



SAARP

SAARP  
NEWSLETTER  
Number 142  
September 2018

adding life to your years

*The consequences of negative news are themselves negative.  
Far from being better informed, heavy newswatchers can become miscalibrated.  
They worry more about crime, even when rates are falling,  
and sometimes they part company with reality altogether . . . .*

Steven Pinker

WATER IS LIFE – SAVE IT

11 September 2018 - There's a 70% chance of a recurrence of the El Niño weather event before the end of this year, according to the World Meteorological Organisation. The last El Niño occurred in 2015-16 and impacted weather patterns around the world.

SAARP NEWS

#### PREVIOUS NEWSLETTERS

A reader asked if these are available. The answer is 'yes'.

Open [www.saarp.net](http://www.saarp.net) and click on communication and then on Newsletters and you'll find all 2016 to 2018 newsletters.

## Newsletters

2018

View items...

2016

View items...

2017

View items...

#### NEWSLETTERS – Some kudos

I enjoyed this exchange:

- Good day, anyone who reads the SAARP newsletters will certainly never suffer from Alzheimer's. Shirley
- Do you mean there is hope for me? Ray

- Most definitely. The SAARP newsletters stimulate the brain and are most informative. Shirley

Hi Ray and “Brilliant Team”, I always mean to tell you how much I enjoy your monthly Newsletter but have not done so until now. Very many thanks for the publication which entertains me every month. Please keep up the very high standard!! Charles

### **HOLIDAY CLUB – Another happy member**

Goeie dag, Ek en my man het onlangs vir die eerste keer van die vakansieklub gebruik gemaak en kan dit ten sterkste aanbeveel. Ons was vir 'n week (13 - 17 Aug) by Formosa Bay in Plettenbergbaai en dit was verskriklik lekker. Die geriewe, vriendelikheid en die Suid-Kaapse omgewing het gemaak dat ons gehoop het die week gaan nie te gou verby nie. Ons sal beslis op die uitkyk wees vir nog sulke geleenthede.

Groete. Heinie en Elsabe

## SAARP SERVICES

### **CRUISE OFFERS**

**Call Lifestyle Cruises to Book on 0861 11 33 88, visit [lifestylecruises.co.za](http://lifestylecruises.co.za) or email [info@lifestylecruises.co.za](mailto:info@lifestylecruises.co.za)**

#### **Package Name: Magic of The Baltic**

##### **Package Includes:**

- Return Flights and Taxes from Johannesburg
- 1 Nights Hotel Stay in Stockholm, Sweden
- Free Stockholm Hop on Hop Off Bus Tour
- 7 Nights Full Board Cruise on the Costa Magica
- Port Taxes & Baggage Charges
- Meal Times Drinks Package

##### **Prices**

- Inside: R 26 999 pps
- Outside: R 28 999 pps
- Balcony: R 33 999 pps

#### **Package Name: Splendid Dubai Discovery**

- Departs: 15 February 2019
- **Package Includes**
- Return Flights and Taxes from Johannesburg
- 7 Nights Full Board Cruise on MSC Splendida
- Gratuities, Port Taxes & Baggage Charges
- **Prices from**
- Inside: R 19 999 pps
- Outside: R 23 999 pps
- Balcony: R 25 999 pps
- **Itinerary:** Dubai (U.Arab Emirates), Abu Dhabi (U.Arab Emirates), Sir Bani Yas Is (U.Arab Emirate), Muscat (Oman), Khasab (Oman), Dubai (U.Arab Emirates)

## SAARP HOLIDAY CLUB

### SAARP - Holiday Club

This has proved so popular that we have used up all our available points for the year. Discounted holidays will only be available next year and will be advertised in the January 2019 edition of the newsletter.

