

HEALTHYLIVING King calls for embedded nutrition against COVID-19
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They hate a lack of artistry in Lesotho - Senong

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Metro

News you can use

THURSDAY September 24, 2020

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LRA URGES CLIENTS TO FILE TAX RETURNS

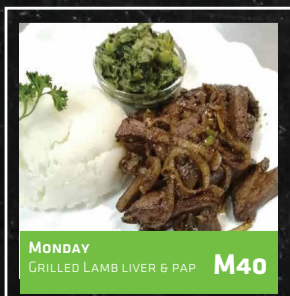
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WiseWORDS: Innovation distinguishes between a leader and a follower. ~Steve Jobs.



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On This Day in History

622
Muhammad completes Hegira



On September 24, 622, the prophet Muhammad completes his Hegira, or "flight," from Mecca to Medina to escape persecution. In Medina, Muhammad set about building the followers of his religion - Islam - into an organized community and Arabian power. The Hegira would later mark the beginning (year 1) of the Muslim calendar. Muhammad, one of the most influential religious and political leaders in history, was born in Mecca around 570. His father died before he was born, and Muhammad was put under the care of his grandfather, head of the prestigious Hashim clan. His mother died when he was six, and his grandfather when he was eight, leaving him under the care of his uncle Abu Talib, the new head of the clan. When he was 25, Muhammad married a wealthy widow 15 years his senior. He lived the next 15 years as a merchant, and his wife gave birth to six children: two sons, who died in childhood, and four daughters.

Directory

1. Child Helpline: 80022345
2. Crime Hotline: 22313337
3. WASC0: 22262000
4. LEC: 52100000
5. Police Station: 22317262
6. Airport: 22350777
7. MRT0: 2232 5494
8. Ombudsman: 22316425
9. Metro News Tips: 2232 5494
10. Border Control: 22325740

Essentials

- Registration Fees**
- Motor cycle solo with engine of cylinder in capacity not exceeding 350 cc will cost M100
 - Motor cycle solo with engine of cylinder in excess of 350 cc - M150
- Motor Vehicle License Fees**
- Motor Vehicle License Fees motor cycle with engine capacity not exceeding 350 cc - M100
 - Other motor vehicles for the first vehicle - M1 000
 - For every additional vehicle other than a motor cycle - M500
- Motor vehicle, trailers and construction equipment clearance fees:**
- 0 - 750 kg: M150.00
 - 11.50kg and more: M1600
- Examination fees for roadworthy certificates:**
- Motor cycle not exceeding 350 cc - M200
 - Other motor cycle, tractor or trailer - M200
 - Light motor vehicle - M220
 - Heavy commercial vehicles - M300
 - Vehicle examiner's prohibition for vehicle's Un-roadworthiness - M350
- Certificates of fitness for passenger vehicle:**
- Motor cars, 4+1, and driving - M200
 - Commercial passengers' vehicles, if carrying capacity does not exceed 22 passengers - M250
 - If carrying capacity exceeds 22 but less than 60 passengers - M300
 - If carrying capacity exceeds 60 passengers - M350
- Certificate of fitness for goods vehicles:**
- Where tare weight does not exceed 3,500kg - M100
 - Where tare weight exceeds 3,500kg but does not exceed 11,000kg - M150
 - Combination of vehicles - M150
 - Trailers if tare weight does not exceed 5,000kg - M100
 - If tare weight exceed 5,000kg - M150
- Documents:**
- Certificate of road worthiness and fitness - M100, other motor vehicles licenses - M100
 - Motor cycle not exceeding 350cc - M50
 - Other motor vehicle licenses - M100
- Application fees:**
- Learners license - M50
 - Theory test - M50
 - Driving test and re-test - M50
 - Public driving instructor's test - M100
 - Driving school permit - M150
- Issuance of driver's license:**
- Light duty - M200
 - Heavy duty - M250
 - Extra-heavy duty - M400
 - Driving instructor's certificate - M300
 - Public driving permit - M200
- Renewals of driver's licences:**
- Motor cycle not exceeding 350cc - M120
 - Learner's license - M50
 - Light duty - M200
 - Heavy duty - M250
 - Extra heavy duty - M400
 - Driving instructor's certificate - M300
 - Public driving permit - M200
 - Driving school permit - M420
- Special Permit:**
- Initial issuance - M200
 - Renewal - M400
 - Supply of information from the records - M100
 - Duplicate of document - M300
 - Transfer of registration number (section I2(2) of the act) - M150
 - Transfer of ownership - M100
 - Set of number plates - M400

LRA urges clients to file tax returns



Acting Commissioner General of LRA 'Mathabo Mokoko

NEO SENOKO
business@maserumetro.com

MASERU - With the deadline for filing Income Tax Returns fast approaching, the Lesotho Revenue Authority (LRA) has urged all clients to file their tax returns and pay taxes before the cutoff date.

Every year from April 1 - June 30 is the Income Tax Filing season but this year, that season was extended to September 30 as a Tax Relief Measure to mitigate the impact of the COVID-19 induced lockdown.

The extended period was meant to give clients adequate time, given the prevailing situation, to prepare their books and to file on time.

Due to the ongoing COVID-19 pandemic, clients are further encouraged to make use of online platforms such as Interim E-filing accessible on the LRA website or to use dedicated email address.

The Payment Referencing Portal can also be used to generate a reference that will allocate clients payment to the correct tax type and correct payment period.

"We have to file Income Tax Returns,

so we are trying to work together with our people to follow the right filing procedures and pay tax due before deadline, still taking into consideration the COVID-19 and lockdown regulations in the country.

"That is why we also decided to take this opportunity to create awareness about available online platforms to ease filing and payment as well as appeal to clients to meet their tax obligations," said the LRA acting Commissioner General 'Mathabo Mokoko during the filing season campaign update on Wednesday.

She said clients, who for various reasons, were not able to meet their tax obligations in the past, are urged to make use of the Voluntary Disclosure Programme (VDP), an initiative established solely to afford clients an opportunity to regularise their tax affairs.

VDP is the window of opportunity for clients to regularise their tax affairs as well as disclose honestly and truthfully all sources of income that were not previously divulged.

Through this initiative, clients tax affairs shall be treated with utmost confidence and secrecy and no additional taxes shall be imposed and no prosecution.

The LRA's Manager Client Education Letsatsi Sepiriti noted that while some people live far from towns and cannot easily access the internet, the authority is working closely with the three commercial banks, Standard Lesotho Bank, First National Bank and Nedbank Lesotho to assist clients to file their returns.

Under normal circumstances, the LRA also relies on its client outreach programme to reach out to as many people as possible but the programme has this year been interrupted by the COVID-19 pandemic.

Technology

CovidNudge gives results in just 90 minutes

SARA RIGBY

A portable COVID-19 test kit which aims to diagnose the disease in 90 minutes and give results without sending samples to a laboratory, could make a "huge difference" in hospitals ahead of the winter battle in some parts of the world against the disease, according to the scientists.

The test, dubbed CovidNudge, has been shown to have over 94 percent sensitivity (the ability to correctly identify positive cases) and 100 percent specificity (the ability to correctly identify negative cases).

It was designed by DnaNudge, an Imperial College London spinout company, and can be performed by the patient's bedside.

The process involves collecting nasal and throat swabs from patients and placing them on to a cartridge which goes into a shoebox-sized machine known as NudgeBox for analysis. The device then looks for traces of genetic material belonging to the coronavirus.

Each machine has the ability to process up to 15 tests on the spot each day.

Last month, the UK government placed a £161 million (M3.3 billion) order for 5.8 million cartridges and 5,000 NudgeBox machines.

The test is being used across eight London hospitals and is expected to be rolled out at a national level.

Graham Cooke, professor of infectious diseases at Imperial College London, evaluated the results of the tests performed on 386 NHS staff and patients using CovidNudge. He described the CovidNudge testing kit as a "useful part of the whole puzzle for diagnostics".

He said: "This [the test] is particularly well



sited for clinical settings when you are trying to make a rapid decision for a patient. For example, we had a patient from last week who had a new diagnosis of COVID.

"We were able to get the diagnosis confirmed within two hours of arriving and start remdesivir and dexamethadone [drugs used

to treat severe COVID-19] on that basis - much quicker than we would have been able to with confidence without that."

The researchers are also making modifications to the device so the test can simultaneously assess other respiratory diseases alongside COVID-19, such as flu and respiratory syncytial virus.

Dr Bob Klaber, director of strategy, research and innovation at Imperial College Healthcare NHS Trust, said: "As an organisation we are focused on using research and innovation to continuously drive improvements to care."

He added: "Getting accurate results back to clinicians and their patients as quickly as possible makes a huge difference to how we safely manage clinical pathways and we are very much looking forward to rolling this out more widely."

Meanwhile, Professor Chris Toumazou, chief executive and co-founder of DnaNudge and founder of the Institute of Biomedical Engineering at Imperial, said that while the test offers "very significant potential" in terms of mass testing for COVID-19, further studies are needed to demonstrate "real-world effectiveness in non-clinical settings".

He said: "The platform is well suited to testing in primary care and community settings with potential for use in non-healthcare settings such as care homes, schools, transport hubs, offices, and, to help bring the arts back, in theatres and venues."

While experts have described CovidNudge as promising development, one of the limitations is only a single sample can be analysed at a time - and may not be the answer to mass testing.

Sciencefocus

The world's most densely populated island is the size of two soccer fields



Santa Cruz del Islote in the Archipelago of San Bernardo off the coast of Colombia may only be about the size of two soccer fields (AKA two acres), but the artificial island has four main streets and 10 neighbourhoods. Five hundred people live on the island in around 155 houses. With so many people packed into such a small space, it's the most densely populated island in the world, according to The Guardian.

Jargon Buster

Working Capital
Not to be confused with fixed capital, working capital is another business finance 101 term. It consists of the financial resources necessary for maintaining the day-to-day operation of the business. Working capital, by definition, is the business's cash on hand or instruments that you can convert to cash quickly.

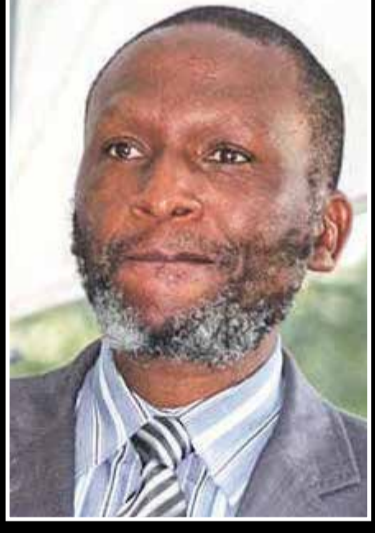
Cracks



Bad day
This little guy is sitting at the bar just staring at his drink. He's been sitting there for half an hour when this big trouble-making truck driver steps next to him, grabs his drink and gulps it down in one swig. The poor little guy starts crying. "Come on man, I was just giving you a hard time," says the truck driver. "I'll buy you another drink. I just can't stand to see a man crying." "This is the worst day of my life," says the little guy between sobs. "I can't do anything right. I overslept and was late to an important meeting, so my boss fired me. When I went to the parking lot, I found my car was stolen and I have no insurance. I grabbed a cab home but, after the cab left, I discovered my wallet was left in the cab. At home I found my wife in bed screwing the gardener. So I came to this bar and was thinking about putting an end to my life, and then you show up and drink the damn poison."

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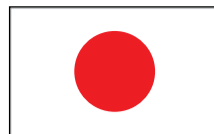
American Dollar
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Europe's Euro
€19.66



British Pound
£21.41



Japanese Yen
¥0.16



Chinese Yuan
¥2.47



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COMMODITIES (International Rates in US\$)

STOCKS	
S&P500	3,256.08
NASDAQ100	11,845.75
Nikkei225	23,742.94
Dow Jones30	27,838.83
FTSE 100	6,324.47
JSE	54,248.00
Hang Seng	24,365.86
PRECIOUS METALS	PRICE (US\$)
Gold	1,687.09
Platinum	915.78
Silver	26.54
Copper	6,385.34
Crude Oil / Brent Oil	39.39
EQUITIES	
Bonds	18.44
Treasury Bills	3.67
Interest Rates	7.67

AGRICULTURE (Rates in Maloti/Rands)

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

ENERGY (Rates in Maloti/Rands)

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



COO and Co-Founder of Bophelo Bioscience and Wellness Mr Andreas Met

Halo Labs boss relocates to Lesotho

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MASERU – Halo Labs, a leading global cannabis giant and owner of Lesotho cannabis manufacturer, Bophelo Bioscience and Wellness has revealed that its Chief Operating Officer and Co-Founder Andreas Met will be relocating to Lesotho by the end of 2020.

With the company looking to expand its operation at international level and attract support from all potential partners, Halo Labs has announced that Mr Met will be tasked with among other things to expand Bophelo's operations to deliver the highest quality product at scale.

He will also be expected to establish the company's international distribution base as well as sell to a broad base of potential countries in the European Union and the United Kingdom.

Halo is a leading, vertically integrated cannabis company that cultivates, extracts, manufactures and distributes quality cannabis flower, oils, and concentrates. The company has sold approximately six million grams of oils and concentrates since inception.

Bophelo Bioscience and Wellness on the other hand is a subsidiary of the Canadian

Company Halo Labs and intends to operate one of the largest cannabis cultivation sites in the world as well as distribute high-quality cannabis products.

Based in Mafeteng, Bophelo is the holder of one of a limited number of licenses issued in Lesotho for the production of medical cannabis products and holds a massive land package of over 200 hectares.

"I am thrilled to have the opportunity to develop what is expected to be one of the world's largest grow operation. Bophelo's nine-year license allows it to cultivate, manufacture, import and export cannabis products. The opportunity to oversee a cultivation site that is up to eighty-two times larger at 494 acres (200 hectares) is the opportunity of a lifetime," Mr Met said in a statement.

The company has expressed confidence in the CEO, citing that his background is well suited to execute Halo's international expansion.

Mr Met conducted the first medical grow on a quarter acre at the company's East Evans Creek site in 2016. The following year, according to the company, he oversaw the expansion of East Evans Creek to six acres and further led the development of all manufacturing and sales activities from the ground.

"I have led the company in several rapid start-up expansions, Bophelo is no different. We have a solid base, excellent support, and a good management team that we have built up over the past two years," Mr Met added.

Bophelo's operating site occupies an ideal location, with ample labour, abundant free water, flat land, good soil and low electricity costs. The favourable high altitude and low humidity climate provide clean growing conditions.

"We have come a long way towards reaching this important milestone. It is amazing what the team has accomplished here in Lesotho. I am very much looking forward to exporting our first cannabis to Europe following the receipt of our GACP certification," CEO and founder of Halo Labs Kiran Sidhu added in the statement.

Halo is currently working on the final steps to receive full Good Agricultural and Collection Practices (GACP) certification for Bophelo operations, including completing sanitisation facilities, implementing security infrastructure and building out the drying, trimming and storage facilities.

Once these projects are completed, the company expects to receive GACP certification of the project in the fourth quarter of 2020.

The masters of the diamond world are losing control

THOMAS BIESHEUVEL AND YULIYA FEDORINOVA

For decades, shopping for uncut diamonds was a tightly scripted affair: First, persuade De Beers to add you to its list of handpicked customers. Then, 10 times a year, attend a week-long sale to buy exactly the amount De Beers offers you at whatever price it chooses.

The system, which works more or less the same at Russian rival Alrosa PJSC, gave the two miners a tight grip on their market. With the coronavirus wreaking havoc through the industry, that control is now disintegrating.

De Beers struggled to generate much interest from its customers to even look at this month's diamond sale, despite bending over backward to attract purchases, according to people familiar with the matter. At Alrosa, at least five buyers have broken from their long-term contracts because they can't make money under the current terms, said the people, who asked not to be identified discussing private information.

The lack of sales is likely to hit profits hard for the two biggest producers, although it probably won't affect the price of diamond jewelry in stores. The rough-diamond trading freeze is also creating billions of dollars of stock buildup for the miners that threatens to undermine an eventual recovery in the market. While the biggest diamond miners are

refusing to budge on prices, distressed smaller rivals are offering discounts of as much as 25%, meaning buyers who have limited demand are able to get the goods they need from them instead.

