



SAARP Social Services

Club Newsletter

Number 62

September 2011

SAARP BULLETIN - September edition in new format

The bulletin is being mailed this week to the 3,691 members who have donated R30 towards the postage. The bulletin is now in a new bilingual format and contains far more information than previous editions. All club Chairmen, Vice-chairmen, Treasurers, Secretaries and Membership Secretaries will receive a complimentary copy.

OLD GOLD - SAARP Employment database

An e-mail is being sent to all members who have registered on Old Gold asking them to ensure that their details are still current. You can register as an OLD Gold member on www.saarp.co.za

SAARP FORUM - For members

An e-mail has just been sent inviting our members to join the Forum. I encourage you to join. It can be a valuable communication tool. No outsiders have access to it, only members.

adding life to your years

SAARP - Structure of the Board

At the SAARP Board Meeting held on the 15th September 2011, John Benwell resigned as chairman of SAARP but he retains the position of Managing Director. We have appointed Ian Madden as the Chairman of the Board for the ensuing year.

These appointments are in line with the recommendations of the King Report III. In terms of those recommendations we have also ensured that we have more non-executive Board Members than executive Board Members.

SAARP - Logo

Thank you to all Club Committees and individual members for their input to the discussion. The most cogent arguments were for retaining the status quo and the Board has accepted this recommendation.

THE INTERNET - And the over fifties

Statistics are not always accurate but they do point out some interesting facts. At the Board meeting we learned that out of 1,700,000 over fifties only 400,000 said that they accessed the Internet. We have about 10,000 e-mail addresses of our 85,000 members. The statistics above indicate that our ceiling would be about 20,000. We would be delighted to double the number to 20,000 as it is easy and very inexpensive to keep contact by e-mail. Please encourage all your members to let both you and us have their e-mail addresses.

b-SMART APPLICATIONS - Current status

Since last month another 96 applications have been received raising the total number to date to 434.

PROOF OF PAYMENT - To SAARP

Anyone paying SAARP by bank deposit or electronic transfer is requested to e-mail or fax proof of payment to us. Not only do we not have the staff to peruse bank statements line by line but these are captured onto our accounting system by an external third party. Ensure that the following information is also included: Initials, Surname, and most importantly of all your ID number which is also your SAARP membership number.

COMPLAINTS - Service providers

If you ever receive poor service from any one of our service providers please contact John Benwell, Paul Rosenbrock or myself immediately at 021 592 1279 or info@saarp.co.za

Unlike the management of too many large organisations we do not hide behind our staff, we deal with the problems.

GRANDCHILDREN - Another Gem

A Kindergarten teacher was observing her classroom of children while they were drawing. She would occasionally walk around to see each child's work. As she got to one little girl who was working diligently, she asked what the drawing was.

b-SMART PRESENTATIONS - To date and planned

CLUB	b-Smart Presentations
SAARP Jeffreys Bay	17 March 2011
SAARP Hermanus	11 May 2011
SAARP Hillcrest	1 June 2011
SAARP Amanzimtoti	11 July 2011
SAARP Panorama	14 July 2011
SAARP Groote Schuur	18 July 2011
SAARP Muizenberg	19 July 2011
SAARP PE-East	8 August 2011
SAARP Pinelands	15 September 2011
SAARP George	20 September 2011
SAARP Kenridge, Bellville	6 October 2011
SAARP Margate	11 October 2011
SAARP PE-West	12 October 2011
SAARP Alexandra, Pennington, KZN	3 November 2011
SAARP Milnerton	18 January 2012

SAARP - The ARP&P connection

New chairman often ask about the relationship between the ARP&P and SAARP. When I was appointed as the General Manager of the ARP&P I tried to implement an agreement that they had entered into with a firm who would provide a range of SAARP type services to the ARP&P. Unfortunately this did not come to fruition. This, together with other problems, placed the ARP&P in a precarious financial position.

