



By Shitshembiso Mahlathi

Gender-based violence (GBV) is defined by United Nations High Commissioner for Refugees (UNHCR), as harmful acts directed at an individual based on their gender. It is rooted in gender inequality, the abuse of power and harmful norms. Many researches have looked at the topic of GBV from various angles. Many of these studies have primarily focused on incidents of GBV perpetrated on women, implying that women are more vulnerable than males. Yet, it has been suggested that males frequently do not speak about their experiences of violence because of the shame associated with being victims of such violence.

GBV, especially sexual (SGBV) against boys and men, is unknown in its entirety. It is a hidden problem that many institutions are hesitant to address. Complicating the situation is hostility to raising awareness of GBV against males, based on the misconception that doing so will promote a sexist agenda and distract attention from the gravity of the epidemic of GBV against girls and women. This has resulted in a lack of research and empirical evidence to carry forward policies, advocacy, and strategies to assist in preventing and intervening in GBV against boys and men.

Men and boys do not report Gender Based Violence because of the stigmatisation and continuation of masculine stereotypes. Men who are victims of domestic violence where perpetrators are female may face social prejudice and humiliation when they report the traumatic event to the police. Male victims of domestic violence are perceived as machismo, and their gender identities may be perceived as fundamentally damaged.

Nelson Mandela University believes in supporting all survivors and helping them report Gender Based Violence as well as giving support to victims. Male victims of gender-based violence who are students at Nelson Mandela University should not feel ashamed about their experience. There is a GBV support group specifically for males and one can become part of the group by sending through their details Bongani.Malahle@mandela.ac.za. Male victims and survivors of various forms of gender-based violence are eligible to join, regardless of when the incident took place.

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LETTER FROM THE EDITOR

Our 8th edition marks a milestone and a great journey for MadibazNews. This edition is also our penultimate edition meaning that we only have one edition left to close off 2021 year. As such, we have opened applications to join the MadibazNews team. Head on to our website: www.madibaznews.mandela.ac.za to apply for your area of interest and become part of the MadibazNews family.

The world is still pivoting on a contemporaneous newfangled norm that we are all forced to adapt and transition into its notion. It is thus imperative that we all become active in the fight against the spectre of COVID-19 by adhering to the regulations and also be counteractive in peddling of misinformation. Misinformation stifles progression and advancements in the fight against COVID-19, back-peddling any hope of normalcy resumption. It is in your best interest and that of your loved ones, to make the right decisions today if you have any hope of resuming life as we best know it.

Happy reading!

Ashley Malepe



MANDATORY VACCINATION ON THE CARDS FOR UNIVERSITIES

Photo: HeraldLive.co.za

By Ashley Malepe

Universities of South Africa (USAf) formerly known as Higher Education South Africa (HESA) which is a membership organisation representing 26 South African public universities, indicated that it is open for a call to mandate compulsory vaccinations for both staff and students to prevent further spread of COVID-19 in campuses, as most universities plan to resume with contact learning for the looming 2022 academic year.

"There is a need to ensure the safety of students and staff and to prevent outbreaks of Covid-19 on campuses. Education institutions are congregate settings which are very much at risk. It is on this basis then that Universities SA does support the call for vaccines to be mandatory." USAf Chief Executive, Professor Ahmed Bawa said.

Higher Health, a wellness and development centre that leads, plans, and implements health and wellness programmes in the post-school education and training (PSET) sector, says that public institutions have autonomy with regards to deciding whether to implement mandatory vaccination policy or not, but also advised to allow national COVID-19 vaccinations rollout to mature before mandating compulsory vaccinations in their respective institutions. "Access in terms of the supply of doses and the number of vaccination sites is ramping up. We are saying let us allow reasonable time for all these components to work properly before adopting a harder mandatory approach across the board," said Ramneek Ahluwalia CEO of Higher Health.

Some universities in South Africa, mainly universities in the Western Cape have already started with talks of adopting the policy of making vaccinations compulsory. University of Johannesburg, University of Cape Town, University of Western Cape, and Stellenbosch University are among the universities that have already welcomed the policy and are now considering implementing it. UCT students have started a petition against the policy and already have received over 1000 signatures. The petition is likely to be adopted by other institutions' student bodies.

Nelson Mandela University says that its current focus is to achieve herd immunity over anything else and encourages staff and students to take the job. The University further said that for some normalcy resumption, 67% of both staff and students need to be vaccinated. While they will not be enforcing mandatory vaccinations yet, the Free State and Rhodes universities have appointed task teams to workshop the issue of returning to in-person classes.



Photo: theconversation.com

STUDENTS WITH DISABILITIES

By Shitshembiso Mahlathi

In South Africa, September is Disability Awareness Month, during which donations are given to schools and organizations that serve people with disabilities. It has been a decade since South Africa signed and ratified the Convention on the Rights of Persons with Disabilities. The convention is an international human rights treaty that is supposed to protect the rights and dignity of people with disabilities.

In recent years, there has been an increase in the number of disabled students enrolling in higher education in South Africa, although the majority of them are still refused access to school. Most universities in South Africa have disability sections and policies in place to help impaired students, but despite these efforts, most disabled students still encounter problems. Physical accessibility restrictions are one of the problems.

The usage of automated doors, ramps, and elevators for individuals with limited mobility has greatly increased accessibility during the last decade. However, it appears that most South African institutions' design still does not completely accommodate disabled students. During a zoom discussion on the politics of disability disclosure in SA higher education on August 12, 2021, Ms Ziyanda Febana and Ms Zuzeka Prudence Mkra noted that inaccessibility of the environment caused by architectural impediments was the most common complaint of physically disabled people. Some doorways are still too narrow to accommodate electric wheelchairs or provide access to auditoriums and labs.

