

# Rustenburg Herald's Bonus

07 AUGUST 2023

25 500  
FREE

## Rockcliff's Cuckoo repair finally on a roll

The ten months old and long overdue repair project of the Rockcliff Estates causeway in Cuckoo Avenue has finally got the attention of Rustenburg's authorities and the first phases of what seems to be an extensive clean-up and repair project got underway during the course of last week. Residents and motorists in the vicinity of Rockcliff Estates will indeed sigh with relief after untold inconvenience since the causeway was damaged during a freak flood in December last year. This photograph clearly shows the extent of the operation which is expected to continue for at least a month if not longer. (Photograph: Waldie Volschenk).



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# JOU Nentedop

vermaak in 'n

deur Christelle van Rooyen-Wessels

## Die siel van 'n vrou

BONUS - RUSTENBURG - 'n Vrou se siel is 'n vesting, 'n plek van veiligheid wat sy soos 'n sambreel kan hou vir ander om onder te skuil.

Bettina Wyngaard, bekroonde skrywer se Grietjie is só 'n vrou, 'n vrou met 'n suiwer hart.

Dié nuwe boek van Bettina - Grietjie se loutering - is die aangrypende verhaal van 'n weduwee van Grabouw wat sukkel om kop bo water te hou. Om die pot aan die kook te hou, gaan werk Grietjie as tydelike huiswerker. Sy sukkel, maar sy is nie een wat sommer net gaan lê nie - haar geloof dra haar.

Wanneer haar seun deur 'n provinsiale rugbyspan gewerf word, het die gesin hoop op 'n beter lewe. Grietjie se geloof word getoets wanneer 'n tragedie die gesin tref. "Ek weet wanneer ek eendag by die punt kom waar ek weer met die Here kan praat met vrymoedigheid, dan wag Hy vir my. En wanneer dit voel ek kan nie meer nie, dan dra Hy my. Maak nie saak wat ek verloor nie, ek het Hom altyd. Wat meer wil ek hê?"

'Grietjie se loutering' word uitgegee deur **LUCA/ Penguin Random House SA.**



## Dance with Princess Pumpkin Pie

by Christelle van Rooyen-Wessels

BONUS - RUSTENBURG - It's Women's Day this week.

And how do you get strong, self-relying women? You empower little girls!

One of the best ways is by giving them books to read featuring characters they can identify with. The Princess Pumpkin books are ticking all the boxes.

'Pumpkin finds her beat' is the second in the series of books by author Bianca Flanders. Bianca is a teacher, actress and voice artist. She wanted to create stories where girls are the main characters - and Lockdown gave her the opportunity .

In this second book, Pumpkin Pie wakes up one morning with a very special song in her

heart. A moving, grooving beat that bubbles up inside her. The music was impatient, it wanted to come out. It wanted everyone to sing and dance and jump about! Soon Pumpkin takes to the streets to share her special song with everyone!

This is a great book to read to your child, or one that a young reader could get into on their own. The great illustrations are by Zinelda McDonald.

The book is also available in Afrikaans as 'Pampoenpit kry 'n beat' and was translated by the award-winning Afrikaans author, Jaco Jacobs.

**The books are published by LAPA Publishers.**

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The lower section of the Rockcliff Estates causeway in Cuckoo Avenue which is currently being prepared for restoration. Though nothing “official” from the Rustenburg Municipality was available at our going to print, it is clear that Cuckoo Avenue could be accessible in the near future.

# Cuckoo Avenue restoration project finally underway

Extensive damage to the infamous Cuckoo Avenue causeway which was obliterated by a freak flood in the city in December last year, is rapidly approaching its first anniversary. Fortunately for residents in the area, it seems that the construction of a new Mosque in Cuckoo Avenue, has sped up the project which has caused untold inconvenience to the surrounding community. What seems to be the first phases of a similarly extensive repair project, has started last week.

## Concern over municipality’s dilapidated vehicle fleet

by Cllr Luan Snyders - DA Councillor: Rustenburg Local Municipality

**BONUS - RUSTENBURG -** The DA in the Rustenburg Local Municipality wrote to the Executive Mayor, Cllr Shiela Mabale Huma, requesting her to table a detailed report on the status of dysfunctionality of the municipal vehicle fleet and the measures the municipality has implemented to bring all service delivery vehicles into operation.

Residents throughout Rustenburg continue to suffer a collapse in service delivery because the municipality does not have the vehicles to respond to water and sewage leakages, blockages, pipe bursts, the repair of potholes, or the restoration of electricity supply because of dilapidated infrastructure.

