

The Lowveld medical Art and Culture Society welcomes you to



In the medical field it is very easy to succumb to burnout. Every person has experienced the feeling of overwhelm where physical and mental energy simply do not match the effort required to take care of patients, let alone our families and ourselves. As patient care is always the priority, other aspects of life must be sacrificed. Torn between what must be done and what we want to do drains energy ...exhaustion...burnout. What a luxury to work, completely immersed the moment. A moment free from past regrets as well as future concerns.

Wholehearted

effort also went into thinking & rethinking how we treat our finite environmental resources, especially regarding clean medical waste. Table napkins were dyed & embroidered on discarded linen from Busamed hospital. Table decorations include discarded cabling, thermoplastic sculptures & empty medication boxes.

Wholehearted MMXXIV invites you to delightful pause, a sensual experience of being a truly rounded person. Believe it or not, we are all artists, musicians, poets, connoisseurs of some sort. This evening is the dreams and aspirations of a small group of us made tangible. Faced with almost insurmountable challenges this year we stayed true to our main purpose and showed each other how to believe in the impossible!! The antidote for burnout is not working less. It rather lies in tapping heart, soul and body into whatever must be done.

The aim of this event is twofold: to encircle this "being medical" into the whole sphere of being human.

Secondly to use the ripple effect of our efforts, combined with participation by you, to the benefit of Lowveld society.



R250 000 worth of amazing prizes up for grabs.

- Prize 1:** Ulusaba - 2 nights for 2 people at Sir Richard Branson's private game reserve valued at R95 000
- Prize 2:** Nahyeeni Lodge Inhaca Mozambique - 3 nights self-catering accommodation for 8 people valued at over R40 000
- Prize 3:** La Laluka - 2 nights self-catering accommodation for 6 people valued at R40 000
- Prize 4:** Highland Run Lodge - 2 nights self-catering for 6 people.
- Prize 5:** Parc Chedenquele, Mozambique - 3 nights self-catering accommodation for 8 people
- Prize 6:** Santa Fishing Estate - 2 nights self-catering for 6 people - valued at R6,000
- Prize 7:** Santa Fishing Estate - 3 nights self-catering for 6 people - valued at R9,600
- Prize 8:** Zest Restaurant - 4 guests to join Zest at any of their upcoming wine tasting dinners to the value of R 3000
- Prize 9:** Oliver's White River - 1 night for 2 people in a luxury room on a bed & breakfast basis plus 1 x R500 voucher
- Prize 10:** Oliver's White River - 1x R500 voucher

All monies raised will go towards Local Lowveld Charities.

Scan the QR code



Buy a raffle ticket

VOORHAPPIES

Canapés

2023 - Winning Team incrEDIBLE

In memory of
our dear Friend and colleague

Dr Nic Procter





Our bar is
cashless
Please buy tokens
to exchange
for your drinks!

Welcoming: Beyerskloof Rose
Starter
Salmon & avocado tian, micro greens, caviar aioli, tomato spring onion salsa

Vegetarian starter: Tomato tart - Puff pastry, feta, confit cherry tomatoes, caramelised onion & baby leave salad, balsamic vinaigrette.

Beyerskloof Chenin blanc / White Pinotage

Main
Slow braised short rib & grilled lamb cutlet, chive mash, baby vegetables, apricot ginger glaze.

Vegetarian Main: Ravioli - Spinach & ricotta ravioli, sundried tomato & basil cream, parmesan shavings

Beeslaar Pinotage

Dessert
Dark chocolate & Turkish delight parfait, berries, rose meringue.

