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Rustenburg Herald's Bonus

25 JULY 2022

25 500
FREE

The South African Women's National soccer team, affectionately known as Banyana Banyana, has made history by winning their first ever Women's Africa Cup of Nations title after beating Morocco 2-1 in the final the past weekend. The match, which took place on Saturday (23 July) saw Banyana beating hosts Morocco at Prince Moulay Abdellah Stadium following a double strike by Hildah Magaia midway into the second half. While messages of support continue to pour in from soccer fans all over the country, Banyana are now looking ahead to participate in the Fifa Women's World Cup, which will be co-hosted by Australia and New Zealand next year. (Photo: Twitter).



Understanding insurance



When it comes to saving money, it is advisable that you should always have some set aside for unexpected events or expenses such as medical care, car repairs, or home repairs in the event of storms or floods. A good emergency fund should cover at least three months of expenses whenever you might need it.

Another way to cater for the unexpected is through insurance. It is crucial to understand the claim process and the terms and conditions of your insurance policy. This will allow you to determine what kind of claims are allowed, and what events are covered and excluded.

Types of insurance:



Short term insurance protects assets or things we own, such as electronic devices, house, home contents and vehicles



Long term protects us and our families against financial loss caused by life changing events such as critical illness (like a heart attack), disability or death

Terms and Conditions

- It is important to understand any insurance policy before signing up for it
- T's and C's are the rules that one must follow to fulfil a specific contract
- The T's and C's are sent within 30 days of agreeing to an insurance contract

Let's look at examples of where T's and C's may apply and how they may apply:

Premiums

This is the amount of money you pay monthly to the insurance company or bank.

The T's and C's will state:

- What happens if you do not pay your premium or do not pay on time
- If there is a grace period to pay back premiums missed
- The details of the cancellation policy for missed or non-payment

Exclusions

- Insurance policies may contain exclusions, which indicate circumstances under which there is no cover. e.g. if you have a van with a canopy, you may need to check whether your policy covers both the van and the canopy
- Long term insurance may also have exclusions e.g. accidental death insurance may cover you for death due to accidents but may exclude death due to certain health reasons or suicide
- Always check what your policy covers and what is excluded
- Acts of God refer to uncommon and extreme natural events (e.g. flooding) and your policy document will tell you what type of natural events your property or belongings are insured against

T's and C's may also apply to the claim process

- A claim is when you ask your insurance company to pay out
- Most policies will inform you of where and how to claim
- You may be required to submit specific documentation such as a death certificate for funeral cover or a medical report for disability/critical illness cover
- For short term claims information, you will be required to supply the facts of what happened, including dates, time, photos and police accident reports where appropriate

INSTANT
FREE
SHOPPING FOR
59 000
CUSTOMERS

COMPETITION ENDS 21 AUG 2022

GO
BIG

SPAR Rewards

SHOP ANY PARTICIPATING
PRODUCT TO ENTER

SWIPE YOUR SPAR Rewards
CARD AT THE TILL

WIN YOUR SHOPPING
INSTANTLY!

BUY ME
TO
WIN



SPAR
Frozen Mixed
Chicken Portions
5 kg

169⁹⁹

BUY ME
TO
WIN



Superfecta
Save Hamper
4 kg

179⁹⁹

AS SEEN ON
TV

BUY ME
TO
WIN



SPAR
Golden
Corn Flakes
1 kg

39⁹⁹

BUY ME
TO
WIN



SPAR
Full Cream Maas
2 kg

BUY 2 FOR 50⁰⁰

Get
R4 off
Rewards Customers Pay

75⁹⁹
per pack



SPAR
Long Life
Full Cream,
Low Fat
or Fat Free
Milk
6 x 1 litre

SPAR
SUPER
MAIZE MEAL



SPAR
Super
Maize Meal
12.5 kg

84⁹⁹

SPAR
BROWN
SUGAR



SPAR
Brown
Sugar
5 kg

74⁹⁹

AS SEEN ON
TV

BUY ME
TO
WIN



Tastic
Long Grain
Parboiled Rice
2 kg
Assorted

24⁹⁹
each

AS SEEN ON
TV

BUY ME
TO
WIN



Sunlight
Hand Washing
Powder
3 kg
Assorted

78⁹⁹
each

SPAR

LAST CHANCE TO
BAKE & SERVE
Like a MasterChef

Promotion ends 31 July 2022.
Completed collector cards can be redeemed until 14 August 2022.

