



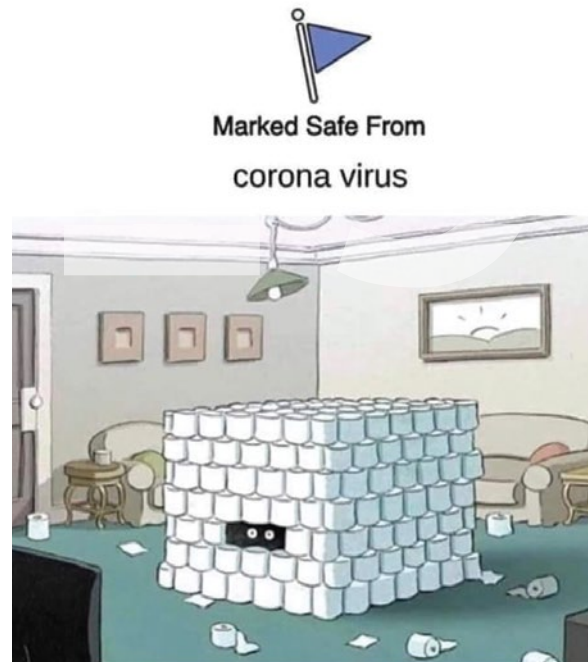
The Old Stanfordian

The Official Newsletter of the Stanford Lake College Alumni Association

By Miss Nicola Verreyne
(Admissions & Assistant Marketing at SLC)

For years now, many of us have been waking up every day and reaching for our phones with grim fatalism. Because we know at least half a dozen of our WhatsApp messages with trite motivational lines and pictures of sunrises and flowers were waiting to ambush us. In the last couple of weeks, however, we have seen a drastic change and have been bombarded with coronavirus-related stuff. Social media has come at us through the day, with endless advice, scary numbers and wild predictions.

Schools have already being closed for over a week and parents now have to deal with a further 21 days of lockdown with their children. I think we will very soon be entertained on social media with some rather interesting and inventive ways that parents will be keeping their children at bay. If you have any brilliant ideas for keeping children entertained, please share them with us.



EVENTS

8 - 9 MAY 2020
St Dunstan's Derby
at SLC
(TBC)

9 MAY 2020
Alumni & SLC
Society Event at SLC
(Details TBC)

21- 23 AUG 2020
Magoeba Trek
at SLC
<http://www.magoeba-trek.co.za>

31 OCT - 1 NOV 2020
Wolkberg Trail Run
www.wolkbergtrailrun.co.za

Dr Jarrod Zamparini, Head Boy of Stanford Lake College 2006, who is a Specialist Physician working in the division of Infectious Diseases in the Department of Medicine at the Charlotte Maxeke Johannesburg Academic Hospital has also published an excellent informational video about the COVID-19 virus on YouTube, which we highly recommend for you to watch (see link on page 9). In this video, he provides details of the COVID-19 virus and special precautions one should take. He especially emphasises that panicking isn't going to help the situation and all you need to do is follow some simple hygiene protocols to prevent the virus from spreading further.

Stanford Lake College has taking the necessary steps to set up Google Classrooms to ensure that teaching and learning continues to take place off-campus, through this remote learning platform. One challenge that exists is to ensure that pupils have access to devices and good connectivity during this period of time. Parents have been encouraged to ensure that their child has access to data and connectivity. We also asked our alumni whether they have any insights on learning tools or resources, either for teachers, pupils or parents that they believe could assist with remote learning. A great idea that emerged was the use of a platform called Zoom. This platform provides a remote conferencing service that combines video conferencing, online meetings, chat, and mobile collaborations, basically you can stay connected remotely. We have also been informed that Amazon have cancelled all subscription of books and audio stories for children and students of all ages, and have instead launched an incredible collection of free stories that can be streamed on your desktop, laptop, phone or tablet. Use the following link to keep your children dreaming and learning: <https://stories.audible.com/start-listen>. Should you have any other recommendations, we would appreciate hearing from you.

Whilst the future looks a little uncertain at this difficult time, why not spend your 21 days in lockdown thinking back instead? Reminisce on your time at Stanford Lake College. Share your memories with us, reconnect with an old classmate or send us your funny lockdown photos. We are all in this together, let's make use of this opportunity and the communication channels available to us and keep the "gees" going!



