

In this issue:	01 Wie en wat is BPS? / A BPS office close to you	02 BPS Benefits	03 Going Green / BPS & Sasbo Union / Going global	04 Load shedding / Bankmed / Enrollment Form
-----------------------	---	-------------------------------	---	--

Wie en wat is BPS?

Die Finansiële Instansies Pensioenarissvereniging (BPS) is laat 1969 deur pensioenarisse van Eerste Nasionale Bank en Standard Bank gestig as die Bank Pensioenarissevereniging.

Later het die ander banke by die vereniging aangesluit en later is pensioenarisse van ander finansiële dienste instellings ook toegelaat om aan die vereniging te behoort.

Die vereniging help pensioenarisse uit die finansiële sektor om in kontak te bly met oud-kollegas en vriende en waar moontlik finansiële hulp aan lede in nood te verleen.

Vandag het BPS volle ondersteuning van Absa Bank, FNB, Standard Bank, die Suid-Afrikaanse Reserwebank asook Bankmed. BPS vergader een keer per jaar met spesifieke verteenwoordigers by elk van hierdie instansies om kwessies wat deur lede opgehaal word, te bespreek.

BPS is tans in onderhandelinge met Nedbank om 'n beter werksverhouding met hulle te vorm.

BPS word deur lede befonds en die vereniging kry ook rente uit beleggings. Jaargeld is tans R57 per jaar. Hierdie fondse word aangewend om lede met finansiële nood en in nood te ondersteun.

Die vereniging se diensverskaffers betaal ook kommissie vir elke BPS-lid wat hul dienste opneem. Lees meer hieroor op bladsy 2.

A BPS office close to you

BPS's main office is in Parkwood Johannesburg. The office is run by an Office Manager and he is in attendance on Tuesdays and Wednesdays from 08:30 to 14:30.

All the contact numbers for the BPS Head Office is at the bottom of each page of this Newsletter. Emails can be send to bpsoc@telkomsa.net.

Should you need to contact BPS on any other day, you can phone 011 442 0030 and leave a message which will then be answered on the next day by the office is operative.

The regional offices / branches meet four times a year and are East Rand, West Rand, Kempton Park, Johannesburg South, Durban, South Coast, Pietermaritzburg, Port Elizabeth and Garden Route. Should you wish to join, below is a list of the chairpersons per branch:

Durban:

Barry Freeguard 084 462 7884 or email bfreeguard@gmail.com

South Coast:

Margaret Douglas 084 039 7575 or email margaret.douglass@live.com

Pietermaritzburg:

Beryl Daff 083 293 2146 or email bdaff@telkomsa.net

Port Elizabeth:

Alan Montgomery 084 981 8491 or email amontgomery@aerosat.co.za

East Rand:

Denton Jubber 083 702 3215 or email dbj@worldonline.co.za

West Rand:

Manna Fourie 082 786 5734 or email manden@vodamail.co.za

Kempton Park:

Yolandi Heath (Secretary) 079 996 4993 or email myartfolder@gmail.com

Garden Route:

Gabriel (Hardy) Claase 083 324 8459 or email hardyclaase@yahoo.com



Die Raad van BPS bestaan uit die volgende mense:

Frikkie de Jager	082 453 5139	frikkiidejager@absamail.co.za
Denton Jubber	083 702 3215	dbj@worldonline.co.za
Wolf Hartung	073 821 0798	wolf@bioafrica.co.za
George MacDonald	084 363 7570	brigid@clamps.co.za
Peter McQueen	083 307 0471	petermcqueen@telkomsa.net
Keketso Mogotlane	082 494 2119	keketsomogotlane@yahoo.com
Bakkies Preller	078 286 5806	
Yolandi Heath	079 996 4993	myartfolder@gmail.com

BPS members

enjoy all the benefits

As a society BPS is in the position to negotiate special deals for our members. These benefits are there to make life easier and to save you money. Some of the benefits are:

- Assistance in the form of financial help (by means of a grant) or direct intervention by furnishing items needed or whatever other assistance is needed within the powers of the society.
- Regular contact with Bankmed on behalf of the members.
- Annual discussions with some of the major banks about issues raised by members.

