

Endurance Walk a huge success

Standerton Correctional Services Centre organized a 15 km fun walk (Endurance Walk) last Thursday and a crowd of approximately a hundred men and women, young and old, took part in the event, even when the day turned out to be fairly hot with the temperature well above the 20 degrees Celsius mark.

The participants were mostly from various departments such as Education, the SAPS, members of Correctional Services and community members.

According to Ms Nomsa Nkosi, who organized the Endurance Walk, the objective of the walk was to promote a good working relationship among the inter-departmental personnel and to enhance interaction with members of the community.

The acting Area Commissioner of the Department of Correctional Services, Mr Dumisane Nzimande, and Standerton Correctional Services Centre Manager, Mr Bheki Mazibuko, set the pace for the event. **DM**



A large crowd of approximately 100 people showed up at Standerton Correctional Service Centre and took part in its 15 km Endurance Walk. The objective of the walk was to promote a good relationship among inter-departmental personnel.



Acting Area Commissioner of the Department of Correctional Services, Mr Dumisane Nzimande (wearing the red cap), also participated in the Endurance Walk last Thursday.

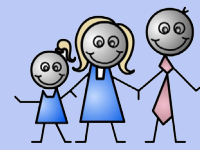
Hamba, Tooth Fairy ...



September is Oral Health Month and this was celebrated in high spirits last Wednesday at the Winnifred Maboia Clinic in Sakhile, Standerton in conjunction with the oral hygienists of Standerton Hospital. The patients were taught the basics of oral hygiene and the children were entertained by a doctor, all dressed up for the occasion. The patients also received free screenings and complimentary toothbrush kits.



Dr Naidoo dressed up in a costume and handed out dental products to patients.



Hemelse kos



Tydens die Heymans Koe Hoëveldfees, die afgelope naweek, het die Nederduitse Hervormde gemeente van Standerton die heerlikste kos verskaf. Feesgangers kon daar skuiling vind teen die ysige koue. The Horse Shoe restaurant het dus ook met die sertifikaat en trofee van 'beste kosstalletjie' weggestap. Ds Riaan Botha en me Carien Claasen is hier met trots in hulle restaurant.

Oral cancer - the silent killer

September is National Oral Health Month and every minute of the day a new diagnosis of oral cancer is being made worldwide. This means that before you finish reading this article, at least two people have started their battle against oral cancer.

According to a local dentist, some male smokers are most likely to develop oral cancer and some female non-smokers have the least chance of contracting this disease that affects the lips, inside of the mouth, tongue, cheeks and upper section of the throat.

Cancer can be defined as a group of cells that grow uncontrollably, causing damage and invading the surrounding tissue.

Billions of cells grow and differentiate to replace old cells in the body on a daily basis and when inhaling or taking in harmful chemicals such as tobacco or alcohol, new cells can mutate and become cancerous.

Other factors that increase the chance of getting oral cancer include exposure to the sun, a genetic tendency in the family towards cancer development, the human papilloma virus (HPV) and HIV/Aids.

Human papilloma viruses consist of more than 120 different types. Two strains of this virus, HPV-16 and HPV-18, are specifically dangerous and may cause cancer.

Oral cancer can be fatal if not treated in its early stage. In most cases the outcome of a normal life or even life at all for more than five years is very slim, compared to other cancers of the body, the reason being that oral cancer will often grow and spread without the sufferer knowing it.

In the early stages there is no pain and structural changes are not noted by the average individual. Dentists advise that when a lump or mass is discovered, or a wound that does not heal in 14 days, sensitivity in speech or breathing starts, one should go to a doctor or dentist for a check-up, because an early diagnosis will result in a 90% complete recovery.

No person can be completely safe from oral cancer, but it can be prevented by not using tobacco, going for a dental check-up every six months, adopting a healthy lifestyle by eating fresh fruit and vegetables, using a sunscreen and drinking alcohol in moderation.

Visit www.oralcancer.org for more information regarding oral hygiene. **CP**

OMGEWINGSIMPAKSTUDIEPROSES

VOORGESTELDE UITBREIDING VAN DIE HUIDIGE ASVERWYDERINGSFASILITEIT BY DIE MAJUBA KRAGSTASIE, MPUMALANGA PROVINSIE

DEA Verwysingsnommer: 14/12/16/3/3/53
NEAS Verwysingsnommer: DEA/EIA/0001417/2012

Kennis geskied hiermee ingevolge die Omgewingsimpakstudieregulasies (OIS-regulasies) wat gepubliseer is in Staatskenningsgewing R543 van 2 Augustus 2010 kragtens Artikel 24 (5) van die Nasionale Wet op Omgewingsbestuur (Wet 107 van 1998) (NEMA) en Staatskenningsgewing 718 van 3 Julie 2009 kragtens Artikel 19 van die Nasionale Wet op Omgewingsbestuur: Afval Wet (Wet 59 van 2008) (NEMWA); dat Eskom Holdings SOC Limited die uitbreiding van die huidige asverwyderingsfasiliteite by die Tutuka Kragstasie in die Mpumalanga provinsie voorstel.

Die voorgestelde projek behels 'n aantal Gelyste Aktiwiteite ingevolge die NEMA OIS-regulasies van 2010 en NEMWA wat magtiging verlang. Die Gelyste aktiwiteitnommers wat met die voorgestelde uitbreiding van die Asverwyderingsfasiliteite by Eskom se Majuba Kragstasie, Amersfoort, gepaardgaan word in die tabel hieronder weergegee. Indien u 'n volledige afskrif van hierdie gelyste aktiwiteite verlang, kontak asseblief die Openbare Deelnemerkonsultante.

NEMA	No. R. 544	9	11	18	22	24	28	37	39	40	47	49
	No. R. 545	6	15	26								
	No. R. 546	4	16	19	24							
NEMWA	Staatkenningsgewing 718 - Kategorie A	19										
	Staatkenningsgewing 718 - Kategorie B	9	11									

Weens die feit dat die projek-aktiwiteite uit beide NEMA en NEMWA behels, is 'n geïntegreerde aansoek by die Nasionale Departement van Omgewingsake ingedien.

KENNISGEWING VAN 'N OMGEWINGSIMPSTUDIE- EN OPENBARE DEELNAME PROSES

Lidwala Raadgewende Ingenieurs (SA) (Edms.) Bpk. is as die onafhanklike Omgewingsvaluerings-praktisyn aangestel om die nodige OIS, Afval-Lisensieproses, asook die gepaardgaande openbare deelnameproses te onderneem.

'n Agtergrondinligtingsdokument (AID) is opgestel om inligting te verskaf oor die voorgestelde projek en die OIS-proses wat onderneem word. Persone wat graag as Belanghebbende en/of Geaffekteerde Party wil registreer, 'n afskrif van die AID wil ontvang of kommentaar wil indien oor die voorgestelde projek, moet dit doen deur die kontakbesonderhede hieronder te gebruik:

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ten bate van

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Datum: 22 September 2012

Plek: Kromdraai

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