

GryskRag GreyPower

Nuusbrief
Newsletter

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INSIDE THIS ISSUE:

GreyPower/
Plus50 Job Por- 1
tal

Lojaliteitspro- 1
gramme : Ina
Wilken

Soldaat deel sy 2
ervarings

How to feel on 2
top of your day

Dié 2
maand in jou
tuin

What is a 3
sneeze?

Kyk, kliek en 3
Koop

Meeste mense 3
hou van die
Kaapprovinsie

Bob Buford 4
Halftime

GREYPOWER/PLUS50 JOB PORTAL

GreyPower/Plus50 has committed themselves to helping its reader community to find more jobs and in so doing, enable employers and recruiters to find these job seekers in a cost-effective manner.

GreyPower/Plus50 Jobs is a member of the VJobs Partner Network of Virtual Human Capital (Pty) Limited (VHC), and form part of a national footprint of partners that include media partners and commercial and community radio stations across the country.

How does it work?

As a jobseeker, all you have to do is create your profile and CV on the GreyPower/Plus50 Job Portal, and the unique algorithm matches jobs to you. As long as the

algorithm has information about you, it will be matching you to jobs all across the country, so that other partners who have job listings that match will also be displayed to you.

VHC has a number of options, ranging from low cost monthly subscriptions at R650.00 (unlimited access) to Pay as You Go (R12.50 for a contact search) and R25.00 to place a job ad on the portal.

Benefits for job seekers:

You control your privacy settings, hide your CV when you are employed. When you are looking for a job again you update your CV and make it searchable again. Furthermore, the system will send you an e-

mail notification when a new job matches your qualifications and expertise.

Why register?

VHC has a very unique connection with their community and they have become a trusted source of information that people actually want to see and read about. Now, they are extending that same service to help South Africa get more people employed. By joining the VJobs Network and consequently various other media partners in South Africa, they can now also engage with job seekers and employers far beyond the boundaries of their initial reach.

See Plus50 Magazine (Feb./March ed.) for detailed information.

LOJALITEITSPROGRAMME : INA WILKEN

“ ‘n Mens spaar beslis met lojaliteitsprogramme deur dat jy punte verdien elke keer as jy koop. Punte is gelyk aan rande. Jy kry wel nie kontant nie, maar wanneer jy genoeg punte bymekaar het, word daardie bedrag van jou volgende aankope afgetrek. Dit realiseer gewoonlik elke drie maande”. So vertel Ina

Wilken, beskermvrou van die SA Vroue Landbouunie.

Wanneer jy streng finansiële dissipline aan die dag lê, glo sy dat lojaliteitsprogramme inherent positief kan wees. Hoe word jy hierdeur bevoordeel? Indien jy ‘n sekere aantal punte het, kan jy dit vir ‘n verskei-

denheid produkte verruil. Jy kry dus punte elke keer wanneer jy jou kaart gebruik.

Ina waarsku dat verbruikers net moet koop wat hulle werklik nodig het en nie koop om punte te verdien nie. “Dan kan dit net ‘n wen-wen situasie wees. Gebruik dieselfde handelaar se produkte gereeld en sorg dat die prys wat jy aanvanklik betaal, nie buitensporig hoog is nie”.

SOLDAAT DEEL SY ERVARINGS



Soldate tydens die Tweede Wêreldoorlog

Vir Leslie Spickett is die ervarings wat hy gedurende die Tweede Wêreldoorlog as krygsgevangene opgedoen het, steeds onvergeetlik. Spickett (90), wat Zambesi-aftree-oord se oudste inwoner is, het onlangs sy avontuurlike en vrees-aanjaende oorlogservarings met GrysKrag gedeel.

Hy het as 19-jarige jong man by die Seinkorps Vierde Brigade in Kimberley aangesluit, waarna hy na Potchefstroom vir weermagopleiding is. Twee jaar later vertrek hy met die II-de-France vanaf Durban na

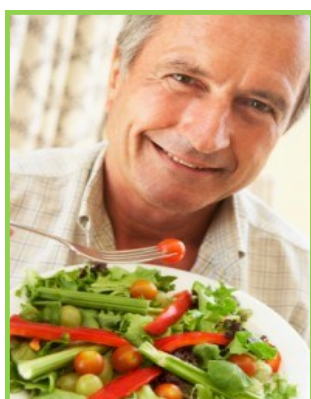
Port Tufek in die Rooi See waar die soldate net buite Alexandrië in 'n kamp gevestig was. Later is hulle by Tobruk gestasioneer waar hulle onder Generaal Rommel deur die Duitsers gevange geneem en aan die Italianers oorhandig is.

