



Samaritane droogte se Moses

'n Groep organisatiewe van Boere Droogtehulp SA NPC wat die afgelopen maand of twee besig is om elke dag nuwe vriende te maak en die respek van mede-Suid-Afrikaners af te dwing. Droogtehulp van deruisende rande is in die afgelope twee projekte alleen aan boere in droogtegeteisterde gebiede in Suid-Afrika aangelewer. Daar word tans beplan aan die volgende projek wat binne die volgende twee maande weer vanaf Rustenburg vertrek. Van links is mnr en mev Hans en Ans van Wyk (heel links en heel regs) van Kleine Khomas Rustenburg, Piet Rich, Chris van Beljon, stigter van Boere Droogtehulp SA NPC en Fred Wille - bekende sakeman van Rustenburg. [Lees meer op bladsy 3.](#)

Lewenslank vir broerskind-verkragting - p 5

UFO spotted in three separate incidents - p 6



Gaan Zuma dalk eendag sit? - p 10

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Family gathering



Jack Russell

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in die omgewing by die hoek van Beyers Naudé en Zendelingstraat laasweek Vrydag. Hy is 'n baie vriendelike hondjie en reageer op sy naam "BOESMAN". Daar sal 'n beloning gegee word vir enige inligting rondom hom of wie hom wel vind. Kontak ons asb. op die volgende nummers 083 641 8437 of 063 787 7064 Enige hulp sal opegaan waardeer word.

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Baie geluk aan die inwoners van Huis Sering wat gedurende Januarie hul verjaardae gevier het. Op die foto verskyn Dina van der Merwe, Eldred en Chrissie Nicholas, Daphne Arenstein, middel: Lief Fourie, Les Reynecke, Johnny de Klerk, Orpa Boonzaaier en agter van links Theunette en Willie Engelbrecht, Jenny de Vries, Palesa Baseki en suster Rina Coetze.

Home Affairs working hours to be extended

RUSTENBURG HERALD-RUSTENBURG-The department of Home Affairs has recently released a statement saying that it will be extending its working hours at all modernised offices until 19:00 in the month of February.

This means that Home Affairs offices will serve clients from 08:00 in the morning until 19:00 in the evening on weekdays, for the whole month, excluding weekends. The department also said it will ensure that everyone who is inside an office at the time of closing receives the service they require.

"Home Affairs encourages people intending to visit our offices to do so as early as they can on their preferred day," the department said in a statement.

Applications for and collection of smart ID cards and passports will be prioritised during the extended operating hours. Other services such as issuance of birth certificates, death certificates and applications for amendments and rectifications will also be rendered. The department urges people, who had applied for smart ID cards more than two weeks ago, to visit the offices where they had applied for the documents to collect them. On average, the department has around 40 000 uncollected smart ID cards nationwide.

VOLUNTEERING LET'S MAKE A DIFFERENCE



Volunteer time at Hospice Rustenburg

RUSTENBURG HERALD
RUSTENBURG
Hospice
Rustenburg is seeking volunteers to join their winning team.

You can make a real difference by donating your time. Volunteers are needed to assist with various tasks at the office at 4 Boshoff Street. Hospice Rustenburg is a non-profit organization, founded in 1997, which provides home based palliative care to people with life limiting and life threatening illnesses in the greater Rustenburg community. For any queries, or more information please feel free to contact Reinette at (014) 592 8925 or you can e-mail her at hospiceshop2@gmail.com. They are also on facebook.



Wedding celebration

The wedding of Kenneth Nkina Motoma and Ikageng Johannah Rakgokong took place in January at Kgabalatsane, Greenside and Serutube, Moime section. Congratulations on your wedding. (Photograph by Philly Motswabang).



Rustenburg Herald



Rustenburg Herald

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Boere Droogtehulp maak 'n plan

RUSTENBURG HERALD - RUSTENBURG HERALD - Met sy jongste uitreik na die droogtegeisterde Gamoep, Aggenys en Springbok in die dorre Namakwaland waartydens letterlik honderde tonne se bale voor vir beeste en skape, kos en kruideniers vir boere en hul gesinne, skoonmaakkmiddels, hondekos, water en selfs dalk 'n geskenkie van wat vir "woenstynboere" (en hul vrouens) in die Oos-Kaap en Namakwaland afgelaai is, het Boere Droogtehulp NPC van Rustenburg nou loshande die grootste nie-winsgedreve organisasie in die land geword.

Só het Rustenburg Herald die afgelope week op verskeie forums berig nadat Boere Droogtehulp SA NPC se tweede reuse konvooi na die dorre Oos-Kaap, die Noord-Kaap en die Karoo as 'n groot sukses afgehandel is. Maar die jongste uitreikprojek was nie sonder sy eie probleme en skade nie.

Voorverlede week en die naweek daarop se uitreikprojek wat hierdie keer die Mielieprojek gedoop is, het kwaai teëspoed ondervind en die konvooi was nog nie eers op Derby nie toe die eerste vragmotor gebreek het. Nie veel verder nie het nog 'n vragmotor se ratkas ingegee en nog verder aan het talle vragmotors bande, vellings en selfs aste verloor.

Nogtans kon hierdie terugslae nie daarin slaag om die Samaritane te laat omdraai nie en weer eens is tonnevrugte se noodsaaklikhede by boere afgelaai wat hulle met trane van dankbaarheid na die aflaipunte gehaas het om groot verligting vir hulle gesinne en werkers, plaasdiere en troeteldiere te bring. Wat 'n mens nie altyd onthou nie, is dat die logistiek van die Boere Droogtehulprojek 'n mens letterlik dronkslaan en dat bloot die ontsettende hoe koste van die projek in dieseltuitgawes alleen, jou laat steier.

Ons het genoem dat die jonse Mielieprojek die tweede projek van sy soort was, maar dit is eintlik baie ver van die waarheid. Tot op datum het seker digby die 300 uitreike na die woestynlande plaasgevind en 'n mens slaan jou hande saam as jy hoor dat 'n klompie sakemanne, boere en helpers van Rustenburg, daarin geslaag het om die SA-regering se sogenaamde droogtehulpskemas te oorskadu.

Rustenburgers soos die plaaslike sakeman Fred Wille en etlike ander wat nie gehuiwer het om in te spring nie, het getuig dat 'n mens



Close windows when sleeping

RUSTENBURG HERALD - RUSTENBURG - The police in Rustenburg would like to warn home owners, that despite the hot weather conditions experienced lately in Rustenburg, they must refrain from going to bed with their windows open.

This warning comes after a number of cases were reported where victims woke up to find their possessions and valuables stolen. It was established that the victims fell prey to criminals as they left their windows open at night in order to avoid the hot conditions.

Theft out of motor vehicles still a concern in Rustenburg

RUSTENBURG HERALD - RUSTENBURG - Once again the police in Rustenburg would like to warn vehicle owners to refrain from leaving valuables in their motor vehicles in plain sight where criminals can see them at home or at shopping complexes and shopping malls.

This comes after the police, even in recent times continue to receive reports of theft out of motor vehicles incidents both at residential places as well as public areas.

Be careful at the banks

RUSTENBURG HERALD - RUSTENBURG - A warning has been given out by the police to business owners and those people depositing large amounts of money at the banks to be on high alert.

This follows an incident where a man was robbed of a large amount of money on Monday (3 February) before he entered a well known bank along Thabo Mbeki drive in the Rustenburg CBD.

According to information received at this stage, the man was on his way to deposit R20 000 when a silver grey Toyota with

four African male occupants stopped next to him, grabbed him and pinned him to the ground and robbed him of the money. The police said it would be in your best interest to always have someone accompany you when going to deposit and/or withdraw large amounts of money and also be aware of your surroundings.

Car dealers urged to be extra vigilant

RUSTENBURG HERALD - RUSTENBURG - Car dealers have been warned to be extra vigilant when allowing people to test drive their vehicles with the purpose of buying vehicles from them.

This warning comes after it was reposted a number of times about incidents where criminals will pose as potential buyers, ask for a test drive and speed off with the vehicle.

"We would like to warn car dealers to

Having your vehicle serviced? Be careful!

RUSTENBURG HERALD - RUSTENBURG - The police have had numerous cases where a motor vehicle owner would take their vehicle in for a service, then somehow criminals would intercept the conversation the person who did the service would call the vehicle owner to come and collect their vehicle the following day, then criminals would go and collect your vehicle and disappear with it.

According to Sergeant Ofentse Mokgadi, police spokesperson in Rustenburg it is not yet clear to the police how criminals achieve this but he warned vehicle owners to be extra vigilant and take note of this crime which has now made its way to Rustenburg.

