

Growth evident in increased student numbers, building projects

Upbeat start for NMMU

THE 2011 academic year got off to a good start with a well-supported Welcoming Ceremony, a smooth registration process and news of increased student numbers.

With 11 660 new students accepted by early February there was hardly an empty seat in the Indoor Sports Centre where Vice-Chancellor **Prof Derrick Swartz** welcomed the NMMU newcomers and their parents.

This represents an increase of 20.7 per cent when compared to the same time last year.

Registration processes also went smoothly.

Further good news, and as shared at the Welcoming Ceremony in mid-January, staff and students have much to look forward to in the year ahead.

It includes:

- ▶ The inauguration of our new Chancellor, Santie Botha, which will form part of our graduation ceremonies in early April.
- ▶ Extensive building projects are on the cards including new student residences, the erection of a state-of-the-art High Resolution Transmission Electron Microscope centre for atomic research on South Campus worth R130 million, a new Human Movement Science block on South Campus; a student centre at Missionvale Campus; revamping of dining halls in key residences; building of new Construction Management and Pharmacy labs; and development of a new Engineering complex on North Campus.

This is indicative of a university in the throes of a major growth period in its history



AT HOME ... Student Housing's **Estelle Broekhuizen** welcomes third-year Management student Phambili Mhlakaza (from left), fourth-year Economics student Motsona Belebese and second-year Civil Engineering student Boitumelo Makhetha, from Lesotho, to NMMU residences where the new living and learning programme will start this year.

- ▶ The continuing roll-out of our new values (see page 10).

"This is indicative of a university in the throes of a major growth period in its history," Prof Swartz wrote in his welcoming letter to staff and students.



AT THE time of going to print, we had over 700 fans on Facebook and over 100 followers on Twitter – and that was without any form of promotion to our students! Join our Facebook fan page at www.facebook.com/NMMU4U and our Twitter page at www.twitter.com/NMMU4U. Tell your friends about it and ask them to join too!

▶ **talk@nmmu welcomes all our new staff members**

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WELCOME back all readers! The year has started with a bang and before you know it will be Graduation and Easter!

We kick off the year with the NMMU value of taking responsibility.

I came across an excellent quote by an unknown author which says: "I must do something" always solves more problems than "Something must be done."

If we look at some of the articles in this first edition of the year we cannot help but see that many of the successes came about because individuals took the responsibility of doing the job and going the extra mile.

Doing something

Let's see what we can do this year to improve ourselves and the world around us.

In the same vein we will be looking at the Excellence Development System (EDS), with staff having to evaluate their performance in 2010, and submitting their performance contracts for 2011.

Tips and guidelines are sent via NMMU-Communi-



nic to assist you with this process.

In this edition we introduce two new women in management, look at building projects, staff and student successes and the wonders of walking.

Please send us your stories and photographs.

Kind regards

Elma de Koker

Editor: talk@nmmu



HONOURED ART ... School for Music, Art and Design Director **Mary Duker's** work entitled "Unhomely places – contested spaces" forms part of the Re...Sponse collection being exhibited at the national William Humphreys Art Gallery in Kimberley.

National honour for Re...Sponse exhibition

RE...SPONSE, the NMMU staff, senior students and alumni art exhibition, which opened at the Vice-Chancellor's Cultural Evening on 14 October last year in the Nelson Mandela Metropolitan Art Museum will soon be on view at the national William Humphreys Art Gallery in Kimberley.

This gallery is one of only two national galleries in the country, the other being the Iziko National Gallery in Cape Town.

The whole exhibition was moved to Kimberley

where it was opened by NMMU art gallery director Dr Melanie Hildebrand as speaker.

Museum director Ann Pretorius, an NMMU alumnus, was so impressed with the standard of the exhibition that she requested it to be exhibited at the William Humphreys, a big honour for our artists since the two national galleries have a very high standing in the art world.

The Re...Sponse collection was commissioned as a "response" to the gallery's permanent art works.

Briefs

Development board

SCHOOL of ICT's **Prof Darelle van Greunen** has been nominated to serve on the International Development Informatics Association (IDIA) Board for three years. The IDIA serves international cooperation in research using Information and Communication Technology (ICT) for developing economies and societies.

International chairperson

UNIVERSITY Alumni Relations Director **Paul Geswindt** has been elected Chairperson of the ACU (Association of Commonwealth Universities) PR, Marketing and Communications Network with over 400 members across 300 institutions worldwide.

Paul presented at three conferences in Toronto, Durban and Melbourne and was also a judge for the ACU PR, Marketing and Communications Awards.

Diary

23 February

Dennis Brutus Memorial Lecture

South End Museum @ 17:30

26 February

Campus Life Festival

28 February

Vice-Chancellor's Scholarship Awards Function

The Radisson Blu Hotel @ 18:30

3 March

Griffiths & Victoria Mxenge Memorial Lecture

South Campus Auditorium @ 17:15 for 18:00

12 March

Mr & Miss Freshette

New buildings, extra programmes to extend campus

Missionvale Campus on the move

A NEW student life centre following fast on the heels of the R38.5 state-of-the-art library at Missionvale Campus, is yet another improvement for the campus.

The student life centre project which is expected to be completed by the end of the month will accommodate a new modern catering facility, student societies offices and student entertainment facilities.

"We are all very excited about it," says campus principal **Khaya Matiso**.

The completed sports pavilion, lifts and hoists for the disabled and the upgraded VIP Lounge are further evidence of the university's intention to meet the needs of both students and the society it serves. Student accommodation is also on the cards.

About 75 units are being planned for the first phase of the project. "The plan is designed in such a way that we can proceed to the project's second phase easily," says Khaya.

The second phase of the sports pavilion project – the ablution facilities and pavilion roof – will start soon. Moreover, the campus is also establishing a medicinal garden – to tie in with its research and to provide a relaxing environment for both staff and students. Growth is happening elsewhere too.

"The BA programme in Development Studies will be introduced this year on campus with more programmes on the cards for next year," says Khaya.

A Science Centre is currently being finalised in line with long-term plans for the campus.



NEW LOOK ... The main student service venue is but one area that has been revamped at Missionvale Campus in recent months.

"The young people in the areas surrounding the campus are still struggling with maths and science. The centre will deliver a service in addition to what is already offered there."

Among the educational services offered is the Mathematics Incubator School project by the Govan Mbeki Mathematics Development Unit to improve the skills of both learners and teachers, as well as

the Science, Technology, Engineering, and Related Management/Mathematics Fields (STEM) Pipeline Project (see page 9).

"In future we will assist primary and high school learners and the teachers," says Khaya.

The 2010 student numbers for the campus ranged between 1300 and 1400. Khaya is confident this number will grow in the current academic year.

VC's Scholarship attracts top students nationally

THE Vice-Chancellor's Scholarship has attracted 25 of the country's brightest learners, who will be studying across all seven of NMMU's faculties.

Their selection follows a concerted marketing effort targeting the top 1500 schools in South Africa and means we have further extended our reach to prospective quality students.

"We're thrilled with the response. It is so gratifying to reward excellence," says senior marketing manager **Christelle Feyt**, who has championed the search for SA's brightest prospects following the introduction of the R60 000-a-year scholarship last year.

