

# Gryskrag GreyPower

Nuusbrief  
Newsletter

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## BELOON VIR LOJALITEIT

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Lojaliteitkaart is nie 'n nuwe konsep in Suid - Afrika nie. Daar is tans 65 verskillende lojaliteitsprogramme in die land beskikbaar. Sowat 3 miljoen verbruikers het gemiddeld drie of vier sulke afslagkaarte.

Kenner meen die kaarte gaan nou nog meer algemeen raak, veral omdat die koms van Walmart na Suid-Afrika die mededinging in die kleinhandel dramaties gaan verskerp.

Volgens Dr Karel Prinsloo van Gryskrag is lojaliteitskaarte 'n fyn kuns om voordele terug te gee aan die publiek.

Gryskrag het ook gekyk na verskillende lojaliteitsprogramme en tot die gevolgtrekking gekom dat

dit 'n interessante moontlikheid is om te ontgin tot voordeel van Gryskrag - lede asook vir dienste- en produkteverskaffers wat in seniors belangstel.

Een voordeel van so 'n skema is dat Gryskrag-lede steeds 'n eie vryekeuse vir aankope behou, maar ook die geleentheid kry om van bepaalde dienste- en produkteverskaffers gebruik te maak. Seniors as klubdele kry dan die geleentheid om kredietpunte vir hulle self bymekaar te maak. Winkels sal jou beloon vir elke rand en sent wat jy op hulle vloer spandeer.

Iets avontuurlik daaraan is dat klubdele nie net dankie sal sê nie vir die

lekker puntebonus wat na jou kant toe sal kom en wat jy kan inruil vir iets wat jy graag wil hê of afslag op kan kry. Die lojaliteitskaarte kan dus as 'n wen-wen situasie gesien word.

Deur hierdie tipe lojaliteitskemas word dit ook moontlik gemaak om marknavorsing te doen oor die gemeenskap en kliënte se kooppatrone.

Lees meer oor Gryskrag se eie lojaliteitskaart in die volgende uitgawe van die Gryskrag Nuusbrief en Plus50 Tydskrif.

## WALNUTS GO TO THE HEAD OF THE CLASS

New research finds that walnuts rank highest in antioxidant content among nuts.

According to the lead researcher Professor Joseph Vinson of the University of Pennsylvania "a handful of walnuts has almost twice the antioxidant content (polyphenols) as an equi-

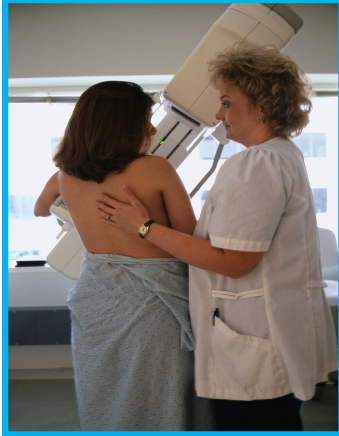
valent amount of any other commonly consumed nut."

Antioxidant compounds in nuts neutralize agents in the body called free radicals that damage cell membranes, potentially leading to cancer, heart disease and premature ageing.

Polyphenols are one type of antioxidant that specifically target LDL (bad cholesterol) and are known to help protect the heart and fight arteriosclerosis by slowing plaque build-up and improving artery and vein health.

[www.naturalmedicine.co.za](http://www.naturalmedicine.co.za)

## BREAST CALCIFICATIONS



Breast calcifications are noticed on a mammogram

<http://women.webmd.com>

Breast calcifications are small calcium deposits that develop in a women's breast tissue. They are very common and are usually benign. In some instances, certain types of breast calcifications may suggest early breast cancer.

There are two types of breast calcifications: **macro- and micro-calcifications**. **Macro-calcifications** look like large dots on a mammogram, are often dispersed randomly within the breast and are considered non-cancerous. **Micro-calcifications** are small calcium deposits that look like white specks

on a mammogram and are usually not a result of cancer. But, if the specks appear in certain patterns and are clustered together they may be a sign of pre-cancerous cells or early breast cancer.