Febana and Mkra pointed out that it required a global pandemic for disabled pupils' requests to be acknowledged. Most handicapped students in universities would want online learning due to architectural hurdles and other physical restrictions, but institutions would not allow it. This epidemic has made it possible for students to work online, making it much simpler for students with disabilities to work from the comfort of their own homes without having to cope with physical restrictions or architectural impediments.



THE DILEMMA OF FAITH

Photo: freepix.com

By Sikhulule Moyeni

So, it has been approximately six months in varsity. And some of us have experienced various trials and tribulations. From schoolwork - those are our deadlines and so on, mental health, and social movement - the constriction of movement due to COVID-19 regulations. But is there any light at the end of the tunnel? My one source of interest and a feasible way forward may be the individual's sense of faith. Faith as in a strong belief in the doctrines of a religion, based on spiritual conviction rather than proof. An intense sense of unshakable belief in something worthy. Something that no one else can break or take away from you, something with purpose.

We come from diverse backgrounds, we attain different faith structures and value systems. And being here, in a diverse setting might possess a challenge to our mindset and might stagger our faith a bit. On these shaky grounds, we also learn to negotiate with others and mostly ourselves to live in a conducive environment. But this can be detrimental too, depending on the individual's take on life. We can either choose to take on new, positive, and useful values from different faith bases of others and integrate with our own. For example, my dear friend assisted me in a dire time of stress by introducing me to a new way of viewing life. Through a different value system. What I have learnt from my friend is that life does not work in absolutes along with stagnant and pressed notions of morality. This is just one example out of a lot of similar experiences experienced by others too. But, most importantly we must note that life can be complex, exciting yet complex, colourful, and transgressive.

Doing this can be beneficial to one's growth but it can also be detrimental too. Many different faith bases may offer freedom and can help individuals with new positive values that they can identify with, however, too much freedom can turn positivity into negativity, as some individuals often get caught in it and acquire questionable morals. This then negatively impacts one's faith system leading to the compromise in their value system. This can be a traumatic experience as it can lead to us questioning our core. The questioning of one's identity causes self-doubt, and this can lead to self-destruction. Which then manifests itself into an ever-growing spiral of depression.

But most importantly, we as adults should learn to maneuver and move through life more responsibly and progressively. Please do note that I do not mean that we should restrict ourselves from responsible experimental behaviours. We should do these with caution. And we should be more open to the world out there as there is still a lot of good out there.



Photo: Pexels

WHAT'S YOUR EXCUSE FOR NOT SAVING THE PLANET?

By Asithandile Ntsondwa

In 2018, Greta Thunberg mobilised the Fridays for Future movement aimed at putting the youth at the forefront of addressing climate change. Young people have been fighting for their voices to be heard long before Fridays for Future and have now continued to raise their voices even louder to ensure that they are heard and understood. As the effects of climate change worsen, continuing to affect more and more communities it has become essential that many voices speak up on their issues and suggest strategies to win the fight against this global problem. This includes people from all walks of life, young and old and all inclusive. As climate change is not an issue affecting a certain group of people but all of us.

Most people want to learn and be part of the movement but do not know where to start. In an interview with Mr Olumide Idowu, the co-founder of International Climate Change Development Initiative (ICCDI), he shared his climate activism journey and thoughts on how more people can be involved on the fight. Mr Idowu began his journey through gathering knowledge of environmental issues from a local perspective and globally. This included engaging with different people on social media, the people in his community and speaking with professionals who had experience with climate discussions on a global level. He continued to expand his connections and got to meet more people sharing similar ideas and goals as he did and cofounded ICCDI. Mr Idowu further highlighted that activism does not require money and people should not use that as an excuse. "If you think about funding then you are not thinking about sustenance" said Olumide. It requires one to understand what they are fighting for and find other people to fight with.

Most people have the idea that environmental issues are to be dealt with by the environmental scientists, which is a fair assumption. But it is important for everyone to recognise that issues that threaten the humans and the rest of the Earth, are issues that require everyone to act.

The important take-away should be that anyone and everyone has an impact on our planet. Thus, the inclusion of people at grassroot level using a language they understand and highlighting the issues that they face personally is one step in the right direction. Furthermore, engaging and learning from each other, regardless of who you are because environmental issues are social issues. And we should all take the necessary actions to join the fight.



BREAST CANCER AWARENESS MONTH

By Liyema Mpompi

Annually, October serves as an awareness and education month on breast cancer.

Cancer is a broad term for a class of diseases characterized by abnormal cells that are known to grow and invade healthy cells in the body. According to the national breast cancer organization, "Breast cancer starts in the cells of the breast as a group of cancer cells that can then invade surrounding tissues or spread (metastasize) to other areas of the body."

Cancer begins in the cells which are the basic building blocks that make up tissue. Tissue is found in the breast and other parts of the body. Sometimes, the process of cell growth goes wrong and new cells form when the body does not need them, and old or damaged cells do not die as they should. When this occurs, a buildup of cells often forms a mass of tissue called a lump, growth, or tumor.

Breast cancer occurs when malignant tumors develop in the breast. These cells can spread by breaking away from the original tumor and entering blood vessels or lymph vessels, which then branches into tissues throughout the body. When cancer cells travel to other parts of the body and begin damaging other tissues and organs, the process is called metastasis.

