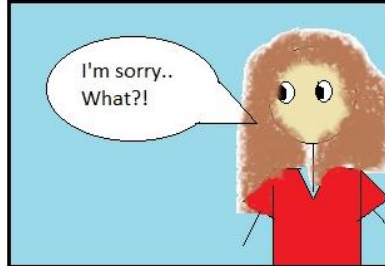


“OH-SO-KOOS”



#KOOSHUMORS

BY Connie Letsoela and Ingrid Strydom



Putting the pro in PROcrastination.



BY Lisa Alberts

Procrastination. It's what you are probably doing now. It's avoiding doing something for as long as possible, sometimes not doing it at all. And it's the reason why many intelligent children fail to make it into a good university.

Would you believe me if I tell you that there are benefits in procrastinating? Probably not, but according to studies done by people who got into good universities by not procrastinating, there are. Studies show that some people work better under the pressure brought along by procrastinating and the same studies show the some people experience less pressure because they simply don't care. Another benefit is that you get A LOT of other things done when you procrastinate.

Now if you want to reap these benefits and be a pro procrastinator just follow these basic guidelines on how to put the pro in PROcrastination!



Cooking:

Make a super delicious snack or meal when you have to study. A full belly will make you less likely to head over to the fridge every few minutes and you will have energy to study after your meal and a "short" nap.



Planning:

Get organized and plan ahead - enrol for the next semester, make a study calendar or plan a getaway for when you are done with exams.



Moving:

Get moving. Exercise can increase energy levels and keep your mind active. So go out and jog those two kilometres you've been putting off since the beginning of the year.



Cleaning:

You cannot study when your room isn't clean. So sweep your floor, do your dishes and laundry, clear your desk and while you're at it, organize your cupboard too.



Napping:

If you are struggling to focus, you are yawning and your eyes are feeling extra heavy, it's time to listen to your body. Grab your pillow, get comfy and take that long overdue nap.



Caffeinating:

We've all been there and after much consideration we have concluded that it is highly effective. So go and make yourself a strong cup of coffee or tea and take a moment to enjoy it.



Socializing:

Whether it's tweeting a few things, going through all the recent happenings on Facebook or simply just walking down the corridor to your friend and having a quick (or 2 hour long) chat.



Youtubing:

If it is the end of the month and you still have some data left, don't let it go to waste. Go watch a YouTube video or two (or 50)...



Celebrating **ACADEMIC EXCELLENCE!**



BY Minette Beukes

On the 19th of February 2016, we held our first **Prestige Evening**. These were the results of the evening:

The Top 10 First Years:

These results were based on their Final Matric Exam Results:

1. Nicole Ras (87%)
2. Fuluphelo Mudzwari (83,29%)
3. Heidi Gouws (81,71%)
4. Zininzi Malimba (81,43%)
5. Grethe Gouws (80%)
6. Casey Homan (79,14%)
7. Sindi-Marie de Beer (78,25%)
8. Amma Grant (77,85%)
9. Tshepo Ntoula (77,71%)
10. Shannon Freeman (77,13%)

The Top 20 Seniors:

These results were based on their November Exam Results:

1. Stephani du Plessis (84,7%)
2. Minette Beukes (84%)
3. Mamello Selepe (79,5%)
4. Zanele Radebe (78,6%)
5. Dane Kriel (76,2%)
6. Khombisile Mazibuko (76,1%)
7. Beatrice Potgieter (75,5%)
8. Ednah Mododa (75,2%)
9. Jessica Baisley (75%)
10. Khanyisile Bohloko (74,7%)
11. Dimpho Masiu (74,3%)
12. Masingoaneng Mahloane (73,7%)
13. Lindiwe Kumalo & Matseliso Motsoane (72,5%)
14. Thandeka Qithi (72,2%)
15. Chanelle Schoeman (72%)
16. Lerato Bale (71,7%)
17. Minenhle Dlamini (71,6%)
18. Armunay Gilmer (71,3%)
19. Jennifer Steenkamp (70,8%)
20. Sedzani Nelufule (70%)



