

# JLWAZI

ISSUE 2 - JUNE/JULY 2023

magazine



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## Welcome to ULWAZI MAGAZINE ISSUE 2:

Ulwazi magazine is a quarterly publication dedicated to inspiring, educating, and motivating high school learners. We believe that knowledge is power and our aim is to provide you with the tools and information you need to excel in your academic pursuits and beyond. Through engaging articles, interviews with successful individuals, and insightful features, we hope to encourage you to pursue your passions and achieve your goals. Join us on this journey of discovery and learning, and let Ulwazi be your guide to a brighter future.

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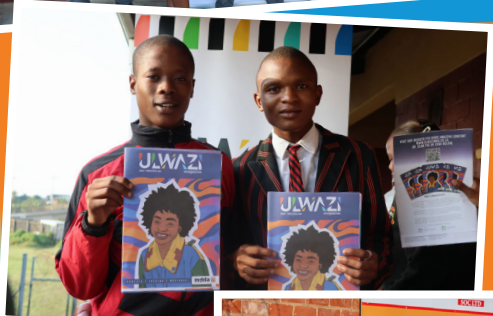


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# PREVIOUS ISSUE OUR HAPPY MOMENTS



We would like to thank each and every one of you for being part of the journey of **ULWAZI MAGAZINE**. We hope you were educated, inspired and motivated by our publication. Nithandwa yithi, Siyabonga kakhulu.

# MASTERING THE ART OF PUBLIC SPEAKING:

## CONQUERING CLASS ORALS WITH CONFIDENCE

Have you ever felt that jolt of anxiety when your teacher announces that it's time for orals? The mere thought of standing in front of your classmates and presenting your thoughts can be intimidating but fear not! Public speaking is a crucial life skill that can be mastered early on, and it's time to overcome those nerves and unlock your inner confidence. Here are a few tips and tricks on how to ace your next oral.

**P**reparation is Key: The more prepared you are, the more confident you'll feel. Practice your presentation, know your content inside out, and rehearse in front of a mirror or with a supportive friend or family member. This preparation will boost your confidence and help you handle unexpected questions or interruptions with ease.

**Start Small, Build Confidence:** If the thought of speaking in front of the entire class seems overwhelming, start by sharing your ideas in smaller groups or with a few close friends. Gradually increase the size of your audience, step by step, until you feel comfortable addressing the entire class. Each successful experience will fuel your confidence for future public speaking engagements.

**Positive Visualization:** Visualize yourself delivering a successful and engaging presentation. Close your eyes and imagine yourself speaking confidently, capturing everyone's attention, and receiving applause at

the end. This positive visualization technique can help rewire your mind to associate public speaking with positive outcomes. Thinking that you will not do well in your oral before you even start is setting yourself up for failure. Visualize yourself doing a fantastic job and start presenting with confidence.

### **Connect with Your Audience:**

Remember that your classmates are also eager to connect and learn from you. Make eye contact, speak clearly and audibly, and use gestures to emphasize important points. Engage your audience by asking questions or encouraging participation. When you see their positive reactions, it will boost your confidence and create a supportive environment.

### **Learn from Each Experience:**

Every public speaking opportunity, including orals in class, is a chance to grow and improve. Embrace constructive feedback from your teacher and peers, and view it as an opportunity for growth rather than criticism. Use their suggestions to enhance your future presentations

and become an even better public speaker. When you learn from each experience, you will definitely improve over time.

**Developing the skill of public speaking is vital for your future success. Overcoming the fear of speaking in front of your classmates during orals in class is a significant step in building your confidence. Remember to embrace your unique voice, prepare thoroughly, start small to gain confidence, visualize success, connect with your audience, and learn from each experience.**

**By mastering the art of public speaking early on, you're equipping yourself with a valuable life skill that will open doors to Opportunities and empower you to express your ideas with confidence throughout your life journey. So, take a deep breath, believe in yourself, and step into the spotlight with unwavering confidence!**

# UNEARTHING LIFE LESSONS FROM SOUTH AFRICAN ANIMALS

Nature has always been a bountiful source of inspiration and wisdom. In the vast and diverse landscape of South Africa, a whole bunch of extraordinary creatures call this land their home. Beyond their stunning beauty and unique ways, these animals possess innate qualities that can teach us valuable life lessons.

Let's dive into the world of these five amazing South African animals and explore the profound lessons they have to offer. By watching and appreciating their behaviors, instincts, and how they get along with their crew, we can gain a deeper understanding of ourselves and the world around us. By embracing these lessons in our lives, we can boost our personal growth, overcome obstacles, and sow the seeds of success. Come along as we embark on this captivating journey of discovery!

**Cheetah: Speed and Adaptability** - The cheetah, known for its incredible speed, teaches us the importance of adaptability. In the vast African Savannah, where survival depends on agility, the cheetah has mastered the art of swiftly adapting to its surroundings. It reminds us to embrace change and be flexible in our lives. Just as the cheetah adjusts its hunting techniques to catch its prey, we too must adapt quickly to new situations and seize opportunities as they arise. By being open to change, we can navigate life's challenges more effectively.

**Elephant: Strength in Unity** - Elephants The gentle giants of the African plains, exemplify the power of unity and collaboration. These majestic creatures live in close-knit family groups, caring for and protecting one another. They demonstrate the importance of valuing teamwork and recognizing the strength that comes from working together. From constructing communal nests to defending against predators, elephants show us that by supporting one another and harnessing our collective strength, we can overcome obstacles and achieve great things.

**Meerkat: Community and Cooperation** - Meerkats, with their playful and social nature, teach us the value of community and cooperation. Living in tight-knit groups, they work together for the well-being of the entire clan. They take turns standing guard, forage for food collectively, and care for each other's young. Meerkats remind us of the importance of fostering strong relationships within our own communities. By helping and supporting one another, we can accomplish more and create a sense of belonging that enriches our lives.

**Giraffe: Perspective and Perseverance** - The graceful giraffe, with its long neck and keen eyesight, offers us a lesson in perspective and perseverance. Towering above the African plains, giraffes have an elevated view of the world, allowing them to spot predators and sources of food from a distance. They remind us to gain a broader perspective on life's challenges and not get lost in the details. Moreover, their long necks symbolize the need to reach higher and never lose sight of our goals. By maintaining focus and persevering through obstacles, we can achieve great heights.

**African Penguin: Resilience and Adaptation** - The African penguin, endemic to the coastal areas of South Africa, teaches us about resilience and adaptation. These charismatic birds have faced numerous challenges, including habitat loss and changes in food availability. Despite these adversities, they have managed to adapt their behaviors and survive. African penguins show us the importance of bouncing back from setbacks with resilience. They teach us to be flexible and willing to find new paths when faced with challenges, reminding us that we have the strength to overcome obstacles in our own lives.