## HEALTH

### A HEALTHY BREAKFAST – Really?

My ‘healthy’ low-fat breakfast cereal was giving me plenty of fibre from the oats, whole grains and nuts but it was actually equivalent to eating 20 grams of sugar, or more obviously five teaspoonsful of the stuff. On top of that, my small serving of low-fat non-dairy soy milk gave me an extra teaspoonful, and there were another 4 teaspoons in my small glass of expensive (labelled not from concentrate) 100 per cent pure Florida orange juice. In fact, it’s not as pure as it sounds, as most of it is made by pasteurising the oranges, storing them in sterile vats without oxygen (or, by that time, much taste either) for months, then re-adding the taste as flavour packs. Incidentally, other, cheaper, orange juices made from frozen reconstituted concentrates are not very different in sugar content. They don’t need any extra – there’s plenty of natural sugar in the oranges. Anyway, that’s ten teaspoons of sugar before I had included my twice-weekly fat-free yoghurt, which adds another five. But I couldn’t taste anything like this much sugar because I was being fooled by the skilful chemistry, processing, texturing and added salt of the food manufacturers. I was also easily misled by the ‘No added sugar’ labels.

*The Diet Myth: The Real Science Behind What We Eat by Tim Spector*

### EXCERPTS – The Diet Myth

- **Obesity is still a massively neglected area of medicine**, with little funding, no speciality training, and no common voice with which to try to combat the billion-pound marketing budgets of the food companies.
- The truth is that generally in science or medicine the yes-or-no answers favoured by doctors and other health experts turn out to be wrong. There is nearly always another layer of biological complexity and control that either hasn’t been thought of or has been dismissed as unimportant. This book is about digging down to that next layer using the very latest scientific research.
- Fifteen thousand years ago our ancestors regularly ingested around 150 ingredients in a week. Most people nowadays consume fewer than twenty separate food items and many, if not most, of these are artificially refined. Most

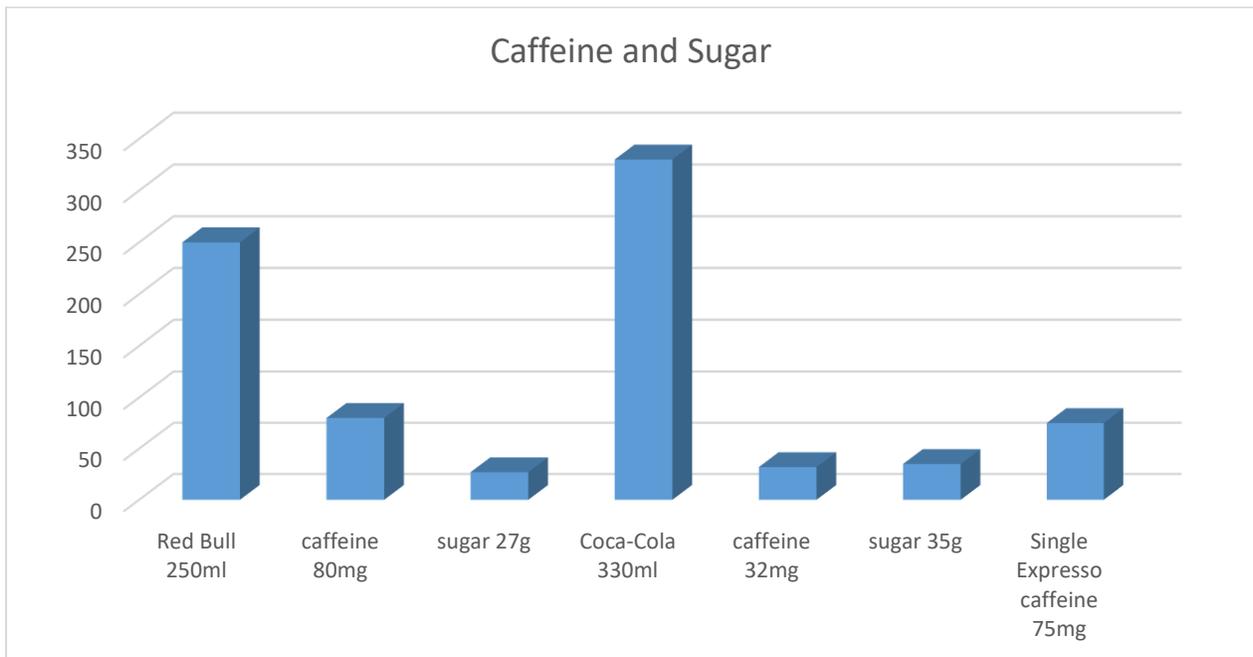
processed food products come depressingly from just four main ingredients: corn, soy, wheat or meat.