This is the biggest bursary given by a public university in South Africa.

This year's candidates, who are equally split among the sexes, will be acknowledged at the Vice-Chancellor's Scholarship gala event on 28 February.

325 candidates were initially nominated by their principals, of whom 150 qualified with their top-class examination results.

This figure was whittled down to a provisionally-accepted list of 29 at the end of last year.

Finally, 25 youngsters were chosen by a selection panel, led by DVC: Academic **Professor Christo van Loggerenberg**, based on their matric results.

The recipients, who ascribe to NMMU's value of excellence with their all-round distinctions, are mainly studying programmes according to the latest labour market trends.

"There's a good percentage in the business and economic fields, but also in science and law," says Christelle, adding that the NMMU flagship BCom Chartered Accounting remained the most popular choice among the 25 recipients.



*HARD WORK ... Many of our staff such as Student Systems and Records' **Val Robberts** who in this picture is helping first-year BA General student Mathew King, worked long hard hours at registration which lasted over two weeks on several of our campuses.*



FIRST YEARS ... First-year BA Media Communication and Culture students Kylie Hawkins, Kaylene Devine and Nangamso Myoli are ready to start their studies at NMMU!

Energy, diversity and new experiences important to new DVC Change agent for our values

OUR NEW Deputy Vice-Chancellor: Institutional Support, Dr Sibongile Muthwa, is happy to be at NMMU since our values are aligned to what she holds dear and she likes the university's energy, stability and predictability of processes and systems.

Born and raised on the South Coast of KwaZulu-Natal, Dr Muthwa studied Social Work at the University of Fort Hare and did her honours at Wits University.

After a short stint as a social worker at Wits University she joined the mental health sector where she worked with children with learning difficulties.

A few years later, she took up her first management position at the Soweto City Council working with the youth and women.

In 1990 she left South Africa to do her master's degree in Development Policy and Planning at the London School of Economics and Political Science specialising in education and urban planning and social policy.

Dr Muthwa received a British Council Scholarship and a Scholarship from the Africa Educational Trust.

"I liked the Social Policy and Planning programme emphasising the role of an individual and a nation as agents of change moving beyond the welfarism slant."

She then obtained her PhD from the School of Oriental and African Studies (SOAS) at the University of London examining the economic survival strategies of female-headed households using a case study of Soweto.

"Over the years I developed a passion for gen-

Two new staff members are heading up the operations side of NMMU – and they're both highly-competent women, whose expertise is set to take us to a better tomorrow, writes Roslyn Baatjies



"We are on a journey here to entrench diversity."

NEW POSITION ... New Deputy Vice-Chancellor: Institutional Support, **Dr Sibongile Muthwa** believes people should be allowed to differ, because we all bring different experiences.

der activism and how the political economy influences and impacts women."

From 1995 to 1999 Dr Muthwa worked for the British Government after which she returned to South Africa to being the Fort Hare Institute of Government Director for five years.

In 2004 she joined the provincial government as Director-General.

"I am extremely privileged to have been afforded this unique opportunity. The job was stressful at times, but also rewarding. We served the poorest of the poor, and dealt with the most influential. All of

them were worthy of our respect".

She relishes her job at NMMU.

"We are on a journey here to entrench diversity. Therefore, we should be willing and able to take people from where they are and bring them to a different structure of interpretation. We should allow people to differ, because all of us bring different experiences, and thus have a different take on things."

She adds: "The greatest gift I received in my job in the provincial government in particular, and other leadership positions I've been in, is never to say that I have seen it all. There is always a lesson to be learned. You just have to be open to that possibility".

Dr Muthwa says that she is privileged to be working with the Vice-Chancellor **Prof Derrick Swartz**. "He respects talent, diversity and individuality. I am also extremely proud to work with the team of committed leaders at NMMU. I believe we are poised to realise the goals outlined in Vision 2020".

Dr Muthwa strategically leads and coordinates the components supporting the core business of the university including Operations, Student Affairs, and the Registrar's Office.

She reads and loves jazz - a passion she shares with her husband.

"I love reading classics, economics, and African nationalism. I believe that I am a governance and leadership scholar," she concludes.

Environmental activist leads operations

LEADING the way in living out our value of respect for the natural environment is new Executive Director: Operations Gisela Kaiser.

This KwaZulu-Natal born engineer calls herself an "environmental activist" who believes that we should look after the planet and save our natural resources. Walk into her office and you will find the lights off and the windows open. Gisela walks the talk.

Having moved to Pretoria when she was four years old, Gisela studied civil engineering at the University of Witwatersrand after which she worked for consulting engi-

neers and lived in Johannesburg for ten years.

"After my eldest daughter was born in 1995, I made a lifestyle choice and moved to Port Elizabeth in 1996 where I worked for a software development company."

In 2001, the Coega Development Corporation approached Gisela to manage their building projects. "It was a wonderful job. I travelled a lot and obtained my MA through the University of the Free State."

Five years later she moved to Cape Town where she first worked in the Woolworths' real estate

development division and shortly thereafter as Director of Specialised Technical Services for the City of Cape Town.

Gisela believes South Africa still has a long way to go to appoint women in management positions. "Women are still under-represented in top positions. Females should bring the benefits of being a woman to the position," she says.

She is impressed with the smooth running of the university, especially the five heads reporting to her in the Operations division. "I am focused on the strategic direction to meet the objectives of



GREEN POWER ... New Executive Director: Operations **Gisela Kaiser** believes we should save our natural resources.

Vision 2020."

She has two daughters, Kirsten and Emma. Gisela also makes time for yoga, running, reading and friends.

NMMU offers new advanced certificate to equip teachers

A first in Arts and Culture Education

WE ARE the only university in South Africa presenting an Advanced Certificate in Education (ACE) in Arts and Culture with 48 Grade 7 to 9 teachers and Education department officials graduating this year.

These students, who started their two-year block release programme in 2009, attended a final six-day session on South Campus presented by the Music Department in December.

"Most universities shy away from Arts and Culture because it is a diverse learning area and government funding is a challenge," says programme leader Music's **Dr Alethea de Villiers**, who developed this accredited qualification (NQF level 6) for NMMU.

Students receive practical and accredited training in dance, drama, music and the visual arts to mediate learning Arts and Culture in schools as well as present workshops in their districts to train other teachers.

The Provincial Department of Education sponsors and recruits students from the 23 districts in the Eastern Cape and has promised NMMU R400 000 to enrol another 46 students in 2011.



We will also recruit additional self-funding students

ROLEPLAYERS ... Drama lecturer Sharon Rother (from left), Education Department Arts and Culture Deputy Chief Education Specialist Tamsanqa Songabe, programme leader **Dr Alethea de Villiers**, Dance lecturer Marelize Marx, Music secretary **Nicky Bosman**, Visual Arts teacher Louise Halliday and former department head **Prof Zelda Potgieter** are all involved in the only formal Arts and Culture Education programme in the country.

"We will also recruit additional self-funding students," says Alethea.

She says students are very positive about the

quality of the course and some wish to pursue drama studies and introduce the Arts in the higher classes in their districts.

