



IRENE NEWS

10 August 2020

No 31 - 2020

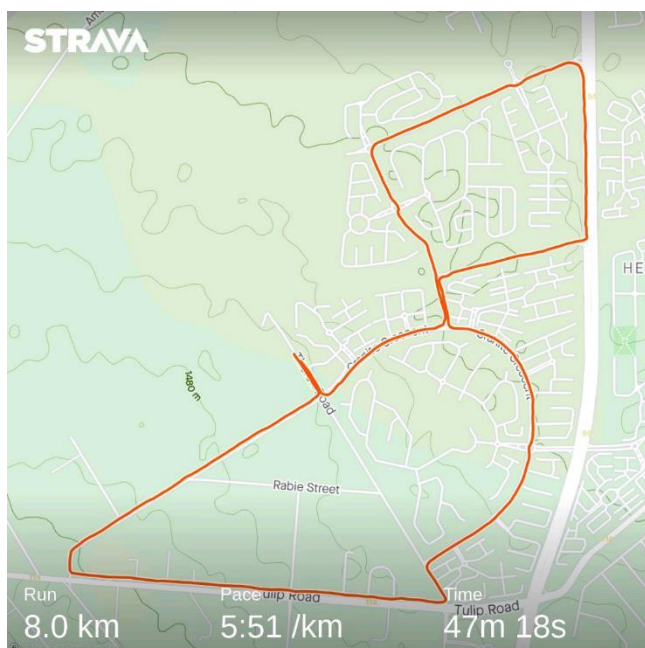


IRENE "DRAWING CHALLENGE"

The August challenge is on.

The objective is to create some kind of a picture based on the route you have run (outline of route).

Take a look at the routes you have run from different angles and see if you can make a picture from it. Joy has a great route that looks like an Ice cream Cone. Let's see if we can top that (not just with a wafer).



Distance : You decide

Route : You choose

Date : Any day between Monday 10 and Midday on Sunday 16 August.

Please post your Artwork on the Irene WhatsApp group. or send me a WhatsApp on 0824503275 or email me on keith11523@gmail.com

Have fun!

ON THE SOCIAL FRONT

Hi Everyone.

With Covid this year has been a real upside down for all of us. I am so missing the time trials and socials. Just to see all of you and to do a reality check. Hugs and visits are out so I came up with the next best thing.....

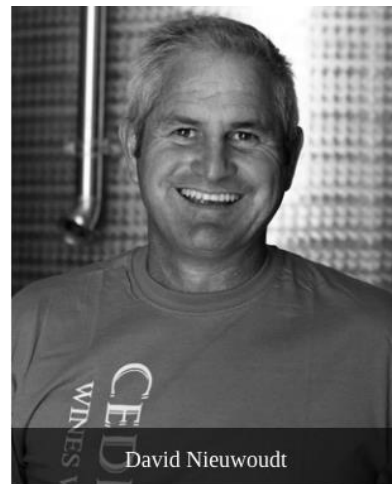
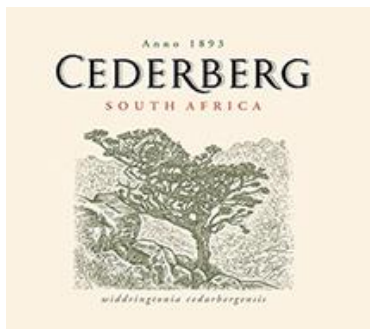
I had a business trip to the Cape where I was privileged to meet the Wine Maker and Owner of Cederburg Wine Cellars, David Nieuwoudt. Needless to say, I managed to get us some zoom Wine Tastings. I did a tasting in level 5... at first I thought it would be "weird", but it was amazing. We drank the wine we had available, and David helped us with some details on those wines. After the tasting I obviously immediately placed an order and absolutely love my wines.

We have the following dates available:

Three tastings on the 18th and 25th of August, and then again on the 1st of September.

We would be looking at 17:30/18:00 to start the tastings in the evenings.

Our taste master is the well known David Nieuwoudt



The wines presented will be from our Cederberg range crafted in the Cederberg, the Ghost Corner range produced from our vineyards in Elim and the Longavi range made in collaboration with Julio Bouchon in Chile.

Have with you a bottle or few of your own wines to enjoy We hope your lockdown stock has not yet been depleted.

Tasting notes for our wines can be downloaded via this link: <https://www.cederbergwine.com/all-wines/>

Attached is an order form to use when ordering wine after the tasting.

To place an order after the tasting you can return the completed order form to me and we will invoice you and arrange delivery once we are able to deliver again.

You will be able to order via our new online wine store and join a wine club experience as soon as wine sales are open. Any purchases you make from the evening onwards will

contribute towards your membership status in our wine club. Until then, a wine form is attached for you. I did my order and within 3 days of wine sales opening, I had my stock.

Please let me know via e-mail or WhatsApp if you wish to join in. Groups will be between 6 & 12 people. In order for everyone to have some comments.

My next plan is to arrange a trail/wine run in the Cederburg. Waterpoints will be water and wine...with the necessary accommodation available there, I can only imagine a week away there will be a blast.

Looking forward to see you all, I added the picture in case you already forgot about me 😊

Kind regards,

Thea van Helden

083 305 7181

Vanh.thea@gmail.com



PERSONALIA

Congratulations to Geoff and Megan Brown with the birth of Stuart Duncan Brown. May he be a blessing to all.



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

Marisa	Oosthuizen	12 Aug
Mark	van Deventer	12 Aug
Pieter	Erasmus	13 Aug
Yolanda	Oberholzer	13 Aug
Dieter	Meyer	14 Aug
Elana	Afrika-Bredenkamp	15 Aug



Website: www.csi-euf.co.za

Tel: 011 805 6316

THOUGHT FOR THE WEEK

Every moment is a fresh beginning.



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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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Run/Walk/Exercise for Bibles!

There is a massive hunger for the Word of God in Sudan & South Sudan.

On August 15th you can be a part of our Run/Walk for Bibles initiative!

All it takes is R5.00 to sponsor a New Testament, and R16.00 to sponsor a complete Bible. S4J would like to partner with others to print, send and deliver 60 000 New Testaments and 10 000 complete Bibles to the people of Sudan & South Sudan.

How to take part:

Make a R40.00 or more donation to the S4J Bible Project.

Confirm your donation/name & surname as your entry to norman@sudansupport.org or 083 301 6290

Run/Walk a 5/10km or do a 1 hour fitness activity.

On August 15th:

Send a photo of your Run/Walk/Fitness Activity to Nuno Thomas on 083 591 8333 by the latest 15:00.

Prizes to be won include

2x R500.00 cash prizes
5x 1 kg Delicious Barika Coffee and more.

Prizes will be allocated through a random draw and winners will be announced later that afternoon.

To Make Your Donations:

Account Name: SSNet | Account Number: 420234578 | Standard Bank, Menlyn
Branch Code: 012345 | Ref: S4JB & your name/surname | Swift Code: SBZAJ

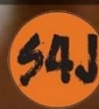


PHOTO CORNER



Suzanne van Vuuren (right) did her first 30 km with the support of her mother Blanche, and Lourensa Eckard



Rose Ramala and Nadene Visser did the Justice League Wonder Woman virtual race



The Cowley family also did the Wonder woman race.

A number of our members had fun over the weekend running in pink to celebrate woman's day. Thank you for the photos.

























