

AMANDA BLACK BRINGS HEALING SOUNDS HOME



Image Source: Photo supplied

By Gillian McAinsh

Gqeberha-singer/songwriter Amanda Black, is bringing her healing Afro-soul home on Saturday 1 March as part of this year's Mandela Bay Arts Festival.

Known for her soulful lyrics and compassionate tone, many view Black's music as a healing force. "I have truly been called for this music. Over and above healing those that consume my music, I myself find healing in the messages in my music, I find healing even when I perform,"

"I believe everyone has a voice and should always find courage to use it even when it's not popular to do so. Every voice matters. Everyone has got a story to tell." Black studied Music Education at Nelson Mandela University, graduated in 2013, and also won an Alumni Rising Star Award from the University. She describes her time on campus as playing a major part of her

journey as professional musician. "Most definitely [it] gave me the foundation in the basics of music itself," she says. She has sung since early childhood, start in church, later competing in talent hunts at school, which exposing her to stage performance.

In 2016, her breakout hit *AmaZulu* won numerous awards and propelled her into fame, later moving to Johannesburg and signing her first major record deal. Her star continued to rise, and in 2019, she was one of the most-streamed artists on Apple Music. Since, she has released three more albums: *Power*, *Mnyama* and the latest, *From My Soil To Yours*, in November 2023.

Rooted in the Eastern Cape, and born in Mthatha, raised in Butterworth, Black has developed a signature look of Xhosa facial art to reflect her heritage.

The Athenaeum is one of several venues for the Mandela Bay Arts Festival (MBAF), a multidisciplinary art showcase for the Metro, featuring music, poetry, theatre, comedy, dance and art. Its programme extends over 10 days, from Friday February 21 to Sunday March 2.

Jazzy sounds start and end the MBAF programme, with another former Nelson Mandela University student, saxophone star Lefa Mosea performing on Friday, February 21, in *Lefa Mosea* and the *Double Standards* at the Roof Garden Bar.

Book tickets online at www.mbaf.co.za

NEWS

4 Prof earns her flowers with inspiring fifty award

LIFESTYLE AND ENTERTAINMENT

6 Book list resolution

SCIENCE AND TECHNOLOGY

9 The brain's reaction to rejection

SPORTS

17 Judo session for Varsity Shield 2025

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LETTER FROM THE EDITOR

A very warm welcome back to all students, new and old, and welcome to the very first edition of Madibaz News 2025!

We are so excited to have you read our first body of work, and also for the year to come. Our team has put together a wonderful edition using inspiration from recent events, the holidays and the future to maintain your excitement and have you ready to embark on this New Year.

2025 brings new beginnings, new classes, new courses (for some), and new opportunities. It is a year to look forward to, and another opportunity for you to make your mark and make yourself proud! Sometimes new beginnings are a bit difficult and stressful, but that makes room to learn new habits that keep stress and difficulty at bay. Treat yourself this year, make sure that in everything you do, you put yourself, your body and mental health first, and everything will fall in place.

Thank you for joining us in welcoming another new year, and for your constant support of our editions, editors and hardworking journalists. We look forward to producing more fun, interesting and thought-provoking bodies of work this year – stay tuned by following us on all social media platforms!

See you soon!

Leigh-Nakeetah Jason

NELSON MANDELA UNIVERSITY HOSTS INTERGOVERNMENTAL CONFERENCE

By Vincent Meya

Nelson Mandela University, in collaboration with the South African Council of Graduates (SACGRA) hosted the second annual 'District Development Model Conference at the Ocean Science Campus' newest Science Centre Building.

The conference ran for three consecutive days in 2024, on the theme "Accelerating the Rewards of Viable Intergovernmental Relations to Communities/Citizens through the Government of National Unity", to continue the objective of promoting cooperation between the national, provincial and local governments, to ensure that policies and activities meet the needs of citizens.

The district development model was initiated by President Cyril Ramaphosa in 2019 in his budget speech, where he called for the rolling out of a new integrated district-based approach, which can address the already existing issues of service delivery, job creation and localized procurement that promotes and supports local businesses that involved communities.

The model is a practical intergovernmental relations mechanism that enables all three spheres of government to work together, with communities and stakeholders, to plan, budget and implement in unison.

Various stakeholders and government representatives attended the conference. Amongst them, was South Africa's Public Protector Advocate, Kholeka Gcaleka, who emphasized the importance of strengthening accountability and ethics through effective intergovernmental relations and the role of the public protector in enhancing good governance through consequence management in government.

President Bheki Stofile of the Local Government Association was also in attendance, and spoke about strengthening intergovernmental relations to improve local government and bridge the gap between municipalities, workers and traditional leaders. He also spoke on the challenges facing Nelson Mandela Bay, and the need to correct and confront politics.

