



# IRENE NEWS

17 August 2020

No 32 - 2020



## **ZOOM WINE TASTINGS**

Since shops are open now the first zoom wine tasting has moved to next week Tuesday.

## **CELEBRATE 40 (ZOE SCHOLTZ)**

On 31 December 2019 I did what I usually did on New Year's Eve and welcomed in 2020. A new year, full of opportunity and possibility. Never for one second did I imagine that we would spend a significant portion of 2020 trying to avoid an unseen yet deadly enemy.

Blissfully unaware of what lay in wait, my husband and I made plans for September 2020. My birthday is on 20 September and this year I would turn forty, so we had big plans to celebrate.

Sadly we had to cancel our plans as a result of restrictions imposed due to the global pandemic and for a while I felt very sorry for myself. Then it dawned on me, there was a way to celebrate and perhaps it could be even better than I had initially anticipated.

Instead of feeling miserable about what we can't do, I decided to be positive about what we can do. A birthday is meant to be a celebration of life. Is there any better way than by doing what we all love? The #celebrate40 challenge was borne from this concept and is meant to be exactly what the name says, a celebration of life. A way for us to come together to find joy in the simple things and to create happy memories.

Your entry fee scores you a pair of awesome Versus socks and the proceeds will go to help Care for the Wild Rhinos.

Please share #celebrate40 challenge photos of to the Irene Facebook page

#celebrate40

See the flyer on the next page.



ONLY IN GAUTENG

COMPLETE THE CHALLENGE  
BETWEEN 14 & 20  
SEPTEMBER 2020

# VIRTUAL QUEST

PUSHING VIRTUAL LIMITS

JOIN THE  
#CELEBRATE40  
CHALLENGE

40KM/4KM  
WALKING/RUNNING  
IN 4 DAYS VIRTUAL RACE

REGISTER AND COMPLETE THE  
VIRTUAL RACE AND RECEIVE  
**COOL SOCKS!!**

REGISTER:

[HTTP://VIRTUALQUEST.CO.ZA/SPORTS](http://virtualquest.co.za/sports)

ENTRIES OPEN 1ST AUGUST AND  
CLOSES 29TH AUGUST 2020  
ENTRY FEE R150.00

## #CELEBRATE40 CHALLENGE

4 DAYS TO RUN OR WALK:  
4KMS OR 40 MINUTES OR 40KM  
IN YOUR **FUNKY SOCKS**



**CARE** for WILD

• RHINO SANCTUARY NPC •

A PORTION OF  
PROCEEDS GO  
TO THE CARE  
FOR WILD RHINOS



## JUSTICE LEAGUE VIRTUAL SERIES

The Aquaman run is the next race in the Justice League series. Use the Irene AC link to enter: <https://tickets.tixsa.co.za/events/26282/tag/Irene>

### Aquaman Run

6 September 2020

ENTER THE JUSTICE LEAGUE VIRTUAL RUN SERIES. JOIN YOUR FELLOW RUNNERS (OR WALKERS, CRAWLERS AND CYCLISTS) AND EXPERIENCE THE HEROICS OF COMPLETING A 2.5KM, 5KM, 7.5KM OR 10KM RUN/WALK IN YOUR VERY OWN NEIGHBOURHOOD.

**AS AQUAMAN WOULD SAY: "BY THE BEARD OF POSEIDON!" DO NOT MISS THIS SUPER OPPORTUNITY!**

People are such wonderfully adaptable beings and although many might be feeling like a fish out of the water at the moment, most are adapting fast to the current situation – even making the most out of it. Speaking of fish and people reminds one of Aquaman, adapted to both water and land. It is quite appropriate in this time of adaption to host the **Aquaman Run** – the third event in **The Justice League™ Virtual Run Series!**

Remember, whether you participate to perform or just to enjoy the walk or run, you will also be helping those in need. Helping others is what **Super Heroes** do. Participate and earn your **Super Hero** status. By taking to the road on the day of each run, wearing your **Super Hero T-shirt**, runners all over the country will show their solidarity to rise to the challenge of adapting to the changes we are facing, to help their fellow citizens and to show we will all run into a brighter future.

Participation in these virtual run/walks ensure contributions to beneficiaries such as Headstart Kids [who provide specialised, nutritional food packs to children aged 6 months to 5 years]. Relief will be given to people in need. The more entries, the more Food Packs and meals our beneficiaries can distribute.

### AQUAMAN ENTRY AND SUPER HERO KIT:

As part of entry each **Super Hero** participating will receive a Super Hero Kit

### **FOR THE AQUAMAN RUN THE KIT WILL INCLUDE:**

- Collectors Edition Aquaman Medal
- Limited Edition Aquaman T-shirt
- Limited Edition Aquaman Button Badge



## PERSONALIA

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

Merinda	Kamfer	18 Aug
Johann	Stadler	18 Aug
Ben	Marais	21 Aug
Vicki	Du Toit	22 Aug
Mike	Lundie	22 Aug
Allan	Soundy	22 Aug
Elmarie	Ackerman	23 Aug
Christine	Crause	23 Aug
Francisca	Rossouw	23 Aug
Christiaan	Visser	23 Aug



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

Tel: 011 805 6316



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REGISTERED QUANTITY SURVEYORS • GEREISTREERDE BOUREKENAARS

Members: GJ Cillie B.Sc (QS) UP, PrQS, PMAQS, MRICS | Guillaume Cillie B.Sc (QS) Hons UP, PrQS

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## THOUGHT FOR THE WEEK

Martina Navratilova was once asked, "How do you maintain your focus, physique and sharp game even at the age of 43?"

She gave a humble reply, "The ball doesn't know how old I am". You need to stop yourself from stopping yourself. Every game in life is actually played on a 6-inch ground – the space between your two ears. We don't live in bungalows, duplexes, or flats. We live in our mind which is an unlimited area. Life is great when things are sorted and uncluttered there. Keeping the mind messy with hatred growing on the table, regrets piling up in the corner, expectations boiling in the kitchen, secrets stuffed under the carpet, and worries littered everywhere ruin this real home.

The key factor to performing well in life and in every arena is the ability to control the quality and quantity of your "internal dialogue". Performance is potential minus internal interference. Live in peace, not in pieces.



## ***PHOTO CORNER***



The 3 Southdowners, Martin Struwig, Riaan Lombard and Wessel Oosthuizen seem to be very fit at this stage. They ran 42.2 km on Friday and both Martin and Riaan did unofficial PB's with Wessel doing his best time in 5 years. Well done guys!



Bheki Ndlovu is also in good shape



Jaydene Hills, Kate Mole and Vanessa Botha went hiking in Dullstroom