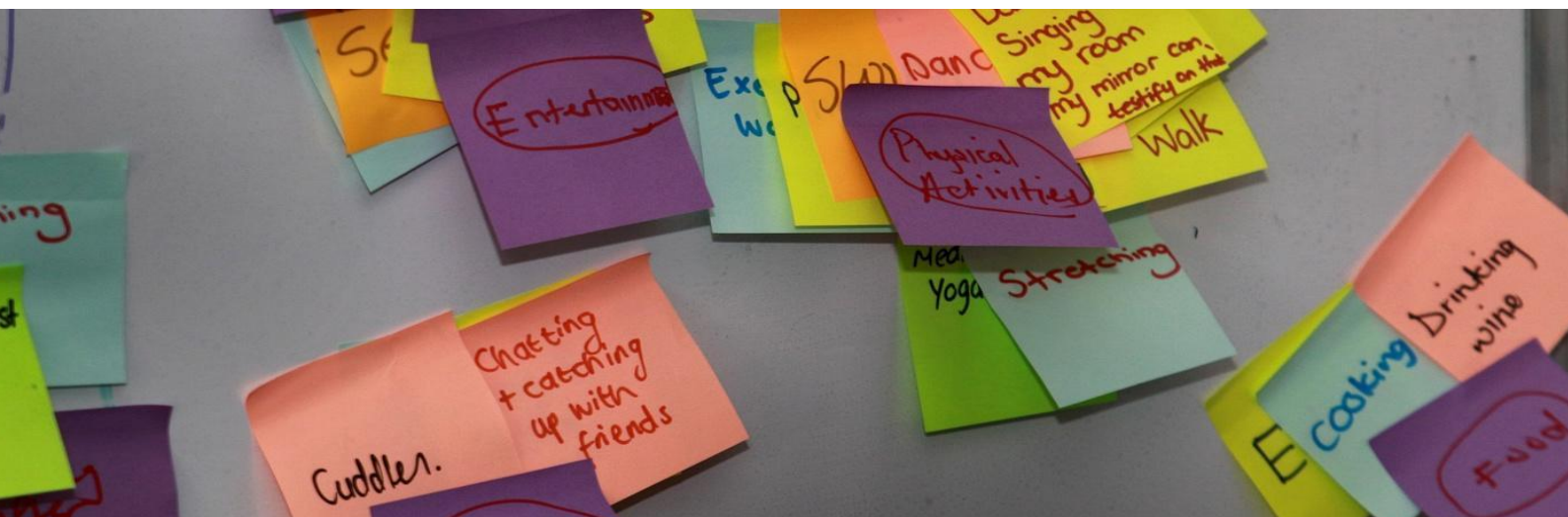




Klaus-Jürgen Bathe Leadership Programme

NEWSLETTER
November 2022



MESSAGE FROM THE DIRECTOR



I have the pleasure to introduce the latest edition of the KJB Newsletter. After the lockdown of 2020 and 2021, it has been heartwarming to see our scholars resuming face-to-face interactions once again. This issue begins with some perspectives from three scholars, followed by an article on the recently launched UCT Leadership Academy. The spotlight then falls on three alumni of the Programme, and the amazing work they are doing. In the pages after that, you will get a glimpse into some of the activities that current scholars participate in, and hear from the scholars on their thoughts and experiences. November also saw the scholars taking a break from exams to share insightful conversations at a luncheon held at a Constantia restaurant.

The country, the continent and the world face immense challenges, but we remain hopeful of the future. Much is expected of the next generation. On our part, we need to invest more in nurturing the leaders of tomorrow, and giving them all the support they need. This calls for patience; Rome was not built in a day. Next year will mark the beginning of a new phase of the Programme, as we return to full normality following the interruptions of the past two years. We call upon the support of all our stakeholders.

Prof. Alphose Zingoni
Programme Director

KJB Scholar, Tendani Mufeba, reflects on the year



It was a great year filled with a lot of leadership experience and events, and I am super grateful for all the opportunities.

