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# ARSON?

Rustenburg – Many questions do the rounds as to why these vehicles at the impound section of the Traffic Department were... set alight? Was it to destroy evidence... to claim insurance... or was it just done by someone who enjoys setting things alight? The fire that was reported at around 18:00 on Tuesday 21 September, and destroyed five vehicles before the firefighters got the fire under control. "The municipality's fire and emergency services department managed to extinguish the fire within 45 minutes, preventing it from spreading," Rustenburg Local Municipality

spokesperson Thapelo Matebesi says. He added that the inferno was only confined to the impound section and did not affect the day-to-day activities at the administration blocks. Said police spokesperson captain Sam Tselanyane: "We have registered a case of arson and investigations are currently underway. No arrests have been made yet."

When *Platinum Weekly* visited the traffic department offices on Thursday 23 September, it was business as usual. Long, winding queues of people waiting patiently to renew their licenses...

The vehicles were about to be auctioned. How the fire started is not yet known, but a case of arson was opened.

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# DEVASTATING FIRES

**Rustenburg** – For the past two weeks, devastating runaway fires have pushed several firefighters to their limits.

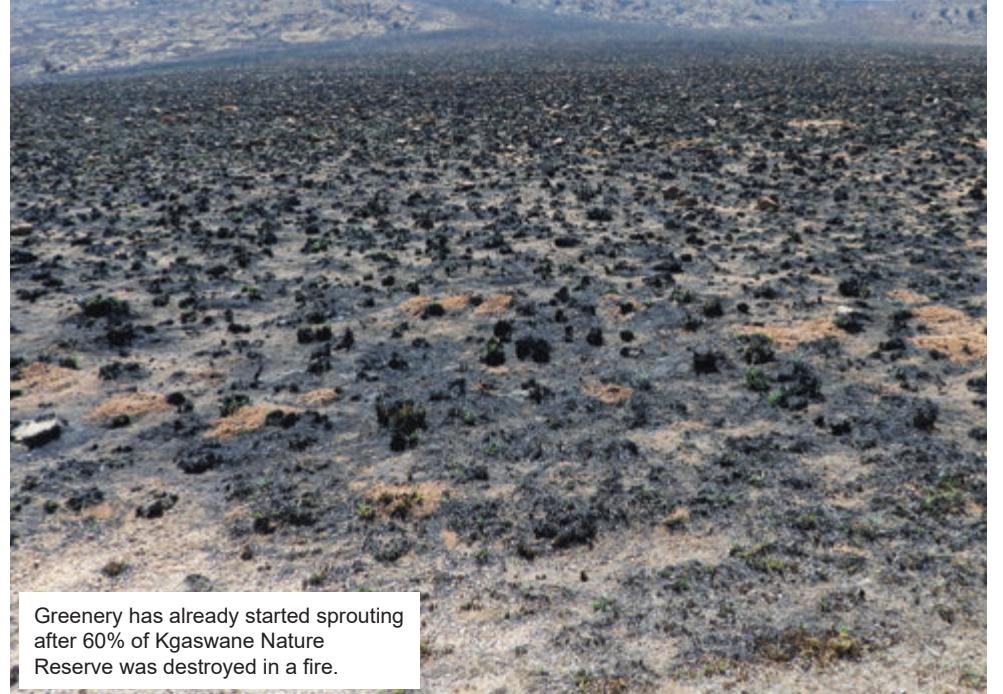
A serious fire broke out in Kgaswane Nature Reserve on Sunday 5 September. North West Parks Board acting chief conservation officer Pieter Nel confirmed that 60% of the park was burned during the fire. The high intensity fire also caused damage to infrastructure, but thanks to the assistance of the Greater Rustenburg Fire Protection Association (GRFPA) members, Working on Fire (WOF) and volunteers, the damages were contained to the south side where there are fewer grazing areas. The north side should have sufficient food for the wildlife. Luckily, greenery has already started sprouting through the ashes.

The south side of the Magaliesberg mountains in the Vlakfontein and Maanhaarrand area caught fire on 16 September. Once again GRFPA members and WOF was called to action as the fire rapidly started spreading. They spent hours fighting the fire until it

finally looked like they won. The relief was short-lived as more fires popped up on 19 September. Residents posted alerts and photos of smoke on the northern slopes of the Magaliesberg Mountain range in the Rietfontein Kromrivier area...

Given the high fire danger index, erratic and steadily increasing wind gusts, mountainous terrain with limited access, except on foot, the fire continued to flare up despite the best efforts of landowners and volunteer firefighters and spread over to the south of the mountain.

The South African Weather Service (SAWS) issued an alert level 10 warning for veldfire conditions over many districts of the North West. WOF, and firefighting teams from Boskop and Highveld, Pilanesberg, Vaalkop, Rustenburg and Potchefstroom, the Rustenburg Fire Brigade Service, the GRFPA, North West Umbrella Fire Protection Association NWUFPA and REBEL FIRE ASSIST were at the ready and working hard to contain the fire.



Greenery has already started sprouting after 60% of Kgaswane Nature Reserve was destroyed in a fire.



Large areas were destroyed in the Buffelsfontein area on the south side of the mountain.

The following night the winds in excess of 70km/h drove the fire over the Kromrivier tar road, towards a more populated farming area. Evacuation instructions were sent to some local residents. Some of the firefighting vehicles were surrounded by fire and could not move for half an hour. A huge community effort saved lives and brought the fire on the north side of the Kromrivier road under control.

But to the south, on the mountain, the fire raged on. The next morning, 22 September the chairperson of the NWUFPA declared a 'code red', meaning all local resources were exhausted and special emergency measures for assistance were activated.

Two water bombers, a spotter plane, ground crews and incident command personnel were brought in, and a command centre was set up on one of the affected farms. More than 50 drops of 1,500 litres each were dropped on the active fire line while ground crews continued to fight with water, beaters and blowers on foot and in 4x4 vehicles.

**Those on the front line has described this as the worst fire in the Magalies Mountains they have ever seen.**

Hundreds of hectares of veld and grazing have burnt, fences have been destroyed, sensitive and protected areas have been affected, and structural and wildlife losses have occurred. The exact toll of the fire has not yet been assessed as reports of damages are still coming in.

Thanks to the sterling efforts of so many organisations and people the fire was sufficiently contained on both sides of the mountain. Credit and thanks are pouring in from the community to the firefighters, the volunteers, the officials from the organisations and the incident commanders, the pilots, the co-ordinators and to the 'behind the scenes' members of the community who provided refreshments.

No human injuries have been reported but many farmers and landowners will be counting the costs of this devastating fires in the days to come, as they commence mopping up of isolated spots, assess their losses, and keep a sharp eye open as the risk of flare-ups is ever present. Smouldering vegetation in kloofs and inaccessible areas can, given strong wind gusts, reignite unburnt vegetation.



Water bombers were called in to assist in extinguishing the fire in the Rietfontein Kromrivier area.



WOF fighting the gigantic flames in the Vlakfontein and Maanhaarrand.



## In remembrance

Die troosdiens van wyle Chris Broodryk (52), oorlede op Vrydag 17 September, vind op 29 September om 11:00 te Waterglen Guest House Rustenburg plaas. Vir meer navrae skakel Cobus op 081 379 8919 of Wilna op 074 200 2687 by Econo Begrafnisdienste. 'n Diens met liefde en waardigheid deur Econo Begrafnis en Verassingdienste.

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## Placing an obituary

Announcing the death of a family member is a time-honoured tradition as life should be celebrated and never forgotten. To help you to celebrate the life of your loved one and share details about the upcoming funeral, place an obituary in our newspaper, free of charge.

You can include the date of death, details about their life and surviving family members. You can also write a special message, a poem or a prayer. Please include a photo and the date, time and place of the memorial service.

If you would like to place an obituary in *Platinum Weekly / Platinum Bushvelder*, send the information via WhatsApp to 072 482 6871 or email [news@platinumweekly.co.za](mailto:news@platinumweekly.co.za) / [news@platinumbushvelder.co.za](mailto:news@platinumbushvelder.co.za).



# R3,000 bail for R1.5 million scam

**'What seems too good to be true, probably is'**

Rustenburg – A 45-year-old man was arrested and appeared before the Rustenburg Magistrates' Court on Wednesday 22 September on charges of running an investment scam worth R1.5 million.

Thabo James Modau, who faces 38 counts of fraud and money laundering, was granted R3,000 bail and will make his second court appearance on 8 November. It is the state's case that in 2014, Modau lured victims into investing money into a company called Green Fields by promising them a 100% return on investment. However, Modau was nowhere to be found when the dividends were due to be paid. The victims then discovered that they had

been depositing their money into Modau's personal bank account.

Says Hawks North West spokesperson Tlanelani Rikhotso: "None of the victims have been reimbursed. We cannot guarantee that the funds will be reimbursed. In cases like these, the money that was scammed, is already spent. However, our Priority Crime Specialised Investigation Unit that deals with finances and assets will assist with that aspect of the investigation." The North West provincial head of the Hawks major general Patrick Mbotho pleaded with community members against rushing into investing their hard-earned money in little known companies: "What seems too good to be true, probably is."



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## Justice for murdered woman's family

**Mooinooi** – The family of a woman who was murdered in Mooinooi on Friday 8 January 2019 during an armed robbery, can finally start to find closure after the South Gauteng High Court handed a hefty sentence to the 28-year-old man responsible for the killing.

Edmore Chirongoma was handed a life sentence and 53 years while his 24-year-old accomplice Moses Philip Mhlanga was sentenced to 17 years on Friday 17 September.

Chirongoma was found guilty of housebreaking, murder, attempted murder, theft of a motor vehicle and contravening the immigration and firearms control acts. Mhlanga was convicted on charges of theft of a motor vehicle, attempted murder and contravening the immigration act.

Chirongoma will be behind bars for at least 25 years while Mhlanga will serve an effective 14 years. The state successfully proved how the duo robbed victims of their vehicles in 2019 during two separate incidents in Mooinooi.

On 8 January 2019, the duo unlawfully entered a house in Bapong. They threatened a man, his wife and a child with a firearm and demanded the keys of the couple's white

Mazda Drifter. Shots were fired and the duo fled in the Mazda. "The victim's wife, who sustained a gunshot wound in the stomach, was rushed to hospital but succumbed to her injuries," police spokesperson colonel Adéle Myburgh said.

Two days after the armed robbery, Chirongoma and Mhlanga were arrested in Hartbeespoortdam. They were traveling in a Toyota Corolla which they had stolen from another victim in Mooinooi.



Under the steer of constable Leonard Mapataka of Mooinooi Detectives, investigations led to the successful arrest of the duo.

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**Rustenburg** – In a medical emergency, when a person is critically injured, that person might have less than 60 minutes for any chance of survival – this is often referred to as the “golden hour”.

What this really means is getting the right kind of medical attention for the patient as soon as possible. The sooner a person with a critical injury or medical condition is attended to by trained emergency medical services personnel, the better their chances of survival. How you respond in those 60 minutes is also vital and communication is key. Firstly, emergency medical services must be called immediately for the best

# The golden hour

## Every second counts in a medical emergency

possible outcome and that is why emergency numbers should always be close-by. Various emergency numbers are published in *Platinum Weekly*, cut it out and place them somewhere where the whole family can see it.

Save it on your cellphone. Make sure you equip children with the knowledge of what to do should an emergency arise so that if the patient is a parent, they will know who to phone. Whoever makes the phone call must give the dispatcher an accurate location of

where help is needed. Knowing the physical address and surrounding areas can help paramedics find the location quicker.

Also make sure that there is a phone number that can be given to the dispatcher to phone back if the call is interrupted.

Stay on the line for instructions or directions of what you can do to keep the person alive until responders arrive.

Having the necessary skills like first aid and cardiopulmonary resuscitation (CPR) can prove invaluable to help keep someone alive until help arrives.

Stay calm, be informed and make that golden hour count!



Trauma Rescue basic life support practitioner Kgagiso Mapeletsebe is ready to react when called upon.



Trauma Rescue basic life support practitioner Molefe Cele (left) and operational intermediate practitioner Freddy Sithole know the importance of providing the correct medical care in case of a medical emergency.

## Harmony concludes three-year wage agreement

Harmony Gold Mining Company Limited has concluded a three-year wage agreement in respect of wages and conditions of service for the period 1 July 2021 to 30 June 2024.

The wage agreement was agreed with AMCU, the Coalition (comprising the NUM, UASA and Solidarity) and NUMSA. Says Harmony CEO, Peter Steenkamp: “This historic wage agreement reflects the strong partnership between Harmony and organised labour, demonstrating our commitment towards our long-term sustainability and our people. We would like to thank everyone involved for engaging constructively and keeping everyone's best interests at heart.”

The agreement allows for the following wage increases:

- Category 4 to 8 employees will receive a wage increase of R1,000 for each year of the wage agreement. This translates to an average increase of 8.4% for employees across these categories.
- Miners, Artisans and Officials will receive a wage increase of 6% of their basic wage for each year of the agreement.
- The total average wage increase negotiated is 7.8% in year 1, 7.4% in year 2 and 7.0% in year 3.
- 98% of Harmony employees are part of the bargaining unit covered by this wage agreement.

This wage agreement was reached outside the auspices of the Mineral Council's central bargaining forum and was marked by way of an in-person signing ceremony to allow all parties to participate in and witness the signing of the agreement, 16 September.

**Harmony press release extracts**



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Tender number: 21/RTB/04/OH/TM/CB

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# 'My parents, my number one fans'



Otloleng Koitsoe

## Local hip hop artist 'Nest' going places!

Rustenburg – Tlhabane-born hip hop artist Otloleng Koitsoe, better known by his stage name 'Nest' is very grateful for the support he has received from his parents and teachers so far during his new but promising music career.

This Selly Park Secondary School grade 11 learner hopes to make a huge impression at the upcoming Boltz Awards on 25 September. The awards is a platform to uplift and recognize upcoming artists from South Africa by helping them to build a solid fan base.

"My parents are very supportive of my music. They are my number one fans. They support me with transport allowances and are always there for me," Koitsoe said. "Our school principal and teachers are also very supportive, and I am very grateful for this," he added.

Otloleng's father, Peter Koitsoe, is employed as a branch manager of a local building company while his mother works at Royal Bafokeng Platinum Styldrift Mine as a shift supervisor.

'Nest' is currently working on an EP (extended play record), which he hopes to release soon.

"I have shared a stage with Khuli Chana, Casper Nyovest, Nasty C and the others. I have learnt a lot from them," he said.

He hopes to leave an indelible mark during the Boltz Awards. "Winners get prizes, marketing and sponsorship benefits. Artists receive votes to win so fans and supporting structures need to show their support through voting for their favourite," he concluded.



## A waste of money!

### [Letter to the editor]

**Rustenburg** – The water wise education budget for Magalies Water has been blown on a huge billboard near Waterfall Mall. What does this informative billboard tell us? Wash your hands for 20 seconds, be Covid-19 free and save water. Goodness me! What a waste of money! Magalies Water should really look at the

wonderful resources that Rand Water has produced. This includes tips for households, how and where water leaks can be reported and the like. A billboard which properly costed in the region of R30,000 that tells you practically nothing is appalling. I am really disappointed. **Cathy Dzerefos**

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# Brigadier Modise is hanging up her handcuffs

**Rustenburg** – Since April 2016 brigadier Gertrude Modise spearheaded Rustenburg's fight against crime as the Rustenburg station commander. She has made a significant impact during her service, but after many years of devoting most of her time to her community, she is finally retiring.

During a glamourous event, befitting the remarkable woman she is, her family, friends and colleagues had the opportunity to celebrate her and her career on Friday 17 September.

Keynote speakers included those who worked with her throughout her career paying tribute to her. Words like "brave, dedicated, dynamic, phenomenal, caring and intelligent" were repeatedly used to describe her.

Being a woman in blue was her life's calling and she embraced it with passion.

"Brigadier Modise decided to walk the walk and talk the talk when she joined the South African Police Service (SAPS) to protect and serve her community. She is a woman who never backed down, who gracefully and caringly guided her 'blood family' and her 'blue family' through many facets of life," captain Elsabé Augoustides said. Sargent Thomas Molapong added: "She had a way of reading people and understood the importance of communication, this was part of her success."

Born and raised in Kroondal, her parents must have known that she was destined for great things when they named her Gertrude, meaning "mother of all gifts". As a young woman with stars in her eyes, brigadier Modise joined the SAPS in 1991. She quickly climbed the ranks.

Dedicated to her job, you could often find her at the station in the early hours of the morning working, even when she was not on duty. Her approach to leadership was strict, but her goal was to help people be better.

Leading from the front, she was always on the ground with her troops. From the war room to a shoulder to cry on – she did it all. When you phoned her 02:00 in the morning, she was there, a true leader. She also shared her knowledge and left a true legacy wherever she went.

Her daughter Jenny Modise said that her mother has always been her role model. "When she puts her mind to something, she does it with passion." She also spoke about her mother's generosity, how she assisted those in need and her children.

"I believe my mother is blessed because she always gives freely," she added.

Various tales of brigadier Modise were shared at the ceremony and many tears were shed.

During her farewell speech brigadier Modise said: "I have faced many challenges in my life and each one of them has made me stronger and more dedicated towards my goal. I would like to thank all of you who contributed to this success. I am grateful for all that you have done for me."

Although it is a true loss for our community, we wish brigadier Modise a long and peaceful retirement.

A running theme throughout the event was her impeccable memory and how she could remember incidents right down to the exact case number – the memory of her will be kept like that in the minds of all that had the privilege of meeting her. She has given a lot for our community and is leaving a big pair of shoes to fill.



Brigadier Gertrude Modise, the Rustenburg station commander is retiring after 31 years of service.

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**'n Fees vir 'n veiliger gemeenskap**

Rustenburg/ Kroondal – Die Saamstaan Fees se doelwit is om ons gemeenskap beveiligingsgroepes soos buurtwagte, plaaspatrollie en Gemeenskap Polisiëring Forum groepe finansieel by te staan – asook om toerusting en opleiding aan te bied.

Hierdie gemeenskap beveiligingsgroepes is ons eie gemeenskapslede wat dit op hulself neem om weerstand te bied teen die oorweldigende misdaad in ons wyke. Jong mense, ou mense, mans, vrouens... almal durf die koue, die laat nagte en gevaaar aan, dag na dag, nag na nag, met min of geen ondersteuning.

Die Saamstaan Fees is jou geleentheid om te doen net wat die fees sê – om saam te staan en 'n verskil te maak in 'n saak wat ons almal raak, waaroor ons almal praat, bekommend is en nie 'n antwoord voor het nie – misdaad op ons voorstoep! Die fees dien ook om van hierdie beveiligingsgroepes op een

dag saam te kry onder die vaandel van Saamstaan en idees uit te ruil, skouer te skuur met sprekers wat spesialiseer in die gebied van beveiliging, spesialiseenhede wat vertonings gaan uitvoer en uitstallings met die nuutste sekuriteit toerusting. 'n Vertoning deur die wêreld se eerste teen-stroping hond wat valsleme spring, Arrow, en sy eienaar Henry Holsthyzen is ook op die agenda vir die dag. Bekende privaat speurder Mike Bolhuis sal ook aan die woord wees – en kostes beloop R150 vir volwassenes en R100 vir kinders en sal binnekort aanlyn beskikbaar wees by <https://www.quicket.co.za/>.

Die fees vind op Saterdag 30 Oktober plaas by Cheers & Beers op die hoek van die Buffelspoort en Rex pad. Vir meer inligting kontak Deon de Beer op 082 762 4039.



Supreme Poultry and CBH donated R100,000 to SOS Children's Villages in Rustenburg. It was a happy day when some of the material arrived!

## KFC's Add Hope and partners serving SOS Children's Villages in Rustenburg

**Rustenburg** – In honour of KFC's 50th birthday celebrations, Supreme Poultry (situated in the North-West and Free State provinces), a wholly owned subsidiary of Country Bird Holdings (CBH) and a supply partner to KFC, joined forces with Add Hope to bring much needed relief to SOS Children's Villages in Rustenburg on 14 September.

"SOS has been an Add Hope partner since 2009, where we work closely with them to provide the children in their care with the meals they need to thrive," says Andra Nel, CSI Manager at KFC SA. "However, it recently came to our attention that their Rustenburg village was in dire need of new beds and mattresses to maintain hygiene

standards as well as upgrades to their fencing for safety and security and so we stepped in to identify a potential beneficiary."

With a strong focus on the community, Supreme Poultry and CBH stepped forward to assist – donating R100,000 to assist with these challenges. "We identify strongly with KFC's commitment to helping the less fortunate communities in which we operate, especially during these challenging times and contending with the COVID pandemic, unemployment, and hunger and we are pleased we were able to assist the SOS Children's Villages in Rustenburg with some of their immediate requirements," said Brendon de Boer, CEO of CBH.

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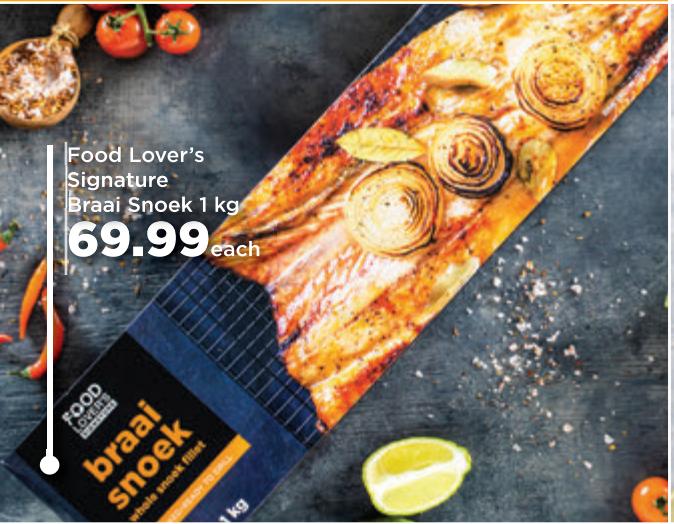


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They say it takes a village to raise a child and that is why it is very important that foster parents have a strong support system of friends and family. This might sound overwhelming at first, but Rustenburg Child and Family Welfare social workers will always be there to provide help, training and advice. They will teach foster parents proper methods of dealing with challenges. You will never be alone in this.

If you meet these requirements and would like to help and make a meaningful difference or if you need more information, contact Rustenburg Child and Family Welfare on 014 537 2014/2072.

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# Flink gemeenskap maak pad weer veilig



Vryheidsfront Plus se Dawie Conradie (links) en Ben Anderson het gehelp om die stoptekens te vervang.

**Rustenburg** – Drie stoptekens by die R104 en Dinie Estates aansluiting is gedurende die naweek van 4 September 'verwyder'. Hierdie is 'n baie besige aansluiting met etlike duisende voertuie wat daagliks hierdeur beweeg.

Nadat navraag by Noordwes Provinciale Administrasie (NWPA) gedoen is om die betrokke tekens te vervang, het dit duidelik geword dat NWPA, weens verskeie uitdagings, nie die werk binne 'n redelike tyd sou kon doen nie. Ben Anderson en Vryheidsfront Plus se Dawie Conradie, beide van die plaaslike gemeenskap het ingespring en dadelik werk van die situasie gemaak.

Op 9 September is die drie stoptekens, die keer met sement voete, vervang en kan motoriste weer die aansluiting met veiligheid gebruik. Opregte dank aan NWPA se Johan van Wyk wat gehelp het om die regte standaard stoptekens en reflekteer stroke te voorsien, Anderson wat goedgunstig sy werker en tyd asook voertuig beskikbaar gestel het, Mouton vervoer vir die 210 liter dromme en ook Conradie wat alles gekoördineer het en ook gehelp het met die installasie van die tekens.

## Wat is my regte wanneer ek in 'n motorongeluk beseer is?



Min dinge in die lewe is so traumatis soos om te beseer te word tydens 'n ongeluk. Het jy geweet ... Indien jy of 'n geliefde beseer is in 'n motorongeluk (behalwe wanneer die bestuurder die oorsaak van die ongeluk was), of indien jy 'n afhanklike is van 'n oorlede padongelukslagoffer, kan jy moontlik 'n eis teen die Padongelukfonds indien. Die Padongelukfonds is 'n openbare entiteit wat befonds word deur 'n brandstofheffing wat by die prys van petrol en diesel ingesluit is. Die doel van die Padongelukfonds is om te vergoed vir verliese of skade as gevolg van ligaamlike beserings weens die nalatige bestuur van 'n voertuig op Suid-Afrikaanse paaie.

### Ná hoe lank moet ek 'n eis indien?

Indien die identiteit van die oortredende bestuurder of eienaar van die voertuig bekend is, moet die eis binne drie jaar vanaf die datum van die ongeluk ingedien word. Dit is nie van toepassing by die eis van 'n minderjarige nie. Indien die identiteit van die persoon onbekend is, moet die eis binne twee jaar ingedien word.

### Waarvoor kan ek eis?

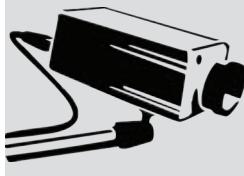
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- Begrafnisuitgawes

Indien jy meer inligting verlang oor jou regte as 'n padongelukslagoffer, skakel Yvonne Kruger Ing. by 011-468 5088 of besoek ons webwerf: [www.yki.co.za](http://www.yki.co.za) of epos: [ykruger@yki.co.za](mailto:ykruger@yki.co.za)

HIEDIE ARTIKEL IS AAN JOU GEBRING DEUR YVONNE KRUGER ING. PROKUREURS WAT SPESIALISEER IN PERSOONLIKE-BESERING-LITIGASIE.

