

## COULD MARS BECOME HUMANITY'S NEXT HOME?



Image Source: shutterstock.com

By Sonia Van Der Linde

For decades, Mars has been the planet of choice for future human habitation amongst scientists. Mars, unlike the gas giants or frozen moons of the outer solar system, has many Earth-like characteristics: a 24.6-hour day, polar ice caps, and the presence of flowing liquid water on the planet's surface at some point in its history. But do the cons outweigh the pros? Could humans realistically inhabit this planet?

The challenges are immense. Mars has a very thin, carbon dioxide-rich atmosphere that exerts less than one percent of Earth's air pressure. In other words, we could not breathe on our own, and our bodies would not survive unprotected. Temperatures are another obstacle – Mars has an average temperature of  $-63^{\circ}\text{C}$ ,

and at night the temperature drops even more. Mars also receives solar radiation from cosmic rays, adding additional risks, as these forms of radiation have no shielding on Mars since there is no dense atmosphere or significant magnetic field to protect life.

Despite these threats, scientists are working on solutions. Habitats may be constructed underground or where they would be covered with Martian soil, both of which would serve to shield from radiation. Air and water might be recycled by advanced life-support systems, thus allowing to reduce reliance on Earth. NASA, SpaceX and other space agencies, as well as private companies are exploring space agriculture, by growing food in greenhouses on Mars through hydroponics, or possible utilizing Martian soil that has been processed to eradicate toxic chemicals.

Transport remains an issue. Depending on the planetary alignment, a trip to Mars would take six to nine months, and resupply missions would be costly and very uncommon. But robotic missions are already paving the way – for example, rovers like Perseverance are experimenting with oxygen production from the Martian atmosphere, which is an important step into sustainability.

Though a permanent Mars colony is likely still decades away, every mission takes us one step closer to turning science fiction into reality. Life on Mars will not be easy, but it may one day become humanity's greatest adventure.

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# MADIBAZNews

News for the students, by the students

Administrator

Sade' Prinsloo

Sade'.Prinsloo@mandela.ac.za

Editor-in-chief

Leigh Nakeetah Jason

s219919569@mandela.ac.za

News Editor

Megan Potgieter

s227222393@mandela.ac.za

Lifestyle and Entertainment

Zimi Nkungwana

s220861587@mandela.ac.za

Marketing

MadibazMarketing@mandela.ac.za

Sports Editor

Siyolise Gqongwana

s223501948@mandela.ac.za

Science and Tech Editor

Sonia van der Linde

s221333223@mandela.ac.za

Opinions Editor

Akahlulwa Radana

s224077732@mandela.ac.za

Graphic Designer

Mathew Motsomane

mattmotsomane@gmail.com

Follow us on social media



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## LETTER FROM THE EDITOR

Welcome to yet another amazing edition of Madibaz News!

With the year drawing to a close academically and preparations for exams and end of year submissions taking place, we understand the sometimes life can be a bit heavy – that's why we have compiled a selection of our finest articles for you to sit back with on your break.

From Mandela Day activities stretching over to Women's Month, local news regarding our very own students, stunning advancements in the world of the death community to understanding the concept of Alzheimers, Mars being our potential new home and education on rewilding while balancing local sports news, this edition has it all.

Thank you so much to our lovely journalists and editors for putting this together, this was one of the best team efforts.

Please keep your eyes peeled on our social media pages, as well as Nelson Mandela University's social pages in order to keep up with the local events for this month, as they are stacked! We hope to meet you at some, and wish you all the best for the upcoming busy period.

You've got this! Remember to pace yourself, be gentle but also balance in achieving everything you want to. The world is at your feet, not on your shoulders. Until next time!

Leigh-Nakeetah Jason

## GELVANDALE EMPOWERED WITH STEM LEARNING FOR MANDELA DAY



By Cinga Mgandela

In honour of Mandela Day and Nelson Mandela's enduring belief that "education is the most powerful weapon which you can use to change the world," Nelson Mandela University's Govan Mbeki Mathematics Development Centre (GMMDC) has taken a significant step to enhance STEM education for learners in the Gelvandale community.

On July 18, Govan Mbeki Mathematics Development Centre (GMMDC) representatives visited the Gelvandale Hostel of Hope to donate 13 Proline laptops and 7 tablets preloaded with CAPS-aligned MobiTutorZA software, alongside printed Teachers and Pupils Support (TAPS) guides. In addition, Grade 12 learners received printed workbooks designed to strengthen their preparation for the upcoming final examinations.

