

# talk@nmmu

March / April 2011  
The Staff Newsletter

## More graduates, new chancellor and acclaimed scientist speaks A celebration graduation

**EXCELLENCE** is our value for March and April and this year's graduation is a true reflection of excellence in many ways.

We can be very proud of an increase of 64% in doctorates and 24% compared to last year, strengthening our research profile and postgraduate complement. The increase also reflects on many promoters and supervisors working hard with these students.

The number of staff members receiving doctors' degrees has also doubled to 15 of whom most graduate in the Faculty of Business and Economic Sciences. Of these Computing Sciences' **Prof Andr Calitz** received his second doctor's degree, a DBA.

Altogether 57 staff members have worked hard to receive degrees, diplomas and certificates. Read more in our May edition of **talk@nmmu**.

Our total number of graduates has increased by eight per cent compared to last year. Leading the way with more than 1400 graduates is the Education Faculty which also has the most postgraduate graduates (354).

The Science Faculty once again produced the most doctoral degrees (21), up from 16 last year and the Faculty of Business and Economic Sciences celebrates 119 master's degrees, as compared to 97 in 2010.

Our second chancellor, well-known South African businesswoman Santie Botha, was inaugurated on Friday 12 April.

World-acclaimed scientist and cinematographer Sir David Attenborough presented a public lecture on 11 April and received an honorary Doctor of Science degree in recognition of his approach to wildlife – successfully marrying science and entertainment.

Internet whiz-kid, innovative thinker, entrepreneur, humanitarian and afonaut Mark Shuttleworth



**HAPPY RECIPIENTS ...** Celebrating their R60 000-a-year Vice-Chancellor's Scholarships at a function at the Radisson Blu were Sbonise Mkhize from Velabahleke High in Durban, Kelly Minne (Pearson High), Anika Botha (Linkside High), Lithalethu Madikazi (RUCC Christian School, Mthatha) and Leah Moodaley (Victoria Park High). They are among 25 top-achieving first-year students - with 148 distinctions between them – to receive the scholarship.

was awarded a Doctor in Information Technology for his substantial contribution to the field of IT.

Businesswoman and social-minded entrepreneur, Tembeka Nkamba was recognised for her exceptional contribution to literary, cultural and community development in South African society and received an honorary Doctor in Philosophy.

Former Dean of Education the late Professor Wally Morrow was posthumously awarded an honorary Doctor in Education for his substantial contribution to advancing the frontiers of scholarly knowledge in

the field of education through his teaching, research and social engagement.

President of the Supreme Court of Appeal, Judge Lex Mpati received an honorary Doctor of Law in recognition of his contribution to the transformation of the South African legal profession and the struggle for the respect of human rights.

And, for his unique contribution to the development of the accounting profession and governance practices both in South Africa and globally, Professor Suresh Kana was awarded a Doctor in Commerce.

► **Next edition: All the Graduation news ► Ironman participants**

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# About excellence

THE VC Scholarships, Sir David Attenborough presenting a public lecture, a number of firsts for NMMU and especially our increased number of students graduating this year, all confirm the fact that we are indeed a Higher Education institution of excellence. And we should be proud of that. We will bring you more graduation news in our May edition.

Read about our new contact centre, our award-winning fashion design student invited to the Milan fashion show, a micro beer brewery, a renewable energy harvesting system, and a large number of sport achievements.

In the aftermath of celebrating Earth Hour to which we have "signed up" as a partner. Our



next set of values for May and June is respect for the natural environment, an issue which we discuss on page 10. We have also asked you to post your ideas on Soapbox and share how NMMU and you personally can do your bit for the environment.

Talking about Soapbox, feedback and two-way communication are the trend in communication between staff these days and NMMU is up there with best practice with our Soapbox project. Please support it and make your opinion count.

Please send us your stories and photographs.

Kind regards  
Elma de Koker

## Briefs

### New centre

OUR Built Environment Research Centre, headed by Construction Management's **Prof Winston Shakantu**, is the Construction Industry Development's new Centre of Excellence, one of only two at universities in South Africa. The centre will receive R3m over three years for research development.

### Sharing expertise

INNOVATION Support and Technology Transfer Director **Jaci Barnett** was invited by the World Intellectual Property Organisation (WIPO) to present seminars on technology transfer at the University of Ghana in Accra and Kwame Nkrumah University of Technology in Kumasi in November last year.

Jaci spoke at both seminars on how to use patents to obtain commercial returns from research by providing insight on topics such as the role of patents in knowledge transfer and effective university-industry collaborations.

### Expert input

ZOOLOGY'S **Dr Pierre Pistorius**

is part of a special delegation - one of only six South Africans - spending a month on Prince Edward Island in the



South Atlantic. This island is kept in an absolute pristine condition and only six persons are allowed onto the island, once every four years. Pierre was invited because of his expertise and knowledge of sea birds and marine species such as sharks and seals. A week after his return, Pierre will leave for Marion Island, also in the South Atlantic on the way to Antarctica, where he will spend a month.

### Honorary professor

Psychology's **Prof Mark Watson** was appointed as honorary professor in the School of Education at the University of Queensland, Australia.

## Letters

# Bus transport for staff?

**WITH fuel costs constantly climbing and increasing traffic congestion, causing us to leave home earlier and earlier every day, wouldn't it be nice to climb on a bus dedicated for NMMU staff and sit back and relax on our way to work?**

We're not looking for any university subsidy, or handouts, just a way of making life easier.

I personally would be more than happy to pay a cost effective monthly fee to a bus company, and be guaranteed, safe, transport every day, ensuring that I would arrive at work on time and home at a decent time.

Relying on lift clubs can be frustrating and difficult as the driver sometimes has to leave earlier but cannot do so because of the other passengers.

With a bus service, you are not restricted to clubs and other passengers.

Fewer parking spaces will also be occupied, saving car park maintenance costs and expansion.

Fewer cars will also be on the road if a large number of NMMU staff use dedicated buses.

Surely this could be researched as a win-win solution. - **Sharon Ruffer**, Centre for Extended Studies

Talk@nmmu asked **Rudi Page** of ICT Services, who was involved with staff transport in the past, for his response:

*I totally agree with Sharon and the fact that we can take some cars off the road, will save staff money and they will support a local business. I have, however, tried negotiating with one of the local companies, but their costs were very expensive and they were not prepared to negotiate at all for a better deal. If somebody else at NMMU can negotiate a better deal with another bus company it will be a win-win situation for everybody.*

## 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](mailto:elma.dekoker@nmmu.ac.za)

## Excellence awards for colleagues

**OUR VALUE for March and April is excellence and what better way to celebrate excellence than identifying colleagues who make a difference in research, innovation, technology transfer, teaching and learning.**

The only way in which you, various awards that were shared on NMMU Communication.



Apply for these

Note the deadlines for applications ranging from 30 April to 15 July for the teaching awards.

## Diary

8-19 April **Graduation**

6-7 May **NMMU Open Day**

13-14 May **George Open Day**

## Contact centre, in line with leading companies and institutions

# New information hub

**IN a bid to improve its service to the public, we are establishing a new contact centre.**

The R3m centre on North Campus - an option used by many leading companies and tertiary institutions – is a centralised office for receiving and transmitting a large volume of requests by telephone. It will replace the university's traditional switchboard and should be operational by August.

The establishment of the centre is a collaborative effort between Marketing and Corporate Relations and ICT Services.

