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NEWS MAGAZINE
NUUSTYDSKRIF
#2 | 2016



*Inspiring excellence. Transforming lives.
Inspireer uitnemendheid. Verander lewens.*

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Een van die universiteit se belangrikste waardes, naamlik 'voortreflike akademiese vaardigheid' word in hierdie uitgawe weerspieël.

Ons navorsers doen wat nodig is om die mensdom te bevorder. Al is dit om 'n muskiet te vang en dit vir virusse te ondersoek. Dit is nou volgens prof Felicity Burt van die Virologie-eenheid in die Departement Mediese Mikrobiologie. Lees meer oor haar interessante navorsing op bl 26.

Ander navorsers wat ook met hul navorsing waarde tot menselewens toevoeg, is prof

Bennie Viljoen, dr Olihile Sebolai en dr Martin Nyaga.

Prof Viljoen se navorsing fokus op die verskillende gebruike van sampioene. Alhoewel hierdie nederige fungus aan die meeste van ons as 'n lekkerny op ons bord bekend is, het dit talle medisinale toepassings wat deur prof Viljoen en sy span nagevors word.

Dr Sebolai doen fassinerende navorsing oor kriptokokkale infeksies. Dié infeksies is die oorsaak van 15% tot 20% van alle Vigs-verwante sterftes in sub-Sahara-Afrika.

Die rotavirus muteer omdat dit 'n gesegmenteerde virus is wat uit baie stamme bestaan. Dr Nyaga ondersoek die verskillende stamme van die virus met die doel om 'n entstof te vind. Lees meer oor sy navorsing op bl 20.

Bult

COVER



COVER | Candice Thikeson, master's student in Art History and Image Studies at the UFS. Read more about Candice on page 12.

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Op 'n ligter noot, het 'n studie deur UV-navorsers op die rugbyveld getoon dat speelyd in Super-wedstryde verminder. Lees meer oor hierdie interessante navorsing op bl 8.

Buiten die UV se verbintenis tot navorsing, word daar ook baie ure bestee om op kampus, aanlyn en ook in die gemeenskap waarde toe te voeg deur middel van onderrig. Lees meer oor die eerste aanlyn platform vir onderwysers op bl 4. In die Fakulteit Opvoedkunde is die Wetenskap vir die Toekoms-eenheid die oplossing vir Wiskunde- en Wetenskap-onderrig en -leer in Suid-Afrika.

Om op te som, wil ek die woorde van Marian Wright Edelman, 'n Amerikaanse skrywer, gebruik: "Education is improving the lives of others and [for] leaving your community and world better than you found it."

Dit is waarna ons by die Universiteit van die Vrystaat streef. Om deur ons Akademiese en Mense-projekte van die wêreld 'n beter plek te maak.

*Tot
volgende
jaar.*

Groete

Leonie



Brief van die redakteur

Opinions expressed in the publication are not necessarily those of the university. Bult is sent to alumni, donors, business and government leaders, opinion formers, and Kowsie friends. With the necessary acknowledgement, articles can be published elsewhere. Contact the Editor in this regard.

Menings wat in die publikasie gelug word, weerspieël nie noodwendig dié van die universiteit nie. Bult word onder oudstude, donateurs, sake- en regeringsleiers, meningsvormers en Kowsievriende versprei. Artikels kan met die nodige erkenning elders gebruik word. Rig navrae hieroor aan die Redakteur.



AFROMONTANE

the answer to sustainable
development in

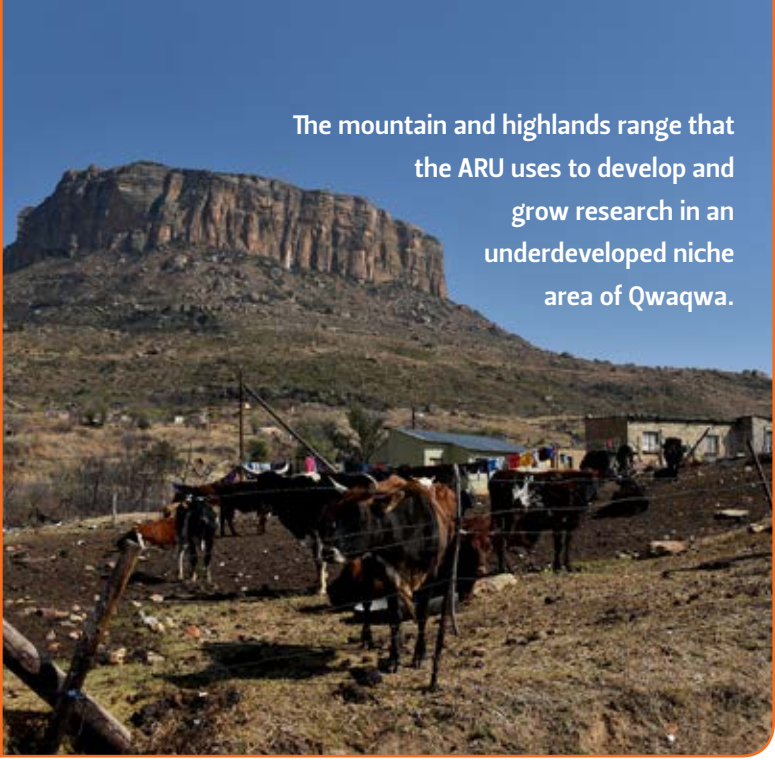
QWAQWA

BY OTENG MPETE

Mountains and highlands have always played an important role in the history of mankind. They have provided refuge, fresh water and acted as natural barriers against bad weather and protection from enemies. Mountains are also a place for spiritual sanctuaries and are often used for journeys of self-reflection through pilgrimage. With all this said, the mountains and highlands of the Free State and Lesotho have not received enough attention in research and planning terms.

The Afromontane Research Unit (ARU) was developed through a consultative process to identify and establish a research niche for the Qwaqwa Campus. The rationale for the ARU was primarily to provide a vehicle for research and development at the campus, and to develop and grow research in an underdeveloped niche area. The ARU was officially launched in 2015, and has a

ARU's major outcome will be the strengthening of research culture but, more importantly, it will be research centred and focused on addressing local problems and issue



The mountain and highlands range that the ARU uses to develop and grow research in an underdeveloped niche area of Qwaqwa.

total of 14 postgraduate students currently completing their honours and master's degrees and PhDs.

The unit strives to contribute towards sustainable mountain development, with the focus of the research activities incorporating the mountain range in the Free State, KwaZulu-Natal, the Eastern Cape and Lesotho. The ARU is an interdisciplinary research unit that includes academic staff, postdoctoral research fellows and postgraduate students from different fields of study represented at the Qwaqwa Campus.

The region is largely agrarian and characterised by poverty. It is not only prone to a number of environmental stresses, but also faces a number of important development problems. The drought made pertinent issues of water supply, sustainable agricultural practices and management of disaster relief efforts.

The ARU is centred on three themes. The first is on conservation and sustainable usage of Afromontane biodiversity. Focus areas within this theme are biodiversity, ecosystem goods and services and the



“Green Economy”, climate change and natural hazards, as well as land use and catchment management.

The second theme is living and doing business in Afromontane environments. Communities living in mountainous areas are often particularly disadvantaged and vulnerable to food insecurity. They tend to suffer from higher levels of poverty and relatively higher levels of undernourishment. Research within this theme is focused on, but not limited to, food security and nutrition, Afromontane economies, rural development and connectivity and social ecological systems.

The third theme is centred on sustainable futures for the people of the Afromontane. The research focus is on culturally and contextually responsive education, heritage and language, gender studies, vulnerabilities, resilience and sustainability.

The ARU's major outcome will be the strengthening of research culture but, more importantly, it will be research centred and focused on addressing problems and issues with which the region is confronted. **B**



UFS SOUTH CAMPUS **first** in SA to introduce new **online platform for educators**

BY EUGENE SEEGER

Jean Grundling, Academic Head of the UFS South Campus, and Prof Daniella Coetzee, Campus Principal of the South Campus.

The South Campus of the UFS has become the first in South Africa to introduce a fully online platform for educators to obtain the Advanced Certificate in Teaching (ACT) in either Foundation, Intermediate, or Senior Phase (NQF Level 6). It is designed for practising teachers who wish to advance their career, with the specific aim of improving knowledge and competencies, either in terms of a new subject, or in order to strengthen their subject specialisation.

This programme is offered over nine or 10 eight-week sessions, with access to an online tutor and technological support. Lessons include relevant problem-solving and practical application exercises, and skills learned can immediately be used in the classroom.

Supporting societal change

Jean Grundling, Academic Head of the UFS South Campus, says, "The ACT Online programme provides

an opportunity for teachers to develop their skills. The impact of personal and professional development should reflect in the way these teachers start changing the way they teach, behave, talk, and lead. These changes will fulfil the ultimate aim of the ACT programme, which is that teachers should act as change agents in their communities to enable societal changes."

Specific challenges addressed

The new platform also addresses a number of the challenges in the support of teachers by providing opportunities now available through online education as a result of recent strides in learning technologies. Online learning presents an outstanding opportunity to conveniently and affordably advance in higher education and achieve professional qualifications. The ACT Online programme represents a tremendous stride in teacher training that is tailored for South African educators.

For teachers interested in pursuing an Advanced Teaching Certificate (ACT), all admission and enrolment information is available on the website <http://www.ufs.ac.za/ACTonline>. **B**

NEW DEAN OF STUDENT AFFAIRS: meet the man *behind the suit*

BY SIOBHAN CANAVAN

Although his journey thus far has been recognised as successful, Pura Mgolombane still believes that he has the ability to dream more, to work diligently to achieve his dreams and to stay patient to see them through.

He enjoys being in the company of young people, which makes him the ideal person as the Dean of Student Affairs.

Pura's humility has been his greatest attribute so far, which is important to him as it suggests that he is able to see humanity in others. The fact that others are not able to do the same causes him the most anxiety. "The fact that more and more people are losing their humanity to material things and greed makes me anxious," he says.

