

Rand Aid review

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OT is more than fun and games

Personal experience with addicts has given Paige Little strong beliefs about rehab.

The **newly appointed occupational therapist at Wedge Gardens treatment centre** says that she has seen first-hand the destruction that can come through addiction. "However, I believe there is so much more to a person. Addiction is bad but it's important for addicts to find the good person behind the substance use – the one who has great potential to achieve many goals in their lives. Goals of success and not destruction."



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May fete

Thembalami Care Centre in Lombardy East will host its annual fete on May 25 and already the residents are hard at work making items in occupational therapy that will be sold on the day.

Pictured are occupational therapist Emily Raubenheimer with resident Liz Walton. The fete will offer a wonderful selection of herbs and veg freshly grown in its food garden, clothes, books, shoes and a white elephant table. There will be boerewors rolls and curried mince vetkoek on sale as well as a tea garden. Outside stalls are invited. Contact Elize Raath at 011 882 4434 – only one of each kind of stall will be allowed. The R200 fee to have a table at the fete will go towards the care centre's Christmas party.

Happy, engaged residents is OT Emily's aim

The extensive gardens, the dam and the therapy centre at **Thembalami Care Centre has occupational therapist Emily Raubenheimer** excited.

She joined the Rand Aid care centre – which incorporates the Max Ordman Deaf Association – in January 2019 and says she is privileged to be able to support the residents as they transition into this new phase of their lives.

She will do this by helping them develop hobbies and leisure interests and managing their physical and psychiatric conditions while facilitating as much independence as possible.



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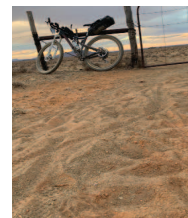
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Give that man a Bell's!

An Inyoni Creek resident who works tirelessly to promote a sense of community and interaction between residents across all of Rand Aid's complexes, was shown how much his efforts are valued when a certificate of appreciation was handed to him at the last pub lunch of 2018.

Dugald Paterson and his fellow Naked Chefs have been hosting monthly pub lunches for the past decade, giving residents a chance to gather in fellowship and enjoy a good meal. The Chefs do all the prep work, cook the meal and serve it to the residents, while keeping up a steady flow of good-hearted banter.

"Today, we honour a very special resident – Dugald Paterson," said Zabeth Zühlsdorff, Rand Aid's GM: services and advance division, in a speech on the day.

"Dugald is a man every community needs because he sees social and interactional needs in a community, he takes constructive action to meet such needs, he leads by example and hard work, he is a team player and convinces others of worthy goals to be achieved, he does not give up when the going gets tough, he does not work for personal glory but gives of himself, his time and his efforts to make a difference in the lives of other community members.

"Dugald, when you started the Naked Chefs 10 years ago, there must have been some sceptics who asked, 'Can a man do this, how long will it last?'

"Today, the monthly Naked Chef lunch is a highlight on three villages' social calendars. It is the only social event that consistently draws together large numbers of residents of the different villages to enjoy themselves as one group.

"At the Naked Chef lunches, residents are able to get very good food for a very decent price. But it is so much more than just a meal. The opportunity that you and your team provide for residents to relax, to meet other residents, to form new friendships and to just have fun, is invaluable. On top of this, you have started with tea and scone events and have become a valuable volunteer at the Ron Smith Care Centre.

"Dugald, you make Inyoni Creek and the other Rand Aid villages a better place to be. We look up to you and we salute you."



Resident Anette Mather with cub Alec Vosloo (seated) and Callum Hertenberger (right).

Games bridge the age divide

The energy of children and the wisdom of elders combined to make for a magical afternoon of games when the cubs and scouts from the 1st St Benedicts' Pack visited the residents of Thembalami complex in mid-November 2018.

Run by NPO Rand Aid, the Lombardy East complex includes the Thembalami Care Centre and Max Ordman Deaf Association.

