

COLLABORATIVE SUPPORT IGNITES PROGRESS



By Surprise Mhlongo

In a harmonious collaboration, the Chan Soon-Shiong Family Foundation and the South African Medical Research Council (SAMRC) have orchestrated crucial support for Nelson Mandela University's medical students.

Scholarships were awarded to seven Bachelor of Medicine and Bachelor of Surgery students, anchoring steadfast assistance through their academic journey. This alliance resonates with purpose, uniting SAMRC and the US-based foundation in transformative initiatives. A generous endowment amplifies the impact, heralding a symphony of progress and advancement. The Chan Soon-Shiong Family Foundation, forged by Dr. Patrick Soon-Chiong, a native of Gqeberha, is a conduit of medical innovation. Its commitment echoes as this foundation contributes to nurturing young doctors.

The SAMRC's 'life-changing scholarships' honour extraordinary potential and unwavering dedication among scholars, reaffirming their pledge to cultivate future medical leaders. Their president and CEO, Dr. Glenda Grey, underscores the significance of bolstering Nelson Mandela University students. This synergy revitalises the rhythm of healthcare, promising progress and potential. As these scholars embark on their academic voyage, they bear the torch of African medical care. Like musical notes harmonising into a symphony, each scholar contributes to the crescendo of healthcare progress.

The tune of hope persists as Professor Zukiswa Zingela, Dean of Nelson Mandela University Medical School, spotlights the role of collaborations in expanding accessibility and educational prospects. With these scholarships, Nelson Mandela University and its partners choreograph a harmonious future for healthcare, cultivating a symphony of progress that resonates far beyond academia.

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LETTER FROM THE EDITOR

Spring has sprung!

And among the winds of winter blowing away, and the rays of sunshine being ushered in, the bloom of flowers brings a new season of hope, sunshine and motivation.

With this, I bring forth our seventh edition for 2022, curated by our new editors and carefully put together by our dedicated journalists. This edition features the latest sports news on the Madibaz front, the beauty of spring, the importance of fashion events and how it advances employment and even ways new skills can earn you money, so please do enjoy at your leisure!

With the season fast approaching, so is summer, and the end of the year, so as always, practice due diligence when it comes to academics, and never forget to look after yourself and make sure you are well taken care of. Second semester is daunting – it can be difficult and content heavy, so make sure to pace yourself – always take things step by step and in small chunks.

Please enjoy this wonderful edition, and be prepared for the next one!
Warmest Regards

Leigh Nakeetah Jason.

THE YOUTH'S PERSPECTIVES TOWARDS NATIONAL ELECTIONS



Image Source: Ozz Kamana Photography

By Somila Tiwani

On 22 August 2023, a dialogue titled 'South African Youth Perspectives Towards National Elections: A Critical Analysis', was presented at Nelson Mandela University's Ocean Science campus. This is a timely topic as we approach the 2024 general elections. Voter apathy, despondency, and outright resistance to participate in elections, have become a considerable concern.

The facilitator was Vuyo Ndodana, with Ntsika Maweni, Khanya Burns-Ncamashe and Siviwe Ngaba as panellists. According to Maweni, research shows that of the 26 million registered voters, approximately 10 million are young. Although you can receive an Identity Document when you are 16, you cannot vote until you are 18. Maweni suggested that high school students aged 16-18 should be taught about the importance of voting.

"It's time that we collaborate with civic society initiatives and political organizations to champion a political educative initiative that is in a language that is accessible." Burns-Ncamashe stated that even though there were 40 million eligible citizens to vote in the last national elections, only 12.5 million people voted. Further, the youth make up 65% of the total population of South Africa. "We ought to reach a point as young people in South Africa to show up in next year's elections; our vote will make a huge impact in our country."

Ngaba encouraged the youth to be focused on economic freedom and social change. He furthered that the youth is allegedly becoming more despondent with politics, which should be a concern because it is not only scholars of politics that should express political opinions, but it is fundamental to the democratic principle that everyone should. Elections should, therefore, serve as a reminder that we are not invisible: it should remind us of our inherent humanity and material circumstances.

Our response to this, should involve more than just casting a ballot, it should involve a conscious and unconscious struggle to change the status quo. The dialogue was also open to the audience, with the youth and students expressing their views and concerns. If you do not vote, you are an outsourcing agency, giving your power to others.

SOUTH AFRICAN YOUTH GENDER ACTION PLAN



Image Source: Supplied

By Ntokozo Hlatshwayo

The new South African Youth Action Plan (YGAP) will guide youth decision-makers, civil society, business, academia and other relevant stakeholders, to inspire a more coordinated, intersectional and inclusive action in areas related to gender.

The YGAP process started in 2021 led by the Youth Programmes at the South African Institute of International Affairs (Youth@SAIIA), and the Youth Policy Committee (YPC), in partnership with various organizations, schools and university groups across South Africa. The YGAP is divided into seven pillars which serve as the foundation of the document, namely:

- Gender and Education, Awareness and Advocacy.
- Gender and Health.
- Gender-Based Violence.
- Gender and Public and/or Private Sector.
- Gender, Peace and Security.
- Gender and Sustainable Transformations.
- Gender and Education, Awareness and Advocacy.
- Gender, Identity and Sexuality.

