



ROYAL BAFOKENG NATION

A Newspaper for the Royal Bafokeng Nation

Segoagoe

sa Bafokeng



History & Heritage Month

page 6



Platinum Stars Rebranded

page 3



Kids Corner

page 10



Bafokeng Platinum Launched

page 4



Profile: Tshukudu High

page 2

www.bafokeng.com

September 2010

Lebone II, College of the Royal Bafokeng

nearing completion



Lebone II College of the Royal Bafokeng is a community-based independent school for learners from grade R to grade 12, based in Phokeng.

On October 2010, the staff, learners, and families of Lebone II will move from the school's current location in Punodung to the new campus on the slopes of Tshufi Hill.

Lebone II is open to Bafokeng and non-Bafokeng girls and boys, and those with means to pay for their tuition, as well as those who need financial assistance. Selection is based on a formal assessment of a learner's academic abilities, talents, and motivation.

The new school facilities can accommodate 800 learners, including boarding facilities for 88 learners (in Grades 7-12). Applications are still being accepted for boys and girls in Grades R-4, and 7-9. Applications for boarding for students entering Grades 7-12 in 2011 are also being accepted.



For more information on Lebone II, call 014 566 3938.

Vision statement

"We the Bafokeng Nation, the Supreme Council and Kgosi, are determined to develop ourselves to be a self sufficient Nation by the second decade of the 21 century."

Mission statement

"We give our full and relentless commitment to provide our nation with all basic human needs. To provide continued promotion of respect and enhancement of our culture and economic self sufficiency. In all these endeavours we shall not falter in holding our respect to our Kgosi and the Nation, and hold dear our land."

ALSO INSIDE

- page 5 RBA at Municipal Sports Competition
- page 9 Strike School
- page 10 Health Tips
- page 11 Business Road Show

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High School Profile: Tshukudu High School



PRINCIPAL: Rre TH Motheng

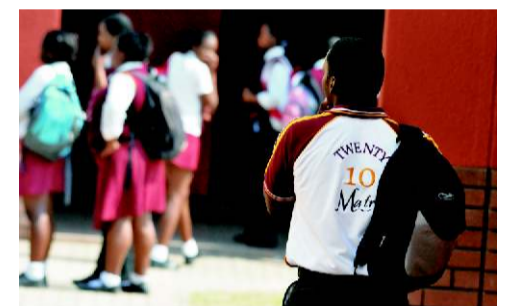
Location: Thekwane, serving the Potsaneng, Mfidike and Tlapa area, and beyond.

Grades: 10 -12
Size: 510 learners
Subjects Offered: Life Orientation, Setswana, English, Afrikaans,

Maths, Maths Literacy, Physical Science, History, Geography, Life Sciences, Accounting, Business Studies

Teachers: 21
Class size: 16 on average
Pass Rate: 81% in 2009
Principal: Rre TH Motheng (Since 2008)

Additional Information: Part of RBI feeding scheme; Famous for being a very clean and neat school; Smartboard in its Science Lab; New Maths Lab Planned; Commercial and Science focus; very responsive and participative management.



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Platinum Stars Football Club reveals its new look



Friday, August 13 marked a new beginning for Platinum Stars Football Club as the sporting franchise re-branded itself in line with the Royal Bafokeng Nation.

A new logo, a new kit, a new home, but Platinum Stars remains the club that serves the people of the North West Province being the only top-flight football club in the region, continuing to strive to involve the local community.

The move from Johannesburg to the Rustenburg region in January this year brought the club closer to the people of the North West, and helps to solidify the team within the local community it ultimately serves.

Following the relocation, the second phase of that integration has begun as the club presents a new face, one that reflects the Royal Bafokeng Nation, which holds 100% of shares in the team.

The re-branding of the club begins with the logo. The colours of blue and green are in line with the flag of the Royal Bafokeng Nation, while the crocodile totem also features. The posture of the crocodile, with its mouth closed, is one of peace. The new Puma kit has the same green and blue, a move away from the red and black of previous seasons.

This makes the side truly representative of the region and ambassadors for the Nation. The kit was designed as a collaboration between the club and Puma to provide the perfect brand extension for Platinum Stars on the one hand, but also the latest in sportswear technology for the players.

The club has another new beginning after taking up residence at its new home, the Bafokeng Sports Campus, which was used by England during the 2010 FIFA World Cup and was lauded as a world-class facility by Fabio Capello and his men.

The 65-hectare facility is a multi-sports base, but for football it has six grass fields, two AstroTurf fields, two half-size AstroTurf fields, six practice walls, an indoor soccer facility, a beach soccer pitch, a five-star hotel, a two-star motel and academy, a high-performance gym, spa, medical rooms, and a team clubhouse.

We have a new manager, but an old face, in the form of Owen da Gama, who returns to the club after an



absence of three years.

We are delighted to have a coach of his experience, and are excited for the future of the club during his tenure.

The team is also delighted to announce the signing of four new players for the upcoming 2010/11 Premier Soccer League season, as well as some changes in the technical team.

Former Bloemfontein Celtic right-back Mbuyiselo Sambu has joined after being released by Phunya Sele Sele. The 26-year-old, who has also played for Bush Bucks and Free State Stars, is an experienced Premiership campaigner who made his debut in the top-flight in the 2002/03 season. Midfielder-cum-forward Ryan Botha will also add experience after he joined from Moroka Swallows. The 29-year-old has European experience having played in Finland (two spells), Turkey and Cyprus, and is a former South African Under-23 international. Former Black Leopards and Orlando Pirates midfielder David Makgale has also signed on. The 33-year-old has also turned out for Maritzburg Classic, Maritzburg United and most recently Winners Park, and adds experience to the Stars midfield. Finally, Thabo Mokgothu, who had been playing in the DR Congo, adds stability to the defense. He also previously played in the South African First Division with the now defunct Raiders club.

There is also a new roll for veteran defender Willem Jackson, who has hung up his boots to take on an assistant coach role with the club. The 38-year-old ends a 17-year professional career that saw him play for the likes of Bloemfontein Celtic and Orlando Pirates, as well as make over 100 appearances for Dinaledi. Kabelo Rangoaga joins the team as a fitness trainer and has already been putting the players through their paces for some weeks.

"It is vital to us that the Bafokeng people identify with Platinum Stars and by re-branding ourselves with the colours and the emblems of the Royal Bafokeng Nation, we have entered a new dawn in the history of this club. We are excited about the future and the challenges that lay ahead, but we have world-class expertise on the management and technical side, excellent, hungry players and facilities that are the envy of many football clubs around the world," Platinum Stars General Manager, Jason Raine, says.

Puma have also expressed their delight at continuing their association with Platinum Stars into the 2011/12 campaign and beyond.

"We are delighted to continue building our relationship with Stars who are one of the most ambitious teams in the PSL, have a terrific World Cup standard home ground and are set for great things when the new season kicks off. We are confident that our new kit design will sit well with the fans and will inspire the players on the pitch," said Brett Bellinger, the Marketing Director of Puma SA.



