

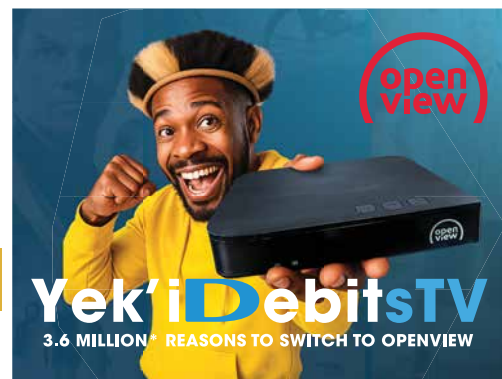
# ASAMBENI TAXI TIMES

Moving Minds, One Journey at a Time

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Edition 10 | 29 October 2025



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## Ukuhlonipha Uhlelo Olusiyisa Lapho Sidinga Ukuya Khona

U-October umaka Inyanga Yezokuthutha, isikhathi sokuqaphela izinhlelo, abantu, nezindawo ezigcina izwe lethu liqhubekela phambili. Kusukela emabhasini edolobha kuya ematekisini amancane, lezi zimoto zansuku zonke zithwala inhliyiyo yesizwe, zixhumanisa izigidi zabantu baseNingizimu Afrika emsebenzini, esikoleni, nasemndenini.

Imboni yamatekisi amancane yazalwa ngenxa yesidingo. Ngesikhathi sobandlululo, abantu abamnyama baseNingizimu Afrika babebekwe/babephushelwe kude namadolobha kanye nasemathubeni omsebenzi. Izindlela zokuhamba zomphakathi zazilinganiselwe futhi zazingathembekile. Ngakho, imiphakathi yasungula isisombululo sayo; itekisi.

Ngokwesihloko sakamuva se-IOL, lesi simiso esingakahleleki sakhula saba yingxeny ebalulekile yomnotho waseNingizimu Afrika, manje sithutha abagibeli abangaphezu kwezigidigidi ezingu-15 nsuku zonke futhi sinikela ngezigidigidi zamarandi emnothweni (Source: iol.

co.za). Izimpande zale mboni zisekuqineni nasemphakathini, indaba yabantu abavamile abagcwalisa igebe elishiywe umbuso.

Kodwa njenganoma yiluphi uhlelo olukhulayo, imboni yamatekisi ibhekene nezinelele: ukuphepha emgwaqweni, ukuntuleka komthetho, nokuncintisana ngemizila. Naphezu kwalokhu, amatekisi ahlala ewuphawu lokusinda nokuzimela, okufakazela ukuthi abantu bangakha izinhlelo zabo lapho ezihlelekile zihluleka.

Ukuba sendleleni/ukuhamba kungase kucindezele. Abantu abaningi baseNingizimu Afrika bavuka ngaphambi kokuphuma kwelanga ukuze bajoyine ulayini wamatekisi, babhekane nokuminyaminyana kwezimoto, futhi bafike ekhaya bafike emakhaya sekumnyama. Ngokuhamba kwesikhathi, lokhu kucindezeleka kwansuku zonke kungathinta impilo yengqondo, kuholele ekukhathaleni okukhulu, ekukhathazekeni, nasekukhungathekeni.

Ukuthuthukiswa okuncane,

njengemigwaqo ephephile, izindawo zokukhosela ezifanele emarenki, ukulungiswa kwezimoto okungcono, kanye nezinsiza ezinesizotha, kungenza umehluko omkhulu emuzweni wenhlalakahle yabagibeli. Uma uhambo lwethu luphephile futhi lubushelelezi, izingqondo zethu nazo zingaphumula kalula.

### Ukuphepha emgwaqweni: isibophu sabo bonke

Inyanga Yezokuthutha futhi isicela ukuba sicabange ngokuphepha emgwaqweni. INingizimu Afrika isarekhoda inani eliphakeme lezingozi zomgwaqo, eziningi ezibandakanya izimoto zokuhamba/zokuthutha umphakathi.

Embonini yamatekisi, ukuphepha kuqala ngawo wonke umuntu:

- Abashayeli kumelwe bagweme ukulayisha ngokweqile, ukushayela ngesivinini esiphezulu kanye nokuziphatha budedengu.

Continued on page 02



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**Safe Streets, Safe Homes: The Real Meaning of 16 Days of Activism**





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## Beyond the Commute: How Travel Enhances Life



As we wrap up Transport Month, we're reminded that travelling isn't just about getting from point A to point B. Whether it's a daily taxi ride to work, a walk to school, or a weekend trip to a new town, every journey has the potential to expand our horizons, reduce stress, and open doors to personal growth.

Transport Month is about celebrating the systems and people that keep the country moving, the taxi drivers, bus operators, and commuters who make up the lifeline of our cities. But it's also an opportunity to reflect on how movement itself contributes to our wellbeing.

For millions of us in busy townships and cities like Pretoria and Johannesburg, commuting is part of daily life. While traffic or long queues can sometimes cause frustration, travel can also serve as a valuable pause, a time to reflect, listen to music, read, or observe the world around us. Psychologists note that small breaks in routine, such as

changing your route or taking a scenic walk, can improve mental clarity and reduce anxiety.

Travel also connects people to opportunity. A reliable transport system allows workers to reach new jobs, students to access better schools, and entrepreneurs to meet clients across towns. For informal traders at taxi ranks or local vendors near bus stops, the flow of commuters creates a daily economy that sustains thousands of households.

Beyond work and school, exploring new places, even close to home, can refresh the mind and strengthen community ties. Visiting cultural sites like Vilakazi Street in Soweto, Freedom Park in Pretoria, or local weekend markets allows us to appreciate our history and diverse heritage. Travel encourages curiosity, empathy, and understanding, qualities that help communities grow stronger together.

