



SAARP
NEWSLETTER
Number 136
March 2018

adding life to your years

Madness is rare in individuals, but in groups, parties, nations, it is the rule.
Nietzsche

WATER IS LIFE – SAVE IT

Besides Cape Town, there are the other 11 cities most likely to run out of water.
The most serious so far has been São Paulo, Brazil's financial capital and one of the 10 most populated cities in the world. In 2015 their main reservoir fell below 4% capacity.

Water is NEVER going to be as plentiful as in the past. Changing weather cycles, increasing population and bad past water management are all factors.

SAARP NEWS

SAARP WEBSITE - Changes

Free Membership JOIN NOW!

NEW love reading?

Where is your WILL? is it up to date?

Want a 5 day break for as little as R1026?

Want to save up to R800pm on your insurance?

Retirement Guide

We have loaded a couple of short stories for those who enjoy them. The feedback so far is positive so we will continue to add new ones.

POWER OF ATTORNEY – It can be voided

It is a common misconception, especially amongst the aged and vulnerable, that a Power of Attorney is an enduring document. This is not so. South African Law does not provide for an Enduring Power of Attorney.

Once the person granting a Power of Attorney is declared non-compos mentis the Power of Attorney becomes null and void.

Executing it, even unwittingly, under these circumstances would be illegal and the legal implications could be enormous. Ignorance of the Law is no defence.

IDENTITY NUMBERS

When communicating with us please remember to quote your SAARP membership number - which is your South African ID number or your Passport number for non-residents. We have nearly 90,000 members, many with the same initials and surnames.

SAARP SOCIAL CLUBS

HIKING – PE West

Following the democratic elections in 1994, with Mandela our President, and South Africa winning the Rugby World Cup in 1995, this group was formed. It has thrived to include around 50 *active* members, mostly ladies, who hike each Thursday at 09.00 at any one of seventeen *safe* venues, in and around Port Elizabeth. Two groups of walkers complete a shorter walk of 5km, or a longer walk of 8km on each outing, followed by a braai, pub lunch or picnic. A nominal R5 per person is collected for the braai or venue. A third of the outings are low tide beach walks, and two thirds inland bush walks. Over the years some outings have been removed from our 6 month schedules for safety reasons. We believe we are perhaps the only local club that caters for reasonably fit older persons walking at about 4km per hour. Bush fires and drought have changed some of the venues to bare, soft-sand landscapes. But to see the recovery of growth against the odds is one of nature's incredible abilities.

Safety being our priority all members are required to carry personal details/medication, in case of emergency, walk in groups, and obey the hike leader on the day. A few venues may include rangers for our protection. **We walk for the great outdoors, the camaraderie and our health.** It is wonderful to share the great outdoors with like-minded people, under the auspices of SAARP; a well-run and caring association. Jaynee Levy in her complete guide to **Walks & Trails** in Southern Africa included this profound piece about trails:

Trails are not dust and pebbles on a hill - not even grass and wild buds by a lake; Trails are adventure and a hand to still the restless pulse of life when men would break their minds with weight of thinking. Trails are peace - the call to dreams, the challenge to

ascent; Trails are the brisk unfolding of release - from bitterness and from discouragement. Trails are the random writing on the wall - that tells how every man, grown tired at heart - of things correct and ordered, comes to scrawl - his happy hour down - then goes to start - life over with new eagerness and zest. Who builds a Trail finds labour that is rest! (Trails by Helen Frazee-Bower.)

Alan Hancock.

SAARP SERVICES

LIFESTYLE CRUISES - Mystical Scottish Highlands

Package 1 - SUPREME BLISS

Exhilaration and relaxation to be experienced on holiday on board Norwegian Cruise Line's newest and most incredible floating resort, Norwegian Bliss.

9 NIGHTS CRUISE HOLIDAY PACKAGE

Package Includes:

Return Flights and Taxes from Johannesburg

2 Nights Hotel Stay in Miami

7 Nights Full Board Cruise on the **Brand New Norwegian Bliss**

Gratuities, Port Taxes & Baggage Charges

Selected Transfers

Departure Date: 12 December 2018

Cruise Itinerary

MIAMI UNITED STATES | ST.THOMAS UNITED STATES | TORTOLA BRITISH VIRGIN

ISLANDS | NASSAU BAHAMAS

MIAMI UNITED STATES

Prices from **R 39 999** per Person Sharing

Package 2 - Majestic Voyage Barcelona to Rio

Like an enchanted fairy-tale castle, Costa Favolosa is surrounded by magic, decorated with precious materials and furnishings and perfected by state-of-the-art technology.

