

# FREE Metro

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Liphakoe indecisive about Ntšonyane's future



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EVERY THURSDAY

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>> Pg 21

# LINDC BOOST FOR PRIVATE SECTOR



>> Pg 2

**Wise WORDS:** Don't let what you cannot do interfere with what you can do.  
~John R. Wooden

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 1961



Shortly after midnight on this day in 1961, East German soldiers begin laying down barbed wire and bricks as a barrier between Soviet-controlled East Berlin and the democratic western section of the city. After World War II, defeated Germany was divided into Soviet, American, British and French zones of occupation. The city of Berlin, though technically part of the Soviet zone, was also split, with the Soviets taking the eastern part of the city. After a massive Allied airlift in June 1948 foiled a Soviet attempt to blockade West Berlin, the eastern section was drawn even more tightly into the Soviet fold.

## Directory

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

## Essentials

- Registration Fees**
- Motor cycle solo with engine of cylinder in capacity not exceeding 350 cc will cost M100
  - Motor cycle solo with engine of cylinder in excess of 350 cc - M150
- Motor Vehicle License Fees**
- Motor Vehicle License Fees motor cycle with engine capacity not exceeding 350 cc - M100
  - Other motor vehicles for the first vehicle - M1 000
  - For every additional vehicle other than a motor cycle - M500
- Motor vehicle, trailers and construction equipment clearance fees:**
- 0 - 750 kg: M150.00
  - 11.501kg and more: M1600
- Examination fees for roadworthy certificates:**
- Motor cycle not exceeding 350 cc - M200
  - Other motor cycle, tractor or trailer - M200
  - Light motor vehicle - M220
  - Heavy commercial vehicles - M300
  - Vehicle examiner's prohibition for vehicle's Un-roadworthiness - M350
- Certificates of fitness for passenger vehicle:**
- Motor cars, 4+, 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 licenses:**
- 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 I2(2) of the act) - M150
  - Transfer of ownership - M100
  - Set of number plates - M400

# New financial instruments to develop private sector

NEO SENOKO  
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**MASERU** – The Lesotho National Development Corporation (LNDC) has launched development finance instruments aimed at developing and growing the country's private sector to realize its full potential.

The three instruments include a restructured Partial Credit Guarantee (PCG) scheme, the Quasi Equity and the Project Preparation Facility.

They are projected to offer financing solutions and support private sector led industrial development and broader economic diversification and also to alleviate the effects of COVID-19 pandemic.

Through this initiative, the LNDC has partnered with all the four commercial banks in the country.

Designed under the Development Financial Unit, the three instruments come with a total envelope of close to M410 million plus M350 million pledged by government particularly for the Partial Credit Guarantee (PCG) scheme.

Fully Basotho owned medium to large firms with three years of profit and a 10 percent growth in annual turnover for the past three years are among the beneficiaries.

The Quasi Equity instrument, for instance, will provide innovative finance to fast growing local companies which promise high development effects, mostly in agriculture and manufacturing.

"The product will be offered as a standardised profit sharing arrangement with up to two years of moratorium," the



LNDC boss Mohato Seleke

LNDC said on Thursday last week.

The maximum loan amount under this instrument will be subject to fund capitalisation, at 15 percent single borrower limit and other considerations.

To be eligible under this instrument, the borrower should be in a position to contribute 20 percent project costs, fall under the LNDC priority sectors and have a three-year track record with no payment default within that period.

The Project Preparation Facility on the other hand is designed following a trust fund model where government through LNDC will contribute funding together with external partners and the LNDC as the administrator will charge a fee for managing fund contributed by partners.

"Today marks the first product launch by LNDC's Development Finance Unit since the unit was established in 2018 after the approval of the LNDC Strategic Plan 2018-23.

"Unless otherwise agreed by partners, the PPF funds will be disbursed as a pure grant to eligible projects with expected high development effects, subject to project size, preparation needs and fund capitalization," the LNDC added during the same event.

The grant amount per customer will be subject to the LNDC determination during the approval phase, availability of funding and agreements with partners.

Standard projects will involve investments with an average size of M150 000 while large projects will have an average size of M1 million.

The unit was established in 2018 following the approval of the new Strategic Plan, and 2019 saw the hiring of a consultant to assist in the design of the three instruments, namely - equity fund, quasi equity as well as the project preparation facility.

The work proceeded with a market survey to assess the nature of financing needs for the instruments and to inform their design.

The resulting feasibility study recommended that LNDC start by restructuring the existing Partial Credit Guarantee (PCG) and setting up the Quasi Equity and Project Preparation Instruments and only introduce the Equity Fund in the second phase of the project.

Management plans to introduce other financing instruments such as trade finance instrument and an instrument which targets small businesses, whose set up will also be included in the second phase of the project. The second phase will commence in the 2020/21 financial year.

## Technology

### 'Third thumb' human augmentation rewires the brain



JAMES LLOYD

What would you do with an extra thumb? Master that tricky guitar chord? Become a volleyball pro, perhaps, or an expert shadow puppeteer?

Scientists and engineers have long been interested in augmenting the human body with extra limbs or fingers. We've previously seen drummers with three arms, and robotic sixth fingers for stroke patients. Now, a project called The Third Thumb has shown how the brain adapts to an extra body part.

The Third Thumb is the work of Dani Clode, a designer and researcher at University College London's Plasticity Lab. Her device is a 3D-printed prosthetic that

is controlled by the feet.

Pressure sensors underneath the big toes detect movement and relay that information via Bluetooth to a watch strap, which is equipped with two motors that control the thumb via Bowden cables - similar to those used in bike brakes. The flexible thumb has two degrees of freedom (each controlled by a big toe), and it moves uncannily like the real thing.

In a recent study published on the preprint server bioRxiv (an online archive of studies that are yet to be peer-reviewed or published in a journal), Clode and her colleagues investigated what happens in the brain when people gain an extra digit.

Over five days, they trained volunteers to use the thumb, asking them

to complete tasks such as building Jenga towers, picking up wine glasses, and scooping marbles out of cups. Before and after the training, the volunteers had their brains scanned using fMRI (functional magnetic resonance imaging).

The researchers' focus was on a particular region of the brain called the 'primary sensorimotor cortex', which is activated when we move our fingers. They wanted to find out whether training with the thumb could affect this region.

And their preliminary results suggest that it can - after training, a volunteer typically showed fewer differences between the brain activity patterns for individual fingers. In other words, the finger activity patterns were less defined, which suggests that training with the thumb weakened the hand's representation in the brain.

This is an example of the brain's plasticity - its ability to rewire itself when faced with new experiences or situations. More research is needed to understand why these brain changes take place, and what their effect might be.

The findings will be of great interest to those developing the next generation of brain-controlled prosthetic devices. This technology "critically relies on our brain's ability to learn, adapt and interface with these devices," write the researchers.

"Importantly, though, such successful human-robot integration may have consequences on some aspects of body representation and motor control which need to be considered and explored further." ScienceFocus

7,803,953,756

The World Population reached 7 billion on October 31, 2011 and is projected to reach 8 billion in 2023, 9 billion in 2037, and 10 billion people in the year 2055. The population has doubled in 40 years from 1959 (3 billion) to 1999 (6 billion). The population is currently (2020) growing at a rate of around 1.05 % per year, adding 81 million people per year to the total.



Assets

Anything owned by the company having a monetary value; e.g., 'fixed' assets like buildings, plant and machinery, vehicles (these are not assets if rented and not owned) and potentially including intangibles like trademarks and brand names, and 'current' assets, such as stock, debtors and cash.



Robbing David Jones

This guy walks into a bar with this really great shirt on. The bartender goes, "Where'd you get the great shirt mate?" The man replies, "David Jones." This 2nd guy walks into the bar with really good pants on and the bartender goes "Where'd you get the great pants mate?" The man replies, "David Jones." This 3rd guy walks into the bar with really great shoes and sock on. The bartender goes, "Where'd you get the great shoes and socks mate?" The man replies, "David Jones." Then this 4th guy runs in naked and the bartender goes, "Look Who the hell are you mate?" And the naked guy says, "I'm David Jones!"

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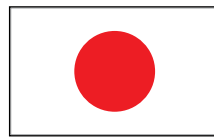
American Dollar  
**US\$17.56**



Europe's Euro  
**€20.65**



British Pound  
**£22.97**



Japanese Yen  
**¥0.17**



Chinese Yuan  
**¥2.53**



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

<b>STOCKS</b>	
S&P500	3,380.35
NASDAQ100	11,157.72
Nikkei225	22,843.96
Dow Jones30	27,976.80
FTSE 100	6,280.12
JSE	57,417.00
Hang Seng	24,890.63
<b>PRECIOUS METALS</b>	<b>PRICE (US\$)</b>
Gold	1,914.39
Platinum	932.50
Silver	25.02
Copper	6,356.70
Crude Oil / Brent Oil	45.33
<b>EQUITIES</b>	
Bonds	18.44
Treasury Bills	3.67
Interest Rates	7.67

### AGRICULTURE (Rates in Maloti/Rands)

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

### ENERGY (Rates in Maloti/Rands)

Petrol Unleaded 93 p/litre	M11.35
Unleaded 95 p/litre	M11.20
Diesel 50PPm p/litre	M12.00
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

# NUL student in online business

## STAFF REPORTER

**MASERU** - For Lebona Mosala, 20, venturing into online business and balancing it with his studies is not a big deal.

This second-year Urban and Regional Planning student at the National University of Lesotho (NUL) says it clicked on his mind that since the country is moving towards 4th Industrial Revolution, online business was the way to go.

That was when he started his online company called Tranique.

The Fourth Industrial Revolution means today the world is at the brink of a technological revolution that will alter the way people live, work and relate to one another.

And in its scale, scope and complexity, the transformation will be unlike anything humankind has ever experienced before.

Initially, Mosala thought of drop shipping which is used by developed countries like China, the United States of America (USA) and the United Kingdom (UK) for their supply activities, but later discarded the notion as it is not suitable for the local market.

As he unpacks how his business operates, he says people who want to sell their goods simply

place pictures of their goods on the website together with their addresses.

So this enables the buyers to see

**“ I only get 5 percent of the selling price as the revenue I generate from the business ”**

them in order to place their orders if they need to buy.

Mosala says delivery will be made through the post office once the goods have been bought.

“I only get 5 percent of the selling price as the revenue I generate from the business,” he says, adding that at the moment he works as a sole proprietor.

His business was officially registered on July 1 and already has several customers.

So far, the business deals with clothing and shoe sales but the aim is to venture into other fields such as jewellery and other accessories.

“If you want to buy, you can browse the store and then choose what you want to buy,” Mosala says.

Payments are made through mobile money channels (Mpesa and Ecocash) as well as online banking.

This young entrepreneur was born in Thaba-Tseka but moved to Maseru for schooling since Grade I.

It could be submitted that he was fortunate enough to attend some of the well-staffed schools in the city.

Online business is regarded as most efficient for marketing and one of its benefits is that it is much more affordable compared with other mainstream advertising methods.

It has targeted buyers and sellers as compared to traditional methods such as flyers, television, billboards and direct mail offer which have no way to hone in the market.

The skills Mosala is getting at the NUL through his educational journey are churning him into a job-creator and definitely not a job-seeker - he believes in just that route.



**INNOVATIVE:** New online business owner Lebona Mosala

# Public debt to increase in two years

## NEO SENOKO

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**MASERU** - The International Monetary Fund (IMF) has warned that Lesotho's public debt is projected to rise over the next two years due to a number of negative economic factors.

This year, public debt is projected to exceed 60 percent of the GDP due to weaker GDP growth, the depreciation of the exchange rate and the additional take up of debt in near term as the deficit widens, the IMF states.

Additionally, government finances have struggled to cope with the volatility of transfers from the Southern African Customs Union (SACU) that account for around half of total revenues.

Notwithstanding a temporary windfall this year, several years of low SACU transfers have eroded Lesotho's buffers.

This year's SACU transfers, however, are increasing by 8 percent of GDP, which in the absence of the COVID-19 pandemic would have eased the government's recent financing difficulties.

“Public debt is expected to rise slightly over the next two years, reflecting higher levels of domestic debt and concessional borrowing needed to partially offset the decline in SACU revenues, before falling gradually over the medium term as expenditure consolidation takes hold,” the IMF said in a recently published report.

Currently, according to the report, the country's public debt seats at 61.4 percent of GDP, an increase from 54.4 in the 2019/20 financial year.

For the next two years, public debt is projected to surge to 63.2 in 2021/22 and slightly drop to 63.0 in 2022/23.

Of these findings, external debt, currently at 53.0 is expected to rise

to 53.4 in the next financial year. Domestic debt will also rise from the current 8.5 percent to 9.8 percent of GDP in the next financial year.

Minister of Finance Thabo Sophonea has recently agreed that increased fiscal deficit will put pressure on the country's foreign exchange reserves, which are critical in maintaining the exchange rate parity between the Loti and South African Rand.

“Lesotho's economy was already facing challenges before the pandemic with low growth rates for several years and therefore increased fiscal deficit will put pressure on the country's foreign exchange reserves,” Sofonea said.

The support on the other hand, he added will help reduce balance of payments pressure, as government spending on COVID-19 related measures increases.

The public debt however, is expected to remain sustainable in the

medium term with the risk of debt distress staying moderate.

The report which was published in July comes at the time when the IMF board has just approved US\$49.1 million in Emergency Support to Lesotho to address the COVID-19 pandemic.

The approved funding comes from the IMF's Rapid Credit Facility (RCF) equivalent to SDR 11.7 million (about US\$16.5 million), and the Rapid Financing Instrument (RFI) will provide the equivalent of SDR 23.2 million (about US\$ 32.6 million). These two will give a total amount of US\$ 49.1 million (M850 million).

The COVID-19 pandemic is having a severe impact on Lesotho and the country faces urgent external and fiscal financing needs.

The short term economic outlook has deteriorated substantially as policies to contain the virus and a deteriorating external context take their toll. Addressing the

pandemic has created additional external financing needs of around 6 percent of GDP in 2020, while fiscal financing needs are expected to be met through a reprioritisation of planned expenditures and additional financing from development partners.

Lesotho continues to be assessed at moderate risk of debt distress and has sufficient capacity to repay the fund. The updated debt sustainability analysis that incorporates the impact of the virus shows debt to be sustainable.

Outstanding credit from the Fund, once the RCF disbursement and the RFI purchases have been made, will amount to 71.26 of quota, while obligations to the fund will remain below 1.1 percent of government revenue and below 1.2 percent exports of goods and services as well as 0.5 percent of GDP throughout the forecast horizon.

