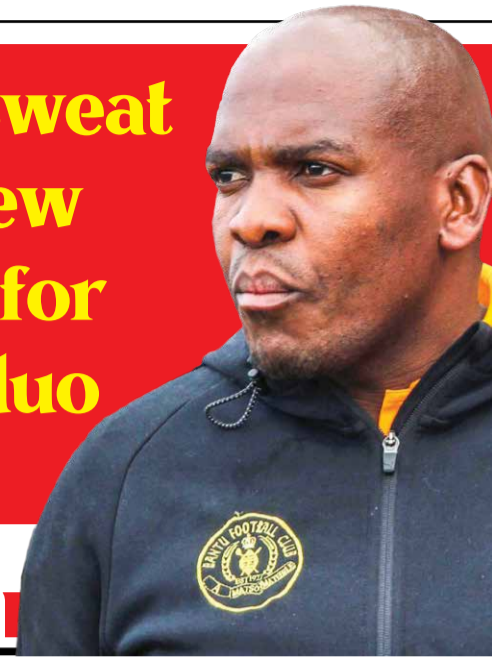


# FREE Metro

News you can use

Bantu sweat on new deals for star duo



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EVERY THURSDAY

July 30 - August 5, 2020

>> Pg 23



# TOUGH TIMES AHEAD IN LESOTHO'S ECONOMY >> Pg 2

**Wise WORDS:** The number one reason people fail in life is because they listen to their friends, family, and neighbors. ~Napoleon Hill

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



**On This Day in History**  
1988



King Hussein dissolves Jordan's Parliament, surrenders Jordan's claims to the West Bank to the Palestinian Liberation Organization.

**1863**

Henry Ford, the man who founded the Ford Motor Company, was born on July 30.

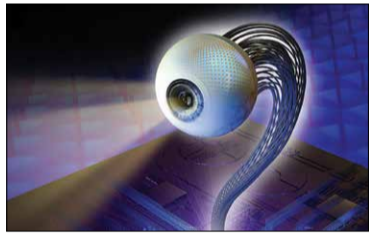
**Directory**

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

**Essentials**

1. Trader's License: M1000+/-
2. Company Certificate: Free
3. Travel Passport: M130 - M400
4. National ID: Free
5. Driver's License: M200
6. Car Registration Certificate: M135 - M265
7. Number plate: M60 - M400
8. Special permit: M60 - M400
9. Fitness: M120 - M400

**Technology**



A new artificial eye mimics and may outperform human eyes

Scientists can't yet rebuild someone with bionic body parts. They don't have the technology. But a new artificial eye brings cyborgs one step closer to reality.

This device, which mimics the human eye's structure, is about as sensitive to light and has a faster reaction time than a real eyeball. It may not come with the telescopic or night vision capabilities that Steve Austin had in The Six Million Dollar Man television show, but this electronic eyepiece does have the potential for sharper vision than human eyes, researchers report in the May 21 Nature.

"In the future, we can use this for better vision prostheses and humanoid robotics," says engineer and materials scientist Zhiyong Fan of the Hong Kong University of Science and Technology.

The human eye owes its wide field of view and high-resolution eyesight to the dome-shaped retina - an area at the back of the eyeball covered in light-detecting cells. Fan and colleagues used a curved aluminum oxide membrane, studded with nanosize sensors made of a light-sensitive material called a perovskite (SN: 7/26/17), to mimic that architecture in their synthetic eyeball. Wires attached to the artificial retina send readouts from those sensors to external circuitry for processing, just as nerve fibers relay signals from a real eyeball to the brain.

The artificial eyeball registers changes in lighting faster than human eyes can - within about 30 to 40 milliseconds, rather than 40 to 150 milliseconds. The device can also see dim light about as well as the human eye. Although its 100-degree field of view isn't as broad as the 150 degrees a human eye can take in, it's better than the 70 degrees visible to ordinary flat imaging sensors.

# Tough times ahead in Lesotho's economy

**NEO SENOKO**  
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**MASERU** - Tough times lie ahead of Lesotho's economy as the rate of inflation is expected to keep rising until 2022.

That means consumers should prepare for a continuous increase in the cost of living as the prices of goods and services rise while the value of money further declines.

This was reported by the Central Bank of Lesotho (CBL) on Tuesday through its Monetary Policy Committee (MPC) that the rate of inflation increased from 4.0 per cent in May to 4.9 per cent in June.

This, the MPC says was mainly due to an increase in the prices of food and non-alcoholic beverages, clothing and footwear, furnishings, household equipment and routine maintenance of the house, recreation and culture, education and alcohol and tobacco.

In terms of the outlook, the annual inflation rate is projected to register 4.2 per cent in 2020 before increasing to 4.7 per cent and 5.2 per cent in 2021 and 2022 respectively.

The outbreak of Coronavirus pandemic has been labelled as one of the major economic setbacks not only in Lesotho but across the globe.

"The outbreak of the coronavirus pandemic continues to devastate communities and disrupt economic activities in many countries across the globe, more especially in major and developing economies.

"While Lesotho was the last country to register confirmed cases on the continent, the number of infections is rising exponentially and threatening to put pressure on the healthcare system.

"Sadly, fatalities have also started to pick up. Indications are that the worst of the pandemic is still ahead," the CBL Governor Dr Retšelisitsoe



**CONCERNED:** CBL Governor Dr Retšelisitsoe Matlanyane

Matlanyane said on Tuesday when publicising the MPC statement.

The MPC notes that general economic performance in the second quarter remained weak, with output declining by 1.2 per cent in May relative to 1.3 per cent decrease in April.

The decline reflected restricted domestic and international economic activity due to lockdowns, it says.

With the annual inflation projection of 4.2 per cent this year, domestic economy is also projected to contract by 5.7 per cent in 2020.

"The output contraction is expected to be led by a decline in economic activity in the textile and clothing industry (-25.4 per cent), construction industry (-20.9 per cent) and mining industry (-27.6 per cent)," Matlanyane revealed.

The domestic economy is however, projected to slightly recover in the medium-term and grow at an average growth rate of 5.1 per cent over the period 2021-2022.

The growth recovery,

Matlanyane said is conditional on developments related to Covid-19 containment. The recovery will also come largely at the back of a strong rebound in the mining and construction industries and other domestic policy responses to the pandemic.

To support the dwindling economy, the CBL has taken various measures that include cutting its policy rate from 6.25 in March to 3.75 in May.

The rate has recently been cut again from 3.75 to 3.50 per cent per annum.

Set at this level, the CBL emphasised that the rate will ensure that the domestic cost of borrowing and lending remain aligned with the cost of funds elsewhere in the region.

The Net International Reserves (NIR) floor has also been increased from US\$530 million to US\$550 million. The NIR target remains consistent with the maintenance of the exchange rate peg between the loti and the South African rand.

## Global growth potential tumbles as jobless spikes, Fitch says

Global potential economic growth is set to drop in coming years due to fallout from the Covid-19 pandemic, amid a rise in unemployment and a cooling of investment by companies, according to Fitch Ratings.

The ten advanced countries - covered in its Global Economic Outlook - showed an average decline in annual potential gross domestic product growth of about 0.6 percentage point compared with Fitch's previous five-year outlook. US

productive potential growth is revised down to 1.4% from 1.9%, the UK to 0.9% from 1.6% and the euro zone - the weighted average of Germany, France, Italy and Spain - to 0.7% from 1.2%, it said.

The world economy entered the second half of 2020 still deeply weighed down by the pandemic. The coronavirus recession is expected to still see GDP levels in the largest advanced economies remain around 3% to 4% below their pre-virus trend

path by the middle of this decade, Fitch said.

A weaker outlook for capital accumulation accounts for about half of the revision to potential growth, the ratings agency said. The remainder is explained by the anticipated reduction in labor as unemployment rises and average hours worked fall, according to Fitch.

Cuts to estimated potential GDP imply "catch-up" growth over the next five years will be far more subdued. Fitch projects US growth to average just over 2% from 2023 to 2025, compared with more than 3% if no adjustments were made to estimated potential growth. Bloomberg

**239 scientists**  
In an open letter published on July 6, 2020 in the journal Clinical Infectious Diseases, 239 scientists from around the world urge WHO and other health agencies to be more forthright in explaining the potential airborne transmission of coronavirus. In the letter, scientists write that studies "have demonstrated beyond any reasonable doubt that viruses are released during exhalation, talking, and coughing in microdroplets small enough to remain aloft in air and pose a risk of exposure at distances beyond 1 to 2 meters (yards) from an infected individual."

**Jargon Buster**

**Business Plan**  
This is your tool for demonstrating how you want to establish your small business and how you plan to grow it into good financial health. When writing a business plan, it should include financial, operational, and marketing goals as well as how you plan to get there. The more specific you are with your business plan, the better prepared you will be in the long run.

**Cracks**

**I Have Fallen**  
A newly posted parish pastor discovered that everyone who comes to confess his or her sin is guilty of "I Have Fallen".

He waited to understand what the clause could mean to the people. But all efforts on the contrary did not help matters. He then concluded that the bad road in the vicinity might be the reason for people to fall.

As a result, he went to the Mayor to complain about the roads in the Council:

"Sir, your roads are bad. My parishioners are always hurt. They keep confessing 'I have Fallen'".

The Mayor who knew what "I Have Fallen" meant for the people burst into laughter. The priest was embarrassed and said:

"Even your wife is a victim of the bad road and you are laughing".

The man got mad because he understood that his wife had cheated on him.

"I Have Fallen" the people use to refer to sin of adultery/fornication.

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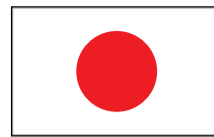
American Dollar  
**US\$16.49**



Europe's Euro  
**€19.34**



British Pound  
**£21.19**



Japanese Yen  
**¥0.16**



Chinese Yuan  
**¥2.34**



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

STOCKS	PRICE (US\$)
S&P500	3,236.76
NASDAQ100	19,638.10
Nikkei225	22,657.38
Dow Jones30	26,492.05
FTSE 100	6,129.26
JSE	56,488.00
Hang Seng	24,772.76
PRECIOUS METALS	PRICE (US\$)
Gold	1,948.97
Platinum	950.50
Silver	24.09
Copper	6,447.04
Crude Oil / Brent Oil	41.07
EQUITIES	PRICE (US\$)
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	M11.40
Unleaded 95 p/litre	M11.60
Diesel 50PPm p/litre	M11.95
500PPm p/litre	M11.95
Paraffin p/litre	M6.85
Water (Domestic) p/litre	M5.53
Water (Industrial) p/litre	M15.03
Electricity (Domestic) p/unit	M1.38
Electricity (Industrial) p/unit	M0.26
Gas p/kg	M20.00

# Govt skeptical on Mothae's diamond sales proposal

... The mine wants five-year direct untendered sales to LUCAPA

## NEO SENOKO

business@maserumetro.com

**MASERU** - Significant pressures in the diamond industry, some caused by the COVID-19 pandemic, have taken a toll on Mothae Kimberlite Mine.

The mine sells its diamonds in Antwerp Belgium, but with the world's largest diamond hub closed due to the COVID-19, Mothae Mine is struggling to make ends meet.

As a result, the mine has informed partners - the government of Lesotho, of its intentions to sell diamonds to its mother company, Lucapa Diamond Company for a period five years through a non-tendering process as is the standard at international level.

Lucapa owns 70 percent of the high-value Mothae Kimberlite Mine with Government owning the remaining 30 percent shares.

That means Mothae wants to sell diamonds to its major shareholder for five years due to struggles in the market.

The government, through the Ministry of Mining is however, yet to respond to the request, labelling it as a new phenomenon altogether. Talks are in progress with relevant stakeholders, including the mine on the possibilities, the ministry has said.

"This idea is the first of its kind and



**UNCOMPROMISING:** Minister of Mining Serialong Qoo

therefore a very sensitive matter. So we decided to take our time and discuss the matter with all relevant stakeholders to come up with a proper

solution to this," Minister of Mining Serialong Qoo said during a media briefing on Tuesday. Mothae has hinted on financial difficulties

before, but the situation has obviously been aggravated by the COVID-19 pandemic.

The mine had revealed in the Lesotho Diamond Mining Industry Performance Report of 2018 that Mothae was operating at the backdrop of challenging conditions in the global diamond sector, which had put pressure on diamond prices and operating revenues.

"There has been significant pressure on rough diamond prices from the highs of 2013/14. A perceived oversupply of lower value rough diamonds, lack of financing in the mid-stream or manufacturing sector and high polished diamond inventories have led to a reduction in rough diamond demand and therefore rough prices.

"This is impacting all diamond miners. For most companies in the sector, sale prices being achieved are lower than forecast, directly affecting revenues and profit stability. For these reasons, the shareholders of Mothae and the mine management team continue to pursue operational efficiencies and cost reductions to optimize costs," the mine said in the report.

On Tuesday, Qoo revealed also that in a letter, the mine had asked for a postponement in payment of royalties as well as the ground rent from April 2019 to 2021 due to financial difficulties.

But government could not entirely agree with the mine.

"We agreed that payment of royalties could be postponed but not the ground rent. So we told them that they should continue to pay the ground rent as per the agreement," Qoo added.

The minister further refuted claims that government is the reason operations at the mine are weakening.

The mine representatives could not comment on the matter, telling this publication that people who are in a position to comment were not available.

## NEO SENOKO

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**MASERU** - The proposed amendment of rules and regulations by the Lesotho Communications Authority (LCA) could attract investment into the communications market in future.

The move to amend rules by the LCA was influenced by Parliament according to the authority.

In a statement released on Friday last week, the LCA revealed intentions to amend, specifically rule 3(2) of its administrative rules, number 77 of 2016.

One of the reasons for the amendment is to facilitate easy entry into communications market in Lesotho.

"Acting in accordance with section 4(j) of the Communications Act No. 4 of 2012, the Lesotho Communications Authority (LCA) hereby provides notice to the general public and industry stakeholders that it intends to amend rule 3(2) of the LCA administrative rules No. 77 of 2016.

"The Authority proposes to amend rule 3(2) by deleting the words 'except that individual licenses should be applied for on invitation'. The objective of this amendment is to facilitate

# Proposed LCA law to improve and attract investors to Lesotho

easy entry into communications market in Lesotho by allowing all categories of licenses to be applied for at any time without need for invitation from the authority," LCA said in the statement.

The public and industry stakeholders have been invited to submit comments on the proposed amendment.

