

ASAMBENI TAXI TIMES

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Ukuhlonipha Abasebenzi Abanganakekile

Njengoba izwe ligubha uSuku Lwabasebenzi mhlaba lu-1 kuNhlaba, kujwayeleke ukunakwa imikhakha yabasebenzi abaqashwe ngokusemthethweni kanye nezinhlango zabasebenzi ezihlelekile. Kodwa kubaluleke ngokufanayo futhi ukwazisa abasebenzi abanganakekile abenza imisebenzi yansuku zonke amagalelo abo asakela imisebenzi yesizwe yezehlalo nezomnotho. Laba basebenzi kungenzeka bangabi sematheni, kodwa ngaphandle kwabo, iNingizimu Afrika ngeke isebenze.

Kusukela ezintathu lize liyoshona, izigidi zabantu baseNingizimu Afrika zenza imisebenzi ebalulekile kodwa futhi enganakekile. Le misebenzi ibandakanya abahlanzayo, abasebenzi basezindlini, omashali basemarenki amatekisi, abahwebi abangekho emthethweni, abathela uphethiloli, abadayisi basemgwaqweni, onogada nabaqoqa udoti/imfucuzi. Bangabantu abavula amabhizinisi lingakaphumi ilanga, bahlanze amahhovisi ngaphambi kokufika kwabasebenzi, baphekele abagibeli emarenki amatekisi, bagcine nezindawo zokusebenza zomphakathi zisebenza.

Ngokocwaningo lwakamuva lwe-Statistics South Africa, ukuqashwa emikhakheni engekho emthethweni kanye nengokusemthethweni kusaqhubeka nokuba yingxenywe enkulu yabasebenzi bezwe. Ngekota yesine yowezi-2023, cishe abantu abayizigidi ezi-5.6 babeqashwe emkhakheni engekho emthethweni. Eminingi yale misebenzi yimisebenzi enzima, engalawulwa futhi enganakho ukuvikeleka okusemthethweni, kodwa isalokhu ibalulekile emisebenzini yezomnotho nempilo yomphakathi.

Abasebenzi abasebenza ezindlini, isibonelo, bakha ingxenywe enkulu yemisebenzi engekho emthethweni. Ngokwe-Stats SA, bangaphezu kwezi-800 000 abantu baseNingizimu Afrika abaqashiwe njengabasebenzi basezindlini, iningi labo okungabesifazane. Imisebenzi yabo iyedlulela kokungale kokuhlanza amakhaya, banakekele izingane, basekele abantu abadala emindenini, futhi baqinisekise ukuhamba kahle kwemizi ezweni

lonke. Kodwa abaningi babo basahola ngaphansi kwenani eliphansi lomholo likazwelonke futhi bantula ukufinyelela ekuvikelweni komphakathi.

Elinye iqembu elibalulekile ngabathutha/ abaqoqa imfucuzi. Nakuba ngokuvamile besemkhakheni ongekho emthethweni, laba bantu banomthelelela omkhulu ekusimamiseni imvelo. Kwezinye izindawo zasemadolobheni, abaqoqa imfucuzi banomsebenzi wokuguqula/ukushintsha amaphesenti angafinyelela kwangama—80 kuya kwangama—90 wezinto ezigaywa kabusha ukuze ziphinde zisetshenziswe ezindaweni zokulahla imfucuzi. Umsebenzi wabo awugcini nje ngokunciphisa umthwalo komasipala abahlinzeka ngezinsiza zokuqoqa imfucuzi kodwa futhi wakha ingxenywe yomnotho okhulayo ukuze kwakhiwe ingqalasizinda ekhuthaza ukusimama komphakathi kanye nemvelo.

Ngokufanayo, imboni yamatekisi, ethutha abagibeli abangaphezu kwezigidi eziyi-15 nsuku zonke, isebenza ngoxhaxha lwemisebenzi olwedlulela ngale kwabashayeli. Omashali/ abaphathi bamarenki bahlela ukuhamba kwabagibeli namatekisi, ngenkathi abathengisi abangekho emthethweni behlinzeka ngokudla okukhokekayo kanye nezinsizakalo ezibalulekile kubagibeli. Ngale kokubaluleka kwayo, abasebenzi abaningi kulo mkhakha basebenza ngaphandle kwezinkontileka ezisemthethweni, izinzuzo zokunakekelwa kwezempilo, noma ukuvikeleka komsebenzi.

Igalelo lalaba basebenzi ngokuvamile alinakwa, kodwa libe lizwakala kuwo wonke amagumbi empilo yaseNingizimu Afrika—kusukela ekudleni okudayiswa emaceleni ematafuleni emarenki kuya eminyangweni ephephile engenela ezinxanxatheleni zezitolo nemitholampilo, kuze kuyofinyelele ekuphathweni kahle kwamakhaya azimele kanye nemizila yezithuthi zomphakathi. USuku Lwabasebenzi lunikeza ithuba hhayi nje kuphela lokwazisa ukuqashwa okusemthethweni okunezinyonyana ezimele abasebenzi kodwa ludlulisela ukubonga kulabo abenza impilo yansuku zonke iqhubeka. Ngesikhathi imizamo

kahulumeni efana nenani eliphansi lamaholo likazwelonke kanye nezibonelelo zakamuva zosizo lwezenhlalakahle kuyisinyathelo esibheke phambili, amaqiniso abhekene nabasebenzi kule misebenzi esalokhu eyinselele.

