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## SA commemorates Arbour Week "Forests for People"

**Rustenburg/ Phokeng** – On a lovely sunny day, the Minister of Agriculture, Forestry and Fisheries, Ms. Tina Joemat-Pettersson launched Arbour Week at a ceremony that was held at the Royal Bafokeng Sports Palace in Phokeng, 1st September 2011.

The event was also attended by Bojanala Platinum District Municipality Executive Mayor Cllr. Louis Diremelo and Rustenburg Local Municipality Executive Mayor, Cllr. Mpho Khunou as well as other officials from the five municipalities in the District.

Arbour Week (derived from Latin, translated "tree") is a period in which individuals and groups are encouraged to plant and care for trees. Though usually observed in the spring, the date varies, depending on climate and a suitable planting season.

Delivering her keynote address, Ms Joemat-Pettersson outlined the theme of this year's Arbour Week, "This year's Arbour Week will be celebrated under the theme "Forests for People". The department of Agriculture, Forestry and Fisheries introduced the Million Trees Programme in 2007 to ensure greening the country and to contribute towards mitigating the effects of global climate change. The Million Trees Programme is not only aimed at beautifying surroundings and improving the aesthetic value of our properties, but to also address environmental- and social concerns such as climate change and food security," added Ms Joemat-Pettersson.



## Afrox concludes Spring Day with a BANG! "Everyday Hero Competition"

**Rustenburg** – "As we incorporated spring day and the revision of the marketing material with the theme of Heroism, we decided to provide additional income to those who are less fortunate and unable to work in a profession, but still won't give up working for an income even if it is a small remuneration," said Christa Gottwaldt, Retail Centre Supervisor, Afrox Rustenburg Branch.

In support hereof, "Mr. Dave Jooste, who sold delicious food at our store on the 1st of September 2011 in support of the Hero Competition, will now receive support from us, seeing that he is no longer able to provide for himself through his profession (boilermaker), due to a back operation," Christa said.

On a lighter note, winner of the "best entry and heartfelt story" was Mr. William van Rooyen Snr – all the way from Northam. He received a camera from Hannes Gouws, Branch Services Manager, Afrox.

The winner of the main prize and the person who was indeed an everyday Hero was Mr. Waldo van Rooyen Jnr. He received his new MMA 140 Inverter from Jasper Labuschagne, the Regional Sales Manager, Afrox Rustenburg.

Waldo had some difficulty with his welding techniques after his dad got him a position as an assistant boilermaker. Dad's advice was that practice makes perfect and encouraged Waldo to start up with small items, including tailor-made security bars for windows, security gates, doors etc. After a lot of practice, the security gate was of such a good quality that it even foiled an attempted break-in! It is Waldo's intention to now receive added orders for the manufacturing of steel items which will keep out the elements not wanted in your home.

Afrox Rustenburg was delighted to present Waldo not only with his prize, but with the opportunity to gain financially through his hobby, which in return might even turn into a great private enterprise!



**Afrox Rustenburg Team:** Back fltr: Quintin Futter, Lesomo Dintwe, Jasper Labuschagne, Jacque van der Merwe, Hannes Gouws, and Grant Coetzee  
Front fltr: Christa Gottwaldt, and Tanya van der Water

## Unisa's Rustenburg Hub holds first ever Wellness Day!

**Rustenburg** – Staff and students of the Unisa Rustenburg Hub enjoyed the spring morning breeze by participating in a 7 km fun walk/run on 2nd of September 2011. This was part of the first ever Wellness Day organized by the regional office.

The day with the theme "healthy living leads to longer living" was intended to encourage staff members, students and prospective students to live healthy lifestyles and to improve their livelihoods as this may lead to better productivity at work and studies.

When addressing the participants, the Head of Counselling at Unisa's Rustenburg Hub, Ms Angie Bopape encouraged all attending to be aware of the biological-, psychological- and social factors that may cause mental illnesses. She outlined common mental illnesses such as stress, depression, suicide, complicated grief and substance-abuse.

"Treatment, care and support of mentally ill people are available in the country and if you seek help, you will find it," she emphasized. She encouraged people to exercise, eat healthy, sleep sufficiently and also pay attention to their lifestyles.

The Acting Manager for Student Social Development at

Unisa, Ms Irene Mogashoa said it is important for the students to be aware of the health and wellness issues such as HIV/Aids, drug- and substance abuse etc. She indicated that they [Unisa] also assist with the development of life skills such as graduate development, stress management, job readiness etc.

Virgin Active offered group exercises such as Zumba and Tae-Bo. The Department of Sport, Arts and Culture coordinated indigenous games such as diketo, dithini, morabaraba, kgathi etc. Health screening tests were also conducted by Life line and TL Nursing agency while Unisa clinic formed part in disseminating information while monitoring and evaluating the event. Financial institutions exhibited and advised people on the different products they offer.

Speaking to Platinum Weekly, Alex Motseoakgosi – who is the Regional Communication Manager at UNISA – revealed that the event will be held on an annual basis. He said, "We are encouraging people to adopt a healthy lifestyle. They should go to the gym regularly. This is the first time that we are holding this event in Rustenburg and it is now going to be an annual event."



Jasper Labuschagne, Regional Sales Manager, Afrox (left) and Mr. Waldo van Rooyen Jnr.