

ASAMBENI TAXI TIMES



Moving Minds, One Journey at a Time

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

Every year from 25 November to 10 December South Africa marks the 16 Days of Activism. This short campaign is about more than marches and posters. It is a time for all of us to think, speak and act to stop violence against women and children. The dates are set by government and the United Nations (Source: www.gov.co.za).

Why do we need 16 Days? Because too many women and children in our towns and cities are hurt at home, on the street, or even on their way to work. The police and other official reports show that violent crime and sexual offences remain a big problem in South Africa. That makes the 16 Days a serious time to keep talking about safety and to push for better services.

This year's theme for the 16 Days of Activism, set by the United Nations, is "UNITE! Invest to Prevent Violence Against Women and Girls." This theme reminds us that real change needs real support. It tells governments, businesses, schools and communities that they cannot only talk about ending abuse, they must put money, time and effort into solutions. This includes funding safe shelters, providing

training for police and healthcare workers, supporting boys and men to learn healthier ways of dealing with conflict, and making sure survivors can get counselling and justice quickly. The theme calls on all of us to stand together and build a future where women and children are safe everywhere, at home, at school, at work and on the streets.

But what does the campaign mean for people who use taxis every day? It means simple things that can make a big difference. It means watching out for each other on the rank, in the taxi and at the stop. If you see an argument getting worse, tell the driver to stop and step in



safely. If someone looks scared, offer to sit near them or help them get out in a safe place. Small acts of care can stop a situation before it becomes dangerous.

The 16 Days also remind us that victims need help they can trust. There are free helplines and services that work day and night. If someone needs counselling or to report abuse, they can call the Gender-Based Violence Command Centre on 0800 428 428. There is also a National GBV Helpline at 0800 150 150 and local groups that help survivors. These services can link victims to the

police, to shelters and to social workers.

This campaign is not only for women and children. Men must join in too. We must teach our boys to treat people with respect. We must stand up against jokes, pushy behaviour or threats that make someone feel small. Fathers, uncles and brothers can show a different way, one that does not use force or fear.

Community action matters. Local leaders, taxi associations, shop owners and churches can organise safe-space talks, hand out posters, or run short safety checks at ranks. These are low-cost steps that can keep people safer every day. Civil society groups and government programmes use the 16 Days to spotlight real needs and to ask for better services and stronger laws (Source: www.genderlinks.org.za).

If you or someone you know is in danger, call for help. If you are not sure what to do, call a helpline and ask, it is free and confidential. The 16 Days are a push: not just for November and December, but for safer streets and safer homes all year. Together we can make our ranks and our neighbourhoods places where everyone travels and lives without fear. (Source: www.saps.gov).

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The Power of Play: Why Children Need Safe Spaces to Grow

Every year on 1 November, South Africa celebrates National Children’s Day, a day to honour our youngest citizens and remind ourselves of their rights, needs, and dreams. One of the most important ways we can support children is through play. Play is not just fun; it is essential for a child’s growth, learning, and emotional wellbeing.

Children learn about the world around them through play. When they run, jump, explore, and imagine, they develop physical strength, coordination, and confidence. Playing together teaches children social skills, such as sharing, taking turns, and problem-solving. Even simple games can help children learn how to communicate, negotiate, and express themselves safely.

Safe spaces are key. Children need areas where they can play without fear of harm. These spaces include parks, community halls, school playgrounds, and even safe corners at home. Sadly, not all children have access to such places. Unsafe streets, traffic, and crime can stop children from exploring, learning,

and growing. Providing safe play areas ensures children can develop physically, mentally, and emotionally.

Parents, caregivers, and communities all have a role to play. Supervising children during play, teaching them about safety, and creating protected environments are vital. Community organisations, schools, and local authorities can also help by maintaining playgrounds, building sports fields, and organising group activities. These efforts give children the freedom to play, discover, and grow with confidence.

Play is not only about the present; it shapes the future. Children who play safely are more likely to grow into healthy, resilient adults. They learn teamwork, creativity, and critical thinking, skills that will help them navigate life’s challenges. Play also allows children to release stress, express emotions, and build self-esteem, contributing to their mental wellbeing.

As we celebrate, consider the small ways you can help: spend time playing with a child, support a local playground, or simply ensure your own home is a safe space for imagination

and growth. The power of play transforms children, and through them, the world.

Quick tips for safe and fun play

1. Create clear boundaries

Set safe areas where children can play, whether it’s a garden, yard, or park corner. Make sure they know which areas are off-limits, like streets or unsafe spaces.

2. Supervise, but don’t hover

Keep an eye on children, but let them explore on their own. Being nearby reassures them while giving freedom to try new things.

3. Encourage group play

Playing with friends or siblings helps children learn teamwork, sharing, and communication. Organise small games or activities where they can interact safely.

4. Use age-appropriate toys and equipment

Check playgrounds, swings, and bikes to make



sure they are safe for your child’s age. Broken or unsafe equipment can cause injuries.

5. Teach safety rules through play

Turn safety into a game: practice crossing streets, wearing helmets, or washing hands before snacks. Learning safety in a fun way helps children remember it better.

Tip: Even small spaces like a living room or shaded yard can become a safe play area with imagination and supervision.