Izingxoxo eziqhubekayo mayelana nokuqashwa, amalungelo abasebenzi, kanye nokukhula komnotho okubandakanya wonke umuntu kufanele kubandakanye nalabo abasebenza ngaphandle kwezinhloko ezisemthethweni. Ukwazisa ukubaluleka kwabo akusona nje isenzo senhlonipho, kuyisinyathelo esidingekayo sokudala umnotho ongenzeleli, nomnotho obandakanya wonke umuntu.

Ukuhlonipha abasebenzi abanganakekile

kusho ukwazisa iqhaza labo ekuqiniseni iNingizimu Afrika. Lezi yizandla ezishanelayo, eziphakamisayo, ezigoqozayo, ezilayishayo, ezisulayo, ezihlungayo, eziphakelayo nezisekelayo. Lezo ezithwala isisindo semindenini nemiphakathi, isikhathi esiningi ngaphandle kokwaziswa.

Ngalolu Suku Lwabasebenzi, abantu baseNingizimu Afrika bayakhunjuzwa ukuthi isithunzi emsebenzini asincikile ekubonakaleni. Sincike enanini elilethwa umsebenzi, emphakathini, emnothweni, nasempilweni yansuku zonke.

Masikhethe ukubona labo abavame ukungabonakali, futhi sazise umsebenzi obalulekile abawenzayo.



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World salt awareness week (12–18 may): Why it matters for south africans



From 12 to 18 May 2025, we observe World Salt Awareness Week, a campaign aimed at highlighting the health risks associated with excessive salt consumption and promoting strategies to reduce intake. For South Africans, this week serves as a crucial reminder of the importance of managing salt consumption to fight the increasing levels of hypertension (high blood pressure) and cardiovascular diseases.

The hidden dangers of excessive salt intake

Salt, while essential for bodily functions, can be detrimental when consumed in excess. High sodium intake is a leading contributor to elevated blood pressure, which increases the risk of heart disease, stroke, and kidney problems. According to the Heart and Stroke Foundation South Africa, the average South African consumes about 8.5 grams of salt daily, surpassing the World Health Organisation's (WHO) recommended limit of 5 grams per day (*Source: www.worldactiononsalt.com*).

This overconsumption is not only due to the salt added during cooking or at the table. A significant portion comes from processed foods such as bread, margarine, soups, and gravies. These hidden sources make it challenging for individuals to monitor and control their salt intake effectively.

South Africa's efforts to curb salt consumption

Recognising the health implications of high salt intake, the South African government implemented mandatory salt reduction regulations in 2016. These regulations set maximum sodium levels for various processed foods, aiming to reduce the population's average salt intake. Studies indicate that between 2015 and 2019, there was a reduction of approximately 1.16 grams in daily salt consumption among South Africans.

Practical tips to reduce salt intake

Reducing salt consumption doesn't mean sacrificing flavour. Here are some practical strategies:

- **Cook with less salt:** Enhance the natural flavours of food using herbs, spices, garlic, lemon juice, and chili instead of relying on salt.
- **Limit processed foods:** Choose fresh, whole foods over processed items, which often contain high levels of hidden salt.
- **Read food labels:** Check sodium content on packaging. Aim for products with less than 120mg of sodium per 100g.
- **Rinse canned foods:** If using canned vegetables or beans, rinse them under water to remove excess sodium.
- **Be mindful of sauces:** Sauces, dressings, and condiments can be significant sodium sources. Use them sparingly or choose low-sodium alternatives.

The broader impact

Reducing salt intake has profound health benefits. A modest reduction of 0.85 grams per day could potentially prevent approximately 7,400 cardiovascular deaths and 4,300 non-fatal strokes annually in South Africa, leading to significant healthcare savings.

World Salt Awareness Week serves as a pivotal opportunity to reflect on our dietary habits and make conscious choices towards a healthier lifestyle. By taking proactive steps to reduce salt consumption, South Africans can significantly lower their risk of chronic diseases and improve overall well-being.

For more information and resources on reducing salt intake, visit the Heart and Stroke Foundation South Africa at www.heartfoundation.co.za.

Know your rights: What workers fought for?

Key labour reforms since 1994

1995 – Labour Relations Act (LRA) 66 of 1995

This act redefined the legal framework for labour relations, granting workers the right to form and join trade unions, engage in collective bargaining, and strike. It also established the Commission for Conciliation, Mediation and Arbitration (CCMA) to resolve labour disputes efficiently (*Source: www.gov.za*).

1997 – Basic Conditions of Employment Act (BCEA) 75 of 1997

The BCEA set minimum standards for employment, including working hours, leave entitlements, and termination procedures. It aims to ensure fair treatment of employees and compliance with international labour standards.

1998 – Employment Equity Act (EEA) 55 of 1998

The EEA seeks to eliminate unfair discrimination in the workplace and promote affirmative action to redress historical imbalances, ensuring equitable representation across all occupational levels (*Source: www.gov.za*).

2001 – Unemployment Insurance Act 63 of 2001

This act provides short-term financial relief to workers who become unemployed or are unable to work due to illness, maternity, or adoption leave. It also extends benefits to dependents of deceased contributors (*Source: SARS.gov.za*).

2018 – National Minimum Wage Act 9 of 2018

Introduced to reduce wage disparities and protect low-income workers, this act set the initial national minimum wage at R20 per hour. As of 1 March 2025, the minimum wage has been adjusted to R27.58 per hour (*Source: www.gov.za*).

Progress achieved

These legislative reforms have significantly improved the working conditions for many South Africans. Workers now have legal avenues to address grievances, and there is a framework to promote equality and fair treatment in the workplace. The establishment of institutions like the CCMA has provided accessible mechanisms for dispute resolution.

