



SAARP

SAARP  
NEWSLETTER  
Number 148  
April 2019

adding life to your years

Language is time's court reporter. What happened? Ask language. It picks up new inventions and customs and ideas. It also makes notes of boils and warts that bubble up on the face of humanity from time to time. Language etches it all in its vocabulary.

Anu Garg

WATER IS LIFE – SAVE IT

**Total Water on Earth**

97% Saline water (oceans)

3% Fresh water

- Icecaps and Glaciers 68.7%
- Ground Water 30.1%
- Other 0.9%
- Surface water 0.3%
  - Lakes 87%
  - Swamps 11%
  - Rivers 2%

SOCIAL CLUB NEWS

**ISP - Telkom**

Every [@telkomsa.net](mailto:telkomsa.net) e-mail with attachments that I sent in bulk to club committees bounces with:

From [ray@saarp.net](mailto:ray@saarp.net)

- This is a delivery failure notification message indicating that an email you addressed to email address:
  - [\\*\\*\\*\\*@telkomsa.net](mailto:****@telkomsa.net)
- could not be delivered. The problem appears to be:
  - Recipient email server rejected the message
- Additional information follows:
  - 5.3.4 message size limit exceeded

From \*\*\*\*G@gmail.com

- **Recipient inbox full**
- Your message couldn't be delivered to [\\*\\*\\*\\*@telkomsa.net](mailto:****@telkomsa.net). Their inbox is full, or it's getting too much mail right now.

Telkom simply will not allow those size e-mails.

Perhaps you should consider switching to GMAIL. I have asked Sonia Eliot to explain in more detail. See **GMAIL VERSUS HARD DRIVE BASED EMAIL CLIENTS** further on in this newsletter.

<b>SAARP NEWS</b>
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**SAARP MEMBERSHIP NUMBER**

SAARP recognizes all members through their unique ID Numbers as in our almost 100000 members we have numerous members with the same name and initials. We also have many members with the same birth date and as such cannot rely on this to identify the relevant member.

Any member not wishing to disclose his/her Id number is therefore not meeting our requirements for membership is therefore not eligible for SAARP membership.

As all social clubs operate under our registration and all social club members are therefore bound by our membership rules and requirements and as such any member not willing to comply with our requirements is also not eligible for social club membership.

I give you the assurance that all membership data on our records is closely guarded and used only for SAARP membership requirements.

**JOHN BENWELL**

**MANAGING DIRECTOR**

**NEWSLETTER – Likes and dislikes**

**I received this from a reader:**

I look at the contents posted on the e-mail from SAARP and only if I see something that interests me, do I go to the newsletter.

**Things I don't like are:**

- food items
- Happiness items
- Dietary advice

**Things I like are:**

- History
- Language
- Points to ponder

- Clever sayings

**Good Articles this month (March) are:**

- Cities of SA
- Population
- IT Problems
- Opinions

I would like to draw up a survey document to find out what you like. Please e-mail suggestions to me by clicking on [ray@saarp.net](mailto:ray@saarp.net)

**NEWSLETTER – A ‘like’**

Thank you for the excellent job you all do for the Seniors of South Africa. The newsletter particularly is better reading than many commercial magazines.

**HOLIDAY CLUB – Praise**

Many thanks for arranging this for us. We had a wonderful time at Cayleys. The lodge was lovely, clean and very well equipped. Everything was just wonderful. What a beautiful setting with the views over the valley to the mountains. We would love to go back there in the not too distant future.

**INSURANCE – More praise**

Many thanks. I will make sure a LOT of people know about it! I must tell you that Lorraine Moggee is completely fantastic. She is intelligent and efficient and has saved me a lot of money on my short term insurance via your Affinity program, with more to come. So thank YOU and thanks to Lorraine. I'm very grateful.

