

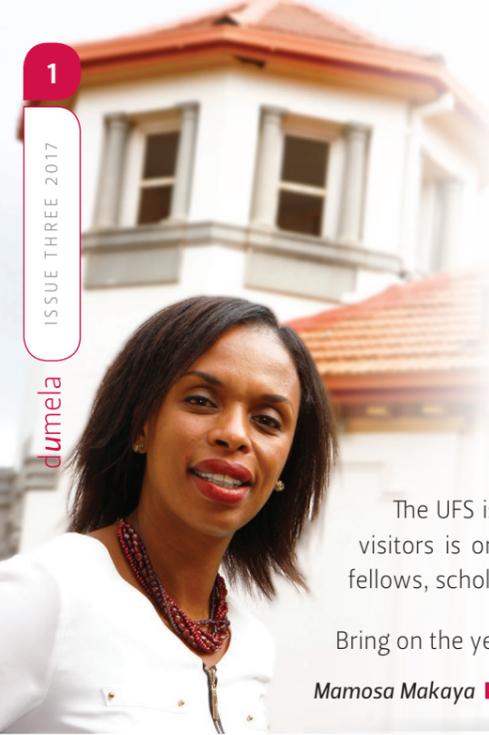
dumela

UNIVERSITY OF THE
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AUGUST 2017 - ISSUE THREE





Welcome to the second semester of 2017. All the exciting stuff has passed including the holidays, so the supposition then is that everyone is in work mode, right? In that case, this edition of Dumela presents to you all the goings-on in the academic and support services spheres as well as what our colleagues do for relaxation of mind, body and soul outside the workplace.

Research excellence is our focus as always; in this issue, we explore what our colleagues are doing in diverse areas such as cactus pear research, microscopy, working with rural communities as well as teaching English as a foreign language.

The UFS is known for many good things, and its hospitality for international researchers and visitors is one of them. Hosted by various academic departments, we expect more research fellows, scholars and visiting professors to walk our campuses over the coming months.

Bring on the year, and see Kovies shine on!!

Mamosa Makaya



We speak to Maureen Khati and Nico Janse van Rensburg



Young academic sees mathematics as a key to sciences



UFS staff members graduate in numbers



ProudlyKovsie hockey mom wins on and off the field



SOCIAL MEDIA

FACEBOOK found a new way to identify spam and false news articles in your News Feed

People who post 50-plus times per day are likely sharing spam or false news, Facebook says.

Facebook has a new way of identifying false news and spam in users' feeds, and it's changing its News Feed algorithm again to try and remove that content from view.

Facebook claims that users who post a lot — meaning 50-plus times per day — are very often sharing posts that the company considers to be spam or false news. So now Facebook is going to identify the links that these super-posters share, and cut down on their distribution on the network.

That means the links shared by users who incessantly post won't get the kind of reach they used to, even if they're shared by a reputable Page. These users sound like they could be bots, but Adam Mosseri, Facebook's VP in charge of News Feed, says the company is confident they are real people.

Facebook isn't actually looking at the content from these links, Mosseri added. The correlation between these types of users and spammy/false content is strong enough that...

To read the rest of the article go to <https://www.recode.net/2017/6/30/15896544/facebook-fake-news-feed-algorithm-update-spam>

SOURCE
Recode.net

dumela is compiled by the Department of Communication and Brand Management at the University of the Free State

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Careways Employee Assistance Programme – building a stronger and healthier UFS community

From 1 August 2017, the Human Resources Employee Wellness Unit, in partnership with Careways, will provide a first of its kind, comprehensive Employee Wellness Programme, which will be available to all 2 704 permanent employees of the UFS and their immediate family members and dependents.

The services to staff and their families include:

- Access to family and work-related counselling through the National Care Centre on 0800 004 770, available 24 hours a day, 7 days a week, and 365 days a year.
- Manager support in identifying at-risk employees and

guidance on challenging and difficult conversations with employees.

- Face-to-face counselling for employees for up to four counselling sessions per problem per employee and their immediate family members.
- Trauma management, including onsite defusing and debriefing after a traumatic incident has taken place.
- Electronic online advisory services through the UFS Employee Wellness website, as well as other information and tools needed to maximise health.
- Lifestyle Management Services such as legal advice, financial management, and other family well-being programmes.

To contact Careways, email: managers@carewaysgroup.com, customercare@carewaysgroup.com, or sms your name to 31581 or call the above National Care Centre on 0800 004 770.

“We believe that this comprehensive Employee Wellness Programme will be a great asset to the UFS and will provide employees with effective tools to deal with personal and work-related challenges, and be inspired to take responsibility and accountability for their own wellness,” said Burneline Kaars, Head of Employees Wellness.

The programme was hailed by university top management as a great asset and building block for a stronger and healthier university community. Prof Francis Petersen said, “The Employee Assistance Programme is a deliberate caring approach of Management to bring human support services closer to staff and their families. It is through such efforts that a stronger and more efficient workforce is created. This programme is part of Management’s efforts to create a caring environment on campus.”