"The dining hall was abuzz with activity as the boys challenged the residents to games. We were amazed at how many residents participated in the variety of games that were on hand. The residents definitely enjoyed the children's visit and the attention that was given to them," says Thembalami manager Elize Raath.

"We are grateful to 1st St Benedicts for the donation of meat and the time the boys and their fathers spent braaing. This South African tradition is not often enjoyed by our residents – given the cost of meat – and the meal was thoroughly enjoyed by all," says Raath.

Cedar Park staff bond in fine style

One day in December 2018, Sister Eunice Lakay and her team of care workers at Rand Aid's Ron Smith Care Centre got together to discuss what they could do for a relaxing and enjoyable team-building day.

What they came up with was a 'Me Time' spoil at Sorbet: a lovely spa treatment, followed by a delicious lunch and social time at Cappuccino Restaurant at Greenstone Mall. What better way to use some of their Christmas bonus, than to indulge in a little de-stressing and relaxation, followed by eating delicious food and sharing their goals and aspirations for 2019.

According to the staff, "It was a great day. We had a chance to get together away from work and talk about our personal lives. It was wonderful to be able to get to know each other on a more personal level, outside our work roles. We hope we can do this on a more regular basis – it's fun!"



Presenting Naked Chef Dugald Paterson his gift and certificate are Graham Brokenshire (chairman Inyoni Creek residents committee) and Zabeth Zühlsdorff (Rand Aid's GM: services and advance division). The rest of the Naked Chefs were given a gift as a token of Rand Aid's appreciation for serving pub lunches for the past 10 years.



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Runners rake in donations for Thembalami

A whopping R130 000 was handed to Rand Aid's Thembalami Complex at the 2018 Balwin Charity Hat Walk which took place on December 2 at Jeppe Quondam Sports Club.

The care centre, which incorporates the Max Ordman Deaf Association, was chosen as one of nine beneficiaries of the annual event.

Residents and staff of Thembalami spent a happy day participating as walkers or manning a stall which handed out promotional material on the care centre.

For more information on Thembalami, visit www.randaid.co.za.

Alan Carrington (Jeppe Running Club), Steve Brookes (Balwin CEO) and Poppy Ntshongwana (MC/DJ) with Thembalami Care Centre manager Elize Raath when she accepted the cheque of R130 000.



Robbie Vermont with the award he received for donating 150 units of blood.

Veteran blood donor is an everyday hero

Thornhill Manor retirement village resident Robbie Vermont has helped save 450 lives by regularly donating blood.

Every unit of blood donated is separated into red blood cells, plasma and platelets, which means one unit of the life-giving red stuff can save a minimum of three lives.

On Saturday, March 16, Robbie was rewarded by the South African National Blood Service for his 150th donation.

The award came as a surprise to him. "In the past, one had a donor card on which your contributions were noted, but with the electronic age, you have a bar-coded card which does not tell you how many units you have given. I was thus surprised when I received a phone call to tell me that I was to receive recognition for my 150 units," says Robbie, who has been a happy resident of Thornhill Manor in Modderfontein for almost 16 years.

When he was about 18 years old, Robbie was convinced by his best friend at school to donate blood for the first time. "He was a very socially conscious individual and very persuasive. I donated for some years before lapsing but have donated regularly for at least the past 20 years," he says.

To find out where you can donate blood, visit sanbs.org.za.



Elders take to the skies for the first time ever

Jittery tummies and wide-eyed excitement characterised the Acorn Foundation's Elders Flight in December.

Scores of elders gathered at Rand Airport to be given an opportunity to enjoy their first-ever flight. Included among them were residents of Rand Aid's Thembalami Care Centre, which incorporates the Max Ordman Deaf Association (MODA); and residents of Alexandra township who are part of the Zamokuhle outreach programme run by Thembalami.

"Despite being incredibly excited, many of the older persons were very nervous about flying. They didn't know if they were going to be sick or not but their worries came to nothing because everyone had a wonderful day," says Makgati Legodi, a qualified social auxiliary worker at Thembalami.