Ongoing challenges

Despite these advancements, several issues persist:

- **Informal employment:** A significant portion of the workforce remains in the informal sector, lacking access to basic labour protections and benefits.
- **Gender wage gap:** Women continue to earn less than their male counterparts. Between 2008 and 2021, the gender wage gap widened, with women earning approximately 78 cents for every rand earned by men in 2021.
- **Enforcement of Labour Laws:** While robust laws exist, enforcement remains inconsistent, particularly in sectors with high levels of informal employment.

Looking ahead

To build on the progress made since 1994, it's crucial to address these challenges through:

- **Strengthening enforcement:** Enhancing the capacity of labour inspectors and ensuring compliance with labour laws across all sectors.
- **Promoting formal employment:** Implementing policies that encourage the transition from informal to formal employment, providing workers with greater security and benefits.
- **Addressing wage disparities:** Developing targeted strategies to close the gender wage gap and promote equitable pay.

Worker's Day serves as a reminder of the ongoing journey towards achieving fair and equitable labour practices for all South Africans.

Burn awareness month: Types of burns and how to treat them

Treating a burn can be daunting, but understanding how to recognise and manage these injuries makes the process easier and more effective.

First-degree burns are burns that affect the first layer of the skin, these burns are considered minor and can be caused by sunburn, scalding from hot surfaces or liquids and small electrical burns.

First-degree burn symptoms can range from pain to redness and swelling. A cool compress on the burn area and applying products containing aloe vera can be used to treat these burns at home. These burns take 3 to 20 days to heal.

You can treat them at home by gently placing a clean, cool cloth on the burn and using aloe vera. These burns usually heal

within three to 20 days.

Second-degree burns are also called 'partial thickness' burns as they affect the first and second layers of the skin, these burns are considered minor when the burn is less than 8cm wide.

Second-degree burn symptoms are pain, redness, swelling and blistering as well, these burns can be treated by running the skin under cool water for 15 minutes or longer, and applying an antibiotic cream to the affected area and applying a clean bandage daily. These burns take one to three weeks to heal.

Third-degree or "Full thickness" burns damage the first three layers of the skin as well as fatty tissue, you may not feel pain in the area because the burn destroyed your

nerves. These burns are serious burns that require urgent medical attention. Third-degree burn symptoms include blackened or discoloured skin, swelling and numbness in the burn area. These burns can take at least three weeks to heal.

All degrees of burns can be caused by flames, touching hot objects, boiling water, steam and items of intense cold like dry ice or aerosol spray. Exercising caution and wearing personal protective equipment around these hazards can help prevent burn injuries from happening to people.

Dial "107" or "112" In the case of a fire emergency.

Seek urgent medical attention if you have received serious burns.



Izihlabani zaseMzansi u-Tyla kanye no-DJ DESIREE

Baqophe Umlando kowe-Coachella 2025

Umkhakha womculo waseNingizimu Afrika usuphinde wagqama umhlaba wonke, njengoba izihlabani ezimbili ezigqame kakhulu, u-Tyla kanye no-DJ DESIREE, bethula amaculo avusa ugqozo ku-Coachella yowezi-2025. Ukuvela kwabo akuzange kubonise amakhono abo kuphela kodwa futhi kugcizelele ubuciko obusezingeni nobuhlukahlukene obuvela ezwenikazi lase-Afrika.

U-Tyla: Owavela Okokuqala Ngomculo Oshukumisa Igazi we-Pop
Ngemuva kokuhlehla ukudlala kwakhe ku-Coachella yowezi-2024 ngenxa yokulimala, u-Tyla wenza iculo lakhe lokuqala elinomsindo omusha ngowezi-2025, waheha izethameli ngobukhona bakhe obushukumisayo esiteji nomsindo ohlanganisa izinhlobo ezahlukeni zomculo. Evula nge-“Push 2 Start” aphinde avale ngengoma yakhe eshisa izikhotha ethi “Water,” wahlanganisa i-pop, amapiano, kanye ne-R&B, ebonisa imvelaphi yakhe yaseNingizimu Afrika kanye nakubone emazweni omhlaba.

U-DJ DESIREE: Enyusa Izinga Lomculo we-Afro-Electronic
U-DJ DESIREE odabuka e-Ivory Park, eGoli, ukhuphuke kancane kancane emkhakheni womculo we-electronic emhlabeni jikelele. Ukuqala kwakhe ku-Coachella ngowezi-2025 kwaba yingqophamlando, kulandela ukudlala kwakhe umculo okwaduma e-Glastonbury nase-Tomorrowland ngowezi-2024.

Isethi ka-DESIREE ku-Coachella
kwakuyinhlanganisela esezingeni eliphezulu ye-Afro-house, i-techno, nesigqi esimnandi, esikhombisa ukuzibophezela kwakhe ekuqhubeni imiculo ehluahlukeni. Njengowesifazane odalwe ngokuthanda izinto zobulili obuhlukile endimeni egcwele abesilisa, ukuba khona kwakhe kulesi siteji esihlonishwayo kwaba yinto enkulu futhi ekhuthazayo, okubonisa ushintsho olukhulu ekubandakanyeni nobunye ubulili.

Umzuzu Wokubungaza Umculo WaseNingizimu Afrika
Ukuvela kanye kanye kuka-Tyla no-DJ



Tyla
Photo: Frazer Harrison/Getty

DESIREE ku-Coachella yowezi-2025 kubonisa ukuqashelwa okubanzi komculo waseNingizimu Afrika ogqamile emhlabeni. Amaculo abo agqamisa imisindo enqala yezwe, kusukela kusigqi esihelayo samapiyano kuya esigqini esinomfutho somculo we-Afro-electronic. Ngaphandle kobuchule babo bomculo, womabili amaciko asebenza njengamanxusa amasiko, aphikisana nezinkoleloze futhi avulela indlela izizukulwane ezizayo zabaculi base-



DJ Desiree performing at Coachella
Photo: Supplied.