Stofile emphasized the importance of the collaboration of all spheres of the government, of which the conference represented the three spheres. The South African Local Government Association represents local government, MECs from various provinces represent provincial government, and ministers represent national government.

The conference was a success; its convenor and founder, Mr Thamsanqa Maqubela was grateful to Nelson Mandela University for its support throughout the conference and events.



PROF EARNS HER FLOWERS WITH INSPIRING FIFTY AWARD



Image Source: NMU Media release

By Sisipho Toni

Professor Darelle van Greunen, Director of the Centre for Community Technologies (CCT) at Nelson Mandela University, has been honoured with the 'Inspiring Fifty' Award.

This recognition acknowledges her outstanding contributions to Africa's tech industry, particularly in leveraging technology to drive social change.

As a developer in her field, Prof van Greunen has demonstrated a commitment to utilizing technology to address societal challenges. Her leadership at the CCT has been instrumental in introducing community-driven technological advancements that enhance healthcare, education and overall quality of life. Her work has greatly impacted marginalized groups, empowering youth and women to enter the tech industry.

Prof van Greunen's research approach emphasizes community-centered methodologies, ensuring that technology solutions are tailored to meet the specific needs of users. Her collaborative leadership

style has awarded her the moniker 'People's Professor', underscoring the significance of engaging closely with communities to co-create technology solutions.

The CCT, under Prof's guidance, has established itself as a leading research entity in Africa, focusing on ICT solutions for African communities. Her work has been recognized through numerous awards, including the Commonwealth Digital Health Awards, and the National Research Foundation Innovation Award.

This recognition is a testament to Prof van Greunen's dedication to driving technological progress and societal advancements. Notable projects include the 'MHealth4Afrika' initiative, which leverages digital health technologies to improve maternal health outcomes. Her work inspires future generations highlighting the transformative influence of diversity and inclusivity in the tech industry.

2024 has been an awesome year for not only Prof van Greunen and the CCT, but also all they inspire. We can't wait to see what 2025 has in store!

SUMMER RAIN COULDN'T STOP METRO FM'S HEATWAVE



Image Source: Metro FM Heatwave Photo by Sinovuyo Bomvana

By Bantu Ndiki

The highly-anticipated 'Metro FM Heatwave' event took place at the Buffalo City Cricket Stadium in East London, and despite the summer rain, festival goers were undeterred.

The event, which featured a star-studded lineup, was a resounding success, with attendees dancing in the rain to a diverse range of music genres.

The contagious energy was palpable, thanks in large part to the dynamic MCs, Hlumela Qabo of SABC Tru FM and Khanyisa Poppy Tshali, who kept the crowd entertained throughout the day.

Festival goers, affectionately dubbed as "Festinos", were treated to an eclectic mix of music genres, ranging from pop, house and gospel, to gqom and umbhaqanga. The event was expertly organized by Metro FM, in partnership with the LGP Group, led by Luthando Bara. The attention to detail was impressive,

with tight security, organized entrance control, and an array of catering options available to the Festinos.

According to attendee Zimasa Ndima, "The rain will never stop us. We have always expected, and been ready to attend the Metro FM Heatwave every year. We missed it mostly after the COVID-19 pandemic."

The Metro FM Heatwave event has undoubtedly become a highlight of the East London events calendar, and 2024's instalment was no exception. Despite the inclement weather, the weather was a huge success, with attendees leaving with unforgettable memories, already looking forward to 2025's event.

As the Festinos would attest, "The Metro FM Heatwave is not just an event, it's an experience."

We look forward to the 2025 instalment, and know it will be as big a success, if not bigger!

BOOK LIST RESOLUTION

By Hlengiwe Phiri

Books are a beautiful way to run from the chaos of the world, into a literary destination where each chapter unveils new worlds beyond imagination.

From fiction to nonfiction, books are set to change your worldview and treat curious minds. Here's a short list of books to add to your shelf that will enhance your reading journey:

1. Mpoomy Ledwaba – popularly known as a speaker and YouTuber, shared her memoir 'How Did We Get Here (A Girl's Guide to Finding Herself)', in which she reflects on her life experiences, mistakes and life lessons. The memoir speaks of resilience, empowerment, and the pursuit for happiness. The book opens up discussions and encourages one to reflect on life and life choices. If you are looking forward to doing some inner work, and focusing on your wellbeing, this is a must read.
2. Koos Kombuis, a venerated figure, shared 'The Death of History' (an eyewitness account) with us to highlight the urgency

of sharing climate change messages. This is a climate change diary that carries warnings regarding the state of our world and climate change effects. This is a must read for all of us and a great way to stay informed on current environmental issues we face.

3. Trevor Noah graced us with his literary presence once again, this time with an illustrated book 'Into the Uncut Grass'. In this grass, Noah, a well-regarded public figure, takes us into a magical place through the lens of a boy. Exploring topics like sharing, connecting, finding peace with the people we love, and caring for one another, this book reminds of us ubuntu and the importance of having each other.