Elders from various homes and care centres in the area arrived before 7am, and the flying programme got under way soon after. The morning out included entertainment by the Jeppe Boys Pipe Band, brunch at the airport's Texan Room, a Harvard display and certificates for all participants.

Acorn hosted The Elders Flight in conjunction with a number of big-hearted sponsors and partners.



Their worries came to nothing because everyone had a wonderful day

When MODA resident Barry Waldeck and Zamokuhle gogo Elizabeth Dube boarded the bus, they took home wonderful memories and certificates to confirm that they had completed their first scenic flight.

Relationships take root alongside Thembalami's vegetables

Thembalami Care Centre has one of the finest food gardens around, thanks to a group of dedicated supporters. Anthony Schäffler of Johannesburg-based Schäffler's Garden Nursery and Landscaping initially designed, built and planted the garden, as well as donating a substantial amount of seeds and plants. Since then, the food garden has benefitted from wonderful community support, as well as continued support from Anthony.

The latest donation came from and Cummins Filtration. Food gardens are one of Cummins' CSI focus areas and Trees & Food for Africa (FTFA) has partnered with the global company to ensure the projects' success.

In July last year, Cummins and FTFA planted 200 fruit trees and vines at the care centre, and on February 15, they returned – this time with R60 000's worth of vegetable and herb seedlings, compost, mulch and manure.

Thembalami grounds assistant Amon Maluleke estimates that there were over 3 000 seedlings.

Amon, one of the founders of Bambanani Food and Herb Co-operative in the centre of Johannesburg, volunteered at Thembalami for many months and helped establish the food garden, before being offered a full-time post in October 2017.

It was his relationship with FTFA that resulted in Thembalami benefitting from the Cummins and FTFA partnership.

Run by 116-year-old NPO Rand Aid, the Lombardy East care centre provides a haven of hope for elders who are either financially or physically vulnerable. It also incorporates the Max Ordman Deaf Association.

Set on 2.3 hectares of ground, Thembalami's open spaces have been put to good use growing a bounty of fresh food.

"The latest donation will ensure the gardens continue to yield rich rewards," says Thembalami manager Elize Raath.

Michael Pearce from FTFA and two of his colleagues, Tim Abaa and Msizi Hlongwane, showed the 40 employees from Cummins how to spread mulch and work compost and manure into the soil. The volunteers made a good start on the planting too, and Amon and the other Thembalami gardeners finished the job the next day. "There was a lovely atmosphere," says Elize. "They played music and at lunchtime, settled into our lapa, lit a fire and made wors rolls.

"Afterwards, some of the employees approached me and thanked me for the day. They enjoyed getting their hands dirty and were in awe of the vegetable garden," she said, adding that the folk at Cummins are wonderful. "They are just incredible people; very motivated and dedicated towards our garden."

Another regular contributor to Thembalami's food garden is the Northrand District Scouts. Last year, over 100 children and their parents and team leaders spent a productive day planting cauliflower, broccoli, beetroot, cabbage, spinach, lettuce, spring onion and celery, which were donated by Schäffler's and the cubs themselves.

On February 16, the children returned, bringing with them nine life-sized scarecrows they had made to keep the birds out of the food garden.

It seems the Thembalami garden is growing relationships alongside the vegetables!

RIGHT: Amon Maluleke and Cummins employee Ntombizodwa Sibinda.

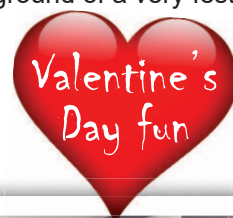
BELOW: Elize Raath (Thembalami manager) stands in the middle of a group of Cummins Filtration employees, FTFA team members and Thembalami gardeners, including food garden co-ordinator Amon Maluleke (far left, in blue). Seated in front of Amon is Darrel Moodley, the OE manager of Cummins. Standing next to Amon is FTFA's Msizi Hlongwane and in front, third from the left, is his colleague Tim Abaa.





