

# Gryskrag GreyPower

Nuusbrief  
Newsletter

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## RETIREMENT EXPO: COCA-COLA DOME 25-27 OCTOBER 2013, 9AM-5PM

Retirement is a reward, a bonus: a thirteenth cheque, if you like. Above all it is a fully productive extension of a fully productive life. It is a time to be inspired and to inspire others in turn. A time to reap and enjoy the rewards of the hard work, dedication and service you put into the earlier half of your life.

Come lift the veil, open the door and unlock the secrets to a rich, rewarding, fulfilling, fun and inspired day at the Retirement Expo 2013, from 25-27 October 2013 at the Coca-Cola Dome in North-riding, Johannesburg. Your expo for Healthy Aging, Perfect Planning and Positive Living.

**Believe it or not, the Retirement Expo is for YOU!**

Whether you are 20 -

something and just starting your career, 40-something and at the top of your profession, 60-something and considering gearing down or blissfully retired and looking for your next career or for more fun options, this is your show.

That is why the Retirement Expo attracts a multi-general audience of visitors, each at different stages of life but all with the goal of retiring well.

**Where do you fit into the spectrum?**

**20+** Good planning and saving habits are inspired and begin now

**30+** Serious financial planning begin now

**40+** Re-evaluating financial and lifestyle planning

**50+** Entering peak planning

and savings years

**60+** Evaluating your current lifestyle and financial position, with long-term goals

**70+** Choosing to stay active and seeking guidance for meaningful lifestyle choices as well as health and wellness support

Regardless of where you fit in on the spectrum, the Retirement Expo has the answers to the questions you are longing to ask as well as those you never thought to ask. The earlier you begin planning for retirement, the more richly rewarding and secure that retirement will be.

**Contact details:**

**Martie Squier 071 7372 549 of 012 348 3087 or martie.squier@gmail.com**

## KULTUURLEGENDE STERF

Die voormalige administrateur van Transvaal, dr Willem Cruywagen, is onlangs, na 'n kort siekbed oorlede. Hy was 92 jaar oud.

Dr Cruywagen kan met reg beskou word as een van die groot eike van die voor 1994- bedeling. Tydens sy jare as administrateur het hy aktief by talle kultuurorganisa-

sies leiding geneem.

Hy was voorsitter van die Beheerraad van die Voortrekkermonument en later ook van die Erfenisstigting. Hy was ook lid van die Nasionale Parkeraad, lid van die Raad vir Nasionale Gedenkwaardighede, Voorsitter van die Gautengse Raad van Bejaardes en Beskermheer van Gryskrag.

Dr Cruywagen het talle hoë

toekennings en eerbewyse ontvang, soos in 1987 die Orde vir Voorteflike Diens Klas 1 Goud en die FAK se hoogste toekening, naamlik die Erepennig vir Volksdiens. Hy het 'n doktersgraad op 83-jarige leeftyd aan die NWU behaal met die proefskrif oor die Cruywegens: 1690 tot 1806.

Hy word oorleef deur sy vrou Snow, twee seuns en vyf kleinkinders.

## BOY FROM BENONI : MR COMPUTICKET



Percy Tucker

Percy Tucker has been honoured world-wide for his contribution to the performing arts. And rightly so, as he is the founder of the worlds first computerized reservation system for theatres. Computicket has been chosen as one of the top of Great African Inventions.

Percy's unique combination of passionate commitment to the arts together with his commercial vision, business acumen and marketing skills has brought him recognition. Love and respect that he never sought, and a richly fulfilling life which he treasures.

At 85 Percy keeps himself active physically and mentally on a daily basis. He has an excellent memory and recollection for names, dates and events and the ability to richly describe his undeniable love for the theatre and the performing arts.

At the age of 7, in 1935, he was taken to the theatre for the first time to see and hear the legendary singer, Gracie Fields. Her clear and resonant voice soared over the auditorium. Percy was filled with total happiness and thus began his abiding love of the theatre.

In 1951, he queued for three days and three nights on the

the pavement outside His Majesty's Theatre in Johannesburg to buy tickets for the opera. When it was his turn to be served he was told that all the seats had been sold out or reserved for important people. That day he decided that one day he would open a honest and ethical booking office.

