

**HEALTHYLIVING** UNFPA, LPPA promote access to sexual health services  
>> Pg 9



AUSC women leadership programme underway

>> Pg 23

# Metro

News you can use

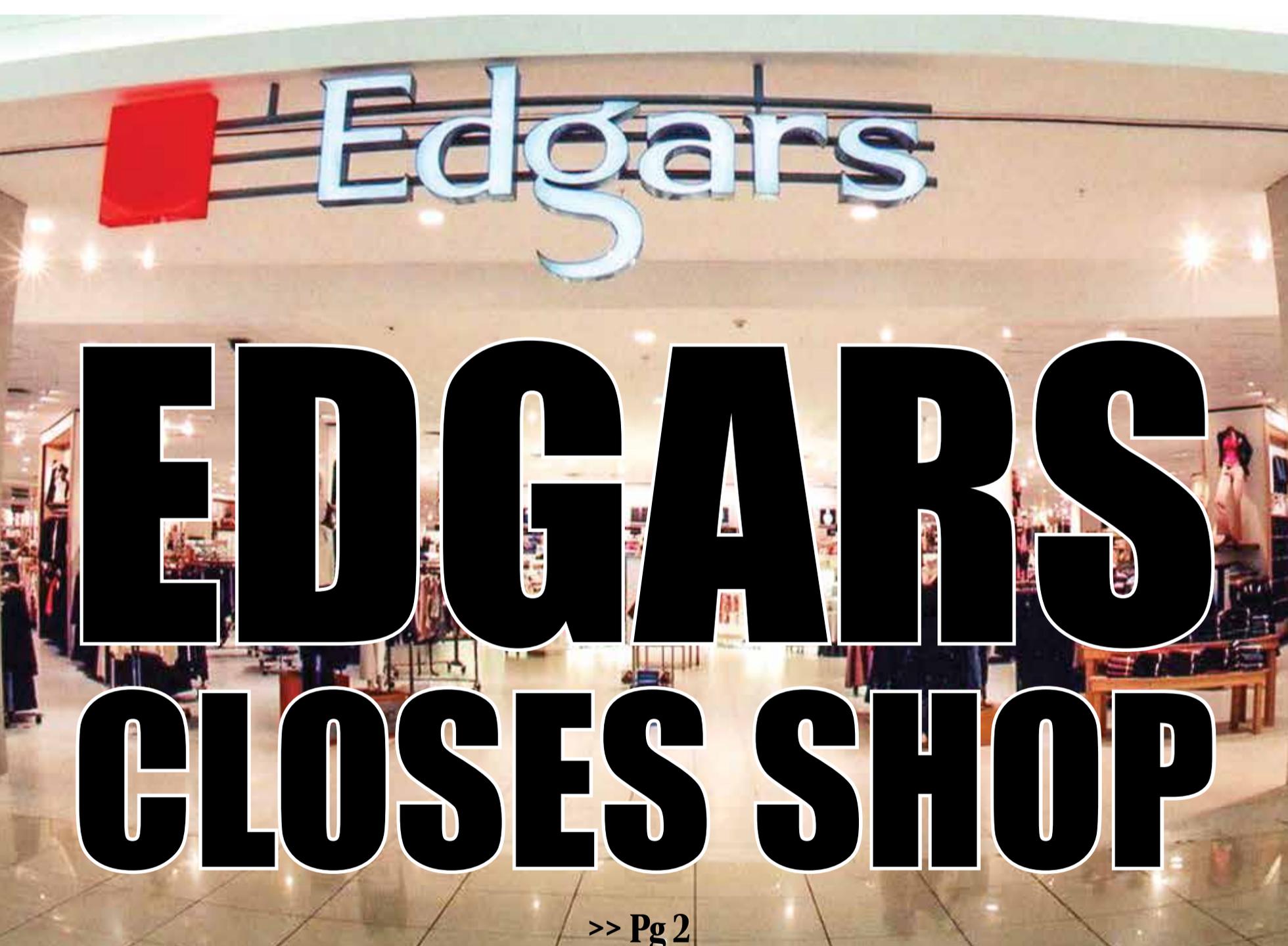
THURSDAY September 10, 2020

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Est. 2017



**Wise WORDS:** Only put off until tomorrow what you are willing to die having left undone. ~Pablo Picasso

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## On This Day in History 1940

British War Cabinet reacts to the Blitz in kind



In light of the destruction and terror inflicted on Londoners by a succession of German bombing raids, called "the Blitz," the British War Cabinet instructs British bombers over Germany to drop their bombs "anywhere" if unable to reach their targets. The prior two nights of bombing had wrought extraordinary damage, especially in the London slum area, the East End. King George VI even visited the devastated area to reassure the inhabitants that their fellow countrymen were with them in heart and mind. Each night since the seventh, sirens had sounded to announce the approach of incoming German planes, which had begun dropping bombs indiscriminately in the London vicinity, even though the docks had been their primary target on Day One of the Blitz.

## Directory

- Child Helpline: 80022345
- Crime Hotline: 22313337
- WASCO: 22262000
- LEC: 52100000
- Police Station: 22317262
- Airport: 22350777
- MRT0: 2232 5494
- Ombudsman: 22316425
- Metro News Tips: 2232 5494
- Border Control: 22325740

## Essentials

- Registration Fees**
- Motor cycle solo with engine of cylinder in capacity not exceeding 350 cc will cost M100
  - Motor cycle solo with engine of cylinder in excess of 350 cc - M150
- Motor Vehicle License Fees**
- Motor Vehicle License Fees motor cycle with engine capacity not exceeding 350 cc - M100
  - Other motor vehicles for the first vehicle - M1 000
  - For every additional vehicle other than a motor cycle - M500
- Motor vehicle, trailers and construction equipment clearance fees:**
- 0 - 750 kg: M150.00
  - 11.501kg and more: M1600
- Examination fees for roadworthy certificates:**
- Motor cycle not exceeding 350 cc - M200
  - Other motor cycle, tractor or trailer - M200
  - Light motor vehicle - M220
  - Heavy commercial vehicles - M300
  - Vehicle examiner's prohibition for vehicle's Un-roadworthiness - M350
- Certificates of fitness for passenger vehicle:**
- Motor cars, 4+1, and driving - M200
  - Commercial passengers' vehicles, if carrying capacity does not exceed 22 passengers - M250
  - If carrying capacity exceeds 22 but less than 60 passengers - M300
  - If carrying capacity exceeds 60 passengers - M350
- Certificate of fitness for goods vehicles:**
- Where tare weight does not exceed 3,500kg - M100
  - Where tare weight exceeds 3,500kg but does not exceed 11,000kg - M150
  - Combination of vehicles - M150
  - Trailers if tare weight does not exceed 5,000kg - M100
  - If tare weight exceed 5,000kg - M150
- Documents:**
- Certificate of road worthiness and fitness - M100, other motor vehicles licenses - M100
  - Motor cycle not exceeding 350cc - M50
  - Other motor vehicle licenses - M100
- Application fees:**
- Learners license - M50
  - Theory test - M50
  - Driving test and re-test - M50
  - Public driving instructor's test - M100
  - Driving school permit - M150
- Issuance of driver's license:**
- Light duty - M200
  - Heavy duty - M250
  - Extra-heavy duty - M400
  - Driving instructor's certificate - M300
  - Public driving permit - M200
- Renewals of driver's licences:**
- Motor cycle not exceeding 350cc - M120
  - Learner's license - M50
  - Light duty - M200
  - Heavy duty - M250
  - Extra heavy duty - M400
  - Driving instructor's certificate - M300
  - Public driving permit - M200
  - Driving school permit - M420
- Special Permit:**
- Initial issuance - M200
  - Renewal - M400
  - Supply of information from the records - M100
  - Duplicate of document - M300
  - Transfer of registration number (section 12(2) of the act) - M150
  - Transfer of ownership - M100
  - Set of number plates - M400

# Edgars closes shop



**NEO SENOKO**  
business@maserumetro.com

**MASERU** - Edgars Stores based at the Maseru Mall has closed shop, leaving the upper class shopping complex, already hit by COVID-19 pandemic in a rather tremulous position.

The closure further means that more people continue to lose their jobs in Lesotho. Edgars, together with other retail shops such as Jet and CAN are subsidiaries of the embattled South African retail company EDCON holdings. Founded in 1929, EDCON is a leading retail company based in South Africa operating in clothing, footwear, textiles, cosmetics, accessories and cellular products in Southern Africa including Lesotho, with a wide assortment for everyone including local and international brands. The company has been going through tough economic conditions, struggling to survive even before the COVID-19 pandemic. In 2016 the company recorded a net debt of R24.7 billion and was temporarily taken

over by debtors to avoid financial collapse. This resulted in the closure of 253 stores by 2018 as part of a recovery plan. Following the recent coronavirus outbreak in South Africa and the ongoing national lockdown, the company announced on April 29 that it has lost R2 billion in sales since March 15. Challenges have now reached the climax with the pandemic still continuing, bringing economic activity to a standstill. Recently, EDCON announced that it has signed a sale and purchase agreement to sell parts of Edgars to another fashion retailer, Retailability. Retailability is a fashion retailer and holding company which owns the brands Legit, Beaver Canoe and Style. It operates in over 460 stores across South Africa, Namibia, Botswana, Lesotho and eSwatini. Retailability bought Legit clothing stores from Edgars for R637 million in 2016. Maseru Mall management has confirmed to Metro that Edgars have shut down as the pandemic continues to hurt the economy. "Edgars Stores has closed and our

sympathies go to the families that have been hurt by the global pandemic. Unfortunately, the pandemic began during a time when all business was slow, especially fashion, retail and entertainment. "There is nobody who has not been affected by this, but as you can see, certain sectors have benefited and I just think we were all not ready. People have lost jobs and companies have had to close completely," Maseru Mall Centre Manager Baholo Chimombe said on Wednesday. Despite the challenges, Chimombe remains optimistic that the mall shall overcome as it continues to be the safest shopping experience in the country. "We shall overcome this tide and look forward to making firstly Maseru mall the safest shopping experience in Lesotho and we are seeing a significant improvement," he added. The struggles for EDCON further bring more challenges to the local textile and apparel industry, which also accounts for more jobs and exports in Lesotho. The industry exports an estimated 30 million jeans per year to EDCON.

## The hottest chili pepper in the world is so hot it could kill you

**Fast FACTS** The "weapons-grade" Dragon's Breath chili pepper is so hot it's downright deadly. If you ate one, it could potentially cause a type of anaphylactic shock, burning the airways and closing them up. "I've tried it on the tip of my tongue and it just burned and burned," said Mike Smith, the hobby grower who invented the Dragon's Breath along with scientists from Nottingham University. So why make such an impractical pepper? As it turns out, the chili was initially developed to be used in medical treatment as an anesthetic that can numb the skin.

## Jargon Buster

**Gross Profit** This business finance term and definition can be calculated as total sales (income) less the costs (expenses) directly related to those sales. Raw materials, manufacturing expenses, labour costs, marketing, and transportation of goods are all included in expenses.

## Cracks

**All-female college teacher** Teacher Rasoeu wanted to become a teacher in the worst way, but the only job he could find was as an instructor at an all-female college teaching sex education. His wife was a very jealous woman so Mr. Rasoeu decided he would tell his wife that he would be teaching sailing at this college so that she would not get angry. He was very happy and for months all was well. As fate would have it, one day in the grocery store check-out lane, Mrs. Rasoeu overheard a group of girls standing in line behind her talking about college and their instructor Mr. Rasoeu. The girls went on and on about how great this Mr. Rasoeu was at teaching their class. The cashier handed Mrs. Rasoeu her change and said, "Have a great day Mrs. Rasoeu, and thank you, again." One of the girls in line heard the cashier, and asked Mrs. Rasoeu if she was related to the Mr. Rasoeu that was teaching at the college. Mrs. Rasoeu replied, "Yes, he is my husband." Well that set off a torrent of accolades about how knowledgeable Mr. Rasoeu was about the subject matter he was teaching, about how he got the whole class to discuss their fears about learning the subject. Well Mrs. Rasoeu was taken back by what she heard from these girls and replied, "I don't know how you find him to be so gifted at teaching you this course. You know he only tried it twice in his life. The first time he tried it, he got sick, and the second time, his hat blew off and he just quit."

## Technology

# Amazon's new fitness tracker will be able to analyse your emotions

AMY BARRETT

Amazon Halo's voice sensor uses machine learning to analyse 'energy and positivity' in the wearer's voice, aiming to improve communication and relationships. Amazon is entering the health wearable business with a fitness band which listens to a person's voice to analyse their emotions. The device comes as part of a subscription service called Amazon Halo and has no screen or notifications like other fitness trackers on the market. It is launching in the US initially, with no word on whether it will be rolled out globally as yet. The tech giant says the platform uses health features powered by artificial intelligence (AI) and "multiple advanced sensors" that provide insight into overall wellness, viewable from a dedicated app. These include an accelerometer, a temperature sensor, a heart rate monitor, two microphones, an LED indicator light, and a button to turn the microphones on or off. Tone, as the voice sensor feature is called, uses machine learning to analyse "energy and positivity" in the wearer's voice, allowing them to "better understand how they may sound to others, helping improve their communication and relationships", Amazon said. For example, Tone results may show that a difficult work call leads to less positivity in communication with family, an indication of the impact of stress on emotional wellbeing. The firm says multiple layers of privacy and security are built into the service, capturing short samples of speech and providing insights

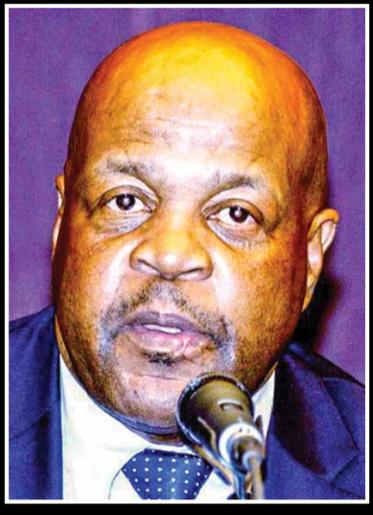


and daily recaps. The Body feature of the service uses computer vision technology to give an accurate body fat percentage measurement, which Amazon claims is as accurate as methods a doctor would use. Health data is encrypted in transit and in the cloud, and customers have the ability to download or delete their data at any time within the app. Currently only available to US customers, the service starts at \$64.99 (M1,104.83) for customers who request early access, which

includes six months of Halo membership - after that the membership costs \$3.99 (M67.83). The regular retail price will be \$99.99 (M1,699.83). Those who choose not to subscribe to the membership can continue to access basics, such as steps, sleep time, and heart rate. According to Amazon, the battery takes less than 90 minutes to charge fully and lasts up to seven days. There are three colours to choose from, but an additional 15 colours are on offer by purchasing separate fabric or silicone accessory bands. PA Science

