

CRUSHER!

LA CRUSHERS SUPPORTS KINGFISHER GOLF DAY



LAC was once again one of the major sponsors of the Bell Equipment / Kingfisher Private School Golf Day, held on 12 May 2007. LAC was proud to field 3 teams, as well as supplying every golfer in the field with an engraved clock in the shape of a golf bag as a memento of the day.

Some of our key clients took up the challenge to join managers in our golf teams, and they all did us proud. A substantial amount of money was raised for Kingfisher school, who in turn donated 10% to deserving causes in the area.



Bill Smith with Board Chair Ms Mampiti Matsabu



WELCOME!



We would like to welcome the following new employees to LAC:

- Lucas Ketane Mathebula
- Miringo Thompson Chauke
- Mackson Mhlongo
- Ishmael Sekgobela
- Ernest Johannes Mahlangu
- Charles Slingile
- Mkansi Delco Supprice
- Mogakane Obed
- Mangena Tsole Robert
- Amelia Prinsloo

We look forward to working with you!

SUGGESTION SCHEME

This month's suggestion scheme prize of R150 has been awarded for a suggestion made at site, rather than through the suggestion box.

Mr Kenneth Ntimani, a driver at Mining, observed that there was insufficient space for two trucks to pass on the present haul road, and he consequently recommended that a new haul road be opened.

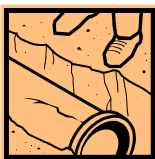
Supervisor Lott Mathebula acted upon this suggestion and arranged for the creation of a new haul road. This suggestion eased congestion caused by the prior necessity for trucks to wait for each other to pass, and hence contributed positively to production at Mining.

Congratulations to Kenneth for his foresight, and to Lott for acknowledging a valuable suggestion from a subordinate. This type of teamwork is key to productivity and efficiency, and is to be commended.



"The best answer to anger is silence"
German Proverb

LOST-TIME INJURY FREE HOURS



LAC is edging closer towards their next goal of 1 million LTI-free hours, and has attained

918,000 lost-time injury-free hours to the 15th of May.

We urge employees to stay alert at all times, and take every precaution necessary to ensure that all work practices are safe. The goal of zero injuries and safety incidents is readily attainable if everyone takes responsibility both for their own safety, and that of their co-workers.

PUBLIC HOLIDAY Saturday 16 June is a public holiday in celebration of Youth Day.

DEMYSTIFYING THE PAYSPLIT



Human Resources are holding a series of sessions to explain in detail the various entries on the pay advice slip. NUM Shop Stewards found their information session very helpful, and supervisors received similar training on 31 May.

Employees in any doubt about entries on their pay slips can now approach their shop stewards or supervisors for further information. If still requiring clarification, the Payroll Department will be happy to assist.

"PURE" COMMUNICATION



With easy access to e-mail, rapid communication has never been easier. However, let's all remember to communicate the "PURE" way. All messages should be Professional, Unambiguous, Respectful and Essential. It's very simple—if your message doesn't meet these criteria, don't send it!!



"Every path has its puddle"

English Proverb

TIMELY SUBMISSION OF LEAVE APPLICATION FORMS



It is once again becoming common for leave application forms to be submitted at the last moment. Please remember that the rule is that leave application forms must be submitted at least two weeks before the planned date of leave. It is not viable to plan operational logistics at short notice, and this often leads to the disappointment of having leave refused. It is therefore in every employee's own interest to pre-plan requests for leave. Emergency leave will be considered at shorter notice, but only in instances of real hardship.

RIETSPRUIT RECORDS EXCELLENT AUDIT RESULTS IN BHP BILLITON ENERGY COAL 2ND PARTY AUDIT

We are proud of our Rietspruit site, which having only been operational for some 6 months has managed to attain a score of 4.4 (out of 5) in an exhaustive external BHP Billiton audit held in May. This is the highest score recorded by an operation in the “Supplier, Contractor & Partners” category. This is clear evidence of LAC’s firm commitment to complying with clients’ safety and operational standards, wherever we may operate.

Congratulations to Rietspruit—we are proud of you, and we look forward to you consolidating this performance in the future.



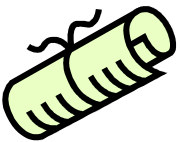
COMPUTER TRAINING



Computer training sessions will commence in early June, conducted by Damian Nell. The courses will cover an introduction to computing and Microsoft Office applications such as MS Word, Excel, Outlook and Internet. Courses will also include the basics of computer maintenance, safety, cleaning and routine dos and don'ts.

Any employees interested in attending these training sessions should submit their names through their site managers to the Human Resources Department. Selected employees will be informed of the dates and duration of the courses that they will be invited to attend in due course.

