



Due to the Corona virus lockdown the Holiday Club has been removed from this edition.

SAARP is currently closed in accordance with the Government Regulations.

adding life to your years

The word itself, like the note in music, has meaning only in relation to other words. It exists in time and in usage; and since contexts and usages change, the life of a word is a continual death.

The Life of T S Eliot by Helen Gardner

HEALTH

PROSTATE CANCER

This is now the most commonly diagnosed cancer in England, overtaking breast cancer for the first time. In 2018 there were nearly 50,000 registered cases - around 8,000 more than in 2017. More men are being tested. That is probably due to celebrities, like Stephen Fry and Bill Turnbull, raising awareness by speaking out about their own experiences.

What is prostate cancer?

- It is the most common cancer in men in the UK - an ageing population means more men are developing and dying from the disease
- It involves the prostate - a small gland in the pelvis, found only in men
- Cancers can develop slowly over years and many men have no symptoms
- Noticeable symptoms include needing to urinate more often and weak flow
- There is no single test for prostate cancer - a blood test, biopsies and physical examinations are all used

BBC

FALLING

DEATHS FROM FALLS - USA

In 2017, more than 31,000 older Americans suffered fatal injuries from falls, almost twice as many as a decade earlier. Falls are the leading cause of fatal and nonfatal injuries for adults 65 and older. We know that staying active is proven to reduce risk of falls among older adults

AARP

Tips to Avoid Falling

A critical part of keeping your balance is to remain active:

- **Work on strength and resistance training.** Consider lifting weights and doing Pilates and exercises such as push-ups, which build muscle.
- **Walk and use stairs if you can.** Join or start a walking club if it will help motivate you.
- **Strengthen your quads.** One way to do that is by leaning against a wall, sliding down into a squat, then standing again — and doing repetitions.
- **Improve your balance.** Yoga can help older people. So can martial arts training such as tai chi.
- **Have your vision and hearing checked regularly.** Clouded vision or impaired hearing can greatly boost your chances of falling.
- **Talk to your doctor or ask your pharmacist** about the side effects of medication that could increase the risk of a fall.
- **Wear the right shoes.** Find a pair that won't cause you to slip.
- **Remove tripping hazards.** Check your home for what can cause a fall:
 - use slip-resistant mats rather than throw rugs
 - tuck electrical cords out of the way
 - opt for door handles with levers instead of knobs
 - use railings and grab bars to navigate your home
 - critically, place slip-resistant mats in the bath or shower

<https://www.aarp.org/politics-society/advocacy/info-2019/tips-preventing-falls.html>

PS This from another source: **The annual number of bone fractures for older adults who had been walking leashed dogs more than doubled over a similar period.** I can attest to that. I'm 76 years old, and last year I had two falls caused by dog leads tripping me while I was standing and talking to someone. The second fall resulted in a broken femur and a hip replacement. I subsequently discovered that dog leads are the cause of a number of deaths, annually. Ray

LANGUAGE

A LESSON FOR PEDANTS

Language will never be perfect, the rules of grammar did not descend from heaven on a cloud of pure logic. Language can never fully shed its wild nature, it evolved not to be perfect, but to be useful. The messy real world resists being brought to order.

Many metaphors lend themselves to describing the way language really is versus how the sticklers wish it would be. Language, as a product of human ingenuity, can be seen a bit like another human product: our children. Parents want their kids to be perfect: to sit still in class, take notes, get A grades, respect adults, eat their vegetables and go to bed without a fuss. But real kids sometimes fidget, skip their homework, hate their teacher, struggle with a subject, throw a tantrum,

demand ice cream for dinner, and act as though they need never go to bed. They can be partly tamed out of these behaviours, but never fully.

Language is not like computer code, which crashes on even small mistakes, and needs to be constantly debugged. It's a bit more like a recipe, which can be modified by individual users according to taste, where different conditions (the quality of your cookware, the altitude, the hardness of the local water) will call for a few changes, and where mistakes can easily be survived with a little creativity and will on the part of the chef. Written language is a bit like classical composition, with well-established conventions of harmony and melody. A wrong note really will sound wrong. Spoken language (which is – as we will see later – the original form of language of which writing is an offshoot) is more like jazz. Jazz has its own conventions, but on-the-fly improvisation and constantly changing styles mean that a blue note in a blistering run may be what gives it its verve. In jazz, like speech, even clear mistakes can be forgiven: “wrong” is all in the ear of the beholder. To sum up: language is not so much logical as it is useful. It is not composed; it is improvised. It is not well behaved; it is resourceful. It is not delicate; it is hardy. It is not always efficient, but its redundancy makes it robust. It is not threatened; it is self-renewing. It is not perfect. But, it is amazing.

