

HEALTHYLIVING

>> Pg 9

Public warned against dangerous-to-human-body PCBs



A-Division clubs share M400k spoils



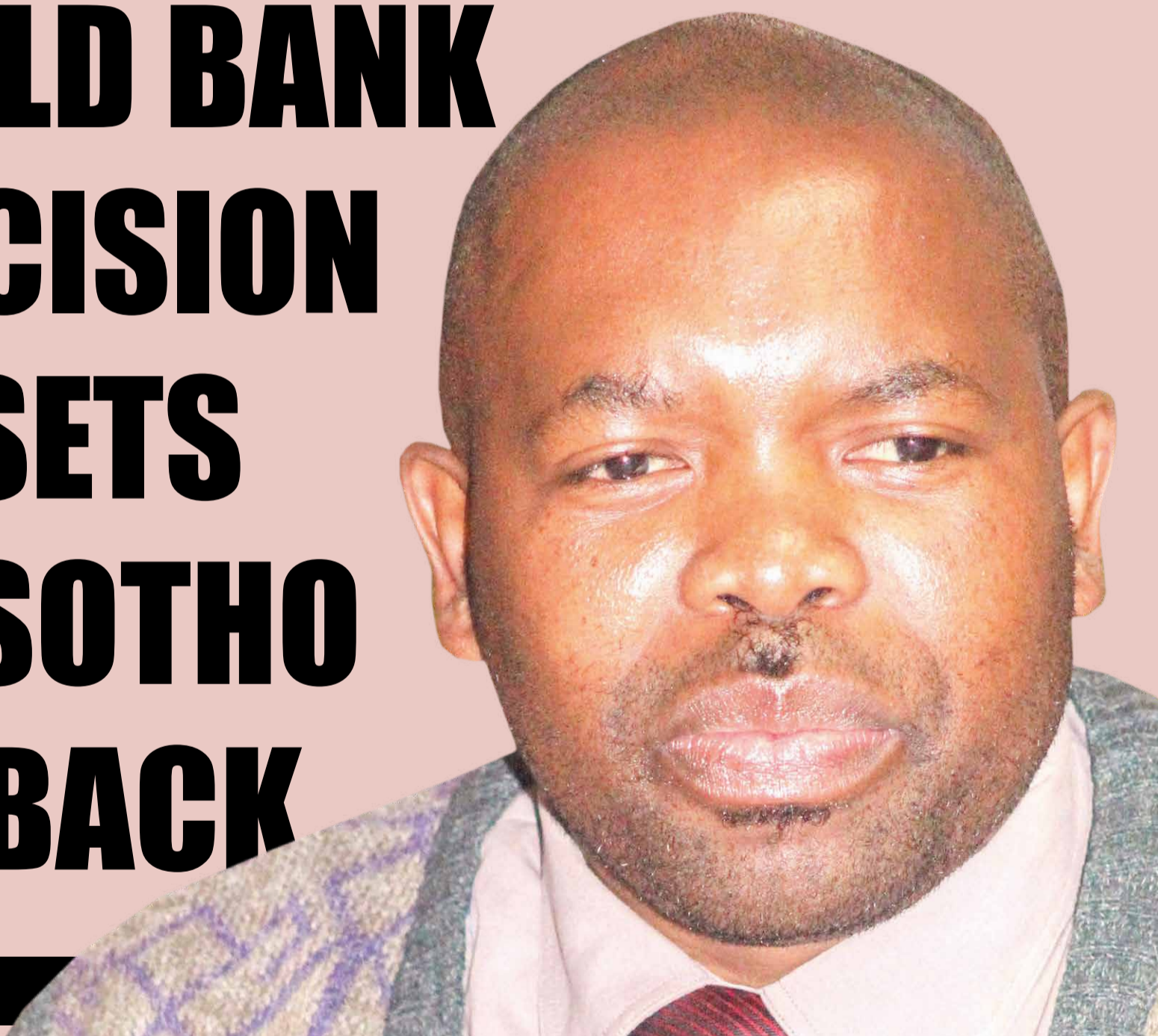
>> Pg 23

# Metro

News you can use

THURSDAY September 3, 2020 Tel.: 266 2232 5494 | editor@maserumetro.com | sales@maserumetro.com | Est. 2017

# WORLD BANK DECISION SETS LESOTHO ABACK



>> Pg 2

**WiseWORDS:** You may have to fight a battle more than once to win it ~Margaret Thatcher.

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

### Daily Specials



CaterCity Restaurant



MONDAY GRILLED LAMB LIVER & PAP M40



TUESDAY 1/4 CHICKEN WITH CHIPS M40



WEDNESDAY BEEF STEW WITH PAP OR RICE M50



THURSDAY HAKE AND CHIPS M50



FRIDAY WINGS WITH CHIPS M55

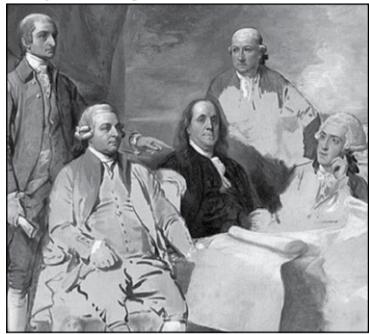
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On This Day in History 1783

Treaty of Paris signed



The American Revolution officially comes to an end when representatives of the United States, Great Britain, Spain and France sign the Treaty of Paris on September 3, 1783.

