

ARE SUPPLEMENTARY EXAMS TRULY A SECOND CHANCE?

By Ziggy Unam Motman

There are many who see supplementary exams as a second chance to redefine their academic journey. However, the discouragement that comes with qualifying for supplementary exams, especially for difficult modules, is seldom discussed.

When asked about this matter, Zanele Skipper, a third-year student mentioned "I do feel like this is just another way of an educator telling you [that you] have no choice but to repeat this module." She continued by saying "I would advise anyone who has a supplementary exam on those hard modules not to even think about writing it – rather repeat the module unless you are writing it as a sick test."

Another student who preferred to be anonymous on the 'Nelson Mandela University Group' group on Facebook shared how "down and frustrated" they were due to failing the supplementary exam they wrote in June 2023, further reflecting their concern for their bursary.

Most students not only lose their minds over books, during the exam season, but they must also face the fact that they have failed the exam. Their stress is exacerbated by returning from home, where they were collecting essential strength juggling life alone for months, only to wind up failing the supplementary exam.

I am not saying that supplementary exams

should not be an alternative offered to students but rather, we need to raise the voices of the students regarding matters such as their mental health as well as physical health during the exam period. Furthermore, in future universities could consider opening supplementary online exams, so that qualified students may write from home if they cannot make it to campus due to living far away.



Image Source: Pexels.com

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LETTER FROM THE EDITOR

A warm welcome back to campus! With recess having concluded, and everyone returning to campus, the hallways bouncing with exciting stories of the past few weeks, and everyone getting into the groove of their new timetables – it is easy to feel a mix of excitement, anticipation and maybe even a little nervousness.

The start of a new term always bring with it a chance for fresh beginnings, but it also means adjusting to new schedules, new lecturers and routines that can feel a bit overwhelming. Whether you are walking the same buildings and hallways, or even on a different campus, know that you are not alone in this journey. Take time to build connections, explore new interests and remember to always practice self-care. We've got the rest, we promise!

At MadibazNews, we are still very committed to being a resource of news and hub for entertainment. Our goal is still to keep you informed, inspired and connected to everything on and off campus. So please do enjoy our latest edition which features a culmination of work from our best journalists! They worked very hard throughout the exam season to bring you the best news.

As we move forward, remember that you have the support of all of us here, and each new day brings something worth looking forward to. Let's make this semester one of growth, learning, and moments of unexpected joy.

Here's to a great semester ahead!

Leigh-Nakeetah Jason
Editor-in-Chief

UNITY IN DIVERSITY: A WEEK-LONG CELEBRATION OF AFRICA

By Louisa Mkhabela

A celebratory echo of ululations, drums, chants, poetry recitations, as well as the aroma of African cuisine, filled the Nelson Mandela University South Campus atmosphere on 23 May 2025, as students, guests and staff members gathered to conclude Africa Week with a cultural showcase hosted by the famous 'Gqeberha: The Empire' actress Rorisang Mohapi.

The event featured traditional music and dance performances, poetry recitals, and food stalls with a variety of African cuisines, spanning from the East to the South of Africa. "My dream is to one day visit Nigeria to learn about their culture and lifestyle. Even though this might take me years to accomplish, I'm glad to say that I have experienced a glimpse of Nigeria from today's cultural showcase," said Noxolo Gaza, a student who was thrilled about the experience. "Such events are like a free ticket to other countries in Africa," she added, beaming with excitement.

Throughout the week, several activities were conducted, including multiple on-campus residences like Sarah Baartman Residence hosting a culturally-inspired fashion show. Lillian Ngoyi Residence also didn't shy away from the significant celebrations, as they gathered to showcase different cultures through dance, music, food and historical conversations.

The University, in collaboration with the International & Transformation Offices, also held two panel discussions about the state and future of Africa, featuring well-respected speakers like Advocate Simba Chitando, Professor Davids Bogopato, and many more.

The Africa Week celebration at Nelson Mandela University was a testament to the importance of preserving and appreciating the diverse cultures that make up the African continent, highlighting the university's commitment to

promoting cultural awareness, fostering a sense of belonging among students from diverse backgrounds. More particularly, international students from different countries in Africa.

The importance of such events, particularly in a country like South Africa, also known as the "Rainbow Nation," cannot be overstated. Events like Africa Day serve to break down barriers and promote people of different backgrounds to foster unity, and Nelson Mandela University has continuously and proudly played a pivotal role in nation-building through this annual celebration.



