

FREE Metro

News you can use



Tšotleho weighs his options

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EVERY THURSDAY

August 6 - 12, 2020

>> Pg 23



FINALLY, A SIGH OF RELIEF FOR FARMERS!

...but be warned of trade complications

>> Pg 2

Wise WORDS: You must expect great things of yourself before you can do them. ~Michael Jordan

The Metro, Florida Industrial Park, Ha Hoohlo, Maseru. P.O.Box 14129, Maseru 100, Lesotho.



CORONAVIRUS

Debunking Myths

MYTHS

- Antibiotics are very effective in treating the new coronavirus
- Herbal remedies and other drugs can help treat the new virus
- New Coronavirus only affects older people
- Pets can spread the new coronavirus

FACTS

- Antibiotics only work against bacteria not viruses
- No specific medicine recommended for treatment, according to WHO
- People of all ages can be infected by the virus
- No evidence to suggest that pets can be infected with the new virus

On This Day in History

1945



The United States becomes the first and only nation to use atomic weaponry during wartime when it drops an atomic bomb on the Japanese city of Hiroshima. Approximately 80,000 people are killed as a direct result of the blast, and another 35,000 are injured. At least another 60,000 would be dead by the end of the year from the effects of the fallout.

Directory

1. Child Helpline: 80022345
2. Crime Hotline: 22313337
3. WASCO: 22262000
4. LEC: 52100000
5. Police Station: 22317262
6. Airport: 22350777
7. MRT0: 2232 5494
8. Ombudsman: 22316425
9. Metro News Tips: 2232 5494
10. 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

Finally, a sigh of relief for farmers! ...but be warned of trade complications

STAFF REPORTER

MASERU - The government has finally bowed to wool and mohair farmers' pressure by allowing them to sell their product to any market of their choice.

This has been given a big thumbs' up by the farmers who said their lives were just a mess because they struggled to put bread on their table.

There are sad stories that were told by the farmers at the time the government was still engaged in the fibre war as a result of the localisation policy and regulations that were introduced.

Some farmers however, favoured the Chinese investor, Stone Shi who runs the Thaba-Bosiu based Lesotho Wool Centre.

The latest developments have of course been embraced with a number of stern warnings.

Agriculture minister, Tefo Mapesela, says the fact that China has finally agreed to accept the Basotho wool that was stuck at the Port Elizabeth port in South Africa is going to attract a lot of charges on the farmers' produce.

He said amongst the extras will be the re-treatment of the fibre before it can be re-package for export to China.

He said it has not been easy to negotiate the opening of the market

for the produce that was held up in Port Elizabeth, adding however, that Basotho should by now know they can export direct to all global markets from Lesotho.

But Mapesela said as the laws dictate, all the farmers are free to choose where they want to sell their produce.

On a different note, he warned that at the shearing sheds all farmers should be treated equally wherever they want to sell their produce.

Dr Gerard Mahloane, the government veterinarian, said they are ready to send their vets to Port Elizabeth, to examine the wool that has been stuck there since last year.

According to a government savingram dated August 5, 2020, a delegation of two Lesotho nationals including Dr Relebohile Lepheana and Mosiuoa Paul Kou will travel to Port Elizabeth on August 17 to inspect the Lesotho wool at the BKB warehouse.

The wool was supposed to have been to China but failed because of the foot and mouth disease that broke out in Limpopo.

The foot and mouth disease was recorded in November according to the South Africa's Department of Agriculture, Land Reform and Rural Development.

So South Africa as a whole was treated as a risky country to trade with

due to the outbreak.

It was as a result placed under restrictions and it had to deal with the disease first.

The Lesotho fibre that was ferried to Port Elizabeth was subsequently treated the same way as the one from South Africa.

Dr Mahloane said there is a lot of untruthfulness that is being fed the nation in respect of the wool stuck in Port Elizabeth.

He said he was personally accused of being unwilling to endorse the Lesotho's wool and mohair for exportation to China.

He dismissed the accusation as a political statement that was both untrue and baseless.

Lesotho he further showed is now ready to export wool and mohair straight to China.

Chairman of the Lesotho National Wool and Mohair Growers Association Mokoinihi Thinyane said this has come as a great relief to them.

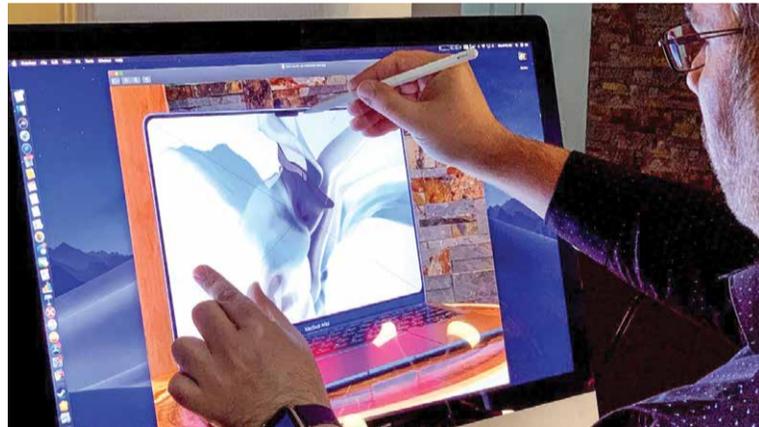
He said being allowed to sell their product to any market of their choice will positively transform their lives.

Lesotho is one of the leading mohair producers in the world and its wool is a leading agricultural commodity export.

Most families especially those living in the highlands of Lesotho use their livestock as their sole source of income.

Technology

Ready for a World of No-Touch Touchscreens?



Soon you might buy tickets, order sandwiches, and change songs by simply hovering your hands.

From the grocery store to the gas station, touchscreens are everywhere. But the thing about using so many touchscreens is you have to, well, touch them - and so does everyone else. They were gross before, and in the wake of a global pandemic, they're downright dangerous now.

That's why researchers at the University of Cambridge have devised a "no-touch touchscreen" that uses artificial intelligence to predict a user's

exact target on the screen, all without swapping any germs. All you have to do is point at the app you'd like to use, or the button you'd like to select, and the system registers it as a touch.

Cambridge originally partnered with Jaguar Land Rover for the project to keep drivers' hands on the wheels and eyes on the road, rather than their infotainment systems. Ever try adjusting your GPS or switching songs while driving? Not so easy.

"Touchscreens and other interactive displays are something most people use multiple times per day, but they

can be difficult to use while in motion, whether that's driving a car or changing the music on your phone while you're running," project lead Simon Godsill, a professor at Cambridge's Department of Engineering, said in a prepared statement.

The system includes a gesture tracker, including radio frequency sensors; a user profile, data about the environment, and a specialized user interface design to provide some context on past actions; and other sensors, like an eye-tracker, to determine a user's intent as they point at the screen in real time.

Keeping people's hands away from these public displays could reduce the risk of spreading any pathogens, including SARS-CoV-2, the virus that causes COVID-19. After all, research published in the New England Journal of Medicine shows the virus can live on surfaces for days at a time.

But the tech alone won't mean much if the public can't adapt to the new screens. Over the last decade or so, it's become second nature for us to tap and touch every screen within our reach, because we operate under the assumption that they're all touchscreens. If Cambridge does license the technology and sees a widespread rollout, there will need to be an accompanying public information campaign to keep our hands off the screens. *Popularmechanics*

41,989,773

There were 41,989,773 HIV/AIDS infected or people living with HIV according to WHO statistics of 2019. Allocated by regions, there are about 25.7% in Africa, 3.7% in Americas, 3.7% in South-East Asia, 2.5% in Europe, 2.5% in Eastern Mediterranean and 1.9% in Western Pacific. 25.4 million people were receiving antiretroviral treatment.



Cash Flow

Every business needs cash to operate. The business finance term and definition cash flow refers to the amount of operating cash that "flows" through the business and affects the business's liquidity. Cash flow reports reflect activity for a specified period of time, usually one accounting period or one month. Maintaining tight control of cash flow is especially important if your small business is new, since ready cash can be limited until the business begins to grow and produce more working capital.



Shoot some cans

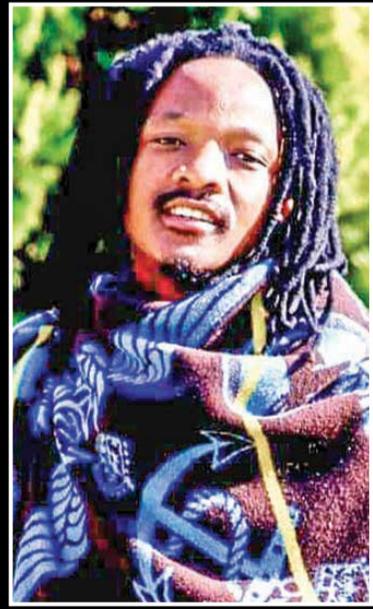
This man walks into a gun shop and asks to buy a gun. The gun shop owner asks, "What for?" He says, "To shoot some cans." So he walks away with the gun.

He comes back the next day and asks for a bigger gun claiming he still has more cans to shoot. He walks away with the bigger gun.

Again he comes back the next day demanding a bigger gun. Now the gun shop owner is curious and asks, "What cans are you shooting, sir?" He replies, "AmericANS, JaimaCANS, AfriCANS..."

READ Online www.maserumetro.com

- Green light for wool trade
- COVID-19 cases escalate
- Q-Real releases a 'bang'



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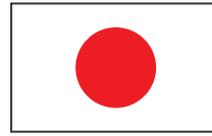
American Dollar
US\$17.31



Europe's Euro
€20.39



British Pound
£22.61



Japanese Yen
¥0.16



Chinese Yuan
¥2.48



Special Drawing Right - SDR
SDR24.51

COMMODITIES (International Rates in US\$)

STOCKS	PRICE (US\$)
S&P500	3,319.50
NASDAQ100	11,124.75
Nikkei225	22,514.85
Dow Jones30	26,907.00
FTSE 100	6,101.35
JSE	57,378.00
Hang Seng	24,946.63
PRECIOUS METALS	
Gold	2,041.55
Platinum	957.50
Silver	26.92
Copper	6,444.00
Crude Oil / Brent Oil	45.96
EQUITIES	
Bonds	18.44
Treasury Bills	3.67
Interest Rates	7.67

AGRICULTURE (Rates in Maloti/Rands)

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

ENERGY (Rates in Maloti/Rands)

Petrol Unleaded 93 p/litre	M11.40
Unleaded 95 p/litre	M11.60
Diesel 50PPm p/litre	M11.95
500PPm p/litre	M11.95
Paraffin p/litre	M6.85
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

SARS loses import case

...could this be a window of second-hand Japanese cars into SA?

NEO SENOKO

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MASERU- South Africa will have to stop impounding Lesotho registered vehicles in their land after the South African Revenue Service (SARS) lost a crucial case against a business man in Ficksburg whose Lesotho-registered vehicle was illegally seized by customs officials.

According to legal experts in South Africa, the verdict means anyone with a vehicle registered in any Southern African Customs Union (SACU) country is free to drive that vehicle in South Africa without any hindrance.

The verdict could further open a class action lawsuit against the SARS by ordinary citizens in that country who have been victims of similar instances.

For Lesotho it means the local import car dealers are likely to see a surge in sales of their products as many people from South Africa are now likely to cross the borders in their numbers to buy the cheap Japanese car brands sold in the country.

If it happens, it also means more cars would be imported from Japan into Lesotho due to the demand.

The Lesotho Revenue Authority (LRA) has said if more cars are imported into the country, there will be an increase in import VAT as well as custom duties.

Custom duties, however, will then go straight into the SACU pool where they will be shared by members in line with the sharing formula. Lesotho is a member of SACU.

"As Lesotho, if we import more cars from Japan yes there will be an increase in import VAT paid and custom duties but you should bear in mind that customs duties are not Lesotho's money but they go into the SACU pool where they will be shared by members in line with the sharing formula," LRA public relations manager Pheello Mphana said in a brief

interview with Metro on Tuesday.

Selling more cars to South Africa would also translate into an increase in income tax (PAYE and Company tax).

"And if more people are employed, then even inland VAT can improve because people will have cash to spend, but this is not a straight forward thing, we just have to wait and see what will happen that side in terms of laws governing importation of used registrable goods," Mphana added.

It is a standard practice in South Africa that members of the police service randomly pick and sometimes confiscate foreign registered vehicles mainly from Lesotho and other neighboring countries such as Botswana and Swaziland.

Owners of these vehicles would meekly pay the penalties to get their impounded cars back. For those who do not have the required amount of penalties, their cars remain in the hands of the police for the longest time until they lose value.

Tens and thousands of vehicles registered in Lesotho are believed to have been impounded by SARS and South African police over the years and then released on payment of penalties.

Section 88 of the Customs and Excise Act in South Africa allows for any officer, magistrate or member of the police to detain any ship, vehicle, plant, material or goods at any place for the purpose of establishing whether or not that ship, vehicle, plant, material or goods are liable to forfeiture under this act.

This act, however, could be overturned, thanks to the businessman Alves, who went to war with SARS and the South African Police Service (SAPS) and won his case in court.

Alves was arrested and locked up for a weekend in May 2019 when his Lesotho-registered vehicle, which was being driven by a

friend, was seized by SA customs officials in the eastern Free State town of Ficksburg.

The man has businesses on both sides of the border and the vehicle was used to travel to and fro across the border several times a week.

He argued in vain with SARS customs officials challenging the laws in line with seizing of his vehicle. He then unlawfully retrieved his vehicle from the Ficksburg municipal compound.

However, while still at it, police came and arrested him on charges of theft.

After spending a weekend in police custody, the local magistrate ordered that Alves be released and the matter was postponed to a later date. The charges of theft were then dropped and the magistrate ordered that the vehicle be returned to Alves' possession.

However, this did not happen.

When SARS refused to return the vehicle, Alves took it and the SAPS to the High Court in Bloemfontein and won his case. SARS hung on to the vehicle while appealing the case.

It was only last week when SARS appeal was blown out of court and it was ordered to pay legal costs. The revenue service is yet to indicate whether it plans to an appeal with the higher court, but Alves said he will be ready for it if and when it does.

The ban on the sale of second-hand foreign cars in South Africa was among others introduced to protect the country's car industry. The imported second hand cars cannot be registered in South Africa as it is against the law to do so.



LRA public relations manager Pheello Mphana

Southern Africa growth to contract over 6%

MFUNEKO TOYANA

Southern Africa's economic output will shrink by as much as 6.6% this year due to the impact of the coronavirus pandemic, the African Development Bank (AfDB) said on Monday.

The bank's best case scenario sees output growth at -4.9% with a 6.6% contraction forecast under its worst-case scenario. That is against its forecast for Africa as a whole of -1.7% and -3.4% under each scenario.

The southern Africa region, which includes the continent's most advanced economy, South

Africa, second biggest oil-exporter Angola, as well as Botswana, Namibia, Zimbabwe, Zambia, and Malawi, was set to grow by 2.1% in 2020 before the coronavirus struck, based on the AfDB's estimates.

