THE HUB CONNEXION
Department of Human Biology

HERITAGE DAY

Sept 2023

SPECIAL EDITION

Heritage Day is a moment to reflect on our history as individuals, people, members of diverse religions and cultures and how these shaped and shape our ideas, world views and identities.

Africa has deep historical roots. Humans have been living on the continent for over 200,000 years. The first evidence of human heritage comes from this continent. In the form of ritual items and objects the oldest conclusively dated are 78000 years old in the form of engraved ochre at Blombos Caves, Heidelberg. South Africa has some of the oldest human occupation sites such as the fossilised footprints of people in sand from 117 000 years ago in Langebaan. The country has had a diverse and complex peopling from Later-Stone Age hunter-gatherers, hunter-herders to Iron Age agropastoralists. For example, the builders of the UNESCO world heritage site of Mapungubwe Kingdom, Limpopo province has the first state settlement in Southern Africa. The builders of which are thought to have gone on to establish Great Zimbabwe. The cultural remnants of these deep roots can be found etched across the landscape as stone walling, ancient fishing weirs, shell middens, evidence of homes, kraals and hearths dating back millennia. There were more recent periods of colonial settlement and traders literally leading to a gold rush. History is complex, can be violent and disruptive, what is interesting in South Africa is the diversity today linguistically (11 or 12 official languages), culturally, religiously illustrates a resilience against a singular identity and acculturation. This complex history and heritage is woven into the bright and dynamic fabric of the 'rainbow nation' of South Africa. This woven and braided history has brought a unique identity to South Africa embedded in its diverse population and worthy of celebration in this important month of heritage. Our customs, traditions, and languages we speak represent this enriched complexity as individuals, people and as a nation. The celebration of our diversity is not only about recognizing the differences, but to embrace them and to create an inclusive and equitable society. Transformation is a crucial aspect of the celebration of our tangible and intangible heritage as it aims to create an inclusive society where everyone is valued, respected, and treated equally. These values are enshrined in our Constitution and the vision of a united and prosperous Rainbow Nation

As the Department of Human Biology, we are a microcosm of this beautiful diversity. We are reconciling our heritage as a discipline of the human body, by evaluating the naming of some of our spaces, the terminology used, the representation of our society and examples in our educational resources and our legacy collections and updating our TEC TOR to be more inclusive and in keeping with the new Faculty guidelines. The return of the Sutherland Nine has ignited rich debate and perspectives of our past. It is a moment of atonement and a step towards redress for the Department, Faculty and University. As we celebrate Heritage Day, let us cherish and celebrate our diverse and complex identities, traditions, customs and languages. Let us also continue to reflect on ways we can embrace our heritage and continue to improve our own professional practice.

Article by: A/Prof Victoria Gibbon

A special thanks to: HUB-TEC for partnering on this special edition.

THINGS TO DO THIS HERITAGE DAY

- Visit South African National parks: free entry in the week leading up to Heritage Day.
- Visit Iziko Museums: packed week of heritage activities during this period and free entry.
- Visit Bo-Kaap Mosques.
- Rock paintings in Cederberg.
- Try a meal or a restaurant not from your culture to experience something new.
- Enjoy a Heritage Day braai.
- Take a boat trip to Robben Island.
- Book a cultural Heritage tour.
- Visit the Zeitz Museum of Contemporary art Africa (ZEITZ MOCAA).
- Visit to the iconic Castle of Good Hope.
- Speak with an elder in your family and ask about the origins of a particular custom, tradition and provide the space for them to tell you about their lives as young people. What was South Africa like when you were young?

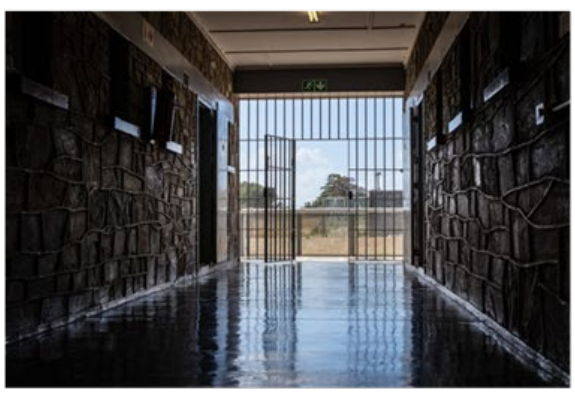

PHOTO CREDITS: Robben Island (cc: South African Tourism), District Six Museum, Roxanne Reid, Castle of Good Hope, Iziko Museums of South Africa, Getting to know the Bo-Kaap (Photo Archive), Yaseen Gaffar | District Mail, Aphiwe De klerk, Christina Van Zyl, Tankwa Karoo National Park & Gallo Images/Jacques Stander

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HUB-TEC Heritage Braai Day Fundraiser