GET UP TO
70%
OFF
MasterChef Bakeware

SHOP

COLLECT

70%
SAVE



Promotion ends 31 July 2022. Completed collector cards can be redeemed until 14 August 2022. Stickers can be collected at any SPAR, SUPERSPAR, KWIKSPAR, SPAR Express, SAVEMOR and TOPS at SPAR store. MasterChef Bakeware may only be redeemed at SPAR, SUPERSPAR, KWIKSPAR, SPAR Express and SAVEMOR stores. Excludes stores in KZN, Western Cape, Eastern Cape, Upington and Keimoes area. ©2021 Shine TV Limited. MasterChef and the MasterChef logo are registered trademarks of Shine TV Limited and its affiliates. Licensed by Banijay Group. All Rights Reserved.

SPAR

For more info:
www.spar.co.za or in-store
Find us on f /myspar

Specials available at selected SPAR and SUPERSPAR stores (excluding KWIKSPAR and SPAR Express stores) from 25 July to 31 July 2022 ONLY, while stocks last. We reserve the right to limit quantities. TV products available nationally. Prices include VAT. Not available in Western Cape, Eastern Cape, KwaZulu-Natal, Upington or Keimoes area, the Lowveld or Belfast area. Errors and Omissions Excepted (E&OE).

Assist police in locating missing man



Morris Boitumelo Maepa (35).

BONUE - RUSTENBURG - The police in Mooinooi would like to request the community's assistance in locating Morris Boitumelo Maepa (35), who is residing at Bokamoso Section, Mampa Informal Settlement, close to Mooinooi.

According to information received from Col Adele Myburgh, he was last seen by his colleague on Friday (15 July), at about 02:00, whilst on duty as a security guard. A search was conducted around the mine without success.

He is dark in complexion, short in height with a slender built body.

Anyone with information regarding his whereabouts can contact the Investigating Officer, Constable Carnation Nkomo, of Moonooi Detectives on the following cellphone number: 082 416 3598 or Crime Stop on 08600 10111. Anonymous tip-offs can be communicated via MySAPS App.

Invitation to Ordinary Meeting of Council

BONUS - RUSTENBURG - Notice is hereby given to members of the public in terms of section 29A of the Local Government: Municipal Structures Act, 117 of 1998 as amended, about an Ordinary Council Meeting that is scheduled as follows:

Time: 10:00
Date: 26 July 2022
Venue: Rustenburg Civic Centre
Please note that the meeting will be streamed live on Facebook for public viewing.



Photo: ER24.

BONUS - RUSTENBURG - Four men in their 30s and 40s have suffered moderate injuries after they lost control of the one ton truck they were travelling in and overturned it onto its side along the N4 between Rustenburg and Swartruggens on Saturday afternoon (23 July).

According to information received from Ross Campbell, ER24 Spokesperson, paramedics were on the scene at 13:16. The men were all outside the vehicle by that time- the one patient who had been travelling on the back was lying on the ground and was in a slightly more serious condition. They were all treated for their injuries and transported to hospital for further care.

The South African Police Services were also on the scene for further investigations.



Teenager dies in crash

BONUS - A 15-year-old boy has died after a Jeep overturned on the Maanhaarand dirt road outside Rustenburg on Saturday afternoon (23 July).

A man believed to be in his 30s suffered minor injuries in the accident.

According to Ross Campbell, ER24 Spokesperson, paramedics were on the scene at 17:35 where family members were in attendance. Attempts were made to resuscitate the boy using Advanced Life Support interventions, unfortunately these were unsuccessful and the patient was later declared dead on the scene. The patient in his 30s, who had suffered minor injuries, was treated and transported to hospital for further care. The scene was handed over to the South African Police Services.

N

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Three Star scores five stars for involvement

BONUS - RUSTENBURG - Management and staff of Powertrade Three Star, Food Town Hyper Tlhabane and Food Town Hyper Rustenburg CBD did their bit for various community projects and goodwill drives.

Beneficiaries included the Spes Bona home, Lighthouse Children's home, Mandela Day 2022 and the Jacaranda Warm Fest blanket drive.



ALBERTS HOUTWERKE
Ons spesialiseer nou in die regmaak (herstel) van meubels en hang van huisdeure.
TEL: 082 564 2931



Powertrade Three Star, Food Town Hyper Tlhabane and Food Town Hyper Rustenburg CBD also donated groceries and toiletries to the Spes Bona home in Rustenburg.

Management and staff of Powertrade Three Star, Food Town Hyper Tlhabane and Food Town Hyper Rustenburg CBD donated 430 blankets to the Jacaranda Warm Fest Blanket drive held recently in Rustenburg.

