



University of Fort Hare
Together in Excellence

Institutional Advancement

This Week @FORT HARE

Vol 2, issue 17





// Prof Babington Makamba

Prof Makamba holds the following post school qualifications:

- Higher Primary Teachers Certificate (Lovedale College)
- BSc majoring in Applied Mathematics (distinction), Mathematics (distinction) and Applied Computer Science (UFH 1981)
- BSc Hons in Mathematics (UFH 1982)
- MSc Mathematics (Rhodes University 1983). Dissertation: *Representation of the Symmetric Group S_n*
- PhD Mathematics (Rhodes University 1993). Thesis: *Studies in Fuzzy Subgroups*

Career Progression:

Prof Makamba started his career as a Mathematics and Physics Teacher between 1972 and 1977 at Somerset East Secondary School. In 1981 he was appointed as a Graduate Assistant in Mathematics at the University of Fort Hare. A year later he joined Rhodes University as a Tutor in the Academic Support Programme.

He rejoined UFH as a Maths Lecturer in 1983. Over the years, he has occupied several senior positions at Fort Hare. These include the roles of Senior Lecturer, HoD for the Mathematics Department, Deputy Dean in the Faculty of Science and Associate Professor. He became a full Professor of Mathematics in 2012.

In conversation with Professor Babington Bonginkosi Makamba

Professor Babington Bonginkosi Makamba is a C-rated Researcher and Mathematics Professor in the Mathematics Department, Faculty of Science and Agriculture. He was born in Tsitsikama, Humansdorp and currently resides in Fort Beaufort.

Please share some information about your research field:

My research area is Fuzzy Subgroups and I specialise in the classification of fuzzy subgroups. I have published more than 30 papers in this area in peer-reviewed journals, most of which are co-authored with my current co-researcher Prof Venkat Murali at Rhodes University. Other papers are co-authored with my students and colleagues in the Department of Mathematics.

What is Fuzzy Mathematics?

Fuzzy Mathematics is a mathematics of imprecision. A fuzzy set is a set in which objects or elements belong to it to a certain degree. We usually use the interval $[0,1]$ as a membership scale, such that if an element m belongs to set A to a degree 0, then m does not belong to A , and if an element n belongs to set A to a degree 1, then n belongs to A (fully).

However, some element may belong to set A to a degree x where x is a proper fraction, hence the imprecision of belonging. This fuzzy mathematics has now moved into all areas of classical mathematics. Unlike in ordinary sets, a fuzzy group has infinitely many fuzzy subgroups.

Even a finite group has infinitely many fuzzy subgroups. That is the reason why I started to work towards some form of "a finite group that has a finite number of fuzzy subgroups". This involved classification of fuzzy subgroups. In this classification, we group together all the fuzzy subgroups with similar properties and count them as one "fuzzy subgroup". In this way, we do have that a finite group has a finite number of fuzzy

subgroups. This research also involves generating formulae for the numbers of distinct fuzzy subgroups of finite groups, particularly cyclic groups and abelian groups of ranks 2 and 3.

I have also used special groups such as dihedral and symmetric groups in the classification of fuzzy subgroups. The current classification technique was proposed by me while I was still doing my PhD at Rhodes University. Since then it has been used in research by many scholars in fuzzy mathematics. My area of research still provides a lot of scope for further research.

I have successfully supervised and examined the following fuzzy groups theses:

Masters: External Examiner (x3) and Supervisor (x4)

PhDs: External Examiner (x4) and Supervisor (x3)

What do you think are your most significant research accomplishments?

- Having my papers published in accredited journals.
- Seeing international scholars using my concept of equivalent fuzzy subgroups in their research.
- And also seeing students at other universities writing theses based on my work.

How do you ensure your research is well communicated, digested and acted upon?

I publish my research outputs in peer-reviewed international journals. There is simply no better communication.

What has been the greatest impact of your work?

The citation of many of my papers in research internationally, and seeing student at both alma maters (UFH and Rhodes) writing theses and graduating using my notion of equivalence.

What advice would you give to young researchers out there?

- **Critique** your paper before submitting it to a peer-reviewed journal. This will help you to identify topics that still need further research. This then widens your area of research.
- **Involve** colleagues and/or students in your research in order to lighten your load and avoid frustration. This also helps to critique your work.
- Ensure that your paper **arouses interest** to those reading it. So enjoy what you are doing.
- When doing research, **focus on quality more than quantity**. This will assist you to publish in highly rated journals.
- Give research **quality time**. Avoid doing your research when your mind is tired.
- Lastly, **use simple language** and avoid ambiguity.



