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PMC DONATES FOOD PARCELS TO 150 LOCAL NEEDY HOUSEHOLDS BECAUSE “CHARITY BEGINS AT HOME”



PMC is living the virtue that it takes a village to raise one child.

Palabora Mining Company in the benevolent giving spirit of Christmas is donating food parcels to 150 households within its local communities. The mining giant is mindful that many within its surrounding communities are destitute, unemployed, and unable to meet their most basic needs. Human nature requires that people eat every day to maintain good health and energies but unfortunately some people simply do not have the food and means to access food.

PMC in a continuation of partnership with one

of its critical stakeholders, the local municipality, has responded positively to the local mayor's request to assist suffering families this Christmas by ensuring that they too have a meal to eat. The mayor is making every effort to ensure that child-led, widows, disabled and ailing households have food to eat and feel the merriment of Christmas.

The reality is that the hunger crisis in Ba-Palaborwa is regrettably not seasonal, and people are struggling all year round. Evidence of the homeless begging at the stop signs and

around town is enough proof that many are desperately living below the survival threshold. It is therefore imperative that those who can afford must practice voluntary giving to alleviate this social burden and maybe their actions may cause a ripple effect and inspire many others to do the same.

PMC is living the virtue that it takes a village to raise one child. Challenge yourself to help someone, ONE PERSON AND DO THE SMALLEST ACT OF KINDNESS the joy it gives back is medicine for true happiness.

“BE THE 1st TO STOP UNSAFE WORK PRACTICES”
“Countdown to 2023. Think through your risks. DO **NOT** let safety take a break.”



Did you know? Dung Beetles



Dung Beetles

Dung beetles are *coprophagous* insects, meaning they eat the excrement of other organisms. Although not all dung beetles eat dung exclusively, they all eat feces at some point in their lives. Most prefer to feed on herbivore droppings, which are largely undigested plant matter, rather than carnivore waste, which holds very little nutritional value for insects.

Nests Filled with Dung for Offspring

When dung beetles do carry or roll the dung away, they do so primarily to feed their young. Dung beetle nests are provisioned with dung, and the female usually deposits each egg in its own tiny dung sausage.

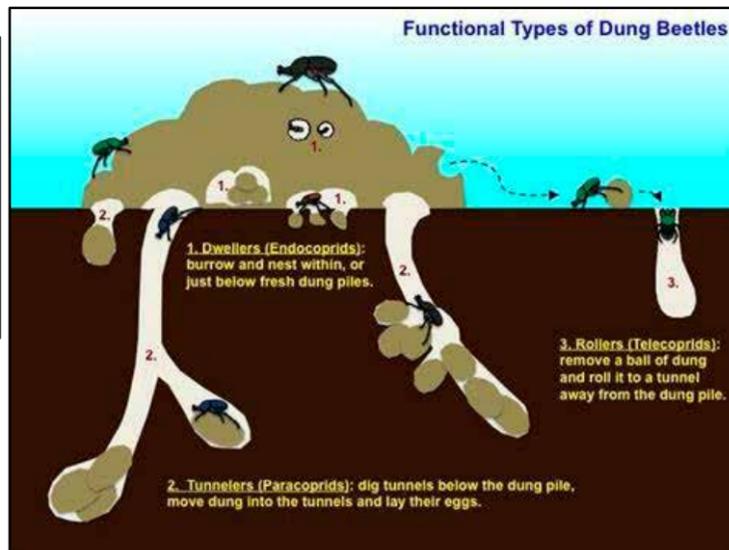
When the larvae emerge, they are well-supplied with food, enabling them to complete their development within the safe environment of the nest.



Dung Beetles are Good Parents

Dung beetles are one of the few groups of insects that exhibit parental care for their young. In most cases, child-rearing responsibilities fall on the mother, who constructs the nest and provisions it with food for her young.