"De Beers and Alrosa are sincerely trying to protect value," said Anish Aggarwal, a partner at specialist advisory firm Gemdax. Alrosa buyers are also protesting the company's more-stringent enforcement of its contract, which requires customers to buy goods they've deferred, while De Beers has been more flexible.

Two buyers had their long-term contracts with Alrosa ended in April, the miner said on April 10. One of those was Diacore, the diamond-trading company owned by the billionaire Steinmetz diamond family and one of the most powerful middlemen companies in the industry, according to people familiar with the situation. Three more Alrosa buyers left in the last month, according to the people, including Antwerp-based Arjav Diamonds. "Our sales policy received a robust support from our clients and other industry members," said Alrosa chief of sales Evgeny Agureev.

Still, Alrosa remains in constant contact with its customers, including seeking feedback on market conditions, demand and price expectations, a spokeswoman said. These discussions are used to make decisions



about future trading sessions, she said.

A De Beers spokesman declined to comment.

De Beers's customers have largely welcomed its actions, especially in allowing them to defer purchases without any punitive repercussions. Traditionally, refusing to buy your allocated diamonds meant being offered fewer stones in the future or even losing access altogether.

However, the company is struggling to convince any of them to buy. It's offered to

show diamonds to customers in trading hubs including Antwerp this week - instead of insisting they travel to Botswana as usual - and told its buyers that the sale could be extended to as long as three weeks, according to people familiar with the situation.

Yet only a few of its 80-odd customers actually turned up to look at them, said the people.

While the big producers may face pressure to lower prices, it's a complicated decision.

It's time to put people first

... does the UN walk its talk of setting the world on a path to recovery?

STAFF REPORTER

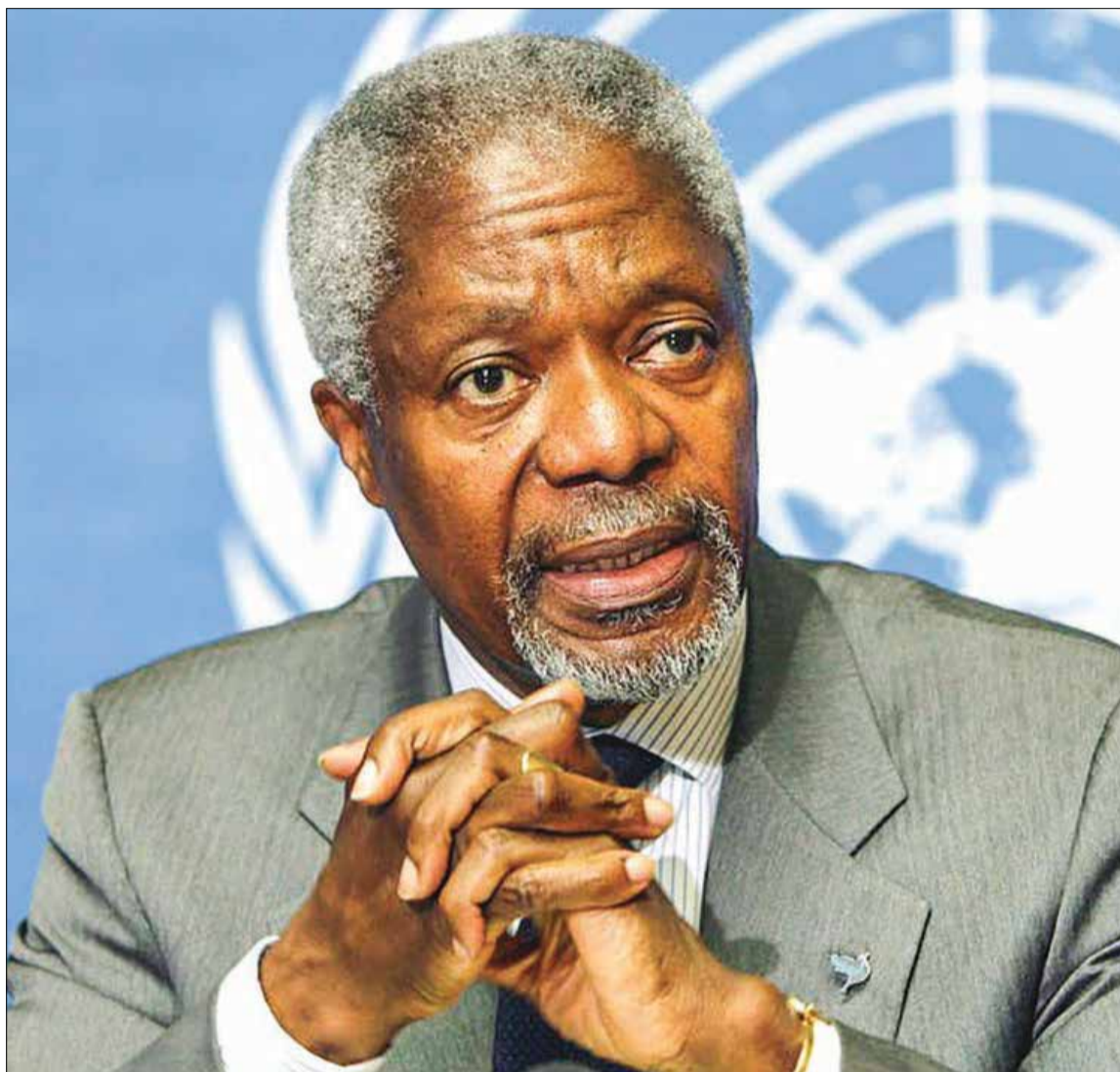
Seventy-five years ago, the United Nations set out to put the world on a path to recovery, pledging to "never again" allow the horrors of two devastating world wars. The premise was that a peaceful and just world had to be built on the equal worth, rights and freedoms for every human being. The same universal values and principles which laid the foundation when, at the turn of the millennium, former UN Secretary-General Kofi Annan initiated a "global compact" between the United Nations and business leaders to "give a human face to the global market."

This is the challenge facing the newly appointed Sanda Ojiambo of Kenya as Executive Director of the United Nations Global Compact as she took over office on June 17, and it was the challenge facing her predecessor, Lise Kingo of Denmark.

As the second woman to be appointed in the role, Kenyan business leader Ms Ojiambo is entrusted to steer the work of the Global Compact, the world's largest corporate sustainability initiative, and broadening its contribution to the realization of the Sustainable Development Goals.

Ms. Ojiambo brings 20 years of experience to lead the UN Global Compact in its next phase to mobilize a global movement of sustainable companies and stakeholders and bring the full weight of the private sector to achieve the Sustainable Development Goals (SDGs). She has served as Head of Sustainable Business and Social Impact, Safaricom Plc, Kenya since 2010.

"I am honoured by this



Former UN Secretary-General Kofi Annan

appointment from the Secretary-General to carry the mission of the UN Global Compact forward in its efforts to mobilize businesses through its Ten Principles and in support of the Sustainable Development Goals," said

Sanda Ojiambo. "I congratulate Lise Kingo for her exemplary leadership over the last five years and look forward to joining the world's largest corporate sustainability initiative very soon."

In launching the UN Global Compact, Kofi Annan made a reminder that "we all have an active choice to take - between a global market driven by calculation and short-term profit and one which has a human face. Between a world which condemns a quarter of the human race to starvation and squalor, and one which offers everyone at least a chance of prosperity, in a healthy environment. Between a selfish free-for-all in which we ignore the fate of the losers, and a future in which the strong and successful accept their responsibilities, showing global vision and leadership. Failing to do so, he cautioned, would make the global economy fragile and vulnerable to the backlash of all the isms - protectionism, populism, nationalism, ethnic chauvinism, and so forth."

In her parting shot, Ms Kingo throws a number of questions that seek introspection. Have we lost our way?

As we set out to commemorate the 75th-anniversary of the UN and 20th-anniversary of the UN Global Compact, we must look around the world at what is happening in front of our eyes - the obvious failure to deliver on those most fundamental values and principles that bind us all together. With Kofi Annan's words ringing true in our ears, we must ask ourselves - have we lost our way?

COVID-19 has exposed the fragile nature of our progress. The hard truth is that our failure to create a more socially just world has worsened the current crisis, and could hamper our ability to recover faster. Even before the pandemic, social inequalities were widening for more than 70 per cent of the global population. One thing

was that economies had bounced back to the levels recorded before the 2008 financial crisis, but in reality, economic growth and labour productivity were mainly carried by low-paid, low-quality and low-security jobs, with more than half the world's population - 4 billion people - not covered by any social safety net.

Those very same people have now been left disproportionately vulnerable to COVID-19. Nearly half of the global workforce in the informal sector, totalling 1.6 billion workers, are in imminent danger of having their livelihoods destroyed. The 49 million people, who are thrown back into extreme poverty, wiping out two decades of progress. The one-half of the global population who are without access to essential health services.

It is no surprise, then, that frustrations are growing. The meaningless and brutal killing of George Floyd in Minneapolis, United States, by police has further illuminated deep-seated inequalities rooted in the endemic and structural racism that persists today. It has sparked a wave of serious introspection among business leaders and Heads of State across the world. No one is excused from the discussion.

In launching the UN Global Compact, Kofi Annan was clear that without the active commitment and support of business, universal values would remain little more than fine words - documents whose anniversaries we can celebrate and give speeches about, but with limited impact on the lives of ordinary people.

COVID-19 has demonstrated the cost of turning the blind eye to obvious injustices. With less than 4,000 days to get our collective plan of action for people, planet and prosperity on track, now it is time we deliver for all.

The 2030 Agenda for Sustainable Development will not be delivered through incremental improvements to business as usual. Progress to date is a testament to that. With the Sustainable Development Goals and the Paris Climate Agreement as our lighthouse, and the Ten Principles as our guide, business must undergo a radical business-model transformation that can lead to a new normal - one where the equal worth, rights and freedoms of people always come first in any business decision. Business leaders of the future need to understand that the key to stable markets is social equality. Beyond the challenge of COVID-19, many other crises loom large. From climate change, biodiversity loss and the erosion of planetary resources - this could just be the tip of the iceberg.

That's why we need business leaders to use this moment to become social activists and rethink their role in the world and their "reason for being." Not only for the good of society, but indeed the future of their own business.

In the words of Kofi Annan, "To live is to choose. But to choose well, you must know who you are and what you stand for, where you want to go and why you want to go there." As we move into the Decade of Action, let us never lose sight of our mission to be united in the business of a better world, one that leaves no person

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Dysfunctional Commercial Court distresses economy

NEO SENOKO
business@maserumetro.com

MASERU - Effective and efficient governance systems in the legislator, executive and judiciary are the backbone of any country's economy, top local economist, Samuel Mphaka has said.

Mr Mphaka said if any of the three governance pillars is weak, none of the other two will function well, hence, a country's economy suffers and weakens.

His comments come at the back of a bitter wrangle within the country's justice system which has left the Commercial Court without a single judge to date.

This, after the court's only two judges, Justices Lebohang Molete and Lisebo Chaka-Makhooane died one after the other earlier this year, leaving a vacuum in an already distressed bench due to lack of judges.

Justice Molete, a specialist in commercial law died on his way to hospital in July after he suffered a stroke. Justice Chaka-Makhooane passed on barely a month later following a short illness.

A few weeks ago, the Judicial Service Commission (JSC) in its sitting recommended names of potential judges and submitted the list to His Majesty King Letsie III for appointment as per the law.

But the move miscarried with government subsequently coming forward to suggest that the JSC's sitting did not have its blessing, shooting down its recommended candidates.

The Minister of Law and Justice Professor Nqosa Mahao said both the ministry and government were not made aware of the sitting which led to the recommendations.

Responding to Prof Mahao's sentiments, the Registrar of the High Court and the Appeal Court Registrar, Advocate Mathato Sekoai said the JSC did not contravene any law by recommending judges for appointment.

"As it stands, there are still no judges at the Commercial Court and that is detrimental to the delivery of justice," Adv Sekoai said.

She added: "This has caused a serious



Top local chartered accountant Samuel Mphaka

inconvenience at the Commercial Court because cases are recorded and filed each and every day without being attended to. Such cases would be attended to if there were judges in that court but now the opposite is true.

"At this point I cannot even predict as to when judges will be appointed because we cannot rush the King to approve such appointments," she told Metro this week.

The delay in appointment of judges has been described as detrimental to the country's economy by Mr Mphaka with his sentiments implying that Lesotho does not take the

Commercial Court seriously.

"Lesotho became independent about 54 years ago, but only established the Commercial Court after 46 years of independence. It then goes without saying with regard to why the country is still counted among the least developed countries even today.

"This tells us that Lesotho has got its priorities completely wrong from the start. It is therefore not surprising as to why the Commercial Court system is still non-effective, without adequate resources whatsoever even now following its establishment approximately

seven years ago," he said.

At this pace, he said the situation is likely to worsen, and may lead to the collapse of the law enforcement agencies in the country.

"The law enforcement agencies such as the police and the Directorate on Corruption and Economic Offence (DCEO) will, in time, become dysfunctional, demotivated, demoralised and non-effective in relation to commercial crimes. There will be a pile up of undecided commercial cases, resulting in fraudsters and thieves taking advantage of the situation," Mr Mphaka warned. He further cautioned that even the public funds accountability agencies such as the National Treasury and the Office of the Auditor General (OAG), including the Public Accounts Committee (PAC) of the parliament also stand to suffer under the circumstances.

“

This tells us that Lesotho has got its priorities completely wrong from the start. It is therefore not surprising as to why the Commercial Court system is still non-effective, without adequate resources whatsoever even now following its establishment approximately seven years ago

In a nutshell, he said, the country will soon be under siege and state capture by the perpetrators of commercial crimes, particularly in the public sector.

"The country will become a failed state, if at all it is not already one. The general accountability for funds, even in the private sector, which is under the watch of Lesotho Institute of Accountants (LIA), will also become weak and relaxed," Mphaka who is also a top chartered accountant warned.

The sum effect of the above situations is that the investor confidence, and the entrepreneurial spirit and initiatives will be completely eroded, resulting in acute unemployment, high crime, weak economy and perpetual poverty.

SARS hits Guptas with major tax bill



Guptas brothers

A tax audit has pruned open new details of the money laundering structure used by the crime

family to fund the infamous wedding in Sun City with cash from the Estina dairy project. It turns

out the wedding was only part of the story.

On 19 August, the South African Revenue Service (SARS) sent two "audit findings" letters to a lawyer representing Linkway Trading, a low-key cog in the Gupta family's money laundering machinery.

The SARS letters were to inform Linkway that its assessments for income tax and VAT had been massively adjusted for the tax years 2013 to 2016.

SARS alleged that Linkway had effectively underdeclared taxable income by R197.5-million and had reclaimed R24.5-million in VAT it was not eligible for.

That translates into a tax liability likely in the region of R80-million, excluding interest and penalties.

Linkway's main claim to fame is being the conduit through which R30-million came into the country from Dubai to pay for the infamous and absurdly lavish Sun City wedding of 2013.

The extravaganza was claimed as a business expense using some creative accounting and the connivance of KPMG audit partner Jacques Wessels, as previously reported by amaBhungane and our #GuptaLeaks

partners.

The money was diverted from the Estina dairy project in the Free State before being routed through a Dubai company called Accurate Investments back to Linkway in South Africa.

SARS has now finally taken action against this brazen abuse. The Independent Regulatory Board for Auditors deregistered Wessels in 2019 for his role in the scandal.

Part of SARS' threatened adjustment to Linkway's taxable income is that the entirety of the wedding expense will be disallowed as a "business expense" and become taxable.

"It appears that Linkway Trading was merely a conduit or directly and indirectly acting as an agent of Islandsite and the four directors," SARS notes in one of its letters.

Linkway is a subsidiary of Islandsite Investments 180, the company that also owns the Gupta family's luxury properties, jet and other assets in South Africa.

