

ASAMBENI TAXI TIMES



Moving Minds, One Journey at a Time

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Season's Greetings from the Asambeni Taxi Times Family

We wish all our readers a Merry Christmas filled with joy, peace, and togetherness. Thank you for being part of our journey, may the festive season bring happiness and safe travels.

Visit us on www.asambenitimes.co.za to stand a chance to win a R2 000 grocery voucher!

Festive Scams to Avoid: How Criminals Target Commuters in December

December is one of the busiest times of the year, and sadly, it is also a season when criminals take advantage of the crowds, excitement and rush of the holidays. With many people travelling to visit family, shopping for gifts or heading to year-end events, scammers know they have more chances to trick unsuspecting commuters. Knowing the common scams can help you stay alert, protect your belongings and enjoy the festive season with peace of mind.

One of the most common scams is the **pickpocket distraction trick**. This usually involves two or more people working together. One person distracts you by bumping into you, asking for help or pretending to drop something. While your attention is pulled away, another person quietly slips your phone, wallet or bag from your pocket. Taxi ranks, bus stations and busy pavements are hotspots for this scam, especially during peak hours.

Another rising trend is the **fake helper scam**. Criminals pose as helpful strangers offering to carry your bags or assist you with directions. Once they gain your trust, they walk off with your belongings or lead you to an isolated

area where more criminals are waiting. During December, when people may be carrying extra shopping bags or luggage, this scam becomes even easier for criminals to pull off.

Commuters should also be aware of **ATM and banking scams**. Scammers often wait near ATMs, pretending to be security guards or bank assistants. They may try to "help" you when the machine seems slow or when your card does not come out right away. Their aim is to see your PIN

or switch your card with a fake one. With people withdrawing money for holiday spending, ATMs become prime locations for this type of crime. Always insist on handling the machine yourself and never give your PIN to anyone.

There is also the **eWallet or mobile money scam**, where scammers ask to use your phone to make an urgent call. Once they have it in their hands, they quickly send money to themselves or transfer airtime. They may even run off with

the phone. During the festive season, when people feel more generous or rushed, they are more likely to fall for this trick.

Transport-related scams also become more common. Some criminals pose as taxi drivers or queue marshals, directing passengers to the "next taxi" which turns out to be a private car used to rob commuters. Always follow the official queue, look for marked taxis and never get into a car that does not have other passengers or proper taxi signs.

To stay safe this December, keep your bags zipped and close to your body, avoid showing cash in public, and stay alert in crowded places. Do not accept help from strangers at ATMs, and never hand your phone to someone you do not know. If something feels wrong, trust your instincts and walk away. Report suspicious behaviour to security officials or police as soon as possible.

The festive season should be a time of joy and togetherness. By staying aware of these common scams and taking simple steps to protect yourself, you can make sure your holidays remain safe and cheerful.



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Next Edition (28 January 2026) Sneak Peek: Setting Yourself Up for Success: Practical Ways to Start the Year Right

We're excited to share some great news!

Congratulations!



Fikile Zwane

Our lucky winner of last month's
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A big thank you to everyone who entered. Your support makes the Asambeni Taxi Times community stronger with every edition.

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Ukugubha Usuku Lomhlaba Lwengculazi (AIDS)

U nyaka ngamunye ngo-December 1, imiphakathi emhlabeni wonke iyahlangana ukuze igubhe uSuku Lomhlaba Lwengculazi. Yisikhathi sokuhlonipha labo abalahlekelwe izimpilo zabo, ukusekela abantu abaphila ne-HIV, nokuvuselela ukuzibophezela kwethu ekuvimbeleni nasekufundiseni. Nakuba kuye kwenziwa intuthuko enkulu eminyakeni edule, i-HIV isalokhu iyinkinga engokoqobo emindenini eminingi nakubantu ngabanye. Indlela engcono kakhulu yokuzivikela thina nabathandekayo bethu wukuba nolwazi, ukuqwashisa kanye nokuthatha isinyathelo kusenesikhathi.

Omunye wemiyalezo ebaluleke kakhulu kulo nyaka yindima ye-PrEP kanye ne-PEP ekuvimbeleni i-HIV. Le mithi emibili isize abantu abaningi ukuba bahlale bephephile futhi bephilile, kodwa namanje abazi ukuthi isebenza kanjani noma ukuthi bawasebenzise nini.