HAPPY HEARTS AT TARENTAAL ON VALENTINE'S DAY

Tarentaal Village was a picture of red, pink and white on Valentine's Day when a special tea was held for residents of the Rand Aid retirement complex. The residents committee supplied an array of tempting treats and residents had a fun time chatting and enjoying a medley of music. Pictured in the foreground of a very festive table are Evelyn Fennessy and Margaret Findlay.



A love-filled Valentine's Day at Ron Smith Care Centre

For the residents of Rand Aid's Ron Smith Care Centre, the rainy cool weather did nothing to dampen the spirit of warmth and love at the Valentine's Tea organised for them on 14 February.

The tea was held in the hall which was gaily decorated with strings of red and pink hearts and pots of heart-shaped flowers which were made by staff and residents in the weeks leading up to Valentine's Day. These beautiful, hand-made decorations did much to brighten up the atmosphere, on a day without sunshine.

The hall was packed out as some 100 residents and staff, many of whom were all decked out in their red or pink and white Valentine's attire, enjoyed a sing-along of romantic tunes such as Love and Marriage – Frank Sinatra, When I Fall in Love – Nat King Cole, Can't Take My Eyes off You – Frankie Valli, and Love Me Tender – Elvis Presley. The musical activity was organised by new volunteer Stephanie Enslin, who led the singing and played the ukulele. After enjoying the music, the residents tucked into a lovely tea which included quiche, chocolate eclairs and milk tart.

"The tea provided a wonderful opportunity for residents, staff and volunteers to chat and socialise, enjoy delicious snacks, and to remember the love that they have given and received in their lives" says Debbie Christen, Manager: Recreational Programmes.

Upon returning to their homes, the residents were in for another treat as the Activities Team presented each one with home-made chocolate hearts.

Miraculously, all 450 pieces of chocolate were made with patience, dedication and love by special carer, Christina van Rooyen, during a frustrating period of load-shedding!

Volunteer Helen Dix gives her love to Louise Newman.



Thembalami residents' rocking red outfits

Prizes for the best dressed residents added to the love at Thembalami Care Centre's Valentine's Day function on February 14. Moira Dowds won first prize, Isabel du Plessis third prize, Leonel Pires took fourth prize and coming in second was Pam Rebuli.

Thornhill Manor Sundowner dinner delight



Love was in the air at Thornhill Manor on the eve of Valentine's Day when 120 residents gathering in the hall of the Rand Aid retirement village for a Valentine's Sundowner dinner. Beef lasagne and Greek salad were served and the wine and conversation flowed freely. Dressed for the occasion are residents Barbara and Andy Tasker.

Project Red Shirt shows the love at Inyoni Creek

A new initiative at Inyoni Creek is giving staff members the opportunity to find out more about the retirement village's less social residents. 'Residents' is the broad term given to those men and women who call Inyoni Creek home, but each resident comes with their own history and faces their own challenges. Each resident is unique and their needs are unique too.

With 175 homes dotted around the Lyndhurst-based village, it is easy for less outgoing residents to become faceless names. The office staff are determined to change this, however, and have implemented 'Project Red Shirt'.

Each month, manager Jenny Tonkin, deputy manager Marinda Looyen, village sister Hannie Combrink and receptionist Carol Garnett each choose a resident they do not know well and arrange to spend an hour with them, talking and learning more about the resident on a social level.

The project is in line with the Eden Alternative Philosophy that is being implemented across all Rand Aid Association retirement villages and care centres. The Eden Alternative is an international, non-profit organisation dedicated to creating quality of life for elders and their care partners. It takes into account that each elder is different and that a blanket approach to the care of elders does not create happy and fulfilled residents.