Most awards at Microsoft Imagine Cup

OUR IT and Computing Science students received the most awards at the Microsoft Imagine Cup in Software Design, Development and Game Design and Development. Imagine Cup is the world's premier student technology competition.

First place in Game Design and Development went to BTech IT students Jason Welsford and Jacques Marais for their project "3D fighting game" with third-year IT students Jean-Pierre Cordier, Rudi Kriel and Thato Sejosengoe in second place and Craig Marais third.

BSc Computing Science honours student Timothy Matthews and third-year IT student Marius Potgieter were awarded third place in the Software Design category.

In the Development category third-year IT students Lebohang Makhanya, Timothy Sabwelera and Musa Makaphela came first and classmate Natalie Meiring second. She also received the Women in IT Award.

The competition provides opportunities for students' creativity, passion and knowledge of technology to help solve global challenges.

The EDS (Excellence Development System) is aimed at rewarding excellent performance.

The 7-10 performance objectives in the performance contract must be "extra-mile" objectives related to your key performance areas. You are still bound by your job description and employment agreement to perform all aspects of your job satisfactorily.

TIP 1

A score of 3 on the rating scale is **not** average performance. It means that you have achieved all aspects of the objective and

EDS tips

that you are doing a good job.

TIP 2

The rating scale descriptions have been simplified and are incorporated into the EDS performance contract format.

TIP 3

The weighting of key performance areas is mandatory on Peromnes grades 1-6, and optional from grades 7-19. Weight the key performance areas but not the individual objectives within the key performance areas.

TIP 4

All NMMU employees will be evaluated in respect of their adherence to the values. See Section 5 of the performance contract for the descriptions of ethical behaviours in respect of each of the values. The values adherence of managers will also be evaluated by employees reporting directly to them.

TIP 5

Hard copies of all 2011 performance contracts must be submitted to Laverne Fortuin, HR. Address any enquiries to brett.botha@nmmu.ac.za

Briefs

New department head

BUSINESS Management's **Prof Madele Tait** has been appointed head of Marketing Management and also to the NMMU Council.

Academic quality

BUSINESS School's **Dr Patsy Paxton** has been appointed by the Oman Academic Accreditation Authority (OAAA) to chair the academic quality audit of Nizwa College of Technology in Oman (Middle East).

Honorary membership

NMMU has been given Honorary Membership of the Southern African TETRA Association (SATA) due to the establishment of the TETRA Academy, the activities in this field at NMMU and the ground breaking work by School of ICT's **Dr Kerry-Lynn Thomson** and the support School Director **Prof Dalenca Pottas**

National chairperson

MARKETING and Corporate Relations Director **Pieter Swart** has been elected as Chairperson of MACE (Marketing, Advancement and Communication in Education) for the next two years.

Pieter has been on the executive for a number of years and chairperson twice before.

New diploma planned in support of new refinery at Coega

InnoVenton are moving upwards



MORE SPACE ... An additional floor is being added to the existing InnoVenton Institute of Chemical Technology building in Gomery Road to house a planned Fuels Chemicals Centre.

THE InnoVenton Institute of Chemical Technology is not only extending its current floor space in its building in Gomery Road but is also planning a new diploma in Chemical Process Technology.

The Institute already offers the only BSc honours in Formulation Science in the country (see article on page 7).

The diploma programme is planned in line with the new PetroSA refinery in the pipeline for Coega and the expansion of the downstream chemical industry from this investment in the region.

"We believe there will be a great demand for students having the specialised training to be offered in the diploma", said Science Dean **Prof Andrew**

Leitch.

The additional floor will create space for the planned Fuels Chemicals Centre which at close to R4m, will accommodate the new fuels analytical equipment and a small production laboratory.

Sasol has contributed R3.6m towards the R6.6m worth of equipment required for the facility.

Microscope testing in Japan successful

NMMU's dream of becoming a leading international player in nanoscience moved a step closer with news that its prized, custom-built microscope is in sound working order.

The director of the Microscopy Centre, Physics' **Prof Jan Neethling**, who is championing the new R130m High Resolution Transmission Electron Microscope Centre, gave the "sexy newcomer" the thumbs up after visiting the microscope in Japan last month.

The more than 3 metre high microscope which is one of the most advanced electron microscopes in the world gives scientists the capability of analysing materials right down to atomic level. This, Prof Neethling was able to do in the pre-shipment test.

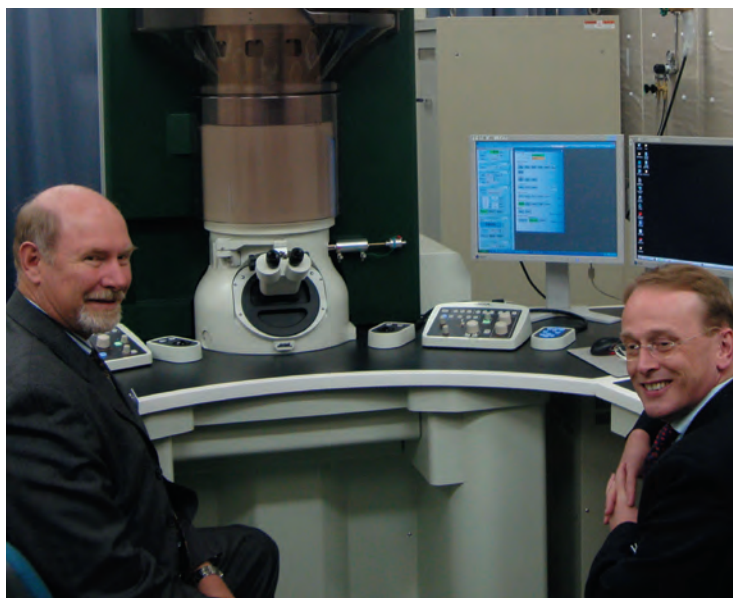
"It was great. I have the pictures

to prove it."

And further good news is that NMMU will benefit from a Royal Society International Joint Project Award which will fund the cost of research visits of staff and students between NMMU and Oxford University.

"This is another major coup for us. We are proud to be associated with Oxford University," says Prof Neethling, who is confident further collaboration will also take place with the Japanese scientists involved in nanoscience research.

Building of the new centre, alongside the Science block on South Campus, is well on track, with completion expected by April 2011. Then installation of the four microscopes and other highly sophisticated equipment by a team of international experts can begin.



*ON TRACK ... Physics' **Professor Jan Neethling** is joined by Professor Angus Kirkland of Oxford University in Tokyo, Japan, during the testing of the NMMU microscope that analyses materials down to the atomic level. NMMU is also to benefit from a new exchange agreement with the leading British university.*

Beauty products at showcase

A FACIAL remedy and hair removing cream were among the products developed by final-year BSc Honours in Formulation Science students.

Lungilo Zinto's skin cream contains an extract of the African Potato "inongwe", as a facial remedy for sun protection, acne, and oily skin whereas Yoliswa Williams' fragrant and time-efficient depilatory cream removes unwanted body hair.

Both these products illustrate the multidisciplinary aspects of this programme drawing on various aspects of chemistry, chemical engineering, biochemistry, pharmacy, physics, physiology, statistics and business.

