











DEPUTY MINISTER VISITS SANISA

Buti Manamela, Deputy Minister for Higher Education, Science, and Innovation, attended SANSA Space Day. He visited the 24/7 Space Weather Centre, the magnetically clean environment, and then joined learners from Zwelihle Primary School in hands-on activities related to the science curriculum and inspired by space.











The Power of Greetings and Goodbyes as a ritual

Each of us starts our morning with some kind of ritual - it could be having a cup of coffee, taking a shower, or going to the gym. To start a ritual of saying 'good morning' and 'goodbye' to our colleagues in the office is part of the process of Make Work Better.

Greeting is one of the basic functions of communication and triggers positive conversations. It helps us connect to people at a more personal level. A hello can make friends with strangers, and it can bring a smile to someone who is alone. A hello can change how we feel about a person, place, and ourselves.

Greetings are a great way to motivate people around you in the office, and a simple 'hello' or 'good morning' ritual can help to create a happier workplace environment and culture here's why:

1. It's polite/Civil.

Like 'please' and 'thank you', these two little words also go a long way towards improving communication and the overall atmosphere in the workplace.

2. It's welcoming

A 'good morning' acknowledges the presence of your colleagues and acknowledging the mere presence of someone is interpersonal communications 101. Don't YOU want to be noticed?

3. It reduces awkwardness

Saying 'good morning' makes things less awkward when you inevitably must address your co-worker later in the day. Start the day off on the right foot and avoid potential stressors later in the day.

4. It's an equaliser and makes everyone feel valued

If everyone from the bottom all the way up to the CEO greets each other, it gives the impression of a more equal workplace where everyone is valued. 5. It's free

Saying 'good morning' is free - it won't cost you anything and breaks down barriers among colleagues in the office. Although it won't immediately heal all strained relationships with colleagues, it can make a positive difference in creating a happier workplace.

Management consultant, Tom Peters shared an interesting fact: In a school where a teacher greeted every student by name and with a smile, disciplinary issues dropped by 20%, and academic engagement rose by 25%. Research also showed that the impact on morale and camaraderie in the workplace is enormous.



SPACE WEATHER

MON

Solar activity is low with background X-ray flux at lower C-class levels. There were several C-class flares observed over the past 24 hours with the largest flare being a C6.9 at 19/08:20 UT from AR3226. There are nine sunspot regions on the visible solar disk with simple to complex magnetic configurations. The solar wind speed is at background levels with speed ranging between 320-380 km/s. No **Earth-directed CMEs were** observed in the available imagery in the past 24 hours. There are a few filaments and prominences on the visible solar disk that show some movements and will be monitored for any liftoffs. Geomagnetic conditions are at quiet levels. Local HF working frequencies are near monthly predicted values.

TUE

Solar activity is moderate with background X-ray flux at C-class levels. An M4.4 flare was observed at 20/15:00 UT that originated from AR3234. There are nine sunspot regions on the visible solar disk with simple to complex magnetic configurations. The solar wind speed is at slightly elevated levels with speed ranging between 390-445 km/s. No **Earth-directed CMEs were** observed in the available imagery in the past 24 hours. There are a few filaments and prominences on the visible solar disk that show slight movements and will be monitored for any lift-offs. Geomagnetic conditions are at quiet levels with an isolated unsettled interval. Local HF working frequencies are near monthly predicted values.

WED

Solar activity is moderate with the background X-ray flux at Cclass levels. Several C- and three M-class flares were observed in the past 24-hours with the largest a long duration M5.1 at 21/20:17 UT from AR3234. There are six sunspot regions on the visible solar disk with simple to complex magnetic configurations. The solar wind speed is slightly elevated above background levels with speed ranging between 420-450 km/s due to coronal mass ejection (CME) influences. No Earth-directed CMEs were observed in the available imagery during past 24-hours. There are a few filaments on the visible disk that appear to be stable but will need to be monitored for any potential lift-offs. Geomagnetic activity is quiet to active levels. Local HF working frequencies are near monthly predicted values.

THU

Solar activity is moderate with background X-ray flux at lower C-class levels. Several C-class flares were observed with an M2.6 observed at 22/13:50 UT from AR3234. There are five sunspot regions (one new) on the visible solar disk showing simple to slightly complex magnetic configurations. There are a few filaments on the visible solar disk that will be monitored for any potential lift-offs. Solar wind speed is elevated above background levels with speed ranging between 530-560 km/s due to the high-speed stream (HSS) influence from coronal hole 77 (CH77). Geomagnetic conditions are at quiet levels, with an isolated G1/Minor storm interval. Local HF working frequencies are near monthly predicted values.

FRI

Solar activity is moderate with the background X-ray flux at Cclass levels. Several C- and three M-class flares were observed with the largest an M1.5 at 23/06:14 UT from AR3235. There are six sunspot regions on the visible solar disk with simple to complex magnetic configurations. Â The solar wind speed is at elevated to strong levels with speed ranging between 540-620 km/s due to continued effects of high-speed stream (HSS) from coronal hole 77 (CH77). No Earth-directed CMEs were observed in the available imagery during past 24-hours. There are a few filaments on the visible disk that appear to be stable but will be monitored for any potential lift-offs. Geomagnetic activity is at unsettled to active. Local HF working frequencies are near monthly predicted values.