**NEWSLETTER – June ‘dips’**

I loved this response to my query last month as to why members thought June's readership was low:

*Quite simple Ray why membership readership dips in June. Just think about it, cometh June, the weather has started a serious climb to bother the nether regions. Consequently (old) people are busy stuffing more fluff down their duvets, shaking the moth out of their winter woollies and furiously attempting to get last year's Chinese manufactured electric blanket to heat up again. Still shivering in their nightclothes, swearing at each other as to which of them bugged the electric blanket by putting it through the washing machine last year as Spring sprung! You see, little time now left for reading newsletters consequently, dips occur in June!*

### BE KIND TO YOUR HEARING

It is estimated that approximately 360 million people worldwide live with a disabling hearing impairment.

At any stage of life having a hearing impairment can affect communication as well as influence your quality of life. Having a hearing loss impacts on your ability to communicate with others and therefore affects your interaction with family and friends. An untreated hearing loss could lead to anxiety, stress and social isolation and eventually depression. Furthermore, an unaided hearing loss may be associated with cognitive decline or the earlier onset of dementia.

Signs and Symptoms of Hearing Loss may include:

- It sounds like people are mumbling
- Difficulty understanding words, especially in the presence of background noise or in a crowd
- Frequently having to ask others to speak more clearly, slower or louder
- Finding you need to turn up the volume on your television or radio
- Finding yourself withdrawing from conversations or social settings

Routine hearing screening may reduce the prevalence of underdiagnosed and undertreated hearing loss. Kind2Hearing offers free hearing screenings nationwide for adults to create awareness of hearing health.

All SAARP members get discounts on hearing aids when presenting your SAARP membership card. Visit our website ([www.kind2hearing.co.za](http://www.kind2hearing.co.za)) to find the branch closest to you.

### WEBSITE ARTICLES

I've just reviewed the website statistics for 2018 and noticed that they drew quite a lot of attention. They have now all been loaded as PDF files so you may download them or read them online. It is also easier to access past newsletters.



**SAARP HOLIDAY CLUB**

**NOTE: Due to unprecedented demand for our holiday offers, we will restrict the number of points available each month.**

The following are examples of discounted off-peak holidays which our Holiday Club has on offer for you and your families. **To book phone Renske on 021 592 1279 or email her at [renskes@saarp.net](mailto:renskes@saarp.net)**

RESORT	AREA	DATE	UNIT	PRICE
Placid Waters	Sedgefield	27-31 May	1 bedroom	R1868.75
Sondela	Bela Bela	2-6 Sept	2 bedroom	R2242.50
Hazyview Cabanas	Hazyview	26-30 Aug	2 bedroom	R1495
Cayley Lodge	Drakensberg	13-17 May	1 bedroom	R1868.75
Formosa Bay	Plettenberg Bay	29/7 – 2 Aug	1 bedroom	R1495
Castleton	Plettenberg Bay	26-30 Aug	1 bedroom	R1495
Royal Atlantic	Sea Point	5-9 Aug	2 bedroom	R2242.50
Fairways	Drakensberg	19-23 Aug	1 bedroom	R3363.75
Umhlanga Cabanas	Umhlanga	29/7 – 2 Aug	2 bedroom	R2242.50
Royal Wharf	St Francis Bay	5-9 Aug	3 bedroom	R2990
Qwantani	Harrismith	19-23 Aug	3 bedroom	R3737.50
Crystal Springs	Pilgrims Rest	27-31 May	1 bedroom	R1868.75
Kiara Lodge	Clarens	13-17 May	1 bedroom	R1868.75
Crystal Springs	Pilgrims Rest	5-9 Aug	1 bedroom	R1868.75
Magaliespark	Brits	19-23 Aug	1 bedroom	R1495

**NOTE 1: The above prices include 15% VAT.**

**NOTE 2: The price is for the entire period.**

**NOTE 3: All cancellations must be made 7 weeks before check-in date.**

**PAYMENT: Once Renske has CONFIRMED your booking she will submit an invoice containing SAARP's bank details. Once you have deposited the required amount in SAARP's bank account, please provide proof of payment using one of the following:**

Fax : 021 592 1284

E-mail: [info@saarp.net](mailto:info@saarp.net)

**And remember to quote your ID Number and name.**

**DO NOT PAY ANYTHING UNTIL YOU HAVE RECEIVED THE CONFIRMATION OF THE BOOKING AND THE INVOICE.**

## **5 Simple Steps to Keeping Sharp and Healthy**

Learn new skills; limit distractions; lean towards healthy habits; know your medications; laugh

Great news: Losing your mental edge is *not* necessarily an inevitable part of life.

