



adding life to your years

**The power of reasons is an illusion. The belief will not change when the reasons are defeated. The causality is reversed. People believe the reasons because they believe in the conclusion.**

**It is tempting in this time of rampant misinformation to pretend fact and fiction are discrete categories, unlike as oil and water, but the truth is they are often hopelessly entangled.**

HEALTH

**10 STOMACH SYMPTOMS YOU SHOULD NEVER IGNORE**

Everyone has stomach issues from time to time, and occasional digestive discomfort is not usually something to worry about. However, there are a few gastrointestinal symptoms that you shouldn't write off because they could signal something serious. Here are 10 symptoms you should never ignore:

1. Prolonged diarrhoea (especially if paired with fever, cough or loss of taste and smell)
2. Blood in your stool
3. Severe cramps after eating
4. Difficulty swallowing
5. Unexplained weight loss (especially if accompanied by abdominal pain)
6. Chronic or prolonged constipation (especially if you're having pain)
7. Sudden, intense abdominal pain
8. Frequent, severe or worsening heartburn
9. Swollen abdomen
10. Feeling full after eating very little

**Michelle Crouch writing for the AARP**

You can read the article here:

[10 Symptoms of Abdominal Disease You Shouldn't Ignore \(aarp.org\)](https://aarp.org/10-Symptoms-of-Abdominal-Disease-You-Shouldn't-Ignore)

## BEST STEPS TO KEEP YOUR BLOOD SUGAR UNDER CONTROL

1. **Don't smoke.** According to Harvard, smokers are roughly 50% more likely to develop blood sugar problems.
2. **Go easy on alcohol.** Up to a drink a day for women and up to two for men should be beneficial, but more than that and your risk of blood sugar imbalance increases.
3. **Get moving.** Using your muscles more often and making them work harder improves your body's ability to maintain healthy blood sugar.
4. **Control your weight.** According to Harvard, excess weight is the single most important cause of high blood sugar. And losing just 7-10% of your current weight can cut your risk of developing high blood glucose.
5. **Tune up your diet.** Reducing processed carbs, choosing healthy fats, limiting red meat goes a long way towards healthy blood sugar numbers.

Harvard

## THE MOST FATTENING FAST FOOD MEALS IN SOUTH AFRICA

Read this and you will never touch them again (I hope).

[https://businesstech.co.za/news/lifestyle/589986/the-most-fattening-fast-food-meals-in-south-africa-2/?utm\\_source=everlytic&utm\\_medium=newsletter&utm\\_campaign=business\\_tech](https://businesstech.co.za/news/lifestyle/589986/the-most-fattening-fast-food-meals-in-south-africa-2/?utm_source=everlytic&utm_medium=newsletter&utm_campaign=business_tech)

## BOOKS

### TOP TEN

Reading tastes and book availability appears to differ markedly within and between countries. Here are some comparisons. The coloured ones are the only ones that are in the top ten sales in more than one of the six top ten lists.

	Bargain Books SA	Amazon USA	Amazon UK
1	<b>It Ends With Us: The emotional #1 Sunday Times bestseller by Colleen Hoover</b>	The Mothers and Daughters of the Bible Speak: Lessons on Faith from Nine Biblical Families by Shannon Bream	The World's Worst Pets: The brilliantly funny new children's book for 2022 from million-copy bestselling author David Walliams
2	The Milk Tart Murders by Sally Andrew	Finding Me: A Memoir by Viola Davis	Why Has Nobody Told Me This Before?: The No 1 Sunday Times bestseller by Dr Julie Smith