I-PrEP, ngamafushane isho ukuthi Pre-Exposure Prophylaxis, iyiphilisi lansuku zonke elisiza ukuvimbela i-HIV ngaphambi kokuchayeka/kokuba sengozini yokutheleleka. Kutuswa kubantu abangase babe sengozini enkulu, kuhlanganise nalabo abanabalingani abane-HIV, abantu abanabalingani abaningi, noma ubani ofuna nje ukuvikeleka okwengeziwe. Uma iphuzwa kahle nsuku zonke, i-PrEP isebenza kahle kakhulu futhi inganciphisa ingozi yokuthola i-HIV ngaphezu kuka-90%. Iyatholakala emitholampilo eminingi yomphakathi futhi iphephile kubantu abadala abaningi nentsha.

I-PrEP ayithathi indawo yamakhondomu, kodwa isebenza kangcono kanye nezinye izinqubo eziphephile. Kubalulekile futhi ukuyisebenzisa ngokungaguquki/njalo ukuze uvikeleke ngokugcwele. Uma uyeka ukuyiphuzisa isikhathi eside, izinga lokuvikeleka liyehlala, ngakho ukuhlolwa okuvamile nomhlekakazi noma udokotela kuyelulekwa.

I-PEP, noma i-Post-Exposure Prophylaxis, ihlukile. Yimithi yesimo esiphuthumayo ephuzwa



ngemva kokuchayeka ku-HIV okungenzeka. Lokhu kuhlanganisa izimo ezifana nocansi olungavikelekile, ukudabuka kwekhondomu, ukuhlukunyezwa ngokocansi noma ukuchayeka egazini ngephutha. I-PEP kumelwe iqaliswe ngokushesha ngangokunokwenzeka, kungakapheli amahora angu-2, kodwa nakanjani kungakapheli amahora angu-72 (izinsuku ezintathu). Uma ithathwa ngokushesha, isebenza kangcono. Ithathwa izinsuku ezingu-28 futhi iyatholakala emitholampilo nasezibhedlela eziningi.

Nakuba i-PrEP ikuvikela ngaphambi kokuchayeka, i-PEP isebenza njengosizo ezimweni eziphuthumayo ngemva kokwenzeka kokuthile okungalindelekile. Ukwazi umehluko kungasindisa ukuphila.

Usuku Lomhlaba Lwengculazi futhi

lusikhumbuza ngokubaluleka kokuhlolwa kwe-HIV okuvamile. Ukuhlola kuyashesha, kumahlala emitholampilo eminingi, futhi kuyimfihlo. Ukutholwa kusenesikhathi kuvumela abantu abaphila ne-HIV ukuba baqale ukwelashwa ngokushesha, bahlale bephephile futhi bavimbele ukudlulisela igciwane kwabanye.

Ukuhlukunyezwa kusengesinye sezithiyo ezinkulu ekulweni ne-HIV. Ngokukhuluma ngokukhululekile, ukusizana nokwabelana ngeminingwane enembile, sisiza ekwakheni imiphakathi ephhephile, enemipilo.

Njengoba sigubha uSuku Lomhlaba Lwengculazi, masihloniphe okwedule kuyilapho sivikela okwamanje. I-PrEP ne-PEP zisnikeza amathuluzi anamandla, uma zihambisana nemfundo nomusa, zisisondeza ekusaseni elingenayo i-HIV.

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Amacebiso Okubhukuda Ezingane: Ukuhlala Uphephile Futhi Unobuhlakani Belanga (SunSmart) Kulelihlobo

Ihlobo yisikhathi esithandwayo semindeni, futhi izingane zilangazelela ukubhukuda, ukucaphaza nokudlala emanzini. Kungakhathaliseki ukuthi usechibini lomphakathi, ikhaya lomndeni, noma useholidini, ukubhukuda kungajabulisa futhi kuphephe uma kuthathwa izinyathelo ezifanele. Njengoba izingane eziningi zichitha isikhathi esiningi ngaphandle, u-December futhi uyisiqalo **Senyanga Yokuqwashisa Ngomdlavuzi Wesikhumba i-SunSmart**, eqhubeka kuze kube ngu-31 January. Lo mkhankaso ukhuthaza wonke umuntu ukuba avikele isikhumba sakhe elangeni lasehlobo elinamandla ngenkathi ejabulela imisebenzi yangaphandle.