Directory

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

Essentials

- Registration Fees
Motor cycle solo with engine of cylinder in capacity not exceeding 350 cc will cost M100
Motor cycle solo with engine of cylinder in excess of 350 cc - M150
Motor Vehicle License Fees
Motor Vehicle License Fees motor cycle with engine capacity not exceeding 350 cc -M100
Other motor vehicles for the first vehicle - M1 000
For every additional vehicle other than a motor cycle - M500
Motor vehicle, trailers and construction equipment clearance fees:
0 - 750 kg: M150.00
11.501kg and more: M1600
Examination fees for roadworthy certificates:
Motor cycle not exceeding 350 cc - M200
Other motor cycle, tractor or trailer - M200
Light motor vehicle - M220
Heavy commercial vehicles - M300
Vehicle examiner's prohibition for vehicle's Un-roadworthiness - M350
Certificates of fitness for passenger vehicle:
Motor cars, 4+, and driving - M200
Commercial passengers' vehicles, if carrying capacity does not exceed 22 passengers - M250
If carrying capacity exceeds 22 but less than 60 passengers - M300
If carrying capacity exceeds 60 passengers - M350
Certificate of fitness for goods vehicles:
Where tare weight does not exceed 3,500kg - M100
Where tare weight exceeds 3,500kg but does not exceed 11,000kg - M150
Combination of vehicles - M150
Trailers if tare weight does not exceed 5,000kg - M100
If tare weight exceed 5,000kg - M150
Documents:
Certificate of road worthiness and fitness - M100, other motor vehicles licenses - M100
Motor cycle not exceeding 350cc - M50
Other motor vehicle licenses - M100
Application fees:
Learners license - M50
Theory test - M50
Driving test and re-test - M50
Public driving instructor's test - M100
Driving school permit - M150
Issuance of driver's license:
Light duty - M200
Heavy duty - M250
Extra-heavy duty - M400
Driving instructor's certificate - M300
Public driving permit - M200
Renewals of driver's licences:
Motor cycle not exceeding 350cc - M120
Learner's license - M50
Light duty - M200
Heavy duty - M250
Extra heavy duty - M400
Driving instructor's certificate - M300
Public driving permit - M200
Driving school permit - M420
Special Permit:
Initial issuance - M200
Renewal - M400
Supply of information from the records - M100
Duplicate of document - M300
Transfer of registration number (section I2(2) of the act) - M150
Transfer of ownership - M100
Set of number plates - M400

World Bank decision sets Lesotho on investment gloom

NEO SENOKO business@maserumetro.com

MASERU - POTENTIAL investors in Lesotho will have to rely on old data to make decision about the country following a World Bank decision to suspend 'Doing Business' report, which collects data on indicators that can create conducive environment for private sector development.

The World Bank Group, one of the world's largest sources of funding and knowledge for developing countries, has suspended the publication of its "Doing Business" report to probe suspected data collection irregularities regarding changes to figures given in previous reports.

For Lesotho, the absence of the report will be highly detrimental towards the country's already vulnerable investment climate.

It means potential investors will have to rely on previous data to make a decision about Lesotho, whereas there might be improvement in some key areas.

In the latest 2020 statistics, Lesotho ranked 122 out of 190 countries with 59.4 points with Swaziland just a little above at 121 with 59.5 points. Rwanda is the highest ranked African country at position 39 with 76.5 points.

This report does not only collect data on indicators that can create conducive environment for private sector development but also for those that can attract Foreign Direct Investment into a country.

The World Bank is doing this after alleged irregularities pertaining to the



PSFL CEO Thabo Qhesi

changes in data being used in the report surfaced.

"The publication of the Doing Business report will be paused as we conduct our assessment," the World Bank said in a statement.

The bank further said it would conduct a systematic review of data changes in the last five Doing Business reports and independent auditors will probe data collection and review processes.

"A number of irregularities have been reported regarding changes to the data in Doing Business 2018 and 2020 reports published in October 2017 and 2019. The changes in the data were inconsistent with the Doing Business methodology," the bank said.

It went on to emphasise the importance of the integrity and

impartiality of data and analysis.

"So we are conducting a systematic review and assessment of data changes that occurred subsequent to the institutional process for the last five Doing Business reports.

"We have asked the World Bank Group's independent International Audit function to perform an audit of the processes for data collection and review for Doing Business and the controls to safeguard data integrity," the bank further indicated.

Over the 17 years of its existence, the Doing Business report has been a valued tool for countries seeking to measure costs of doing business. Doing Business indicators and methodology are designed with no single country in mind, but rather to help to improve the overall business climate.

The suspension would also mean policy makers in Lesotho will not be in a position to make decisions with regard to prioritising key areas to allocate resources.

Private Sector Foundation of Lesotho (PSFL) Chief Executive Officer, Thabo Qhesi, said in an interview with Metro that the report plays a huge role towards potential investment in the country.

He said the report was really important, making an example of South Africa in the era of President Thabo Mbeki. The country was highly ranked and attracted a lot of investment at the time but things deteriorated sharply during the tenure of President Jacob Zuma, particularly with regard to labour issues.

The World Bank has said that it will act based on the findings and will retrospectively correct the data of countries that were most affected by the irregularities.

North Korea and Cuba are the only places you can't buy Coca-Cola



No matter where you go, it's comforting to know you can always enjoy a Coca-Cola. Well, almost anywhere.

While this fizzy drink is sold practically everywhere, it still hasn't (officially) made its way to North Korea or Cuba, according to the BBC. That's because these countries are under long-term U.S. trade embargoes.

However, some folks say you might be able to snag a sip of the stuff if you try hard enough (although it'll typically be a lot more expensive than what you would pay in the other countries - and probably imported from a neighbouring country such as Mexico or China).



Fixed Asset

A tangible, long-term asset used for the business and not expected to be sold or otherwise converted into cash during the current or upcoming fiscal year is called a fixed asset. Fixed assets are items like furniture, computer equipment, equipment, and real estate.



Christmas train

A few days after Christmas, a mother was working in the kitchen listening to her son playing with his new electric train set in the living room. She heard the train stop and her son yell "All you sons of bitches, who want to get off, get the hell off now, because this is the last stop! All of you sons of bitches that are getting on, get your asses in the train cause were leaving!"

The mother went in and told her son, "We don't use that kind of language in this house." Now I want you to go into your room for two hours. When you come out, you can play with your train, but I don't want to hear any bad language." Two hours later, the son comes out of his room and continues playing with his train. Soon the train stopped and the mother heard the son say, "All passengers who are disembarking the train, please remember to take all of your belongings with you. We thank you for riding with us today and hope your ride was a pleasant one. We hope you will ride with us again soon. For those of you who are just boarding the train, we ask that you stow all of your hand luggage under the seat, remember there is no smoking except on the club car. We hope you have a pleasant and relaxing journey with us today."

"For those of you who are pissed off with the two hour delay, please see the bitch in the kitchen."

Technology

Japanese company successfully tests a manned flying car for the first time

LAUREN M. JOHNSON

A Japanese company has announced the successful test drive of a flying car.

Sky Drive Inc. conducted the public demonstration on August 25, the company said in a news release, at the Toyota Test Field, one of the largest in Japan and home to the car company's development base. It was the first public demonstration for a flying car in Japanese history.

The car, named SD-03, manned with a pilot, took off and circled the field for about four minutes.

"We are extremely excited to have achieved Japan's first-ever manned flight of a flying car in the two years since we founded SkyDrive... with the goal of commercializing such aircraft," CEO Tomohiro Fukuzawa said in a statement.