Talk on the Wild Side by Lane Greene

SLEEP

TO SLEEP, OR NOT TO SLEEP – Your choice

Like light, electromagnetic radiation (EMR) can interfere with sleep by shutting down the production of melatonin and altering cortisol secretion. A healthy balance of melatonin and cortisol is essential for a healthy circadian rhythm. If you have trouble falling asleep or staying asleep, follow these tips to reduce your night time exposure to hormone disrupting light and radiation.

1. After dark, keep your lights as dim as possible, and choose your light bulbs carefully. Studies show that exposure to dim light before bed has much less impact on melatonin levels than regular room light, which can shorten melatonin secretion by 90 minutes in 99 percent of people. Light-emitting diode (LED) bulbs are the best.
2. Avoid watching TV and using other electronics after 9 or 10 p.m. If you must use electronic devices late at night, keep them as far away from your head as possible and wear glasses with amber, rose, or orange lenses to block blue light
3. If you have a wireless router in your home, keep it as far away from your bedroom as possible. Place wireless routers in an area where you spend the least amount of time, ideally at least 600 feet away from areas where you sleep.
4. Remove as many electronic devices from your bedroom as you can. This includes televisions, cable boxes, video games, DVD players, DVRs and other recording devices, radios, sound systems, personal music players and docking stations, remote controls, computers, monitors, tablets, e-book readers, printers, fax machines, cordless phones, cell phones, chargers, digital photo frames, baby

monitors, digital and analog electric clocks, etc. Also avoid lights with dimmer switches because they use electronic transformers that generate EMR. If you can't live without a phone in your bedroom, use a corded land line instead of a cordless or cellular phone.

5. Sleep in complete darkness. Wearing an eye mask isn't enough. Get black-out curtains if any artificial light shines through your windows at night.

6. If you have to get up in the middle of the night, try to avoid turning on the light. If need be, consider using night lights that block blue light.

Sarah Cimperman N.D.

THE ELECTRONIC AGE

FRIEND OR FOE?

Why Amazon knows so much about you by Leo Kelion

You might call me an Amazon super-user. I've been a customer since 1999, and rely on it for everything from grass seed to birthday gifts.

There are Echo speakers dotted throughout my home, Ring cameras inside and out, a Fire TV set-top box in the living room and an ageing Kindle e-reader by my bedside.

I submitted a subject data access request, asking Amazon to disclose everything it knows about me

Scanning through the hundreds of files I received in response, the level of detail is, in some cases, mind-bending.

One database contains transcriptions of all 31,082 interactions my family has had with the virtual assistant Alexa. Audio clips of the recordings are also provided.

The 48 requests to play Let It Go, flag my daughter's infatuation with Disney's Frozen.

Other late-night music requests to the bedroom Echo, might provide a clue to a more adult activity.

Clicking on another file reveals 2,670 product searches I had carried out within its store since 2017. There are more than 60 supplementary columns for each one, containing information such as what device I'd been using, how many items I subsequently clicked on, and a string of numbers that hint at my location.

One spreadsheet actually triggers a warning message saying it is too big for my software to handle. It contains details of the 83,657 Kindle interactions I've had since 2018, including the exact time of day for each tap. An associated document divides up my reading sessions for each e-book, timing each to the millisecond.

And on it goes.

<https://www.bbc.co.uk/news/extra/CLQYZENMBI/amazon-data>

BOOK EXCERPTS

THE BRAIN

The enteric nervous system, which controls your stomach and intestines, is looking more and more important for understanding the mind, but it's extremely difficult to measure and therefore largely unexplored. We're even finding that microbes in your stomach have a huge effect on mental states, and nobody knows how or why. There's so much innovative research going on that in ten years, today's experts might feel like Plato in the presence of a brain-scanning machine.

