# ENG APPÉTIT

FIRST EDITION St Edition 2022



**OUR ENGINEERING STUDENT MAGAZINE** 

## From the Desk of the Chairperson

Sandri Du Plessis

Dear engineering student,

It is term 2 already! I hope that everyone is rested, armed with copious amounts of coffee (or any other beverage, we don't judge<sup>3</sup>) and ready to end of the first semester on a high note.

I am very excited for you all to read through the first edition of our ESC magazine! This is the newest initiative from the ESC's Marketing Portfolio and is aimed at keeping the engineering student body informed of events, plans and initiatives from us! In this, the first edition, we will showcase some of the events that we have hosted, some projects and initiatives that we have run and also give everyone a sneak peek of what we have planned for the second term!

Now, for those of you wondering what the ESC is, and what we do... It is our constitutional mandate to **represent**, **promote and protect the interests of engineering students**! It is our duty to govern the engineering student body, which includes both undergraduates and postgraduates, to liaise between staff and students at the faculty and finally to organise meaningful activities and projects for engineering students.

Keep in mind that the first level of student representation within our faculty (and the first step in the grievance procedure) is your class representatives. Class representatives serve on the Academic Affairs Council for Engineering and work in collaboration with the ESC to represent the interests of the engineering student body.



We as ESC govern the class representative structure, to ensure that their feedback reaches management when needed.

This year, the ESC has put a very large focus on raising awareness regarding mental health amongst our students, providing mentorship and support for specifically our first years and international students, and hosting events such as socials and other projects to encourage student participation and networking!

Now, I have been in the Engineering Faculty for 6, going on 7 years, and the phrase "engineering is a team sport" has never rung more true! I find it incredibly inspiring to see the tenacity of our students, those of you who have been pulling late nights in the SS, Chalkboard and FIRGA: we see you!

Now, although working hard and putting in the hours are very important, there is something more important: your own wellbeing. Remember that burnout is real. Look after yourselves, and get in rest when you need it! We believe in you all! Please be sure to give us a follow on Instagram, keep an eye on your emails and WhatsApp groups for messages from us that will be distributed by your class representatives, and interact with us via the various channels listed below. We always appreciate your input and suggestions, and your feedback is invaluable to us!

### Introduction

# Our

# ESC Team



**Matt** Treasurer



Sandri Chairperson



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Elaine
Vice-Chairperson



Tinashe Secretary



**Deborah** Socials



**Iné** First Year Mentor



Bright
International Students
Industrial Liason



Kara Engineering Ball Mental Health



**Piya**Sustainability
Volleyball Day



Dave
Marketing
Merchandise



**Wezii**Women & Queer Empowerment
Transformation



**ANS** nternational Students

# A Letter to the First Years

By Iné Swanepoel



Dear First Years,

Congratulations on surviving the first term in your journey towards becoming an Engineer! I know it might not have been easy, but I hope you have found ways to enjoy your time as an Engineering Student here at Stellenbosch.

By now you probably know your way around campus, have made a few great friends, complained about all your work and most importantly, survived your first Test Week! We are very proud of you for making it this far already. There were some big challenges and uncertainties at the start of the year, but I hope as the term drew to end you are feeling more confidant, and with the start of the second term, I hope you are well rested and excited to conquer and conclude your first 6 (of many) subjects!

Exams will slowly be approaching as we near the end of the semester. During the next 7 weeks, it will be very beneficial for you to stay on top of your work, put effort into all your tutorials and make time for yourself to do something you enjoy. You should have a good idea of how your marks are looking once you have received you A1 feedback. If your marks are looking good – keep up the great work! And if you didn't get the marks you were hoping for – you can STILL do this with hard work and determination. You have ample opportunities throughout the term in which marks can be improved.

With that said, please remember that I, your First Year Mentor, am always available to assist you with any challenges you have. Engineering is a team sport - it is much easier if we support one another! Please feel free to contact me if you require any guidance on how to improve marks, cope with your workload or just need some moral support!

Goodluck with the term ahead! Just remember: if you are reading this, it is because you are an Engineering student. You have proved that you have the right capabilities and deserve to be here. It is not going to be easy all the time, but I hope you can remind yourself that it will all be worth it in the end!