The other three students worked on cables, batteries and medicinal tablets.

The five final year students had to showcase their products early December where they also had to present business plans to commercialise their products, and exhibit prototypes of the products with appropriate packaging.

As the only qualification of its kind being offered in South Africa, this programme has already produced five graduates.

Currently 15 students are enrolled in the programme says coordinator Chemistry's **Dr Nicole Vorster**.

The course covers all consumer products – from food and cosmetics to paints and plastics.

Depending on the products they formulate, students may be able to start their own businesses or could even walk into jobs overseas.



INNOVATORS ... Formulation Science honours students Alan Swanepoel (Aspen Pharmacare), Noeleen Ferreira (Aberdare Cables), Lungilo Zinto and Yoliswa Williams impressed their lecturers and colleagues with their inventions. They are joined by programme coordinator Chemistry's **Dr Nicole Vorster** (right).

Rocks, gas and geothermal energy

GEOSCIENCES staff and students enjoyed academic networking and exceptional geotechnical sightseeing at the seventh annual Inkaba ye Africa workshop in Potsdam, Germany at the end of last year.

Supervisor **Professor Peter Booth**, lecturer and PhD student **Gideon Brunsdon** and masters' students Dawn Black and Wernich Olivier were among the 120 delegates of whom half were from South African universities.

The workshop content varied from the core of the earth to outer space with NMMU mainly focussing on research results carried out on the Cape Fold Belt over the last few years.

The workshop venue at Helmholtz GFZ German Research Centre for Geosciences houses state of the art technical research equipment for

astronomy as well as seismic observations.

Physicist Albert Einstein's small five-storied building from which he conducted some of his "star gazing" forms an integral part of the research complex.

The participants also enjoyed two excursions to geotechnical interest sites near Berlin. They visited a CO₂ extraction plant, where the gas is pumped into deep-seated aquifers and a geothermal site where hot water (140°C) is extracted from a depth of 4 000 metres and tested as a possible source of geothermal energy.

The experience in Germany provided plenty of opportunities for academics, professionals and students to exchange information and ideas generated from the talks at the workshop, says Prof Booth.



INTERNATIONAL EXPOSURE ... Geosciences lecturer and PhD student **Gideon Brunsdon**, master's student Dawn Black-Francis, NMMU alumnus Claire Browning and master's student Wernich Olivier hugged the one meter wide vertically standing rock core samples at the entrance to the Helmholtz GFZ German Research Centre for Geosciences in Potsdam, Germany, where they attended the 7th annual Inkaba ye Africa workshop.

New concept for music students

NMMU Music students will be part of a brand new concept of the Mandela Bay Symphonic Wind Orchestra (MBSWO) under the baton of part-time music lecturer Gareth Williams in an interactive first for the Bay.

TwoTone Music directors Gareth and Ulagh Williams, both NMMU music alumni, are excited about this venture, which combines the orchestra with vocalists and the award-winning TwoTone Show Band which had their first performance at a Valentine's dinner/dance setting at Summerwood Primary on 12 February.

Several young performers in the show are NMMU students, some of the students involved have already performed in TwoTone Music productions such as the Mandela Bay Big Band, and the Mandela Bay Fest of Sound hosted at NMMU in 2010.

In a change from their classical concert repertoire, the orchestra "put on the Ritz" with foot-tapping Big Band Jazz, Latin and Ballroom favourites and popular hits providing an opportunity for the audience to take to the dance floor as well.

"It is important to expand the musical horizons of young performers, whether through classical concerts or upmarket interactive events such as this one," says Gareth.



NEW MUSIC CONCEPT ... Music staff and students in the new combination included (back from left) **Gareth Williams**, Heidi Labercensie, Tiaan Uys, Paulo Putigna and Carmen Plaatjies, middle Nathan Musson, Kristle van Niekerk and Creshwell October and (front) Babalwa Tshula and Jonathan Lee-Ching.



LEADER ... Final year BPharm student Raydon Juta was appointed Vice-President of the SA Pharmacy Students Federation (SAPFS) and received the SAPSF Trophy Award for being the best member based on involvement in his branch and the federation.

National leadership and awards

OUR Pharmacy students have done us proud by receiving three awards and being elected to two national leadership positions.

PEPSA (PE Pharmaceutical Students Association) President and final year BPharm student Raydon Juta was elected Vice-President of the South African Pharmacy Students Federation (SAPSF) and received the SAPSF Trophy Award for being the best SAPSF member at the annual (SAPSF) conference in Durban at the end of the year.

Thulasiswe Shelembe was elected media and communications officer and received the Penny Amblar Memorial Award for overall performance at the congress as first time delegate.

PEPSA also walked away with the Stavros Nicolau Trophy Award for having participated most effectively in fundraising for the year.



HONOURS ... Social Work student Nozipho Hokonya (right) received both top awards at the Social Work Programme's annual formal pledge and prize-giving ceremony at the end of last year and was joined by long-serving social work stalwart Tia Wessels.

Top student honoured

2010 MANDELA Rhodes Scholarship recipient and Golden Key achiever Social Work student Nozipho Hokonya won both top awards at the Social Work Programme's annual formal pledge and prize giving ceremony.

Nozipho received the awards for the highest average in practical and theory and the best achievement over four years of study.

Long-serving social work stalwart Tia Wessels was also honoured.

Though in her 70s, Tia is still actively involved as

Director of Family Restoration Services. Her sterling work also saw her recognised as a 2009 Business Woman of the Year and Checkers Women of Inspiration winner.

At the ceremony senior students make a solemn declaration and pledge to uphold the ethics of the profession and allegiance to NMMU as they prepare to enter practice as registered social workers.

Their pledge underpins specifically the NMMU values of integrity, respect for diversity, responsibility and *ubuntu*.

Engineering project attracts learners to science, technology

Top matric praises project

HISTORICALLY disadvantaged top schools achiever Ndileka Makaluza credits our Engineering School's Science, Technology, Engineering and Related Management/Mathematics Fields (STEM) Pipeline Project for much of her success in obtaining six distinctions in the 2010 matric exams.

The project also inspired her to change her prospective field of study to Mechatronics.

"In January last year I had problems with physical science. The classes helped in a big way. Everything was explained to us and we did practical work as we hardly did this at school. After being part of the project, I noticed a gradual improvement in my physical science marks," she said.

Ndileka and a few others from Douglas Mbopa Secondary School joined learners from schools all over the metropole for afternoon classes at Missionvale Campus last year.

The project sponsored by the South African National Roads Agency Limited (SANRAL), equips learners with skills to enter the science, technology and

engineering fields of tertiary studies.

"Schools with outstanding results in physical science and mathematics are targeted with Grade 10, 11 and 12 learners having to have a minimum mark of 65% for maths and science to qualify," says STEM project laboratory manager Isabel van Gend.

By doing the practical work, we could do and see what we were studying

She says the two-hour practical session every two weeks is curriculum-based and emphasises an understanding of the underlying scientific principles.

SANRAL also offers scholarships to deserving Grade 11 and 12 learners interested in a career in civil, electrical, transportation, electronic and computer engineering.

