



The Old Stanfordian

The Official Newsletter of the Stanford Lake College Alumni Association



Simple Beginnings by Kirsten Eastes (Class of 2017)

I started playing 7s rugby in 2018 when I was a first year at the university of Pretoria. Things developed quickly after I played my first USSAs tournament when I was selected for the dream team, allowing me to represent South Africa for the first time in Namibia in the FISU student world games. After the USSAs I started travelling with TUKS to various overseas tournaments. Since then, I have toured France, Spain, Germany, Scotland, Belgium, the UAE, and Uganda with the TUKS team.

The year it all started coming together. 2022

The Women's 7s National team coach, Paul Delport, started showing interest in me and contacted me telling me that it was no longer a matter of "if" I would be

selected but rather "when". He spoke to me after our France and Scotland tour where TUKS won both tournaments only conceding four tries at the end of the two weeks.

I carried on training with the TUKS team and was later selected to represent the Blue Bulls in the Women's IPL in the position of Outside Centre. Playing 15s was a massive adjustment for me as I wasn't used to playing such a structured rugby game. However, when I finally understood my role in the game, I had a great time playing alongside my best friends; Springbok fly-half Libbie Janse van Rensburg and Springbok Scrum-half Rumandi Potgieter. These two recently played in the Women's 15s Rugby World Cup in New Zealand.

We had a great season and with a new coaching staff and team structure we improved our log standing. Once the 15s season ended I was released back to TUKS and started playing 7s again, which felt like a breath of fresh air.

In July, we toured to Belgium where we finished second. After Belgium, I was contacted letting me know that I will be going into a camp as part of the Commonwealth Games squad. However, due to security and medical screenings, it was too short notice to play in the Commonwealth Games. However, I still learnt a lot in camp and was assured that I would play the Challenger Series in Chile in August.

I got my first debut in the senior squad of the Challenger Series and played in the number 2 jersey. Surprisingly, I was not nervous at the starting whistle of the first game, even though I was chaser for the first kick-off. All my experience playing at TUKS and for the Blue Bulls are to thank for that. I started for all the games except one. I did not play the match against China since there was a worry that I had hurt my hip in the previous game against Kenya. I played the match afterwards when two other teammates got injuries including a fractured cheekbone and torn hand in the China game. I convinced the coach to play me again since if I did not play, we would be down 4 out of 12 players meaning we would only have one substitute. We did not perform well in that tournament, but the experience and lessons learnt were worthwhile.

My call up to the World Cup Squad was announced and I was flown in after the rest of the girls due to still being in recovery from the hip injury I sustained in Chile. My whole hip bone was bruised on the left side and my hip was displaced at the SJ joint. And since I carried on playing this caused me to severely strain muscles in my glutes and abs. I am so thankful that with rehab and rest I was able to recover to be part of the World Cup Squad two weeks after Chile.

The World Cup Camp in September was intense with 18 ladies at the start of the camp and only 12 spots available in the Squad. This healthy rivalry and pressure made me improve drastically as a player in the two weeks of camp. Every field session was a chance to prove myself and every video session a chance to learn and visualise what must still be done.

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EVENTS

12 JAN 2023

The School Officially Turns 25!!

19 MAY 2023

All Years Alumni Reunion

20 MAY 2023

Gala Dinner to celebrate 25 years



SIMPLE BEGINNINGS

BY KIRSTEN EASTES



In Cape Town I rubbed shoulders with the men and women who inspired me to start playing rugby. These were the people I had idolised when watching the Olympic Games and researched and copied. Now I was having coffee and laughs with them after muddy field sessions. It was an incredible experience. Unfortunately, I ended up being the 13th player and was told the day before that I would not be playing that weekend. The disappointment was something I had never experienced before; I was so ready. I could visualise myself in the scrums and running our defensive line in the opening match against France. However, it was not meant to be for me.

Despite the disappointment I will forever be thankful for coach Delport and coach Sticks (now the men's Blitzboks Head Coach) for all the time and effort they invested in me. I know that those skills and lessons were not in vain because I will use them all and build on them for future selection.