Soaring, gothic-style spaces welcome guests to an atrium enriched with sparkling diamond-shaped decorations and regal entertainment at any time of the day or night.

22 Night Cruise Holiday Package

Package Includes:

Return Flights & Taxes from Johannesburg

1 Nights Hotel Stay in Barcelona, Spain

19 Nights Full board Cruise on Costa Favolosa

1 Nights Hotel Stay in Rio De Janeiro, Brazil

Gratuities, Port Taxes & Baggage Charges

Selected Transfers

Departure Date: 18 November 2018

Cruise Itinerary

Barcelona, Spain | Savona, Italy | Marseille, France | Malaga, Spain | Casablanca, Morocco | Funchal, Madeira | Tenerife, Canary Islands | Recife, Brazil | Maceio, Brazil | Salvador De Bahia, Brazil | Ilheus, Brazil | Rio De Janeiro, Brazil

Prices from **R 34 999** per Person Sharing

SAARP CAR RENTAL – Explained

We find that it is necessary for people to do bookings directly, especially as rates certainly do not remain static and we do not want to bounce around interfacing between our members and the various car hire companies. Try the following:

1. We have entered into an agreement with First Car who offer you good rates. Just click on the First Car Logo on www.saarp.net and follow the instructions.

For those who have not yet discovered the magic of computers (they are part of our lives) telephone their central reservations office and quote the referral account number and the rate code when making your booking, to obtain the correct rate. The referral account number is SAA004R & the rate code is **SAARPH. The call centre number is: 0861 178 227. [** = asterisk, asterisk]

2. CAR HIRE – CAR HIRE BROKERS (Was HOLIDAY Autos). Contact 011 657 3600. IMPORTANT: Quote your SAARP membership number (Your ID Number)

3. Whilst booking a long way ahead is a good way to ensure that you will have a car available on the date required, rechecking the rates and what other offers are available closer to the time that you will be travelling is essential to ensure you are getting the best value for money. The car hire industry is notorious for being able to make quick changes in rates for whatever reasons: for example especially large conferences and the like sometimes means that there could be a glut of cars in a particular area at a particular time, and then the hire companies could temporarily offer extra special or unusually large discounts off their normal rates to move the vehicles. This makes even special rates look expensive. Keeping track of your value proposition is therefore essential – it is most frustrating to find out later that you could have saved yourself more money by making a call or two shortly before using the rental service you booked.
John Benwell, CEO

SPECSAVERS

Swipe your Clicks Card and earn points a Specsavers.

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.*

RESORT	AREA	DATE	UNIT	PRICE
Hazyview Cabanas	Hazyview	23-27 July	2 bedroom	R1 710
Dolphin View	Umdloti	18-22 June	1 bedroom	R3 420
Tableview Cabanas	Blouberg	11-16 June	1 bedroom	R1 368
Tableview Cabanas	Blouberg	18-22 June	Studio	R1 026
Tableview Cabanas	Blouberg	18-22 June	2 bedroom	R1 710
Drakensberg Sun	Drakensberg	18-22 June	1 bedroom	R3 078
Kiara Lodge	Clarens	18-22 June	1 bedroom	R3 078
Dikhololo	Brits	4-8 June	2 bedroom	R1 368
Dikhololo	Brits	3-7 Sep	2 bedroom	R1 368
Pebble Beach	Uvongo	23-27 July	1 bedroom	R1 368
Midlands Saddle & Trout	Drakensberg	3-7 Sep	1 bedroom	R2 394
Midlands Saddle & Trout	Drakensberg	10-14 Sep	1 bedroom	R2 394

NOTE 1: The above prices include 15% VAT.

NOTE 2: The price is for the entire period.

NOTE 3: All cancellations must be made 11 (eleven) weeks before check-in date.

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: vanessa@saarp.net

And remember to quote your ID Number and name.

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

HEALTH

BLOOD PRESSURE - Diet against It by Dr James Scala

I came across this 1990 edition in a second hand bookshop many years ago. I have tried to follow his guidelines, with some success, I like to think.