ANNOUNCEMENTS

Stanford Lake College



ALUMNI COMMITTEE

We have recently created an Alumni Committee made up of past Stanfordians who believe they can assist and bring new ideas to the table regarding developments at Stanford Lake College and among our alumni community. We would like to give a warm welcome and thank you to the following past pupils, who have joined the Alumni Committee:



Akani Baloyi
(Class of 2008)
Chair of the Alumni



Cassandra McGaffin
(Class of 2013)



Elmar Prinsloo
(Class of 2012)



Lori Hyde
(Class of 2012)



Paul Vorster
(Class of 2008)

Paul Vorster, who recently stepped down as Chair of the Alumni, will continue to assist the Alumni Committee where he can. Thank you, Paul, for all your input and time that you have given towards Stanford Lake College and the alumni community. It certainly does not go unnoticed.

SLC OPEN WEEKEND

On 13 & 14 March 2020, Stanford Lake College welcomed 73 Grade 6 and 7 students to come and experience a taste of Stanford life at the annual Open Weekend. The future Stanfordians spent just over 24 hours immersing themselves in Stanford culture - enjoying science, robotics and music activities as well as a night hike and an adventure challenge. Judging by the calibre of students attending - their beautiful personalities, willingness to learn and to stretch themselves out of their comfort zones - our Grade 8 class of 2021 is going to be a force to be reckoned with!