This philosophy encourages residents to direct their own lives and allows all staff members – not only management – and all residents to have a say in how their care centre is run so that the human spirit and not only the human body is cared for.

Sr Hannie is the driving force behind Project Red Shirt. Although as village sister she already visits all residents on a three-monthly cycle to assess their health and wellbeing, she decided that visits of a more social nature with some of the lesser known residents were called for. She drew her inspiration for the initiative from an Eden Alternative workshop she attended, which was hosted by Rand Aid for its staff members.

The Inyoni Creek project got off the ground in early February. Jenny chose to visit a 91-year-old woman. Despite the visit being unplanned, she was warmly received. "I approached her as she sat on her patio and we started chatting about the plants surrounding her. She then invited me for tea, which I accepted. I offered to help and she said I must sit down and she would do it. While I sat there enjoying the beautiful gardens, it gave me time to look at life through the eyes of a resident."

"She arrived a while later with tea and home-made date balls laid out on a tray. We chatted about her family and her life. It was really special and I was humbled by her hospitality."

Carol chose to visit a resident who – like herself – had recently lost her husband. The women were able to talk about their loss and support each other.

"We all feel that both the resident and the staff member benefit from this programme and it is wonderful to take time out of our busy days to sit and listen and learn," says Jenny.



Receptionist Carol Garnett, St Hannie Combrink, deputy manager Marinda Looyen and manager Jenny Tonkin in their red shirts.



Water babies find that keeping fit is cool!

Thornhill Manor residents get cardio and resistance training without any negative impact on their joints at their water aerobics classes. Held twice a week by Jenny Cruickshank (far right), the aquatic exercises are not only good fun but assist residents with their fitness, core strength and blood circulation.



Ten blooming good years for Thornhill Manor Garden Club

Thornhill Manor's Garden Club has been blooming for 10 years. Members of the club gathered on January 23 to celebrate their first decade and many a happy memory was shared. Resident Wendy Hunt was instrumental in its inception and over the years, she has arranged a large number of interesting guest speakers; outings; trips to botanical gardens and garden centres; and raffles to raise funds. In addition, she has been involved in running the club's stall at the Rand Aid retirement village's annual fete. When Wendy took a break for a couple of years because of ill health, her shoes were ably filled by Jenny Brownson until Wendy was well enough to return to the helm. Beautiful booklets filled with lovely flower pics and thoughtful verses were made by Vicky Keenan and handed to each member as a keepsake. Pictured are Esme Erasmus (village manager), Wendy Hunt (chairperson), Jenny Brownson and Jackie Scott (deputy manager).

St Paddy toasted at Thornhill Manor



Maureen O'Brien and Barbara Tasker at Thornhill Manor's St Patrick's Day celebration on March 13. Around 120 residents dressed in cheery green outfits to enjoy a typical Irish meal and Irish coffees.

Scarecrows stand guard at Thembalami

Scary things unfolded at Thembalami Care Centre on February 16 – scary for birds, that is!

Boys and girls from the Northrand Scouting District had answered a desperate plea – ‘Help keep the birds off our vegetables, herbs and fruit trees’. The youngsters know the Rand Aid-run care centre well, having previously been involved in donating and planting veg and herbs, and were happy to come to the rescue.

Anthony Schäffler of Schäffler’s nursery, another steadfast supporter of Thembalami, initially suggested scarecrows be erected and when the scouts were asked to help, they were delighted with the idea of making life-sized scarecrows. They were even more excited when they heard that their efforts would result in a scarecrow competition, co-ordinated by cub pack leader Desiree Hogan and Thembalami manager Elize Raath.

The 1st Hellenic teams entered five scarecrows: Skelle, Bobby, Mary, Ultron and Tin Man. Mr and Mrs Crow were entries from the 1st Edenvale Cubs and Fransi and Marshmallow were Eastleigh entries.