Left: The new home strip
Top right: The away strip



Introducing Bafokeng Rasimone Platinum Mine

The Bafokeng Rasimone Platinum Mine (BRPM) is located on the Western Limb of the Bushveld Complex, approximately 30km northwest of the Rustenburg town in the North West Province of South Africa. BRPM comprises the Boschkoppie and Styldrift mining right areas, along with a portion of the Frischgewaagd prospecting right area (owned by Anglo Platinum).

The Styldrift Project is a new expansion to unearth the Merensky orebody lying beneath a portion of the Styldrift and Frischgewaagd farms situated to the north and north-west of BRPM, known as the Styldrift Merensky Phase 1 Project.

Boschkoppie Mine is also being extended through the Phase II Project, where plans are at feasibility stage for further expansion in Phase III.

Access and Infrastructure
BRPM mining complex is accessible via a well developed and tarred road infrastructure. The towns of Boshhoek and Phokeng lie approximately 5km and 17km respectively to the south of the mine, along the R565 tar road, which links Rustenburg with Sun City. A railway line passes through the property, with a railway siding at Boshhoek. Bulk water is supplied by Magalies water and the mine has sufficient installed power supply to conduct all mining and processing operations.

Location
The Boschkoppie Mine and Styldrift mining complex is located between Anglo Platinum's Rustenburg Section operations to the south-east and its Union Section to the north. The operations are up-dip (immediate north-west) of Impala Platinum, with the Western Bushveld Joint Venture (WBJV) on the north-eastern boundary, and Wesizwe's Platinum Limited's Frisch Ledig Project to the east and north-east of the Styldrift Project.

Current mining operations at North Shaft and South Shaft are



situated within the farm boundary of Boschkoppie 104 JQ, with development taking place at Styldrift. The villages of Rasimone, Mafenya, Robega and Chaneng are in close proximity.

History
The BRPM Joint Venture (JV) between RBH and Anglo Platinum was established in January 2002 to exploit PGMs mineralisation on the Boschkoppie, Frischgewaagd and Styldrift farms as a single entity. In January 2010, a significant landmark was achieved when operational management was ceded to RBH in fulfilment of this JV agreement.

An off-take agreement was concluded with Rustenburg Refineries for the sale of its concentrate. Anglo Platinum has been retained for expertise in certain disciplines. Capital funding for the JV is apportioned according to each party's interest in the BRPM JV.

MORE THAN MINING
More than mining is Royal Bafokeng Platinum's commitment to a greater purpose for the business of platinum group of metals (PGMs) extraction.

Important dates	
November 1997	Site established at Boschkoppie
1 January 1998	First underground blast
16 December 1998	First opencast blast
11 December 1999	Plant commissioned
February 2000	First stoping
December 1998 to October 2002	Merensky opencast operations
January 2000 to April 2004	UG2 opencast operations
April 2003	Joint venture established between RBH and Anglo Platinum
January 2010	RBH takes over operational control of BRPM through RBPlat

Our purpose is to seek opportunities that create intrinsic value for our stakeholders, empowering and positioning them to pursue greater objectives for themselves. Therefore the development of our business will incorporate established and evolving concepts of sustainable development for our business.

RBPlat's business case for sustainable development
In the mining context, 'sustainable development' refers to a pattern of resource extraction and use that aims to meet human needs while preserving the physical/natural environment, and supporting the socio-economic development interests of affected communities, so that needs can be met not only in the present, but also in the future for generations to come.

The term was first used to common understanding by the Brundtland Commission in the run-up to the 1992 Rio Summit on Sustainable Development, later followed by the 2002 Johannesburg Summit, which coined what has become the most often quoted definition of sustainable development:

"...development that meets the needs of the present without compromising the ability of future generations to meet their own needs".

The nature of our business
Our business is to create maximum value from the extraction of PGMs. PGMs are naturally occurring and non-renewable minerals and therefore a finite resource of precious and base metals.

Our ability to develop and create stakeholder value from this resource is dependent on, inter alia, the size of PGM deposits within our mining rights areas, our methods and rate of extraction, PGM market price as well as the interaction between the conduct of the operation and the natural environment and society within which the operation exists.

Location of operations
Our operations are located approximately 30km north-west of Rustenburg on land owned by the RBN. The surroundings of the operations are largely rural in nature and therefore significant reliance is placed on the development of natural resources to support the livelihood of the people living in the area.

RBPlat's approach to business sustainability
What is sustainability?
"Sustainability is the capacity to endure. For humans it is the potential for long-term maintenance of well being, which in turn depends on the well being of the natural world and the responsible use of natural resources".

For RBPlat the well-being of our business operations depends on the cost-effective and profitable extraction of PGMs over the life of the resource with due consideration for the needs and expectations of our stakeholders.

Royal Bafokeng Administration Netball Champions!

Story and Photography by Theron Rapoo

When they started a netball team back in 2005 it seemed as if it was not going to be successful but nowadays victory is a common name to our netball team as they scoop top honours in every game they play. The team has recently scooped the 1st prize in the SAMSRA National Tournament (South African Municipal Sports & Recreation Association) which was held in Klerksdorp last week. One will look back and remember all their wonderful achievements as they always come tops in all games they play. We do not need any proof to confirm that our team is a dedicated one and how they juggle their jobs and training sessions is a mystery.

This year, the tournament received support from more than 35 Municipalities who came to take part in this big tournament. We saw teams from as far as Nelson Mandela Bay Metropolitan (Port Elizabeth), Steve Tshwete from Mpumalanga, and many from surrounding Provinces.

In 2005, the first year the team was established, they played in Rustenburg during the same



tournament (SAMSRA NW) and they scooped the first prize position.

The following year the team headed for their final leg of (SAIMG) the Southern African Inter-Municipal Games in Swaziland where they came back with a place in the Top 8.

Then in 2007 they entered the same tournament and this time around they clashed against the mighty Matlosane Municipality in Vryburg where they proved that they mean

business when they are on the court. They got position 1 and they did brought all those gold medals and the trophy back. It was unfortunate for them not to have entered the tournament in 2008 otherwise it is without doubt that our team was going to be champions, again.

This time around the teams were tougher than before, with the Royal Bafokeng Administration playing Soccer and Netball. After playing their first rounds, they advanced to the Quarter Finals where we saw the soccer team being knocked out.

The Netball Team advanced to the Semi Finals where they played with teams such as Dr Kenneth Kaunda Municipality, Magareng Municipality, Dr JS Moroka Municipality, just to name a few.

After playing a nail biting game with Ngaka Modiri Molema Municipality in their Finals, they were declared the 2010 National Champions in their field with a 19 - 18 score.

The trophy was brought back to Phokeng with pride and currently they are preparing for the District Tournament which will take place in Nov/Dec 2010, and RBA might be hosting the said event.

We are indeed proud of the Team, our Champs!