As an appointed delegate, I had the opportunity to attend the YPC National Leadership Conference this year from 27 to 30 July. I participated in the YGAP negotiations and document drafting. Delegates and YGAP leaders, Arvash Sewpaul, Chiara Jephta and Simphiwe Masilo, worked on the first draft of the document.

The YGAP document has been made possible with the financial support of the UN Women South Africa Multi-Country Office and the Embassy of the Kingdom of the Netherlands, in Pretoria. The opinions expressed are the sole responsibility of the speakers, and do not necessarily reflect the views of the funders. I am highly thankful for being a part of this amazing process.

#YGAP #YOUTHARELEADING

IT'S THE SECOND SEMESTER – ATTEND YOUR CLASSES!

By Akahlulwa Radana

The first semester is over, and we are well within the second one. This is a relief for some as it means that they are halfway to graduating, but for others, it may mean a second chance to improve their marks after being humbled by the first semester. The following article will provide tips for the latter.

First things first, attend your lectures. I understand that there are days when we are feeling overstimulated by deadlines that are close together, disagreements with friends however, the habit skipping lectures is one that needs to be broken.

It is known that attendance forms part of your mark for each module. When you skip class constantly, your marks may drop and you can fall behind. Lecturers also share crucial information which sometimes may not be repeated.

There are modules which require a certain percentage to qualify for examination. If you do not attend class, you may miss the bit of information, then proceed with the mentality of "Oh, well it's fine. I can make up for this in the next exam," then receive a rude awakening when you realize that you in fact, cannot make up for it.

Consult your lecturers. If you are too shy to ask questions in front of the class, you can book a consultation with your lecturer. Tell them that you are struggling with this section, or have a problem with something else. Your lecturer may provide you with the advice necessary to assist you and help you to pass the module.



Image Source: Pexels.com

Lastly, take notes – read your study guide for test dates – start studying while it's still early. Pay attention to your lecturer – are they making an emphasis on a particular section?

First semester may have been difficult, but that does not mean that you should give up. So, attend your classes, talk to your lecturers, remain informed about your test dates. You may find that your marks will improve.

THE MIRRORING EFFECT OF JUDGEMENT



Image Source: Wayhome Studios, Freepik.com

By Ciko Ndlovu

Let's face it – we have all given someone the side eye before. Whether intentional or not, we just cannot help ourselves by questioning other people's personal choices.

To judge, according to the Cambridge Dictionary, is to formulate an opinion about something or someone based on our own bias. Although the human mind uses judgment to study the complexities within human behaviour, the practice is often used in ways that isolate and divide us.

More often than not, the reason we may pass judgment on someone is simply due to our inadequacies. Whether it be our insecurities, internal desire, or jealousy – judgment has a mirroring effect that shows us more about ourselves. Creating this hierarchy within our minds, inflates our egos and may make us feel as though we hold more power than the other person. The real root of the issue is the constant need for social acceptance within society, often forcing us to judge those to gain more validation from the 'in crowd'.

Establishing self-awareness is vital to combat this. This will aid in determining what personal issues you are surfacing through this. We should strive to become open-minded and accepting individuals within a society that persecutes non – non – conformity. It is also important to highlight, that although judgment should not be used in a discriminatory manner, the act also helps positively. It helps to protect us against associating ourselves with people with ill intent.

REGULAR HABITS AND DAILY ROUTINES OF A STUDENT

By Imkhitha Mbangula

A morning should offer a positive and meaningful day to a student – a good mood prepares you for an even greater play. So, wake up, bath and go to class! Students usually prepare their notes and books for the day ahead.

A good student needs to combine their daily activities with academic and healthy objectives that involve a variety of everyday activities, like exercising, jogging and eating healthy food, and chores that are completed in a standardized order and that will also help early risers to not experience morning drowsiness or sleepiness during class or lectures.

Always set modest daily goals and raise the bar a little each day. The preparation for tests may be hampered by having too many goals in one day. If you read through chapters before class, your problems will be easily resolved, complex ideas will be easier to comprehend in class, and your academic performance will improve significantly.

Eating well and healthily is crucial, as it encourages exercise, lowers sluggishness, and guards against long-term health issues in children's growth. Students who complete their tasks on time demonstrate maturity, preparation, and self-discipline, which benefits their academic performance, and broadens their topic knowledge.

A student should strive to relax before a test, by getting enough sleep. Early bedtime encourages healthier sleep, enhances their cognitive function, and reduces their feelings of tension and anxiety.

As a student, what you reap is what you sow.



Image Source: gradepowerlearning

WELCOMING THE BLOSSOMS: A GUIDE TO EMBRACING SPRING



Image Source: supplied

By Nompumelelo Mculu

As the chilly winds of winter gradually give way to the gentle warmth of the sun, a sense of rejuvenation fills the air. Spring, a season of new beginnings and blooming possibilities, invites us to embrace its beauty and embrace the changes it brings.

