



CHESHIRE HOME SUMMERSTRAND (like us on Facebook)

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- **IN MEMORY OF SUSAN HENNING**

FROM THE MANAGER'S DESK

My latest feat I wish to accomplish for Cheshire is The **Two Oceans Marathon (TOM)**. I have never done this before, it will be **my first 56km** run! Not all our residents have the privilege of using their legs, so while I'm still able to do so...I am dedicating this run to them!

WHY IS IT SUCH A BIG THING?

The first race, held on Saturday 2 May 1970, was never intended to be anything more than a training run to enable Cape Town runners to prepare for the Comrades Marathon. The **26 runners** were not aware that they were the pioneers of an event that in later years would attract more than 9 000 entrants. The entry fee for the inaugural run was a mere **50 cents** and **15 people finished** the race – Dirkie Steyn won the event in 3:55:50 and ran **barefoot!!** A year later saw the entry fee double to R1 and the number of finishers swelled to 31. The winning time being 3:42:31.

It was in 1972 when the race was officially named The Two Oceans Marathon...96 of the 115 entrants lined up on 6 May 1972 and the entry fee was doubled to R2. The winning time was 3:25:12. In 1974, the first female runner entered the TOM, a 40-year old Theresa Stadler. Her finishing time was 7:33:00 which was outside the official cut-of time, but this inspired other women to enter.

The inaugural Two Oceans **Half** Marathon took place in 1998 with 3 593 entrants. Ziyaad Dhansay who is physically disabled, crossed the line in 3:31:26. What an impressive result! It just goes to show that we need to focus on ABILITY and not disability.

Justin Cheshire won the 2018 version in 3:09:22, which is literally a sprint! It was his **first ultra-marathon**, on his **first trip outside Kenya**, after **flying in an aeroplane for the first time!** But a South African holds the record at 3:03:40 for the men (1988), and Frith van der Merwe set the new record in 1988 for the women, at 3:30:36.

Ipeleng 'crazy legs' Khunou was the first runner to finish the Two Oceans half-marathon on **crutches**. He was born with a brain deformity called septo-optic dysplasia which causes loss of balance. He participates to raise funds for various charities. What an inspiration! No mountain too high!

So, the interesting facts are endless. And hopefully this year, I can also add my name to the list of 'been there, done that, got the t-shirt'...what is next? The sponsorship is for the sole purpose of purchasing toiletries, nappies, and other essentials. You can sponsor per kilometre (56km) or just a rounded off figure for the entire event. The driving and accommodation, attire and meal costs are for my own personal account, these funds will not be used to cover any of my expenses.

The Cheshire banking details are included in this newsletter...please use Two Oceans Marathon (TOM) and your name as a reference.

So, to my residents – this one is for you!
I will carry you all in my heart over the start line,
and hopefully the finish line!



DEIDRE BURGER

FUNDRAISING REPORT (FEBRUARY 2022)

FUNDRAISING:

WOT NOT SHOP	R 23 516
CLOTHES GALORE	R 18 999
BOOKS	R 3 455
COFFEE SHOP	R 2 350
VALENTINE'S HAMPER	R 7 486
LORENZO	R 250
JANINE (DAY CARE)	R 150
LUNCHEON	R 3 660

DONATIONS:

A CLEMENTS	R 2 000
K SUBRAMONY	R 100
KITTY DE ROER	R 500
BLC ATTORNEYS	R 10 000
HILARY PRITCHARD	R 2 500
GFM CHURCH	R 2 500
NGK PATERSON	R 167
GREENACRES CENTRE	R 6 260
MAXI JACHENS	R 300
HA KENDAL WILL TRUST	R 1 539
GLANVILL ELECTRICAL	R 3 000
MY SCHOOL CARD	R 887
PV INSIGHT	R 5 000
ORBIS	R 31 394
BEACHFRONT PROP	R 1 500
ROSSER CHARITY TRUST	R 1 001

300 CLUB 2022

Our 300 Club fees for 2022 are a once-off payment of **R120 per year**. This is such an easy fundraiser for our home, and you benefit as well. Subscription forms are available from our office and we aim to reach our target of 300 members this year!

To date (1 March) we have **92 members!** There are monthly draws of R300 (1st), R150 (2nd), and R75 (3rd) for members and at the end of each year one lucky member stand the chance of winning R1 000! Please support this worthy cause – see attached 300 Club form!

