



The Torch



Edition #2

In May St Dunstan's saw the end of an era with the retirement of Catherine Wright and the beginning of a new one, with Linda Loggenberg joining our team as the new Finance Manager.

Linda joins us from Metrofile after 8 years, bringing with her a wealth of knowledge and accounting experience. Linda is passionate about children and has 2 of her own Bella and Ella. The girls are twins and at 17 years of age keep their mother on her toes. Linda has a huge amount of experience in the disability sector due to the fact that Ella has Cerebral Palsy.

Linda is very excited to be part of the St Dunstan's family and looks forward to building a solid relationship with all. We are confident that with all her energy and enthusiasm already being shown that St Dunstan's has without doubt added a great person to an already awesome team.



Linda Loggenberg

I am blind. But I still fight. South Africa's first black MMA champ

The world that greeted Ronald Dlamini outside the hospital was foreign. Devoid of light. Absent colour. Blindness had swallowed Dlamini's life in the grips of a meningitis-induced coma. After a week under the supervision of doctors the MMA fighter was discharged with a torrent of thoughts swirling inside his head. But just when despair threatened to overwhelm him, one faint fragment of neural energy crossed his mind's eye and made him stop. He was thinking. His body was moving. He was alive.



Ronald Dlamini

Three years earlier Dlamini had reached the pinnacle of his sport, becoming the first black man to win an MMA championship. Now he faced a far more challenging climb. A fighter to his core, he committed to facing his personal battle in the ring. But this time it wouldn't be about championship bouts, because Dlamini's sudden lack of sight gave him a new vision for his future – one centred on helping others like him. Particularly troubled by the consistency with which blind people are victims of crime, he put his experience to use designing a self-defence course tailored to helping the visually impaired.

“As a nation I believe we are all capable of greatness,” he says. “We can make room for the champion inside us.” Dlamini is sparring with the opposition life threw at him by guiding others through their struggles, equipping them with the skills needed to defend themselves. In the process his wounds have healed, and his champion's heart beats prouder than ever. Fighting remains Dlamini's sanctuary of freedom. He has shown incredible adaptability to keep it that way.

Source - News 24 Beautiful News

To listen to Ronald Dlamini click on the following link [Video Interview of Dlamini](#)

The Adventures of Braam Naude



Braam Naude on a bike (Shrek 750cc)

"I'm having quite an adventure with my biker family members. I have gone on rides with my nephew Jean-Pierre (JP) on numerous occasions and can't contain my excitement when sharing this experience" Braam tells us very excitedly. Other family members join in the fun too; "JP's dad and brother are our partners in crime so to say".



FLTR: Ferdinand, Thinus, Braam and JP

One Sunday morning we left Krugersdorp on a rally called the Breakfast Run.

From the meeting point in Krugersdorp we ended up at Bushwhackers, about 5 km outside of Krugersdorp on the Hekpoort Road where we had lunch. After about 14h00 we "burnt" our tyres at about 190km/h on the same road on the way home.

On youth day we attended the birthday celebration of the Club's President's wife at Luiperdsvlei between Newlands and Krugersdorp. If there are no planned routes we pop in at friends or just go where the spirit takes us.

Braam tells us his friends are conveniently named Vlerke (Ferdinand), Outlaw (Thinus) and Skilpad (JP) Braam is yet to be named as he is still building up his reputation as a biker!

"I highly recommend this to all St Dunstaners because I find the experience both thrilling and relaxing. I can't thank or speak highly enough of JP and I consider it an honour to have JP as a driver and guide"

Kobus Strydom's Handy Work

SERENITY RETREAT is set in the peaceful and friendly Village of Stormsriver and is a calm and relaxed escape from the hustle and bustle of daily life. It is also a safe haven for the cost conscious traveler. Serenity is not Freedom from the Storm but peace within the Storms and here there is enough space and privacy to retreat, relax and restore your soul; to contemplate nature and life, breathe the pure air and gaze at unpolluted skies. Marvel at the forces of nature so evident in the Tsitsikamma as you walk beneath huge multi-hued skies, savouring the sights and sounds of the indigenous forests, the fynbos and Indian ocean @ the nearby Storms River Mouth (Tsitsikamma National Park) – the home of the world famous Otter Trail.

