

PROGRAMME



HONORARY DOCTORATE CONFERRAL CEREMONY

MAYE MUSK

12 APRIL 2023 | ODEION AUDITORIUM | BLOEMFONTEIN CAMPUS

12 APRIL 2023 | ODEION-ODITORIUM | BLOEMFONTEIN-KAMPUS

LENANEO LA 12 MMESA | ODEION AUDITORIUM | BLOEMFONTEIN CAMPUS

ZILI-12 KU-APRIL | E-ODEION AUDITORIUM | OPHIKWENI LWASE-BLOEMFONTEIN | NGEHORA LESHUMI

*Inspiring excellence, transforming lives
through quality, impact, and care.*

VISION **130**
Renew and Reimagine
for 2034



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



Maye Musk is an international best-selling author, dietitian, model, and speaker.

Her book, *A Woman Makes a Plan*, is available in 100 countries, including South Africa, and published in 30 languages.

Ms Musk has run her own nutrition business for more than 45 years in eight cities and three countries through counselling, speaking, consulting, writing, and media work. She has reached the peak in her field in three countries: the first Representative of the Consulting Dietitians of Southern Africa; President of the Consulting Dietitians of Canada; and Chair of the Nutrition Entrepreneurs, Academy of Dietetics and Nutrition. She also won the Outstanding Nutrition Entrepreneur Award in the USA. She was the first dietitian to be featured on a cereal box with her book, *Feel Fantastic*, published in 1996. She was also the first dietitian to have a website.

Ms Musk is the only dietitian to have taken the registration examination in three countries, once in Afrikaans, and once in imperial measurements.

She has travelled around the world, giving talks in Melbourne, Stockholm, Kiev, Budapest, Cannes, Beirut, and most of the major cities in the USA, Canada, and South Africa. She always includes sound nutritional advice in her speeches.

Ms Musk's research work in nutritional sciences started at the University of the Free State when she was accepted for a Diploma in Hospital Dietetics at the Universitas Hospital in Bloemfontein. The university then offered her a bursary for a Master of Science degree, which took four years. This degree is recognised at universities worldwide.

Me Maye Musk is die skrywer van internasionale topverkopers, asook 'n dieetkundige, model en spreker.

Haar boek, *A Woman Makes a Plan*, is beskikbaar in 100 lande, waaronder Suid-Afrika, en is in 30 tale gepubliseer.

Me Musk het vir meer as 45 jaar haar eie voedingsbesigheid in agt stede en drie lande bedryf deur berading, praatjies, konsultasie, skryf- en mediawerk. Sy het die toppunt van haar vakgebied in drie lande behaal: die eerste verteenwoordiger van die Raadgewende Dieetkundiges van Suider-Afrika; President van die Raadgewende Dieetkundiges van Kanada; en Voorsitter van die Voedingsentrepreneurs, Akademie vir Dieetkunde en Voeding. Sy het ook die toekenning as Uitnemende Voedingsentrepreneur in die VSA gewen. Sy was die eerste dieetkundige wat op 'n graankoshouer verskyn het met haar boek, *Feel Fantastic*, wat in 1996 gepubliseer is. Sy was ook die eerste dieetkundige met haar eie webwerf.

Me Musk is die enigste dieetkundige wat die registrasie-eksamen in drie lande afgelê het – een keer in Afrikaans, en een keer in imperiale afmetings.

Sy het al oor die wêreld heen gereis en toesprake gehou in Melbourne, Stockholm, Kiëf, Boedapest, Cannes, Beiroet en die meeste van die groot stede in die VSA, Kanada en Suid-Afrika. Sy gee altyd goeie raad oor voeding in haar toesprake.

Me Musk se navorsingswerk in voedingswetenskappe het by die Universiteit van die Vrystaat begin toe sy vir 'n Diploma in Hospitaaldieetkunde aan die Universitas Hospitaal in Bloemfontein aanvaar is. Sy het daarna 'n beurs vir 'n Magister in Natuurwetenskappe van die universiteit ontvang, wat vier jaar geduur het. Hierdie graad word wêreldwyd by universiteite erken.

Mof Musk ke sengodi sa dibuka tse rekiswang ka mokgwa o itlhomng pele lefatseng la matjhaba, setsebi sa dijo motlelana, le sebui.

