

# Rustenburg Herald's Bonus

17 APRIL 2023

25 500 FREE



## Welcome to Civvie Street!

Rustenburg SAPS had to say goodbye to four seasoned police officers going on retirement. A function to celebrate the many years of service by the dedicated members was held where their colleagues could wish them well for the future. They were honored and thanked for their dedication, hard work and loyalty to the SAPS. The officers saying farewell to their uniforms are Captain Elsabe Augoustides (40 years service), Captain Matthys Smit (38 years service), Captain N Petlele (32 years service) and Warrant Officer Gert Joubert (38 years service). The function was also attended by Brigadier Ntoagae and Brigadier Pheto. From Left-Right are : Warrant Officer Gert Joubert, Captain Mamorwesi Petlele, Captain Nkoki Petlele, Captain Elsabe Augoustides, Brigadier Joel Pheto, Brigadier Mamotsamai Ntoagae, Captain Queen Swate, Captain Matthys Smit, Colonel Melody Erasmus, Lieutenant Colonel Lerato Maimane, Colonel VV Govender, Colonel Sarah Moagi and (sitting) Lieutenant Colonel Oupa Pule.

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# Evotel sponsors Rustenburg Crime Combating Forum

**BONUS - RUSTENBURG -** Fibre Network Operator, Evotel, has partnered with Infinity Wirelsss, a Rustenburg ISP to provide the Rustenburg Crime Combating Forum (RCCF) with free fibre internet services.

## Legal Aid SA amends means test, widening access to legal services

**BONUS - RUSTENBURG -** The Legal Aid South Africa Means Test, used to determine if applicants qualify for legal aid, has been revised upwards to cater for increases in the Consumer Price Index.

This will enable access to legal services to a wider group of people.

The changes came into effect on 1 April.

The new Means Test considers what applicants earn, after tax, and own. **The updated thresholds are:**

1. Applications for legal aid in criminal/civil cases – applicants must earn less than R8,200 per month.
2. Applications for legal aid in civil cases where the applicant is a member of a household – applicants must earn less than R9,000 per month.
3. If an applicant owns movable assets, they must not be worth more than R151,700.
4. If an applicant owns immovable assets, they must not be worth more than R711,700.

In criminal cases, children continue to automatically qualify for legal aid and do not have to take the Means Test.

If it is a civil case, the family of the child will need to take and pass the Means Test.

"Legal Aid SA looks forward to championing the rights of even more persons to access justice through the provision of independent, accessible and quality legal aid services in criminal and civil legal matters, at no cost," said Molefi Molefi, spokesperson for Legal Aid SA.



Bradley Bekker, Evotel's General Manager. (Photo: Supplied)

## MTE going platinum in the North West province

**BONUS - RUSTENBURG -** The year is in full swing now and rather than losing steam the MTE team is only just getting started.

They have a pair of fantastic exhibitions planned for April and are heading to the North West province to bring the MTE brand of high-impact networking events to the local PGMs, chrome and platinum mines to create a wealth of business opportunities for those with the vision to recognise the value of such events.

Mooionoos: 18 April at Mooionoos Golf Club from 13:00 – 17:00; Rustenburg: 20 April at Impala Rugby Club from 13:00 – 17:00.

First up will be the Mooionoos Golf Club expo set for 18 April from 13:00 - 17:00. Visitors from the local PGMs and chrome industries will find the show of great benefit so ensure you do not miss out! Following this, they have another great show planned for 20 April in Rustenburg at the Impala Rugby Club between 13:00 – 17:00. Once again, this is a great opportunity for those involved in the extraction and processing of platinum, chrome and silver.

Whether you are a new exhibitor in need of establishing a strong client base or one of the existing suppliers with the aim of meeting with prior clients to see how their needs have evolved, this is the show for you. Similarly, procurement and engineering staff from the local mines will not be disappointed if they want to see several different suppliers of relevant goods in one high-impact afternoon and you are likely to find exactly what you need thanks to the effort they make beforehand to match the right exhibitors with your requirements.

Andrew Macnamara, Caryn Kitching and Gillian Jeffery will all be on hand at the event, so if you have any queries you can chat to any of the team.

