

dummela

UNIVERSITY OF THE
FREE STATE
UNIVERSITEIT VAN DIE
VRYSTAAT
YUNIVESITHI YA
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Foreword



Welcome back, colleagues, and friends of the UFS! The year 2017 has got off to a robust start with all the student and staff activities happening all over our campuses. Of course, this is an exciting time for many, especially our newest students, parents and colleagues. We extend a very special welcome to our new Vice-Chancellor and Rector, Prof Francis Petersen, who gave us a hearty greeting at this year's official opening event on 3 February.

Dumela presents to you some of our colleagues who are making waves; here they describe programmes such as health and wellness talks, presentations

and conferences attended overseas and what they bring back to the UFS community. In this edition, we also delve into research on red meat and the drought that has plagued our region, as well as community engagement work that the University supports.

High on the planning agenda of 2016 was infrastructure and staff development; this has resulted in augmented health and wellness services for staff and students on our campuses, security upgrades and improved systems that make our work environment safe and enjoyable. Take it away Kovsies!!

- **By Mamosa Makaya** 

WHAT'S INSIDE



Keeping your kids safe on social media

Did you know that kids under 13 are not allowed to use Facebook and Instagram? However, there is no real way for social media sites to truly enforce this so you as the parent need to be vigilant. This is one of the facts that parents may simply not know when their children begin to use social media sites.

Five tips for monitoring the kids online:

1 Check privacy settings: this can be done directly from the options tab.

2 Use filtering software: software such as *Net Nanny* and *PureSight* PC are available.

3 Create ground rules: if they are old enough to use the internet, they can understand rules.

4 Get to know your child's online habits: know their friends from school, and the people or celebrities they follow on social media, and agree that you can check their online interactions at any time.

5 Keep the computer in a central location rather than in their bedroom; this will help you to monitor activity more easily.
Source: www.parenting.com

Correction*

In Dumela 5 of 2016, in the Long Service Awards article, under the category of 40 years of service, Miriam Nkone's photo was omitted by mistake. We would like to sincerely apologise for the error.



Miriam Nkone
Residence Cleaning Services, Bloemfontein Campus.

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The **dumela** editorial team consists of staff from the Department of Communication and Brand Management as well as representatives of all faculties, departments and campuses of the UFS. All Facebook quotes are published as they appear on Facebook.

Important dates, February – April 2017

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21 March
Human
Rights Day

22 Feb – 31 March
“Lefa la Ntate” art exhibition
by Mohau Modisakeng,
Johannes Stegmann Gallery

25 March
Faculty of Law
Career Day

1 April
Vice Chancellor
and Rector takes
up office

NUWE VISEKANSELIER:

'n Universiteit bestaan deur sy personeel en studente

NOTICEBOARD

Prof Francis Petersen, nuutaangestelde Visekanselier en Rektor, het tydens sy toespraak by die amptelike opening van die akademiese jaar van die universiteit die belangrikheid van personeel en studente aan 'n universiteit uitgelig.

“'n Universiteit bestaan deur sy personeel en studente. Dit is belangrik dat personeel nie verwaarloos moet voel of dat hulle nie gehoor word nie,” het prof Petersen gesê. Hy het personeel gevra om dit onder die bestuur se aandag te bring, sou dit gebeur.

Prof Petersen, wat in Oudtshoorn gebore is, het in Malmesbury gematrikuleer en aan die Universiteit Stellenbosch gestudeer. Hy bring ondervinding in bestuur in beide die industrie sowel as die akademie na die UV. Voor sy aanstelling aan die UV het hierdie pa van twee seuns gedien as dekaan van die Fakulteit Ingenieurswese aan die Universiteit van Kaapstad, en later Viserektor: Institusionele Innovasie van dieselfde universiteit. Voor sy terugkeer na die akademie het hy ook onder meer gedien as visepresident van Mintech en uitvoerende hoof van Strategie van Anglo American.

Prof Petersen het sy toekomsplanne vir die UV met personeel gedeel. Sy visie vir die UV spel uitnemendheid. Hy beoog onder meer om 'n akademies uitnemende kultuur daar te stel, ondersteun deur die pilare van diversiteit en inklusiwiteit. “Dit is belangrik dat daar respek vir verskillende oortuigings is,” het hy gesê.

“Die UV moet 'n plek wees waar almal welkom voel; daar moet 'n sterk gevoel van behoort wees. Personeel en studente moet voel dat hulle wil bydra om die UV 'n sterk universiteit te maak,” het hy gesê.

“Die UV moet 'n plek wees waar almal welkom voel; daar moet 'n sterk gevoel van behoort wees.”

