



MALUTI News

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Friday 20 February 2026
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FREE COPY

COACH REACHES NEW HEIGHTS

Correspondent

Mr Quentin Pretorius of Ladybrand School of Skills has been selected as a member of the Free State High Schools rugby coaching team for learners with special educational needs, a prestigious appointment that highlights his dedication to both sport and education.

He serves as the backline coach of the u/16 team, where his passion for rugby and commitment to young athletes are clearly evident.

Mr Pretorius is widely respected for the positive difference he makes in the lives of the learners he teaches and coaches. Through his patient guidance and encouragement, he helps learners build confidence, discipline, and teamwork skills that extend far beyond the rugby field. His approach focuses not only on developing athlete-

ic ability, but also on nurturing personal growth and self-belief.

In addition to his coaching and teaching responsibilities, Mr Pretorius spends many hours on the road, transporting learners to practices, matches and school activities. This extra effort demonstrates his unwavering commitment to ensuring that every learner has the opportunity to participate and succeed. His willingness to go the extra mile has earned him the admiration of colleagues, learners, and parents alike.

His appointment to the provincial coaching team is a proud achievement for both Mr. Pretorius and Ladybrand School of Skills, and it reflects the important role that dedicated educators and coaches play in shaping the futures of young people with special educational needs.



Mr Quentin Pretorius of Ladybrand School of Skills



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LADYBRAND Blood Drive

Ladybrand
Dutch Reformed
Church Hall

4 March 2026
13:00 - 19:00



SANBS
South African National Blood Service

PRESCHOOL WATER FUN DAY – A SPLASH OF JOY AND LEARNING

Correspondent

On Friday, 5 February 2026 the school wrapped up the week’s theme with a much-anticipated Water Fun Day.

As we are entering the last stretch of summer, the children were treated to a day of sunshine, laughter,

and refreshing play – just before the town’s water plant was shut down and rains arrived.

The playground was alive with excitement as children splashed in the kiddies swimming pool, raced down the slip-and-slide, and chased each other with water guns. The squeals of

delight and cheerful shouts reminded everybody of the simple joys of childhood. Teachers joined in the fun too, ensuring that every child felt included and safe while making unforgettable memories.

One of the highlights was the spirited water balloon battle against Teacher Sarah and Teacher SK, who bravely faced the children’s bombardment. Beyond the fun, the day carried an im-

portant message: water is life. Through games and conversations, the children learned how precious water truly is. Experiencing a few days without running water gave them a deeper appreciation for this vital resource, turning play into a meaningful lesson.

The Water Fun Day was a reminder of the gift of nature, and importance of caring for the world around us.



Editorial

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Letters

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

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PERSONALISED
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Start your weekend entertainment here!

Community Calendar

Sunset Bowls

Ladybrand Bowling Club every Wednesday from 17h30 (all welcome)

Provincial Arm

Wrestlings

Little Rock 7 Mar 2026 from 9am

Fishing Comp - Metis

Newbury Dam 14 & 15 Mar 2026 Whatsapp 0621599285

Ladybrand Business League

Ladybrand Golf Club 11 Apr 2026 @ 11h00

SHISA NYAMA WITH SPICY POTATO SALAD

This spicy potato salad is also delicious with grilled chicken!



Ingredients:

- 8 medium potatoes, cubed
- 15 ml cooking oil
- 2 onions, diced
- 15 ml Rajah mild and spicy curry powder
- 250 ml mayonnaise
- 15 ml Knorr brown onion Soup
- 30 ml parsley, chopped
- 3 medium-sized eggs, boiled, peeled and sliced
- 30 ml cooking oil
- 30 ml Robertsons steak and chops spice
- 500 g beef rump steak

Method:

- 1 - Boil the potatoes in salted water until just soft, then drain and allow to cool.
- 2 - Heat the oil in a pan then fry the onions until soft.
- 3 - Add the Rajah Mild & Spicy Curry Powder and fry for 1 minute to release the aroma and flavour.
- 4 - Allow the onions to cool then mix together with the mayonnaise, Knorr Brown Onion Soup and parsley, then gently mix into the cooled potatoes and eggs.
- 5 - Mix the oil and Robertsons Steak & Chops Spice together to make a paste and rub onto your braai meat.
- 6 - Place the meat onto hot coals and braai to your liking.
- 7 - Serve the shisa nyama with the spicy potato salad.

Weekend Weather

Friday
February 20



Partly sunny
26° Lo 14°

Saturday
February 21



Light rain
25° Lo 14°

Sunday
February 22



Rain
23° Lo 16°

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Dink 'n Bietjie

My huis het nie meer 'n mierprobleem nie — ek het 'n mensprobleem. Ek is duidelik die indringer in hulle hoogs georganiseerde republiek. Die miere marsjeer soos 'n elite militêre eenheid: presies, doelgerig en met 'n onheilspellende vermoë om binne sekondes op enige mikroskopiese krummel toe te slaan. Laat val jy 'n atoom-grootte broodkrummeltjie? KABOEM!. 'n Swart snelweg verskyn uit nêrens.

Ek probeer rasoneel wees. Ek fluister vir myself dat hulle belangrike ekologiese werkers is. Maar terwyl ek vir die soveelste keer my

komuistoonbank ontsmet soos 'n neurotiese chirurg, kyk die miere vir my met hul onsigbare oë en sê: "Dankie vir die buffet."

Ek het 'n nuwe, donker stokperdjie ontwikkel: die plathand-vee. Dis 'n makabere dans van afgryse en oorwinning. Ek gril, ek vee, ek sug. Tog kom hulle terug — altyd meer, altyd vinniger — soos 'n sesbenige lewensles in nederigheid.

Uiteindelik het ek opgegee...oorgegee...noem dit wat jy wil! Ek eet nou maar saam. 'n Paar miere in my koffie? Ek noem dit proteïen. 'n Bykos op my brood? Gratis tekstuur. In hierdie huis is ek nie meer die heerser nie. Ek is bloot 'n gas by die mierbanket — en hulle is uitstekende gashere.



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ATHLETES EXCEL AT TRACK EVENT

Correspondent

The athletes Ladybrand School of Skills delivered an outstanding performance on 11 February at an athletics meeting held at Amari in Welkom.

Several athletes achieved remarkable results. Tshepang Molotsi secured first place in both the boys u/19 100 m and 200 m events. Thatohatsi Tsie earned first place in the girls' u/17 100 m and an impressive third place in the 200 m. Donald Maselo finished third in the boys u/13 400 m, while Refilwe Mkhobo also achieved third place in the 400 m. These achievements reflect the athletes' dedication and

hard work in training.

Special congratulations go to the coaches for the excellent work they do both in and outside the classroom. Their commitment to developing the learners' skills, confidence and teamwork is clearly visible in the athletes' success. The team acted as true ambassadors for their school, displaying respect, unity, and pride at all times.

Sincere appreciation is also extended to the bus drivers who transported the learners safely to and from the event. Their care and professionalism ensured that the day ran smoothly and that the athletes could focus fully on their performances.

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METIS PRIMARY SCHOOL

FISHING COMPETITION



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14 AND 15 MARCH 2026
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ENTRY: R500

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