What is most staggering is that males also get affected by breast cancer but most are not aware of that and there are rarely instances where such cases are reported to health facilities and or made known to the public that there is a man who has breast cancer. During a month of breast cancer males should also be educated of such.

Photo: saintjohnscancer.org



Photo: Savethestudent.org

STUDENTS' MENTAL HEALTH IS IMPORTANT

By Aziziphozethu Gwija

Students face a lot of challenges throughout their university life. These challenges are coping with academics, finances, relationship distress, and the list goes on. All of this might lead to mental illnesses such as depression, anxiety, and many others, while also further aggravating existing mental health issues such as bipolar disorder, attention deficit hyperactivity disorder (ADHD). These illnesses could negatively impact the student's academic performance. Some students go into university with existing mental issues which require both psychological support but also medication and they find that there are not enough resources at the campus health services to support them. This has been made worse by the COVID-19 pandemic and the move to online learning for most students. **Maintaining your academics while striving for good mental health is not always easy but it is of vital importance. It is therefore important that there are awareness campaigns and support systems for students' mental health at campuses.**

There are resources Nelson Mandela University has to help students cope with mental health related issues, such as online counselling sessions with the student counsellors and through the university peer helpers. However, there should be more campaigns to raise awareness and reduce the stigma that is associated with mental health.

As a student, it is important that if you feel as though your mental health is failing, talk to someone who can help you, so that you can be able to cope. When you feel overwhelmed with academics, talk to your academic support officer, or get a tutor to help you understand the work better. If you cannot afford a tutor, ask one of your classmates to help you or speak with your lecturer.

The most important thing about taking care of your mental health is ensuring that you make decisions that are beneficial to you and your peace of mind. It is important that you choose yourself always and surround yourself with people who support you through everything.



Photo: Javier Allegue Barros

DAYS YOU DID NOT KNOW EXISTED

By Panenyasha Nhavira

As some may know we celebrate women's month and Independence Day. Did you know that there is Tolerance Day celebrated on 16 November which was started by the United Nations General Assembly? Just like Tolerance Day, there are many Days which are not known by most people.

Similarly, the Forget-Me-Not Day celebrated on the 10th of November, a day to remember those we have lost either during COVID-19, wars, natural disasters, and people who have lost limbs are also included. Forget-Me-Not Day helps us to remember those we may have forgotten who held or hold a place in our hearts.

World Prematurity Day on the 17th of November. It first began in 2011 to raise awareness around the idea of preterm babies having a high risk of sight problems, hearing problems and delays in development whilst a quarter of premature babies do not survive after birth. It is important for narratives about premature babies to start entering conversations and learning circles. History of Unfriend Day started on 17 November 2010.

We make so many friends and follow so many people that we forget and struggle to remember who our true friends are. This Day allows you to ditch and 'unfriend' or cut ties with people who aren't necessarily our true friends without any judgement.

1 November before we start the holiday festivities, we are greeted by the National Men's cooking Day. Grab your male friends and hype them up to cook for you. As we finally can help promote men cooking and normalise this special treat. Let us keep this holiday and help men become more confident in the kitchen.



By Somila Tiwani

22 September is World Rhino Day. This special day serves as an opportunity for initiatives, non-governmental organisations (NGOs), zoos, and the rest of the members of the public to celebrate rhinos in their own unique way. In commemoration of this day, we ought to put an end to rhino poaching/killing.

According to the Rhino Force organisation website, Rhinos have been present on the African continent for over a million years and they play an important part in the environment. The illegal trade of rhino horns, which are still considered as medication or a symbol of riches in some Asian countries, nearly wiped off African rhinos. The number of rhinos poached in Africa has been steadily growing since 2007. Therefore, we must use all our resources to urge for an end to rhino poaching.

Poaching is a pandemic in South Africa, which is home to 93.4% of Africa's rhinos and has the highest rate of poaching. In 2013, it was reported that 618 Rhinos were poached in the country. Unfortunately, rhino poachers are growing more smart, quick, and skilled on a regular basis, making it nearly impossible for field rangers and wardens to protect all rhinos.

Rhino Force is one of the conservation organizations which is aimed at protecting rhinos from being poached. The organization uses innovative strategies and technologies with the aim to protect rhino genes, prevent rhino poaching, and uncover and challenge any other unlawful activities in South Africa's wildlife.

More organisations and campaigns aimed at ending rhino poaching are needed. Rhinos are crucial for the ecosystem as they consume a wide range of vegetation and ultimately helps in changing the African landscape. This assists other animals and maintains a healthy environmental balance. Local people also rely on rhino habitat's natural resources for food, fuel, and income.

By assisting with rhino protection, we are assisting in the conservation of rhino habitat for the benefit of people and wildlife, as well as supporting local communities and ensuring that natural resources are available for future generations.

SELF-IMPROVEMENT IS KEY

By Azuka Manqola

It is believed that to improve yourself, you need to be aware of your doings and surroundings. This is important as practicing self-improvement better your actions and assists you with personal growth, which ultimately affects all aspects of your life.

Here are benefits of self-improvement:

- Helps in adopting a positive mindset and ridding yourself of negative mindset.
- It improves your mental health.
- It helps you to stay organized and incites productivity.

There are also strategies to be implemented that will add value when improving yourself, these strategies include:

- Getting out of your comfort zone. It is not easy to get out of your comfort zone but then you have to if you really are determined to improve yourself.
- Set your mind to winner-mode. When doing something, have a mindset that you have already won, embrace your failures, and learn from them.