Pura, who is from the royal family of Mgolombane, says that he keeps a healthy life balance by acknowledging the complexity of maintaining balance in his life and even though he struggles at times, he does not stop trying. "I try to make time for each part of my multiple identities as far as it is practically possible. Where I have lost ground I always make sure I make up for the time lost."

Although some may deem him successful, he feels that he still has a long way to go. "I do not regard myself as successful. The most important thing to understand is that life is not linear. So, be prepared to move sideways and backwards in life in order to get ahead," Pura says.

Family man Pura mentions that he finds joy in people, mostly kids with their unpredictable yet critical questions. So, with his beautiful and dynamic wife, and three children by his side, Pura is sure to have laughs to last him a lifetime. **B**



UFS·UV
STUDENT AFFAIRS
STUDENTESAKE
DITABA TSA BAITHUTI

Pura
Mgolombane.

PHOTO | CHARL DEVENISH

SIDNEY KGARA: bringing today's issues policy to the table

BY ILSE SMALLBERGER

Sidney Kgara was appointed to the UFS Council in January 2015. He was appointed to the Council by Blade Nzimande, the Minister of Higher Education and Training, in one of three such positions.



Sidney Kgara.

Sidney heads the public sector union Nehawu's Policy Unit. Nehawu is the biggest public sector union and the biggest union in the public service coordinating bargaining council. It therefore stands to reason that researching and drafting policy on issues such as labour market matters, public health and developments in higher education form the core responsibilities of the unit.

Nehawu has a number of members working at the UFS and before his appointment, Sidney's only

contact with the university was through its UFS members. However, he is no stranger to university governance and leadership. He was student leader at the then University of Natal in the 1990s and as a result has a broad understanding of student governance and university issues.

"Even though it was a different time and the circumstances were different, there is some sense of continuity to the issues we had to deal with then, and the issues that the university faces now," he says.

This, together with his experience in policy and research, enables him to make a unique and valuable contribution to the Council.

Sidney is an avid reader and stimulating his mind through reading makes him truly happy. He also loves watching sport and enjoys socialising with friends. **B**

SCHOOLS PARTNERSHIP PROJECT

yielding



BY ILSE
SMALLBERGER

The UFS is involved in several community engagement projects and has been a leader in creating opportunities to enhance cooperation between the university and its communities.

One such project is making a positive impact in schools with traditionally low Grade 12 pass rates. The Schools Partnership Project (SPP) seeks to improve the academic achievement of senior secondary school learners in Mathematics, Physical Science, Accounting and English.

Part of its success is the fact that the SPP does not provide quick-fix solutions to a very complex problem. In addition to addressing teachers' pedagogical knowledge and understanding of subject matter, it also assists schools in creating strong management leadership and providing optimal opportunities for students from targeted schools to access university.

Herculus Dreyer, SPP Project Manager, says the success of the project is evident in the fact that it has received R40 million in external funding over the past four years. Donors support the project because it works.

The SPP deploys mentors to targeted schools to work alongside teachers in the classroom. These mentors support the teaching and learning activities in class to ensure that teachers develop the necessary subject knowledge, teaching skills and confidence to sustain a quality teaching schedule.

Another aspect of the project is the deployment of



results



PHOTOS | SUPPLIED



This project is making a positive impact in schools with traditionally low Grade 12 pass rates.

experienced principals as mentors to resident principals and school management teams to enhance capacity and offer on-site leadership and management. This also includes establishing instructional, managerial, financial and administrative routines in every school to optimise time in the classroom.

This holistic approach has so far reaped great rewards. School management structures of 73 schools have been improved. The skills and teaching methodologies of Mathematics and Science teachers at more than 50 schools have been enhanced, which resulted in better marks from learners. In addition, 22 second-year and 76 first-year students from so-called project schools are currently enrolled at the UFS. All are "first-generation" students and most would never have been able to pursue a university education had it not been for the project. **B**



UV-studie toon
Super-wedstryde

DEUR JÓHANN
THORMÄHLEN

speeltyd in verminder

“Die wenspan het minder die bal en wil dit nie hê nie.
Hulle speel ’n meer konserwatiewe wedstryd.
Hulle oorheers met skoppe en dan speel hulle.”

Dit is beter vir Superrugbyspanne om nie die bal te hê nie, wat ook daartoe lei dat die algehele speeltyd in wedstryde verminder.

Dis waarnemings uit ’n studie deur die Universiteit van die Vrystaat (UV) oor die verskil tussen wen- en verloorspanne. Statistieke tussen 2011 en 2015 toon dat Superwenspanne meer skop en hul verdediging beter is.

Dié statistieke is deur Riaan Schoeman, dosent in Oefen en Sportwetenskappe, prof Derik Coetzee, professor en departementshoof: Oefen en Sportwetenskappe, en prof Robert Schall, Departement Wiskundige Statistiek en Aktuariële Wetenskap, gebruik. Prof Coetzee was vantevore die kondisioneringsbestuurder van die Springbok-rugbyspan.

Die doel van die studie, *Changes in match variables for winning and losing teams in Super Rugby from*

2011 to 2015, was om veranderinge waar te neem. Data wat deur die Cheetahs via Verusco TryMaker Pro van 30 kragmetings verskaf is (vier van elke span per seisoen), is gebruik.

Sowat twee minute minder aksie

“Ons het gevind dat die speeltyd (playing time) verlaag het. Dis die tyd wat die bal in spel in 80 minute is,” sê Schoeman. Die gemiddelde speeltyd in 2011 was 34.12 minute en in 2015 was dit 31.95.

“Die wenspan het minder die bal en wil dit nie hê nie. Hulle speel meer konserwatief. Hulle oorheers met skoppe en dan speel hulle,” sê prof Coetzee, wat die Springbokke se kondisioneringsafrieter in 2007 was toe hulle die Wêreldbeker gewen het.

Lynstane ook meer oor skopwerk

Gevollik het die aantal lynstane ook verhoog (van 0.31 per minuut in 2011 na 0.34 in 2015) en is die wenspanne beter hiermee.

Die gemiddelde speelyd per rugbywedstryd in 2011 was 34.12 minute en in 2015 was dit 31.95.

Prof Derik Coetzee, prof Robert Schall en Riaan Schoeman van die Universiteit van die Vrystaat se studie oor veranderlikes in Superrugby kan afrigters insig gee oor hoe om die spel te benader.

Schoeman meen dat reëlveranderings dalk ook daartoe bygedra het dat speelyd verminder, omdat iets soos skrumwerk deesdae meer probleme veroorsaak. "As 'n skrum val, is die tyd daarna nie speelyd nie."

Volgens prof Coetzee het losskrums (rucks) en losgemale (mauls) ook (losskrums van 2.08 per minuut in 2011 na 2.16 in 2015 en losgemale van 0.07 per minuut in 2011 tot 0.10 in 2015) toegeneem. "Die spanne wat wen, oorheers dié areas," sê hy. **B**

Eerste koshuis vir UV se Suid-kampus



DEUR LERATO SEBE

Die Universiteit van die Vrystaat se Suid-kampus in Bloemfontein het nou sy eie studentekoshuis. Die koshuis, wat in Junie 2016 voltooi is, kan 250 voorgraadse en 20 nagraadse studente huisves.

Die koshuis het 270 beddens, met 20 eenslaapkamerwoonstelle en 12 bykomende enkelkamers in die gange. Elkeen van hierdie eenslaapkamerwoonstelle het 'n kombuis, sitkamer en badkamer. Daar is 146 dubbelkamers met altesame 17 kombuise, een in elke gang. Die koshuis het ook 'n gazellie, 'n konferensiekamer met plek vir 50 mense, asook agt waskamers met 'n droogruimte.

Die koshuis op die Suid-kampus, wat in Junie 2016 voltooi is, kan 250 voorgraadse en 20 nagraadse studente huisves.





“Studente op die Suid-kampus het tot dusver van die Bloemfontein-kampus en woongebiede in die stad gependel. Ons is baie trots daarop dat verblyf nou op die kampus vir ons studente beskikbaar sal wees. Hoewel die amptelike opening van die koshuis na verwagting vroeg in 2017 sal plaasvind, het sommige studente reeds ingetrek,” sê prof Daniella Coetzee, Prinsipaal van die Suid-kampus.


Die koshuis is gebou teen 'n koste van R57 miljoen, wat deur die UV en die Departement van Hoër Onderwys en Opleiding gefinansier is.

Koshuis toeganklik vir mense met fisiese beperkinge

Die UV streef daarna om vir mense met fisiese

beperkinge voorsiening te maak deur al sy geboue vir hulle toeganklik te maak. Hierdie koshuis is geen uitsondering nie, aangesien dit twee kamers op die grondvloer van Blok C vir studente met fisiese beperkinge beskikbaar het. Die kamers huisves twee studente per kamer.

'n Unieke pas-geïnstalleerde waterstelsel

Die koshuis is ook die eerste by die universiteit wat 'n gryswaterstelsel geïnstalleer het. Gryswater bestaan uit bad-, stort- en badkamer-wasbakwater. Die water sal dan hergebruik word vir die spoel van toilette, asook vir besproeiingsdoeleindes op die kampus. 



NOT ONLY BRAINS,

BY SIOBHAN CANAVAN

“I was once told that I looked ‘immaculate’, as always. We use the word ‘immaculate’ to describe the Virgin Mary, does it get better than that?”

To everyone else, she may be a Mandela Rhodes Scholar, Bright Young Mind and Abe Bailey Travel Bursary candidate, but there is more to this beauty than meets the eye.

Candice Thikeson, currently a Master’s student in Art History and Image Studies, says, “I have a very strong spiritual foundation and my relationship with God really fuels everything I do. I also think being intentional about building great relationships with your family and friends is imperative.”

She mentions that she has been inspired by different people at different stages of her life and draws a great deal from academics, creatives and activists. She relates best to women who are in the humanities and draws inspiration from the likes of Nigerian novelist Chimamanda Ngozi Adichie and Kenyan-born Somali poet Warsan Shire.