While Lesotho faces substantial risk, its moderate risk of debt distress suggests that it will be able to repay the fund even if some of these risks materialised.



# Young entrepreneur emerges with chillies business



**HOT:** 'Manthati' Mafisa's bottled chillies

## KABELO MASOABI

**MASERU** - A study conducted at the Chinese Academy of Medical Sciences shows that people who eat spicy foods six to seven times a week have a 14 percent lower risk of premature death than those who eat spicy foods less than once a week.

The study also found that frequent consumers of spicy foods show a lower risk of death from cancer, heart or respiratory diseases.

The most commonly used spices among the participants in the study were fresh and dried chili peppers. It is important to remember that fresh peppers and spices can have health benefits, but spicy fast foods, condiments, and

other foods high in sugar, fat, and preservatives, are not healthy.

"Peppers, like most vegetables, have antioxidants," says Rhianon Condello, nutritionist at the Rochester Regional Health.

"This helps with cancer prevention and oxidative stress on arteries."

Oxidative stress is an imbalance within your blood that can lead to diseases like diabetes, high blood pressure, and heart disease. Thus, eating fresh peppers can contribute to a longer, healthier life, explains Condello.

It is from this perspective that 'Manthati Mafisa, 29, of Ha Moolisa, Maputsoe in Leribe, together with her mother, developed the idea of producing canned chillies to help consumers

to build a stronger immune system, especially during the trying times of COVID-19 - a virus said to favour cold temperatures.

The unemployed graduate of the Lerotoli Polytechnic, holding a Diploma in Business Management is of the opinion that unemployed youth should venture into small businesses to make a living.

"You don't need a lot of money to start a small business. After we came up with our special recipe which includes some herbs and other ingredients to produce Sabby's Hot Chillies, the next task was collecting empty fruit bottles and that's how the business began. I started by selling 10 bottles and then 20 through the use of WhatsApp and within a few days, my chillies were selling like fat-cakes.



Local Chilli producer 'Manthati Mafisa

"Now I also utilise social media platforms like Facebook to advertise and sell Archillies Food products that include a homemade archer, and the demand by customers from all corners of the country is overwhelming. Although I live in Maputsoe, I have friends who help me with deliveries in Maseru and Botha-Bothe and other towns. My desire is to cover all the 10 districts of Lesotho soon."

Mafisa says she named her product after her mother whose middle name is Sabby, because she was the master mind behind the idea that now puts bread on the family's table.

"Customers tell me they like my chillies not only because it warms the body but it also makes the food tastes delicious. It has an organic element that leaves one craving for more. Unfortunately I cannot explain in detail how it is produced because the recipe should remain a big secret since there is competition out there.

"For those aspiring to start their own businesses, I say, do not fear competition. Just enter saturated markets with a special magical touch on your products so that clients can easily differentiate them from others. Push hard to market your products and never give up," she advises.

Now with easier access to buying empty bottles locally, and being able to find ways of purchasing chillies from local farmers, she is confident that she will become a successful businesswoman who will create jobs for other people.

# Small stock farmers have wool rights – PM

**MAFETENG** - Prime Minister Dr Moeketsi Majoro (**pictured**) says small-stock farmers have full rights on where to sell their wool and mohair.

He made these remarks during the launch of the sheep shearing season at a ceremony held at the Duma woolshed in Mafeteng on Monday, where he showed that no one has the right to tell farmers where to sell their produce.

Dr Majoro also called on crop farmers to go out to their fields and cultivate them in order to fight hunger in all forms, adding that the planting season has already begun.

He said the government is aware that arable land is diminishing as most people are turning agricultural land into residential sites.

Majoro further stressed the need for farmers to ensure production of quality livestock that will feed the whole family, saying that will only happen if pastures are improved.

He said it is not only through production of crops that farmers can feed their families, adding they can even live better lives through livestock products.

Speaking at the same occasion, the Minister of Small Businesses Development, Keketso Sello said it is time for wool shearing and farmers are

taking their sheep to wool-sheds countrywide for shearing.

He expressed his satisfaction at the fact that the involved stakeholders have worked tirelessly to stop disputes surrounding the wool and mohair industry.

The minister said to strengthen the relationship with small stock farmers, the stakeholders have agreed to meet regularly to discuss problems arising.

He said often, farmers are the ones who feel the pain, hence there is need for the government to fight for their rights, urging all to cooperate until the end of shearing season in February next year.

For his part, the Minister of Agriculture and Food Security, Tefo Mapesela said for a long time, wool issues were surrounded by endless squabbles.

He said one of the major challenges was the foot and mouth disease which also negatively affected the sale of wool, adding, however, that all those challenges have now being resolved as China has agreed to buy from them.

Mapesela informed small stock farmers that the government is currently engaged in constructing wool-sheds and renovating the old

ones for smooth operations.

He, however stated that the building at Duma is incomplete as there is some equipment which has not yet been fitted, but saying that equipment will not be used for the shearing process.

He requested the management of the Wool and Mohair Growers Association to allow farmers to use the building for shearing of their sheep since they too have a right to use the equipment.

The principal chief of Likhoele Chief Lerotoli Seeiso said the main role of chiefs is to protect the nation together with its property and ensure its welfare at all times.

Chief Seeiso said it is a good idea for the agric ministry to give small-stock farmers improved sheep for quality production, adding that although shepherds take care of the livestock, they are however, always forgotten. LeNA





# Why banks are lowering their rates...

NEO SENOKO

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**MASERU** - Lesotho, like the rest of the world is experiencing tough economic conditions, mainly due to the prevailing COVID-19 pandemic.

Almost all sectors of the economy in the country are suffering and struggling to make ends meet. People continue to lose jobs because of massive retrenchments as companies try to cut costs in order to stay afloat.

The local banking sector, like other sectors is also experiencing the similar complications due to the pandemic. Some of the banks have resorted to closing identified branches with clients encouraged to transact online.

The pandemic has also forced the commercial banks to resort to debt relief measures of up to three months to minimise harm on the side of the clients.

In a quest to maintain growth and economic development as well as keep an eye on inflation, the Central Bank of Lesotho (CBL) has also seen a sledge cut on its repo rate from 6.25 percent in March to 3.75 in May.

The CBL's rate has dropped again from 3.75 in May to 3.50 per annum in July.

The rate, set at this level, will ensure that the domestic cost of borrowing and lending remains aligned with the cost of funds elsewhere in the regions, the CBL has said.

Due to the continuous decrease in the CBL rate, commercial banks are also forced to lower their prime lending rate to keep the equation balanced.

The Prime Lending Rate is the rate of interest that commercial banks will charge their clients when issuing a loan, such as vehicle finance or a home loan. It is the default interest rate that consumers are charged when borrowing money.

Local financial experts say while the changing of the rate goes in line with economic development, it may also eat into banks profitability, resulting into a negative long-term effect.

Since February, Lesotho Post Bank has been decreasing its Prime Lending Rate from 11.00 percent in February to 8.25 percent in May.

Effective from July 30, the bank further decreased the lending rate from 8.25 to 8 percent.

Similarly, Standard Lesotho Bank has been doing the same. In May, the bank

reduced the Prime Lending Rate by 50 basis points, from 9.00 to 8.50 percent. Again in July the rate was decreased by 25 basis points, moving from 8.50 to 8.25 percent.

"That means the interest that you pay towards your loan has also been decreased," the bank said when announcing the decrease.

According to local chartered accountant and principal consultant at RL Business Advisers, Robert Likhang (pictured), the decrease in the rate aims at bringing growth and economic development but the low rate may also affect banks profitability.

"The low rate may eat into banks profitability resulting into a negative long term effect. Low rate also has effect on inflation. With a low rate, this could lead to low inflation, signaling that demand for goods and services is lower than it should be, and this tends to slow economic growth and depress wages," Likhang said in an interview with Metro on Monday.

The low demand, he said can even lead to a recession with increases in unemployment.

"The current lowering of the rate could have a short term stimulus effect but it could be harmful to the economy and financial sector in the long term," he added.

For his part, the Lesotho Revenue Authority (LRA) Commissioner General Thabo Khasipe said lowering rates seeks to increase employment by increasing demand for investible assets.

"That is, people will demand more housing loans and business loans because debt is now cheaper. Also, consumption expenditure increases as credit is cheaper to buy cars and swipe credit cards. All these, increase aggregate demand in the economy, hence GDP growth," Khasipe said on Monday.

He said the CBL generally adopts an inflation targeting policy based on the assumption that there is a trade-off between inflation and unemployment.

High inflation leads to low unemployment in economy while low inflation goes together with high unemployment, he also said.

"The ultimate aim is really to achieve low

unemployment. That is, full employment which means high growth, high consumption and high investment. So, in seeking high employment growth, through monetary policy, CBL keeps an eye on inflation. If it gets too high, it needs to lower it by increasing short term interest rates through lowering the Prime Lending Rates," Khasipe added.

In an interview with this paper

recently, Lesotho Post Bank

explained that the lower

Prime Lending Rate

simply means

customers will

enjoy the

benefits and

afford credit

which

otherwise

they could

not afford.

On

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of the

bank it

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bank

makes

on loans

will be

lower

than what

it used to

get.

"Lower

Prime Lending

Rate is good news

for the customers

and I can safely say

the bank is happy

because we

are here

to serve customers. On the side of the bank it means the return on loans will be lower than what we are used to getting under normal circumstances," Lesotho Post Bank head of Wholesale Banking Nare Matsoha told this paper recently.

He added that such a decision normally comes to effect during times of crises such as the current COVID-19 pandemic that has devastated the entire world economies.

"The Prime Lending Rate is aligned to the CBL interest rate. So the CBL approach going forward will determine as to whether the bank lowers the Prime Lending

Rate again or not. This is

because the CBL is

always trying to

maintain price

stability as

well as

maintain

economic

activity in the

country,"

Matsoha

added.



## Rand on back foot as US-China tensions prompt caution

MFUNEKO TOYANA

The rand edged weaker on Wednesday, ending a brief recovery rally as intensifying tensions between Washington and Beijing prompted investors to stay on the side-lines.

At 0645 GMT the rand was 0.13% weaker at R17.51 per dollar compared to Tuesday's peak of R17.42.

The currency has suffered sharp losses in the past two weeks, losing more than 7% of its value against the dollar as sentiment towards emerging market currencies soured with a pickup in the global economy seeming to be

slower than initially hoped.

In early trade the dollar was a touch higher against a basket of major currencies.

Sentiment toward risk was soured by still simmering tensions between the United States and China, which were ratcheted higher with US President Donald Trump's ban on TikTok and WeChat.

The rand has been weighed down by poor economic data pointing to a deep recession in South Africa in 2020 due to the impact of the pandemic and a slow recovery in 2021. On Tuesday manufacturing figures for June showed a 16.3% year on year contraction after

activity shrunk 32.4% in May.

Business confidence and retail sales figures due later in the session are also set to show a strained economy.

"Due to the fragile economy, the currency remains vulnerable, especially if risk aversion rises again," said Commerzbank's emerging market analyst Elisabeth Andreae in a note.

"The downside risks to (the) rand include not only an unfavourable course of the pandemic with further (major) waves of infection, but also renewed fears of an emerging market crisis or an escalation in US-Chinese relations." Reuters



US President Donald Trump



# Thought Leader with Advocate Ndumo

Female business leadership, agility in a VUCA context and client centricity with Mamello Phomane



Mamello Phomane holds a junior degree in the Social Sciences from the National University of Lesotho and a Master of Business Leadership Degree from the Graduate School of Business Leadership at UNISA.

Ms. Phomane is currently serving as the Managing Director of Metropolitan Lesotho. She has had a long career at Metropolitan having been there for the past 17 years serving in various roles. Prior to being appointed as the Managing Director, she was the Chief Operations Officer.

She was previously the Head of the Corporate Business Division at Metropolitan Lesotho from July 2009 where she was instrumental in growing the division. Before heading up the Corporate Business Division she had established and managed the HR function for the Metropolitan Lesotho from 2004.

Prior to working for Metropolitan Mamello worked for the Office of the Auditor General in the capacity of Human Resources Manager. Mamello is passionate about service and she is a Rotarian and a Past President with the Maloti Rotary Club. She was a charter member of the Roma Rotaract Club at the National University of Lesotho.

**1. You are Lesotho's first female MD in the life insurance sector; from a policy and**

**human resources development perspective, how can we ensure that our country continues to elevate female leaders in all sectors of our economy?**

There are quite a number of actions we can take to elevate women leaders. I think the first thing we need to do is acknowledge that the glass ceiling does exist and that we need to do something about it.

A Women in Leadership 2019 report I was reading recently, done by McKinsey and Company in association with LeanIn.org, acknowledges that some progress has been made in the last five years to elevate women into senior level positions in the workplace.

However, we still have a long way to go because more often than not, our pipeline of women managers that can be elevated to senior level positions is low. We have what the report calls a 'broken rung' at the level just below the senior level. Women in lower level positions find it difficult to get promoted to Manager level positions, which is the step women need to become senior level managers.

We need to start with having the right conversations in the workplace championed and led by senior management. These conversations need to be about the reality of

unconscious gender bias in the workplace. Women being relegated to certain positions such as secretary or personal assistant, women being passed up for promotion because it is assumed, she will want to focus on the home front.

A woman in a meeting being asked to take the minutes because they have such lovely handwriting. Organisations should have training geared at making employees aware of unconscious gender bias and how it manifests in everyday work situations.

Women in leadership face big challenges in the workplace, a big part of it is that women must battle the double bind. You are damned if you do, you are doomed if you don't. If the pitch of your voice is too high, you come across as aggressive.

If you are too soft spoken, grow some B&#@! When women take charge and lead, they are said to be too aggressive and are disliked as leaders. When women are soft and caring, they are liked but viewed as less of a leader. We are constantly judged by double standards that men are not subjected to and it is often difficult for women to know what to do.

An important conversation to be had is one about helping women themselves to advance. Helping them with leadership skills, mentoring them to be confident, to set career

goals that they wouldn't otherwise set for themselves because they are afraid or lack the confidence.

Corporates should set up Mentorship Programmes for Women employees championed by both male and female senior management.

**2. We are now entering an era where feminine leadership energies are beginning to find resonance in workplaces, in your view, what do women bring to the table that they can consistently tap into and own?**

I think you will find that studies conducted seeking to establish whether women bring something extra to the table have not necessarily been able to make any firm conclusions. Having said that, research has however shown that female leadership has been associated with a more transformational and democratic style of leadership while male leadership is more transactional in nature. Importantly, when discussing female leadership, we have to look at how far we have come as a society and look at female leadership within that context.

