

### FINANCIAL INDICATORS

Crude Oil	(OIL)	R	705.43
Gold Ounces	(XAU)	R	13147.36
Platinum Ounces	(XPT)	R	12108.36
Palladium Ounces	(XPD)	R	4890.92
United States Dollar	(USD)	R	7.97
British Pound	(GBP)	R	12.55
Euro	(EUR)	R	10.99
Chinese Yuan	(CNY)	R	1.25
Namibian Dollar	(NAD)	R	1.00
Lesotho Loti	(LSL)	R	1.00

### Weather Report Rustenburg North West

Friday 21 October 2011		9°C 28°C
Saturday 22 October 2011		10°C 28°C
Sunday 23 October 2011		10°C 31°C
Monday 24 October 2011		8°C 31°C
Tuesday 25 October 2011		10°C 32°C

### STERKINEKOR

- 3D Smurfs**  
09:10 | 11:30 | 14:15 | 17:00 | 19:30
- Killer Elite**  
09:20 | 11:50 | 14:45 | 17:20 | 20:00
- Friends with Benefits**  
09:15 | 11:40 | 14:30 | 17:10 | 20:10
- Johnny English Reborn**  
10:00 | 12:15 | 14:40 | 17:30 | 19:50
- The Change Up**  
09:30 | 12:00 | 14:30 | 17:40 | 20:15

## Rustenburg Junction 21 - 28 October 2011



Langs Safari SPAR

### Lip Lekkers

- Vetkoek
- Kerrie & Rys
- Taffels
- Biltong Ruikers

SHOP 12, SAFARI SPAR  
014 533 3781

### Jaundice treated at HOME

tuisbehandeling vir Geelsug



**NOW AVAILABLE IN RUSTENBURG**

*New Born Babies with Jaundice comfortably treated at HOME*

Minimising hospitalisation

**Sr Jaydee provides:**

Bilibed (Blue Light / Phototherapy)  
Daily home visits to monitor:  
Blood levels, weight, assist with breast feeding, and general baby care

*Fees are claimable from Medical Aid*

**NOU BESKIKBAAR IN RUSTENBURG**

*Gemaklike Tuisbehandeling vir pasgebore babas met Geelsug*

Verkorte hospitaal verblyf

**Sr Jaydee verskaf:**

Bilibed (Bloulig / Fototerapie)  
Daaglikse tuisbesoek en monitering van: Bloedvlakke, gewig, hulp met borsvoeding en algemene baba sorg

*Koste verhaalbaar van Mediese Fonds*

Cell/Sel: 081 438 9987  
082 342 9006 • Email: talk.to.juna@gmail.com • Practice/Praktyk No: 088 000 0429910  
• Registered Nurse, Midwife, Psychiatric and Community nurse

# Early feeding Advice

**Rustenburg** – “Many babies’ appetites are much smaller than the mom would like, or they start eating a lot later than generally expected,” says Sister Lilian, leading South African pregnancy, parenting and healthcare advisor and author, who has worked with parents and babies for over 25 years. Sister Lilian will be hosting a Sleep & Eat workshop in Rustenburg on Saturday 29 October, which will help parents deal with the issue of baby- and toddler eating habits as well as with numerous sleep problems encountered.

If the baby is generally well, happy, and the tummy and bladder work fine and growth is steady, there is seldom any need to be concerned. The greater the fuss one makes, the more they associate food and eating with anxiety, and for this reason they are not keen to experiment at mealtimes and prefer the comfort option of their milk feeds.

Many babies only show greater interest in food after they have sprouted 4-6 teeth. Late and slow teethers are often late solid feeders. Some babies simply are not interested until well over 10 months, but if all is going fine with them otherwise, there is no reason for concern. Little ones who do not seem interested in mushy foods often thrive on finger foods like blocks of fruits and vegetables from after 6-8 months and this also helps train their hand-eye co-ordination. Babies in day-care often eat quite well during the day but commonly refuse the evening meal.

Mothers generally are quite concerned about this but need not be if their little one is thriving – they have simply had enough and are far hungrier for your love and attention after the time away from you.

Appetite patterns also very often imitate those of parents and by you asking your grandparents some questions, it may reveal some telling similarities – just as you probably turned out fine, nutritionally speaking, so your little one most probably will too. If health and appetite are a true concern, it is possible to give multivitamin and mineral supplements, although one should remember that good food should be the primary source of nutrients. Why not come and learn a lot more on Saturday 29 October. Sister Lilian will share tips for getting picky eaters interested in food as well as offer all the troubleshooting you could wish for.

**By Sister Lilian**

**Details of workshop:**

**Date & Time: Saturday 29 October from 09h00 – 14h00**

**Where: Heuwelzicht Conference Venue, Plot 305, Waterkloof, off the Magaliesburg Rd**  
**To book: Call 012 348 4992; email info@sisterlilian.co.za**

**Special price for Platinum readers: R100 for moms/dads only; R150 for a couple**

## Golf Day for a worthy cause



Sister Lilian



**Rustenburg** – The Golf Day at the Rustenburg Golf Club on Saturday 15 October – which was organized by the “Rustenburg Skool vir Buitengewone Onderwys” – had less emphasis on competition and more to do with playing a part in the improvement of the learning environment of physically challenged children.

The event, which turned out to be a resounding success, was held with the primary goal of raising enough funds for the construction of the school’s hall. Ms. Zelda Nagel – who is the chairperson of the School Governing Body (SGB) told the Platinum Weekly that the construction of the school hall would start as soon as the targeted amount is reached. They intend to raise these funds through various planned activities.

“We are a small school but we realised the need for a school hall in order to ensure an improved schooling environment for our children.” said Zelda. The school

has about 70 students, aged between 5 and 18 years, all facing various physical challenges.

“The school is for special kids. They are multi-racial and multi-cultural. It is up to us to make sure that we provide them a learning environment that will stimulate them and make their educational experience something to remember,” adds Zelda, who has been working at the school for about 20 years.

The school opened its doors in 1973. They plan to soon hold a concert that will also showcase the abilities of these children.

“Our concert will also assist us in our fundraising efforts. We see this as another way of raising money for the school. We sincerely hope that with the support of the local community our efforts will yield great success and contribute largely towards our goal of approximately R600 000 needed to build the,” she said.

Situated at the corner of Church and Von Wielligh streets, the school is easily assessable for the area it serves, namely the greater Rustenburg. The school focuses on comprehensive development of the learners. A curriculum approved by the North West Department of Education is followed and adapted to comply with the different needs of the learners. Emphasis is placed on mostly three important learning areas – namely life-skills, language and mathematics.

On a lighter note, to take part in the Golf Day, entrants were asked to purchase a raffle ticket for R20 in a move designed to raise funds for the school. Numerous entrants walked away with a prize and a smile on the face.

If you would like to assist the school’s fundraising activities or require more information, please call 014 592 2920.