“Ek is 'n goeie luisteraar, wat uitkoms gedrewe is met 'n visie wat insluit: diversiteit, inklusiwiteit, akademiese uitnemendheid en innovasie”. Dit is die man wat die UV kry; 'n man wat hoop om saam te werk, en deel te wees van 'n familie wat die UV na die volgende vlak sal neem.

– Deur Leonie Bolleurs ◀

Prof Francis Petersen tydens die amptelike opening van die akademiese jaar. FOTO: JOHAN ROUX



On collegiate communities and **changing** university **environments**



Eddie de Wet was a speaker at the Collegiate Way International Conference in Canberra, Australia.

PHOTO: JÓHANN THORMÄHLEN

“I firmly believe in setting yourself free to explore and grow outside any borders, to help define boundaries for yourself.” This is the philosophy of Eddie de Wet (Academic Coordinator at Student Affairs), which enabled him to make the most of the Collegiate Way International Conference in Canberra, Australia late last year.

After responding to a call for papers on the Collegiate Way International website Eddie was chosen as one of 25 presenters at the conference, which took place between 13 and 17 November 2016. The conference followed on the first one held in Durham, UK, in 2014 and continued the conversation from there and made further connections.

The theme of the Canberra conference was *Collegiate Communities – Global Contexts*. This was an opportunity to share the experiences of a diverse

range of scholarly communities. Different approaches were looked at in developing new ‘college style’ communities to meet the challenges and demands of changing university environments worldwide.

According to Eddie, some of the highlights of the conference were learning from and networking with the likes of Dr Michael Eamon, Collegiate Way International Advisory Committee chairperson and Director of Continuing Education at Trent University in Canada, and others.

Although he was a speaker himself, he gained knowledge about topics that were either major issues or successes in other global communities. “An important lesson learnt is prioritising the understanding of equity to contribute to the development of a society, which starts within the human race, willing to accept and live as social change agents,” he said.

– **By Jóhann Thormählen** ◀

Rooivleis: Prof Hugo en sy span werk aan 'n nog **gesonder en beter** weergawe

Lekker was nog altyd lekker. En as dit 'n lekker stukkie beesvleis op die kole is, nog beter. Veral as die stukkie vleis 'n stukkie vet op het.

Prof Arno Hugo, van die Departement Mikrobiëse, Biochemiese en Voedselbiotegnologie en sy medewerkers (Lize van Wyngaard, Ockert Einkamerer van die UV, sowel as dr Ennet Moholisa en dr Phillip Strydom van die Landbounavorsingsraad) het interessante navorsing oor vet en vetsure in beesvleis gedoen. Volgens prof Hugo bestaan daar 'n internasionale persepsie dat hoë vleisverbruik tot onder meer chroniese hartsiekte bydra.

Die verbruiker stel deesdae baie meer belang in die voedingskwaliteit van kos en is ook meer bewus van die gevolge van 'n slegte dieet. Prof Hugo en sy medewerkers se werk, wat daarop fokus om vet en vetsure in vleis te ondersoek – met die bedoeling om dit nog gesonder te maak deur veranderinge in die diere se dieet in die voerkraal – mag goeie nuus vir die verbruiker beteken.

Omega 3-vetsuurinhoud van beesvleis wat natuurlik op weiveld geproduseer word (omega 3-vette is oor die algemeen gesonder) is hoër as dié wat in tiipiese voerkraalbeesvleis voorkom. Dit is hoofsaaklik toe te skryf aan die natuurlike hoë vlakke van omega 3-vetsure in veldgrasse.

Huidige navorsing toon dat 'n eenvoudige verandering in die dieet van voerkraalbeeste die samestelling van omega 3-vette van vleis van hierdie diere verder verbeter. Dit kan onder andere gedoen word deur die insluiting van omega 3-ryke olie of oliesade in die dieet, die beskerming van lipiede teen afbraak in die rumen of die regulering van die hidrogenering van lipiede in die rumen.

Beesvleis is dus 'n gesonde keuse vir die braaivleisvuur!

Met hul navorsing fokus hierdie navorsingspan daarop om vet en vetsure in beesvleis nog gesonder te maak deur veranderinge in die diere se dieet. FOTO: VERKAF



How to shrug off the holiday blues

It's the first day back at work after your holidays and you feel strange, and then you realise that that strange feeling is "actually just feeling chill".

It was great being away, a world outside of productivity. Now it's back to reality, with 2 000 emails to answer. I read an article about easing children back into the school year, and I figured the same principles should apply for grown-ups.

Firstly, you need to adjust your sleeping patterns; late nights bingeing on series will no longer work.

Secondly, you must revert back to your rigid and boring pre-holiday routine.

Thirdly, connect and laugh more with people this year; prioritise making time to laugh and connect with your colleagues especially.