In certain species though, both parents share childcare duties to some degree. In the *Copris* and *Ontophagus* dung beetles, the male and female work together to dig their nests. Certain *Cephalodesmius* dung beetles even mate for life.



Not All Dung Beetles Roll Their Dung

When you think of a dung beetle, you probably picture a beetle pushing a ball of dung along the ground. But some dung beetles don't bother rolling neat little dung balls at all. Instead, these coprophages stay close to their fecal finds.

Aphidian dung beetles (subfamily Aphodiinae) simply live within the dung they find, often cow patties, rather than investing energy in moving it. The earth-boring dung beetles (family Geotrupidae) typically tunnel below the dung pile, making a burrow that can then be easily provisioned with dung.



Navigate Using the Milky Way

Scientists have long observed dung beetles dancing on their poo balls, and suspected they were looking for cues to help them navigate. New research confirmed that at least one species of African dung beetle, *Scarabaeus satyrus*, uses the Milky Way as a guide to steering its dung ball home. The researchers placed tiny hats on the dung beetles, effectively blocking their view of the heavens, and found the dung beetles could only wander aimlessly without being able to see the stars.



Some are Surprisingly Strong

Even a small ball of fresh dung can weigh up to 50 times the weight of the dung beetle. Male dung beetles need exceptional strength, not just for pushing dung balls but also for fending off male competitors.

Some species of dung beetles can bury dung 250 times their own mass in one night

The individual strength record goes to a male *Onthophagus taurus* dung beetle, which pulled a load equivalent to 1,141 times its own body weight. This would be like a person weighing 68 kilograms, pulling 80 tons of weight!

Dr. MGIBA's CORNER

ARV injection: Once a month long-acting HIV treatment
 Long-acting antiretroviral (ARV) or injectable ARV is the new game-changing treatment in the fight against HIV/AIDS.

WHAT IS LONG-ACTING INJECTABLE HIV TREATMENT?

A long-acting injectable HIV treatment is a medication for HIV that is injected, rather than a pill, and taken less frequently than daily. The frequency depends on the type of drug, and the treatment regime recommended by your doctor.

At the moment, there is one option of injectable treatment approved for use, known as Cabenuva, it is a drug combination consisting of long-acting Cabotegravir, a new form of integrase inhibitor, and Rilpivirine, a non-nucleoside reverse transcriptase inhibitor (NNRTI). Other options are also being studied. Lenacapavir is a new class of drug known as a capsid inhibitor and has been effective in clinical trials. It is being investigated as a combination treatment alongside Islatravir, an NNRTI.

HOW DO INJECTIONS FOR HIV TREATMENT WORK?

Cabenuva consists of two intramuscular gluteal injections (two injections into your butt muscles) given at the same time (one for each cheek). These are injected by your doctor or a nurse, either as a monthly shot, or once every two months, depending on whether it is intended for treatment or prevention.

Before you can start Cabenuva, you need to take two pills daily for a month: Vocabria (cabotegravir) and Edurant (rilpivirine) tablets, to check that you can tolerate these kinds of meds before you go all-in on the long-acting injectable treatments.

WHAT ARE THE ADVANTAGES?

The advantages or disadvantages of long-acting treatments really depend on your style, and what you value. There are some great benefits to a long-acting form of treatment, especially around frequency of medication, convenience, and privacy.

Not having to take medication daily could come as a huge relief to some. And, because Cabenuva needs to be administered by a doctor or nurse, there's no need to store your own medication – so no carrying it around, and no risk of it being found by people who don't know your status.

This is great news for your privacy, and also for things like travelling: with new long-acting injectable HIV medication, you can go away for a long holiday without having to carry heaps of medication with you!

If you're the type of person that occasionally forgets to take your pills, injectable treatment might be the way to go – a doctor's appointment every month might be easier to remember (especially if they're the

Editor's comments

2022 is done and dusted and the new year is finally here! With 2023 in sharp focus we trust that there is much to look forward to both personally and professionally. Let us look forward in hope and strive to make 2023 better in every sense.

