

Gryskrag GreyPower

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Newsletter

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REACHING FOR A DREAM: CREATE A BUCKET LIST

Instead of New Year resolutions consider creating a bucket list which can benefit you in many ways - it will energize you, bring you relaxation as well as a sense of achievement and will help keep burnout at bay.

The Macmillan Dictionary describe the definition of a bucket list as a list of things you want to do before you die - overcoming fears, achieving goals, realizing dreams and simple pleasures.

The majority of seniors and retirees are battling to make ends meet - and if there is a little over at the end of the month, why not save it to do something you have always wanted to do.

Your dreams can be career-orientated if you are still working - you may wish to

own your own business in order for you to keep working way past retirement age. You may have relationship or family type goals or you might have this dream holiday that you are determined to go on.

Research shows that by committing goals and dreams to paper, the likelihood is increased that goals and dreams will be met. Creating a bucket list helps you to remember those things you value the most.

If you believe that financing that dream or goal is an obstacle, come up with solutions on how you can increase your income or decrease expenditure in order to save for that dream.

When you are living your life

as you want to and are able to realize those dreams and goals, you will be so much happier. Your stress levels will be reduced, things will not get you down and you will begin to enjoy the wonderful joys that life brings.

What a sense of accomplishment when you are able to cross that item off the list. You will feel as though you are living with purpose. Your dreams will be fulfilled and that will make you feel pretty good.

So before you kick that proverbial bucket and leave this earth with a list of regrets, get cracking on that bucket list. Then look forward to turn your dreams and goals into achievable, unforgettable experiences. So go on - create your bucket list today - you won't be sorry!

WENKE VIR KITSBANKE

Kitsbank-probleme vorm 40% van die klagtes wat die ombudsman vir bankdienste, adv. Clive Pillay, jaarliks ontvang. Skelms is vernuftig, maar jy kan help voorkom dat jy 'n slagoffer word:

- Wees altyd wakker en bewus van jou omgewing
- Moet nooit jou kaart of PIN vir enigiemand gee nie
- Memoriseer jou PIN -

moenie dit neerskryf en by jou hou nie

- Moenie jou kaart in die masjien druk voordat jy versoek word nie

- Gebruik jou lyf en hand as skerm om seker te maak niemand kan sien wanneer jy jou PIN intik nie

- Moenie hulp van vreemde-linge aanvaar of hulp aan hulle verleen nie

- Onthou, misdadigers werk in spanne - een trek jou aandag af terwyl die ander jou kaart of geld steel

- Wanneer die kitsbank jou kaart insluk, bel jou bank se tolvrye stopkaartdiens. Moenie toelaat dat iemand dit namens jou doen nie; die persoon is dalk juis die swendelaar

- Maak altyd seker dat jy jou eie kaart het wanneer jy die kitsbank verlaat.

DR IAN PLAYER: THE OUTSTANDING CONSERVATIONIST



Magqubu and Dr Ian Player

Ian Player is undoubtedly South Africa's doyen of conservation. His love of and his unswerving loyalty to the wilderness and its importance to the earth and to the human spirit is legendary as are his initiatives in saving the white Rhino.

He started the concept of walking trails resulting the Wilderness Leadership School and the Wilderness Foundation, the World Wilderness Conferences — of which there have now been 7 over a period of 25 years — and,

most important of all, inspiring tens of thousands of people by instilling in them respect, wonder, and an awe for nature.

During most of this journey Dr Player was accompanied by his mentor, friend, father-figure and Zulu game guard Magqubu Ntombela (pictured with Ian on the left) who died in 1992 at close to 100 years of age.

The former Natal Parks Board game ranger, who first came across a rhino in the Imfolozi Game Reserve in the early 1950's, places great importance on dreams and he

record them now for 35 years. Five years ago, just before the rhino poaching crisis exploded, Ian had a dream that still haunts him today.

This dream was of a crying young white rhino which came to lie down next to him, with its head on his shoulder.

Since then, rhino poaching statistics soared rapidly to about 688 killings last year. "We all have a duty to the other forms of life we share this planet with. We all must have a passion to ensure that the survival of rhinos remain undimmed" says Player.

KABELDIEFSTAL: HOE RAAK DIT ONS?

Dit gebeur gewoonlik vroeg in die oggendure.

Eers is daar 'n oorverdoewende slag. Dan 'n blits soos 'n weerligstraal. Dan is die buurt in donkerte gehul.

Kabeldiefstal. Die polisie en metropolisie sit toenemend met hul hande in die hare oor hierdie tipe misdaad wat moeilik is om te beheer omdat dit enige plek en enige tyd kan voorkom.