Ukuhlalela inkolelo ekungeyona (myth): “abantu abamnyama abadingi okokuzivikela elangeni (sunscreen)”

Inkolelo evamile emiphakathini eminingi yabansundu ukuthi isikhumba esimnyama asidingi i-sunscreen. Nakuba *i-melanin* inikeza isivikelo semvelo, akwanele ukuvimbela ukushiswa yilanga, ukulimala kwesikhumba kwelanga noma umdlavuzi wesikhumba. Izingane ezimnyama/ezinsundu ziyakwazi ukushiswa yilanga, futhi umdlavuzi wesikhumba, nakuba ungavamile, ungaba yingozi kakhulu uma utholakala sekwephuzile.

Ukuqonda le nkolelo ekungeyona kuyingxenye ebalulekile yokugcina zonke izingane ziphephile uma zingaphandle. Wonke umuntu, kungakhathaliseki ukuthi linjani ibala lesikhumba sabo, udinga ukuvikelwa elangeni.

Imikhuba ye-SunSmart yezingane

Izingane kufanele zigqoke izigqoko ezinompheme obanzi, zifake i-sunscreen okungenani ene-SPF 30, futhi ziyifake kabusha njalo emahoreni amabili, ikakhulukazi ngemva kokubhukuda. Ukushiswa yilanga kungase kubonakale njengokungaphatheki kahle okuncane, kodwa ukushiswa yilanga okuphindaphindiwe ebuntwaneni kwandisa ingozi yomdlavuzi wesikhumba kamuva empilweni.

Abazali kufanele futhi bakhuthaze izingane ukuba zithathe ikhefu ekukhanyeni kwelanga



okuqondile phakathi kuka-10am no-3pm, lapho ilanga linamandla kakhulu. Ukukhetha umthunzi, ukuphumula ngaphansi kwesambulela noma ukugqoka amahembe alula anemikhono emide kungenza umehluko omkhulu.

Izinto eziyisisekelo zokuphepha emanzini

Nakuba ukuvikelwa elangeni kubalulekile, ukuphepha kwamanzi kuhlala kubaluleke ngokufanayo. Ukufundisa izingane indlela yokuntanta kuyikhono eliwusizo elingazisiza zihlale zizolile uma kwenzeka zingena emanzini ajulile ngokungalindelekile. Zijwayeze ukuntanta emaphethelweni angajulile ngokusiza izingane zikhululeke, ziphakamise izilevu zazo futhi ziphefumule kancane.

Izingane ezindala nazo zingazuzwa ngokufunda izinto eziyisisekelo ze-CPR. Nakuba ukuqeqeshwa okugcwele kungokwabantu abadala noma intsha, izingane ezincane zisengafunda izinyathelo ezilula njengokuhlola ukuphefumula, ukucela usizo nokwazisa umuntu omdala. Abazali nabanakekeli bakhuthazwa ukuba bavuselele ulwazi lwabo lwe-CPR ngaphambi

kokufika kwesikhathi samaholide.

Izingane kufanele zazi nokuthi uma zibona othile elwa emanzini, akumelwe zizame ukumtakula ngokwabo. Kunalokho, kufanele bamemeze becela usizo, bagijime baye kumuntu omdala noma bafune umtakuli wokubhukuda.

Ukwengamela kubaluleke kakhulu

Kungakhathaliseki ukuthi ingane izethemba kangakanani emanzini, ukugadwa umuntu omdala okusebenzayo kubalulekile. Izingozi zingenzeke ngemizuzwana, ngisho nasemanzini angajulile. Ukuba khona komuntu omdala oqaphile oseduze kuyisinyathelo sokuphepha esiphumelela kakhulu.

Ngokuhlanganisa imikhuba eqinile yokuzivikela elangeni nemithetho ecacile yokuphepha emanzini, imindeni ingenza ukubhukuda kube yinto ejabulisayo, enempilo nephephile kulo lonke ihlobo. Ngokulungiselela okuncane nokuqwashisa, izingane zingajabulela inkathi yamaholide ngokuzethemba—kokubili emanzini naselangeni.

