

ASAMBENI TAXI TIMES



Moving Minds, One Journey at a Time

Distributing 150 000 FREE copies across Gauteng

sales@asambenitimes.co.za

Edition 08 | 27 August 2025

Your Voice, Your Stories!

Would you like to submit a story?

Be part of Asebeni Taxi Times!

063 901 7786

MEMBER OF **AIP** ASSOCIATION OF INDEPENDENT PUBLISHERS

Visit us on www.asambenitimes.co.za

Your Trusted Advertising Partner

As an ABC member, we deliver audited circulation — real numbers, real value, real impact.



Celebrating The Women Rewriting Mzansi's Future

Even though August is recognised as Women's Month, we want to pause to celebrate the countless women across South Africa who are quietly rewriting the script of what it means to be a woman in this country. These are not just the women who grace magazine covers or win awards, but the everyday heroines who are transforming lives, families, and communities through their strength, determination, and vision.

The heroes in our communities

Think about the woman who arrives at the taxi rank every morning at 5am with her oil drum and flour, ready to fry fresh amagwinya for commuters rushing to work. Her weathered hands shape dough with the precision of a master craftsman, each golden vetkoek carrying not just sustenance but dignity and entrepreneurial spirit. She knows every regular customer's preference, offers credit when times are tough, and somehow manages to keep food affordable whilst supporting her own family.

This woman represents millions across South Africa who are part of the informal economy. Street traders play a key role in the food system in South Africa, ensuring that communities have access to affordable, convenient meals. Yet her contribution goes far beyond commerce - she's a pillar of her community, a reliable presence in an uncertain world, and a role model showing that dignity can be found in any honest work.



Her story is echoed by countless others: the woman who braids hair ekhoni, creating beauty whilst sharing wisdom and community news; the domestic worker who raises other people's children with the same love she shows her own; amagogo who become guardians to orphaned grandchildren whilst tending community gardens that feed entire neighbourhoods.

Breaking traditional barriers

Despite the persistence of traditional gender

roles, particularly within black communities, women across South Africa are steadily dismantling barriers and creating new narratives for themselves. Entrepreneurship is an avenue by which women can become economically active and overcome a range of barriers that compromise their development and empowerment. This transformation isn't just happening in boardrooms or universities - it's occurring in every township, every rural village, every suburb where women are refusing to accept limitations placed on their dreams.

The young woman who starts a catering business from her RDP house kitchen, gradually building a reputation that allows her to hire other women from her community, is rewriting economic narratives. The mother who returns to school at 40, balancing textbooks with household responsibilities, is challenging the idea that education has age limits. The traditional healer who incorporates modern business practices to expand her healing practice is bridging ancient wisdom with contemporary entrepreneurship.

These women are not rejecting their roles as wives, mothers, sisters, and daughters, they are expanding them. They are showing that caring for family and pursuing personal ambitions are not mutually exclusive. They are proving that strength can be gentle, that leadership can be collaborative, and that success can be measured in community upliftment rather than individual accumulation.

What makes these women's stories so powerful is their ripple effect. More than 2 400 women who own micro-enterprises in Botswana, South Africa, and Namibia have been equipped with the skills they needed to improve their businesses, and each of these women becomes a catalyst for further change.

When a woman succeeds, she typically reinvests in her community.

Continued on page 02

GET THE NEW WING EDITION BOX CLEVER

ALL BOXES INCLUDE:

1 Sml. Chips & 1 Sml. Coke Zero Sugar



Glassware not included. Pieces may vary. Ts & Cs apply. Visit KFC.co.za

DUNK IT
+R5



WING LUNCH BOX

1 Pc. Original Recipe®
2 Zinger™ Wings

49⁹⁰

WING CRUNCH BOX

1 Crunch Burger
2 Zinger™ Wings

59⁹⁰

MEGA WING BOX

2 Pcs. Original Recipe®
3 Zinger™ Wings

69⁹⁰



Next Edition (23 September 2025) Sneak Peek:

Healthy Minds, Safe Journeys: Linking Wellness and Transport Safety

Heritage Through Music: Local Choirs, Bands, and Dance Groups Keeping Traditions Alive

Music remains the heartbeat of South African culture, carrying stories from generation to generation through song, rhythm, and dance. During Heritage Month, local choirs, bands, and dance groups celebrate both ancient traditions and evolving musical forms that define modern South African identity.

Traditional sounds with modern relevance

South African choirs continue to gain international recognition for their unique sound and cultural expression. Groups like the Ndlovu Youth Choir demonstrate how young South Africans are taking traditional music and making it relevant for modern audiences. Their repertoire is an exciting mix of traditional South African genres with pop, rock, jazz and EDM, showing how heritage can evolve whilst maintaining its core identity.

The tradition of isicathamiya, made famous by Ladysmith Black Mambazo, continues to thrive. Isicathamiya competitions in Johannesburg and Durban still take place on Saturday nights, with up to 30 choirs performing from 8 o'clock at night to 8 o'clock the following morning. Although the style emerged in the 20th century, specifically in the 1920s and 1930s, many academics trace it back to the end of the 19th century.

Amapiano: the new traditional sound

Amapiano has emerged as South Africa's newest traditional music form, representing how contemporary culture becomes heritage. Amapiano music and dance have played a significant role in expressing the culture and bringing people together. This subgenre of

house music emerged in the mid-2010s and has since become a sensation worldwide.

The evolution and unprecedented popularity of Amapiano reflect the massive globalisation of African music and underscore its ability to represent South Africa's rich cultural heritage.

Beyond being a musical genre, Amapiano embodies a cultural phenomenon that redefines mainstream music, paving the way for international collaboration and cultural exchange.

The name translates as "piano" in Zulu, reflecting the genre's distinctive keyboard sounds combined with deep house beats and jazz influences. Like traditional South African music forms before it, amapiano tells stories of community life, celebrates resilience, and brings people together through dance and shared cultural expression.

Young people across South Africa are taking leadership in cultural preservation through both traditional and contemporary music forms. Youth choirs in townships learn traditional songs in indigenous languages from elderly community members, whilst also creating new compositions that reflect modern experiences.

Schools increasingly include traditional music and dance in curricula, recognising that these art forms teach history, values, and cultural identity. Students learn about heritage through songs that tell ancestral stories and celebrate important life events, whilst also exploring how genres like amapiano represent contemporary South African creativity.

Traditional dance groups preserve cultural heritage through movement and storytelling. Different regions maintain distinct traditions, from Zulu war dances to Xhosa ceremonies, from Afrikaans folk dances to Indian classical



forms reflecting the country's diversity.