SAARP had repeatedly approached the ARP&P about a merger as SAARP wanted to provide a social club section for its members. Rather than close the ARP&P, I put it to the Board that they should accept SAARP's offer. This they did by 5 votes to 2. On the 31st May 2006 I wrote to The Registrar of Companies asking them to deregister the ARP&P. 30 Clubs decided to move to SAARP, 5 decided to join a new organisation - the KZN-ARPE - and one chose

The girl replied, "I'm drawing God."

The teacher paused and said, "But no one knows what God looks like."

Without missing a beat, or looking up from her drawing, the girl replied, "They will in a minute."

SMILE

An older gentleman was on the operating table awaiting surgery and he had insisted that his son, a renowned surgeon, perform the operation. As he was about to get the anesthesia, he asked to speak to his son.

"Yes, Dad, what is it?"

"Son, don't be nervous, just do your best and, if the surgery doesn't go well and I don't make it, just remember, your mother is going to come and live with you and your wife."

THOUGHT

If things come so easy to a man that all he has to do is reach out and pluck it from the tree of life, is he blessed, or cursed, by God?

QUOTE

A ship is safe in harbour, but that is not what ships are built for.

William Shed, US theologian
(1820 - 1894)

FORWARD THIS TO A FRIEND

Do you know someone who may be interested in this e-mail? Why not

to close down.

The ARP&P clubs were required to pay 45% of their member subscriptions to their region and 10% to head office. SAARP's viewpoint is that the clubs are a benefit to our members, and that the clubs should therefore retain all their subscriptions and spend them on their club members.

SANPARKS - Wild Card Programme

At a recent regional meeting a member raised the fact that over seventies no longer receive the magazine. The following is the response to my enquiry.

Dear Mr Hattingh

Thank you for taking interest in the Wild Card Programme. Unfortunately the lifelong member will not be receiving the magazine; it was stated from the 20/10/2010.

Kind Regards

Mrs Zakira Ismail Dawood |

Tourism Operations (Wild Card)|

*South African National Parks SANParks 643 Leyds Street,
Muckleneuk - Pretoria |*

Tel : (012) 426 - 5000 |

Email: zakira.ismail@sanparks.org

www.sanparks.org

SAPS - National Emergency number

If you are ever harassed, threatened or molested by the Police call their National Anti-corruption Number:

0800 701 701

Put this in your cellphone and advise everyone you care about. We have verified this with the SAPS Colonel in charge of the unit.

WEIGHT LOSS - Five myths

Diabetics must watch their blood pressure and their weight. When it comes to losing weight quite a few myths abound. The AARP Magazine has a good article entitled; ***Why those pounds might be sticking around*** by: Christina Ianzito | from: AARP The Magazine | July 22, 2011

There are plenty of misconceptions when it comes to weight loss, such as all carbs or fats are bad. The best formula for losing weight, according to the National Institutes of Health, is simple: Eat fewer calories than you

forward it to them?
[Forward to a friend](#)

burn. We've singled out five of the biggest myths that muddy the message.

Myth #1: Carbs are bad, bad, bad.

Not all carbs are created equal when it comes to weight loss.

Myth #2: Avoid fat at all costs.

Fat content per se has little relation to which foods or beverages were associated with weight gain.

Myth #3: Just get out there and sweat - then you can eat whatever you want. You have to be careful not to eat more calories than you just expended.

Myth #4: Don't weigh yourself all the time: it'll just worry you when it's natural for weight to fluctuate. You need to be aware of your weight, though, to make any necessary corrections in your diet. **Experts suggest weighing yourself frequently.**

Myth #5: If you just deprive yourself for a few weeks/months, you can shed the extra pounds and get back to normal life. This doesn't work. People who avoid beloved foods nearly always return to their old habits once "The Diet" is over.

