

cars hi-



Pay, but

work (9)

almost no



Three drug Two more busts in one jacked (3) day (5)

Ashes ripped from memorial wall

Adele Louw

With no security at the Fochville graveyard, vandals have stolen one of the last remaining caskets in the memorial wall and thrown out the ashes.

"I was driving back from Potchefstroom at around 19:30 on Saturday when I saw a fire in the graveyard," says Mr Jerry Molokele, an opposition party councillor.

As it was not safe for him to go there alone at night, Molokele went to check what had happened the next day.

He was shocked to find that whoever had lit the fire had also broken open the memorial wall. A piece of cement lay near a burnt patch they had left behind.

"I suspect they were nyaope boys. Why they would do something like this, no one knows," he said, shuddering at the thought that they may even have smoked the ashes.

The vandals seem to have had no shortage of money as empty bottles of expensive imported beer lay scattered at the site.

Molokele often goes there to visit his late wife's grave and continually notes its deterioration.

"The problems started when someone stole the gates that were supposed to keep the criminals out. The municipality has just never replaced them," he laments. Another problem is that there is no visible security guard or municipal staff permanently employed at the graveyard.



Mr Jerry Molokele at the damaged wall of remembrance.

Some people are paid every month but are just never here. It looks like the municipality has abandoned the place," says Molokele, pointing towards the skeleton of the ablution block.

Vandals have stolen the doors and every bit of metal they could find. They have even taken metal fittings from the memorial wall. Mololeke believes it is only a matter of time before they target the graves.

On Tuesday, the Herald asked the Merafong City Local Municipality what it was doing to stop such theft and whether it had opened cases with the police.

"There are caretakers at the facility during the day and, yes, the municipality has opened cases for the crimes that have occurred," a municipal spokesperson answered.



20 Jaar gelede in die Herald

Slikstorting nié gevaarlik, sê myn

Die Herald het weer oor verskeie gebeure in sy uitgawe van 20 jaar gelede berig.

'n Slikstorting wat by Driefonteinmyn plaasgevind het nadat 'n ondergrondse afvoerpyp gebars het en die slik naby 'n openbare pad gelek het, het geen gevaar vir mens of dier ingehou nie.

Volgens mnr. Gert Nell, seniorbestuurder:tegnies van Driefontein, het die myn onmiddellik opgetree toe die slik begin lek het en dit is geblokkeer voordat dit die myn se terrein kon verlaat. Mnr. Nell sê dit het die myn honderdduisende gekos om die slik op te ruim. Dit het egter nie gekeer dat 'n omgewingsbewuste van Welverdend, mnr. Eric Stoch, 'n klag van besoedeling by die Gautengse departement van landbou en omgewingsake gelê het nie. Mnr. Stoch het ook foto's van die slikstorting geneem waar dit naby Bentleypark-garage gelek het, wat hy op die internet geplaas het. Hy het ook die wêreldbekende omgewingsbewaringsgroep, Greenpeace, ingelig oor die slikstorting wat volgens hom sianied en radio-aktiewe afvalstowwe bevat en gevaarlik is vir mense en die omgewind

wing. Drie gewapende rowers het Sater-

Ignore myths regarding pets, says SPCA

Adele Louw

The Carletonville SPCA says some people still believe many myths surrounding pets, to the detriment of their animals.

According to the SPCA inspector, Mr D.J. White, they often come across people with harmful beliefs that are just not true. One such myth that leads to unwanted puppies is that a female dog should go through one season before being sterilised. The problem is that many bitches fall pregnant during their first heat cycle. Puppies should be spayed at eight weeks of age; doing so before the first season reduces the risk of mammary tumours and other forms of cancer.

Many people also believe the fallacy that breeding a dog at least once before she is sterilised will make her a better pet.

The truth is, many bitches are more likely to become aggressive towards people or other animals. Any changes in her temperament that occur during pregnancy or after whelping will probably be short-term until the pups are weaned.

There is no medical, physical or emotional reason for a female dog to reproduce except to continue the species.

Another myth is that neutering cats and dogs make them lazy and overweight.

It is not the neutering but eating too much and not getting enough exercise that make animals overweight. Neutering pets stops them from wandering, reduces their fighting and protects them from medical problems like testicular and mammary cancer.

Anyone who wants to know more is welcome to contact the SPCA at 018 788 6262.

They can also visit the organisation's kennels in Beerster Street.



The Carletonville SPCA also reminds residents to download their app, on which they can easily communicate with staff and get information about animals that are up for adoption. These lovely dogs are currently looking for new homes. dagnag op Slabbert Motors in Stasiestraat toegeslaan. Volgens 'n polisiewoordvoerder het die drie glo omstreeks 01:30 met 'n leë houer daar aangekom en die petroljoggie vir petrol gevra. Hy het hulle glo erken as dieselfde drie mans wat vroeër die aand daar brandstof ingegooi het.

Die joggie was blykbaar besig om vir hulle kleingeld uit te keer toe hulle hom skielik met 'n wapen dreig en geld geëis het. Die karwag wat by die Workshop voertuie opgepas het, het die drie sien weghardloop en gesien hoe hulle in 'n bakkie spring en wegjaag. Hy het die registrasienommer afgeskryf, maar dit het later geblyk dat die nommer vervals is.



'n Sakkeroller van Carletonville se nerwe het behoorlik gewaai toe 'n agtienjarige meisie Vrydag self met hom wou afreken.

Mnr. Abraham Makubalu (27) het glo haar beursie van agter gegryp terwyl sy en haar man van Topics na hul voertuig gestap het.

Hy het glo weggehardloop, waarna sy hom agternagesit, gevang en op die grond vasgepen het. Volgens 'n polisiewoordvoerder was sy elmboë behoorlik rou ná die val en kon sy darem haar beursie terugkry.



Several people, including visitors form Soweto, Pretoria and Mpumalanga, attended the Merafong Lifestyle Market at the Carletonville Sports Complex on 24 August. Various businesses and organisations put up stalls during the event. According to the organisers, the event will be held again in 2020. Here, residents were relaxing at one of the stalls.

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Herald ON THE

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Sirkulasiesyfers word deur die Sirkulasie Oudit Buro (ABC) gewaarmerk. Moet nie enige ander syfers glo nie, skakel ons kantore vir die korrekte syfers. Gedruk deur Paarl Coldset (Edms) Bpk, 83 Heidelberglaan, City Deep.

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Ons nooi lesers uit om kommentaar te lewer oor die koerant se inhoud en sal foute so gou as moontlik regstel. Stuur asseblief kommentaar aan die redakteur by hstander@media24.com of skakel 018 293 0750. Rapporteer foute in berigte aan Media24 se Gemeenskapspers-ombudsman, Prof. George Claassen, by george.claassen@media24.com, of skakel 021 8513232 of 0835432471.



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3

Pedestrian struck by bakkie

Adele Louw

A pedestrian of around 30 years of age was critically injured when a bakkie hit him on the R500 in Carletonville on Monday.

ER24 paramedics arrived on the scene at 17:58 to find the man lying on the side of the road. The bakkie that had struck the man was found parked a short distance away.

They assessed the man and found that he had sustained several injuries and was in a critical condition.

The paramedics stabilised and treated the casualty and rushed him to Carletonville Provincial Hospital for further care.

The driver of the bakkie escaped injury.

