

ASAMBENI TAXI TIMES

Moving Minds, One Journey at a Time

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Amazwi Esizukulwane Esisha: Intsha Ihola Ushintsho eMzansi

NgoNhlangulana (June), sigubha iNyanga Yentsha. Yisikhathi sokuhlonipha isibindi soVukelombuso lwaseSoweto luka-1976 nokugubha ukumelana nokukwazi ukusungula okusha kwentsha yanamuhla. Ngomhla ziyi-16 kuNhlangulana, uSuku Lentsha lukhumbula abafundi ababebhikishela ukubekwa kombuso wobandlululo wokuphoqa isiBhunu kubafundi njengendlela yokufundisa ezikoleni. Ubuqhawe babo bashukumisa inhlangothi yezwe lonke okwaba yinkathi yenguquko emzabalazweni wenkululeko.

Cishe ngemumva kweminyaka engamashumi amahlanu, isizukulwane esisha sentsha yaseNingizimu Afrika siqhubezela phambili lelo fa ngentshisekelo yobushoshovu, ukuba ngosomabhizinisi kanye nokuqhamuka namasu amasha ezemfundo.

Intshisekelo yobushoshovu: ukuvikela ikusasa
Intsha esemikhakheni yezemvelo ezweni lonke ihola inguquko yokubhekana nesimo sezulu. Ngemikhankaso eyisisekelo, ukushumayeza ngokusetshenziswa kwezobucwepheshe, nemikhankaso yokuhlana emphakathini, bakhulisa ukuqwashisa ngezinkinga zemvelo nokuqhubeka izinqubo ezizinzile. Imizamo yab oiyasiza ekubeni nezwi kunqobomgomo nasekukhuthazeni isiko lokunakekela imvelo.

Ezomabhizinisi Ukusungula okusha ukuze kube nomthelela

Lapho kubhekenwe nezinsalela zezomnotho, osomabhizinisi abasebasha bazisungulela

amathuba abo kanye nemiphakathi yabo. Ngokusungula izinkampani zokuqala ezisingatha izidingo zendawo, ezisukela ezixazululweni zobuchwepheshe kuya emabhizinisini omphakathi, baqhuba ukukhula kwezomnotho futhi bakhuthaza ukusungula izinto ezintsha. La mabhizinisi awanikezi umsebenzi kuphela kodwa futhi ayingxenywe ekuthuthukiseni umnotho ongabandlululi.

Imfundo: Ukuvala igebe

Beqaphela umehluko ekufinyeleleni emfundweni emfundweni yeqophelo, intsha yaseNingizimu Afrika isungula izinkundla kanye nezinhlelo zokuvala igebe. Kusukela kuzinkonzo zokufundisa ku-inthanethi kuya kumaqhingasu okufunda omphakathi, basebenzisa ubuchwepheshe nokubambisana ukuze benze imfundo ifinyeleleke kakhudlwana futhi ilingane. Ukuzibophezela kwabo ekufundeni nasekunikezeni amandla kwakha/kudala isizukulwane esinolwazi futhi esinekhono.

Isizukulwane esenza inguquko

Intsha yaseMzansi ayibona nje abaholi bakusasa, iyona eyenza ushintsho lwanamuhla. Ukuzinikela kwabo ezindabeni zezinhlelo, ezemvelo, nezomnotho kubonisa ukuzibophezela okujulile ekwakheni iNingizimu Afrika engcono. Njengoba sigubha iNyanga Yentsha, masigubhe impumelelo yabo futhi sisekele imizamo yabo yokusungula ikusasa elinobulungisa nelilondolozekayo.



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Next Edition (25 June 2025) Sneak Peek: Barbershop Talks: Why Men Need Safe Spaces Too

Innovative Youth

- Bohlale Mphahlele

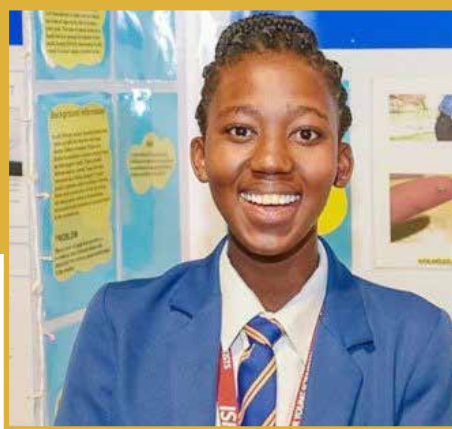


Photo of Bohlale Mphahlele
Image Credit: Twitter

With over 120 000 reported cases of violence against women and children in a single year, gender-based violence (GBV) is a social issue that affects all South Africans. Invented to fight back against GBV, the 'Alerting Earpiece' and its inventor, Bohlale Mphahlele, have made headlines due to the earpiece being an innovative way of combatting human trafficking and gender-based violence in South Africa.

The Alerting Earpiece is a discreet device with a hidden button that looks like an earring. If the wearer is in danger, they can press the button, causing the earpiece to take a photo of the perpetrator and send an alert with the wearers' location to pre-set contacts and emergency services in real time.

The Alerting Earpiece was invented by Bohlale Mphahlele in 2020, a 16-year-old student from Limpopo at the time. Bohlale took action after discovering the high rates of GBV in South Africa, with the aim to give women and children a fighting chance in times of crisis. The device started trending after winning a bronze award at the Eskom Expo for Young Scientists and was praised by Limpopo's then-MEC for Education for her innovation.

Even with widespread media attention and multiple accolades, the process of making a market ready prototype of the earpiece was difficult, with challenges ranging from a lack of funding to challenges at school requiring Bohlale to retake her matric exams. These challenges made Bohlale feel like the invention

was a dead end, but she remains committed to making the concept a reality.

In the five years since then, Bohlale has founded Mphahlele Alerts (PTY) Ltd. with the aim of bringing the Alerting Earpiece to market and making the device accessible to communities that are disproportionately affected by gender-based violence.

Additionally, Bohlale has also graduated from high school and is currently studying a degree in Information Technology to further sharpen her skills, and is mentoring young girls in tech as well.

Gender based violence has been recognised as a 'national crisis' that is affecting all sectors of society at the 2025 State of the Nation Address. Inventions like the Alerting Earpiece are an innovative solution in the fight against GBV; and create a ripple effect that can be seen years later through the youth that were inspired by stories like Bohlale's and acted. Bohlale's story shows us that even one person with an idea can make a meaningful impact in addressing systemic issues as well as starting conversations about progressive ways of making South Africa a safer place for women and children.