**Hippopotamus: Balance and Confidence** - The hippopotamus, with its massive size and seemingly carefree demeanor, teaches us about balance and confidence. While they spend much of their time in water, these creatures also need to maintain a balance between aquatic and terrestrial habitats. The hippo reminds us to seek balance in all aspects of our lives. It encourages us to be confident in our abilities, knowing when to assert ourselves and when to relax and enjoy the present moment. By embracing both sides of our lives with confidence, we can find harmony and fulfillment.

These South African animals offer valuable life lessons that, when applied, can help us navigate our own journeys. By observing and appreciating their traits, we can cultivate leadership, empathy, resilience, teamwork, and determination, ultimately fostering personal growth and achieving success in our lives

# JUNE 16 (NINA NANIKEPHI)

Babehlushwa yinkanuko nokuCeba kwezwe Lethu.  
Ngenxa yobuhle nokuqhakaza komhlaba wethu esawushiyelewa obabomkhulu  
Nina nanikephi?

Nina nanikephi amaqhawe namaqhawekazi ethu esilwela ukuze thina  
Sithole inkululeko, isihluku esaqhuma lapho abamhlophe ngokwebala besibona  
siyizinto nje ezingafanelwe yimpilo enempumelelo

Nina nanikephi sikhishwa inyumbazane ngenxa yobuhle bebala  
lethu Kanye nokuCeba kwezwe lethu.  
Leya miphefumulo eyahlukana nenyama izama ukulwelwa amalungelo ethu,  
labo mame abaphenduka abafelokazi, leziya zingane ezaphenduka  
izintandane.

Saqhuma isibhamu kwagobhoza izinyembezi  
kanye negazi lemiphefumulo engenacala eyayilwela inkululeko.

Ubani owayazi ukuthi imindeni eminingi iyolahlekelwa amathambo abo  
ngenxa yenyumbazane esakhishwa Yona ngezikhathi zobandlululo.

Isililo salaba abadlula emhlabeni imiphefumulo yabo eyaphuma ngesihluku  
belwela thina.

Nina nanikephi?

Lethukuthula sikhakhane  
Menzi High sikh school





## JUNI 16, USUKU LWENTSHA - LUSHO UKUTHINI KUWE?

Ngomhlaka 16 kuJuni 1976, abafundi baseSoweto babhikishela uhulumeni wobandlululo, belwisana nezinqubomgomo zangaleso sikhathi, ikakhulukazi ukufundiswa ngesiBhunu. Le mibhikisho yaphetha ngodlame nokuchitheka kwegazi. Kuso leso siphithiphithi, umthwebuli uSam Nzima washutha isithombe somfundi u-Hector Pieteron owayeneminyaka engu-13, ephethwe omunye umfundi ebaleka naye, udadewabo ka-Pieteron egijima eduze kwabo. U-Pieteron wayesedutshulwe ngamaphoyisa, nokwaphetha ngokuthi ashone. Lesi sithombe, esasabalala umhlaba wonke, saphenduka uphawu olunamandla lwalolu suku olwaba yingqophamlando nalesi sikhathi sobandlululo esasinesihluku kakhulu, okwagqamisa ukuhlukumezeka kwabantu abamnyama eNingizimu Afrika. Lolu suku lokuvukela umbuso wobandlululo eSoweto kanye nalesi sithombe sika-Hector Pieteron, kwadlala iqhaza elikhulu ekuhlanganiseni amazwe nezinhlaka ezahlukene zomhlaba ezaziphikisana nobandlululo, nasekugqamiseni ubunzima abantu abamnyama ababebhekene nabo belwela inkululuko namalungelo afanayo eNingizimu Afrika.

**Sicele abafundi abambalwa ukuba basitshele ukuthi bona bazini futhi bacabangani ngalesi sithombe esibaluleke kangaka.**



### SMILE MTESHANE

"Mina ngake ngasibona lesi sithombe phambilini encwadini ye-History. Sangishiya ngiphatheke kabi futhi ngididekile. Kungani iziphathimandla zazingenza into efana nale kwintsha? Kungani babehlose ukuzwisa izingane ubuhlungu? Namhlanje, lesi sithombe singifundisa ukuzimela - uma ngibheka intsha yangalesa sikhathi, yakwazi ukuzikhulumela, imele eyayikudinga nokwakuyilungelo layo".



### ANELISA KUBHEKA

"Ngiyazi ukuthi lesi sithombe sathwetshulwa ngesikhathi sezibhelu zaseSoweto. Kahle-kahle ngafunda ngokwenzeka ngokubuka iSarafina. Ngokuqonda kwami, abafundi babephikisana nokwethulwa kwe-Afrikansi ukuba kube ilona lwimi elaluzosetshenziswa kwezinye izikole. Ngiyambona u-Hector Pieteron nosisi wakhe u-Antoinette kulesi sithombe. Uma ngikhumbula kahle, u-Hector ungomunye wokuqala kwabadubuleka bafa ngezibhelu zaseSoweto".



### KWAZI ZWANE

"Kimi lesi sithombe sibonisa umfanyana owayesemncane owadutshulwa ngamaphoyisa ngesikhathi sezibhelu zaseSoweto. Intsha yayitelekela ukuphikisana nokufundiswa nge-Afrikansi".

# IZINYEMBEZI

Impilo ibukhuni,  
Umhlaba uyahlaba,  
Amaphupho kawafezeki,  
Uhambo oluya ekukhanyeni kaliveli.

Izinyembezi,  
Ezami zichiphika mihla namalanga,  
Kodwa kungenahlombe engingakhalela kulo,  
Kungenasisekelo kanye nami.

Ngikhala ngize ngizithulise,  
Ngenxa yomzwangedwa,  
Makuhlwa ilanga lishona nabangani,  
Umndeni wona uyajikelana.

Ngingasakuphathi ke okwezihlobo,  
Zivala amehlo womabili,  
Uthi mawumemeza igama lazo,  
Basabele ngenzondo ongazi yatshalwa yini.

Asikho isiqu enginaso,  
Akukho okuphathekayo enginakho,  
Kodwa ungafunga ngabadlela umuthi.

Mhla kwaqhakaza igama lami,  
Ngaba neziqumhlaba wonke,  
Kwabungazwa ubumina uqobo,  
Ngiyobhekana nazo inqotho izitha zami.



Ayathandwa Thabethe, Grade 10, Menzi High School

# HOMOPHONES

Homophones are words that sound the same but have different meanings. These words are pronounced the same but have different meanings and spellings. Check out a few homophones and learn something new.