# LETS CHAT ABOUT SUSTAINABILITY

#### BY PIYA IGWE

Sustainability has rapidly become a popular topic of discussion. The superficial understanding of the concept presents itself as simply "reusing, reducing and recycling". Additionally, many of us fall victim to purchasing products that claim to be "sustainable" – whatever that means. As humans, our mandate to live sustainably runs far deeper than these passive activities. Sustainability is the ethical decision we must make to give our descendants the opportunity to live lives of a decent quality.

In 1987, the World Commission on Environment and Development famously defined sustainability as "meeting the needs of the present without compromising the ability of future generations to meet their own needs". The three primary pillars are environmental protection, economic development, and social equity.

To place this concept into the context of our lives as students, here is an example. We might feel inclined to purchase a biodegradable-paper-cup of coffee as this, theoretically, has a better impact on the environment than a plastic one. This might fulfil the environmental facet of the sustainability ethos but what about the economic factor? Is it necessary to purchase 3 cups of coffee every day? With regard to social equity - were the farmers involved in the production of the coffee paid a fair price? It is crucial to stay informed and ensure that the products and services we choose to purchase aim to to minimise their negative damage.



The issue of sustainability can be complicated. Despite this, the world is already heading in a positive direction. Our own Stellenbosch Engineering faculty has installed the first of three wind turbines at the South African base in Antarctica. This is highly impressive and signifies our progression towards a sustainable world.

It is common to feel that matters as deeply rooted and complex as sustainability should be handled only by governments and successful companies. I disagree with this notion and believe you can make your contribution right now. Donate used items and buy second-hand goods. The opportunity to do so is right here via the Stellenbosch Hospice Shop, Sunday market (on Dorp street) and Facebook Marketplace. You can also purchase fair trade products. Stellenbosch is a small town, try to walk more and drive less.

It's time for us to all take accountability. The seed of change starts not from naïvely falling victim to serpents like Green Washing, it starts from questioning your own actions. Decide from yourself which new viable, sustainable activities you can introduce into life and commit to them. Your commitment to sustainability matters. If not for you, at least do it for your future grandchildren.



Month:	

# BUCKET LIST

A LIST OF POTENTIAL THINGS TO DO BY ANS TSHILUMBU & BRIGHT AMANFUL

# Things to do **Hiking at Jonkershoek Nature Reserve Climbing Table Mountain Jan Marais Nature Reserve Botanical Gardens** 2 Oceans Aquarium **Cango Caves** Water World (Hartenbos) **Diaz Water Park (Mossel Bay) Shark Cave Diving (Gansbaai)**

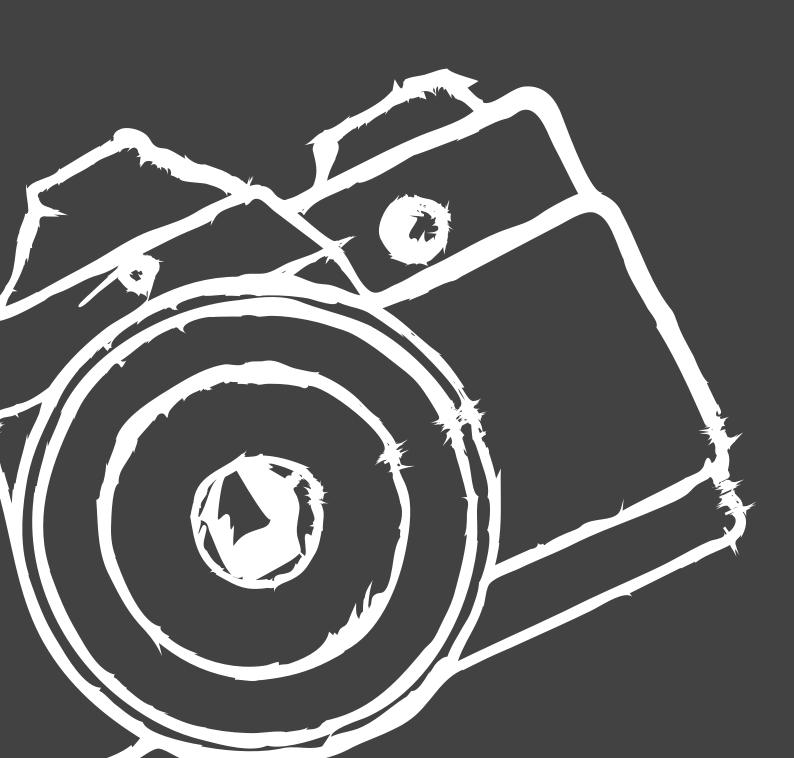


## BUCKET LIST

A LIST OF POTENTIAL THINGS TO DO BY ANS TSHILUMBU & BRIGHT AMANFUL

# Things to do **Go Wine Tasting** Go Wine Tasting on E-Bikes(Stellenbosch or Franshoek) Visit Penguins (Boulder's Beach - Simons Town) **Experience Tshisanyama Ride Table Mountain Cableway Visit Robben Island Visit V&A Waterfront** Go sightseeing on the big red bus Go bird watching (World of birds)