Taking everything into consideration, it is very important to be fully aware of yourself and how you do things because there will be a time where you will reflect on how you used to do things and you will live to tell your story to your younger self.

Photo: basichousewife.com

Are you an omnivore or vegan?

By Hlengiwe Phiri

Diets protect you and assist your immune system but is your diet ideal for you? Being vegan means your diet is entirely plant-based and you do not support products that are produced or derived from animals. This includes the likes of honey, biltong, dairy products, and many more. Some vegans take it up a notch by refusing to own items derived from animals such as leather clothing. Vegans believe that meat abstinence reduces animal brutality while protecting the natural environment. Omnivores on the other hand are "all things eaters", plants, meat, fish you name it, they will eat it. But which diet type is best for you?

According to scientists, being an omnivore means you will have the highest mean body mass while vegans have the lowest. A study conducted in Finland proves that a vegan diet is effective in the treatment of diseases such as hypertension, rheumatoid arthritis, heart diseases, and stroke. This has led to people believing that meat is the root cause of these illnesses. To solve this dispute scientist proved that the problem is not the meat per say but rather the problems lie with processed meat and the quality of the non-vegan products consumed.

An omnivorous diet is rich in protein obtained from the meat, which is something that vegans have to compromise on. However, there are a variety of plants that have the needed proteins for vegans as a substitute. One other challenge faced by plant-based consumers is that there are no edible plants that have sufficient vitamin B12 and omega 3. To combat this challenge, vegans take the necessary supplements to fill the void.

A long healthy life is what we crave, and the centenarians of the Okinawa Island in Japan have cracked the code. Their primarily vegan diet does the trick although they eat fish weekly and indulge on meat occasionally. Our diverse diets make it hard to pick an ideal diet, but a healthy diet is one that can keep you and the environment sustained. So, what's your diet plan going forward?

Photo: Pixabay

JIVA! – LET YOUR HEART BEAT



Photo: EWN

By Kamohelo Tladi

On 24 June 2021, South African Netflix welcomed the original series 'Jiva!' to its new home. Set in the gorgeous city of Durban, the series takes us on a wonderful journey of ourselves – regular people who choose every day to let their hearts beat.

The word 'Jiva' in Sanskrit refers to a living entity or being that embodies a life force. It is also derived from the word 'jiv' which means to breathe or live. One cannot happen without the other.

Considering the contemporary, South African definition of 'Jiva' (translating to 'dance'), the title is fitting. It is no secret that South Africans love dancing, it is engraved in our DNA as one of the most accurate means of self-expression. It is a way of connecting and uniting, two things we can never get enough of. Dance is a language on its own. It is about keeping the spirit alive and Jiva will keep the spirit of the African heart beating for all of eternity.

Every single aspect of this series was enjoyable, from the very charismatic dance moves to hard-hitting songs – not to mention the amazing choreography and production. It felt natural and genuinely looked like everyone had fun being part of this amazing project.

The cast is fresh and dynamic with the likes of Noxolo Dlamini, Anga Makubalo and Candice Modiselle gracing our screens. Absolutely guaranteed to keep you on the edge of your seat with your feet in your dancing shoes, Jiva scores an amazing 7/10!

The series is now available to watch on Netflix.

LIVING A WATER CONSCIOUS LIFESTYLE

By Laiken Faiers

Water scarcity is a much bigger problem than we think. Some of the challenges South Africa faces with regards to water, is the amount we have available, the unequal distribution and access of clean water, droughts, infrastructure, and corruption. All of these add to the continuous stress on the water supply.

Considering many of these challenges seem out of our sphere, one can feel disheartened. It may seem like a hopeless plight but, thankfully, your actions can have a positive impact. There are numerous and surprising ways that will help you conserve water and reduce water waste.

#1 The Obvious

This title alludes to a few things that we have continuously heard when being lectured on how to be water wise. This includes checking and fixing leaks, catching rainwater, and flushing the toilet less.

#2 Shorter and more strategic showers

Did you know that on average 8L of water is used per minute in the shower? That is why it is advised that you aim to shower for only 5-8 minutes. This may seem unreasonable, but you can extend your time in the shower by turning the shower head on and off. Thankfully it is getting warmer so turning the hot water off while you wash your hair will be a much more pleasant experience.

#4 Food

A surprising way to help reduce water waste is to look at your diet. Did you know that steaming your vegetables is not only more nutritious but, it also uses less water in comparison to boiling?. Reducing the amount of meat in your diet is also another option. By shifting the focus from meat to vegetables and grains you can potentially save 2500L of water per day. However, if cutting out meat is not an option, opt to buy locally raised and grass-fed meat, dairy, and eggs. This small shift to local produce goes a long way.

#5 Conscious cleaning

A shocking way to save water is to put down your sponge and use your dishwasher. This seems counterintuitive but when using a dishwasher, you will use as little as 11L of water in comparison to the 102L by hand washing. However, make sure that you are fully loading your dishwasher and check which settings you use.

Let's all do our best to be water wise and lead a water conscious lifestyle!

Photo: basichousewife.com

THE PSYCHOLOGY SOCIETY

Photo: Celeste Domann

By Laiken Faiers

Taking COVID-19 in stride, the Psychology Society has focused their attention on building their online presence using social media platforms like Instagram ([psychology_society_mandela_uni](#)) and Facebook ([MandelaUniPsychologySociety](#)) to post mental health content and hold live discussions. With a new chairperson, Celeste Domann, having been elected this August the society has even more exciting changes in store.