**Flair** (stylishness or talent) vs. **Flare** (a sudden burst of light or emotion)

**Stationary** (not moving) vs. **Stationery** (writing materials)

**Allowed** (permitted) vs. **Aloud** (out loud or audibly)

**Break** (to separate or pause) vs. **Brake** (a device to stop or slow down)

**Morning** (early part of the day) vs. **Mourning** (expression of grief)

**Threw** (past tense of "throw") vs. **Through** (moving from one side to the other)

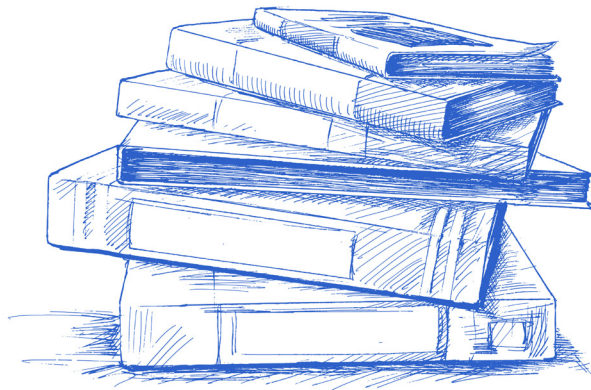
**Principle** (a fundamental truth or rule) vs. **Principal** (head of a school or main)

**Need** (requirement or necessity) vs. **Knead** (to work dough with hands)

**Heal** (to make well or recover) vs. **Heel** (back part of the foot)

**Weather** (conditions of the atmosphere) vs. **Whether** (expressing a choice or uncertainty)

**Knight** (a medieval warrior) vs. **Night** (the period of darkness)



# IZIPHICAPHICO

1. Ngikuphica ngesitimela sentaba.
2. Ngikuphica ngento yami ethi hamba ngizokugadela.
3. Ngikuphica ngezimbambo zikaSathane.
4. Ngikuphica ngomama omile izingane ziyadansa
5. Ngikuphica ngo mama uyasuzo izingane ziyabaleka.

**Izimpendulo:** Isihlahla namagatsha, Ishongololo, Isibhamu, Isinginci, Ingidi

# Amandla Okufunda: Ukwakha Isisekelo Esiqinile Sokuba Ngusomabhizinisi



Kulo mhlaba osheshayo esiphila kuwo, abantu abasha abaningi eNingizimu Afrika bakhangwe umcabango wokuzisebenza nokuba osomabhizinisi abaphumelele. Yize lokhu kuncomeka, kubalulekile ukuqonda okuhle okungenziwa wukufunda empilweni kasomabhizinisi osafufusa. Kunezinzuzo ezimbalwa ezibalulekile zokufunda ezingakusiza endleleni yakho eya ekubeni ngusomabhizinisi.

Ukufunda ikhono kwenza usheshe ube ngumpetha kulo: Ukufunda isikole nokufundela amakhono athile kukubeka endaweni ehlelekile yokufunda futhi uthola nosizo lochwepheshe. Lokhu kukusiza ukuba ukwazi ukuthola ulwazi nobuchwepheshe ngokushesha kunalokho obuzokuthola uma uzifundisa ngokwakho. Uma ufunda ngokuzimisela, ungazakhela isisekelo esiqinile emkhakheni wakho owukhethile futhi namakhono akho kwezamabhizinisi avele kangcono.

Izitifiketi neziqo zenza ibhizinisi lithembeke: Ukufunda akugcini nje ngokukuhlinzeka ngolwazi kodwa kuphinde kukunike ithuba lokuthola izitifiketi neziqo emkhakheni wakho. Lezi ziqo zikhulisa ukwethembeka kwebhizinisi lakho, okukhombisa abantu abangaba amakhasimende akho ukuthi unazo iziqo namakhono okufanele. Lokhu kwethembeka kuyakusiza uthole amakhasimende angcono nemisebenzi emikhulu, okuholela ekukhuleni nasempumelelweni yebhizinisi isikhathi eside. Isibonelo, uma unentshisekelo kwezokwakha futhi ufuna ukusun-

gula inkampani yakho yokwakha, ukufunda i-Construction Management noma i-Civil Engineering nokubhalisa nezinhlangotho ezifana ne-Engineering Council of South Africa (ECSA) noma i-National Home Builders Registration Council (NHBRC) kukhombisa amakhono akho kanye nokuzinikela emsebenzini oseqophelweni emkhakheni wezokwakha.

Ukufunda amakhono abalulekile nolwazi lomkhakha ngokusebenza: Ukuqashwa isikhathi esithile ngaphambi kokuzisebenza kunezinzuzo eziningi. Ngokusebenza emkhakheni othile, ufunda amakhono abalulekile uthole nolwazi ngomkhakha okungaba nomthelela omuhle ekuphumeleleni kwebhizinisi lakho lakusasa. Lesi spiliyoni sikunika indlela ehlukile yokucabanga, okukwenza ukwazi ukwenza izinqumo ezihlakaniphile uphinde ugweme amaphutha ajwayelekile kwezamabhizinisi. Isibonelo, uma unentshisekelo yokupheka futhi ufuna ukuvula indawo yakho yokudlela, ukusebenza ezindaweni zokudlela eziqavile nokufunda kubapheki

abanamava kukunika amakhono okupheka ukudla, ukuhlela izidlo kanye nokuphatha ikhishi. Kanti futhi ukusebenza emkhakheni kukusiza ukwazi ukubona ukuthi izindawo zokudlela eziyimpumelelo zisebenza kanjani, okuhlanganisa i-supply chain kanye nokuthi amakhasimende athandani. Uma usuhlome ngalolu lwazi, ungenza izinqumo ezihlakaniphile uma usuqala noma uphatha indawo yakho yokudlela.

Ukuqashwa yisinyathelo esiya phambili, akusho ukudayisa ngephupho lakho: Ukusebenzela enye inkampani akusho ukuthi usulahlwe amaphupho akho okuba ngusomabhizinisi. Kunalokho, kungaba ngenye yezinyathelo ezingcono ongazithatha eziya ekufezeni amaphupho akho. Ukusebenza kukunika uzinzo, imali kanye nethuba lokubeka imali yokuqala ibhizinisi lakho. Ngaphezu kwalokho, ungakha ubudlelwano obubalulekile, wandise abantu obaziyo abasebenzayo emkhakheni eyahlukene futhi uthole ulwazi oluwusizo ngezimakethe, konke lokhu kungaba wusizo kakhulu endleleni yakho yokuba wusomabhizinisi.

# EXPANDING HORIZONS - SOUTH AFRICA'S HIGHER EDUCATION LANDSCAPE

South Africa has a multitude of higher education institutions spread across all provinces. To help you navigate this educational landscape, we have compiled a list of all these institutions. From leading research universities to institutions fostering community engagement and holistic development. Each one offers unique opportunities and pathways to knowledge and growth. So, be sure to explore them all and allow your world to open up to new horizons of learning and discovery



