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WHO? WHAT? WHERE? WHEN? WHY? HOW?

COMPLETING A 100KM JOURNEY

Rustenburg – The Sunrise to Sunset 100km Magalies Biosphere Woman's Walk team hosted an elegant opening ceremony on Tuesday 19 March at Excalibur Boutique Hotel. Women from all walks of life were present to raise funds for different charitable causes. The Larries Teachers Team walked to raise funds for the *Happie Klub* Laerskool Rustenburg's feeding scheme that provides meals, school clothes and assistance to needy children. Lindiwe Maktotjo walked to raise funds for school shoes for needy children. Ella Vermaak walked to raise funds for Dawid Brink Laerskool's feeding scheme which provides daily meals for children. Louise Kemp walked to collect funds for Child Haven in Rustenburg which provides a place of safety, warm meals, clothing and support for children who are in difficult family situations. Rotary Club Rustenburg has an ongoing project of collecting funds to buy wheelchairs, Alna van der Walt and Yolandi Zaayman walked towards giving mobility to those who cannot walk. A beautiful painting by Yolandi Zaayman was also auctioned off and the proceeds were donated to the Rotary Club. The North West Tourism Department entered a team of thirteen women to experience the beauty of the Rustenburg region first-hand. The third annual Sunrise to Sunset 100km Magalies Biosphere

Woman's Walk, a journey over four days, officially started on 20 March and ended on 23 March on a very high and successful note. Since its inauguration in 2017, it has grown from strength to strength. This year saw a total of 68 participants hiking 100km over four days. Hosting this event would not have been possible without the support of the sponsors, stakeholders, landowners, volunteers and service providers of the greater Rustenburg community. The 100km journey started in the very early hours of the morning. Hiking took place through private game farms on the Southern side of the Magaliesberg Mountains in the buffer zone of the United Nations Educational, Scientific and Cultural Organization (UNESCO) sanctioned Magalies Biosphere Reserve. Upon return to Rustenburg, the ladies were treated to soothing foot baths, massage treatments and good food. Comfortable accommodation was provided by Tourism Grading Council of South Africa (TGCSA) graded RATA (NPC) member establishments. Day two was by far the toughest day of this endurance challenge. The extreme temperatures were offset by the beautiful views and a cooling breeze while completing the section between Aasvoëlkrans and Breedsnek in the core of the Biosphere Reserve. The special treat of ice-cold watermelon and water towards the end of this

gruelling day was a welcome relief to all. Day three brought more amazing views, mountain streams and pools in the Kgaswane Mountain Reserve. The magnificent Tierkloof Waterfall was one of the highlights of this event. Day four saw them back in Kgaswane Mountain Reserve. By now the participants were all in agreement that the Magalies Biosphere offers nature in all its splendour and diversity. This experience afforded the opportunity for personal growth, in aspects such as patience, tolerance, endurance and team work. Rustenburg Adventures Tourism and Accommodation (RATA), a non-profit company (NPC) wants to thank each and every one involved for their enthusiasm and support. Participants came from all over South Africa, France and England to complete this bucket list challenge. Entries for 2020 are already open, limited spaces are available. Book now to avoid disappointment. To add this endurance 100km event to your bucket list, visit RATA's website at www.rata.co.za, or email Mia Gain on rustenburg.rata@gmail.com or 081 817 9416 for more information. For more photos and personal stories follow them on Facebook. PS – Every uphill comes with a downhill!

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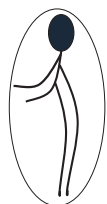
Teachers for Laerskool Rustenburg walked to raise funds.



A painting by Yolandi Zaayman that was auctioned off.

FREE PSYCHOSOCIAL SUPPORT SERVICES PHOKENG TRAUMA CENTRE

- Offers trauma Counselling services for victims of Gender Base violence
- Debriefing for victims of traumatic events (robbery, accidents, witness to murder, etc.)
- Focus groups for adults and youth
- Awareness campaigns and presentations on social ills
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- Opens 7 days at Phokeng Police station.
- Offices at Phokeng Police Station, Boitekong Police Station, Tlhabane Police Station and Rustenburg Police Station.



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From left: Zanele Taele, Alna van der Walt and Lindiwe Mokatjo.



Walkers taking a quick break before they continue with their walk.



Members of the Rustenburg Rotary club manned the watering stations.