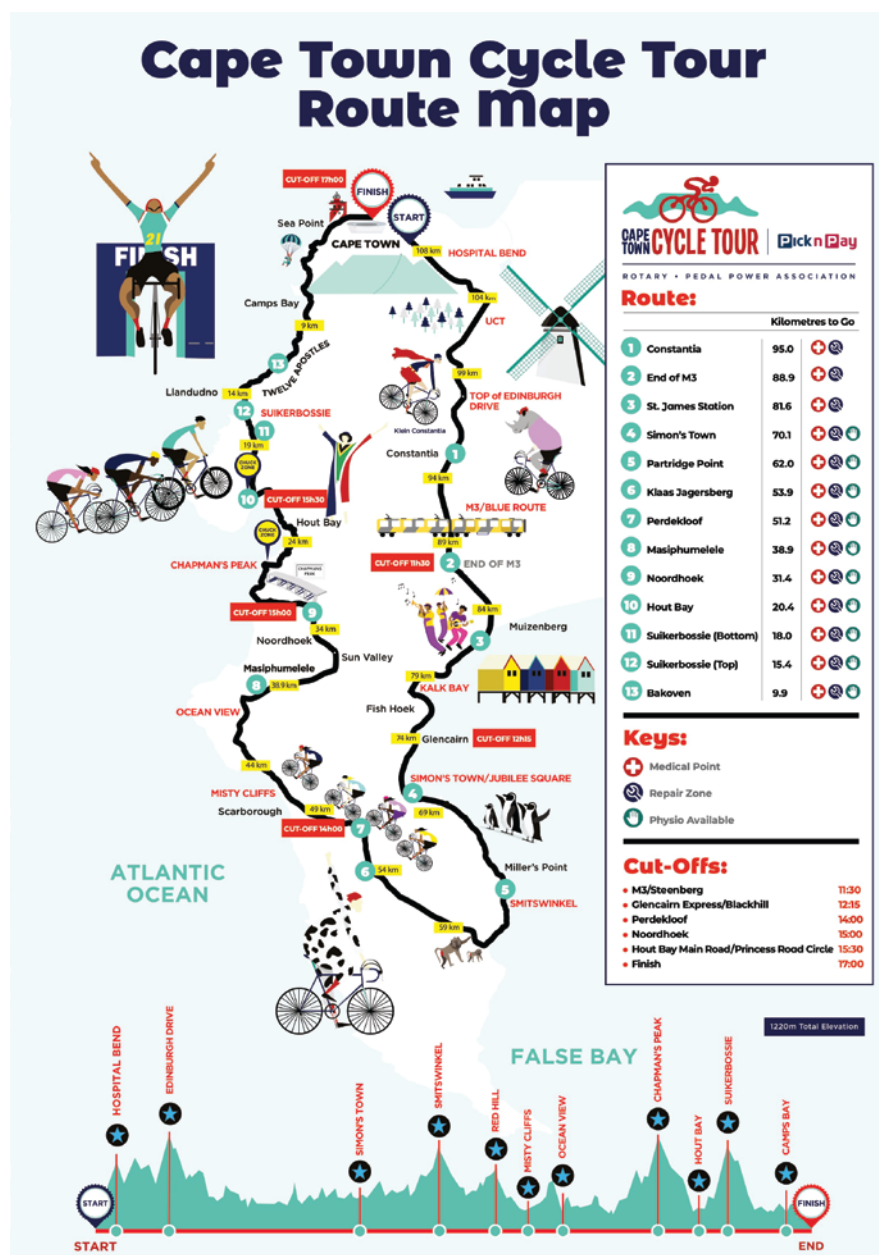
ALUMNI ACHIEVERS

SPORT



THE CAPE TOWN CYCLE TOUR

Well done to the following Alumni: Lori Hyde (Class of 2012), Leon Joubert (Class of 2008) and Lindy Joubert (Class of 2013), Camilla Janke (Class of 2013) and Matthew Oosthuysen (Class of 2017) who took part and completed the 42nd Cape Town Cycle Tour on Sunday, 8 March 2020. What started out as a demonstration ride so many years ago, to raise awareness about the lack of cycling infrastructure and safety for cyclists, has evolved into a world-class event, and still holds the record for being the largest timed sporting event in the world.



ALUMNI ACHIEVERS

SPORT



THE WIK TRIATHLON

Despite the threat of the Coronavirus, there was a wonderful turnout for the eighth edition of the Wik Memorial Triathlon, with over 400 participants taking part on Sunday, 15 March. An amazing number considering the circumstances. The weather was perfect which added to the buzz of the day.

Once again Wik's life was celebrated in a way which was befitting of the man himself.

A large number of students, staff, parents and alumni entered the event with some fantastic results. Jarryd Gosling (Grade 11) and Llewellyn Rogers (Grade 10) braved the Stanfordian event and did very well. In the Wik event, Stanford students reigned supreme and took a number of podium places. Gunther Katzke (Grade 11) was the overall winner of the race, whilst Michael Scriven (Grade 10) came third among the Junior Men. Our female athletes dominated the Junior Female category, with Lia Revelas (Grade 12) coming in first (and 13th overall), Heidi Katzke (Grade 10) in second (and 18th overall) and Danica Altenroxel (Grade 12) in third.

A huge number of students, staff, parents and alumni took part in the team event with team "Flying Three" coming first in the Mixed Junior Category. Taking up the swimming leg was Jenny Zhang (Grade 8) who was the first swimmer out of the water. Herman Fourie (Grade 11) took on the cycling leg whilst Marc Day's (Grade 9) fresh legs brought the team over the finish line for the running segment. Rachel Thompson (Grade 10), Lulu Cooper (Grade 10) and Evie Carreau (Exchange student) also won among the Girls Junior teams.

We especially would like to congratulate the following alumni, Steven Willson (Class of 2001), achieving second place in the Stanfordian and Cecilia Landman (Class of 2009) and her team gaining first place in the Open Women Category.

A huge thank you to Copper Moon Events for putting the event together and also to all the staff that helped out on the day. Once again, the team effort made this event a success.



Courtney Penrose (Grade 12) and Austin Johnson (Class of 2016) after this year's Wik with their haul of removed wattles!

The Wik Triathlon is a memorial triathlon for Mr Wik van der Walt, a staff member who was well respected by all the students of Stanford Lake College. He was a man who loved life and who invested in the conservation of the environment. Every year, the digging up of wattles has been carried out in remembrance of Mr Van der Walt, this is known as "Wik's Wattle Patrol".

Wattle patrol was originally started by Mr van der Walt as a form of detention. He would send those who were given detention into the woods to pull out "alien" wattle trees. This was hated by most students, except for a group of past pupils (Austin Johnson, Aiden Du Preez, Matthew Crawford and Byron Lucas) who loved the outdoors. In honour of this amazing man, the four pupils formed "The Wattle Patrol" team for the first Wik Triathlon and this has become an annual tradition ever since. The original team aimed not to push themselves or to try and come first, but to enjoy every moment of the race, taking time to remember Mr van der Walt and all that he believed in. Along the way, the pupils took the opportunity to swim in all the watering holes, dig out the "alien" trees and carry as many as they could to the finish line of the race.

We hope that this tradition carries on and is handed down to the students of Stanford Lake College, and that Wik van der Walt is remembered as a man who was loved and respected by all.



