



# IRENE NEWS

16 August 2021

No 34 – 2021



## SPAR WOMEN'S CHALLENGE

Thank you to all our members who entered for the Spar virtual race. we finished with 150 entries.

Congratulations to Belinda Hudson who was our recruitment winner. She entered a total of 15 people. She will receive free club membership for 2022. Thank you to all our members who recruited people to enter.

We plan to give all the entrants the opportunity to do their run/walk from the club house on 4 September if they so wish. We will keep you posted.



## TRAIL RUN

Join the trail run on Saturday

### ARC IRENE

#### HYBRID EXERCISE

#### RUN/WALK

**STAGGERED STARTS & REGISTRATION**  
**AVAILABLE FROM 07H00 TILL 09H00**

JOIN US FOR AN OUTDOOR EXERCISE RUN/WALK.  
STRICT COVID REGULATION COMPLIANCE MEASURES WILL BE IN PLACE.  
SOCIAL DISTANCING, SANTIISING AND MASKS ARE COMPULSORY

**CHOOSE BETWEEN A ROAD RUN/WALK**  
**OR A TRAIL RUN/WALK**

**ROAD:** 5km~R75 / 10km~R95 / 15km~R115 / 21km~R125  
**TRAIL:** 2km~R55 / 5km~R75 / 10km~R95 / 15km~R115 / 21km~R135  
*Under 13 yrs & over 60 yrs only pay R30 (no surcharge applies)*  
**ON-THE-DAY ENTRIES CARRIES A R25 SURCHARGE**

ALL FINISHERS RECEIVES A MEDAL

**ENTER @**  
**WWW.REVOLUTIONTRAILS.CO.ZA**

**VENUE:**  
**ARC IRENE CAMPUS**  
IRENE ATHLETICS CLUBHOUSE  
NELMAPIUS DRIVE, IRENE, CENTURION


**DATE AND TIME**  
**21 AUGUST '21**

**STRICTLY**  
**NOT**  
**PET FRIENDLY**

**REVOLUTION TRAILS**

For more information contact  
Glizelle @ 083 264 3931 or revolutiontrails@gmail.com

## ADMIN DESK

	Admin Desk Availability during August:		
	Tuesday	10 August '21	17:00 – 18:00
	Tuesday	17 August '21	Closed
	Tuesday	24 August '21	17:00 – 18:00
	Tuesday	31 August '21	Closed

## JUMPING KIDS

We had a very good relationship with Jumping Kids in the past and as always, they depend on the public for donations to carry on with their good work. Members are welcome to donate if they feel like it: <https://www.backabuddy.co.za/jumping-kids-fundraising>

### ABOUT JUMPING KIDS

#### Technology has come a long way to enable amputees.

Most young South Africans living with amputation are limited more by health policies and the high cost of prosthetic equipment than by their actual physical ability. At Jumping Kids, the dream is to provide affordable prosthetic solutions geared for optimum results while boosting awareness and advocating for change. It is not enough to merely fit a child with a prosthetic. We believe access to the equipment should translate into access to better education and sport. This is achieved by following a multi-disciplinary approach to ensure the children's long-term reintegration as valuable members of society.

#### Jumping Kids Is Ability!

The technology and expertise required to assist young South Africans living with lower limb amputations already exists.

There is a new way of prosthetic manufacture that does not compromise on quality. A below knee prosthetic is made in four steps using eight components while actual fitment can take as little as 45 minutes.

This revolutionary method – combined with a holistic approach to rehabilitation – present children living with amputations with a new lease on life and a chance to shine.

Potential candidates are referred. Once part of the program, beneficiaries remain on it for a minimum period of one year during which regular consultations are necessary to ensure continued optimal performance.

Currently Jumping Kids works with close to 80 children, aged 1 to 18, from Gauteng, North West Province, Mpumalanga, Kwazulu-Natal, Western Cape, Zimbabwe and Gabon.

The initiative is supported by the generosity of volunteers, sponsors, donors, organisations and friends that include some of the country's top athletes.

Securing the funds necessary to service the children currently part of the program is an ongoing challenge. Jumping Kids relies on corporate social investment to achieve its mandate.

Ultimately, our goal is to support child amputees throughout their formative years to the completion of high school. We believe that access to prosthetic equipment should translate into access to quality education.

Access to sport is another important pillar of the Jumping Kids vision. Our kids are encouraged to participate and access to para-sport at the highest level has produced many success stories. The dream is to establish a Center of Excellence focused on sport as reintegration tool. The bigger dream is to expand our vision and to make affordable prosthetic solutions and methods available to more children in Africa by engaging in knowledge-transfer initiatives with representatives from the SADC region.



## Jumping Kids is Education

Access to mobility means  
access to education.

**jumping**  
kids  
IS ABILITY

  
**the sweat shop**  
SPECIALIST • SPORTS • SHOES

## **PERSONALIA**

Congratulations to the following members who celebrate their birthdays during the week:

Byron	Forsberg	17 Aug
Merinda	Kamfer	18 Aug
Johann	Stadler	18 Aug
Nico	Basson	21 Aug
Vicki	du Toit	22 Aug
Jacques	Odendaal	22 Aug



Website: [www.csi-euf.co.za](http://www.csi-euf.co.za)

Tel: 011 805 6316

## **THOUGHT FOR THE WEEK**

To avoid criticism, do nothing, say nothing, be nothing.



# **JOINT****Eze**<sup>TM</sup>

## PHOTO CORNER



Henk Basson and Joy Dekker after their time trial on Tuesday



Ann Eckard and Suzanne van Vuuren



Gerard van den Raad with a broken toilet basin. It will be fixed on Tuesday ladies!