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Nappy World

Tel: 014 597 3593
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Biblio Plaza
Rustenburg

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New Face of Nappy World Baby competition

Entry fee R100

Prizes:

0-6m Electric swing | 6-12m Tricycle with handle
12-24m Battery Operated Quadbike

Photo shoot dates: 10:00-12:00

29 July, 5 August, 12 August, 19 August

Winners will be chosen by a panel on 2 September 2017

SINCE 1989

Martins
Funerals in funeral industry

Attie Kirsten
Tel: 014 592 0037
Cell: 082 851 1472

We specialise in the following:

- Cremation service
- Funeral services and policies.
- Obtaining all relevant documentation for funerals and cremations, transportation as well as mortuary facilities.

Martins Rustenburg would like to thank all the people who have entrusted us to ease the pain of losing a loved one during the past 20 years.

We are service providers for:



Email: mf.rust@mweb.co.za | Website: www.martinsfunerals.co.za

VASTRAP LEERDER HELP MET BEWUSMAKING VAN SELDSAME SIEKTE

Rustenburg – As deel van sy landsdiensportefeulje vanjaar, het Christopher Herbst (12), 'n leerling van Laerskool Vastrap, hierdie jaar betrokke geraak by die bewusmaking van die siekte sistiese fibrose.

Hy het hierdie taak aangepak nadat sy jeugleier, mev Riekie Terblanche, hom aan Marsulize (22) en JD (25) Barnard voorgestel het. Hulle en hul ouers, Suretha en Jan Barnard, is al jarelange inwoners van Rustenburg.

Die Barnard-gesin is besig met 'n bewusmakingsprogram om mense van hulle siekte bewus te maak deur gehore by funksies toe te spreek en armbandjies teen R20 elk te verkoop. Die fondse word aangewend om ander lyers van die siekte te help, en ook om mense bewus te maak van hul siekte.

Christopher het betrokke geraak deur ook armbandjies te verkoop en kinders by sy skool, asook vriende en familie bewus te maak. Hy het tussen Mei en Julie 2017 ongeveer R5020 ingesamel en amper 350 bandjies gehelp maak.

Om betrokke te raak, kontak Christel Herbst by 082-785 2439. Nog heelwat armbandjies moet verkoop word!



BREATHE
Cystic Fibrosis Awareness
Searching for a Cure

'n Foto van die bandjies wat gemaak word ten bate van sistiese fibrose

Wat is sistiese fibrose?

Sistiese fibrose (SF) is een van die algemeenste genetiese siektes in Suid-Afrika. Hoewel dit die lyers se lewensverwachting inkort, lei heelparty pasiënte 'n gesonde en vol lewe.

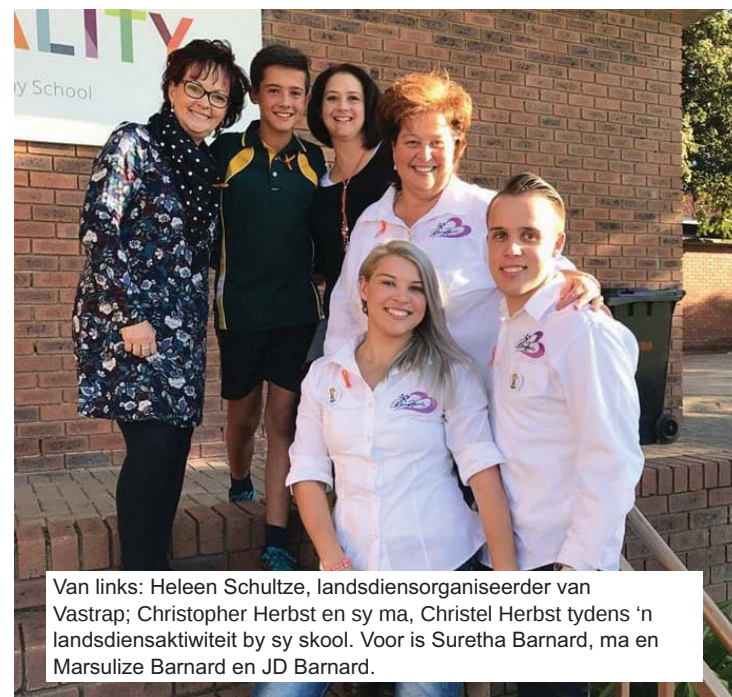
Wat is die simptome en tekens van SF?

Dik, taai slym verhoed dat veral die longe en pankreas normaal funksioneer. Die vel proe soutig, dik slym in die keel, 'n chroniese hoes, gereelde respiratoriese infeksies, poliepe in die neusgange en verstoppings in die ingewande.

Tekens sluit ook gewoonlik 'n groot eetlus in, maar swak gewigaanwas, vertraagde groei, verdikking van die vinger- en toonpunte, diarree, chroniese lewerprobleme en moegheid.

Behandeling van SF?

SF kan nie genees word nie, maar die lewensvooruitsigte en lewensverwachting is danksy mediese vooruitgang aan die verbeter. Lyers benodig gereelde hospitalisasie en voortdurende medikasie soos antibiotika, slymverduunnende middels, stuifspoeiers, ensieme en voedselaanvullings. In sommige gevalle word longe oorgeplant.



Van links: Heleen Schultze, landsdiensorganiseerder van Vastrap; Christopher Herbst en sy ma, Christel Herbst tydens 'n landsdiensaktiwiteit by sy skool. Voor is Suretha Barnard, ma en Marsulize Barnard en JD Barnard.

**FOOD
LOVER'S
MARKET**
PLATINUM SQUARE



RUSTENBURG



185 BEYERS NAUDE STREET

THIS FRUIT COMBO R49

ONE Paw Paw
ONE Pineapple
ONE Assorted Apple Thriftpack 1 kg
ONE Banana Thriftpack
ONE Naartjie Thriftpack 1 kg

ALL 5 FOR R49

ALL 5 FOR R99

THIS FRUIT COMBO R99

ONE Peach Punnet
ONE Plum Punnet
ONE White Grape Punnet
ONE Red Grape Punnet
ONE Nectarine Punnet

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NOT AVAILABLE AT FRUIT & VEG CITY RUSTENBURG, 185 BEYERS NAUDE STREET

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Smoked Eisbein 39.99 per kg

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Pork Rib & Loin Chops 69.99 per kg

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ONE Potato Pocket 7 kg
ONE Onion Pocket 7 kg
ONE Butternut Pocket
ONE Carrot Value Bag 5 kg
ONE Tomato Box 3 kg

Broccoli or Cauliflower Prepacks 2forR25

Breakfast Papaya Prepack 19.99 each

Buy ONE All Gold Tomato Sauce 700 ml and ONE Mrs Ball's Chutney 470 g R40

Food Lover's Olive Oil Blend 1 L 3forR100

Sweet C Naartjies 19.99 per kg

Mushroom Punnets 250 g 2forR25

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Roulou Feta Cheese 400 g (Excluding Reduced Fat) 29.99 each

HOT FOODS

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