

ISSUE | 87

WEEKLY UPDATES

NEWS FROM SANSA HERMANUS

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ON THE COVER: SANSA HERMANUS SCM Team with a pop of yellow



science & innovation

Department:
Science and Innovation
REPUBLIC OF SOUTH AFRICA



SANSA
SOUTH AFRICAN NATIONAL
SPACE AGENCY



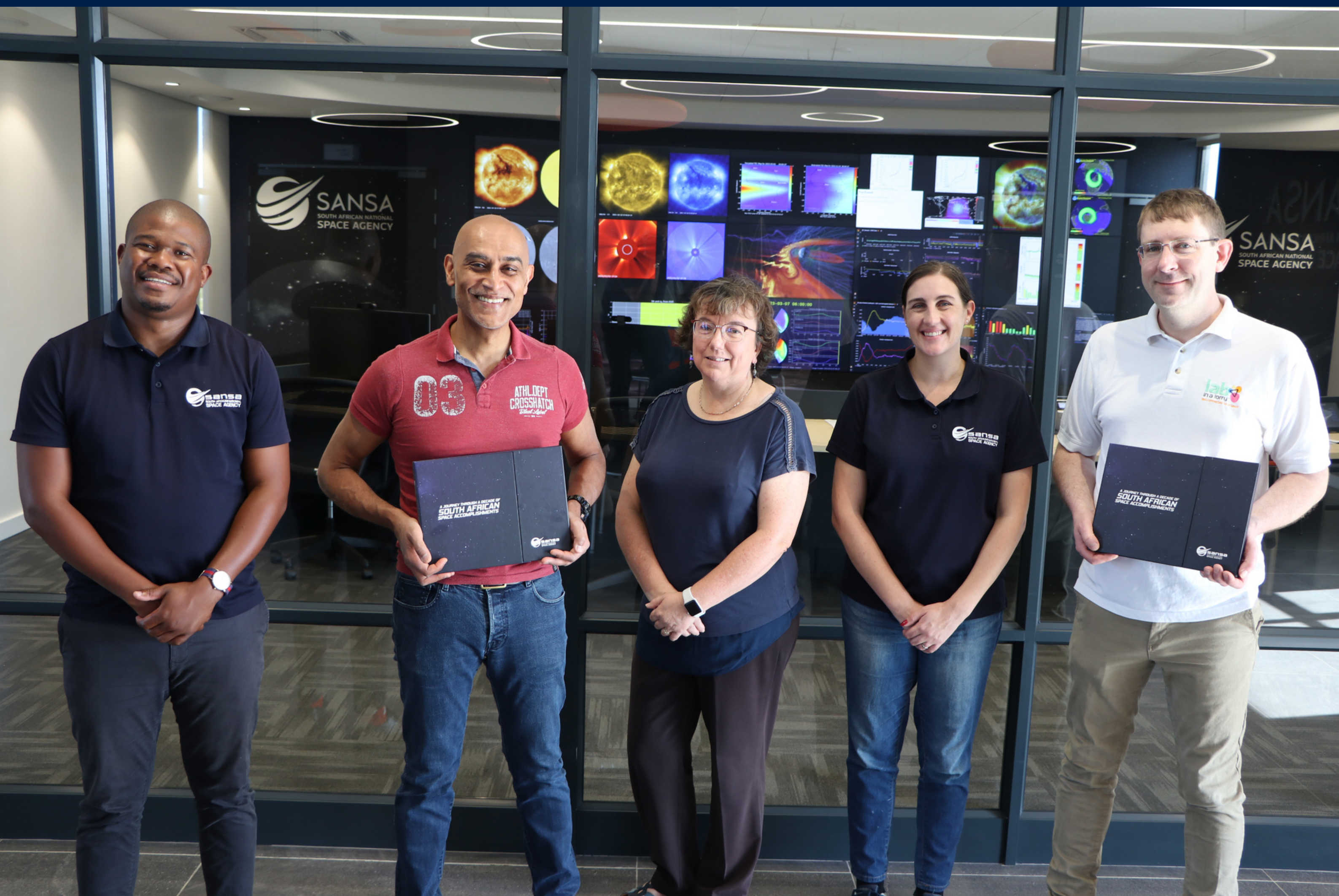
UK Space Academy Management Visit

Representatives from the UK Space Academy spent two days at SANSA Hermanus to work on a joint funding proposal for science engagement in South Africa and Africa.

Anu Ojha and David Wilkinson also gave an inspiring Space Talk lecture that is available to watch on the SANSA Youtube channel:

<https://www.youtube.com/watch?v=W7Ex2GnYqHI&t=1218s>

The duo enjoyed their time in Hermanus, especially the sunny weather and managed to do some tortoise spotting on-site. A team from the UK Space Academy will be back in April to deliver on the current collaboration project with the SANSA Science Engagement teams.





WELCOME

Two new solar physics masters students joined SANSA this week. Abigail Mthethwa from UJ and Siphumulele Ndlovu from UKZN will be working with Marty Snow for the next two years. Siphumulele will be analyzing hyperspectral images of the Sun to calculate an improved activity index. Abigail will be analyzing flare data at different wavelengths to improve real-time flare forecasts.



