

GryskRag GreyPower

Nuusbrief
Newsletter

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RETIREMENT EXPO: COCA-COLA DOME OCTOBER 2012

The Retirement Expo took place from 26 -28 October 2012, at the Coca-Cola Dome in North Riding, Johannesburg.

The Retirement Expo was not only for those nearing retirement, but for all who ultimately plan to reward their decades of hard work with a well-planned retirement lifestyle.

From retirement planning and lifestyle services, fitness options and even hobbies for retirees to mid care and frail care facilities have been exhibited.

For most people retirement is the ultimate goal, the reward for a lifetime of dedicated work. However, with a fluctuating

economy and countless other unpredictable variables, it is infinitely worthwhile to plan conscientiously and well in advance to help ensure a happy and meaningful retirement.

The Retirement Expo presented a platform of top-notch exhibits, interactive workshops and visitor entertainment. It featured interactive areas devoted to fitness and hobbies, as well as step-by-step guidance on how to prepare for the most active healthy, secure and most importantly—an inspired retirement.

Visitors found advice, inspiring ideas, entertainment, expert information, special offers and oppor-

tunities to shop all in one convenient place.

It is never too early to plan for retirement or to change your life and rediscover your purpose!



Retirement Expo, Coca-Cola Dome, Johannesburg

'N NUWE VOORKOMS VIR KANKERPASIËNTE

"Look Good.....Feel Better" (LGFB) is 'n inisiatief wat gratis skoonheidslypskole deur 'n netwerk van hospitale en klinieke aan kankerpatiënte bied.

Die slypskole help vroue om hul voorkoms, wat deur chemoterapie en bestraling beïnvloed is, weer op te kikker en hul selfvertroue te herwin. Die

LGFB-inisiatief het onlangs, in samewerking met 'n bekende skoonheidshuis in Suid-Afrika en 'n groep haarkappers, 'n haarprogram van stapel gestuur.

Die program fokus op 'n opleidings-DVD wat haarstiliste bemagtig om leiding te gee oor die sorg van hul kliënte se

kopvel en die gebruik van pruike, serpies, tulbande en ander bybehore om hul voorkoms te verander. Die DVD gaan ook by slypskole van LGFB gebruik word.

Die nuwe program is gedurende Oktober 2012 by slypskole van stapel gestuur.

Vir meer inligting kontak Margaret by 011 795 3927

MADE IT! RETIREE CYCLED FROM CANTERBURY TO ROME



Made It! Elred Lawrence in Rome

Over three months GreyPower has followed the adventure of retiree/cyclist/pilgrim Elred Lawrence, 60. Elred has just returned to South Africa after biking his way along the 2083 km Via Francigena. He left Canterbury Cathedral on Monday 27 August and made his way through parts of Europe, across the Alps and the Apennines—his journey ended at St Peters Basilica in Rome on Saturday 29 September.

According to Elred the journey was so much more and different to what he imagined. One of his most enjoyable days was cycling through the vine-

yards in the Champagne region of France and later tasting Mumm's Champagne in their cellars in Reims.

He met more than 20 other pilgrims en-route. Most of them had walked more than 30 days by the time he met them and they all had interesting stories to tell.

Even though he were cycling in the height of the European summer, he encountered a snowstorm between the Grand Col St Bernard and Martigny. The

conditions were very difficult, the gradient was extremely steep, the wind was blowing a gale, thus dropping the temperature to below zero and the visibility was 20 meters at best.

Riding into St Peters Basilica in the Vatican City was quite emotional and brought a lump in his throat and tears in his eyes.

GreyPower congratulates Elred on his amazing feat. We trust that his story in which he made a dream a reality will inspire other retirees to go in search of their passion too and to make every effort to fulfill whatever it is that really excites them.

JY KAN NOU 'N BRIL BEKOSTIG



Oogkundiges sny wins om meer mense te help

Almal van ons trek maar swaar in die huidige ekonomiese klimaat. Dit wil voorkom of dinge tans moeiliker is as vantevore. Kredietkaarte is op hul limiet en mediese fondse is uitgeput.

Een van die behoeftes wat ons graag uitstel, maar die minste kan bekostig, is 'n sorgvuldige oogtoets. 'n Groep oogkundiges het besef dat die huidige stand van sake nadelig is vir men-

se se oë.

Daarom is hulle bereid om in November en Desember meer pasiënte te sien en hulle winsgrens aansienlik te verlaag.

Hoë volumes maak dit ook moontlik om aankooppryse te verminder, wat aan die verbruiker oorgedra word.

Op sekere produkte is daar besparings van meer as 70% en kan jy 'n enkelvisie-bril en kwaliteitraam kry vir

slegs R450, 'n bifokaal vir R899 en 'n multifokaal slegs R1,199

Hierdie is nie net 'n geleentheid vir diegene wat jare laas 'n nuwe bril kon bekostig het nie, maar ook vir almal wat goeie waarde vir geld soek.

Skakel een van die volgende nommers vir meer inligting en om 'n afspraak te maak by 'n oogkundige naby jou: 012 997 2624; 012 807 6919; 012 543 9206 of 011 396 2360.

MOST GAUTRAIN PASSENGERS WOMEN



Gautrain

According to the Bombela Concession Company most Gautrain passengers are women.

Kelebogile Machakathe, a spokesperson for Bombela said in a statement that women are a key component of their business and if they ever feel nervous or threatened on the Gautrain they can phone the security hotline 0800 811 811.

A recent survey conducted by Catalyst Research revealed that about 35% of Gautrain users are Black, 12% Asian, 45% White and 8% Coloured.

The largest group of passengers (35%) fall into the 35-49 year bracket, while about 20% are younger than 24 years.

