



NOW OPEN!!

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Friday 20 May 2022
Volume 26 Number 19
FREE COPY

LADYBRAND GYMNASTS PERFORMS IN BLOEMFONTEIN

Chantelle van Zyl

Mariahana Brink, coach and owner, bought Kineo Gymnastics in May 2021. She is currently completing her Bachelor's Degree in Education, and has an incredible love for children, sensory play and early childhood development. She describes herself as being dedicated and ambitious.

The little gym program is built around children from 2-3 years, focussing on milestones and learning outcomes. Mini Movers focusses on boys up to 6 and girls up to 5, providing an outlet for kids to develop skills like strength, flexibility, balance and co-ordination. Gymnastics is the next step in early-development sport, which builds self-esteem, confidence. discipline, dedication and concentration, assisting all Gymnasts to reach their full potential.

Last weekend, level 1 & 2 Kineo Gymnasts took part in Bloemfontein as first time SAGF competitors, and their performances were the biggest gift Mariahana could receive as one year anniversary as owner

of the club! They will also be taking part in the North Free-State Region in Bultfontein this coming weekend, after that the Northern FS qualifying rounds on the 4th of June, and then Zone on the 24th of June, bringing level 1 to 3 competitions to an end for the year. These were the performance outcomes:

Gold Medal: Botle Masosobele (Level 2).

Silver Medal: Thea Maema (Level 1), Inneke Fourie (Level 2).

Bronze Medal: Ayanah Abdullah (Level 1), Mia Bak (Level 1), Megan-Lee Quadrado (Level 1), Kenzee Wortmann (Level 1), Maruli van Wyk (Level 1), Stephani Bekker (Level 1), Suzaan Coetzee (Level 2), Dané van Niekerk (Level 2), Elandi Bothma (Level 2) and Danielle Chung So Chim (Level 2).

Congratulations and best of luck to all the athletes! For more information, contact Mariahana on 081 025 0043.

For more on this story, follow us on facebook @ malutinews, and remember to send your news to chantelle@maluti.biz!



FJACOBS

ATTORNEYS

LADYBRAND: 3 bedroom house. 2½ Bathrooms (main en-suite). Kitchen, dining, 2 lounge rooms, 3 aircons, cctv security system, enclosed patio. Garden flat with aircon. Servant's quarters. Garden shed. Double garage & double carport. High perimeter wall with electric gate. Well established garden. R1,450,000



5 Church Street Ladybrand 9745 Tel: 051 924 6056 Cell: 071 887 6276 fjacobs@mweb.co.za



LADYBRAND: 3 Bedroom house, 2 bathrooms, kitchen, dining room, living room. 8 Flats (4 x 1 bedroom, 2 bachelor's, 2 x 2 bedroom) R1,000,000

FARMS FOR SALE:

- 1. Ladybrand 338 ha new house. Dam, game fence. **R6,400,000**
- 2. Ladybrand 131 ha suitable for residential development. R6,500,000
- 3. Ladybrand. 2 adjoining farms. 274 ha & 59 ha with house & various improvements. R6,300,000
- Ladybrand. 2 adjoining farms. 77 ha each, both with house & various improvements.
 R4,000,000

BUSINESSES FOR SALE:

- 1. Various businesses for sale. Enquire for further details.
- $2. \ Several \ warehouses \ for \ sale \ in \ industrial \ area.$

TOWNHOUSES & FLATS FOR SALE:

- 1. Development for sale. 9 units (5 x 1 bedroom, 4 x 2 bedroom) **R1,000,000**
- 2. Development for sale. 9 units (1 x bachelor, 7 x 1bedroom, 1 x 2 bedroom) R2.390.000

ERVEN & HOUSES FOR SALE:

- 1. Ladybrand: Various vacant erven from **R230,000**
- Ladybrand House: 4 Bedr, 2 bathr, lounge with fireplace, kitchen, scullery, double garage, outside room with bathr, perimeter wall & electric gate, close to schools.
 R1.300.000





DISTRICT INDIVIDUAL CHESS TOURNAMENT

Veronica Smith

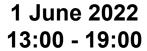
Congratulations to Kabelo Thladi who was selected to represent the Free State Chess team on the 4th of June 2022 during the recent District Individuals Chess Tournament.