In an age where stress and burnout are common, taking time to travel for leisure or exploration can improve mental health. Studies show that changing environments can help boost creativity and relieve tension. Even a short getaway, such as a day trip to Hartbeespoort Dam or a family picnic at Groenkloof Nature Reserve, can make a big difference in one's emotional wellbeing.

As we close Transport Month, let's honour the movement that shapes our lives, not just the physical act of travel, but what it represents: growth, connection, and the freedom to explore. Every journey, no matter how small, reminds us that the world is bigger than our routine, and that life's best lessons are often found along the road.

## Coping During Stressful Times

Life moves fast, and for many commuters and working adults, the daily pressures of work, family, and financial responsibilities can take a heavy toll on mental health. This Mental Health Awareness Month, we are reminded that looking after your mind is just as important as looking after your body.

Anxiety and depression are among the most common mental health challenges faced today, yet they are often overlooked or dismissed as "just stress." However, prolonged stress without rest or support can lead to burnout, fatigue, and emotional exhaustion. Recognising early warning signs, such as irritability, loss of interest, changes in sleep patterns, or persistent worry, is the first step to healing.

Here are a few ways you can protect your mental health during stressful times:

### 1. Take small breaks

If you spend long hours in traffic or at work, take short mental breaks. Use your commute to listen to music, an uplifting podcast, or a short guided meditation instead of stressful news.

### 2. Stay connected

Isolation increases feelings of sadness and anxiety. Chat with friends, colleagues, or loved ones daily, even if it's just a short check-in.

### 3. Move your body

Physical activity, like walking around the taxi rank, taking stairs, or light stretching, helps release endorphins that boost your mood.



### 4. Practice gratitude and mindfulness

Each day, reflect on three small things you're thankful for, it can shift your focus from problems to positivity.

### 5. Seek professional help when needed

Talking to a counsellor or psychologist is a sign of strength, not weakness. Many clinics and NGOs offer free or affordable mental health support.

Mental health matters, not only during October but every day. Let's break the silence and support one another in creating healthier, more compassionate communities.

### Need to talk? You're not alone

- **South African Depression and Anxiety Group (SADAG):** 0800 456 789
- **Lifeline South Africa:** 0861 322 322
- **Suicide Crisis Helpline:** 0800 567 567
- **Government Mental Health Line:** Call your nearest clinic for referrals
- **In an emergency:** Call 10111 or visit your nearest hospital

## Ukuhlonipha Uhlelo Olusiyisa Lapho Sidinga Ukuya Khona

Continued from page 01

- Abanikazi bamatekisi kufanele bagcine izimoto zikulungele ukuba semgwaqweni.
- Iziphathimandla kufanele ziphoqebele imithetho futhi zihlale izimoto njalo.
- Abagibeli bangakhuluma ngokumelene nokushayela okungaphephile futhi benqabe ukugibela amatekisi agcwele ngokweqile.
- Imigwaqo ephephile ayivikeli abagibeli bamatekisi kuphela, kodwa nabantu abahamba ngezinyawo, izingane zesikole, nabashayeli bezimoto.

### Okungaphezu kokugibela: umphakathi oseduze namatekisi

Ngaphandle kokuhambisa abantu, imboni yamatekisi isekela izinkulungwane zemisebenzi engahlelekile egcina amadolobhana namadolobha ethu ephila. Kuwo wonke amarenki, abathengisi bathengisela abagibeli ukudla, izithelo, ukudla okulula kanye ne-airtime. Abahlanza izimoto, abalungisa izicathulo, nabathengisi basemgwaqweni baziphilisa ngokuhamba njalo kwabantu.

La mabhezini amancane ondlal imindeni futhi anezela amandla emnothweni wendawo. Amarenki amatekisi angaphezu nje kwezindawo zokuhamba, ziyizindawo zomphakathi lapho abantu bexoxa khona izindaba, behleka, futhi bebukelana/besizana. Umuzwa wokuzizwa usekhaya okhula kulezi zindawo uyingxenye yalokho okwenza imboni yamatekisi ihluke kangaka.

Ake sithathe isikhashana ukuhlonipha hhayi kuphela izimoto ezisihambisayo, kodwa abantu abenza konke kusebenze, abashayeli, ama-marshall, abathengisi basemgwaqweni, abahlanza izimoto, nabagibeli. Ndawonye, bakha inethiwekhi ephilayo egcina iNingizimu Afrika iqhubekela phambili, uhambo olulodwa ngesikhathi.

## Breaking the Stigma: How Communities Can Support Those Living with HIV

### Question: do you know your status?

Every November, we observe Red Ribbon Month, a time dedicated to raising awareness about HIV and AIDS, promoting testing, and fighting the stigma that still surrounds the condition. Despite progress in treatment and education, many people living with HIV continue to face discrimination, often from within their own communities.

HIV stigma can lead to isolation, fear, and even people avoiding treatment because they worry about what others might say. According to the South African National AIDS Council (SANAC), stigma remains one of the biggest barriers to ending the spread of HIV. Many people delay testing or stop taking medication to keep their status a secret, which can harm their health and the health of others.

Communities play a vital role in changing this. When neighbours, friends, and families show understanding and compassion, they help create a safe environment where people feel supported rather than judged. Community health workers, local clinics, and NGOs have been leading this effort by bringing testing and counselling services closer to where people live.

In Gauteng, several community-based organisations run support groups where people living with HIV can share their experiences, find encouragement, and learn how to manage their health. Faith groups, schools, and youth clubs have also begun hosting awareness talks, challenging myths about HIV, and encouraging open conversations.

Simple acts, such as treating everyone with respect, using kind language, and encouraging regular testing, make a real difference. HIV is now a manageable condition, thanks to free antiretroviral treatment available at public clinics. With the right support, people living with HIV can live long, healthy, and fulfilling lives.



### Where to get help and support

If you or someone you know is living with HIV or needs information, counselling, or testing, the following services are available across the country:

### National HIV & AIDS Helpline

0800 012 322 (toll-free)  
Available 24 hours for information, counselling, and referrals.