// Tandi Mapukata

UFH COVID-19 READINESS Update: Week 17-21 August 2020

CERTIFICATES AND ACADEMIC TRANSCRIPTS (Registrar's Office: Examinations)

The distribution/ collection of certificates commenced last Tuesday, 11 August and is still underway at all campuses, glitch free. Our SRC is doing a sterling job in managing this process and ensuring that distancing and other Covid-19 health and safety measures are being observed. We appeal for everyone's cooperation.

Graduates or their proxies are advised to take note of the venues at each campus:

Alice	:	Black Auditorium
East London	:	Big Elco
Bhisho	:	Exams Venue

Before coming to the university, graduates are encouraged to first make sure they do not owe fees by checking on I-Enabler or by emailing Finance (bmlahlwa@ufh.ac.za).

Collection Options:

- Self-collection:** Make sure to collect at the campus where you were registered as indicated above.
- Collection by a Proxy:** The graduate sends someone to collect on his/her behalf. The collector needs to produce an authorization letter from the graduate, the graduate's ID copy and the collector's ID.
- Postal services:** UFH posts certificates to graduates using Registered Mail. This service may pose risks if the graduate's postal address on the university system has not been updated, or if the chosen post office is closed due to Covid-19 or any other reason.
- Courier services:** The graduate sends a courier company of choice to UFH to collect the certificate at the graduate's expense. Remember to send the courier company to the correct campus.

FLASH DRIVES, MODEMS AND LAPTOPS

I am very pleased to report that our consignment of modems and flash drives is being processed for distribution off-campus. The laptops have been released from the Port of Durban and are also being processed off-campus for distribution to recipients.



DATA FOR STUDENTS

The Office of the Chief Information Officer has written to all network providers to seek proof or validation that every student on the UFH system has been loaded with data. This was after problems were yet again encountered with MTN. Concurrently, students who are struggling to update their numbers do receive direct assistance from ICT officials. Kindly refer to Dr Johl's notices or ask the SRC for telephone numbers to call or text.

COVID-19 CASES

Sadly, last week we lost a second member of staff due to Covid-19. Altogether, the university has recorded 58 cases (including 10 students). However, many of those have recovered, resulting in only eight active cases to date – six staff and two students.



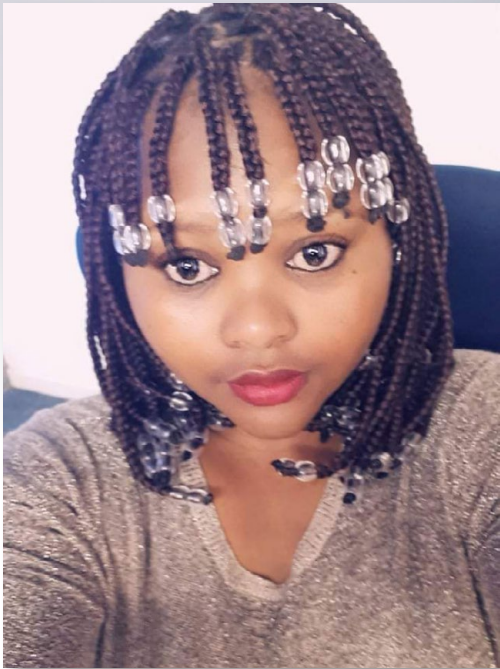
EMBRACING NEW WAYS OF TEACHING AND LEARNING FOR LAW STUDENTS

As the world progressively adapts to the 'new norm' imposed by the Covid-19 pandemic, Faculty of Law Lecturer and Foundation Co-ordinator, Ms Asanda Mbolambi has wasted no time adapting to new teaching and learning methodologies.

Using a blended teaching method that utilises platforms such as Blackboard, Zoom, and WhatsApp, Ms Mbolambi says she has been able to administer online classes to most of her students during lockdown.

"We are navigating uncharted territory. All of us are trying to perfect online and contact sessions. Therefore, blended teaching is the new normal and in my opinion, online may just turn out to be the best teaching and learning method," she said.

According to her, students are able to participate freely throughout the sessions. "Together with the students, we have agreed that I should record videos and upload them on Blackboard so that we can set up a class and have discussions afterwards."



// Ms Asanda Mbolambi

So far she has had remote classes with most of her students in the following courses:

- Introduction to Law (Foundation Group)
- Individual Labour Law (Part-time Group)

Mbolambi recently conducted contact sessions with her final-year students who form part of the 33% cohort that was brought back to campus recently.