Afrika. Izindaba zabo zempumelelo zigcizelela ukubaluleka kokumelwa kanye nentshisekelo yomhlaba wonke yokuvezwa kobuciko okuhluahlukene. Njengoba u-Tyla kanye no-DJ DESIREE beqhubeka nokuphulukundlela futhi beshuna izinhlobo zezinhlobo zezingoma, ukudlala kwabo ku-Coachella kuwubufakazi bekhono labo, olunogqozo, namandla angenamkhawulo omculo waseNingizimu Afrika.

Health on the job – How to stay fit & well at work



In today's fast-paced work environment, many professionals, including drivers, vendors, and security guards, spend extended hours on the job, often in sedentary positions or engaging in repetitive tasks. This lifestyle can lead to various health issues, including musculoskeletal problems, cardiovascular diseases, and mental health challenges. However, integrating simple health practices into daily routines can significantly enhance well-being and productivity.

The importance of staying fit at work
Maintaining physical fitness while working is crucial for several reasons:

- **Enhanced physical health:** Regular movement helps prevent obesity, reduces the risk of chronic diseases, and improves cardiovascular health.
- **Improved mental well-being:** Physical activity releases endorphins, which can alleviate stress, anxiety, and depression, leading to better mood and mental clarity.

- **Increased productivity:** People who exercise regularly often experience higher energy levels and improved concentration, leading to enhanced work performance.
- **Reduced absenteeism:** Healthy employees are less likely to take sick days, ensuring consistent workflow and productivity.
- **Better posture and reduced pain:** Incorporating exercises that strengthen core muscles can alleviate back and neck pain associated with prolonged sitting or standing.

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5 Exercises you can do at work

Desk or on-the-go routines to keep your energy up and reduce tension during long shifts.

Incorporating short exercises into your workday can make a significant difference. Here are five easy exercises that require minimal space and no special equipment:

Seated leg extensions:

How to: While seated, straighten one leg and hold for a few seconds, then lower it back down. Repeat with the other leg.

Benefits: Strengthens thigh muscles and improves circulation.

Shoulder rolls:

How to: Roll your shoulders forward in a circular motion for 10 seconds, then reverse the direction.

Benefits: Relieves tension and reduces shoulder stiffness.

Neck stretches:

How to: Gently tilt your head towards one shoulder, hold for 10 seconds, then switch sides.

Benefits: Alleviates neck strain and improves flexibility.

Desk push-ups:

How to: Place your hands on the edge of your desk, step back, and perform push-ups against the desk.

Benefits: Strengthens upper body muscles and promotes better posture.

Standing calf raises:

How to: While standing, raise your heels off the ground, hold for a few seconds, then lower them. Repeat several times.

Benefits: Improves circulation and strengthens calf muscles.



Additional health tips for workers

Stay hydrated: Drinking water throughout the day helps maintain energy levels and supports overall health.

Mindful eating: Instead of ikota or amagwinya, choose balanced meals rich in fruits, vegetables, lean proteins, and whole grains to sustain energy and concentration.

Take regular breaks: Short breaks can rejuvenate the mind and prevent burnout.

Practice deep breathing: Incorporating deep breathing exercises can reduce stress and enhance focus.

By integrating these simple practices into daily routines, workers can significantly improve their physical and mental well-being, leading to a more productive and satisfying work experience.

Charity begins at home: The community feeders initiative

“We saw the great need in our community to feed the kids”

Community Feeders is an Easterust based initiative with the aim to provide a nutritious meal for hungry children. The group of 10, mainly consisting of educators, have worked with underprivileged children and started the initiative in 2023 to feed the children in their community.

The Community Feeders initiative had originally been operating under a different non profit organisation (NPO) for a year and are now in the process of applying as a registered NPO. Relying solely on sponsors, the group feeds over 400 people a month, with a focus specifically on children, but adults and the elderly in the

community are welcome. The group intends to host their community food drives twice a month once the initiative has gained their registered NPO status with aspirations of providing meals to members of other communities.

Community Feeders started as an initiative to feed hungry children, but it has grown into a space where the less fortunate, young and old, are able to receive a warm, home cooked meal that was served with love, and has become a way for volunteers to give back to their community as well, leading to everyone in attendance feeling happier.



Support The Community Feeders Initiative — together, we can nourish hope and fight hunger in our community.

Contact: 076 709 2209 or ryanchantal84@gmail.com

REACH OUT TO US TO PROFILE YOUR INITIATIVE **063 901 7786**



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Fun Fact

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Hospital	Clinic
Duty	Charts
Kind	Uniform

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All About My Family!

INTERNATIONAL DAY OF FAMILIES 15 MAY

Draw Your Family

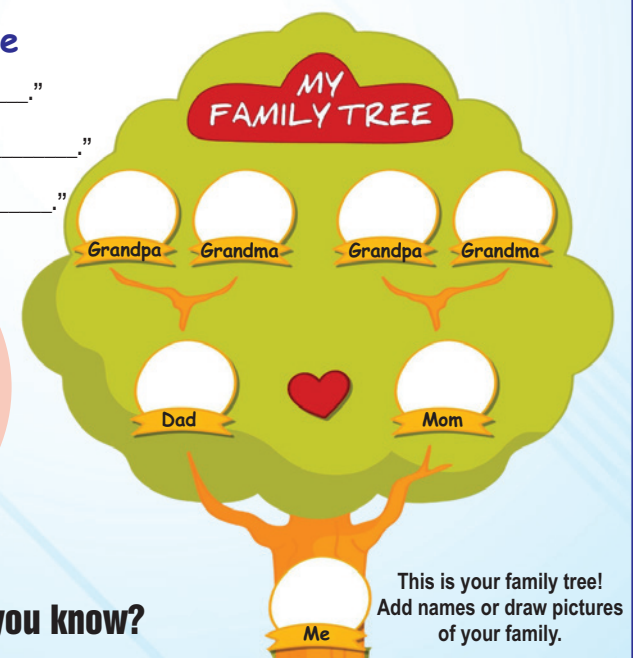
Draw a picture of your family doing something you love together!