Employee Wellness Programme (EWP)

- PSYCHOSOCIAL** Counselling: My partner and I aren't seeing eye to eye. Can I call the wellness programme for assistance? YES YOU CAN. I am feeling really stressed. Can I call the wellness programme for assistance? YES YOU CAN.
- HEALTH** Information: I need advice on my chronic condition. Can I call the wellness programme for assistance? YES YOU CAN. I feel depressed. Can I call the wellness programme for assistance? YES YOU CAN.
- FINANCIAL** Assistance: I need debt advice. Can I call the wellness programme for assistance? YES YOU CAN. My budget is out of shape. Can I call the wellness programme for assistance? YES YOU CAN.
- LEGAL** Assistance: I got a lawyers letter. Can I call the wellness programme for assistance? YES YOU CAN. I need help with a will. Can I call the wellness programme for assistance? YES YOU CAN.

For confidential advise and support on various wellness matters, call us on **0800 004 770** SMS 31581 and we will call you back OR e-mail: ewp@carewaysgroup.com

We speak to
Maureen Khati and **Nico Janse van Rensburg**

UFS “spaces and places” on a quest for *higher quality*

University Estates’ department of Facilities Planning has numerous developments in the pipeline for 2017 regarding the UFS’s “spaces and places”. These developments are a key component in providing a high quality student experience.

Nico Janse van Rensburg, Senior Director of University Estates, says that the terrains and buildings across the UFS must positively affect the perception of the University to prospective students and staff and play a significant role in attracting and securing the very best students and staff.

An extension of the Muller Potgieter building, worth more than R1 million, is under construction next to the Department of Nutrition and Dietetics. It will consist of two floors, with one lecture hall on each floor with space for 250 seats. The hall on the first floor will be divided into two lecture rooms. It is expected to be completed in December 2017.

In addition to the recently built residences behind the Sasol Library, another residence has been earmarked for postgraduate students. It will consist of two-bedroom flats.

South Campus will be extending its home for 160 students with space for 160 beds, an administration wing, and a storage space for linen as well as a flat for the residence warden. This residence’s tender is anticipated for August 2017.

Maureen Khati, Assistant Director, Project Management: Facilities Planning, says that in order to enhance diversity among students, residences will have disability access and be more gender inclusive. “The university will also have more outdoor social spaces for students and staff to have their gatherings.”

In improving accessibility, more entrances and exits will be built with improved signage, both in and outside buildings, and, most importantly, dedicated seating space for special needs students in lecture rooms.

Maureen quotes Richard Rogers in saying, “The only way forward, if we are going to improve the quality of the environment, is to get everybody involved.”

By **Lerato Sebe** ✎



Maureen Khati and Nico Janse Van Rensburg who spearhead the University Estates Projects.

Photo | Charl Devenish

Writing tips – The key is to *keeping it clean*

“Students on campus like to sort of wander through the grounds, basically dawdling their way from class to class.” How many mistakes did you notice?

Whether you are a staff member or aspiring to an honours or master’s degree, the skill of being a good writer will benefit you greatly throughout your life. However, it often requires one to be a good rewriter. How so? Once you have written a piece, whether it is an abstract to a dissertation or an email to your boss, you need to go back and proofread it.

Let’s look at five tips to cleaner copy.

Clear, concise writing:

1. Cut the fluff. “Fluff” could include anything that does not add weight to your sentence or paragraph. Write in the active voice; this will often eliminate fluff.
2. Avoid weasel words. “Weasel words” include very, actually, basically, somewhat, sort of, etc.
3. Slash unnecessary modifiers. Stephen King wrote in his book *On Writing*: “The road to hell is paved with adverbs.” Although not entirely bad, use them sparingly, like salt on a meal.
4. Chop out redundancy. Classic example? “He reversed backwards.”
5. Finally, beware the exclamation mark! The *Great Gatsby* author F Scott Fitzgerald told Hollywood journalist Sheila Graham: “Cut out all these exclamation points. An exclamation point is like laughing at your own joke.”

“I’m convinced that fear is at the root of most bad writing.” –
Stephen King

By **Eugene Seegers** ✎



The unexpected joy of reading randomly

My children are long past the age that I worry about them growing up to be psychopaths. I never wanted to be a psychiatrist or a social worker. (I was the agony aunt for a women’s magazine for a couple of years, but then I also wrote the horoscope, so that side trip has no credibility.) Therefore, I was surprised when I read an article entitled, *When Your Child Is a Psychopath*¹, and it made such an impression on me that I felt compelled to tell people about it – my husband, friends over Sunday lunch.



The article really was fascinating, but what struck me was the convoluted path I had travelled to reach it. And the realisation that this is one of the many benefits of the internet – specifically, the magic that happens when one is willing to be distracted by a link, and then another, and another. I didn’t know I was interested in child psychopaths; I would never have known if I was still reading tree-based newspapers, books and magazines.

There I was, reading the usual, relatively unsurprising news I check on every day via the bookmarks on my tablet. Little had changed since the day before, so I suppose it was disinterest that had me tapping an in-text link providing background, and after another diversion or two, or three, I found myself fascinated by the question whether psychopaths are born or made that way.

I love knowing I’ll never run out of interesting stories to explore!