"Contact sessions went fairly well and safety regulations were observed. Students were screened every day. Masks and hand sanitisers were provided. Social distancing was also maintained", she said.

by Aretha Linden

CHUMA MJALI FACILITATES 3rd INSTALMENT OF SAICA 2020 WOMEN IN LEADERSHIP SERIES



// Ms Chuma Mjali

August is Women's Month and University of Fort Hare women are taking full advantage of the opportunity.

Among these is a virtual South African Institute of Chartered Accountants (SAICA) 2020 Women in Leadership series which was facilitated by Ms Chuma Mjali, Lecturer and Deputy Head of the Nkuhlu Department of Accounting, on 11 August 2020.

Mjali's virtual engagement was the 3rd session of a series which commenced on 3 August and will run until 24 August. Spread over eight days, the series will cover four themes, 14 topics and feature 35 top class presenters and panelists.

Themed: *Empowerment through Enlightenment*, the session covered two topics:

- *Level the CORPfield: Creating the Ideal Environment for the Future Chartered Accountant*
- *The Future Female Chartered Accountant*

Mjali opened her session with a heartfelt tribute to unsung heroines.

"I am referring to all those women who are not necessarily at the forefront but are very instrumental in helping other women develop", she explained.

She referred to her panelists - a team of highly qualified and experienced Chartered Accountants - as *IIMBOKODO* (a term used to refer to strong, fearless and committed women)

Ms Chuma Mjali is a Lecturer and the Deputy Head of Department at the Nkuhlu Department of Accounting. She holds a Masters in Accounting from the University of Cape Town. She is a member of the following professional bodies:

- South African Institute of Chartered accountants (SAICA) – CA(SA)
- Chartered Institute of Management Accountants (CIMA) – ACMA
- The Chartered Global Management Accountant (CGMA)

The panel comprised:

Hlengiwe Penelope Ndlela – Audit Partner at EY, Assurance Market Segment Leader, MAcc Graduate, SAICA Top 35, Under 35 Category Winner and PhD Candidate

Buhle Hanise – Chief Financial Officer at BAIC SA

Keshni Kuni – Executive Head: IFRS Technical and Tax Accounting, Standard Bank Group, South Africa

Zee Harduth – Head of Learnerships at the Auditor General South Africa.

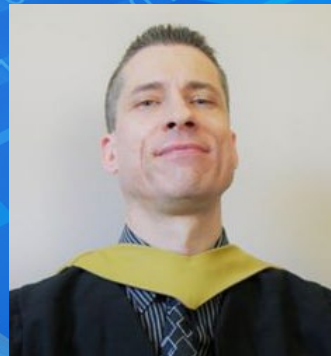
Each speaker delved deep into the topics at hand, sharing insightful knowledge from their personal experiences and knowledge of the accounting sector. The discussion also provided the audience with insights on how firms, business, and universities empower and enable the success of women in the accounting profession.

Click on the link to listen to the recording: <https://livestream.com/saica/wil003/videos/209698638>

by Aretha Linden

BEWARE OF PHISHING SCAMS!

By: Mr Thayne Breetzke, Lecturer Department of Information Systems, Faculty of Management and Commerce



// Mr Thayne Breetzke

As technology becomes increasingly pervasive, the more vulnerable we are to cybercrime attacks such as phishing (pronounced “fishing”), a most common type of cybercrime.

In fact, it is likely that you have already been a target of an attempted phishing scam - possibly without even realising it.

What is a phishing scam?

Phishing is a type of social engineering attack where a person pretends to be someone they are not (e.g. your bank, SARS, or an employee). The attacker's goal is simple: to get you to give them your personal information.

In a phishing attack you receive fake correspondence, very often as an e-mail message that seems to come from a legitimate organisation (but it does not). It tricks you into providing personal information such as a username and password or your bank account/card details.

How serious is it?

A successful phishing attack can lead to:

- **Fraudulent activities:** The fraudster uses the information you provided to log into your account(s), steal information, steal money from your bank account, etc.
- **Identity theft:** Someone uses your stolen personal information to pretend to be you, by making purchases in your name, opening credit card accounts or spending credit in your name. You will usually only become aware of this fraud when you are denied credit or receive statements that show overdue balances. Resolving such fraud can be very difficult and expensive and can take years.

How can I avoid being a victim?

A phishing e-mail often looks legitimate but it's fake. So, do not be fooled!

Consider this example of an e-mail received that appears to be from the South African Revenue Services (SARS):

From: SARS (re-fund@sars.gov.za)
Subject: Refund due
Attachments: RETURNSARS.html

Dear Taxpayer,

After calculations of last year annual fiscal activities, we realised that you are eligible to receive a Tax refund of R9,250.75. please download the attachment to complete the process of your Tax refund. Not the refund will take 48hours to reflect in your account.

Thank you.