BAFOKENG YOUTH CENTRE

Ever since it was launched, the Bafokeng Youth Centre in Luka has been giving youth a place for personal growth, sporting activities and an opportunity to learn the ropes in broadcast media, as it boasts a radio studio.

With a volleyball, basketball and netball courts, youth around the village always have a reason to come around to the centre. When it started operating 15 youth were taken in on a learnership program to become 'groundbreakers'.



To be a groundbreaker you need to have completed matric and have enough time to be at the centre as you need to facilitate several activities that take place on a daily basis. A passionate attitude is needed to be a successful groundbreaker.

To date, the centre has 30 groundbreakers and 75 mpintji's, meaning 'friend' or 'buddy', who are responsible for going around schools reminding learners about the dangers of substance abuse,

teenage pregnancies and HIV/AIDS.

Also at the centre, youth can become computer literate as there are groundbreakers who offer computer literacy lessons. All youth are encouraged to come to the centre at any time of day to enjoy all it has to offer.

The youth in villages that are far away are advised to join youth clubs in their communities where it will be possible for the group to visit the youth centre from time to time.

Bosupi jwa Tshimologo ya Bafokeng

Bafokeng ke morafe wa bogologolo. Fela gore re tswa kae ke ntlha e go ngangisanwang ka yona thata. Naboth Mokgatle, setlogolwana sa ga Kgosi Mokgatle, o kwadile se mabapi le tlhologo ya Bafokeng: 'Letshwao la rona la Morafe ke kwena mme re ipitsa le go itsege jaaka Bakwena Seo ke se itseng ka ntlha ya kgang e, e e neng ya fetisediwa go bašwa ke bagolo ke gore, go tswa Lesotho, batho ba gaetsho ba ne ba ya kwa Botswana. Toropokgolo ya bona e ne e le Molepolole. Ba ne ba fuduga, ba eteletswe pele ke monna yo o neng a bidiwa Tshukudu, yo ba neng ba mo tlhoma Kgosi ya bona jaaka ba ne ba ya kwa borwa-botlhaba, mme ba tshela noka ya Madikwe go tsena mo Teransefala.

Tshukudu le batho ba gagwe ba ne ba tswela go fitlha ba goroga mo dithabeng tse gompiano di itsegeng jaaka Pilanesberg..... Ba ne ba fitlha mo lefelong le le bidiwang Mogoase moo, ba neng ba thibelega gona... Kwa Mogoase, borremogolo ba ne ba thibelega jaaka Morafe o o ikemetseng, ba ne ba tswela pele le

go atlega, mme lehumo la bona la ata. Ba ne ba na le lefelo le le bulegileng, diruiwa tsa bona di ne di fula gongwe le gongwe mo ba ratang teng mme le bona ba tsoma gongwe le gongweBa ne ba ya kgakala ntle le go kopana le merafe e mengwe, ka jalo ba dira lefatshe lotlhe leo ba neng ba tsamaya mo go lona, la bona.

Ka ntlha ya mokgwa wa go nyala basadi ba le bantsi, morafe o ne wa gola, mme ba tswela go tlotla letshwao la kwena leo ba le tsereng mo go borrabonamogolo kwa Molepolole.'

Ka fa letlhakoreng le lengwe, baitseanape ba setso ba re pele ga dingwaga tsa bo 1800, mareo a jaaka bo ' Sotho', 'Tswana', le 'Ndebele' a ne a seo, go farologanya ditlhopha tsa merafe.

Mongwe wa bona, Tom Huffman a re ba-Fokeng e ne e le setlhopha se se tiileng sa batho ba ba farologaneng. Setlhopha se se tlhologa kwa bokone jwa Natala, ke medi ya Senguni. Mo tsamaong ya nako, ba ne ba amogela



Mokgatle and his sons, Paul, Bloemhof and Ruben (1890)

setso sa Setswana mme morago ba arogana go ya ka Bafokeng, Bapo le Batlokwa. Ditlhopha tse ke tsona di lerileng thekenoloji ya go dira dipota ka matlapa mo porofenseng ya ga jaana ya Bokone Bophirima. Karolo ya bosupi jwa ga Huffman ke popo ya dinkgwana tse di kgethegileng, tse di bidiwang Ntsuanatsatsi.

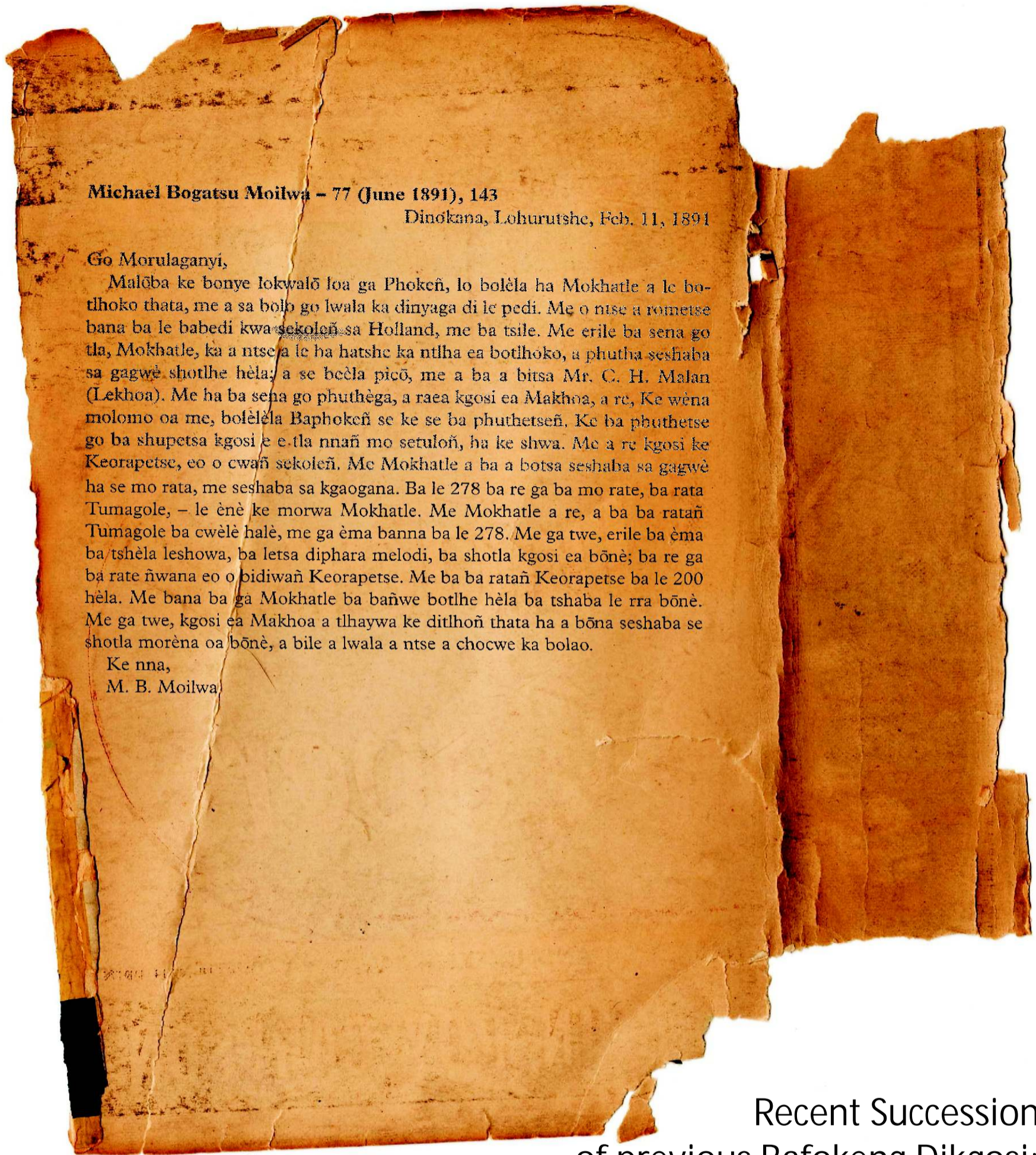
Tsona di fitlhelwa mo mafelong a bokone botlhaba jwa Foreisetata le kwa Rustenburg, mme tsona di golaganya Bafokeng le metsamao ya ba Nguni bangwe. Fa e le gore Huffman o nepile, go raya gore borrarona-mogolo ga ba na kgalagano epe le Bakwena jaaka dipuo tse dintsi tsa setso di kaya.