Image Source: Nelson Mandela University

MEDICAL SCHOOL HOSTS MICHIGAN STATE UNIVERSITY DELEGATION



Image Source: Nelson Mandela University

By Cinga Mgandela

A group of staff and postgraduate students from Michigan State University, including Dr Kenya Messer and Dr Matthew Wawrzynski, recently visited Nelson Mandela University's Missionvale Campus. This is Dr Wawrzynski's ninth visit.

Sharon Masiza, Senior Director of Missionvale, Second Avenue and Bird Street campuses, welcomed the visitors with open arms. She explained that this visit supports the university's 'Vision 2030' goal of building strong connections with both local communities and global partners. "Of all our seven campuses, Missionvale is closest to the community. That's important, because our focus here is on meaningful community engagement."

The visitors were given a guided tour of key parts of the campus, including the Medical School, the Medicinal Garden, and the INMED South Africa Aquaponics Site.

Dr Zithulele Tshabalala, Head of Human Biology and Integrated Pathology, explained the choice of location for the Medical School: "We could have built it in Summerstrand, but we chose Missionvale to be closer to the people we aim to serve. We want students from rural areas to

train here, then return home to help improve their health systems."

Dr Mea van Huyssteen, a senior lecturer in Clinical Pharmacology, led the group through the Medicinal Garden. "This is a joint project between the university and traditional healers from the area," she said. "It's used for teaching, research, and working with the community. Many of the plants come from the Eastern Cape, home of the Xhosa people."

The Michigan State University students in attendance were inspired by the visit. "We had the best time here, we felt so welcome. I've been very impressed by both how beautiful this campus is and all the community outreach that it does. I'm touched by how deeply the mission of connecting and serving the community is seen, even just in a couple of hours," said Theresa Murphy.

"It's been a wonderful experience being on campus today and hearing about the community engagement, student involvement, and overall holistic development of students in the greater community. We have been enjoying the week here." - Laurel McGerty, another student from Michigan State University.

NURSING SCIENCE CELEBRATES FIFTY YEARS OF EXCELLENCE

By Cinga Mgandela

Nelson Mandela University's Faculty of Health Sciences recently celebrated 50 years of nursing education through an event which brought together students and staff for a day full of pride, reflection, and encouragement. The celebrations included motivational speeches from alumni, faculty leaders, and current staff.

Dr Nolundi Radana, Head of Development of Nursing Science, opened the event by sharing what celebrating the 50-year journey meant to her: "It has been a journey of growth and change. We can't expect new results if we keep doing things the same way." She explained that the department had grown in tandem with South Africa's political and social changes; it now included students from diverse backgrounds.

Additionally, she stressed the need to teach in ways that respect and support all learners. "We must adapt to new technologies like artificial intelligence but never lose the heart of nursing: compassion and care," Dr Radana said on the future of nursing.

Lecturer and proud graduate, Karin Gerber,

shared her thoughts: "This milestone shows just how far we've come. Nursing may not always get recognition, but 50 years of graduates is something to be proud of." She reminded students that nursing is demanding, but full of opportunity. "You study and work at the same time, but the career options are endless. You can work in hospitals, clinics – even on cruise ships!" Gerber also pointed out how much has changed in the classroom which now include better equipment, modern simulation labs, and flexible learning options.

"This milestone reminds me of how education shaped my career. I've grown so much – from student to professional," reflected Sbongile Ntleko, a clinical lecturer and alumnus, on her personal journey.

This 50th anniversary served as both a celebration and a powerful reminder of how far nursing has come, along with sharing a glimpse of where it's going. With dedicated teachers, resilient students, and a strong vision, the Nelson Mandela University Department of Nursing Sciences continues to shape the future of healthcare in South Africa and beyond.



SCIENCE FACULTY SPARKS STEM INTEREST THROUGH OUTREACH PROGRAMME

By Cinga Mgandela

Nelson Mandela University's Faculty of Science, in collaboration with the University of Venda, recently joined the annual Vhembe Outreach Programme in their goal to interest high school learners in careers in the Science, Technology, Engineering and Math (STEM) fields.

Faculty members visited 5 secondary schools and interacted with over 3000 high school students, who had come from almost 20 secondary schools in the region. They shared fun science-based activities like experiments and interactive sessions aimed at sparking interest in science.

Besides teaching high school students about STEM fields, the outreach strengthened Nelson Mandela University's collaborative partnership with the University of Venda in their mutually shared interests in academic and community work.

"We did experiments and introduced learners to the qualifications offered at our university. It helps them start thinking about higher education, especially in rural areas where there

are limited resources to educate these learners about their higher institution options." - the acting Dean of the Faculty of Science at Nelson Mandela University, Professor Zeni Tshentu, in terms of the collaborative effort.

