

DEC '23 / JAN '24

BY THE WAY

Produced by SANRAL



TAKING SANRAL PROJECTS *to the people*

SANRAL projects generate economic activity, create employment, business opportunities and skills development through on-site training and general upliftment of quality of life.



transport

Department:
Transport
REPUBLIC OF SOUTH AFRICA

www.sanral.co.za | X @sanraL_za | f @sanralza | @sanraL_za | in SANRAL | SANRAL Corporate

SANRAL



Editorial message

by Vusi Mona
GM: Marketing and Communications

With the festive season and holiday period upon us, South Africa's roads will be at their busiest. This issue of *By The Way* includes some features to support your safety during this period. We provide a page with handy emergency numbers for you to keep, and we outline some driving habits that will promote your safety on the road.

We also outline how SANRAL brings jobs and economic opportunities through projects to communities across South Africa.

Roads enable economic activity and create employment opportunities, business opportunities for the construction industry, including small, medium and micro enterprises (SMMEs) within the sector, skills development opportunities through on-site training, and general upliftment of the quality of life.

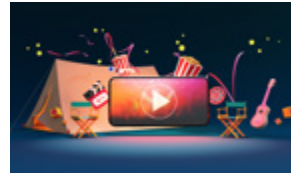
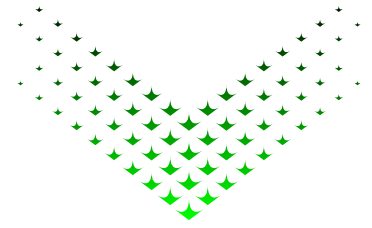
All of SANRAL's projects are guided by a commitment to SMME development, a 14-Point Plan that prioritises community engagement, a transformation approach that seeks to advance black business, and an overall strategy aligned to the government's National Development Plan.

This issue also provides some great options for holiday reading material for all ages, and a range of ideas for items that you can cook on the braai for your friends and family. There is also advice on how to keep both your finances and your family healthy during the holidays.

Last but not least, there are some fun activities for you and your children to enjoy.

We wish all our readers and their families a safe and peaceful holiday season and prosperous New Year.

In This Issue



3 What's Up!
Major trends in entertainment for 2024



4 SANRAL update
Update on projects and activities from each of SANRAL's four regions



10-12 Cover Feature
Taking SANRAL's projects to the people brings jobs and economic upliftment



13 Infrastructure
Engineering our roads for road safety



15 Emergencies
Handy emergency numbers to keep



16 Finances
Navigating your festive season finances



21 Road safety
Driving habits to improve safety

Talk to us!

We invite readers to follow SANRAL on



@sanral_za



@sanral_za



@sanral_za



See SANRAL's latest news as well as invitations to join with us on various events and discussions.

THIS MONTH, WE LOVE



SIYA KOLISI

Siya Kolisi is the man of the moment, having led our national rugby team to its second consecutive Rugby World Cup victory. Not only did he lead our team with dignity and prowess, but his humbleness and generosity of spirit after the win could not fail to have an impact on anyone who witnessed it.

Kolisi has constantly spoken about playing for the people in South Africa and that was evident in his post-match interview. He said: "What happened in the last World Cup, we were trying to get the name of the Springboks back. People were just hoping we would do it, but now people were expecting for us to do it. ... There's so much that's going wrong with our country, we are basically the last line of defence.

"There are so many people who come from where I come from who are in hopeless situations. There's so much division in the country, but we show, as people with different backgrounds, that it is possible to work together in South Africa, not just on the rugby field but in life in general.

"Look what this sport did in 1995, we can't go away from that. Without that, I wouldn't be here. There were people before me who fought for the opportunity for people who look like me to be able to play in this team. They never got to experience that.

"I've got a job to make sure I give everything I can to the jersey to inspire the next generation."

He is certainly doing that, and we have no doubt that his 'moment' will be extremely long-lasting.

A GLIMPSE INTO ENTERTAINMENT TRENDS IN 2024

The entertainment landscape is a vibrant tapestry of technology, creativity, and user experience. Here's a sneak peek into trends shaping the entertainment industry in 2024.



VIRTUAL REALITY (VR) AND AUGMENTED REALITY (AR)

VR and AR are set to dominate the entertainment industry by offering immersive experiences, allowing users to explore fantastical realms and enhance their everyday reality. VR and AR will find applications in gaming, movies, and educational content, providing interactive and captivating experiences.

INTERACTIVE ENTERTAINMENT

Interactive entertainment, including interactive movies, TV shows, and AI-powered video games, allows viewers to influence storylines and immerse themselves in realistic environments. This dissolves the boundaries between the audience and the narrative, providing a truly interactive and personalised experience.



ARTIFICIAL INTELLIGENCE (AI)

AI, with its ability to analyse user preferences and provide tailored content recommendations, has become a cornerstone of the entertainment industry. By delving into user behaviour and interests, AI crafts personalised entertainment experiences. From suggesting movies based on mood to generating unique storylines, AI is revolutionising how we consume entertainment.

WEARABLE TECHNOLOGY

Wearable technology, such as glasses and watches, is set to revolutionise entertainment consumption. These innovative devices offer users the opportunity to watch movies, play games, and engage in various forms of entertainment seamlessly, enhancing user experiences by providing immersive and hands-free interactions.



STREAMING SERVICES

Streaming services continue to reign supreme, offering convenience, affordability, and on-demand content. With the flexibility to access a diverse range of content anytime, anywhere, streaming platforms have become the go-to for the modern consumer, and offer subscription plans catering to various budgets.

MOBILE ENTERTAINMENT

The world of mobile entertainment continues to evolve rapidly. Powerful devices coupled with engaging content offer users unparalleled experiences, wherever you may be.

SOCIAL MEDIA

Social media platforms continue to captivate users with live streaming, AR filters, and interactive stories. These features foster connections and enable real-time interactions with influencers and friends.



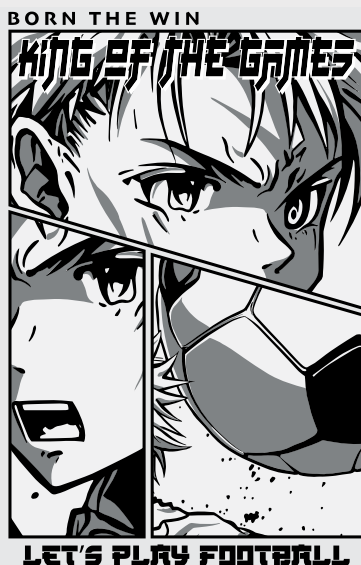
ESPORTS

Esports, the world of organised video gaming, is experiencing an unprecedented surge. Larger prize pools, an increase in professional teams, and a blurring of the line between traditional sports and esports characterise this industry with its dedicated community of players and fans.

BLOCKCHAIN

Blockchain technology is transforming the entertainment industry by offering transparent and secure methods of content distribution. Creators receive fair compensation for their work, and consumers enjoy a decentralised and piracy-resistant entertainment ecosystem. Blockchain ensures the integrity of digital assets, paving the way for a new era of content creation and distribution.

TRENDS AMONG YOUTH



ANIME AND MANGA

Anime is the latest renaissance among youth, accompanied by a rise in the popularity of popular Asian culture, like K-Pop boy bands. Born in Japan, anime has become the number one genre, surpassing comedy for 6- to 12-year-olds, while 12% of teens globally read manga.

Manga is an umbrella term for a wide variety of comic books and graphic novels originally produced and published in Japan. Unlike other comic books, which are usually printed in full colour, Japanese manga are almost always published in black and white.

RISE IN CINEMA

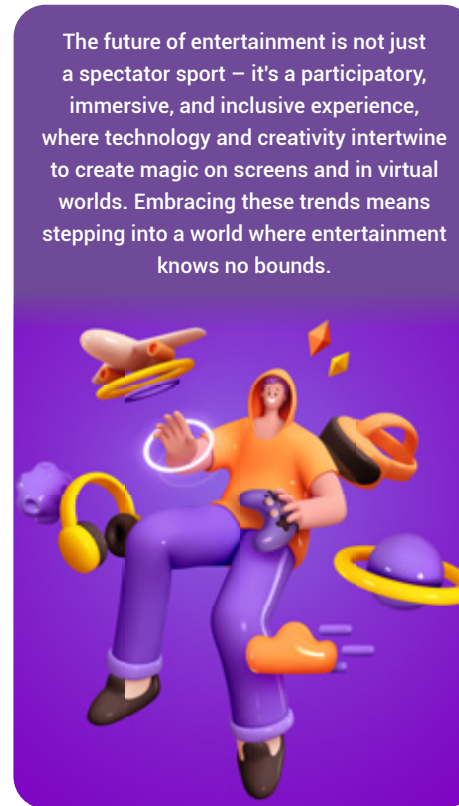
There has been huge growth in cinema going among kids since the pandemic, with an accompanying increase in toy sales.

YOUTUBE

The youth prefer YouTube to normal TV or Netflix. They also enjoy watching other kids playing games on YouTube – which is a totally different way of watching anything, and is competing with TV and movies.

DIVERSITY AND INCLUSIVITY

Positive modelling and inclusion in media are becoming more popular (like in the Moana series). Inclusion is the new cool.



The future of entertainment is not just a spectator sport – it's a participatory, immersive, and inclusive experience, where technology and creativity intertwine to create magic on screens and in virtual worlds. Embracing these trends means stepping into a world where entertainment knows no bounds.

SANRAL's projects are located across the country, and its operations fall under four regions:

REGIONAL ROUND-UP



The Eastern region, Dumisane Nkabinde, covering KwaZulu-Natal and the Free State



The Western region, Randal Cable, covering the Western Cape and Northern Cape



The Northern region, Progress Hlahla, covering Mpumalanga, Gauteng, North West and Limpopo



The Southern region, Mbulelo Peterson, covering the Eastern Cape

Here is a brief update on projects and activities from each of SANRAL's four regions.

Dumisane Nkabinde, Eastern Region Manager

"The Eastern Region stands poised to seize the opportunities presented by its ambitious road infrastructure upgrades programme. Upgrades on national routes N2 and N3 in KZN are estimated at R48 billion. Approximately R14.4 billion (30%) of this will be set aside for targeted local firms. We are also pleased that the work on the N3 between Ashburton and Cato Ridge is now 50% complete and the route will be fully open in the next 12–18 months.