Lastly, remember that a new year comes with new possibilities and opportunities for change big or small, so embrace it. May your changes be as good as a holiday!

- By Oteng Mpete

“connect and laugh more with people this year; prioritise making time to laugh and connect with your colleagues especially”



Oteng Mpete



Hettie Human

Loving reading more than books

I believe the world can be divided into two types of people: those who hold on to clothes they will never wear again, and those who throw them out. When I tried to apply the same division to books, I realised I am probably the only person in the world who doesn't feel the need to hold on to books, especially not books I will never read again.

It's not that I don't like reading – I do, a lot. I read anything from newspapers to novels, from recipe books to rubbishy romance, from science fiction to non-fiction – just about everything except the old copies of *Huisgenoot* in the dentist's waiting room. (I have to draw the line somewhere.) However, I don't feel a burning desire to possess books.

In my house I have two big bookcases, and I like them best when they are half empty. Every now and then, when the shelves get too full, I sort through the books and get rid of the ones I'll never read again. I can admire someone else's wall of books and not want one myself. I don't see the point of owning books that sit, unopened, on the shelf for decorative purposes.

Books are made of paper and ink, and throwing away a book, even one you value, does not mean the story no longer exists. It lives on, in your memory, in other copies, in audio recordings, in a cloud somewhere. It can never disappear.

- By Hettie Human



SAIA elects a national treasurer for the first time in all its 90 years ago

“My role as treasurer is about the value and contribution I can make to the institute and to the architectural profession in general.”

Jan Ras, lecturer at the Department of Architecture, is the newly elected National Treasurer of the South African Institute of Architects (SAIA), ground breaking news, as the organisation has not had a treasurer in 90 years. He takes up the position after serving in several other portfolios, and was installed as treasurer at a ceremony in Durban on 24 November 2016. Within the architectural fraternity, SAIA is a well-established and highly recognised voluntary organisation, funded by its own members. “My role as treasurer is about the value and contribution I can make to the institute and to the architectural profession in general.”

Jan, who is a professional architect, lectures design and professional architectural practice on the Bloemfontein Campus. He says being treasurer will be an enriching experience and as a lifelong member of the SAIA, this is special recognition for his work in the organisation over the years, and the architectural profession of South Africa.

“The role of a treasurer is to protect the treasure, and the institute’s treasure is its members,” said Jan. His history with the organisation spans more than 20 years, and during this time he has served as President of SAIA Free State (1994-1995), as Board Member (1996-2006) and Vice-President for two terms (1999-2000 and 2001-2002).

Jan Ras, SAIA National Treasurer.

Some of the pioneers in the journey to our university’s transformation

Part of the transformation journey for the UFS was the revision in 1995 of the duties of Vice-Rectors, when they were given academic line functions. As a result, deans would report to the Academic Vice-Rector and the heads of academic support services to the Vice Rector for Academic Support. Prof Chris Small was the first Academic Vice-Rector and Prof Benito Khotseng the first Vice-Rector for Academic Support Services, and both were appointed on 1 August 1996.

Prof Khotseng was the first black Vice Rector and a pioneer in this capacity. His portfolio changed to student services in 1999, where he played a major role in managing student affairs during transformation. Prof Small supported the then Rector, Prof Stef Coetzee, and was instrumental in bringing fresh life into academe and successful in ensuring that academic life functioned smoothly during the transformation period. Prof Small retired in July 1999 while Prof Khotseng moved to the University of Cape Town in 2002.

Source: *From Grey to Gold. The first 100 years of the University of the Free State.*



Vice Rectors Profs Chris Small and Benito Khotseng

South Campus gives birth to a new researcher in drought and disaster management

In July 2016, Bernard Moeketsi Hlalele joined the UFS, based at South Campus, as a senior curriculum designer and developer. His research specialises in drought analysis and disaster risk management. His research led to a paper entitled “A probabilistic approach to drought frequency analysis in Mafube Local Municipality.” This area includes such rural towns as Cornelia, Frankfort, and Ntswanatsatsi, all in the Fezile Dabi District Municipality, where the agricultural community is dependent on rain to grow food, as opposed to irrigation.

Bernard has always been eager to learn. He did his school and tertiary education in his native Lesotho,

later teaching at his *alma mater*, the National University of Lesotho, for three-and-a-half years. Having gained a taste for knowledge, he followed a career in education at two high schools in Thaba Nchu while continuing to grow academically. From 2013, Bernard did a Master’s in Disaster Management at the UFS, and then enrolled in 2016 for a PhD in Disaster Management.

