

Rustenburg

Sidestep Springtime blues - page 6



At Pick n Pay's two outlets at Greystone Crossing and the Lifestyle Square Centre in Beyers Naudé Avenue there is no doubt as to what the "talk of the town" will be during the World Cup Rugby Tournament in Calais, France for the next few weeks. Customers have without a doubt noted personnel from the two stores hanging out in typical Springbok fashion on Fridays in support of the Springbok's campaign for the duration of the tournament. Pictured above in the unifying green and gold are Mabel Sedumedi, Primrose Moraakgomo, Vivian Ditibane, Koketso Ratema, Boitumelo Maile, Eon Munnik, Johan Harding, Alinah Bosman, Grace Mbu, Lucia Bangalala and Lesego Moncho of Pick n Pay Beyers Naudé.







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Alles is nie soos dit lyk nie...

"Hierdie volk eer My met hulle mond, maar hulle hart is ver van my af."

Willem Cronjé is gebore om 'n predikant te word. Sy pa, die formidabele dominee Riaan Cronjé, is die trots van Bijlstad se Moedergemeente. Sy woord is wet. Ook waar dit Willem se toekomskeuse aangaan. Maar elke dag nader aan die einde van sy

skoolloopbaan groei die twyfel in die seun. Elke dag groei die beklemming en druk die verwagtinge van sy pa al hoe swaarder op hom.

Hy mis die pa wat hom as klein seuntjie kon aanmoedig, bemoedig en veilig kon laat voel. Nou moet hy en sy ma meeding met die gemeente om sy aandag. En wil hulle dit regtig hê? Want niks is goed genoeg vir ds Riaan nie. Sy gemeente mag dalk dink hy kan op water loop, maar by die huis is hy deesdae koud, afsydig – en geniepsig.

Stil, eenkant Willem se wêreld word op sy kop gedraai die dag toe die vreemde jong vrou oorkant hom in die koffiewinkel kom sit.

Haar oë en lyf belowe dinge waarvan Willem nog net – met 'n skuldige gewete - kon droom.

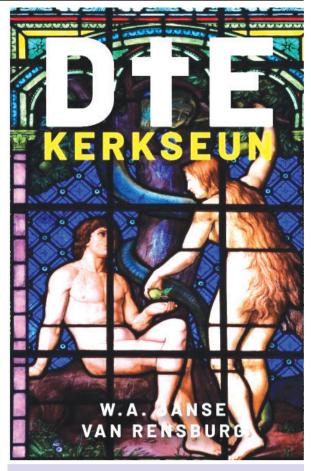
Sy dae wentel daarom om haar weer te sien. En sy is weer daar.

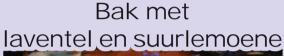
Willem is klei in Dehlia – wat ongetwyfeld sinspeel op die Bybelse Delilah – se hande. Moet hy so verskiklik sleg voel? So asof hy nooit weer sy pa in die oë sal kan kyk nie?

"Die Kerkseun"is die debuutboek van Wiaan Janse van Rensburg.

Wiaan was in 2020 matriek en is tans 'n derdejaar ingenieurstudent.

"Die Kerkseun" word deur LAPA Uitgewers uitgegee. Vir meer inligting oor die boek, of die skrywer, gaan loer op hul webwerf by www.lapa.co.za







By die Margaret Roberts Kruiesentrum op De Wildt het Sandy Roberts, dogter van wyle Margaret Roberts gesê dat Lavendula intermedia die beste laventel is om te gebruik wanneer jy wil kook of bak.

Sy het 'n spesiale laventel- en suurlemoen brosbrood koekie-resep gedeel, wat haar oumagrootjie van



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Skotland, gereeld gemaak het. Sien gerus hierdie week se uitgawe van Rustenburg Herald met natuurlik ons maandelikse AgriPulselandboukoerant waarin hierdie resep met ons lesers gedeel word.

ALBERTS HOUTWERKE

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

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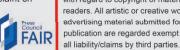
Rustenburg

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If holidaying at the seaside BEWARE OF

LAGOUNS - they are often strong currents

Voice your opinion / Verhef jou stem

Last week we asked our readers if they think that crime is Rustenburg is totally getting out of hand.

See the graph below for the results.

This week we are asking:

Life has most of us running the rat race. It has become the norm to do more than one thing at a time. When at home, do you still take time out of the hustle and bustle to have meals at a table?

Yes 96%

No 4%

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which could carry a child out to sea

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September Spring

BONUS - RUSTENBURG - AnimalQi Wellness Centre opened in October 2020 after the purchase of Aran Dierekliniek.