# A GOOD LIFE IS A COLLECTION OF YOUR MEMORIES





# FIRST YEAR SOCIAL





# Hiking is

Cheaper

theropy

"I loved it. I will definitely be joining each hike." - Ayron Gallop

"I've paraglided from here. Almost hit a tree" - Elijah Bok

SAVE MEMORIES

# INTERNATIONAL STUDENTS BRAAI



SAVE MEMORIES



#### HERE ARE MORE THINGS DONE THAT COULD NOT BE CAPTURED!

#### **Class Representative Elections and Training**

The ESC has successfully facilitated the class representative elections for this semester! Each class group has duly elected class representatives who serve on the Academic Affairs Council for Engineering (AACE). The AACE are the most grassroots level of representation for students, and ensure that feedback, issues, suggestions and compliments from students reach the ESC. The class representatives have been sufficiently trained by the ESC and are also required to attend regular feedback and training sessions hosted throughout the year.

#### Welcoming Week & Our New First Years!

WELCOMING! This year, the ESC opted to get our first years Footloose during our information session with them. We got everyone up out of their seats and dancing and the participation and energy was immaculate. We have absolutely loved getting to know our new first years, and know that our new generation of aspiring engineers are a force for change!

#### **Ensuring Transparent and Effective Communication**

This year the ESC has made it a goal to ensure effective and transparent communication with the engineering student body! We are trying to ensure that everyone stays in the loop regarding events, projects, initiatives as well as feedback on issues and complaints where needed. We have done this by fully utilising all communication channels available to us, including social media, WhatsApp and emails. If you have any suggestions regarding ways to improve our communication, please be sure to let us know!



#### HERE ARE MORE THINGS DONE THAT COULD NOT BE CAPTURED!

#### **Readmission Assistance**

The ESC, as a sub-structure of the Academic Affairs Council and Students' Representative Council, assisted in a readmission assistance project this year, in which we provided assistance and support to more than 100 engineering students who had to apply for readmission this year. This project received overwhelmingly positive feedback, and we hope to have this project continued in future.

#### First Year's Application, Acceptance and Registration Feedback

The ESC were approached by management to gather feedback from first year students regarding their experiences during the application, acceptance and registration periods. Management and the ESC noticed that a lot of first-time registering students reported significant issues during this period, and therefore wanted to obtain feedback from students. The ESC, in collaboration with the AAC, advertised MS forms to obtain this feedback, and Chalkboard vouchers were on the line! The winners have been selected and will be contacted in this week – so keep an eye on your emails!

#### **Study Spaces**

The ESC has been liaising with management regarding the availability of study spaces for engineering students, and have succeeded in getting additional venues available during the November 2021 examination period as well as the March 2022 test week period. We as ESC will continue to assist students throughout the year, and encourage feedback and input from students on ways to further provide support!



#### HERE ARE MORE THINGS DONE THAT COULD NOT BE CAPTURED!

#### Safe Space for Students of Colour Event

The safe space event was hosted for students of color to speak safely about unique challenges that oftentimes stand as a boundary in the way of their success. Although it was not without its challenges, the event was successful with a great turnout.

#### LET'S TALK

We hosted a session linked to mental health and specifically in relation to the Engineering context. We had a guest speaker and the session was both interactive and informative based on reception of the attendees.

# WHO IN THE WORLD???

A segment to which we showcase some of our fellow Engineering peer but in a non-engineering context or if accomplishing some massive in the faculty.

# INTRODUCING Ash & Amira





They are two best friends in a long-distance friendship living in similar but different worlds talking about all things sweet and sour when it comes to this thing called life. They have 'Let's talk about it...' the blog, where they share some amazing stories in writing. You will also find the 'Let's talk about it...' podcast updates which is on Spotify.

Every now and then they pose questions to the public which they discuss in the W.A.T.S? (what are they saying?) segment on their podcast, so keep an eye out for those questions.

