

uknight

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15

CAPE TOWN

LOCAL IS LEKKER



HAVE YOU



heard?

THERE'S A NEW COMMUNITY-DRIVEN LOCAL SERVICE SEARCH PLATFORM IN TOWN!

What Does It Do?

Yo'loco is a community driven mobile and internet based search platform, which is easily accessible and allows consumers to access local service providers, their products and immediate location. Also providing access to other community information.



How can consumers benefit from it?



Find local service providers in their immediate vicinity

Yo'loco enables the individual searching for products or services the ability to determine the radius of their search



Use a free of charge service

All that it requires of consumers is to download the app free of charge on their mobile devices



Access service providers with good customer ratings

The mobile platform allows consumers the ability to use providers with good customer ratings



What does this platform entail for service providers?

- A minimal annual subscription to register their business on Yo'loco platform
- Provides service providers with more visibility, putting them at equal footing with those bigger service providers
- Able to market their service and products
- Provides a cost effective solution for marketing their service
- Allows their service to be easily visible to community
- Provides a location based service

How to go Yo'loco:

1. Download the Yo'loco app from the Play Store  or App Store  and open it.
1. Click on the  and select 'register'.
2. Scan the QR code below or enter the refer code 'BDMHSuKNIGHT'.



3. Complete your details, click register, and set up your account! You will be able to choose a subscription depending on your business needs.

BY ADDING BMDHSUKNIGHT AS A REFERRAL, YOU WILL BE SUPPORTING BMDHS, SO ... SHARE THE APP WITH OTHERS AND SEE YOUR COMMUNITY GROW AND PROSPER!

KNIGHTS GOT KNACK



UKNIGHT HAS THE INSIDE SCOOP!

By Tavonga Chirore, a first-hand account.

The reason why I took part in the talent show was mainly to do something new and also to show case my talent. It was also a way of prove to others that I am a person of many qualities, and talents.

Honestly taking part in the talent show was the best decision ever. This experience showed me that confidence is key and from that I gained much more of it.

As a grade 11 learner, I want to relish the time at school, explore and learn as much as I can.

New bonds have been formed, memories made, and fun was had. I highly recommend it to any talented knights out there.







INSTA FAMOUS, INSTANTLY

BY BRENDA NGULUBE

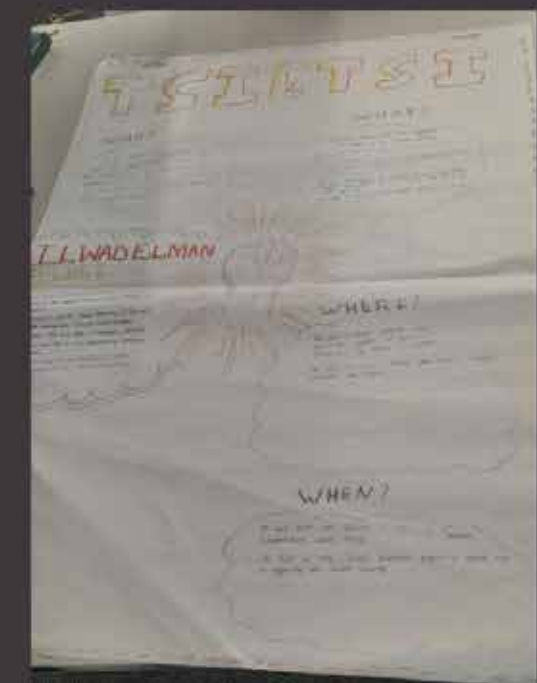
MY SOCIAL MEDIA JOURNEY BEGAN WITH A SPARK OF PASSION AND A DESIRE TO SHARE MY UNIQUE PERSPECTIVE. ARMED WITH AN INTEREST IN A SPECIFIC NICHE, I STARTED CREATING AND SHARING ENGAGING CONTENT ACROSS SOCIAL MEDIA PLATFORMS. AS I CONSISTENTLY PROVIDED VALUE TO MY AUDIENCE THROUGH INFORMATIVE AND RELATABLE POSTS, MY FOLLOWING BEGAN TO GROW.