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## 'Pappa kyk vi jou' HELP OM ONS GEMEENSKAP VEILIG TE HOU



Rustenburg – 'n Kamera of twee op die regte plek sal ons plaasgemeenskap veiliger laat slaap in die nag. Buffelshoek Plaaswag het 'n fondsinsamelingsprojek geloods om veiligheid in die area op te skerp. Die fondse wat ingesamel word, sal gebruik word om kameras op verskeie punte op die N4 rondom Buffelshoek, Kraalhoek en Shylock op te sit.

Lede van die plaaswag kan nie altyd orals wees en alles sien nie; die kameras sal hul onbaatsugtige werk heelwat vergemaklik. Dié tipe veiligheidskameras is een van die mees doeltreffende stelsels om misdaad te bekamp. Daar is fantastiese pryse op die spel en vir slegs R200 'n kaartjie staan jy 'n kans om een van die volgende pryse te wen:

- Naweekjag vir twee jagters met hul gesinne, verblyf in luukse akkommodasie in Maart of Mei 2022 in die Buffelshoek area.
- Twee blouwildebeesbulle en 'n rooibok kan gejag word.
- Spooersny kursus vir een persoon vir 10 dae.
- Stihl MS382 kettingsaag.
- Stihl FS280 kwasnyer (brushcutter).
- Dagjag in Mei 2022 met boog of geweer in Doornlaagte area walk and stalk. Enige dier kan gejag word behalwe 'n kameelperd of swartwitpens.
- Handgemaakte jag/ slagmes en knipmes stel.
- Brekermengsel (crusher mix) 15m<sup>2</sup> aangelewer gratis binne 'n 20km radius vanaf Shylock.

**Maak seker jy koop jou kaartjie voor 1 Oktober.**  
Die trekking sal plaasvind op 7 Oktober by Klipgat Venue.  
Om 'n kaartjie te bekom, skakel Gian op 072 196 3300.  
Vir meer inligting kontak Deon Olivier 082 462 3288.

## Moremi Kitchens' exquisite showroom



From left: Moremi Kitchens sales consultant Thato Pitsoane, director Brighton Selamolela and sales consultant Reobakile Lekwape at the official opening.

**Rustenburg** – Moremi Kitchens successfully launched their new showroom at Falaah Centre next to Waterfall Mall on Friday 10 September.

The launch of the beautiful showroom demonstrated how Moremi Kitchens is fast becoming an industry leader in offering the best kitchen, living room or bedroom designs. It was a hive of activity at the new showroom and guests were wowed by the exquisite design concepts that greeted them inside (all Covid-19 protocols adhered to).

Moremi Kitchens offer superior and professional interior designs and also install kitchens, closets, floating TV stands and vanities.

Describing the new showroom, Moremi Kitchens sales consultant Thato Pitsoane noted: "We have selected a few colours to bring out a regal and royal feel to the showroom. We also have a bar for our clients, a television stand as well as various types of lighting. Come to Moremi Kitchens so we can transform your living spaces!"

For more information, contact 076 768 4771.



Hard at work!

## Shoprite's Master Butchers weigh in with top tips for Braai Day

### Coenraad Vermaak

When I braai, I like to go for a Picanha cut of beef. The Picanha has a nice layer of fat on top, and I usually recommend adding some salt and pepper. Braai it for about seven or eight minutes a side, and slice it as thin as you can. If you have a thick slab of meat, you can also consider cooking it on a salt plate – it takes a bit longer but adds a great salty flavour. If you're keen to cook chicken this Braai Day, my colleague John Rae also taught me a great recipe. Use a deboned whole chicken, add sun-dried tomato, basil pesto, a layer of bacon, and a good quality cheese that melts nicely. Season it, roll it up into tinfoil, and then put that over the coals. When you cut it, you get great layers of all the flavours.



### Khuselo Dindili

I'm a big fan of beef on the braai, and in particular I like beef brisket. The fat on top brings amazing flavour to the meat. I add a few spices, place it over light coals and cook it very slowly. I also love to braai a good ribeye steak. Similar to the beef brisket, a ribeye has great fat inside the meat which also brings amazing flavour to your steak.



South Africa's Braai Day is a time of coming together around the fire to cook some of the country's finest cuts of meat. And there are few better to offer tips on how to treat these than Shoprite's crew of Master Butchers.

A Master Butcher is a specialist who is conversant in meat processing practices from farm to fork. There are only five certified Master Butchers in South Africa, and all of them work for the Shoprite Group. Achieving Master Butcher status takes three years, and butchers must build up a portfolio of work that includes modules on butchery expertise, business acumen, and food hygiene and safety. The Shoprite Group recently launched an internationally endorsed Master Meat Artisan Programme that aims to train 250 people over next five years. With braaing a point of pride in many South African households, Shoprite's Master Butchers all have their preferences, tips, and tricks that make them expert braaiers, too. Here are their top braai tips for cooking on fire this Heritage Day.

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## Can you operate without a diary?

[Letter to the editor]

I remember, just a few months ago, putting my diary in the bottom drawer... I took it out every now and then, but could not use it like before. That was when the third Covid-19 wave hit. You couldn't plan anything! My diary's timelines, not to mention date, didn't mean a thing. I grew up with 'failing to plan, is planning to fail'... it's one of my motto's. You can't sit around waiting for something

good to happen. You need to take action, and if you want to do it smart, you have to plan. I go down on my knees and thank God that the troubling waters have calmed down a bit. I pray to God that I fulfil the plan He has laid out before me. And I'm thankful that my diary, and planning of my tasks, is once again something that I can take up.

#FailingToPlan



## Don't stop to exchange details after an accident?

[Letter to the editor]

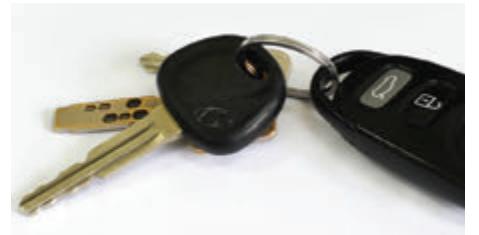
**R510/ Rustenburg/ Thabazimbi** – I was driving from Rustenburg to Thabazimbi when I saw three youngsters next to road, eyes stricken with panic. I had to pull over! (much to my mother's dismay when I told her later...) This was about 10km before Northam.

There was an incident between a taxi and a bakkie and it looked like the taxi pushed the bakkie off the road... The bakkie had a trailer containing off-road bikes and four-wheelers. When I got closer, the taxi driver and passengers was already on the side of the road, circling the bakkie. Another taxi also pulled over... And that was when I saw the youngsters.

I pulled over.

I was followed by a third taxi driver who also pulled over.

I walked cautiously closer to the taxi driver and driver of the bakkie (I presume the father of the teenagers). Everybody was shouting. I walked up to the father and firmly said: Get into your bakkie and leave!

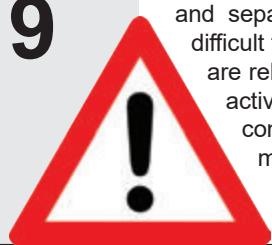


He wanted to 'talk to' the taxi driver about insurance and whose fault it was... that sort of thing. I eventually got him to leave. I know it's procedure to exchange details after a vehicle accident, but to me, the situation was suspicious. Almost as if the "accident" was on purpose.

It's terrible getting into an accident, small or big – but your safety, and that of your passengers are paramount. If you deem the situation unsafe, drive to your nearest police station, don't stop, and then only can you exchange details... NOT in the middle of nowhere...

#RatherSafeThanSorry!

## Beware of Covid-19 scams!



### Criminals will use anything, even Covid-19, to scam you!

With the global pandemic comes the desire to stay updated with the most current information. However, it can be difficult for internet users to navigate this information and separate fact from fiction. It is also difficult to ensure that links and resources are reliable. The reality is that malicious activity comes through just about every communication channel: email, social media, text, and phone messages, and of course, misleading, and malicious websites.

A survey conducted by the global cybersecurity company Kaspersky, reveals data showing that more than two-thirds of local respondents say that either they or their loved ones have suffered from criminals via social networks since the outbreak of the virus.

- In most cases fraudsters pretended to be familiar with potential victims: the manipulation scheme presented a request for help from a friend (59%).
- The top Covid-19 related digital scam was fake insurance, followed by unemployment and third-party seller scams.

### Remember...

- Never give out your personal details.
- If it sounds too good to be true, then it probably is.
- Watch out for fraudulent charities, first do your homework before donating.
- Do not click on links or icons of unsolicited emails.
- Never reply to these emails; delete them and empty your recycle bin.

**Mike Bolhuis, Specialist Investigators into Serious Violent & Serious Economic Crimes, press release extracts**

## Postebulletin/ Job Bulletin



Aansoek van persone wat oor toepaslike kwalifikasies en ondervinding beskik, word vir die genoemde betrekking ingewag. Aansoekvorms kan by enige SAVF fasiliteit verky word/ Applications from people that qualify, are awaited for the mentioned post. Application forms can be obtained from any SAVF facility.

**Navrae en aansoek aan:**  
Die Streekbestuurder: Mev W Campher  
Enquiries and application to: The Regional Manager: Mrs W Campher  
E-pos/E-mail: wcampher@savf.co.za

### MAATSKAPLIKE WERKER – KONTRAK POS SOCIAL WORKER – CONTRACT POST

#### Diensvoordele ingesluit/ Benefits included:

- Ruim verlof/ Adequate leave.
- Ruim siekterverlof/ Adequate sick leave.

**STANDPLAAS/ STAND:** SAVF RUSTENBURG

**MINIMUM VEREISTES / MINIMUM REQUIREMENTS:**

- Graad in Maatskaplike werk/ Degree in Social Work;
- Registrasie by die SARMW/ Registration with SACSSP;
- SAPD Klaring/ SAPS Clearance;
- Klaring in terme van die Kinderbeskermings Register/ Clearance in terms of the Child Protection Register;
- Goeie kommunikasievierdigheids in Afrikaans en Engels/ Good communication skills in Afrikaans and English.
- Goeie menseverhoudings/ Good interpersonal relationships;
- Kode 08 bestuurslisensie/ Code 08 driver's license;
- Ondervinding in Statutêre werk/ gemeenskapsontwikkeling Experienced in Statutory work/ community development;
- Goeie gesondheid/ Good health;
- Vermoë om in 'n span en onafhanklik te werk/ Ability to work in a team as well as independently.

#### PLIGTE/ DUTIES:

- Statutêre werk, groepwerk, ontwikkelingsgroep/ projects Statutory work, group work, developmental groups/ projects;
- Werving, opleiding, benutting van vrywilligers/ Recruit, train, utilise volunteers;
- Uitvoer van doelwitte van besigheidsplan/ Implementation of objectives of business plan;
- Bemarking, networking, fondsinsameling en finansiële bestuur van kantoor/ Marketing, networking and fundraising and financial.
- Management of the office;

**SALARIS/ SALARY:** Volgens SAVF salarisskale/ According to SAVF salary scales.

**DIENSAANVAARDING/ STARTING DATE:**  
So gou as moontlik/ As soon as possible.

**SLUITINGSDATUM/ CLOSING DATE:**  
15 Oktober/ October 2021.

### ADMIN/ FINANSIES (KONTRAK POS) ADMIN/ FINANCIAL (CONTRACT POST)

#### Aansoek kan gepos, ge-epos of self ingebring word.

#### Diensvoordele ingesluit/ Benefits included:

- Ruim verlof/ Adequate leave.
- Ruim siekterverlof/ Adequate sick leave.

#### STANDPLAAS/ STAND: SAVF RUSTENBURG

#### MINIMUM VEREISTES/ MINIMUM REQUIREMENTS:

- Graad 12/ Grade 12.
- Erkende en toepaslike rekenkundige kwalifikasie of ondervinding/ Acknowledged and applicable accounting qualification.
- SAPD Klaring/ SAPS Clearance.
- Klaring in terme van die Kinderbeskermings Register (Vorm 30)/ Clearance in terms of the Child Protection register (Form 30).
- Goeie Rekenaarvaardigheid/ Good computer skills .
- Kennis van die Welsynbedryf/ Knowledge of the welfare industry.
- Kode 08 Bestuurslisensie/ Code 08 Drivers licence.
- Kennis en ondervinding van: Knowledge and experience of:
  - Interpretasie en toepassing van beleid/ Interpretation of policy.
  - Personeladministrasie/ Personnel administration.
  - Organisering, koördinering en beheer/ Organizing, co-ordinating and management.
  - Finansiële beheerstelsel/ Financial management.
- Moet oor goeie menseverhoudinge beskik, goed in 'n span kan werk. asook onafhanklik/ Must have good people skills, ability to work in a team as well as independent.
- Goeie kennis van bemarking en fondsinsameling.

#### PLIGTE / DUTIES:

- Doeltreffende bestuur van die administrasie en finansies Effective management of the administration and finances.
- Debiteure en krediteure/ Debtors and creditors.
- In samewerking met Bestuur verseker dat die afdelings binne hul begroting funksioneer/ Help management to control budget.
- Finansiële Bestuur/ Financial management.
- Beheer oor alle sigwaarde dokumente/ Control of all sight value documents Bemarking van SAVF en fondsinsameling.

**SALARIS/ SALARY:** Volgens SAVF salarisskale/ According to SAVF salary scales.

#### DIENSAANVAARDING/ STARTING DATE:

So gou as moontlik/ As soon as possible.

#### SLUITINGSDATUM/ CLOSING DATE:

24 Oktober/ October 2021.

### FASILITEITSBESTUURDER FACILITY MANAGER

#### Diensvoordele ingesluit/ Benefits included:

- Ruim verlof/ Adequate leave.
- Ruim siekterverlof/ Adequate sick leave.
- Diensbonus/ Service bonus.
- Pensioen – Voorsorgfonds/ Pension or Provident fund.

#### STANDPLAAS/ STAND: SAVF RODEONHOF OUETEHUIS OLD AGE HOME, SWARTRUGGENS

#### MINIMUM VEREISTES / MINIMUM REQUIREMENTS:

- Graad 12/ Grade 12.
- Erkende toepaslike kwalifikasie in Geesteswetenskappe Bestuurswetenskappe of rekenkundige kwalifikasie sal as aanbeveling dien/ Recognised' applicable qualification in Human Sciences/ Management Sciences or Accountancy will serve as a recommendation.
- Kode 08 Bestuurslisensie/ Code 08 Driver's license .
- Kennis van nuutste ontwikkeling in die welsynbedryf Knowledge of latest development in the welfare industry.
- Samewerking met Departement van Maatskaplike Ontwikkeling/ Co-operation with Department of Social Development.
- Kennis van bejaardesorg/ Knowledge of old age care.
- Kennis en ondervinding van: Knowledge and experience of:
  - Interpretasie en toepassing van SAVF beleid en ander relevante wette / Interpretation of policy and other relevant acts.
  - Samewerking in spanverband/ Co-ordination with a team.
  - Finansiële – en personeelbestuur/ Financial and personnel management.
  - Bepaling en organisering van werksprosedures/ Stipulation and organizing of work procedures.
  - Goeie verhoudings en kommunikasievermoë & tweetaligheid/ Good relational and communication skills & Bilingualism.
  - Opstel van Diensplanne/ Compilation of Service plans.

#### PLIGTE / DUTIES:

- Doeltreffende bestuur van die Behuising/ Effective management of the Housing Scheme.
- Samewerking en verslaggewing aan diensbestuur/ Reporting to the Service Management.
- Beheer en uitvoering van die administrasie en finansies van die Behuising/ Management and implementing of administration and finances of the Housing Scheme.
- Bemarking van die Behuising/ Marketing of the Housing Scheme.
- Alle ander generiese bestuurspligte/ All other generic management duties.

**SALARIS/ SALARY:** Volgens SAVF salarisskale/ According to SAVF salary scales.

#### DIENSAANVAARDING/ STARTING DATE:

So gou as moontlik/ As soon as possible.

#### SLUITINGSDATUM/ CLOSING DATE:

15 Oktober/ October 2021.

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## Have your say / Sê jou sê

Have you ever gone through your partner's phone?

Trust is the foundation of any successful relationship. Going through your partner's phone might seem like a breach of that trust, or it simply means that you have nothing to hide from each other...



No, there should be no reason at all to go through your spouse's phone unless there is definite suspicion, and you should ask for permission before checking. Modern phones have face ID, fingerprint recognition and passwords making it nearly impossible. Privacy is important and it all boils down to trusting each other.

Faried Saloojee



No, I have never done that. I do not intend on starting now. I believe in respecting his space and privacy.

Tsholofelo Leboko



No, the phone belongs to her, not me. So, I have no reason to go through it. Our relationship is based on respect.

Smangaliso Ntlaiba

### PUBLIC POLL: THE RESULTS ARE IN!

Have you ever gone through your partner's phone

NO 84% YES 16%

## POLL

Do you have any hobbies that you actively pursue?

A hobby is an activity that you like to do during your free time. The options of hobbies are endless... unfortunately, free time is not.

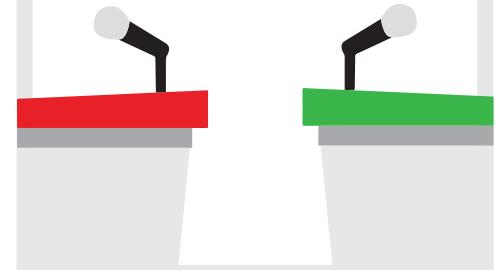
Make yourself heard by sending an email to news@platinumweekly.co.za or a WhatsApp to 081 579 7000 with the following information before 17:00 on Tuesday 28 September:

- Yes, I have a hobby, or,
- No, I don't have a hobby.
- The reason for your answer.
- A recent photo of yourself (optional) – that we can publish with your answer.
- Your contact details.

If you don't want your answers to be in the newspaper, just reply to the question: YES/ NO.

The results of the votes will be published in our next issue.

PS – You can also give your opinion by commenting on our Facebook post.



Send your event listing to news@platinumweekly.co.za \*\* Free Placement!

## PLATINUM EVENT DIARY

### PW EVENTS

	Date	Venue	Tel	Email
Make-Up Masterclass	24 Sep '21	Rustenburg: Casa Bella	083-865-9585	bookings@casabella.za.net
Bergsig 7's	24-25 Sep '21	Rustenburg: Bergsig	063-725-1854	milo@bersigacademy.net
Bok van Blerk live	25 Sep '21	Rustenburg: De Strandwerwers	082-442-9561	mountainviewtc@mweb.co.za
Octoberfest & Market	25 Sep '21	Rustenburg: Brauhaus	064-617-2423	info@brau.co.za
Markdag	2 Oct'21	Rustenburg: NHK Rustenburg Kloof	065-962-1948	ne.ye@telkomsa.net
Schalk Bezuidenhout Live	2 Oct '21	Rustenburg: De Strandwerwers	082-442-9561	mountainviewtc@mweb.co.za
Fund Raiser Event	9 Oct '21	Rustenburg: Rusties Lodge	082-508-2782	rustieslodge@vodamail.co.za
#HatsOn for Children's Palliative Care	13 Oct '21	Rustenburg: Hospice	014-595-8925	hospiceshop2@gmail.com
Steve Hofmeyr live	23 Oct '21	Boshoek: Bulls In The Bush	083-406-9392	info@bullsinbush.co.za
Saamstaan Fees	30 Oct '21	Kroondal: Cheers & Beers	082-762-4039	saamstaanfees@gmail.com

WEATHER REPORT NORTH WEST RUSTENBURG

Friday	24	Sep	2021	31°C - 14°C	Rainfall probability
Saturday	25	Sep	2021	33°C - 16°C	2%
Sunday	26	Sep	2021	34°C - 17°C	
Monday	27	Sep	2021	32°C - 16°C	Sunrise 05:58
Tuesday	28	Sep	2021	33°C - 18°C	Sunset 18:08

At time of print

### FINANCIAL INDICATORS

ZAR/USD	14.62
Rand/Euro	17.13
Rand/Pound	19.97
Rand/Aus Dollar	10.64
Dollar/Pound	1.37
Pound/Euro	1.17
Gold	1 771.15
Platinum	1 006.90
Palladium	2 029.75

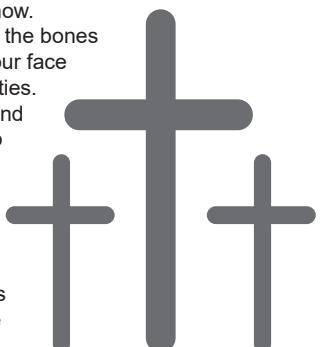
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## SOULFOOD

### PSALM 51 VERSE 1-14

<sup>1</sup>Have mercy upon me, O God, According to Your loving kindness; According to the multitude of Your tender mercies, blot out my transgressions. <sup>2</sup>Wash me thoroughly from my iniquity, And cleanse me from my sin. <sup>3</sup>For I acknowledge my transgressions, And my sin is always before me. <sup>4</sup>Against You, You only, have I sinned, And done this evil in Your sight— That You may be found just when You speak, And blameless when You judge. <sup>5</sup>Behold, I was brought forth in iniquity, And in sin my mother conceived me. <sup>6</sup>Behold, You desire truth in the inward parts, And in the hidden part You will make me to know wisdom. <sup>7</sup>Purge me with hyssop, and I shall be clean; Wash me, and I shall be whiter than snow. <sup>8</sup>Make me hear joy and gladness, That the bones You have broken may rejoice. <sup>9</sup>Hide Your face from my sins, And blot out all my iniquities. <sup>10</sup>Create in me a clean heart, O God, And renew a steadfast spirit within me. <sup>11</sup>Do not cast me away from Your presence, And do not take Your Holy Spirit from me. <sup>12</sup>Restore to me the joy of Your salvation, And uphold me by Your generous Spirit. Then I will teach transgressors Your ways. <sup>13</sup>And sinners shall be converted to You. <sup>14</sup>Deliver me from the guilt of bloodshed, O God.



## SUDOKU

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NEW KING JAMES VERSION (NKJV)

# CCBSA's Bizniz in a Box!

## Youth make business work through the pandemic

**Rustenburg** – Young participants in the Coca-Cola Beverages South Africa (CCBSA) Bizniz in a Box initiative have not allowed the pandemic to get them down, and have been working hard to create sustainable, growing enterprises contributing to creating jobs and opportunities for their communities.

As South Africa claws its way out of the economic slump, one such operation from Rustenburg is amongst those leading the way in demonstrating the grit and determination it takes to overcome adversity amid great uncertainty and youth unemployment.

The South African unemployment rate hit a record high of 34.4% in the second quarter as businesses shed staff due to the devastating economic impact of Covid-19, it was also reported that 67% of businesses in the townships were unable to operate at all during lockdown levels 5, 4 and 3. 75% of small businesses experienced a drop in sales.

"The Covid-19 crisis was incredibly challenging for us, and we had to work hard to ensure that even after closing for six months last year, we didn't completely shut down like so many other businesses," says 35-year-old Kelebogile Boikanyo, who runs a Bizniz in a Box in Kanana Village, Rustenburg. Boikanyo employs one full-time employee and runs a convenience store and restaurant. "We are now bouncing back strongly after closing for six months last year, but it is a slow process, and we have to be patient as people slowly venture out more."

Bizniz in a Box aims to create an ecosystem of viable micro-businesses offering complementary products and services in township communities, using the spaza shop as the anchor. Each business operates out of a custom-designed shipping container provided by CCBSA, covering various core needs of the local community, including business centres (internet cafés), car washes, fast-food shops, or mini bakeries.

Piloted in 2015 in the Free State province, as

part of the company's Youth Empowerment Programme (YEP), the initiative was established to make a meaningful and sustainable impact on youth unemployment through the rollout of a high-impact enterprise development programme that enables young people, particularly women, a chance to create a livelihood for themselves and others. The programme offers young entrepreneurs an opportunity to learn business skills, particularly those required to grow and run their own small and medium-sized enterprises (SMMEs). "The skills I've learned have really empowered me," Boikanyo says. "In the future, I want to start my own food franchise, which will offer sit-down meals, takeaways, and catered meals."

By the end of August 2021, through Bizniz in a Box, CCBSA and its partners had trained more than 749 young women entrepreneurs and helped 375 of them to take their businesses to the next level, creating 185 additional jobs by employing shop assistants. CCBSA aims to develop 200 viable, successful youth and women entrepreneurs by the end of 2021, creating new hope for young people in townships.

Coca-Cola Beverages South Africa (CCBSA) press release extracts



Kelebogile Boikanyo, who runs a Bizniz in a Box in Kanana Village, Rustenburg.



TKR Operations director Eddie Pienaar said his company attaches great value to assisting the community.



The spacious canteen will cater for learners and teachers at Rustenburg North Primary School.

## Canteen to boost healthy eating

**Rustenburg** – A brand-new and fully kitted canteen was handed over to Rustenburg North Primary School on Wednesday 22 September. The canteen, set to enhance their health and nutrition, was handed over by TKR Operations.

Director at TKR Operations Eddie Pienaar said the canteen is part of the company's wider initiative of giving back to the community. "It has been a very difficult 18 months for everyone because of Covid-19 and I know that teachers are dealing with a lot of challenges. My message to you is to not get discouraged because we will

continue to support you whenever we can." Human resources manager at TKR Operations Benjamin Mokoka echoed similar sentiments: "We are happy to hand this canteen over to the school and we hope it will become a sustainable project that will also benefit future generations.

Principal at Rustenburg North Primary School Hetta Havenga and school governing body (SGB) chairperson Mary Mamogale expressed their gratitude and pledged to ensure that the canteen is kept clean and not vandalised.

## Showcasing women in business

**Rustenburg** – The Girlpreneurs Business Conference, which was held at Rustenburg Golf Club on Thursday 9 September, created the ideal platform for women involved in various business interests to exchange ideas on how to increase their markets.

The conference, which was well attended, was an initiative by Accuracy Group to empower those who attended with a better appreciation of how to successfully run a business. In their opinion, the biggest challenge for women-owned start-ups, is access to networking platforms.