He added that, as part of its 2030 Vision, Nelson Mandela University wants to expand its reach beyond cities to become a university of choice for all communities in South Africa and across the African continent.

By connecting directly with learners, this kind of outreach programmes powerfully illustrate how science can inspire future leaders regardless of where they come from. To make this possible Nelson Mandela University has opened its doors to every interested student.

Finally, as every student knows, studies don't exist in a vacuum. Whether you're in Science, Education, or any other field, never underestimate the impact of showing up, sharing your knowledge and being a role model.

Outreach is not just about teaching others – it's also about growing as a leader, a communicator and a citizen of the world.



Image Source: Nelson Mandela University

ARE GBV CAMPAIGNS DOING ENOUGH?



Image Source: Pexels.com

By Kulungile Kanise

Not a day passes without a report that a woman has been killed, raped or abused. The sad reality about this femicide, is that it picks no age category, class or ethnicity. It seeks to ensure that women are wiped out. Question is, are we doing enough to create awareness, and more importantly, are we doing enough to protect ourselves?

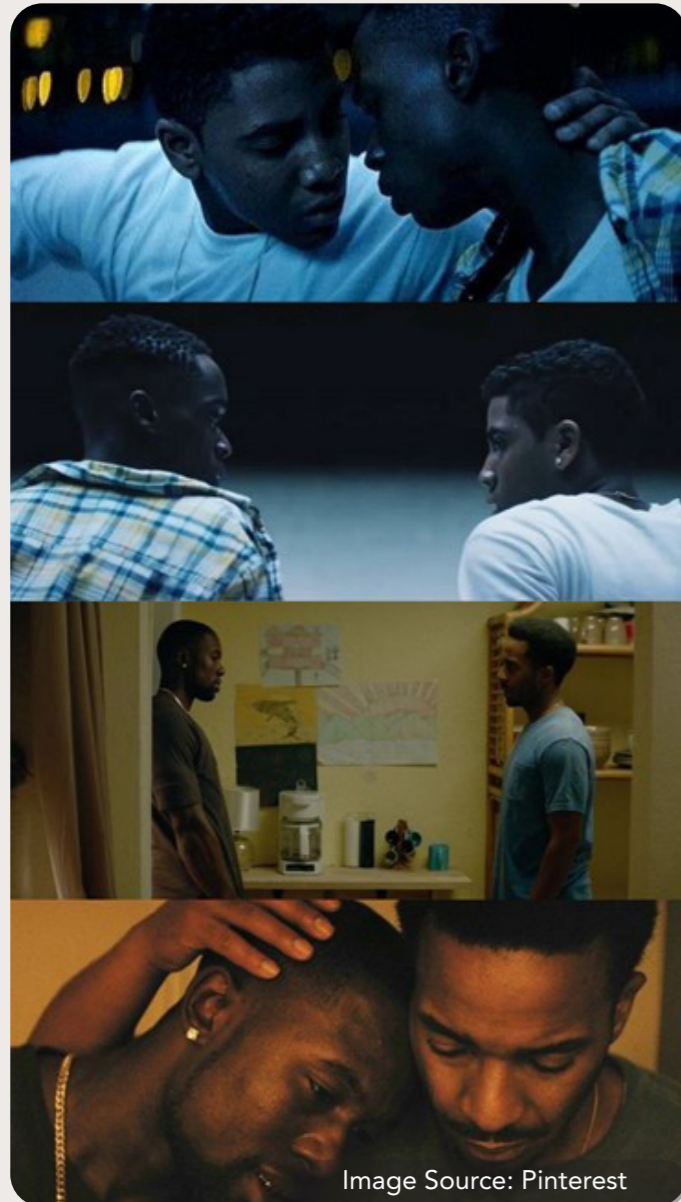
In reference to the #JusticeforCwecwe campaign, we noticed how the government is only willing to use resources when the case is viral, only when it has worldwide attention. Self-defence classes will be deployed, and awareness campaigns will be campaigning diligently, only because a case went viral.

On any other day, where a woman has been killed, the silence is deafening, thus defeating the whole purpose of awareness. Nokhuthula, who was murdered brutally, can never really get justice because her case will probably never be viral or heard of.

The whole point of awareness is to ensure people are aware of the dangers that are lurking in our communities so that we can find solutions to combat such dangers. Awareness should not be done once a month or when there is a viral case. Femicide is real and it is viciously taking our women and children.

In conclusion, our schools need to do better, the government needs to do better, and awareness campaigns need to better.