Bookstores and libraries are flooded with books aimed at taking us on a journey. Although this may be overwhelming, having a booklist eases the load. Adding to your booklist and canceling out books you have read is a great way of keeping up with content you consume. How does your booklist look for the new year?

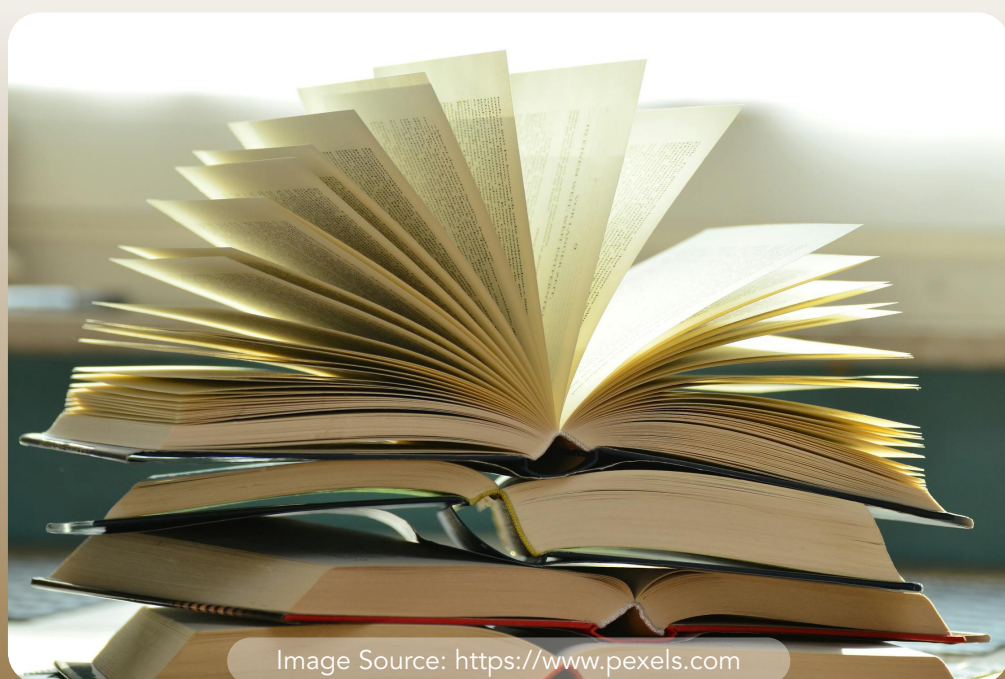


Image Source: <https://www.pexels.com>

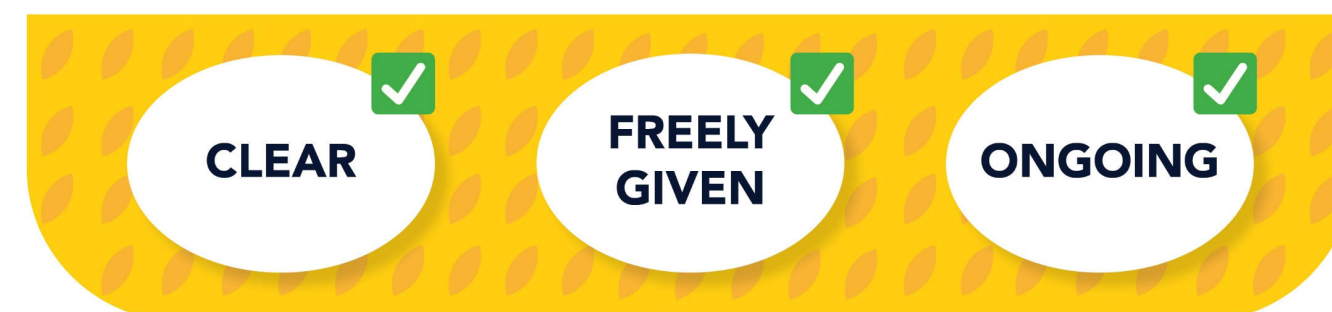
#2
MEMEZA!
ANTI-GBV CAMPAIGN

ZERO
TOLERANCE FOR GBV

ATTENTION

**ALL FIRST YEAR STUDENTS AND RETURNING STUDENTS
LET US WORK TOGETHER TO STOP GBV IN THE UNIVERSITY SPACE**

UNDERSTANDING CONSENT IN THE UNIVERSITY SPACE



01

What is Consent?



- An enthusiastic, **"CLEAR YES"** to engage in any activity.
- It is freely given without pressure, manipulation, or fear.

02

What Consent Is Not:



- Silence or the absence of a "no."
- Coercion, threats, or force.
- Given under the influence of alcohol or drugs.

03

Remember:



- Consent can be withdrawn at any time.
- Past consent does not mean future consent.
- Consent is required in all situations, including relationships.