Public Speaking:

On the 3rd of March Huis Koos held the first round of the Public Speaking League Competition. We don't have to debate about the fact that it was a success. These were the results:

- 1st place: Maipato Motsoane
2nd place: Sibongile Mpama
3rd place: Shannon Freeman
4th place: Lesego Moshodi



News on faculty get-togethers:

The Academic Sub-com, together with Miss Wilmie, are planning on hosting House Koos' very first faculty get-together. This is a unique event whereby we will invite members of a particular faculty to come to our residence. By doing so, they can help our ladies, should they have any academic problems or queries. The ladies are also afforded the opportunity to socialize with members of their faculty.

The first event will take place on the 30th of March. We are planning on getting speakers such as the legal behemoth, tutors from both faculties and even the deans of Law and EMS Faculties. More info to be communicated closer to the time!

... EVENTS

Koos-Khaya Wedding

BY Casey Homan

"Weddings are never about the bride and groom, weddings are public platforms for dysfunctional families." - Lisa Kleypas, Blue-Eyed Devil

The inters organised, the debates had, the friendships created, the proposals given and it finally all led up to NJ van der Merwe's residence wedding to their chosen male residence, House Khayalami. As girls ran around trying to secure last minute white dresses, applying the finishing touches to their makeup and fixing their hair into

the perfect hairstyle it was evident that there was an undeniable excitement in the air surrounding the upcoming residence wedding ceremony. It is tradition on the UFS campus for two residences to form a union of support and encouragement in order to foster good relationships and friendships between people of different genders and backgrounds and our first year group was no exception. After a wonderful proposal at the fountain, the anticipation of our actual wedding and how it would occur was far exceeded once we arrived at the beautiful location, the

Century Complex. Here we were separated and the males were told to choose a flower with it a certain Koos lady's name attached, thereby choosing their wife. After the sweet recital of vows and many pictures taken, we were all given some pizza and mingled. Overall, the wedding was a lovely experience that not only allowed friendships to be created, but also a rather dysfunctional family that vowed to support one another in all the endeavours our first year has to offer.



Residence Mother-Daughter Picnic

BY Natasha Lamprecht

After a week of "spooking" and receiving mysterious gifts from a senior Koos Lady on the 20th of February all the first years finally met their mothers at the Mother-Daughter picnic, which was held at the Rooiplein. Some were more surprised than others but overall the whole house enjoyed it. The First Years couldn't wait to meet the person behind all the cute letters and nice sweets we all received and the mothers were also excited to spend some time with their daughters. After every child found her mother everyone enjoyed a picnic and cupcakes (made by our Head Mentor, Marené), the mothers entertained their daughters with stories from their own first year. Multiple Junior Koos Ladies were surprised to hear what the seniors did and also how they experienced the process we are currently going through. Not only was it a wonderful day to bond with your residence mother, but it was also nice to see who all your residence cousins, aunties and grandmothers are,

and to then again realise how connected the whole house is and what a close bond we all have!



Stagedoor 2016

BY Lauren Baker



KOOSATUM (NJ van Der Merwe and Legatum) slays Stagedoor 2016, HARD!

Stagedoor 2016 has been a great success. A family bond between the Koos sisters and Legatum brothers has definitely developed throughout two months of practices and “being all up in each other's faces.” Through obstacles of irritation, headaches, hungry tummy's and aches from high heeled shoes all the hard work, commitment, long hours and high levels of energy paid off!

Koosatium walks away with two individual prizes:

- 🏆 Best McDonalds Jingle
- 🏆 Best used catch phrase (“WHAT A TIME TO BE ALIVE!”)

Stagedoor is an exciting experience that every first year should grab with both hands and enjoy!

Nō Values Week & Celebration!