Bernard says, “By means of the above study, we hope that a platform can be created for proactive drought management and drought response in this area. This, in turn, will help to ensure increased food productivity and food security in the region.” He adds, “The study also strengthens my

own academic growth, since I aim to use a multidisciplinary approach to research, specifically in the area of curriculum development in the near future.” – **By Eugene Seegers** 

“The study also strengthens my own academic growth, since I aim to use a multidisciplinary approach to research, specifically in the area of curriculum development in the near future.”

The Gateway to varsity life with Student Affairs at the helm

The first year of university can be a daunting time for most students and it is important that universities create an environment conducive to learning, development and success. This is exactly what the Gateway first-year orientation programme sets out to do.

It is the UFS’s first-year orientation programme the goal of which is to provide institutional support for first-year students in their transition to higher education.

Dr WP Wahl, Director of Student Affairs, stresses the importance of establishing the necessary foundation for first-year students to succeed at university. He says as part of their campus orientation, students take tours of the library and the campus to familiarise themselves with their new environment before their classes start.

The Gateway programme integrates the orientation of first-year

students with important support structures at the University such as academic advice, personal financial management, campus support structures, and available co-curricular and extra-curricular activities.

“First-year students receive additional support and assistance through a peer mentorship programme, which divides first years into smaller groups, each with an allocated senior student who acts as a peer mentor,” says WP.

The Student Affairs office creates programmes and activities that make the student experience one to remember and this requires re-invention and constant creativity which appeal to the fast-paced student environment.

– **By Siobhan Canavan** 

Dr WP Wahl, Director: Student Affairs.
PHOTO: CHARL DEVENISH



Health and Wellness

will be hosting a series of activities to help you

jump-start your healthy lifestyle programme.

Below is the schedule for 2017

Pilates:

Monday, Wednesday and Friday 12:50 – 13:30;
Monday – Thursday 12:00 – 12:45

River rafting: 5 – 7 May 2017

Venue: Parys (Real Adventures)
RSVP: Before/on 25 February 2017.
(Limited space available)
Lizet Holtzhausen at
grimbeekl@ufs.ac.za or on X2529

Staff medical screening test: 14-17 March 2017

Qwaqwa Campus, South Campus
and Bloemfontein Campus

Healthy Lifestyle Autumn Challenge: 6 March – 9 June

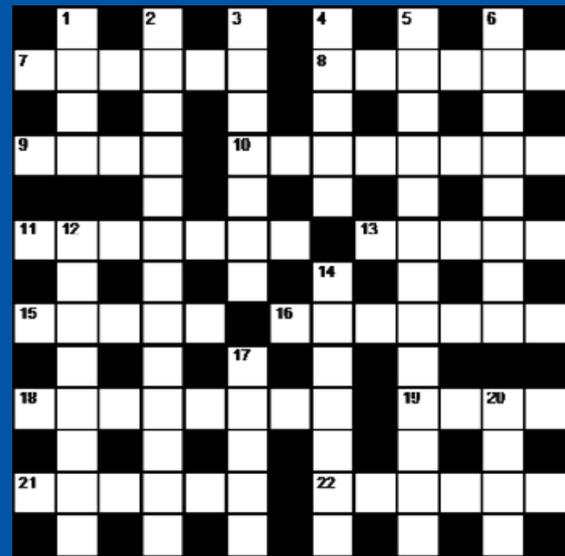
Workshops in collaboration with Staff

Development: Dates and venues to be communicated (look out for Digest and Health and Wellness emails)

For more information on health and wellness activities contact:

Lizet Holtzhausen
grimbeekl@ufs.ac.za or on X2529

Crossword Puzzle



ACROSS

- 7 Kovsie men do this arm exercise to impress the ladies (6)
- 8 To walk lightly and stealthily so as not to wake your room mate (6)
- 9 Will these fall, nobody knows? (4)
- 10 Propose as a candidate for SRC elections (8)
- 11 You will leave Kovsies not only as a __, but also a holistic and balanced person (7)
- 13 Application form to be signed by parents if student is a __ (5)
- 15 Period from sunset to sunrise during which students are most energetic (5)
- 16 Searched for information on the internet (7)
- 18 Annual journal containing photographs of graduating students (8)
- 19 Watch out for this strong Greek aniseed-flavoured spirit! (4)
- 21 Small, sexy hollow that forms in the cheek when someone smiles (6)
- 22 Short messages posted on Twitter (6)

DOWN

- 1 Winter exam month, yuck (4)
- 2 Department dedicated to treating injuries with physical methods (13)
- 3 24 Hours during which Kovsie2B students visit the campus (4,3)
- 4 Chemistry prof says these are the smallest particles of a chemical element (5)
- 5 Students never have enough of this for entertainment (8,5)
- 6 Additional information printed at the bottom of a thesis page (8)
- 12 Standards to comply with, before enrolling in postgraduate studies (8)
- 14 Small holders containing photographs, worn as a necklace (7)
- 17 Light motorcycle, with a two-stroke 50cc engine (5)
- 20 Dreaded spots or pimples (4)

