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CAPE MEDICAL MUSEUM NEWSLETTER No. 005 June 2008

MUSEUM POWER

Mr. HM Janse van Rensburg

The Cape Medical Museum hosted a Health & Strength day on 05 April 2008 at Parow High School. The objectives were to promote overall health and well-being as well as to promote the importance of fitness and nutrition in maintaining a healthy body.

Various sponsors were involved who assisted in making the day a great success. West Workout Gymnasium in Somerset West provided the weights for the Powerlifting Competition which involved experienced as well as many first time lifters. Ultimate Sports Nutrition (USN) was extremely generous in sponsoring many supplement prizes for the competition as well as some T-shirts and supplement shakers.

Golden Neo-Life Diamite (GNLD) representatives also attended and did a fantastic job in promoting their health products. They constructed a very informative stall and even participated as first time lifters in the Powerlifting Competition.

False Bay High School, situated in the Strand, assisted on the day by providing a tuck shop where the competitors could buy much needed refreshments.

The Cape Medical Museum provided the trophies and rented the hall from Parow High School.

Music was provided by Craig Parker, owner of West Kickboxing Club in Somerset West who provided a nice atmosphere for the competition.

The day was a great success which incorporated a lot of fun, education, awareness and good sportsmanship.

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MUSEUM POWER (Continued)

Conrad Dippenaar 140Kg Squat

Ian J.v.Rensburg 210Kg Deadlift

Matthew Beadsworth 175Kg Squat

Lucian Pekeur 135 Squat

Sean Brokenshire 160Kg Deadlift

Kyle Dorfling 200Kg Deadlift

To the left are the winners of the Cape Medical Museum Health & Strength Day Competition along with Howard Cladingbowl, owner of West Workout Gym, and myself sitting infront.

From back left:
Kyle Dorfling
Mathew Coppenhall
Lucian Pekeur
Daniel Bostander
Conrad Dippenaar
Ian Janse van Rensburg
Sean Brokenshire
Matthew Beadsworth

The Cape Medical Museum would like to thank the following sponsors for ensuring our huge success.

West Workout Gymnasium
West Kickboxing Club – Craig Parker
False Bay High School
Parow High School
USN
GNLD
Cape Medical Museum Personnel

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MUSEUM WEEK 2008

Mr. HM Janse van Rensburg

The Cape Medical Museum celebrated International Museum Day, 18 May 2008, at Paarl Mall along with various other museums and heritage institutions. The Mall was decorated with museum and heritage artifacts and fun activities from 15 to 18 May 2008.

Our exhibition included a fun activity that required participants to either name the basic organs of the body or to take on the challenge and build our very fun organ puzzle as can be seen in the picture to the right.

MUSEUM FRIENDS AGM 2008

Mr. HM Janse van Rensburg

The Cape Medical Museum Friends Annual General Meeting was held on 20 May 2008 during which Dr. Stein gave a very informative talk on Apartheid and Medicine. His talk introduced us to the way hospitals operated during the Apartheid years and he also spoke of personal experience. The turn up for this years AGM was very surprising and we had to really squeeze together to fit everyone into our presentation room.

The Cape Medical Museum wished to thank Ms Berkah Kaplan for her dedicated contribution in organizing the event.

Dr. ALBERT SCHWEITZER FILM

TOPASSIST 15 (PTY) LTD
VAT: 490 024 6069
CO REG: 2006/011223/07
"ALBERT SCHWEITZER"

Mr. HM Janse van Rensburg

A recent film project regarding the life of Dr. Albert Schweitzer provided a chance for the Cape Medical Museum to get even further involved in reaching the community. The museum was approached by Topassist 15 (Pty) Ltd who is spearheading the reconstruction of historic locations required for the recording of this film. The Museum is assisting them in this process and wishes them all the best with the production.

Feel free to email any news, comments or suggestions to jvanrensburg@pgwc.gov.za

Best regards, Michael J.v.Rensburg