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In Memoriam



Die roudiens van wyle Helena le Grange (62), wat op 24 Januarie 2020 oorlede is, het plaasgevind op Saterdag 1 Februarie 2020 om 10:00 by Oppieberg (Sparkling Waterspad). Johan en die kinders wil almal bedank vir hul liefde en ondersteuning gedurende die moeilike tyd. Vir meer navrae skakel Cobus 081 379 8919 of Wilna 074 200 2687 by Econo Begrafndsdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingsdienste. (217798)



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"Baby Onkarabile Bogopane, born to the angels: 27 January 2020 - To the Baby who was Never Born: A life inside me, a love so strong. He died inside me, but the love lives on. It broke my heart for him to go. I love him, I need him like he'll never know. I never held him, or heard him cry, And I wasn't ready to say goodbye. I never dressed him in tiny clothes, Or saw him smile as I tickled his toes. I cry for him in the night. It hurts so much, and no one can make it right". (217797)

The funeral of the late Mrs Gladys Matshaba will take place at Phokeng on Saturday 8 February 2020. For more information contact Simon Setlhabi 079 707 5499 at Econo Funerals. A service with love and dignity through Econo. Econo for funerals, cremations, policies and tombstones. (217798)



The funeral of the late Me Daphney Gwai will take place at Kanana on Saturday 8 February 2020. For more information contact Simon Setlhabi 079 707 5499 at Econo Funerals. A service with love and dignity through Econo. Econo for funerals, cremations, policies and tombstones. (217798)



The funeral of the late Donald Fogisa will take place at Dinikana on Saturday 8 February 2020. For more information contact Simon Setlhabi 079 707 5499 at Econo Funerals. A service with love and dignity through Econo. Econo for funerals, cremations, policies and tombstones. (217798)



Op 29 Januarie 2020 is ons geliefde pa, oupa en oupagrootjie, Steve de Villiers in die ouderdom van 87 jaar van ons weggenem. Hy sal altyd onthou word as liefdevol, sagegaard en baie behulpsaam. Ons gaan hom baie mis. Die diens vind op Vrydag 7 Februarie 2020 om 11:00 vanuit die Gereformeerde Kerk Rustenburg-Wes op die hoek van Sand- en Klopperstraat plaas. Vir enige navrae kan Sharon by 082 398 4949 of Patricia by 072 046 5232 gekontak word.



Kamogelo Mosime, a grade 2 learner of Tlhabane West Primary School passed away on 26 January 2020. He was born on 28 January 2011 and the memorial service took place on 30 January 2020.

The funeral of the late Mr Paul Nkomo will take place at Boitekong on Saturday 8 February 2020. For more information contact Simon Setlhabi 079 707 5499 at Econo Funerals. A service with love and dignity through Econo. Econo for funerals, cremations, policies and tombstones. (217798)

The funeral of the late Mr Esaah Pitso will take place at Lethabong on Saturday 8 February 2020. For more information contact Simon Setlhabi 079 707 5499 at Econo Funerals. A service with love and dignity through Econo. Econo for funerals, cremations, policies and tombstones. (217798)

The funeral of the late Mr Mias Myboy Legobye will take place at Boons on Saturday 8 February 2020. For more information contact Simon Setlhabi 079 707 5499 at Econo Funerals. A service with love and dignity through Econo. Econo for funerals, cremations, policies and tombstones. (217798)

FAMILY OF DOT WILTSHIRE

Losing a loved one is never easy. It's comforting though when all the arrangements were ready ahead of time, and we literally had no arrangements to make. Thank you Anel and her team from Rustenburg Crematorium for the highly professional manner in which our precious Mom and granny, Dot Wiltshire's cremation was handled. Thank you Anel for seeing me late on Sunday afternoon to collect her ashes, and for the beautiful bookmarks. May you all be abundantly blessed. Much love The Wiltshire family.

Rustenburg Herald



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Lewenslank vir broerskind-verkragting

RUSTENBURG HERALD - RUSTENBURG - 'n 45-jarige Afrikaanssprekende man is sowat 'n week gelede hier lewenslank tronk toe gestuur nadat hy skuldig bevind is daarvan dat hy sy broer se dogtertjie gemolesteer en verkrag het.

Die man is in 2015 op parool vrygelaat terwyl hy 'n lewenslange vonnis uitgedien het vir, onder andere moord en bedrog. Die man het in 2016 by sy broer en dié se gesin in Rustenburg kom woon. Kort daarna het hy met die broer se 10-jarige dogtertjie begin lol. Aanvanklik het hy eers net foto's van die kind geneem, maar later, soos wat sy hom meer begin vertrou het, het hy sy vergrype verder geneem deur video's te neem. Sy dade met die kind het vir ongeveer ses maande aangehou totdat haar ouer suster hul oupa daarvan vertel het.

Dié het onmiddellik die polisie gekontak en die man is op 19 Oktober 2016 in hegtenis geneem. Hy het daarna in die hof verskyn, maar het nooit borgtog ontvang nie. Op 5 Desember 2019 is hy skuldig gevind op 'n klage van verkragting, een van poging om 'n seksuele misdryf te pleeg en ook 'n klag van seksuele aanranding. Op 22 Januarie is hy tot lewenslange tronkstraf gevonnis vir die verkragting en vir die ander klagtes het hy vyf jaar tronkstraf elk ontvang. Die vonnis sal gelyktydig uitgedien word. Genl Arthur Adams het die ondersoekbeampte, AO Thinus Else geluk gewens vir sy toewyding en deursettingsvermoë om die saak so deeglik deur te sien. "AO Else se ondersoekwerk het toegesien dat hierdie beskuldigde nooit weer in 'n posisie sal wees om onskuldige kinders te skaad nie," het die generaal gesê.

* Die man se identiteit mag nie bekend gemaak word nie om die slagoffer te beskerm.

Rape and robbery suspect behind bars



Constable
Keorapetse
Ramokgadi.
(Photograph by
Jabulani Senyatso).

RUSTENBURG HERALD - RUSTENBURG - The Rustenburg Regional Court recently sentenced Machafa Mateu (26) to 10-years imprisonment for rape and another 25-years for housebreaking with intent to rob and robbery with aggravating circumstances.

According to information received from police spokesperson in the Rustenburg Cluster, Sergeant Ofentse Mokgadi, Machafa, together with four of his accomplices, forced entry into the victim's house in Kroondal armed with big knives and machetes around midnight in February 2016 and demanded cash and other valuables.

While the incident unfolded, suspects burned the man, a homeowner with a hot iron on his stomach, then raped and burned the wife on her buttocks and a minor. The wife was raped by Machafa.

Constable Keorapetse Ramokgadi was assigned to the case, and with the assistance of his colleagues, he managed to arrest the four suspects and Machafa. Three suspects were granted bail while another was sentenced, the three suspects have since evaded their court appearance and are now being sought by the police.

The SAPS management in Rustenburg would like to applaud the sterling efforts done by Constable Ramokgadi and his team.

Four arrested for stolen furniture



Some of the stolen items that were recovered by the police (photograph provided).

RUSTENBURG HERALD - RUSTENBURG - On Thursday (30 January), members of the South African Police Service (SAPS)'s National Intervention Unit (NIU), who are on detachment duties in the Rustenburg Cluster, acted on information received and arrested four suspects, aged between 30 and 57 years, for the alleged possession of stolen goods at Mamba informal settlement near Mooienooi.

According to Sergeant Ofentse Mokgadi, police spokesperson in Rustenburg, this arrest followed after a number of business burglary cases were reported since late last year from a furniture shop warehouse in Marikana. The suspects were found in possession of some of the items worth over R40 000, which are alleged to have been stolen from the warehouse.

The suspects were expected to appear before the Brits Magistrate's Court on Monday (3 February), on charges of possession of suspected stolen goods and burglary at a business.

Major General Arthur Peter Adams congratulated the police members on this success and expressed his sincere appreciation on a job well done.

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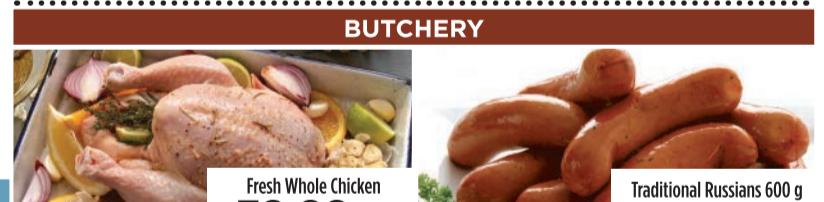
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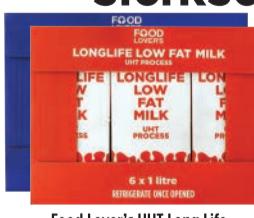
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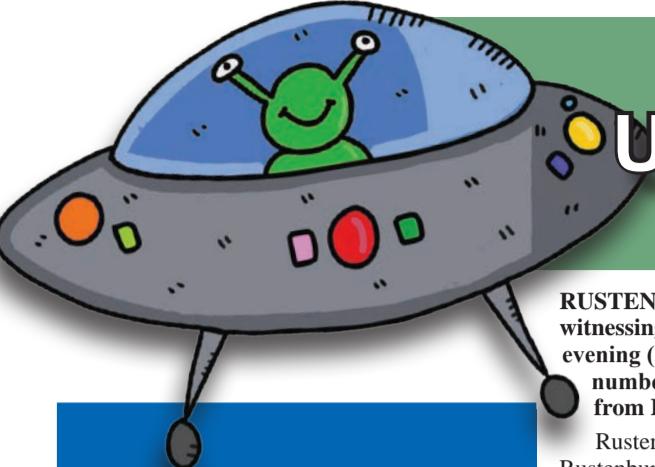
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UFO spotted in three separate incidents

RUSTENBURG HERALD - RUSTENBURG - A Rustenburg family is still in awe after witnessing what is at this stage still speculated to be a UFO sighted in Rustenburg on Sunday evening (2 February). All of a sudden social media platforms seem to reflect an increasing number of strange and unprecedented UFO (Unidentified Flying Objects) sightings ranging from Rustenburg to Port Elizabeth and even Cape Town during the past few weeks.