Ukwakha Imiphakathi Engabandlululi Enyangeni Yokuqwashisa Ngokukhubazeka

Njalo ngo-November, sigcina iNyanga Yokuqwashisa Ngokukhubazeka, isikhathi sokugubha inqubekela phambili, ukubhekana nezinelelele eziqhubekayo, futhi sicabange ngendlela sonke esingadlala ngayo indima ekwakheni imiphakathi engabandlululi. Isihloko salo nyaka esithi “*Ukwakha Imiphakathi Engabandlululi Ndawonye*” sisikhumbuza ukuthi ukufinyeleleka kudlulela ngalé kwemigwaqo nezindawo zokupaka izimoto; kumayelana nesithunzi, ithuba, nenhlonipho.

E-Goli nase-Tshwane, kwenziwe izinyathelo ezibonakalayo zokwenza izindawo zifinyeleleke kakhudlwana. Kusukela **kuma-pavement alungele izihlalo zabakhubazekile namarenki amatekisi afinyelelekayo** kuya ezakhiweni ezithuthukisiwe zomphakathi nezikole, ohlumeni bendawo basebenzela ukudliza izithiyo ezingokoqobo.

Inqubomgomo Yokufinyelela Komuntu Wonke yeDolobha lase-Tshwane kanye neDeski Lokukhubazeka leDolobha lase-Goli yizibonelo ezihamba phambili zendlela omasipala abakhuthaza ngayo ukungabandlululi ngengqalasizinda engcono, inqubomgomo, nokuqwashisa.

Kodwa ukungabandlululi akuphathelele nezakhiwo kuphela, kuphathelele **nabantu nesimo sengqondo**. Kulo lonke elase-Gauteng, kunezindaba ezikhuthazayo zabantu abakhubazekile ezichumayo emfundweni nasemsebenzini. **E-Filadelfia Secondary School e-Soshanguve**, abafundi abangaboni kahle benza kahle kakhulu ngokwezemfundo ngenxa yezinto zokufunda ezifinyelelekayo kanye nokusekwa kothisha. Ezinkampanini, izinkampani ezinjenge-**Discovery, Transnet, ne-ABSA** ziye zasungula izinhlelo zokungabandlululi ukukhubazeka ezinikeza ukwelulekwa, ubuchwepheshe bokusiza, namalungiselelo omsebenzi avumelana nezimo ukuze kuqinisekise ukubamba iqhaza okulinganayo kubasebenzi.

Nokho, ukuze ukungabandlululi kusebenze ngempela, ozakwabo nabaqashi badlala indima ebalulekile. Nansi indlela wonke umuntu angasiza ngayo ekusunguleni indawo esekelayo yabantu abakhubazekile emsebenzini:

- **Buza, ungacabangi ukuthi:** Hlala uhlanganyela ngenhlonipho mayelana nokuthi yikuphi ukwesekwa noma ukulungisa okungaba usizo kunokuba ucabange ukuthi yini edingekayo.
- **Khuthaza ukufinyeleleka:** Khuthaza izindawo zokusebenza ukuba zamukele uhlelo lwekhompiyutha (software) efinyelelekayo, amadeski ashintshekayo, noma imihlangano



enombhalo ofingqiwe/enamagamancazelo.

- **Faka inselele kumibono eqanjwe:** Sebenzisa ulimi olungabandlululi futhi umemezele ukuziphatha okubandlululayo noma amahlanya.
- **Khuthaza i(ama)thuba:** Sekela ukuqeqeshwa nezinhlelo zokuqeqesha ezisiza ozakwabo abakhubazekile ukuba bakhule futhi bahole.

Ukusekela ukungabandlululi kuzuzisa wonke umuntu, amaqembu ahluahlukene anobuhlakani obusha, anozwela, futhi akhiqizayo.

Ezinganeni, ukungabandlululi kuqala esikoleni. Othisha nabazali bangasiza ngokwakha izindawo zokufunda ezifinyelelekayo, ukulungisa izinto zokufundisa, nokukhuthaza ubungane phakathi kwabafundi bawo wonke amakhono. Izikole ezamukela imfundo engabandlululi zifundisa izifundo zokuphila ezibalulekile ngokuqonda nokulingana.

Izinhlangano ezinjenge-**Disabled People South Africa (DPSA) ne-QuadPara Association of South Africa (QASA)** zenza umsebenzi onamandla wokuqwashisa, ukugququzela amalungelo alinganayo, futhi zisiza ngokweseka abantu nemindeni.

Njengoba siphawula iNyanga Yokuqwashisa Ngokukhubazeka, masikhumbule ukuthi umphakathi ongabandlululi awuzenzekeli nje, uyakhiwa, ikilasi elilodwa elifinyelelekayo, indawo eyodwa yokusebenzela enobulungiswa, kanye nesenzo esisodwa sokuzwelana ngesikhathi.

Hlanganyela noma uthole ukwesekwa

- **Abantu Abakhubazekile eNingizimu Afrika (DPSA):** 012 326 5000
- **QuadPara Association of South Africa (QASA):** 031 767 0348
- **UMnyango Wezabesifazane, Intsha kanye Nabantu Abakhubazekile:** 012 359 0000

Yidla Kahle, Uphile Kahle, Uphathe Abanye Kahle

Inhlalakahle ingaphezu kokuya kudokotela noma ukuphuza amavithamini. Inhlalakahle yangempela imayelana **nendlela esidla ngayo, indlela esiphila ngayo, nendlela esiphatha ngayo abanye**. Uma sizinakekela, akuzuzisi thina kuphela, kuvulekela/kudlulela emndenini wethu, kubangane, nasemphakathini. Lokhu kubizwa ngokuthi **yi-Wellness Ripple Effect**.

