

DEVELOPING PHOTOGRAPHY TALENT

Rustenburg – The Rustenburg Photographic Society has created an active photographic community within the Rustenburg area. They hold club meetings every third Wednesday of the month at NG Proteapark at 18:30 where they share photos, knowledge and most important experiences of their photographic endeavours. During their meeting on Wednesday 19 February, they announced the following winners:

- Set subject - Bridge(s): *Sunburst On Train Bridge* by Simon Fletcher
- Technical subject - Starlight scapes: *Fallen* by Jan Broderick

The goal of the club is to maintain and develop photographers by providing various opportunities for gaining knowledge, technical development, expansion of perspective, sharing of photographic art and enjoyment of the craft.

For more information contact club chairperson Simon Fletcher on 082 371 9867 or vice-chairperson Ronel Broderick on 082 451 2999.



Sunburst On Train Bridge by Simon Fletcher



Fallen by Jan Broderick

HORSING AROUND

Rustenburg – The residents of Spes Bona Rustenburg had a fun day out with In Touch Therapy on Saturday 29 February. In Touch Therapy provides a unique form of therapy for people of various ages and needs. Horse therapy improves muscle tone, breathing and posture as well as balance, coordination and motor functions. Horse therapy also improves self-confidence. It also aids people with autism, dyslexia, differently-abled and people with physical disabilities. “Freedom is if a horse can take you where no wheelchair ever will,” said organiser Brenda Kloppe. Everyone got a chance to stroke the horses and even take a stroll with them. For some of the residents, it was their first time riding a horse. The amazed and smiling faces was a clear sign that the day was a great success. Said In Touch Therapy owner Karen Spies: “It took a team effort to plan the day, but it was a big success. A special thank you to Vaal Maseru who transported the Spes Bona Rustenburg residents and every volunteer who assisted”.



Ghosi Sambo feeding a horse.



William Mashila was all smiles.



J.P. Melchbeker was amazed by this majestic animal.



The joy of riding a horse.



Jody Botha leading a horse.

HOW TO CHANGE A CAR TYRE

Rustenburg – Knowing how to change a car tyre is a basic skill that every driver must have. By following a few steps, it's as easy as one, two, three!

- 1. Find a safe spot:** Pull as far off to the side of the road as you can and if you are on a highway, try to exit onto a less busy road. Whatever you do, never try to change a tire in the middle of the road!
- 2. Apply the parking brake:** If you have a standard transmission, put your vehicle in first or reverse. if you drive an automatic put the car into 'Park'.
- 3. Grab the Spare:** Get your spare from wherever it might be now. For most cars and SUVs, it'll be under the loading floor. Trucks might keep it suspended under the bed, but there will most likely be a centre nut holding it in place you'll have to screw off to free it regardless of its location.
- 4. Jack the car:** Once you break the lug nuts' resistance, it's time to jack the car. Place the car jack under the vehicle alongside the tire in need of replacing. Every car has multiple jacking points that support the jack so be sure to find those points. This will avoid the risk of damaging your vehicle. Jack the car until the tire is about six inches above the ground.
- 5. Remove the jack:** Unwind the jack slowly until the new wheel takes the weight of the car and then remove it. With the wheel brace horizontal to the ground, use the weight of your body to tighten all the wheel nuts.
- 6. Clean Up and Drive Home:** Gather up all the tools you've been using plus your flat tire and secure them in the trunk. Wipe your hands off a bit to avoid smearing tar and dirt all over your interior.

SSR STILL STANDING STRONG

Rustenburg – Staam Saam Rustenburg Community Watch started as a normal neighbourhood watch. After the strikes in 2012, the need for the community to stand together was greater than ever before. Since then, Staam Saam Rustenburg (SSR) grew to what it is known as today. Naomi Pasino, the driving force behind SSR sadly passed away in 2019, but her amazing team is still carrying on her legacy by helping those in need. SSR focuses on their immediate environment, Rustenburg. They ensure

a safer and better place by means of patrols done in neighbourhoods and to aid families in the form of food and clothing. The organisation currently cares for about 3,000 people with food parcels and clothes on a monthly basis. They also recently 'adopted' 10 elderly residents of Gerrie Rus. These residents are aged 73 to 83 and SSR ensures that they are well taken care off by providing the necessities like food and sometimes just good company.

The famous Staam Saam Huis is never quiet and there is a constant flow of people that need help. SSR relies solely on donations. Items that cannot be given to those in need are sold to make money to pay the rent for the Staam Saam Huis or to buy more food. **For more information contact Juanita Pasino Louw on 083 444 6391 or Cathy Swanepoel on 065 534 7996. You can also visit the Staam Saam Huis at 80 Bethlehem Drive, Rustenburg.**



From left: Tanya Coetzer, Juanita Pasino Louw, Cathy Swanepoel, Morné Coetzer in front of the new Staam Saam Huis in Bethlehem drive.

Weather Report North West

RUSTENBURG

Friday	06	March	2020	30°C - 16°C	Rainfall probability (%) 0 Sunrise 06:40 Sunset 17:49
Saturday	07	March	2020	24°C - 16°C	
Sunday	08	March	2020	22°C - 16°C	
Monday	09	March	2020	25°C - 16°C	
Tuesday	10	March	2020	28°C - 16°C	

At time of print

FINANCIAL INDICATORS

ZAR / USD	15.38
Rand/Pound	19.73
Rand/Euro	17.17
Rand/Aus Dollar	10.15
Dollar/Pound	1.28
Pound/Euro	1.15
GOLD	1,641.70
Platinum	882.20
Palladium	2,394.60

At time of print

TIME TO STUDY HARD!

Rustenburg – Learners are getting ready for the first round of exams for 2020.. For some, it will be their first exams while for others just one of many. For a few learners, it will be the beginning of the end. Here are a few tips to help you through the process:

1. This is it... Make it or break it! The ball is in your court. Get your mind straight.

2. Work hard and plan. Practice makes perfect.

3. If your plan doesn't work out, adapt it. Get up and try again, never give up!

4. Get enough sleep.

5. Don't waste your time on social media.

6. Don't drink alcohol or take drugs.

7. If you don't know how to study, get help with developing sound study methods.

8. Spend time studying. Only you can do your work. No-one else can do it for you.

9. Work through previous exam papers.

10. Listen to your educators, do your homework and start preparing for the exams today! Don't wait for tomorrow. Now is the best time!