By **Hettie Human** ✎

¹ <https://www.theatlantic.com/magazine/archive/2017/06/when-your-child-is-a-psychopath/524502/>

Don’t sweat your relationship status



The phrase “we are never ever getting back together” should be devastating but now Happify, a wellness website, suggests that a break-up may be exactly

what you need. According to Happify’s research, 73% of all the people who aren’t getting enough exercise are married. Losing weight in general is more challenging if you’re in a marriage.

Happify claims that people who are single are happier, healthier and more satisfied in their jobs. Its seems that the only downside is that single people drink more – so watch out for that.

Although the upsides to being single are alluring, it shouldn’t make you swear off marriage or a long-term relationship. There are a few unexpected perks in being in a relationship or married.

Your significant other will never criticise your horrible singing and you will always have someone to taste your cooking.

Ultimately, you are in control of your happiness. So don’t sweat your relationship status. It’s unhelpful, fruitless – and is more likely than any of the above to lead to misery and ill health.

Don’t worry, be happy.

By **Oteng Mpete** ✎



Young academic sees mathematics as a key of the sciences

"Mathematics does not have colour. It is not for white people, it is not for black people, it does not have nationality and does not belong to a particular continent. It is a tool given to all mankind by God to understand nature." – Prof Atangana

"Mathematics is the Queen of the Sciences. In the original Latin *Regina Scientiarum*, as well as in German *Königin der Wissenschaften*, the word corresponding to science means a 'field of knowledge'. Mathematics is essential in many fields, including, technology, natural science, engineering, medicine, finance and the social sciences. It can be viewed as a gate and key of the sciences." These were the words of Prof Abdon Atangana, researcher in our Institute for Groundwater Studies.

He was recently promoted to full professor, six months after his appointment as associate professor. He said the most interesting person he had met was his PhD supervisor, Prof Dr JF Botha, who told him that great researchers express themselves through international accredited journals and not by the titles bestowed on them by their universities. That was exactly what he set out to do. From 2013 till now he has published 154 papers in international accredited journals of mathematics, applied mathematics, physics and hydrology with high impact factors, and four chapters in books, as well as two books published by academic press Elsevier.

He looks back on a number of accomplishments since joining the UFS Department of Mathematics and Applied Mathematics in 2009 as an honours student. In April 2010 he obtained his Honours degree and in June 2011 he received his master's degree with distinction. Two years later, in June 2013, he was awarded his PhD and was offered a two-year position as a post-doctoral fellow. In December 2015, he was appointed as senior researcher at the Institute for Groundwater Studies.

Less than a year later he was promoted to Associate Professor, and on 22 May 2017 he was promoted to Full Professor.

"The book of Genesis made a great impact on my career, as it is written, "God saw all that he had made, and it was very good. And there was evening, and there was morning – the sixth day" and "So God created mankind in his own image, in the image of God he created them; male and female he created them." These two verses of the bible are my driving force. In only six days God created all things. We were made in his image and that helped me to believe that I can achieve in a very small period of time."

By Leonie Bolleurs

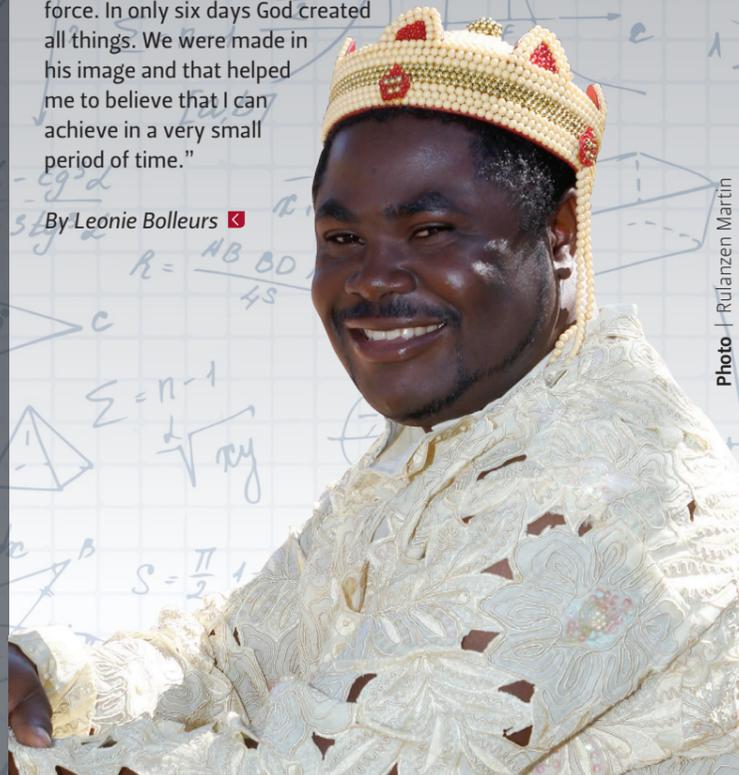


Photo | Rulanzan Martin

Prof Abdon Atangana, founder of the concept of fractional differentiation and integration with non-local and non-singular kernel, which is trending in the field of fractional calculus. He is a researcher at the UFS Institute for Groundwater Studies.