ACHIEVING POPULARITY ON INSTAGRAM DOES NOT REQUIRE EXPLICIT CONTENT IN FACT AUTHENTICITY IS A KEY DRIVE TO GENUINE ENGAGEMENT. FOCUSING ON QUALITY OVER QUANTITY, EMBRACING YOUR TRUE SELF NOT ONLY SETS YOU APART BUT ALSO ENCOURAGES OTHERS TO DO THE SAME. IT IS IMPORTANT TO REMEMBER THAT TRUE FOLLOWERS AND LIKES ON INSTAGRAM ARE EARNED BY SHOWCASING ONE'S GENUINE TALENTS, PASSION, AND UNIQUE PERSPECTIVES RATHER THAN RESORTING TO EXPLICIT CONTENT.

THE DIGITAL WORLD IS IN CONSTANT MOTION. A FAKE PERSONA IS HARDER TO MAINTAIN. SO IN MY EXPERIENCE IT IS MORE FULFILLING TO ENJOY YOUR SELF-DISCOVERY, YOUR WORLD, YOUR ERA.



ANGELA, TAMIA & ABRAHAM



THE SPIRIT OF YOUTH IS A LEADERSHIP PROGRAMME FOR GRADE 11 LEARNERS, RUN BY THE GORDON INSTITUTE OF BUSINESS SCIENCE, UNIVERSITY OF PRETORIA.

BEING ABLE TO BE A PART OF THIS PROGRAMME IS A HUGE OPPORTUNITY FOR ME. MY EXPERIENCE SO FAR HAS BEEN INFORMATIVE, EDUCATIONAL AND INSPIRING. I'VE MET YOUNG PEOPLE MY AGE WHO ARE LEADERS AND INTERESTING INDIVIDUALS. I'VE GOTTEN TO MEET MANY PEOPLE FROM DIFFERENT BACKGROUNDS, WHO HAVE THEIR OWN STORIES TO TELL.

THROUGHOUT THIS PROGRAMME, I'VE GOTTEN TO LEARN WHAT BEING A LEADER TRULY MEANS. I'VE BEEN GUIDED AND LED BY ADULTS WHO ARE AMAZING ROLE MODELS AND WHO TEACH ME SOMETHING VALUABLE EACH TIME WE MEET. THIS PROGRAMME HAS BEEN A TREMENDOUS HELP IN ENSURING I BECOME THE BEST VERSION OF MYSELF AND IN SHAPING ME TO BECOME THE LEADER OUR WORLD NEEDS. I'LL DEFINITELY TREASURE THE LESSONS I'VE BEEN TAUGHT AND THE PEOPLE I'VE MET THROUGHOUT THIS PROGRAMME.

TAMIA ROSSOUW

THE TASK:

"AS A HOME GROUP, SPEND TIME RESEARCHING YOUNG PEOPLE IN THE SECTOR THAT YOU HAVE BEEN ALLOCATED. YOU WILL NEED TO CREATE A POSTER THAT WILL HIGHLIGHT THE YOUNG PEOPLE YOU FOUND, WHAT THESE YOUNG PEOPLE ARE DOING AND YOU WILL SHARE THIS WITH THE BIG GROUP. EXAMPLES CAN BE FROM ACROSS THE WORLD."



uKnight Rugby 7s tournament

WE HOSTED OUR SECOND ANNUAL UKNIGHT RUGBY SEVENS TOURNAMENT ON 1 AND 2 SEPTEMBER 2023. FRIDAY WAS THE PERFECT START, BLESSING US WITH BLUE SKIES AND VIBRANT ENERGY AS OUR PLAYERS AND SPECTATORS MADE THEIR WAY ONTO OUR GROUNDS TO START THE WEEKEND OFF. DESPITE THE TYPICALLY COLD AND WET WINTER WEATHER ON SATURDAY, THE PLAYERS BROUGHT THE HEAT AND SHOWED EVERYONE WHAT THEY WERE MADE OF.

THREE OF OUR HOME TEAMS MADE IT INTO THE FINAL ROUNDS, BUT VICTORY WAS NOT MEANT TO BE OURS. HOWEVER, WE WOULD LIKE TO CONGRATULATE ALL WINNERS ON THEIR WELL-DESERVED TRIUMPH. IT WAS AN ABSOLUTE PLEASURE TO HOST ALL THE SCHOOLS AND CLUBS THAT JOINED US, AND WE LOOK FORWARD TO WELCOMING THEM - AND OTHERS - AGAIN NEXT YEAR.