Spring is a symbol of renewal and rejuvenation. It represents hope and growth, reminding us that even after the darkest of times, brighter days are ahead. The blossoming flowers, chirping birds, and longer days all serve as a reminder to embrace change and find joy in the small things. Spring is a season that teaches us to let go of the past and embrace the beauty of the present moment.

Have you ever wondered why we experience seasons? "It all comes down to the Earth's tilt and its orbit around the sun. During spring, the Earth's tilt begins to lean towards the sun, allowing more sunlight to reach the northern hemisphere" Kher, n.d. This increased sunlight triggers the growth of plants, leading to the explosion of colours we associate with spring. It's science's way of reminding us that there's a method to nature's madness Kher, n.d.

"Spring is an ideal time to explore nature, with hiking options for all skill levels" Whitley, n.d. The return of migratory birds makes it an excellent time to spot them. A delightful picnic can be a delightful way to enjoy nature's beauty.

Springtime offers inspiration for creativity, allowing individuals to express themselves through painting, photography, or writing. This season's vibrant colours, playfulness, and renewal of life inspires a sense of renewal and creates tangible memories of the season.

Spring is a transitional season, so your wardrobe should reflect this. "Layer your favourite winter pieces, mix patterns, and experiment with colours like stripes, florals, polka dots, and plaids to add personality and express yourself in fashion" George, n.d.

CELEBRATION OF WOMEN'S DAY: 09 AUGUST

By Nompumelelo Mculu

Women's Day, observed on August 9th every year, is a global celebration of women's achievements, progress, and resilience. It serves as a reminder of the ongoing struggle for gender equality and highlights the remarkable contributions of women in various fields.

Women's Day, celebrated annually on August 9th, has a rich history dating back over a century. "National Women's Day South Africa is celebrated annually on the 9th of August. On this day, South Africa commemorates the day on which 20,000 women of colour marched to the Union Buildings in Pretoria to protest against amendments to the Apartheid laws" Anon., 2017.

Today, Women's Day is recognized and celebrated in numerous countries around the world. It serves as a catalyst to acknowledge the contributions and achievements of women in various fields, including politics, science, arts, education, and business. The day is marked by various activities, such as rallies, conferences, cultural events, and campaigns promoting gender equality.

Women's Day is an ideal opportunity to celebrate the remarkable achievements of women who have led the way in different spheres of life. "From political leaders like Fatima Meer Winnie Madikizela - Mandela, Albertina Sisulu, Ruth First, these women have shattered glass ceilings and inspired future generations" Anon., 2017. Their stories serve as a reminder of the immense talent and potential that women possess.

Women's Day also offers a chance to acknowledge the progress made in advancing women's rights and representation. From securing the right to vote to breaking barriers in traditionally male-dominated fields, women have come a long way." The increased representation of women in politics, corporate boardrooms, and other leadership positions signifies a shift towards a more inclusive and equitable society" Anon., 2017.



Image Source: Supplied

THE SIZZLING SECOND INSTALMENT OF EBUBELENI, STUNS



By Bantu Ndiki

It was the second instalment of Ebubeleni fashion show when the social butterflies, media gurus, and people of Gqeberha arrived in style on the red carpet of the second annual 2023 Ebubeleni fashion show that was hosted at the Boardwalk International Convention Centre on the 12th of August 2023.

Attendees walked in different interpretations of the theme 'Royalty, we are African' others rocked the isiXhosa traditional textiles fused with modern style. All were welcomed at reception with a full buffet dinner, dining and entertained, by a saxophone live band.

The sassy Masasa Mbangeni together with Mhlobo wenene FM weekend show host Samora Mangesi opened the show with high energy as the official MCs of the program. They were dressed in the famous designer House of Chill. Other entertainers included Zuko SA and Ami Faku who gave live performances while the models walked the runway in elegant garments of the creative fashion designers of the Eastern Cape. The fashion began by hosting a designers' workshop and model casting before the actual show.

As part of the major sponsors of the event, Bathu was the brand that dressed all the models, fashion designers, and staff with all different designs and variety of colours. Sihle Champion of Alkebulan Designs won both categories 'Best Royalty Garment' and 'Best Collection 2023'. The event is one of the most popular Ebubeleni festival projects that building up towards the end of the year's biggest show. This forms part of Ebubeleni projects create employment in Nelson Mandela Bay and increase the bay's economy. These projects offer young and upcoming designers and models a platform to showcase their work and be recognized by investors and talent scouts in the industry.

The organizers are proud to be part of this initiative that provides such a big platform for young people of the Eastern Cape, and they believe it makes a difference in saving a child from resorting to crime due to unemployment and lack of opportunities. Instead, this program is for young people to be motivated and not give up on their dreams.