Organisations are changing and appointing a woman in a senior role talks to the organisation's willingness to embrace progressiveness and a departure from the past. Leadership

roles have also changed, deviating from old stereotypes. When people think of a leader, they do not necessarily think of a man anymore and that is a massive shift that is worth celebrating.

**3. In one of your interviews, you noted that, as a business in a field with competitors, your edge is based on client-centricity, how do we permeate our entire economic ecosystem with excellence in service to individual and institutional clients? I am here thinking of, e.g., infusing government service delivery with the notion of client-centredness?**

What is important is that we not pay client centricity lip service and think that will be enough. When we talk client centricity, we need to be talking about every aspect of the organisation and how it operates. So, we are talking organisational culture that is underpinned by operational processes that put the client first and with excellence as the outcome.

It is in the everyday way of how we work, how we see the client and the ultimate reality of how the client experiences us across all the customer touchpoints. We have to be willing to receive feedback from our clients and use it to continuously improve our service.

Whenever I am in a place where I receive a service, I am always conscious about my experience as soon as I walk in. A client centric culture requires commitment and consistency to achieve depending on where you are coming from, but I know for sure that it is doable. It is a question of leadership!

What is your message to all the actors in our economy in this VUCA environment and planning for Future Lesotho?

A VUCA environment is always going to be difficult to operate in, however we have to do it to survive. Agility is the first thing that came to mind here. Agility is the ability of an organization to renew itself, adapt, change quickly, and succeed in a rapidly changing, ambiguous, turbulent environment.

An agile organisation is able to adapt to the changes in the environment and actually benefit from it. We can't plan the way we used to anymore, we now have to do scenario planning and plan to be ready to adjust at a moment's notice.

Last year this time, we had no idea that we would be seeing the kind of unprecedented disruption we are seeing now brought about by COVID-19. It has forever altered the world of business in ways that we could not have imagined. The financial services sector has to adapt just like other sectors. The way I see it, really agile businesses are able to revamp their business operations for speed, adaptiveness and stability. They need to be able to modify leadership, culture, risk and governance, as well as organizational structure, employees, distribution channels and operations while using technology and data to their advantage.



# How Do We Adjust Lesotho's Economy to a Post-COVID-19 Reality? Part 2

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

*(Proverbs 15:22 - NIV)*

The International Labour Organisation (ILO) has issued several policy briefs on COVID-19 in the context of the Future of Work discussions that were already being had by this body well before the pandemic befell the globe. When COVID-19 broke out, the ILO, like many international organisations, had to pivot and nimbly address this rapidly evolving scenario from a policy formulation perspective to serve its constituents.

The ILO is obviously not the only international organisation leading efforts to formulate and guide policy implementation around the globe, so it helps to read as widely as possible to get a general sense of where thought leadership efforts are headed.

Last week I focused on the tourism and hospitality sector and I propose to continue with that thematic exploration this week as well. Most efforts are now beginning to zone in on stimulating domestic tourism as part of economic recovery strategy. The reasons are obvious as outlined last week.

The question we now need to grapple with is, how do we stimulate a domestic tourism sector whose performance, before COVID-19, was quite underwhelming due to structural and regulatory factors? Do we even have a domestic tourism sector to speak of and draw from as we dialogue around this issue?

It is fair to say that our domestic tourism sector is still very much in its nascent stages and this presents a tremendous opportunity for us Basotho provided we shift our mindsets and see this as an opportunity to begin with.

It goes without saying that we need several enablers and chief among those would be a massive stimulus package from government targeting the relatively few existing establishments dotted around the country and new entrants into the sector.

We have an unsettling graduate unemployment problem which we can solve, to a large extent, by formulating a set of policies and regulations informed by affirmative action principles in the domestic tourism sector.

Unemployed graduates must be supported with their interior capacity-building first through an intensive mindset shift programme. As they would tell you, they have been, "through the most." Going through the most in your interior is a killer because you wrestle with thoughts, emotions, beliefs, and



attitudes which can distort reality to a point where you can literally start hallucinating.

Before throwing money at young people in a bid to stimulate their involvement in domestic tourism, heal their interiors first. Then, in the same intervention, impart hard skills that are needed for them to appreciate tourism and hospitality, drastically improve service levels, run the businesses in a fiscally disciplined manner and become whizzes at marketing.

I would go further to propose that our government makes it a condition that our youth must establish consortia, duly registered via the Companies Act 2011, say in groups of 10 to 15, to get funding. Funding should only be granted once a solid

business proposal, thoroughly vetted by a committee of local tourism and hospitality experts, has been greenlighted and is immediately implementable.

packages which will relieve existing enterprises and safeguard employment.

This begs the question, why then did Mpilo Boutique Hotel suspend

## BUSINESS UNUSUAL

MOTHEPA NDUMO



The ILO's Policy Brief on COVID-19 enjoins governments to stimulate the economy and employment by providing stimulus

operations when Basotho were told that M700 000 000 had been set aside for COVID-19 right at the onset of the lockdowns if I recall correctly?

Where is that money? What was it specifically earmarked for? How much has been spent thus far? Who is the chief accounting officer? Who does the chief accounting officer account to? The "command centre" swallowed up close to M25 000 000, a nice tidy sum which could easily have been used to save people's lives and jobs. How this happens in Lesotho with nary a consequence is mind boggling.

The fact remains however, stimulus packages are needed and the processes around them must be transparent and fair.

Furthermore, our tourism and hospitality sector was still in its developmental stages well before COVID-19, meaning that there is a need for investment in infrastructure around the country.

*A friend of mine suggested that Basotho find scenic spots on and off the beaten track and build camping facilities for corporates, schools, and family excursions.*

A friend of mine suggested that Basotho find scenic spots on and off the beaten track and build camping facilities for corporates, schools, and family excursions.

I would add that a measure of protectionism would have to unapologetically permeate the policy and regulatory framework governing these stimulus packages and the type of training broadly proposed above: Basotho first!

Already, our tourism and hospitality sector such as it is, is dominated by foreign capital. In and of itself, that is not a bad thing, but in a country facing the kinds of challenges that we are facing, it would be imprudent of us not to insist on owning this sector.

Why would the owners of Lesotho Inc want to be elbowed out of their own country in key sectors with such vast potential?

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

# Stocks fall as precious metals producers tumble

ADELAIDE CHANGOLE

South Africa's main stock index falls 0.3% by 9:46 a.m. in Johannesburg as a slump in bullion prices pulls gold stocks lower, and as platinum producers decline.

South African equity market joins peers in Asia and Europe in sliding, as risk sentiment takes a beating amid

doubts over the timing of a US spending package. Investors are concerned that a deadlock in Washington could significantly delay the US virus rescue package, weighing on the nascent recovery.

Gold and platinum producers join iron ore miners to drag the gauge for mining stocks down for the fourth day, the longest losing streak since March 9,

Among diversified miners, BHP Plc -1.5% to provide biggest drag to the index. Anglo American Plc -0.8%, Glencore Plc -0.2%. The sub-index for gold stocks retreats for the a day, down 1.4% to the lowest in four weeks, as bullion prices retreat. Gold Fields Ltd. -1.7%, AngloGold Ashanti Ltd. -1.1%, Harmony Gold Mining Co. -1.1%, DRDGold Ltd. -2.4%, Pan

African Resources Plc -1.6%.

Sub-index of platinum stocks also falls for a fourth session, the longest losing streak since April. Sibanye Stillwater Ltd. -1.7%, Anglo American Platinum Ltd. -2.5%, Impala Platinum Holdings Ltd. -1.3%, Royal Bafokeng Platinum Ltd. -2.3%, Northam Platinum Ltd. -0.3%. Sasol slides 10%, the most in two

months, a day after flagging that it will swing to a full-year loss amid billions of dollars in writedowns, with stock getting little support from higher oil prices.

Foreigners remained net sellers for a second day Tuesday, disposing of R228 million worth of shares, according to index operator JSE Ltd.

Bloomberg



## This is Lesotho...

### ... In News



Government Secretary Moahloli Mphaka

The Government Secretary, Moahloli Mphaka is said to be getting ready for replacement as the government of Dr Majoro cleans its chambers for full operations. Mphaka will soon join a host of other senior officials in the Thabane administration who have already been shown the door or given terminal leaves.

In other news, the government through the National COVID-19 Secretariat (NACOSEC) will be initiating a full audit of the expenditure by the predecessor Command Centre after a floodgate of invoices by suppliers hit the new structure since taking over.

The old Centre has reportedly spent over M161 million in a space of less than two months before the collapse of the Thabane government. Some suppliers had threatened to take government to court over delayed or denied payments, but have since been assured such payments would be made once the clean-sweep is over.

### ... In Politics



LCD secretary general Teboho Sekata

The secretary general of the opposition Lesotho Congress for Democracy (LCD), Teboho Sekata MP, has deferred to announce his decision to quit the party saying talks were not yet concluded on the matter. The main issue is reportedly the fracas between him and the party deputy leader Tšelisio Mokhosi, who allegedly tried to stop Sekata from contesting the position of chair of the Public Accounts Committee. The talks were expected to be held on Thursday in the presence of the whole party leadership.

Meanwhile LCD leader Mothetjoa Metsing will soon know his fate if he is to face charges of treason after the Constitutional Court on Tuesday heard summary arguments from counsels. Metsing and his MEC counterpart Selibe Mochoboroane face treason charges for the 2014 alleged attempted coup against the first coalition of Lesotho led by Thomas Thabane.

## MoneyMatters make it count

# The importance of having retirement savings



### BHEKI MKHIZE

As we look back, Savings month encouraged consumers to look at ways to save as we continue to face the challenges and uncertainty that 2020 brings.

Despite the level of uncertainty as a result of the Covid-19 Global pandemic, we continue to encourage consumers to make retirement

savings a priority and part of their long-term savings goals.

Many people believe that saving for their retirement is intimidating. The common belief is that retirement saving can wait or happen later in life. However, many consumers don't understand the importance of having retirement savings from a young age which will benefit them in their golden years.

Putting away a little portion of your salary or other sources of income towards retirement savings will help consumers so that they are able to take care of themselves when they are older without burdening their children or loved ones.

Ideally, you should have started saving for retirement the moment you started earning an income. Even when changing jobs, consumers should try to preserve the retirement savings that they have built up. It's never too late to start saving now for your future so that you can retire comfortably. The easiest way is to have a regular debit order going into your retirement savings.

We understand that day to day financial difficulties, especially in this Covid pandemic period, lead consumers to consider dipping into their retirement savings. We strongly advise consumers to avoid doing this as it will have a negative long term impact on their retirement savings. Similarly some consumers may be tempted to stop or reduce their contributions towards their retirement savings which will also have a negative long term impact.

Saving and investing should be a priority for everyone. It's never too late to start saving for retirement as this will help you to retire comfortably one day.

Bheki Mkhize is the CEO FNB Wealth and Investments.

Personal Finance

## Out of The Ordinary

# These shoes were made for social distancing



Soon after a two-month lockdown to prevent the spread of the new coronavirus eased in Romania in mid-May, Grigore Lup, a Romanian shoemaker from the Transylvanian city of Cluj, noticed people were not respecting the rules of social distancing.

So Lup came up with the idea of long-nosed leather shoes to help keep people apart. They come in a European size 75.

"You can see it on the street, people are not respecting social distancing rules," said Lup, who has been making leather shoes for 39 years.

"I went to the market to buy seedlings for my garden. There weren't many people there

but they kept getting closer and closer.

"If two people wearing these shoes were facing each other, there would be almost one-and-a-half metres between them."

While he also sells ready-made shoes, Lup's shop, which he opened in 2001, relies heavily on custom orders from theatres and opera houses across the country, as well as traditional folk dance ensembles.

His business ground to a virtual standstill as live events were cancelled or postponed due to the coronavirus pandemic, but he was cautiously optimistic that sales would recover over time.

The European Union state, which has

reported 18,791 cases of the coronavirus and 1,240 deaths, began gradually easing its lockdown on May 15.

Lup, who said he adapted the long footwear from a model he made for actors, said he had so far received five orders for social distancing shoes.

It takes him two days to make a pair, which requires almost one square metre of leather. They cost 500 lei (\$115) a pair.

Now 55, Lup first started making shoes when he was 16, learning from a cobbler who at 93 today still makes traditional ethnic Hungarian footwear.

Reuters



# Metro HEALTHY Living

## Women in frontline healthcare are important - 1st Lady

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**MASERU** – The First Lady 'Masekoala Majoro describes female frontline healthcare workers as an integral part of the global response to the COVID-19 pandemic because around the world, in hospitals, clinics and homes, they take a significant personal risk and too often working to ensure all receive care.

In her statement to mark this year's edition of the National Women's Day on Saturday, Majoro said the current crisis demonstrates the essential, tireless and innovative role of female health workers in ensuring strong, resilient health systems for everyone, everywhere.

Collectively, she said each can help create a gender equal world and as part of the whole world, individual actions, conversations, behaviours and mind-set can have an impact on larger society.

She further showed that this can truly make a positive difference for women everywhere.

The International Women's Day is a global day celebrating the social, economic, cultural and political achievements of women, while also marking a call of action for accelerating gender equality.

Therefore, Majoro said the day is meant to assist women to be in a position of power and for making informed decisions about their health.

She said the women's month



**APPEALING:** The First Lady 'Masekoala Majoro

(August) exists to embrace women who are doing well in their communities, from different

organisations and particularly those who work as frontline workers in the fight against the prevailing COVID-19

pandemic.

She also commended other important women – grandmothers,

who take good care of their grandchildren but getting little or no acknowledgement.

"They are some of the most important people who raise leaders of tomorrow, therefore we should encourage them to work even harder for the better upbringing of their grandchildren," Majoro also showed.

She pleaded with all women to reflect on how to keep promoting and defending the shared spirit of human solidarity.

“

*They are some of the most important people who raise leaders of tomorrow, therefore we should encourage them to work even harder for the better upbringing of their grandchildren*

She further appealed to all in Lesotho to ensure that violence against both women and children, which has become a norm, comes to an end.

"This can happen by taking action against the perpetrators," she said.

## COVID-19 must not stop mothers from breastfeeding

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**MASERU** - Transmission of active COVID-19 (virus that can cause infection) through breast milk and breastfeeding has not been detected to date, hence, there is no reason to stop breastfeeding, the World Health Organisation (WHO) has said.