### National AIDS Helpline (LifeLine)

0861 322 322  
Offers confidential emotional support and HIV information.

### South African National AIDS Council (SANAC)

www.sanac.org.za  
Find community programmes and educational resources.

### Department of Health HIV Services

Visit your nearest public clinic or community health centre for:

- Free HIV testing and counselling
- Free antiretroviral treatment (ART)
- Prevention and education programmes

### TAC (Treatment Action Campaign)

www.tac.org.za

Advocates for access to treatment and patient rights.

### LovLife South Africa

0800 121 900 | www.lovelife.org.za  
Youth-friendly information on sexual health and HIV prevention.

### Remember, HIV is not a death sentence.

Testing, treatment, and support are free and confidential in South Africa. Reaching out for help is the first step toward living well and staying healthy.







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## Careers Column

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

This edition, we are focusing on **turning your tech skills into a home-based business.**

In today's world, almost every household relies on technology, from smartphones to Wi-Fi routers and smart TVs. For many South Africans, especially those living in townships or the abantu abadala, understanding how to set up or troubleshoot devices can feel daunting. If you are someone who loves technology and enjoys helping others, you could turn these skills into a small but profitable side hustle.

As a home tech support provider, you can help people install Wi-Fi networks, set up smartphones, tablets, or laptops, assist with software updates, and even teach basic digital skills. Many clients will pay for one-on-one support at home because it saves them the frustration of figuring things out themselves. You don't need formal qualifications, what matters most is practical experience, patience, and a willingness to solve problems.

### Getting started

- **Offer your services locally:** Start with neighbours, family, or community members. Word of mouth is powerful, and once people trust you, referrals will grow your business.
- **Advertise on social media and community boards:** Platforms like Facebook Marketplace, WhatsApp groups, and local



notice boards are great for reaching clients.

- **Set clear rates:** Charge per task or per hour. Even small amounts can add up quickly, especially if you serve multiple households in your area.
- **Free resources for learning and certification:** You can improve your credibility and skills by taking online courses. Some free options include:
- **Google Digital Skills for Africa:** Free courses on digital literacy, tech troubleshooting, and online marketing ([learndigital.withgoogle.com/digitalskills](http://learndigital.withgoogle.com/digitalskills))
- **Cisco Networking Basics:** Free courses on network setup and troubleshooting ([netacad.com](http://netacad.com))
- **Microsoft Learn:** Free tutorials on Windows, Office, and general tech support ([learn.microsoft.com](http://learn.microsoft.com))
- **Coursera and edX:** Many free beginner courses on IT fundamentals and computer

literacy ([coursera.org](http://coursera.org), [edx.org](http://edx.org)).

### Freelance platforms for extra income

Once confident in your skills, you can also take on small tech support jobs online:

- Upwork ([upwork.com](http://upwork.com))
- Fiverr ([fiverr.com](http://fiverr.com))
- Freelancer ([freelancer.com](http://freelancer.com))

Even if your clients are local, having an online profile can increase credibility and attract higher-paying opportunities.

Start small, focus on building trust, and continuously improve your skills. Many South Africans have turned basic tech knowledge into a reliable income source, and with smartphones, laptops, and Wi-Fi becoming a necessity, there is a growing demand for affordable, home-based tech support.

Helping people navigate technology is not just a job, it's a chance to empower your community while earning an income.

**SCANDAL!**  
7.30 PM

**Uzozisola** Regrets  
8.30 PM

**Smoke & Mirrors**  
9 PM

**ISITHA** THE ENEMY  
9.30 PM

**ITHEMBA ALIBULALI**  
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**KEIDERS VAN GEHEIME**  
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## Taxi Ranks as Safe Spaces: How Commuters Can Help Stop GBV

As South Africa prepares for the 16 Days of Activism for No Violence Against Women and Children campaign (25 November to 10 December), communities are being reminded that the fight against gender-based violence (GBV) starts with all of us, even at the taxi ranks we use every day.

Taxi ranks are more than just pick-up and drop-off points. They are busy community hubs where thousands of commuters meet daily. This makes them powerful spaces for awareness and action. Taxi associations and drivers are increasingly recognising their role in promoting safety and standing up against abuse.

Some associations in Gauteng have already started putting up GBV helpline posters, sharing information on shelters, and

encouraging drivers to intervene safely when they see harassment or violence. By displaying emergency contact numbers, such as the GBV Command Centre (0800 428 428) or Crime Stop (08600 10111), ranks can become places of support rather than silence.

Commuters also have a part to play. If you witness abuse or harassment, speak up or report it to nearby officials or law enforcement. Small acts, like checking on someone who seems uncomfortable or sharing GBV hotline information, can make a big difference.

Together, commuters, drivers, and associations can turn public transport spaces into zones of care and protection. Ending GBV is everyone's responsibility, and it begins with choosing not to look away.



## Celebrating Mental Health Month In Atteridgeville

The community of Atteridgeville came together on 10 October to commemorate Mental Health Month with a day of fun, learning, and togetherness at the Mbolekwa Sports Ground. The event, supported by the Tshwane Sports Council, was more than just a celebration, it was a call to action for better mental wellbeing and open conversations about health in the black community.

The aim of the day was to raise awareness about mental health challenges that often go unnoticed, while also reminding residents that wellness includes both body and mind. Instead of long speeches or lectures, the focus was on community, connection, and laughter.

Families filled the sports ground as music played and local teams competed in friendly games. Adults joined children in stretching exercises and rugby matches, showing that play isn't just for the young. There was also a chess competition, drawing both experienced players and

curious beginners, proving that mental exercise can be as joyful as physical activity.

A modelling competition added colour and excitement to the day, giving young people a platform to showcase confidence and creativity. Between activities, visitors stopped by information stands where health workers and volunteers shared tips on stress management, healthy living, and where to get free mental health support in Gauteng.