THE HEALTH EFFECTS OF TECHNOLOGY OVERUSE

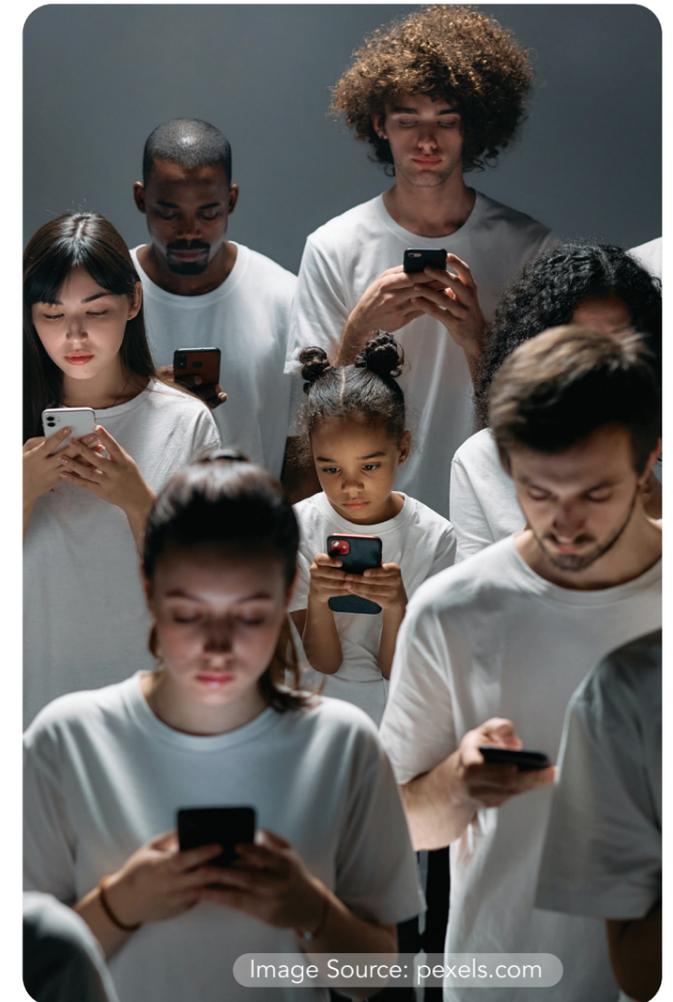
By Akahlulwa Radana

It is well known that the advancement of technology has greatly impacted our daily lives - both positively and negatively. The following article will enlighten readers about some of the psychological and physical health effects of technology overuse, as well as provide tips on how to develop healthy habits with technology

Overusing of mobile devices along with social media platforms have been linked to many physical health effects like the inability to concentrate insomnia, headaches, muscle and joint pain and poor posture, which over time can lead to musculoskeletal issues.

Handheld devices hold an individual's attention for long stretches of time, which may lead to eye strain, which in turn may trigger discomfort in other regions of the body such as the head and neck. Overuse or reliance on technology can have negative psychological effects like depression, anti-social disorder, and low self-esteem, anxiety, and ironically enough, isolation, as technologies like social media were intended to bring people together.

The world we have created within the internet has continuously drawn us further away from the real world and the real people in it. A study conducted in 2017 with young adults aged 19 to 32, indicated that individuals who frequently use social media are more than three times likely to feel socially isolated, compared to older generations who do not use social media as frequently. Isolation is closely related to anxiety and depression. Seeking measures to restrict social media use, like setting time limits



for certain social apps, may help people feel less isolated.

So, tear yourself away from the virtual world for a second, get some fresh air, stretch your muscles, connect with the people standing in front of you and you may find that you will feel different, both physically and psychologically.

TEN PAST FOUR LEVEL CHEST PAINS

By Phuthego Precious Nthoke

Heartbreak is something that we have all experienced, as the common expression used to indicate sadness/disappointment goes, 'I am heartbroken'. This is technically incorrect as the literal meaning would not fit the narrative created. So how do we explain the chest pains and emotions we feel?

Love and relationships amongst other things, can be the source of negative emotions that can result in physical pain, these emotions are influenced by hormones like adrenalin, noradrenalin, and cortisol. As university students, there are many factors that contribute to experiencing extreme physical and emotional stress, known as Takotsubo cardiomyopathy.

Takotsubo is a Japanese word describing a pot that is used by fishermen to trap an octopus. Takotsubo cardiomyopathy causes the left ventricle of the heart's main blood-pumping chamber, to expand and change shape. The main symptoms are shortness of breath, chest pains, feeling sick and heart palpitations.

A study in 2011 in the journal of Biological Sciences attributed social rejection, like your spouse/partner breaking up with you, as a cause for physical pain. Doctor Eric Ryden has found that heartbreak has neurological effects on an individual. Heartbreak or Takotsubo cardiomyopathy have similar symptoms to heart attacks, but unlike heart attacks, people usually have a fast recovery.

Complications experienced may include pulmonary edema, heart failure, death, blood clots, and cardiogenic shock. There is no cure for Broken Heart Syndrome. Some people are admitted to the hospital and monitored, and



Image Source: pexels.com

others cry it over while treating themselves to a bottle of wine and box of chocolates – it really depends on the magnitude of the heartbreak.

If your resident spouse breaks up with you, or one of your friends ever find themselves in that situation, do not tell them go get over it – science and biology have proven that heartbreak can cause physical pain.

You can help yourself or your friend by speaking kindly to yourself, changing the scenery, and going out for walks. Heart break syndrome can be severe, and as a university student, make sure you prioritize your career, yourself, and academics, to avoid severe consequences of your university spouse breaking up with you.