They have two very passionate Veterinarians, Roselle Hartwigsen (BSc, MSc, CVA) and Dr Carmen Booyse (BSc (Agric) BSc (Hon) BVSc, CVA, CVTP). AnimalQi is serious about the well-being and welfare of animals in and around Rustenburg. They collaborate with the SPCA to spay and castrate as many pets as possible. They realise however that this is simply not enough. To help their clients give the best preventative care for their animals they have decided to do a spay and castration drive in September. Their aim is to sterilise as many dogs and cats as possible. Owners will only pay welfare rates which can be up to R1000 cheaper per operation depending on the sex and size of the animal. Spaces are limited and they will be working on first come basis. Bookings must be made in person at the AnimalQi reception, 213 Beyers Naude Drive. For more information phone (014) 941 1155 or whatsapp 076 365 5235. Fore more information about spays and castrations please visit their website: https://animalqi.co.za/ castration-and-spay/.



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Four flee with Spar loot

Warrant of arrest issued against Zambians facing money laundering charges

-RUSTENBURG Specialised Commercial Crimes Court, sitting in Rustenburg, postponed the case against Evan Mutale (44), a Zambian national and Dineo Precious Powane, to 26 September, for Powane to appear in court following her absence.

Her attorney indicated in court that she sent him a medical certificate dated 30 August, booking her off until 1 September.

Powane is facing charges of money laundering, while Mutale is facing 49 charges of fraud and one of money laundering, after his arrest by the SAPS Provincial Commercial Crime Unit on 12 April 2023.

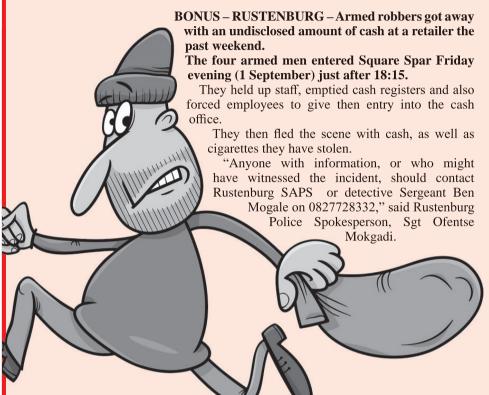
Read the full article in this week's Rustenburg Herald.

Invitation to adjourned ordinary council meeting

BONUS - RUSTENURG - The community is invited to an adjourned ordinary meeting of the Rustenburg Local Municipality council.

The meeting will take place on 8 September at 10:00 at the Rustenburg Civic Centre.

Please take note that the meeting will also be live streamed on RLM's Facebook page for public viewing.



The Female Industrial Revolution: Carving a path for women in the corporate world

BONUS - RUSTENBURG - A monumental shift is taking place as women are breaking through barriers and shattering glass ceilings in a world where their male counterparts have predominantly dominated in the professional sector.

When Fatima Hayat, Human Resources Manager for Glencore's Wonderkop Smelter first joined the mining industry 21 years ago, there were approximately 11 400 women in the sector according to figures provided by the Minerals Council of South Africa. This figure has since grown to 56,691 in 2019, translating into a 12% representation of women in the country's total mining labour force of 454,861 people.

"When I first started my career years ago, the mining industry was dominated by males in leadership, which was challenging as a woman as I would at times be the only female in the boardroom. This would lead to feeling excluded at times, as naturally the

topic of conversation would identify more with men; however, I decided to not let that deter me, so I had to make a choice: am I going to fit in and change my colleague's way of thinking? I then instead took on the mindset of having conversations to help transform our workplace and help make our team even better," said Hayat.

As more women are rapidly climbing the corporate ladder, the HR juggernaut shares her nuts and bolts for aspiring and future female change-makers.

Recognise your own strengths, keep learning, know yourself, self-doubt is a killer of success, reframe rejection, integrity as your highest value.



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Sidestep Springtime blues

BONUS – **RUSTENBURG** – **Spring** is in the air, yes, but so is the sniffles, sneezing and coughing.

Seasonal allergy sufferers are in for a long ride as temperatures change and pollen season kicks in.

We share five easy practices that you can implement to curb the red eyes, runny nose and itchy throat.

Shower before bed

Pollen and other allergens can get trapped in our hair during the day and make their way into our airways.

Opting for a nighttime shower can save you from essentially spending eight hours with those triggers.

Don't remove your nose hair

While some might think nose hairs as a nuisance, they actually act as a defensive wall to keep allergens out.

Sneezing, while often a symptom, is just another way your body expels allergens.

Purify the air

Investing in a good quality air purifier can help remove pollen and other allergens from inside your home.

You want to aim to get one that removes 99.8% of particles in the air.

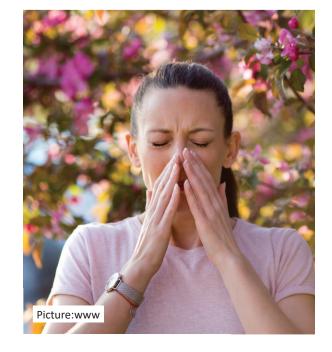
Allergy-proof your home

Keep your windows and doors closed during the early morning and evening as pollen counts are typically high during this time.

