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## 8TH ACSA DISABILITY EXPO HIGHLIGHTS

The Airports Company South Africa Disability Trade and Lifestyle Expo and Conference is fast becoming a major event on the Southern African disability calendar. It took place from 6-8 Sept 2012 at the Sandton Convention Centre, Gauteng.

Now in its eighth year, the ACSA Expo and Conference showcased lifestyle solutions to people with disabilities, their families, and caregivers.

Several new components have been added this year to give the expo a completely new face, including a new 'Planning for Retirement Expo' This encompassed property developments, retirement homes, hobbies, investments and lifestyle

choices for people planning retirement.

Thursday the 6th served as a trade day at the expo and exhibitors were encouraged to invite their trade visitors to attend special product launches.

The conference component of the ACSA Disability Expo took place on 6 and 7 September in the same hall as the exhibition and attracted delegates from around the country.

The 7th Pan African Health Trade Show had been running alongside the ACSA Disability Expo. PAH Trade Show promoted the medical industry and medical technology throughout Africa.

On Saturday 8 September

GreyPower and Plus50 Magazine presented an informative 'Successful Ageing Seminar' with recommendations and tips by a speaker panel of six experts in their fields.

Presentations included many subjects of great importance namely: Drug utilization in the elderly, Strategies to finish well, Your last will, Frail care centers, Eat your age and Housing development schemes for retired people.



Sandton Convention Center

## SAL VERANDER BAGASIEBELEID

Die Suid-Afrikaanse Lugdiens (SAL) is besig om 'n nuwe beleid in te stel wat bagasie wat inbespreek word betref. Dit volg op verskeie versoeke van passasiers in al sy markte.

Die beleid stem ooreen met dié van die meeste groter lede van Star Alliance, waarvan SAL lid is. Vanaf September 2012

sal SAL oorskakel na 'n stelsel wat die aantal bagasiestukke wat pasasiers kan inbespreek, sal beperk. Die aantal stukke bagasie en die gewig daarvan word volgens die roete en die reisklas (soos sake - of ekonomiese klas) bepaal. 'n Standaard

heffing per bagasiestuk sal gehêf word op enige bykomende bagasie of bagasie wat die gewigbeperking oorskry. SAL gaan ook geen bagasie swaarder as 32kg aanvaar nie.

Lees meer oor die nuwe beleid, wat verduidelikings bevat en roetes aandui waarop die bepalinge geld op die webwerf [www.flysaa.com](http://www.flysaa.com)

## RETIREE CYCLES FROM CANTERBURY TO ROME



Elred Lawrence

Capetonian Elred Lawrence, 60, took early retirement after a long IT career in South Africa. He is breaking out of his newly established routine to bike his way along the amazing Via Francigena which is the major route that was used by thousands of pilgrims, clerics and church officials on their way to Rome. This ancient route crosses through stunning scenery, leaving Canterbury Cathedral in England, crossing the Alps and the Apennines and ending at St Peters Basilica at the Vatican in Rome - 2083 km in all.

When you undertake a pilgrim-

age, you spend many days cycling or walking alone through nature's beautiful scenery. According to Elred it touches a core in you, and when you have completed one pilgrimage, you are hooked and so the passion begins.

Ten Years ago, he also packed his bicycle and bags and ventured from Cape Town across to Spain to cycle the Camino de Santiago from Roncesvalles and ended 12 days later at the Cathedral in Santiago de Compostella - 1139km across Northern

Spain.

As a registered pilgrim, he is allowed to stay in the monasteries along the way and in pilgrim hostels.

Traveling through four countries, meeting interesting people, partaking in different, tasty food and drink, and just being part of another world for a few weeks is what excites him the most about this adventure.

He will be keeping a daily travel blog for his family and interesting others, so that they can follow his adventure. Follow Elred's fun on: <http://cyclingtorome.com>

## KABELKARRETJIES WEER TERUG OP SPOOR



Een van die nuwe kabelkarretjies

Hartebeespoort se kabelkarretjies loop weer. Nuwe eienaars wat die grond en kabelweg in 2010 gekoop het, het 'n visie gehad om dié toerisme-trekkpleister in sy volle glorie te herstel.

Dit het amper drie jaar geneem vir die Switserse kabelkarretjies om op 'n nuwe kabel - met nuwe toerusting wat aan internasionale standaarde voldoen - te loop. Hierdie ongelooflike transformasie bied nou weer aan

families en avontuurlustiges 'n kabelkarervaring met wêreldklas veiligheid.

Die kabelweg is net 45 minute buite Johannesburg en Pretoria. Die Aerial Cableway Hartebeespoort is Afrika se langste enkelkabelweg en bied 360°-uitsigte oor die Magaliesbergreeks, Pretoria en Johannesburg sowel as die prag van die Hartebeespoortdam. Besoekers kan ook ontspan in die 250-sitplek restaurant

by die basisstasie of hulle kan bo-op die berg rondwaal in die kurio-winkel of iets te ete kry by die Lookout Bar. Daar is ook 'n opvoedkundige dassie-staproete en speelarea vir kinders asook skermstweef vir die meer avontuurlustiges.

Die kabelweg is sewe dae per week oop. Kaartjies kos R100 per vovassene en R50 per kind onder 14 jaar.

Vir meer inligting besoek die webtuiste:

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

## HOW TO STAY YOUNG AT HEART



Stay young at heart

Throw out nonessential numbers. This includes age and weight. Let the doctor worry about them.

Keep only cheerful friends. The grouches pull you down.

Keep learning. Learn more about the computer, crafts, gardening, whatever. Never let the brain idle.