The donation is part of the centre's hybrid techno-blended learning model, which merges offline digital content with printed resources to provide accessible, interactive mathematics and physical science learning opportunities. The MobiTutorZA software allows learners to explore structured STEM content without requiring internet access, while the TAPS guides

serve as hands-on, curriculum-linked study aids.

To ensure the effective use of these resources, a training session was conducted for 15 "champion learners" from Grades 10 to 12, along with key staff members. These champions will lead a peer support network within the hostel, helping others navigate the technology and fostering a collaborative learning environment.

The initiative is especially impactful for Grade 12 learners facing challenges of exam preparation. By giving them access to interactive revision tools and structured study materials, the program aims to boost confidence, improve performance, and nurture a deeper understanding of STEM subjects.

Beyond academic support, the project seeks to equip learners with valuable digital skills, encouraging innovation and problem-solving capabilities vital for the modern world.

In keeping with Mandela Day's ethos of action and community upliftment, the Govan Mbeki Mathematics Development Centre's donation stands as a beacon of hope – reminding all that when education is accessible, it can open doors to new opportunities and inspire a lasting change.

## NELSON MANDELA UNIVERSITY LAUNCHES SOCIAL CONSCIOUSNESS MODULE



Image Source: Nelson Mandela University

By Cinga Mgandela

Student voices took centre stage at Nelson Mandela University's official launch of the Social Consciousness and Sustainable Futures (SCSF) module in July at the Digital Dome, Ocean Sciences Campus.

Born from the 2015 #FeesMustFall movement, the credit-bearing module is now compulsory for students in the Faculties of Humanities, Law, and Education, with plans to extend it to all faculties by 2027. It explores identity, history and social justice through an eight-part curriculum aimed at fostering critical thinking and curriculum transformation.

Third-year microbiology student Dipuo Seripe described the launch as "monumental" in marking a decade since #FeesMustFall. An assignment on clan names and heritage led her to uncover her own cultural roots, shifting her view of social issues from isolated problems to interconnected systems. "When we leave university, you don't know where you'll work. It's important to be conscious of the world outside your bubble," she said.

Electrical engineering student Lindokuhle

Madlala emphasized the value of personal and historical reflection, acknowledging that the module challenged his perspectives on gender and sexuality. "I now have a far better perspective – one that is informed and has removed my bias/" he noted, urging others to see social consciousness as fighting for a better future rather than aligning with political colours.

Vice-Chancellor Prof Sibongile Muthwa called the module "a concrete and decisive intervention" to embed Nelson Mandela's values in graduates. Dr Muki Moeng, Deputy Vice-Chancellor for Learning and Teaching, stressed its focus on student-centred learning, while faculty leaders framed it as a milestone in curriculum transformation.

SCSF project coordinator Thando Gwiba reflected on its activist origins, recalling how students first drafted the concept in 2015. "When our graduates go out there, they must change the world," he said.

More than a course, the SCSF is described as a space for reckoning, reflection and resistance – carrying the legacy of student activism into the heart of higher education.

## A UNIFIED APPROACH TO EMPOWERMENT

By Louisa Mkhabela

In August, the LeadHer Women's Empowerment program and Ebuhlanti: The Kraal Men's Leadership Program came together to host a women's day live podast titled "Real Connections: Navigating Healthy Relationships in A Changing World". Held at the Conference Centre on North Campus, the event featured guest speakers, Ulleta Marais, a social worker, GBV & Advocacy coordinator at the Transformation office, and Thando Madyibi, the Campus Ministry Director.

The annual event, hosted by Madibaz Radio broadcaster, Vuyolwethu Ndzwayiba, commemorated the historic women's march which occurred in 1956 at the Union Building where 20 000 women of all races marched against the pass laws for black people, drawing attention to the resilience of women and the emphasis of the message: "*Wa thint' abafazi, wa thint' imbokodo.*" (*You strike a woman; you strike a rock*)

The conversation started with the question of what it means to be a woman and went on to the challenges and perspectives of both genders in the university. Ms Marais emphasized the significance of women and men, defining

what safety means to them and that healthy relationships are not a privilege, but a right. She highlighted the importance of setting boundaries and reporting suspected domestic violence.