“I love how they are able to comment on some of the most pressing issues black women face through beautiful and poignant writing. I also admire how frank these women are, something I’m still learning to be,” Candice says.

The biggest misconception that people often have about her is that she studies art and she is working towards becoming an artist. “Fine arts and art history are not the same thing. I don’t paint or make art at university, and I really don’t enjoy being called an artist.”

When asked about how she has become so successful at such a young age, she reiterated a clichéd phrase along the lines of “pursue something you are genuinely interested in and passionate about”. She mentions that “if you are really good at what you do, your gift will make room for you in your field”. **B**

BUT BEAUTY TOO



Candice Thikeson
Candice Thikeson

Childhood **passion** turns into successful **career**

BY EUGENE SEEGER

Dr Thapelo Makae's youthful passion has been a driving force in his chosen career. He says, "Like any veterinarian, my love for animals started from childhood. Growing up, I always asked myself why animals didn't have doctors like us kids, when our pets fell ill or died." While veterinary services were unknown where he was raised in the Phelindaba location in Mangaung, Bloemfontein, Dr Makae started doing his own research as early as Standard 1 (Grade 3). He affirms, "I've always wanted to help these creatures that, it seemed, no could help."

Having started his academic journey on the South Campus in the CPP (as the University Preparation Programme was then known), Dr Makae obtained an undergraduate degree in Agriculture, later completing an honours degree in Agriculture. "It was at this stage," he says, "that I was recruited by Prof Johan Greyling and the late Dr Luis Schwalbach. With their support, I completed my MSc Agric, besides having the opportunity to be a junior lecturer in Animal Physiology. Dr Schwalbach was my supervisor, my mentor, and a veterinarian himself, and I worked very closely with him. He encouraged me to pursue my passion and the dream to go ahead and study Veterinary Medicine."

Realising that dream, Dr Makae is now employed at the Gauteng Department of Agriculture and Development as a community veterinarian. Among his many responsibilities, he is charged with serving the communities of the Tshwane Metro, where he visits farmers, assisting them with health and vaccination plans, and providing advice to help them develop their skills.

Dr Makae also seeks opportunities to pass on his dream. "What I am most passionate about is going to schools and giving talks to school children, especially those from previously disadvantaged communities, who might not know much about Veterinary Medicine," he says. **B**

Dr Thapelo took up his studies at the South Campus of the UFS, and now serves as a community vet in Tshwane.

PHOTO | SUPPLIED



Amaria Reynders, School of
Mathematics, Natural Sciences, and
Technology Education at the UFS.

Community Gemeenskap

Students heed the call to be of service to their communities

BY THABO KESSAH



Enactus Qwaqwa
Campus team
tending the garden
at the Team Spirit
Centre.

ENACTUS CHANGES LIVES

BY PALESA MAFISA AND MAMOSA MAKAYA

To empower Law students in South Africa and teach them the ins and outs of the legal system, a group of female students from the UFS, University of Cape Town and UNISA took part in a programme led and organised by Magistrate Lani Opperman, a Magistrate at the Tshepong Domestic Violence Centre in Bloemfontein.

The programme kicked off with a tour of the Magistrate Court cells which are used to temporarily hold accused people appearing before the court. “For a short time, we experienced a day in the life of such prisoners,” said Palesa Mafisa.

Prison system and administration

The students then made their way to the Grootvlei and Mangaung Prisons for prisoners who are serving long-term sentences. They toured both facilities

EXPERIENTIAL LEARNING –

and explored the sustainability projects run by the prison such as dairy farms, chicken coops, vegetable gardens and piggeries. These projects not only provide food for the institutions, but are also used to teach prisoners about agricultural projects in order to sustain themselves in the future once they are released.

During the prison visits, students discussed the difficulties surrounding the procedure of sentencing as well as the dire conditions of awaiting-trial prisoners at Grootvlei Prison. The legal knowledge accumulated within lecture halls was tested, stretched and applied during discussions with prison personnel.

At the Supreme Court of Appeal, the students met the Supreme Court of Appeal Justice Connie Mocumie. She left students inspired and motivated to achieve greatness in their future legal careers.



The future of South Africa is in good hands if Enactus activities are anything to go by. Enactus is an international non-profit organisation bringing together student, academic and business leaders committed to using entrepreneurial action to improve lives.

And the Qwaqwa Campus chapter is doing exactly that – changing lives.

Community engagement

This team of enthusiastic and energetic students has touched the QwaQwa community in a variety of ways through their community engagement activities. One such activity was when they adopted the Team Spirit Centre as their partner for development and empowerment.

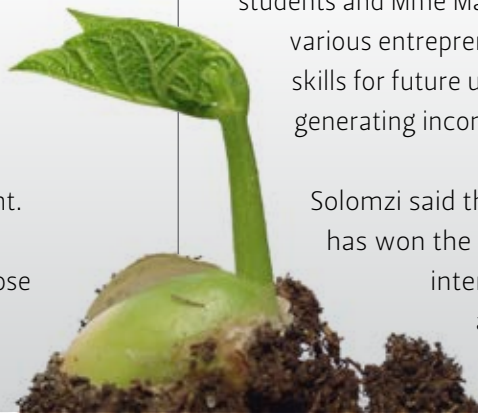
“So far the chapter has lived up to its purpose of assisting and uplifting the QwaQwa community. As part of our programme,

we identified a problem that we are currently helping to solve,” said Solomzi Khati, newly elected Vice-President of Enactus UFS.

Skills development

“We have realised that many centres like those that house orphaned and vulnerable children, such as Team Spirit in Makoane in QwaQwa, are not sustainable. Our project introduced a business concept to the centre where we helped to plant vegetables so that the owner, Mme Manthabeleng, could then use and sell these at a later stage,” he said. “In the process, students and Mme Manthabeleng could develop various entrepreneurial, finance and business skills for future use as well as the centre generating income to sustain itself.”

Solomzi said that this Team Spirit project has won the UFS team a trip to the international competitions that are scheduled for Canada at the end of September. **B**



a powerful tool for future legal practitioners

Rape and domestic violence – an eye-opener

The intricacies of domestic violence and the care needed when presiding over such cases were the topics of discussion at the Tshepong Domestic Violence Centre and the Thuthuzela Rape Crisis Centre. At the Thuthuzela Centre students also observed the procedure in rape cases.

Gender empowerment meets an all-women’s team of UFS and UCT law students wanting to learn from the South African judicial system and be ready to fight the crimes of rape and domestic violence.

From the left are: Robin van Wyk and Rotondwa Mulaudzi, both from UCT, and Thando Mokaulezi from the UFS.



Their visit to the two centres highlighted the crisis of sexual- and gender-based violence. It not only takes a wealth of experienced officials to handle such cases, but also requires dedicated and passionate presiding officers as well as social workers to make a difference to the lives of survivors, all of whom were found at both centres.

“The week formed one of the greatest highlights of my student life. I questioned, learned and found greater respect for the law and the professionals tasked with its administration. I can definitely say that this experience has holistically bettered my understanding of our legal system and has moulded me into a well-rounded student and aspiring legal practitioner,” said Palesa.

The Tshepong and Thuthuzela Centres are part of the partner project between the UFS Faculty of Law, the Magistrate’s Court of Bloemfontein, the South African Police Service (SAPS), the National Hospital and members of the local community. **B**

MISSION **S4F**: Innovative **MATHS** and **SCIENCE** teaching

BY OTENG MPETE

The challenges regarding Mathematics and Science teaching and learning in South Africa are common knowledge. In order to address some of the crucial issues at hand the Science-for-the-Future (S4F) unit from the Faculty of Education at the university, in collaboration with several funders, are working towards solutions.

The mission of S4F is the advancement of innovative and effective Mathematics and Science teaching and learning, beneficial to student educators, practicing teachers, learners, parents and the general public. In this regard S4F developed two programmes namely Family Math & Family Science and Key Concepts in Maths and Science.

Family Math & Family Science is about improving understanding and changing attitudes towards Mathematics and Science in the Foundation and Intermediate Phases. During the “triangular” project strategy teachers are trained at the UFS and apart from integrating the project activities into the curriculum it

is also expected from them to conduct parents’ training sessions at their respective schools in the local community. This enables parents to become involved in their children’s Mathematics teaching and learning at school.

The Key Concepts in the Maths and Science programme are about enabling and encouraging more learners to enter into science-related studies and careers. In this 21st-century training facility the advantages of different ICT applications are utilised to enhance Senior and FET Phase learners’ understanding of Science and Mathematics principles.

More than 23 257 project participants from 211 schools in predominately rural communities across the Free State, Gauteng, Northern Cape and Eastern Cape were actively involved in S4F project activities during 2016.

“This amounts to 339 teachers, 14 266 learners, 8 161 parents, 32 subject advisors and 459 student educators. During 2016, a total of 26 different projects were implemented and it is envisaged to expand the project activities to other provinces in the future,” said Dr Cobus van Breda, programme director of Science for the Future. **B**

Dr Cobus van Breda.

PHOTO | ANJA AUCAMP





Dr Martin Nyaga, Next
Generation Sequencing Unit
at the UFS.