## READ Online

- More COVID-19 recoveries recorded
- Police promise a public pardon
- U.S govt sanctions Lesotho national



## CONTACT US

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**ZAR1.00**



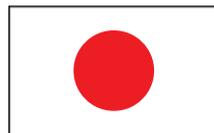
American Dollar  
**US\$16.86**



Europe's Euro  
**€19.88**



British Pound  
**£22.02**



Japanese Yen  
**¥0.16**



Chinese Yuan  
**¥2.46**



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**COMMODITIES** (International Rates in US\$)

<b>STOCKS</b>	
S&P500	3,4588.36
NASDAQ100	12,132.16
Nikkei225	22,997.83
Dow Jones30	28,394.43
FTSE 100	5,539.68
JSE	54,582.00
Hang Seng	24,897.57
<b>PRECIOUS METALS</b>	<b>PRICE (US\$)</b>
Gold	1,970.15
Platinum	984.35
Silver	29.34
Copper	6,486.59
Crude Oil / Brent Oil	45.23
<b>EQUITIES</b>	
Bonds	18.44
Treasury Bills	3.67
Interest Rates	7.67

**AGRICULTURE** (Rates in Maloti/Rands)

Maize Meal p/kg	M7.00	Eggs p/tray	M45.00
Wheat Meal p/kg	M10.00	Milk (fresh) p/litre	M16.00
Cabbage p/kg	M14.00	Milk (sour) p/litre	M20.00
Potatoes p/kg	M10.50	Rice p/kg	M30.00
Brown Bread p/loaf	M10.00	White Sugar p/kg	M22.00
White Bread p/loaf	M11.00	Brown Sugar p/kg	M25.00
Sorghum Meal p/kg	M25.00	Beef p/kg	M85.00
Brown Beans p/kg	M30.00	Mutton p/kg	M90.00
Tomato	M15.00		

**ENERGY** (Rates in Maloti/Rands)

Petrol Unleaded 93 p/litre	M11.60
Unleaded 95 p/litre	M11.70
Diesel 50PPm p/litre	M11.85
Paraffin p/litre	M6.75
Water (Domestic) p/litre	M5.53
Water (Industrial) p/litre	M15.03
Electricity (Domestic) p/unit	M1.38
Electricity (Industrial) p/unit	M0.26
Gas p/kg	M20.00

# Lesotho should prioritise key areas in budget allocations - Likhang

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**MASERU-** When preparing a national budget, it is imperative for the government to allocate resources wisely and prioritise key areas, but that has been



lacking in Lesotho for a long time. A well planned budget is utmost importance for any government to ensure economic stability and growth.

Clear policy structures are also important to assist the implementation of strategies that are set to take the country forward.

A major setback for Lesotho according to experts is that the country's national budget does not answer to its top economic priorities.

In fact, the country's national budget, they argue is not activity based but focused on merely financing the ministries.

"We need activity based budgeting. What is wrong is that we finance the

ministries and not activities. We have to fund strategic activities because of our limited resources. Otherwise we will continue spending money on less important priorities," local analyst and chartered accountant, Robert Likhang (pictured) said in an interview with Metro this week.

Another problem, he said is that the country strategies are too wide compared to its resources, hence a need to prioritise key areas that are further in line with the National Strategic Development Plan (NSDP II).

"Our strategies are too wide compared to our resources. So we need to prioritise and identify those critical things to take us forward. We have to limit our strategic priorities," Mr Likhang added.

NSDP II underscores sustainable inclusive growth as the most effective route for poverty reduction. It sets out the jobs and growth strategy anchored on the four productive sectors of agriculture, manufacturing, tourism and creative industries as well as innovation and technology.

The strategic plan aims to transform Lesotho economy from a consumer based to a producer and export driven economy.

Phase one of the NSDP that was implemented in 2012/13 fiscal year failed to make a desired impact, thus

leaving many people wondering whether phase two will make any remarkable impact.

The NSDP I which ended in 2016/17 among other things was hoping to facilitate economic growth through employment, infrastructure development, innovative technology as well as improving public health.

When it comes to preparation of national budget by all relevant authorities, identifying areas of weakness helps the government to allocate resources in a useful and sustainable manner.

It is important for the government to ensure that funds reach where they are required the most. Activity based budgeting is more rigorous and would ensure that budget allocations do not only focus on merely adjusting previous budgets.

The Project Manager at the Private Sector Competitiveness and Economic Diversification Project (PSCDEP) Chaba Mokuku said in a separate interview with Metro that the country needs to improve its systems and ensure that budgeting is linked to national priorities.

He said integration and improved investment climate would also go a long way towards ensuring that budgeting is channeled towards the right direction.

"In all the countries where government is seen as effective, they

look into their national priorities and then budget based on such priorities. So our point of departure should be NSDP II to say what are the priorities?"

"From there we work on investment projects that are pushing towards ensuring that there is investment in those priority sectors. So at the same time, as we push and diversify the economy, we need to work hard to also improve our investment climate in the country. In this way we will be able to attract investment," Mr Mokuku said.

Integration, he said, is also important, citing that different sectors should not work in silos.

One of the primary purposes of budgeting is to provide control over the revenues and expenditures of the government. The budgets are an important part of maintaining control of a government's finances and are a means of achieving the financial reporting of accountability.

Mr Mokuku noted further that the country needs to superimpose priorities in various sectors and on the basis of that, make informed decisions.

"And we can only do that if we work together. Working together also means budgeting will be made based on key priorities as agreed upon by all key stakeholders in the country," he added.

# SA on track to open borders soon

**MASERU** – With a view to help revive its tourism sector, South African tourism minister Mmamoloko Kubayi-Ngubane says plans are underway in that country to among others reopen international travel.

The plans, she said will focus on the continued growth of the domestic tourism industry as well as the restarting of the international tourism industry.

Mrs Kubayi-Ngubane said the Africa land markets form

the bedrock of tourism in South Africa, adding that this region alone accounts for 71 per cent of international arrivals therefore would give a further boost to the recovery efforts of the sector.

The SA tourism industry is regarded as one of the major contributory sectors to economic growth and job creation.

In Lesotho, the LTDC 2016 tourism statistics report shows that in 2014, about 1 078 510 tourists visited Lesotho while 1 082 403

came in 2015. The report further shows that 1 081 227 which is equivalent to 90 per cent of the tourists came from South Africa.

It states that revenue collected through tourism in 2016 was M844 million whereas in 2015 M822 million was collected.

According to the report, 60 per cent of visitors come to Lesotho for religious purposes while 28 per cent come for leisure and 11 per cent for business.

LeNA



South African tourism minister Mmamoloko Kubayi-Ngubane

# COVID-19 widens gender, economic inequalities

NEO SENOKO

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**MASERU** - COVID-19 has widened gender and economic inequalities, leaving women and girls especially hurt by the resulting economic and social fallout, the United Nations Development Programme (UNDP) has said in a report.

A new study titled, "gender equality in the wake of COVID-19" predicts a dramatic increase in poverty rate for women and widens the gap between men and women who live in poverty.

Impacts on women and girls have worsened across the board. Women are losing their livelihoods faster because they are more exposed to hard-hit economic sectors.

By 2021, the report says around 435 million women and girls will be living on less than \$1.90 (M32.11) a day, including 47 million pushed into poverty as a result of the COVID-19 pandemic.

The pandemic exposes women's precarious economic security, with feminised sectors likely to be hit the hardest.

For instance, the report says 72 per cent of domestic workers across the globe, 80 per cent of whom are women have lost their jobs as a result of COVID-19.

The impacts are not just economic. For many women and girls, home is not a safe place. Violence against women has increased during this period as wide spread stay-at-home measures force women and girls to shelter in place with their abusers, often with tragic consequences.

"Women typically earn less and hold less secure jobs than men. With plummeting economic activity, women are particularly vulnerable to layoffs and loss of livelihoods. Incomes of women working in the informal sector have declined dramatically," the report says.

Like the rest of the world, the pandemic has negatively affected different sectors of the economy in Lesotho. Traditionally, women have been economically behind for the longest time in Lesotho but COVID19 has dramatically worsened the situation.

Feminised sectors such as the garment and textile industry, domestic work in Lesotho and South Africa as well as the hotels and hospitality industry have all been extremely affected by the pandemic.

That means more and more women have been laid off as these sectors try to keep themselves afloat throughout the period.

This is despite the fact that women in Lesotho are already earning less as compared to their male counterparts.

According to Mpiletso Khaile Ntai, a Master of Science in Economics holder, the problem is that the country is dominated by patriarchal society which depicts that leadership should be in the hands of men.

She said the mindset on its own gives men more economic power and that is why they own more productive resources while women remain



Basotho women at work in a textile firm in Ha Thetsane

less productive until today.

"In line with our gender roles and norms, a woman's place is still in the kitchen and that makes her less actively engaged in economic activities. Again, we should not forget the reproductive role which already leaves women at a disadvantage as compared to men," Ms Ntai said in an interview with Metro.

But to counter some of these economic challenges induced by the pandemic, she recommended to the authorities that there should be gender responsive economic empowerment programmes for women as well as a conditional cash grants targeting women economic empowerment.

"It is tough for women, but for those that are still in business I would advise that they stay resilient and explore other avenues that can help

them remain in business," she added.

Her recommendations are also in line with that of the report, suggesting that there should be economic support packages for vulnerable women and measures to confront their increasing time and income poverty.

The textile and garment sector in the country is dominated by women and due to the current economic challenges, hundreds of them have been forced to stay at home.

A similar thing happened in the hotels and hospitality industry which predominantly survives through tourists who visits the country on a regular basis.

But with the borders closed coupled with the national lockdown rules that have banned operations in the sector, there has been little to no activity in the industry, leaving many

women unemployed.

Domestic workers, many of whom are working in South Africa have also been forced to come home due to the pandemic and lockdown restrictions in that country.

These and many other challenges mean women, already economically vulnerable, are back to square one in an effort to elevate themselves against tough and challenging social factors.

The UN report further suggests that countries should address the pandemic's economic impacts and devastation of jobs and livelihoods.

It says there should also be elimination of inequality in the labour market and address gender pay gaps and inadequate access to affordable childcare.

## LCA graft suspects freed on bail

TWO women who are charged together with the former chief executive officer of the Lesotho Communications Authority (LCA) Tšeliso 'Mokela for corruption were on Tuesday granted free bail by the Maseru Magistrate's Court.

'Majanki Fako and Mamofota Tlali are charged along with Lefa Mokotjo, Monate Thulo, Paseka Khetsi and Bokang Lethunya for the same crime.

'Mokela is also a former principal secretary of the Ministry of Communications, Science and Technology.

Both Fako and Tlali were ordered to return to court on September 29 to secure a hearing date.

Mokotjo, Thulo, Khetsi and Lethunya along with 'Mokela appeared before the same court

last week and were each also granted free bail.

It is alleged that for the year 2017/18, Fako and Tlali authorised payment of a performance bonus to 'Mokela at 50 per cent, which is above the 20 per cent maximum authorised threshold in the amount of M785 279.88.

It is alleged that the payment was made without assessing 'Mokela.

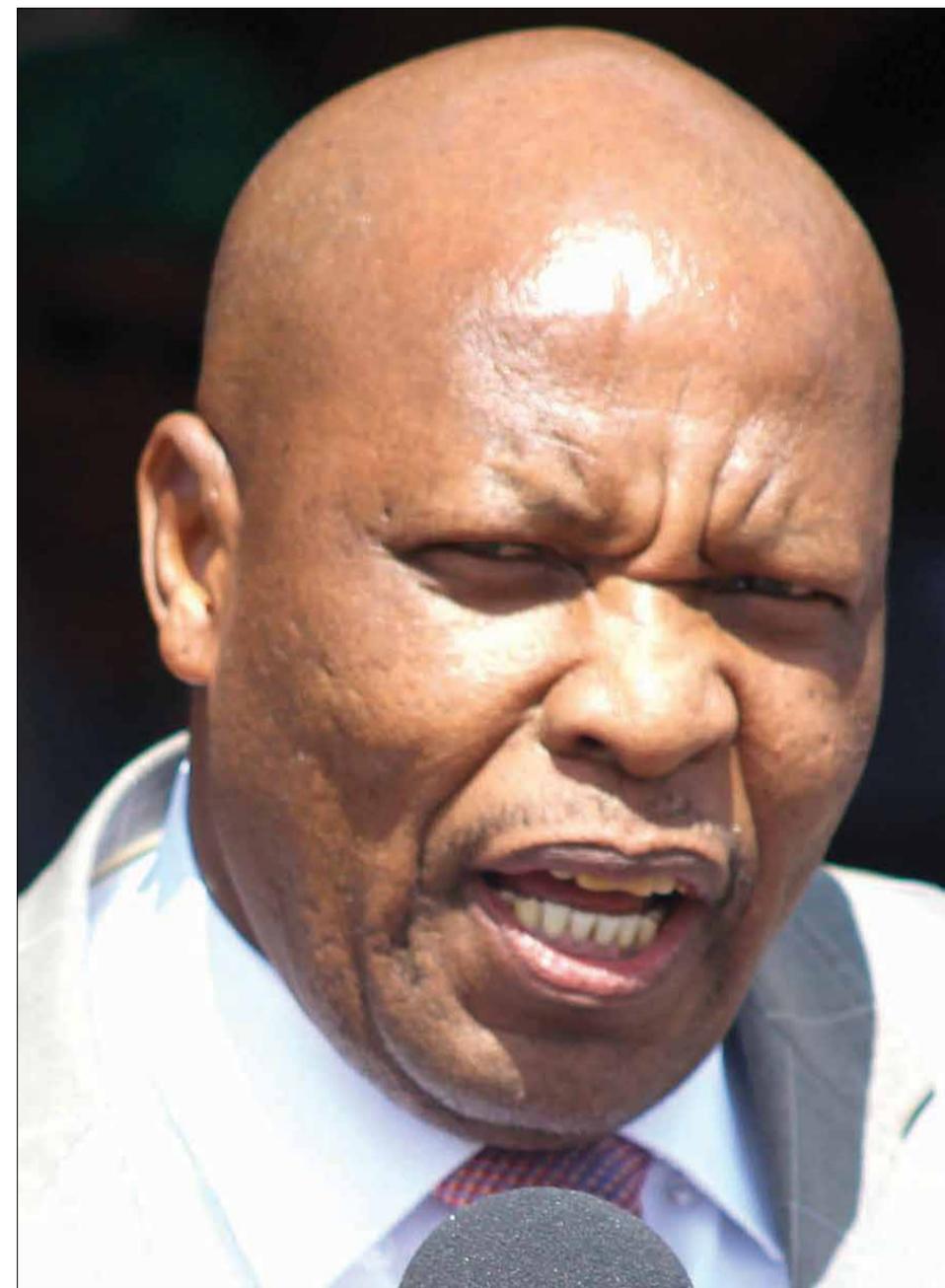
The accused further authorised payment of another performance bonus to 'Mokela amounting to M104 203.13 for the year 2016/17, the court papers show.

