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Mrs Rita van Staden - new Chief Judge of our Rustenburg Herald/ Bonus Blank Space Art competition with one of the latest winners that have impressed her tremendously, clinching a cash prize of R1 000 at the same time. This entry of a beautiful young girl was drawn by 16-year-old Dylan Jeranyama. This piece could be amongst the finalists at the Grand Judging later this year when two overall winners will be selected from all monthly/quarterly winners! Two Grand Prizes valued at R10 000 each are up for grabs at the grand judging in December this year.



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Our second winner of R1 000 this week. This was drawn by Dunstan Nel.

NTU: 068 175 67

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My name is Mrs M Fifi from Rustenburg, I am here to testify about CHIEF MUNTU, 6 years ago my husband had left me and my children, luckily I consulted CHIEF MUNTU and he offered my prayers and gave me powerful love Crystals, after 3 days my husband came back home, after 4 months together with my husband, we went back to CHIEF MUNTU to help my husband get a better position in the Government, he got it and now he won a big tender in the North West. Thanks

to CHIEF MUNTU, we are financially well, we are free from debt. I recommend everyone with any problem to contact him. 068 175 6764.

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- Bring back stolen goods
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- Business problems

- Win court cases / divorce
- Make your enemies suffer
- Bring back lost lover same day
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- Penis enlargement
- Remove tokoloshe

I decided to pay R200, and without speaking a word, CHIEF MUNTU read all my fortune accurately and my background and he told me the cause of all my



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MUNTU 068 175

Tel: 014 592 8329 Fax: 014 592 1869 E-mail: mailbag@rustenburgherald.co.za Address: 13 Coetzer Street, Rustenburg, 0299

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73 213 6690

My name is Steven brother of Sifiso, he told me

about Prof. Badawi how he made him rich. I was

working as a security, earning a small salary after

speaking to **Prof. Badawi**. I choose the rats to put money in my house. I was shocked to see

5 million in my house the following morning and

paid him 10% of the money, and I told my siste and relatives about **Prof. Badawi** for job well

done and now she is using the magic wallet that

gives her R200 000 everyday and paid him

R30 000 every week. If you want to change your life and be successful in your life, contact

Prof. Badawi. He can change our life and

I recommended and success for Prof. Badawi

and he can help you get rich quickly and to be your own boss. Call **Prof. Badawi** or you can visit

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WITH PROF BADAWI

FIXED MY FAMILY &

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PREDICAMENTS

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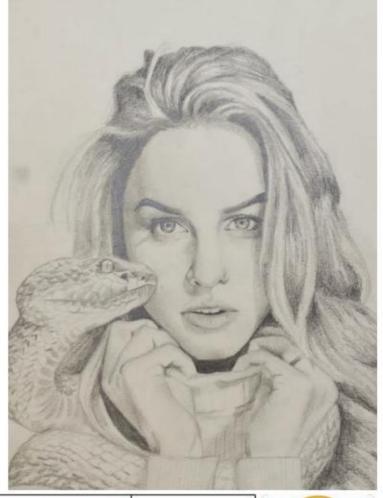
BONUS - RUSTENBURG - It gives us great pleasure on a cold Monday morning to congratulate two new winners in our Blank Space Art competition which has drawn to a close on Friday last week.

Jeranyama - a young bloke who at this young who showed untold promise of making a age shows unbelievable talent - "Dylan's career out of their passion. Good news is that rendition of a young woman is absolutely the next (probably the last one of the year) stunning!", said our Chief Judge - Mrs Rita quarterly Blank Space is open once again. van Staden who will be helping us to choose Post your entries into the entry boxes at both worthy winners during the next few months. participating Pick n Pay stores (or reception For his efforts Dylan won prize-money of R1 at our offices in 13, Coetzer Street), marked

Nel with his humorist sketch of guitar player of art as you wish and there is no entry fee. Joe Bonamasa.