Eight people sustained injuries in

Another vehicle hijacked in Blybank area

Adele Louw

In the second such incident during the past few weeks, a vehicle was hijacked near Blybank on Spring Day.

Blybank on Spring Day. The communication officer of the police in Carletonville, WO Peter Masooa, says the complainant was driving his Volkswagen Golf 5 Fsi 2.0 from Blybank at about 00:45 on 1 September. A male and female passenger were in the car with him when the incident occurred. They were on the road to the Driefontein No. 7 shaft when a white car suddenly drove past him, slammed on brakes and stopped in front of him. Two armed men climbed out, walked towards the Golf and forced the driver to get out.

They tied his hands together with rope and took him into a field before returning to the car to get the passengers. They also tied the male passenger's hands together and grabbed everyone's cell phones before driving off in the two vehicles.

In another hijacking in the area, the owner of a silver grey Toyota Yaris was robbed of his vehicle at gunpoint. The incident took place in Agnew Road in Carletonville at around 20:00 on Friday. The hijackers were also driving a white car. one of the worst accidents of the past week.

The incident occurred just before 06:00 on Sunday when a vehicle smashed into the scene of another collision between Glenharvie and Kloof mine.

The driver did not see the accident in time because it had occurred over a blind rise.

In another unusual medical incident, a nine-year-old learner of Laerskool Dagbreek in Carletonville had to be hospitalised following a freak accident at the school at around 15:00 on 28 August.

As far as could be determined, the girl had tried to throw her school bag over the school's palisade fence. When it got stuck, she climbed on the structure to loosen it. In the process, she slipped and fell, impaling her hand on one of the barbs.

ER24 paramedics had to use a grinder from a member of the public to cut the fence.

The paramedics took the girl to hospital with the piece of palisade still stuck in her hand.

The girl's hand impaled in the piece of palisade fencing.

Alleged murderer arrested at Blyvoor

Adele Louw

A man was arrested following the death of a friend in Blyvoor last weekend.

According to WO Peter Masooa, the police were called to the scene of a murder in 41st Avenue in Blyvooruitzicht at around 00:51 on 1 September.

The officers found an ambulance at the scene and the paramedics had just declared the casualty dead.

The police later determined that the victim, who has been identified

as the late Mr Matlotlo Letholetseng, had argued with his friend, who was visiting him from Westonaria.

Although he apparently landed the first punch, the friend responded and stabbed him in the back five times with a steak knife.

The victim's landlord showed police the back room, smeared with blood, where the incident took place.

They also retrieved the murder weapon.

Both the victim and alleged murderer are Lesotho nationals.

Armed robbers grab goods

Woman robbed in street

Adele Louw

Incidents of armed robbers confronting residents are on the rise in the area.

A robbery in Fidel Castro Street in Khutsong Ext. 5 put the spotlight on the situation last week. According to WO Peter Masooa, the incident took place between Discount Tuck Shop and house No. 6312 at around 19:45 on 30 August.

The victim was walking from the tuck shop when two men approached him. They pointed a firearm at him and robbed him of his Hisense cell phone, a wallet with R500 in it and the bag of groceries he had just bought.

Quick sentence for zamazama

Adele Louw

Police sentenced a suspected illegal miner shortly after his arrest last week.

WO Peter Masooa of the police in Carletonville says police officers were doing crime prevention in the area on 22 August.

While driving around Blyvoor at around midday, they saw a suspicious white Toyota bakkie with the registration number CP 23 FL GP.

They stopped the vehicle, searched it and found four bags containing 50 kilogrammes of gold-bearing ore and gravel. They also arrested the driver, Mgayiza Langa.

Lange ennoured in court



Adele Louw

Two armed men robbed a terrified woman from Carletonville on the corner of Kaolin Street and Agnew Road on Saturday night. According to WO Peter Masooa of the police in Carletonville, the

employee of Pick n Pay, was walking

home at around 20:00 when two men in dark clothing approached her. One suddenly grabbed her handbag while the other pointed a firearm at her and warned her to keep quiet.

They demanded her cell phones and money and also took her Pick n Pay uniform before fleeing. Langa appeared in court later that week. He pleaded guilty to the charge against him and was sentenced to R10 000 or six months imprisonment.

For the record

Last week, the Herald reported on a house robbery in Carletonville on Tuesday, 27 August. An elderly woman was robbed of various items, including firearms. This crime occurred in Douglas Street and not in Barnard Street as previously stated.

Murder suspect behind bars

Adele Louw

A swift response from the police in Khutsong led to the arrest of a suspected murderer this week. According to the communications officer of the police in Khutsong, Capt. Eddie Boboko, there was a fight between the victim and the suspect in the early hours of 1 September. During this altercation, the victim was stabbed in his upper body and later passed away.

The police soon arrested the 26-year-old man in the Cross Road informal settlement. He appeared in the Khutsong Magistrates' Court on Monday.

"The acting station commander of Khutsong, Lt-Col C. Zikalala, welcomed the arrest and applauded the members for their quick response. "We will not allow this kind of behaviour. Those who take the lives of others will be brought to book and will face the full might of the law," says Boboko.

Many addicts fear judgement

In this, the last of a three-part series, a member of the Carletonville branch of Alcoholics Anonymous (AA) talks about the fear of judgement and how it could stop addicts from coming forward for help.

"On page 58 of the AA Big Book, one finds the famous 12 Steps that are practised in most recovery programmes today. Step 5 requires us to admit to ourselves, God and another human being, the exact nature of our wrongs.

It is through this step that we overcome the fear we all have at this phase of recovery – the fear of judgement.

"I had to allow another person to truly see me. For decades, I hid the real me, even from myself, at the bottom of a bottle. When I got to the bottom of the bottle, I feared having to face all the character flaws, pain and imperfections I had, so I had another bottle.

"We comfort ourselves with the idea that if the outside world cannot see us, we cannot see ourselves. And this is why I would drink on my own until 02:00 because no one could see. I would wake at 05:00 and start the crazy cycle all over again.

"I isolated myself from the world and had no connection with it. I was blinded and crippled because I lived in fear of being judged or trusting others because I did not want to look at myself.

I found that the worst critic I had was myself!

"Relationships are the most important part of healing. We must be willing to let another person, like a loved one or a sponsor, into our intimate world. It is the only way to overcome the fear of judgement.

"When I stepped into an AA meeting for the first time, I was warmly received and welcomed. I listened to other peoples' stories and some shares were quite horrific. But, I accepted that this was part of the fellow's reality and did not judge him or her.

I shared my own – sometimes shocking – truths and received the same unconditional love and acceptance. In doing this, I learnt to manage my emotions and form connections. I also re-learnt to trust people again – inside the fellowship and without.

"The reward is that these people chose you to share their deepest thoughts, stories and emotions with – they trust you in return! In the past, I would sit in the pub with a pal, thinking we were connecting with other people.

But, these relationships are hollow and without meaning, because nobody gives a damn about anyone but themselves. Only in trusting and allowing people into our intimate space, do we connect with others without fear and the buffer of our substances of choice.

"So, if you want what we have and are willing to go to any length to get it, then you are ready to take certain steps," she says.

All the services of the AA are free. People who want to contact the AA or NA can call its national 24-hour helpline at 086 143 5722, visit the website www.aasouthafrica.org.za or call Nico at 082 461 9627.

