



PSSA new council

Welcome and Introduction

President



President: Professor Faadiel Essop

Prof. Faadiel Essop completed his undergraduate studies and PhD degree at the University of Cape Town. At the end of 1998 he took up a postdoctoral fellowship at the Hatter Heart Research Institute at the University of Cape Town's Faculty of Health Sciences. Here, he worked under the tutelage of Profs. Lionel Opie and Michael Sack

(currently at the NIH), elucidating cardioprotective pathways in response to hypoxia and also the pathogenesis of obesity/type 2 diabetes-related heart diseases. During 2004, his joint research work with Prof. Heinrich Taegtmeyer (University of Texas-Houston Medical School) received the Young Investigators award at the annual meeting of the American College of Cardiology. Prof. Essop was also awarded a prestigious Fulbright scholarship to spend time (2005-06) in Professor Heinrich Taegtmeyer's laboratory, a world leader in cardiac metabolism, at the University of Texas-Houston Medical School. During February 2007, he migrated across the Liesbeek River and joined the Department of Physiological Sciences (Stellenbosch University) as Associate Professor. During 2009 Prof. Essop was appointed as chairperson of the Department of Physiological Sciences and promoted to full professor from the beginning of 2011.

The Cardio-Metabolic Research Group (CMRG) is headed by Prof. Faadiel Essop. The mission of the CMRG is to investigate the underlying mechanisms driving the onset of the metabolic syndrome, type 2 diabetes and heart disease. The CMRG's research initiatives are highly relevant since future projections indicate that type 2 diabetes and heart disease will be the major cause of death in developing countries within the next few decades, with those in their prime labor years to be hardest hit. Projections indicate a significantly increased burden of disease that will have serious socio-economic implications including greater health-care costs and diminished productivity. These alarming projections together with the limited research capacity within South Africa in the cardiovascular diseases field have led to the CMRG focusing on the metabolic syndrome, a cluster of factors (e.g. hyperglycemia, dyslipidemia, high blood pressure), that predispose individuals to greater risk for the onset of type 2 diabetes and heart disease. Specifically, the major focus of the CMRG is to investigate the effects of elevated metabolites (glucose, lipids) on the development of insulin resistance/diabetes and heart diseases (ischemia, acute heart failure). The CMRG is also investigating the effects of HIV anti-retroviral treatment on the development of cardio-metabolic diseases.

Prof. Essop currently resides in Paarl and is married to Dr. Rehana Essop. They have three children, Ziyaad, Aaliyah and Yasin. His hobbies include travelling to really interesting destinations, reading and discussing philosophical issues relating to modern-day living, playing tennis and watching great sporting events.

Vice-President



*Professor David A. Gray; BSc, MSc, PhD
Head of School of Physiology, University of Witwatersrand, 2006 - present*

Dave Gray was born in Newcastle upon Tyne in the North-East of England and he was educated (BSc and MSc) in England prior to taking up his first job as a research scientist in the Division of Endocrine Physiology and Pharmacology at the National Institute for Medical Research (NIMR), Mill Hill, London. At the NIMR he was privileged to work with John Parsons, one of the pre-eminent researchers

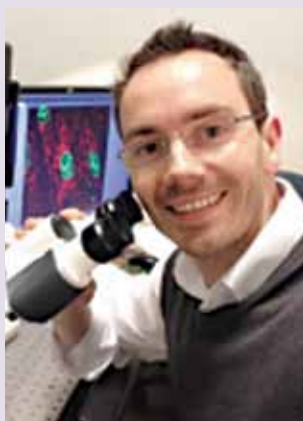
of the time, in the field of parathyroid hormone physiology. In 1981 he moved to Germany to work at one of the Max-Planck Institutes at the W.G. Kerckhoff Institute for Clinical Research located in Bad Nauheim, just north of Frankfurt. At the Kerckhoff Institute he carried out research into the endocrine control of salt and fluid balance, primarily in birds, and during his time there he was

again privileged to work with two world renowned physiologists, Eckhart Simon and Ted Hammel. During the period 1986 and 1987 Dave was awarded an overseas scholarship by the Max-Planck Society and completed his PhD at the University of Port Elizabeth, South Africa where he carried out studies in the field of osmoregulation in sea birds under the guidance of Theunis Erasmus.