SOLUTION

Across: 7 Pushup, 8 Tiptoe, 9 Fees, 10 Nominate, 11 Scholar, 13 Minor, 15 Night, 16 Googled, 18 Yearbook, 19 Ouzo, 21 Dimple, 22 Tweets.
Down: 1 June, 2 Physiotherapy, 3 Open day, 4 Atoms, 5 Spending money, 6 Footnote, 12 Criteria, 14 Locketts, 17 Moped, 20 Zits.

UFS Health Practice offers wide variety of services

“I love every minute of my job and I wouldn't think of trading it for any other,” says Dr Elna Kleyn of the UFS Health Practice. She has been working at the practice for eight-and-a-half years and is one of three doctors there.

The UFS Health Practice, which was privately owned in the past, opened its doors as an official UFS-affiliated practice on 1 March 2016 at the Kopsie Health building, on the Bloemfontein Campus. Dr Kleyn is one of two doctors who do general treatments. “I care about student health and try my best to give them the care they deserve,” she said. The doctors at the practice have been working on campus for a while and are well aware of daily stressors that causes staff and student illnesses.

The practice offers a variety of services to staff, students and the general public. Dr Kleyn and Dr Arina Meyer are general practitioners, while Dr Gerhard Jansen specialises in sports injuries. Edith Maritz is the physiotherapist, and the office has its own team of nurses and office administrators.

The practice is registered with most medical aids and is available to UFS staff, students, and international students registered with a medical aid. Dedicated nurses at the practice provide primary health care such as immunisation, HIV testing, anti-natal care and women's health. There are also first aid services available to University sports teams. In enhancing the services of the centre, biokinetic services will soon be included. **- By Rulanzen Martin**



The UFS health practice medical staff are from left; Edith Maritz, physiotherapist; Sarien de Necker, professional nurse; Dr Arina Meyer; Theresa de Vries, professional nurse; Dr Gerhard Jansen; Corné Vorster, professional nurse, and Dr Elna Kleyn. PHOTO: RULANZEN MARTIN

Arts and cultural residency a great opportunity to benchmark UFS programmes

Tonderai Chiyindiko, in his role as Senior Officer: Arts and Culture, working in the Student Life unit, has organised major cultural events such as Kopsie Extravaganza where the likes of Lira, Karen Zoid, The Soil, Mafikizolo and Zahara have all performed. Other projects include the Thinking Stone Live Performance Sessions programme, which takes place twice a month, and the Music Lounge project, and he is also part organiser of the Annual Arts and Social Justice Week with the Institute for Reconciliation and Social Justice.

In September 2016 he took part in a month-long arts and cultural education residency hosted by Kultur Kontakt, supported by the Austrian Federal Chancellery in Vienna, Austria. The purpose of the residency was to bring together cultural educators and practitioners from all over the world to share ideas and best practices on the role of the arts in helping create platforms for dialogue and engagement in communities.

benchmarking the activities and projects of the UFS Arts and Culture office with those of other cultural educators from the many countries represented,” said Tonderai.

“the role of the arts in helping create platforms for dialogue and engagement”

While in Vienna, famous for its rich history, arts and culture, Tonderai attended the Art and Design Education in Times of Change conference, at the University of Applied Arts, and took part in an arts intervention in the city of Linz.

He brings back a wealth of knowledge to his portfolio, and, it is hoped, a renewed vibrancy for transformation through arts and cultural programmes at the UFS.

“Given that arts and cultural education takes place in a variety of settings, including formal and informal educational institutions, and as part of educational programmes in cultural institutions this experience proved valuable in terms of



Tonderai at a life drawing workshop in Vienna



➤ The official **opening** gave **UFS staff** the opportunity to **meet Prof Francis Petersen**





Safety on campus is Ricardo's top priority

In September 2016 during the #Fees Must Fall protests Ricardo O'Connell, shift sergeant at Protection Services on the Bloemfontein Campus, was appointed to a temporary post as Operations Officer in charge of campus protests, which entailed deploying more than 100 security staff to cover the University's security needs during the unrest.

He describes himself as "a perfectionist, and a 'hands-on' type of person"

"It was a demanding role that required me to work irregular hours. At times, I'd be on campus until after midnight, because I had to delegate certain tasks to staff for both the morning and evening shift," says Ricardo.

He joined Protection Services 14 years ago in 2003, having been in the security services industry for a total of 20 years.