Die krygsgevangenes is na Bari in Suid-Italië geneem waar hulle as plaasarbeiders gewerk het. Later is hulle na 'n steenkoolmyn in Duitsland by kamp Lösha oorgeplaas. Hier het hy onder moeilike oorlogsomstandighede, in 'n vreemde land en ver van enige familie baie swaar gekry.

Toe die Russe van die ooste begin aankom, het Spickett saam met ander soldate tydens hewige bomaanvalle na Oostenryk gevlug. Vandaar is hulle na Bischester in Engeland waar hulle aangehou is. Spickett is uiteindelik na 'n paar jaar per skip van South Hampton terug Kaapstad toe.

Hy het in 1945 in Bloemfontein uitgepasseer en hierdie ervarings lê hom steeds na aan die hart en volgens hom sal hy dit vir solank as wat hy leef nooit vergeet nie.

HOW TO FEEL ON TOP OF YOUR DAY



Kickstart the new Year with a health regime

We all know that getting older is not for sissies! There is also a thought in the back of our minds that getting older automatically leads to ill-health. Let us ditch these mindsets and kick start the new year with a plan for healthy eating and physical activity. Let's look at a checklist that could make you feel on top of your day:

Physical activity: Being moderately active on a daily basis (30min) leads to a feeling of

well-being and sleeping better and help keep blood pressure, cholesterol and weight right down.

Meals and snack times: Don't skip meals—this will make you tired. Eat three small meals, and two snacks mid-morning and mid-afternoon.

Water: Dehydration leads to fatigue and confusion. Aim to drink 6-8 glasses of liquid a day. Drink water before, during and after exer-

cise.

Iron and Omega3: Get your daily dose of Iron and Omega3 through foods such as sardines, tuna, salmon, lean red meat, peas, beans, green vegies and eggs.

Cholesterol counts: The no-no foods are fatty meats, butter, cream, hard cheese and cakes.

Blood pressure: Try to keep your blood pressure under control by reducing sodium (salt) intake. It is always important to follow a healthy balanced diet.

DIÉ MAAND IN JOU TUIN

Bemes die hele tuin met algemene kunsmisstof soos 2:3:2.

Gooi 'n dik deklaag in groentebeddings om die grond koel te hou gedurende die warm somerdae.

Snoei meerjariges soos laventel en madeliefies terug om 'n tweede blomdrag te verseker.

Groente en blomme moet gereeld natgelei word indien dit vir twee of drie dae nie reën nie.

Saai gedurende Januarie pietersielie, dille, salie en basielkruid.

Gee vir orgideë 'n laestikstof-bemesting sodat hulle meer kan blom.

Bedding-dahlias is 'n top-

keuse om somerkleur in blombeddings te verseker.

Vrug van die maand:

Grenadellas raak pers as dit ryp is en is op hulle soetste wanneer die skil effens verrimpeld is.

Die vrugte en sap kan maklik gevries word.



Bemes en snoei

WHAT IS A SNEEZE?

Sneezing (also known as stemutation) is a normal response to irritation of sensitive tissues in the nasal passages. The irritant may be pollen, chemicals, physical stimulation, infection, dust mites that live in bedding and carpets, or similar causes.

Some people may sneeze when they are chilled, others when they pluck their eyebrows. Sneezing is a reflex. A reflex is where your body does something automatically and is something that you have no control over.

The sneezing response is a complex one, involving stimulation of the nasal tissues, and processing by a “sneeze center” in a distinct structure of the brainstem, thought to reside in the lateral medulla.

Receptors there appear to affect the ability to sneeze. Some of the muscles involved in a sneeze are the abdominal (belly) muscles, the chest muscles, the diaphragm (the large muscle beneath your lungs that makes you breathe), the muscles that control your vocal cords, and muscles in the back of your throat. And don't forget the

eyelid muscles! All this happens automatically.

Researchers at the Cambridge University in the UK have discovered that blinking when sneezing is a subconscious reaction given by your brain in order to prevent bacteria and debris from making contact with your eyes when sneezing. If sneezing persists for more than a couple of weeks your doctor may check that there is no other underlying problem with your nose and may prescribe nasal treatments to calm down inflammation.