These groups perform at cultural festivals and heritage events, educating audiences about the history and meaning behind different cultural practices. They also visit schools and community centres, teaching traditional dances alongside contemporary forms like amapiano dance moves that have become part of South African cultural expression.

Heritage music and dance groups create connections between past and present, different communities, and older and younger generations. When groups perform music from various South African cultures - from ancient isicathamiya to contemporary amapiano, they help build understanding and appreciation across cultural lines. Technology helps heritage groups reach wider audiences. Many choirs and

dance groups share performances on social media, making traditional and contemporary music accessible to South Africans abroad and inspiring cultural pride among younger generations.

Despite their importance, many heritage music and dance groups face funding limitations and competition from commercial entertainment. However, Heritage Month provides opportunities to showcase their work and attract support. Government initiatives and cultural organisations increasingly recognise the importance of supporting these groups. Funding programmes and cultural festivals help ensure that both traditional forms like isicathamiya and emerging traditions like amapiano continue to thrive and represent South African heritage on global stages.

Celebrating The Women Rewriting Mzansi's Future

Continued from page 01

She sends more children to school, supports elderly relatives, and often creates opportunities for other women. The spaza shop owner who gives young mothers part-time work, the seamstress who teaches skills to unemployed neighbours, the hair salon owner who becomes an informal counsellor to her clients - these women understand that individual success is meaningless without collective progress.

Their children grow up seeing different possibilities. Daughters learn that they can be both nurturing and ambitious, that they can honour tradition whilst forging new paths. Sons learn to respect women's capabilities and contributions, becoming partners in transformation rather than obstacles to it.

These women are rewriting what it means to be a hero in South Africa. Their heroism isn't found in grand gestures or dramatic moments, but in daily acts of resilience, creativity, and care. They are their own heroes, but they are also heroes to countless others who benefit from their strength and vision.

The woman who wakes up before dawn to catch three taxis to reach her job in the suburbs, then returns home to help with homework and prepare dinner, is demonstrating superhuman endurance. The entrepreneur who juggles WhatsApp business orders whilst breastfeeding, manages household finances whilst building her savings, and maintains family relationships whilst pursuing professional growth, is performing miracles of time management and emotional labour.

Traditional gender roles often cast women as supporting characters in other people's stories; the wife behind the successful man, the mother who sacrifices for her children's dreams, the daughter who cares for aging parents. But these women are writing themselves as the protagonists of their own narratives. They are mothers AND entrepreneurs, wives AND leaders, caregivers AND visionaries.

The New Generation of Role Models

Young girls across South Africa are growing up with different examples of what womanhood can look like. They see aunts who run successful businesses, mothers who pursue education, sisters who challenge unfair treatment, and community leaders who happen to be women. This visibility matters profoundly in shaping aspirations and possibilities.

The teenager who sees her neighbour transform

from domestic worker to small business owner learns that change is possible. The university student who witnesses her mother's resilience in the face of economic hardship understands the power of perseverance. The young professional who grew up watching her grandmother manage family finances whilst men made the speeches learns that real power often operates quietly but effectively.

Women continue to serve as pillars in their communities, but they are redefining what that support looks like. Women entrepreneurs dominate Africa's SME sector, and they are using their economic influence to drive social change. They fund community events, support local schools, and create informal networks that provide everything from business advice to emotional support. But she often does this work without recognition, motivated by commitment to community wellbeing rather than personal advancement.

These women are building the social infrastructure that holds communities together. They understand that their success is interconnected with their neighbours' wellbeing, and they act accordingly.

As we close Women's Month and look toward the future, we celebrate women who are living proof that transformation doesn't require permission. They are rewriting South Africa's future one small business, one educated child, one strengthened community at a time.

Their stories remind us that heroism comes in many forms, that strength can be quiet, and that revolution often happens not through grand declarations but through daily choices to resist limitation and embrace possibility. They are wives who are also warriors, mothers who are also entrepreneurs, daughters who are also leaders - and in embracing all these identities simultaneously, they are creating a new template for what it means to be a South African woman.

These women are not waiting for society to change - they are changing it through their actions, their ambitions, and their refusal to accept that any dream is too big or any barrier too high. They are their own heroes, and in doing so, they become heroes for all of us.

To every woman reading this who recognises herself in these stories - thank you for rewriting our future. Your strength, your dreams, and your daily acts of courage are transforming not just your own life, but the lives of countless others who benefit from your example.

The Rise of Lifestyle Diseases: How to Keep Diabetes and Hypertension at Bay

Diabetes and high blood pressure (hypertension) are often called "silent killers" because they can cause serious harm long before symptoms appear. In South Africa, these two lifestyle diseases are now among the top causes of death, fuelled by poor diet, low physical activity, stress, and limited access to regular screening.

A national health survey found that 46% of South African adults have high blood pressure, but only half know it (*Source: www.health.gov.za*). Diabetes rates are also climbing, with about 4.5 million adults affected, up from 4 million in 2019 (*Source: idf.org*). Shockingly, 61% of people with diabetes don't know they have it.

The Heart and Stroke Foundation South Africa warns that high blood pressure is the leading cause of strokes and heart attacks in the country (*Source: www.heartfoundation.co.za*). Diabetes, if not well managed, can damage small blood vessels, especially in the eyes, leading to vision loss or blindness. This is why Eye Care Awareness Month and Heart Awareness Month, this month, are more than just campaigns; they are urgent calls to action.

Prevention starts with daily choices

The South African Food-Based Dietary Guidelines recommend eating plenty of fresh fruit, vegetables, and whole grains, choosing lean proteins like fish, chicken, or beans, and limiting salt, sugar, and fried foods (*Source: nutritionweek.co.za*).

Physical activity is equally important. You don't need a gym, walking briskly, dancing, gardening, or doing chores can count as exercise. Aim for 150 minutes of moderate activity a week.



Stress management is another piece of the puzzle. Ongoing stress can raise blood pressure and affect blood sugar. Relaxation can come from prayer, deep breathing, music, or spending time outdoors.

Screening is the bridge between prevention and treatment

Most government clinics offer free blood pressure and blood sugar checks. Private pharmacies and community health days often run quick, low-cost tests.

Lifestyle diseases are on the rise, but they don't have to be a life sentence. With healthier habits, regular check-ups, and open conversations about health, we can protect our hearts, eyes, and futures.

Hello Sunshine Hello Savings!