BY Natasha Kabaso



The values day celebration is an event created to help the ladies understand the practicality of the 6 values and also help these values to be inherent in every single lady in the residence.

The Values and strategies subcommittee met to discuss what the house enjoyed at the previous values celebration and what ladies felt would help make the values celebration have a more effective impact. The event was spread over what we came to call the “values week”. It was during this time that the values of the house were given center stage as ladies were asked

to talk and think about two values a day and a theme was attached to the said specific day. The values week did not receive as much participation as expected due to the fact that it was during test week and some of the ladies were thus unable to actively be involved.

The values day celebration “finale” was however quiet successful in that a lot of ladies showed and seemed to respond positively to most of the activities that were lined up. A highlight of the event was when all the ladies were at the traffic circle and sang the house song while letting go of balloons

were they had written quotes or messages of positivity, not only for the house and the semester but also for the rest of the year.

It is our sincere hope as a sub-com that if another chance like this avails itself, later this year- the ladies will eagerly come in numbers as these are not ‘off the fly’ events, but are moments that will shape our thinking and turn us into the best versions of us that there can ever be, because – ‘It is not hard to make decisions, when you know what your values are’.

Xoxo – V & S sub-com.

Brain-Teasers... wrap your head

around this....

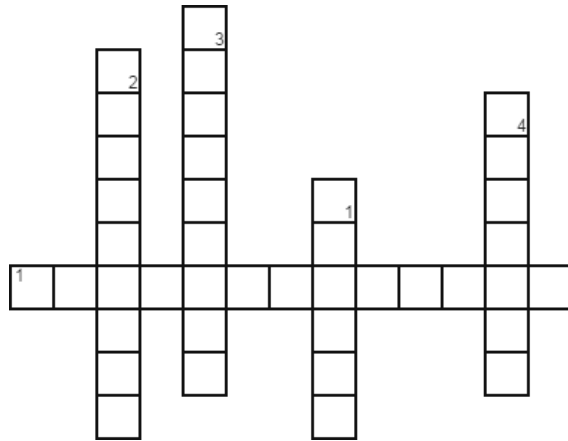
By Casey Homan & Maipato Motsoane

Across

1. Street UFS is located on (also the name of South Africa's 1994 President)

Down

1. UFS campus in the Eastern Free State
2. Male residence that Huis Koos First Years 2016 married
3. Annual First Year's Drama and Music Competition
4. UFS rugby team



All Things Koos

L Y Z Z E C B L N O F L X P X K O E D A
 T H R S Z B Q W C Y R S F R U S O C D B
 U K E E W S O O K C U C S P I O M N X X
 R H P G Q K I R H B X G P M K X K E V D
 E E U E T V V C K X L A I V J M O L S R
 Q X S Q U I E T S T O R M C D N O L A M
 T N E P Q M A P X C A B T O D C S E H Q
 H H E U E L D K S B E C N A T P E C C A
 S Y G H X C D T D O O W H T R O N X L A
 O V Z S I S T E R H O O D U A O O E B L
 D X R P K D C C Y D A L S O O K C C S T
 B E Y T I L I B A T N U O C C A T I R Q
 C G Y S D N A L W O D A H S N J C M L Q
 R A E A Z D I H C D H N T P K U T E H J
 I I B S E V R U C S U O R E G N A D J J
 A P N V O I K Q C E A W M K T C E A B C
 I J O D R V U A U F M M V C R T P C X C
 B W P R L C Y M L Y E G B R J W L C C U
 Z J W T V T G T Y R U Q J B V Q Y A N D
 E A N S P P G W Q H G K J F N L R Z L C

ACCADEMIC EXCELLENCE	OOMKOOS	KOOSLADY
SHADOWLANDS	NORTHWOOD	DANGEROUS CURVES
QUIET STORM	ACCOUNTABILITY	SISTERHOOD
RESPECT	KOOSWEEK	ACCEPTANCE