Youth Mental Health: Navigating Challenges in the Modern World

In South Africa, the mental health of young people is a growing concern. According to a UNICEF U-Report, 60% of youth felt they needed mental health support over the past year, highlighting the urgency of addressing this issue (Source: www.UNICEF.co.za).

Understanding the challenges

South African youth face numerous challenges impacting their mental well-being, including high unemployment rates, exposure to violence, and the lingering effects of apartheid. These factors contribute to increased levels of anxiety, depression, and substance abuse among young people.

Available support systems

Several organisations are working to support youth mental health:

- **South African Depression and Anxiety Group (SADAG):** Africa's largest mental health support organisation offers free counselling, support groups, and educational resources.
- **Department of Health:** The National Mental Health Policy Framework and Strategic Plan 2023–2030 aims to strengthen mental health services across the country.
- **South African National Council on Alcoholism and Drug Dependence (SANCA):** Provides prevention and treatment services for substance abuse, including programmes targeting youth.



Addressing youth mental health requires a collaborative effort involving government, communities, and families. By increasing awareness, reducing stigma, and providing accessible support services, we can help young South Africans navigate the challenges they face and promote a healthier, more resilient generation.

Breaking the Chains: Combating Child Labour in South Africa

On 12 June, South Africa joins the global community in observing World Day Against Child Labour, a day dedicated to raising awareness and fostering action to eliminate child labour in all its forms. This year's theme, "Let's Act on Our Commitments: End Child Labour!" underscores the urgency of addressing this persistent issue.



Despite international efforts, child labour remains a significant challenge in Africa. According to the African Committee of Experts on the Rights and Welfare of the Child, approximately 92.2 million children across the continent are engaged in child labour, with many involved in hazardous sectors such as agriculture, mining, and domestic work (Source: www.acerwc.africa).

In South Africa, the government has reaffirmed its commitment to combating child labour. The Department of Employment and Labour continues to implement the Child Labour Programme of Action, a National Plan aimed at eliminating child labour through legislative measures, enforcement, social protection, and education initiatives.

Non-governmental organisations also play a crucial role. Save the Children South Africa, for instance, advocates for effective measures to combat all forms of child violence, including child labour, emphasising the need for community involvement and awareness (Source: www.channelafrica.co.za).

The COVID-19 pandemic has exacerbated the situation, pushing more families into poverty and increasing the risk of children being forced into labour. Addressing the root causes, such as poverty and lack of access to quality education, is essential in the fight against child labour.

As South Africa observes World Day Against Child Labour, it is imperative for all stakeholders, government, civil society, communities, and individuals, to renew their commitment to protecting children's rights and ensuring that every child has the opportunity to learn, grow, and thrive in a safe environment.

Honouring Our Elders: Addressing Elder Abuse in Communities

On 15 June, we will observe World Elder Abuse Awareness Day, a time to recognise and address the mistreatment of older individuals. Elder abuse encompasses various forms, including physical, emotional, sexual, and financial abuse, as well as neglect. With the global population of elderly people increasing, this issue has become a significant public health and human rights concern.

In South Africa, the government has initiated campaigns and outreach programmes to combat elder abuse. These efforts aim to raise awareness, reduce attacks against the elderly, and promote behavioural change within communities.

Organisations like The Association for the Aged (TAFTA) have launched awareness campaigns to educate communities about elder abuse and encourage reporting of suspected cases. Similarly, the Rand Aid Association emphasises the importance of dignity and care for older persons, highlighting the need for community involvement in protecting the elderly.

The World Health Organisation has also contributed by releasing a database of promising interventions to prevent and respond to elder abuse, aiming to develop and scale up effective solutions globally.

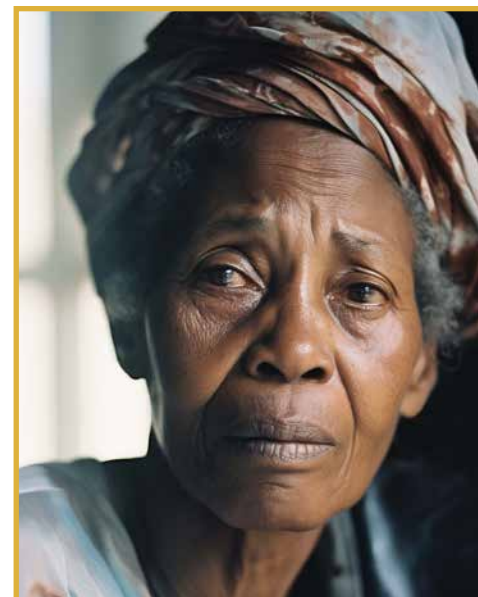
Addressing elder abuse requires a collective effort. Communities must be vigilant, recognise the signs of abuse, and take action to protect the rights and well-being of older individuals. By fostering a culture of respect and care, we can ensure that our elders live with the dignity they deserve.

Ensuring the well-being of our elders is a shared responsibility. Here are key ways to provide compassionate care:

- **Ensure home safety:** Remove tripping hazards, install grab bars, and ensure adequate lighting to prevent falls.

- **Develop a care plan:** Collaborate with your loved one to outline daily routines, medical needs, and social activities.
- **Seek professional support:** Organisations like TAFTA and Age-in-Action offer home-based care services tailored to individual needs.
- **Promote social engagement:** Encourage participation in community events or regular visits with friends and family to combat loneliness.
- **Support caregivers:** Caregivers should take regular breaks and seek support to prevent burnout.
- **Report abuse:** If you suspect elder abuse, contact the Department of Social Development at 0800 220 250.

By implementing these strategies, we can ensure our elders live with dignity and respect.

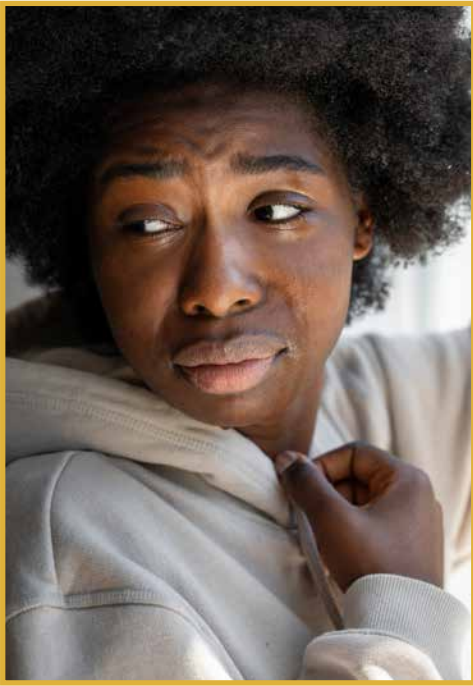


Mental Health in Adolescents: Recognising the Signs

- **Mood changes:** Persistent sadness, irritability, or mood swings.
- **Isolation:** Loss of interest in activities and social isolation.
- **Academic Decline:** Sudden drop in grades or school attendance.
- **Sleep disturbances:** Insomnia or excessive sleeping.
- **Appetite changes:** Significant weight loss or gain.
- **Substance use:** Experimentation with drugs or alcohol.
- **Physical complaints:** Frequent headaches or stomach aches without a clear cause.
- **Self-harm:** Evidence of cutting or other self-injurious behaviours.
- **Hopelessness:** Expressions of worthlessness or suicidal thoughts.
- **Aggression:** Uncharacteristic anger or violent behaviour.