ALUMNI ACHIEVERS

SPORT AND ACADEMICS



THOMAS MAYES

Thomas Mayes (Class of 2019) was selected for the Momentum Multiply Titans U/19 Cubs team at beginning of this year, as well as for the SA Colts, meaning he is one of the top 24 school going cricketers in the country. Thomas is pictured (back, far right) representing the Titans at the CSA Cubs Week held in Paarl in January 2020.

SOUTH AFRICAN JOURNAL OF PHYSIOTHERAPY



Cassandra received her Honours in Physiotherapy at the beginning of 2019.

Cassandra McGaffin (Class of 2013) recently shared an article that her and team from the Department of Physiotherapy at the University of Pretoria had published in the South African Journal of Physiotherapy in 2017. The objective of the article was to compare the perceptions of patients with spinal cord injury (PWSCI) and physiotherapists with regard to readiness for hospital discharge (RHD). They conducted a comparative cross-sectional study which included 50 PWSCI and their physiotherapists in Tshwane. The patients completed the Readiness for Hospital Discharge Scale (RHDS) and their responses to the subscales were compared. The data provided was then analysed using descriptive and inferential statistics. Relationships between variables of interest and the general perception of RHD were determined using Pearson's chi-square test. An independent samples t-test was used to analyse the difference in RHDS scores (including subscale scores) between PWSCI and physiotherapists. Results were significant if the p-value was less than 0.05.

The study concluded that there was no difference in perception of readiness to go home, although the physiotherapists gave lower scores for emotional readiness and ability to handle demands at home and higher scores for knowledge. Thus, emphasis should be placed on the above-mentioned aspects during rehabilitation, to better equip patients with spinal cord injuries with coping strategies and to put systems in place for optimum support once discharged.

Well done, Cassandra, this is an amazing achievement in your career field and you can be very proud of this article. Please read the full article here:

<https://sajp.co.za/index.php/sajp/article/view/437/669>



ACHIEVEMENTS

ACADEMIC



KATHLEEN PAINTER

Congratulations to former Stanfordian, Kathleen Painter (Class of 2010), who graduated from Edinburgh Napier University with a Master's Degree in Environmental Sustainability. She has also won the University Medal for graduating top of her class. Kathleen said "I've wanted to come and do my Masters here ever since visiting Edinburgh during my Round Square exchange. So, this has been a 10 year dream in the making!". Well done, Kathleen, this is truly an outstanding achievement!

MAKUNGU VALOYI

We would like to congratulate former Head Girl, Makungu Valoyi (Class of 2015), who graduated with a Bachelor's Degree with Honours in Occupational Therapy at Stellenbosch University. She is currently doing her community service at Sekororo Hospital in Limpopo and is looking forward to learning and developing herself in the field this year. Well done, Makungu, this is an incredible achievement and we wish you all the best.



TSHEPO TSELAESELE



Congratulations to Tshepo Richie Tselaele (Class of 2015), who graduated at Botho University in Botswana with a Honours Degree (BSc Hons) in Accounting. Currently he is furthering his career with a Masters Programme in Digital Marketing with an online school called Simplilearn. Tshepo will become a Digital Marketing Specialist, once he completes this programme. He has also been running his own media and advertising agency called "Rich Brand Social" for the past year, which specialises in digital marketing and photography. This is amazing, Tshepo, we look forward to seeing where the future take you in marketing.



ACHIEVEMENTS

ACADEMIC



ANJA AND ALEX REVELAS

Congratulations to former Stanfordians, Dr. Anja Revelas (Class of 2012) and Alex Revelas (Class of 2014), who graduated from the University of Stellenbosch. Anja is now a qualified Medical Doctor and Alex has qualified as a Mechanical Engineer. Well done, Anja & Alex, this is an incredible achievement and we wish you both all the best.

ANJA REVELAS' LIFELONG DREAM OF BECOMING A DOCTOR HAS NOW COME TRUE



Article by Letaba Herald - Published 02 March 2020.

She recently graduated with a medical degree from Stellenbosch University. Anja is the daughter of Dr Alex Revelas and his wife Laura. He is an orthopedic surgeon who runs his own practice in Tzaneen.

“Ever since I was a little girl, I was building hospitals in my dollhouse, using my mother’s white sheets to hang from trees in the garden, mixing flowers and seeds for medicine in the bird bath and bandaging my teddies with my mom’s expensive Elastoplast. Ward rounds with my dad were the ultimate and getting to help him out in his surgery never felt like a chore,” she told Letaba Herald. However, her journey in attaining her degree has not always been a smooth one.