Rustenburg resident Dunstan Nel told Rustenburg Herald that he almost fell from his chair on Sunday evening as he and his wife were

enjoying a after-dinner coffee in the backyard of their home in Waterval East. The couple resides at Little Falls in close proximity to the Iveco.

AfriForum se Rustenburgtak gaan voort met volhoubare skoonmaakprojek

RUSTENBURG HERALD - RUSTENBURG - Die AfriForumtak in Rustenburg het op 30 Januarie 2020 voortgegaan met hul volhoubare skoonmaakprojek deur die gras op die synaadije van Fatima Bhavafstraat te sny.

Dit volg nadat die tak dié projek op 7 November 2019 geloods het nadat gemeenskapslede ongelukkig was oor gestrooide rommel en gras wat nie gesny word nie. Sedert die projek van stapel gestuur is, word strate in verskeie gebiede in Rustenburg twee tot drie keer per week skoonemaak. “Lang gras in openbare spasies bied wegkruipplek vir kwaaddoeners en veroorsaak dat misdadigers



Die AfriForumtak in Rustenburg het op 30 Januarie 2020 voortgegaan met hul volhoubare skoonmaakprojek deur die gras op die sypaadjie van Fatima Bhayatstraat te sny.

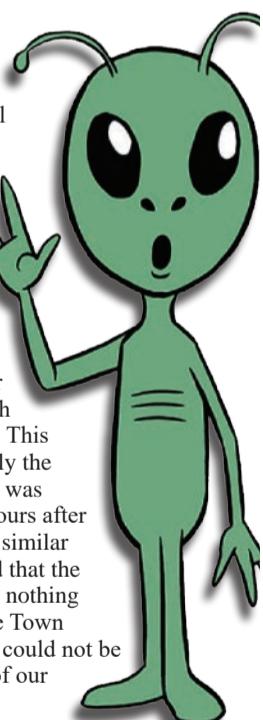
nie vasgetrek kan word nie. Hoewel veiligheid vir ons baie belangrik is, is dit nie die enigste doelwit nie, aangesien die projek ook bydra tot die algehele netheid van die strate en openbare ruimtes en sodoende gesondheidsrisiko's uitskakel," sê Petrus Coetze, AfriForum se distriksoördineerde vir Marico. Volgens Coetze versuum die munisipaliteit om sy pligte na te kom om die gras kort te hou en daarom het AfriForum ingespring en die werk self begin doen. "Ons kan nie terugsit en toekyk hoe ons dorp verwaarloos word deur die munisipaliteit nie. Daar waar die munisipaliteit nie hul werk doen nie, sal AfriForum toetree om die gemeenskap by te staan." AfriForum vra verder dat gemeenskapslede en sakeondernemings ook by dié inisiatief betrokke sal raak om 'n nog groter verskil te maak. "Die projek is daarop gefokus om volhoubaar te wees en die gemeenskap te help. Ons beplan om twee tot driekwart per week skoon te maak en sal dan uitbrei soos wat die behoeftbeperking word. Dalk het ons oor ses maande vier spanne in die veld," sê Chris Trytsman, voorsteler van AfriForum se Rustenburgtak. Raak vandag nog betrokke by dié skoonmaakprojek: SMS "Rustenburg" na 45351 (R1) of bel vir Chris Trytsman by 082 469 2221.

and Tata truck workshops in Waterval East. "At approximately 21:00 we noticed an object some 100 to 200 metres up in the nightsky. I first noticed a star-like light just above the horizon as it began moving vertically. I asked my wife if she also saw it. We both watched it rise at first directly upward and then curving to the right. About a second into its flight it suddenly dimmed it's lights quite a lot. It flew upwards in a slight arc for about ten seconds until disappearing into the night sky. We were still trying to figure out what it was that we saw when we noticed a second object, this time a little to the right of the first object's line of flight doing the same. It moved vertically and then curved to the right. After about 10 seconds it disappeared into the night sky," an astonished Nel told Rustenburg Herald. Nel reckons that it is simply impossible that the object might have been an aeroplane or something similar.

"We stood up from our chairs hoping to see another one when to our surprise a type of craft flew directly over us. It moved swiftly, taking around three seconds to move from the west, over us to the east. It was diamond shaped and dark. Its colour was just slightly lighter than the night sky. On each corner was a dim orange light. It was entirely silent and made a slight tumbling action as it moved through the sky. There was no sign of propulsion at all." he said.

Nel estimated the object to have been around 100 to 200 meters above them as it passed and was approximately 20 to 30 meters wide from corner to corner. It was not entirely square shaped, more elongated and diamond like. "Judging from its trajectory it must have travelled over the N4 and R24 possibly over the bridge intersection. I can only assume others must have seen the same craft." Nel said that he has always been rather sceptic of so-called UFO and alien sightings/stories and cannot explain what he has seen. "All I can say is that it was definitely not an aeroplane or any type of jet we might be accustomed to seeing. It was definitely not a drone. It made absolutely no noise whatsoever. It also did not fly aerodynamically. It tumbled slightly through the air as though air had no effect on it. What I can say though was that it was the most incredible thing I've ever witnessed. It was exhilarating to experience something like that and I know I will probably never have the luck of seeing something like that ever again," he concluded.

After a scan of social media platforms in recent weeks, it was clear that the Nel family were not the only ones to see something extraordinary in the night sky. Reports of similar sightings were posted by another couple in Port Elizabeth on Sunday, 26 January. This couple reported virtually the same phenomenon and was also dumb struck for hours after the event. Reports of a similar sighting which claimed that the object could have been nothing else but a UFO in Cape Town some three weeks ago, could not be confirmed at the time of our going to print.



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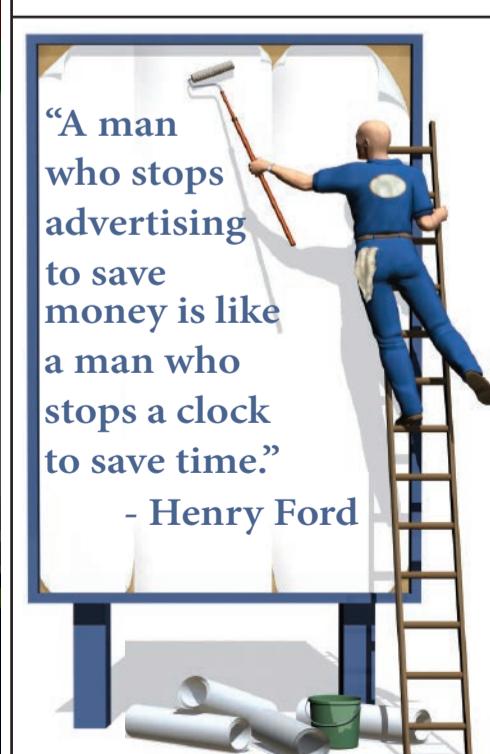


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- 014 597 7200
- 014 590 5100 or 014 590 5212 - JST Hospital (Provincial)
- 014 594 9500 - La Femme Clinic
- 014 568 4338/9 - Med24/7 Ferncrest
- 014 597 2823 - Med24/7 Peglerae
- 086 178 9911 - ER24
- 014 594 0689 - Trauma Rescue
- 014 523 9300 - Medi Care Private Hospital Accident and Emergency Unit



Locksmiths

- 014 592 2921/082 453 8761 - The Keyhole

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- 014 590 3111 - Rustenburg Local Municipality Switchboard
- 014 590 3090/3232 - Emergencies (Fire)
- 014 590 3872 - Customer Care Supervisor
- 014 590 3508/3024 - Accounts queries
- 014 590 3849/3865/3890/3024 Finance Call Centre
- Other Emergency numbers for the municipality:
- 014 590 3333/3232/3813

Electricity

- 086 0037 566 - Eskom National Line
- 014 590 3198 - Electricity Helpline
- Water
- 014 590 3088 - Water Problem Helpline

Fire / Rescue / Emergency

- 014 590 3333/3444/3232 - Fire Department
- 014 590 3090 - RLM Emergencies (Fire)
- 014 533 3062/3726/081 358 4032 - Oracle Protection Services
- 014 592 8364 - Wesalarms
- 086 121 2520/086 121 2501 - ADT (Control Room)
- 082 878 1077 - Metasec
- 081 358 4032 - Oracle Protection Services

Community Safety

- Crimespotter Rustenburg: 079 689 0961
- Rustenburg Reliable Community Forum: 079 038 3560

Restless Legs

RUSTENBURG HERALD - RUSTENBURG - RLS (Restless Leg Syndrome), Sleep: "I have suffered from severe restless leg syndrome (RLS) since I was a teen. As I aged, the condition only worsened."

While I found some relief from prescription drugs, the relief was temporary and prescription drugs have their fair share of side effects. Moreover, I had concerns about the extended use of the medications (anti-Parkinsonian agents) used to control my RLS. "After struggling with RLS for over a decade, it became clear this would be a life-long battle and I desired to find a natural way to control my symptoms. A little over a year ago, I discontinued use of my prescription medications and began taking CalMag-C twice a day. After about 4 weeks, I noticed a decrease in my RLS symptoms and within 8 weeks I was sleeping better than I have in years! "I attribute the improvement in my RLS to CalMag-C and have the peace of mind that comes with taking a natural supplement. And, of course, my bones as well as other tissues and organs are benefiting from CalMag-C at the same time! Thank you for making this easy supplement available at an affordable cost. And now for my CalMag-C recipe... I like to top off the hot drink with pineapple juice!" Lori D, Colorado

More About Restless Legs:

Most people feel "restless legs" as cramp that is starting in a lessened state of sleep. The beginning of the cramp wakes them up to a greater or lesser degree. In that half-asleep state they will then adjust their sleeping position and move the leg trying to avoid the cramp, only to have it start to cramp again needing another adjustment; on and on. "If you or someone you love is suffering this agonizing condition, relief could be at hand. Let me explain.