"Teaching English has taken me to faraway places" – Tory Sims

Qwaqwa Campus is currently home to four post-doctoral fellows in the Faculty of Education. One of these is a California native, Tory Sims. "I was born in Los Angeles, California, just about ten minutes' drive from the world famous Hollywood," he said.

"I later moved to the San Gabriel Valley to attend high school. After graduation, I relocated to Washington DC to attend Howard

University where I received a Bachelor's degree in Communications. After receiving this undergraduate degree, I went on to earn a Master's degree in Teaching English to Speakers of Other Languages (TESOL) at California State San Bernardino.

Tory has been a TESOL instructor for more than 7 years and started teaching English to elementary school students in South Korea. Later, he spent two years in The Kingdom of Saudi Arabia lecturing at Hail University.

"I am currently an English Language Fellow residing in Phuthaditjhaba, where I hope to make a difference in the community through outreach programmes as well as teaching and training students and teachers in the latest TESOL practices.

By Thabo Kessah

Tory Sims, an English Language Fellow at the Qwaqwa Campus.

FULBRIGHT US SCHOLAR to join the Department of Microbial, Biochemical and Food Biotechnology in 2018



Prof Jeffrey Newman

Prof Jeffrey Newman from Lycoming College in Williamsport in the US has been awarded a Fulbright US Scholar grant in the UFS's Department of Microbial, Biochemical and Food Biotechnology. Prof Celia Hugo from the department says the

University will benefit from this research collaboration and will be able to expand its course offerings for its students.

Prof Newman is an expert on phylogenomics, which is the integration of genomics into the field of microbial classification (Systematics) and naming of organisms (Taxonomy).

He is familiar with Prof Hugo's research on the taxonomy and significance of the cold-tolerant *Chryseobacterium* species isolated from food. Prof Newman's students have discovered many novel types of bacteria that are classified in the same family as the *Chryseobacterium* species that Prof Hugo's research group studies, and have already done some research on one of the organisms that she discovered, including sequencing its genome. This made South Africa, particularly the UFS, the

site of choice to conduct the research.

"Advances in DNA sequencing technology during the past decade and the associated decrease in cost and increase in access have revolutionised many areas of biology. Training is essential to build capacity to use the massive amount of data generated by this new technology. The application of NextGen DNA Sequencing technology to answer questions cannot be limited to just bioinformaticians, but instead must be accessible to all biologists. The ability to work with large amounts of DNA sequence data is as important to a 21st Century biologist as the ability to use a microscope," said Prof Newman.

In addition to phylogenomic research work in the department, Prof Newman will also be teaching graduate and Honours courses in Microbial Genomics. He will also give one-week workshops at the UFS and at other universities in the country.

Prof Jeffrey Newman, Fulbright US Scholar Programme grantee at the Department of Microbial, Biochemical and Food Biotechnology.

By Leonie Bolleurs



Photo | Oteng Mpete

Dr Nixon Teis is working towards making the UFS responsive to skills shortages in the TVET sector.

FINDING SOLUTIONS to the university access crisis

Practical skills are vital for poverty reduction, economic recovery and sustainable development and so policy attention to technical and vocational education and training (TVET) has been increasing worldwide, especially in South Africa after the 2015 and 2016 nationwide student protests.

Dr Nixon Teis, head of the School of Mathematics, Natural Sciences and Technology Education, believes that the activities of the school should be in line with its civic responsibilities to society. Unsurprisingly then, he has developed a qualification that will help deliver greater access to higher education for South Africans.

The Department of Higher Education and Training, in conjunction with the European Union, gave the UFS funding of R3 million for the programme, to be headed by Dr Teis. The funding will be used to develop an advanced diploma in higher education training, which will be offered in 2020. It will enable professionals and teachers to become TVET educators, thereby helping to bridge the skills gap in the technical and vocational fields. The funding for the development of the qualification was given in response to the national higher education access crisis.

By Oteng Mpete

HISTORY COLLOQUIUM reclaims academic space

Universities are spaces for teaching, learning and most importantly, asking critical questions, according to Dr Chitja Twala from the Department of History, one of the speakers at the History Colloquium held at the Senate Hall on the Qwaqwa Campus earlier this year.

"This colloquium is aimed at reclaiming the academic space and ensuring that history is not romanticised. Historians and associate academics should identify the gaps in history and allow all the opportunity to be able to tell their own story" said Dr Twala.

The theme of the colloquium was: The Political and Liberation Struggle History of the Free State, 1961-2012.

Presenters came from various universities and government departments. These included Dr Cobus Rademeyer from Sol Plaatje University, who focused on the 1891 Statute Law of the Orange Free State and how it restricted multiracial sport in the province between 1961 and 1989. The University of KwaZulu-Natal's Prof Dipane Hlalele presented a paper on higher education and the struggle of liberation in the former Qwaqwa homeland. Both Dr Rademeyer and Prof Hlalele are former UFS staff members on the Qwaqwa Campus.

By Thabo Kessah

Snippets of UFS history

The first UFS string quartet established in 1960.