Back at TUKS, I played in the USSAs student tournament in Kimberley. I had a fantastic tournament showcasing everything I had learnt at the Boks, being the only student that was in the 14-man World Cup Training Squad. In the final match, I sustained an injury and later, after an MRI, it was determined that I had torn my ACL, meniscus and MCL. In the MRI it shows heavy bone bruising all around the knee which is not consistent with how I got injured. It was determined that the ligaments tore from overtraining and not managing myself well enough throughout the season. A tough reminder that sometimes rest is just as important as conditioning.

I am now waiting to undergo surgery on my knee to reconstruct my ACL and hopefully save my meniscus. The surgery is booked for 1 November 2022. The rehab after surgery is a minimum of 9 months, meaning I am out for the end of this season and probably out for next year's season as well.

This is disappointing considering that I had finally achieved what I had worked towards for five years. I had the chance to play in two more international tournaments (Dubai with TUKS and Cape Town 7s with the Boks). I was also aiming to be part of the squad that plays Olympic qualifiers next year in April. For now, I will focus on my rehab and aim to be better than ever when I am cleared for play in the middle of next year. I am also shifting my focus over the next few months on to coaching and other aspects of building the club at TUKS.

We wish Kirsten all the best with her upcoming surgery and recovery.



WHAT'S BEEN HAPPENING?

PUPIL LEADERSHIP 2023 ANNOUNCED



DEPUTY HEAD BOY
Marc Day



HEAD BOY
Kian Noné



HEAD GIRL
Olivia Drewett



DEPUTY HEAD GIRL
Kwena Makweya



**HEAD OF
FOUNDERS NORTH**
David Mulder



**HEAD OF
FOUNDERS SOUTH**
Lungile Sithole-
Wiltshire



**HEAD OF
SERALA**
Serena Rix



**HEAD OF
LAKESIDE**
Elektra Gelletich



**HEAD OF
KEN SHUTER**
Maki Inama



**HEAD OF
DAY SCHOLARS**
Zaara Turk



HEAD OF LOOMIS
Nsuku
Shingwenyana



HEAD OF LOOMIS
Layla de Bruyn



HEAD OF ORVIS
Diego Vieira



HEAD OF ORVIS
Claire Klinkert



HEAD OF FENWICK
David Ramalepe



HEAD OF FENWICK
Olivia Drewett



**CHAIR:
ACADEMIC
COMMITTEE**
Connor Christie



**CHAIR:
ADVENTURE
COMMITTEE**
Jordan Skordi



**CHAIR:
BOARDING
COMMITTEE**
Rachel Rix



**CHAIR:
CULTURE
COMMITTEE**
Tukisho Ramohlale



**CHAIR:
ENVIRONMENTAL
COMMITTEE**
Elektra Gelletich



**CHAIR:
PASTORAL CARE
COMMITTEE**
Langa Sithole



**CHAIR:
ROUND SQUARE
COMMITTEE**
Laura-Anne Muller



**CHAIR:
SERVICE
COMMITTEE**
Akshar Patel



**CHAIR:
SPIRIT
COMMITTEE**
Lwandle Maluleke



**CHAIR:
SPORTS
COMMITTEE**
Claire Klinkert



WHAT'S BEEN HAPPENING?

VALEDICTION & PRIZE GIVING 2022



We were blessed to have alumnus, Ali Conn (Class of 2007), address the school as our guest speaker during the Valediction Ceremony on Friday, 14th October.

In the following week's Snapshot newsletter, the Headmaster said the following, "Ali is an amazing young man who has lived an extraordinary life. During his thoroughly engaging speech, he shared some of his life experiences with us. He spoke fondly of his time at Stanford and the lessons that he had learned, many of them being taught without him even knowing. He spoke of his own Valediction and how, during that ceremony, he made an active decision to not allow his disappointment at not being awarded the prize for "The student most likely to succeed in life" to get him down. To the contrary, he made a conscious decision at that point to prove a few people wrong. And he has done just that!