"We want to realize a society where flying cars are an accessible and convenient means of transportation in the skies and people are able to experience a safe, secure, and comfortable new way of life."

The SD-03 is the world's smallest electric vertical takeoff and landing vehicle and takes up the space of about two parked cars, according to the company. It has eight motors to ensure "safety in emergency situations."

"In designing an unexplored, new



genre of transportation known as the flying car, we chose the keyword "progressive" for inspiration," Design Director Takumi Yamamoto said.

"We wanted this vehicle to be futuristic, charismatic and desirable for all future customers, while fully incorporating the high technology of SkyDrive.

The company hopes to make the flying car a part of normal life and not just

a commodity. More test flights will occur in the future under different conditions to make sure the safety and technology of the vehicle meet industry standards.

The success of this flight means that it is likely the car will be tested outside of the Toyota Test field by the end of the year.

The company will continue to develop technologies to safely and securely launch the flying car in 2023, the news release said. No price has been announced. CNN

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South African Rand  
**ZAR1.00**



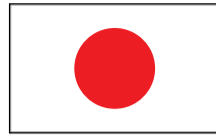
American Dollar  
**US\$16.76**



Europe's Euro  
**€19.97**



British Pound  
**£22.36**



Japanese Yen  
**¥0.16**



Chinese Yuan  
**¥2.45**



Special Drawing Right - SDR  
**SDR23.47**

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

<b>STOCKS</b>	
S&P500	3,526.65
NASDAQ100	12,282.21
Nikkei225	23,138.07
Dow Jones30	28,645.66
FTSE 100	5,862.05
JSE	55,928.00
Hang Seng	25,177.85
<b>PRECIOUS METALS</b>	<b>PRICE (US\$)</b>
Gold	1,970.15
Platinum	944.50
Silver	28.13
Copper	6,727.85
Crude Oil / Brent Oil	45.68
<b>EQUITIES</b>	
Bonds	18.44
Treasury Bills	3.67
Interest Rates	7.67

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

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

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

Petrol Unleaded 93 p/litre	M11.35
Unleaded 95 p/litre	M11.20
Diesel 50PPm p/litre	M12.00
500PPm p/litre	M11.95
Paraffin p/litre	M6.85
Water (Domestic) p/litre	M5.53
Water (Industrial) p/litre	M15.03
Electricity (Domestic) p/unit	M1.38
Electricity (Industrial) p/unit	M0.26
Gas p/kg	M20.00

# Street vendors' COVID disbursement further delayed

**NEO SENOKO**  
 business@maserumetro.com

**MASERU** - WHILE still maintaining their hope that the government will include them in the M410 million in Partial Risk Guarantee Fund for businesses affected by COVID-19, street vendors in Lesotho will have to wait a little longer before receiving their relief packages that were earlier promised to them by government.

Recent talk was that vendors will start receiving their packages as soon as last week, however, that has not been the case. In fact, they have to wait a little longer than expected before finally receiving such packages.

This has been confirmed by the chairman of Maseru Street Vendors Association Molefi Paneng in an interview with Metro on Tuesday.

Paneng said the major setback had been the flawed registration processes with regard to the accurate numbers of street vendors currently practicing and licensed in Lesotho.

Initially, he said the numbers were estimated at around 2 536 active street vendors in the country, but it had recently been revealed that the figures were



**HOLDING THEIR BREATH:** Street vendors

incorrect as many people had been left unregistered.

These initial statistics, for instance, has pinned Mokhotlong as the only district which does not have even a single street vendor, the assumption which is far from the truth.

Due to some of these inconsistencies, it means all relevant stake holders have to restart the process of registration which now

delays the entire process.

"We had a meeting with the Ministry of Small Business on Monday and it was agreed that the current registration of vendors is flawed and has to be critically looked into. This is because many people were left out, while Mokhotlong appears as the only district with not a single street vendor.

"So, we have to come up with a proper registration model as

soon as possible in order to have everyone covered and to avoid further delays. We have another meeting on Thursday in an effort to come up with proper registration," Paneng added.

Around the world, street vendors are among the most vulnerable to the ongoing economic turmoil wrought by the coronavirus. This is because most street vendors work to earn money for the next day and not for the day after. But since the

coronavirus pandemic, they have been struggling to make ends meet.

Last week a group of street vendors in Maseru took to the streets, embarking on illegal protests, demanding the COVID-19 relief packages as promised.

Some innocent shops that were not part of the protests were affected. But police were quick to intervene and dispersed the protesters.

The Street Vendors Association was however quick to denounce any participation in the protests but raised concerns over the delays in processing the relief packages.

Tsolo Lebetsa, chairperson of Khathang Tema Baitšokoli, said they were hopeful that they would benefit following Prime Minister Dr Moeketsi Majoro's 100 days report where he asserted that there was M410 million set aside for Partial Risk Guarantee Fund intended to assist all businesses negatively impacted by COVID-19.

He said informal traders had been immensely affected saying that they did not sell much due to COVID-19 as the economy had melted down adding that currently people only bought necessities which at the end of the day made some of the vendors to go home empty handed.

Lebetsa expressed a concern that ban of cross border movement had hit their businesses even harder saying that it was their wish that borders could be opened so as to allow informal traders to go to South Africa to get stock.

# WASCO bleeding dry after attempt to increase tariffs rebuffed

**NEO SENOKO**  
 business@maserumetro.com

**MASERU** - WATER and Sewerage Company (WASCO), the parastatal charged with the responsibility to produce and distribute potable water and provide sanitation services in Lesotho, could lose up to sixty-six (66) percent in reliable revenue if standing charges are reduced.

The regulating body, Lesotho Electricity and Water Authority (LEWA) has warned that the proposed decrease in standing charges for non-domestic customers,

will result in a massive loss in reliable revenue from customers that do not have affordability problems like government and business institutions.

LEWA, the electricity, urban water and sewerage services regulator on behalf of stakeholders, revealed recently when announcing the deferment of its decision over WASCO's tariff increase application until the end of the financial year 2020/21.

This means the current tariffs remain in force for the remainder of the financial year.

In its application, WASCO had asked for water tariffs increase of 3 per cent on volumetric charges for domestic customer bands B, C and D as well as a revenue requirement of M239.85 million for the financial year 2020/21.

The application further requested the re-categorisation of non-domestic customers, reduction in standing charges and banding of their consumption.