Your brain is the central communication system of your body. Think of it as a switchboard. And, just as a switchboard operator answers the phone and directs a call, messages are sent from your brain to specific organs, glands, muscles and limbs. Your nervous system needs materials for maintenance and repair - constantly. It is very dependent on certain nutrients, two of which are

calcium and magnesium.

Deficiencies of these two minerals can result in the messages getting disrupted or totally corrupted. The result?

Restless legs (RLS) and, very often, insomnia, pain, etc. Handling deficiencies of calcium and magnesium is vital and many RLS sufferers get almost instant relief when taking a calcium and magnesium supplement that is balanced and properly formulated.

Instant CalMag-C is balanced so that your body can absorb the calcium and magnesium and you can feel the difference instantly. We make it with the correct proportions of calcium and magnesium (2:1 ratio) plus vitamin C to adjust the pH so it can be absorbed.

Remember to keep Instant CalMag-C on hand at home and at work!

Success stories:

"Restless Leg Syndrome, Sleep, Anxiety, Muscle Relaxant: "Ever since I was diagnosed with Hodgkin's Lymphoma back in August of 2010, I started suffering from Restless Leg Syndrome. It makes me so miserable because I can never get comfortable enough to fall asleep.

I'd move my legs back and forth for hours, get up and down out of bed and end up not getting any restful sleep. My doctors tried numerous pharmaceutical options and of course they'd knock me out or wouldn't do a thing for my condition.

Restless Legs, PMS, Sleep, Cramps: "Both my husband and I take Instant CalMag-C. We LOVE it. He has restless leg syndrome and this has helped a great deal. I sleep so sound and it seems to have helped with some PMS for myself - cramps and so on." Leslie K, Wisconsin

Please hurry and place your order (011) 452-8892/3/5.



Amber Alert to assist in child abductions

RUSTENBURG HERALD - RUSTENBURG - The South African Police Service and Facebook have announced a new partnership to help find missing children by sending Amber Alerts to the Facebook community in South Africa.

This is a first of its kind in Africa, and will enable the police to seek assistance from the public when it is suspected that a child has been abducted and there is reason to believe there is an immediate and serious risk to the health or welfare of the child. "Through Facebook's Newsfeed, the Amber Alert enables people to instantly share important information about the missing child and suspected abductor, such as a photo, hair colour and clothing with their friends, family and Facebook groups," said the police.

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At Life Peglerae Hospital we are dedicated to delivering quality care to the community we serve. Whether for routine, major or extensive procedures, we strive to deliver quality care from diagnosis to treatment.

Through our ongoing quality training, our healthcare professionals deliver excellent care and embrace our principles of empathy, ethics, excellence and empowerment.

Our facilities

- 24hr Emergency unit
- High care
- I.C.U.
- Maternity
- Medical and surgical wards
- NNICU
- Oncology
- Operating Theatres
- Paediatric ward
- Pathology
- Physiotherapy
- Radiology

Additional services

- Bariatric Surgery
- Maternity ward in Peglerae Hospital, with infant protection security tagging

Old La Femme building

- Renal dialysis unit
- Fertility Clinic

For further information please contact Anneleen de Waal on 014 597 7305 or email anneleen.dewaal@lifehealthcare.co.za
www.lifehealthcare.co.za



Femmecare Fertility Clinic

Assisted Reproductive Technology (ART) Facility in Rustenburg

Dr Pieta Geyser



Femmecare Fertility clinic opened its doors to the Community of Rustenburg recently. The clinic is situated in the old LaFemme facility of Life Health care in Rustenburg at the corner of Heystek and Church Street. Ample parking is available behind the hospital please use the security access gate located in Church Street.

The Fertility clinic will be the first accredited facility in the North West province that have a certified Fertility Specialist heading the unit as well as a full time Embryologist and fertility coordinator. Femmecare fertility clinic and its staff aims to supply a much-needed service to the North West community in Rustenburg and hope to bring relief to many patients suffering from infertility. The clinic is already fully functional and boasts with modern IVF equipment and successful IVF cycles. Our first baby from the new facility was recently delivered in Peglerae hospital.

Dr Pieta Geyser is a Gynaecologist and Obstetrician who established his practice in Rustenburg in 1999 and continued his studies to qualify as a Fertility sub-specialist and Reproductive surgeon in 2017. Dr Geyser was accredited as a Reproductive endoscopic surgeon after passing the European exams in Lisbon Portugal.

When should we see a doctor? — Most doctors recommend that a couple begin having tests if they cannot get pregnant after having unprotected sex for 1 year. But if you are worried, talk to your doctor or nurse. Tests are done sooner in women over 35 and in women who don't have a period every month. Endometriosis often causes painful menstruation or intercourse.

Please contact the practice at **014 004 0174** or visit our website <https://drpietageyser.co.za/fertility-treatment-clinic/> they will assist you with any queries you may have.



173 Beyers Naude Drive, Rustenburg, 0299

Bariatric surgery now in Rustenburg

Life Peglerae hospital is internationally accredited through Proventi to perform bariatric surgery. Dr G Opperman General Surgeon (Specialist General and Metabolic Surgeon) and the team of assembled specialists, including Dr L Kenoape(pulmonologist), dieticians, physiotherapists, and clinical psychologists your preparation and follow up after surgery will comply with the highest international standards and is approved by medical aids. Bariatric surgery is by far the most effective tool to treat obesity and its associated conditions. We use the BMI (Body Mass Index) as an index to asses if a patient is a candidate for bariatric surgery. Patients that would be considered must have a BMI > 40, or BMI >35 with other co morbid diseases associated with obesity as well as patients with BMI >30 with poorly controlled type 2 diabetes.

Obesity increases the risk of:

- Type 2 diabetes
- Hypertension
- Hypercholesterolemia
- Sleep apnea
- Cancer
- Gastro oesophageal reflux disease
- Infertility
- Cardio vascular disease
- Osteoarthritis



Dr Opperman and the proventi team

The different types of surgical procedures we offer are: restrictive and combination restrictive and mal-absorptive depending on the patient's condition. Surgery is a tool to help you lose weight but the long term success is dependent on your determination and understanding of the tool and continuing with the right diet and lifestyle after the surgery. Please contact North West bariatric clinic that has relocated to Life Peglerae Doctor Consulting rooms, North West Bariatric is situated in Suite 10 on the first floor. Please contact us on **014 594 2233** to set up a consultation.

You can also email us at admin@bariatricnw.co.za

Specialised renal care on your doorstep.



Dr Tebogo Machailo

The new Dialysis unit is located at Life Peglerae (Old La Femme Building) and nephrologist Dr Tebogo Machailo will be looking after his patients that have to undergo chronic dialysis in this state of the art unit. The unit will be able to assist acute and chronic dialysis patients.

Kidney disease is not new to our modern lifestyles and early detection and management of the illness is key in maintaining your health. Did you know that your kidneys are responsible for the following:

- removal of waste products, toxins and drugs from our body
 - removal of excess water from our body (this is through the urine that we pass everyday)
 - regulation and control of our pressure by secretion of important hormones
 - control of our body salts
 - control of production of our red blood cells (so that we do not develop anaemia)
 - control of calcium, vitamin D and parathyroid hormone (this retains good, strong and healthy bones)
- Some of the symptom that you need to look out for is the following, feeling drowsy and unconscious, swelling in the feet and legs, out of breath, nausea and vomiting, diarrhea, convulsions however these are only some of the symptoms and sometime patients present with none of the normal symptoms.

What to do when you suspect that you may have kidney disease

- consult with your doctor (GP/Specialist)
- take your chronic illness treatment regularly as directed (especially high blood pressure, diabetes, etc)
- decrease your weight through exercise (at least 3 times per week for 30 minutes) and good diet if obese (see a Dietician/Nutritionist)
- decrease your salt intake (avoid raw salt)
- stop smoking
- limit your alcohol intake
- avoid over the counter medication without a doctor's or pharmacist's advise
- be aware of possible ingested heavy elements in self-medications (natural raw plants/roots etc) that may cause damage to the kidneys
- hydrate very well especially in hot weathers

If you suspect that you or any of your family members may suffer from a kidney disease please contact your GP for a consultation that will analyses your condition and refer you to our Nephrologist Dr Tebogo Machailo or contact Dr Machailo rooms at Life Peglerae Doctor Consulting rooms – suite 8 on **014 004 0179** they will gladly assist you.

There will also be an open day of our new facility 18 February 2020 from 09:00 to 16:00, please feel free to visit us on the day for a facility tour and the team will be on hand to answer any questions you might have relating to your health.



BrieweLetters}*^{*}

{StandpuntViewpoint}*^{*}

Spaar ons die leuens

Die lomp verskonings en dikvellige verontskuldigings van arrogante politici wanneer hulle met die hand in die spreekwoordelike koekiebliek betrapp word, ken blykbaar geen perke of skaamte nie. Dié dag toe die arme beleerde burgemeester aan die Rand se kant sowat 'n maand-en-'n-half gelede tot groot onsteltenis moes verneem dat 'n vryerige video van hom en 'n aanvallige vroulike kollega van die burgemeesterskomitee in sy kantoor soos 'n veldbrand op sosiale media versprei het, moes die arme man maar geweet het, "sy ketting is getrek", soos voormalige kollega David Coetsee altyd spottenderwys oor burgemeesters in die pekel opgemerk het.