They would love to hear your opinions. Come find out more about them on their Instagram @ash.and.amina. Please let them know which episode was your favourite!





# **Student on a Budget**By Matt Tate

A budget plan that can help you categorise your budget to make saving easy.

#### The 50/30/20 Rule:

The main end goal for budgeting is getting through each month, while saving money, right? But how do I decide what to do with the money in my account? Do I use it for food or entertainment? Coffees or beer?

That's where I like the idea of the **50/30/20** Rule: I like to start at the beginning of the month and set aside **20%** of my allowance into a savings account. It's by a long way the easiest time to do so! The next big one is my **50%** "needs" budget – half of my allowance goes towards my everyday eating & travelling plan – and this could apply similarly to students in res! And then lastly, the **30%** goes towards my "wants" budget – the things that I spend money on that aren't exactly necessary.

#### Needs Budget

Your "needs" budget is your biggest portion of your income, and it can be spent on:

- Monthly rent
- Electricity and water bills
- Insurances (for healthcare, car, or pets)
- Minimum loan repayments
- Transportation
- Basic groceries

Now this is quite a big category and should be paid off in order of importance – as listed above: The first four items in the list (and any other necessary "subscription-like" services) should be paid off as early in the month as you can. I would highly recommend the use of recurring, scheduled payments via your banking app.

They leave nothing to memory and are super useful especially if you're paying off debt to keep your credit score up (although that's a much bigger discussion). You can learn how to do so on your app through a quick google, or by phoning your bank's call center.

Even at this stage, you might realize that your living costs are too high – and might need some reshuffling. This could include something as simple as switching to a different service provider for things like Wi-Fi and phone bills, or even moving somewhere a tad cheaper....

Lastly on this list are your groceries, for those outside of res: I would highly suggest a meal plan to try and get your money to last as long as possible. Meal prepping by cooking in bulk will reduce time spent cooking and allow you to stick to your work. There are loads of meal plans out there, or you can find what you enjoy eating or cooking and start from there!

#### Wants Budget

Your "wants" budget is your most negotiable, as the things that fall under "wants" are, well, negotiable. The main question I ask when considering what wants are, is: "can I live without this?" nevertheless, here is a general list of items that could be classed as wants:

- Dining out (or drinking!)
- Clothes shopping
- Gym membership
- Entertainment subscriptions (Netflix, HBO, Amazon Prime)
- Groceries (other than the essentials)

# **Student on a Budget**By Matt Tate

We see the negotiable-ness of this portion by even something as simple as your groceries: "do I need to eat steak once or twice a month?" – probably not, so it falls under wants.

As a side note, following the 50/30/20 rule doesn't mean not being able to enjoy your life. It simply means being more conscious about your money by finding areas in your budget where you're needlessly overspending.

Now, an interesting question for Stellies students is: "where do my 8 daily coffees fall", and this probably goes back to my previous statement of you probably needing to reshuffle the cost of it. After some brief homework, you can make a cup of instant coffee for around R2.50, including the milk, and when compared to a R22 chalkboard coffee, it is that you can save a lot!

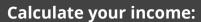
It also helps to try and save where you do spend by using (or abusing?) specials where you can.

#### Savings budget

As I said earlier, it helps to try and put this 20% away early, but for your first month or two, it might be necessary to take some of this money out to keep the books turning.

You'll be surprised to see how quickly your savings account can grow from this payment each month, and you can start thinking about a long-term plan for this: saving towards an expensive item, holiday, or as an emergency fund.

How do I apply this Rule?



For those outside of res, this is quite easy: it's just whatever your parents put into your account. For those in res, I would recommend "adding back" however much you are allowed to spend on food, and then calculating your total "income".

## Categorise your spending for the last month:

Grab a 30-day bank statement and put it all into a spreadsheet. Categorise it into the three categories: wants, needs and saving (which you might need to add!)

## Evaluate and adjust your spending to match the 50/30/20 rule:

Now that you can see how much of your money goes towards your needs, wants and savings each month, you can start to adjust your budget to match the 50/30/20 rule. The best way to do this is to assess how much you spend on your wants every month.

According to the 50/30/20 rule, a want is not extravagant—it's a basic nicety that allows you to enjoy life. As cutting back on your needs can be a complex and challenging task, it's best to work out which of your wants you can cut back on to stay within 30% of your takehome income. The more you reduce spending on your wants, the more likely it is that you'll be able to hit your 20% savings target.