In making its resolutions, the LEWA board considered several factors, including the impact of COVID-19 pandemic on the industry

and the customers as well as the current economic climate.

While the overall decision has been deferred by the regulating body, it is evident from its announcement last week that WASCO may not get its request approved as they may wish.

"It has not been possible to follow the due process in which stakeholders' views, facts and inputs are solicited as a result of prevailing COVID-19 pandemic.

"The proposed tariff increases of 3 percent on volumetric charges for domestic customers' bands B, C and D

will only have 2 per cent net increase in WASCO revenue," LEWA said in a statement released on August 27.

The regulating body further warned that the proposed inclining tariff structure for non-domestic customers violates the Lesotho Water and Sanitation Policy of February 2007 which prohibits banding of water consumption for these customers.

Last month the Lesotho Electricity Company (LEC) was also denied tariff hike by LEWA for a second year running.

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

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

# Stereotypes deny females access to ICT

KABELO MASOABI

**MASERU.** - In terms of economic growth, 144 developing countries, Lesotho included, would increase their GDP by 8 trillion if 600 million women and girls have access to Information and Communication Technologies (ICT).

For too long, according to the Minister of Communication, Science and Technology, Thesele 'Maseribane, discriminatory stereotypes have prevented women and girls from having equal access to education in Science, Technology, Engineering and Mathematics (STEM).

"These stereotypes are simply wrong," he said in his remarks in commemoration of the end to Women's Month (August), during a roundtable discussion in Maseru.

The minister showed that the stereotypes deny women and girls the chance to realise their potential while depriving the world of the ingenuity and innovation of half the population.

"We need to end this bias, have greater investments in STEM education for all women and girls as well as create opportunities for their careers and longer-term professional advancement so that all can benefit from their ground-breaking future contributions.

"We need to step it up in data, knowledge, advocacy and movement building to demolish the myth of female incapacity and inferiority in STEM to build and sustain girls' and women's interest in and confidence about their inner spark to take on the challenge of STEM education and careers.

"We need to inculcate a STEM culture in a gender-neutral way but with special appeal to women and girls from early childhood to adulthood, from homes, schools, universities and labs to tech ventures. Making it cool and making it second nature for them to embrace as a hobby, as a passion, as an academic pursuit, as a profession, as a profitable enterprise.



**EMPHATIC:** The Minister of Communication, Science and Technology, Thesele 'Maseribane

Recognition and awards from the start energises the female STEM flocks.

"We need to step it up to train and develop skills in incubators, research and data labs and rebooting through the life and career cycles," 'Maseribane explained.

He also emphasised the importance of both women and men STEM leaders in mentoring girls and women in all stages on their path to participation and leadership in STEM education

and careers.

"Technology is a big enabler to solving problems and driving innovations, so don't be afraid of it. There are efforts around the world to have internet access for everyone, as this happens, there is an increased demand for local content creating a void that can be filled by you; young girls.

"Lockdown has shown us new possibilities where children might be able to access

education using tech, enabling us to achieve UN Sustainable Development Goal 4 by 2030," he went on to lecture the girls.

He said his ministry is also working on laws and policies to help guide technology development and innovation citing amongst others; the ICT Policy, Science and Technology Bill, Innovation Policy, Cyber Security Bill, Indigenous Knowledge Systems Policy. He noted that the girls will have the opportunity to comment on these policies and shape them, so that they can support their innovative minds.

“

*We need to end this bias, have greater investments in STEM education for all women and girls as well as create opportunities for their careers and longer-term professional advancement so that all can benefit from their ground-breaking future contributions.*

Regionally, he said Lesotho supports efforts of the Southern African Development Community (SADC) to empower women scientists and push the development agenda through the Industrialisation strategy that includes the 4th Industrial Revolution and Artificial Intelligence.

In addition, "the Government of Lesotho," Maseribane pointed out that it strongly welcomes the Commonwealth Businesswomen's Network, recognised by all Commonwealth Governments, in the first ever Commonwealth Women in Technology Programme.

# Sacked Medigrow workers demand reinstatement



**IN HAPPIER TIMES:** Medigrow workers

NKOATE THAMAE

**THIRTY-TWO** former employees of top local medical cannabis producer - Medigrow based in Ha Marakabei have demanded immediate reinstatement, contending they had been unlawfully dismissed.

The disgruntled workers have filed their application before the Labour Court and the matter was heard on August 31.

The applicants were retrenched on September 17, 2019 after their employer accused them of being part of an illegal strike that was held at the company premises.

The employer argued that the retrenched workers failed to follow due process when they staged their protest.

The picketers were demonstrating against what they called unacceptable health conditions under which they were working,

they also complained about discrimination and unsatisfactory wages.

In their papers before court, the applicants claim that their employer reneged on the promise to pay them M4 000 per month and instead paid them M1 200 fortnightly.

Testifying on behalf of the workers, Robert Mokhahlane secretary general of the Construction Mining Quarrying and Allied Workers (CMQ) told the court that the

applicants were now suffering from typhoid fever after they allegedly consumed unclean water at the company premises.

"They were also forced to bathe with cold water," he said.

Mr Mokhahlane further showed that women workers were not allowed to utilize their own sanitary pads.

One of the workers Tjako Malebo said he was sacked for complaining about his pitiable wage and the poor working conditions at the firm.

He asked the court to order his employer to either reinstate him immediately or pay him M86 400 in earnings lost in the past 36 months.

On behalf of the respondents, Advocate Hlalefang Seoaholimo said his client did nothing wrong when he laid off the applicants because they had engaged in a prohibited strike.

He said the applicants also threatened his clients and was forced to call the police in fear of his life.

Under cross examination Mr Malebo said prior to the strike, the disgruntled workers had on several occasions complained to the employer about the poor working conditions at the firm.

"But he simply ignored our complaints," he said.

Adv Seoaholimo said his client warned the applicants against taking part in the strike, adding that before the demonstration, his client gave them an ultimatum to either resume duties or face expulsion.

The matter which is before Court President Makoane Keta continues on September 26.



# Adesina gets second term at AfDB helm



**RE-ELECTED:** President of AfDB Dr Akinwuni Adesina

**METRO REPORTER**

Akinwuni Adesina, the eighth president of the African Development Bank (AfDB) has been sworn in for the second term following a unanimous vote on August 27, by governors of the 54 African regional member countries and 27 non-regional member countries of the bank.