This emerged during the World Breastfeeding Week which is a global campaign to raise awareness on themes related to breastfeeding.

According to WHO, in the communities of all socio-economic settings, breastfeeding improves survival and provides lifelong health as well as development advantage to new-borns and infants as well as improves the health of the mothers.

Following this finding, WHO says a newly born baby should immediately be placed skin-to-skin to the mother and breastfed even if the mother is suspected or has been confirmed to have COVID-19.

Placing the new-born close to the mother also enables early initiation of breastfeeding, which also reduces mortality, WHO notes, adding that the numerous benefits of skin-to-skin contact and breastfeeding

substantially outweigh the potential risks of transmission and illness associated with COVID-19.

Dr Hana Bekele from WHO said women suspected or confirmed to have COVID-19 can breastfeed if they so wish, warning, however, that they should frequently wash their hands with soap and water or use alcohol-based hand rub especially before touching the babies.

She said they should always put on their face masks whenever they have any form of contact with the babies, including while feeding them.

"They should sneeze or cough into a tissue, then dispose it of immediately and wash their hands again," Dr Bekele also noted. Mothers with symptoms of COVID-19 are advised to wear medical masks, but even if it is not possible, breastfeeding should be continued while following other infection prevention measures, such as hygienic practices, cleaning of surfaces and coughing into a tissue.

For those who have been confirmed or suspected of having COVID-19 and were unable to breastfeed, they are advised to start when they feel it is safe to do

so, because there is no fixed time interval for waiting.

WHO further shows that there is no evidence that breastfeeding changes the clinical course of COVID-19 in a mother, hence health workers or breastfeeding councillors should support it.

The theme for this year's edition of the World Breastfeeding Week is "support breastfeeding for a healthier planet".

The theme focuses on the environment or climate change and the imperative importance of protecting, promoting and supporting breastfeeding for the health of the planet and its people.

It also looks into every step taken across life-cycle to mitigate environmental degradation as the climate crisis counts. The COVID-19 pandemic has taught people that all are affected and an immediate coordinated societal response is required.

WHO concludes: "Something needs to be done to reduce carbon and ecological footprints starting with how babies are fed, work together in creating a chain of support for breastfeeding and contribute towards planet health".





## Practicing Yoga

Practicing yoga has proven time and again to be beneficial in losing belly fat and getting a toner tummy. There are several positions (known as asanas) which exercise and strengthen the stomach muscles, leaving a much trimmer and toned on the middle body. Pawanuktasana, bhujangasana, and dhanurasana are particularly effective in getting a flatter belly.

## Hip Bursitis

The hip region contains two major bursae. The one located on the outside of the hip is called the trochanteric bursa. The other is called the ischial bursa which covers the ischial tuberosity, more commonly known as the sits bones. Inflammation of either bursae may lead to stiffness and pain around the hip joint not to be confused with the true joint pain of arthritis. Overuse from running, cycling, and similar activities can lead to hip bursitis.

## Digestive System/Excretory System Function

The digestive system takes in food and processes it to obtain useful nutrients. One of the most important purposes of food is to serve as cellular fuel; carbohydrates, proteins, and fats can all be used by our cells as sources of the energy they need to stay alive. We can also get other important nutrients from food, such as essential amino acids (amino acids our bodies can't make themselves), good fats, and vitamins and minerals that our cells need to keep their machinery in good working order.

# TO YOUR GOOD HEALTH

## Massages reduce stress and help to improve the general health

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Local health spa operator and professional hair-dresser, Realeboha Ntsibolane strongly encourages regular massage therapy saying this may help relieve specific painful symptoms or reduce stress and anxiety.

"One may need more frequent massages for pain relief or may find less frequent, but regularly scheduled

massages for emotional well-being," she says.

For her, getting a massage is more like a 'vacation activity' - one of those things that a person is allowed to indulge in when they are hundreds of miles away from home and there is a salty breeze blowing the hair.

If one is using massage for pain management or other medical issues, she encourages more frequent sessions, saying in most cases, after an injury,

a therapist may recommend massage once or twice a week throughout the recovery period.

Ntsibolane further states that regular massages relieve the effects of stress, decrease the negative health responses related to chronic stress, improve overall nutrition management, balance and improve blood flow as well as increase oxygen to tissues.

She notes the benefits of massage are no longer available only through

luxury spas and upscale health clubs, but can also be offered in some businesses, clinics and hospitals.

Beyond the benefits for specific conditions or diseases, she says some people enjoy massages because they often induce feelings of caring, comfort and connection. They are also a perfect alternative to many people as a replacement for regular medical care.

If one has not tried massages, she encourages them to learn about

possible health benefits and what to expect during a massage therapy session.

Massages are a powerful ally in healthcare, despite the reasons that inspires some people to seek them. It is a general term for pressing, rubbing and manipulating the skin, muscle and a range of reflexes from light stroking to deep pressure - there is no better medicine than a good session with a massage therapist.

## Salons owners appeal for their businesses

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MASERU - Local beauty salon owners have appealed to the government through the National

COVID-19 Secretariat (NACOSEC) to loosen up restrictions and allow them to operate, pledging to observe safety

protocols like they did before.

When making the appeal on Monday, a representative of the sector, George Mando, said they will ensure that everyone who enters their businesses is well protected against COVID-19, through wearing of face masks and using hand sanitizers.

Mando said even before the COVID-19 pandemic, their businesses were already observing health safety protocols including washing of hands with soap and running water.

"We have always used personal protective equipment like aprons, gloves and sometimes face masks to protect clients against dangerous chemicals that we use," he said.

He said there is no way that they can ever fail to observe social distancing in their workplace as they always leave space for customers given the nature of their job.

The colour coding system that was introduced earlier by government as a way of knowing the direction to be followed as a preventive measure indicates that under the colour orange, hair salons, barbershops and nail salons should be closed completely.

But the sector has appealed to NACOSEC to re-visit the COVID-19 risk determination and mitigation framework for economic activities and at the same time meet salons owners to clarify some of the issues.

Mando said: "I have learnt that NACOSEC did not meet any of

us when they were making these decisions, because none of us can confirm meeting a representative of NACOSEC. We therefore appeal to the body to visit us and discuss these issues with us."

He shot down claims that the sector can increase the spread of the COVID-19 pandemic in the country if it remains in business now.

Another salon owner, Mosiuoa Tšupa, admitted that their businesses are still open although they were supposed to have closed down.

"But hunger forced us to open-up even when we know that we are not supposed to be operating. With all due respect, we appeal to the government to remove our businesses under the orange and red indicators which force us to remain closed," Tšupa pleaded.

NACOSEC stated that all COVID-19 health and safety protocols must be followed at all the times.

The body also showed that observance of guidelines for social distancing, sanitation and hygiene as well as use of appropriate protective equipment, like face masks as determined by the ministry of health is mandatory.

A document was recently released by NACOSEC to build a COVID-19 risk and determination framework for colour coded stages of the pandemic, which serves as a guide for decision making for the government to manage and control the spread of the virus.

## MY BUTCHER'S CHOICE

 <p><b>99<sup>99</sup></b> per kg SPAR Select Bulk Beef Tenderised Steak</p>	 <p><b>52<sup>99</sup></b> per kg County Fair Fresh Chicken Drum &amp; Thigh</p>	 <p><b>74<sup>99</sup></b> per kg Oxtail (Imported/ May be previously Frozen)</p>
 <p><b>99<sup>99</sup></b> per kg SPAR Select Beef Goulash</p>	 <p><b>37<sup>99</sup></b> per kg Marinated Spatchcock Chicken</p>	 <p><b>99<sup>99</sup></b> per kg SPAR Select Boneless Beef Roast</p>

## MY BAKER'S CHOICE

 <p><b>17<sup>99</sup></b> each Garlic Bread</p>	 <p><b>70<sup>00</sup></b> Freshline Rusks Assorted 400 g 2 FOR</p>	 <p><b>49<sup>99</sup></b> each Topsy Tart</p>
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thank goodness it's freshline





# Surviving Covid-19 against all odds: Khabiso Nkune-Mohapi

The next day I experienced some of the symptoms all over again - coughing, tight chest, rash on my face, running stomach and worst palpitations and heart problems. I was then back on oxygen for a couple of days at the hospital and the squeezing pain in my heart. Jo! It was terrible.

**MN: How is your family coping with all this?**

**KNM:** It's quite hard and very emotional for us to go through this journey. I can't wish for anyone to go through this 'twice'. A few days ago my fighting spirit was gone.

I wanted to rest for good but was quickly reminded of my family, therefore I had to fight and win. I wish this could be over.

To be honest, I am scared but I am also thankful that God has given me so many chances in life including fighting the Coronavirus even when it hurts so much.

**MN: What do you want to say to the nation in regard to this monster?**

**KNM:** I completely feel for those who have lost their loved ones through COVID-19. Some never got a chance to say goodbye or even to see their loved ones' cold bodies.

Keep safe by all means necessary and may God be with you all.



**SURVIVING:** COVID-19 patient Khabiso Nkune Mohapi

Khabiso Nkune-Mohapi is one of over 700 people infected with COVID-19 in Lesotho. Her experience is one of the most extra-ordinary as she was released out of quarantine and re-admitted not long before she had celebrated her freedom, with yet a strong reinfection.

Nkune-Mohapi is the deputy chairperson of the Tour Operators Association of Lesotho. She is a family woman with three children - a baby boy aged 15 months and two girls of 10 and 17 years - she owns the Mokhotlong Expeditions established in March 2014. During the Ministry of Tourism and Culture awards ceremony of 2017/18, she clinched the 'Number One tour operator of the year' accolade.

Her business took her to many countries across the globe including almost all over southern Africa.

In this interview with **Metro News (MN) reporter, Kabelo Masoabi**, she takes us through her struggles with COVID-19, which she says have brought her life to a standstill and left her psychologically and financially tested.

**MN: What has been your experience with the disease since you tested positive about two months ago?**

**KNM:** Let's talk about the psychological impact created by the fact that I tested positive. You know sometimes you have to be strong and tell yourself that you can beat this no matter what, and there are times that you just break down and cry.

**MN: You tested positive with your husband, it must have been a traumatic moment as you are both breadwinners?**

**KNM:** COVID-19 doesn't only leave you with emotional scars but it also gives you side effects that may take a lifetime to heal.

Financially it took everything we had from buying all kinds of medication to special diets, fumigations and getting anything and everything that could kill this

monster.

I still don't know how we are surviving through this 'roller-coaster ride' of a virus. It's just too much for one family to handle.

**MN: Let's talk about the virus itself, what are the problems it causes in your body?**

**KNM:** Let me summarise by saying this sickness is a monster! Every day you fight something new. After I was released from quarantine at the Berea Hospital, earlier this month, I was symptoms' free and able to breathe on my own.

Things like headaches and palpitations used to come and go, but I thought they would go away with time. Barely after 24 hours at home I collapsed, my husband found me on the floor, weak, speechless and shaking.

He immediately took me back to hospital where I was readmitted. It's the 15th day today and I finally have the strength and courage to write.

**MN: Talking about courage, what pushed you to decide to open up about your sickness?**

**KNM:** You know some of my friends and family members advised me not to say anything any more about this journey.

I listened but later realised that writing about it helps me to heal, I couldn't hold it back much longer. I had to let you know of the long and short-term effects of this virus.

**MN: Getting re-infected must have been devastating, what can you say about that?**

**KNM:** I have been hospitalised again, you can imagine! You see, our house and vehicles were not fumigated upon my arrival at home from hospital then my husband started coughing but not too much.

We were happy together again, maybe he re-infected me or it was prolonged COVID-19 effects, he had not completely healed from COVID-19 I guess.

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# COVID-19 travel restrictions devastate tourism

... As many nations in Africa rely on tourism to support their economies



Global restrictions on travel have dealt a devastating blow to African nations who depend on tourists and their hard currency to support an industry that employs millions of people on the continent.

National carriers in Mauritius, Kenya and Namibia run into more financial trouble as flights were grounded. In South Africa, listed hotel group, Sun International, announced two of its casinos won't reopen after the country's coronavirus lockdown ends. The Kenyan government expects losses of as much as \$511 million in hotel-room revenue if the pandemic persists.

Travel and tourism contributed \$168 billion to African economies last year, according to the World Travel and Tourism Council. Island nations including Mauritius and Seychelles heavily rely on the travellers for

revenue.

Several African economies without mineral resources and oil have managed to monetise their beaches and wildlife. Uganda and Rwanda are popular destinations for mountain gorilla trekking, while Mauritius, Seychelles and Comoros have drawn millions of tourists seeking seaside holidays. Spending by these visitors, a key source of revenue has dried up since March.

In 2019, the number of visitors to Mauritius was about 1.4 million - that was more than its population of 1.3 million people. The picture changed when the Indian Ocean island nation imposed a lockdown from March 20 and arrivals for April, May and June were almost zero. The country recorded its last Covid-19 death on April 27, but that won't be enough to get tourists back. Its national carrier,

key to transferring the guests, was placed under voluntary administration and travel restrictions remain in Mauritius's biggest source-markets including France and South Africa.

South Africa, the impact of restrictions on the movement of people and business, also showed up in domestic-tourism numbers. Income from accommodation fell 99% during the first full month of the lockdown, and has yet to recover. The crash in food-and-beverage sales eased slightly in May as restaurants opened for delivery, but a renewed ban on the sale of alcohol could further weigh on the industry. Travel for leisure is still only allowed within provinces, which means seaside holidays and most game resorts are off limits to people in Gauteng, the richest and most populous province.

Bloomberg

## Recipe Of The Week

### Cajun Shrimp Dip

Shrimp Dip loaded with chopped shrimp, cheese, veggies, and Cajun spices all combined into a spicy hot dip.

#### Ingredients

- ½ lb raw shrimp
- ½ tsp Cajun seasoning
- 1 tbsp canola oil
- 6 oz bacon
- 1 small red onion
- 1 red bell pepper
- salt
- 8 oz cream cheese softened
- ½ cup sour cream
- 7 oz Pepper Jack cheese shredded or grated
- 4 oz jalapeno cheddar cheese\* optional
- 2 tsp Cajun seasoning
- ½ cup Pepper Jack cheese for topping

#### Instructions

Preheat oven to 375 and grease a baking dish big enough for the dip.

In a mixing bowl, combine softened cream cheese, grated Pepper Jack cheese, grated Jalapeno cheese, and Cajun seasoning. Mix thoroughly, until evenly combined.

Chop raw shrimp into small pieces and mix with Cajun seasoning. Set aside.