In the Free State, we are on track to commence major upgrades just north of Bloemfontein on the N1 from Zandkraal to Winburg and from Winburg Station to Ventersburg, providing a boost of more than R4 billion to the province.

We worked with great dedication to repair roads damaged by last year's devastating floods, with most flood-related repairs awarded to Black-owned firms. Looking ahead, we will continue to ramp up our drive to create major job opportunities for large and small enterprises."

Randall Cable, Western Region Manager

"In the Northern Cape the N14 intersections in Kathu are nearing completion, promising improved safety and significant economic impact. In the Western Cape, the R600 million upgrade of the N7 between Malmesbury and Moorreesburg is making steady progress, with significant opportunities for local labour and targeted enterprises.

The upgrade of the Thembalethu Interchange in George, which is a partnership between SANRAL and the George Municipality, is also taking shape.

Embracing innovation, the region is pursuing safety advancements through technologies such as intelligent road studs and distracted driver technology. Pilot projects are on the horizon to test their effectiveness.

We are optimistic that the 84 new projects awarded in the region in 2022/23 will improve the quality of the road network and the lives of local communities."

Progress Hlahla, Northern Region Manager

"The Northern Region oversees more than 40% of the SANRAL network and bears responsibility for engaging with diverse municipalities, provincial departments, and other stakeholders. With a substantial portion of the network now approaching its expected lifespan, network upgrades and enhancements are more urgent than ever.

Despite challenges, we are making encouraging progress, with projects such as the R510 and R37 in Limpopo and the Moloto Road in Mpumalanga and Limpopo meeting their targets. The R23 project in Standerton has reached completion, and several other ongoing projects have made significant headway."

Mbulelo Peterson, Southern Region Manager

"Notable highlights include progress on the Msikaba Bridge project, the upgrade of the R63 from Fort Beaufort to Alice, construction of the Breidbach and Belstone interchanges and several key community development projects. SANRAL also awarded the Mtentu Bridge contract and a project involving rehabilitation of the R56 from Matatiele to the KwaZulu-Natal border.

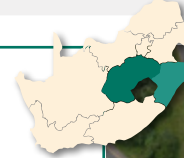
Our projects have had a significant impact on local communities, creating jobs and providing skills development. The region has also taken steps to improve road safety and mobility through its Eastern Cape Intelligent Transport System (ITS) and the Freeway Management System (FMS) project, which is in the design stage.

Looking ahead, we remain dedicated to enhancing both the road network and the wellbeing of the communities we serve."

N2/N3 UPGRADES

The greater N2/N3 corridor upgrades are expected to take 8-10 years to complete and will create up to 15,000 job opportunities.

- 11 projects worth approximately R24 billion are currently under construction.
- The R5 billion upgrade of the EB Cloete Interchange ('Spaghetti Junction') is the biggest single project value undertaken by SANRAL to date.



UPGRADE OF N1 BETWEEN LAINGSBURG AND MATJIESFONTEIN

This R700 million upgrade is set to drive economic recovery in the region and make a significant contribution to the economy of the Central Karoo. R220 million has been prioritised for small, medium and micro enterprise (SMME) subcontractors on this project.



MOLOTO ROAD UPGRADES

Spanning the provinces of Gauteng, Mpumalanga and Limpopo, the 160km Moloto Road (R573) has a notorious reputation as one of the country's deadliest roads. It is used by over 60,000 commuters daily. SANRAL's R3.7 billion planned interventions to promote road safety include widening the current single-lane carriageway into a dual-lane carriageway in each direction.



THE N2 WILD COAST ROAD PROJECT

One of the flagship projects in the Southern Region is the N2 Wild Coast Road (N2WCR) project, which includes the construction of two mega bridges, the Msikaba Bridge and the Mtentu Bridge. The N2WCR project is expected to generate 21,000 to 28,000 indirect jobs during construction and 8,000 direct full-time jobs once completed.



TIME TO RESET AND RENEW

The arrival of a new year brings with it the promise of refreshing and renewing our spirits and creating fresh beginnings.

REFLECTING ON THE PAST

Journaling journey: A great way to reflect on the past year is by journaling, acknowledging both achievements and challenges, and using them as stepping stones toward a renewed self. Reflecting on the past provides valuable insights for the future and refreshes our perspective.

Letting go: By letting go of past regrets and grudges, we make space for forgiveness and emotional healing, thus refreshing our hearts and minds.

SETTING MINDFUL INTENTIONS

Mindful goal setting: In setting mindful intentions, we embrace the opportunity for renewal. Set realistic, specific, and achievable goals for the upcoming year. Break big goals into smaller, manageable tasks.

Your vision board: Creating a vision board will help you to visualise your aspirations and dreams for the new year.

CULTIVATING POSITIVE HABITS

Morning rituals: Introduce mindful morning routines such as meditation, stretching, or gratitude exercises to set a positive tone for the day.

Digital detox: Explore the benefits of reducing screen time and instead being present in the moment. This transformative act refreshes our focus.

The power of nature: Engaging in outdoor activities is a way to renew our connection with the natural world, promoting relaxation and mindfulness.

BUILDING MEANINGFUL CONNECTIONS

Nurturing relationships: Meaningful connections with friends and family are extremely good for our wellbeing. Make it a point to fit time with friends and family into your schedule.

Acts of kindness: Random acts of kindness are a way of renewing community spirit, fostering a sense of gratitude and togetherness that revitalises not only ourselves but also the world around us.



By getting our minds right, we can step into the new year with confidence, purpose, and a heart full of possibilities.

Let go of past regrets and grudges

1. Acceptance and forgiveness:



Acknowledge that the past cannot be changed. Embrace the power of forgiveness – not for others, but for yourself. Forgiving someone doesn't mean you condone their actions; it means you're **choosing to release the anger** and resentment that binds you.

2. Practice self-compassion:



Be kind to yourself. Understand that everyone makes mistakes, including you. Treat yourself with the same compassion you would offer a dear friend. **Self-compassion allows you to heal** and move forward without self-blame.

3. Mindfulness and meditation:



Practice mindfulness to stay present in the moment. Meditation can help you to observe your thoughts and emotions without judgement. By understanding that thoughts are fleeting and are not your identity, **you can distance yourself from negative feelings** associated with past events.

4. Journaling:



Journaling provides a safe space to express your emotions honestly. Seeing your emotions on paper can offer a **new perspective** and facilitate the process of letting go.

5. Seek closure:



If possible, have an honest conversation with the person involved. Express your feelings calmly and assertively. However, understand that closure might not always come from external sources – **sometimes, closure is a decision you make within yourself.**

6. Reframe your narrative:



Change the way you perceive the past. Instead of seeing it as a source of pain, **consider it a valuable lesson** that made you stronger, wiser, and more resilient.

7. Practice gratitude:



Shift your focus from what went wrong to what is right in your life now. Regularly remind yourself of the positive aspects of your life.

8. Professional support:



If past regrets and grudges severely impact your life, **consider talking to a therapist or counsellor.** They can provide specialised techniques and a safe environment to work through your emotions.



ONE SECOND SLOWER CAN AVOID A CRASH.

Driving at high speed is dangerous. It requires a faster reaction time from the driver, since your car covers more ground than when you're driving at a slower speed. If you're running late, call ahead to let everyone know that you're delayed. One simple decision can save your life and the lives of others.

SANRAL



**BUILDING SOUTH AFRICA
THROUGH BETTER ROADS**

www.sanral.co.za



Reg. No. 1998/009584/30 An agency of the Department of Transport.

Happy holiday reads

FOR ADULTS

BARE: THE BLESSER'S GAME | By Jackie Phamotse

This gripping novel explores the dark side of the glamorous life in Johannesburg. Treasure is a naïve dreamer who, intent on supporting herself, walks out of her dysfunctional family home in Westonaria and straight into the greedy heart of Joburg to chase the illusion of fame and a happy ending. Living a life of luxury in a society of artificial human beings comes at a hefty price. This inspirational novel is for all those who see one side to life, and reveals both sides of the coin.

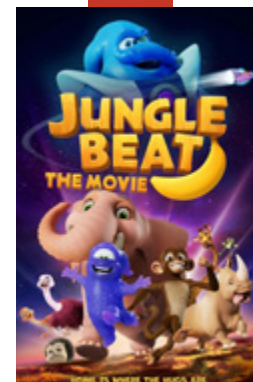
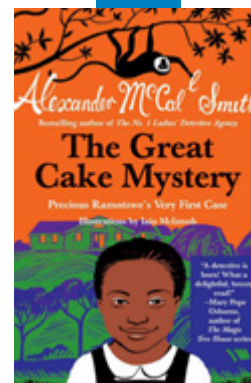
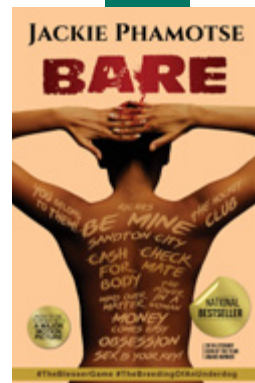
RASSIE: STORIES OF LIFE AND RUGBY | By Rassie Erasmus with David O'Sullivan

Springbok coach Rassie Erasmus has always done things differently. Now, with his trademark candour, Rassie talks openly about his adventures and misadventures. He reveals the turmoil of living with an alcoholic father and growing up in the conservative town of Despatch. He looks back on an exemplary career as a player, whose instincts, ability to read a game, and appetite for hard work set him apart. Rassie talks about his greatest contribution to South African rugby, appointing its first black captain, Siya Kolisi; his bold plans for effective racial transformation of the national team achieved immediate success, culminating in triumph at the 2019 Rugby World Cup. This book provides a behind-the-scenes look at a truly maverick life.

RISE | By Siya Kolisi

An intimate personal portrait, Rise traces Siya Kolisi's ascent from an impoverished childhood in a Gqeberha township to his historic captainship of the Springboks and astonishing victory at the Rugby World Cup in 2019. Much more than just a sports biography, it's also a deeply personal exploration of his faith and Xhosa heritage – and a reminder of the inherent potential in all of us to rise above even the most insurmountable odds.

