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Pearls

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The Spirit of Ubuntu during X-Mass

Rustenburg – Schoolchildren at the Rutanang Enrichment Centre presented Hospice Rustenburg with an early Christmas present after they donated second hand clothes, toys and various items that will go a long way in assisting disadvantaged children in and around the Rustenburg area. An event held to mark the donation was held at the school on Friday, 18 November.

Keabetwse Ntshabele, who is a Leader at the school, said the school kids were happy to play their part in shining a light of hope in the lives of other less fortunate children. She said, "It feels great to be part of this. The students here are all eager to continue donating various items so that we can help other children who might not be as fortunate as ourselves." Mieke Kolkman (Hospice Rustenburg), said the donated items would be sorted before being distributed to various welfare organizations and groups. "We go to a number of schools in an around Rustenburg to supply information as how to help this cause. Most of the brave souls that we help are from very poor backgrounds, and the support given to us, even the tiniest, goes a long way in assisting us with our goals."

Mami Tsobo of Hlompho Modelling Agency – who was also involved in the event together with two of her models (Miss Rustenburg Teen Renay Beukes and Miss Rustenburg 2010 Runner Up Reneilwe Gaonewe) – said she would continue to be involved in such initiatives. "We hope that this will help us to build a good relationship with the school.

We would like to instil the spirit of Ubuntu among the models so that they can develop their sense of responsibility in giving care to other people," Mami said.



10 Secrets your fingernails reveal

Barney Simon known as 'Dr. Nails', recently revealed 10 secrets that YOUR fingernails reveal... Your fingernails contain a wealth of information about your health. The colour and texture can actually reveal if you have any number of illnesses, from hepatitis to heart disease. Here are 10 possible signs of serious conditions manifested in your fingernails:

1. White nails: Liver diseases, such as hepatitis
2. Yellowish, thickened, slow-growing nails: Lung diseases, such as emphysema

3. Yellowish nails with a slight blush at the base: Diabetes
4. Half-white, half-pink nails: Kidney disease
5. Red nail beds: Heart disease
6. Pale or white nail beds: Anemia
7. Pitting or rippling of the nail surface: Psoriasis or inflammatory arthritis
8. Clubbing, a painless increase in tissue around the ends of the fingers, or inversion of the nail: Lung diseases
9. Irregular red lines at the base of the nail fold: Lupus or connective tissue disease
10. Dark lines beneath the nail: Melanoma

Day of Prayer for Road Safety

Pretoria – The Road Traffic Management Corporation (RTMC) together with the Department of Transport, hosted 'the Day of Prayer' at the National Festive Season Media Launch (November 18)

Due to the high incidence of fatalities and injuries on our roads during the past few months, the campaign aims at curbing road accidents especially since the festive season has begun. The launch also showcased the state of readiness of traffic safety disciplines in their plight to reduce the carnage on our roads.

This launch forms part of commemorations for World Day of Remembrance for Road Traffic Victims on 20 November, to mourn the nearly 1.3 million people who lost their lives and millions of others who were

injured on the world's roads this year.

The 2011 theme is "From Global Remembrance to Global Action across the Decade".

Minister Ndebele is firm on the role of all South Africans in the fight against road carnage, "Road safety is a key priority of the South African government. However, road safety is not only government's responsibility; road safety is everybody's responsibility. During this Decade of Action for Road Safety, every citizen must become part of the global movement to create a safer road environment for all our people," Says Minister Ndebele.

"We urge all road users to no longer be bystanders; we must all become active participants by joining our Voluntary

Traffic Observer Programme by calling the RTMC Call Centre on 0861 400 800. Report traffic offenders!" says Mr. Collins Letsoalo, Acting CEO of the Road Traffic Management Corporation.



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