A number of factors can cause calcification in a women's breast, including normal ageing, inflammation or past trauma to the area.

If you have macro-calcifications no further treatment is needed because they are not harmful. If micro-calcifications are

seen on your mammogram, another mammogram may be performed to get a more detailed look at the areas in question. The calcifications will be determined to be either "benign" "probably benign" or "suspicious".

Benign calcifications are considered harmless. Probably benign calcifications will be monitored every six months. Suspicious calcifications may be an early sign of cancer and a biopsy is recommended. If cancer is present, treatment may consist of surgery to remove the cancerous breasts and chemotherapy to kill remaining cancer cells.

## HOVEEL WATER IS GENOEG?



Water-inname gedurende oefening

Almal van ons het al vele kere gehoor presies hoeveel water ons moet inneem wanneer ons aan aktiewe sport deelneem. Die meeste van die tyd verskil die hoeveelhede heeltemal van mekaar.

Hierdie riglyne kan jou help om die regte hoeveelheid water in te neem:

Elke persoon behoort 20-30 ml/kg per dag in te

neem. Dit beteken, as jy 60kg weeg moet jy ten minste 1.2L water per dag drink. Die ideaal is 30ml/kg per dag, veral in Suid-Afrika se warm somer son wat kan lei tot ernstige dehidrasie.

Hoe gemaak tydens oefening:

Maak seker jy is goed gehidreer voordat jy begin oefen.

Drink ongeveer 500ml

die oggend van 'n groot resies/uitdaging.

Drink elke 20minute water gedurende die oefensessie .

Maak seker jy drink genoeg water na die oefensessie.

Weeg jouself voor en na oefensessies. Indien jy meer as 500g verloor het, sal jy jou waterinname gedurende oefening moet vermeerder.

Vir meer inligting lees *Eat Smart for Sport* deur Liesbet Delpont.

## BABY BROCCOLI AND YOUR DIET

If you suffer from gastritis or stomach ulcers, increase the amount of baby broccoli in your diet.

According to a study published in the *British Medical Journal* just 70grams of baby broccoli a day will give you plenty of sulforaphane, a biochemical that has been found to protect against infections and inflammation in the

stomach.

Baby broccoli have a higher concentration of the necessary nutrients than mature broccoli heads.

Try this recipe to get your daily fix: Broccoli Soup:

Boil one large grated onion, low-fat milk, chicken broth salt and chopped broccoli sprouts

until cooked. Season with a little garlic and a sprinkle of your favourite cheese.

For variety and a protein power-up include lightly fried bacon bits.

If you fancy an oriental spin, add some grated ginger and sesame seeds to the base of the soup.



Baby broccoli

## DIE VERSKIL TUSSEN VERKOUEN EN GRIEP

Verkoue en griep was nog altyd met ons, maar wat is nou eintlik die verskil tussen die twee? In die volksmond het die begrippe immers so vermenig geraak dat daar eintlik nie meer 'n onderskeid getref word nie. Dit is dan ook die rede waarom die leek dit moeilik vind om die verskille te diagnoseer.

Albei ontstaan deur virusse. Waar daar meer as honderd verskillende virusse is wat verkoues veroorsaak, is daar veel

minder soorte wat griep verwek. Dit is hoekom 'n mens inspuittings teen griep kry, maar nie teen verkoues nie.

Die twee kwale se simptome kom baie ooreen. 'n Verkoue is in die reël lig, terwyl griep neig om swaarder te wees. 'n Verkoue begin dikwels met 'n moeë gevoel, 'n genies, gehoies en 'n loopneus. Jy het moontlik glad nie koors nie. Jou spiere kan ook seer wees, jou keel kan seer of krapperig voel, jou oë kan

water en jou kop kan seer wees.

Griep kom vinnig en tref 'n mens soos 'n tientonvragmotor. Die simptome is baie soos dié van verkoue, net erger. Jy voel swak en moeg, het hoë koors, jou hoese is droog, jou neus loop en jou spiere pyn. Boonop het jy hoofpyn en keelseer. Dit duur langer om gesond te word van griep as wanneer jy verkoue het.