Dice bacon, red onion, and red bell pepper. Preheat a cooking pan over medium heat.

Add a tablespoon of oil to the pan and add bacon. Saute until bacon bits start to crisp and add

veggies. Season with a little salt and cook until veggies are soft and start to brown.

Add shrimp to the pan and saute just until shrimp turn opaque. Add shrimp and vegetables to the mixing bowl with cheese and fold until it's mixed throughout.

Transfer into a baking dish and spread it evenly.

Spread about ½ cup grated Pepper Jack cheese over the top. Bake for 15-18 minutes.



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# VISIT MASERU MALL





# Bob Mabena

## Radio icon Bob Mabena dies

DIED 51, Bob Mabena, legendary South African radio and television personality died on Monday from cardiac arrest in ...

At the time of his passing, Mabena was Power FM breakfast show host.

The veteran radio icon began his career in 1989 in the then Republic of Bophuthatswana with the now defunct Radio Bop.

He also worked on radio stations such as Metro FM, Kaya FM and Highveld Stereo. He took SA by storm as the host of popular TV programme - Studio Mix with Melanie Son (now Melanie Bala). Mabena was also the programmes manager for the MSG Group which includes Capricorn FM in Polokwane.

Announcing his demise on Monday evening, Power FM said in a statement: "The family is coming to terms with his passing and respectfully requests the public to afford them the appropriate space. Further details will be communicated in due course."

Two weeks ago he released his 12-track compilation album Jammers House Volume 1 in honour of his colourful career that spans over 31 years.

Gallo Records Company's managing director Rob Cowling said: "We are shocked and devastated by the news and were just about to embark on launching his new Jammers House collection together. We extend condolences and thoughts to his family and loved ones left behind."

From being a radio icon, crashing a race car at 240km/h in a hairpin bend, spurning a marriage proposal from the late Brenda Fassie to being feted by Miriam Makeba and winning a Sama Award for best rap - how much can one cram in one lifetime?

Mabena has lived in the fast lane and nibbled on the upper crust of fame, a poster boy of cool for radio, television, music and racing.

But the story of Mabena is of radio and his enduring love for it.

Born in Atteridgeville, West of Pretoria in July 1969, the father of seven used to say when you have children, you want to live longer.

When he turned 50 last year, he said: "It's a blessing that I'm turning 50, I can say I'm older than my mother who passed on in her 30s."

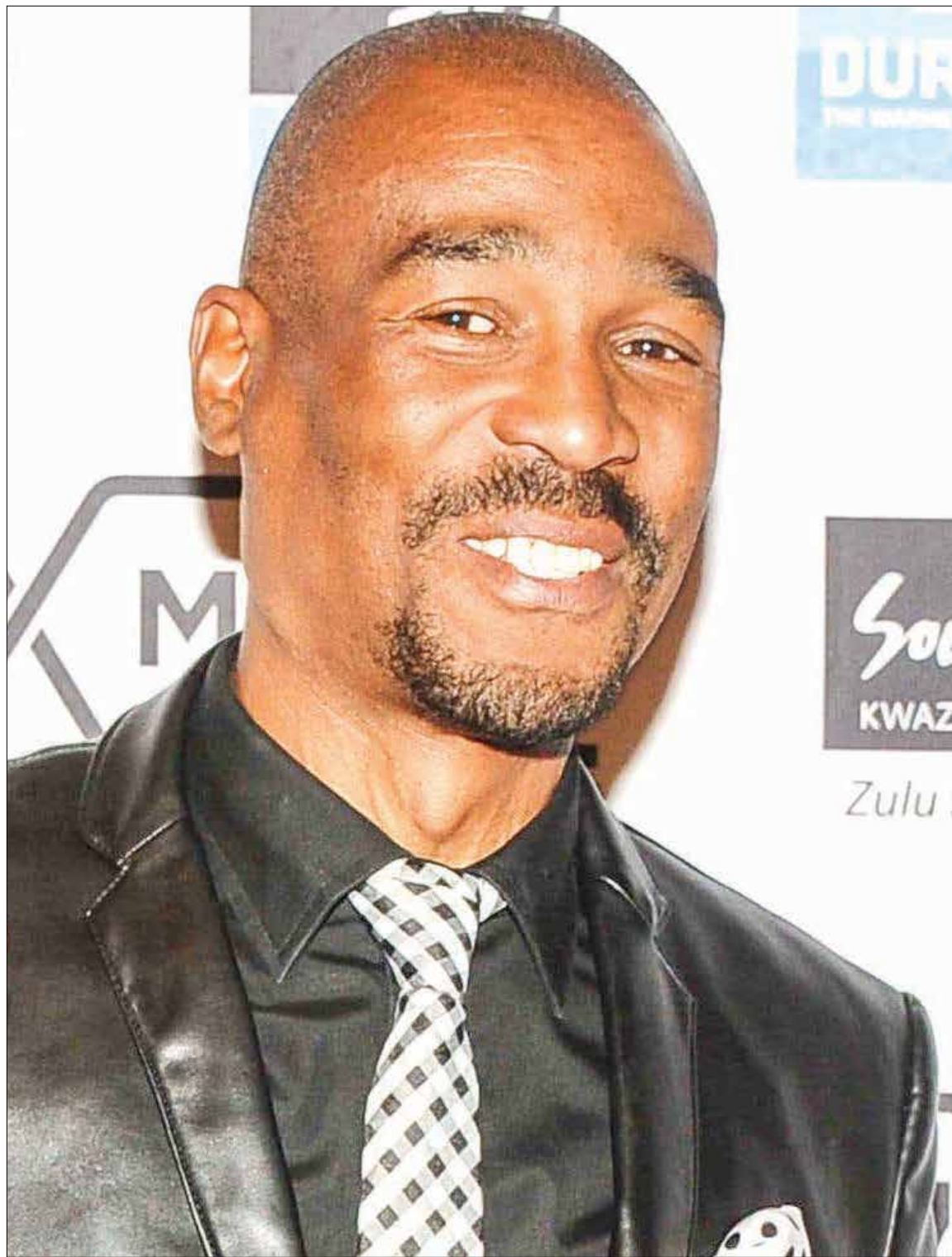
"The secret to a good life is happiness. I laugh, smile and chuckle a lot.

"You mess with my happiness there will be trouble.

"I can't harbour ill feelings; there are people I dislike. But hate? No. I've never really hated anyone. Negative thoughts shave off your youthfulness."

His first job was a stock taker at OK Bazaars on Van der Walt Street (now Lilian Ngoyi) in central Pretoria.

Music seduced him at a club called Tserama in his hometown of Atteridgeville where he became a DJ. It became so much of a



distraction that he missed two papers for his matric at Saulridge High.

With no desire to supplement or repeat, he packed four paper-bags, to be precise, one for clothes - two pairs

of jeans, a pair of gypsy takkies, four pairs of underwear, some T-shirts and toiletries and the other three were stuffed with LPs and headed to Mahikeng - its twin town of

Mmabatho - the capital city of fun and entertainment in the 1980s.

By 1989, at just 19, "Bob The Jammer" hit the big time when he landed the coveted afternoon drive

show on Radio Bophuthatswana (Radio Bop) and so began his conquest of the entertainment space.

"In my mind, body and soul I thought I achieved too much too quickly. It was almost as if there was a conspiracy to get me on radio."

"The clarity of purpose made it easy for me to go for my dreams. I knew that I wanted to be in a club, play music and be on radio.

"In my mind, body and soul I thought I achieved too much too quickly. It was almost as if there was a conspiracy to get me on radio."

He found himself hobnobbing with celebrities from Johannesburg seeking fun in Mmabatho, the likes of MarcAlex, Khensani Manganyi (now Nkosi), Gugu Mlambo and Khanyi Dhlomo.

"Every other week there was a party at someone's house. Mmabatho was small and everyone knew everyone or in some cases, everyone had slept with everyone. But there was order and rule of law."

On air he struck a rapport with fellow host Zandile Nzalo who held his hand and would end up being his wife.

His first foray into TV was hosting the music show On the Beat with Nzalo until he took over alone.

More was to come when he left Radio Bop for Metro FM and he found himself under TV lights hosting Surf Pick a Box game show and a few others, including the hugely popular Studio Mix. TV propelled him to greater heights but it was not his first love.

"I have always been uncomfortable with TV. In many respects it's the antithesis of radio in that you have to show and tell whereas radio is all in the mind. I was also miffed at the lights, direction and the constant 'cut'. Also I liked to dress myself so that I look like I do in real life."

He did well for himself buying a big house in Midrand, a far cry from the four-roomed house in Atteridgeville shared by 13 people. He used to sleep under the kitchen table with his cousins. His first car was a BMW 320 followed by a 325, then a convertible and a 5 series - he was in the express lane.

But the supersonic rise would bring its own woes.

"There was a certain level of arrogance, and I'm sure to some I was unbearable to be with, hence the many media stories about the 'make up and break up of Bob and Zandi'. It had become that 'I am Bob', that's what happens when you're not grounded.

"There is a danger when you're a breadwinner in the family and your elders can't call you to order.

"Money was all over the place and I never spent time in my house because I was constantly flying to Port Elizabeth, Durban or Cape Town. I'd do three shows a day making R30 000. I was living the life, but it messed me up. I was still a bad boy when I married.

"Zandi was ready and matured and played her role as wife well, but I wasn't ready..."

At the time of his passing, Mabena was married to his second wife Eucharist and the couple had a son.


















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  - Achieve activity (activations, appointments) and conversion rate targets for all agents and teams as set from time to time.
  - Increase market share in the public sector guided by your portfolio targets set out in the budgets for the year.
  - Assist in the development of marketing strategies for the financial year and implement as appropriate within the region.
  - Recruit appropriately qualified sales agents and team leaders, in accordance with the manpower requirements as defined from time to time.
  - Provide training and oversight for all new recruits to ensure that they achieve the required level of competence as quickly as possible.
  - Provide daily monitoring of all activity and conversion measurements, identifying negative variances and actioning same accordingly.
  - Maintain detailed records of all activation and conversion data as well as of all interventions on underperforming agents and team leaders.
  - Provide daily reports, i.r.o. activity and conversion statistics and interventions as well as on general operational items, to line management, in the prescribed format and at the prescribed times.
  - Identify, analyze and report on new trends in microfinance in the region.
  - Interact and maintain key client relationships with employers and third parties.
- Collections:**
  - Ensure that service levels in branches and satellite offices under your control meet the required standards.
  - Ensure that visitors' registers and complaints' registers in branches and satellite offices are strictly maintained and audited.
  - Conduct daily, weekly and monthly meetings with your sales team(s) discussing the previous period's work and the following period's planned activities.
  - Prepare and submit weekly plans at the end of each week detailing activities for the following week.
- 2. Collections:**
  - Ensure collection of byproducts from Ministries, Counties and other cost centres within your region to meet the set deadline every month.
  - Ensure that feedback on byproduct status and collection is provided to Collections Manager and Country Head daily.
  - Ensure that payments from ministries, Counties and other cost centres within your region are promptly followed up with and collected.
  - Ensure that feedback on payments status and collection is provided to Collections Manager and Country Head daily.
  - Ensure that any dropped accounts and/or uploads, as informed by the Collections Manager, are promptly notified to the relevant Ministry, County or cost centre and are promptly followed up with in accordance with deadlines as provided from time to time.
  - Ensure monthly mismatches are lodged at respective payrolls and feedback provided within the set deadlines.
  - Partial Performing Arrears Rollover Campaigns, as allocated to each Regional Manager monthly, to
- 3. Housekeeping:**
  - Carry out regional monthly internal audits as set out in the audit templates, to the standard and in accordance with the deadlines set, to ensure compliance with Standard Operating Procedures ("SOPs").
  - Ensure adequate and proper control and management of all assets in your care, including but not limited to vehicles, electronic devices such as tablets, mobile phones, laptops, desktop, printers, copiers etc., furniture, fixtures and fittings, kitchen appliances, safety deposit boxes and/or safes, stationery, cash, vouchers etc. and ensure that proper records of all are maintained and that all are properly cared for and serviced/maintained in accordance with the manufacturers specifications.
  - Ensure that the Select Group values, as defined from time to time, are shared with all staff, and actively propagated through induction sessions for all new staff and regular communication sessions with all existing staff, as well as actively practicing same and setting the example.

### Qualification Requirement

A Degree in Business Studies, Business Management or Business Administration is essential.

### Experience / Background Preference

- The company will only look at candidates who have no less than 3 years' relevant experience in a financial services institution in Lesotho.
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- Ability to communicate clearly both verbally and in writing.
- A logical thinker who has a clear, focused and methodical approach to work.
- Results orientated - strongly motivated to achieve results, adhere to deadlines.
- Assertive - able to handle conflict, stand by principles and put forward ideas despite opposition.
- Tough-minded, rarely upset by criticism and able to retain optimism despite setbacks.
- Must have strong customer service skills.

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Either you will need to call for a tow truck or use your tools to work on the problem.

Driving might not be an option.

Tools that might be helpful are: thick gloves, heat resistant waterproof silicone tape, electrical tape, wire cutters, screw drivers (Phillips head, and flat head), tongue and groove pliers, a flashlight, and a knife. A tool kit might come in handy.

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# Hilux sales keep steady in tough economy



In July, 3 575 Hilux models found new homes in South Africa, proving the bakkie's status as the country's favourite vehicle once more. Hilux, together with the rest of the range placed Toyota ahead of its nearest competitor by 2 389 units, to achieve 7 464 new car and truck sales for the month. This equates to an overall

market share of 23%.

According to Leon Theron, Senior Vice President of Sales and Marketing at Toyota South Africa Motors (TSAM): "The COVID-19-induced economic uncertainty and its ramifications are mostly to blame for the current consumer market. Retail conditions are tough and

consumer sentiment is cautious and conservative.

"The overall market decline of 35.8%, compared to July 2019, is a cause for concern in the industry as a whole. That said, Toyota managed to maintain a steady market share, registering 23% last month. This figure proves that in these tough

and uncertain times, people buy the brands they know and trust, and Toyota's value proposition speaks to that and more."

Other than Hilux, which assisted TSAM to clinch a 43.8% share in the Light Commercial Vehicle (LCV) segment, the evergreen Hiace posted 989 sales. In the passenger segment, Corolla Quest and Etios registered totals of 488 and 454, respectively. TSAM is also pleased to have registered a total of 117 270 parts sales and vehicles services last month.

