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The Rustenburg branch of the SPCA is currently preparing for what is expected to be a challenging Christmas and holiday season with lots of stray animals, lost pets and animals in need in their care and this during a time of a countrywide economic downswing. The latest of a series of fundraising campaigns was hosted at the Midas Waterfall East centre on the Kroondal road on Saturday. Dozens of free stalls were available and a wide range of merchandise exchanged ownership - all to benefit our four-footed friends that is. Pictured above are the two "fastest" or most prepared pooches of the day - Committee member Elvera Viljoen with Fief, Petra van Staden in the middle and on the right SPCA committee member Lorraine van der Merwe with Lielie. Ms Louise Kruger is the owner of the two enterprising doggies.





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Murderer gets Life x 3

BONUS - RUSTENBURG - A man accused of setting a fire, killing three people, received years for arson and five years for malicious life imprisonment for each of the victims who died.

The youngest of his victims were a 13-year- and Nkagisang Mothopi (38) were sleeping at old girl, Angel Chimomo.

Court of South Africa - North West Division the room next to them caught fire as well and the Investigating Officer, Warrant Officer sitting in Mogwase, on Friday (28 October) Angel Chimomo was severely burned. All Richard Mokgogwane and the Prosecutor, for three counts of murder that he committed three the victims succumbed to their injuries Advocate Sello Maema, as well as other role in Rustenburg Noord on 15 August 2019.

On that fateful night Mmusi Ratlotleng (41)

their rented room when Bila doused the room Peter Bila (49) was sentenced by the High with petrol and set it alight. In the process Lieutenant General Sello Kwena commended while in hospital.

The accused was further sentenced to ten conviction.

damage after two vehicles that were parked outside the house also caught fire.

The North West Provincial Commissioner, players for their team work that resulted in the

November **Special** meeting of Council

BONUS - RUSTENBURG -A special meeting of council will be held on Wednesday (2 November).

The meeting will start at 10:00 and will be held at the Rustenburg Civic Centre.

If you cannot attend in person, the meeting will also be streamed municipality's live on the Facebook page.



ALBERTS HOUTWERK

Ons spesialiseer nou in die regmaak (herstel) van meubels en hang van huisdeure.



SINCE 20TH AUG 2022 Please help find her. She's 10 years old. 082 474 5784

Oorzaak Kroondal **N4 Highway Old Pretoria Road**

DAGBOEK • DIARY

Driver's licence card five-year expiry date will be extended

BONUS - RUSTENBURG - The Department of Transport will propose to President Cyril Ramaphosa's cabinet that the validity period of driving licence cards in South Africa be extended from five to eight years.

transport minister Fikile Mbalula on eNCA's Power to Truth with JJ Tabane.

Mbalula's revelation came after being asked whether the licence card's validity period would be extended to 10 years, as proposed by several civil action groups and opposition political parties.

"We are changing the lifespan, timeframe of the driver's licence...it will be eight years. We are going to cabinet with that," Mbalula said. The Organisation Undoing Tax Abuse, Automobile Association of South Africa, and

That was revealed in a recent interview with Afriforum are among the entities that have called for an extension of the validity period. Afriforum has even taken the matter to court, arguing that there was insufficient legislation to enforce the requirement.

> All the advocating groups have maintained there was no logical reason for the validity period to be so short, particularly when looking at policies used elsewhere in the world.

> Outa's research found that the average renewal period in 35 countries was 8.5 years. Despite disagreeing with Afriforum around legal particulars, it favoured a 10-year validity

> > period, as this would lower

administrative the burden on road traffic departments that have to handle renewals.

Mbalula previously defended the policy, claiming it was necessary because the material from which the licence cards were manufactured initially was believed to only last that long.

But the department reportedly considering extending the validity period as part of its plans to introduce a new licence card for the country.



Alkohol, Dwelms of ander verslawings. Moenie wag kontak vandag! Corrie Prinsloo 083 297 4811 of Ds. SP Lourens 076 703 7795

Ons hou elke Dinsdag om 19H00 'n byeenkoms op die h/v Raasblaar & Acaciastr, Protea Park. U is baie welkom!