DBV SPCA RUSTENBURG
Is facing extreme financial difficulties, with little help from RLM.
WE ARE FACING EXTREME CHALLENGES AND POSSIBLY CLOSURE.
Outstanding Vet bills, outstanding food suppliers and salaries that needs to be paid on a monthly basis.
Please assist us in keeping our doors open. Without your help **WE CANNOT SURVIVE!!**
BANKING DETAILS:
SPCA RTB / FNB
ACCOUNT NR: 53604095349
BRANCH: 250655

Fundraiser for Rustenburg SPCA

BONUS - RUSTENBURG - Rustenburg DBV/SPCA is in need of blankets, adult and puppy dog food, adult and kitten cat food as well as canned food.

Any financial donation also more than welcome. On 30 July at 14:00 a fundraising event for the Rustenburg SPCA will be taking place at Rump & Draught (Greystone Crossing Centre). Come and enjoy artists like Elzabi, Divann, Jenny K, Clinton, Ashton Wheeler and Morne and support the Rustenburg SPCA. Bring a blanket or food as entrance fee. Let's see which businesses or schools can bring the most blankets or food. For more information contact the SPCA at (014) 592 3181.



Photo: ER24.



Vehicle overturns, leaving one dead and one injured

BONUS - RUSTENBURG - A man believed to be in his early 40s has died and a woman in her 30s has been critically injured after a vehicle overturned on the Helen Joseph Drive in Rustenburg on Monday morning (25 July).

According to information received from Ross Campbell, ER24 Spokesperson, paramedics were on the scene at 01:20 along with the Fire Department and Trauma Rescue. The two people were found entrapped in the VW Polo, which was upright after having rolled. The male driver unfortunately showed no signs of life and was declared dead on arrival. ER24, with the help from the other teams, extricated the two within 30 minutes. Advanced Life Support interventions were needed to stabilise the critically injured woman before transporting her to hospital for further care. The South African Police Services were on the scene for further investigations.

WINTER CARNIVAL

BIGGEST DEALS OF THE SEASON

AS SEEN ON TV



3 x Pineapples
2 x Banana Thriftpacks
R50



Avocados
4 FOR R29



Bananas
9⁹⁹ per kg



Blueberry Tubs 125 g
4 FOR R49



Food Lover's Blended Seed & Extra Virgin Olive Oil 1 L
2 FOR R120



Lancewood Double Cream Yoghurt Assorted 1 kg
29⁹⁹ each

NEW EXCITING FLAVOURS LAUNCHED FIRST AT FOOD LOVER'S MARKET. CHOCOLATE, LEMON CHEESECAKE & TURKISH DELIGHT



Koo Baked Beans in Tomato Sauce 410 g
5 FOR R60



Coke Original Less Sugar 1.5 L
4 FOR R48



Food Lover's Chicken, Smoked or Red Viennas 1 kg
39⁹⁹ per pack



You First Raw Almonds 1 kg
129⁹⁹ each



Food Lover's UHT Long Life Milk 6 x 1 L (Full Cream or Low Fat)
74⁹⁹ each



Food Lover's 2 Ply Toilet Paper 18's
2 OR 1 L R160

FOOD LOVER'S MARKET

SPECIALS VALID UNTIL SUNDAY 31 JULY 2022

AVAILABLE AT SELECTED FOOD LOVER'S MARKET STORES IN THE INLAND REGION:
GAUTENG, LIMPOPO, NORTH WEST, MPUMALANGA AND FREE STATE.

ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY • HAMILTONS ADVERTISING • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E&OE

THE BEST
IN FRESH
GUARANTEED!



POTJIEKOS COMBO

1 x Carrot Thriftpack 1 kg
1 x Potjie Potato Thriftpack 1 kg
1 x Pickling Onion Thriftpack 1 kg
1 x Garlic Sock

R50

FOOD LOVER'S
POTJIE POTATOES
crispy and creamy

VEG
GROWN WITH CARE
CAREFULLY SELECTED
class 1 carrots

VEG
GROWN WITH CARE
CAREFULLY SELECTED
class 1 sweet potatoes

VEG
GROWN WITH CARE
CAREFULLY SELECTED
class 1 potatoes 7 kg

VEG
GROWN WITH CARE
CAREFULLY SELECTED
class 1 carrots 3 kg

BIG DEAL

BULK VEG COMBO

1 x Potato Pocket 7 kg
1 x Onion Bag 3 kg
1 x Carrot Bag 3 kg
1 x Sweet Potato Bag 2 kg

