

TSKKIA karateka weet hoe!



Welgedaan aan die Tokon Shotokan Karate A/C Internasional (TSKKIA) kleuter atlete vir hul deelname en groei vanjaar. Hierdie is van die jongste studente, ouderdomme 3-5 jaar. "Hierdie kleinspan het ons beïndruk tydens die gradering op Maandag, 13 November," aldus Soritsu Sha Shihan Albert Venter.

In die foto van links: Johan de Jager, Simon Snyman, Soritsu Sha Shihan Albert Venter, Hugo Coombe en Ayden Rossouw.

Vir meer inligting rakende TSKKIA, skakel 082-463 1073 of besoek www.tskkia.co.za.



Aitsa vir die junior TSKKIA studente. Die outjies, tussen die ouerdomme van 5 en 9 jaar het almal baie goed gevaaar vanjaar.

In die foto voor, van links: Christoff Hattingh, Aiden Zaeyman, Tiffany van der Vyver en JW Koekemoer. Agter: Soritsu Sha Shihan Albert Venter.



Japannese swaardkuns is nie vir almal beskore nie! Dit vat baie toewyding en deursettingsvermoë om hierdie kuns te verfyn. Hierdie studente van die Safarituiine Dojo Groep 1 het uitstekend gevaaar by die Tokon Shotokan Karate Gendaiteki Ken en Iai Jitsu (Japannese swaardkuns).

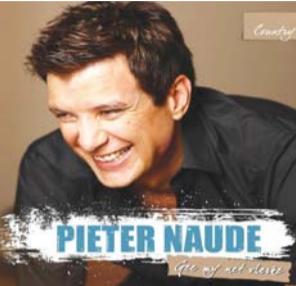
Foto van links: Soritsu Sha Shihan Albert Venter, Dante Venter, Celeste Green en Nivenka Stanton.



Congratulations to Itumeleng Ramohale of the preschool Tokon Shotokan Karate A/C Safari Gardens group. Itumeleng is only five years old but a great karateka at heart!

Pieter Naudé by Oujaarsdans

Rustenburg – Almal word hartlik uitgenooi na die Oujaarsdans op Saterdag, 30 Desember, by die Ben Marais saal. Kaartjies beeloop slegs R90 per persoon; bel om jou tafel te bespreek! Bring ook jou eie koelerboks met versnapperinge. Met Pieter Naudé as gaskunstenaar belowe die aand om 'n hoogtepunt te wees. Stof solank die dansskoene af en pen die geleentheid in jou dagboek.



Vir meer informasie, skakel Zelda by 073-248 8504.

Inspirational mother turns tragedy into hope



Mateboho Thipe, Tshepo Thipe, Nthabiseng Thipe and Dimpho Mahlaha from the Nthabiseng Skills Training Centre for the Disabled in Rustenburg.

Rustenburg – After an accident left her 8-month old daughter disabled, Nikie Thipe turned tragedy into hope by starting the Nthabiseng Skills Training Centre for the Disabled in Rustenburg. Thipe registered her non-governmental organisation in 2012 after discovering the difficulties faced by disabled children.

"Today we have 23 children registered and 11 of them come to us on a daily basis. We feed, educate and help them to live with their disabilities," says Nikie Thipe, founder of the Nthabiseng Skills Training Centre.

The skills centre employs five full-time staff members, including Thipe, who is a pensioner. Using fresh produce from their food garden, the Nthabiseng Skills Training Centre for the Disabled is able to cook nutritious meals for the children in their care. Additional funds are raised by selling herbs and vegetables to the local community and the garden even served as a skills activity for the children, but a lack of water made it increasingly difficult to maintain.

As a business with heart, Shoprite took hands with Thipe's organisation in order to establish an effective and sustainable long-term solution. Shoprite also planted 3 000 seedlings including spinach, onions, beetroot and herbs and Thipe is very pleased to report that Nthabiseng's garden is once again flourishing.

"We are very grateful to Shoprite because we have been educated about grey water recycling and it has helped us so much because we do not always have a lot of water," says Thipe.

Shoprite release, 23 November

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Help us supply elderly with Christmas goodie bags of food

Rustenburg – Angels for the Aged is a newly established community project comprising of a few local residents in Rustenburg who have taken it upon themselves to assist the elderly in the municipal old age home.

Mrs Joan van Heerden is the founder of the group and has been a busy-bee with continuous assistance to the elderly. With the dawn of Christmas on our doorstep, the group has decided to uplift the spirits of these valued oldies with an early Christmas meal and a few special treats.

Mohamed Abba of ABBA Emporium Wool Centre has joined this venture to assist with the Christmas get-together.

"It is with the grace of the almighty God that the Christmas lunch for the Aged is up and away. We are full steam ahead busy with preparations; the day will be fulfilling and uplifting, not forgetting entertaining," says Mohamed Abba in an interview with the *Platinum Weekly* newspaper.

"With the food preparations set aside, we humbly request the people of Rustenburg and surroundings to open their hearts and help us create goodie bags as presents for the elderly. Our intention is not only to fill the bellies of your esteemed oldies, but to also give them a small take away bag."

Wish list for the goodie-bags:

- Bully beef
- Spaghetti
- Tin fish
- Long life milk
- Tea
- Coffee
- Sugar
- Rice
- Corn meal ("mieliemeel")

To uplift their spirits, we also intend filling the bag with personal hygiene products like:

- Toothpaste
- Toothbrush
- Soap
- Body / hand cream
- Hair brush
- Spray perfume
- Underarm roll-on
- Tissues
- Wash rags
- Bath sponge
- Toiletries bag
- All basic essentials to look good and feel good!

"I take this opportunity to thank each and every angel who is assisting us with this project. May the blessings of God be with you all," says Mohamed.

For more information, please contact Joan van Heerden on 082-857 7972 or Mohamed Abba on 082-9786 759.

- Baked beans