Social reality is not just about words — it gets under your skin. **If you perceive the same baked good as a decadent “cupcake” or a healthful “muffin,” research suggests that your body metabolizes it differently.** Likewise, the words and concepts of your culture help to shape your brain wiring and your physical changes during emotion.

How Emotions Are Made: The Secret Life of the Brain by Lisa Feldman Barrett

MICROBES

You have about 100,000 microbes per square centimetre of your skin, and they are not easily eradicated. According to one study, the number of bacteria on you actually rises after a bath or shower because they are flushed out from nooks and crannies. But even when you try scrupulously to sanitize yourself, it isn't easy. To make one's hands safely clean after a medical examination requires thorough washing with soap and water for at least a full minute – a standard that is, in practical terms, all but unattainable for anyone dealing with lots of patients.

It is a big part of the reason why every year some two million Americans pick up a serious infection in the hospital (and 90,000 of them die of it). 'The greatest difficulty,' Atul Gawande has written, 'is getting clinicians like me to do the one thing that consistently halts the spread of infections: wash our hands.'

The Body by Bill Bryson

THE MONARCHY

ROYAL QUOTATIONS

- As Groucho Marx once said, *Anyone can get old—all you have to do is to live long enough.* Elizabeth II 1926– British queen
- On her passion for horses: *When I appear in public people expect me to neigh, grind my teeth, paw the ground and swish my tail—none of which is easy.* Anne, Princess Royal 1950– British princess
- *I declare this thing open—whatever it is.* Prince Philip, Duke of Edinburgh 1921– husband of Elizabeth II, opening an annexe at Vancouver City Hall
- *The thing that impresses me most about America is the way parents obey their children.* Edward VIII 1894–1972 British king

- When asked by Sir Stanley Rous whether she thought anyone had played well in a particularly dull football Cup Final: *Yes, the band.* Elizabeth II 1926– British queen
- Showing Lord Esher the corpse of her notoriously unfaithful husband, King Edward VII: *Now at least I know where he is!* Queen Alexandra 1844–1925
- To a Boer who had told her that he could never quite forgive the British for having conquered his country: *I understand that perfectly. We feel very much the same in Scotland.* Queen Elizabeth, the Queen Mother 1900–2002
- *Abroad is bloody.* George VI 1895–1952 British king:

Oxford Dictionary of Humorous Quotations by Gyles Brandreth

WINE

REALLY?

A study found that women make better wine tasters but that men get more emotional about it. This was the conclusion after blind taste tests involving 208 people. Women, it emerged, were better at distinguishing between wines, and reported greater differences between them. But they gave them lower ‘emotional ratings’ than the men, who seemed to be more passionate about them, even if they couldn’t taste them as well. The study also found that older people, who have fewer taste buds, were ‘more likely to enjoy any glass of wine whatever its attributes’.

No Such Thing As A Fish. The Book of the Year 2018 (No Such Thing As a Fish) Random House. Kindle Edition.

SOUTH AFRICAN SMART ID AND PASSPORT

BANKS

The Department of Home Affairs (DHA) will roll out Smart ID and Passport facilities to several more bank branches in 2020. The DHA launched Smart ID cards in 2013. These cards are a modern alternative to green ID books – which will eventually be phased out – and offer automated identity verification.

The E-Home Affairs system was launched in 2016 and lets South Africans apply and pay for their card or a passport on the Home Affairs [website](https://ehome.dha.gov.za/ehomeaffairs):

<https://ehome.dha.gov.za/ehomeaffairs>

Applicants can then collect their card or passport at a Home Affairs office or the nearest supported bank branch that offers a Home Affairs Live Capture Service. Once a card or passport is ready for collection, it can be picked up at one of these bank branches. Users will need to provide biometric authentication to receive their documents.

The process saves citizens the trouble of waiting in long queues at a Home Affairs office, where this type of task can be more time-consuming.

Currently, the E-Home Affairs branches are available at 16 bank locations across the country, most of which are in Gauteng.

MyBroadband spoke to South Africa’s major banks, which confirmed that 19 new locations will be added in the coming months.