- "If it's not a **"CLEAR YES"**, it's a **"NO"**."
- Respect boundaries. Ask for and give consent.
- Report incidents to the university's **TRANSFORMATION OFFICE** or **PROTECTION SERVICES** and access counselling and support services as needed.
- **Transformation Office:** 041 504 2326 or visit website below.
- **Protection Service:** 041 504 2009
- **George Campus Protection Services:** 044 801 5183 / 044 801 5050
- **Student Health Service (Clinics)**
- **Gqeberha Campus:** 041 504 2174
- **George Campus:** 044 801 5062
- **For Staff:** info@wellwork.co.za
- Know the policies protecting you against sexual violence or other relevant resources please visit our website.



PLEASE SCAN THIS CODE TO VIEW OUR WEBSITE

Transformation Office

ARTIFICIAL INTELLIGENCE, NOW ARTIFICIAL HEARTS?

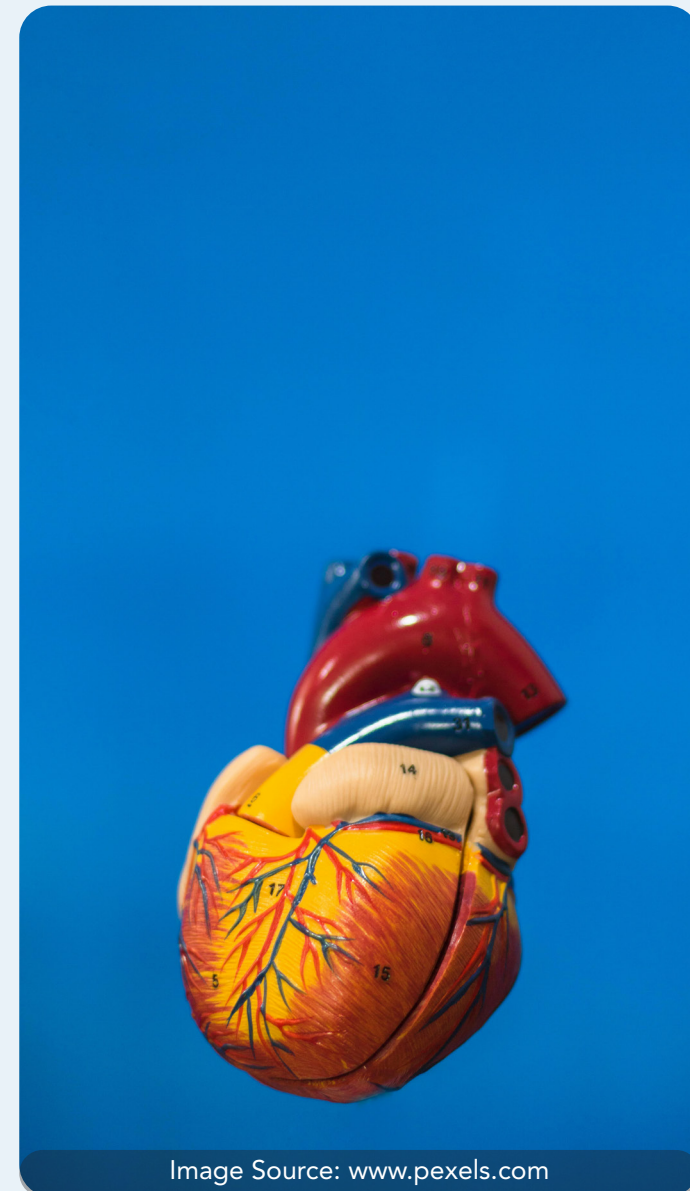


Image Source: www.pexels.com

By Phuthago Precious Nthoke

What if you could replace your heart to make the pain go away, by replacing the very same organ that harbors hurt, stress and anxiety? What if I told you that there's a Total Artificial Heart that could take away the pain, one that could make you feel numb. Wouldn't that be amazing?

Unfortunately, this version of the Total Artificial Heart is still merely a dream – it does exist, but

under different circumstance, to heal physically rather than emotionally.

To qualify for a Total Artificial Heart, you would need to have congenital heart defect or heart failure, as these conditions will affect how the blood in your system is pumped. This can lead to low blood pressure, the buildup of fluid, shortness of breath and difficulty laying down.

The Total Artificial Heart is a temporary solution while a patient awaits a heart transplant. In its natural state, it is a pump that replaces the damaged heart ventricles and valves. The ventricle is made from polyurethane, a material both durable and flexible. Once the artificial heart is placed in the chest, a machine called the driver, which remains on the outside of the body, controls how it pumps.

"We also expect these technologies to become cheaper as they become more widely adopted. This will make them more accessible to patients around South Africa and indeed the rest of the African continent, where heart transplantation is not an option for the overwhelming majority of patients because it simply is not available to them," said Dr Koen, Cardiac and Transplant surgeon.