Yidla kahle

Ukudla okunempilo kubhebhethekisa umzimba nengqondo. Kusiza ukuba sihlale siqinile, siphapheme, futhi silulungele usuku. Izinyathelo ezilula zingenza umehluko omkhulu: faka imifino eyengeziwe, izithelo, okusanhlamvu, namaprotheni angenamafutha ekudleni kwakho. Phuza amanzi amaningi futhi unciphise iziphuzo ezinoshukela nokudla okulula okungenampilo. Ukudla kahle akudingeki kubize noma kube yinkimbinkimbi. Ngisho nezinguquko ezincane, njengokufaka izithelo ezimbalwa ekudleni kwasekuseni noma ukukhetha imifino ngesikhathi sokudla kwasemini, kusiza umzimba wakho uzizwe ungcono.

Phila kahle

Ukuphila kahle kumayelana nokungaphezu kwempilo engokomzimba. Kuhlanguka **ukuvocavoca umzimba, ukuphumula, nenhlalakahle yengqondo**. Ukuhamba njalo, ukuzelula, noma ukuvocavoca umzimba okulula kugcina umzimba usebenza futhi kunciphisa ukucindezeleka. Inqubo enhle yokulala iqinisekisa ukuthi ingqondo nomzimba wakho kuyalulama ezimfunweni zosuku. Ukuzinika isikhathi, ngisho nemizuzu engu-10 yokuzindla ngokuthula noma ukuphefumula, kungathuthukisa ukugxila, ukubekezela, nemizwelo. Ukuphila kahle kusho nokukhetha okuphephile, njengokugwema izinto eziyingozi nokuphepha komuntu siqu ekuphileni kwansuku zonke.

Phatha abanye kahle

Ukuphila kahle kusakazeka nangendlela esiphatha ngayo abanye. Umusa, inhlonipho, nokuzwela kuthuthukisa ubuhlobo futhi kwakha amandla amahle asizungezile. Izenzo ezincane, njengokusiza umakhelwane, ukulalela umngane, noma ukubekezelela amalungu omndenini, zingathuthukisa

emoyeni futhi zinciphise ukungezwani. Imiphakathi lapho abantu bephathana kahle khona iphephe kakhudlwana, iqine kakhudlwana futhi ijabule kakhudlwana.

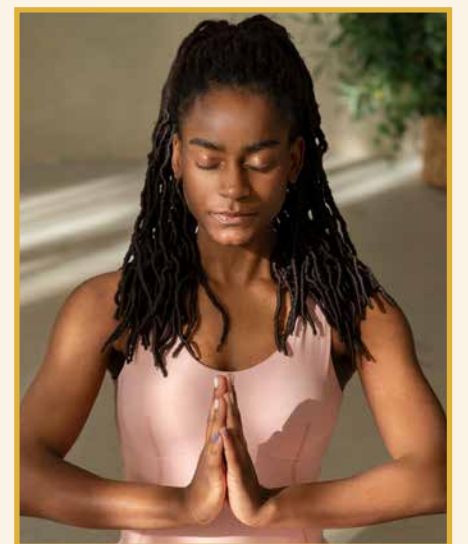
Umpumela odlulela kwabanye

Lapho udla kahle, uphila kahle, futhi uphatha abanye kahle, izinzuzo zidlulela ngalé kwakho. Amandla akho nokuhle kugququzela amalungu omndenini. Imikhuba yakho enemphilo ithonya abangane. Umusa wakho ukhuthaza abanye ukuba benze izinto ngokunaka. Lo mpumela omubi wakha imikhaya nemiphakathi enemphilo, okubonisa ukuthi inhlalakahle ayiyona nje eyomuntu siqu, iyinhlangano.

Izinyathelo ezisebenzayo zokuqala namuhla

- Faka isithelo esisodwa esengeziwe noma imifino ekudleni kwakho.
- Thatha uhambo olufushane noma uzelule nsuku zonke.
- Yisho okuthile okuhle elungwini lomndenini noma kumakhelwane.
- Phuza amanzi anele futhi uphumule kahle.

Ukuphila kahle wumkhuba wansuku zonke. Ngokwenza ukukhetha okuncane, okunengqondo emzimbeni wakho, engqondweni, nasemphakathini, wenza **umjikelezo wempilo nenjabulo**. Yidla kahle, uphile kahle, futhi uphathe abanye kahle, futhi ubukele umpumela oshintsha ukuphila kwakho nokwabantu abaseduze nawe.



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Check In, Don't Check Out: Men's Health Is a Family Issue



Each year, November in South Africa is known as Men's Month and Red Ribbon Month. This is a time to raise awareness about men's health and HIV and AIDS. It is not just about going to the clinic. It is about men looking after themselves so they can look after their families too.

In many communities, men are taught to "be strong," "keep it to yourself," or "just carry on." But real strength is not keeping quiet when you are struggling. Real strength is checking in, with your body, your mind, and the people around you.