The original rule states that an applicant shall submit application that meets the requirement as envisaged in sub rule (i) together with payment of application fees, except that individual licenses shall be applied for on invitation only.

Sub rule (i) on the other hand states that the Authority shall prescribe application requirements for classes of licenses and make them readily available to prospective applicants.

On Monday the LCA revealed in an interview with Metro that the proposed amendment will go a long way towards

overcoming challenges currently contained in the original rule.

"The challenge brought by the current rules is that applicants take time before getting into the sector because they have to wait for the authority to make an invitation first.

"In fact, it was the Parliament of Lesotho which directed that the authority should open the market for the ease of investors," the LCA public relations manager, Tšiu Tšiu told this paper.

He said the development should not be seen as a threat to those already in the market because there are still other requirements that will ensure that the right people enter the communications market.

"Individual licenses by their nature involve a huge capital outlay and as such, investors who enter the market have to do some ground work on the nature of Lesotho market and how the return of investment will be," Tšiu added.

The new rules will be put in place once they have passed the legislative process and the public consultations currently underway are part of that process.

LCA is a statutory body, established in June 2000 with the mandate of regulating the communications sector in Lesotho. The mandate entails granting licenses to operators, promoting fair competition, approving tariffs, managing the radio frequency spectrum, empowering and protecting consumers.

The authority has the powers to among others facilitate new entry into the Lesotho communications market and the provision of new communications services, including converged communications services as well as allocate resources for the provision of communication services including radio frequency spectrum and telephone numbers.

The Authority can also suspend or revoke licenses.

# Taxi operators take PM to task

... It never rains but it pours

STAFF REPORTER

**MASERU** - local taxi operators have once again expressed their dissatisfaction over the COVID-19 regulations that they should scale down the number of passengers that their vehicles are normally allowed to ferry.

This is done to minimise chances of spreading the infection to other people.

But the taxi operators say they want to be allowed to carry the full capacity of passengers in their taxis and buses or else the government should compensate them like it has done with the factory workers.

They want to be included in the relief package that the government has established.

Substantiating their argument, the taxi operators' spokesman Lebohang Moea said the government knew for sure that the factory workers would suffer because of the COVID-19 regulations and so it moved forward to save them a possible poverty they were facing.

Moea said they expect the government to also meet them half

way because they have commitments to fulfill such as paying staff as well as fuel and maintenance costs.

He said Prime Minister Dr Moeketsi Majoro knew that the factory workers would have to pay rents and fulfill other family commitments.

He said the COVID-19 pandemic has impacted negatively on their lives as the public transport operators.

He said they have not given Dr Majoro a time-frame to answer their letter, but they just want to bring to his attention that they are facing starvation because of the regulations.

As per the new regulations, a 4+1 taxi is allowed to carry just three passengers while a mini-bus carries nine and a bus is mandated to carry 30 passengers. A 22-seater bus has scaled down its carrying capacity with nine passengers.

At the time of going to print, Prime Minister's spokesman Mosito Moqhekoana said the letter had not reached his table.

"I will get back to you as soon as I receive the letter," Mosito said.

Moea said they still have a case in courts which they expect to continue

today (Thursday) in which they have asked the court to consider new prices for the services at the Ministry of Transport as unlawful.

The taxi operators rushed to court after long talks asking the government not to induce high prices for services offered as the Ministry of Transport failed to bear the expected results.

Meanwhile, chairperson of Maseru to Ladybrand Learners Transport, Napo Makubakube said they have since been waiting for a response from the government on the progress made between them and their counterparts in South Africa.

The Ladybrand taxi operators stopped their counterparts from Lesotho from transporting learners to school in Ladybrand, arguing that they also wanted a share of the job.

This happened three weeks ago but still there is no progress.

Principal Secretary of the Ministry of Transport Thabo Motoko said his Minister Tšoeu Mokeretla has written to Fikile Mbalula, the South African Minister of Transport, informing him of what had transpired.



UNDER FIRE: Prime Minister Dr Moeketsi Majoro

# Road traffic fees to be paid via bank

**MASERU** - The newly implemented Road Traffic (Amendment of Schedule) Regulations of 2017 fees are to be paid through a bank account to be announced. The below fees would later be paid also via eco-cash and mpesa telecommunications services, according to the Minister of Transport Tšoeu Mokeretla.

Scheduled fees according the Gazette:

## 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 cycle with side car or similar attachment M150, any motor vehicle if the tare weight does not exceed 1,500kg - M150
- If the tare weight exceeds 1,500kg but does not exceed 3,500kg - M250
- If the tare weight exceeds 3,500kg but does not exceed 6,500kg but does not exceed 9,500kg - M400
- If the tare weight exceeds 9,500kg but does not exceed 11,000kg - M310
- If the tare weight exceeds 11,000kg - M360
- Trailer other than trailer referred to in part II item 3(a) M30

## Motor Vehicle License Fees

- Motor Vehicle License Fees motor cycle with engine capacity not exceeding 350 cc - M100
- Motor cycle solo with engine capacity in excess of 350 cc - M150
- Trailer used exclusively for farming; if tare weight does not exceed 500kg M100
- If tare weight exceeds 500kg -

## M150

- Tractor or truck used exclusively for farming - M100
- Motor dealer's licenses, motor cycle for the first cycle - M250
- For every additional motor cycle - M200
- 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
  - 751kg - 1 000kg: M200
  - 1 001 - 1,500kg: M250
  - 1,501 - 2,000kg: M300
  - 2,001 - 2,500kg: M300
  - 2,501 - 3,000kg: M300
  - 3,001 - 3,500kg: M300
  - 3,501 - 4,000kg: M300
  - 4,001 - 4,500kg: M400
  - 4,501 - 5,000kg: M400
  - 5,001 - 5,500kg: M 450
  - 5,501 - 6,000kg: M500
  - 6,001 - 6,500kg: M600
  - 6,501 - 7,000kg: M750
  - 7,001 - 7,500kg: M 800
  - 7,501 - 8,000kg: M900
  - 8,001 - 8,500kg: M1 000
  - 8,501 - 9,000kg: M1 000
  - 9,001 - 9,500kg: M1 100
  - 9,501 - 10,000kg: M1 200
  - 10,001 - 10,500kg: M1 300
  - 10,501 - 11,000kg: M1 400
  - 11,001 - 11,500kg: M1 500
  - 11,501kg and more: M1 600

## 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



Minister of Transport Tšoeu Mokeretla

- Public driving permit - M200

- Driving school permit - M420

## 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

## Special Permit:

- Initial issuance - M200
- Renewal - M400
- Supply of information from the records - M100
- Duplicate of document - M300
- Transfer of registration number (section 12(2) of the act) - M150
- Transfer of ownership - M100
- Set of number plates - M400

# Pension Fund and its roles



CEO of Public Officers' Defined Contribution Pension Fund Thabo Thulo

**NEO SENOKO**  
business@maserumetro.com

**MASERU** - Life after retirement may be an exciting moment and interpreted as an achievement by most employees across the board. It is seen as a time to finally relax, turn off the alarm clock and engage in other exciting and less time demanding projects.

But then again for many workers, when it actually happens, the transition to retirement can feel daunting.

It is during this period that some people begin to worry about what is going to happen next. Most importantly, the financial aspect of retirement remains highly important.

Without financial independence, retirement age can be the most daunting and stressful, many pensioners have said.

It is with this little background in mind that the Government of Lesotho (GoL) decided to introduce the Public Officers' Defined Contribution Pension Fund in 2008.

The Fund was established with the promulgation of the Public Officers' Defined Contribution Pension Fund Act of 2008. It came about as a result of Government's decision to change from the Defined Benefit to a Defined Contribution.

Since 1964 during the colonial rule, the Government of Lesotho has been running a pension scheme through a Pension Proclamation and it was in the form of a defined benefit.

However, government was confronted by the situation where the economic activities are declining. Specifically, SACU revenues and other economic benefits have been shrinking.

As a result, it was highly imperative for the establishment of this fund, since it gives both employer and employee a good opportunity to put money aside and get it invested so that the shrinking government coffers would not come at a huge cost to future pensioners.

Under the Public Officers' Defined Contribution Pension Fund, a member's contribution in terms of the act shall be deducted by his or her employer from his or her salary or wages and shall, together with the employers' contribution, be paid into the Fund's bank account monthly in installments.

The employer shall ensure that the contributions are paid to the Fund's bank account on the first working day of the calendar month in respect of which the contributions are payable.

"With this, government decided that it will contribute five percent towards each and every employee's fund, with each member contributing another five per cent from their salaries to make up the required ten percent which then forms the retirement benefit," said the Public Officers' Defined Contribution Pension Fund Communications Officer Machona Lebelele in an interview with Metro last week Saturday.

For instance, if an employee earns M1 000 a month, he will pay five percent of M1 000 which equates to M50. That means M50 will be deducted from his salary every month into the Fund.

Similarly, the government will also contribute another M50 a month into the same account.

"These contributions will be recorded in the Fund in your name exclusively for your benefit, which together with the investment returns earned, will be paid upon leaving the Fund or during retirement," Lebelele showed.

He said these contributions, unlike before, qualify for investment opportunities.

The investment office within the institution constantly looks into the best investment opportunities from different registered entities in Lesotho and South Africa.

The purpose of the investment committee is to provide an oversight function on behalf of the board over investment matters relating to the Fund.

Under the stewardship of Thabo Thulo - the chief executive officer, the institution also works hand in hand with the Central Bank of Lesotho (CBL) through bonds and other liquidity facilities that can be purchased by the Fund.

After every three months, the investment team submits reports to the investment committee which subsequently reports to the board of trustees.

"It is also important to note that Government takes care of all the expenses that may be incurred in all these processes. That means, out of the 10 percent contributions made by both the employee and Government towards the Fund, no further deductions will be made. The beneficiary gets all the money with interest," Lebelele said.

The investment committee within the Fund is made up of some members of the board. The board is made up of 14 members representing different stakeholders. All committees within the Fund report to the board.

Out of the 14-member representatives of the board, five are from Government and are appointed by virtue of their positions in their respective ministries.

The Principal Secretary (PS) in the Ministry of Finance automatically becomes the Chairman of the Pension Fund Board. Accountant General from the same ministry is another Government representative within the board together with another member from public service who automatically joins in as the director of remuneration and benefits.

Government is further represented by the director of TSD as well as a senior officer from one of the disciplined services in the country.

Apart from those representing the government, the board also consists of four members who represent employees. These representatives are also divided into four groups of teaching services, local government services, public service and another one from the disciplined services.

Moreover, four other members of the Pension Fund Board are those representing members of the public under the title - department trustees. Unlike other groups, those in this category are selected based on their level of expertise in different areas.

The last member is the one representing

pensioners.

The tenure of office of members other than the ex officio members is five years.

In the case of death of an employee, the rule is that family members will receive full benefits on behalf of the deceased. A cash lump sum benefit will be paid.

This lump sum includes the Fund Credit plus a risk benefit equal to the deceased person's annual salary as at date of death.

Fund Credit is the total value of the employee's benefit in the Fund. It is made up of the total contributions made by the employee and government towards the retirement benefit.

For instance, if the Fund Credit at the time of death was M47 000 and the annual income was M30 000, the dependents will receive M47 000 plus M30 000, thus equal to M77 000.

It also includes any amount transferred from the previous Fund if applicable as well as investment returns earned and the past service liability reserve.

The death benefit therefore, shall be paid to the dependents and nominees as indicated in the deceased's nomination of Beneficiary Fund. Nomination forms must be completed and regularly updated if necessary to ensure that the benefit is paid to the right person without any delays.

The benefits will be subject to tax as enforced by the Income Tax Act of 1993 amended.

For people that resign or are retrenched for any reason before they reach the Prescribed Retirement age, such employees will be entitled to a cash lump sum benefit equal to the Fund Credit, but excluding any Past Service Liability Benefit.

"When a person is fired for one reason or another, we also deduct all the amount that such person may, for one reason or another be owing to the Government. Such amount may include the National Manpower Development Secretariat (NMDS) debts and any other form of debts to the Government if present," Lebelele emphasised.

On the other hand, things are different for people who stay loyal to their employer for the longest time until reaching the prescribed retirement age as defined in the applicable

legislation.

The prescribed retirement ages apply differently towards different services. For discipline service, the retirement age starts at 55 and 60 for Local Government and Public Service, respectively.

For the teaching service, the rightful age to retire is 65.

A person may retire within 10 years from their prescribed retirement age. Government's consent is also required for one to qualify for early retirement.

"A six-month notice is required from a person who is willing to retire early. This is to give the employer enough time to look into the matter and ensure that and everything is in place when the day arrives.

When an employer is satisfied that everything is in order, they then sent all the right documentation to the Pension Fund which will then begin with the process of payment," Lebelele also said.

It takes only eight weeks for Pension Fund to release retirement packages to beneficiaries and only four weeks for someone who is fired.

However, Lebelele warned that sometimes, delays are caused because the file takes a longer time than normal on the side of the employer due to the auditing processes and that means such payments may be slightly delayed.

At retirement, a person has the option to purchase an annuity with their full fund value or may decide to take a portion of a lump sum, 25 percent at maximum while the balance will then be used to purchase an annuity.

In terms of the Act, annuity may be defined as a contract or policy sold by an insurance company designed to provide payments to the holder at specific intervals after retirement.

With annuity, such person will receive a monthly salary every month for the rest of their lives. At this stage, a person is also at liberty to choose where their monthly salaries should be deposited. One may choose to stay with the Pension Fund or decide to work with any other legally registered insurance company. Staying with Pension Fund also means one may choose to receive their monies either through single life or joint life pension with guarantees thereof.

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# Thought Leader with Advocate Ndumo

## Skills Development and the Development of Different Professions in Lesotho



Head of Strategy, Project Management and Innovation at Alliance Insurance Likeleli Monyamane (left) with Advocate Mothepa Ndumo (right)

Likeleli Monyamane is the Head of Strategy, Project Management and Innovation at the Alliance Insurance Company. She is also the founder of Inspire Innovation Business Consultants. Monyamane (LM) is passionate about using her skills, talents and resources to contribute to solve some of the most pressing challenges that exist in our society and considers herself to be a servant leader.

She has served in various governance and oversight roles and is currently a member of council at the Central University of Technology in South Africa. She was awarded the Top 35 under 35 Award by the South African Institute of Chartered Accountants as its member and is also a member of the Lesotho Institute of Accountants. In this wide-ranging interview, Monyamane talks to **Advocate Mothepa Ndumo (MN)** on behalf of **Metro** on skills development and development of different professions in Lesotho.