*In 2021, I was elected to be the **Deputy Head Student and Academic Representative of Leo Marquard Hall 2022**. What an honour to be in the seat. At the beginning of the year, we had various O-WEEK events for the residence before the actual academic opening, and on the 13th of February, my colleagues and I decided to invite the Vice Chancellor of UCT, Mamokgethi Phakeng, over for an academic dinner and talk, and it was awesome having her, getting some motivational talks, having some funny moments, taking pictures, and dining.*

Pictured above: Vice Chancellor Mamokgethi Phakeng with Tendani Mufeba

The highlight of everything was two days after the event when she sent me an email saying she enjoyed the event and wished me the best for the year. I felt so honoured as, throughout the event planning, we communicated with her personal assistant (PA), but this time around, she used her own email and didn't communicate through the PA.

*It didn't end there; as the **academic representative, I am also responsible for the library**, and since the library has been closed and not working for quite some years due to COVID, **I had a chance to bring the library back to life**. It was tense as the division of duties came into place. As leaders, we had a lot of duties to handle at the start. I spent a whole day packing or sorting books at the library alone, and it was all fun and tiring.*



As the Academic Representative, I also had a chance to prepare for the big event of the year—the Night of Excellence.

*On the 17th of September, we also had a Night of Excellence in the Leo Marquard Residences. **I was honoured to be recognized for my leadership position by getting a trophy and a certificate from the UCT Vice-Chancellor** (see image above) for being the Deputy Head Student and Academic Representative for the year. I was also recognized for my academic achievement, thus making me part of the top 35 senior students in the residence.*

It was a great year and a great tenure in all those positions. I had my highs and lows, but I still stood up and rose from them. I believe in this year of 2022 I have left a footprint or a mark of kindness, care, love, peace, joy, growth, and blessing on everyone's heart I have worked with.

Finally, I would like to thank God for the blessing of being a part of the UCT KJB Scholarship Programme, as well as the team for moulding me into the best leader I am today, making me believe in myself, and also for the opportunity.

KJB Scholar Bonolo Mokoka reflects on the year



This year has been a busy but fruitful year. It's been a year filled with new experiences that have provided countless opportunities for growth. I have grown the most in areas of well-being, leadership, relationships, and my academics.

I have learnt the importance of building individual and personal relationships and connections with people who you are working alongside. In order to be a good leader, you need to be a good friend, colleague or peer and you need to really know the people you're leading, their strengths and their weaknesses.

One of the big areas I focused on this year was growing my non-profit organisation 'reyagobona'. I have managed to involve more volunteers this year which has in turn allowed me to donate more food parcels and help more people.



Although the primary purpose of these sessions is raising funds, making food parcels, and donating them. I have undoubtedly seen the growth in connections and relationships in these sessions

and continuing on a bigger scale next year.

More info: <https://reyagobona.com/about>

Read her bio: <http://www.kjbatheleadership.uct.ac.za/meet-2021-cohort>

KJB Scholar becomes first Black President of the Medical Students for Choice (MSFC)



Dango Mwambene is currently studying medicine at the University of Cape Town (UCT) and is a KJB Scholar 2021/2022. She is also the current President of the **Medical Students for Choice** organisation, a human rights advocate and feminist.

What is MSFC?

*Medical Students for Choice is a **U.S.-based organization concerned with the shortage of abortion providers, the lack of abortion education in medical schools, and violence against abortion providers.** Created in 1993, MSFC has 110 chapters in North America with 7,000 student affiliates.*

Her [bio is available here](#).

Tell us a little more about how you got involved in Medical Students For Choice and your role as President?

I was nominated for the president-elect role of the board of directors for medical students last year, but now I'm actually the president of the board of directors.

“I know for sure that I'm the first person outside of the US to have that role. And I think also the first black woman or even black person ever to have that role.”