"The lesson here for all of us is clear: we will be disappointed at times; we will not always get what we want in life; what is really important is how we react to these disappointments. The attitude that we adopt will go a long way to determining what we achieve. I sincerely hope that, at Stanford, we create sufficient learning opportunities (both inside and outside the classroom) to ensure that our pupils have a broad range of experiences to draw on when they finally leave our school."

AWARDS RECIPIENTS 2022

Danish Saleem **Scholefield Shield** DUX Scholar 2021
 Tanatswa Murasiranwa and Devon Coad **Vanner Trophy** - Awarded to a Matric Pupil who, on the sports field, has shown the qualities of commitment, determination and sportsmanship
 Ruben le Roux **Wolff Trophy** for the Best Senior Rider riding at a National Level
 Gordon Noel **Colin Brent Trophy** for Mountain Biking
 Luke Fairhead **Aus-Am Trophy** for Fly Fishing
 Lwazi Motumi **Stephan le Roux Trophy** for the Best Senior Boy Hockey Player
 Xilombe Ndlophu **Stirling Trophy** for the Best Senior Rugby Player
 Devon Coad **Friedrichs Trophy** - Awarded to a Matric student who has showed exceptional commitment and dedication to Cricket
 Heidi Katzke and Benno Kotzé **Adventurer of the Year** - Awarded to a Matric student who showed exceptional commitment and dedication to all forms of Adventure
 Tanatswa Murasiranwa **Certificate of excellence** - Awarded to a Matric student who has showed exceptional commitment and dedication to Netball
 Christian Krüger **Certificate of excellence** - Awarded to a Matric student who has showed exceptional commitment and dedication to Soccer
 Zayana Moosa **Blight Trophy** - English Public Speaking
 Tanatswa Murasiranwa **Zach Schuurs Trophy** - Service to Culture
 Layla de Bruyn **Zach Schuurs Trophy** - Drama
 Tukisho Ramohlale and Zoë Koster **Zach Schuurs Trophy** - Music
 FENWICK **Stranack Inter-House Trophy**: Overall Winner of All Inter-House Competitions
 Zoë Burman **Ken Shuter Trophy**: English Home Language Prize
 Rachel Thompson **CJ Cassim Trophy**: Advanced Programme English Prize
 Koni Fobbe **Fenske Trophy**: Afrikaans First Additional Language Prize
 Anika Willemse **Kromberg Trophy**: Proficiency in English and Afrikaans
 Jacinta Kubayi **D'Arcy Herrman Trophy**: Accounting Prize
 Cara Prinsloo **"La Trofia Madera del Arte"**: Visual Arts Prize
 Rachel Thompson **Thompson Trophy**: Outstanding Artist
 Zoë Burman **Morris Trophy**: Life Science Prize
 Michael Scriven **CAT08KAT Trophy**: Computer Application Technology Prize
 Zoë Burman **Information Technology Trophy**
 Zoë Burman Life Orientation Prize
 Jack Tasker **Kenney Brokers Trophy**: Business Studies Prize



WHAT'S BEEN HAPPENING?

VALEDICTION & PRIZE GIVING 2022



Jack Tasker**Jack Trophy:** Geography Prize
 Micaela Wight**Waller Trophy:** History Prize
 Heidi KatzkeMathematical Literacy Prize
 Zoë Burman**Calculus Trophy:** Mathematics Prize
 Zoë Burman.....**Cassim Trophy:** Advanced Programme Mathematics Prize
 Zoë Burman**Einstein Trophy:** Physical Science Prize
 Xilombe Ndlopfu**Marco Visser Trophy:** Exceptional Academic Improvement in Grade 12
 Rachel Thompson**Da Silva Trophy:** Consistent Academic Excellence throughout High School
 Zoë Burman**Coach House Trophy:** Best Results in Preliminary Examinations
 Zoë Burman**Ubuntu Trophy:** Exceptional Service to the Community
 Zoë Burman**Baleta Trophy** (Voted for by the whole school) - *Awarded to a pupil, from any grade, who is future-smart, who knows where they are going and how to get there*
 Tanatswa Murasiranwa**Geldenhuis Trophy** - *Awarded to a MATRIC PUPIL who has achieved excellence in all spheres of school life – academic, sport & cultural activities*
 Tanatswa Murasiranwa**Jarrold Zamparini Trophy** - *Awarded to a MATRIC PUPIL who has most used the opportunities offered to them and in so doing has exemplified the values of the College*
 Zoë Burman**Georgina Smit Trophy** (Voted for by the Matrics) - *Awarded to a MATRIC PUPIL, who by being pro-active & having the courage to stand up for what is right, made a positive contribution to the school*
 Tanatswa Murasiranwa **Amm Trophy** (Voted for by the whole school) - *Awarded to a MATRIC PUPIL who has best shown the qualities of care, compassion, honesty, integrity & understanding*