Read the full article here:

<http://www.aarp.org/health/healthy-living/info-07-2011/weight-loss-myths.html>

E-MAIL - Become part of the solution not part of the problem

Before opening or forwarding any unknown e-mail, especially one of the "Big virus coming" variety, check it with either: www.snopes.com or www.truthorfiction.com as they invariably have an e-mail tracker program attached that tracks the cookies and e-mails of those folks you forward it to.

ALWAYS:

1. Delete any e-mail that says "forward this on to '10' (or however many) of your friends", "sign this petition", "you'll get bad luck", "you'll get good luck", "If you're not ashamed of God/Jesus" or "you'll see something funny on your screen after you send it".
2. Delete all e-mails that ask you to add your name and forward on to others.
3. Do not feel guilty about not helping some poor this or that. All you will be doing is helping someone to garner your and your friend's data.
4. Remember, e-mail petitions are NOT acceptable to

government or any other organization.

If you do forward an e-mail then:

1. DELETE all of the other addresses that appear in the heading of the message (at the top). Highlight them and delete them, backspace them, cut them, whatever it is you know how to do. It only takes a second. You MUST click the 'Forward' button first and then you will have full editing capabilities against the body and headers of the message. If you don't click on 'Forward' first, you won't be able to edit the message at all.
2. Whenever you send an e-mail to more than one person, do NOT use the **To** or **Cc** fields for the e-mail addresses. **Always use the Bcc: (Blind carbon copy) field.**
3. Remove any 'FW:' in the subject line. You can re-name the subject if you wish or even fix spelling. You can also correct spelling and syntax in the body of the message.
4. ALWAYS hit your Forward button from the actual e-mail you are reading.

For many people websites and e-mail unfortunately fall into the same category as books and newspapers, i.e., "Because it's in print it must be true." I always apply my history teacher's admonition, "Few events occur when they ought to, in fact, many events do not occur at all. It is the proper function of the historian to correct this."

SCAM ALERT - Beware of any request for money from a friend or family member

There is a new breed of criminal on the march. Those who claim to be a family member in need of urgent financial assistance. Beware of any Facebook requests, e-mail requests or telephonic requests for financial help from purported family members.

They can gather your family information from a variety of sources. To protect yourself:

- If the caller says, "It's your granddaughter," ask, "Which one?" Most perpetrators will then hang up.
- Confirm your grandchild's identity by saying you will return the call at his or her home or on his cellphone (but don't ask the caller for it). If you don't have the phone numbers, contact a trusted family member for them.
- Never provide your bank or credit card account numbers to any caller.

- Be wary of requests for money transfers.

Read the full article here:

http://www.aarp.org/money/scams-fraud/info-02-2010/scam_alert_my_grandson_the_crook.html

MEMORY LANE - Two fascinating websites

Listen to the jingles of the past.

Lourenco Marques Radio

This site records the History of Radio Clube de Mocambique, and Lourenco Marques Radio the first commercial radio station in Africa

<http://www.lmradio.org/>

Springbok Radio

The Official Site of The Springbok Radio Preservation Society Of South Africa

<http://www.springbokradio.com/>

HUMANKIND - What have we learned in 2,066 years?

"The budget should be balanced, the Treasury should be refilled, public debt should be reduced, the arrogance of officialdom should be tempered and controlled, and the assistance to foreign lands should be curtailed lest Rome become bankrupt. People must again learn to work, instead of living on public assistance."

Cicero - 55 BC

Evidently, nothing.

CHANGING MORES? - Thankfully not all

A grey haired gentleman was observed to stand aside and hold a door open for a young woman.

"You don't have to hold the door because I'm a lady," she snapped.

"On the contrary," he replied, "I'm holding the door because I'm a gentleman."

DOCTORS - Two different types

Two patients limp into two different medical clinics with the same complaint? Both have trouble walking and appear to require a hip replacement.

The FIRST patient is examined within the hour, is x-rayed

the same day and has a time booked for surgery the following week.