Research Navorsing

ROTA VIRUS: the deadliest virus

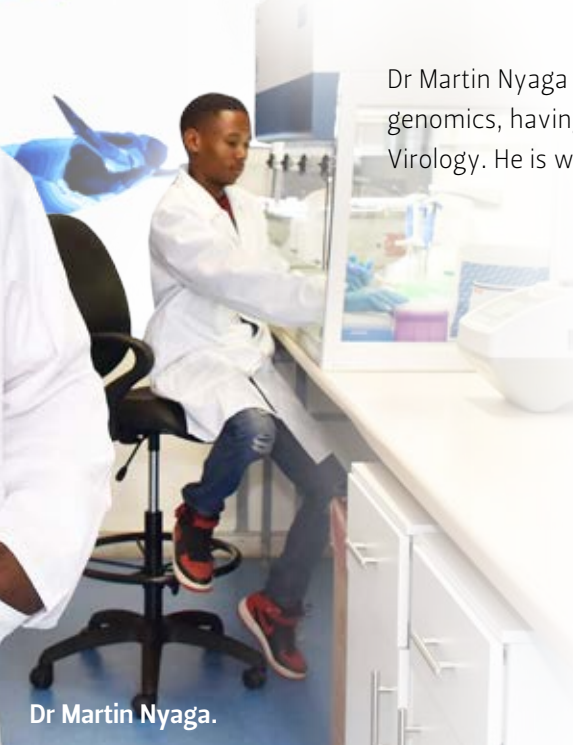
BY OTENG MPETE

R

otavirus is an infection that causes diarrhoea. It's the most common cause of diarrhoea in infants and children worldwide. In Sub-Saharan Africa every year an estimated 450 000 children under the age of five die from the not well understood virus. Dehydration is a serious complication of rotavirus and the foremost cause of childhood deaths in Africa.



Dr Martin Nyaga.



Dr Martin Nyaga has vast experience in microbial genomics, having done his PhD in Molecular Virology. He is widely acknowledged for his work on the whole genome sequencing of animal and human rotaviruses. In June 2016, Dr Nyaga delivered a presentation *Whole Genome Sequence Analysis of Rotavirus Strains and the Implications for Vaccine Impact* at the 10th African Rotavirus Symposium in Bamako, Mali.

Currently, Dr Nyaga is investigating the different

Research groups deliver **13** doctoral degrees

BY EUGENE SEEGER

Less than four years after the establishment of the International Studies Group (ISG) and the Centre for Research on Higher Education and Development (CRHED), under the academic direction of the former by Prof Ian Phimister and the latter by Prof Melanie Walker, the first cohort of 13 doctoral students recently graduated from these research groups.



Prof Melanie Walker with her group of four PhD graduates (from the left): Dr Mikateko Höppener, Dr Tendayi Marovah, Prof Walker, Dr Oliver Mutanga, and Dr Talita Calitz.

nobody talks about

strains of the rotavirus – it is a segmented virus, which means that it rapidly mutates. There are two vaccines available. Rotavirus prevention through vaccination is critical to saving the lives of children in countries where health care is inaccessible.

Dr Nyaga works closely with Gavi: Vaccine Alliance, which primarily works on assisting African countries

“The virus is a **democratic virus**, it affects all social classes and races, it is important to educate people about the virus and work on teaching African parents ways to ensure their children’s health and life do not get affected by the rotavirus.”

not just with financial resources but also with expertise to help make vaccines more affordable, more available and their provision more sustainable, by working towards a point where African countries can pay for the vaccines themselves. Currently 95% of African countries cannot afford to distribute vaccines.

Vaccination of children under the age of five is important because it reduces chances for illness and long-term disability. More importantly, the vaccines also generate savings for healthcare systems and families. For the average African family, the rotavirus affects the family’s livelihood because parents have to stay home and tend to ill children, which adversely affects the productivity of a country’s workforce, causing the GDP of a country to drop drastically.

The rotavirus vaccine is up to 92% effective in developed countries and 60% effective in developing countries – cultural rituals and practices, limited access to healthcare, and lack of government support are a few societal factors unique to Africa that are the cause of the gap between developed and African countries. In Africa, 4 out of 10 children will die from the virus even when vaccinated. **B**

PHOTO | CHARL DEVENISH

in **four years**

This represents a notable record of timely completions. The size and strength of these groups, the successful graduation of research students in optimum time, and the quality of publications produced by the students all contribute to the rapidly growing reputation of the ISG and CRHED both in South Africa and internationally.

Prof Ian Phimister congratulated the graduates on their extraordinary efforts, particularly in the light of the fact that they finished in a little more than three years. The doctorandi from ISG covered a wide range of African topics and issues, from Anusa Daimon’s ‘Mabhurandaya’: The Malawian Diaspora in Zimbabwe: 1895–2008 to Lazlo Passemiers’s South Africa and the

‘Congo Crisis’, 1960–1965.

Prof Walker says that the quality of the work that has been produced should not be underestimated: “Every single one of these PhDs is literally of world-leading standard.” A number of doctorandi from CRHED published theses with interdisciplinary research. Dr Mikateko Höppener specialised in Development Studies and covered the theme Perspectives on Engineering Education in Universities and its Contribution to Sustainable Human Development in Germany and South Africa.

Of this year’s crop of doctoral graduates, five from ISG and two from CRHED are currently undertaking postdoctoral research at the UFS. **B**

PHOTO | EUGENE SEEGER



MUSHROOMS: from gourmet food for humans to fodder for animals

BY LEONIE BOLLEURS

Mushrooms have so many medicinal applications that humans have the substance in hand to live healthy, long lives. And it is not only humans who benefit from these macrofungi growing mostly in dark spaces.

“The substrate applied for growing the mushrooms can be used as animal fodder. Keeping all the medicinal values intact, these are transferred to feed goats as a supplement to their daily diet,” said Prof Bennie Viljoen, researcher in the Department of Microbial, Biochemical and Food Biotechnology at the UFS.

Curiosity and a humble start

“The entire mushroom project started two years ago as a sideline of curiosity to grow edible gourmet mushrooms for my own consumption. I was also intrigued by a friend eating these mushrooms in their dried form to support his immune system and claiming he never gets sick. The sideline quickly changed when we discovered the interesting world of mushrooms and postgraduate students became involved.

“Since these humble beginnings we rapidly expanded with the financial help of the Technology Transfer Office to a small enterprise with zero waste,” said

Prof Viljoen. The research group also has many collaborators in the industry with full support from a nutraceutical company, an animal feed company and a mushroom-growers' association.

Prof Viljoen and his team's mushroom research has various aspects.

Growing the tastiest edible mushrooms possible

“We are growing gourmet mushrooms on agricultural waste under controlled environmental conditions to achieve the tastiest edible mushrooms possible. This group of mushrooms is comprised of the King, Pink, Golden, Grey, Blue and Brown Oysters. Other than the research results we have obtained, this part is mainly governed by the postgraduate students running it as a business with the intention to share in the profit from excess mushrooms as they lack research bursaries. The mushrooms are sold to restaurants and food markets at weekends,” said Prof Viljoen.

Natural alternative for the treatment of various ailments

“The second entity of research encompasses the growth and application of medicinal mushrooms. Throughout history, mushrooms have been used as a natural alternative for the treatment of various ailments. Nowadays macrofungi are known to be a source of bioactive compounds of medicinal value. These include the prevention or alleviation of heart disease, inhibition of platelet aggregation, reduction of blood glucose levels, reduction of blood cholesterol and the prevention or alleviation of infections caused



From the UFS Department of Microbial Biochemical and Food Biotechnology are, from the left: Christopher Rothmann, PhD student; Christie van der Berg, MSc student; and Prof Bennie Viljoen, researcher.

by bacterial, viral, fungal and parasitic pathogens. All of these properties can be enjoyed by capsulation of liquid concentrates or dried powdered mushrooms as we recently confirmed by trial efforts that which are defined as mushroom nutraceuticals,” he said.

Their research focuses on six different medicinal genera, each with specific medicinal attributes:

- Maitake: the most dominant property exhibited by this specific mushroom is the reduction of blood pressure as well as cholesterol. Other medicinal properties include anti-cancer, anti-diabetic and immunomodulating properties, while it may also improve the health of HIV patients.
- The Turkey Tail mushroom is known for its activity against various tumours and viruses as well as antioxidant properties.
- Shiitake mushrooms have anti-oxidant properties and are capable of lowering blood serum cholesterol (BSC). The mushroom produces a water-soluble polysaccharide, lentinan, considered to be responsible for the anti-cancer, antimicrobial and anti-tumour properties.
- The Grey Oyster mushroom has medicinal properties such as anti-cholesterol, anti-diabetic, antimicrobial, anti-oxidant, anti-tumour and immunomodulatory properties.
- Recently there has been an increased interest in

the Lion’s Mane mushroom as they contain nerve growth factors (NGF) and may be applied as a possible treatment of Alzheimer’s disease, as this compound seems to have the ability to regrow and rebuild myelin by stimulating neurons.

- Reishi mushrooms are considered to be the mushroom with the most medicinal properties due to their enhancing health effects such as treatment of cancer as well as increasing longevity, resistance and recovery from diseases.

Valuable entity for the agricultural sector

Another research focus is the bio-mushroom application phenome, to break down trees growing as encroaching plants. This research is potentially very valuable for the agricultural sector in the areas where Acacia is an encroaching problem. With this process waste products are upgraded to a usable state. “It is therefore possible to convert woody biomass with a low digestibility and limited availability of nutrients into high-quality animal fodder. By carefully selecting the right combination of fungus species to ferment agro-wastes, a whole host of advantages could become inherently part of the substrate. Mushrooms could become a biotechnological tool used to ‘inject’ the substrate that will be fed to animals with nutrition and/or medicine as the need and situation dictates,” said Prof Viljoen. **B**

Prof Felicity Burt.

BY CINDÉ GREYLING

The newly established virology section at the UFS boasts word-class expertise. Not only are they one of only five laboratories in the country tasked with specialised HIV testing, but current research generates publications and subsidised funding.

The driving force behind this initiative are passionate and dedicated people who invest long hours into vital research. One such person is Prof Felicity Burt, who eloquently guides her students while making impressive progress within her

Small things matter

PSP laat dr Thom Wium as akademikus ontwikkel

DEUR JÓHANN THORMÄHLEN

Om deel te wees van die Visekanselier se Prestige-program vir Jong Navorsers (PSP) het vir haar deure oopgemaak. Dr Matildie Thom Wium kan haar navorsing beter beplan en die oorsese reise wat sy daardeur onderneem, help haar om haar vaardighede te ontwikkel.

