



SAARP SOCIAL SERVICES - PINELANDS

(Reg No 2006/003084/08)

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Monthly Meetings: 3rd Thursday @ Pinelands Bowling Club
St Stephen's Road. Doors open at 09h00, meeting closes 11h15

NO MEETINGS CURRENTLY DUE TO COVID-19

NEWSLETTER: FEBRUARY 2021

Hello again, dear Friends

Perhaps, after Uncle Cyril's address to the nation last evening, there is a glimmer of light at the end of the long, dark and dangerous tunnel we're currently travelling through - reason enough to *dare* to hope that, in the not-too-distant future, we may be able to meet together again! Perhaps 2021 won't turn out to be as bad as last year after all; however, as I don't think the virus and it's variants are going to disappear any time soon, it's something we're going to have to learn to live with - with the aid of vaccines, of course.

Today is day 312 since the national emergency regulations were introduced, and hubby and I are in 'precautionary self-isolation' for 10 days as a result of my playing carpet bowls! On Fridays I join a few of our residents for a friendly get-together, duly kitted out with masks and regularly sanitising the balls between games. Despite our efforts, though, one of us tested positive 5 days after our last afternoon's play, which landed all of us in this situation. We have a small flat with very little space for a good workout; the gym where I usually work on a rowing machine is just across the corridor – but I can't go there! I'm uncomfortable sitting all day watching TV (thank goodness for Curiosity channel – at least I can keep my brain alive!). Roll on Saturday when, at last, I'll be able to venture out of our front door again! It won't surprise you to learn I've been reading up about too much sitting.

DANGERS OF SITTING TOO MUCH

The Better Health website has an article in which sitting is described as 'the new smoking'. The more you move around during the day, the lower your risk of an early death. A sedentary lifestyle leads to obesity, type 2 diabetes, heart disease, depression and anxiety. Heart, cardiovascular system and bowel all work more effectively when we stand upright and, when we are physically active, our energy and endurance improve, and our bones strengthen. Recent research shows we need 60-75 minutes per day of moderate-intensity activity to combat the dangers of excessive sitting.

Legs & glutes (bum muscles): These large muscles are important for walking and stabilisation; if they're weak, injury from falls and strains is common.

Weight: Using muscles helps our bodies to digest the fats and sugars we eat; sitting for long periods causes inefficient digestion, resulting in their being retained in the body.

Hips & Back: Sitting causes hip flexor muscles to shorten, leading to problems with hip joints. Poor posture when sitting causes poor spine health, such as compression in the discs, leading to premature painful degeneration.

Anxiety & Depression: The links between sitting and mental health are not fully understood yet, but it is known that the risk of both is higher in people who sit more than they should.

Cancer: Emerging studies suggest excessive sitting increases the chances of developing some types of cancer, including lung, uterine and colon cancers.

Heart Disease: Some experts say people who are inactive and sit for long periods have a 147% higher risk of suffering a heart attack or stroke (how is that measured, I wonder?)

Diabetes: Studies show that even 5 days lying in bed can lead to increased insulin resistance in our bodies, causing blood sugars to increase above a healthy level.

Varicose Veins: Excessive sitting causes blood to pool in our legs which can lead to blood clots.

Deep Vein Thrombosis (DVT): A serious problem. If part of a blood clot in a leg vein breaks off and travels through the body, it can cut off the blood flow to other parts of the body, including lungs, which would cause a pulmonary embolism.

Now I know why I'm in such a mess!!

FOR THE BOOKWORMS AMONG YOU

Introducing the new Open Library Explorer: Designed by software developer at the Internet Archive, Drini Cami, the Open Library Explorer offers avid readers the ability to discover new books serendipitously (happy discoveries made by accident), browsing book-shelves with more than 4 million books organised by librarians using either the Dewey Decimal or Library of Congress classification systems, creating the virtual experience of browsing at a physical library. Open Library Explorer enables readers to scan bookshelves left to right by subject, up and down for subclassifications. Switch a filter and suddenly the bookshelves are full of juvenile books; type in "subject: biography" and you see nothing but biographies arranged by subject matter.

With libraries shuttered due to the pandemic, families are turning online for their educational and entertainment needs. The Open Library team was inspired to give readers something closer to what they enjoy in the physical world – something that puts the power of discovery back into the hands of patrons.