Here are some books to enjoy over the holidays, for all ages



FOR YOUNG ADULTS

CHAMELEON | By Zoe Kalo

This book was shortlisted for the Dante Rossetti Awards for Young Adult Fiction and is a spine-chilling psychological/supernatural thriller. Grief-stricken 17-year-old Paloma seeks solace in the paranormal, longing to connect with her deceased father. But a harmless séance takes a dark turn, leading her to an eerie and secluded convent. Within the convent's shadows lurks a malevolent force, awakened by Paloma's attempt to communicate with her father. The line between reality and delusion blurs, and in her search for a killer, she risks losing her grip on sanity and becoming the next victim.

THE GREAT CAKE MYSTERY | By Alexander McCall Smith

This is the first book in the Precious Ramotswe Mysteries for Young Readers series. Fans around the world adore the bestselling No. 1 Ladies' Detective Agency series, and Precious Ramotswe, Botswana's premier lady detective. This story takes us back to the beginning of her story. When a piece of cake goes missing from her classroom, a traditionally built young boy is tagged as the culprit. Precious, however, is not convinced. She sets out to find the real thief. Along the way she learns that your first guess isn't always right. She also learns how to be a detective.

SPUD | By John van de Ruit

This humorous and heartwarming series follows the misadventures of a teenage boy at a South African boarding school. Book 1 – *Spud*, is set in South Africa in 1990, Spud Milton's first year at an elite boys-only private school. Cursed with parents from well beyond the lunatic fringe, a senile granny, and a dormitory full of strange characters, Spud has his hands full trying to adapt to his new home. Follow his journey through book 2 – *Spud: The Madness Continues*, Book 3 – *Spud: Learning to Fly*, and book 4 – *Spud: Exit pursued by a Bear*.

FOR CHILDREN

REFILWE | By Zukiswa Wanner

Zukiswa Wanner brings young readers a retelling of the classic fairy tale, Rapunzel, with a uniquely South African twist. Refilwe is a dreadlocked beauty who is stuck in a cave on top of a mountain awaiting her prince, Tumi. Reimagined for African children, the tale is enriched with magical illustrations by Tamsin Hinrichsen that will keep all children entranced and foster in them a love of reading.

THE UGLY FIVE | By Julia Donaldson

This book celebrates South Africa's wildlife, and is written by the author of *The Gruffalo*. Who's that singing on the savannah? It's the top-five ugly animals in Africa! The wildebeest, warthog, vulture, hyena and marabou stork swagger proudly across the savannah, rejoicing in their ugliness – and delighting their babies, who think they're perfect just the way they are. The rhyme is a joy to read aloud, while bold, comical illustrations bring the savannah to life.

JUNGLE BEAT | By Brent Dawes

Based on the animated film *Jungle Beat: The Movie*, which features adorable and quirky jungle animals, the story follows a group of animals who team up with a stranded alien named Fneep to save their home, the jungle, from the evil alien conqueror, Dweenie. Filled with humour, friendship, and adventure, this heartwarming tale encourages teamwork and acceptance of differences.

Walk wisely to stay safe

Many road crashes involve **pedestrians**, which are people walking in the road or next to it. Like other road users (e.g. drivers), pedestrians must obey road rules so that they can stay safe on the road. Learn how to stay safe as a pedestrian by completing the activities below. Then check the answers at the bottom!



This learning material has been taken from the SANRAL Road Safety Education Programme, which is aimed at all South African schools within 5km of a national road. Print this page and complete the activities with your children!

Walk this way!

The list below includes actions that can be taken by pedestrians. Match the action with the correct picture by filling its number into the space provided. Then, circle the word showing whether that action is **SAFE** or **UNSAFE**.

1 Wearing light-coloured clothing at night

4 Ignoring or disobeying traffic light signals

2 Walking with your back to oncoming traffic

5 Looking left, then right, then left again, before crossing the street

3 Walking in the road instead of on the verge/pavement

6 Walking while facing oncoming traffic



Stay alert!

When distracted, a pedestrian might do something that puts them or others in danger. Which of the points below are distracted behaviours that pedestrians ought to avoid? Tick the box next to the correct answers.



- a Crossing the road while using a cell phone
- b Looking left and right before crossing
- c Eating or drinking while walking near a road
- d Holding a bag while crossing the street
- e Searching in a bag while waiting at a pedestrian crossing
- f Swatting at an insect while trying to cross the road

Famba hi vutlhari leswaku u tshama u hlayisekile

Timhangu to tala ta le patwini ti katsa vafambi hi milenge, ku nga vanhu lava fambaka epatwini kumbe ekusuhi na rona. Ku fana na vatirhisi van'wana va patu (xikombiso, vachayeri), vafambi hi milenge va fanele va landzela milawu ya le patwini leswaku va tshama va hlayisekile epatwini. **Dyondza ndlela yo tshama u hlayisekile tanihi mufambi hi milenge hi ku endla swintirhwana hinkwaswo leswi nga laha hansi. Endzhaku u kamba tinhlamulo ehansi!**



Mahungu lawa ma dyondzo ma huma eka Nongonoko wa Dyondzo ya Vuhlayiseki bya le Patwini ya SANRAL, ma kongomisiwe eka swikolo swa Afrika Dzonga leswi nga tikhilomitara dza 5 ku ya eka pato lerikulu. Printa phepha leri naswona u endla swintirhwana hinkwaswo na vana va wena.

Famba hi hala!

Nxanxamelo lowu nga laha hansi wu katsa leswi nga endliwaka hi vafambi hi milenge. Komba xiendlo ni xifaniso lexi faneleke hi ku tsala nomboro eka ndhawu leyi siyiweke. Endzhaku ka sweswo, endla xirhendzevutana eka rito u komba loko xiendlo xexo xi **HLAYISEKILE** kumbe xi nga **HLAYISEKANGA**.

1 Ku ambala swiambalo swo vonakala navusiku

2 Ku famba u fularhele mimovha leyi taka hi le ndzhaku

3 Ku famba epatwini ematshan'wini yo famba etlhelo/eka phevhimende

4 Ku honisa kumbe ku nga landzeli mavoni ya tirhoboto

5 Ku languta eximatsini, ivi u languta exineneni, u tlhela u languta eximatsini, u nga si tsemakanya xitarata

6 Ku famba u kongomane ni mimovha leyi taka hi le mahlweni



Tshama u xalamukile!

Loko munhu loyi a fambaka hi milenge o kavanyeteka, a nga ha endla nchumu lowu nga endlaka leswaku yena ni van'wana va nghena ekhombiyeni. Hi swihi swilo leswi nga laha hansi leswi kavanyeteka leswi vafambi hi milenge va faneleke va swi papalata? Fungha bokisi ekusuhi ni tinhlamulo leti nga ntiyiso.



a Ku tsemakanya patu u ri karhi u tirhisa selifoni

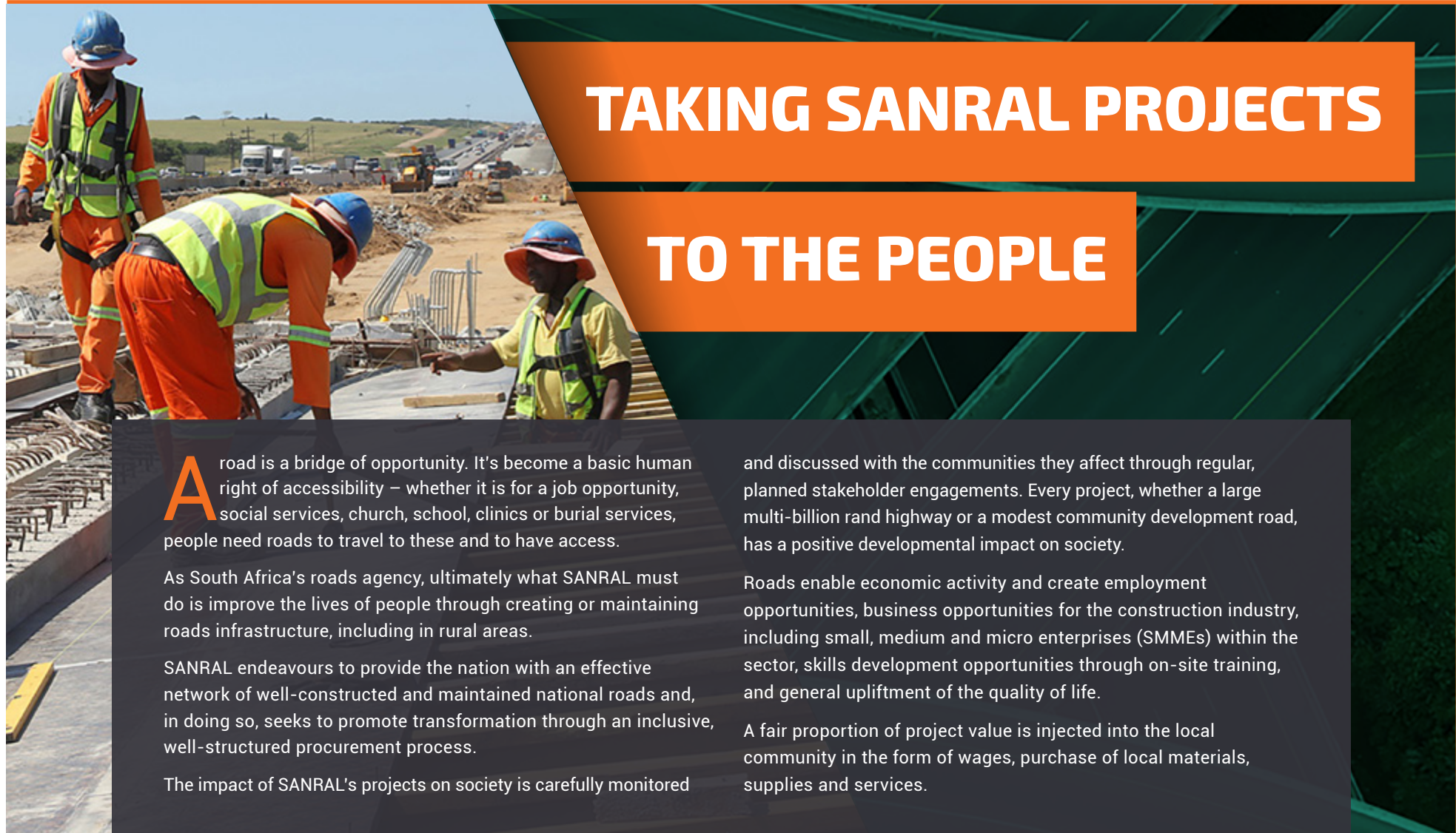
b Ku languta eximatsini ni le xineneni u nga si tsemakanya

c Ku dya kumbe ku nwa u ri karhi u famba ekusuhi ni patu

d Ku tsemakanya xitarata u khome beke

e Ku ngundzuvanya swilo ebekeni u yime laha ku tsemakanyaka vafambi hi milenge

f Ku phyandlasela xitsotswana u ri karhi u ringeta ku tsemakanya patu.