When the pandemic was first detected in the region in March most countries enforced lockdowns varying in strictness.

Some of the restrictions have since been eased in recent weeks as governments looked to ease the impact on economic activity, but most continue to have limits on external travel.

"Reduced travel and limitations on cross-

border openings are bound to have a telling effect on the Southern African region which accounts for over 45% of Africa's travel and tourism industry," the AfDB said in its outlook for the region.

South Africa, Botswana and Namibia in particular rely on wildlife and safari tourism with visitors from China, Europe and North America particularly attracted by the favourable exchange rate and warm climate in addition to the wide range of animals.

The African Union said this month African countries have lost almost \$55 billion in travel

and tourism revenues in three months due to the pandemic.

South Africa has recorded the highest numbers COVID-19 cases in Africa, with close to 450,000 infections and nearly 7,000 deaths, dwarfing recorded infections elsewhere on the continent.

The AfDB said there was also a risk from rising debt, which the bank said had been on an unsustainable path over the last decade, citing Zimbabwe along with Zambia and Mozambique as the countries most at risk of high debt distress. Reuters

NEO SENOKO

business@maserumetro.com

LEC's tariff hike denial could spell more disaster...?

MASERU - Challenges ranging from dilapidated electricity networks as well as unplanned power cuts are set to continue as the Lesotho Electricity Company (LEC) has for a second year running been denied tariff hike by the Lesotho Electricity and Water Authority (LEWA).

The decision by the LEWA board means that consumers will continue to fall victims of regular power outages as LEC might not have enough financial muscle to address the challenges.

The company is faced with challenges that include network vandalism or theft of electrical cables as well the high cost of purchasing additional power from outside the country.

All these factors and others have become a burden to thousands of day to day users of electricity in the country and it seems the struggles are far from over, though the authority thinks otherwise.

On Thursday last week, the LEWA board in its meeting resolved that there will be no tariff increase for LEC on both the Energy and Maximum Demand (MD) charges for all customer categories in 2020/21 fiscal year.

LEC had applied for electricity tariffs increase of 32.6 percent on both the Energy and Maximum Demand (MD) charges across all customer categories.

The company had further asked for the approval of a revenue requirement of M1.21 billion for the same financial year.

The application has been thrown out of the window by governing body on a number of grounds and especially the trying times brought about by the COVID-19 pandemic.

"The LEWA Board in its meeting held today, Thursday 30 July 2020 approved that LEC's revenue requirement for financial year 2020/21 will be M933.48 million instead of M1.217 billion requested by the company.

"There will be no tariff increase on the Energy and Maximum Demand charges for all customer



The 'Muela Hydropower station

categories in 2020/21," LEWA chairman Relebohile Mosito said in a statement released on Thursday last week.

Among the various tariff application drivers cited in the application, LEC highlighted challenges that include operating expenses, labour costs, repair and maintenance, bulk supply purchase as well as depreciation and return of assets.

But on assessing the facts and evidence presented by LEC,

LEWA found the justification for a 32.6 percent tariff increase not consistent with its regulatory principles and guidelines.

Among other things, the authority took into consideration that LEC has to be operationally sustainable and hence it must be allowed to purchase bulk electricity from the 'Muela Hydropower station, EDM Mozambique and ESKOM in South Africa to ensure security of supply.

"It is important that electricity

tariffs be affordable to domestic customers and businesses especially now that the country is experiencing the COVID-19 pandemic which has brought about negative consequences, particularly the economic meltdown," the chairman added in the statement.

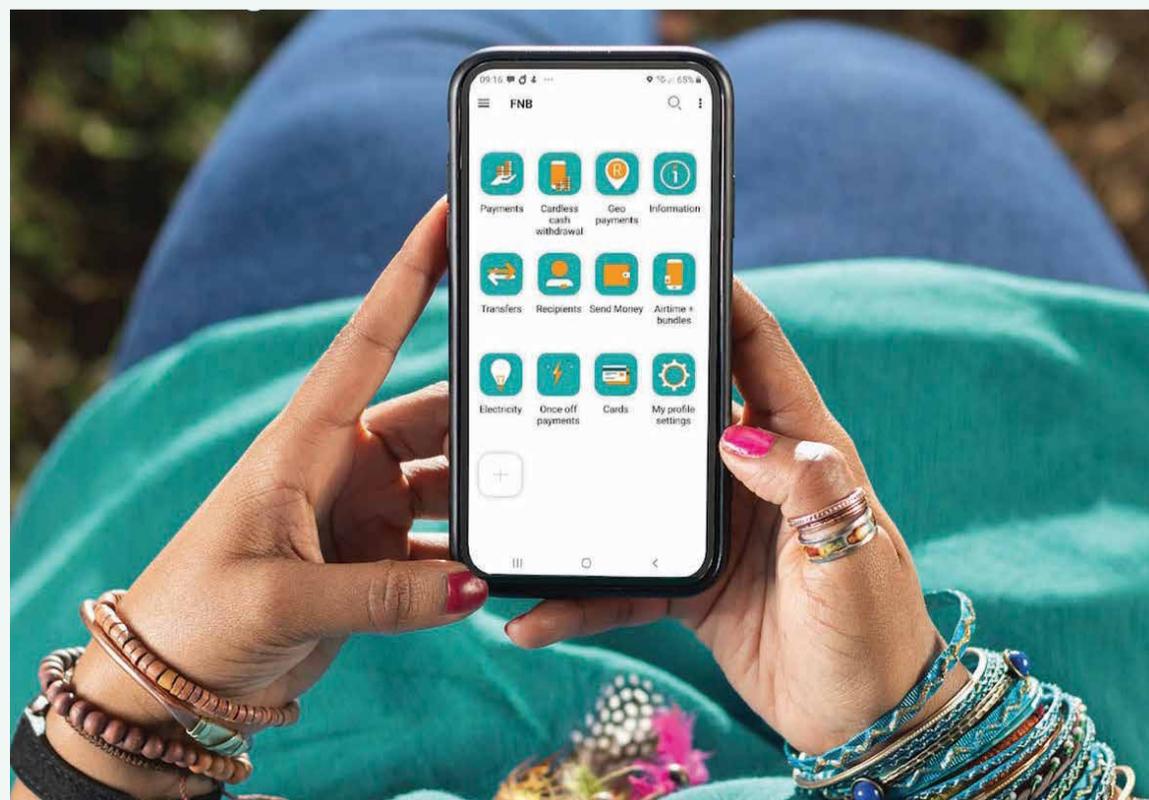
Furthermore, the LEWA board revealed that LEC has not complied with regulatory prescripts as exemplified by filing the application which was not accompanied by audited financial statements.

As such, the assessment of the company's financial performance was not achievable.

And there is also a public outcry over LEC's continued non accountability.

LEWA received a tariff application from LEC on 17 January. The board of directors of LEWA met on 29 April and decided to defer the determination of the LEC tariff review application to at least the end of July due to the COVID-19 pandemic lockdown.

FNB introduces cardless cash withdrawal



STAFF REPORTER

Various banks have launched the 'Cardless Cash Withdrawal' facility from ATMs and FNB is not an exception. With this service, customers can withdraw cash from ATMs without a card. For instance, an account holder of FNB can withdraw cash without their credit card by raising a request on the bank's mobile banking app.

According to FNB the contactless technology is a new feature that uses an embedded chip and antenna to ensure that the payment details are transmitted safely and securely without your card leaving your hand.

"Look out for the contactless symbol in shops, stores and fast food outlets. For low value transactions all you need to do is simply hold your card over the contactless card reader. Your card details will be transmitted and the payment processed. The card reader light will go green to confirm that the transaction is complete. For high value transactions, the merchant

may request your card from you to insert into the point of sale and you will need to input your card PIN," says FNB.

It says the benefits of Contactless Card adds convenience, security, flexibility and speed to your payment transactions. When using your Visa Contactless Card, your card never leaves your hand. It is a great way to pay when you want to get in and out of a merchant quickly, like at a fast food outlets, grocery stores, movie theatres etc.

Is the Contactless Card secure? "Yes, your FNB Contactless Card is just as secure as any other Chip & PIN card that carries multiple layers of security and with Contactless technology your card never has to leave your hand. For additional security, the first time the Contactless Card is used, you will be asked to insert the card into the point of sale and enter a PIN (which will be given to you with your credit card), and thereafter low value transactions will not require a PIN.

How stock theft impacts farmers along the borders



mohair, hence life is very difficult. There is no money for our children to go to school. I am one of the few fortunate ones who managed to educate their children with money collected from the wool and mohair.

"I put one of children through university with that money. However, our village has been impoverished by the stock theft.

"Life is difficult here. We are unable till our land which is close to the border," Sekoloko says, adding there are no jobs in the area, let alone infrastructure development such as roads.

She says when she became the councillor, she asked the District Administrator (DA) to deploy the army in the area for their protection.

In fear of the raiding thieves, most of the residents of Mosaqane evacuated the village a long time ago and sought sanctuary elsewhere, she says.

The area headman, Chief Phangoane Sehahle says about seven of his people lost their lives due to the widespread cross border theft.

Mosaqane has a total of about 200 residents and it consists of units of small villages.

Sehahle says the presence of army personnel in the area makes them feel safe.

Earlier this year, the army built a base in the area as a way to combat the stock theft.

Last week Saturday a delegation of the Lesotho army spearheaded by the deputy commander Major General Matela Matobakele toured Mosaqane to get the residents' opinions on how they would want the army to help them to control the stock theft.

In a separate but related incident that occurred on the same day, two local soldiers were arrested in South Africa while chasing animals allegedly stolen in Mosaqane.

Sehahle alleges that the said animals were driven to Matatiele, adding that they know the identity of the suspect because they have been complaining about him for years.

"The people who help these thieves to have easy access to our animals are Basotho who have migrated to South Africa.

Cattle rustling between villages bordering Matatiele and other areas is not new and in some cases, Lesotho nationals have also been arrested in South Africa on similar raids.

To officials of both countries, stock-theft continues to be a growing concern and could even sour relations between the two neighbouring states if it is not put under control.

Mosaqane, located in the Tsoelike constituency is situated on a valley which is sand-witched between the ridges, bordering the Matatiele district in South Africa. There is a small river that passes through the village.

Sekoloko says the real effects of the crime came into picture after 1996.

At the time, the residents of Mosaqane had cattle posts along the border of Lesotho and Matatiele.

"We were rich. We were able to put bread on our tables then," Sekoloko recalls with a heavy heart.

She says all hell broke loose when a group of armed men embarked on a charm to chase their herd boys at the cattle posts rustling their animals.

So the herd boys from Mosaqane fought back and crossed into South Africa to steal animals in that country in revenge.

Since then, an incessant exchange of stock theft incidents has ensued along the borders.

Sekoloko says what is heart wrenching is that when they went to Matatiele to claim their animals, the South Africans also claimed that the animals belonged to them.

As a result, she says SA police were unable

to help them and they returned home with bleeding hearts.

They were forced to witness the slaughter of their animals in broad daylight by residents of Matatiele.

The level of the crime slightly waned thereafter until it resurfaced in 2012 when a Lesotho police officer was killed by residents of South Africa as he tried to secure animals stolen from Lesotho.

In another incident, a group of armed men from Matatiele raided Mosaqane and stole animals at gunpoint, Sekoloko recalls.

"The gun-toting men wanted to mow down everything in sight. They were trying to wipe us all," she says, adding that her animals were also stolen during some of those raids.

She says most of her stolen animals included sheep and goats.

In past peaceful times, Sekoloko says farmers in her area used to make good money from the wool and mohair which they sold in nearby markets.

"Now there are no animals for wool and

GERALD MOLUPE

MASERU - For many years, stock theft has been spreading like a wild fire amongst farming communities living along the borders of Lesotho and South Africa.

This crime has been a major concern to these communities for ages, leaving the affected families in abject poverty. Animals are a source of livelihood for most families in the rural homes of Lesotho, both in the highlands and lowlands of the country.

Stock theft is reportedly rife in Qacha's Nek, Mokhotlong and Botha-Bothe, especially in areas that share the borders with South Africa.

There is still in-country theft which is however, not as common as the cross-border one.

Swathes of people living along the borders are today left with nothing but their fingers to count, some residents have said when recounting their stories.

Mosaqane in Qacha's Nek, is one of the villages riddled by rampant stock theft raids.

The councillor of Mosaqane, Nocaya Sekoloko nearly broke into tears as she described their desperation prompted by the unrelenting stock theft in the area.

Econet boss needs money to repay loan

... Strive Masiyiwa struggling to sell Liquid Telecom stake

LONI PRINSLOO

The coronavirus pandemic is hampering efforts by Zimbabwean billionaire Strive Masiyiwa to sell a stake in Africa's largest fibre company.

Masiyiwa, who also owns Econet business, is seeking buyers for 20-34% of Liquid Telecommunications Holdings for as much as \$600 million (M10 billion), according to four people with direct knowledge of the matter. He needs the money to repay a \$375 million (M6.3 billion) loan that was backed by the Public Investment Corporation (PIC), they said.

The PIC, which oversees the equivalent

of \$135 billion (M2.3 trillion), mainly on behalf of South African government workers, is demanding the issue be resolved by the end of August after granting an extension on the payment earlier this year, the people said.

The loan it backed was used to fund a pay-TV venture, which failed last year because Zimbabwe's economic woes and currency shortages meant the company couldn't pay its suppliers.

The 59-year-old tycoon had pledged shares in Liquid Telecom to the PIC as security for the loan, which had been taken out with Deutsche Bank AG.

The founder of Econet Global, which has interests in mobile-phone network operators and digital-banking operations across the continent including Lesotho, would rather sell part of his 66% stake in Liquid Telecom to avoid surrendering shares in the company at a discount to the PIC, one of the people said.

Bloomberg



DISTRAUGHT: Econet boss, Strive Masiyiwa



Thought Leader with Advocate Ndumo

The financial services sector and its role in building Lesotho's economy beyond COVID-19 with Makhakhe Maliehe

Mr Makhakhe Maliehe (MM) is the Managing Director of Liberty Life Lesotho which he has served for the past five years. He has extensive experience in the financial services sector of Lesotho having served companies such as Metropolitan Lesotho as Head of Retail. He holds a Master of Commerce from the University of the Free State and various executive education short courses.

In this insightful interview with Advocate Mothepa Nduma (MN), on behalf of **Metro, Mr Maliehe** discusses issues surrounding the local financial services sector and its role in building the economy beyond the COVID-19 pandemic.

MN: How would you describe the financial services sector of Lesotho, and the role of a company like Liberty, to the ordinary man and woman walking the streets of our country?

MM: The Financial Services Sector in Lesotho is still dominated by the banking sector and specifically commercial ones. The insurance sector is second in size in terms of asset base. My thinking is that both sectors remain strong amidst the threats imposed by the COVID-19 pandemic - that is, they have strong and resilient balance sheets and will be able to meet their obligations to clients and policy holders, respectively.