One problem with online platforms is the way they guide you to new content. For music, movies or books Spotify, Netflix and Amazon use complicated recommendation algorithms to suggest what you should encounter next – but these suggestions are driven by the media you have already consumed: they put you into a 'filter bubble' where you only see books similar to those you've already read! With the Open Library Explorer, you are free to dive deeper and deeper into the stacks – where you go is driven by *you*, not by an algorithm.

LADIES: DON'T DRINK BOTTLED WATER LEFT IN A HOT CAR!

This has been identified as the most common cause of high levels of breast cancer in Australia. Apparently, the heat causes toxins from the plastic to leak into the water, and these toxins have been found in breast tissue. So please be careful – don't drink bottled water left in a hot car. Use a stainless steel canteen or a glass bottle instead.

THE PHILOSOPHY OF CHARLIE SCHULZ

Charles Monroe "Sparky" Schulz (November 26, 1922 – February 12, 2000) was an American cartoonist and creator of the comic strip Peanuts (which featured the characters Charlie Brown & Snoopy, among others).



You don't have to actually answer the following questions - just ponder on them.

- 1. Name the 5 wealthiest people in the world.**
- 2. Name the last 5 Heisman trophy winners.**
- 3. Name the last 5 winners of the Miss America pageant.**
- 4. Name 10 people who have won the Nobel or Pulitzer Prize.**
- 5. Name the last 6 Academy Award winners for best actor and actress.**
- 6. Name the last decade's worth of World Series winners**



How did you do? The point is, none of us remember the headliners of yesterday. These are no second-rate achievers – they're the best in their fields. But the applause dies, awards tarnish, achievements are forgotten, accolades and certificates are buried with their owners.

Here's another quiz - see how you do on this one:

- 1. List a few teachers who aided your journey through school.**
- 2. Name 3 friends who have helped you through a difficult time.**
- 3. Name 5 people who have taught you something worthwhile.**
- 4. Think of a few people who have made you feel appreciated and special!!**
- 5. Think of 5 people you enjoy spending time with.**

Easier? The lesson on this one is: The people who make a difference in your life are not the ones with the most credentials, the most money or the most awards. They are simply the ones who care the most.

THE UAE 'HOPE' MISSION TO MARS

In July 2020 the UAE launched its space probe, *Hope*, and on Tuesday 9 Feb it will enter an elliptical orbit around the planet having travelled 114 million

kilos in 200 days at a cruising speed of 121 000 kph! As the probe nears the planet, fire thrusters will reduce its speed to 18 000 kph to enable it to slot into the Martian orbit. Orbits will take 55 hours and each time Hope will be eclipsed by the planet and communication will be lost for a short time – an anxious time for the scientists. Mars orbits the sun every 687 Earth days, compared to our 365 days.

Hope has 3 instruments to use in performing the scheduled scientific tasks:

- (a) The *exploration imager* will take photos, using specific filters to restrict wavelengths of light and capture images to help scientists learn about things like ice in the atmosphere, small water ice particles, ozone and dust storms;
- (b) The *infrared spectrometer* will build images of the planet at different infrared wavelengths (something like fancy heat vision goggles, they say). Each pixel could contain key information about the atmosphere, including temperature, water vapour, CO₂, dust and water ice, and the temperature of Mars;
- (c) The *ultraviolet spectrometer* will help to make UV observations of the top of the atmosphere, helping to measure particles that may escape from the planet.

DON'T MESS WITH THE ELDERLY!

An older, white haired man walked into a jewellery store one Friday evening with a beautiful young gal at his side. He told the jeweller he was looking for a special ring for his girlfriend. The jeweller looked through his stock and brought out a \$5,000 ring. The old man said, "No, I'd like to see something more special." The jeweller then went to his special stock and brought over another ring. "Here's a stunning ring at only \$40,000" the jeweller said. The young lady's eyes sparkled and her whole body trembled with excitement. Seeing this, the old man said, "We'll take it." The jeweller asked how payment would be made and the old man stated, "By cheque. I know you need to make sure my cheque is good, so I'll write it now and you can call the bank on Monday to verify the funds and I'll pick the ring up Monday afternoon," he said.

Monday morning, the jeweller phoned the old man. "There's no money in that account!!!!" he shouted. "I know," said the old man, "But let me tell you about my weekend!"

Moral.....Don't mess with old people!

Cheers for now
Ruth

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