"The contact centre will give NMMU the ability to vastly improve its present level of service to all students, potential students and the public in general," says Senior Engineer: Telecommunications **Quinten Booysen**, who is overseeing all technical aspects of the new centre.

He explained that through contact centres, valuable information about the company was routed to appropriate individuals; contacts were tracked and data was gathered.

"The contact centre will be a dedicated service providing relevant information about the academic programmes offered at NMMU. When a caller is finished with their enquiry they will have been assisted with all their queries."

He says the new centre will go a long way to reversing the present 58% drop-off rate - the percentage of unanswered or abandoned calls by NMMU.



*NEW HUB ... Senior Engineer: Telecommunications **Quinten Booysen** (left) and Marketing and Corporate Relations Director **Pieter Swart** visit the building site of the new contact centre on North Campus. The contact centre will provide an improved information service to the public.*

"This is unacceptably high especially when would-be students are seeking relevant information about what to study at NMMU."

A highly-knowledgeable team consisting of a contract centre manager and six permanent centre agents, will also be assisted by four additional agents during peak periods.

"This centre is a further example of how we are

ascribing to the value of excellence as we strive to improve the service levels offered by the university," says **Pieter Swart**, whose division of Marketing and Corporate Relations will oversee the running of the new centre.

The centre will work closely with **Christelle Feyt's** marketing team to ensure that effective communication and information sharing takes place.

## Provincial education crisis discussed

**"I believe the time to take our children's education and future in our hands is here again," said Education Faculty Executive Dean Prof Denise Zinn at the first The Herald and NMMU Community Dialogue held in New Brighton recently.**

Prof Zinn said for learning to take place in a conducive environment, mud schools should be replaced with proper infrastructure and pupil transport should be brought back. The lack of support material for pupils and computers, among other things, also needed to be addressed quickly.

"When these things do not happen, those responsible should be held accountable," she said.

Hundreds of concerned teachers, parents and members of the Port Elizabeth community turned up to listen to panellists – Prof Zinn, Sakhisizwe High School principal Mz-

imkhulu Qunta, Alexander Road High principal Dr Peter Manser and Sapphire Road Primary School principal Bruce Damons.

Most of the questions, however, were directed at the Eastern Cape Education Department superintendent-general Modidima Mannyana.

Advocate Mannyana called on the audience to "depoliticise" the education system and work together with Eastern Cape Department of Education for pupils to succeed in their studies.

Challenges highlighted by Mannyana were pupil transport and the school nutrition programme. The department had also overspent on salaries and on support material for pupils.

Arts Faculty executive dean **Prof Velile Notshulwana** facilitated the event with The Herald editor Heather Robertson.

## First medicinal garden

**WE WILL soon be the only university with its own fully-fledged traditional medicinal garden.**

The 1.5 hectare garden which is being established at Missionvale Campus will enable our pharmacy and biochemistry students to actively do traditional medicinal plants research in collaboration with traditional healers whose access to indigenous plants has rapidly diminished.

The project, overseen by our Horticultural Department, will also offer a broader educational role, particularly to schools in the surrounding community.

"We hope that this garden will be greatly utilised and even lead to collaboration with universities and others overseas," says NMMU's horticulturalist **Elana Storm**, who has worked closely with various groups to propagate and establish the garden.

The garden will be home to hundreds of indigenous plants, many of them red data species that they have worked hard to cultivate. The larger indigenous trees are already planted and the landscaping at the lowest point of the campus is already underway.

Those involved are actively seeking funding for the project which will also include three African huts as a focal point, a wheelchair friendly walkway and various seats for visitors to better enjoy their surrounds.

The team is hopeful that the necessary funding will speed up processes and allow for an official launch before the end of 2011.

## Business School leader now driving NMMU's academic performance

# New visionary in the lead

**NEW DEPUTY Vice-Chancellor: Academic Professor Piet Naudé will play an integral part in shaping NMMU's future as a dynamic African university through its Vision 2020 plan.**

"On the strength of this experience and his leadership skills, I am convinced that Prof Naudé will provide high quality academic leadership in supporting NMMU's core academic mission in realising the strategic objectives entailed in Vision 2020," said Vice-Chancellor **Prof Derrick Swartz**.

An elated Prof Naudé, who will take up his new post from 1 June, boasts a string of top achievements, not least his visionary leadership for the NMMU Business School over the past two-and-a-half years. The School is now recognised as one of the top five business schools in the country.

Prof Naudé is a former Dean of Arts and a Fellow of Germany's Alexander von Humboldt Foundation for top scientists. He has a master's degree in philosophy, a doctorate in theology and is also an ordained pastor.

He is the immediate past-president of the Business Ethics Network of Africa, has life membership from the Princeton Centre of Theological Inquiry and has won countless research awards, particularly in the field of Christian theology and ethics. He has published two academic books, more than 50 articles and presented more than 100 papers at national and international conferences.

"I look forward to the challenge of ensuring that the academic dimensions of Vision 2020 are vigorously pursued and that NMMU takes its place in Africa as a symbol of transformation and holistic development," he said.

Prof Naudé said the decision to leave the Business School had not been an easy one.

"I am very happy at the Business School. As a team we made significant progress to position the school as an academic and entrepreneurial centre of excellence locally and nationally."

He added that he had full confidence in the team but now it was time to invest in the academic side of university affairs, including:

- Positioning NMMU as an attractive home for top national and international academics, as the quality of staff makes or breaks a university.
- Attracting more students from throughout South Africa and internationally. Currently 72% of our students come from the Eastern Cape.
- Developing an appropriate mix of qualifications in line with our nature as comprehensive university.
- Making a focused investment in teaching and

**Well-known business leader, international speaker, columnist and former NMMU Business School head Professor Piet Naudé was recently appointed as DVC (Academic) after a lengthy and elaborate search and selection process to find a suitable replacement for Prof Christo van Loggerenberg, who retired from this position in December 2010.**



***We can and must do more to sell the many excellent attributes of NMMU***

*EXEMPLARY LEADER ... Newly appointed Deputy Vice-Chancellor (Academic) **Prof Piet Naudé** elevated our Business School to fifth in the country after taking over two and a half years ago*

learning strategies as 80% of our students are undergraduates.

- Building on the sound foundations to make NMMU a noteworthy developmental university with a high engagement profile and a commitment to sustainability and interaction with the environment.

Prof Naudé would like to implement institutional process changes limiting the bureaucratic burden on academics, celebrate diversity and academic staff equity, and optimising the academic contribution to the financial health of the university.

"We can and must do more to sell the many excellent attributes of NMMU".

"We can also play a more pronounced role in policy debates shaping Higher Education in this country.

"I am at heart an academic and will remain an active researcher and public intellectual in the team who leads NMMU over the next five years.

Prof Naudé paid tribute to Prof Van Loggerenberg who played an indispensable role in leading NMMU through its difficult post-merger years, retiring after almost 43 years with NMMU.

Prof Naudé who has been with NMMU for 19 years now, is married to **Elize** who is project coordinator for the Thuthuka bursary programme.

They have three children, Jana, 28, who is a medi-

cal doctor, Jacques, 23, professional rugby player in France and Kari, 22, a third-year dietetics student.

His hobbies are reading newspapers, jogging and angling.

"My biggest mentor has been my former Stellenbosch professor in dogmatism, Willie Jonker, who had rich and wide intellectual expertise linked to an eye for the practical from there my love for ethics", he says.

