

BREAK THE SILENCE!

Rustenburg – The worldwide 16 Days of Activism for No Violence Against Women and Children from 25 November to 10 December, calls on everyone to oppose violence and break the cycle of abuse.

What is violence against woman and children?

PHYSICAL ABUSE

Physical violence usually comes in the form of domestic violence and terrible violent crime such as murder, rape and assault.

EMOTIONAL ABUSE

Emotional abuse is when the abuser chips away at your feelings of self-worth and independence. In an emotionally abusive relationship, you may feel that there is no way out or that without your partner you'll have nothing.

Emotional abuse and trauma at any level can be caused by many factors. Poverty, inequality and unemployment are unfortunately conditions under which violence thrives.

What can you do?

- Speak out against woman and child abuse.
- Encourage silent female victims to speak out about the abuse and ensure they get help.

If you or someone close to you is a victim of gender-based violence contact Grace Help Centre's crisis line on 072 348 6526, or email jessgbvhotline@gmail.com.

You can also contact them on various social media platforms like Instagram - je_ss1510, LinkedIn -Jess Ackerman or Facebook - Grace Help Centre Abuse woman and children.



VLU KASHANÉ AANDTAK LEER OOR BELASTING

Rustenburg – Die Vroue Landbou Unie (VLU) Kashané aand-tak het op Dinsdag 22 Oktober hul maandelikse vergadering gehou. Tydens die geleentheid het Amanda Smit lede meer geleer van persoonlike belasting. Hulle nooi almal hartlik uit om aan te sluit by die dinamiese groep dames. Kontak die voorsitter van die Kashané VLU aand-tak Charmain Olivier op 083 469 5505.



Amanda Smit (links) en Charmaine Olivier.



Agter van links: Theresa Graham, Marie Williams, Paul Coetzer, Charmaine Olivier, Isobel Pieterse, Ansie Baxster en Amy Janse van Vuuren. Voor van links: Johan Graham, Daleen Roos en Amanda Smit.

KARATE TRANSFORMS PHOKENG YOUTH

Phokeng/ Rustenburg – Improving overall fitness, developing muscle and increasing self-confidence are among some of the benefits enjoyed by those who take up karate.

The wish to create this sort of mindset among young people in Phokeng is what motivated Isaac Nkomo to start his own karate club. For the past five years, Isaac's karate club has had a tremendous positive impact on the youth in Phokeng.

"Since the club started in 2014, we have produced karatekas who have competed in local, provincial and national competitions," Isaac proudly told

Platinum Weekly. "It has been a good five years of hard work and making a difference in the lives of our young people."

Isaac, who is also a qualified fitness instructor, has incorporated aerobic sessions into his training routines as a way to help his students with weight management and endurance training. The club, which focuses on teaching boys and girls aged five to 18 years, is located at Moremogolo Primary School. For more information, contact Isaac on 078 741 6282 or 079 436 3129 or email him at isaackarateclub@gmail.com.



Karate coach sensei Isaac Nkomo (left) and his students Tshogofatso Morebodi, Lerato Mokgatle and Keamogetswe Tau.

ZSS CRICKETEERS REPRESENTING NW



Isa Bulbulia is part of the u/12 North West urban team.



Humaira Ebrahim will represent North West with the u/13 girls' cricket team.

Rustenburg – Zinniaville Secondary School (ZSS) is proud to announce that both Isa Bulbulia and Humaira Ebrahim, learners at the school, have been selected to represent the North West Province in the upcoming December holidays.

Humaira will be representing the u/13 girls' team and will be travelling to Johannesburg, whilst Isa will represent the u/12 North West urban team and will travel to Pietermaritzburg. Both tournaments will be taking place from 6 December to 10 December.

PLATINUM MARK 21 - 30 NOVEMBER 2019



Rustenburg – Die Platinum Mark vind vanjaar vir die vyftiende agtereenvolgende jaar plaas vanaf 21 tot 30 November by die Gereformeerde Kerk Rustenburg-Wes op die hoek van Klopperen Zandstraat.

Getrou aan die unieke karakter van die mark, sal 'n verskeidenheid hoë gehalte produkte uitgestal word deur bekende en nuwe uitstallers. Markgangers kan uitsien na handgemaakte items, heerlike eetgoed, juwele, geskenke, boeke en baie meer.

Daar sal springkastele wees waarop jong kinders gratis kan spring terwyl ouers inkopies doen of koffie en koek by die kiosk geniet. Die jongspan kan ook uitsien na 'n poppekasvertoning wat in die kerkgebou aangebied word op Saterdag, 23 November om 10:00.

Vir die eerste keer word daar ook 'n 'madhatter' pretloop vir die

hele gesin aangebied op Saterdag, 23 November. Wegspring is om 08:00 en inskrywings kan vanaf 06:30 by die kerk gedoen word. Die eerste 100 deelnemers wat hul wedlope voltooi, ontvang geskenkpakketjies en daar is ook talle ander pryse op die spel.

Toegang is gratis en parkering veilig. Alle stalletjies is onderdak.

MARKURE IS AS VOLG

- Weeksdag: 09:00-20:00
- Saterdag 23 Nov: 09:00-18:00
- Saterdag 30 Nov: 09:00-15:00
- Sondag: Gesluit

Volg ons op Facebook en Instagram by @RtbPlatinumMark.

Skakel vir Anso Green by 014 533 3439 tussen 08:00 en 14:00 vir navrae.

RHS SWEMMERS BOBAAS

Rustenburg – Baie geluk aan die volgende swimmers van Hoërskool Rustenburg (RHS) wat op Saterdag 2 November aan die interprovinsiale gala te Sasolborg deelgeneem het.

Carli Venter behaal 'n tweede plek in die 100m borsslag, tweede plek in die 50m vryslag en eerste plek in die 100m rugslag. Janco Viljoen eindig vierde in die 100m vlinderslag en eerste in die 200m wisselslag aflos. Pieter Coetzé verower 'n eerste plek in die 100m vlinderslag as ook 'n eerste plek in die 100m borsslag, 50m vryslag, 100m rugslag, 100m vryslag en 200m wisselslag aflos. Chris Nel behaal 'n vierde plek in die 100m rugslag.



Van links: Carli Venter, Janco Viljoen, Pieter Coetzé, Hendrè van den Berg, Chris Nel en Caitlin Viljoen wat aan die interprovinsiale gala deelgeneem het.

GROET DIE OUJAAR TOTSIENS!

Rustenburg – Almal word hartlik uitgenooi na Oujaarsaand op Saterdag 31 Desember by die ou Rustenburg stadsaal. Kaartjie beloop R100 per persoon – bel om jou tafel te bespreek! Bring ook jou eie koelerboks met versnaperinge. Pieter Naudé sal as gaskunstenaar optree. Stof solank die dansskoene af en pen dié geleentheid in jou dagboek vas.

Vir meer inligting, skakel Zelda Vermeulen op 073 248 8504.



Pieter Naudé



WESALARMS
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ARMED RESPONSE

SUPPLY AND INSTALLATION OF BURGLAR ALARM SYSTEMS

24-HOUR MONITORING | CCTV | GATE MOTORS

GARAGE DOORS AND MOTORS | SECURITY CONSULTING | SYSTEM

CHECKS INTERCOMS | ELECTRIC DOOR LOCKS | AUTOMATION | ELECTRIC

FENCES COC (CERTIFICATES)



**CORNER OF
VON WIELLIGH AND
THABO MBEKI DRIVES
RUSTENBURG**

**THE ARMED
RESPONSE
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RELIES ON!**

INFO/ EMERGENCY: 014 592 8364

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