Column

Words of Wisdom – Violence against women is a men's issue

Alone Pilusa

In the 1960s, James Brown released a hit song titled, "It's a Man's World." The track sold millions.

As much as people loved the song at that time, it exposed the attitude men have towards women. The song says, "Even though women are here, this world was made for men. It's designed for males. Women are just filling in where needed. You women stay in your place; this is a man's world."

It is painful to note the history of how women of all nations have been treated in society. Due to the tradi-

tional perceptions of women, they have been regarded as inferior to men. Second-class citizens, just objects of sensual gratification, weak, incapable of real strength – the list goes on and on.

Our country is still in a state of shock after the news

of the brutal murder of a 19-year-old UCT student. Uyinene Mrwetyana was raped and killed by a 42-year-old man. This is just one of the chilling situations women in this country face daily.

Violence and abuse by men against women should have no place in our society. Some men oppress and terrorise women for temporary, false

satisfaction. Their behaviour is equal to that of Boko Haram. It is about time our justice system comes to the party to sort out this non-

sense once and for all. As long as our mothers, aunts,

daughters, wives and grannies are being raped and killed at the current rate, our country will plunge deeper into crisis.

Jackson Katz, the educator, author and social theorist explains the predicament thus: We talk about how many women were raped last year, not about how many men raped them. We talk about

how many girls in a school district were harassed, not about how many boys harassed them. We talk about how many teenage girls got pregnant rather than how many men and teenage boys got them pregnant.

"You can see how the use of the passive voice has a political effect. It shifts the focus from men and boys and onto girls and women. Even the term 'violence against women' is problematic. It's a passive construction – there's no active agent in the sentence. It's a bad thing that happens to women, but when you look at that term, nobody is doing it to them.

It just happens. Men aren't even a part of it!" Truth does, indeed, hurt but it also liberates. I want to challenge every man to start protecting every woman in our country. Success in this area will positively affect every area of our lives. Love, peace and happiness.

Column

Lets talk about it – A winning mindset

Kagiso Segone

Life is like a game of winning and losing. We all want something from it and we are here to get it.

People don't want to invest in their minds yet expect to prosper; this is false hope. If we want to develop a winner's mindset, we must humble ourselves and learn to think like a winner. We must understand that every champion began with a winning mentality. Conquering our minds and controlling our thoughts is almost impossible. But, once we learn to direct our thoughts, we can eventually gain control of our minds.

quality of our thoughts. Our thoughts shape our reality. How we act is determined by how we think.

A winner's mindset is positive,

winner's mindset has the mental strength to cope through the hardships of our ambitions.

Life is not easy but how we think can either make it easier or



Alone Pilusa

It is a mental battlefield on which our mindsets and attitudes determine how far we will go.

Many people do not realise how much of a mind game life is because most of what we want from life is already in our minds.

Most people underestimate the power of the mind and shun the notion of mind talk. But, the truth is that we will never achieve much if we have not fixed our thinking. We must learn the tricks of the mind and develop a winning mentality.

Few people reach the point of understanding how to use their thoughts for prosperity. Most of those who are living the life we all dream about had to come up with an idea to make money.

The mind produces the thought. How we stimulate it

or what we allow into it becomes who we are and determines the



Kagiso Segone

even when things do not go their way. It is about going on, even when we do not see where.

A winning mindset is not discouraged by what other people say or do but sticks to a certain goal and does everything to make it happen. It is also about self-talk, the conversations we have with ourselves and what we tell ourselves.

When we have adopted a winner's

mindset, losing is no longer an option, even when facing failure. A

harder. The sooner we develop a winner's mindset, the sooner we will see the results.

People expect immediate results but we must take the time to develop a winning mindset and then be patient. The results and sometimes the rewards are not based on monetary value but quality of life, like happiness and fulfilment. We may win in some departments and lose in others. Life is not all about winning – it is losing and winning. The winners' mindset helps us to cope with our loss; we may lose today and win tomorrow. We just have to tell ourselves that we are winners and keep saying it until we believe it. You are a winner if you think you are.

Water Affairs looking into pollution

Adele Louw

The Department of Water Affairs says it is currently looking into pollution near the Loopspruit in Fochville.

A concerned resident recently complained that someone had thrown mining waste into a storm water ditch near the Loopspruit. Large heaps of the cream-coloured material can still be seen there.

The Herald contacted the Department of Water and Sanitation, among other institutions, to get their view on the matter.

"The department is aware of the matter and is finalising regulatory action.

"Unfortunately, the culprit has been neither responsive nor cooperative since the matter was reported," says Mr Mogale Ephraim Matseba. He is the manager of Institutional Establishment at Gauteng's Department of Water and Sanitation.

Meanwhile, the Merafong City Local Municipality, which expected the results of laboratory tests on Friday, did not respond to related questions on Tuesday.



Some of the pollution next to the river.

Man, uncle and cousin robbed at home

Adele Louw

A group of armed robbers attacked a man and his uncle in Khutsong Ext. 5 during the past week.

According to WÔ Peter Masooa of the police in Carletonville, the incident took place at around 20:15 on 29 August.

The complainant told police that he and his uncle were in the house when the latter said he wanted to buy airtime.

As he opened the door to go, seven armed men pushed him back inside. They were all wearing balaclavas.

The suspects demanded money and searched the house to see what else they could steal. They took R2,140 from under a mattress and R2,000 from inside shoes. They also grabbed the man's Samsung J4. While the suspects were busy, the man's cousin came to visit. They grabbed him and took his keys, R200 and his Nokia and Huawei cell phones. They then fled in his white Hyundai Elantra, with the registration number HM 72 LP GP.

Three drug busts in one day

Adele Louw

The police in Carletonville recently made several minor drug busts.

WO Peter Masooa, the spokesperson, says a police officer was driving in Osmium Street at around 19:10 on 23 August when he noticed a suspicious man. He stopped, searched the man and found a plastic parcel with a drug suspected to be rock cocaine in his right pocket. He arrested the suspect at the scene.

In another incident the same day, the same officer was driving in Ada Street at around 14:30 when he saw two suspicious men. He stopped, searched them and found one in possession of a ziplock bag containing dagga. He swiftly arrested the suspect.

In the third incident on the same day, a Carletonville schoolboy was arrested after police found dagga on him.

The SAPS visited the school as part of a crime prevention operation and searched the first row of learners in a class.

Afterwards, they randomly searched another child, who was sitting alone.

The police found a ziplock bag of dagga in his possession. The learner admitted that it belonged to him and said he had bought it in Mohlakeng.







WE BRING YOU THE LATEST NEWS FROM POTCHEFSTROOM, VENTERSDORP, PARYS, CARLETONVILLE AND

FOCHVILLE

The police confiscated these bags of dagga, apparently destined for one of the schools in Carletonville, during the past week. In front are some dagga cookies.

Have a story? Tell us. Want to advertise? Call us. Potchefstroom 018 293 0750. Parys 056 817 2267. Carletonville 018 788 6693.

Herald Herald Midweek Gazette

Carletonville Herald

Nog iets wat Wysneus baie bekom-

merd maak, is die al groeiende getal

mense op ons paaie wat op die oog

af nie 'n idee het hoe om hul voer-

Hoewel dit volgens die kenners

sommer in hul kar beroertes kry oor van die mense wat so stadig ry.