Die afgelope maand is groot dele van Gauteng sonder krag

na kabeldiewe toegeslaan het.

Volgens die LUK vir Gemeenskapsveiligheid, Faith Mazibuko, het koperkabeldiefstal in die afgelope boekjaar Gauteng R150 miljoen gekos.

Geen wonder dit word as 'n vorm van ekonomiese sabotasie beskou nie. In die finansiële boekjaar 2012/2013 is bykans 8000 sulke sake aangemeld. Dié syfers beteken dat daar meer as 20 gevalle van kabeldiefstal per dag voorkom. Dit neem egter baie lank om die kragtoevoer weer te

herstel a.g.v. 'n mannekragprobleem.

Rekenaars, faksmasjiene en elektriesgedrewe masjienerie word beskadig deur kragstuwings na die diefstal van kragkabels.

Diewe is baie vindingryk en teiken transformators en substaasies en knip die aard- en neutraledrade wat meebring dat die kragstroom geweldig verhoog en ongekontroleerd is. Die volts wat na huise gestuur word verhoog van 220V na 500V wat lewensgevaarlik kan wees.



Kabeldiefstal

COMMENCEMENT OF E-TOLLS

The AA's reaction to the minister of transport's e-Toll announcement.

Despite numerous delays and setbacks the Department of Transport had announced the implementation date for the Gauteng e-Toll project as 3 December 2013. With this green light for e-Tolls to commence in Gauteng the question for all road users is "what now". At this time, it is critical that the consumer

knows his or her rights when it comes to e-Tolls.

As a road user you are in no way legally obliged to purchase an e-Tag. If you choose not to purchase an e-Tag you will be billed directly by SANRAL. You will have a 7 day grace period within which to pay your toll fees. You can pay with cash, debit/credit card or EFT. If you choose to purchase

an e-Tag to limit your costs, it is the recommendation of the AA that you do not give authorization for an automatic debit order to your bank account for payment of toll fees, in order that each consumer retains control until there is clarity on the accuracy of billing, the efficiency of the system, how incorrect billing will be handled, as well as future increases.



E-Toll announcement

WEET JY GENOEG VAN JOU MEDIKASIE?

Mary Poppins het lighartig aan die hand gedoen: "A spoon full of sugar helps the medicine goes down...." maar soms kan die geneesmiddel erger as die siekte self wees.

Negatiewe medikasie-reaksies (NMR'e) kom meer dikwels by bejaardes voor. Soos ons ouer word is dit dikwels nodig om vir een of meer chroniese siektes behandeling te ontvang, soos hoë bloeddruk, suikersiekte of asma, wat terselfdertyd ook meer voorgeskrewe medisyne noodsaak. Die vermeerderde medikasie

verhoog ook die moontlikheid van NMR'e met teenstollingsmiddels, teenontstekingsmiddels en hartsiektemedikasie in die voorgrond. Byvoorbeeld by die ouer persone verander die lever- en nierfunksie met ouderdom en dit bring mee dat sekere geneesmiddels stadiger weggewerk word met die moontlikheid van opeenhoping en 'n negatiewe reaksie ervaar word. Goeie geneeskundige sorg is daarop ingestel om met die gevolge rekening te hou van moontlike fisiologiese veranderinge wat met

ouderdom verband hou en wat die uitwerking van geneesmiddels nadelig sal beïnvloed. Maak seker dat jy ten volle verstaan waarom jy medikasie moet neem.

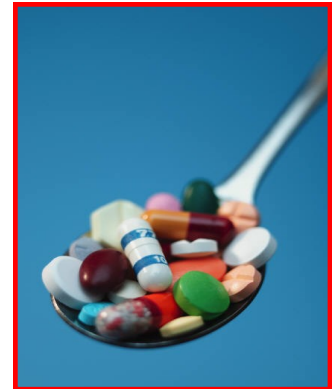
Riglyne vir die korrekte gebruik van medikasie:

Weet waarom jy medikasie gebruik

Maak seker dat jy jou dokter inlig oor al die medisyne wat jy gebruik

Neem jou medikasie op tye soos aangedui

Moet nooit medisyne deel met iemand anders nie.



Medikasie

SILVER SURFERS EMBRACE FACEBOOK

A new research report, the Pew Internet and American Life Project, reveals that baby boomers and seniors are embracing technology, social media and particularly Facebook, which has become the dominant platform for people over the age of 50.

In South Africa, there are close to 1 million over-50 Facebook users. Twitter is not quite yet a "go-to" site for older people, but it is on its way.