Dunstan shows great skill at creating caricatures and is another worthy winner of prizemoney of R1 000 sponsored by Rustenburg Herald. Both Dylan and Dunstan's entries will remain in our hat until the overall judging towards the end of this year from which we will select the two overall winners who will be winning a shopping voucher to the tune of R10 000 at either Pick 'n Pay Azaleapark (Greystone Crossing) or Rustenburg Lifestyle Centre in Beyers Naudé Avenue. At her very first opportunity of judging the entries of our Blank Space Art competition, Mrs Rita van Staden was almost shocked

Congratulations to 16-year-old Dylan by the reality that we have amazing artists 000 in cash sponsored by Rustenburg Herald. Rustenburg Herald/Bonus Blank Space Art Our second winner is 43-year-old Dunstan competition - you may enter as many works



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FINANCIAL MATTERS

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- Magic wallet/ ring of money. · Clear debts and financial
- problems · Win lotto, power ball & casino.

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· Quick pension/ provident and surplus money pay out. Clear criminal records on your name

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Business robbers apprehended with aid of community

BONUS - RUSTENBURG - The involvement of the public in the fight against crime paid off when two suspects aged 21 and 24 were apprehended on Thursday (27 August) by members of the community at Boitekong Extension 1 for the alleged involvement in a business robbery.

According to Col Adéle Myburgh that was after the duo allegedly threatened the owner of a Tuck Shop with a knife and robbed him of cash, a cellular phone and gambling machine. Through assistance of members of the community, the suspects were arrested shortly after the incident and handed over to the police.

They were expected to appear before the Rustenburg Magistrates' Court on Monday (30 August) on a charge of business robbery.

October school holidays and 2021 National **Matric Exam**

BONUS - RUSTENBURG - October school holidays - According to basic education minister Angie Motshekga the October school holidays will not be scrapped.

Under the current 2021 school calendar, government school students are on holiday from 1 October until 11 October. All schools reopened on 26 July as part of the country's move to an adjusted level 3 lockdown after a month-long level 4 lockdown.

2021 National Matric Exam dates -The national matric final exams are scheduled to last six weeks, starting on 1 November and finishing on 7 December 2021.

It will start later than previous years to ensure that matriculants receive enough time for learning and teaching.

The released matric exam dates exclude the written matric final exams for Life Orientation (LO), and the practical exams for Computer Application Technology (CAT), Information Technology Performing Arts, and Visual Arts and Design - which will take place earlier.





Rosho sworn in as Acting Premier

BONUS - MAHIKENG - North West Leader of Government Business and MEC for Finance, Ms Motlalepula Rosho has been sworn-in as the Acting Premier of North West.

This follows the resignation Legislature last week.

His resignation was accepted and Province. in line with section 131 (1) (b) of the Constitution of the Republic of following her designation by the South Africa, 1996.

Premier

At its special sitting convened on of Professor Job Mokgoro who Thursday, 26 August, the Executive submitted his resignation to the Council unanimously designated Speaker of the North West Provincial MEC Motlalepula Rosho as the Acting Premier of the North West

Accordingly, MEC Rosho. Executive Council, was sworn in It was therefore necessary that as acting Premier by the Judge the Executive Council convenes to President, Ms M. Leeuw at a designate a member as an Acting ceremony held in the Office of the Premier.



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Are you serving your kids sugar for breakfast?

BONUS - RUSTENBURG - Breakfast cereals in South Africa, particularly those targeting children, have for some time made some reasonably bold health claims.

This is despite most containing large which equals more than a quarter of sugar for amounts of sugar - sometimes in higher every serving. quantities than the vitamins and minerals they advertise, Business Insider reports.

country continue to advertise the inclusion of contents. vitamins, minerals, iron, multigrain, fibre, or even probiotics. Some leave the interpretation Insider South Africa, a "light" ProNutro of common phrases like "high in", "source of", had 25.8 grams of sugar per 100 gram, and and simply "with" up to the consumer. Others, a chocolate flavoured version of the same like several Kellogg's cereals, make a direct product targeting parents with toddlers had claim that some of their breakfast cereals may 23.4 grams. aid with "growth" and "development".

most also have high amounts of sugar.

But according to experts, eating too back on some sugars could make it easier those available in foreign markets. to concentrate and stay alert. In particular, and refined sugar - common in items like 100 grams. breakfast cereal.

targeting children with colourful boxes and revolt, has just 7.9 grams. And in the United adults with health claims have more than 30 States, it has 10 grams of sugar per 100 grams. grams of sugar for every 100 grams of cereal

more than 25 grams of sugar per 100 grams, version available in South Africa.