"This project is a great thing. By doing the practical work, we could do and see what we were studying. The group was small, so we received individual attention. The lecturer was accommodating and patient. We did



BIG HELP ... Top achiever Ndileka Makaluza praises the School of Engineering's maths and science project for assisting her in increasing her marks substantially with their practical support.

not know much about computers and it was exciting and refreshing learning how to use technology in our subjects," Ndileka recalled.

Schools involved with the programme include Alexander Road,

Collegiate, Daniël Pienaar, Douglas Mbopa, Ethembeni Enrichment Centre, Framesby, Lungisa, Pearson, Uitenhage and Westering with Bethelsdorp, Despatch, Muir, St Thomas and Strelitzia joining this year.



NATIONAL WINNER ... BTech Electrical Engineering student Clement Venter clinched the top spot in the 2010 SA Institute for Electrical Engineering (SAIEE) National Student Project Paper presentation competition late last year. His project investigating voltage transformers used for tariff metering of medium and high voltage loads and guidelines for its application wowed the judges who were impressed by the overall high standard of the competition.



HAPPY TEAM ... merSETA Chair in Engineering Development's Karl du Preez, (back left) Kwezi Lomso High School educators Thembisa Ntlangwini and Jo Flippance, merSETA's Meera Parshotam, educators Noluthando Nkumba and Ludwe Dingiswayo and technical head Derick Alberts, (front) merSETA's Carmen Adams, school principal Cecilia Behrent and merSETA's Zweli Ngayeka celebrated the new drawing classroom.

Improving learning for students

LEARNERS at Zwide's Kwezi Lomso Technical High School now have access to an upgraded drawing classroom with new data projector and laptop to study their drawing subjects effectively.

merSETA (manufacturing, engineering and related Services SETA) Chair in Engineering Development housed at NMMU since 2009 recently donated R30 000 to the school as part of their project to in-

crease the capacity to educators at selected technical schools in the Eastern Cape.

"We are really excited and grateful to merSETA. We will now work hard to maintain the condition of the classroom and improve our skills", said a proud Kwezi Lomso technical head Derick Alberts.

We hope to improve the standard of students, as future engineers," said Carmen Adams, merSETA project manager.

First off the line

NMMU Racing was the first team to be accepted to compete in an international Formula Student event in Hockenheim, Germany this year.

With only 78 places available but more than 200 teams vying to compete, teams must fill in a form that tests their knowledge of the rules.

NMMU completed the entry form in a record two minutes and 32 seconds, well ahead of the second-placed team, which took nine minutes and 56 seconds to answer the questions correctly.

The team now has to prepare the car and arrange logistics of transporting the vehicle and team to Germany for the August competition.

Putting NMMU value into action is a must With rights, come responsibilities

'ALL I hear is "my right, it's our right" but never do I hear anyone talking about their responsibilities. A right is a privilege that must be earned.

This is but one of the responses of NMMU staff to a discussion on SOAPBOX (accessible via the megaphone icon on the portal) about the new value of taking responsibility.

The need for balancing rights with responsibilities is highlighted by those who responded to a suggestion for a possible Bill of Responsibilities for NMMU (see adjacent story).

Many echoed the views of Vice-Chancellor **Professor Derrick Swartz** who raised the importance

We all want to enjoy life to the fullest, but in doing this we all need to keep in mind that every action has a consequence. That's why taking responsibility is a core NMMU value.

of taking responsibility during the Welcoming Ceremony speech in mid- from simply correcting office numbers and extensions right through to reporting crime.

Rights without responsibility is like a bus without wheels – useless

January.

"You are responsible for your own future," he told the packed Indoor Sports Centre.

The feedback from the SOAPBOX highlighted the need to take responsibility for all aspects of life at NMMU

"It implies taking initiative, seeing beyond the limiting and small-minded confines of job description. It's about doing what you do with selflessness and generosity," wrote one staff member, while another stated that "a right is a privilege that must be earned by being a responsible citizen."



Taking Responsibility

Or to quote another: "Rights without responsibility is like a bus without wheels – useless."

Taking responsibility is one of NMMU's six values, and incorporates the following:

- We acknowledge our personal responsibility for ethical behaviour towards others
- We assume responsibility for the achievement of personal and institutional goals
- We accept responsibility for our action and the consequence thereof
- We provide an environment that encourages staff and students to take responsibility for their academic and professional endeavours.

Bill of responsibilities

FOR every right there must be a responsibility.

Here are some ideas for a Bill of Responsibilities for NMMU – a guideline to the way we should behave.

- It is a privilege to be part of NMMU.
- With this privilege, comes the responsibility of protecting the NMMU name through suitable behaviour.
- Right to a good education.
- In return, we have the responsibility to work hard, complete assignments, be punctual and meet deadlines.

- Right to be treated with respect.
- It is our responsibility to treat fellow citizens with respect and kindness, and to refrain from racist, xenophobic or bullying behaviour.
- Right to a clean, safe environment.
- It is our responsibility to look after NMMU by keeping its facilities, equipment and the natural environment clean and tidy.
- Right to a law-abiding community.
- It is our responsibility to adhere to university rules and take a stand against those who break the rules and the law.

Mail box

Win R100 for best letter

PUT yourself in line to win a R100 Greenacres gift voucher by sending us letters with your concerns, ideas and comments about life at NMMU.

Send your letters to: elma.dekoker@nmmu.ac.za

Head prefects galore for 2011

CONGRATULATIONS to our staff and their children who are head prefects for 2011:

- **Prof Charmain Cilliers** (Computing Sciences), Jacques, head boy, Pearson High
- **Prof Deon Raubenheimer** (Physics), Janien, head girl - DF Malherbe High
- **Jacques Thomas** (Chemistry), Jade, head boy, Dower Practising School, Uitenhage.
- **Arista van Jaarsveld** (Pharmacy), Arno, head boy, Summerwood Primary
- **Mari Voges** (CPID), Mignon, head girl, Charlo Primary
- **Dr Jo Zeelie** (Management and Entrepreneurship), Amber-Rae, head girl, Clarendon Park Primary.

Condolences

THE university extends condolences to the family and friends of the following staff and students who passed away recently:

- Sport Bureau's **Wilmot Phillip**
- Management Sciences' **Carl Roux**
- Third-year George Campus Sport Management student **Rushdie Brandt**
- Final year MPA Political and Governmental Studies student **Nombulelo Ralane**
- Third-year BCom student **Zoleka Zutu**
- Retired Greek lecturer **Dr Japie Havemann**, who is also the father of **Marlene du Plessis** of the Library.

We also extend our condolences to the following staff members whose family members recently passed away:

- Environmental Health Department's **Willem Michau** (his brother).
- Ceramic Department's **Isaac Mute** (his mother).
- Retired DVC Academic **Prof Christo van Loggerenberg** (his mother).

Promoting agriculture studies

AGRICULTURAL Management's Prof Victor Mmbengwa believes that suitable role models in agriculture can make a meaningful contribution towards inspiring young people to equip themselves with a formal education in agriculture, providing the high level skills required for success in this industry.

He recently visited the Imizamu Yethu Secondary School in George addressing a group of Grade 12 learners who have agriculture as a school subject about agricultural studies offered on George Campus.