Ria decided to take the opportunity to purchase a small self catering business and nestled down in the safe surroundings of Tsitsikamma. The establishment consists of two rondavels and a flat. Although she received very good reviews from travelers/customers her biggest problem and complaints/negative reviews were from the thatch roof which is messy and creepy crawleys (spiders, scorpions etc.) that visits at night due to the grass on the roof.

The Old Look Of The Rondavels



Preparation of the cupboards



Kobus and his team preparing the layout



The frame of the cupboard

The Finished Cupboards





So in order to assist Ria, Kobus decided to make some changes and upgrade the buildings by removing the thatch roofing and replace it with corrugated roofing and equipped it with a small kitchenette.

Kobus decided to divide the current flatlet into two separate units. This was also fitted each with it's own little kitchenette. The building of the cupboards was done by sweising the steel frames together, according to the correct size and treated with a mix of 506, turpentine and enamel paint.

After the frame dried from the treatment it was fitted with knotty pine wood and then burnt with a blow torch and also treated with linseed oil. The shelves was prepared from press wood (block board) and treated with sanding sealer and then fitted into the cupboards.

Kobus and Ria is expecting the work to be completed by first week in July when she will be open for business again.

CALENDAR OF EVENTS

The Long Cane and Guide Dog Rally

28th October 2017 @ the Urban Park Green Point

The National Reunion

7th September – 10th September 2017 @ Pumula Beach Hotel

The Annual General Meeting

15th September 2017 @ Kelvin Grove Newlands

Click [HERE](#) to view the full calender of events.

Announcements

Barry Lloyd

It is with great sadness that we learnt about the passing of Barry Lloyd, one of our ex-directors. He served on the board for fourteen years and will be dearly missed. We wish the family comfort and strength during this time of bereavement.



Barry Lloyd

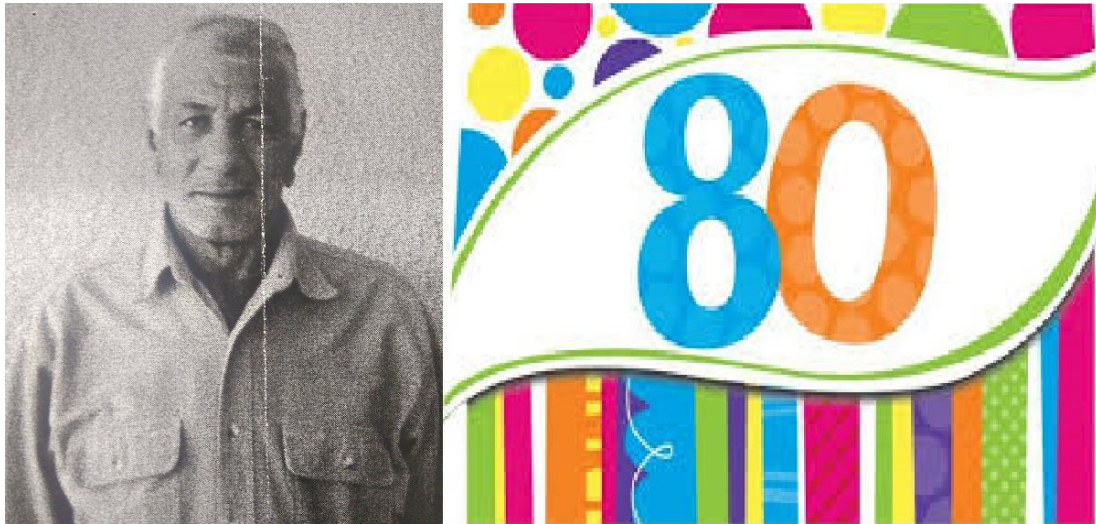
Lelethu Mtwana Matric 2017

Lelethu had her matric ball at Calvin Grove in Claremont, on 22 April 2017. We wish her all the best as she tackles her last year of school. Lelethu hope to study Law at UCT in 2018 and then pursue a career in the legal field.



Lelethu and partner

Birthday Wishes



Congratulations to Isaac Davids who turned 80 on the 18th of May 2017



Congratulations to George De Nobrega who turned 50 on the 2nd of April 2017.

Riddle Me This, Riddle Me That...

Click on the following link for some fun riddles, [Do Riddles](#)