Volgens hierdie senior lektor by die Odeion Skool vir Musiek (OSM) aan die Universiteit van die Vrystaat (UV) is dit van die voordele wat die PSP inhou.

Sy het vanjaar twee internasionale kongresse bygewoon – in Januarie in Londen, Engeland en in Augustus in New York, Amerika. Verder is sy vanaf 12 September tot 31 Desember 2016 by die University of North Texas, Amerika.

By laasgenoemde doen sy verdere werk in musiekanalise saam met prof Timothy Jackson. Hy is 'n navorsingsprofessor en was een van haar PhD-promotors.

Konferensies beteken baie vir visie

“Ek dink die PSP is 'n fantastiese inisiatief,” sê dr Thom Wium, wie se man, Daniël Wium, 'n dosent in astrofisika aan die UV is. Sy meen die navorsingsondersteuning van die PSP is ongelooflik. “Verder help die skryfwegbreke wat



own field of interest: vector-borne and zoonotic diseases. Prof Burt was recently awarded a research chair (2016-2020) to, among others, investigate medically significant vector-borne and zoonotic viruses currently circulating.

That means that her research focus is mainly on viruses transmitted by mosquitos and ticks, and viruses transmitted from animals to humans. “Yes,” she laughs, “I catch mosquitoes and check them for viruses.”

As if big-screen moments like ‘Outbreak’ and ‘Contagion’ did not create enough virus paranoia, we were recently bombarded by real world Ebola and Zika outbreaks. But awareness, Prof Burt says, is not a bad thing. “Years ago, when people heard that I did Ebola research, they got that distant look in their eyes, and changed the subject. One outbreak later, backed by many media reports, and Ebola is almost a household name. The same goes for the recent Zika virus outbreak in South America.”

The more familiar people become with these type of

viruses, the better, Prof Burt feels. However, getting the right message across is not always that easy. The Zika virus outbreak, for example, was a very large outbreak and therefore presented large numbers of affected people. Generally, not everyone infected with an arbovirus will necessarily present with symptoms. But because vector-borne viruses can spread to new areas, surveillance and awareness are important. Here in Bloemfontein, Prof Burt and her team are establishing surveillance programmes.

So, next time you get all wound up about a “biological disaster”, rest assured that competent people like Prof Burt and her colleagues continuously scan the environment to gain knowledge and develop preventative measures should any risks be looming. For example, developing next-generation vaccines that are very effective, but without risk – since they are not built on the virus itself, but only on the part of the virus that will induce an immune response.

Currently, Prof Burt is also looking into the relationship between the Sindbis virus and arthritis. It is clear that we can expect many exciting findings from the UFS’s new virology unit! **B**

die PSP aanbied, my om in die besige semester wel nog tyd opsy te sit om aan artikels te werk.”

In Londen het die konferensie oor operapraktyk in die negentiende eeu gehandel. In Amerika het dr Thom

Wium, wat sedert 2007 by die UV werk, ook aan ’n

paneelbespreking oor dié onderwerp deelgeneem.

“Dit beteken baie vir my visie as akademikus om

deel te neem aan konferensies waar ek die mense wie se werk ek lees en aanhaal, in lewende lywe kan ontmoet en met hulle gedagtes kan wissel.”

Betrokkenheid in SA ewe belangrik

Tog meen sy dit is ewe belangrik om plaaslik betrokke te bly. Sy het by die Suid-Afrikaanse Vereniging vir Musieknavorsing se konferensie, wat vanaf 25 to 27 Augustus 2016 deur die OSM aangebied is, ’n referaat oor die komponis Arnold van Wyk gelewer en ’n sangsiklus deur hom uitgevoer. Sy het Van Wyk vir haar PhD bestudeer.

“Ek dink die PSP is ’n fantastiese inisiatief.”

Vir dr Matildie Thom Wium is die bevredigende deel van klasgee “die oomblikke van sinergie met ’n groep studente” en wanneer sy voel sy hulle kan help om byvoorbeeld ’n musiekuittreksel beter te kan verstaan. **B**

Dr Matildie Thom Wium.

THREE UFS SCHOLARS



Dr Stephanie Cawood, Dr Andy Cohen, and Dr Rory Pilosof.

fellows of **PRESTIGIOUS UK FUNDING** programme

BY RULANZEN MARTIN

Three UFS researchers recently received international grants from the British Academy's Advanced Newton Fund in the United Kingdom.

This prestigious funding programme is an excellent vehicle for establishing international partnerships and a platform for innovative research collaborations, according to Dr Stephanie Cawood, senior lecturer at the Centre for Africa Studies, who was awarded one of the British Academy Newton Advanced Fellowships recently.

She is one of three scholars at the UFS who received this prestigious research-orientated fellowship. Dr Cawood, a member of the Vice-Chancellor's Prestige Scholars' Programme, received R1,8 million for research that will focus on how liberation struggles have been memorialised in South Africa and Uganda. It will look at museums, monuments, spaces, discourse and ceremonies as sites of engagement and contestation among different memorial cultures. Dr Johnathan Fisher from the University of Birmingham in the United Kingdom is her research partner.

Dr Rory Pilosof, also a Vice-Chancellor's Prestige Scholar, and lecturer at the UFS Department of Economics, along with Dr Andy Cohen, of the University of Kent, and a former UFS prestige scholar, were awarded R1,9 million for a three-

year project to make labour data from South and Southern Africa more accessible to scholars worldwide. The project will result in a historical sourcebook on labour data to be edited by Drs Cohen and Pilosof, as well as a number of research articles in leading international peer-reviewed journals.

Although the researchers received their grants from the same body, their research projects focus on different topics and will be conducted separately. **E**

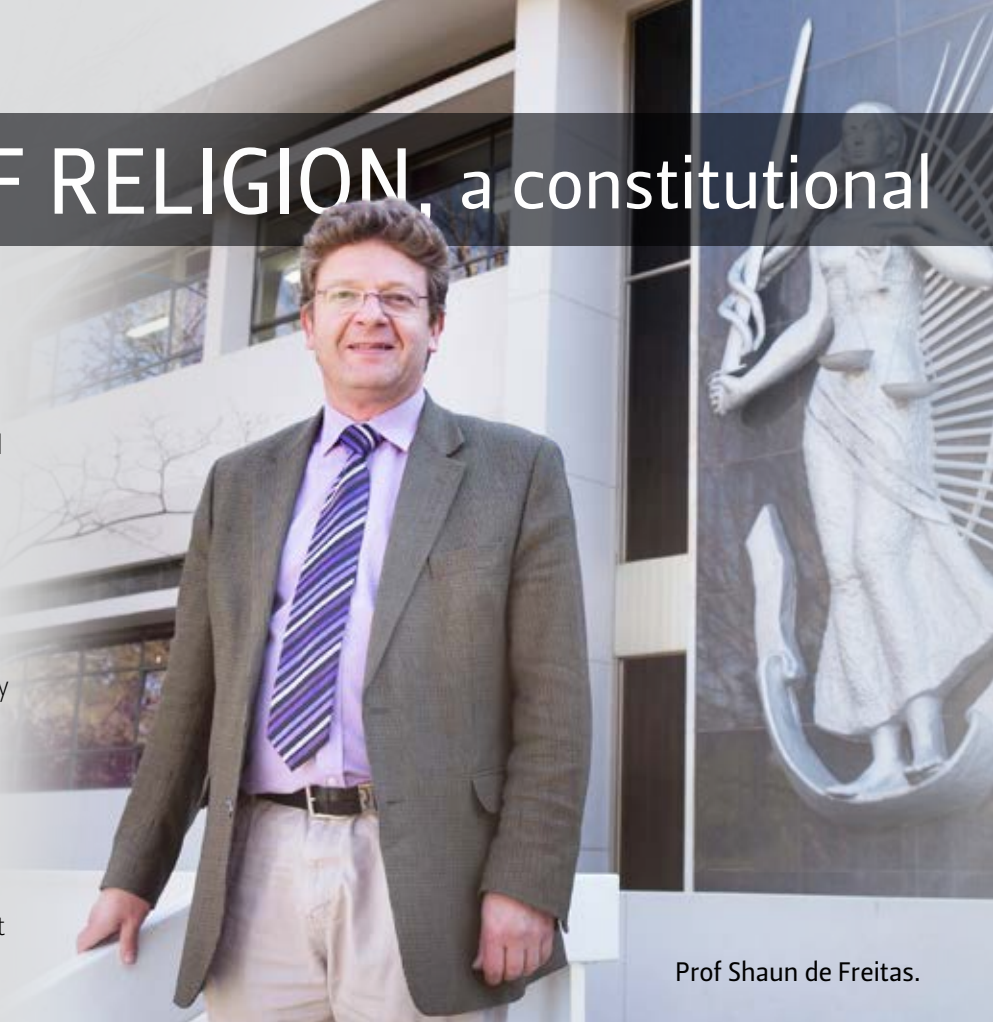
Pura Mgolombane, Dean of
Student Affairs at the UFS.

Staff Personeel

FREEDOM OF RELIGION, a constitutional

BY MAMOSA MAKAYA

Prof Shaun de Freitas specialises in constitutional law, with a specific focus on the right to freedom of religion. According to the South African Constitution, everyone has the right to freedom of religion, which more specifically entails the freedom of conscience, religion, thought, belief and opinion. The Constitution also makes provision for the protection of religious communities in South Africa. Consequently, the maintenance and protection of such a right is of fundamental importance.



Prof Shaun de Freitas.

Klasgee nog altyd in operasanger se gene

DEUR JÓHANN THORMÄHLEN

Hy het 17 jaar lank gehore vanaf Berlyn tot in Los Angeles met sy sangtalent betower. Tog was onderrig altyd in sy gene en het Albertus Engelbrecht as kind gedroom om eendag musiek te gee.

Dit was toe die operasanger eenmaal tydens sy MMus-studie aan die UV op die Vrystaatse vlaktes gestaan en geweet het: Hiernatoe gaan hy terugkom.

