

# Rustenburg Herald's Bonus

28 AUGUST 2023

Why dermatologists agree that sunscreen is the only anti-ageing product you need - p4

25 500  
FREE



## Boost for national growth campaign

A Community Imbizo focusing on the challenges of “stunting” was held in Rustenburg on Friday by the national “Grow Great” initiative following the Bojanala Platinum District’s Stunting survey of late. “Stunting” is a condition that affects new-born and young children by jeopardising their growth during the first years of their lives and is a common result of poor nutrition. The photograph above was taken during a solemn pledge by Imbizo leaders, delegates of various government and health departments, parents and educational experts to commit themselves to the fight against stunting. Photographed from left above are Dr Taole - research consultant, Nicola Eley - Departmental Executive of Grow Great, a parent and delegate from the SADC Research Centre, Ludick Mabyane - Civil Society Forum (The Action Campaign), Ms Moleboge Motukua - parent and delegate of Early Childhood Development, Ms. Tshwanelo Tuge - Nutrition Manager for the North West Province, Mr Marius Smuts - Director: North West University and Gomolemo Maise - Community Health Worker from the Bojanala District’s Department of Health. (See this week’s edition of Rustenburg Herald for a story and more photographs).



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# Karlienpark Library celebrates Women's Month with community

Community members from Karlienpark with guest speakers Sister Rose Dire, Mrs Tania Piennar, Mr Machuisa, Mrs Lingela and Mrs Modimoeng at the library's Women's Month celebrations. The aim of the event was to honor, celebrate, and cherish the milestones of women and their extraordinary roles in all spheres of the society. Women's Month is also a time to call for gender equality in South Africa. Services offered at Karlienpark library includes photocopies, typing,

printing, scanning, loading books, and membership applications. They also assist with Online University applications, free of charge. (Photo: Supplied)



## Rustenburg Herald

DAGBOEK • DIARY  
2023

Is there an important event at your company or organisation in the near future? Is a well-known artist the highlight on the local social calendar, or do you have a company that provides fun things/activities to do? If so, then place your diary entry to inform our readers of your events/activities.

### SPCA RUSTENBURG

#### WISHLIST

#### BLANKETS - BLANKETS - BLANKETS PLEASE!

Empty spray bottles/Black Refuse Bags/Steel Pot Scourers/Cat Litter / Pine Gel / Dip for dogs / Dip for cats / Deworming for cats / Deworming for dogs / Toys for cats / Toys for dogs / F10 Ointment / F10 spray / Tin food for dogs / Tin food for cats / Treats for dogs / Treats for cats / Leads for our dogs / Blankets / Beds for dogs / Beds for cats.  
Please donate. **Cat litter and tinned cans dog and catfood** depleted, any donations very welcome!



### TIMBATI VELDMARK/MARKET

Saterdag **2 September 2023**, op die hoek van Timbatiriver- en Nylrivierlaan. Baie stalletjies, springkasteel en vele meer.. Kom geniet 'n heerlike oggend saam met die "veld"-familie.

Saterdag **2 September 2023**, on the corner of Krokodil and Nylriver ave. Crafts, Food stalls, Beverages, Toys, Homemade goodies and much more. Join the "veld" family for a fun-filled morning.



### LIGGIEFEES - NG PROTEAPARK

Datum: Sondag tot Woensdag **3 tot 6 Desember 2023**  
Buitelugvermaak, aandetes, unieke uitstallings, gratis toegang, treintjie vir kinders.  
Besoek gerus ons facebook-blad vir meer inligting.  
Navrae: 014 533 4028

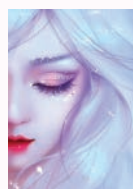


### WOMEN'S CAMP

Date: **1-2 September 2023**

with the theme: It's Time for a New Beginning (Dis Tyd vir 'n Nuwe Begin).

For more information please contact Desiree Holtzhausen at 083 309 5597.



A standard advertisement (30 words) in the Rustenburg Herald, Bonus and our website will cost you only R66-00 (Vat incl) and can be placed and paid for on our website ([www.rustenburgherald.co.za](http://www.rustenburgherald.co.za)) or at the reception offices of the Rustenburg Herald. A maximum of two advertisements combined (60 words) will cost only R132-00 (Vat incl).