So basically, Medical Students For Choices is an organisation that was started 30 years ago, by medical students in the US to deal with the lack of curriculum reform, or even just any curriculum around abortion or any other progressive, comprehensive reproductive health issues and topics for medical students. And still, globally around the world, the teaching on this is very variable. I mean, in part due to the, variable legal context in which abortion finds itself in. But generally, you may receive absolutely no teaching on this topic or even be discouraged.

As a future health professional, there is a need to provide the services, not just around abortion, but contraception, teaching people about how to have safe sex, or to provide trans health care, etc. So anyway, 30 years ago, some med students founded this organisation, and now the organisation has grown. I think we have over 200 chapters around the world. Mostly, I think, in the US, but we have chapters all over Africa, some in South America, in North America, in Europe. Yeah, and it's basically grassroots organising.

So the organisation provides funds as well as actual resources around this topic, but the onus is on the medical students themselves to use these resources to organise in their own local context for what they need. Yeah, and, for example, if they don't receive any abortion training at all, then we provide that training or provide resources where they can even teach each other around some of that training.

How were you introduced to the organisation?

*So yeah, when I was in third year, **a former KJB scholar** started our local chapter at UCT med school and she asked me to join. Of course I joined them as I am a fierce feminist! And when we started, it was just really small. We all wanted to inform our curriculum around these issues and have an external voice for more progressive students to have access to this education and knowledge and to talk about it because it was really missing on our campus.*

How did you grow into your role? And what motivated you to take up a board position?

And now I think five years later, being President of the board of directors is mind blowing. I signed up to be on the board because I had prior board experience on the sexual reproductive justice coalition. And I know what's vital to running NGOs is good governance, funding. I just wanted to give back to an organisation that has given so much to me, or even just a world of organising and advocacy as a student activist that's given so much to me.

So I thought, if I could, in any way, contribute on the board, to the next generation of med students with choice, I was really happy to do that. And then during the interview process they were like, "We actually think you could be the next chair". I was like, "what?" Yeah, so it's been really awesome.

I work closely with the executive director organisation, Pamela Merritt, she's really, really cool. And just different med students from all over, all walks of life from all over the world. We have colleagues in Peru, colleagues in Nigeria, colleagues all across the United States. There are also some professional members on the board. People who've worked for Planned Parenthood before or people who work for a lawyering project, which is this progressive legal network of lawyers who advocate and constantly work towards abortion advocacy and progressive abortion

legislation, which has been very relevant topic this year, especially in the US with the repeal of Roe v. Wade.

That's amazing. It's huge. Well done. And how long is your term as chair?

So my term is from May this year to May next year. So we have a co-leadership model to ensure good hand over and so the year prior you become president elect and then the next year you become president and then next year, I'll be the past president. My role will be to help and support the new president.

Is there anything you'd like to say, to add or maybe encourage other students in terms of finding their voice and purpose?

I think I would encourage people to be brave. One of the things that I always think about and that inspires me, especially about MSFC students and MSFC leaders around the world, is that we are actually organising a very unpopular topic, but I think, like being brave, and advocating for vulnerable groups can take you really, really far. And you realise, honing in on one issue, how much it intersects with so many other issues and be brave, get the ball rolling, focus on a social justice issue that really speaks to you or you really resonate with, and you will discover that it actually intersects with a whole lot of other network of issues, and everybody needs to do their part in that.

Be that spark that ignites that flame!



Image above: Contemplation time during KJB Kusubiri Bootcamp

Congratulations to Prof. Zingoni

EBE researchers among world's top 2%

Researchers at the University of Cape Town (UCT) hold 135 positions on the University of Stanford's Top 2% Scientists in the World. That's according to the latest version of the list published in September. It features 195 605 researchers who make up the top 2% worldwide based on citations over their full careers.