Most vehicles in the municipal fleet are in disrepair, frequently breaking down or are undergoing repairs for extended periods of time. A municipality cannot ensure the delivery of basic services when they do not have the necessary vehicles to transport technicians, workers, and replacement parts to affected areas.

A dysfunctional fleet also contributes significantly to wasteful expenditure since municipal workers are at work, getting paid, but unable to do the work they have been appointed for.

In short, the failure of Rustenburg to maintain one component such as the municipal fleet has far-reaching consequences on the finances of the municipality, which are already in a dire state.

If the ANC government in Rustenburg can not do its job, then the DA is more than willing to step up to do the necessary work in service of the community, Snyder concluded.

## Woman arrested for sister-in-law’s death

**BONUS - TLHABANE -** Detectives here arrested a 36-year-old woman in connection with the death of her sister-in-law.

Nomsa Lephuting appeared before the Bafokeng Magistrates' Court in Tlhabane on a charge of murder on Friday (4 August)

Lephuting was arrested the previous Wednesday. It is alleged that on 22 November 2022, police were called regarding a shooting incident at the accused's residence where they found the body of Paulina Pulane Lephuting (40) in one of the outside rooms of the dwelling. The deceased was found lying on the floor in a pool of blood with several gunshot wounds. She was declared dead at the scene. Furthermore, it was discovered that the burglar door was forced open and the wooden door slightly opened.

Following the incident, a murder case was registered at Tlhabane police station and later transferred to the Provincial Murder and Robbery Unit for further investigation. Intensive investigation led to the tracing and eventual arrest of the suspect. Nomsa Lephuting, who is married to the deceased's brother, was remanded in custody until her next appearance at the same court on Tuesday, 08 August 2023, for formal bail application. Investigation into the matter continues.

## Donate shoes, books for women

**BONUS - RUSTENBURG -** August is dedicated to the women of South Africa.

Locally a councillor, Ilse Edwards (Ward 15), wants to make a positive impact on the lives of women in the city.

Ilse is asking the community to please donate preloved shoes in good condition, as well as books.

"With these gifts, we hope to give a woman in need the gift of a pair of shoes, as well as book. Please take part in this project," Ilse asked.

Residents and businesses who want to be part of this, can contact Ilse on 064 755 1009 in order to arrange for collection.



# Highway accident claims one

A 44-year-old man were killed in an accident on the N4 between the Waterfall Mall and the Kroondal off ramp on Friday (4 August). The Chevrolet Sonic in which the man was travelling in allegedly collided with a Mercedes Benz. According to Sgt Ofentse Mokgadi, it is alleged that the Chevrolet was driving towards the Marikana plaza whilst the Mercedes was traveling in the opposite direction. The occupants of the Mercedes, a 32-year-old man and four children, were taken to hospital with serious injuries. The police are investigating a case of culpable homicide.

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Pets and wildlife: Bad combination

by Christa Mynhardt, We Care Wildlife Rehabilitation Centre

**BONUS - RUSTENBURG HERALD - Yearly, Wildlife Rehabilitation Centres all over the world receive patients that were caught by cats and dogs.**

These include birds of all sorts, squirrels, bush babies and bats to name a few. Sadly, a lot of these birds and animals die in spite of treatment with antibiotics.

It is possible to teach a dog, and even some cats, not to catch birds or other wildlife. This is possible, specially if the animal is trained right from being a kitten or puppy. Some caring people put bells on their cat's collars to help protect birds and small animals in their gardens.

**Cat saliva is toxic to birds, mammals, and reptiles**

All cats carry bacteria in their mouth (Saliva). The bacteria are called Pasteurella Multocida. When wildlife comes in to contact with these bacteria, it is usually fatal, unless medically treated.

Any bird, mammal or reptile which has been caught by a cat, will require antibiotics – irrelevant whether it has visible injuries or not. Therefore it is not good enough to just take a caught bird, mammal or reptile away from a cat and if there are no visible injuries, just let it go.

A bird for example, will go and perch, start preening its feathers and by doing so, ingest the bacteria from the cat's saliva on its feathers. In other words, even the most "gentle" of cats could lead to a deadly outcome for the bird, (animal or reptile).

Thus, all animals, birds and reptiles that were caught by cats need to get to a Wildlife Rehabilitation Centre as soon as possible to receive the necessary treatment (antibiotics) to kill the Pasteurella Multocida bacteria.