THE IMPORTANCE OF CORRECT DOCUMENTATION



Payroll Department have repeatedly asked employees to produce copies of essential personal documents, such as marriage and birth certificates, in order to comply with the requirements of the funeral cover scheme and provident fund. Unfortunately many employees have still failed to produce these documents. It is important that all staff realize that in the event of their death, or the death of a dependant covered by the funeral scheme, such documents are required to verify claims. In their absence a lengthy delay can result when processing the forms, and claims can even be refused. We all owe it to our dependants not to place additional stress on them following a bereavement, simply because we failed to put our affairs in order.

On a related matter, “Crush” is always delighted to receive unsolicited recommendations for acknowledgement of a job well done. All employees are of course expected to undertake their jobs with enthusiasm and diligence, but we are always pleased to highlight exceptional performances which involve commendable initiative, and ease the workload of other employees.



Following hot on the heels of his award of the Operations Director’s Trophy last month, the Payroll department have contacted “Crush” and asked that Alfred Legodi be commended for his efficiency and assistance to their department. Alfred used his own initiative in ensuring that his entire shift went to the police station to have their legal documents notarised, and arrange affidavits for missing documents. This has enabled the Payroll department to file a complete set of birth and marriage certificates etc. for these employees. Alfred was the first supervisor to take it upon himself to ensure that his shift complied with Payroll’s request. We look forward to similar assistance from other supervisors, but in the meantime commend Alfred Legodi for his thorough attention to this matter, and his most courteous and helpful manner.

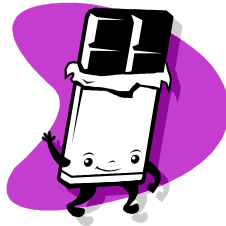
HIV/AIDS PROGRAMME

1. The Palabora Foundation Support Group continues to hold their valuable HIV awareness sessions at LAC. A session was held on 30 May and further sessions are planned for 6, 13 and 27 June – these will be confirmed via e-mail with managers and supervisors.
2. The NUM Executive team attended a recent HIV Support Group monthly Educational Meeting, and thanked management for the opportunity, through which they felt that much had been learnt. The NUM Executive feel that this meeting has substantial value, and will be recommending that other selected employees be given the opportunity to attend in future.
3. LAC was delighted to support the 2007 International Aids Candlelight Memorial, held on Sunday 20 May 2007, by making a cash donation towards the cost of food for those that attended this important memorial service.

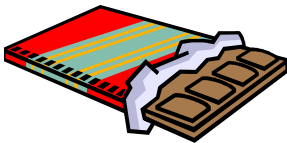


CHOCOLATE IS BRAIN FOOD

Even if chocolate is not your passion, here's another reason to consider it a health food: the flavanols in some cocoa appear to be good for your brain. Two new studies suggest that these compounds increase blood flow to the



brain and may enhance cognitive function during challenging mental exercise. Better yet, the effects of cocoa may slow age-related decline and, possibly, help seniors who have had mini-strokes. One study, conducted by a British researcher, used imaging to observe that one particular cocoa increased blood flow to the brains of healthy young women for two or three hours. A U.S. study conducted by a Harvard researcher also showed an increase in blood flow to the brains of the 34 adult subjects in his study, who consumed the liquid cocoa. These results need to be confirmed by other clinical trials, so you might want to hold off on a chocolate binge. Of course, if you can limit your consumption and offset the calories with exercise, high flavanol chocolate may be the brain food for you.



FAREWELL!

We would like to take this opportunity to bid farewell to Francois (Boetie) Martins, who resigned as Site Manager (Materials Handling) in May. LAC is grateful to Boetie for his more than seven years service to the company, and we wish him every success in the future.

"When a finger points at the moon, the imbecile examines the finger"
 Buddha 564? - 483 b.c.

CAPTION COMPETITION!



The Editor really didn't know what to say about this picture of our MD hard at work! See if you can do any better—R100 prize will be awarded for the best caption. Submissions to Alyson Claire at Head Office please.

Six Ways to Avoid Emotional Eating

When stressed out or anxious, some people turn to food as a way to comfort themselves. However, what may be soothing at the time can make you feel worse - and weigh more - in the end. If you tend to turn to food as a way to cope with a stressful situation, consider the following nutritional tips:



1. Don't drink caffeine or alcohol (and don't smoke) when stressed. These can heighten or prolong your anxiety and worsen its side effects.
2. Drink plenty of water - between six and eight glasses per day. This can help quell the pangs of an empty stomach and promote a healthy digestive system.
3. Keep your blood sugar levels stable by eating several small, nutritious meals rather than three large ones.
4. Make sure your meals or snacks incorporate omega-3 fatty acids. Include walnuts, salmon and freshly ground flaxseeds into your diet.
5. Incorporate foods rich in magnesium, which helps relax muscles, into your diet. Whole grains, legumes, vegetables, nuts and seeds are good sources.
6. Above all, be aware of your eating habits. If you find yourself eating to combat stress, limit yourself to small portions, enough so that you can savour the taste or texture. Then go for a walk or practice meditating: both are proven, healthier ways to address stress.