Buka ya hae, *A Woman Makes a Plan*, e fumaneha dinaheng tse 100, ho kenyeletswa le Afrika Borwa, mme e hatsitswe ka dipuo tse 30.

Mof Musk o tsamaisitse kgwebo ya hae ya phepo ka dilemo tse fetang 45 metseng e robedi le dinaheng tse tharo ka ho fana ka keletso, ho bua, le ho ngola le ka mosebetsi wa media. O ile a fihlella sehlohlolo mosebetsing wa hae dinaheng tse tharo: ya pele Representative of the Consulting Dietitians of Southern Africa; President of the Consulting Dietitians of Canada; le Chair of the Nutrition Entrepreneurs, Academy of Dietetics and Nutrition. O boetse a hapa moputso wa Outstanding Nutrition Entrepreneur Award in the USA. E bile setsebi sa pele sa dijo sa ho bontshwa le bokosong la dijo-thollo ka buka ya hae, *Feel Fantastic*, e ileng ya hatiswa ka 1996. Hape e bile setsebi sa pele sa dijo se ileng sa ba le websaete.

Mof Musk ke yena setsebi sa pele sa dijo se ileng sa etsa ngodiso ya ditlhatlhobo dinaheng tse tharo, hanngwe ka Afrikaanse, le hanngwe ka ditekanyo tsa imperial.

Hape o ile a kena maetong ho potoloha lefatshe, a fana ka dipuo Melbourne, Stockholm, Kiev, Budapest, Cannes, Beirut, le ditropong tse kgolo tsa USA, Canada, le Afrika Borwa. Ka dinako tsohle o kenyeletsa diketelo mabapi le phepo dipuong tsa hae.

Mosebetsi wa diphuputso wa Mof Musk disaenseng tsa dijo o qadile Yunivesithi ya Freistataha a amohela Diploma ya Hospital Dietetics mane Universitas Hospital mona Bloemfontein. Yunivesithi e ile ya mo neha basari bakeng sa Master of Science degree, e ileng ya nka dilemo tse nne. Degree ena e amohelwa le ho dumelwa ke diyunivesithi lefatsheng ka bophara.

UMaye Musk ungumbhali wezincwadi osezingeni lomhlaba futhi izincwadi zakhe zithengwa ubuthaphuthaphu, ubuye abe ungodi wokudla, abe uzime, aphinde abe isikhulumi esiqavile.

Incwadi yakhe ethi '*A Woman Makes a Plan*' itholakala emazweni ayikhulu [100], neNingizimu Afrika ingenye yawo, kanti futhi yona le ncwadi ishicilelwe ngezilimi ezingamashumi amathathu [30].

UNkszn Musk uzibambele mathupha ibhizinisi lakhe eliluleka ngolwazi lwezokudla iminyaka edlulile kwengamashumi amane nanhlano [45] emadolobheni ayisishiyagalombili [8] nasemazweni amathathu ngokubamba izinkulumo zokululeka, ukukhuluma emibuthanweni, ukubhala, kanye nokwenza imisebenzi ehlobene nezinkundla zokuxhumana. Usebe undabuzekwayo emazweni amathathu emukhakheni wakhe: ube Ubuso bokuqala be- Consulting Dietitians of Southern Africa; waba uMengameli we- Consulting Dietitians ezweni laseCanada; waphinde waba uSihlalo Wosomabhizinisi Abaphethe Ezokudla esikoleni i-Academy of Dietetics and Nutrition. Uphinde wahlaabana ngendondo eyaziwa ngele-Outstanding Nutrition Entrepreneur Award ezweni laseMelika. Ungungodi wezokudla wokuqala ukuthi akhangiswe esikhangisweni sokudla ngencwadi yakhe esihloko sithi '*Feel Fantastic*', neyashicilelwa ngonyaka we-1996. Akugcini lapho, uphinde waba ungodi wokuqala wezokudla ukuba nekhasi lakhe kwikhmpyutha, phecelezi i-Website.

UNkszn Musk ongusosayensi wokudla uye kuphela oseke wathatha izivivinyo zokurejista ibhizinisi emazweni amathathu, kukhona ezazingolimi lwesiBhunu, kanti ezinye zaba ngezinye izilimi.