History of academic faculties at UFS

The Faculty of Arts and the Faculty of Science have been in existence at UFS since 1918, making them the oldest faculties. They were followed by the Faculty of Commerce and Administrative Sciences in 1938 and in 1945 the Faculty of Education was established when the Department of Education merged with the Teacher Training College in Park Road. The Department of Music was established in 1946, with the Odeion concert hall inaugurated in 1966.

The Faculty of Law became a fully-fledged faculty in 1945, while the Faculty of Social Sciences became independent in 1950, housed mainly in the Main Building and later partly in the West block. The Faculty of Agriculture came into being in 1958 with the laying of the foundation of the Agriculture Building.

The Department of Nursing was founded in 1969 by Idalia

Loots, the first female professor at UFS and in the same year the Faculty of Medicine was established, with an agreement between the Medical Faculty and the Free State Provincial government with Prof Francois Retief as the first Dean. Although there was a move to lobby for the establishment of a faculty of engineering as early as 1952, this was never realized.

Source: *From Grey to Gold the first 100 years of UFS history.*



The Agriculture Building, whose foundation stone was laid on 21 March 1958.

Find 19 words hidden in the grid below. These words can be read up, down, forward, backward or diagonally and some can overlap; which means a letter can be part of two or more words. See if you can find them all.

beer	IMHO	open day
bikini	job	rugby
brainy	Kovsie	star
bursary	kwaito	thesis
crush	library	UFS
festival	love	Wi-Fi
health		

WORD SEARCH 04

Supplied by XWord (Pty) Ltd

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

Visiting UK professor presents research project at CRHED

Paired Peers: Pathways to social mobility – investing in the future? Moving through HE and into employment' was recently presented to UFS staff and postdoctoral students by Prof Ann-Marie Bathmaker from the University of Birmingham, in the UK, during her visit to South Africa for a research project with the Centre for Research on Higher Education and Development (CRHED). Prof Bathmaker's research interests particularly focus on issues of equity, social mobility, and social class inequalities. Her presentation, the second in the Higher Education Research Seminar series presented by CRHED, was based on research resulting from a seven-year project in England.

In the UK, higher education (HE) is considered a key route to social mobility. Interest has grown in graduate destinations, particularly the prospects and obstacles faced by graduates from different social backgrounds. The Paired Peers project followed 70 students throughout their undergraduate studies and into the working world. The project explored processes of social mobility, highlighting different orientations and practices for future investment, ranging from investing in the present to cultural entrepreneurship. Participants were selected from two universities in Bristol. The research team focused on three key themes: "Getting In" (access to HE), "Getting On" (financial limitations, friendships, accommodation), and "Getting Out" (holiday work, internships, finding suitable graduate employment).

Prof Bathmaker was able to highlight key research findings, many of which resonated with those attending. From the question-and-answer session, it was clear that many issues regarding inclusivity, whether across gender, ethnic, or language barriers, find their parallels in the South African context and can be of benefit to higher education practitioners here.

By Eugene Seegers

Prof Ann-Marie Bathmaker, University of Birmingham, during her presentation at the UFS.



Food security is key in the community, according to Community Engagement Coordinator, Moodi Matsoso, on the Qwaqwa Campus.

Community Engagement shows we care

The UFS Qwaqwa Campus is a symbol of hope for many community members. This is how Community Engagement Coordinator Moodi Matsoso describes the role played by the campus in its immediate community.

"We have quite a number of projects which we are partnering in with the community, and I must stress that we are grateful to have such a receptive, accommodating, and cooperative community," she said.

Community garden on campus

"We are currently having discussions for bigger land at Mabolela village that is just down the road from the campus. The aim here is to increase the production of our community garden on campus, which, in our view, is not yielding enough vegetables, considering the high demand for safe, nutritious, and healthy food from the charity structures we work with in the area. Some of the vegetables are given to our No Student Hungry (NSH) bursary holders who, in turn, contribute their labour to the garden. Food security is the key here."

The vegetable garden referred to has a variety of vegetables like spinach, beetroot, carrots, beans, cabbage, and onions. Two community members are responsible for tending it.

Another project is the Hope House in Harrismith which houses children with psychological challenges.

