

Gryskrag GreyPower

Nuusbrief
Newsletter

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ELF AFTREDE SEMINARE GAAN LANDSWYD PLAASVIND

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Gryskrag en die *Plus50*-tydskrif gaan 'n reeks van elf Aftrede-beplanningseminare landswyd in verskillende sentra aanbied. Hein Kruger Internasionaal is die gewaardeerde borg van al die seminare. Hein Kruger ondersteun die projek omdat hulle 'n besondere belangstelling in die lewenskwaliteit en welsyn van ouer persone het.

Die beoogde seminare oor **"Beplan jou aftrede behoorlik!"** word aangebied aan persone wat aftrede oorweeg binne die volgende tien jaar en ook diegene wat reeds afgetree het.

Die volgende stede is reeds geïdentifiseer asook moontlike datums. Venues sal later bekend gemaak word.

Pretoria; 10 Junie 2013; NG Kerk; Sussexlaan, Lynn -

wood.

Nelspruit (Mbombela) en Pietersburg (Polokwane); Junie 2013.

Kaapstad, George en Port Elisabeth; tussen 12 en 16 Augustus 2013.

Johannesburg; 10 September; Melrose Arch.

Bloemfontein en Kimberley; tussen 7 en 11 Oktober 2013.

Potchefstroom en Vereeniging; tussen 11 en 15 November 2013.

Die volgende ervare en kundige persone oor veroudering sal as sprekers gedurende die seminare optree:

Mnr Hein Kruger van Kruger Internasionaal; Dr Karel Prinsloo van Gryskrag; Dr Piet Muller, aanbieder

van vele seminare en werksinkels; Dr van Zyl-Edeling, sielkundige en dieetkundige; en Mnr Henris Louw, fidusiêre kenner van Kruger Internasionaal.

Onderwerpe wat hanteer sal word sluit die volgende in: sielkundige aspekte van aftrede, finansiële beplanning en beleggingsadvies, mediese aspekte van veroudering, boedelbeplanning, testamente en trusts en inligtingverskaffing oor seniorsverenigings.

Die seminare word gratis aangebied.

Vir navrae kontak Martie Squier 071 7372 549 of 012 348 3087 of martie.squier@gmail.com

IMPORTANCE OF RETIREMENT PLANNING

Planning for your own retirement is always a question in mind. Post retirement life is entirely different from your career lifestyle. But, if you have a robust and sturdy future retirement plan, you will never have to worry about your future funds and be able to enjoy your post-retirement life without being depending financially

on your children for day to day expenses.

When to start saving for retirement

You should not wait for another month or another year. Start saving and investing right from the day you start earning. If you are already late, do not wait further and start building your retirement portfolio.

If you have a sound retirement portfolio, you may not face much problems, but if you have not planned for retirement, it will be great trouble for you and your family to survive.

Saving and planning for retirement is absolutely necessary for each and every individual. Early planning for retirement is fruitful which will lead to a better retirement life and enough time to grow your money.

ROBBEN ISLAND SWIM



Maura and the team at Robben Island

After months of preparation, Maura Sanderoff (60) has ticked the Robben Island swim off her bucket list. This is not a double but a triple whammy achievement—this goal was a childhood dream, and was not an easy one to fulfill as Maura lost a leg at the age of 16 after contracting bone cancer.

The Robben Island swim is one of the most extreme, long-distance, open-water stretches in the world. It is a swim that is 7.5 km long—in icy Atlantic waters from Bloubergstrand to

Robben Island and back. It is an enormous and formidable challenge and swimmers spend many hours of dedicated training in preparation for this swim.

Maura and three of her friends started serious training in August last year. Their training schedule was to swim at least 15kms a week. There was no wetsuit for Maura to protect her from the icy waters—just a swimsuit, cap and goggles.

One of Maura's reasons for completing this swim was to raise funds for the Charity, Splash. Splash is a new charity, run by Derick Frazer (65) who gives much of his time to teach

local children, especially West Coast community children, to become competent in the water. Marisa of Butter Knife sponsored the swim.

GreyPower congratulates Maura on this absolutely amazing feat! She is a truly shining example of what can be achieved if one can persevere, despite the odds.