Why men's health matters

When men ignore health problems, they often get worse. A small issue can turn into something

serious because it was not treated early. This affects not only the man, but the whole home. When fathers, brothers, husbands and sons are unwell, the family feels the stress, emotionally, financially, and mentally. Taking care of your health is not selfish. It is one of the most caring things you can do.

Red Ribbon Month: know your status

Red Ribbon Month focuses on HIV and AIDS. Today, HIV is not a death sentence. With treatment, people can live long, strong and healthy lives. The most important step is knowing your status. Testing is free at clinics and many mobile units at taxi ranks, community halls and local malls.

- If you test negative: protect yourself.
- If you test positive: start treatment early and take it every day.

Taking ARVs helps your body stay strong and also reduces the chance of passing HIV to your partner.

Mental health matters too

Men carry heavy pressures, providing for family, work stress, unemployment, expectations from society. Sometimes this leads to anger, depression, alcohol misuse or withdrawal. Talking about feelings does not make you weak, it makes you human.

Checking in can be simple:

- Ask a friend, "How are you really doing?"
- Tell someone you trust when you feel overwhelmed.
- Take quiet time to breathe, pray, or reflect.

Small steps make a big difference

- Go for regular check-ups, even when you feel fine.
- Take your medication if you have it.
- Reduce alcohol when stressed instead of increasing it.
- Rest when your body needs rest.
- Show love to your family in small daily ways.

A healthy man strengthens the whole home
When men check in, families become safer, calmer and more supported. Your health is not just about you, it is a gift to everyone who loves you.

This November, choose strength. Check in. Don't check out.

**We're excited to share
some great news!**

Congratulations!



Asethu Mpongo

**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

Follow the instructions and enter your details.

Don't miss your chance to win.

Safe, Strong & Smart Kids!

Celebrating Children's Day this November!

Happy Children's Day to all our little heroes!
Stay safe, stay kind, and never forget — you are special!

My Rights as a Child

Did you know?

Every child has special rights — no matter who they are or where they live!

Here are some of the most important ones:

- ♥ The right to be safe
- ♥ The right to go to school
- ♥ The right to play and rest
- ♥ The right to be cared for
- ♥ The right to speak and be listened to

Word Search

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

Find and circle the words:
SAFETY, TRUST, SCHOOL,
CARE, PLAY, FRIEND

Colour in the Picture

Draw Yourself as Superhero Protecting Other Children

Spot the Safe Choice!

Imagine the scenes below.

✓ **Tick the safe choice!**

☐ A) A child crossing at the zebra line

☐ B) A child running across the road without looking

☐ A) A child telling an adult when feeling scared

☐ B) A child keeping a secret that makes them uncomfortable

Always choose safety first and talk to someone you trust!

Story Time: "Lebo Learns to Say No"

Lebo and his friend Sipho were playing outside when a man they didn't know offered them sweets and said, "Come with me."

Lebo remembered what his teacher always said:

"If someone you don't know asks you to go somewhere — say NO and tell an adult you trust."

Lebo ran to his mom and told her what happened. She was proud of him for being brave!

Lesson: It's not rude to say no when you feel unsafe — it's smart!

If I were a Safety Hero, my Superpower would be



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Signs a Child May Be Experiencing Bullying

Bullying in Gauteng schools has once again made headlines after a shocking incident at Thuto-Lesedi Secondary School in Vosloorus. A 16-year-old learner ended up in hospital following a brutal assault by older school-mates. The attack, reportedly linked to bullying over the boy selling sweets and tensions with pupils involved in gang-like behaviour, has raised serious concerns about safety, supervision, and the culture of bullying in schools (Source: www.sowetan.co.za).

Bullying is a serious issue that affects many children in schools and communities across South Africa. It can leave emotional, mental, and sometimes physical scars if not addressed early.

As a parent, caregiver, or teacher, it is important to recognise the signs so that you can offer support and intervention.

1. Behaviour changes

A child who used to be happy and talkative may become sad, more irritable or unusually quiet. They might seem anxious or fearful without obvious reason.

2. Withdrawal from friends and activities

They may start avoiding school trips, friends from class, or stop enjoying games and activities they once loved. This pull-back often hides fear of facing peers.

3. Sudden drop in grades or interest in school

If a previously good-performing learner starts slipping in marks or stops doing homework, bullying could be affecting their ability to focus.



4. Avoiding school or frequent illness complaints

Complaints like headaches, stomach aches or wanting to stay home may be attempts to avoid a bullying environment.

5. Physical signs and tangled stories

Broken clothes, bruises, scratches or torn books can signal trouble. If the stories about how they got hurt change often or don't match the injury, check in gently.

Where to get help

- If you suspect bullying is happening, these support lines in South Africa are available:
- Childline South Africa: 0800 055 555 (24/7 counselling for children and caregivers)
- SA Depression and Anxiety Group (SADAG) Childline: 0800 567 567

Remember: Bullying is not a phase, it is real and harmful. Recognising the signs early and acting fast can protect your child's self-esteem, safety and learning future.

Festive Season on a Budget: Community Ideas for Affordable Fun

The festive season is a time for family, friends, and celebrations, but it can also be expensive. Not everyone has the budget for lavish parties or costly gifts, especially in communities across Gauteng where many households are managing tight finances. The good news is that you can still enjoy the holidays without overspending. Here are some fun, affordable ideas to make this festive season memorable.