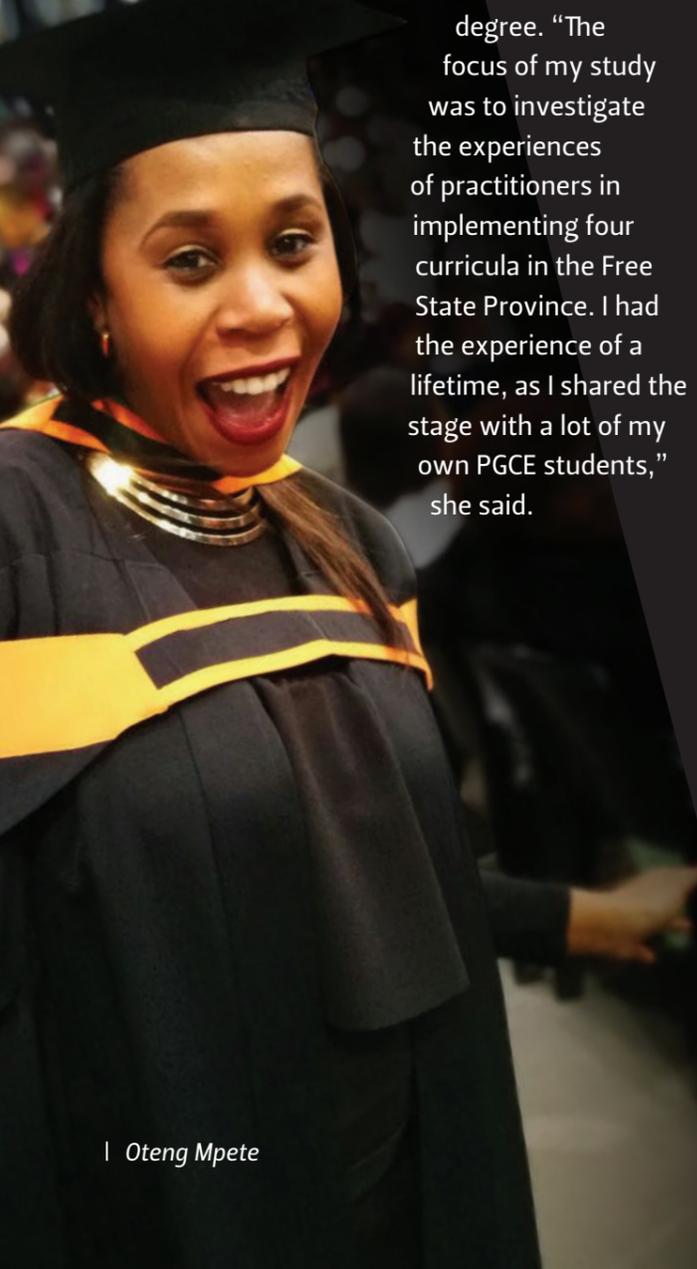
"Community Engagement's visits to the centre have deepened the working relationship between the centre and the campus," she said.

"We have recently enlisted the services of our lecturer in the Department of Psychology, Dr Ayanda Khanye, who visits the centre with her students to engage the children in activities. The positive impact is almost immediate," Moodi said.

By Thabo Kessah

May and June 2017 were a time of great celebration at the mid-year graduations held on the Qwaqwa and Bloemfontein Campuses. In Qwaqwa 32 staff members graduated, while 223 staff members graduated in Bloemfontein at ceremonies held over six days with a total of 13 ceremonies, the largest in UFS history.

Among some of our colleagues who graduated were Nelisiwe Gabela, a lecturer in the School of Social Sciences and Language Education, who graduated with a Master of Education degree. "The focus of my study was to investigate the experiences of practitioners in implementing four curricula in the Free State Province. I had the experience of a lifetime, as I shared the stage with a lot of my own PGCE students," she said.



| Oteng Mpete

UFS staff members do us proud as they graduate in numbers



| Hadio Mosia



| Nelisiwe Gabela

Dr Alba du Toit, junior lecturer at the Department of Consumer Science, graduated with a PhD with a specialisation in Food Science, while Hadio Mosia, from the Faculty of Education on the Qwaqwa Campus, graduated with a Bachelor of Education (Professional Education Management and Leadership). Oteng Mpete, from the Department of Communication and Brand Management, graduated with an honours in Africa Studies.

By Mamosa Makaya



| Dr Alba du Toit

Seeing something *nobody else* has ever seen before

Dumela interviewed Sindisiwe Shezi, newly-appointed lab assistant at the Centre for Microscopy. Sindisiwe has a BSc Biological Science in Biochemistry and Genetics from our University.

What does your work here at the UFS entail?

My work is the practical preparation of biological and other samples to be examined with microscopes, especially the electron microscopes. This includes assisting students and researchers to determine what images they require of their samples to aid in the interpretation of their research at nanostructure levels.

It incorporates handling very expensive equipment such as the fascinating electron microscopes. It will be very exciting to really see something new that nobody else has ever seen before, a number of times a week!

What are you looking forward to with regard to working at the UFS?

I am looking forward to get to know my colleagues in other departments and also to excel in my job in order to be among the best workers at the university.

What is your first impression of the University, your work environment, our campus?

I would say it is one of the best universities, it is well maintained with good security. The campus is fun and bright and everyone around is friendly.

My work environment is very much alive. In a nutshell: it is a place I am always looking forward to go to.

What do you wish other people know about the Centre for Microscopy?

No matter the topic, "a picture speaks a thousand words..."! We aim to constantly give friendly support to make complicated microscopy analysis easy for researchers and to deliver results quickly to be included in their fields of study.

When your friends and family found out you are working for the Centre for Microscopy, what did they say?

I used to tell my friends that I want to work as a scientist and I don't see myself doing something irrelevant. With my appointment I realised that when you dream and really want something it is possible to get what you want.

By Leonie Bolleurs

Sindisiwe Shezi, newly-appointed lab assistant at the Centre for Microscopy.



Students prepare to make the hopscotch course at Wonderland Pre-primary School.