Ricardo's best trait is that "he gets things done, that's why he was chosen for the job. His ability to cope with pressure is remarkable, he remains

calm even when the situation is turbulent, and that is the type of the commander that is needed," says Noko Masalesa, Director: Protection Services.

Born and raised in Uitenhage in the Eastern Cape, home to the largest Volkswagen factory and biggest car manufacturer on the African continent, Ricardo is a family man and takes pride in his roots. He describes himself as "a perfectionist, and a 'hands-on' type of person".

His take on safety on campus is to know and trust that in every precarious situation, Protection Services on all UFS campuses are there to ensure a safe environment for everyone, no matter the circumstances.

- By Lerato Sebe ◀



UFS Personnel Social Club annual excursions – a great way to connect

It started out as the University Personnel Soccer Club in the late 1990s but has grown in leaps and bounds and is now the University Personnel Social Club. It was originally made up of staff from a few departments on the Bloemfontein Campus, mostly male colleagues who got together often, to play soccer and interact leisurely. The club now includes women and has 48 members from approximately 20 different sections and departments of the University.

As part of their annual excursions, in November 2016, 33 members travelled to the Durban beaches to explore and enjoy a holiday together, some joined by their spouses and children. The club organiser, Philemon Tshehlo, Senior Assistant Officer, Library and Information Services, says, "The club's activities bring a sense of unity among our members and their families, such as Jonas Mogoera (65), the spouse of one of our members who joined us in Durban. This was a thrilling experience for him and others, as it was their first time at the beach, a great opportunity for us all to connect."

The club raises its own funds through its membership fees, with some in-kind donations from time to time. It has also embarked on other fund-raising activities over the years. "In 2010 we invited a music group from Botswana to collaborate with local cultural music groups in Bloemfontein to perform in the community. Through that, we raised funds for more of the club's activities," said Philemon.

To date the personnel club has organised trips to local destinations such as the Kruger National Park and Port Elizabeth. In 2017, the plan is to visit Swaziland and Mozambique. Meanwhile, the club will soon announce its local social events, which start in February.



State-of-the-art surveillance cameras installed at South Campus

One of the UNIVERSITY'S long-term concerns is to enhance safety and security on its campuses and, as part of this, state-of-the-

art CCTV surveillance cameras were installed at South Campus in November 2016 by IDTek, a security management service provider to the UFS.

Stephen Matthews, site supervisor at South Campus, says, "The cameras will play an important role in combating crime, as they cover most critical areas of the campus."

The project involved collaboration between several departments, including ICT services, University Estates, IDTek, and Protection Services. Noko Masalesa, Director of Protection Services, says these cameras will assist in monitoring any unlawful activity on the campus as well as in ensuring a safe environment for staff, students and visitors. - **By Lerato Sebe**



The team from Protection Services, University Estates, and IDTek who partnered to install surveillance cameras on the South Campus. PHOTO: SUPPLIED

"The cameras will play an important role in combating crime, as they cover most critical areas of the campus."

New computer lab for Qwaqwa Campus

The Qwaqwa Campus will soon have a new computer laboratory with 200 work stations. "This massive construction is expected to be completed in October 2017 and the contract is valued at over R8m, funded by the UFS Capital Projects," said Teboho Leeu, ICT Services manager.

"The need for this new lab was the result of the influx of students in

"The computer lab will be built in such a way that extensions will be possible in the future as the demand increases."

our existing computer facilities as well as the new technological opportunities found in teaching and learning."

The ICT installations excluding computers and printers will cost R1.2m, and the new structure will have its own staff offices and ablution facilities.

"What is also interesting is that the computer lab will be built in such a way that extensions will be possible in the future as the demand increases," Teboho said.

Teboho Leeu, ICT Services manager, at the construction site of the new computer lab. PHOTO: THABO KESSAH





Anton Esterhuyse tydens die UV se 2017 amptelike openingseremonie FOTO: JOHAN ROUX

Westerse en inheemse klanke bekoor UV-graduandi

Musiek is een van die boustene van statige geleenthede. Die klank en lirieke sal vir ewig in graduandi se gedagtes voortspeel wanneer hulle terugdink aan hul gradeplegtigheid.

Vir jare was die bekende en tradisionele Gaudiamus Igjur die Universiteit van die Vrystaat (UV) se gradeplegtighede se musiek. In 2011 het die UV aan die bekroonde komponis en musiekskrywer Anton Esterhuyse opdrag gegee om vir die musiek 'n nuwe baadjie te gee. Die nuwe trompetgeskal het sy oorsprong in samewerking tussen hom en Jan Ras, argitektuurdosent aan die UV en jarelange vriend van Esterhuyse. Ras was destyds deel van die gradeplegtigheid se ad hoc-komitee vir hersiening van gradeplegtigheid-elemente.