Just a reminder that dynamite comes in small packages.



DONATE BLOOD IN 2022

Ladybrand **NG CHURCH** Moedergemeente





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Letters may be edited for clarity and style. We cannot supply reasons for non-publication. Shorter letters are preferred.

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www.abantustaffingsolutions.co.za

LPS NAUTILUS **ACHIEVEMENTS**

Marlize Schoonraad

The following learners from Ladybrand Primary attended the Nautilus camp in Bloemfontein this past Saturday and achieved the following places in their classes.

Die volgende leerders van Ladybrand Primer het die afgelope Saterdag die Nautilus kamp in Bloemfontein bygewoon en die

volgende plekke in hul klasse behaal

Graad /Grade 4: Mia Haswell 2de, Wendy Chang 3rd, Helen Claasen 5th and Amy-Kale Dixie 3rd.

Graad/Grade 5: Cooper Lo 3rd and Oliver de Freitas 2nd.

Graad/Grade 6: AJ Smit 3de and Leané Otto 7de.

Graad/Grade 7: Lekunutu Qhobela 3rd and Mothibeli Makoele 3rd.



Front: Helen Claasen, Wendy Chang, Mia Haswell, Amy-Kale Dixie, Cooper Lo. Back: Lekunutu Qhobela, Leané Otto, Oliver de Freitas, Mothibeli Makoele

J

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Tel: 051 924 0933 E-mail: joal@xsinet.co.za Johan en Alta Barkhuizen

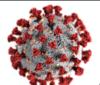
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Shot

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CROSS COUNTRY

Yolandi Grundlingh

The Cross Country season has started with a bang and the first league was held on Friday 13 May 2022.

Keabetswe Tseole, Kananelo Soloman, Lehlohonolo Rantso, Thato Klaassen and Thabo Mphi participated. They had a fun but exhausting day out.



Keabetswe Tseole, Thato Klaassen Lehlohonolo Rantso, Kananelo Soloman, Thabo Mphi.

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Colour Run 2022

Hermana Primary 28 May 2022

Ladybrand Business League

Ladybrand Golf Club 28 May 2022 @ 11am

Send your events to adverts@maluti.biz

MACARONI CHEESE LASAGNE



Ingredients:

- · 2 tbsp olive oil
- 400g lean beef mince
- 50g smoked pancetta, chopped
- 1/2 onion, finely chopped
- 1/2 celery stick, finely chopped
- 1/2 carrot, finely chopped
- 1 garlic clove, crushed
- 150ml red wine
- 1 tbsp tomato purée
- 400g can chopped tomatoes
- 250ml beef stock
- · 2 bay leaves

- · 1 rosemary sprig
- 1 tsp sugar
- 400g macaroni
- 80g grated mozzarella
- a few whole basil leaves, to serve (optional)

For the cheese sauce

- 50g butter
- 50g plain flour
- 2 tsp English mustard
- 800ml semi-skimmed milk
- · small grating of nutmeg
- 100g grated parmesan
- · 100g mature cheddar, grated

Weekend Weather

Friday May 20



A couple of afternoon showers

14° Lo 4°

Saturday

May 21

A shower in the area

12° Lo 2°

Sunday May 22



Mostly sunny and warmer

15° Lo 1°

Method:

• STEP 1 - Heat half the oil in a large, heavy-based frying pan or casserole dish over a medium-high heat, and fry the mince and pancetta until golden. Transfer to a bowl using a slotted spoon and set aside.