They are also alleged to have authorised an unlawful salary adjustment on behalf of 'Mokela by 8 per cent resulting in a loss of M449 039.81 on the part of government.



EMBATTLED: Former CEO of LCA Tšeliso 'Mokela

# Liphofung makes hefty contribution to community



Minister of Tourism, Environment and Culture Adv Lekhetho Rakuoane

## STAFF REPORTER

**MASERU** - The Minister of Tourism, Environment and Culture Advocate Lekhetho Rakuoane has commended the Liphofung Nature Centre for its role in the upliftment of the community living around the facility.

Last week, he handed over a hall built with 10% proceeds from the nature reserve centre to the Liphofung community.

The community hall cost M186 000.

Adv Rakuoane said his ministry together with the community of Liphofung Nature Reserve has to see what more activities could be done to increase the revenue generated at the facility.

He said what has happened between the ministry and the community of Liphofung is a

“*it should be their collective responsibility that the site moonlights into greater heights that would benefit generations to come*”

hallmark of good relations.

“And it should be their collective responsibility that the site moonlights into greater heights that would benefit generations to come,” he also said.

Liphofung Nature Reserve protects a dramatic and atmospheric rock overhang known for its historical association with the 19th-century King Moshoeshoe I and for housing a collection of rock paintings attributed to the San hunter-gatherers who inhabited the region in prehistoric times

Adv Rakuoane said it is only through good care that the centre could grow from strength to strength by attracting more tourists to bring in more revenue.

He said the place is already fenced to protect it against any form of intrusion be it animals or children.

However, he said he was aware of the recruitment of staffers at the place that has brewed serious concerns, apologizing on behalf of the government.

But he allayed fears of the aggrieved community members that their concerns have already landed in courts.

Adv Rakuoane said it is their plan as the government to have a private entrepreneur who will run centre with profit, adding that marketing skills are essential for the growth of the facility.

“Such marketing skills are needed to sell the centre and open its doors to future tourists globally. That person will have to move from pillar to post to come with marketing strategies that would help the facility to have a new dawn where the money would be coming in every day.

“The place has biodiversity that has to be taken care of,” Adv Rakuoane said.

He said this is the 15th year that his ministry has been working with the community in the area to ensure the development of the centre.

Speaking at the same event, Member of Parliament for the Motete Constituency under which Liphofung village falls, Tumahole Lerafa said the hall has been of great importance to the community.

He showed that previously, the elderly residents of Liphofung had no shelter when they went to collect their monthly pensions but now the hall has solved their problems.

Also, nurses are able to meet their patients at this place something which was impossible before its construction, Mr Lerafa also said.

The centre, he said has significantly transformed the economy of Liphofung village because they are able to sell their handicrafts to tourists visiting the facility.

He said the place is usually flooded in winter because the tourists who come in droves to ski.

“So the challenge is that there are not enough accommodation facilities for the tourists.

“The government has now promised to cede the centre to the private sector to manage it.

“But the challenge that we still have about this facility is that staffers are brought from other districts while the locals are left out,” he said.

# Eskom suspends ‘apathetic managers’

**JOHANNESBURG** - Eskom Group Chief Executive Officer André de Ruyter suspended two power station managers on Thursday in the wake of Stage 4 load shedding, with the utility citing ‘apathetic behaviour by some management staff’.

It’s a wake-up call that the managerial incompetence which has long marred Eskom’s performance will no longer be tolerated.

“In response to the escalation of load shedding to Stage 4 during the past two days, the Eskom Board is working closely with the Executive Management to speedily resolve the matter ... The Board is pleased that some units have since returned to service, but is aware that the level of failures is unacceptably high. Whilst it is true that the aging fleet is plagued by legacy issues of neglect and omitted maintenance and is therefore susceptible to unpredictable breakdowns, it is also true that the situation is exacerbated by serious issues of apathetic behaviour by some management staff,” said the Eskom statement on Friday.

“It is for this reason that the Board has come out strongly in support of Group Chief Executive (GCE), Mr André de Ruyter, in his action yesterday (Thursday) morning of summarily suspending the Tutuka and Kendal power station managers pending disciplinary inquiries. Further interventions are ongoing at the Kriel and Duvha power stations.”

“Apathetic behaviour” seems a diplomatic way of saying the managers didn’t appear to give a toss. So they have been told to vacate

their posts. Finish and klaar.

The statement went on to say that three senior generation managers have been dispatched “to the sites in question (Duvha, Kriel, Tutuka and Kendal power stations) to provide leadership and oversight in person”. So there are new sheriffs in town who presumably will be reading the riot act to the staff at these stations.

Crucially, De Ruyter has board and political support for his actions.

“The Board and Executive Management have met twice in the past two days, with the Minister of Public Enterprises, Mr Pravin Gordhan, to interrogate the systemic causes of the load shedding and the measures being taken to repair breakdowns,” the statement said.

“It has been agreed that an urgent culture change and high-level competence enhancement across all 44,000 staff, which the GCE began upon his arrival, should be accelerated, promoted and strongly supported.”

This strongly suggests that accountability is finally taking root at Eskom and that the twin vices of apathy and incompetence will no longer be tolerated. Eskom is the biggest threat to South Africa’s economy and such moves will be widely welcomed. A lot of South Africans would no doubt like to see this ethos extended to other SOEs, the governing ANC, and vital but shambolic government departments such as Home Affairs. But Eskom is as good a place to start as any. DM/BM



BREATHING FIRE: CEO of Eskom Andre de Ruyter

# Our Health Is Our Wealth with Majubere Mofolo-Mugandani



Majubere is a wife and a mother to all her children. Her passion for health and wellness and 10 years' experience in private sector development influenced her decision to establish a wellness company called **Back to Nature**. Before she started the company, **Majubere Mofolo Mugandani (MM)** adopted the alkaline vegan lifestyle to reverse disease and revitalise her body.

Her alkaline vegan lifestyle experience led her to establish an entity that seeks to help share experiences and knowledge with anyone who is willing to transition to the alkaline lifestyle. Majubere started **Back to Nature** in early 2019 to make the natural and alkaline lifestyle accessible and affordable to Basotho to attain optimal health. **Back to Nature** focuses only on selling alkaline herbs and foods. Majubere aspires to grow the company to become a holistic wellness entity that provides a variety of natural health related services and products locally and across the borders. In this wide ranging interview with Advocate **Mothepa Ndumo (MN)**, Majubere discusses concept behind the theme 'Our health is our wealth.'

**MN: Apart from the work that you do at BEDCO, you are also the Founder of Back to Nature, kindly explain to Basotho what factors led you to establish this entity?**

**MM:** Back to Nature was conceived as a result of my passion for pursuing a healthy lifestyle and to solve some health issues I was experiencing at the time.

My professional experience in Business Development also added value in the conception of Back to Nature. I have always been a health-

conscious person and valued the life that God has given me. This is the way I was raised since my childhood. My late mother was very strict and particular with what we ate. Back then, I actually thought that she was mean and inconsiderate.

Today I am grateful and cannot thank her enough for being the mother she was to her children. In 2014 after my son was born, I had some health issues that opened my third eye even wider in relation to the true quality of life. I was obliged to take responsibility for my life and adopted a stricter lifestyle in terms of nutrition. Being a health-conscious person, I already had an idea of the different modalities of natural healing and lifestyles that exist out there.

The only lifestyle that made and still makes sense to me is the alkaline vegan lifestyle based on the African Bio-Mineral Balance concept coined by the late herbalist Alfredo Bowman who is popularly known as Dr. Sebi. The foundation of the African Bio-Mineral Balance concept is the African genome.

After three years of adopting this lifestyle and reaping the benefits, I felt compelled to continue the journey and help my fellow Africans, especially Basotho. I always feel so sad to see Basotho so submissive to poor eating habits.

We have now come to believe that it is normal to live with certain diseases like hypertension or diabetes and to take all kinds of medications to manage these conditions. In most cases these are lifestyle diseases that can easily be avoided with proper diet. In 2019,

I founded Back to Nature to fulfil my desire to promote traditional medicine, good health and wellness, share my experience and most importantly, make Basotho aware that it is possible to live a disease-free life.

I got huge encouragement from my colleagues, friends and family and I am grateful for their support.

My work experience in private sector development also played a significant role in positioning Back to Nature in the market. As the name depicts,

Back to Nature is established on the principle of the reversion to a simpler way of life. At Back to Nature we advocate for the alkaline vegan lifestyle and we sell a wide range of alkaline herbs and foods that promote quality of life.

For the health and wellness sector to work it really needs people to be educated mainly on what a proper diet means. For example someone would prefer imported chicken cuts washed with chlorine and not buy cheaper and non-GMO (genetically modified organisms) chickens (khohotse Sesotho). Research has proved that processed foods are a great contributor to cancers which now are so high.

**MN: How would you describe the Mission of Back to Nature to Basotho and why this Mission is critical to us as a Nation in 2020, the year of COVID-19 and other ailments?**

**MM:** The general modern lifestyles and diets are quite toxic, acidic and lead to the manifestation of diseases and inflammation within the body.

The body succumbs to diseases when it is acidified, it is unable to heal itself naturally. Our mission is to inspire and help improve people's daily quality of life with alkaline herbs and diet. The alkaline diet is now more important than ever with so many people falling ill from COVID-19.

An alkaline state in the body supports cells and metabolic processes. It also supports a healthy

immune system which is our first line of defence against diseases including COVID-19. Unhealthy diets put us at a much higher risk of contracting multiple diseases.

We encourage everyone to be proactive against Coronavirus by keeping our minds, emotions and bodies in optimal health with alkaline herbs and foods. Although there is not much documentation available, there are personal confessions of people who use herbs and proper diet to treat COVID-19.

The obvious example is the use of Lengana (African wormwood/ artemisia) which is available to Basotho for free as opposed to the expensive Western medication recommended for COVID-19.

**MN: In what ways can we locate a company like Back to Nature in our economic development value chain?**

**MN:** Health and economic development cannot be separated. "A healthy nation is a wealthy nation." Health and wellness companies, like Back to Nature, add value and contribute to the economic development of the country through the promotion of and advocating for healthy lifestyles to minimise lifestyle diseases and the number of people relying on subsidised medication from government. With the absence of pharmaceutical industries in the country,

Lesotho spends a lot of money on the importation and subsidies of pharmaceutical products to treat lifestyle diseases that could have been prevented with changes in our lifestyles. This does not only affect government spending, it also affects individual spending in terms of medical bills and higher medical aid premiums. For instance, in 2017, one tablet of chemotherapy cost roughly

M30 000.00.

Back to Nature also plays a critical role in raising awareness, educating and inspiring the nation by changing people's mindsets on going back to nature by simply using natural herbs and foods that are affordable and promote healthy living.

When people are sick or not informed about healthier lifestyles it means absenteeism in workplaces is high and that has a negative effect on economic activities. Traditional medicine has existed for thousands of years and it has now made a comeback due to the emergence of many diseases.

Back to Nature avails accessibility of herbs and ancient foods that promote health to Basotho. Therefore, a lot of money spent on drugs can be channelled to support other initiatives.

**MN: What type of opportunities, in your estimation, are available to Basotho in the health and wellness sector and how can this sector be grown to reach export capacity?**

**MM:** There are many opportunities that exist in the health and wellness sector that Basotho haven't taken advantage of. Lesotho has potent medicinal herbs that haven't been commercialised. Lesotho needs to commercialise medicinal herbs and process them for export markets.

This would strengthen existing value chains in the sector and create jobs even for the most vulnerable populations of our communities. However, we first need to start by appreciating traditional medicine and explore ways in which indigenous knowledge can be sustained.

This is where training and education become critical to have indigenous practices on medicinal herbs included in the education curricula. Indigenous health practices are at risk and for the longest time, have been distanced from the entire health system i.e.

Western medicine, policymaking, health infrastructure to name just a few. With the inclusion of indigenous practices in our health system, it would be easy to find a balance on how traditional medicine and Western medicine can create an alchemy that can improve the quality of life for Basotho and all others on this planet.

This kind of collaboration would easily attract support and interest from other sectors such as research institutions and private laboratories for further research.

In Lesotho health food shops are few and in big shops non-genetically modified foods are scarce. Health food shops are necessary so that non-GMO foods can be available. It is a sector that is still raw, it just needs creativity and passion. Everything depends on us as citizens to initiate such ventures, we only need the government to provide support through regulatory frameworks that will govern the sector and an enabling environment to enhance the commercialisation of traditional medicines and monitor issues of compliance.

Research and Development by institutions of higher learning will also play a major role in determining the usage, efficacy of herbs, information dissemination and influencing the mindsets of people. Due to growing demand in traditional medicine, there are high chances that this sector will grow in leaps and bounds in terms of market base.

# A Sustainable Value Chain State of Mind: Moving From An Egosystem To An Ecosystem And Creating Lesotho Inc (Part 2)

*"I appeal to you, brothers and sisters, in the name of our Lord Jesus Christ, that all of you agree with one another in what you say and that there be no divisions among you, but that you be perfectly united in mind and thought."*

(1 Corinthians 1:10 NIV)

Last week I introduced the work of Professor Otto Scharmer of the Presencing Institute and MIT Sloan School of Business. Professor Scharmer's work brings awareness around the egosystems that we have constructed as human beings, in ordering our economic and social systems. Egosystems mindsets focus on hoarding, economic exploitation, and selfishness.

The results of this type of mentality can be seen everywhere but of most concern to us is the exclusionary nature of the egosystem we call capitalism.

I used to consider myself a Communist, then I tempered it down to Socialist until I realised that these labels actually restrict our thinking and tend to put us inside neat little boxes which stereotype and limit us.