The swearing-in ceremony, which took place at the bank's Abidjan headquarters in Cote d'Ivoire, was presided over by newly appointed chair of the Board of Governors, Ghanaian Finance Minister Kenneth Ofori-Atta, who administered the Oath Office.

The African Development Bank Group is Africa's premier development finance institution.

Several presidents attended the virtual ceremony live and sent messages of support. They included Paul Kagame of Rwanda, the president of Liberia, George Weah, Alpha Conde of Guinea, Guinea Bissau President Umaro Sissoco Embaló and Denis Sassou Nguesso of Republic of Congo. Former Nigerian President Goodluck Jonathan and

Vice President Atiku Abubakar was also present.

"Today, a rainbow stretches from the 81 member countries of the African Development Bank across the deep blue skies of Africa... The future beckons us for a more developed Africa and a much stronger and resilient African Development Bank," said Dr Adesina as he addressed participants after formally being sworn into office for a second term on September 1.

Ofori-Atta was assisted by the past Board of Governors Chair, Ivorian Planning Minister Niale Kaba, and the Bank's Secretary General Vincent Nmehielle who read the resolution of the Board confirming Adesina's election.

Ofori-Atta said he had no doubt that Africa's premier development bank had secured the right leadership.

"We need to continue to steer and direct the Bank's efforts to setting global standards of excellence, integrity, commitment to service and responsiveness to the challenges of the continent," he said.

"You earned a new mandate in a most historic fashion," he told Dr

Adesina.

Adesina's first five-year term in office focused on the bold new agenda for the Bank Group based on five development priorities known as the High 5s: Light up and Power Africa; Feed Africa; Industrialize Africa; Integrate Africa; and Improve the Quality of Life for the People of Africa.

Today, that ambition was being achieved, Adesina stated, adding that 18 million Africans had gained access to electricity, 15 million had benefited from investor finance, 60 million enjoyed new access to water, 141 million people had improved agricultural technologies for food and 101 million people had access to improved transport from infrastructure.

"We have collectively charted a new path for Africa... We have achieved collectively impressive results," Adesina said.

Going forward in his new term, he would focus on building on the collective achievements and a stronger and more resilient African Bank Group. "Our focus will be on institutions, people, delivery and sustainability. Together we win for Africa," Adesina said.

"Yet again, let us move forward, driven by the power of our mission, inspired by the primacy of our vision and emboldened by the strength of our togetherness," Adesina said.

Representatives of the Nigerian and Côte d'Ivoire governments as well as Bank Executive Directors and senior management also attended the ceremony.

## Mind Cultivator with Coach Mashape Mosala (Ground breaking leadership and Personal mastery Program)

### A Man with A Master Plan - Part 1

I went to the market the other day, and to my shock, I discovered that talk is still cheap. My friend, we can blah blah all we want, we can always try to copy what others are doing. It won't work. It never works. Let me tell you something my friend.

The difference between you and your successful former schoolmate who now drives a Mercedes Benz AMG, (Yes, the one you envy so much), is their alignment with their purpose.

In simpler Grade Five English, he is a man with a plan than you are. Everyone has a purpose, but how we discover our purpose is a story for

another day. I, however, guarantee you that

when you have found your purpose, you are halfway into being "A Man with a Master Plan" and that my friend, translates into success.

When I think about people with a purpose and those without it, I

always think about my mentee Katiso. A very intelligent guy in his early thirties. Maybe a bit too smart for his own

good. I would say, he had every tool to be successful; analytical, creative, fast, problem-solving, charming...but for some bizarre reason, he became poorer every day.

One day, I called him to my office and said to him, "How much should I give you in order to achieve your dream?" (Of course I was lying.)

He just stared at me, started scratching his head, stuttering, "Hmm..er..er"

I had never been so shocked in my life!

Then excitement started bubbling inside me. I had discovered his problem. It made sense now, the

everyday drinking, sleeping around, empty house. Everything made perfect sense.

He was in trouble. He needed help. And fast. I got down to the hard business of cultivating this young man's mind-set

You look at Katiso now, three years later, he is a dream son. Successful in every aspect of life. He has actually outgrown his age mates.

So what did I do to Katiso? I turned him into A Man with A Master plan.

And I am about to turn you into a Man with A Master Plan too. Take out your notepad, a litchi-flavoured Switch on the side. Your mind is about to be cultivated. Ready? Let's start next week.

I am Mr Mashape Mosala, the mind cultivator. Bye for now.

**MIND CULTIVATOR**

MR MASHAPE MOSALA



# Thought Leader with Advocate Ndumo

## On Institutionalising Investment in Lesotho's Economy



Teboho Makoetlane (TM) is an articulate corporate entrepreneur, passionate at creating and articulating value for stakeholders as well as building unique experiences for customers and colleagues. He is a strong Thought leader in retirement planning and personal finance. He is also an agile strategist, avid reader and passionate communicator.

Mr Makoetlane started his career in 2008 at Metropolitan Lesotho as an Accounts Executive for the Employee Benefits division, progressed into Client Service management in the same department until 2014. These two functions involved business development (sales), investment services support for retirement funds, benefit design and implementation of retirement as well as group risk plans.

He joined AON Lesotho in June 2014 as Head of Employee Benefits Consulting, leading an independent advisory division specialising in pensions consulting, investment consulting, group risk benefits and healthcare broking.

He joined Mamoth Employee Benefits in June 2018 as the Chief Executive Officer, leading a broad transformation of the organisation to create agile teams, a learning culture and an organisation responsive to customer needs! He holds a BA Economics (NUL), a BCom Honours in Financial Economics and Investment Management (UFS), an Advanced Programme in Retirement Funds Management (UNISA) and is a candidate of the UNISA School of Business Leadership studying towards a Master's in Business Leadership.

He is also the leader of a band called JC Crew, currently working on their third recording project. In this week's edition of Thought Leader, Mr Makoetlane talks to **Advocate Mothepa Ndumo (MN)** about issues on institutionalising investment in Lesotho's economy.

**MN: As the CEO of Mamoth, if you were to be given a chance to present your vision for the economy of Lesotho to Cabinet or a parliamentary sub-committee looking into our economy and its growth, what would you focus on and why?**

**TM:** I would definitely start with the strengthening of our public institutions with clear mandates and legal instruments that will enable the coherent and aligned development of our economy. I would institutionalise synergies by creating a tangible value chain from one ministry to another and creating platforms for ministries to co-create!