In addition the following benefits have been negotiated on behalf of members:

Product	Contact info	Details
Bankmed Helpline	0800 226 5633 pensioners@bankmed.co.za	Dedicated toll free help-line option for pensioners and dedicated pensioner tab on the Bankmed website.
Heart2Care	011 675 2713 / 082 920 2538 / loriventer@absamail.co.za/ www.hearttocare.co.za	Health Services at home. Special rates on supportive medical and non-medical elderly care at home. Bankmed approved service provider.
firstEquity short term insurance	Myra Arends and Ahmed Swanepoel 011 510 1300 / info@firstequity.co.za/ www.firstequity.co.za	Pensure policy underwritten by Santam and AA. Discounted and individually tailor-made rates on short term insurance. The Pencare Lifestyle programme (AA Home and Roadside Assistance).
AVBOB Funeral policy	Koos Bruwer 021 912 8000 / 082 4535789 / koos@bewise.co.za	Special premiums and benefits for insured and co-insured.
Travel Choice	Visit www.travelchoice.co.za or andre@travelchoice.co.za / barbie@travelchoice.co.za	Offers simple online travel arrangements such as Flights; Travel Insurance; Accommodation; Car Hire and Worldwide Visas.
ATKV Resorts	011 919 9092 / www.atkv.org.za / www.atkvresorts.co.za	Book for 3 and pay for 2 days but excludes weekends, long weekends and school holidays.
SeeSkulp holiday flat in Uvongo (sleeps six)	039 315 0423 /078 618 8619 / info@holidaycottages.za.net / www.holidaycottages.za.net / www.seeskulp.co.za	Secure any booking through the Letting Agents. 20% Discount on out of season bookings. Wheelchair friendly. Sleeps six. Walking distance from beach.
Holsboer Vacations Hyde Park and Ocean Villa	012 295 5404 / holsboervacations@nedbank.co.za / www.holsboervacations.co.za	Up to 50% discount on midweek (Monday to Thursday) nights. Offer excludes peak periods.
Clarens Guesthouses	058 256 1173 / 1480 / odyssey@isat.co.za	Get pensioner discounts at various guesthouses. Contact Clarens Golf Estate directly for any special discounts.
Weg/GO Magazine	021 405 1965 /071 853 7871 / jenny.marinus@media24.com	35% discount on annual subscriptions and new applications.
Unitrans Motor Group	Johan du Preez 011 288 8204 / 082 458 7024 / groupdeals@unitransmotors.co.za	Call directly for discounts on various ranges and manufacturers.
Momentum Multiply	0861 886 600 / www.momentum.co.za/multiply	Wellness and Rewards programme that offers discounts on products and services from programme partners to Bankmed members only.
Sasbo News	F: 011 467 0192	Free copy to all members. No charge in Smalls column.

Remember to always check for better prices and other special offers.

Advertorial

Going Global

– Technology made Simple

by Penny Mitchell & Sue Trollip



A book written for mature minds and young-at-hearts. Laugh while you learn the easy way. Cell phones, Computers, Emailing, Googling, Skype, E-readers, online Banking, Facebook, GPS, Blogging, Tweeting, Safety, Etiquette and more.


BPS receives a handling fee of R20 per book ordered.

Direct sales: 031 267 1739 or 083 388 2903 or email:
goingglobal.ps@gmail.com

More information, local stockists and tips: goingglobal1.wordpress.com

Motivational talks:
pennym.matternatter@gmail.com

It's all about communicating in today's world!



BPS and Sasbo

– The Finance union

Many members are unsure about the relationship between BPS and Sasbo, the union for financial sector workers.

When you retire, you can no longer belong to a union and your Sasbo membership must be cancelled as its constitution does not allow it. Most old-Sasbo members choose to become members of BPS as the society and the union have a very good working relationship.

Sasbo helps BPS to keep its membership records up to date and also assist with address lists. BPS has a dedicated space in Sasbo's newspaper, called Pensioners' Corner and members of BPS receive this newspaper for free (mailed with your BPS News). BPS members can also place small advertisements in the newspaper's Smalls column for free.

Green cuisine

Some of the most exciting dishes these days are meat-free. You don't have to be a vegetarian to enjoy meat-free dishes.

Inspiring ingredients

When buying vegetarian products, the key is to ensure freshness, buying little but often.

Find a supplier with a healthy turnover so stock doesn't have time to get stale. Keep an open mind and a constant lookout for new and exciting products. The range of dried or fresh non-meat products are growing by the day. Organic offerings are more popular and more readily available.

Vegetables and fruit

Buy the bulk of your produce from local producers if possible, balancing home-grown with exotic imports. Some supermarkets support local growers, including organic farms. Look out for the labels.

Herbs and spices

The most satisfying way to obtain herbs is from your own garden. You need as small a space as a window box and a few pots for an abundant harvest.

Dried herbs lose their potency quite quickly. Buy small amounts, store in a cool, dark place and replace as soon as it grows stale.

Farmers' markets can be a great source of fresh and scarce products.

Don't forget the aromatics such as fresh garlic or ginger roots.

Buy whole spices and seeds and grind them as needed in a spice mill or coffee grinder (kept for that purpose). Dry-frying spices before grinding intensifies their flavour.

Grains, pastas and pulses

The dried versions of these ingredients are popular and easily to come by. Rice can be used as a base for vegetables, stews and sautés and for stuffed vegetables. Try basmati rice with a wonderful fragrance and flavour. For risotto you should use short-grained rice such as Arborio, Carnaroli or Vialone Nano.