The four directors of Islandsite referred to by SARS are two of the Gupta brothers, Rajesh "Tony" and Atul, and their wives, Arti and Chetali. DM

Thought Leader with Advocate Mothepa Ndumo

Gender based violence and its impact on economy of Lesotho



Seabata Makoae is a gender activist, working for CRROA as a Crime Prevention Programme Manager and a Country Coordinator for MenEngage Network in Lesotho. He has written several articles on Gender Based Violence challenging negative masculinities.

He has worked for the Christian Council of Lesotho (CCL), as an OVC Consultant for Management Sciences for Health (MSH). Mr Makoae (SM) currently serves as Chairperson of Leseli SACCOS and is Deputy Chairperson of the Methodist High School Board.

He is a Social Worker by profession and is currently studying management accounting. In this wide ranging interview with **Advocate Mothepa Ndumo (MN)**, Mr Makoae discusses issues of gender based violence and its impact on the economy of Lesotho.

MN: Very often, the dialogues we have and the thought leadership pieces that are penned on GBV focus their main attention on the causes and the psychosocial impact on the victims, but hardly is there ever a discussion on the impact of GBV on the economy. What is the link between GBV and the economy?

SM: While for many years and in the recent past, acts of violence against women and girls were

treated as private matters in which only the couple and their close family members would be involved in efforts to resolve such matters, the latest information and general understanding have revealed that the notion of the privacy of GBV is a thing of the past and needs to be challenged.

Many now appreciate and stand in solidarity to promote the notion that matters of this nature should never be treated as private, because that promotes a fertile ground on which women are subjected to abuse without the possibility of help.

When a woman is emotionally, economically, physically and/or sexually violated, it is not only herself who suffers, but the whole family suffers too, indeed the whole community.

If for example a woman is a teacher or a nurse, that means she will miss a number of days while attending to her injuries, thus she cannot be in a position to contribute to the economy as part of her income goes towards transport, medication and unpaid leave.

This means she will not be able to be as productive as she would normally be. Her resources will be directed to her physiological and psychological recovery and not productivity.

The loss is occasioned not only to herself and her family, but to the state as well, as she will be paid for services she has not rendered due to

the physical and psychological pain that she now needs to heal from.

Assuming 200 teachers and 140 nurses reported sick as a result of GBV for five days in a given year that will spell a loss of production days totalling 1700, which is almost four years and six months of lost economic activity time.

Lesotho is ranked very high in terms of the prevalence of femicide per capita the world over. We already have a worrying number of orphaned and vulnerable children (OVCs) and that means the government must over burden the taxpayer in order to meet their needs. This tax burden is now exacerbated by the prevalence of women who die at the hands of men who claim to love them.

Surely this is a situation that requires radical action and a shift in mentality and the sense of entitlement and ownership of women by men. In my humble view, there are many cultural elements and the mentalities that are married to those cultural elements that need to be out-rooted if we are to address GBV decisively and intentionally.

MN: What policy direction and responses would you therefore propose based on the above?

SM: Policies are good but adhering to such policies and their provisions is a major challenge. We can have good policies but if the institutions are not strengthened and are not

accountable, that would mean that those policies are as good as absent.

There is a need to strengthen institutional responses, so that we move from statementism to solid action informed by statistics and information in our decision making.

Currently, attending to GBV cases and dealing with GBV statistics at and from police stations is not easy. There is no readily available data to assist in research around this matter. My take is that in order for any key player to be able to see the magnitude of the problem, we need solid data to back up our claims.

Lesotho needs a whole system approach to GBV, nobody needs to be left behind. We need to declare GBV as a crisis of pandemic proportions. Everybody needs to see this as their problem and as an urgent matter. The government must declare GBV as a crisis.

There are a lot of norms that need to be challenged that help in perpetuating GBV at many levels and contribute to the normalisation of GBV and many other acts that violate women and girls.

Correctional facilities are full of men, young and old, who ought to be out and making a living for their families and being economically productive members of society, but they are not. This must worry every sensible citizen regardless of their gender.

There is still a lot of silence around GBV. There are still people

who would rather protect the images of certain institutions instead of exposing the violence that happens. It is sad that the church in Lesotho is falling behind in its response to the issue of GBV, which happens even in churches.

While a fair number of actors have taken a position to speak against GBV from positions of authority, it appears that one of the key factors for consideration in this space is the type of messaging that we promote.

It is especially important to avoid blaming the victim as that would continue to bolster the perpetrators while putting women under more pressure to limit their freedoms in order to not be violated by men.

There is a need for a greater and wider dialogue around issues of GBV and for men to step out of the Man Box. The "Man Box Mentality" is a toxic mentality characterised by misinformed messages that young boys receive in order to "Act like Men."

The messages received are interpreted as the benchmarks of the do's and don'ts of manhood and that anything that takes men out of those boxes makes them feel less manly or that their manhood is being challenged. As a matter of fact, men and boys must be able to express their emotions, they should be able to cry and this should be seen as normal and not as a weakness.

These many messages that put men in a box, can in fact be changed and the learned behaviours can also be unlearned. It is fatal to both women and men that most men are unable to express their emotions lest they be labelled as weak.

It is wrong that men risk feeling or being seen as "less than" men when they show vulnerability and pain and admitting to needing help. Society can benefit more if men were more human and resorted to less violent ways and sought help when faced with pressures that would lead them to commit acts of violence against women and girls.

MN: What has the impact of COVID-19 been on Gender Based Violence?

SM: The advent of COVID-19 has exposed many cracks and vulnerabilities in our societies especially during the hard lockdown, and this virus continues to do so. The country recorded a shocking number of femicide cases, rape cases and a record number of Intimate Partner Violence cases during the hard lockdown in particular.

The relevant institutions did not seem well equipped to respond and attend to all these cases. Among many other factors that may have contributed to the rise in GBV cases during the hard lockdown could be that a lot of people, especially men, had lost their only sources of livelihoods and the stress levels compounded by social pressures may have contributed to such wanton behaviours as we all know that the ability to provide is intimately linked to manhood in the culture of Basotho.

This therefore calls for a conversation around the concept of manhood and the role of men as providers. There is a need to continually re-define provision and its linkages to manhood particularly as our society adjusts to the economic shocks which seem to be part and parcel of the economic outlook for decades to come.

A Sustainable Value Chain State of Mind

... Moving from an egosystem to an ecosystem and creating Lesotho Inc (Part 4)

In the third instalment, I highlighted the type of mindset and consciousness that is essential for transforming Lesotho Inc into a sustainable and uber successful value chain. Basotho, we are worthy of economic prosperity, we are worthy of the cultural transformation that brings about economic prosperity.

It literally is time! Today I proceed to further reference Mr. Vince Gowmon by way of Canada and other Thought Leaders in the economic collaboration space while in the next instalment I will focus on the economic collaboration concept I created for Lesotho called Emporium Thinking.

The other 3 essentials in the Gowmon framework are: curiosity, balanced contribution, and team ownership of ideas. The last essential, i.e. team ownership, is especially critical in our society. Because of a lack of awareness, we sometimes suffer from an economically debilitating poverty mentality that seems to be reigning supreme in our midst.

The notion of the team ownership of ideas is thus severely tested and challenged on a daily basis in offices and boardrooms throughout the economy. Too many times we hear this refrain, "that was my idea, not Nnuku's idea, she stole it from me."

First of all, ideas are concentrated forms of energy and since we are all balls of cosmic energy, it stands to reason therefore that we are all magnets for ideas. There is not even one single human being on this planet who "owns" an idea. Yes, we have Intellectual Property frameworks

governing copyright, patents, trademarks, and the like, but that is not what I am referring to here.

The exact same business idea you are mulling right now Thabang ngoaneso, thinking to yourself, oh my word, "this is that billion dollar idea that is going to make me famous, no one on this planet has it!"...sorry my dearest brother, that is a cognitive distortion, a fallacious mental story that flows from the poverty mentality and egocentrism.

It is a very human reaction, worry not, it is not even "wrong" per se, but we must endeavour to do and be better for the common good.

Again, egocentrism clashes, or cannot consistently co-exist,

gal who labours under the limiting belief or misapprehension that they are the smartest person in the room and the rest of you are

idea in edgewise, or, the same human being then proceeds to take ownership of an idea that did not originate from them without

BUSINESS UNUSUAL

MOTHEPA NDUMO



just there to be part of the interior decoration.

That guy or gal obviously needs help, but it makes matters a wee bit complicated when that

ever acknowledging how that idea emerged and the contributions that made it a solid proposition.

This reminds me of that film classic, Working Girl, where



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

(1 Corinthians 1:10 NIV)

with genuine curiosity. In almost every team I have worked with or observed, there is that one guy or

person is the Team Leader or is a member of the C-suite.

Nobody can get a word or

Melanie Griffith's character almost falls victim to a kleptocratic boss lady, played by Sigourney Weaver,

who operates in a similar ideas-stealing realm. But, these issues can and must be addressed in order for economic collaboration to thrive in all sectors of Lesotho Inc and indeed the SADC region, Afrika and the entire world.

CIO, an online business publication, similarly provides thought leadership on the mindsets that are essential for economic collaboration and so does Phil Preston, a global leadership expert.

The CIO also treats the same ground that Vince Gowmon does but there is one element in particular that requires emphasizing i.e. trust. Through experience, I have learned that when we collaborate, each and every person in that economic collaboration has an agenda. The agenda may be a "we" or an "I" agenda, but you best believe that each and every person there has an objective which is often not verbally communicated to the rest.

Depending on how things go, that agenda is often revealed and when it is, especially a nefarious agenda, an entire project is often derailed, or the dynamics of the team adversely impacted.

This then creates a climate that displays a lack of trust: sidebars, cliques within the team, even plain sabotage, and subterfuge. How do we build a climate of trust amongst us Basotho to engender productive economic collaborations?

Should we ask team members to anonymously reveal what their personal agendas are? Should we devise a psychometric assessment administered by an independent practitioner to elicit such agendas and personality profiles in order to help wake us up to the dynamics that will impact the team going forward? What a delicious challenge baheso.

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

Is your personal mission statement changing?

Companies have developed mission statements for years. It helps guide them by defining who they are and why they do what they do.

Coca-Cola's mission statement, for example, is "To refresh the world. To inspire moments of optimism and happiness. To create value and make a difference."

For Google is "To organise the world's information and make it universally accessible and useful."

When Stephen R. Covey wrote The 7 Habits of Highly Successful People in 1989, he put a spin on the idea, suggesting that individuals create their own mission statement as part of his second habit: begin with the end in mind. Twenty-five years later, personal mission statements, sometimes

called purpose statements, are proving to be a good tool for high achievers.

"If you want to be successful, you need to think of yourself as a personal brand," says William Arruda, author of Ditch, Dare, Do: 3D Personal Branding for Executives. "A personal mission statement is a critical piece of your brand because it helps you stay focused."

Writing one, however, takes introspection. Arruda suggests asking yourself, what am I passionate about? What are my values? What makes me great?

"We all have super powers—things we do better than anyone else," he says, adding that it helps to ask someone else what your talents are. "These things often feel natural

to us, but it's important to see them as being special."

When you're ready to write, Arruda offers a template that links together three elements: The value you create + who you're creating it for + the expected outcome. For

rare diseases. Each piece is helpful to create the complete puzzle, but Arruda says the most important is the first, your value. "This is your core DNA - your operating principles," he says. "These are the things that inspire

relevant any more. A personal mission statement is a powerful tool because it provides you with a path for success, and it gives you permission to say no to the things that are distractions. It also changes over time. "As we get older, we have more life experiences and acquire new skills," Arruda says.

"If your mission statement doesn't change, you risk not being relevant anymore."

While you write a personal mission statement for yourself, there is power in sharing it. "The more you share, the more support you get to achieve your mission," he says. "Friends and mentors can support you or call you out if you're doing something counterproductive."

MIND CULTIVATOR

MR MASHAPE MOSALA



example: I use my passion and expertise in technology to inspire researchers to create drugs to cure

and energise you."

If your mission statement doesn't change, you risk not being

This is Lesotho...

... In News



PS Public Service Thabo Mokoto

The Lesotho Chamber of Commerce and Industry (LCCI) has appealed to the local business community to adhere to the guidelines of the World Health Organisation (WHO) and the Lesotho government in order to enable business to return to normal.

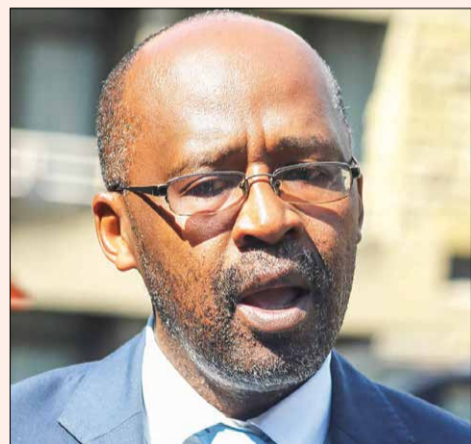
The outfit says everybody needs to do their bit to mitigate the spread of COVID-19 as they can collectively beat the pandemic.

It says the pandemic has led to the loss of thousands of lives and jobs the world over, hence, economies are nose diving at an alarming rate, which makes Lesotho no exception.

The Ministry of Public Service has on the other hand lifted the shift work arrangement, which was made during the onset of COVID-19 and subsequent lockdowns. The announcement was made through a circular savingram dated September 21 and signed by the Principal Secretary in the same Ministry, Thabo Motoko.

"The decision lifts the previous shift work arrangement in the Public Service effective from the 21/09/2020. All Heads of Department (HODs) are expected to ensure that all officers report to work daily," reads the savingram.

... In Politics



Former Minister of Tourism Chief Joang Molapo

The government has imposed a temporary prohibition on the issuance of import permits for used motor vehicles, coming from outside the Southern African Customs Union (SACU).

It has further suspended the issuance of trader's licenses for motor dealers, effective from September 15 until further notice.

However, the pronouncement was not well received by some of the locals who derided the government for imposing decisions that are counterproductive.

"Whose interests is Lesotho looking after?" asked the former Minister of Tourism Chief Joang Molapo.

He added: "With decisions like these, it surely can't be those of the Basotho people."

A local motorist Keneoue Mohale said: "I'm not turning a blind eye to the issue of environmental impact brought about by these cars but we also must continue to value other options."

"Many Basotho benefit from these imported cars through employment. The government through the Lesotho Revenue Authority (LRA) collects millions of maloti generated from these vehicles."

MoneyMatters make it count

Insurance: The devil really is in the detail

The first virtual workshop organised by the Ombudsman for Short-Term Insurance (Osti) delivered an important message to clients of insurers: It is the policyholder's responsibility to check their policy document, ensure they understand all the terms and conditions and know exactly what is covered by the policy and what is excluded.

Consumers need to understand and appreciate their responsibilities with regard to an insurance policy, and realise that it is a contract between insurer and policyholder that puts responsibilities on both parties, says Darpana Harkison, senior assistant ombudsman at Osti.

"It is an important issue to address. If we spend our hard-earned money on an insurance policy every month, we should have protection," says Harkison.

Sometimes disputes arise. The coronavirus pandemic has provided a good example of this, with disputes between insurance companies and policyholders making headlines, after insurance companies said that business interruption cover excluded losses suffered due to the general Covid-10 lockdown.

Guardrisk and Santam are currently involved in court cases that are scrutinising the wording of policies to determine who is responsible for losses suffered during the lockdown, which prohibited businesses from operating.

The same situation is playing out in other countries. For instance, British newspapers carried reports of a similar court case in the UK high court to see to what extent policies must pay claims for business interruption due to the pandemic.

The case was taken to court by the country's Financial Conduct Authority (FCA) to get clarity on the matter. Several insurance policies were considered by the court, which issued a ruling considering 21 different phrases. In essence, the court issued 21 rulings that will affect more than 360 000 policyholders in the UK. Judges found in favour of claimants "on the majority of the key issues" according to the Financial Times (FT).

Although the British court granted leave to appeal – similar to the high court in SA that heard the Guardrisk case – the eventual outcome will set a precedent that will set aside further bickering on the wording of contracts and open the way for the settlement of claims.