South Africa Revenue Services (SARS)
Tom Moyane Commissioner

The following are common signs to look out for, many of which are evident in the example above:

- **It looks legitimate:** The e-mail often uses the organisation's logos and details that the scammer is posing as. Sometimes it can lack official looking logos, etc. (as in this case) which makes it easier to identify as possibly unofficial correspondence. Never trust an e-mail simply because it looks real. Even the sender's address displayed on the e-mail might be a fake display name that might look legitimate, yet the actual e-mail address that the message was sent from may belong to the scammer.
- **It contains spelling and/or grammatical errors:** Phishing scam e-mails very often contain grammatical and/or spelling errors. The e-mail in this example is littered with grammatical errors (more than five of them). Be very suspicious of e-mails with errors like this.
- **It is usually sent to many people:** A phishing scam e-mail is sent to a large number of people, but often, the recipients are not listed (as in this example). Treat any e-mail that does not list any recipients, or where the sender and the receiver's addresses are the same, with much caution.
- **It contains no personal information:** In this example, no personal taxpayer information was provided in the e-mail, such as the taxpayer's name or tax number. This makes the e-mail very likely to be spam and therefore fake (“spam” is junk e-mail that is sent to a large number of recipients in the hope that some respond or react). However, note that spear phishing is another form of phishing that targets a specific person. In such cases, the e-mails can include personal information, so be very cautious.
- **It often calls for urgent action:** A phishing scam message often requires urgent action from you (e.g. that you must log in to update your account before it is closed, receive funds owing to you before they are lost, claim your winnings, or urgently help a friend by sending them money). Be cautious when urged to act fast.
- **It contains one or more attachments:** Beware of all e-mail attachments and downloads. If an e-mail has an attachment that ends with .html (like in the example above), never click on or download the attachment; treat the e-mail as extremely dangerous. The same is true for attachments that end with .exe (which signifies executable content). Even image files, PDF documents, and other commonly used files attached to an e-mail can be malicious.

In this example, when the victim downloads and opens the *REFUNDSARS.html* file, a web page that appears to be legitimate will open in their browser (i.e. a web page that looks real will open in their browser). Refer to the point below

entitled “It takes you to a web page.” Before downloading or opening any attachment, always ask yourself whether you trust the sender.

- **It contains links:** A link is text that can be clicked on (it's usually blue and underlined). When a phishing scam link in an e-mail is clicked on, you will be taken to what appears to be a legitimate web site (i.e. a web page that looks real will open in your browser). Refer to the point below entitled “It takes you to a web page.” Before you click a link, point your mouse cursor to the link and look at the address that appears above the cursor or at the bottom of the browser. Often the link will look unusual and not point to the address of the legitimate web site. For example, a link in an e-mail from ABSA Bank may point to *aeiou.absbank.net/activate.aspx* instead of to their legitimate site, *www.absa.co.za*.
- **It takes you to a web page:** The phishing e-mail will usually take you to a web page, either when you click a link or download and open an attachment. Although the web page might look perfectly legitimate, it is actually the scammer's web page, complete with copied content, logos, etc. The page will ask you to enter personal information (e.g. to receive funds owed to you or to claim your prize). As soon as you enter this information, the scammer has all of it.

Just like a phishing e-mail, the associated phishing website often looks legitimate. But it is fake, so do not be fooled. In this example, upon opening the *REFUNDSARS.html* attachment, the following web page appears in the browser, ready to steal your personal information:

The web page appears to look just like a legitimate South African Revenue Services (SARS) web page, complete with official SARS e-filing logo and web site background.

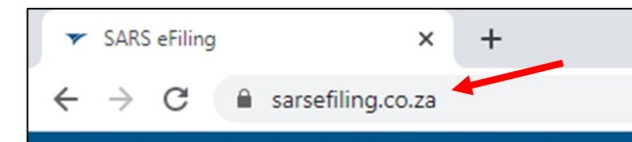
Fill in your card details for your tax refund

Name on Card*	
Credit/Debit Card Number*	
Last 3digit at back of your Card*	
Expiration Date (month/year)*	
Complete ID Number*	
Phone Number*	
Submit Reset	

The following are common signs to look out for, many of which are evident in the web page above:

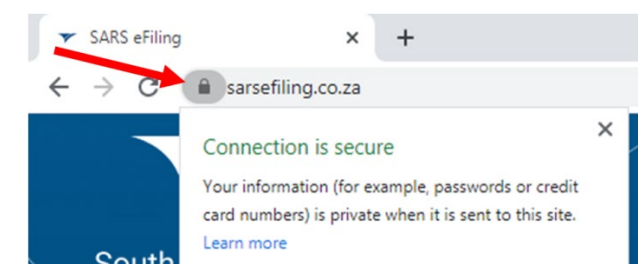
- **It looks legitimate:** Don't be fooled by a web page that looks real. In this example, the page looks like a legitimate SARS page. Although not shown above, the page even has the correct SARS e-filing logo and the official SARS web site background. It is extremely dangerous to enter personal information on a web page that you are not certain is legitimate.