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**Lina Opperman**

Op 24 Augustus 2023 het ons Ma, ouma en grootouma Lina Opperman, in die ouderdom van 90 jaar haar aardse huis verlaat en opgevaar na die Hemel.  
"Ons gaan jou vreeslik mis, moedertjie".  
Sy word oorleef deur haar dogter Marietjie, skoonseuns Johan en Erasmus, kleinkinders Johann, Marli en Marie-Louise en agterkleinkinders Annemari en Merike.  
Die begrafnis vind Vrydag 1 September 2023 vanuit die Agapé Kerk, Spruitfontein, C43 plaas.  
Kontak Marietjie van Rooyen op 0826558974 vir meer inligting.

**BONUS - RUSTENBURG - SPCA Book Sale:** The next SPCA Book Sale will be taking place on Saturday 2 September at the Safari Gardens Shopping Centre, starting from 08:30 till 12:00. Please support the Book Sale and the Rustenburg SPCA. Looking forward to meeting you on Saturday.

**ALBERTS HOUTWERKE**

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

**TEL: 082 564 2931**

### Code of Conduct

The Bonus proudly displays the "FAIR" stamp of the Press Council of South Africa, indicating our commitment to adhere to the Code of Ethics for Print and Online media which prescribes that our reportage is truthful, accurate and fair. Should you wish to lodge a complaint about our news coverage, please lodge a complaint on the Press Council's website, [www.presscouncil.org.za](http://www.presscouncil.org.za) or email the complaint to [enquiries@ombudsman.org.za](mailto:enquiries@ombudsman.org.za). Contact the Press Council on 011 484 3612.



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E-mail: [mailbag@rustenburgherald.co.za](mailto:mailbag@rustenburgherald.co.za)  
Address: 13 Coetzer Street, Rustenburg, 0299



# Anneli-hulle kook saam met die Bokke!



En toe is dit nie net Anneli Kroukamp en haar dogter (Marina Moore) wat Vrydag gekook het nie maar Suid-Afrika se Bokke was omtrent aan die brand! Min Suid-Afrikaners en selfs internasionale rugbyliefhebbers sou die Bokke Vrydag 'n kans gegee het om die All Blacks behoorlik af te slag soos wat hulle Vrydagaand kort na 20:00 op Twickenham, London gedoen het. Maar by Anneli en Marina was daar nie twyfel in die Bokke se vermoëns nie. Rustenburg Herald se kookspan het Vrydagoggend aangesit vir 'n heerlike braaivleis-bygereg en 'n stukkie boerewors wat vandeeweek in Rustenburg Herald se kookrubriek op die spyskaart is. Moenie vandeeweek se uitgawe misloop nie en sien waar Anneli en Marina die spreekwoordelike wortels gegrawe het...

## Invitation to special meeting of council

**BONUS - RUSTENBURG -** The public is invited to a special council meeting of the Rustenburg Local Municipality. The meeting will take place on Wednesday (30 August) at the Rustenburg Civic Centre and will start at 10:00 Please note: The meeting will also be streamed live on RLM's Facebook page for public viewing.

## Cash-in-Transit robbery shakes Saturday morning

**BONUS – RUSTENBURG –** “We live in Bosch Street and we were so scared!

For a while after the shooting stopped, we still did not dare to venture it outside.” This was one of the comments on Rustenburg Herald’s Facebook post Saturday (26 August). Around 08:00 on Saturday morning an explosion rang out, followed by gun shots.

Motorists and pedestrians in Bosch Street could hardly believe their eyes when Cash-in-Transit robbers cornered a security truck and then blew it up. For more on this, see this week’s Rustenburg Herald.

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CWL MARIKANA 010 630 0151  
CWL PRESIDENT (KRUGERSDORP) 078 178 2222  
CWL MAGIC LIQUOR (WESTONARIA) 011 754 1023  
CWL JUMBO (RANDFONTEIN) 073 661 1503  
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PRICES VALID FROM: 31 AUGUST - 13 SEPTEMBER 2023

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Picture:www

# Why dermatologists agree that sunscreen is the only anti-ageing product you need

**BONUS – RUSTENBURG** -The biggest and most significant gift that you – man or woman - can give to your skin is including a powerful and effective sunscreen into your daily routine.