And some brands that tacitly purport to be healthy, or contain labels such as "light", or Most leading cereal brands for sale in this for toddlers, also have surprisingly high sugar

Of the products checked by Business

This sugar content per 100 grams in as many Although most breakfast cereals on as 40 different breakfast cereals is higher than supermarket shelves do contain some items that may be considered unhealthy or vitamins, minerals, healthy grains, or fibre, desert foods - like some vanilla ice cream and even a typical Coke can.

Some local iterations of global cereal much sugar can harm health - and cutting brands also have higher sugar levels than

For example, local Kellogg's Rice Krispies experts warn against overeating processed Vanilla has a sugar content of 21.7 grams per

The original brand in the United Kingdom, At least five breakfast cereals directly stocked on South African shelves after a

The same is true for Coco Pops in the United Kingdom - the UK version has nearly The top ten sugar-filled cereal types have half the amount of sugar per 100 grams as the

Here's the cereals containing the most sugar in South Africa:

Bokomo Otees Originals Creme Soda

Kellogg's - Strawberry Pops

Kellogg's - Coco Pops

Bokomo - Weet-Bix Bites Chocolate

Bokomo - Weet-Bix Bites Honey

Kellogg's - Coco Pops Fills

Bokomo - Otees Originals Apple

Kellogg's - Froot Loops Kellogg's - Coco Pops Crunchers

Bokomo - Weet-Bix Protein

Bokomo - Weet-Bix Lite

The lesser of the evils are:

Kellogg's - Corn Flakes

Bokomo - Corn Flakes

Bokomo - Weet-Bix

Kellogg's - Rice Krispies





Operation Basadi nets over 180 suspects

BONUS - RUSTENBURG - As part of Women's Month crime prevention related activities, Operation Basadi conducted in various parts of the province by South African Police Service (SAPS) and various law enforcement agencies yielded significant success on Friday (27 August).

became evident apprehension of 189 suspects for various crimes during suspect raiding operations. Out of 189 suspects, 28 were arrested in Dr Kenneth Kaunda District, 46 in Bojanala Platinum District 1 (Brits), 44 in Bojanala Platinum District 2 (Rustenburg), 17 in Ngaka Modiri Molema District and 54 in Dr Ruth Mompati District. The suspects according to Col Adéle Myburgh, included 37 that were arrested by the Family Violence, Child Protection and Sexual Offences (FCS) Units for sexual and Gender Based Violence (GBV)

two roadblocks conducted on Friday, 27

through August 2021, resulted in the search of 605 persons and 352 vehicles. In addition, 9 road traffic fines were issued while three suspected undocumented persons were handed over to Immigration Officials for processing.

> Moreover, various premises were visited. They included Automated Teller Machines (ATMs), banks, filling stations, post offices, a taxi rank, malls, liquor outlets and second hand goods business premises.

The North West Provincial Commissioner. Lieutenant General Sello Kwena commended members, In the Dr Kenneth Kaunda District, particularly women law enforcers, who participated in the operations.





Testimony for Baba Mwambe all thanks to Baba Mwambe traditional healer for a good job that he did for me. My name is Nokukhanya from Eastern Cape in Port Elizabeth, my number is 076 546 8791. I have been meeting with the wrong doctors, they where telling me stories and I was keeping everything as a secret but one day I tried talking with my colleague and tell her about my life and she told me about Baba Mwambe that helped her to get money in her house. It was 3 million and she paid 20% from that money. I then tried calling him and he told me about shortboys to put money in my account, or my house, but I chose shortboys to put money in my account, so I asked him how much must I pay when I want 2 million. He said I will pay after the job is done but I have to send him some little money first to buy food of shortboy's who's going to deposit the money in my account. I did that, he then told me to send my banking details and wait for 1 hour and 30 minutes I will get a message from the bank. I got a message from the bank and I also went to withdraw 20% and went to give him his money in his office. So I thank my friend for introducing me to Baba Mwambe. For more information Call or (9) Baba Mwambe on 076 546 8791 and it is not like he likes to help only about money issues. He helps with many problems no matter how far you are or how difficult it might be, Baba Mwambe will help you, call or (him today and

063 467 2521.