Thanolo ya gagwe ya bosupi e dira gore re ipele ka go dira kgoeletso ya go kaya fa borrarona-mogolo ba simolotse kago ya dipota ka matlapa mo tikologong ya Rustenburg magareng ga dingwaga tsa bo 1450 le 1500.

Ka bo 1780 thekenoloji e, e ne e dirisetswa go aga mafelo a bothibelego a mantsi a Batswana jaaka Molokwane (lefelo la Bakwena) le Marothodi (Lefelo la Batlokwa). Nngwe le nngwe ya ona, e ne e tshola batho ba feta 20 000 dingwaga di le makgolo a mabedi le some-a-mararo tse di fetileng.



Historic Letter from *Words of Batswana*



Michael Bogatsu Moilwa – 77 (June 1891), 143
 Dinokana, Lohurutshe, Feb. 11, 1891

Go Morulaganyi,
 Malōba ke bonye lokwalō loa ga Phokeñ, lo bolēla ha Mokhatle a le botlhoko thata, me a sa bolo go lwala ka dinyaga di le pedi. Me o nise a rometse bana ba le babedi kwa sekoleñ sa Holland, me ba tsile. Me erile ba sena go tla, Mokhatle, ka a ntse a le ha hatshe ka ntlha ea botlhoko, a phutha seshaba sa gagwē shotlhe hēla; a se bečla picō, me a ba a bitsa Mr. C. H. Malan (Lekhoa). Me ha ba sena go phuthēga, a raea kgosi ea Makhoa, a re, Ke wēna molomo oa me, bolēlēla Baphokeñ se ke se ba phuthetseñ. Ke ba phuthetse go ba shupetsa kgosi e e tla nnañ mo setuloñ, ha ke shwa. Me a re kgosi ke Keorapetse, eo o cwañ sekoleñ. Me Mokhatle a ba a botsa seshaba sa gagwē ha se mo rata, me seshaba sa kgaogana. Ba le 278 ba re ga ba mo rate, ba rata Tumagole, – le ènè ke morwa Mokhatle. Me Mokhatle a re, a ba ba ratañ Tumagole ba cwelè halè, me ga èma banna ba le 278. Me ga twe, erile ba èma ba tshèla leshowa, ba letsa diphara melodi, ba shotla kgosi ea bōnè; ba re ga ba rate ñwana eo o bidiwañ Keorapetse. Me ba ba ratañ Keorapetse ba le 200 hēla. Me bana ba ga Mokhatle ba bañwe botlhe hēla ba tshaba le rra bōnè. Me ga twe, kgosi ea Makhoa a tlhaya ke ditlhoñ thata ha a bōna seshaba se shotla morēna oa bōnè, a bile a lwala a ntse a chocwe ka bolao.
 Ke nna,
 M. B. Moilwa

Recent Succession
 of previous Bafokeng Dikgosi:



<i>Kgosi</i> Mokgatle 1834 - 1891	<i>Kgosi</i> James Tumagole 1891 - 1896	<i>Kgosi</i> August Lebone Molotlegi 1896 - 1938	<i>Kgosi</i> Manotshe Molotlegi 1938 - 1956	<i>Kgosi</i> Edward Lebone Molotlegi 1956 - 1995	<i>Kgosi</i> Mollwane Boikanyo Lebone Molotlegi 1995 - 2000
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The PMO (Project Management Office) continues to go from strength to strength.

The PMO oversees all projects in the RBN. The PMO has recently employed four interns, all residing in Phokeng, to be the direct contact point for project managers throughout the five RBN entities. They are Lebogang Kgongwana, Nkagiseng Tuge, Ororiseng Mapeka and Rorisang Mathuloe. These ladies have proven to be fast learners, hard workers and are passionate about the vision of the RBN. They are tasked to ensure accuracy and validity of the data reported to the PMO and to assist all project managers in any project-related queries and/or activities. Their addition has already strengthened the PMO in its capacity and ability to interact and assist project managers in the RBN.

In addition, the PMO has begun to phase in the new Manage-by-Projects System (the MPS). This system allows project managers to capture and update their project information, from anywhere that they can find internet access, by

simply logging on to www.rbnoperationsroom.com. This website is also where the PMO features all the projects registered on the system – available for all to view. This system, once complete, will not only function as a project

showcase tool, but also as a project and programme management tool. Its features will include, automated Gantt and activity charts, automated budget updates, project reports at the push of a button, and much, much more.



Furthermore, the PMO will be launching its monthly newsletter, the 'Bokgabane – Botoka le botoka', on the first of October. Bokgabane will feature one project that's completed or near completion, one new project in its infant stage, a website update, an interview with the PMO Project Manager of the month and a Project Management factoid in every edition. See Bokgabane for all the latest developments in the PMO.

Trees for Homes Event to mark Arbour Month

Nashua Mobile, in partnership with Food & Trees for Africa (FTFA), celebrated Arbour Month on Thursday the 2nd of September by planting 500 fruit and indigenous shade trees in three Bafokeng villages namely: Maile Ext, Diepkuil and Rooikraal, that have around 500 housing units. Nashua Mobile thus allocated 500 fruit trees for these homes, one for each of the residents.



"This contribution from Nashua Mobile will lead to improving the environment for the residents and will provide a green legacy for the community and future generations," said Mr Tim Walter, of Nashua Mobile.

Food and Trees for Africa and Nashua Mobile have a long-standing partnership. Nashua Mobile launched a successful campaign to convert customers

away from paper-billing to electronic billing. The company makes a donation of R10.00 to FTFA for trees for every one of its subscribers who opt to receive their monthly accounts via email instead of in the post, thus reducing the paper used and the carbon miles.