3	Storm Tide: The brand-new historical epic by Wilbur Smith and Tom Harper	Killing the Killers: The Secret War Against Terrorists (Bill O'Reilly's Killing Series)	Pinch of Nom Family Meal Planner: Includes 26 Recipes by Kate Allinson
4	Again, Rachel: The hilarious new SUNDAY TIMES No 1 bestseller 2022 by Marian Keyes	Mom I Want to Hear Your Story: 100 Hand-Designed Pages with Family Tree, Questions, Quotes and More!	A Heartstopper novella — NICK AND CHARLIE: TikTok made me buy it! by Alice Oseman
5	The Lady's Mine by Francine Rivers	Book Lovers by Emily Henry	SOLITAIRE: TikTok made me buy it! by Alice Oseman
6	The Match: From the #1 bestselling creator of the hit Netflix series By Harlan Coben	Atomic Habits: An Easy & Proven Way to Build Good Habits & Break Bad Ones by James Clear	Heartstopper Volume 2: The million-copy bestselling series, now on Netflix! by Alice Oseman
7	Ugly Love by Colleen Hoover	Oh, the Places You'll Go! by Dr. Seuss	Heartstopper Volume 1: The million-copy bestselling series, now on Netflix! by Alice Oseman
8	Run Rose Run: The most eagerly anticipated novel of 2022 by Dolly Parton and James Patterson	Just Tyrus: A Memoir by Tyrus	Heartstopper Volume 3: The million-copy bestselling series, now on Netflix! by Alice Oseman
9	Seven Husbands of Evelyn Hugo: The Sunday Times Bestseller by Taylor Jenkins Reid	It Ends with Us: A Novel (1) by Colleen Hoover	Heartstopper Volume Four: The million-copy bestselling series, now on Netflix! by Alice Oseman
10	Verity: The thriller that will capture your heart and blow your mind by Colleen Hoover	The Women of the Bible Speak: The Wisdom of 16 Women and Their Lessons for Today Shannon Bream	It Ends With Us: The emotional #1 Sunday Times bestseller by Colleen Hoover

	Better Reading Australia	New York Times	BBC
1	<b>It Ends With Us by Colleen Hoover (Simon &amp; Schuster)</b>	<b>Dream Town by David Baldacci</b>	Bless the Daughter Raised by a Voice in Her Head by Warsan Shire
2	<b>Dream Town by David Baldacci (Macmillan)</b>	Run, Rose, Run by James Patterson; Dolly Parton	In the Margins: On the Pleasures of Reading and Writing by Elena Ferrante
3	<b>Verity by Colleen Hoover (Hachette)</b>	City on Fire by Don Winslow	Moon Witch, Spider King by Marlon James
4	Death of the Black Widow by James Patterson (Penguin)	The Good Left Undone by Adriana Trigiani	Olga Dies Dreaming by Xochitl Gonzalez
5	Where the Crawdads Sing by Delia Owens (Hachette)	Sea of Tranquility by Emily St. John Mandel	Glory by No Violet Bulawayo
6	The Seven Husbands of Evelyn Hugo by Taylor Jenkins Reid (Simon & Schuster)	The Investigator by John Sandford	French Braid by Anne Tyler
7	Storm Tide by Wilbur Smith and Tom Harper (Allen & Unwin)	The Paris Apartment by Lucy Foley	To Paradise by Hanya Yanagihara
8	<b>Ugly Love by Colleen Hoover (Simon &amp; Schuster)</b>	The Midnight Library by Matt Haig	The School for Good Mothers by Jessamine Chan
9	Everyone In My Family Has Killed Someone by Benjamin Stevenson (Penguin)	Lessons in Chemistry by Bonnie Garmus	The Exhibitionist by Charlotte Mendelson
10	The Love Hypothesis by Ali Hazelwood (Hachette)	What Happened to the Bennetts by Lisa Scottoline	Free Love by Tessa Hadley

## ONLINE SALES

Online sales now account for more than half the UK book market, but Waterstones' fightback – with 1,000 independent sellers in support – continues to remind us of the pleasure of handling printed works before

buying. Now the pandemic 'streaming boom' is over (UK households reportedly cancelled 1.5 million video subscriptions in the first quarter) and the cost of living is rocketing, we've all got more time for reading and less cash for going out; a good book is surely a better use for a tenner that barely buys you a gin and tonic. **Just don't fall into the customer habit** that so irritated the shop owner Shaun Bythell of Wigtown in Scotland, in his charming *Diary of a Bookseller*, **of browsing at length, then ordering the chosen book cheaper from Amazon on your phone before you've even left the premises.**