The agricultural sector is one of government's strategic priorities in both employment creation and food security.



HONOURS ... Current lecturers and stalwarts including (back from left) Natural Resource Management School Director **Dr Josua Louw**, lecturers **Johan Jordaan** (Agricultural Management) and **Barry Muller** (Wood Technology), former lecturer Richard van Tonder and his wife, Toekie, and part-time lecturer **Francois Borman**, (middle from left) former Campus Principal Joh Scriba and his wife, Kathy, former lecturer Albie Colton, part-time forest silviculture lecturer **Sarel Theron** and his wife, Anna and fire protection lecturer **Tiaan Pool**, and (front) Forestry lecturer **Willie Louw** were among those to acknowledge the role played by former forestry regional director Georg von dem Bussche (back, second from right). He was honoured for his outstanding and dedicated service to the forestry industry over many years. Forest Engineering lecturer and chairperson of the South Cape Branch of the South African Institute of Forestry (SAIF) **Andrew McEwan** presented him with an award during a function on George Campus.



KEY TEAM ... The NMMU George side who finished top of their pool after the preliminary rounds on George Campus included (back from left) Antonie Beswick, Frederik Eksteen, Zeke Jansen, Etienne Janse van Rensburg, Francois Kemp, Kutelani Tshivhase and Marinus van der Watt (coach), (front) Raynor Becker, Ronwen Agent, Gerrit de Jager, Captain Emile Temperman and Karl-Hein Schuld. Photograph Kelvin Saunders.

Varsity sevens finds niche

SOUTHERN Cape supporters enjoyed a double dose of sevens rugby over December when George Campus hosted the first university rugby sevens tournament just before the IRB rugby sevens tournament in George.

After the student tournament, the USSA rugby executive board vowed to retain George Campus as venue in future.

24 university teams competed in the tourna-

ment won by the 2010 Varsity Cup 15-man rugby champions, Maties, who defeated a spirited UJ side in the final 24 – 19.

The NMMU George side topped their pool after the preliminary rounds with victories over TUT A, UWC, Zululand, Walter Sisulu University, Buffalo and a draw against UFS.

NMMU PE lost to eventual champions, Maties, 7 – 38 in their quarter final.

Jake White assists Madibaz rugby



ACTION ... Luso Boo, captain and scrumhalf of the Madibaz rugby team in action during the USSA Rugby Sevens Tournament held at George Campus.

THE Madibaz rugby team welcomed coaching by former Springbok and World Cup winning-coach Jake White in preparation for Varsity Cup.

The team spent a week at George Campus where they were assisted by the former Springbok coach, who was seconded by Varsity Cup sponsors, Steinhoff, to help TUT and NMMU.

"I'm grateful for the opportunity and found it very enjoyable to share my knowledge with the coaches," said White.

The Madibaz has a new coach and new-look squad for the season, which kicked off on Monday, 7 February, with a game against Tukkies at the Xerox NMMU Stadium.



SUNDOWNERS ... Tourism Department's (back from left) **Gary Fisher, Donna Bulbring, Shireen Gerwel, Altouise Jonas, Sisanda Loni** and tour guide NMMU alumnus Justin Saunders with department head **Hugh Bartis** (front) enjoying a sundowner at their strategic planning session at Pumba Game Reserve.

White lion experience

OUR Tourism Department had a strategic planning session with a difference.

They attended Pumba Private Game Reserve early in December where they witnessed a white lion and lioness playing in the early morning.

This experience was thanks to a special discount and a lengthy collaboration between the department and the industry.

In addition, the department was hosted by Game Ranch Management alumnus senior ranger Justin Saunders, who introduced the NMMU visitors to the rare species.

As one of only two white lion conservation programmes in the world, this is a key biodiversity project at the reserve. With less than 500 white lions left worldwide these animals are becoming extinct

because they cannot camouflage themselves well because of their colour.

Pumba's white lion rehabilitation project also ensures that there is no inbreeding so that the gene pool can be varied.

The other white lion programme is in the Timbavati region where the white lion was originally discovered.

New work on estuary valuation



IN PRINT ... Economics Department's **William Akoto** (right) recently launched his first book - *Valuing preferences for freshwater inflows into selected South African estuaries* - with Economics' **Prof Stephen Hosking** as collaborator. Problems caused by reduced freshwater inflows into South African estuaries are addressed looking at the value of estuary services and other environmental resources. The book is based on Mr Akoto's master's dissertation and relates to the sustainable use and management of river systems and estuaries. It's aimed at environmental economists, environmental policy makers and resource managers.

You can win

LUCKY readers can win two R100 Greenacres Shopping Centre vouchers and two R100 University Shop vouchers. Just read your **talk@nmmu!**

Answer the following questions (from articles in this edition):

- 1 The new student centre on Missionvale Campus will be situated in the **l.....y (7 letter word)** building.
- 2 THE InnoVenton Institute of Chemical Technology is also planning a new diploma in Chemical Process **T.....y (10 letter word)**.
- 3 "Rights without **r.....y (14 letter word)** is like a bus without wheels – useless."

Correct answers, along with your name, surname, staff number, department and telephone number, can be e-mailed to elma.dekoker@nmmu.ac.za by **27 February**

Schuinville Pharmacy in Newton Park charges no additional fees, fax fees, telephone fees or delivery fees for chronic medication to members. Tel: 041 3642109 or George Campus - Pacaltsdorp Pharmacy: Tel: 044 878 1707.

Rules ► Only NMMU employees may take part in this competition. ► Only e-mail entries qualify for this competition. ► Staff who do not have access to e-mail may ask a colleague to submit their entry – just include the correct name, department and phone number of the person entering the competition. ► Your full details must appear on the e-mail entry. ► Only one entry per person is allowed. ► The judges' decision is final.



BIG WINNER ... Horticulture Department Manager **Elana Storm** was overwhelmed with joy when she was congratulated by Vice-Chancellor **Prof Derrick Swartz** as the lucky winner of the holiday/boat trip for two at the year-end staff and long service awards function.



NATURE ... Finance's **Devereux Hickman-Davis** took this photograph of a cycad on the corner of the parking area in front of Embizweni and the covered parking area on South Campus, reminding us of our value respect for the natural environment. "It's so beautiful and right here on campus. I wonder how many staff and students pass this cycad every day and don't even see it," she said.



EARLY GIFT ... Sport Bureau's Father Christmas **Odwa Msebe** handed out early lucky draw gifts at the Staff Association year-end-function to, among others, Accounting's **Prof Amanda Singleton**, who is joined by committee members Procurement's **Ramani Somiah** (left) and **Bernard Booysen**.



PINK WHEELS ... Senior Manager Marketing **Christelle Feyt** loved the "hysterically over-the-top vehicles" in Minnesota where a number of NMMU staff from the library, ICT, CANRAD and Marketing and Corporate Relations visited universities in conjunction with our International Office.



TEAM BUILDING ... The Business School celebrated their student intake with a team building day for the staff and 160 new students on the Second Avenue Campus soccer field on 1 February. Business School Director **Prof Piet Naude** (centre) joined MBA, BBA and ABP students on the field in preparation for their assignments based on teamwork. The school emphasises teamwork as part of real world management and leadership. The games included blindfolding, word games, soccer, obstacles and other races. The day ended with a braai.



