

Celebrating our birthday in style

On the 26th of April 2023 we had our Art exhibition & Book launch and it was a splendid, fabulous event!

Invited guests and parents attended the evening that saw our first ever Silent Auction, learners' art on display, snacks and good wine as well as live piano music by Voldie George. All of this formed part of our 25th birthday celebrations this year and we decided **this** would be our birthday party night.

It was the perfect evening to launch our 25th year commemorative coffee table book. The book is an exquisite display of all that Up with Downs is and tells the story of how we got here. Filled with photos, anecdotes, stories and even recipes, making this book a collectors item indeed.

The art pieces on display and on auction were all created by

our learners, some with the help of Ronel Grobler. Not having done a Silent auction before, we were a little apprehensive about this but it went down a treat and contributed to the evening being a huge success on the fundraising side as well.

We would like to thank all our supporters and friends of Up with Downs, for making this evening a successful and memorable one. If you are interested in our coffee table book, please contact the office on 044 870 8770.



SPECIAL EVENTS/ FUNDRAISERS COMING UP:

- *Car Boot Sale - TBS*
- *Cycle tour – 4-5 Nov*
- *Market day – 24 Nov*

ONGOING PROJECTS:

- *Coffee shop*
- *Weekly cookie, crunchie & quiche orders*
- *Frozen meals*

Celebrating our birthday in style photos



Clockwise from top left: A field of flowers and Tetris, some of the art on display on the night; The Giraffe found a perfect permanent home; Ronel, Jane and Jenna with Blue bowls, a 3D piece of art; Men discussing art; Crazy ladies in pink (staff present on the night) having a blast.

The pony express to George Post Office

By Niki Carstens

For our adults' Wild West social event, they decided to create their own invitations and post it to themselves. First, we had to find out what the Training Center's

postal address was, the famous Pieter Theron Street.

Then our cowboys and cowgirls hopped into the Up with Downs stagecoach to the George Post Office where the counter clerk kindly assisted us in buying stamps and putting our precious mail in the red post box.

Thankfully our Texans received their mail just in time to polish their boots and line dance into the weekend. Yee-haw Green Team!



Definitely not for the birds!

When someone wants to donate something or has a plan for a fundraiser, we listen attentively and say thank you, only then do we worry about making it work. That is what happened when one of our good friends, Gwyther Grundy, approached us with an extraordinary bird book – The Ultimate Companion for Birding in Southern Africa - that was the brain child of his friend, Peter Ginn. Peter donated a book to Up with Downs and it was up to us to make something of it. We decided to have a competition for the book where a

minimum donation of R30 ensured your name was put in the hat. Seeing that Mr. Ginn was willing to do a talk, we decided a morning with a bird expert would be good and the ideal opportunity to draw the winner of the book. The talk was a huge success, enjoyed by all present. The winner of the book was Kathryn Macdonald, and the winner of the second prize, a picnic basket for two by Yuppie Gift Baskets, was Carel Venter. With the help of our parents, supporters and the wonderful learners of York High School's interact club, this fundraiser raised just over R21 000!



UP WITH DOWNS
25
YEARS

A Morning with
Peter Ginn
Birding expert & Author

Please join us for a morning talk with bird watching specialist, Peter Ginn.

Topic: Birds of the Forests in the Southern Cape

Date: 10 June 2023
Time: 10:00-12:00
Cost: R30 per person

Venue: Up with Downs Training Centre
27 Pieter Theron Street, Blanco George

More information: 072 563 1983

Coffee/ tea and snacks to be served.



Left: Peter Ginn doing what he does best – imparting knowledge.

Top right: The advert that went out to all our supporters.

Right: Kaitlyn Macdonald accepting the prize on behalf of her mother, Kathryn.



Southern Cape Old Car Club

It was a lovely surprise when two gentlemen of the Southern Cape Old Car Club arrived at Up with Downs with their vintage Fords. The reason for their visit was to hand over a donation that was made by the club. After talking to the drivers though, it became clear they do not need an excuse to take these grand old ladies out for a drive. We thank them for their special visit and generous donation.



Welcome to the Wild West!