In 1992 Dave left Germany to return to South Africa, spending two years at Rhodes University in Grahamstown, before joining the Department of General Physiology, which was one of two physiology departments at the time, at Wits. His research interests continued to be in the field of avian osmoregulation, however, following the amalgamation of the two Departments of Physiology into a single department in 1996, the focus of his work moved to that of avian thermal biology, specifically the febrile response in birds. Much of his work involved collaboration with colleagues in Australia and Canada and to date he has published more than 100 research articles, all in international journals.

Dave was appointed Head of the School of Physiology at the University of Witwatersrand in October 2006.

Secretary/Treasurer



Dr Ben Loos; PhD

Dr Ben Loos is a Senior Lecturer and Principal Investigator in the Department of Physiological Sciences at the University of Stellenbosch. Ben obtained his PhD in Physiological Sciences, Stellenbosch University, investigating cell death modalities and autophagy in

ischaemic injury. Already here he employed life cell imaging and FRET techniques to assess cell death dynamically, something that has 'stuck', and is carried on in his research approach.

My research focuses on the relationship and role

of protein degradation through macroautophagy and cell death susceptibility in cellular pathology of neurons in the context of neurodegeneration and gliomas. Autophagy is an essential process that allows cellular survival in stress conditions through the degradation of long-lived proteins. Since the vast majority of proteins in the cell are long-lived, its metabolic contribution is significant. We thereby focus on cellular metabolism, mitochondrial morphology and function, tubulin and transport systems, the cytoskeleton and ATP consumption. Central to our approach is a dynamic perspective on the cell's function and its stress response, in context of its current intracellular and extracellular metabolic parameters. We often rely heavily on 'high end' microscopy techniques, and utilize life cell imaging, fluorescence resonance energy transfer (FRET), fluorescence recovery after photobleaching (FRAP) or super-resolution structured illumination microscopy (SR-SIM) to generate data that can be utilized for statistical analysis or modelling. Central to all research topics is the quantitative analysis of autophagic flux through a control analysis approach.



Member



Professor Saartjie Roux
(née Scribante)

My academic career started at the University of Potchefstroom, now called the North West University. Under the tutelage of Prof Piet Pretorius, one of the founders of the PSSA, I completed my Masters by investigating the effect of stress on the function of the heart. I subsequently joined Dr Aletta Meyer at the MRC Pineal Gland Research Unit, University

of Pretoria, where I completed my doctoral research on the effect of malnutrition on neurotransmitter synthesis in different brain areas.

My current research at the Nelson Mandela Metropolitan University (NMMU) focuses on the metabolic changes that occur during the development of Type 2 Diabetes. We use an insulin resistant rat model. The efficacy of *Sutherlandia frutescens* as a treatment for diabetes is an ongoing research interest. Linking diabetes with

the development of colorectal cancer has now also become part of our research. Being part of the development team for the MSc Nanoscience course (a DST initiative), the treatment of colorectal cancer with gold nanoparticles, conjugated with a peptide, became one of our new exiting research interests.

I was appointed as an academic at the University of Port Elizabeth (now NMMU) to establish Physiology curricula for various courses in health care professions. I later introduced Physiology 2 in the BSc curriculum and am very excited that Physiology 3 is now being offered for the first time since 2014. Furthermore, I have served as a council member of the African Association of Physiological Science for the past 8 years and am currently the treasurer. This wonderful opportunity brought me in contact with Physiologists over the world (especially at IUPS meetings), but especially in Africa. As a council member of PSSA, I look forward to continuing to meet with and serving the interests of Physiologists locally and abroad. Aside from my role as an academic, I am also a wife and mother to two daughters (aged 32 and 30) and a son (aged 29). My family shares my passion for Physiology as my husband, three of my brothers-in-law, and both my daughters are medical doctors, so lively discussions regarding any and all aspects of Physiology are the norm in my household!