- So a calorie may indeed be a calorie, but in the real world inside our intestines they are definitely not equal in the effects they have.
- One important message here is that strong links undoubtedly exist between how you and your brain interact with food and how your microbiome functions.
- When the food industry began developing processed foods they were preoccupied with microbes and with keeping products on the shelves longer without them going off, particularly given the distribution problems of a country the size of America. They knew that fermented products like yoghurt or sauerkraut or pickles that contained bacteria kept products fresh, but cakes, biscuits and snacks were more of a problem. They worked out that if you added enough sugar it would inhibit bacterial growth, and increasing the fat content reduced the water content, which in turn reduced bacterial and fungal growth. Finally, on top of fat and sugar the third of the holy trinity, salt, was added, which also preserved the food and extended its shelf life. **Together they would produce the conditions for the perfect obesity storm.**

#### **SPEAKING OF SUGAR (And Caffeine) . . . .**

**Government proposes energy drinks ban for children. BBC**

**We can see why . . . .**



## **LOW-CARB DIETS – They could shorten life**

A low-carb diet could shorten life expectancy by up to four years, a study, published in *The Lancet Public Health*, suggests. 15,400 people from the US filled out questionnaires on the food and drink they consumed, along with portion sizes. From this, scientists estimated the proportion of calories they got from carbohydrates, fats, and protein. After following the group for an average of 25 years, researchers found that those who got 50-55% of their energy from carbohydrates (the moderate carb group and in line with UK dietary guidelines) had a slightly lower risk of death compared with the low and high-carb groups. Carbohydrates include vegetables, fruit and sugar but the main source of them is starchy foods, such as potatoes, bread, rice, pasta and cereals. Researchers estimated that, from the age of 50, people in the moderate carb group were on average expected to live for another 33 years.

This was:

- four years more than people who got 30% or less of their energy from carbs (extra-low-carb group)
- 2.3 years more than the 30%-40% (low-carb) group
- 1.1 years more than the 65% or more (high-carb) group

The findings were similar to previous studies the authors compared their work with, which included more than 400,000 people from more than 20 countries.

The scientists found that eating more beef, lamb, pork, chicken and cheese in place of carbs was linked with a slightly increased risk of death. But replacing carbohydrates with more plant-based proteins and fats, such as legumes and nuts, was actually found to slightly reduce the risk of mortality. The authors speculate that Western-type diets that restrict carbohydrates often result in lower intake of vegetables, fruit, and grains and lead to greater consumption of animal proteins and fats, which have been linked to inflammation and ageing in the body.

One explanation for the finding in this and the other US studies is that it may reflect the higher risk of death in the overweight/obese, who may fall into two popular diet camps - those favouring a high-meat/low-carbohydrate diet and those favouring a low-fat/high-carbohydrate diet. Dr Alison Tedstone, chief nutritionist at Public Health England, said: *"This provides further evidence that low-carb diets could be incredibly damaging to our long-term health. High-fibre starchy carbohydrates should provide about half of our energy, including fruit and vegetables, while reducing intake of higher fat meat and dairy."*

**BBC**

## FACEBOOK

### **FACEBOOK - If I've got your number, so have they**

Suddenly lots of people are waking up and asking themselves questions about Facebook. How much data am I sharing with the social media giant? Did I really give permission for it to be collected and stored? And, even more seriously, have I handed over my friends' data to be stored on some Californian server?