Free markets and free enterprise are not a bad thing but the orthodoxies around them have tended to be just as extreme as, for example, Communism. Classical free market ideologies have been just as discredited as Communism or any other extreme ideology for that

matter.

We have the responsibility of ordering our social and economic systems in ways that will yield positive benefits for the whole house (humanity) and in Lesotho's case, we are talking about Moshoeshoe's House.

I am therefore now less interested in fixed labels and more energized by results, flexibility, innovation and creating new thinking and new, emerging social and economic systems grounded in humaneness, common sense and what is good for most, if not all, of us.

It is not common sensical, nor good for all of us, if 99% of the population is excluded from enjoying the spoils of our economy. Using any metric known to mankind, this is unsustainable and unethical. What will propel us forward sustainably are ecosystems as explained last week.

Are we aware that without that consciousness we will say we want one thing (which we often do, everyone seems to be offended by

poverty and social injustices) but do quite the opposite and never achieve our objectives?

Our thinking, beliefs, values, practices must align with this noble objective of building sustainable value chains in Lesotho.

For the longest time as Basotho, we have subsisted on an erroneous notion of separateness and competition from a place of ego, and yet, I find, as I look back into history

place. Much of the literature on value and supply chains that I have read, contains references to this notion of "competitive advantage." Let us contextualize this a bit, in a market as relatively small as ours, to what extent can we create healthy (ecosystem) but robust competition between firms in these value chains?

I am increasingly buying the argument that, taking our context into account, we need some form of

## BUSINESS

## UNUSUAL

MOTHEPA NDUMO



and the wisdom of our ancients, that that is not who we were. There may be nothing "wrong" with competition and competitive advantage from a value chain perspective provided we are proceeding from a more altruistic place than an egocentric

innovative, collaborative centralized planning of our economy to the very last dot. In an ecosystem, the economies of Lesotho Inc, would be planned and implemented with extreme granular attention to detail to ensure that ours is a

well-oiled machine that yields the best outcomes like clockwork. We need to identify key sectors of our economy where we must establish this competitive advantage for the export market and plan the entire value and supply chains to the very last T.

But we need to do this in a way that is as broad-based as is humanly possible. Think of this entire country, Lesotho Inc, and every single citizen as a shareholder in these key sectors.

We cannot successfully do this though unless we delve a little deeper into our individual and collective norms of thought, belief, speech/narrative and the resultant toxic behaviour that we currently witness as a Nation.

We cannot successfully do this unless we understand ourselves, study our group dynamics and our cultural dynamics better as a Nation. If you look at all the actors and the elements of value and supply chains, you will notice that one essential ingredient underpinning the entire edifice is collaboration.

Economic collaboration has saved the day for economies such as those we see being run in Singapore, Ethiopia, and Rwanda. In 2018, I created an economic collaboration concept that I believe is more in sync with the times we are living in and adaptable to suit future circumstances. It is called Emporium Thinking and it emphasizes economic collaboration of scale underpinned by collaborative mindsets. The first publication of Emporium Thinking was in Startup Africa and work is afoot to continue this research.

Mothepa Ndumo is a Legal Academic at the National University of Lesotho, Industrial Sociologist and Certified Executive Coach. [www.higherselfcoaching.org](http://www.higherselfcoaching.org)

# Preamble to corruption carnage study

There is a nascent 'Remake-Lesotho-Movement' revolution in the offing that is spear-headed by our youth who are groaning under the yoke of unemployment. In order to galvanize such an initiative a cross-sectional representation of partisan-political spectrum is vital, not-withstanding the fact that the movement is a-political in nature.

In order to endorse change for the better, it takes vigilant, seriously patriotic, morally-grounded, resilient and recalcitrant socio-economic development technocrats to stave off corruption-buttressed encroachments of foreign direct interventionist business interests.

Agriculture has to be spared the debilitating iso-metric corruption indexing more so because it is the backbone of our economy. In comparison with COVID-19 traffic lights parabola, we have landed "orange lights" dispensation of iso-metric corruption indexing. What is left for us, if we so chose, is a tailspin into corruption-lined socio-economic 'black-hole' which is set to swallow us all?

The tough, albeit inevitable question by our contemporary youth is: Are we prepared to pass on the above intended legacy to our progeny?

The second tough question is:

Can we audaciously blame our youth who are under corruption-lined alienation, for bizarre behavioural response pattern, including resort to psychedelic drug and substance abuse? Are we religious enough to know: "Ke tla otlala bana ka lebaka la bokhobo ba batsoali ba bona". It's not only the youth who are bound to hurt; but it's the entire nation.

Truly speaking we are walking a thin line between disastrous tailspin into corruption-lined socio-economic black-hole and 'orange lights' point-of-return space. We still have a chance to break out of a corruption mode tailspin trajectory.

What does the National Reforms Act 2019 hold for us by way of disciplined national reforms process and radical transformation?

For now we are aware of the establishment terms of reference of NRA as follows:

- to safe guard the national reforms process;
- promote stakeholder consensus on national reforms and long-term stability, unity and reconciliation;
- effective and efficient management, co-ordination, oversight and strategic leadership in the national reforms process
- expedite national transformation of Lesotho through independent, transparent and

accountable structures of Law reform process in the implementation of the resolutions and decisions of Plenary II. We, in Agriculture mega sector, deem it critically important to man the NRA with representation that is not morbidly touched by iso-metric corruption and are therefore compromised, more so because agriculture is a strategic industry and the backbone of Lesotho's economy.

In consulting our representation in the NRA, small-holder farming community ought to have been given a fair chance to understand duties and responsibilities for membership of the NRA lest we shoot ourselves in

## CORRUPTION

## WATCH

MR TSELISO TSENOLI



the foot before walking the required route.

We ought to have exercised the necessary scruples in order to avoid commissioning arsonists to investigate and put out the fire at an insurmountable cost to this ailing economy.

## THE WAY FORWARD FOR AGRICULTURE MEGASECTOR

What we characterize as 'Remake-Lesotho-Movement' predates partisan-political administration instance. Since the pre-independence era we have been serious importers of 'wet market' produce; however at some historical watershed we are told that Lesotho exported beans, peas, some wheat and sorghum. Wool and mohair have been our main export.

For the moment we are importers of all these produce commodities including milk products; and under the current circumstances we are not

food sustainably. They need help to produce crops at every planting season. Surely our government must be wary of this incapacity.

Our farmers are not only small-scale producers - they are consumers who deserve a right to yield buying power for their own produce - otherwise they remain relegated to subsistence farming which is not tenable for agro-industrial value-chain.

Value must accrue to producer in the same way as it accrues to consumer - this must be a 'value-chain' in the real sense.

Unemployment is rife in the rural areas and this is where employment-creative value chain in agriculture is needed most through production, handing, processing, distribution and selling. In this entire process, needs and preferences of the consumer are at stake - this is why investment in agro-industrial marketing chain infrastructure is the answer. Policy must take full recognisance of the needs of those who produce food - who are also consumers and have no alternative source of income to buy.

For how long can we allow our wool and mohair to be exported to the outside world before it creates employment and processed goods for our local market and international markets?

set for import substitution - we are food insecure. Is Lesotho truly akin to agro industrial value chain? Do we still refuse to accept that small holder farming communities are the poorest and most food-insecure? This sector consists of people who really want to produce but cannot produce

## This is Lesotho...

### ... In News



Maseru border gate to open soon

Plans are underway to reopen borders between Lesotho and South Africa soon.

The SA government says the intention is to help revive the struggling tourism sector which has been hard hit by the prevailing COVID-19 pandemic.

This is music to the peoples of the two countries who have different forms of interests in each country.

Due to closed borders, most businesses have perished on both sides of the border and a lot of people lost their jobs in the process, with little hope of recovery.

Perhaps this new move will see things getting back to normal and the economy stabilizing after suffering a massive dent in the past months.

### ... In Politics



RCL leader Keketso Rantšo

This week Lesotho saw the formation of yet another political party with the establishment of HOPE led former Secretary General of the Reformed Congress of Lesotho (RCL), 'Machabane Lemphane-Letsie.

This is despite the already more than 20 political parties catering for a population of only over two million people.

Lemphane-Letsie and her cronies defected from their former party following long feuds with leader Keketso Rantšo and her faction.

RCL had earlier this year, elected Lemphane - Letsie as the party new leader during a general conference in Mafeteng.

This was after the party's NEC had sacked Rantšo, accusing her of among others making crucial decisions without consulting the NEC.

The question is, what will the new kid on the block offer that is different from what the rest of the other parties that have in the business for all these years failed to offer?

Announcing her party, Lemphane-Letsie pledged to work in collaboration with people living with disabilities as well as business people in order to ensure that they work towards developing the lives of every sector of the society through proper consultations.

## MoneyMatters make it count

### 7 steps to a great credit score



#### LUCY BURGESS

A higher credit score could help boost your chances of being approved for the best financial products (e.g. bonds/home loans, credit cards and loans). So it's always worth trying to work on your credit score and make it the best it can be.

If you want to get on with improving your score, here are 7 simple steps you can follow to boost your credit score:

#### Keep your credit utilisation low

For a better credit score, try not to use too much of your total available credit. Keeping your credit card utilisation low, preferably always under 50%, shows lenders that you can

manage your credit sensibly.

#### Get organised

Forgetting to pay bills can damage your credit score. Setting up direct debits to pay your utility bills, phone and credit card payments means you can relax, and your credit score will be all the better for it.

#### Fix mistakes on your report

If you have any mistakes on your report (such as a typo in your name or a wrong address) then it can affect your credit score. For example, if your name is wrong on your credit report, some of your credit accounts may not be correctly matched with your report. This means your credit score won't benefit from

any positive behaviours associated with these accounts.

By checking your credit report, you can spot (and fix) any mistakes.

#### Look out for fraud

By regularly monitoring your credit report, you can check for signs of financial fraud. If you have been a victim of identity theft, there will be evidence of it on your report, such as new credit accounts you didn't set up or enquiries on your report you don't recognise.

#### Actively monitor your score

Lenders share all sorts of information about you with credit bureaus, who store this data so it can be used to assess your credit risk. ClearScore partners with Experian, which is one of four major credit bureaus in South Africa.

The other three are called TransUnion, Compuscan and XDS. It's worth checking in with all four companies to get a good overall view of your finances. Some provide access to your data with a free trial (but remember to cancel your subscription before the free trial ends).

#### Plan ahead when you need credit

Credit applications result in enquiries on your credit report, and too many could negatively impact your score. By planning in advance, you get your credit report in shape before making an important credit application. This will improve your chances of being accepted, which will help keep your credit score intact.

#### Build your score - use a credit card little and often

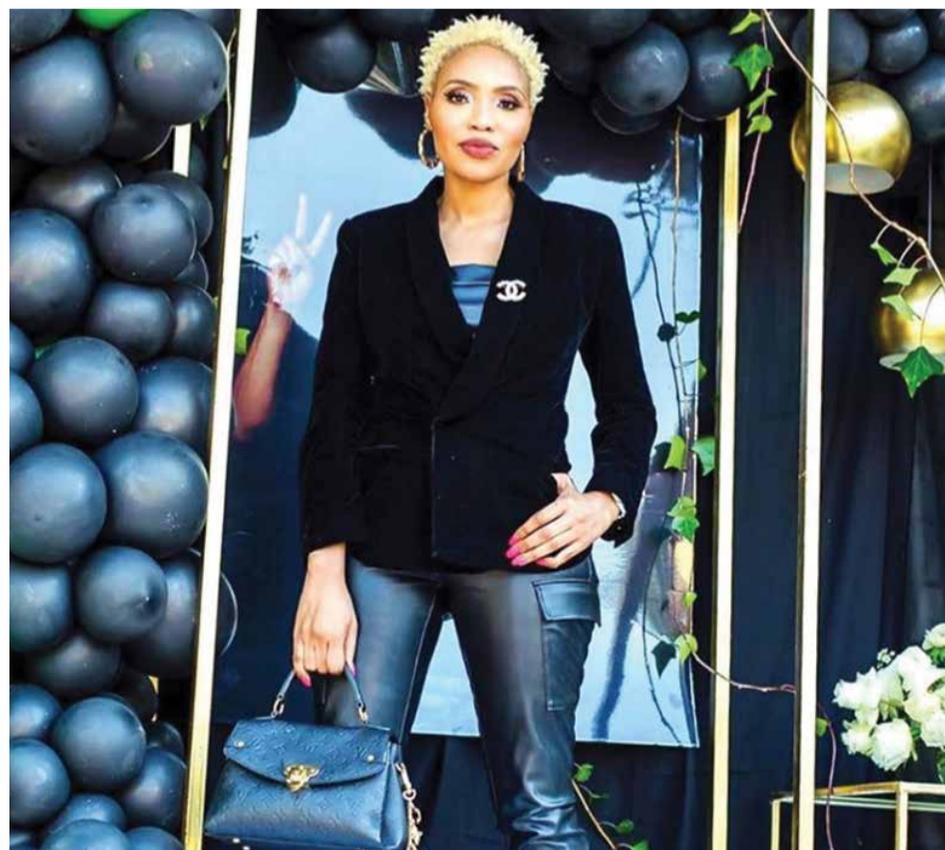
Using credit responsibly is a key element to building your score. Keeping your credit card active, by spending small amounts and paying them off each month, makes you appear more attractive to lenders. This is because it shows you can reliably pay back the money you borrow.

Lucy Burgess is a financial content manager at ClearScore Personal Finance

## Out of The Ordinary

### Mrs Gigabyte no more

...Gigaba's wife rebrands as Norma Mngoma



Former Mrs Gigabyte now Norma Mngoma

Norma Mngoma, the wife of former finance minister Malusi Gigaba has rebranded and dropped her Mrs Gigabyte' image.

She made the announcement on her Instagram account recently.

Mngoma also told TV star Lasizwe Dambuza three weeks ago that she was planning to move to Hyde Park, Johannesburg.

This was revealed during an episode of The Lasizwe Show on MTV, three weeks ago.

Meanwhile, taking to Instagram, Mngoma said she was her own "Women Crush Wednesday" and reintroduced herself to social media sporting a blonde afro hairdo.

"Let me reintroduce this beautiful lady, who I'm crushing on her today.

"Her name is Norma Mngoma, I'm so excited to use my maiden surname again, this is who I am and where I belong.

"My IG handle is @Norma.Mngoma and on Twitter @normzmngoma #New beginnings," she said on social media.

At the end of July, Mngoma was arrested by the Hawks and charged with malicious damage to property and assault.

She had allegedly damaged a multimillion-rand Mercedes-Benz G-wagon, which was understood to have been used by her husband.