His motto in life? Everything comes through grace, no matter how hard you work.

## Sought-after prize

Prof Piet Naudé has also been awarded the Andrew Murray-Desmond Tutu prize for 2011 for his book **Neither Calendar nor Clock - Perspectives on the Belhar Confession**.

The prize consists of R15 000 and a gold medal which will be presented to him on 4 May at Neethlingshof in Stellenbosch.

Prof Naudé will be the guest speaker at the Andrew Murray-Desmond Tutu-lecture in Stellenbosch.

# Marine research collaboration

**THE EASTERN Cape coastline is an area of natural uniqueness and biological richness and can only benefit from collaboration between NMMU and the Department of Environmental Affairs.**

A Memorandum of Understanding (MoU) in this regard was signed on 2 March by Oceans and Coasts branch Deputy Director-General Dr Monde Mayekiso and Deputy Vice-Chancellor: Research and Engagement **Prof Thoko Mayekiso**.

A joint steering committee will plan areas of collaboration while one of the first studies will be to provide essential information on the contribution that the oceans and coasts environments make to the South African economy, a first in the country.

A second study envisages the establishment of a national coastal pollution reference laboratory at NMMU serving regional municipalities and stimulating research in oceans and coastal sciences.

Other studies in collaboration with NMMU will be around estuaries, coastal water quality, top predators (seals, seabirds, and sharks), biodiversity and climate-related studies.



**NEW FORUM ...** Guests and speakers at the recent launch of the new Regional Innovations Forum included (back from left) Vice-Chancellor's Personal Assistant **Laura Best**, Robert Bosch (Rubber Nano Products), Innovation Support and Technology Transfer Director **Jaci Barnett**, Johan Ferreira (Eveready) and (front) Department of Science and Technology's Johann Strauss and Dr Thomas Auf der Heyde, AIDC's Lance Schultz, Nelson Mandela Bay Metropole Councillor Anne-Marie van Jaarsveld and Deputy Vice-Chancellor Research and Engagement **Prof Thoko Mayekiso**.

## Regional Innovation Forum launched

**TWELVE local organisations from government, industry and academia have joined forces to drive the Regional Innovation Forum for the Nelson Mandela Bay and Cacadu District Municipality areas.**

The forum was launched on 3 March at the Radisson Blu Hotel hosted by Innovation Support and Technology Transfer Director **Jaci Barnett** on behalf of the Department of Science and Technology.

Founding organisations include NMMU, Automotive Industry Develop-

ment Centre, Chemin, Eastern Cape Development Corporation, Small Enterprise Development Agency, Rhodes University, Development Bank of South Africa, Cacadu District Municipality, CSIR, Nelson Mandela Bay Business Chamber, the Department of Science and Technology and the Eastern Cape Socio-Economic Consultative Council.

The forum will stimulate, support and promote innovation in the Eastern Cape through a network of role players and projects to create links.



**LONGLIFE ROSES ...** Innovation support and Technology Transfer Director **Jaci Barnett** and **Elsa van Wyk** with the Illuba roses which have a lifespan of more than six months.

## Commercial success

**OUR Institute for Chemical Technology, InnoVenton, and Innovation Support and Technology Transfer Department have been instrumental in growing a small venture into an export business providing jobs to 40 previously unskilled people at a factory near Muldersdrift in Gauteng.**

The project started in 1997 with rose pioneer Tinie Maske of Kirkwood who preserved and exported her roses and approached InnoVenton in 2006 to improve their quality.

Meanwhile, the Innovation Support and Technology Transfer Department became involved, a patent applica-

tion was filed on the new improved technology and in 2009 with venture capital funding from the Industrial Development Corporation, a new company began producing and selling the Illuba roses.

The location of the factory depended on easy access to rose farms and international transport networks.

"This is one success story that has made a real impact on people's lives - this is what commercialisation of research is all about," says Support and Technology Transfer Director **Jaci Barnett** who is also a Director of the Illuba roses and provides assistance.

## Citizens of the world

**MOST NMMU students go to Northern Ireland, Europe and the United States of America because of our partnership agreements with institutions in among others Germany, Netherlands, Norway, Sweden, Japan, United Kingdom and the United States of America.**

The Office for International Education recently had their annual Study Abroad Expo to inform and encourage registered South African students to apply for a position to study abroad.

"A diverse group of students are afforded an opportunity to study abroad and interact with students from different cultures which is a once in a life time opportunity. These students may have a valuable and competitive advantage when they enter the job market," says Internationalisation Manager **Terry-Anne Jones**.

The application deadline for the first semester of the year, starting in January is 31 August.

# Xhosa knitwear to Milan

**WINNER** of the London Society of Dyer's and Colourists award BTech Textile Design student Laduma Ngxokolo will exhibit his culturally inspired Xhosa knitwear range at April's Milan Design Week.

Laduma who has just taken the recent Cape Town International Design Indaba conference by storm, has been invited by international Design guru Li Edelkort to Milan.

Li has undertaken to show his work to Rosita Missoni, who heads the well-known international Missoni knitwear house.

At Design Indaba Laduma's work was also nominated for MBOISA – Most Beautiful Object In South Africa – alongside being sought for interviews by a host of international press. He represented NMMU among handpicked student design excellence from across the world in a Pecha Kucha format.

"When Laduma presented his culturally inspired Xhosa knitwear range, the entire audience of international design specialists erupted with well-deserved applause, said Applied Design's **Margot Muir**.



*SOUGHT AFTER ... Award-winning BTech Textile Design student Laduma Ngxokolo features in the centre, modelling his knitwear "A celebration of Xhosa culture" which received high praise at the recent Cape Town Design Indaba.*



*TALENT ... The annual First Year's Concert hosted by Arts and Culture involved 171 residence students in 25 performances ranging from poetry to music and stand-up comedy. Here Interior Design student Nasiphi Ngxola from the group "Set It Off" showed her winning pose at the concert on Second Avenue Campus on 25 February. Second Avenue Campus residence Oceana's Choir won the choir category while the overall winners of the event were Tripple S (Science, Accounting and Pharmacy students Sibusiso Tetana, Sikhumbuzo Dlamini and Sydney Dlembula). First-year Agricultural Management student Xolela Pongoma took the lead as best poet and Xanadu and Melodi won the Spirit Cup. In addition the first ever George Campus first-year concert was held on 12 February. Items ranged from popular tunes played on bag pipes to the performance of original songs and some favourite hip-hop dance performances.*

## Teaching English all the rage



*FUTURE TEACHERS ... Former state prosecutor and student teacher Louisa Roux (second from right) and fourth-year Law student Ian Pillay (far right) were among the group of TESOL students wanting to teach English in future. They are joined by Applied Language Studies facilitators (from left) **Sharon Rudman, Jacqui L ck** and **Eileen Scheckle**.*

**IT SEEMS that teaching English abroad is becoming an extremely popular career and of course a way to see the world. The latest group of TESOL students at NMMU are on their way to Brazil, Venezuela and Korea, to name a few exotic destinations.**

What is even more interesting is the fact that this year's group are not only teachers but architects, fashion designers, legal eagles and journalists. With NMMU being the only site in Africa presenting the SIT School for International Training Graduate Institute TESOL Certificate, the Applied Language Department had to turn applicants away.