This is the period when everyone needs insurance because, by its nature, insurance serves the purpose of assisting clients to manage risk and eliminates the discomfort caused by uncertainties such as death, disability, retrenchment, illness and so on. The COVID-19 pandemic has increased the probability of these eventualities happening and this often gravely affects the lifestyles of the surviving members, for example, dependents such as children, relatives, and so on.

A family member who is a bread winner can lose a job, die, or become hospitalised and if such a family does not have contingency plans, such as insurance or adequate savings, to survive beyond the death of the bread winner, hardships begin. Assets such as

houses and vehicles are repossessed by creditors, children have to downgrade from their current schools and many other lifestyle norms and these manifest into different sorts of mental issues: depression, anxiety, anger, and so on.

These maladaptive reactions to the curveballs that life throws at us in these rapidly changing socio-economic environments can be tough on businesses and the broader economic landscape. Insurance companies like Liberty play a very critical role of protecting the wealth and mental wellbeing of Basotho.

We have solutions that provide the right covers to protect people against eventualities such as death, disability, and critical diseases such as cancer. The dependents will not face the financial hardships brought by the non-existence of insurance cover.

MN: From a regulatory perspective, what are some of the challenges that the sector faces and how do those challenges constrain our economic development as a country? Any other challenges that you would like to highlight and what suite of solutions would you propose?

MM: The challenges that we face as a sector is the low penetration of insurance in Lesotho because of lack of awareness because insurers just sell and do not provide adequate financial education. Basotho's prevailing perception of insurance is that of funeral products only and their scope of knowledge is also limited to that. Financial Literacy will help individuals to make informed decisions both in everyday life as well as in the long-term.

These are decisions related to retirement planning, family budgets, investments on children's education, savings, motor and property insurance, life covers, funeral covers, and so on.

Furthermore, not many people have a good appreciation of how the financial system works, for example, financial markets, inflation, investment portfolios, interest rates, derivatives and so on. As a result, many

Basotho experience difficulties when they have to make decisions about various products and services offered by financial institutions.

One of the biggest constraints to our economic development as a country is that, because of the low levels of financial literacy, people are not saving adequately for their retirement and also not protecting their wealth through appropriate life and health covers.

They then strain the already overwrought government coffers because they remain dependent on the state even at retirement or for healthcare if they do not have their own medical aid. Financial Literacy is not only an individual problem but a national issue and should be adopted by members of society without any socio-economic preferences or gender exclusions or biases.

We should all dialogue productively about the economic solutions that are relevant for Basotho and to ease the burden on our Treasury as the different societal stakeholders. Society should therefore trust its financial institutions to guide it on improving its literacy and when making choices of products or solutions.

Companies like Liberty can help individuals navigate through the complex maze of financial services and language.

MN: Lesotho is typically described as "an enclave economy", does this mean that the growth of our financial services sector, and the economy at large, is necessarily limited by this enclave status? Is there a ceiling to what we can achieve as a country?

MM: The characteristics of an enclave economy or political model is that natural resources are leased out to foreign companies and the Government or country gets royalties, for example, from mining companies, and the latter is expected to invest in public infrastructure such as roads, hospitals, and schools.

The investors on the other hand, are expected to bear the risk of no returns if things do not work out; and one would guess that this is the thinking behind the 70:30 split

in the ownership of the mines in Lesotho.

The companies also invest in corporate social initiatives as a way of buying the social credibility needed to operate in specific communities. This model has never worked for us because there is no transparency and lack of accountability around these transactions.

It only fuels inequality and allows politically connected individuals or families to benefit. We really need to push hard to de-enclave our economy. What we need are partnerships that ensure that our resources create sustainable jobs, a growing economy, and a more tangible contribution to infrastructure development.

The truth is we need outside capital, but we need to set our own content in terms of how these partnerships are structured. Again, this calls for productive national dialogues around these issues so that we can build and consolidate a common vision.

As a sector, we are ready to contribute thought leadership on some of these issues to create a winning environment for both Basotho and foreign capital. It can be done if the right measures and mindsets are in place.

MN: What message would you like to share with Basotho during this unprecedented, VUCA scenario wrought by COVID-19?

MM: My message around COVID-19 is simple, this is the new normal. We should stop looking back and wishing that we could go back to how things were, because this is not going to happen.

We must adapt and be creative and also invest in infrastructure or equipment that will allow us to operate more effectively virtually; and this is not only limited to the work environment, but also schooling, shopping, and social interaction. Anyone or any country that fails to do this will be left behind.

Basotho should work together, exchange productive ideas and possible solutions to some of the most pressing problems around how to adapt to this new normal through different platforms. We are equal to the task!

How Do We Adjust Lesotho's Economy to a Post-COVID-19 Reality? Part 1

"Plans fail for lack of counsel, but with many advisers they succeed."

(Proverbs 15:22 - NIV)

It is a trite fact that our economy was already in the doldrums before the COVID-19 pandemic. The 4x4 government had seen to that. A government that mopped up whatever reserves we had with alarming speed! A government that perfected, "it is now our turn to eat." I am not telling Basotho anything that they do not know. I am emphasizing this as an introduction to this input because it is important for us not to develop amnesia now that we find ourselves in this COVID-19 reality. We need to remember the recent, pre-COVID-19 scenario and its economic discontents so that we can avoid repeating the same mistakes and importing the same toxicities into this new reality. That we, in fact, will, is a given because we have not taken the time to reflect as a nation how we got here. Self-help 101 dictates that we acknowledge dysfunctions within ourselves, within our families, within our communities and within this nation so that we

can start rolling back maladaptive behaviours. Corruption, nepotism, state clientelism, government wastage and lack of accountability to the taxpaying public, a bloated public service that is not delivering basic services, ineffective and compromised public institutions and lack of commitment from the executive are just some of the dysfunctions that we are faithfully carrying over into the post-COVID-19 dispensation. And that is our downfall as an economy. But, be that as it may, how would one constructively engage on the question on deck? How do we adjust as different economic sectors to a post-COVID-19 reality?

I will take just one key sector of our economy, the tourism and hospitality sector. It has been decimated by COVID-19 due to global, regional, and national travel restrictions. Mpilo Boutique Hotel, a breath of fresh air to this sector, is currently not operating. The Avani Hotels are facing similar challenges, and news reports have indicated that this hotel group is considering (or

has already implemented) layoffs in order to adjust to drastically reduced revenues and profit margins. Our smaller establishments, such as guesthouses and bed and breakfasts are barely surviving. All these establishments now have to rely on internal tourists moving from

for our ever-contracting domestic economy. Not only would our economy suffer further, but the social impacts, in a country already reeling from gross social inequities and inequalities, do not bear thinking. An OECD report titled, 'Tourism Policy Responses To The

BUSINESS UNUSUAL
MOTHEPA NDUMO



district to district within Lesotho and the volumes we are speaking of cannot possibly replace revenues generated from external tourism. How does this sector adjust without shedding a massive number of jobs and depriving our fiscus of much-needed revenue? Job losses in this sector would spell death

Coronavirus (COVID-19)' broadly proposes, "lifting travel restrictions, restoring traveller confidence and rethinking the tourism sector for the future." The OECD obviously serves mainly Western economies which have advanced and nimble tourism sectors, so the question remains, what would 'lifting travel

restrictions' and 'restoring traveller confidence' mean for an economy such as ours whose healthcare sector is what I call, The-Mohau-Oa-Molimo-Healthcare-System? Why would anyone want to voluntarily visit Lesotho in a post-COVID-19 scenario? What tangible assurances, in terms of our healthcare infrastructure, would we offer such a visitor? If they were to contract this, or any other, virus, would we be ready with a quality healthcare response? Not with government and Tšepong at it again. Not with staff at Maseru Private Hospital informing the public that they fear for their lives because the occupational safety and health measures are currently not satisfactory. Our primary healthcare clinics do not cut the COVID-19 response mustard. I would not travel to a country that is not in a position to offer me quality healthcare, never mind its own citizens and residents.

The nice fact for the OECD countries is that domestic tourism accounts for 75% of their tourism economy according to the above report. If I am Italian, I would be more trusting of the measures adopted by the German government to bolster tourism and healthcare infrastructure in a bid to restore 'traveller confidence' post-COVID-19 and far less trusting of the Lesotho government. I will therefore happily spend my Euro's in Berlin than travel to Lesotho as a tourist...I mean, for what out-of-this-world experience, only found in Lesotho, would be compelling me to travel that far?

So, my initial instinct would be, let us kiss the comparatively few international tourists, that Lesotho had had the privilege of hosting before COVID-19 shook us out of our complacency, goodbye. Our best bet is domestic tourism, and to some extent, visitors from the SADC region. What profile of SADC visitor would we be targeting and convincing to come to Lesotho? What is our unique selling proposition? Remember, our SADC brothers and sisters will also be looking to keep their citizens and residents in their own backyards.

Mothepa Ndumo is a Legal Academic at the National University of Lesotho, Industrial Sociologist and Certified Executive Coach. www.higherselfcoaching.org



STARVED: Hungry Basotho queue up for food parcels

Pick n Pay warns of 50% decline in half-year earnings

NOOBILE DLUDLA

Pick n Pay flagged a more than 50% fall in first-half earnings on Tuesday, weighed down by constraints on alcohol, tobacco and clothing sales during the lockdown, and by voluntary severance payments.

President Cyril Ramaphosa imposed a nationwide lockdown from the end of March to curb the spread of coronavirus, banning retailers from selling non-essential items.

These account for about 20% of Pick n Pay's group revenue, with higher gross profit margins relative to basic food and grocery lines.

Pick n Pay, which also owns discount supermarket brand Boxer, was also prohibited from selling

general merchandise and hot foods.

Restrictions were lifted mid-May and subsequently from June 1, but tobacco sales have been prohibited throughout, and the ban on alcohol sales was reinstated last month.

The retailer said headline earnings per share (Heps) for the 26 weeks to August 30 would be down more than 42.52 cents from 85.03 cents reported in the previous year.

It also blamed Covid-19-related costs for the decline in Heps, the main profit measure in South Africa that strips out certain items.

The group launched a voluntary severance programme in March, through which it said more than 1 400 employees have left the business. Reuters

Southern Africa growth to contract over 6%

MFUNEKO TOYANA

Southern Africa's economic output will shrink by as much as 6.6% this year due to the impact of the coronavirus pandemic, the African Development Bank (AfDB) said on Monday.

The bank's best case scenario sees output growth at -4.9% with a 6.6% contraction forecast under its worst-case scenario. That is against its forecast for Africa as a whole of -1.7% and -3.4% under each scenario.

The southern Africa region, which includes the continent's most advanced economy, South Africa, second biggest oil-exporter Angola, as well as Botswana, Namibia, Zimbabwe, Zambia, and Malawi, was set to grow by 2.1% in 2020 before

the coronavirus struck, based on the AfDB's estimates.

When the pandemic was first detected in the region in March most countries enforced lockdowns varying in strictness.

Some of the restrictions have since been eased in recent weeks as governments looked to ease the impact on economic activity, but most continue to have limits on external travel.

"Reduced travel and limitations on cross-border openings are bound to have a telling effect on the Southern African region which accounts for over 45% of Africa's travel and tourism industry," the AfDB said in its outlook for the region.

South Africa, Botswana and Namibia in particular rely on wildlife

and safari tourism with visitors from China, Europe and North America particularly attracted by the favourable exchange rate and warm climate in addition to the wide range of animals.

The African Union said this month African countries have lost almost \$55 billion in travel and tourism revenues in three months due to the pandemic.

South Africa has recorded the highest numbers COVID-19 cases in Africa, with close to 450,000 infections and nearly 7,000 deaths, dwarfing recorded infections elsewhere on the continent.

The AfDB said there was also a risk from rising debt, which the bank said had been on an unsustainable path over the last decade, citing Zimbabwe along with Zambia and Mozambique as the countries most at risk of high debt distress.

Reuters

This is Lesotho...

... In News



Police Commissioner Holomo Molibeli

A number of Basotho have pledged to put pressure on government to recall the death penalty and introduce tough bail application conditions on rapists and murderers.

This follows reports of two separate incidents in St Monica's, Leribe where two women were killed by unknown assailants. In the first incident, a woman with mental disability was allegedly gang-raped and strangled to death at her home. Earlier on a body of another woman was found in the woods outside the village, with several body parts missing. The woman was however identified by her family after her lower limbs and some parts of the body were found scattered in the forest. Her family said she had earlier gone out to look for a job.

The head of government and his deputy as well as the minister of Police (Mampho Senauoane), the commander of LDF and the Police Commissioner visited one of the victims' family where they sent a strong message that no stone shall be left unturned in resolving the murders even calling for any means to bring sanity in the area and across the country.

... In Politics



Deputy Prime Minister Mathibeli Mokhothu

Opposition parties are calling on government to open Parliament soon, saying there is a need for the legislature to contribute in the fight against the COVID-19 pandemic. The call has, however, been seen as a ploy by the opposition to test their number in the national assembly and probably stage yet another motion of no confidence against Prime Minister Dr Moeketsi Majoro and his grand coalition partners led by the DC leader, Mathibeli Mokhothu.

Parliament is currently on a seasonal winter break.

The Alliance of Democrats (DA) has recently seen some floor-crossing support in the Lower House and there have been suggestions of more MPs crossing which could lead to the numbers in the grand coalition shrinking... but to think of another new government formation in just three or so months!

MoneyMatters make it count

10 questions to help you retire into a better world

PREMAL RANCHOD

Twenty-twenty - the year that forced history to sit up and reckon with itself. For those entering the world of work, the word "pension" or "retirement" may sound far off. Given that you have until 2060 (at the very least) to reflect upon its importance, is it really a debate for "today"?

If we are living twice as long, it is fair to assume that healthcare costs increase. If population growth increases faster than death rates, it is safe to assume that a greater societal and environmental burden exists.

For thousands of years, economic progress was largely linear and linked to population growth. Without machines or technological innovations, one person could only produce so much with their time and resources.

With technological progress came growth in gross domestic product, inflation, interest rates and rampant inequality. These separate the developed nations from the developing. A world with low to negative interest rates, falling inflation, increased inequality, energy, poverty, competing interests, the rise of the east and pockets of fascism within democracies. A changing world order needs new tooling. Global warming through carbon emissions illustrates a social and environmental emergency.

What good is it if your fund achieves its return target of inflation plus a few percent when the world that you retire into is a far cry from your utopia?

The concept of responsible investment (RI), and impact of investment, takes a late, but much-needed centre stage to protect pension fund destruction. Pension fund regulation in most countries has evolved over the past decade to include environmental, social, governance (ESG) factors and RI terminology within their ambit. Legislation helps to shine the spotlight



on issues and provides a much-needed seat at the table for all investment and pension fund related sustainability. The danger, however, is that "tick box" ESG factors become merely rules in a framework. Economic outcomes must accompany long-term financial returns or targets.

Millennials tend to be much more proactive than previous generations when it comes to their investments and also express a desire to invest in companies that echo with their values.

Here are questions to ask if you want to be a successful ESG investor:

1. Does your fund have an ESG or RI policy?
2. Does the fund or its underlying asset managers consider the importance of sustainability?
3. Is the fund manager capable of understanding

and assessing the impact of ESG risks?