“Dit is elke keer spesiaal, veral wanneer ‘n mens op die studente se gesigte kan sien dat hulle besef daardie fanfare word spesiaal vir hulle gespeel.”

Esterhuyse, wat 'n BMus-graad aan die UV behaal het, is in 2011 deur Ras genader om die musiek vir die gradeplegtigheid aan te pas na 'n opdrag van die voormalige UV-rektor, prof Jonathan Jansen. “Jan hou baie van orrelmusiek en wou hê dat die nuwe fanfare ook orrelklanke moes insluit,” sê Esterhuyse. Koperblasers moes die statigheid van die geleentheid onderskryf, maar daar moes ook iets inheems aan wees. Die gebruik van Afrika-tromme soos die djembe het die inheemse element voorsien. Om die nuwe trompetspel nog meer van 'n ritmiese gevoel te gee, is ekstra perkussie soos keteltromme en 'n tromstel bygevoeg.

“Dalk was 'n onverwagte orrel in 'n vaal gimnastieksaal die oplossing,” het Ras gesê.

Volgens Esterhuyse bestaan die trompetgeskal van gradeplegtigheid uit drie dele, elk met sy eie tema. Daar is ook 'n inleidende tema wat deur die koperblasers gespeel word en weer aan die einde gehoor word, wat alles mooi saamvat.

“Dit is elke keer spesiaal, veral wanneer ‘n mens op die studente se gesigte kan sien dat hulle besef daardie fanfare word spesiaal vir hulle gespeel.” – **Deur Rulanzen Martin** 

Health and Wellness Centre hosts Money Sense workshop

One of the main sources of stress is money-related. This is the view of Motshabi Tau, the Health & Wellness coordinator on the Qwaqwa Campus. Her view is supported by data from the World Bank that shows that South Africans are the most hard-up for cash, ranking as the top country for loans taken out in 2013-14.

“The aim of the workshop was to equip staff members with skills to manage their finances and make informed decisions on saving and spending their hard-earned cash.”

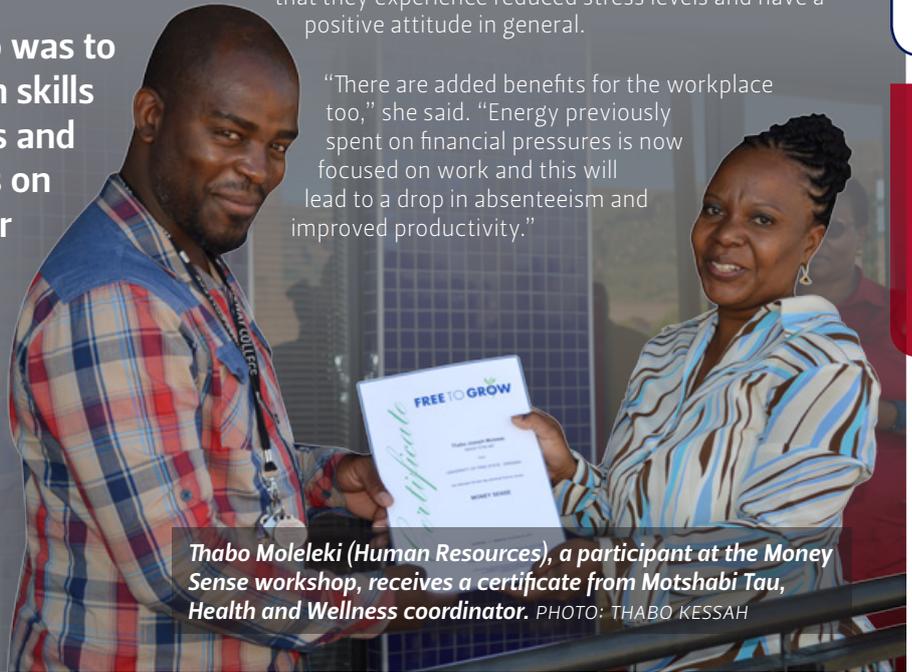
“Our informal research based on our daily interactions with colleagues and students has revealed that many of our colleagues have had a fair share of stress that is related to money matters, hence we hosted the Money Sense workshop on 8 and 9 November 2016,” said Motshabi.

“The aim of the workshop was to equip staff members with skills to

manage their finances and make informed decisions on saving and spending their hard-earned cash,” she said.

She added that some of the beneficial results of the workshop are that participants feel more in control, less helpless, and more proactive in handling their finances and that they experience reduced stress levels and have a positive attitude in general.

“There are added benefits for the workplace too,” she said. “Energy previously spent on financial pressures is now focused on work and this will lead to a drop in absenteeism and improved productivity.”