On 11 June 1971 a front page article in *The Star* highlighted "The Benoni Boy's Space Age ticket scheme that was to become a world first" Today computicket sells for thousands of events, is open 24/7 and operates on every technical device currently available.

## VASVRAPROJEK 'GOED VIR LAG EN DINK'



Pieter en Elsa Greyling geniet die pretprojek

Die gemeenskapsaal van die Willow Haven aftree-oord in die ooste van Pretoria was volgepak deur deelnemers wat hul staal getoon het in die jaarlikse interaftree-oorde-vasvrakompetisie.

Vyf aftree-oorde, De Meerpaal-oord, Willow Haven, Brummeria Renaissance, Machteld Postmus en die Protea-aftree-oord het mekaar die stryd aangesê in die eindronde van dié algemene kennis kompetisie.

Volgens Don Roos, organiseerder en aanbieder van dié kompetisie, beoog hy om van dit 'n jaarlikse instelling te maak.

Elk van die vyf oorde is deur 'n span van twee of meer deelnemers verteenwoordig. Dit was werklik 'n verrassing om die kundigheid en entoesiasme van die deelnemers te beleef. Volgens Roos het die meeste deelnemers interessant genoeg met 'n redelik eenvoudige vraag

gesukkel. Hy het hulle gevra wat die Afrikaanse benaming vir 'n "sparrow" is. Die meeste deelnemers het gemeen dit is 'n spreeu, maar die regte antwoord is eintlik 'n mossie.

Die span van die Protea-oord in die Wilgers het die meeste vrae reg beantwoord en is as die algehele wenner aangewys. Roos meen kompetisies soos die help bejaardes met sosialisering in groepverband en ook met die beperking van Alzheimer se siekte.

## DIÉ MAAND IN DIE TUIN



Bloumagrietjies

Indien jy smag na meer kleur in die tuin gedurende die begin van die somer, is die bloumagrietjie (*Felicia amelloides*) net die regte medisyne. Dié bossrige struik dra pragtige ligblou madeliefieagtige blomme van die lente tot die herfs.

Die struik verkies vrugbare, goedgedreineerde grond en moet gereeld natgelei word. Verwyder die dooie blomme

ná die eerste blomtyd om nuwe blomme aan te moedig. Bloumagrietjies aard goed in vol sonskyn, maar sal ook semi-skadu verdra. Bemes gereeld deur die loop van die jaar vir volop lentebloem die volgende jaar.

Dis nou tyd om krismisrose te snoei maar jy snoei dit anders as rose, anders sny

jy al die blomogies weg!

Snoei eers die siek en ou hout (dié met skurwe bas). Snoei dan die nuwe ligbruin lote met vertakkings en al baie liggies terug. Minstens twee stelle ogies van onder af moet agterbly.

Bemes dan die krismisrose goed en gee genoeg water om nuwe groei te verseker.

## NEW 3D MAMMOGRAM TECHNOLOGY AVAILABLE

The latest and innovative mammography technology recently reached Pretoria and the hope for this new 3D technology is that it will help spot lumps in the breast before they develop into cancer.

The 3D mammography gives radiologists the ability to view inside the breast layer by layer, helping them to see the finer details more clearly by minimizing overlapping tissue.

Dr Fourie, a radiologist at the Femina Hospital, said

that during a 3D mammo-gram, multiple low-dose images known as 'slices' of the breast are acquired from different angles. With this new technology they can now view the breast in a way that was never before possible.

With 3D mammography radiologists are currently experiencing a 30% to 40% increase in detection of breast cancer. Once diagnosed, radiologists can better see the size, shape and location of an abnormality.

According to Dr Fourie the

amount of radiation applied varies from person to person and it is still less than conventional 2D/screen mammography but slightly higher than a full field digital 2D mammo-gram because the 2D is still included in the 3D series. The amount of radiation is below government safety standards (3mGy).

The benefits of 3D breast tomosynthesis include 40% less recalls, 30% more cancer detection, better lesion edge analysis, better location of lesions and less compression needed.

He said that with 2D mam-mography, about 20% of early breast cancers are missed and approximately 10% of women are recalled for additional mammograms.

Fourie said that it is imperative that women have their breasts screened and tested because breast cancer is the most common cancer in women. He said that it is the second leading cause of cancer deaths in women, but that mortality rates have declined due to the success in early detection and treatment.

