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SPECIAL from 19/11/2020 to 2/12/2020

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HAMPERS

CODE	1317	
Beef Chuck	2Kg	
Beef Stew	2Kg	
B/Wors	2Kg	
Pork Chops	2Kg	
Chicken Drums	2Kg	
Beef Mince	2Kg	

R84999

CODE	1520		
Beef Chuck	1Kg		
Beef Stew	1Kg		
B/Wors	1Kg		
Chicken Drums	1Kg		
Beef Mince	1Kg		
Pork Chops	1Kg		

R42999

Beef Mince	R69,99	p/kg	
Traditional B/Wors	R69,99	p/kg	
Fresh Chicken	R34,99	p/kg	

CODE	1538	
Simba Assorted 14 x 36	R7999	

I	Corn Flakes 1kg	R37,99
I	Lion Maize Meal 12kg	R69,99
I	Braai Wood Bag 10kg	R18,00
I	Flair Baked Beans 3x400g	R20,00
I	Oven Fresh Biscuits 12x15	R59,99
	Fresh Spinach Bundle	R8,99

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Flying Fish 24 x 330ml	R239,99

5 Dozen X-Large Eggs	R	89,99	
Six Gun spices 200g	R	16,99	
Take Away Fomo			
Tray No 53(75)	R	89,99	
Braai Wood Bag	R	18,99	
Honey Asst. 500g	R	29,99	
Water 1 per	litr	e	
Electric Stand Fan	R1	69,99	
Plastic Zuma Chair 1's	R	49,99	
Plastic Zuma Chair 5's	R1	99,99	,

CODE

Sasko White Bread Coca Cola 2Lt X-Large Russians Jumbo Viennas Slap Chips Pkt

1579

R8999

WE KEEP ALL THE PLASTICS BUCKETS, BASINS, CUPS, PLASTIC BAGS



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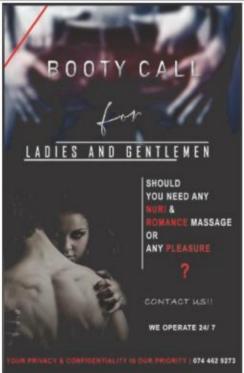
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Blank Space art competition: Two shopping vouchers valued at R10 000 each can be won!

BONUS - RUSTENBURG - Artists who are on the look-out for an opportunity to earn "easy" money before the end of this year, have one more opportunity in Rustenburg Herald/Bonus' Blank Space Art competition to make it to the final round and the overall judging at the end of this year.







This year's competition at Pick n Pay Greystone Crossing and Pick n Pay Lifestyle Square in Beyers Naudé Avenue has produced six quarterly winners/finalists at each store. In December this year, all quarterly winners of the two respective stores will compete against the other finalists of each store for two overall grand prizes to the value of R10 000 each.

So if you haven't entered

So if you haven't entered for the Bonus/Rustenburg Herald's Blank Space Art competition yet, you are advised to do your utmost best if you wish to end as this year's final quarterly winner and to advance to the final overall judging in December this year.

Entries could the "posted" in the entry boxes at the two Pick n Pay Stores and at reception of Rustenburg Herald/Bonus in 13 Coetzer Street. Remember, you can use literally any medium, pen or pencil, chalk, charcoal, paint, glass, wood, ceramic or whatever you prefer for your art. The closing date for this final opportunity to win great "money" just in time for Christmas, is Friday, 11 December. Good luck with your entries!





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Code of Conduct

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Ten arrested for illegal mining

Four stolen vehicles recovered in Bokamoso

BONUS - BOKAMOSO - On Wednesday (11 November) the South African Police Service (SAPS) Vehicle Crime Investigating Unit (VCIU) members were conducting their routine vehicle workshops visit around Bokamoso area, when they recovered four stolen vehicles and various vehicle parts at one backyard vehicle workshop.

According to information received, it is alleged that upon arrival of the police, the suspect, (owner) who was at the workshop at the time, fled the scene before being interviewed by the police. The police then according to Sergeant Ofentse Mokgadi, police spokesperson in Rustenburg, then processed the workshop and found white Isuzu KB 4x4, white Hyundai-100 mini truck, Blue Isuzu KB and white Toyota Conquest already stripped and two flat back vehicle trailers.

Major General Arthur Peter Adams applauded the four officers and further warned other vehicle repair workshop owners to expect unannounced police visits.



One of the stripped vehicle which was recovered from the workshop in Bokamoso.



Recovered stolen trailer.

BONUS - RUSTENBURG - Ten people were arrested for illegal mining activities in two separate incidents last week.