SPCA RUSTENBURG **OUTREACH RUSTENBURG NOORD**

Date: 24 NOVEMBER 2022 The animals out there needs all our help!

We need: Dip/F10 Ointment/F10 Spray/Bowls/Collars/Cat food/Blankets or any old bedding. Donations towards our cause is also very welcome!!

Rustenburg SPCA, FNB Acc nr 5360 4095 349, branch

250655





JABULANI FUNCTION & Wedding Venue **AMERICAN EVENING 3-COURSE PLATED**

Date: 2 November 2022

Time: 19H00 for 19H30 Price: R295.00 p/p

Appetizer, soup, main course & dessert by Chef Pieter & Students

Bookings 083 865 9585/germishuysp1@gmail.com Maximum of 20 seats available



FABULANI

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When: Friday 18 NOVEMBER 2022

Time: Registration - 07:00, Shotgun - 09:00. Better Ball Scramble Format Costs: R2500 per team (incl. halfway house), R2000 for putting green, R1000 for tee box or green For more information: 071 131 4724/084 704 9233





Win midweek break at Sun City with Rustenburg Herald/Bonus

BONUS - RUSTENBURG - An ideal time for a Sun City break is during those hot making it one of the world's longest zip summer days towards the end of the year. This summer season, you can stand a chance slides. to win a getaway to this fun-filled resort when you enter the Rustenburg Herald competition.

humid climate and great mid-week specials the Sports Trust Golf Challenge on 13 and 14 will instantly cool you down. Whether you're November. active and enjoy sports, prefer an adrenaline rush or just enjoy relaxing in by the pool or seekers will enjoy zip lining through the resort and Rustenburg Herald - email your entry to beach, Sun City has an idyllic experience on a line that stretches over two kilometres waldie@rustenburgherald.co.za waiting for you.

To cool down in the hot humid North West weather, water enthusiasts can take advantage of the year-round sun and enjoy the twometre-high swells at Valley of Waves where a mechanically generated wave pool and a range of exciting water slides offer endless fun and excitement. At the man-made Waterworld lake, enjoy parasailing, jet-skiing, wake boarding, water-skiing and more, or for the more sedentary, a sundowner cruise.

Nature lovers can head to Pilanesberg National Park and spot Africa's Big Five, plus cheetahs and wild dogs. Experienced guides will take you on an open vehicle safari or a hot air balloon safari or opt to travel on foot with a tracker.

For golfers, an 18-hole championship Gary Player Golf Course and the Lost City Golf Course, famous for the live Nile crocodiles on its 13th hole is available for you. The month

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walls, escape by heading to Sun City – the Golf Challenge from 10 to 13 November and escape this summer season!

Whether you want an unforgettable holiday with your family, your significant other If you're tired of looking at the same four of November welcomes the 2022 Nedbank or friends, Sun City offers you the perfect

Sun City & Rustenburg Herald

Share what your favourite summer activity Want to get the heart pumping? Thrill is and stand a chance to win with Sun City

Prize to be won A two-night midweek stay at Cabanas valued at over R7,000 for two people. Breakfast included and access to the Valley of Waves.

T&Cs Both cell number and email address need to be included when entering.

Prize is not transferable for cash.

The winner can redeem the prize within six months, subject to availability. Please note that peak season includes the festive period in December when the resort is fully booked.



with all the turm

BONUS - RUSTENBURG - Doctors are warning that trendy turmeric supplements between different drugs, like antibiotics may cause liver damage and urge people to know the risks.

Liver damage from turmeric supplements in the America, though still rare, appears to have increased in recent years, according to a new report by the Drug Induced Liver Injury Network, an American government-funded research group.