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When the Holidays Hurt: Why Some Feel Alone, and What We Can Do

The festive season is often pictured as a time of joy, family and festivity. But for many people, the holidays can also bring loneliness, sadness or a painful sense of isolation, especially when family, friends or support networks are far away, broken, or strained. It's during these times that some may feel their burdens are too heavy to carry, and thoughts of suicide may creep in. If that's you or someone you know, know this: you are not alone, and help is available.



Reaching out can save lives

It's easy to believe you have no one to call, or that no one will understand. But many South Africans have found strength and support simply by talking, even if it feels scary. Just voicing how you feel can bring relief, clarity, and a reminder that there are people ready to help. If you or a friend or loved one are in pain, distress or thinking about ending your life, please reach out immediately. The following helplines offer 24/7 or round-the-clock support across South Africa:

- **South African Depression and Anxiety Group (SADAG) Suicide Crisis Helpline:** 0800 567 567
- **Lifeline South Africa / National Counselling Line:** 0861 322 322
- **Cipla 24-Hour Mental Health Helpline:** 0800 456 789
- **Substance Abuse & Mental Health Helpline (Department of Social Development):** 0800 12 13 14 (also for those feeling overwhelmed or using substances as coping)

These lines are free, confidential and staffed by trained counsellors who know how to help when someone feels suicidal or deeply distressed.

Talk, listen, support. Community matters
Often, those who die by suicide communicate

their pain ahead of time. By staying alert to warning signs, changes in behaviour, withdrawal, expressions of hopelessness, giving away belongings, we can reach out and intervene. Simple acts like calling, visiting, or just listening with empathy can stop a tragedy.

If you notice a friend withdrawing, saying hurtful things about themselves, or acting differently, don't ignore it. Ask gently, "Are you okay?", "Do you want to talk?", and let them know you care.

Break the silence, break the stigma

In South Africa, mental health remains stigmatised, many feel ashamed to admit they struggle, especially during "holiday season" when everyone else seems happy. But mental illness doesn't care about the calendar. Depression, anxiety, stress or trauma can hit anyone, at any time. Talking openly about distress, sadness or suicidal thoughts helps break the silence. It reminds others, and yourself, that healing starts when we reach out.

If you are reading this and feeling despair, pause for a moment. Breathe. Reach out. Call one of the helplines above. Tell someone, a friend, family member, or support line, how you feel, even if you don't know exactly why you feel it.

Because you matter. You deserve help, care and another chance. Suicide is never the answer.

Your Next Career Move Starts Here

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 **how to become a police officer.**



Many young people dream of making a difference in their communities by joining the South African Police Service (SAPS). Becoming a police officer seems old-school or out-dated, but it's a proud career choice that requires commitment, discipline and a desire to serve. If you are thinking about joining the SAPS, here is a simple guide to help you understand the requirements and the application process.

To qualify, you must meet the basic entry requirements set by SAPS. Applicants must:

- Be South African citizens,
- Be 18 years or older,
- Have a Grade 12 certificate or equivalent qualification.
- You must not have a criminal record, and SAPS will check this through fingerprinting and background investigations.
- You also need to be medically, mentally and physically fit, as police work can be demanding.

SAPS also looks for candidates with good character. This includes being honest, responsible and able to work well with people. You must be willing to take an oath of office, which means committing yourself to upholding the Constitution and serving the public with integrity.

The application process begins when SAPS opens recruitment. Vacancies are usually announced on the official SAPS website, in Government Gazette notices and sometimes in local newspapers. It is important to apply only

through official channels. Application forms are free, and SAPS does not charge any fees. Anyone asking for money is running a scam.

When recruitment opens, you can collect or download the SAPS Application Form. Fill it in carefully and attach all required documents. These may include a certified copy of your ID, your matric certificate, proof of address and any other qualifications. Once your application is submitted, SAPS will review it to make sure you meet the basic requirements.

If your application is successful, you will be invited to complete a series of assessments. These include physical fitness tests, medical evaluations, psychometric tests and interviews. The fitness tests check your strength, stamina and overall health. The interview focuses on your motivation, communication skills and understanding of what police work involves.