The judges were Gavin Letcher, scout group leader for 1st Edenvale; Chris Booÿens, scout group leader for 1st Horison; Rochelle Booÿens, regional team co-ordinator for cub programme in Gauteng; Billy Katumba, independent judge and life coach; and Elize.

“We decided not to hand out prizes for the best three scarecrows because all of the entries were original and wonderful. The children worked hard on them and they enjoyed building them. We thought they were all winners and that they all deserved a recognition so we categorised the scarecrows and each team received a prize, which was donated by Schäffler’s,” says Elize.

“Anthony gave them plants to take back to their packs because, he said, ‘they should never stop growing plants as they are also growing every day’.”



Tin Man was the most glamorous scarecrow. With him are Mailakai Dawson, Christos Prokas and Luka Chezzi of the 1st Hellenic Cubs.

The scarecrow prizes were awarded in the following categories:

Ultron - The most futuristic scarecrow
 Bobby - The coolest farmer
 Tin Man - The most glamorous scarecrow
 Marshmallow - The most original scarecrow
 Fransi - The best dressed
 Mary - The dancing queen
 Mr and Mrs Crow - Most eco-friendly.

NEW OTS FOR WEDGE GARDENS AND THEMBALAMI

EMILY RAUBENHEIMER - FROM PAGE 1

Emily did her Bachelor of Science in Occupational Therapy at the University of the Witwatersrand before doing her physical practicals, which dealt with conditions such as strokes, spinal cord injuries and neuromuscular diseases, at Ron Smith Care Centre, Chris Hani Baragwanath Academic Hospital and Charlotte Maxeke Johannesburg Academic Hospital (CMJAH).

“My psychiatric practicals, which dealt with conditions such as depression, schizophrenia and bipolar mood disorder, took place at Bara,” she says. “I also did community blocks at a clinic in Soweto and at a rural hospital in the North West. I did a paediatric block at CMJAH.”

For her year of community service, Emily was placed in the Ekurhuleni East District, where she worked at a variety of clinics.

Emily explains that during her studies, she developed a passion for the field of mental health, which has a significant impact on the lives of the elderly. “Many of our elderly experience mental health difficulties such as depression and anxiety, and also have difficulty adjusting to a life where they are no longer as independent or productive,” she explains.

“I have been warmly welcomed by both residents and staff at Thembalami, which for me reflects the loving and caring nature of the centre.

“The village has wonderful amenities that I will fully utilise – from our therapy centre to the gardens and dam. I am also excited and encouraged by the support and guidance I have received from the Ron Smith Care Centre’s occupational therapy (OT) department and I look forward to further strengthening professional relationships across all Rand Aid villages in the future.”

February saw Emily start a full-day OT programme, running Mondays to Fridays. The programme includes both group and individual sessions.

PAIGE LITTLE - FROM PAGE 1

“I have always believed that their behaviour may be bad but the person is good and I would love to see people who abuse substances understand this and become their true selves.”

Her plans for the OT department at Wedge Gardens include using dialectical and cognitive behavioural therapy. “I would love each patient to build up their self-esteem and for the OT department to become a safe space where they can progress and develop.”

Paige studied at the University of Witwatersrand and completed her bachelor’s degree in occupational therapy (OT) in December 2017. She did her practicals at Chris Hani Baragwanath Hospital, Othandweni Children’s Home, Rand Aid’s Elphin Lodge, Edenvale Hospital and even spent some time at Wedge Gardens.

Her year of community service was completed at Chris Hani Baragwanath Hospital. “I completed a six-month rotation in adult neuro, focusing on traumatic brain injuries, cerebrovascular accidents and spinal cord injuries; and then spent the next six months on the OT psych ward, focusing on assessing and treating individuals with diagnoses of schizophrenia, personality disorders, major depressive disorder, bipolar mood disorder and substance use.”

Sean conquers the Munga, despite health and mechanical troubles

Greenstone resident Sean Wheeler did his surname proud when he completed one of the world's toughest mountain bike races, despite considerable challenges. The final push for Sean was a hard one: he cycled for 25 hours straight, only stopping for short rests, despite a raw posterior and bad chest infection.