While SA is still awaiting final clarification by the courts, the UK case might prompt insurers and, more importantly, their reinsurers, to settle claims.

The Osti workshop thus came at an appropriate time.

Peter Nkhuna, senior assistant ombudsman, reiterated that policyholders must make sure they understand all the terms and conditions and should ask for clarification if there is anything they do not understand.

"It is also the client's responsibility to ensure that they receive a policy document, especially in modern times when policies are sold online or finalised by telephone. Go through the document, see that all information is correct, that you have the right cover and understand your obligations.

"If you do not receive a policy document, it is your responsibility to ask for one. Check all details, such as



specific terms of cover. An example is to ensure that the policy lists the correct driver of a motor vehicle, for instance the regular driver and any occasional drivers," said Nkhuna.

Harkison added that it is important that policyholders supply the correct information and disclose all relevant information to avoid problems if a claim is lodged.

"This is any information that is material and would have influenced an insurer to agree to provide cover under the terms of the policy. For instance, the insurers might not have agreed to give a person cover if certain facts was brought to [their] attention, or would have influenced the premium.

"The insurer might not have accepted the risk or provided cover under different conditions. People must ensure that they understand the questions the insurer ask and answer correctly when taking out a policy and in the event of a claim," said Harkison.

She mentioned a case where a policyholder did not disclose a prior accident, as the policyholder did not consider the particular event to be an accident. When a claim arose later, the insurer refused to pay due to the non-disclosure of the previous accident.

The ombudsman was approached, investigated the matter, and recommended that the insurer pay the claim on the premise that the previous incident would not have affected the policy.

However, the claim would have been settled much more quickly if all the information had been disclosed and was readily available, said Harkison.

The ombudsman received more than 10 000 complaints from clients regarding short-term insurance policies last year, according to Osti's annual report for the year to end December 2019. More than 20% of the complaints were settled in favour of the policyholders.

Harkison reiterated that Osti serves as a mechanism to settle disputes, but is not a court of law, cannot procure evidence, and does not have the authority to interview people. "It investigates complaints and make recommendations," said Harkison.

She added that the office of the ombudsman is impartial and pointed out that in cases where insurers claim misrepresentation of facts, Osti will consider whether the misrepresentation is material. She gave a

hypothetical example of somebody lying by saying he was involved in an accident while on his way home to his wife, when he was actually on his way to visit his girlfriend.

"In this case, it is not material to the accident and should have no influence on the claim," said Harkison.

"However, lying about drinking would have serious implications," she said, adding that it is best to tell the truth.

The workshop touched on several of the usual problems that lead to disputes, mostly because policyholders neglect to review their insurance from time to time.

These include: Underinsured due to wrong value of household contents; Items not covered or not specified; Depreciation of a vehicle; Expensive accessories added to a vehicle without updating the policy; and Change of a vehicle's regular driver or adding an additional driver (such as when a teenage daughter gets a learner's licence and starts driving mom's BMW).

"Circumstances change during your life," said Harkison. "One should consider and update insurance policies to ensure the right cover at least once a year. It can have significant financial consequences."

The Covid-19 pandemic has also changed insurance needs significantly.

Unfortunately, many people have been retrenched and are now unable to continue with their insurance policies – yet this will be a difficult period to suffer a financial loss as a result of not being insured.

Working from home might reduce the risk of burglaries and will affect insurance premiums, as will the fact that people have been driving less. A car might also be safer parked at home every day than in a parking lot, which should reduce insurance premiums, said Harkison.

That only 45 people 'attended' the workshop, with another 52 watching it later, might be an indication that people do not realise the importance of potential losses and the financial impact they could suffer.

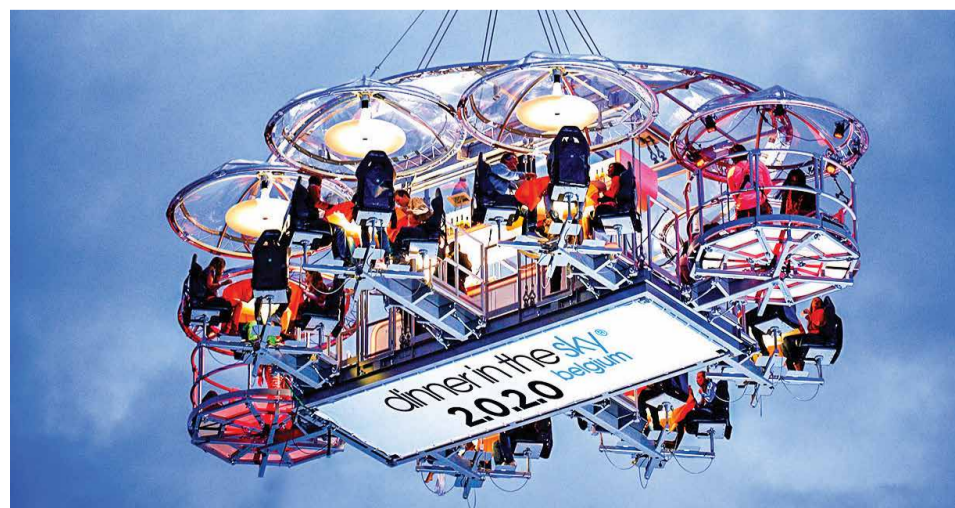
However, Nkhuna said Osti is pleased with its first broadcast. "The virtual aspect has opened up a whole new audience for Osti. Where these workshops were previously limited to consumer bodies and journalists in the Gauteng region due to logistics, we are now able to invite people from all over the country."

Moneyweb

Out of The Ordinary

Fifty meters up and two apart

... Belgium's dinner-in-the-sky relaunches



BART BIESEMANS

Belgians looking for a different culinary experience will once again be able to eat 50 metres (164 feet) above the ground as the dining-in-the-sky experience returns from COVID-19 lockdown with a new, socially distanced feel.

Belgium-based Dinner in the Sky, which has been set up in some 60 countries since its 2006 launch, involves diners strapped into seats at a table suspended from a crane while well-known chefs cook and serve from the centre.

Their original platform sat 22 people together along the perimeter, but in the COVID-19 era, up to 32 diners will now reserve four-person private tables spaced apart from. The chefs and servers also have a little more space to roam.

"It means all the public are sitting in sort of a bubble," said co-CEO Stefan Kerkhof at the crane base in the centre of the Belgian capital.

Dinner in the Sky offers three sittings – for lunch and two for dinner over the coming two weeks. The price is 295 euros (\$350) per head or 150 euros for weekend afternoon cocktails. (\$1 = 0.8430 euros).

Reuters

King calls for embedded nutrition against COVID-19

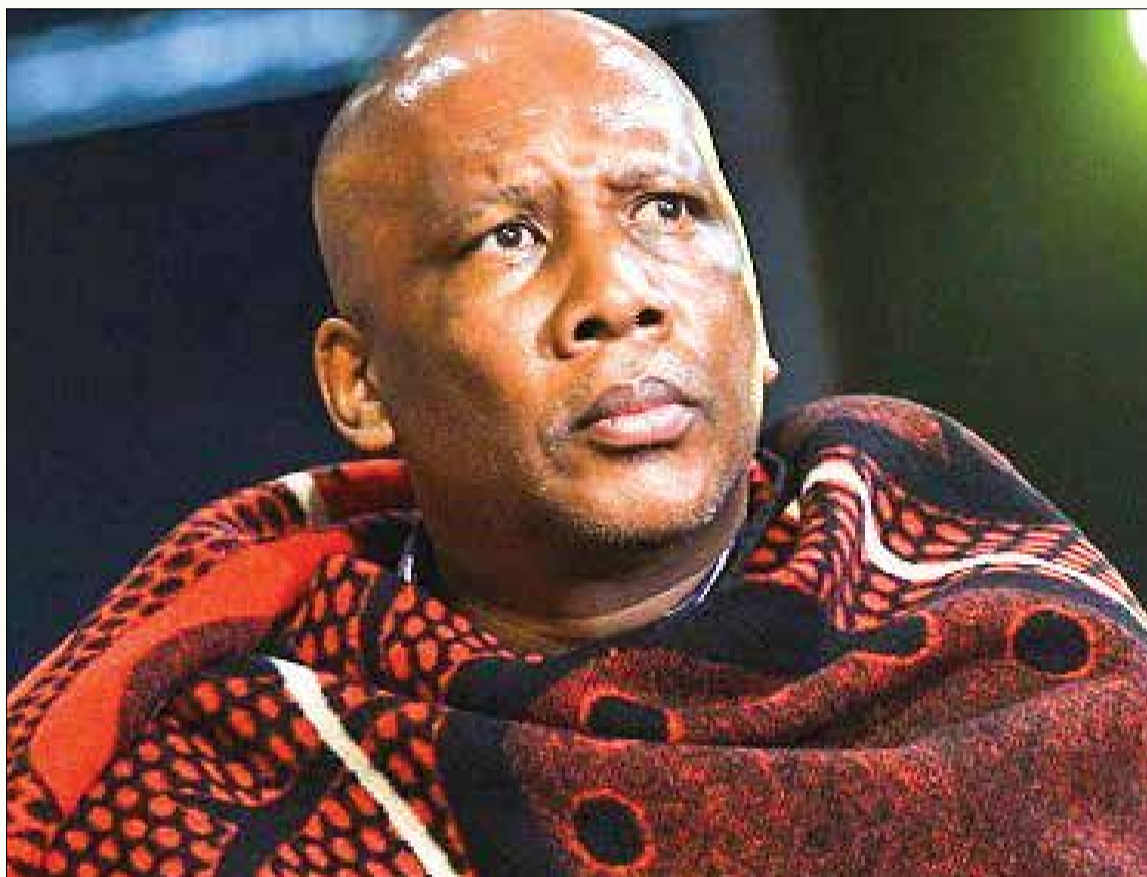
MASERU - His Majesty King Letsie III, as the African Union (AU) Nutrition Champion and the Champion of African Leaders for Nutrition (ALN) has called on leaders to embed nutrition within their respective countries' COVID-19 response and recovery action plans.

The King has issued a position paper titled, "Embedding Nutrition within the COVID-19 Response and Recovery". The position paper which has been sent to all the AU member states calling on Heads of State and Governments to ensure the incorporation and promotion of nutrition smart interventions within COVID-19 response and recovery action plans.

The paper recommends that countries maintain and increase the level of funding allocated to nutrition to safeguard previous efforts to address malnutrition and ensure there are no gaps within their multi-year nutrition programmes in immediate, medium-term and post-pandemic recovery COVID-19 response plans.

"To effectively embed nutrition in the COVID-19 response and strategies calls for the prioritising of nutrition in the national health sector, food systems and social net response interventions," the paper says.

It further highlights the role of high-level political leadership,



His Majesty King Letsie III

in particular Heads of State and Government and Ministers of Finance, as Nutrition Champions saying these efforts coupled with a robust nutrition strategy will galvanise action into proper nutrition for children through the availability of nutritious foods for all.

It says proper nutrition is a vital

component of the general health for both children and adults, adding that under-nutrition compromises immune systems, making bodies vulnerable to infection, reducing the effectiveness of vaccines, and impeding recovery and consequently stunting among children, low birth weight and wasting are existing challenges

that have been affecting children in Africa leading to decreased productivity in adulthood.

"The COVID-19 pandemic has created major global health and economic shocks, with unprecedented impacts on people's health, nutrition and livelihoods as a result, Africa is experiencing negative economic growth,

primarily as a result of the sharp decline in productivity, jobs and revenues.

"At the same time, recent data shows that Africa has the highest prevalence of malnutrition and may soon overtake Asia as the region with the fastest-growing number of hungry and undernourished people therefore, nutrition cannot be left behind in the COVID-19 response in Africa," it adds.

Emphasis was that the COVID-19 pandemic is a chance for Africa's leaders to reshape and spearhead high-level sensitisation, advocacy and resource mobilisation efforts towards securing increased investments in nutrition.

Studies show that over 820 million people from across the globe are under-nourished. They further indicate that 250 million of them are in Africa and 237 million of them live in the Sub-Saharan Africa.

Southern Africa is also counted among the regions in Africa that have an increasing prevalence of overweight and micro-nutrient deficiencies.

The AU bestowed the Nutrition Championship in Africa to King Letsie III in 2014 while the Food and Agriculture Organisation (FAO) also honoured and appointed him as the FAO Special Ambassador for Nutrition in 2016.

In 2018 the World Bank appointed him as the Human Capital Champion.

Through the championships, the King is expected to advocate to Heads of State and Governments and high level policy makers on the continent for increased awareness, commitment and investment in nutrition for human capital development in Africa.

The world feels strongly towards UN initiatives

LINEO MABEKEBEKE
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MASERU - The United Nations (UN) in January launched the global consultation to mark its 75th anniversary.

Through surveys and dialogues, the UN asked people about their hopes and fears for the future – representing the UN's most ambitious effort to date to understand expectations of international cooperation and of the UN in particular.

It is also the largest survey to date on priorities for recovering from the COVID-19 pandemic.

As of September 21, over a million people from all countries and all walks of life had taken part. Their answers provided unique insights into what the public wants at this challenging time for the world.

They are released on September 21 to coincide with the UN General

Assembly's official commemoration of the 75th anniversary, held under the banner: 'the future we want, the UN we need.'

Amid the current COVID-19 crisis, the immediate priority for most respondents is improved access to basic services – health care, safe water, sanitation and education, followed by greater international solidarity and increased support to those hardest hit. This includes tackling inequalities and re-building a more inclusive economy.

Looking to the future, the overwhelming concerns are the climate crisis and the destruction of the natural environment. Other priorities include: ensuring greater respect for human rights, settling conflicts, tackling poverty and reducing corruption.

Perceptions of the UN are: over 87% of respondents believe global cooperation is vital to deal with

today's challenges, and that the pandemic has made international cooperation more urgent.

Again, Seventy-five years after its founding, six in 10 respondents believe the UN has made the world a better place. Looking to the future, 74% see the UN as "essential" in tackling the challenges.

However, respondents want the UN to change and innovate: to be more inclusive of the diversity of actors in the 21st century, and to become more transparent, accountable and effective.

"Across this anniversary year, we have engaged in a global conversation. And the results are striking.

"People are thinking big – they are also expressing an intense yearning for international cooperation and global solidarity. Now is the time to respond to these aspirations and realise these aims.

"In this 75th anniversary year,



UN Secretary General António Guterres

we face our own 1945 moment. We must meet that moment. We must show unity like never before to overcome today's emergency,

get the world moving and working and prospering again, and uphold the vision of the Charter," said UN Secretary General António Guterres.

Power of vinegar

Vinegar (preferably apple cider vinegar) in dilution with equal amount of water is a great remedy for getting rid of those snowflakes that you hate most. Mix both the liquids in a cup and apply on scalp. Leave it for half an hour and then wash off thoroughly.

Vomiting

You should go to the emergency room if there's blood in the vomit or you have other symptoms, like severe headache or abdominal pain, confusion, or fast breathing or heart rate. A child younger than 6 should be seen right away if vomiting lasts more than a few hours or he has any signs of dehydration. Kids over 6 and adults should see a doctor if the vomiting lasts longer than a day or they have a high fever (over 101 F for adults and 102 F for kids).

Integumentary System/Exocrine System Function

Like our bones and muscles, the job of our skin may seem mundane - but it is very important! Skin keeps our other organs in, and everything else out. Skin is our body's first line of defense against bacteria, viruses, injuries, and more. It also controls how much heat and water our body loses to the environment, allowing us to sweat. Even goosebumps are part of our skin's regulation system; the tightening of the skin raises our fine hairs upright, trapping warm air close to our skin.

TO YOUR GOOD HEALTH

Prevent and treat common spring rashes

LINEO MABEKEBEKE

health@maserumetro.com

Spring means spending more time outdoors, however, the increased exposure to things like sunlight, insects and poisonous plants can cause some itchy and painful rashes.

Local beautician Rethabile Faki says fortunately there are a few simple steps people need to take to avoid unwanted rashes which can quickly side-line summer fun.