**The Spectator**

## SPECIALIST BOOK

### FOR F1 FANS

#### **Murray Walker: Incredible! By Maurice Hamilton**

It is one year since Murray Walker died and here are some famous "Murrayisms" from Hamilton's book:

- "Rosberg out! Keke Rosberg! Out of the Australian Grand Prix! If this isn't a sensation, I'd like to know what is."
- "And look at that! Colossally, that's Mansell! That is Nigel Mansell. The car absolutely shatters. He's fighting for control. You can see what's happened. Now - this could change, and will change, The World Championship."
- "Either that car is stationary, or it's on the move."
- "And Mansell is slowing down. He is definitely taking it easy. Oh no he isn't - that was a lap record"
- "Damon Hill is leading. Behind him are the second and third men."
- . . . at the 1993 grand prix in South Africa, where there were lots of dignitaries from the government and the ANC (African National congress) present - one of whom was the now-current president of South Africa, Cyril Ramaphosa. Mosley asked Ramaphosa whether there was anyone he might like to meet, expecting him to suggest someone like Ayrton Senna. "He said Murray Walker! We went into the press room together and stood in front of Murray's desk, where he was writing. I introduced Ramaphosa to him. Murray seemed as surprised as I was but, of course, he was absolutely charming and Mr Ramaphosa was delighted!"

## BOOK EXCERPTS

### ASIDES

I loved this author's asides, they were a tonic while reading about the disgusting behaviours of those in power.

- That particular plan failed but Fredegund **had no intention of burying the hatchet ... unless it was in Clovis's back.**
- She later sent two priests to assassinate Brunhilda but they were equally unsuccessful, **owing their technique more to Laurel and Hardy than Brutus and Cassius.**
- In the meantime Philippe had found an even more unlikely outlet for his energies **by joining the army, thus setting a precedent for Charles Hawtrey in Carry On Up the Khyber.**
- Nor was he helped by the fact that he was being treated by a bunch of physicians and quacks **who would have struggled to cure ham.**
- Nineteenth-century royal biographers blamed George's illness on his failure to take a mistress. **At least Prince Charles has done his best to ensure that history will not repeat itself.**
- Prince Philip has always been a somewhat contradictory character: the consort to the Queen with an eye for the ladies; the President of the World Wide Fund for Nature who shoots animals for fun; an ambassador for Britain who, at one time or another, **has managed to insult virtually every nation bar the Swiss. And their time may yet come.**

Tibballs, Geoff. *Royalty's Strangest Characters* (p. 255). Batsford. Kindle Edition.

## PASSPORTS AND SMART IDs

### BANK BRANCHES WHERE YOU CAN GET THESE

Several banks across South Africa let their customers get their smart ID cards or passport at specific branches so that they do not have to wait in long queues or face the infamous "system is offline" issue.

The Department of Home Affairs (DHA) also recently launched its online booking system for ID card and passport renewals and applications — and the system lets you book at these select bank branches.

As of October 2021, the DHA **listed 25 bank branches** at which customers could complete their applications. However, the DHA has since added new bank premises while removing others.

There are now 26 DHA-supported bank branches, of which First National Bank and Standard Bank make up 16. The breakdown is as follows:

- First National Bank — 8
- Standard Bank — 8
- Nedbank — 5
- Absa — 4
- Discovery — 1
- Investec — 1

**To book an appointment at a bank branch, you must use the E-Home Affairs system.**

[Bank branches where you can get your passport and smart ID \(mybroadband.co.za\)](http://mybroadband.co.za)

### **SHOPPING MALLS WHERE YOU CAN GET THESE**

Home Affairs minister Aaron Motsoaledi has announced a complete revamp of his department's systems in a move to cut down on long queues, including plans to introduce branches in shopping centres.

Motsoaledi confirmed that discussions are already underway with the following shopping malls around the country:

- Menlyn Mall in Tshwane
- Cresta Mall in Johannesburg
- Southgate Mall in Johannesburg
- The Pavillion in eThekweni
- Tygervalley Mall in Cape Town

<https://businesstech.co.za/news/government/589852/the-shopping-malls-where-youll-soon-be-able-to-get-your-smart-id-or-passport-in-south-africa/>

**WIT**

### **WILDE WIT COMPETITION**

The Oscar Wilde Society's third Wilde Wit Competition, run in conjunction with *The Oldie* and *The Chap*, challenged entrants to match Wilde's style with their own original entries.