### **MN: What would say is the current state of skills development and professional development in Lesotho?**

**LM:** Lesotho is not immune to external factors that are shaping and influencing the labour market. Recently, the COVID-19 pandemic disrupted our usual way of doing business and has highlighted some deficiencies in our economic system. For example, we now see that there is a need to develop local industries using Basotho talent; there is also a need to embrace digital transformation within business in order to make products and services more accessible to the majority of Basotho.

COVID-19 has also opened our eyes to the reality of remote work and the need for skills to manage remote teams as well as online collaborations. The World Economic Forum has been publishing The Future of Jobs Reports in the past few years and these reports consistently show how the world of work is evolving as a result of emerging technologies.

These emerging technologies include high-speed internet, Artificial Intelligence, Big Data Analytics and Cloud Technology. We further need to grapple with socio economic factors such as economic growth, expansion of education and a shift into a greener global economy.

These shifts have resulted in what they call

“emerging professions” which are reported to be expected to grow by 11% and this will require the re-skilling and up-skilling of employees.

Currently Lesotho has a range of challenges that exist that are closely related to the lack of a skills development policy or strategy at a national level:

A mismatch between the skills developed by the education sector and the skills required by the labour market.

An absence of incentives for the public and private sector to invest in skills development. There exists a misconception that, “if I train someone and they leave the organization, then I have lost out and another organization has gained. Therefore, I would much rather not train people because I can’t guarantee that they will stay.”

Our professional bodies in the country also do not have clear skills development strategies, and therefore the quality of professionals is low in the country due to a lack of standardisation of professional competency and capabilities.

This results in a lack of trust in our institutions and organisations, it results in multinational companies and non-governmental organisations importing skills from outside of the country.

Lack of partnership between the educational institutions (from primary school up to university) and the public and private sectors that can enable sufficient investment in the right type of education and skills and ensure that there is a clear pipeline for students from school into the workplace (as employees, entrepreneurs, artists etc.)

### **MN: What moves have you made to address some of the deficits?**

**LM:** As someone who has benefited from the South African National Skills Development Strategy through the South African Institute of Chartered Accountants’ training programme, I know firsthand the benefits of such a structured programme in developing graduates into skilled professionals who possess the technical and professional skills that they need to have a successful career in finance or in business.

Therefore, I tapped into my passion for people’s development to run a number of skills development programmes for entrepreneurs

and for young professionals. It is my belief that in order to build Lesotho, its institutions, industries and to grow its economy, we have to build PEOPLE.

Human development is defined as “empowering people to participate in the improvement of their own well-being” and I can extend this definition to say, “empowered people not only improve their own well-being but can improve the well-being of those around them and of the communities within which they live.”

We currently have two programmes through Inspire Innovation Business Consultants - one is a skills development programme for entrepreneurs in which we support people with entrepreneurial abilities by training them in skills that are relevant to successfully run a business – operations, financial decision-making and digital skills.

The second programme is a skills development and mentorship programme that is designed to provide support to young professionals who have been working for more than three years in the areas of personal development, career development and professional development.

We also provide three skills development courses throughout the programme in data-driven decision making, coding and design thinking in order to ignite in them the curiosity to learn and to introduce them to skills they need to thrive and to be relevant even as the world of work evolves due to globalisation, technological advances and relevant socio-economic factors.

Through this programme we are intentional about bringing more experienced professionals to mentor younger professionals to bridge the generational gap that currently exists in the country that also forms a cultural barrier to skills development. We have recently launched a programme specifically focused on legal professionals that will have a great focus on ethics, digital and financial acumen, as well as leadership development.

Similar initiatives have been mounted for the Lesotho Institute of Accountants that focused on the Future of Accountancy and what skills young accountants have to acquire to ensure that they remain future-ready and relevant.

### **MN: If you were to stand before a Parliamentary Sub-Committee on Skills and Professional Development or Dr Majoro’s cabinet and give them a wish list, practical policy and implementation advice to address the deficits, what would that be?**

**LM:** The skills development challenge in the country is something that requires the commitment and participation of multiple stakeholders. The government should lead in the development of a national skills policy and a strategy that is aligned with the objectives of the National Strategic Development Policy II and the current and future needs of the local and global labour markets.

This policy must provide for the continuous learning and development of people of all ages as well as the reskilling and up-skilling of people regardless of which careers they choose.

Additionally, the government must develop incentives to encourage investment in skills development for Basotho by local and foreign companies. Finally the government needs a strategy to attract highly-skilled Basotho emigrants to get them back in the country so that they can advance their professions here or to find ways to tap into their skills even if they continue to live and work outside the country.

Educational institutions in the country should continuously develop their curricula and adapt such to the changing needs of the world. Professional development should “start at home” so to speak, with teachers and professionals in academia keeping up with trends affecting their professions. In this way, we will ensure that our educators are relevant and are passing down relevant information to students.

Lesotho’s different sectors, including professional bodies, corporations, both public and private, educational institutions and government should deliberately create a skills development ecosystem which will ensure competency frameworks for professional development within clear professional development strategies aligned to national, regional and global developmental frameworks and investment. Such an ecosystem would require an articulation across the board including communication and collaboration.

# Disrupting The Lesotho Economy Via Lesotho Inc.

*"Precious treasure and oil are in a wise man's dwelling, but a foolish man devours it."*

*(Proverbs 21:20 - ESV)*



His Majesty King Letsie III

Government inefficiencies and lethargy are quite legendary, so are corporate efficiencies and robustness when it comes to service delivery, pivoting, new technologies, new products and research and development, etc. And yet, curiously, a nation state cannot be run like a corporate according to the reigning orthodoxies in this debate.

There is enough noise about the exponential age, the Future of Work, as well as the future of this and that from top business publications and institutions such as the World Economic Forum. However, there is much less enthusiasm for the notion of the Future of Government, especially in Lesotho.

We have an evolving scenario here in Lesotho, where instead of disrupting the entire governance system, an underwhelming national reforms process has been hijacked by narrow, self-serving, political agendas to effect cosmetic changes which will not upset the applecart.

And yet, the Reforms Authority should, in fact, be leading thought and debate on the Future of Government and the role of our partisan political system in that future.

In relation to Lesotho's economic development and pressing economic challenges, this debate around the Future of Government could not be more apposite. One of our biggest problems as a country is an out of control wage bill resulting from a bloated civil service, which unsurprisingly turns in underwhelming service delivery to the long-suffering Basotho public year in, year out, regardless of which administration is governing.

The notion of Lesotho Inc is therefore relevant in unpacking the economic issues on the table and delivering qualitative economic emancipation to Basotho.

What is Lesotho Inc? Lesotho Inc is a publicly listed entity on the Maseru Securities Market established primarily by the Capital Markets Regulations of 2014 read together with the Companies Act of 2011.

This, ladies and gentlemen is our stock market and it holds immense potential for wealth creation for Basotho only if spaces are carved out for real and direct participation for our people.

Unfortunately, as of this date, the Maseru Securities Market does not have a single listing, but the regulatory and institutional architecture is in place. A good question to ask is, what are we waiting for?

Why do we have a non-functional stock exchange, six years down the line, when the institutional and regulatory frameworks are in place? I digress, back to the energising proposal of Lesotho Inc. Every single Mosotho and Lesotho citizen will be a shareholder in Lesotho Inc.

Lesotho Inc will, in turn, through government policy and legislation, hold a predetermined bundle of shares in every state-owned enterprise listed on the Maseru Securities Market.

Where a private entity, foreign or domestic, has invested in the exploitation of our natural resources, Lesotho Inc will similarly have shareholding split according to the following formula: private investor = 50%, Lesotho Inc = 40% and the

Lesotho government = 10%.

This will significantly reduce the tax burden on Basotho while ensuring full coffers at LRA House. Furthermore, Basotho will enjoy unprecedented wealth passed down through the generations as direct participants and beneficiaries of their natural resource wealth.

Lesotho Inc will further allow Basotho to play a more robust role in economic policy-making and holding government accountable for economic mismanagement of state-owned enterprises through Annual General Meetings, extraordinary meetings and other corporate governance essentials including any other innovations that the nimble Lesotho Inc will see fit to make.

To take Lesotho Inc to the next

level in terms of engendering efficiencies in the executive arm of government, a clause must be inserted in the relevant regulatory frameworks that any member of the executive will have their shareholding held in trust by a fund

governed by a specially appointed Council chaired by the King.

Where a member of the executive has underperformed during his or her five-year term or is found guilty of corruption or otherwise found to have made a decision that has prejudiced

or likely to prejudice the economic welfare of Basotho, such an individual will forfeit their shareholding to a trust fund that will endow worthy corporate social investment initiatives nationally.

We need to unapologetically build in no-nonsense accountability mechanisms if we are serious about addressing the malfeasance of the executive.

In fact, if we think about future generations and their economic welfare, such a sanction is hardly harsh. To capitalise Lesotho Inc, we may purchase shares at a minimum share price of MIO per share and the offloading of shares will have to be strictly prohibited.

In other words, Lesotho Inc will not be a typical publicly listed entity, it will indeed be business unusual, something that Basotho desperately need at this juncture where we are saddled with broke, unaccountable, corrupt administrations of our affairs. Like all ideas and proposals, I would wish to see Basotho debate Lesotho Inc, critique, and enrich it further and, most importantly, implement whatever solid formulation eventually emerges after exhaustive deliberations.

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

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## This is Lesotho...

### ... In News



Head of NACOSEC Thabo Khasipe

The National COVID-19 Secretariat (NACOSEC) has retracted from its Orange Level the decision to restrict district to district movement after it found this would meet policing and operationalisation challenges. The decision which was part of current restrictions gazetted was temporarily placed on hold while the secretariat was making more consultations on it. The retraction means there are no more restrictions on district to district movement of people seeking essential services or for other important economic and social activities.

Services at health clinics and centres have returned to normal after a deal was finally struck between the coalition of health professionals and government on major grievances that were posted. Normal services had been disrupted at clinics and hospitals across the country as health services professionals demanded to be provided with protective equipment against COVID-19 as well as risk allowances of up to M7 000.

### ... In Politics



Prime Minister Dr Moeketsi Majoro

Prime Minister Dr Moeketsi Majoro's government has been under heavy firing since coming into office and has now started to fire back with the former Commissioner of Correctional Services Thabang Mothepu already given a marching out letter while the Health Director-General, Dr Nyane Letsie has also been slapped with a suspension letter pending investigations. These are some of the recent moves that have been largely criticised as politically motivated in order for the Majoro administration to rid senior government desks of perceived political enemies of the new government.

The warring ABC factions have reportedly found some temporary peace and have agreed to work together in order to prepare for the coming 2022 general elections, at least as a united party. Local political analysts have, however, said the peace pipe smoking will not last for long as the rift between the Mahao and Thabane loyalists in the party is beyond repair except for small and temporary peace deals, which will only last until the primary elections are called.

## MoneyMatters make it count

# If you earn a commission, read this!

JOON CHONG

Commission earners could make an argument to tax authorities that they should be allowed to deduct their normal range of business expenses, even if commission is no longer more than 50% of their total remuneration under the exceptional circumstances of the Covid-19 pandemic.

Commission earners who earn more than 50% of their total remuneration as commission income are not limited in the type of business expenses they can claim, as long as these are incurred in the production of their income and are not capital or personal in nature.

For SARS to determine if these employees are entitled to claim business expenses, commission income recorded under code 3606 should be more than 50% of the total remuneration on the IRP5, which is the sum of gross retirement funding income (3697) and gross non-retirement funding income (3698). Total remuneration includes basic salary, medical aid contributions, group life premiums and any retirement fund contributions made by the employer.

A commission can be a flat fee or a percentage of transaction value. It is an amount paid for executing a transaction. Although a commission earner can be referred to as an "agent" or "representative", the individual is regarded as an "employee" in the Fourth Schedule of the Income Tax Act. Commission income is variable income. The employer is deemed to incur the commission earned and the employee deemed to accrue the amount in the month of payment, regardless when the sales or turnover amounts forming the basis of the commission calculations have taken place.

In many ways, the deductions for business expenses available to these commission earners are similar to those available to individuals who are sole proprietors or independent contractors. Typically, these commission earners would apply for fixed percentage directives using the IRP 3(b) form which requires a detailed income and expenditure statement to be included with the application. The detailed income and expenditure statement should contain projected income amounts, which can be based on amounts earned in the latest year of assessment, adjusted for any increases, and a breakdown of anticipated expenses with corresponding upward adjustments. The fixed percentage directives would provide for the percentage of employees' tax (PAYE) that their employers should withhold on remuneration paid to them.

#### Types of expenses claimed as deductions

Unlike other salaried employees, these commission earners are able to claim actual travel expenses as deductions even if they do not receive a travel allowance or the use of a company vehicle from their employers. They will be able to claim wear-and-tear allowances on vehicle costs, interest and fees on the instalment sale agreements, and maintenance, fuel,



licence and insurance costs. They should maintain logbooks recording business kilometres with dates, kilometres travelled and purposes of travel. The logbook will assist in apportioning travel expenses according to business versus total kilometres.

These commission earners are also able to claim home office expenses proportionate to the area used for business on rent, rates, water and electricity, interest and fees on the mortgage bond, cleaning, internet connectivity, and wear and tear allowances on business equipment. Cellphone invoices with a sample of business use relative to personal use calls should be maintained for verification purposes. Repairs to the home office specifically will be allowed in full. Repairs to the building in general, however, must not be included in total costs.

Unlike other salaried employees, the room containing the home office need not be regularly and exclusively used by the individual to work for the employer from which they earn remuneration. These commission earners can claim for home office expenses if their work performance and duties are mainly in their home offices, i.e. more than 50%.

Other expenses which commission earners can claim include any service fees such as accounting, legal, administration, and sales and marketing fees paid to service providers. (Non-commission salaried earners are only allowed accountancy fees if they receive income other than salary, pension or annuities.)

Commission earners can claim entertainment expenses for various sales and marketing initiatives. It would be advisable to compile a spreadsheet together with the names of clients and reasons for the expenses which reconciles with the relevant invoices, receipts or statements of account. Notably, other salaried employees who do not earn commissions at all, or who earn less than 50% of total remuneration in commissions, cannot claim any entertainment

expenses. These salaried employees should rather claim reimbursements for entertainment expenses from their employers, based on supporting invoices.

