

SANBS in hunt for new blood on Human Rights Day

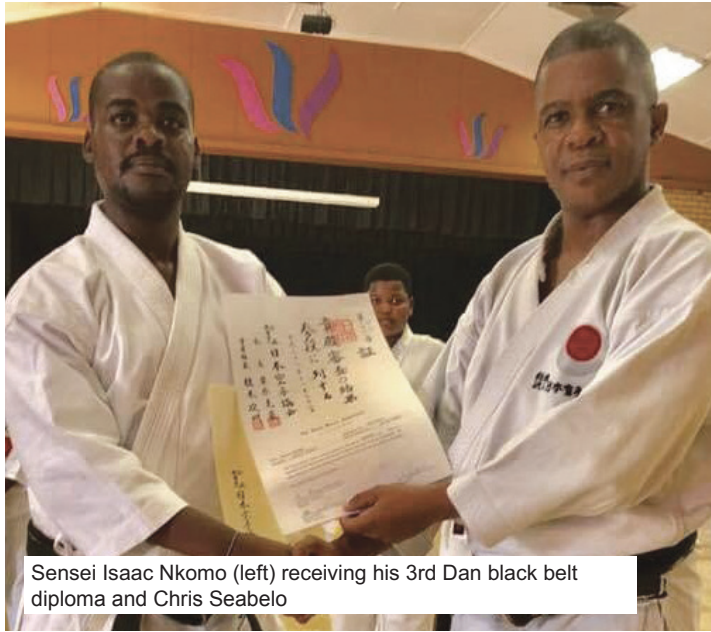
The South African National Blood Service (SANBS) is implementing a mass blood drive next Wednesday, 21 March, to recruit new donors and ensure there is sufficient stock of safe blood available in South Africa. The #NewBlood campaign is targeting the collection of 4 500 units of blood on the public holiday. The SANBS is especially calling on first-time donors and lapsed donors who know that their blood type is Group O, to donate. "Currently less than 1% of South Africans donate blood, even though it demands little more than giving up 30 minutes of their time at least twice a year," said Silungile Mlambo, chief marketing officer for the SANBS. "That means that we often experience shortages which place lives at risk; lives of babies born prematurely, lives of accident victims, lives of women giving birth and the lives of people fighting cancer." "The beauty of blood donation is that virtually anyone can do it. You don't need to have money or live in a fancy house or have a graduate degree or a fancy car. If you're over 16 years old, weigh over 50kg and practice a healthy lifestyle, you can be a blood donor. By giving blood you can save up to three people's lives. So something that costs you nothing is absolutely priceless for someone in need of blood. Nobody can make a greater impact than saving someone else's

life," said Mlambo. She says that the SANBS is launching the #NewBlood campaign on Human Rights Day because it signals the start of the Easter holiday period. "Holidays are unfortunately the time when we traditionally run short of blood because we are not able to host our regular drives at schools and university campuses. But this year, the SANBS wants to start turning things around. The #NewBlood campaign is asking you to lend us a hand by becoming a regular blood donor," Mlambo added. "We are ever grateful to our regular hero donors without whom we would not exist. We thank them for their continued donations but ask that they help us further by becoming ambassadors for blood donation. Tell first-time and lapsed donors how it feels to be a hero just by donating blood. We would appreciate it if they could help us save even more lives," Mlambo said. First-time donors must produce identification when presenting for a donation.



3rd Dan for Sensei Isaac

Rustenburg – Over 20 years of unwavering loyalty finally paid off for Sensei Isaac Nkomo when he received his 3rd Dan black belt diploma in Japan, thanks to the supervision of Chris Seabelo.



Sensei Isaac Nkomo (left) receiving his 3rd Dan black belt diploma and Chris Seabelo

Vodacom Superruggas 2018

SUPER S RUGBY



VS



Highlanders vs Stormers

In Dunedin kry die Stormers weer slae. Die Highlanders wen 33-15 en oorheers die tweede helfte. Die enigste hoogtepunt vir die Kapenaars was die puik spel van die 19-jarige losskakel Damian Willemse. Hierdie is 'n juweel en hy het ook 'n pragdrie gedruk. Die Stormers speel volgende teen die Blues in Kaapstad. Die Highlanders draf teen die Crusaders in Dunedin uit.



VS



Hurricanes vs Crusaders

In die beste *game* van die naweek klop die Canes die Sadlers 29-19 ou grote. Die twee Barrett broers was uitstekend, intendeel wêreldklas! Die Crusaders speel volgende teen die Highlanders en die Canes verdien 'n loslootjie.



VS



Reds vs Bulle

Die Bulle het wragtig die *game* teen hulself verloor. Met rustyd was die Bulle 14-3 voor maar het heeltemal uit die bus geval in die tweede helfte. Die Bulle gaan die Chiefs in Hamilton aandurf met die Reds wat Buenos Aires toe reis om teen die Jaguares uit te draf.



VS



Haaie vs Sunwolves

In Durban was die Haaie se *fanne* skerp en hulle verslind die Japannese wolwe en wen verspotmaklik 50-22. André Esterhuizen het op senter geskitter met puik verdediging en sy balverspreiding was uitstekend. Die *Beast* het ook 'n goeie *game* gehad. Die Haaie reis Canberra toe om teen die Brumbies uit te draf.



VS



Leeus vs Blues

Baie trane het gerol op Ellispark en die kopdok in Brakpan gryp na sy bottel. Die Blues klop die Leeus met 38-35 in 'n riller ou grote. Dit was 'n puik *rugga game* met die Leeus wat ongelukkig in die laaste vyf minute fokus verloor het. Die Leeus speel volgende tuis teen die Sunwolves en die Blues reis Kaapstad toe om teen die Stormers uit te draf.

Nag ou grote...



find us on facebook



SPRINGBOK
HAARKAPPER
Sedert 1968

254 Beyers Naude street | Madeleine : 084 517 8302

1968 50 Jaar

Mans & Seuns Haarsny

Om ons 50 Jaar bestaan te vier vra ons slegs R50 per sny!

CHENCHI
WASTE

Skip bin hire
Domestic/Rubble
waste
6m3

Contact: 0823910302,
sales@chenchiprojects.co.za

R850.00

CHIROPRACTOR

Dr Esther Vosloo

Low Back Pain | Headaches
Muscle Spasms | Neck pain

071 731 4470 Rustenburg & Brits

Gear up for the monster!



Mountain biking enthusiasts in action during the 2017 FNB Magalies Monster MTB Classic. Photo Credit: Tobias Ginsberg

Buffelspoort – Adventure seekers of all ages will flock to the 16th annual FNB Magalies Monster MTB Classic and the 6th annual FNB Platinum Trail Run will take place at the ATKV Buffelspoort on Saturday, 2 June and Sunday, 3 June

respectively. For more information on the FNB Magalies Monster MTB Classic or FNB Platinum Trail Run contact Stillwater Sports on 082-991 0045, email entries@stillwatersports.com or visit www.stillwatersports.com.



Trail running enthusiasts in action during a previous year's FNB Platinum Trail Run. Photo Credit: Tobias Ginsberg