As the first country to ever perform a heart transplant, South Africa has been exploring mechanical hearts since the 2000s. Experts have estimated that Total Artificial Hearts could eventually replace human heart transplants within the next 10 to 15 years. This statement, made in 2016, seems to be coming true. While it may not be the heart we want, it is the heart we need.

This is the right step in ensuring that everyone gets the treatment needed, especially those with failing hearts who cannot receive a donor heart.

THE BRAIN'S REACTION TO REJECTION



Image Source: www.istock.com

By Ayabonga Malima

We live in a world where rejection is an almost everyday experience. The feeling of rejection is common, as every adult or teenager has, at some point, faced it.

The type of rejection varies from person to person, such as being rejected by a friend, sibling, love interest, or even being turned down for a job position. According to a clinically reviewed article on Blog.com by Dr Chris Musonic, the feeling of rejection goes through five different stages:

1. Denial
2. Anger
3. Bargaining
4. Depression
5. Acceptance

When dealing with rejection, the brain processes it as a form of emotional pain. To illustrate this, imagine waiting in a long line at the ATM, needing to draw money for a night out, only to realize you stupidly brought the wrong card. The frustration of time wasted by a mistake that you made triggers a feeling of self-rejection

which sets off a series of neurological reactions.

Visual signals travel from the eyes to the cerebral cortex, where they are processed and sent to be stored in the hippocampus. The brain then activates the amygdala, the emotional centre, triggering feelings of rejection. The prefrontal cortex processes this emotional response, and releases stress hormones, like cortisol, heightening emotional pain.

The brain treats emotional pain in a similar manner to physical pain. The same regions are activated in both cases. The pain of seeing your crush with someone else could trigger the same feeling as getting severe chest pains. Over time, as we face more and more rejection, the brain can develop increased sensitivity to it, leading us to be more anxious and careful, in order to further avoid the horrendous feeling of rejection.

Practicing self-compassion and focusing on your own well-being is as important as physical health. By understanding how we react to feelings like rejection, we can better manage emotional pain and reduce the impact it has on our mental health and well-being.

TESLA HUMANOID – A LEAP FOR ROBOTICS



Image Source: emirage.org

By Baphiwe Yoyo

Elon Musk's innovative vision took a significant step forward as Tesla launched its highly anticipated Tesla Bot; A humanoid robot designed to revolutionize the robotics industry.

Unveiled at Tesla's 2022 Artificial Intelligence Day Event on 30 September, the Tesla Bot showcased advanced features that highlight its potential to enhance productivity, improve safety, and augment human capabilities. This cutting-edge technology is set to transform the way humans interact with machines.

The Tesla Bot, also known as 'Optimus' stands at 5'9" tall and weighs 125 pounds. It boasts impressive capabilities, like:

- **Advanced Autopilot Technology:** Leveraging Tesla's expertise in AI-powered driving, the robot can navigate complex

environments with ease.

- **Humanoid Design:** Ergonomic and adaptable, the Tesla Bot can perform tasks which require human-like dexterity.
- **Safety Features:** Equipped with multiple cameras, sensors, and neural networks, the bot ensures safe and seamless interaction with humans.

Musk emphasized the robot's potential to:

- **Enhance Productivity:** Streamline manufacturing, logistics, and healthcare processes.
- **Improve Safety:** Mitigate risks in hazardous environments.
- **Augment Human Capabilities:** Assist with daily tasks, freeing humans for more creative pursuits.

According to Musk, 'Optimus' is expected to be available to customers within the next three to five years. The robot is positioned to make robotics accessible to various industries.

Tesla employees demonstrated how the humanoid robot might function in future, including Tesla-designed actuators, the "muscles" of the robot, and adaptive robotic hands that will allow the robot to grasp and manipulate a wide range of objects. The prototypes are said to still be in development, including special batteries and actuators.

Tesla's bold entry into robotics underscores its commitment to innovation and sustainability. As the company continues to push boundaries, the Tesla Bot represents a significant milestone in the convergence of AI, robotics and human progress.



TOP SMARTWATCHES FOR SOUTH AFRICAN FITNESS ENTHUSIASTS



Image Source: <https://www.pexels.com>

By Baphiwe Yoyo

With summer being here in full swing, the only thing on a fitness enthusiast's mind, is those early morning and late afternoon jogs.

Tracking your progress and staying motivated is crucial, and a reliable smartwatch can be your perfect workout companion. Here are the top five best options for smartwatches for fitness enthusiasts, available in South Africa:

1. Huawei Watch GT 3 (R3, 015 – R 6, 999)

With up to 14 days of battery life, this watch is perfect for those who seek battery longevity. It offers heart rate monitoring, HarmonyOS integration, and GPS, making it an excellent companion for long workouts.