Ms Faki says an itchy or sunburned skin can quickly side-line summer fun, adding that one can keep her days carefree and easy-going by learning how to prevent spring skin problems.

She says when sweat mixes with bacteria and oils on the skin, it can clog the pores, and if one has acne-prone skin, this often means breakouts.

To prevent acne-breakouts, she

says one needs to blot sweat from the skin with a clean towel or cloth, because wiping sweat off can irritate the skin, which can in turn lead to a breakout.

For a dry, irritated skin, when outdoor air is hot and humid, she says one can still have dry irritated skin, when the biggest culprits are spending time in the sun, pool, and air-conditioning.

She further notes that if one's skin starts to feel dry and irritated despite the humidity, such an individual should try to apply sunscreen before going outdoors, and to take showers and bathe in warm water rather than hot water.

She also recommends one to carry a moisturiser so they can apply it after washing hands and when the skin feels dry.

She states that many people develop an intensely itchy rash when a substance found in plants get on



their skin, and the best way to avoid it is to learn what these plants look like.

To prevent an allergic skin reaction, Ms Faki says one should check medication container to find

out if it can cause an allergic reaction when out in the sun.

She also recommends people to protect their skin from the sun, noting that they can do that by

seeking shades, wearing sun-protective clothes, and applying sunscreen that offers broad-spectrum protection and water resistance.

Japan provides food aid to 154 000 local learners

LINEO MABEKEBEKE

health@maserumetro.com

THE World Food Programme (WFP) has welcomed the Japanese government's contribution of JPY 250 million (US\$ 2.3 million) that will enable the humanitarian organisation to strengthen food assistance to some 94 000 primary school and 60 000 pre-primary school learners, through the Lesotho government's national school feeding programme.

An online ceremony was held on September 18 at the United Nations House in Maseru to mark the contribution, which will be used to buy canned fish, maize meal and highly fortified foods to further diversify nutritious meals offered in primary schools and Early Childhood Care and Development (ECCD) centres across the country.

The ceremony was spearheaded by the Minister of Education and Training Ntlhoi Motsamai.

Lesotho is in the third consecutive year of poor crop production due to drought. The COVID-19 pandemic has exacerbated food insecurity in the country as restrictions on movement have affected informal traders and smallholder farmers'



WFP Lesotho Acting Country Representative, Hsunhee Marian Yun and Minister of Education and Training Ntlhoi Motsamai.

access to markets.

It is estimated that some 582 000 Basotho will face acute food insecurity and require urgent humanitarian assistance, between October and March 2021.

"This support came at a critical time when the WFP is appealing for more resources to respond to

increasing needs. It will help the most vulnerable Basotho children, some of whom, the only nutritious meals they receive are provided through the national school feeding programme," said WFP Lesotho Acting Country Representative, Hsunhee Marian Yun.

She said the principal barriers

to educational opportunity that stand in the way of the world's poorest children are hunger, social disenfranchisement, gender discrimination and poverty.

All these issues represent hugely complex structural challenges which require a coordinated policy response. In each case, school

meals programmes should serve as an essential component of the education equation.

Ms Yun also noted that there is a clear body of evidence which demonstrates that school meals operate as an effective pull factor, drawing the child into the classroom. When properly aligned with education programmes, adequately nourished children will learn and prosper.

For her part, Ms Motsamai, reiterated the significance of Japan's support explaining that "like many countries across the world, Lesotho has been negatively affected by climate change and the COVID-19 pandemic has only deepened the woes of many Basotho.

"I would like to take this opportunity to thank the government of Japan for this direct investment in the future of our country through the national school feeding programme. As we reopen schools, this contribution will go a long way in supporting the most vulnerable children".

She said the support came at a crucial time, as food insecurity levels in the country remain high and particularly affect the most vulnerable, including children.

She said: "Results from the latest Integrated Phase Classification (IPC) Food Insecurity Analysis of August 2020 predict that some 40% of the population will need immediate food assistance, with the figure expected to grow towards the end of 2020."

Japan has been providing food assistance to developing countries since 1968 and is a long-standing partner of WFP in Lesotho.

UNDP addresses COVID hand hygiene challenges

LINEO MABEKEBEKE
health@maserumetro.com

MASERU – As part of addressing development challenges in Lesotho, the United Nations Development Programme (UNDP) has contributed to the national response to the COVID-19 pandemic through the construction of 65 hand-washing stations in a bid to encourage hand hygiene and reduce the risk of contracting the Coronavirus.

These stations have been distributed to high population and high risk areas including bus stops, market places and health centres across the country.

The project is being implemented in collaboration with the Ministry of Health and the Maseru City Council (MCC).

Speaking at the hand-over ceremony that was held in Maseru on Thursday, the UNDP Resident Representative Betty Wabunoha said they saw it befitting to pilot this innovation in these places to encourage behavioural change and hand-washing as a measure for reducing the spread of the Coronavirus.

Ms Wabunoha said it is anticipated that having these stations in open spaces such as bus stops, will be a constant reminder of the basic measures of preventing the virus, which include regular washing of hands with running water and soap.

According to the World Health Organisation (WHO), washing hands for not less than 20 seconds with running water and soap has potential to reduce the spread and risk of infection of the virus.

The United Nations (UN) Resident Coordinator Salvator

Niyonzima said they are committed to supporting efforts of all countries and communities in the fight against the pandemic.

He said the pandemic has forced people to take a look at who they are, and be inventive about solutions to respond to the global health challenge.

Mr Niyonzima said this is an unprecedented challenge to the way people used to live, and the way they behaved, adding it is however, encouraging to see that there are solutions out there.

He congratulated the Lesotho government for being pro-active in protecting the people of Lesotho, noting that public measures that have been put in place have had an impact on the economy in particular, adding that is a price to pay to safe livelihoods.

He encouraged the communities working around the new hand washing stations to take good care of the equipment for longevity.

For his part, the Minister of Health Motlatsi Maqelepo expressed his gratitude to the UNDP for its unwavering and long-lasting support to the Lesotho government.

Through their vision, Mr Maqelepo said they want to strengthen primary health care because that is where they will be able to combat most of the diseases.

He said the UNDP's steadfast aid will go a long way towards helping Lesotho to defeat the COVID-19 pandemic.

Speaking at the same event, the Town Clerk of the Maseru City Moeko Maboe said while the world's scientists and WHO are working round the clock to come up with a vaccine, it is imperative to note that



One of the hand washing stations donated by UNDP

each day the country has to come up with strategies to help fight the pandemic.

Mr Maboe said in line with the national response, local authorities also have to play their role and put in

place some preventive measures to curb the spread of the global health challenge.

The water stations are products of the UNDP's innovations programme, called the Lesotho

Accelerator Lab (LAL). The purpose of the LAL is to identify, explore and experiment local solutions to address existing as well as emerging development challenges.



UNFPA Executive Director Dr Natalia Kanem

High level commission established for women's rights

MASERU - A new high-level commission of advocates, experts and activists has been established to help commitments to women's health and rights made at the November 2019 Nairobi Summit on ICPD25.

According to a statement released by the United Nations Population Fund (UNFPA), this is happening even during the COVID-19 pandemic, which is blocking access to essential services, such as family planning and antenatal care. The statement shows that the Nairobi Summit secured billions of dollars in commitments from governments, the private sector, foundations and others.

It rallied support to achieve "three zeros" zero unmet need for family planning, zero preventable maternal deaths, zero gender-based violence and harmful practices in 10 years, it further states.

The UNFPA, the United Nations sexual and reproductive health agency, and the governments of Denmark and Kenya convened the summit 25 years after the landmark International Conference on Population and Development, which culminated in a global agreement that sexual and reproductive health and rights are a necessity for growth and prosperity. But progress in securing these rights has stalled.

"Since the Nairobi Summit, the road to 2030 and the achievement of sexual and reproductive health and rights for all have grown steeper due to COVID-19.

"Yet we continue to forge ahead, to back up words with deeds and action on the ground. The new high-level commission will help all of us who made commitments in Nairobi keep those promises," says UNFPA Executive Director Dr Natalia Kanem.

Like the delegates at the Nairobi Summit, the membership of the High-Level Commission is radically inclusive.

Chaired by Jakaya Kikwete, former president of the United Republic of Tanzania, and Michaëlle Jean, the 27th Governor General of Canada, its members range from former heads of state to grassroots activists and youth.

The Commission will monitor and report on progress towards fulfilling the 1250 commitments made at the Nairobi Summit, and in particular the 12 global commitments contained in the Nairobi Statement on ICPD25, and make recommendations for removing bottlenecks so that the sexual and reproductive health and rights community maintains its momentum towards a world of rights and choices for all.

What a cannabis pizza tastes like



And that's what you'll find on the cannabis pizza range - four sprays of concentrated CBD on the pizza just as it comes out of the oven.

There are two colourful pizzas to choose from - the vegetarian Green Goddess stays true to its name with grilled baby marrow, feta and rocket, while the meatier Not-so-plain Mary Jane is a spicier option with peppadews, mushrooms and chicken.

You'll also be able to add CBD to any other dish for a little extra - perhaps make your salad a little more green. And even kids can have some.

The smell of the CBD is a little stronger on the veggie version, losing itself to the spicy MJ, but when it comes to taste you will never be able to tell the difference. The only flavours you'll get is the tasty ingredients, which are very nice combinations without the added green spice.

CBD has no THC - the fun ingredient in marijuana - and is only supposed to make you relax just a little more.

Did I feel relaxed though? I don't know - with these kinds of things you never know if it may be a placebo effect induced by the idea of consuming a cannabis product, but I can say my general state of stress felt a little less strained.

So if you're scared of the Big Bad Dagga but want to look cool in front of teenagers, this is your time to shine.

News24

GABI ZIETSMAN

I never really thought I'd be trying a cannabis pizza during lunch on a workday.

While you might think that you may come back to the office just a little bit giggly, the use of Cannabidiol (CBD) on a Col'Cacchio pizza means the effects of THC are left out of the equation.

The restaurant chain launched its new cannabis pizza range in

partnership with local CBD producer Africanpure - a company that only came onto the scene last year October, importing their green from Switzerland until the licensing process for farms run smoother in South Africa. They saw a big boost when the South African government removed CBD from schedule 7 - the same as heroin - making it legal for anyone to sell.

Provided the daily dose is 20mg or less per day.

Recipe Of The Week

Barbecue Pulled Pork Potato Skins

Ingredients

Potato Skins:
 2 Idaho baking potatoes
 2 cups of barbecue pulled pork
 ½ cup of shredded Mozzarella cheese
 salt
 Haystack
 Haystack:
 ½ medium yellow onion
 1 cup of buttermilk
 1 ½ cups of flour
 salt pepper
 About 2-3 cups of vegetable oil for frying

Instructions

To bake the potatoes: Preheat the oven to 350. Wash the potatoes thoroughly. Rub them (still damp) with some coarse salt.

Poke a couple of holes with a knife and wrap them in foil, individually. Place on a baking sheet and bake for an hour or two, depending on the size of your potatoes.

You can check the potatoes after an hour by slowly sticking a knife in them and if it goes in smoothly, potatoes are done. If not, cook for about 30 minutes at a time until done. (**Note: try sticking the knife along the side of the potatoes, where you will be cutting it in half later. This way, you won't have any extra holes in the potato skins.)

When the potatoes are done, cut them in half. Carefully scoop out most of the potato meat but don't go

too deep or you will break the skin.

Divide barbecue pulled pork among the four baked potato halves. Sprinkle the cheese on top.

Place back on the baking sheet and bake for about 15 minutes.

Meanwhile, prepare the fried onions: Slice the onion, width-wise, thinly. Submerge sliced onion in the buttermilk and set aside for about 30 minutes. Mix flour, salt and pepper in a large shallow bowl. Heat up the oil in the large pot, on medium high heat (or in a fryer). Take out the onion from the buttermilk and shake them off, lightly. Throw the onions in the flour, spread them out and toss in flour mixture. Fry the onion straws until golden brown. Take out and spread them out on a paper towel to soak in the excess oil.

Once potato skins are done, top them off with fresh haystack and serve.



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Tributes to family and friends

Bruce Williamson JR

Bruce Williamson, former lead singer of The Temptations dies

DIED, 49, Bruce Williamson JR, American R&B star and a long-running voice of The 'Mighty' Temptations, died on Sunday September 6 at the Mountain View Hospital in Las Vegas from COVID-19 related complications.

Williamson's business manager, Anta Ealy, confirmed that the artiste was diagnosed with COVID-19 in late August, weeks after having his gallbladder removed.

"There's no words in the world that can express how I feel right now," Bruce Alan Williamson Jr., the singer's son later wrote in an emotional post.

"I love you Daddy, thank you for being awesome, thank you for being loving, thank you for being Who You Are. ... We will meet again."

"We mourn the loss of one of our brothers," original Temptation Otis Williams also said in a statement. "Once you are a Temptation, you are always a Temptation."

Williamson's son later posted a live video of himself captioned, "Hurt is not the word for it," in which he sang gospel songs and reminisced about his father.

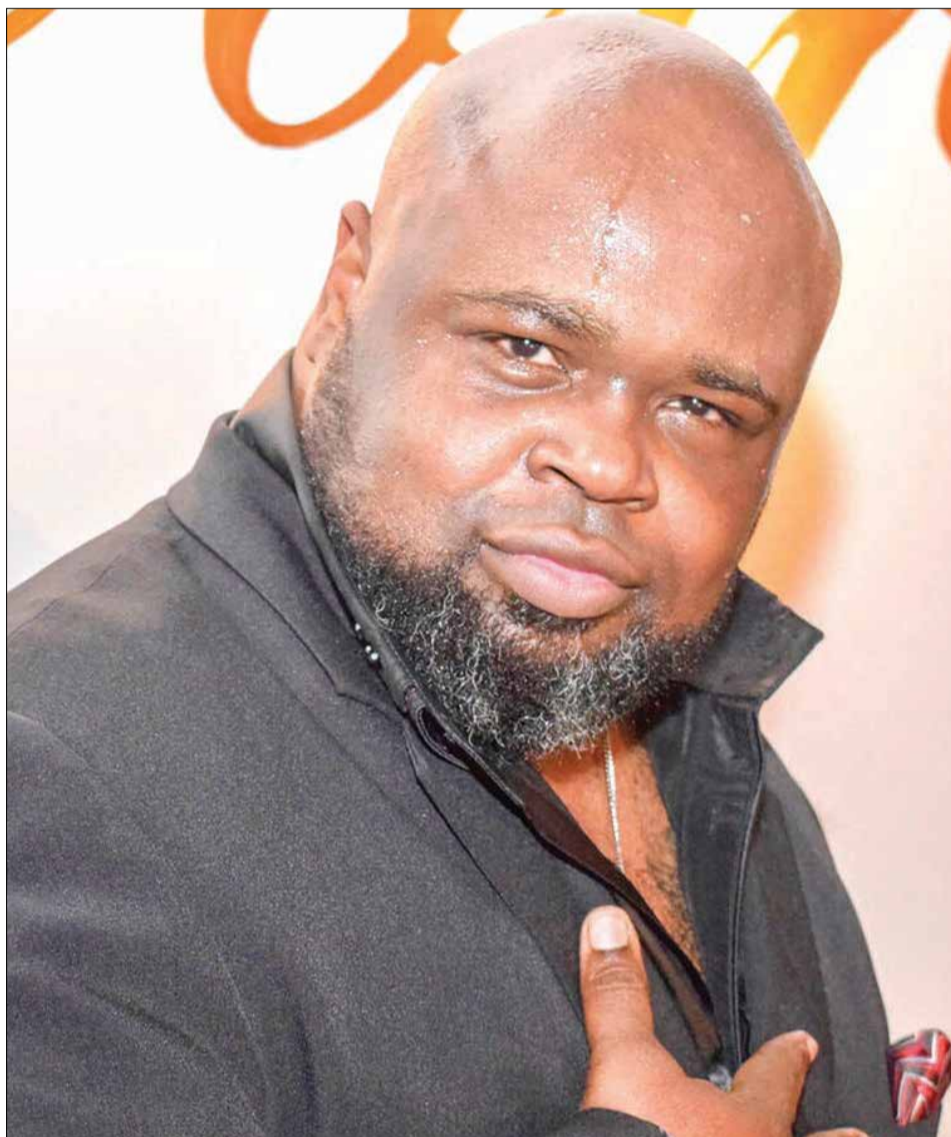
"My dad was a great dude," he said.