To top it all, the facilitators' teaching skills have definitely improved with all three presenters having

received Teacher of the Year Awards for Arts, namely **Eileen Scheckle** (2008), **Sharon Rudman** (2009) and **Jacqui L ck** (2010).

"It really changed the way we understood our role in the classroom and what learner-centred teaching is," says course coordinator Eileen.

The NMMU TESOL course runs for four weeks every January and also benefits learners with free English lessons such as Walmer Township mothers whose children attend the Human Dignity Centre in Victoria Drive and English second language students on campus. Course participants have to plan, teach and give feedback to their team so that they develop generalisations from their own experience about good teaching practices.

## Eighth university micro-brewery established at NMMU

# Brewing beer for research

**BEER is the second most consumed beverage in the world after tea and our students have scored more than 7 out of 10 for their first brew of this popular drink at the university's new micro-brewery in the Biochemistry and Microbiology Department.**

In addition, our Office for International Education hopes the deck at Madibaz Fine Dining on South Campus, where the brewery was launched on 3 March, will become a regular venue for sampling our own brew.

The NMMU micro-brewery is the eighth at a university in the country and the only one in the Eastern Cape.

"It will give our students first-hand experience in process control, pilot plant development and process design, plus some fundamental business principles such as costing and product development, said Science Executive Dean **Prof Andrew Leitch**.

"And, they'll be able to compete in the national micro-brewery competition which is held annually."

Funded by South African Breweries Limited (SAB) the brewery has been in operation since early this year.

"It has introduced me to many aspects of the brewing process and has ignited a passion for brewing within me," says Biochemistry masters student



*BREWERS ... Biochemistry and Microbiology masters' students Reza Theunissen, Kyle van der Holst, Dwain van Zyl, PhD student Richard Phelan and Master's student Rudi Nicholas work three to four weeks brewing their beer from start to finish in the department's new micro-brewery.*

Dwain van Zyl who works in the micro-brewery.

Fellow student Kyle van der Holst agrees, saying it's been fun too.

"It has been a great opportunity for me to acquire new skills in microbiological applications outside of the research environment.

It has also been a means of building spirit within our department."

In addition to funding the brewery, SAB provides all the natural ingredients – barley malt, hops and maize, for the start-up operations and will evaluate

the final product.

Prof Leitch says the project will enable NMMU's microbiology students to see the application of the theory taught in their third-year modules.

This practical training forms part of the module, Industrial Microbiology.

A micro-brewery student society has also been formed introducing them to the brewery process and marketing of the product.

Staff members **Drs Sharlene Govender** and **Tim Downing** are overseeing the project.



*PRESENTERS ... Prof Immanuel Iwuoha (back from left), Dr Jacob Ketter and Dr Martijn van Dijk and (front) Prof Kenneth Ozeomena, Chemistry's **Dr Shawn Gouws** and **Dr Ernst Ferg**, Dr Tesfaye Waryo and Prof Priscilla Baker were among the presenters at the 4<sup>th</sup> Electrochem SA Workshop recently hosted by NMMU.*

## Focus on Electrochemistry

**OUR CHEMISTRY department has for many years done research in electrochemistry and related fields, working with local battery manufacturers.**

In line with the International Year of Chemistry the department hosted the fourth ElectrochemSA Workshop on electrochemical spectroscopy and microscopy.

Industry delegates from AngloPlatinum, Bruker, CSIR, GAMERY, Metrohm, Mintek, and Willard Battery (Powertech) and students received hands-on training in advanced electrochemical techniques.

Presenters included two international speakers Dr Jacob Ketter of GAMRY, USA and Dr Martijn van Dijk from Metrohm, the Netherlands.

NMMU experts included **Prof Peter Loyson**, **Dr Shawn Gouws** and **Dr Ernst Ferg**. Dr Ferg's research is in the field of lead acid batteries as energy storage devices in collaboration with local battery manufacturers.

New research fields include Fuel cells and Li-ion batteries, where the demand for more specialised techniques of analysis is required.

## Upgrading maths skills

**MORE than 70 first-year students now have a better chance of excelling at mathematics after a successful pilot project to upgrade their NCS Mathematics problem-solving skills before registration.**

The NCS-UP Mathematics upgrade programme is a structured short learning programme over a 12-day period, covering the core topics of the NCS Mathematics school syllabus.

The initiative, under the auspices of the Govan Mbeki Mathematics Development Unit, is an extension of a similar successful incubator school programme over 14 Saturdays offered to top previously disadvantaged Grade 11 and 12 learners in the region each year.

FRF Chair in Mathematics Education **Prof Werner Olivier** says the NCS-UP project addresses the need to create greater access into study programmes with Mathematics as a pre-requisite and also an opportunity for those students at risk to upgrade Mathematics skills in time.

The performance of the NCS-UP group of students will be researched to determine the programme's success.



**SUPPORT INITIATIVE ...** Staff members (from left) **Bronwyn Moodaley**, project leader **Professor Ann Lourens**, **Nicole Ward** and **Meera Parshotam** are among those actively involved in the new Women in Engineering Leadership Academy (WELA) to grow support and interest in women in engineering. NMMU has partnered with Merseta on the project. Students will participate in workshops focussed on academic and personal development and learn to explore networking opportunities.

## Briefs

### New Engine Research Unit

New engine research, testing, and development trends as well as teaching and learning will benefit from a specialised Ford Engine Research Unit at NMMU.

The result of a five-year partnership with Ford Motor Company of Southern Africa, the unit in the Mechanical Engineering Department was launched on 15 February.

In the words of School of Engineering Director **Sarel Schoombie**: "The unit creates the opportunity to develop higher education in engine research and testing at NMMU and enhance engineering excellence and technology transfer into the original equipment manufacturers and the component supplier sector."

### German visitors

THE NUMBER of German students visiting NMMU and our students visiting the University of Ostfalia in Germany has steadily increased as a result of various joint student projects.

The latest group of 11 students from Ostfalia recently visited NMMU for two weeks, also attending a lecture on LabView, programming software used for integrating and controlling systems. Ostfalia has also initiated and supports NMMU Formula Student Racing project.

### Research rumble

NETWORKING and information sharing mark the eight annual "Research Rumble" among Computing Sciences and Information Technology students and colleagues from NMMU, Rhodes, Walter Sisulu and Fort Hare.

More than 120 people attended this year's event hosted at Rhodes with topics including time management, research proposal construction, dissertation or thesis layout, research methods, internal networking and writing for publication.

# Visual green display for everybody to see Green power for engineering

**A RENEWABLE energy harvesting system has been installed on the roof of the North Campus School of Engineering emphasising a move away from fossil fuel derived energy sources.**

The system has been positioned to be a visual display to staff, students and visitors showing that this technology exists and is viable and ready for incorporation into domestic and work environments.

"Currently the energy harvested is used to power equipment in the Siemens laboratory located close to the source and we hope to expand the system and power the entire laboratory and others in the near future," said Mechanical Engineering's **Dr Russell Phillips**.

Three Mechanical Engineering students worked on the system in January this year under Dr Phillips' guidance.

The system, funded by the Automotive Industry Development Centre's (AIDC) TEI Human Resource Pro-

gramme, consists of a photovoltaic array, two wind turbines, a battery bank, associated controllers and an inverter.

The system will be used for postgraduate research with a number of masters' students already working on innovative enhancements to increase the yield of energy from micro wind turbines.