Maar nee, baie politici het hulself al oor baie dinge losgelieg en ook hier was daar geen gebrek aan 'n opregte poging om die belastingbetaaler en uiteindelik die hele Suid-Afrika om die bos te probeer lei nie. En dan moet jy weet - die "struggle clichés" word in hul dosyne uitgepak en met 'n dik laag suiker versier sodat dit wat ook al uiteindelik as die waarheid aanvaar word, dalk nie volgens die boek reg mag wees nie, maar dat dit goed klink en dat mnr amper soos 'n held uit die verhaal stap.

Daardie dag toe mnr hom nie langer tydens kantoorure kon bedwing nie en vir sy kollega wou wys dat hy nie net 'n kapokhaantjie is nie, maar sommer 'n yslike hand vol vere, het geen idee aan wat in die

beste belang van die party en die land is, ooit vir 'n oomblik by hom opgekom nie. Dit was toe uiteindelik meer as 'n maand later eers dat ons burgemeester blykbaar besef het dat hy homself in 'n hoek vasgever het (amper wil ons sê "vasgekerf" het), waarna hy rondborstig erken dat sy bedanking en dié van sy kollega uiteindelik in die beste belang van die land is. Maar natuurlik is dit hoegenaamd geen erkenning dat hulle enigets verkeerd gedoen het nie, kon hy nie help om by te voeg nie.

Kyk, politici is nie eintlik wyd daarvoor bekend dat hulle altyd of dikwels die waarheid praat nie. So dit is seker nie te veel gevra vir 'n rammetjie-uitnek om by homself te reken: "Tot hiertoe het ek myself gelieg gekry, nou moet ek nog net hieruit kom..." Maar helaas, die hoop beskaam dat selfs hierdie manteldraer die laaste gaan wees om deur verbode vrugte tot 'n val gebring te word. Ons wil amper sê, tot op datum was dit nog net Bill Clinton wat hom uit so 'n onbenydenswaardige posisie, uhh situasie, kon loslieg, dus met alle respek, hoede af vir die Amerikaners.

Miskien is die eenvoudige les wat ons burgemeester hieruit moes leer dat die leuen jou nooit ver sal bring nie en dat 'n mens wat erken dat hy fouteer het veel gouer weer op die simpatie van 'n stomme kieserskorps kan reken. Wie weet, miskien was hy glad nie so 'n slechte burgemeester nie, het hy maar net die waarheid gesprok.

Please, spare us the lies

The ridiculous and thick-skinned apologetic excuses by arrogant politicians when they are caught with their hands in the cookie jar, apparently knows no bounds or shame. Just thinking about it, makes one shake your head in disbelief. The day, almost two months ago when the Executive Mayor somewhere in Gauteng had to realise that a video of himself and a female colleague of some or other important committee in compromising position in his office to top it all, went viral virtually overnight, that was the day that he will remember for a very long time to come that he's literally had his chips. To his female colleague of some highfalutin committee the mayor want to demonstrate that he was quite a handful, but to voters out there he only displayed little stomach for the truth. But politicians are another species. An important man in an important town will never admit that he's going down... Over ages politicians have succeeded in lying themselves out of difficult situations and it was almost natural that our beleaguered Mayor would not go down without a fight. Of course, in the weeks to come South Africans would have to swallow endless conspiracy theories, thick-skinned excuses, accusations of an "underhanded campaign aimed at his

failure" and the list goes on and on... But no, not even a glimpse of admission from his side, until a month later that is...

More than a month and a half later however, South Africans were not surprised to learn that the gentleman in question and his "partner" were eventually forced to resign. But not even on this did our man come clean. "No", or as he put it", he finally decided that it would be in the best interest of the country for him to step down. "South Africans knew the truth he said, and should know that he will not allow the incident to destroy him. "Indeed we know the truth Sir and so does everyone else. The camera never lies or perhaps only very occasionally, but definitely not this time.

That's why we are delighted that at least someone in your party had the stomach to decide that we've heard enough lies and that indeed, it would be in the best interest of the country for you to go..." Perhaps the lesson for our Mayor to learn, was that lying is very unlikely to save you from the truth, especially in the long run. If we remember correctly, Bill Clinton was the only top statesman ever succeeding to lie himself out of trouble after his compromising situation with an office colleague came to light...

IMPORTANT

Please keep your letters short and to the point. Letters which contain slander, party political propaganda or advertising for business concerns cannot be accommodated. Please sign all letters (even where a non de plume is used) and SUPPLY YOUR TELEPHONE NUMBER. • The Rustenburg Herald does not necessarily agree with the opinion expressed in letters and columns.

RLM se dienslewering veel swakker as Eskom

Die redakteur

Maandagoggend vandeensweek staan ek met 'n lied in my hart op - ek het pas op die vroegoggend-aktualiteitsprogram gehoor hoe Eskom aankondig dat beurtkrag op weeksdae voortaan nie tussen 06:00 en 09:00 toegepas sal word nie om verkeersopeenhopings op pad werk toe te verhoed. Eskom het egter blykbaar nie met die Rustenburgse munisipaliteit rekening gehou nie. Trouens, dit lyk vir my of die Rustenburg munisipaliteit ook nie met homself rekening gehou het nie.

Wat ek nou al van die plaaslike munisipaliteit weet, is dat hulle met omtrent nijs vertrou kan word nie. Maar terug na beurtkrag. Nodeloos om te sê - ons hoef nie eers vir Eskom te wag om ons met kragonderbrekings te verontrief nie. By die Greystone Crossing-inkoopsentrum sien ek al van ver af 'n lang ry motors wat na aansienlik meer as die gewone verkeersopeenhoping lyk. My vermoedens word bevestig - die Greystone-verkeerslig wat al minstens die afgelope twee of selfs drie maande gereeld buite werking is, is

die sondebok. Nou is my vraag - weet die Rustenburgse munisipaliteit van die probleme by sekere verkeersligte wat net amper nooit normaal funksioneer nie? Indien wel, hoekom kan die hardnekke probleem nie reggestel word nie of is die geld alweer (of nog steeds) gedaan? Miskien het dit vir die Rustenburg munisipaliteit tyd geword om eenkant toe te staan en homself te verskuon -veral natuurlik die oorbodige politici. Dié instelling is 'n hopeloze organisasie - nijs anders as 'n politieke geldmaakstorie nie, maar wat die

diens betref, moet ons voortdurend agter toe deure praat sodat sekere mense op geld kan aandring wat hulle nie verdien nie en wat dan uiteraard soos mis voor die son verdwyn - skaam julle. As 'n staatsinstelling wat deur belastingbetaalers gefinansier word en elke maand op sy begrote inkomste kan reken nie eers suksesvol bedryf kan word nie, kan ek raai hoe hulle in die privaatsektor sou vaar. Lets soos die Rustenburg munisipaliteit sou lankal nie meer bestaan het nie...

Moeg vir Sukkel

Stuur aan: Die Nuusredakteur

E-pos/E-mail: waldie@rustenburgherald.co.za

Faks/Fax: 014-592 1869



Die redakteur

Die nuus dat die Pietermaritzburgse Hooggereghof 'n lasbrief vir Jacob Zuma se arrestasie uitgereik het, was vir my die beste nuus van die week. Zuma se arrestasie spruit uit sy kat- en muisspelery met die gereg oor die dekades-oue wapenskandaal. Skaars 'n paar sinne verder aan sien ek egter dat Zuma nie dadelik gearresteer gaan word nie en dat die hof hom blykbaar eers die kans sal gun

om met die volgende verskyningsdatum in die hof te wees.

Dis maar 'n skrale troos, dit is maar soos ons almal lankal weet - sal ons ooit die dag sien dat die ware plunderaars en diewe van feitlik al hierdie land se reserwes ooit vir hul dade gaan boet? Ek twyfel - maar sluit hom maar in elk geval toe. Zuma en sy vriende hoek op Robben-eiland!

Wag vir die Dag



You can fix potholes and claim from municipality

The editor

As reported in the national media recently, the courts have ruled that private citizens can fix potholes if they have the means to do that and what is interesting about this ruling is that the people who fix these potholes can claim the money from the municipality since it is their responsibility to fix potholes in their jurisdiction. When I read the article that was published by the Rustenburg Herald of 17 January 2020 about Jacob Mutamba, it made me feel angry because the man is going around the Rustenburg CBD, fixing potholes without getting payed. he only

relies on handouts given to him by grateful motorists.

As Rustenburg residents we must stand with Jacob and ensure that the Rustenburg Local Municipality does the right thing and pay the poor man.

Potholes in Rustenburg are very bad and they cause accidents and damage to vehicles, so was it not for people like Mr Mutamba, where would we find ourselves. So let us spread the information that the man can claim from the municipality according to the law.

Grateful for the ruling

Die redakteur

Maandagoggend vandeensweek staan ek met 'n lied in my hart op - ek het pas op die vroegoggend-aktualiteitsprogram gehoor hoe Eskom aankondig dat beurtkrag op weeksdae voortaan nie tussen 06:00 en 09:00 toegepas sal word nie om verkeersopeenhopings op pad werk toe te verhoed. Eskom het egter blykbaar nie met die Rustenburgse munisipaliteit rekening gehou nie. Trouens, dit lyk vir my of die Rustenburg munisipaliteit ook nie met homself rekening gehou het nie.