FEBRUARY WINNERS:

1. GIANNA DOUBELL (77)
2. JOHAN STEYN (42)
3. DENISE LONG (11)

RESIDENTS' ACTIVITIES (FEB/MARCH 2022):

- * **Rummikub** and **Dominoes** - a few residents regularly get together to challenge each other.
- * Weekly **Bible study** sessions on Wednesday mornings with Gill.
- * **Golf lessons** with **Graeme Whale Golf Academy** on Monday mornings.
- * Gavel Club meeting held on 31 March.
- * Cheshire Band practise on Monday mornings.
- * **Hairdressing** with Pearl Lombard on Tuesday mornings (**volunteers to assist always needed**).
- * **Water colour painting lessons** with Ian Shaw and Liz Glass on Tuesday mornings.

IN LOVING MEMORY OF SUSAN LYNNE HENNING 24 FEBRUARY 1971 – 21 MARCH 2022



Our dear resident, Susan Henning (51), sadly passed away on 21 March at the Home. She was diagnosed with Oesophageal cancer in January 2021, and underwent a long and very challenging journey which included chemo treatment, stent operations and numerous trips to Livingstone Hospital's Oncology Department.

Susan moved to our Home 25 years ago from Johannesburg and met her life partner, Johan Steyn, for the first time, during a holiday visit to the Home in 1996. She loved attending functions at the Home and Valentine's Day dances, Bingo events, and the Annual Fete, were amongst her favourites.

In 1999 she started working as Admin Assistant at the then UPE, and continued her working career at Nelson Mandela University's Student Counselling Department until 2022. She was also Treasurer of the Home's Residents' Committee for many years.

She loved going to work, and was described as "diligent and very hard working" by her fellow colleagues. Our deepest condolences to her family, friends and Johan – her presence here at the Home will be sorely missed, but the memories she had left behind will remain in the hearts of those who loved and cared for her! Rest in peace dear Susan!

A memorial service will be held at the Home on 27 April.

THOUGHT OF THE MONTH:

"A pessimist sees the difficulty in every opportunity; an optimist sees the opportunity in every difficulty."

~Winston Churchill~

CHESHIRE HOME SUMMERSTRAND'S ANNUAL FETE

is scheduled for **Saturday 4 June at Cheshire Home Summerstrand,
Gomery Avenue**

We firstly thank you for the generous support you have given Cheshire Home Summerstrand over a number of years through our Fete - you have been a wonderful friend to the Home.

The importance of a **successful fete** is essential for the Home as fundraising continues to be difficult. We so plan to have a **bumper fete** for the direct benefit of our 54 profoundly disabled residents. We kindly ask for your support again and a **formal appeal to follow shortly!**

As a registered PBO, we are able to provide an **18 A receipt for any donation** (financial or gift in kind) received and this allows for tax benefit for the donation. Please feel free to request such a receipt for your donation.

MONTHLY LUNCHEON

Every **first Thursday** of **each month** at Cheshire Home Summerstrand, we serve a tasty **2-course meal** prepared by the Home's caterers, **EP Caterers**, which includes **ONE glass of wine** for **R80 per person**.

Guests are welcome to bring their own drinks! This is a great way of making new friends and while there, you can also take a walk through our Home and meet our residents.

Our next luncheon will be held on **Thursday, 5 May 2022** at **12h30 for 13h00**.

Please contact **Deidre, Glenda or Silest** on **041 – 583 2183** to make your booking!

*** LIMITED TO 50 GUESTS
(FIRST COME, FIRST SERVE)**

*** NO MASK, NO ENTRY**

EVENTS CALENDAR 2022

17 TH	APR	TWO OCEANS (FUNDRAISING)
30 TH	APR	TROLLEY DASH (SPAR)
4 TH	JUN	ANNUAL FETE
23 RD	JUL	MUSIC TRIVIA
27 TH	JUL	CHESHIRE OLYMPICS (RESIDENTS)
6 TH	AUG	POISON DWARF GOLF DAY - HANKEY
25 TH	AUG	CHS AGM
3 RD	SEP	ANNUAL STREET COLLECTION
20 TH	OCT	ANNUAL GOLF DAY (HUMEWOOD)
5 TH	NOV	BINGO
12 TH	NOV	GREAT STRIDES FOR CHESHIRE
24 TH	NOV	300 CLUB ANNUAL DRAW

THIS & THAT

* The **Top Dogs Therapy Dogs** Noodle, Popcorn and Zac (and their special owners James, Nannette and Marelize) visited the Home again in March and we thank them for bringing smiles and puppy love to our residents!

* **KHAYA CHESHIRE:** The children enjoyed a very educational outing to **Bayworld** on 4 March. We wish to thank the **Department of Education** for the generous **donation of new tables and chairs** for the Centre.