Mr Madyibi discussed the importance of building strong relationships with God, others and oneself. He emphasized four pillars for creating meaningful connections: searching for God's intention, esteeming others, building trust and honesty, and pursuing relationships with intentionality. He also stressed the need for universal safety applied equally to all individuals regardless of gender.

"Women have the power to provide direction to a man through their words of affirmation," said Teboho Mhlongo, a student and member of the Ebuhlanti program.

The event covered a range of topics, including how to eliminate negative patriarchy and stereotypes faced by women in society, the importance of knowing exactly what they want when entering relationships, and the importance of men going to therapy. The event showed the significance of women having their own table and the power of inviting men to the discussion so that both parties can empower each other.



Image Source: Nelson Mandela University

## ALL EYES ON BAY'S NEW BUOY

By Megan Potgieter

A collaboration for scientific research by eNsta Engineering, the Nelson Mandela University's Marine Robotics Unit (MRU), and the South African International Marine Institute (SAIMI) plans to make Algoa Bay more accessible, and revealing, through a locally designed and manufactured data collection buoy.

Beachgoers have been able to spot the yellow buoy – which will not only provide publicly accessible data while making a minimal impact on the environment, but will also provide research opportunities for Master's students across disciplines – anchored some distance off Shark Rock Pier in Nelson Mandela Bay.

The launch of this research buoy is the first of three planned for data collection in the Bay, affected with assistance from RV Observer, a research vessel of the South African Institute of Aquatic Biodiversity (SAIAB).

While there is an element of unknown about the project, seeing as it is still in its early stages

and owing to the often-unpredictable nature of the marine environment, enthusiasm for the initiative is high; everything from the design of the buoy, installation of the sensors and solar panels, and the chosen location of the mooring has been meticulously researched.

"We have done everything possible for a successful deployment, with a strong focus on utilizing local resources, ingenuity and skills development," says Andrew Young, director of eNtsa Engineering, an engagement entity of Nelson Mandela University.

Some of the information anticipated is towards the measurement of noise pollution, migration patterns and movements of local sea life, currents, wave heights, tidal range, as well as to build up an overall indication of the Bay's health.

"There are some 40 million people living along the Southern African coastline who rely on the ocean for their livelihood," Young says. "Information about changes in that environment is a vital part of planning for the future."



## THE MUFFLED TEARS OF UNFUNDED STUDENTS



Image Source: pexel.pictures

By Kulungile Kanise

Unfortunately, there will be no evidence that we tried our best if we fail. But what do you do when every path seems to end in failure? What happens when all the evidence stacked against you includes no allowance, mounting debts, exclusion from shuttles, and the constant, looming fear of eviction?

For many, these struggles remain a mystery, but for unfunded students, they are a daily reality – one that steals their sanity and chances for success. It is a reality that suffocates dreams of breaking generational curses and building generational wealth.

Each day brings new sorrows, making those aspirations seem ever more distant. One question persists: Who stands in the gap for

these students? Who dares to speak louder than the rumbling of their empty stomachs? So many questions, so many thoughts, yet so few answers. Few challenges these circumstances.

"We're doing the best we can," their trusted leaders say, diagnosing dying dreams with no effort to revive them. "Amandla!" they chant, only to grow quiet when real action is needed. They promise to be the "voice of the voiceless", but fall silent when these students are most under attack.

The silence is deafening compared to the quiet, muffled tears of this minority. These very tears become weaponized, turned into commodities for campaign season good enough for public image, but not valuable enough to truly fight for.

## YES WOMEN REST - THE POWER OF SAYING NO

By Katleho Mokone

In today's world, being busy is often viewed as a badge of honour. The more packed your schedule, the more valuable you seem. But what if rest, especially for women isn't a luxury or laziness, but an act of self-love?

From classrooms to households, and from offices to community spaces, women are expected to be constantly available, endlessly giving, and always productive. This pressure can be overwhelming. Being tired becomes proof of dedication. But should it?

Rest is not weakness. It's a declaration of self-worth. For generations, society has celebrated the "strong woman" - always working, always sacrificing. While strength is admirable, this version of it has become both a crown and a cage. It leaves little room for softness, stillness, or self-care. Saying "no" isn't failure, it's a radical act of self-preservation.