Wysneus is nou al moeg om teen die

dikwels spoed is wat mense dood-

maak, wonder hy hoeveel mense

wettige spoedgrens te moet ry en

skielik te moet rem aanslaan vir

Die beste is dat baie van dié

bestuurders in motors of bakkies ry

waarmee daar beslis niks skort nie,

en dat hulle op die oog af nie veron-

derstel is om leerlingbestuurders te

kompetisie in ons strate hou om vir

'n dag lank te kyk wie die stadigste

kan ry sonder om hul voertuig te

laat vrek. Die top deelnemers se

voertuie kan dan as deel van hul

hulle van ver af kan uitken en 'n

ander roete kan volg.

prys, met reuse slakke of skilpaaie gemerk word sodat die res van ons

Readers have their say

Dalk moet ons een keer per jaar 'n

iemand voor hom wat teen 30

kilometer per uur aankruie.

tuie te bestuur nie.

Die voorval waarin 'n dogtertjie van Vanderbijlpark dié week ontvoer is, het Wysneus net weer laat besef hoe onveilig ons kinders deesdae is.

Wysneus hoop dat dié voorval ook weer ons eie ouers laat besef het hoe maklik hul kinders iets kan oorkom. Wysneus sien gereeld hoe kinders op hul eie van die skool af loop. Indien die misdadigers in Vanderbijlpark die kans gevat het om 'n kind by haar ma weg te ruk, hoe maklik sal dit nie vir hulle wees om net sommer 'n kind wat op sy of haar eie loop van 'n sypaadjie af te gryp nie.

Hoewel die meeste kinders wat mens op straat sien, duidelik in die hoërskool is, was daar mos juis verlede jaar of so 'n voorval waarin 'n kind by Callies opgelaai is nadat hul besteel is. Hoewel dit in dié geval 'n weldoener was wat die kind gehelp het, wys dit hoe maklik iemand sommer net 'n kind kan oplaai.

Iets wat Wysneus ook bekommerd maak, is die feit dat die munisipale

biblioteek in Carletonville, wat seker een van die belangrikste plekke is waarheen kinders kan gaan wat meer wil

leer en wie se ouers nie honderde rand vir internet toegang elke maand het nie, ook in een van die gevaarlikste areas in die dorp is. Die park voor die biblioteek is lankal nie meer 'n rustige plek waar jongmense kan ontspan nie, maar is eerder 'n toonbeeld van onveiligheid. Wysneus sidder oor ons kinders se veiligheid

wanneer hy van al die aanvalle en diefstalle lees wat met tye in dié area gebeur.

Kyk na julle kinders

word?

wees nie.

Die feit dat die steeg net agter die biblioteek ook 'n uithangplek vir haweloses en straatkinders is, maak alles net meer onveilig. Ons kan ook nie van ons kinders verwag om op te hou lees en leer net omdat die polisie en ander wetstoepassers nie hul werk behoorlik doen nie, kan ons? Of gaan daar 'n spesiale rak met boeke om jouself te verdedig naby die biblioteek se deur opgesit



Met van die bestuurders wat op ons paaie te sien is, is dit nie vreemd dat daar al meer stukkende lamppale langs ons paaie lê nie. Dié paal het buite Fochville gesneuwel.

Kasi pizza in Khutsong

Kagiso Segone

United by God, love and food, a Khutsong couple have recently opened a pizza joint in the township.

Karabo Semenya and Girly Manato opened the business because Karabo has had a passion for food for more than ten years. His hobby is playing with food in the kitchen and he often experiments with recipes.

Girly also loves food and enjoys baking. She used to sell food in town. "Cooking is an art," she says with passion.

It all started when Karabo was feeling romantic and decided to make a pizza for his future wife. Girly's



younger brother gave people a taste of the leftovers and they loved it. The pizza was immediately in

demand and the couple decided to take advantage of the situation. On 5 March 2019, they opened their doors.

The God-fearing couple says the idea was heaven sent. Believing that everything is possible through God, they always put Him first in their business. They want to create employment and, in so doing, reduce the stranglehold of drugs and alcohol on the community. "We want to employ those drug addicts. Where else can they go if local businesses do not give them an opportunity?" says Girly. The couple has started their busi-

ness without a budget. Because they strive to maintain a high level of quality and use only the genuine ingredients, the venture has been very costly. The main issue was presen-

tation and, therefore, they use proper pizza boxes.

Karabo and Girly are astonished at the support they have received from the community and they want to grow their business. "Kasi pizza is our baby and God is at the centre of our business. We want to focus on growing and not on the profit for now," insisted Girly. They run the kitchen from their humble home in Khayalethu Section.

Municipality is charging residents too much

Jerry Ramokgoatedi

Lesers sê hul sê

The Merafong City Local Municipality tabled the annual tariff increases in June and apparently exceeded the National Treasury's guidelines of five per cent.

This municipality made national news headlines for unlawfully investing ratepayers' money in the defunct VBS Bank. Merafong also has cashflow problems and is known to mismanage public funds.

The municipality has sent out exorbitantly high invoices to all its residents, with a stern warning. Failure to pay by the end of this month would result in water or electricity suspensions and additional interest on the arrears.

I, therefore, call on the offices of the National Consumer Commission to intervene on our behalf. I urge them to engage Merafong City and the Gauteng Provincial Government, Treasury and the Department of Cooperative Governance to establish whether the increases are in line with the applicable laws and regulations.

(The Herald asked the Merafong City Local Municipality about the matter. "National Treasury continues to encourage municipalities to keep increases in rates, tariffs and other charges as low possible.

The percentage increases of Rand Water and Eskom bulk tariffs are far beyond the mentioned inflation target. Given that external agencies determine these tariff increases, the impact they have on the municipality's tariffs is largely outside the control of Council. Discounting the effects of these price increases in lower consumer tariffs will erode the City's future financial position and viability.

"Rand Water's increase in the municipal water tariffs was 7,90 per cent, with effect from 1 July 2019.

The National Energy Regulator of South Africa (NERSA) published their new multi-year price determination for the period from 2019/20 to 2021/22 on 7 March 2019. Nersa approved an increase of 13,07 per cent in Eskom's bulk supply to municipalities for the 2019/20 financial year," says a municipal spokesperson. - Editor).

volhard om op God te vertrou

Ds. André Kok, leraar van die NG Kerk

Lees Numeri 20:1-13:

Ware gelowiges begeer om met hulle lewenswandel die eer en verheerliking van God na te jaag, sodat sy Koninkryk uitgebrei kan word.

Die enigste manier om dit te kan doen, is om God onvoorwaardelik en ongeag wat gebeur, te vertrou.

Toe die volk van God by geleentheid nie genoeg water vir hulself en hulle vee gehad het nie, het Moses en Aäron die geleentheid gehad om vir die Israeliete te wys hoe heilig en almagtig God is (Num 20:2,4 en 12).

Om te toon hoe "heilig" God is, sou beteken dat hulle met hulle gehoorsame optrede die volk sou leer om die

grootheid en almag van God raak te sien.

Van hierdie optrede word gesê dat

Vertaling, Num 20:12). Blykbaar het

Moses en Aäron God nie genoeg

vertrou het nie (Nuwe Lewende

In plaas daarvan om

God te gehoorsaam,

gedoen wat Hy gesê

het deur die rots te

nie, maar hy het dit

twee keer met die

kierie geslaan. Die

kierie moes hom juis

herinner het dat God

sy woord hou (Num

17:10).

het Moses nie presies

beveel om water te gee

hulle ongeduldig geraak oor die opstandigheid en ontevredenheid van

die volk (Ps 106:33).

