

Rustenburg Herald's Bonus

28 NOVEMBER 2022

25 500
FREE



Raising a glass of cheer

What can be better than excellent cuisine, heavenly wine and the splattering of raindrops on your roof? This was on the menu during a wine tasting of a brand new wine range hosted at a prominent venue in Rustenburg on Friday night. Photographed above with a few samples of the “nectar of the gods” are Marna Kotzé, Sandra Upton, Naomi Venter and Mariek Joubert. See more photographs in this week’s edition of Rustenburg Herald.

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Excelsa Oil 2lt

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BUY 2 FOR 109.99 (R54.99 EACH)

ANY 2 FOR 109.99 (R54.99 EACH)

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Beef Mince 1kg+Beef Chuck 1kg+Wors 1kg

ALL FOR 239⁹⁹

Induna Wors 2kg+Pork Cuts 2kg

BOTH FOR 239⁹⁹

Butternut 10kg

59⁹⁹

Bulk Rump p/kg

89⁹⁹

Potatoes 7kg+Carrots 10kg+Onions 10kg+Beetroot 10kg

ALL FOR 300⁰⁰

Watermelon

47⁹⁹

27 NOVEMBER 07:00-14:00

04 DECEMBER 07:00-14:00

11 DECEMBER 07:00-14:00

16 DECEMBER 07:00-17:00

18 DECEMBER 07:00-14:00

25/26 DECEMBER CLOSED

01 JANUARY CLOSED

02 JANUARY 07:00-14:30

CNR HEFER STR & TUIN STR. 005 EINDE, RUSTENBURG. TEL: 014 596 5066

TRADING HOURS MON-THU: 07:00-17:30, FRI: 07:00-16:00, PUBLIC HOLIDAYS & SAT: 07:00-14:30, SUN: CLOSED

060 311 2624 TO RECEIVE OUR WEEKLY SPECIALS ON WHATSAPP

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VALID 29 NOVEMBER - 05 DECEMBER 2022

Christmas gift wrapping

BONUS - RUSTENBURG - Volunteers needed for the Christmas gift wrapping in aid of Lighthouse Children's Home - from 12 - 24 December. Team building Christmas gift wrapping - how it works: Send a message and volunteer, choose date, bring your friends, or even your company, have fun and do as many shifts as possible. For more information please contact 083 493 5911.



Last two quarterly winners announced

BONUS - RUSTENBURG - It is with great anticipation that we announce the winners of the latest and very last quarterly Blank Space Art competition this week.

Twelve-year-old Clarissa Pretorius and 26 year-old Teddy Mhangwana are the winners of Greystone Crossing and Beyers Naudé Pick n Pay stores - our co-hosts and main sponsors of the popular Blank Space Art competition. Both Clarissa and Teddy have won prize-money of R1 000 each sponsored by Rustenburg Herald and now advance to the final round of the competition in which all finalists (previous quarterly winners of this year) will compete for two grand prizes - two Pick n Pay shopping vouchers to the value of R10 000 each sponsored by Pick n Pay Greystone Crossing and Pick n Pay Beyers Naudé in the Lifestyle Square center. Bonus and Rustenburg Herald are also looking



The winning entry of Teddy Mhangwana.

forward to next year when a new "format" of the Blank Space art competition will be announced. Artists are advised to keep their eyes peeled for more information. Good luck to our latest winners in meantime - the Grand judging will take place during the next few weeks and the winners will be announced in Rustenburg Herald's last edition of this year - the edition of 21 December - just four days prior to Christmas. Keep watching Rustenburg Herald and Bonus!



The winning entry of 12-year-old Clarissa Pretorius.

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students2@mafikengcity.co.za
Unit 7, Barolong Street, Mmabatho

Diesel price dropping, petrol going up, up, up

BONUS - RUSTENBURG - Although the price of diesel is expected to go down by between R1,18 and R1,24 next week, it is still nearly R5 more expensive than a year ago.

The price for diesel in December 2021 was in the region of R18,61 per litre. Now it will probably be approximately R24,25.

Petrol (95) is expected to increase by 55 cents per litre. This will bring the pump price to about R22,77 - R3,20 more expensive than December 2021. The price for 93 is expected to go up by the same margin and will now cost inland motorists R22,47.

This is an increase of R2,92 per litre from the December 2021 price.

So, if you are planning on travelling this December, remember to rather pack 'padkos' in order to cut down on your expenses!

* These prices are only a prediction and may change.

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Rustenburg Herald's Bonus

Neem asb. kennis dat **Bonus** se laaste uitgawe vir 2022 op **Maandag 5 Desember** sal verskyn. Eerste uitgawe vir 2023 verskyn op **Maandag 16 Januarie 2023**.
Please take note that the last edition for **Bonus 2022** will appear on **Monday 5 December**. The first edition for 2023 will appear on **Monday 16 January 2023**.

Navrae / Queries
014 592 8329

Rustenburg Herald's Bonus

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SA Rally-
Raid
Champions
crowned
after
exciting
season

Rustenburg
Herald's
Bonus

SportNews



Giniel de Villiers and
Rodney Burke (Toyota
Gazoo Racing DKR
Hilux T1+). (Photo:
Andre Schoeman)


BONUS - RUSTENBURG - The Parys 400, the final two rounds of the 2022 SA Rally-Raid Championship, will be remembered as the championship finale where competitors and teams were tested to the limit by some treacherous weather conditions, with rain and mud that persisted on both the penultimate round on the Friday as well as the seventh and final round on the Saturday.