Even better news: there are many ways in which you can take charge of your brain health and so help to maximize your memory power. The following are some of them:

### **Learn new skills**

Being a perpetual student of life is a wonderful way to stay engaged with the world. There is so much to explore, from the latest techno gadgets to new sports and hobbies like cooking, fishing and creative arts. Taking a new class can give your brain a good workout.

### **Limit distractions**

You may have a great memory, but if you demand more of it than it can handle, some of the items are going to fall out of your mental grocery bag. Learn to distinguish the important things from the background noise. Turn off the cellphone and listen: A little focus can make a big difference in your recall and retention.

### **Lean toward healthy habits**

Every day involves a series of decisions: what to eat, when to sleep, whether to exercise. Choosing the healthier option, one decision at a time, can help you to create lasting patterns of eating right and taking care of yourself. When good habits dominate your life, you'll find yourself veering further and further from vices such as smoking, sedentary living and overconsumption of alcohol.

### **Know your medications**

Modern medicine can help with many chronic conditions, but too many pills — even when they're prescribed — can leave you in a fog. Work with your doctor to adjust dosages or make substitutions so you're not trading one set of problems for another.

### **Laugh**

Happiness is good for the brain. Taking life less seriously and finding the humour in challenging situations can lower the stress that taxes your concentration. Everyone gets the blues or the jitters from time to time, but if you aren't enjoying life as much as you used to — even the fun things — you may have a physical problem which your doctor can help you to control.

These tips, along with good nutrition, plenty of sleep and exercise, can mean more years of recalling happy memories — as well as making new ones.

**Barry Gordon, M.D., Johns Hopkins Medicine**

## GENDER BIAS

### IT'S A MAN'S WORLD

Seven ways the world is not designed for women

#### 1. Spacesuits

Nasa saw immediate outrage on Twitter when they announced the all-female spacewalk would be cancelled over a medium-sized spacesuit.

#### 2. Military equipment

In 2016, the US military began to recruit women for combat roles in previously male-only units in the Army, Marine Corps and Navy SEALs - but much of the armour was still designed for men. The Army added eight smaller sizes to accommodate women that year, but other gear like shoes and helmets were not fully addressed.

#### 3. Car crash dummies

Dummies for decades have been based on the average, 50th percentile male body. This means that female drivers involved in crashes have a 47% greater chance of serious injury than their male counterparts, and a 71% higher chance of a moderate injury.

#### 4. Smartphones

Women's hands are, on average, around an inch smaller than men's - which can make the industry's ever-increasing screen sizes problematic to use. Texting one-handed on a 4.7-inch (12cm) or bigger iPhone can be difficult to impossible for many women (and small-handed men).

#### 5. Sports attire

When US basketball superstar Stephen Curry designed a new line of shoes for kids last year, only boy's sizes were offered.

#### 6. Science gear

Clothing that is too loose gets caught in moving equipment. Boots that are too big, mean tripping and falling. The alternatives that are 'designed for women' are frequently more expensive, have smaller pockets, and are still ill-fitting."

#### 7. Office space

The formula for standard US office temperatures was developed in the 1960s, based on the metabolic rate of an average 40-year-old man weighing 154 pounds (70kg).

A female metabolic rate can be up to 35% lower than the male rate used in those calculations - which amounts to, on average, a five-degree temperature preference difference.