Lesotho has become an economy conquered by cash, anyone with cash is king! This has become unfair to locals who do not have access to cash but possess the ability to start and run successful businesses. For instance, we have Basotho money in pension funds, billions that are migrated (exiled) daily to the RSA and other parts of the world.

This money is busy there, to develop and empower businesses there - an injection of possibilities into other economies but our own.

We have the medical aid industry as another example. We have over LSL100 million in premiums being migrated to SA into SA based medical schemes and yet we cry foul that there is high unemployment. And we complain that our healthcare facilities are poor, or that we do not have a wide range of specialities in the medical profession.

With strong institutions, we can build deliberate synergies within the economy to self-sustain by:

- Increasing local assets (investments) requirements so that there is capital to build our own economy
- Setting up asset management companies to manage our own

assets and create employment

- Investing in healthcare i.e. building state of the art diagnostic, cancer, and other highly needed centres with our own money
- Investing in tourism and hospitality using the money sitting in the JSE, and other markets, by creating such value in the local economy.

In this mountainous country called Lesotho, is there a reason why we do not have a tourist attraction overhanging Moteng that is financed by pension funds, insurance and medical aid companies long term assets?

**MN: In our pre-interview exploration, you lamented the fact that we have weak regulatory institutions which in turn translate into adverse economic outcomes for our country, kindly elaborate on that.**

**TM:** We generally have porous industries where protection is non-existent from a regulatory point of view. Sometimes there are laws that support some level of protection, but the passivity of institutions is the problem.

These features then create a gap that allows brief case consultants to come into the country to erode possibilities for local business, capital, and talent.

We also need to review the regulation of financial institutions and avoid over-burdening the Central Bank of Lesotho with too many industries under their oversight at the expense of efficiency and due focus. Specifically, we need to separate the regulation of the insurance industry from banking and from retirement funds as well as asset managers.

These are all big industries with conflicting business models and setting up independent regulatory

bodies could help to give each industry the strategic importance it deserves. We need to institutionalise supporting local business, capital and talent! I would like to demonstrate with a few industries how we can co-create:

- Strengthen regulation in medicines and related substances independently from the Ministry of Health
- Separate the regulation of banks, insurance companies, pension administrators and asset managers
- Plant professionals from these spaces in the regulator's office
- Collect levies so that these offices can self-sustain.

Between the medical aid and the pension funds industries, we estimate that more than LSL100 million is expatriated to SA annually, in search of "better products".

These maloti are tax deductible and cross over to develop another economy and not ours. If we were to introduce a level of protection on our industries, and force the LSL100 million to serve the Lesotho economy, I think we could create 1000 jobs per annum, growing at an exponential rate through the following chain reactions:

- Over 2500 new customers will be created for the local medical aid and pension funds products
- Over LSL100 million will be injected into the economy
- Medical aid and pension funds companies will have to expand capacity in terms of headcount and technology
- Medical practitioners will have to expand capacity in terms of headcount, technology and facilities
- Local pharmaceutical manufacturers will have to expand capacity to accommodate increased demand from new

medical facilities

- A demand for inputs is created and this can open up the commercialisation of our indigenous herbs hence creating an industry for commercial farming of herbs (I imagine a lengana plantation somewhere in Morija).
- LRA will collect more revenue, and headcount might have to increase
- Local banks will have more deposits, and this means cash is available to finance more growth
- Asset management companies will have more to manage and their bargaining power increases in the market for bigger financing deals. Headcount will definitely increase!

If there is anything that I would want Basotho to understand whether as a PM or now as business leader, and I quote myself, "We cannot demand and derive economic benefits from capital we sent to exile"! And that is what we do daily when we buy from a South African company domiciled in SA, away from our tax hands!

**MN: How would you explain the business of Mamoth, and its location within our domestic economic circuitry, to the extraordinary Mosotho walking the streets of our Kingdom?**

**TM:** Mamoth Employee Benefits PTY (LTD) is one of many businesses owned by a group of local businessmen and is the first and only indigenous medical aid company in Lesotho. We serve both corporates and individuals with unique healthcare funding solutions, offering them access to healthcare services in Lesotho, South Africa and parts of Botswana, Swaziland and Namibia.

Our approach to wellness seeks to avail preventative means of care to our customers. These include a detox program, screening, gym subsidy and pharmacotherapy. We pride ourselves with medical aid plans that offer up to unlimited hospitalisation in Lesotho and South Africa.

Our contribution to the healthcare system is great economically as we have partnered with many GPs, specialists, pharmacies, hospitals, clinics, ambulance services and gyms to co-create the value we call – WELLNESS!

With data driven health profiling, we also assist employers to identify and pitch interventions at the right level for maximum impact. To the man on the street, we sell the possibility of good health and access to better health facilities for the individual, a family and most importantly our parents and grandparents!

As we normally say, our products are relevant from the cradle to the grave! When all has been done to keep one alive and life is lost, our funeral home – Mammoth Funeral Home will offer the most dignified send off to those mortal remains. This is a benefit embedded in all our medical aid plans.

# A Sustainable Value Chain State of Mind: Moving from an ecosystem to an ecosystem and creating Lesotho Inc (Part 1)

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

(Proverbs 15:22 - NIV)

I was invited by THUDMaseru to deliver a keynote on June 19, 2019. The only piece of information that I was given with the invitation was that the theme for THUDMaseru was, "Building Sustainable Value Chains." I am an entrepreneur, sure, but what am I going to say, warranting a keynote, on sustainable value chains I initially wondered. As a human behaviour coach, the appropriate approach to the orientation of the keynote soon became clear: talk about the mindsets that should underpin the building of sustainable value chains not only in Lesotho but in Africa and the world.

My thinking on the mindsets that should ideally underpin the creation of sustainable value chains is heavily influenced by the illuminating work of Professor Otto Scharmer of the MIT Sloan School of Business's Presencing Institute.

In an egosystem, as opposed to an ecosystem, each player in the system is currently aware only of their own needs and has an egosystem

awareness whereas, what is needed in any successful value chain, is an awareness and appreciation of the interdependent nature of what we need to be creating. And what we need to be creating is an integrated ecosystem of smaller ecosystems (business units and economic sectors) underpinned by an extended awareness of cross-institutional collaboration and innovation. In Lesotho we are still operating at a low-order egosystem awareness of the immediate fulfilling of narrow material needs and longings (tlaa, a scarcity mindset, hoarding) which are all indicative of our evolution as a Nation and yet a sustainable value chain requires an extended ecosystem awareness and locating each one of us as valuable shareholders within that greater ecosystem called Lesotho Inc.

