

Rustenburg

14 AUGUST 2023

Herald

Bonus

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Parkies Revue huge success



During the week of 7 - 11 August, 1033 learners of Laerskool Proteapark participated in their Mass Revue. The Junior Parkie Pom-Poms also did their part and everyone really enjoyed the various performances by the Grade R to Grade 7 learners. See this week's edition of the Rustenburg Herald for more information and photographs.



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The Timbati Veld Market is the only market in Rustenburg of which all proceeds go to local charities. One of the beneficiaries is the Rustenburg SPCA. After the most recent Timbati Market, representatives of the market visited the SPCA and delivered cat litter, dog food, flea powder, brooms and canned pet food. Pictured from left are Christa Stewart, Irma Nel, Karien Davies and Suenell van der Walt of the Rustenburg SPCA.



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Voice your opinion / Verhef jou stem

Last week we asked if you are a Protea Netball supporter and if you enjoyed the Netball World Cup. The results are in the graph below.

This week we want to know from our Rustenburg Bonus family what their music choices are:

• Pop/Rock  
• Metal

• Amapiano/R&B  
• Afrikaans

• Other

Yes, I watched as many games as possible

30%

I only watched them in the World Cup

50%

I watched a couple of games

0%

I'm not a Netball fan

20%

Other

0%



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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



Impala Rustenburg – Creating a better future



# Flamboyant soon to be rid of its water woes?



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**BONUS - RUSTENBURG** - After electricity interruptions of just over a week in the area of Flamboyant and Hibiscus Avenues in Safari Gardens, electricity was finally restored just in time for the weekend on Friday last week.

It however seems that the repair of two massive water leaks on both sides of Flamboyant Avenue could continue indefinitely until the source of the leaks have been repaired for good. Residents in the area have been frustrated beyond words for at least the past two years as a result of re-occurring water bursts and leaks.



One of two massive holes where water has been leaking during the past few weeks on the corner of Flamboyant and Hibiscus Avenues, resulting in an electricity outage which continued for more than a week. Teams of the Rustenburg Municipality finally got the better of electricity challenges on Friday - now only the water issue needs to be resolved for once and all.

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One cannot imagine the frustration of this resident in Flamboyant Avenue, Safari Gardens where water leaks and electricity outages have disheartened residents for months. The Rustenburg Municipality is confident however that the enduring problem will be something of the past soon.



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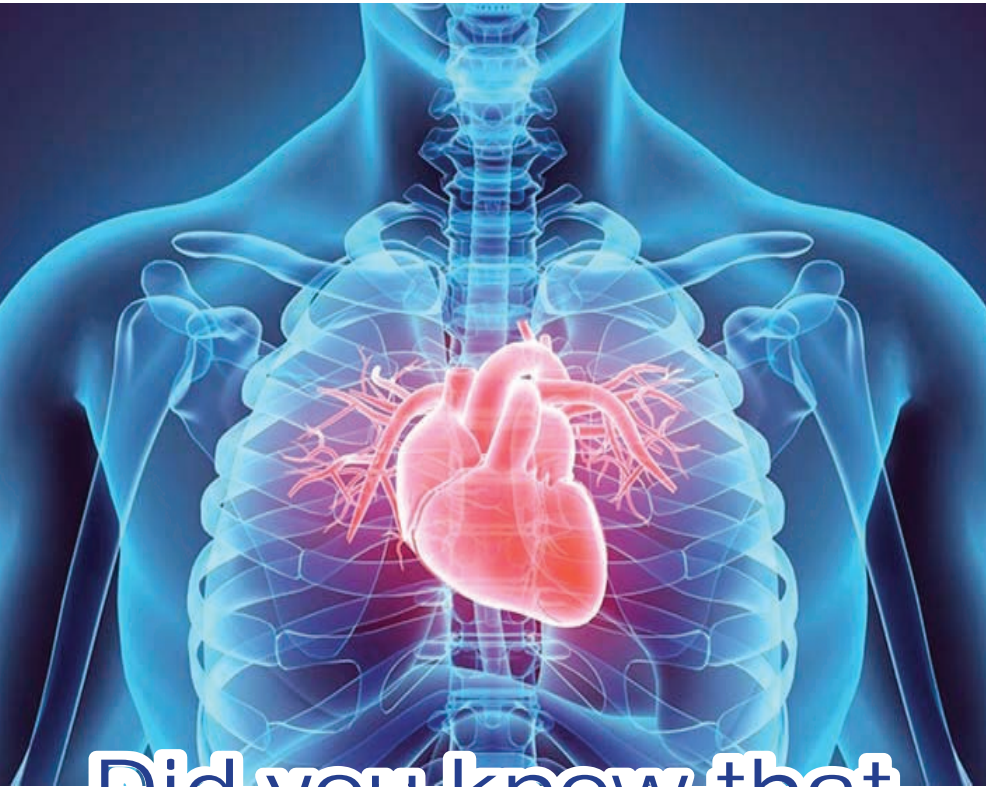
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# Did you know that untreated strep throat can lead to rheumatic heart disease?