<https://www.bbc.com/news/world-us-canada-47725946>

## THE ELECTRONIC WORLD

### ELECTRONIC SERVICES – The trade off

Some excerpts from 'User Behaviour' an article on [www.aeon.co](http://www.aeon.co):

- Digital tools offer a lot of wonderful services to users. They do so not because users and producers have identical incentives, but because users can form contracts: **we trade our attention and privacy. In return, we receive services.**
- Harris compares Time Well Spent's goals to the organic food movement. **The internet, in his estimation, looks like the conventional food system – limited options, most of them toxic.**
- In the gambling world, people tend to blame the addicts. Overwhelmingly, the academic literature on gambling has focused on the minds and behaviours of addicts themselves. What Schüll argues is that **there's something in between the gambler and the game – a particular human-machine interaction, the terms of which have been deliberately engineered.**
- Major tech companies, Harris told me, 'have 100 of the smartest statisticians and computer scientists, who went to top schools, **whose job it is to break your willpower.**'
- Psychologists have been discussing the possibility of internet addiction since 1996, just three years after the release of the first mainstream web browser. But there's no consensus about how to diagnose internet addiction, or whether it's even a real thing. Estimates of its prevalence vary wildly. Unlike heroin, the internet doesn't kill people, and has obvious utility. Plus, **it can be difficult to disentangle the medium (the internet) from the addictive experience (pornography, for example, or online gambling).**

### **WHATSAPP – From the “horses” mouth**

WhatsApp cofounder Brian Acton recently spoke to an undergraduate computer science class at Stanford University, where he urged students to delete their Facebook accounts, *BuzzFeed News* reports.

Acton spoke about how WhatsApp was founded and explained his decision to sell the messaging platform to Facebook in 2014.

He also criticised the profit models used by major companies like Facebook and Google.

*“The capitalistic profit motive, or answering to Wall Street, is what's driving the expansion of invasion of data privacy and driving the expansion of a lot of negative outcomes that we're just not happy with,”* Acton said.

He added that companies like Facebook and Google are not equipped to curate their platforms properly and make decisions regarding which content is allowed.

*“These companies are not equipped to make these decisions, and we give them the power. That's the bad part. We buy their products. We sign up for these websites. Delete Facebook, right?”*



## **MyBroadband**

### **WHATSAPP – And data sharing**

People keep telling me that WhatsApp is “private” - really? Look at this headline: “WhatsApp and Facebook are sharing user data after all and it's legal” Click here to read the article:

<https://www.theinquirer.net/inquirer/news/3032946/whatsapp-and-facebook-are-sharing-user-data-after-all-and-its-legal>

## **MODERN CHILDREN**

### **A CHILLING OBSERVATION**

*“I was talking to a top black coach from P.E. last weekend at a blind judo event, and bemoaning the lack of any physical development or motor-skills in kids starting judo and unable to do the simplest exercises – and he said that the same applies to black and coloured kids he teaches. I was surprised, but then, there isn’t a tumble-down shack anywhere without a dish on the roof, and everyone, from kids to roadside work seekers and beggars, has a cellphone. Probably more adeptly used than mine! When I came to Cape Town over 30 years ago, I was amazed to see undernourished coloured kids, waiting for a judo event to start, doing back somersaults on the tarred parking area! We started a junior class mid-January (2019) and they still can’t do the simple, judo-related exercises and games used all over the world. You can’t teach them judo!”*

**Michael Job, Judo coach and international judge**

### **AN INCREASING DANGER**

Vaccination programmes have been one of the greatest contributions to mankind over the past century. The most common causes of death in 1915 of British children aged under five, in descending order: measles, bronchitis, whooping cough, diphtheria, tuberculosis, pneumonia, infective enteritis and scarlet fever. Few parents in Britain now have to undergo the trauma of nursing a child suffering from any of these conditions, still less of burying a child who has died from one.

Yet for some people, the astonishing benefits of vaccination are a lesson which they seem determined not to learn. The ‘anti-vaxxer’ movement has instead managed to convince itself that vaccination is a form of oppressive government control over a country’s citizens. It is a deeply irresponsible falsehood being spread through social media and its effect can be traced in falling rates of take-up of the MMR vaccine and in rising numbers of measles cases: 259 in 2017, rising to 913 cases in the first ten months of last year. The number can be expected to rise. Just 87 per cent of British children have been vaccinated — below the level of 90 per cent that the World Health Organisation considers necessary for population-wide immunity.