Member



Professor Edward Ojuka

Edward Ojuka is an Associate Professor in the Department of Human Biology at the University of Cape Town. He obtained a PhD degree in Exercise Physiology from Brigham Young University, USA and completed a four year post-doctoral fellowship at Washington University School of Medicine in St

Louis Missouri. He is a Ugandan citizen.

Prof Ojuka is a member of the UCT/MRC Research Unit for Exercise Science & Sports Medicine and a leader of a dynamic research team that investigates molecular mechanisms by which excess fructose consumption causes type 2 diabetes as well as the protective effects of regular exercise. The thrust of his research is to elucidate the molecular mechanisms by which high-fructose consumption induces mitochondrial dysfunction in skeletal muscle. He has published on GLUT4 regulation by exercise, CaMK, AMPK and fructose; presented his work at numerous local and international conferences; co-edited volume 60 of *Medicine and Sports Science* monograph and is the local organizer of Mitochondrial Physiology School which is scheduled to take place in Cape Town in March 2015. Apart from research, Prof Ojuka also teaches undergraduate and graduate courses in endocrinology, human body fluids, renal physiology and metabolism.

Member



Dr Mary Pipedi-Tshekiso, BSc, BSc (Med) Hons, MSc, PhD

Dr Pipedi-Tshekiso is a lecturer in the Department of Biological Sciences at the University of Botswana, teaching in the areas of Anatomy and Physiology and specializing in Cardiovascular Physiology. She supervises both undergraduate and postgraduate research.

She has received awards such as the Logan's Prize for the best Presentation at the Congress of the Physiology Society of Southern Africa (PSSA) Stellenbosch, 14-17 September, 1999 and the Billiton Bronze Medal Award for the best Postgraduate Research, from the South African Association for the Advancement of Science in May, 2000.

She is a member of the International Multidisciplinary Research Group and her major research interest is in 'The Role of Traditional Medicine in Stress related Physiological Disorders: Hypertension, Diabetes and Liver Toxicity.' Given their pathological relationship which includes the narrowing of vascular lumen, atherosclerosis, retinopathy etc., a safe holistic approach is fundamental in order to reduce morbidity and mortality due to these disorders.

The dynamic lifestyle in terms of food, culture and working habits poses a challenge in the form of physical and mental stress, which ultimately translates into oxidative stress. Modern medications are mainly directed towards relieving the symptoms of the advanced manifestation of the disease rather than addressing the root cause. Utilisation of natural herbs are key in mobilising the body's natural healing process in a coordinated and safe manner.

Publications include: The South African Journal of Science, Journal of Applied Zoological Research, Scientific Research and Essays, International Journal of Food Agriculture and Veterinary Science.

Member



Dr Saramarie Eagleton

Saramarie Eagleton is a Senior Lecturer in the Department of Human Anatomy and Physiology in the Faculty of Health Sciences at the University of Johannesburg. This department is responsible for teaching the students of the different disciplines basic Anatomy and Physiology during their first and second years of

studies. We do not have any postgraduate students registered to do Anatomy or Physiology. I am assisting the Departments of Podiatry and Biomedical technology by supervising students registered for B.Tech (Hons.) and M.Tech. with a co-supervisor of the specific discipline.

My interest in education made it easy for me to follow the teaching track and thus I obtained a masters and doctoral qualification in Physiology education. My research for my doctoral degree included developing a model for whole brain learning; that includes inquiry based learning to develop logical thinking, critical thinking skills to encourage analytical thinking, lateral thinking to cultivate a holistic approach to learning and problem-based learning to inspire application of knowledge. Currently I am involved in research with a group of researchers who are interested in aspects concerning 'A socially just pedagogy'.

I have presented my research at various national and international conferences and published in Advances in Physiology Education.



PSSA 2014

The council wishes to sincerely thank Prof Mahendra Channa and his local organizing committee to host a wonderful PSSA 2014, which was characterized by high quality presentations, interactions and social events.