I am one of those people and what I've discovered has left me somewhat shocked. Over the weekend I got hold of my Facebook data. It's easy enough, you go to settings, then general account settings and click on download my data. An hour or so later an email arrived with a link to click and I was downloading a 675MB folder chronicling all of my life on the network since I signed up in 2007. At first sight there was nothing very troubling - I would expect all the photos and videos I'd ever posted to be there, and scrolling down my timeline provided an entertaining glimpse of my life over the last decade. I did notice that for some years every song I'd listened to on Spotify was listed, a handy reminder that when you link any external app to Facebook it then gathers a lot more data about you. But then I clicked on a file called contacts. I was taken aback to find my entire contact list, thousands of phone numbers. Now this was not limited to Facebook friends and included many people in the public eye who might be disturbed to find that their private numbers were stored in this way. I cannot remember what happened when I set up my Facebook account back in 2007 - in those naive days I could well have clicked yes when invited to upload my contacts so that I could see who else was part of this new young community. So, my fault I suppose. Then I noticed that at the top of the list were some numbers that cannot have been sucked into the Facebook machine a decade ago because I had only added them in recent weeks. They included, ironically, the mobile number of Carole Cadwallader, the journalist who has blown open the whole story of Cambridge Analytica and Facebook. So this means that every time I enter a new number into my phone's database, it somehow ends up with Facebook - the company is in effect monitoring me.

Rory Cellan-Jones, Technology correspondent. BBC

## TRAVEL

### **CARGO SHIPS – And passengers**

We received an e-mail from a member who recalled a pleasant voyage from Trieste, Italy to Durban, on a Greek freighter, stopping in Venice, Split, Barcelona, Marseilles, Valencia, and Cape Town for about a week in each. Our travel contact replied, we asked one of our suppliers and this was the response: *'It was a big thing until about 20 years ago. SAFMARINE used to offer these voyages on a regular basis. I don't think there is anyone local now. I consult this site when I get inquiries.'*

<https://cargoshipvoyages.com/#>

I also asked a recently retired Captain who spent his life on cargo ships and his response was rather more pithy," *Most major companies don't do it anymore. One old man slips in the shower, and the ship has to deviate to land the poor old sod. The shippers get a bit narked as it costs them a lot of money.*"

## NEWS MEDIA

### NEWS – should we be concerned?

The consequences of negative news are themselves negative. Far from being better informed, heavy newswatchers can become miscalibrated. They worry more about crime, even when rates are falling, and sometimes they part company with reality altogether.

Enlightenment Now: The Case for Reason, Science, Humanism, and Progress (Pinker, Steven)

*"As a psycholinguist I am compelled to add that the English language has far more words for negative emotions than for positive ones."*

Enlightenment Now: The Case for Reason, Science, Humanism, and Progress (Pinker, Steven)

*"Anybody who was once caught up in journalism, or is caught up in it still, is under the cruel necessity of greeting men he despises, smiling at his worst enemy, condoning actions of the most unspeakable vileness, soiling his hands to pay his aggressors out in their own coin. You grow used to seeing evil done, to letting it go; you begin by not minding, you end by doing it yourself." True, alas.'*

Dearest Jane...: My Father's Life and Letters (Mortimer, Roger;Torday, Jane)

## WORLD

### THE SEASONS - Summer, Winter, Autumn, Spring

**June 21 - June Solstice.** The June solstice occurs at 10:07 UTC. The North Pole of the earth will be tilted toward the Sun, which will have reached its northernmost position in the sky and will be directly over the Tropic of Cancer at 23.44 degrees north latitude.

**This is the first day of summer (summer solstice) in the Northern Hemisphere and the first day of winter (winter solstice) in the Southern Hemisphere.**

**March 20 - March Equinox.** The March equinox occurs at 16:15 UTC. The Sun will shine directly on the equator and there will be nearly equal amounts of day and night throughout the world. **This is also the first day of spring (vernal equinox) in the**

**Northern Hemisphere and the first day of fall (autumnal equinox) in the Southern Hemisphere.**

**September 23 - September Equinox.** The September equinox occurs at 01:54 UTC. The Sun will shine directly on the equator and there will be nearly equal amounts of day and night throughout the world. **This is also the first day of fall (autumnal equinox) in the Northern Hemisphere and the first day of spring (vernal equinox) in the Southern Hemisphere.**