#WHATSTRENDING

BY Phatima Mhlohlonyi

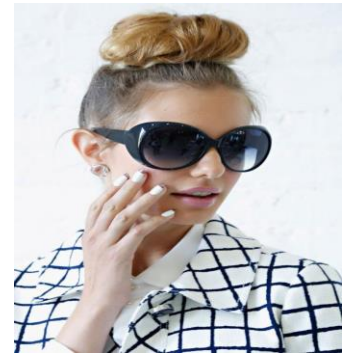
Now Trending... The Romper



Its summer and it is perfect time for fashion... Rompers that is. A romper suit is a one piece garment that is also known as a jumpsuit or a play suit. Today we are focusing on the “short” rompers. These suits range from formal to beachy. Many of this season’s designers have incorporated a skirt (shorts with full legs and a central flap in the front giving the romper a skirt).

THE BUN TRICK...

1. Flip your hair upside down when gathering hair into the ponytail. This will help you to get it as high as possible.
2. Once you’ve gathered the hair, flip upright and look up to the ceiling, so your head is tilted, which will make smoothing the hair into place that much easier.
3. Once your ponytail is secured, wrap the hair around the base and secure with four to five large bobby pins. The result? A fuss free hairstyle that will stay in place all day



ALWAYS ENSURE THAT YOUR MAKE-UP LOOKS AS NATURAL AS POSSIBLE. TRICK: USE A BRUSH TO APPLY FOUNDATION FOR THE MOST NATURAL LOOKING LOOK.

#10 SECOND MAKE-UP TRICK

Step 1: Use a matte concealer stick to draw “whisker” lines on either side of your nose and mouth.

Step 2: With a luminous highlighter, draw more lines in between the first set you did. The highlighter lines should be on top.

Step 3: Blend with a brush. Add blush and/or cheek contour if desired. The result: Your cheekbones and brow look lifted and your entire face looks more awake. Easy, right

FOLLOW THESE TRENDS AND YOU MIGHT BE APPEARING ON ONE OF OUR MONTHLY FASHION COLUMNS..... DON'T MISS OUT!

Kitchen Corner; WHAT'S COOKING?



BY Francesca Gottini, Marené Janse van Rensburg & Suryka Pretorius

Healthy Snack

Ingredients:

- 2 rice cakes
- Lettuce
- Ham
- Tomato
- Cucumber
- Mayonnaise
- Cottage cheese

Method:

- Mix a tablespoon of cottage cheese and mayonnaise.
- Spread the mixture on both rice cakes.
- Put the rest of the ingredients on the one side of the rice cakes. Put the other rice cake on top.



Mac & Cheese in a Minute

Ingredients:

- Half a cup of macaroni pasta
- Half a cup of milk
- A little bit of grated cheese
- One teaspoon margarine
- A pinch of salt

Method:

- ❖ Put the macaroni, margarine, salt and milk in a small bowl.
- ❖ Place in microwave for 5 minutes.
- ❖ Stir frequently.
- ❖ When macaroni is soft, place cheese over macaroni and place in microwave for another minute.

Choccie Cake in a Mug

Ingredients:

- 3 heaped tablespoons self-raising cake flour
- 2 tablespoons cocoa
- 3 heaped tablespoons sugar
- 1 egg
- 3 tablespoons milk
- 3 tablespoons oil
- Pinch of salt
- Mug
- Icing

Method:

- ✓ Mix all the dry ingredients in a mug
- ✓ Mix the egg, oil and milk together
- ✓ Add to dry ingredients
- ✓ Microwave on high for 2½ - 3 minutes
- ✓ Allow to cool
- ✓ Make a hollow and fill with your favourite filling (icing)



You. “You are worth far more than rubies.” –Proverbs 31:10

BY Marené Janse van Rensburg



“Who would buy a broken, dirty, worthless mug?”

Most of us would naturally answer “no one” to the above question. We would all agree that a broken mug would spill coffee, so we would naturally buy a flawless mug to prevent this from happening.