In 2014, again a special PSSA student session was held, chaired by Dr Peace Mabeta (Pretoria University) and Dr Ben Loos (Stellenbosch University). A fantastic panel of academics was set up and geared to answer real life questions related to career choices, focus areas, funding, opportunities, global competitiveness, scientific writing, publishing and how to choose a supervisor. One of the major wishes and needs precipitated, dealing with access to instruments, best national and international exposure and collaboration across the laboratories. These have been taken note of. The new PSSA website has been designed in a way to allow many of these areas to be addressed, such as a equipment database, information on researchers and their focus areas in SA, funding opportunities to foster exchange etc.



Profs Erlwanger, Nkeh-Chungag, Okuja, Goswamy and Dr Sishi, providing answers during the PSSA student session. This session was marked by open, honest and fun discussions around physiology and matters that matter.



PSSA 2015 conference

The 43rd annual conference of the Physiology Society of Southern Africa will be co-hosted by the University of the Witwatersrand and the University of Johannesburg from the 6th to the 9th of September 2015 at Khaya Ibhubesi, situated in the idyllic Free State town of Parys. The conference will include a Teaching and Learning workshop on Sunday the 6th September with distinguished keynote speaker Dr Dee Silverthorn from the University of Texas. The theme of this year's conference will be "Physiology with impact".

Important dates for the conference:

Registration Opens:	15 April 2015
Early Bird Registration Deadline:	24 May 2015
Registration/Abstract Deadline:	30 June 2015
Student Abstract Deadline:	24 July 2015
Late Registration Deadline:	24 July 2015

Details regarding registration will follow in due course.



PSSA WEBSITE LAUNCH

Finally, after many months of work, the new PSSA website will be launched. Updated information, new database and registration systems and interactive communication platforms will move the PSSA

WATCH THIS SPACE!!

Call for membership registration:

Current annual membership fees:

Full members R 400; Student members R100.

Benefits of Membership include:

- Student travel fellowships for conference attendance support
- Discount in registration fees for annual PSSA conference
- Eligibility for PSSA conference awards
- Access to information on equipment availability and expertise in specific methodologies
- Academic support
- Increased visibility of research activities

Contact for information:

Dr Ben Loos, secretary and treasurer

bloos@sun.ac.za.



Training and Skills development



University of Freiburg (Germany)

INTERNATIONAL PhD PROGRAM

The Spemann Graduate School of Biology and Medicine (SGBM),

an interdisciplinary international graduate school funded by the German Excellence Initiative of the German Research Foundation is recruiting students in the following research fields:

- **PROTEIN STRUCTURE AND FUNCTION**
- **SYNTHETIC BIOLOGY AND SIGNALLING**
- **DEVELOPMENTAL BIOLOGY**
- **NEUROSCIENCES**
- **IMMUNOLOGY AND VIROLOGY**
- **MOLECULAR MEDICINE**
- **MOLECULAR PLANT SCIENCES.**

SGBM relies on the expertise provided by the Excellence Clusters BIOS (Center for Biological Signalling Studies) and BL-BT (BrainLinks-BrainTools), several outstanding collaborative research centers as well as the Max Planck Institute of Immunobiology and Epigenetics and the Bernstein Center Freiburg (BCF).

This innovative research and training program (run entirely in English) includes a **Fast Track** program as well as an **MD/PhD program**.

Freiburg is one of the most attractive cities in Germany, close to the trinational border to France and Switzerland.



WHAT WE OFFER:

- a 3-year doctoral fellowship
- a high-profile research environment
- an efficient supervision and mentoring program
- courses in novel technologies and soft skills
- an interdisciplinary teaching program
- a campus in the center of the city with lecture hall, social & guest rooms

WHAT WE EXPECT:

- an excellent recent university degree: M.Sc. or German diploma (also candidates about to obtain such a degree are welcome to apply) or a B.Sc. with enrollment in a master program for the fast track program
- motivation and interest to join one of the interdisciplinary research areas of the graduate school
- excellent communication skills in English
- interest and creativity to shape your own project and select your thesis committee
- interest in participating actively in the curricular and social activities of the school

ARE YOU INTERESTED?