Hy is vanaf 1 Julie 2016 as sangdosent by die Odeion Skool vir Musiek (OSM) aangestel en ploeg nou sy kennis terug in studente wat hy meen 'n ongelooflike passie het vir sang, wat nie eers by Europese sangers bestaan het.

Konserte in Los Angeles staan uit

Hy was 'n liriese tenoor by die Landestheater Niederbayern in Passau, Duitsland, en het toe al met

studente én professionele sangers (in Nürnberg and later Passau) gewerk. Dit was egter reeds vroeër wat die opleidingsgogga gebyt het. "Ek het as student op Stellenbosch (waar hy sy BMus-graad aan die Universiteit van Stellenbosch verwerf het) ontdek dat ek 'n liefde vir sangonderrig het," sê hy.

Hy het regoor Europa en in Amerika opgetree en saam met bekende dirigente soos Philipp Augin (Los Angeles Opera) gewerk. "Die indrukwekkendste optrede was die nuwejaarskonserte in Los Angeles en die spesifieke konsert in die Walt Disney Concert Hall, met sy fantastiese argitektuur deur Frank Gehry, wat sowat 2 260 mense huisves."

Groot skoene by OSM om te vul

Hy het sy meestersgraad magna summa Cum Laude aan die UV behaal én ook die Fanie Beetge-

right and area of global concern



Prof De Freitas has produced several publications in the field. The latest is titled *Transcending the Private-Public School Divide in the Context of the Right to Freedom of Religion in South Africa*, Chapter 19, in *Religious Freedom and Religious Pluralism in Africa – Prospects and Limitations* published by the University of Stellenbosch in 2016.

Religious groups around the world face numerous challenges concerning prejudice, association with terrorism and political power

and influence. Therefore, research in this field becomes key in helping to uphold the rights and freedoms of religious minority groups, to be able to foster understanding between communities.

His current focus is on challenges that have arisen in South Africa, more specifically pertaining to the right of medical practitioners to object conscientiously towards participating in certain medical procedures, the parameters of freedom related to religious associations and the inclusion of religious expression in public schools. These matters are also of relevance to many other parts of the world (including, ironically enough, those democratic societies that endeavour to make diversity flourish). **B**

PHOTO | ANJA AUCAMP

prys vir beste nagraadse student ontvang. Hy het sy magistergraad onder Peet van Heerden gedoen, met dr Mathildie Thom Wium as studieleier.

Dit is dan ook juis Van Heerden, wat afgetree het, wie se skoene hy moet volstaan.

“Die belangrikste wat ek by hom as mentor kon leer is dat die sanger se instrument ook die liggaam en siel is van daardie individu – om die mens te sien wat voor my staan en sing.” **B**

Albertus Engelbrecht.

**Albertus Engelbrecht
meen sy voorganger en mentor
by die Odeion Skool vir Musiek,
Peet van Heerden, het hom
wonderlik vir die taak van
sangdosent voorberei.**

FOTO | JÓHANN THORMÄHLEN



Researcher **wins prize** for her work to **reduce** **pollution** in the environment

BY LEONIE BOLLEURS

Josepha Zielke, a PhD student at the Institute for Groundwater studies at the UFS, received the prize for the best student presentation at the International Mine Water Association (IMWA) symposium in Leipzig this year. Her paper was titled *Fine Ash Leaching in Tailings Dams – An Impact on the Underlying Aquifers?*

“It is an honour to receive this prize as a student. IMWA is a big association, which allows you to establish a network with other scientists, to exchange opinions and ideas and to gain new inspiration for your own work. It was exciting and informative to hear about the research conducted around the world and to meet the researchers themselves,” she said.

Born in Germany, Josepha always wanted to study overseas. During an exchange year in Grade 11, she visited South Africa. When she had to make a decision about in which country to complete her studies, South Africa was first choice as she was familiar with the people and the country.

Josepha joins leading institute on groundwater research

She completed her BSc Hons in Geology at the Nelson Mandela Metropolitan University. After working for a year in exploration, she decided to focus her studies on water-related problems as this has been a growing




Josepha Zielke. PHOTO | LEONIE BOLLEURS

issue not only in South Africa but in many places around the world. Josepha heard that the UFS Institute for Groundwater Studies is the leading institute on groundwater research in the country, and decided to join the university.

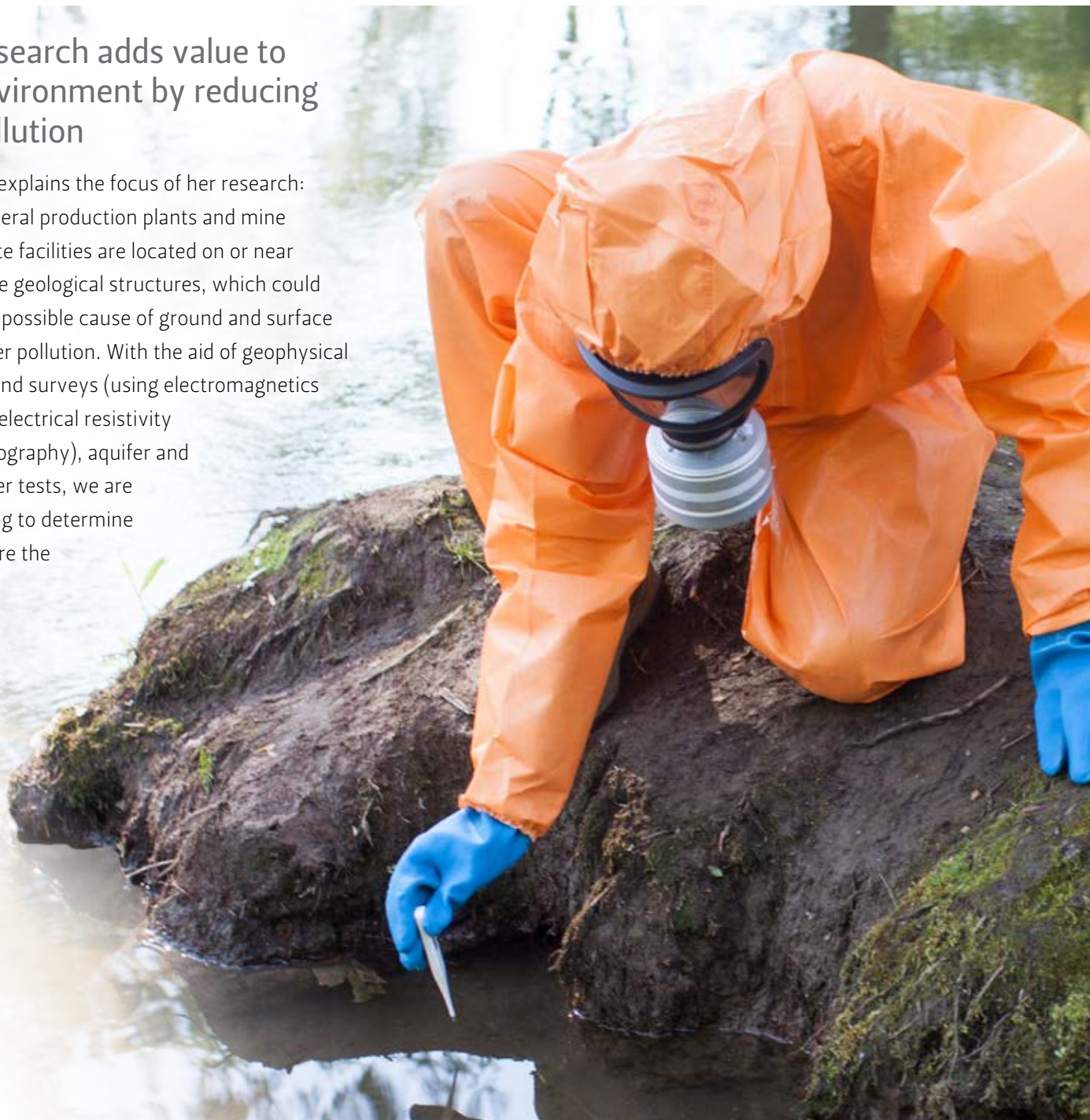
After completing her MSc research, *An analysis of the geochemical weathering profile within a fine ash tailings dam, Mpumalanga, South Africa*, Josepha started the research for her PhD project on groundwater pollution along a fault system in Mpumalanga.

pollution is coming from, how far it has been distributed and to model the potential risks.

“This research will add value to the environment by preventing or at least reducing pollution leaking into the environment. Industrial sites always have a negative footprint on the environment but at least we try and contain it by finding the cause of ground and surface water pollution. Thereafter we try and solve the pollution problem or at least mitigate the damage to prevent the spreading of ground and surface water pollution in the area.” 

Research adds value to environment by reducing pollution

She explains the focus of her research: “Several production plants and mine waste facilities are located on or near these geological structures, which could be a possible cause of ground and surface water pollution. With the aid of geophysical ground surveys (using electromagnetics and electrical resistivity tomography), aquifer and tracer tests, we are trying to determine where the



A new use for

KNOWN drugs



Dr Olihile Sebolai.

BY CINDE GREYLING

Dr Olihile Sebolai, a dedicated scientist from Microbial, Biochemical and Food Biotechnology at the UFS, does fascinating research focused on cryptococcal infections troubling sub-Saharan Africa.

More than 100 years after its discovery, much about *Cryptococcus neoformans* remains unknown, says Dr Sebolai. "This ignorance may be rooted in a lack of donor-funded research and a general neglect of the disease, since infection seldom manifests in illness in healthy individuals," he explains.

Troubling, however, is that cryptococcal infections account for around 15–20% of all AIDS-defining deaths in sub-Saharan Africa. "Although it is easy to diagnose infections, treatment is dated, expensive and sometimes ill-tolerated. Should these challenges not be adequately addressed, we will continue to observe many deaths in the foreseeable future; not only robbing economies of manpower, but presenting a huge financial burden to care for sick people."

