



S.A.T.S. General Botha OLD BOYS' ASSOCIATION BURSARY FUND

Nurturing Sea Fever

AUGUST
2024



CHAIRMAN'S REPORT

This Fund is in much more than just raising a few bursaries for less privileged students. Our care for the day-to-day issues of building into the lives of our youth is both time and energy consuming but the results are very worthwhile.

I have been thinking a lot about **friendships**. Here is a note you may agree with:

Everyone goes through stressful events. If you know you have people you can count on, you may be less likely to even perceive a tough time as stressful. Spending time with friends can also help reduce stress. According to Harvard Medical School, "social connections help relieve levels of stress, which can harm the heart's arteries, gut function, insulin regulation, and the immune system."

Friends can also help you cope with stressful situations. According to one small study, when children spend time together with their friends during a stressful situation, they produce less cortisol, a hormone released when the body is under stress. As, the song goes: "We all need somebody to lean on."



So, giving money to a deserving cause is one small act. Spending time with our bursary recipients especially as a team on a yacht or RIB can be both medically and psychologically beneficial.

So mental well-being within our scholars should also be on our agenda and to build unity of our seafarers into a healthy support group when out at sea.

It has been rewarding to also reflect on the scholars sailing in the RCYC Ladies series races; and of course, for the mainly senior community a successful golf day in Durban. All adding to building up of a healthy bond of friendship.

Simon Pearson

STUDENT MENTORING NEWS

ANIKA MTYELWA TO SINGAPORE MARITIME WEEK

Bursary Fund student Anika was incredibly lucky to be the selected Lawhill Maritime Centre (LMC) student to accompany the Head of LMC Debbie Owen to this prestigious week. This was a life changing event for Anika who had never flown before where she was introduced to leaders in the maritime industry and exposed to thoughts on the latest innovative technology proposed to improve the maritime sector.



INTRODUCTION TO NEW STUDENTS

In 2024 selection of new Grade 10's was only completed in the second term in order to better assess that new students were able to manage the challenges of Maths and Science. Thank you to our partnership with FPT and new funders Personal Trust the Bursary Fund is able to support twelve students at LMC in 2024.

The annual induction day took place in April at the Simon's Town Naval Museum followed by a tour of the SATS General Botha display introducing the students to the history of the sailing ship and followed by a lunch to interact with their Bursary Fund mentors.



Grade 10's - Sinovuyo, Londiwe, Kgutso. Inset: Moipone



Grade 11's - Lukhanyo, Nomathamsanqa, Aphelele, Neo



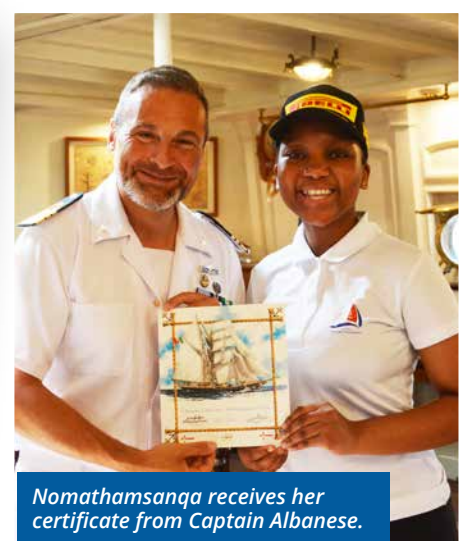
Grade 12's - Lwandile, Jordan, Anika, Azizi

NAVE ITALIA TRIP

Grade 11's Nomathamsanqa Mlaba and Lukhanyo Mlaba are funded via Royal Cape Yacht Club for their studies at LMC and were invited by them to join the RCYC Sailing Academy trip to Italy to spend five days on the tall ship Nave Italia. The Bursary Fund assisted with the organization of the trip such as sponsoring their tickets home to apply for their passports and the many other challenges involved in acquiring permission to travel when you are a minor. They had the time of their lives. A special thanks to Jennifer Burger who chaperoned the girls.



Lukhanyo climbing Nave Italia's 44.6m mast.



Nomathamsanqa receives her certificate from Captain Albanese.



This programme continues to go from strength to strength. None of it would be possible without funding and in 2024 the programme is grateful for the support of The TK Foundation, The Maiden Factor Foundation and Cape Town Sailors' Home.