Candidates who pass all the assessments may be offered a place in the SAPS Basic Police Development Learning Programme. This training lasts 24 months and includes both classroom learning and practical field training. You will earn a stipend during this period. After successfully completing the programme, you will be appointed as a Constable and deployed to a police station.

Becoming a police officer is a rewarding career that requires dedication, discipline and bravery. If you meet the requirements and are committed to serving your community, the SAPS can offer you a meaningful and stable future.

Kids Christmas Fun Zone!

Christmas in South Africa

Christmas in South Africa is celebrated on 25 December, just like in many other countries — but here it takes place in summer! Instead of snow and cold weather, we enjoy sunshine, braais, beaches, and family gatherings.

What Makes Christmas Special?

- It's a time of family, kindness, and giving
- Many people travel to see loved ones
- Communities often help those in need
- Kids enjoy long school holidays and festive fun



Colour in the Picture



Word Search

G	S	A	N	T	A	Y
T	R	E	L	F	F	E
U	T	R	E	E	O	L
Q	S	N	O	W	E	X
P	L	A	G	I	F	T
S	T	A	R	E	N	D

Find and circle the words:

SANTA, ELF, TREE, SNOW, STAR, GIFT

Let's Count Together

Circle the correct number

1 3 5		2 3 4	
6 5 4		4 6 8	
5 4 5		5 7 9	

Can you help Santa find the Presents?



Thoughtful and Affordable Gift Ideas for the Festive Season

The festive season is a time of giving, sharing and showing appreciation for the people who matter most in our lives. But with rising costs and long shopping lists, finding meaningful gifts that don't break the bank can feel challenging. The good news is that thoughtful gifts don't need to be expensive. Often, it's the personal touch that makes the biggest impact. Here are some affordable ideas to help you spoil your loved ones this December.

Personalised gifts

Personalised gifts are always special. A handwritten letter, a framed family photo or a small scrapbook filled with memories can mean more than anything money can buy. These gifts show care, effort and thought. You can also create your own "memory jar" by writing down favourite moments or messages and placing them in a decorated jar. This is a simple but heartfelt idea that children and adults alike enjoy.

Useful everyday items

If you prefer something practical, consider useful everyday items that people will appreciate long after the holidays. Reusable water bottles, journals, planners or small indoor plants make great presents. Plants such as succulents or herbs are low-cost, easy to care for and brighten up any home or office.

Shared experiences

For families, shared experiences can be more valuable than physical gifts. Plan a picnic, a movie night at home or a day trip to a local park. Create a festive playlist, prepare snacks and enjoy time together. These simple moments



often become treasured memories. If you are shopping, many stores offer budget-friendly options like scented candles, puzzle books, cosy socks or festive decorations. Markets and local craft stalls also sell unique, handmade items at affordable prices, while supporting small businesses in the community. Children don't need expensive toys to feel appreciated. Choose colouring books, building blocks, storybooks or outdoor toys like skipping ropes or balls. These encourage creativity and active play without costing much.

DIY gifts

For the creative giver, DIY gifts offer endless possibilities. You can bake biscuits, make fudge or mix your own spice blends for friends who love cooking. Homemade beauty treats, like sugar scrubs or bath salts, are easy to create and can be packaged beautifully in small jars. Knitted scarves, beaded keyrings or hand-painted mugs are also lovely personal gifts.

Understanding Your Payslip: Breaking Down Deductions and What They Mean

Every month when your salary is paid, you receive a payslip. For many people, payslips can look complicated, full of numbers, abbreviations, and deductions that may be hard to understand. But knowing how to read your payslip is important. It helps you see exactly where your money goes and ensures that you are being paid correctly.

1. Gross salary

The first thing on your payslip is usually your gross salary. This is the total amount you earn before any deductions. It includes your basic salary and any allowances, such as transport, housing, or overtime pay. Think of it as your "full earnings" before taxes and contributions.

2. Tax deductions (PAYE)

In South Africa, PAYE (Pay As You Earn) is the tax deducted from your salary. This money goes to the South African Revenue Service (SARS).

The amount depends on how much you earn and the tax brackets. PAYE ensures that you are paying the correct income tax throughout the year, rather than owing a large amount at tax season.

3. Unemployment Insurance Fund (UIF)

UIF contributions are also deducted from your salary. This is a small amount each month that provides financial support if you lose your job, go on maternity leave, or cannot work due to illness. Both the employer and employee contribute to UIF.

