

# Aristea PSO

Welcomes a new generation...





### About

A PSO is a private student organisation. A "private student" is a student who does not live in a university residence, but rather in a flat or at home or any other form of private accommodation. All PSOs and residences are then grouped in clusters according to location. There are 7 clusters in total and Aristea forms part of the Wimbledon Cluster.

Aristea PSO, established in 1973, is the oldest ladies PSO and one of the biggest on campus. Last year Aristea celebrated our 45<sup>th</sup> birthday by inviting Prof Thuli Madonsela to speak to ou members at our annual Damestee, an event to honour and thank the important women in our lives.

We take pride in our members and our values are approachability, respect, responsibility, individuality and integrity. Aristea is well-known on campus, especially for our culture and sport. In 2018 Aristea was voted Campus Favourites at the Acapella singing competition, as well as being top of our pool for our hockey.

We take care of our members and offer the perfect balance of student life for all Aristea members. Our Hub is our home on campus and is nestled between Helshoogte Residence and Eendrag Residence. It provides study areas, couches and a deli and is also where most of our welcoming events will take place. Most of the House Committee (HC) members also live there in a special HC House where we have an open door policy and are eager to share a cup of coffee with our members.

Throughout the year Aristea hosts events such as First Years Dance, Seniors Event, House Dance, critical thinking sessions and many more. We also participate in many culture events on campus such as toneelfees, Vensters and Acapella. There are also many opportunities to represent Aristea on campus such as in sport or culture, or you can help us plan events and make sure that everyone's voice is heard by joining one of our various committees.





### House Committee

Hello future Arries, just as all of you have been eagerly waiting for the day that your student life would begin, so will we be waiting with great anticipation for your arrival. Hello, my name is Megan Groenewald and I am the Primaria for 2018/2019. Aristea PSO will become your home away from home and will offer you opportunities that will exceed your expectations. We cannot wait to welcome you, may you have fun, grow and truly become a Womxn of Mind and Heart

My name is Dina-Mari Geldenhuys and I am your Vice-Primaria! This includes Cluster and Safety (so I will try my best to keep you all safe, sound and happy in Aristea). My other portfolio is Social Media with which I make sure everyone is updated, informed and happy with the image we put out. I am extremely passionate about Aristea, and hope to create the same pride in you that the House Committee created in me when I was a newcomer in Stellenbosch. Aristea is a community of kind, loving womxn who support each other, and I strive to be worthy of my title as Aristea's Vice-Primaria. At Aristea you will have the opportunity to become the best version of yourself. My wish to you is to embrace this era of your life and become, in the essence of the term, a womxn of mind and heart.

Welcome to the sisterhood!





"There is no force more powerful than a woman determined to rise." At Aristea, we believe that each of the young ladies that we meet is a seed planted with growth potential and we want to create an environment of positivity and encouragement to allow them to grow. I am the head mentor and my main priority is to assist the mentors to help the newcomers to achieve their full potential.

Welcome to some of the best years of your life! I'm Elrie Golach. I am the Social Impact, Tours and Aristea Week HK for 2019. I am extremely excited to see what the upcoming year has in store for you as an Arrie member. I am a fun-loving extrovert who loves to drink coffee and lend an ear wherever I can. Although the first few weeks of University could be a challenge, I can honestly say that, we as an Aristea community are here to help. Dr. Seuss once said "You're off to Great Places! Today is your day! Your mountain is waiting, So...get on your way!". I sincerely hope that Aristea will help you get on your way and achieve all the goals you set out for yourself.



Elrie Golach



Welcome to Stellenbosch University! But more importantly welcome to Aristea PSO. My name is Josie Joubert and I am here to help you adjust to your new life. I am the First Years and Welcoming Planner HK for 2019. I am also the secretary for the house. I am a third year student who studies a BSc in Human Life Sciences.

Over the course of the next few weeks you are going to be overloaded with new information, new people and new experiences. Every person you meet is going to give you advice about what to do, tips to make university easier and things not to do. I will only give you one piece of advice: Always be true to yourself. In the end the only person who has to live with you, is you. Make sure that that person is someone you like and are proud of.

Remember through all the ups and downs, Aristea and your fellow Arrie ladies will be there to help you.

May the odds be ever in your favour.

Dear newcomer of 2019,

My name is Juliandri Grobler and I am very excited to welcome you to our Aristea sisterhood! I am starting my third and final year of BCom Quantitative Management in 2019 and my portfolios in Aristea are Financial Manager and Merchandise. I can't wait to welcome you next year and I hope that this new phase of life is very exciting for you. Remember your time as a Matie will fly by, so make the most of every moment!