"The Psychology Society is a student led organisation focusing on the field of Psychology. The society has for many years focused on assisting students to excel academically as well as upskilling psychology students for their future careers as mental health care professionals," explained Celeste Domann. However, the society has also evolved by adding mental health awareness and education to its core. This growth has enabled the society to adopt members outside of the field of psychology- so all NMU students are welcome to join!

The Psychology Society sees its members as a network of friends that share common interests and values. As a group they not only engage in open, honest conversations, but also positively impact their community. For one of their outreach projects the society worked with 'On The Sparrow' - a day care in New Brighton that provides education and care to children who are differently abled. The society was able to gain funding from Doctors without Borders and the help of Trufoods to deliver 210 packed lunches over a 3-week period to the day care. An incredible feat that helped keep the bellies of roughly 30 children full.

There have been a few changes because of the restrictions the pandemic has placed on all of us. "Before Covid-19, our members were able to network, gain community service hours and join in on campus events," remarked Domann. Despite this, new members will still be able to build relationships, network and gain skills because they will be added to a WhatsApp group. The WhatsApp group keeps its members connected and up to date on current events or activities that they can participate in.

The society will also be shifting its attention to focus more on its members. One of the ways they plan to do this is by creating a newsletter which will contain exclusive content shared only among its members.

If you are interested all you need to do to join the Psychology Society is email psychologysocietynmu@gmail.com and request a membership form. After completion all that needs to happen is for the fee to be deducted from your student account and then you will become a member!

Overall, the society enriches the lives of all NMU students by opening up a dialogue about mental health within the university community. A dialogue which is greatly needed to help break the stigmas that often shroud mental illness.



Photo: bbc.com

REST IN PEACE maGROOTMAN

By Tsireledzo Musecho

2021 has been nothing short of distress for many South Africans. Between everyday accidents and the pandemic, people are burying their loved ones every day, so for most – they wish the year would be over. Some of the worst deaths that have tormented South Africans is the recent passing of well-known people. The tragic passing of these people will always be known as the death of the entertainment industry.

One of the most shocking passing that the local entertainment industry has encountered, is the one of everyone's favorite television star, producer, and co-founder of Ferguson Films – Aaron Arthur Ferguson, better known as Shona. He passed away on the 30th of July due to COVID-19 related complications. The 47-year-old pioneer had a deserving, heartfelt send-off broadcasted on live television to be watched country-wide.

On 9 August 2021, the industry faced yet another tragic loss, sixfold. The stars who passed were known as the pioneers of 'Amapiano' (a local music genre). Killer Kau and Mpura, alongside three other rising stars DJ Thando Tot, TD and Khanya Hadebe, faced a tragic death due to a fatal car accident on their way to Rustenburg.

Killer Kau, who rose to fame after a Twitter discovery, was not only known for 'Tholokuthi Hey' and 'Amaneighbour', but he was also famous as a dancer. Mpura too had many hits including 'Umsebenzi Wethu' which was topping charts around the time of his passing.

To all those who passed, whether of sickness or a tragic incident – MadibazNews would like to say Rest in peace MaGrootmen.



LEVAE "MEDICATES" THE MUSIC INDUSTRY

Photo: Tsireledzo Musecho

By Tsireledzo Musecho

Jeffery Katzenberg once said, "inspiration comes from all different places." For Lungelo Vilakati, popularly known as LeVae, the inspiration for his 3rd album, Medicated, came from insomnia; "It was 2 am, I just woke up, sat at my desk and created", he said.

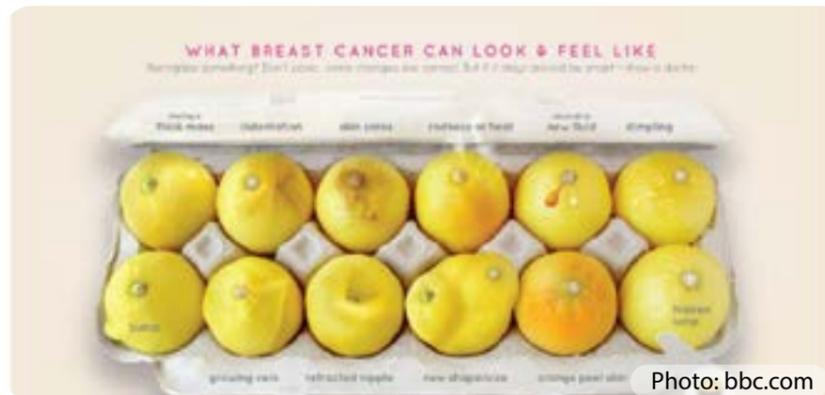
The Swaziland born artist has made quite a name for himself, having produced two great albums. "This album (Medicated) is my revival after being 'dead' from the hip hop scene," he mentioned. This occurred after he took a brief hiatus from the industry and focused on other aspects as a disc jockey (DJ).

In stapling his return, LeVae held a listening party for his Medicated album on the 1st of September. An event attended by many of his supportive friends and fans, he revealed that the inspiration behind the album was not only to mark his return, but to get his audience to relate more to him. Medicated consists of 8 self-written tracks.

It also came with a little surprise for his fans. "I did something on this album that I've never done before, which is to have someone else produce a song. I've always been my own producer," he stated.

Like the grounded artist he is, LeVae had a few words of wisdom for those that wish to venture into the art of music. "Believe in yourself – always. The key is to work with anybody. Just follow the passion, the money will follow later." Medicated, however, was not only just an album cooked from a result of a sleepless night, LeVae got to show his audience that he is more than just another artist, he is music.