*Congratulations
Class of 2022*

and best of luck with your exams



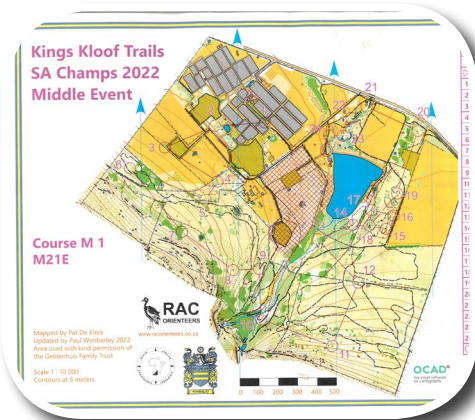
ALUMNI ACHIEVERS

SPORTS



GOLDS FOR GARDNER

On the weekend of 23 - 25 September 2022, Brian Gardner (Class of 2002) participated at the South African Orienteering Championships. There were three events over the weekend; a Middle distance, Long Distance and Club Team relay. The event was held at Kings Kloof and Rocky Valley Trails in Krugersdorp. Brian said, "The terrain was tough, rocky and technical, but just what I enjoy running on! I managed to put together two good runs in the Middle and Long distance events, taking Gold in the Elite men's category for both. In the Club Team relay event, we managed a Silver medal."



ANNOUNCEMENTS

BIRTHS



Chloe Elizabeth Cook

Congratulations to Holly Cook (né Streak, Class of 2010) and her husband, who welcomed their second child, Chloe Elizabeth Cook, into the world on 28th September. Chloe was born in England weighing 3.76kg and is little sister to Oliver Heath Cook, who was born on the 11th December 2020.



Gustav Klostergaard De Pretto

Congratulations to Antonio De Pretto (Class of 2006) and his fiancée, Claudia, who welcomed baby Gustav into the world on 1st October. Congratulations to Antonio and Claudia on their engagement also. The couple have been together since 2019 when Antonio moved to Norway, but got engaged in February.



Cooper Allen McGaffin

Congratulations to Dillen McGaffin (Class of 2011) and his wife, Kayla, on the birth of their first child, Cooper. Cooper was born in the UK on 13 September 2022, weighing 2.97kg



ANNOUNCEMENTS

LOVE IS IN THE AIR



Megan Schulze
(Class of 2012)

Megan's fiancé, Jason Nel, popped the question on the 2nd September. They got engaged on a beautiful koppie behind their house in Grietjie Nature Reserve at sunset. Jason tricked Megan into believing they were going to look for lion but instead a beautiful picnic was laid out. As the sun set he dropped to his knee and asked the question Megan been dreaming about.



Caitlin Harty
(Class of 2012)

Congratulations to Caitlin Harty who said "yes" to her man, Jared Smith, when he got down on one knee on the 12th September. The couple met at the University of Pretoria and got engaged in Cape Town with a beautiful view of the ocean and Lion's Head on top of the 12 Apostles Hotel. They currently live in Europe together travelling for work.



Lizanne Steenkamp
(Class of 2011)

Lizanne Steenkamp tied the knot with Heinrich Cloete at Malilule Safaris on 31st July. They shared a very intimate wedding with just eight guests.