Who do we need to become to move from egosystem to ecosystem beings? We need to become ecosystem players, value chain players with an elevated sense of awareness not only of ourselves, but of others and our place in this

time of history and what that historical timeline location requires of us. We do have templates i.e. Morena Mohlomi, Thomas Sankara, Steve Biko, Queen Nzinga, Queen 'Manthatisi, Morena Moshoeshoe and many others and we need to tap into the wisdom of the ancients in an

adopt ecosystems thinking in the construction of its new economy?

Otto Scharmer of MIT Sloan and Founder of the Presencing Institute say, "We can change reality by changing the inner place from which we operate. The first step in understanding the impact of

## BUSINESS UNUSUAL

MOTHEPA NDUMO



organised, methodical, ecosystems-thinking way because we see and value the indispensability of that wisdom in the forging of a prosperous future for Lesotho, Africa and indeed the world. We need to embrace that we are indeed part of the whole. What kind of work will it take for this Nation to

attention on reality is to look at how we operate on the individual level."

In other words, Boitlhaloblo, introspection. But it doesn't end there, what do we need to be doing in our business units, as Lesotho Inc, to ensure that every stakeholder, every shareholder is operating less from a place of ego and more from a place

of ecosystem? Education is central to this. Leadership is central to this. Standards are central to this. What I call "massified" coaching and Human Resource Development are central to this. Experimentation is central to this. A national conversation towards the attainment of this is central and so are many other things that we need to be doing if we are to still exist even 20 years from now but are NOT doing because we are fighting over office keys!

Professor Otto Scharmer says something else worth quoting at length, "the inner shift that is required requires us to expand our thinking from the head to the heart. It is a shift from an ego-system awareness that cares about the well-being of oneself to an ecosystem awareness that cares about the well-being of all, including oneself. When operating with egosystem awareness, we are driven by the concerns and intentions of our small ego self. When operating with ecosystem awareness, we are driven by the concerns and intentions of our emerging or essential self, i.e. by a concern that is informed by the well-being of the whole. The prefix eco- goes back to the Greek "oikos" and concerns the "whole house." The word "economy" can be traced back to this same root. Transforming our current egosystem economy into an emerging ecosystem economy means reconnecting economic thinking with its real root, which is the well-being of the whole house rather than money-making or the wellbeing of just a few of its inhabitants."

So, Basotho, what type of national, regional, even continental, value chains i.e. economies of scale in all sectors, are we proposing to build, egosystem value chains or ecosystem value chains?

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

# Preamble to corruption carnage study

"Is it only in Lesotho where traditional small-holder farming community unemployment carnage cannot be mitigated at the instance of job creative agro-industrial value chains all through corruption?"

The suggested approach to answering the question takes into consideration the following perceptual paradigms:

- Per capita income growth among the small holder producers is corollary to employment.
- Disposable income growth to purchase own produce by the farmers (in the interest of commercialisation) is purported through ownership of agro-industrial value chains by the small-holder farmers.
- Corruption disables ownership of agro-industrial value chains by the small-holder farmers.
- Study and mitigation of corruption seems to be policy pre-requisite in agriculture.

Personal position on corruption index management (Lesotho Chapter)

Corruption has pervaded all echelons of power in both public and private sectors of Lesotho.

We inevitably have to reckon with it and device means to thwart it in favour of our country's much needed agricultural productivity through commercialised agricultural industry.

I hereby suggest an analytical approach to the study, isolation, and mitigation of corruption carnage.

### CORRUPTION INDEX METRIX

Strategic corruption	Demi-strategic corruption
Operational corruption	Behavioural corruption

### NEED FOR CORRUPTION DYNAMICS STUDY

For the agricultural industry, we have interrogated on a number of fora that Lesotho is in the grip of double-concentration blues with, imported scourge of inflationary spiral on the one hand and progressively surging unemployment pool on the other.

And that her inflation turbine is currently a mixed bag of Cost-push type and demand-pull type conjugation whereas on the unemployment issue, we are stuck with lack of political will to create job, especially in the agricultural sector where the majority of our people eke out a living.

The compound to elicited inflationary spiral and the unemployment pool is important as well a home-grown corruption.

Corruption is so deeply entrenched and pervasive to all socio-economic sectors that have composed a pedantic approach to study of corruption

- Lesotho chapter, by way of iso-metric corruption indexing through a four quad matrix around:

- Behavioural corruption indexing
- Operational corruption indexing
- Demi-strategic corruption indexing
- Strategic corruption indexing

The above approach endorses analytical study, isolation and mitigation process for corruption carnage.

In the above iso-metric state, corruption exacerbates the impact of environmental degradation on sustainable agricultural productivity through aggravation of the cost-factor

consumers of their own produce and livestock products.

### Raisson d'etre for corruption-free agriculture

We hereby interrogate that the Garden of Eden deposed ecosystem setting that installed the present-day global agriculture - a mega sector that caters for everybody and every fauna and flora species. We therefore perceive agriculture as a divine mega sector.

## CORRUPTION WATCH

MR TSELISO TSENOLI



of environ-palliative technological innovations as well as climate-smart agri-projectile investment compatibility.

The above corollary is contiguous with devastating cost-factor of imported inflationary spiral and surging domestic unemployment pool on the ailing agricultural economy of Lesotho through bloated production costs and lack of effective economic demand respectively, on the part of small-holder farming community-

Above all things, agriculture caters for food security among nations of the world. Sovereign statehood is pendant upon food security within a nation state.

Against this background, a Mosotho who vociferously claims a position for Lesotho within a community of sovereign independent nations is preposterous, to say the least; otherwise he'd normally be seen as a self-aggrandizing simple mind. The above posture speaks for

corruption-free agriculture on the back of which is sovereign statehood. We obviously see corruption as grit in the wheel of agricultural productivity which in turn, spurs sovereign statehood that partisan politicians post as nationally aspired vision and policy. Our King Letsie III has been bestowed an award of champion of food security by the African Union. This does not and should not call for undue complacency on the part of our nation.

His Majesty The King has diplomatically and candidly inspired a change in the direction of sustainable agricultural development with little or less than adequate response on our part.

Lesotho has become a shameful theatre of self-imposed underdevelopment with lamentable iso-metric imported and home grown corruption-mixed-bag looped in unchallenged neo-colonialist speculative business encroachments upon our domestic investment corridors that are teaming with self-seeking sell-outists. We have graduated from "who is corruption-catalytic" to "who is not corruption-catalytic" syndrome.