There were more than 300 entries – and the winners would make Oscar smile. The top entry came from Darcy Alexander Corstorphine, who is no stranger to this contest. He took top place in the first two Wilde Wit Competitions! This year, he achieved another feat, tying with himself for first prize, with these two aphorisms:

- **‘A moment of reflection should be taken before the mirror or not at all.’**
- **‘There are only two sources of sorrow in this world: one is a lack of understanding, the other is an excess of it.’**

Second place goes to Robert Eddison for this wonderful line:

- **‘The quickest way to make your name is to lose your reputation.’**

Silvia Gasparini won third place with her charming truism:

- **‘Truth is the name we give to the lies we like.’**

## POLITICS AND MEDIA

### THE PSYCHOLOGICAL TRAITS THAT SHAPE YOUR POLITICAL BELIEFS

I'm a political and social psychologist. I study how people understand the world and what this means for society and for democracy ... which, as it turns out, is quite a lot. Some people see the world as safe and good, and this allows them to be OK with uncertainty and to take time to explore and play. Others are acutely aware of threats in their environment, so they prioritize order and predictability over openness and experimentation.

In my academic research, I study how these two approaches shape how we think and feel about everything from art to politics. **I also explore how political elites and partisan media use these very differences to engender hatred and fear and how the economics of our media system exploit these same divides.**

- I explore how political elites and partisan media use these very differences to engender hatred and fear and how the economics of our media system exploit these same divides.
- Tragically though, political and economic incentives of our media environment seek to exploit these differences to get us angry, to get our attention, to get clicks and to turn us against one another. And it works.
- The problem is that right now, our dominant context, our political and media context, actually needs these differences to be absolute, to be reinforced and even to be weaponized.
- Social media platforms use algorithms and microtargeting to deliver divisive messages in our preferred messaging aesthetic.

**From a TED video by social psychologist Dannagal G Young:**

[https://www.ted.com/talks/dannagal\\_g\\_young\\_the\\_psychological\\_traits\\_that\\_shape\\_your\\_political\\_beliefs?rid=wmoMnTv15aw&utm\\_source=recommendation&utm\\_medium=email&utm\\_campaign=explore&utm\\_term=watchNow](https://www.ted.com/talks/dannagal_g_young_the_psychological_traits_that_shape_your_political_beliefs?rid=wmoMnTv15aw&utm_source=recommendation&utm_medium=email&utm_campaign=explore&utm_term=watchNow)

## PERCEPTION . . .

### ... AND OUR MINDS

- In videogames, an imaginary clock ticks, and a new picture must be rendered and ready for display at each tick. The natural “clock” for video is the frame rate of 30 frames per second, a rate chosen because it approximates the human sense of time passing smoothly and at the same pace as time in the real world.
- One fundamental problem is that we don’t perceive the world objectively: our perception of time, of temperature, of colour has been formed by evolution to be useful, not to be accurate.
- Military decision-making is very interesting. I always remember talking to General Michael Jackson who said that an order has to factor in comprehensibility. Can everyone align around this objective? Whereas ordering people to do something highly complicated might be theoretically optimal, but it damages coordination.

## APRIL FOOL

### THE BEST

The top-ranked April Fool of all time, according to the Museum of Hoaxes, was Panorama's 1957 report on how Swiss farmers on the shores of Lake Lugano were enjoying a bumper spaghetti crop thanks to the elimination of the dastardly spaghetti weevil and one of the mildest winters in living memory. Gullible viewers, convinced by a charming video showing peasants harvesting strands of pasta, flooded the Beeb with queries as to how they might grow their own spaghetti tree.

**Lucy Vickery, *The Spectator*, 1 Apr. 2017**

## TECHNOLOGY

### EMAIL

Many of our members who use [@telkom.net](mailto:@telkom.net) complain of not receiving these newsletters. I have urged them to open Gmail accounts and in all cases their problem was resolved.