Finish the Sentence

“In my family, we love to _____.”

“My family is special because _____.”

“We always smile when we _____.”



Fun Fact Did you know?

In South Africa, family is super important! Many families live with grandparents, uncles, aunts, and cousins — not just moms and dads. We have a special holiday called Family Day in April to spend time with our loved ones. Lots of families enjoy braais (barbecues), telling stories, and having fun together on weekends!

This is your family tree!
Add names or draw pictures
of your family.



Payday planning: How to stretch your salary until month-end

For many South Africans, payday brings a sigh of relief. It's a chance to settle bills, stock up on groceries, and perhaps indulge in a small treat. But as the month wears on, that early-month joy often gives way to the familiar struggle of making ends meet. Petrol runs low, lunch money gets tight, and debit orders keep knocking. Sound familiar?

If you're tired of running out of money before month-end, you're not alone. The good news is that with a few smart adjustments, your salary can go a lot further than you think. Here's a simple, no-nonsense guide to payday planning – especially helpful for wage earners trying to stretch every rand.

1. Start with a 'real' budget

Before anything else, it's important to know exactly where your money is going. This isn't about complicated spreadsheets or financial whatwhat – just grab a pen and paper, or your phone's notes app, and list:

- What you earn
- What you have to pay (e.g., rent, electricity, transport, school fees)
- What you want to spend on (e.g. takeaways, clothing, data, entertainment)

The key is to be honest with yourself. Look at your last three months' bank statements or transaction history and highlight patterns. This will help you understand which habits are helpful – and which ones might be quietly draining your wallet.

2. Use the 50/30/20 rule

This rule suggests dividing your salary into three parts:

- 50% for needs: rent, transport, food, basic services
- 30% for wants: DSTV, eating out, airtime, takeaways

- 20% for savings and debt: emergency fund, stokvel, loan repayments

You can adjust the percentages to suit your situation, but this gives you a strong starting point. If rent or travel eats more than 50%, you'll need to shrink your "wants" category to compensate. That new pair of sneakers can probably wait.

3. Join (or start) a stokvel

In many South African communities, stokvels have long been a trusted way to save money and manage expenses. They're simple, effective, and built on accountability. Whether it's for groceries, funeral cover, or saving towards a December trip, stokvels allow you to pool money with people you trust and benefit from lump-sum payouts.

The discipline of contributing every month, and the motivation of seeing others do the same, is often more powerful than trying to save alone. Just make sure the group has a clear agreement and someone trustworthy managing the funds.

4. Avoid 'money traps'

It's easy to fall into spending habits that seem small but quickly add up. Here are a few to watch out for:

- Buying takeaways every lunch hour: Try cooking in bulk at home and packing lunch. Even two meals out a week can cost R200–R300.
- Unplanned supermarket visits: Popping in for bread often leads to walking out with snacks, sweets, and extras. Make a weekly list and stick to it.
- Expensive short-term loans or credit purchases: Those "no money down" deals often end up costing more in the long run. Rather save up, even if it takes a few months.
- Data bundles on the go: Buying small daily or weekly bundles is more expensive. Consider a monthly plan or home Wi-Fi with uncapped deals.



5. Save something, no matter how small

Too many people think saving only starts when you've got "extra" money. But the habit of saving is more important than the amount. Even R10 a week adds up over time.

Set up a savings pocket on your bank app or open a separate account. Move the money as soon as you're paid, not at the end of the month when it's likely already spent.

Saving just R100 a month gives you R1,200 a year. This is enough for school uniforms, a small emergency, or a head start on Christmas shopping.

6. Pay yourself first

This old-school tip is still gold. The idea is simple: Before you pay anyone else, put something aside for your own future. That could be savings, a stokvel contribution, or even an investment account.

The reason many people can't save is because they try to save what's left over – and usually, there's nothing left. By making yourself the first

"debit order", you're telling your money what to do, instead of letting it boss you around.

7. Use cash where possible

In an increasingly digital world, tapping cards or using phone payments makes it easy to overspend. Try drawing your weekly grocery or transport money in cash, then when the envelope's empty, that's it. This helps build discipline and gives you a real feel for your spending. It's much harder to hand over a R100 note than to swipe a card.

Payday planning doesn't mean depriving yourself – it means being in control. It means knowing that when the 25th rolls around, you'll still have enough for your needs, maybe even a little left to enjoy.

Every rand you manage well is a step closer to financial freedom. It's not about how much you earn, but what you do with it. So when that next SMS comes in saying "salary paid", take a breath, make a plan, and remember: your money should work for you, not against you.

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love  your beautiful skin™

*Compared to Clere Repairing Crème 500ml tub

Lungiselela Ingadi Yakho Ekwindla: Amathiphu Alula Kwabalimi Basezindaweni Zasemalokishini

Njengoba isimo sezulu siqala ukupholisa eNingizimu Afrika, lesi yisikhathi esihle sokulungiselela ingadi yakho yezitshalo zokudla ukuze ikhule kahle ebusika. Ngalolu cwaningo oluncane, ungatshala imifino enemphilo nehlanzekile ekhaya — okungakusiza wonge nemali.