1. Community picnics

Pack simple sandwiches, fruit, and drinks, and head to a local park or community space. Picnics are a great way to enjoy nature, relax, and spend quality time with loved ones. Bring blankets, balls, and outdoor toys to keep everyone entertained.

2. Group cooking

Instead of everyone preparing separate meals, organise a community cooking session. Each family can contribute ingredients for one dish, and everyone shares the results. This not only cuts costs but also creates a sense of togetherness and fun. Recipes can be simple, like salads, stews, or festive treats that children can help prepare.

3. Outdoor games

Games like morabaraba, skipping, and soccer are perfect for burning energy and having fun without spending a cent. Adults and children can join in, turning your outdoor space into a lively festival of laughter and friendly competition.

4. Family music playlists

Music brings people together. Create a family or community playlist with everyone's favourite songs. You can have sing-alongs, dance-offs, or even a mini karaoke session at home. Using phones, speakers, or a small radio, this is a cost-free way to enjoy festive cheer.

5. Share and swap gifts

Instead of buying expensive gifts, organise a community gift swap or homemade gift exchange. It's a fun, eco-friendly way to show appreciation without overspending.

The festive season is about joy, connection, and making memories, not how much money is spent. With a little creativity and community spirit, families can enjoy fun, affordable, and meaningful celebrations that everyone will remember for years to come.



SCANDAL!

7.30 PM

Uzozisola Regrets

8.30 PM

Smoke Mirrors

9 PM

ISITHA

9.30 PM

ITHEMBA ALIBULALI

4 PM

KEIDERS VAN GEHEIME

6.30 PM

HOUSE OF Z WIDE

7 PM



How to Prepare for an Interview Simple Tips for Success



This time of year, many companies in South Africa are looking to hire extra staff to meet the year-end demand or seasonal workload. Whether you are applying for a temporary role or a permanent position, job interviews can feel stressful. The good news is that with the right preparation, you can walk in feeling confident and ready. Here's a practical guide to help you prepare for success.

1. Research the company

Before the interview, take time to learn about the company. Visit their website, read news articles, or check their social media pages. Understand what they do, their values, and the services or products they offer. This shows the interviewer that you are interested and committed.

2. Know the job

Read the job description carefully. Understand the skills, experience, and responsibilities required. Think about how your past work or skills match the role. Being able to speak about your abilities in relation to the job makes you a stronger candidate.

3. Practice common interview questions

Prepare answers for questions like:

- "Tell me about yourself."
- "Why do you want to work here?"
- "What are your strengths and weaknesses?"

Practice out loud, either alone or with a friend. This helps you feel more confident and reduces nerves on the day.

4. Dress appropriately

Choose clean, neat, and professional clothing suitable for the workplace. Even if the company has a casual dress code, looking tidy and put together leaves a good impression. As a rule of thumb, don't wear anything that doesn't cover your knees or chest.

5. Organise your documents

Bring extra copies of your CV or resume, reference letters, and any other documents the employer may need. Keep them neatly in a folder so you can present them easily.

6. Arrive on time

Plan your journey in advance. Aim to arrive at least 10–15 minutes early. Being punctual shows respect for the interviewer's time and helps you settle your nerves before the interview begins.

7. Mind your body language

Smile, make eye contact, and offer a firm handshake if appropriate. Sit up straight and listen carefully. Positive body language helps convey confidence and professionalism.

8. Ask questions

Prepare a few questions to ask the interviewer. For example, "What does a typical day look like?" or "What opportunities are there for growth?" Asking questions shows interest and engagement.

9. Follow up

After the interview, send a short thank-you message or email. Thank the interviewer for their time and briefly reiterate your interest in the role.

Remember: Preparation is key. By researching, practising, and presenting yourself professionally, you increase your chances of making a strong impression. Confidence grows from being ready, and being ready starts long before the interview begins.

Top Tips to Format and Update Your CV

1. Keep It simple and clear

Use clean fonts like Arial or Calibri, with clear headings for sections such as Education, Work Experience, Skills, and References. Avoid clutter or fancy graphics.

2. Update your contact information

Make sure your phone number, email, and address are current. Include a professional email address. Do not include your address or ID number.

3. Focus on relevant experience

List jobs or volunteer work that relate to

the role you are applying for. Highlight your achievements, not just duties.

4. Use bullet points

Make your CV easy to read with short bullet points for each role, showing key responsibilities and accomplishments.

5. Highlight skills and qualifications

Include technical skills, languages, and certifications relevant to the job. Soft skills like teamwork and communication are also important.

6. Tailor for each job

Adjust your CV to match the specific job description. Use keywords from the advertisement to show you are a strong fit.

7. Keep it concise

Aim for 1–2 pages. Employers scan quickly, so focus on the most important information.

8. Proofread carefully

Check for spelling and grammar mistakes or ask someone to read it for you. A clean, error-free CV shows professionalism.

9. Include references only if asked

Instead of listing references, you can write: "References available upon request."

10. Save in the right format

Send your CV as a PDF to preserve formatting and ensure it opens correctly on any device. Don't be afraid to ask someone for help if you need help with a computer.