Accuracy Group chairman Tumi Malaatlala outlined the purpose of the day: "The objective is to capacitate women entrepreneurs and

help them to register thriving and compliant businesses." He also revealed that the conference would be held annually.

Dr. Roche Mamabolo from Lora Academy advised entrepreneurs to persevere during the challenging stages associated with starting one's own business. Nqobile Zondi from Standard Bank and Portia Zilwa from Old Mutual's Masisizane Fund explained about the funding opportunities available for businesses as well as the steps one has to follow to secure funding.

Participants were also given an opportunity to exhibit their goods and services while others made use of a networking session to establish business contacts and forge partnerships.

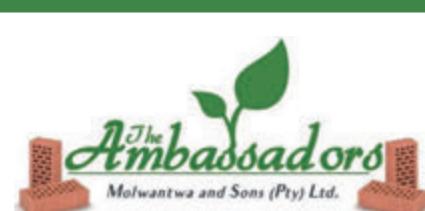


Accuracy Group representatives ensured the business conference was a resounding success.

**CONTACT US:** 082 294 1570 | 082 930 9376

thatomolwantwa79@gmail.com

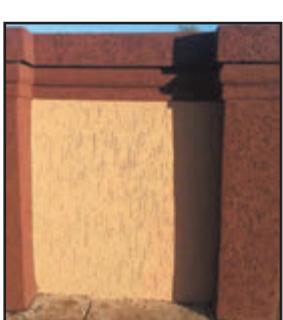
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# EMERGENCY NUMBERS

**KIDS!**  
FILL IN AND  
KEEP CLOSE!

My Mommy's number:

My Daddy's number:

My Doctor's number:

Friend/ Family  
member's number:

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Rustenburg SAPS 014 590  
Community Service Centre 4126/27/39

SAPS Boitekong 014 593 6001/  
6002/ 6003

SAPS Emergency 112  
(cell phones only)

SAPS Marikana 014 572 3143

SAPS Rustenburg 014 590 4116

SAPS Tlhabane 014 565 9154

## AMBULANCE

Ambulance / 014 784 4100  
Metro Control Room

Ambulance / Metro Control Room (provincial) 014 777 3500

## MEDICAL EMERGENCY

Med 24/7 (Private) 086 177 7761

ER24 084 124

NetCare 911 082 911

Trauma Rescue 014 594 0689

Ferncrest Hospital 014 568 4339/8  
(Emergencies)

Peglerae Hospital 014 597 2823  
(Casualties)

## HOSPITALS

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Job Shimankana Tabane 014 590 5100  
(JST) provincial hospital

La Femme Clinic 014 594 9500

RusMed 24 014 523 9378/9351

## PEST CONTROL

Bee Removal 061 657 6085

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CIA Crime Incident Accident 079 498 7606

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3444

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RLM Accounts Queries 014 590 3111/3090

RLM Emergencies Press 3  
(Fire Dept.)

RLM Customer Care Press 2  
Supervisor

## WATER

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Notice is hereby given in terms of Regulation 68(1) of the Deeds Registries Act, 1937, of the intention to apply for the issue of a certified copy of Deed of Transfer T62220/2007 for which VA9326/2015 has already been issued which VA has also been lost, passed by GERT JOHANNES DE VILLIERS THERON - IDENTITY NUMBER 680304 5289 08 0 Married out of community of property in favour of LINGO INVESTMENTS 2 PROPRIETARY LIMITED Registration Number: 2006/030510/07, in respect of PORTION 3 OF ERF 1183 RUSTENBURG TOWNSHIP REGISTRATION DIVISION, J.Q., PROVINCE OF NORTH-WEST, which is lost or destroyed. All interested persons having objection to the issue of such Certificate are hereby required to lodge the same in writing with the REGISTRAR OF DEEDS at PRETORIA within two weeks from the date of the publication of this notice.

Dated at RUSTENBURG on the 23<sup>rd</sup> day of September 2021.

CONVEYANCER | CHRISTOPH GERHARD MEYER M24442 | VAN VELDEN DUFFEY INC 67 BRINK STREET RUSTENBURG 014 592 1135 | christophm@vvd.co.za

## CAKES AND CUPCAKES

Cakes and cupcakes for all occasions | Contact Faith on 078 470 1498 or 065 968 1473.

## AIRCON SERVICES

AIRCON REGAS AND WINDSCREEN REPAIRS. OPPOSITE GREYSTONE CROSSING, RUSTENBURG. CONTACT KOBUS: 082 498 8148

## TYRE & WHEEL

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## REMOVAL

Kolenzelle Van Lines furniture removal, general transport, storage. Estelle 072 651 8557, kolenzelle@mweb.co.za

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## TO RENT

Shared office space to rent in Beyers Naude Drive. Available Immediately. Very Affordable. Contact 083 729 7991 / 067 258 7020

## CHILD AND FAMILY WELFARE:

In search of the whereabouts of the biological mother and biological father of boy child with the surname, Khumalo, who is +/- 6 months of age must urgently contact the Social Worker, Geraldine Legobye from Child and Family Welfare Rustenburg on 014 537 2014 or geraldine.legobye@gmail.com.

## HEALTH

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## We need your blood!

**Donate blood** at the South African National Blood Service (SANBS) Rustenburg, situated at the Lifestyle Square centre in Beyers Naude Drive, Rustenburg. Pop in before you do your shopping! Your blood can save up to three lives! You can donate blood every 56 days.



For more information visit [www.sanbs.org.za](http://www.sanbs.org.za) or give SANBS Rustenburg a call at 014-594 2771.

## Rustie-netbal palm die wenne in!

**Rustenburg** – Baie geluk aan ons netbalspanne wat uitstekend gevaa het tydens die NW-Kampioenskappe op Vrydag 10 en Saterdag 11 September. Die uitslae is as volg:

### o/16: Eindig eerste in NW en kwalifiseer vir SA-kampioenskappe

- Wen Platinum Village 27-0
- Wen Khumosejo 31-2
- Wen H/S Lichtenburg 27-0
- Wen Bergsig Akademie 21-4
- Wen Gimmies 24-0
- Wen Kgapamadi 37-4

### o/14: Eindig tweede in NW en kwalifiseer vir SA-kampioenskappe

- Wen Khumosejo 21-3
- Wen H/S Lichtenburg 13-11
- Wen Platinum Village 25-3
- Gelyk Gimmies 11-11
- Wen H/S Hartebies 14-10
- Wen Machakela 33-1

### o/15: Eindig tweede in NW en kwalifiseer vir SA-kampioenskappe

- Wen H/S Lichtenburg 16-6
- Wen Khumosejo 22-5
- Wen Machakela 39-1
- Verloor Gimmies 10-11
- Wen Bergsig Akademie 20-6

### o/17: Eindig tweede in NW.

- Wen Khumosejo 14-6
- Verloor Kgapamadi 16-13
- Verloor Gimmies 14-3
- Wen Bergsig Akademie 9-8

## Educational fun with our men in blue

**Rustenburg** – The dedicated men and women in blue visited Laerskool Proteapark for an educational presentation on Friday 6 September.

Rustenburg Police officers, members from the K9 and Explosives Unit, captain Elsabé Augoustides, as well as Social Crime Prevention warrant officer Obakeng Motope, sergeant Ofentse Poana, and sergeant Kgosi Manamela participated in educating youngsters about the work they do.

Learners were taught about the different types of dogs police use for training purposes and an exciting dog display, focussing on obedience, followed. Sergeant Poana with his narcotics dog, Nomsa, conducted a search for different narcotics, including Nyope and dagga.

Captain Augoustides spoke about police training and equipment and encouraged the learners to be safe while sergeant Manamela

had the children in awe with a lecture on explosives and dangers of experimenting with foreign objects. This informative day forms part of the South African Police Service's campaign to promote safer school environments and proactively teaching children about crime prevention.



Sergeant Ofentse Poana with his narcotics dog, Nomsa in action.



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# Rustie-Ruiters rock!

Van links: Zoe Vermaak, H.J. van Wyk, Lana Otto, Tenisha Durand, Chanice Grant, Francois Potgieter, Margot Naudé, Kaylen Joubert, Chrizaan de Jager, Liandré Badenhorts en Eduan Naudé.



## Tackling bullying in schools

**Mogwase** – Officers from SAPS Mogwase visited learners at Makoba Secondary School in Magong Village on Tuesday 31 August as part of their school safety programme.

Sergeant Kabelo Madisa of Mogwase SAPS, as well as representatives from the Department of Social Development, talked to learners about the dangers of bullying and using drugs. Madisa encouraged learners to speak up about sexual abuse of any form and to be vigilant. He also urged victims of sexual abuse to inform their parents or guardians so that such cases are reported to the police. Mrs Ramantsi from the Department of Social Development pointed out that bullying had no place in school or anywhere else. She added that bullying often results in a low self-esteem among affected learners and could also result in some of them staying away from school.



Sergeant Kabelo Madisa from Mogwase SAPS pleaded with learners to not use drugs.

**Rustenburg** – Baie geluk aan die volgende Hoëskool Rustenburg ruiters wat gekies is vir die NW-spanne, wat van Maandag 4 Oktober tot 9 Oktober gaan deelneem aan die SA-kampioenskappe te Kayalami Equestrian Park:

### Liandré Badenhorts

- 6 klasse A-span
- 1 klas B-span

**Eduan Naudé**

- 1 klas A-span

**H.J. van Wyk**

- 4 klasses A-span

**Tenisha Durand**

- 2 klasses A-span

**Margot Naudé**

- 4 klasses A-span
- 1 klas B-span

**Zoé Vermaak**

- 1 klas A-span

**Chanice Grant**

- 8 klasses A-span
- 1 klas B-span

**Chrizaan de Jager**

- 4 klasses A-span

**Lana Otto**

- 2 klasses A-span

**Kaylen Joubert**

- 3 klasses A-span
- 3 klasses B-span



## Orange Blossom tournament coming soon

**Rustenburg** – If you enjoy exciting golf, make sure you are at Rustenburg Golf Club from 29 – 31 October for the 45th annual Orange Blossom. Like the others before them, this year's tournament is likely to attract a lot of golfers from the North West province as well as other parts of South Africa. Said Rustenburg Golf Club manager Ilse Marais: "The Orange Blossom is the only tournament on our annual calendar that is held to raise money for our club, which is a non-profit organisation." Over the years, the Orange Blossom has also become renowned for creating an enjoyable family atmosphere for everyone. See you there!



## Rustie presteer by NW-gimnastiek

**Rustenburg** – Baie geluk aan Hoëskool Rustenburg leerder Henriette Fouché, wat haar NW-kleure vir gimnastiek ontvang het tydens die Provinciale Ritmiese Gimnastiek Kompetisie op 21 Augustus te Klerksdorp. Sy verteenwoordig Noordwes by die Gim Spele, van 1 tot 5 Oktober te Heartfelt Arena, Pretoria.



Adriaan du Plooy completed the 95km race in a time of 2:55:00.

**Rustenburg** – Rustenburg Cycling Club (RCC) member Adriaan du Plooy enjoyed taking part in the Blue Diamond Classic Race on Saturday 18 September. Du Plooy, who travelled all the way to the Baviaanspoort Correctional Centre near

Pretoria to join the other cyclists taking part in the event, completed the 95km race in a time of 2 hours, 55 minutes. Competitors enjoyed the scenic view during the race, which boasts the distinction of having official seeding status for the Cape Town Cycle Tour.

## WHAT'S Cooking?



**Dou Drappels & Manna chef Margaret Mokhatla and her freshly prepared cottage pie.**

## Cottage Pie

**Rustenburg** – Cottage Pie is comfort food, and no one understands this better than Dou Drappels & Manna chef Margaret Mokhatla!

This is a great go-to dish that she likes to make for her family after a long day. It's easy and cost effective, making it the perfect dinner when you are just not in the mood to cook but still want to treat your family.

Preparing meals for people daily, this is also one of the staple items on the Dou Drappels & Manna menu that their clients enjoy!

## Ingredients

- half a cup of cooking oil
- 1 teaspoon cumin seeds
- Half a teaspoon of ginger and garlic paste
- 2 to 3 medium potatoes
- 1 diced onion
- 1 diced green pepper
- 200g mixed vegetables
- 500g beef mince
- 2 teaspoons mince spice
- a quarter teaspoon of Garam masala
- mixed herbs to taste
- 2 tablespoons cheese
- 1 teaspoon baking powder
- 2 table spoons of butter.
- Paprika and parsley for seasoning

## Instructions

### Mince

1. Heat half a cup of oil, add the cumin seeds and ginger and garlic paste.
2. Fry for at least three minutes, very low heat.
3. Add diced onions and diced green pepper and fry together.
4. Mix in the mince, mince spice, a quarter teaspoon of Garam masala and fry until brown.
5. Season with herbs.
6. Place in an oven-safe bowl.

### Mash

1. Peel the potatoes and add to the water.
2. Make sure you boil your potatoes for at least 4 to 5 minutes.
3. Drain the water and add milk, butter and baking powder.
4. Mix well.

### The final steps

1. Spread the mash over the mince and sprinkle with cheese and melt in the oven.
2. Season with paprika and parsley.

# United Rugby Championship

Ai ou grote, net toe moeder, skoonma en mamma begin rustig raak na die Curriebeker eindstryd, kom die skokkende nuus... Pappa gaan vir nege maande weer net tydelik met die gewone huis dril besig wees. Die nuwe URC kampioenskapsreeks skop Vrydag, 24 September af, en nege maande later op 18 Junie 2022 gaan die eerste wenner van die URC die lig sien skyn. Mooi so!

**Die kompetisie bestaan uit sestien spanne:**

**Suid-Afrika (4)**

- Bulls
- Stormers
- Sharks
- Lions

**Ierland (4)**

- Connacht
- Leinster
- Munster
- Ulster

**Italie (2)**

- Benetton
- Zebre

**Skotland (2)**

- Edinburgh
- Glasgow Warriors

**Wallis (4)**

- Cardiff
- Dragons
- Ospreys
- Scarlets



Een van die verrassings is dat die gewese Bok haker, Bismarck du Plessis deur Jake White van sy trekker afgehaal is om deel van die gedugte Blou Bul span te wees.

**DIE BEPALINGS VIR WEEK EEN IS:** (Tuisspan altyd eerste genoem)

**Vrydag 24 September**

- 18:35 - Zebre vs Lions
- 20:35 - Cardiff vs Connacht
- 20:35 - Ulster vs Glasgow Warriors

**Saterdag 25 September**

- 17:00 - Benetton vs Stormers
- 18:15 - Edinburgh vs Scarlets
- 18:15 - Leinster vs Bulls
- 20:35 - Munster vs Sharks

**Sondag 26 September**

- 15:00 - Dragons vs Ospreys
- Nag ou grote...



Bismarck du Plessis speel Saterdag in sy eerste game vir die Bulle in die United Rugby Championship. Foto krediet: Kreative Mind Productions.

## ATKV-redenaarsspan presteer

**Rustenburg** – Baie geluk aan Hoëskool Rustenburg se leerders wat deelgeneem het aan die ATKV-spanredenaars. Uit 105 spanne wat deelgeneem het, is hierdie Rustie-redenaars as span, derde in die land!



Van links: Denicke Pretorius, Jurie Blignaut, Abrie Rocher en Sharni van der Westhuizen.

## Local beauties impress!

**Rustenburg** – Two beautiful young women from SA All Star Rêve Models Rustenburg, Tinique Patrick and Chanel Brits, rocked the Miss Sparkling Beauty Auditions held on

Saturday 14 August. They advanced to the final round and their scores impressed! For more information on SA All Star Rêve Models Rustenburg, contact 084 613 1545.



Tinique Patrick



Chanel Brits

# SA VS AUSTRALIË

Neem asseblief kennis getroue lesers. Geen 'April fool' grappies word op die blad toegelaat nie en sodoende gaan die volgende inligting nie vir sensitiewe lesers bedoel wees nie...

**Australië 30 - 17 Suid-Afrika**

Die enigste ligpunt van hierdie berig is dat al die Bokspelers uiters intensiewe oogtoetse geslaag het. Bok se kind word behoorlik geslag deur 23 honger Aussies. Die Aussies het met skitterende ruggas die Bokke verniel. Handré Pollard skop weer goed en dis dit. Wie skop mens nou uit die span?

Vir die Aussies het hulle senterpaar – die twee beste senters in die wêreld – gewys wat senterspel op die planeet rugby nou eintlik behels! Len Ikitau druk twee keer met die vleuel Marika Koroibete wat ook twee oor die doellyn is. Die groot ster van die toets, soos in groot maat, Taniela Tupou, was 'n masjien. Hy storm soos 'n weghol Oshkosh trok teen die kantlyn af, stamp 'n hele paar Bokke en met 'n puik binne-aangee, sit hy Koroibete in die spasie om te gaan druk. Hierdie knaap is die nuwe sensasie van Wêreld ruggas! Net 'n ou met groot ghoenas sal 'n randjie op die game Saterdag teen die Kiwi's opsit, dis die ou wat met sy emosies Vrydagdag gaan worstel met silwer varing nagmerries. Alle grappies vir 'n ander geleenthed. Die Bokke het die swakste toets in jare gespeel. Pateties, lamsakkig en siende blind. Wat hierdie week in die Bokkamp

gebeur sal seker nooit geopenbaar word nie. Wat wel gebeur het is dat Jacques Nienaber slegs twee veranderinge aan die begin-span gemaak het met Kwagga Smith en Lood de Jager. François Steyn en Elton Jantjies is op die bank...

- Volgende op die kaarte... Wat dit so 'n ongemaklike situasie maak vir hierdie toets dat dit die 100ste toets tussen die twee lande gaan wees. Die eerste toets was in Dunedin op 13 Augustus 1921 gespeel wat toe deur die All Blacks met 13-5 gewen is. In die 99 toetse wat tot dusver gespeel is het die All Blacks 59 keer gewen, die Bokke 36 keer en 4 toetse was gelykop.

**Nieu-Seeland 36-13 Argentinië**

Die Kiwi's se sogenaamde C-span was toe net te sterk vir die moedige Pumas. Die All Blacks wen 36-13 en toon hoe gesond Kiwi ruggas met hulle diepte in alle posisies ou grote. Die Argentyne is nou onder groot druk en speel volgende teen die witwarm Aussies. Die All Blacks op hulle beurt kom teen die Springbokke te staan.

**Nag ou groene...**



## Basta met boelies!

[Skrywe aan die redakteur]



**Rustenburg** – So sit ek uit blote gewoonte en loer deur sosiale media toe iemand se plasing my oog vang.

Dit is 'n vrou wat kla dat haar kleindogter by die skool geboelie word. Net vir interessantheid besluit ek om verder te lees, om te sien wat die mense te sê het. Groot was my verbassing om te sien dat daar niks minder as 64 ander mense is wat kla oor presies dieselfde probleem... hulle kinders word geboelie.

Ek weet skole het 'n verskeidenheid veldtogene teen boelies maar help dit werklik? Kinders pleeg selfmoord. Laerskool kinders pleeg selfmoord en steeds wil dit voorkom of die probleem nie opgelos kan word nie. Ek glo nie in elke liewe geval is dit die ouers se skuld nie, maar dalk is dit die wêreld waarin ons lewe wat ons kinders só wreed maak?

Ons neem soms net aan dat kinders wat boelie 'slegte kinders' is, of dat hulle ouers hulle nie maniere geleer het nie. Maar daar

is baie ander goed wat maak dat kinders ander afknou. Soms wil hulle net inpas by 'n groep kinders wat boelie. Kinders wat aandag wil hê of kinders wat van natuur baie selfvertroue het en nie bang is om te sê wat hulle glo of wat hulle wil hê nie kan ook boelies word. Hulle verstaan moontlik nie hoe hul dade of woorde ander kinders beïnvloed nie.

Kinders wat self geboelie word, het sy tuis of op skool, word dikwels ook boelies. Daar is so baie redes, nie noodwendig verskonings nie... en daarom is dit so belangrik dat ouers openlik met hulle kinders hieroor kommunikeer. Soms voel kinders emosies wat hulle nie kan verstaan nie en daarom moet ouers hulle help om dit te hanteer en dat om ander te verkleineer nie die regte manier is om dit te doen nie.

Maar... iets sal gedoen moet word, en dit begin by die ouers.

**Antie Boelie**

## Bosveld skoonheid

**Rustenburg** – Die Bosveld fees op Saterdag 4 September was groot pret vir almal wat die geleenthed gehad het om dit by te woon.

Een hoogtepunt van die dag was beslis die Mrn en Mej Bosveldfees waar die jongspan die skare van die verhoog af bekroon het. Baie geluk aan die volgende wenners wat elk 'n kroon en titel ingepalm het:

- Mrn Bosveld – Gregon van Wyk
- Tweede prins – Brandon Battis
- Mej. Bosveld – Zoné van Wyk
- Tweed prinses – Chante Theron
- Derde prinses – Leira Pedino

**Foto:** Van links: Zoné van Wyk, Leira Pedino en Gregon van Wyk.





# win with Sun City & Platinum Weekly

**Nominate your community hero or share your best summer holiday memory and stand a chance to win with Sun City and Platinum Weekly!**

- Three lucky draws will be held, to announce three winners.
- Winner 1 will be announced on Friday 1 October.
- Winner 2 will be announced on Friday 29 October.
- Winner 3 will be announced on Friday 19 November.

#### HOW TO ENTER

Send an email to [sassy@platinumweekly.co.za](mailto:sassy@platinumweekly.co.za) or a WhatsApp to 081 821 1332 with the following information...

- Nominate your community hero or share your best summer holiday memory. The more details the better! You can also send photos! You only have to choose one topic.

#### Give us your details:

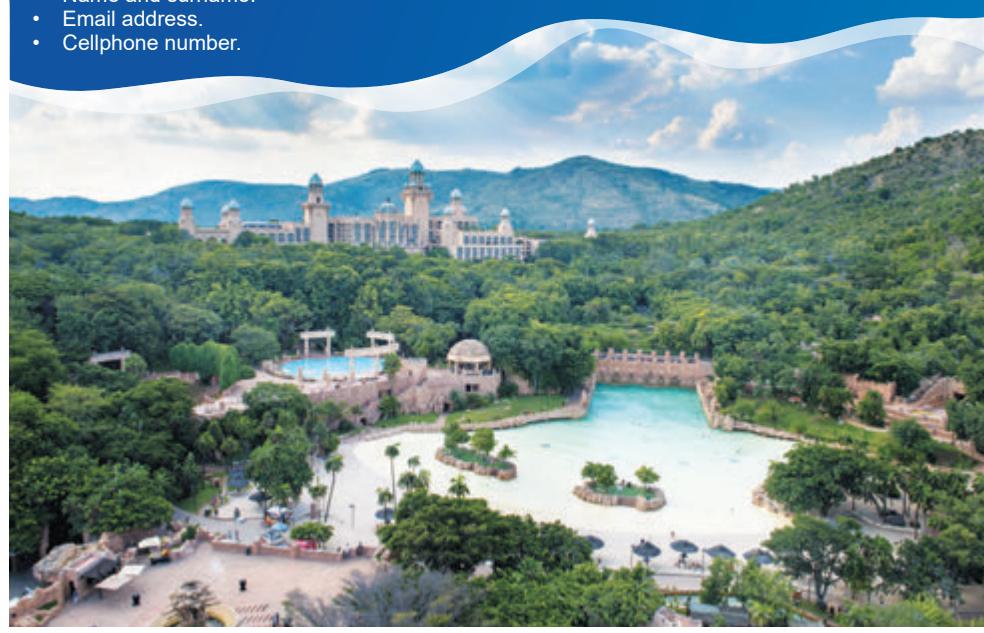
- Name and surname.
- Email address.
- Cellphone number.

Facebook: [@SunCitySA](#)  
Instagram: [suncityresortsza](#)  
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Those who wish to book a stay at Sun City can do so via the newly launched Online booking engine. Visit [suncity.co.za](#) for best rates.

#### WINNINGS

Three lucky winners will each win a two-night midweek stay for two people at Cabanas, valued at over R6,000. Breakfast and access to the Valley of Waves are included.



**PLATINUM WEEKLY**

*Sun City*

**RULES:** • You can enter as many times as you like. • The person entering must be 18 years or older. • The prizes are not transferable for cash. • Prizes are valid for six months, subject to availability. Please note that peak season includes the festive break in December 2021 and Easter during April 2022 so availability may not be accessible during this time. • Platinum Weekly will contact the winners and their names and photos will be published in the newspaper. • Terms and conditions apply.

## Celebrating football excellence



Million Dollar Masters Football Club players display their awards.

**Rustenburg** – Million Dollar Masters Football Club honoured their outstanding players on Saturday 18 September during a glitzy awards ceremony held at Kloof View Primary School. The ceremony was a major highlight for the club, who managed to win the 2020/21 Bojanala Masters Football League. The club emerged as the best among 13 other competing teams when the league, which was contested by players aged 35 years or older, was concluded. All in all, Million Dollar Masters Football Club has now won 11 local competitions since its formation in 1999. In his address, club chairman Philip Mphahlele described all members of the team as special. "We are more than 40 players in our team. You are all winners, whether you

have received an award or not," he said. The leading scorer of the season award went to Tebogo Sewise while Lebogang Lemme won the goalkeeper of the season accolade. Kagiso Mawela (midfielder of the season), Lawrence Rangaka (most committed player of the season), Percy Makweba (player of the season), Kenneth Motsepe (chairman's award) and Frank Masilo (most improved player of the season) were among the other winners.

Speaker after speaker recognised the contributions of Johannes Setsoe, a club director who passed away in July 2021. We extend our sincerest condolences to the family and friends of Setsoe.

A shoutout to our coach Joel Scherman, who has done a great job – especially on the technical side of the game."

Impala will play five more matches before the league heads into the semi-final stage. Their next game, against Tshwane University of Technology (TUT), will take place on 2 October.