R119

Sliced Sweet Potato Microwave Bags 500 g

14⁹⁹ each

Cauliflower or Cauliflower & Broccoli Florets Microwave Bags 500 g

29⁹⁹ each

Sweetcorn Prepacks

19⁹⁹ each

Red & Yellow Pepper Prepacks 2's

2 FOR R30

KENYAN VEG

Baby Corn, Mangetout, Sugar Snap or Fine Bean Prepacks

2 for R35

Tomato Thriftpacks 1 kg

2 FOR R30

Orange Sweet Potato Carry Pockets 2 kg

2 FOR R25

Crown Pumpkins

R25 each

Soup Packs

19⁹⁹ each

Garlic

R79 per kg

White Button Mushrooms

2 FOR R35

Lettuce Prepacks

2 FOR R30

Broccoli Prepacks

2 FOR R30

True Roots Cooked Baby Beetroot Vacuum Pack 500 g

24⁹⁹ each

True Roots Whole Baby Beetroot Pouch 280 g

16⁹⁹ each

VEG WALL

Cabbages, Spinach Bunches, Leeks, Turnips or Soup Celery

2 for R30

Carrot Bags 3 kg

19⁹⁹ each

Pineapples

3 FOR R25

Ginger

R59 per kg

Medley Mix Cocktail Tomato Prepacks

3 FOR R35

Romanita Cocktail Tomato Prepacks

3 FOR R35

Spanish Santé Cocktail Tomato Prepacks

3 FOR R25

Robot Peppers

29⁹⁹ each

Paw Paws

3 FOR R25

Naartjie Boxes

19⁹⁹ each

Green Kiwifruit

5 FOR R30

Imported White Grape Punnets

3 FOR R99

Imported Nectarine or Plum Punnets

3 FOR R99

Orange, Lemon or Naartjie Thriftpacks

2 FOR R25

Lemons, Grapefruit or Oranges

9⁹⁹ per kg

Top Red, Cripps Pink, Kanzi or Granny Smith Apple Econopacks 1.5 kg

2 FOR R30

Orange Pockets

2 FOR R39

Avo 101

SCAN ME

FOR A QUICK GUIDE ON HOW TO PICK YOUR AVOS

Marvel

HEROES ON THE GO

COLLECT YOUR MARVEL HEROES ON THE GO PLUSH TOYS:

Spider-Man, Thor, Black Widow & Black Panther

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SHOP

Spend R100 to collect a sticker T's & C's apply

STICK

Paste your sticker on the collector card and collect 10 stickers

SAVE

Up to 70% off your favourite Marvel item

THE BEST IN FRESH GUARANTEED!

FOOD LOVER'S MARKET

SPECIALS VALID UNTIL SUNDAY 31 JULY 2022 • ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY. HAMILTONS ADVERTISING • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • E&OE

Food Lover's Raisins Jumbo Seedless Standard Grade 1 kg

Food Lover's Raisins Jumbo Mixed Standard Grade 1 kg

Food Lover's Raisins Jumbo Raisins Standard Grade 1 kg

ANY 3 FOR R100

Douglasdale Full Cream or Low Fat Milk 2 L

2 FOR R50

Alzu Free Range XLarge Eggs 15's

2 FOR R50

Moccagatta Pasta Assorted 500 g

3 FOR R50

Maggi 2 Minute Noodles 5-Packs Assorted 5 x 73 g

ANY 2 FOR R40

Bakers Tennis Biscuits 200 g

3 FOR R50

Food Lover's White Sugar 2 kg

32⁹⁹ each

Sasko White Premium Bread 700 g

14⁹⁹ each

Big Korn Bites Assorted 120 g

4 FOR R50

De Vries Ginger Biscuits 200 g

4 FOR R50

La Belinda Chopped or Peeled Tomatoes 400 g

5 FOR R60

Sasko White Premium Bread 700 g

14⁹⁹ each

Romany Creams or Choc-kits 200 g

2 FOR R50

Cadbury Slabs Assorted 80 g/88 g

3 FOR R36

Nescafé Ricoffy Instant Coffee 750 g

84⁹⁹ each

Tastic Long Grain Parboiled Rice 2 kg (Long Grain Brown, Long Grain White & Parboiled)

