



CHARTWELL COUNTRY ESTATES

NOVEMBER 2019 NEWSLETTER



CCE 2019 WRAP

UP COMING
EVENTS
DECEMBER

4
CCE BOARD
MEETING

5
CAROLS BY
BAKKIE LIGHT
more info on pg 2 & 3

21
COGS
Senior Chartwellians meet for their monthly lunch if interested please contact
Howie Fitzwilliam
082 932 4778

25
SWEEPSTAKES
For more info contact
Maureen on
083 228 1753

CCE MEMBERSHIP
NUMBERS

Current total
91 members
Break down
56 residential
8 river properties
11 businesses
16 tenants
Contact
jenni@chartwell.co.za

**ADT
SUBSCRIBERS**
Current total
143
Required for
dedicated vehicle 150
Innocent - 071 460 3780

ADT: We appointed ADT to be the CCE preferred security provider. Adt has now reached the required threshold of a total of 150 CCE clients, meaning that we now have a dedicated ADT security vehicle in the area.

CCTV: Licence plate recognition cameras were installed in August. The 14 overview cameras have been installed at the designated CCE entry exit points and will be fully operational and monitored by the ADT CCTV control room by mid-December.

SECURITY

Riverfront security project: The CCE circulated a comprehensive riverfront security proposal to try and address the security issues along the river. We understand that there are certain historical dynamics at play, but we are of the firm belief that all riverfront residents need to work together along with the greater CCE in order to get a long term, sustainable river security solution. The unfortunate reality is that the more fragmented the approach, the less effective it will be.

Blockwatch: This has continued to be an amazingly effective way of residents taking ownership of the security of our area. For residents to know what is going on in your area is hugely beneficial, rather than relying solely on the security companies. If you are not involved in the blockwatch, all we ask is that you give 2 hours a month to your area, at most....



In 2020, with our relationship and input from ADT, the continued expansion of the CCTV area system, the establishment of a strong and sustainable riverfront security solution and our Blockwatch initiative we would like to see Chartwell Country Estates being established as one of the most secure, non-gated rural residential areas in the country.

Financial

We appointed an independent audit committee consisting of local, financially qualified residents to work alongside our newly appointed auditing firm to ensure that the CCE financial affairs are managed and audited in strict accordance with all legal and other requirements. The CCE board looked at areas where we could cut costs and increase revenue.

CCE Membership: In order to broaden the support for the CCE, we greatly reduced the CCE membership fees. We now have 92 contributing residents in the area, meaning increased revenue. Due to the increased support and revenues, we believe that the CCE is in a strong financial position to embark on the various projects that we have planned for 2020.



Social

This year saw various successful social events within the CCE: The CCE meet and greet, Blockwatch braai, Johnny Clegg evening, Fun run & braai, the CCE Sweepstakes, the establishment of the walk and run groups, the COGs group for the senior CCE residents, Halloween organised by Chartwell stables and the soon to be re-established Carols by Bakkie Light. Thanks to all who contributed to the successes of 2019 and wishing all Chartwell residents a blessed and peaceful holiday season with family and friends!

Communication

We have tried to improve our communication with residents through our monthly newsletter, whatsapp groups, Facebook and the establishment of our Instagram page. We have revamped our Website to make it the hub for all CCE communication. In 2020, we will be expanding the registered user functionality of our website, including live CCTV feeds, so please make sure that you are a registered user on our website.

Environmental & Conservancy

We have had JRA carrying out the two projects in our area. The installation of new water supply pipes is complete. The installation of the new sewer rising main along the river is stuttering along. Due to recent labour disputes, this project will continue into 2020. We are in communication with the authorities and contractors to try minimise the negative effects of this work on our environment. As a result of serious challenges with the Cosmo City sewer system, we have seen a lot of contamination of our river system. We are working with the various role players to try manage and remedy the negative effects on our area. The CCE is also represented on the working committee that is overseeing the JRA water infrastructure projects that, when completed will hopefully save us from a repeat of the prolonged water outages that we experienced this year.

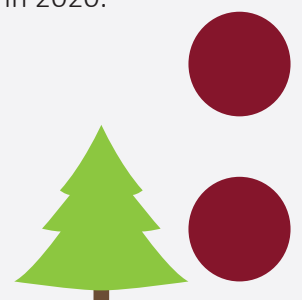


MOI

The new CCE memorandum of incorporation and rules and guidelines was formulated, proposed and adopted, meaning that we now have a relevant and fully compliant constitution to help guide our residents association into the future.

Estate Management

The main entrance garden at Third Road is a work in progress. Now that the rains have come, we should start seeing some good results in the next few months. As part of the improvement of our streets, we are going to be installing paved walkways along various streets. We currently have an application in with COJ to get permissions to carry this project out. We have established a litter cleanup team, empowering locals to keep our area clean. As part of this anti-litter project we are working on getting a bin on every street corner to keep our area litter free in 2020.