The semi-finals are scheduled for 6 November and will be contested among the four teams with the most points. Winners of the semi-finals will play against each other in the finals, which are scheduled for Saturday 13 November.



## Impala beats Atteridgeville 106-3!

**(this is not a typo!)**

**Rustenburg** – Impala Rugby Club maintained their unbeaten run in the Carlton President League on Saturday 18 September with a resounding 106-3 victory over Atteridgeville. With seven matches won, they are well on their way for a spot in the semi-finals.

"We are now on top of the log," said club chairman Wynand Burger. "It has been a good season for us and although we lost one of our players to a rival club, we have performed very well."

Burger attributed the team's impressive performance this season to a professional approach on the part of both the players and the coaches. "We have a very good and disciplined team. They train very hard.

**HAPPY  
HERITAGE  
DAY**



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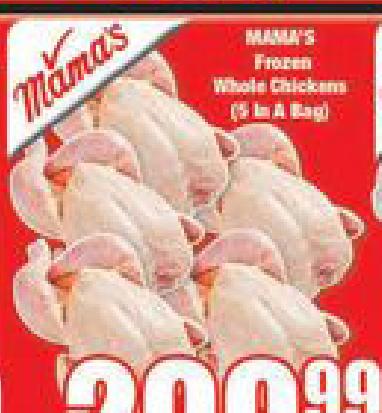
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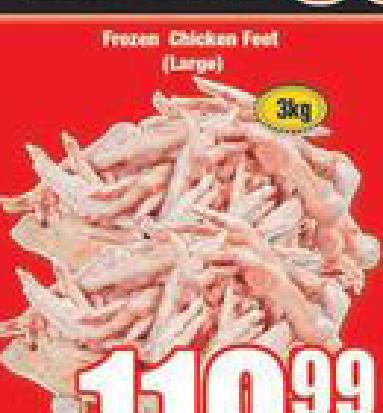
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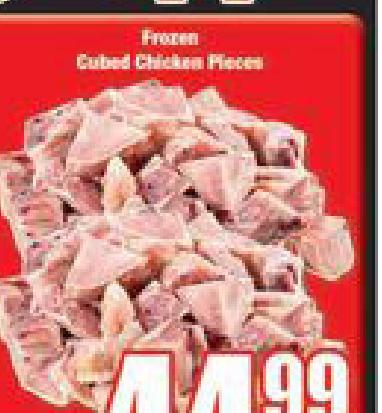
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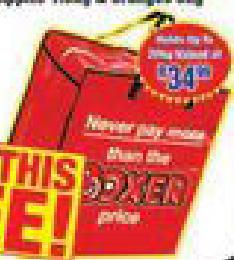


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<b>40</b>	<b>20</b>	<b>38</b>	<b>60</b>	<b>54</b>	<b>54</b>																		

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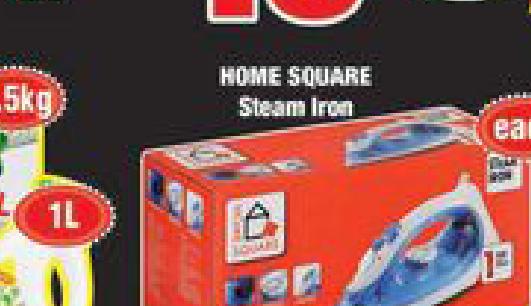
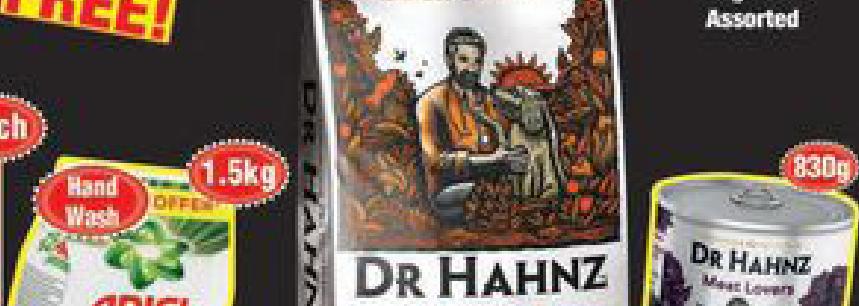
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**45<sup>99</sup> per kg**  
Marinated Spatchcock Chicken

**89<sup>99</sup> per kg**  
Farmstead Pork Rump Steak

**79<sup>99</sup> per kg**  
Bulk Pork Loin & Rib Chops

**89<sup>99</sup> per kg**  
Beef Texan Steak

**89<sup>99</sup> per kg**  
Smoked Pork Spare Ribs

**BEEF TEXAN STEAK**

**SAVE 10%**  
WITH CARD

**Fisherman's Deli Whole Yellowtail**

**64<sup>99</sup> 400g**  
Cape Point Mussel Meat

**56<sup>99</sup> 400g**  
Fisherman's Deli Half Shell Mussels

**BUY ANY 2 & SAVE 10%**

**2 x Mediterranean Delicacies**  
- 125g Anchovy Fillets  
- 250g Herring Rollmops  
- 250g Chopped Herring

**SAVE 10%**  
WITH CARD

**per 100g Fisherman's Deli Extra Large West Coast Soles**

**ANY 2 FOR R46**  
WITH CARD

**2 x 200g Eskort Diced/ Round Cut Bacon**

**SAVE R12**

**34<sup>99</sup> 1kg each**  
Eskort French/Garlic Polony

**39<sup>99</sup> 500g**  
Rainbow Simply Chicken Smoked Viennas

**49<sup>99</sup> 1kg**  
Enterprise Viennas All Variants Each Excluding Premium

**49<sup>99</sup> 1kg/700g each**  
Rainbow Simply Chicken Polony All Variants

**Simple Truth**

FREE - RANGE  
 100% SOUTH AFRICAN GROWN

**89<sup>99</sup> per kg**  
Simple Truth Chicken Breast Fillets

**64<sup>99</sup> per kg**  
Farmer's Choice Fresh 12-Piece Chicken Fillets

**79<sup>99</sup> per kg**  
Simple Truth Chicken 4 Drumsticks & 4 Thighs

**37<sup>99</sup> 400g**  
Rainbow Simply Chicken Crumbed Chicken Steaklets

**37<sup>99</sup> 400g**  
County Fair Crumbed Chicken Nuggets

**READY TO BRAAI** **249<sup>99</sup> 1.1kg**  
CONVENIENTLY PREPARED

**READY TO BRAAI**  
LAMB RIBS

**54<sup>99</sup> 200g**  
Ready to Braai Angel Kisses

**54<sup>99</sup> 360g**  
Ready to Braai Cheese Twisters

**59<sup>99</sup> 360g**  
Ready to Braai Jalapeño Poppers

**64<sup>99</sup> 305g each**  
Ready to Braai Braai Cones

**149<sup>99</sup> 1kg**  
Ready to Braai Deboned BBQ Chicken

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# Discover a **WORLD OF FLAVOUR**

Explore our quality range of international flavours  
made with the finest ingredients

ASIA

## ASIAN FAVOURITES



CHICKEN  
SATAY  
NOODLES



TERIYAKI  
BEEF &  
BROCCOLI



THAI  
RED  
CURRY



SWEET  
&  
SOUR  
PORK



BEEF  
CHOW  
MEIN



BUY ANY 3 &  
**SAVE  
15%**  
WITH CARD

GLOBALLY  
INSPIRED.  
LOCALLY  
PRODUCED.



CASHEW  
NUT  
CHICKEN

## POKE BOWLS WITH A TWIST



POKE BOWL  
TEMPEH



POKE BOWL  
WITH TROUT



POKE BOWL  
WITH CHICKEN

BUY ANY 2 &  
**SAVE  
10%**  
WITH CARD

## GRAB & GO STREET FOOD



BILTONG  
CROQUETTES  
WITH  
CHIPOTLE  
MAYO



BEEF  
EMPANADAS



SWEET  
CHURROS



CHICKEN  
BURRITO



SPICY BEEF  
NACHO  
KIT



BUY ANY 2 &  
**SAVE  
15%**  
WITH CARD

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**GET READY  
TO PAY LESS FOR  
RIPE & READY**

**24<sup>99</sup>**  
2 per pack  
X WITH CARD

Ripe & Ready Avocados

NEW BIODEGRADABLE & COMPOSTABLE PUNNET

**SAVE 20%**  
**26<sup>99</sup>**  
125g each  
X WITH CARD

Fairview Brie/ Camembert Cheese

**69<sup>99</sup>**  
600g each  
X WITH CARD

Lancewood Cheddar/Gouda/ White Cheddar

**ANY 2 FOR R115**  
X WITH CARD

2 x 6x340ml Castle Lite/Castle Double Malt Lager Beer NRB

**SAVE R35**

**AN AFFORDABLE RANGE OF JUNK-FREE KIDS' MEALS**

**OH MY GOODNESS!**  
CHOOSEN BY KIDS APPROVED BY PARENTS

**BUY ANY 4 & SAVE 25%**  
X WITH CARD  
Oh My Goodness All Variants

**NO JUNK PROMISE:**  
No added MSG  
No artificial colours or flavours  
No artificial sweeteners

**29<sup>99</sup>**  
150g  
Mezé Danish Feta Cheese

**39<sup>99</sup>**  
180g  
Mezé Haloumi Cheese Fingers

**24<sup>99</sup>**  
250g  
Crystal Valley Cottage Cheese All Variants Each

**32<sup>99</sup>**  
230g each  
Lancewood Cream Cheese All Variants

**27<sup>99</sup>**  
90g  
Fairview Mini Cheese Platter

**27<sup>99</sup>**  
90g  
Fairview White Rock All Variants

**44<sup>99</sup>**  
400g  
Président Feta Cheese All Variants Each

**26<sup>99</sup>**  
2 x 40g Mezé Grated Parmesan  
AS SEEN ON TV  
SAVE 17%  
BULK

**89<sup>99</sup>**  
800g each  
Clover Cheddar/ Gouda/Tusser's Cheese

**42<sup>99</sup>**  
100g/110g each  
Babybel Mini Cheeses  
SAVE 10%

**34<sup>99</sup>**  
100g/125g  
Castello Brie/ Camembert/Blue Cheese

**47<sup>99</sup>**  
215g  
Kiri Medium Fat Cream Cheese

**39<sup>99</sup>**  
300g each  
Simple Truth Lactose Free Gouda/Cheddar  
LACTOSE FREE  
SAVE 18%

**42<sup>99</sup>**  
100g/110g each  
Babybel Mini Cheeses  
SAVE 10%

**42<sup>99</sup>**  
100g/110g each  
Babybel Mini Cheeses  
SAVE 10%

**42<sup>99</sup>**  
2 x 300g Lancewood Mature Cheddar  
BUY 2 FOR R90  
SAVE R26

**NEED HELP CHOOSING A DRINK OR TWO?**

**WHAT'LL IT BE?**

**GET THIS FREE!**

**139<sup>99</sup>**  
750ml  
BUY 750ml Klipdrift Export Brandy & GET 2x Coca-Cola Original/2,25x Zero/ Light/No Caffeine Cold Drink Each FREE!

**149<sup>99</sup>**  
750ml  
Gordon's London Dry Gin

**199<sup>99</sup>**  
750ml  
Ballantine's Finest Blended Scotch Whisky & GET 1x Schweppes Ginger Ale FREE!

**299<sup>99</sup>**  
750ml  
Jameson Triple Distilled Irish Whiskey

**299<sup>99</sup>**  
24x330ml  
BUY 24x330ml Hunter's Premium Cider All Variants NRB per case & GET 6x330ml Hunter's Premium Cider All Variants NRB per pack FREE!

**FREE DEAL 299<sup>99</sup>**  
24x330ml  
BUY 24x330ml Hunter's Premium Cider All Variants NRB per case & GET 6x330ml Hunter's Premium Cider All Variants NRB per pack FREE!

**DEALS VALID ON GOVERNMENT-REGULATED TRADING DAYS ONLY.**

NOT FOR PERSONS UNDER THE AGE OF 18. DRINK RESPONSIBLY.



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# NEW DEALS IN EVERY AISLE

**ANY 2 FOR R24**  
WITH CARD

2 x 500ml Monster Energy Drink All Variants

AS SEEN ON TV

1st R SAVE 24%

MONSTER

**ANY 3 FOR R28**  
WITH CARD

3 x 135g Willards Cheas Naks All Variants

CHEAS NAKS

SAVE R11

**ANY 2 FOR R45**  
WITH CARD

2 x 150g Cadbury Chocolate Slabs All Variants

DAIRY MILK ROASTED ALMOND

DAIRY MILK

SAVE R19

**ANY 3 FOR R48**  
WITH CARD

3 x 125g Beacon Maynards Gum Sweets All Variants

Maynards

SAVE R18

**ANY 3 FOR R60**  
WITH CARD

3 x 100g/110g Pringles Chips All Variants

PRINGLES

SAVE 13%

## KEEP SWIPING & SAVING

ALL YOUR SWEET TREATS FOR LESS

 <p><b>17<sup>99</sup></b> 200g each</p> <p>Bakers Eet-Sum-Mor Biscuits All Variants</p>	 <p><b>24<sup>99</sup></b> 100g each</p> <p>M&amp;M's Chocolates</p>	 <p><b>39<sup>99</sup></b> 200g/250g each</p> <p>Ryvita Crispbread All Variants</p>	 <p><b>89<sup>99</sup></b> 200g</p> <p>Lindt Lindor Chocolate Cornet All Variants Each</p>	 <p><b>SAVE R23</b> <b>ANY 2 FOR R65</b> WITH CARD</p> <p>2 x 450g/500g Cape Cookies Rusks All Variants</p>	 <p><b>SAVE R10</b> <b>ANY 2 FOR R34</b> WITH CARD</p> <p>2 x 2,25L Coca-Cola/Tab/Stoney/Fanta/Sprite Sugar Free Cold Drink</p>
 <p><b>SAVE R10</b> <b>ANY 2 FOR R30</b> WITH CARD</p> <p>2 x 10 per pack Beacon Fizz Pop All Variants</p>	 <p><b>SAVE R14</b> <b>BUY 2 FOR R40</b> WITH CARD</p> <p>2 x 300g Magic Moments Pink &amp; White Marshmallows</p>	 <p><b>SAVE R12</b> <b>ANY 4 FOR R40</b> WITH CARD</p> <p>4 x 45g PVM Energy Bar All Variants</p>	 <p><b>SAVE R15</b> <b>ANY 3 FOR R45</b> WITH CARD</p> <p>3 x 125g Amajoya Sweets All Variants</p>	 <p><b>SAVE 16%</b> <b>ANY 3 FOR R45</b> WITH CARD</p> <p>3 x 7/26 per pack Mentos Sweets All Variants</p>	 <p><b>69<sup>99</sup></b> 2L each</p> <p>Magalies Nectar Concentrate All Variants</p>
 <p><b>SAVE R10</b> <b>ANY 2 FOR R36</b> WITH CARD</p> <p>2 x 185g De Vries Double Velvet Biscuits All Variants</p>	 <p><b>SAVE R10</b> <b>ANY 3 FOR R38</b> WITH CARD</p> <p>3 x 133g Oreo Biscuits All Variants</p>	 <p><b>SAVE R19</b> <b>ANY 2 FOR R45</b> WITH CARD</p> <p>2 x 200g Bakers Kips Crackers All Variants</p>	 <p><b>SAVE 19%</b> <b>ANY 5 FOR R40</b> WITH CARD</p> <p>5 x Cadbury Chocolates 5Star/Lunch Bar/Crunchie</p>	 <p><b>SAVE R17</b> <b>ANY 3 FOR R40</b> WITH CARD</p> <p>3 x 90g/100g Baker Street Jumpin Jack Popcorn All Variants</p>	 <p><b>SAVE R18</b> <b>ANY 2 FOR R60</b> WITH CARD</p> <p>2 x 6x500ml per pack Thirsti Still/Sparkling Water</p>
 <p><b>SAVE 21%</b> <b>BUY 2 FOR R30</b> WITH CARD</p> <p>2 x 2L Pepsi Regular Cold Drink</p>	 <p><b>SAVE R31</b> <b>ANY 2 FOR R49</b> WITH CARD</p> <p>2 x 6 per pack Tinkies Filled Sponge Cake All Variants</p>	 <p><b>SAVE 28%</b> <b>BOTH FOR R50</b> WITH CARD</p> <p>450g Safari Peanuts All Variants Each &amp; 150g Safari Peanuts All Variants Each</p>	 <p><b>SAVE R24</b> <b>ANY 2 FOR R60</b> WITH CARD</p> <p>2 x 6x200ml per pack Rhodes 100% Fruit Juice Blend All Variants</p>	 <p><b>AS SEEN ON TV</b></p> <p><b>BUY ANY 4 &amp; SAVE 25%</b> WITH CARD</p> <p>BUY ANY 4 x Liqui Fruit Products All Variants</p>	

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# JOIN SA'S FASTEST-GROWING

THE MORE YOU SWIPE,

## MILK ALTERNATIVES THAT WON'T MILK YOUR BUDGET

BUY ANY 3 &  
**SAVE  
25%**

3 x Milk Alternative Products  
(Unsweetened Only)



VEGAN  
SOURCE OF  
CALCIUM  
DAIRY FREE  
PRESERVATIVE  
FREE



## GLUTEN-FREE



FROM  
**11.99**  
each

Calorie Conscious Gluten-Free  
Chocolate Brownie R11.99  
Muffin 100g R24.99  
White Bread 250g R32.99  
Buckwheat Bread 250g R32.99  
Zucchini Wrap 4 per pack R37.99



Your immune  
booster squad is here  
Packed with all the good stuff

ANY 6  
FOR  
**R100**

6 x 100ml Sir Fruit  
Cold Pressed Shot  
All Variants

SAVE 24%

I'm new!

AUTHENTICALLY GREEK

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# REWARDS PROGRAMME



**BOTH FOR  
R70**  
WITH CARD



400g I&J Chicken Burgers  
All Variants Each &  
1kg Natures Garden  
American-style Fries

**SAVE R20**

**BOTH FOR  
R85**  
WITH CARD



600g Sea Harvest Fish  
Fingers & 415g McCain  
Potato Smiles

**SAVE R25**

**BOTH FOR  
R95**  
WITH CARD



600g Sea Harvest Plain  
Hake & 700g McCain Stir  
Fry All Variants Each

**SAVE R27**

**BOTH FOR  
R95**  
WITH CARD



600g Sea Harvest Fish  
Friday & 1kg Natures  
Garden Straight Cut Chips

**SAVE R25**

**BOTH FOR  
R140**  
WITH CARD



700g BRM St Louis Pork  
Loin Ribs & 1kg McCain  
Skinny Fries OR Slap Chips

**SAVE R47**

## THE MORE YOU CAN SAVE



**62<sup>99</sup>**  
1.5kg each

Goldi Frozen Chicken  
Drumsticks/Wings



**28<sup>99</sup>**  
1kg

Natures Garden  
Slap Potato Chips



**29<sup>99</sup>**  
1kg each

Natures Garden Garden Mix/  
Country Mix Vegetables



**SAVE 24%  
ANY 2 FOR  
R65**  
WITH CARD

2 x 350g Dr. Oetker Green Valley  
Creamed Spinach/Spinach & Feta



**SAVE 28%**  
**22<sup>99</sup>**  
100g each

WITH CARD

**AS SEEN  
ON TV**



**SAVE R35  
ANY 10 FOR  
R85**  
WITH CARD

10 x 250g McCain Sweet Corn/  
Garden Peas/Green Beans/Diced  
Carrots



**BUY ANY 3 &  
SAVE 20%**  
WITH CARD

3 x 750g McCain  
Frozen Veg All Variants



**SAVE R4  
12<sup>99</sup>**  
400g each

WITH CARD



**SAVE R15  
59<sup>99</sup>**  
30 per pack

WITH CARD



**SAVE R17  
62<sup>99</sup>**  
600g each

WITH CARD



**SAVE R40  
ANY 3 FOR  
R110**  
WITH CARD

3 x 325g/350g Dr. Oetker  
Nice'n Easy All Variants

Plant-based

## VEGAN & PLANT-BASED



**SAVE R18  
BUY 2 FOR  
R60**  
WITH CARD

2 x 500g Flora 60%  
Fat Vegan Spread



**SAVE R20  
BUY 2 FOR  
R90**  
WITH CARD

2 x 500g Flora 75% Fat  
Plant Butter



**29<sup>99</sup>**  
100g each  
G.dness Vegan Original/  
Peppadew/Smoko/Chive/  
Olive Cold Cut



**BUY ANY 2 &  
SAVE 20%**  
WITH CARD

2 x 320g/360g/380g  
Fry's Plant-Based  
Burgers/Hot Dogs/  
Sausages All Variants

# SWIPE FOR GOOD HELPS TO

**ANY 2 FOR R20**  
WITH CARD



SAVE 28%

**ANY 2 FOR R28**  
WITH CARD



SAVE R16

**SAVE R11 44<sup>99</sup>**  
1kg  
WITH CARD



44<sup>99</sup>

**BUY 2 FOR R50**  
WITH CARD



R50

**SAVE R10 69<sup>99</sup>**  
750g  
WITH CARD



69<sup>99</sup>

## NO NEED TO SHOP AROUND WITH



**18<sup>99</sup>**

65g each

Cape Point Smoked Mussels in Oil



**19<sup>99</sup>**

340g

Offenau Sweet White Cocktail Onions



**21<sup>99</sup>**

700ml

Wellington's Tomato Sauce



**23<sup>99</sup>**

780g

Rhodes Sliced/Grated Beetroot Each



**24<sup>99</sup>**

200ml each

Ina Paarman's Sauce All Variants



**22<sup>99</sup>**

375ml each

Steers Sauce/Salad Dressing All Variants



**24<sup>99</sup>**

140g

Himalayan Salt & Pepper Grinder



**SAVE R20 ANY 3 FOR R40**

WITH CARD

R40

500ml each

3 x 170g Lucky Star Tuna in Oil/Water



**24<sup>99</sup>**

500ml each

Castle Braai Series Steakhouse Marinade



**26<sup>99</sup>**

750g

Nola Mayonnaise Each



**29<sup>99</sup>**

250ml

Banditos Sauce All Variants



**29<sup>99</sup>**

250ml/265g each

Nando's Sauce All Variants



**29<sup>99</sup>**

260g/280g each

Peppadew Sweet Mild Piquante Peppers All Variants



**54<sup>99</sup>**

2L

Sunfoil Canola Oil



**SAVE 15% BUY 2 FOR R22**

WITH CARD

R22

410g each

2 x 410g Koo Baked Beans in Tomato Sauce



**SAVE R15 ANY 3 FOR R30**

WITH CARD

R30

3 x The Kitchen Instant Soup All Variants

**A WIDE SELECTION OF QUALITY PRODUCTS**

**BUY ANY 4 & SAVE 20%**

WITH CARD

4 x Pot O' Gold Beans/Pulses



WE DISCOUNT CARDS

**SAVE R12 BUY 3 FOR R21**

WITH CARD

R21



3 x 100g All Gold Tomato Paste

**SAVE R21 ANY 2 FOR R45**

WITH CARD

R45



2 x Knorr Mates Meal Kits All Variants

**SAVE R16 ANY 3 FOR R50**

WITH CARD

R50



3 x 20g Nando's Bag & Bake All Variants

**SAVE R19 ANY 2 FOR R55**

WITH CARD

R55



2 x 200ml Ina Paarman's Seasoning All Variants

**SAVE R15 ANY 5 FOR R55**

WITH CARD

R55



5 x 410g Miami Braai Relish/Seshebo

**SAVE 7% ANY 2 FOR R65**

WITH CARD

R65



2 x 400g Marina Braai Salt All Variants

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# FEED OUR COMMUNITIES



ANY 2  
FOR  
**R50**



SAVE R14

BUY 2  
FOR  
**R70**



SAVE R10

BUY  
ANY 2  
GET THE 3RD  
**FREE**



SAVE R58

SAVE  
**R28**

**139,99**



Nescafe Coffee  
Capsules All Variants

BOTH  
FOR  
**R100**



SAVE R25

## OVER 1000 DEALS EVERY DAY



**32,99**

100 per pack

Joko Strong Quality  
Teabags



**41,99**

2,5kg

Selati  
White Sugar



**59,99**

500g

Brother Bees  
Irradiated Honey



**79,99**

200g

Mastertons  
Instant Coffee



**89,99**

500g each

Eduscho Cafè A La Carte  
Ground Coffee All Variants



**89,99**

850g

Nestlé Nespray  
Milk Powder



**99,99**

1kg

Nestlé Milo Original  
Malt Energy Drink



**16,99**

410g each

Koo Peach Slices/  
Halves in Syrup



**23,99**

600g each

Rhodes Jam  
All Variants



**24,99**

2.5kg each

Snowflake Cake Wheat Flour/  
White OR Brown Bread Flour



**49,99**

1kg each

Thokoman Smooth/  
Crunchy Peanut Butter



SAVE 32%  
ANY 3 FOR  
**R20**

WITH CARD

3 x 80g Moir's  
Jelly All Variants



SAVE R12  
WITH CARD

29,99

300g

Snowflake Premixes  
All Variants



SAVE R13  
WITH CARD

**39,99**

500g

Royal Baking  
Powder



BUY ANY 2 &  
**SAVE 15%**

WITH CARD

BUY ANY 2 x 500g/  
1kg Mostra di Café  
Coffee Beans/Ground  
Coffee All Variants



BUY ANY &  
**SAVE 15%**

WITH CARD

BUY ANY 500ml  
Extra Virgin  
Olive Oils



**26,99**

1kg

WITH CARD

Jungle Oats



**31,99**

500g

WITH CARD

Alpen Nutrifit  
Fruit & Fibre



**33,99**

350g/375g

WITH CARD

Kellogg's Crunchers/  
Strawberry Pops/Coco Pops/  
Froot Loops/Chocos Each



**49,99**

500g/750g

WITH CARD

Bokomo Nature's Source  
Muesli All Variants Each



**72,99**

1,25kg

WITH CARD

FutureLife Smart  
Food All Variants Each



**SAVE R24  
ANY 2 FOR  
R90**

WITH CARD

2 x 6 per pack Nature Valley  
Granola Bars All Variants

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# NEW DEALS IN EVERY AISLE

**ANY 2 FOR R65**  
Vaseline 2 x 400ml Vaseline Body Cream All Variants  
Aloe Soothe  
Vaseline EXTRA HYDRATION  
SAVE R29

**ANY 2 FOR R80**  
2 x 500ml Sanex Shower Gel All Variants  
Sanex MEN Dermo Hydrating Body Wash  
Sanex Dermo Hydrating Body Wash  
SAVE R70

**ANY 2 FOR R80**  
2 x 40ml/50ml Dove Deo Stick for Men/Ladies All Variants  
Dove MEN Deo Stick  
Dove original  
SAVE R16

**ANY 2 FOR R100**  
2 x Revlon ColorSilk Hair Colour All Variants  
Revlon ColorSilk Hair Colour All Variants  
SAVE R38

**ANY 2 FOR R130**  
2 x 750ml/900ml TRESemmé Shampoo/Conditioner All Variants  
TRESemmé Shampoo  
TRESemmé Conditioner  
SAVE R40

KEEP SWIPIING & SAVING

### PERSONAL CARE *Essentials*

<b>43,99</b> 75ml each Oral-B Gum & Enamel Repair Toothpaste All Variants	<b>124,99</b> each Gillette Venus Breeze 3 Razor	<b>129,99</b> 125ml each Bio-Oil Skincare Oil	<b>SAVE R10 ANY 2 FOR R30</b> 2 x 50ml Jordan Junior/Kids Toothpaste Jordan Jordan	<b>SAVE R21 ANY 2 FOR R99</b> 2 x 500ml Listerine Mouthwash All Variants Listerine COOL MINT LISTERINE	<b>SAVE FROM R230 BUY ANY 2 GET THE 3RD FREE</b> BUY ANY 2 x 4 per pack Gillette Mach 3/Fusion/Sk inguard Blades & GET the 3rd one FREE
<b>SAVE R10 ANY 2 FOR R44</b> 2 x 120ml Revlon Fire & Ice Aerosol for Men All Variants	<b>SAVE R10 ANY 2 FOR R44</b> 2 x 90ml Revlon Aerosol for Ladies All Variants	<b>SAVE R16 ANY 3 FOR R50</b> 3 x 50ml Garnier Roll-On for Ladies/Men All Variants	<b>SAVE R11 ANY 3 FOR R55</b> 3 x 120ml Revlon Aerosol for Men All Variants	<b>BUY ANY &amp; SAVE 30%</b> BUY ANY Eskamel Skincare Products	
<b>19,99</b> 16 per pack Kotex Super/Normal Tampons	<b>19,99</b> 7/8/10 per pack Kotex Ultra Thin Sanitary Pads All Variants	<b>29,99</b> per pack Always 12/14/16/18/20 Maxi/Ultra/Platinum Sanitary Pads	<b>SAVE R40 ANY 2 FOR R100</b> 2 x 250ml Luv Intimate Wash All Variants		

Say hello to beautiful skin.