**BONUS - RUSTENBURG - Rheumatic fever (RF) and rheumatic heart disease (RHD) are observed annually by the Department of Health (DoH).**

This year 1 – 7 August was dedicated to raise awareness of the dangers of rheumatic fever and how it can lead to rheumatic heart disease if not identified and treated early.

Rheumatic fever, an inflammatory disease that causes swelling of the heart, joints, brain, and skin, is a potentially fatal, yet often overlooked disease that continues to present a formidable health concern in South Africa. Though it is more prevalent in children between the ages of five and 15, rheumatic fever can still affect individuals of any age.

Often stemming from untreated strep throat or scarlet fever, rheumatic fever can lead to rheumatic heart disease.

According to a recent report from the World Health Organization (WHO), this neglected post-infectious chronic disease continues to claim lives of 288 348 people globally each year. Rheumatic heart disease is a life-threatening heart condition resulting from the complications of rheumatic fever. Primarily affecting the heart valves, this chronic heart condition can cause significant heart problems that may lead to heart failure, stroke or even premature death if left untreated.

Despite it being preventable, rheumatic fever is also known as one of the silent killer diseases, due to its dangerous nature. Its symptoms can often go unnoticed until it's at an advanced stage or be attributed to

other common illnesses, leading to delayed diagnosis and treatment.

According to Lizeth Kruger, Clinic Executive at Dis-Chem, “increased education is crucial in effectively combating rheumatic fever as many cases go undetected due to a lack of knowledge surrounding the symptoms”. By educating individuals about the link between streptococcal infections and rheumatic fever, timely diagnosis and treatment is encouraged, leading to improved outcomes and reduced morbidity.

Preventing rheumatic fever begins with timely and adequate treatment of streptococcal throat infections and scarlet fever. Anyone experiencing symptoms of a sore throat, fever, and difficulty swallowing should seek medical attention. Ensuring that strep throat infections are treated quickly with antibiotics for streptococcal infections, can play a pivotal role in mitigating the impact of this disease. Additionally, public health initiatives, such as regular screenings, can help identify cases early on, preventing further complications.

For individuals already diagnosed with rheumatic fever, adherence to a prescribed treatment plan is vital. “By diligently following the prescribed treatment plan, individuals with rheumatic fever can better manage their condition and reduce the risk of long-term damage,” concludes Kruger.

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2023 QUARTER 2 SAFETY AWARDS

RUSTENBURG OPERATION

On Thursday, 20 July 2023, Rustenburg operation held their Quarter 2 safety awards event at the Rustenburg Recreational Club. This awards event recognises all employees who demonstrated the required leadership in driving our Fatal Elimination Strategy, focusing on real risk reduction in each of the fatal risks. Unfortunately, a fatality at Khuseleka Mine occurred just before these safety recognition awards, breaking an 18-month run without fatalities.

The Company's safety strategy defines how we manage risk and remains unchanged as we continue the journey to our ultimate goal of Zero Harm.

Gawie van Heerden, Acting SVP and Head of Mining, Rustenburg operation, congratulated the winners and handed over the best of the best awards to recipients. "I know we sit here today thinking that we have failed; I stand here to reassure you that we have not. We did great, and we can only improve from here. The segment has gone 18 months without any fatalities. The recent fatality at Khuseleka should not discourage us because we have a solid safety and fatal elimination plan" he said.