Studies show that about 40 % of cat caught birds rescued, died from the effects of the actual bite, and about 60% died from the Pasteurella Multocida bacteria infection.

We do understand that there is a lot of feral cats out there, but when it comes to pet cats we see it as a preventable problem. We can prevent them from catching birds and other wildlife just as we do with our dogs. Please keep your cat contained, build a *catio* if necessary and supervise your animals when they are outside as far as possible.

If you have pets that are prone to catching birds, please do not attract birds to your garden by putting out bird feeders, baths or nesting boxes.

Should you find a bird, mammal or reptile that was caught by a cat or dog, or injured in any other way, please get it to your nearest Wildlife Rehabilitation Centre or Veterinary Clinic as soon as possible. The sooner the better. Time is of the essence.

For any questions please contact Christa at the We Care Wildlife Rehabilitation Centre on 071 370 4520



Rustenburg's Zumba dancers brought a lot of colour to the past weekend's proceedings at the Timbati Veld Market and in addition to the energetic dancing, the girls also eagerly participated in a colour party which saw an immediate rise in spirit. Pictured from left at the back in the group photo above are Elaine Bothma, Annelie Deacon, Saartjie Bolton-Drescher, Elsie du Plessis, Kimberley Berg, Tracy-Lee van der Linde, Christa Maré, Elize Swart, Lizelle Roberson, Reghardt Nel, Kaitlen Swart, Emson Bosse, Christa Stewart, Karien Davies, Irma Nel en Leigh-anne le Roux. See more photographs of this week's Timbati Veld Market in this week's edition of Rustenburg Herald.

Is your morning coffee really an energy boost or just a placebo?

**BONUS - RUSTENBURG - Could your morning cup of coffee be a placebo when it comes to boosting alertness and performance?**

That may be the case, according to a new study that compared the effects of drinking coffee vs. consuming caffeine only.

Many people drink coffee first thing in the morning to overcome fatigue, stay alert and work effectively. Around 75% of the United States population ages 20 and over drink coffee, and approximately 49% drink coffee daily.

Coffee contains various compounds that affect the brain in different ways. Caffeine is the most well-known of these compounds and is known to activate dopamine pathways that boost memory.

The study's findings appear in *Frontiers in Behavioral Neuroscience*.

**Habitual coffee drinkers vs. non-habitual coffee drinkers**

While much is known about the neurochemical effects of coffee on the brain, less is understood about its psychological effects.

For example, some research shows that while coffee may affect cognitive performance in non-habitual drinkers, it has less effect on habitual drinkers as they develop a tolerance. The same research suggests that a large part of coffee's and caffeine's invigorating effects may be explained via the reversal of withdrawal symptoms from short periods of abstinence. Further research into how coffee affects the brain could improve understanding of what motivates people to drink it.

Recently, researchers compared fMRI data from habitual coffee drinkers before and after consuming coffee or caffeine. They found that both coffee and caffeine caused changes in brain activity, decreasing "the connectivity of the default mode network."

According to a press release, this suggests that consuming either caffeine or coffee helped people transition from resting to working on tasks. However, researchers also found that other modes of activity are exclusively increased among coffee drinkers.

This may be due to the sensory experience of drinking coffee of other compounds present in coffee. Dr. Antonio Teixeira, professor of psychiatry and director of the Neuropsychiatry Program at UTHouston, not involved in the study, told Medical News Today:

"The authors concluded that part of the common effects attributed to coffee might be related to mechanisms other than caffeine itself. Among these other mechanisms, they mention the whole experience of drinking coffee- that might involve some placebo effect, expectations, and even withdrawal, which were not investigated in the study."

**What are the effects of consuming coffee vs. caffeine only?**

For the study, the researchers recruited 47 people who drank at least one cup of coffee per day. They were an average of 30 years old, and 31 were women. All participants were asked to abstain from consuming caffeinated drinks or food for at least three hours before participating in the study. Once in the lab, the participants underwent two fMRI scans: one before and one 30 minutes after taking caffeine or drinking a cup of coffee. During the fMRI scans, participants were asked to relax and let their minds wander.

Ultimately, the researchers found that both coffee and caffeine reduced functional connectivity, in the default mode network (DMN). The DMN is associated with "self-referential processes when participants are at rest" as noted by the authors.

The researchers noted that decreased DMN indicates higher preparedness to switch from resting to task-context processing. They further noted that coffee consumption, but not caffeine consumption, significantly decreased connectivity between somatosensory and motor networks of the brain.