Lucky Star Sardine Sandwich

Makes 2 sandwiches

Ingredients:

- 1 tin Lucky Star sardines in tomato sauce (or in oil if preferred)
- 2 tablespoons mayonnaise
- 1 teaspoon lemon juice (optional but recommended)
- A pinch of salt and pepper
- ½ cucumber, thinly sliced
- 4 slices of bread (white or brown)
- 1 tablespoon chopped onion (optional)
- A little butter or margarine (for spreading)



Method:

1. Prepare the sardines:

Open the tin and gently remove the sardines. Place them in a bowl and use a fork to break them into small flakes. Remove any large bones if you prefer, although they are soft and safe to eat.

2. Mix the spread:

Add the mayonnaise, lemon juice, and onion (if using) to the sardines. Stir until well combined. Season lightly with salt and pepper to taste.

3. Prepare the bread:

Lightly butter one side of each slice of bread. This stops the bread from getting soggy.

4. Assemble the sandwich:

Spread the sardine mixture evenly on two slices of bread. Layer cucumber slices on top to add crunch and freshness.

5. Close and serve:

Cover with the remaining bread slices, press gently, slice in half and enjoy!

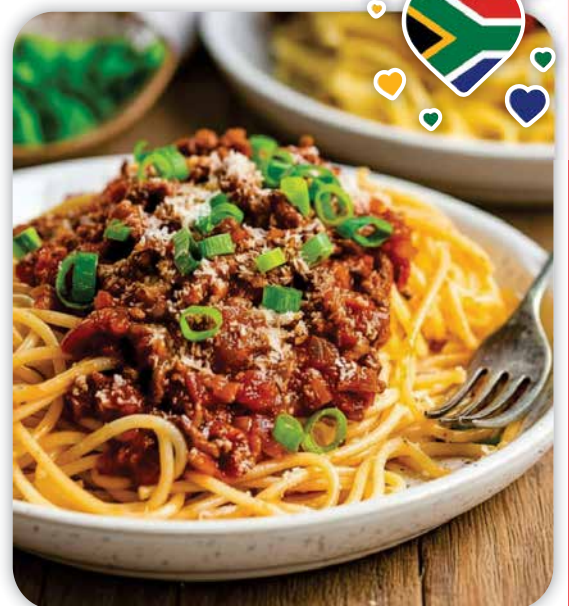


Tin Beef Bolognese

Serves 4

Ingredients

- 1 packet spaghetti or macaroni
- 1 tin canned beef (e.g., Hereford or similar brand)
- 1 medium onion, chopped
- 1 green pepper, chopped (optional)
- 2 cloves garlic, crushed (or 1 teaspoon garlic paste)
- 1 tin chopped tomatoes
- 1 teaspoon meat spice (any meat, chicken or barbeque spice)
- 1 teaspoon paprika (optional)
- 2 tablespoons Worcestershire sauce
- 1 tablespoon cooking oil
- Salt and black pepper to taste
- Grated cheese (optional, for serving)



Method:

1. Cook the spaghetti or macaroni:

- Bring a pot of salted water to a boil.
- Add spaghetti or macaroni and cook as per packet instructions (about 8–12 minutes).
- Drain and set aside.

2. Make the sauce base:

- Heat oil in a pan on medium heat.
- Add chopped onion (and green pepper if using). Cook until soft.
- Add garlic and fry for 1 minute.

3. Build the flavour:

- Add the tin of chopped tomatoes
- Add spices and paprika.
- Stir in the Worcestershire sauce
- Let the sauce simmer for 5 minutes.

4. Add the tinned beef:

- Open the tin and use a fork to break up the meat into smaller pieces.
- Stir it into the sauce gently.
- Let everything cook together on low heat for 5–10 minutes.
- Taste and add salt and pepper if needed.

5. Serve:

- Plate the spaghetti or macaroni and pour the sauce on top, or mix it all together.
- Add grated cheese if available.



Fruit Icies

Ingredients

- 1 cup fresh or frozen mango chunks (or watermelon, or a mix of berries)
- ½ cup water, fruit juice,
- 1–2 teaspoons sugar (optional, depending on sweetness of fruit)
- Small plastic bags

Method:

1. Prepare the fruit:

- Wash and chop the fruit into small pieces if needed.
- If using berries, remove any stems.

2. Fill the bags:

- Pour the fruit mixture into small plastic bags or popsicle moulds.
- Leave a little space at the top to allow for expansion when freezing.

3. Seal and freeze:

- If using plastic bags, tie or clip tightly.
- Freeze for 4–6 hours or until solid.

4. Serve:

- Cut the top of the bag and enjoy.



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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 **how to apply for the SANDF**.

Many South Africans dream of serving their country by joining the South African National Defence Force (SANDF) to serve their country, protect their communities, and be part of a respected and disciplined team. It offers the chance to gain valuable skills, receive training, build a career, and experience personal growth while contributing to national security and making a difference in people's lives.

The SANDF offers opportunities in the Army, Navy, Air Force, and Military Health Service. If you are interested, it's important to know the correct steps to apply.

1. Check the requirements

Before applying, make sure you meet the basic requirements:

- Be a South African citizen
- Be medically and physically fit
- Have a Grade 12 certificate (some positions may require additional qualifications)
- Be between 17 and 35 years old, depending on the role

Other requirements may apply for specific trades, such as pilots, medics, or technical roles.