Thabo Moleleki (Human Resources), a participant at the Money Sense workshop, receives a certificate from Motshabi Tau, Health and Wellness coordinator. PHOTO: THABO KESSAH

Department of Health visits Qwaqwa Campus

In its quest to improve service delivery to thousands of students on the Qwaqwa Campus, the Health and Wellness Centre recently held a meeting with the Department of Health (DoH) in the Thabo Mofutsanyana District. The main purpose of the meeting was to forge stronger working relations between the university and the DoH.

“Our meeting was aimed at supporting the accreditation and registration of the centre to provide primary health care core

packages,” said Sister Mathapelo Moloi, Head of the Health and Wellness Centre.

“It is important that we collaborate as health professionals and help ease the strain on public health by being able to also make specialised services accessible for free to our students. Some of these services are the dispensing of antiretroviral drugs, contraceptives and treatment of sexually transmitted infections,” she said.



Sister Mathapelo Moloi with DoH and Health and Wellness Centre staff as well as Dr Dipane Hlalele, Acting Campus Principal (centre). With them is Temba Hlasho, Director: Student Affairs (first from right). PHOTO: SUPPLIED

Kovsies

opgewonde oor
Sello se koms

Sy is 'n aanwins met baie potensiaal. Só sê Sarina Cronjé, sportbestuurder van atletiek, landloop en padwedlope by KovsieSport, oor die Lesotho-atleet Tsepang Sello.

Sello sal hopelik reeds op 3 Maart 2017 in Potchefstroom die Universiteit van die Vrystaat (UV) in die eerste van twee Varsity-atletiekbyeenkomste verteenwoordig. Die tweede een is op 31 Maart 2017 in Pretoria.

Die 20-jarige atleet, wat vanjaar 'n UV-eerstejaar is, het onlangs die Kovsies se derde Olimpiër geword. Sy het by die verlede jaar se Olimpiese Spele in Rio de Janeiro, Brasilië, in die 800 m vir Lesotho diens gedoen en sal nou saam met Wayde van Niekerk en Rynardt van Rensburg vir die UV uitdra. Laasgenoemde twee het Suid-Afrika in Rio verteenwoordig.

Al kon sy met 'n tyd van 2:10.22 nie verder as die 800 m-uitdunne in Rio vorder nie, wag daar straks 'n blink toekoms op haar. "Ons is baie

opgewonde oor haar koms," sê Cronjé. "Landwyd kry jy maar min middelafstand vroue-atlete. Ons is bevoorreg om haar hier te hê."

Sello, wat ook dikwels aan die 1 500 m deelneem, word deur Derek van Rensburg, Rynardt se pa, afgerig. Derek, wat Lesotho se middelafstandatlete vir Rio geslyp het, is ook sy seun se afrigter.

"Landwyd kry jy maar min middelafstand-vroue-atlete. Ons is bevoorreg om haar hier te hê."

Rynardt en Kesa Molotsane het op 14 Januarie 2017 die Kovsies se naam hoog gehou toe hulle in die Lesotho-straatmyl geseëvier het.

Rynardt se tyd van 4:40 het hom 'n sege besorg, terwyl Molotsane, die Suid-Afrikaanse vrouekampioen in landloop, in 5:42 baas was. Sello se 5:47 het haar 'n derde plek besorg.

Die middelafstandatleet Tsepang Sello is vanjaar 'n eerstejaar aan die UV en word die Kovsies se derde Olimpiër. FOTO: RUFUS BOTHA / BLOEMFONTEIN COURANT

bultjie - Holiday romances and recipes!

I hope you are all geared for 2017. I noticed a few postgraduates in December on campus. No holiday romances for them. All desperate to hand in dissertations and theses. Good luck! Also some professors marking and writing reports on the candidates' work. Some were external examiners for other universities as well. The trouble is, your report must reflect that you are (you hope) more intelligent than the supervisor from the other university! Not always easy! What did junior lecturers do during the holiday? They met fresh and beautiful specimens of *homo sapiens* and danced the nights away. But rest assured, professors, we were planning revenge while you revelled. Check your lecturing load for 2017!

Why does Mammie buy groceries the day before we leave from the sea? Leftovers are given to the poor or we must eat them. "Daddy put the left-over bacon, onions and mince in a pan for breakfast. It smelled so wonderful! He opened the last tin of bully-beef and stirred it in. It smelled so delicious! He stirred the left-over curry-fish into the pan, but @&*\$#, he should not have done that!"

Let us forget the curried fish that spoiled 2016. The new Rector, Prof Petersen will, we hope, bring a new recipe to the table. I am looking forward to a new dish!

Bon appetit! - Bultjie