Then use our online application system at: www.sgbm.uni-freiburg.de
Please refer to the instructions indicated in the section Application.

APPLICATION:

OPENS ON FEBRUARY 16 AND ENDS ON MARCH 29, 2015.

Interviews will take place on June 24-26, 2015. Decisions will be communicated by early July 2015. Selected students will start in September 2015.



7th MITOCHONDRIAL PHYSIOLOGY SCHOOL, MARCH 2015

Mitochondrial conference 2015

The PSSA is supporting the upcoming mitochondrial meeting, hosted at UCT in March 2015. Please make use of this wonderful opportunity to focus on and learn more about mitochondrial function, dysfunction and the assessment thereof.

The “Best Method” Award

The “Best Method” award was instituted and awarded by the Society at the 42nd annual conference in 2014. The award is presented to a young researcher for the best method (originality/appropriateness and correctness) showcased during an oral presentation in the Physiological Sciences that has been entered into the Wyndham Competition at the Annual PSSA Conference. The award allows for innovative and inventive scientific techniques to be recognized and awarded.

Useful links in Physiology

International Union of Physiological Sciences www.iups.org/

International Organization of Psychophysiology <https://iopworld.wildapricot.org/>

The Physiological Society <http://www.physoc.org/>

Society for Integrative and Comparative Biology <http://www.sicb.org/>

American Physiological Society <http://www.the-aps.org/>



Call for nominations

**We wish to ask the
physiology society to nominate
candidates for the following awards:**

Honorary Fellowship Award

PSSA Award for Excellence in Physiology Research

This award honors well-established, physiologists who have proven their research excellence over a period of time.

The recipient should:

- have an excellent national profile and a high level of international recognition.
- have added value to the society through research innovation
- be an active contributor at the PSSA congress in terms of the research presented by themselves and/or their students and the fostering of critical thinking and discussion.

Best article award:

This student award honors the primary author of a high quality, high impact, high visibility manuscript published in the previous (2014) year.

Send your nominations to:

**Dr Ben Loos, secretary and treasurer,
bloos@sun.ac.za.**





Dept of Emergency Medical Sciences at CPUT (Bellville campus) found in the newly constructed building (adjacent to old Edu Building)

CPUT's Emergency Medical Sciences Department Spearheads National Standardization of Physiology in Emergency Care Programmes

Cape Peninsula University of Technology

Physiology is deeply rooted in all clinical professions and this is equally true in the field of Emergency Medical Care (EMC). In South Africa, Emergency Care (EC) programmes are offered at Higher Education

Institutions (HEIs) such as Cape Peninsula University of Technology (CPUT), University of Johannesburg (UJ), Nelson Mandela Metropolitan University (NMMU), Central University of Technology (CUT) and Durban University of Technology (DUT). Physiology is an undergraduate foundation subject in first and second year and is followed by Pathophysiology usually in their third year of study. The EC undergraduate is taught to contextualise physiological changes in pathological conditions relevant to their field of study.

The EMS Department (CPUT) envisions an EMC graduate who has effectively assimilated and integrated their knowledge of physiology with the major subject, EMC and in so doing, producing a clinical practitioner with sound anatomical and physiological background. Many HEI's offering EC programmes are dependent on physiologists from service departments such as Physiological Sciences and Biomedical Sciences to present this subject to the undergraduates.

These EMS students are invariably taught simultaneously with students who are registered for other health science programmes such as biomedical sciences,

nursing, radiography, etc. It is unknown to what extent the applicability of the course content and the National Qualifications Framework (NQF) levels stipulated by the Council for Higher Education (CHE) for EMS students

are considered or applied under these circumstances. It therefore may be that EMS students are taught at an inappropriate NQF level and not specific to the requirements of their profession.