It will also provide undergraduate students with a basic understanding of the various components in a renewable energy system and the importance of integrating this technology into designs in their future careers.

This inter-disciplinary project is the result of joint resources from the Advanced Mechatronic Technology Centre, VWSA/DAAD Chair and the Renewable Energy Research Group.

"In the near future a live internet portal will display information on the actual energy harvested including financial viability," continued Phillips.

## Distinctions for 2010 Saturday school learners

**TEN 2010 matriculants who attended the School of Engineering's Saturday School obtained distinctions in the matric exams last year, proving that the programme building competent prospective engineering students is reaping benefits.**

This community outreach programme has been teaching 50 learners in Grades 10, 11 and 12 each English, Mathematics and Physical

Science every year since 2003.

A Department of Transport initiative, the Saturday School alleviates the crisis in Mathematics and Physical Science education and addresses the shortage of engineers.

The Govan Mbeki Mathematics Development Unit also assists by applying a DVD-driven approach in mathematics for teachers and learners in Port Elizabeth and Uitenhage.



**STUDENT SUPPORT ...** Four first-year students – who were part of the Govan Mbeki Maths Development Programme in matric as well as the Automotive Experiential Career Development Programme at NMMU – received bursaries for their first year of study. Local catalytic converter and exhaust systems manufacturer, Eberspächer South Africa, through SED (Social & Economic Development) Alliance, fund the bursaries. The students (left) **Sive Sambudla** (Mechanical Engineering), **Lunga Kota** (BEng Mechatronics), and (right) **Phakamani Sidimba** (Electrical Engineering) and **Andile Jarom** (Electrical Engineering) were joined by (centre) Mechanical Engineering's **Karl du Preez** and **Estelle Gathercole** from the Automotive Industry Development Centre.

# Business programmes and block release BTech forestry popular BCom and Forestry show large growth

**TWO George Campus programmes must be doing something right since their student numbers have increased substantially this year.**

The BCom programme has shown a 32% growth in students in this year compared to last year with the main draw card the BCom Chartered Accountant module with 41 CA (SA)s.

In addition the BCom Careers Expo was created to introduce students to prospective corporate employers and the accounting profession. From this year, modules in Human Resource Management, Industrial and Organisational Psychology and Public Administration was introduced as part of the BCom General Business Management and BCom General in Economics curriculum.

Our BTech Forestry programme this year attracted 85 students, 28.7% more than in 2010 and 10 years after the national higher diploma programme started in the early 90s with only 10 students.

Offered by the School of Natural Resource Management on our George Campus, most of the students will study Forestry while six will specialise in Wood Technology. Of these, 55 students mostly working in the forestry industry will study in a block release format in January and July while the rest will study full-time.

The programme also attracts students from across the country, and outside our borders, such as Zimbabwe and Swaziland.

"The fact that most of our BTech students are sponsored by major forestry companies emphasises the programme's relevance", says School of Natural Resource Management School Director **Dr Josua Louw**.



**TOP OF THE RANGE ...** Top performing George Campus BCom Accounting student, Lindi Blom (right) is joined by proud George Campus staff (from left) BCom programme coordinator **Pieter Wicht**, Marketing lecturer **Arthur Peters**, Tax and Auditing lecturer **Catherine Fourie**, George Campus Principal **Prof Christo Fabricius**, Accounting and Management Accounting lecturer **Jane Fountain**, Business Management lecturer **Paul Bruwer**, and Economics lecturer **Greig Menzies** at the BCom Awards cum Careers Expo 2011.

## Excellent students rewarded

**TOP PERFORMING George Campus BCom students received prizes and sponsorships of more than R70 000 at the BCom Awards cum Careers Expo 2011 at the George Campus' Student Recreation Centre on 24 February.**

Top international accounting firm, Deloitte, funded 27 deserving students who jointly achieved 58 subject distinctions. For the first time ever, the campus also received a R25 000

sponsorship from the local office of MAZARS International for top student, Lindi Blom, to work on campus as student teacher assistant for six months. Lindi will be studying through distance learning for the Certificate in the Theory of Accounting (CTA).

Lindi received the SAICA special awards for Top Student in three categories – Auditing, Accounting and Management Accounting, as well as the Vincitore (Top Year Student, third-

year) prize by KSE and the Vincitore Contabilità (Top Accounting Student, third-year) by PKF.

Lindi was also named Victor Ludorum, Auditing and Management Accounting, with prizes sponsored by Ernst & Young and Bolton Footwear.

She shared the Management Accounting award with fellow BCom student, Venessa Nicklaus, who received the SAICA Award for Top Student in Financial Management.



**HELPING HAND ...** Student leader, Sidima Mtila, tested his skills at handling a wheelchair. He was closely observed by fellow students and timekeepers in the wheelchair event, Brendon Louw, learners, and Drikus Bester. They were among the 18 George Campus Student Leadership, the Sport Office, sport bursary holders and student volunteers who assisted in the wheelchair games at the Garden Route Mall. The next day at the annual Outeniqua Wheelchair Challenge on 19 February 24 staff and students assisted all over with registration, disabled athletes and inflating flat tyres.

## A joy and privilege



**125 YEARS TOGETHER ...** Nine George Campus colleagues received long-service awards from Campus Principal, **Prof Christo Fabricius** (centre, back). They were (front, from left), **Dekker Vermeulen**, **Tiaan Pool**, **Anton Schmidt**, **Prof Laurence Watson** (20 years), **Maryna Lehmann-Maritz**, **Bertina Odendaal** (20 years), **Barry Muller**, **Garth Smit** and **Linda Muller**. "The twenty years at Saasveld have been a joy and privilege", said **Bertina**.

## Staff keen to support initiatives to save environment

# Going green at NMMU

**WIND farms, water regulators on taps, banning bottled water and running competitions to see which residence saves the most electricity are among the dozens of green ideas by NMMU staff.**

As part of the university's drive to go green in line with our value of respect for the natural environment, staff posted ideas via SOAPBOX, our online platform for sharing.

"We should be going green not because we have to, but because we want to," says Executive Director: Operations **Gisela Kaiser**.

Many departments are doing so already, implementing various initiatives to help conserve our precious resources.

They include:

- ▶ A green pledge by residence students to conserve resources.
- ▶ ICT's Image Landscape Project that will drastically reduce printing.

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### **NMMU is committed to making our campuses better, safer, greener places. But how can we do more?**

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- ▶ Better temperature management of the computer laboratories.
- ▶ A new water management initiative.
- ▶ The wind and solar panel project on E block. The harvesting of natural energy here already runs one of the labs.

At the heart of NMMU's bid is the need to solve problems and not simply to address symptoms.

This is why the Centre for Energy Research is playing a leading role in finding real solutions to not only NMMU's but South Africa's energy challenges.

Many of your ideas are doable, and have been forwarded to Gisela and the Energy Management Committee, which hopes to turn talk into tasks, and implement various environmental-saving projects.

Among other ideas forwarded by staff are:

- ▶ Light switch timers
- ▶ Motion sensors for the lights
- ▶ Removal of some fluorescent tubes from various offices
- ▶ More recycling initiatives – easily accessible
- ▶ More litter bins
- ▶ A total ban on smoking
- ▶ Roof top gardens
- ▶ More educational tools on saving our plants such as talks by visiting experts and the screening of appropriate films
- ▶ More pot plants

To see more on what your colleagues are suggesting go to the SOAPBOX icon on the portal, and then click on the SOAPBOX responses page.