Williamson was with The Temptations just short of 10 years and left in 2015, his manager says.

"He was a great guy," Ealy says, "and an amazing talent," who performed packed shows throughout Vegas.

The singer remembered having to convince Williams to take him into The Temptations. "He thought I was too big and too young," Williamson told Las Vegas Black Image Magazine in 2013. But Williams came around when he saw Williamson work the crowd at a Temptations performance. "When we went off-stage, Otis said, 'That's what I'm talking about!' and it's been smooth sailing ever since," the singer said.

Williamson had been wowing audiences for 30 years by the time he got his break with the Temptations in 2007. G.C Cameron, one of the group's lead singers, left that year to pursue a solo career. According to Williamson, in an article on the website of the magazine Las



Vegas Black Image, he met Ron Tyson, the group's longtime tenor, who recognised his talent and lobbied for him to become a member.

Williamson sang on the Temptations albums "Back to Front" and "Still Here" and toured the world with the group.

The Temptations have had many members

since they scored hit after hit (My Girl," "Ain't Too Proud To Beg," "Get Ready," and "Just My Imagination,") in the 1960s and '70s for Gordy Records, a subsidiary of Motown.

Williamson, who was born and raised in Los Angeles, began singing in church at an early age. As a teen, he moved with his family

to Las Vegas, where he performed in the EFX show at the MGM Grand Hotel & Casino before becoming a featured lead singer in the Motown Café Moments.

With The Temptations, he performed on Broadway and at the White House in a 2008 African American History Month performance in the East Room attended by President George W. Bush.

Later, he joined the vocal trio Sons of Soul, appearing at the House of Blues Gospel Brunch, and sang with the Lon Bronson Band.

At the time of his death, Williamson was working on R&B and gospel albums with producer Darryl Ross, his manager says.

Williamson was born on September 29, 1970, in Los Angeles. His father was a long-haul truck driver. His mother worked as a charter bus driver and sang in the choir at Magnolia Missionary Baptist Church. It was there that she first heard what she called her son's God-given talent.

"My sister took him to the youth choir," Ms Robinson recalled. "They surprised me the next Sunday by not telling me that my son would be leading a song."

"When he started singing," she added, "I stood up. I froze."

Williamson spent his youth singing in the church and performing alongside gospel stars like James Cleveland and Kenneth Glover in concerts that were broadcast on Sundays on KDAY, Los Angeles's gospel radio station at the time.

His family moved to Las Vegas when Mr. Williamson was a teenager. After graduating from Eldorado High School, his younger brother, Cliff Robinson, said, he began singing on the Las Vegas Strip. After nine years with the Temptations, Williamson returned to Las Vegas and never lost a step, performing with the Lon Bronson Band, Sons of Soul and other local acts.

He was married and divorced three times. In addition to his mother and brother, he is survived by his sons, Rernishio, Tristian and Bruce III.

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COMPANY NOTICE

Notice of Dissolution

First Print IT (PTY) Ltd

Reg.No.12012/286

Notice of Dissolution of First Print IT (PTY) Ltd (In terms of section 164 of the companies Act No.18 of 2011) Incorporated on 28th day of February 2012.

- Kindly take notice that by this notice the Company notifies the Master of the High Court and Registrar of Companies of the Voluntary Winding up of the Company.
- Take further notice that, the Voluntary Winding up was approved by the Shareholders on the 16th day of July 2020.
- Further that the approval by the Shareholders to the Voluntary Winding Up is hereunder attached.
- Take further notice that the particulars of Liquidator are as follows:
 Attorney Tiisetso Sello-Mafatle
 c/o Sello-Mafatle Attorneys
 Marie Sello Office Park
 Maseru West
 P/Bag A104
 Maseru
 Telephone: (+266)2231 7748
 Email:admin@sellomafatle.com
 >bthai@thabure.com
- All persons having claims against the Company may submit them to the above address and such claims shall be in terms of section 167(3) of the Companies Act No.18 of 2011, and include the following:
 -Reasons for the claim including proof thereof
 -The transaction that led to the current claim
 -Name of the claimant including telephone numbers and email address
- The deadline for receiving the claims by the Company will be the 31st day of August, 2020.
- Take Notice that the claim may be barred if not received by the deadline.
- Take further notice that a claim against the company shall be barred unless proceedings to enforce the claim are commenced within one year after the last publication of the notice.

(Attorney) has appointed as the Liquidator.

- Take further notice that the details of the Liquidator are as follows:
 Tiisetso Sello-Mafatle (Attorney)
 c/o Sello-Mafatle Attorneys
 Marie Sello Office Park
 Maseru West
 P/Bag A104
 Maseru
 Telephone: (+266)2231 7748
 Email:admin@sellomafatle.com
 >bthai@thabure.com
- Take further Notice that the Liquidation proceedings start on the 31st day of July, 2020.
- All persons having claims against the company may submit them to the above address and such claims shall be in terms of section 167(3) of the Companies Act No.18. of 2011, and include the following:
 -Reason for the claim including proof thereof
 -The transaction that led to the current claim
 -Name of the claimant including telephone numbers and email address
- The deadlines for receiving the claims by the Company will be the 31st day of August 2020.
- Take notice that the claim may be barred if not received by the deadline.
- Take further notice that a claim against the company shall be barred unless proceedings to enforce the claim are commenced within one year after the last publication of the notice.
- Take further notice that the Liquidation and Distribution Accounts shall be available at the offices of the Master of High Court and Registrar.
- Any objections to this voluntary windings up should lodged with substantiating reasons to:
ADDRESS: Registrar of Companies
 Ministry of Trade and Industry
 Maseru 100
ADDRESS: The Master of High Court
 P.O.Box 33
 Sun Gardens
 Maseru

DATED AT MASERU ON THIS 23RD DAY OF JULY, 2020.

COMPANY NOTICE
 Notice of appointment of Liquidator
 First Print IT (Pty) Ltd

Reg.No.12012/286

1. Kindly Take Notice that Tiisetso Sello-Mafatle

Dated THIS 23RD DAY OF JULY, 2020

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Be Car-Smart

Stop a Spreading Crack

If a rock has chipped your windshield, you can act fast and to avoid the M2600 to M7000 cost of a replacement. So long as the chip is smaller than a dime, a glass shop can fill the crevice with an optically matched resin that should forestall the spread of cracks.

Most insurance companies waive the deductible and cover this cost-saving procedure. But anything larger and you might need a new pane of glass.

Rock chips are frustrating,

no doubt about it. But even if your schedule is hectic, you should make windshield repair a priority. The longer you wait, the more likely the crack is to spread.

If you allow a rock chip to grow into a full-fledged crack, it's too late to repair it, but you should still have your windshield replaced as soon as possible.

Here's why:

A cracked windshield makes accidents more dangerous: The windshield contributes to the structural integrity of your

vehicle. If you get into a rollover accident, the roof is more likely to cave in if there is a cracked windshield, increasing the chances of a serious injury or fatality.

A cracked windshield is distracting: Cracks in the glass reflect light into your eyes, which can distract or even blind you. Even worse, police officers can ticket you for driving with a cracked windshield for those reasons.

A cracked windshield is



unattractive: Whether you plan on selling your car or not, you want it to look its best! Replacing

the windshield when it gets cracked shows you take pride in the vehicle you drive.

The new BMW M3 and BMW M4 have arrived

503 horsepowers, three litres, two turbos, and a gizmo to compare your best drifts. No, really

"This is the new BMW M4". That sentence is one of the easiest ways to break TopGear.com's servers. If possibly eclipsed by "This is the new BMW M3". So expect our internet shortly to go into a state of broken squared.

A quick jolt of stats for you. Three-litre turbo engine, in-line six cylinders, with a pair of turbos, one for each three-cylinder half of the engine. Five hundred and three horsepowers in the Competition versions you see here. Eight-speed autobox. Zero to 62mph in less than four seconds.

That's the acceleration for the rear-drive type. In a few months there will be an optional four-wheel-drive system. A M four-wheel-drive system, no less, which means it lets you prod a button to aim extra torque rearward. Or, at a second prod, all of it. Just in case you're feeling nuttier than a Topic bar.

Even beneath the unique-to-M paint colours, the design is way out there. Hagen Franke, who sets the cars' spec and characteristics, says that's what customers asked for: a greater distance in this generation between the M340i/M440i and the M3/M4. Job done, we'd say.

I put it to Franke that the existence of the M2 must have allowed him to nudge the M3 and M4 further up the tree, with a whole thump of extra power and the 4WD option taking it closer to the big-daddy M5. But no, he says, M3 and M4 buyers are super-loyal and know what they want. They want, broadly, this.

Except some of them want an estate, so they'll get that in this generation. Is that to stop people migrating to the X3M or Macan? Nope, Franke denies that too. The M3 and M4 just seem to exist in their own bubble. "The Touring is a nice addition." Same with 4WD. "Knowing our customers pretty well, there are some of them in the snow belt who want all-wheel-drive."



When the 4 Series showed its – shall we say? – polarising nasal styling, the 3 Series was spared. So at least BMW was offering you a choice. But not this time. For the M-cars, they both get exactly the same gaping nasal passages. Sniff.

In the lands we call abroad, there are actually two engines available. The standard cars get 480bhp and a manual gearbox. But that's a box that would break under the strain of the Competition versions. So they get an eight-speed auto with their 510bhp and 479lb ft. The M3 Competition and M4 Competition are the only ones available in Britain, so there's no way we can get the manual.

As with any M car, we can geek out over a whole lot of other modification. It starts with the body, carbon-roofed as before. Its arches balloon over a widened track – the M3 is a whole 75mm wider than a regular 3er.

Extra cooling ducts either side of those main grilles inhale air to the brakes and bigger rads. Flics for downforce nestle in with the air curtain ducts that smooth air past the tyres. Extended sills control air underneath the body, boosting the



work of the rear diffuser. Overall, by the way, it's about zero lift.

An optional 'M Drift Analyser' records the length, time and angle of your latest drift and compares it to your best

Out of sight, the body gets multiple extra braces and stiffening plates over your boggo 3 or 4 series (themselves hardly floppy). Carsten Wolf, the engineer in charge of its overall characteristics, says that's key to letting them specify the springs surprisingly supple to get a better ride for long-distance running, but still have the precision you'd want for driving an M car.

"You feel increased potential for

steering and front-axle grip. Then the rear axle follows immediately. So it's more of a performance car. You can time it on a track but also feel it on normal streets at slower speed – the way the steering communicates," says Wolf.

The diff is a controlled limited slip job. On the four-wheel-drive car the centre coupling is a clutch pack not a differential, so it can be told by the electrics to send all the torque to the front, or to the rear, or anywhere in between.

All these devices work with a multi-stage traction and stability system. The traction system alone has 10 selectable stages. Like, 10 eh? Just because you could? No, says Wolf,

they really do have their uses: the more restrictive ones for wet weather, the middle for dry, and the wilder for tracks.

That's not all. An optional 'M Drift Analyser' records the length, time and angle of your latest drift and compares it to your best, via 'a graphics-enhanced overall view' on the iDrive screen. We are not making this up. The only thing missing is a menu item to post that graphic straight to your Insta.

The rest of the cabin is as you'd expect. Lovely sports seats set the tone, and the usual 3 Series layout gets extra coloured stitching, carbon garnish, and M-specific graphics for the instruments.

You've got multi-stage setup of engine response, sound, transmission, damping, DSC, traction control, steering weight, brake weight (it's brake by wire). Good grief, it's as complicated as the menu in Nando's. Lucky you've got a shortcut button for your favourite combo.

The full suite of driver assist from any other top-spec BMW is here, head-up display, laser headlights. Some right jazzy cabin colours are available too.

But those aren't the options that'll get talked about. That's the M Race Track Package: carbon ceramic brakes, lighter wheels – with semi-slick tyres if you must – and carbonfibre bucket seats. That saves 25kg.

But isn't all this track-this and track-that a bit of artifice? Do people really take their luxury saloons, even their 500bhp luxury saloons, for a track thrashing? Franke says they do, especially in the US "which might be the result of the speed limits - they need to take the car somewhere to explore it legally".

Then he goes on: "It's not only the new-car buyer. On the second- or third-hand market our cars need to be capable. That's the legacy, an eight-year car to be used as a track weapon."



Triumph Rocket R review: does a crazy 2,500cc bike work?

Behold the Triumph Rocket R. And that's not some namby-pamby marketing name, either. It's actually incredibly relevant. Namely, because this two-wheeled whopper currently holds the 0-60mph production bike record, completing the sprint in just 2.73 seconds.

But that's just the start of an incredible CV. Because, just like the Dodge Demon, this is the bike full of 'firsts', 'mosts', 'biggests' and 'fastests' – making it the most sought after card in pub Top Trumps.

See, as well as being the fastest two-wheeled sprinter in the world, having a 2,500cc motor also means it's the largest-capacity production bike in the world. As well as also being the torquiest production motorbike you can buy, so it's a bit of a monster.

And one imposing mother-clucker, to boot, especially as it weighs 291kg dry, and over 320kg when full of fluids. A lot for a bike.

Two and a half litres! That's bigger than most car engines.

Yep. Where the public's perception of a big bike is the hefty watermark of a 1,000cc sportsbike, the Triumph looks at that lot, shrugs and says 'that's cute' before bulldozing through with an inline three-cylinder with the capacity one and a half times the size. For context, 2.5-litres is the same capacity that you get in a Porsche Cayman S. And this is a motorbike. Let that marinate in your brain for a minute.

When did this madness begin?

The idea of putting big engines in small things dates back to the existence of humankind. In fact, there's probably a cave painting somewhere in Australia with someone 'hot rodding' a shrub or something.

The kernel for the idea of the Rocket dates back to 1998. However, it was only in 2004 when a production version arrived: a 2,294cc cruiser that snatched the crown of the largest-capacity production bike in the world.

It was caught between two markets. So for the Rocket 3, Triumph made it more powerful, faster, 40kg lighter and – crucially – made two versions: the 'R', a naked roadster model aimed head-on at Ducati's Diavel, and the 'GT', a touring version with a more relaxed riding position (the handlebars are pulled back by 125mm, while the foot controls are set further forward), a 23mm lower seat, a screen, heated grips and a back brace for whoever you want to plonk on the back. Trust us, they'll need it.

Looks cool.

Sure does. It has a sort of industrial chic to it – with everything being big, brutalist and muscular but also softened off thanks to swooping curves and those sculpted triple-header exhausts.

Fitted with specially developed Avon Cobra Chrome tyres, the 240mm rear wheel width shows people you mean business and have oodles of torque to try and get down. Then there's a single-sided swing-arm with monoshock suspension and fantastic aluminium detailing littering the whole bike.

What's it like to ride?

Intimidating at first, mainly because there's so much of it. The engine is hot and heavy and the wheelbase long. Being such a heffer, low-speed manoeuvring is a chore. And scary. Because if you're anything but Popeye, if you drop this thing you'll need a small army of helpers to help you get it back up.

Which is even more people to point and laugh at you for dropping it in the first place.

But the almost magical element is that as soon as the tyres start rolling, it shrinks in size and its imposing nature falls away. A bit like when a gym hardo has a gin and tonic and watches a rom-com. This is largely thanks to clever weight distribution and my lack of understanding of physics.

But Triumph worked hard on it, giving the Rocket 3 an all-new frame made from two aluminium sections that are bolted around the engine, rather than welded so the central core is hollow, which allows Triumph to use the central spine of the bike as an airbox.

It's keener to turn than you'd think, too. Looking at that engine you'd assume it'd be a straight-line torpedo that just wanted to fire itself at the horizon while you clung on and cried for help. But it's not. It wants to hit the twisties and move around.