EATING OUT GUIDELINES

While basic menus are easy to prepare at home once you've got the hang of it, eating out is not the same. Restaurants often serve meals prepared and frozen in central kitchens, salt gets added to many items, and sauces often come from institutional-size cans. In general, the amount of sodium and potassium in restaurant food is simply not known. But you can wade through the uncharted minefields of restaurants and cafeteria food without your own personal dietician. All you've got to do is prepare a list of Do's

and Don'ts and questions to ask as you survey your choices. You'll be able to maintain your health and not emerge as a person nobody wants to dine out with.

DON'TS

DON'T eat bread or rolls, not even one slice.

DON'T eat cheese, cheese sauces, or cheese on any foods, including salad.

DON'T order sauces or gravy on any foods, DON'T order foods requiring sauce.

DON'T order foods fried in batter, such as breaded veal, squid, chicken, or fish.

DON'T order fried foods unless they are simply fried in oil with no salt added either before or after.

DON'T order pies, cakes, mousse, or puddings for dessert. DON'T use enhancers such as Worcestershire sauce.

DON'T eat rice in restaurants; it's always salted.

DON'T eat soup in restaurants.

DOS

DO order fish, chicken, meat grilled without breading. This includes hamburgers (no cheese) that are all meat.

DO eat chicken without skin and do not use any sauces.

DO eat steamed, boiled, or even fried vegetables if they are not tinned and salt is not added in cooking.

DO always eat a salad and two fresh vegetables with lunch. An excellent selection is an ungarnished baked potato. You can enhance it with sour cream, unsalted butter, or unsalted margarine. A better approach is to use lemon juice.

DO have avocado for a starter or get an artichoke and eat it with oil and vinegar.

DO use vinegar and oil in your salad; no substitutes.

DO eat fresh fruit for dessert, or tinned fruit if fresh is not available.

WHAT TO DRINK?

Alcohol must be seriously limited (Chapter Six). The goal is to drink sociably and not excessively. It is best not to take an alcoholic drink at noon, but if you must, wine spritzers (wine with soda) are good because they make a little wine go a long way. I strongly urge you to restrict yourself to the equivalent of one glass of wine daily. That translates to a glass of wine, one mixed drink, or a can of beer. The best approach is to learn control and decide what meal is enhanced best by the glass of wine.

The best drinks are mineral water with a twist of lemon and iced tea with lemon. Fruit juice is also excellent. Tea or coffee is good after lunch, but perhaps not after dinner for some. Soft drinks are generally fine, but only in moderation—consuming too many will significantly contribute to daily sodium.

STRESS - Why it makes you fat

There is mounting evidence that stress plays a significant part in weight gain.

Chronic stress disrupts our sleep and our blood sugar levels. This leads to increased hunger and comfort eating. And that then leads to further disrupted sleep, even higher levels of stress and even more disrupted blood sugars. In time, this can lead not only to unhealthy levels of body fat, but also to type-2 diabetes. Our blood sugar levels rise when we eat and, in a healthy person they quickly return to normal. But when stressed our blood sugar levels take up to three hours to return to normal - some six times longer than when we are unstressed. The reason this happens is that when you are stressed, your body goes into "*fight or flight*" mode. Your body thinks it is under attack and releases glucose into your blood to provide energy for your muscles. But if you don't need that energy to run away from danger, then your pancreas will pump out insulin to bring those blood sugar levels back down again. These rising levels of insulin and falling blood sugars will make you hungry - which is why you crave sugary carbs when you are stressed. A bad night's sleep has much the same effect. A recent study carried out by researchers at King's College, London found that if you deprived people of sleep they would consume, on average, an extra 385kcal per day, which is equivalent to the calories in a large muffin. Children also get the munchies when they haven't had enough sleep. In another recent study, researchers took a small group of three- and four-year-olds (all regular afternoon nappers) and not only deprived them of their afternoon nap, but also kept them up for about two hours past their normal bedtime. The following day, the children ate 20% more calories than usual, particularly more sugar and carbohydrates. They were then allowed to sleep as much as they wanted. The day after that, they still consumed 14% more calories than normal.