Nansi indlela ongayenza ngayo lokhu, isinyathelo ngesinyathelo:

1. Qala Ngokulungisa Umhlabathi

Umhlabathi omuhle uthetha izitshalo ezinamandla. Susa imfucuza yezitshalo zasentwasahlobo kanye nezihlahla ezincane ezingadingekile (amagugu). Lokhu kusiza ukugwema izifo nezibungu. Faka umquba ovuthiwe noma i-compost ukuze umhlabathi ube namandla. Uvule umhlabathi ngofosholo noma ngekhephu ukuze izimpande zikhule kahle. Ekugcineni, mbesa umhlabathi ngethayela, amagxolo omuthi, noma utshani obomile — lokhu kusiza ukugcina amanzi futhi kuvimbele ukhula.

2. Tshala Izitshalo Ezikhula Kanjani Ekwindla

Imifino ethile iyathanda ukupholisa kwekwindla. Nazi izitshalo ezihle ongazihlwayela:

- Amaqabunga aluhlaza: njenge-spinach, i-lettuce, i-kale ne-Swiss chard (noma imifino).
- Izimpande: njenge-karoti, u-beetroot no-radishi.
- Imifino yakwa-brassica: njengekhabishi, i-broccoli ne-cauliflower.
- Amakhambi: njenge-parsley ne-coriander, nazo zingahlwayelwa manje.
- Awudingi ingadi enkulu — ungasebenzisa izimbiza ezindala, amabhakede, noma amathayi asebenzile ukwenza ingadi encane.

3. Vikela Izitshalo Ebusika

Ezinye izinsuku ziba nebubelo obukhulu, ikakhulukazi ngoMeyi nangoJuni. Uma ungakwazi, faka izitshalo ezincane endlini ebusuku. Ungazemboza ngendwangu endala noma ipulasitiki ukuze zifudumale. Faka ithayela eliningi eduze kwezitshalo ukuze izimpande zingangqwali ngenxa yomakhaza.

4. Amanye Amathiphu Ekwindla

- Sebenzisa umanyolo one-phosphate ophezulu noma u-2:3:2 ukuze izimpande zikhule kahle.
- Hlola izitshalo zakho njalo — ukubona izibungu kusenesisikhathi kusiza ukuvikela ingadi.



- Lesi yisikhathi esihle sokuhlukanisa izitshalo ezifana ne-Agapanthus bese uzitshala kwezinye izindawo.
- Hlwayela izimbewu zeziqu zonyaka ezizovela entwasahlobo njengama-lily ne-daffodil.
- Uma izihlahla noma izitshalo eziqhakazayo ziphelile, zichebe kancane ukuze zikhule kahle ngonyaka ozayo.

Ukulima ekwindla akusiyona nje indlela yokudla kuphela — kuyindlela yokuphumula, yokwakha umndenini noma umphakathi, nokwenza into emnandi ekhaya. Ngisho nendawo encane ingakhipha imifino eminingi uma uyinakekela. Ngakho-ke thatha isintu sakho noma ifolishi, uthole izimbewu, bese uqala. Ingadi yakho izokubonga — nomndenini wakho uzojabula!

Beat the cold and flu this winter: Simple home remedies that really work

Winter brings more than just cold weather — it also brings colds, flu, and runny noses into many homes, especially in crowded communities. However, treating these common illnesses doesn't always mean rushing to the clinic. With the right home care, you can ease symptoms and help your family recover faster.

Here are simple, affordable remedies and tips that can help your household stay strong through the flu season:

1. Keep the Body Hydrated

When someone is sick, drinking enough fluids is key.

- Drink lots of water, juice, or broth to loosen mucus and prevent dehydration.
- Warm drinks like chicken soup, ginger tea, or lemon water with honey are soothing for sore throats and stuffy noses.
- Avoid caffeine (like strong tea or coffee) and alcohol — these can dry out the body even more.

2. Rest is the Best Medicine

The body heals while you rest.

- Make sure sick family members get plenty of sleep and avoid heavy activity.
- Steam from hot water or a shower can help open up blocked noses. You can even cover your head with a towel over a bowl of hot water and breathe in the steam.
- If you have a humidifier or bowl of water near a heater, it helps add moisture to the air and makes breathing easier.

3. Ease the Symptoms

- You don't need expensive medicine to feel better.
- Gargling warm salty water helps ease sore throats.
- A spoon of honey (for adults and kids over 1 year old) can soothe coughing.
- Nasal sprays or saline drops help clear blocked noses — especially useful for young children.
- Some people also use essential oils like eucalyptus or peppermint in hot water to

inhale — but use these carefully and avoid direct skin contact.

4. Support the Immune System

Help the body fight off the illness faster.

- Vitamin C (found in oranges, guavas, and supplements) may help shorten the flu.
- Zinc helps strengthen the immune system — you can get it from foods like beans, meat, or supplements.
- Echinacea, a herbal remedy available at many shops, may also support recovery.

5. Extra Tips to Help the Family Feel Better

- If someone has stomach flu or feels nauseous, small bland meals (like rice or toast) can help.
- Always wash hands regularly, especially after coughing or sneezing, to stop the spread of germs.
- If coughing is worse at night, prop up the head with extra pillows — this helps with breathing and stops constant coughing.
- When to Go to the Clinic or Doctor



- Home remedies help with mild colds and flu, but you should seek medical help if:
- The symptoms get worse or don't improve after a few days.
- The person has trouble breathing, chest pain, or a fever that won't go away.
- You are worried about a baby, an elderly person, or someone with a chronic illness.