See you all on the other side!

PS: Thank you very much for your support with Kedibone. I look forward to bringing you more news in 2023



kind of doctor that texts you a reminder!).

Injections are also a great alternative way to get the medication you need if you struggle to stomach pills, or if they're a bit rough on your intestines sometimes.

Cabenuva was well-liked in the clinical trials. Around 9 in 10 of the participants said they preferred the injectable treatment to pills.

WHAT ARE THE DISADVANTAGES?

Now that Cabenuva is available on the PBS, it's important to consider the difference in how it's taken. Instead of taking pills at a time and place of your choosing, you'd be required to visit the doctor for the medication to be administered. This means 6-12 appointments per year, which is likely a few more than you're currently used to. That's not great if you're someone that has trouble finding a good doctor, or negative encounters with healthcare professionals.

Because it's a long-acting form of treatment, there are also greater consequences if you miss a dose, especially around losing viral suppression or developing resistance to the strain of drug. So, it's super important that you're able to schedule those appointments for the injections at consistent intervals – which could impact things like holidays or travel.

There are a few reported side effects to Cabenuva, most of which are extremely mild. The most common side effect is pain at the site of injection – so, some sore butt cheeks for a few days post injection. In the clinical trials, more than three quarters of the participants experienced this, but less than 1% of people in the trials stopped the injections because of it.

Other less common side effects include things like fever, tiredness, diarrhea and nausea – the type of side effects that come with many medications.

There will be other advantages and disadvantages as more drugs become available. For example, because lenacapavir/islatravir could be self-administered, that could mean more convenience, and less doctors' visits. Less-frequent injections are also potentially more convenient. But we can't really speculate until they're approved for use.

See Something, Say Something & Save Someone

Q4 SAFE Season - The following was observed during a Visible Felt Encouragement walkabout in support of the Q4 See Something; Say Something; Save Someone campaign



SEE SOMETHING

The Charmec Operator noticed a loose rock at the HEF Bay and notified the Miner



SAY SOMETHING

The Control Room was notified and they broadcasted on the two-way radio to restrict movement from the area until the rock is barred down. The team conducted a HIRA and controls put in place were effective. Barricading was discussed with the team.



SAVE SOMEONE

Save someone - Fall of ground is considered as one of the biggest causes of fatalities in mines. 13% of fatalities during 2022 was as a result from fall of ground (FOG) accidents (DMRE Safety statistics as at 19 Dec 2022)



In the spirit of Christmas, PMC Athletics Club donates running shoes to 8 unemployed local runners who are active members of the running club

PMC Athletics Club members have gone into the full swing of Christmas by donating 8 pairs of quality running shoes from their own means. These are the club's 8 unemployed development runners from our local communities who proudly run in the PMC club colours. The young runners are: **Tumelo Kgwete, Hitekani Shikwambana, Andy Riba, Thabang Malatji, Emogen Semetjane, Julient Mgiba, Dzunani Baloyi and Akani Mathebula.** These are the excellent sportsmen who have each completed an average of 5 races in the year 2022.

The club has invested to create a long-

term relationship with these young talented individuals. PMC has enjoyed many podium finishes due to these young talents. The athletes participate in low to medium distance running and all have completed 21 km races in reasonably good times.

Some run for passion and some run to earn a living. Receiving the running shoes will motivate the unpaid runners to continue crafting their skill.

The team is now gearing up for races in 2023, including PMC Family Marathon. The team is also hoping to hit the mark of excellence by qualifying for the championship

jersey. Training puts a lot of mileage of the shoes and therefore the runners will need new running shoes on an average of 6 months from now going into the future.

PMC Athletics Club is requesting assistance to support these local runners more effectively. Sponsorship for food, running gear, transport and accommodation during events will be highly appreciated.

For donations, please do not hesitate to contact the chairperson, Mr. Masilo Moremi on 083 313 7227 or Masilo.Moremi@palabora.co.za or Ext 3823.