Of these, 615 are from South Africa, with 135 being UCT researchers (14 being from EBE). Twelve UCT researchers are among the top 100 in their fields (5 from EBE)

"Researchers at the University of Cape Town are world leaders," said Professor Sue Harrison, the UCT deputy vice-chancellor for Research and Internationalisation. "They are doing research that is important, influential and of a high standard, and, as such, are helping to set the research agenda globally. [Read more](#)

EBE amongst the top 100 in their fields:

Mining & Metallurgy:

- ◆ Late Emeritus Dee Bradshaw
- ◆ Professor Sue Harrison
- ◆ Emeritus Professor Cyril O'Connor
- ◆ Professor Jochen Petersen

Urban & Regional Planning

- ◆ Late Emeritus Professor Vanessa Watson

The other EBE researchers to make the list are:

Building & Construction

- ◆ Emeritus Professor Mark Alexander

Mining & Metallurgy

- ◆ Professor Dave Deglon
- ◆ Late Emeritus Professor Geoff Hansford

Environmental Engineering

- ◆ Emeritus Professor George Ekama

Energy

- ◆ Emeritus Professor Trevor Gaunt

Chemical Engineering

- ◆ Professor Alison Lewis

Mechanical Engineering and Transport

- ◆ Emeritus Professor Gerald Nurick
- ◆ Emeritus Professor Daya Reddy

Civil Engineering

- ◆ Professor Alphose Zingoni

Congratulations to Prof. Alphose Zingoni (KJB Programme Director) for once again making it onto the University of Stanford's latest list of Top 2% Scientists in the World, as published in October 2022. Prof. Zingoni is based in UCT's Department of Civil Engineering.

Image source: *EBE Newsletter*, October 2022.

KJB invited to attend consultation on UCT Leadership Academy

The establishment of a **UCT Leadership Academy** is a direct response to Vision 2030 of the University of Cape Town (UCT). An important aspect of *unleashing human potential to create a fair and just society* is the intentional development of student leaders. Although many outstanding leadership development initiatives already exist across the university environment, the Division of Student Affairs (DSA) believes there is an opportunity to integrate these streams into an institutional system that could optimise student leadership development at UCT and across Afrika. This systemic integration will serve as a baseline for making a global contribution. To this end, the DSA started a conversation with key stakeholders to establish a UCT Leadership Academy (UCT-LEAD).

This conversation was initiated during the DSA strategic planning session that took place from 9 to 11 November 2021. During this strategic planning session, the DSA identified three key strategic areas, namely: (1) *grow a culture of ethical self-organisation and care*; (2) *create communities of co-creation and care*; and (3) *develop a system of integrated, responsive and agile support*. The establishment of a leadership academy was identified as a specific objective to advance the second key strategic area mentioned above, namely: to create communities of co-creation and care. This objective (i.e. to establish a leadership academy) was further explored with a broader group of stakeholders during a conversation that took place on 21 and 22 April 2022.

Then in October 2022, UCT-LEAD invited KJB and other internal leadership programmes, to do a presentation of the KJB Leadership Programme as inspiration for the UCT-LEAD academy model. **Programme Manager, Belisa Rodrigues**, presented the history of the KJB Programme, its founding values and its programme model. It was noteworthy that after the presentation the Global Citizenship Programme commented that the ***KJB Scholars who take the GC courses, as part of their elective requirements of the KJB Programme, are the most engaged students in their courses and a pleasure to work with.***

As a surprise, Ms Rodrigues invited one of the KJB special scholarship holders to share with the group their thoughts on leadership inspired by the most recent KJB Leadership Bootcamp. The KJB Bootcamp covered afro-centric concepts of leadership, focused on our collective humanity, explored intergenerational leadership and the need for pause/rest in the leadership journey. Inspired by the learnings, scholars came up with a concept of Sankofa Leadership to inspire the next generation of peers across the University. It is not yet clear what this could look like, but was used as a provocation at the UCT-LEAD Colloquium and was very well received. **The following is what was delivered to the colloquium by KJB Student Sifiso Ukaka:**



“ The Sankofa Leadership idea is an opportunity for us as students to underscore the value that we as humanity have. We come from diverse cultures that are so rich in the value of how our traditions pass education from one person to another. If we look at the Nigerians , they love idioms. We can hear them saying the wind has blown and we have seen the bird's rump. Meaning to say we clearly understood the root cause of the problem. And if we take a look at the Zimbabweans, we can hear them say in shona "takabva nako kumhunga hakumere ipwa".