As gevolg van dié ongehoorsaamheid sou Moses en Aaron nie toegelaat word om die beloofde

land in te gaan nie, al het Moses God gesmeek dat hy kon deur trek en die mooi land anderkant die Jordaan te kon sien (Deut 3:24,25).

As jy God nie vertrou

nie, kan jy nie aanspraak maak op gebedsverhoring nie. Jakobus het ook beklemtoon dat as 'n mens altyd aan die twyfel is, moet jy nie iets van die Here verwag nie (Jak 1:7,8). As jy

God in die geloof nader en op Hom vertrou, sal Hy jou omvou met sy liefde.

Jy kan met 'n blye hart verwag dat die Here sy liefde oor jou sal hou, omdat jy op sy heilige Naam vertrou (Ps. 32:10 en Ps 33:21,22).

Ons moet nooit die almag van die Here onderskat nie. As ons geloofsoë oopgaan en ons die talle wonders van God se sorg en liefde raaksien, sal ons vertroue in Hom nie wegkwyn nie, maar daagliks groei (Num 4:11).

Gebed: Dankie, o hemelse Vader, vir u wonderlike vergewende liefde in Christus, wat my telkemale dring tot oorgawe en volkome vertroue in **U**!

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Hip-hop session identifies talent

Kagiso Segone

Taylor Music Empire, a promotions company, held a hip-hop session in New Mandela Informal Settlement in Khutsong on Saturday, 31 August.

Vibration Taylor organised the event as a platform for up-and-coming rappers to showcase their skills. It also aimed to identify talent in areas where there is no exposure and inspire the community.

Rappers like KC Feedback, Scotch, Arsenal, Mr Flex, Kgosi Matswai, Six Bullets and many more took part. The grateful community expressed the wish that such events would take place more regularly to keep the youth away from drugs, crime and gangsterism.



Many people attended the event.



The enthusiastic artists entertaining the crowd.

Khutsong businessman tries his hand at manufacturing

Kagiso Segone

From brick and mortar to cleaning materials – this is the story of Moeketsi Mogagabe.

The 35-year-old emerging businessman from Khutsong decided to go the route of manufacturing after building six houses in the Elijah Barayi Project. He then realised that few black businesspeople were in production as most focused on construction. "I knew there were opportunities in manufacturing, so I started a company called Kamogelo Thabang Legacy." He currently manufactures products like oven cleaner, thick bleach, sonic deo cleaner, pine gel, dishwasher and hand sanitiser. He wants to open a workshop soon. "In this venture, I want to focus on supplying products for big companies and the government" he said.

Moeketsi plans to empower young people as so many of them are unemployed.



Moeketsi Mogagabe with some of his products.



Doek-on movie day at Tshwaraganang pre-school

Kagiso Segone

The Khutsong Film Crew facilitated a Doek-on movie day at Tshwaraganang pre-school in Khutsong to celebrate Women's Month on Friday, 30 August.

The children had to wear a *doek* on their heads to represent women. They learnt about the importance of women. According to the owner of the pre-school, Mrs Nkosi, being a woman starts from childhood. How a girl is raised from an early age will determine what kind of woman she will become. The children recited poems about being a woman and later enjoyed educational cartoons. The Khutsong Film Crew has been showcasing the cartoons in different pre-schools in Khutsong. The crew also screened the animations at Nthute Day Care in Khutsong on Thursday, 29 August.



The children loved the movies.

Contraceptive implants have unmatched benefits

Joshua Monyatseng

The use of family planning in South Africa is variable, despite the public health sector providing it free of charge.

The South African District Health Information System, as stated in 2014, supports this viewpoint. That year, only 37,3 per cent of women of child-bearing age were using modern family planning methods. These included the pill, injections like Depo and Nur-isterate and the intrauterine contraceptive device (IUCD).

Before April 2014, the public health sector did not offer the implant family planning method. However, the Department of Health has since decided to introduce it because of its unmatched benefits. It also rolled out the contraceptive implant to increase and improve the range of choice for eligible users of family planning services. The department hoped it would reduce teenage pregnancies, unintended and unwanted pregnancies, unsafe abortions and maternal deaths.

The contraceptive implant (Implanon NXT) lasts for three years after insertion on the upper arm. It is not user-dependent and more than 99 per cent effective. However, it is still largely unknown and is used less frequently than short-acting methods like pills, injections and condoms.

According to the United Nations, implant contraception is a life-saving commodity for women and children's health. It is seen as the only family planning method with the potential to improve the sexual and reproductive health of people worldwide.

A research study on Implanon NXT usage was conducted in Merafong in 2018. Five primary healthcare (PHC) facilities were used as study settings. The findings clearly showed that service users preferred injections, followed by pills and then condoms.

This preference led to family planning methods like the Implanon NXT and the IUCD gathering dust and expiring in the facility.

The study also revealed some of the reasons why the implant is less popular. These included a lack of information on the Implanon NXT for service users and communities. These groups do not get enough information on the side-effects of the method and the implant is often unavailable. There are also societal misconceptions and myths.

The barriers mentioned in the study and above impact negatively on the right to access healthcare. How can service users exercise their freedom of choice with out-of-stock situations and inadequate information on contraception?

The public health sector needs to raise awareness about all family planning methods available so people can make informed decisions. Print and electronic media, community radio stations, communitybased dialogue, posters, leaflets and health days may be used to target communities.

The findings of the study of Implanon NXT showed that this method had declined in popularity since it was introduced in the public sector in 2014.

Pay, but almost no work at reservoir building site

Adele Louw

This week, more questions arose about the snail's pace at which work is proceeding at the site of the new reservoir in Khutsong.

On Monday morning, a group of people burnt tyres in front of the gate. One of the representatives of the 28 workers affected, Mr Sam Bavumo, said they had been sent for medical clearance on 2 July. Since then, they had heard nothing about when they would be employed.

Ŵork at the site has been painfully slow since the project started in 2016. There is still no sign of the actual reservoir. The angry protesters pointed out workers who were sitting idle most of the time. They also showed photos of how some of the workers sat and played cards during working hours.

This is in stark contrast with a site, in Fochville, where another contractor is also building a new reservoir. These workers started work at the end of May and expect to complete the project by the end of the year. Although this reservoir is smaller than the one in Khutsong, the pace of work in Fochville is considerably faster.

"These people are not really working. They are just pushing



At the site where a new reservoir is being built in Fochville, work is progressing considerably faster.

heaps of sand around and are paid millions to do it," a Khutsong resident previously remarked about the work at the Khutsong site.

"Some people say these workers are getting 'grants' because they are not working for their money," another Khutsong resident remarked.

The Khutsong project falls under the Gauteng Provincial Government and the Merafong City Local Municipality is responsible for the one in Fochville.

The Herald asked Merafong why the project in Khutsong was so much slower.



Despite the project starting as far back as 2016, there is still no sign of a new reservoir rising from the ground in Khutsong.

"The contractors first had to rehabilitate a sinkhole before they could build the reservoir. The approved completion date has been extended to the end of July 2020," a municipal spokesperson says. "The community liaison officer visited the site on Tuesday, 3 September and met with the contractors. If they reach an agreement on the employment issues, the resolution will be communicated," concluded the spokesperson.