ANY 2 FOR R50

Food Lover's Sugared Fruit Dainties or Lollies 500 g

39⁹⁹ each

Food Lover's Mixed Dried Fruit 500 g

2 FOR R100

You First Organic Virgin Coconut Oil 1 L

89⁹⁹ each

Food Lover's Canola Oil 750 ml

3 FOR R100

AS SEEN ON TV

BIG DEAL



DESSERT COMBO:
 1 x Banana Bread
 1 x Malva Pudding
both FOR R50

HOT FOODS

Family Pies Assorted

ANY **2** FOR **R120**

Selected Take-Home Pizzas 28 cm

3 FOR **R120**

CONVENIENCE MEALS

AVAILABLE AT SELECTED STORES ONLY



Food Lover's
Mac & Cheese Pasta Meal 1 kg



Food Lover's
Fettuccini Alfredo
Mac & Cheese Pasta Meal 300 g



Food Lover's
Beef Lasagne Pasta Meal 1 kg

SEAFOOD

Food Lover's Cut & Deveined Pink Prawns 350g

89⁹⁹ each

Food Lover's
Braai Snoek 1 kg

R79.99
each

FOOD LOVERS
BUTTERFLIED SNOEK
MARINATED • FREEZES FINE

1 kg

79⁹⁹
per kg

Bulk Beef Stir Fry
109⁹⁹
per kg

**Bulk Beef
Tenderised Steaks**
109⁹⁹ per kg

Whole Chicken
5 In A Bag
46⁹⁹
per kg

1/2 Spatchcock
Chicken 600 g
39⁹⁹
per pack

Chicken Braai
Packs 16-Piece
49⁹⁹
per kg

Beef Roast
109⁹⁹
per kg

**AS SEEN
ON TV**

**Food Lover's Precooked
Pork Belly Spare Ribs 1 kg
or Loin Ribs 750 g**

99⁹⁹
per pack

79⁹⁹
per kg

Smoked Pork Hocks
59⁹⁹
per kg

Bulk Lamb Braai Chops
149⁹⁹
per kg

Gourmet Wagyu Burger
Patties 4 x 100 g
59⁹⁹
per pack

Extra Lean Beef
Mince 2 x 500 g
109⁹⁹
per pack

Jan Braai
Boerewors
Original 500 g
49⁹⁹
per pack

Gourmet Biltong
Burger Patties or
Cannabis & Lime Burger
Patties 4 x 100 g
49⁹⁹
per pack

Pork Belly Espetada 500 g
R50 each

**Bulk Pork Rib &
Loin Chops**
69⁹⁹
per kg

Bulk Pork Braai Chops
49⁹⁹
per kg

**Class A Beef Steak
Packs (T-bone,
Club & Rump)**
109⁹⁹ per kg

Bulk Beef Goulash
109⁹⁹
per kg

Beef Texan Steak
99⁹⁹
per kg

Pork Belly Roast
(Bone-In)
79⁹⁹
per kg

Lamb Tails
129⁹⁹
per kg

CHRISTMAS IN JULY

**Festive Box (Boneless
Gammon, Pickled Pork,
Corned Beef & Pickled Tongue)**

89⁹⁹
per kg

**BUY 3
GET + 1
FREE!**

Eskort Rindless
Back Bacon 200 g
39⁹⁹
per pack

Beef Biltong 350 g or
Beef Droëwors 400 g
R99 per pack

Van Wyngaardt
Sandwich Ham 300 g
2 FOR R50

Eskort Country Style
Grillers 500 g
2 FOR R110

Food Lover's Prime Cut
Bacon 200 g

LENASIA BUTCHERY & STORE ARE STRICTLY HALAAL & NIHT-CERTIFIED. NO PORK PRODUCTS SOLD IN-STORE.

**THE BEST
IN FRESH
GUARANTEED!**

FOOD LOVER'S MARKET

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Konka Farm Run



BONUS - RUSTENBURG - Situated at the foothills of the Magalies Mountain range, Konka Farms will host the third Konka Farm Run proudly presented by Run Walk for Life on Saturday 13 August at Konka. Enter for the 20km - R180 - 07:00, 10km - R100 - 07:00, 5km - R60 - 07:15, 2km - R50 - 07:15. Entries: www.bouttime.co.za or <https://www.entryninja.com/events/77653-konka-farm-run>.

Trophy for the company with the most entries. Your entry will include the following: Great scenic route, best water stations, most eye catching medals to all finishers (do not miss out on another unique medal), goody bag and hand-outs, 20km runners - additional buff, ample parking, various fun activities for the family, cowboy bar and restaurant, spot prizes, awards ceremony with category prizes, photographers will be on different spots to capture all the action on race day, photos will be available on the Konka Farm Run facebook page. Additional: Order a T-Shirt online. BoutTime will ensure for instant results on your phone, website & on their electronic result boards at the finish, no more waiting! Contact Hetta at 083 350 7839 for more information.