BBC

TECHNOLOGY

SOCIAL MEDIA – It has a worrying impact on sleep

Today's teens and tweens have built up an impressive amount of daily screen time and it starts early. A third of UK children have access to a tablet before they are four. It's no surprise, then, that today's youngest generations will be exposed to (and no-doubt join) the social networks their elders already use. Over three billion of us are now registered on a social network, many of us on more than one. We spend a lot of time there - US adults spend an average of 2-3 hours a day. This trend is now exposing some worrying results and, staying hot on the heels of social-media's popularity, researchers are interested in the impact it is having on many aspects of our health, including sleep, the importance of which is currently gaining unprecedented attention. So far it does not look good. We're now coming to terms with the fact that social media has some clearly negative impacts on our sleep and with that, our mental health.

When considering a link between social media and depression researchers expected there to be a dual effect – that social media might sometimes alleviate depression, and

sometimes exacerbate it, results which might plot out nicely in a “*u-shaped*” curve on a graph. However, a survey of almost 2,000 people revealed something much more surprising. There was no curve at all, the line was straight, and in an undesirable direction. Put another way, an increase in social media is associated with an increase in the likelihood of depression, anxiety, and a feeling of social isolation.

What is unclear, however, is the exact causal direction: does depression increase social media use, or does social media use increase depression? It appears that it could be working both ways, making it even more problematic as there’s a potential for a vicious cycle. The more depressed a person is the more social media they might then use, which worsens their mental health further.

In a September 2017 study of over 1,700 young adults found that when it comes to social media interaction, time of day plays a fundamental role. Engagement during the last 30 minutes before bed was found to be the strongest indicator of a poor night’s sleep. This was completely independent of the total amount of time of use in the day. Something about keeping those last 30 minutes tech-free, it seems, is crucial to a restful slumber. We should all ring-fence particular times throughout the day in which we can distance ourselves from our screens. If you were on your phone before bed last night, and you feel a bit groggy today, it may be in your control to fix it. You may well sleep better if you put your phone away.

SCIENCE

TASTE – A changing phenomenon

The chairman of the otolaryngology department at the University of Mississippi has set my mind at ease. I’ve long wondered why foodstuffs I used to love no longer hold any attraction. For example, the love of steak may have been supplanted by the desire to have salmon instead. Our “tastes” change due to many factors of which diminishing taste buds are only part of the story. Our nose’s olfactory neurons, which pick up aroma molecules, also lose their regenerative abilities over time. Plus, changing tastes are partially evolutionary, bitter receptors, good for detecting toxins, wane after the *put-everything-in-your-mouth* toddler stage. Medication can also have taste-altering side effects. And then there’s a matter of age. He says, “*If you can barely chew and swallow a steak that you’ve read isn’t even good for you, your brain may decide you don’t like it.*” That grey matter between our ears exercises more influence than we care to admit.

AARP

SAFETY

THE ART OF FALLING SAFELY

While avoiding a fall is first prize, knowing how to fall is crucial. Alexa Marcigliano, a professional stuntwoman has a four-point plan for a safe crash landing.

Firstly, stay bent. The moment you sense you've lost your balance, get ready to fall with bent elbows and knees. *"When people panic, they become rigid. In the stunt world, we never reach out with locked arms. Bend your elbows and have some give in your arms to soften the impact."* When you're rigid, you're more likely to suffer a set of injuries called FOOSH—doctor-speak for *"fall on outstretched hand."* The result is often a broken wrist or elbow.

Secondly, protect your head. If you're falling forward, be sure to turn your face to the side. Falling backward? Then tuck your chin to your chest, so your head doesn't hit the ground.

Thirdly, land on the meat. *"One of the things we try for in stunt falls is landing on meaty parts of your body—the muscles in your back, butt or thighs. Not bone."* If you keep your knees and elbows bent and land on muscle, you'll be less likely to crack your elbows, knees, tailbone or hips.

Finally, keep falling. Your instinct will be to stop your body as quickly as you can. But your safest route is to keep rolling. Indeed, the more you give in to the fall, the safer it will be. *"Spread the impact across a larger part of your body; don't concentrate impact on one area."* The more you roll with the fall, the safer you'll be.

Michael Zimmerman, AARP, The Magazine

LONGEVITY AND WORK

WORKFORCE – New Zealand

Like most Western countries the over 65 workforce is predicted to keep growing.