## **Stellenbosch Specials List**

### Courtesy of Maties Media:

#### **Aandklas:**

Sunday pizza special: Buy one, get one free

#### **Balboa Balcony Bar:**

- Wednesday ladies' night: half-priced cocktails (19:00–23:00)
- Happy hour from Monday to Thursday (16:00–19:00), which includes: half-priced cocktails, SAB beers, Waterford wines, and coffee tequila

#### **Bohemia:**

- Lunch specials 11:00–17:00 (Monday to Saturday) & 12:00–17:00 (Sunday)
- Happy hour 19:00–21:00 (every day of the week)

#### Courtyard Café:

- Monday to Sunday: get a free tapas option with any nachos or pizza (12:00–16:00)
- Thursdays: all you can eat tapas for R119 (19:00–22:00)
- Sunset special: only R90 every day for 1,5L jugs of beer, cocktail, cider or gin (every day 18:00–20:00)
- If your table's bill is over R600, then you will receive a complimentary gin, cider, or beer jug!

#### Craft Wheat and Hops:

- Happy hour from Monday to Thursday (12:00–17:00): pay half-price for selected 500ml beers
- Lunch special from Monday to Friday (12:00–16:00): R89 for a Craft Burger & CBC draught

#### Food Lover's Market:

 Two burgers and a portion of chips for R25 (every day)

#### **Happy Oak:**

- Happy hour every day of the week (13:00-14:00 & 17:30–18:30)
- Monday: two for one Happy Oak burger special for R72
- Wednesday and Sunday: two for one mea specials (meals may vary)
- Thursday: two for one cocktail specia

#### **Hudsons:**

- Slider Thursday R25 for a burger slider
- Happy hour from Monday to Friday (16:30–18:30): Half-priced cocktails, draughts, and appetisers.

#### **Hussar Grill:**

Monday to Friday: R130 for a two-course lunch

#### Marcel's:

- Two for one coffee every day until 13:00
- Monday: Two for one medium tub of frozen yogurt
- Tuesday: Three for the price of two classic shakes
- Wednesday: Free toppings with any tub of frozen yoghurt
- Thursday: Three for the price of two warm desserts

#### **Mystic Boer:**

- Happy hour every day (18:00–20:00)
- Tequila Tuesdays & Thursdays (21:00-23:00): 2x Gold Tequila for R28
- Sunday pizza special: Basic Margarita for R42

#### **Nuri Sushi:**

- 15% off for all students: Mondays & Tuesdays (bring your student card!)
- Sundays & Tuesdays: All You Can Ear (12pm-9pm)
- Free delivery from 12pm to 4pm

## **Stellenbosch Specials List**

### Courtesy of Maties Media:

#### **RocoMamas:**

- Happy hour specials: Monday to Friday (16:30–18:30)
- Pay half-price for six bombs, chicken strips, classic nachos, or eight wings
- Pay half-price for all beers on tap
- Student special all week: order a bacon and cheese burger with fries and get a 500ml Heineken for free

#### Suki:

- Happy hour: R29 for selected cocktails
- Monday to Saturday (16:00–19:00)
- Sunday (17:00–22:00)
- Sushi buffet: R155 per person (all day, every day)

#### The Green Goose Eatery:

- Happy Hour (every day from 16:00–18:00)
- Daily food specials

#### **The Trumpet Tree:**

- Pizza special: R150 for any two pizzas
- All day from Monday to Tuesday
- 11:00–17:00 from Wednesday to Saturday
- Monday to Friday: half-priced cocktails (15:00–18:00)

#### Tiger's Milk:

- Happy hour (16:00–18:00): two for one or selected drinks
- Monday: two for one burgers
- Tuesday: two for one tacos
- Monday to Friday (before 16:00): 30% off your bill for Varsity Vibe members

#### Watami:

- Every day (12:00–17:00): 40% off plates or the sushi belt
- Monday to Wednesday: two for one or selected platter



## **Upcoming Events**

### A few events coming up

## AWSS WEEK – Quiz Night, Volunteering and a Donation Drive!

An initiative from the ESC socials and chairperson portfolios, in collaboration with the Maties PAW society! Let's Get Involved!

Starting on the 4th of April, the ESC will be hosting the very first AWSS week, to raise awareness for the Animal Welfare Society Stellenbosch (AWSS) which is a non-profit organization that focuses on rescuing, rehabilitating and rehoming stray, abandoned and rescued dogs and cats.

As part of the AWSS week we will be hosting three events!