Dermatologists' agree that sunscreen is the single most important skincare product you need to prevent premature ageing and here we explain more. The effects of sun

damage on our skin are serious, but it is never too late to start taking care of your skin. Start taking the right steps now to protect from UV rays, repair existing damage and correct the visible signs of ageing. Incorporating a suitable, gentle yet effective sunscreen in your daily routine offers the below benefits: Reduces the risk of sunburn. All dermatological professionals will emphasise the importance of skin protection and preventing sunburns. Continuous sunburn can lead to damage that can cause skin cancer, premature wrinkling, and many other skin issues.

**Prevents the Signs of Ageing.** Repeated sun exposure with little to no protection can cause damage to your elastin, collagen and skin cells. Over time, this can lead to premature signs of ageing including discolouration, wrinkles, fine lines, and a leathery appearance. Premature ageing is referred to as photo-ageing and is common in those who spend time in the sun without sunscreen – especially in their 20s and 30s. Thankfully, these skin issues are preventable with daily sunscreen use.

**Prevents Skin Discolouration.** Discoloured and pigmented skin can be a confidence breaker to live with. These areas of discolouration are often called "sun spots" or "liver spots" and are usually tan to brown in colour. They often develop on the face, head, hands, and arms, and can affect both men and women. Applying sunscreen periodically throughout your day can help prevent these spots from appearing on your skin.

**Reduces Inflammation.** Over exposure to UV rays can cause painful redness and inflammation of the skin. This can be especially challenging for individuals with skin issues like psoriasis or rosacea. Wearing sunscreen each day helps to prevent inflammation from harmful rays. If you are prone to redness and have sensitive skin, look for a sunscreen with gentle ingredients such as zinc oxide or titanium dioxide.

## Tips for Picking a Sunscreen

With a wide variety of skincare on the market, you are certainly spoiled for choice. Here are our top tips to pick the best sunscreen for your skin:

- Know your skin type (dry, sensitive, oily, combination)
- Choose a high SPF (30+)
- Look for 'broad spectrum' on the label
- Provides protection against UVA and UVB rays
- An added bonus is to find a tinted SPF such as the FusionWater Colour which will not only provide a high-level of protection but also unify the skin tone, conceal imperfections, and act as a make-up base. It contains Vitamin E and hyaluronic acid, which helps improve the skin's elasticity and reducing wrinkles.

The bottom line – or rather then, the face line – is that sunscreen is not a nice-to-have, but rather a need-to-have product in your daily skincare routine.

**ATKV**  
**afriKITI**  
JOU TAAL & KULTUUR FEES

**AFRIKITIFEES**  
**2023**

**SATERDAG 9 SEPTEMBER 2023**

ATKV-Buffelspoort bied vanjaar vir die tweede keer die Afrikitifees op Saterdag 9 September aan. Afrikitifees se slogan is: "Jou taal- en kultuurfees" Alle komponente van ons Afrikaanse kultuur word hierin vervat: Kos en kos demonstrasies, wyn- en biertent, Beeldende en uitvoerende kunste, skilder, kore, orkeste, toneel, opvoedkundige aksies, soos boomplant, honde- en slangvertonings, sportsoorte: fietstrap, boogskiet, ringbal, jukskei, karate, toutrek, gemeenskap- en kunstsalletjies, gaskunstenaars, dansgroepe, eg afrikaanse tradisionele erfenis: toutrek, jukskei, volkspele, sweepslaan en draadkarre bou, ou klassieke motors, Harley Davidson, Diepe waters- en Binnelanders akteurs, uitstallings van karavane en motor agentskappe.

**Bring 'n blikkie honde- of katkos as deel van jou ingangs fooi.**  
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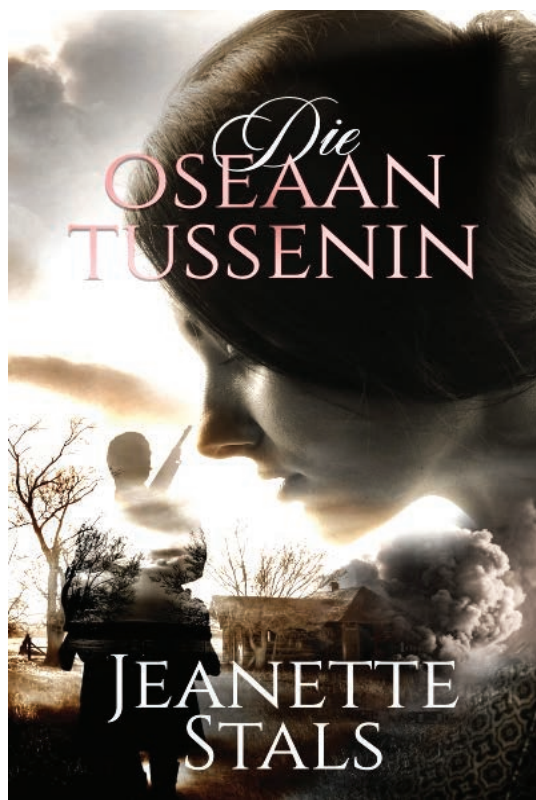