SET OF 3
R399.99
SAVE R40

MAMBO'S CLEAR STORAGE
15L - R89.99
32L - R149.99
52L - R199.99



BUY 2
R499.99
90L
SAVE R100

single
R299.99



46L PRIDE AMMO BOX
BUZSB-0046-BK-DY-B

R199.99



INDULGENCE RANGE ONLY
FREE
HAND TOWEL
with any
Bathsheets +
Bath Towel
Charcoal, Duck Egg
Denim, Sage & Blue

630GSM
INDULGENCE
BATH SHEET
R279.99

630GSM
INDULGENCE
BATH TOWEL
R189.99

FREE
WITH
ABOVE
DEAL
INDULGENCE 630GSM
HAND TOWEL
R85.99



FRINGED 425GSM GUEST TOWEL 2 PACK
30 x 50cm
Charcoal & Navy

R49.99



6 Foot Folding Table & Bench

R599

save
6 FOOT FOLDABLE BENCH

TABLE
R499
HM-SZ180



4 Ft Folding Table & Chairs

IDEAL FOR CAMPING, PICNICS AND PARTIES

Chairs
available
in Black
& White

4 FT ADJUSTABLE TABLE **R649.99** save R50
FOLDING CHAIRS **R449.99** each save R50



Buy All 3 R109

5L COMBO
DISHWASHING LIQUID, REGULAR BLEACH
AMMONIATED CLEANER



Buy All 6 R99

6 PIECE BUCKET COMBO WITH FREE BUCKET
THICK BLEACH, DISHWASHING LIQUID,
BLEACH, PINE GEL & APC



Buy All 3 R150

FREE
10L Bucket
no lid valued
at R28

5L KLEEN EEZY
HOUSEHOLD BLEACH
DISHWASHING LIQUID
PINE SANITISER



R39

9 PACK
2 PLY MINI TOILET PAPER
200 SHEETS



R25

R69.99
save R10

R45
save R10



**ADDIS
MAXI
MOP**

R149.99 save R45

**ONLINE
SHOPPING:**
mambos.co.za

mambo's
STORAGE & HOME

**PRICES VALID
UNTIL
28 SEPTEMBER**

PRICES SUBJECT TO
CHANGE. WHILE STOCKS LAST.
WE RESERVE THE RIGHT TO LIMIT
QUANTITIES. E&OE

• WESTERN CAPE: GREEN POINT - TABLE VIEW - VREDENBURG - KENILWORTH - RETREAT - CAPE GATE - BELLVILLE - DURBANVILLE - PAARL - SOMERSET WEST - WORCESTER - GEORGE
• EASTERN CAPE: BEACON BAY - VINCENT - WILLIAM MOFFETT • FREE STATE: BLOEM TOWERS • JOHANNESBURG: ALBERTON • PRETORIA: CASTLE GATE • IRENE

Mind Matters: Breaking Down Mental Illness in Our Communities

Even though July was official Mental Health Awareness Month in South Africa, it's something we should be focussing on all-year-round. It's a time to focus on emotional well-being and remind one another that mental health is just as important as physical health. Yet, in many communities, conversations around mental illness are still clouded by stigma, fear, or silence.

Mental health affects us all, regardless of background, age or status. Yet, too often in our communities, saying "I need help" still carries stigma. That stops people from getting the support they deserve.

Every mind matters

About one in three South Africans will experience a mental health condition in their lifetime, ranging from anxiety and depression to bipolar disorder and PTSD (Source: www.selibeng.com). These are genuine health issues, no more "crazy" than having high blood pressure or diabetes.

Yet fear, shame and cultural misunderstandings persist. Many people believe mental illness stems from "witchcraft", ancestral punishment, or a sign of weakness. These beliefs often lead individuals to seek help only after their situation has worsened or not at all.

Mental health conditions can affect anyone, regardless of age, race, income, or background. They are not signs of weakness, madness or spiritual failing. They are real, diagnosable conditions that can be managed with support and treatment.

Here's a simple guide to help recognise some of the most common mental health conditions:

1. Burnout

Burnout is more than just being tired or stressed. It's a state of emotional, physical and mental exhaustion caused by prolonged stress, often linked to work or caregiving.

- Signs: Constant fatigue, feeling cynical or detached from work, and reduced performance.

2. Anxiety

Anxiety disorders involve intense, persistent worry or fear that interferes with daily life.

- Signs: Restlessness, sweating, a racing heart, difficulty concentrating, and avoiding social situations.

3. Depression

Depression is not just sadness, it's a deep, ongoing low mood that affects how you feel, think, and function.

- Signs: Feeling hopeless, loss of interest in things you used to enjoy, changes in appetite or sleep, and thoughts of self-harm.

4. Bipolar disorder

Bipolar involves extreme mood swings from manic highs to depressive lows.

- Manic phase: High energy, fast speech, impulsive behaviour.
- Depressive phase: Deep sadness, fatigue, and difficulty making decisions.

5. Post-Traumatic Stress Disorder (PTSD)

PTSD can develop after experiencing or witnessing a traumatic event, such as abuse, violence, or a serious accident.

- Signs: Nightmares, flashbacks, avoiding reminders of the event, and feeling on edge or easily startled.

6. Substance-use disorders

These occur when alcohol or drug use becomes a coping mechanism, leading to health and relationship problems.

- Signs: Needing more to get the same effect, withdrawal symptoms, neglecting responsibilities, and trying but failing to cut down.

Recognising these signs and acting with empathy can make a life-saving difference. You don't need to fix everything, simply being there and guiding someone to help can restore hope and begin healing.

Stigma does more than hurt feelings, it delays lifesaving care. People may stop treatment early, refuse to admit distress, and even risk suicide. For men especially, cultural expectations of stoicism and emotional toughness make it even harder to speak up.

Pathways to understanding

- Community mental-health champions, individuals with lived experience, can show others that recovery is possible.
- Talk therapy in townships, like Phola's Orange Farm group sessions, create safe spaces where people share trauma and find healing together.
- Integration of tradition and science, working with sangomas and traditional healers, acknowledges culture while ensuring medical support.
- Education and awareness drives in schools, churches, workplaces and clinics help dismantle myths, particularly around supernatural causes.

Actions you can take

- Listen without judgement. Encourage conversation: "Tell me more... You are not alone."
- Share factual resources. Refer to SADAG, Lifeline, or your nearest clinic, not witch doctors.
- Include mental-health check-ins in community dialogues and parenting groups. Normalise it like diabetes or hypertension.
- Champion local therapy models, such as community groups and peer support in township halls.

Why this works

- Local empathy builds trust, especially when stories come from shared cultural contexts.
- Reliable services let people replace shame with therapy and resilience.
- Early intervention through education avoids crises and eases pressure on already overburdened public health systems.



By shifting the view of mental health from "crazy" to "care", we affirm that emotional well-being is a human right, one rooted deeply in ubuntu. Let's support campaigns in township halls, schools, churches and clinics. Let's share stories of hope. And let's treat mental health with the same openness as other health challenges.