ARTIFICIAL INTELLIGENCE IN AGRICULTURE

By Phuthego Precious Nthoke

The words artificial intelligence (AI) are becoming increasingly common in our communities – this could be the results of the fourth industrial revolution or the many conversations that are being held to introduce AI and incorporate it into our lives and businesses.

For whatever reason, we cannot deny the impact that artificial intelligence has on our lives, from having AI integrated smart phones to parts of our electric vehicles. Every industry wants to incorporate AI into their business and subsequently their products and services, mainly because using AI saves time, and it is cheaper as it will be the one optimizing routine and automating processes and tasks.

AI is more efficient, and mistakes and human error can be avoided as long as it is set up properly. However, AI is still new, especially in South Africa, and will present many challenges and risks. Every industry is making use of AI, so why not use it in agriculture too? The agriculture sector in South Africa contributes to about ten percent of earning from exports.

Other countries have started integrating AI into their agricultural systems by having it monitor every crop field, and also acts an alert system. It is also efficient in giving an analysis of the overall health and performance of crops by considering all of the outside factors, such as weather, soil quality, stress, pests, and nutrient needs of individual crops.

AI can be implemented to monitor and take on the task of applying pesticides and herbicides, studying weather patterns and monitor soil patterns, all while adjusting itself accordingly. AI is a powerful tool that has the ability to create

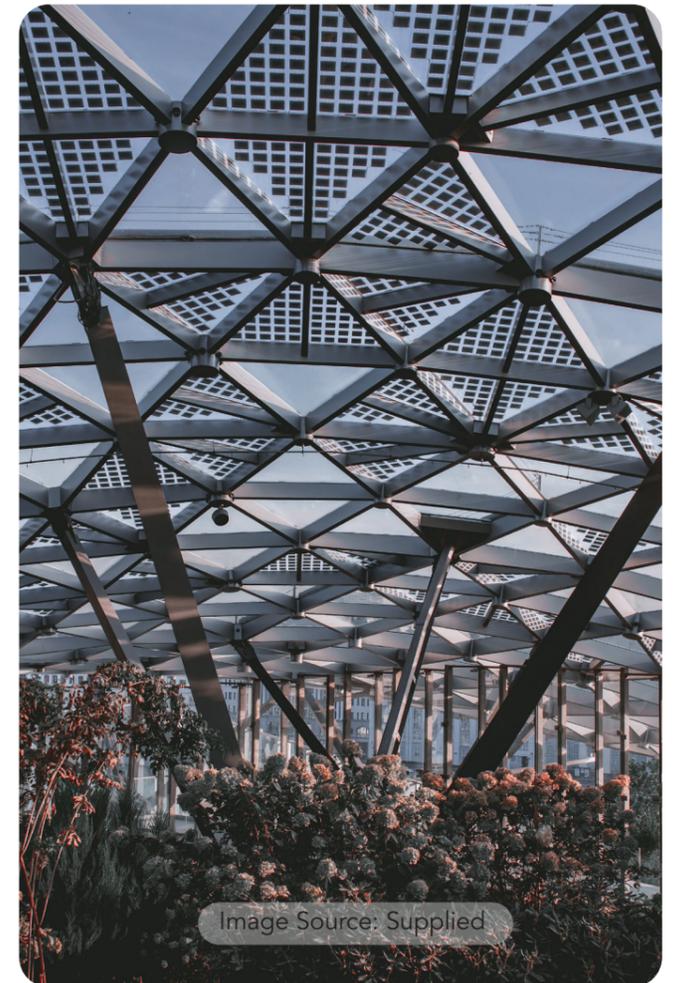


Image Source: Supplied

employment for trained individuals, and is able to make farming easier while yielding healthier crops and livestock. In South Africa, over two third of farming organizations have indicated that AI and machine learning have been useful.

The farming industry in South Africa is very much vast and diverse and with the integration of AI and machine learning, the agriculture-tech industry will grow and create employment, better resolve the issue of food security and many other problems in South Africa.

THE JOY OF CODING



Image Source: shutterstock.com

By Ashley Malepe

Coding is not just a skill – it is a superpower that can open doors you never imagined. Whether you're a tech enthusiast, or just curious, learning to code can be both immensely rewarding and incredibly fun.

In today's digital age, coding is the language of innovation. From designing websites, to crafting mobile apps and developing software, the possibilities are boundless. Having coding skills can give you the edge in a tech-driven job market, where every industry seeks tech-savvy individuals. Don't be intimidated! Learning to code is more accessible than ever. With a plethora of online resources, you can embark on this adventure at your own pace. Websites like 'Codecademy', 'Khan Academy' and 'freeCodeCamp', offer interactive lessons that break down complex concepts into bite-sized chunks. Even YouTube is a treasure trove of coding tutorials, catering to various skill levels.

If you're looking for a more structured approach, coding bootcamps and short courses are a fantastic option. Platforms like Coursera, Udemy and edX, provide diverse coding courses, from Python to web development. These condensed programmes offer hands-on experience and guidance from experts, making your learning journey smoother. Coding is the art of turning imagination into reality. As you code, you're essentially crafting digital worlds with endless possibilities. It's like painting with pixels and logic! Tackling coding challenges resembles solving puzzles, and the "Aha!" moments you experience are incredibly satisfying.