If you notice these signs in a young person, it's essential to seek professional help promptly.

Contact the South African Depression and Anxiety Group (SADAG) on 011 234 4837.



Winter Wellness: Staying Healthy and Active

As the cold months settle, it's tempting to hide under blankets with comfort food and skip our regular routines. But winter is not a time to neglect your health, it's an opportunity to build better habits that support both your body and mind.

Stay active, even when it's cold
Exercise might be the last thing on your mind during chilly mornings, but keeping your body moving is crucial. If outdoor workouts feel impossible, consider home-based activities like yoga, skipping, bodyweight exercises, or even dancing. Local community centres or gyms often offer affordable winter classes, and many online platforms provide free workout videos tailored to small spaces.

Eat for immunity
Winter is flu season in South Africa, so focus on foods that strengthen your immune system. Load up on fresh fruits and vegetables rich in vitamin C like oranges, spinach, and bell peppers. Soups and stews packed with beans, lentils, and leafy greens are not only warming but nutrient-dense. Stay hydrated, warm rooibos tea is a great caffeine-free option.

Soak up the sunshine
Shorter days mean less sunlight, which can affect your mood and vitamin D levels. Aim to spend at least 15–30 minutes outside during the sunniest part of the day. Take a walk during lunch, or sit on your stoep with a cup of tea.

Care for your mental health
Winter can bring on feelings of isolation or sadness, especially with fewer outdoor social events. Stay connected to friends and family, even if it's just a quick call. Journaling, reading, or joining a local interest group can also lift your spirits.
This winter, take small daily steps to care for your body and mind you'll emerge stronger, healthier, and ready for the new season.



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Places To Go

This column aims to spotlight accessible, enriching spaces within our communities that invite residents, especially those aged 18 to 45, to engage with local heritage and creativity. Whether you're a lifelong local or new to the area, these destinations provide meaningful ways to connect with the stories that shape our cities.

As winter settles in across Gauteng, it's the perfect time to explore indoor cultural gems that offer warmth, inspiration, and a deeper connection to our shared history.

Johannesburg Museum Africa (Newtown)
Nestled in the heart of the Newtown Cultural Precinct, Museum Africa is one of Johannesburg's most important heritage institutions. Visitors can explore exhibits on early African kingdoms, apartheid, photography, art, and even the 1917 sinking of the SS Mendi, a significant chapter in South Africa's military history.
Operating hours: Tuesday to Sunday, 09:00 – 17:00
Entry fee: Approx. R20
Why Go: Excellent for learners, families, and history lovers seeking a richer understanding of Joburg's cultural roots.

James Hall Museum of Transport (La Rochelle)
This museum offers the largest and most comprehensive collection of land transport in South Africa. You'll find ox-wagons, electric



trams, steam locomotives, bicycles, early motor vehicles, and even firefighting equipment. Ideal for a school outing or weekend history trip, this museum makes transport come alive for all ages.
Operating hours: Monday to Friday, 09:00 – 17:00 (Closed weekends and public holidays)
Entry fee: Free
Why go: Perfect for kids and curious adults interested in how South Africa got moving.

Melville Koppies Nature Reserve (Melville)
Melville Koppies is a Johannesburg City Heritage Site known for its Iron Age smelting site and rich biodiversity. The reserve offers Sunday morning guided walks across rolling hills, veld, and bush. With stunning views of the city skyline, it's a favourite among hikers, birders, and those seeking peace in nature.
Operating hours: Sundays only for guided walks (08:00 – 11:30)
Entry fee: R90 for adults | R50 for students and kids
Why go: A nature and history combo, you'll walk in the footsteps of ancient communities.

Nirox Sculpture Park (Cradle of Humankind)
Located in the UNESCO-listed Cradle of Humankind, Nirox offers a serene blend of contemporary outdoor art, gardens, and rolling lawns. It hosts seasonal events, including jazz festivals, poetry picnics, and curated exhibitions. Each sculpture is site-specific, turning the natural landscape into a gallery.
Operating hours: Only open on select public events or by advance booking
Entry fee: Varies by event (typically R120–R200)
Why go: Perfect for couples, creatives, or families who enjoy art in nature.

Maboneng Precinct (Downtown Johannesburg)
Meaning "Place of Light," Maboneng is an inner-city success story. Once a neglected part of town, it's now a bustling hub of art galleries, rooftop bars, coffee shops, studios, and weekend markets. Art-lovers can explore local exhibitions, while foodies can enjoy unique dishes from across the continent.
Operating hours: Most shops and restaurants open daily from 09:00 – 17:00
Entry fee: Free to enter; pay per shop/venue



Why go: Safe, trendy, and Instagram-friendly.
Pretoria
Pretoria Art Museum (Arcadia)
The Pretoria Art Museum holds one of the country's richest collections of South African art, with works dating back to the early 20th century. The museum also showcases rotating exhibitions of contemporary art, sculpture, and photography. Educational programmes and workshops are hosted regularly, making it an engaging space for all ages.
Operating hours: Tuesday to Sunday, 10:00 – 17:00
Entry fee: Approx. R20 (often free for children/students on certain days)
Why go: A quiet but powerful reflection of South Africa's visual arts story.

Rietvlei Nature Reserve (Irene, Pretoria East)
Rietvlei is a favourite for nature lovers who want a full wildlife experience close to the city. The reserve includes a large dam and extensive driving routes for spotting rhinos, zebras, wildebeest, and more. There are bird hides, walking trails, picnic spots, and even a coffee shop at the entrance.
Operating hours: Daily from 06:00 – 18:00
Entry fee: R70 for adults | R40 for children
Why go: A peaceful alternative to the big game parks and ideal for budget safaris.



National Zoological Gardens at the Pretoria Zoo (Boom Street)
Spanning 85 hectares, the Pretoria Zoo is the largest in South Africa and one of the top 10 in the world. It features over 9,000 animals, a large aquarium, and reptile centre. There are cable cars, push carts for hire, and picnic areas, making it perfect for family outings.
Operating hours: Daily from 08:30 – 16:30
Entry fee: R110 for adults | R70 for children
Why go: Educational and entertaining. Great for school holidays or birthdays.