Veteran rally-raid driver and multiple Dakar achiever, Giniel de Villiers (Toyota Gazoo Racing DKR Hilux T1+) overcame a few set-backs during the season to claim his fourth Overall Production Vehicle Drivers' Championship title with the team owning the overall podium. De Villiers made use of the services of stand-in navigator, Rodney Burke, for the final two rounds as his regular navigator, Dennis Murphy, had to withdraw due to a broken arm.

This resulted in Brett Cummings, the defending overall navigators' champion reading the notes for Henk Lategan in a similar DKR Hilux T1+, claiming the title for the fourth consecutive year. Lategan/Cummings, who were in a season long battle with De Villiers/Murphy for the overall and T1+ titles, won round six at Parys, but could not finish the final round. Lategan trails his team-mate by 13 points on the overall standings with another Toyota Gazoo Motorsport team, Guy Botterill and Simon Vacy-Lyle, who finished third after their first full national SARRC season.

The 2022 SARRC was dealt a few curveballs including a race that was cancelled due to a tropical storm and atrocious weather conditions that forced drastic changes at the Parys 400.

The thrilling season was also characterised by competition at the highest level and deserving champions predicting an even tougher 2023.



PROFILE

Dr Lindiwe Sidali

Cardio Thoracic Surgeon

QUALIFICATIONS

MD, FC Cardio (SA), MMed CTS (UKZN)

SPECIAL INTERESTS

Coronary artery, aortic and valve surgery




BIOGRAPHY

Dr Lindiwe Sidali completed her undergraduate medical degree at University of Medical Sciences in Villa Clara, Cuba in 2008. She completed her medical internship in Vryburg Hospital and then served as a Community Service Doctor at Mafikeng Provincial Hospital. She obtained her qualification as a Cardiothoracic Surgeon through a Fellowship of the College of Cardiothoracic Surgeons of South Africa (FC Cardio (SA)) and Master of Medicine (Cardiothoracic Surgery) (MMed) at the University of Kwa-Zulu Natal. Her core competencies and area of expertise include coronary artery, aortic and valve surgery as well as thoracic oncology, treatment of pulmonary complications of Tuberculosis and chest trauma.


For more information contact 014-597 7305 or email anneleen.dewaal@lifehealthcare.co.za

Life Peglerae Hospital

lifehealthcare.co.za



Making life better



PROFILE

Dr Kabelo Raphala

Cardiologist

QUALIFICATIONS

MBChB (Medunsa), FCP (SA), MMed. Int Med (UP), Cert Cardiology (SA)

SPECIAL INTERESTS

Coronary artery disease and interventions




BIOGRAPHY

Dr. Kabelo is a Cardiologist based in Rustenburg. He obtained his undergraduate degree (MBChB) at Medunsa and went on further to obtain his masters degree in Internal Medicine at the University of Pretoria. He also obtained his physician qualification and certificate in cardiology through the College of Medicine. Other fields on interest include heart failure, adult congenital heart disease, cardiopulmonary disease and vascular heart disease.


For more information contact 014-597 7305 or email anneleen.dewaal@lifehealthcare.co.za

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PROFILE

Dr Mmuso Mogwera

Cardiologist

QUALIFICATIONS

Cert Cardiology (SA) (2108), MMed (Int) Witwatersrand (2016), FCP SA (2015), MB ChB Limpopo (2008)

SPECIAL INTERESTS

Coronary artery disease and interventions




BIOGRAPHY

In 2019 he established cardiology services in his home town of Rustenburg (Bojanala region), in the North West province, servicing the Bojanala area with a population of more than 2 million. He has been providing services to both the public and the private sector, whilst championing the idea of universal access to health care services by using the Public-Private Partnership in management of cardiac patients. Dr Mogwera is also involved in the academic part of cardiology, he has been a presenter and panelist in local and international meetings. His vision is to improve access to specialised cardiovascular services for the rural population and to support and guide newly qualified cardiologists.


For more information contact 014-597 7305 or email anneleen.dewaal@lifehealthcare.co.za

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PROFILE

Dr Lesego Thomas

Gynaecologist

QUALIFICATIONS

MMed (O and G) Witwatersrand (2022), FCOG (SA) (2001), MBBCh Witwatersrand (2011)

SPECIAL INTERESTS

Feto- maternal Medicine




BIOGRAPHY

Dr Thomas obtained a Bachelor of Medicine and a Bachelor of Surgery (MBChB) in 2011. Her internship years at Klerksdorp as a Medical Doctor until 2013, which she followed as a Community Service Doctor at Taung District Hospital until April 2015. Dr Thomas was an OBGYN Medical Officer at Klerksdorp Tshepong Hospital Complex until October 2015. She then became a Registrar in the OBGYN Departments at CHBAH, CMJAH, RMMCH, Edenvale Hospital, Sebokeng Hospital and the KT Hospital Complex until 2020. In May 2021, she became a fellow of the College of Obstetricians and Gynaecologists (FCOG) from the Colleges of Medicine of South Africa (CMSA). She is recently worked as a Consultant in the Department of Obstetrics and Gynaecology at the Klerksdorp Tshepong Hospital Complex until December 2021.

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