Community service project makes everyone a winner

The Department of Quantity Surveying and Construction Management launched a community service (COMESERV) initiative at the beginning of this year, which reaches out to the community twice a year. In its most recent project, Quantity Surveying students made concrete slabs for the Wonderland Pre-primary School at the Free State Residential Care Centre. The slabs were then painted, and turned into a hopscotch play area for the children. The outcomes of this project covered two student modules, with students learning hard skills such as the painting, building and construction of a project, as well as soft skills such as communication and teamwork.

Mart-Mari Els, lecturer in the department, says, "The community service project should be a win-win situation for the community as well as our students." Tascha Bremer and Reeza Seedat, also lecturers, worked with Mart-Mari on the project, and participation of students and staff was completely voluntary. The curriculum outcomes of Building Science 1 and 3, a module presented by Tascha were used as projects for the school. Reeza's company (Africon Civils) sponsored the material used.

According to Mart-Mari, it is not that hard to make your own concrete slabs. It is important to have the necessary material, including sand, stone, water, and cement – in the correct amounts. The mixture should be poured into a mould, ensuring that there are no air bubbles; after it has dried, it is removed from the mould. This is a simple project that has put a smile on the faces of little ones.

By Leonie Bolleurs

Goliath to take Postal Services and Documentation to GREATER HEIGHTS

The Department of Postal Services and Documentation at the UFS has welcomed Harry Goliath as the Chief Officer, a position he took up on 1 May 2017.

Harry previously worked at the Faculty of Health Sciences, in the administration department of the Dean's office, where he had been since August 2011.

"As I am still quite new in the position of Chief Officer of the Department of Postal Services and Documentation, I have not really had time to establish what I

Harry Goliath, recently appointed Chief Officer of the Department of Postal Services and Documentation.

Freelance rugby commentator in the super league

"I entered as I knew this competition could open doors for me in the sport broadcasting world," says Jóhann Thormählen. This is exactly what happened when he went out on a limb and entered the SuperSport rugby commentator's competition.

Jóhann, an internal communication officer in the Department of Communication and Brand Management, entered as an Afrikaans commentator and made it through to the final audition round. The final auditions took place in Sandton City, Johannesburg on Saturday 8 April 2017.

The finalists will receive training from SuperSport, and will commentate in the round-robin matches of the SuperSport Challenge. The winners, the top six, will be announced at the start of the knockout stages of the tournament.

Jóhann says he was very nervous during the whole process, and says Owen Nkumane, a former Springbok, SuperSport

commentator and one of the judges, told him to smile when he arrived on stage.

Harry's role entails ensuring ongoing effective communication with various internal stakeholders and external service providers. Other tasks include financial management and budgeting, as well as the management of staff within the divisions.

"Part of my role entails that I continually improve and maintain quality service to our stakeholders by identifying and implementing strategic initiatives that will establish this department as a trendsetter in its field of service delivery," he says.

"I plan to visit other similar institutions to benchmark where we are, whether our procedures are outdated, discover new and more innovative ways of delivering postal services and new technologies that will ensure more prompt and effective service delivery to our clients."

Harry was born on 8 September 1975 in Brent Park township in Kroonstad, where he matriculated in 1993. He has a B-Tech qualification in Public Management and is currently enrolled as an online law student at the UFS, doing his third of four years, and he hopes to complete it next year (2018).

"I am looking forward to working with the Postal Services and Documentation Division personnel as a solid team and accomplishing one success after another."

By Lerato Sebe

commentator and one of the judges, told him to smile when he arrived on stage.

"On the Friday evening at the regional auditions, I was one of the last to make the top 10 in Johannesburg. At the finals on Saturday, I was also the last one called out for the top 24," he says.

By Siobhan Canavan

Jóhann Thormählen, an internal communication officer in the Department of Communication and Brand Management at the UFS.



All about the famous Naval Hill Parkrun

Parkrun has become a weekly ritual for health fanatics in Bloemfontein. Few know that a colleague and wellness proprietor, Arina Engelbrecht, and her husband Leon are the run directors of the event in the City of Roses.

"Leon saw a parkrun advert and he loved the concept. He is passionate about running and giving people the opportunity to live a healthy lifestyle," said Arina. The event has grown since its humble beginnings with 63 participants on 3 May 2014. An estimated 800 people attend the Naval Hill parkrun on Saturdays. A second parkrun started in April this year in Langenhoven Park, as well as the Heidedal Parkrun, which started on 20 May 2017.

"It is the ideal opportunity for staff to become active in a secure environment; you can walk and jog at your own pace as it is

"It is the ideal opportunity for staff to become active in a secure environment; you can walk and jog at your own pace as it is not a competition,"

says Arina. You get your results after every parkrun so you can monitor your progress.

Naval Hill parkrun, a 5km run, is held every Saturday morning. "We have been visited by park runners from other parkruns in South Africa as well as international park runners from England, Australia and New Zealand. Park runners enjoy the companionship and encourage each other," said Arina.

Your parkrun barcode will also give you access to national and international parkrun events. So, lace up and join the movement every Saturday at one of the three locations in the city. For more information visit the Naval Hill parkrun Facebook page.

By Rulanzen Martin



Arina and Leon Engelbrecht in action at the parkrun on Naval Hill.