Province	Institution	Website
<b>Gauteng</b>	University of Pretoria Tshwane University of Technology University of Johannesburg University of the Witwatersrand Vaal University of Technology	<a href="http://www.up.ac.za">www.up.ac.za</a> <a href="http://www.tut.ac.za">www.tut.ac.za</a> <a href="http://www.uj.ac.za">www.uj.ac.za</a> <a href="http://www.wits.ac.za">www.wits.ac.za</a> <a href="http://www.vut.ac.za">www.vut.ac.za</a>
<b>KwaZulu-Natal</b>	University of KwaZulu-Natal Durban University of Technology Mangosuthu University of Technology University of Zululand	<a href="http://www.ukzn.ac.za">www.ukzn.ac.za</a> <a href="http://www.dut.ac.za">www.dut.ac.za</a> <a href="http://www.mut.ac.za">www.mut.ac.za</a> <a href="http://www.unizulu.ac.za">www.unizulu.ac.za</a>
<b>Free State</b>	University of the Free State, Central University of Technology	<a href="http://www.ufs.ac.za">www.ufs.ac.za</a>
<b>Western Cape</b>	Cape Peninsula University of Technology University of Stellenbosch University of Cape Town University of the Western Cape	<a href="http://www.cput.ac.za">www.cput.ac.za</a> <a href="http://www.sun.ac.za">www.sun.ac.za</a> <a href="http://www.uct.ac.za">www.uct.ac.za</a> <a href="http://www.uct.ac.za">www.uct.ac.za</a>
<b>Eastern Cape</b>	Nelson Mandela Metropolitan University Walter Sisulu University University of Fort Hare Rhodes University	<a href="http://www.mandela.ac.za">www.mandela.ac.za</a> <a href="http://www.wsu.ac.za">www.wsu.ac.za</a> <a href="http://www.fht.ac.za">www.fht.ac.za</a> <a href="http://www.rut.ac.za">www.rut.ac.za</a>
<b>Limpopo</b>	University of Limpopo University of Venda	<a href="http://www.ul.ac.za">www.ul.ac.za</a> <a href="http://www.univen.ac.za">www.univen.ac.za</a>
<b>Mpumalanga</b>	University of Mpumalanga	<a href="http://www.ump.ac.za">www.ump.ac.za</a>
<b>Northern Cape</b>	Sol Plaatje University	<a href="http://www.spu.ac.za">www.spu.ac.za</a>
<b>North West Province</b>	North-West University	<a href="http://www.nwu.ac.za">www.nwu.ac.za</a>

# Beautiful and Cool places in Africa



**1. Maboneng Precinct:** Situated in Johannesburg, the Maboneng Precinct is a trendy and artistic neighborhood known for its vibrant street art, galleries, boutiques, and rooftop bars. Explore the Market on Main, visit the Arts on Main complex, and immerse yourself in the creative energy of this urban hub.

**2. Cape Town:** Known for its stunning natural beauty, Cape Town offers iconic landmarks such as Table Mountain, the Cape Peninsula, and the Kirstenbosch National Botanical Garden. Explore the vibrant V&A Waterfront, visit Robben Island, and enjoy the beautiful beaches of Camps Bay and Clifton.



**3. Kruger National Park:** One of Africa's premier safari destinations, Kruger National Park is renowned for its diverse wildlife and expansive landscapes. Embark on game drives to spot the "Big Five" and immerse yourself in the captivating wilderness.



**4. Blyde River Canyon:** Situated in Mpumalanga, the Blyde River Canyon is one of the largest canyons in the world. Marvel at the panoramic views, visit attractions like God's Window and the Three Rondavels, and explore the scenic hiking trails.



## Inspiring netball star

# Phumelele Hlongwa

making waves on and off the court



**N**etball Player, Phumelele Hlongwa who hails from Umlazi, is a true role model for girls and for women of all walks of life. Her track record and incredible drive, combined with her goal to inspire young girls and women to be active and comfortable with themselves, reflects the legacy she wants to leave behind. Hlongwa's journey began with Umlazi Netball Club, where she honed her skills before moving to the Cheaters Netball Club. Her exceptional talent eventually earned her a place in the provincial team, the Kingdom Stars.



### When did you start playing netball?

I started playing netball in a primary called Emthethweni Primary, when I was in grade 6.

### What position do you play and why?

I play wing defence and centre position because I am good with delivering the passes consistently and accurately.

### How do you mentally prepare for a game or match?

I prepare myself for the game by being calm, under pressure, being confident and positive and also being mentally alert.

### What is your favorite memory from your netball career?

My favorite netball memory was the first time where I got into the province's team called The Kingdom Stars to experience being treated like a professional player.

### How do you stay motivated during difficult games or practices?

I tell myself that we are all females, so whatever the girl that I am playing with can do, I can also do it. I also tell myself that I will fight till the end, I will give it my all.

### What advice would you give to someone who is just starting out in netball?

I would tell them that playing netball should be fun, be competitive, but enjoy yourself and teamwork is key so make sure you have a friendly and comfortable relationship with your teammates.

### Is it possible to make a career out of playing netball?

To make a career out of netball, it is crucial to dedicate oneself to training and improving skills. Participating in local leagues, tournaments, and school competitions can help gain experience and exposure. Seeking out coaching and mentorship from experienced players or coaches can provide valuable guidance along the way. Netball in South Africa has been growing and gaining recognition, offering opportunities for players to showcase their skills. The South African national netball team, the SPAR Proteas, has achieved international success, and there are domestic leagues like the Netball Premier League that provide a platform for players to compete at a professional level.

### How do you see the sports of netball evolving in the future?

Netball has experienced tremendous growth, serving as a catalyst for positive change. It has become a powerful tool to unite communities and foster inclusivity. An excellent example of this is the upcoming Netball World Cup, which will be hosted in Cape Town this year in June. This global event serves as a unifying platform, bringing nations from around the world together in the spirit of sportsmanship and camaraderie.

# MEET SUPERSCIENTIST KOLISA SINYANYA

**Kolisa Sinyanya:** PhD candidate in Oceanography at University of Cape Town, UCT OceanWomxn Fellow, Black Women In Science South Africa Fellow 2019, TEDx Speaker, FameLab Cape Town Runner Up 2018, As seen on TV @CNN Inside Africa!

## Her Research: Kolisa studies phytoplankton and their critical role in the carbon cycle.

Phytoplankton are the microscopic bacteria, protists, and single celled plants that essentially make life on earth possible. They live their lives, in oceans and fresh water, harnessing the sun's rays through photosynthesis to grow and reproduce. Photosynthesis takes carbon dioxide (CO<sub>2</sub>) out of the atmosphere and turns it into nutrients, oxygen is released as a by-product. There are so many phytoplankton (mainly in the oceans) doing their thing that 50-85% of the global oxygen we all breathe comes from phytoplankton! (That's the life on earth possible bit). When they die, the phytoplankton, little carbon containing particles, release their carbon back into the atmosphere or sink to the bottom of the ocean where they are compressed for hundreds or thousands of years. Sinking to the bottom exports or removes their carbon from the system and is called drawdown.

It is important for us to understand how the carbon cycle works, especially in a warming planet. Knowing more helps us make predictions of how the ocean will be in the future, estimate how

productive the ocean is now and how ocean productivity might change in the future and affect food security - the fish stocks and other foods that are harvested from the ocean. Understanding the carbon cycle also helps scientists advise policy makers who are writing the laws and regulations to slow climate change.

Kolisa is studying phytoplankton carbon uptake in the Indian Ocean's Agulhas Current marine system between Port Elizabeth and East London, South Africa. To study how carbon uptake is measured is a bit tricky but so fascinating, so stay with us here...