To date, this initiative has converted 66 217 subscribers to electronic billing, raising R662 170 for FTFA to plant 4,668 trees, with plans for another 2,400 trees to be planted

over the next three months.

Ten local unemployed residents have been trained and employed as Community Based Educators to assist with education of their neighbours towards the development of healthier and more sustainable settlements.

They have also learnt how to plant and care for the trees and how this will help to address the threats of climate change.

On the day Mmemogolo celebrated Arbour Month with representatives from Nashua Mobile, the community of Rooikraal, officials from the Royal Bafokeng Nation, Rustenburg Municipality and other Government Departments.

The event took place at the Rooikraal Community Hall. The remaining 200 trees were distributed in Dipkuil and Maile Ext on the 3rd of September.



The RBI Intervenes and sets up 'Strike School' for Bafokeng Matriculants.

The month of August was a trying time for the whole country as public servants took to the streets in protest marches, demanding wage increases.

Patients in hospitals and learners suffered a huge blow as a result. Having taken a long break during the World Cup, learners found themselves losing out on studies yet again. In Phokeng though, the RBN's Royal Bafokeng Institute, decided to hold lessons in major subjects where Bafokeng learners could make up for lost time.



Therefore, 700 learners from six Bafokeng High schools, countered the negative effects of the strike by taking extra lessons offered by the RBI. The subjects under revision were Maths, Maths Literacy, Physical Science and Accounting.



RBN transport provided two buses while Lebone College provided two mini-buses to transport learners to the Civic Centre. In addition, the RBI feeding scheme provided daily meals to the learners.

Poetry

The Songs of Mountains –
Koketso Monamane

The Songs of Mountains:
How lovely you are, your
melody washes my heart with
excitement.

Your rhythm moves my body
around and around.

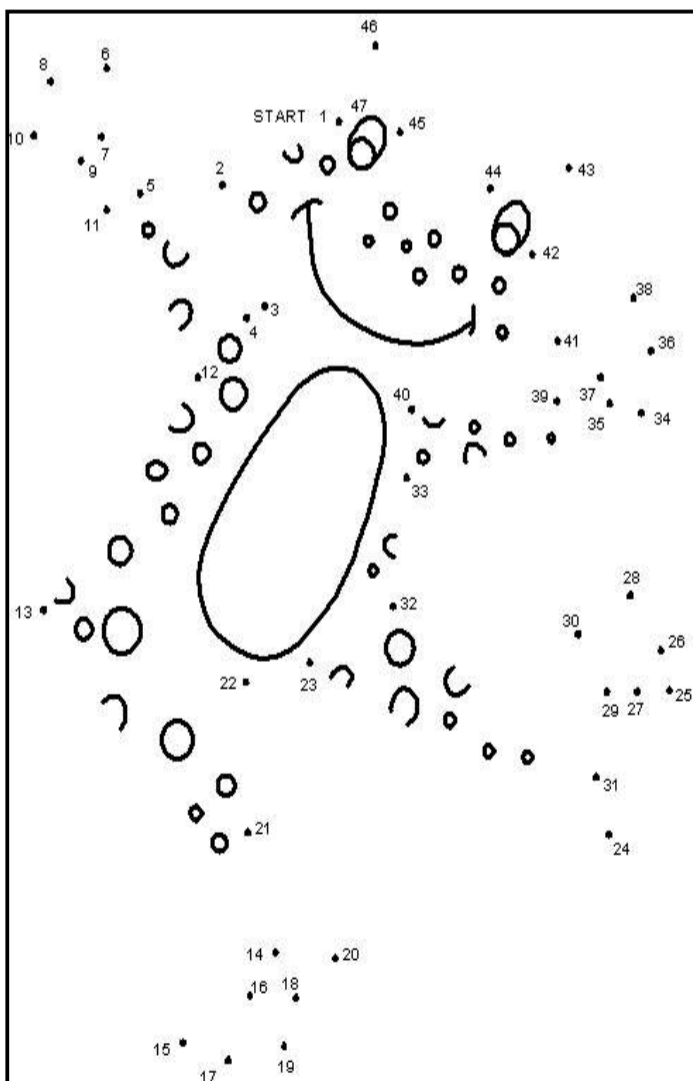
"Wow... Mountains are singing"

Indeed they are.

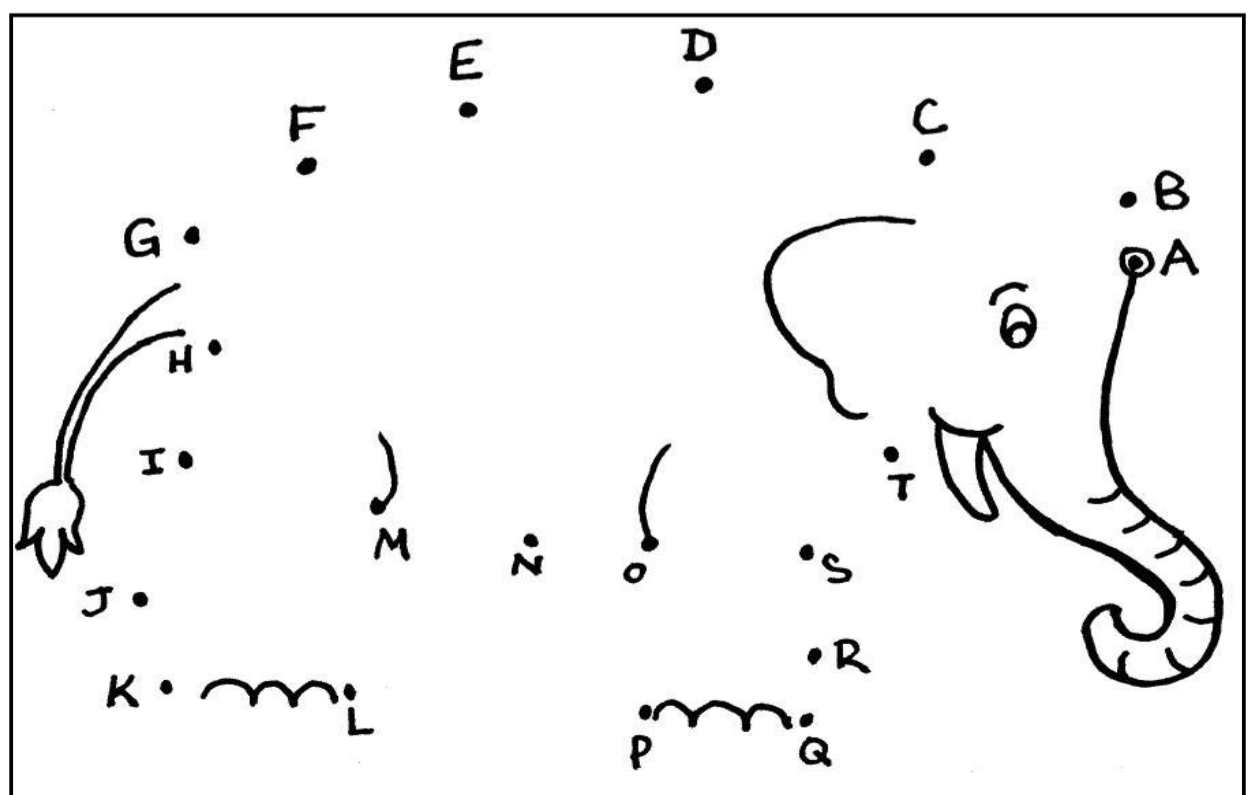
Climb a mountain: and listen
To the songs that ooze around.