Garmin welcomed as the official watch of the Totalsports Women’s Race



BONUS - RUSTENBURG - The organisers of South Africa’s largest Women’s Day Celebration, the Totalsports Women’s Race, are excited to welcome Garmin as the official watch of the 2022 event that will take place across three cities on National Women’s Day (Tuesday 9 August 2022).

2022 Totalsports Women’s Race on Tuesday 9 August 2022/National Women’s Day at 08:00: Durban start - Masabalala Yengwa Avenue and finish - Kings Park Athletics Track; Johannesburg start and finish - Mary Fitzgerald Square, Newtown; Cape Town start - Darling Street, Cape Town CBD and finish - Grand Parade, Cape Town CBD.

For further information or to enter the Totalsports Women’s Race visit www.totalsportswomensrace.co.za.



The organisers of South Africa’s largest Women’s Day Celebration, the Totalsports Women’s Race, are excited to welcome Garmin as the official watch of the 2022 event that will take place across three cities on National Women’s Day (Tuesday 9 August).



Women’s Day Social Ride

BONUS - RUSTENBURG - Rustenburg Cycling Club will be hosting the following event: **Women’s Day Social Ride** at Kgaswane Mountain Reserve on 9 August from 09:00 - 13:00.

Everybody is welcome and free entry for women. It is a 18km ride, with 5 waterpoints. The theme is “Women’s Day Ride Around the World”, the 5x waterpoints will represent 5x different countries with a special surprise at each one. Families/friends welcome to join the adventure. RSVP - whatsapp Tammy at 078 938 9879 before or on 3 August.

ALL PETS HAVE SECRETS, THEIRS ARE SUPER



AT STER-KINEKOR THEATRES FROM 29 JULY

SK GREAT MOMENTS AT THEIR GREATEST

RELEASE DATES SUBJECT TO CHANGE



Masonic Haven

for the aged. We care...

NOW AVAILABLE: Lovely cottages with life rights.

Frail Care Unit (Private Rooms & Shared Accommodation) – 24h care. Rooms with en suite shower, toilet and wash basin: Life Rights purchase or lease. Competitive rates.

Levy includes:

- Three meals per day.
- Laundrette/Hair Salon/Library.
- Cleaning of unit.
- Tea/coffee twice a day.
- 24 Hour Medical stand by from the Frail Care.

Secure, Security-area, situated in the Willows Estate:

- Bus for residents twice per week.
- Courtesy vehicle for residents to and from doctors and hospitals.
- Variety of entertainment for residents.
- Doctor visits on premises.
- Therapy Intervention: Dementia (Alzheimer) patients.

Debbie van der Walt
Tel: 012 807 5192/3
Cel: 072 481 4121 / 076 261 1387
Email: masonichaven@mweb.co.za

54 Jukskei Ave Die Wilgers



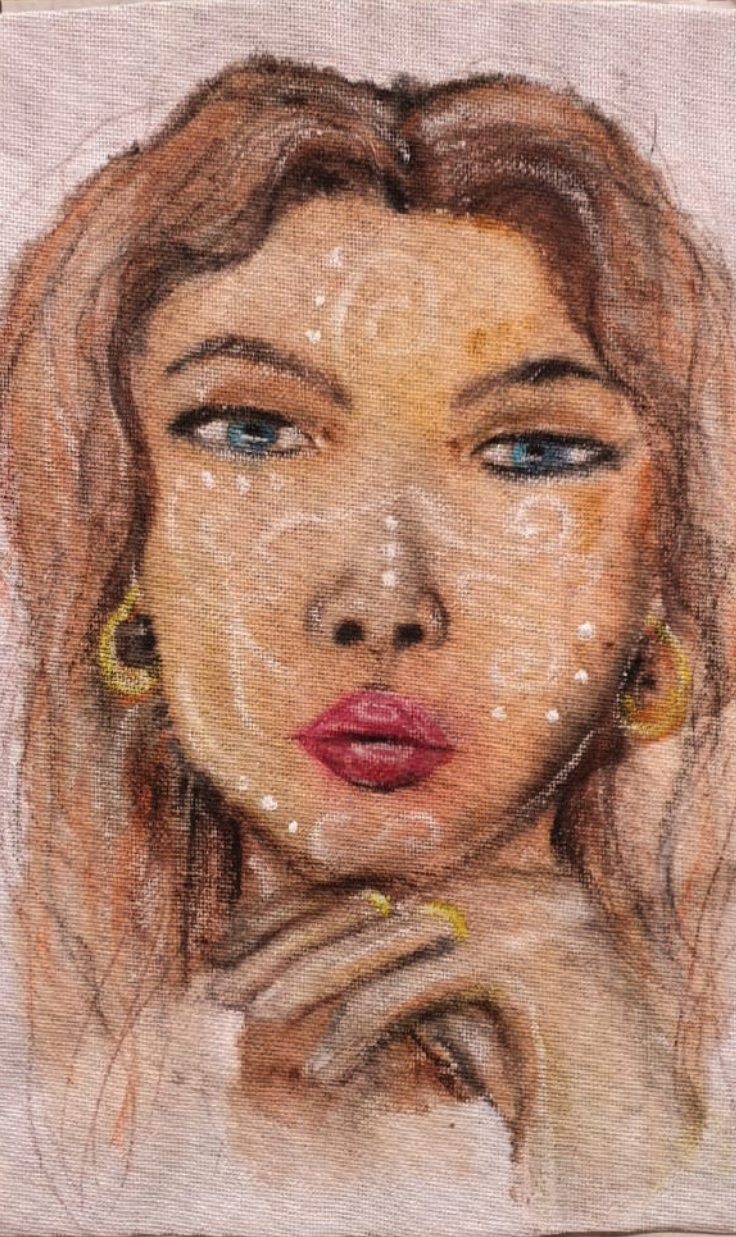
Naam/Name:

