies on contrast, not the amount of light,"* he explained. *"So by reducing contrast outdoors - avoiding glaring lamps - it is actually possible to have improved vision with less light. That could mean big energy savings - but our data show that on a national and global scale, this is not the direction we are heading."*

WESTERN SOCIETY IS IMPLODING

The Spectator 23 November 2017: *A recent email via the Young Vic, inviting directors to apply for an interview for a play called Dead and Breathing, says: 'Because of the nature of the production, applicants who identify as BAME, trans or gender queer will be guaranteed an interview. Please state this clearly in your application.'*

Imagine an advertisement which stipulated that the 'nature of the production' would guarantee a straight, white man an interview. It would be against the law.

FLIES – Disease spreaders

Scientists have discovered that flies carry more diseases than suspected. The house fly and the blowfly together harbour more than 600 different bacteria, according to a DNA analysis. Many are linked with human infections, including stomach bugs, blood poisoning and pneumonia. Flies can spread bacteria from place-to-place on their legs, feet and wings, experiments show. In fact, every step taken by a fly can transfer live bacteria, researchers said. The house fly, which is ubiquitous around the world, was found to harbour 351 types of bacteria. The blowfly, which is found in warmer climates, carried 316. A large number of these bacteria were carried by both types of fly. The researchers, who published their study in the journal Scientific Reports, say flies may have been overlooked by public health officials as a source of disease outbreaks. A researcher said, *"We believe that this may show a mechanism for pathogen transmission that has been overlooked by public health officials, and flies may contribute*

to the rapid transmission of pathogens in outbreak situations. It will really make you think twice about eating that potato salad that's been sitting out at your next picnic." House flies are well known for their poor hygiene habits - visiting rubbish tips and feeding on all sorts of decaying food, animal corpses and faecal matter. They are suspected of carrying a range of human, animal and plant diseases. Blow flies are one of the most common flies found around dead animals. They are common in urban areas and are often found near meat-processing plants, rubbish dumps and slaughterhouses.

BBC

SOUTH AFRICA

MULTICHOICE – Misleading advertising

The Advertising Standards Authority of South Africa (ASA) has ruled against MultiChoice for promoting repeats as new content.

The DStv commercial in question promoted Mom season 3 on Comedy Central, with a voiceover stating “Mom 3 brand new season, Tuesday only on Comedy Central”.

A consumer lodged a complaint with the ASA, arguing that MultiChoice advertises “old content that is being repeated for the umpteenth time” as new content.

She then pointed out that the advertisement for a “brand new series of Doc Martin” was also recycled content.

MultiChoice responded, saying the series Mom was previously aired on M-Net channels, but the promotion was for a different channel – Comedy Central.

It added that Mom was going to feature on Comedy Central for the first time and was new to the channel.

“M-Net is not accessible to Compact Plus subscribers and therefore they would not have watched the sitcom,” said MultiChoice.

The ASA was not convinced by MultiChoice’s arguments, saying the fact that it used the term “brand new” for repeated content is misleading.

It ruled that the claim “Mom 3 brand new season, Tuesday only on Comedy Central” was therefore misleading.

The ASA ordered MultiChoice to withdraw the claim from its advertising with immediate effect.

THE MOST-WATCHED TV SHOWS IN SOUTH AFRICA

Channel	Show	Peak Viewers
Top 5		
SABC 1	Uzalo	9,151,710
SABC 1	Generations: The Legacy	8,771,132

SABC 1	Skeem Saam	6,582,966
SABC 2	Muvhango	5,303,053
Etv	Scandal	5,024,539
Top per channel		
SABC 1	Uzalo	9,151,710
SABC 1	Generations: The Legacy	8,771,132
SABC 2	Muvhango	5,303,053
SABC 2	Tholoana Tsa Sethepu	2,649,406
SABC 3	Isidingo: The Need	1,030,518
SABC 3	Angel of Christmas	575,370
Etv	Scandal	5,024,539
Etv	Rhythm City	3,783,515
DStv	The Queen	1,300,155
DStv	The Imposter	1,246,939

MyBroadband

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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

Antibiotics and alcohol: A few antibiotics do cause adverse reactions when mixed with alcohol. And others side effects are made worse by drinking.