4. Retirement or pension contributions

If you belong to a pension or retirement fund, a portion of your salary may be deducted for retirement savings. These contributions are invested so that you have money for the future. Some employers also match your contributions, which helps your savings grow faster.



5. Medical aid contributions

If your employer provides a medical aid or health insurance, this may be deducted from your salary. This ensures you have access to healthcare when needed.

6. Other deductions

Some payslips may include other deductions, such as loan repayments, garnishments, or union fees. Always check these carefully to make sure they are correct.

7. Net salary

After all deductions, you see your net salary, the money you actually take home. This is what is deposited into your bank account.

Why understanding your payslip matters

By checking your payslip, you can spot mistakes, ensure deductions are correct, and understand how your earnings are used. It also helps with budgeting and planning for the month ahead.

Remember, if you are unsure about anything on your payslip, ask your payroll department or HR. Understanding your payslip gives you control over your money and your financial future.

Prepare for a Festive Season Feast!

Herb-Crusted Hake with Lemon Butter Sauce

A lighter festive main. Hake fillets topped with a herb-and-crumb crust, baked until flaky and golden, then drizzled with a bright lemon butter sauce.

Ingredients:

For the hake:

- 4 Hake fillets
- 1 Cup breadcrumbs
- 2 Tbsp fresh parsley, chopped
- 1 Tbsp fresh dill or thyme, chopped
- 2 Tbsp Fish spice
- 1 Tsp lemon zest
- 2 Cloves garlic, finely grated
- Salt & black pepper
- 3 Tbsp oil

For the lemon butter sauce:

- 3 Tbsp butter
- 2 Tbsp lemon juice
- 1 Tsp lemon zest
- 1 Tbsp chopped parsley
- Salt to taste

Method:

- Preheat oven to 200°C. Place fillets on a lined tray and season.
- Mix breadcrumbs, herbs, spices, zest, garlic, salt, pepper and oil until crumbly.
- Press mixture onto each fillet and bake for 12–15 minutes, until golden and flaky.
- Meanwhile, melt butter in a small pan. Add lemon juice, zest and parsley.
- Drizzle warm lemon butter over the hot hake before serving.



Boerewors Spiral with Caramelised Onions & Peppadews

Keep it classic: braai a coiled boerewors until crisp and juicy, then top with caramelised onions mixed with chopped peppadews.

Ingredients:

- 1 Large boerewors coil
- 3 Onions, sliced
- 2 Tbsp oil
- 1 Tbsp brown sugar
- 2 Tbsp Worcester sauce
- ½ Cup chopped peppadews
- 1 Tin chopped or whole tomatoes
- Salt & pepper

Method:

- Heat the braai to medium-high. Braai the boerewors until cooked through and crisp on the outside.
- In a pan, cook onions in oil over medium heat until soft.
- Add the tin of tomatoes, sugar, Worcester sauce and season. Cook until sticky and caramelised.
- Stir in chopped peppadews.
- Spoon over the boerewors and serve with pap.



Peri-Peri Roast Chicken

Fiery, flavour-packed and perfect for a festive feast.

Ingredients:

- 1 Whole chicken (1.5–1.8kg)
- ½ Cup peri-peri sauce
- 2 Tbsp oil
- 2 Tbsp smoked paprika
- 2 Tbsp Chicken spice
- 2 Tbsp cumin
- 1 Tbsp lemon juice
- Salt & pepper

Method:

- Preheat oven to 190°C.
- Mix peri-peri sauce, oil, paprika, cumin, Chicken spice, lemon juice, salt and pepper.
- Rub all over the chicken (and under the skin where possible).
- Roast for 1 hour 15 minutes, basting halfway, until golden and juicy.



Peppermint Crisp Ice Cream Cake

A freezer-ready classic with festive flair.

Ingredients:

- 2 Litres vanilla ice cream, softened
- 1 Cup caramel treat
- 1 Cup crushed Tennis biscuits
- 2–3 Peppermint Crisp bars, crushed

Method:

- Fold caramel into the softened ice cream.
- Layer into a lined loaf tin with crushed biscuits and Peppermint Crisp.
- Freeze for 4–6 hours until firm.
- Slice and serve.