TAKING SANRAL PROJECTS TO THE PEOPLE

A road is a bridge of opportunity. It's become a basic human right of accessibility – whether it is for a job opportunity, social services, church, school, clinics or burial services, people need roads to travel to these and to have access.

As South Africa's roads agency, ultimately what SANRAL must do is improve the lives of people through creating or maintaining roads infrastructure, including in rural areas.

SANRAL endeavours to provide the nation with an effective network of well-constructed and maintained national roads and, in doing so, seeks to promote transformation through an inclusive, well-structured procurement process.

The impact of SANRAL's projects on society is carefully monitored

and discussed with the communities they affect through regular, planned stakeholder engagements. Every project, whether a large multi-billion rand highway or a modest community development road, has a positive developmental impact on society.

Roads enable economic activity and create employment opportunities, business opportunities for the construction industry, including small, medium and micro enterprises (SMMEs) within the sector, skills development opportunities through on-site training, and general upliftment of the quality of life.

A fair proportion of project value is injected into the local community in the form of wages, purchase of local materials, supplies and services.

THE PLAN THAT DRIVES THE PROCESS



SANRAL is aware of the impact that its procurement policy and practices have on the socio-economic conditions of South Africans in general, and on transformation of the construction industry.

SANRAL believes that it is time for black South Africans – African, Indian and Coloured persons – who were previously excluded from benefitting from massive infrastructure projects – to benefit alongside the well-established industry players.

All of SANRAL's projects are guided by a commitment to SMME development, a 14-Point Plan that prioritises community engagement, a Transformation Policy that seeks to advance black business, and an overall strategy aligned to the government's National Development Plan.

The Transformation Policy sets clearly defined targets for black contractors, professionals, and suppliers to participate in all projects that SANRAL commissions. The aim is to ensure that those previously marginalised sectors – including women, young people, people with disabilities and black contractors – play a meaningful role and succeed in the construction industry.

THE 14-POINT PLAN EXPLAINED

SANRAL's 14-Point Plan puts its Transformation Policy into action in the following way:

- 1 **A Project Liaison Committee (PLC) is established for each project**, as a platform for project communication, subcontracting, procurement, and facilitation of employment.
- 2 **The PLC includes** SANRAL, contractors, engineers, community leaders, and other stakeholders, ensuring **unbiased representation**.
- 3 **A Project Liaison Officer (PLO)**, who is supported by the PLC, **is appointed** to facilitate communication and address project and community matters.
- 4 **Specific local areas are identified** for the project to focus on, in consultation with the PLC.
- 5 **A database** of contractors, subcontractors, consultants and suppliers **is developed** with the PLC's input and approval, **ensuring compliance with legislation**.
- 6 **A local labour list is created** that is agreed on and signed off by the PLC, and fair selection processes are established.
- 7 **The approved databases are handed over to the contractor** to carry out recruitment of subcontractors following an open tender process, and for recruitment of local labour.
- 8 **Contractors conduct transparent tender processes** following government guidelines, with public opening of received bids, announcement of bidders and prices. Bid details are shared in PLC meetings.
- 9 **Tender process appeals** go to SANRAL **for independent review** by the Transformation Unit.
- 10 **Contractors and suppliers' skills are evaluated** with PLC input before subcontracting, ensuring quality. **Local labour skills are assessed** before recruitment.
- 11 **Training and support is provided** for contractors before subcontracting, **guided by the PLC**.
- 12 **The PLC identifies deliverable areas of work** for local service providers; for areas lacking local capability, opportunities are provided for locals to learn.
- 13 **Drawing up formal contracts** between the main contractor and subcontractors is overseen by the PLC and consultants.
- 14 **The PLC facilitates transparent communication**, managing the expectations of local businesses and communities, and ensuring inclusivity and fairness.



ALL ABOUT THE PROJECT LIAISON COMMITTEE (PLC)

The first step of SANRAL's 14-Point Plan is to establish a Project Liaison Committee (PLC) for each project, as a platform for project communication, subcontracting, procurement, and facilitation of employment. Here is more information on the PLC.

What is the Project Liaison Committee (PLC)?

The Project Liaison Committee (PLC) plays a crucial role and acts as a bridge for communication between the people working on a construction project (like the company building the roads) and the local community.

It includes representatives from the company building the project, local leaders, and community representatives. All relevant stakeholders are included. The main job of the PLC is to make sure everyone's voice is heard and that the project benefits the local community.

The role of the PLC

The PLC facilitates communication and ensures that the community's interests and needs are considered during the construction project. They do not directly control issues like hiring or tenders, but they do have an important say, making sure decisions are fair and transparent.

Who chooses the members of the PLC?

The PLC is formed through discussions and consultations between SANRAL, the construction company, local leaders, and community representatives. They work together to select individuals who can represent a diverse range of the community's interests effectively.

How are PLC members chosen?

PLC members are chosen based on their roles in the community or their connection to the project. Local leaders, business representatives, and community members are often selected because they have a stake in the project's impact on the area.

How do I know they will bring proper information back to the community?

The PLC operates transparently. Their meetings and decisions are typically documented and shared with the community. There are also guidelines and rules in place to ensure that the information shared is accurate and of benefit to the community.

How do I get the opportunity to be on the PLC?

Opportunities to join the PLC are usually based on involvement in the community or relevant local organisations. If a person is active in the community and has a genuine interest in representing its interests, they could express their willingness to local leaders or organisations.

Does the PLC have an influence on issues?

Their influence lies in advocating for the community's needs and ensuring fairness in execution of the project.

Do the PLC members receive a salary?

While being part of the PLC doesn't come with a salary, it does offer the opportunity to influence decisions related to the project. PLC members are volunteers, dedicated to ensuring the community benefits from the project.

Won't these PLC members choose people they know for jobs?

While PLC members might have connections, the selection of individuals for jobs is typically done through fair and transparent processes, often involving open tenders and assessments. The PLC's role is to ensure these processes are transparent, open, and fair. Their goal is to create equal opportunities for local community members and businesses, preventing any bias or favouritism.

PLC members are not allowed to tender.

ABOUT THE PROJECT LIAISON OFFICER

The Project Liaison Officer is the direct link between the PLC and the community.

Who is the Project Liaison Officer (PLO)?

The Project Liaison Officer, or PLO, is like the community ambassador on the construction project. They help with day-to-day communication between the people building the project, the PLC, and the community. They also facilitate the selection and employment of targeted labour.

Why are they needed?

PLOs are needed to make sure that communication between the construction company and the community is smooth, by coordinating between the engineer, contractor, project stakeholders and the affected communities. They help in understanding the community's needs, assist in hiring local workers, and help make sure everyone understands what's happening with the project.

Who chooses them?

PLOs are typically chosen by the engineer in charge of the project. The selection is based on criteria set by the construction company (employer) for someone who can effectively communicate with and bridge the gap between the project team and the community. They often have a background in community engagement or experience working with local organisations.

How do I know they will bring proper information back to the community?

Similar to the PLC, PLOs operate transparently. They are bound by guidelines and rules to ensure accurate and relevant information is shared with the community. Their role is to represent the community's concerns accurately and to advocate for their needs.

How do I get an opportunity to be a PLO?

Opportunities to become a PLO are typically based on a person's experience in community engagement and understanding of local issues.

Are the PLOs paid a salary?

Being a PLO does not usually come with a salary. It's a role taken on voluntarily or as part of a job within a community organisation.

What influence does the PLO have?

The influence of a PLO lies in their ability to communicate the community's concerns and needs to the project team effectively. They ensure that the contractor compiles the targeted labour database based on the eligibility and selection criteria, and updates it as and when required. The PLO coordinates the selection and employment of targeted labour based on the agreed criteria, and ensures that each worker enters into an employment contract. They also make sure each worker understands the conditions of his/her employment contract, and inform the contractor of any relevant training required by the targeted labour.

Won't the PLOs choose people they know for jobs?

PLOs are expected to be fair and impartial. They might be familiar with people in the community, but selection for jobs is typically based on skills, qualifications, and fairness. The PLO's role is to ensure that the job selection process is transparent and that local community members and businesses have equal opportunities to take part. Their presence is meant to prevent bias and create a level playing field for everyone.

SANRAL national pre-tender training for small businesses

SANRAL has launched a training programme to develop small businesses with the necessary knowledge and skills required to compete successfully for opportunities on the national road network.

1. What is the name of the programme?

SANRAL National Pre-Tender training for small, medium and micro enterprises (SMMEs).

2. Why was it initiated?

SANRAL aims to develop, support, train and capacitate an estimated 40,000 SMMEs over the next three years, in a bid to transform the industry and set in motion a developmental pipeline that will ultimately see subcontractors become main contractors. SANRAL realised that there was a gap in SMMEs' knowledge and understanding when completing tender documents, since there was a high level of non-compliant submissions by SMMEs.

3. How long is the training per group?

The training takes 22 days, which includes assessments.

4. What does it cover?

The training is designed to address basic literacy and numeracy, understanding how to run a successful contracting business, and how to eventually develop and submit competitive, yet profitable and compliant

tenders. Ten unit standards have been selected for the programme, which includes the use of mathematics to investigate and monitor the financial aspects of personal and community life, tender for construction contracts, and managing construction resources, among others.