### GMAIL

Gmail is the most popular ISP (Internet Service Provider) among our members. These are the ISP’s our members use most:

ISP	
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gmail.com	19 829
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telkomsa.net	5 398
mweb.co.za	2 933
yahoo.com	1 250
vodamail.co.za	1 120

## SAARP SERVICES

Please go to [www.saarp.net](http://www.saarp.net) and click on the Benefits tab to see our range of member services:

Home ▾ Benefits Communication ▾ Social Clubs Contact Us Join Now Advertisements

### SHORT TERM INSURANCE

We are now contracted to 4 insurance companies, Momentum, Auto and General, SANTAM and Old Mutual so we are able to get comparative quotes to see which one is best for you.

At the same time, some companies have special tariffs if your car is only used for a limited mileage each month.

We have specially trained staff to look after your interests so do not hesitate to contact us to see how we can assist you

### SPECSAVERS



#### Home Try-On

Choose up to 6 frames from this website and we'll deliver them to your door to try on at home.

[Home Try-On - Online Ordering - Spec-Savers South Africa \(specsavers.co.za\)](http://www.specsavers.co.za)

**MEMBER FEED BACK (Verbatim)**

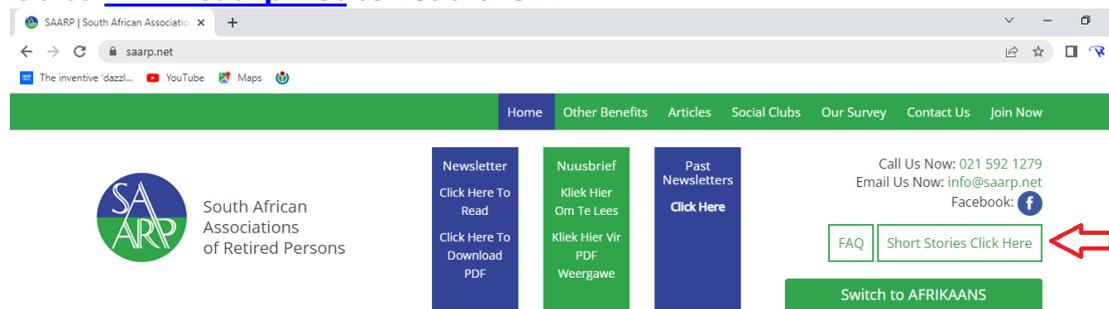
- I wish to thank SAARP for saving me R1, 331.00 on my eye test and glasses. I have had my mahala card for years and have not taken advantage of it. I will certainly use it more often now
- Many thanks for an interesting Newsletter, and especially for the quotes about growing old. Apparently most regret what they didn't do instead of thinking about the things they did. My question is, "Why is this put in the past tense? There are things I didn't do, which I regret (for that matter there are things I DID do, which I regret (!!)). I don't want to think about regretting - I'm just getting on with my life. Does this mean that at 86 I'm not old yet?
- Thanks so much your very informative newsletters. We appreciate all the prep and hard work that makes this happen
- Ek is mal oor jou nuusbriewe - dit voel vir my iets so lekker kan nie verniet wees nie. Vriendelike groete,
- 

**SHORT STORIES FEEDBACK (Verbatim)**

1. Many thanks Ray for the short stories
2. The Promise. A beautiful story that really touched my heart and brought a tear to my eye. Please thank the author for such a beautifully crafted piece.
3. Please extend my compliments to Roland on his latest story - a touching account. So glad to see another well written story in the morass of mediocre creations that I encounter every month in my writing circle. I favour animal stories myself and as each month passes try to write a better one on that theme, but it only comes up once annually in the program, like these two examples .
4. The "Lessons on the Trans Karoo" was super. I have had an ongoing love affair with the steam locomotive all my life. My father was a Loco Foreman for the SAR and an excellent teacher so he ran a number of artisans' training schools in the art off repair and maintenance of the locomotive. And because of his expertise and knowledge, plus the fact that he was an excellent teacher and artisan, we were constantly moved around the country to improve the schools where the artisans would then benefit from his expert knowledge. I was always popular with the kids in my class as he would sometimes allow them to have short trips on the footplate of many a model of steam engine. Regards Margie Wilson