As with any claims for deductions, supporting documents in the form of schedules, invoices, receipts, statements of accounts and calculations with amounts on schedules reconciling with the source documents should be retained for five years and submitted to Sars if the ITR12 return is selected for verification. Bank statements or credit card statements are not accepted as supporting documents. An apportionment calculation of square meter of home office area relative to the total residence, with the same ratio applied to expenses such as rates and interest, must also be submitted. Expenses which are not allocated a code on the ITR12 should be claimed using code 4016.

Unfortunately, the Covid-19 lockdown conditions have resulted in devastating reductions in commission income for some of these individuals. Where the anticipated commission income in the 2021 year of assessment is likely to fall below 50% of total remuneration due to the economic impact of the lockdown, there is an argument to be made that these commission earners should still be allowed to claim all the business expenses regardless. This is because their remuneration is normally derived mainly from commissions based on sales or turnover attributable to them. Covid-19 times are unprecedented, and the OECD has acknowledged this period is exceptional and temporary in nature, i.e. not normal. The same should be the case in determining whether a commission earner meets the 50% threshold in the 2021 year of assessment.

It would be a good idea to anticipate this issue in a verification, to prevent Sars disallowing expenses claimed and having to object to the additional assessment. \*Joon Chong is a Partner at Webber Wentzel. Personal Finance

## Out of The Ordinary

# A taste of democracy

## ...South Korea's 16-year fight for a green onion breakfast cereal

SANGMI CHA AND JOSH SMITH

It is being hailed as a major win for democracy in South Korea. After 16 years in exile, a president last week triumphantly returned to claim his rightful place - on the front of a box of green onion-flavoured cereal.

The limited edition of the Chex cereal sold out within two days when it hit online stores, following years of almost ceaseless campaigning by enthusiasts.

The long road to the cereal aisle began in 2004 when Kellogg's Korea launched a light-hearted marketing campaign for Chex, a five-grain cereal, asking South Koreans to vote on a new flavour.

A TV commercial offered two cartoon candidates in the presidential election for the Chex Choco Empire - chocolate-flavoured Cheki and green onion-flavoured Chaka.

The PR stunt was meant to end in an easy victory for sweet Cheki. But the people did not agree.

Votes for Chaka surged past those for Cheki, catching Kellogg's unawares. Citing multiple votes

by individuals, the company halted online voting, threw out duplicate votes and declared Cheki the winner.

Chaka fans cried foul, and decried Cheki's subsequent 16-year rule as that of an illegitimate tyrant. Chaka remained in the public consciousness via regular hashtags like #PrayForChex, and memes depicting the onion character as a freedom fighter.

"We never expected consumers would be interested in this product for over 16 years," Kim Hee-yeon, a spokeswoman for Kellogg's Korea said. "Every time we launched new cereals or had promotional events, online communities would repeatedly ask for the flavour."

Chaka's success was so momentous that on the day it was announced earlier this month it surged past North Korea's bombing of an inter-Korean liaison office to become the top trending topic on South Korean social media.

"The cheating forces of Cheki were ousted and Mr. Chaka's 16-year struggle has finally come to an end," one fan wrote on Twitter.

A TV advertisement apologised for the delay

and featured a small child whose dreams of onion cereal were crushed. Promotional materials included a faux political poster with an image of Chaka over former U.S. President Barack Obama's campaign slogan "yes we can."

Limited edition cereals are usually on sale for about three months, but that could be extended if sales are strong, Kim said. The company had been working on developing the cereal for 15 years, but had struggled to find the right onion flavour, she added. When it called for 50 "early tasters" it received more than 14,200 applications.

Traditional Korean breakfasts are often savoury and even spicy, and many people seemed to envision the onion flavour as a potential bar snack with beer, rather than in a bowl with milk.

"I had adult-like taste in food since I was young, so I love local food with garlic, green onion or kimchi," said food blogger Lee Soo-jeong, 24, who voted for Chaka as a child and was an early taster.

Her verdict on the long-awaited cereal? "The green onion flavour is too mild."

Reuters



# Metro HEALTHY Living

## Dr Letsie suspended

...not allowed near her office pending investigations

**LINEO MABEKEBEKE**  
health@maserumetro.com

**MASERU** – The Director General in the Ministry of Health Dr 'Nyane Letsie has been suspended with immediate effect pending investigation for alleged incompetence.

Her letter of suspension says the ministry is following on allegations that Dr Letsie has habitually and deliberately underperformed in her duties and responsibilities.

She has been suspended on full salary payment.

The suspension letter dated July 28, 2020 and signed by Principal Secretary Lesimole Moletsane orders Dr Letsie to promptly hand over keys to her office to the acting Principal Secretary.

It also states that during her suspension, she should neither interfere with any matters of the ministry nor enter the premises of the ministry of health or any health facilities with the purpose of carrying out any duties.

The move, the letter says is



**KICKED OUT:** Director of Health Dr 'Nyane Letsie

aimed at allowing investigations against Dr Letsie to be carried out without her interference.

However, she will be allowed to enter such premises only with the permission of the PS.

The news of Letsie's suspension came as a shock to a number of colleagues around her after her initial engagement at the then

national Command Centre on COVID-19 where she usually made statements and responded to media questions of the state of the infection in Lesotho.

All efforts to get further clarifications and update on the suspension have failed with all the ministry's lines either busy or ringing unanswered.

## There is no cure for COVID-19 yet – NUL Innovation Hub

**LINEO MABEKEBEKE**  
health@maserumetro.com

**MASERU** – The National University of Lesotho (NUL)'s Innovation Hub does not have a cure for COVID-19 and has no mixtures in the market that can cure the disease, the institution has shown.

According to a press statement released by the innovation hub this week, whatever mixtures are in the market, claiming to cure COVID-19 and are associated with the Hub, have nothing to do with the NUL team of scientists and chemists.

On July 13, the innovation hub gave an update regarding the status of the research by a team of NUL scientists related to their efforts towards the COVID-19 treatment.

However, the team clarified that the herbal mixtures that passed toxicological tests were not a cure for COVID-19.

"We said this then, and we are saying it now, there is no proven cure for COVID-19," says the statement.

It further states that the plants used in the mixtures have been screened for their medicinal potential and the mixtures made from them have been tested for their toxicological properties.

With the assistance of the Lesotho Government's Department of Science and Technology, the mixtures will undergo further and deeper laboratory testing in conjunction with South African laboratories and scientists.

The statement explains that if the laboratory tests pass, the mixtures will have to undergo pre-clinic

tests and only if they pass the last stages will then be recommended for treatment.

The reality of science is that the results may show that the mixtures work or do not work against the COVID-19 says the statement, further emphasizing that whatever the results, they will be important as they will add the knowledge of medicinal plants used in the country.

The NUL Innovation Hub has therefore strongly dismissed any claims or association to medicinal and herbal mixtures that have surfaced on market shelves claiming to cure COVID-19.

NUL's Professor Narayan Himanshu said the research is still on and has already passed successfully through some of the initial stages of testing adding that they are positive but cannot claim that they have already discovered the treatment.

As a result, the Ministry of Communications, Science and Technology in solidarity with the NUL Innovation Hub also reiterated to inform the nation that there is no cure for COVID-19 yet.

Basotho are urged to adhere to all World Health Organisation (WHO) life-saving protocols against the Corona virus, such as hand sanitising and observing physical distancing among others, the ministry advised while also pledging its support to the NUL scientists' continuing work.

Many Basotho were excited at the news of the university scientists' tests and reports of score of locals harvesting some of the herbs and shrubs used in the tests have been alarming.

### EXPERT SENSITIVITY RELIEF

# PLUS

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Dr. Alexander-Smith,  
Dentist, Chicago.



### Germ repository

Keyboard and mouse of your computer is full of germs. Eating while working on the computer is not such a good idea as it can dirty your machine and can also make you susceptible to a host of diseases. If you share a computer with others, the situation is even grimmer.

### Low Back Pain

There are many causes of low back pain. Back pain may be due to overuse, such as playing one too many rounds of golf or lifting heavy weights. This kind of back strain usually resolves on its own without treatment. Rest and anti-inflammatory medications can provide relief. Using proper form when exercising and increasing the duration of workouts slowly can help protect the back.

### Respiratory System Function

The respiratory system takes oxygen from the environment and converts it into a form that cells can use. In humans, that means that our lungs take in oxygen, and rapidly diffuse it into the blood. The lungs accomplish this by passing large amounts of blood over gas exchange membranes; the body's whole blood volume passes over these membranes about once per minute!

## TO YOUR GOOD HEALTH

# Eating disorders are real – get treatment

LINEO MABEKEBEKE  
health@maserumetro.com

If one is struggling with an eating disorder and wants to check the symptoms, Mpho Rabolinyane a local Psychologist says screening can help.

Rabolinyane says eating disorders are real and could end up in situations of complex medication illness that can have serious consequences on health, productivity and relationships.

She says eating disorders and other specified feeding or eating disorders are bio-psycho-social diseases - no fads, phases or lifestyle choices.

People struggling with eating disorder, she shows often become obsessed with food, body image and or their weight.

"These disorders can be life-threatening if not recognised and treated appropriately," she states.

She adds that the earlier a person gets treatment, the greater the likelihood of full recovery.

She says: "Disordered eating and dangerous weight loss behaviours have unfortunately become normalised in our culture."

Anyone can develop an eating disorder regardless of gender, age, race, culture or sexual orientation.

In many cases, Rabolinyane shows eating disorders occur together with other disorders like anxiety, panic and alcohol and drug abuse problems.

Many of the behaviours associated with each of the eating disorder diagnosed can have dangerous impacts

on both physical and psychological well-being.

As such, Rabolinyane notes that it is important that anyone living with an eating disorder receives care from a full team of multi-disciplinary professionals including a therapist, medical doctor or a prescriber if necessary.

If one is experiencing thoughts or behaviours that are impacting the mental and physical health, she says such deserve a specialised eating disorder support.

Because they are complex mental conditions that are both psychological and medical in nature, she says as such, they often require interventions that focus on stabilising both the body and the mind. Eating disorders are illnesses in which people experience severe disturbance in their eating behaviours and related thoughts and emotions.

People with eating disorders typically become pre-occupied with food and their body weight.



Her Royal Highness Princess Senate Mohato Seeiso

# Food alone does not make life complete – Princess Senate

LINEO MABEKEBEKE  
health@maserumetro.com

**MASERU** - The suffering and plight of girls and young women should not only be looked at through one lens but from all spheres of negative impact on lives during these hard times of poverty and the Covid-19 pandemic.

This was a message from Her Royal Highness, Princess Senate Mohato Seeiso, who pointed that all can attest to the fact that food alone does not make life complete.

The princess said supplementary hygiene items are to provide necessary comfort to daily lives.

This she said at the occasion where she received 2 500 dignity kits procured through a collaborative initiative between the United Nations Population Fund (UNFPA) and the Lesotho Red Cross Society (LRCS).

The packages which consisted of menstrual and hygiene kits, Princess Senate said they were intended to offer a relief to her peers from the burden of having to search for alternative items to maintain a dignified life.

On behalf of her parents - Their Majesties, as patrons of the LRCS, Senate was grateful to receive the great investment to humanity from UNFPA.

The United Nations Central Emergency Response F provided about M1.4 million to the LRCS to offer life-saving education lessons on menstrual hygiene and education against gender based violence among other educational messages that are being offered in Maseru, Mokhotlong, Mafeteng, Mhale's Hoek and Quthing.

Although the programme was designed to respond to the drought situation in Lesotho, Senate said it is even more appropriate and helpful under COVID-19 situation where most people

can hardly afford hygiene needs due to price escalation and other competing needs.

Dr Marc Derveeuw from UNFPA said the overall strategic objective is to ensure protection, mitigate the impact of the emergencies by tracking and analysing risk and vulnerability related to the affected areas, specifically guaranteeing equitable access to services for vulnerable groups in their different dimensions.

He said it is no doubt that the outbreak of the Covid-19 has worsened the plight of the people, especially women and girls.

He was hopeful that the dignity kits would go a long way towards helping young girls in Lesotho, particularly during these difficult times of the Covid-19 pandemic.

The Secretary General of the LRCS, Kopano Masilo said the project was implemented in response to the alarming needs of young Basotho women and girls.

He noted that after the declaration of state of food insecurity and emergency because of drought, by the government in 2019, all players conducted several projects in order to try and alleviate human suffering due to the persistent drought.

He said different players have come to realise that when drought like any disasters struck any country, there are groups of people who are severely affected, especially girls and young women who go through a lot of pain, because when there is drought, all resources disappear, meaning more stress to keep households running.

Masilo said through this contribution, there will be better citizens, because the women and girls will know how to resist as well as be more tolerant to challenges.

The 2 500 recipients of the supplementary hygiene items were represented by a group of 10 girls from Maseru at the event held at the Royal Palace in Maseru on July 23.

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# Health care professionals to get PPE, risk allowances



**PROMISING:** Deputy Prime Minister, Mathibeli Mokhothu

**LINEO MABEKEBEKE**  
health@maserumetro.com

**MASERU** - The government has responded positively to the health workers and practitioners' grievances to provide Personal Protective Equipment (PPE) and risk allowances, an agreement that has immediately seen the suspension of the go-slow in the sector.

Deputy Prime Minister, Mathibeli Mokhothu, said health care professionals will receive risk allowances for a period of six months starting from the first COVID-19 case registration in Lesotho, which was in May.

He also said health care practitioners working at isolation facilities will each get M3 500 while those stationed at Christian Health Association

health facilities and the Queen 'Mamohato Memorial Hospital will each receive M3 000 with nurses and doctors at the isolation facilities pocketing M2 000.

The COVID-19 risk allowances could also be extended for the duration of the pandemic.

Besides the risk allowances, health practitioners also demanded to be given the in order to be able to handle suspected COVID-19 cases without fear.

Mokhothu revealed that the PPE that the government has bought to date include disposable aprons, surgical masks and face shields among others and still expecting to receive disposable cloths, shoe covers, head covers, sanitizers, fumigating liquids and scanners from the suppliers.

The healthcare professionals went on strike after their demands were not met by the government.

In other news, healthcare workers also demanded their own quarantine centre together with their family members and as a result, the government has also arranged a facility at which healthcare professionals will be admitted and taken good care of.

