

Farewell

Bidding farewell to
Miss Kamo Dipico

PEACOCK POST

FAREWELL TO MISS K



We are writing this with mixed feeling of happiness and melancholy as you are leaving Arista. It seems like it was just yesterday since you have joined Arista as a residence head. But it was over 3 years ago now.

We are writing this with heavy hearts to share our feelings with you. We would like to mention that it has been a very memorable and fantastic journey with such an awesome person. We will never forget all those laughs and joy moments that we all had during our time together.

We would like to express our gratitude to you for your support and encouragement. We could have never achieved some much without your motivations.

Wish you all the very best for your future-
FAREWELL MISS D!

Thanks to our SRC guardian



Arista has made it another year and proved themselves amongst other small residences. They worked very hard last year and still managed to get the best guardian in the SRC, Waldo SRC vice president for the term 2014/2015. Arista would like to thank him for been there for us and becoming part of the family even though it was just for a year, it was highly appreciated.

To our beloved RC's

You wore the uniform with pride and embraced our traditions. You were a bright light and sparkling star in dark times. The job you have done is worthwhile and we will always appreciate your contributions. You have made a lot of people smile and may God always bless you.

RC 2014/2015



The Arista experience

Arista from the view of a first year.

You know how terrifying and scaring moving to a new environment can feel like? You know you were hoping for the best yet expecting the worst. At first I felt that, going to a varsity that I knew little about, with people that I have never seen. It was scary until I walked into Arista...

The moment I walked into Arista, I knew this was where I belonged. Those four walls reassured me that even at a strange place, love can be given, felt and experienced. It is not an ordinary "what's your name and age" female res. It is an amazing, welcoming space that allowed me to be free and grow. It became like family to me and made me experience real, genuine sisterhood.

As the year went by, I became really close with my sisters. I am now not only committed to the residence but to the people. When someone lays themselves bare to you, you embrace them, appreciate them and love them equally and in return Arista loved me in the same way. As a first year, I felt like I am limited to certain things, but Arista allows me to explore my limits and push beyond them. It made me grow in every sense possible. Arista mentored me and made me believe that I can be greater than I am.

Although it is not perfect and flawless, Arista is everything I hoped for in a residence and more. It is full of love and positive energy, and as a first year, that was exactly what I needed. Arista is a family to me. My sisters are dear to me and I hope I am to them.

"Every walking day is a reminder that we have not felt all there is to feel. It is another chance given to live, feel and explore." - Unknown

Thank you Arista for making us feel all that we felt, being loved and believed in. Thank you for being a great residence to us. You are simply OPTIMUM!

Making Inbly week "fun"

The two weeks of "inbly week" are the toughest weeks that one experiences. The pamphlets make it look like a breeze but in actual fact it's 40% breeze and 60% drag. From waking up as early as 5am just to go take a shower, to a long session at Gateway (where most of us slip in a little power nap, before the long hours spent at Rag Farm), to the "Chicken Run" where you have to go around asking for donations and to sleeping late at night only to repeat the same cycle again the next day.

To every drag there is a drag just like to every negative there is a positive. The best thing about Inbly Week is that you have the opportunity to make new friendships that have the possibility of lasting a lifetime. So, here is a few ways on how you can make those two weeks fun for you. Firstly, instead of holding back and doing the float work akimbo you can engage in songs or start random conversations with the people you are partnering with on building the floats. Secondly, make as many memories as you can by part-taking in all the activities that the RCs create for you, and thirdly, go to all the inters, even though some of them will quite depressing but try your best to enjoy them.

Lastly, make Inbly Week a good experience. Learn more about your limitations, because there will be situations that will need your all. Most importantly memorize where all the important buildings are on campus, and that includes all your classes, because getting lost is not a good incident or feeling, especially when it is your first year.

Arista Sports bulletin

There were many challenges that came forth in the sport portfolio in the term 2014/2015, but with the support and dedication of the house, Arista was able to partake in the competitions and events prescribed by the Kovsie Sport and the SRC Sport Office.

The gateway meetings were specifically prescribed for the first years of the house and they showed great participation and commitment throughout the first weeks of gateway. The first years meeting (Athletics) was a great achievement because the first years enjoyed the events that were set for them as well as the spirit cup. They came on the 5th position of the women competition out of 11 residences. The spirit of commitment carried out throughout the term.



(First years at the swimming gala and the first year's soccer team)

Arista was able to partake in 6 different sporting codes, netball, soccer, hockey, volleyball, tennis and table tennis. The sportswomen of the house showed great participation and a very good energy and also great support from the whole house. Although the teams weren't able to go through the final stages of each of the sporting codes they still persisted to play fair and play a good game with their opponents. The ladies also showed great support and participation on the event initiated by pick n pay (Women's Walk). That was also the highlight of commitment from the ladies to the house. As a result the sport lady of the year award was given out to Naledi Ndzhandzhavha.



Bummed you missed out!*Highlights 2015**Stage Outdoor*

Stage Outdoor well known as stage door took a different direction this year. Residences were paired up and given the opportunity to perform outside. We were fortunate enough to be paired up with the lovely ladies from Amelia and Wag 'n Bietjie. Sadly we did not make it to finals, but fun was had.