**SKIN IDENTICAL Q10**



NIVEA Q10 Range

**BUY ANY 2 SAVE 30%**  
WITH CARD

BUY ANY 2 x Nivea Skincare Products



NIVEA Perfect & Radiant Range

\* Tested in a representative sample of 429 urban African female face care users in LSA 5+.

OFFERS VALID FROM 22 SEPTEMBER 2021 UNTIL 10 OCTOBER 2021. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES GAUTENG, BRITS, KLERKSDOORP, LIMPOPO, MPUMALANGA, POTCHEFSTROOM & RUSTENBURG, EXCEPT MAFIKENG & LICHTENBURG.

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# SAVINGS MADE XTRA EASY



## SAVING MADE XTRA EASY

**18<sup>99</sup>**  
200g  
Purity Baby Cereal All Variants Each

**62<sup>99</sup>**  
500g  
Nestlé Cerelac Baby Cereal All Variants Each

**89<sup>99</sup>**  
300g  
Bennetts Baby Bum Cream

**SAVE R10 ANY 2 FOR R30**  
2 x 200 per pack Moments Facial Tissues All Variants

**44<sup>99</sup>**  
200g  
Health Connection Wholefoods Chia Seeds

**49<sup>99</sup>**  
100g  
Sweet Nothings Sucratose Sweetener

**58<sup>99</sup>**  
20 per pack  
Closemyer Slimming Green Tea

**179<sup>99</sup>**  
per pack  
Huggies Jumbo Pack Disposable Nappy Pants

**209<sup>99</sup>**  
per pack  
Huggies Gold Disposable Nappies Jumbo Pack

**209<sup>99</sup>**  
850g  
PediaSure Vanilla Supplement for Children

**109<sup>99</sup>**  
200 per pack  
Canderel Café Sweetener Sticks

**159<sup>99</sup>**  
1kg  
Health Connection Wholefoods Xylitol

**SAVE 18% ANY 2 FOR R80**  
2 x 100g Canderel Chocolate Slabs All Variants

**SAVE 15% ANY 3 FOR R29**  
X WITH CARD  
3 x 110ml Purity Baby Food Pouches All Variants

**SAVE R20 ANY 5 FOR R55**  
X WITH CARD  
5 x 200ml Purity 3rd Foods Baby Food All Variants

**20% OFF**  
When you buy any 3 featured JOHNSON'S baby products

**Step 1** Cleanse  
JOHNSON'S baby soaps 175g

**Step 2** Moisturise  
JOHNSON'S baby jellies 500ml  
aqueous creams 500ml

**Step 3** Refresh  
JOHNSON'S baby extra sensitive wipes 56/224  
gentle all over wipes 72/288  
powders 400g

CHOOSE gentle for healthy baby skin

### Affordable Healthcare Made Easy

**23<sup>99</sup>**  
24 per pack  
Panado Tablets

**49<sup>99</sup>**  
100ml  
Benzylin Cough Syrup All Variants Each

**64<sup>99</sup>**  
60 per pack  
Medirite Apple Cider Vinegar Capsules

**49<sup>99</sup>**  
24 per pack  
Vicks VapoLozenges

**99<sup>99</sup>**  
30 per pack  
DS 24 Supplement

**94<sup>99</sup>**  
2L  
Savlon Antiseptic Liquid

**109<sup>99</sup>**  
60 per pack  
Medirite Garcinia Cambogia Weight Loss Capsules

**169<sup>99</sup>**  
20 per pack  
Berocca Effervescent Tablets All Variants



# **BIG SAVINGS ON OUTDOOR ESSENTIALS**



## **GREAT DEALS** ON POOL CARE



# #FOCUS ON HEALTHY LIVING

UP TO 50% OFF OFFERS  
2+1 FREE OFFERS  
SUPER SAVINGS

**2+1 CHEAPEST FREE**  
on Sports Supplements\*  
Friday 24 to Sunday 26 September 2021  
\*Excludes ALL advertised lines

FOR HEALTHY LIVING TIPS GET YOUR LIVING FIT MAGAZINE IN-STORE OR SCAN QR CODE

Living Fit magazine cover and QR code.

Contents

**Disney**  
**DIS-CHEM & DISNEY**  
SHOP AND COLLECT

1 STICKER FOR EVERY R125 YOU SPEND

COLLECT THE FULL SET OF DISNEY HEALTHY-TO-GO ITEMS

**LOOK OUT FOR PARTICIPATING OFFERS FROM THESE BRANDS TO QUALIFY FOR EXTRA STICKERS\***

© Disney

DOWNLOAD THE Dis-Chem app TO START COLLECTING DIGITALLY AND GET 3 STICKERS FREE!

**EXTRA STICKERS REDEEMABLE AFTER REACHING QUALIFYING SPEND OF R125. PROMOTION VALID FROM 16 SEPTEMBER UNTIL 17 OCTOBER 2021. T'S & C'S APPLY. WWW.DISCHEM.CO.ZA WHILE STOCKS LAST**

**2+1 CHEAPEST FREE**  
on Sports Supplements\*  
Friday 24 - Sunday 26 September 2021  
\*Excludes ALL advertised lines

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33	Specialised Bath & Body Care	
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Scan to shop Disney DIS-CHEM & DISNEY SHOP AND COLLECT offers online

**2+1 CHEAPEST FREE**

on Sports Supplements\*

Friday 24 - Sunday 26 September 2021

\*Excludes ALL advertised lines

## Multivitamins & Daily Supplements

3

**Vital®**

**2+1 CHEAPEST FREE on ANY Vital products**

**BIOGEN PLATINUM DAILY WELLNESS PACK**

**INSTANT DISCOUNT 15% OFF WITH YOUR Dis-Chem BENEFIT Card**

**20% OFF ALL Gold 240/300/365 Bulk Value Packs**

**DS-24 Daily Supplement Multivitamin & Mineral 30 capsules**

**DS Omega-3 Essential Fatty Acids 30 capsules**

**Activovite Complete Multivitamin & Mineral 30 caplets**

**Ciplaton**

**Staminogro Synergy for life**

**25% OFF ALL Nativa Complex products**

**20% OFF Pharmaton ProActive 60 easy swallow caplets**

**25% OFF Essentia Extreme 100 capsules**

**20% OFF Bio-Strath 100 tablets**

Promotional offers valid from 16 September - 17 October 2021 while stocks last - may not be available in all stores. NB: These prices are only valid on cash and card purchases, standard rates apply for all medical aid claims. These unregistered medicines have not been evaluated by the SAHPRA for their quality, safety or intended use.

## Multivitamins & Daily Supplements

**2+1 CHEAPEST FREE on Himalaya vitamin products**

**2+1 FREE on Ultima Brain Fuel 80 capsules**

**2+1 CHEAPEST FREE on ANY Wellvita products**

**15% OFF Naturmade Ginseng Ener-G + 60 capsules**

**15% OFF Flora Force products\*\***

\*Advertised prices already reflect discount. \*\*Offer only applicable on the above Flora Force products

**DIS-CHEM & DISNEY SHOP AND COLLECT**

**GET 1 EXTRA STICKER\***

**NEW**

**SOLAL®**

**SOLAL®**

**SOLAL®**

**SOLAL®**

**SOLAL®**

**SOLAL®**

\*WHEN YOU BUY ANY OF THE ABOVE VITAFORCE, ZYORA OR SOLAL PRODUCTS

EXTRA STICKER REDEEMABLE AFTER REACHING QUALIFYING SPEND OF R125. T&C's APPLY. WHILE STOCKS LAST.

4

**FLORDIS KeenMind®**

**Cellfood 29ml**

**maxImor Advance Value Pack 6 capsules**

**SOLAL® SUPER MEGA-B 60 capsules**

**SOLAL® BURNOUT® 60 capsules**

**20% OFF** ViralChoice C Immune Support 120 capsules  
WAS 279<sup>95</sup> NOW 223<sup>96</sup>

**20% OFF** Solal Lung Protection 30 capsules  
WAS 294<sup>95</sup> NOW 235<sup>96</sup>

**20% OFF** Solal Lung Protection 60 capsules  
WAS 294<sup>95</sup> NOW 235<sup>96</sup>

\*Advertised prices already reflect discount

**20% OFF** Flugon Capsules 50 capsules  
WAS 114<sup>95</sup> NOW 99<sup>95</sup>

**20% OFF** Bettaway Mega C 1000 Fizzi 30 effervescent tablets  
WAS 229<sup>95</sup> NOW 189<sup>95</sup>

**20% OFF** Plusssz 10/20 effervescent tablets Assorted  
WAS 115<sup>95</sup> NOW 99<sup>95</sup>

**20% OFF** BFC Premium Zinc with Selenium, Vitamin C & Vitamin D3 60 vegicaps  
WAS 199<sup>95</sup> NOW 179<sup>95</sup>

**20% OFF** Immuno Armour Adult 30 capsules  
WAS 259<sup>95</sup> NOW 239<sup>95</sup>

### FOCUS ON Immune Support

Having a healthy immune system is vital, now more than ever. Immune support products can help with fast recovery by fighting infections, as well as reduce tiredness and protect you from seasonal illnesses such as colds and flu.

## Stress & Anxiety

**20% OFF** zycalm Valeren & L-Theanine supplement for stress & anxiety relief  
WAS 149<sup>95</sup> NOW 119<sup>95</sup>

**20% OFF** Zyora Zycalm 30 capsules  
WAS 149<sup>95</sup> NOW 119<sup>95</sup>

\*\*Advertised price already reflects discount  
\*WHEN YOU BUY ZYORA ZYCALM 30 CAPSULES  
EXTRA STICKER REDEEMABLE AFTER REACHING QUALIFYING SPEND OF R125.  
T&Cs APPLY. WHILE STOCKS LAST

**INSTANT DISCOUNT 30% OFF** WITH YOUR Dis-Chem Benefit Card  
Biogen Stress Relief 60 capsules  
WAS 159<sup>95</sup> Benefit Price 129<sup>95</sup>

**INSTANT DISCOUNT 30% OFF** WITH YOUR Dis-Chem Benefit Card  
Biogen 5-HTP Neuro 60 vegicaps  
WAS 229<sup>95</sup> NOW 169<sup>95</sup>

**INSTANT DISCOUNT 30% OFF** WITH YOUR Dis-Chem Benefit Card  
Natura Rescue Spray 25ml  
WAS 139<sup>95</sup> NOW 124<sup>95</sup>

**INSTANT DISCOUNT 30% OFF** WITH YOUR Dis-Chem Benefit Card  
Natura Rescue Drops 25ml  
WAS 116<sup>95</sup> NOW 89<sup>95</sup>

\*30% instant discount to be deducted when swiping your Dis-Chem Benefit Card

**Dis-Chem PHARMACIES**  
**Standard Bank**  
**COVID-19**  
Thank you for getting vaccinated.  
For a list of vaccination sites and how to register, visit our website at [www.dischem.co.za/covid-19-vaccination](http://www.dischem.co.za/covid-19-vaccination) and scroll down.  
DIS-CHEM TOGETHER WITH STANDARD BANK

**20% OFF** Solal CBD 600mg 30 capsules  
WAS 399<sup>95</sup> NOW 349<sup>95</sup>

**GET 1 EXTRA STICKER**  
\*WHEN YOU BUY SOLAL CBD 600MG 30 CAPSULES

**COMBO PACK**  
Rethink CBD Daily Oil 600mg PLUS Rethink CBD Digest 150mg Combo Pack 30ml PLUS 30ml  
669<sup>95</sup> per pack

**COMBO PACK**  
Rethink CBD Daily Oil 300mg PLUS Rethink CBD Boost 150mg Combo Pack 30ml PLUS 30ml  
669<sup>95</sup> per pack

**COMBO PACK**  
Rethink CBD Daily Capsules 150mg Combo Pack 30 capsules PLUS 30 capsules  
669<sup>95</sup> per pack

**COMBO PACK**  
Rethink CBD Daily Oil 600mg PLUS Rethink CBD Digest 150mg Combo Pack 30ml PLUS 30ml  
669<sup>95</sup> per pack

**FOCUS ON CBD**  
CBD has recently taken the health and wellness world by storm as a natural anti-inflammatory that can be used to support good health. Using CBD is now legally approved in South Africa, provided it meets SAHPRA standards.

**40% OFF ADCO CBD products\*\***  
\*Discount to be deducted at tills.  
\*\*Offer excludes ADCO CBD Daily Pastilles

1 FOR 399<sup>95</sup>  
2 FOR 599<sup>95</sup>  
SAVE 199<sup>95</sup>  
1 FOR 39<sup>95</sup>  
3 FOR 99<sup>95</sup>  
SAVE 19<sup>95</sup>  
1 FOR 599<sup>95</sup>  
2 FOR 699<sup>95</sup>  
SAVE 499<sup>95</sup>  
1 FOR 249<sup>95</sup>  
2 FOR 399<sup>95</sup>  
SAVE 99<sup>95</sup>

Extract Premium CBD Oil 600mg 60 vegetarian capsules Assorted  
Offer only applicable on Stress & Sleep, Joint & Pain, Immune Boost AND Energy & Memory Variants

Extract Premium CBD Oil 600mg 60 vegetarian capsules Assorted  
Offer only applicable on Stress & Sleep, Joint & Pain, Immune Boost AND Energy & Memory Variants

Extract Premium Pet Friendly CBD Oil 250mg 30ml  
Extract Premium Pet Friendly CBD Oil 600mg 60 vegetarian capsules Assorted

## Herbal Remedies

**Dis-Chem brands • fewer RANDS**

Gold Cayenne 60 vegicaps  
WAS 86<sup>95</sup> NOW 69<sup>95</sup>

Gold Ginkgo Biloba 60 tablets  
WAS 81<sup>95</sup> NOW 69<sup>95</sup>

**20% OFF** ALL Soil 10ml Oils and Windress products

Thursday Plantation 100% Pure Tea Tree Oil 10ml  
WAS 109<sup>95</sup> NOW 89<sup>95</sup>

See the symbol, trust the brand. This product is made using natural extracts, naturally derived or organic ingredients.

\*Discount to be deducted at tills

**20% OFF** ALL Silverlab Liquids

Tibb Blackseed Immune Booster & Anti-Oxidant 60 capsules  
WAS 136<sup>95</sup> NOW 119<sup>95</sup>

Silverlab Ionic+ Colloidal Silver Liquid 200ml  
WAS 59<sup>95</sup> NOW 479<sup>95</sup>

\*Advertised price already reflects discount



**INSTANT DISCOUNT 20.00\* OFF WITH YOUR Dis-Chem BENEFIT Card**

**25% OFF** Biogen Supreme Probiotic 9-Strain 60 capsules

**Herbal Cleanser** 60 capsules **PLUS FREE** 20 capsules **WAS 104.95 NOW 84.95**

**Digestive Enzymes** 60 vegi capsules **PLUS FREE** 10 vegi capsules **WAS 144.95 Benefit Price 124.95**

**Supreme Probiotic 9-Strain** 60 capsules **WAS 249.95 NOW 187.46**

\*20% instant discount to be deducted when swiping your Dis-Chem Benefit Card  
\*\*Advertised price already reflects discount

**A. Vogel Molkosan** 500ml **WAS 299.95 NOW 196.95**

**Iberogast 9 Herb Treatment** 50ml **WAS 269.95 NOW 219.95**

**Vivomixx Probiotic Health Supplement** 30 capsules **WAS 549.95 NOW 529.95**

**Kolorex Digestive Care** 30 softgel capsules **WAS 329.95 NOW 309.95**

**Dis-Chem brands • fewer RANDS**

**XtensiFlora9 9 Strain Probiotic** 60 vegicaps **WAS 249.95 NOW 209.95**

**Gold Pre & Pro Biotic 9 Strain** 60 capsules **1 FOR 229.95 2 FOR 360 SAVE 99.90**

\*Advertised prices already reflect discount

**GastroChoice IB Support** 30 capsules **WAS 249.95 NOW 212.46**

**GastroChoice Probiotic** 30 capsules **WAS 199.95 NOW 169.96**

\*Advertised prices already reflect discount

**FOCUS ON**  
**Probiotics & Digestive Enzymes**

Probiotics are good live bacteria and/or yeasts that naturally live in your body. Probiotic supplements ensure that you have the right balance of good bacteria. Digestive enzymes take the place of natural enzymes, helping to break down carbs, fats and proteins. Because they mimic your natural enzymes, they must be taken just before you eat.

**25% OFF** ESI Ten Herbs Laxative 100 tablets

**ESI ten herbs** HERBAL LAXATIVE 100 tablets **WAS 154.95 NOW 116.21**

\*Advertised price already reflects discount

**Reuterina™** NO.1 PRESCRIBED PROBIOTIC<sup>14</sup>

Reuterina<sup>®</sup> has a role to play in the prevention and treatment of a variety of disorders, associated with an imbalance of flora, such as<sup>15</sup>: Functional gastrointestinal disorders (colic, regurgitation, constipation and abdominal pain). Acute gastroenteritis (infection) Antibiotic associated diarrhoea. Infection protection via immune modulation in the gut.

**Reuterina daily** ADULT DAILY HEALTH PROBIOTIC 30 chew tablets **WAS 194.95 NOW 164.95**

**Reuterina drops** INFANT HEALTH PROBIOTIC 5ml **WAS 219.95 NOW 184.95**

**Reuterina junior** CHILD HEALTH PROBIOTIC 30 chew tablets **WAS 194.95 NOW 154.95**

**intestinal cleanse** imsyser<sup>®</sup> 150g **WAS 224.95 NOW 199.95**

**ProbiFlora™**

An imbalanced gut can leave you feeling **uncomfortable, bloated and even compromise your immune system.<sup>12</sup>**

**ProbiFlora Infant Drops** Probiotic Supplement 5ml **169.95 each**

**ProbiFlora Junior** Everyday Flora Balance 30 chewtabs **119.95 each**

**ProbiFlora Adult Intensive Rescue** 9-Strain Probiotic 30 capsules **179.95 each**

**ProbiFlora Adult Classic Bowel Support** 4-Strain Probiotic 30 capsules **159.95 each**

**ProbiFlora Adult Everyday Flora Balance** 2-Strain Probiotic 30 capsules **106.95 each**

**ProbiFlora Rx Intestinal Flora Care** 10 capsules **59.95 each**

**2+1 CHEAPEST FREE on ANY ProbiFlora products**

There are many probiotics, but only 1 ProbiFlora™

**2+1 CHEAPEST FREE on ANY ProbiFlora products**

**GO with your GUT**

**VIRAL GUARD** 2+1 CHEAPEST FREE on ANY ViralGuard products

**VIRAL GUARD** TABLETS 30 tablets **129.95 each**

**VIRAL GUARD** JUNIOR SYRUP 200ml **154.95 each**

**VIRAL GUARD** ADULT DAILY ANTI-OXIDANT IMMUNE PROTECTION 60 capsules **113.95 each**

**2+1 CHEAPEST FREE on ANY ViralGuard products**

**VIRAL GUARD** ADULT DAILY ANTI-OXIDANT IMMUNE PROTECTION 60 capsules **129.95 each**

**VIRAL GUARD** JUNIOR SYRUP 200ml **154.95 each**

**VIRAL GUARD** ADULT DAILY ANTI-OXIDANT IMMUNE PROTECTION 60 capsules **113.95 each**

**BIOPLUS<sup>®</sup> VIT-ALITY**

**MAGNESIUM PLUS** **VITAMIN D3** **OMEGA 3** **VITAMIN B6+12** **MULTI-VITAMIN** **VITAMIN C** **DAILY NUTRI-PACK**

**2+1 CHEAPEST FREE on ANY Bioplus Vit-Ality products**

Trust the South African experts\* of instant energy supplements to supply your body with the fuel it needs for sustainable vit-ality.