*Respect for the natural environment*

*WALKING THE TALK ... Executive Director: Operations **Gisela Kaiser** is leading by example when it comes to going green, ditching her car in favour of her push scooter for on-campus meetings. Let's hear what you are doing to reduce our carbon footprint by sharing via SOAPBOX.*

## Tell us



SHARE your ideas for improving the environment in which we live by going to SOAPBOX on the intranet.

Simply click on the megaphone icon to tell NMMU what we do to lead "green" lives while on campus.

SOAPBOX is a safe online platform for sharing as your ideas, news, praise and groans anonymously.

They are forwarded to the relevant individuals in a bid to turn talk into action.

# Top of the tops student coach

**THIRD-YEAR Sport Management student Satchinan Reddy was selected to attend the highest level of hockey coaching course presented by the South African Hockey Association.**

Only 15 coaches throughout South Africa have been invited to attend the level 2 coaching course after submitting their CVs.

Satchinan is not only an excellent hockey coach, but also a South African hockey player attending the South African "A" emerging team training camp last year.

In 2009 he was selected to play in the African World Cup Qualifiers, where the team won gold and also represented the SA U/21 team and played against Pakistan.



**HONOUR ...** Third-year Sport Management student and SA hockey player Satchinan Reddy (right) in action against Pakistan. Satchinan was selected as one of 15 coaches to attend the highest level of hockey coaching in SA.



**SOCCKER CHARITY SUPPORT ...** Third-year Sport Management students visited their selected charity benefiting from this year's annual Soccer Charity Cup in May, The House of Resurrection Haven in Salsoneville. The event helps to develop soccer at grassroots level with U13, U16 and U19 divisions playing in a round robin format. The House of Resurrection Haven provides a home for children living with HIV and AIDS and the Bongaletu play school on the premises is also supported by the haven. Students Lindsay Weyer (back from left), Lydia Fritzsche, Nicholas Kirkland, Nadeera van Wyk, Johannes Hohfeld, Satchi Reddy and Robin Maart and (front) Evelyn Hopp, Junaida Pieters, Jack Luyt and Lushandry Saul visited the haven.

## Teachers achieve

**SCHOOLTEACHERS** Claessa Brockman and Bareneva Bergins wiped the floor with their 81% academic average, the highest achievement among the third edition FIFA/CIES/NMMU Sport Management Certificate graduates.

Third and fourth position went to Pretoria attorney Wafeekah Begg and MBA graduate in local government Graham Terblanche.

Seventeen students received their certificates at the graduation at the end of 2010. CEO of the company responsible for the management of the Nelson Mandela Bay Stadium Stephan Pretorius, was the keynote speaker. South African CIES coordinator Professor Denver Hendricks from the University of Pretoria also attended the function.

## American physical therapy visitors

**IT IS not often that a visitor says she works with a whole department. This is the case with Fulbright Scholar and physical therapist Prof Meredith Harris who has been interacting with everybody from academics to students in our Human Movement Science Department.**

Prof Harris from Boston's Northeastern University will be here till July working on an exercise research project together with her assistant, fourth-year

physical therapy student Stephanie Koweek.

Prof Harris specialises in education and global health and her interests include fall prevention and the use of technology to measure balance in older adults, exercise to address health issues in childhood and adult obesity, and the use of exercise in HIV.

Stephanie will also work at Merryvale School and Aurora Hospital.



**SPECIALISTS ...** Fulbright scholar Prof Meredith Harris of Northeastern University in the USA and fourth-year physical therapy student Stephanie Koweek are visiting our Human Movement Science Department working on an exercise research project.

# HR - 'Leaders at all levels'

**ARE you a leader? Do you know that everyone in their particular situation can be a leader? Our Human Resources Division launched the "Leaders at all levels" programme on 22 February in their department.**

"In order to accept responsibility people have to align themselves as leaders. Well-being and prosperity depends on each person's attitude and not about the authority of the person's position," HR Executive Director **Gary Paul** told **talk@nmmu**.

Gary also added that taking charge and responsibility is everybody's role. In the same way we all have to make sure that our work reflects the values of the institution,

"Leaders are defined as seeing things before others, having a broader perspective and seeing further into the future. Every employee, however, can learn these leadership skills and have to realise that if one person does a bad job, it influences the rest of the workplace," he says.

As part of the programme the 28 HR colleagues analysed real challenges in their work and worked on team-based solutions and behaviours informed by our values. The programme runs over six months.



*ALL LEADERS ... Our Human Resources Division is participating in a "Leaders at all levels" programme, looking at challenges and solutions and growing leadership skills at all levels.*

Other departments interested in implementing the programme include the Office for International Education and the faculties of Business and Economic Sciences and Law.

HR is also looking at expanding the concept using it to create organisational culture interventions. "This is also a further attempt from our side to effectively serve NMMU," says Gary.

## Shining star

**SHE is well-known as "the friendly security guard".**

Yvonne Ngura smiles at all the cars passing her at the Marine Drive gate entrance and when they have not passed her for a few days, she enquires.

One of the lift clubs even gave her a Christmas present because she makes their day!

Originally from the small Eastern Cape town of Pearston, Yvonne now lives in Motherwell with her 11-month-old son.

"My son gives me strength when I leave for work every day," says this vibrant single mother, adding that he inspires her to be the best that she can be.

Yvonne has been working for Masakhane Security at the university for just seven months.

"People who use this entrance often come and visit me and if I'm absent they will ask where I am or if I am okay," she says while smiling.

Asked why she is so cheerful, Yvonne says that she is just so grateful to have a job especially with so many people unemployed.

Yvonne's plans for the future include completing her Matric and then studying further as she believes



*FRIENDLY YVONNE ... Security guard Yvonne Ngura inspires staff and students passing her at the Marine Drive gates with her friendly smile.*

it important to educate herself.

Her cheerfulness is well received by NMMU staff.

"Yvonne's radiant smile and warm manner of greeting clients speaks volumes in respect of her dedication to quality service provision. She personifies our value of excellence," says head of protection services **Derek Huebsch**.

Please tell us about the shining stars in your department.

## You can win

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

Congratulations to our **February** competition winners: **Noel Penny** of the Library, **Maureen Elkington** of Applied Design, **Sisanda Nkoso** of Student Counselling and **Maxie Calitz** of Admissions.

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

1. World-acclaimed **s.....t (10 letter word)** and cinematographer Sir David Attenborough presented a public lecture on 11 April and received an honorary doctorate the next day.
2. The Eastern Cape coastline is an area of natural uniqueness and biological richness and can only benefit from collaboration between NMMU and the Department of **E.....l (13 letter word)** Affairs.
3. AN AUDIT and Moderation Task Team was formed to assist with the effective implementation of the Employee **D.....t (11 letter word)** System (EDS).

Correct answers, along with your name, surname, staff number, department and telephone number, can be e-mailed to [elma.dekoker@nmmu.ac.za](mailto:elma.dekoker@nmmu.ac.za) by **26 April**

Schuinvilla 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.