Phytoplankton use different forms of nitrogen depending on the species, size and other factors. The primary forms of nitrogen they use are nitrate and ammonia. The bigger phytoplankton species prefer nitrate and nitrate use is a sign that carbon export, or drawdown, will happen. The smaller species have higher preference for ammonia which does not lead to carbon drawdown into the deep ocean. So we need to measure how much nitrate is being used versus how much ammonia is being used. Kolisa can do this by looking at different isotopes of nitrogen. Isotopes are the same chemical element with a different number of neutrons. Nitro-

gen exists as two stable isotopes 1) nitrogen-14 (<sup>14</sup>N) which is 99.6% of all nitrogen, and 2) nitrogen-15 (<sup>15</sup>N) that has an extra neutron. <sup>14</sup>N is easier to use in photosynthesis and is more rapidly taken up by phytoplankton, <sup>14</sup>N is more enriched in ammonia. <sup>15</sup>N is not as readily taken up and the waters become enriched in this isotope, <sup>15</sup>N is more enriched in nitrate. So if we find more <sup>15</sup>N in a phytoplankton there is more nitrate use, which is likely to lead to drawdown. More <sup>14</sup>N, more ammonia use, less carbon drawdown. Kolisa collects ocean samples and measures the ratio of <sup>15</sup>N:<sup>14</sup>N which can be written as  $\delta^{15}\text{N}$  (‰). The more <sup>15</sup>N in the sample compared to <sup>14</sup>N, the higher the  $\delta^{15}\text{N}$ . Higher  $\delta^{15}\text{N}$  indicates there is more nitrate use, which is likely to lead to carbon drawdown. She can determine what specific phytoplankton communities exist in ocean samples and which communities have high or low  $\delta^{15}\text{N}$ . This leads to developing mathematical models of the entire system and visualize which phytoplankton communities are in the waters, how much carbon uptake happens, how much drawdown is taking place, and at what rates per day, per hour. It's truly amazing.

## Her Superpowers:

- Pluck an individual phytoplankton out of a ocean sample! Flow cytometry helps.
- Measure the difference of a single neutron to determine what type of nitrogen phytoplankton ate days go. <sup>15</sup>N has one more neutron than <sup>14</sup>N, isotope analysis mass spectrometry helps.
- Extrapolation! From her nitrogen measurements she can determine carbon capture and draw down and eventually model an entire ocean system!

**Her Heroes:** "Women In STEM. They inspire me to become one of the best Black women oceanographers on Earth."

**KOLISA SINYANYA**

**AFRICA**

BORN : EC, SOUTH AFRICA

HARD WORK : 96

CREATIVITY : 81

CURIOSITY : 85

COMMUNICATION : 89

UNIVERSITY OF  
CAPE TOWN

OCEANWOMAN



**TOP TIP**

**BE PERSISTENT AND NEVER TAKE YOUR EYE OFF YOUR GOALS.**

**MY HEROES**

**WOMEN IN STEM**

**OCEANOGRAPHER**

**PHYTOPLANKTON PRODUCE 60+ % OF GLOBAL OXYGEN & ARE CRITICAL IN THE CARBON CYCLE. I STUDY THEIR CARBON UPTAKE BY LOOKING AT NITROGEN USE.**



# SUKUMA UMELANE NOBUQHWAGA



Esikhathini lapho unamandla okuphakamisa omunye umuntu noma umucekele phansi, khetha umusa nenhlonipho. Manje yisikhathi sokunqoba ubuqhwaga nokwamukela ukuzwelana nobumnene.

Wonke umuntu ubhekene nenkinga ongazi lutho ngayo, kungaba isekhaya noma ngaphakathi kuye, yingakho kubalulekile ukuba nozwelo uma uhlangana nabantu. Amazwi nezenzo zakho kunamandla kakhulu, sebenzisa la mandla ukuze wenze umehluko omuhle futhi ube yingxenye yokwakha indawo ekhuthazayo, ephephile, eyakhayo nenokweseka.

Ukuba sesikoleni samabanga aphezulu kufanele kube yisikhathi sokukhula, ukuzithola ukuthi ungubani kanye nokwenza izinto ezijabulisayo ozozikhumbula impilo yakho yonke. Unethuba lokuba nomthelela omuhle ezimpilweni zozakwenu. Ungavumi izenzo zakho ezimbi kube yizo ezizomsha iminyaka omunye umuntu ayichitha esikoleni.

Ubuqhwaga bunemithelela emibi kubo bonke ababandakanyeka kubo, bushiya izisulu nezilonda ezingasoze zaphola buphinde buvimbe ukukhula kahle ngokomqondo kwaso isiqhwaga. Uma ngabe uyisiqhwaga, thatha isikhathi sokuzibhekisa uzibuze ukuthi kungani ubona kufanele uzwise omunye umuntu ubuhlungu. Lokhu kungakusiza ukwazi ukubona izinkinga zakho futhi ufune nosizo lokuziqonda nokubhekana nazo, ukuze uzokwazi ukunaka umsebenzi wakho wesikole, ezemidlalo, nokunye onentshisekelo kukho. Ukuzithuthukisa kuzokusiza wenze kahle kakhulu futhi kukuphembele indlela eya ekusaseni elingcono kakhulu.

Uma ubona umuntu ehlukenyezwa yisiqhwaga, ungathuli. Sukuma ukhulume ngakho futhi umele labo abahlukunyezwayo. Uma wonke umuntu esukuma elwisana nobuqhwaga, ningakha usiko lwenhlonipho nozwelo, okwenza wonke umuntu azizwe emukelekile.

**Khumbula... unamandla okushintsha umhlaba okuwo, sebenzisa la mandla ukwenza umehluko omuhle ngokuzindla, ukuhola ngomusa, ukufaka amandla akho ekuzithuthukiseni kanye nokukhuthaza abantu ngezenzo zakho. Ukwakha indawo enomusa, eyakhayo nenozwelo kuqala NGAWE. Sukuma UPHIKISANE NOBUQHWAGA!**

# DEALING WITH FEARS AND NEGATIVE EMOTIONS

It's normal to experience a range of both positive and negative emotions as we go through different experiences. Feeling sad, angry, or anxious is a natural part of life. However, negative emotions can sometimes feel overwhelming and difficult to manage, especially if we don't understand why we're feeling that way. Let's explore the different kinds of negative feelings and emotions, and how to handle them.

Here are some common examples of the different types of negative feelings and emotions, and how to best cope with these emotions.



**Sadness:** This is a feeling of low mood, often accompanied by tears, loss of interest or pleasure, and feelings of hopelessness or worthlessness. When feeling sad, you could try talking to someone you trust, writing in a journal, or engaging in activities that make you feel happy, such as listening to music or spending time with friends. It's also important to take care of yourself by getting enough sleep, eating well, and exercising regularly.