PERFORMANCE OF MASCULINITY (REVIEW OF MOONLIGHT)



black masculinity, identity and vulnerability. The film is told in three acts: Act. I *Little*, Act. II *Chiron*, and Act. III *Black*; these acts are significant as they also cover the three key portions of the protagonist's life: his childhood, adolescence, and adulthood.

At the heart of it all, this is a coming-of-age film about how society demands a performance of hyper-masculinity, especially from black men. Chiron, the protagonist, who doesn't fit this stereotype at first, is forced to reckon with the fact that in order to survive in his world, he must become what others expect of him.

The film is simple in a devastatingly human way; the scenes are not still as they breathe with the characters, silence between words are captured, moments of longing for acceptance are empathized, and the brutality of conformity screams at the viewers. Every frame, every moment, is intentional and well-thought out.

Moonlight doesn't provide answers for all the questions it brings up. Instead, it allows us to see the raw pain that hyper-masculinity in a patriarchal society causes boys and men. It invites us to ask: What does it cost a boy to become a man under the weight of silence, homophobia, poverty and emotional repression? And more importantly, what in line with bell hooks' call to liberate men from the constraints of patriarchal masculinity.

Moonlight becomes more than a film, it becomes an act of resistance. It dares to show that black boys cry. That they ache. That they need love. And that in the moonlight when no one is looking, they might just find themselves.

By Lindokuhle Msutwana

Who are you when you're not performing, when there is no one to impress?

Barry Jenkins' *'Moonlight (2016)'* takes a deep, introspective look into masculinity, particularly



CELEBRATING OUR SOUTH AFRICAN YOUTH

By Nthabeleng Mqakelana

Too often, stories about young people focus on how depressed, reckless, or "lost" the youth are. Whilst many young people indeed face serious challenges, unemployment being the most predominant, there is another side to the story. Across South Africa, young individuals are working relentlessly to survive, create, and uplift.

While these young people are actively rewriting the narrative, they are not celebrated nearly enough. Instead, the youth are often painted as irresponsible and lazy. This is harmful due to the power that this narrative carries. Constant exposure to negativity can drain hope and kill momentum. Recognizing and talking about young people doing great things can build confidence, inspire others, and remind us that greatness is not reserved for those who are well-known.

There are several young individuals making a difference.

Nonhlanhla Ndlovu is the founder of *Couture Culture*, a brand known for its beautifully crocheted clothing. With a sharp eye for design and a deep creative flair, she transforms yarn into elegant, wearable art.

Winner of the International Children's Peace Prize, and author of *Unapologetically Able: 25 Years of Living and Laughing with My Disability*, Michaela Mycroft is another young person making a difference. Living with cerebral palsy, Michaela uses her voice to advocate for people with disabilities, raising awareness about the challenges they face and breaking down harmful misconceptions.

Dr. Sandile Kubheka made headlines as South Africa's youngest doctor, graduating at the age

of 20 years from the University of KwaZulu-Natal in 2014. Now working at Grey's Hospital in Pietermaritzburg, he is committed to public health and passionate about serving rural communities, as this is where accessible medical help is needed most.

These are just a few examples of young people in our country who are doing meaningful and exceptional work, and are actively changing negative narratives about youth. Let's celebrate them and amplify their stories because they are doing the work and deserve the recognition.



Image Source: Getty images

IMPORTANCE OF YOUTH IN POLITICS

By Nthabeleng Mqakelana

On June 16, we commemorated Youth Day, honoring the bravery of the youth who fought against Apartheid in 1976. The MK party highlighted the importance of youth involvement in politics, emphasizing that retelling the stories of 1976 won't change the issues facing today's youth. Instead, we need to draw inspiration from the past to drive change in the present. Many young people are petrified by politics, believing it leads to violence. This perception has led to disengagement, with many feeling politics is not for them.

However, it's crucial for young people to take an active role in politics to shape their own futures. Empowering young people to participate in politics is key. By understanding how politics works, young individuals can drive meaningful change and improve their lives. As future leaders of South Africa, the youth play a critical role in shaping the country's direction.

The youth of 1976 showed remarkable courage and determination in the face of adversity. Today, we need a similar spirit of activism and engagement. By learning from the past and taking ownership of their role in politics, young people can drive change and create a better future for themselves and their communities.

As we commemorated Youth Day, we remembered the bravery of the past and drew inspiration for the future. It's time for young people to take their rightful place in shaping the country's direction. In doing so, they can ensure that their voices are heard, their needs are met, and their futures are bright.

Let's encourage young people to get involved, to learn about politics and to take an active role in shaping their own destinies. Only then can we truly say that we are honouring the legacy of the youth of 1976.