In other words they will be saying that nothing new happens under the sun.

This particularly means that the current generation of young people will not experience anything extraordinary that our elders do not know about. We pick very important aspects of leadership. That as a leader you don't need to reinvent the wheel or look at challenges as though they are totally new. You have to learn it from your neighbor or pick it up from how others have solved it . It is very important as university students that when we get into the world and meet challenges, we should be frank enough to consider those who were there before us and see how they have solved those problems. And if possible we can come up with other methods but

basically , we are learning from what has already been done. So this is the importance of the Sankofa Leadership.

What I have been saying is summarized by the Sankofa symbol. It is the symbol of a bird looking backwards and originated in Ghana. This is a symbol where we talk of Sankofa as an acronym for looking back. So we use our past to integrate and learn from it. One thing that we must note is that when the Gaians made symbols , they were trying by all means to preserve history.

So our history and its diversity is very important.

As leaders we must appreciate and get to understand different historical backgrounds so that we apply ourselves in different situations relating them to how they were in the past. This is very important. Sankofa means return and get it, symbolizing the importance of learning from the past. Sankofa also stands for you can always correct your mistakes or with wisdom use past experiences to build a promising future. Know your history is to know yourself. And that is the foundation of the KJBA. We enable students to become better leaders by training them how to learn from their past and not only their past but an integrated past as a body of students from different cultural backgrounds.

As Sankofa Leaders we promote "the bottom up approach rather than institutional model ", "leading from within" and "Leadership by students for students" whilst implementing the concept of Sankofa."

KJB ALUMNI SPOTLIGHT



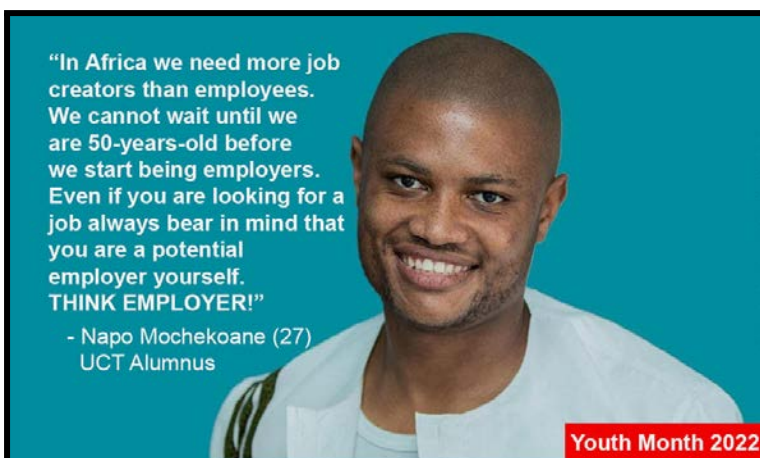
Spotlight on Dr Stephanie Roche (KJB Scholar 2018).

In this [Alumni Conversation Series episode](#), Stefanie introduces herself and her time at UCT. Currently working at Manduzi Hospital in KZN, most of her time this year has been in Maternity Ward, and she describes in detail her passion on sexual and reproductive health. She explains her instagram page “knickersinaknot”, which she launched in her final year at UCT and its mission of demystifying sexual and reproductive health through social media.

At **10:27**, Stephanie describes her KJB experience and the value of meeting other young leaders outside of health sciences. [Click for youtube interview:](#)



Spotlight on Napo Mochekoane (KJB Scholar 2018)