Eight suspects were arrested by the Directorate for Priority Crime Investigation on - the Hawks - on Tuesday (10 November). The suspects, aged between 33 -and 47-years-old, were found mining illegally, using excavators and trucks at a mine outside the city.

On Thursday (12 November), two suspects, aged 30 -and 38-years-old, were arrested in a joint operation by members of the Serious Organised Crime

Investigation unit, assisted by members of the Public Order Policing unit, and the Department of Mineral Resources. The suspects were allegedly also found mining illegally using excavators. The 10 suspects were charged with contravention of Section 24F (1)(a) and Section 49A (1)(a) of National Environmental Management Act (NEMA) 107/1998 for commencing with a listed activity without environmental authorisation issued by the Department of Mineral Resources. All suspects are scheduled to appear before the Rustenburg Magistrate's Court on 14 December. "The Directorate for Priority Crime Investigation would like to send a stern warning to contractors who rent out their earth moving equipment to illegal miners that, any equipment found to be utilised in illegal mining activities will be seized for investigation," said Capt Tlangelani Rikhotso, spokesperson for the North West Hawks.

Invitation to virtual ordinary meeting of counci

BONUS - RUSTENBURG - Notice is hereby given to members of the public in terms of Section 19 of the Local Government: Municipal Systems Act 200 as amended about the VIRTUAL ORDINARY MEETING of Council that is scheduled as follows:

Time: 10:00

Date: 24 November 2020

Please note that due to Covid-19 lockdown regulations, viewing of the meeting by the public will be facilitated through live streaming on Facebook.



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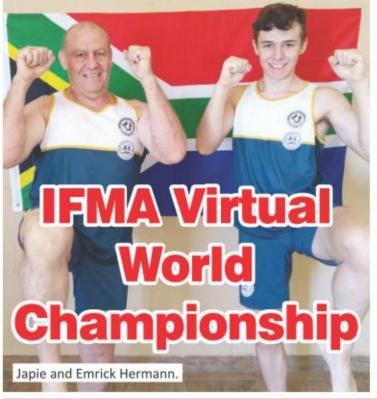


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BONUS - RUSTENBURG - The IFMA Virtual World Championship made Tiger MMA & Fitness Club realise what they can mean to Rustenburg to present world class fitness classes to their members.

Virtual World Championship results: Silver Medalist: Emrick Hermann - Max Fit J 17 Male Youth, Bronze Medal: Japie Hermann (age 62) - Max Fit Masters Male Over-41 +75kg, 9th place: Emrick Hermann - Shadow Boxing J 17 Male Youth.

Tiger MMA & Fitness won 2 medals in the Max Fit categories in the 2020 IFMA Virtual World Championship. 82 Countries with approximately 40 000 athletes were competing in this amazing event. (See Rustenburg Herald for more on this story)

Runners prepare for a 'blue themed Friday 5K Pop Up Run #3 powered by Puma



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BONUS - RUSTENBURG - The Friday 5K Pop Up Run #3 powered by Puma will take place this coming Friday (20 November) and the color of the day will be blue!

Consisting of four bi-weekly 5km runs that will start and finish at a designated venue in Cape Town, Durban and Johannesburg, each Pop-Up Run is limited to 70 runners (per city) to adhere to Government Regulations with the first 50 entries (per run and per city) receiving a limited-edition Run Your City Series (RYCS) t-shirt. This coming Friday runners will receive a funky blue t-shirt. Runners who complete all four runs stand a chance to win their share in spectacular sponsor prizes. "We realize that the Pop Up Runs tend to reach capacity really quickly, for that reason there is a virtual option for runners that could not sign up in time or that cannot make it to the designated venue on the day," continues Meyer. "These runners can run anywhere, take photographs and share them to social media. They won't receive the RYCS t-shirt, but they will be eligible to win sponsor prizes." Friday 5K Pop Up Run #3 on Friday 20 November 2020 at 06:30 in Cape Town at Rondebosch Common (parking area in Sawkins Road), in Durban at Promenade (close to Bike and Bean) and in Johannesburg at Delta Park (start is the end of Road No Three at The Delta Park entrance). Virtual: Runners choose their route.

Friday 5K Pop Up Run #4 on Friday 4 December 2020 at 06:30 - To be announced the week of the run. Entry is free of charge, but you do need to sign up via the following link: Cape Town: https:// entries.thecapetown12.com/events/76308friday-2011-cpt; Durban: https://entries. durban10k.com/events/76306-friday-2011-dbn; Johannesburg: https://entries. joburg10k.com/events/76307-friday-2011jhb. For further information on the Friday 5K Pop Up Run Series powered by PUMA visit https://runyourcityseries.com/ or email entries@thecapetown12.com, durban10k.com or entries@joburg10k.com.