When a woman sets boundaries, she isn't walking away from her responsibilities, she is choosing to not be consumed by them. She is rewriting the idea that her value lies only in what she can give. And that is something we all

need to learn, not just for women, but for our entire society.

This shift is especially urgent in South Africa. Women here still carry the weight of historical inequalities, often playing key roles in both caregiving and leadership sometimes without enough support or recognition. In under-resourced communities, women are the backbone, but often at the cost of their own well-being.

Rest in this context becomes a powerful tool. It's not just about sleep, it's about space. Space to breathe, to reflect, to simply exist without having to justify it. Rest is where creativity is reborn, where mental clarity returns, and where joy can thrive.

As young people in South Africa, we must begin to challenge the harmful belief that worth is earned through exhaustion. We must build a future where rest is respected, and where people, especially women, are valued for how fully they live, not just for how much they give. Let's make rest part of our culture. Let's make space for softness and strength to exist side by side.



Image Source: [www.pexels.com](http://www.pexels.com)

## HEARING HANDS: EMPOWERING DEAF COMMUNITIES



Image Source: Nthabeleng Mqakelana

By Nthabeleng Mqakelana

We like to think of our society as inclusive, but a closer look often tells a different story.

Have you ever wondered how you would communicate with a deaf person if you ever encountered one? Is that truly what an inclusive society looks like? To address this, the Universal Accessibility and Disability Services hosted a sign language workshop in honour of Deaf Awareness Month, aimed at highlighting the daily struggles of deaf individuals, and teaching the basics of sign language.

One of the most critical issues discussed, was the education system. Many schools for deaf learners lack proper trained sign language educators. Although teachers may be well qualified, they often cannot effectively teach deaf students due to communication barriers. As a result, equality in education is not fully realized, and deaf learners frequently do not achieve the same academic outcomes as their hearing peers.

Communication barriers extend beyond the classroom. Deaf individuals born into hearing households often struggle to communicate with

family members who do not know sign language. The lack of patience and understanding can make everyday interactions frustrating. In healthcare settings, these challenges become even more severe, when someone is in pain, clear communication is essential, yet many deaf patients require an interpreter to be properly understood.

Ms Rululu, who led the workshop, emphasized the importance of learning sign language. While it is not easy, consistent practice leads to proficiency and bridges the communication gap. She also clarified terminology: "deaf" is the appropriate term, and any other words are offensive. Furthermore, since there are different types of deaf individuals, it is important not to criticize those who can both sign and speak, they may be "hard of hearing" rather than fully deaf. Facial expressions and eye contact are vital in the deaf community, as they contribute to meaningful interaction and a sense of inclusion.

The workshop was a powerful reminder that true inclusivity goes beyond assumptions, it requires effort, understanding, and a willingness to learn. By embracing sign language and respecting the deaf community, we can ensure that everyone feels included and valued.

## HER VOICE, HER STORY, HER POWER!



Image Source: Nthabeleng Mqhakelana

By Nthabeleng Mqhakelana

In August, South Africa celebrates women nationwide, commemorating the brave women of 1956 who marched to the Union Buildings in defiance of apartheid laws. On 9 August, the MK Student's Movement hosted a Women's Day event on campus to respect this historic occasion. The guest speaker was Ms. Andiswa Nika, the MKP Eastern Cape Election Coordinator.

In her address, she highlighted the challenges facing young women today. She pointed to teenage pregnancy as a key issue, noting that many young women become parents while still in school, which often leads to emotional and mental struggles without adequate support. She stressed the importance of women standing together, supporting, educating and uplifting each other because, as she explained, if women do not share their own stories, they risk being silenced.

Ms. Nika also urged young women to actively engage in women centered initiatives like awareness campaigns, protests and empowerment programs. She emphasized that

young people should not exclude themselves because of age, as they are the future leaders of society. Participate now, she argued, it will help build the confidence and courage needed to become fearless and self-assertive women.

Another important theme of her speech was unity. She expressed concern about the competition and blackmail that often occurs amongst women, which weakens solidarity. She encouraged a shift in mindset, advocating for women to uplift one another instead of competing, and to use digital platforms as spaces for connection, dialogue and empowerment.

Ms Nika drew inspiration from the women of 1956, reminding the audience that their victory was achieved in the midst of apartheid, without access to the internet, but through unity. She urged today's generation to learn from that legacy, noting that women remain strongest when they stand together.