The researchers wrote that this might explain why people report improved psychomotor efficiency after drinking caffeinated coffee. Consumption of coffee, but not caffeine, also led to increased activity in executive control and visual networks implicated in visual processing.

Coffee consumption also led to better cognitive function, including improvements in:

- working memory
- cognitive control
- goal-directed behavior
- Drinking coffee is a sensory experience

The researchers wrote that the differing effects of taking caffeine and drinking coffee may stem from the sensory experience of drinking coffee.

Armargo Couture, Registered Dietitian Nutritionist at Staten Island University Hospital, New York, not involved in the study, noted that the extra effects of drinking coffee may be explained via the placebo effect:

"The placebo effect might work in this case due to the fact that culturally, drinking a cup of coffee before starting your day is the social norm. Essentially, many associate their "morning coffee" with "waking up" and preparing for the day ahead."

"After waking up, many people will routinely drink their morning cup of coffee before starting their day, which naturally becomes associated with being productive. Preparing for your day with a morning coffee is a collective experience and the social norm, which is where the coined phrase "don't talk to me until I've had my morning coffee" came from," she added. Couture noted, however, that coffee's extra effects may also arise from other compounds within.

"Components of coffee, such as terpenes — cafestol and kahweol, and polyphenols such as chlorogenic acids, interact with various brain receptors to increase energy, increase mood, and give us that motivated mindset. The terpenes and polyphenols in coffee have been researched and shown to have anti-inflammatory and antioxidant properties which has been associated with a lower risk of depression as well," she added.

**What does the study say about the benefits of drinking coffee?**

"Drinking coffee increased subjects' executive control which means coffee may benefit your mindset towards goals while improving your working memory and cognition," Couture said.

"For those who have difficulty with executive dysfunction, drinking coffee may benefit you by increasing your motivation and working memory," she added.

It was also noted that the results show that some of the benefits of drinking coffee come independently from caffeine. This means that drinking decaffeinated coffee in the morning may also make people feel more alert and focused.

\* [www.yeswecare.co.za](http://www.yeswecare.co.za)



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## IMPALA RUSTENBURG INTENTION TO DEVELOP A SOLAR ENERGY PLANT

Impala Platinum Limited (Impala), a subsidiary of Impala Platinum Holdings Limited (Implats), with operations situated near Rustenburg in the North West province, is **inviting Engineering Procurement and Construction (EPC) companies with experience in delivering solar photo voltaic (PV) power plants** to participate in a Request for Information (RFI) process for the construction and operation of a solar PV plant (the Project) at its Rustenburg operations (Impala Rustenburg).

**Interested parties displaying combined EPC, operation and maintenance (O&M) competencies, capacities, and relevant experience will be required to answer to and submit evidence in line with the RFI for a solar PV plant in excess of 100MW peak.**

The Project is intended to be constructed on land within Impala's mining lease in the Rustenburg area and will connect to Impala's surface electrical network.

Interested parties can access the **RFI** event at Implats' website via the following link:  
<https://implats-ir.co.za/website/south-african-tenders.php>

The closing date for all RFI submissions is no later than **16:00pm on Monday, 14 August 2023.**

All interested parties wanting to participated in the RFI process will be required to sign a non-disclosure agreement (NDA).



Impala Rustenburg’s school support initiatives have been empowering the local landscape for over a decade, impacting thousands of learners, teachers, and school management. They are designed and developed, in collaboration with the Department of Education, to support and empower mine communities by catering to a wide range of educational and community needs, going above and beyond Impala’s SLP commitments.

# Committed to Community, Invested in Education

## Mentoring and Academic Programme

**DURATION:** 12 years

**IMPACT:**

- Mentorship in **Mathematics, Sciences** and **English**
- **3 local schools** provide learners access to the **Internet** and an **e-learning platform**

**REACH:**  
12 PRIMARY SCHOOLS  
7 SECONDARY SCHOOLS

## Financial Training

**DURATION:** 2 years

**IMPACT:**

- **Financial training** of School Board and Management
- **Training on income, expenses, and budget management**

**REACH:**  
7 SCHOOLS



## Community Sports and Culture Development

**DURATION:** 2-3 years

**IMPACT:**

- **Development programmes** for **soccer, netball** and **athletics**
- **Athletic coaching**
- Joint sponsorship of **Metshameko soccer and netball tournament** with **RBN**.
- **Cultural enrichment programmes**
- **New sports facilities** and ongoing maintenance