Over 400 security guards

and 800 CCTV cameras keep a watchful eye over the entire system.

Passengers rated the Gautrain service highly with respect to the following: train punctuality (94%), convenience (94%), value for money (86%), safety and security (90%) and cleanliness (94%).

SUIKER DAREM NIE NÉT UIT DIE BOSE NIE

Suiker is nie die skurk in ons eetverhaal nie. Ons moet net weet om dit reg te gebruik sodat dit die held kan wees wat ons goedvoel-hormone op die regte tyd uit die donker put kan lig.

Volgens Marthie Leach 'n dieetkundige van Pretoria het suiker 'n belangrike plek in die eetplan en is dit nie 'n goeie idee om alle suiker uit jou dieet te verwyder nie, of jy nou 'n gesonde persoon is of diabetes het. Wat wel belangrik is, is dat jy met suiker, soos met enige ander kos, matigheid voor oë moet hou.

Die Suid-Afrikaanse voedselgegronde riglyne bevestig dié standpunt dat suikerbevattende kos en drankies spaarsamig gebruik moet word. Net mooi enige kossoort kan deel uitmaak van 'n gebalanseerde eetplan. Dit geld dus ook vir suiker.

Marthie Leach het dié wenke om jou suikerinname beter te bestuur:

Kies vars vrugte as peusel-happies. Hou die bloedsuikervlakke in jou liggaam konstant deur natuurlike suikers, soos fruk-

tose in vrugte in te neem.

Vermyn bygevoegte suikers: sny eerder 'n piesang in jou ontbytgraan om dit soet te maak, want dit kan die nodige vesel ook verskaf.

Oppas vir kafeïen en alkohol. Die kafeïen in tee, koffie en koladranks stimuleer die hormoon insulien, wat glukose verlaag en jou meer lus laat voel vir soetheit.

Lees etikette noukeurig. Hoe nader suiker aan die begin van die bestanddelelys voorkom, hoe meer suiker bevat die produk.



Suikersoet

TAKE A SHOWER IN YOUR BED!

The shower is an affordable, simple and efficient system that allows movement-impaired people to take a head-to-toe refreshing shower in their beds. There is no need to physically lift the user at any stage of the shower.

From a caregiver's point of view, this is also a pleasant procedure, because it's quick and easy to set up and use and very thorough. Users who have movement in their arms can choose to wash their own bodies, with

a caregiver standing by to assist, and offers a great deal more privacy and dignity than existing methods.

Simplicity, efficiency and dignity are the three drivers guiding the development of the shower in-bed system.

The shower comprises out of two components: a set of simple equipment that places the user in a "bath cubicle" on his/her bed, and a hi-tech mobile machine that is wheeled to the bedside. Without

having to lift the user, the bath cubicle is set up in less than two minutes, and with 25 litres of on-board water warmed at a touch of a button to a pleasant and constant temperature, the shower can begin. At the end of the shower, a suction device rapidly removes the used water and the apparatus is quickly collapsed and stored neatly on the compact unit for effective storage.

The shower is a South African product, manufactured in Cape Town. The machine is extremely low-maintenance and durable.



Visit their website at www.shower180.com for detailed information

KRY JOU VIR KOFFIE

Koffie is nie net kapitaal nie, dit is ook kultuur – koffiekultuur!

Koffie is sexy! Hoor die klinkende name: Gautemala Antiqua, Nicaragua El Quetzal, Kenia Peaberry, Macchiato. Dis die sexy name vir..... koffiebene.

Daar is 'n groot koffiebrandery in Dullstroom, Mpumalanga. 'n Sewende tak het onlangs op George geopen. Dit is "in" om goeie koffie te drink en om te

weet wat jy drink.

Die meeste koffiebene word van Oos-Afrika en Suid en Sentraal-Amerika ingevoer. Bone uit die Amerikas is soeter as die uit Afrika. Afrika-koffie het 'n meer 'aardse' smaak met ondertone van speserye, veral kaneel.

Gautemala Antiqua is die meeste koffiedrinkers se gunsteling. Dis 'n volbek-koffie, nie te sterk nie en goed gebalanseer. Nicaragua El Quetzal is ook goed met 'n

aangename kakao-ondertoon.

Die Kenia Peaberry is op sy beurt baie sag; 'n Goeie koffie om veral in die namiddag te drink of sommer heeldag.

Macchiato is deesdae 'n gewilde keuse, veral onder vroue. Dalk omdat dit nie, soos byvoorbeeld cappuccino, enige dieet in die wiele sal ry nie.

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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.

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

BOOK REVIEW

Title: Kirstenbosch: the history of the most beautiful garden in Africa.

Author: Brian J Huntley.

Price: R800

Date: 2012

Publisher: Struik Nature

Boxed ed: 230 pages

Background:

Kirstenbosch, lavishly portrayed in classic collector's special boxed and standard editions—available on a special pre-order offer.

In 2013, Kirstenbosch

celebrates its 100th birthday, and in celebration of this the centenary publication tells the story of Kirstenbosch, the name that resonates around the world as the home of uniquely rich flora in a setting of unsurpassed beauty.

Kirstenbosch tells the story of its establishment, its setbacks and triumphs, its benefactors and heroes. It outlines the garden's scientific eminence and details the many attractions that make it a favourite destination for Capetonians and visitors alike.

There are limited editions available—the collector's edition, bound in the finest leather with the subscriber's name hand-lettered on a tip-in page and signed by the author, Brian Huntley. The special boxed edition is limited to 200 copies and are available for pre-order only.

In order to take advantage of these very special limited editions plus the standard edition, please contact anthea@randomstruik.co.za or 0800 221 029.

