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FREE COPY

LADYBRAND REMEMBERS NINE FALLEN SANDF HEROES

Mantsopa

Ladybrand - The tragic loss of nine South African National DefenCe Force (SANDF) soldiers deployed in the Eastern Democratic Republic of Congo (DRC) has deeply shaken Mantsopa Local Municipality (MLM) Mayor, Cllr. Mamsie Tsoene, leaving her heart heavy with grief.

In a solemn display of solidarity, the mourning Mayor, alongside various stakeholders under the Local Communicators Forum (LCF), attended a heartfelt church service last Sunday at the Ladybrand military base.

The service served as both a tribute and a moment of reflection, coinciding with the untimely passing of these brave soldiers who lost their lives in the line of duty while attempting to prevent rebels from seizing control of the city of Goma.

"We are devastated by their loss. They were not just soldiers; they were our brothers, someone's father, uncle, and husband. Our hearts go out to their families in this painful time. I have learned that one of the fallen heroes hailed from Thabo Mofutsanyana in Paul Roux," Mayor Tsoene expressed.

The memorial was organised by Chaplain Mike Nomtoto at the Ladybrand military base, home to the 10 South African Infantry (SAI) Battalion. The atmosphere was heavy with sorrow but also filled with unwavering respect for the fallen soldiers.

Reports indicate that the M23 rebel group launched a full-scale attack on the 16-member SANDF mission, with two additional soldiers serving under the Monusco UN mission in the DRC.

Major Mbuyana, the second in command, extended his heartfelt gratitude to the Mayor for her unwavering support and her role in fostering unity between the military and the civilian community.

"The Mayor is not just a visitor here—she is one of us. Her dedication has helped us build strong relationships with various stakeholders within Mantsopa, creating a sense of cohesion and mutual respect," he remarked.

The stakeholders that graced the occasion with their presence were the following: South African Police Services (SAPS) represented by Ladybrand Station Commander, Lt.

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Photo: Mantsopa Local Municipality



Colonel Leepile; Department of Correctional Services' Ladybrand Correctional Centre Manager, Mr. Mohau Koetje and Mabitso Mohlakoane; Vumani Outreach Centre Cllr Bonakele Sani; Tshepong Center for children differently able Sebusiso Lekoenyane; Ikaheng Centre for differently able children Manager, Ms Sophy Ranthako; UCCSA Dikeledi Mokhethi; Dipel-

aneng HIV and AIDS Organization Modiehi Motsamai. The guests were welcomed by Officer Commanding (OC), Lieutenant Colonel Motata Senamela.

As the community continues to mourn, the fallen soldiers' legacy of bravery and service remains an enduring testament to their sacrifice. Since Sunday the death toll has increased to 13 soldiers.



Photo: Mantsopa Local Municipality





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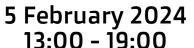
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Ladybrand Boeremark

Ladybrand Sports Club Every last Saturday of the month - 8am to 1pm

Schools Close

28 Mar 2025

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CHUTNEY-MAYO CHICKEN POT

A creamy and sweet chicken potjie that's perfect served over some steamed rice.



Ingredients:

2 tbsp oil 800g SPAR Select Chicken Thighs and Drumsticks 2 tbsp SPAR Chicken Spice 1 SPAR Freshline Onion 500g SPAR Freshline Carrots 5 SPAR Freshline Potatoes 1 cup SPAR Peach Fruit Chutney 1 cup SPAR Original

Mayonnaise 2 cups SPAR chicken stock 4 sprigs SPAR Freshline Thyme Juice of ½ SPAR Freshline Lemon Salt and pepper, to season Serving suggestion Cooked rice SPAR Freshline Coriander

Weekend Weather

Friday Jan 31



Partly sunny and very warm

32° Lo 15°

Saturday

Feb 1



Mostly sunny and hot

35° Lo 15°

Sunday

Feb 2



Hot with times of clouds

34° Lo 13°



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Method:

sprigs

Set up the weber or braai and clean out your large black potjie pot. Wash and chop the vegetables. When your coals are hot enough, heat the pot until it reaches smoking point. Add the oil to the pot. Sprinkle the chicken with the chicken spice and fry them in batches with the onion until golden brown, about 2 minutes a side. Arrange the prepared carrots and potatoes in layers on top of the chicken thighs and drumsticks. Whisk together the chutney and the mayo and stir in the stock. Pour the liquid over the chicken and vegetables and add the thyme sprigs. Place the lid onto the pot, without stirring. Allow to simmer on a low heat for about 1 hour and 20 minutes, or until the chicken is cooked through and the potatoes are just soft. *Chef's Tip: The secret to a good 'potjie' is not stirring the pot while simmering on a low heat. Season to taste with salt and pepper and a dash of lemon juice. Stir slightly without breaking any of the vegetables and simmer, covered, for another 5 minutes. Serve a generous portion of chutney-mayo chicken potjie over fluffy rice.

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PREPARE YOUR FINANCES

Correspondent

South African parents and guardians are facing the financial reality of their children's school year. With many family budgets already over-stretched, the added expenses can be overwhelming.

The cost of essentials adds up quickly – fees, uniforms, textbooks, and stationery, among other items – and this is compounded by additional costs for sporting equipment, tech, transport, class outings, and extra lessons.

According to research by the Old Mutual Group, putting a child through the public school system in 2023 cost roughly R651,313, with private schooling costing R1,901,549 on average.

Practical tips to lighten the load

- 1. Plan ahead. Write down everything your child needs and make essentials a priority to avoid unnecessary expenses.
- 2. Compare prices. Shop around for school supplies and take advantage of deals, discounts, and loyalty programmes.
- 3. Check second-hand stores and online platforms. If your child has outgrown school uniforms and other necessities, sell or swap these items.
- 4. Label everything. Personalise school supplies and uniforms to reduce the risk of items getting lost or stolen.
- 5. Assess technology needs. Source from outlets offering learner discounts, or consider a bulk buy with other parents.

- 6. Keep receipts. Track every school-related expense. Knowing where your money goes will help you budget accurately.
- 7. Budget for fees. Many schools offer options to spread payments over the year.
- 8. Assess extra-curricular activities. Choose activities wisely and limit participation to what suits your budget.
- 9. Monitor subscriptions. If your child has been using educational apps or tools, evaluate their usefulness and cancel subscriptions that no longer add value.
- 10. Use free resources. Explore online platforms for educational materials and support, instead of spending money on costly learning tools.
- 11. Communicate with teachers. Reach out early to discuss any specific requirements or additional help you may need for your child.
- 12. Save on transport. Consider carpooling with other parents or investigating more affordable but safe private or public transport.
- 13. Organise lunchboxes. Plan simple, nutritious meals at home rather than relying on tuck-shop items. Buy food in bulk and prepare snacks in advance.
- 14. Set up a savings fund. Start a small, recurring savings plan for future school costs.
- 15. Plan for emergencies. Set aside a little extra for unexpected costs such as last-minute projects or sports equipment.

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