IEC VISIT ... Library and Information Services Director **Robert Pearce** (third left) represented NMMU at the Independent Electoral Commission (IEC) Launch in East London on 20 January, where he received the "Atlas of Results of the 2009 Elections" which Vice-Chancellor **Prof Derrick Swartz** donated to the library. With Robert are (from left) Reverend Dr Bongani Finca, Chief Electoral Officer Advocate Pansy Tlakula and Springbok rugby manager Zola Yeye.



CONGRATULATIONS ... Vice-Chancellor **Prof Derrick Swartz** congratulated our 30 to 35 years long service recipients at the year-end staff and long service awards function.

Our long service recipients

40 years

► Nico Groenewald ► Bert Olivier

35 years

► Niekie Dorfling ► Jonty Hansford
► Peter Loyson ► Tamsanqa Nkmeni
► Bennie van Brecht ► Christo van Loggerenberg

30 years

► John Anderson ► Mandlenkosi Bawushana
► Johanna Bouwer ► Susan Brummer
► Japie Coetzee
► Fanus Grebe ► Magda Hawkins
► Bokkie Olivier ► Hendrik Rossouw
► Graham Thompson ► Pat Wallis
► Mark Watson ► Nomalanga Xuba
► Nontembiso Yose ► Mncedisi Zaxaka

25 years

► Louwrens Bezuidenhout ► Fanie Buys
► Charmain Cilliers ► Gina Esterhuizen
► Hercules Fourie ► Jeremiah Gazi
► Laetitia Greyling ► Nombuyiselo Jagers
► Stephen Lear ► Mzukisi Malgas ► Pindile Mantile
► Mzwandile Mute ► James Ntengento ► Anel Otto
► Pieter Pelle ► Zelda Potgieter ► Piet Roodt
► Pieter Swart ► Jean Thomas ► Cathy Wiid

20 years

► Maria August ► Nico Barnard ► Alta Beer
► Anneke Botha ► Nonnie Botha ► Nellis Bothma
► Amanda Calitz ► Allan Claasen
► John de Lange ► Rinette Dickinson
► Martha du Plessis ► Eleanor du Preez
► Maureen Elkington ► Hilda Fisher
► Michelle Fleur ► Franco Geminiani
► Patrick Genge ► Harm Grobbelaar ► Karen Grobler
► Paul Harper ► Jennifer Harris ► Nozipo Hendricks

► Rene Kemsley ► Mervin Knoesen
► Jean Luyt ► Pierre Malan ► Pierre Matthee
► Henry McCarthy ► Elsabe Newman
► Ben Nobadula ► Zinziswa Nqweni
► Bertina Odendaal ► Martin Oosthuizen
► Johan Pansegrouw
► Francois Potgieter ► Estelle Roodt
► John Smallwood ► Mandisa Somniso
► Neville Smith ► Marida Stenning
► Johan Strydom ► Christopher Tete
► Derick van der Berg ► Ilse van der Watt
► Barry van der Westhuizen ► Hanna van Lingen
► Theo van Niekerk ► Marinda van Wyk
► Wayne Vorster ► Johan Wasserman
► Laurence Watson ► Janina Wozniak

15 years

► Fagmieda Abrahams ► Lindsey Beyleveld
► Barry Bradley ► Alex Brettenny
► Nomonde Dara ► Constance Dixie
► Annelize Els-Botes ► Shelley Farrington
► Issabella Griesel ► Marcelle Harran
► Louis Harris ► Neil Houzet
► Helize Janse van Vuuren ► Teresa Keyser
► Sue Jefferys ► Razina Langeveldt
► Igor Litvine ► Elsa Lombard ► Gavin Ludick
► Shamien Madatt ► Sipho Madyo
► Carmel Mahomed ► Reuben Masango
► Allan McGillivray ► Norma Moffat
► Rebecca Molefe ► Brenden Moodalay
► Linda Muller ► Marion Murphy
► Stephen Newman ► Daryl Newton
► Mncedisi Ngqobololo ► Laetitia Radder
► Edwin Reid ► Ronel Rizzo ► Eileen Scheckle
► Anton Schmidt ► Michael Somniso
► Richard Stretch ► Marinda Taljaard
► Natalie Tansley ► Rodger Thomas ► Ilse Truter
► Chantal van Heerden ► Junita van Dijk
► Dekker Vermeulen ► Mari Voges
► Dean Wasserfall
► Garth Smit

10 years

► Callum Anderson ► Jaco Barnard
► Sylvan Blignaut ► Ntombenkazi Bongoza
► Ann Booysen ► Beverley Connelly
► Richard Cowling ► Kholiswa Dikeni
► David Friskin ► Carminita Frost
► Monica Gongxeka ► Chantel Harris
► Phil Haussler ► Fiona Heilbron
► Vanessa Heunis ► Thembinkozi Jodwana
► Maureen Klos ► Nokuzola Kosi
► Thomas Kungune ► Beryl Leeuw
► Maryna Lehmann ► Ronald Leppan
► Bartosz Lubczonok ► Phakama Mdila
► Michael Monaghan ► Lawrence Motebele
► Mandie Muller ► Melinda Muller
► Albert Nelmapius ► Anita Noah
► Feroza Noorshib ► Charity Ntseane
► Tiaan Pool ► Bernice Sampson
► Henk Schalekamp ► Melvin Syce
► Noluthando Toni ► Leda van der Post
► Maryna van de Venter ► Janet van Zyl
► Marinda van Zyl ► Shirley Wagner-Welsh
► Theresa Webb ► Leizel Williams ► Lesley Wood

5 years

► Madaleen Bernardo ► Arina Bohler
► Nobuzwe Bavuma ► Ntombomzi Draai
► Michael Goromondo ► Judy Haveman
► Pelisa Hlanga ► Shena Lamb-du Plessis
► Siyabulela Dyasi ► Nina Joubert
► Lulama Khephe ► Allison Kingma
► Nenekazi Mkuzangwe ► Nomakwezi Mzilikazi
► Barry Muller ► Mxolisi Ncapayi
► Khayakazi Ngcuka ► Funkea Nombande
► Nomalungelo Ntlokwana ► Bulelwa Poswayo
► Dawn Prinsloo ► Mbuseli Sam ► Erice Sambu
► Craig Scheckle ► Nomzikazi Sihlobo
► Nolwazi Somtsewu ► Amelia Tessner
► Siphokazi Tili ► Silvesta Tswane
► Anita van Huyssteen
► Marina Ward

Lose up to a kilo a week and drop centimetres all over

Walking is about wellness

YOU MIGHT eventually walk a 30km race beating many runners to the finish line if you start taking daily walking seriously.

The number of walkers on our campuses during lunchtime is steadily increasing with more and more staff benefiting from taking a healthy break.

Walkers even say their skin looks better. It's all about mental, physical and emotional wellness.

Physical activity does not have to be vigorous or done for long periods to improve your health.

You can walk for 30 minutes a day as briskly as you can most days of the week and you will reap the health benefits.