- **The address is suspicious:** Before entering any information on a web page, be sure that the address in the browser's address bar points to the legitimate web site address of the company or organisation. An address can even appear to be correct, but on closer inspection you may see a spelling error in the address which is a likely indication that you have opened, or been directed to, a phishing web site.



In this SARS phishing scam, the browser's address bar would've shown an address that refers to your local computer (which would've looked very unusual, such as *C:\Users\Anda\Downloads\REFUNDSARS.html*) instead of SARS' web site on the Internet (*www.sars.gov.za* or *www.sarsefiling.co.za*).

- **It asks for personal information:** The web page will ask for information such as a bank account/card number, a password, a PIN or ID number. Sometimes this is required in order for you to “verify” yourself. We must be very suspicious when asked to enter account/card numbers, especially the three digit security number on the back of a bank card, as well as personal information such as an ID number or a phone number. Don't provide personal/sensitive information unless it is absolutely necessary and you know who will use that information and how it will be used.
- **It does not use a secure connection or it uses an invalid one:** Only type personal/sensitive information on a web page that uses a secure connection. A secure connection will usually be indicated with a lock indicator next to the address in the browser's address bar, as shown below. The address in the address bar will also begin with “https:” instead of “http:” (you may have to click on the address first to see it).

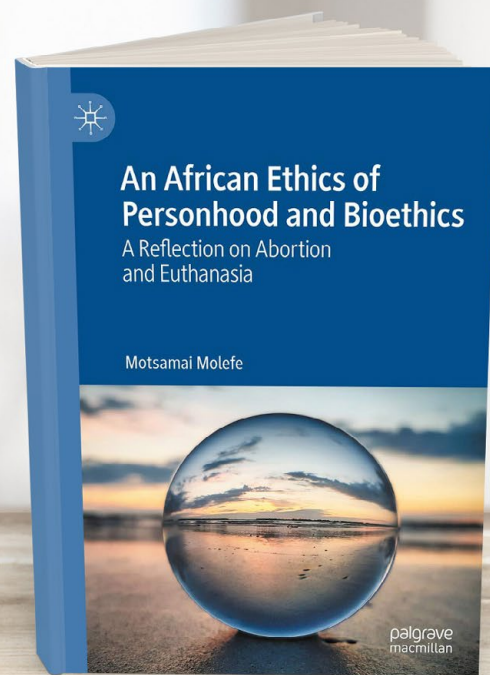


Be careful though because even a phishing web site can use a secure connection! Click on the lock indicator and view the security certificate details to ensure that it was issued to the legitimate company/organisation that you are providing your information to.

Phishing attempts can also take place through social media, instant messages, SMS messages, and when browsing the web. The goal is the same: to steal your personal information for nefarious reasons. Clicking a phishing link can also install spyware on your device that can then secretly collect passwords, bank account/card numbers and other sensitive information and transfer it to the phisher without your knowledge.

Now, more than ever, individuals need to be vigilant against cybercrime attacks such as phishing scams. Use these tips to avoid being the next victim. Stay safe!

MUSIC STUDENTS SHINE IN INTERNATIONAL OPERA ONLINE SINGING COMPETITION



// Dr Motsamai Molefe

A REFLECTION ON ABORTION AND EUTHANASIA: Dr Molefe publishes 3rd book

Dr. Molefe joined CLEA on 1 July 2019. His research focuses on African ethics, applied ethics, social and political philosophy <https://scholar.google.co.za/citations?user=hgJoCp8AAAAJ&hl=en>.

Dr Motsamai Molefe, a Senior Researcher at the Centre for Leadership Ethics in Africa (CLEA), recently launched his latest book: *An African Ethics of Personhood and Bioethics: A Reflection on Abortion and Euthanasia*.

The book came out in July 2020 and is published by Palgrave Macmillan. This is Dr Molefe's third book. He is also the author of:

- *African Personhood and Applied Ethics*. Grahamstown: NISC. (2020)
- *An African Philosophy of Personhood, Morality and Politics*. New York: Palgrave Macmillan (2019).

Dr Molefe describes his latest offering as his commitment to illuminate African ethics.