Coding isn't about getting it right the first time – it's about experimentation. You'll encounter bugs, errors and roadblocks. But each time you debug and fix, you level up. It's a journey of continuous improvement, and the resilience you gain, is applicable in every facet of life. In a world where technology shapes our daily lives, having coding skills is a crucial asset. Learning to code isn't just about the end result, it is about the joy of creation, the thrill of problem-solving and the doors it opens. So whether you're a student or young professional, dip your toes into the coding universe. Your future self will thank you for the skills gained, and the fun had along the way.

THE TRUTH BEHIND ENCRYPTION

By Ashley Malepe

In an era dominated by digital communication, the safety and privacy of information shared on social media platforms have become pressing concerns. The allure of encryption promises secure exchanges, but the reality might not be as straightforward. Is our data truly safe online? What happens when we delete a media file or a text? The answers to these questions reveal a complex web of technology and data management.

Encryption, touted as a safeguard for digital information, involves converting data into a coded form that can only be deciphered by authorized users. This provides a level of security against unauthorized access, but it doesn't necessarily guarantee absolute protection. Hackers and skilled individuals can find vulnerabilities in encryption methods, leading to data breaches that compromise user information. When we delete a media file or text on social media, the assumption is that it's gone forever. However, the reality is more intricate.

Deleted content often remains on servers or backups, making it possible to recover, at least temporarily. Social media platforms usually offer a grace period during which users can reverse deletions. Moreover, even after this period, skilled technicians might still recover supposedly erased data from storage systems. The reasons for retaining deleted content are multifaceted. It can be for legal compliance, in case of investigations or disputes. It might also serve as a backup, safeguarding against accidental loss of data. Additionally, data mining and analysis play a role – even deleted information can be valuable for understanding user behavior and preferences. The conundrum lies in the balance between user privacy and platform functionality.

While strong encryption is a necessary step toward safeguarding data, users must remain cautious about what they share online. The notion of social media information being safe and encrypted requires careful consideration. While encryption is a vital tool for data protection, it doesn't provide an impenetrable fortress. Deleted data may not be permanently erased, raising questions about the true extent of online privacy. Ultimately, maintaining a discerning approach to sharing information and comprehending the nuances of digital data storage is imperative in today's interconnected world.



Image Source: Sky News

BREASTSTROKE MAESTRO PUT TO TEST AT USSA GALA

By Full Stop Communication

Madibaz breaststroke exponent Dylan Botha, who is fascinated by the subtle complexities of the stroke, will put his technique to the test at the University Sports South Africa gala this weekend.

The 20-year-old is a member of the Nelson Mandela University team that will compete at the Newton Park pool in Gqeberha on Saturday and Sunday. Botha, who has also entered the odd butterfly event, has set himself the goal of clocking personal best times, which he hopes will ultimately help him qualify for the World University Games and Olympics. "Achieving those times is the plan for this season," said the mechanical engineering student.

"I'm happy to be coming off some good performances at the SA short-course championships, which I felt kept me on track to meet the qualifying standards for the World University Games." Botha took up the sport as soon as he was old enough to swim and quickly developed an intense love affair with the water. His first love was the butterfly but a troublesome shoulder eventually forced him to adopt a different stroke. "It developed a complication when I was 15 and from there I transitioned to a breaststroker," explained Botha, who grew up in Pretoria.

"As it turned out, I have grown to love the complexity and challenges that breaststroke provides as you aim to minimise drag. I think that comes from my passion for engineering." The year off during Covid had been a blessing in disguise as it reinvigorated his love for the sport, he admitted. This weekend he will compete in the 50m, 100m and 200m breaststroke events, the 100m butterfly as well as the 200m and 400m individual medleys. Heading into the USSAs, Botha and his team have been working on strength and specifically to use the kick more in the stroke. "Stroke efficiency is the main area



Image Source: Supplied

that is worked on in the pool," he explained. "Plus the ability to swim past your pain limit by improving mentally." He will need those qualities when facing his peers. "The quality of the performances at the USSAs is typically high as most of the top athletes in the country compete in the event. And everyone is trying to achieve the qualifying times to make the national team."

Familiar conditions in Gqeberha would be his closest ally, he believed. "For example, there will be no worries about what the starting blocks are like, or the water quality or temperature. I train in the pool and this knowledge will reduce stress." Madibaz Sport swimming manager Melinda Goosen said the gala would comprise men's and women's divisions with 110 swimmers from nine institutions competing. The programme includes individual events in all strokes as well as men's, women's and mixed relays.

UP-Tuks won the competition in 2021 and last year and the likes of Stellenbosch and Varsity College should field strong teams too. Goosen said most of the universities had grown in strength and therefore believed the gala would be fiercely contested. "From a Madibaz point of view, we have been able to enter a bigger team." Dylan Botha, Xavier Beukes and Abigail Swanepoel should deliver top results for the team, who will also aim to do well in the relays.

MATTHEWS KING OF THE FOREST!