4. Can the fund manager highlight topical matters that impact outcomes?
5. Does the fund manager vote on proxies of listed companies?
6. Does the fund manager report on the above?
7. What progress are companies making toward the United Nations Sustainable Development Goals?
8. Where does my capital get allocated?
9. Are there avenues for investment that cater to both financial returns and ESG outcomes as they ought to be mutually inclusive?
10. Do I as the investor have any personal values that I wish were catered for by my financial adviser?

***Premal Ranchod is a manager research analyst at Alexander Forbes Investments Personal Finance**

Out of The Ordinary

Russian chefs in naked lockdown!

... they are protesting after virus strips them of income



Russian restaurant owners stripped of their income by the coronavirus lockdown are campaigning for their businesses to be allowed to reopen by posting pictures of themselves naked on social media.

Hundreds of bar, restaurant and cafe employees have posted photographs of

themselves naked with carefully positioned plates, cups, saucepans, bottles, bar stools and napkin holders.

Their demand is for authorities to allow them to start serving clients as the country gradually eases measures to stop the spread of the coronavirus.

"We are naked because we are left with nothing," said Arthur Galaychuk, owner of the Relab Family bar chain in the city of Kazan, whose 20 employees took part in the campaign.

Restaurants in Kazan were allowed to open their summer terraces on June 11 after more than two months of lockdown.

"We don't want to stage a strip show or to fool around, we only want one thing - to work!" said Pavel, a chef from the Siberian city of Novosibirsk, in a post with a group picture of his colleagues wearing only masks and holding kitchenware.

"We don't pose more of a risk than supermarkets, shopping malls, hair salons or public transport," the post said.

Authorities in Novosibirsk have not announced when local restaurants can open.

President Vladimir Putin ordered strict lockdown measures at the end of March shutting all businesses except food stores and pharmacies. The country's regions were allowed to adjust the measures depending on the situation on the ground.

Moscow is in the process of lifting the lockdown and many businesses, including shopping malls, book stores and beauty salons have reopened.

The Russian capital plans to allow cafes and restaurants to open their outside terraces later. Indoor restaurants and bars remain closed in other parts of Russia. Reuters

New COVID-19 testing lab launched

... as more than 2000 samples in a day will be tested

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MASERU - Prime Minister Dr Moeketsi Majoro on Tuesday officially launched the National Reference Laboratory for COVID-19 in Lepereng, Maseru.

In his remarks, Dr Majoro said specimens have been tested in the country but using different type of technology, which was used for TB testing and required cartridges that were difficult to find around the world.

He said the laboratory will no longer be dependent on those cartridges, adding that it now has a more sustainable testing technology that will take the country forward in fighting COVID-19.

The government, he said is grateful for the support it received from the World Health Organisation (WHO), the South African centre for disease control, local entrepreneur Sam Matekane (pictured) as well as Letšeng Diamonds, amongst others, in ensuring that Lesotho realises its independent and efficient COVID-19 testing services.

Accepting the lab, the chief executive officer of the National COVID-19 Secretariat (NACOSEC), Thabo Khasipe, expressed his gratitude to government for being given the honour to take charge in the fight against the pandemic.

The specialist lab for COVID-19, he said, is the first of its kind in Lesotho.

Khasipe said it will increase the capacity to above 2 000 tests in every 24 hours, because for quite a while, they had been relying on South Africa.

Khasipe said pledged that NACOSEC will make better use of the facility, to ensure that results come out on time and the data that is generated is well collected and analysed in order to support decision making measures by the Prime Minister, health minister and all decision making levels within the government in the fight against the pandemic.

For his part, Matekane of the Matekane Group of Companies (MGC), said they thought of helping the government in the fight against COVID-19 as early as March.

Their immediate response, he further showed was to buy a machine to test the samples.

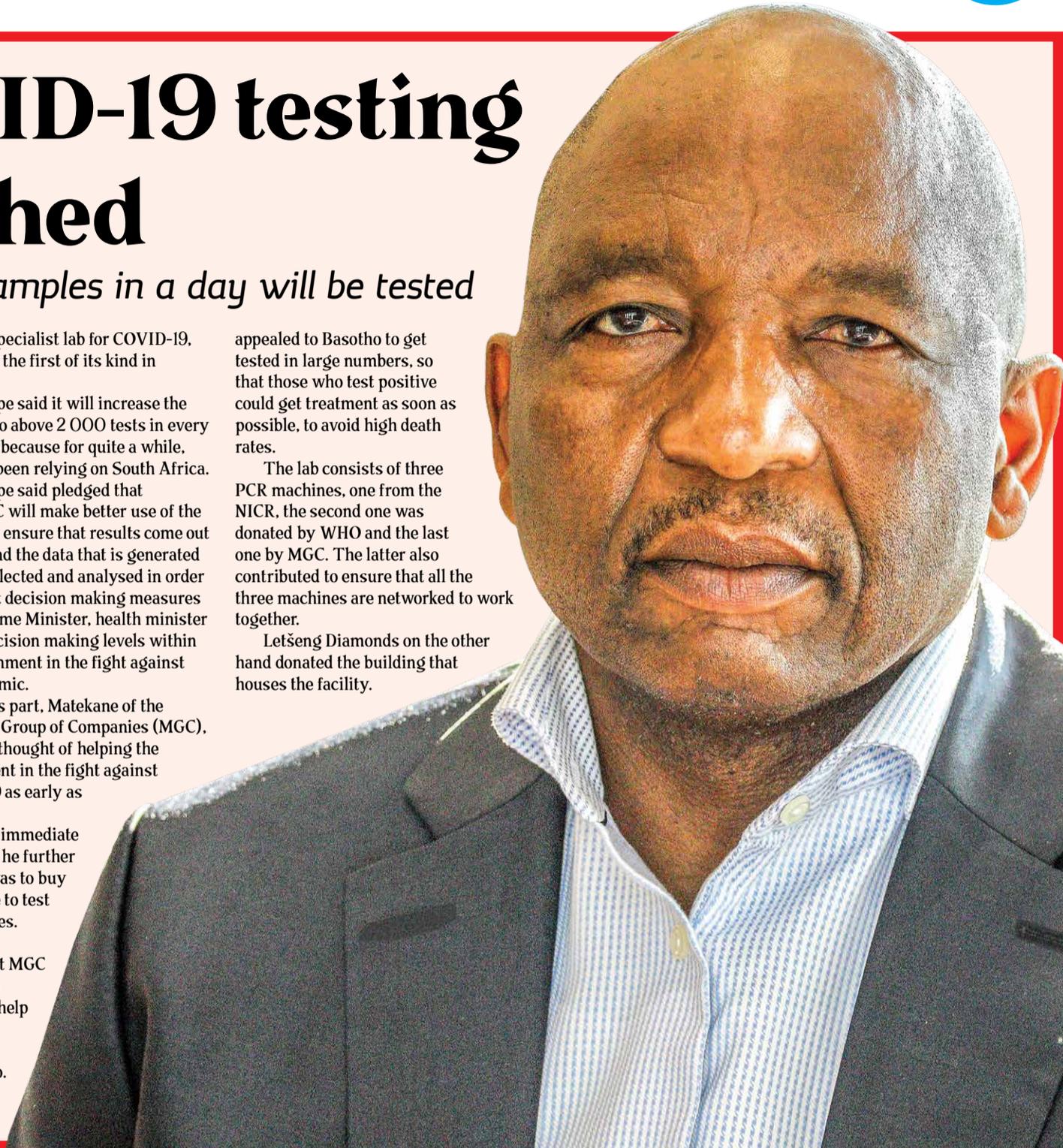
The equipment MGC bought he said, will help test every individual in Lesotho.

He therefore

appealed to Basotho to get tested in large numbers, so that those who test positive could get treatment as soon as possible, to avoid high death rates.

The lab consists of three PCR machines, one from the NICR, the second one was donated by WHO and the last one by MGC. The latter also contributed to ensure that all the three machines are networked to work together.

Letšeng Diamonds on the other hand donated the building that houses the facility.



M800m IMF funding for COVID-19 fiscal pressures



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MASERU - The International Monetary Fund (IMF) has approved

an emergency funding to Lesotho with an amount equivalent to M800 million to help the country meet its urgent balance of payment needs stemming from the COVID-19

pandemic.

Addressing a media briefing this week, the Minister of Finance, Thabo Sophonia, said this type of aid is a once-off window of assistance that the fund has made available for the member countries in anticipation of adverse impacts of the COVID-19 pandemic.

He said the support will also help Lesotho engage other development partners in order to address different needs of the economy to respond to the effects of the pandemic.

This, he said will also be over and above the measures that have been announced and are being implemented to soften the impact on the economy and wellbeing of citizens.

Sophonia noted that the pandemic comes at the time when Lesotho's economy was already facing challenges for several years, adding that amongst others budgetary pressures and the growing budget deficit are the result of dwindling Southern African Custom Union (SACU) revenues

and other sources of income for the country.

"Even though the country has a relatively well-developed social assistance framework that partially mitigates the high levels of poverty, unemployment remains high and the population suffers from one of the highest rates of HIV infection in the world," he said.

He stated that the Lesotho authorities responded to the COVID-19 crisis through a mix of tax relief measures as well as increased spending in sectors that will address shortcomings in the short and medium term such as food security as well as the general health system and well-being of the citizens.

"To cushion the impact on the most vulnerable, the authorities expanded social assistance, supporting food production and providing aid to small businesses through credit guarantees," he said.

Sophonia also said while the country is doing positively in terms of social welfare, though much still needs to be done in addressing

unemployment rate as well as health medication efforts amongst others.

In this context, he said the government's response has been to refocus its budgetary recourses towards containing the pandemic and mitigating its adverse economic and social consequences.

Furthermore, he indicated that the government has been compelled to reprioritise spending towards essential COVID-19 related healthcare and mitigation efforts. He said the latter includes measures to support the livelihood of the population, especially the most vulnerable and the economy through general support to the private sector.

The IMF support will help Lesotho reduce pressure, as government spending on COVID-19 related measures increase.

In addition, it enables the government to secure funding from other development partners such as the World Bank and the European Union (EU), which will allow the government to fully mobilise its COVID-19 mitigation strategy.

Mediation

Mediation enhances performance, soothes soul: Apart from several other benefits, mediation also aids in boosting performance among athletes and sports person. Meditating for 10 to 15 minutes daily will enhance their gross and fine motor skills, sharpens concentration, elevates mood, and lowers stress levels. A calming effect and feeling of contentment comes along with.

Agonal

A word used to describe a major negative change in a patient's condition, usually preceding immediate death, such as a complete cessation of breathing. Agonal respiration, gasping respiration or agonal breathing is a distinct abnormal pattern of breathing and brainstem reflex characterized by gasping, laboured breathing, accompanied by strange vocalizations and myoclonus.

Muscular system

The muscular system is comprised of the sum total of muscles throughout the body that move the skeleton, maintain posture through steady contraction, and generate heat through cell metabolism. Humans have three types of muscle. Without muscle, humans could not live. The primary job of muscle is to move the bones of the skeleton, but muscles also enable the heart to beat and constitute the walls of other important hollow organs.

TO YOUR GOOD HEALTH**Keep your kidneys functioning well**

LINEO MABEKEBEKE
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Basotho have a saying that translates to something like - taking care of one's body and health is better than being on medication for survival.

It is from this saying and others like - prevention is better than cure - that Dr 'Malerato Nkosi, a local medical practitioner makes a reminder that in as much as it is hard to get a blood donor, it is even more difficult to get a kidney donor, so all are advised to care of their kidneys.

She says kidney disease is a major public health concern, which often goes undetected until it is very advanced.

Dr Nkosi says the key is to find the kidney disease before the trouble starts, adding that regular testing for everyone is important, especially for people at risk.

She notes that there are several things one needs to do to keep their kidneys as healthy as possible at every stage of life, which include quitting smoking, exercising regularly and eating less salt as well as fats among others.

"Regular exercising is another way of getting rid of toxic matter from both the both and the kidneys," she further recommends.

She says smoking is a habit that damages blood vessels, which in turn decreases the flow of blood in and to the kidneys.

"When the kidneys do not receive an adequate supply of blood, they cannot function at optimal levels," notes Dr Nkosi.

She further notes that smoking also increases the risk of high blood pressure as well as the risk of kidney cancer.

The other thing that one needs to do is to drink enough water which helps get important nutrients to the kidneys and move waste to the bladder in the form of urine, she also says.

With alcohol, she says drinking too much of it and smoking raise blood pressure, which is one of the most common causes of kidney disease.

She says a balanced diet ensures that one gets all the vitamins and minerals the body needs. She adds that it is imperative to eat plenty of fruits, vegetables and grains such as whole-wheat pasta, bread as well as rice and to avoid eating too much salt or fatty foods.

The best way that one can keep their kidneys safe she says is to take care of the entire body to reduce the chances of developing diseases that put a strain on kidneys.



NACOSEC's chief executive officer, Thabo Khasipe

COVID-19 Solidarity Fund donates over 100 mobile phones to NACOSEC

NKOATE THAMAE

MASERU – The COVID-19 Solidarity Fund (CSF) on Monday handed over 100 cell phone sets to the National COVID-19 Secretariat (NACOSEC) to be utilized for communication purposes by the districts' COVID-19 coordinators.

The handing over ceremony was held in Maseru.

The CSF aid comes at the right time when Lesotho has just reported 726 confirmed COVID-19 cases, 21 related deaths and 174 recoveries.

When addressing the media, CSF's Thuso Green said they work in partnership with NACOSEC to monitor the movement of people who illegally cross into Lesotho from South Africa. The purpose of the surveillance he said is to reduce the prevailing widespread of the virus.

Green said although CSF was only established in May, its staff work hard together with other stakeholders willing to contribute

towards the relief fund.

This he said is a testimony that a solution to fight and reduce the effects of the pandemic is within reach of the nation itself.

He further noted that Econet Lesotho donated the cellphone sets to be distributed amongst the police, district health workers and district administrators of Mochale's Hoek, Quthing, Qacha's Nek, Mokhotlong and Botha-Bothe.

Green said officers who will receive the cell phones will be deployed at identified border gates used to cross illegally into Lesotho from South Africa.

He said CSF is committed to working in partnership with NACOSEC in the fight against the spread of the pandemic in Lesotho, adding it will also focus on normalising Basotho owned businesses which have been affected by the pandemic.

For his part, Paseka Ramokoatsi, Private Sector's coordination officer said they have a clear plan to work in partnership

with other stakeholders in order to succeed in reducing the spread of the virus.