BEST OF THE BEST FOR THE QUARTER:

- Vice President  
Carlo van Rensburg
- Mine Manager  
Jonas Ledwaba
- Mine Overseer  
Donovan James
- Engineer  
Sibahle Mduduma

BELOW IS A LIST OF THE AWARDS AND THE RECIPIENTS:

Safety System Usage Awards

- Geology  
Cautious Kumbé (Khuseleka Mine)
- Ventilation  
Solomam Mooketsi (Khuseleka Mine)
- Management  
Jonas Ledwaba  
Andy Phenduka (Khuseleka Mine)
- Engineering  
Stephanus Cilliers (Siphumelele Mine)
- Mine Overseer  
Donald Kuaho (Siphumelele Mine)
- Shift Supervisor  
Itumeleng Sechele (Siphumelele Mine)
- Foreman  
Hendrik van Den Heever (Siphumelele Mine)
- Rock Engineering "Toughest Auditor"  
Julia Matjila (Siphumelele Mine)
- Safety "Toughest Auditor"  
Mpumelelo Ndashi (Khuseleka Mine)

KHUSELEKA SHAFT AWARDS

Supporting Services	Oikantswe Mufloane
Mine Overseer	JJ van der Merwe
Miner	Mateus Magul
Shift Supervisor	Johnny Van Niekerk
Engineering	Takalani Nekota

THEMBELANI SHAFT AWARDS

Supporting Services	Moses Modika
Mine Overseer	Donovan James
Miner	Raphael Mangave
Shift Supervisor	Modise Motsomane
Engineering	Raymond Horn

SIPHUMELELE SHAFT AWARDS

Supporting Services	Julia Matjila
Mine Overseer	Daan Mashitsho
Miner	Zolile Ntobe
Shift Supervisor	Phillimon Moseki
Engineering	Sithembiso Nyandeni

INNOVATION

COMMUNITY

ENVIRONMENT

RESPECT

ENGAGEMENT

SAFETY



# Big money to win in Art competition

**BONUS - RUSTENBURG** - Are you an amateur artist who still needs to be recognised officially and who knows, who hopes to benefit financially from their work, you are invited to enter our Rustenburg Herald/NW Bonus Art competition with two cash prizes of R1 000 each throughout the year, and two Pick n Pay shopping vouchers to the value of R10 000 each up for grabs at the end of the year for the overall winners.

There's no doubt that the two grand overall prizes will make a wonderful Christmas present for any aspiring artist. Artists winning the quarterly competition go into the final, competing for the grand prize.

**TO ENTER - REMEMBER THE FOLLOWING:**  
Complete an entry form in the printed version of either the Rustenburg Bonus, or Rustenburg Herald and attach it to your artwork.

You may use any full page in Rustenburg Herald or you

may use a blank A3-page to create your art on.  
You may enter as many artworks as you wish and there is no entry fee. Keep watching Rustenburg Herald and Bonus for regular news and/or updates on the competition.  
You can "post" your entries in the entry boxes at reception of Rustenburg Herald in 13 Coetzer Street or the two Pick n Pay stores (Greystone Crossing and Beyers Naude Lifestyle Square) which are clearly marked "Art competition" at the art display boards in both Pick n Pay stores.  
The closing date will be announced at a later stage.



## 'n Verhaal van hoop, genade en tweede kanse

**BONUS - RUSTENBURG** - Jare gelede het ek kennis geneem van die naam 'Stefaans Coetzee'.

Dit was nie vir 'n goeie gebeurtenis nie.  
Dit was nadat Stefaans in hegtenis geneem is nadat 'n verskriklike daad gepleeg is - die Worcester Bomontploffings.  
Stefaans was 'n hardekwas tiener-terroris. Sewentien jaaroud en tot oorlopens toe vol van die indoktrinasie wat hy ontvang het van die man wat hy as vaderfiguur gesien het.

Want sien, Stefaans is nie as rassis en gewelddenaar gebore nie en sy eerste klompie lewensjare het hy ook nie só grootgeword nie.  
Maar op 'n dag stuur sy ma die sesjarige Stefan kafee toe. Met die seuntjie se terugkoms by die huis, is sy ma nie daar nie. Sy was vort en klein Stefan het agtergebly by sy alkoholis-pa.

Die vrae het deur die kind se kop gemaak: Hoekom het sy ma hom nie meer lief nie? Was hy te stout?

"My pa was ver van 'n engel af, maar hy het probeer. As ek sport by die skool gehad het, het hy nie sommer by die terrein ingekom nie, maar ek het hom buite gesien sit en geweet hy is daar," het Stefaans my op 'n keer vertel.

Maar 'n welsynwerker het besluit dat die situasie by die Coetzee-huis veel te wense oorlaat en Stefaans het in 'n kinderskool in Winburg beland. Die seuntjie met die skaam glimlag moes leer baklei - vir liefde en vir aanvaarding.