DILIN researchers identified 10 cases in which patients – who were mostly middle-age women – developed a range of liver problems attributed to turmeric. Five of the patients

and one of them together. died. The group had

the cases that showed turmeric as a highly probable cause for injury occurred after 2011. Six out of 10 cases occurred within the past five years, which the researchers interpreted as evidence of a possible increase in liver injury from turmeric in recent years.

In three cases of liver damage, patients took turmeric supplements containing piperine, or black pepper. Black pepper allows the body to better digest oral turmeric supplements, and hospitalised, some dietitians recommend taking the two

A doctor specializing in liver diseases said data on suspected little research existed on the interactions not drug-induced liver just between supplements and prescription injury, including from medicine, but between the various ingredients supplements, from in supplements, such as turmeric and black 2004 to 2022. But all pepper. Pharmacists check for interactions

and blood-pressure medicine, but clinicians typically don't document which supplements people take, the specialist said.

He added that because supplements are sold as 'natural' therapies, they are perceived as safe. "Combining supplements should be done with caution as the interactions are not well studied," he warned.

Other studies have tied turmeric to liver damage. In 2019, Italian researchers identified seven cases of liver injury from turmeric within the country.

Several case studies within the past two years have identified a handful of patients in the US who developed liver problems from turmeric, and DILIN's work aims to better understand these cases.

Another medical specialist also added his voice to the warning and said that he was concerned about turmeric being marketed as a safe remedy for chronic and respiratory disease. Clinical evidence doesn't support turmeric use to treat or prevent any disease, he said, adding a note of caution for patients who might nevertheless view it as a risk-free

Because of the lack of clinical evidence supporting turmeric's health benefits, plus the potential for liver toxicity and blood thinning, the doctor advises against the use of turmeric.

"This belief that turmeric is a safe, natural, herbal supplement pushes people to use it as an add-on therapy for many common conditions such as diabetes, cancers, and viral infections - when none of these diseases are benefited with the use of turmeric as standard of care or add-on therapy," he concluded.





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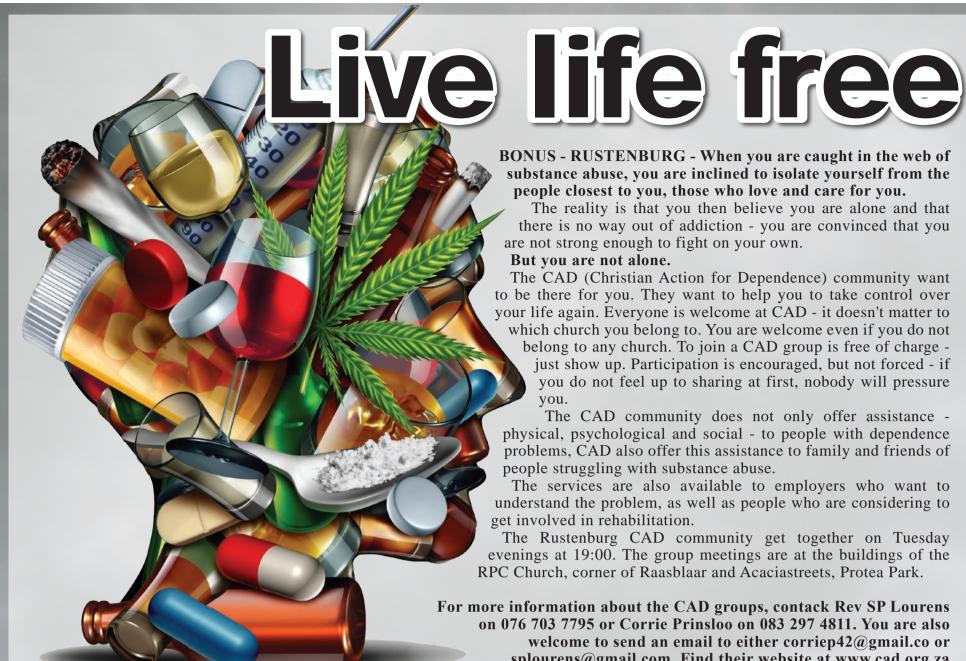


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ork Loin Ribs 750 g
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BONUS - RUSTENBURG - When you are caught in the web of substance abuse, you are inclined to isolate yourself from the people closest to you, those who love and care for you.