For more information, visit: [mteexpos.co.za](http://mteexpos.co.za).

Through this partnership Evotel is once again honouring its word of going a step further than simply supplying access to fast and reliable fibre internet infrastructure. Since inception, Evotel has made it a point of doing more for the communities it operates in to better the lives of those living in the area.

"It didn't take much to convince us to assist the RCCF with sponsorship for their internet and communication needs. We share the same value of truly caring for the people in the communities we operate in. It is a pleasure to help the RCCF in its efforts to keep the Rustenburg community safer by providing them with a free fibre connection. Evotel fully backs the efforts of those working to keep their communities safe, and we are happy to do so through the power of fibre and by alleviating their data costs," says Bradley Bekker, Evotel's General Manager.

The RCCF is a registered non-profit organisation and as a rule, does not ask the public for donations. However, they have daily operating and emergency communication costs that with the help from Evotel and Infinity Wireless are serving an entire community.

"We are extremely thankful for the generosity of Evotel and Infinity Wireless for their combined sponsorship to give us free fibre and uncapped internet access and services to keep our communication channels open and our emergency line always functioning for the safety of our citizens," says RCCF Vice Chairperson, Clinton Cilliers.

According to Cilliers the RCCF have in the region of 48 groups they regularly communicate with through online messaging services, numerous times a day, which requires always-on internet and data to be effective. The organisation also makes use of an online two-way radio system, Zello, allowing communication between the public and RCCF members which can only function with internet access and data.

"Because of Evotel's free access to its fibre network and Infinity Wireless' sponsorship of an uncapped data package, we are assured that our communication network is functional at all times and that our emergency phone and line are always active and in operation. Rustenburg residents don't have to worry that they won't be able to report incidences to us where our assistance is needed," explains Cilliers. Through having constant open and active communications channels available the RCCF can keep abreast of any security issues brewing, can be alerted to any emergency that might arise by the community and can respond immediately.

Apart from thanking Evotel for its generous sponsorship, the RCCF will also include the Evotel logo in RCCF communications and it will appear on RCCF response vehicles around town.

### Uitsoek-wooneenheid in Pretoria te koop

## St Peter's

### Garden Estate | Lifestyle Village

Een eenheid in "mid care - assisted living" met uiters professionele versorging en uitsoekpersoneel NOU beskikbaar in die hierdie uiters gesogte aftreeoord in Garsfontein in die Ooste van Pretoria.

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# Brilliant entries in new Art competition

**BONUS - RUSTENBURG - We have recently announced an important change to the rules of the Rustenburg Herald Art competition.**

From this year artists are no longer required to attach their entries (art works) onto the blank space regularly printed in Rustenburg Herald and/or Bonus as it is believed to somewhat restrict artists in as far as size is concerned. At the same time Rustenburg Herald would not necessarily have to sacrifice the, in fact, very much needed space of an empty/blank page to accommodate these entries. From now on artists are required to attach their works of art to ANY PAGE or use the page as your canvas to paint or sketch on. Make sure that the date and page number of THIS edition are still visible. Also see the art works already being displayed at our two participating Pick n Pay stores for an example of what you should do.

To complete your entry, simply complete the entry form at the top of this page, attach it to your artwork and “post” your entry into the entry boxes at both participating Pick n Pay Stores - Pick n Pay Azalea Park, Greystone Crossing or Pick n Pay Lifestyle Square, Beyers Naudé Avenue in Midtown Rustenburg or at reception of Rustenburg Herald’s offices in 13 Coetzer Street, Eastern Industrial Area, Rustenburg. Remember - two cash prizes of R1 000 each sponsored by Rustenburg Herald are up for grabs to the two quarterly winners while two extremely valuable Pick n Pay Shopping Vouchers to the value of R10 000 each are waiting for the two overall winners of the Rustenburg Herald Art competition. These prizes are sponsored courtesy Pick n Pay Beyers Naudé and Pick n Pay Greystone Crossing. The closing date of the competition is 31 May 2023 - come on - get those entries rolling...



An entry by Corlia Botha.



The entries at Pick n Pay Greystone Crossing.



Our display boards at Pick n Pay, Beyers Naudé.