Her message left a clear call to action: solidarity, sisterhood and collective empowerment remain essential for addressing the challenges faced by women today.

## TIME TO RETIRE THE CAPES?



Image Source: Wong, E

By Riley Meyer

The Marvel Cinematic Universe (MCU) is at a crossroads. Since *Avengers: Endgame*, the franchise has felt different, with the departure of beloved characters like Tony Stark and Natasha Romanoff leaving a void. The shift towards Disney+ series and new characters hasn't quite resonated with fans, and several films have underperformed at the box office.

The decline in visual effects quality is also concerning, especially given the rapid advancements in technology. Films like *Thunderbolts*, which struggled to break even, raise questions about the franchise's sustainability. It seems that Marvel is prioritizing quantity over quality, and fans are taking notice. However, the return of Robert Downey Jr. in *Avengers: Doomsday* has sparked excitement amongst fans. His presence could be the nostalgic spark the franchise needs, to reignite its former glory. Marvel needs to take a step

back and reassess its approach, focusing on storytelling, character depth, and cinematic quality that made the franchise a phenomenon.

With great power comes great responsibility, and Marvel needs to listen to its fan and adapt to the changing landscape. The key is to find a balance between innovation and nostalgia, ensuring the MCU continues to thrive for the right reasons. Maybe it's time to rethink how they are wearing those iconic capes, but retiring them altogether is definitely not the answer.

The MCU's future depends on its ability to evolve while staying true to its core strengths. By refocusing on quality, character development, and storytelling, Marvel can recapture the magic that made the franchise so beloved. The upcoming *Avengers: Doomsday* could be a turning point, and with Robert Downey Jr.'s return, the franchise might just find its way back to greatness.

## SPRING FEVER: FACT OR FICTION?

By Ayabonga Malima

Finally, the warm season of spring is upon us, leaving the cold winter behind. However, along with the beautiful weather, comes the much-debated concept of “spring fever”. Is spring fever really a thing, or is that just a myth?

While the debate has never reached a firm conclusion, one fact is clear: spring brings noticeable changes to mood, behaviour and even physical appearance. The mood shift is due to the change from gloomy, freezing winter days to brighter, warmer spring ones. Scientifically, this shift can be explained by the retina – the inner layer of the eye connected to the brain through the optic nerve. The retina detects the increase in sunlight during spring and signals the brain which then adjusts the production of melatonin, a hormone that regulates mood and sleep cycles. As melatonin levels shift, people

often feel more energized and positive.

With mood changes, come shifts in behaviour. Warmer weather and more time outdoors naturally boost activity levels and social interactions. Sun exposure also stimulates the production of testosterone in men, and oestrogen in women, which can lead to an increase in libido during springtime.

These behavioural changes can even extend to physical ones. For instance, the hair growth cycle, specifically the anagen phase (the active growth stage) can speed up in spring compared to winter, due to increased sunlight exposure.

Whether or not spring fever is a scientifically proven condition, there is no doubt that your body and mind benefit from the arrival of the new season.