Arrie Liefde



My name is Kaylin Brunsdon and I am the HK member for Seniors and Sponsors. I am incredibly passionate about woman health, woman empowerment and pride. I hope that this warm welcome into Aristea motivates you to not only get your desired degree, but to gain the complete student experience. The adjustment to university is daunting on everyone, but know that you are never alone. University is one of the shortest, but best experiences of your life, never take a moment for granted. We are so excited to have you join our PSO and be a part of this pride and joy. Remember to aspire to inspire and remain truthful to yourself.



I am Nadia - a proud Matie, but an even prouder Aristea member.

Kaylin Brunsdon "Womxn of mind and heart" is the message I strive to convey through my Branding portfolio. I also have the honour of celebrating the amazing members in Aristea through my Damestee portfolio. I am excited to welcome you as one of these amazing members! I not only hope that you grow as proud of Aristea as I have, but that you also grow as proud of being yourself as Aristea has made me be. Welcome to Aristea the house of woman of mind and heart!

My name is Summer Robertson and I am the Welcoming Leader as well as the Sport HK for 2019. My name matches my outlook on life as positive and bright. Aristea was the best decision I have made thus far in my university career. The lessons I have learnt, the growth I have experienced and the friends I have made have played fundamental roles in shaping who I am today. My only wish is for you to reap all these benefits by getting as involved as possible whether it be on the stage, sport's fields or supporting your fellow Arries. I cannot wait to meet you





The Aristea House Committee and their visiting head in 1977



My name is Tahierah Ryklief and I am the Culture and House Dance HK of 2019. I remember walking into welcoming week at the beginning of my first year and wondering how I would adjust to a whole new environment. I felt anxious and yet also excited to take on this new journey. My journey thus far at university would not have been as enriching if the structure of PSO's were not in place. Aristea PSO has given me the opportunity to grow beyond just academic development but has also developed me holistically. Without a doubt I can say that this sisterhood experience has given me lifelong friendships, personal growth and memories that will last a lifetime. So take in all the experiences and welcome to the next chapter in your life

My name is Wiann Bester and I am the male House Committee member for Aristea. My portfolios include Womxn Empowerment and Courageous Conversations. During one's time at university one regularly finds oneself in the middle of conversations that requires one to think in a more critical manner and sometimes it places one outside of one's comfort zone. The topics that are being discussed and that forms an integral part of the Stellenbosch University culture are current and stays relevant to the issues that some students might face on campus.

I truly believe that staying informed on these topics plays a big role in achieving personal, academic and social success at university. My goal for the year is to inspire the members of Aristea to take part in these conversations in order to grow as an individual and as a member of the broader Stellenbosch community. I also want to inspire future Aristea leaders that can contribute to the success of Aristea and the future generations of newcomers to come.





### PSO Co-Ordinator

"The scariest moment is always just before you start."

- Stephan King-

Dear Aristea Member,

Congratulations with your acceptance at Stellenbosch University and a warm welcome to Aristea. Being able to study at a tertiary institution is a wonderful opportunity and I wish you all the best as you enter this challenging, yet exciting, phase of your life. At Aristea we celebrate individuality and we look forward to meet you, get to know you and learn from your experience.

We welcome you with friendliness, hospitality and human dignity and we hope to make your journey a wonderful experience. We strive to be approachable and undertake to listen with compassion and respect and to embrace your individuality.

We promote innovation through future focussed thought leadership. We want to encourage you to participate in as many ways as you possibly can, to build purposeful partnerships and inclusive networks, so that after your journey at Stellenbosch University and Aristea PSO, you will leave as a well-rounded citizen.

As PSO Coordinator, I am responsible for managing Aristea, along with the House Committee and the Mentors. We are your support network that will assist with your academic and social integration at University. Please, if you have any questions, do not hesitate to ask. Aristea believes in a value driven system. We consider these values in everything we do and all activities that we host and participate in.

This also mean that we keep one another accountable for our decisions and actions, based on our values.

I hope that you will quickly become part of Aristea and that you will, above and beyond your course, also learn about humanity and life itself; that you will open yourself to new experiences and always be proud of every step you take towards reaching your goal.

Best wishes,

Lisinda M. de Jager LLB LLM (SU)

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lisinda@sun.ac.za



### Wimbledon Cluster

Being a part of Aristea PSO also entails forming part of a bigger community on campus, called the Wimbledon Cluster. The Wimbledon Cluster consists of 8 different residences and PSO's who are allocated in the area surrounding the Wimbledon Hub. Our cluster consists of: Aristea PSO, Eendrag, Helshoogte, Huis Russel Botman, Irene, LLL, Sonop and Vesta PSO.



All residences and PSO's are allocated to a specific cluster and the other clusters on campus include: amaMaties, Rubix, Validus, VicMeyer, Victoria and Tygerberg.

The purpose of a cluster is to:

- Provide platforms that enable holistic development
- Creating a home away from home and to foster belonging
- Promote active citizenship
- Integrate different members of society through engagement.
- Build relationships
- Bridge gaps (gender, financial, racial, etc.)