Partnerships with False Bay Yacht Club, NSRI, Sail Africa, SAMSA and most recently RCYC Sailing Academy together with the dedicated team of volunteers and trainers make our achievements possible. We are delighted to now also be affiliated with South African Sailing. In total 47 LMC learners and Sea Cadets are part of the programme this year.

NSRI PERSONAL SAFETY TRAINING 2024

After completion of water safety training in term 1 all LMC Grade 10's completed online NSRI Presea training followed by a practical exercise of which the jump off Simon's Town quay is very daunting for most. In term three they progress onto weekend training in their choice of sailing, motorboat, or rowing.



CATEGORY E MOTORBOAT LICENCES 2024

LMC Grade 12's Zanele Markus, Azizi Mpame, Imange Mba, Jordan Heyburg, Naluthando Ngidana and Oyena Nthshanyana have now swelled the ranks to twenty the number of students who have received this SAMSA qualification.



Pete Daly, Digby Thomson, and Blackie Swart vital to this great opportunity pictured with the students.



ULLMAN LADIES RACE SERIES

A highlight of 2024 has been participation in this series at the invitation and with the support of RCYC Sailing Academy who loaned the team a yacht and a skipper for both events. The team was delighted to come second in the series a fantastic achievement for these young ladies.



“ Being involved in sailing and participating in sailing events means a lot to me but in short, I can say, it gives me a chance to connect with the ocean, learn about navigation and wind patterns, develop physical strength and coordination, and most importantly build confidence and independence. It has in addition offered me an opportunity to meet new people, compete in friendly competition, and experience the thrill of being out on the water. It is a fulfilling and enriching experience that allows me to explore my love for the sea and expand my horizons.”

Nomathamsanqa Mlaba



The Durban Bursary Fund team has recently concluded an interview process to select two students studying Diploma in Nautical Studies at Durban University of Technology to be funded via FPT. Simnikwe Vundla and Sbonga Sibiya now join the three tertiary students at CPUT pursuing a Marine Engineering career.



Mike Melly and Nomkhitha Mbele from the Bursary Fund's Durban Branch welcome Simnikwe and Sbonga to the Bursary Fund Family.

DURBAN MARINE BURSARY GOLF DAY

Mount Edgecombe was the venue for Golf Day on 24 July. Thank you to everyone who attended and those who worked tirelessly to make this a successful event raising much needed funds for tertiary bursaries.



The AMSOL team.



Thami Gcaba, Them bani Shipping with Nomkhitha





Marine Bursary Golf Day

BOOK NOW!!
Friday, 1 November 2024

VENUE:
**Rondebosch
Golf Club Cape Town**

Email: gm@generalbotha.co.za

Sailor Malan was a famed airman though his career started on SATS General Botha followed by a period as a seagoing officer before joining the Royal Air Force. During WWII, and particularly during the Battle of Britain, he became a distinguished and decorated fighter pilot. In later years he became a famed South African activist for which he was awarded Cape Town Civic Honour posthumously in 2023.



The South African Training Ship *General Botha* Old Boys' Association cordially invites you to the second annual Sailor Malan Memorial Lecture delivered by Executive Mayor Geordin Hill-Lewis



Date: Saturday 14th September 2024
 Time: 1100 – please be seated by 1050
 Venue: Royal Cape Yacht Club, Table Bay Harbour
 Cost: R100 p.p. or a donation of your choice to the GBOBA bursary fund. **Use the reference 14092024 and your name.**

RSVP: cptchairman@generalbotha.co.za WhatsApp +27 82 555 2877

Bank:	Standard Bank
Branch:	Thibault Square, Cape Town, South Africa
Branch code:	020909
Account name:	General Botha Old Boys' Association
Account number:	070835128
Swift:	SBZA ZA JJ

Note: Email proof of payment to: cptchairman@generalbotha.co.za



S.A.T.S. *General Botha* OLD BOYS' ASSOCIATION BURSARY FUND

PBO Exemption No 930 037 633 | NPO No 091-875

SCAN THE QR CODE BELOW TO DONATE VIA ZAPPER



Section 18A tax deductible certificates are available to all donors.

The organisation is 100% B-BBEE



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BANKING DETAILS

S.A.T.S. *General Botha* Old Boys Association Bursary Fund

Nedbank, Constantia

Branch Code 101-109

Account Number 10111 33164

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