According to the National Association of Automotive Manufacturers of South Africa (NAAMSA), the July new passenger car market registered a substantial decline of 10 552 cars or a fall of 35.8% to 18 905 units compared to the 29 457 new cars sold in July last year. The association attributes part of the decline in passenger sales to lockdown restrictions - especially those relating to the tourism industry. NAAMSA cautions that

"considering the most recent projected negative annualised GDP growth in the country of 7.3% by the SA Reserve Bank, it does not bode well for the outlook on domestic demand for new vehicles over the short term... However, a recovery in the new vehicle market will most likely depend on how quickly the economy can break out of its low growth trap and how soon society will recover from the present COVID-19 lockdown."

Theron says he remains cautiously optimistic as to what the market will offer the industry in the remaining months of the year. "There is no challenge too big for Team Toyota, and I'm grateful to the entire crew - including sales, marketing and parts, as well as our plant and dealer network for the commendable work ethic they have shown over the past few months. We continue trusting in our product offering as well as our strong dealer network to keep us SA's favourite motoring brand," concludes Theron.

# Volvo XC90 Recharge Plug-in Hybrid T8 honoured

Volvo's flagship model has taken Hybrid Seven-Seater of the Year title in the first What Car? Electric Car Awards. XC90 Recharge Plug-in Hybrid T8 praised for its luxury, practicality and performance for delivering both performance and exceptional efficiency - 0-100kph in 5.8 seconds, CO2 emissions from 63g/km and up to 100.9mpg.

The honours keep coming for Volvo's flagship model, with the announcement today that the XC90 Recharge Plug-in Hybrid T8 has won the Hybrid Seven-Seater of the Year award in the first What Car? Electric Car Awards.

The accolade further emphasizes the large luxury SUV's status: it also received 'best plug-in hybrid' honours in the general What Car? Awards in both 2019 and 2020, plus

the 2019 'best used hybrid' title.

What Car? describes the XC90 Recharge T8 as an "outstanding plug-in hybrid package" that is "luxurious, spacious and quick". Although it is a large vehicle, its pure-electric driving range is considered "plenty to electrify most commutes or school runs", while its powertrain also offers "great performance". Summing up, What Car? reports: "All in all, its practicality and performance make the XC90 one of the most versatile PHEVs going."

The plug-in hybrid system combines a 303hp 2.0-litre petrol engine with an 87hp electric motor in what is the most potent powertrain in the XC90 range. Not only does this enable acceleration from rest to 100kmph in just 5.8 seconds, its superb efficiency means CO2

emissions from just 63g/km (WLTP) and fuel economy of up to 100.9mpg (WLTP Combined cycle).

The XC90 Recharge T8 is available in two main grades, R-Design and Inscription, and in higher-specification 'Pro' versions of both. Standard features include a four-zone climate control system, all-wheel drive (via a rear-axle electric motor), power-operated tailgate, LED headlights, heated, power-adjustable front seats, leather upholstery (plus Nubuck on the R-Design/R-Design Pro versions) and a rear parking camera.

Sensus connectivity provides a nine-inch touchscreen to co-ordinate the car's navigation and multimedia functions, voice control, access to the Volvo On Call connected services platform and a SIM card with up to



100GB of data. The Volvo City Safety package of active safety systems is also provided as standard on all versions.

The comfortable and fully flexible

interior provides seven individual seats in three rows, together with generous load space that can be easily extended when extra cargo capacity is needed.



# KIA Motors unveils the Sonet

KIA Motors Corporation, one of the world's largest automakers, has revealed the KIA Sonet to the world in a digital presentation. Manufactured at KIA's state-of-the-art production facility at Anantapur, Andhra Pradesh, the Sonet is KIA's all-new smart urban compact SUV, and the brand's latest made-in-India global product after the Seltos. The new Sonet marks KIA Motors' entry into the burgeoning compact SUV segment, and sets new benchmarks with its first-in-class features.

The world premiere of the production-ready model follows the global unveiling of the Sonet concept at the Delhi Auto Expo in February 2020. Sales of the new car will commence soon in India, with sales in many of KIA's global markets due to follow.

"KIA Motors continues to be recognised globally through products which offer exquisite design and world-class quality, along with 'The Power to Surprise'. Everything about the all-new Sonet is uniquely KIA and is sure to delight both drivers and passengers," said Ho Sung Song, President and CEO at KIA Motors Corporation. "With its aggressive and modern design language, fun-to-drive dynamics, and KIA's latest high-tech features, the Sonet puts an exclamation point on our ambition to make KIA the brand of choice, especially among millennial and Gen Z consumers. The Sonet fills a need in the growing SUV market, in India and further afield, and will attract a wider number of consumers to the KIA brand."

"We are extremely excited to introduce the Sonet, which is made in India for the world. After the success of the Seltos and Carnival, we are confident that KIA will revolutionise yet another market segment in India with the Sonet by addressing the unmet needs and aspirations of customers," said Kookhyun Shim, MD and CEO at KIA Motors India. "The KIA Sonet is designed and developed to deliver a



best-in-class experience in quality, design, technology, features and drivability to attract a wide spectrum of customers across segments. The Sonet will be produced at our state-of-the-art Anantapur plant to KIA's exacting global standards, and we are sure it will be received with enthusiasm by new customers and existing fans of the brand alike."

The all-new Sonet incorporates KIA's DNA of emotive styling along with a premium and youthful appeal to create a strong road presence. Displaying a dynamic stance in a confident, compact body, the Sonet showcases a range of styling attributes to make it stand apart on roads around the world. This includes a fresh interpretation of KIA's signature 'tiger-nose' grille, flanked by 'heart beat' LED DRLs (daytime running lights), shaped like the electric pulse of a heart, with a stylish front skid plate beneath. Its sporty silhouette is enhanced by the unique design and structure of its C-pillar, matched with a wraparound rear-windscreen. The 'heart beat' LED tail lamps also adorn the rear.

The Sonet will be offered with multiple powertrain options to suit virtually all requirements in this segment. A choice of two petrol engines – a versatile Smartstream 1.2-litre four-cylinder and powerful 1.0 T-GDi (turbocharged gasoline direct injection) – and an efficient 1.5-litre CRDi diesel engine are available with a choice of five transmissions. This includes five- and six-speed manuals, an intuitive seven-speed DCT, six-speed automatic, and KIA's revolutionary new six-speed Smartstream intelligent manual transmission (iMT). The latter is a technological breakthrough from KIA, offering fatigue-free driving thanks to the absence of a clutch pedal, yet the same driver control as a conventional manual transmission. For the first time in this segment, the Sonet also offers its 1.5-litre diesel engine with the six-speed automatic transmission.

To suit the requirements of a wide array of customers, the Sonet will be

manual transmission via UVO Connect and Smart Key; Over-the-air (OTA) map updates; Multi-drive & traction modes and grip control for automatic models and wireless smartphone charger with cooling function.

In keeping with KIA's motto of 'The Power to Surprise', the Sonet offers a surprisingly wide range of powertrain choices in its class. With a choice of three engines and five transmissions, there is an engine-transmission combination for virtually every customer need in this segment. Two petrol engines – a versatile Smartstream 1.2-litre four-cylinder and powerful 1.0 T-GDi – and an efficient 1.5-litre CRDi diesel engine are offered.

The Sonet comes with five transmission options: five- and six-speed manuals, an intuitive seven-speed DCT, six-speed automatic, and KIA's revolutionary new six-speed Smartstream intelligent manual transmission. Additionally, automatic variants of the Sonet offer Multi-Drive and Traction Modes for added convenience, driver-confidence and safety.

The 1.5-litre diesel engine is offered with a six-speed manual, and, uniquely in its segment, with a six-speed automatic transmission, an unmet need in this segment to-date. Customers can enjoy the long-legged cruising ability of a diesel engine with the comfort and convenience of an automatic transmission.

KIA is the first automotive brand in India to reach the milestone of having over 50,000 active 'connected' cars on the road. This landmark figure is thanks to KIA Motors India pioneering the latest in-car technologies for Indian customers, and offering the intuitive, friendly user interface that KIA's UVO 'connected car' technology provides. These smart, futuristic and secure features make owning and driving a KIA safe, comfortable, convenient and enjoyable.

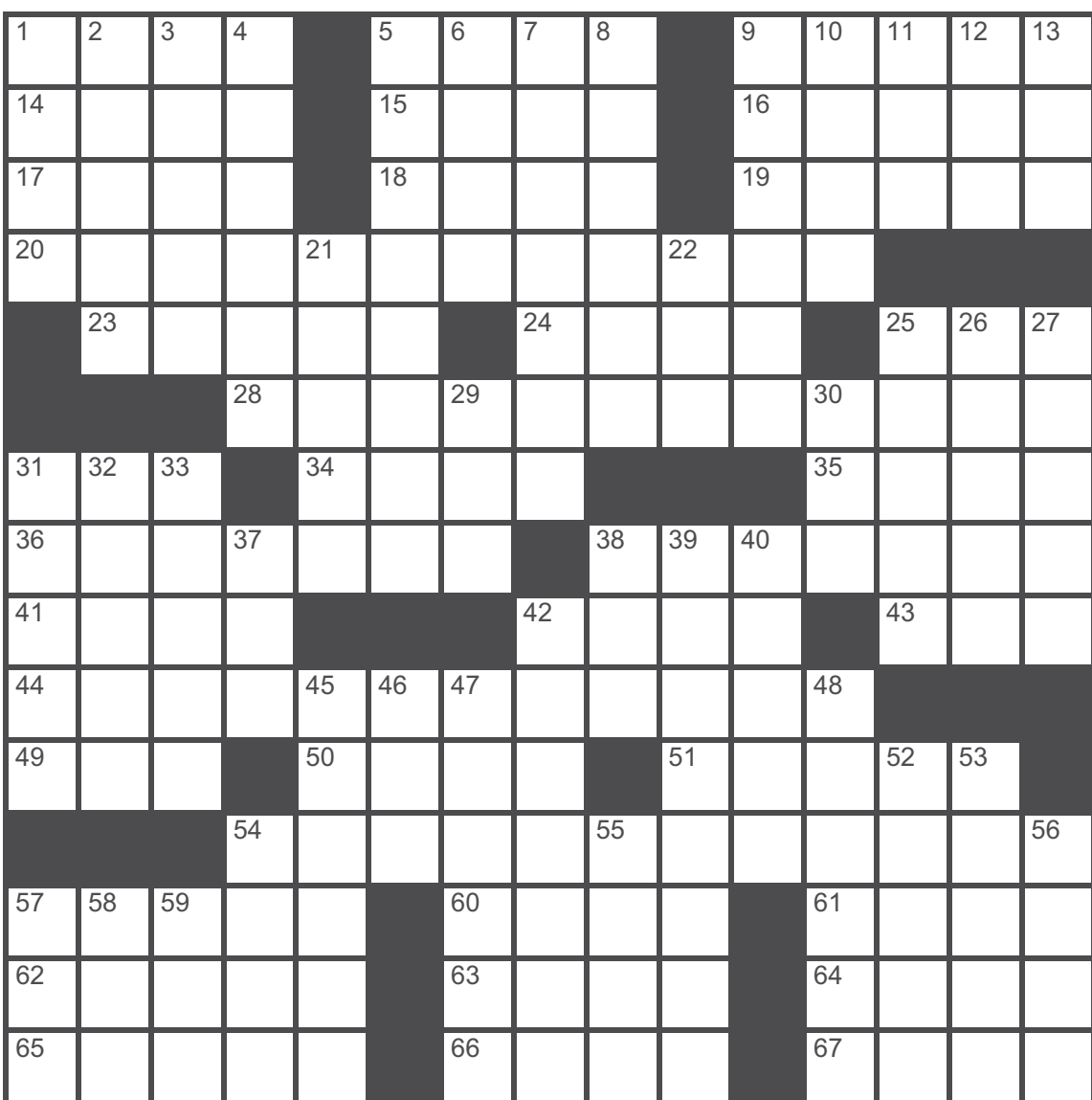
offered in a dual trim concept. This includes the sporty GT-Line trim which enhances the Sonet's racy appeal for enthusiasts via its multiple design and functional elements, both inside and out. GT-Line models offer an extra dash of sportiness to the Sonet and highlight its dynamic presence on the road. What's more, the Sonet is loaded with multiple segment-first features offering complete comfort, convenience, safety and optimum driving pleasure to customers.

This includes: Largest and best-in-class 10.25-inch (26.03 cm) HD touchscreen with navigation and live traffic; Smart Pure Air Purifier with virus protection; BOSE Premium seven-speaker audio with sub-woofer; Ventilated driver and front-passenger seats; LED Sound Mood Lighting; Remote engine start for automatic and

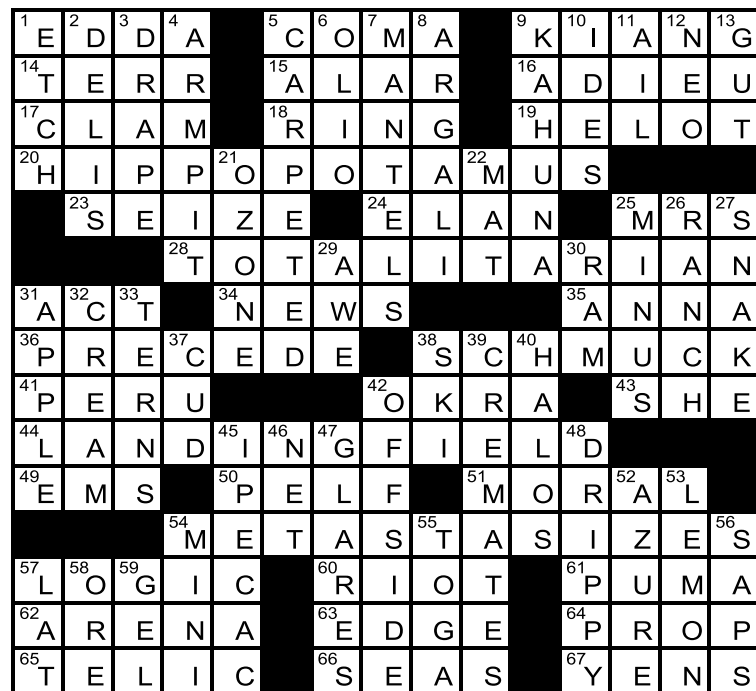




## General Crosswords



## Last Week's Solution



- 11. Yang's counterpart
- 12. Honest one
- 13. Do-it-yourselfer's purchase
- 21. Military blockade
- 22. A pint, maybe
- 25. One of the Osmonds
- 26. In a fog
- 27. Bakery supply
- 29. One way to swing
- 30. Egyptian boy king
- 31. Feed, as a fire
- 32. Batman's sidekick
- 33. Wrinkle removers
- 37. Dowel
- 38. Dot-com's address
- 39. Small piece of meat
- 40. Atlas enlargement
- 42. Fiery
- 45. Earthquakes
- 46. Historic period
- 47. Light-footed
- 48. Nautical rope
- 52. Charles de Gaulle's birthplace
- 53. High-hats
- 54. Scarf material
- 55. Back talk
- 56. Airplane assignment
- 57. Gallery display
- 58. Grassland
- 59. Fond du \_\_\_\_\_, Wis.