Together, we can end the silence and ensure that help is within reach, for every one of us.

Where to find help:

SADAG (SA Depression and Anxiety Group)
Call: 0800 567 567 | SMS 31393
www.sadag.org

Lifeline SA

Call: 0861 322 322 | WhatsApp: 065 989 9238
www.lifelinesa.co.za

Mental Health Info Helpline (Department of Health)

Call: 0800 12 13 14 (24/7)

Let's change the conversation

Talking about mental health openly can save lives. By learning the signs and reaching out early, we can support one another and begin to break the stigma. Mind matters, and every mind deserves care.

We're excited to share some great news!

Congratulations!



Kgomotso Seloane

Our lucky winner of last month's
R2 000 grocery voucher!

A big thank you to everyone who entered. Siyabonga kakhulu, your support makes the Asambeni Taxi Times community stronger with every edition.

But the fun doesn't stop here...

This month, **you could win a brand-new pair of school shoes!** It's perfect for finishing the year strong and being ready for next year.

How to enter:

Go onto the Asambeni Taxi Times website:
www.asambenitimes.co.za

Follow the instructions and enter your details.
The competition closes on 15 September 2025.



Don't miss your chance to win.



Modernising Tradition: The Digital Evolution Of Men's Stokvels

Stokvels were once bound by physical meetings and cash but are now increasingly embracing digital transformation. This shift isn't just modern; it's reshaping how communities save, invest, and connect.

Digital platforms leading the way

StokFella is at the forefront of this change. Launched in 2016 by Tshelo Moloi, the app now enables stokvels to manage everything via smartphones: from contribution tracking and expense logging to automated payouts and financial reports. Its secure infrastructure and transparent account statements have made it indispensable for over 14 000 active users, with roughly a million transactions processed yearly (Source: stokveltalk.co.za).

Other fintech players, such as Spot Money, offer shared accounts where multiple members can view and manage funds together, bringing clarity and trust to everyday financial decisions (Source: stokveltalk.co.za). These innovations effectively turn stokvels into digital cooperatives, managing pooled money with professional tools.

Real benefits of going digital

- Transparency and trust: Transactions are logged and visible to every member, curbing fraud and dispute.
- Administrative ease: No more

paper-based systems, apps manage reminders, calculate payouts, and export financial statements effortlessly.

- Increased reach: Rural stokvels can now participate without long drives, thanks to smartphone access and community workshops.
- Investment potential: Some platforms offer integration with financial products like ETFs or money-market funds, allowing groups to build real wealth rather than just saving for expenses.

Roadblocks to digital adoption

- Digital exclusion: Not every member has a smartphone or affordable data package, limiting participation.
- Loss of social interaction: A study in the Western Cape found that complete reliance on digital stokvels may erode trust and interpersonal bonds (Source: itweb.co.za).
- Technical know-how: Older members may struggle with apps. Some platforms offer "on behalf" features and in-person training, but tech onboarding remains a challenge.
- Regulatory grey areas: As digital stokvels accumulate more money, questions arise over registration and oversight from authorities.

Blending tradition with technology

Stokvels remain rooted in South African culture sharing food, laughter, and advice.



Digital tools must support, not replace, that communal backbone. StokFella's WhatsApp support and field workshops reflect this elegant balance (Source: stokfella.com).

The digitisation of stokvels is more than convenience, it's community progress. By integrating digital systems with solid governance, inclusivity, and training, stokvels can evolve into powerful collective wealth platforms beautifully aligned with their heritage. South Africa's oldest financial institution is reinventing itself, and embracing its future.

Spotlight on South African Authors

A proudly South African fairy tale that brings culture, language, and storytelling together.

Refilwe by Zukiswa Wanner

Zukiswa Wanner's *Refilwe* is a heartwarming, localised retelling of the classic Rapunzel tale but instead of castles and towers, readers are transported to the majestic Drakensberg mountains. Told in isiXhosa and English, this bilingual picture book celebrates African culture, language, and storytelling traditions, making it both fun and educational for young readers.

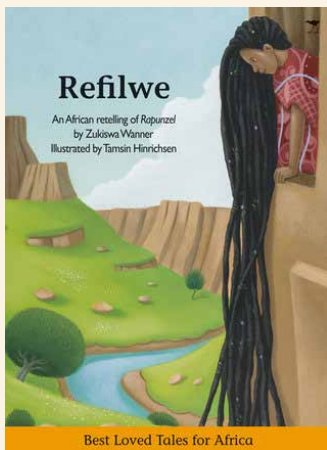
In Wanner's version, *Refilwe* is a spirited girl with long, magical hair, locked away by a witch in a cave high in the mountains. Her story of resilience and self-discovery mirrors the classic fairy tale but is deeply rooted in South African landscapes, values, and voice.

Illustrated with vibrant, colourful artwork that reflects rural life, *Refilwe* is ideal for children aged 5–10 and makes a wonderful resource for encouraging mother-tongue literacy. The dual-language format is especially helpful in bridging language learning at home and in the classroom.

Above all, *Refilwe* allows African children to see themselves in the stories they read, something Wanner has long championed in her writing.

Where to find it:

- **Online:** Loot.co.za, Takealot.com, Jacana Media
- **Bookstores:** Available at Bargain Books, Exclusive Books, and select independent bookstores nationwide.
- **Libraries:** Look for *Refilwe* at local community libraries or request a copy at your nearest municipal library branch.



Born a Crime: Stories from a South African Childhood by Trevor Noah

A bold, hilarious, and deeply moving memoir, *Born a Crime* charts Trevor Noah's journey from a hidden child of apartheid to one of the world's most recognisable comedians. Born to a Black Xhosa mother and a white Swiss father; at a time when such a union was illegal, Noah was literally "born a crime." The title encapsulates the impossible balancing act of his early life: navigating identity, poverty, and politics in post-apartheid South Africa.

With a mix of biting wit and raw honesty, Noah paints vivid portraits of growing up in Soweto, dodging the wrath of police, hustling for survival, and finding solace in language and storytelling. At the heart of the book is his formidable mother, Patricia Nombuyiselo Noah, a fiercely religious, humorous, and resilient woman whose influence echoes through every chapter.

Born a Crime is more than a celebrity memoir; it's a coming-of-age story steeped in historical context, cultural insight, and social critique. Noah doesn't shy away from the grim realities of racism, gender inequality, and domestic abuse, but he handles these subjects with grace and levity.