After working hard to pass her matric at Stanford Lake College, she was disappointed when she did not get into medicine. “My entire world was shattered. Everything seemed wrong. Everything I had worked for and dreamed about seemed to amount to nothing.

“I had only one option left. One last shot at my dream. I applied to study BSc at Stellenbosch University with the hope that after a year I could be one of the lucky ones that get to go to the medical campus,” she added. On her first day of BSc she realised that 300 other students also wanted to study medicine the following year. She had to be under the top 10 in her class to be selected. She set a personal goal of achieving 85% average, but it seemed impossible in her mind.

However, something incredible happened in her life, she started an intimate relationship with God and everything changed, all the misery and uncertainty of life disappeared. “In the midst of my emptiness and despair, I had found the very thing people search for their entire lives. In prayer and in His presence I truly experienced lasting joy and peace for the first time. Life had been easy up to that point and I had never needed God before.

“Today I am a qualified doctor, despite the impossible, but what is more, I have found the true secret to this life,” she explained. Four days after her graduation, she got married to Thomas Volker and she is currently doing her internship in East London. Her parents say they are bursting with pride with her achievements.



SPECIAL EVENTS



Laurie & Mikayla Korsten
(Mikayla McDonald, Class of 2012)

Congratulations to Laurie and Mikayla, who got married on 22 February 2020 at a beautiful venue called Inimitable near Muldersdrift, Gauteng. We wish you both all the best with your future endeavours together and many years of happiness.



Christopher Pelser (Class of 2013)
& Jeanette Marx

Congratulations to Christopher and Jeanette, who recently got engaged on 6 March 2020 in a recording studio while recording the song that Jeanette will be walking down the aisle to. May this new and exciting journey bring you both endless joy and happiness.



Zylon McGaffin (Class of 2008)
& Katherine Lindsay

Congratulations to Zylon and Katherine, who got engaged on 17 March 2020 on the Mozambican coastline. Blessings and good wishes to the both of you during this special time in your lives.



Michael & Teri Willson
(Michael Willson, Class of 2005)

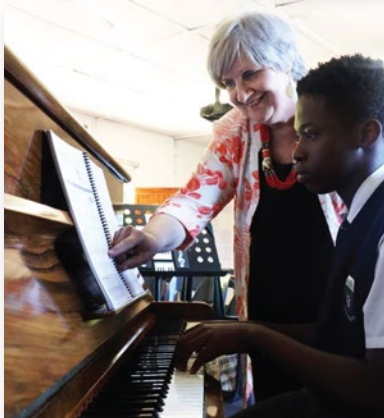
We would like to congratulate Mike and Teri Willson, on welcoming their baby boy, Oscar Hugh Willson on 17 March 2020. We wish you both so many happy and wonderful times ahead.



SLC SOCIETY



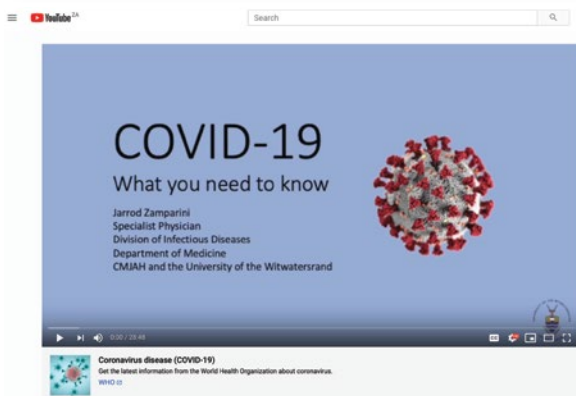
EVERY SWIPE COUNTS



With a MySchool MyVillage MyPlanet card, you can raise funds for Stanford Lake College without costing you a cent. Recently, the school bought a new piano for the Music Department with funds raised through this initiative. Pick up 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/>

DR. JARROD ZAMPARINI



You can view the YouTube video published by Dr. Jarrod Zamparini via this link:

https://www.youtube.com/watch?v=IJVeSsn04HY&fbclid=IwAR3JLA8zHMyJYG0b5xi0_WCXE9QbjzKMhvpOtWAaOU73L_IFIW9rOrTksc

SLC BUSINESS DIRECTORY



We have started to compile an Alumni Business Directory that will be shared among SLC Society and Alumni in support of the businesses listed.

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