Always ask your doctor if the one you are taking has these issues.

Health authorities advise against using alcohol when taking antibiotics.

Longevity 1: Of the 65 million people in the UK, 8.45 million are projected to live to 100, according to analysis from the Office for National Statistics. That's around one in eight of the population and a timely reminder that many of us will spend a third of our lives in old age. Ageing is a global issue - the number of people aged 65 and older is projected to almost triple to 1.5 billion by 2050. At present more of those extra years are being spent in ill health, often with multiple chronic conditions. To prevent this start reviewing your lifestyle now - diet and exercise and interests - and make use of the available medication to deal with many conditions.

Longevity 2: Eighty-one-year-old flight attendant Bette Nash is celebrating 60 years working in the air - and she has no plans to retire from her job at American Airlines.

End of an era. United Airlines recently flew its Boeing 747 aircraft – called the “*Queen of the Skies*” - for the final time on a flight from San Francisco to Honolulu. The airline recreated the first 747 flight operated by United in 1970 for the farewell journey, complete with a 70s inspired menu, retro uniforms worn by flight attendants, and in-flight entertainment calling back to that first flight.

The top five celebrity diets to avoid in 2018. Unfortunately celebrities have an unfortunate influence on otherwise reasoning folk. UK dieticians warn against these:

- Raw Vegan
- Alkaline
- Katie Price - Nutritional Supplements
- Pioppi Diet
- Ketogenic

Your local doctor is a better place to start if you wish to diet.

PS I was a vegetarian for many years until somebody knocked some sense into me.

GRANDPARENTS – As “parents”

The BBC reports:

Grandparents are running up large debts raising children whose parents cannot look after them, surveys have found. Nearly 200,000 children in the UK are being raised by a family member other than their parents and findings show the burden often falls on grandparents.

WHAT WERE THEY THINKING? (DRINKING?)

Weird place names from the Ewe.S.A

- 1) 'Boring' in Oregon — I mean, does the name inspire you to book a flight?
- 2) 'Uncertain' in Texas — for all those who find decision making tricky, this is your home town!
- 3) 'Peculiar' in Missouri —okay, the less said about the inhabitants in this town, the better for one's mental welfare!
- 4) 'Chicken' in Alaska — particularly fowl place.
- 5) 'Whynot', Mississippi, begs the question.
- 6) 'Loveladies', New Jersey, sister town of 'Hooker', in Oklahoma — sound like festive places, possibly their inhabitants need to head to 'Husband', Pennsylvania, or perhaps 'Intercourse' in the same state would be worth a visit? 'Dildo' in Newfoundland could also be entertaining.
- 7) Avoid 'Accident' in Pennsylvania

Things ewe never Kn'ewe about South African place names by Ann Gadd

MAKES YOU THINK

A man wrote a letter to a small hotel in a town he planned to visit on his holiday. He wrote: I would very much like to bring my dog with me. He is well-groomed and very well behaved. Would you be willing to permit me to keep him in my room with me at night?

An immediate reply came from the hotel owner, who wrote:

Sir, I have been operating this hotel for many years, in all that time, I've never had a dog steal towels, bedclothes, silverware or pictures off the walls. I've never had to evict a dog in the middle of the night for being drunk and disorderly. And I've never had a dog run out on a hotel bill. So, yes, indeed, your dog is welcome at my hotel. And Sir, if your dog will vouch for you, you're welcome to stay here too.

FROM THE MOUTHS OF BABES

A little girl was talking to her teacher about whales.

The teacher said it was physically impossible for a whale to swallow a human because even though it was a very large mammal its throat was very small.

The little girl stated that Jonah was swallowed by a whale.

Irritated, the teacher reiterated that a whale could not swallow a human; it was

physically impossible.

The little girl said, 'When I get to heaven I will ask Jonah'.

The teacher asked, 'What if Jonah went to hell?'

The little girl replied, 'Then you ask him'.

THOUGHT

If you only read the books that everyone else is reading, you can only think what everyone else is thinking.

Ray Hattingh

PS Older age is a journey, not a destination. Julie Hattingh

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