2. Find the right job

Visit the SANDF Careers website or check official SANDF social media pages for vacancies. Jobs are advertised regularly, so keep an eye out for positions that match your skills and qualifications.

3. Complete the application form

Applications are done online. Fill in your personal details, education history, and work experience. Make sure all information is accurate and complete. Attach copies of your ID, Grade 12 certificate, and any other relevant documents.

4. Prepare for tests and interviews

If your application is shortlisted, you may be invited to:

- Medical and physical fitness tests
- A psychometric assessment
- An interview



It's important to be honest, stay calm, and show enthusiasm for serving in the SANDF.

5. Follow up

After submitting your application, keep track of deadlines and correspondence. The SANDF may contact you via email or phone.

Joining the SANDF is a chance to serve your country, gain valuable skills, and build a career in a respected institution. By preparing carefully and following the correct application steps, you increase your chances of success.

How To Use Banking Apps Safely

Banking in South Africa has changed a lot over the past few years. Today, you can check your balance, pay bills, send money, or even apply for loans, all from your smartphone. Banking apps save time, especially for busy commuters and people living far from bank branches. But with convenience comes responsibility. Using banking apps safely is essential to protect your money and personal information. Here's a simple guide for South Africans navigating the digital banking world.

1. Protect your phone

Your banking app is only as secure as your phone. Use a strong PIN, password, or fingerprint to lock your device. Avoid obvious codes like "1234" or your birth year. If your phone is lost or stolen, this simple step can prevent someone else from accessing your bank account.

2. Only download official banking apps

South Africa has many banks with official apps, including FNB, Standard Bank, Absa, Nedbank, Capitec, Tyme Bank and others. Always download apps from the Google Play Store or Apple App Store. Avoid links sent via WhatsApp, SMS, or social media, scammers often use fake apps to steal information.

3. Keep your login details private

Never share your username, password, or PIN with anyone. Banks will never ask for your full password or PIN over the phone or by email. If someone contacts you asking for these details, it is likely a scam.

4. Enable notifications

Most South African banking apps allow instant notifications for transactions. Turn them on so you are alerted whenever money is sent, received, or withdrawn. This helps you detect suspicious activity immediately.

5. Use strong, unique passwords

Your banking password should be different from your social media or email passwords. Use a mix of letters, numbers, and symbols. Avoid writing your password down where others can see it.

6. Avoid public Wi-Fi if you can

Public Wi-Fi in taxi ranks, malls, or restaurants is convenient but risky. Cybercriminals can intercept data on open networks. Use mobile data or a secure private network when accessing your banking app.

7. Log out after each session

Always log out after using your app. Leaving



it open in the background can make it easy for someone else to access your account if your phone is lost or borrowed.

8. Keep apps updated

Banks release updates to fix security issues and improve safety. Always update your app to have the latest protection.

South African banking apps are powerful tools when used responsibly. By following these simple steps, you can enjoy the convenience of digital banking while keeping your money and personal information safe. Small habits today protect you from major problems tomorrow.

The Cash Trap: How Small Loans Can Cost You Big

As the festive season approaches, many South Africans start to feel the pressure of extra spending. Gifts, travel, and family gatherings can quickly add up, and for some, the temptation to take out a small loan becomes hard to resist. Across Johannesburg and Pretoria, advertisements for "quick cash" and "instant approval" loans begin to appear everywhere. On the surface, these offers seem helpful, but in reality, they can create long-term financial pain.

According to the National Credit Regulator (NCR), illegal moneylenders known as mashonisas continue to operate in many townships. They often target working people and pensioners who are desperate for cash. These lenders may ask borrowers to hand over their bank cards, ID books, or SASSA cards as security for the loan. This practice is not only unfair but also illegal under South African law. Once a mashonisa has access to your bank card, they can withdraw more money than agreed,

trapping borrowers in a cycle of debt that is difficult to escape.

Even some loan apps, which seem legitimate, can charge interest rates much higher than traditional banks. Borrowers often do not read the full terms before agreeing, and by the time they realise how much they owe, it is too late. The NCR has urged consumers to always check whether a lender is registered. This can be done for free by visiting the NCR website or calling their helpline. A registered lender must follow the law, disclose all costs upfront, and cannot take personal documents as collateral.

If you find yourself in need of money, there are safer options available. Community saving groups, also known as stokvels, remain one of the most trusted and transparent ways to borrow or save collectively. Some employers also offer salary advance programmes or employee loan schemes with low interest. These can help cover urgent needs without putting you in long-

term debt.

Banks and registered microfinance institutions also offer small personal loans at regulated rates. Before taking one, compare different options and ask about the total cost of credit, which includes fees and interest. Understanding this can help you make a better financial decision.

It is also important to remember that borrowing should be the last resort. If possible, plan for festive expenses throughout the year by setting aside small amounts each month. This way, you are not forced to turn to risky loans when December arrives.

The truth is that quick loans often lead to long-term problems. A short moment of relief can turn into months of stress and repayment. Always think twice before signing any loan agreement, no matter how small it seems. As the saying goes, if an offer sounds too good to be true, it probably is. Protect your income, your



peace of mind, and your future by staying out of the cash trap.