In 2016 the percentage of the workforce over 65 was 6.54%

By 2036 it is expected to reach 10.98%

WORKFORCE – United Kingdom

The proportion of those aged 65 and over who work has almost doubled since records were first collected. There were 10.4% (1.19 million) aged 65 and over in employment in the period for May to July 2016. In the same period for 2006, 6.6% (609,000) of the 65+ population had a job. In March to May 1992 (when records first began), just 5.5% (478,000) were in employment.

AGE – And pensions

“ . . . have some sympathy with the striking college lecturers. They didn't have big pensions to look forward to in the first place. But they are not alone. As we grow healthier and longer-lived, there is a creeping pension's crisis almost everywhere. We need a new social categorisation — Hedips (healthy enough to die poor).”

The Spectator

NEWS

MOSQUITOS - Top tips to keep them at bay

- **Keep windows closed** - After dark, keep windows and doors closed or block out the light with curtains.
- **Insect screens** - Fit fly screens to windows.
- **Clear up** - Clear up dead mosquitoes, as they provide a tasty snack for other pests such as carpet beetles.
- **Cover water** - Cover water butts with well fitted lids to prevent mosquito larvae in the water.
- **Eliminate standing water** - Do not leave standing water (in watering cans for example) as this gives mosquitoes a good place to breed.
- **Encourage natural predators** - If you have a garden pond, think about getting some goldfish as they will eat mosquito larvae.
- **Natural repellents** - Try natural repellents such as citronella, neem oil, peppermint oil, lemon eucalyptus oil, witch hazel, garlic, lavender and vanilla extract.

Rentokil

DISEASES – Ones we share with animals

The list of diseases shared with domesticated animals and the farmstead is quantitatively striking. In an outdated list, now surely even longer, we humans share twenty-six diseases with poultry, thirty-two with rats and mice, thirty-five with horses, forty-two with pigs, forty-six with sheep and goats, fifty with cattle, and sixty-five with our much-studied and oldest domesticate, the dog. Measles is suspected to have arisen from a rinderpest virus among sheep and goats, smallpox from camel domestication and a cowpox-bearing rodent ancestor, and influenza from the domestication of waterfowl some forty-five hundred years ago. The generation of new species-jumping zoonoses (a disease which can be transmitted to humans from animals.) grew as populations of man and beasts swelled and contact over longer distances became more frequent. It continues today. Little wonder, then, that southeast China, specifically Guangdong, probably the largest, most crowded, and historically deepest concentration of Homo sapiens, pigs, chickens, geese, ducks, and wild animal markets in the world, has been a major world petri dish for the incubation of new strains of bird and swine flu.

Scott, James C. Against the Grain: A Deep History of the Earliest States (p. 105). Yale University Press. Kindle Edition.

SOUTH AFRICA

ROAD TRAFFIC ACT - Arrestable offenses

There is an audio clip (attached) doing the rounds again, stating that "you will be arrested on the spot if you cross over a solid (barrier) line.

This came from Road Traffic Management Corporation (RTMC) Makhosinin Msibi, back in 2015 who said that South African motorists will be arrested on the spot for several traffic offences including failing to wear a seatbelt, and driving without a license or expired vehicle license disc.

As Howard Dembovsky from JPSA (Justice Project South Africa) has correctly pointed out, **these are the offenses you can actually be arrested for:**

- **Driving under the influence alcohol or drugs. This also applies if you occupy the driver's seat while under the influence, and the engine is running.**
- **Operating a vehicle recklessly.**
- **Exceeding the speed limit by 40km/h or more. This applies to the general speed limit, and speed limits prescribed by signs.**

It should be noted that the above traffic crimes are generalised summaries of 11 criminal offences listed in the AARTO regulations.

Arrive Alive

TAX

BUDGET - SARS 2018

Sin tax increases

- 28c on 750ml unfortified wine
- R4-80 on 750ml bottle of spirits
- 15c on a 340ml can of beer
- 15c on 340ml ciders and alcoholic fruit drinks
- 73c on 750ml bottle of sparkling wine
- R1-22 box of 20 cigarettes

VAT from 14% to 15%

Estate Duties from 20% to 25% (Estates > R30 million)

SAARP SERVICES

Please go to 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

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

Or see it all at www.saarp.net

SAARP, its suppliers, publisher, printer and contributors do not have any intention to provide specific medical or other advice but rather may provide readers with information in terms of its rights under the Constitution of South Africa. Information provided here is not a substitute for professional advice of any nature, more particularly medical advice, care, diagnosis or treatment, neither is it designed to promote or endorse any medical practice or treatment, programme or product. It is placed on record that SAARP does not endorse or recommend any product advertised or mentioned on or in any of our publications. Additionally and similarly, SAARP does not offer professional advice in any area, including, but not limited to, law and finance. In all cases, should readers require advice, they should consult a properly accredited and qualified specialist in the field.