5. So enjoyed the stories once more. Then went back to a few of the older ones and cried rereading the one featuring Mr. Painter. So, so sad and yet an excellent read. Thank you for the continued attention to the great short stories. Regards Margie Wilson
6. Hi there I kept all my short stories for when we go overseas.
7. Very interesting! Thank you

Go to [www.saarp.net](http://www.saarp.net) to read them:



## SAARP HOLIDAY CLUB

The following are examples of discounted off-peak holidays, which our Holiday Club has on offer for you and your families. **To book phone Renske on 021 592 1279 or email her at [renskes@saarp.net](mailto:renskes@saarp.net)**

RESORT	AREA	DATE	UNIT	PRICE
<b>BOOKINGS FOR 2022/3</b>				
Baywater Village	Sedgefield	15-19 Aug	2 bedroom	R2760
Baywater Village	Sedgefield	29/8 – 2 Sep	1 bedroom	R1840
Placid Waters	Sedgefield	22-26 Aug	2 bedroom	R2300
Placid Waters	Sedgefield	12-16 Sep	1 bedroom	R1840
Brookes Hill	Port Elizabeth	22-26 Aug	1 bedroom	R2300
Sunshine Bay	Jeffreys Bay	19-23 Sep	2 bedroom	R1380
Sunshine Bay	Jeffreys Bay	19-23 Sep	2 bedroom	R1380
Beacon Isle	Plettenberg Bay	15-20 Aug	Studio	R1725
Strand Pavillion	Strand	16-20 Jan	Studio	R3220
Strand Pavillion	Strand	16-20 Jan	Studio	R3220
Tableview Cabanas	Blouberg	16-20 Jan	Studio	R2760
Tableview Cabanas	Blouberg	16-20 Jan	Studio	R2760
Royal Atlantic	Sea Point	16-20 Jan	1 bedroom	R3680

Royal Atlantic	Sea Point	16-20 Jan	1 bedroom	R3680
Royal Atlantic	Sea Point	24-28 Oct	1 bedroom	R3680
The Aloes	South Coast	22-26 Aug	2 bedroom	R1840
Dolphin View	Umdloti	22-26 Aug	1 bedroom	R1840
Dolphin View	Umdloti	5-9 Sep	Studio	R1380
Dolphin View	Umdloti	5-9 Sep	1 bedroom	R1840
Cayley Lodge	Drakensberg	15-19 Aug	Studio	R2300
Cayley Lodge	Drakensberg	15-19 Aug	Studio	R2300
Drakensberg Sun	Drakensberg	16-20 Jan	1 bedroom	R4140
Dikhololo	Brits	1-5 Aug	2 bedroom	R1380
Dikhololo	Brits	22-26 Aug	2 bedroom	R1380
Dikhololo	Brits	5-9 Sep	2 bedroom	R1840
Dikhololo	Brits	12-16 Sep	3 bedroom	R2300
Mabalingwe	Bela Bela	24-28 Oct	Studio	R2760
Dunkeld Country	Dullstroom	5-9 Sep	3 bedroom	R2300
Dunkeld Country	Dullstroom	5-9 Sep	3 bedroom	R2760
Crystal Springs	Pilgrims Rest	22-26 Aug	2 bedroom	R2760
Crystal Springs	Pilgrims Rest	5-9 Sep	1 bedroom	R1840
Crystal Springs	Pilgrims Rest	12-16 Sep	1 bedroom	R1840
Crystal Springs	Pilgrims Rest	19-23 Sep	1 bedroom	R1840
Waterberg Game	Limpopo	22-26 Aug	1 bedroom	R1380
Waterberg Game	Limpopo	12-16 Sep	1 bedroom	R1380
Waterberg Game	Limpopo	12-16 Sep	2 bedroom	R2300
Waterberg Game	Limpopo	19-23 Sep	2 bedroom	R2300
Seasons Spa	Brits	15-19 Aug	3 bedroom	R2760
Seasons Spa	Brits	22-26 Aug	3 bedroom	R2760
Seasons Spa	Brits	29/8 – 2/9	3 bedroom	R2760
Hazyview Cabanas	Hazyview	16-20 Jan	2 bedroom	R3680
Hazyview Cabanas	Hazyview	16-20 Jan	2 bedroom	R3680
Hazyview Cabanas	Hazyview	16-20 Jan	2 bedroom	R3680
Hazyview Cabanas	Hazyview	22-28 Aug	2 bedroom	R1380
Hazyview Cabanas	Hazyview	29/8 – 2/9	3 bedroom	R2300
Hazyview Cabanas	Hazyview	29/8 – 2/9	2 bedroom	R1380
Hazyview Cabanas	Hazyview	5-9 Sep	2 bedroom	R1380
Waterberg Game	Limpopo	29/8 – 2/9	1 bedroom	R1380
Banana Beach	South Coast	29/8 – 2/9	2 bedroom	R1840