En dit is wat hy gekry het, het hy gedink toe hy deur Jan van der Westhuizen onder die vlerk geneem is.

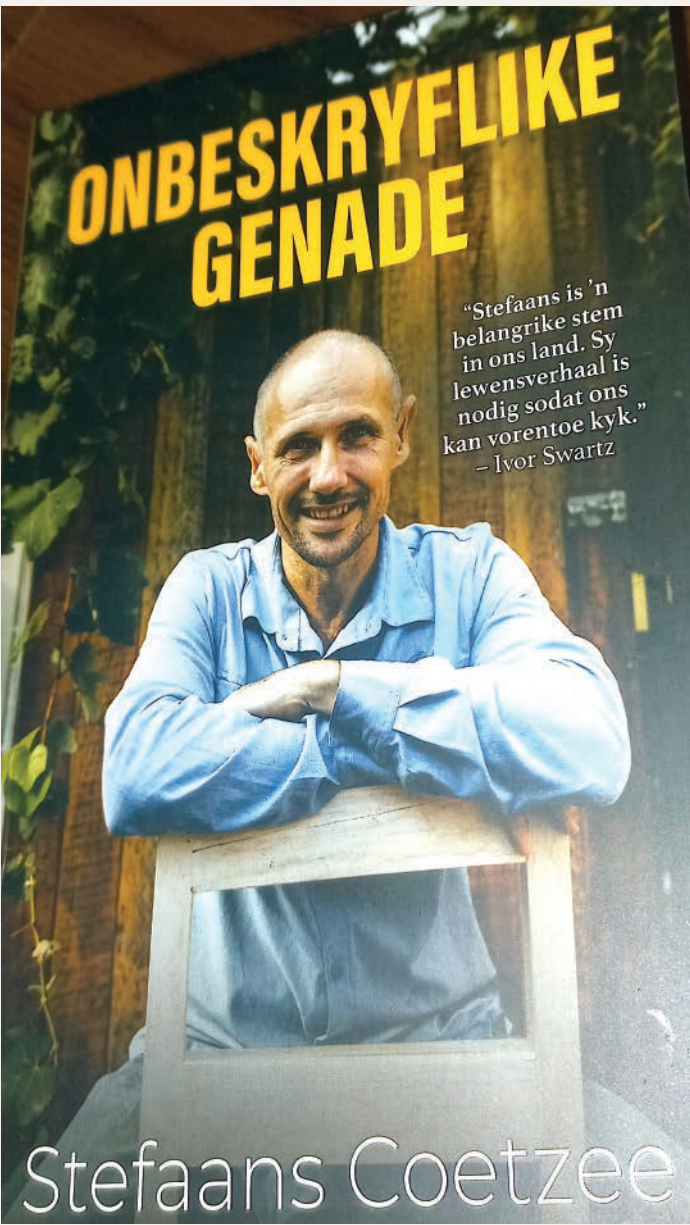
"Almal dink my grootste verkeerde keuse was die dag toe ek die bom voor Narotam-apteek in die blou asblik gedruk het. Dis onwaar. Ek het oor die jare 'n reeks verkeerde keuses gemaak wat op 24 Desember 1996 'n klimaks bereik het," skryf hy op bl 41 van sy boek 'Onbeskryflike Genade'.

Stefaans kon voort gegaan het met verkeerde keuses. Hy kon voort gegaan het met haat en geweld. Hy kon; Dit was so diep by hom ingeburger dat dit die maklike pad sou gewees het.

Hy het egter nie.  
Stefaans het gekies om die pad na boetedoening en versoening te neem en om sy geklemde hande oop te maak en in liefde uit te reik. In 'Onbeskryflike Genade' deel hy dapper sy storie, sonder om weg te skram.

"Ek is Stefaans Coetzee. Ek is 'n kind van God. Ek is 'n man en 'n pa. Ek is nie my verlede nie," verklaar hy.

'Onbeskryflike Genade' word deur LUX VERBI uitgegee.



deur Christelle van Rooyen-Wessels





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# Too little sleep may cancel out benefits reaped from exercise

by YesWeCare

**BONUS - RUSTENBURG - Evidence from existing research suggests that physical activities are beneficial to brain health and may protect against the development of neurodegenerative conditions such as dementia and Parkinson’s disease. However, a new study found that sleep deprivation can reduce such benefits reaped from exercise.**

Almost 10% of adults aged 65 and older in the United States have dementia, and another 22% have mild cognitive impairment, according to a 2022 nationally representative study of cognitive impairment prevalence.