Medicated is now available on streaming services, and you can find the artist @LeVaemusic on all social media platforms.



IN OCTOBER, WE WEAR PINK

By Leigh Nakeeta Jason

October is home to many special events like Diwali and Halloween, but it is also internationally known as **Breast Cancer Awareness Month**. This awareness campaign, started in 1985, celebrates survivors and their stories while simultaneously educating people on symptoms, treatment methods and overall breast health.

The month also drives many campaigns that fund breast cancer research and assists with those less fortunate also living with the world's most prevalent cancer. Many of these campaigns are facilitated through motivational and educational talks; mammograms; and seminars that promote self-checks and overall awareness.

Due to this awareness month, people know that breast cancer is not always fatal – due to technology and the evolving procedures of mastectomies (which ensures a happy long life despite not having breasts anymore) – and it can also be caught well in advance due to the mentioned methods of checking.

Mammograms are encouraged as they are more accurate than self-examinations, but self-examinations are an amazing, intimate way of improving your breast health and getting to know your body. This involves getting to know the shape and feel of your breasts so that should anything change over time, you are able to detect the difference and consult a medical professional.

You should consider contacting a medical professional in situations like:

- Bloody nipple discharge
- Itching, sores, scales or rashes
- Redness, warmth, swelling or pain
- Dimples, ridges, puckers or bulges on the skin of your breast
- A change in the nipple becoming inverted instead of sticking out
- Changes in the way the breast looks or feels
- A hard lump or knock near your underarm

Monthly evaluations are encouraged. These exercises help women daily and should be consistent.

During the month of October, MadibazNews is with all those who have encountered breast cancer in any shape or form, and encourage all readers to schedule a mammogram.

In October, we wear pink (and pink ribbons) in commemoration and support of all those who have fought a good fight. Do your part, know your body.



FOOD IS CULTURE

By Zukisani Gali

September is a month filled with beautiful things, one of the most outstanding of these being **Heritage Day** which celebrates the local different cultures, attires and most importantly – **food**. **Heritage Day is nothing without mouthwatering, diverse food.**

Here are examples of great, diverse foods from various cultures that you should definitely try!

BILTONG

Biltong comes from the Afrikaans word 'Bil' that means rumpy and 'tong' translates to tongue. The two combined are known to be a great, salty treat ideal for any and every situation!

UMNGQUSHO

Samp and beans best known in Xhosa as Umngqusho is a delicious dish that pairs well with anything, especially with braai meat! This meal was our late hero, Nelson Mandela's favourite dish. It is very easy to make but rather time consuming.

MASHONZHA

Mopani worms are favoured by the Venda people. These worms can be eaten dried or cooked and are extremely nutritious. These caterpillars are high in protein and iodine. Once picked, they are pinched at the tail end to rupture them, and then squeezed along the length of their bodies to expel the content of their guts.

PAP AND CHAKALAKA

Pap and chakalaka is a meal that will give you goosebumps. A braai just feels incomplete without two of our nation's most beloved sides, chakalaka is a spicy dish going well with pap, which is porridge made by maize.

TSHISANYAMA

This word is an umbrella term for braai meat, and always makes sure that your mouth is watering just as its pronunciation.

These five foods are not only mouth-watering but so locally diverse, you have to try them!

THE ULTIMATE LEADER SHIFT

By Zukisani Gali

There are so many definitions pertaining to the word "leader" – someone who reads a situation, finds solutions, solves problems, takes charge. All these definitions, along with explanations that mold the regular person to take the shape of a leader, can be found in "The Leader Shift", a book that guides one to leadership success.

The author of the book, Luphumlo Joka, was born and bred in Port Elizabeth, and has always had the mission to redefine the term 'leadership'. Joka, also the Chief Executive Officer of Global Leadership Consultant (GLC) and part of the platform 'Rising Star' on YouTube (a profile that aids student leaders), has achieved this through his book.

He is passionate about nation building and empowering communities through various methods like training the youth through said trait, leadership. He claims that he started GLC after studying at Nelson Mandela University and experiencing the behaviours of the Student Representative Council (SRC), which he did not agree with. This spurred the decision to start writing so he could unpack and channel what ultimate leadership looks like through finding your why, your purpose and passion.

The book features the ten most important parts of leadership in the form of chapters that unpack the definitions, finding your why in the leadership space and containing vision. Chapter 3 page 63 lays out one of Luphumlo's claims – a leader must have a vision to strive to success.

Mr Joka's book is a manual to becoming a leader, and once you start reading it, you will not put it down until you finish and practice what you have read.

If you are an upcoming leader or have an interest in becoming one, put your order in now!

All books can be obtained through emailing Mr Joka at info@globalleadership.co.za.



Photo: Inkumbuzo Photography

NOT ALL HEROES WEAR CAPES, SOME DONATE THEIR HAIR

By Leigh Nakeetah Jason

In 2018 Jawaahier Petersen became a household name after joining the cast of local Afrikaans telenovela, Suidooster. Initially, audiences were aggravated by the presence of the character she brought to life, Kaashifa, but eventually, like her father the late Taliep Petersen, Jawaahier melted the hearts of viewers and became one of the most lovable characters to date.

In May, Jawaahier melted more hearts when she uploaded a post on Facebook. Petersen, known for her beautiful dark tresses, admitted that her heart was touched when she sat backstage during a recording of 'Tussen Ons' and listened to another local actress Crystal-Donna Roberts talk about her experience with breast cancer.