### ACROSS

- 1. Thanksgiving dish
- 5. Burn a bit
- 9. Canoe
- 14. Fencing sword
- 15. "Where the heart is"
- 16. Cover story?
- 17. Running behind
- 18. Brilliantly colored fish
- 19. Fair-sized musical group
- 20. News announcement
- 23. Characteristic
- 24. Ball
- 25. Can
- 28. Public health and housing programs, etc.
- 31. \_\_\_\_\_ Lanka

- 34. Microbe
- 35. \_\_\_\_\_ Major (constellation)
- 36. Sink
- 38. Groups coming together
- 41. Double-reed woodwind
- 42. Flatten, in a way
- 43. "Mangia!"
- 44. Spoken by hob- nobs of England
- 49. Lt.'s inferior, in the Navy
- 50. "\_\_\_\_\_ go brag!"
- 51. Elite group
- 54. Conjoined
- 57. "\_\_\_\_\_ well"
- 60. Dinghy or dory
- 61. Swing around
- 62. Kingdom

- 63. A deadly sin
- 63. Island of Napoleon's exile
- 65. Carpet fasteners
- 66. To be, in old Rome
- 67. Breather

### DOWN

- 1. Canine cry
- 2. Not together
- 3. Taxi feature
- 4. It has its ups and downs
- 5. Laughed softly
- 6. Desire
- 7. Mixture
- 8. Try again
- 9. "Dust in the Wind" group
- 10. \_\_\_\_\_ vera

## So You Think You are Geneius

### Question (Answer next week)

Which are there more of: fathoms in a kilometre or hours in a month?

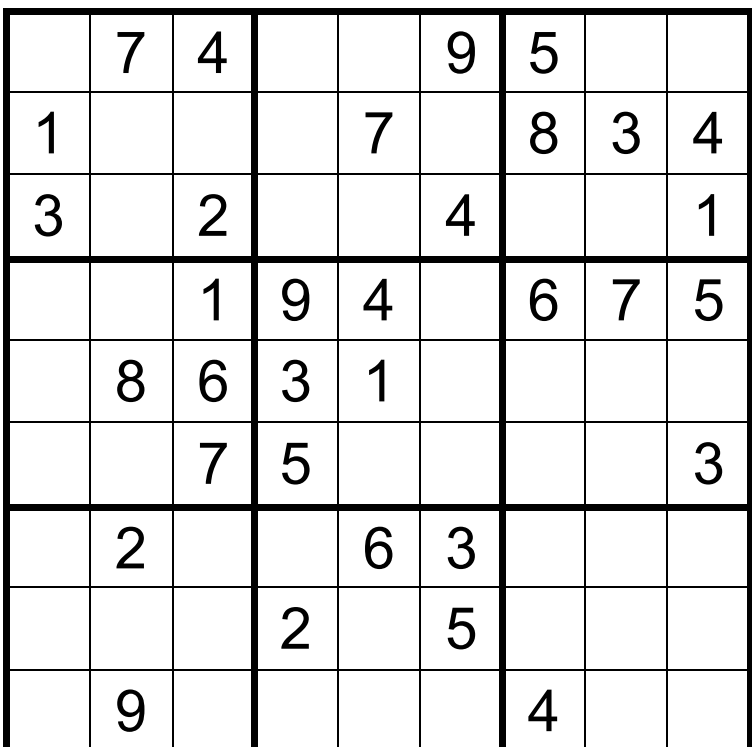


### Last Week's Answer

5: this is the number of letters in the word EIGHT. Therefore the numbers represent the number of letters of the words ONE, TWO, THREE, etc.

# 5

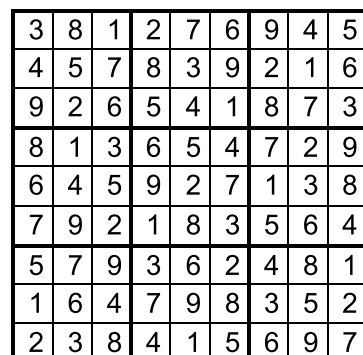
## Sudoku Puzzle



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





# Local coaches attend World Rugby COVID-19 course

**TEBOHO JAFETA**  
sports@maserumetro.com

MASERU - Seven Local rugby coaches attended a four-day online COVID-19 course hosted by the World Rugby from August 2 - 6.

The Federation of Rugby Lesotho (FRL) secretary general Litšitso Motšeremeli said the course was meant to raise awareness to coaches and players of what is expected of them if ever the sport resumes.

Motšeremeli who was also part of the participants said they were equipped with skills on how to deal with players, training sessions and matches during the time of COVID-19.

"We were equipped with skills on how to conduct ourselves and what we should do if the suspended sporting activities resume during

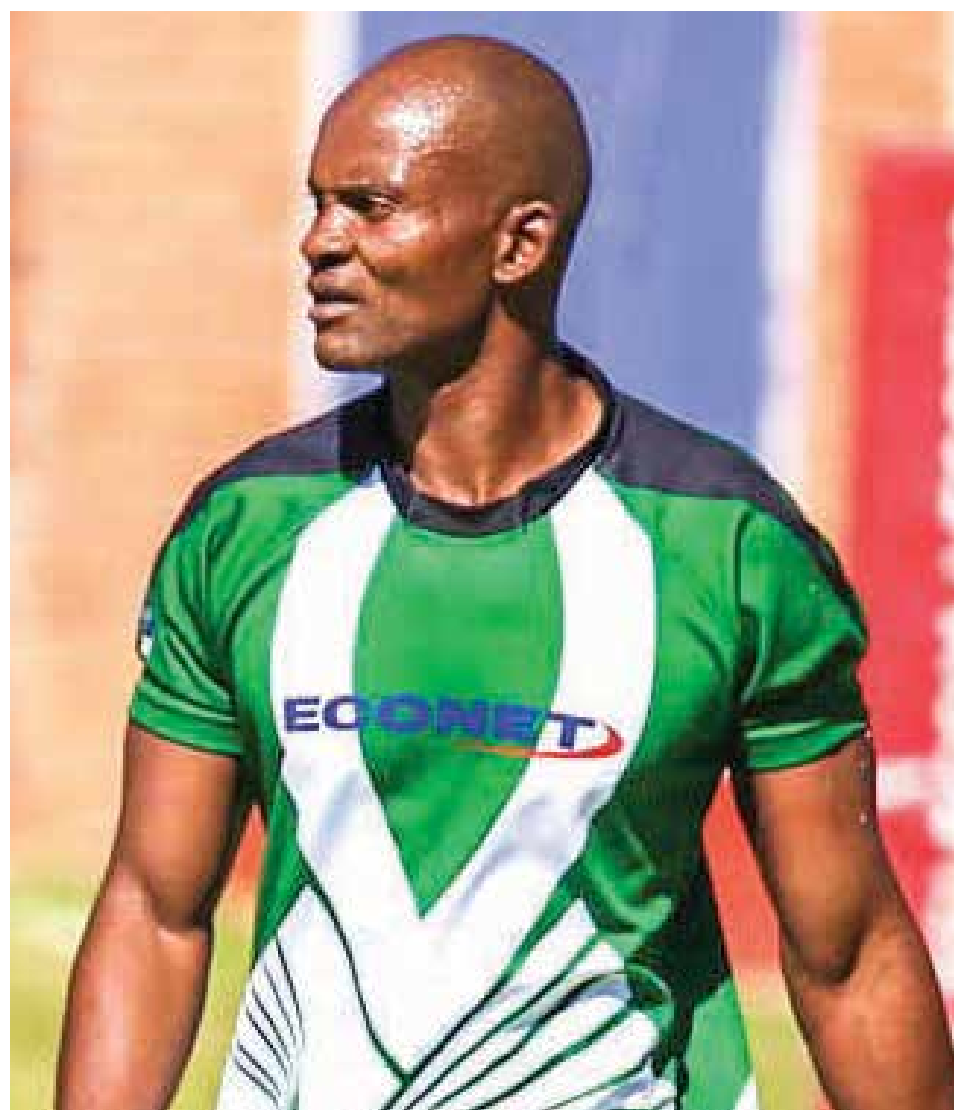
this time of the pandemic," he added.

He said they were informed that if the sports resume, players should be tested every time before the training sessions and will be taught how they should conduct themselves in order to avoid being infected.

"We were also informed that prior to every match, players should be tested and be taught how they should conduct themselves during the game," he said.

The other coaches who participated in the workshop comprised the former Likatola head coach Roy Nyasha Zou, Moliehi Thetso, Palesa Mokuoane, 'Makopano Lephoi and Thabang Molibeli. The participants were awarded participation certificates upon completion of the training.

Two World Rugby instructors including



**NEWLY EQUIPPED:** FRL secretary general Litšitso Motšeremeli

Mark Harrinton who is the head of technical services for the World Rugby and Dr Eanna Falvey, chief medical officer facilitated at the course.

The training is valid for six months and participants are expected to retake the course after six months to ensure that they fully understand the new information supplied and skills regarding the COVID-19 pandemic and how to safeguard the lives of the players.

Two months ago, Motšeremeli showed that rugby is divided into two types, the contact rugby and the tug rugby, adding that if the sport ever resume, they would switch to playing tug rugby.

In tug rugby, there is no direct contact between the players inside the pitch. Tug rugby is mostly played by children as it meant to introduce them to the sport by showing them that rugby is not as risky as it appears to be.

# Liphakoe indecisive about Ntšonyane's future

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sports@maserumetro.com

MASERU - The Quthing based side Liphakoe FC are still indecisive about the future of their head coach Teele Ntšonyane (pictured) after his contract expired on June 31.

In an interview with Metro, Liphakoe FC publicist, Tau Sebatli said the club management is yet to decide on the future of the mentor.

"The coach's contract expired in June and the club management is yet to decide on whether or not they work with him going forward," he said.

Ntšonyane joined the club before the second round of the 2019/2020 football season began and penned a six-month deal.

Sebatli also confirmed that the club has parted ways with four players including former captain Tlotliso Tumahole, who was released to Morija based side Lijabatho FC, Thabo Matšoele who

joined Matlama FC, Tšeoale Ranthimo who is now with Linare FC and Ghana national Patrick Nyako who signed up with the Teyateyaneng based Lioli FC.

He said the club management held discussions with the players when their contracts expired in June on the way forward as the team was still interested in their services.

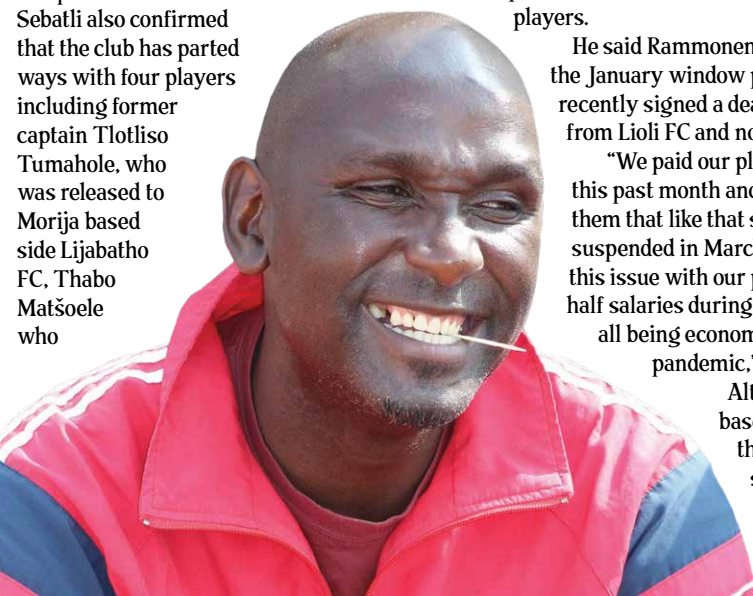
"The management started talks with the players when their contracts expired in June but the discussions were not fruitful as both parties did not reach an agreement, hence we decided to part ways," he added.

Sebatli said the club is currently working on replacing these players with new signings and will unveil them upon completing all the procedures related to the signing of those players.

He said Rammoneng left the club during the January window period to Lioli FC and recently signed a deal with Matlama FC from Lioli FC and not from Liphakoe FC.

"We paid our players half salaries this past month and we have been paying them that like that since football was suspended in March. We first discussed this issue with our players and agreed on half salaries during this time as we have all being economically affected by the pandemic," Sebatli added.

Although Liphakoe are based in Quthing but they hold their training sessions in Maseru as the majority of their players reside in the capital city.