## UNIVERSAL MORALITY

### HOW SIMILAR

#### **New Testament, Romans 13:9 - King James Version**

Thou shalt not commit adultery, Thou shalt not kill, Thou shalt not steal, Thou shalt not bear false witness, Thou shalt not covet.

#### **The Buddhist Pancha Sila**

The five Moral precepts that form the bedrock of the Buddhist way of life. They are, to abstain from killing, stealing, adultery, lying and intoxicants.

#### **The Yoga Sutras of Patanjali (Hindu)**

Yama (or the five commandments) are harmlessness, truth to all beings, abstention from theft, from incontinence (*Lacking self-restraint; uncontrolled – OED*) and from avarice.

## WELLBEING

### A STOIC'S GUIDE TO HAPPINESS

A very interesting video. Click here to watch:

<https://www.bbc.com/reel/video/p06wv1q3/a-stoic-s-guide-to-happiness>

## EMAIL VERSUS HARD DRIVE BASED EMAIL CLIENTS

*I requested the following explanation as many members' experience problems with the Internet Service Providers (ISP's). If you wish to follow the advice below, and are not comfortable with doing it yourselves, ask someone in the know.*

*Ray*

- In this day where most of our communication is done via email or SMS, the choice of a reliable email programme with an efficient and easy to use interface is becoming more and more important.
- In the old days, when Microsoft gave us Outlook Express as part of its offering, it was a no brainer to use this software – plus it worked well. Unfortunately, Microsoft Outlook is no longer free, and although there are free alternatives out there that have achieved popularity over the years - Mozilla Thunderbird is a good example – none of them achieved the following of the early Outlook programmes.
- All these clients were installed on your computer, so, being hard drive based, they were reliant on your expertise if they malfunctioned in any way. It was up to

you to ensure that your fire wall and anti-virus was doing its job in keeping out the ever increasing volume of virus and key loggers. And, horror of horrors, if – in fact when – you had a hard drive crash, you wondered if you had backed up all your important correspondence, and just as important, all your contacts. And if you had backed them up, there was the challenge of downloading them onto the updated version of the email client, which had a habit of refusing to co-operate.

- Enter cloud based email – notably Yahoo and Gmail. Most household users treated them with suspicion, just the word ‘cloud based’ was enough to get us running to the safe haven of our solid hard drives, something right on our desk that we could touch and see.
- Fast forward 15 years, and there really is every reason to seriously look at starting to transfer to cloud based email. Remember, this doesn’t have to be done in a day, my transfer, which included financial corporates, and medical aid, took months, but the end result is easy access to correspondence which is safe and never going to be lost.

**To give you the important advantages:**

- No matter what happens to your computer, your email and contacts are backed up and accessible.
  - You can access your Gmail from any device, computer or smart phone, from anywhere, as long as you remember your username and password.
  - Your content is behind much stronger firewalls, and security measures are more stringent than you are likely to install on your own PC. Spam filter is excellent.
  - There is a facility to access your account offline.
  - You get 15 gig free space, which is probably more than the average home user would ever use.
  - The entire service is free, and updates to the software are automatic.
  - The interface can be customised to suite you, and this includes a look very similar to the Outlook that you are familiar with.
  - You can create as many personal folders as you wish, to file your emails in the order and categories that suit your needs.
  - If you open a Gmail account, you can activate a link to your current email client, and Gmail will automatically bring in all your email to one place. Most useful to let friends and businesses know your change of address.
- A note of caution – never forget or lose your password, Gmail’s security measures in letting you back into your account without the correct credential are non-negotiable. And always create a backup alternative contact, such as a cell phone, as an identification. You are prompted to do this when you create a new account.