This commitment, he says, is informed by his belief that the ethical category of personhood (Ubuntu) in African cultures has profound ethical gems that remain relevant even for contemporary societies.

"At the heart of this book is the insight that human beings possess a capacity for virtue. I then deploy this view of what is morally special and distinctive about human beings – our ability to nurture virtuous characters to reflect on two bioethical questions - abortion and euthanasia."

"In this particular book I sought to extend ethical insights inherent in the discourse of personhood to bioethical questions revolving around beginning-and-end-of-life. These remain largely under-explored in the literature of African philosophy."

According to him, the book defends the moral view that personhood (ubuntu) forbids abortion and permits euthanasia.

by Aretha Linden



// Chwayita Mdlankomo



// Olwethu Nomangola



// Ongezwa Mkhula

Five students from the UFH Music Department recently showcased their operatic talents during the Voices of South Africa International Opera (VOSA) online competition.

Established in 2015 by London based South African Baritone Opera singer Njabulo Madlala, the competition creates a platform for young and up-coming opera singers to take part on the international opera stage as professional soloists.

Owing to Covid-19 lockdown regulations, Mr Madlala came up with the idea of hosting the competition online.

From the beginning of July, singers were required to submit a one-minute video clip for auditions. The clips were divided into different voice categories such as: Tenors, Sopranos, Altos and Baritones. From the clips, 15 finalists were selected weekly in each category. The finalists then proceed to battle it out live on Facebook every Sunday. Judges for each week varied and comprised internationally acclaimed opera maestros such Sibongile Khumalo, Andrew Staples, Marsha Thompson and many more.

The UFH Bachelor of Music students who managed to advance to the final stage of the competition are as follows:

Chwayita Mdlankomo, 1st year student who specialises in Classical Singing was a finalist in the Mezzo Sopranos category.

Olwethu Nomangola, 1st year student made it to the top 15 in the Tenor category.

Ongezwa Mkhula, 3rd year student sang her way to the top 15 in the Female category.

Sazi Gcaba, impressed the judges with his performance. The 2nd year student secured himself the 3rd spot in the Male category.

Sinethemba Sonanze, who is doing his 3rd year entered the South African Composers' category and his song was selected and performed in the final round of the competition.

Mr Thamsanqa Ncokwana, Deputy HOD, Voice Lecturer and Opera Specialist in the Music Department played an integral role in getting his students into the competition. As an opera singer who has travelled and performed in various stages, Mr Ncokwana liaised with the organisers and pave way for his students.

"I felt my students deserve such an opportunity to showcase their golden voices. I want my students to experience the international stage, to be exposed to international opera agents, opera houses and international opera music schools and colleges", said an elated Ncokwana.

"I have a dream of developing this division into an Opera School and UFH being an Opera Music hub for the Eastern Cape," he said.

by Aretha Linden



// Sazi Gcaba



// Sinethemba Sonanze



// Mr Thamsanqa Ncokwana

IN MEMORIAM



Mrs Kholiwe Mkiva

It is with a deep sense of sadness that we announce the passing of our dear colleague, Mrs Kholiwe Mkiva on Sunday, 9 August 2020 at East London Private Hospital.

Mrs Mkiva joined the University in November 1993. At the time of her passing she was employed as a Payroll Administrator within the Finance Department in Alice. According to her seniors and colleagues, she has served the university with great honour and humility. She will be sorely missed.

The university extends heartfelt condolences to her husband, children, colleagues and friends. We wish the family strength and courage during this sad hour in their lives.

She was buried on Friday 14 August at Mqukwana Location in Keiskamma Hoek.

May her soul rest in eternal peace.



Dr Nomasonto Xazela

It is with regret to inform you of the death of Dr Nomasonto Xazela - a Post-Doctoral Research Fellow attached to Prof Willie Chinyamurindi.

Dr Xazela was funded through the prestigious Sam Moyo Post-Doctoral Research Fellowship in Land and Agrarian Reform, a programme supported by the National Institute for the Humanities and Social Sciences (NIHSS). Dr Xazela's contribution also entailed supporting community efforts of the Research Niche Area of the Faculty of Management and Commerce.

It has been a wonderful 4 years working with Dr Xazela with papers published in a) Health SA and accepted papers in b) Journal of Consumer Sciences and c) African Journal of Food Agriculture, Nutrition and Development. We dedicate the outstanding output from the project to the memory of Dr Xazela where a tribute message will accompany each paper.

With sadness she will not be part of the community outreach that bears testimony to the hard work she put in.