Image Source: Nthabeleng Mqakelana

MORE BANANA PEELS THIS WINTER



Image Source: istockphoto.com

By Ayabonga Malima

We have finally made it to the coldest season of the year, which means more and more people will find themselves spending time indoors rather than outdoors.

This season also sees many switching on their stoves and blenders more often to cook up a storm. Some of those storms will be packed with the vitamins and nutrients the body needs during these cold months, while others may lack the essential nutrients needed to help fight off the flu and common cold.

At the heart of staying healthy in winter, is a good, strong winter diet!

A good winter diet should include a healthy variety of fruits and vegetables. Take a banana, for example – a great source of vitamin C which helps to fight off seasonal illnesses. But there is more to a banana than just the sweet interior we love: their peels.

Most of us casually discard banana peels after

consuming the fruit, but these peels are actually a nutritional powerhouse that can benefit our overall health. Fresh banana peels are rich in protein, fibre, carbohydrates and lipids. In fact, banana peels contain approximately 4.77% protein, significantly more than the 0.3% protein found in the fruit itself. They also have higher levels of calcium (59.1 mg/100mg) and iron (47mg/100mg) compared to the fruit's 4-7mg/100mg calcium and 0.19-0.41mg/100mg iron.

The high dietary fibre in banana peels offers several health benefits, including protection against intestinal sores, constipation, diverticulitis, high blood pressure, gout, coronary heart disease, nephritis, diarrhoea and ulcerative colitis.

This winter, don't throw away your banana peels – they make up about 40% of the fruit's weight and are full of nutritional value. Instead of tossing them, consider baking, frying or boiling them, and enjoying them as a snack or side dish. You can even blend them into a smoothie!

HOT WATER BOTTLES: COMFORT OR CONCERN?



Image Source: istockphoto.com

By Phuthego Precious Nthoke

Hot water bottles have long been a girl's best friend. Whether you're dealing with cramps, sore muscles, or simply trying to stay warm on a cold night, a hot water bottle offers comfort in a natural and eco-friendly way. Though simple in design, these everyday tools provide a range of physical and emotional benefits.

One of the greatest advantages of hot water bottles is pain relief. Applying heat to sore or tense areas helps to relax muscles, ease stiffness and improve blood circulation – all of which can alleviate discomfort. They also offer a soothing sense of emotional comfort. The gentle warmth can help calm the nervous system, making it easier to relax, especially after a stressful day.

Hot water bottles may also aid in improving sleep quality. Placing one in your bed before you get in can create a cozy, inviting environment. The heat not only warms the sheets but also relaxes your body, helping you fall asleep faster and stay asleep for longer.

Despite their benefits, hot water bottles come with potential risks. Hazards include burns, leaks, allergic reactions, and skin irritation. The risk increase with overheating, aging materials, and improper use – especially for children and vulnerable individuals. To ensure safety, avoid boiling water, overfilling, and direct skin contact, and replace bottles every few years. Always use a cover and inspect your bottle before each use.

Expired or worn-out bottles can burst or leak due to rubber degradation. Cracks may form as rubber ages, even if not visible. Replace your hot water bottle every two to three years, store it properly, and never overfill it.

In conclusion, hot water bottles remain a trusted source of warmth and relief, especially for women managing cramps, muscle aches, or cold nights. Their affordability and natural benefits make them a valuable household item. However, it is essential to use them safely and responsibly. With careful and mindful use, they can continue to offer comfort safely for years to come.