Ouderdom/Age:

Adres/Address:.....

Tel no:

R10 000 to be won in our Blank Space Art competition



BONUS - RUSTENBURG - The latest winners of our Rustenburg Herald/Bonus Blank Space Art competition have been announced and the competition is at a new start once again.

Entries are awaited in almost any medium imaginable provided that they can fit into our standard “entry boxes” placed at Pick n Pay Beyers Naudé and Pick n Pay Greystone Crossing. Of course you can also enter at Rustenburg Herald’s offices in 13 Coetzer Street. Please use the standard “Blank Space” page printed in Rustenburg Herald and Bonus regularly for your artwork and make sure that you complete the entry form at the bottom of the Blank Space with all the particulars required. It is important for our judges to have these when judging the entries in the competition.

Also please ensure that we can reach you on your cell

(or a designated person) should you be a quarterly winner otherwise another winner will be chosen. Prize-money of R1 000 sponsored by Rustenburg Herald awaits the two winners of the quarterly competition in addition to the winners advancing to the final round and Grand Judging of the competition early in December this year. The two final and overall winners emerging from this will each win an extremely valuable shopping voucher to the value of R10 000 sponsored by Pick n Pay Greystone Crossing and Beyers Naudé. Remember - there is no entry fee and you can enter as many artworks as you wish - good luck with your entries.



Several new entries are gracing our display boards at Pick n Pay Greystone Crossing and Beyers Naudé. Your entries could also be among these. There is no entry fee in the competition but indeed a lot of prize-money!



Why saving and investing is important

Saving refers to setting aside money for emergencies or future goals or purchases. You can set short-term financial goals (0-3 years) that you can save toward. If you have medium to long-term goals (3 years or more), you can invest, which is also referred to as long-term saving.

Investing means putting money aside for a longer period, so it has more time to grow. Examples of saving longer term include investing for your child's education, saving for a house or your retirement.

It's never too early to start saving

Save for the retirement of your dreams



Plan ahead so that you can maintain the lifestyle you want during retirement.

Build a better future



Secure your child's financial future by saving to ensure that you can afford the high cost of education.

Manage emergencies



Having savings on hand gives you peace of mind to manage those emergencies and any other unexpected bills.

Tips for saving

- Prioritise your needs (essentials) over wants (luxuries)
- Include saving as part of your monthly budget
- Save before you spend (pay yourself first)
- Save with a goal in mind
- Save what you can, no matter how little it may be
- Save regularly
- Save in a separate interest earning account
- Decide before you receive a salary or income how much of it you are going to save and immediately transfer it into an interest-bearing savings account

Make saving easy with automation

- You can do this through scheduled payments or by stop order where you instruct the bank to take money from the account and transfer to your savings or investment account
- You can also do it by debit order where you sign an agreement with a financial institution and they debit your account each month

Benefits of saving

Saving is important because it can help you to:

- Cover emergency or other unplanned expenses
- Pay for bigger purchases like furniture or a fridge
- Buy things cash instead of using credit



Savings options available

Call accounts – these accounts give you access to your money immediately, meaning that you can take your money out of the account at very short notice (no more than a day's notice).