Hazel Food Market (Menlo Park)
This Saturday market draws local foodies and families with its gourmet street food, organic produce, artisanal baked goods, and handcrafted items. **Operating hours:** Saturdays only, from 08:00 – 14:00
Entry fee: Free
Why go: Chill vibes, good coffee, and something for everyone.

Embrace the season with cultural exploration These institutions not only offer refuge from the cold but also serve as gateways to understanding the rich histories and artistic expressions that define our communities.
So, bundle up and embark on a journey through time and creativity, right in your own backyard.

Breaking Barriers: Why We Need More African Blood Donors

June marks National Blood Donor Month, a time to raise awareness about the life-saving power of blood donation. While the need for blood in South Africa is constant, one group remains vastly underrepresented in donation drives: Black South Africans. Deep-rooted cultural beliefs, religious guidance, and community mistrust contribute to a long-standing stigma, particularly in churches such as the Zion Christian Church (ZCC), which advises members not to donate blood.

But here's the truth: donating blood saves lives, especially the lives of other Black South Africans.

South Africa's population is majority Black, but most blood donors are not. This becomes a serious issue for people with rare blood types more commonly found in African populations. Patients battling cancer, mothers giving birth, accident victims, and children with sickle cell disease, many of them depend on compatible blood that often only Black donors can provide.

The South African National Blood Service (SANBS) is working hard to dispel myths. Blood donation is safe, doesn't weaken the body, and doesn't interfere with your spiritual well-being. It's a simple act that takes 30 minutes but can save up to three lives per donation.

It's time to rethink what helping your neighbour means. Isn't saving a life an act of compassion and faith?

If you've ever lost a loved one due to complications in hospital, or know someone in need of a transfusion, you already understand the importance of blood.

You can still hold onto your beliefs while challenging the fears passed down to you. And if your church discourages it, ask why. Ask if healing others, even strangers, could be seen as honouring your faith.

To become a donor, you must be between 16 and 75, weigh over 50 kg, and be in good health. Visit www.sanbs.org.za or call 0800 11 9031 to find your nearest clinic.

Your blood group is determined by the genes you inherit from your parents

The 4 Main Blood Groups

A

Has A antigens
and B antibodies
Can donate to: A and AB
Can receive from: A and O

B

Has B antigens
and A antibodies
Can donate to: B and AB
Can receive from: B and O

AB

(Universal Recipient)
Has A and B antigens,
no antibodies
Can donate to: AB only
Can receive from:
A, B, AB, and O
Rare, but powerful!

O

(Universal Donor)
Has no antigens, A and B antibodies
Can donate to:
All groups (O, A, B, AB)
Can receive from: O only
Always in high demand!

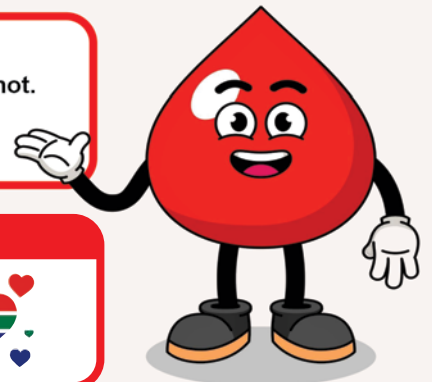
+ - Rh Factor: Positive or Negative?

Positive (+): You have the Rh factor protein. Negative (-): You do not.

This makes 8 blood types in total:
A+, A-, B+, B-, AB+, AB-, O+, O-

Quick Facts

- O+ is the most common in South Africa.
- AB- is the rarest – fewer than 1% of people have it!
- You can donate every 56 days if you're healthy and over 16.
- One donation can save up to 3 lives.



Celebrate Youth Day With Us!



DID YOU KNOW?

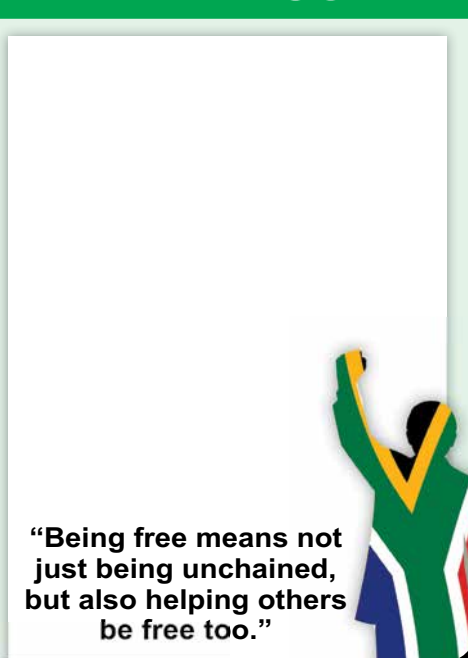
1. Youth Day is on 16 June every year.
2. It remembers the brave students who marched in Soweto for better education in 1976.
3. Many young people were hurt, but their voices brought big changes.
4. We celebrate Youth Day to honour their courage and to support all young people today.

YOUTH DAY WORD SEARCH

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

Find and circle the words above:
YOUTH, JUNE, HOPE, PLAY, LEARN

DRAW A POSTER

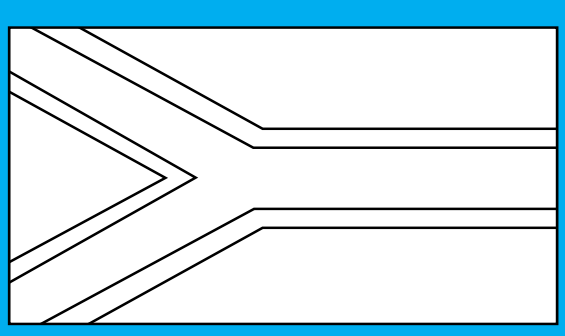


"Being free means not just being unchained, but also helping others be free too."

Youth Day
16th June



COLOUR IN THE FLAG



WHAT DOES YOUTH DAY MEAN TO YOU?



Empowering the Future: The Role of Education in Youth Development

Education is a cornerstone for youth empowerment in South Africa, offering pathways out of poverty and fostering active citizenship. Recognising this, the Department of Basic Education (DBE), UNICEF South Africa, and various NGOs have launched initiatives to enhance educational access and quality for young people.

Government initiatives

The DBE's Basic Education Employment Initiative (BEEI), part of the Presidential Youth Employment Initiative (PYEI), aims to reduce youth unemployment by providing temporary employment in schools. This programme not only offers work experience but also supports the education system by placing young assistants in classrooms across the country.

