

Young man won't let diabetes get him down

My message is to just keep going, you are stronger than this disease

Narda Vermaak

LYDENBURG - November is National Diabetes Month and a local young man was willing to share his remarkable journey of living with diabetes in order to create awareness of this disease.

Derick Truter (19), a parts consultant at Hyundai Lydenburg, was diagnosed with Type 1 diabetes when he was only 14 years old.

"My whole life changed five years ago when I was hospitalised and diagnosed. At first I did not realise what a big impact it would have on my life today. I'm young and I want to live my life like any normal teenager, but it is difficult when you are dragging this weight," Truter explained.

He said almost 99 per cent of people would tell you it is going to be okay, or you just need to be positive.

"I'm not trying to be negative, but what people will never understand is the symptoms a diabetic person experiences. To mention just a few - tiredness, lack of energy, cramps, vision problems and many more. My fellow diabetics will know what I am talking about."

He said Type 1 diabetes is caused by a lack of insulin due to the destruction of insulin-producing beta cells in the pancreas. "In Type 1 diabetes - an autoimmune

disease - the body's immune system attacks and destroys the beta cells. Normally, the immune system protects the body from infection by identifying and destroying bacteria, viruses, and other potentially harmful foreign substances, but in autoimmune diseases, the immune system attacks the body's own cells. In Type 1 diabetes, beta-cell destruction may take place over several years, but symptoms of the disease usually develop over a short period of time."

Diabetes also comes with a whole kit. "This includes the needles, the injection, the carb counts, the finger pricking and of course, the pain associated with it."

Truter is currently injecting himself with insulin four times a day and regularly needs to check his blood-glucose readings.

"Luckily for me, I have a wonderful support team. My friends, family and co-workers are always there for me. But today, I want to say to everyone, never let diabetes stop you from living your life. I am

the kind of person who loves to experience adrenaline through bungee jumping and bike riding. This disease will not get me down. My message is to just keep going. You are stronger than diabetes. I know it is sometimes a very hard road with a lot of pain, tears, rejection and emotions, but together we will find a cure, and together we can be stronger."



Derick Truter.



Front: Chrissie de Beer, Celestine Burden, Suzie Liebenberg, Trudie Viljoen, (middle), Douw van der Walt, Isobel Janse van Rensburg, Kleyn Klaasen, Rona Labuschagne, Elsa van Tonder, (back), André Hanekom and Carel Viljoen.

CANSA ends year on a high note

Bridget Mpande

LYDENBURG - The local CANSA branch celebrated its 2015 journey with a high tea at Dankhof Guest House.

The team enjoyed a scrumptious meal while reflecting on the past year. According to chairman, Isobel Janse van Rensburg, it was a wonderful year for the branch.

"Another year is ending, we had various activities during 2015, from the Pink Walk for breast cancer, Relay for Life and our last event will be the Walk for Men's Cancer on

November 28," she said.

"As the Lydenburg CANSA volunteer group we would like to thank the residents, businesses and every person who participated in our fund-raising projects, we are grateful for your support, and look forward to 2016, a greater year and working together with you all again. Dankhof Guest House, thank you for the wonderful year-end event," she added.

"We would like to wish you all and your families a blessed and festive holiday."

Gee 'n bietjie meer dié Kerstyd

Pat Engelbrecht

LYDENBURG - Kerstyd is om die draai - 'n tyd vir omgee en gee, daarom beplan *Steelburger/Lydenburg Nuus*, Kinderland en Pam Golding Eiendomme weer 'n Street Store-geleentheid op Vrydag 4 Desember vanaf 10:00.

Soos die vorige keer wil die koerant en organisasies graag aan minderbevoorregtes die geleentheid gee om te "koop sonder geld" - om te kan kies wat hulle nodig het uit skenkings. Ons doen daarom 'n beroep op mense wat kas skoonmaak en organisasies wat wil saamspan om

klere, beddegoed, nie-bederfbare voedsel en oortollige artikels by *Steelburger/Lydenburg Nuus* se kantoor, Kinderland Speelgroepie in Morganstraat of Pam Golding se kantore, te kom aflaai.

Daar is veral 'n behoefte aan kinderklere en nie-bederfbare kos. Speelgoed en geskenkies wat op Kersdag uitgedeel kan word, is ook welkom.

Navrae: *Steelburger/Lydenburg Nuus* by 013-235-4459, Kinderland by 072-372-3542 of Pam Golding by 013-235-1146 of besoek die kantoor op die hoek van Jansen- en Viljoenstraat, of die *Steelburger*-kantoor in Viljoenstraat 46.

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FSP10677

BASIC ASSESSMENT (BA) PROCESS

NOTICE FOR THE PROPOSED ESTABLISHMENT OF A COAL FIRED BOILER AT TUBATSE CHROME IN STEELPOORT, LIMPOPO PROVINCE

Notice is given in terms of regulation 41(2) of GNR 982 (8 December 2014) published under sections 24(5) and 44 of the National Environmental Management Act (No. 107 of 1998) (NEMA) for the submission of an application for an environmental authorisation (EA) in respect of activities identified in terms of GNR 983 (8 December 2014)

and

Notice is given in terms of the National Environmental Management: Air Quality Act (No. 39 of 2004) (NEM:AQA) for the submission of an amendment application for an atmospheric emission license (AEL) in respect of listed activities identified in terms of Section 23(1) of NEM:AQA.

DESCRIPTION AND LOCATION

The Proponent, Tubatse Chrome (Pty) Ltd, proposes to establish a Coal Fired Boiler at the Tubatse Chrome Plant in Steelpoort, Limpopo Province. The proposed Coal Fired Boiler will enable Tubatse Chrome to generate 30MW of electricity at their existing power generation facility. The following EAs are required for the Proposed Project:

- EA for Activity 34, identified in terms of GNR 983 (8 December 2014); and
- An amendment of an AEL in terms of Section 23(1) of NEM:AQA.

REGISTRATION

WSP Environmental (Pty) Ltd (WSP) has been appointed as the independent environmental assessment practitioner (EAP), to manage the BA process. This process includes the consultation with parties that may be affected by, or have an interest, in the project. The purpose of this notice is to notify potential interested and affected parties (I&AP) of the commencement of the BA process. Parties wishing to formally register as stakeholders in order to offer their comment on the Proposed Project are requested to forward their full contact details to Ashlea Strong at the details provided below. Registered stakeholders will be forwarded all future correspondence, and notified individually of additional opportunities to participate in the process.

PUBLIC REVIEW OF DRAFT BA REPORT

You are hereby invited to review the draft BA Report that will be placed on public review for a period of 30 days. Registered stakeholders will be notified of the relevant dates, locations and review period via email, facsimile and/or SMS notification.

The contact details of the EAP are:

Name:	Ashlea Strong
Tel:	011 361 1392
Fax:	011 361 1381
E-mail:	Ashlea.Strong@wspgroup.co.za
Address:	PO Box 98867, Sloane Park, 2152