UNkszn Musk usethubeleze umhlaba ehamb' ethula izinkulumo ezihlabahlosile, usehambele emadolobha afana ne-Melbourne, iStockholm, iKiev, iBudapest, iCannes, iBeirut, kanye namanye amadolobha amakhulu eMelika, eCanada, naseNingizimu Afrika. Uhlezi eshumayela ivangeli lolwazi lwezokudla uma ethula izinkulumo zakhe ezihlabahlosile.

Umsebenzi wocwaningo kaNkszn Musk kwezesayensi yokudla waqala eNyuvesi yaseFree State ngesikhathi ethola isikhala seziqo ze-Diploma ezifundweni ze-Hospital Dietetics eSibhedlela sayo le Nyuvesi esaziwa ngele-Universitas Hospital nesizinze edolobheni iBloemfontein. Inyuvesi yabe isimugixabeza ngomfundaze ukuqhuba izifundo zeMaster's kwezeSayensi, nokwamthatha iminyaka emine ukuyiphothula [4]. Lezo ziqu zakhe zinconywa emanyuvesi ahlukahlukene emhlabeni jikelele.

HONORARY DOCTORATE CONFERRAL CEREMONY

PROGRAMME

12 APRIL 2023 | ODEION AUDITORIUM | BLOEMFONTEIN CAMPUS | 10:00

PROGRAMME DIRECTOR

Dr Engela van Staden | Vice-Rector: Academic

CONSTITUTION OF THE CONGREGATION

Prof Francis Petersen | Acting Chancellor

WELCOME REMARKS

Prof Francis Petersen

MUSICAL ITEM

'Intermezzo' from Cavalleria Rusticana
by Pietro Mascagni

Odeion String Quartet:

Samson Diamond (leader and violinist)

Sharon de Kock (violinist)

Jeanne-Louise Moolman (violinist)

Anmari van der Westhuizen (cellist)

PRESENTATION OF HONORARY DOCTORATE RECIPIENT

Prof Francis Petersen

CONGRATULATORY MESSAGE

Prof Francis Petersen

MUSICAL ITEM

'Ntyilo Ntyilo' by Alan Silinga

Joseph Kunnuji (trumpet)

Nicol Viljoen (piano)

ACCEPTANCE REMARKS BY HONORARY DOCTORATE RECIPIENT

Ms Maye Musk

MUSICAL ITEM

Multilingual Medley

University of the Free State Choir

Adiemus; Stuur groete aan Mannetjies Roux (Afrikaans); and Shosholoza (Ndebele)

'Adiemus' was written by Karl Jenkins in 1994; the main idea was to create a modern song using classical forms. The lyrics themselves have no meaning and was created to form melodious texture. The song is a mix of African and Celtic-style melodies. 'Stuur groete aan Mannetjies Roux' describes the life of a girl on her uncle's farm thinking of his diesel-powered car, the longing for rain, and the rugby try scored by Mannetjies Roux. 'Shosholoza' depicts the train with singing mineworkers coming from the former Rhodesia to South Africa.

VOTE OF THANKS

Dr Engela van Staden

NATIONAL ANTHEM

University of the Free State Choir

Accompanied by Dr Frelet de Villiers, Dr Jan Beukes, and the Odeion String Quartet

DISSOLUTION OF THE CONGREGATION

Prof Francis Petersen

FOYER BACKGROUND MUSIC

Background music will be performed by the Anton and Friends ensemble.

THEATRE BACKGROUND MUSIC

Organ playing while procession enters and leaves the theatre.

Dr Jan Beukes (organ)

THE QUARTET OF PEACE

The Quartet of Peace is the name given to two violins, a viola, and a cello made in Cape Town in 2010 by the violin maker, Brian Lisus. He dedicated each to one of South Africa's four Nobel peace laureates – Albert Luthuli, Desmond Tutu, FW de Klerk, and Nelson Mandela – and called them Freedom, Peace, Reconciliation and Hope, respectively. These are exceptionally beautiful instruments with a rich, deep glow, and because they were made to be played together, the sound of the quartet is distinctive and warm, matching the beauty of the instruments. The instruments were first unveiled and heard in 2013.