**2+1 CHEAPEST FREE on ANY Bioplus Vit-Ality products**

**BIOPLUS<sup>®</sup> VIT-ALITY** **D3** **OMEGA 3** **VITAMIN B6+12** **MULTI-VITAMIN** **VITAMIN C** **DAILY NUTRI-PACK**

**4-IN-1** **DAILY NUTRI-PACK**

**ANTI-OXIDANTS** **OMEGA 3** **PROBIOTICS** **VITAMINS & MINERALS**

**4-in-1 Daily Nutri-Pack** 120 tablets **399.95 each**

Magnesium Plus	10 fizzles	<b>65.95 each</b>
Vitamin D <sub>3</sub>	30 capsules	<b>49.95 each</b>
Omega 3	30 softgel capsules	<b>57.95 each</b>
Vitamin B6+12	30 capsules	<b>64.95 each</b>
Multi-Vitamin	30 tablets	<b>109.95 each</b>
Vitamin C 1000mg	10 fizzles	<b>64.95 each</b>
Immune Support	10 fizzles	<b>64.95 each</b>
4-in-1 Daily Nutri-Pack	120 tablets	<b>399.95 each</b>

\*Bioplus Vit-Ality C 1000 mg. Each effervescent tablet contains: Vitamin C 1000 mg. Bioplus Vit-Ality MAGNESIUM PLUS: Each effervescent tablet contains: Cyanocobalamin (Vitamin B12) 15 µg, Ascorbic acid (Vitamin C) 100 mg, Cholecalciferol (Vitamin D3) 200 IU, Calcium Carbonate 200 mg, Magnesium Sulphate 675 mg, Potassium Phosphate 30 mg, Sodium Carbonate 60 mg, L-Glutamine 60 mg. Contains: Sugar. 15 Bioplus Vit-Ality D3: Each effervescent tablet contains: Cyanocobalamin (Vitamin B12) 15 µg, Cholecalciferol (Vitamin D3) 200 IU, Potassium Phosphate 30 mg, Magnesium Sulphate 675 mg, Potassium Phosphate 30 mg, L-Glutamine 60 mg. Contains: Sugar. 16 Bioplus Vit-Ality B6+12: Each capsule contains: Cyanocobalamin (Vitamin B12) 1 µg, Ascorbic acid (Vitamin C) 60 mg, Vitamin D 200 IU, Vitamin E 15 IU, Biolin (Vitamin B6) 0.1 mg, Folic acid 0.2 mg, Calcium 0.025 mg, Copper 0.005 mg, Zinc 0.005 mg, L-Glutamine 0.025 mg. 17 Bioplus Vit-Ality B6+12 NUTRI-PACK: Each softgel capsule contains: Cyanocobalamin (Vitamin B12) 1 µg, Ascorbic acid (Vitamin C) 60 mg, Folic acid 0.2 mg, Calcium 0.025 mg, Copper 0.005 mg, Zinc 0.005 mg, L-Glutamine 0.025 mg. 18 Bioplus Vit-Ality B6+12 NUTRI-PACK: Each softgel capsule contains: Cyanocobalamin (Vitamin B12) 1 µg, Ascorbic acid (Vitamin C) 60 mg, Folic acid 0.2 mg, Calcium 0.025 mg, Copper 0.005 mg, Zinc 0.005 mg, L-Glutamine 0.025 mg. 19 Bioplus Vit-Ality C: Each tablet contains: Ascorbic acid (Vitamin C) 120 mg, Cholecalciferol (Vitamin D3) 25 µg, Cyanocobalamin (Vitamin B12) 2 µg, L-Glutamine 250 mg, Magnesium Citrate (Magnesium Oxide) 100 mg, Nicotinamide (Vitamin B3) 35 mg, Zinc Citrate (Zinc) 15 mg, Folic Fumarate (Folic Acid) 14 mg, Calcium Panthothenate (Vitamin B5) 12 mg, Pyridoxine HCl (Vitamin B6) 2.3 mg, Thiamine HCl (Vitamin B1) 2.6 mg, Magnesium Citrate (Magnesium Oxide) 100 mg, Nicotinamide (Vitamin B3) 35 mg, Zinc Citrate (Zinc) 15 mg, Potassium Fumarate (Folic Acid) 14 mg, Calcium Panthothenate (Vitamin B5) 12 mg, Pyridoxine HCl (Vitamin B6) 2.3 mg, Thiamine HCl (Vitamin B1) 2.6 mg, Magnesium Citrate (Magnesium Oxide) 100 mg, Nicotinamide (Vitamin B3) 35 mg, Zinc Citrate (Zinc) 15 mg, Potassium Fumarate (Folic Acid) 14 mg, Calcium Panthothenate (Vitamin B5) 12 mg, Pyridoxine HCl (Vitamin B6) 2.3 mg, Thiamine HCl (Vitamin B1) 2.6 mg, Magnesium Citrate (Magnesium Oxide) 100 mg, Nicotinamide (Vitamin B3) 35 mg, Zinc Citrate (Zinc) 15 mg, Potassium Fumarate (Folic Acid) 14 mg, Calcium Panthothenate (Vitamin B5) 12 mg, Pyridoxine HCl (Vitamin B6) 2.3 mg, Thiamine HCl (Vitamin B1) 2.6 mg, Magnesium Citrate (Magnesium Oxide) 100 mg, Nicotinamide (Vitamin 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The image shows Slow-Mag product packaging and a promotional offer. On the left, a large red 'BEAT YOUR SLUMP' text is overlaid on a background of hexagonal patterns. In the center, a red and white box for 'Slow-Mag 100 Capsules Magnesium' is shown. To its right is a circular green badge with the text '2+1 CHEAPEST FREE on ANY Slow-Mag products'. To the right of the badge is a white box for 'Slow-Mag 100 Tablets Magnesium'. To the right of the tablets is a white box for 'Slow-Mag Fizzies Berry Flavour'. To the right of the fizzies box is a vertical column of text with prices. The background features a dark, textured hexagonal pattern.



**2+1 CHEAPEST FREE**  
on Lifestyle Nutrition Magnesium products\*

**84,95** each



Lifestyle Nutrition Magnesium 30 tablets

**109,95** each



Lifestyle Nutrition Iron AAC 30 tablets

**1 FOR 75,95**  
**2 FOR 110,00**  
**SAVE 41%**



Gold Iron Plus 120 coated tablets

**WAS 214,95**  
**NOW 189,95**

\*Offer only applicable on the above Lifestyle Nutrition Magnesium products.



**Biogen Magnesium Chelate Value Pack**  
30 capsules **PLUS** 60 capsules

**WAS 209,95**  
**NOW 179,95** per pack



**Solal Magnesium Glycinate**  
60 tablets

**WAS 359,95**  
**NOW 335,95**



**CrampEase OR CrampEase Night**  
30 capsules

**WAS 142,95**  
**NOW 122,95** each



**CONNECTING YOU TO A VIRTUAL DOCTOR**

To find out more about Clinic Connect, visit the **Dis-Chem** website on [www.dischem.co.za](http://www.dischem.co.za), scan the QR code, ask any of our friendly store assistants or contact our Clinic Call Centre at 0861 117 427. Terms and conditions apply.





**WELLNESS CLINIC**

**Biogen B-Complex Burst**  
30 PLUS FREE  
10 effervescent tablets Assorted **189<sup>95</sup>** per pack

**Berocca Boost**  
30 effervescent tablets **WAS 259<sup>95</sup>** **NOW 194<sup>96</sup>**

**Berocca Performance Value Pack**  
45 effervescent tablets / Assorted **WAS 309<sup>95</sup>** **NOW 289<sup>95</sup>** per pack

**Bolt Energy**  
30 effervescent tablets **WAS 194<sup>95</sup>** **NOW 179<sup>95</sup>**

**Turbovite Vitality**  
20 sachets **WAS 114<sup>95</sup>** **NOW 89<sup>95</sup>**

**Turbovite Excel**  
20 sachets **WAS 113<sup>95</sup>** **NOW 89<sup>95</sup>**

**Turbovite Focus**  
500ml **PLUS** 200ml **139<sup>95</sup>** per pack

**McNab's SuperCharge Energy Shots**  
15ml sachets Assorted **6<sup>95</sup>** each

**Biogen B-Complex Burst Shots**  
10ml **29<sup>95</sup>** each

**Instant Discount 15% OFF**  
Vitamin Bco Shot 6 x 25ml WITH YOUR Dis-Chem BENEFIT Card

**EnerBoost**  
15 effervescent tablets **WAS 77<sup>95</sup>** **NOW 69<sup>95</sup>**

**McNab's SuperCharge Energy Tabs Value Pack**  
10 sachets **129<sup>95</sup>** each

**20%\* OFF** Zyora Zykrill 60 softgel capsules **WAS 349<sup>95</sup> NOW 279<sup>96</sup>**

**15%\* OFF** Stat10Choice 60 softgel capsules **WAS 309<sup>95</sup> NOW 263<sup>46</sup>**

**25%\* OFF** ReVite Omega-3 1000mg 90 softgels **WAS 129<sup>95</sup> NOW 97<sup>46</sup>**

\*Advertised prices already reflect discounts

**2+1 FREE** on Gold Omega 3 Salmon Oil 1000mg 90 softgel capsules **99<sup>95</sup> each**

**NEW** Gold Omega 3 Salmon Oil 1000mg 90 softgel capsules **99<sup>95</sup> each**

**PhytoLipid Cholesterol Support** 60 tablets **WAS 289<sup>95</sup> NOW 269<sup>95</sup>**

**FOCUS ON** **Omegas**

Omegas have many benefits that may increase your heart health. They can also support brain function and cognitive health.

## Women's Health

**20%\* OFF** Sinopol For Her 30 sachets **WAS 375<sup>95</sup> NOW 300<sup>76</sup>**

\*Advertised price already reflects discount

**20%\* OFF** Antistax Active Leg Tablets 60 film coated tablets **WAS 419<sup>95</sup> NOW 335<sup>96</sup>**

\*Advertised price already reflects discount

**222<sup>95</sup> per pack**

**Value Pack** Venavine Banded Pack 30 capsules **PLUS** 15 capsules **222<sup>95</sup> per pack**

**WAS 329<sup>95</sup> NOW 309<sup>95</sup>**

Kolorex Advanced Care 30 capsules **WAS 329<sup>95</sup> NOW 309<sup>95</sup>**

**20%\* OFF** Sinopol For Her 30 sachets **WAS 375<sup>95</sup> NOW 300<sup>76</sup>**

**20%\* OFF** Antistax Active Leg Tablets 60 film coated tablets **WAS 419<sup>95</sup> NOW 335<sup>96</sup>**

**219<sup>95</sup> per pack**

**Gold Hair, Skin & Nails** 30 softgel capsules **WAS 104<sup>95</sup> NOW 84<sup>95</sup>**

**AS SEEN ON TV** **2 FOR 450** **SAVE 109<sup>90</sup>**

**Preg & Omega Plus** 30 day pack **279<sup>95</sup>**

**20%\* OFF** Dis-Chem Gold Yummy Vites 60 chew tabs **WAS 69<sup>95</sup> NOW 54<sup>95</sup>**

**20%\* OFF** Dis-Chem Gold Yummy Vita C 60 chew tabs **WAS 69<sup>95</sup> NOW 54<sup>95</sup>**

**20%\* OFF** ADDAway 90 chewable softgel capsules **WAS 22<sup>95</sup> NOW 199<sup>95</sup>**

**20%\* OFF** Lifestyle Nutrition Vegetarian Multivitamin & Mineral OR Vitamin C Gummy Bears 120 bears **WAS 169<sup>95</sup> NOW 149<sup>95</sup> each**

**20%\* OFF** Dis-Chem & Disney Brain Child Omega-3 & Multivitamin Value Pack 60 fish oil bursts **PLUS** 60 multivit chew tablets **WAS 314<sup>95</sup> NOW 247<sup>95</sup> per pack**

\*WHEN YOU BUY BRAIN CHILD OMEGA-3 & MULTIVITAMIN VALUE PACK 120 CAPSULES EXTRA STICKER REDEEMABLE AFTER REACHING QUALIFYING SPEND OF R125. T's & C's APPLY.

**20%\* OFF** Biogen MultiMune Syrup 200ml **WAS 159<sup>95</sup> NOW 129<sup>95</sup>**

**20%\* OFF** Biogen Zinc-Mune Junior Syrup 200ml **WAS 64<sup>95</sup> NOW 49<sup>95</sup>**

**2+1 CHEAPEST FREE** on ANY Growing Pains products **109<sup>95</sup> each**

**20%\* OFF** A.Vogel Echinaforce Junior Chewable Tablets 120 tablets **WAS 226<sup>95</sup> NOW 199<sup>95</sup>**

**20%\* OFF** Pharmaton Kiddi Syrup 100ml **WAS 116<sup>90</sup> NOW 93<sup>56</sup>**

**20%\* OFF** ViralChoice Junior Immune Support Syrup 200ml **WAS 129<sup>95</sup> NOW 103<sup>96</sup>**

\*Advertised prices already reflect discount

**2+1 CHEAPEST FREE** on ANY Growing Pains products **109<sup>95</sup> each**

**20%\* OFF** Growing Pains Syrup 200ml **WAS 177<sup>95</sup> NOW 119<sup>95</sup>**

**20%\* OFF** Growing Pains night Magnesium Sulphate and Vitamin K2 Day OR Night 30 snap-capsules **WAS 279<sup>95</sup> NOW 119<sup>95</sup>**

**20%\* OFF** Crèche Guard Immune Multivit Syrup 200ml **WAS 159<sup>95</sup> NOW 134<sup>95</sup>**



Dis-Chem brands • fewer RANDS

**Arthraway Chronic Joint Therapy Value Pack** 180 tablets  
WAS 259<sup>95</sup> NOW 239<sup>95</sup> **20% OFF** WITH YOUR Dis-Chem BENEFIT Card

**Arthraway Chronic Joint Therapy** Supports joint mobility & cartilage health. **INSTANT DISCOUNT 20% OFF** WITH YOUR Dis-Chem BENEFIT Card

**ArthroChoice Advanced Joint Support** 120 tablets  
WAS 279<sup>95</sup> NOW 237<sup>96</sup> **15% OFF** ArthroChoice Advanced Joint Support 120 tablets

**MenaCal.7 Bone Support Value Pack** 90 tablets  
WAS 319<sup>95</sup> NOW 255<sup>96</sup> **20% OFF** MenaCal.7 Bone Support Value Pack 90 tablets

**Biogen Calmag Max** 120 tablets  
WAS 324<sup>95</sup> NOW 243<sup>71</sup> **25% OFF** Biogen Calmag Max 120 tablets

\*20% instant discount to be deducted when swiping your Dis-Chem Benefit Card

**Cal K2** Calcium with Vitamins K2 and Vitamin D3  
Lifestyle Nutrition Cal K2 30 tablets  
WAS 148<sup>95</sup> NOW 148<sup>95</sup> **2+1 FREE** on Lifestyle Nutrition Cal K2 30 tablets

**Cal K2** Calcium with Vitamins K2 and Vitamin D3  
Lifestyle Nutrition Cal K2 30 tablets  
WAS 148<sup>95</sup> NOW 148<sup>95</sup> **2+1 FREE** on Lifestyle Nutrition Cal K2 30 tablets

**B-CAL-DM** 500 mg Elemental Calcium 125 mg Magnesium 1000 IU Vitamin D3  
B-CAL-DM Value Pack 100 tablets PLUS 30 tablets  
WAS 199<sup>95</sup> NOW 199<sup>95</sup> **199<sup>95</sup> per pack**

**Flexi-CAL** 100 mg Elemental Calcium 125 mg Magnesium 1000 IU Vitamin D3  
Flexi-CAL Triple Pack 30 days supply  
WAS 279<sup>95</sup> NOW 259<sup>95</sup> **259<sup>95</sup> per pack**

**Opti-CAL** Calcium and Collagen for Bone Strength and Mobility  
Opti-CAL 30 days supply  
WAS 136<sup>95</sup> NOW 126<sup>95</sup> **126<sup>95</sup> per pack**

**PIASCLEDINE** Piascledine 30 capsules  
WAS 329<sup>95</sup> NOW 286<sup>95</sup> **286<sup>95</sup> per pack**

**Curcumin 185** Curcumin 185 2 x 30 softgel capsules  
Releaf Curcumin 185 Value Pack 2 x 30 softgel capsules  
WAS 249<sup>95</sup> NOW 249<sup>95</sup> **249<sup>95</sup> per pack**

**Radical** 60 tablets  
WAS 189<sup>95</sup> NOW 154<sup>95</sup> **154<sup>95</sup> per pack**

**THRESHHold Real MSM** 120 tablets  
WAS 250<sup>95</sup> NOW 219<sup>95</sup> **219<sup>95</sup> per pack**

**THRESHHold Real MSM** Nature's Anti-Inflammatory for PAINFUL CONDITIONS  
WAS 189<sup>95</sup> NOW 154<sup>95</sup> **154<sup>95</sup> per pack**

**OsteoEze Gold** 90 capsules  
PLUS Osteo Freeze Roll-On Gel 50ml Banded Pack  
WAS 286<sup>95</sup> NOW 259<sup>95</sup> **259<sup>95</sup> per pack**

**Curcumin Novasol** 30 capsules  
SOLAL CURCUMIN NOVASOL  
WAS 254<sup>95</sup> NOW 234<sup>95</sup> **234<sup>95</sup> per pack**

**Joint Aid** 30 vegicapsules  
Lifestyle Nutrition Joint Aid 30 vegicapsules  
WAS 299<sup>95</sup> NOW 224<sup>96</sup> **224<sup>96</sup>**

**Joint Aid** 30 vegicapsules  
Lifestyle Nutrition Joint Aid 30 vegicapsules  
WAS 299<sup>95</sup> NOW 146<sup>97</sup> **146<sup>97</sup>**

**calcium +** 90 tablets  
Lifestyle Nutrition Calcium + 90 tablets  
WAS 209<sup>95</sup> NOW 146<sup>97</sup> **146<sup>97</sup>**

**30% OFF** Lifestyle Nutrition Calcium + 90 tablets  
Lifestyle Nutrition Calcium + 90 tablets  
WAS 121<sup>95</sup> NOW 99<sup>95</sup> **99<sup>95</sup>**

**25% OFF** Lifestyle Nutrition Joint Aid 30 vegicapsules  
Lifestyle Nutrition Joint Aid 30 vegicapsules  
WAS 299<sup>95</sup> NOW 224<sup>96</sup> **224<sup>96</sup>**

**25% OFF** Lifestyle Nutrition Joint Aid 30 vegicapsules  
Lifestyle Nutrition Joint Aid 30 vegicapsules  
WAS 299<sup>95</sup> NOW 146<sup>97</sup> **146<sup>97</sup>**

\*Advertised prices already reflect discounts



**BAUSCH + LOMB**

**ReNu Multi-Purpose Solution** 240ml  
WAS 83<sup>95</sup> NOW 66<sup>95</sup> **66<sup>95</sup>**

**ReNu Multi-Purpose Solution** 360ml  
WAS 104<sup>95</sup> NOW 83<sup>95</sup> **83<sup>95</sup>**

**Biotrue Multi-Purpose Solution** 300ml  
WAS 114<sup>95</sup> NOW 95<sup>95</sup> **95<sup>95</sup>**

**ReNu MultiPlus Solution** 240ml  
WAS 83<sup>95</sup> NOW 66<sup>95</sup> **66<sup>95</sup>**

**Ocuvite Complete** 60 soft gel capsules  
WAS 269<sup>95</sup> NOW 220<sup>95</sup> **220<sup>95</sup>**

**Ocuvite Complete** 30 sachets  
WAS 279<sup>95</sup> NOW 229<sup>95</sup> **229<sup>95</sup>**

**Ocuvite Lutein** 60 tablets  
WAS 214<sup>95</sup> NOW 174<sup>95</sup> **174<sup>95</sup>**

**Optive Omega UD** 30 x 0,4ml ampoules  
WAS 178<sup>95</sup> NOW 145<sup>95</sup> **145<sup>95</sup>**

**Optive Gel Eye Drops** 10ml  
WAS 154<sup>95</sup> NOW 135<sup>95</sup> **135<sup>95</sup>**

**I-Dew Soothe Eye Drops** 10ml  
WAS 115<sup>95</sup> NOW 105<sup>95</sup> **105<sup>95</sup>**

**I-Dew DS Aquagel Drops** 10ml  
WAS 115<sup>95</sup> NOW 105<sup>95</sup> **105<sup>95</sup>**

**30% OFF** Biogen Ocumax Plus 30 capsules  
Biogen Ocumax Plus 30 capsules  
WAS 219<sup>95</sup> NOW 153<sup>97</sup> **153<sup>97</sup>**

**Optive Omega UD** 30 x 0,4ml ampoules  
WAS 178<sup>95</sup> NOW 145<sup>95</sup> **145<sup>95</sup>**

**Optive Gel Eye Drops** 10ml  
WAS 154<sup>95</sup> NOW 135<sup>95</sup> **135<sup>95</sup>**

**I-Dew Soothe Eye Drops** 10ml  
WAS 115<sup>95</sup> NOW 105<sup>95</sup> **105<sup>95</sup>**

**I-Dew DS Aquagel Drops** 10ml  
WAS 115<sup>95</sup> NOW 105<sup>95</sup> **105<sup>95</sup>**

**30% OFF** Biogen Ocumax Plus 30 capsules  
Biogen Ocumax Plus 30 capsules  
WAS 219<sup>95</sup> NOW 153<sup>97</sup> **153<sup>97</sup>**

**Systane Ultra Lubricant Eye Drops** 10ml  
WAS 159<sup>95</sup> NOW 115<sup>95</sup> **115<sup>95</sup>**

**Systane Complete Lubricant Eye Drops** 10ml  
WAS 146<sup>95</sup> NOW 133<sup>95</sup> **133<sup>95</sup>**

**LOC Tears Eye Drops** 10ml  
WAS 115<sup>95</sup> NOW 105<sup>95</sup> **105<sup>95</sup>**

**Eyes Rx Plus** advanced & potent protection against degenerative eye diseases  
WAS 298<sup>95</sup> NOW 239<sup>95</sup> **239<sup>95</sup>**

**Fithealth Eyes Rx Plus** 60 capsules  
WAS 298<sup>95</sup> NOW 239<sup>95</sup> **239<sup>95</sup>**

\*Advertised price already reflects discount

**Focus on Eye Health**

Sight is one of your most important senses. Taking care of your eyes may help reduce vision loss while protecting yourself from developing eye diseases such as glaucoma and cataracts. Just ask our friendly in-store assistants to advise you on the products that best suit your needs.

## Healthy Snacks

AS SEEN ON TV **#MUST BUY** 20% OFF ALL Gaby's 1kg products ONLY

Discount to be deducted at tills.

VALUE PACK **#MUST BUY** 20% OFF ALL Lifestyle Food Dried Fruit

Discount to be deducted at tills.

4 FOR 99.95 **#MUST BUY** 20% OFF ALL Russel Rich Dry Wors & Biltong

Primal Biltong 40g/60g / Assorted

Discount to be deducted at tills.

16

DIS-CHEM & DISNEY SHOP AND COLLECT

GET 1 EXTRA STICKER WITH SugarLean Sweets OR Chocolates

3+1 CHEAPEST FREE on ANY SugarLean products

GET 1 EXTRA STICKER WITH Nutrinuts Almonds Dry Roasted & Salted

Nutrinuts Pitted Dates Natural 500g WAS 43.95 NOW 33.95

Nutrinuts Dry Roasted & Salted Almonds 750g WAS 179.95 NOW 159.95

2 FOR 80.00 SAVE 25.90

FUTURELIFE High Protein Lite Bars 4 x 40g

3+1 FREE on ANY FUTURELIFE Protein Crunch Bar 40g

FUTURELIFE Protein Crunch Bar 40g / Assorted 11.95

3 FOR 59.95 SAVE 14.90

BANANA CHIPS Youthful Living Banana Chips 70g / Assorted

\*WHEN YOU BUY ANY OF THE ABOVE SUGARLEAN, NUTRINUTS, FUTURELIFE® OR YOUTHFUL LIVING OFFERS EXTRA STICKER REDEMEMABLE AFTER REACHING QUALIFYING SPEND OF R125. T&Cs APPLY. WHILE STOCKS LAST.

3+1 CHEAPEST FREE on ANY Lifestyle Food Rice Cakes 60g/130g/175g

Lifestyle Food Mini Rice Cakes 60g / Assorted 19.95 each

Lifestyle Food White OR Brown Rice Cakes 130g / Assorted 18.95 each

Vital Mini Rice Cakes 125g / Assorted 21.95 each

Vital Crisps 85g / Assorted 20.95 each

**#MUST BUY** 4+1 CHEAPEST FREE on ANY Lifestyle Food Chocolate Slabs 40g And 100g

Lifestyle Food Chocolate Slab 100g / Assorted 41.95 each

Lifestyle Food Chocolate Slab 40g / Assorted 20.95 each

**NEW** Lifestyle Food Jellies OR Gums 70g / Assorted 40.95 each

Lifestyle Food Marshmallows 70g 39.95 each

3+1 CHEAPEST FREE on ANY Lifestyle Food Jellies AND Gums AND Marshmallows 70g

## Breakfast Corner

INSTANT DISCOUNT 25% OFF ALL Bokomo Weet-Bix products WITH YOUR Dis-Chem BENEFIT Card

#MUST BUY

25% instant discount to be deducted when swiping your Dis-Chem Benefit Card

1 FOR 45.95 2 FOR 80.00 SAVE 11.90

Lifestyle Food Rolled Oats 1kg

3+1 CHEAPEST FREE on ANY Lifestyle Food Granola Clusters 500g OR Crunch 750g

Lifestyle Food Granola Clusters 500g / Assorted 49.95 each

Lifestyle Food Granola Crunch 750g / Assorted 59.95 each

**#MUST BUY** 3+1 FREE on Kellogg's Corn Flakes 400g

Kellogg's Corn Flakes 400g 34.95 each

Lifestyle Food Long Life Milk 6 x 1 litre Full Cream OR Low Fat 74.95 per pack

DIS-CHEM & DISNEY SHOP AND COLLECT

GET 1 EXTRA STICKER WITH First Choice High Protein Recovery Low Fat Milk 250ml

3+1 FREE on ANY First Choice High Protein Recovery Low Fat Milk 250ml

First Choice High Protein Recovery Low Fat Milk 250ml / Assorted 14.95 each

First Choice Kick Energy Booster Low Fat Milk 250ml / Assorted 14.95 each

**NEW** FUTURELIFE Protein Crunch Bar 40g / Assorted

2+1 FREE on FUTURELIFE® Kids Oat Cereal Bits & Multigrain Pops 375g

FUTURELIFE® Kids Oat Cereal Bits & Multigrain Pops 375g / Assorted 45.95 each

\*WHEN YOU BUY ANY OF THE ABOVE FIRST CHOICE OR FUTURELIFE® OFFERS EXTRA STICKER REDEMEMABLE AFTER REACHING QUALIFYING SPEND OF R125. T&Cs APPLY. WHILE STOCKS LAST.

**#MUST BUY** 1 FOR 149.95 2 FOR 250.00 SAVE 49.00

Lifestyle Food Choice Grade Honey 1kg

1 FOR 28.95 2 FOR 50.00 SAVE 7.90

Eve Instant Honeyed Ginger Drink 20 sachets

WAS 80.95 NOW 70.95

Closemyer Slimming Green Tea 20 tea bags OR Slimming Coffee 10 sachets

WAS 59.95 NOW 49.95

FUTURELIFE Shaker valued at 49.95 when you purchase ANY TWO FUTURELIFE Smart Food 500g OR Crunch 425g Assorted

2+1 FREE on FUTURELIFE® Bran+ Flakes 910g PLUS Probiotics 10 capsules

FUTURELIFE® Bran+ Flakes 910g PLUS Probiotics 10 capsules 71.95 each

**#MUST BUY** FUTURELIFE® Smart+ Food 500g OR Crunch 425g Assorted 45.95 each

17

Promotional offers valid from 16 September - 17 October 2021 while stocks last - may not be available in all stores.

**FOCUS ON Honey**

Honey is a great alternative to sugar or artificial sweeteners. Add honey to your smoothies for an additional boost of flavour.

