



# IRENE NEWS

24 May 2021

No 21 - 2021



## TRAIL RUNS

Come and enjoy the trail run on Saturday.

## STRENGTH TRAINING

The Monday strength classes have resumed, starting at 17:00 at the club house. Bring your own foam roller, towel/exercise mat and dumbbells. It will make you a better athlete.

## YELLOW PAGES

We want to send the first edition of the Irene Yellow pages out at the beginning of June. Send in those ads to be part of this. You will be surprised with the results.

## GLASS RECYCLING

We now have a glass recycle bin at the entrance to the club house. Please help us to save the environment and dump your empty bottles in there. You are encouraged to bring your empty bottles from home as well.

Let's work together to make a difference!

# Spaghetti Bolognaise

## R 35 each



**\*\*Limited availability\*\***

Remember that there will be braai fires available every Tuesday.

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

## ADMIN COUNTER



**ALL Irene AC members who registered before end February 2021 must please collect their t-shirts by 1 June 2021 (Social Evening).**

Those that are not able to collect, please let Maggie know at [admin@irenerunner.co.za](mailto:admin@irenerunner.co.za) to see what alternative arrangements can be made.

T-shirts not collected by 1 June 2021 will be forfeited and given to new members who also would like a t-shirt but was too late for the registration deadline.

## PERSONALIA

Sibusiso	Sibisi	24 May
Bertha	van den Raad	25 May
Grazynanna	Koornhof	25 May
Anton	Steyn	26 May
Annelie	Grundling	28 May
Joseph	Kgodumo	29 May
Werner	Grundling	30 May
Roz	Henson	30 May



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

Tel: 011 805 6316

## THOUGHT FOR THE WEEK

You have a choice. You can throw in the towel, or you can use it to wipe the sweat off your face.



## PHOTO CORNER



Puma had a great setup for their shoe promotion







Ready to try the Puma shoes



Another group showing off with their Puma shoes





Every braai fire is a beautiful fire



Ready for action





The Puma team



Linley September was the lucky winner of the Puma shoes





Ready to braai



A popular activity every Tuesday evening