One of the things that struck Jawaahier was how Roberts got rid of her great hair, something she considered her identity, her crown. The same day, Jawaahier dedicated herself (and her gorgeous hair) to a period of healthy treatments so that she could one day donate her ponytail to the CANSA Association in the Western Cape so that somewhere, someone was able to feel great about themselves knowing they now have hair.

Petersen's feat not only melted heart but brought awareness to various cancers (especially breast cancer) and organizations. When undergoing treatment for cancer like radiation and chemotherapy, these treatments target all rapidly dividing cells – cancer cells as well as healthy cells. Hair follicles, from which hair grows are some of the fastest-growing cells in the body. This causes hair to fall out and prompts some people to shave all their hair off.



Photo: Jawaahier Petersen Facebook Page

Port Elizabeth sports two amazing facilities that share a building in Glendinningvale, CANSA (catering to all kinds of cancers) and Reach for Recovery (focused on breast cancer). With Breast Cancer Awareness Month, there is an amazing chance that everyone can make a difference in various ways like Jawaahier.

Their joint contact number is 041 373 5157, call them and find out how you, like Jawaahier, can make a difference in someone's life.



CHANGING THE TIDES

By Lindelwe Myeza

In a period of 24 hours, the Earth loses about 25 920 litres of water to the vacuum of space, that's about as much water needed to produce one kilogram of chocolate, or about three times the amount of water consumed by the average South African household in a month. The point here is that the water on our planet is not in a perfectly closed cycle as most of us are taught to assume, and that we should pay more attention to how we utilize the small percentage of usable water that we have.

Humans have access much of the freshwater on Earth, and this has adverse repercussions for the ecosystems around these bodies of water. This ranges from chemical contamination caused by industrial processes to ecosystems being deprived of nutrients due to large dams being built. Aggressive farming strategies and poor waste disposal are often the main causes of water contamination, which is often devastating for the biological systems in those affected areas. Furthermore, poses major health risks to the communities that are reliant on those bodies of water.

High rates of deforestation are the leading cause of a major disruption in the flow of water around the planet. Since plants take up water from the ground and deposit it into the atmosphere, they play a big role in the natural filtration and redistribution of water thus destroying them and their habitats intensifies drought severity and affects water quality.

One could raise the points of desalination and artificial water purification, and yes these are indeed some solutions to our problems and have been used to provide water to communities in need. However, these solutions are very expensive to implement resulting in most communities to still remain without access to clean water. Focusing on removing the sources of water contamination should logically prove to be beneficial in freeing up more usable water.

The 2040 projection of a worldwide water crisis might seem a bit alarmist, but does not an alarm signal a time to do something before it is too late? We as a population must choose the longevity of our planet by using water wisely until we have better, cheaper solutions for water treatment and other factors impacting the long-term availability of water.

DEEP-SEA MINING COULD HAVE A NEGATIVE IMPACT ON AQUATIC ECOSYSTEMS.



By Sanele Thwala

Microbial colonies on the Peruvian seafloor have not recovered from a deep-sea mining experiment that took place 26 years ago. Scientists reported that the population of microbes in this section of the South Pacific Ocean is still down by 30%. All because of an experiment, which ran for seven years to simulate deep-sea mining for precious metal-bearing rocks.

Miners drill the seafloor to recover polymetallic ore manganese nodules (rock lumps that contain economically essential metals including copper, nickel, and cobalt), scraping away most of the top layer of sediment along with the rocks. Scientists have long been concerned about the potential impact on deep-sea ecosystems. However, little is known about the impact of deep-sea mining on the ocean environment, especially on the bacteria at the base of the food web that cycle nitrogen between the seafloor and bottom waters.

Tobias Vonnahme, an Ecologist from the Arctic University of Norway, and his colleagues designed a new test in 2015, comparing the 26-year-old plow tracks with five-week-old tracks carved into the seafloor. Microbial cell counts were reduced by around 50% in the smaller tracks when compared to undisturbed areas, and by about 30% in the older tracks. Areas affected by mining could take more than 50 years to fully recuperate due to the sluggish piling of silt in the deep sea, according to the team.



WHY IS BEING VEGAN SO EXPENSIVE?