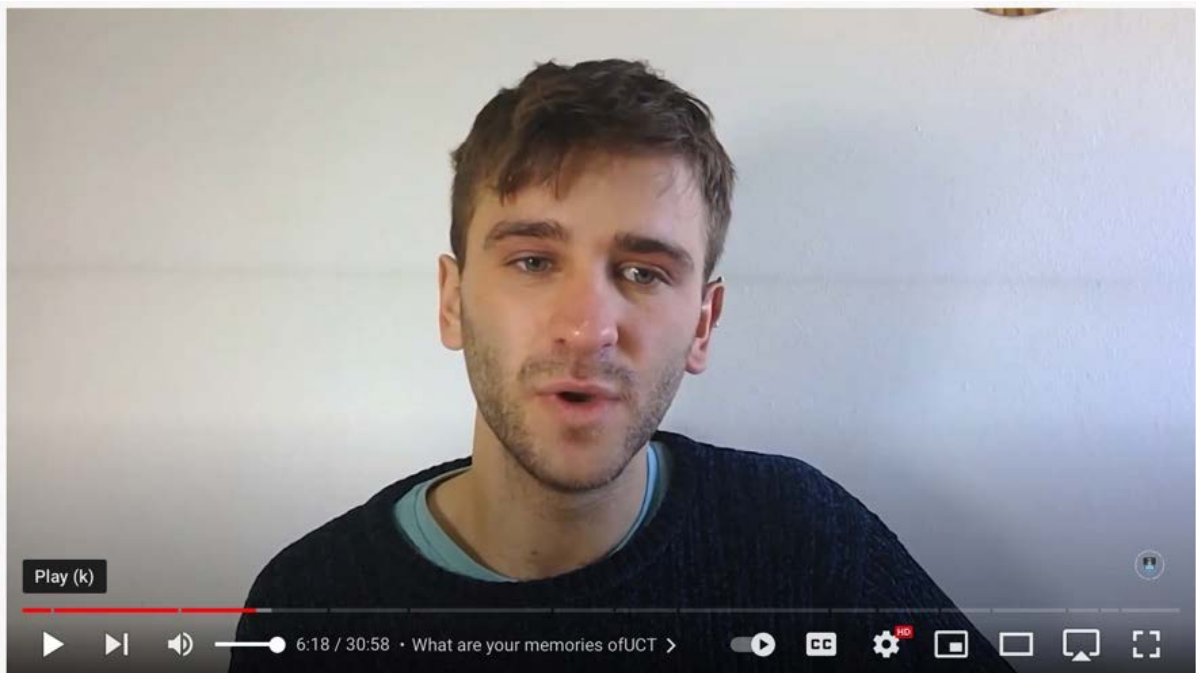


“In Africa we need more job creators than employees,” says KJB Scholar Napo Mochekoane who currently runs Fresh Touch Engineering Solutions in Lesotho.

Napo holds a BSc Engineering (UCT, 2019). He is founder of Napo Mochekoane Leadership Youth Awards that seek to

encourage young people to take up leadership positions early in life.

Spotlight on Denislav Marinov (KJB Scholar 2018)



Alumni Conversation Series: Denislav Marinov Full Interview on Technology, Entrepreneurship & Youth

In this [Alumni Conversation Series episode](#), tech-entrepreneur Denislav Marinov is interviewed about his leadership journey.

At **25:00** Denislav talks about his time at the KJB programme, and how it rounded him as a leader and as a person.

“Don’t underestimate the importance of your voice. I think we as the youth are incredibly important in structuring the future of South Africa and the world.”