**Anger:** This is a feeling of strong displeasure or annoyance, often accompanied by raised voices, physical tension, and sometimes aggressive behavior. When feeling angry, it can be helpful to take a step back and try to identify what's triggering your anger. Once you understand why you're feeling angry, you could try expressing your feelings in a calm and respectful way, such as by writing a letter or talking to someone you trust. It can also be helpful to engage in activities that help you relax and de-stress, such as yoga or deep breathing exercises.

**Anxiety:** This is a feeling of unease, often accompanied by physical symptoms such as sweating, shaking, or a racing heart. When feeling anxious, it's important to focus on taking deep breaths and calming your body down. You could try to engage in activities that make you feel relaxed, such as taking a warm bath or going for a walk. It can also be helpful to identify any negative thoughts that may be fueling your anxiety and try to overcome these thoughts.

**Fear:** This is a feeling of apprehension or danger, often accompanied by physical symptoms such as trembling, sweating, or a fast heartbeat. When feeling afraid, it can be helpful to focus on grounding yourself in the present moment. You could try deep breathing exercises or progressive muscle relaxation techniques. It can also be helpful to talk to someone you trust about your fears and try to identify any strategies for managing them.

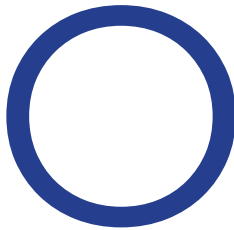
**Guilt:** This is a feeling of remorse or responsibility for something we have done wrong, often accompanied by a sense of shame or self-blame. When feeling guilty, it can be helpful to acknowledge your mistake and take responsibility for your actions. You could try apologizing to anyone you may have hurt, or engaging in acts of kindness to make up for your mistake. It's important to be gentle with yourself and remember that everyone makes mistakes. It is also important not to ignore feelings of guilt as they are most commonly a result of doing something that we are not supposed to be doing.

Negative emotions are a natural part of life, but they can be challenging to manage. By identifying your emotions, talking to someone, practicing self-care, using relaxation Techniques, and challenging negative thoughts, you can take steps to manage your emotions. Negative emotions can also be fueled by negative thoughts. Try to challenge these thoughts by looking for evidence to support or contradict them. However, if your emotions become too overwhelming, it's important to seek professional help. Remember, it's okay to not be okay for a short while, and seeking help is a sign of strength.



# I-HUBBLY BUBBLY UBUNGOZI OKUFANELE WAZI NGABO

Kungenzeka usuke wayizwa ibizwa ngamagama ahlukenene njenge-hooka, i-shisha noma i-water pipe. Noma ungayibiza kanjani, iqiniso ngayo alishintshi - ukubhema i-hubbly bubbly kuyingozi futhi sifuna wazi kabanzi ngobungozi bayo.



kokuqala, asibheke le nkoleloze ethi i-hubbly bubbly intuthu nje emnandi engenabungozi futhi iphephile kunogwayi. Ngeshwa, lokhu akusilo iqiniso. Ukubhema i-hubbly bubbly kungaba yingozi ukudlula ukubhema ugwayi ojwayelekile. Intuthu ephuma kwi-hubbly bubbly iqukethe amakhemikhali amaningi anobungozi afana nalawo atholakala kugwayi, afana ne-nicotine, i-tar, i-carbon monoxide kanye nobunye ubuthi.

Le ntuthu ingalimaza amaphaphu akho, okungaholela ezinkingeni zokuphefumula kanye nokunye ukugula okufana nomdlavuzwa wamaphaphu kanye nesifo senhliziyo. Ukuthi inuka futhi inambitheka kamnandi akusho ukuthi ikulungele noma iphephile.

Okunye okukhathazayo ngokubhema i-hubbly bubbly wukuthi kuyinto esemgangathweni ebonakala imnandi, ikakhulukazi uma kuhlelwi nabangani. Kodwa nakhu okubalulekile: ukududana kwabangani kunamandla kanti kubalulekile ukuthi ungalingeki ukuzama into engakulimaza. Impilo nenhlalakahle yakho ikona okufanele khambe phambili ngaso sonke isikhathi, noma ngabe abanye bathini noma benzani.

Kubalulekile futhi ukukhumbula ukuthi ukubhema i-hubbly bubbly akuyona nje into yesikhathi esisodwa. Abantu abaningi abayizamayo bazithola sebeyizigqila zayo. I-Nicotine, okuyikhemikhali elitholakala kwi-hubbly bubbly, ingakuphendula isigqila sayo ngokushesha, okungenza kube nzima ukuyiyeka. Ukuphunyuka ekubeni yisigqila sento kunzima futhi kungaba nomthelela empilweni, ebudlelwaneni kanye nasemathubeni akho akusasa isikhathi eside.

Cabanga kabili ngaphambi kokuthatha lelo payipi le-hubbly bubbly. Kungabukeka kumnandi futhi kusemgangathweni manje, kodwa kuzocina kulimaza impilo yakho, manje nakusasa. Khumbula, ukuba neqiniso kuwe nokwenza izinqumo ezihlakaniphile yikho okuzeza umuntu onguye nokukwakhela ikusasa eliqhakazile. Hlakanipha futhi wenze izinqumo ezingcono.

# KUNGANI UKUTAPA KUNGALUNGILE

## Kuyini ukutapa?

Ukutapa ukwebiwa kwempahla ngabantu abaningi ezitolo nasezakhiweni zezinkampani yemikhiqizo lapho kugcinwa khona impahla.

NgoJulayi ka-2021 kwaqubuka izibhelu zokutapa ezifundazweni zaKwaZulu-Natali naseGauteng, okwakubikwa ukuthi zaqala ngemibhikisho kulandela ukuboshwa kowayenguMengameli waleli uMnuz, Jacob Zuma. Lokhu kutapa kwakuhambisana nokucekelwa phansi kwezitolo (okwakuhlenganisa izitolo ezizimele nalezo ezazisezinxanxatheleni zezitolo) nezakhiwo okwakutatshwa kuzo kanye nengqalasizinda.

## Imiphumela yokutapa

Lezi zibhelu zokutapa nokucekelwa phansi kwempahla, izakhiwo nengqalasizinda, kwaholela ekuvalweni kwezitolo eziningi okwatatshwa kuzo, izinxanxathela zezitolo kanye namabhizinisi asafufusa okwacekelwa phansi, ukuphelelwa kwabantu yimisebenzi, ukuboshwa kwabantu, ukushona kwabantu, ukunyuka kwentengo yokudla, nokutengantenga kakhulu komnotho.

Umnotho waseNingizimu Afrika usunesikhathi untengantenga, ukufika kwesifo i-COVID-19 kwenza izinto zaba zimbi kakhulu njengoba nalo lolu bhuhane lwaholela ekulahlekeni kwemisebenzi nokuvalwa kwamabhizinisi amancane namakhulu. Ngakho-ke, izibhelu zokutapa nokucekelwa phansi kwempahla ngo-2021 zafana nokuthela uphethiloli emlilweni. I-South African Property Owners Association yabika ukuthi izindleko zokulimala kwempahla nengqalasizinda zilinganiselwa kwizigidigidi zamaRandi nokuzoba nomthelela omude emnothweni wezwe.