**1 FOR 59<sup>95</sup> 2 FOR 100<sup>00</sup> SAVE 19<sup>96</sup>**

**Little Bee Choice Grade Honey 500g**  
WAS 71<sup>95</sup> NOW 64<sup>95</sup>

**Lifestyle Food Peanut Butter Crunchy OR Smooth 800g**  
WAS 1 FOR 59<sup>95</sup> 2 FOR 100<sup>00</sup> SAVE 19<sup>96</sup>

**OhMega almond butter**  
WAS 234<sup>95</sup> NOW 199<sup>95</sup>

**Biogen Grass Fed Whey Protein 750g / Assorted**  
WAS 319<sup>95</sup> NOW 249<sup>95</sup> each

**Biogen Plant Based Protein 700g / Assorted**  
WAS 289<sup>95</sup> NOW 199<sup>95</sup> each

**Superfood Boosters**

**Honey**

**Nut Butters or Seeds**

**Protein Base**

**Smoothie Recipes**

Scan these QR codes for delicious smoothie recipes, courtesy of Lifestyle Food. For more recipes, visit [www.lifestylefood.co.za](http://www.lifestylefood.co.za)

Chocolate Nut Butter Smoothie  
Spirulina Smoothie  
Chocolate Maca Smoothie  
Summer Smoothie

**Health Connection Wholefoods Chia Seeds Bulk Pack 400g**  
WAS 84<sup>95</sup> NOW 79<sup>95</sup>

**Health Connection Wholefoods Leafy Green Mix Bulk Pack 350g**  
WAS 213<sup>95</sup> NOW 203<sup>95</sup>

Superfoods such as leafy green mix and chia seeds are great in smoothies because they are high in antioxidants, omega 3 fatty acids, iron and calcium.

**Lifestyle Food Ultimate 4 Seed Mix 500g**  
WAS 63<sup>95</sup> NOW 48<sup>95</sup>

**Lifestyle Food Chia Seeds 300g**  
WAS 64<sup>95</sup> NOW 48<sup>95</sup>

**15% OFF Lifestyle Food Superfoods Powders 100g\*\***

\*\*Offer only available on the above Lifestyle Food Superfoods powders 100g

**Kefir** is a cultured, fermented milk drink similar to yogurt but thinner in consistency. It is a good source of calcium and is rich in probiotic bacteria.

**10% OFF**  
ALL Indezzi River Full Cream Kefir products

**Indezzi River Full Cream Kefir 1 litre / Assorted**  
WAS 52<sup>95</sup> NOW 47<sup>65</sup>

**Indezzi River Full Cream Kefir 300ml / Assorted**  
WAS 24<sup>95</sup> NOW 22<sup>45</sup>

**Nature's Choice Kombucha 500ml Assorted**  
29<sup>95</sup> each

**Happy Culture Water Kefir 330ml Assorted**  
23<sup>95</sup> each

**1 FOR 24<sup>95</sup> 5 FOR 100<sup>00</sup> SAVE 24<sup>75</sup>**

**Rugani 100% Juice Blend 750ml / Assorted**  
17<sup>95</sup> each

**3+1 CHEAPEST FREE**  
on ANY Nature's Choice Kombucha 500ml OR Happy Culture Water Kefir 330ml

**3+1 FREE**  
on ANY Sir Fruit Juice Shot 100ml

**Sir Fruit Juice Shot 100ml / Assorted**  
17<sup>95</sup> each

**Health Foods**

**LIFESTYLE FOOD**

**Flax Flour 500g**  
WAS 36<sup>95</sup> NOW 29<sup>95</sup>

**Coconut Flour 500g**  
WAS 45<sup>95</sup> NOW 39<sup>95</sup>

**Almond Flour 300g**  
1 FOR 119<sup>95</sup> 2 FOR 220<sup>00</sup> SAVE 19<sup>90</sup>

**Rice Flour 500g**  
1 FOR 39<sup>95</sup> 2 FOR 64<sup>95</sup> SAVE 14<sup>95</sup>

**Nature's Choice WHOLEFOOD SPECIALISTS**

**Tummy Flush 250ml**  
WAS 49<sup>95</sup> NOW 39<sup>95</sup>

**Activated Charcoal 100g**  
WAS 27<sup>95</sup> NOW 19<sup>95</sup>

**Polenta Maize Meal 1kg**  
WAS 45<sup>95</sup> NOW 39<sup>95</sup>

**Coarse Sea Salt 1kg**  
WAS 26<sup>95</sup> NOW 19<sup>95</sup>

**Health Connection Wholefoods**

**Dis-Chem Pharmacies stocks a wide variety of alternative food products to cater for vegans, vegetarians and diabetics.**

**Chickpeas 500g**  
WAS 36<sup>95</sup> NOW 29<sup>95</sup>

**Xanthan Gum 50g**  
WAS 25<sup>95</sup> NOW 19<sup>95</sup>

**Tapioca Flour 500g**  
WAS 28<sup>95</sup> NOW 24<sup>95</sup>

**Digestive Bran 500g**  
WAS 20<sup>95</sup> NOW 16<sup>95</sup>

# POUR IT FOR YOUR COUNTRY



Celebrating and supporting over 100 South African wine farms. Buy local, support local.

©2021 WINEROUTE AFRICA



**BUY ANY 3  
CAP CLASSIQUE &  
SAVE  
R75**

X WITH CARD

All Local Estate Wines  
(Excl. Odd Bins)



**BUY IN BULK AND HELP SUPPORT LOCAL WINE FARMS**



**BUY 6 &  
SAVE  
20%**

X WITH CARD

6 x 750ml  
Diemersdal  
Sauvignon Blanc  
Equates to  
R71,99 Each



**BUY 6 &  
SAVE  
25%**

X WITH CARD

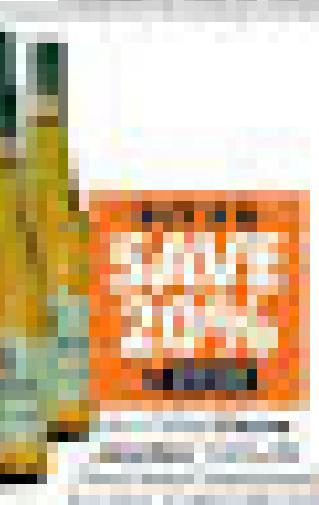
6 x 750ml  
Durbanville Hills  
Chardonnay  
Equates to  
R59,99 Each

**Checkers & Checkers Hyper LiquorShop Checkers & Checkers Hyper LiquorShop**

OFFERS VALID FROM MONDAY 20 SEPTEMBER 2021 UNTIL SUNDAY 10 OCTOBER 2021. PRICES APPLY TO CHECKERS & CHECKERS HYPER STORES WESTERN CAPE, EXCEPT BEAUFORT WEST, GEORGE, JEFFREYS BAY, KNYSNA, MOSEL BAY, OUDTSHOORN & PLETTENBERG BAY.

Not for Persons Under the Age of 18. Drink Responsibly.

# A WIDE RANGE OF THE BEST LOCAL WHITE WINES



Not for persons under the age of 18. © 2010 Disa Proprietary

Chardonnay & Chardonnay Upper Upper Merle Chardonnay & Chardonnay Upper Upper Merle

# RAISE A GLASS WITH SA'S HOMEGROWN REDS



**84<sup>99</sup>**  
750ml  
X WITH CARD

KWF Roodeberg  
Bordeaux Blend

**89<sup>99</sup>**  
750ml  
X WITH CARD

Warwick The First Lady  
Cabernet Sauvignon

**BUY 3 & SAVE 20%**  
X WITH CARD

3 x 750ml Hartenberg  
Cabernet Sauvignon/Shiraz  
Equates to R79,99 Each

**BUY 3 & SAVE R45**  
X WITH CARD

3 x 750ml Kanonkop  
Kadette Cape Blend  
Equates to R104,99 Each

**BUY 3 & SAVE R30**  
X WITH CARD

3 x 750ml Alvi's Drift  
Pinotage  
Equates to R64,99 Each

**BUY 3 & SAVE R30**  
X WITH CARD

3 x 750ml Laborie  
Merlot  
Equates to R69,99 Each

**BUY 3 & SAVE 25%**  
X WITH CARD

3 x 750ml KWV  
Cabernet Sauvignon  
Equates to R63,74 Each

**BUY 3 & SAVE 20%**  
X WITH CARD

3 x 750ml Tokara  
Cabernet Sauvignon  
Equates to R107,99 Each

**BUY 3 & SAVE 20%**  
X WITH CARD

3 x 750ml Guardian  
Peak Merlot  
Equates to R71,99 Each

**BUY 3 & SAVE R60**  
X WITH CARD

3 x 750ml Zandvliet Shiraz  
Equates to R104,99  
Each

**BUY 6 & SAVE 20%**  
X WITH CARD

6 x 750ml Klein Zalze Cellar  
Selection Cabernet Sauvignon  
Equates to R71,99  
Each

**BUY 6 & SAVE 20%**  
X WITH CARD

6 x 750ml Spier  
- Classic Shiraz - Pinotage  
Equates to R67,99  
Each

**BUY 6 & SAVE R120**  
X WITH CARD

6 x 750ml Beyerskloof  
Pinotage  
Equates to R74,99  
Each

**BUY 6 & SAVE R120**  
X WITH CARD

6 x 750ml Beyerskloof  
Synergy Cape Blend  
Equates to R104,99  
Each

**SAVE R10**  
**74<sup>99</sup>**  
750ml  
X WITH CARD

Durbanville  
Hills Merlot

**SAVE R30**  
**99<sup>99</sup>**  
750ml  
X WITH CARD

Diemersfontein  
Pinotage Red Wine

**SAVE R20**  
**109<sup>99</sup>**  
750ml  
X WITH CARD

Fat Bastard  
Golden Reserve  
Red Wine

**129<sup>99</sup>**  
750ml  
X WITH CARD

KWF Cathedral  
Cellar Triptych  
Red Blend

**179<sup>99</sup>**  
750ml  
X WITH CARD

Rupert &  
Rothschild  
Classique Red  
Wine

ECOLOGIA/DAE

Not for Persons Under the Age of 18. Drink Responsibly.

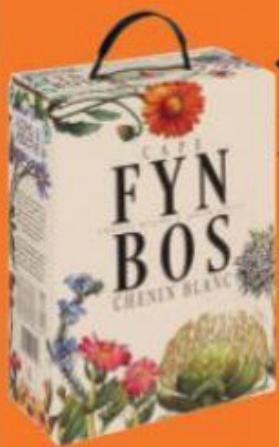
**Checkers & Checkers Hyper LiquorShop Checkers & Checkers Hyper LiquorShop**

OFFERS VALID FROM MONDAY 20 SEPTEMBER 2021 UNTIL SUNDAY 10 OCTOBER 2021. PRICES APPLY TO CHECKERS LIQUOR STORES EASTERN CAPE, INCLUDING OUDTSHOORN, ST GEORGE'S SQUARE, HEIDERAND, KNYSNA, BEAUFORT WEST, YORK STREET CENTRE, BAYSIDE (MOSSEL BAY), PLETTENBERG BAY & HYPER EDEN MEANDER STORES. DUE TO GOVERNMENT REGULATIONS, LIQUOR TRADING HOURS MAY VARY. PLEASE VISIT [WWW.CHECKERS.CO.ZA/LIQUORSHOP](http://WWW.CHECKERS.CO.ZA/LIQUORSHOP) FOR THE LATEST TRADING HOURS.



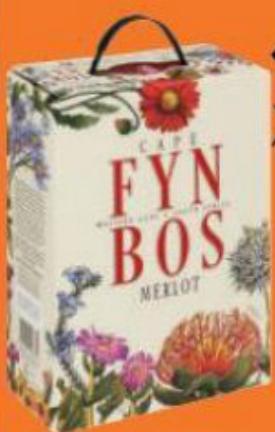
# POUR IT FOR YOUR COUNTRY & SAVE ON LOCAL WINES

## NEW & EXCLUSIVE



**129<sup>99</sup>**  
3L

X WITH CARD  
Cape Fynbos  
Chenin Blanc



**129<sup>99</sup>**  
3L

X WITH CARD  
Cape  
Fynbos  
Merlot



**129<sup>99</sup>**  
2L

X WITH CARD  
KWV  
Sauvignon  
Blanc



**149<sup>99</sup>**  
2L

X WITH CARD  
KWV  
Cabernet  
Sauvignon/  
Shiraz

99c EACH GLASS

## ODD BINS DISCOVER THE SECRET

### WHAT MAKES OUR ODD BINS RANGE SPECIAL?

- Limited quantities of vintage releases from famous wine brands
- Relabelled with a unique bin number and sold at a fraction of the price
- Exclusive to Checkers



**XTRA SAVINGS**  
Checkers

**BUY ANY 6  
ODD BINS WINES &  
SAVE 20%**  
X WITH CARD  
(Excl. Odd Bins Cap Classique)

**AUTHENTIC  
CAP CLASSIQUE  
FOR UNDER R100**

**BUY ANY ODD BINS  
CAP CLASSIQUE  
99<sup>99</sup>**  
750ml each

**XTRA SAVINGS**  
Checkers

**BUY ANY 3  
CAP CLASSIQUE &  
SAVE  
R75**  
X WITH CARD



All Local Estate Wines  
(Excl. Odd Bins)

Not for Persons Under the Age of 18. Drink Responsibly.

**Checkers LiquorShop**  
AVAILABLE AT  
Checkers

OFFERS VALID FROM MONDAY 20 SEPTEMBER 2021 UNTIL SUNDAY 10 OCTOBER 2021. PRICES APPLY TO CHECKERS LIQUOR STORES EASTERN CAPE, INCLUDING OUDTSHOORN, ST GEORGE'S SQUARE, HEIDERAND, KNYSLA, BEAUFORT WEST, YORK STREET CENTRE, BAYSIDE (MOSEL BAY), PLETTENBERG BAY & HYPER EDEN MEANDER STORES. DUE TO GOVERNMENT REGULATIONS, LIQUOR TRADING HOURS MAY VARY.  
PLEASE VISIT [WWW.CHECKERS.CO.ZA/LIQUORSHOP](http://WWW.CHECKERS.CO.ZA/LIQUORSHOP) FOR THE LATEST TRADING HOURS.

# Health

# AFFORDABLE HEALTHCARE MADE EASY



# checkers

also at  
**Checkers  
Hyper**

# DIGESTIVE HEALTH



Medirite Mist Alba All Variants **14,99** 100ml each

Brooklax SENNA LAXATIVE CHOCOLATE FOR RELIEF OF IRREGULAR CONSTIPATION **19,99** 4 per pack

Natrelax Natural Laxative **29,99** 30 per pack

Black Forest HERBAL TEA **44,99** 20 per pack

Lacson Syrup **44,99** 150ml

Gelacid Suspension Liquid **54,99** 100ml

Gaviscon Antacid Liquid 150ml/ Sachets 12x10ml **79,99** each

**SAVE 25% 2 FOR R280 X WITH CARD**

2 x 20ml Iberogast Herb Treatment Supplement Solution **59,99** 48 per pack

Rennie Antacid Tablets All Variants **89,99** 30 per pack

ProbiFlora 2 Strain Everyday Capsules **119,99** 100ml

Ulsanic Antacid Liquid **229,99** 80 per pack

ProbiFlora Probiotic 9 Strain Tablets **199,99** 80 per pack

ProbiFlora Adult Classic Bowel Support Supplement Tablets

# NATURAL REMEDIES



Big deals on natural treatments for everyday illnesses.

**SAVE 15%**

**44,99** 20 per pack

Sela Slimming Tea All Variants

A. Vogel Echineforce Homeopathic Drops **79,99** 30ml each

A. Vogel Multiforce Alkaline Powder **99,99** 105g

stress-away ANXIETY & STRESS **139,99** 60 per pack

**SAVE 15%**

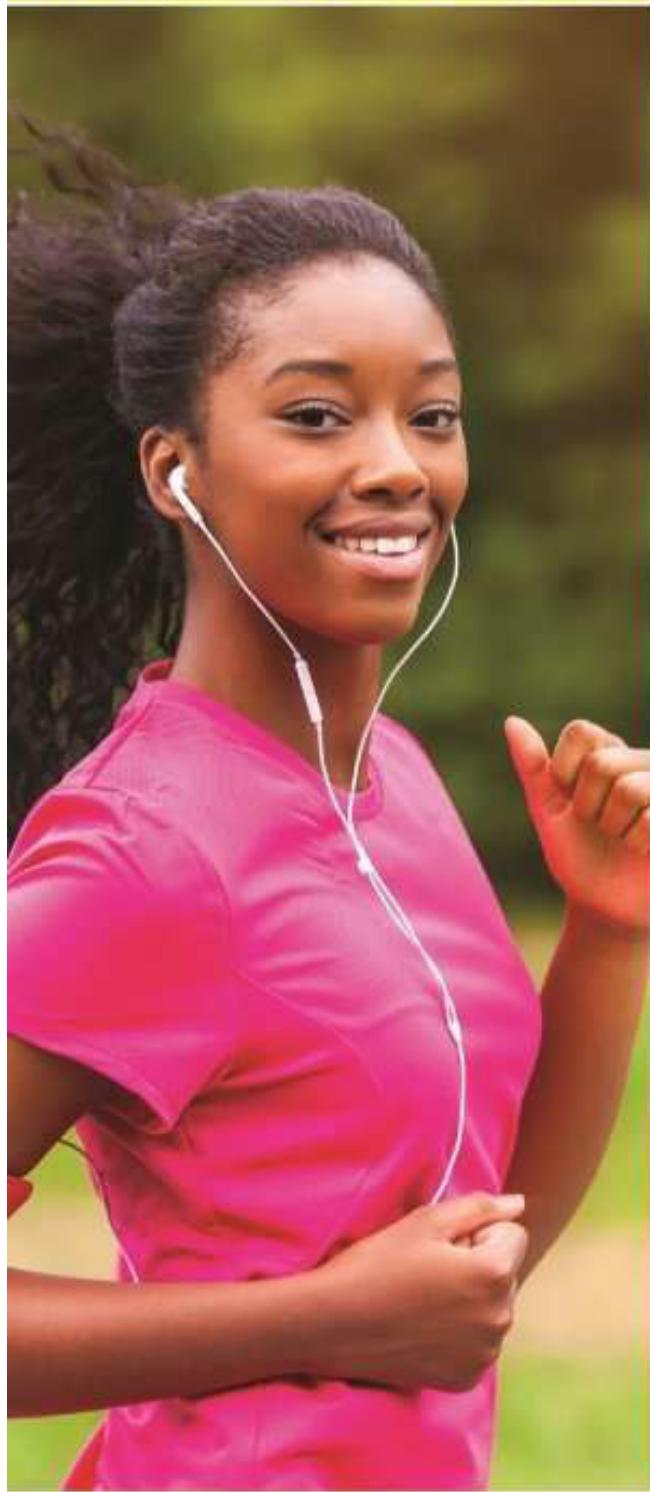
**124,99** 200ml

A. Vogel Molkosan Herbal Tonic

**MOLKOSAN**

200ml

# ACTIVE NUTRITION & SLIMMING



**Medirite Apple Cider Vinegar Capsules** 54,99 60 per pack

**Herbex Slimming Tea All Variants** FROM 49,99 20 per pack

**Vita Aid Apple Cider Green Tea Capsules** 64,99 60 per pack

**Nutritional Supplement** 79,99 400g

**Medirite Nutritional Supplement Shake**

**Shape DIET MEAL REPLACEMENT** **WBBERRY SHAKE** **SAVE 21%** **124,99** 450g **Shape Supplement Health Drink All Variants Each**

**Herbex Fat Burn Concentrate All Variants Each** 159,99 400ml

**Ensure Supplement Health Drink All Variants Each** 219,99 250g

**2 FOR R160** **WITH CARD**  
2 x 450g Medirite Body Shake Strawberry Flavoured Supplement

**SAVE 22% ANY 2 FOR R170** **WITH CARD**  
2 x 400g Replace Meal Replacement All Variants

**SAVE 35% ANY 2 FOR R200** **WITH CARD**  
2 x 625g Nutritech Muscle Growth Powder All Variants

**SAVE 30% ANY 2 FOR R220** **WITH CARD**  
2 x 454g Nutritech Whey Protein All Variants

## SEXUAL HEALTH

**SAVE 25%** **44,99** 3 per pack **Skyn Condoms All Variants**

**34,99** 3 per pack **Contempo Condoms All Variants**

**89,99** 50ml each **Durex Lubricant All Variants**

**54,99** each **Dr. Lee Vibrating Ring G Max**

**129,99** 10 per pack **Skyn Original Condoms**

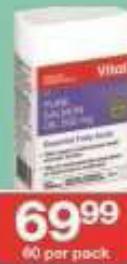
**119,99** 12 per pack **Durex Extra Safe Condoms**

**144,99** 12 per pack **Durex Fetherlite Extra Large Condoms**

**124,99** 200ml each **Durex 2 in 1 Massage Gel Lubricant All Variants**

**Durex Condoms All Variants**

# VITAMINS & SUPPLEMENTS

							
<b>64,99</b> 30 per pack	<b>64,99</b> 200ml	<b>69,99</b> 30 per pack	<b>69,99</b> 60 per pack	<b>74,99</b> 30 per pack	<b>79,99</b> 30 per pack	<b>79,99</b> 30 per pack	<b>SAVE 20% ANY 5 FOR R20 X WITH CARD</b>
Vital Multivitamin Capsules	Bioplus Syrup	Bonvit Plus Vitamin Supplement	Vital Salmon Oil 500mg Capsules	Vital Omega 3, 6 & 9 Capsules	Vital Vitamin E 400 IU Antioxidant Capsules	Vital Omega 3/ 6 & 9 Capsules	5 x 10ml Turbovite Focus/Blast/Vitality Syrup All Variants
							
<b>99,99</b> 30 per pack	<b>99,99</b> 60 per pack	<b>99,99</b> 30 per pack	<b>109,99</b> 6 per pack	<b>114,99</b> 20 per pack	<b>119,99</b> 60 per pack	<b>119,99</b> 30 per pack	<b>139,99</b> 30 per pack
Vital Maxi C+ 1000mg Vitamin Tablets	Vital Pure Evening Primrose Oil 500mg Capsules	Vital Hair, Skin & Nails Capsules	URI-Kleer 5-Day Acute Treatment Supplement Tablets	Turbovite Excel Effervescent Granules Sachets	Medirite Hair, Skin & Nails Capsules	Vital Men/Women Multivitamin	Nativa Night Complex Capsules
							
<b>119,99</b> 30 per pack	<b>124,99</b> 20 per pack	<b>129,99</b> 30 per pack	<b>148,99</b> 30 per pack	<b>159,99</b> 90 per pack	<b>169,99</b> 28 per pack	<b>199,99</b> 60 per pack	<b>249,99</b> 30 per pack
Nativa Calm Complex Capsules	Nativa Water Flow Complex Capsules	Vital Gold Vitamin Supplement Capsules	Nativa Go! Men/Women Multivitamin	Nativa Omega 3 Complex Vitamin Capsules	Uri-Kleer Maintenance Tablets	Vital Maxi B Capsules	Preg Omega Plus All-in-One Supplement

## JOINT & BONE

Trusted products to help maintain healthy joints and bones.