Fight colds and flu with what's in your fridge: Natural remedies for township families

When flu season hits, many families turn to the kitchen before heading to the clinic. And that's a smart move — because your fridge might already have some powerful natural remedies to help fight colds and flu.

These everyday items don't just feed the family — they also soothe sore throats, calm coughs, and boost your immune system. Here are a few fridge-friendly ingredients that can help you stay healthy this winter:

1. Garlic — Nature's Antibiotic

Garlic isn't just for flavour — it's one of the strongest natural fighters against flu and colds. It helps the body fight off viruses and bacteria.

How to use it:

- Chop or crush a clove of raw garlic and mix it with honey or hot water.
- Add it to soup or stews while cooking for extra power.

2. Lemons — Packed with Vitamin C

Lemons help boost your immune system and soothe sore throats.

How to use it:

- Squeeze fresh lemon into warm water and add a spoon of honey.
- Drink it in the morning and before bed.

3. Honey — Soothes Coughs and Sore Throats

Honey coats the throat and reduces coughing. It also has natural healing properties.

How to use it:

- Mix a spoon of honey into warm tea or lemon water.
- Take a spoon on its own before bed to ease nighttime coughing.

(Do not give honey to babies under 1 year.)

4. Ginger — Warms the Body and Fights Infection

Ginger helps with sore throats, blocked noses, and even nausea.

How to use it:

- Grate fresh ginger into hot water to make tea.
- Add lemon and honey for extra relief.

5. Onion — Helps with Congestion

Onions can help clear blocked sinuses and relieve chest tightness.

How to use it:

- Make a homemade cough syrup by mixing chopped onion with honey. Let it sit for a few hours and take a spoonful as needed.
- Place sliced onions near your bed at night — some say it helps ease coughing and breathing.

6. Vegetables — Keep Your Body Strong

Veggies like carrots, spinach, and peppers are full of vitamins your body needs to fight off flu.

How to use them:

- Cook a simple vegetable soup with garlic, onion, carrots, and spinach.
- Add ginger and lemon juice for a health boost.



Budget-friendly recipe: Spicy pilchard vetkoek fillings

A nostalgic, healthy recipe that allows you to still enjoy this classic treat, just with a healthy twist.



Ingredients (serves 4–6)

For the filling:

- 1 tin (400g) pilchards in tomato sauce
- 1 medium onion, finely chopped
- 1 clove garlic, minced
- ½ green pepper, chopped
- 1 grated carrot (adds bulk & nutrients)
- ½ tsp curry powder
- ½ tsp paprika or chilli flakes (adjust to taste)
- 1 tbsp tomato paste (optional – for extra richness)
- 1 tsp oil (canola or olive)
- Salt & black pepper to taste
- 2 tbsp chopped fresh parsley or spring onion (optional, for garnish)

For the vetkoek: You can use store-bought wholewheat dough or wholewheat yeast for a healthier twist.

Method:

1. Prepare the filling

- In a medium frying pan, heat 1 teaspoon of oil over medium heat.
- Sauté the chopped onion and garlic until soft and translucent (about 2–3 minutes).
- Add the chopped green pepper and grated carrot. Cook for another 2–3 minutes, stirring often.
- Stir in the curry powder and paprika or chilli flakes. Let the spices cook for a minute to release their flavour.
- Gently add the tin of pilchards, breaking them apart slightly with a spoon. You can remove the bones if you prefer, but they are soft and packed with calcium.
- Mix in the tomato paste if using, and simmer everything together for 5–7 minutes, allowing the sauce to thicken slightly.
- Season with salt and pepper to taste.
- Turn off the heat and sprinkle in your chopped parsley or spring onion if using.

Remember to reduce your salt intake. Since Pilchards are naturally salty, try making this recipe without adding salt.

2. Prepare the vetkoek

Fry your vetkoek dough in hot oil until golden brown on all sides. Drain on paper towels. For a healthier version, bake mini dough balls in the oven at 180°C until golden and cooked through (about 15–20 minutes depending on size).

3. Fill & serve

Slice open each vetkoek and generously spoon in your spicy pilchard filling. Serve warm or cold — it's just as tasty the next day, making it ideal for lunchboxes.

Healthy swaps & tips

- Use brown bread dough or half wholewheat flour when making your own vetkoek to up the fibre content.
- Add chopped spinach or kale to the filling for an iron boost.
- Leftover filling? Spread it on toast, spoon it over baked potatoes, or mix with cooked rice for another meal.
- For kids or those sensitive to spice, leave out the chilli flakes and go for mild curry powder.

Storage

The filling keeps well in the fridge for up to 3 days in an airtight container. You can also freeze it for up to 1 month – just thaw and reheat gently before serving.

Why this recipe works

Pilchards are one of South Africa's most affordable sources of protein and omega-3s, and with just a few extra ingredients, you can create a hearty, healthy dish that fills both tummies and hearts. Whether you're packing lunch for school or sharing snacks on a lazy Sunday afternoon, this spicy vetkoek filling hits all the right notes – flavourful, fuss-free, and full of good memories.

Rainbow popcorn clusters (Private school amakipkip)

Get ready for a colourful twist on an old-school popcorn treat!

Why kids Love It:

It's bright, sweet, crunchy, and involves mixing everything by hand—no stove needed if using microwave popcorn!

Instructions:

1. If using white chocolate: melt it with butter in the microwave for 30–40 seconds, stirring every 10 seconds.
2. In a big bowl, add your popcorn and mini marshmallows.
3. Pour over the melted mixture and mix gently until everything is coated.
4. Add sprinkles or crushed jelly sweets and mix again.
5. Lightly grease your hands and shape the mixture into balls or spoon into cupcake wrappers.
6. Let them set in the fridge for 30 minutes.