For details of these banks go to:

<https://mybroadband.co.za/news/banking/337562-new-south-african-bank-branches-where-you-can-get-your-smart-id-and-passport.html>

DSTV

SPORT – A point to consider

DStv is often seen as a luxury which can be cut when times are tough, but financial planning expert David Kop warned that this decision can cost some people more than what they save. He told Finweek that he recently had a consultation with a client in financial distress and advised him to cut DStv to free up some money. “I could see my client immediately became disconnected, so I probed deeper. It turns out he was a massive sports fan and had to ensure that he watched his team playing live.” This means that if he does not have DStv at home, he has to go to a venue like a restaurant or pub to watch the game. With expensive food and drinks associated with going to a venue to watch a game, it can easily cost him more each month than his DStv subscription. “Although I saw DStv as a luxury, to him it was his essential entertainment and actually saved him money,” Kop said.

<https://mybroadband.co.za/news/broadcasting/339915-the-dstv-myth.html?source=newsletter>

POETRY AND DEMENTIA

BEAT DEMENTIA

Last September I included and insert, Beat Dementia - Learn Poetry. A few weeks ago this letter appeared in The Spectator magazine:

Learning by heart

Sir: Gyles Brandreth is right about the joys — and, no doubt, the neurological benefits — of learning poems by heart (21 December). Can I pass on a tip to the Brandreth grandchildren and anyone else who is trying to commit a few lines to memory? Write the whole thing out in longhand just before going to sleep and just after waking up. I’ve found you know more of the poem when you wake up than before you fell asleep. It helps if it rhymes.

Dan Hitchens

Deputy editor, Catholic Herald, London EC1

EUROPEAN UNION (EU)

BREXIT

In 2000 Time Magazine published a letter of mine wherein I predicted that by 2020 the EU will see at least one member withdraw from its undemocratic stranglehold. When someone asked me why I was so sure, I quoted (not word perfect) Winston Churchill's reply to Capt David Niven's question, "**Why do you think Japan will soon enter the War?**"

"I study history."

Ray

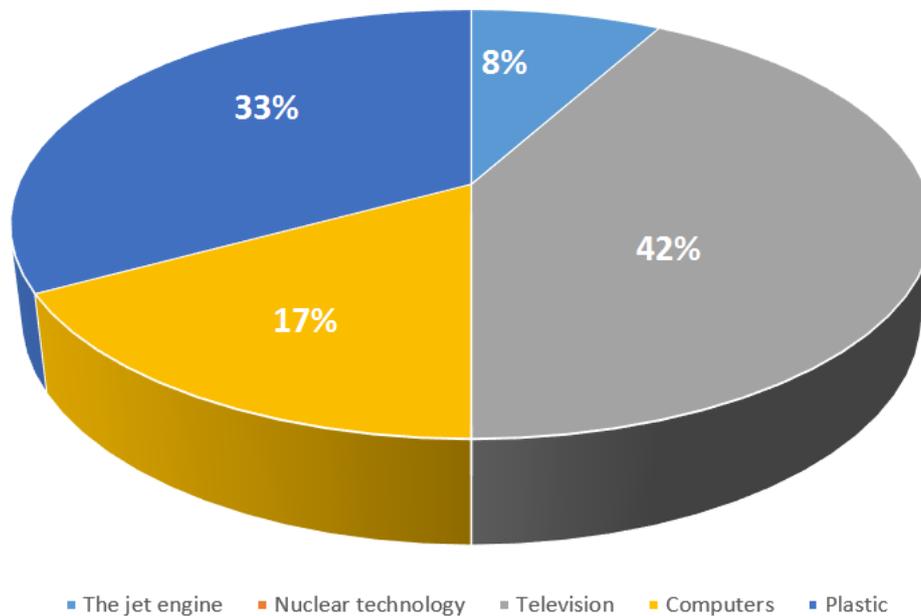
THE 20TH CENTURY

ANSWERS

Last month I asked: Which of these five 20th century developments do you think have caused the most harm?

- The jet engine
- Nuclear technology
- Television
- Computers
- Plastic

I did not receive as many responses as I hoped for but it seems that most of you have it in for television and are totally unconcerned about nuclear:



UNITED STATES

LEISURE ACTIVITIES

U.S. adults took an average of 10.5 trips to the library in 2019 – more than any other leisure activity, including going to the movies, according to a new Gallup Poll.