Wat ek nou al van die plaaslike munisipaliteit weet, is dat hulle met omtrent nijs vertrou kan word nie. Maar terug na beurtkrag. Nodeloos om te sê - ons hoef nie eers vir Eskom te wag om ons met kragonderbrekings te verontrief nie. By die Greystone Crossing-inkoopsentrum sien ek al van ver af 'n lang ry motors wat na aansienlik meer as die gewone verkeersopeenhoping lyk. My vermoedens word bevestig - die Greystone-verkeerslig wat al minstens die afgelope twee of selfs drie maande gereeld buite werking is, is die sondebok. Nou is my vraag - weet die Rustenburgse munisipaliteit van die probleme by sekere verkeersligte wat net amper nooit normaal funksioneer nie? Indien wel, hoekom kan die hardnekke probleem nie reggestel word nie of is die geld alweer (of nog steeds) gedaan? Miskien het dit vir die Rustenburg munisipaliteit tyd geword om eenkant toe te staan en homself te verskuon -veral natuurlik die oorbodige politici. Dié instelling is 'n hopeloze organisasie - nijs anders as 'n politieke geldmaakstorie nie, maar wat die



Rustenburg Marathon Club

Rustenburg Marathon Club Saturday training run (21km). The season has kicked off, on the highest of notes and none are more excited than Rustenburg Marathon Club's beloved runners. They can't wait to see what the rest of season has in store for them!

Vastrap se trots neem deel aan die Top 10 Laerskole-atletiek by Hoëskool Waterkloof



Top 10 Laerskole-atletiek by Waterkloof Hoëskool op Saterdag 1 Februarie 2020. Hugo Vermeulen van Laerskool Vastrap in die 150m Hekkies vir seuns o/12. (Foto: Anton de Villiers)



Antonel de Villiers van Laerskool Vastrap wen die 75m Hekkies vir dogters o/12 in 'n nuwe rekordtyd van 11.45 sekondes. Antonel het ook die 150m in 'n nuwe rekordtyd van 19.55 sekondes gewen tydens die Top 10 Laerskole-atletiek by Waterkloof Hoëskool op Saterdag 1 Februarie 2020. (Foto: Anton de Villiers)



Callie Fryer van Laerskool Vastrap wen die 150m vir seuns o/12 in 'n nuwe rekordtyd van 19.6 sekondes. Callie het ook die 100m in 'n nuwe rekordtyd van 13.10 sekondes gewen tydens die Top 10 Laerskole-atletiek by Waterkloof Hoëskool op Saterdag 1 Februarie 2020. (Foto: Anton de Villiers)

Mount Sera celebrates World Read Aloud Day



Mount Sera College celebrates World Read Aloud Day. Pictured here are T Tshikovhi, M Sefuli, K Kau, A Mholo, R Modinedi, T Banawo, L Capazorio and Z Last.



Mount Sera College celebrates World Read Aloud Day: Z Applegreen and T Segami.

Champions League JDL Johannesburg

Spelers van Rustenburg Impala Veerpyltjieklub het goed tydens die Champions League JDL in Johannesburg op 2 Februarie 2020 gevaar. Op die foto verskyn Alexé Rautenbach (tweede plek hoogste toemaak 121) en Estie Stoltz (eerste plek dames-enkels en 17 darts gebruik om toe te maak).



Tydens die Champions League JDL in Johannesburg op 2 Februarie 2020 het spelers van Rustenburg Impala Veerpyltjieklub goed gevaar. Op die foto verskyn Heinrich Stoltz, Estie Stoltz, Alexé Rautenbach, Alwyn Hefer, Louise Oosthuizen (in die top 16 'n plek verower en so ook 'n 180) en Mariaan Hefer.

Protea Atletiekklub presteer



Nathan Havenga van Protea Atletiekklub het 'n eerste plek in die seuns o/11 1200m behaal en het ook tweede in die 800m seuns o/13 gekom tydens 'n onlangs vriendskaplike atletiekbyeenkoms.

Scott Williamson en Stephan Harmse van Protea Atletiekklub (seuns o/12 1200m) het pragtig gehardloop tydens 'n vriendskaplike byeenkoms op 28 Januarie 2020. Scott en Stephan (derde met 'n nuwe persoonlike beste).

Lellanie Eloff van Protea Atletiekklub het 'n eerste plek in die dogters o/11 1200m tydens 'n vriendskaplike atletiekbyeenkoms behaal.

Ricardo haal Larries Top 20-atletiekspan



'n Vriendskaplike atletiekbyeenkoms tussen Larries en Stephanus Roos het op 28 Januarie 2020 by Laerskool Rustenburg plaasgevind. Ricardo Fourie het derdeplek in die 60m en die 80m behaal en is ook gekies vir die Larries Top 20-atletiekspan 2020.



Larries presteer

Tydens die vriendskaplike atletiekbyeenkoms op 28 Januarie 2020 by Laerskool Rustenburg tussen Larries en Stephanus Roos het die volgende seuns plekke in die o/11 70m Hekkies behaal: Katli Mathuloe (eerste plek), Lerato Matlaisane (tweede plek) en Ruandre Booyens (derde plek).

David Brink bied aflosbyeenkoms aan

RUSTENBURG HERALD - RUSTENBURG - Laerskool David Brink bied die "Top-Lay Aflosbyeenkoms" op Woensdag 5 Februarie by Bergsig Akademie om 16:30 aan.

Toegang beloop R5. Kom geniet hierdie byeenkoms enig aan sy soort met heerlike kos en stalletjies. Skole soos Vastrap, RHS, Bergsig, Laerskool Rustenburg, HTS Rustenburg, Fields College, Lebone II College, Rustenburg-Noord en Proteapark sal onder anderde aan die byeenkoms deelneem.

Merietetoekennings van nuwe leerders by Larries van vorige skool se prestasies



Laerskool Rustenburg het onlangs merietetoekennings aan nuwe leerders van hul vorige skool se prestasies oorhandig. Veelsydigheid bokskies word toegeken aan: Evan van Heerden en Ruben van Heerden.



Laerskool Rustenburg het onlangs merietetoekennings aan nuwe leerders van hul vorige skool se prestasies oorhandig. Lume Volgraaff het die volgende ontvang: Gimnastiek – ontvang 'n balkie vir een jaar provinsiale-kleure, Veelsydigheid – ontvang 'n balkie en silwer sertifikaat vir twee jaar, Akademie – ontvang sy 'n balkie en silwer medalje vir 85%+ in graad 4 en 5.



Douglas Morkel (o/10-span) van Laerskool Rustenburg het die Bojanala Platina-streek verteenwoordig en het deelgeneem aan die Suid-Afrikaanse Junior Skaakkampioenskappe in Boksburg vanaf 3 – 12 Januarie 2020. Hierdie span waarin hy was het die Suid-Afrikaanse Junior Skaakkampioenskappe gewen. Hy ontvang erekleure vir die eerste keer in skaak. Hy ontvang 'n wapen en lapel bokskies. Hy ontvang vir deelname 'n balkie, sertifikaat en medalje.



Nathan Fourie (O/14B-span) van Laerskool Rustenburg het die Bojanala Platina-streek verteenwoordig en het deelgeneem aan die Suid-Afrikaanse Junior Skaakkampioenskappe in Boksburg vanaf 3 – 12 Januarie 2020. Hy is aangewys as beste speler tydens die toernooi en ontvang 'n trofee. Nathan ontvang vir die derde keer erekleure. Hy ontvang vir deelname 'n balkie, sertifikaat en medalje.



Landsfinaal o/13-seuns

BNP Paribas Tennistoernooi

Juandré Verwey, Fano Theron, Julian Booyse en Koglagano Kgatshe van Laerskool Rustenburg het die afgelope naweek, 31 Januarie tot 2 Februarie, Larries verteenwoordig by die landsfinaal van die BNP Paribas tennistoernooi vir o/13-spanne. Uit 'n totaal van 200 spanne het daar uiteindelik net 11 spanne deurgedring na die derde rondte, waarvan Larries een span was. Op Vrydag en Saterdag is daar rondomtaliewedstryde gespeel en Larries het vierde in hul groep gekom. Hulle het Sondag uitgespeel vir plekke 5 tot 8 en was uiteindelik sesde algeheel. Larries is ongelooflik trots op hierdie spelers! Dit was 'n taai toernooi en die seuns het hul staal gewys. Om hul tennishelde Lloyd Harris en Kevin Anderson te ontmoet, en natuurlik al die ander maats van regoor die land, was 'n baie spesiale ervaring vir die seuns. Daar is reeds besluit dat hierdie toernooi die einde van die jaar herhaal gaan word, met die hoërskole wat ook dan ingesluit gaan word. Daar word gereken dat omtrent 700 skole dan betrokke gaan wees. Larries sien daarna uit om daar óók hul merk te maak!

HFM groet juffrou Rianda - 32 jaar onderwyser by Frikkie-Meyer!



Me Rianda van Rensburg.



HFM Top 4 kwartaal 4 2019

Hoërskool Frikkie Meyer Top 4 kwartaal 4 2019: Mnr Tiaan Scmidt - Departementshoof Wiskunde/Akademie, Izandri Joubert (94.63), Sabrina Teixeira Ferreira (89.63), Mari Theunissen (92.33) en Ruvé Blaauw (89.83).