The Munga is an almost 1 100km single stage race across the middle of South Africa. It started in Bloemfontein on November 28 and competitors had only 120 hours to get to the finish line in the Cape Winelands.

The race is semi-supported, which means that competitors have to carry all of their gear – or purchase goods along the way. They may not accept outside help. There are, however, five race villages where riders can rest, eat and get mechanical assistance. There are also a number of water points, posted between 50 and 60km apart.

This is the second time Sean has completed the Munga – the first was in 2016. Both rides were in support of



Rand Aid's Thembalami Care Centre, which Sean says cares for his dad Mike with compassion and professionalism. This year, he raised R44 000 for the care centre.

Sean says he managed to cycle the 224km to the first race village, Vanderkloof Dam, before midnight on day one. "I decided not to sleep once I arrived there. Instead, I refuelled and hit the trail again."

He rode through the night and managed to get a half-an-hour's sleep at the next water point. It was then on to Britstown where he booked a room and slept for two hours.

The first 395km were done and dusted.

"Britstown to Loxton was an extremely tough 187km with soft sand and endless corrugations. It seemed that it was uphill all the way. I enjoyed the short break, refuelled and got going fairly quickly. It was along this stretch that my throat became extremely dry and sore," he says, adding that the beauty of the surroundings and the colours of the sunset kept him sane.

"I got myself into a zone though and kept pushing through. I had seen all the support I was getting via social media at

my last stop and that truly motivated me to keep going."

The next legs of the route were gruelling, with Sean nearly running out of water and his Garmin leading him astray. After some serious cycling and a few short stops, he arrived in Sutherland with his throat on fire and pains in his chest.

"I almost quit. However, the medics gave me oxygen and checked my vitals. They suggested I rest and check with them before going out again. I also got a massage to relieve the water retention in my legs and some attention was given to my extremely raw rear end."

By 4:30pm, Sean had recovered enough to get going again. Unfortunately, his Garmin once again froze and he went 22km off course.

"All I could do was laugh and cry but I refused to give up. I made a decision there and then that I would not stop and sleep until I crossed the finish line. Meeting fellow rider Lazarus Mashishi along the way was really good as we pushed each other through the night and beat the bad weather across the Tankwa Karoo National Park."

The pair descended the Ouberg Pass into the Tankwa, and then navigated two prominent climbs: Dagbreek Pass and Swaarmoed, which really tested their staying power. Next up was the 'Highway through Hell': a dead-straight 60km stretch of road from Tankwa Padstal to the base of the climb.

"Lazarus and I worked our way over the 25km Bainskloof Pass and down to the Doolhof Wine Estate to finish the Munga at 5:30pm. I had done it... I had cycled from 4:30pm the day before without sleeping and I had conquered the Munga!

Apart from the R44 000 raised for Thembalami, Duram Paints offered to paint any areas in the care centre that need a touch up and Build it Bedfordview will donate supplies for the centre's vegetable garden. The bulk of the money donated was through the Back-aBuddy platform, with Sean's employer, DHL Global Forwarding, contributing R20 000.

For further information on Thembalami Care Centre, visit the website www.randaaid.co.za

SOME STATS:

Navigational errors cost Sean extra kilometres. Instead of 1 076km, he did 1 113km in 101.30 hours.

**Max temp: 42 degrees.
Min temp: 6 degrees.**

**Weight at start: 64.5kgs.
Weight at finish: 63.5kgs.**

Fluid: Water only.

Supplements: Keto Fast Fit, an exogenous ketone supplement (average of three servings per day).

Food: Sean tried to eat only 'real' food with no sugar or wheat products, including fruit and veg, meat, eggs and dairy where he could source them. He took along a store of macadamias, almonds and biltong.

Will he do it again? Ask me in a year.