The Valentines Talk show

Cupid threw his arrow in our direction during the month of love and we as the Arista ladies celebrated the shot with a talk show. The talk show had some interesting topics. Sugar daddies and side chicks were the highlights of the event. The month of love surely came with a lot of Lovely surprises.

The creation of Acarista!

Acarista is a new acapella group at Arista. It was established on the 22nd of August by RC Culture 2014/2015(Gomotsegang Madiba). The purpose of the group is to build an in res singing group to provide stable foundation for when it would come to events like Kleinsers so that we at least had people who knew how to sing with each other...It was also made to help build our residences reputation so that Acarista could represent us at other campus events and even build a name for ourselves.

FCOM's and Subcom's

We would like to thank you for your efforts and contributions throughout 2015. This year couldn't have been what it was without you. You guys are LEGENDS.

Mentors.

The Mentors of 2015 did things a little bit different than usual. These ladies went the extra mile to put a smile on the first year's faces. Every session they had was filled with fun, laughter and educational messages, not forgetting the food.

The RC's internal events

This year was jam packed with fun and laughter in events ranging from the diversity hunt, culture goes green cultural renewal, ladies annual high tea as well as the first years tea and the many inters in between. The year ended off with a bang when Arista co-hosted the prestige evening with none other than our brother residence, Legatum. 2015 has been of FLICK

Leaders of the future

To the incoming RC's, may the year ahead be a joy ride, may you learn as much as you can and have fun in all things possible. May you take Arista to greater heights. GOODLUCK!

*Mentors 2015/2016*

To the mentors may your year be filled with laughter, joy and happiness.

*HELLO! Daddy SK*

We are in a new term of leadership and yet again Arista has managed to capture the heart of the best and loving SRC guardian, Sikhululekile Luwaca aka SK. When we first started spooking him he thought he was second best as took upon ourselves to spook both him and Victor to avoid any disappointments but we showed him that he's the best of the best. We later decided to stick with only one and we chose SK because we saw him fitting into our crazy family as his personality is out there. He's very bubbly, sweet and always happy so we thought why not go for someone that everyone felt relaxed around. We waited three weeks to hear the results and we were very pleased to find out that he chose Arista, even though we didn't want to share him but it's always nice to have sisters that we have something in common with.

Young, Wild and Free

The New Year is upon us and we have a fresh face to guide us into the future. Introducing our new residence head Miss Evodia Motsokobi. May the year ahead be filled with fun, laughter and good times. Welcome to the



family-MaE!

Health Tips for Inbly Week!!

The two weeks of Inbly Week are most definitely not spent indoors over a cup of tea and cookies, It is all about fun outdoor activities which happen under the extreme heat of the African Sun, Therefore the first tip for one to enjoy Inbly Week without worrying about the heat and its effects, is to wear sunscreen (SPF 40 or 50),The second tip is to always have a bottle of water with you to keep you hydrated ,The third tip is make sure you eat breakfast as we all know it is the most important meal of the day (carry some fruits too),And the last and most important tip for Inbly Week is to always wear comfortable clothes and shoes, we must remember it is not a fashion show, Therefore make sure that the clothes you will be wearing during Inbly Week are not new and you can get dirty with them, Make sure that your shoes are comfortable and will allow you to move freely, you can walk and dance with them the whole day.

COVERDERM Filteray's SunSafe Rules

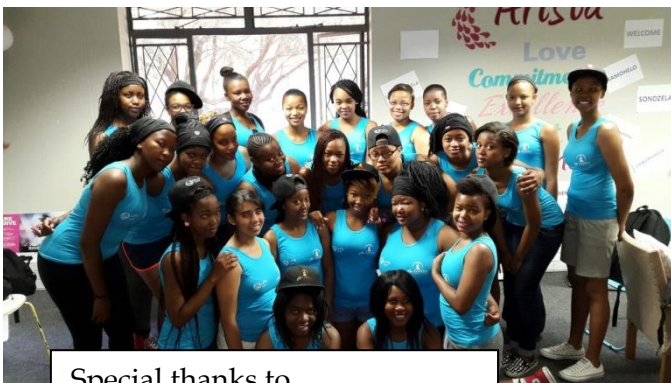
We all love glowing, bronze skin and during the months leading up to the holidays, we work hard at that tan - often throwing caution to the wind and ignoring mom's wise warnings about being sun-safe. We shouldn't fear our lovely South African sunny weather, but being aware of the skin cancer statistics and how to ensure that we are indeed sun-safe, could save your life. Let's start with the ugly truth.

- Skin cancer is the most common form of cancer in SA
- By 18, most people have received 18% of their lifetime sun exposure
- 1 bad case of sunburn during childhood can double the risk of skin cancer
- The sun is responsible for 80% of premature skin ageing, so sun-protection is one of the best defences against wrinkles
- +/- 9,940 people will die of melanoma in 2015
- One in every 50 people will be diagnosed with melanoma during their lifetime

WHY WOULD YOU WANT TO BE PART OF THE STATISTICS???So how do we enjoy the heavenly rays without the horrible risks? Follow our SunSafe Rules religiously and keep yourself and your loved ones around and healthy for longer:

1. Slap on a hat
2. Slip on some clothing
3. Seek shade
4. Wrap some sunnies around your eyes
5. Slap on sunscreen every 2 hours.

For more information contact us on



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