Hoërskool Frikkie Meyer Top 10 kwartaal 4 2019: Graad 10: Graadhoof - me Margaret Campbell, graadvoog - me Juanita Erasmus, Mari Theunissen (92,33), Mariska Coetzee (90,33), Adri van Reenen (87,17), Quinelle Blaauw (85,33), Giselle Roach (83,17), Robyn le Roux (79,67), Armand Horn (79,17), Karla Coetzee (77,33), Ellen Swart (77,33), Charne van den Berg (75,67) en Rego Motlhabane (74,00).



Hoërskool Frikkie Meyer Top 10 kwartaal 4 2019: Graad 8: Graadvoog - me Chrisna Els, Izandri Joubert (94,63), Ané Viljoen (92,00), Kamogelo Makhalemele (89,00), Elodie van Emmenes (88,13), Juané van Deventer (88,00), Marlise Visser (86,63), McKyla Low (85,00), Mieké Smit (84,88), Annelize Slabbert (84,13) en Sumarie Marais (84,00).

Scintillating Stormers, Sharks; lackluster Lions

CHEETAHS OUTCLASS KINGS

RUSTENBURG HERALD - RUSTENBURG

The past weekend saw a feast of rugby. In Sydney, Australia, the next round of Sevens took place and the Vodacom Super Rugby season kicked off. It was also Week Nine of the Guinness Pro14 series. The Blitzboks redeemed themselves somewhat with a runners-up place in the Sydney Sevens after they crashed to a tenth place the previous week in New Zealand. But, as was the case in Hamilton, it was Fiji who crushed their dreams by beating the Blitzies 12-10 in the final. Maybe Neil Powell should spent a little time on his charges' kicking skills - missed conversions has become the difference between winning and losing in too many of the Blitzboks' games. The Cell C Sharks proved too much to handle for the Vodacom Bulls in the opening fixture on Friday (31 January). The Sharks' debutant Sanele Nohamba (scrumhalf) scored a last-minute try to hand his team a 23-15 home win over the Vodacom Bulls in their first-round match in Durban on Friday evening. On Saturday afternoon (1 February) the DHL Stormers started their Vodacom Super Rugby campaign on a riveting note. With four tries to their credit, the Stormers were off to flying start in Cape Town, overwhelming the Hurricanes from New Zealand with 27 points to

zero. Yes, zero. The fourth South African franchise in the competition, the Emirates Lions, traveled to South America for their first encounter of the Vodacom Super Rugby season. Hosts Jaguares scored five tries to one to open their seasonal account, crushing the Lions with an impressive 38-8 score. The two South African franchises in the Guinness Pro 14, the Toyota Cheetahs and the Isuzu Southern Kings, took part in a South African derby on Saturday evening in Bloemfontein. The Cheetahs had to dig deep the previous week to better the Kings by a mere point. But the past weekend it was, literally, a totally different ballgame. The Cheetahs ran in seven tries to demolish the Kings by 45-0. The weekend's fixtures are:

7 Feb: Sharks vs Highlanders - 08:05 at the Forsyth Barr Stadium, Ireland
8 Feb: Lions vs Reds - 15:05 at Emirates Airline Park, Johannesburg
8 Feb: Stormers vs Bulls - 17:15 at DHL Newlands
Guinness Pro 14
14 Feb: Kings vs Munster - 21:35 at Irish Independent Park, Cork, Ireland.
15 Feb: Cheetahs vs Leinster - 16:30 at the RDS Arena, Ballsbridge, Dublin, Ireland

RUSTENBURG HERALD - THABAZIMBI

- Me Rianda van Rensburg was vanaf 1988 'n onderwyseres by Hoërskool Frikkie Meyer, nadat sy ook 'n leerder van die skool Rekeningkunde vir graad 8 en 9 gegee het.

Vir baie jare het sy bedryfsekonomie, nou Besigheidstudies, vir die senior leerders aangebied. Juffrou Rianda was ook afgrieter en organiseerde van skaak by die skool en ook wenner van Interhoër. Sy was ook in beheer van alle bestellings van skrifte en handboeke van die skool vir baie jare en die uitreik daarvan. Sy was baie deeglik met haar werk en dit gaan nogal moeilik wees

om haar te vervang. Juffrou Rianda was 'n mens met passie en entoesiasme as sy dit wil doen en geniet. Die leerders het haar waardeer en lief gekry as hul haar geken het. Sy is 'n mens wat haar werk altyd op tyd klaargemaak het met moeite en sorg. Sy is 'n liewe mens en word waardeer vir wie sy is. Beste wense vergesel jou met jou nuwe seisoen - Frikkie-familie.



Fun Run at Bergsig

RUSTENBURG HERALD - RUSTENBURG

- Bergsig Academy will be hosting a Fun Run on 3 March 2020 at 18:00. Registration opens at 17:00 and distances are 2km - R30, 4km - R40 and 8km - R50.



RUSTENBURG HERALD - RUSTENBURG

- All runners and walkers are invited to join the Run Into the Sunset Race at the Rustenburg Golf Club on Thursday 6 February 2020, hosted by Run Walk for Life.

The Run into the The Sunset Race starts at 17:30 with a 2km (R50), 5km (R70) and a 10km (R90). Runners will run/walk on the golf course. Companies (company trophy), families and clubs are all invited to take part in this unique event. The 1st 800 athletes (runners and walkers) will receive a medal, an active zone sweatband and other hand outs. Lots of Pick n Pay hampers and vouchers are going to be part of the spot prizes. Prize money (cash) and Pick n Pay voucher for the winners in the different distances and in the 10km (age categories). The 10km runners must wear their 2020 ASA numbers. Temporary licences for the 10km - R35. If you want to wear something "funky", there will be two prices in this category. Entries on race day from 15:00 at the Golf Club. Food and drinks will be offered for sale. Enquiries: 083 350 7839.

Rustenburg Hengelklub prysuitdeling

RUSTENBURG HERALD - RUSTENBURG

- Rustenburg Hengelklub (RHK) het onlangs hulle jaarlikse prysuitdelingsfunksie gehou om die jaar se presteerders te vereer.



Sportmannen en -vroue: Mini-Junior - Ewin Hurn, Junior - Jaden Rossouw, Dame - Alta Edwards, Veteraan - Harry J v Rensburg, Meester - Gavin Huntingford en Senior - Lukas Holtshauzen.



Juniors: Eerste Sumari Pelser, tweede Jaden Rossouw en derde J Malan.



Meesters: Eerste Piet vd Merwe, tweede Anthea vd Merwe en derde Tinus Taljaard.



Seniors: Eerste Ruan Breedt, tweede Lukas Holtshauzen en derde Riaan Nortje.



Dameswenners: Eerste Alta Edwards, tweede Amalinda Holtshauzen en derde Janine Ferreira.



Sportlegende: Oom Flippie vd Walt is vereer as die langslewende Lid in die klub. Hy is al 50 jaar lid van RHK en is steeds 'n aktiewe hengelaar.

RHS Akademiese-prysuitdeling

RUSTENBURG HERALD - RUSTENBURG

- Tydens die akademiese prysuitdeling van Hoërskool Rustenburg is top akademiese prestasies van 2019 vereer. Tydens hierdie glansgeleentheid is die volgende leerders aangewys as die top akademiese presteerders in hulle onderskeie grade. Hulle is Ise-Marie Erasmus (graad 8, 2019), Lars Penzhorn (graad 9, 2019), Carli Venter (graad 10, 2019) en Jana Geyser (graad 11, 2019).



Lars Penzhorn:
Afrikaans 91%,
EBW 97%, KK
95%, Natuur-
wetenskappe
94%, Sosiale
Wetenskappe
96% en
Wiskunde
99%.



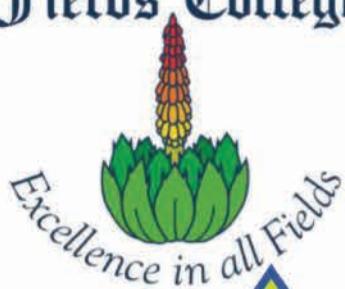
Talitha van Beek:
KK 95%, LO 93% en
Tecnologie 96%.



Guan Tromp-trofee vir die mees veelsydige leerder in graad 10,
2019: Melissa Janse van Rensburg.



Guan Tromp-trofee vir die mees veelsydige leerder in graad 11,
2019: Marilé Enslin.

Fields College

Damian Chester
6 Distinctions



Jochen Voges
5 Distinctions

Fields College does it again!

100% Matric Pass Rate

Congratulations!

2007	100%
2008	100%
2009	100%
2010	100%
2011	100%
2012	100%
2013	100%
2014	100%
2015	100%
2016	100%
2017	98,3%
2018	100%
2019	100%



Saad Ibrahim
4 Distinctions



Jessica Lovemore
4 Distinctions



Khwezi Ntanga
4 Distinctions

Fields College is thrilled to announce that it once again achieved a 100% Matric pass rate with the class of 2019. This would not be possible without the support of the entire school community and its stakeholders including, teachers, parents, SGB and the Department of Education. It was with great pride that Fields College was awarded the trophies, medals and certificates not only for the 100% matric pass rate but the additional acknowledgement of this consistent success in our academic results. Fields College was awarded the title of the school with 'Good and Consistent Performance' in the whole Bojanala District. 'Congratulations and we wish the Matric group of 2020 the best and know they will strive to reach their full potential.'