Cryptococcus neoformans primarily inhabits the soil,

but cells can be airborne. "If you have a weakened immune system, the cells can spread from your lungs, with a predilection for the brain. There the cells impair your brain's ability to reabsorb the cerebrospinal fluid, leading to a build-up within the skull." A *Cryptococcus neoformans* survivor from Uganda described the experience as follows, "You cannot eat, you cannot talk, you do not know where you are; the head wants to burst. The pain is too much." In severe cases, the patient can fall into a coma, or die.

Dr Sebolai's lab looked into repurposing aspirin and ibuprofen (typically used to treat non-infective conditions) as possible anti-*Cryptococcus* drugs. These two drugs were tested at dosages that would exclude unintended side effects. "In our published paper, we were able to show the mode of action employed by these two drugs in killing cryptococcal cells." Their findings point to the possible clinical application of these drugs to treat cryptococcal infections, circumventing the challenges presented by the disease.

Besides research, this committed lecturer enjoys postgraduate training. "To see students develop into confident and competent young scholars is most pleasing." With the likes of Dr Sebolai on campus, we can anticipate much more relevant research and discovery. **B**

PHOTO | SONIA SMALL

Khothatso Mokone,
former Kovsie student.

Students and Sport Studente en Sport



Goue seun **WAYDE** bly 'n Kopsie

GENTLEMAN

Die Universiteit van die Vrystaat se Wayde van Niekerk het by die Olimpiese Spele in Rio de Janeiro, Brasilië, Suid-Afrika se eerste goue medalje in baanatletiek in 96 jaar by 'n Spele gewen. FOTO | SASPA

DEUR JÓHANN THORMÄHLEN

Hy het oornag wêreldwyd sterstatus bereik en baie meen hy kan die volgende Usain Bolt word, maar Wayde van Niekerk bly steeds 'n nederige Kopsie-gentleman.

Volgens DB Prinsloo, direkteur van KopsieSport, is die 24-jarige atleet nog steeds dieselfde ou wat by Pelliespark op die Bloemfontein-kampus saam met die universiteit se ander naellopers slyp. Selfs al is hy nou 'n goue seun, bly sy voete plat op die aarde.

Rynardt en oud-Kopsies skitter ook in Rio

Buiten Van Niekerk, was die UV se Rynardt van Rensburg se tyd van 1:45.33 in die 800 m by

die Olimpiese Spele in Rio de Janeiro, Brasilië, 'n persoonlike beste en het hy die halfeindronde gehaal. Die oud-Kopsies Philip Snyman (Blitsbok) en Neil Powell (Blitsbok-breier) het 'n bronsmedalje in sewesrugby verower. Die voormalige Kopsies Chris Dednam en Kate Roberts was onderskeidelik Suid-Afrika se pluimbal-afrigter en driekamp-spanbestuurder.

Nederigheid maak Van Niekerk spesiaal

Prinsloo, wat self 'n atletiekafrigter en Suid-Afrikaanse atleet was, meen dit is Van Niekerk se "absolute nederigheid" wat hom só spesiaal maak. "Wayde sal, maak nie saak waar jy is nie, jou kom groet," sê hy. "Hy sal jou kom haal en sê: 'Oom, is jy

kwaad vir my vandag, want ek sien jy groet my nie.' Hy is 'n absolute gentleman."

Van Niekerk het op 14 Augustus 2016 die 400 m by die Spele in 43.03 sekondes gewen. Daarmee het hy ook Michael Johnson se 17-jaar-oue wêreldrekord met 0.15 s verbeter.

UV se atleet bly uniek in eie sy reg

Volgens Prinsloo het sy sukses baie tot die UV se beeld bygedra. Hy beklemtoon egter dat dié BA-bemarkingstudent nie soos iemand gaan wees nie, maar uniek Wayde van Niekerk.

Hy meen sy Spele-triomf was egter net die begin. "Michael Johnson was daar en toe het Bolt Michael Johnson geword. Wayde gaan, dink ek, nou 'n Bolt word. Hy gaan die stokkie oorvat." **B**

Rynardt van Rensburg
se tyd van 1:45.33 in die 800 m
by die Olimpiese Spele
was 'n persoonlike
beste en hy het die
halfeindronde
gehaal.

Rynardt van Rensburg.



Chris Dednam. FOTO | VERSKAF



Die oud-Kovsies Neil Powell en Philip Snyman het 'n bronsmedalje saam met die Suid-Afrikaanse sewesspan by die Olimpiese Spele gewen. Van links is Powell, Abdelaziz Bougja, president van Afrika Rugby, Oregan Hoskins, voormalige president van die Suid-Afrikaanse Rugbyunie, en Snyman.

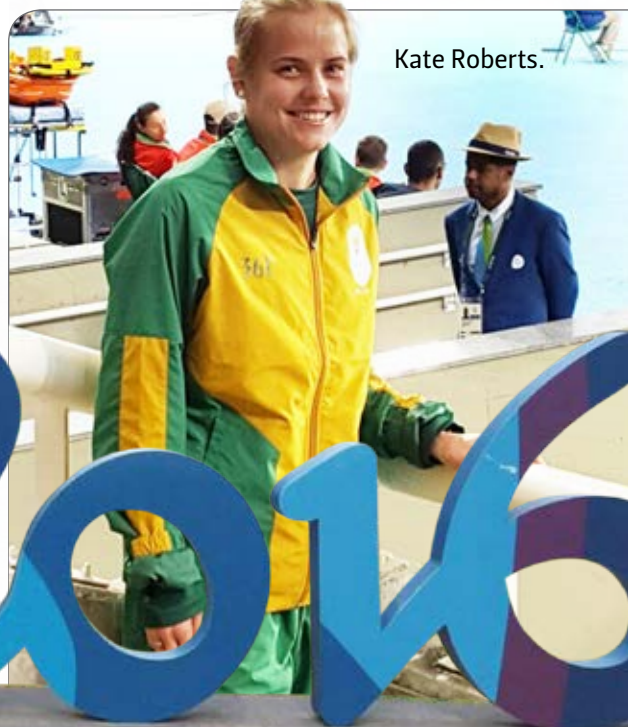
FOTO | VERSKAF

Wayde dankbaar vir Kovsies se bydra

Volgens die 400 m Olimpiese kampioen Wayde Van Niekerk was DB Prinsloo, direkteur van KovsieSport, een van die rolspelers wat hom gehelp het om sukses te behaal.

"Ek wil almal by Kovsies bedank. Ek koester hierdie plek oor die liefde en warmte wat daarmee saamkom," het die atleetkster gesê.

"So ook oom DB vir die pad wat ons al gestap het. Ek waardeer elke oomblik en al die ondersteuning, veral wanneer dit taai gegaan het. Oom DB het my aangemoedig en gehelp om aan te hou vorentoe beur en ek bedank hom daarvoor."



Kate Roberts.

FOTO | VERSKAF

DROME en DOELWITTE

belangrik, sê tannie **Ans** Botha

DEUR RUAN BRUWER

Ná Wayde van Niekerk se goue medalje en nuwe wêreldrekord tydens die Olimpiese Spele in Rio de Janeiro hoop sy afrigter, Ans Botha, om meer Kowsie-atlete vir 'n wêreldkampioenskap of Spele voor te berei.

Die 74-jarige tannie Ans, soos almal haar ken, is sedert 1990 by Kowsie-atletiek betrokke, spesifiek by die naellopers. Sy dien ook as die klubbestuurder.

“'n Mens moet drome hê en daarmee saam doelwitte! Daar is wel van my atlete wat oor die potensiaal beskik om vir 2020 se Spele te kwalifiseer, maar ek wil nie in hierdie stadium name noem nie,” het sy aan *Bult* gesê.

Volgens haar het hulle reeds 'n jaar voor die Spele oor 'n moontlike nuwe wêreldrekord begin praat.

UFS QWAQWA CAMPUS now offers sports bursaries to **talented** athletes

BY THABO KESSAH

Cross-country team qualifies for national championships

The face of KowsieSport on the Qwaqwa Campus is changing for the better.

The campus now has five students who are on sports bursaries, which will in the long run help attract top athletes to the campus.

Two of the recipients are part of the campus's cross-country team that has had a successful season so far. The team has done well in both the regional and provincial championships.

Rising stars

During the regional games, one of the rising stars, Moorosi Semase, clocked 27:26 in the under-19 8-km category, while in the 4-km under-22 section Kowsie team mates shone as they occupied all four top positions. Malema Hlubi was the fastest in 11:13, followed by Lebohang Miya (11:33), Lindokuhle Miya (11:39), and Lebohang Tsotetsi (11:45). In the senior 10-km race, Lesedi Radebe and Bheki Sishi came first and second respectively.

Dedication and commitment are key

In congratulating his charges, coach and astute runner Boy Soke said: “I am very proud of the



“Ná verlede jaar se wêreldkampioenskap (wat Wayde in ’n tyd van 43.48 s gewen het) het ons geweet ons kan behalwe vir die Spele ook vir ’n nuwe rekord begin werk indien ons die goud wou wen. Dít was van die begin van die seisoen af ons doelwit.”

Haar atleet het die rekord van 43.18 na 43.02 verbeter.

Sy is reeds sedert 1968 by afrigting betrokke, maar het eers werklik in die laaste jaar erkenning begin verdien vir wat sy vir atletiek doen.

Tannie Ans rig Wayde, Vrystaat se goue seun, sedert 2012 af en sy het hom destyds aangeraai om die naellope te los en hom eerder op die 400 m toe te spits. Dit was nadat hy voordurend met ’n dyspierbesering gesukkel het.

“Dis net ’n plesier en vreugde om saam met Wayde te werk; hy is so toegewyd.” **B**

Ans Botha en Wayde van Niekerk.



achievements of these dedicated athletes. It is through their dedication and hard work that we have qualified for the National Championships in George in the Western Cape and the Student Cross-Country Championships at the University of Zululand.” **B**

The UFS Qwaqwa Campus’s cross-country team that has qualified for both the SA and the Student Cross-Country Championships. They are, from the left: Malema Hlubi, Lesedi Radebe, Moorosi Semase and coach Boy Soke.