The event was about more than awareness, it was about breaking stigma. "In our communities, we don't always talk about mental health, but days like this remind us that we're not alone," said key stakeholder Mr Lucas Mananyetso, known as Coach Lucas.

By the end of the day, Mbolekwa Sports Ground was filled with smiles, new friendships, and a shared understanding: caring for your mind is just as important as caring for your body.



## Understanding Retirement Funds and Pensions

Planning for retirement is something many of us put off, but starting early can make a big difference to our lives. With rising costs of living and longer life expectancy, it is important to understand how retirement savings, provident funds, and pensions work and how to monitor them effectively.

In South Africa, most formal employees belong to a retirement fund through their employer. These can be either pension funds or provident funds. A pension fund typically pays out a monthly income when you retire, while a provident fund usually allows you to take the full amount as a lump sum, although new rules encourage converting part of it into a monthly pension. According to the Financial Sector Conduct Authority (FSCA), understanding the

type of fund you belong to is the first step in planning for retirement.

Employees and employers usually contribute a portion of your salary to the fund every month. These contributions are invested in various portfolios, which can include shares, bonds, and property. The growth of your retirement savings depends on how the investments perform over time, which is why starting early can have a significant impact. Even small contributions made consistently over many years can grow into a substantial retirement nest egg.

Monitoring your retirement fund is equally important. The Association for Savings and Investment South Africa (ASISA) advises members to regularly check their fund statements, ensure contributions are being made correctly, and review the investment strategy. Many funds allow you to adjust the level of risk depending on your age and financial goals. Younger members can usually afford higher-risk investments that have greater growth potential, while those closer to retirement may want more conservative investments to protect their savings.

Early planning also helps you make informed decisions about your lifestyle after retirement. It is important to calculate how much you will need each month to maintain your standard of living, considering factors



such as medical aid, housing, and inflation. Tools like the FSCA Retirement Fund Calculator can help estimate your future income based on current savings and contributions.

In addition, South Africans are encouraged to explore supplementary retirement savings, such as retirement annuities, especially if your employer fund contributions are low. A combination of employer-provided funds, personal savings, and additional investments can ensure a more comfortable and secure retirement.

The earlier you start and the more informed you are, the better your retirement prospects. Keeping track of your fund, making consistent contributions, and understanding your options today can help you enjoy financial freedom and peace of mind when you retire.

(Sources: Financial Sector Conduct Authority, Association for Savings and Investment South Africa, South African Reserve Bank).

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## What Every Family Should Know About Strokes

As South Africa observes National Stroke Week from 28 October to 3 November, communities are being encouraged to take action to prevent strokes and recognise the warning signs. Strokes are a leading cause of disability and death in the country, but early detection and lifestyle changes can make a significant difference.

- Recognising stroke warning signs**  
Time is critical when a stroke occurs. Health experts emphasise the importance of knowing the FAST signs:
- Face drooping,
  - Arm weakness,
  - Speech difficulty, and
  - Time to call emergency services immediately.

Other symptoms may include sudden dizziness, severe headaches, blurred vision, or numbness on one side of the body. Acting quickly can save lives and reduce long-term disability. Lifestyle choices play a big role in stroke prevention. High blood pressure, smoking,

excessive alcohol consumption, diabetes, obesity, and physical inactivity all increase stroke risk. A balanced diet rich in fruit, vegetables, and whole grains, combined with regular exercise, can help maintain healthy blood pressure and reduce the likelihood of a stroke. Regular check-ups with your local clinic are vital for monitoring risk factors.

During National Stroke Week, free screenings for blood pressure, cholesterol, and diabetes are often offered at community centres, clinics, and pharmacies. These initiatives allow early detection and help people understand their personal risk. Residents are encouraged to take advantage of these services and share information with family members, as prevention often starts at home.

National Stroke Week is a reminder that strokes are largely preventable and that knowledge, timely action, and healthy habits can save lives. By staying informed, monitoring health, and supporting community initiatives, we can reduce the impact of strokes and promote healthier, longer lives.



## Health Matters: Encouraging Men to Prioritise Their Wellbeing

November is Men's Month in South Africa, a time to reflect on the unique health challenges men face and the importance of taking proactive steps to stay well. Many men often neglect their health, prioritising work or family responsibilities over check-ups, which can lead to preventable illnesses and complications.

**Common health issues**  
Several health conditions disproportionately affect men. Prostate problems, including prostate cancer, are among the leading concerns. The South African Prostate Cancer Foundation advises men over 45, or over 40 if they have a family history, to have regular prostate screenings.

Depression, anxiety, and stress-related disorders are often underreported among men due to societal expectations around masculinity. Experts urge men to talk openly about emotions, seek support when needed, and practice self-care to manage stress and prevent burnout.

Lifestyle diseases, including heart disease, diabetes, and high blood pressure, are also common. Poor diet, lack of exercise, smoking, and excessive alcohol consumption increase risk. Small changes, like incorporating physical activity, reducing processed foods, and moderating alcohol intake, can have a big impact on long-term health.

- Tips for prevention and wellbeing**
- **Schedule regular check-ups:** Don't wait until you feel unwell. Routine screenings can detect problems early.
  - **Eat a balanced diet:** Include vegetables, fruit, whole grains, and lean proteins to support heart and overall health.
  - **Exercise consistently:** Aim for at least 30 minutes of moderate activity most days of the week.
  - **Prioritise mental health:** Speak to friends, family, or professionals if you feel stressed, anxious, or depressed.



During Men's Month, keep a lookout for organisations that might host free health screenings, workshops, and fitness initiatives to encourage men to take charge of their health. Local clinics often provide blood pressure, cholesterol, diabetes, and prostate checks at no cost.

