

Saldanha Bay has new Youth Council

Noluvu Ludidi

In the spirit of Youth Day the newly elected Youth Council of the Saldanha Bay Municipality was inaugurated for the 2023-'24 term.

The prestigious event took place at the Multi-purpose Centre in Saldanha on Friday 16 June.

The purpose of the council is to serve the young people of the West Coast and make their voices heard. The newly elected Junior Mayor, Daniella van Niekerk, said she looks forward to working with a passionate group of learners this year. "By putting our heads together, and using our collective knowledge, I believe we will be able to reach greater heights," she said.

Van Niekerk said her aim is not only to be a leader, but to be a leader who motivates the youth to make a difference.

"I want to be an ear for my community and a voice for those who cannot convey their needs through words." With many plans ahead for their term he is excited to see what



The Saldanha Bay Municipality Youth Council for the term 2023-'24.

they can achieve.

Wilmore Daries, the newly elected Junior Speaker, said serving in this role is an honour. Among the simple goals he wishes to achieve as Speaker, he said his main goal is to ensure, after his school years, he continues to be known as a Speaker who led with equanimity, respect and confidence in the council chambers.

"I also want to ensure all my fellow council members will have a fair chance to express their opinions and have a voice rather than just be in a chair quietly. My goal is to encourage them to participate in any form of conversation the council may have in future."

In his keynote address Executive Mayor of Saldanha Bay André Truter

encouraged the council and believes it is a group who will stand out and make a difference.

The new Mayoral Committee for the Youth Council is as follows: Junior Mayor: Daniella van Niekerk, Junior Speaker: Wilmore Daries, Junior Deputy Mayor: Timina Mondile and Junior Deputy Speaker: Palesa Theletsane.



Silwermedaljes in skaak vir Longacres-leerders

Ses o.13-leerders van Longacres Private Skool het op Saterdag 10 Junie in die ope-afdeling van die skaak- topskole-kompetisie in Riebeeck-Kasteel deelgeneem. Die leerders het presteer en almal silwer verwerf.

Word 'n rugby-skeidsregter

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Daar is 'n groot behoefte aan rugby-skeidsregters in die Weskus, aldus Ben Theron.

Theron het 27 jaar as die WP-rugbyunie se skeidsregtersbestuurder gedien en wil sy kennis en kundigheid met jongmense deel. Met sy afrede mik Theron daarna om 'n skeidsregters-program in die Weskus aan te bied.

Die Rugba Roots- skeidsregters-

program is oop vir seuns en meisies van 13 jaar en ouer.

Die program bestaan uit verskeie kursusse wat dié wat aan die program deelneem as bekwame skeidsregters op 'n jong ouderdom oplei.

Die program is oop vir almal in die Weskus. Die Rugba Roots-skeidsregtersprogram word aangebied by Longacres Privaatskool.

● Indien jy sou belangstel kontak Theron gerus by 083 269 3590.

Jits for juniors, the new sport in Pato, growing

A partnership between Paternoster Project's Hoopsig and various role-players, proved successful when three learners from Paternoster recently excelled at the Alpha-Grappling League Jiu Jitsu competition in Cape Town on Saturday 10 June.

The partnership introduced Paternoster children to a new sporting activity, while also demonstrating that working together and the pooling of resources and funds creates a recipe for success. Plans to replicate the model for Saldanha is currently being discussed.

Brazilian Jiu Jitsu (BJJ) initially started as short-term workshops by a previous volunteer, Julian Zisler, and has now grown into a fully-fledged partnership between Hoopsig, Paternoster Groepbelange and the Rio Grappling Club in Langebaan. A coach from the Rio club conducts coaching on a weekly basis for between 10 and 15 children at the Paternoster Club.

Zisler, who introduced BJJ to Hoopsig, said he could not be any prouder of it, "but even more so of the children. We can only provide opportunities for them, but the way they took BJJ in and stuck to it with determination and commitment is more than I could have ever wished for." He said his dream was to grow the club, get sponsors and get more learners to commit and challenge themselves within the sport.

Paternoster Groepbelange (PGB) became involved as a sponsor at the beginning of 2022. According to Wimpie Rossouw, from PGB, assistant coach and a parent of one of the medallists, there are very few activities to keep the children in Paternoster occupied.

"We knew that BJJ could be something they can try and now they all look forward to each week's training. It includes physical exercises which are unbelievably valuable, but it also instills camaraderie and pride in being part of a team. The child also develops a keen sense of self-confidence and respect toward others."

He also stressed that children are likely to spend too much time engaging with technology rather than to engage in outdoor activities. Supporting his son to participate in BJJ motivates him to ride his bicycle or jump trampoline as this enhances his fitness. This assists him in his preparation to take part in future competitions. It also gives him time to spend with his friends. The children train in the rules of engagement. BJJ, affectionately known as Jits, applies only to self-protection, and could aid a child in a bully



Three learners from Paternoster excelled at the Alpha - Grappling League Jiu Jitsu competition. Miguel Pietersen (u-10 gold and silver), Nathan Victor (u-12 gold and bronze) and Willem Rossouw (all-round gold).

situation and be less vulnerable.

According to Rudi Viljoen, assistant coach Rio Grappling Paternoster Club, BJJ offers so many positives to a child: physical fitness, self-defence skills, discipline and self-control, problem solving and critical thinking, emotional and mental well-being, social skills and teamwork and goal setting and achievement.

"We want to give the children hope, guidance and opportunities to impact positively in a community and surrounding areas. An important part of martial arts is to instil respect, discipline, caring for your fellow man and determination. The Weskus (Paternoster) has produced so many talented sportsmen and -women and if we have an opportunity to develop just one sportsperson with a similar passion, we will consider that a success."

Currently, children in Paternoster only have coaching once a week while clubs normally have at least four sessions a week.

"We see so much potential in Paternoster and it is also a way to escape social ills which hamper a child's development and happiness," Viljoen concluded. "The entire Brazilian Jiu Jitsu family want to see the younger generation develop, grow, and become role models for others. We are all behind the Paternoster children."



Gimnas van formaat!

Juliette Myburgh, 'n gr. 3-leerder aan die Hoërskool Porterville, het op Vrydag 16 Junie aan die distrik se gimnastiekkompetisie deelgeneem en pragtig presteer. Sy was eerste in vrydans, tou en knibbel. Sy het ook 'n algeheel eerste plek vir vlak 4 met hoogste punte behaal.



Os passes advanced course

Diazville Primary School would like to congratulate teacher Charlton Os who completed the Skills for Physical Education Advanced Course at Cape Teaching and Learning Institute.