deur Christelle van Rooyen-Wessels

## In 'n Nentedop

### Wanneer hoop ál is wat daar is



Jeanette Stals is stories is altyd aangrypend - en 'Die oseaan tussenin' is baie beslis nie 'n uitsondering nie.

Die verhaal speel af tydens die Aglo-Boere-oorlof. Van ons oonthou die verhale van oumas en oumagrootjies se stories oor die haglike toestande in konsentrasiekampe en die gruwels wat gepleeg is

Dis hierdie omvang van verliese aan eiendom, vryheid en menseleuens wat Jeanette met skreiende eerlikheid verf.

Pieter Nel voer 'n verbete, desperate stryd teen die Britse magte as die leier van 'n bittereinderkommando, terwyl sy vrou, Katrina, en hul kinders alles in hul vermoë doen om in 'n konsentrasiekamp te probeer oorleef.

Alhoewel Jeanette se beelde fel en diepsnydend is, raak sy nie onnodig sentimenteel nie en sleep die storie nie, dit sleur jou kragtig mee.

## What if...?



Katrina Hunt has a disturbing secret. Since her earliest days fighting for survival in the poverty of a trailer park, she's been able to sense moral corruption. And her gift is never wrong. This strange ability affects every relationship, for people have no way to hide from her. Katrina harnesses her gift and sets it to work, sniffing out evil in positions of privilege and power. Yet she soon finds she is not the only one who can do it.

On the far side of the world, a scientist cracks an algorithm that will forever change law-enforcement. His new scan can detect a person's genetic propensity for wrongdoing, even before they act. But what if the most corrupt man in the world, a political figure assuming ever higher office, is able to beat the scan? What if he alone can hide his true darkness? What if he is ... not quite human? Katrina's path will lead inexorably to confrontation with an immense power. But can she stop him, before it is too late for humanity?



by Christelle van Rooyen-Wessels

## In a Nutschell



**NEXT  
OPEN DAY  
9 SEPTEMBER**

**SATURDAY  
09:00 - 12:00**



**PECANWOOD  
COLLEGE**

**GRADE 0000 - 12 (IEB)**

**JUNIOR BOARDING  
FROM GRADE 3 - 7**

**SENIOR BOARDING  
FROM GRADE 8 - 12**



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BROEDERSTROOM



# Final of Blank Space Art competition only months away

**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 the entry form above 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.



Name:.....  
.....

Age:.....

Tel no:.....  
.....

Date:...../...../2023

## Kabelo Seboko-Mulaudzi, Debash Desta triumphant at inaugural Absa Run Your City Tshwane 10K



Kabelo Seboko Mulaudzi (South Africa) claims gold at the inaugural Absa Run Your City Tshwane 10K in an impressive time of 00:29:12. (Photo: Tobias Ginsberg)

**BONUS – RUSTENBURG** - Kabelo Seboko-Mulaudzi (South Africa) made it two for two in the 2023 Absa Run Your City Series as he claimed line honours at the inaugural Absa Run Your City Tshwane 10K on Sunday 27 August, while Ethiopia's Debash Desta secured the top spot on the podium in the Women's Race. Celebrating its Tshwane debut, the Absa Run Your City Tshwane 10K attracted an impressive field of just over 7000 entrants.



Debash Desta (Ethiopia) was victorious in the women's race at the inaugural Absa Run Your City Tshwane 10K crossing the finish line first in a time of 00:32:14. (Photo: Tobias Ginsberg)

### 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 uitsoek-personeel NOU beskikbaar in die hierdie uiters gesogte aftreeoord in Garsfontein in die Ooste van Pretoria.

Menlyn en verskeie inkoopentrums en baie goeie hospitale is net 'n klippooi ver.

Eenheid geskik vir 'n enkeling of egpaar.

Moenie hierdie unieke geleentheid deur u vingers laat glip nie!