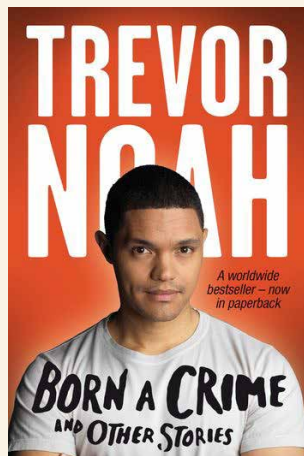
This book is perfect for readers interested in South African history, fans of memoir, or anyone who enjoys humour woven with humanity.

Why you should read it:

It offers a rare window into the complexities of South Africa's past and present, from the perspective of someone who lived both its absurdities and its tragedies.

Where to find it:

- **Online:** Loot.co.za, Takealot, Amazon Kindle
- **Bookstores:** Exclusive Books, Bargain Books, CNA
- **Libraries:** City of Johannesburg Libraries, Tshwane Library Services.



Fun Ways To Keep Busy



Although things are starting to warm up, we still have a few cold days ahead so it's time to get creative. You don't need to spend lots of money to have fun and learn new things. Here are some easy activities that cost very little but can keep you busy indoors.

Make old clothes into new things. One of the best indoor activities is turning old clothes into something new. This is called upcycling, and it's good for the environment too.

Easy projects you can do at home

You don't need to be an expert to start. Here are simple projects:

From old jeans:

- Make cushion covers for your sofa;
- Turn them into shopping bags;
- Cut them into shorts;
- Create useful things for around the house.

From old sweaters:

- Cut them into mittens to keep your hands warm;
- Make slouchy beanies (you just need scissors and basic sewing);
- Turn them into scarves.

More winter activities

Reading and writing

- Start a book club with friends - everyone reads the same book and discusses it.
- Write stories or poems about your experiences.
- Keep a daily diary to practice writing.
- Read free books from your local library.

Arts and crafts

- Draw or paint using materials you already have.
- Make greeting cards for friends and family.
- Try origami (paper folding) - you only need paper.
- Make collages from old magazines and newspapers.

Cooking and baking

- Learn to make simple bread or biscuits.
- Try new recipes with ingredients you already have.
- Make preserves or jams if you have fruit.
- Start a small herb garden on your windowsill.

Gardening

- Start seedlings in yoghurt containers for spring planting.
- Grow herbs like parsley or mint in small pots.

- Make a small vegetable garden using old containers.
- Learn about indigenous South African plants.

Games and puzzles

- Play board games or card games with family.
- Do crossword puzzles or sudoku from magazines and newspapers.
- Create your own games.
- Learn traditional South African games.

Learning new skills

- Practice basic computer skills.
- Learn about South African history and culture.
- Try simple science experiments at home (be safe!).

These activities help you in many ways:

- They're cheap or free.
- They teach you new skills.
- They're good for the environment (especially upcycling).
- They bring families and friends together.
- Some can even help you earn money later.

How to get started

For upcycling:

- Look through your cupboard for old clothes;
- Choose one easy project to start with;
- Use Pinterest or Instagram for ideas;
- Ask friends or family to help, make it a fun group activity;
- You can keep what you make, give it as gifts, or even sell it.

Making money from your hobbies

Many people in South Africa have turned their winter hobbies into small businesses:

- Selling upcycled clothes at local markets;
- Teaching others the skills they've learned;
- Selling baked goods to neighbours;
- Growing and selling herbs or vegetables.

The best part is that you'll have:

- New skills that will last forever.
- Things you've made with your own hands.
- Stronger relationships with family and friends.
- Maybe even some extra money.
- Proof that you can have fun without spending lots of money.

With a little creativity and some old materials, you can have a wonderful time learning and creating right at home.

ASAMBENI TAXI TIMES

Moving Minds, One Journey at a Time

Distributing 150 000 FREE copies across Gauteng



This Spring, Let Your Business Blossom!

Why settle for less when you can reach **1.2 million** readers with Asambeni Taxi Times?

Put your brand in front of the people who matter most and watch it grow this season.

To **advertise** in our next edition please call:

083 793 5382 / 063 696 0680

sales@asambenitimes.co.za

Heritage in Everyday Hands: Traditions That Tell South Africa's Story



Every September, South Africa celebrates Heritage Month, honouring the diverse cultures that make up the rainbow nation. But heritage isn't just about museums and monuments, it lives in the everyday hands of ordinary people who keep traditions alive through their daily practices and ancient skills.

In communities across South Africa, women continue the ancient practice of basket weaving, a craft that can be traced back to ancient times, with archaeological evidence suggesting the craft was practiced as far back as 10 000 to 12 000 years ago. Today, the production and sale of arts and crafts provide a viable source of income for artisans, especially in rural areas of the country.

Each basket tells a story through its patterns and shapes. Each of our hand-woven baskets have a story to tell, with designs that carry meaning passed down through generations. The materials used - from palm fronds to telephone

wire, reflect both traditional knowledge and modern adaptation.

These baskets aren't just decorative items. They serve practical purposes in households, storing grain, carrying water, and holding personal belongings. The techniques for creating them are taught from grandmother to granddaughter, ensuring that knowledge gained over centuries isn't lost to modern life.

The weavers often work in groups, sharing stories and songs whilst their hands work the familiar motions. This social aspect of the craft helps strengthen community bonds and ensures that oral traditions are preserved alongside the physical skills.

Sweet traditions in the kitchen

In kitchens across the country, the smell of oil and sugar signals the making of koeksisters, one of South Africa's most beloved traditional sweets. In the diversity of South African culinary traditions, few treats hold as much cultural significance and sweet nostalgia as the koeksister and the koesister. There are actually two distinct versions of this treat. Afrikaans koeksisters are twisted pastries, deep fried and strongly sweetened, while koesisters found in the Cape Flats are sweet and spicy, shaped like large eggs, and deep fried. Both versions require skill and patience to master.

The making of koeksisters often becomes a family affair, with children learning to plait the dough and adults timing the perfect moment to dip the hot pastry into ice-cold syrup. The technique must be precise - the contrast between hot and cold creates the characteristic crunchy exterior and syrup-soaked interior.

Many families guard their recipes closely, with slight variations passed down through generations. Some add a pinch of this, a dash of that, creating unique family signatures that

make their koeksisters special. The process of making them together strengthens family bonds and ensures younger generations learn these treasured skills.

Preserving through storytelling

Beyond crafts and cooking, heritage lives in the stories families tell. Oral history remains one of the most important ways that South African communities preserve their past. Grandparents share tales of ancestors, historical events, and moral lessons that shape family identity and values.

These stories often emerge during everyday moments, whilst preparing meals, during long car journeys, or at bedtime. Children absorb not just the facts of family history but also the values, traditions, and cultural practices that define their heritage.