Additionally, the DBE, in collaboration with MIET AFRICA and the National Education Collaboration Trust (NECT), launched the SADC FutureLife-Now! Programme and the Ubuntu Youth Leaders Movement. These initiatives focus on holistic youth development, integrating health, education, and leadership training.

UNICEF's contributions

UNICEF South Africa supports educational development through programmes like the Sports for Development Programme (PES4D), which promotes physical, mental, and social growth among adolescents via physical education and leadership activities.

Furthermore, the Generation Unlimited (GenU SA) initiative, backed by UNICEF, aims to equip over 1.5 million young people with digital, science, and technology skills by 2030, facilitating their transition from education to employment.

Community and NGO Efforts

Local NGOs play a vital role in complementing government efforts. The South African Education Project (SAEP) offers academic support, life skills training, and psychosocial services to youth in under-resourced communities. Similarly, the Adopt-a-School Foundation implements the



Whole School Development model, addressing academic, infrastructural, and social needs to create conducive learning environments.

Johannesburg: South African Youth Development Academy (SAYDA)

In Johannesburg, the South African Youth Development Academy (SAYDA) is a non-profit organisation dedicated to youth empowerment through education and employment opportunities. SAYDA offers a range of programmes, including:

- Career Guidance Programme: Assisting youth in making informed career choices.
- Bursary Programme: Providing financial assistance for tertiary education.
- Internships & Learnerships Programme: Facilitating practical work experience to enhance employability.
- SAYDA also manages youth development projects like the Sanctuary Students Shelter and Mzansi Youth In Business, aiming to support dispossessed students and budding entrepreneurs.

Pretoria: Lesedi la Batho

In Pretoria, Lesedi la Batho is a Christian

faith-based NGO operating in the Mabopane township. The organisation offers over 1,200 free skills training courses annually, including:

- Computer literacy: Equipping youth with essential digital skills.
- Cashier and merchandising: Preparing individuals for retail employment.
- Sewing and beading: Promoting entrepreneurship through craft skills.
- Life skills: Fostering personal development and resilience.

Lesedi la Batho also runs the Ikemele Women Empowerment Project, supporting survivors of gender-based violence, and the Ratanang Day Care Centre, enabling young mothers to pursue education or employment (Source: www.lesedilabatho.co.za).

Through collaborative efforts between government bodies, international organisations, and local NGOs, South Africa is making strides in empowering its youth through education. These initiatives not only enhance academic outcomes but also equip young people with the skills and opportunities necessary for personal growth and national development.

Careers Column

Welcome to the Career Corner, 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 month, we delve into one of South Africa's fastest-growing career paths: content creation.

Consider Khanyisa Jaceni, a singer and online personality who rose to fame through viral videos showcasing her voice and charm. She now collaborates with brands and entertains thousands of fans, turning her phone into a full-time business tool.

Lasizwe Dambuza, known for his comedic skits and viral alter-egos like "Nomatriquency," has turned his online presence into brand deals, TV gigs, and even his own reality show. What began as a fun way to pass time grew into a media career, proving that content creation can open major doors.

Similarly, Grace Mondlana, a vibrant content creator, recently made waves by winning the coveted Emerging Creator Award at the DStv Content Creator Awards. Her journey from classroom teacher to full-time creator is as inspiring as it is transformative, embodying the spirit of resilience and creativity that many aspire to.

So how can you get started? You don't need expensive equipment. All you need is your phone, some data, and a clear idea. Platforms like TikTok, Instagram Reels, and YouTube Shorts are free and have helped everyday South Africans reach massive audiences.

Tips to get you started:

- Start by sharing what you love or know—comedy, food, parenting, fashion.
- Be consistent with your posts.
- Learn basic editing using apps like CapCut or InShot.
- Respond to comments and engage with your audience.

Along the way, you'll build skills like public speaking, branding, storytelling, time management, and even basic video production. Content creation isn't just about dancing on camera, it's about building a personal brand and connecting with others.

Whether you're unemployed, employed, or just curious, this could be your sign to start creating. You never know where your voice (and camera roll) might take you.



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.



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

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Prioritising Well-Being: Small Steps to Self-Improvement That Make a Big Difference

In a fast-paced and often overwhelming world, taking time to focus on your personal well-being is not a luxury, it's a necessity. Whether you're a parent, a student, a caregiver or a young person figuring out your path, small, intentional steps toward self-improvement can transform how you think, feel and show up in your daily life.

Well-being isn't only about physical health. It's a holistic state that includes your mental, emotional and social health too. The truth is, many people feel burnt out, anxious or stuck but don't know where to begin when it comes to improving their lives. The good news is that change doesn't have to be dramatic to be effective.

1. Start with routine

Setting small, achievable daily routines can bring structure and calm. Try starting your day with 10 minutes of quiet time, a short walk, or simply

making your bed. These actions create a sense of order that helps the rest of your day feel more manageable.

2. Check in with yourself

Ask yourself: "How am I feeling today?" It sounds simple, but taking a moment to recognise your emotional state helps you understand what you need, be it rest, support, or just some time alone. Journaling can help process those thoughts and track your growth over time.

3. Be kind to your body

Physical health supports mental health. Drinking water, getting enough sleep, and choosing nutritious meals are often overlooked acts of self-respect. You don't need a gym membership, stretching, dancing in your kitchen, or walking to the shop all count.

4. Learn something new

Personal growth often comes from learning. Whether it's a new skill, a language, or a craft, challenging your brain can boost your confidence and open new doors.

5. Set boundaries

Saying "no" to things that drain your energy is just as important as saying "yes" to things that bring you joy. Healthy boundaries protect your peace.

Most importantly, remember that self-improvement is a journey. You don't have to have it all figured out. Just start where you are, with what you have. The smallest step in a positive direction can change your whole perspective. You're worth the investment.



Indlela Izizukulwane Ezisebenzise Ngayo Izitokufela (Stokvels) Ukufunda Ngezezimali

Emakhaya aminingi, ukufunda yezezimali ngokomlando bekulokhu kungafinyeleleki kukho. Izingxoxo ezimayelana nokwenza ibhajethi, utshalomali noma ngemali yesikweletu bezingavamile ukuba zixoxwe etafuleni, hhayi ngoba bezingabalulekile, kodwa ngoba ukufinyelela kuzinsiza ezisemthethweni kanye nemfundo bekulinganiselwe/bekunomkhawulo. Naphezu kwalokhu, izizukulwane ziye zadlulisela ubuhlakani bazo bezimali ngendlela yazo: ngezitokufela.