The reality is that you then believe you are alone and that there is no way out of addiction - you are convinced that you are not strong enough to fight on your own.

But you are not alone.

The CAD (Christian Action for Dependence) community want to be there for you. They want to help you to take control over your life again. Everyone is welcome at CAD - it doesn't matter to which church you belong to. You are welcome even if you do not

belong to any church. To join a CAD group is free of charge just show up. Participation is encouraged, but not forced - if you do not feel up to sharing at first, nobody will pressure

The CAD community does not only offer assistance physical, psychological and social - to people with dependence problems, CAD also offer this assistance to family and friends of people struggling with substance abuse.

The services are also available to employers who want to understand the problem, as well as people who are considering to get involved in rehabilitation.

The Rustenburg CAD community get together on Tuesday evenings at 19:00. The group meetings are at the buildings of the RPC Church, corner of Raasblaar and Acaciastreets, Protea Park.

For more information about the CAD groups, contack Rev SP Lourens on 076 703 7795 or Corrie Prinsloo on 083 297 4811. You are also welcome to send an email to either corriep42@gmail.co or splourens@gmail.com. Find their website at www.cad.org.za

Love Run "Omgee-fees" - together we are stronger

BONUS - RUSTENBURG - For the last five years, Retha Nel from the as live shows by artists such as Louis WeeCare Project (G-om) had been organizing the LoveRun. The entry to Geldenhuys, Angel de Lange, Mari registration is a non-perishable this activity was a non-perishable food item which was then used in the Minnaar and Pierre du Preez. Wee-Care December food hamper project.

this year, at least 20 non-profit effective. organizations will join hands to care 4:9,10 urged us to do, but to also provide a collective awareness have an opportunity to ask questions project. and perhaps sign up as volunteers something

more and to give more as Ecclesiastes November will take place at the NG by buying items sold by these non-Church South (corner of Church and profits. The day is also an excellent 5922419 or cell phone 083 651 2856. Unie Streets). Potential sponsors are opportunity for local businesses to platform for the public to receive welcome to contact the organizers relevant information. The public will to become involved in this worthy

> There will be food stalls, special non-profit shows by schools- and dance

groups, netball games, a modelling competition as well

However, Retha explains that organizations desperately need to be would like to know more about local charities, becoming a volunteer and/

on how to status supporting the relevant worthy

The Love Run starts at 07:00 and food item. The rest of the festivities This is a day for everyone who commence at 08:00. Tickets are selling at R30 per person and include a chance for a few lucky draws. The Love Run "Omgee-fees" on 19 or who would just like to support For more information and tickets, please contact the organizers at (014)

> The charities committed for the day meet and receive include: G-om, SPCA, Lighthouse, information Die Rots (childcare), Huis van Veiligheid, Spes Bona, Hospice, SOS enhance their Children's village, Route 41, SAVF, own BBBEE CMR, CANSA, Rotary Club, In Touch Therapy and Basileia Skuiling.

The organizers also invite registered charities to contact them if they want to be part of the awareness day.







Naam/Name:	Ouderdom/Age:
Adres/Address:	Tel no:

Blank Space competition - new entries awaited

BONUS - RUSTENBURG - Our final Blank Space Art competition is just 45 days away from the final grand judging wherein all monthly/quarterly winners of the past year will face their fellow finalists after which two overall winners will be announced with each winning a valuable Pick n Pay shopping voucher to the value of R10 000.

These prizes are sponsored by Pick n Pay Azalea Park in Greystone Crossing and Pick n Pay Lifestyle Square in Beyers Naudé Drive. Rustenburg's well-known artist, Mollie Moolman is the Chief judge of the competition.