Many families are now making efforts to record these stories, understanding that once the older generation passes away, irreplaceable knowledge goes with them. Some use modern technology to create audio recordings, whilst others write down family histories in notebooks passed between relatives.

The stories often include practical knowledge, which plants are good for medicine, how to read weather patterns, or traditional farming techniques. This knowledge, gained through generations of experience, remains valuable even in modern times.

The role of food in heritage

Traditional cooking represents another vital form of heritage preservation. Recipes for dishes like bobotie, potjiekos, and umngqusho carry cultural significance beyond their nutritional value. Each dish tells the story of cultural exchange, migration, and adaptation that shaped South African society.

Women often serve as the keepers of culinary traditions, teaching daughters and daughters-in-law the techniques for preparing traditional meals. These lessons involve more than just ingredients and methods - they include understanding the cultural significance of certain dishes and when they should be prepared.

Keeping traditions alive in modern South Africa isn't always easy. Young people often move to cities for work, breaking the chain of knowledge transfer that has sustained traditions for generations. Modern conveniences can make traditional skills seem unnecessary or time-consuming.

However, many communities are finding creative ways to adapt. Craft cooperatives help artisans find markets for their work, whilst cultural centres offer classes to teach traditional skills to new generations. Some families schedule regular times for traditional activities, ensuring that heritage practices remain part of their lives.

Social media and technology are also playing a role in preservation. Young people document traditional practices and share them online, reaching wider audiences and inspiring others to maintain their cultural connections.

Heritage Month reminds us that culture isn't something that exists only in the past, it's a living, breathing part of daily life. The hands that weave baskets, fry koeksisters, and stir traditional stews are writing South Africa's cultural story in real time.

Every time someone chooses to learn a traditional skill, prepare an ancestral recipe, or share a family story, they become active participants in heritage preservation. These everyday acts of cultural maintenance ensure that South Africa's rich traditions continue to flourish and evolve.

The beauty of heritage lies not just in its historical importance but in its ability to connect past, present, and future. Through the skilled hands of ordinary people, traditions that began centuries ago continue to shape modern South African life, creating a bridge between who we were and who we're becoming.

This Heritage Month, consider learning a traditional skill from an elder in your community or recording a family story. These small acts help ensure that South Africa's rich cultural heritage continues to thrive for future generations.

Take a look at page 7 for Heritage Day recipes to try out.

HELLO SPRING!

What is Spring?

Spring is the season when the weather gets warmer, flowers bloom and baby animals are born.

Flowers Everywhere!

In spring, seeds wake up from the soil and grow into colourful flowers like daisies, tulips, and sunflowers.

Busy Bees

Bees love spring because they can collect nectar from flowers. This helps plants grow more flowers and fruit.

Longer Days

During spring, the days get longer and sunnier — perfect for playing outside!

Word Search

S	U	N	A	B	C	D	E
B	E	E	F	G	H	I	J
R	A	I	N	K	L	M	N
T	R	E	E	O	P	Q	R
B	I	R	D	S	T	U	V
F	L	O	W	E	R	X	Y

Find and circle the words:

SUN, BEE, RAIN, TREE, BIRD, FLOWER

Spring Jokes

What did the flower say after it told a joke?

I was just pollen your leg!

What season is best for jumping?

Spring!

Why don't bunnies ever get hot in the spring?

Because they have hare-conditioning!

Fun fact: In spring, days get longer, and flowers start to bloom.

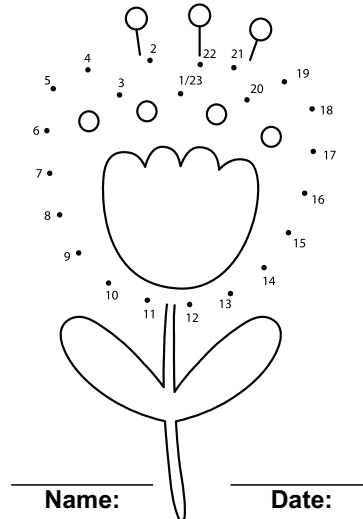
Colour in the Picture



Help the Bee Find the Hive



Dot to Dot Game



Name: _____

Date: _____



Our Target Audience:

We help advertisers reach taxi commuters, who have strong buying power, and connect them with retail brands that serve their needs.



The Distribution Plan:

With 150 000 copies per edition and a reach of around 1.2 million readers, we distribute directly at Johannesburg and Pretoria taxi ranks, ensuring no wastage. Asambeni Taxi Times engages commuters in transit and is also available online at www.asambenitimes.co.za.

MEMBER OF **AIP** ASSOCIATION OF INDEPENDENT PUBLISHERS

012 655 0205

sales@asambenitimes.co.za

Would you like to share a story?
063 901 7786

Careers Column

Welcome to the Career Column, your go-to space for discovering exciting and attainable jobs that you can explore as a side hustle or new career path. Whether you're seeking to earn extra income or embark on a fresh journey, this column aims to inspire your next move.

This edition, we are focusing on two great options: **Second-hand good resellers** and **food delivery coordinators**.

Second-hand goods reseller - getting started with no cash

Start without spending money:

- Look through your own home for unused items (old electronics, books, clothes, kitchenware).
- Ask family and neighbours for things they want to get rid of.
- Check municipal clean-up days for discarded furniture and appliances that need minor repairs.
- Partner with friends - offer to sell their items in exchange for a percentage of profit.

Where to sell for free:

- Facebook Marketplace and community groups.
- WhatsApp Status updates to your contacts.
- Community notice boards at churches and schools.
- Word-of-mouth through friends and family.

Smart strategies:

- Start with items you understand well (books, clothes, electronics).
- Research prices online before acquiring anything.
- Take clear photos with your phone and write honest descriptions.

- Focus on smaller, lighter items that are easy to handle and post.
- Reinvest your first profits into buying more stock.

Local food delivery coordinator - getting started with no cash

Start in your street by building your network:

- Create a WhatsApp group with 10-20 neighbours, family, and friends.
- Walk around your area and introduce yourself to small food vendors (street food sellers, home bakers, spaza shops).
- Offer to help them get more orders in exchange for a small commission (5-10% per order).

Set up your system:

- Use WhatsApp Business (free) to send daily or weekly food menus.
- Create a simple notepad system to track orders and payments.
- Set specific days for taking orders (e.g., "Tuesday orders for Thursday delivery").
- Start with one or two reliable vendors and one day per week.