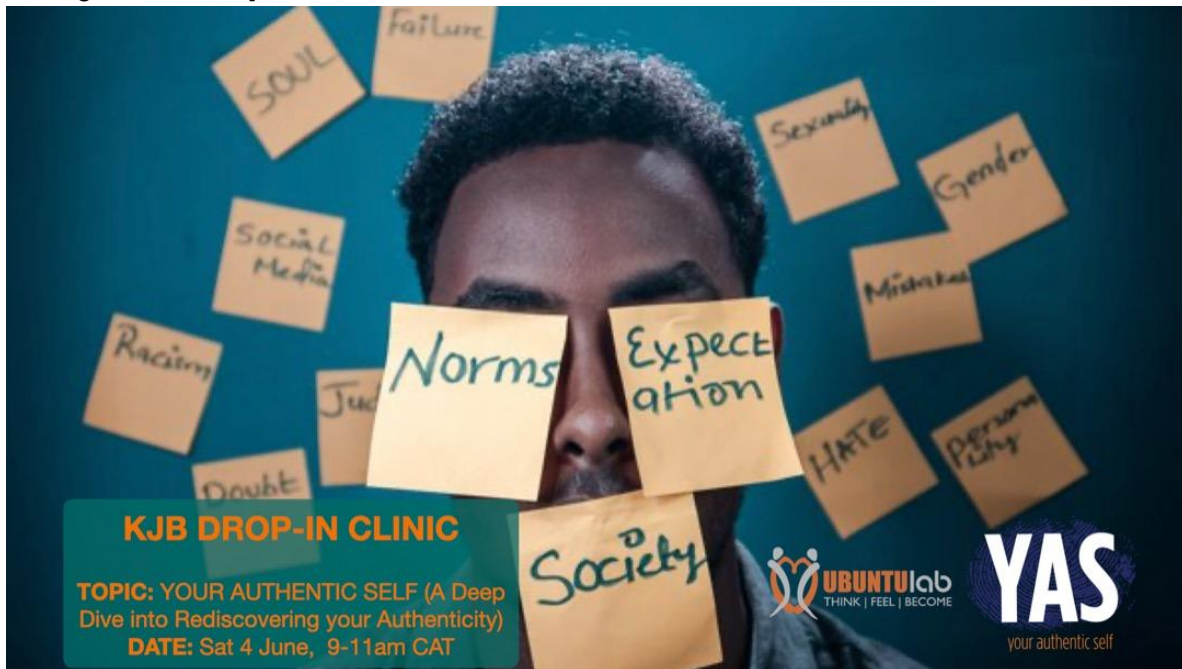
Denislav is currently running his start-up [Amnova Tech](#), which aims to accelerate the advent of sustainable additive manufacturing technologies in Africa whilst fostering the next generation of inspired engineers and scientists.

[Watch the full interview here on UCT Alumni Youtube Channel.](#)

KJB DROP IN CLINICS

KJB Drop-in Clinics were instituted during the height of the Covid-19 pandemic, whereby KJB scholars had suggested more intimate engagement on topics that they cared about. These group “therapy” spaces are optional and are offered 4 times per year.

This year’s Drop-in Clinic themes were as follows:



Drop-in 1: *Your Authentic Self*



Drop-in 2: *Imposter Syndrome*



Drop-in 3: *Love, Sex & University*



Drop-in 4: Mental Health in Modernity

KJB Scholar

*“The drop-in clinics are a **good check-in session** just to see where everyone is at and interact with the rest of the cohort when we probably haven’t for a while. I enjoy the activity where you describe how you are feeling in the moment based on the section of pictures as it allows me to reflect and break down how I’m feeling.”*

KJB Scholar

*“I have struggled a lot mentally and physically, although the drop-in clinic wasn’t able to do the work of doctors, I can say that it has **helped me heal** in many forms because of the space given to me. I appreciate the openness from everyone that allowed me to be able to open up with myself. My mental health was at stake this year but the drop-in clinic helped in easing that pain and that’s how bad my mental health was.”*

KJB Scholar

*“The drop-in clinics are an incredible time to **regroup, reflect and refocus**, both individually and as a KJB cohort. They provide a great opportunity for us to learn from and connect with each other and ourselves. I enjoy how impactful the 2 hours are. It’s very easy to get lost in the busyness of life and all its moving parts, so the drop-in clinics are a delightful time to keep us steady on course, and remind us to breathe, divert our attention elsewhere, and focus on the greater picture. It’s an empowering space for vulnerability because of the topics covered and the small size of the groups. **The drop-in clinics act as an incredible string to link together the bootcamps and all our KJB activities throughout the year.**”*

KJB “KUSUBIRI” BOOTCAMP REFLECTIONS

Kusubiri - the importance of pause in the leadership journey

The topic of KUSUBIRI and rest in leadership was chosen based on the feedback and comments during the drop-in clinics and the questionnaires that accompany them. It was clear that common themes amongst the students were being ‘overwhelmed’, ‘burnt-out’, ‘anxious’ and ‘stressed’. There was a need to introduce healthy rest and reflective awareness activities so they can be incorporated into their lifestyle sooner rather than later.