Izitokufela sezidlale isikhathi eside indima eyisisekelo ekusizeni imindeni ihlangabezane nezibopho zayo zezezimali, ikakhulukazi ngenxa yokungakwazi ukufinyelela kumasistimu asemthethweni amabhange. Kungakhathaliseki ukuthi ukonga imali yesikole, eyokudla, eyemingcwabo, noma imali ezosetshenziswa ngoZibandlela (December), izitokufela zisize amalungu ukuba akwazi ukuphatha izimali, ukufunda ukulinda, kanye nomuzwa wokukwazi ukuziphendulela.

Okwenza izitokufela zibe namandla ngukuthi zifaka imigomo yokuphathwa kwezezimali okuphusile: ukonga njalo, ukuzibekela umgomo, nokunamathela kuwo/ukuwugcina. Emakhaya lapho ukufunda ngokwezimali kwakungafundiswa khona njalo, isiko lesitokufela livala lelo gebe, ikakhulukazi emindenini eholwa abesifazane. Kusukela besebancane, intsha eningi yaseNingizimu Afrika yabona omama bayo noma ogogo babo benikela ezitokufeleni nyanga zonke, befunda ukubaluleka kokuzibophezela nokuphathwa kwemali ngalokho abahlangabezane nakho.

Umthelela wesizukulwane awunakuphikwa. Ingane ekhuliswe ekhaya lapho ukukhokha esitokufeleni bekubekwa eqhulwini njalo ngenyanga ifunda ukuthi ukonga akuphoqelekile, kuyingxenywe yokuphila. Leyo ngane, uma isingumuntu omdala, ingase isebenzise lezo



zifundiso ukuthola imisebenzi eseceleni, ekongeni imali ngezobuchwepheshe, noma ngisho nasekutshaleni imali okusemthethweni.

Lapho ingcindezi yezezimali ikhuphuka, ikakhulukazi ngezindleko ezihlobene nezesikole nokukhuphuka kwamanani okudla, izitokufela zisalokhu ziyindlela ethembekile yokuhlala uphambili. Akuzona nje zezimo eziphuthumayo kuphela; ziyindlela yakudala yokuzithuthukisa, yokufunda, nokusinda kwezomnotho.

Uma ingekho imfundo ehlelekile yezezimali yendabuko, isitokufela siwuphawu lokuzigqaja lokuthi imiphakathi yabampisholo baseNingizimu Afrika babusebenzise kanjani ubuhlakani njengembumba ekwakheni imikhuba yezemali ephusile, izizukulwane ngezizukulwane. Akukona nje ukonga kuphela, kumayelana nokusimamisa imindeni, ikusasa, nesithunzi sezimali.

Novar App: Bridging the Education Gap for South African Learners



Two visionary entrepreneurs, Marvel Shibambu and Malunghelo Mathonsi, have transformed the educational landscape with the creation of the Novar App. Developed without formal coding education or substantial funding, their journey epitomises resilience and ingenuity.

The Novar App is a comprehensive educational platform offering live virtual classrooms, pre-recorded lessons, discussion forums, AI tools, and information on bursary opportunities. Designed to bridge the educational gap in rural communities, it provides students with accessible and quality learning resources.

Since its launch, the app has garnered over 44 000 downloads, reflecting its significant impact on learners across South Africa. Despite operating with limited resources, including an aging computer, Shibambu and Mathonsi

continue to enhance the app's capabilities, driven by their commitment to educational equity.

Their dedication caught the attention of Liberty, a leading financial services company in South Africa. Recognising the app's potential to revolutionise education, Liberty pledged R1 million in funding, provided office space at its Braamfontein campus, and offered access to business resources to support the Novar App's growth and sustainability (*Source: www.TimesLIVE.co.za*)

This partnership not only validates the founders' efforts but also underscores the importance of supporting innovative solutions that address educational disparities. With Liberty's backing, the Novar App is poised to expand its reach and continue making a meaningful difference in the lives of South African learners.

Smart Start: How Kids Can Start Saving With Just R1 a Week



Saving money might sound like something only adults do, but learning how to save from a young age is one of the most valuable life lessons a child can receive. And the good news? It doesn't take a lot to get started. Kids usually receive a small amount of pocket money, whether it's R5 here and there for tuckshop or change from the spaza shop. The key is not how much you get, but how wisely you use it.

Let's do the maths:

- Saving R1 per week = R52 a year.
- Saving R2 per week = R104 a year.
- Saving R5 per week = R260 a year.

That might not seem like much at first, but by the end of the year, it can buy something

meaningful like school supplies, a gift for a loved one, or even starting a small business idea, like selling handmade cards or baked goods.

Tips for young savers

Use a money jar or recycled bottle: You don't need a bank account to start saving. Any clear container will do. Seeing your money grow over time makes the habit exciting.

- Set a goal: Decide what you want to save for. A new school bag? A birthday present for ugo? Having a goal makes saving feel like a mission.
- Make a chart: Track how much you save each week. You can colour it in or use stickers to make it fun.
- Ask to help at home: Some families reward children for helping out with extra chores.

This can be a great way to earn and save a little more.

- Avoid spending everything: If you get R10 for the tuckshop, try spending R8 and saving R2. It all adds up!

Learning for Life

When kids start saving, they're not just putting money away—they're building a mindset. They're learning how to delay gratification, plan for the future, and take responsibility. These habits will serve them long after childhood.

As the isiZulu saying goes, "Inhlanhla ibambela kwelungiselelwe" – luck favours the prepared. A few rand saved each week could one day be the start of a smart and secure future.



Vegetable Curry with Pap

Ingredients

For the Curry:

- 2 tablespoons sunflower or canola oil
- 1 onion, finely chopped
- 2 garlic cloves, minced
- 1 teaspoon grated fresh ginger
- 2 medium potatoes, peeled and cubed
- 2 carrots, sliced into rounds
- 1 cup frozen peas
- 1 chopped tomato (or ½ tin chopped tomatoes)
- 2 tablespoons curry powder (mild or hot to taste)
- 1 teaspoon turmeric
- ½ teaspoon paprika
- Salt and pepper to taste
- 1 cup water or vegetable stock
- Fresh coriander (optional for garnish)



For the Pap:

- 2 cups maize meal
- 4 cups water
- ½ teaspoon salt



Method

Make the Curry:

1. Heat oil in a pot over medium heat. Add onions and sauté until soft and golden.
2. Add garlic and ginger. Stir for 1 minute.
3. Add curry powder, turmeric, and paprika. Toast for 30 seconds to release flavours.
4. Stir in potatoes and carrots. Coat well in the spices.
5. Add chopped tomato and water. Cover and simmer for 20–25 minutes until veggies are soft.
6. Stir in peas, season with salt and pepper, and cook uncovered for 5 more minutes.
7. Garnish with chopped coriander if using.