Mngoma's arrest is believed to have caused a rift between the woman who has become fondly known as "Mrs Gigabyte", and weekend reports in the Sunday World said Gigaba had filed divorce papers.

And on the TV show, she suggested she was leaving the couple's Pretoria home to live in Hyde Park. 10L

# Metro HEALTHY Living



## Lesotho receives PPE donation from Egypt

THE arrival on Tuesday of a COVID-19 Personal Protective Equipment (PPE) donation from Egypt in Lesotho serves as a sign of strengthened bilateral relations between both countries.

The consignment consisting

of 1845 sterilised gloves, 2 610 aprons, 1 056 face shields, 741 plastic gloves, 708 safety boxes and 222 plastic boots will be handy in the fight against the pandemic which has so far claimed 31 lives since its advent in

Lesotho.

Accepting the donation, Deputy Minister of Health, Nto Moakhi said the noble act by the Egyptian government is indicative of strong bilateral relations between the two countries.

Mr Moakhi who was in the company of the Deputy Minister of Foreign Affairs Deputy Minister, Machesetsa Mofomobe thanked Egypt for the kind gesture which he said could not have come at a crucial time when Lesotho's health

professionals are in dire need of PPE.

The equipment, he said will soon be distributed to various health centres across the country especially those in desperate need of the gear.

## UNFPA, LPPA promote access to sexual health services

**LINEO MABEKEBEKE**  
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THE United Nations Population Fund (UNFPA) in collaboration with the Lesotho Planned Parenthood Association (LPPA) has initiated a project on preventing HIV transmission and improved access to Sexual and Reproductive Health and Rights (SRHR) information and services at Lesotho's three busiest border gates.

The border posts include Maseru, Maputsoe and Van Rooyen's Gate borders.

According to the press statement from UNFPA, the move is done in a bid to intensify efforts towards preventing HIV and Sexually Transmitted Infections (STIs) amongst risk populations such as key populations, migrants and youth.

The statement says the comprehensive HIV prevention project dubbed "Along the Borders," is aimed at reducing HIV incidences and risky behaviour among the youth and key populations along the three border posts.

It notes that those are the busiest borders which are deemed highly porous and catalytic to transmission of new HIV infections.

During his tour of the Maputsoe border post and the Maputsoe Wellness Centre in Leribe on Tuesday, UNFPA's Dr Marc Derveeuw showed that the purpose of the visit was to ensure good service delivery at both facilities among others.

As UNFPA, he said they need to know their role in the 'Along the borders: comprehensive HIV prevention project'.

Dr Derveeuw said the risk has enveloped the entire country hence the need for the clinic to help people with HIV through testing and other related services with a view to strengthen prevention which is their mandate.

"We want to see where we could offer assistance and where coordination could improve for better results," he also said. The project is targeting migrants,

long distance truck drivers, youth and key populations along these borders.

The statement shows that the project, which is scheduled to take eight months ending in December with the possibility of extension based on availability of funding has engaged peer educators whose role is to mobilise the target populations.

It is further aimed at facilitating their access to health services, link them to nearby health facilities and ensure that they access integrated SRHR and HIV services.

It says they are also expected to organise outreach activities for the target populations, distribute condoms in identified hot spots with clear refill plans, provide Information, Education and Communication (IEC) materials and be advocates or champions that influence their peers to access HIV and SRHR services.



Amongst others, the project will provide scented and branded condoms which according to consultations held before the development of the Lesotho National Condom Strategy were deemed as more appealing to most sectors and the target populations in particular.

For her part, the Country Director of UNAIDS Jacqueline Makokha said they went on the tour because Maputsoe has the highest HIV infection rate in Leribe as 52 414 of the people living with HIV in that district are from that industrial town.

"My interest was to establish what LPPA is doing to ensure that the infections do not continue. So we wanted to see how Leribe contributes to the high number of HIV Infections in Lesotho, so that next year we will be not saying there are still high infections coming from Leribe," she said.

Makhoka further noted that the issue of key population is a big concern, adding that she is aware the problem is widespread in communities.

She therefore said they have to work on how to support and

ensure that there is a comprehensive programme, not just providing testing, but to ensure that people can prevent HIV infections.

Now that Lesotho is also in the era COVID-19, she appealed to all not to take away the focus from HIV because Lesotho could end up regretting.

When the project ends, it is expected that 14 876 mobile population, youth and key populations around the three target borders will be more knowledgeable of HIV prevention, engage in safer sexual behavioral practices and or have a reduced rate of HIV infection through regular use of prevention technologies and services.

The project was prompted by results of the LePHIA (2018) which show HIV incidences estimated at 13 000 annually.

It shows the most affected population as female sex workers 70-73.3 percent, men sleeping with other men 31.1-33 percent and migrant populations 29.8-31.8 percent.

Furthermore, 100 000 male condoms and lubricants and 40 000 female condoms were distributed.

## A super food called spirulina

Spirulina is a microscopic algae and can be a great option if you are looking to shed some weight. It is full of nutrients yet curbs hunger pangs and snub those untimely cravings. It is also exceptionally low in calorie. It can be consumed in forms of tablets, capsules, and powder but strictly under a dietician's guidance.

## Sports injury prevention

Physical activity is an important part of maintaining overall health. However, certain precautions should be taken to minimize the risk of sports injuries. Using the correct equipment and maintaining equipment can help prevent sports injuries. Wearing the recommended protective gear can help shield the body against injury. Resting between workouts gives the body time to rest and repair.

## Muscular system function

The system of muscles throughout an organism operates to move the organism and stimulate the internal organs. There are several main types of muscles in a mammal: smooth muscle, skeletal muscle and cardiac muscle. Cardiac muscle is the muscle surrounding the heart and has the most important function within the circulatory system. Cardiac muscle is different from both smooth muscle and skeletal muscle and is adapted to make contractions continuously.

## TO YOUR GOOD HEALTH

# Why face shields or plastic visor alone may not protect one from COVID-19

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Every time people utter just a couple of words, they spray thousands of droplets, which are mostly invisible to the naked eye, into the air in front of other people.

When someone is infected with respiratory virus like the one causing COVID-19, each droplet can contain thousands of viral particles, each with the potential to infect others nearby who breathe them in.

The National COVID-19 Secretariat (NACOSEC) says the use of face shields or plastic visors

is currently NOT recommended as a substitute for masks.

NACOSEC further states that shields are not sufficient because the coronavirus spreads through microscopic respiratory droplets that can easily get around the open sides and bottom of the visor.

Again, it says it is highly advisable that one should always wear a mask, but if they happen to have a face shield, they can wear it with the mask.

Visors are said to bring a number of advantages over masks, such as protecting the eyes, which can be an entry point into the body for the virus.

Besides that, they also help to reduce the risk of people touching their faces and immunizing themselves with any virus they have picked up on their hands.

They are also generally considered to be more comfortable and fog glasses less when the wearer breathes.

Face shields appear to be only truly effective in ideal conditions: when someone is coughing directly onto the plastic surface.

In most everyday situations, such as in a hair salon, the wearer might be moving around in close proximity to the clients as they cut the hair.



# M2m grants for COVID-19 community-based solutions



UNDP Resident Representative Betty Wabunoha

LINEO MABEKEBEKE

The United Nations Development Programme (UNDP) in Lesotho has awarded almost M2million in grants as part of the programming and

response to development challenges in the country.

Titled 'Innovation Challenge Grants for Community-based solutions against COVID-19', the funding is meant for

implementation of community level solutions against the pandemic.

At an event that was held in Maseru on September 3, UNDP awarded seven grants to national partners in the private sector and civil society, amounting to between M100 000 and M500 000.

Through these awards, the grantee organisations will implement strategic community innovations that promote resilience, safeguard lives and livelihoods, enable enjoyment of individual and collective human rights and maintain social cohesion, UNDP explained.

Speaking at the handover event, UNDP Resident Representative, Betty Wabunoha said it is anticipated that the implementation of the grants will create real value for the communities, to generate lessons for the current and future crises and informing recovery strategies.

Ms Wabunoha said at the onset of the COVID-19 pandemic, it appeared remote that Lesotho will be affected by the pandemic in the way it has been today.

"About the confirmed cases,

we are all concerned about the potential and recurring socio-economic implications at national and community level as a result of this pandemic," she said.

She continued that the government guidance on the national response, made it easy to frame the UNDP offer that is focused on the Lesotho's context and consistent to the UNDP policy offer for the COVID-19 response, ensuring readiness of the health system, response and crisis management as well as socio-economic recovery.

She also said the UNDP Lesotho has thus reprogrammed resources in existing projects and continues to mobilise additional resources and partnerships to meet some of the critical needs identified for the national response and mitigation strategies.

For her part, the deputy principal secretary of the Ministry of Health, Lesimole Moletsane said the contribution will go a long way in ensuring that Lesotho is well placed to adequately respond to COVID 19, adding that in these trying times, the

true worth of international support and relationships is exemplified.

On behalf of the government she thanked the UNDP and all other partners in supporting the country in delivering health services to the community.

On behalf the recipients Moluoane Ramakhula said they are going to be challenged to adopt new norms owing to the on-going COVID-19 pandemic, especially hygiene protocols.

The grants are being executed through the Lesotho Accelerator Lab – a UNDP initiative for accelerating community-bred solutions for addressing development challenges.

It is anticipated that implementation of these grants' projects will create real value for the communities, by leveraging knowledge, experiences and expertise at community level to generate lessons for the current and future crises and to inform recovery strategies.

In total, the grants are valued at approximately M1.8 million and the recipients include Partners in Health with a share of M168 000, Mineworkers Development Agency for the production of PPE using recycled materials with M169 000, Lesotho Red Cross Society (LRCS) for risk communication and culture change among youth and in high risk communities with M480 000 and Ether Pharmacy for development of mobile applications for patients and distribution of medicines with a M100 000 grant.

Other grantees include the World Vision Lesotho and the Development for Peace Education (DPE).

# Women, children to be saved through M-mama

LINEO MABEKEBEKE  
health@maserumetro.com

**MASERU** - Vodafone foundation has partnered with the government to introduce the M-mama 'ambulance taxi' programme in Lesotho in order to reduce maternal mortality rates and potentially save 200 lives over the next four years alone.

The partnership has now committed an amount of M80 million for the roll-out of the programme across the country through the Ministry of Health.

The programme was launched on August 4 at the Vodacom Park in Maseru.

The health ministry has said in its reports that every year, around 272 women in Lesotho die due to complications related to pregnancy or childbirth.

The rate of maternal mortality in Lesotho according to the health ministry is at 618 per 100,000 live births. This is still among the highest in the world, despite improvements since a decade ago.

The Minister of Health Motlatsi Mapelepo said the government is committed to reducing maternal mortality while also expressing the excitement brought about by the opportunity to work with Vodafone Foundation on a system that will save the lives of Basotho women and babies for a long time.

He said the programme is well suited to the rural areas of Lesotho, combining mobile connectivity and basic transport to bring women and babies to the care they need during emergencies.

The ministry of health also notes that due to the prevailing situation, the country did not manage to attain the Millennium Development Goals target of reducing maternal deaths by 75 per cent by end of 2015; the National Strategic Development Plan I target of 300 maternal deaths per 100,000 live births by end of 2017; and still falling short of attaining the current United Nation's 2030 strategic development goals target of 70 deaths per 100,000 live births.

The M-mama programme manager 'Mareitumetse Sefako said the ambulances or taxis will be driven by local drivers trained to properly handle the transportation of obstetric emergencies and given the equipment they need to get patients safely to hospitals.

"A woman in distress calls a free 24/7 call centre and either an ambulance or the nearest ambulance taxi is identified through the M-mama mobile app, at no cost to the women being transported," she noted.

Vodafone Foundation will establish three call centres to cover the entire country 24 hours a day and will provide technical expertise to get the system up and running.

From Vodacom Lesotho, Managing Director Filip Amoateng, said the whole programme is going to run over technology application, to improve life.

He said there will be a call centre where pregnant women will dial-in and also a mobile application which will be a zero-rated, further promising that there will be no payments for those in need to access the M-mama application and when making calls.

Reducing maternal mortality is the number one health priority in the UN's sustainable development goals because many women in rural areas continue to fall victim to lack of adequate access to antenatal care and delivery services.

Vodafone Foundation and Vodafone group have made a long-term sustained commitment to support maternal health through a number of programmes in Sub-Saharan Africa. Since 2010, Vodafone Foundation has managed over US\$24 million of philanthropic investment with over 1 million women, girls and babies

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The work between Vodafone Foundation and Lesotho government will build upon the successful handover of the M-HIT mobile

clinic programme, which was established by Vodafone Foundation and partners and then taken over by the government in 2018?????.

The programme brought basic primary health care and paediatric HIV services to

200 villages, providing 57,000 children with primary health services over three years and leading to a 160 percent increase in HIV testing, diagnosis and uptake of life-saving treatment.

## Why young people should invest in art according to these Capetonian gallery owners



GABI ZIETSMAN

The world of art might seem quite inaccessible if you don't have the funds or know-how - but gallery owners David Endean and Nephertie Naidoo don't think it should be.

Hosting a charity art auction in Steenberg - a neighbourhood that's likely to attract rich art enthusiasts - Red! The Gallery sells pieces from established artists - some that have been painting for more than 20 years. While they are more interested in promoting established talent, they do want to encourage younger generations to take part in the game of buying art.

"Most art never loses value - if you buy correctly," says Endean, who got into the art business 25 years ago when he started buying his brother's work - the late Michael Waters.

"The first painting I ever bought from my brother, 25 years ago, I couldn't afford it. I gave him R500, an M-Net decoder and a piano. Got the painting, sold it to a friend of mine in London for a thousand pounds, took that money and bought more art from my brother, so when I opened up my gallery 15 years ago I had about half a million rand's worth of art at that point."

Naidoo - Endean's business partner - however came from a different kind of background. Hailing from KwaZulu-Natal, she says that as an Indian they were never exposed to it - they saw art in museums when they went on excursions with school.

At the art auction however - in partnership with the Spirit Education Foundation that supports children financially through high school - as a millennial it's difficult to feel like you could invest in art when some pieces are sold off for sums of over R20 000, mostly

considered 'a steal' by the energetic auctioneer.

But Endean and Naidoo want to help expose more young people to art with a new programme that's expected to launch in the next few months. Besides hosting workshops about buying art, they also want to offer under-35-year-olds a payment plan where they can pay for an art piece in instalments - interest-free.

Yet art isn't just about the money - for them it also has a therapeutic element for both the buyer and the artist.