They had earlier asked for a risk allowance equal to 30% to their salaries and for the government to generally ensure their safety.

The Minister of Health Motlatsi Maqelepo pleaded with the health workers to engage the ministry whenever they have complaints as opposed to going on strike and further apologised to Basotho who did not receive services when the strike was on-going.

Coalition of health professionals' deputy public relations officer Dr Mojakisane Ramafikeng promised they will work as expected since their grievances have been met now.

# COVID-19 causes severe damage to lungs



**LINEO MABEKEBEKE**  
health@maserumetro.com

**MASERU** - Researchers are still learning about the novel coronavirus, but also reveal that the most serious cases involve severe respiratory symptoms that can damage a person's lungs.

The deadly virus has been found to damage lungs much more severely than the seasonal flu virus, attacking the inner lining of blood vessels, according to a research by a local medical practitioner, Dr Retšelisitsoe Piti.

He said a team of researchers compared the lungs of patients killed by COVID-19 with lungs of people who died from flu.

Both viruses, Dr Piti said belong to the same category and infect the respiratory system, causing multiple blood clots.

"But the new coronavirus causes intensive damage to the inner linings of the blood vessels in the lungs," he indicated.

As a result of the damage in the capillaries' inner lining, he said the movement of carbon dioxide transported by the blood from which oxygen is extracted inside the lungs is blocked, causing shortness of breath, a distinctive symptom of

COVID-19.

He further noted that researchers also found the growth of new blood vessels in the lungs of coronavirus victims, adding that patients with COVID-19 showed widespread blood clotting as well as new vessel growth - the latter likely a result of the body's response to the virus.

He said in most people, the coronavirus causes only mild symptoms, but in some, it leads to serious lung inflammation and excess of immune signalling chemicals.

As he further explained, lung damage is not confined to people who need ventilation; more severe COVID-19 means more likelihood of damage.

Dr Piti said the damaged blood vessels lead to other conditions caused by the virus, including stroke and conditions like loss of smell.

Like many viruses, he said the respiratory droplets associated with COVID-19 attach to the back of a person's throat or nose and then move through the respiratory track then the human body responds to viruses by trying to fight them off, which causes inflammation.

He noted that up to now, social distancing is one of the most effective means to fight the spread of coronavirus.

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## Jamaica launches domestic tourism campaign

The Jamaica Tourist Board has launched a Rediscover Jamaica program to encourage local residents to taste, see, feel and enjoy the tourism product.

The move comes as the island reopens using a phased approach to ensure the safety of everyone.

There is also likely to be more space, with American guests currently facing increased restrictions when trying to travel to the Caribbean island.

Renewing and upgrading the tourism process for Jamaicans, so they may safely enjoy the island

with their friends and family is a priority at this time.

The rush of adventure, the beauty of nature, pristine horizons, or simply the relaxation of the beach are experiences Jamaicans will enjoy on their staycation.

## Recipe Of The Week

### Tropical Shrimp Rice Bowl

This dish is made with juicy shrimp, sweet pineapples, and a beautiful sweet, tangy, and spicy sauce.

#### Ingredients

- 3 cups cooked rice
- ½ Tbsp fresh minced cilantro
- Salt
- Shrimp:
  - ½ lb shrimp
  - 2 tsp lime juice
  - 2 Tbsp pineapple juice
  - ¼ tsp chili powder
- Salt
- Sauce:
  - 8 oz can of pineapple chunks drain but save the juice
  - ½ cup pineapple juice
  - 1 ½ Tbsp soy sauce
  - 1 Tbsp honey
  - Zest from 1 lime
  - Juice from 1 lime
  - ½ tsp chili powder
  - 1 Tbsp fresh minced cilantro

#### Instructions

Cook rice in slightly salted water, according to the package instructions.

Stir in some fresh cilantro and set aside. (Divide rice between two bowls when ready to serve.)

For the sauce: mix together pineapple juice, soy sauce, honey, lime juice, lime zest, chili powder, and cilantro. Set aside until ready to use.

Peel, de-vein, and rinse shrimp. Mix shrimp with lime juice, pineapple juice, chili powder, and salt in a bowl and let it sit while preheating a cooking pan.

Preheat a cooking pan with about a tablespoon of oil over medium-high heat. Once the pan is hot, sear shrimp until pink and opaque on both sides. Take out and set aside. (You can save the juice from marinating the shrimp and add it to the sauce.)

Add a little bit more oil to the pan and add drained pineapple chunks. Sear pineapple chunks until nicely browned. Lower the heat to medium.

Stir and add sauce to the pan. Stir and let it simmer for 2-3 minutes.

Quickly stir in shrimp and divide the shrimp, pineapple, and sauce mixture over the two rice bowls.



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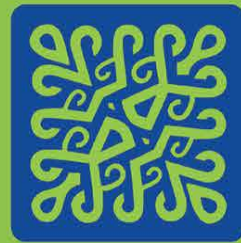


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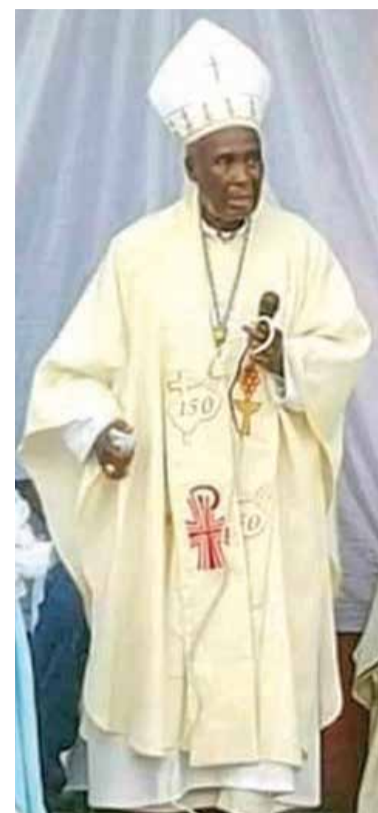
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# METROPOLITAN LESOTHO

## Former Archbishop Bernard Mohlabisi O.M.I to be buried in church



The late Archbishop Mosiuoa Bernard Mohlabisi

**MASERU** - Catholics will bid farewell to retired Archbishop Mosiuoa Bernard Mohlabisi O.M.I who will be laid to rest on Sunday in the Roman Catholic Church (RCC) at the Cathedral Area (Mofumahali oa

Tlholo) in Maseru. The funeral service of Archbishop Mohlabisi will be held in an unusual manner, the church announced on Monday through Reverend Brother Sylvester Thabelang Mothibeng.

The church has also publicised a list carrying 15 names of mourners expected to attend the funeral, as COVID-19 precautionary measures have to be observed at all times.

A Holy Mass will start at 8am to be followed at 9am by speeches of condolences, which are expected to last for 30 minutes. The service is expected to end at exactly 10am.

The rest of the nation has been invited to watch a live broadcast of the service on national television.

The 15 mourners include bishops from the four country areas of the church; being Maseru, Leribe, Mohale's Hoek and Qacha's Nek along with a representative of priests deployed in Maseru, four members of the Mohlabisi family, a government representative and a member of the congregation.

The late Archbishop will be buried inside the church.

Born in 1933, Mohlabisi was appointed archbishop on October 6, 1990, a position he held until 2009 when he retired. He was succeeded by Archbishop Tlali Lerotholi O.M.I.

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Tributes to family and friends

# Andrew Mlangeni

## The last remaining Rivonia trialist is no more

DIED aged 95, Andrew Mekete Mlangeni, the last remaining Rivonia trialist, died last week Tuesday night in Pretoria.

He was laid to rest on Wednesday morning at the Roodepoort cemetery. His funeral service was held at the University of Johannesburg Soweto Campus.

Mlangeni was last week Tuesday admitted at the I Military Hospital in Pretoria with an abdominal complaint.

Announcing the African National Congress (ANC) stalwart's death last week Wednesday, the president of the Republic of South Africa Cyril Ramaphosa said: "Bab' Mlangeni's dramatic life was a unique example of heroism and humility inhabiting the same person. Throughout his long life he remained a beacon of ethical leadership and care for humanity in our own country and around the globe."

Mlangeni was born in 1925 in Johannesburg's Soweto, and left school at 12 to look for work and help his mother take care of the family, his father having passed away.

In the 1940s he worked in several industries and factories where he experienced labour exploitation, culminating in his participation as a bus driver in a strike for better working conditions and wages.

Mlangeni's youngest son, Sello, said he was shocked by the death of his father after being admitted to hospital.

"He was fine. I thought he was going to come back and just had a problem with his stomach and was just going for a check-up in hospital."

He last saw his father on Friday. "We were just talking. He looked fine, just a bit weak, but he was fine."

The late ANC veteran joined the ANC Youth League in 1951 and the ANC in 1954, according to his foundation. In 1961 he was among the first to be sent for military training outside the country - in China. On his return in 1963, he was arrested, found



guilty of sabotage and sentenced to life imprisonment and spent 26 years on Robben Island. Mlangeni was, however, released in 1989 when negotiations between the ANC and the government began.

He subsequently spent 20 years in parliament and led the ANC's integrity commission.

In 2013, in an interview with the Sunday Times, he denounced corruption within the government, saying the Rivonia trialists did not go to prison so that ANC members could reap the rewards of freedom through self-enrichment and greed.

"Tenderism (sic) has destroyed many of our honest people," he said.

"People want to make money quickly. That is not what we stood for. I did not go to prison for that."

The Desmond and Leah Tutu Foundation referenced this comment from Mlangeni, saying even after retiring in 2014 in his 90th year,

"he continued to speak out against corruption, for morality and fairness within his beloved ANC and in government".

Describing him as a principled and modest man who returned to live in his Dube, Soweto, home after his 26-year incarceration, the foundation said: "His passing sounds the last post on a courageous generation of South Africans who forfeited their freedom, careers, family lives and health so we could all be free.

"It is now for younger hands to pick up the heavy baton they carried and complete the journey to equal justice for all."

Ramaphosa said Mlangeni's death "signifies the end of a generational history and places our future squarely in our hands".

"With his passing as the last remaining Rivonia trialist, Bab' Mlangeni has passed the baton to his compatriots to build the South Africa he fought to liberate and to

reconstruct during our democratic dispensation.

"He was a champion and exemplar of the values we need to build a South Africa that provides dignity and opportunity for all, and which takes its rightful place in the global community of nations."

Ramaphosa's office said he had attended Mlangeni's birthday's celebration last month in the company of former presidents Thabo Mbeki and Kgalema Motlanthe as well as veteran politician Mangosuthu Buthelezi, among other notable guests.

Mlangeni was awarded Isithwalandwe Seaparankwe, the highest honour from the ANC for those who have made an outstanding contribution to the liberation struggle, in 1992. In 1999 he received the Presidential Order for Meritorious Service: Class I: Gold from former president Nelson Mandela.

Ramaphosa said: "My thoughts

are with the Mlangeni family today and with all who have had the blessing of meeting and being touched by Bab' Mlangeni's passion for achieving a better society as well as his passion for a life that is well-rounded, adventurous, healthy and embracing of people from all walks of life."

Mlangeni was a keen golfer, a sport he played well into old age.

He was married to June who died in 2001 and the couple had 10 children. Their three remaining children include Sello, Sylvia (daughter) and Moraine (daughter).

In 2002, Mlangeni told the Sunday Times he was introduced to the game in 1937 when, as a 12-year-old, he earned pocket money caddying for golfers at Turf Golf Club, Johannesburg.

In 1947, after he had left school (St Peter's Secondary in Rosettenville, where he was taught by ANC leader Oliver Tambo), Mlangeni took up the game seriously.

He had played mostly at Soweto Country Club, one of the few golf courses open to "non-whites" at the time.

Earlier this year, Mlangeni attended a SA Open pro-am at the golf course.

"Nobody ever dreamt that one day we'd play the SA Open pro-am in Soweto, and on a golf course belonging to the people of Soweto. When I saw this, I said to myself there is nothing we cannot do if we all have a common goal," said Mlangeni, echoing the words of Springbok captain Siya Kolisi after the Rugby World Cup victory.

Mlangeni spoke of the greatness of South Africa's potential: "If we don't work together, we won't be successful. So, to the people who want to leave South Africa, I would say please learn from those who left and came back. Come back home. This country belongs to all of us who are South African. Let's build it together."



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# 2020 maize crop expected to increase by 37% - Reuters survey



**TANISHA HEIBERG**

South Africa will likely harvest 37% more maize in 2020 compared with the previous season after favourable weather conditions boosted yields, a Reuters survey of six analysts and traders showed on Monday.

South Africa's Crop Estimates Committee (CEC) is expected to forecast the 2019/2020 maize production at 15.461 million tonnes, up from 11.275 million tonnes harvested in the 2018/2019 season, which was impacted by dry weather conditions.

“  
The yields are relatively good across the country. Already over 50% of the crop has been delivered to commercial silos

The estimate is slightly lower than the CEC's June forecast of 15.514 million.

“The yields are relatively good across the country. Already over 50% of the crop has been delivered to commercial silos,” said Wandile Sihlobo, an economist with South African agribusiness association Agbiz.

The crop is expected to consist of 9.081 million tonnes of white maize, used mainly for human consumption, and 6.443 million tonnes of yellow maize used mainly in animal feed.

The CEC would give its sixth production forecast of the summer crops later yesterday (Wednesday).

Bloomberg

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So one way to get started today is to take a look at your acceleration and braking habits. If you have a habit of taking off quickly and applying brakes suddenly, then remind yourself that each smooth transition saves money on gas.

Driving below the speed limit and avoid sudden stops will help you stay safer, save money, and help your car last longer.



# Most capable Land Rover ever created



The most capable Land Rover ever made is now available in South Africa. Beside the luxurious and refined Range Rover family and the capable and versatile Discovery SUVs, new Defender completes the Land Rover line up.

Not only is the new version driven by a passion and respect for the original, it also inherits the previous model's naming convention. Available now in I10 guise, which gives a historic nod to the I10-inch wheelbase of the previous generation, the Defender I10 body style offers customers a choice of five, six or 5+2 seating configurations and a load-space ranging from 1,075 litres behind the second row, to 2,380 litres with seats folded.

A short-wheelbase Defender 90, with seating for up to six, is scheduled for South African introduction early next year.