More and more over-65s are also using Facebook. The

primary reason is that Facebook is an easy and quick connection to people that seniors care about or family and old friends. They can connect with people from their past, with whom they may have lost touch, as well as to people who share similar interests and hobbies.

Some retirement villages are starting to use social media in order to connect with their residents, and also with the children of their residents. They also use Facebook to advertise community and in-house events.

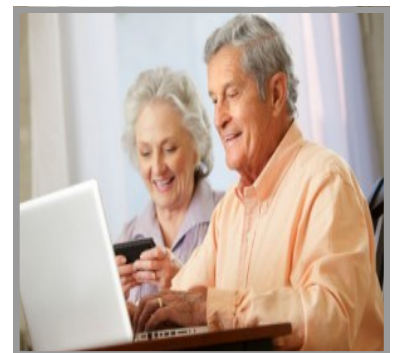
In future GreyPower is going to use Facebook as a prima-

ry platform on which to advertise our loyalty card discounts and benefits as well as anything that we believe will be of interest to our members.

GreyPower is also going to use Facebook as a platform where members will be able to communicate to us directly or take part in interesting conversations.

What is your opinion of social networking sites such as Facebook? What is your primary reason for using Facebook? Write to us, give us your view by writing to the editor of the News Letter :

Martie.squier@gmail.com



Silver surfers

HOU JOU OË OP DIE TENDENSE

Die Rand

Die faktore wat die rand die afgelope jaar laat verswak het, geld steeds en die winde van voor gaan waarskynlik sterker word. Die geldeenheid kan maklik verder verswak.

Die Petrolprys

Verbruikers kan vanjaar 'n hele paar brandstofprysstygings verwag. Met

die rand wat tot sy laagste vlakke in vyf jaar teenoor die dollar verswak het, kan die petrolprys nog met sowat 30c per liter styg.

Elektisiteit

Die kans op beurtkrag in die eerste helfte van die jaar, veral in die wintermaande, is die grootste wat dit nog was weens die druk op die elektrisiteitsnetwerk en die noodsaak om onder-

houdswerk as gevolg van kabeldiefstal aan kragstasies te doen.

Waterkrisis

Geweld weens 'n gebrek aan skoon water het in die afgelope maand in verskeie plekke uitgebars. Munisipaliteite het nie die tegniese kapasiteit om die waterinfrastruktuur te onderhou nie. Verdere watertekorte en gepaardgaande geweld, kan 'n toenemende probleem in 2014 word.

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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**

BOEKAANKONDIGING

Titel: Tolbos.

Outeur: Irma Joubert.

Prys: R215.00

Datum: 2013

Uitgewer: N B Uitgewers

Aantal bladsye: 248 p.

Agtergrond: Eers was daar *Ver wink die Suiderkruis*— die aangrypende verhaal van 'n mynwerker gedurende die depressie van die jare dertig. Toe volg daar *Tussen Stasies* die eweneens roerende verhaal van die Duitse wese Gretl wat na die tweede wêreldoorlog in Suid Afrika strand.

Tolbos is die laaste boek in die trilogie van Irma Joubert. Lesers ontmoet weer geliefde karakters soos Gretl, Jacob, Kate en Bernard, maar die boek staan heeltemaal op sy eie

bene en dit is dus nie noodsaaklik om eers die ander twee te lees nie. Dit is baie interessant om die wel en wee van die families te volg en Joubert beskryf die familiëdinamika besonder goed. Die sentrale karakter is Katrien, die laatlamdogter van Kobus en Salomé Neethling. Die leser is vroeg reeds daarvan bewus dat sy 'n eensame figuur en buitestander is.

Die roman speel af in Suid Afrika en in Pole, waarvan daan die ander hoofkarakter, Wladek Kowalski kom. Hy word gedwing om Pole te verlaat vanweë sy anti-kommunistiese bedrywighede. Hy ontmoet Katrien in Suid Afrika.

Tolbosse kom in albei lande voor. 'n Tolbos ruk los van sy wortels en waar die wind hom ook al waai versprei sy

saad. Net so raak Katrien ook los van haar bosveldwortels wanneer sy aan Wits gaan studier.

Musiek speel 'n groot rol in die boek. Dit begin met Katrien wat aan 'n liedjie dink. "Almal het maats". Ook volksliedere voortrekker- en haleluliedere wat sy as lid van die Black Sash in townships hoor. Letoit en Kerkorrel se musiek word ook geïnkorporeer in die teks.

Die historiese raamwerk van die verhaal sorg dat dit nie 'n tipiese resepmatige storie word nie.

Die verhale van Irma Joubert word wyd gelees en hierdie een is dalk haar beste tot dusver.