INAE:

What do you notice is different about KJB Scholars? What have you gained from your experience that KJB has given you?

I have found that KJB scholars are all diligent, dedicated but also always passionate about their interests and field. I have also found that many are true empathys with an open heart to always give a helping hand where they can. I have gained the ability to think outside the box, to embrace my culture and my heritage and to learn from others through KJB and interacting with other KJB scholars.

What was your biggest learning from 2022 and what will you do differently in 2023?

My biggest learning that I know I will need to take into 2023, is to prioritise rest and to take any forms of rest that my body may need in that time. It may be emotional, physical, mental or even social rest. I am learning to pour back into myself, as much as I give out towards others.

VUTHLARHI:

What do you notice is different about KJB Scholars? What have you gained from your experience that KJB has given you?

KJB students think laterally and abstractly. We are able to break apart a concept, shred it to its finest constructs then collectively reshape and remould it in a new, unimaginable and better structure. We embody Sankofa.

Through the experience, I have learnt that you need to revisit the past to help shape the future; that you can reshape the concept of leadership and modernity; that collectively we are more powerful and more likely to be successful if we do something together than on our own; that UCT offers a vast majority of opportunities for increase in knowledge and growth e.g. GC4 classes.

YAZINI

What do you notice is different about KJB Scholars? What have you gained from your experience that KJB has given you?

I think there is a certain level of high support and encouragement that always comes out of the group, whenever we're together. I think all of us are very high achievers (and mainly type-A thinkers) and we are often under a lot of pressure but when we get together and share and catch-up the mood is immediately lifted and at the end of the conversation all our

spirits are lifted. Even at the end of this workshop, many of us left on Sunday feeling “refreshed” and in a sort of way energised. Keeping all of this in mind, one of the best things I’ve gained in the last 9 months is a new perspective or outlook on how to deal with my problems and tackle things that I might find to be particularly difficult. Mutsa has also been a great force in driving these kinds of conversations.

What was your biggest learning from 2022 and what will you do differently in 2023?

Many lessons were learnt, but I think coming out of this workshop with Mutsa, the importance and usefulness of rest is a huge take-away. Within the topic of rest, learning about the various types of rest (physical, emotional, mental, sensory) and how balancing them all is important for being wholly rested is something I am really trying to implement in my day to day routine.



TARISIRO

What was your biggest learning from 2022 and what will you do differently in 2023?

The human body is not made of metal **“mmele ha se chipi”** (siPitori language). Take care of your body and mind

intentionally because health is wealth – one can only do what they set out to do if they are as healthy as possible. In 2023, I plan to invest in my sleep and exercise recovery habits through reengineering my sleep hygiene (bedding, linen, pre-sleep activities) and peri-exercise routine (activation and adequate warm-up pre-workout, proper technique, cryotherapy and tissue manipulation post-workout). I believe taking care of this part of my life will help me be as productive and sound in other parts of my life. Additionally, I plan to make a large leap in my spiritual journey as I feel that will be the foundation of all of this moving forward.

KJB YEAR-END LUNCHEON

On 12 November 2022, KJB Leadership Scholars gathered at the Simon's Restaurant in Constantia to attend a luncheon hosted by the Programme Director. Also present were KJB staff, some invited guests and postgraduate scholars.



SPECIAL THANKS & FAREWELL

Special thanks go to Mary Hilton, Marketing Manager of UCT's EBE Faculty, who retires this year after 29 years at UCT. Mary has been a strong supporter of the KJB Programme over the years, lending her expertise, compassion and advice to the programme staff and scholars. We thank you for championing resources and support for students always, your positive impact has been felt across our programme!

And Thank You from the entire KJB Programme!

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