CHARTWELL ACHIEVER

Shannon Lourens - The IronWoman



Shannon Lourens is an ex-Chartwellian who has achieved amazing things while taking part in the Ironman, in Kona this year. She pushed her body to incredible lengths to train for and complete this race, which is not only physically challenging, but also mentally challenging. Here is her amazing experience and journey.

QU: What was the experience like doing the Ironman in Kona?

ANS: Kona is like the Hollywood of triathlon, and the race is our version of the Oscars. It was unreal to go for a training run and see all the famous professional athletes that I've been watching on TV over the years, Daniela Ryf... Rinny Carfrae... Jan Frodeno... Alistair Brownlee, out on the road running next to me, and sharing a lane with Lucy Charles at the local school pool was such a highlight. In Ironman races, amateurs race alongside the professionals – it's one of the few sports where this happens.

In the month before the race, the town comes alive with some of the fittest humans on earth. There are athletes running up and down Ali'i Drive at all times of the day and night, six packs on display because of the heat. There is a steady stream of cyclists on time trial bikes, speeding along the Queen K highway and cutting through the lava fields, all day. The famous Kona coffee is in high demand by triathletes and their support crews, despite the blistering heat.

The swim in Kona is like swimming in an aquarium. You swim with turtles, dolphins and millions of beautiful fish all circling above the colourful coral. I had to keep reminding myself during the swim that I was out there for a race and not for a snorkel!

The race itself is exceptionally brutal (and I'm told we had cool conditions this year!). The conditions are hot, humid and windy. For parts of the bike we had cross winds of up to 50km/h. I saw 2 men getting blown off their bikes. The temperatures get up to 40°C with a humidity of 90%. You are running on

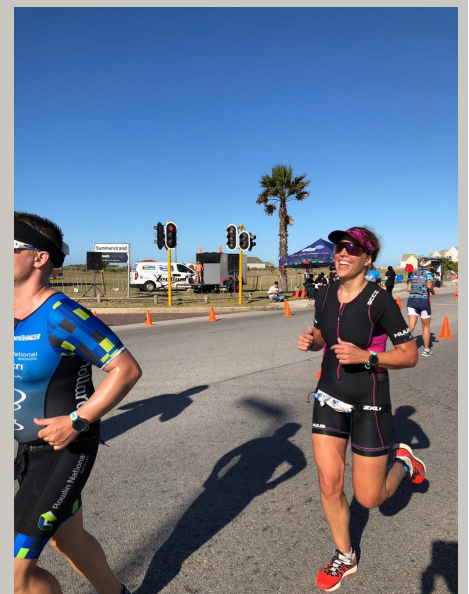
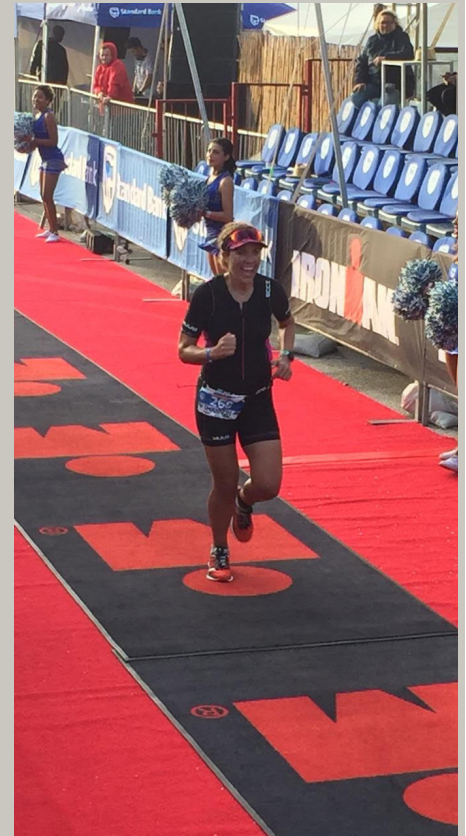
lava fields and the winds are blowing straight off the volcanoes, so it's like being in an oven. Imagine being in a sauna in Durban in summer- it's worse than that. Athletes will typically lose about 7% of their body weight during the race because of the conditions. The risk of overhydration is as high as, and probably more dangerous than, the risk of dehydrating. It's so difficult to get your nutrition right for a race that takes the winners about 8 hours, and the last athletes about 17 hours, to complete.

QU: How long did you train for the Ironman and what was your training schedule like when preparing for the race?

ANS: I've been training for triathlons for nearly 6 years now, and in that time I've done 3 full Ironman races. I guess the training starts ramping up (in terms of duration and intensity) about 3-4 months before an Ironman. I was training twice a day on work days (about 2-3 hours a day). On Saturdays I spent about 5-6 hours on the bike followed by a 20-30 minute run, and then on Sundays I'd do long runs between 2.5 to 4 hours. The weeks typically include 3-4 swims, 3-4 cycles and 4-5 runs with some strength training included to help prevent injury.