**Skakel Lynette op 082 877 0231**

### HAPPY WOMEN'S MONTH

**DBV SPCA RUSTENBURG**

Is facing extreme financial difficulties, with little help from RLM.

**WE ARE FACING EXTREME CHALLENGES AND POSSIBLY CLOSURE.**

Outstanding Vet bills, outstanding food suppliers and salaries that needs to be paid on a monthly basis.

Please assist us in keeping our doors open. Without your help **WE CANNOT SURVIVE!!**

**BANKING DETAILS:**  
SPCA RTB / FNB  
ACCOUNT NR: 53604095349  
BRANCH: 250655

## Cycle for a cause this International Childhood Cancer Awareness Month!

**BONUS – RUSTENBURG** - The month of September is considered a month of hope for better treatment outcomes, for a brighter and healthier future for young cancer patients. Members of the public are urged to be the change for those going through the childhood cancer journey and for those who have been newly diagnosed. There are many ways people can get involved this September, to make a difference in the lives of children and teenagers who are on the cancer journey. Don't miss out on the chance to #GiveSomeHope this September by peddling for a cause! The CHOC Childhood Cancer Foundation SA Cyclethon proudly hosted by MyBidfood and powered by Planet Fitness will be taking place on Saturday 9 September at the vibrant Melrose Arch. It is the perfect way for you to show your support to children and teenagers who are navigating through the long and hard journey to overcome their cancer with their families. For five hours, we will be sweating, dancing, singing and, of course, cycling side by side with 139 others per hour. Booking: <https://choc.org.za/events/the-cyclethon-at-melrose-arch/>



**BONUS - RUSTENBURG - Molotsi Primary School recently held a career dress-up day for their Grade R learners.**

They were visited by Lerato Rametsi from Mogwase Fire Station, Sister Ramolebatsane from Moses Kotane Hospital, Mr Moeng from Mabeskraal Post Office, Police Officer Ntsimane and Mafora from Mabeskraal Police Station, Matlapeng Boitumelo from Namerc Bakery Mabeskraal and Mr Dinne of Opela Media.

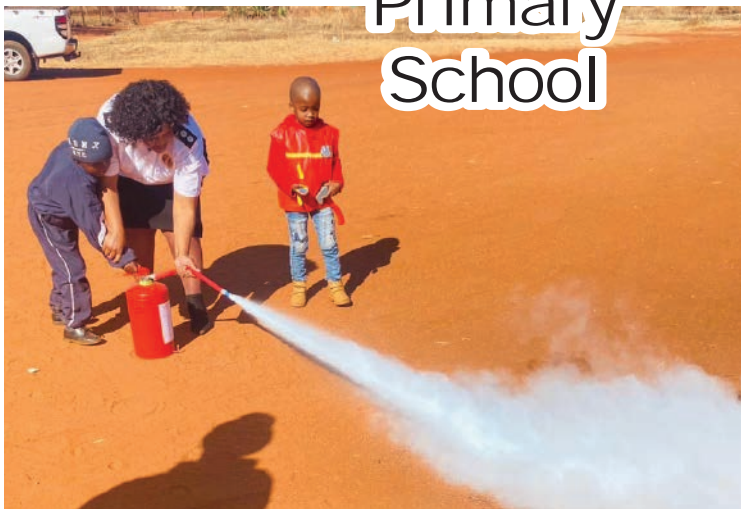
The Grade R learners concluded the theme “The Jobs people do” by dressing up for the day and learned a lot from professionals who visited them. They took it to the field for the learners to gain an experience

of what to do in case of a fire emergency with Ms Rametsi and how the police can help them. The nurses educated the little ones on how to take care of their bodies and why it is important. They gained an insight of what happens in a lot of careers and equipped the learners with skills they can use in their daily lives. They are grateful to the parents, the school management and all stakeholders who contributed to this day and they hope they continue to support their children’s lifelong academic careers.



Learner Molose Kaboentle, Mrs Rametsi from Mogwase Fire Station, learner Ositilwe Rebaone and class teacher Mam Matsafu.

Mam Matsafu with farmer Moeng, student teacher Miss Mokgwadi and learner “farmer” Okgantse Ramothobi.



Learners, Aobakwe Ditsebe and Kaboentle Molose with Mrs Rametsi from Mogwase Fire Station.