## What can a Health Check do for you today that burgers for lunch everyday won't?

**BONUS - RUSTENBURG - It can prevent a heart attack or perhaps a stroke or even the development of certain cancers.**

The lifestyle choices you make today can largely determine your health in the long-term.

It's a well-known fact that fast food is generally high in sugar, salt, and unhealthy fats. The body reacts to these in negative ways, namely the development of illness, such as heart disease, type 2 diabetes, and certain cancers.

So, what can happen when you indulge in such foods?

A spike in blood sugar – As fast food breaks down quickly because of the refined carbohydrates and added sugar content, it causes a rapid spike in your blood sugar levels. This then results in a surge in insulin to rapidly lowering your blood sugar levels. A healthy diet on the other hand results in a slow and sustained release of sugar into your bloodstream which allows for maintained energy levels. Ever felt tired after a heavy fast-food meal? Now you understand why.

A spike in blood pressure – High levels of salt in the body's blood stream contributes to the development of hypertension (high blood pressure). If untreated, over time, high blood pressure can result in the development of more

serious conditions such as heart disease and stroke.

Increased ongoing inflammation – Examples of foods that increase inflammation levels in the body include processed meats, fried foods such as French fries, and refined carbohydrates such as white bread. That's because of the saturated fat content. Sodas and sugar-sweetened beverages can cause increased inflammation as well.

Depleted nutrient intake – At least 5 servings of fruit and vegetables every day is the recommended “dose” for healthier body function. For example, eating leafy vegetables and fruits that is rich in vitamin C and beta carotene contain primary sources of antioxidants that can prevent cancer.

Fast food typically lacks such nutrients, along with enough fibre, vitamins, or minerals. It's also laden with kilojoules. For example, when eating one piece of fried chicken, you're consuming 500 or more calories, 34 grams of fat and 1,200-plus milligrams of sodium.

A lack of nutrients negatively impacts physical and mental function. Eventually, this can result in serious health problems. According to the Centers

for Disease Control and Prevention (CDC) and Cleveland Clinic, long-term impacts of regular poor eating can include:

Problems with weight - overweight and obesity  
Increased risk for heart disease, stroke, and type 2 diabetes

Digestive problems, such as constipation or diverticular disease. Foods with processed carbohydrates that lack fiber can cause digestive problems.

Inflammatory – related health conditions and reduced immunity against infectious illnesses  
On the flip-slide: following a healthy diet

In a research study called Fruit and Vegetable Intake and Mortality published in March 2021 in the Circulation Journal, the intake of five servings compared to two servings offer stronger health benefits. Interesting, the study found that people who ate five servings per day had a 13% lower risk of mortality; from any cause; a 12% lower risk of death from heart disease or stroke; a 10% lower risk of death from cancer; a 35% lower risk of death from respiratory disease.

Good nutrition is one crucial means for optimal health, so too is a health check-up

You can do yourself many favours by being proactive about checking on your physical health condition, this health awareness month. Knowing the results from just a few important Health Checks can help in the early detection of chronic illnesses, including heart disease, diabetes, hypertension and even some cancers. This act of preventive screening can prompt you in the direction of appropriate treatment and health management, which can successfully improve overall health outcomes, and even save your life.

A Health Check is a structured set of tests to assess your risk of non-communicable diseases. The aim is to achieve metrics within a healthy range. If not, your measurements will be identified as either in an intermediate risk range or high risk. In each instance tailored interventions will be recommended to address your specific risk going forward.

Discovery's?Health Check?is a simple and convenient set of essential health screening and preventive tests which include:

1. Blood pressure. Blood pressure metric should be below 140/90mmHg. Anything above the healthy range can increase your risk of hypertension, heart disease, heart attack, stroke or kidney failure.
2. Blood glucose. A healthy range for blood glucose should be < 7.8 mmol/L or HbA1c <6%. Should your metric be above the healthy range, some health risks that could occur include vision loss, heart attack, diabetes, kidney failure and nerve damage.
3. Cholesterol. A Healthy range for total cholesterol should be < 5 mmol/L or LDL cholesterol < 3 mmol/L. Heart attack, heart

disease, and stroke are potential risks should your level be above the normal range.

