

UWD Newsletter

A smashing 2021 cycle tour

This year our Cycle Tour explored the Ruiterbos/ Friemersheim area. On the 16th of October our 34 cyclists set off from Eight Bells Mountain Inn to complete the 54km that the first day of cycling had in store for them. This included stops at the Ruiterbos Agri citrus farm, with lots of sweet, moist nartjies on offer; picnic stops manned by parents and family; and at the end of day 1 at Outeniqua Moon Guest Farm where the cyclists had the most wonderful opportunity to mount the biggest horse bred in South Africa, Shadowfax. Eight Bells is famous for its afternoon tea, so that was the ideal time for some of our adults and learners to pay the cyclists a visit.

The evening's formalities included Henri (our own Louis Armstrong) singing for our cyclists, Rudo – a sibling of one of

the learners - sharing his experiences with everyone and always our famous lucky draw. In addition to this, we also had an impromptu auction thanks to the

generosity and enterprising spirit of some of our cyclists. We thank our Sweep, Gregg Powell, for taking the big step into the limelight as auctioneer.

The second day the cyclists headed east of Eight Bells and made their way towards Friemersheim. This 47km section saw some major up and down hills as well as a (Continue on page 2)



Top picture: Hans and dad, Theo, ready to take on the cyclists on their tandem bike.
Above: Cyclists eagerly gathering for the start of the 2021 Up&Down Cycle Tour.



loop on a working protea farm. Unfortunately, the weather turned on us and cyclists either headed for the support vehicles or the fastest way back to the hotel.

This year's tour will definitely be remembered for its camaraderie and wonderful team spirit. Thank you 2021 Cycle tour participants, you were awesome. Hope to see you again next year!

Left top: Johan Redelinghuys, not only enjoying his second tour, but also the fynbos at Nikwaflora.

Left: Hope and Peter meeting one of the Percheron horses at Outeniqua Moon. Peter did mention something about a new polocrosse horse?

Visiting the George Museum

What a great way to add to our week's theme, All things old. We were welcomed with open arms as we were the first school group since the beginning of Covid. We got to see a lot of South African history as well as the history of George. We started off with a lot of soccer memorabilia. We moved onto old

toys and music making machines. Many children could not believe that music came from a wind-up machine that used a needle on a plastic disc. We saw an old steam train and a replica of an old cottage. Life was much simpler back in the day.

On the right: Nig Minke and Neef Wickus sitting to have their portrait painted.



**SPECIAL
EVENTS/
FUNDRAISERS
COMING UP:**

- *Tail gate bike rack raffle*
- *Christmas Market – 26 November*
- *Car Boot Sale – February 2022*
- *Golf day – TBC*

**ONGOING
PROJECTS:**

- *Weekly cookie and quiche orders*
- *Annual calendar*
- *Nursery*

Please let us know at upwithdowns@mwe.b.co.za or on 0725631983 if you no longer wish to receive this newsletter or never signed up to receive it in the first place.

Getting our hands dirty for Arbour week 2021

To celebrate Arbour week, the school learners were invited to the Botanical Gardens to help plant 70 trees. With the help and guidance from all

the awesome people involved, they learnt the correct way to dig a hole, plant a tree, water it and how to spread the love in order for the plant to grow.

We were very impressed with the enthusiasm and participation from all of our learners. It was a fun-filled and productive day.



Adults get to meet Olympic medalist!

Yes, you read that right – the Olympic medalist (silver in surfing) Bianca Buitendag paid the adults a visit. This

Olympic star came and spent some time teaching our adults about surfing. This included showing

them how to get up onto the surfboard and how to go about surfing in general. She also shared her

Olympic journey with them. See page 3 for photos.



Top: Bianca Buitendag, with some of the UWD adults and Training Centre staff.

Right: Bianca and Nicole getting ready to hit some big waves.



Student focus: Minke Janse van Rensburg

Minke Janse van Rensburg joined Up with Downs in April this year. This young lady is

indeed a remarkable swimmer. Here follows a brief report on her exceptional

achievements at the SA Short Course gala in Pietermaritzburg recently:

In the 25m and 50m freestyle she bettered her own world records in the trials and again the evening in the finals. In the 100m freestyle she set a new junior world record. When it came to the breaststroke, she broke the long-standing junior world record in the 25m race and set a new junior Africa record in the 50m race. Minke went on to break an almost 20 year long

junior Africa record in the 25m butterfly and she set a new junior Africa record in the 50m butterfly.

Minke is one of only 3 junior swimmers with Down syndrome who broke an open (all ages) world record. She now holds 4 open world records and 3 junior world records.

What an enormous, exceptional achievement. We are extremely proud of Minke.



Is it a bird? Is it a plane? No, it's a superhero!



What better way to end our term and our theme of Superheroes with a Superhero dress-up day at school! Learners and staff seized the

opportunity to dress-up as one of their favourite superheroes. Despite having an abundance of rock-hard abs, bulging biceps and

flowing capes, no incidents of violence were reported. Maybe it was a first for Spiderman and Batman to sit around the same table eating lunch?

Thank you to all the parents who take the time to help their children make the most of these special days on our calendar.

Getting ready for our Christmas market

This year our famous Christmas market will once again be at the NG Kerk in Blanco, opposite Blanco Primary school. A lot of work and creativity throughout the year ensures that we have a good selection of unique products. This year will see the addition of some trendy macramé

creations, cement pots, colourful tie dye and handmade candles. The best sellers like our delicious cookies, gift cards, earrings, nursery with gorgeous plants and too much to mention here, will also be for sale. Please be sure to pop in on the day; have something scrumptious at our coffee shop or



take a few boerrie rolls home for dinner. The market opens at 16:00

and finishes at 20:00. See you on the 26th of November!

Student focus: Hannes Strauss

Dreams do become reality, just ask Hannes. Hannes who has a total fascination with aircraft and

all things related to it, spends many hours with his patient mother practicing the art of plane watching.



So when he got the opportunity to visit the George Airport and get to sit in a plane, it

was the cherry on top of his 21st birthday celebrations.