'We will clear bushes,' says Merafong

Adele Louw

The Merafong City Local Municipality has promised to clear the dangerous bushes near Hlanganani Primary School in Khutsong.

Residents of Khutsong Ext. 3, where the school is situated, recently complained about the bushes.

A parent, Ms Hilda Matlakala, says she got a fright when, on two occasions, children told her they had come across snakes on their way from school. They allege that the snakes were black mambas, which are very poisonous.

In one instance, the children even played with the dead snake.

"The bushes are so high; no wonder there are snakes there. The municipality has recently cleared the long grass and bushes in many other areas but not here. Our children's lives are at risk as they have to walk past these bushes to get to school," complains another community



Mr Jacob Gumede next to some of the high bushes the children have to pass on their way to school.

member, Mr Jacob Gumede. The Herald took the community's concerns to the municipality.

"The parks and cemeteries section will clear the bushes by the end of the week," a spokesperson vowed.





During the week, residents of South Street in Carletonville were furious because sewage had once again flooded their yards and the street in front of their houses. These leaks continue, despite Onyx Drive being closed for months for a municipal contractor to repair the sewer line. The municipality previously reassured that this project would put an end to the leaks in the area. The Herald sent related questions to the Merafong City Local Municipality on Tuesday but has not yet received an answer.

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)m oor gruwels te skry

Venessa van der Westhuizen

Vir 'n skrywer is 'n eerste boek 'n hoogtepunt. Net jammer alle skrywers kan nie altyd kies om oor maklike onderwerpe te skryf nie. Vir Susan Cilliers, oud Gimmie en ervare joernalis, is dit 'n gegewe joernaliste moet gewoonlik verslag doen oor gebeure wat nie altyd 'n mooi storie vertel nie.

Dit was 'n oudkollega, Marida Fitzpatrick wat Susan verlede jaar genader het om 'n boek oor een van die mishandelde kinders van die "Springs-huis" te skryf. Marida is 'n nie-fiksie uitgewer by LAPA-Uitgewers en het vroeër saam met Susan as joernalis by Huisgenoot en Beeld in Johannesburg gewerk.

Eers het Susan gemengde gevoelens gehad. "Ek was bang want ek het nog nooit voorheen 'n boek geskryf nie. As joernalis is ek gewoond om nog altyd artikels en



berigte in 'n sekere styl te skryf. 'n Boek vereis 'n meer kreatiewe skryfstyl. Maar aan die ander kant het ek geëerd gevoel omdat sy my genader het en dit as 'n uitdaging beskou."

So is Susan se eerste boek "Huis van Gruwels - My 16 jaar in die Springs-Hel" vyf maande later geskryf. Dit is verlede week vrygestel. Die verhaal wat sy moes vertel, was die van die sestienjarige Landi wat saam met haar broers en susters en hulle ma in 'n huis in Springs aangehou is. Hulle pa, wat later deur die hof as 'n psigopaat en sadis geklassifiseer is, het hulle mishandel en wreed gemartel. Hy het Landi ook verkrag en bedwelm. Die kinders is vasgebind, met 'n knopkierie geslaan en 'n blaasvlam gebrand. Van die vyf kinders, het slegs Landi tot graad 3 onderrig

> ontvang. Toe sy graad 3 druip, is sy ook nie weer skool toe gestuur nie. Landi het op 12-jarige ouderdom die huishouding oorgeneem nadat haar ma nog drie babas in die lewe gebring het. Sy het die rol van die versorger oorgeneem. Dit was sy wat gemerk het dat haar jongste sussie as vroeggebore baba na twee weke iets makeer en het haar ouers gevra om haar weer dokter toe te neem. Die baba is toe met water op die brein gediagnoseer.

Na jare se hel, het die oudste seun een aand in Mei 2014 na die bure toe gevlug vir hulp omdat hy bang was sy pa gaan hom doodslaan. Die bure, Hanlie en Hennu Venter, kon aanvanklik niks doen toe sy pa hom

Die boek van Susan wat verlede week vrygestel is. Foto: Venessa van der Westhuizen hardhandig van hulle verwyder het nie, maar het die voorval die volgende dag by die polisie gerapporteer. Die polisie en maatskaplike werkers kon nie glo in watter haglike toestand die huis was nie – vuil en deurmekaar met rotte wat vrylik rondgeloop het.

Die kinders is uit die ouers se sorg verwyder. In 2018 is die pa, wat ook as die "Springs Monster" bekend gestaan het, skuldig bevind aan verkragting, poging tot moord, kindermishandeling en die besit van onwettige dwelms. Hy het 67 jaar tronkstraf gekry, waarvan hy 35 jaar moet uitdien. Die ma is slegs aan kinderverwaarlosing skuldig bevind en het 'n opgeskorte vonnis van vyf jaar gekry, gekoppel aan voorwaardes soos dat sy vir sielkundige waarneming moet gaan. Susan het die onderhoude met die oudste dogter, Landi verlede jaar in Springs gevoer toe Landi by haar pleegouers gebly het. Dit was haar wens om 'n boek te skryf oor haar tyd in die gruwelhuis. Sy het dit ook met een van die hofsittings aan 'n joernalis gesê.

Vir Susan was die skryf van die boek nie maklik nie. Eendersyds omdat die inligting wat sy in 'n boek moes verwerk haar ontstel het en andersyds omdat sy moes leer hoe om die kreatiewe skryfstyl te bemeester.

"Ek moes leer wanneer om die verhaal in die eerste persoon te skryf, en wanneer om dit uit die derde persoon se perspektief te skryf," vertel sy. Tog sal Susan die boek weer skryf as sy weer die keuse moet maak. "Ek het so baie uit die boek geleer. Nie net oor die skryfkuns nie, maar ek het groot bewondering vir Landi. Sy het my geleer om dankbaar te wees vir die



Susan Cilliers. Foto: Venessa van der Westhuizen

kleinste goed en dat 'n mens self verantwoordelikheid vir jou lewe moet aanvaar. Landi was aan die begin opstandig, wou nie skool toe gaan nie en het gereeld in die siekekamer gesit en huil. Dit was haar tannie wat eendag vir haar gesê het sy moet besluit of sy gaan terugval na haar verlede en of sy gaan aanbeweeg en 'n sukses van haar lewe maak. Landi het toe, op 16-jarige ouderdom, 'n doelbewuste besluit geneem om voluit te begin leef. Sy was in matriek haar skool se dux-leerling, het provinsiale kleure vir jukskei verwerf en moeite gedoen om vriende te maak. "Die grootste les uit die boek is dat jy jou lewe ten goede kan verander wanneer jy self daardie besluit neem," sê Susan.

Tim Kliphuis Trio in Potchefstroom

NWU Arts will present the Tim Kliphuis Trio's performance at the NWU School of Music, Conservatorium in Potchefstroom at 19:00 on 14 September 2019.

The award-winning Dutch violinist, Tim Kliphuis is a legend in the gypsy world. Teaming up with Nigel Clark (guitar) and Roy Percy (bass), they re-define the music of J.S. Bach Django and the Chieftains to create an intensely moving concert experience. Hot on the heels of their second release with Sony Classical, "Concertos", the trio takes to the road again for their 12th season, having racked up successes at classical festivals, concert halls, competitions and clubs worldwide. A continuing journey into the heart and soul, they play only one genre: Music. Kliphuis has created a brand-new style that embraces classical, gypsy jazz and folk. Hailed as a `current-day improvising Paganini`, his inclusive approach to music has united audiences and is influencing a new generation of string players. After his master`s degree in classical violin at the Amsterdam

Conservatoire, Kliphuis studied with the European Sinti gypsies. He recorded and toured with gypsy guitar legends Fapy Lafertin, The Rosenberg Trio and Angelo Debarre.