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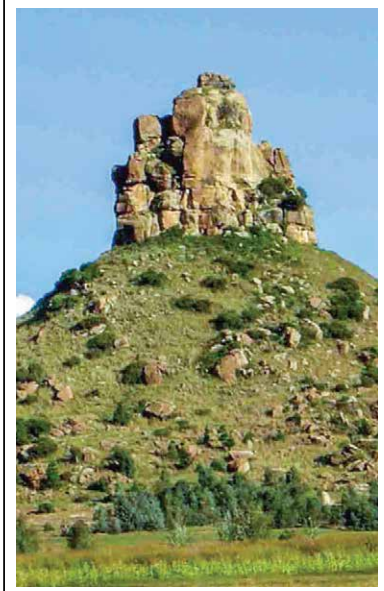
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National Weather



MASERU

FRIDAY  20°C / 1°C	SATURDAY 21°C / -2°C
	SUNDAY 11°C / -7°C

MAFETENG

FRIDAY  14°C / 6°C	SATURDAY 14°C / -2°C
	SUNDAY 3°C / -5°C

MOHALE'S HOEK

FRIDAY  14°C / 6°C	SATURDAY 14°C / -2°C
	SUNDAY 3°C / -3°C

QUTHING

FRIDAY  20°C / 2°C	SATURDAY 20°C / 2°C
	SUNDAY 9°C / -8°C

QACHA'S NEK

FRIDAY  23°C / 9°C	SATURDAY 23°C / 1°C
	SUNDAY 14°C / -6°C

THABA TSEKA

FRIDAY  13°C / 1°C	SATURDAY 11°C / -2°C
	SUNDAY 4°C / -6°C

MOKHOTLONG

FRIDAY  18°C / -2°C	SATURDAY 16°C / -1°C
	SUNDAY 11°C / -7°C

BUTHA BUTHE

FRIDAY  15°C / 3°C	SATURDAY 16°C / 1°C
	SUNDAY 7°C / -3°C

LERIBE

FRIDAY  21°C / -1°C	SATURDAY 22°C / -3°C
	SUNDAY 13°C / -6°C

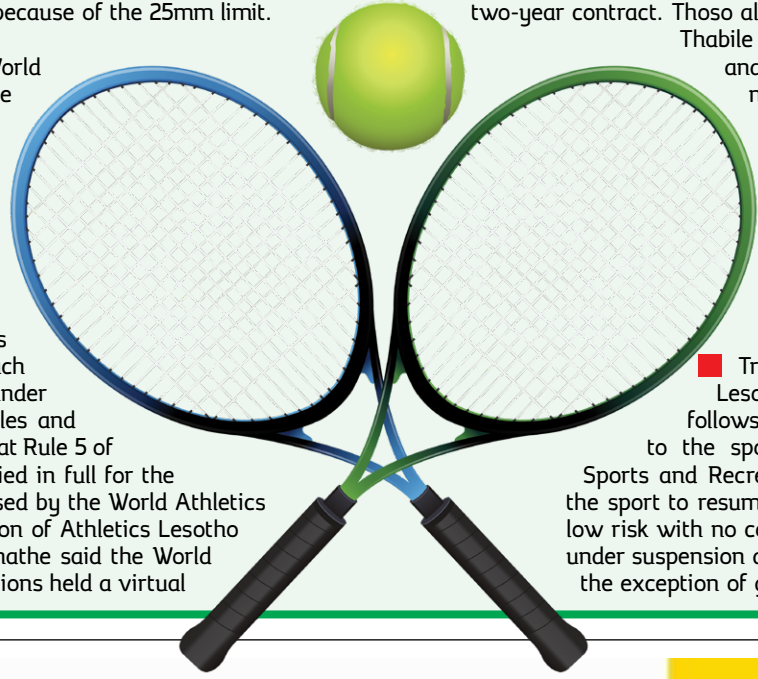
BEREA

FRIDAY  15°C / 1°C	SATURDAY 16°C / -4°C
	SUNDAY 7°C / -5°C

News in Sports

World Athletics has issued a reminder to area associations and member federations about the recently introduced Rule 5, governing competition shoes. The amended rule, which puts a sole height limit of 25mm on all shoes worn in track events of 800m and above in distance (including Steeplechase), came into force on July 28, when it was published. The rule does not prevent a road running shoe from being worn on the track but a 30mm or 40mm road running shoe cannot be worn for track events because of the 25mm limit.

All results currently in the World Athletics database will be processed, but any result of an individual athlete who has worn non-compliant shoes for the race will be marked "Uncertified" ("TR5.5"). In the case of National Championships and other domestic competitions, for results to be validated and recognised by World Athletics for statistics purposes, such competitions must be held under the World Athletics Technical Rules and Competition Rules. This means that Rule 5 of the Technical Rules must be applied in full for the competition results to be recognised by the World Athletics as valid. Meanwhile, the Federation of Athletics Lesotho (FAL) publicist Sejanamane Maphathe said the World Athletics and all member associations held a virtual



meeting on July 18 and resolved that rule 5 be on hold until things get back to normal and shoe manufacturing companies restart their normal manufacturing processes.

Lijabatho FC publicist Tšepiso Thoso has told Metro that the club has not released any players so far, but is busy signing new ones. So far Lijabatho have signed Tlotliso Tumahole from Liphakoe FC for a two-year contract. Thoso also showed that the club head coach Thabile Secker's contract expired on June 31 and the club management is currently negotiating with him for a way forward. "We still have interest in working with him," he added. He also confirmed that the club offered its players their full salaries for July. Lijabatho have been paying their players full salaries since football activities were suspended in March.

Training sessions are underway at the Lesotho National Courts in Maseru. This follows a request by the association earlier to the sports ministry through the Lesotho Sports and Recreation Commission (LSRC) to allow the sport to resume as its activities are considered as low risk with no contact. Other sporting codes are still under suspension due to the COVID-19 pandemic, with the exception of golf.

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# Potloane makes emotional return to Linare



**MASERU** - Former Likuena midfielder, Mabuti Potloane, has ended speculation on his future by quitting Matlama to make a return to his boyhood club-Linare on a two-year deal.

Potloane returns to Linare following a fruitful spell with Matlama, where he won the Econet Premier League title, Independence Top 4, the LNIG Top 8, the MGC Top 4 as well as playing in the CAF Champions League.

The 34-year-old 2013/14 Premier League Player of the season, stated that playing for Matlama was a dream come true for him and will always cherish the success he enjoyed with Tse-Putsoa.

"Playing for Matlama was a difficult and exciting challenge. Expectations were always high from the supporters and there were those seasons when things did not go according to plan and we would feel that although we

had assembled a good squad to challenge for trophies, but things would fall apart along the way.

"In terms of trophies, it was very exciting to win all trophies on offer in the league. The first few years with the club we struggled to win trophies, but once we got the LNIG Top 8, the rest just followed.

"Playing for Matlama was a dream come true for me and I will always be grateful for the support I got from Tse-Putsoa family and winning the silverware with the club," Potloane said.

Regarding his return to his home team, the talented midfielder with 45-national team caps, said his ambition is to help Linare end their long drought for major trophies in the country, which goes beyond three decades.

Tse-Tala, as Linare are affectionately known

have won the league title three times with the last coming in 1980. They also lost the LNIG Top 8 final to Lioli in 2014.

"Part of my dream has always been to win trophies with Linare and I believe my experience will be very vital in the club's quest to end the long drought," Potloane said in an emotional interview.

He added: "Linare is my childhood club and that's where it all started for me having spent about seven years nurturing my skills in the development teams and seven more with the senior team before I left to join Matlama.

"We came close in the past, making it to the finals of several competitions, but this time around going to finals and losing will not be enough. We have to help the team be a force to be reckoned with in the country and compete for silverware."

**HOME COMING:** Matlama midfielder, Mabuti Potloane rejoins Linare



## AUSC Region 5 Games postponed to Dec 2021

### .....but minister declares them cancelled

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sports@maserumetro.com

**MASERU** - A few days after the Troika of the African Union Sports Council (AUSC) Region 5 ministers of Sports meeting resolved to postpone the Maseru Region 5 Games to December 2021, Lesotho Sports minister and Troika chairperson, Likeleli Tampane declared the games cancelled.

The AUSC Region 5 sport ministers postponed the games on July 31 during a virtual meeting, but Tampane on Wednesday dissolved the Local Organising Committee (LOC) and terminated its 26 staffers' contracts stating that they can no longer work as the games have been cancelled.

Region 5 LOC chairperson Fusi Notoane confirmed to Metro that the minister indeed dissolved the LOC and terminated the staffers' contracts.

"We were verbally informed about this on Monday and received an official announcement on Wednesday," he said.

Notoane further said he notified the AUSC committee of the decision and was not sure whether or not the minister had warned the troika of ministers of sports about the LOC's dissolution and cancellation of the games.

According to the letter written to the 26 LOC staff members the same day, the contracts were terminated with immediate effect due to the cancellation of AUSC Region 5 games.

"Following the cancellation of the Region 5

games by the sports minister, your contract is hereby terminated with immediate effect," the letter reads.

Notoane however said the minister does not have the power to cancel the games, but she has the power to withdraw the hosting rights of such games.

"The minister does not have the power to cancel the games because the games belong to Region 5 not Lesotho, Lesotho only has the power to withdraw its hosting rights in order to allow the Region 5 committee to give another country such hosting rights," Notoane said.

He said there are consequences that go with withdrawing the hosting rights, adding that Lesotho should be ready to bear such

penalties.

In another interview with Metro, the Ministry of Gender, Youth, Sports and Recreation's chief information officer, Maqalika Matsepe said the minister decided to cancel the games last week due to the fact that the funds budgeted for the infrastructure construction had been diverted by the finance minister to the COVID-19 pandemic budget.

"The cancellation is due to the fact that Maseru Region 5 Games playgrounds and infrastructure construction budget has been diverted to assist in the fight against the COVID-19 pandemic," Matsepe showed.

He was however, not sure whether or not Tampane has already reported the decision to cancel the games to the relevant authorities.



# The best scrum ever for Lesotho, Fetang Selialia



**INDESTRUCTIBLE:** Lesotho's best scrum Fetang **Black Rhino** Selialia holding the ball

**TEBOHO JAFETA**  
sports@maserumetro.com

**MASERU** – Although he is heavy, he is however, physically fit and extremely fast, this is why **Black Rhino** as Fetang Selialia is commonly called, has come to be the best scrum ever, not only in his home country Lesotho, but also in the entire Eastern Free State rugby league in South Africa.

Born and bred in Ha Matala Maseru, Selialia is the last born in the family of three children, two boys and a girl of the late Thabo and 'Makamohelo Selialia.

Like any other boy child, Selialia first played football at a young age while at Phethahatso English Medium before he proceeded to Lesotho High School in 1997 for his high school education.

But upon arrival at Saule, the versatile Selialia took up cricket while he still played football at home. He formed the first ever cricket team for the school with the likes of 'Nyane Moeti to mention a few.

Being the fine footballer that he was, the Selialia was selected for the national Under-17 football team Bahlabani trials by the late Bishop Molatoli who coached the squad around 1999 - but he (Selialia) did not pass the trials.

When he left high school, he enrolled for a Bachelor's Degree in Political Science at the National University of Lesotho (NUL) in 2002.

At varsity, he joined the institution's cricket club and played for the first team as a bowler until he graduated. He was considered a fast bowler and played an integral part in the team's success.

He also played basketball though briefly.

When he left NUL, he met a foreigner called Dennis Labuskaris, who was interested in introducing rugby in the Mountain Kingdom.

They formed a club called Maseru Kings and

Labuskaris became its president, while Daniel Alwart who was an American Peace Corp was the vice president with Selialia as the secretary general. Pheko Moorosi was the team treasurer. These members served both as players and management simultaneously.

Lesotho rugby commenced its activities at the Machabeng College ground and used the field for quite some time with the approval of Ian Brooke who was part of the school management.

Selialia's first rugby match was against Qwaqwa Leopards in 2012 and he recalls the game as both exciting and painful at the same time. Maseru Kings lost by 15 to 24 points.

Given his vast experience and knowledge of the sport, Alwart mentored the team and trained the players until they had a better understanding of rugby.

When Labuskaris left Lesotho later that year, Maseru Kings' executive committee was reviewed. Selialia was elevated to the position of vice president while Litšitso Motšeremeli was appointed to the secretary general role.

Thereafter Maseru Kings' entire executive committee left the club managerial roles to form the Lesotho Rugby Association (LRA). But when they tried to register the association at the law office, they were shocked to discover that the association already existed, having being formed by Mohau Thakaso affectionately known as White Horse.

They consequently registered the rugby body as the Federation of Lesotho Rugby (FLR) and officially launched it on August 25, 2012.

"At the launch, we had several including Econet Telecom Lesotho and White House Company among others, the launch was graced by the presence of the Botswana Rugby Union executive committee and as

part of the event, we played a friendly match against Bethlehem Collegians club," Selialia said.

FLR later helped in the establishment of a number of local clubs including the Centre for Accounting Studies (CAS) Wolves and LMPS Black Cobras. By the time FLR was launched, Maseru Select had already been registered.

The team was made up of players from various local teams. It played in the Eastern Free State Rugby league from April 2012 and lost all its matches during its first appearance in that league.

White House Company signed a four-year M400 000 sponsorship deal with the FLR that year and the company provided the federation with services but not cash.

When Alwart left Lesotho in 2014, Selialia who was at the time FLR vice president became the acting president to fill Alwart's shoes.

Selialia first played his international match in 2014 when Lesotho took on Swaziland in a friendly tie – the game was also Likatola (Lesotho's national senior rugby team)'s debut international match.

Lesotho lost by three points to five. The FLR applied for the Rugby Africa membership and was given a two-year waiting period. As part of the membership approval procedure, Selialia alongside Motšeremeli presented a proposal at the Rugby Africa general assembly held in Marcosies, Paris in France in December 2014.

Two years down the line, at the general assembly held in Botswana where Selialia attended as the only Lesotho representative, the country was finally granted full membership.

"FRL's executive committee is working tirelessly in ensuring that we get assistance and guidance to obtain the World Rugby membership. That will be a major achievement and it means we will be able to get

funds for development from the international body," he said.

Rugby, he said is different from other sport codes in that a country does not just automatically become a member of an international body by virtue of being a member of the continental governing body.

"The World Rugby has criteria to consider a country as its member. A country should first meet certain standards before qualifying for the membership," he said.

During the FLR annual general meeting in 2017, Selialia was officially elected as the federation president and will remain in that position until the 2021 elective annual general meeting when he will step down.

As a player, he won the Botus Water Cup in Malawi in 2017 with Likatola.

He also won the Rugby Africa 15-Aside Cup in Lesotho in 2017 when they defeated Malawi 69-05 and Swaziland 67-05. Lesotho representing southern Africa was ranked number one and Ghana number two against other African regions in north, east, and west Africa. When Selialia and his teammate Motšeremeli hung up their rugby boots in October 2017, they both focused on managerial roles in their respective FLR executive committee portfolios.

Selialia's achievements as FLR administrator include designing an Academy of Excellence with the late Kabelo Mafura, the former Minister of Gender, Youth, Sports and Recreation who passed away before the implementation of the project.

Securing the rugby league sponsorship is one of his greatest achievements as a FLR leader. Econet Telecom Lesotho is the official rugby league sponsor with a M100 000 annual sponsorship.

FRL is now a full member of the Confederation of African Rugby (CAR) and is well recognized worldwide. Selialia's efforts saw rugby as a sport being introduced and now existing in eight districts of Lesotho with the exception of Mokhotlong and Mafeteng.

Under his tutelage, Lesotho Rugby Sevens team won the Rugby Sevens Africa cup in Mantšonyane in 2019 and Selialia considers taking a competition of that magnitude to the highlands of Mantšonyane as a great feat.

He is married to 'Mateboho Selialia and the couple has two children, a boy (Thabo) and a girl (Teboho). He works fulltime as an administration officer in the Prime Minister's office's Disaster Management Authority (DMA) department.



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