Let’s imagine that God is the consumer standing in front of a shelf stacked with countless rows of mugs, representing entire human population, we would imagine that he would probably choose Einstein’s mug, or maybe Queen Elizabeth’s mug, or probably the head girl’s mug... (all faultless in the world’s eyes) but the irony of the matter is that, he chooses yours. Yours is broken, bent and dirty and you could never imagine why He would deliberately choose yours, even if He had the whole world to choose from.

The point that is being made, is that, even if the world would toss you to the side, could never want you, would never choose you, could never love you, would say that you’re not good enough or break you even more – God accepts you.

The truth is, that we all have sinned and fallen short of the Glory of God [Romans 3:23], but still he would die for us. Even though we are all actually shattered mugs before Him, He would choose to pay the price, give His life and make us His. *How could we ever be worthy of being made worthy?* He loves us just as we are.

And further irony, as mentioned, a broken mug would spill... so why use it? But Jesus bought us at the cost of His life, and made us whole again. He bandaged our wounds, He wiped off the dirt and He made us as good as new. He has a plan for each of us and will use us, just as we are, only if we let Him. Don’t walk around with last year’s coffee contaminating your mug and making it impossible to pour new life into it. Empty your mug every day and let God fill it up with His Word, and His purpose for you. Also, don’t drink it up all yourself, but rather share and help others to allow God to fill their mugs with the special purpose God has for them.

Never forget how precious and how worthy you are to God, even if the world make nothing of you. Never forget the cost you were and that Jesus paid it in full. Never forget that He has chosen you, just as you are, and that He has a plan for you.

The following verses prove that you are God’s masterpiece...

Psalm 139:14* - “I am fearfully and wonderfully made.”

Psalm 17 - “I am the apple of His eye.”

Proverbs 31:10 - “I am worth far more than rubies.”

Deuteronomy 7:6* - "His treasured possession."

Philippians 4:8 - * "true, noble, right, pure, and lovely."

Genesis 1:27 – “I am created in God’s own image.”

Jeremiah 29:11 – “For I know the plans I have for you,” Declares the Lord. “Plans to prosper you and not to harm you. Plans to give you a hope and a future.”



****The Media & Marketing Sub-com would like to thank Marené for her contributions towards the sub-com, in light of this she wanted to share this devotion as a parting inspiration to all Koos Ladies...*



SPORT AT KOOS!

BY Emma Vermeulen and Francesca Gottini

Basketball

One game played – Lost
Fixtures are published weekly.



Hockey

Games played:

NJ vd Merwe 0 - 1 Wag 'n Bietjie

Fixtures:

- 6 April - NJ vd Merwe 1 vs Kagiso (20:00)
- 13 April - NJ vd Merwe 1 vs Roosmaryn (20:00)
- 20 April - NJ vd Merwe 1 vs Harmony (20:00)
- NJ vd Merwe 2 vs Akasia (20:30)
- 4 May - NJ vd Merwe 2 vs Arista (20:00)



Netball

Games played:

(2 won ; 2 lost) vs. Madelief, Marjolein, Kestell and Conlaures

Fixtures:

- 21 April - NJ vd Merwe vs Kagiso (17:30)
- NJ vd Merwe vs Arista (18:30)
- 5 May - PLAYOFFS



Tennis

Fixtures:

- 5 Apr - NJ vd Merwe vs Roosmaryn (15:30)
- 13 Apr - NJ vd Merwe vs Marjolein (15:30)
- 4 May - NJ vd Merwe vs Welwitchia (15:30)
- 10 May - NJ vd Merwe vs Vergeet-My-Nie (15:30)
- 3 Aug - Cross-Over
- 10 Aug - FINALS



Volleyball

The volleyball season will kick off in the Second Semester, due to the repairs being done on the outdoor courts.

We look forward to participate in the volleyball league and making it to the finals AGAIN – this time to take the trophy!!