An invitation to the Richard Strauss Festival in Germany kickstarted Kliphuis` crossover career, celebrating `total music` without stylistic barriers. He performed for the Dutch King at the Amsterdam Concertgebouw, for Celtic Connections Glasgow, at the Django Reinhardt Festival in Samois-sur-Seine and has toured America, South Africa and Russia extensively. In 2015, The Tim Kliphuis Trio premiered Vivaldi-based `Reflecting the Seasons`, which was recorded on Sony Classical in 2016; `Brandenburg`, based on Bach, and the Kliphuis Violin Concerto followed in 2018. Tickets for their breathtaking instrumental show "Brandenburg" are available at www.artema.co.za, AJR (MooiRivier Mall), Protea Boekwinkel (Bult), NWU School of Music and the Heimat building (F9) at the NWU.



The Tim Kliphuis Trio. Photo: Muziekzomer.nl

Sielkundige terapie wat natuur en avontuur insluit

Venessa van der Westhuizen

Eko-Avontuur-Terapie is die nuutste gonswoord in Suid-Afrika danksy 'n onlangse oplewing in navorsing by die Noordwes Universiteit.

Hierdie terapie kombineer sielkunde, die natuur en avontuur en het uitstekende resultate omdat die natuur opsigself baie terapeuties is en avontuur 'n praktiese leerervaring skep.

'n Dosent aan die Sielkunde Departement van die NWU, Prof. Johan Potgieter en sy kollega, Marica Pienaar, is verlede jaar by 'n internasionale kongres oor avontuurterapie in Australië, as die Suid-Afrikaanse verteenwoordigers van die "Adventure Therapy International Committee" (ATIC) aangewys.

Sedertdien het hulle programme ontwikkel wat individue of groepe terugneem na die natuur en hulle aan avontuuraktiwiteite blootstel sodat hulle, hul volle potensiaal kan bereik.

Die aanbied van Avontuurterapieprogramme verg heelwat beplanning. Die sielkundige moet die ideale avontuur aktiwiteit en terapeutiese intervensie kombineer sodat kliënte hul doelstelling kan bereik. Sielkundige intervensies gebeur nie hier tussen vier mure nie. Professionele natuurgidse moet help om avontuursessies veilig te laat verloop.

"Avontuur is'n belangrike komponent van dié terapie omdat mense groei wanneer hulle bietjie uitgedaag word" sê Prof. Potgieter wat al vir 'n jaar hierdie terapie toepas. Hy werk graag saam met Albie de Villiers, die bestuurder van Thabela Thabeng in die Vredefort Koepel, waar die meeste van die avontuurterapiesessies plaasvind.

Met avontuurterapie stel die terapeut gewoonlik vooraf vas wat die behoefte van 'n individu of groep is. Tipiese voorbeelde is 'n behoefte aan die ontwikkeling van deelnemers se emosionele intelligensie, motivering of selfregulering. Nadat kliënte toegerus word met kennis oor die onderwerp (dié stap word "pre-loading" genoem) word hulle in 'n natuurlike omgewing geplaas. Hulle doen sekere avontuuraktiwiteite en kry dan die geleentheid om hulle kennis prakties toe te pas. Dit is hierdie ervaringsleer-komponent wat volgens Johan avontuurterapie so suksesvol maak.

"Wanneer 'n span byvoorbeeld hulle emosionele intelligensie wil ontwikkel, sal "pre-loading" behels dat die terapeut eers oor die belangrike komponente en vaardighede van emosionele intelligensie gesels. Daarna word die persoon aan 'n pasgemaakte aktiwiteit blootgestel, bv. 'n hindernisbaan, met die opdrag om te let hoe hulleself en ander mense emosies reguleer. Daar sal byvoorbeeld diegene wees wat dadelik die leiding neem en voorskryf hoe die hindernisbane aangepak moet word en ander persone sal weer verkies om na almal se insette



Witwaterroei was deel van dié deelnemers se avontuurterapie-sessie Foto: Johan Potgieter

te luister sodat 'n gesamentlike keuse as groep gemaak kan word", sê Johan.

Avontuuraktiwiteite wat Johan graag in sy terapiesessies gebruik is "abseil", witwaterroei, perderitte asook rustiger aktiwiteite soos om bloot tyd in 'n groen omgewing te spandeer. Die aktiwiteite word streng met deelnemers se fisiese vermoëns in gedagte gekies.

Johan wil 'n duidelike onderskeid tref tussen avontuurterapie en avontuursessies wat dikwels ook as spanbou verwys word. "Avontuurterapie bied meer as net 'n natuurervaring. Programme word ontwerp met die kliënt se spesifieke doelstellings in gedagte en is op sielkundige navorsing en wetenskap gegrond", sê hy.

Volgens hom is hierdie terapie juis in vandag se lewe baie toepaslik omdat volwassenes en kinders lank voor skerms sit - rekenaars, slimfone, televisies ens. "Met die natuurskoon van Suid-Afrika en die Koepel op ons stoep, is dit die ideale terapeutiese intervensie", sê hy.

Vir meer inligting oor avontuurterapie, skakel Prof. Johan Potgieter by 018 299 1731.



Have you decided what tree to plant this Arbor Day and greening week? Arbor Day/Week runs from 1 to 7 September so, if you haven't decided what to plant, there's still time! It doesn't even matter if you don't plant the tree of the year as it might not do well in your environment, as long as you plant a tree or plant, you'll be helping to green our country. Just keep it indigenous, though!



Hoërskool Fochville het onlangs hul nuwe hoofleiers vir 2020 aangewys. Hulle is Julian Strauss (onderhoofseun), Lizmari Helm (onderhoofmeisie), Janayé Pretorius (hoofmeisie) en Jonathan Coetzee (hoofseun).

Join Merafong's prayer event

For the first time, churches from all over the area will unite in a big prayer event for the whole of Merafong.

"This is an event by Merafong, for Merafong. It is a community initiative that plans to pray for the community, inspire unity and foster hope for the future. cobs.

The event, which will take place on the sports field of Carletonville High School, will start at 17:00 on Saturday, 20 September.

The SAVF will screen a family movie until 19:00. From 19:00 to 20:30, there will be worship and prayer, coordinated and run by various churches from the community. They will set up a stage and use the field and grandstand for seating. People are welcome to bring their chairs and sit on the field. Everyone is welcome to attend.

Did you Know The largest overallsized tree in South Africa is the Sagole baobab at the height of 22 metres and a crown diameter of 38,2 metres. Type Sagole Baobab onto YouTube and take a look. Did you know The largest tree (in diameter) in South Africa is found in Limpopo. The Sunland 'big baobab' is famous for being the widest of its species in the world, carbon-dated to be well over 1,700 years old. Pastors, leaders and people from all walks of life will come together behind one cause.

We want to see Merafong change for the better through a moment with Jesus and unity in the community," says the initiator, Pastor Emir Ja-

Enter the Spur singing competition

Talented children are welcome to enter the Spur's singing competition.