## Condolences

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

- VC Office and New Admin Building cleaner **Rebecca Nyendwana**
- Third-year social work student, Xoliswa Kota
- Third-year architectural design student, Siphon Ernest Silubane



**SPECIAL VISITOR ...** Chief Librarian/ Archivist at Lehman College, City University of New York and Fulbright senior specialist working with the Steve Biko Foundation Prof Kenneth Schlesinger (right) recently visited the NMMU library to view our liberation history special collection with the assistance of the library's **Christina Dookran** (centre) and **Pelisa Hlanga** (left). Prof Schlesinger is working with the foundation to establish a library/archive in Ginsberg Township in King William's Town focusing on foundation and primary school children and matriculants or post-matriculants. He is also reviewing the global focus on colonisation and black consciousness with the University of Fort Hare and is involved with projects in Kenya and Shanghai.



**FIRST-YEAR SUPPORT ...** As one of the fastest growing Golden Key International Society Chapters in the country, NMMU's existing executive committee created the Uboniso Programme as part of their marketing campaign. This programme aimed mainly at first-year students creates a platform for societies to showcase what they have to offer. It also exposes first-years to the existence of the Golden Key Chapter. The NMMU Chapter executive members are (from left) Gerald Chikosi, Innocent Mukoki, Nonhlanhla Nyathi, Devandré Boonzaaier (President), Kudzai Hwami and Bekezela Mephulangogaja.



**KIMBERLEY EXPOSURE ...** At the opening of the NMMU staff, senior student and alumni art exhibition *Response* at the national William Humphreys Art Gallery in Kimberley were (from left) opening speaker NMMU art gallery director Dr Melanie Hildebrand, Marketing and Corporate Relations Director **Pieter Swart**, Museum director and NMMU alumnus Ann Pretorius, alumnus Rika Stockenström and School for Music, Art and Design Director **Mary Duker** whose own work formed part of the collection. The gallery is one of only two national galleries in South Africa, the other being the Iziko National Gallery in Cape Town.



**WATCHING YOU ...** Blissfully unaware of his new supervisor – a dove sitting on his chair - Finance's **Derick van der Berg** is hard at work.



**BURSARIES ...** Students Terri Burton (from left), Dhesna Godson, Nazeer Bruce, Natalie Morgan and Wade Schoeman received bursaries from the Bethelsdorp Development Trust based on their academic achievement and financial need. With them are Financial Aid's **Lyn Heck** (far left), Dean of Students **Thoft Soga** (centre) and donor Donny Nadisson (second from right).



**NEW BURSARIES ...** Fifteen first-year BCom students are benefiting from R1m donated by Old Mutual's Omiga Imfundo Trust addressing the shortage of black investment professionals. The first recipients of the bursary - fully covering their study costs - were selected based on their academic excellence. The students also have to provide evidence of community outreach projects they will be involved in. They will receive the bursary for their full study period based on satisfactory results. Danielle Madibiko (second from left), Yanda Mbobo, Somila Putuma, Nelisiwe Shezi, and Nomasongo Mdletye were among the recipients joined by Imfundo Trust Chairperson Rojje Kisten (left), Vice-Chancellor **Prof Derrick Swartz** (back) and Business and Economic Sciences Executive Dean **Prof Niekie Dorfling**.



**EMPLOYEE OF THE YEAR ...** Human Resources consultant **Fa-eza Savahl** is congratulated by Human Resources Executive Director **Gary Paul** after being voted HR Employee of the Year for 2010 by her colleagues. HR Administration Supervisor **Berlene Nell** was Employee of the Month for January.

## ► Social responsibility



**SUPPORT ...** Missionvale Library's **Omayya Allie** (right) hands an earlier set of *The World Book Encyclopedia* as well as some posters to Zwide's Sakhisizwe Secondary School Principal Mzimkhulu Qunta who has tripled his school's matric pass rate in three years. Mr Qunta started a library, two science laboratories and two computer libraries at his school involving companies, staff, parents and learners in everything at the school.



**TOUCH A HEART ...** Student Society Twenty20 Destiny collected canned food as entrance fee for their "Tag a tin and touch a heart" fun day on Humewood Beach on 19 February. The initiative was aimed at uniting students and the community in bringing love and support to the less fortunate. Cans were distributed to Vistar, a charity that supports children, struggling adults and people with addictions. Students included (back from left) Kylie Jefferson, Jade Greve and Laetitia Gerard and (front) Ntsiki Mgxabayi, Lance Cairns, Yonela Dube and chairperson Jon-Paul Raper.



**GEORGE SHAVATHON ...** Lecturer **Adele Potgieter** (centre) and a "colourful" group of students supported the second on-campus CANSA Shavathon on 3 March at the new Student Recreation Centre. Hair-dressing students from South Cape College joined the good cause by enthusiastically contributing their skills with the hair clippers and spray cans. (Photograph: Kelvin Saunders)



**ALL NIGHT FOR CANSA ...** The clown team of 14 colleagues and students from Computing Science raised R2 000 and won the best team theme award in the CANSA All-Night Relay-for-Life. The team was the only one from NMMU among 55 teams with members taking turns to walk or run around the track from 6pm in the evening to 5am the following morning. This International Project spread over 22 countries raises cancer awareness, celebrates survivors and remembers those who lost the battle against cancer. At the same time, funds are raised for research and support. The local event raised over R150 000 for CANSA. Computing Science has challenged other NMMU departments to take part next year. Team members (from left) included **Hayley Irvine**, **Andal van Heerden**, **Carol van Onselen** and **Amanda Esterhuysen** with student Clayton Burger at the back with the horns and Department Head **Prof Jean Greyling** (centre) joining them.



**HEALTHY HEARTS ...** Some 100 Business and Economic Science colleagues dressed in red and supported the Heart and Stroke Foundation's annual fundraising and awareness campaign, "I love this" on Valentine's Day 14 February. Valentine's Day is all about hearts and the faculty promoted healthy hearts by buying R5 stickers and supporting the foundation in raising awareness of heart disease being the second biggest killer in SA after HIV/AIDS. From left **Annemie Jacobs** (School of Accounting PR Intern), **David Joubert**, **Melissa de Lange**, **Riyaadh Lilah**, **Ronel Petersen**, **Prof Niekie Dorfling**, **Carol Clohessy**, **Dr Oren Dayan** and **Prof Hendrik Lloyd**.

# Coping with major stress

**PEOPLE** of all ages face stress and the effects can influence all areas of our lives. Major stress or stress accumulated over time can seriously influence our day to day functioning, impacting on our emotions, rational thinking, parenting, work and relationships.

Although we cannot control many of the major stressful events in our lives, we can plan changes to help us cope such as family organisation, delegation, routines and rituals to keep the balance.

**Talk** about your stress to a friend or family member when you are anxious and hurting. Take time to nurture friendships regularly so that you don't just approach friends when you need them.

Make use of **outside counsel** such as mentors, coaches and counselors who are trained to help us process our emotions and conflicts and find the inner strength to resolve our stress.

Feelings of stress are caused by the body's instinct to defend it. Although this instinct is good in emergencies, it can cause unhealthy **physical**

**symptoms** making you feel anxious, afraid, worried and uptight.

Any **change** can make you feel stressed, even good change. It's how you react however that matters. Things that can cause stress include being laid off from your job, your child leaving or returning home, the death of your spouse, divorce or marriage, an illness, an injury, a job promotion, money problems, moving, or having a baby.

Stress can cause **health problems** or make them worse. Talk to your family doctor if you think some of your symptoms are caused by stress. Ensure that your symptoms aren't caused by other health problems.