## MOENIE TALM MET JOU BELASTINGOPGAWE

Dis weer dié tyd van die jaar wat elke persoon wat geld verdien het of as 'n belasting-pligtige geregistreer is, 'n IB12 Inkomsteopgawe by SARS moet indien.

Volgens 'n belastingpraktisyn, Mnr Jan Stander van Pretoria is die eerste stap in self-bemagtiging om 'n oorsig-telike kennis te hê in die werk-ing van belasting. Dit behels onder meer om te weet wat alles as belasbare inkomste beskou word en watter uitgawes afgetrek kan word om jou balasbare inkomste te verminder en daarmee saam

die skaal waarteen jy belas word te verlaag.

Volgens Stander moet jy wel 'n opgawe indien as jy 'ja' antwoord op enige van die onderstaande vrae. Die vrae is van toepassing vir die tydperk 1 Maart 2012 tot 28 Februarie 2013.

1. Het jy handel gedryf in Suid-Afrika? ( Bv Koop en verkoop van goedere en verhuring van eiendom)
2. Het jy enige toelae ontvang vir reis en verblyf-koste?
3. Het jy 'n kapitale

wins of verlies van meer as R20,000 gehad?

4. Besit jy andele of eien-dom buite Suid-Afrika?
5. Het jy 'n IRP5 ontvang?

Jy kan jou opgawe op een van die volgende maniere indien: Jy kan 'n vorm van die SA Inkomstediens aanvra, dit voltooi en aan die SAID pos of self gaan inhandig voor 27 Sept 2013. Jy kan ook die vorm elektronies voltooi op die Internet. Die liasseer-ingstydperk vir dié metode geld tot 22 Nov 2013.



Dien jou belastingopgawe betyds in

## EASY HEALTH FIXERS

You can still enjoy your favourite foods but with less calories, simply swap one for the other.

Swap **chocolate** with a **banana** which offers a long-lasting energy boost and potassium, which helps to lower blood pressure.

Swap **cream cheese** with mashed **avocado**. It contains 'healthy' fats and is easier for the body to digest.

Swap **pasta** with **polenta**. This will keep you fuller for longer.

Swap **peanuts** with **almonds**. They are lower in fat, yet still packed with healthy essential oils.

Swap **normal margarine** with light margarine. Light margarine is higher in essential fats and lower in unhealthy, saturated fats.

Swap a **sandwich** with healthy **vegetable soup**.

Swap **full-cream** fruit yoghurt with low-fat plain yoghurt. **Low-fat** plain yoghurt is a good source of protein, calcium and good bacteria for digestive support.

Treat yourself to a meal or snack you really love once a week. Swap white wine with a glass of red. It is good for your heart (in moderation)

**GRYSKRAG /  
GREYPOWER**

**Address**

2de Vloer/2nd Floor  
318 The Hillside  
Lynnwood, PRETORIA

**Phone**

(012) 348 - 3087/8706

**Fax:**

(012) 348 - 5644

**E-mail**

GreyPower  
plus50@telkomsa.net

**Editor/Contact**

Martie Squier  
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.

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

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**BOEKAANKONDIGING**

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**Agtergrond:** *Onse Vaders* trek met so 'n spoed weg dat daar nie tyd is vir neersit om 'n koppie koffie, of iets sterkers, saam met die karakters te drink nie.... En lesers het daardie iets sterkers nodig!

Geloofwaardige storielyne word om die beurt aange-

bied en elke hoofstuk se einde skep nuwe afwagting. Eers in terugskoue word besef dat die drie storielyne aansienlik verskil, maar elkeen 'n volledig afgeronde, noodsaaklike element van die boek vorm.

Die taal, wat eie is aan elke omgewing, is ook goed nagevors en die kleurrykheid daarvan gee net soveel meer natuurlike lewe aan die karakters. Die boek bring die leser na die straatvlak, waar gewone mense in hul omgangstaal met mekaar verkeer en kommunikeer, en die leser deel graag hul leefwêreld.

Die karakters, gebore in haar vorige boek *Plaasmoord*, word in *Onse Vaders* meer ingeleefde karakters waarmee lesers erbarming en meelewing ervaar.

Hierdie boek bevestig dat Karin Brynard een van Afrikaans se meesterspanningsromanskrywers is.

*Onse Vaders* word graag aanbeveel vir almal wat pitkos saam met lekkerlees soek