'Brisk' means that you can still talk but not sing, and you may be puffing slightly.

Walking is a suitable physical activity for most people. Regular walking can also decrease your risk of developing conditions such as heart disease, type 2 diabetes, osteoporosis and some cancers.

Walking is low impact, requires minimal equipment, can be done at any time of day and can be performed at your own pace. You can get out and walk without worrying about some of the risks associated with other more vigorous forms of exercise.

It's also a great form of physical activity for people who are overweight, the elderly or those who haven't exercised in a long time.

You carry your own body weight when you walk which means you increase your heart and lung fitness, reduce the risk of heart disease and stroke, better manage conditions such as high blood pressure, high cholesterol, joint and muscular pain or stiffness, and diabetes, it leads to stronger bones and improved balance, increased muscle strength and endurance and of course reduced body fat.

- ▶ Build physical activity into your life such as try taking the stairs instead of the lift (for at least part of the way) - we have many stairs on our campuses!
- ▶ Get off public transport one stop earlier and walk to work or home or park further away from the shops.
- ▶ Do housework like vacuuming.

Footwear is important

Walking is a low cost and effective form of exercise. However, the wrong type of shoe or walking action can cause foot or shin pain, blisters and injuries to soft tissue. Make sure your shoes are comfortable, with appropriate heel and arch supports. Take light, easy steps and make sure your heel touches down before your toes. Whenever possible, walk on grass rather than concrete to help absorb the impact



REGULARS ... Marketing and Corporate Relations' regular lunchtime walkers include Debbie Derry, Allison Kingma, Vuyo Bongela and Bev Erickson who enjoy their campus walk for increasing fitness and renewed energy.

- ▶ Walk (don't drive) to the local shops.

- ▶ Walk the dog (or your neighbour's dog).

Try to make walking a routine – for example, try to walk at the same time each day.

Remember, you use the same amount of energy no matter what time of day you walk, so do what is most convenient for you. You may find that asking someone to walk with you will help make it a regular activity. Some people find that keeping an 'activity diary or log' also makes it easier.

A pedometer measures the number of steps you take. This may motivate you to move more when you compare your daily activity. The recommended number of steps accumulated per day to achieve health benefits is 10,000 steps or more.

For most people, there is little difference in the amount of energy used by walking a kilometre or running a kilometre – it's just that walking takes longer. Plan to cover a set distance each day and monitor how long it takes you to walk this distance. As your fitness improves, you will be able to walk a longer distance and use more energy. Walking fast burns more kilojoules per hour than walking slowly, but this doesn't mean you have to push yourself until you're breathless. Instead, pace yourself so that you can still talk. This simple rule of thumb enables you to walk safely within your target heart rate, which brings about health gains. The body tends to get used to physical activity, so continue to increase your intensity as you are able and thus improve your fitness levels.

You can increase the intensity of your walks by:

- ▶ Walking up hills
- ▶ Walking with hand weights
- ▶ Increasing your walking speed gradually by including some quick walking

- ▶ Increasing the distance you walk quickly before returning to a moderate walking pace

- ▶ Walking for longer.

The best way to warm up is to walk slowly. Start off each walk at a leisurely pace to give your muscles time to warm up, and then pick up the speed. Afterwards, gently stretch your leg muscles – particularly your calves and front and back thighs. Stretches should be held for about 20 seconds. If you feel any pain, ease off the stretch. Don't bounce or jolt, or you could overstretch muscle tissue and cause microscopic tears, which lead to muscle stiffness and tenderness. It's best to dress lightly when you do physical activity. Dressing too warmly can increase sweating and build up body temperature, which can make you uncomfortable during a walk or possibly cause skin irritations. A gradual cool down will also prevent muscular stiffness and injury.

Some suggestions to help make regular walking a pleasurable form of physical activity include:

- ▶ Wear loose, comfortable clothing.
- ▶ Protect yourself from the sun with clothes, sunglasses, a hat and sun block.
- ▶ Wear waterproof clothing to avoid getting wet if it rains.
- ▶ Drink plenty of fluids before and after your walk. If you are taking a long walk, take water with you.
- ▶ Vary your walking routes so you can enjoy the change in scenery.
- ▶ Walk with a friend and combine physical activity with socialising.
- ▶ Join a local walking club.
- ▶ If you have a medical condition or any health concerns, check with your doctor before you start any type of physical activity programme.

- Kobus Magielies Campus Health Services

We're tops in cricket and chess

NMMU has done it again! Our cricketers successfully defended their title as top university team in the country at the USSA (University Sports South Africa) tournament while the Chess Club also scored top honours at USSA.

With 14 players, NMMU Chess took Gold as the overall winners with 83.5 points, 8.5 points ahead of the runners-up Vaal University of Technology, Gold for the Ladies section and Silver in the Men's section.

Other highlights included Kelvin Classen crowned USSA champion and a Gold medal in the Men's section, Mhloti Manganye a Silver medal in the Ladies section, Kulasande Mafanya a bronze medal in the Men's section, Noxolo Qanqa fourth in the Ladies section, Tinus Goosen best coach and Sport Bureau's **Zanele Mdozana** as winning manager.

Four NMMU players were selected for the National USSA Chess Team for the students games in China this year, while NMMU's Tinus Goosen was elected tournament convenor and Noxolo Qanqa as additional member on the USSA Chess Executive Committee.



TOPS ... The Madibaz cricket team once again was crowned the winners at the USSA week as top university cricket team in the country - successfully defending the title they secured last year. They whipped the University of Pretoria in the final by 69 runs in a one-sided contest at the University of the Western Cape



GOING FOR GOLD ... NMMU Chess took Gold as the overall winners with 83.5 points in the USSA (University Sports South Africa) tournament, Gold for the Ladies section and Silver in the Men's section.



NEW VESTS ... Tasquane Hufkie (from left), Zuko Nasaka and Lyree Boucher showed off the new vests supporting the Varsity Cup rugby championships boasting the top eight teams in the country including NMMU.

Varsity Cup support

COME AND support our NMMU Madibaz rugby team in the fourth FNB Varsity Cup involving the top eight university rugby teams in the country.

On Monday 7 February NMMU were up against Tuks and on 14 February against UJ both here on our home ground.

The other home games here at NMMU for you to diarise will be on 7 March against TUT and on 21 March

against Shimlas.

On 21 February our team will play UCT in Cape Town, and on 28 February defending champions Maties in Stellenbosch with their last away game against NWU Pukke at Potchefstroom.

The semi-finals will take place on 28 March and the final on 11 April.

The very popular Pink Shorts Campaign will this year support combating violence against women.

Nurturing young talent



GIVING BACK ... NMMU's Cricket Club not only scores on the cricket pitch, but also ploughs back their successes into the cricketers of the future. Young cricketers of Arcadia's Soutpan Primary School's were treated to a coaching clinic by the club's members at Sunny Park near the school. The club is also planning to assist the school with equipment for the 2011 season and to embark on similar projects at the park in the new year. Earlier last year the club sponsored R2 000 towards painting walls at Sunny Park, an open safe area fenced with park equipment, benches and a cricket net sponsored by the Warriors.