Couscous needs little preparation, made from coarse semolina. The proudly South African alternative is putu pap, or braai-pap.

Dried pasta come in an astonishing array of shapes. Fresh pasta is becoming widely available. Buy as needed. You can also prepare your own fresh pasta with some flour, salt and a rolling pin or pasta maker.

Pulses such as dried beans, split peas and lentils keep well. Most pulses need to be soaked overnight. They form the base of soups that can be frozen in serving portions.

Alternative proteins

Dairy products provide valuable protein, calcium, vitamin B¹², A and D, but can also be high in fat. Yogurt, cream and cheese add flavour and body to any dish.

Tofu is a protein rich food made from soya beans. Various forms are available.

Nuts also store well in the freezer.

Stock up

Dry goods should include different kinds of flour, easy blend, dry yeast, maize meal and oat meal. Dried mushrooms, sundried tomatoes or peppers are useful, but you may prefer them preserved in oil in jars.

Pesto, peanut butter, capers, olives, preserved veggies such as beetroot, canned beans and fruits like berries can give your cooking that extra pinch of inspiration.

Useful sauces include pureed tomatoes, creamed horseradish, soya sauce, black bean sauce and oyster or Worcestershire sauce, which also have a vegetarian version.

Vinegars such as balsamic and rice vinegars are helpful.

There are a wide variety of oils such as sunflower, sesame, olive, ground nut, avocado or walnut oil. A light oil spray can help for cooking or baking.

Going green can be an exciting journey towards healthy eating and adventurous cooking.

BPS membership

Enrollment Form



Please enroll me as a member of the BPS and debit my account no

at Bank

Branch code no annually with the amount of R57.00#, on the first working day of May each year.

Full Names :

Postal Address:

..... Postal Code

Telephone Numbers: (Home)

(Cell)

E-mail address:

Identity Number:

Signature: Date:

This amount may be adjusted annually.

Enrolled by:

Please send your completed form to:

PO Box 1871, Saxonwold, 2132 or fax to 011 442 0034 or 011 447 3498 or e-mail to bpsoc@telkomsa.net.

BPS Office Manager

Tel: 011 442 0030 / 011 447 3498

Email: bpsoc@telkomsa.net

Survive the load shedding blues

Here are a few handy tips to help you plan and survive those dreaded dark hours during load shedding. If you have any more tips, please send them to us!

- Stick the load shedding schedule on your fridge so that you have enough time to prepare for outages.
- Make sure that you have a torch or battery-operated lantern ready with working batteries and that you know where to find it in the dark.
- Make sure you have things like board games to keep you company for if you get bored.
- Fill a thermos flask with boiling water beforehand in case you crave a nice warm cup of tea or coffee during the blackout.
- Unplug large electronic appliances immediately to protect them from the possibility of a power surge when the electricity comes back on again.
- Make it a habit to keep all your devices (phone, laptop, kindle, etc.) fully charged.
- To ensure that you will be able to get into (and out of) your home, release the mechanisms of automatic electric garage doors and switch electric security gates to manual operation.
- Refrain from opening the refrigerator door during a power outage as this will allow the cold air to escape. By keeping the door closed, a power outage of up to four hours will not cause food to spoil in the fridge, while a freezer should keep frozen food safe for at least a day.
- Ensure that all doors and windows are locked, should your alarm system not have a back-up power supply. Have your alarm's battery checked regularly.
- If you are using a generator, never operate it in an enclosed space, as it produces carbon monoxide which can be fatal. A generator should be kept at least 10 feet away from the home with its exhaust pointing away from the house. It should always be installed by an electrician to evaluate the house's electrical system for proper grounding and polarity and to ensure extension cords are installed correctly.

Bankmed wil jou gesond hou

Teen die tyd weet die meeste Bankmed-lede van die mediesefonds se diens om pensioenarisse by hul huise te besoek vir voorkomende gesondheidsorg – direk uit jou versekerde voordele uit.

Dit is baie nuttig, veral dié tyd van die jaar wanneer griep 'n groot probleem is. Een van die dienste wat Bankmed jou bied met die huisbesoeke, is juis griepinspuitings.

Om die geheue te verfris: 'n Geregistreerde verpleegster of biokinetikus van Biofitt Wellness besoek jou by jou huis om

- 'n persoonlike gesondheidsassessering uit te voer (PHA);
- HIV/Vigs-toetsing uit te voer en berading te bied indien nodig;
- 'n vingerpriktoets op manlike pasiënte uit te voer om te toets vir prostaatspesifieke antigene;
- griepinspuitings toe te dien; en
- teen pneumokokkus virusse in te ent.

Vir meer inligting, skakel 0800 226 5633.