Men's health is more than just physical wellbeing, it's about emotional and social wellness too. By taking small, consistent steps, men can prevent serious illnesses, reduce stress, and enjoy a longer, healthier life. This November, let's remind men that looking after themselves is not a luxury, but a responsibility to themselves, their families, and their communities.

- Where men can get support and screening**
- **South African Prostate Cancer Foundation:** 0800 000 532
  - **South African Depression and Anxiety Group (SADAG):** 0800 21 22 23
  - **Heart and Stroke Foundation SA:** 0860 432 786
  - **Department of Health Clinics (Gauteng):** Ask about free Men's Month screenings.

## Helping Your Kids Stay Happy and Healthy

School Health Week runs every year from 13-19 October as a reminder that our children's education goes hand-in-hand with their physical and emotional wellbeing. A healthy learner is a happy learner, and when schools, parents, and communities work together, children are better equipped to handle life's challenges, from exam stress to social pressures.

As exam season approaches, many teens experience anxiety and fatigue. Parents and caregivers can play a crucial role by maintaining open conversations about emotions and encouraging rest and balance. Simple steps like setting a quiet study space, helping with time management, and offering reassurance instead of pressure can go a long way in supporting young people's mental wellbeing. Schools can also provide emotional support through counsellors, peer support groups, and awareness sessions on managing stress and bullying.

Nutrition is another key part of a child's success. A balanced, affordable lunchbox keeps energy levels up and helps children focus in class. Try packing fruit, boiled eggs, or peanut butter sandwiches instead of sugary snacks. A mix of carbohydrates, protein, and vegetables gives growing bodies the fuel they need. Schools can encourage healthy eating by introducing nutrition education or "Healthy Lunchbox Days" that promote awareness among learners.

Another pillar of School Health Week is vaccination awareness. Many preventable diseases, such as measles, polio, and human papillomavirus (HPV), can be avoided



through timely immunisation. The Department of Health often runs vaccination drives in schools, but parents should also make sure their children's health cards are up to date. Regular eye, dental, and hearing check-ups can catch issues early before they affect learning or behaviour.

Physical activity is just as important as academics. Across Gauteng, many schools are finding creative ways to keep children active, from morning aerobics and dance clubs to after-school soccer and netball tournaments. Exercise not only strengthens the body but also reduces stress and improves focus.

When parents, teachers, and healthcare workers join forces, children thrive both inside and outside the classroom. As we mark School Health Week, let's commit to building a culture of health, one where every child has the opportunity to learn, play, and grow in a safe, supportive environment.

## Blue Bulls Women Claim Silver with Pride - SA Rugby U20 Cup



The 2025 SA Rugby U20 Women's Championship, hosted at Queens High School in October, offered a powerful testament to the tireless work of the Blue Bulls Rugby Union's game development officers. Their efforts to grow, refine, and elevate rugby at the grassroots level in Tshwane were on full display.

Though the Blue Bulls fell short in the final against their storied southern rivals, Western Province [0-33], their journey to the national showpiece speaks volumes. It's a story of grit, growth, and determination—of young women who wore the Loftus badge with pride and pushed through every challenge with heart and hunger.

Their silver medal is more than a result. It's a reflection of a system that works—from administrators to coaches to players—built on belief, hard work, and a shared vision. The Blue Bulls U20s have shown that the Union's pulse is strong across every tier of the club game, and the future is bright.





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## Planning Ahead To Make Your Bonus Work for You



The festive season is almost here, and many workers are counting down the days to their year-end bonuses and stokvel payouts. It's a time filled with excitement, family plans, and well-deserved rest. But it's also the time when many households fall into the same trap, spending everything in December and struggling through January.

According to the National Credit Regulator (NCR), January is one of the toughest financial months for South Africans. Many people find themselves short on cash after the festive rush, forced to take out loans to cover basics like school uniforms, stationery, rent, and transport. This year, financial experts are encouraging workers to plan ahead and make their bonuses work beyond December.

The first step is to create a January budget now. Sit down with a notebook or a free budgeting app and list your regular expenses for the start of the new year. Include school costs, transport fares, groceries, and any loan repayments.

This gives you a clear picture of what you'll need before the next payday.

Next, look at your debts. Before spending your bonus, try to settle smaller debts first, especially store accounts or short-term loans. Paying these off early helps reduce interest and frees up more money for the months ahead. Financial advisors from the South African Savings Institute (SASI) often remind people that paying debt is one of the best forms of saving because it stops money from leaving your pocket in future.

Once you've handled your debts, put some money aside for emergencies. Life can be unpredictable, and even small savings can make a big difference. SASI suggests keeping at least one month's living costs in a separate savings account. This can help you cover things like car repairs or medical bills without borrowing.

For stokvel members, this is also the season when groups share their annual payouts. Instead of spending it all, consider using your portion to build something lasting. Some people use their

stokvel money to start side hustles, like selling food, clothing, or hair products. Others use it for home renovations, such as fixing roofs or buying furniture in cash instead of on credit. These are investments that continue to add value long after December is over.

Of course, bonuses and stokvel payouts should also bring some joy. You've worked hard all year, and it's okay to treat yourself and your family, just set limits. A simple guide is to split your payout wisely: save 50%, use 30% to pay debts, and spend 20% on festive celebrations.

Lastly, remember that January always comes faster than expected. By making small, smart decisions now, you can start 2026 without stress or regret. Enjoy the season knowing you've planned well. A well-managed bonus doesn't just make December brighter, it helps you step confidently into the new year, free from "Janu-worry."

(Sources: National Credit Regulator; South African Savings Institute).

We're excited to share some great news!

Congratulations!



**Leah Mashota**

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

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

### How to enter:

Go on to the Asambeni Taxi Times website: [www.asambenitimes.co.za](http://www.asambenitimes.co.za)

Follow the instructions and enter your details.

Don't miss your chance to win.