• STEP 2 - Add the remaining oil to the pan and fry the onion, celery and carrot for 10 mins until just softened. Add the garlic and cook for 1 min more, then return the meat to the pan. Tip in the wine,

bring to a simmer and cook until the mixture is reduced by half. Stir in the tomato purée, tomatoes, stock, bay, rosemary and sugar. Simmer, covered, for 30 mins, then remove the lid and simmer uncovered for another 10 mins until reduced. The ragu will keep in the freezer for up to two months. Leave to cool completely before freezing.

- STEP 3 Meanwhile, make the cheese sauce. Melt the butter in a saucepan until foaming, then stir in the flour and cook for 2 mins. Stir in the mustard, then remove from the heat and gradually whisk in the milk in small additions. Return the pan to the heat and simmer for 5-6 mins, whisking continuously until thick and smooth. Add the nutmeg, parmesan and 80g of the cheddar, then season to taste.
- STEP 4 Heat the oven to 200C/180C fan/gas 6, and cook the macaroni in a large pan of boiling water for 5 mins. Drain, then stir into the cheese sauce. Spread the ragu into the base of a large rectangular baking dish (ours was 28 x 22 x 5cm), then spoon over the mac 'n' cheese and gently spread out using the back of a spoon to cover the ragu. Top with the remaining cheddar and the mozzarella, and bake for 25-30 mins until golden and bubbling. Leave to rest for 5 mins, then scatter over a few basil leaves to serve, if you like.

Mothering

Available on





The King's Man.. One man must race against time to stop history's worst tyrants and criminal masterminds as they get together to plot a war that could wipe out millions of people and destroy humanity.

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Sunday...





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LADYBRAND TAEKWONDO

Korrespondent

Taekwondo studente vaar baie goed teen die white tiger tang soo do toernooi in bloemfontein die afgelope saterdag 14 mei.

Baie geluk aan al die studente met julle mooi gedrag dissipline en oor winnings!

Zayne van Rooyen kan met reg pronk met sy Swart belt 1ste Dan wat hy binne 2jr en 5 maande verwerf het. Baie geluk Zayne dit was n voorreg om jou as student in my klas op te lei.

Jy was n baie getroue en gedissiplineerde student wat die tenets van Taekwondo met waardigheid uitgeleef het: Courtesy, Integrity, Perseverance, Self Control & Indomitable spirit. Nou wag die 2de Dan.



Givionni Derison was die fighter van die dag



Gordiano Derison se groot glimlag wys hy is baie trots op al sy medaljes!



Molili Ntako Teboho Maloka en Zayne v Rooyen



Duan Pretorius



Joshua v Rooyen

Agterblad Back Page

COENRAAD SNYMAN P/S NEWS -MODDERPOORT

Correspondent

Congratulations to Nt- Netball Team. swaki Ramaseli, a Grade Snyman P/S who has been

selected to play for the under 13 Cheetah Free State

We are very proud of 7 learner from Coenraad vou. Good luck for the SA Tournament!



LADYBRAND HOSPICE ANNUAL GENERAL MEETING

Friday 03 June 2022 @ 17:30 @ Hospice House, 2 Joubert Street, Ladybrand

Enquiries: Henriette Pitchers (076 116 1278/051-924 5500)



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28 May	Incredible 4	11:00
25 June	Odelia Coal	11:00
30 July	OVK 2	11:00
27 Aug	Ottershaw Beefmasters	11:00
24 Sept	Maluti Media	12:00

16

14 14

LOG J Greyling Ottershaw OVK2 Vastrap

5.	Green Bean	13
6.	Maluti	12
7.	Odelia	10
8.	OVK1	9
9.	Godfrey Korb	8
10.	Incredible4	8

28/5	25/6	30/7	27/8
1-8	1-5	1-2	1-10
2-7	2-4	3-9	2-9
3-6	3-10	4-8	3-8
4-5	6-9	5-7	4-7
9-10	7-8	6-10	5-6

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- Green Bean Accountants
- Incredible 4
- Maluti Media
- 5. Odelia Coal
- 6. OVK 1
- Ottershaw Beefmasters
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