"We've got an artist called Junior Fungai who came to do a Paint Jam at the gallery - it's a sitdown dinner where an artist is painting while everyone is eating - and to get an artist to do that is hard," explains Endean.

"Nine out of ten artists would not want to paint in front of you. There was a client of ours that loves Junior's work and he bought the Paint Jam piece that night and the two of them had such a bonding session over it. At the end of the evening Junior said it was the most prolific moment of the year for him."

Naidoo agrees with this, especially as she's a lot newer on the art scene.

"What I realised is that you feel the energy of the artist coming through the painting, and when I started to interact with artists, I realised - especially with Fungai - is that they pour themselves out onto the canvas as a form of therapy."

"When I saw the interaction between Junior and his biggest buyer on the night of the Art Jam, I watched an interaction that was so beautiful.

"Art can be used as a form of therapy to express whatever it is you're feeling - whatever the emotions on the inside are, it needs to come out and if you keep suppressing it comes out as negative emotions - so why not put it out on canvas instead?"

## Recipe Of The Week

### Creamy Chicken Mushroom Rice Casserole

Delicious, creamy, cheesy rice casserole made with lots of mushrooms and chicken

#### Ingredients

- 3 cups of cooked rice
- 1-2 Tbsp vegetable oil for cooking
- 5-6 chicken tenders
- 8 oz baby bella mushrooms
- Salt
- Fresh cracked black pepper
- Garlic powder
- 1 cup of chicken stock
- ½ cup heavy cream
- 2 tsp fresh thyme
- 1 Tbsp corn starch
- 2 cups shredded Italian cheese mix

#### Instructions

Slice mushrooms and set them aside until ready to cook.

Preheat the oven to 350 and grease a 9x9 casserole dish.

Preheat a cooking pan over medium heat. Add some oil and let it heat up.

Cook chicken tenders, seasoned with some garlic powder, salt, and pepper, until just done. Take out the tenders and set aside.

Add mushrooms to the pan where you cooked the chicken. Season with some salt, pepper, and garlic powder and mix well. Saute mushrooms until just done as well. Take the mushrooms out of the pan.

Dice cooked chicken tenders and add it to a mixing bowl. Add cooked rice and mushrooms to the bowl as well. Add 1 cup of shredded Italian cheese mix and mix well.

In the same pan where you cooked chicken and mushrooms, heat up chicken stock and heavy whipping cream.

Combine corn starch with a splash of chicken stock and stir until combined. Quickly stir the corn starch mixture into the stock/heavy cream mixture.

Stir in salt, pepper, and thyme. Bring to simmer and take off heat.

Combine the sauce with the rice mixture in the bowl. Stir well and transfer into the prepared casserole dish.

Spread the casserole mixture evenly and top off with remaining cheese.

Bake for 18-20 minutes.



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# Chadwick Aaron Boseman

## 'Black Panther' star laid to rest in Anderson, SC

Died Chadwick Aaron Boseman, 43, American actor and 'Black Panther' died at his home in Los Angeles, California on August 28 after a private, four-year battle with colon cancer.

Best known for his portrayal of King T'Challa in Marvel's "Black Panther," Boseman also depicted iconic Black figures in history, such as Jackie Robinson in "42," James Brown in "Get On Up" and Thurgood Marshall in "Marshall."

Boseman's private funeral arrangements were overseen by the Marcus D. Brown Funeral Home in Anderson.

"It's an honor to make arrangements with this family," Marcus Brown told WYFF-TV. "I've known them for many years, so it's an honor but it humbles me as well."

Brown described Boseman's family as "very humble through the years."

"They're humble and not necessarily private-private but normal people," he told WYFF-TV.

Born in November 28, 1976 in Anderson, South Carolina, Boseman attended T.L. Hanna High School before he proceeded to Howard University in Washington, D.C. He graduated in 2000 with a bachelor of fine arts in directing. While in school, "The Cosby Show" actress Phylicia Rashad was one of his professors.

His mother was a nurse and his father worked at a textile factory, managing an upholstery business as well.[15] According to Boseman, DNA testing indicated that some of his ancestors were Krio people from Sierra Leone, Yoruba people from Nigeria and Limba people from Sierra Leone.[16]

In television, he made guest appearances and was a series regular on Lincoln Heights (2008–2009) and Persons Unknown (2010). In film, Boseman's breakthrough role came as baseball player Jackie Robinson in the biopic 42 (2013). He continued to portray historical figures, starring in Get on Up (2014) as singer James Brown and Marshall (2017) as Supreme Court Justice Thurgood Marshall.

Boseman achieved international fame for playing superhero Black Panther in the Marvel Cinematic Universe (MCU) from 2016 to 2019. He appeared in four MCU films, including an eponymous 2018 film that earned him an NAACP Image Award for Outstanding Actor in a Motion Picture and a Screen Actors Guild Award for Outstanding Performance by a Cast in a Motion Picture.

Boseman also headlined the film 21 Bridges (2019) and portrayed a central character in Da 5 Bloods (2020). His final film, Ma Rainey's Black Bottom, is scheduled to be released posthumously.

In 2016, he was diagnosed with colon cancer. Boseman kept his condition private, continuing to pursue his acting career while receiving treatment.

He went on to appear in episodes of "All My Children," "Law & Order," "CSI: NY" and "ER," among other shows, before hitting the big screen.

Brown said Boseman gave back to his Anderson community throughout his successful career.

A special memorial service was held on September 3 in Anderson at the Anderson Sports & Entertainment Complex. The event, which was free and open to the public, featured speakers including the daughter of James Brown, Deanna Brown-Thomas, and Boseman's pastor, Samuel Neely.

During the service, Brown-Thomas called Boseman "the epitome of black excellence" and recounted a story in which Boseman visited her family in Augusta, Georgia, ahead of his filming



of her father's biopic.

The mayor of Anderson, Terence Roberts, and Brown-Thomas both described Boseman as humble.

"He wasn't Hollywood, and that's what I loved about him," Brown-Thomas said.

Neely, who baptized Boseman when he was a child, said the actor was like a son to him.

A showing of "Black Panther" followed the service. Many young attendees dressed up as the comic character, according to The Associated Press.

He lived in Brooklyn at the start of his career and worked as the drama instructor in the Schomburg Junior Scholars Program, housed at the Schomburg Center for Research in Black Culture in Harlem, New York. In 2008, he moved to Los Angeles to pursue his acting career.

Boseman had his first lead role in the 2013 film 42, in which he portrayed baseball pioneer and star Jackie Robinson. He had been directing

an off-Broadway play in East Village when he auditioned for the role and was considering giving up acting and pursuing directing full-time at the time. About 25 other actors had been seriously considered for the role, but director Brian Helgeland liked Boseman's bravery and cast him after he had auditioned twice. Robinson's widow, Rachel Robinson, commented that Boseman's performance was like seeing Jackie again. In 2013, Boseman also starred in the indie film The Kill Hole, which was released in theaters a few weeks before the film 42.

In 2014, Boseman appeared opposite Kevin Costner in Draft Day, in which he played an NFL draft prospect. In 2016, he began portraying the Marvel Comics character T'Challa/Black Panther, with Captain America: Civil War being his first film in a five-picture deal with Marvel. He headlined Black Panther in 2018, which focused on the character and his home country of Wakanda in Africa. The

film opened to great anticipation, becoming one of the highest-grossing films of the year in the United States. He reprised the role in both Avengers: Infinity War and Avengers: Endgame, which were released in 2018 and 2019, respectively.

In 2019, it was announced that Boseman was cast in the Netflix war drama film Da 5 Bloods, directed by Spike Lee. The film was released on June 12, 2020. Lee, in choosing Boseman for the divine-like character of "Stormin" Norman, said, "This character is heroic; he's a superhero. Who do we cast? We cast Jackie Robinson, James Brown, Thurgood Marshall, and we cast T'Challa."

Boseman began dating singer Taylor Simone Ledward in 2015. The two reportedly got engaged by October 2019 and they later married in secret, as revealed by Boseman's family in a statement announcing his death.

Boseman was raised a Christian and was baptized. He was part of a church choir and youth group and his former pastor said that he still kept his faith. Boseman had stated that he prayed to be the Black Panther character before he was cast as the character in the Marvel Cinematic Universe.

Boseman acted on stage in multiple productions, winning an AUDELCO award in 2002, and he also directed and wrote plays. He got his first television role in 2003, in an episode of Third Watch. That same year, he portrayed Reggie Montgomery in the daytime soap opera All My Children, but stated that he was fired after voicing concerns to producers about racist stereotypes in the script; the role was subsequently re-cast, with Boseman's future Black Panther co-star Michael B. Jordan assuming the role. His early work included episodes of the series Law & Order, CSI: NY, and ER. In 2008, he played a regular role on the television series Lincoln Heights and appeared in his first feature film, The Express: The Ernie Davis Story. He landed a regular role in 2010 in another television series, Persons Unknown.

He also continued to write plays, with his script for Deep Azure performed at the Congo Square Theatre Company in Chicago; it was nominated for a 2006 Joseph Jefferson Award for New Work. Plays he wrote, including Rhyme Deferred (co-writer and performer), and Hieroglyphic Graffiti were part of the Hip Hop theater movement.

Boseman died at his home with his wife and family by his side.

He is survived by his wife, Simone, his parents and his two brothers. He did not have any children.



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## Infinity Institute Of Management & Technology

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**Duration :** 4 years  
**Duty Station :** Maseru  
**Reports to :** Director

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  2. Provide refresher training for all CI's during school holidays and when the need arises.
  3. Ensure Course Instructors execute lesson plans according to the requirements of the class and level of the program.
  4. Teaches higher levels of the program and provides training where necessary.
  5. Reports to the Director monthly on the progress of CI's and learners.
  6. Identifies training needs and initiates course of action.
  7. Regularly assesses Course Instructors.
  8. Periodically attend the Course Instructors classes for on the spot checks.
  9. Monitor, analyses and give detailed reports on CI's work as well as student's performance and advise accordingly.
  10. Hold one on one meetings with underperforming CI's seek ways to improve their performance and advise accordingly.
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Remember that all service stations have their storage tanks buried below ground; and the colder the ground, the denser the fuel. When it gets warmer fuel expands, so if you're filling up in the afternoon or in the evening, what should be a litre is not exactly a litre. In the petroleum business, the specific gravity and temperature of the fuel (gasoline, diesel, jet fuel, ethanol and other petroleum products) are significant. Every truckload

that we load is temperature-compensated so that the indicated gallonage is actually the amount pumped. A one-degree rise in temperature is a big deal for businesses, but service stations don't have temperature compensation at their pumps.

If you look at the trigger you'll see that it has three delivery settings: slow, medium and high. When you're filling up do not squeeze the trigger of the nozzle to the high setting.



You should be pumping at the slow setting, thereby minimizing vapours created while you are pumping. Hoses at the pump are corrugated; the corrugations act as a return path for vapour recovery from gas that already has been metered. If you are

pumping at the high setting, the agitated fuel contains more vapour, which is being sucked back into the underground tank so you're getting less gas for your money.

Hope this will help ease your 'pain at the pump'.

# Toyota leads local car sales in August



Toyota Hilux

Toyota South Africa Motors (TSAM) reported sales of 7 743 vehicles in August 2020, an increase of 279 units compared to the previous month of July. It was again the Toyota Hilux that spearheaded the company's local sales with an enviable total of 3 610 units sold. The Double Cab configuration with 1 850 sales remains top of mind for customers, while Single and Extra Cab versions accounted for 1 071 and 689 of the total Hilux sales, respectively.

Ultimately, TSAM's total Light Commercial Vehicle (LCV) sales have continued to shoot the lights out in the segment with 4 853 vehicles sold – thanks in part to 1 000 Hiace and 125 Land Cruiser 79 pick-up models sold, as well as dozens of Quantum and Dyna units finding new homes. On the passenger front, the Fortuner led Toyota's SUV assault with 733 units retailed, while Etios and Corolla Quest posted sales of 415 and 370

units apiece. On the truck front, there was a strong showing by the Hino 300 Series with 204 units in the Medium Commercial Vehicles segment while the 500 Series posted 86 sales in the Heavy Commercial Vehicles category.

However, Senior Vice President of Sales and Marketing at TSAM, Leon Theron, says the company's marketing strategy is not just limited to new vehicle sales leadership. In fact, he commended local Toyota, Hino and Lexus dealerships for servicing a total of 1 07 636 vehicles and selling no less than 1 182 million vehicle parts locally while a further 275 000 pieces were shipped outside of our borders.

TSAM's total sales of 7 743, out of the industry aggregate of 33 515, translated to a laudable market share of 23.1%. According to Theron: "Our market share has been consistent above 20% and right now it remains

well above that level. In saying that, as we continue to navigate through these profound times, being number

one is not top of mind, because leadership is not just about volume in isolation - it never has been. It is also about trust and having an emotional connection with our customers, a deep understanding that enables us to meet their needs and even anticipate them.

"So, rather than just focusing on sales every month, we are also interested in how we further cement trust in the Toyota, Lexus and Hino brands, because by doing that we will build a sustainable business where sales volumes can largely take care of themselves."

Globally, the organisation's sales and production volumes had already recovered to 90% of the previous year's July figures - following COVID-19-induced disruptions in both retail and manufacturing. Toyota Motor Corporation - the parent company of TSAM and other Toyota affiliates - predict that worldwide sales are expected to slump by approximately 15% between July and September, decrease around 5% down between October to December, and then ease slowly up by approximately 5% from January to March in 2021.

The National Association of Automotive Manufacturers of South Africa (NAAMSA) noted that the demand for new vehicles has improved slightly compared to the previous two months as South Africa's lockdown restrictions eased further to Level 2 last month. The association noted that activity in the new vehicle market is expected to remain low for the remainder of the year due to the uncertainties relating to the economic impact of the coronavirus, compounded by the need for both consumers and businesses alike to adapt to short-term budget pressures.

"We see TSAM as a microcosm and a reflection of the communities we live in. We are a resilient nation, and we therefore believe that our economy will improve, and it will do so in tandem with our vehicle sales. In the meantime, we will continue to support our dealers, employees and customers in the best possible way. TSAM is grateful for the relationships cultivated in these areas as they keep the organisation in good stead during these challenging times," concludes Theron.



Toyota Corolla Cross

# Grand Prix Lexus design award comes to Africa



Lexus International has announced that BellTower from Kenya is the Grand Prix winner of the Lexus Design Award 2020. BellTower's entry, titled "Open Source Communities," was selected for the coveted award from among 2,042 total submissions from 79 countries. Judging criteria for this eighth edition of the Award was based on the three key principles of the Lexus brand: Anticipate, Innovate and Captivate in the quest for A Better Tomorrow.