## Smart Kids Follow Road Rules!

### Road Safety Tips

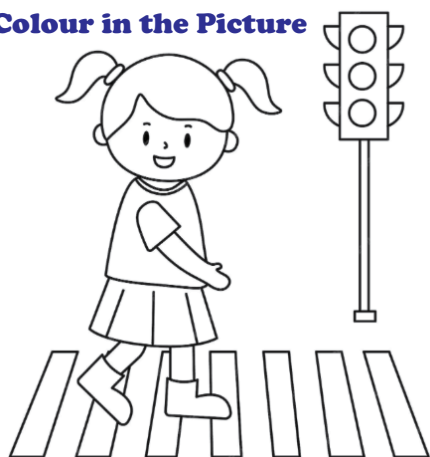
1. Always look left, right, left before crossing.
2. Use the zebra crossing.
3. Hold an adult's hand when crossing.
4. Never run on the road.
5. Wear bright colours so cars can see you.
6. Sit in the back seat and wear a seatbelt.

### Fill in the Blanks (Mini Quiz)

Always wear your \_\_\_\_\_ in the car.  
Look left, right, then \_\_\_\_\_ before crossing.  
Walk on the \_\_\_\_\_ when on the road.

Answers: 1. Seatbelt 2. Left 3. Sidewalk/pavement

### Colour in the Picture



### Fun Fact Box

1. The first traffic light was used in London in 1868!
2. The N2 is the longest road in South Africa, stretching 2,255 km from Cape Town to Ermelo.
3. A zebra crossing gets its name because it looks like zebra stripes!



### Short Safety Pledge

I promise to follow road rules and stay safe!



Name: \_\_\_\_\_ Signature: \_\_\_\_\_



### Match the Sign to the Meaning



Maximum speed allowed



Follow the lights: red, yellow, green



Safe place for people to cross



Vehicles must stop

### Design Your Own Road Signs


Name: \_\_\_\_\_ Age: \_\_\_\_\_






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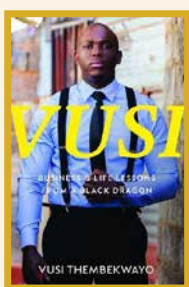


## Spotlight on South African Authors

### Vusi: Business & Life Lessons From A Black Dragon by Vusi Thembekwayo

In this compelling memoir, Vusi Thembekwayo shares his journey from humble beginnings in South Africa to becoming a renowned entrepreneur and motivational speaker. Through candid reflections and personal anecdotes, he imparts valuable lessons on resilience, leadership, and the mindset required to succeed in both business and life.

**Why read it:** This book offers practical insights into overcoming adversity and achieving success, making it a must-read for aspiring entrepreneurs and anyone seeking personal growth.



**Where to find it:**

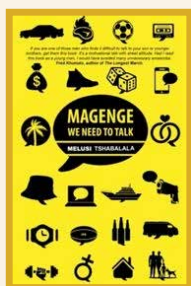
- Takealot
- Amazon

### Magenge, We Need to Talk by Melusi Tshabalala

Melusi Tshabalala presents a thought-provoking exploration of modern masculinity in South Africa. Through a series of intimate and often humorous conversations with his male friends, Tshabalala delves into topics such as fatherhood,

relationships, gender-based violence, and societal expectations.

**Why read it:** This book encourages men to open up, engage in meaningful dialogue, and challenge traditional norms, fostering a culture of empathy and understanding.



**Where to find it:**

- Takealot
- Google Books
- Kim van Kets

### Mayowa And The Sea Of Words by Nnedi Okorafor

In this enchanting children's fantasy novel, 10-year-old Mayowa discovers her unique ability to "book jump," allowing her to enter the worlds within books and channel emotions from their stories. When her father is trapped in a perilous narrative, Mayowa embarks on a magical adventure to rescue him, learning about courage, empathy, and the power of storytelling along the way.

**Why read it:** Okorafor's imaginative tale blends African folklore with universal themes, captivating young readers and adults alike.

#### Where to find it:

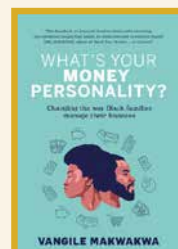
- Bloomsbury
- Goldsboro Books
- Readers Warehouse



### What's Your Money Personality? by Vangile Makwakwa

Vangile Makwakwa offers a fresh perspective on financial literacy by examining the psychological and emotional factors influencing our relationship with money. Through the identification of various money personalities, she provides insights into how cultural backgrounds and personal experiences shape financial behaviours.

**Why read it:** This book serves as a practical guide for individuals seeking to understand and improve their financial habits, fostering a healthier relationship with money.



#### Where to find it:

- Takealot
- Wealthy Money
- Amazon

### The Race to Be Myself by Caster Semenya

Olympic champion Caster Semenya's memoir chronicles her journey from a small village in South Africa to the global stage of athletics. She candidly discusses the challenges she faced, including gender testing and public scrutiny, and her unwavering determination to compete as her authentic self. The book delves into themes of identity, resilience, and the fight for equality, offering an inspiring narrative of courage and self-acceptance.

**Why read it:** Semenya's story is a powerful testament to perseverance and self-identity, making it an essential read for those interested in sports, human rights, and personal empowerment.