**December 21 - December Solstice.** The December solstice occurs at 22:23 UTC. The South Pole of the earth will be tilted toward the Sun, which will have reached its southernmost position in the sky and will be directly over the Tropic of Capricorn at 23.44 degrees south latitude. **This is the first day of winter (winter solstice) in the Northern Hemisphere and the first day of summer (summer solstice) in the Southern Hemisphere.**

*Astronomy Calendar of Celestial Events for 2018*

## POSTAL SERVICE

### SA POST OFFICE – 100% failure rate

#### What the Post Office promises

The Post Office's licence conditions, which are set by ICASA, require it to achieve a 92% rate of delivering ordinary mail within five days.

The SA Post Office also lists the expected service levels [on its website](#).

- Letters generally take two days within the same town or city to reach their destination, three days between two cities in the same province, and four days between cities in different provinces.
- Fastmail is a letter service in South Africa with a one-day delivery standard in the same city or town, a two-day delivery standard for all other destinations.

These service levels set clear benchmarks of what South Africans can expect of the Post Office – and MyBroadband tested these benchmarks.

#### Post Office test

Over the last month, MyBroadband tested SAPO's ordinary mail and Fastmail services.

For the test, MyBroadband members sent letters from across South Africa to the Lyttelton Post Office, and we tracked how long these letters took to arrive.

The results showed that the Post Office failed to meet a single one of its requirements – it had a 100% failure rate for both Fastmail and ordinary mail.

While all the [Fastmail letters](#) were delivered within three weeks, not one of the letters met the 2-day delivery promise.

The situation with ordinary mail was even worse. Only half of the letters arrived within a month, and it is unclear when the other half will arrive.

***MyBroadband***

## KNOWLEDGE

### AEON – (aeon.co)

**(Shirley this is especially for you - to keep warding off that Alzheimer's ☺)**

*Aeon is a registered charity committed to the spread of knowledge and a cosmopolitan worldview. Our mission is to create a sanctuary online for serious thinking. No ads, no paywall, no clickbait – just thought-provoking ideas from the world's leading thinkers, free to all.*

It is a website for those of you who still love learning and for your children and your grandchildren. It is a haven in this world of “social news”. You can register for a free weekly e-mail. As an example this is what my e-mail contained:

In Aeon this week

Aeon Magazine <newsletter@aeon.co>

The neuroscience of evil behaviour, against screen learning, the health risks of light pollution, and the human hair trade in China

- **How evil happens** - Why some people choose to do evil remains a puzzle, but are we starting to understand how this behaviour is triggered?
- **Idea / Health Policy & Economics** - The marvel of LED lighting is now a global blight to health
- **Video / Design & Fashion** - How Western demand drives the market for human hair in China. 6 minutes
- **Essay / Education** - Look up from your screen. Children learn best when their bodies are engaged in the living world. We must resist the ideology of screen-based learning
- **Essay / History of Ideas** - What is the Muslim world? - Islamists and Western pundits speak of ‘the West’ and ‘the Muslim world’ but such tribalism is dangerous colonial propaganda
- **Idea / Knowledge** - Do you see a duck or a rabbit: just what is aspect perception?
- **Video / Automation & Robotics** - Human as a process: What awaits us in the coming age of bio-enhancement? 3 minutes
- **Essay / Cosmology** - How cosmic is the cosmos? Ever since Heisenberg and Tagore, physicists have flirted with Eastern philosophy. Is there anything in the romance?
- **Idea / Ethics** - How to tell the difference between persuasion and manipulation
- **Video / Gender** - Goddesses of antiquity offer Moses a path away from patriarchy – via funk and soul. 3 minutes
- **Idea / Earth Science** - What kills you when a volcano erupts? It's not what you think

- **Video / Illness & Disease** - At 60, Mark decides that the best way to face cancer is to start chasing tornados

## LIFE

### **A GREAT LESSON ON STRESS**

A young lady confidently walked around the room with a raised glass of water while leading a seminar and explaining stress management to her audience. Everyone knew she was going to ask the ultimate question, 'Half empty or half full?' She fooled them all. "How heavy is this glass of water?" she inquired with a smile. Answers called out ranged from 8 oz. To 20 oz.