First launched in 2013, the Lexus Design Award is an international design competition that targets up-and-coming creators from around the world. The award seeks to foster the growth of ideas that contribute to society by supporting designers and creators whose works can help to shape a better future. It provides a unique opportunity for each finalist to work with a globally recognized designer as a mentor to create prototypes of their designs, and then exhibit them at one of the design calendar's most important events.

The winning design "Open Source Communities" addresses challenges often found in developing countries by using smart open-source planning to design 'affordable communities' with sustainable clean water resources.

Accepting the award, John Brian Kamau said, "It was a great honour for us as BellTower, to be one of the six finalists and then win the Grand Prix of Lexus Design Award 2020. Our journey began with many challenges. However, we persevered to showcase our ambitious concept. Our experience has taught us invaluable lifelong lessons. All our future designs will be aligned with the key principles we learned as part of the Lexus family."

Considering this year's unique circumstances, Lexus innovated to create its first-ever virtual jury as part of this process that supports and nurtures the next generation of creative talent. The Grand Prix winner was announced after each of the six international finalists presented to our panel of esteemed judges, explaining how they would create A Better Tomorrow. The programme's four mentors, who supported and guided the finalists for six months, were also on hand for the grand finale of the Lexus Design Award 2020.

Announcing the panel's decision, programme judge and Studio Gang Founding Principal Jeanne Gang said, "At different moments in time, design has celebrated bold aesthetics, extreme functionality, and even

humour and wit. But today, with our world plagued by the enormous issues of climate change and social inequality, there is a design imperative for systemic design solutions.

The Grand-Prix winner expands our definition of design to include systems of finance for community projects and engages the critical role clean drinking water plays in enabling all citizens to thrive. By addressing the way that the project will come into being and be sustained economically, the designers broaden our thinking about what design is and could be. While the

project is an apparatus to collect and store rain water for safe drinking, it is also a financial game plan for empowering a community."

Lexus sincerely thanks the six finalists of the Lexus Design Award 2020 for their hard work and is grateful for the passion and commitment of our judges; Paola Antonelli, Jeanne Gang, John Maeda, and Simon Humphries; and mentors; Joe Doucet, Bethan Gray, Philippe Malouin, and Shohei Shigematsu.

The trophy presented to the winner was designed by Hideki Yoshimoto, a winner of

the Lexus Design Award 2013 and now an established professional designer himself based in London. In Yoshimoto's words, "This trophy will be the face of the Award for years to come, so I tried to create a simple, dignified form, free of affectation, in a design where boldness and subtlety co-exist. Artisans carve the trophy from smoke-seasoned wood and lacquer made in the traditional Kawatsura style from Akita Prefecture in Japan. Hand crafting each trophy imbues it with heart and soul to resonate with the winner's creative passion."

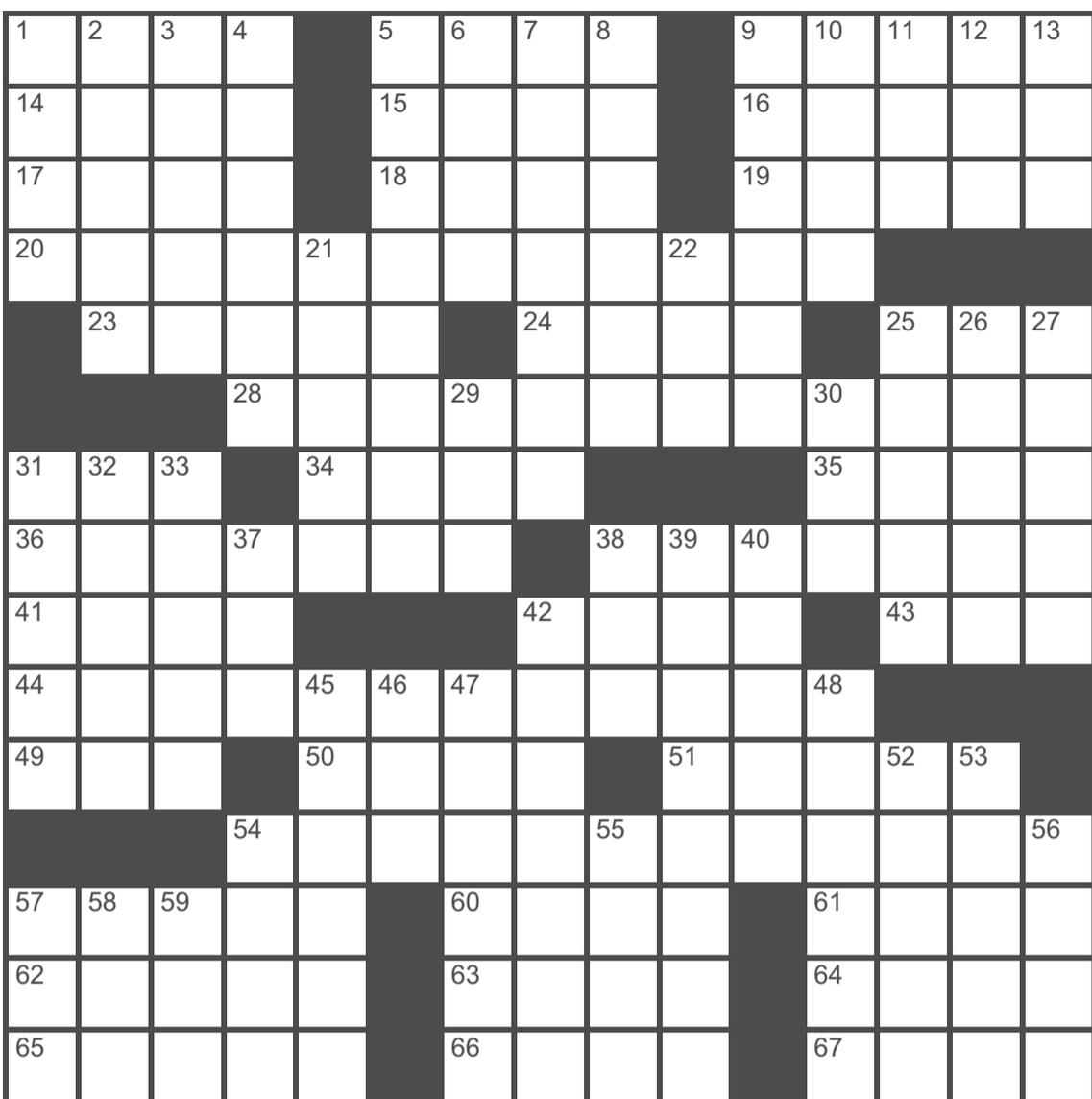


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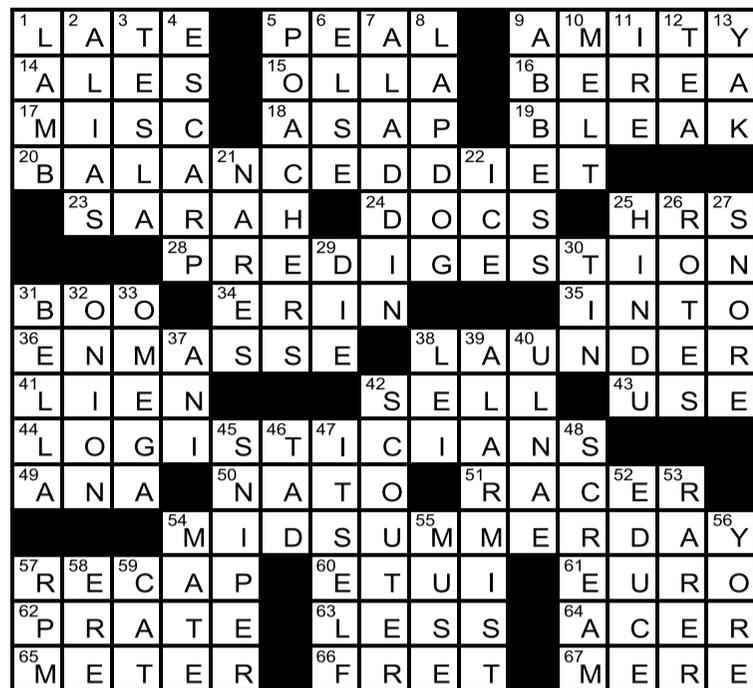


TOYOTA

## General Crosswords



## Last Week's Solution



- 13. Pick up
- 21. Compassion
- 22. Took the cake?
- 25. Kings of beasts
- 26. Make into law
- 27. Askew
- 29. Lt.'s inferior, in the Navy
- 30. Color TV pioneer
- 31. Kind of layer
- 32. Goddess of agriculture
- 33. Orbital point
- 37. Monopolize
- 38. Baseball bat wood
- 39. Chatterboxes
- 40. Former capital of Japan
- 42. Wearing
- 45. Final transport
- 46. Sticker
- 47. Spiels
- 48. Weaken
- 52. Actress Sophia
- 53. Encouraged, with "on"
- 54. Family man
- 55. Brainstorm
- 56. Hankerings
- 57. When doubled, a dance
- 58. Electrifying swimmer
- 59. Nobelist Hammarskjold

- ACROSS**
- 1. Film crew member
  - 5. Go belly up
  - 9. Resting
  - 14. City near Lake Tahoe
  - 15. Cousin of a mandolin
  - 16. Eagle's home
  - 17. Reunion attendee
  - 18. Acreage
  - 19. Used a broom
  - 20. Relieve
  - 23. Star
  - 24. Oppositionist
  - 25. Grassland
  - 28. Navigating sport
  - 31. Wood sorrel
  - 34. Small change
  - 35. Shade of black
  - 36. Breezes
  - 38. Sideways
  - 41. Give or take
  - 42. Catch a glimpse of
  - 43. Pigpen
  - 44. Neck of the woods
  - 49. Feminine suffix
  - 50. Continental currency
  - 51. Of service
  - 54. Study of pesky organisms
  - 57. Moth repellent
  - 60. It ebbs and flows
  - 61. Spur (on)
  - 62. Oodles
  - 63. "... happily \_\_\_\_ after"
  - 64. Adolescent
- DOWN**
- 1. Sheepskin holder
  - 2. Archaeological find
  - 3. Occupied, as a lavatory
  - 4. Big citrus fruit
  - 5. Softer in the middle
  - 6. Heavenly glow
  - 7. Repeating
  - 8. Absorbed, in a way
  - 9. Young girl
  - 10. Evergreens
  - 11. Intense anger
  - 12. Chill
  - 65. Pool problem
  - 66. Caribbean and others
  - 67. Concludes

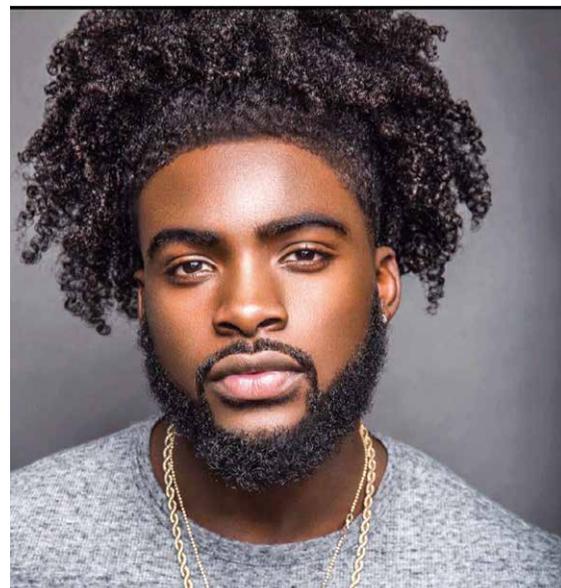
## So You Think You are Genius

### Question (Answer next week)

What is the 5-digit number in which the sum of the first two digits is one less than the third, the third is double the fourth, the fourth is double the last, the third is the product of the fourth and fifth, the second is five more than the first, and the first is one-eighth the third and also one-fourth of the fourth?

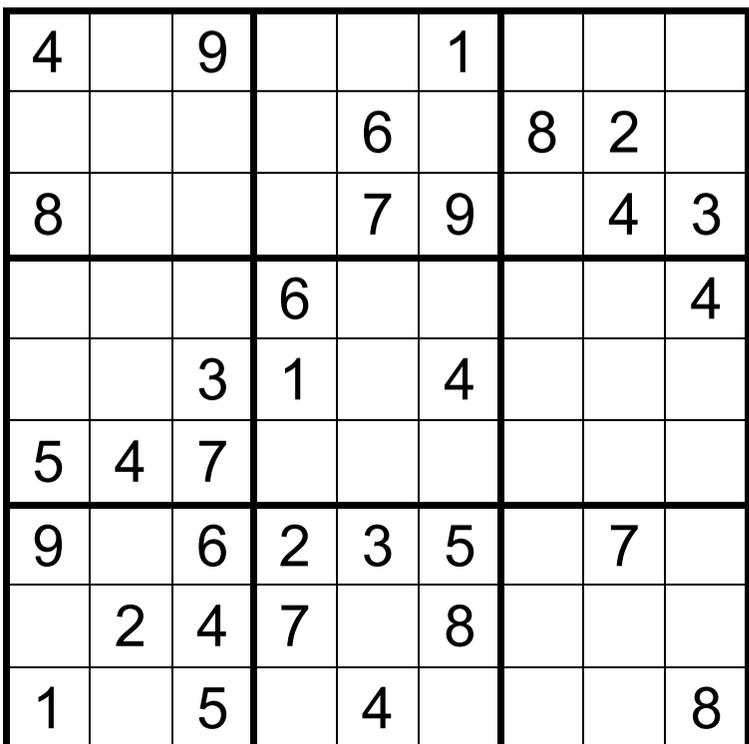


### Last Week's Answer



I will be 35: I am currently 21.

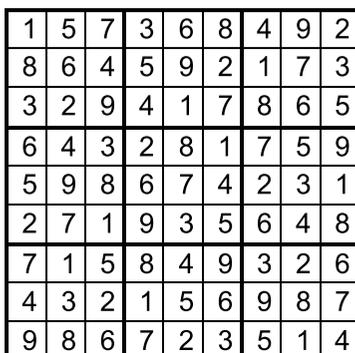
## Sudoku Puzzle



Fill in all the squares in the grid so that each row, each column and each 3x3 square contain all the from 1-9

This is the Quick Sudoku for the solver in a hurr: target time, ten minutes.