At South African launch the I10 line-up includes a flagship 3.0-litre straight six-cylinder P400 featuring efficient Mild Hybrid Electric Vehicle technology with outputs of 294kW and 550Nm. Alternatively, customers can choose between two 2.0-litre variants, with a P300 turbocharged petrol offering 221kW and 400Nm, and a D240 twin turbocharged diesel producing 177kW and 430Nm.

The S adds 12-way powered front

seats (instead of eight), a leather gearshift, a 12.3-inch high-definition Interactive Driver Display, automatic headlight levelling and High Beam Assist, and Ebony Grained Leather among others. The SE further specification with Keyless Entry, ClearSight interior rear view mirror, electric steering adjustment, a 400W 10-speaker Meridian sound system and blind spot assist, while the HSE gets a sliding panoramic roof, Driver Assist Pack, 14-way heated and cooled Windsor Leather seats, extended leather upgrade and Matrix LED headlights with signature DRL.

Over and above the four specification packs is a top of the line Defender X which is based on an HSE but adds a black contrast roof and bonnet, Starlight Satin Chrome accents, orange brake calipers, rear recovery eyes, a 700W Meridian Surround Sound System with subwoofer, Head-up Display, 14-way Windsor Leather with Steelcut Premium Textile and Configurable Terrain Response 2.

A Defender I10 First Edition, available throughout the first year of production, is based on the SE model but adds standout features such as unique First Edition badging, illuminated tread plates, a Black Pack, 20-inch wheels, and a black contrast roof with sliding panoramic glass. The

First Edition also benefits from grained leather upholstery, a refrigerated centre console, domestic plug sockets and Configurable Terrain Response 2. It's available in three exterior colours - Indus Silver, Gondwana Stone or Pangea Green.

Customers can also personalise their vehicle in more ways than any previous Land Rover with four Accessory Packs. The Explorer, Adventure, Country and Urban Packs each give Defender a distinct character with a specially selected range of enhancements.

The Explorer Pack includes a raised air intake, a lightweight Expedition roof rack to carry up to 132kg, a 24 litre exterior side-mounted gear carrier, matte black bonnet decal, and wheel arch protection to help conquer the most uncharted African landscapes.

The Adventure Pack, developed to make more of nature's playground, consists of a portable rinse system for hosing off boots, bikes and wetsuits, a 20 litre Seat Backpack, bright rear scuff plate, front and rear mud flaps, a spare wheel cover, an integrated air compressor ideal for inflating tyres or air mattresses, and the same side-mounted Gear Carrier.

A Country Pack equips the Defender with front and rear Classic mud flaps, a full height load space

partition to prevent items in the rear load space from entering the cabin, wheel arch protection, a bright rear scuff plate and the portable rinse system.

Finally, the Urban Pack comprises bright metal pedals, a bright rear scuff plate, a spare wheel cover, and front under shield protection to make the Defender stand out with style in the concrete jungle.

New Defender is as technologically advanced as it is durable. It introduces Jaguar Land Rover's next generation Pivi Pro infotainment system with a more intuitive and user-friendly touchscreen, requiring fewer inputs to perform frequently used tasks. Its always-on design guarantees almost instant responses.

The Defender also takes Software-Over-The-Air (SOTA) technology to a new level, with 14 individual modules capable of receiving remote updates. By downloading data while customers are asleep at home or in remote locations, the new Defender will get better with age: as electronic updates cascade down to the vehicle immediately, without delay and with no need to visit a Land Rover retailer.

Permanent all-wheel drive and a twin-speed automatic gearbox, centre differential and optional Active Locking Rear Differential ensure the Defender has the hardware required to tackle the harshest conditions in Africa.

With a maximum suspension articulation of 500mm, the Defender can tackle 45-degree side slopes and inclines of 45 degrees with customary composure, but the biggest transformation comes on the road, where the new Defender is engaging and agile.

A maximum wading depth of 900mm is supported by a new Wade programme in the Terrain Response 2 system, which automatically softens the throttle response, sets the heating and ventilation to recirculate cabin air, locks the driveline and adjusts the ride height to its off-road setting. When exiting Wade programme the new Defender automatically drags the brakes, momentarily, to clean and dry the discs and ensure optimum braking performance is restored quickly after driving through deep water.

Land Rover's advanced ClearSight Ground View technology helps drivers take full advantage of Defender's all-conquering capability by showing the area usually hidden by the bonnet and directly ahead of the front wheels, on the Pivi Pro touchscreen.

The new Defender raises the bar for both off road ruggedness and on-road comfort. It can negotiate South African suburbs as effortlessly as it can traverse the toughest mountain passes. Its carefully honed handling delivers both a rewarding drive and first-class long-haul comfort across all terrains.

### Defender I10 Pricing

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Defender I10 177kW D240 SE	R1,155,600
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Defender I10 177kW D240 First Edition	R1,260,600
Defender I10 221kW P300 Standard	R1,050,100
Defender I10 221kW P300 S	R1,096,100
Defender I10 221kW P300 SE	R1,155,600
Defender I10 221kW P300 HSE	R1,259,800
Defender I10 294kW P400	R1,187,000
Defender I10 294kW P400 S	R1,224,200
Defender I10 294kW P400 SE	R1,286,700
Defender I10 294kW P400 HSE	R1,387,900
Defender I10 294kW P400 First Edition	R1,377,100
Defender I10 294kW P400 X	R1,574,500

Including VAT, excluding CO2.

# Touchscreen to help fight bacteria and viruses



New contactless touchscreen technology developed by Jaguar Land Rover and the University of Cambridge will help keep drivers' eyes on the road and reduce the spread of bacteria and viruses in a post COVID-19 world.

The patented technology, known as 'predictive touch', uses artificial intelligence and sensors to predict a user's intended target on the touchscreen – whether that's satellite navigation, temperature controls or entertainment settings – without touching a button.

The pioneering system, developed with engineers at the University of Cambridge, is part of Jaguar Land Rover's Destination Zero vision – a desire to make its vehicles safer and the environment cleaner and healthier.

In the 'new normal' once lockdowns around the world are lifted, a greater emphasis will be placed on safe, clean mobility where personal space and hygiene will carry premiums. Jaguar Land Rover vehicles are already designed to help improve passenger wellbeing, with innovations including a Driver Condition Monitor, engine noise cancellation and cabin air ionisation with PM2.5 filtration to capture ultrafine particles and allergens.

New technology like predictive touch is another step forward as we address the wider landscape of mobility, from how customers connect with mobility services, to the infrastructure required to enable fully integrated, autonomous vehicles in our cities, like Project Vector.

Lab-tests and on-road trials showed the predictive touch technology could reduce a driver's touchscreen interaction effort and time by up to 50%, as well as limiting the spread of bacteria and viruses.

Uneven or poor road surfaces can often cause vibrations that make it difficult to select the correct button on a touchscreen. This means drivers must take their attention away from the road, increasing the risk of an accident.

The technology uses artificial intelligence to determine the item the user intends to select on the screen early in the pointing task, speeding up the interaction. A gesture tracker uses vision-based or radio frequency-based sensors, which are increasingly common in consumer electronics, to combine contextual information such as user profile, interface design and environmental conditions with data available from other sensors, such as an eye-gaze tracker, to infer the user's intent in real time.

Lee Skrypchuk, Human Machine Interface Technical Specialist, at Jaguar Land Rover,

said: "As countries around the world exit lockdown, we notice how many everyday consumer transactions are conducted using touchscreens: railway or cinema tickets, ATMs, airport check-ins and supermarket self-service checkouts, as well as many industrial and manufacturing applications. Predictive touch technology eliminates the need to touch an interactive display and could therefore reduce the risk of spreading bacteria or viruses on surfaces.

"The technology also offers us the chance to make vehicles safer by reducing the cognitive load

on drivers and increasing the amount of time they can spend focused on the road ahead. This is a key part of our Destination Zero journey."

This software-based solution for contactless interactions has reached high technology readiness levels and can be seamlessly integrated into existing touchscreens and interactive displays, so long as the correct sensory data is available to support the machine learning algorithm.

Professor Simon Godsill from Cambridge University's Department of Engineering led the project. He said: "Touchscreens and other

interactive displays are something most people use multiple times per day, but they can be difficult to use while in motion, whether that's driving a car or changing the music on your phone while you're running. We also know that certain pathogens can be transmitted via surfaces, so this technology could help reduce the risk for that type of transmission."

The predictive touch technology was also a finalist in the annual Jaguar Land Rover Innovista Awards which champions innovative ideas from across the business.

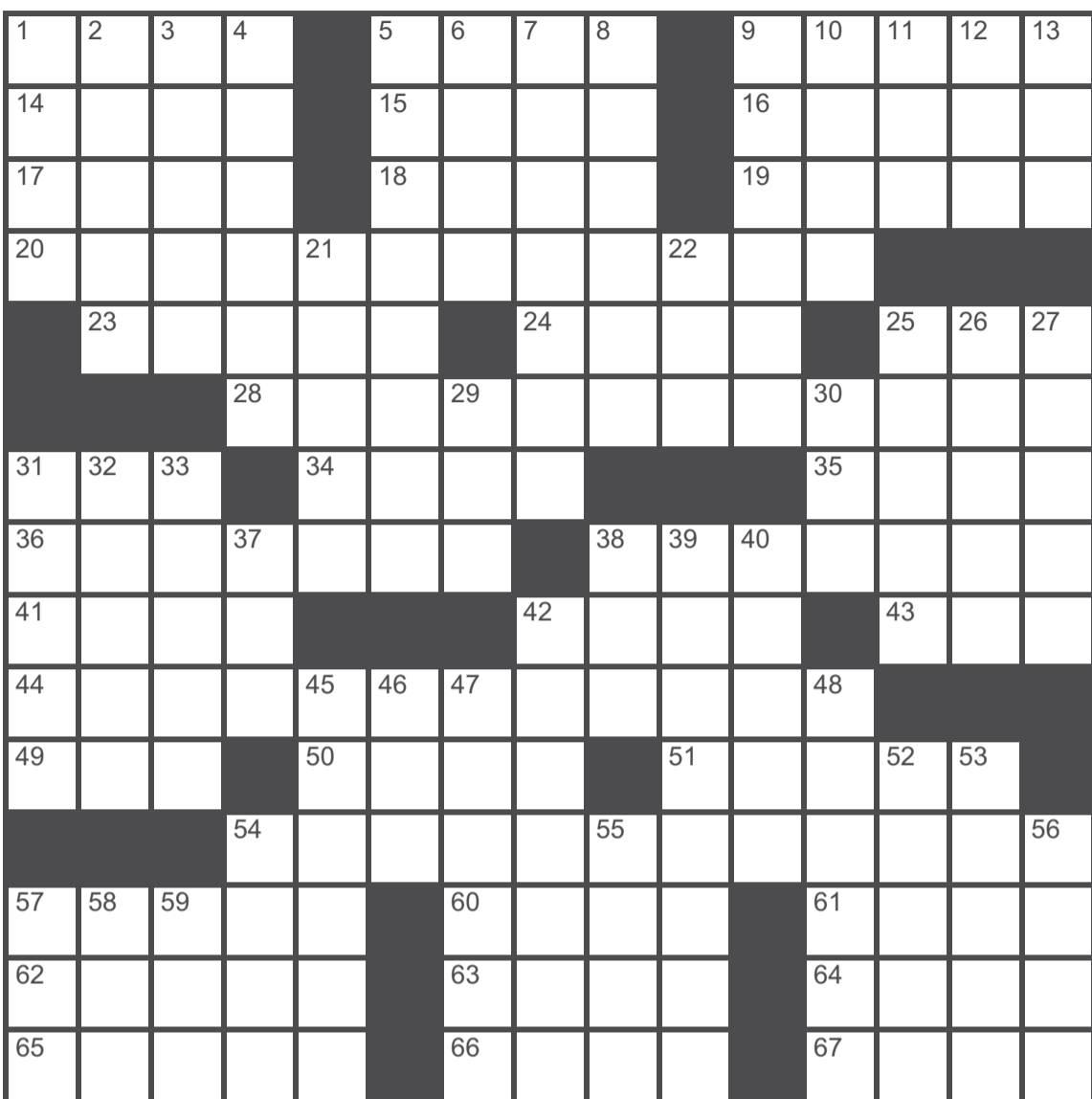
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## General Crosswords



### ACROSS

- 1. Priests' vestments
- 5. It's outstanding
- 9. Window alternative
- 14. Lampblack
- 15. Civil Aviation agency
- 16. Fruit tree
- 17. One for the road
- 18. Closed
- 19. Picture
- 20. Treat
- 23. Beach souvenir
- 24. Mideast ruler
- 25. \_\_\_\_\_ Today
- 28. A luxury car or house
- 31. Greyhound, e.g.
- 34. Swedish rug

### DOWN

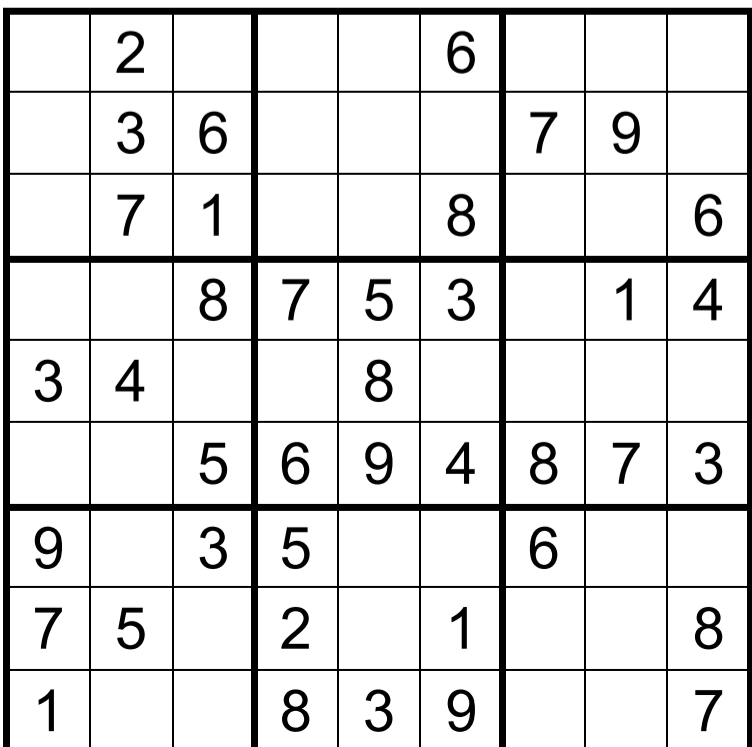
- 35. Canvas
- 36. Release
- 38. Pardoned
- 41. Open delight
- 42. Tropical root
- 43. Sawbuck
- 44. Loading platform
- 49. Look at
- 50. Balsam
- 51. "When pigs fly!"
- 54. Redeeming quality
- 57. Conspiracy
- 60. Challenge
- 61. Adorn
- 62. Mites
- 63. Arab ruler
- 64. "If all \_\_\_\_\_ fails..."