HOW WEATHER IS AFFECTING STUDENTS' DAILY LIVES

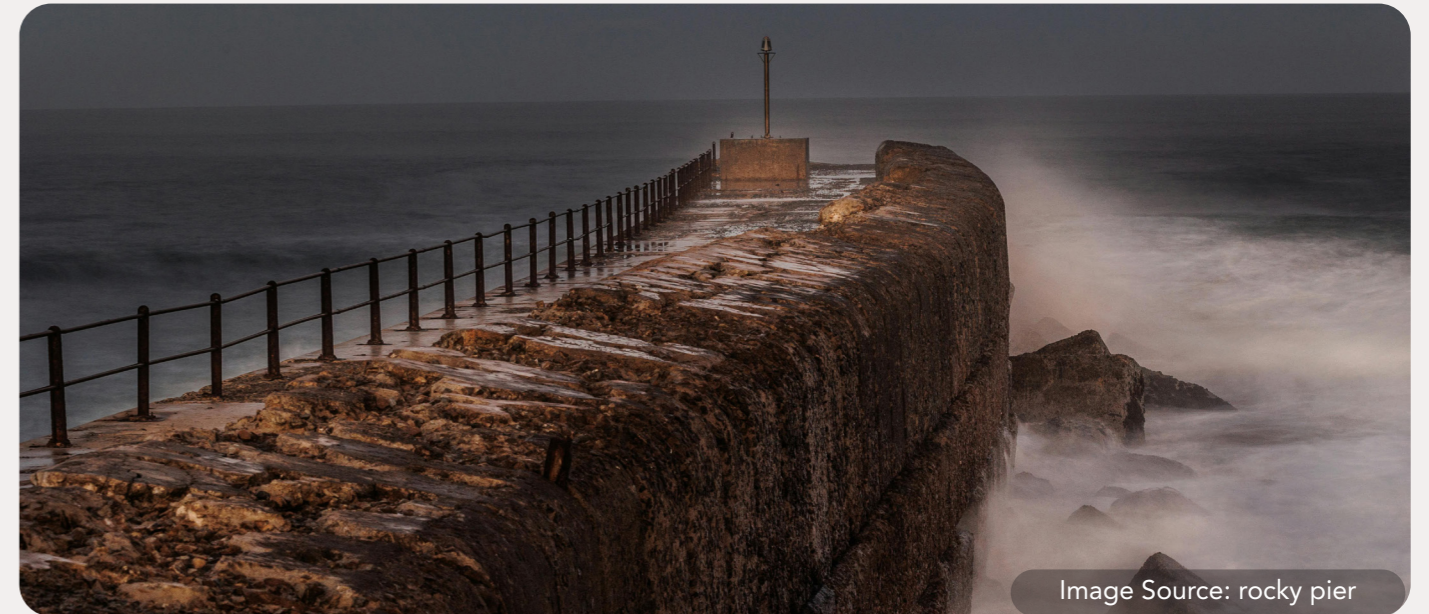


Image Source: rocky pier

By Phuthego Precious Nthoke

Climate change is having a clear and growing impact on South Africa's weather patterns. Our country is experiencing increasingly extreme and unpredictable weather due to global warming, and the effects are becoming harder to ignore, as evident in the erratic changes in temperature and rainfall.

South Africa is warming at nearly twice the global average, leading to more intense heatwaves, droughts and frequent wildfires. Coastal cities like Cape Town, Durban and Gqeberha, are particularly vulnerable to rising sea levels, storm surges and coastal erosion, threatening communities and tourism infrastructure.

University students are especially affected by these rapidly changing conditions. Shifts in temperature and humidity can trigger respiratory problems like asthma, sinus issues, and allergies, making it harder to concentrate in class. Joint pain or arthritis may also flare-up, and extreme heat or cold can also put additional strain on the heart, causing dehydration, headaches, and fatigue. These physical symptoms often impact students' mood and mental wellbeing, sometimes leading to heightened stress or

seasonal depression – especially during exam season or long hours spent indoors.

Continuous exposure to weather-related stressors can contribute to more serious mental health problems, such as anxiety and depression. Over time, weakened immune systems from frequent illnesses may also affect overall well-being and academic performance. Students should dress in layers, stay hydrated, manage stress, get enough sleep, and seek medical attention when needed.

In conclusion, the impacts of climate change and rapidly shifting weather patterns pose serious challenges for South African university students. These changes not only affect their physical health – through respiratory issues, joint pain, and cardiovascular stress – but also their mental well-being.

Should you feel mentally impacted, please visit your university's student counselling services. They are trained to support you on your mental wellness journey. Adopting healthy habits and seeking support when needed is essential to protecting your health, ensuring academic success and maintaining a good quality of life of a changing climate.

CLIMATE CHANGE AND THE PARIS AGREEMENT



Image Source: www.pexels.com

By Sonia Van Der Linde

On 12 December 2015, at the United Nations Climate Change Conference (COP21) in Paris, France, 196 parties signed an international treaty to collectively address the ongoing climate crisis. This historical event marked a turning point in international diplomacy, with majority of the countries on Earth pledging to put climate change at the forefront of global priorities.

Now, nearly a decade later, has this agreement actually made a significant and positive difference toward the efforts to fight climate change?

The main goals of the Paris Agreement is to limit global warming to below 2°C above pre-industrial levels, limit the temperature increase to 1.5°C, which has been determined to be the safest threshold to avoid the most catastrophic effects of climate change, and to hopefully achieve net-zero emissions, worldwide, by mid to late century.

Each country individually sets its own climate targets, called Nationally Determined Contributions (NDCs), which include plans to reduce emissions, as well as policies on climate adaptation, renewable energy, forest

management, etc. NDCs must be updated every 5 years, with a “global stocktake” occurring to assess collective progress worldwide.