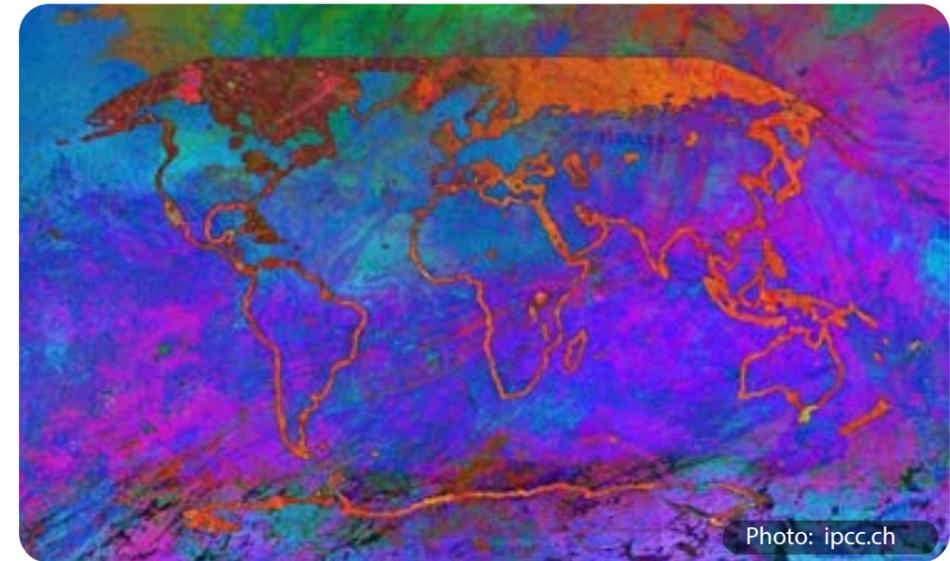
By Hlengiwe Phiri

Science is an evolved field that can combine various vegetables and vegan spices to create a product that tastes like actual meat and has similar nutritional values. Products such as the vegan patty allows burger lovers to continue feasting on their beloved burgers that are just as good as animal-based burgers, though the pricing can be a bit disappointing for most. But being vegan does not mean you should bid farewell to all your favourite dishes.

Vegan food tends to be pricier than animal-based products reason being that vegan goods require complex processing methods: the adding of supplements in some goods, and the need for constant innovation to cater for the diverse consumers. People have been eating meat for decades and to date there are hundreds of studies and research conducted on meat meaning knowledge on meat is easily accessible and abundant. As for plant-based foods, it is a growing industry and not a lot of good research is available on it, rather there is a lot of misinformation readily available on veganism.

People have come with various ways to process meat over the years with different kinds of machinery made to process and package meat. As for plant-based there isn't a wide variety of machinery for people to choose from and recipes on vegan meals are not as abundant as non-vegan recipes. The rapid growth of vegan and vegetarian diets led to many prominent companies investing on vegan dishes. Such that, the growing demand is allowing for prices for vegan products to lower and hopefully will become more affordable if not cheaper and diversified.

For many people being vegan is their global warming mitigative method and a way to sustain the environment. Having vegan goods at a high price may disadvantage some people. Therefore, it is important that companies invest in vegan production and for restaurants to accommodate vegans in their menus.



THE SIXTH ASSESSMENT REPORT ON CLIMATE CHANGE ENTAILS...

By Mhlongo Surprise

Thirty-one years ago, the Intergovernmental Panel on Climate change (IPCC) completed their first report on climate change, which stated that emissions resulting from human activities are increasing the atmospheric concentration of greenhouse gases.

On 9 August 2021, the IPCC released its sixth assessment report to be completed in 2022. The IPCC states that in the report are improved methods of measuring different aspects of climate change, and some models to predict the future of our global climate. The report shows that approximately 20 years (averaged), the global temperature is expected to exceed 1.5 degrees Celsius of warming, with the data from 1850s to 1900s showing that 1.1 degrees Celsius of warming was from emissions of greenhouse gases by human activities, it was even easier to predict the cause of the anticipated increase of warming.

Increased heat waves, longer warm seasons, shorter cold seasons are expected to result with the predicted increase of warming. The Organization also reports that should the increase reach two degrees Celsius the tolerance threshold for agriculture and health will be compromised.

The report further states that more intense rainfalls are expected, and floods should be expected going forward, this will sequentially mean more droughts for some regions. Increased precipitation in high latitudes and less on subtropics varying with regions. Coastal areas will experience some continuous sea level rise throughout the century. Seasonal snow and the melting of summer arctic sea ice, more marine heat waves, ocean acidification leading to the decrease of oxygen concentration. The report shows that with all types of pollutants gases contributing to the climate change Carbon dioxide takes the lead. Reducing greenhouse gases and air pollutants methane could have positive benefits on the climate, suggested the IPCC working group 1 Co-Chairperson Panman Zhai.

Through all this, it is essential that we all take time to educate ourselves on reports such as that released by the IPCC. Through this we can learn how to make changes in our lives to reduce the impacts of climate change. We can further educate others on how to get involved on important conversations regarding our planet.

MADIBAZ COACH DELAINE MENTOOR RECEIVES NATIONAL AWARD



By FullStop Communications

Madibaz water polo mentor Delaine Mentoor was stunned at receiving national recognition this week when named coach of the year at the Momentum gsport Awards function in Johannesburg.

The prestigious event, which honours women in sport, provided a double celebration for water polo because the South African side, under Mentoor, was named team of the year.

The squad was the first SA women's water polo team to compete in the Olympic Games.

At the Tokyo Games last month, Mentoor received plaudits for being the only female head coach of a water polo team at the sports extravaganza.

The former Nelson Mandela University and SA player was joined by Madibaz students Ashleigh Vaughan and Meghan Maartens in the Olympics squad. Given the array of talented people nominated for the category, Mentoor said that, firstly, it was just an honour to be a finalist.

Mentoor paid tribute to the people who had supported her throughout her playing and coaching careers.

Mentoor said the recognition water polo had received would be significant for the sport.

"Especially being a small non-funded code, this literally comes down to hard work. I hope that this will open more doors for the sport and especially the ladies' programme."

She praised the national squad for their efforts at the Olympics which saw a largely amateur team compete well against some professional outfits.

"This team is made up of a phenomenal group of ladies, all who are regularly employed or studying," said Mentoor. "This team award reflects their hard work, perseverance and never-say-die attitude.

"Our team motto is 'believe, inspire, transform', or BIT, and I think they definitely did their bit to be worthy recipients of this award."

Madibaz Sport water polo manager Melinda Goosen said it was a "phenomenal achievement" by Mentoor.

"It is an honour to have a coach of her calibre and ambition associated with Madibaz water polo and we are so proud of her and this well-deserved reward."