## Umthelela wokutapa empilweni yakho

Enye yezinkinga ezinkulu ezibheke iNingizimu Afrika, ikakhulukazi intsha, ukungabibikho kwemisebenzi. Izibalo zabantu abangasebenzi ezweni zanda unyaka nonyaka. Ukutapa nokucekela phansi impahla, okwaholela ekuvalweni kwezitolo nezinkampani kwenza ukuba abantu balahlekelwe yimisebenzi, bangakwazi ukufundisa izingane zabo, bangakwazi nokubeka ukudla etafuleni. Lokhu kwabuyisela



izwe, imiphakathi, imindeni nabantu baseNingizimu Afrika bonkana, emuva kakhulu.

Izitolo ezavalwa, kakhulu ezindaweni zasemalokishini, ezinye zazo ezavalwa ngaphezu konyaka, zaziwusizo ekuhetheni impahla nezinzakalo kubantu eduze nalapho bakhe khona, ngaphandle kokuba bahambe amabanga amade. Ezinye zezindawo ezibalulekile eziwusizo ngamakhemisi, asiza abantu bonke ngemishanguzo kodwa kakhulukazi abantu asebekhulile, izingane nalabo abaphila nokugula. Ukungatholakali eduze kwemishanguzo kubeka izimpilo zabantu (abazali, ogogo nomkhulu, odadewethu, abafowethu noma abangani bethu) engcupheni.

Abanye balabo ababoshwa ngoba bebajwe betapa, omunye wabo owaduma kabi ebonakala kumabonakude etapa e-Woolworths e-Glenwood, banama-criminal record, okuyinto umuntu aphila nayo impilo yakhe yonke. Ukuba ne-criminal record kuvalela umuntu amathuba amaningi empilweni - awokuthola umsebenzi, awokuthola imifundaze nolunye ux-

haso kanye namathuba okuyofunda noma ukusebenza emazweni angaphandle kwase-Ningizimu Afrika.

Ngokwemibiko yophiko lwamaphoyisa aseNingizimu Afrika, bangu-337 abantu abashona ngezibhelu zokutapa, kwaboshwa abantu abangaphezu kuka-2000. Ukuntengantenga komnotho kusho ukuba nzima kwempilo kuwo wonke umuntu, ikakhulukazi abathwele kanzima kwezezimali - ogogo nomkhulu abaphila ngempesheni, abangasebenzi, abaswele, nabahola kancane. Kunyuka intengo kaphethiloli, okuholela ekunyukeni kwemali yokugibela amatekisi nokunyuka kwentengo yokudla, ugesi kanye nokunye okuningi esiphila ngakho mihla namalanga.

Ngaphandle kokuthi ukutapa nokucekelwa phansi kwempahla kuphambene nomthetho, kumosha imiphakathi, izwe, nezimpilo zethu; kanti nemithelela yakho ihlala isikhathi eside. Ukunakekela imiphakathi nengqalasizinda kungumsebenzi wawo wonke umuntu futhi kungenye yezindlela zokuvikela kusasa lethu.

# UBUNGOZI BOKUDLA OKUNGENAMSOCO EMZIMBENI WAKHO

Ezikoleni eziningi kuvame ukuthengiswa ukudla okungenamsoco, okuyikho okudliwa ngabafundi cishe zonke izinsuku. Lokhu ngokudla okunamazinga aphezulu kakhulu kashukela, amafutha kanye nosawoti, okuhlanganisa amagwinya, amazambane athosiwe, amakhekhe, a zz ma-chips, iziqeda nokunye.



Ukudla kakhulu ukudla okungenamsoco kungaholela ekukhuluphaleni ngokweqile nezifo ezifana nesifo sikashukela, esehliziyo, nezinye izifo ezingalapheki. Kungaphinde kuphazamise abafundi eskoleni ngoba ukudla kakhulu ukudla okungenamsoco kungaholela ekukhathaleni nokungakwazi ukukhumbula kahle noma ukugxilisa ingqondo kahle ekilasini, okungenza baphazamiseke noma bangenzi kahle ezifundweni zabo.

Kubalulekile ukuthi abadayisa ezikoleni babhekisise ukudla abakuthengisela abafundi ngoba kunemithelela engemihle futhi engahlala nabo impilo yabo yonke. Imvamisa, le mitholela kuthatha isikhathi ukuthi ibonakale, ikakhulukazi izifo ezingalapheki, ngenxa yokuthi abafundi bangabantu abasha, kodwa akusho ukuthi umonakalo usuke ungenzeki. Kunokudla ukudla okunoshukela, amafutha nosawoti omningi, abafundi bangazitika ngokudlaokunezakhamzimba okufana:

- **Nezithelo**
- **Imifino**
- **Ukolweni ne-fibre**
- **Inyama engenawo amafutha**
- **Baphuze namanzi esikhundleni sikajusi, i-drink noma iziqeda**



Lokhu wukudla nabadayisi basezikoleni okungasiza ukuba bacabange ukukuthengisela abafundi ukugwema izifo nokubasiza ukuba benze kahle ezifundweni zabo. Nezikole zingagququzela ukuba ukudla okuthengiselwa abafundi ezikoleni kube nomsoco.

Ukufunda ngokudla okunempilo nokuqinisekisa ukuthi abafundi badla ukudla okufanele kubalulekile futhi kungumsebenzi wawo wonke umuntu - abafundi, abadayisi bokudla ezikoleni, othisha kanye nabazali.

Ngokubambisana kwawo wonke umuntu, abafundi bangadla kangcono, baphile kangcono, benze kangcono esikoleni futhi babe nekusasa eliqhakazile.

# Usizo Kwizisulu Zokuhlukunyezwa Ngokocansi

Ukudlwengula yisihlava esidla lubi emiphakathini yaseNingizimu Afrika. Kuningi ose kubikiwe ngaso okukhomba ukuthi kunesidingo sezinhlelo ezizolwisana naso, zeseke izisulu ziphinde ziqinisekise ukujeziswa kwabenzi bobubi. Izibalo zobugebengu zakamuva ezathulwa nguNgqongqoshe wamaPhoyisa uMnuz. Bheki Cele ziveza ukuthi kusukela ku-Okthoba kuya kuDisemba ka-2022, kwabikwa amacala okudlwengulwa angu-5935 kuzwelonke. Kubalulekile ukuqaphela ukuthi lezi zibalo ngezamacala abikiwe kuphela, kukholelwa ukuthi maningi amacala okudlwengula angabikwa nhlobo okwenza angabalwa.

IThuthuzela Care Centre (TCC), esesibhedlela iPrince Mshiyeni Memorial, ingenye yezikhungo kuzwelonke ezasugulelwa ukulwisana nalesi sihlava sokudlwengulwa kwabantu nezingane emphakathini waseMlazi namaphethelo. Lesi sikhungo siholwa wuphiko lwe-National Prosecuting Authority (NPA) lwe-Sexual Offences and Community Affairs, lubambisene neminyango eyahlukahlukeni okungabalwa kuyo eyeZemfundo neZenhlalakahle, uMasipala weTheku, izinhlangano ezifana no-Childline, lifeline kanye nabaxhasi abahlukahlukeni.