Learners took pictures in the Opela Media photo booth. Class teacher Mam Matsafu and learners: “farmer” Okgantse Ramothobi, “advocate” Mosime Otlotleng, “advocate” Otlotleng Magodiello, “chef” Molefe Kealeboga, “pilot” Kutlwano Ramafoko, “pilot” Gontlafetse Ramokgadi and “advocate” Motsisi Kagiso.

Student teacher Mam Masiane from Orbit College, Sister Ramolebatsane from Moses Kotane Hospital, Mam Mokgwadi from Rostec College, Class teacher Mam Matsafu and Mam Moanakwena from North West University.

Aarbeifees

250 g punnet R10.00  
4 kg (16 x 250g punnet) R140.00  
5 kg los aarbeie R120  
1 kg gesnyde aarbeie R25.00  
Aarbeie konfyt R25.00

Designed by GAWANA MAGSAGUN

# Aarbeifees

## BRITS

1 - 2 SEP 2023

BY DIE HEARTLAND EQUESTRIAN PARK (OP R511 LANGS N4)

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LAERSKOOL: R20 P/P • VOOR SKOOL: GRATIS

**VRYDAG: 1<sup>STE</sup>**

13:00 - 15:40	EVERT SWART - MC	15:45 - 16:15	LU- ANEL	18:45 - 19:45	RIAAAN BENADE
		16:30 - 17:15	ANTON FITCHAT	20:00 - 21:00	APPEL
		17:30 - 18:30	DIRK VD WESTHUIZEN	21:15 - 22:00	SPOEGWOLF

**SATERDAG: 2<sup>DE</sup>**

09:00 - 10:00	EVERT SWART - MC	10:45 - 11:15	CARLA LEE	15:15 - 16:15	ADAM TAS
10:00 - 10:30	LYDIA VAN NIEKERK	11:30 - 12:00	ELME CHURR	16:30 - 17:30	ROBBIE WESSELS
		12:15 - 12:40	ANTON FITCHAT	17:45 - 18:45	RICUS NEL
		12:45 - 13:45	JAN RHAAP	19:00 - 20:00	JUAN BOUCHER
		14:00 - 15:00	FATMAN	20:15 - 21:15	JAY

**BRING EIE KAMPSTOELE VIR KUIER OP DIE GRASPERK**



# Rustenburg Herald's Bonus Sport News

**BONUS – RUSTENBURG** - On Saturday (26 August) Waterkloof Hills Primary u/10 and u/11 soccer teams participated in the Mosupatsele Soccer tournament at Fields College.

The u/10s swept the board and was crowned the overall winners in their age group. The u/11 group obtained second, but only lost the final match. They congratulate their coaches, Mr J Kleynhans, Mr M Shonisani and Mr L Moteu, as well as the excellent team players. The principal, Christopher Maningi, an u/10 player, received the honours of the best player of the tournament, SGB and staff are very proud of them.



The u/11 soccer team of Waterkloof Hills Primary received second place.



The u/10 soccer team of Waterkloof Hills Primary received the trophy as overall winners in their age group.



Pictured here are Happy Masemola (Logistics Manager - Mosupatsela Sports Development), Patrick Macdonald Tshetlo (Organiser, Managing Director - Mosupatsela Sports Development), Christopher Maningi, Mr M Shonisani (Coach) and Mr L Moteu (Coach).

## RUFFLING FEATHERS SINCE 1996

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<p><b>EFOODS FRENCH POLONY 3KG</b></p> <p><b>69<sup>99</sup></b> each</p>	<p><b>FOODLAND CHEESE (24) CHEDDAR OR GOUDA SLICES 400G</b></p> <p><b>44<sup>99</sup></b> each</p>	<p><b>FIRST CHOICE FULL CREAM MILK 6 X 1L</b></p> <p><b>86<sup>99</sup></b> each</p>	
<p><b>SEMOLO PASTA FUSILLI SCREWES OR SPAGHETTI OR MACARONI OR PENNE OR SHELLS 500G</b></p> <p><b>12<sup>99</sup></b> each</p>	<p><b>SUNDALE YOGHURT SMOOTH VANILLA OR STRAWBERRY OR PEACHES &amp; CREAM OR FRUITED STRAWBERRY OR FRUIT COCKTAIL 1L</b></p> <p><b>BUY ANY 2 FOR A BRILLIANT PRICE 48<sup>00</sup></b></p>	<p><b>STORK COUNTRY SPREAD 1KG</b></p> <p><b>49<sup>99</sup></b> each</p>	

**IT'S OUR BIRTHDAY!**

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