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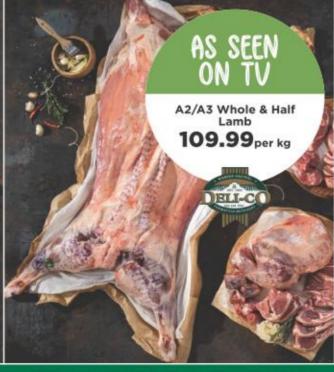














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Strawberry Punnets 250 g **3for50**



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Blueberry Punnets 125 g 4forR50









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Rustenburg Noord Primary

BONUS - RUSTENBURG - Rustenburg Noord women celebrated and closed the month of August in a very positive, inspiring, powerful event.



Deputy Principal Mrs Marwana, Mrs Senne, Mrs Sefora, Mrs Holland and Mrs Lebo.

Fundraising event for Lighthouse Children's Home

BONUS - RUSTENBURG - Join Lighthouse Children's Home for a lovely morning at their "Mommy & Me High Tea" on Saturday 23 October at 11:00 at Hedgehog's Nest. Tickets at R200pp. Bookings: Elsa at 083 493 5911. Come and enjoy a lovely morning and support Lighthouse Children's Home.





Second hand clothing sale on Friday 3 September from 07:30 – 12:00 at the Dutch Reformed Church, corner of Beyers Naude and Fatima Bhayat Streets.

Women need to be celebrated and female educators need to be reminded of the impact and great contribution they make to society. Rustenburg Noord Primary showed appreciation to their female staff members.

They are ready to conquer anything life throws at them with Grace. "God is within her, she will not fall."



Mrs K Penyenye (speaker).

Annual General Meeting



BONUS -RUSTENBURG - Rustenburg Swimming Club is inviting all interested parties to attend the club's virtual AGM, which is to be held via Zoom on Wednesday, 1 September 2021 at 18:30.

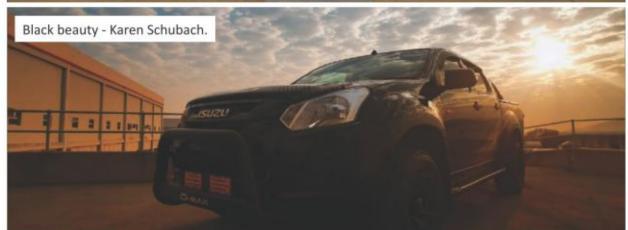
Please email/ whatsup René van der Walt at rene@ ffprok.co.za or 082 462 4249 on/before 31 August 2021 to confirm attendance, so that Zoom meeting details can be forwarded.



Rustenburg Photographic Society



Building with Wings Gerrie Botha.





BONUS - RUSTENBURG - Rustenburg Photographic Society winning photos for August (via Zoom): Senior Open winner - Eagle Squaw (Simon Fletcher), Junior Open winner - Kuifkop Houtkapper (Hannes van Jaarsveld), Technical Subject (Structures) winner - Building with wings (Gerrie Botha), Set subject (Framed) winner - Framed for ever (Karen McCarthy), Cell phone category winner - Black Beauty (Karen Schubach).

The club meetings are still being held every third Wednesday of the month. For more information or if someone is interested in visiting or become a member, please contact the chairman Simon Fletcher at 082 371 9867 or the vice chairman Jacques McCarthy at 078 353 0458.



Kuifkop Houtkapper - Hannes van Jaarsveld.



Framed forever - Karen McCarthy.

Hyper quality on your doorstep





For more than a decade, Fern Hyper in Tlhabane has been giving customers great value for money. Here as business partners Nelio Farinha (left) and Luis Rodrigues with floor supervisor Thabiso Setuke. Johnny Lopez, the other partner, was absent when the photo was taken.





Fern Hyper now has a Overland Liquor outlet as part of the business. Here are Nelio Farinha, Thabiso Setuke and Luis Rodrigues. Business partner Johnny Lopez was not present when the picture was taken. Masks were removed while the photos were taken.

Luis Rodrigues with his 'boss', his son Rodrigo. "Only what is good enough for my family, is good enough for our customers," says Luis.

BONUS - TLHABANE - Whether you need just bread and milk, or you want to cook a three-course dinner, Fern Hyper in Tlhabane is your one-stop convenience store.

And what is more, you can also stock up on excellent wines, whisky, brandies or other liquor while you shop for groceries.

Fern Hyper has been offering customers the best value for money for more than a decade and will continue to put quality in your shopping basket - without breaking your budget.