All entrants, which must be between the ages of six and 13 years, must contact the Yellowstone Spur in Carletonville by Thursday, 5 September, with the songs they want to sing and their back tracks.

The competition aims to bring

undiscovered talent to light. The local finals will be held at 18:00 on 16 September.

Winners of the local eliminations, for which there are also prizes, will proceed to the national competition, where they can win R30 000, the recording of a song, a microphone and a stand.

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Ironshak Gym goes professional

Adele Louw

What used to be a few young people from the streets practising on home-made equipment has now become a fully-fledged gymnasium.

The Herald previously reported on Isak Dladla, a former learner of Carletonville High School. He started the gym at his mother's house in Khutsong Ext. 5 to give young people in the area a healthier alternative to the drugs they had been using.

The "Ironshak Gym" was built in a shack but later grew to 105 members, mostly learners from Badirile, Tswasongu and Relebogile High Schools.

On Monday, however, the All Out Fitness House opened in the yard of the Christian Worship Centre opposite the Khutsong Ext. 5 library.

This new gym, just around the corner from Dladla's mother's house, is now a fully-equipped facility that also offers cross-fit training and aerobics. Dladla says a friend saw the need for a proper gym in the area and helped to buy the professional equipment.

Many older people, especially women, now also come to the gym to get into shape for the summer. Dladla plans to establish a bodybuilding team that will take part in competitions.

Despite all the new additions and upgrades, all the original members are still part of the project, even if they cannot afford gym fees.



Isak Dladla and Joseph Zingelwa, one of the young men who have been exercising with him for months, in front of the new gym.



Westfields Primary School's Gr. 1s recently had to dress up as part of a careers day and show their teachers and friends what they wanted to be when they grow up.



A Gr. 6 learner of Westfields Primary School, Lebogang Maoto, competed in the SS District Olympiad and was announced as the winner.



Rorisang Letsie of Westfields Primary School received two gold certificates for participating in Solo Singing in the Carletonville Arts Festival.

Enthusiastic youg woman uses opportunities

Adele Louw

A young woman from Carletonville who is a semi-finalist in the Empress South Africa pageant is using this opportunity to improve herself and others.

According to 21-year-old Kgapo Selepe, who studies marketing in Johannesburg, she entered the pageant because she always wanted to do modelling to change the lives of others. So far, her dream has started to come true as the competition has given her more opportunities for selfdevelopment that she ever thought possible.

"The organisers continually send us links to books like "The Art of War" by Sun Tzu and "How to Win Friends and Influence People" by Dale Carnegie.

I love reading this because I learn so much from it.

The organisers and the reigning Empress, Tshepo Makhupu, motivate us so much. They make you realise that you can do anything if you put your mind to it. But, you cannot do it alone – you need the support of others who share your dreams. I am trying to motivate the people I come across in the same way as part of the activities I am doing for the competition," says the enthusiastic Selepe. She has also picked up other skills since entering, like business and communication acumen.

The Empress South Africa pageant is an online pageant that is the biggest of its kind in the country.

Selepe grew up in Nothern Limpopo and loved playing basketball and chess while at school.

She has so far visited the Zanele Mtshali disability homes, where she has helped to feed some of the patients.

She is also a firm believer in donating blood and, for this reason, also champions the South African National Blood Service (SANBS).

Anyone who wants to vote for her in the pageant can SMS the name Kgabo Selepe to 35334.





Above: Westfields Primary School's junior choir won gold and received a medal in the recently Carletonville Arts Festival.

Left: The school's senior choir also walked off with a gold award and a medal at the Arts Festival.



The enthusiastic Kgapo Selepe.





Fochies se ster eerstespan en hul afrigters op die veld.

Hoërskool Fochville se rugbyspanne eindig goeie seisoen

Adele Louw

Hoërskool Fochville se eerste rugbyspan, asook van die jonger spelers, het die afgelope seisoen groot hoogtes bereik.

Dié span, onder leiding van hul

hoofafrigter, mnr. Bobby Mcleod en afrigter, mnr. Ryno Hefer, het die verste in hul kompetisies in 15 jaar gevorder deur na die semi-finaal van die Virsekerbeker-toernooi deur te dring.

Hulle het ook tweede in die finaal

van die Leeus-liga geëindig na hulle die knie teen 'n sterk privaatskool, Leeuwenhof Akademie van Bedfordview, moes buig.

Volgens die skool se woordvoerder, mnr. Jaco Pretorius, het die 0.15 en 0.16 spanne ook geskitter deur hulle afdelings van die Leeus-liga te wen. Die o.14 span het ook met groot gees die derde plek in dié liga behaal.

"Dit was 'n besondere Fochie rugby jaar en groot dank aan al die borge, afrigters en ouers vir die ondersteuning en aansporing," sê Pretorius.

El Shaddai se ruiters skitter

Adele Louw

Ruiters van die El Shaddai perdryklub by Water's Edge het met talle toekennings tydens die nasionale "Saddle Seat" kampioenskap weggery.

Dié byeenkoms het op 16 en 17 Augustus by die Afridome op Parys plaasgevind en ruiters van Gauteng, Mpumalanga, Noordwes, die Noord-Kaap, Vrystaat en Wes-Kaap het meegeding.

Klein Elke Burger, wat maar net drie jaar oud is, het in die vlak 0 leiriem stap-klas meegeding. Sy het in die "performance"-afdeling op Funny Girl 'n sewende en op Lord Brasco in die ruiterkuns-afdeling 'n vyfde plek behaal. Die vyfjarige Hannah-Mari van Wyk was op Royal Heights Royal Supreme die naaswenner in die Vlak 1 in hand stap-klas. Sy het met dieselfde perd die agtste plek in die vlak 7 siertuig-klas ingepalm en ook haar staal in die Vlak 1 stap draf-klas gewys. Hier het sy op Clover Leaf True Believer 'n derde plek in die "performance"-afdeling en op Funny Girl 'n negende plek in die ruiterkuns-klas behaal.

Blanche Kruger het op Surprice in die Vlak 2 stap draf-klas 'n derde plek in die ruiterkuns- en 'n negende plek in die "performance"-klas ingepalm. Sy het ook die 10de plek in die Vlak 7 siertuigklas gekry.

Nóg 'n ruiter, Christelle Kietzmann, het in die Vlak 2 stap draf-klas op Clover Leaf True Believer 'n derde plek in die "performance"-klas en 'n sewende plek in die ruiter-



kuns klas verwert.

AJ Coetzee het op sy beurt op Kings Messenger in die Vlak 2 stap draf-klas agtste plekke in die "performance" en ruiterkunsklasse ingepalm.

Katie-Lee Oelofse het op Kings Messenger 'n derde plek in die Vlak 7 Driegang "performance"-afdeling en op Lord Brasco 'n tweede plek in die ruiterkuns- en 'n derde plek in die "performance"-afdelings van die Vlak 4 Vyfgang-klas ingepalm.

Zene Bench het op Funny Girl in die Vlak 4 Driegangklas vir hoërskoolruiters deelgeneem.

Die ruiters wat tydens die nasionale kompetisie presteer het, saam met hul afrigter, Johnny Nkoko.

Sy was die naaswenner in die ruiterkuns-afdeling en het die derde plek n die "performance"-klas ingepalm.





mooivaal

Gedruk namens die eienaar en uitgewer mooivaa

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