ACHIEVEMENTS

GRADUATIONS AND NEW VENTURES



Shikara Janke
(Class of 2017)

Shikara graduated with a BCom Honours in Business Management at the University of Pretoria. She recently moved to Cape Town and started her first job on the 24th February at a company called Delta-v, located in Claremont. Shikara says, "We are a small startup whose operations involve that of serving as a sales acceleration partner to B2B and SaaS companies. I believe that this position will serve as a great kickstart to my career and provide me with the foundational skills needed to achieve my end career goal, which is to start my very own business."

Sarah Progrund
(Class of 2016)

Sarah graduated from the University of Oxford with a Masters (MSc) degree in Economics for Development in July. On her experience at Oxford, Sarah says, "It was a whirlwind year, hugely enriched by an amazing cohort of international classmates and a warm college experience at Lady Margret. Two highlights were competing with my college rowing team and having my parents in the UK for the graduation ceremony. I've recently started work at a health economics firm in central London. I'm enjoying immersing myself in a bustling city, and making the most of the plentiful green spaces, cycle paths and markets."



ACHIEVEMENTS

GRADUATIONS AND NEW VENTURES



Lisa Otto
(SLC 2001 & 2002)

Lisa was recently appointed as an Associate Professor at the University of Johannesburg. Prof Otto teaches in Politics and International Relations while conducting research with the NRF SARChI Chair in African Diplomacy and Foreign Policy. She is also a sought-after expert in the field of Maritime Security and acts as co-editor of the African Security Review. She holds a D.Litt et Phil in Political Studies from the University of Johannesburg, awarded in 2016, a MA in International Peace and Security from King's College London, and BA and BA Hons degrees also from the University of Johannesburg. In 2018 she was selected as one of the 200 most eminent young South Africans by the Mail & Guardian.

Antonio De Pretto
(Class of 2006)

On the same day as the birth of his son, Antonio started a new position as the Director of Research and Innovation for Elkem Carbon Solutions overseeing all research, development and innovation within the global operations of Elkem Carbon Solutions.



LOOKING AHEAD

2023 - STANFORD CELEBRATES 25 YEARS



Can you believe that in 2023, the school celebrates its 25th birthday?! We have a wonderful number of events lined up for the year ahead. Stay connected via our alumni social media pages, the Old Stanfordian newsletter and the school's social media pages to find out more. So far, the following dates have been set aside. Save them, lock them in, because these are going to be events that you DEFINITELY don't want to miss out on.



5 - 9 APRIL 2023

Easter Sports Festival



19 MAY 2023

All Years Alumni Reunion



20 MAY 2023

Gala Dinner to celebrate 25 years

We are hoping to run a scuba diving trip to the Red Sea on a luxurious live-aboard yacht next year. If you



are interested in scuba diving some of the best dive spots in the world in 2023 – please contact Mr Haarhoff for more information.

Limited space available!
neil@slc.co.za

We are putting together a beautiful coffee table book to celebrate Stanford's 25-year history and we need help from our alumni! We are looking for any interesting photos and / or anecdotes relating to your school lives, and also how adventure/treks may have had an influence in your adult lives. Please also enlighten us of any extraordinary achievements by Alumni.

alumni@slc.co.za



SLC SOCIETY



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Stanford Lake College

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We believe that a number of additional retail partners will come on board soon, and we will keep you updated.

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MEET OUR PARTNERS!



We look forward to having you on board!



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MAKE EVERY SWIPE COUNT

With a MySchool MyVillage MyPlanet card, you can raise funds for Stanford Lake College without costing you a cent. Register for your free MySchool MyVillage MyPlanet card, name Stanford Lake College as your beneficiary and you'll raise funds every time you swipe at one of the national partners (Woolworths, Engen Convenience Centres, Loot.co.za and Bidvest Waltons).

You can apply for a card through the following site:

<https://www.myschool.co.za/supporter/apply/>

SLC BUSINESS DIRECTORY



We continue to compile an Alumni Business Directory that is currently LIVE on the Stanford website. Click **HERE** to view.

Should you have a business or service that you offer and would like to be listed on the directory, please email us at: alumni@slc.co.za with further details of your business.