**69,99**  
60 per pack

Zinplex Supplement Tablets

**SAVE 15%**

**119,99**  
30 per pack

OsteoEze Acute Injury Relief Tablets



**ACUTE INJURY RELIEF**

**OSTEOEZE** THE JOINT SPECIALIST

FOR ACHE, SPRAINS & PAINS

REDUCES PAIN

REDUCES INFLAMMATION

30 TABLETS





**99,99**  
30 per pack

B-Cal-DM Supplement Tablets



**199,99**  
30 per pack

Venavine Leg Health Supplement Tablets

# FIRST AID

**Deep Heat Period Pain Patch**  
SAVE 31%  
**14.99** each  
Deep Heat Patch All Variants

**Deep Freeze**  
FROM 22.99 each  
Deep Freeze Range

**Elastoplast Sensitive Plasters**  
29.99 20 per pack

**Dr. Lee Pain Relief PATCH VALUE PACK**  
**R44** 6 per pack

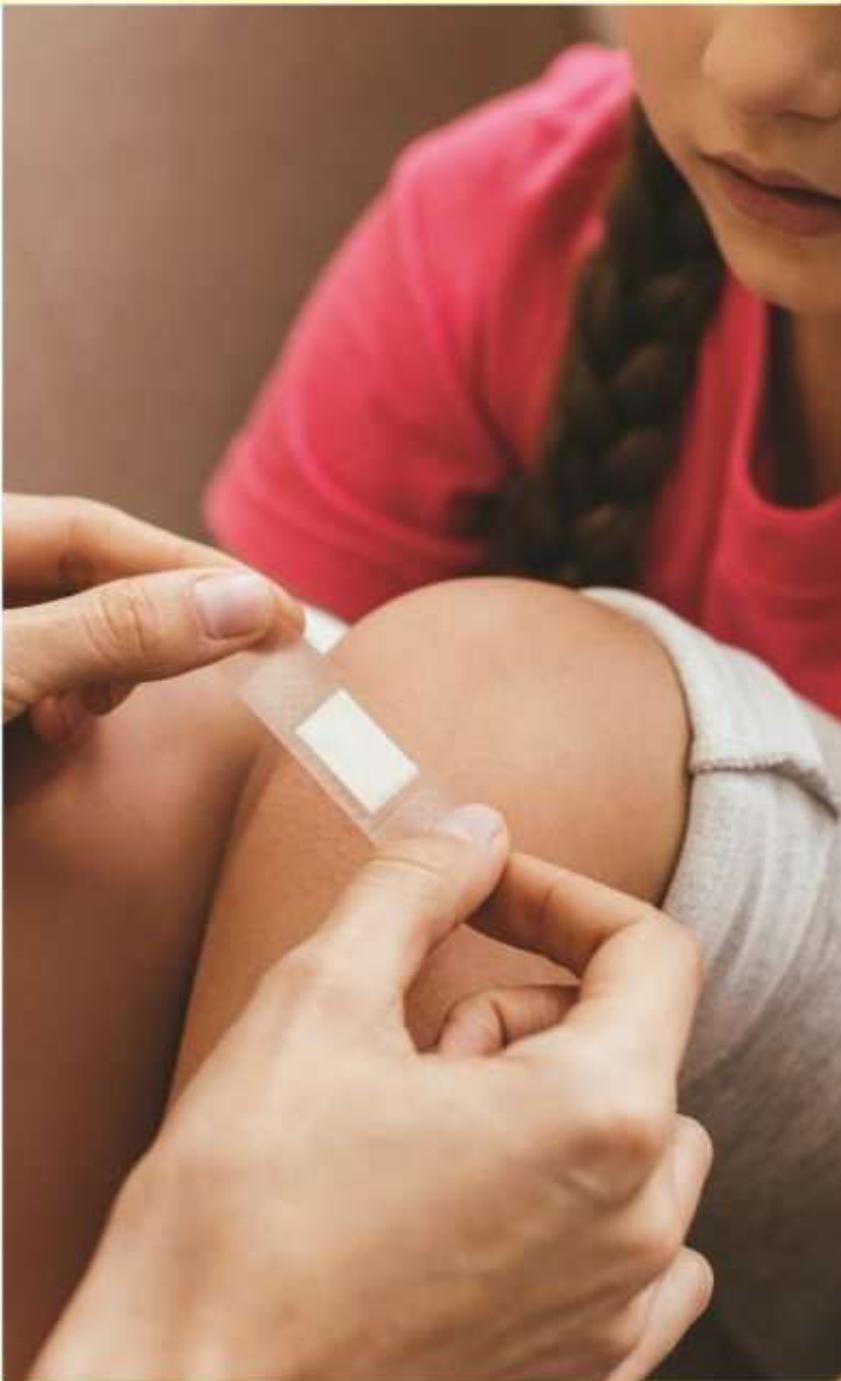
**Elastoplast SENSITIVE KIDS**  
20 Plasters  
SAVE 21%  
**24.99** 20 per pack  
Elastoplast Kids Sensitive Plasters

**Deep Relief Ibuprofen Gel**  
**39.99** 30g

**Deep Heat Range**  
FROM 32.99 each

**Moov Rapid Relief Gel**  
**44.99** 50g

**Germolene Ointment**  
20g



# HEALTH ESSENTIALS

**Germolene OINTMENT**  
20g  
SAVE 27%  
**34.99** 20g each  
Germolene Antiseptic Ointment

**Panado**  
23.99 24 per pack  
Panado Tablets

**Eye Gene**  
39.99 10ml  
Eye Gene Eye Drops

**Zam-Buk**  
64.99 60g  
Zam-Buk Antiseptic Ointment

**Grand-Pa**  
38 HEADACHE POWDERS  
64.99 36 per pack  
Grand-Pa Headache Powders

**REHIDRAT**  
69.99 6 per pack  
Rehidrat Supplement Powder All Variants

**Salex Saline Decongestant Drop Spray**  
79.99 30ml

**LOC Tears Eye Drops**  
109.99 10ml

# KIDS' HEALTH

Protect your little ones all year round with our health products.

**SAVE 20%**

**89<sup>99</sup>** 12 per pack  
Linctagon-C Junior Effervescent Tablets

**79<sup>99</sup>** 12 per pack  
Flugon Fizzy Kidz Effervescent Tablets

**27<sup>99</sup>** 100ml  
Medirite Multivitamin Syrup

**49<sup>99</sup>** 200ml  
Zinplex Junior Immune Boost Syrup

**79<sup>99</sup>** 60 per pack  
Medirite Kids Multivitamin Gummies

**79<sup>99</sup>** 10 per pack  
Ferrous Forte Kids Iron Supplement Effervescent Tablets

**99<sup>99</sup>** 60 per pack  
JungleVites Multivitamin Tablets

**99<sup>99</sup>** 150ml  
JungleVites Multivitamin Syrup

**94<sup>99</sup>** 60 per pack  
Gummy Vites Vitamin C Immuna Support for Kids

**174<sup>99</sup>** 200ml each  
Crèche Guard Immune Multivitamin Syrup



# BABY

Better prices on everything you need to keep your baby happy and healthy.

**19<sup>99</sup>** 100ml each  
Medirite Magnesium Milk Antacid

**49<sup>99</sup>** 100ml  
Phipp's Milk of Magnesia Antacid-Laxative

**19<sup>99</sup>** 8g each  
White's Teething Powder

**24<sup>99</sup>** 75ml  
Muthi Wenyoni Antacid Mixture

**29<sup>99</sup>** 15g each  
White's Teething Gel

**54<sup>99</sup>** 100ml  
Calpol Paediatric Syrup

**59<sup>99</sup>** 10 per pack  
Karvol Decongestant Inhalation Capsules

**69<sup>99</sup>** 100ml  
Tibb Bonnycare Liquid Supplement

**99<sup>99</sup>** 12 per pack  
Lennon Glycerin Children's Laxative



**SAVE 25%**

**44<sup>99</sup>** 20ml  
Panado Infant Drops

# BU CO

HARDWARE • BUILDWARE

# 10 YEARS STRONG!

And continuing to Build Together.

## LET'S BUILD TOGETHER

**769** EACH

 **SMARTLAND**  
8 PANEL DOOR  
1338682  
• Bastion  
• 813 x 2032mm  
• Finished with waterproof high density fibre skin  
• Exterior door

**750** EACH

 **RYOBI**  
HLD-180 CORDLESS  
DRILL  
1308695  
• 18V  
• 10mm  
• Li-ion charger + battery

**1299** EACH

 **RYOBI**  
XCS-165  
CIRCULAR  
SAW  
1277254  
• 18V Li-Ion

**199** EACH

 **BURFUSE**  
LED  
FLOODLIGHT  
& SENSOR  
20W  
1351828  
• Black  
• 4000K  
• FS292

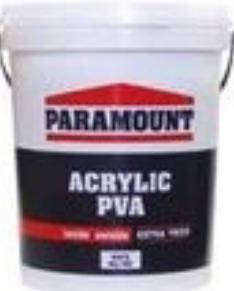
**549** EACH

 **WR**  
15M STEEL  
EXTENSION  
REEL  
1214462  
• 1.5mm  
• Double  
Kosmo-reel

**9999** EACH

 GENERATOR 7.5 KVA  
4 STROKE ELECTRIC  
START PETROL  
1335367  
• LIV7500ES

**279** EACH

 **PARAMOUNT**  
PVA  
1000159  
• 20L  
• White

**2999** EACH

 **total**  
GAS GEYSER  
1208568  
• Flow rate 12L per minute  
• Includes flue pipe  
• Hot water on demand  
• 1-Year guarantee  
• Approved safety appliance  
• Save on your electricity bill  
• Use certified installers

**3599** EACH

 **SUPERLINE**  
GEYSER  
1336650  
• 150L  
• 600kPa  
• 5-year  
guarantee  
• Energy efficient

## NEW TO THE MARKET



**DURAM ARMAGUARD**

• various colours available in store

**20L 799** EACH

## BUILDING MATERIALS

See in-store or online for a wide range of building materials.

CEMENT BRICKS



BRICK FORCE 20M ROLLS



CONCRETE LINTELS



HARVEY TILE ELITE ACRYLIC



BUILD ONLINE WITH BUCO. It's as simple as Click. Cart. Complete.

## VALUE ADDED SERVICES

Project Management

Specialised  
Contractors Counter

Cost Estimation

Delivery

Credit Facilities  
for Contractors

Roof Trusses

Prices applicable at participating BUCO stores.

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 BUCO South Africa

 www.buco.co.za

 **SHOP ONLINE  
NOW!**

Visit  
[buco.co.za](http://buco.co.za)



TOOLS

CONTRACTORS

DECOR

HARDWARE

OUTDOOR

PLUMBING

ELECTRICAL

TRUSSES

PAINT

<p><b>499 EACH</b> <b>KYORAI</b> <b>PD-650 IMPACT DRILL</b> 104214 • 650W • 13mm • Key type • 2-Year Guarantee </p> <p><b>899 EACH</b> <b>XHD-1820 CORDLESS IMPACT DRILL</b> 1251501 • 18V Li-Ion • Excludes battery, charger and drill bit </p> <p><b>999 EACH</b> <b>XG-115 CORDLESS ANGLE GRINDER</b> 1251504 • 18V • 115mm • excludes battery &amp; charger </p> <p><b>599 EACH</b> <b>SMART CHARGER PACK</b> 1333159 • 18V Li-Ion • XPP-9000 </p> <p><b>1499 EACH</b> <b>BATTERY PACK</b> 1335686 • 18V Li-Ion • 4000mAh • Excludes Charger </p> <p><b>1425 EACH</b> <b>AJP-1480 HIGH PRESSURE WASHER</b> 1316200 • 1600W • 115 Bar </p> <p><b>3990 EACH</b> <b>MAT-DRILL WELDING RODS</b> 1193387 • GP • 2.5mm • 1kg • MAT6992 • 1199732, IKG, 3.2MM, MAT6993, <b>39.90 EACH</b> </p> <p><b>1390 EACH</b> <b>FLAP DISC 115MM</b> 1274988 • P40 • FOX91455 • 1274989, P60, <b>13.90 EACH</b> • 1274990, P80, <b>13.90 EACH</b> </p> <p><b>4490 EACH</b> <b>Evo Craft STEEL CUTTING DISC 5+1 COMBO</b> 1008299 • 115x1.0 x 22.23mm </p>	<p><b>1490 EACH</b> <b>PROFESSIONAL SEGMENTED DIAMOND BLADE</b> 1008079 • 230mm • TCD820230 </p>
<p><b>149 EACH</b> <b>LIVELINE XSTRAP TIE DOWN STANDARD RATCHET</b> 1333848 • 4.6m x 25mm • 2 Pack • X51217 • 1333849, 4 PIECE, <b>299 EACH</b> </p> <p><b>349 EACH</b> <b>XSTRAP TIE DOWN COMMERCIAL RATCHET</b> 1333857 • 4.3m x 38mm • 2 Pack • X513204 • 1333856, X513203, <b>199 EACH</b> </p> <p><b>199 EACH</b> <b>XSTRAP TIE DOWN HEAVY DUTY</b> 1333853 • 3.6m x 27mm • 2 Pack • X512202 • 1333854, 4 PACK, 4.3M X 27MM, <b>450 EACH</b> </p> <p><b>249 EACH</b> <b>LIVELINE XSTRAP TIE DOWN STANDARD COMBO PACK</b> 1333852 • 3m x 25mm • X514109 </p> <p><b>599 EACH</b> <b>LIVELINE CONCRETE STEEL WHEELBARROW</b> 1339682 • CKD • 1339683, POLY CKD, <b>650 EACH</b> </p>	<p><b>99 EACH</b> <b>PROWIN FIBREGLASS MEASURING TAPE</b> 1334222 • 8m x 25mm • Self stop </p> <p><b>199 EACH</b> <b>POLY CLUB HAMMER</b> 1334204 • Fibre handle • 1.8kg </p> <p><b>199 EACH</b> <b>ALL STEEL HAMMER CLAW WITH RUBBER GRIP</b> 1334200 • 450g • 12114 </p> <p><b>119 EACH</b> <b>CLAW HAMMER</b> 1334202 • 450g • Heavy duty • 12107 </p> <p><b>129 EACH</b> <b>WATER PUMP PLIERS</b> 1334268 • 300mm • 11911 </p> <p><b>249 EACH</b> <b>SCREWDRIVER SET</b> 1334254 • 8 Piece • 15180 </p>
<p><b>15990 EACH</b> <b>TROWEL PLASTER</b> 1006599 • 290 x 120mm • Black handle • Vickers 244 • 1006600, 292 x 120MM, WOODEN HANDLE, <b>299.90 EACH</b> </p> <p><b>39990 EACH</b> <b>BRICK TROWEL</b> 1006547/1006548 • 280mm • Rosa plastic handle • or wooden handle • Vickers 33A </p> <p><b>199 EACH</b> <b>WR MULTIPLUG 8-WAY</b> 1321304 • 4 x 16A • 3IEC and Shuko • 500mm Cord • Surge protection </p> <p><b>319 EACH</b> <b>WR EXTENSION LEAD 20M</b> 1333592 • 16A • White • HCS019 </p> <p><b>16 EACH</b> <b>eurolux 9W LED LAMP A60</b> 9W LED LAMP A60 • Classic core • 4000K • Cool white • Available in: - B22 (1344961) - E27 (1344962) </p>	<p><b>35 EACH</b> <b>ENERGY SAVER LAMP</b> • 11W • Available in: - B22 (1091913) - E27 (1112938) </p> <p><b>119 EACH</b> <b>LED RECHARGEABLE LIGHT</b> 1331798 • 30 LED • Eurolux FS 205 </p> <p><b>139 EACH</b> <b>12W LED CEILING LIGHT</b> 1299073 • White • 4000K </p>
<p><b>69 EACH</b> <b>VELTI 2 X RSA + 2 RSA V-SLIM SOCKET</b> 1298182 • Verti2 • 100 x 100mm • White </p> <p><b>75 EACH</b> <b>VELTI 1X RSA + 3 RSA V-SLIM SOCKET</b> 1298383 • Verti2 • 100 x 100mm • White </p> <p><b>75 EACH</b> <b>ISOLATOR 30A</b> 1298176 • Double Pole • 100 x 100mm • White • Verti2 </p> <p><b>99 EACH</b> <b>MAJOR TECH 10A DAY/NIGHT CONTROL SWITCH</b> 1102021 • 10A • DNS10 • 1102022, 25A, <b>139 EACH</b> </p>	

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**169 EACH**  
PINE SKIRTING  
1092250  
• 94 x 22mm  
• 3m  
• \$6.66

**49 EACH**  
PINE PAR  
1092640  
• 22 x 44mm  
• 2.4m  
• 1092642, 3M, **69 EACH**

**249 PER SET**  
Hilldam  
COSY DELUXE SET  
1092150

**349 EACH**  
ASH-PRO<sup>®</sup>  
2-LEVER  
LOCKSET  
1032414  
• Chrome plated  
• Union boxed

1032417, 3-LEVER, **399 EACH**

**1899 EACH**  
HARDWOOD F&L  
DOOR  
1094597  
• 813 x 2032mm  
• Frame & ledge  
• Open back braced  
• Full exterior requires overhang above

1032417, 3-LEVER, **399 EACH**

**4899 EACH**  
HARDWOOD  
PIVOT DOOR  
1314384  
• 1200 x 2032mm  
• Horizontal

**79 EACH**  
EUREKA  
FORT KNOX  
2-LEVER  
LOCKSET  
1002727  
• Chrome plated  
• M2A10U  
• 1002742, 3-LEVER  
LOCKSET, **89 EACH**

**399 EACH**  
CUP SQUARE  
BOLT & NUT  
1002316  
• 10 x 90mm  
• Quantity: 100

**79 EACH**  
NAIL & ROOF  
SEAL  
1209385  
• 8 washer  
• 5 x 90mm  
• Quantity: 100

**35 EACH**  
NAIL & CAP ROOF  
SEAL  
1275016  
• LG  
• 3.55 x 75mm  
• Quantity: 50

**149 EACH**  
TEK SCREWS  
1206829  
• Steel  
• 5.5 x 90mm  
• T3  
• Quantity: 100

**189 EACH**  
POLYESTER  
RESIN  
STYRENE  
FREE  
CHEMICAL  
ANCHOR  
1270034  
• 300ml Rawi  
• RAW R-KEM-II

**229 EACH**  
DRILL BIT  
MASONRY  
LONG LIFE SET  
8PCE  
1008713  
• 3-10mm

**439 EACH**  
ROOF  
INSULATION  
1023204  
• 100mm  
• 1.2 x 6m

**49 EACH**  
DPC  
1000837  
• 110mm x 40m  
• 375 Micron  
• 1000841, 225MM X 40M,  
**99 EACH**

**489 EACH**  
BLACK/GREEN  
PLASTIC  
1000865/  
1000888  
• 3 x 30m  
• 250 Micron

**179.99 EACH**  
PVC WASTE PIPE  
1029270  
• E-spec  
• 6m x 40mm  
• WPE213  
• 1029274, 50MM, WPE313,  
**189.99 EACH**

**284.99 EACH**  
UG PVC PIPE  
1029247  
• 110mm x 6m  
• For underground use

**74.90 /M<sup>2</sup>**  
CASINI ECO  
CERAMIC TILES  
• 350 x 350mm  
• 2.45m<sup>2</sup>/box  
• Available in:  
- Ivory (1343837)  
- Grey (1343838)  
- Modern design



**89.90 /M<sup>2</sup>**  
FABRIS CERAMIC  
TILES  
• 600 x 600mm  
• 2.16m<sup>2</sup>/box  
• Available in:  
- White (1343828)  
- Ivory (1343829)  
- Grey (1343830)  
- Large format



**2299 EACH**  
AgapeDoor  
PIVOT SHOWER  
DOOR  
1220592  
• 900-1100 x  
1850mm  
• White  
• Door only



**2999 EACH**  
AgapeDoor  
ALPINE PIVOT  
SHOWER  
DOOR  
1157200  
• Bright  
chrome  
• 50509



**2399 EACH**  
eco<sup>®</sup>  
WATER TANK  
• 2500L  
• 2050 x 1410mm  
• Available in:  
- Cape Green (1273125)  
- Beige (1267879)



**4599 EACH**  
• 5000L  
• 2200 x 1800mm  
• Available in:  
- cape green (1273126)  
- beige (1267820)

**399 EACH**  
ASPEN LIGHT  
SHOWER/BATH  
MIXER  
1118745  
• Chromed brass  
• Wall type



**449 EACH**  
ASPEN LIGHT UNDERSPOUT  
SINK MIXER  
1118749  
• Chromed brass  
• Deck type



**149 EACH**  
MINTA WATER  
SAVER SHOWER  
ROSE  
1012701  
• Chromed  
• 95mm  
• 3 Functions



CACHET  
FINE FAUCET FINISHES

**599 EACH**  
COURIER DELUXE  
BASIN BOX SET  
1175287  
• With universal pedestal  
• Basin suitable for 1 or 2  
tap hole installations  
• White



**829 EACH**  
ANFIELD  
TOILET SUITE  
1320233  
• Front flush  
• White  
• Includes seat &  
mechanism



**1199 EACH**  
K<sup>®</sup> DROP IN SINK  
1245150  
• 1660 x 500mm  
• Kwikfit  
• SDI-TI60-C5



**1099 EACH**  
MYA BATH  
1322044  
• 1700 x 695mm  
• White  
• Includes handles  
• Built in bath



**BU CO**  
HARDWARE-BUILDWARE

Selected products may not be available at all stores. Actual products might differ slightly from images represented. No traders. Savings are calculated using average market-related selling prices. Errors and Omissions excluded.

LET'S BUILD TOGETHER

**669** EACH

TRADEPRO  
WATER-BASED  
PRIMER

1292218  
• 20L



**449** EACH

TRADEPRO  
BRIGHT  
MATT

1292174  
• 20L  
• White



**869** EACH

TRADEPRO  
BRILLIANT  
SHEEN

1292176  
• 20L  
• White



**1049** EACH

POLVIN WALLS &  
CEILINGS PVA

1000487  
• 20L  
• White



**1029** EACH

MICATEX

1000404  
• 20L  
• White



AVAILABLE IN  
STANDARD COLOURS

**1999** EACH

WALL & ALL

1000735  
• 20L  
• White



**429** EACH

UNIVERSAL  
UNDERCOAT

1294930  
• 5L  
• White



5L **119** EACH

**689** EACH

ADHESION  
PRIMER

1337650  
• 20L  
• White



5L **249** EACH

**629** EACH

MATT  
ACRYLIC

1216934  
• 20L  
• China white



VARIETY OF COLOURS  
AVAILABLE IN-STORE

**699** EACH

ARMATEX

1259660  
• 20L  
• White



**799** EACH

WALL & CEILING

1160086  
• 20L  
• White  
• Also available in  
various colours



**799** EACH

ROOFKOTE

1021536  
• 20L  
• Charcoal



VARIETY OF COLOURS  
AVAILABLE IN-STORE

**179** EACH

FLEXIKOTE

1021427  
• 5L  
• Black +  
mesh



VARIETY OF COLOURS  
AVAILABLE IN-STORE

**849** EACH

PERMO PLASTER

1004437  
• 5L



**399** EACH

PERMOBOND

1004434  
• 5L



ALSO IN 1L

**99** EACH

CARBOLINEUM  
WOOD  
PRESERVATIVE

1016074  
• 5L



**24** EACH

CONTRACTORS  
ACRYLIC

1004483  
• 260ml  
• White



**199** EACH

PERMO PLASTER

1004437  
• 5L



**69** EACH

COLD GLUE

1004362  
• 500ml



500ml  
ALSO IN 1L  
ALSO IN 250ML

**269** EACH

CORNICE  
ADHESIVE

1265001  
• 5kg



5kg  
250ml  
34 EACH

**399** EACH

CONTACT  
ADHESIVE

1004503  
• 5L



5L  
ALSO IN 1L

**49.99** PER PACK

FFP2/KN95 FACE  
MASK

1336932  
• 4 Layers non-woven  
• 95% Filtration efficiency  
• Comfortable nose foam  
• EN149-2001 + A1:2009  
• GB2626-2006 Compliant



PACK OF 5

AVAILABLE AT THESE STORES:

BUCO ATHLONE | TEL: 021 686 5847  
BUCO BERGVLIET | TEL: 021 712 6400  
BUCO BLACKHEATH | TEL: 021 905 2119  
BUCO BLOEMFONTEIN | TEL: 021 454 2241  
BUCO BRACKENFELL | TEL: 021 980 5800  
BUCO BRITS | TEL: 012 257 3209  
BUCO BURGERSFONTEIN | TEL: 012 331 5700  
BUCO CAPE TOWN | TEL: 021 448 9421  
BUCO CHAMONIX | TEL: 011 762 4376  
BUCO VASCO | TEL: 021 562 4339  
BUCO CLAREMONT | TEL: 021 683 0380  
BUCO EAST LONDON  
BEACON BAY | TEL: 043 748 2501  
BUCO EAST LONDON  
ARCAIA | TEL: 043 743 3723  
BUCO EMPANGENI | TEL: 021 787 1466  
BUCO FISH HOOK | TEL: 021 782 5520  
BUCO GEORGE | TEL: 044 802 4400

BUCO GRAHAMSTOWN  
34 BATHURST | TEL: 046 622 7301  
BUCO HAZELVIEW TOWNSHIP | TEL: 021 737 7142  
BUCO HERMANUS | TEL: 028 313 1311  
BUCO HOEDSPRUIT | TEL: 010 593 0160  
BUCO HONEY DEW | TEL: 011 795 3738  
BUCO HUMANSDORP | TEL: 042 295 1608  
BUCO JEFFREYS BAY | TEL: 042 448 4490  
BUCO KATHU | TEL: 021 723 2000  
BUCO KEMPTON PARK | TEL: 010 013 0330  
BUCO KENTON-ON-SEA | TEL: 046 648 1300  
BUCO KIMBERLEY FABRICIA | TEL: 051 833 2522  
BUCO KLERKSDORP | TEL: 016 462 2621  
BUCO KRYSTAL | TEL: 044 301 2400  
BUCO KOMATI-POORT | TEL: 031 797 7069  
BUCO LEPHALALE | TEL: 014 761 3332  
BUCO LONGBREATH | TEL: 021 783 0006  
BUCO PLAZA | TEL: 021 391 5555

BUCO MALLERI | TEL: 010 710 5400  
BUCO MIDDLEBURG | TEL: 013 203 6500  
BUCO MONTAGUE GARDENS | TEL: 021 045 7930  
BUCO PAARL | TEL: 021 870 1700  
BUCO PARKLANDS | TEL: 021 200 8445  
BUCO PINETOWN | TEL: 031 711 7500  
BUCO PLATENHANS BAY | TEL: 044 501 3800  
BUCO POLOKWANE SAPPHIRE | TEL: 015 293 0404  
BUCO PORT ALFRED  
MAIN STREET | TEL: 046 624 1103  
BUCO RUSTENBURG | TEL: 014 590 8400  
BUCO PORT ELIZABETH  
WALKER DRIVE (GOEDEHOEK) | TEL: 041 261 5823  
BUCO PORT ELIZABETH  
NORTH END (GOEDEHOEK) | TEL: 041 684 7773  
BUCO RAMSGATE | TEL: 028 314 9775

BUCO SARIE | TEL: 041 715 5010  
BUCO SEAPOINT | TEL: 021 434 2128  
BUCO SIMON'S TOWN | TEL: 021 138 0060  
BUCO SOMERSET WEST | TEL: 021 854 2640  
BUCO ST FRANCIS RAY | TEL: 041 284 0488  
BUCO THABAZIMBI | TEL: 014 772 3407  
BUCO TOKAI | TEL: 021 701 0460  
BUCO Uitenhage (KARIEGAZI) | TEL: 041 922 9920  
BUCO VAAL | TEL: 016 186 2224  
BUCO WILSKOM | TEL: 027 325 2445  
BUCO WHITE RIVER | TEL: 031 957 750 2090  
BUCO WITBANK | TEL: 031 952 8938  
BUCO WONDERROOM | TEL: 097 400 3840  
BUCO WONDERPARK | TEL: 082 730 5440  
BUCO WORCESTER | TEL: 021 342 3629

**BU CO**  
HARDWARE • BUILDWARE

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f BU CO South Africa

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TOOLS

CONTRACTORS

DECOR

HARDWARE

OUTDOOR

PLUMBING

ELECTRICAL

TRUSSES

PRINT