Banana Beach	South Coast	5-9 Sep	2 bedroom	R1840
Banana Beach	South Coast	19-23 Sep	2 bedroom	R1840
Mount Amanzi	Hartbeespoort	22-26 Aug	Studio	R1380
Mount Amanzi	Hartbeespoort	5-9 Sep	Studio	R1380
Mount Amanzi	Hartbeespoort	19-23 Sep	Studio	R1380
Sunshine Bay	Jeffreys Bay	29/8 – 2/9	2 bedroom	R1380
Sunshine Bay	Jeffreys Bay	5-9 Sep	2 bedroom	R1380
Sunshine Bay	Jeffreys Bay	12-16 Sep	2 bedroom	R1380
Sunshine Bay	Jeffreys Bay	19-23 Sep	2 bedroom	R1380

**NOTE 1: The above prices include 15% VAT.**

**NOTE 2: The price is for the entire period.**

**NOTE 3: All cancellations must be made 7 weeks before check-in date.**

**NOTE 4: These are Holiday Club Regulations, to which all members MUST adhere.**

**Note: 5: In making a booking, you agree that these regulations apply to you.**

**PAYMENT: Once Renske has CONFIRMED your booking, she will submit an invoice containing SAARP's bank details. Once you have deposited the required amount in SAARP's bank account, please provide proof of payment using one of the following:**

Fax : 021 592 1284

E-mail: [info@saarp.net](mailto:info@saarp.net)

**In addition, remember to quote your ID Number and name.**

**DO NOT PAY ANYTHING UNTIL YOU HAVE RECEIVED THE CONFIRMATION OF THE BOOKING AND THE INVOICE**

#### NOTE

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*should readers require advice, they should consult a properly accredited and qualified specialist in the field.*

## TRIVIA

### SNIPPETS

- Social scientists have identified at least three major forces that collectively bind together successful democracies: social capital (extensive social networks with high levels of trust), strong institutions, and shared stories. Social media has weakened all three.
- A poll might speak to a couple of hundred people, maybe a thousand, or if you're L'Oreal, trying to sell skin care products in 2005, then you spoke to 48 women and claimed that they work.
- The colour white is by some margin (nearly half of all vehicles) the most popular vehicle colour in South Africa, followed by silver, and grey.

### MAKES YOU THINK

“There is no intellectual exercise that is not ultimately pointless.”

**How Dictionaries Define Us: Margaret Boyle and Ilan Stavans in Conversation  
March 30, 2022**

### A THOUGHT FOR TODAY

This habit of forming opinions, and acting upon them without evidence, is one of the most immoral habits of the mind. As our opinions are the fathers of our actions, to be indifferent about the evidence of our opinions is to be indifferent about the consequences of our actions.

James Mill, philosopher (6 Apr 1773-1836)

### Ray Hattingh

PS If your solution is complex, you don't understand the problem.

**Contact us at SAARP Tel: 021 592 1279**

**Fax: 021 592 1284**

**Call us and we'll call you back to save your phone bill**

**e-mail: [info@saarp.net](mailto:info@saarp.net)**

**Or see it all at [www.saarp.net](http://www.saarp.net)**

**adding life to your years**