Ingredients:

- 4 cups popped plain or lightly salted popcorn (cooled)
- 1 cup mini marshmallows
- ½ cup white chocolate or marshmallow fluff (for binding)
- 2 tbsp butter or margarine
- Handful of colourful rainbow sprinkles or crushed jelly tots
- Optional: a few drops of food colouring

Fun tip: Let kids customise each cluster with their favourite topping—smarties, coconut, etc.



How to report any emergency:

Emergency Numbers:

112 – All Emergencies
116 – Childline
10111 – Police
10177 – Fire and Ambulance
0800 567 567 - Suicide Crisis Line
0800 150 150 – Stop Gender Based Violence Helpline
011 422 4242/0861 322 322
 – LifeLine 24 Hour Counselling Line



- Try to remain calm and breathe deeply.
- Dial the relevant emergency number (Dial 112 for all emergencies)
- Inform the operator of your emergency: Vehicle accident, fire, robbery, severe injury, illness etc.
- Provide the operator with your name and telephone contact details
- Let the operator know where you are. Give him/her your physical address and the nearest identifiable street corner or landmark.
- Describe the nature of the incident
- Tell the operator the number of people involved in the incident
- Stay on the line as long as possible to answer the operator's questions

Fire safety tips for our communities

Here are some important safety tips to help protect your home and family this winter:

- Keep matches and lighters away from children. Store them in a high or locked place.
- Never leave a candle burning unattended. Use a safe candle holder and place it away from anything that can catch fire — like curtains or clothes.
- Don't let children play near candles, stoves, or open flames.
- Do not use a heater or start a fire when you've been drinking alcohol. And never fall asleep with a cigarette in your hand.
- Always put out cigarettes completely before throwing them away. Don't toss them on the floor or into dry grass.
- Don't leave fires burning when you go to sleep or leave the house. Even hot coals or embers can start a fire.
- Never dry clothes or shoes near a heater or fire. They can easily catch alight.
- Check electric blankets and heaters before using them. If wires are broken or exposed, don't use them.
- Open a window when using a gas heater or indoor fire. This helps to let in fresh air and prevent dangerous fumes from building up.

During winter, it's easy to focus only on staying warm — but taking a few simple steps can help make sure your home stays safe too. Talk to your neighbours, especially the elderly or families with small children, and share these tips.

Let's work together to keep our communities warm and safe this winter.



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South African Premiership Matches



14 May 2025

Chippa United  VS  Mamelodi Sundowns
 14 May 19:30 - Buffalo City Stadium, East London, South Africa

17 May 2025

Mamelodi Sundowns  VS  Magesi FC
 17 May 15:00 - Loftus Versfeld Stadium, Pretoria

Marumo Gallants FC  VS  Chippa United
 17 May 15:00 - Dr Molemela Stadium, Bloemfontein

Orlando Pirates  VS  TS Galaxy
 17 May 15:00 - Orlando Stadium, Soweto

Polokwane City  VS  Cape Town City FC
 17 May 15:00 - Old Peter Mokaba Stadium, Polokwane

Richards Bay  VS  Golden Arrows
 17 May 15:00 - King Goodwill Zwelithini Stadium, Durban

Royal AM  VS  AmaZulu FC
 Cancelled

Sekhukhune United  VS  Kaizer Chiefs
 17 May 15:00 - Peter Mokaba Stadium, Polokwane

Stellenbosch FC  VS  SuperSport United
 17 May 15:00 - Danie Craven Stadium, Stellenbosch

20 May 2025

SuperSport United  VS  Orlando Pirates
 20 May 19:30 - Peter Mokaba Stadium, Polokwane

24 May 2025

AmaZulu FC  VS  Orlando Pirates
 24 May 15:00 - Moses Mabhida Stadium, Durban

Cape Town City FC  VS  Stellenbosch FC
 24 May 15:00 - DHL Cape Town Stadium, Cape Town

Golden Arrows  VS  Sekhukhune United
 24 May 15:00 - Mpumalanga Stadium, Hammarsdale

Kaizer Chiefs  VS  Polokwane City
 24 May 15:00 - FNB Stadium, Johannesburg

Magesi FC  VS  Marumo Gallants FC
 24 May 15:00 - Seshego Stadium, Pietersburg

SuperSport United  VS  Richards Bay
 24 May 15:00 - TUT Stadium, Pretoria

TS Galaxy  VS  Royal AM
 Cancelled

28 May 2025

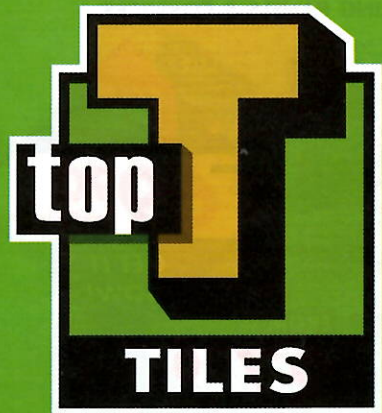
Orlando Pirates  VS  Magesi FC
 28 May 19:30 - Orlando Stadium, Soweto

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

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A-Grade Tiles

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MATT

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A-Grade Tiles

KILLER DEAL

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- 1 x New Lorna White Floor-Standing Cabinet 450x800x260mm
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WAS 2499⁹⁰ SAVE R200

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WAS 1299⁹⁰ SAVE R100

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MARBLE LOOK SHINY

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GET IT NOW!

Bella White Top Flush Toilet Box Set

899⁹⁰

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Superior Quality

FLUSH MECHANISM & SEAT INCL.