By now just about everybody knows the rules and regulations. There is no entry fee, you can enter as many artworks as you wish, you could use any medium you like, provided that your entry fit into out standard entry boxes (A4) at both Pick n Pay Stores and reception of Rustenburg Herald in 13 Coetzer Street.

Get those entries rolling please!





BONUS - RUSTENBURG - Parys 400 to produce double dose of excitement and 700 kilometres of racing at final rounds of National Rally-Raid Championship.

With five rounds of an exhilarating 2022 season inscribed in the motorsport history books, the upcoming Parys 400, the final two rounds of the SA Rally-Raid Championship that takes place on 11 and 12 November, will be the cherry on top and determine the titles. These two one-day events will, however, test man and machine as well as the nerves of those who need to keep it all together over a total of almost 700 racing kilometres in the Free State, to reap the rewards.

On Friday, 11 November, the Parys 400 will form the sixth and penultimate round of the Production and Special Vehicle Championships with the seventh and final round taking place on Saturday, 12 November. All the action will happen from the Parys Airfield on the outskirts of Parys where the Race Headquarters as well as the Designated Service Park (DSP) and the Start/Finish

of the two rounds will be situated. Both rounds six and seven will consist of a 12 kilometre Pirelli Qualifying Race to determine the starting order for the first of two loops on each day.

On Saturday, the same routine will ensue with the 12 kilometre Pirelli Qualifying Race starting at 07:30 at the airfield followed by a different 172 kilometre loop that will veer in the direction of Vredefort.

Spectators are welcome at the airfield where the entry is free of charge with ample food and refreshments, provided by the local community, on sale.

Enthusiasts can also follow the action from the various vantage points along the route while information about the Parys 400 will be available on the RallySafe App that can be downloaded from the App Store and Google Play Store.

the Designated Service Park (DSP) and the Start/Finish Store.

Matrics ready for exams



BONUS - RUSTENBURG - This is what happens if matric exams are disrupted by load shedding: The Department of Basic Education (DBE) said that despite collaboration with the national power utility Eskom, if all else fails, there will be opportunities for candidates to rewrite a matric exam if they miss it because of load shedding.

During a portfolio committee meeting on Tuesday (25 October), the department said that it had established a close working relationship with Eskom to try and minimize load shedding during the exam period. Despite this, Eskom has indicated that it cannot exempt schools from load shedding, as it would put the entire grid at risk. However, it said it would try and mitigate the rolling blackouts as best it could.

The department has urged schools to put in place backup systems such as generators and to charge up gadgets prior to the test. Matric students began examinations on 31 October until 9 December. Students who write Computer Applications Technology (CAT) and Information Technology exams and fall victim to load shedding would have another opportunity to complete the exam in December. South Africa has been plunged into the worst year of load shedding on record, with little sign of improvement. Rolling blackouts have taken their toll on schools, hospitals as well as everyday South Africans. Eskom recently announced a push to Stage 4

load shedding across the country as emergency energy reserves run dry at certain stations under the national power utility.

According to the DBE, there has been an increase in the number of students writing the National Senior Certificate this year at 923,460 compared to 897,786 in the year before - these students will write the examinations across 6,800 different exam centres across the country. Despite the threat of load shedding, the monitoring standards council Umalusi, which examines the country's readiness for the examinations, found that the education sector is at acceptable levels of readiness to ensure credible examinations. The CEO of Umalusi. Dr Mafu Rakometsi said that one of the fundamental shortcomings that put the credibility of the examinations is the challenges related to load shedding. Rakometsi said that load shedding has been another issue similar to the Covid-19 pandemic and has called on assessment bodies to make alternative arrangements for the supply of power when writing examinations.







BONUS - RUSTENBURG - On 19 November another Steineck 4x4 event will be held from 08:00 till late at Steineck Lodge on the Dinie Estates Road. Come and enjoy Dirk van der Westhuizen, Divann, Duane Louw, Kaalvoet Kinders, Scheppel, West, Leroi Henis, 4x4, Big Mama rides and much more. For more information contact 074 811 0400 083 520 5768.



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