Growing your business:

- Begin with 5-10 orders, then gradually increase.
- Use your own transport initially - walk, use public transport, or ask family to help.
- Add more vendors and customers each week.
- Create themed days ("Fresh Bread Fridays", "Soup Sundays")

Making money:

- Charge a small delivery fee (R5-R10 per order).
- Negotiate commission with vendors.



- Offer group discounts to encourage larger orders.
- Create meal packages combining items from different vendors.

Key success tips for both:

- Always be reliable and professional.
- Keep detailed records of orders and payments.
- Build relationships with customers and suppliers.
- Start small and reinvest profits to grow gradually.
- Use free platforms and tools to minimise costs.
- Both businesses can start with just your time and energy. Focus on building trust and reputation in your community first, then expand as you gain experience and confidence.

The Ultimate Braai Day Feast



Feeds 6-8

Ingredients

Meats:

- 1 kg boerewors
- 1 kg marinated chicken wings (peri-peri or BBQ)
- 800 g lamb chops (rubbed with rosemary, garlic & lemon)
- 1 whole snoek (cleaned, butterflied)
- 100 g butter mixed with garlic and parsley for snoek

Sides:

- Chakalaka: 2 tbsp oil, 1 onion (chopped), 2 carrots (grated), 1 green pepper (chopped), 2 tomatoes (chopped), 1 tin baked beans, 1 tsp curry powder, ½ tsp paprika, salt & pepper
- Pap: 2 cups maize meal, 5 cups water, ½ tsp salt
- Tomato & onion gravy: 2 tbsp oil, 1 onion (chopped), 4 tomatoes (chopped), 1 tsp sugar, salt & pepper
- Potato salad: 1 kg potatoes (peeled, cubed), 4 boiled eggs (chopped), 1 cup mayonnaise, 1 tbsp Dijon mustard, salt & pepper, chopped parsley for garnish

Method:

1. Prepare the meat

- Boerewors & Chicken Wings: Keep chilled until ready to braai. If chicken isn't marinated yet, rub with peri-peri or BBQ marinade and refrigerate for at least 1 hour.
- Lamb Chops: Rub with rosemary, garlic, lemon juice, salt, and pepper. Let stand for 30 minutes.
- Snoek: Spread garlic-parsley butter over the inside flesh. Season with salt and pepper.

2. Prepare the sides

Chakalaka

- Heat oil in a pot over medium heat.
- Fry onion until soft, then add carrots and green pepper.
- Stir in tomatoes, curry powder, paprika, salt, and pepper. Cook until tomatoes soften.
- Add baked beans, stir, and simmer for 10 minutes. Set aside.

Pap & tomato gravy

- Bring 5 cups water and salt to a boil in a pot.
- Slowly whisk in maize meal, stirring constantly to avoid lumps.
- Reduce heat, cover, and cook for 20-25 minutes, stirring occasionally.
- For gravy, heat oil in a pan, sauté onion until golden. Add tomatoes, sugar, salt, and pepper.
- Simmer for 10 minutes until thickened.

Potato salad

- Boil potatoes until tender, drain, and cool slightly.
- In a bowl, mix mayonnaise, mustard, salt, and pepper.
- Add potatoes and chopped eggs, toss to coat. Garnish with parsley.

3. Braai time (Medium-hot coals work best)

- Chicken wings: Start first, braai for 20-25 minutes, turning often until cooked through.
- Lamb chops: Braai for 4-5 minutes per side for medium.
- Boerewors: Braai in a coil for 10-15 minutes, turning once or twice.
- Snoek: Place skin side down first, braai for 8-10 minutes, then turn and cook 5-7 minutes until just done.

Serve the feast. Arrange meats on a large platter. Serve with bowls of chakalaka, pap & tomato gravy, and potato salad on the side.

Mogodu & Pap

Slow-cooked tripe seasoned with onions, garlic, curry powder, and beef stock until tender, served with stiff pap and a side of chakalaka.

Serves 4-6

Ingredients:

- 1 kg cleaned tripe, cut into pieces
- 2 onions, chopped
- 3 cloves garlic, minced
- 1 tbsp curry powder
- 2 beef stock cubes
- 4 cups water
- Salt & pepper to taste
- 1 cup maize meal (for pap)



Image: www.thesouthafrican.com/Asande Mpila

Method:

- Prepare Mogodu: Rinse tripe very well. Cut into small pieces then place in a large pot with onions, garlic, curry powder, stock cubes, and water.
- Simmer: Cover and cook on low heat for 3-4 hours until tender. Top up water as needed. Season with salt and pepper.
- Make Pap: Prepare the pap as per The Ultimate Braai Day recipe.
- Serve mogodu with pap and a side of chakalaka.

Koeksisters

Crispy, syrupy plaited doughnuts — sticky-sweet inside, best served fresh and cold. A classic quick treat everyone loves.

Makes ±24

Ingredients:

- 4 cups cake flour
- 2 tsp baking powder
- ½ tsp salt
- 60 g butter, cold and cubed
- 1 cup water
- 1 egg
- Oil for deep frying

Syrup:

- 4 cups sugar
- 2 cups water
- 1 tsp cream of tartar
- 1 tsp vanilla essence



Method:

- Syrup: Heat sugar, water, and cream of tartar until sugar dissolves. Simmer for 10 minutes. Stir in vanilla and refrigerate until cold.
- Dough: Mix flour, baking powder, and salt. Rub in butter. Beat egg with water and add to flour, mixing to form dough. Knead lightly.
- Roll dough to 1 cm thick, cut into strips, and plait.
- Deep fry in medium-hot oil until golden. Drain briefly, then dip immediately into cold syrup.

Fresh Netball Talent Joins Experienced Core in SPAR Proteas Squad for New Zealand and Australia Tests

Netball South Africa announced on 19 August 2025 the SPAR Proteas squad that will travel to New Zealand and Australia to take on the two top-ranked sides in the world in September and October.

With the likes of Boitumelo Mahloko out injured and Syntiche Kabuya unavailable for selection, three new players have been selected to join the squad for the first time. They are a trio of defenders who all impressed for their respective teams in this season's Telkom Netball League (TNL): Entle Futshane, Nozipho Ntshangase, and Juanita van Tonder.

Veteran defender Karla Pretorius also remains unavailable for selection this season, but the team will welcome back another experienced campaigner in Shadine van der Merwe, who has been playing in England's Netball Super League.

Midcourt dynamo Khanyisa Chawane will continue to captain the side, which also includes the always-entertaining Kamogelo Maseko, the TNL Player of the Tournament Tarle Mathe, and top scorer in the Netball Super League this season, Rolene Streutker.

National coach of the SPAR Proteas Jenny van Dyk explained that trials held in Johannesburg over the weekend were just the final step in the selection process.