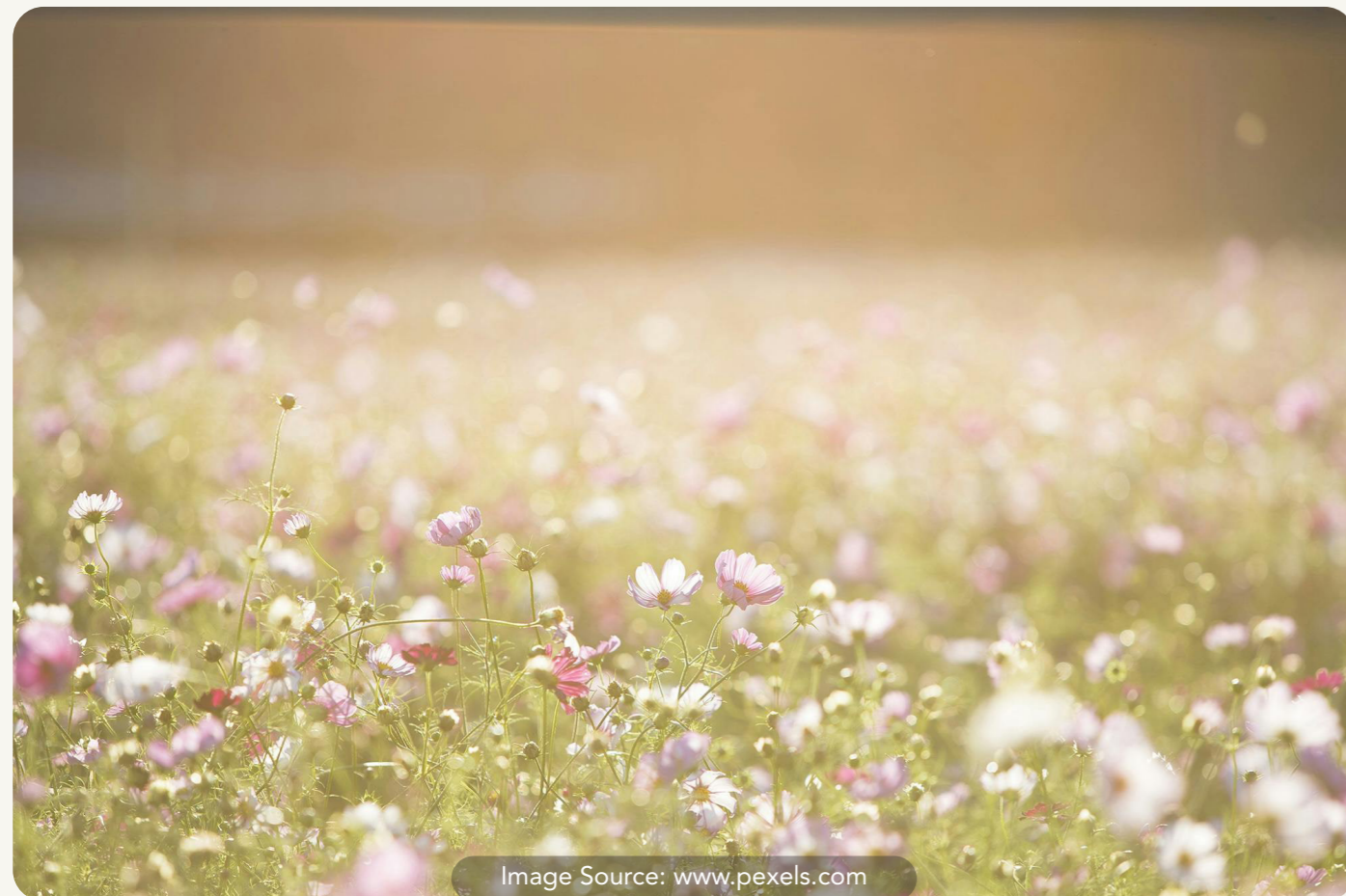


Image Source: [www.pexels.com](http://www.pexels.com)

## UNDERSTANDING ALZHEIMER'S



Image Source: [istockphoto.com](http://istockphoto.com)

By Ayabonga Malima

“Alzheimer’s? Me? That’s an old people thing”. For many young people, the term Alzheimer’s disease sounds like a distant medical condition that only affects the elderly. But this belief is not entirely true. While Alzheimer’s most often appears later in life, the choices we make when we are young, like how active we are, what we eat, and how we engage our minds – can all influence our brain health in future.

Alzheimer’s disease is, in simple terms, a biological condition that damages brain cells, causing the brain to shrink. This damage leads to memory loss, confusion, and difficulty with thinking and daily activities. For example, someone with Alzheimer’s might prepare food and then quickly forget they ever did so.

The World Health Organization (WHO) identifies several factors that raise the risk of Alzheimer’s and other types of dementia. These include lack of physical activity, limited mental stimulation,

poor diet, smoking and vascular or metabolic problems such as high blood pressure and diabetes.

These risks don’t only apply to older people – they matter for the youth as well. For example, spending too much time on social media may not cause Alzheimer’s directly, but it can reduce attention span and limit meaningful mental engagement, both of which are important for lifelong brain health.

It is time for young people to start caring for their brains early. Staying physically active – even jogging once or twice a week – can strengthen both body and mind. Reading or learning new skills helps keep memory and focus sharp. Quitting smoking improves blood vessel health, lowering one major risk factor. And, of course, a balanced diet provides the nutrients the brain needs to function well.

Protecting brain health is a lifelong journey, and it begins now.