Mrs A Holding, principal of Fields College,
with delegates from the Department
of Education at the District

Well-done Function held on 24 January 2020



Good & Consistent Performance –
Top school in the Bojanala District



100% Pass Rate



Christine Venter,
Johmar Stassen, Susan
Saaiman, Frikkie
Opperman en Devan
Saaiman het die
padfietswedren by
Ottosdal voltooi.



Baie geluk aan Dick Venter wat die 40km
padfietswedren by Ottosdal voltooi het.

Impala Rugby big wigs to meet at AGM

RUSTENBURG HERALD - RUSTENBURG - Rugby enthusiasts will be pleased to hear that Rustenburg Impala Rugby Club is on the move again and currently ruffling its feathers for the 2020 rugby season.

Rustenburg Impala invites all members to the club's Annual General Meeting which will be held at Impala Rugby Club at 18:00 on Tuesday, 18 February. If rugby is your game and you're serious about the sport, this is the one you shouldn't miss.

Expect dust and roars at Steineck Lodge this weekend

RUSTENBURG HERALD - RUSTENBURG - After a great summer break, Rustenburg's 4x4 fraternity will be opening its exciting 4x4 season with a mouth watering event for the ultimate thrill seeker.

Join us on 8 February for a fun day at Steineck Lodge on the Dinie Estates road. The day will be filled with high revs and totally insane 4x4 stunts. Do not miss out on the excitement and get those pulses racing. This is also an opportunity for great competition among different classes, ranging from Standard 4x4 all the way to the unbelievable Top Trucks. Should you feel you have what it takes to leave the competition in the dust, do not hesitate to bring your vehicle and enter the day's events.

The following classes will be in action:
Standard 4x4
Locker
Pro Locker
Modified
Super Modified
Top Trucks

Entry fees for competitors are only R150 rand per competitor and entry to the event only R20 per person. Children under three years, can join for free! For directions: Follow the Dinie Estates roads from the R24 towards the Kroondal road, turn right after approximately three to four kilometers...



Don't stand too close bro, you might get tears in your eyes...



This weekend, February 8, sees the next fun day for all types of 4x4 vehicles at Steineck Lodge.

Ottosdal Draf en Trap



Stefan Kruger, Nicky Kruger, Lukas Grunewald, Don Havenga, Aaron Larkens, Jacques Nortje en Willie Coetzeet het aan die MTB en padfietswedrenne by Ottosdal deelgeneem.

RCC members doing very well



On Saturday 1 February 2020 the Gauteng GC CXO League #2 took place at the Voortrekker Monument in Gauteng. Rustenburg Cycling Club (RCC) Juniors was there to represent their club and did very well. Pictured here are Pierre Nel (XCO representative), Jaydon Terlouw (second), Matteo Damilano (first) and Antonie Lit (RCC - third).



Pictured here are Pierre Nel (XCO representative), Nicola du Plessis (third), Caitlin Thompson (RCC - first) and Geane Engelbrecht (second). On Saturday 1 February 2020 the Gauteng GC CXO League #2 took place at the Voortrekker Monument in Gauteng. Rustenburg Cycling Club (RCC) Juniors was there to represent their club and did very well.

Grenville handover ceremony

RUSTENBURG HERALD - RUSTENBURG - Grenville High School became an Eco School in 2017 with Wessa.

They create awareness regarding saving the environment, recycling etc. They immediately started to collect bread tags and bottle caps.

Last year they joined their forces with the Sweethearts Foundation and volunteered to become a collection point in Rustenburg. They now fall under the Pretoria branch. The Sweethearts Foundation takes the bottle caps, bread tags and even plastic lollipop sticks and then fully fund a wheelchair to a person in need. Grenville completed their first wheelchair last year, it was handed over to Mrs Jolet Gouws in Pretoria. On Monday 3 February 2020 they held a wheelchair handover ceremony at Grenville for Mrs Nieuwenhuizen, but she received it in hospital as she suffered a stroke over the weekend.

They ask that any person/business who are willing to assist them to collect caps/tags please contact Mrs Reiners at Grenville High School. The MAD Society (Making A Difference) of Grenville High School will gladly come collect it from them.



Ms Jolot Gouws,
Mr B van Heerden
and Mr Gouws.



Ms Dina Reiners (Organiser - MAD/Eco School),
Mr Barnie van Heerden, Ms Lizette Beukes, Ms
Nieuwenhuis (MAD/Eco School Educator) and
Ms Beukes (she is also actively collecting caps to
make a difference).

Rustenburg Squash Club hosted its annual Rustenburg New Year's Squash tournament

RUSTENBURG HERALD - RUSTENBURG - On 25 and 26 January 2020, the Rustenburg Squash Club hosted its annual Rustenburg New Year's Squash tournament, one of the first official squash tournaments on the Squash South Africa calendar.

The club played host to PUK University, Adelaars, Vaal Triangle, Benoni, Uitsig, Rustenburg, CBC and a representative team from Pretoria.

The tournament was a great success with some of the country's top men and women players showcasing their skills, even featuring the likes of a top 10 battle between JP Brits and Dewald van Niekerk, as well as exposing the Rustenburg Squash Club members to some very competitive and great squash.

The annual Rustenburg new year's



Run Walk for Life

Nicky Kruger, Mohlape Mogowé, Lizzy Dlhliwayo, Ronel Kolver and Regina Dube of Run Walk for Life completed the Intercare Classic Road Race.

Tania Pienaar (sewende dame algeheel) en Eileen Shannon (10de algeheel) van Run Walk for Life het die Sasol Marathon in skitterende tye voltooi.



Almarie Horn van Run Walk for Life in aksie in die 21.1km Glencore Izimbiwa Coal wedloop.

Tania Pienaar (sewende dame algeheel) en Eileen Shannon (10de algeheel) van Run Walk for Life het die Sasol Marathon in skitterende tye voltooi.



Rustenburg Squash Club hosted its annual Rustenburg New Year's Squash tournament

RUSTENBURG HERALD - RUSTENBURG - On 25 and 26 January 2020, the Rustenburg Squash Club hosted its annual Rustenburg New Year's Squash tournament, one of the first official squash tournaments on the Squash South Africa calendar.

The tournament has run consecutively for more than 40 years and relies heavily on local sponsorship and contributions - Thank you to all.

The tournament, hosting an A and B section, sported some excellent squash, exciting competition and an amazing social atmosphere, with the B section won by Uitsig, and the A section won by the local Rustenburg A side, beating out a very competitive side featuring JP Brits, the current number 1 ranked South African player.



Rustenburg Squash Club hosted its annual New Year's tournament at Olympia Park on 25-26 January 2020. The A Section Winners: Rustenburg A Team from left: Johann Keyter (Club Chairman), Michael Chennells, Jimmy Schlebusch, Kyla Hartzenberg, Kim McDonald, Albie Roux and Japie Fullard (missing from photo). (Photo: Anton de Villiers)

JP Brits and Jimmy Schlebusch. (Photo: Anton de Villiers)



Rustenburg Squash Club hosted its annual New Year's tournament at Olympia Park on 25-26 January 2020. B Section Winners: Team Uitsig from left: Jesse Lessing, Freddie Lapage, Shannon Fraser, Duane Rossouw, Berni la Grange, Michael Chennells (Club Captain) and Gerhard Fourie. (Photo: Anton de Villiers)



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Hoëskool Sport & wheels SCHOOLS

Nia debuteer deur rekord te verpletter

RHS Ficus-atletiekbyeenkoms

Nia Viljoen (dogters o/16) het op Dinsdag 21 Januarie tydens Hoëskool Rustenburg se huissport daarin geslaag om 'n 18-jaar oue rekord in die 400m hekkies te verbeter! Die rekord is in 2002 opgestel deur R Sandilands. Nia verbeter hierdie rekord met 0.5sek. Wat hierdie prestasie nog meer merkwaardig maak is die feit dat hierdie Nia se heel eerste hekkie-wedloop in haar lewe was. Hierdie rekord was dan ook die enigste baanrekord vir RHS se interhuisbyeenkoms. Sy word deur haar pa, Joe Viljoen, wat tans negende op die wêreldranglys vir Mans 45 800m en 20ste vir Mans 45 400m is, aferig.



Landri Janse van Rensburg van RHS wen die 90m Hekkies vir dogters o/15 tydens Hoëskool Rustenburg se Ficus-atletiekbyeenkoms op 31 Januarie 2020. (Foto: Anton de Villiers)

Wessel stel nuwe rekord op



Wessel Swart, leerder van Bergsig Akademie en atleet van Protea Atletiekklub het Vrydag 31 Januarie 'n nuwe rekord in die 1500m seuns o/16 opgestel by Montana-byeenkoms.

Top-baanatlete tydens RHS se interhuis

Op die foto verskyn drie van die top-baanatlete tydens Hoëskool Rustenburg se Interhuis-atletiekbyeenkoms: Juanco van der Merwe (Senior Victor Ludorum – baan - 100m en 200m SO/17, puntetotaal van 1643), Alyssa Prinsloo (Senior Victrix Ludorum – baan - 100m, 200m en 400m DO/17, puntetotaal van 1390) en Ewald Diedericks (Junior Victor Ludorum – baan - 100m, 200m en 400m SO/14, puntetotaal van 1476). Al drie hierdie atlete word aferig deur Joe Viljoen – buite-afriger by RHS.