2. Samsung Galaxy Watch5 (R 3, 799 – R12 ,999)

Packed with features such as bioelectrical impedance analysis and a seamless integration with Samsung Health. This device also offers GPS, heart rate monitoring, and up to 50 hours of battery life. A perfect buy for Android users.

3. Fitbit Versa 4 (R4,699)

Affordable and stylish. The Fitbit Versa 4 offers features such a built-in GPS, a continuous heart

rate monitor, and 6 days of battery life. An essential fitness need for those not looking to break the bank.

4. Apple Watch Series 8 (R9,999 - R12,499)

For those who prefer to stay in the Apple ecosystem, this watch offers electrocardiogram and blood oxygen monitoring, GPS, and easy integration with your iPhone. An ideal choice for those looking to invest a bit more in advanced features.

5. Garmin Forerunner 955 (R11,999))

The Garmin Forerunner 955 is built for serious athletes. Precise GPS tracking, heart rate monitoring, up to 20 days of battery life, music storage and Bluetooth make this device the perfect companion for long training sessions.

Honourable mentions:

- Xiaomi Mi Watch Lite (R 999 – 1, 699)
- Oppo Watch (R5, 299)

Note: Prices may vary depending on the retailer and availability.

Choose the perfect smartwatch to elevate your fitness journey. Consider factors such as GPS accuracy, heart rate monitoring, and battery life when selecting your ideal companion.

LINK-IN TO LINKEDIN



Image Source: www.freepik.com

By Ayabonga Malima

It is amazing how a small platform in 2003, has transformed into an influential force around the world.

LinkedIn is a 21-year-old platform that was launched on 5 May 2003, as an idea formulated in the living room of Reid Hoffman (co-founder of LinkedIn) in 2002. LinkedIn is a professional networking site that has taken the world by storm. It is also globally recognized as one of the best marketing platforms.

According to data published by Statista in 2023, LinkedIn was ranked as the third most important social media platform, following Facebook and Instagram. The platform's audience has exponentially grown since its launch in 2003. According to Statista, the leading countries based on audience size as of April 2024, include:

1. The United States
2. India
3. Brazil
4. China
5. United Kingdom
6. France
7. Indonesia
8. Canada
9. Mexico

10. Italy
11. Spain
12. Germany
13. The Phillippines
14. Turkiye
15. Australia
16. Colombia
17. Argentina
18. South Africa
19. Netherlands
20. Pakistan

LinkedIn's largest audience is in the United States with 230 million users, making it the leading country in terms of market reach. South Africa also appeared on this list, reflecting LinkedIn's growing presence on the African continent.

In Africa, according to Statista, for 2022, the platform had 15.9 million in North Africa, 12.8 million users in West Africa, 10.8 million users in Southern Africa and 2.4 million people in Central Africa.

To put this into perspective, South Africa ranks in the top 20, with 13 million users as of April 2024. This goes to show the impact of LinkedIn on networking and connecting in South Africa, and across the globe.

LINKEDIN FACES COMPLAINT

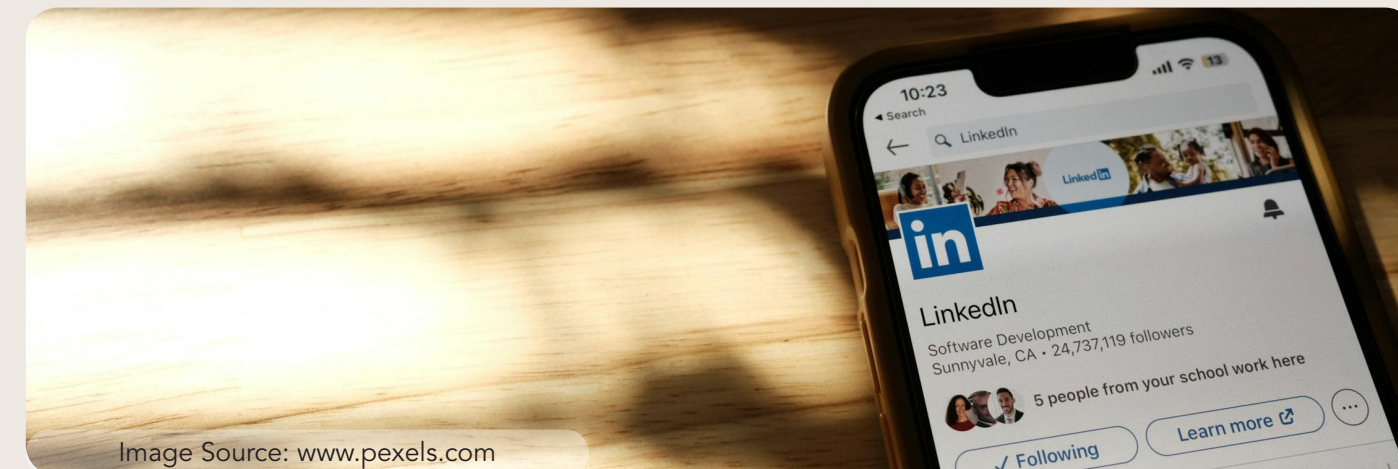


Image Source: www.pexels.com

By Mthetho Njube

LinkedIn is the world's largest professional network on the internet. It is widely used for finding jobs, internships, strengthening professional relationships, and acquiring skills necessary for a successful career.