Possible **signs** of stress include anxiety, high blood pressure, back pain, trouble sleeping or insomnia, constipation or diarrhea, problems with relationships, depression, shortness of breath, fatigue, stiff neck or jaw, headaches, upset stomach and weight gain or loss.

### Tips for dealing with stress

- ▶ Don't worry about things you can't control.

- ▶ Solve the little problems. This can help you gain a feeling of control.
  - ▶ Prepare to the best of your ability for events you know may be stressful, such as a job interview.
  - ▶ Try to look at change as a positive challenge, not as a threat.
  - ▶ Work to resolve conflicts with other people.
  - ▶ Talk with a trusted friend, family member or counselor.
  - ▶ Set realistic goals at home and at work. Avoid over-scheduling.
  - ▶ Exercise on a regular basis, it relieves your pent-up energy and tension, releases feel-good brain chemicals and helps you get in better shape.
  - ▶ Eat regular, well-balanced meals and get enough sleep.
  - ▶ Meditate by doing things like walking, swimming, relaxation training, stretching or breathing deeply.
  - ▶ Participate in sports, social events or hobbies
- For more help ask your family doctor for advice.
- **Nobathembu Mafanya**, Campus Health Services

## Sport gallery



**UNBEATABLE ...** The ABSA NMMU Athletics Club was awarded the Sport Achievement of the Month for February 2011 with athlete **Cindy Stewart** unbeatable at the recent National Yellow Pages series meeting in Potchefstroom. Cindy won the 200m for women in a time of 24.54 seconds and was unbeatable in all 13 Yellow pages series events during 2010 and 2011.



**THIRD-YEAR** Biokinetics student, **Dezi Rosenblatt**, won gold in the under-25 event at Bowls SA's most prestigious tournament The Masters. Last year she also qualified as a Level 1 coach and assists Computing Sciences lecturer **Dix Dixie** in coaching Education and Human Movement Science students in Lawn Bowls. Dezi and Dix also won silver at the Bowls SA B Inter-Districts.



**FISH TALES...** Mechanical Engineering and Siemens Training Office Manager **Madelein Brown** is the Eastern Cape's top female angler, a position she has held for the past four years. Madelein, seen here with her record Blue Ray catch of 20.1kg caught in the Kariega River earlier this year, participated in the SA Ladies Angling Championships at the end of March.



NMMU Wheelchair Tennis Player **Marshall Marsh** was selected to represent SA as a member of the Open Men's Team at the 2011 ITF World Team Cup in Pretoria at the end of April. The team of three members will be competing in the World Group 2 section of the Open Men's Division against 15 other teams. Marshall also participated in Sri Lanka in March and in the SA Open in April.



ABSA NMMU athletics club **Michael Louwrens** successfully represented South Africa at the International Paralympics Committee (IPC) Athletics World Championships for the physically disabled in January in Christchurch, New Zealand. Michael won a Bronze medal in the shot put with a personal best of 13.73m.

# Cricket successes galore

**NOT only did our Toshiba NMMU Cricket team bag their third successive league title at the end of February but NMMU also won the 49<sup>th</sup> Old Grey 6-a-side cricket tournament in March.**

After winning the title the Toshiba NMMU cricket team can now represent Eastern Province at the National Club Championships in September.

Last year the team narrowly missed out on defending their National Club Champs title they won in 2009 and the team is looking forward to avenging their defeat last year.

“Having played the Super League Top Ten competition without 6 of our regular first team guys who were representing EP during February is indicative of the depth at the club” remarked head coach, our University Shop’s **Baakier Abrahams**.

The number one ranked University team in the country will now turn their attention to the local T20 cricket league, another trophy they won last year. The Madibaz will be going all out to defend their title.

► Toshiba NMMU’s Sizwe Masondo (right) simply sizzled for our number one ranked university team in the country. He recorded scores of 88, 61, 54 and 66 in his last four knocks in the NMBCB Top 10 Super League, boasting a healthy average of 269.



Despite his prolific cricketing form, Sizwe has also performed admirably academically, says cricket manager, **Riaan Osman**. Sizwe completed his Honours in Group Dynamics last year and was also part of the successful cricket team that winning the 2009 and 2010 university titles.



*SUPER SIX ... NMMU won the 49<sup>th</sup> Old Grey 6-a-side cricket tournament on 12 March at Freeplay Park by beating tournament hosts, Old Grey by 63 runs in the final. Batting first, NMMU put together the highest score of the day, making 119 without loss from 5 overs. First-years James Price and Ryan Dugmore led the way, with Price contributing a superb 73 not out and Dugmore making an undefeated 46. Old Grey could only muster a mere 56 runs from their five overs and NMMU collected another trophy following their NMBCB Super League trophy they captured earlier this month. NMMU defeated Heatherbank and Despatch on route to the final. The victorious players are Colin Ackermann (back from left), Ryan Dugmore, Sizwe Masondo and James Price and (front) David Sartor, Brad and Corbyn Dolley.*

“He has come a long way since I recruited him in 2006 from Soweto and offered him a bursary to come to NMMU, and despite various challenges he has made a success of his studies. He also assists with duties at the NMMU University Shop in his free time” says Riaan.

► Aldre Nel (right) from the Toshiba NMMU cricket club set the NMMU Oval alight on 26 March by smashing an unbeaten 184\* off just 139 balls

in a 50-over Super League match. His scintillating knock included 19 x fours and seven huge sixes as he bludgeoned his way to one of the best knocks in NMMU cricketing history.



## Rugby growth

**OUR GEORGE Campus is becoming the hot spot for Sevens rugby, our Varsity Cup performance is improving and we have another Kings player.**

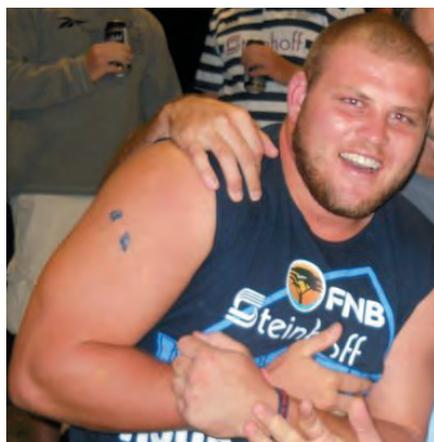
► **Sevens venue**

George Campus is fast developing a niche for Sevens rugby. The recent @lantic Schools Sevens Festival, featuring 16 schools from the region and further afield, took place at the campus. Springbok Sevens Coach and NMMU alumnus Paul True paid the group a special visit.

► **Madibaz making strides**

Varsity Cup Executive Head Duitser Bosman congratulated NMMU rugby on their “big step forward this year”. He said that every team has moved forward, but NMMU moved the most and were “truly worthy competitors”.

“The total effort with the home game presentation is also quite a compliment to an institution



where everybody involved values the brand of NMMU. Well done from me and the entire Varsity Cup squad,” he said.

► **Kings player**

Second-year BSc Construction Studies student Werner Kapp (above) has been awarded a contract with the Southern Kings u/21 squad.

### World Cup Modern Pentathlon



Final-year BCom Financial Planning student Jon-Paul Raper has been unbeatable the past two years in the most difficult Olympic sport, Modern Pentathlon. He has been invited to compete in the World Cup Series internationally in April in Italy, May in Hungary and China. He declined - due to his academic programme. He will attend international training clinics and competitions in Europe during June/July 2011.