If you regard yourself as a poet – why not submit something for publication? We welcome any poets – all publication is unpaid and open to writers of any age.

Kids' Corner



If you fancy yourself a cartoonist, why not submit a cartoon for Segoagoe's next edition. Submit cartoons at the Bafokeng Civic Centre marked for "Central Communications", or simply email to makeitnews@bafokeng.com!



Health Tips

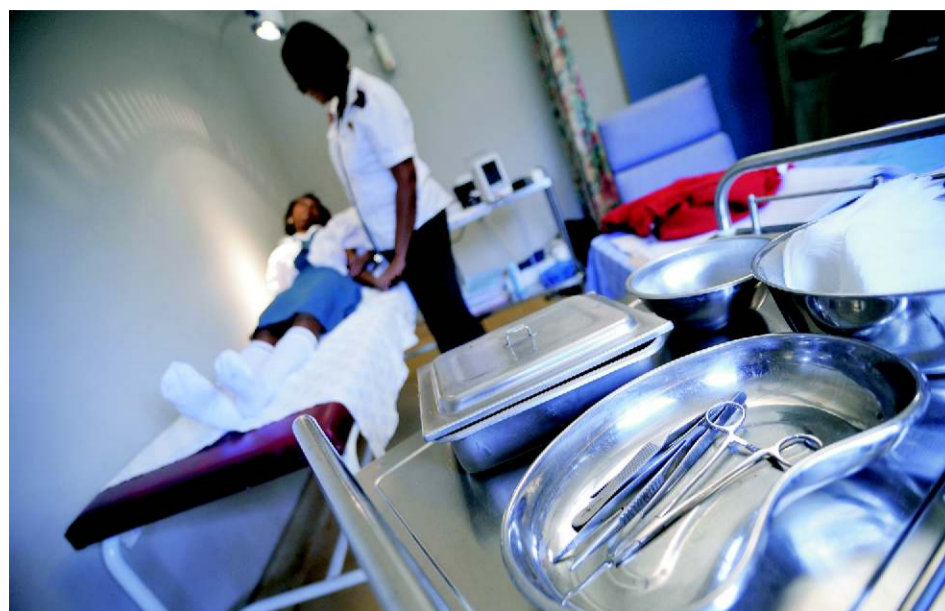
1. Copy your cat: Learn to do stretching exercises when you wake up. It boosts circulation and digestion, and eases back pain.
2. Don't skip breakfast. Studies show that eating a proper breakfast is one of the most positive things you can do if you are trying to lose weight. Breakfast skippers tend to gain weight. A balanced breakfast includes fresh fruit or fruit juice, a high-fibre breakfast cereal, low-fat milk or yoghurt, wholewheat toast, and a boiled egg.
3. Brush up on hygiene. Many people don't know how to brush their teeth properly. Improper brushing can cause as much damage to the teeth and gums as not brushing at all. Lots of people don't brush for long enough, don't floss and don't see a dentist regularly. Hold your toothbrush in the same way that would hold a pencil, and brush for at least two minutes. This includes brushing the teeth, the junction of the teeth and gums, the tongue and the roof of the mouth. And you don't need a fancy, angled toothbrush – just a sturdy, soft-bristled one that you replace each month.
4. Neurobics for your mind. Get your brain fizzing with energy. American researchers coined the term 'neurobics' for tasks which activate the brain's own biochemical pathways and to bring new pathways online that can help to strengthen or preserve brain circuits. Brush your teeth with your 'other' hand, take a new route to work or choose your clothes based on sense of touch rather than sight. People with mental agility tend to have lower rates of Alzheimer's disease and age-related mental decline.
5. Get what you give! Always giving and never taking? This is the short road to compassion fatigue. Give to yourself and receive from others, otherwise you'll get to a point where you have nothing left to give. And hey, if you can't receive from others, how can you expect them to receive from you?
6. Get spiritual. A study conducted by the formidably sober and scientific Harvard University found that patients who were prayed for recovered quicker than those who weren't, even if they weren't aware of the prayer.
7. Get smelly. Garlic, onions, spring onions and leeks all contain stuff that's good for you. A study at the Child's Health Institute in Cape Town found that eating raw garlic helped fight serious childhood infections. Heat destroys these properties, so eat yours raw.
8. Bone up daily. Get your daily calcium by popping a tab, chugging milk or eating yoghurt. It'll keep your bones strong. Remember that your bone density declines after the age of 30. You need at least 200 milligrams daily, which you should combine with magnesium, or it simply won't be absorbed.
9. Curry favour. Hot, spicy foods containing chillies or cayenne pepper trigger endorphins, the feel-good hormones. Endorphins have a powerful, almost narcotic, effect and make you feel good after exercising. But go easy on the lamb, pork and mutton and the high-fat, creamy dishes served in many Indian restaurants.
10. I say tomato. Tomato is a superstar. Tomatoes contain lycopene, a powerful cancer fighter. They're also rich in vitamin C. The good news is that cooked tomatoes are also nutritious, so use them in pasta, soups and casseroles, as well as in salads. The British Thoracic Society says that tomatoes and apples can reduce your risk of asthma and chronic lung diseases. Both contain the antioxidant quercetin. To enjoy the benefits, eat five apples a week or a tomato every other day.
11. Eat your stress away. Prevent low blood sugar as it stresses you out. Eat regular and small healthy meals and keep fruit and veggies handy. Herbal teas will also soothe your frazzled nerves. Eating unrefined carbohydrates, nuts and bananas boosts the formation of serotonin, another feel-good drug. Small amounts of protein containing the amino acid tryptamine can give you a boost when stress tires you out.
12. Load up on vitamin C. We need at least 90 mg of vitamin C per day and the best way to get this is by eating at least five servings of fresh fruit and vegetables every day. So hit the oranges and guavas!
13. A for an A. This vitamin, and beta carotene, help to boost immunity against disease. It also assists in the healing process of diseases such as measles and is recommended by the WHO. Good natural sources of vitamin A are kidneys, liver, dairy products, green and yellow vegetables, pawpaw, mangoes, chilli pepper, red sorrel and red palm oil.
14. Pure water. Don't have soft drinks or energy drinks while you're exercising. Stay properly hydrated by drinking enough water during your workout (just don't overdo things, as drinking too much water can also be dangerous). While you might need energy drinks for long-distance running, in shorter exercise sessions in the gym, your body will burn the glucose from the soft drink first, before starting to burn body fat. Same goes for eating sweets.
15. GI, Jane. Carbohydrates with a high glycaemic index, such as bread, sugar, honey and grain-based food will give instant energy and accelerate your metabolism. If you're trying to burn fat, stick to beans, rice, pasta, lentils, peas, soya beans and oat bran, all of which have a low GI count.
16. Mindful living. You've probably heard the old adage that life's too short to stuff a mushroom. But perhaps you should consider the opposite: that life's simply too short NOT to focus on the simple tasks. By slowing down and concentrating on basic things, you'll clear your mind of everything that worries you. Really concentrate on sensations and experiences again: observe the rough texture of a strawberry's skin as you touch it, and taste the sweet-sour juice as you bite into the fruit; when your partner strokes your hand, pay careful attention to the sensation on your skin; and learn to really focus on simple tasks while doing them, whether it's flowering plants or ironing your clothes.
17. Cool off without a beer. Don't eat carbohydrates for at least an hour after exercise. This will force your body to break down body fat, rather than using the food you ingest. Stick to fruit and fluids during that hour, but avoid beer.
18. Stop fuming. Don't smoke and if you smoke already, do everything in your power to quit. Don't buy into that my-granny-smoked-and-lived-to-be-90 rubbish – not even the tobacco giants believe it. Apart from the well-known risks of heart disease and cancer, orthopaedic surgeons have found that smoking accelerates bone density loss and constricts blood flow. So you could live to be a 90-year-old amputee who smells of stale tobacco smoke. Unsexy.
19. Ask about Crazy Aunt Lerato. Find out your family history. You need to know if there are any inherited diseases prowling your gene pool. According to the Mayo Clinic, USA, finding out what your grandparents died of can provide useful – even lifesaving – information about what's in store for you. And be candid, not coy: 25 percent of the children of alcoholics become alcoholics themselves.
20. Ladies: do self-checks. Do regular self-examinations of your breasts. Most partners are more than happy to help, not just because breast cancer is the most common cancer among SA women. The best time to examine your breasts is in the week after your period.
21. My smear campaign. Have a pap smear once a year. Not on our list of favourite things, but it's vital. Cervical cancer kills 200 000 women a year and it's the most prevalent form of cancer among black women, affecting more than 30 percent. But the chances of survival are nearly 100 percent if it's detected early. Be particularly careful if you became sexually active at an early age, have had multiple sex partners or smoke.
22. Doggone. If you're allergic to your cat, dog, budgie or pet piglet, stop suffering the ravages of animal dander. Keep your pet outside as much as possible and brush him outside of the home to remove loose hair and other allergens. Better yet, ask someone else to do so.
23. Laugh and cry. Having a good sob is reputed to be good for you. So is laughter, which has been shown to help heal bodies, as well as broken hearts. Studies in Japan indicate that laughter boosts the immune system and helps the body shake off allergic reactions.
24. It ain't over till it's over. End relationships that no longer work for you, as you could be spending time in a dead end. Rather head for more meaningful things. You could be missing opportunities while you're stuck in a meaningless rut, trying to breathe life into something that is long gone.
25. Strong people go for help. Ask for assistance. Gnashing your teeth in the dark will not get you extra brownie points. It is a sign of strength to ask for assistance and people will respect you for it. If there is a relationship problem, the one who refuses to go for help is usually the one with whom the problem lies to begin with.
26. Save steamy scenes for the bedroom. Showering or bathing in water that's too hot will dry out your skin and cause it to age prematurely. Warm water is much better. Apply moisturiser while your skin is still damp – it'll be absorbed more easily. Adding a little olive oil to your bath with help keep your skin moisturised too.
27. Here's the rub. Improve your circulation and help your lymph glands to drain by the way you towel off. Helping your lymph glands function can help prevent them becoming infected. When drying off your limbs and torso, brush towards the groin on your legs and towards the armpits on your upper body. You can do the same during gentle massage with your partner.
28. Sugar-coated. More than three million South Africans suffer from type 2 diabetes, and the incidence is increasing – with new patients getting younger. New studies show this type of diabetes is often part of a metabolic syndrome (X Syndrome), which includes high blood pressure and other risk factors for heart disease. More than 80 percent of type 2 diabetics die of heart disease, so make sure you control your glucose levels, and watch your blood pressure and cholesterol counts.
29. Relax, it's only sex. Stress and sex make bad bedfellows, it seems. A US survey showed that stress, kids and work are main factors to dampen libido. With the advent of technology that allows us to work from home, the lines between our jobs and our personal lives have become blurred. People work longer hours, commutes are longer and work pervades all aspects of our lives, including our sexual relationships. Put nooky and intimacy on the agenda, just like everything else.
30. Good night, sweetheart. Rest heals the body and has been shown to lessen the risk of heart trouble and psychological problems.