### Last Week's Solution



# Coach Senong reflects back since taking over

**MASERU** – Likuena head coach Thabo Senong is hopeful that things will change for the better after being at the helm of the national team for the past 12 months.

Senong who took over from Moses Maliehe says the road has not been easy for him as a foreign coach because of the different perspective and approach he brings.

He said although he encountered several challenges in the first month of his contract, things are however normalizing now and there is hope for success.

Commenting on the LeFA website, the former South African national under-20 team coach said: "I am extremely grateful and humbled to have been with LeFA and Lesotho Football for 12 months now. It is a good milestone for me and I hope it can last longer."

He added: "The first six months were extremely tough to adapt and function as I never had a chance to study the Lesotho Premier League. It was not easy for the players to accept me in the dressing room because I am a foreign coach and I was bringing different ideas, but football is universal and it's not played in a vacuum."

He said they had to find common tactical agreements on the field and common behavioural agreements in the dressing room to help them be a better team.

That he said worked out well because he is not a dictator as he values the opinions of players, the staff and everyone around him.

The Pimville born mentor who also worked under Coaches Shakes Mashaba and Stuart Baxter with Bafana Bafana, said the congestion of international matches after his appointment made life more difficult for him as he had to play back-to-back World Cup qualifiers against Ethiopia.

“

*The first six months were extremely tough to adapt and function as I never had a chance to study the Lesotho Premier League. It was not easy for the players to accept me in the dressing room because I am a foreign coach and I was bringing different ideas, but football is universal and it's not played in a vacuum*

"We had many international fixtures between September and November. We played seven matches, drew five and lost two matches. The second six months has been a productive period as I interacted with many coaches, physical trainers, medical experts and players.

"It was important for me to be in Lesotho during the football break as foreign coach working here. It helped me to have a good understanding of the dynamics, the language, the culture and sociology of the country.

"I have learnt a lot about the players, the culture and football in general. I am really grateful to the players, my employers, LeFA staff, Technical Director, Likuena technical team, the Premier League, media and club coaches that have really made sure that I'm comfortable in my job as a foreign coach," he also showed. LeNA/Metro



**OPTIMISTIC:** Likuena head coach Thabo Senong (left) with LeFA KC Salemane Phafane

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# News in Sports

■ The Lesotho Taekwondo Association (LTA) is planning to hold an elective Annual General Meeting (AGM) on September 26 at a venue yet to be announced. LTA publicist Sek'hok'he Molikoe said even though they have set the date, they are still awaiting a green light from both the Lesotho National Olympic Committee (LNOC) and the Lesotho Sport and Recreation Commission (LSRC). The association earlier failed to hold elections due to the national COVID-19 regulations which prohibit gatherings. LTA is spearheaded by taekwondo legend Moorosana Nkesi.

■ Matlama FC Queens showed support to Tse-Putsoa players by handing over food parcels to two players at an event which was held at the Pitso-Ground in Maseru over the weekend. Sechaba Khetheng and Rethabile Morae are the two players who benefited from the initiative. Meanwhile, the team has renewed Khotso Mokhele's contract with two more years.

■ The South African-born Lifofane FC head coach Thomas Tshabalala has resigned as the Botha-Bothe-based outfit's mentor with immediate effect after falling out with the club management over the decisions to

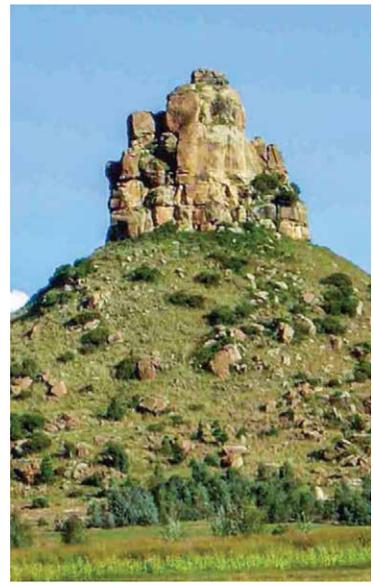
release some of their key players. Lifofane earlier announced the release of their key players John Mofokeng to Lioli FC and Joseph Boateng as free agent but the latter was later signed by Matlama. The club also released Velaphi Monaheng to Lioli. During his spell with Lifofane, Tshabalala guided the team to their first topflight trophy when they outshined Linare FC in the MGC Soccer Spectacular Semifinals before defeating Matlama in the final to claim the silverware.

■ Lifofane FC have just signed new players to reinforce the squad in preparation for the new season. The new signings include two South African strikers, Mohale Letswara from Welkom and Mæketsi Ncheka, 20, from Botshabelo. Letswara used to play for Northern Cape club Magareng Young Stars.

■ Premier League Management Committee (PLMC) is set to hold its elections later this year. According to PLMC publicist Mæketsi Ramakatsa, the elections date is yet to be decided. PLMC is under the leadership of the former Matlama FC president Ikarabele Sello.



## National Weather



MASERU		
FRIDAY	SATURDAY	
	26°C / 10°C	
26°C / 9°C	SUNDAY	
	25°C / 5°C	

MAFETENG		
FRIDAY	SATURDAY	
	20°C / 10°C	
20°C / 12°C	SUNDAY	
	19°C / 8°C	

MOHALE'S HOEK		
FRIDAY	SATURDAY	
	20°C / 10°C	
20°C / 12°C	SUNDAY	
	19°C / 8°C	

QUTHING		
FRIDAY	SATURDAY	
	26°C / 11°C	
26°C / 7°C	SUNDAY	
	25°C / 10°C	

QACHA'S NEK		
FRIDAY	SATURDAY	
	26°C / 12°C	
26°C / 11°C	SUNDAY	
	26°C / 9°C	

THABA TSEKA		
FRIDAY	SATURDAY	
	16°C / 5°C	
16°C / 6°C	SUNDAY	
	15°C / 5°C	

MOKHOTLONG		
FRIDAY	SATURDAY	
	21°C / 5°C	
21°C / 5°C	SUNDAY	
	20°C / 4°C	

BUTHA BUTHE		
FRIDAY	SATURDAY	
	21°C / 9°C	
20°C / 8°C	SUNDAY	
	20°C / 8°C	

LERIBE		
FRIDAY	SATURDAY	
	27°C / 8°C	
27°C / 8°C	SUNDAY	
	26°C / 5°C	

BEREA		
FRIDAY	SATURDAY	
	21°C / 9°C	
21°C / 9°C	SUNDAY	
	20°C / 6°C	

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# AUSC women leadership programme underway

**TEBOHO JAFETA**  
sports@maserumetro.com

**MASERU-** A seven-month endorsed African Union Sports Council (AUSC) Region 5 Women Leadership programme started on Saturday with a plenary session.

The programme is coordinated by the Lesotho Sports and Recreation Commission (LSRC) Women in Sports Committee (WISC) in collaboration with Ministry of

Gender, Youth, Sports and Recreation.

A total of 20 participants have enrolled for the training session program which will end in March 2021.

This programme is also driving prominence on the principle "Sport for ALL", an endorsement by The Association for International Sport for All (TAFISA).

The mentees eligibility criteria stipulated that their ages should range between the ages of 18 and

35 years and be holders of Ordinary Level qualifications with a minimum of two years' experience in a sport as volunteer, athletes or sports leaders and with a thorough knowledge in Sport and Sports for All.

LSRC Women in Sports Committee (WISC) Chairperson Moipone Mashale told Metro that so far only 15 participants have showed for the training while the remaining five are still expected before the official launch of the programme on

18 September.

The target is to reach a total of 200 Young Women leaders produced per year being 20 in each of the 10 Member Countries translating to 2000 women leaders in the next 10 years.

The region also targets the recruitment and education of female coaches both at the grass root levels and for top level sport. Moreover, AUSC targets the recruitment and education of female sport

administrators, particularly for the highest decision-making positions in the sport organizations in the Region.

A study was conducted by the region in 2014 in Lesotho, Malawi, South Africa, Zambia and Zimbabwe to establish the number of women occupying leadership positions in sport. The participants included the school sport organizations, National Olympic Committees (NOCs), government departments and five selected national associations amongst others in each of the countries.

The study revealed that sport coaching was in all sports and at all levels dominated by male coaches.

Statistics showed that 15% of the 15 246 coaches at the local or recreational level were women. The study further showed that only 6% of 21 380 coaches registered in the associations' databases were women.

# Bullock appointed LeFA Deputy SG

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sports@maserumetro.com

**MASERU** – Former Kick4Life FC's director of football, Chris Bullock has been appointed as the deputy secretary general of the Lesotho Football Association (LeFA).

According to LeFA information officer Mikia Kalati, Bullock's appointment is the first of its kind in the history of the football controlling body.

"LeFA has grown as an organization, hence there was a need to engage someone with Bullock's expertise as we move towards professionalisation of football in Lesotho, requires a lot of knowledge and skills," he told Metro on Tuesday.

Bullock is expected to commence his duties at LeFA sometime next week.

According to a statement released by LeFA, Bullock's appointment follows Kalati's who likewise has been appointed as a fulltime media officer with a wealth

of experience in that field.

"Bullock brings a lot of football experience with him having worked at Kick4life FC since 2013 as the Director of Football. He is no stranger to the LeFA having served in the National Women's Football Committee as the Secretary and the Women Super League as the Chairman," the statement reads.

Bullock is from Portsmouth in England and holds a BSc Degree in Social Science of Sport and Business Studies from University of Surrey, Roehampton in the United Kingdom.

In an interview with Metro following his appointment, Bullock expressed his gratitude for being given a chance to join LeFA.

He: "I feel honoured and grateful to LeFA for the opportunity and for believing in me. I am really excited to be given such a great opportunity to contribute to the growth of football in Lesotho."

He said he looks forward to being part of a team that takes football forward over the coming years in what can be a really exciting time for

Lesotho football.

Meanwhile, LeFA has also announced that the association's former national teams' coordinator Seephephe 'Mochine' Matete has requested to be relieved off his duties to pursue a coaching career. "LeFA has gladly accepted his request and he has formally been released with best wishes as one of the most qualified coaches in the country," the statement further reads.

Meanwhile, veteran coach Lehlohonolo Thotanyana has re-joined the association to work as a coaches educator as per the recommendation of the international football mother body Federation of International Football Associations (FIFA).

Kalati also confirmed that former District Football Association (DIFA) Maseru officer Mojese Matamane has replaced Mohaila Letseka as the youth and grassroots development coordinator. According to LeFA, Letseka left the association to pursue his studies, but promised to assist the association whenever he can.



Former Kick4Life FC's Director of Football, Chris Bullock is LeFA's Deputy SG

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sports@maserumetro.com

# From Lesotho to Germany kicking her way to victory, Michelle Tau

**MASERU** - Being raised by a single mother never really held this young and ingenious taekwondo star back. To be called a star might seem an inadequate description of the talented lady who has risen above all odds in her life and career as an athlete.

At the age of 23, it is befitting to call Michelle Tau a legend owing to her aptitude as an international taekwondo player and her related accomplishments.

Tau has become one of the most recognised athletes and personalities in Lesotho, because besides being a world class taekwondo player, she is also a successful model who has won several accolades in that department.

She is the last child in the family of three; her parents are the late Molise John Tau and Thakane Tau. She grew up in Ha Leqele on the outskirts of the capital Maseru. She started playing the sport at a tender age although she never participated in any competitions in those days because she was only in the sport for recreation.

Her mother Thakane describes her as an artistic but withdrawn person.

Her father Molise who was also one of the best and most formidable taekwondo players to come out of Lesotho died when Michelle was only six months old.

Tau attended primary school at Saint Bernadette in Maseru before she proceeded to South Africa to pursue a Junior Certificate and Matric at the Accelerated Christian College in Bloemfontein.

In high school she stopped playing taekwondo to focus on her studies. But she started again when she reached varsity where she studied for BA in Spiritual and Counselling at the National University of Lesotho (NUL).

The five years she spent at NUL were committed to both taekwondo and her studies.

She became the national champion in both 2014 and 2015 before winning several other accolades in local and international tournaments.

By the time she graduated from NUL in 2018, she was already a fierce taekwondo player. Like her late father, she has made a name for herself throughout the continent and across the globe in the sport.

Tau has also proven that she is not only fierce in the ring, but that she can even stand her ground against other beauties too.

She is the 2017 Face of Lesotho Queen and the same year she also won the Miss NUL beauty pageant.

By virtue of being the Face of Lesotho in 2017, Tau represented the county in The Face of Beauty



International in New Delhi, India later that year and was crowned second princess in the contest.

She was given a hero's welcome upon her arrival at the Moshoeshe I International Airport by government officials, other local beauty queens, friends and family.

At the time she competed in the Face of Beauty International in New Delhi, Tau, who was aged 21 faced off against a bevy of 40 other beauties from around the globe.

Tanisa Panyapo of Thailand was crowned the queen and Finland's Iris Ojalamm was the first princess.

Tau is currently based in Germany at the High-Performance Centre, the Taekwondo Competence

Centre for High Performance Training through her personal sponsorship and is under the mentorship of Coach Markus Kohloffel. She won a silver medal in the 46kg category at the 2019 African Games which were held in Morocco, Rabat. She has over the years represented Lesotho in several international competitions and her record speaks for itself.

Tau is ranked fourth in Africa and 37th worldwide in her weight division, which makes her the most decorated taekwondo player to come out of Lesotho.

She collected gold at the Korean Ambassador's Cup which was held in South Africa in 2013. Two years later, Tau also won a gold medal at

the Bojanala Majors Cup in the same neighbouring country.

Some of her awards include a gold medal from the 2016 Botha-Bothe's Veterans Cup and another gold medal collected at the 2016 Inter varsity Games which were held in Lesotho.

She is the 2017 Inter Varsity Games taekwondo gold medalist in Eswatini.

She won the Best Player Award in the 2017 Intervarsity Games in Karate in Eswatini.

The following year Tau won another gold medal in taekwondo at the Inter varsity Games in Lesotho.

She is also the 2018 National Taekwondo Champion. Her winning streak has not changed since she

relocated to Germany.

She won a gold medal at the 2019 Landesmeisterschaft Taekwondo tournament in Germany and gold at the 38 International Creti Cup the same year in Germany.

She also collected a gold medal at the Baden-Wuerttembergischen Meisterschaften later that year in Germany, which has now become her second home.

Tau collected a silver medal from the Croatia Open in 2019. Winning has indeed become a habit to this young and beautiful Mosotho lady.

She won a bronze medal at the German Open in 2020 in Germany. She also collected another bronze at the Dutch Open 2020 in Netherlands.

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