(Sources: National Credit Regulator, South African Reserve Bank, National Debt Mediation Association)

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Dr Jordaan Applauds Amajimbos for Reaching the FIFA U17 Men's World Cup Knockout Phase



South African Football Association (SAFA) President Dr Danny Jordaan has applauded Amajimbos for progressing to the Round of 32 at the FIFA U17 Men's World Cup in Doha, Qatar.

The South Africans managed a win, a draw and a defeat in their three group stage matches, and the four points were enough to see them advance to the knockout stages.

Coach Vela Khumalo's charges finished in second place behind log leaders Italy, who made it three wins out from the same number of games, including a 3-1 victory over Amajimbos.

"You can see this team can play football. Arsene Wenger said so in Morocco already after

he watched them and he said this is a very good team. Even the FIFA observers at the game were very impressed and said this team can play. The quality of both teams – Italy and South Africa – was very high. Of course South Africa made a few mistakes and it's suicidal if you make mistakes at this level, but I'm sure that they've learned through that process," said Dr Jordaan.

"But if you look at our team and you look at the U17s of Italy you find some of those players are already playing in the upper levels and the top leagues in Italy, while in South Africa we are not giving these boys a chance at the higher levels. But I think that they've grown through this tournament and become a better team and

better individuals in the team."

This was Amajimbos' second appearance in the FIFA U17 World Cup – the last time was in 2015 in Chile under Molefi Ntseki. This time the South Africans not only got out of the group but also won their opening match of the global tournament – a feat no South African national team has achieved.

With the progression to the knockout phase of a FIFA World Cup, Khumalo's youngsters emulated the 2009 Amajita squad led by Serame Letsoaka in Egypt, Desiree Ellis' 2023 Banyana Banyana team in New Zealand and Australia, and, more recently, Raymond Mdaka's Amajita team in Chile in last month. Dr Jordaan says Amajimbos' success was planned alongside FIFA's Wenger.

"They started in Soweto in the COSAFA tournament and when I saw them, they played very well, and they lost in the final, but you could see that this is a team that once it jells it will make an impact on the African continent. Subsequent to that they qualified for the AFCON in Morocco, reached the quarterfinals and qualified for the U17 FIFA World Cup in Qatar. I am very happy to see how this team has emerged and become an integrated structured unit," added Dr Jordaan.

"One of the persons whose brainchild this is, is Arsene Wenger. He had many meetings with us and they are now looking at starting at U15. In Miami there was a workshop about this and I'm certain that by next year they will announce an U15 tournament on a global basis. The gap

between European and African teams is that European teams play regular competition at junior level – and CAF did not. But once Patrice Motsepe took over, he recognised that the first thing to do is to deal with school sport and he took his own money and invested in school sport and that was a kick start of the improvement of African teams in junior competitions and finally senior competition."

Amajimbos were still waiting to know the identity of their next opponents in the Round of 32, where they have joined the likes of Japan, Portugal, Senegal, Croatia, Argentina, Belgium, Egypt, Venezuela, Switzerland, South Korea, Brazil, Zambia, the USA, Ireland, France, Canada and Austria, among others.

- SAFA Press Release: November 2025



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			
Mamelodi Sundowns	VS	Orbit College FC	
29 Nov 20:00 - Loftus Versfeld Stadium, Pretoria			
30 Nov 2025			
Marumo Gallants	VS	Magesi FC	
30 Nov 15:30 - Dr Molemela Stadium, Bloemfontein			



South African Premiership Matches



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

02 Dec 2025			
Orlando Pirates	VS	Richards Bay	
02 Dec 19:30 - Orlando Stadium, Soweto			
Siwelele	VS	Mamelodi Sundowns	
02 Dec 19:30 - Free State Stadium, Bloemfontein			
03 Dec 2025			
Golden Arrows	VS	AmaZulu FC	
03 Dec 19:30 - King Goodwill Zwelithini Stadium, Durban			
Orbit College FC	VS	Durban City	
03 Dec 19:30 - Olympia Park, Rustenburg			
Stellenbosch FC	VS	Polokwane City	
03 Dec 19:30 - Danie Craven Stadium, Stellenbosch			
TS Galaxy	VS	Marumo Gallants	
03 Dec 19:30 - Mbombela Stadium, Nelspruit			
20 Jan 2026			
Kaizer Chiefs	VS	Golden Arrows	
20 Jan 19:30 - FNB Stadium, Johannesburg			
Sekhukhune United	VS	Stellenbosch FC	
20 Jan 19:30 - Peter Mokaba Stadium, Polokwane			
23 Jan 2026			
Richards Bay	VS	Siwelele	
23 Jan 19:30 - Richards Bay Stadium, Richards Bay			
24 Jan 2026			
Orbit College FC	VS	Chippa United	
24 Jan 15:30 - Olympia Park, Rustenburg			
Sekhukhune United	VS	Orlando Pirates	
24 Jan 15:30 - Peter Mokaba Stadium, Polokwane			
Golden Arrows	VS	Stellenbosch FC	
24 Jan 17:30 - King Goodwill Zwelithini Stadium, Durban			
27 Jan 2026			
Marumo Gallants	VS	Kaizer Chiefs	
27 Jan 19:30 - Dr Molemela Stadium, Bloemfontein			