Numerous studies have found exercise may reduce the risk of developing dementia. Still, more studies link a lack of sleep with increased dementia risk.

“Physical activity and sleep are factors that are thought to independently contribute to cognitive function, but they are also interrelated, where more physical activity is correlated with better quality sleep and physical activity may also regulate circadian rhythms,” Mikaela Bloomberg, Ph.D., a research fellow at the University College London Institute of Epidemiology and Health Care, explained to Medical News Today.

A team of UCL researchers, including Bloomberg, found little existing research that looked at the impact of physical activity and sleep on cognitive function. The studies they found were small and cross-sectional, which is a type of research where researchers collect data from participants at a single point in time.

“Because sleep disturbances can be an early symptom of neurocognitive diseases like dementia, which cause cognitive dysfunction, it is challenging to determine whether the results we observe in those previous studies are due to the effects of sleep on cognitive function or vice versa,” Dr. Bloomberg said. “With this in mind, we wanted to examine how combinations of physical activity and sleep habits influenced cognitive function over a long period of time.”

A paper by the UCL researchers on their large-scale, longitudinal study appears in *The Lancet Healthy Longevity*

**Study relies on self-reported data of healthy adults**

For their study, UCL researchers used longitudinal data on 8,958 cognitively healthy adults from England aged 50 and older taken from the English Longitudinal Study of Ageing (ELSA). The data used was collected between Jan. 1, 2008, and July 31, 2019.

Participants gave reports about their physical activity and sleep duration every two years.

Researchers asked participants how many hours they slept on a typical weeknight. The UCL researchers then categorized sleep as “short” if it was less than six hours, “optimal” if between six and eight hours, and “long” if more than eight hours were received.

Researchers also asked participants how much they exercised. Participants reported how frequently they participated in light, moderate, and vigorous physical activity and whether they exercised more than weekly, weekly, one to three times a month, and rarely/never.

Researchers assessed the episodic memory of participants using the Consortium to Establish a Registry for Alzheimer’s disease immediate and delayed recall tasks. Researchers gave participants a ten-word list and asked them to recall the words immediately and again a day later. Researchers also assessed the participants’ verbal fluency using a task where the participants named as many animals as they could think of over the course of a minute.

The UCL researchers excluded participants who reported being diagnosed with dementia during the follow-up period as well as participants whose test scores suggested some cognitive impairment. Additionally, researchers adjusted their analyses for a number of factors, such as whether participants had taken the same cognitive test previously.

**How do exercise and sleep duration affect cognitive scores?**

Of the 3,069 participants who researchers placed in

the “higher physical activity category,” 1,525 participants (50%) reported engaging in light, moderate, and vigorous exercise more than weekly. Another 1,161 participants (37.8%) reported engaging in light and moderate exercise more than weekly and vigorous exercise monthly or weekly.

Among the 5,889 participants in the lower physical activity category, 2,384 participants (40.5%) reported engaging in no vigorous physical activity but more than weekly light and moderate physical activity. Another 1,511 participants (25.7%) reported engaging in more than weekly light physical activity, moderate physical activity weekly or less often, and no vigorous physical activity.

Participants who engaged in higher physical activity were more likely to sleep 6–8 hours a night. They were also more likely to be younger at baseline, male, married, or had a partner, and had more education and wealth than those in the lower physical activity group. Those in the higher physical activity group were more likely not to smoke, had lower body mass indexes (BMI), fewer diagnoses of all chronic conditions, and fewer depressive symptoms compared with those in the lower physical activity group.

**Proper sleep may reap long-term cognitive benefits**

Participants from the higher physical activity group generally had the highest baseline cognitive scores regardless of how long they slept.

“However, for ages 50 and 60 years, those with higher physical activity and short sleep declined more rapidly such that after 10 years of follow-up, they had cognitive scores similar to those in the lower physical activity groups,” the UCL researchers write in their paper about the study.

“We were surprised to see that the cognitive benefits associated with physical activity were reduced when participants had insufficient sleep duration, but these findings are certainly in line with previous research pointing to an important role of sleep in cognitive and physical recovery.” – Dr. Bloomberg

Among older participants (age 70 and above) the cognitive benefits of exercise appeared to be maintained even among poor sleepers.