This social platforms allows employees and employers to create profiles, enabling both parties to stay connected online in a virtual representation of real-world professional relationships.

However, in October 2024, LinkedIn faced a complaint filed by the South African Artificial Intelligence Association (SAAIA). The complaint follows after LinkedIn allegedly used data from its local users, without their consent, to train its artificial intelligent (AI) model, raising significant legal and ethical concerns.

SAAIA, founded in 2023, is an industry body, focused on promoting the responsible use of AI in the local South African Market.

SAAIA has called on the Information Regulator to investigate whether LinkedIn is violating South African law, by using user data to train their AI model. According to BusinessTech, SAAIA's main concerns are:

- LinkedIn's actions do not comply with

the lawful processing conditions outlined in Chapter 3 of Protection of Personal Information Act (POPIA)

- This practice likely constitutes an interference with personal information as defined in Section 73 of POPIA. Given the significant public interest, this matter warrants an investigation by the Information Regulator.

The Information Regulator spokesperson, Nomzamo Zondi, confirmed to News24, that they have received and are processing SAAIA's complaint. A decision will be made once properly assessed.

SAAIA has stated that it will await the Information Regulator's response before taking further action, according to Mail & Guardian.

According to Mail and Guardian News, LinkedIn faced similar criticism in the past over its data usage practices. LinkedIn considers user-generated content as the key resource for training its AI system. As a result, the LinkedIn privacy policy states that by subscribing to the platform, users give permission for them to use their data to improve the AI service without asking for explicit consent.

According to the Daily Mail, SAAIA will only pursue further action once they have received a response from the Information Regulator.

MTN SA PARTNERS WITH SATELLITE PROVIDERS

By Mthetho Njube

CNBC Africa reported that MTN, Africa's largest mobile operator, is exploring a partnership with Low-Earth-Orbit (LEO) satellite internet providers. This move is part of MTN's effort to expand internet access to rural and remote customers. Satellite internet presents a viable solution for connectivity across the African continent, the most notable provider being Elon Musk's Starlink.

In areas where terrestrial telecommunication infrastructure is difficult and expensive to deploy, LEO satellites provide high-speed internet. Therefore, MTN Group released a statement at the end of 2023, announcing its exploration of satellite internet solutions. Possible collaborations with Starlink and Eutelsat OneWeb, could enhance network resilience in areas where cellular infrastructure face challenges.

According to CNBC Africa, MTN CEO Ralph Mupita confirmed that the company is exploring several satellite options, and is excited to act as resellers, in order to bring these services to their customers across the continent. Mupita

emphasized that satellite technology should complement existing networks, enabling businesses and customers to stay connected.

This step has motivated network rivals like Cell C, to also investigate satellite options. Nqobile Dlodla of CNBC reported that Vodacom, owned by British telecom giant Vodafone, however, has partnered with Amazon's Project Kuiper satellite programme last year.

Mupita acknowledges the challenges that will accompany this great opportunity, but remains confident that MTN has positioned itself well in its key markets.

Starlink has faced some regulatory challenges in several other African countries, including South Africa, as well as some resistance from state-owned telecom companies. Therefore, South Africa's regulatory authority, ICASA, is working on a framework to regulate and license satellite internet providers.

Mupita believes that LEO operators should be treated on par with terrestrial operators, like MTN, to maintain a fair and competitive environment.



Image Source: www.pexels.com

COMBAT CLIMATE CHANGE



Image Source: www.pexels.com

By Phuthego Precious Nthoke

Climate change is a topic rarely taken seriously, despite its effects becoming increasingly evident. From flash floods, to heatwaves, extreme weather events signal drastic shifts in our climate.

According to the United Nations, climate change is the long-term shift in temperatures and weather patterns, driven by natural causes and anthropogenic activities, like the burning of fossil fuels.

Since 2022, South Africa has experienced significant shifts in weather patterns due to climate change, which affect both urban and rural areas. One example is the devastating floods experienced in KwaZulu-Natal, where heavy rainfall, equivalent to months of rain, fell within just a few days. This event resulted in the deaths of over 400 individuals, the destruction of homes, roads, bridges and many public

facilities. These particular floods were linked to higher temperatures in the Indian Ocean, which concentrated moisture in the region.