Date: 22 September 2023
Time: 13h00 - 15h30

Venue: Mac Club

To Eat: Tacos @R50

Theme: South African Sports Heritage

Dress code: Cultural Heritage or National Flag Supporters T-Shirt

“Sport has the power to change the world. It has the power to inspire. It has the power to unite people in a way that little else does. Sport can awaken hope where there was previously only despair. It is more powerful than governments in breaking down racial barriers.” – Nelson Mandela

NB! Contact Information

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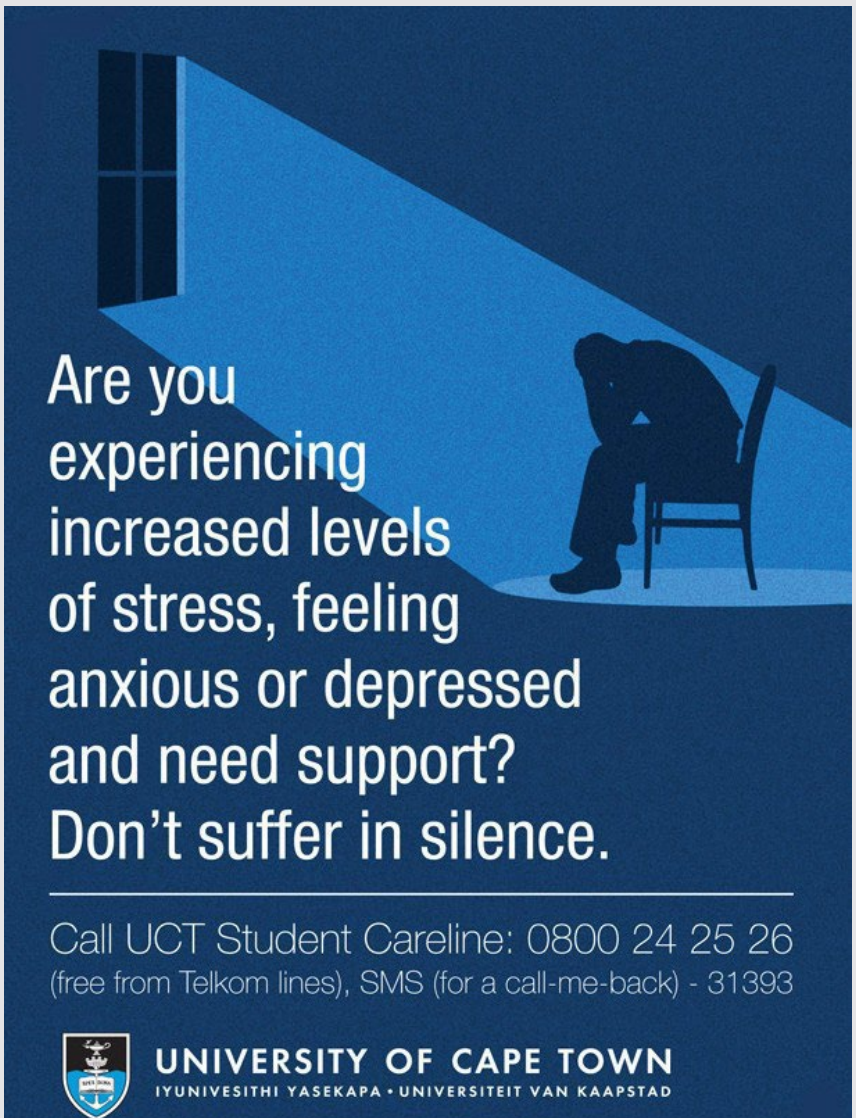
Stay Safe and Healthy



Counselling Support (for staff)

Independent Counselling and Advisory Services (ICAS)
counsellors are available.

- Call toll-free for counselling 0801 11 39 45
- Send a please-call-me to *134*905#
- Email uct@icas.co.za
- Website hr.uct.ac.za/hr/benefits/org_health/counselling

Chat live with an ICAS counsellor via the online app, ICAS On-the-Go (Google and Apple downloads). The code for UCT staff is UNI003.

South African Depression and Anxiety Group (SADAG)

- Access the SADAG webinars and podcasts for practical tips and coping skills
- Call 0800 17 11 71 (toll-free from a Telkom line 24 hours a day)
- Send an SMS to 31393 to request a call-back
- Email office@anxiety.org.za for a counsellor to call you back
- Visit the SADAG website sadag.org for very useful information about how to cope with the daily stresses of working during the national lockdown
- Visit the SADAG Facebook page Daily Expert Q&A from 13:00 to 14:00
- SADAG UCT Student Careline 0800 24 25 26 (free from a Telkom line)

Counselling Support (for UCT STUDENTS)

UCT Health Services for students
Tel: +27 (0)21 650 1020
Email: faranaz.murat@uct.ac.za
Website: dsa.uct.ac.za/student-wellness/health-services/overview

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FACULTY OF HEALTH SCIENCES