Source: Health24.com

Care for the Aged: 67 Minutes of Health Awareness

The project started last year August at Tlapa village. HSDS's Mamakie Mothiba noticed that the aged needed to be cared for. She then joined hands with retired nurse Mmabo Setshedi to mobilize a project that could assist the aged. They started by identifying and registering the aged in all 29 Bafokeng villages. In each village a support group for the aged was formed, this group is made up of the aged, care givers, relatives of the aged, volunteers and community members. The project is based on voluntary work. All the volunteers are supervised by retired nurse Mmabo Setshedi who is also a volunteer.

This idea of voluntarism was sparked by the 67 minutes campaign that was initiated in honor of former President Nelson Mandela. Together with the Department of Health, the HSDS educate the aged about health, nutrition and exercise. Elder Pauline Rabolele said, "The HSDS is doing a good job by educating us



about our health".

The support group members monitor the living conditions of the elderly and whether the aged are registered for pension.

Support group members are also given vegetable seeds to plant in the homes to help alleviate poverty in some of the communities.

The project also reaches out to people who suffer from mental

illnesses in the community, by connecting them with relevant people from the department of Health. Ms Mpile is a mental health care facilitator at the department of Health who assists people who are mentally ill. Kgosana Abraham Ramosepele feels that the work that HSDS is doing is very important for the community. "It brings the old people and young ones together and gives the aged something to do, keeping them active".

However Kgosana Ramosepele said he would like to see the mobile clinic coming to the village more often as opposed to once a month.

RBED's Community Business Outreach.

Last year *Kgosi* Leruo Molotlegi formed a task team that was to design a coordinated approach to business. This year the task team led by Councillor Papi Rangwaga partnered with the RBED and the Business Place Phokeng to conduct business workshops for Bafokeng communities from the 21st of August through to Saturday the 4th of September.

The last road show, held at Bafokeng High School, was well attended as business owners flocked to the school hall to learn about the intentions of the task team. The aim of these road shows was to establish effective communication amongst all business people.

The task team set out to establish regional structures within five Bafokeng regions to form business forums. The road shows were then a platform to affirm these structures. A member of the audience spoke to the attendees at length on how they could all unite and share wisdom on how to establish successful businesses.