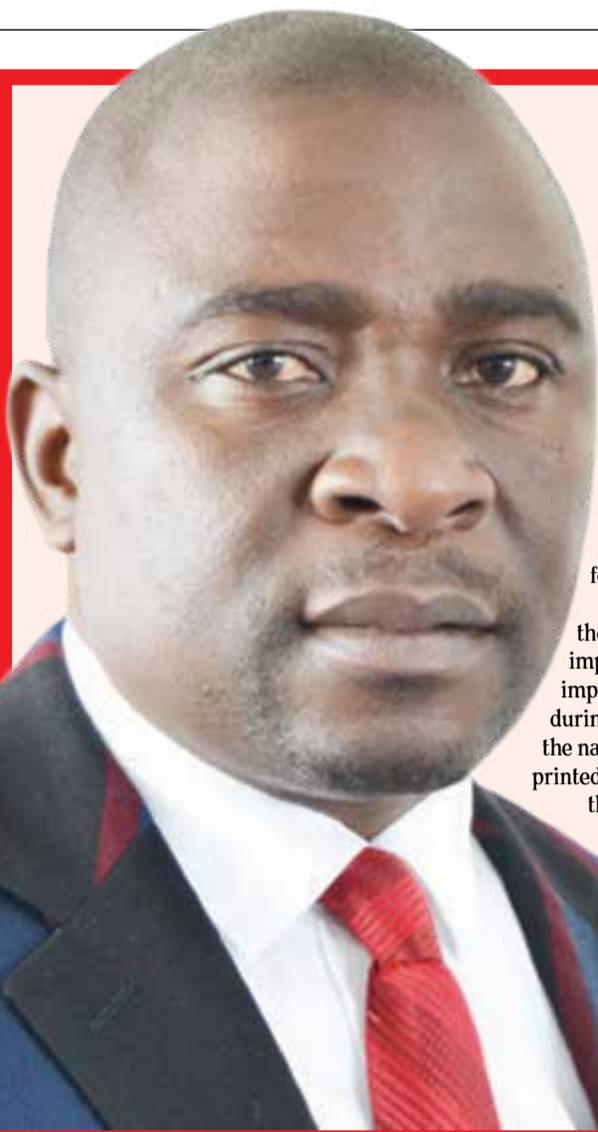
Ramokoatsi said one of their major strategies was to set up a COVID-19 relief fund.

Thabo Ntoi NACOSEC's chief of staff expressed his gratitude for the donation, saying communication plays a vital role for the officers deployed in the districts.

"NACOSEC's main duty is coordination and administration," Ntoi said adding that the distribution of cell phones to the officers at the district level will enable easy coordination and communication of all COVID-19 related issues.

Ntoi said both Dr Catherine Lephoto and Jinson Litsebe have been appointed as deputies to NACOSEC's chief executive officer, Thabo Khasipe.

Dr Lephoto is responsible for the centre's core operations while Litsebe who is the deputy executive secretary is responsible for operations support.



LNFOOD receives NSDP II braille document

LINEO MABEKEBEKE
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MASERU - Without a doubt, technology has become an integral part of people's daily lives, especially for those with disabilities.

New devices make it possible for those with physical, visual and other impairments to do things that were impossible before. This was highlighted during the handing over ceremony of the national development documents printed in braille to aid participation of the visually impaired persons in the country in among others social development issues.

The Minister of Development Planning Selibe Mochoboroane (pictured) handed over the National

Strategic Development Plan II (NSDP) document to the Lesotho National Federation of Organisations of the Disabled (LNFOOD).

The handing-over ceremony was held in Maseru last week Friday.

Receiving the document, LNFOOD's Jeremane Teele said the document is going to help people with visual disability to read.

He appealed to other ministries to get hold of the document in order to learn serious matters that are happening in the country and then have a say in them.

He made an example that the Ministry of Health should have a gazette that is written in braille so that in matters that relate to the COVID-19 pandemic, people with visual disability can know what to do and when to protect themselves and others.

"With COVID-19, we always hear that there is a released gazette, with the restriction of movements and other matters but we are not able to read such things ourselves, hence we appeal for assistance," noted Teele.

He said they normally get important

information from other people where they are not able to read themselves and therefore thanked the ministry for having considered them with the document so that they could also register their impact as visually impaired people in the development matters of their country.

For his part, Mochoboroane said the document was converted into braille in order to help bring sight to the visually impaired on important national strategic development tools.

He said LNFOOD has been part since NSDP I, when things were right, adding that from the publication of NSDP II document, the document should have been in two copies with the second copy printed in braille to cater for the visually impaired.

He further noted that independent organisations can hold the government accountable on their promised plans, especially on issues affecting them directly as interest groups.

The hand-over included 50 NSDP II braille documents to LNFOOD.

China helps Lesotho fight hunger

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MASERU - Prime Minister Dr Moeketsi Majoro has handed over food packages to residents of Taung, in Mochale's Hoek as part of the M1 million donated by the government of the People's Republic of China to fight hunger in Lesotho.

Lesotho has been experiencing serious bouts of drought in the past few years and that has caused a major food insecurity problem.

The situation has now been aggravated by the prevailing COVID-19 pandemic that has resulted in many people living in constant fear of catching the deadly virus.

On behalf of the embassy of the Republic of China in Lesotho, Ambassador Lei Kezhong said it is a great pleasure to donate food parcels to Basotho who are in need of food assistance.

"I am also happy that the Chinese embassy in Lesotho could make a humble donation and contribution to our Basotho friends," Kezhong said.

As partners of Lesotho, he indicated that they have the same feeling as Basotho, which is why they try their best to offer Basotho a helping hand.

Since 2016, China has donated around 8,000 tons of food aid to Lesotho, all to the value of about M150 million.

Kezhong was hopeful that their support will help strengthen efforts of the government of Lesotho and its people to fight food insecurity and the COVID-19 pandemic.

Dr Majoro expressed his gratitude to President Xi Jinping of China for the hand extended to support Basotho during these trying times.

He said the crisis caused by the Corona virus builds on an already

existing crisis of a serious drought for which Lesotho made an international call for support.

He said is grateful that China stood up with Lesotho and has already provided food for Basotho.

On behalf of the beneficiaries, 'Mathabang Sentšo said a lot of families were impacted by hunger and some of the effects and impact can be seen on the youth and adults alike.

She said many of the hungry children in their community are always ill and are frequently hospitalised, costing them a lot of money and time.

"Now things are even worse because local clinics and hospital workers are not working because they are on a COVID-19 related strike, hence a lot of health services have been suspended," Sentšo said.

Mochale's Hoek was the first district to receive food parcels under this initiative, with 65 families benefiting while more than 5 400 families are expected to benefit country-wide.



Ambassador Lei Kezhong

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When will borders open?

South Africa, the continent's worst-hit nation by Covid-19, has recently eased many lockdown restrictions during level 3 of the pandemic in the country. However, the authorities in South Africa remain cautious about resuming opening of borders and international flights in the county which is the logistics hub of the continent.

The country's recent scaling down measures included re-opening libraries and museums and lifting a closure order on businesses such as restaurants, casinos and cinemas. In addition, domestic travel has been allowed for business and essential purposes. However, regular international flights from and to South Africa are not expected to return before next year.

Tourism sector employees are hopeful though that international

flights may resume before September as that time of the year is considered to be the peak season for inbound tourism, which could assist many workers in the sector as they seek to remain employed in tourism-related industries.

The Tourism Business Council of South Africa (TBCSA), an umbrella body of regional tourism associations, released a statement implying that resumption of flights by September is crucial for people in the inbound tourism industry to preserve their jobs, as during the period from September to March inbound tourism makes up 60% of its overall annual revenues.

This puts to bed the widely shared but incorrect idea that South Africa might only open up its borders in February 2021, based on speculative estimates presented during a joint

webinar hosted on May 11 2020 by SA Tourism CEO, Sisa Ntshona, and the TBCSA CEO, Tshifhiwa Tshivhengwa. Both Mr Ntshona and Mr Tshivhenwa highlighted that the South African government's risk-adjusted strategy did not commit itself to any firm dates, and cautioned that the graphics shared during the presentation were speculative, to be used as a starting point for discussion only. But that did not stop bloggers and journalists around the world from jumping to conclusions and putting out misleading headlines that South Africa would only open for tourists in February 2021.

Through a process of extensive consultation with industry experts and stakeholders, the tourism industry in South Africa has pulled together to compile a comprehensive set of operational safety protocols which would allow the travel industry to reopen sooner and operate safely within the risk-adjusted approach adopted by the South African government in response to the COVID-19 pandemic.

These comprehensive guidelines make it possible to mitigate the risk of infection at all levels of inbound travel, paving the way for South Africa to begin reopening its borders to selected markets from September onward, in a phased approach. The protocols have been crafted to mitigate the risk of infection while being pragmatic and easy enough to implement, so that the tourist experience is not negatively affected.

Recipe Of The Week

Stuffed Peppers Pasta Casserole



Inspired by the classic stuffed bell peppers dish, this comforting pasta casserole holds all those flavors inside.

Ingredients

1 med. yellow onion
1 lg. green bell pepper
1 lg. orange bell pepper
1 lb ground beef
1/3 cup tomato sauce
5-6 leaves of basil
1 1/2 tsp oregano
Salt
Fresh cracked black pepper
1/3 to 1 lb dry farfalle pasta
1 1/2 cups shredded Cheddar-Jack cheese mix

Instructions

Cook pasta according to the package directions, drain and set aside.

Preheat oven to 350 and lightly grease a casserole dish. (2 1/2 - 3 quart baking dish will work.)

Slice onions and peppers thin. Preheat a large cooking pan over medium heat. Add some vegetable oil, onions and peppers. Cook veggies until softened.

Add ground beef to the pan. Break it up as much as possible, cover, and cook for a few minutes. Stir well breaking up clumps of beef.

Add tomato sauce, salt and pepper. Mix and continue to cook, covered, until beef is done.

Stir in oregano and chopped basil. Stir in pasta and transfer the mixture into a prepared baking dish.

Spread shredded cheese all over the top and bake for 15-17 minutes.



Maseru border

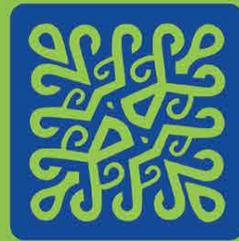
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TMG employee to be laid to rest on Saturday



DECEASED: TMG employee Reentseng Jeremiah Manyali

TEBOHO JAFETA
sports@maserumetro.com

MASERU – An employee of the Thabure Media Group (TMG) Reentseng Jeremiah Manyali who died at the Makoanyane Military hospital on July 23 from sugar diabetes related complications will be laid to rest on Saturday in his home village of Ha Rasebesoane in Mazenod on the outskirts of Maseru. Manyali who was a driver for the media company was a retired Lance Corporal in the Lesotho Defence Force (LDF). His passing on and funeral were

also this week published on the army's Facebook page along with other deceased members of LDF's, both still serving and retired. Manyali joined TMG in 2018 and managed his diabetic condition throughout the years without much hiccups. During his long service as a soldier, he worked in various army units and was for a long time deployed at the Royal Palace where he served as His Majesty King Letsie III's official driver.

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Benjamin Mkapa

Tanzania's Benjamin Mkapa: the peace maker, true East African and Pan-Africanist

DIED 81, Benjamin William Mkapa, the former president of the Republic of Tanzania, died on July 24 in a Dar es Salaam hospital after he suffered a cardiac arrest.

He was laid to rest on July 29 at his ancestral home village of Lupaso, Masasi, Mtwara Region in south eastern Tanzania.

Speaking to thousands of mourners before the burial, Tanzanian president John Magufuli said the late Mkapa had suggested that he would want to be buried in his home village.

This is after he noted that the government had allocated a cemetery in the capital Dodoma for Presidential burials.

Mkapa was the east African country's third president and was in office from 1995 to 2005.

He was born in November 12, 1938. After attending schools in Tanzania from 1945 to 1956, he completed a major in English language at the Makerere University in Uganda in 1962.

He also attended the Columbia University in New York and received a master's degree in international affairs there in 1963.

Mkapa was a staunch supporter of the Tanzania African National Union, which won independence from Britain in 1961 under Mwalimu Julius Nyerere.

His star rose steadily under Nyerere's long reign – from 1961 to 1985 – as leader of the renamed party, Chama Cha Mapinduzi.

Before becoming president, Mkapa worked in various capacities in government for almost three decades. In the 1970s, he was employed as the presidential information officer for Nyerere.

He later became a lawmaker, and he served in cabinet positions including minister of foreign affairs, minister of information and culture, and minister of science, technology and higher education. He also served as ambassador to countries including Canada, India, Nigeria and the United States.

Earlier in his career, he was a prominent journalist. He was the executive editor of the English-language newspaper The Daily News and, in 1976, the founding editor of the Tanzania News Agency.

After he left office, Mkapa worked with a number of global organisations responding to political, economic and social crises.

He was on the board of the International Crisis Group, participated in a United Nations (UN) panel on trade and development and was the chairman of a team sent by Ban Ki-moon, then the U.N. secretary general, to monitor a 2010 referendum on independence for South Sudan.

His presidency is particularly significant since it represents the first phase of Tanzanian multi-party



democracy. It was Nyerere who in 1991 opened debate on a multi-party democratic system for Tanzania. He saw it coming in the wake of developments in neighbouring Kenya, where multi-party democracy was promoted at an early stage by church leaders, civil society and the population at large.

His reported response in Kiswahili loosely translates to,

When you see your neighbour being shaved, you're best advised to wet your beard otherwise you will have a rough shave.

Nyerere was a firm supporter of Mkapa and was instrumental in Mkapa's party nomination to stand for the first multi-party election in 1995.

Mkapa's government initially faced a gloomy economic position. This was partly based on global economic stagnation. It was

also partly due to the previous government's lack of economic and institutional discipline. His predecessor Ali Hassan Mwinyi (1985-1995) had lost the trust of the international financial institutions which provided substantial assistance and loans.

The first main challenge for Mkapa was to enhance the discipline in state finances and stabilise the economy. The second was restoring confidence among donors by pursuing western-backed neo-liberal market policies. Having agreed to implement proposals endorsed by donors, Mkapa quickly won international trust.

Growth amid old challenges

The resumption of external development assistance was not enough to immediately spur the economy. During the 1990s the average annual real per capita

GDP shrank slightly.

But during his second term it grew markedly. The main drivers included gold and gemstones, tourism and construction.

Mkapa also oversaw a period in which poverty levels declined, however slightly. Hunger statistics from 2005 showed that rural people were worse off than those of the urban population. His attention to rural areas, so important for Nyerere, grew only towards the end of his presidency.

However, instead of strengthening village and women land rights which the land laws of 1999 tried to do, he went for a top-down formalisation of individual land rights championed by the Peruvian economist deSoto.

Mkapa came to see "property and business formalisation" as a major priority of his government well

aligned to international financiers who supported his government handsomely.

These transitions were unable, for the time being, to challenge village and smallholder production and land management systems. But they did create an opening for future administrations to attract foreign investors pushing large scale mechanised agriculture which demand land (mostly village) but provide limited employment.

Coupled with a decline in manufacturing, a rapidly growing rural population was left with limited exit options.

Thus, at the end of Mkapa's term the challenge of a structural transformation of the economy that could redistribute growth and create sustainable production systems that could absorb labour and importantly rural youth, remained unresolved.

Anti-corruption crusade
At an early stage, Mkapa sought to enhance the legitimacy of his government both domestically and externally by fighting corruption. His anti-corruption strategy – laid out by the Warioba Report – started in 1996.