WE WOULD ALSO LIKE TO THANK OUR SPONSORS AND PARTNERS FOR CONTRIBUTING TO THE SUCCESS OF THE DAY. IIE VARSITY COLLEGE, MOTUS FORD, REALTOR OF EXCELLENCE BOTHASIG AND SURROUNDS, CENTURION ACADEMY TYGERVALLEY CAMPUS, SEMPRE ESPRESSO, TASTE AND SEE FOOD SERVICES, SUPERSPORT SCHOOLS, DISTRICT GROUP ENSURED THAT ALL ELEMENTS OF THE DAY WERE SEEN TO. TO OUR COMMUNITY AND SUPPORTERS FROM NEAR AND FAR, THANK YOU FOR BACKING YOUR PLAYERS!





The winners of the uKnight 7s tournament

U19 CUP WIN: HAMILTONS RFC

RUNNER UP: CONNECT KNIGHTS

U19 PLATE WINNER: THE SETTLERS HS

U16 CUP WINNER: KASSELSVLEI HSL

RUNNER UP: CONNECT KNIGHTS

U16 PLATE WINNER: ZANDVLIEI HSL

GIRLS CUP WINNER: NTK RUGBY CLUB

RUNNER UP: SCOTTSVILLE HS

GIRLS PLATE WINNER: SIPHUMELELA HS

WE CAN ACHIEVE GREAT THINGS

WHEN WE #UKNIGHT!





UKnight Rugby Sevens
sponsors and partners



**Varsity
College**



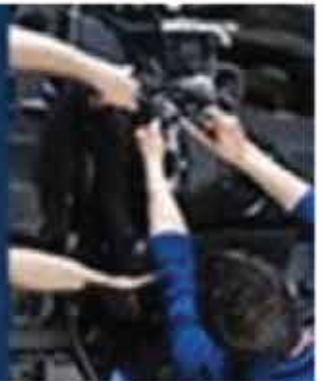
connect

PERFORMANCE | ACADEMY

MOTUS FORD
CAPE TOWN



**FORD SERVICE
DEALER
OF THE YEAR
2021**



**REALTOR
OF EXCELLENCE**
COMMERCIAL



TASTE & SEE
FOOD SERVICES



NGI

**NewBridge
GRADUATE
INSTITUTE**

CA Centurion
Academy Tygervally

DEAR CLASS OF 2023

YOUR MATRIC FAREWELL MARKED THE END OF ONE CHAPTER AND THE BEGINNING OF ANOTHER. YOU WALKED INTO THAT VENUE AS STUDENTS BUT LEFT AS YOUNG ADULTS READY TO FACE THE WORLD BEYOND THESE SCHOOL WALLS.

THE EXCITEMENT, THE LAUGHTER, THE DANCES, AND THE HEARTFELT CONVERSATIONS THAT WERE SHARED THAT NIGHT WERE A TESTAMENT TO THE BONDS YOU'VE FORMED AND THE FRIENDSHIPS YOU CARRY WITH YOU INTO THE FUTURE.

"TONIGHT, WE MAY NOT REMEMBER THE ENTIRE NIGHT, BUT WE'LL DEFINITELY REMEMBER HOW FABULOUS WE LOOKED!"

THIS QUOTE CAPTURES THE ESSENCE OF A MEMORABLE MATRIC FAREWELL – LOOKING YOUR BEST AND HAVING A GREAT TIME WITH FRIENDS WHILE CREATING LASTING MEMORIES.

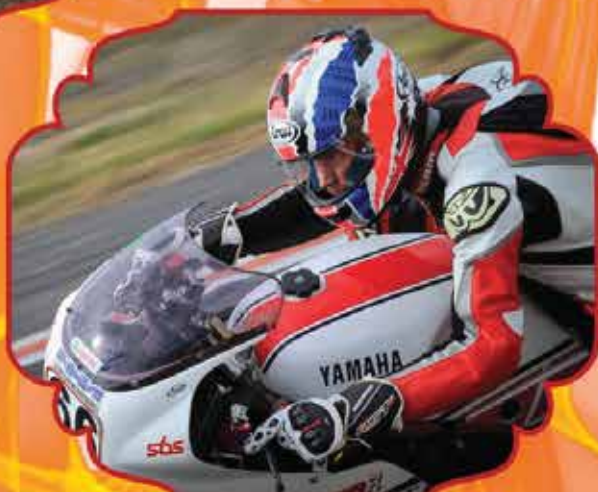






re-ig Knight

Bosmansdam Past Pupil Association



Kevin S pratley

Class of 1988

I was born in Cape Town and grew up in Table View. I matriculated at Bosmansdam High School in 1988, where my running seed was planted. Mr Human was our running coach and I took part in middle distance and cross country. I studied Computer Programming after completing my 2 years in the SANDF.