Make the Pap:

1. In a pot, bring water and salt to a boil.
2. Slowly add maize meal while stirring to avoid lumps.
3. Reduce heat to low, cover, and let simmer for 25–30 minutes. Stir occasionally.
4. Pap should be firm and fluffy when ready.

Dish a generous scoop of pap onto each plate and top with warm vegetable curry. Serve with atchar for extra flavour.

(Serves 4-6)

Immune Booster Tea

With winter around the corner, your immune system needs all the help it can get in the battle against colds and flu. There are a large variety of herbs and spices with medicinal benefits that can help treat flu symptoms as well as speed up your recovery process in some instances. This herbal tea recipe is affordable, can fight off flu symptoms and assist in keeping your immune system strong all winter.

Health benefits of each ingredient:

- Turmeric is a very strong antioxidant and has powerful anti-inflammatory effects.
- Ginger has a variety of health benefits from anti-inflammatory and antioxidant effects to assisting in treating nausea and fighting infections with its antimicrobial properties.
- Honey is rich in antioxidants and has cough suppressing properties for children.
- Orange is high in Vitamin C which boosts your immune system and helps your body make collagen.
- Cayenne pepper contains capsaicin, which may help provide relief during sinus congestion.
- Mint contains menthol, which can improve airflow and breathing in some cases.
- Cinnamon is loaded with powerful antioxidants and may have anti-inflammatory properties.



Ingredients:

- 500 ml boiling hot water (2 cups)
- 2 cm slice of fresh ginger root, diced or grated
- ½ teaspoon ground turmeric (or a 2 cm fresh piece of turmeric root, diced or grated)
- 2 teaspoons honey (adjust according to taste)
- 1 sliced lemon (you can use lemon juice as an alternative)

Method:

1. Bring water to a boil.
2. Add lemon slices, ginger and turmeric to the boiling water.
3. Let the ingredients boil for 5-10 minutes.
4. Serve in a mug or a flask.
5. Add the honey to your taste.

This makes two cups of the immune boosting tea.

Serving suggestions and how to store:

- This tea is best enjoyed warm, either fresh out of the pot or in a flask to keep it hot.
- If you have leftovers, you can store it in the fridge and reheat when needed.
- It can be used as a base for iced tea in warmer weather as well!
- Feel free to customise the recipe and add whatever feels good for you.

Smart Shopping: Stretching Your Grocery Budget



In many households, food is one of the biggest monthly expenses. With food prices rising, especially for essentials like maize meal, cooking oil and meat, learning how to shop smart has never been more important. Whether you're buying for a family of five or just feeding yourself, these practical tips can help stretch your grocery budget without sacrificing nutrition or quality.

1. Plan before you shop

The first step to saving starts before you even leave the house. Sit down and plan your meals for the week. Write a shopping list based only on what you need for those meals. This helps reduce impulse buys and ensures you don't buy items you already have in your cupboards.

Pro tip: Check weekly specials in local newspapers or on your favourite grocery store's app: Shoprite, Pick n Pay, Boxer, and Spar often have deals that can guide your menu planning.

2. Stick to the list

Once you're in the shop, stick to your list as best you can. Supermarkets are designed to tempt you, avoid browsing in the snack or sweets aisles unless they're on your list. Teach your children this habit too if they shop with you.

3. Buy in bulk where it makes sense

Staples like rice, flour, sugar, toilet paper and maize meal are often cheaper when bought in bulk. Share bulk purchases with family or neighbours if storage is a challenge. This is also where savings clubs or stokvels can come in handy.

4. Compare prices

Don't be loyal to one store if others nearby are cheaper for certain items. You can also compare unit prices, sometimes a bigger bag isn't actually the better deal.

5. Buy seasonal fruits and vegetables

Seasonal produce is fresher and usually much cheaper. In winter, think cabbage, butternut,

carrots and oranges. In summer, you'll get better prices on watermelon, tomatoes and green beans.

6. Cook from scratch

It's cheaper (and healthier) to cook meals from scratch than to buy processed or pre-cooked options. For example, buying raw chicken and cooking it yourself is much more affordable than buying cooked pieces.

7. Freeze and reuse leftovers

Don't waste food! Freeze leftovers in labelled containers for easy meals later in the week. Use bones and vegetable peels to make your own stock.

Being a smart shopper isn't about being cheap, it's about being wise. In today's economy, every rand counts. With a little planning, comparison and creativity, you can feed your family well while keeping more money in your pocket. Remember: small savings made often lead to big results over time.



Banyana Banyana: A Beacon of Hope for Young Girls in the Township

In 2025, Banyana Banyana, South Africa's women's national football team, has continued to shine on the international stage, showcasing the immense talent and determination of its players. Their recent successes serve as an inspiration to young girls, especially those in townships, demonstrating that with passion and perseverance, dreams can indeed become reality.

Celebrating key players

1. Mpumi Nyandeni

A seasoned midfielder, Nyandeni reached a significant milestone in April 2025 by earning her 150th cap for the national team. Her leadership and experience have been pivotal in guiding the team through various challenges.

2. Sibongile Ntoane

At just 21, Ntoane has quickly become a rising star. She scored her first international goal in a friendly against Lesotho in February 2025, marking her growing influence in the midfield.

3. Katlego Malebana

A product of the Gauteng Women's Development League, Malebana's journey from local leagues to the national team exemplifies

the importance of grassroots development. Her leadership qualities and defensive skills have been instrumental in the team's recent successes.

4. Isabella Ludwig

Transitioning from hockey to football, Ludwig's versatility and vision in the midfield have made her a key player for both her club and the national team. Her debut for Banyana Banyana in 2024 was a testament to her adaptability and commitment.

5. Nobahle Mdelwa

Mdelwa's composure and skill were on display when she scored a decisive penalty in a friendly against Lesotho in February 2025, showcasing her potential to be a future star for the team.

Recent achievements

In February 2025, Banyana Banyana secured two victories over Lesotho in international friendlies. The first match ended with a 1-0 win, thanks to Mdelwa's penalty, while the second saw a 2-0 triumph with goals from Ntoane and Unathi Simayile. These performances highlighted the team's depth and the emergence of young talents ready to make their mark.

Inspiring the next generation

For young girls in the township, Banyana Banyana represents more than just a football team; they are role models who have risen from humble beginnings to achieve greatness. The stories of players like Ntoane, who began her journey in local leagues, and Ludwig, who transitioned from hockey, underscore the importance of determination and seizing opportunities.