But his crusade didn't result in significant change. Petty corruption linked to foreign business and investment appeared to decline. But graft linked to household service delivery such as health and water did not. In fact, the evidence is that corruption showed an increase during his second presidential term and beyond.

One area where Mkapa's term saw important institutional, policy and legal development was the forestry sector. The sector saw 8 000 registered villages and community groups managing 70-80 % of the national land on behalf of the state. Policies such as this opened a space for rural and village involvement.

Thus people could use existing institutions from below for the purpose of managing community and joint forest management for villagers' own benefits. In a significant way, this was Mkapa trying to instill a democratic and participatory spirit in Tanzania.

Legacy
After his presidency, Mkapa was much sought after for his spirit of cooperation, participation and peace. He became an important mediator in conflicts across Africa and including the Kenyan post-election conflict in 2007 and the 2011 referendum in South-Sudan.

He is rightly hailed by Kenyan and others as a peace maker and true East African and Pan Africanist.

For his people in south eastern and coastal Tanzania he will most certainly be remembered as the president who made real their desire for better transport, communication and cooperation in their part of the country.

In 2003 the construction of the long awaited bridge – the Mkapa Bridge – across the Rufiji River – was finalised.

For Tanzanians – maybe as a whole – he will also be remembered as a president who continued and secured the path of peace and cooperation between and for his peoples.

He is survived by his wife, Anna Mkapa, and two children.



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Maintaining your engine internally is as important to do as it is for the exterior. Some minor debris in the wrong place can do a lot of damage if not cleaned. For example, when checking your brake fluid and some grease falls into the brake fluid. Damage to the brake system can occur.

For the process, first remove the battery cables. Disconnect the negative cable

first. The reason to remove the ground first is so that you can't short the circuit, releasing enormous amounts of energy in the process. Once the circuit is broken, remove the positive cable and set aside.

Cover sensitive electrical parts like the alternator, distributor and engine computer or relay boxes with plastic bags. This will keep them from getting overly

soaked. If you have a finicky, older car with a lot of electrical problems you may want to think twice about spraying your engine down. Fix those problems first or at least it will be clean so when you have to fix them after.

Use compressed air to blow out any loose dirt. A shop vacuum cleaner will also work if you have a small hose extension that will reach into

tight spaces.

Spray the engine cleaner on the greasy engine. Stay away from exposed electrical components. These can be cleaned with non-residue dry brake cleaner.

There are special engine cleaners available on the market designed specifically for exterior engine cleaning. While cleaning the engine isn't necessary, it can be helpful for: discovering leaks, protecting rubber and plastic hoses, making sure electrical connections are not interrupted, seeing labels clearly and for pride of ownership.



Peugeot traces its EV history to 1941

... As French automaker rolls out new electric SUV, it remembers its first EV

LARRY EDSALL

As part of the rollout of its e-2008 all-electric sport utility vehicle, Peugeot reminds that it has nearly 80 years of experience with electric vehicles.

Peugeot's first EV wasn't planned but was the result of what the French automaker terms "simply ingenuity."

In 1941, faced with the German occupation of France and fuel shortages as Europe went to war, Peugeot developed "a unique alternative for the time.

That alternative was the VLV, short for Véhicule Léger de Ville, or "Light City Vehicle." The VLV was a small cabriolet with two offset seats and an electric drivetrain.

"This economical vehicle, designed for urban use, was intended to meet the transport needs of those whose vehicle had been requisitioned or could not be driven due to a lack of fuel, which was often rationed and very expensive," Peugeot said in its retrospective news release.

"Designed as a 'cyclecar,' with a wide track at the front and a narrow track at the rear, the VLV ran on electricity using batteries stored in the front, and an electric motor without a differential that powered the rear wheels.

"Its range was 43 to 50 miles at speeds up to 21 mph."

Between 1941 and 1943, Peugeot produced 377 of these vehicles at the La Garenne factory near Paris. They were used primarily for postal delivery and by doctors doing house calls.

It wasn't until 1989 that Peugeot would do another EV, the J5 electric-powered commercial van. In 1993, it began development on the 106 Electric, a passenger car that went into production two years later.



Cars down, bakkies up as sales stutter into new normal

New vehicle sales in July may have shown a clearer sign of which levels of market activity should be expected as lockdown regulations ease and the economy begins opening up again.

WesBank warned, however, that it was too early to define any kind of trend or level of normality as the complexities and many unknowns of the developing pandemic continue to be felt.

According to the National Association of Automobile Manufacturers of South Africa (Naamsa), new vehicle sales declined 29.6% to 32,396 units compared to July last year. This shows some levels of improvement in the context of June sales, which were 30.7% down year-on-year for a market volume of 31,867 units.

"We had begun to see uptake on fixed rate deals last month thanks to the low interest rates, and it is interesting to note the significant change in the bank's average deal duration in July," says Lebogang Gaoaketse, Head of Marketing and Communication at WesBank.

WesBank data indicates a shift towards earlier settlements of deals in July. "We might have considered this as a result of consumers making affordability decisions in terms of monthly instalments, except that the bank's average deal size is between 10% and 15% higher year-on-year across new and used," says Gaoaketse. "We will require more data before we can fully understand how buyer behaviour is changing."

Indebted consumers benefited from another cut in interest rates during July as the Reserve Bank attempts to stimulate the economy and balance

some level of relief against investment returns. But households were also faced with rising fuel prices of 7.5% despite the price being 20.9% lower than a year ago. Consumer Price Inflation came in at 2.2% although the overall food basket increased 4.2% and many food groups in the car-buying market exceeded this amount.

"This all continues to paint a picture of a hard-hit economy that will take some time to recover," says Gaoaketse.

Passenger car sales fared slightly worse than last month, down 35.8% to 18,905 units compared to July last year. June sales had recorded a 33.4% year-on-year decline with 19,264 units sold last month.

Light Commercial Vehicle (LCV) sales, however, showed a dramatic improvement over June, which was down 29.7%. July sales in the segment came in 19.7% down on July last year to 11,123 sales. This was 934 more units than sold in June.

"It must be noted that not all segments of the market are contributing to sales as the market slowly re-opens," says Gaoaketse. "The rental market is effectively dormant until such time as business travel and tourism return to some level of significant operation. Government sales, however, are only slightly lower (6.9%) year-on-year."

Although WesBank retains a cautious approach for the remainder of the year, there is some reason for optimism: with these experienced levels of market activity amidst the peak of the country's COVID-19 infection rate, more market confidence could be expected as the country begins to slow the onslaught of the pandemic.



Hino logistics in innovative system



Hino trucks

NEXT Logistics Japan (NLJ), a subsidiary of Japanese truck manufacturer Hino, is rapidly developing systems to facilitate efficient transportation on major routes. Since its establishment in June 2018 NEXT has not only been developing transport solutions, but also seeking out suitable companies to be their partners in this ambitious project.

Five Japanese companies came aboard in December 2019 and now, in June, another three companies have joined the consortium, adding further skills and resources.

Initially NLJ was experimenting with various ideas to solve society's changing logistical requirements. Due to a significant shift in the environment in which we live and the growing need for individual delivery, the transport industry is facing a

significant shortage of trained drivers and a decline in the loading rates of individual trucks. This is particularly the case on trunk routes. All the involved companies involved in the NLJ project share the same sense of crisis in logistics and are committed to working together to build systems aimed at increasing efficiency and productivity as well as providing labour cost saving.

Initially the project will be focussed on the Tokyo-Nagoya-Osaka trunk road which is currently a major transport bottleneck in Japan. The system can then be rolled out to other major routes.

Cross-docking centres will be built at the two extremities of the route where freight from different cargo owners will be consolidated. In addition to mix-loading freight in optimal arrangements that

are calculated from freight and vehicle configuration information the system will also be able to match loads to fill vacant spaces thereby maximising loading efficiency.

Mix-loading freight with different attributes such as size, weight, and transport frequency will mean that maximum use can be made of each truck combination's loading capacity in terms of weight and volume. The system will even be able to allow temperature variation by cargo compartment to let NLJ to simultaneously transport both room temperature and low temperature goods at the same time.

The vehicles themselves will be double-coupled trucks, each 25 metres long, which will provide greater efficiency by enabling one driver to transport the equivalent of two

heavy-duty trucks' worth of freight.

Additionally, technologies such as the Hino Connect information and communication system will be incorporated in the system to ensure safe and secure transportation, while sensors in the trailers will provide visualisation of the cargo compartment configuration.

"We are committed to developing and establishing a logistics system that will be available to all cargo owners and transport companies in the future," said Yukio Umemura, President and Representative Director of NEXT Logistics Japan. "We are very grateful that we have been able to find willing partners who embrace our concept and who offer a broad range of technologies and expertise that will be beneficial to the ultimate success of this ambitious project."

Lights about to turn green for Volkswagen Motorsport

It's been five months since South African motorsport fans have been treated to the type of action that only the Oettinger Polo Cup can provide, and now, the field of more than 20 of South Africa's most talented drivers are preparing themselves to return to the track once again. The Zwartkops Raceway to the west of Pretoria, who played host to the opening round way back in March will once again provide the scene for the second battle in South Africa's most hotly contested racing series. The scene will however be different than what it was five months ago as the entire racing fraternity will adhere to a set of strict Covid-19 protocols as prescribed by government in association with Motorsport South Africa.

"We are delighted that motorsport as a whole has finally received the green light from the Department of Sport and Recreation following negotiations between government and Motorsport South Africa," commented Mike Rowe, head of Volkswagen Motorsport. "I'm sure that everyone involved in the Oettinger Polo Cup cannot wait to resume their battles on 7 and 8 August, albeit under very different circumstances than before."

A number of regulations have been put in place to minimize the risk and the spread of Covid-19 during the race weekend, such as limiting the amount of attendees and enforcing obvious social distancing. The action will take place in front of empty stands as spectators from the general public will not be allowed entry in accordance with government's regulations with regards to public gatherings. "As a responsible investor in the communities that we operate in and a role player in the welfare of the country as a whole, we as Volkswagen respect that. We have put all measures in place for the weekend which will now allow us to focus on the racing itself," Rowe continued.

If the level of competition during Round 1 was anything to go by, the sparks are sure to fly once again when the lights turn green to signal the start of the first race on Saturday morning. Young Capetonian Dario Busi managed to turn



his pole position into a maiden race win in race 1 in March. Oates twin Justin was second across the line ahead of Natalian Clinton Bezuidenhout.

Race two saw another tough battle. This time it was the other Oates brother Darren who managed to hang onto a slender lead to take the checkered flag with Busi second across the line followed by the talented Arnold Neveling. It makes sense to look at all these names as potential race winners come August 8 as they have all proven their pace around the Zwartkops Raceway, but the very nature of the Oettinger Polo Cup means that there are several more drivers who will be fighting for victory. The list of proven race winners and podium contenders to name but a few include Jurie Swart from Cape Town, the Shorter brothers Matt and Chris, Stiaan Kriel, Adrian Wood and Keegan Campos.

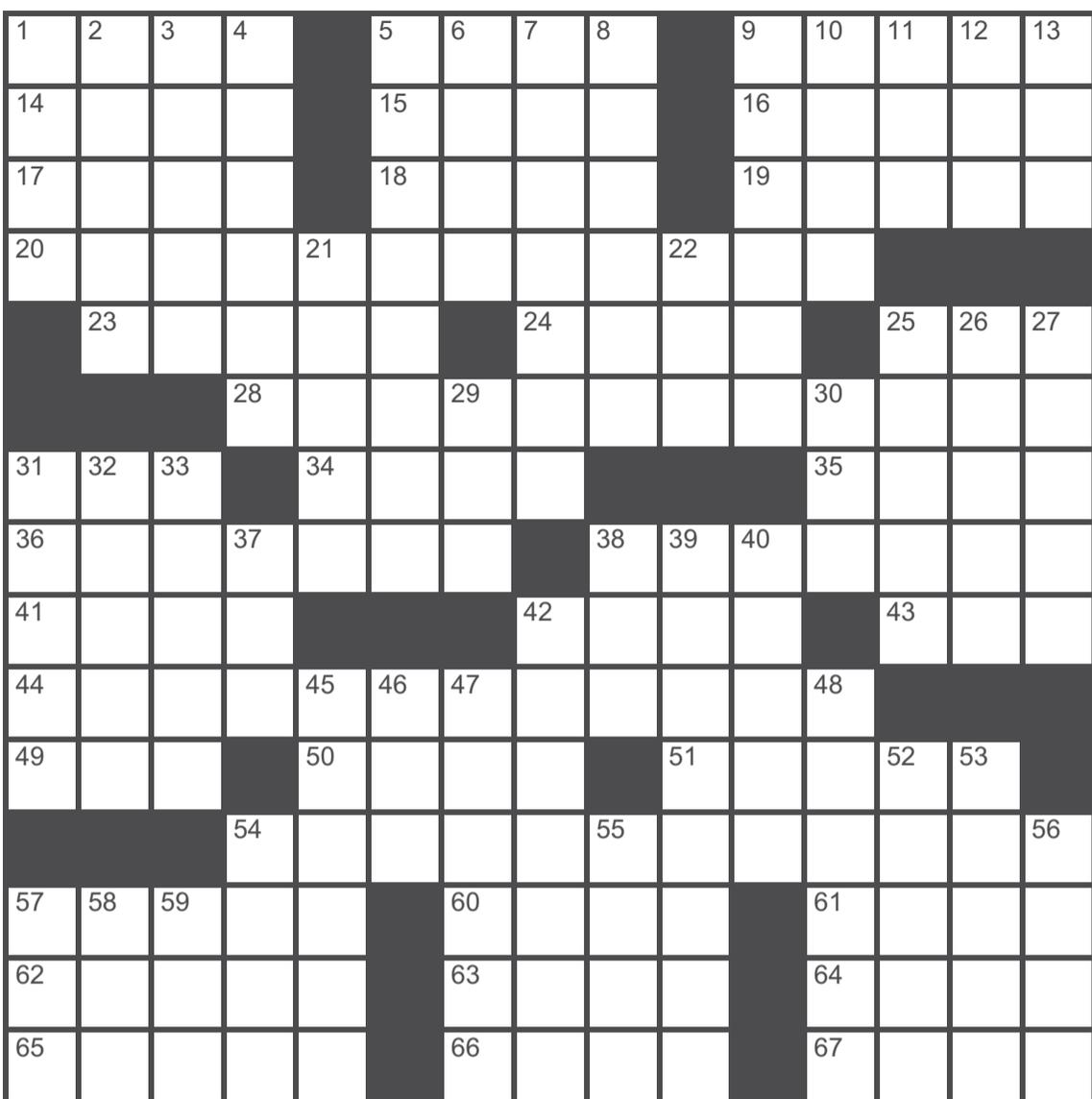
And they will not be the only ones wanting to make their mark. The Oettinger Polo Cup has always provided the perfect stepping stone for youngsters to develop their talents, and the 2020 season is no different with a host of new drivers joining the series. Stuart White is an accomplished driver in the world of single-seaters and has now added tin-top racing to his repertoire. Jayden Els, who just turned 16 is a former world go-kart champion and all eyes will be on the talented trio of Kwanda Mokoena, Baksi Komane and Nathi Msimanga who are all developing their respective careers from a very young age. "This is exactly what the Oettinger Polo Cup is all about. The series has produced several champions in the past and the next batch of future champions are already making their mark," added Rowe.