The agreement does face many challenges, mainly being the fact that, despite it being legally binding, there is no enforcement, and countries do not face any penalties if the targets are not met, meaning the agreement relies solely on global cooperation and accountability. Despite efforts, global emissions are still rising, and many countries are not aligned with the goal to limit the temperature increase to 1.5°C, and with current policies, the world is on track to see a rise of 2.5°C to 2.9°C by the end of the 21st century.

Although many countries have managed to achieve net-zero emissions and are investing in renewable energy, there are still many countries – such as South Africa – who are falling short. By being heavily reliant on the use of coal to power the country, South Africa is unlikely to decommissioning coal plants anytime soon, meaning we are unlikely to meet the promised emission targets by 2030. The Presidential Climate Commission has acknowledged that despite the commendable policy commitments, South Africa’s efforts remain insufficient to meet the goals of the Paris Agreement.

THE GEOMETRIC TORTOISE IS FACING EXTINCTION



Image Source: turtleconservancy.org

By Sonia Van Der Linde

Hidden in the fynbos vegetation within the Western Cape region of South Africa, lives one of the world’s rarest and most unique reptile, the Geometric Tortoise (*Psammobates geometricus*). The small, approximately 15-18cm in length, tortoise can instantly be recognized by the incredibly striking yellow and black star-like pattern on its shell, which resembles geometric patterns, hence the name.

These small reptiles are herbivorous, feeding mainly on the leaves, flowers and grasses found within the fynbos vegetation. The colouring and pattern on its shell also creates an excellent camouflage, protecting it from mongoose and a variety of birds of prey and other predators.

Despite its unique adaptations, this reptile is rapidly heading towards extinction. Experts have estimated that fewer than 1000 individuals remain, only existing in a handful of protected areas, and has officially been listed as critically endangered on the International Union for Conservation of Nature (IUCN) Red List.

The primary cause for this drastic decline during the last century is habitat destruction

and fragmentation, where a once continuous habitat is broken into smaller isolated pieces, commonly due to anthropogenic interference.

Even though it is one of the most biodiverse biomes on the planet, fynbos regions are still not immune to human destruction, and is often cleared to make room for infrastructure, road construction and housing developments. Native fynbos vegetation are commonly also choked out by the unwanted presence of invasive species like Acacias, which outcompete native species for the natural resources. These invasive plants alter the ecosystem around it, reducing the availability of the native food source essential for the survival of the Geometric Tortoise.

Many conservation initiatives are working hard to keep this beautiful and rare reptile from going extinct, by focusing efforts on habitat restoration, fire management and removal of invasive species.

While several reserves exist to ensure the safety of the Geometric Tortoise, community vigilance and involvement and essential in keeping this animal safe and allowing its populations to recover.

IVESON WEAVES FOOTBALL MAGIC AT OLD GREY



when he took over in 2021. The 61-year-old coach brought along determination and years of coaching experience. This included a successful spell with Madibaz Football Club, where he helped shift focus to “holistic player development.”

His love for the game started early. “That’s when my love for football started,” he said, recalling playing from the age of nine. He went on to play for EP Currie Cup and had a semi-professional career with PE Blackpool and Callies.

His coaching methods were shaped in 2009, when he did a coaching exchange in Denmark. The exchange was arranged by former Danish national coach Roald Poulsen, who also had stints in Zambia and South Africa. Iveson then joined in 2015, with his side winning multiple SAB League playoffs.

He was quick to make his mark at Old Grey, with the club winning the Port Elizabeth Football Association (PEFA) Premier League in 2021 and the Knockout Cup in 2022. Even though they fell short in the playoffs, they bounced back to win the SAB League again and secured promotion the following year.

Having made promotion a central goal, Iveson praised the commitment of his squad, saying, “They worked incredibly hard on our processes, built a strong team spirit and maintained a high level of discipline on the field.” He also praised his coaching team, which includes Luigi Ciarroachi and Calvin Marlin, and thanked managers Mirko Pineda and Nicholas Myataza for their behind-the-scenes support.

By Fullstop Communications

Gqeberha’s Wayne Iveson had led Old Grey Soccer Club into the 2025/26 ABC Motsepe League, finishing a journey which began

Former Madibaz Football coach Wayne Iveson has once again proved he has the Midas touch by taking Old Grey FC to the ABC Motsepe League.

KARATEKAS RETAIN AFTER HUGE MEDAL HAUL

By Fullstop Communications

The karate team from Nelson Mandela University retained their University Sports South Africa (USSA) national title after an impressive performance in Durban.

Despite finishing second in both the full and semi-contact categories, the team earned enough medals in total to stay on top. The full-contact squad of 12 karatekas claimed six gold, three silver and seven bronze medals across kata, clicker and kumite events.