Coetzé, Corbett honoured as Bombela Aquatics Awards salute SA's rising and reigning stars



Boati Motau - Female Water Polo Player of the Year



Kris Mihaylov - Most Promising Athlete of the Year



Rocco Meiring - Coach of the Year

South Africa's aquatics community came together at the Bombela Concession Company Annual Aquatics Awards at the Southern Sun OR Tambo on 29 November 2025 to honour the athletes, coaches and volunteers who excelled in the past season.

Pieter Coetzé was named Male Swimmer of the Year after a standout season highlighted by a trio of backstroke medals at the World Aquatics Championships in Singapore, including a memorable gold in the 100m backstroke. His performances, backed by multiple African records, reinforced his status as one of South Africa's most promising Olympic prospects.

On the women's side, Kaylene Corbett was awarded Female Swimmer of the Year following her breakthrough bronze in the 200m breaststroke at the same championships. It was a first major international medal for the two-time Olympic finalist.

Water polo also took centre stage, with Mitchell Garreau and Boati Motau receiving the awards for Male and Female Water Polo Players of the Year. Motau was part of the South African team that competed at the World Aquatics Championships in Singapore earlier this year.

"To be given this is the highest honour. It just shows all the hard work that I've been putting into the sport and all the love, blood, sweat and tears," said a thrilled Motau. "So I'm really honoured and grateful, but this isn't only for me. It's also for my family and teammates."

Bailey Heydra was honoured as Diver of the Year after a season marked by steady progression. The US-based diver finished 29th in the 3m springboard event at the world championships and secured 14th spot in the synchronised 3m springboard event along with partner Zaliqa Methula.

Tayla-Jade van Huyssteen was named Artistic Swimmer of the Year, while African

champion Callan Lotter and Connor Buck were honoured as the female and male Open Water Swimmers of the Year.

Kris Mihaylov was recognised as Most Promising Athlete of the Year, after storming to 200m butterfly gold at the World Junior Championships in Romania earlier in the year.

"I'm honoured and grateful. We've worked hard so I'm just happy to reflect that and see how far I've come," said Mihaylov.

Speaking about his podium-topping performance in Romania, the 18-year-old added: "It was surreal. It's something you've dreamed of when you were a little kid but at the end of the day it's actually just the start, and this is just a great motivating factor for me and more will come for sure."

The hotly contested Aquatics Personality of the Year, which was decided by public vote, went to Para swimmer Aaron Putz, who edged out Heydra and Erin Gallagher for the award.

After a year marked by several more world-record performances, Minke Janse van Rensburg was named Female Para Swimmer of the Year, while Christian Sadie was awarded the Male Para Swimmer of the Year accolade after returning from the World Para Swimming Championships with a silver and two bronze medals, along with several new continental records.

Meanwhile, Rocco Meiring was named Coach of the Year after guiding both Coetzé and Corbett to global medal performances. Meiring's efforts at the University of Pretoria continue to provide a major contribution towards South Africa's high-performance pipeline, with TUKS also being named Club of the Year.

"I'm humbled. As I said, I'm not the coach of the year. I'm representing a coaching staff that are as much part of the award as anybody else," said Meiring afterwards.

"I'm very happy for the swimmers.

Read the full article on www.swimsa.org

Dominant Pirates Sink Chilli Boys

Orlando Pirates went level with Betway Premiership leaders Mamelodi Sundowns as they continued their good run of form with a 2-0 victory over Chippa United 2-0 at the Orlando Stadium on 25 November 2025.

Second-half goals from Evidence Makgopa and Oswin Appollis made it eight wins in nine matches for Abdeslam Ouaddou's side, who still have a game in hand on the Brazilians and are kept off the summit on goal difference. The Buccaneers were seeking their 11th win of the season in a bid to keep pace with Sundowns at the top of the standings, while Chippa looked to arrest a worrying six-match winless run which left them firmly entrenched in the relegation zone.

The action quickly switched to the other end as Eva Nga flashed a shot over the crossbar after getting the better of Nkosinathi Sibisi and the final chance of the half saw Deon Hotto also clear the target from a free-kick in the 37th minute.

Msibi was alert to the danger as he made a brave save to keep out Yanela Mbuthuma from close range on 50 minutes, while Tshepang Moremi and Oswin Appollis were both guilty of failing to work the keeper midway through the second half.