Maura needs a new prosthesis urgently, and unfortunately her medical aid will only cover 50% of the cost. A fellow swimmer, Delle Henry is organising a swim called "swim a leg for Maura". If you would like to sponsor Maura please contact Delle at plumsteaddelle@hotmail.com

ONKUNDE LEI TOT MISBRUIK



Kodeïen

Kodeïen is die middel wat sonder voorskrif verkrygbaar is wat mense die meeste misbruik—sonder dat hulle weet hoe gevaarlik dit is.

Dr Liezl Kramer, wat dien in die Suid-Afrikaanse Vereniging vir Verslawing-geneeskunde se bestuur, verduidelik dat kodeïen geklassifiseer word as 'n Opiaat, wat 'n depressant is. 'n Opiaat blokkeer die liggaam se vermoë om pyn te voel.

Dit is in dieselfde klas as sommige kalmeermiddels soos heroïen, morfiën en petidien wat op voorskrif beskikbaar is.

Volgens dr Kramer raak mense maklik daaraan verslaaf sonder dat hulle dit eens besef. Sommige mense drink tot 10 pille per dag omdat die middel jou fisiek afhanklik maak. Sodra hulle ophou ervaar hulle onttrekking-simptome, soos met enige

ander dwelmverslawing.

Die simptome sluit in hoendervel, krampe, diarree, tranerige oë, kop-, lyf- en gewrigspyn en slaaploosheid.

Dr Kramer se navorsing toon dat dit gevaarlik is om te veel kodeïen te gebruik saam met enige ander depressant, soos kalmeermiddels of alkohol, omdat die uitwerking dan soveel groter is. Jy kan selfs ophou asem haal en sterf. Lees meer by www.turntohelp.co.za

DIÉ MAAND IN DIE TUIN



Kruietuin

Wetenskaplikes beskou waterkers (bronskors) as 'n superkos. Dit is propvol antioksidante, kalsium en yster, asook vitamien E en C. Dié kruid is maklik om van saad te kweek, maar hou van koel omstandighede. As jy dus in 'n warm deel van die land woon, is herfs die perfekte tyd om te saai. Die plantjies kom vinnig op en die blare is heerlik in slaai, op

toebroodjies en gestoom. Kruiekenner Margaret Roberts beveel aan dat jy dit in baie nat omstandighede plant en hou, en die blare gereeld pluk.

Net omdat die winter nader kom, beteken dit nie jy moet jou groentetuin afskep nie. Koljander is 'n jaarplant wat van koue weer hou en die saad kom

vinnig op. Week die sade oornag in water en saai in vol- of halfson. Die hele plant—wortels, stam, blare en saad—kan gebruik word.

Koljander is 'n ster in die kombuis. Meng die blare in by 'n snoeksambal, strooi oor 'n vurige skaapboudkerrie of kap die stammetjies op vir Viëtnamese soet-suur hoenderdye.

INTERNET CELEBRATED TWENTY YEARS

The Internet and in particular the World Wide Web, celebrated its 20th anniversary last month.

On 30 April 1993 the European Organisation for Nuclear Research (Cern) introduced the World Wide Web to the world, although it had started to develop the website in 1989.

Internet was made possible by the development of the TCP/IP protocol that allows computers and devices on the Internet to link with one another.

The world's first website was activated in 1993. This website was re-activated and today one can again see what the world's first website looked like.

Since this day the Internet has grown into a worldwide phenomenon and it is almost impossible to think what the world was like without this technological breakthrough.

H G Wells described it as a 'world brain' or 'global mind' or a commonwealth of all the world's information, accessible to all the world's people

as a "sort of mental clearing-house for the mind: a depot where knowledge and ideas are received, sorted, summarized, digested, clarified and compared".

The number of people worldwide connected to the Internet doubled between 2005 and 2010 and in 2012 reached 2,4 billion users globally.

By 2015, there will be as many mobile devices as there are people in the world.

This is not just a phenomenon in wealthy countries. Although

computers and tablets are still more concentrated in advanced nations, the reduction in the cost of computing power and the proliferation of smaller, more mobile computing devices is spreading access to the Global Mind throughout the world.