Despite the proliferation of digital-based activities over the past two decades -- including digital books, podcasts, streaming entertainment services and advanced gaming -- libraries have endured as a place Americans visit nearly monthly on average. Whether because they offer services like free Wi-Fi, movie rentals, or activities for children, libraries are most utilized by young adults, women and residents of low-income households.

	Average
Go to a library	10.5
Go to a movie at a movie theatre	5.3
Attend a live sporting event	4.7
Attend a live music or theatrical event	3.8
Visit a national or historical park	3.7
Visit a museum	2.5
Visit a gambling casino	2.5
Go to an amusement or theme park	1.5
Visit a zoo	0.9

YOUR IDENTITY

USA - Things You Should Never Keep in Your Wallet

- Social Security Card
- Birth Certificate
- Medical and Health Insurance Card
- Passport
- Cheque Book or blank cheques
- Password Cheat Sheet
- Work ID Badge

AARP

How different SA is. Most of the above can be used to steal your identity. Yet in SA you can hardly breathe without having to show your ID card. Which, of course, can be used to steal your identity. A bit of a Catch-22 really. Ray

TECHNOLOGY

MICROSOFT OFFICE 365 - For free in South Africa

Unbeknownst to many South Africans, any citizen between the age of 8 and 24 can get the Microsoft Office 365 suite and 5TB OneDrive cloud-based storage free of charge through the **Mahala.ms portal**.

The Mahala.ms portal is a partnership between Microsoft South Africa, Penquin, Lava Lamp Lab, and NBConsult that **was first launched in May 2017**.

The objective of the service is to enable learners from grade R to 12 to become more productive and better prepared for the next phase of their academic careers or the workplace.

Through the Mahala.ms service, users can activate free Microsoft licenses for all their devices, including their PC, Mac, mobile phone, or tablet.

The free Microsoft Office 365 suite includes Word, PowerPoint, OneNote, Outlook, and Excel as well as free OneDrive online storage.

Microsoft South Africa's Lionel Moyal said the Mahala.ms portal holds the potential to change the fortunes of millions of young South Africans by giving them access to Office 365.

How to get Microsoft Office 365 for free

To take advantage of the free Microsoft Office 365 suite and 5TB OneDrive offer, follow the steps below.

1. Go to <https://mahala.ms/signup/> on your computer or mobile phone.
2. Complete all the fields and click "Sign Me Up".
3. You'll receive a welcome email with your Mahala.ms username and password.

Use these details to get Office 365 and OneDrive for free.

The welcome email contains links to the Microsoft Office 365 Mobile Apps for Android, iOS and Windows Phone.

Windows and Mac users can log into <http://portal.office.com> and click "Install Office365" to get the desktop version of Office and OneDrive.

<https://mybroadband.co.za/news/software/337694-get-microsoft-office-365-for-free-in-south-africa.html?source=newsletter>

SAARP SERVICES

SPECSAVERS

Their 2020 offer is on the SAARP website:

<https://www.saarp.net/images/spec-savers/Pensioners%20DL%20SAARP%20Website.pdf>

ICOD FORM – In case of death

The death of a loved one is a stressful event. Reduce that stress by filling in this form, which is designed:

- To make sure loved ones have the information needed to see to your wishes with your funeral.
- To make sure the necessary passwords, account numbers and medical aid details are available.
- To make sure your Will can be found
- To ensure that no family feuds erupt over small matters when you pass on.
- To ensure you know who to contact and keep informed.

- To give to the Executor of the estate in order that a complete and new set of detailed information is available.
- To ensure that your spouse is put through minimum trauma and stress at this time – correct and accurate information is readily available.

Download a copy here: <https://www.saarp.net/benefits/icod>

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



SAARP NEWS

MEMBERSHIP

In 2019 membership increased by 23 per cent over 2018. Two-thirds of new members still tick “*Word of Mouth*” as their introduction to SAARP.