## REWILDING: REVERSING ECOLOGICAL DAMAGE

By Sonia Van Der Linde

Rewilding is an ecological approach that aims to restore ecosystems to their natural state by reintroducing species that formerly occupied that ecosystem. It is a very simple yet powerful idea.

Restoring animals and plants to their natural habitat restores the balance of the surrounding environment. This not only restores biodiversity but also reinforces the natural systems we depend on to deliver clean water, fertile soil and a stable climate.

The most famous case of rewilding happened in the United States within Yellowstone National Park. In the early 1900s, wolves within the park were seen as pests that threatened livestock and game. With the support of the United States government, every last wolf pack was wiped out through hunting, poisoning and trapping. However, as the natural landscape started to deteriorate through overgrazing, wolves that has been absent for almost 70 years were re-introduced by scientists in the late 1990s. When they came back, it transformed the whole landscape.

Wolves have been shown to benefit plants along rivers and within valleys by hunting

excessively abundant deer and elk. In addition to recovering vegetation, birds, insects, and beaver populations thrived, and riverbanks became more resilient to erosion. This is known as a “trophic cascade”, where a key species within an environment, affects all of the local biodiversity.

In Europe, large grazers like bison and wild horses are being restored with rewilding initiatives. These animals keep grasslands healthy, decrease the chances of wildfires, and provide habitat for innumerable smaller species. The positive impact of even small animal reintroductions, such as the beaver in the UK, has also been noticed. Beavers naturally dam up waterways to slow flows, prevent flooding and create wetlands that benefit fish, amphibians and birds.

Rewilding also has downsides. Close proximity to farmland can lead to conflict with predators such as wolves or lynx, and farming communities may be concerned about safety and livestock loss.

Even with these challenges, rewilding presents a path forward. In learning to follow nature’s lead, we can heal our ecosystems, reverse biodiversity loss, and create a healthier planet for future generations.



Image Source: istockphoto.com

## DREAM COMES TRUE FOR NETBALL STAR JUANITA VAN TONDER



Image Source: Madibaz Instagram

By Gcinakahle Bembe

Juanita van Tonder’s journey to the top of South African netball has not been an easy one. The 23 years old Madibaz goalkeeper who is studying sport management at Nelson Mandela University, recently earned her first call up to the SPAR Proteas Squad.

The achievement is made sweeter by the challenges she had to overcome to reach that point. Her selection marks a glorious return after being sidelined from last year’s Varsity Netball tournament. In reflection to her journey, she said “Netball has taken me through so many emotions; it makes me extremely happy, but it has also broken my heart.”

She reached her turning point when national coach Jenny van Dyk invited her to trials. “Even with that call, my emotions were through the roof as this was the first step to reaching my dreams,” she shared. However, nothing was guaranteed. “Once I got to trials, I knew it was going to be one of the hardest battles I had ever fought.”

Juanita has never let setbacks define her and instead uses them as fuel. “There’s always a bit of hope, but it still caught me off guard,” she admitted when she heard the news of her selection. Her rise gained momentum when she secured a spot in the Eastern Cape Aloes for the Telkom Netball League. “That is where the best of the best competes,” she said, her performances there assisting her in achieving national recognition for her talent.

Right now, Juanita is preparing to take on some of the world’s top netball teams in New Zealand and Australia. Reflecting on the challenge ahead of her, she admitted “It’s daunting, but I love challenges, and to do it alongside such good teammates is an honour.”

With her international debut just around the corner, she remains focused. “Our team goal is very clear; we’ll take it one series at a time.” She remains grateful to those who stood by her. “I just want to thank everyone who believed in me and pushed me to keep chasing my dreams.”

## STAR DEFENDER STEALS THE SHOW IN VARSITY NETBALL GAME



Image Source: Fullstop Communication

By Fullstop Communications

Keagile Magadla a first-year business management student at Nelson Mandela University (NMU) has quickly made a name for herself in the 2025 Varsity Netball tournament. While playing just her second game for the Madibaz the 20 years old student was named Player of the Match after a standout performance in their 52–48 victory over North West University.

She showed both maturity and skill which is beyond her years as she helped Madibaz secure back-to-back wins. The was a strong result against University of Pretoria (Tuks). "Getting into the team was really exciting," said Magadla. "I was nervous at first but felt mentally and physically ready." she said, reflecting on what was going through her mind having been called upon by the team. However, the highs were quickly followed by a challenge. Just a few days later, Madibaz suffered a 63–50 defeat to Wits, a result that Magadla admitted was difficult to accept. "Yes, it was a disappointment to the team and our coaches," she said, "but we

are determined to work even harder going forward."