Notice deposit accounts – with a notice deposit account you have to give bank notice if you want to withdraw your money. A 32-days' notice account means you have to give the bank 32 days' notice if you want to withdraw your money. Banks may allow you to withdraw the money sooner before the notice period but they will charge you for that.

Fixed deposit accounts – with these accounts you can access your money after a fixed period of time. It may be a month or five years.

Tax-free savings accounts – these accounts allow you to save and invest without being taxed on the interest you earn. They offer you the flexibility to deposit a lump sum or make monthly contributions. With tax-free savings accounts, you can save up to R36 000 per person, per year, tax free, up to a lifetime limit of R500 000.

Money market accounts – your money is combined with other people's money and then invested by the bank in businesses. Returns are available in your account immediately.

Groups – stokvel accounts are used by groups of people, friends, colleagues and families to save for common goals throughout the year.

Unit trusts – these investments are great for longer term investing as they are exposed to growth type assets and the minimum contributions can start from as little as R300 per month.

Retirement annuities – a retirement annuity is a great way to supplement your pension or provident fund savings or save independently to build up enough to retire comfortably.

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PRICE LOCK

VALID UNTIL NEXT ISSUE

RAINBOW
Rainbow Chicken Mixed Portions 2kg
66.99

SUNBAKE
Sunbake Brown Bread 700g
BUY 2 FOR **23.99**
(R11.99 EACH)

69.99
Clover Nudel Medium Fat Dairy Liquid Blend 6x1lt

Butchery
Bulk Pork Chops 3kg
R139.99

R87.99
Beef Brisket Per kg

Fruit & Veg
Orange 7kg
BUY 2 FOR **39.99**
(R19.99 EACH)

ALL FOR 69.99
Potatoes 4kg + Butternut 3kg + Onions 3kg

THREE STAR POWERTRADE BUILD A COMBO

ACE
SUPER MAIZE MEAL 2.5kg

OR

WHITE STAR
SUPER MAIZE MEAL 2.5kg

OR

IWISA
NO. 1 SUPER MAIZE MEAL 2.5kg

OR

POWER
SUPER MAIZE MEAL 2.5kg

Jitti
RICE 2kg

OR

xcella
GRAIN MED RICE 2kg

OR

ASTIC
RICE 2kg

OR

SOME
RICE 2kg

OR

Spekko
RICE 2kg

WHITE STAR OR ACE OR POWER OR IWISA

BUY 1 OF EACH AND PAY R120

CAKE WHEAT FLOUR 2.5KG

FARM FOODS OR SASKO OR SUPREME OR GOLDEN CLOUD OR SNOWFLAKE

OR

CAKE WHEAT FLOUR 2.5KG

SUNFOL OR JITTE OR SUNSTAR OR EXCELLA

OR

1x RICE 2KG + 1x OIL 750ML

Supreme
CAKE WHEAT FLOUR 2.5kg

OR

SASKO
CAKE WHEAT FLOUR 2.5kg

OR

Golden Cloud
CAKE WHEAT FLOUR 2.5kg

OR

SNOWFLAKE
CAKE WHEAT FLOUR 2.5kg

OR

FARM FOODS
CAKE WHEAT FLOUR 2.5kg

Sunfoil
OIL 750ML

OR

Jitte
OIL 750ML

OR

Sunstar
OIL 750ML

OR

Excella
OIL 750ML

SHOP2SHOP DOWNLOAD THE **SHOP2SHOP APP** Go to PAY SUPPLIERS and ADD **POWERTRADE THREE STAR** to make a payment

T & C. BUY 1x SUPER MAIZE MEAL 2.5KG + 1xCAKE WHEAT FLOUR 2.5KG + 1x RICE 2KG + 1x OIL 750ML

CNR HEFER STR & TUIN STR. OOS EINDE, RUSTENBURG. TEL: 014 596 5066

TRADING HOURS: MON-THUR: 07:00-17:30, FRI: 07:00-18:00, PUBLIC HOLIDAYS & SAT: 07:00-14:30, SUN: CLOSED.

PLEASE SEND US A WHATSAPP ON **0660 311 2624** TO RECEIVE OUR WEEKLY SPECIALS ON WHATSAPP.

WE RESERVE THE RIGHT TO LIMIT QUANTITIES. VALID WHILE STOCKS LAST. PICTURES ARE FOR ILLUSTRATION PURPOSES. ALL PRICES INCLUDE VAT. E & A