REAWAKENING THE EASTERN CAPE ALUMNI CHAPTER: *A call to action*



Mr Thando Ursmond Mpulu obtained a Bachelor of Commerce degree in 1998 from the University of Fort Hare. He completed a Global Business Leadership programme with Duke Corporate Education in India as well as a Corporate Governance programme through the Institute of Directors. He has an MBA from Regent Business School.

He started his career as a business development specialist for a small business organization. He gained extensive corporate experience as a Sales Executive at Novartis Pharmaceuticals Emerging Markets. He later held the position of Director of Marketing at Performance Unlimited and Sure Travel respectively.

Mr Mpulu has served as the Chairperson of the Black Management Forum in the Eastern Cape as well as a member of the Eastern Cape Provincial Legislature (MPL) during the 5th Administration. He is currently CEO of the Black Business Forum in the Eastern Cape. He also serves on the Fort Hare Foundation Board of Trustees.

Dear EC-based Fort Harians

The fact that the University of Fort Hare is geographically located in the Eastern Cape necessitates a strong Fort Hare alumni community in the Eastern Cape. For far too long, we have neglected our responsibility to support the University.

We have noted the vibrancy of our sister chapter in Gauteng and we take courage in the work they are doing. The reawakening of the Eastern Cape chapter has potential to revive the country-wide alumni project.

According to Ms Nolvuko Makohliso, UFH Alumni Officer, the following chapters: Buffalo City Municipality, Mthatha and Port Elizabeth, were established some time back, but are currently inactive. Several attempts to revitalise the BCM chapter have not been successful due to poor meeting attendance. There is however, an interim committee in place and its convenors are Dr Mpumie Mawisa and myself.

I am encouraged by the interest shown over the weekend by some fellow Fort Harians to resuscitate this project, hence this call. In the coming weeks the EC chapter will soon share its programme with members, starting with an engagement with the Administrator and the University community at large.

We call upon all Fort Hare Alumni that are based in the Eastern Cape to join our Whatsapp group where alumni-related matters will be discussed. Follow this link to join my WhatsApp group: <https://chat.whatsapp.com/D9bGh5c7KcoEz6KBtQD9am>.

Thank you in advance for your commitment. Together in Excellence.

Thando Mpulu
Chief Executive Officer
Black Business forum
0766886596

Alumni Association · Gauteng Chapter 2020/21 EXECUTIVE COMMITTEE



CHAIRPERSON
Dr. JJ Klaas



SECRETARY
Ms. Phumza Dlomo



TREASURER
Ms. Aphindiwe Majova



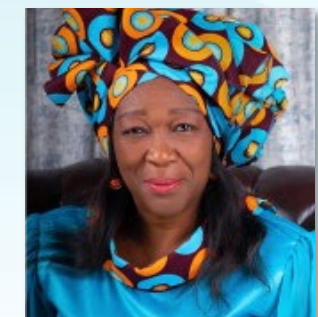
MARKETING & FUNDRAISING
Ms. Yolisa Tyantsi



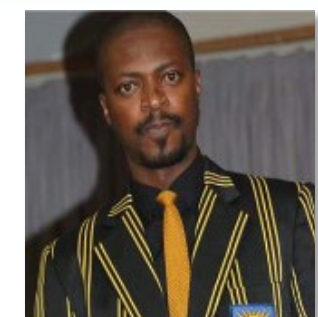
DEPUTY CHAIRPERSON
Ms. Lungiswa Sibukwana



DEPUTY SECRETARY
Mr. Sive Dlula



DEPUTY TREASURER
Pst. Mamsi Ndlalani



PROJECTS & STAKEHOLDERS
Mr. Mziyanda Zita



Coping with Grief and Loss

Since COVID19 has been declared a pandemic, many people have been losing loved ones and dealing with different kinds of losses.

What is grief?

Grief is a natural response to loss. It is the emotional suffering you feel when something or someone you love is taken away. Often, the pain of loss can feel overwhelming. You may experience all kinds of difficult and unexpected emotions. The pain of grief can also disrupt your physical health.

You may associate grieving with the death of a loved one - which is often the cause of the most intense type of grief - but any loss can cause grief, including:



Divorce or relationship breakup

Loss of health

Losing a job

A miscarriage

Loss of safety after a trauma etc.

The five stages of grief

In 1969, psychiatrist Elisabeth Kübler-Ross introduced what became known as the "five stages of grief."

STEP 01

Denial: "This can't be happening to me."

STEP 02

Anger: "Why is this happening? Who is to blame?"

STEP 03

Bargaining: "Make this not happen, and in return I will ____."

STEP 04

Depression: "I'm too sad to do anything."

STEP 05

Acceptance: "I'm at peace with what happened."