5. Who qualifies and how can interested candidates register?

The programme targets companies with Construction Industry Development Board (CIDB) Grade 1–4 CEs and GBs with active membership who meet the requirements of registration with the Companies and Intellectual Property Commission (CIPC), are SARS tax-compliant and registered on the Central Supplier Database (CSD).

6. How much do candidates pay?

The programme is free of charge for all interested candidates.

7. What is interesting about the programme?

SANRAL plays an active role in including black entities to diversify the distribution of business among suppliers, so that every contractor or consultant can actively conduct business with SANRAL.

SANRAL'S SUPPLIER DEVELOPMENT DESKS

SANRAL has supplier Development Desks in each of its regions, to assist SMMEs and targeted enterprises (TEs) with information on tenders and development opportunities. Here are details of how to contact them:

Northern Region (Gauteng, Limpopo, Mpumalanga, North West)

SDD-NR@nra.co.za

Telephone: +27 11 426 6200

Physical address: 38 Ida Street, Menlo Park, Pretoria, Gauteng, 0081

Western Region (Western Cape, Northern Cape)

SDD-WR@nra.co.za

Telephone: +27 21 957 4693

Physical address: 1 Havenga Street, Oakdale, Bellville, 7530

Eastern Region (KwaZulu-Natal, Free State)

SDD-ER@nra.co.za

Telephone: +27 33 392 8100

Physical address: 58 van Eck Place, Mkondeni, Pietermaritzburg, KwaZulu-Natal, 3200

Southern Region (Eastern Cape)

SDD-SR@nra.co.za

Telephone: +27 41 398 3242

Physical address: 20 Shoreward Drive, Baywest, Gqeberha, Eastern Cape, 6025

Visits are encouraged by appointment only.

PLEASE NOTE: The desks have a virtual component and may also be reached on SANRAL's supplier portal: www.sanralesdd.co.za

The same information is available virtually that is available from the physical desk.

Second-tier opportunities (subcontract tenders) are also advertised on the online portal.

We hope that this has given insight into how SANRAL brings its projects to the people, and ensures that as many people as possible get an opportunity to work on them.



WE DON'T SEE A ROAD WE SEE A YOUTH WITH A FUTURE.



SANRAL



BUILDING SOUTH AFRICA
THROUGH BETTER ROADS

Moloto. When we build roads, we build communities.

Our task in the Moloto road project goes far beyond upgrading a road to a dual-lane carriageway. The project must be an integral part of the transformation process with local businesses and local communities. As well as women-run businesses and enterprises run by the disabled, SANRAL is actively ensuring that Youth enterprises play a big part in the project and benefit accordingly.

Reg. No. 1998/009584/30.
An agency of the Department of Transport.

www.sanral.co.za





ENGINEERING OUR ROADS FOR SAFETY

By Jason Lowe

The South African National Roads Agency SOC Limited (SANRAL) is responsible of over 23,000km of South Africa's national roads network. The Agency reflects on the multi-faceted approach needed for engineering roads for safety.

Road transportation is vital in promoting any country's economic growth, trade, and social development. However, the safety of roads and transportation systems remains a significant concern, particularly in Africa. While Africa is recognised as the least motorised continent in the world, it has the most dangerous roads – and 44% of fatalities on the roads are among pedestrians and cyclists. In recent years

the continent has witnessed a rise in road accidents and fatalities, posing a threat to the lives of millions of people.

South Africa is not spared from this increase in accidents and road fatalities. According to the road traffic management corporation (rtmc), 12,545 people died in road accidents in South Africa in 2021. That was 25.8% more than in 2020.

The need for engineering roads for safety is imperative to establish a robust transportation infrastructure that safeguards human lives, enhances mobility, and contributes to sustainable development.

ROAD INFRASTRUCTURE PLANNING AND DESIGN

Road safety requires the participation of everyone who uses the road network, from pedestrians to heavy-duty truckers, as well as the planners, designers and engineers who build the roads. Effective road infrastructure planning and design are fundamental elements in engineering safe roads. Engineering professionals must consider factors such as road geometry, visibility, and traffic flow patterns when designing roads to minimise the risk of accidents. Incorporating well-defined lanes, appropriate signage, and safe intersections can enhance road safety.

Several countries – including South Africa, Sweden and the Netherlands – have adopted what is referred to as the 'Safe System', which recognises the role of the engineer to:

- Design in anticipation of human error and attempt to limit crash dynamics to mitigate fatalities and severe injuries;
- Adopt proactive, continuous and comprehensive road network improvement and maintenance programmes;
- Seek safety programme solutions throughout the system, rather than just assigning blame; and
- Aim for zero deaths/serious injuries without any compromise.

The work of SANRAL takes a holistic approach that goes beyond just building safely engineered roads, and rests on its four strategic pillars of Roads, Road Safety, Stakeholders, and Mobility.

The Road Safety pillar focuses on implementing programmes, technology, and innovative solutions to improve attitudes and behaviour, extend education and awareness programmes, and strengthen law enforcement and regulation partnerships. This pillar focuses on several elements that support road safety.

OVERLOADING

Overloading heavy vehicles is a significant problem on South African roads and takes a toll on road damage and safety risks. SANRAL has set up weighbridges on national routes nationwide and works with local law enforcement authorities to impose penalties for overloading.

In 2021/22 there was an approximate increase of 15% in freight traffic due to the easing of COVID-19 lockdown regulations, resulting in improved economic activity. Approximately 7.3 million vehicles were screened using weigh-in-motion devices at weighbridges. A total of 1.73 million vehicles that were possibly overloaded, were directed for weighing on the static scale.

VEHICLE SAFETY INSPECTIONS

A total of 10,016 vehicles were tested at vehicle inspection facilities, and 6,541 failed one or more vehicle fitness tests. A total of 642 vehicles were deemed unroadworthy and issued with discontinuation notices.

SMART MOBILITY

It is important to contextualise and redefine smart mobility in South Africa. SANRAL's smart mobility strategy achieves this through ongoing stakeholder engagement and needs identification from various role-players within both the private and public sectors. The purpose of this strategy is to align interventions to the needs of South Africa and its citizens.

INTELLIGENT TRANSPORTATION SYSTEMS (ITS)

The Road Safety pillar includes research and data collection on collisions, public awareness and road safety education, improved road incident management systems, development of engineering standards for safe roads, and strengthening of partnerships for law enforcement.

ITS leverages advanced technologies to enhance safety and efficiency in road transportation. Integrated systems that employ real-time traffic monitoring, accident detection, and management can significantly reduce response times and improve road incident management. Furthermore, deploying ITS solutions such as dynamic message signs, traffic signal coordination, and smart lighting can enhance road safety, and minimise accidents and our impact on non-renewable energy sources.

ROAD MAINTENANCE AND REPAIR

Regular maintenance and repair of roads is crucial for ensuring their long-term safety. Poorly maintained roads pose significant risks to drivers and pedestrians alike. Regular inspections and necessary repairs contribute to maintaining road quality and safety. Additionally, using durable materials, especially in vulnerable areas such as bridges and culverts, is essential to prevent structural failures and minimise road accidents.

Safety plans focus on fundamental design flaws and those inherent in existing roads, and are proactive in identifying where serious road accidents are likely to occur. Road Safety Audits (RSAs) and Netsafe (road network safety prediction software) offer proactive road infrastructure safety management approaches. SANRAL includes RSAs as a precondition to all road projects at the design and construction stages. The Agency also continuously explores improved road management systems, leading and participating in road safety research and development programmes.

PUBLIC AWARENESS AND EDUCATION

SANRAL's Horizon 2030 strategy recognises road safety as a national priority, and its road safety education and awareness programmes target a broad range of South Africans, from learners and parents to teachers and community members.

Addressing social cohesion and safer communities, 12 RSAs were completed in 2022/23, and road safety educational and awareness programmes were conducted at 30 educational sites near SANRAL projects. These promote responsible driving behaviour, highlight the risks associated with reckless driving, and educate road users on safety measures that foster a safe road usage culture.

CONCLUSION

SANRAL's roads have a net asset value of around R450 billion, making the national road network one of South Africa's most significant assets. This network continues to grow as SANRAL builds new roads and takes over roads previously managed by provincial authorities.

Engineering roads for safety is therefore a priority in South Africa (and the continent) to mitigate the rising number of road accidents and enhance transportation systems. South Africa and Africa can make significant strides in improving road safety by adhering to international standards, implementing effective road infrastructure planning, deploying ITS, ensuring regular maintenance, and creating public awareness.

Collaboration between governments, engineering professionals, and local communities is vital for executing these strategies to create a safer road network that protects the lives of millions of people, facilitates economic growth, and fosters sustainable development.

Jason Lowe is SANRAL Lead on Engineering for Road Safety and Geometric design, as well as Project Manager for its Eastern Region covering KwaZulu-Natal and Free State provinces.



Here are a few numbers to keep at hand in case of emergency. It's not a fully comprehensive list, but it covers the basics. Save the numbers to your phone or print this out and keep it handy.

PROVIDE INFORMATION

When contacting any number about an emergency, try and stay calm. You will be asked the following questions:

- What is the emergency?
- Exactly where did it happen?

(Look for landmarks, or the blue SANRAL road markers.)

- Provide details of any injuries.
- Provide your personal information.

CHECK YOUR INSURANCE

Check whether your own insurance company has roadside assistance as part of your policy – most do. Put the number in your phone.

SANRAL'S FREEWAY MANAGEMENT SYSTEM

On the N1 in inner Gauteng, the N1/N2 near Cape Town, or the N2/N3 near Durban, SANRAL's Freeway Management System is the efficient way to get help within minutes.

Call **0800 ITRAFF** or **0800 487 233** to be connected to SANRAL's Traffic Management Centres in Gauteng, KwaZulu-Natal and the Western Cape.



TOLL ROUTES HELPLINES

- N4 Toll Route: **0800 87 22 64** or **082 881 4444**
- N1N4 Toll Route between Pretoria and Bela Bela (N1) and Pretoria and the Botswana border (N4): **0800 BAKWENA** or **0800 225 9362**
- N3 Toll Route: **0800 63 4357**



SAFETY AT SEA

Planning to be boating, fishing or paddling? Download the NSRI or Sea Rescue's free **SafeTrx app** before you launch. SafeTrx features an emergency call button – taking the 'search' out of search and rescue.