Top left: Wanted posters were up everywhere in this Wild West saloon where the festivities took place. Middle: Sheriff Sam was ready to ensure that the cowboys and cowgirls kept on the right side of the law. Top right: Jenna, Nic, Sheron, Grant and Lochner - happy faces all around! Bottom right: Some more wanted posters, because in proper Wild West style, the place was riddled with wanted men and women.

By Jenna Seegmuller

On the 21st of June, the green and red team folks came together for a social evening in the Wild West (aka the Training Centre). The event was thought of and organized by the lovely Inari Stols -

who supplied the template for the invitations which were posted to recipients! With vibey country tunes and awesome western decor created by the classes involved, how could we not have an absolute bash of a time? Thank you to our Mummys and Inari for

cooking a delicious dinner of lasagna, salad and Malva Pudding. Cowboy hats and bandannas were worn, line dances were learned, and much fun was had at this jamboree!



Above: Savanna and a friend enjoying strawberries at the gala.
Left: Minke poolside, with coach Franna.

Swimmers making us proud

Well done to Minke and Savanna who swam at the Eden Aquatics 2nd Short Course gala in Knysna. Minke broke the 100m freestyle short course world record! Savanna achieved personal bests in her three events, improving her times considerably. Well done young ladies, we are super proud of you.

Student focus – Henri the lawnmower man



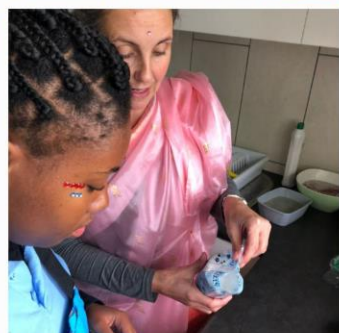
Move over green keepers and landscapers – no one is as passionate about mowing lawns as Henri! As part of his programme at Up with Downs, Henri gets the opportunity to mow the lawn around his workshop. This is usually on a Wednesday but sometimes he just needs extra time with his machine and to be out in the garden in order to sooth his soul. There is also a financial incentive to this (provided by his parents). He then gets the opportunity to spend this hard earned cash at the weekly tuck shop on a Friday.

Food and dress from around the world

During the last two weeks of the second term, the school's theme was – Food and dress from around the world. The staff embraced this theme and made the most of it by not only cooking interesting dishes from other countries, but also dressing up in traditional dress, and learners contributed to cooking/preparing most of the meals.

We started the fortnight with butter chicken and rotis from India – the learners made their own rotis from start to finish; we tried Moroccan couscous salad; made Italian meatballs and spaghetti; Irish soda bread also made the menu and lastly Chinese egg fried rice. On the Wednesday before school broke up, Rocco Mamas spoilt the whole of UWD with burgers and

chips – so we dressed in our best American outfits. On the days we explored Spain, Germany, Austria and Mexico the staff dressed (to the best of their ability and the help of the Arts Theatre) in traditional dress. This was so much fun, that the staff decided to make it an annual event.



Top left: Day 1 – India, getting to make our own rotis.
 Top right: Staff in traditional German dress and Savanna spoilt her friends with a traditional German apple and cinnamon cake.
 Left: Hard at work making a delicious Moroccan salad.
 Right: Staff in Spanish dress – bring on the castanets!



Wine Auction # 25

By Jan Seegmuller

It was a bitterly cold evening and, a mere week before the event, Fancourt moved us from the banquet hall to an indoor/outdoor venue due to a double booking.

However, on the night the mood was right, the learners were excited, the wine was

exceptional and our good friend and auctioneer Frederick Bekker was in fine form - the UWD 25th annual wine auction proved to be an enormous success! We thank all those who attended and very special thanks to the wine makers who donate so generously every year to our biggest fundraiser.



Big smiles from Sonja and Frederick Bekker.



Clockwise from above: Our great friend David Nieuwoudt (Cederberg Wine) and Kobus van den Berg. Our learners' energetic performance. Staff – We got all dressed up for this one! Our bestie, Jill Warrand in green, with Philip du Plessis from Meridian Wines on her left and wine makers Martin 'Marras' Lamprecht on her right and Charne Meyer from Diemersdal wines.