MEMBER FEEDBACK

January Newsletter

- I always enjoy your newsletters but your latest was really exceptionally entertaining and informative.
- Just a note to congratulate you on your excellent SAARP newsletter.
- I am going to give a lecture at the Silvermine Village SAARP group – did not know that SAARP had this string to its bow.
- I am a member of SAARP and enjoy your newsletters. Thank you.
- Just a short mail to share with SAARP what a fabulous and relaxing holiday we had at the Breakers at Umhlanga. It was perfect timing as the weather was stunning and The Breakers Resort is absolutely superb.
- Many thanks for granting us the opportunity to have an affordable and most enjoyable holiday.
- I saw a “seniors” snoek and chips the other day for R44.00 (instead of R77.00). I thought “Yeah, I’ve earned my stripes” so I produced my ID and bought the meal, while the younger members of our party mocked me, but still paid full whack...Looking forward to the card and further senior discounts. I’ll keep an eye on your website too.

Contact us at SAARP Tel: 021 592 1279
Fax: 021 592 1284
Call us and we’ll call you back to save your phone bill
e-mail: info@saarp.net

Or see it all at www.saarp.net

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TRIVIA

SNIPPETS

- In the crazed pursuit of superabundant commodities, humankind has forgotten the reason and purpose of life altogether, and has even begun to invent new needs in order to justify the disproportionate amount of time spent at work manufacturing unnecessary commodities. **Aristotle's Way by Edith Hall**
- Many people have a 'bucket list' – a list of amazing experiences to have before they die. Thinking of once-in-a-lifetime adventures can be intimidating, but as the official Book of the Year killjoy, I'm here to say: don't worry about it. If you don't have a gruelling adventure tick-list, you are missing nothing but a lot of queuing and faff and hassle. You should just stay at home with a cup of tea and a nice sausage. It's far more important to have a list of tiresome experiences to avoid. **The Book of the Year 2019 (No Such Thing as a Fish)**
- Second World War munitions are still a big problem across Western Europe. In May 2019 alone, Allied explosives were found in Cologne, Berlin, Hamburg, Stuttgart, Augsburg, Dortmund, Essen, Münster, Halle, Rheinberg, Bochum, Potsdam, Freiburg im Breisgau, Xanten, Erfurt and Gelsenkirchen. **The Book of the Year 2019 (No Such Thing as a Fish)**

LIFE

Everyone seems to have very strong opinions about my wedding. My dad thinks we should do what people did in his day: church service; glass of champagne; father of the bride speech; best man toast; cup of tea; piece of cake; bride and groom leave; guests 'bugger off' — three hours tops.

Cressida Bonas

I'm 102.67% recurring with her Dad. We were married in Pretoria at half past two and by nine that night we were in our hotel in Cape Town. Ray

GOLFERS – You'll love this

But no one can deny that Donald loves his golf. If he is re-elected in 2020, the total cost to the US taxpayer of his golf trips is likely to reach \$340 million. And that's despite the fact that he's installed a \$50,000 golf simulator in his private quarters at the White House. If you want to reach him, then the golf course is as good a place as any, which is why Greenpeace once got a paraglider bearing the banner 'Trump: Well Below Par' to fly over one. What they didn't realise is that in golf being 'below par' is exactly what every player is striving for – and Trump, of course, knows this. He said in response, when told of the intended insult, 'Beautiful, I WANT to be below par.'

FLYING

Aircraft have become safe due to the fact that, in the early days, the designers were their own test pilots. This had the automatic advantage of weeding out bad designs.

CHESS

As elaborate a waste of human intelligence as you could find anywhere outside an advertising agency.

On chess by Raymond Chandler 1888–1959 American writer

Life's too short for chess.

H. J. Byron 1835–84 English dramatist

GOOD POINT

I read about an Eskimo hunter who asked the local missionary priest, "If I did not know about God and sin, would I go to hell?"

"No," said the priest, "not if you did not know."

"Then why," asked the Eskimo earnestly, "did you tell me?"

Annie Dillard 1945 – American writer

FOOD FOR THOUGHT

When people are fanatically dedicated to political or religious faiths or any other kind of dogmas or goals, it's always because these dogmas or goals are in doubt.

Robert M. Pirsig, author and philosopher (1928-2017)

Ray Hattingh

PS Much of history is a series of acts of barbarism one group of humans has perpetrated upon another. Thanks to the media, internet, and social media the extreme physical cruelty and brutality has been replaced by mental and psychological barbarism.

<p>Contact us at SAARP Tel: 021 592 1279 Fax: 021 592 1284</p>
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Call us and we'll call you back to save your phone bill
e-mail: info@saarp.net
Or see it all at www.saarp.net

adding life to your years