The SECOND sees his family doctor after waiting 3 weeks for an appointment, then waits 8 weeks to see a specialist, then gets an x-ray, which isn't reviewed for another week and finally has his surgery scheduled for 6 months from then.

Why the different treatment for the two patients?

The FIRST is a Golden Retriever.

The SECOND is a Senior Citizen.

Next time take me to a vet!

INSURANCE - Car and household

If you are not using one of SAARP's insurance providers give Renske or Beverly a call at our office on 021 592 1279 and ask them to obtain quotes for you. Many of our members have made substantial savings. More importantly, our insurance providers prove their worth when claims arise.

SAARP'S SERVICES - for your benefit

- **SAARP SHORT TERM INSURANCE POLICIES.**
Members have saved up to R10,000 per annum on their SAARP policies. Contact Renske or Beverly at SAARP 021 592 1279 renske@saarp.co.za beverley@saarp.co.za
- **GUARANTEED DISCOUNTS.** Get a 5% annual bonus on all your purchases with SAARP's new b-SMART Card. The bonus is payable in November in time for your Christmas purchases. Contact us at SAARP
021 592 1279 info@saarp.co.za or Gert du Plessis at:
021 409 7600 083 284 8671
Gert.duPlessis@capeconsumers.co.za
- **SAARP HOLIDAY CLUB.** Get discounted off peak holidays at amazing prices. Contact Renske at SAARP 021 592 1279 renske@saarp.co.za
- **SAARP FAMILY PROTECTION PLAN.** Funeral insurance at reduced rates. Contact us at SAARP 021 592 1279 info@saarp.co.za
- **FREE WILL SERVICE** through Warwick Private Wealth. Contact: Adrian Van Zyl General Manager, Warwick Trust & Administrative Services (PTY) Ltd
Tel: 0860 109 147
Fax: +27 21 794 0849
Cell: +27 083 307 0395

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- **OTHER MEMBERS' BENEFITS.** SAARP offers members a host of other benefits. Contact us at SAARP 021 592 1279 info@saarp.co.za for details.
- **When contacting service providers directly be sure to tell them that you are a SAARP member, in order to qualify for the benefits.**

YOU AND YOUR BRAIN - Another surprise

This is a little more complicated and I'm pleased to tell you that I was halfway through reading it before I realised that it was not in perfect English. There must therefore be something left in my brain cells.

7H15 M3554G3 53RV35 7O PROV3 HOW OUR M1ND5 C4N
D0 4M4Z1NG 7H1NG5! 1MPR3551V3 7H1NG5! 1N 7H3
B3G1NN1NG 17 WA5 H4RD BU7 NOW, ON 7H15 LIN3
YOUR M1ND 1S R34D1NG 17 4U70M471C4LLY W17H OU7
3V3N 7H1NK1NG 4B0U7 17, B3 PROUD! ONLY C3R741N
P30PL3 C4N R3AD 7H15.

LANGUAGE - English or American?

Are South Africans more American or more English in our speech? You decide:

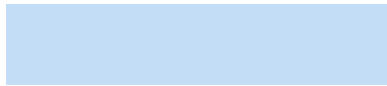
UK

Having fetched the children from secondary school I drove up the slip road in my estate car, along the motorway and off at the next junction. At the crossroads I turned into a multi-story car park at the shopping centre. I called my wife from the pub on my mobile phone and told her I'd bought a rucksack at the ironmonger. I asked her if she wanted any tights, vegetable marrow or semi skimmed milk. I asked her if she'd put the pudding in the deep freezer.

USA

Having fetched the kids from high school I drove up the on-ramp in my station wagon, along the freeway, and off at the next exit. At the four way stop I turned into the parking garage at the mall. I called my wife from the bar on my cell phone and told her I'd bought a backpack at the hardware store. I asked her if she wanted any pantyhose, squash or low fat milk. I asked her if she'd put the dessert in the deep freeze.

You could take all the joy out of life by always wanting something to be better



Ray Hattingh

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