"This step was needed to give players a fair opportunity to compete for a position in the team, but also because the majority of our core group players play in the UK and other national leagues, so we needed to see all the identified players in combination with the top players before making the final decision," she explained.

"If you are going to take on the best in the world, you need players with experience, grit and a fierce, fighting spirit, and we believe within our core group that is exactly what we have."



SPAR Proteas Team 2025: Khanyisa Chawane (C), Nicholé Breedt, Entle Futshane, Kamogelo Maseko, Tarle Mathe, Owethu Ngubane, Refiloe Nketsa, Nozipho Ntshangase, Nicola Smith, Rolene Streutker, Elmeré van der Berg, Shadine van der Merwe, Juanita van Tonder, Jamie van Wyk, Sanmarie Visser

Van Dyk added that the team is still a work in progress as the SPAR Proteas look ahead to next year's Commonwealth Games.

"For this tour we are well aware of the fact that we don't have the exact depth we've envisioned in one or two key positions yet, but we have very versatile players within our core group that can get the job done for this tour, and we have a plan in place to create the depth we need afterwards," she said.

Assistant coach Zanele Mmodana added that this tour is crucial in the build-up to both the Commonwealth Games and the next Netball World Cup.

"We are going to go full force into these Test matches with the objective of really sharpening ourselves, also gauging where we are compared to the professional teams in the world, and we know that the players are fully aware as to what our objectives are and how we're going to go about achieving them," said Mmodana.

"There's Commonwealth Games next year,

there's the World Cup in 2027, and everything that we're doing is aligning to ultimately assist us in achieving our objectives," she added.

The SPAR Proteas will first take on New Zealand in a three-Test series on 21, 24 and 28 September in Auckland, Napier and Invercargill, before heading to Australia to face the 12-time world champions in a three-Test series on 4, 8 and 12 October in Bendigo, Wollongong, and Adelaide.

While the SPAR Proteas went down to the Aussie Diamonds in a series at the start of 2023, their last match played against New Zealand's Silver Ferns was their memorable 48-all draw at the Netball World Cup on home soil in Cape Town, also in 2023.

"We always, and we will always, go for the win even though we know that we're taking on the best in the world," said Van Dyk. "If the standard is where it's supposed to be, then anything is possible."

- Netball SA Press Release

World Cup Qualifiers Table Standings

Group C

Club	MP	W	D	L	GF	GA	PTs
1 South Africa	6	4	1	1	10	5	13
2 Rwanda	6	2	2	2	4	0	8
3 Benin	6	2	2	2	6	1-	8
4 Nigeria	6	1	4	1	7	1	7
5 Lesotho	6	1	3	2	4	-1	6
6 Zimbabwe	6	0	4	2	5	-4	4

Upcoming World Cup Qualifiers Matches:

5 September:
 Lesotho vs RSA

9 September:
 RSA vs Nigeria

Team South Africa Sports Fixtures: Cricket:

2-7 September (ODI):
 England vs RSA

10-14 September (International T20):
 England vs RSA

Rugby Championship:

6 September:
 New Zealand vs RSA

13 September:
 New Zealand vs RSA

Netball SA

21, 24 and 28 September:
 New Zealand vs Spar Proteas

Fixtures correct at time of print

27 Aug 2025

Golden Arrows VS Magesi FC

27 Aug 19:30 - King Goodwill Zwelithini Stadium, Durban

Sekhukhune United VS AmaZulu FC

27 Aug 19:30 - Peter Mokaba Stadium, Polokwane

Kaizer Chiefs VS Mamelodi Sundowns

27 Aug 19:30 - FNB Stadium, Johannesburg

29 Aug 2025

Siwelele VS Richards Bay

29 Aug 19:30 - Dr Molemela Stadium, Bloemfontein

30 Aug 2025

Magesi FC VS AmaZulu FC

30 Aug 15:00 - Seshego Stadium, Pietersburg

Stellenbosch FC VS Mamelodi Sundowns

30 Aug 15:00 - Athlone Stadium, Cape Town

Golden Arrows VS Kaizer Chiefs

30 Aug 17:30 - Moses Mabhida Stadium, Durban

Sekhukhune United VS Durban City

30 Aug 17:30 - Peter Mokaba Stadium, Polokwane

Orbit College FC VS TS Galaxy

30 Aug 20:00 - Olympia Park, Rustenburg

31 Aug 2025

Chippa United VS Orlando Pirates

31 Aug 15:00 - Nelson Mandela Bay Stadium, Gqeberha

Marumo Gallants VS Polokwane City

31 Aug 15:00 - Dr Molemela Stadium, Bloemfontein

16 Sep 2025

Chippa United VS Orbit College FC

16 Sep 19:30 - Buffalo City Stadium, East London, South Africa

Durban City VS Siwelele

16 Sep 19:30 - Chatsworth Stadium, Chatsworth



South African Premiership Matches



Fixtures correct at time of print. Source: www.psl.co.za

17 Sep 2025

AmaZulu FC VS Stellenbosch FC

17 Sep 19:30 - Jonsson Kings Park Stadium, Durban, KN

Kaizer Chiefs VS Sekhukhune United

17 Sep 19:30 - FNB Stadium, Johannesburg

Marumo Gallants VS Mamelodi Sundowns

17 Sep 19:30 - Dr Molemela Stadium, Bloemfontein

Orlando Pirates VS Magesi FC

17 Sep 19:30 - Orlando Stadium, Soweto

Polokwane City VS Golden Arrows

17 Sep 19:30 - Old Peter Mokaba Stadium, Polokwane

Richards Bay VS TS Galaxy

17 Sep 19:30 - Richards Bay Stadium, Richards Bay

20 Sep 2025

AmaZulu FC VS Orlando Pirates

20 Sep 15:00 - Moses Mabhida Stadium, Durban

Magesi FC VS Siwelele

20 Sep 15:00 - Seshego Stadium, Pietersburg

Sekhukhune United VS Golden Arrows

20 Sep 15:00 - Peter Mokaba Stadium, Polokwane

Mamelodi Sundowns VS Durban City

20 Sep 17:30 - Lucas Masterpieces Moripe Stadium, Pretoria, GT

Orbit College FC VS Marumo Gallants

20 Sep 20:00 - Olympia Park, Rustenburg

Stellenbosch FC VS Richards Bay

20 Sep 20:00 - Danie Craven Stadium, Stellenbosch

21 Sep 2025

Polokwane City VS Chippa United

21 Sep 15:00 - Old Peter Mokaba Stadium, Polokwane

TS Galaxy VS Kaizer Chiefs

21 Sep 15:00 - Mbombela Stadium, Nelspruit