QU: What made you want to do the Ironman?

ANS: I always wanted to do the half Ironman in East London, because I had quite a few friends who were doing it, and the race weekend always looked like such fun. So when a good friend of mine (Kate Kearney- also a native Chartwellian) suggested that we should enter a half ironman together, I jumped at the opportunity. When I originally started training, I used to think the full distance was insane (it's a 3.8km swim, followed by a 180km cycle and then a marathon – a 42.2km run). I didn't think I'd ever want to, or be able to do it. The more I spoke to my team mates who raced the full distance, I realised just how much the body and mind are



capable of when they're pushed to the limits. I thought it would be fun to see how far I could push my mind and body. There was also something really appealing about finishing the race and hearing the words 'Shannon Lourens, YOU.ARE.AN.IRONMAN.'

(Also, you burn over 10,000 calories in an Ironman, nevermind all the calories burnt in training... that means you can basically eat whatever you like without feeling guilty!)

QU: What is your top achievement/s in these kinds of events?

ANS: Qualifying for Ironman World Championships in Kona is my biggest achievement to date – a Kona slot is the ultimate and elusive goal for most triathletes. I've come 4th in Ironman South Africa twice now (being the first South African in my Age Group on both occasions). Hopefully I'll make it onto the podium soon!

QU: Has sports (triathlons) been a passion of yours for a while or just recently ?

ANS: Triathlon is my latest sports passion but I've always loved being outdoors and being active. I've cycled for 10 years (I started out with mountain biking) and running for 8 or so years. In high school, I played netball for South Africa and got my provincial colours for horseriding.

QU: Have you done any similar races to this?

ANS: I've done 3 full Ironman races and 10 half ironman races now, but this is by far the hardest course I've raced. It's impossible to comprehend the heat, humidity and wind on this course, until

you've actually raced it. My favourite race is Ironman South Africa which is held in PE. The course is magnificent and the support is unreal. I believe there are about 50,000 people who line the run course each year. It's unreal!

QU: How long did you live in Chartwell for and what are some of your fondest memories?

ANS: I lived in Chartwell for 19 years. There are so many good memories... going on outrides around Chartwell with my sister when we were both still horse-riding, the braais with my family with the beautiful views of the Klein Jukskei, the amazing sunsets and watching the Highveld thunderstorms rolling in from miles away... I loved the feeling of space and waking up to trees and birds chattering. I think I only appreciate how lucky I was to have that, now that I'm living in the city.

QU: Tell us a bit about yourself and your family.

ANS: My family (being my parents, Ian and Penny, and my older sister, Casey) are born and bred Joburgers. We've always been a sporty family, although I haven't yet been able to convince any of them to do an Ironman with me! I'm a Chartered Accountant, working at PwC in a deals advisory team specialising in post deal implementation. I've worked for PwC in the USA and Netherlands in the 11 years I've been with the firm, and am currently living in Cape Town.

Aunty Maureen tells:

FAFI AND THE SMOUSE
by Maureen Dalglisch

In the early days of Chartwell, both Fafi and the Smouse were almost daily visitors to the area.

Fafi was a mobile form of lottery played in South Africa. Bets were placed and winnings drawn from a Mo-China who would cruise along the bumpy sand roads in his large limousine stopping at various designated spots where there would be a gathering of domestic workers. How they knew he was coming was always a mystery but all work stopped and nothing deterred the gamblers from meeting him.

This was all before gambling, apart from horse racing, was allowed in South Africa.

It is believed that the Fafi gambling game was brought to this country by the Chinese in the early 1900s and was first enjoyed by miners. It is played like a lottery with numbers between 1 and 36.







The Smouse: The rickety green van would be seen in the distance accompanied by the toot toot of his hooter. Once again all work ceased and the domestic workers would grab their baskets, shopping bags or even buckets and run off to meet him.

The Chartwell Smouse was a typical Indian General Dealer/Trader who preceded the Spaza shops of today.

Cooking oil, paraffin, buttons, cigarettes ... his van was overflowing with these essential goods and now and again he would delight the ladies with some specials – dress materials and bed linen. Employers must have been much more relaxed and tolerant in those days as our workers would disappear for ages with the excuse of visiting either Fafi or the Smouse.



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<p>Chartwell Stables Chartwell Stables is a well established riding school in the heart of Chartwell With great ponies, facilities and staff.</p>		

COME AND LEARN TO RIDE WITH US



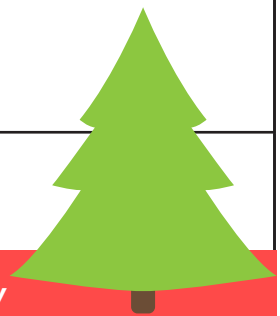



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