* We would like to **welcome Sr. Delene Janse van Rensburg**, the Home's new **Head of Care**, to the Cheshire Family and wish her many successful years at the Home.

* **St Patrick's Day** was "celebrated" at the Home, and the EP Caterers team created a "green meal" with some great Irish themed food.

* We have received a donation of two cameras to kick start the **Photography Club**. Residents will now receive projects / themes, and so we start our new activity!

* **Cash Bingo** afternoon held on 5 March was a very successful event, and it was great having all the bingo enthusiasts back at Cheshire. Congratulations to all the prize winners and thank you to **Roman's Pizza Summerstrand** for sponsoring the lucky draw vouchers! Special thank you to **Bingo Master Jimmy Smith-Belton** for his wonderful assistance.

* The **Chairman of the Executive Board of CHSA, Lyndall Roman**, and member, **Bronwyn Ward**, visited the Home and Khaya Cheshire on 31 March. They were introduced to residents and staff, and various aspects of the Cheshire brand in general were discussed with Management.

* Residents Danny, Dylan, Marion and Jo-Ann participated in the first **Poison Dwarf Bowls Day** held on 12 March at Westview Bowling Club! The day raised a whopping R20 000 for the Home's coffers! Thank you to all the Poison Dwarf members, their family and friends, for their amazing support!

* We wish to thank all the **NMU Hector Pietersen Residence** students involved, for organizing the special **Human Rights Day** program at the Home, which included poetry, choir performance, playing Bingo and volunteering in the garden. We also thank them for their generous donation of snacks and fruit.

APRIL BIRTHDAYS

2nd Edith Lamani (Care Worker)
8th Beauty Majali (Care Worker)
12th **Derrick Walenkamp**
12th **Ricardo Saaiman**
23rd Gladys Mgogodlo (Care Worker)
23rd **Bennie Slabber**
23rd Katie Jonkerman (EP Caterers)
29th **Steven de Roer**

WELCOME TO OUR CHARITY SHOPS:

OUR CHARITY SHOPS ARE
OPEN TO THE PUBLIC ON

FRIDAYS 10 – 2PM SATURDAYS 8:30 – 12

* **CLOTHES GALORE** * **BOOK BARN** *
* **WOT NOT SHOP** * **COFFEE SHOP** *
(CASH OR CARD)

We gladly accept donations of unwanted items, pre-loved clothes, linen & any household items and will collect!

CONTACT THE HOME on **041 583 2183**
for more info!

Deidre Burger, in her capacity as **Manager of Cheshire Home Summerstrand**, has committed herself to run her first **Two Oceans Ultra Marathon** on **Sunday 17 April – 56 km.**

We appeal to compassionate persons to support her run with the aim of **raising much-needed funds** for **Cheshire Home Summerstrand** and their outreach programme Khaya Cheshire for only **R2 PER KM**

*** The Home provided permanent residential accommodation for 55 physically disabled adults, while Khaya Cheshire, a care and development centre for physically/mentally disabled children, provides education, care, and support to 23 children.

We wish Deidre a safe and successful run – hou bene hou!
For more info on sponsorship please email adminchs@cheshirehomes.co.za or contact **041 583 2183**

BANK DETAILS:
CHESHIRE HOME SUMMERSTRAND
NEDBANK
BRANCH CODE: 121 217
ACC NO: 121 203 2233

YOUR SUPPORT WILL BE GREATLY APPRECIATED!!!

DONATIONS (FEBRUARY/MARCH 2022):

- * NUMEROUS DONATIONS OF "GIFTS IN KIND" FROM **VARIOUS DONORS** FOR THE RESIDENTS AND CHARITY SHOPS
- * **DIESEL** FROM **SASOL SUMMERSTRAND**
- * **PERISHABLE FOOD & BUTTER** FROM **COMMUNITY CHEST PE**
- * **BIRD SEED** FROM **CAMPBELL FEED & SEED**
- * **VARIOUS GOODS** FOR **WOT NOT SHOP** FROM **CHECKERS GREENACRES**
- * **SANITISER** FROM **WARD 1**
- * **SWEETS AND EASTER EGGS** FROM **SERINGA ASSOCIATION FOR THE AGED**
- * **MUSHROOMS** FROM **SNOWCAP**
- * **VARIOUS GOODS** FOR **FETE** FROM **MICSA**

"WOKS FOR WHEELS"

A WELFIT ODDY PROJECT
MADE BY RESIDENTS OF
CHESHIRE HOME SUMMERSTRAND
MADE FROM 316
STAINLESS STEEL

WITH 3 DETACHABLE LEGS
R400 each

ORDERS:
041 583 2183 OR
managerchs@cheshirehomes.co.za