Meanwhile, the eight-member semi-contact team doubled their previous medal count with a massive haul of 24 medals. “After finishing third last year, our goal in the semi-contact division was to raise the bar,” Coach Adré Weideman said. “There’s always pressure when you have high-performing students, several of whom have national colours.”

She added that the team focused on quality over quantity. “Every member stepped up and won multiple medals, which made a huge difference.”

Months of preparation and strategic event selection played a big role. “The strategy was to compete in as many events as possible and target multiple medals per athlete,” Weideman added.

Full-contact coach Sango Mbinyashe praised the team’s resilience. “Being the defending champions added pressure but we never wavered. They showed tremendous skill and determination.”

Despite a shaky start on day one, ongoing tactical meetings led by Sensei Masixole George and Captains Sinazo Kunene and Busisiwe Ngwane helped sharpen focus for day two. “This victory is a stepping stone, not the final destination.” - Sensei Mbinyashe.

Top full-contact performers included the captains Sinazo Kunene and Busisiwe Ngwane, who each won multiples medals in kata and kumite. In semi-contact, Luchay Weideman, Arden Harris and Zeenat Lee led the charge, with Harris and Weideman also earning provisional SA squad selection for the FISU Games in Brazil.



NETBALLERS 'EMBRACE THE MOMENT' AT HOME USSAS



By Fullstop Communications

The Madibaz Women's netball team were excited to play on home ground as they prepared for the University Sports South Africa (USSA) tournament in Gqeberha, which kicked off on 30 June 2025.

The tournament was hosted by Nelson Mandela University South and North campuses, and featured 35 women's teams and 20 men's teams. The Madibaz Women's team competed in the Super Section, while the men's team competed in the Premier Section of Division A.

Coach Jeanie Steyn, a former Protea player, highlighted that it was the first time since 2014 that the university had hosted the event. "There is a sense of expectation in the camp," the coach had said. "Our wide network of supporters are thrilled to finally watch us play live." Despite the pressure of hosting, the coach viewed the event as a great opportunity for the team. "We were ready to embrace the moment."

Playing in familiar surroundings offered a distinct

advantage. The coach highlighted that knowing the venue, surface, and weather conditions removed any uncertainties allowing the players to focus on their performance. However, the competition was tough. This was because the Madibaz women were in a group with the top six teams in the country. Coach Steyn specifically mentioned their match up against the North-West University Eagles, who were familiar with the local conditions having participated in the Madibaz Netball Tournament for the last three years.

Preparation for the tournament was smooth, thanks for the presence of six players involved in the Telkom National League. This gave the coaching staff the flexibility to develop junior players and experiment with different team combinations. "It is a huge benefit from a coaching perspective," the coach mentioned.

The tournament was also a special moment for Kaylin Coetzer, who played her last USSA tournament in front of family and friends. "It is a special occasion for her." Coach Steyn had said "We were hoping to make it one to remember."

SMART FC IN TOP FORM

By Thandolukayise Shangase

Smart FC is turning heads and setting the paces in the Nelson Mandela University Campus Premier League 2025. Storming through the first leg of the season with six straight wins, the off-campus outfit has found its rhythm early, topping the table and making a serious statement of intent.

Having finished in 7th place in 2024, they secured their spot in the League Cup. This laid the groundwork for a major turnaround. "We had a poor season last year and faced the number two team in the first round. It was a tough match, and we lost to the better side," The head coach, Oyami Mboyi admitted.

Revenge was successfully paid at the opening game of the 2025 season, the Red walking away with three-point edging Kings FC 2-0. The team started the season with most of last season's squad, "This helps the chemistry of the team and understanding amongst the players is at its highest," the coach added.

"We played a lot of preseason games in

preparation for the league, but mostly it was to assess the players we had at the beginning of the year," The head coach mentioned, reviewing the pre-season including Campus Life.

He also commented on the pressure of being tailed by 2024 League Cup winners Hlasela FC, who sit 2nd on the log with 15 points, and the reigning league champs Claude Qavane in 3rd position, with 14 points. The head coach said, "We do not concern ourselves with our competitors until the week we are playing them." Smart is sitting at 1st position with 18 points.

With just 7 points and 0 goals separating them from matching last season's total, Smart is pushing for more. The dream is clear gold. Teamwork and consistency are what will keep the dream alive for the Smarties in upcoming games.

The Smarties look to stretch their winning run to seven when they take on 12th-placed PGSV on Sunday, 28 July. All eyes are on the Reds now, and they look unstoppable.



Image Source: Smart FC