HIGH ON A HILL

Mountain Club details:
 Western Cape and Garden Route **021 937 0300**
 KwaZulu-Natal **0800 005 133**
 Gauteng **074 125 1385 / 074 163 3952**
 (also covers Free State, North West, Limpopo and Mpumalanga)
 Eastern Province **10177** and / or **041 585 1555**



POISON CENTRE

Tygerberg Poisons Information Centre on **0861 555 777** can advise on bites, stings or other poisons, what you may have to do immediately, and if there is help nearby.

THE BIG EMERGENCY NUMBERS 3



10111

For an emergency response nationwide that requires a police reaction.

Landline calls to 10111 are free but charged at normal call rates from mobile phones.



112

For any medical or other emergency.

Calls are free from any mobile phone, even if you are out of airtime. Unfortunately, some people make fake calls, so there may be delays as calls are carefully filtered.



10177

For an ambulance.

For medical emergencies, but you may call the other emergency numbers too.



NAVIGATING YOUR FESTIVE SEASON FINANCES

Embracing the festive spirit with family and friends is a joyous occasion, yet the accompanying expenses often loom large. The whirlwind of gifts, getaways, and groceries can lead to a financial hangover that lasts well into the new year. To help you enjoy the festivities without the financial stress, here's a guide to keeping your finances in check this holiday season.

Craft a comprehensive budget

The cornerstone of financial stability during the festive season is a well-structured budget. Start by meeting your monthly commitments before allocating funds for holiday spending. Keep meticulous track of your expenses, and if you find yourself overspending, prioritise essential purchases for the remainder of the month.

Consider leveraging your reward programme points when selecting gifts, and always bear in mind that an early December paycheque must sustain you until January 2024.

Exercise self-control

Avoid impulsive credit card swipes by stashing your card away, requiring a conscious effort to access it. Despite the holiday spirit, resist choices that could lead to financial troubles or create detrimental habits. The goal is to enter 2024 unburdened by 2023 expenses.

Make the most of windfalls

If you receive a bonus or a 13th cheque, prioritise debt payments, school fees, or impending back-to-school costs. Allocate part of the windfall to an

extra home loan instalment or an emergency fund for 2024. Reflect on your financial goals, ensuring long-term happiness over short-lived indulgences.

Beware of spending traps

Stay vigilant during retail events like 'Black Friday'. Retailers employ targeted strategies and enticing deals to prompt excessive spending. Be mindful of personalised adverts designed to tempt you into unplanned purchases. When shopping for necessities, avoid picking up a basket or trolley, preventing buying more than you need.

Plan ahead with savings

Prepare for future festive seasons or high-cost items by stashing away a small sum monthly, starting in January. Setting up a savings account not only spreads the financial impact but also accrues interest, further bolstering your funds.

Give the gift of lasting wealth

Consider gifts that endure beyond the holiday season. Cash and gift vouchers are popular choices, but why not explore opening an investment or savings account for your loved ones? Such gifts grow over time, ensuring a prosperous future long after the festivities have faded.

This festive season, let financial prudence accompany your celebrations, ensuring a cheerful holiday and a promising start to 2024.

Eastern Region

EB Cloete Interchange upgrades – building safety and capacity

The EB Cloete Interchange has been one of the most iconic interchanges in the country since it was completed in 1970, and provides a full-system interchange for the N2 and N3 National Roads. Having been in operation for more than 50 years, the network has been increasingly under capacity constraints, leading SANRAL to undertake much needed upgrades to the N2/N3 and the EB Cloete Interchange.

These upgrades form part of National Government's key Strategic Integrated Projects. The upgrade of the EB Cloete Interchange is currently the largest road infrastructure project in South Africa, and with a project value of R5 billion, it is the biggest single project value undertaken by SANRAL to date.

The interchange upgrade forms part of SANRAL's flagship N2/N3 corridor upgrade projects, which are expected to take 8-10 years to complete and to create up to 15,000 job opportunities over the duration of construction.

General workers will be sourced from wards within 5km of the project site for the EB Cloete Interchange, which extends about 8.5km up and down the N2 and the N3 on either side of the interchange popularly known as Spaghetti Junction.

It is expected that about R350 million will be spent on local labour over the contract period.

The upgrade of the N2 will focus on a 55km length of road, from Lovu River on the South Coast to Umdloti on the North Coast. The N3 upgrade will focus on an 80km section from Durban to Pietermaritzburg. These include widening the N2 and N3 carriageways, with four or five lanes in each direction, and reconfiguration of most major interchanges.

This will strengthen the logistics and transport corridor between South Africa's main industrial hubs, improve access to Durban's export and import facilities and raise efficiency along the Durban-Free State-Gauteng Logistics and Industrial Corridor.

The N2 and N3 upgrades will be designed with the needs of all road users in mind – including pedestrians, non-motorised users and local communities and businesses. The safety of motorists and pedestrians alike is a central consideration in every decision made about construction.

Limited space for expansion of the EB Cloete Interchange will see this project feature a spectacular arch that will support the N3 carriageway as well as the fly-over directional ramps. The arch will resonate with the arch theme of the Moses Mabhida Stadium and will be an iconic landmark as one enters Durban on the N3.

Apart from resolving chronic traffic congestion by creating greater mobility through construction of additional traffic lanes, upgrading the N2 and N3 will result in increased safety. Dangerous curves will be ironed out and unsafe intersections will be redesigned. Major realignment of the N3 highway will take place at Key Ridge, where the steep grades cause major traffic congestion and serious crashes.



Artist's Impression of the capacity improvements to the EB Cloete Interchange (km 17.21) on National Route 2 section 25

Southern Region

Upgrade of R58 between Lady Grey and Barkly East complete

SANRAL completed upgrading the R58 section 5 between Lady Grey (km 0.0) and Barkly East (km 66.12), which started on 15 June 2021 after appointment and mobilisation of the contractor, Roadmac Surfacing Cape (Pty) Ltd.

Wear and tear meant that potholes and severe rutting were negatively affecting the riding quality and comfort of road users. To restore the road to its former glory, the top layer was recycled and stabilised with cement. As an interim surface protection measure, the whole road was sealed with a 10 mm armour seal and 8 mm texture slurry.

Surfacing made of asphalt was constructed on the bridge decks and bridge approaches. SANRAL also replaced old fencing, installed subsoil drains and constructed concrete V-drains. The final double seal with road markings and road signs was finished in September 2023.

This was a R452 million SANRAL special maintenance contract. Around 500 local people were employed on it and over 50 targeted enterprises completed their subcontract work packages, including five open drain packages, five concrete-lined drain packages, five subsoil drain packages, eight stone-pitching packages, and 20 fencing packages, among others.

SANRAL's Regional Manager for the Southern Region Mbulelo Peterson said the agency was happy with the timely delivery of the project, and that the contract was concluded without any hindrances.

"We are making steady progress in improving the condition of the R56 to SANRAL standards, having also recently completed rehabilitation of the R56 between Maletswai and Lady Grey. Furthermore, a major project to upgrade the section of the R56 between Matatiele and the KwaZulu-Natal boundary is underway, with construction having started in May this year," he said.



The newly improved R58 section between Lady Grey and Barkly East

A FESTIVE FEAST - on the braai



GRILLED TURKEY

Marinate the turkey with herbs, garlic, and olive oil. Slow cook it in your kettle-type braai with the lid on, allowing the smoky flavour to infuse the meat. Once the turkey is cooked, cover with foil and leave to rest for 20–30 minutes before carving.

Cooking time:

Allow for 20 minutes, plus an additional 20 minutes per kilogram (e.g. for a 5kg turkey allow 20 minutes plus 5 x 20 minutes, for a total of 120 minutes).



HAM IN THE KETTLE BRAAI

This is another one for the kettle braai. For a 3kg ham, cook for 2½ hours. Peel off the skin using tongs and a sharp knife. Cut diamond shape patterns in the remaining fat layer. Glaze it with a mixture of brown sugar, mustard, and pineapple juice, and cook for a further 30 minutes. Brush over the remaining glaze after 15 minutes.

GRILLED SALMON WITH DILL SAUCE

Season salmon fillets with salt, pepper, and a squeeze of lemon juice. Sear or braai the fish quickly on the grid.

SERVE WITH A CREAMY DILL SAUCE.



BRAAIED LAMB CHOPS

Marinate lamb chops in a mixture of garlic, rosemary, olive oil, and lemon juice. Braai them to your desired level of doneness.

Cooking over hot coals for 8 to 12 minutes will take them to the point between medium rare and medium where lamb tastes best. However, a lot depends on the heat of the fire and the size and thickness of the chops – so keep an eye on them!



BARBECUE PRAWNS

Marinate prawns in a mixture of garlic, chilli, lemon juice, and olive oil. Skewer the prawns and grill them until they turn pink and the flesh is opaque.



Instead of slaving over a hot stove inside when the weather may be amazing outside, there are so many options for preparing food on the braai over the festive season. This way the cooking process also becomes a great time to socialise!

Remember to adjust the braaiing time and intensity of the heat according to the type and thickness of the food you're preparing.

BRAAIBROODJIES (TOASTIES)

Make sandwiches with ingredients like cheese, tomato, onion, and chutney. Braai the sandwiches over the coals until they are crispy on the outside and the cheese is melted inside.



- ¾ cup of sour cream
- 2 teaspoons of Dijon or hot English mustard
- ½ teaspoon of garlic powder or 1 small garlic clove, minced
- 2½ teaspoons of fresh dill, finely chopped
- 1 teaspoon of lemon zest
- 1–2 tablespoons of lemon juice
- 2 tablespoons of milk
- ¼–½ teaspoon of salt
- ½ teaspoon of white sugar

Mix the ingredients together well. Adjust the consistency with milk and the tartness with lemon juice, as required. Set aside for 10 minutes or, if using fresh garlic, set aside for 20 minutes.



BRAAIED WHOLE FISH

Marinate a whole fish with lemon, herbs, and olive oil. Braai it wrapped in foil, or in a fish grid, or directly on the main grid, allowing the skin to become crispy.