4. Weight adjusted Body Mass Index (BMI). For this check, the healthy range should be BMI < 25 or waist circumference: < 80 cm for women < 94 cm for men. Diabetes and cardiovascular problems are some of the health challenges that can develop because of an unhealthy weight range.

5. Non-smoker's declaration (optional) for at least the past 12 months. Health risks associated with smoking Chronic obstructive pulmonary disease (COPD), cancer, heart disease and diabetes.

Three great reasons to book your health screening tests soon

1. You may be living with a chronic illness without knowing it

Dr Nolutando Nematswerani, Chief Clinical Officer at Discovery Health, gives us this example: “The?International Diabetes Federation?tells us that there are almost 550 million people living with diabetes worldwide. However, almost half the adults living with diabetes (240 million) are undiagnosed! For most people, this disease - in the form of type 2 diabetes - is linked to unhealthy lifestyle behaviours and starts off slowly. If it's not diagnosed or managed, it can lead to strokes, blindness, amputations, and other serious complications. Fortunately, these are mostly avoidable. Screening tests are key to detecting diabetes early on and doing something about it.”

2. We can't always rely on how we feel as a way of measuring our health

Dr Nematswerani explains: “Several preventable chronic illnesses have so-called ‘silent’ symptoms.

This means these illnesses don't show any identifiable signs until they are quite advanced. In these cases, screening checks are the only way to pick up the start of chronic conditions early and take steps to prevent their progress.”

3. A head-in-the-sand approach can have serious consequences

“Unmanaged chronic conditions put us at risk of developing deadly complications. For example, diabetes and hypertension can lead to chronic kidney disease - a very serious condition which is often silent until about 50% of kidney function is lost. A person in this condition will eventually end up on dialysis and need a kidney transplant,” Dr Nematswerani explains.

“Serious down-the-line complications that significantly affect our quality of life - and our healthcare costs - are a reality we all face, if we don't know our health status.

To prevent ill health, health checks are well worth making the time for every year or as guided by a registered healthcare professional,” she concludes.

## Birdlife Rustenburg



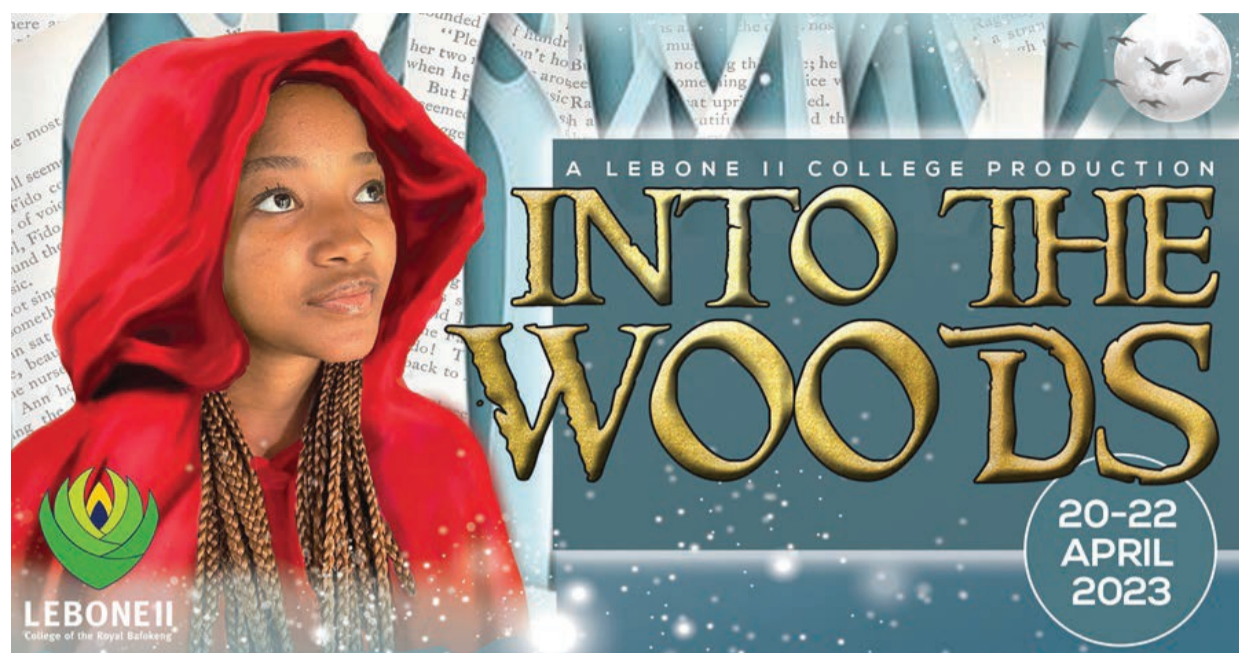
Malachite Kingfisher. (Photo: George Mathews)