Business partners Luis Rodrigues, Johhny Lopez and Nelio Farinha are committed to making sure that they offer the freshest produce, the best meat cuts and a great variety of other household items and nearly all you can think of for those everyday necessities. Now with the edition of the Overland Liquor outlet to Fern Hyper, they will carry over the great service also to customers looking for the best deals when buying liquor or other liquid refreshments.

To experience the Fern Hyper difference, visit them at Shop 1, Moumo Street, Tlhabane.





For everyday essentials, as well as groceries, fresh meat and vegetables, your best bet is Fern Hyper in Tlhabane.



In the pipeline...A pub will join the Fern Hyper stable shortly. Luis Rodrigues is very excited about the coming addition.



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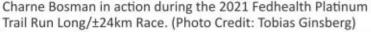


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Noosi, Bosman claim gold at the 2021 Fedhealth Platinum Trail Run







Teboho Noosi in action during the 2021 Fedhealth Platinum Trail Run Long/±24km Race. (Photo Credit: Tobias Ginsberg)

Renier Grobler (Murrayfield, Pretoria) claimed the top spot on the podium in the Short/±12km race in an impressive time of 59 minutes 37 seconds. Ryan Mathaba came in 2nd, while Tyron Bothma finished 3rd. Leilani Scheffer (Rustenburg) was happy with the challenge of the Short/±12km race. Scheffer claimed the top spot on the podium in the women's race in a time of 01 hour 04 minutes 51 seconds. Rone Reynecke came in 2nd, while Elizabeth

Itumeleng Khumalo (Marikana, Rustenburg) sprinted to victory in the Fun Run/±8km in a time of 45 minutes 51 seconds.

Tshepo Miya came in 2nd, while Marius van den Berg finished 3rd. Gizela van den Berg (Rustenburg) was the first runner home in the women's race crossing the finish line in 47 minutes 54 seconds. Jana van den Berg came in 2nd, while Lana Harmse finished 3rd.

Monster cyclists beat freezing cold front

BONUS - BUFFELSPOORT - Cyclists contesting the 2021 Magalies Monster Mountain Bike Race on Saturday did so in almost extreme weather conditions amidst a freezing cold front with temperatures below 0°F and even a light drizzle moments before the start of the race.

The fact that the Magaliesburg Monster was already postponed from earlier this year and a freezing cold spell forecast for the entire weekend proved it in evitable that a considerably smaller crowd were prepared to brace the weather to turn up at the starting line on Saturday morning. Nonetheless, Philip Buys and Sarah Hill went on to conquer the Fedhealth Magalies Monster MTB Classic on their first attempt at the ATKV Buffelspoort on Saturday 28 August 2021. Celebrating its 18th anniversary on the day, mountain bikers could choose between the Marathon/+-65km, Half Marathon/+-33km, Fun Ride/+-16km and a 2.5km Kids Event. Buys (Menlo Park, Pretoria) completed the Marathon/+-65km route in a lightning-fast time of 02 hours 49 minutes 02 seconds. "The route was quite rough. I really enjoyed it," says Buys. "I'm used to this type of terrain. It's loose and rocky, very similar to what we have in Pretoria. It was my first Magalies Monster, so I didn't really know what to expect. Sarah Hill (Bryanston, Gauteng) secured gold in the women's race in a deserving time of 03 hours 31 minutes 11 seconds. According to Hill she wanted to see what all the hype was about. "Everyone talks I've done Breedt's Nek a couple of times, but I did not realise that there was more to it. I really enjoyed finding rhythm on the climbs and the downhills were absolutely phenomenal.

Lenre Coetzee (Klerksdorp) was on fire in the Half Marathon/+-33km securing victory in 01 hour 19 minutes 40 seconds. "I think I've done about four Magalies Monsters already," says Coetzee. "Today's route was definitely more technical. The wind was hectic, but at least at the end we conquered the Monster." Emie Roets came in 2nd, while Bertieemmett Anderson finished 3rd.

Yvonne Prinsloo (Hartbeespoort) was the strongest contender in the women's race, crossing the finish line in 01 hour 43 minutes 40 seconds. "The race was great," says Prinsloo. "The route was well marked. The up-hills were my favourite part of the route as well as any part where we caught the wind from behind. I've probably completed the Magalies Monster seven or eight times already, but this is my first short one. I'll definitely be back." Sasha-Lee Sauer came in 2nd, while Tshidi Ebudilwe finished 3rd.



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