The values of the Wimbledon Cluster are:

- Care
- Trust
- Friendship
- Freedom

These are our cluster conveners: Thabani and Helia.

#### The Golden Circle of Wimbledon Cluster:

Why: To create a holistic student and holistic philosophy is based on "finding identity, meaning, and purpose in life through connections to the community"

<u>How:</u> "Integration through collaboration by reinvigorating the spirit of Ubuntu"

<u>What</u>: The cluster is an extended community that is bigger than residents and PSOs but smaller than the whole university. It creates platforms that stimulate academic excellence, co-curricular development and social integration.



Abigail Janse van Rensburg 076 701 7943

### Mentors



Chloé Luckhoff 083 343 8883



Julia Oberholzer 061 587 2402



Carli Benadé 061 418 1738



Kimber-Leigh Berry 084 773 0888







Sarah Hoek 079 090 1181



Talitha Reynders 067 036 1365



Tamara Blignaut 065 935 7866



Teagan Stoltz 084 484 6436



Tegan van Heerden 072 386 5670

Introducing the mentors of 2019







### #BackyourArries

#### Sport:

- Hockey
- Netball
- Table Tennis
- Soccer
- Tennis

#### Culture:

- Molassesêr
- Acapella
- Debating
- Toneelfees
- Culture Evenings

#### Leadership:

- Mentor
- House Committee
- Seniors Committee
- Social Impact Committee
- House Dance Committee
- First Years Committee
- FVZS leadership short course
- Societies at Stellenbosch



In 1980 Aristea decided to play hockey...

Today, our ladies carry on that legacy.





#BackyourArries

### Social Impact

Welcome Newcomers of 2019! This year Aristea will be joining hands with our Connect Partners, Pieke PSO, alongside Helshoogte and their Connect Partners Serruria. Thus, our community outreaches will be open to anyone in these four houses that have the desire to help. Each year we as a house choose an organisation in the community that we feel could use the love and support. During 2019, our One-Stop Project will be Greendoor. We will have monthly visits to the centrum where we will get to interact with the members of the organisation or help where ever necessary. We feel strongly about helping without expecting something in return and will thus have small fundraising events and drives throughout the year to help people in the community.

As Social Impact HK for 2019, I also have the Social Impact committee that consists of a group of ladies who are all passionate to serve and help others. These ladies help Aristea and the Wimbledon Cluster achieve their goals in serving others. There will always be room for more volunteers — the more the merrier. I ask you to, if you are passionate about helping others, please volunteer your services. Together we could help the people in the community. Feel free to contact me if you might have any questions about our outreaches throughout the year!

"We can't help everyone,

but everyone can help someone"



MGD was the old name for Social Impact. It may have been called something different in 2008, but we have always loved to help our community









## Important Numbers

|--|

Campus Security 021 808 2333 (Phone number)

082 808 2333 (WhatsApp message number)

Police Station 021 809 5000 / 10111

Ambulance 10177 / 999

Fire Department 021 808 8888

Locksmith 24/7 087 550 3161

US Crisis Service 082 557 0880

we are bringing sexy
back d

#### <u>Medical</u>

Campus Health 021 808 3496 / 021 808 3494

General SSVO (Centre for Student 021 808 4707

Counselling and Development)

24 Hour SSVO Crisis Line (Centre for Student 021 557 0880

Counselling and Development)

Stellenbosch Provincial Hospital 021 808 6100
Stellenbosch Medi-Clinic 021 861 2000

M 1. Cl. : LD 001 0/1 0004

Medi-Clinic ER 021 861 2094

ER 24 021 809 6500

Stelkor Medicross 021 887 0305

Netcare Ambulance 082 911



### Aristea House Song

In a time of mass confusion
Where everything is strange and new
I join a sisterhood
My home away from home
A group I know that will pull me through

Aristea is a space, where I feel safe And discover who I am A network to reach higher heights

We are women of mind and heart Standing together from the start To reach our full potential And surpass our own destiny

So kom now saam, my susters
Laat ons die tyd saam aanpak
Met liefde, respek en menslikheid
Is daar niks om ons toekoms te
verbleik







### What to bring and wear:

#### In general:

- Water
- Sunscreen
- Hat
- Snacks
- Lunch (if you are not buying a Food parcel)
- A plain white top which can be painted on (as shown in the picture)
- 1 black t-shirt, 1 white t-shirt
   and 1 purple t-shirt for general wear

#### Every day:

- We will tell you what to bring and wear for the next day every evening
- It will also be included on the program for everyday
- You will also be able to ask on your mentor on the WhatsApp group

#### No cleavage being shown

Shoulders are protected from the sun



No belly button sticking out

#### First day:

- Own lunch (no food provided for this day)
- Water
- Sunscreen
- Hat
- Snacks
- Comfortable walking shoes

### First Meeting

Venue: Arts and Social Sciences

building - Room 230

Registration Time: 09:00 - 10:30

Official Welcoming time: 10:30 - 12:00

Bring: Food parcels and

merchandise order form

Parents are welcome (and encouraged) to join their daughters and to also be introduced to Aristea.