By Full Stop Communication

Nedbank Running Club's Selwyn Matthews has pulled off the incredible feat of winning both forest runs staged on the Garden Route this year. The local athlete blitzed the field to win the George Madibaz Forest Run with Discovery Vitality half marathon on Saturday, bettering the second place he achieved in his debut outing last year.

Matthews' victory, in a time of 1:13:32, was made all the sweeter in that it came after winning the prestigious SPAR Knysna Forest Marathon in July. The women's 21.1km title went to Annarie Donald, who crossed the line in 1:34:30. The 10km men's and women's winners were Sicelo Mashaba and Melissa van Rensburg, while Khanya Matika and Tamsyn Simon took top honours in the 5km race. Hundreds of athletes turned out for the Madibaz event, which for the first time formed part of the Discovery Vitality Run Series, a programme of national races aimed at helping people stay healthy through physical activity. While the weather may have been on the cold side on Saturday, Matthews' run was anything but. From the start, he set a steady but rapid pace that ultimately proved too hot to handle for the competition. "After last year I told myself I needed to put in more work so winning this race is nice," he said.

"I wanted to win this race. I've always been with my running partner Lloyd Bosman but this year he wasn't there, so it was nice to win it on my own." Bosman, last year's champion, placed second to Matthews at the Knysna run earlier this year. It was a case of first time's a charm for Donald, a biokineticist from Hartenbos, though she admitted the win had come as a surprise. "There are usually girls who are faster than me but they weren't here," she quipped. She found the chilly weather to her liking but had to change her race strategy after learning that there were trails on the route. "I had planned to start slower and end stronger, but I realised that wouldn't work. So I decided to take the race as it is, going faster downhill if the terrain



Image Source: Supplied

wasn't too rough." As much as the presence of trails caught her off guard, they served as motivation to include more trail running in her programme going forward. Race director Hugo Loubser believed the race had taken a significant leap forward. Aside from the new 10km race taking in tough sections of the forest, running on mountain bike single-track proved to be an inspired move. Loubser thanked Discovery Vitality for being a partner that understood the value of exercise. "We are willing to put resources into this event so it will be even more popular in the future. We appreciate all our stakeholders who ensured the Madibaz George Forest Run was a big success." His sentiments were echoed by Madibaz Sport director Vuyo Bongela, who looked forward to growing the race in partnership with the title sponsor. Mari Leach, wellness specialist at Discovery Vitality, explained that the series was part of the company's behaviour-change programme. "It supports small, local and heritage running clubs with the aim of helping them grow.

It also presents an opportunity to recreational walkers and runners to gain experience before taking on the longer distances. "The broader aim, she said, was to create a healthier society through increased physical activity. With the addition of races in George, Plettenberg Bay and Gqeberha in 2023, the series now consists of 17 public participation events countrywide. "We enjoyed the first race in George tremendously and loved to see people get active and have fun in the beautiful setting," Leach said. Vitality also valued contributing to the sustainability of running events. "Our partnerships are about making people healthier. We thank Madibaz Sport for our collaboration and look forward to further growing the running community."

THE CINDERELLA STORY OF LYLE FOSTER



Image Source: @Burnleyofficial

By Josh Matthews

Despite being dubbed as an “outcast” by self-acclaimed football enthusiasts online, Bafana Bafana and Burnley Football Club striker, Lyle Foster has continued to inspire confidence that South Africa is still capable of producing quality footballers.

The Sowetan striker, named among English newspaper, The Guardian’s top 60 most promising young footballers in the world in 2017, has since shown his class on the European stage. Foster’s debut season in the English Premier League could not have gotten off to a better start, with the striker registering two goals in his first three appearances against Aston Villa and Tottenham Hotspur.

The same Foster spectators see gracing the English top flight was a regular victim of criticism from pessimists and ‘couch coaches’ at the genesis of his football career. He received a considerable amount of stick after he emerged onto the scene as a first-team player for Orlando Pirates as a 17-year-old in 2017. Media critiques were swift to place judgement on the teenager, insinuating that he had no place on a football pitch. Foster, however, displayed immaculate maturity in silencing the noise surrounding his performances and remained focused on his growth.

Dedication to his craft earned him a move to French giants, AS Monaco in 2019, succeeded by loan and transfer moves to Cercle Brugge, Vitória SC Guimarães, and Westerlo. The 23-year-old then nestled in under the expertise of Vincent Kompany at Burnley FC, in 2023. “He must just keep growing and learning, I am proud of him and just want to see him keep growing,” said Al Ahly and Bafana Bafana forward Percy Tau. Foster remains at the summit of Bafana Bafana coach, Hugo Broos’ plans ahead of next year’s Africa Cup of Nations in Côte d’Ivoire.

MADIBAZ BOW OUT OF GRAND CHALLENGE CUP

By Siyolise Gqongwana

An uncharacteristically sluggish performance cost Madibaz Rugby a spot in the semi-final of the Grand Challenge Cup.

Having gone all the way to the final in last year’s campaign, David Manuel’s side had hoped to repeat a similar feat when they took on Gardens Rugby Club on September 2nd. But a gritty showing earned the Uitenhage club a 27-24 victory over Madibaz.