Again, this is helped by the fact Triumph lopped off a load of lard from the old engine, shedding 18kg and reducing the circulation mass, allowing for 7,000rpm to be unlocked and a new peak power figure of 164.7bhp – an 11 per cent increase over its forefather. But it's the 163lb-ft of torque that blows you away...

Why's that?

Well, if you've ever been in an electric car that's gunned it away from the lights, you've felt the curdling force of torque.

Now imagine that ultra-responsive force being unleashed with a crack of throttle while you clutch your thighs around a tank completely exposed to the elements,

while the induction noise underneath your gussets intensifies. It's a wild ride that never gets any less hilarious.

Numbers just start to roll around on the TFT speedo like you've won the jackpot. Then you quickly realise you don't want to be thrown in jail. Or be dead.

So you wind it down a notch. We just wish it'd sound better at all speeds. Because with an engine this size you want it to throb and scream, but it's docile and soft. You can blame the EU and their emissions regs for that.

But the Rocket – even in R form

– is no one-trick pony. It's actually incredibly comfortable to cruise on.

You just select one of the less aggressive riding modes, and given it's got all the torque, you can select any of the top cogs in the six-speed gearbox and it effortlessly pulls through them. It's even got cruise control if you're feeling really lazy.

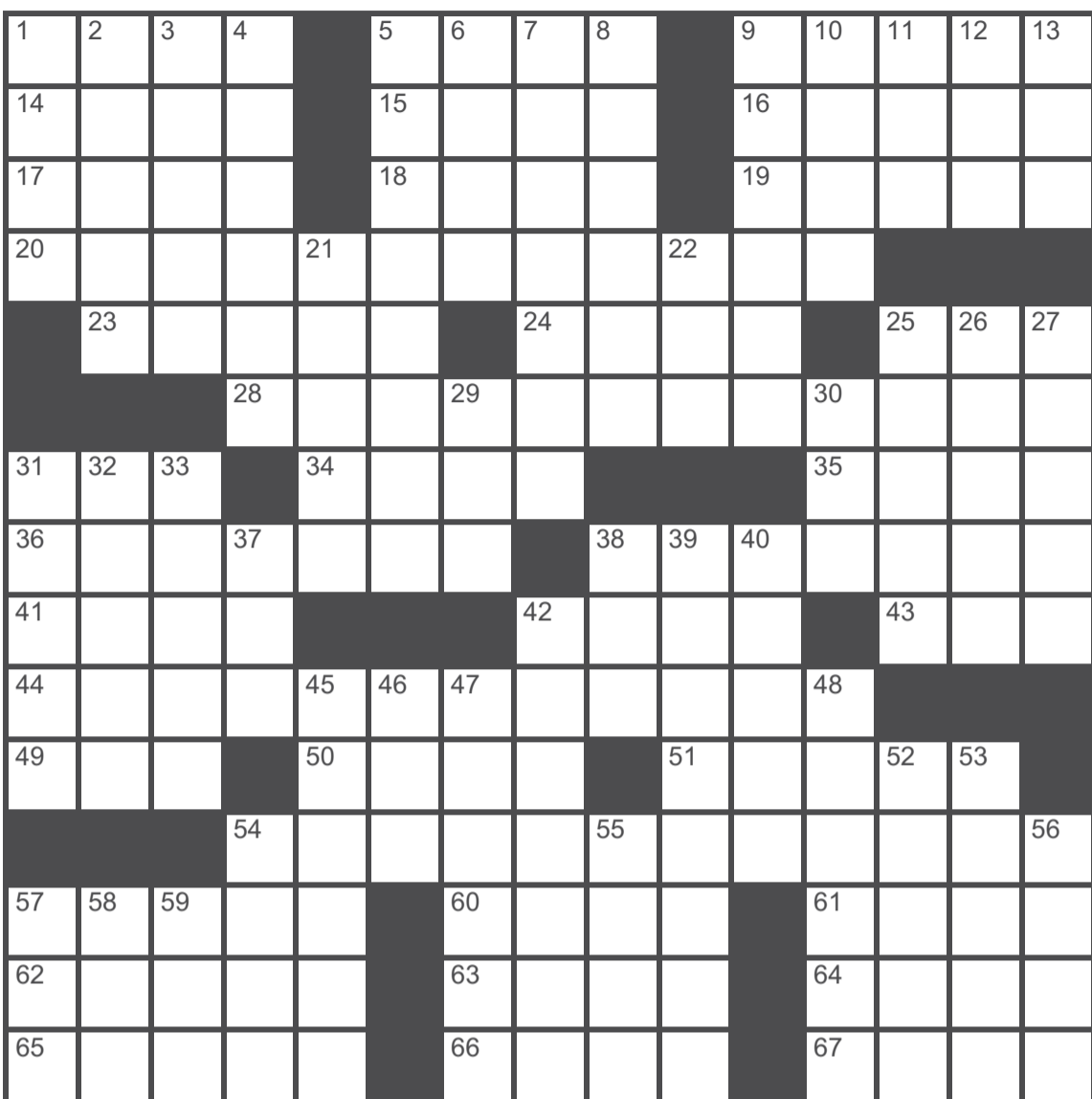
How much is it?

A lot. £19,500 for the Rocket 3 'R', with the sledgehammer cruiser retailing at £20,200. And you'll need to save some pennies for fuel too, as it'll down whatever fuel is in the 18-litre tank quickly if you're liberal with the throttle.

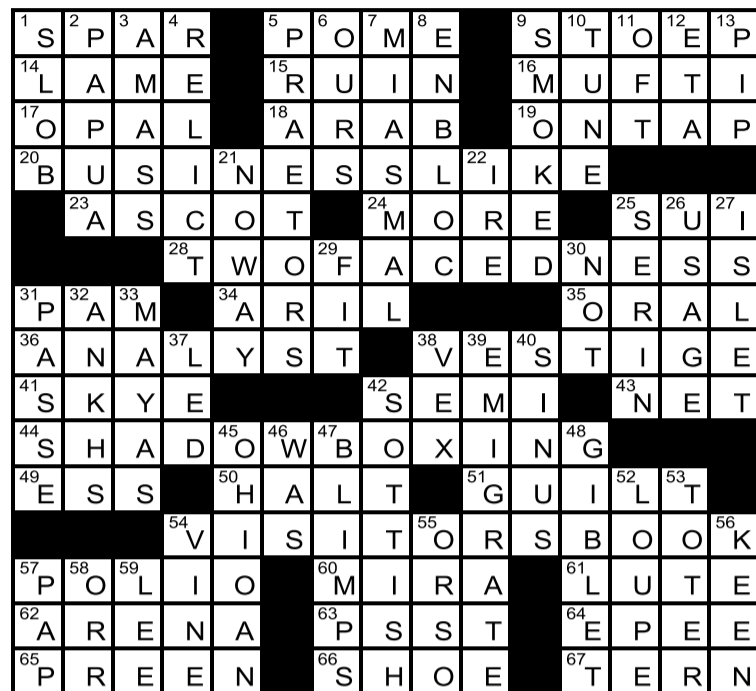
But if you want to be the king of Top Trumps in the pub, this is the price you'll have to pay. Which to some is all the reason they need. *Topgear*



General Crosswords



Last Week's Solution



- 13. Epitome of easiness
- 21. Glad
- 22. Advanced degree?
- 25. In progress
- 26. Banding
- 27. Sacred hymn
- 29. Big Apple inits.
- 30. Rocks, to a bartender
- 31. Drudges
- 32. Burgundy grape
- 33. With precision
- 37. Landscaper's need
- 38. Burgle
- 39. Mileage keeper
- 40. Waste conduit
- 42. Metallic element, Re
- 45. Textile
- 46. and outs
- 47. Smother
- 48. Small canines
- 52. Balderdash
- 53. Land on the Red Sea
- 54. Double agent
- 55. Curbside call
- 56. Campsite sight
- 57. Limit
- 58. Took the cake?
- 59. Brouhaha

ACROSS

- 1. Beauties
- 5. "go bragh!"
- 9. Rundown
- 14. Great Salt Lake state
- 15. Supernatural life force
- 16. Cover story?
- 17. Lucille, for short
- 18. The Panthers of the Big East
- 19. Come in second
- 20. Dogs' targets
- 23. Submarine detector
- 24. "Do others..."
- 25. Cleo's undoing
- 28. High-roller
- 31. Health resort
- 34. British tax withholding Acry.

DOWN

- 35. Mrs. Dithers in "Blondie"
- 36. Not really sing
- 38. Perfume ingredient
- 41. Able to see right through
- 42. Was a passenger
- 43. Scottish cap
- 44. Having no privacy
- 49. Pigpen
- 50. Add to the pot
- 51. Substantial
- 54. Err
- 57. Noel
- 60. Decree
- 61. Kind of store
- 62. Lagoon surrounder
- 63. Opulence
- 64. Airy

DOWN

- 65. Woodland flycatcher
- 66. Arab ruler
- 67. Chap
- 1. Split
- 2. Purses
- 3. Introduction to economics?
- 4. Polishes
- 5. Celestial sphere
- 6. Incursion
- 7. Gate-crash
- 8. Swimming
- 9. Bird of prey
- 10. Corner pieces
- 11. Cloak-and-dagger org.
- 12. "20/20" network

So You Think You are Geneius

Question (Answer next week)

James recently moved to his first brand new house. When he arrived there he discovered that the builder had forgotten something. James popped down to the local DIY shop to enquire about the prices. Luckily the items are quite cheap at the shop. 7 cost £1.00, 10 cost £2.00 and 100 cost £3.00. What had the builder forgotten and how much will 210 cost?



Last Week's Answer

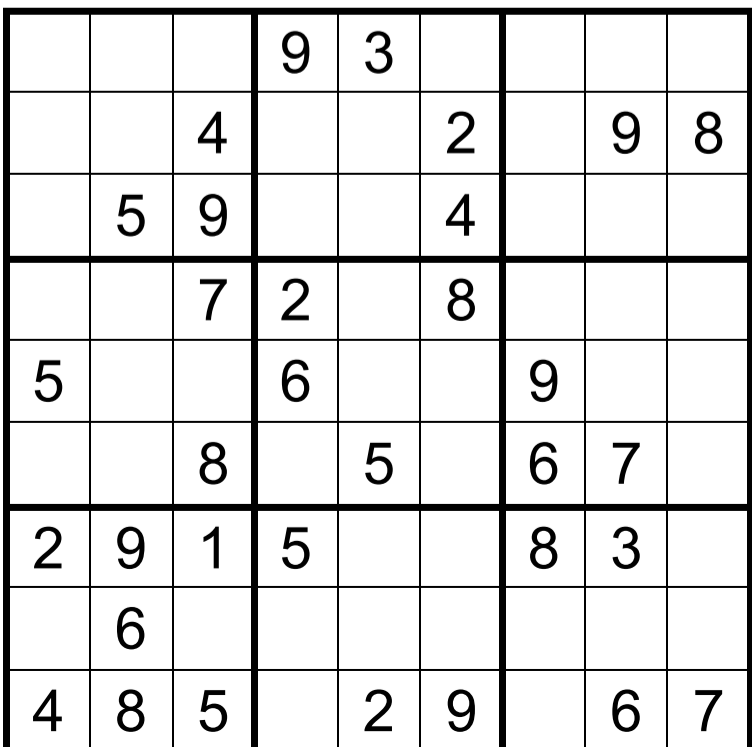
Common words:

Ape, cap, cape, caper, carp, CARPENTER, carpet, crape, creep, crepe, crept, entrap, nap, nape, neap, pa, pace, pacer, pact, pan, pane, pant, par, pare, parent, part, partner, pat, pate, pea, peace, pear, peat, pecan, peer, pen, pence, pent, per, percent, pert, pet, peter, prance, prate, preen, rap, rapt, reap, reaper, recap, rep, repeat, repent, tap, tape, taper, tarp, trap.

All words:

Ape, aper, apt, apter, arpen, arpent, cap, cape, caper, caperer, carp, CARPENTER, carper, carpet, cep, cepe, crape, creep, crepe, crept, entrapt, entrap, epact, etape, nap, nape, neap, neep, pa, pac, pace, pacer, pact, pan, pane, pant, par, parcener, pare, parent, parer, parr, part, partner, pat, pate, paten, pater, pe, pea, peace, pean, pear, peart, pearter, peat, pec, pecan, pecten, peen, peer, pen, pence, pent, per, percent, perea, pert, perter, pet, peter, prance, prancer, prat, prate, prater, preact, precent, pree, preen, preenact, prerace, rap, rapt, reap, reaper, recap, receipt, rep, repeat, repent, retape, tap, tape, taper, taperer, tarp, tepa, trap, trepan.

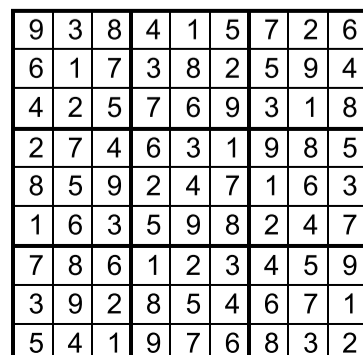
Sudoku Puzzle



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



B, C Divisions clubs receive COVID-19 relief fund

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MASERU – B and C Divisions teams in Mafeteng and Mokhotlong received their share of the FIFA COVID-19 relief monies last week Thursday, the Lesotho Football Association (LeFA) Secretary General Mokhosi Mohapi has shown. He said clubs from other districts are still being vetted and as soon as they have being cleared, they will also get their share of the fund. "The procedure is such that submissions are made by the teams to their respective District Football Associations (DiFAs), who then do the preliminary verifications before submitting the entire batch to the Competitions Department at the LeFA head office," Mohapi said. Both the Competitions and Finance Departments, he said verify the submissions against the 2019/2020 season logs at the time the decision to end the season was made.

Mohapi said because some clubs did not play any matches at all during the period in review, they will not benefit from the fund.

He further noted that others only played the first round and did not bother to play the second one, hence they will only get half the designated fund.

He also indicated that LeFA is aware of some teams which attempted to get more than their share by submitting two applications, adding that such clubs will only get what is due to them.

"Some teams are only registering for the first time now with the hope that they will get the relief fund. But the fund is only available for clubs which participated in the 2019-2020 season and not the upcoming 2020-2021 season. Theirs is a futile exercise," he added.

According to Mohapi, some DiFAs did not submit their entire team lists causing a delay when it comes to the disbursement of funds.

Each B Division team will get M10 000 while C Division clubs will pocket M6 000 each.

The monies are for the first tranche of the Federation of International Football Associations (FIFA) COVID-19 relief fund. Mohapi said LeFA's national executive committee will make a decision as to when to release the second tranche of the fund.

He appealed to all concerned teams to file reports to account for used funds.

The reports he said should be filed using forms issued to the clubs, warning the teams which have not received the forms in question to urgently collect them from their respective DiFA offices.

The deadline set for reporting on the first tranche of the funds is November 30.

"Teams or structures that will receive the relief fund but fail to report, will not be eligible for the second tranche and might be suspended from the local leagues," Mohapi said.

Lioli promise their fans a progress report

LINEO MABEKEBEKE
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MASERU – Lioli's newly elected executive committee has pledged during an elective annual general meeting to within a month's time file a progress report on all the team's administrative affairs.

This was announced in a statement released on Sunday by the team's President Lebohlang Thotanyana.

He said the executive committee will after a month from now call a special meeting to report on issues such as club registration, cases before the courts as well as players and coach registrations.

The meeting according to Thotanyana was held in Ha 'Mamathe, Berea.

He therefore appealed to all their supporters to be patient with the new committee and to give it time to finalise the promised report.

"We believe you have elected us with all the trust so give us an

opportunity to execute our duties as the committee," Thotanyana said.

He confirmed that the team's discussions with former head coach Morena Ramoreboli had collapsed after long and unsuccessful meetings with him.

But he shot down speculations that the discussions collapsed because the committee had signed players on the coach's behalf.