The weekend will also see the debut of the

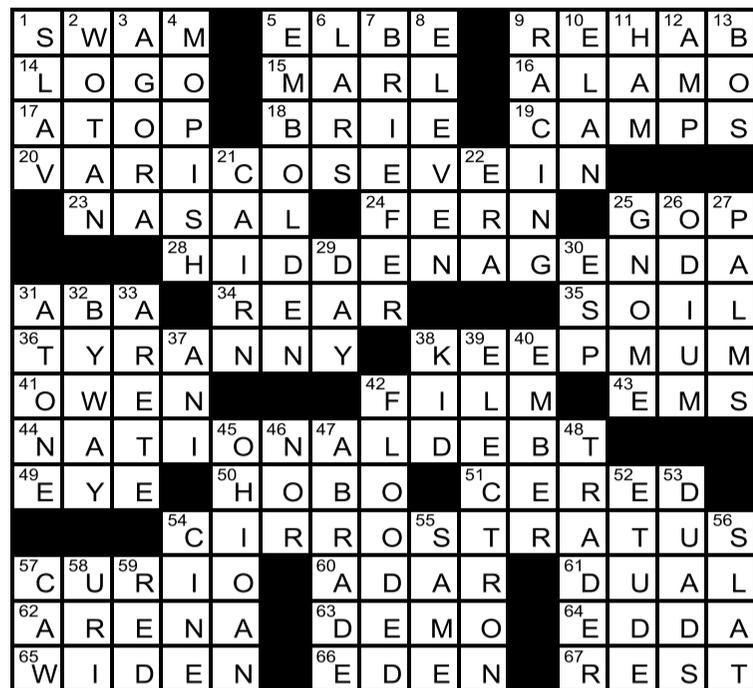
eagerly-awaited SupaCup class which will serve as the second category of the Global Touring Car series. The official GTC series is yet to get underway, but Zwartkops will see nine identical SupaCup Polo GTIs battle it out. In the mix will be former Polo Cup champions such as Bradley Liebenberg and Jeffrey Kruger, as well as Volkswagen Motorsport's Jonathan Mogotsi who is looking forward to the challenge.

"It is no doubt going to be a very exciting weekend of racing. It is fantastic to resume the season in a responsible way under the current circumstances, and I'm sure the various teams and drivers can't wait to do battle," Rowe concluded. Fans who want stay informed and follow all the action can do so by keeping an eye on all the social media platforms and Volkswagen Motorsport South Africa's channels throughout the weekend.

General Crosswords



Last Week's Solution



- | | |
|--------------------------------|------------------------------------|
| 13. Word before and after "oh" | 40. _____ Island National Monument |
| 21. Dentist's directive | 42. Blinker |
| 22. Kind of mill | 45. Medicinal syrup |
| 25. Utah lilies | 46. Film director's cry |
| 26. Ludicrous | 47. Military helicopter |
| 27. Spread around | 48. _____ in Chief |
| 29. "For _____ a jolly..." | 52. Sky-blue |
| 30. Welcome site | 53. Caterpillar hairs |
| 31. Key material | 54. Doll's cry |
| 32. Hawaiian veranda | 55. Mountain pool |
| 33. Illuminated | 56. Lackluster |
| 37. Realtor's offering | 57. Floral necklace |
| 38. Set one's sights | 58. Driver's lic. and others |
| 39. Weather conditions | 59. Grassland |

ACROSS

1. Carve in stone
5. "The Sun Rises"
9. Vinyl collectible
14. Whimper
15. University mil. group
16. Dried sponge
17. False god
18. The Everly Brothers, e.g.
19. Male chicken
20. Prairie schooner
23. Peptidase
24. Tel _____, Israel
25. A sib
28. Coronation
31. Home extension
34. Coaster

DOWN

35. Food thickener
36. Pearl and Nathan
38. Polish remover
41. Not deceived by
42. "_____ 'er up!"
43. Darn
44. Knot
49. Poodle's cry
50. Insect stage
51. King with a golden touch
54. Spread
57. Sachet scent
60. Confab
61. Ballet wear
62. Swelling
63. Roll call response
64. Kind of agreement

DOWN

65. Biblical patriarch
66. Coastal raptors
67. It holds the line

So You Think You are Genius

Question (Answer next week)

What number comes next in this sequence:

3 3 5 4 4 3 5 ==?==

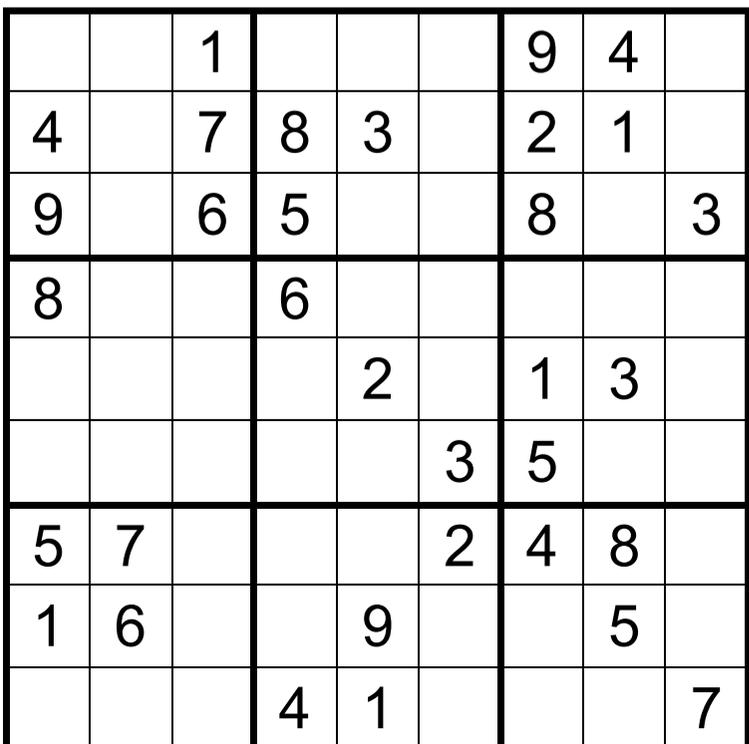
NO...?

Last Week's Answer

The letter 'e', which is the most common letter in the English language, does not appear once in the paragraph.

e

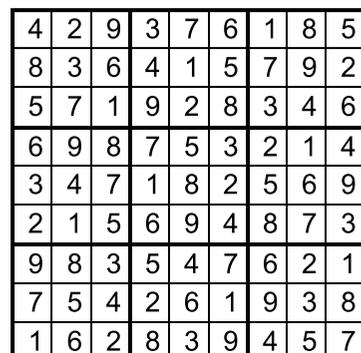
Sudoku Puzzle



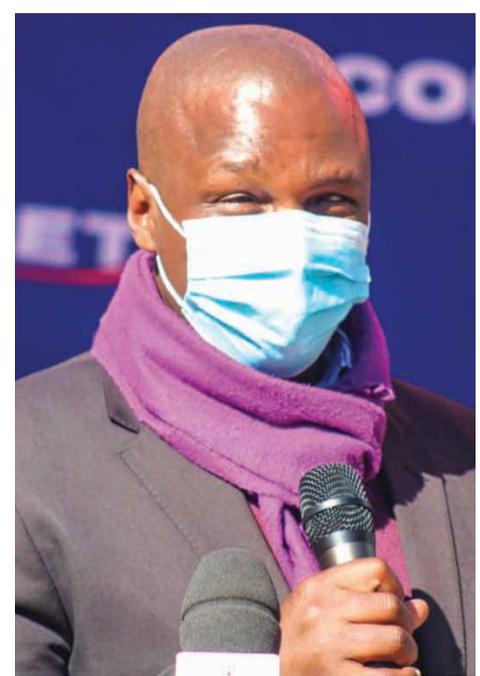
Fill in all the squares in the grid so that each row, each column and each 3x3 square contain all the from 1-9

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

Last Week's Solution



LSRC, ECONET assist athletes



LSRC president Jobo Rasooko

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MASERU - The Lesotho Sport and Recreation Commission (LSRC) in collaboration with Econet Telecom Lesotho on Wednesday distributed food parcels valued at M10 000 to 37 athletes from eight sports federations at an event held at the commission's new premises in Maseru West.

In his welcoming remarks, LSRC treasurer Makhola Serake said the commission with Econet's support, chose to assist the athletes as they face hardships brought about by the COVID-19 pandemic. "The commission with donor's support chose to assist these athletes and we decided to engage in this initiative," he added.

For her part, Econet Telecom Lesotho's Puleng Mathabo Masoabi said the telecommunications giants are working hard in contributing towards sports development in Lesotho.

She said Econet has signed a three-year Memorandum of Understanding (MOU) with LSRC, adding they will continue to work together going forward.

"There are some players who survive through sport and are vulnerable during this time, hence we felt it necessary to offer them the little that we can afford. I therefore invite other companies to join us in this initiative," Masoabi also said.

On behalf of beneficiary sports federations, the Lesotho Boxing Association (LeBA)'s Lehlohonolo Snyman applauded LSRC for remembering the athletes during this difficult time.

"I thank Econet for this donation and hope that we will receive further assistance from



Food parcels presented to 37 athletes from eight sport bodies

other companies as we have a huge number of athletes," he said.

Snyman also acknowledged sports leadership in Lesotho for ensuring that athletes train individually as that practice has come to be normal nowadays. He further urged athletes to keep on training individually from their respective homes.

LSRC president Jobo Rasooko said people who came to the event were chosen to receive food parcels on behalf of their federations as all beneficiaries could not attend due to the COVID-19 regulations.

"These people present here today came to collect food parcels and will hand them over to other athletes," he said.

Rasooko further mentioned that Econet supports sports in Lesotho, making an example

of the elite football league which Econet sponsors.

"The COVID-19 pandemic taught us that we have to assist each other. There are people who know that sport assist them in growing their businesses, so let us all assist each other. The best friends are identified during difficult times," he said.

He thanked Econet for giving back to the sport community and appealed to other companies to assist sport people during this time.

The director of sports at the Ministry of Sports and Recreation Puisano Tšosane said the 37 beneficiaries were chosen from the 500 athletes who come from eight federations.

"Among 500 athletes, Econet Telecom Lesotho had pledged to assist 100 athletes but

we decided to start with these 37," she added.

Tšosane said she was informed that a circular was released to all federations requesting them to provide lists of their athletes and the eight federations were the first to respond, hence their consideration.

"The minister told me that she is preparing a relief support for sport people as they are as well affected by the COVID-19 pandemic," she also said.

Eight federations that benefited from this donation comprise the Federation of Athletics Lesotho (FAL), the Lesotho Boxing Association (LeBA), Lesotho Weightlifting Association (LWA), Lesotho Darts Association (LDA), Culture Sports, Special Olympics, National Paralympic Committee of Lesotho (NAPCOL) for Deaf and NAPCOL for Visually Impaired.

Local referee in top CAF course

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MASERU - The Lesotho Football Association (LeFA)'s referees instructor, responsible for technical affairs, Rethusitsoe Lebaka, will be among 36 continental instructors who will undergo a two-day CAF Futuro III online course scheduled for August 8 - 10.

LeFA referees' coordinator Mohau Sentšo told Metro that Lebaka was nominated for the course after he performed well in another CAF referees' workshop, which was held in Rwanda last year.

"CAF's selection criteria was based on the technical instructors' performance in that course and Lebaka was among top performers, this is why he was selected for this one," he said.

He further showed that the course will be held virtually due to the fact that air transport and cross border travels have been currently halted because of the COVID-19 restrictions.

He also said that another referees' instructor Mohlauli Pita attended the CAF referees' instructors Futuro III course at the beginners' level alongside Lebaka who attended CAF referees' instructors Futuro III course at an advanced level in Rwanda in 2019.

Sentšo said the course will be virtual as part of the World Health Organisation (WHO) guidelines on managing the Coronavirus (COVID-19) pandemic.

CAF normally sends instructors to different countries for the courses but that cannot happen this year due to the pandemic.

Sentšo said CAF will conduct this course via an online classroom tool where instructors

will learn from the comfort of their respective homes.

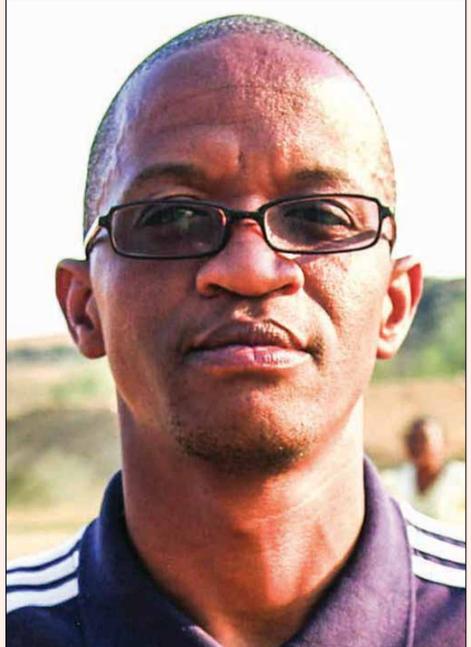
He said CAF decided to hold the course only for technical instructors as they cannot include physical instructors due to the COVID-19 restrictions regarding meetings and physical gatherings and airplane transport shutdown.

Lesotho's referees' instructors include Lebaka, Pita, Khotso Makhetha, and Moepi Moepi.

FIFA in collaboration with LeFA held a four-day online referees course for 38 elite referees last month.

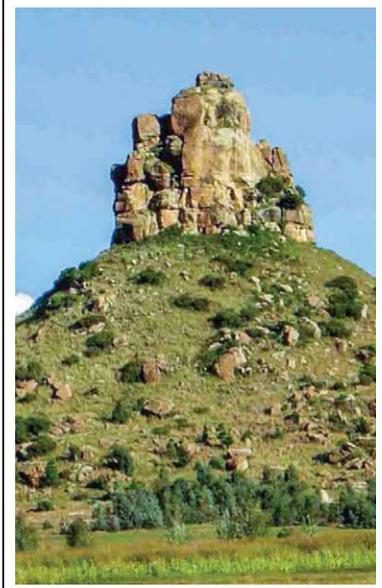
Physical instructor Mark Mzengo of Malawi and technical instructor Ali Ahmed of Somalia facilitated at the training.

Participants at the workshop included six women referees, four FIFA referees and 20 other referees.