#### Please note:

Every night the House Committee, along with the House Committee of a men's PSO or residence, will walk the newcomers home if they live in or near Merriman Street or Victoria Street.

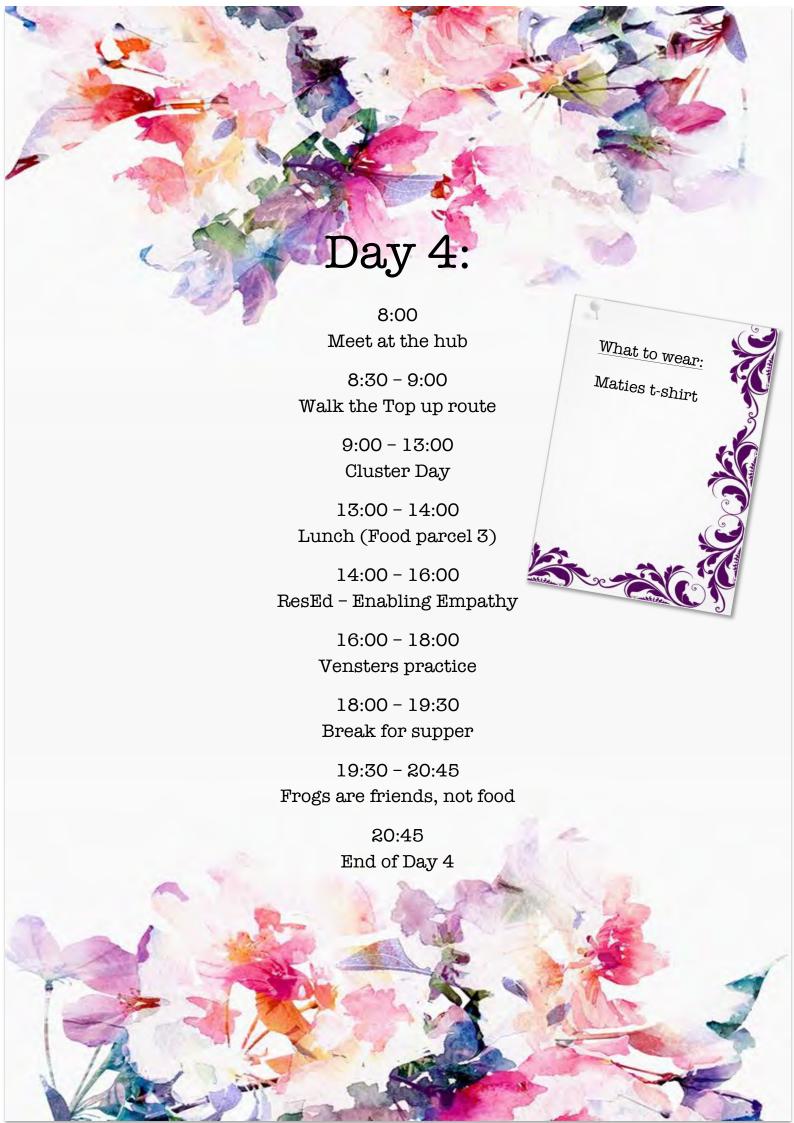
For ladies who live further away, a shuttle will be available at 19:00 and 21:00. This can be booked on a daily basis through the House Committee at no extra cost. Our program has been designed to accommodate such students.













### Day 5:

10:00 Meet at the hub

10:00 - 11:00

Logic will get you from A to B. Imagination will take you everywhere. – Albert Einstein

11:00 - 12:30 So you think you can Dance?

(Food parcel 4)

13:00 - 15:00

Beat the Heat

15:30 - 17:30

ResEd Workshop – Social Media 4 good

17:30 - 20:00

Netflix and Church

20:00 - 21:00

#BackyourArries

21:00

End of Day 5







### Day 8:

07:30

Meet at the Hub

08:00 - 10:00

Vensters practice

10:30 - 12:00

Student Admin

12:00

Meet at the Hub

12:30 - 13:30

Lunch (Food parcel 7)

13:30 - 15:00

Purple is the new Green

15:00 - 16:00

Life your best live - Anon.

16:00 - 17:30

Identity Map

17:30 - 19:00

Break for supper

19:00 -21:00

PiXAr Partnership

21:00

End of Day 8



NOTE:

There may be a facultybased academic program in the morning, that will take preference should it be applicable.