Symptoms of grief

Emotional symptoms of grief

Guilt. You may regret or feel guilty about things you did or didn't say or do. You may also feel guilty about certain feelings (e.g. feeling relieved when the person died after a long, difficult illness). After a death, you may even feel guilty for not doing something to prevent the death, even if there was nothing more you could have done.

Shock and disbelief. Right after a loss, it can be hard to accept what happened. You may feel numb, have trouble believing that the loss really happened, or even deny the truth. If someone you love has died, you may keep expecting them to show up, even though you know they're gone.

Anger. Even if the loss was nobody's fault, you may feel angry and resentful. If you lost a loved one, you may be angry with yourself, God, the doctors, or even the person who died for abandoning you. You may feel the need to blame someone for the injustice that was done to you.

Sadness. Profound sadness is probably the most universally experienced symptom of grief. You may have feelings of emptiness, despair, yearning, or deep loneliness. You may also cry a lot or feel emotionally unstable.

Fear. A significant loss can trigger a host of worries and fears. You may feel anxious, helpless, or insecure. You may even have panic attacks. The death of a loved one can trigger fears about your own mortality, of facing life without that person, or the responsibilities you now face alone.

Physical symptoms of grief

We often think of grief as a strictly emotional process, but grief often involves physical problems, including:

Fatigue

Nausea

Lowered immunity

Weight loss / weight gain

Aches and pains

Insomnia

Seek support for grief and loss

The key is not to isolate yourself.

- Turn to friends and family members.
- Accept that many people feel awkward when trying to comfort someone who's grieving.
- Draw comfort from your faith.
- Talk to a psychologist or grief counsellor.



Resource List for East London and Alice

• UFH EAST LONDON

UFH SCU	043 704 7017
UFH Email	r.naidoo@ufh.ac.za / tmsengana@ufh.ac.za
Facebook Page	SCU Student Counselling

• PUBLIC FACILITIES

Frere Hospital (public)	043 709 2164
Cecilia Makiwane (CMH) public	043 726 4917/ 043 708 2503/2324
CMH Ward 9 (Psychology)	043 708 2526
CHM Ward 13 (Psychiatry)	043 708 2524/ 2324
Police Station	043 707 0600
SANCA (Drug and alcohol abuse)	043 722 1210/1257
FAMSA	043 743 8277
LIFELINE (Counselling)	0861 322 322 (24 HRS)
Masithethe (Counselling)	043 7222 000
Masimanyane (GBV)	043 743 9169
AA	043 722 4033

• PRIVATE FACILITIES

LIFE St Dominics	043 707 9000
LIFE Beacon Bay	043 711 5100

• UFH ALICE

UFH SCU	040 602 2011
UFH Email	r.naidoo@ufh.ac.za / tmsengana@ufh.ac.za

• PUBLIC FACILITIES

Victoria Hospital	040 653 1141
Police Station 24 hours	040 653 1817

• OTHER 24 HOUR TOLL-FREE

Higher Health	0800 363 636
Higher Health SMS	43336



University of Fort Hare Covid-19 Task Team



University of Fort Hare
Together in Excellence

University Operational Protocols



Wearing of Mask:

It has been observed that a number of people, do not always wear their mask on campus. We want to encourage everyone that the wearing of masks is non-negotiable and will be enforced stringently. Should any persons disregard this protocol, they will be asked to leave the premises of the University with immediate effect.



Daily Online screening:

It has also been observed that both staff and students are not providing their online screening results to security on entering buildings. May we encourage both students and staff to use the screening tool before they come to campus. The results will be used as requirement to access the institution. If you do not have the screening results you will not be allowed access to the University.

Daily Online Self-Screening

<http://survey.ufh.ac.za>

Dial a USSD Code *134*832*2# OR send Hi to WhatsApp 0600 11 0000

Kindly note that the process of self-screening must be completed by 9am everyday
Staff must provide results at entrance or subject himself/ herself to manual screening

Please self-screen every day, even at home and not at the office

#StaySafe@ufh



University of Fort Hare
Together in Excellence

ThisWeek@FortHare your weekly newsletter

EDITORIAL TEAM

Editor-in-Chief: Tandi Mapukata

Writers: Aretha Linden, Mawande Mrashula & Asaduma Baloyi

Graphic Design & Layout: Alida Mundell

Photography & Videography: Tim Wilson & TK Matokazi

Creative Specialist: Tim Wilson

Marketing Advisor: Khotso Moabi

Social Media Specialist: Velani Mbiza Gola

FOR COMMENTS, IDEAS AND STORY LEADS:

Tandi Mapukata | tmapukata@ufh.ac.za

Aretha Linden | alinden@ufh.ac.za

Submission deadline 5pm Tuesdays