"After losing Ramoreboli, we had no choice but to look for another coach. Our offer to Ramoreboli was a 30 per cent increment on top of his last season salary," he said.

Lioli, he further showed are striving for a competitive squad that will be among the top four in the league and collect some silverware in the process.

In an interview with **Metro**, Thotanyana said because they are still searching for a head coach, they have since sent the team's assistant coach Soai Mosola to a Lesotho Football Association (LeFA) Premier League and A



Lioli's President Lebohlang Thotanyana

Division coaches' refresher course currently underway at the LeFA headquarters.

The plan he said is to prepare Mosola for any eventuality should

their search for a new head coach flop.

"We are also preparing him for the start of the new season," the President also said.

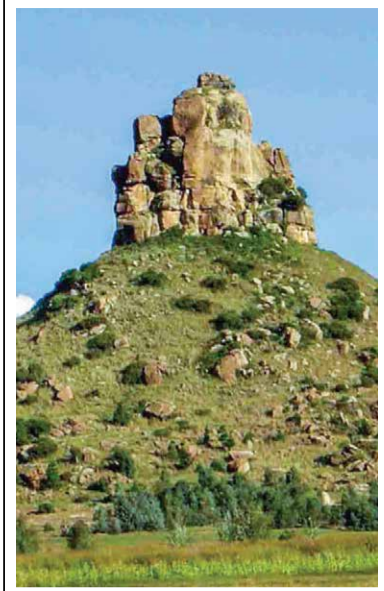
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National Weather



MASERU

FRIDAY	SATURDAY	
	20°C / -2°C	
29°C / 11°C	SUNDAY	
	24°C / 1°C	

MAFETENG

FRIDAY	SATURDAY	
	12°C / -1°C	
22°C / 9°C	SUNDAY	
	21°C / 2°C	

MOHALE'S HOEK

FRIDAY	SATURDAY	
	12°C / -1°C	
22°C / 9°C	SUNDAY	
	21°C / 2°C	

QUTHING

FRIDAY	SATURDAY	
	18°C / -2°C	
29°C / 10°C	SUNDAY	
	23°C / 1°C	

QACHA'S NEK

FRIDAY	SATURDAY	
	18°C / -1°C	
29°C / 9°C	SUNDAY	
	21°C / -3°C	

THABA TSEKA

FRIDAY	SATURDAY	
	12°C / -4°C	
18°C / 7°C	SUNDAY	
	17°C / -2°C	

MOKHOTLONG

FRIDAY	SATURDAY	
	19°C / -7°C	
18°C / -5°C	SUNDAY	
	21°C / 1°C	

BUTHA BUTHE

FRIDAY	SATURDAY	
	15°C / -1°C	
23°C / 11°C	SUNDAY	
	23°C / 0°C	

LERIBE

FRIDAY	SATURDAY	
	22°C / -2°C	
29°C / 11°C	SUNDAY	
	25°C / 0°C	

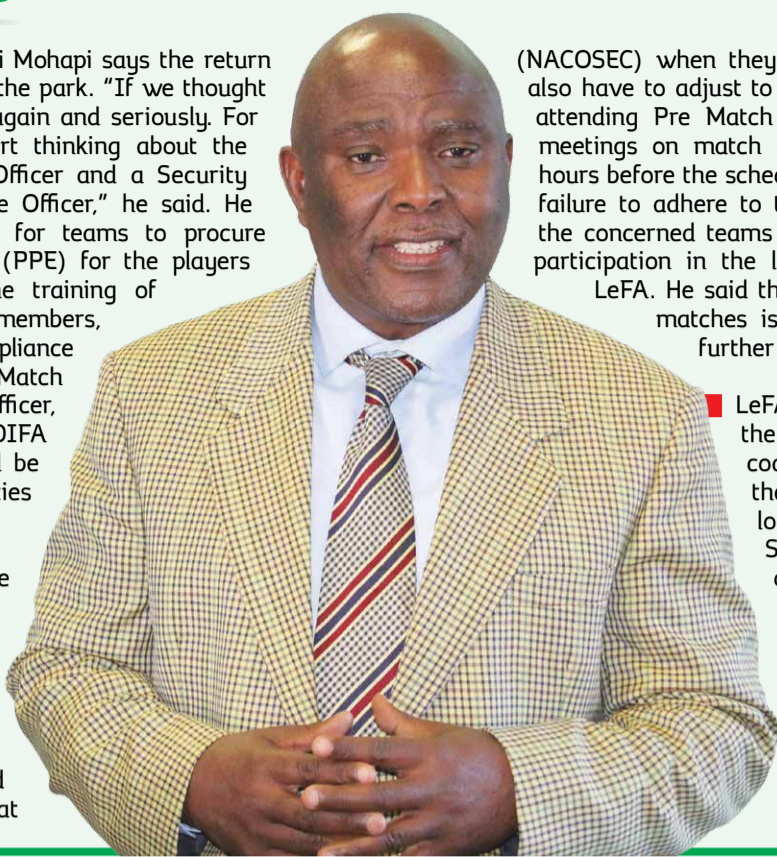
BEREA

FRIDAY	SATURDAY	
	15°C / -3°C	
23°C / 10°C	SUNDAY	
	21°C / 1°C	

News in Sports

LeFA Secretary General Mokhosi Mohapi says the return to football will not be a walk in the park. "If we thought so, I guess it is time we think again and seriously. For starters, the teams should start thinking about the engagement of a Compliance Officer and a Security Officer to assist the Compliance Officer," he said. He added that it was imperative for teams to procure Personal Protective Equipment (PPE) for the players and club officials. He said the training of LeFA Compliance Committee members, club head coaches, club Compliance Officers, club Security Officers, Match Officials and Assessors, Media Officer, DIFA Compliance Officers and DIFA club Compliance Officers should be looked into before football activities resume.

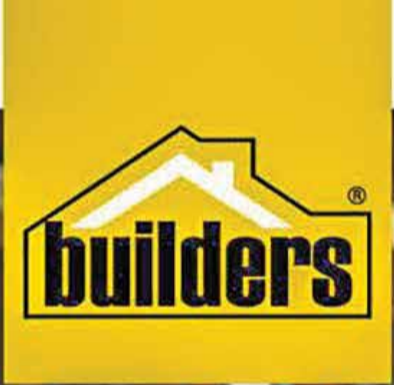
The training of the above mentioned personnel should be conducted before the physical return to football is commenced, Mohapi has said. Clubs are expected to submit a declaration to comply with the directives of both LeFA and National Coronavirus Secretariat



(NACOSEC) when they return to football. The teams also have to adjust to the notion of either hosting or attending Pre Match Compliance and Coordination meetings on match days. These will be held four hours before the scheduled kick-off time. Mohapi said failure to adhere to these conditions may result in the concerned teams being disqualified from further participation in the leagues under the auspices of LeFA. He said the issue of spectators attending matches is being held in abeyance until further notice.

LeFA on Monday officially launched the Premier League and A Division coaches' refresher course at the association's headquarters located at the Bambatha Tšita Sports Arena. The training was organised to prepare coaches for the return to football prior to the commencement of the 2020/2021 season. The five-day course ends on Friday. Two LeFA Coach Instructors Seephephe 'Mochine' Matete and Lehlohonolo Thotanyana (pictured) facilitate.

Promotional period 15 September - 12 October 2020



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They hate a lack of artistry in Lesotho - Senong

Likuena have yet to take part in a FIFA World Cup or AFCON and the 40-year-old head coach Thabo Senong is looking to the younger generation to turn this around. He had previously led South Africa to two FIFA U-20 World Cups.

In Lesotho, people always tell the same old story, and it certainly is a sad one. It's about a country that is crazy about football but which, so far, has been unable to celebrate its passion for the beautiful game at a major tournament. Of the 22 FIFA World Cups™ and 32 CAF Africa Cup of Nations to date, Likuena have never managed to be among the participants.

Even if they do not manage to break that barren spell in time for Qatar 2022, Likuena are still looking to turn things around at least from a continental point of view by 2022, and hopefully then begin a new chapter en route to the FIFA World Cup 2026. Lesotho is taking a long-term approach and banking on youth, both on and off the pitch, with the South African-born Senong having been named coach.

"I really don't think that age is an issue for a coach," Senong told FIFA.com. "I've seen a lot of young coaches who have had success around the world, including Rinus Michels, Franz Beckenbauer, Arrigo Sacchi, Roberto Martinez and Carlos Alberto Parreira."

The man who began coaching at just 20 is also certain he will get his players to respect him, even though he is just a few years older than some of them:

"I have always relied on my



Likuena head coach Thabo Senong

passion and my values as a person – that's what's important to me. I have the experience I need to help players and teams develop."

Twenty is also the age of the players that Senong has had the most success with to date. As South Africa U-20 coach from 2015 to 2019, he won the COSAFA U-20 Challenge Cup in 2017 and led the Amajitas

to the FIFA U-20 World Cups™ of 2017 and 2019, which were won by England and Ukraine respectively.

"In terms of tactics, the teams from Europe and Asia were slightly ahead of the African ones," he said.

"They relied more on team tactics and cognitive skills to win matches, whereas the teams from Africa, South America and Concacaf were mainly

focused on individuals with certain athletic qualities and skill-sets."

Taking that experience on board, Senong has now moved up to a full international set-up and is having to adapt his methods to an older, more mature squad.

"The transition from youth to senior international level isn't an easy one," said the Soweto native. "I have

had to adapt and be flexible to get the best out of the players. I've had to adjust my style of coaching to allow players to make contributions of their own.

"Full internationals have experience and opinions on tactics. I listen more, take their ideas on board and see whether they can come up with options for the competition that we're in, the opposition we're facing, our strengths and our tactical basis. With senior internationals, you coach less and spend more time handling the various personalities and interactions to make sure that there is a good atmosphere in the dressing room."

This does not mean, however, that Senong will be neglecting what he knows best and can get the maximum effect from.

"We'll try to give young, talented players a chance," he said, and indeed there was no-one older than their twenties in the group that he picked to play Ethiopia in the first round of African qualifiers for Qatar 2022.

"We need to give them more international matches for them to develop, and hopefully they can get transfers to play in championships abroad. We make sure that there is a lot of pace in our play, with or without the ball, so it's important to have youngsters who have the necessary energy and intensity," he said.

- Thabo Senong in brief
- Professional coaching certificate in South Africa
- CAF A licence
- Coaching certificate from the Johan Cruyff Institute
- FIFA Youth licence and FIFA Coaching instructor
- Coach of South Africa U-20s from 2014 to 2019
- Assistant coach of South Africa A from 2014 to 2018
- Winner of the COSAFA U-20 Challenge Cup in 2017
- Qualification for the FIFA U-20 World Cups in 2017 and 2019



LeFA Secretary General Mokhosi Mohapi

MASERU – The Lesotho Football Association (LeFA) is determined to see Likuena resume training as soon as possible in preparations for the forthcoming African Cup of Nations (AFCON) qualifiers.

A LeFA delegation led by Secretary General Mokhosi Mohapi presented its case before the National COVID-19 Secretariat (NACOSEC) on Friday in a bid to return football activities in the country.

The association's Communications Officer Mikia Kalati said: "NACOSEC appreciated our presentation and has now moved it to be presented to the ministerial subcommittee/task committee. Next week we will be invited to discuss the matter further with the NACOSEC's technical committee so that the case could be given the green light." Kalati said they were in fact keen

LeFA wants Likuena to resume training



Likuena during training session

to see Likuena start training sessions on Sunday.

The NACOSEC team consisted of the Deputy Chief Executive Officer, the Chief of Staff, the Stakeholder Relationships Manager and two other officers. Likuena are expected to face

Benin in the back to back Africa Cup of Nations (AFCON) qualifiers in November.

The match should have been played in March but the Confederation of African Football (CAF) was forced to suspend the fixture due to the COVID-19 pandemic

outbreak.

Likuena are in Group, I which comprises Nigeria's Super Eagles at the top of the group, Likuena in position three after Benin with Sierra Leone at the bottom of the group.

Likuena opened the group encounter with an away 1-1 draw

against Sierra Leone before being crushed 4-2 by the Super Eagles at Setsoto Stadium.

Leaders from each group will proceed to the AFCON finals to be held in Cameroon next year. They will then be joined by the hosts as well as the best losers.

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Taekwondo maestro with big coaching dreams - Marumo Moloisane

MASERU – Top taekwondo star Marumo Moloisane who is also one of Lesotho's few internationally based athletes dreams of securing a high profile coaching job in Germany upon his retirement from competitive taekwondo.

The 26-year old superstar is based in Germany at the World High Performance Taekwondo Centre under the Olympic Solidarity programme, courtesy of the Lesotho National Olympic Committee (LNOC).

He is ranked number one in Southern Africa and number five in Africa in the 58 kilogram division.

He is one of the six athletes chosen by the LNOC in 2017 to prepare for the 2020 Olympics in Tokyo, Japan.

"Upon my retirement from competitive taekwondo, if ever I could get an offer to coach in Germany, I would highly appreciate it," Moloisane says, adding that he plans to call it quits after the 2024 Olympics Games unless he suffers a debilitating injury that would force him to leave earlier than anticipated.

Through elite athletes like Moloisane, Lesotho has reaped the fruits of the now defunct Vision 2020 Games - an initiative which was an ideal sport development strategy for Lesotho as many athletes including current stars were discovered through that programme.

Born and bred in Khubetsoana on the outskirts of Maseru, Moloisane is the son of the late Khauhelo and Malefa Moloisane. He is the second child in the family of three – two girls and a boy.

He started playing taekwondo at the tender age of six in 2000 as a pupil of Mabote Roman Catholic Church (RCC) primary school.

In those days, the sport was quite popular in his neighbourhood and like every other child, Moloisane played taekwondo for recreation.

But with time, he rose above his peers and became a fierce fighter who was too difficult to overcome. He won several local competitions and his opponents from various clubs across the country dreaded facing him.

Before 2012, the Ministry of Sports hosted the Vision 2020 Games and that is where this young taekwondo dynamite was discovered.

He was always selected into the team that competed in the annual competition and he never lost a fight



in the finals. That began before his 18th birthday.

He was promoted from the national junior team to the senior squad in 2009 and camped for the World Championships in Denmark, but he was left out when the competition team was finally selected.

Later that year after his a successful and impressive international debut as a senior, Moloisane secured a permanent spot in the national team.

He was part of the national squad that competed in the 2011 World Championships in Korea and the following year he was invited to train in that country where he spent some months at a youth camp with some of Korea's top young taekwondo fighters.

Lesotho engaged an international coach from Korea in 2015 who helped up the standard of the sport in the country.

Through his immense contribution, top fighters like Moloisane managed to win among others a bronze medal in Morocco at the Rio Olympic qualifiers in 2016.

The year 2017 saw Moloisane winning an Olympic Solidarity Athletes Scholarship and he flew to Germany to prepare for the next Olympics at the World High Performance Taekwondo Centre.

During his stay in Europe, he won two championships, a silver medal in 2018 and a bronze medal in the 2019 Australian Open.

He thereafter sustained a serious knee injury that forced him to go for

surgery.

The injury caused him tremendously because he went to the Tokyo Olympic qualifiers ill-prepared and failed to qualify.

He also failed to compete in this year's German championship due to that bad knee, which appears to be taking its time to heal.

Moloisane holds his former coach Mokone Moahloli in great esteem for his huge contribution towards his development as a taekwondo player starting from an early age.

He applauds the support he gets from the rest of his family, especially since the passing of his father in 2013.

Despite his own personal success story, Moloisane is concerned that the sport in Lesotho is far from reaching

the required professional standard.

"Generally, we are far from reaching that professional level. We are still behind," he notes, adding that to make a step in the right direction, the Lesotho Taekwondo Association (LTA) should organise as many tournaments as possible and ensure that local fighters compete internationally.

He says building a high performance taekwondo centre in Lesotho would be another way of developing the sport, acknowledging the raw talent that is abundant in the country.

"There is no doubt that there is plenty of talent in Lesotho, but it needs a lot of nurturing and good management of taekwondo clubs and the mother body, LTA," he says.

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