Local initiatives, such as the Gauteng Women's Development League, play a crucial role in identifying and nurturing young talent. These platforms provide aspiring players with the resources and exposure needed to advance in their football careers.

A call to aspiring footballers

To the young girls dreaming of donning the national jersey:

- **Start early:** Engage in local leagues and school competitions to hone your skills.
- **Stay committed:** Dedication to training and continuous improvement is key.
- **Seek mentorship:** Learn from experienced players and coaches who can guide your development.
- **Believe in yourself:** Confidence and self-belief are essential in overcoming challenges.

With the continued success of Banyana Banyana, the path to representing South Africa on the international stage is becoming clearer for the next generation. Their achievements serve as a testament to the power of sport in transforming lives and communities.



Banyana Banyana training session.

Source: www.instagram.com/banyana.banyana

Kasi-Flare Tournament: Empowering Township Gamers



The Kasi-Flare Tournament is transforming South Africa's esports landscape by spotlighting talent from townships and providing a platform for aspiring gamers to showcase their skills. Co-hosted by Mettlestate and Penrose Esports, this initiative aims to democratize gaming by creating structured opportunities for players from under-resourced communities.

In its 2025 season, Kasi-Flare kicked off with Split 1, where 20 gaming hubs across various townships hosted qualifiers. Local players competed fiercely, with the top performers advancing to the

Split 1 Finals in Johannesburg. This event not only celebrated competitive gaming but also fostered a sense of community and passion among participants.

The tournament's structure includes multiple splits, leading up to grand finals that offer substantial prize pools. For instance, the 2025 season features a R10 000 prize pool, with the champion earning R5 000. Moreover, top players from Kasi-Flare gain entry into larger competitions, such as the Mamelodi Sundowns Esports Championship, which boasts a R200 000 prize pool.

Kasi-Flare's impact extends beyond

the gaming arena. By collaborating with local hubs, the tournament builds infrastructure and creates career pathways for gamers. It emphasises that talent exists everywhere and deserves recognition and support.

For those interested in participating or supporting the initiative, more information is available on the official Kasi-Flare website: kasi-flare.com.

As the tournament progresses, it continues to inspire and uplift communities, proving that with the right platform, township gamers can shine on national and international stages.

Zakithi Nene Sets World Lead In Men's 400m In Nairobi



Athletics South
Africa Press Release

Photo Credit:
X (Twitter)

National champion Zakithi Nene was the best of the South African athletes on the international track and field circuit this weekend, setting a new world lead in the men's 400m event.

Nene stopped the clock at 43.76 seconds at the Kip Keino Classic in Nairobi on Saturday, becoming the second SA athlete to run under 44 seconds over the one-lap distance after world record holder Wayde van Niekerk. Nene finished well clear of Nigerian athlete Chidi Okezie who took second place in 44.98.

National junior record holder Bayanda Walaza also impressed in the men's 100m race, though he settled for the runner-up spot. He got off to a good start but the athletes were called back by the starter, and though there were no disqualifications for a false start, they were made to go again and this time Walaza looked a little hesitant out the blocks the second time.

He nonetheless delivered another impressive result, crossing the finish line in 10.03, with Lachlan Kennedy of Australia securing top spot in 9.98.

Among a large contingent of SA athletes competing in Nairobi, Shaun Maswanganyi also

managed to find a place on the podium. He took second place in the men's 200m contest in a season's best 20.47 in the absence of compatriot Sinesipho Dambile, who withdrew ahead of the race.

Liberian athlete Joseph Fahnbulleh triumphed in 20.40, chasing down Maswanganyi in the battle for the line.

Later in the programme, Maswanganyi went on to finish fourth in the 100m race in 10.24.

Meanwhile, on 30 May 2025, Monday Barnard took second position at the Irena Szwinska Memorial, a World Athletics Continental Tour meeting in Bydgoszcz. He clocked 13.49, with Belgian athlete Elie Bacari taking the win in 13.43.

"We are delighted with these performances as they work their way towards the World Athletics Championships in Tokyo, Japan in September," said James Moloi, who was re-elected as the President of Athletics South Africa on Saturday.

"We are also really thrilled with Zakithi for the leading time he set in the process. He is just flying on the track with continued brilliant performances. We congratulate him, the coaches and their support team for such an achievement."

How Rugby is Transforming the Lives of Our Youth

Every day as you travel to and from work by taxi, you might pass areas where children are throwing a rugby ball around in a dusty, makeshift field. It might look like kids just playing, but those fields are shaping the future of potential rugby stars. Rugby is not just a sport; it's a key that unlocks better opportunities for township youth.

Rugby: A game that builds more than just strength

Rugby teaches far more than just how to tackle or pass a ball. It teaches life. It instills in young people the values of teamwork, discipline, resilience, and leadership. When a boy or girl joins a rugby programme, they're not just learning to play a sport, they're learning how to take control of their lives.

Here are just a few of the life skills youth gain through rugby:

- **Respect for rules and authority:** They learn to follow structure, both on and off the field.
- **Emotional control and self-discipline:** Rugby requires mental toughness as much as physical power.
- **Confidence-building:** As they improve and achieve, they begin to believe in themselves and take initiative in life.

Real role models: The story of Siya Kolisi

Siya Kolisi, one of the world's most respected rugby captains, didn't come from luxury, he came from Zwide, a township in the Eastern Cape. He grew up with hardship, hunger, and little access to opportunity. Rugby gave him a lifeline. Today, Siya is not only a Springbok hero, he is living proof that with support, kasi youth can also lead the world.

Rugby opens doors to education and careers

Rugby is not only about the dream of playing for the Springboks. Across South Africa, youth with talent are being offered scholarships, bursaries, and places in top schools and universities through rugby. Beyond that, rugby leads to real, sustainable careers:

- Coaching and sports development
- Health professions like physiotherapy and sports medicine
- Sports media, journalism, and analysis
- Sponsorship, event planning, and marketing in the sports industry

Rugby as a shield from negative influences

In communities where drugs, crime, and hopelessness are widespread, rugby becomes a positive outlet. Through practices, matches, mentorship, and travel, youth find focus, structure, and goals. Instead of loitering or getting pulled into harmful lifestyles, they are occupied with building a better future. Rugby gives youth something to wake up for, something to train for, something to be proud of.

Let's see the players as the leaders they are

Rugby is more than a game; it's a school of life. In townships, it is becoming a tool for healing, growth, and empowerment. Let's be more than spectators. Let's be supporters, motivators, and believers in what our young people can become. Let rugby be the game that tackles hopelessness and gives rise to a future filled with pride and potential.