The perceived value of being able to connect to the Internet has led to the labelling of Internet access as a new 'human right' in many countries. **Source: The Future: Six Drivers of Global Change.** <http://info.cern.ch/hypertext>

SIMKAART OMRUILING EN BEDROG

Twee soorte skelmstreke is hierby betrokke: Die onwettige omruil van jou SIM-kaart en uitvissing (phishing), waardeur jou bank- en ander besonderhede bekom word.

Jou kaart word nie fisiek omgeruil nie. Die skelms versoek jou selfoondiensverskaffer om jou bestaande selfoonnommer na 'n nuwe SIM-kaart oor te dra. Hulle gee voor dat hulle jy is, of dat hulle namens jou optree.

Hulle het gewoonlik 'n kopie van jou ID en ander besonderhede wat jou selfoon-

operateur kan oortuig dat die versoek geldig is.

As die versoek deurgaang, sal die skelms alle oproepe en SMS-kennisgewings na jou nommer ontvang. Sodra die SIM-kaart omgeruil is, en met jou persoonlike besonderhede wat hulle deur uitvissing gekry het, kan die skelms transaksies op jou rekening doen. Uitvissing is 'n soort aanlyn bedrog waarin die skelm die slagoffer mislei om sensitiwe inligting te bekom, bv. deur 'n sms aan jou te stuur.

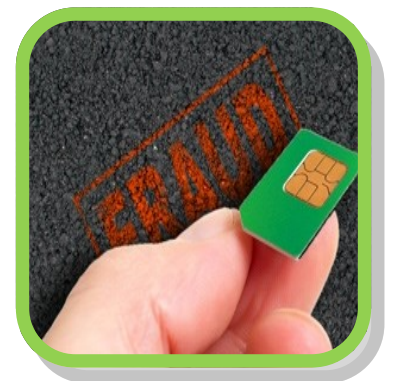
Die skelms kan dus begunstigdes op jou rekening

laai of verskeie eenmalige betalings doen en sodoende geld aan hulself uit jou rekening betaal en dit magtig omdat hulle alle kennisgewings op jou selfoonnommer ontvang.

Teen die tyd dat jy agterkom jou selfoonnommer werk nie meer nie—jy kan nie oproepe of boodskappe ontvang nie—is dit dalk al reeds te laat.

WENKE: Kies 'n unieke PIN, installeer 'n teenvirus brandmuur, moenie aanlyn banktransaksies in openbare plekke doen nie, moenie op vreemde skakels klik nie.

Bron: Banking Security Online



SIM-kaart omruiling

SIX WAYS TO FEEL HAPPIER

A good mood not only influences how you feel today, it can have a powerful impact on your health for years to come. Here are six mood boosters to make the world look rosier:

Adopt a animal companion: People who share space with a pet, experience less stress and have lower blood pressure.

Turn on the music: Music lessens

anxiety, promotes healing and reduces the levels of the stress-related hormone cortisol.

Have a good laugh: In addition to helping prevent heart disease, a good laugh increases the number and activity of disease-fighting cells and prompts the release of feel-good chemicals called endorphins.

Get back to nature: Walking and cycling are types of low-intensity cardiovascular exercise that can reduce the risk of heart disease.

Exercising outdoors often burns more calories than the same workout indoors.

Helping others; Volunteers who devote time to community organisations or informally help out friends or relatives report greater happiness and better health. Two hours per week is sufficient.

Try Tai Chi: The gentle movements of Tai Chi reduce anxiety and stress.

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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: Over the Moon: A guide to positive ageing.

Author: Dr Hanneljie van Zyl-Edeling

Price: R230.95

Date: 2013

Publisher: Porcupine Press

Hardcover: 208 pages

About the book: Over the moon is all about maintaining physical, emotional, social and spiritual health as we age.

The feel of the book is to teach us to see ageing in a positive way. Readers will learn how to adapt and

harness the power of the subconscious mind to realize the life one desires, distinguish between wishful thinking and a positive attitude, and gain control of the ageing process through the power of intention, mindfulness, and other positive strategies.

The book also details various other facts, such as how to protect our brains against age-related mental deterioration, influence how old we are and how old we feel, as well as to encourages us to realize that our behavior trumps genetics when it comes to influ-

encing how we age.

Over the Moon is all about breaking out of old patterns of thinking and being, and taking charge of our lives!

It is never too early or too late to make positive changes.