Having proactively identified potential misalignments such as relevant course content and application of the correct NQF levels within the EC programmes, the EMS department at CPUT requested and obtained approval from the Professional Board for Emergency Care (PBEC), Health Professions Council of South Africa (HPCSA), at the standards generating body for the profession, to nationally standardise the physiology curriculum. The physiology and emergency medical care academics in the EMS department (CPUT) have embarked on the national alignment and standardization of physiology with EMC by working closely with South African HEIs currently offering these programmes.

Physiology remains a crucial component in EC programmes, and while it is viewed as integrated within these programmes its significant contribution to the development of competent EC graduates is affirmed by the HPCSA and all sister-accredited HEIs



Dr K. Gamselien (EMS A&P Coordinator/Lecturer) and BEMC I Anatomy I students



(Front right to left) Dean of the Faculty of Health and Wellness Sciences, Prof. D. Gihwaa, EMS A&P Coordinator, Dr K. Gamselien, Head of Department of EMS, Mr L. Christopher, Former 1st Yr EMC Coordinator, Mr S. Sibusa, and the BEMC I Anatomy I students



Reflections on PSSA 2014 – the Austrian Perspective

Prof. Nandu Goswami (plenary speaker)

The PSSA 2014 meeting was one of the best meetings I have attended. Not only was the meeting organization excellent, it was also attended by a large number of both young and more experienced physiologists. The great interaction during the meeting between the students and the academics was clear to see. In fact, the student sessions, including the competitions, were the highlights for me. In addition to being very competitive, I found the enthusiasm and motivation of the students to be at very high levels. In addition, the student presentations as well as the research they presented were of a very high quality.

I have always been fascinated by Durban. As I am from an Indian origin, Durban is considered a second home for most Indians. Indeed, the warmth of the people of Durban really touched me.

The social program provided by the organizers (Prof. Channa and Dr. Nadar) was excellent. The dinner at the wonderful uShaka Marine Park, where we feasted surrounded by sharks, was great. This will also be one of the memories that I will always treasure. Of course, the highlight at the social gala was the student prizes. Wow! I have never seen so many motivated and proud Physiology students. I also noticed that the awards meant a lot to the students. Indeed we should encourage such activities as part of every Physiology meeting. Thank you PSSA for taking this event to new levels. Another highlight of the dinner was the dances organized by the very able DJ 'Tintin'! It was really a big party, with the students very reluctant to go back to the buses!

As I flew back to Europe, I thought a great deal about the wonderful PSSA 2014 congress and what it offered. This congress offers a lot not only in terms of high quality research, but also its emphasis on student development, especially in the area of Physiology. Noticing such a large number of Physiology students engaging in high quality research was a great privilege. In fact I was so impressed with the PSSA and its values that I have decided to become a member!

I would also like to commend the PSSA for taking a leading role in Africa. I noticed a number of delegates from other African countries such as Nigeria, Zambia, etc. who wished to learn about the PSSA and then set up their Physiological societies along similar lines. No wonder that many of those foreign participants were actually regularly attending the PSSA meetings. As capacity building in Africa is particularly important, the initiative of the PSSA researchers to allow foreign physiologists to visit their labs following the PSSA meeting was particularly heart-warming. This is really the true African spirit of giving and being a 'brother's keeper'.

As secretary of the Austrian Physiological Society, I can confirm that I totally support the PSSA initiative of joining up with sister physiological societies. Here PSSA president, Prof. Faadiel Essop, and I have had good discussions around this matter and we are now going to discuss this idea at our next Austrian Physiological Society meeting in June 2015 - I would look forward to welcoming the PSSA as a sister society to the Austrian Physiological Society! I am also totally in support of the South African bid for IUPS in the future.

I would like to thank my collaborator, Prof Hans Strijdom of Stellenbosch University, for helping to organize my trip to the PSSA. In addition, during the course of my visits to South Africa he has also become a personal and a dear friend as well as a valued colleague. I am also grateful to Profs. Mahendra Channa and Faadiel Essop for hosting me and taking very good care of me during my stay in Durban. A big thank you! The warmth of the people of Durban really touched me and the PSSA meeting allowed me to (re)experience African hospitality, the warm embrace of the African sun, and the great beauty of a truly rainbow nation. Keep up the good work, Physiological Society of South Africa!