Opt for dusting surfaces with a damp cloth so particles are absorbed and can be properly disposed of. Keep mould away

Those living in humid conditions should keep their home mould-free with the help of a dehumidifier.

It can prevent damp and mould from settling.



Art competition slowly closing in on final



BONUS - RUSTENBURG - For amateur artists there is substantial prizes to win in Rustenburg Herald/ NW Bonus' popular Blank Space Art competition.

You will agree that for any artist who hopes to makes his/her mark in the tough world of art, two Pick n Pay shopping vouchers to the value of R10 000 each will go a long way in making life easier.

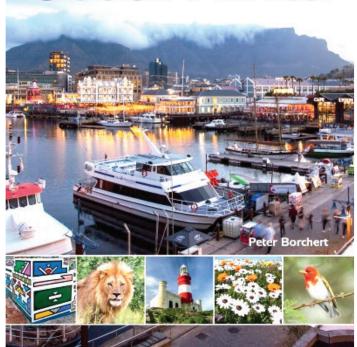
In addition to the grand prizes at the end of the year, all artists making it to the final round will also win cash prizes of R1 000 each sponsored by Rustenburg Herald.

Artists winning the quarterly competition will advance to the final wherein they will compete for the grand prize. following: enter remember the 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 display boards in both Pick n Pay stores. The closing date will be announced at a later stage. Good luck with your entries.





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"This is South Africa" is published by Penguin Random House SA.
Visit their website at www.
penguinrandomhouse.co.za

Engen provides study support to help Bakgatla learners ace matric



BONUS – RUSTENBURG - Engen recently partnered with Siyanda Bakgatla Platinum Mines (SBPM) to help 220 matric leaners in the North West province prepare for their upcoming preliminary and final exams.

of Education and SBPM.

The Grade 12 learners, 200 of whom reside in the Bakgatla Ba Kgafela Tribal Authority villages of the Moses Kotane Local Municipality and 20 from the Northam area, attended an intensive five-day study camp. This 'Boot Camp' was held at Rustenburg Kloof with experienced teachers on hand to offer tutoring and learner support for 160 learners in the science stream (covering mathematics, physical science and life sciences) as well as 60 learners in the commerce stream (covering accounting, economics, and business studies). All 220 learners received free

transport and accommodation as well as three meals a day. Over 800 study guides were also distributed, to provide learners with relevant content, concepts, and examples of exam questions, along with tips and study method suggestions. In collaboration with the District Department of Education, emergency backup services were provided by the Rustenburg Local Municipality. Sefako Makgatho University provided learners with career advice. As a company, Engen champions education as a central pillar of its social investment.



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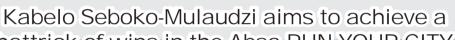






BONUS - RUSTENBURG - Following the aftermath at the recent Parys 400, rounds four and five of the SA Rally-Raid Championship, which was run in temperate winter conditions in the environs of the Free State town of Parys, sees the 2023 Championship delicately poised on a knife edge.

Only ten points separate the top four in the Overall Production Vehicle Championship with a slender 13 points the barrier between the defending quartet in Class FIA T1+. Round Six of the SA Rally-Raid Championship, an all new event on the calendar, takes place from the Phakisa Raceway in the Welkom and Odendaalsrus area on Friday and Saturday 6 and 7 October.



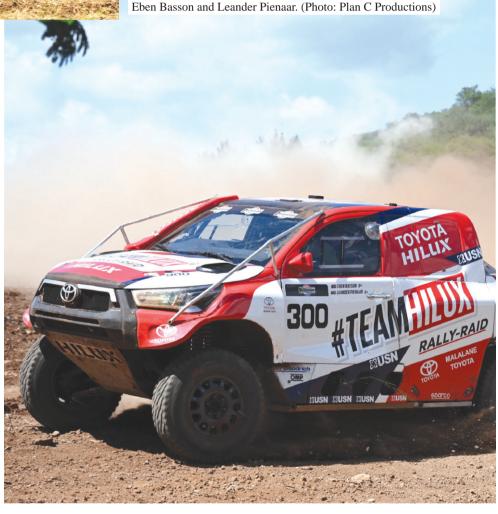


BONUS - RUSTENBURG - Rustenburg athletes can look forward to seeing Kabelo Seboko-Mulaudzi in action on 24 September.

Running in the colours of the Boxer Athletics Club, Kabelo Seboko-Mulaudzi made it two wins from two starts after winning both the Absa Run Your City Durban 10K and the Absa Run Your City Tshwane 10K.

Now the 25-year-old athlete is on the hunt for his third win in three starts when he tackles the Absa Run Your City Joburg 10K on Sunday 24 September. The 2023 Absa Run Your City Joburg 10K will be taking place on Sunday 24 September at 08:00 at the Mary Fitzgerald Square, Newtown, Johannesburg.

For further information please visit https://runyourcityseries.com/.







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