BRAAIED SAUSAGES AND BRATWURST

Choose a variety of sausages and bratwurst with different flavours. Braai until cooked, or if they are smoked just warm them through. Serve with mustards and mayonnaises of your choice.



PORK RIBS

Don't marinate or baste the ribs, just braai them and remove from the fire about 5 minutes before they are ready. Generously smother in whatever sauce you wish to use, return them to the fire and complete the braai. This way, the ribs will be properly cooked inside and your sauce will be nicely glazed without being burnt.



CORN ON THE COB

Peel back the husks of fresh corn but leave them attached. Remove the silk, brush the corn with butter or olive oil, season with salt and pepper, and then grill until the kernels are tender and slightly charred. The husks are handy for turning the cobs.



STUFFED LARGE BROWN MUSHROOMS

Remove the stems from the mushrooms, wash, and stuff them with a mixture of breadcrumbs, garlic, herbs, and cheese. Put them inside a tin foil parcel, and braai until the cheese melts and the mushrooms are cooked through.



SWEET POTATO

Slice sweet potatoes into rounds or wedges – or keep them whole. Coat with olive oil, sprinkle with salt, then cook in a foil parcel (or wrap the whole ones in foil) until cooked through.



STUFFED PEPPERS

Cut the peppers in half and remove the seeds and membranes. Stuff them with a mixture of cooked rice and mince, tomatoes, onions, and spices. Braai until the peppers are tender.



HALLOUMI CHEESE SKEWERS

Cut halloumi cheese into cubes, and thread the pieces onto skewers. Braai until they are golden brown. Serve with a sprinkle of pepper and fresh herbs.



VEGGIE KEBABS

Skewer vegetables like peppers, courgettes, mushrooms, and cherry tomatoes. Brush them with olive oil, season with salt and pepper, then braai until tender and slightly charred, turning regularly.



FRUIT KEBABS

Skewer a variety of fruits such as strawberries, kiwi, and melon. Pop them on the braai for a few minutes until they are warm and slightly caramelised. Serve with a drizzle of honey.



BRAAIED PINEAPPLE DESSERT

Peel a pineapple and slice it into rings. Sprinkle with cinnamon and brown sugar. Braai the pineapple until it is caramelised, and serve with a scoop of vanilla ice cream.



FRUIT SALAD

Grill a variety of fruits such as peaches, plums, and grapes. Toss with fresh mint and a honey-lime dressing for a unique and refreshing salad.

Mix and match these ideas to create a diverse and delicious festive braai spread that will delight your guests and family.

Exploring off the beaten path destinations across South Africa can provide a unique and enriching travel experience. Here are some lesser-known but captivating destinations to consider.

A road less travelled



WILD COAST, EASTERN CAPE

Hike the Wild Coast Trail: Embark on a multi-day hike along the rugged coastline, passing through traditional villages and pristine beaches.

Visit Coffee Bay: Experience the laid-back vibe of this coastal village, known for its stunning beaches, surfing spots, and the iconic Hole in the Wall rock formation.

The Wild Coast spans 350km from East London to the KwaZulu-Natal border. This untamed paradise is the ancestral home of the Xhosa people and boasts a rich cultural heritage, including being the birthplace of Nelson Mandela. There are many trails to choose from, that unveil vistas of dramatic coastlines, grass-covered hills, secluded bays, and forested river valleys.



AUGRABIES FALLS NATIONAL PARK, NORTHERN CAPE

Explore Augrabies Falls: Witness the awe-inspiring Augrabies Falls, one of the largest waterfalls in South Africa. Enjoy hiking trails and scenic viewpoints.

Stargazing: Experience exceptional stargazing opportunities in this remote national park, far from the city lights.



SODWANA BAY, KWAZULU-NATAL

Scuba diving: Discover the vibrant underwater world of Sodwana Bay, renowned for its coral reefs and diverse marine life. This is a paradise for scuba diving enthusiasts.

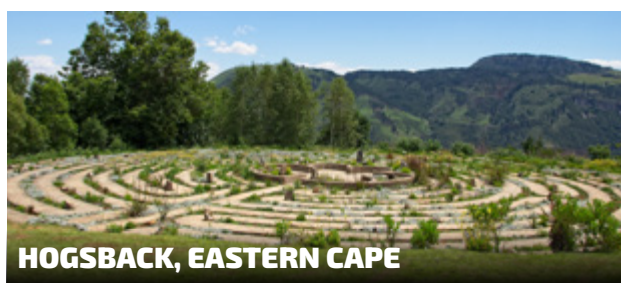
Turtle tours: Visit during the nesting season (between November and March) and participate in guided turtle tours to witness these majestic creatures laying their eggs on the beach.



CEDERBERG MOUNTAINS, WESTERN CAPE

Rock art: Explore the Cederberg Wilderness Area and discover ancient San rock art sites, offering a glimpse into the region's rich cultural history.

Hiking and rock climbing: Embark on hiking trails that lead to unique rock formations and enjoy rock climbing in this rugged, picturesque terrain.



HOGSBACK, EASTERN CAPE

Waterfall trips: Visit the enchanting Madonna and Child Waterfalls and others nestled in the mystical forests, including the Kettlespout, Swallow Tail, Bridal Veil and 39 Steps Falls, with trails that lead either to the top or bottom of the falls.

Explore the 'Tolkien route': Hogsback is said to have inspired J.R.R. Tolkien's Middle-earth, and there are plenty of craft centres and galleries there that could easily be mistaken for the set of *Lord of the Rings*.



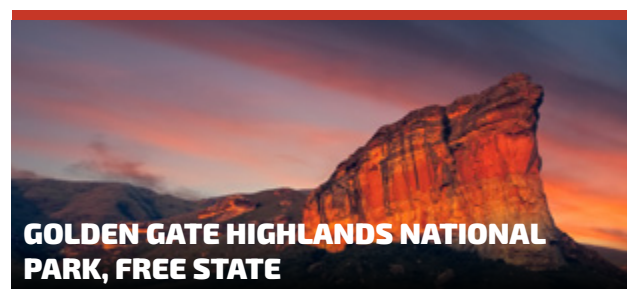
KGALAGADI TRANSFRONTIER PARK, NORTHERN CAPE

Wildlife safari: Experience a unique safari in this semi-arid desert region, renowned for its predators like lions, cheetahs, and leopards, as well as stunning birdlife.

Dark Sky Sanctuary: !Ae!Hai Kalahari Heritage Park in Kgalagadi has been designated an International Dark Sky Sanctuary, recognising its value as one of the world's darkest places and best areas for viewing pristine night skies and astrophotography. The sky is spiritually and culturally significant to the ǀKhomani San, whose culture is full of tales of the sun, moon, stars and galaxies.

WHAT IS A DARK SKY SANCTUARY?

A Dark Sky Sanctuary is public or private land that has an exceptional or distinguished quality of starry nights and a nocturnal environment that is protected for its scientific, natural, or educational value, its cultural heritage, and/or public enjoyment. !Ae!Hai Kalahari Heritage Park has the only such sanctuary in South Africa, designated by DarkSky International.



GOLDEN GATE HIGHLANDS NATIONAL PARK, FREE STATE

Hike the Golden Gate: Explore the park's golden-hued sandstone cliffs and unique rock formations through various hiking trails offering breathtaking views.

San Art Interpretive Centre: Learn about the San people's rock art and culture at the park's interpretive centre, providing valuable insights into South Africa's heritage.

Remember to plan your trip responsibly, respecting the environment and local communities. These off the beaten track destinations offer a chance to connect with nature, explore diverse cultures, and create unforgettable memories.

THE POWER OF ONE

SANRAL's road safety campaign, Road Safety One, is specifically geared to encourage individuals to take responsibility to do the one thing that will make our roads safer. This is the power of one. Whether it is making a conscious decision not to use a cell phone while driving, not drinking and driving, taking breaks at dedicated rest sites, or using dedicated pedestrian facilities to cross busy roads – that one thing can make a life-or-death difference.

During peak travel times, especially over holidays and long weekends, various road safety activations are rolled out across the country to engage road users and encourage improved road user behaviour, so more people can arrive at their destinations safely.

With massage therapists doing head and shoulder massages, nail technicians taking care of manicures for those tired hands, an oxygen bar to aid relaxation, as well as a digital gaming station and jumping castle for the children, there are always more than enough reasons to take a break and visit SANRAL's road safety activation stations.



Lebogang Djantjie, a taxi driver from Kathu en route to Johannesburg, was most impressed with the flavoured oxygen bar, which he described as pleasantly refreshing. "You have to keep your wits about you all the time and reckless overtaking is a frequent occurrence on the long road," he said.



Max Orekenge, a driver from Kuruman, was en route to Upington when he stopped by at the Elegant Fuel stop on the N14 in Kathu. He took full advantage of the opportunity to rest and relax by getting his hands done as well as opting for a neck massage.

DRIVING HABITS TO IMPROVE SAFETY

Road safety starts at home. If every person changes their driving habits for the better, there will be fewer fatal road accidents. Here are some tips for safer driving this holiday season.

- **Be courteous.** Stay a safe distance from the vehicle ahead. Signal well before turning or changing lanes. Stop at stop signs and red lights. Don't jump amber lights.
- **Avoid road rage.** Don't allow yourself to be provoked into being violent and resist the temptation to retaliate, as this can result in anything from a collision to deadly assault.
- **Be alert and be aware.** The best road users and motorists are those who are aware of their surroundings. Pay attention to the road conditions, weather and other external influences, such as roadworks, accidents and obstructions.
- **Anticipate the driving of other users.** Motorists have to be especially vigilant when driving next to heavily loaded taxis, cars and trucks. Learn to recognise potentially dangerous drivers – and keep clear of them.
- **Obey the speed limit.** Speed kills. There is no justification for rushing somewhere and endangering not just your life but those of other motorists and pedestrians.
- **Do not use a cell phone when driving.** This is extremely dangerous. Don't do it.
- **Buckle up.** Ensure that all vehicle occupants wear a seat belt and that infants are safely buckled into a car-seat that is safely attached to the car.



VEHICLE MAINTENANCE

Your safety on the road depends on the condition of your vehicle, so make sure that your car is well maintained. This will prevent you from having to pull off onto the shoulder of the road, where you face danger from other vehicles and criminals. It will also prevent you from getting stranded.