Dr. Vernon Williams, sports neurologist, pain management specialist, and founding director of the Center for Sports Neurology and Pain Medicine at Cedars-Sinai Kerlan-Jobe Institute in Los Angeles, told MNT he appreciated seeing data about the importance of sleep for long-term benefits regarding cognitive function.

“The concept that both exercise AND sleep are critical factors for maintaining cognitive health coupled with evidence that maintaining physical health in the absence of optimal sleep health reduces the cognitive benefits of physical activity is compelling,” Dr. Williams said.

**More research needed on how sleep, and exercise affect brain health**

Ryan Glatt, a senior brain health coach and director of the FitBrain Program at the Pacific Neuroscience Institute in Santa Monica, CA, told MNT he found the study “very interesting” but noted limitations.

“There are potential issues with the accuracy of self-reported physical activity and sleep duration, and the potential presence of sleep disorders or the effects of certain medications were not considered,” Glatt said.

Dr. Bloomberg believes there may be a way to conduct this research that doesn’t rely on participants’ truthfulness.

“An interesting next step would be to use objective measures of sleep and physical activity — for example, using wrist worn accelerometers — to see whether we observe similar results,” she told MNT.

In the future, the UCL researchers would also like to see a similar study performed on more diverse populations. Additionally, Dr. Bloomberg told MNT she’d like “to extend the results to dementia.”

“We purposefully excluded those with dementia and those with cognitive

scores that suggested cognitive impairment, in order to make it more likely that we were capturing the effects of sleep on cognitive function and not vice versa,” Dr. Bloomberg said. “Future research should examine how combinations of physical activity and sleep impact the risk of dementia.”

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Rustenburg Herald's Bonus

Sport

News

Join the excitement at the fourth edition of the Konka Farm Run

**BONUS - RUSTENBURG** - Are you ready to lace up your running shoes and embrace the thrill of the great outdoors? Look no further than the upcoming fourth edition of the Konka Farm Run, scheduled for Saturday 26 August.

This event promises a fantastic day of fitness, fun, and family-friendly activities for all. Mark your calendars for the picturesque Konka Farm which will be transformed into a bustling hub of activity. Whether you're an experienced runner, a walker, or someone seeking a unique adventure, there's a distance that suits everyone: 20km, 10km, 5km, or a relaxed 2km farm run.

Run, walk, and win big! The Konka Farm Run is proudly sponsored, ensuring that participants go home with more than just a sense of accomplishment. Each finisher will be awarded a distinctive medal, complete with an intricate giraffe engraving, a stylish headband, a key-ring, and a range of exciting goodies. But the excitement doesn't end there – thrilling lucky draws offer the chance to win fantastic prizes that'll leave you beaming with joy.

Explore numerous stalls offering complimentary samples, immerse yourself in a shopping spree of unique items, and relish mouthwatering dishes at Konka's onsite restaurant. From juicy burgers to cheesy pizzas, your taste buds are in for a treat. Live music will set the mood, making this day a feast for all your senses.

For those aiming for the top, there's the exhilarating prospect of claiming prize money as the fastest runner. Join some of the finest road running athletes as they put their skills to the test and inspire us all.

Families are in for a treat as well! The little ones will be kept thoroughly entertained with a jumping castle and face painting, ensuring smiles all around. Don't miss out on this unforgettable experience – the event is capping participation at 1000 entrants. Secure your spot now to avoid disappointment.

Race details: 20km: R200 (starting time 07:00) – designed for experienced runners; 10km: R120 (starting time 07:00); 5km: R80 (starting time 7:05); 2km: R60 (starting time: 7:05). All athletes taking part in the 20km and 10km categories must wear their 2023 license numbers. Temporary licenses are available for only R30.

Link to enter: <https://www.entryninja.com/events/79167-konka-farm-run>. For further details and registration, please contact: Hetta Havenga - 083 350 7839.

Time to muscle up

The past weekend saw the North West Classic hosted by the International Bodybuilding & Fitness Federation at Fields College in Rustenburg. Athletes from all over the province have participated and had the crowd in awe. Pictured left a few representatives of the event moments before the final build-up. From left at the back are Kevin Munro, Yolandie Visser, Manny Jardine (Rustenburg's very own "Bodybuilding Professional"), Arnie Williams (President of the IBFF), Leandri Pretorius, Nico Koster, Estian Nel and JJ Brits - another professional athlete. See this week's edition of Rustenburg Herald for more photos).

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