TRIVIA

SNIPPETS

- Almost 80 years after its introduction, a few hundred DC-3s (Dakotas) are estimated to still be flying worldwide. That's kind of unbelievable in an age when dozens of younger types of airliners have already retired to aviation boneyards. The last one came off the production line in 1946. How many 1946 cars are still in daily use?
- Health benefits of nectarines include better cellular functioning and improved cardiovascular and digestive health. The antioxidant defence mechanism of nectarines may prove effective in combating major conditions such as obesity-related complications, macular degeneration, and cancer. Consumption of multi-nutrient rich nectarine helps in strengthening the immune system, promoting youthful skin and is an excellent snack option during pregnancy and otherwise.
- In 1978 Richard Nixon purportedly asked a Chinese leader if he thought that the French Revolution was a success. He replied, ***"It is too soon to tell."***

AN INTERESTING BLOG

About Us

Leighmond is a blog that attempts to share the life and points of view in life of Leigh and Mond. For the most part, the blog would like you to have a glimpse of how a man thinks about a certain topic, issue, photo or whatever media or situation – this is Mond's part when we write, "He says." On the other end of the spectrum, Leigh will have her share of thoughts when we write, "She says."

For instance, when talking about our age,

He says, "She is 2 years older than me."

And,

She says, "He is 1 year younger than me."

When asked again, an explanation will follow,

He says, "I was born October 1981, and she was born January 1980. If you count the months, she is older by 22 months, or almost 24 months (or 2 years) which makes it 2 years older."

And,

She says, "He was born in 1981. I was born in 1980. $1981 - 1980 = 1$ year. "

So anyway, this is the flavour of our blog, the purpose is not to stress the correct view but really, **just to make people see that men and women think differently**, but even so, at the end of the day, what matters is in disagreement, both of you agree. And, life is so much fun! In marriage and relationships, uniqueness marries diversity.

<https://leighmond.wordpress.com/about/>

REMEMBER - Learning to count (pre-computer)

One, Two, Buckle my shoe; Three, Four, Knock at the door;

Five, Six, Pick up sticks; Seven, Eight, Lay them straight:

Nine, Ten, A big fat hen; Eleven, Twelve, Dig and delve;

Thirteen, Fourteen, Maids a-courting;

Fifteen, Sixteen, Maids in the kitchen;

Seventeen, Eighteen, Maids in waiting

Nineteen, Twenty, My plate is empty.

FOOD FOR THOUGHT

I used to practice archery at the Berea Park Range in Pretoria.

One day I observed the most beautiful red rose way behind the targets. I must obviously have been pushing through the corrugated fence because there was no rose bush in front of it.

When I was packing up I decided to walk over and look at it close up - it was a "lump" of bright red rust on the metal.

COMMENT

As always both accessible and iconoclastic, Taleb challenges long-held beliefs about the values of those who spearhead military interventions, make financial investments, and propagate religious faiths. Among his insights:

- Ethical rules aren't universal. You're part of a group larger than you, but it's still smaller than humanity in general.
- Minorities, not majorities, run the world. The world is not run by consensus but by stubborn minorities imposing their tastes and ethics on others.
- You can be an intellectual yet still be an idiot. "Educated philistines" have been wrong on everything from Stalinism to Iraq to low-carb diets.
- Beware of complicated solutions (that someone was paid to find). A simple barbell can build muscle better than expensive new machines.
- True religion is commitment, not just faith. How much you believe in something is manifested only by what you're willing to risk for it.

Skin in the Game: Hidden Asymmetries in Daily Life by Nassim Nicholas Taleb

Ray Hattingh

PS *Only the madman is absolutely sure.*
Robert Anton Wilson, novelist (18 Jan 1932-2007)

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

Or see it all at www.saarp.net

adding life to your years