**REACH:**  
OVER 2000 LEARNERS



## Education Projects

**DURATION:** 2 years

**IMPACT:**

- **Saturday classes** at **10 high schools** with a focus on **Mathematics, Science, English, and Geography**.
- Tutoring in **Mathematics** and **Science** at **12 local schools**
- **20 Grade RR** assistant teachers receiving **NQF level 4 ECDC** training
- Upgrading **play areas** at **4 ECDCs**, and upgrading community schools
- **Mathematics classes** in **Luka**

**REACH:**  
OVER 2000 LEARNERS

## Career Expo

**DURATION:** 3 years

**IMPACT:**

**Mobile Career Expo** delivers inspirational content, information and guidance on tertiary options and guidance on mining industry careers

**REACH:**  
14 HIGH SCHOOLS  
6500 LEARNERS  
GRADES 9 TO 12



## Water Projects

**DURATION:** In progress

**IMPACT:**

- Schools with limited or no water supply receiving **water tanks** or **boreholes**

**REACH:**  
24 SCHOOLS BY THE END OF THE PROJECT



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# Waterkloof Hills Primary School cares

**BONUS - RUSTENBURG**  
- The Principal and SGB of Waterkloof Hills Primary School would like to thank the parents, learners and staff for their donations towards Hospice.

The project started on 8 July 2023 and all donated items were handed over to Hospice on 26 July 2023. It was a competition between classes to see which class can raise the most donated items. Congratulations to Ms I Moalosi and her Grade 1C class, Ms B Khunou and her Grade 3B class and Ms T Mothutsane and her Grade 5D class. The three winning classes were surprised with a sweet treat that was donated from Mike's Kitchen Rustenburg and Hunters Rest ANEW Hotel Rustenburg. Thank you for making the day sweeter for the winners.



Pictured here are Mr E Mogorosi (Hospice), Ms I Moalosi (Grade 1C Educator), Ms D Rossi (Principal) and Ms C Pretorius (Hospice).



Pictured here are Mr E Mogorosi (Hospice), Ms PB Khunou (Grade 3B Educator), Ms D Rossi (Principal), Ms Galeni (WKH SGB) and Ms C Pretorius (Hospice).



Pictured here are Mr S Vlaanderen (Hunters Rest Hotel), Mr E Mogorosi (Hospice), Ms T Mothutsane (Grade 5D Educator), Ms S Makgeledise (Educator), Ms Galeni (WKH SGB), Ms S Ngcobo (Hunters Rest Hotel), Ms D Rossi (Principal) and Ms C Pretorius (Hospice).

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# Run Walk for Life

Run Walk for Life athletes in action at the Cross Country championship in Koster recently.



Elmarie Pretorius.



Estelle Henning.



Johnny Young.



Christo Naude.



Thabo Tau.

## Uncaged Mannekamp 2023

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Wessie Wessels.

The logo for Nelko Training NW, featuring a stylized 'N' and 'T' in blue and red, with 'NW' in blue.

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A collection of small illustrations: a first aid kit, a person lying on the ground, a yellow excavator, a yellow forklift, and a building under construction with scaffolding.

The logo for Hanani, featuring a stylized sunburst in yellow and orange, with the name 'Hanani' in orange.

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Lance Trethewey and Adriaan Roets. (Photo: Plan C Productions)



# Konka Farm Run

**BONUS - RUSTENBURG - Konka Farms will host the fourth Konka Farm Run, proudly presented by Run Walk for Life on Saturday 26 August at Konka. Enter for the 20km, 10km, 5km online: <https://www.entryninja.com/events/79167-konka-farm-run>.**

Participate in the exciting lucky draws and stand a chance to win amazing prizes! Enjoy delicious food at the restaurant.

Do not miss out on all the hand-outs and a special medal. Konka Farm Run is well

known for the best water tables along the route, stay hydrated throughout the race. Entertainment for kids and live music. For more information please contact Hetta at 083 350 7839.

**Boschdal Nursery**  
**2023 Open Months**

**26 August - 6 October**  
**Tue-Sat (9am - 4pm)**  
**Sundays (9am - 1pm)**

**42 Witstinkhout ave. Rustenburg**

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Succulents, Tillandsias and Amaryllis.**  
**Also: Sansevierias, Strelitzias, Agapanthus,  
Bromeliads, African Violets, Orchids and Strings.**

**Collectors Dream! Refreshments Available. Card Facilities.**







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