However, the pressure finally told on 75 minutes when Mofokeng played in Hotto with a defence-splitting pass he squared the ball for Makgopa to tap home from a few yards out.

The visitors almost hit back five minutes later, but Chaine stood firm to prevent first Asanele Bonani and then Sergio Kammies from equalising in quick succession. Orlando Pirates (0) 2 (Makgopa 75', Appollis 90+4') Chippa United 0

Orlando Pirates: S. Chaine, T. Lebitso, L. Seema, N. Sibisi, D. Hotto, M. Nemtajela, T. Mbatha (M. Makhaula 61'), R. Mofokeng, S. Mbule (O. Appollis 62'), T. Moremi (K. Dlamini 82'), Y. Mbuthuma (E. Makgopa 61').

Chippa United: D. Msibi, S. Kammies, H. Majadibodu, I. Fasika, M. Modise, S. Seabi (R. Gamildien 82'), A. Mariko (S. Ntsundwana 46'), J. Figueiredo, A. Matrose (A. Bonani 72'), X. Sithole (B. Madingwane 46'), B. Eva Nga (B. Hlophe 58').

PSL Press Release – November 2025



South African Premiership Matches

20 Jan 2026	
Kaizer Chiefs	VS
20 Jan 19:30 - FNB Stadium, Johannesburg	
Sekhukhune United	VS
20 Jan 19:30 - Peter Mokaba Stadium, Polokwane	
23 Jan 2026	
Richards Bay	VS
23 Jan 19:30 - Richards Bay Stadium, Richards Bay	
24 Jan 2026	
Orbit College FC	VS
24 Jan 15:30 - Olympia Park, Rustenburg	
Sekhukhune United	VS
24 Jan 15:30 - Peter Mokaba Stadium, Polokwane	
Golden Arrows	VS
24 Jan 17:30 - King Goodwill Zwelithini Stadium, Durban	
27 Jan 2026	
Marumo Gallants	VS
27 Jan 19:30 - Dr Molemela Stadium, Bloemfontein	
30 Jan 2026	
Richards Bay	VS
30 Jan 19:30 - Richards Bay Stadium, Richards Bay	
Stellenbosch FC	VS
30 Jan 19:30 - Danie Craven Stadium, Stellenbosch	
31 Jan 2026	
Marumo Gallants	VS
31 Jan 15:30 - Dr Molemela Stadium, Bloemfontein	
Orlando Pirates	VS
31 Jan 15:30 - Orlando Stadium, Soweto	
Polokwane City	VS
31 Jan 17:30 - Old Peter Mokaba Stadium, Polokwane	
Chippa United	VS
31 Jan 20:00 - Buffalo City Stadium, East London, South Africa	
01 Feb 2026	
TS Galaxy	VS
01 Feb 15:30 - Mbombela Stadium, Nelspruit	
13 Feb 2026	
Durban City	VS
13 Feb 19:30 - Chatsworth Stadium, Chatsworth	
Magesi FC	VS
13 Feb 19:30 - Seshogo Stadium, Polokwane	
14 Feb 2026	
AmaZulu FC	VS
14 Feb 15:30 - Moses Mabhida Stadium, Durban	
Polokwane City	VS
14 Feb 15:30 - Old Peter Mokaba Stadium, Polokwane	
Kaizer Chiefs	VS
14 Feb 17:30 - FNB Stadium, Johannesburg	
Chippa United	VS
14 Feb 20:00 - Buffalo City Stadium, East London, South Africa	
15 Feb 2026	
Orlando Pirates	VS
15 Feb 15:30 - Orlando Stadium, Soweto	
Sekhukhune United	VS
15 Feb 17:30 - Peter Mokaba Stadium, Polokwane	
18 Feb 2026	
Siwelele	VS
18 Feb 19:30 - Free State Stadium, Bloemfontein	
27 Feb 2026	
Magesi FC	VS
27 Feb 19:30 - Seshogo Stadium, Polokwane	
Stellenbosch FC	VS
27 Feb 19:30 - Danie Craven Stadium, Stellenbosch	
28 Feb 2026	
Kaizer Chiefs	VS
28 Feb 15:30 - FNB Stadium, Johannesburg	

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