Inhlosongqangi yalesi sikhungo ukusiza nokuvikela izisulu zokudlwengulwa kubenzi bobubi nokuzisiza ngamacala azo ukuze kujeziswe abenzi bobubi. Lokhu kwenziwa ngokuhlinzeka izisulu zokudlwengulwa ngalo lonke ulwazi nosizo eziludingayo, okuhlanganisa ezempilo, ezomthetho kanye nokwelulekwa kwengqondo.

I-TCC ihlome ngabahlengikazi, osonhlalakahle kanye nabezomthetho abalindele ukwamukela nokusiza zonke izisulu zokudlwengulwa ezingena kulesi sikhungo ukuba zizizwe ziphephile, nokuqinisekisa ukuthi zithola lonke usizo eziludingayo. Awudingi ukuya emaphoyiseni ngaphambi kokuya e-TCC, ungaya khona ngqo. Nakhu ongakulindela uma uya khona:

1. Ungabika icala lakho khona e-TCC noma uye esteshini samaphoyisa
2. Abasebenzi base-TCC bazokusiza uthole usizo lwezempilo oluphuthumayo
3. Bazokuhlelela ukuba uthole ukwelulekwa kwengqondo
4. Baphinde bakusize uvule icala (ngaso lesi sikhathi noma ngesinye isikhathi)
5. Abasebenzi base-TCC bazokuhlelela ukwelulekwa kwengqondo okuqhubekayo kanye nokulungiselelwa ukuya enkantolo (uma kufika ekutheni icala lithethwe)

Ngaphezu kokuhlinzeka izisulu zokudlwengulwa ngosizo, i-TCC iphinde ifundise umphakathi ngokuhlukunyezwa ngokocansi, ukweseka nokusiza izisulu zokudlwengulwa ezisondelene nabo noma ezikude nalesi sikhungo, nokuthi usizo lutholakala kuphi futhi kanjani.

Luningi ulwazi, ukuqwashiswa nemibiko ngokudlwengulwa kwabantu besifazane nezingane zamantombazane kodwa nabantu besilisa kanye nezingane zabafana bayaba yizisulu zokudlwengulwa.

Yize ebikwa amacala okudlwengulwa kwabantu besilisa e-TCC eMlazi, awavamile njengawabesifazane. Kubalulekile ukuba umphakathi ufundiseke ngalesi sihlava nezinhlelo ezikhona zokusiza nokweseka izisulu ukuze abantu bezozizwa bekhululekile ukubika ngokuhlukumezeka kwabo ngaphandle kokwahlulelwa, noma ngabe babulili buni.

Akekho umuntu okufanele azizwe eyedwa noma angazi ukuthi angalutholaphi usizo uma ebhekene nesimo esibucayi esifana nokuhlukunyezwa ngokocansi. Uma wena, noma omunye ondelene naye, nike nahlukunyezwa ngokocansi, ningathintana noma nnikele kulesi sikhungo ukuze nithole usizo eniludingayo.

IThuthuzela Care Centre yaseMlazi itholakala esibhedlela iPrince Mshiyeni, nakulezi zinombolo ezilandelayo: Reception: 031 9078 493 - NPA site coordinator: 031 334 5243

# FROM FARM TO FORK - CAREERS IN THE FOOD INDUSTRY

**We** all love food, don't we? Whether it's a hot bowl of samp and beans on a chilly day or a refreshing lollipop on a hot summer afternoon, food plays an essential role in our lives. But have you ever stopped to consider the processes involved in producing the food we eat or the behind-the-scenes work that happens to get it onto our plates?

From the farm to the fork, there are many steps involved in ensuring that we have access to fresh, healthy, and delicious food. There are many careers involved in this process, and each one is crucial to ensuring that we have access to fresh, healthy food. So, let's take a closer look at the careers involved in the farm-to-fork principle and the important work that each one does to make sure we can enjoy our favorite meal.



Let's start with the **farmers**. Farmers are responsible for growing crops and raising livestock. They use their knowledge of soil, water, and weather to produce high-quality food. Without farmers, we would not have the raw ingredients that make up our meals.

Once the crops are harvested and the livestock is raised, the food needs to be processed. **Food processing** involves turning raw ingredients into finished products that can be sold in stores or used in restaurants. This is where food scientists and technologists come in. They use their knowledge of chemistry and biology to develop new products and improve existing ones.

After the food is processed, it needs to be transported to stores, restaurants, and other places where people can buy it. This is where **logistics professionals** come in. They plan and coordinate the movement of food from the farm to the fork, ensuring that it arrives fresh and on time.

We have the **chefs and cooks** who prepare the food. They use their creativity and culinary skills to turn raw ingredients into delicious meals that we can enjoy. Chefs and cooks work in restaurants, hotels, and other food service establishments.

If you're interested in pursuing a career in the food industry, there are many universities and colleges in South Africa that offer programs in agriculture, food science, logistics, and culinary arts. Some examples include the University of Pretoria, Stellenbosch University, the Durban University of Technology, and Capsicum Culinary Studio. By studying these fields, you can gain the knowledge and skills needed to contribute to the farm-to-fork process and help ensure that South Africans have access to nutritious, sustainable food.



# BUSINESS TIPS

Ever wanted to start your own business and make extra cash but didn't know where to begin. Well here are 5 simple and easy steps to follow no matter what kind of business you want to start.

# 1

Find product or service to sell

# 2

Determine your selling price based on product cost and time invested

# 3

Give business a name and create a logo. Use free services such as Canva to create your own logo

# 4

Find customers through marketing your business on social media

# 5

Don't give up. Learn from failures and keep trying until your business grows.

## COVER STAR COMPETITION: ARE YOU OUR NEXT COVER

ULWAZI MAGAZINE is looking for an enthusiastic and interesting student to be featured on the cover of our next issue. To participate, simply send us a voicenote or message on our Whatsapp or Facebook, telling us what makes you awesome and why you deserve to be our next cover star. Don't forget to mention your name and the school you attend. The winner will have the opportunity to do a photoshoot with the Ulwazi Magazine team and become the cover star for Issue 3.

**COMPETITION  
CLOSES ON  
31 AUGUST 2023**



VISIT OUR WEBSITE FOR MORE AMAZING CONTENT  
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OR SCAN THE QR CODE BELOW.



## WANT TO WORK WITH US?

At ULWAZI magazine for teenagers, we're more than just a publication - we're a community. A community of young people who are curious, creative, and passionate about making a difference in the world. So, join us on this journey of discovery and growth, and let's make the most of our teenage years together.

We're constantly updating our content, so be sure to check back regularly for the latest articles and features. And if there's something you want to see more of, let us know! We're always open to feedback and suggestions from our readers.

Join us on WhatsApp, share thoughts on Facebook, and invite us to your school events! Lets chat, inspire, and make memories together.

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