I have been running my own business in the Motorcycle Industry for the past 16 years. Lawrence and I started a branch of Trac-Mac in Bellville. Initially it was me and one staff member in a little shop. Now it is four times the size and has eight staff members. Outside of work I probably have too many hobbies. I have been competing in equestrian sport for +- 30 years and have represented WP numerous times. I am also a FEI Level 3 Show Jumping Course Designer - one of only three in South Africa and the first to do my exam in Aachen, Germany. The course designer for show jumping is the person that is responsible for the layout, measurement and design of the track that the horse and rider will jump over. There are different types of competitions and heights depending on level. I have been very fortunate that I have been able to frequently travel to Europe to course design at various equestrian jumping events. I have travelled to Spain, Portugal, Italy, Germany, Poland, France and Doha.

I also still enjoy riding my motorcycles and participated in races until 2019. And then there is RUNNING.

Running is the most uncomplicated sport to do. Just lace up your shoes, walk out your front door and off you go. Cape Town makes trail running a no-brainer as we have the most beautiful trail networks on our doorstep. A run in the mountains is just the best for me. I can go alone if I want, or I can meet with like-minded friends and enjoy the trails with them. The trails seem to recharge my battery and fill me with renewed enthusiasm. Your feet can take you to the most remote places. Reaching the top of a big climb and then standing at the summit and taking in the surrounding view is just the best feeling.

You need to set yourself short and long term goals to keep yourself motivated. You also need to be disciplined but at the same time flexible to avoid over-training or injury. The same can be said for your journey through life. Set yourself goals and go for it. I ran a Silver Two Oceans Marathon with Mr Human in 1990 during my Military Service. I also ran for OFS Defence Force and represented them at SA Champs for cross country and the half marathon. However, I didn't run competitively again until in my early 40s.

Two of my favourite races are the OTTER trail run and the Cederberg Traverse, but I run the Table Mountain and Jonkershoek trails mostly. I enjoy running because you never really know what you are going to encounter on the trail in the early morning. For me it is about being in nature and enjoying your surroundings ... dodging the field mouse that runs across your path in Jonkershoek ... spotting a Disa on Table Mountain or watching the sunrise in the Mountains. It's all rewarding for me.

In 2019 I broke the Talus bone in my right foot falling off my horse. I had to have a couple screws inserted into the bone to put it back together and could not run for a year. Doctors told me that I would properly never run again. This was just the motivation I needed to do everything I could to assist with the healing process. My wife has a number of goodies that she uses on our horses to assist with recovery from injuries. We put them to use with amazing results. The fact that I have been able to return to running and be competitive once again has made me appreciate running a lot more. I still train as hard, but I now race within myself and enjoy the opportunity of racing more. Danie Human says I race too often.

All in all, I would say that success in life and sport have the same ingredients: what you put into it is what you are going to get out of it. Surround yourself with like-minded people - they will pick you up when you stumble or lose your way on that trail called life.



A Letter Of Happiness

By Caleb Lingomba

A word, a feeling, an emotion.

Happiness is so many things. It is those every now and again moments that fill you with gratitude. Listening to a song and singing every word in sync, on cue. The little miracles that happen at any and every moment of everyday. It is finding solace in someone's company, feeling lucky to know them. It is knowing that you are being missed even in your absence.

The little things mean so much more than having all of the big things. You see all of the little things but feel less happy because you "want" the big things. Don't think about what you don't have. Remember yourself and what you have, who you know. Cherish the little things all around you because the little things mean so much more to you.










Don't let others rain on your parade.

Start today and make the choice to be



Term 3 September / October Planner



| MON. | TUE. | WED. | THUR. | FRI. | SAT. | SUN. |
|---|---|---|---|---|---|--|
| 11 GRADE 8 - 11 TEST SERIES STARTS  | 12 | 13 | 14 | 15 | 16 | 17 |
| 18 | 19 | 20 | 21 | 22 | 23 | 24 HERITAGE  DAY |
| 25 PUBLIC HOLIDAY | 26 | 27 | 28 | 29 SCHOOLS CLOSE  | 30 | 1 |
| 2  | 3  | 4  | 5  | 6  | 7  | 8  |



**GOOD
LUCK!!!**

**THINK IT,
WANT IT,
GET IT**