Despite the setback, Magadla is confident in the team's ability to bounce back. "We will recover from this if we stick to what the coaches have planned for us," she said. She believes that trust in the coaching staff, strong on-court communication, and being able to anticipate her teammates' next moves have been key to the team's success so far.

Magadla's netball journey began in Grade 10, when she joined her high school's first team in Alberton. Since then, she has represented several Gauteng district teams, travelling across the country for tournaments. In July this year she took another big step when she was selected to represent Madibaz at the University Sports South Africa (USSA) tournament hosted in Gqeberha. Now, Magadla and her teammates are focused on bouncing back as they prepare to face Stellenbosch University (Maties) on Sunday and the University of Johannesburg on Monday, with both matches taking place in Pretoria at 5 PM.

## THE MADIBAZ UNDER-21 ARE AIMING FOR THE LEAGUE TITLE

By Thandolukayise Shangase

The Madibaz reserve team are on fire in the 2025/26 PEFA Premier League. With just 4 games remaining, they are chasing the league title with great form. After finishing in fourth place in the 2024/25 season, head coach Lukho Qitsi made a strong start which was a testament to the new key members of the technical staff. This resulted in a run of excellent results in the current season.

In preparing for the new season, Madibaz football hosted open trials looking for fresh talent and to give the new players a chance to make a name for themselves in university football. The team's management used early scouting as an advantage to have a look at the players in pre-season. "...it had its own ups and downs.... it started very slow..." said the Head coach looking back to a challenging

pre-season. Before the start of the season, the Reserve team also strengthened its backroom staff, bringing in former Madibaz players Sihle Goli as assistant coach and Asanda Gubhela to further reinforce the technical team.

The First two games were free points for Madibaz as the opponents failed to appear in the Madibaz Arena resulting in consecutive walkover victories. Then Madibaz lost only one game against Hearts FC by a goal to nil. A good season so far as Madibaz are sitting on the second position with 31 points after 12 games, with one lose, 2 draws and 9 wins. "... We're not just here to compete. We're here to win," declared Coach Lukho, talking to Madibaz Football a week after their first walkover win.

With four games left, Madibaz is looking to collect many points as they can to bring the title home.



Image Source: Madibaz Football Instagram page

# BAY SWIMMER DIVES INTO LEADERSHIP ROLE

By Fullstop Communications

Swimmer Collins Saliboko is making waves outside the pool and inside the boardroom as the newest member of a global aquatics committee.

The Nelson Mandela University student and Paris Olympian was recently elected to the World Aquatics Athlete's Committee as Africa's swimming representative.

The body acts as its members' voice within the decision-making structures of World Aquatics, primarily giving input into matters like event organization, rules and policies to ensure that their concerns are being heard, and needs met.

Saliboko, Tanzanian raised, explained that the election process started with a nomination after the candidate had consistently competed at the highest levels. For him, it meant participating in several World Aquatics Championships since 2023 and the Olympic Games in 2024. "I stood for election and was honoured to be chosen by my fellow athletes during the recent World Championships in Singapore."

The step into governance feels like natural progression for him. "I've always wanted to contribute to shaping the future of the sport and this role ties in perfectly with my desire to be involved in sports leadership and management." His mandate, which is to represent African swimmers by gathering their views and presenting them at the highest level, is clear. Born in Mbeya and raised in Dar es Salaam, Saliboko has traveled the world to train and compete. A South African living in his home country encouraged him to apply to Nelson Mandela University, where he has been able to make a decent go of balancing elite sport with his studies. "Joining Madibaz has been a great step forward," he said.

"Support from the administration has allowed me to keep competing internationally while managing my studies." While embracing his in-office responsibilities, his ambitions in the pool remain undiminished.

"Administratively, I want to help modernize the sport, promote equal opportunities and ensure athletes are central to every decision."

It has not been a journey travelled in solitude, and he was quick to give kudos where due. "This achievement is not mine alone – it belongs to my family, coaches, teammates, sponsors and the Tanzanian swimming community. Their support has made it possible and I'm determined to represent them with integrity and passion."



Image Source: Fullstop Communication