LeFA referees' coordinator Mohau Sentšo

National Weather



MASERU		
FRIDAY	SATURDAY	
	19°C / 4°C	
17°C / 3°C	SUNDAY	
	19°C / 0°C	
MAFETENG		
FRIDAY	SATURDAY	
	13°C / 5°C	
11°C / 3°C	SUNDAY	
	11°C / -2°C	
MOHALE'S HOEK		
FRIDAY	SATURDAY	
	13°C / 5°C	
11°C / 3°C	SUNDAY	
	11°C / -2°C	
QUTHING		
FRIDAY	SATURDAY	
	19°C / 6°C	
16°C / -1°C	SUNDAY	
	18°C / 1°C	
QACHA'S NEK		
FRIDAY	SATURDAY	
	19°C / 7°C	
12°C / -4°C	SUNDAY	
	21°C / 2°C	
THABA TSEKA		
FRIDAY	SATURDAY	
	9°C / 1°C	
7°C / -3°C	SUNDAY	
	10°C / -3°C	
MOKHOTLONG		
FRIDAY	SATURDAY	
	14°C / -1°C	
12°C / -9°C	SUNDAY	
	15°C / -4°C	
BUTHA BUTHE		
FRIDAY	SATURDAY	
	13°C / 2°C	
11°C / 1°C	SUNDAY	
	14°C / 0°C	
LERIBE		
FRIDAY	SATURDAY	
	19°C / 2°C	
18°C / 3°C	SUNDAY	
	21°C / 2°C	
BEREA		
FRIDAY	SATURDAY	
	13°C / 3°C	
12°C / -2°C	SUNDAY	
	14°C / 0°C	

News in Sports

Construction work is currently underway at the Lesotho Football Association (LeFA) headquarters in Maseru at Bambatha Tšita Sports Arena. The construction, will see LeFA build a technical centre that will include a state-of-the-art gymnasium. The development is done through the Federation of International Football Associations (FIFA) Forward Project which will also work on the installation of an artificial pitch and spectator seating at one of the two Bambatha Tšita playing grounds. The construction is expected to be completed in 2021.

Meanwhile, Lesotho Football Association (LeFA) has announced that it has submitted its application to FIFA for the Relief Fund as per the requirements after the FIFA Council in June resolved to avail Relief Funding to all the 211 member associations. According to LeFA Media officer Mikia Kalati (pictured), all the money that will be given to clubs in due course after receipt from FIFA, must be accounted for fully and satisfactorily according to FIFA standards and requirements. Kalati further showed that FIFA has regulated the use of the FIFA Relief Funding



and has set some criteria in which all its members will operate within and LeFA, in the same way, will also have regulations that will govern the COVID-19 Relief Funding for all the clubs affiliated to the Association.

Matlama FC have challenged the judgment handed down by LeFA Disputes Resolutions Committee (DISPROCO). The DISPROCO earlier ruled that LeFA National Executive Committee's decision was based on the provisions of the LeFA statutes, particularly given that all are affected by the pandemic. DISPROCO further stated that based on LeFA statutes, Article 50 empowers the NEC to make decisions on this matter and the ruling to end the season with all other matters are indeed correct and legal as per the LeFA statutes. The regulations cannot be regarded as the situation does not allow for normalcy.

The Federation of Rugby Lesotho (FRL) will today (Thursday) distribute food parcels to development teams in Thaba-Tseka. The federation's secretary general Litšitso Motšeremeli said a total of 20 players will benefit from this initiative while 20 others will be assisted later in Botha Bothe. This project is financially sponsored by Rugby Africa.

AUSC Region 5 games postponed to 2021

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MASERU - The much anticipated youth games, Maseru 2020 Region 5 Games have been postponed until December 2021 due to the prevailing COVID-19 pandemic. The Troika of African Union Sports Council (AUSC) Region 5 Sports Ministers reached this decision during a virtual meeting held on Friday 31 July. The Troika meeting was chaired by Lesotho Minister of Gender, Youth, Sports and Recreation, Likeleli Tampane and included Malawi Minister of Youth and Sport Ulemu Msungama

and Botswana Minister of Youth Empowerment, Sport and Culture Development Tumiso Rakgare. The statement released by AUSC shows that the Region 5 Troika of Sports Ministers, first met on April 2 to assess the impact of COVID-19 on the programmes and activities of the region inclusive of the youth games. In that April Troika meeting, the ministers resolved that if the pandemic remained in subsistence by July, then the games would be postponed to April or May 2021. According to AUSC statement, the July 31 meeting was meant to further assess the state of the impact of the pandemic on the

Region 5 Games in line with the decision made in April. In reaching the decision, the Troika was informed by an experts' report made by Region 5 Games Medical, Health and Anti-Doping Committee as well as the World Health Organisation (WHO) COVID-19 paper on considerations for sports events. The Troika resolved that further assessment of the situation would be made in consultation with the Lesotho Ministry of Health, COVID-19 National Task Force, WHO and Ministry of Sport experts in November so as to provide a detailed analysis to be tabled for consideration in the Troika meeting

scheduled for January 2021. "Should the pandemic remain in existence by January 2021, the ministers resolved that the Games would be cancelled completely to be hosted in December 2022 with Malawi, AUSC 2022 Games hosts being shifted to host the tenth edition in 2024, the decision would, however, be pronounced only after in depth consultation by the Lesotho Government," part of the statement reads. The government of Lesotho earlier terminated the AUSC Region 5 Local Organising Committee contract and decided that the games issues be directly dealt with at the Ministry of Gender, Youth, Sports and Recreation. In an interview with Metro, the Ministry of Gender, Youth, Sports and Recreation publicist Maqalika Matsepe said he has not yet received the information regarding AUSC Region 5 Games and as a result cannot comment on the matter.





CONFIDENT:
Lesotho's international Jane 'Sunny' Tšotleho in blue outfit

Tšotleho weighs his options

STAFF REPORTER

MASERU - Lesotho's international Jane 'Sunny' Tšotleho is confident of making a return abroad to continue with his football career once the international borders open for traveling.

The 29-year-old attacking midfielder has been back in the country since his contract with American second tier side - Louisville City expired last December.

Tšotleho, who has 11 caps for Likuena, has played for several lower division clubs in the United States of America and also had a short spell in Cambodia with Phnom Penh Crown in 2018.

"I was on the verge of going back to USA or Asia before the COVID-19 pandemic outbreak, but due to the travel restrictions, I wasn't able to leave the country," Tšotleho told this publication.

He added: "I'm still figuring out what's next right now, but there are a few things in play. I was waiting for football to be back and now that it's back, there will be a few things in store for me I believe."

The attacking midfielder, who won his first cap for Likuena in 2014 in a 2-0 win over Liberia during the 2015 Africa Cup of Nations qualifiers, revealed that he is also

open to making a move to the Econet Premier League should any of the local clubs meet his salary demands.

"Well, I wouldn't say yes and I wouldn't say no. It all depends on who is willing to meet my salary demands, but no team has approached me up to so far," he also said.

He added: "I think the COVID-19 pandemic has hurt everyone in terms of football really. It hurts me because I miss football, but personally it also helped after unexpected events that took place in my life in December 2019.

“

I was on the verge of going back to USA or Asia before the COVID-19 pandemic outbreak, but due to the travel restrictions, I wasn't able to leave the country

"I think this was the break I needed to reflect on my life and to make sure that I'm mentally, emotionally and physically ready to get back on the field again. Obviously, I wish it didn't have to take something as bad as COVID-19 to happen for me to take this break, but it's the positive thing I am going to take out of it."

Chess national team starts on high note

...but outclassed in the end

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MASERU - Team Lesotho displayed an outstanding performance at the ongoing Online Chess Olympiad with the Kingdom's men and women commencing their participation on July 31 in Group 4. This international online chess competition started on July 25 and will end on August 30.

In round one, Lesotho defeated Malawi with four points over two. Team Lesotho was incredible in the next round as the team outclassed Cameroon with six points while Cameroon scored nothing.

Round three saw Lesotho lose for the first time, against Nigeria with one point over five. In round four, team Lesotho defeated Eswatini with three points over two and drew with three points against Oman and Sudan in round five and six respectively.

Day three was unfortunate for team Lesotho as it lost all the rounds played. It lost to Lebanon in round seven, Mauritania in round eight and

Ethiopia in round nine and therefore could not qualify to the next stage of the competition.

One requirement to pass the groups' stage and play in playoffs was to be in the top three in the pool, so Lesotho managed to occupy position six in Group 4, Pool C. Mauritania, Lebanon and Nigeria qualified to the next stage in that pool.

In an interview with Metro, the Chess Federation of Lesotho (CFL) publicist Selatela Khiba said although Lesotho left the competition at the group stages, the side performed well in comparison with other southern African countries in Malawi and Eswatini. He said performance and athletes' rankings were considered in grouping countries hence Lesotho was placed in group four.

"Division 4 was for countries which are still developing in chess and those countries with low athletes' average rankings generally," he added.

Khiba further said FIDE

also considered the countries' performance in the previous Chess Olympiad held in Batumi Georgia in 2018.

Group 4 was for countries that currently do not have Grand Masters (GM). Khiba showed that they are planning to organise an online tournament in which Lesotho will compete with other countries also in Group 4.

"Our team captain is already proposing to those countries in that group to participate in the tournament," he said.

For his part, Team Lesotho's skipper, Mona Mphetole said they had a three-day challenge which had to determine who proceeded to the next stage of the competition.

"We played three rounds per day and we won all the three rounds on first day, and drew in two rounds and won one round on the second day. Unfortunately, we lost all the three rounds on the third day," he added.

Mphetole said the team preparations were made through playing online chess where team mates challenged one another.

He further showed that the



A young player at the ongoing Online Chess Olympiad

team played a friendly game against Botswana a week before the Olympiad commenced.

He also confirmed that he has been communicating with his counterparts from other countries in Group 4 to hold an online tournament soon to ensure that players are kept

busy with the activities that hone their skills.

"I communicated with my colleagues from Lebanon, Oman and Mauritania and am currently talking to other Group 4 countries about a possible competition," Mphetole said.

A born leader - Moipone Mashale

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MASERU - They say leaders are made not born, but a lot of leadership traits cannot be taught.

However, others contend that great leaders are born not made and that could summarise the leadership path of Moipone Mashale who is not only a leader by virtue of being the vice president of the Lesotho Sports and Recreation Commission (LSRC).

Mashale is in fact the kind of manager that rose from among the

multitudes to the highest echelons of administration both in sports and employment.

Her management proficiency has attracted many, not only from Lesotho but even the entire southern African region. Not so long ago, this formidable lady was elected as the president of the Lesotho Netball Association (LNA).

Since then, she has come to be a highly respected sports administrator whose future in the sports fraternity looks quite bright.

Mashale, 42, was born and bred in Ha Leqele on the outskirts of Maseru. She is the first born in a family of three girls of the late Motseki and 'Mamoipone Mapolisi.

She got married in 2009 to Lisema Mashale and the couple has two children - a boy and a girl.

Her long and enterprising journey as a netballer began at a young age as Standard Five pupil at St James Primary School in Maseru.

In those days, she and her peers played an old fashioned type of netball (commonly known as **Nthufe** in Sesotho) that was accustomed with a lot of roughness.

When she went to high school at 'Mabathoana High School in Maseru in 1991, the modern version of netball had not yet been introduced in Lesotho, so Mashale continued playing the only way she knew how - roughly.

Even in those days, her niche to lead still stood out and she played a pivotal role in the school team's success.

An accident in primary school that left her with a

broken arm had forced her to quit the sport, but following a full recovery she soon became a force to be reckoned with on the netball pitch in high school.

After high school, she proceeded to Lerotholi Polytechnic (Fokothi) where she studied for a Diploma in Secretarial Studies.

She joined the institution's netball team where she was introduced to the international and modern type of netball.

"Switching to international netball was not easy at all for me because I was used to the old style of play. I had to now focus on mastering playing in positions, something that I had never bothered about before," she recalls.

She competed in the 1997 Lesotho University and Colleges Sports Association (LUCSA) Games and was nominated to represent Lesotho at the Confederation of Universities and Colleges Sports Association (CUCSA) Games held in South Africa later that year. During her debut international appearance, her side lost dismally against a stronger and more experienced South African squad.

After she graduated from Fokothi in 1999, she joined Raiders through invitation by the owner, Refiloe Makoele.

Raiders competed in the Lesotho Netball league. In her first season with the team, Mashale only played in friendly games and only started to play competitively in the subsequent season.

Her first job after she left college was as a secretary at her old school, 'Mabathoana where she remained until 2001.

"That job opened many doors for me and I will forever be grateful for that," she says.

In 2002, she enrolled at the University of Fort Hare in South Africa for a Bachelor's Degree in Human Resources and Administration.

She joined the university netball team and became an integral part of the side.

She later contested for a seat in the Students Representative Council (SRC) all sports subcommittee and was elected as the secretary general.

She served in that role while also playing for the varsity first netball team until 2004 when she graduated.

Serving in that administrative capacity enhanced Mashale's love for sports administration.

When she returned home, she rejoined her old team Raiders as a player. In October 2009, she was elected as the secretary general of the LNA and she retired thereafter as a player.

In 2010, she attended the

Confederation of Southern Africa Netball Associations (COSANA) annual general meeting together with the then LNA vice president 'Makhotso Mokoatle.

During that elective meeting, the congress decided to consider youth for the presidency position and Mashale who was at the time aged 32 was elected as COSANA president.

She remained in that position until 2018 when she resigned. In her capacity as president, she recommended a constitutional amendment that elections should be held every four years as that clause did not exist before.

As COSANA president, she facilitated the training of four regional umpires comprising Lesotho's Chakatsa Lephole - the four are now internationally recognized umpires.

She also held smooth COSANA regional youth games without any hitches under her leadership.

She further formed an African netball structure which then only constituted Southern Africa countries but has now grown to include other regions.

The year 2010 was the highlight of her sports career as Mashale achieved great milestones in that year.

Besides being elected as a women representative in the Lesotho Sports and Recreation Commission (LSRC), she was also elected to the LSRC executive committee as the vice secretary general. When the then president of LNA Limpho Mokhochane became the president of LSRC, Mashale who was at the time the secretary general of LNA was elevated to the presidency to fill Mokhochane's shoes.

She remained in that capacity for two terms, until 2017 when she did not contest in the elections.

As president of LNA, she collaborated with the United Nations International Children's Fund (UNICEF) and held an event meant to raise awareness on the importance of exercise to pregnant women.

During her reign, accountability was a main priority for LNA executive committee and the committee mastered that quite well, reporting on timely basis how it used the funds provided to the association.

She was elected as the LSRC vice president at an elective annual general meeting held in March 2019.

Mashale later went on to further her studies at the National University of Lesotho (NUL) where she obtained a Postgraduate Diploma in Human Resources.

She works fulltime as the Human Resources and Administration Manager at the International Centre for Aids Care and Treatment Program (ICAP) Lesotho.

Among others, she acknowledges Mokhochane as her greatest mentor in her journey as a sports administrator.

"There is one person whom I want my friends to know that when I walk, speak, engage in discussions, created my career path and ultimately hit the confrontations of the world and brought the best out of me. She has contributed with her whole heart to nurturing me, and that person is Limpho Mokhochane, thank you for never losing hope in me," she says.