*NB Whilst I have only mentioned PC’s, the same scenario applies to Apple products.*

**Sonia Eliot**

### USEFUL CONTACTS

#### **Tape Aids for the Blind**

Toll Free Phone: 0800 33 55 22

Telephone: (031) 309 4800

Fax: (031) 309 1165

E-mail: [director@tapeaids.org.za](mailto:director@tapeaids.org.za)

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

#### **South African Library for the Blind**

Tel 046 622 7226

Fax 046 622 4645

Web [salb.org.za](http://salb.org.za)

<https://nationalgovernment.co.za/units/view/170/south-african-library-for-the-blind>

### ROAD DEATH COMPARISON

	<b>Population</b>	<b>Motor vehicles</b>	<b>2007 road deaths</b>	<b>2017 road deaths</b>
<b>UK</b>	66 million	37 million	2 946	1 793
<b>SA</b>	57 million	12 million	14 290	14 050

### SAARP SERVICES

Please go to [www.saarp.net](http://www.saarp.net) and click on the Benefits tab to see our range of member services:

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**Or see it all at [www.saarp.net](http://www.saarp.net)**

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## TRIVIA

### SNIPPETS

- In the UK in 2017, online sales increased by 15.9% to £59.8bn in comparison with 2016, while in-store sales saw a jump of only 2.4%.
- George Sale's 1734 translation of the Quran was widely read and appreciated in England. It was influential outside England too. The US founding father Thomas Jefferson bought a copy from a bookseller in Williamsburg, Virginia, in 1765, which helped him conceive of a philosophical deism that surpassed confessional boundaries. (Jefferson's copy, now in the Library of Congress, has been used for the swearing in of Muslim representatives to Congress, starting with Keith Ellison in 2007.)
- For the first time, Coca-Cola has revealed it used three million tonnes of plastic packaging in one year.

### FOOD FOR THOUGHT

The time has come to face an inconvenient reality: that modern democracy – especially in wealthy countries – has enabled us to colonise the future. We treat the future like a distant colonial outpost devoid of people, where we can freely dump ecological degradation, technological risk, nuclear waste and public debt, and that we feel at liberty to plunder as we please. When Britain colonised Australia in the 18th and 19th Century, it drew on the legal doctrine now known as *terra nullius* – nobody's land – to justify its conquest and treat the indigenous population as if they didn't exist or have any claims on the land. Today our attitude is one of *tempus nullius*. The future is an "empty time", an unclaimed territory that is similarly devoid of inhabitants.

### HAVING A BAD DAY? – Really?

A man was working on his motorcycle on the patio, his wife nearby in the kitchen. While racing the engine, the motorcycle accidentally slipped into gear. The man, still holding onto the handlebars, was dragged along as it burst through the glass patio doors.

His wife, hearing the crash, ran into the room to find her husband cut and bleeding, the motorcycle, and the shattered patio door. She called for an ambulance and, because the house sat on a fairly large hill, went down the several flights of stairs to meet the paramedics and escort them to her husband.

While the attendants were loading her husband, the wife managed to right the motorcycle and push it outside. She also quickly blotted up the spilled petrol with some paper towels and tossed them into the toilet.

After being treated and released, the man returned home, looked at the shattered patio door and the damage done to his motorcycle. He went into the bathroom and consoled himself with a cigarette while attending to his business. About to stand, he flipped the butt between his legs.

The wife, who was in the kitchen, heard a loud explosion and her husband screaming. Finding him lying on the bathroom floor with his trousers blown away and burns on his buttocks, legs and groin, she once again phoned for an ambulance. The same paramedic crew was dispatched.

As the paramedics carried the man down the stairs to the ambulance they asked the wife how he had come to burn himself. She told them. They started laughing so hard, one slipped, the stretcher dumping the husband out. He fell down the remaining stairs, breaking his arm.

#### **QUOTE**

"Technology marches in seven-league boots from one ruthless, revolutionary conquest to another, tearing down old factories and industries, flinging up new processes with terrifying rapidity."

***Charles A. Beard***

#### **Ray Hattingh**

**PS** It's not the events of the past themselves, but your understanding of them, that shapes you.

**Contact us at SAARP Tel: 021 592 1279**

**Fax: 021 592 1284**

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**e-mail: [info@saarp.net](mailto:info@saarp.net)**

**Or see it all at [www.saarp.net](http://www.saarp.net)**

**adding life to your years**