



VICTORY FRIDAY FOR YESHUA COLLEGE

Correspondent

This past Friday May, 23rd 2025, Yeshua College in Ladybrand hosted a “soccer and netball” tournament, where they faced head-on with Ezekiel Christian School from Tweespruit.

It has been a fun filled and sizzling hot match day where the two shared and celebrated their God-given talents through the foresaid sporting codes and even though this was not war, one school come out victorious.

Matches were played in all the three phases; Foundation, Junior and Senior phase.

In Netball the trophy went to Ezekiel for Junior and senior phase while Yeshua grabbed one in the junior phase.

For the soccer games; Yeshua gave their counterparts no breathing space as the foundation and junior phases walked home early with the win.

The senior finals were



a show stopper which ended in penalties and Yeshua ended the game with their heads held up high.

This was dearly a day worth spending with the two schools. Brotherly love and sportsmanship reigned.

Next year will bring more memories. Stay tuned.

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SOUTH AFRICAN POLITICS A SATIRE

Correspondent

South Africa's political scene right now feels like a telenovela written by a committee of confused scriptwriters on a sugar rush.

You've got the ruling party acting like that forgetful uncle who promises to fix the gate every weekend, but instead throws a braai and forgets where the tools are.

Meanwhile, the opposition parties are like that WhatsApp family group: loud, chaotic and everyone is convinced THEY should be admin. Mr Malema's EFF are still yelling about land reform like it's a Tik Tok trend, while the DA continues to try convincing everyone they've got new

black friends – really, they swear they do.

The smaller parties? It is hard to tell whether they're building coalitions or just hosting speed dating for politicians. With elections looming, the campaign promises are flying thicker than load-shedding schedules. One minute it is free electricity, the next is free education – meanwhile, we cannot get free Wi-Fi in parliament without a 2-hour debate and a broken router.

Still, amidst this chaos, there is one thing you can always count on: South Africans will find a way to laugh, even if the only thing running consistently is the tap – when it leaks.

Welcome to Mzansi: where the politics are spicy and the memes even spicier.

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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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TIPPIE KOM KUIER IN DIE VRYSTAAT

Korrespondent

Tippie is 'n leesreeks wat geskep is om leerders in die grondslagfase te leer lees en Tippie is ook die olifantkarakter waarop die boeke geskoei is.

Mevv. Ané Ball en Jolanda Grobler was bevoorreg om bekende skrywers soos Fanie Viljoen, Jaco Jacobs en Reinette Lombard te ont-

moet tydens 'n onlangse geleentheid in Bloemfontein. Hierdie skrywers het die belangrikheid van lees in die grondslagfase beklemtoon en die waarde van boeke uitgelig.

Ladybrand Primêr is bevoorreg om 'n funksionerende biblioteek te hê waar leerders hul liefde vir lees en boeke kan uitleef.



Start your weekend entertainment here!

Community Calendar



Eastern FS Rugby Quarter Finals

Ladybrand Sport Ground
30 May 2025 @ 1am

Ladybrand Business League

Ladybrand Golf Club
31 May 2025 @ 12am

Send your events to
adverts@maluti.biz



20-MINUTE CHICKEN TERIYAKI – WITH ONLY 5 INGREDIENTS!

A delicious weeknight meal with only 5 ingredients and 20 minutes to make – my new go-to chicken recipe. This Teriyaki Chicken is simple but tastes so good!



Ingredients:

2 Chicken Breasts finely sliced / 400g chicken strips
2 small red Chillies, chopped
3 springs onions, chopped – reserve 1 for garnishing
60ml Teriyaki Sauce
1/2 cup Basmati Rice
Pantry Basics / Other:
2 tablespoons Olive Oil
Salt and Pepper
1 1/2 cups water



Method:

In a small pot, add the rice and water and boil for 10-15 minutes until most of the water has been absorbed and the rice is fluffy and soft. In a medium-sized saucepan and over medium heat, add the 2 tablespoons olive oil. When the oil is hot, add the chicken and allow to cook for 1 minute to seal the sides. Add the spring onions, chilli, teriyaki sauce and a little salt and pepper and cook for 4 minutes. That is all it takes folks – don't overcook the chicken! Drain the cooked rice and serve with the chicken & sauce. Garnish with the remaining spring onion!

Weekend Weather

Friday

May 30



Nice with plenty of sun

21° Lo -3°

Saturday

May 31



Plenty of sunshine

20° Lo -5°

Sunday

June 1



Sunshine

19° Lo -4°



Dink 'n Bietjie

Ek is so effens “bewolk” vandag – ek sou eerder ‘n krasser woord wou gebruik, maar DIT sal nou éérs ‘n moles veroorsaak, veral met die beswaardes in ons midde. Wat is besig om van ons samelewing te word? Deesdae is dit makliker om ‘n argument op Facebook te wen as om iemand te laat lag! Jy maak ‘n grappie, en binne minute is daar ‘n klomp kwaai emoji’s, ‘n opstel oor sosiale geregtigheid en iemand wat vra of jy dalk “nagal die probleem in die samelewing is.” Al wat jy gesê het, is dat jou hond meer aandag kry as jy. Ons samelewing het ‘n snaakse allergie vir humor ontwikkel. Dit is asof almal wakker geword het en besluit het: “Vandag gaan ek niks geniet nie. Ek gaan diep, betekenisvol en permanent aanstoot neem.” Onthou julle toe mense vir hulself kon lag? Toe iemand nog kon

sê hulle het ‘n blonde oomblik gehad, sonder dat ‘n volwasse gesprek oor hare, genderpolitiek en mikro-aggressie moes volg? Nee, ons leef nou in ‘n tyd waar jy ‘n vergunning nodig het om ironie te gebruik. Satire word behandel soos belasting: niemand verstaan dit nie, maar almal is vies daarvoor. En die ergste? As jy NIE aanstoot neem nie, voel jy uitgesluit! Maar dalk is daar hoop...dalk net moet ons almal weer leer om oor en vir onself te lag. Sit jou selfbeeld neer, haal jou sin vir humor onder die stof uit daar waar jy dit gelos het (reg langs jou drome en laasweek se goeie voornemens) en onthou: as jy nie die grappie is nie, is jy dalk die een wat dit nodig het. Ek salueer die outjies wat met galgehumor hul dag opkikker. Net so vinnig as wat negatiewe kommentaar op Facebook pryk, kom daardie skerpinniges na vore wat die son sien skyn in ‘n donker wêreld. Kom aan mensdom – lag ‘n bietjie. Dis goedkoper as terapie en baie meer aansteeklik.



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BULLYING AT SCHOOL

Correspondent

Bullying at school can deeply affect a child's emotional well-being, but parents can play a crucial role in helping their child build emotional strength and resilience.

Start by fostering open communication - encourage your child to talk about their day and feelings without fear of judgement. Let them know it is okay to feel upset and that their emotions are valid. Teach your child to recognise and express their emotions in healthy ways. Help them build self-esteem by focusing on their strengths, encouraging hobbies and celebrating achievements, no matter how small.

Equip them with problem-solving and assertive-

ness skills so they can stand up for themselves calmly and confidently when needed. Encourage empathy by modelling kindness and discussing how others might feel. Limit exposure to negative influences, including certain media and online interactions, while promoting positive friendships and environments.

Lastly, let your child know that seeking help is a sign of strength, not weakness. Consistent love, support and guidance from parents provide a strong foundation for emotional resilience.

A child who feels heard, valued and supported at home is better equipped to face challenges like bullying and recover from them more quickly.

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