Running *his* way



PHOTO | JOHAN ROUX

to Rio

Louzanne Coetzee and Khothatso Mokone.

BY SIOBHAN CANAVAN

Behind every successful Paralympic athlete is a guide, and behind Louzanne Coetzee is none other than former Kovsie student Khothatso Mokone.

Khothatso, who is a sports journalist and freelance photographer, mentions that he is not too sure whether his busy schedule is very balanced, but he tries to ensure that he squeezes everything in to his day. He always makes time for his training though, “as a young person, I try to take every opportunity that comes my way,” he says.

This respectable young man, who has been Louzanne’s guide for the past eight months, says that every race they have run together thus far has always been an improvement. “The partnership and commutation grow harmoniously every day. We talk about almost everything there is, not only running,” Khothatso says.

Khothatso, who is a lover of comedy and a Dubai fanatic, is inspired by SAfm journalist and presenter Ashraf Garda. “He talks a lot about current issues that affect our country and I like his style of presenting; he is a good orator.”

Khothatso says that something people may not readily know about him is that he always walks around hopeful that the best is yet to come. “When I walk down the streets, I walk with confidence and people think I have made it in life not knowing that I only have hope for a better tomorrow,” he says.

Although he is not yet as successful as he would like to be, he does encourage the youth to “open their eyes and ears to reliable personnel, set realistic goals and work with patience to achieve each goal whether short- or long-term”. **B**



Lerothodi Maletle, former UFS student.

Alumni

Outstanding UFS alumni

BY HELEN NAMPONYA AND MAMOSA MAKAYA



Justice Mahube Molemela, Justice Ian van der Merwe and Tanya Calitz.

The annual Chancellor's Distinguished Alumni Awards ceremony was presented by the Office of Institutional Advancement on 5 November 2016, at the University of the Free State (UFS) Bloemfontein Campus. The prestigious awards recognise outstanding achievements of UFS alumni provincially, nationally and internationally. These are alumni who have not only placed the university on the world stage but have inspired the next generation of Kowsies and their communities at large.

"I am proud of this year's award recipients and it is an honour to recognise them for the contributions they make," said Justice Ian van der Merwe, Chairperson of the UFS Council, at the ceremony. "With these awards, the

university wants to strengthen its bond and replenish its connection with alumni, showcase their achievements, and inspire other alumni and students to achieve in their respective fields," Justice van der Merwe said.

For the first time, the Young Alumnus of the Year Award was presented, to recognise and celebrate the achievements of alumni who have graduated within the past decade. The recipient of the award, Tanya Calitz, Research Lawyer at the Constitutional Court of South Africa, said in her acceptance speech: "At Kowsies you arrive as a student and leave as a critical thinker and leader."

The Chancellor's Distinguished Alumnus Award was presented to Justice Mahube Molemela, Chancellor of the Central University of Technology and Judge

celebrated

President of the Free State High Court. “I accept this award with humility and appreciation from this esteemed institution. It is moments like these that we as alumni should reflect on what we can do to contribute to the excellence of the UFS,” said Justice Molemela.

More awards were presented to alumni in the following categories:

Ambassador's Award:

- Rolene Strauss, former Miss World and student at the UFS.
- Wayde van Niekerk, current world record holder, world champion and Olympic champion in the 400 metres, and student at the UFS.



Prof Johan Grobbelaar, President of the Convocation (middle) with Odessa and Steven Swarts, parents of the winner of the Kovsie Ambassador Award, Wayde van Niekerk.



Prof Johan Grobbelaar, President of the Convocation with Rolene Strauss, winner: Kovsie Ambassador Award.

Cum Laude Award:

- Neil Powell, Coach of Blitzbokke that won the bronze medal at the Olympic Games in 2016.
- Professor Eunice Seekoe, Acting Dean: Faculty of Health Sciences, University of Fort Hare, and leader in Health Science professional training.
- Gary Stroebel, CEO of Central Media Group and visionary media pioneer.

Executive Management Award:

- Anna Botha (Tannie Ans), coach and mentor of Wayde van Niekerk.
- Anton Esterhuyse, musical director, composer, arranger, producer, and performer.

B

ALUMNI IN THE FINANCIAL SECTOR:

Where are they now?

BY CINDÉ GREYLING

On good days, most of us battle to set our personal finances straight ...

let alone being responsible for a large enterprise. Therefore, we are extremely proud of the well-trained and talented Kovies alumni who fill such prominent shoes. Operating mostly away from the public eye, they make decisions to improve the economy on various levels. It is heartening to know that the UFS contributes to financial matters and training all across the globe.



Marina Marinkov

Courses:

BCom (Economics), BCom Hons (Money and Banking), and MCom (Economics) (2000–2004)

Current position:

Economist at the International Monetary Fund.

Biggest career obstacle:

I once worked for an organisation with poor leadership, which affected employee morale and job performance negatively. It still proved to be a great learning experience, though – bad bosses can teach us powerful lessons.

Best career advice:

Stop doubting yourself, work hard and be humble.

Fondest memory of UFS:

Time spent on campus with my classmates, whether studying for finals at the library or just catching up between classes. The UFS was also my first employer and I have plenty of wonderful memories with colleagues at the Department of Economics.

PHOTO | SUPPLIED



Evangelina Nailenge

Courses:

BCom Hons (Money and Banking)
MCom (Money and Banking)
(2005–2006)

Current position:

General Manager: Investment Institutions at Namibia Financial Supervisory Authority.

Biggest career obstacle:

At times, being one of the youngest requires you to work twice as hard to earn your voice and cue at the decision-making table.

Best career advice:

“Whatever your hand finds to do, do it with all your might, for in the realm of the dead, where you are going, there is neither working nor planning nor knowledge nor wisdom.” Eccl. 9:10

Fondest memory of UFS:

Walking around the campus, with its well-manicured lawns and gardens had a calming effect in the midst of academic pressures. I will forever treasure the moment I first saw my name engraved in the walls of FGG as the best postgraduate student for both 2005 and 2006.

PHOTO | SUPPLIED

money *talks!*



Vuyelwa Vumendlini

Course:

BCom Hons (Economics) (1996–1999)

Current position:

Chief Director: Global and Emerging Markets, National Treasury

Biggest career obstacle:

Doubting your own capabilities.

Best career advice:

The sky is the limit; go for it all out, but most importantly, do something that you are passionate about it. It makes your work much more meaningful.

Fondest memory of UFS:

Working as a tutor in my honours year and being able to help other students. I also enjoyed hanging out at Mooimeisiesfontein on Saturday afternoons.

PHOTO | SUPPLIED



Prof Meshach Azaikpono

Course:

PhD in Economics (2004–2008)

“The Depth of Financial Integration and its Effects on Financial Development and Economic Performance of the Southern African Customs Union Countries”. Received the Founders’ Medal for the best PhD dissertation in Economics in South Africa.

Current position:

Professor of Development Finance, Stellenbosch University.

Biggest career obstacle:

I was fortunate never to have experienced a major career obstacle.

Best career advice:

Pursue and focus on your passion.

Fondest memory of UFS:

Being a part-time student, I had very limited interaction with the broader university environment. But I really enjoyed the support provided by the library staff and the staff from the Department of Economics. It was always like coming to see friends.

PHOTO | JOHAN WILKE



Anton Nicolaisen

Course:

BEcon (1986–1989), MBA (1999–2003)

Current position:

Provincial Head for the Free State Province, Standard Bank

Biggest career obstacle:

Earlier in my career, I fell into a comfort zone and had to acquire the willingness to change.

Best career advice:

Continuously challenge yourself to be the best possible person you can be, and run your own race. Learn through difficult times, and be open to change.

Fondest memory of UFS:

Although I was not the biggest academic, I enjoyed interacting with lecturers ... their stories and unique characteristics. Back then, I interpreted some as funny or awkward; only later did I realise how much I learned from them. And of course, I’ll always remember the team spirit at athletics meetings and intervarsity. **B**

PHOTO | SUPPLIED

#PeopleOfKovsies brimming

BY EUGENE SEEGER

Kovsies both young and old, former and current, abound with positive energy. Striving to harness this positivity, the #PeopleOfKovsies campaign was born. Over the past three years, this campaign has garnered a collection of photographs and quotable quotes from visitors, staff, students, and alumni that showcases the feeling that only a Kovsie knows.

The process is simple: Staff photographers approach people on campus and ask whether they are willing to pose for a photo. How they do this is up to the individual person's favourite style: pouting, looking serious, pointing, or just smiling. Participants then also have the opportunity to share a brief message with the Kovsie community, whether it is just how they feel at that particular moment, what it means to them to be a Kovsie. These photographs, along with their captions, are shared on our social media platforms, and, in some cases, even used on campus billboards and in our publications. **B**



"I get to enrich my community through the diversity and exposure I received as a Kovsie. To help and uplift those that can't do the same for themselves."

Keamogetswe Nnyane. PHOTO | ANJA AUCAMP



"I loved being a Kovsie because my fellow Kovsies were more than just friends... They were like FAMILY."

Retha Hill.

PHOTO | SUPPLIED

with positivity



“The gateway that opened my mind to different ideas as well as giving me opportunities through sport and academics I never would have experienced anywhere else.”

Byron Wegger. PHOTO | SUPPLIED



“ They have succeeded in creating the conditions whereby students from disadvantage backgrounds can be brought to the starting line of a race many are unaware is even being run.”

Tamie Mbombo. PHOTO | ANJA AUCAMP



“It means being an agent of change. Also equipping me with skills and exposure to be the change you want to see in the world.”

Lerothodi Molete. PHOTO | ANJA AUCAMP



“To be a Kovsie means being in a multi-racial learning institution and striving to be a great leader in the future.”

Lebogang Kotsi. PHOTO | ANJA AUCAMP

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