Baie mense sterf jaarliks van griep, veral om mense of ander verswaktes wat byvoorbeeld hartsiektes het.



Griepvirusse

## BE YOUR OWN FINANCIAL ADVISOR

Even with rates set to rise, it will be hard to earn over inflation savings, but there are ways, says financial expert Mandy Stratfold of Precept Wealth Solutions.

**Make inflation your target** or you will actually lose money. With any investment your goal should be to outperform inflation, meaning that the real value of your money increases. At a 3% average annual inflation, a basket of groceries costing

R1,000 today will double in price over 20 years. That same basket will cost R4,000 if inflation averages 6% over 20 years. In a low interest rate environment, like at the moment, it is difficult to beat inflation by holding funds in cash. You will need to invest to get a return higher than the current 6% inflation.

Choose actively managed funds that charge a 2–2.5% fee to invest. If you are careful about the managers you choose, you can get a good return

above the index and the fee is worth it. Unit trusts range from low to extremely high risk. Invest with a trustworthy investment house and have a clear time frame in mind. For short-term investments choose a Money-market Unit Trust, which shows returns of between 5.5 and 6%. High risk funds are exactly that “risky”. So choosing a Moderate Fund such as Moderate Risk, is more consistent, adds Stratfold.



Aim to beat inflation

## AARTO IN APRIL LANDWYD INGESTEL

Die Aarto-verkeerswet, wat reeds 'n proeflopie in Pretoria en Johannesburg beleef het, word op 1 April landwyd ingestel.

'n Poging om die wet landwyd ingestel te kry is op 1 Julie 2010 laat vaar nadat die Metroraad van Kaapstad die regering hof toe wou neem weens administratiewe gebreke in die wet.

Mnr Collins Letsoalo, waarnemende

uitvoerende hoof van die Padverkeersbestuurkorporasie (RTMC) het die verkeersowerhede reeds in kennis gestel dat die Wet op die Administratiewe Beregtiging van Verkeersmisdrywe (Aarto) vanaf 1 April 2012 in werking sal tree. Hy het egter nie gesê of die wet met of sonder die strafpuntstelsel, wat motoriste hul rybewyse kan kos, sal funksioneer nie.

Mnr Willie Spies, regsverteenwoordiger van AfriForum, meen dat daar nog baie aspekte in die wet is wat steeds ondeurdag is.

Spies het sy vrees uitgespreek dat die Aarto-verkeerswet dieselfde paadjie kan loop as die e-tol debakel.

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**GreyPower as an Association**

GreyPower is a country-wide non-profit organisation that was founded in 1995. It is a service and goodwill association for persons of fifty years and older as well as for those who are unemployed due to early retirement.

**Vision and Mission**

The vision of GreyPower is to actively promote and develop the dignity, quality of life and social security of its members in order to enable them to continue functioning as participating responsible and active members of their communities.

The mission of GreyPower is to keep its members informed about developments that affect their interests and to support them through specialized information and guidance to enable them to handle their personal interests effectively.

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**We unite and build our future with  
our skills and experience**

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**BOOK REVIEW**



**Title:** The new face of grandparenting: why parents need their own parents.

**Author:** Don Schmitz.

**Price:** R110

**Date:** 2010

**Publisher:** Grandkids Foundation

**Background:**

Emphasizing the essential role grandparents can play in raising their grandchildren, this guide to building a strong grandchild-grandparent relationship offers caring insights and practical

advice for defining this important relationship. Exercises for nurturing the bond between grandparents and grandchildren, including how parents can effectively cope with disagreements about discipline and a grandparent's role during divorce are provided.

This book presents valuable guidance for every parent and grandparent, presented in an easy-to-read array of lessons and stories, quotes, good ideas, anecdotes and photos.

The book is educational,

entertaining and written with love.

The vision behind this book is: "rekindling the spirit of grandparenting within the family"