Beyerskloof Lagare Port



Program **LMACS** Gala Event

- 15:00 Guests arrive
- 15:00- 16:45 "Voorhappie" & Wine Tasting & Art/hobby Exhibition
Uplands College Marimba Band
AVS Background Music
- 16:45 Guests move upstairs and take their place
- 17:00 **Mario Rudolph**
Attie van Wyk (Chairperson: LMACS Committee)
Dumani Kula: Busamed Representative
Beyers Truter & Abrie Beeslaar
- 18:00 **1st course to be served**
- 18:30 **Music Program Starts (First half)**
 - 1 Reon van Aardt, Nadine Stewart, Gerda Smook, Carine Smit, Anlie Endemann, Paul Coetzee, Pieter van Immerzeel, Mario Rudolph, Hilma Visser
 - 2 Caro de Witt, Carine Smit & Dumani Kula
 - 3 Herman van Duyker
 - 4 Pierre and Lizanne de Villiers
 - 5 Gerda Smook, Anlie Endemann, Reon van Aardt
 - 6 C-Section Acapella Group - Dirk Lourens, Pierre Taljaard, Caro de Witt, Danica Scholtz
 - 7 Nadine Stewart, Caro de Witt, Carine Smit
 - 8 Neil Taverner
 - 9 Caro de Witt, Reon van Aardt, Anlie Endemann Gerda Smook
 - 10 Karla Richter
 - 11 Schizelle Theron and Reon van Aardt
- 19:50 **"Voorhappie" Prize Giving & Photography Competition Announcement & Best Dressed**
- 20:00 Interval
- 20:20 **Wine Introduction & 2nd course to be served**
- 20:50 **Music Program Continues (Second half)**
 - 12 Petro Vermooten, Marisa de Klerk, Gerda Smook, Anlie Endemann, Caro de Witt, Reon van Aardt
 - 13 C-Section Acapella Group - Dirk Lourens, Pierre Taljaard, Caro de Witt, Danica Scholtz
 - 14 Reon van Aardt and *Finger of Blame* - Paul Coetzee, Mario Rudolph, Pieter van Immerzeel
 - 15 The Laryngospasms - Sias Willemse, Carl Maré, Adriaan Buitenweg, Cyril Ogunjiofor, Etienne Bruwer
 - 16 Mass Item: All Musicians!
- 21:30 **Wine Introduction & 3rd course to be served**
- 22:00 **Raffle Ticket Draw & Prize Announcements**
- 22:00 *Finger of Blame* - Paul Coetzee, Mario Rudolph, Pieter van Immerzeel, Hilma Visser

Welcoming
Introduction
Opening
Wine Introductions



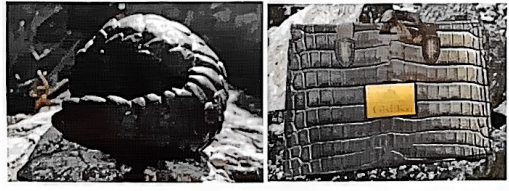
Special Star (Mango Groove)

Word Art and Book Readings
From Chopin's Prelude in C Minor, the Sound of Music's Edelweiss and Lara's Theme from Doctor Zhivago
Gratitude (Brandon Lake)
Por Una Cabeza (Tango, Scent of a Woman)
Both sides now (Joni Mitchell)
Royals (Lorde)
Readings from other things amanzi
Fix You (Coldplay)
As musiek begin speel (Karen Zoid)
When you say Despacito

Blou (Laurika Rauch)
Life could be a dream (The Crew Cuts)
Fanie se Vastrap
River of dreams (Billy Joel)
From Now On (Greatest Showman)



Auction!!



Bronze Pangolin Sculpture
by Charles Greig Jewellers Starting bid 5K

Aqua Vista beach house
House for 6 ppl out of season
Self catering - 10 days



Violet & Rose Jewellery



Anatomical Heart
9ct Yellow gold
Valued @ R7529-



Non Anatomical Heart
9ct Yellow gold
Valued @ R14864-

Kateka - Two-night stay for two at the sensational Kateka valued at R 115

Mukwa River Lodge - Zambia - 3 night stay for couple (flights exl) R120 000 Starting bid 7K