With last year’s quarter-final defeat to Madibaz still fresh on the minds of the Gardens faithful, an eerie feeling of déjà vu was looming at the Madibaz Stadium as kick-off approached. However, the feeling quickly vanished when the guests scored the first try of the game following a swift backline move in the 3rd minute.

Having missed the subsequent conversion, the Gardens flyhalf responded with a successful penalty just 10 minutes later. A lackluster opening 25 minutes finally came to an end as Madibaz began gathering a bit of wind on their sail. After camping in the opposition 22-metre line for several phases, two tries and a penalty finally gave the home crowd something to cheer as Madibaz came off halftime with a slender 17-16 lead.

The tension on the field became evident when tempers started flaring at the beginning of the second half. The home side tried to keep the momentum going, but a lack of execution in the final third left the game hanging in the balance.

As the game drew to a close, Gardens began capitalizing on a spate of Madibaz handling and set-piece errors – eventually scoring two

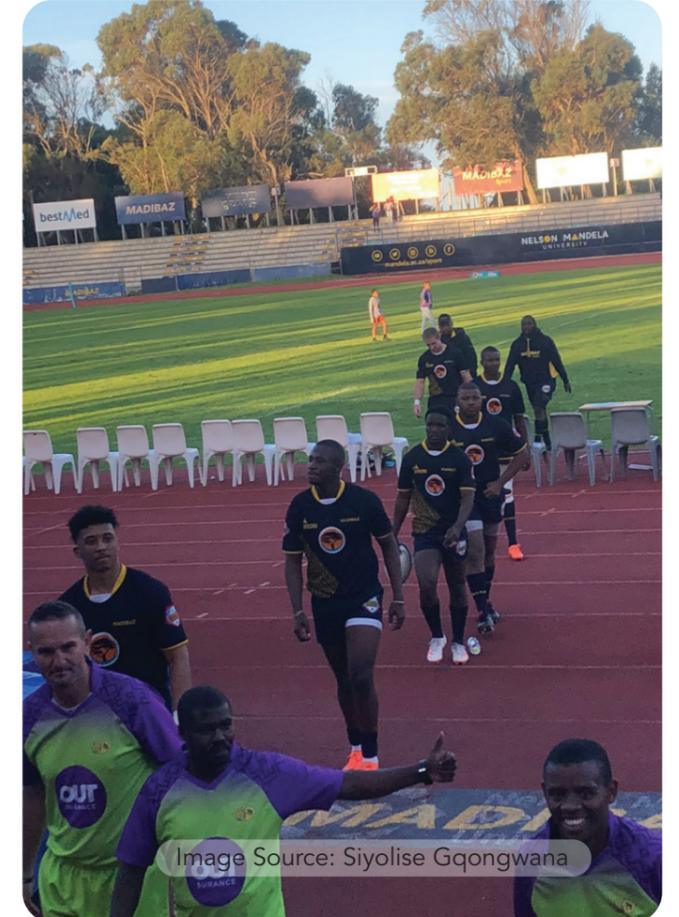


Image Source: Siyolise Gqongwana

tries that put them in a reasonably comfortable position.

In a late push for a comeback, Madibaz pulled a try back in the closing stages, but the away side kept the scoreboard ticking with a penalty. The final whistle not only spelled the end for Madibaz’ journey in the local tournament, but for their 2023 rugby season as a whole.

For now, it is back to the drawing board for Manuel and co as they reflect on a rather underwhelming season. On the contrary, a 30-minute trip from Uitenhage turned out to be worth the trouble for Gardens’ supporters.

MADIBAZ NETBALL RETURN FROM TOUGH VARSITY NETBALL CAMPAIGN



Image Source: Madibaz Sport Instagram

By Aphiwe Bonga

The Varsity Netball tournament commenced on the 20th of August. Madibaz Netball started on the backfoot as they faced two strong opponents in their opening matches. The ladies lost the first two games to the University of Free State and the University of Witwatersrand, respectively. Losses to the University of Johannesburg (UJ) and the University of Pretoria (UP) soon ensued.

Regardless of a 4-match losing streak, all hope was not lost. Madibaz finally managed to register their first win of the tournament against the University of Western Cape on August 28th - with captain, Mothira Mohammed, being crowned as player of the match. Mohammed played a vital role in keeping things tight at the heart of the defense. In a post-match interview, she mentioned that the team made better decisions and played at a slower pace – which she feels was the catalyst in getting the result.

During the final quarter against North West University, Madibaz pulled up their socks and showed resilience, scoring a few goals in the process. However, the ladies still fell short against the North West side who were recorded as the second leading team in the log standings. Later, Lana Krige's side lost their last game to Stellenbosch University with a final score of 31-62.

Although it could be perceived as an underwhelming tournament as a team, congratulations are in order for one of the top performing Madibaz players, Jeanie Steyn, who was selected for the South African team set to partake in the Fast 5 tournament in New Zealand in November. The final of the 2023 Varsity Netball campaign will be contested between UJ and UP on September 18th. Despite an early exit from the prestigious tournament, Madibaz will hold their head high having faced some of the best varsity teams in the country.