#### **Donation drive:**

The first includes a donation drive, which will run from the 4th till the 8th of April! Please drop off donations tinned dog food, wet kitter food, dog toys and grey blankets in the crate provided outside of the ESC office in the engineering study centre!

#### Volunteer day:

The second event includes a volunteer day on the 10th of April at AWSS! This is an informal event, so no transport will be provided, but we will try to organise carpools for those of you who need transport! For those of you who are able to provide transport, please help us out!



#### **QUIZ NIGHT:**

FINALLY, to end off the very first AWSS week, we will be hosting a QUIZ NIGHT! We will feature a variety of categories and will be attempting to raise funds for AWSS! So come on and put your thinking hat on and join us on the 12th of April to have the best quiz night of your life. Tickets will be sold at R35 per person, and groups of four will be required! (You can enter as a team, or alone, in which case we will allocate you to a group as needed.) Food and drinks will be provided and all proceeds from tickets sales will be donated to AWSS! Limited tickets are available, so tickets will be sold on a first come, first serve bases!



## **Upcoming Events**

## A few events coming up

#### **Easter Egg Hunt**

In celebration of Easter, the ESC will be organizing an Easter egg hunt on **Thursday 14th April** during lunch time at the engineering faculty.

Keep your eyes on our social media for more information

#### **Movie Night**

On the **3rd of May**, the ESC will be organizing a movie for all engineering student, to serve as an opportunity for us to take a well deserve break before final exams starts

## **Upcoming Womxn & Queer Empowerment Events:**

- Pride Walk
- Queer appreciation
- Womxn in STEM



#### **Engineering Ball**

Get ready. Get dressed. Be impressed.

Do not forget about the biggest event of the year! So start saving and make sure you're available on...

Saturday, the 23rd of July 2022 Further details will be sent via email.soon.

Here's a small glimpse of our theme: (photo below)

... Can you guess what it is?



# 30 DAY MENTAL HEALTH CHALLENGE

TAG @STELLENBOSCH.ESC TO SHOW YOUR ACCOMPLISHMENTS!

DAY 1

Do a deep breathing exercise. DAY 2

Catch up with a friend. DAY 3

Schedule something fun. DAY 4

Donate something you never use. DAY 5

Do 30 minutes of yoga.

DAY 6

Plan a healthy meal. DAY 7

Ask for help. DAY 8

Listen to your favorite music.

DAY 9

Take 10 minutes to read.

**DAY 10** 

Go for a walk.

**DAY 11** 

Budget 20 minutes of spa time. **DAY 12** 

Practice a favorite hobby.

**DAY 13** 

Get distracted by a movie. **DAY 14** 

Go to bed 30 minutes earlier. **DAY 15** 

Drink just water today.

**DAY 16** 

Schedule a game night.

**DAY 17** 

Set a mini goal.

**DAY 18** 

Cross an item off your to-do list. **DAY 19** 

Compliment someone. DAY 20

Plan a night in with friends.

DAY 21

Try a 5-minute meditation. DAY 22

FaceTime with family.

DAY 23

Do something outside. **DAY 24** 

Book a date night. DAY 25

Unfollow negative social media accounts.

DAY 26

Say no to something.

DAY 27

Have a phone-free night. **DAY 28** 

Watch a silly video.

**DAY 29** 

Write down something good that happened. **DAY 30** 

Adopt a new habit.

# ENGINEERING BINGO

LET US KNOW HOW YOU DID BY POSTING IT ONLINE AND TAGGING @STELLENBOSCH.ESC

Emailed your Lecturer	Overslept for and exam	Had more than 2 energy drinks on one day	Accidentally played loud music in SS/Firga	Ate lunch on the front grass
Pulled an all nighter	Took a nap in the SS/Firga	Considered switching degrees	Skipped an A1	Watched a Varsity Cup game
Couldn't find a seat in the SS	Forgot about an assignment	Gave up in the middle of an exam	Walked into the wrong classroom	Skipped a Tutorial test
Skipped an 8am class	Cried about Engineering Math	Spent a whole class on your phone	Survived off Chalkboard coffee	Started studying the weekend before A1
Got lost in the faculty	Showed up 5 min before the tutorial test	Skipped a whole day of class	Bought notes from a classmate	Only understood the work after a Youtube video





## ABOUT THE AUTHOR

This was a collaborative effort from the ESC and we hope you enjoyed the first edition of our new magazine.