



IRENE NEWS

18 May 2020

No 19 - 2020



EDITORIAL

Members are requested to send in some interesting news for publication in the newsletter. No news and photos from you means that there will be no content. Please help in this regard.

IN THE MAILBOX

Hello Irene Management,

Hope you find this mail in good health and looking after yourself and your family.

I wanted to compliment you on your way you managing this pandemic and constantly being innovative as a collective. It is a great privilege to be part of this club and truly believe that we are head and shoulders above most clubs. When I read my newsletter and see what new ways you are finding to get members motivated and stay committed with training etc it shows why we are the club we are. Adding to this, keeping the members updated on the club's social drives and always finding fun ways to make our members feel they still belong and are important. This plays a vital role in our existence. **WELL DONE** and **LOVE YOUR WORK**.

I am hoping that there are plans put in place when we open where members can sanitize, practice social distancing still while enjoying the club Time Trials. The last thing you want is for those members feeling that we as a club are not taking their health seriously. Thank you for managing the club in the diligent way you are. You are doing a sterling job and **THANK YOU**.

Proud Irene Greetings

Linley



STRENGTH TRAINING

This is the ideal time now to work on your strength training. Note that Suzelle Engels, our strength training instructor is available at her practice.



SPORT
MEDICAL SERVICES

012 362-0712
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**SPORTS PHYSICIANS, GENERAL PRACTITIONERS
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COVID-19 Regulations are in place.

Jaco: 082 603 1039
Suzelle: 082 415 5019
Bronwyne: 072 839 0165

PERSONALIA

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

Ian	Cameron	18 May
Braam	Swanepoel	18 May
Zanele	Maseko	19 May
Niel	Marais	20 May
Louwrens	Smit	20 May
Annemarie	Chinchen	21 May
Carolina	van der Westhuizen	21 May
Arno	Van Wyk	21 May
Geoffrey	Brown	23 May
Tyla	Francisco	23 May
Brian	Marais	23 May
Jessica	Simmonds	23 May
Sibusiso	Sibisi	24 May



Website: 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

Count your age by friends, not years. Count your life by smiles, not tears.



PHOTO CORNER



Gerard fitted shelves to our new storage container. Great job Gerard!



MC du Toit and Anéll de Beer in their Irene outfit



Thea van Helden



Blue Hadlow and his daughter Mia