



IRENE NEWS

4 January 2021

No 1 - 2021



EDITORIAL



I trust that all of you had a wonderful break and an enjoyable festive season. On behalf of the management committee I want to wish all our members a year filled with good health, wealth and happiness. May all your dreams come true. Don't count the days in 2021, make the days count.

We are facing uncertain times with our sport this year. We don't know when we will be able to present a proper race again. The time has come for us to think out of the box and to be creative to keep running/walking alive and to get as many members as possible to be part of it.

At our next management meeting later this month we will discuss this in detail. Any suggestions from our members in this regard will be welcomed. Please reply to this email if you can come up with something.

Although the club activities are limited at this time, it is important that our members participate when possible so that we stand together as a family. We want our members to stay active.

ACHIEVEMENTS

Congratulations to Yvette van der Westhuizen and Jacquie van der Waals who have been selected for the Gauteng North Triathlon team. A great achievement indeed.

REGISTRATIONS 2021

Welcome to all our members who have registered for 2021 and especially to all the new members. We trust that you will enjoy every moment as a member of the Irene family.

Those members who haven't registered yet must do so to secure the moisture management T-shirt. Members who have registered by the end of this week will receive their T-shirts from the first batch. Don't delay.

Just go to our website www.irenerunner.co.za and follow the instructions. Please contact Maggie van Rooyen, our admin manager at admin@irenerunner.co.za if you require more information.

CLUB HOUSE

The club house will be open tomorrow from 16:00. There will be no official time trial but members are invited to come and train and enjoy each other's company. Due to the current restrictions no alcohol will be for sale.

SOCIAL

Our monthly social has been postponed until 19 January while we await further instructions with regards to the lockdown. We will keep you posted.

COVID-19 CRUCIAL INFORMATION (supplied by Dr Carolina van der Westhuizen)

● Due to the collapse of the health system, we, the health professionals, have prepared this message for the people, in case you do not want to risk going to the hospital immediately;

● Symptoms appear from the third day after infection (viral symptoms).

→ 1st phase;

● Body pain

● Eye pain

● Headache

● vomiting

● Diarrhea

Runny nose or nasal congestion

- Decomposition
- Burning eyes
- Burning when urinating
- Feeling feverish
- Scuffed throat (sore throat)

→ It is very important to count the days of symptoms: 1st, 2nd, 3rd.

- Take action before the onset of fever.

● Be careful, it is very important to drink plenty of fluids, especially purified water. Drink plenty of water to keep your throat moist and to help clear your lungs.

→ 2nd phase; (from 4th to 8th day) inflammatory.

- Loss of taste and / or smell
- Fatigue with minimal effort
- Chest pain (rib cage)
- Tightening of the chest
- Pain in the lower back (in the kidney area)

→ The virus attacks nerve endings;

- The difference between fatigue and shortness of breath:

- _Lack of air is when the person is sitting - without making any effort - and is out of breath;

- Fatigue is when the person moves around to do something simple and feels tired.

→ It takes a lot of hydration and vitamin C.

Covid-19 binds oxygen, so the quality of the blood is poor, with less oxygen.

→ 3rd phase - healing;

- On day 9, the healing phase begins, which can last until day 14 (convalescence).
- Do not delay treatment, the sooner the better!

→ Good luck everyone!

It is better to keep these recommendations, prevention is never too much!

- Sit in the sun for 15-20 minutes
- Rest and sleep for at least 7-8 hours.
- Drink 1 and a half liters of water per day
- All food should be hot (not cold).

→ Keep in mind that the pH of the coronavirus ranges from 5.5 to 8.5.

So all we have to do to eliminate the virus is to eat more alkaline foods, above the acid level of the virus.

As;

- Bananas, Lime → 9.9 pH
- Yellow lemon → 8.2 pH
- Avocado - pH 15.6
- Garlic - pH 13.2
- Mango - pH 8.7
- Mandarin - pH 8.5
- Pineapple - 12.7 pH
- Watercress - 22.7 pH
- Oranges - 9.2 pH

→ How do you know you have Covid-19 ?!

- itchy throat
- Dry throat
- Dry cough
- High temperature
- Difficulty breathing
- Loss of smell and taste

CHRISTMAS LIGHTS RUN

Thank you to all who supported the Lights Run in December. It was a huge success once again. Thank you for all the donations, it was a great effort from our members as usual.

PERSONALIA

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

Jackie	Schlebusch	05 Jan
Annemarie	Breytenbach	06 Jan
Bradley	Francis	06 Jan
Sandra	Kruger	07 Jan
Gerrit	Meerkotter	07 Jan
Giel	Cillié	08 Jan
Lenin	Sithole	08 Jan
Nadia	Oberholzer	09 Jan
Nelius	Van Rooyen	09 Jan
Candice	Van der Spuy	10 Jan



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THOUGHT FOR THE WEEK

It is better to be alone than to be in bad company.



PHOTO CORNER (LIGHTS RUN)