Please join SANSA in welcoming Thuletu Msweswe (Finance Intern) and Talifhani Nesengani (HR Intern) to the SANSA Hermanus site. They started on 1 March 2023

Ditching Negative Self Talk



Negative self-talk is something that most of us experience from time to time, and it comes in many forms. We're all familiar with the nasty voice inside our head telling us we're not good enough. That mean voice can impact everything from your relationships to the chances of seizing opportunities... even how you perform in your work. Shakespeare wrote, "There is nothing either good or bad, but thinking makes it so". Focusing on negative thoughts may lead to decreased motivation as well as greater feelings of helplessness. By now you should know that I absolutely love Michael Kerr - The Workplace Energizer Here are some phrases he suggests you ditch if you want to feel more positive and confident:

1. Switch from "I HAVE to do that" to "I GET to do that." this shifts you from an obligation mode to opportunity mode.
2. Instead of "Why is this happening to me?" try, "What am I learning from this?" This helps you shift from a complaining mindset to a growth mindset.
3. Rather than "This is too complicated," shift to "I don't understand this...yet."
4. Rather than "I failed" say, "This attempt didn't work out."
5. Swap out "I can't do that" to "I can try to do that" This offers you the opportunity to learn or accomplish something without setting expectations too high.

And just for nowInstead of saying “no one knows what going on in the company” say “we really do not have a boring workplace and in due course, I'll know what I need to know”

Contain your destructive self-talk by allowing yourself to only criticise certain things in your life or be negative for only an hour in your day. This limits negativity.

As a golden rule, if you wouldn't say it to an acquaintance don't say it to yourself. Choose to be your own biggest cheerleader - using positive internal dialogue to inspire and coach yourself into grasping opportunities, trying new things, and growing in confidence.

HR

SPACE WEATHER

MON

Solar activity is low with background X-ray flux at C-class levels. Several C-class flares were observed in the past 24 hours with the largest being C5.5 from AR3235. There are eight sunspot regions on the visible solar disk showing simple to complex magnetic configurations. The solar wind speed is strong ranging between 600-771km/s due to combined effects of the high-speed stream (HSS) from coronal hole 79 (CH79) and a coronal mass ejection (CME) which left the sun on 24th of February. There are a few filaments on the visible solar disk which appear to be unstable and will need to be monitored for any potential lift-offs. There is no earth directed CME observed in the past 24 hours. Geomagnetic conditions have been mostly at unsettled to active levels with isolated G1/Minor and G2/Moderate storm intervals. Local HF working frequencies are near monthly predicted values.

TUE

Solar activity is low with background X-ray flux at lower C-class levels. Several C-class flares were observed over the past 24 hours, mostly originating from AR3234. There are six sunspot regions on the visible solar disk with simple to complex magnetic configurations. The solar wind speed is at strong levels with speed ranging between 740-855 km/s due to the combination of CME arrivals and the high-speed stream (HSS) influence from coronal hole 79 (CH79). 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 lift-offs. G2/Moderate to G3/Strong storms were observed for the past 24 hours. Local HF working frequencies are near monthly predicted values.

WED

Solar activity is low to moderate with background X-ray flux at C-class levels. Two M-class flares were observed with the largest being an M8.6 at 28/17:44UT. There are six sunspot regions on the visible solar disk with simple to complex magnetic configurations. The solar wind speed is ranging between 600-710 km/s due to continuous effects the high-speed stream (HSS) influence from coronal hole79 (CH79). The M8.6 flare produced a CME; further analysis will be done to determine if there is any Earth-directed component. No other further 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 slight movements and will be monitored for any possible lift-offs. Geomagnetic conditions are at quiet to unsettled with isolated intervals of active periods. Local HF working frequencies are near monthly predicted values.

THU

Solar activity is low with background X-ray flux at C-class levels. Several C-class flares were observed with the largest being a C9.2 at 02/04:50 UT from AR3234. There are eight sunspot regions on the visible solar disk with simple to complex magnetic configurations. The solar wind speed is at elevated levels ranging between 500-660 km/s due to continuous effects the high-speed stream (HSS) influence from coronal hole79 (CH79). 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 slight movements and will be monitored for any possible lift-offs. Geomagnetic conditions are at quiet to unsettled levels. Local HF working frequencies are near monthly predicted values.

FRI

Solar activity is moderate with background X-ray flux at C-class levels. Several C-class and an M3.8 flare was observed during the past 24-hours. The M3.8 flare was observed from AR3234 at 02/21:16 UT and was associated with a CME. There are nine sunspot regions (three new) on the visible solar disk showing simple to complex magnetic configurations. The abovementioned CME will be analyzed for any Earth-directed components once imagery becomes available. No further Earth-directed CMEs were observed. There are a few filaments on the visible disk that will be monitored for any possible lift-offs. Solar wind speed is elevated above background levels with speed ranging between 530-600 km/s due to the waning high-speed stream (HSS) influence from coronal hole 79 (CH79) and a weak HSS influence from the small, leading portion of coronal hole 81 (CH81). Geomagnetic conditions are at quiet to unsettled levels with two isolated active intervals. Local HF working frequencies are near monthly predicted values.