Laugh often, long and loud.

The tears happen. Endure, grieve, cry and move on. The only person who is with us our entire life, is ourselves. Be alive while you are alive.

Surround yourself with what you love, whether it's family, platonic friendships, music, pets, hobbies, whatever.

Don't take guilt trips. Take

a trip to the mall, around the block, to another city or around the world, but not where the guilt is.

Tell the people you love that you love them, at every opportunity. Always remember: Life is not measured by the number of breaths we take, but by the moments that take our breath away.

## RENOSTERSTROPERY

Die goudprys kom op ongeveer R300 000 per kilogram neer. Hierteenoor is die prys van renosterhoringe op die swartmark nou R400 000 per kilogram. Die koste om dit te oes deur wildstropery is oneindig laer.

Verledejaar het renosterstropery in Suid-Afrika meer as verdubbel. Dit maak weinig sin dat Suid-Afrikaanse wildboere swaar in renosterbewing belê, groot geld betaal aan die uitruil van genetiese materiaal, peperduur wildwerende heinings aanbring en uiteindelik veel, veel minder vir 'n lewende

renoster in die handel kan kry as wat die stroper, wat nie die kostes aangaan nie, net vir die horing kry.

Van die renosterboere meen die oplossing is daarin geleë om die handel in renosterhoringe te wettig, sodat die boer jaariks meer as 'n kilogram se horing kan oes. Die swartmarkprys sal ook aansienlik daal en stropery sal onlonend word.

Die oplossing is klaarblyklik nie heeltemaal so eenvoudig nie, maar ander alternatiewe om die slagting te stuit bied ook nie veel

oplossings nie. Vanjaar is meer as 300 renosters gestroop, en dit lyk nie of die opruim van vermeende sindikate veel bydra tot die welvaart van die renosterbevolking nie.

Aan elke persoon daar buite wat al 'n onvergeetlike ervaring gehad het deurdat hulle 'n renoster in die natuur kon besigtig en wat wildsbewaring ondersteun, laat ons as 'n trotse nasie saamstaan en iets doen om ons renosters te red van wrede stropery.

[www.stoprhinopoaching.com](http://www.stoprhinopoaching.com)



Vreedsaam en gelukkig

## TAX DEDUCTIONS FOR PEOPLE WITH DISABILITIES

It is time for us to complete our Annual Tax Returns, but do we always know what we can claim back as a deduction. If you are defined as a person with a disability, there are numerous expenses you can claim back from your income as medical expenses.

If someone is hired to care for such a person, such a salary may be claimed.

If a motor vehicle is modified or adapted for the use for a disabled person, such modi-

fications may be claimed.

Special devices like crutches, wheelchairs and special ramps may be claimed.

Air conditioners during summer to keep the person cool, should the person suffer from fatigue, may be claimed.

Products used due to incontinence like catheters, colostomy and urostomy products may be claimed.

Diapers, linen and mattress savers may be

claimed.

These are only a few items you may claim. Also note that the restriction on medical claims is R500 and not a percentage of your salary.

To enable you to register as a taxpayer with a disabled member, you need to obtain a form ITR-DD from your local revenue office and have it completed by your Medical Practitioner.

Please contact your personal Tax Advisor for more details.



Tax deductions

## OOPDAKBUSSE VIR JOHANNESBURG

Kaapstad het oopdakbusse, so ook London, Dublin, Sydney, New York en Madrid. Vanaf Januarie 2013 gaan Johannesburg ook met Citysightseeing se kenmerkende rooi oopdakbusse spog.

Vier van die busse, wat toeriste reeds in baie stede oor die wêreld heen op daguitstappies neem, gaan sewe dae per week by die bekendste bakens in die Goudstad aandoen. Hieronder tel

die konstitusionele hof, die Origins Centre van Wits, Gold Reef City en die Apartheidmuseum. 'n Kaartjie sal sowat R140 kos.

Mense sal in een dag kan op en afklim by enige van die besienswaardighede waar die busse elke halfuur stilhou. Die sirkelroete begin by Parkstasie. Besoekers wat dus 'n ruk lank op O R Thambo-lughawe moet wag vir 'n aansluitingvlug, sal die Gautrein na dié stasie kan neem

en so 'n toer kan doen voordat hulle met die Gautrein terugkeer na die lughawe.

Voorlopig sal busryers met behulp van oorfone kan inskakel om te luister na inligting oor die geskiedenis en argitektuur in 10 tale, wat later na 16 tale uitgebrei sal word.

Elke bus het 80 sitplekke.

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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:** Therapeutic Activities & Successful Ageing.

**Author:** Susan Brhel.

**Price:** R175

**Date:** 2009

**Publisher:** Goals Press

**Paperback:** 127 pages

**Background:**

This book embraces the concept of successful ageing in terms of strategies for coping. Brhel stated that successful ageing refers to reaching one's potential and arriving at a level of physical, social and psychologi-

cal well-being in old age that is pleasing to both self and others.

The first section of the book provides an overview of the ageing process, followed by a more in-depth look at how the human brain ages. Finally, Alzheimer's disease is addressed in a comprehensive manner. As Alzheimer's disease becomes a more prevalent problem amongst our ageing population, this information will be invaluable for health care practitioners. The book provides the health care practitioners ways to

measure progress and examples of goals and objectives for patients with specific problems.

The problem areas are organized around the cognitive-, the physical- and the psycho-social domains.

A caregiver can access information on all aspects of the many faceted issues of patient-based care in one volume, rather than having to research a dozen separate texts.