Sneezing

KYK, KLIK EN KOOP

Danksy die Internet en aanlynwinkels kan jy deesdae so te sê enigiets onder die son koop. Die groot verskeidenheid produkte en dienste wat te kry is—en wat baie keer goedkoper is as in die winkel—maak dit maklik om goedere te vergelyk sonder om van een winkel na die ander te loop. Jy besluit wat jy wil hê en wat jou sak pas en klik! Dit bly egter belangrik om by 'n betroubare aanlynwinkel te koop. Hier is 'n paar webwerwe waarna jy gerus kan gaan kyk:

Loot.co.za: Almal ken Kalahari.com en Amazon.com, maar loot.co.za is nog 'n aanlynwinkel met 'n groot verskeidenheid boeke, DVD's en speletjies. Jou bestelling word gratis geos of jy kan vir 'n koerierdiens betaal wat die item by jou huis aflewer.

Zando.co.za: Zando maak dit maklik om klere te koop. Talle van die meer as 400 plaaslike én internasionale handelsmerke in hulle aanlynwinkel is eksklusief aan Zando. Die groottabel wys jou om

jou mates te neem. Zando lewer gratis af in Suid-Afrika. Die koerier wag dat jy die klere aanpas en jy betaal KBA of met 'n kredietkaart.

Getwine.co.za: Getwine verkoop Suid-Afrikaanse wyn (onder landgoed en generiese etikette), ingevoerde wyne asook jenever, whisky, rum, brandewyn en vodka. Aflewering in Kaapstad is gratis en die afleweringkoste vir die res van die land word bepaal deur die afstand en die grootte van die bestelling.



Aanlyn-inkopies

Skakels na nog webwerwe is op idees.co.za beskikbaar

MEESTE MENSE HOU VAN DIE KAAP

Die navigasiereus TomTom het onlangs in samewerking met YouGov ('n marknavorsingsmaatskappy) 'n studie van stapel gestuur wat insig bied in Suid-Afrikaners se vakansieplanne.

Die meningspeiling is gedoen onder 600 respondente ouer as 18 jaar wat tans in Suid-Afrika woon.

Die volgende is gevind: Die meningspeiling wys dat 49% van Suid-Afrikaners 'n

vakansie vir een tot twee weke bespreek, 'n styging van 8% van die vorige jaar.

Desember is die gewildste tyd om jaarliks verlof te neem (45%), gevolg deur Junie (21%). Suid-Afrikaners se gunsteling bestemming is steeds in Suid-Afrika, met die Kaapprovinsie bo-aan die lys.

Altesaam 40% sê hulle verkies die luuksheid van lugvervoer. Suid-Afrikaners word groot met sonskyn. Dit is geen wonder

nie dat hulle see-, son- en sandbestemmings kies om vakansie te hou.

Tweede in die ry is ontspanning en derde is die natuur.

Die helfte van die respondente het ook laat blyk hulle sal 'n tropiese eilandvakansie bo 'n safari, bergoord of bootvaart kies.

**GRYSKRAG /
GREYPOWER**

Address

4de Vloer/4th Floor
318 The Hillside
Lynnwood, PRETORIA

Phone

(012) 348 - 8706/7819

Fax:

(012) 348 - 5644

E-mail

plus50@telkomsa.net

Editor/Contact

martie.squier@gmail.com

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: Halftime: Moving from Success to Significance .

Author: Bob P. Buford

Price: R156.00

Date: 2009

Publisher: Zondervan

Boxed ed: 224 pages

Background:

According to Bob Buford broaching midlife does not have to be a crisis. In fact, in *Half Time* , Buford insists that it is actually an opportunity to begin the better half of life. In the first half a person is

usually busy with “getting and gaining, earning and learning”, doing what you can to survive, while clawing your way up the ladder of success.

The second half of life should be about regaining control, calling your own shots, and enjoying “God’s desire... for you to serve him just by being who you are, by using what He gave you to work with”.

What lies between the two is “halftime”. Buford argues that whether you are a millionaire, a manager, or a teacher you will

one day have to transition from the struggle for success to quest for significance. Halftime, then, is a quiet moment of deliberate decision-making, restructuring, and passionate contemplation of your heart’s deepest desires.

Buford makes midlife an introspective journey of abundance that will unleash God’s best for you.

Bob Buford is one of those rare individuals who has made the transition from focusing on success to focusing on significance.