**Where to find it:**

- Penguin Books
- Amazon
- Goodreads

# READING

is magical

### Creamy Paprika Chicken with Spinach and Samp

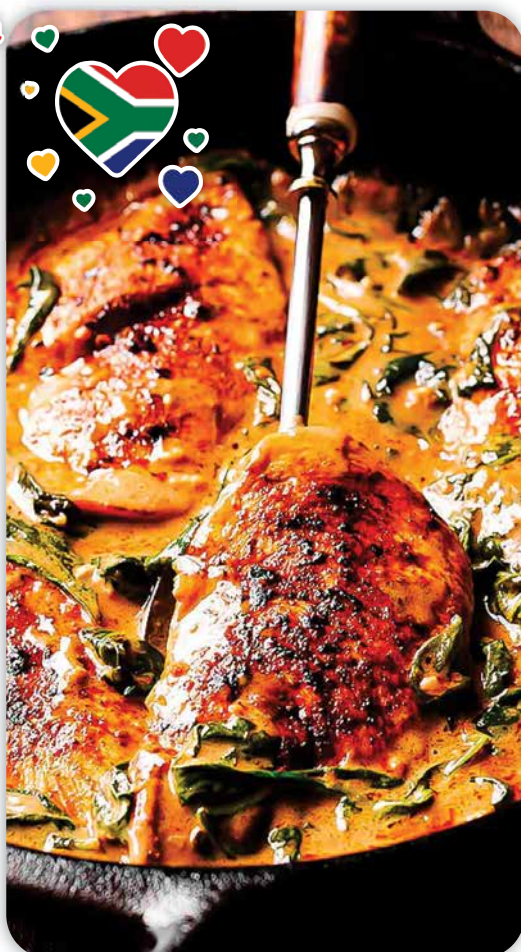
Comforting, creamy and proudly local. The smoky paprika sauce pairs perfectly with soft, buttery samp.

#### Ingredients

- 4 chicken pieces (bone-in, skin-on preferred)
- 1 tbsp oil
- 1 tbsp butter
- 1 medium onion, finely chopped
- 3 garlic cloves, minced
- 2 tsp smoked paprika
- ½ tsp chilli flakes (optional)
- 1 cup chicken stock
- 1 cup cream
- 2 cups baby spinach
- Salt and black pepper to taste

#### For the samp:

- 1 cup samp, soaked overnight
- 3 cups chicken stock (or water)
- 2 tbsp butter
- Salt to taste



#### Method:

- Cook the samp: Drain the soaked samp, add to a pot with stock and simmer for 1½–2 hours until tender. Stir in butter and salt, then keep warm.
- Sear the chicken: Season the chicken with salt and pepper. Heat oil and butter in a pan, brown chicken on both sides, then remove and set aside.
- Make the sauce: In the same pan, sauté onion until soft. Add garlic, paprika, and chilli flakes. Stir for 1 minute. Pour in stock and cream, then return the chicken to the pan. Simmer gently for 15–20 minutes until the sauce thickens and chicken is cooked through.
- Add spinach and cook until just wilted. Adjust seasoning.
- Spoon samp onto plates and top with creamy paprika chicken and sauce.

### Beetroot & Feta Salad

Comforting, creamy and proudly local.

#### Ingredients

- 4 medium beetroot, peeled and cut into cubes
- 2 tbsp olive oil
- Salt & pepper to taste
- 100 g feta cheese, crumbled
- 2 tbsp pumpkin seeds
- Extra olive oil for drizzling

#### Method:

- Preheat oven to 200°C.
- Toss beetroot cubes with olive oil, salt, and pepper.
- Roast for 35–40 minutes until tender.
- Cool slightly, then top with feta and pumpkin seeds.



### Dark Chocolate and Coffee Mousse

A rich, airy chocolate mousse with a hint of coffee, served in small glasses or ramekins.

#### Ingredients

- 200 g dark chocolate (70% cocoa)
- 2 tsp instant coffee powder (or 1 shot strong coffee)
- 3 large eggs, separated
- 2 tbsp sugar
- 1 cup whipping cream
- Pinch of salt
- Grated chocolate or cocoa powder, to serve



#### Method:

- Melt the chocolate: Break chocolate into pieces and melt gently over a double boiler or in the microwave. Stir in coffee powder or coffee until smooth. Allow to cool slightly.
- Whip the cream: In a separate bowl, whip cream to soft peaks. Set aside in the fridge.
- Fold and finish: Beat egg yolks with sugar until pale. Stir in the melted chocolate mixture. In another clean bowl, whisk egg whites with a pinch of salt until stiff peaks form. Gently fold the whipped cream into the chocolate mix, then fold in the egg whites in two batches until smooth and airy.
- Chill: Spoon into small cups or ramekins and refrigerate for at least 2 hours.
- To serve: Dust with cocoa powder or top with grated chocolate.





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## Siyaya!! Bafana qualify for the FIFA World Cup

**B**afana Bafana will line up against the globe's best national soccer teams in June next year after coach Hugo Broos' charges qualified for the 2026 FIFA World Cup in October 2025.

It was an emotional night at the Mbombela Stadium in Mpumalanga but after shrugging off the pressure that accompanied the final day of qualifying, these gallant warriors rose to the challenge and beat Rwanda 3-0 in an exhilarating match that will rightfully occupy its own chapter on the South African sport history books.

The home side made their intentions clear very early in the match when Thalete Mbatha opened the scoring inside five minutes in the first half. Rwanda goalkeeper Fiacre Ntwari did not know much about the goal and was notified by the celebrating crowd as the ball kissed the back of the net. Oswin Appolis, who had been a huge source of the numerous migraines that befell the visitors, got in on the act and scored the second of the night in the 25<sup>th</sup> minute.

It was a delicate work of art that should be on high rotation on the highlight reels and mobile phones around the globe in the coming days. Evidence Makgopa scored the third in the 71<sup>st</sup> minute to wrap up the game. Bafana Bafana were purring like a Rolls Royce engine that has just come back from full service at that stage and could have ended the game with an embarrassing final score had all the chances they created found the back of the net.

But the soccer gods were smiling on Bafana Bafana nonetheless as qualification to the next World Cup also required traditional rivals Nigeria to begrudgingly play their part and beat Benin, who had led Group C ahead of the final day of qualifying. This match also followed the script



Photo by Fauzan Saari on Unsplash

to absolute perfection as Nigeria beat Benin 4-0 in Uyo to send Bafana Bafana to the global tournament to be held in the United States of America, Canada and Mexico from 11 June to 19 July 2026.