PSSA 2014: From Nigeria to Umhlanga

Prof. Frank Mojiminiyi
(Usman Danfodio University, Nigeria)

This was my first ever PSSA meeting so I really looked forward to it. To be honest, I wasn't sure what to expect but I reasoned it shouldn't be too far from other international meetings I had attended. My wife and I opted to travel from Johannesburg to Umhlanga by car - the road network was smooth and we could sit back and enjoy taking in the beauty of the countryside. We reasoned this approach (versus flying) would leave us with time to view the South African countryside. We were not disappointed! The beautiful but dry landscape, the flat plains with cattle grazing lazily, mountains with mostly flat tops...in fact often the vegetation appeared a bit desert-like. This was surprising as we had always thought that South Africa would be wet and green, much like West Africa we just left behind. Perhaps we arrived during the dry season in South Africa?

It was a pleasure to be at the PSSA 2014 meeting at Umhlanga as for a PSSA-first timer like myself, the impression I had was that the science and the standard of presentations were comparable to conferences in Europe and America. However, the size of the meeting was a bit on the small side compared to those ones overseas or even to Nigeria. I was struck that that the science on display ventured quite deep down to the cellular and molecular levels and I think Africa is blessed to have South Africa on her continent; we must take advantage of this through collaborations and linkages. Fortunately, the PSSA under the leadership of Professor Faadiel Essop is keen on pursuing this road and I hope this will be continued. I was also impressed by the participation of young Physiologists and their mentorship by established ones. The van der Walt and Wyndham competitions were very keenly contested and the standard of the science and presentations were very high. It was a pleasure to serve as one of the judges and if I remember correctly, the ladies made a clean sweep of all the prizes for both competitions! This left me wondering whether men are going to become extinct in Science in future! However, those parts of Africa where female education is discouraged indeed have a lot to learn from South Africa.

The Young Physiologists session was a delight and the atmosphere was friendly. It was nice to get feedbacks from our younger colleagues and I believe the young ones benefitted from the advice and suggestions provided by established scientists - presented by way of interesting anecdotes. Sessions dedicated to young physiologists is a must for our meetings – essential for the future of Science and Physiology in Africa and the rest of the world.



continued

PSSA 2014: From Nigeria to Umhlanga

The social aspects of the meeting were great and the venue was good as it was very convenient to move from the room down the elevator and head straight for the conference hall. Dinner at the aquarium in the uShaka Marine World reminded me of the Biblical aphorism in Psalm 23:5 "...Thou preparest a table before me in the presence of my enemies"... We could see sharks swimming noiselessly and rather lazily from the safety of the ship while filling our mouths with delicious food! I'm happy I am still alive to tell the story and you, if were there, alive to read it!

After the congress I had the privilege of visiting Prof. Daneel Dieritch's lab at the University of the Western Cape, as well as the School of Physiology at Wits University. Here I presented some of our work and it was a pleasure to again meet up with Profs. David Gray, Gavin Norton, Angela Woodiwiss, Kennedy Erlwanger and Dr Ibrahim Ghandi. To sum up, it was a great congress and as it was my debut PSSA meeting I thoroughly enjoyed; in fact I look forward to attending many more. Please allow me to also invite you to attend meetings of the Physiological Society of Nigeria. As a starter, you should definitely consider attending the Association of African Physiological Sciences Congress to be held in Lagos (Nigeria) from 5th -8th September 2016. See you there, hopefully?!



*Prof. Frank Mojiminiyi
(Usman Danfodio University, Nigeria)*

Acknowledgments

I thank Prof. Faadiel Essop for encouraging Physiologists from outside Southern Africa to attend PSSA meetings. Many thanks to Prof. Daneel Dietrich for the invitation to her lab and for her hospitality. I also thank Prof. David Gray for his invitation, Prof. Gavin Norton for showing me round his lab and Prof. Kennedy Erlwanger for his collaboration and hospitality.