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Weekblad/Weekly



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TRUE-BLUE TRAINING
TRAINING CENTRE
236A Beyers Naude Drive
Rustenburg

ACCREDITATIONS / REGISTRATIONS:
TETA; DOL; CETA; merSETA; MQA – Awaiting: DOT; DHET

ACCREDITED UNIT STANDARD TRAINING FOR COMPANIES AND PRIVATE INDIVIDUALS

- Scaffolding Erectors (Quick Stage)
- Scaffolding Inspectors
- Working at Height
- Basic rigging
- Power tools
- Hand and Portable Tools
- First Aid Level 1 & 2
- Basic Fire Fighting
- Confined Spaces
- Supervisory
- Health & Safety Representative
- Health & Safety Principles Around the Workplace
- HIRA – Hazardous Identification Risk Assessment

Soon to come

- Conveyance of Dangerous Goods by road
- Gas welding & cutting torch
- Lever hoist & chain blocks

For more information, tariffs and course dates, contact:

Kirby de Beer
(Training Centre Manager)
Tel: 014 594 2922
Cell: 072 653 3356

FOOD LOVER'S MARKET

AS SEEN ON TV!



Blueberry Punnets 125 g
2forR29



Cheeky Cherries Punnets 300 g
R49 each



Litchi Punnets 500 g
R39 each



Whole Turkey
39.99 per kg



Food Lover's Gourmet Range: Potjiekoek Mix, Crisp & Crunchy Stir-Fry or Green Vegetable Assortment
19.99 each



Broccoli Prepack, Cauliflower Prepack & Caulibroc Prepack
All3forR49.00



Alzu Large Eggs 36's
65.99 each



Food Lover's Signature Sparkling Flavoured Water
8forR50



Brookes Oros Orange or Lemos 1L
3forR45



Food Lover's Concentrates 1.25 L
3forR50



THIS VEG COMBO R129
ONE Potato Pocket 7 kg
ONE Onion Bag 3 kg
ONE Carrot Bag 3 kg
ONE Tomato Mini Box 3 kg



Muscat Pumpkin
R29 each



Moir's Jelly Assorted 80 g
5.99 each



Hellmann's Mayo Regular 394 g or Light 420 g
3forR100



Beacon Pink & White Mallows 150 g
5forR50



B-Well Canola Oil 2 L
2forR80 20.99 each



Douglasdale Fresh Milk 2 L
20.99 each



SALAD COMBO R39
ONE Lettuce Prepack
ONE English Cucumber
ONE Spanish Santé
ONE Cocktail Tomato Prepack
ONE Pineapple



FRUIT COMBO R99
ONE Nectarine Punnet
ONE Yellow Cling Peach Punnet
ONE White Grape Punnet
ONE Red Grape Punnet
ONE Red Plum Punnet



Country Fresh 1.5 & 1.8 L
39.99 each



Food Lover's Toilet Paper 2 Ply 18's
69.99 each



Snowflake Cake Flour 2.5 kg
24.99 each



Albany Superior White Sliced Bread 700 g
12.49 each

HOT FOODS

NOT AVAILABLE AT FOOD LOVER'S MARKET 185 BEYERS NAUDE STREET



Take Home Regina, Margherita or Hawaiian Pizzas 25 cm
29.99 each

BUTCHERY



Lekka Braai Pork Spare Ribs
59.99 per kg



Pork Rib & Loin Chops
69.99 per kg



Lamb Braai Ribs
99.99 per kg

NEW FOOD LOVER'S MARKET STORE 185 BEYERS NAUDE STREET OPENING THURSDAY 6TH OF DECEMBER 2018!

FOOD LOVER'S MARKET

RUSTENBURG

Food Lover's Market, Platinum Square, Howick Avenue, Cashan, Rustenburg, Tel: (014) 537 2727
Valid: Thur 6 Dec - Sun 9 Dec 2018 • www.foodloversmarket.co.za

ACTUAL PRODUCTS ON OFFER MAY DIFFER FROM VISUALS SHOWN, AS THESE ARE SERVING SUGGESTIONS ONLY • HAMILTONS ADVERTISING 031218 • NO HAWKERS • NO TRADERS • WE RESERVE THE RIGHT TO LIMIT QUANTITIES • EROE



Rapist finally behind bars

Rustenburg – The South African Police Services' (SAPS) fight against gender-based violence continue to bare results after the Rustenburg Regional Court sentenced the 31-year old Emmanuel Shimmy Modimokwane to 15 years in jail. He was sentenced to ten years' imprisonment for robbery with aggravating circumstances and ten years for rape. Five years of his first sentence will run concurrently with the second. According to Rustenburg spokesperson sergeant Ofentse Mokgadi, Emmanuel was 28 years old at the time of committing the offences. He offered a 61-year old woman a lift in Photsaneng, threatened her with a firearm and knife to keep her quiet. He drove to a secluded spot and

raped her. With the help of the community around Photsaneng and Thekwane, Emmanuel was arrested the next day. The SAPS family violence, child protection and sexual offences unit (FCS) commander, lieutenant colonel Mosidi Mafora praised detective sergeant Phenyo Monchusi in her quest to bring justice.




Sergeant Phenyo Monchusi, instrumental in the conviction of the rapist.

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