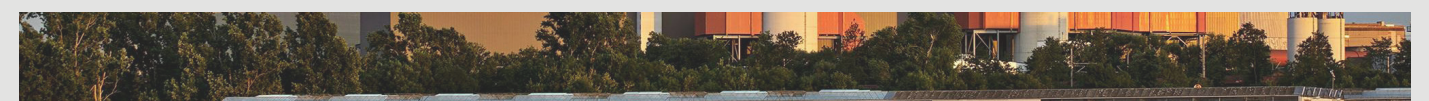
It is essential that we take action to combat climate change. You can start by supporting sustainable practices and choosing greener options. For more information, one could consult the United Nations Sustainable Development Goals, and consider getting involved with initiatives like the Green Campus Society to help make a difference.

Our collective efforts are vital to reducing the effects of climate change, and securing a better future for our planet.

In contrast, the Eastern Cape has faced severe droughts, as a result of reduced rainfall linked to shifts in the atmosphere circulation patterns exacerbated by climate change. The region has experienced heavy dry spells over extended periods, causing water shortages and a decrease in river and dam levels.

Currently, parts of Limpopo and Mpumalanga are receiving heavy rainfall, causing structural damage to many residences and buildings. These drastic events are just some examples of the rapid, dangerous changes in weather patterns across our country and the globe. It is no longer a distant issue.

It is essential that we take action to help slow the rate of climate change. Start by choosing the greener choice, and opt for sustainable practices. Familiarize yourself with the United Nations' 'Sustainable Development Goals', and consider getting involved in the Green Campus Society. Make a difference.



SCORCHING RUN LEAVES DETSHE YEARNING FOR MORE



By Fullstop Communications

Madibaz 5000m star-in-the making Amanda Detshe, scorched the tarta at the Eastern Province League track and field meeting over the weekend to book her ticket to the U23 national championships.

In her first competitive outing of the 2025 season, she broke the tape in 19:12:72, to come in well under the ASA qualifying time, 19:25:30.

While qualification is an important box to tick, the 21-year-old was left unimpressed with her effort after falling short of her expectation. Although she had left her opponents in the

dust, Detshe explained that she had run out of steam in the closing laps. "Even though I qualified, I know I need to keep working hard."

The law enforcement student said that she and her coach, former top-runner Leonardo de Villiers, would hit the practice field soon, armed with a training programme designed to keep lowering her season's best.

It has been quite the journey for the Detshe, who entered her very first race in Bizana, former Transkei, a decade ago. "I was so taken with the sport that I told myself I would never give up no matter what."

Detshe said that running was all about training the body and mind to overcome hard things, and likened it to a "form of meditation" Hence, athletes do not run because they "have to", but because they "love to."

De Villiers, who has been spotting and moulding talent as a coach for nearly three decades, begs to differ. He believes Detshe has a natural flair for the tough 3000m steeplechase discipline. "She joined my group of athletes eight months ago and has been working hard to improve her fitness,". As she was lacking in that department, it immediately became their focus area. They also introduced longer runs to build stamina.

In addition, the Eastern Cape Academy of Sport will put Detshe through a barrage of tests at the Madibaz High Performance complex to identify further areas on which she can improve.

Although still rough round the edges, De Villiers has her down as a podium prospect in the steeplechase.

Madibaz middle-distance runner Amanda Detshe aims to achieve a series of personal bests this season.

JUDO SESSIONS FOR VARSITY SHIELD 2025



Image Source: Varsity Sports

By Full Stop Communications

Judo sessions and daily team standards and culture workshops, have become the norm for Madibaz rugby coach Daniel Manuel, in preparation for the annual Varsity Shield Season.

The team kicks off their 2025 campaign against Varsity College in Durban, February 14, and have been at it from dawn to dusk to avenge their semifinal defeat from last season. They have been up from 06h30 daily, since assembling for their pre-competition camp on January 12, and outside of dining, have been living rugby, and nothing else.

"We have our judo sessions in the afternoon to get our guys mentally-resilient and physically tough. I think we've sometimes missed that on the field," Manuel explained. "Our 11am workshops are to make sure that everyone is clear on our standards and cultural pillars as Mandela University. There's a lot of education on what our weeks will look like during the season and how each player prepares."

Manuel starts the year without 10 of the mainstays who served him so well in the past few years. Players graduating comes with the

territory, however, the coach has been extremely strategic in replacing them with recruits who can fill their boots effectively, targeting first years who either have national academy experience, or played at provincial U21 level.

Coach acknowledged that this year's Madibaz squad was very young, but the more he saw of them, the more he believed he was on the right track.

Madibaz have the added advantage of training with, and playing against the Eastern Province senior team, coached by former Springbok mentor Allister Coetzee.

On Sunday, the students managed to put one over the provincial outfit winning 29-24. While they lost their opening warm up against the SWD Eagles the week before, Manuel said he had got what he wanted out of these fixtures. He added that the recent humid conditions in the Bay, had been a blessing in disguise since his players could expect much of the same in Durban.

"The boys are tired but they are a bunch of warriors."