It is with great pride that the Odeion String Quartet will be performing on the instruments during the graduation ceremony.



Bloemfontein Campus



Qwaqwa Campus



South Campus, Bloemfontein



Odeion School of Music, Bloemfontein Campus

ABOUT THE UFS

The University of the Free State (UFS) has a proud history as one of the oldest institutions of higher education in South Africa. It opened its doors in Bloemfontein in 1904 as the Grey University College, with six students in the Humanities. Today it is a multi-campus institution, with two diverse campuses in Bloemfontein and one in Qwaqwa in the scenic Eastern Free State, accommodating more than

40 000 students in its seven faculties (Economic and Management Sciences, Education, Health Sciences, the Humanities, Law, Natural and Agricultural Sciences, Theology and Religion), with an increasing number of international students and associates, and an ever-widening scope of active involvement in and contribution to its surrounding communities.

For the past 119 years, the UFS has been delivering quality graduates who have made their mark in various sectors. What sets the institution apart is its holistic student support initiatives, enabling

it to achieve some of the highest success rates in the country. Delivering students who are in high demand in the global job market remains a top priority. An established network of industry partners and close collaboration with the public and private sectors, as well as a continuous process of transformation and curriculum renewal, dovetail to produce highly employable graduates.

UFS research efforts are driven by dedicated scholars, some of whom are international leaders in their fields, with industry and social

impact and real-world application.

Through the principle of engaged scholarship, the UFS responds to societal needs by using its scholarly and professional expertise with an intentional public purpose and benefit.

The UFS is an institution that goes all out to provide its students and staff with an outstanding university experience. Everything the institution does is rooted in its values of excellence, innovation and impact, accountability, care, social justice, and sustainability.

VISION 130

*Renew and Reimagine
for 2034*

The University of the Free State (UFS) aims to continue growing and extending its influence and impact locally, regionally, and globally. Vision 130 is an elaboration of our strategic intent to reposition the institution for 2034, when the university will commemorate its 130th anniversary. It reflects our ambition to be a university with a consistent outward focus, and to be profound in what we deliver – building on past achievements, while constantly transforming ourselves in order to stay relevant within the dynamic and ever-changing international higher education sphere.

VISION

The UFS aspires to be a research-led, student-centred, and regionally engaged university that contributes to development and social justice through the production of globally competitive graduates and knowledge.

MISSION

The university's ultimate goal is to impart and generate new knowledge that impactfully supports societal development.

VALUES

The UFS subscribes to a set of values, explicated below, which shape and inform our culture and provide a framework for our actions and decisions.

Our values are realised through the conduct of the wider university community:

excellence, innovation and impact, accountability, care, social justice, and sustainability.



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THE SEANAMARENA

THE TRADITIONAL BASOTHO BLANKET

The Main Procession Graduation Gowns
– embroidered with rich diversity

South Africa, and the Free State in particular,
has a long-standing friendship with our
neighbouring country, Lesotho.

Through a shared history, we have become
co-creators of our futures. For this reason, the UFS
decided to incorporate our tradition with that of
the Basotho in the design of our Main Procession
graduation gowns.

The gowns are inspired by the Seanamarena – the
traditional Basotho blanket. The different patterns
on the Seanamarena indicate the status one holds
in the Basotho nation or reflect the occasion being
celebrated. Keeping the Seanamarena pattern
in mind, we combined our traditional academic
designs with that of the Basotho nation.

NATIONAL ANTHEM NASIONALE VOLKSLIED PINA YA SETJHABA ISIZULU

Nkosi sikelel' iAfrika
Maluphakanyisw' uphondo lwayo,

Yizwa imithandazo yethu,
Nkosi sikelela, thina lusapho lwayo

Morena boloka setjhaba sa heso,
O fedise dintwa le matshwenyeho,
O se boloke, O se boloke setjhaba sa heso,
Setjhaba sa, South Afrika, South Afrika

Uit die blou van onse hemel,
Uit die diepte van ons see,
Oor ons ewige gebergtes,
Waar die kranse antwoord gee,

Sounds the call to come together,
And united we shall stand,
Let us live and strive for freedom
In South Africa our land!