Photo | Supplied

ProudlyKovsie hockey mom wins on and off the field

Cindy Hack is an industrious marketing officer for the UFS in Kwa-Zulu-Natal. She is also an accomplished South African hockey player and proud mother. We get to know her a little better.

dumela | Tell us about your sports accomplishments.

Cindy | "I played in the national outdoor hockey side from 2009-2012, and have been part of the SA indoor team since 2007. I have captained this indoor team since 2014 and have played in two indoor and one outdoor World Cup. At our last international indoor series, I was awarded Player of the Tournament and Top Goal-scorer."

dumela | How do you achieve work/life balance?

Cindy | "My husband and I have two daughters, Addison (3) and Lexi (1). They are busy little ones. The key is time management and minimal sleep to fit everything in! My day

usually begins at 05:00 with training, then the school run, work, and taking my 3-year-old to horse riding. Lately, my matches are in the evening, which sees me fall into bed around 23:00, giving me just enough sleep before I need to get up for a dummy run at 23:45, not to mention having to wake up during the rest of the night."

dumela | Describe your Kovsie journey and what makes you proud to be a UFS ambassador?

Cindy | "With my experience in corporate marketing, as well as 13 years in education, it was a natural progression for me to be headhunted to recruit for the UFS. I also played many a match on the Kovsie turf! I am blessed to be a part of the Kovsie family and have shared marriages, pregnancies, kids, sport, and much more with my marketing team over the years. To balance all of this and excel could not be possible without the belief and incredible support system of Nomonde Mbadi, Director: UFS Marketing, and the friendships made through my work."

By Eugene Seegers

Modest Kesa a star on different turfs

She has been setting the track, grass and road alight with superb performances. Kesa Molotsane is the South African and USSA 5000m champion, she competed at the World Cross Country Championships, qualified for the SA Student Team to take part in the World Student Games, and is also a star in the Spar Women's Grand Prix 10km series.

The accolades keep rolling in for the Kovsie athlete, but according to the modest assistant officer at KovsieSport, she has been working hard for a while. "Competitions stepped in at the right time and moment for me," she says.

Representing South Africa at the World Cross Country Championships in Kampala, Uganda, in March was a highlight. "It is the highest level ever found in cross country, and I think I can be proud to say that I rank 36th in the world."

The World Student Games take place in Taipei, Taiwan, from 19 – 30 August 2017. It is the largest multi-sport event apart from the Olympic Games and Kesa is looking forward to her first overseas race. "These games and the Olympics are conducted in a similar way and athletes are treated with the same respect – the only difference is the calibre of athletes and the latter's performances are on a higher level."

She is also a favourite in the Spar 10km series, which concludes in October and consists of six races. Kesa finished second in the first race on 2 April 2017 in Cape Town and won the second on 6 May 2017 in Port Elizabeth. "I'm eyeing the Grand Prix prize. I think winning could give me a bit of exposure and a confidence boost," she says.

By Jóhann Thormählen

Kesa Molotsane's office in the Callie Human Centre on the Bloemfontein Campus is walking distance from Pellies Park where she trains every day.



Photo | Jóhann Thormählen

bultjie Hats off colleagues!

If there is one thing that Bultjie has noticed it is the fact that constant and excellent work over many years does not go unnoticed. Today we must take our hats off and congratulate some very special people – all of them with that magic Kovsie connection.

First of all, congratulations to Prof Jaap Steyn, co-winner of the Jan H Marais prize for his excellent contribution to Afrikaans language science. He shares this prestigious prize with Prof Jan van der Watt from Nijmegen. Old Kovsie Antjie Krog won the prestigious Hertzog prize for poetry with her anthology, *Medewete*. I remember her as a student who, during Rag, walked to the city clad in a carton box with the words "I'm not a box" written on the backside!

Previous Kovsie lecturer in Afrikaans Dr Daniel Hugo won the SA Academy for Science and Art prize for translation for his previous and latest translation of *Oorlog en terpentyn*. By the way, do yourself a favour and read his delicate poetry on his Facebook page! Hanna van Niekerk, who left the UFS's Music

Department a few years ago, won the big Huberte Rupert prize for Classical Music as an opera singer. We remember her in the main roles in *Madame Butterfly*, *La Bohème*, *Nabucco* and especially *Fiddler on the Roof* in the Wynand Mouton a few years ago. A Special Honorary Medallion for Theatre and Stage Art and the Gerhard Beukes prize goes to Gerben Kamper, who for so many years lectured, acted and directed at the Drama and Theatre Arts Department and on national festival stages all over the country. This is the big one Gerbs! We are also all thrilled with the fact that Ben Botma from the Department of Fine Arts will be awarded with the Special Honorary Medallion for Fine Arts for his delicate art works in various mediums over so many decades at UFS. You deserve the national recognition!

A stunning fact is that all these colleagues and old Kovsies are or were probably the humblest people on campus. Bultjie's wish is that you must remember that we all on campus are very, very proud of you. Enjoy the honours. The joy you have given to readers and arts appreciators, those fleeting beautiful moments that music and theatre arts audiences experienced, is your lasting legacy that no money can buy. Vive l'Art!

Luv, Bultjie