They were all encouraged to apply their minds to what they do, mainly their business. Also the road shows were a way to brainstorm ideas that could see SMME's growing individually.

More importantly, people who are skilled in electrical wiring, plumbing, and general skills were motivated to come forward to be groomed and trained in how to run a successful business or company.

Henceforth, of the five regional structures, three members from each structure will be set aside to form a committee of 15 members who will be called The Royal Bafokeng Business Chamber. This committee will, from time to time, advise *Kgosi* on the challenges of business in Phokeng. The remaining members of the structures will then see to it that all regions are doing well in terms of business.

At the time of going to print, *Segoagoe* had established that, the 15 - member committee would be launched on Saturday the 11th of September.

Continued from Page 12

coverage Phokeng received during the 2010 World Cup has exceeded all expectations, which in turn benefits the nation's economy. The tournament has showcased the nation to an international audience of nearly 17 billion viewers, introducing the RBN history, vision, tradition, etc. to a massive number of people. On balance, the tournament has brought positive impact on the local economy, social as well as culture.

Data suggests that during the period leading up to the kick-off of the World Cup, the RBN received an estimated R49 million worth of media (broadcast) coverage in just 30 days. The Bafokeng nation has generated over 80 470 articles since the kick-off of the World Cup giving a big boost to the local economy. Major global and local broadcasters such as the BBC, Sky News, CNN, SABC, eTV and Super Sport channels have played an important role in offering essentially 'free

advertising'. The UK coverage of Bafokeng was extensive and mostly very complimentary, if not always balanced. The media coverage has spread a positive and confident message about the RBN to audiences across the globe.

The Internet, blogs and social media are full of positive reports from those who have visited Rustenburg and Phokeng during the tournament. According to the media analysis report, articles highlighting the negative impacts don't outweigh those showcasing the positive things happening in the Nation.

I really like Ted Nelson's quote: "We live in media as fish live in water." Good water means good media, a good local economy, and a good society or community. A positive portrayal of Phokeng in the world media would help attract foreign investment. A positive experience for the majority of tourists, locals

and journalists would contribute to foreign investment. The direct economic benefit to date has been positive.

Take Back Segoagoe

Segoagoe ke lekwalo dikgang ka ga Bafokeng, le kwadilwe ke Bafokeng, mme ke ka ga dikgang tse di lebaganeng morafe. Fa o na le kgatlhego, o ka iphitlhela o le mokwadi wa morafe ka go tswa letsholo la dikgang mo motseng, mme morago wa romela dikgang tseno gore di phatlhaladiwe mo Segoagoe. Dikgang di ka romelwa ka e-mail go makeitnews@bafokeng.com, kgotsa tsa isiwa kwa Bafokeng Civic Centre, di kwadilwe "Segoagoe – Central Communications". Ba Segoagoe ba lebeletse ditshwaelo tsa baagi ka ga ditsela tse ba ka tokafatsang lekwalo dikgang leno katsona.

Thinking about the Economics of Media

Our guest contributor, Marcia Moabi, writes that 'positive media and investment opportunities go hand-in-hand.'



Phokeng has been under the world's spotlight this year, thanks to the World's biggest sporting event that took place, among others, on our home grounds. The FIFA World Cup generated lots of positive publicity for the RBN in the world's press, despite the negativity which in turn harmed the health of the local economy. This was an opportunity for the Bafokeng Nation to tell their story and to showcase Phokeng.

A local economy is the system of production, distribution and consumption of a community. In other words, your local economy consists of you, your neighbour and anyone in your neighbourhood that contributes to the economic well-being of the community. The Bafokeng's local economy is derived from a variety of sectors, of which mining, agriculture and tourism are the main contributors.

Phokeng has rich natural resources which can attract foreign investors. Mining is the primary driver of economic activity and is considered the mainstay of the local economy. Our mining companies can attract foreign investors and this will increase employment opportunities in the area and promote economic development. Another strong growth sector is



manufacturing which includes fruit, vegetables, meat processing and jewelery and offers many investment opportunities. A further sector with huge investment potential is agriculture, which is often regarded as the backbone of growth and development.

Land is an attractive investment to potential investors and offers high returns. There are currently restrictions on owning land and property in the RBN and this situation is unlikely to change. Land deals attract foreign or potential investors and may combat poverty and unemployment. These deals can benefit all parties and be a tool for growth/ development. The RBN must promote maximum inward foreign investment.

The RBN needs to maintain a positive environment for international investment and pursue policies that will increase the confidence of foreign investors in our Nations' development model. RBN needs to disseminate the facts of how open investment policies could benefit the nation, and make sure the Nation understands this. One thing that would encourage more investment in the nation is if more investors realized that there is not only positive press coverage on the nation, but also a growing middle-income market in Phokeng.

The tourism sector is the biggest single beneficiary of the World Cup and is a vehicle to drive global economic development. 2010 was an opportunity for RBN to grow local entrepreneurship. The informal sectors such as tuck shops played an important, although often unrecognized, role in the economy. Local pubs benefitted from the World Cup. The economy

is characterised by small, medium and micro enterprises (SMMEs). The RBN must ensure widespread participation by small businesses and co-operations in the economic cycle. It must focus on funding economically viable businesses or projects such as tourism, local businesses, accommodation businesses, and so on. Young entrepreneurs should get help before opening new businesses and expanding existing ones. The RBN could also improve access to finance and the creation of an enabling environment for SMME development. It must focus on strategic sectors with potential for fast job-creating growth.

The World Cup has left behind a greatly improved tourism infrastructure in the form of increased accommodation in the Bafokeng area (with about 170 homestays). The RBN must understand that investing is about



taking risks, and when you do that, you're entitled to expect a return commensurate with the level of risk you take. But if one is not careful, one's own mistakes can prevent one from achieving the returns that should be realized. Smart investors know how much risk is appropriate for them, and they don't exceed that level. They realize that risks come in many forms, and there is no way to totally escape them.

Turning back to the press, the RBN received a lot of media coverage. The Nation's media coverage included radio and television, newspapers, and magazines or

even social networks that reach or influence people widely.

Media is important in encouraging debate, educating individuals, connecting readers and listeners to larger social and economic changes.



A total of more than 1000 media representatives, including journalists, writers, reporters and TV crews reported on the tournament from Phokeng. There was much coverage on the issue of England's arrival and the match between Ghana and USA with more than 4057 relevant articles or set pieces published between May and July. Bafokeng received a tsunami of international publicity during this sporting event!

Nonetheless, all the negative stories in the media certainly must affect our confidence in the local economy. There were stories of crime and terrorism and even an outbreak of giant snakes and the readiness of the BSC; such stories can be an opportunity or risk to the local economy. These articles caught the eye of leading international media. They also sparked an increase of unfavorable international coverage in relation to the nation and contributed to the overall negative effect of the nations' image just before and during the tournament.

It must be said that there was a lot of positive news about the nation, too. The positive global media

Continued on Page 11