- 65. "M\*A\*S\*H" extra
- 66. Frost-covered
- 67. Went out, as a fire

### DOWN

- 1. Pronto
- 2. Prizefighter Joe
- 3. Bungle
- 4. Stirs up
- 5. Shows off
- 6. Genuine
- 7. Type of architecture
- 8. Emblems
- 9. Queen's home
- 10. Poetic foot
- 11. Health resort
- 12. Fall behind

## Sudoku Puzzle



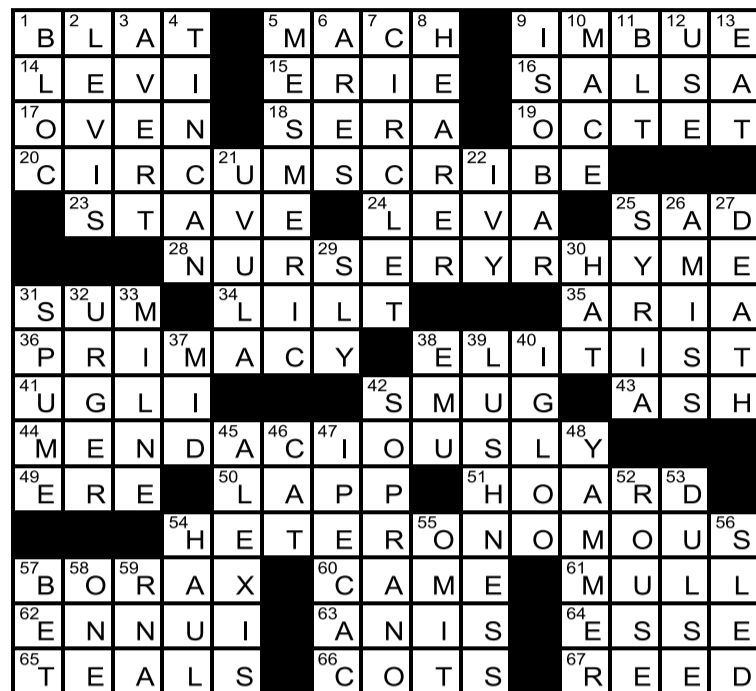
Fill in all the squares in the grid so that each row, each column and each 3x3 square contain all the from 1-9

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

### Last Week's Solution

4	2	9	8	7	3	5	1	6
3	5	6	2	1	9	8	7	4
1	8	7	5	6	4	2	3	9
5	9	4	3	2	8	1	6	7
7	6	8	9	5	1	4	2	3
2	3	1	7	4	6	9	8	5
6	1	2	4	9	7	3	5	8
9	7	3	1	8	5	6	4	2
8	4	5	6	3	2	7	9	1

## Last Week's Solution



- 13. Female sheep
- 21. Extreme
- 22. "\_\_\_\_\_ the season..."
- 25. Destroyer destroyer
- 26. Work out
- 27. Kind of wrench
- 29. Listening device
- 30. Car ad abbr.
- 31. Military call
- 32. Untwist
- 33. Part of an act
- 37. Managed
- 38. \_\_\_\_\_ Tuesday (Mardi Gras)
- 39. Citrus grove
- 40. "I read you"
- 42. Tragic wave
- 45. Slanted
- 46. Remembrance Day mo.
- 47. Sailplane
- 48. Sidestepped
- 52. Dangerous bacteria
- 53. Recycle
- 54. Wrapped garment
- 55. Depressed
- 56. Hightailed it
- 57. Video maker, for short
- 58. Crackerjack Defective

## So You Think You are Geneius

### Question (Answer next week)

This is an unusual paragraph. I'm curious how quickly you can find out what is so unusual about it. It looks so plain you would think nothing is wrong with it. In fact, nothing is wrong with it! It is unusual though. Study it, and think about it, but you still may not find anything odd. But if you work at it a bit, you might find out. Try to do so without any coaching!



### Last Week's Answer

Bomb, brew, foam, gone, hope, joke, leaf, loaf, loin, sore.



# Rugby federation appoints new sponsorship director



FLR boss Litšitso Motšeremeli

**TEBOHO JAFETA**  
sports@maserumetro.com

**MASERU** – The Federation of Lesotho Rugby (FLR) has finally filled the sponsorship director portfolio which appears in their structure and has appointed a South African, Vino Ralvin Frieslaar, to work in that role.

FLR secretary general Litšitso Motšeremeli told **Metro** that the portfolio already existed in the federation administration structure but it had since not been effected.

“This is the first time that we fill such portfolio. It has been in existence but was not operational,” he said.

Motšeremeli said Frieslaar joins the federation on performance basis payment contract.

“The sport is still voluntary in Lesotho, so our agreement with him states that he will be paid based on his performance. If he reaches a certain target we set, he will earn a certain percentage of the sponsorship he secured,” he said.

“Frieslaar has pledged to help us secure sponsorship that will see our team, Kingdom Select play at the professional level in the Rugby Carrié cup. Kingdom Select, previously known as Maseru Select currently play in the Free State Rugby league in South Africa, which is the amateur level,” Motšeremeli added.

He said playing in the Carrié cup is something Lesotho teams are far from reaching as local rugby is still at amateur level.

The federation he said told Frieslaar to first focus on securing sponsorship for national teams and the administration before the Carrié cup follows.

“We considered him for this portfolio because he is also a coach, we were also interested in his technical expertise, hence we plan to utilise him a lot in that department soon.

“By playing in the Carrié cup, our players will be able to earn a living as they will be playing at a professional level where there are great financial benefits to both players and the technical team,” he said.

For his part, Frieslaar expressed his excitement to be part of the federation as sponsorship director, saying he is already talking to several potential sponsors and is busy drawing up proposals.

He said his aim is not just to grow the local rugby body to gain worldwide recognition but he is also keen to develop young players through setting up rugby clinics and programmes for them.

“We are also looking at getting the sponsor for the outgoing tool for the federation so that we have a yearly outgoing to another country. I am very excited to be working with the federation and I just see good things lying ahead for us,” he said.

Frieslaar showed he acquired his experience from organising rugby tournaments in his community and playing rugby too.

He said the issue of getting Lesotho rugby to professional level is something that entirely lies with the players.

“It might take three or four years but it is hard to tell. I cannot tell the future but I can see it. It is all up to the team,” Frieslaar added.

# DISPROCO dismisses Matlama's case

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**MASERU** – The Dispute Resolutions Committee (DISPROCO) on Friday dismissed a case in which Matlama FC challenged the Lesotho Football Association (LeFA) National Executive Committee (NEC) for declaring Bantu FC premier league champions for the 2019/2020 season.

Representing Matlama, Attorney Tumisang Mosotho had argued that LeFA's NEC meeting was invalid as the members did not form a quorum.

He said he could not understand the logic behind LeFA awarding the Good Play and Bad Play at the same time by resolving that there would be no relegations.

Mosotho contended that if those circumstances were not catered for in the law, LeFA could have amended the law to accommodate the situation and not to take decisions that are parallel with the law.

For his part, Bantu's lawyer Advocate Tefo Rabolinyane referred to the FIFA circulars 1712 and 1714 that serve to create awareness about the dangers of the COVID-19 pandemic.

He further referred to the plethora of circulars and press releases to the effect of the suspension

of the leagues as well as the extension of the season to July 31, as well as the circulars related to the four options that both LeFA NEC and Premier League Management Committee (PLMC) had proposed.

LeFA's lawyer Attorney Qhalehang Letsika submitted a Lesotho Government Gazette to the effect that due to the COVID-19 pandemic, sporting activities including football have been suspended.

Handing down judgment, the chairperson of DISPROCO Advocate Shale Shale applauded Matlama for taking on the NEC on its resolution pursuant to their rights as members of LeFA.

He said the disputed issues are whether or not the decision reached by LeFA NEC was supported by the law, whether or not it was fair and whether or not the NEC was properly constituted.

Regarding the NEC resolution, it was pointed out that Matlama failed to substantiate their claim on NEC not forming the quorum. The DISPROCO ruled against this saying that Matlama brought this matter up during the case.

With regards to the issue raised by Matlama as to whether or not the decision was supported by the laws of LeFA, DISPROCO ruled that LeFA NEC resolution was based on the provisions of the

LeFA statutes.

Particularly given that all are affected by the COVID-19 pandemic, DISPROCO further ruled that based on LeFA Statutes, Article 50 empowers the NEC to make decisions on this matter and the decision to end the season with all other matters are indeed correct and legal as per the statutes.

The regulations cannot be regarded as the situation does not allow for normalcy, the committee also noted.

With regards the decision being fair, the DISPROCO ruled that Matlama FC did not challenge the issue of procedure adding that the NEC had gone through the requisite procedure.

The DISPROCO further ruled that the NEC was fair in its decision based on reasonability.

Looking at article 48 of LeFA regulations, Matlama stood on a point of NEC failing to amend the rules before making their decisions, but the DISPROCO dismissed it on account of retrospectiveness.

In the hearing Manonyane FC were represented by Adv Dominic Metlae while CCX FC and Galaxy FC were not represented.

However, Galaxy supported Matlama's protest while Bantu, Manonyane and were behind LeFA NEC's resolutions.

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# News in Sports



Several Matlama FC players have extended their contracts with the team. On top of the list is Lesotho's finest goalkeeper Monaheng Ramalefane who extended his contract with *Tse-Putsoa* for two years. Makume Theletsane is also on the list and will be with the team for two years as well. Likewise, Moteloa Khemisi's new contract will last for two years. The team's new signings include Thabo Matšoele and Mohau Rammoneng both from Liphakoe FC.

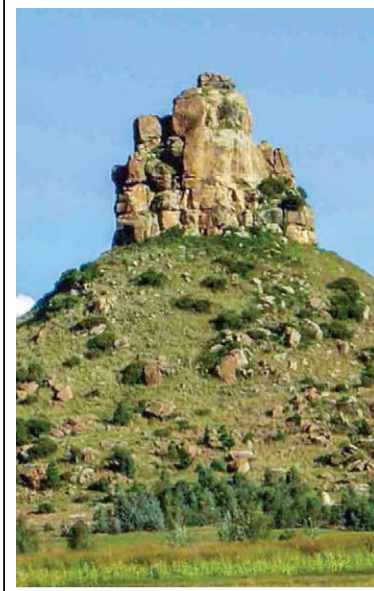
Liphakoe FC publicist Tau Sebatli has confirmed that the club has released both Matšoele and Rammoneng after their contracts expired in June. Sebatli said the management is currently in talks with other players whose contracts have expired whom they still wish to keep. The team's head coach Tele Ntšonyane's contract also expired last month and Sebatli said they are negotiating a way forward with him.

International Chess Federation (FIDE) on Tuesday announced that the 2020 Online Olympiad will be held from July 22 to August 30. The Online Olympiad is a national team event in which all federations affiliated to FIDE have the right to participate. About 12 members of the Chess Federation

of Lesotho will participate in the tournament. Some of Lesotho's finest Candidate Masters like Tokelo Klass and Chief Joang Molapo, Women Candidate Master Maboloko Lebaela and Women FIDE Master Lieketseng Ngatane will compete in the event. Team Lesotho led by Mona Mphetole only started competing on July 26 starting at Level III.

Lesotho Olympian and top sprinter Mosito Lehata (pictured) has expressed his opinions with regards the suspension of sports in Lesotho due to the COVID-19 pandemic. Writing on his facebook page, Lehata said he does not understand why the government cannot open the Setsoto stadium for non-contact sports, especially professional athletes. Part of his statement reads, "I understand the situation we are all in now but, we have the Olympic Games next year. We have athletes who cannot wait for South Africa to open its borders so that they can go and make some money." He said he is aware of thousands of shoppers who go to supermarkets everyday but is surprised that the government cannot open the stadium for less than 100 people to train. He accused the government of not wanting to make an effort to understand the athletes' situation because it does know what they go through.

## National Weather



MASERU		
FRIDAY	SATURDAY	
	22°C / 1°C	
20°C / 0°C	SUNDAY	
	22°C / 1°C	
MAFETENG		
FRIDAY	SATURDAY	
	16°C / 5°C	
14°C / 3°C	SUNDAY	
	16°C / 4°C	
MOHALE'S HOEK		
FRIDAY	SATURDAY	
	16°C / 5°C	
14°C / 3°C	SUNDAY	
	16°C / 4°C	
QUTHING		
FRIDAY	SATURDAY	
	20°C / 2°C	
19°C / 0°C	SUNDAY	
	21°C / 1°C	
QACHA'S NEK		
FRIDAY	SATURDAY	
	22°C / 4°C	
21°C / 3°C	SUNDAY	
	24°C / 5°C	
THABA TSEKA		
FRIDAY	SATURDAY	
	13°C / 2°C	
12°C / 1°C	SUNDAY	
	14°C / 1°C	
MOKHOTLONG		
FRIDAY	SATURDAY	
	17°C / -4°C	
16°C / -3°C	SUNDAY	
	18°C / -2°C	
BUTHA BUTHE		
FRIDAY	SATURDAY	
	17°C / 5°C	
16°C / 3°C	SUNDAY	
	17°C / 5°C	
LERIBE		
FRIDAY	SATURDAY	
	23°C / -1°C	
21°C / -4°C	SUNDAY	
	23°C / 0°C	
BEREA		
FRIDAY	SATURDAY	
	18°C / 4°C	
16°C / 2°C	SUNDAY	
	17°C / 5°C	

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# Seetane new Kick4Life's director of football

**TEBOHO JAFETA**  
sports@maserumetro.com

**MASERU** - Former Kick4Life midfielder, Lepe Seetane, has been appointed the team's new director of football, a few weeks after his predecessor Chris Bullock left the post for an advisor role.

The Northwestern University College Soccer Training Centre and Political Science graduate takes the new role back home after a long spell in the United States of America (USA) where he pursued his high school and varsity education.

Before he returned to Lesotho, he coached an American club, United 1996 FC, the team he played for, for six years and which honoured him as one of the best players it ever had.