Effective and proper vehicle maintenance has many benefits, including:

- Saving fuel and money;
- Reducing long-term maintenance costs;
- Minimising harmful exhaust emissions and protecting the environment; and
- Increasing the reliability of your vehicle and limiting the risk of vehicle breakdown.



PLAN YOUR TRIP

Plan your trip in advance to make sure you are prepared. Study the route beforehand to avoid getting flustered and having to make U-turns. Manage your time effectively, and calculate distances. Know how much time it will take for you to drive from one point to another.

Make sure you have enough petrol for the next leg of your trip. Always have water in the car to stop you from getting dehydrated on long trips.

KEEP HEALTHY OVER THE FESTIVE SEASON AND BEYOND



Here are some suggestions to keep your health on track throughout the holidays, from portion control to drinking enough water and getting enough sleep.



BALANCED FESTIVE FEASTING

Mindful eating: Encourage your family to savour each bite, eat slowly, and recognise when they are full to avoid overindulging.

Healthy recipe swaps: Modify traditional recipes with healthier ingredients, reducing sugar, salt, and saturated fats, while keeping the festive flavours.

Portion control: Keep portions at reasonable sizes. Use smaller plates and bowls if necessary!

Portion size your plate

- **½ plate vegetables:** Fill half your plate with a colourful assortment of veggies.
- **¼ plate proteins:** Low-fat proteins are good for your heart and better for your waistline. Bake, steam or grill your meat or fish.
- **¼ plate starches:** Whole-grain starches are good for your heart and keep you feeling fuller for longer. Note: Potatoes, sweet potatoes and corn are considered vegetables, but are high in starch and belong on this part of your plate.



STAYING ACTIVE TOGETHER

Family workouts: Take part in family-friendly physical activities like dancing, hiking, or indoor games that everyone can enjoy.



After-meal walks: Start a family tradition of taking a leisurely walk after meals, aiding digestion, and promoting family bonding.

Home workouts: Explore online workout routines that can be done at home, during your busy holiday schedules.

PRIORITISING MENTAL HEALTH

Digital detox: Set a time for everyone to unplug from digital devices, fostering meaningful face-to-face interactions and reducing screen time.

Mindfulness and relaxation: Practice mindfulness techniques, such as deep breathing or meditation, to manage stress and promote relaxation amid the holiday bustle.

Open communication: Create a safe space for family members to express their feelings and concerns, ensuring everyone feels heard and supported.

HYDRATION AND HEALTHY BEVERAGES



Water intake: Remind your family members to stay hydrated, especially if consuming alcoholic beverages. Encourage drinking water between alcoholic drinks.

Healthy mocktails: Create delicious non-alcoholic mocktails using fresh fruits, herbs, and sparkling water as festive alternatives to sugary sodas or alcohol.

Fruity summer mocktail



Ingredients

- 1cm thick slice of cucumber
- 1 sprig of mint
- Small handful of frozen red berries
- 120ml sugar-free lemonade
- Ice

Method

Chop the cucumber and mint into small pieces. Bring 200ml water to the boil and add the mint and cucumber. Turn off the heat and leave for 2 minutes. Add the frozen berries, let them defrost for a minute, then crush them lightly with the back of a spoon. Strain the mixture. This will keep in the fridge for up to 24 hours and will be enough to make four drinks.

To serve

Pour 40ml of your strained mixture into a tall glass. Add a handful of ice and top up with 120ml lemonade. Garnish with whatever chopped fruit you like or some more frozen berries and mint leaves. Stir gently to combine.

GET ENOUGH REST AND SLEEP

Establish bedtime routines: Ensure children maintain their regular sleep schedules, even during holidays, for adequate rest and a smooth transition back to school.

Quality sleep for adults: Encourage adults to prioritise sleep, emphasising its importance in overall health, immune function, and mood regulation.



GIVING BACK AND PRACTICING GRATITUDE

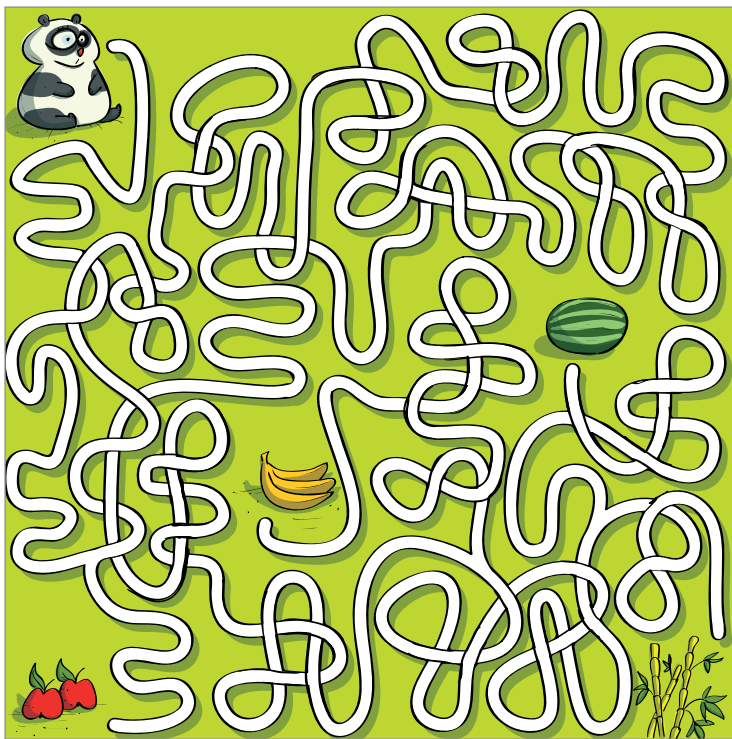
Volunteering as a family: Engage in community service or volunteer activities as a family, teaching children the value of giving back and fostering gratitude.

Gratitude practices: Encourage family members to share what they are grateful for during festive gatherings, promoting a positive and appreciative mindset.

By incorporating these healthy habits into your family's festive celebrations, you can create a holiday season filled with joy, love, and well-being. Cheers to a happy and healthy festive season!



Children's fun



TASK

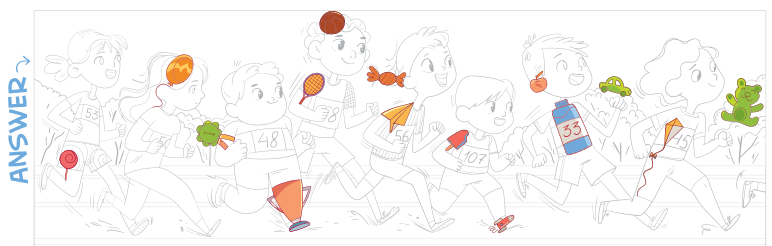
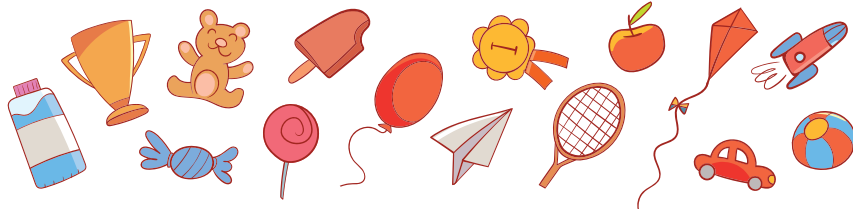
Help Panda find the right way to the bamboo



Find which key is extra



FIND 15 HIDDEN OBJECTS IN THE PICTURE



ANSWERS FROM PAGE 24

Riddle answer: Racecar

THE WORD WHEEL WORD IS:
PAVEMENT

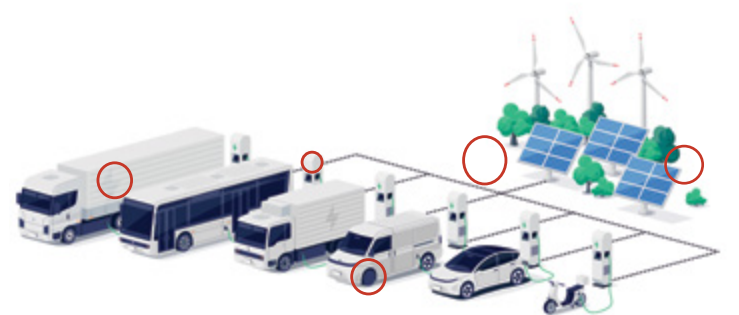
ADDITIONAL WORDS ARE:

- amp pea pate
- ape pee pave
- apt pen pent
- map pet pete
- nap tap tape
- pam nape temp
- pan pane
- pat pant

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

Easy

Hard





Brain teasers

RIDDLE ME THIS

Which vehicle is spelled the same forwards and backwards?



Answer to riddle on page 23.

SUDOKU

Place a number from 1 to 9 in each empty cell so that each row, each column and each 3 x 3 block contains all the numbers from 1 to 9. (Answer on page 23.)

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

EASY

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

HARD

WORD SEARCH

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

All of these words appear in this issue of *By the Way*. Happy hunting!

- | | | |
|-------------------|-----------------------|--------------------|
| 1. SIYAKOLISI | 10. CORTEOUS | 19. KURUMAN |
| 2. MOCKTAIL | 11. CONGESTION | 20. INTERCHANGE |
| 3. GRATITUDE | 12. PEDESTRIANS | 21. WESTONARIA |
| 4. ROADSAFETY | 13. SPAGHETTIJUNCTION | 22. BRATWURST |
| 5. RESPONSIBLY | 14. NAVIGATING | 23. HARMONISED |
| 6. AUGRABIES | 15. PRUDENCE | 24. TRAVELLED |
| 7. BRAAIBROODJIES | 16. COMPREHENSIVE | 25. INFRASTRUCTURE |
| 8. BARKLYEAST | 17. FREEWAYMANAGEMENT | |
| 9. PRIORITISING | 18. HEARTWARMING | |

SPOT THE 5 DIFFERENCES

Answers on page 23.



WORD WHEEL

How many words can you make from the letters in the wheel? Each word must contain the hub letter P. Can you find a 8-letter word and at least 10 other words of three letters or more, starting with the hub letter? Answers on page 23.