"Don't ask me what my emotions are at the moment because I do not have words for them," Broos said after the match as his charges celebrated the achievement. The Belgian mentor said he wanted to secure qualification more than anyone can imagine and tirelessly worked on this goal for months. He thanked the entire team for qualifying for the World Cup after years in the wilderness.

He said he was happy to work with the group

of players that have been a part of the team over the past couple of years, and added that they have always made themselves available whenever the call came to represent their country.

South African President Cyril Ramaphosa congratulated the team and said the whole country is looking forward to SA's flag flying high in Mexico, the United States of America and Canada.

South African Football Association (SAFA) President Dr Danny Jordaan also showered the team with praise and said they have made the country proud on an incredible night in Mbombela.

- SAFA Press Release – October 2025

### Upcoming Fixtures

#### Soccer: Women's Africa Cup of Nations: Second Round

	<b>22 October 2025:</b>	
Banyana Banyana vs DR Congo (1st Leg)		
	<b>28 October 2025:</b>	
Banyana Banyana vs DR Congo (2nd Leg)		

#### Africa Cup of Nations: Group Stages

	<b>22 December 2025</b>	
Bafana Bafana vs Angola		
	<b>26 December 2025</b>	
Bafana Bafana vs Egypt		
	<b>29 December 2025</b>	
Bafana Bafana vs Zimbabwe		

#### Rugby:

	<b>1 November 2025</b>	
Springboks vs Japan		
	<b>8 November 2025</b>	
Springboks vs France		
	<b>15 November 2025</b>	
Springboks vs Italy		
	<b>22 November 2025</b>	
Springboks vs Ireland		

#### Cricket:


	<b>20-24 October 2025</b>	
Proteas vs Pakistan (T20)		
	<b>4,6,8 November 2025</b>	
Proteas vs Pakistan (ODI)		
	<b>14-18 November 2025</b>	
Proteas vs India (Test Match 1 of 2)		
	<b>22-26 November</b>	
Proteas vs India (Test Match 2 of 2)		

\* Fixtures correct at time of print

**31 Oct 2025**

Durban City  **VS**  Kaizer Chiefs

31 Oct 19:30 - Chatsworth Stadium, Chatsworth

Siwelele  **VS**  Sekhukhune United

31 Oct 19:30 - Dr Molemela Stadium, Bloemfontein

**01 Nov 2025**

Mamelodi Sundowns  **VS**  Orlando Pirates

01 Nov 15:30 - Loftus Versfeld Stadium, Pretoria

Orbit College FC  **VS**  Magesi FC

01 Nov 15:30 - Olympia Park, Rustenburg

Polokwane City  **VS**  Richards Bay

01 Nov 17:30 - Old Peter Mokaba Stadium, Polokwane

Chippa United  **VS**  AmaZulu FC

01 Nov 20:00 - Buffalo City Stadium, East London, South Africa

**02 Nov 2025**

TS Galaxy  **VS**  Stellenbosch FC

02 Nov 15:30 - Mbombela Stadium, Nelspruit

Golden Arrows  **VS**  Marumo Gallants

02 Nov 17:30 - King Goodwill Zwelithini Stadium, Durban

**04 Nov 2025**

AmaZulu FC  **VS**  Polokwane City

04 Nov 19:30 - Princess Magogo Stadium, Durban

Chippa United  **VS**  Magesi FC

04 Nov 19:30 - Buffalo City Stadium, East London, South Africa

Kaizer Chiefs  **VS**  Orbit College FC

04 Nov 19:30 - FNB Stadium, Johannesburg

Sekhukhune United  **VS**  Richards Bay

04 Nov 19:30 - Peter Mokaba Stadium, Polokwane

**05 Nov 2025**

Durban City  **VS**  Marumo Gallants

05 Nov 19:30 - Chatsworth Stadium, Chatsworth

Golden Arrows  **VS**  Orlando Pirates

05 Nov 19:30 - King Goodwill Zwelithini Stadium, Durban



## South African Premiership Matches




\* Fixtures correct at time of print. Source: [www.psl.co.za](http://www.psl.co.za)

**05 Nov 2025**

Mamelodi Sundowns  **VS**  TS Galaxy

05 Nov 19:30 - Loftus Versfeld Stadium, Pretoria

Stellenbosch FC  **VS**  Siwelele

05 Nov 19:30 - Danie Craven Stadium, Stellenbosch

**22 Nov 2025**

AmaZulu FC  **VS**  Siwelele

22 Nov 15:30 - Moses Mabhida Stadium, Durban

Orlando Pirates  **VS**  Chippa United

22 Nov 15:30 - Orlando Stadium, Soweto

Magesi FC  **VS**  Kaizer Chiefs

22 Nov 17:30 - Seshego Stadium, Pietersburg

Marumo Gallants  **VS**  Sekhukhune United

22 Nov 17:30 - Dr Molemela Stadium, Bloemfontein

Orbit College FC  **VS**  Stellenbosch FC

22 Nov 20:00 - Olympia Park, Rustenburg

**23 Nov 2025**

Polokwane City  **VS**  Mamelodi Sundowns

23 Nov 15:30 - Old Peter Mokaba Stadium, Polokwane

TS Galaxy  **VS**  Golden Arrows

23 Nov 15:30 - Mbombela Stadium, Nelspruit

Richards Bay  **VS**  Durban City

23 Nov 17:30 - Richards Bay Stadium, Richards Bay

**28 Nov 2025**

Richards Bay  **VS**  AmaZulu FC

28 Nov 19:30 - Richards Bay Stadium, Richards Bay

**29 Nov 2025**

Durban City  **VS**  Orlando Pirates

29 Nov 15:30 - Chatsworth Stadium, Chatsworth

Polokwane City  **VS**  TS Galaxy

29 Nov 15:30 - Old Peter Mokaba Stadium, Polokwane

Siwelele  **VS**  Chippa United

29 Nov 17:30 - Dr Molemela Stadium, Bloemfontein