She replied, "The absolute weight doesn't matter. It depends on how long I hold it. If I hold it for a minute, that's not a problem. If I hold it for an hour, I'll have an ache in my right arm.

If I hold it for a day, you'll have to call an ambulance. In each case it's the same weight, but the longer I hold it, the heavier it becomes."

She continued, "And that's the way it is with stress. If we carry our burdens all the time, sooner or later, as the burden becomes increasingly heavy, we won't be able to carry on."

"As with the glass of water, you have to put it down for a while and rest before holding it again. When we're refreshed, we can carry on with the burden - holding stress longer and better each time practiced.

So, as early in the evening as you can, put all your burdens down. Don't carry them through the evening and into the night. Pick them up again tomorrow if you must.

## SOUTH AFRICA

### **EMIGRATION - Facts about South Africa**

- Emigration experts predict that South Africa will break local emigration records in 2018, with several data releases and surveys showing the extent of this trend, and what may lie ahead if it continues.
- In a recent report, Pew Research estimated that at least 900,000 people born in South Africa were living abroad in 2017. At current rates, this could easily be over one million people by the time of the next national census (2021) – including mostly wealthy white, educated professionals.
- Various emigration facilitators have noted an increase in the number of queries related to moving overseas – with others saying that many people are now acting on plans to leave, rather than just 'putting feelers out'.

- FNB’s data showed that those households which cite emigration as their reason for selling are more prominent in the upper and high-income groups – up to 9%. But more worryingly, is that it’s still happening across the board.
- The Frank Knight Wealth Report for 2018 showed that between 2012 and 2017, South Africa lost almost a quarter of its super wealthy individuals – those who have a net worth of over \$5 million – dropping from 13,380 in 2012, to just 10,350 in 2017.
- The jump between 2012 and 2016 was even greater, with a 32% decline in the number of high net worth individuals over that period.
- Emigration is not only affecting the current skill pool in the country, but also the future skills base, as families who move out of the country take their kids with them.
- Private school group AdvTech published its interim results for the first half of 2018, noting a decline in the number of its learners, attributed to economic woes and emigration. AdvTech CEO, Roy Douglas noted that of the reasons for student departures, emigration accounts for almost 30%.
- A recent survey of health professionals, run by union Solidarity, found that 43% of healthcare professionals would consider leaving South Africa should government move ahead with implementing the NHI scheme – while 83% were convinced that the scheme will ultimately cause more professionals to leave the country.

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## TRIVIA

### SNIPPETS

- Poverty, too, needs no explanation. In a world governed by entropy and evolution, it is the default state of humankind. Matter does not arrange itself into shelter or clothing, and living things do everything they can to avoid becoming our food. As Adam Smith pointed out, what needs to be explained is wealth. Yet even today, when few people believe that accidents or diseases have perpetrators, discussions of poverty consist mostly of arguments about whom to blame for it.
- Not only does the universe not care about our desires, but in the natural course of events it will appear to thwart them, because there are so many more ways for things to go wrong than for them to go right.

*Enlightenment Now: The Case for Reason, Science, Humanism, and Progress (Pinker, Steven)*

### SMILE

Anne Robinson: What insect is commonly found hovering above lakes?

Contestant: Crocodiles

Anne Robinson: What. . ?

Contestant (interrupting) Pass!

### THOUGHT

"Education is when you read the fine print. Experience is what you get if you don't."

### QUOTE

*The great thing about reading history is that it confirms my impression that human nature is not only nasty, but what is far worse, foolish too.*

Roger Mortimer

**Ray Hattingh**

**PS**    ***"Nothing is more responsible for the good old days than a bad memory."***

Franklin Pierce Adams

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adding life to your years