Seetane attended the Northwestern University on a soccer scholarship where he was a starter for four years.

In an interview with **Metro**, Kick4Life media relations officer Reitumetse Tlopo confirmed Seetane's appointment, saying it occurred after Bullock's contract expired last month.

"Lepekola (Seetane) has been appointed Kick4Life director of football, but I currently do not have his contract details as he is just meeting Kick4Life management today (Thursday) to discuss his full contract," he said.

Tlopo showed that Seetane will be given a mandate in that management meeting, adding that thereafter; they will have further details regarding his new role.

Seetane spent his childhood in America from the age of 12 until 2017 when he returned home.

Tlopo said when Seetane arrived in Lesotho in 2017, he joined Kick4Life as an operation intern and was appointed country director of the Academy in 2018.

He also played for the senior Kick4Life team from 2018 until the 2019/2020 football season ended.

Meanwhile, Maleshoane Mokhathi has been appointed the country director of Kick4Life Academy to fill Seetane's shoes.

Kick4Life are a football club dedicated to social change. As a charity and a social enterprise, its mission is to transform the lives of vulnerable young people in Lesotho.

In doing this, Kick4Life promote



Kick4Life's new director of football Lepe Seetane

long-term sustainable development in the Mountain Kingdom.

Kick4Life provide a wide range of social interventions around health education & life skills, with their flagship programme, the Kick4Life Academy providing vulnerable

children and young people with intensive academic support, football coaching and character development, with the aim of supporting participants to genuine life-changing opportunities at international universities.

# Bantu sweat on new deals for star duo

**MASERU** - Recently crowned 2019/2020 Econet Premier League Champions Bantu are working around the clock to tie down out of contract duo of Hlompho Kalake and Tsietsi Khooa into new deals.

The two are among several Bantu key players, whose contracts had come to the end with the 2019/20 season and the club has since confirmed that stars such as Lindokuhle Phungulwa, Lazola Jokojokwana and Bokang Sello have already penned new deals.

Bantu coach Bob Mafoso told this publication that he is adamant that Kalake and Khooa, will also follow suit by signing new contracts to be part of the A Matšo Matebele squad that will participate in the CAF Champions League in the new season while also aiming to clinch back-to-back league titles.

He said both players remain important members of his squad adding it would hurt Bantu's brand if they are to lose them to their Econet Premier League rivals with Kalake having been heavily linked with a move to Linare.

"We had about 6-7 of our key players that were out of contract at the end of the 2019/20 season and most of them have already signed new deals and I'm happy as the coach to keep the core of the squad that won us the league.

"Like I have said, all the players are very important to the team and I'm adamant that those that are yet to sign, will agree to new deals," Mafoso said.

Mafoso showed he had a chat with both Kalake and Khooa and they told him that they are happy to remain in the books of the Mafeteng based outfit.

"I talked with them and they assured me that they will remain with the club and will sign new contracts. Of course, the worry is to lose them to our rivals in the

Econet Premier League, but we would understand if they were to leave for green pastures outside the country," the Bantu mentor said.

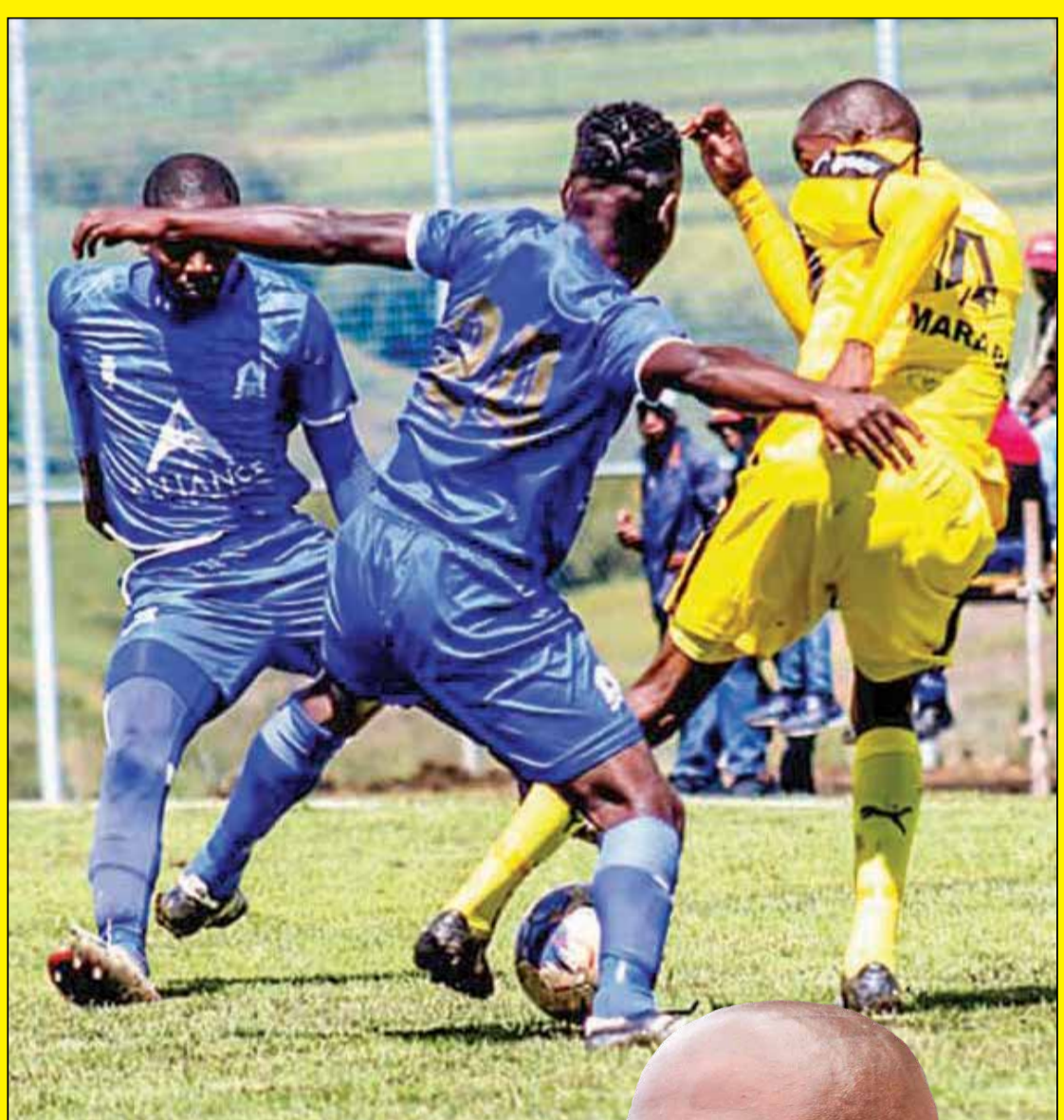
"The update I received from the club was that negotiations are at an advanced stage and we are hopeful that by the end of this week all will be completed.

"I'm happy that the majority of the players that were out of contract have already signed new deals because all of

them will play a key role going into the new season," he added.

Kalake had trials with Bloemfontein Celtic before the start of the 2019/2020 season and has also been linked with Botswana giants, Township Rollers, who have been long admirers of the talented Likuena midfielder.

Khooa on the other side recently signed with a South African football agent Lehlohonolo



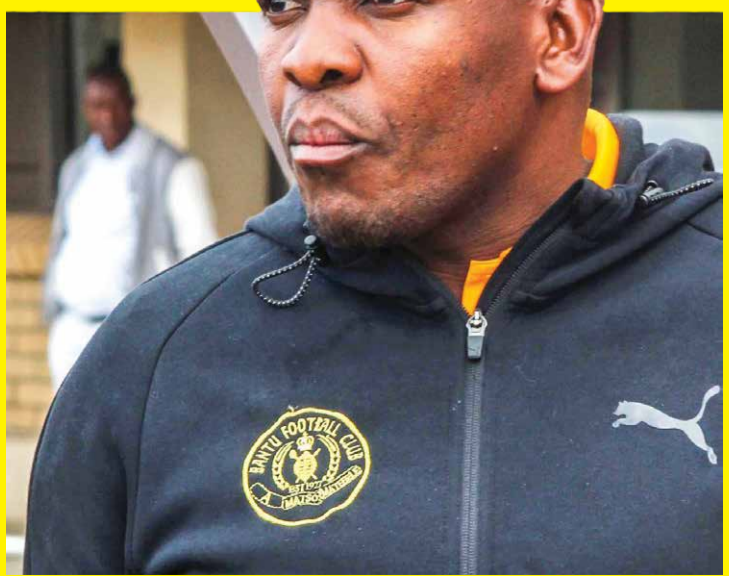
Bantu against Matlama in past premier league tie

Phume of 700 Sports Management, who is said to be working on different options for the hard-tackling defender.

Meanwhile, Mafoso further explained that club captain Thapelo Mokhehle is still part of his plans going into the new season despite hardly featuring for the club during the 2019/2020 season.

The former Likuena defender has enjoyed a successful spell with Bantu since joining from Matlama, but has seen little game time over the last two seasons with Mafoso opting for younger players such as Sello, Motlomelo Mkwanazi and Khooa in defence.

"He is still contracted to the club and will be part of our squad going into the new season," Mafoso concluded.



Bantu coach Bob Mafoso

# Chronicles of being a woman in football - Selepe



one of the main objectives she pursued during her time as the women football committee chairperson.

Mokhosi is currently a member of the COSAFA Women Committee and is also part of the organising committee for COSAFA since 2017.

She participated in the COSAFA women cup since 2017 as a match commissioner and also in the FIFA Olympic qualifiers in 2019.

She attended the first Africa Women football symposium in Morocco in 2018.

Senate Letsie, the Mountain Kingdom superstar remains Mokhosi's favourite player currently. The former Kick4Life Ladies forward rose to the peak of her career with the Old Europa side. Her brilliant displays earned her a college scholarship to study in the United States of America. She remains the favourite forward in the country, though Boitumelo Rabale has won many hearts over as a player and captain generally. During her times though, Mpolokeng Tjopa was her favourite then.

As a woman in the male dominated game, she also maintains that there are numerous challenges that women face as compared to their male counterparts.

She explains the main challenges as societal, cultural and economic.

"Our society still believes that it is inappropriate for a girl child to play football, they think it is boys' only sport," she adds.

She also mentions the issue of financial aid, adding that when it comes to women football, financially; they struggle tremendously.

In terms of administration issues, she says women football is very different from the men's. She says with men football, there is a clear technical team, but with girls, one person coaches and does administrative work simultaneously.

She adds that there are also major gender differences in how women football is run.

As much as she is so well-decorated, she still maintains that players must make it their mission to see to it that they survive the life beyond their playing days.

"The most important thing is they must go to school and do well while at it. Our football has just started to be a career and the opportunities are very limited. So, when they are at least educated, they can easily find good paying jobs or be self-employed," she says, commenting on the power of education to everybody and not just athletes.

Mokhosi is not married and has no children of her own.

**MASERU** – Hailing from the dusty village of Tšenola in Maseru, the legendary Puseletso 'Selepe' Mokhosi has come to be one of the greatest female footballers the Mountain Kingdom has ever had.

She was raised in the notorious area where being a gangster is considered to a cool lifestyle but Mokhosi opted to play for a not-so-organised boys' team in her home village.

She was born in 1983 and is the third of the four children in her family - two boys and two girls. Her journey in football started at a tender age of five. She began to play football in a boys' team and first played in a girls' club when she joined Tšenola FC in 1995.

After she proved her prowess on the soccer field, several other women's clubs started lining up for her.

She did not remain long with her maiden team as she joined the now defunct Arsenal Ladies in 1999 before she went on to play for the National University of Lesotho (NUL) team, Rovers Ladies from 2001. Two years down the line, Mokhosi joined Maseru Celtic Ladies.

From 1998 until 2006, Mokhosi did national service with the senior national team Mehalalitoe. Her most memorable

international matches include her debut in 1998 against Mozambique at the Setsoto Stadium. She also recalls her last international match with Mehalalitoe in Zambia at the COSAFA cup in 2006.

Her career in the national team lasted for a massive eight years. Mokhosi relished most of her international calls as an attacking midfielder.

"In my playing days, there were no junior national teams, so I started playing for the senior team as the Under-20 team was only introduced in 2010 while the Under-17 is only coming together now," she says.

In those days, Mokhosi recalls how they only played in the schools' tournament known as Confederation of Schools Sports Associations in Southern Africa (COSSASA).

With about 30 caps under her belt, she says there were not so many international games back then as compared to today.

She was given the nickname "Selepe" meaning - The Axe, due to her rough style of play.

When she officially retired from competitive football, Mokhosi enrolled for a coaching course in 2007

and received a Level One coaching certificate from the Lesotho Football Association (LEFA).

She was later in 2010 appointed assistant coach of the Under-20 women national team. In that role, she did quite well and lasted for a couple of years until she was promoted to be the interim women senior national team assistant coach in 2011.

In the same year, she was appointed interim head coach of the same senior national team.

Mokhosi has a collection of various football certificates. In January 2012, she attended a women coaching instructors' course in Ethiopia where she acquired a certificate of attendance.

In July 2012, she attended women coaching instructors' course in Cameroon and received a certificate of attendance. He also obtained a CAF coaching B Licence in April 2014.

In November 2016, she attended the CAF 4th Refresher Coaching Course for Elite Women Instructors in Cameroon and was recognised as a CAF Coaches Instructor. She is so far the most highly qualified Mosotho female football coach.

As assistant coach, she led Mehalalitoe to the 2011 COSAFA cup in Zimbabwe where the team performed

exceptionally well and that convinced the Mozambique team to propose a friendly game after the COSAFA as part of their preparation to host the All Africa games.

In 2013, Mokhosi was appointed the assistant coach of Mehalalitoe and the team played quite a number of international friendly games.

She was then promoted to the position of head coach in 2015 and served in that position until 2017.

She is currently the assistant coach of Kick4Life Ladies and has been with the team for the past eight years. When she first joined the team in 2012, she was the head coach but was demoted to the position of assistant coach in 2019.

Mokhosi has made a mark and name for herself ever since she hung up her soccer boots. She was trained as the instructor of coaches. Through being appointed the CAF match commissioner for the period 2019-2021, Mokhosi is the current match commissioner of the local women football.

One of her greatest achievements as a woman in a male dominated sport was being elected the chairperson of the National Women Football Committee in 2017. Empowering women in football administration is

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