**BONUS - RUSTENBURG - Birdlife Rustenburg: Kingfishers are fascinating small to medium-sized birds with long, dagger-like bills.**

They are some of the most beautiful, colourful birds that can be seen in Southern Africa. They have a wide distribution with most species found in the tropical regions of Africa and Asia. They frequent deep forests near calm ponds and small rivers. The group is split into terrestrial and aquatic species; many of which can be found in the Rustenburg area. At the monthly meeting, Geoff Finney will give a presentation on these interesting birds and highlight some of the interesting behavioural traits. The meeting will take place on Monday 17 April, at the Methodist Church on the corner of Brink and

Schuurman Streets at 18:30. All members and non-members are welcome - non-members pay R30 per person. On Saturday, 22 April, Birdlife Rustenburg will have an outing to Potchefstroom. This area is a grassland habitat as opposed to Rustenburg's moist woodland and savannah habitats. Although the two towns may be close together, they have two different habitats and different bird species can be found there. Details of the outing will be finalized later. Feel free to contact Charles Foot (073 452 3874) should you wish to learn more about Birdlife Rustenburg and would like to attend the events.

# Into The Woods



The musical boasts music and lyrics by respected theatre composer of the last 60 years, Stephen Sondheim, and a book by his frequent collaborator, James Lapine. Performed by Lebone II College's talented cast, Into The Woods takes everyone's favourite storybook characters and brings them together for a timeless, yet relevant, production that is both enchanting and touching. This spellbinding adventure is everything you could ever wish for! Lebone II warmly invites you to attend. They look forward to showcasing their students' wonderful dramatic talents at this exciting production. The involvement of the Lebone families, and their friends and the greater Rustenburg community are critical part to the success of this event. Tickets available at [www.quicket.co.za](http://www.quicket.co.za) and Lebone II College (014) 566 1510/[www.lebonecollege.co.za](http://www.lebonecollege.co.za).

# Rustenburg Noord Primary celebrates National Mathematics week



These learners of Ms Nicolette Jacobs' class at Rustenburg Noord Primary celebrated National Mathematics week from 26 - 31 March.



# Second hand clothes sale

Second hand clothes sale on Friday 5 May from 07:30 – 11:00 at the Dutch Reformed Church, corner of Beyers Naude and Fatima Bhayat streets.



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Rustenburg Herald's Bonus

Sport News

Local swimmer 5th in the world

**BONUS - RUSTENBURG -** Pieter Coetze, local-born swimmer, capped off a successful South African National Championships by completing a trifecta of wins in the men's backstroke discipline.

The final night saw the 18-year-old punch a time of 1:56.66 to take the 200m back by over 8 seconds en route to qualifying for this summer's World Championships.

Splitting 57.27/59.39, Coetze posted the second fastest time of his young career, sitting only behind his lifetime best of 1:56.05 at the 2022 World Junior Championships.

The teen now ranks fifth in the world on the season in this 2back race.

"I would like to be out in 56 and still bring it back in the same time because the top guys in the world are going out fast. I've always been a bit of a backend swimmer so that's something I have to work on. But this was a bit of a better split than what I usually do which is negative splitting so I can definitely see the improvement. I'm just very, very happy. I've qualified for Paris now in the 100 and 200 so I'm just over the moon," Coetze told reporters afterwards.



(Photo: Swimming SA)



Nwabisa Mgozozeli, Riandre Botha and Hanri Venter of Run Walk for Life completed the 8km Om die Dam race.

Run Walk for Life



Lebo Mabotho and Jo Ann Read of Run Walk for Life completed the 8km Om die Dam race.

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