



Class of '61 – Reunion

November 2011 – Bulletin 13



The Reunion is over but the memories linger on



There are some things that we have done and will continue to do:

- The Website (<http://selbornecollegeclassof61.yolasite.com/>) has been updated and we will continue inputting Reunion group type content – visit the site and have a peek.

- Do yourself a favour and have a look at **Cecil Schneider's "Selborne Video"**, go to [youtube.com/davridan](https://www.youtube.com/davridan) and look under "davridan" for the Selborne video. In addition he has posted some pictures at [flickr.com/davridan](https://www.flickr.com/davridan) look for the set: Selborne...".
- We have balanced the books and we are pleased to advise that the current value of the donation we will be making to the OSA is R6 300. The OSA will work with the School to decide the best way to utilize these finds and then advise us of the details of the project affected – someone has suggested that they use the donation to make the school more wheelchair friendly for our 70th Reunion. It would be fantastic if we could pump this number up to R10 000 and to this end we are keeping the FNB account open to the end of November. If anybody would like add to the coffers, our account details are:
FNB - Account name: Selborne Class 61 Branch code: 260231 Account number: 62312708996.
- We have added an updated contact list to the website and would appreciate your feedback if your details have changed in any way (current list attached).
- Having seen many of you at the Reunion I thought it might be useful to offer you these basic snippets of health advice

"EXERCISE FOR PEOPLE OVER 67 or close to it

Begin by standing on a comfortable surface, where you have plenty of room at each side.

With a 5 kg potato bag in each hand, extend your arms straight out from your sides and hold them there as long as you can. Try to reach a full minute, and then relax.

Each day you'll find that you can hold this position for just a bit longer.

After a couple of weeks, move up to 10 kg potato bags. Then try 50 kg potato bags and then eventually try to get to where you can lift a 100 kg potato bag in each hand and hold your arms straight for more than a full minute. (I'm at this level.)

After you feel confident at that level, put a potato in each bag."

and....





When you drink Vodka over ice, it can give you kidney failure,

When you drink Rum over ice, it can give you liver failure,

When you drink Whisky over ice, it can give you heart problems,

When you drink Gin over ice, it can give you brain problems.

Apparently, ice is really bad for you!

No doubt we *did* work together to make it a truly memorable 50th Reunion – after all, it was the only 50th we will ever have!

Kind regards

Werner Illgner (on behalf of the organising committee)

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