The above corollary is out of synch with historical morality-moulding of our nationhood as de-positioned by King Moshoeshoe I - the founder of the Basotho nation. The founder of this nation is turning in his grave to see Basotho roller-skating into a corruption-lined socio-economic "black hole" so romantically.

## This is Lesotho...

### ... In News



The Minister of Health Motlatsi Maqelepo

Minister of Health Motlatsi Maqelepo has said the disputed payments deriving from the COVID-19 tenders that including head hunting deals during the term of the now defunct Command Centre will only be paid after a thorough investigation and studying of each case and the procurement procedures that were followed.

The said tenders have seen some of the suppliers go to court after months of unsuccessfully chasing their payments following the delivery of goods, supplies and services.

The government has openly criticized the processes that were followed, saying some of them were purely corrupt and inexcusable under the procurement laws of Lesotho.

The tenders were awarded as part of the initial M700 million that was set aside by the Tom Thabane government which collapsed in May.

### ... In Politics



Minister of Justice Professor Nqosa Mahao

A new High Court judge has been sworn in despite the ongoing battle between the Minister of Justice Professor Nqosa Mahao and the Judicial Service Commission in its decision to sit for new appointments.

Mahao argues that in the spirit of reforms, such appointments should be done temporarily so that new appointments could be done following transparent and merited procedures.

Justice Polo Banyane has been sworn in as a new judge to increase the bench as well as replace the late Justice 'Maseshophe Hlajoane who died in March.

Justice Banyane, 39, has been described as a highly effective, innovative, detail-oriented and diligent jurist with a 15-year in handling both criminal and civil cases in various spheres of the law.

She holds an LLB from the National University of Lesotho (NUL) and is currently studying part-time with the University of South Africa (UNISA) for an LLM in Property Law.

## MoneyMatters make it count

# A few saving tips for you no matter your age

Planning for retirement is all about setting the right savings goals for each stage of your life, and starting as early as possible. Most people only start saving for retirement at 28 when they should ideally start at 23. Most are also saving less than they should.

Here are the honest conversations Ryno Oosthuizen, Business Development Manager at Glacier by Sanlam, and André Wentzel, Solutions Manager at Sanlam Savings, suggest you should be having with yourself at every age.

**When you're in your 20s**

Start saving, especially if you're one of the 38% of millennials with no formal retirement plan or tax-free savings. You'll thank yourself in an emergency or when you need to put down a deposit on a car or a house, for example.

Invest aggressively. Even saving small amounts like R150 a month can earn you worthwhile compound interest. There's a huge difference between having 45 years vs 20 years to save.

As you start to earn more, don't let your expenses ratchet up. Rather skim off a bigger portion every month for your retirement annuity (RA) and tax-free savings.

**When you're in your 30s**

Preserve: if you're considering changing jobs, don't cash out your retirement savings. Rather preserve them in a suitable vehicle, like a preservation fund.

Be smart about bonuses and promotions. Use the extra money to kick-start an emergency fund, pay off debts or boost your retirement savings.

Don't be afraid of risk: in your 30s, you should have time to recover from short-term fluctuations if you invest in a high-risk investment portfolio. High risk potentially equals high returns. Also, try not to chop and

change between investment portfolios - a well thought out investment strategy and financial plan should weather market volatility.

**When you're in your 40s**

If you haven't started saving for retirement, you're going to have to make some drastic compromises according to advice from a financial planner. Pick the right type of risk profile investment vehicle to prepare for what you plan to do once you retire. Check in with your planner regularly to ensure you're on track.

In your 40s, you're often 'sandwiched' between saving for your kids and their education and supporting your parents. Take stock of your finances and make sure you have other avenues aside from your retirement savings to draw from, now and in the future.

Maximise what you earn: now's the time to negotiate a promotion and raise. Invest the extra funds in a tax-efficient savings vehicle such as a retirement annuity or tax-free investment plan or alternatively, an endowment if you have made use of all your other tax concessions. Also, consider monetising your passion by starting a side hustle you can continue into retirement.

Health is wealth. Taking your family history into account, are you saving sufficiently for your prospective medical expenses now and post-retirement? Invest in your physical and mental wellbeing.

**When you're in your 50s**

Start thinking about what you want your retirement - ideally and realistically - to look like and do the sums so you know what you need to achieve this. Don't leave this process too late.

From a pre-retirement perspective, now's the time to look at what you have under a microscope - things like your investment and

estate planning.

A common issue at retirement is to try and solve the pre-retirement issue of not splitting your assets appropriately between formal retirement savings and discretionary savings. For example, if you want to travel a lot in retirement, you'll need to frequently draw ad-hoc capital, which means having sufficient discretionary savings available. That's where an investment plan could be your match. Again, it comes back to the goals you set. Start thinking about this now - preferably even earlier. Combining different income solutions may be the better option for your circumstances.

Keep looking after your health - financially, physically and psychologically.

**When you're in your 60s**

You'll need to carefully manage your money to ensure you have sufficient income for the rest of your life.

Follow the 'draw 4%' rule and you should be fine. In a tough market of limited returns of 3-9%, drawing an income of 9-10% means you're depleting your capital.

It's about knowing what you want: money in the bank or a great lifestyle? Keep working towards your priorities with your financial planner.

Many people want to leave a legacy but are still supporting dependants and drawing on their retirement savings to do so. There are other ways to leave a legacy - like life insurance.

While it is always advisable to start saving for your retirement as early as possible, as the saying goes, "It's never too late to start". If you do find yourself saving for retirement later in life, make it a priority to give yourself the best chance of meeting your retirement goals", concludes Wentzel. *Personal Finance*

## Out of The Ordinary

# Indians seek out fortune tellers to fight COVID-19 blues



In his golden-hued office, decked out with peacock feathers and crystal balls, Indian mystic healer and astrologer Sanjay Sharma is busy offering his clients a peek into their future as the COVID-19 pandemic has muddied their present.

"Right now people are really frightened about their future," said Sharma, with flowing hair and a big vermilion dot on his forehead,

as smouldering incense sticks spread their fragrance over an Apple laptop on his desk.

"How will they survive? Will they have their jobs or not? Will their business survive or not," he added.

Indians are flocking to astrologers, tarot card readers and faith healers as they seek to know what lies ahead and find solutions to current health, financial and mental problems

in a country where coronavirus cases have rocketed to 3.3 million - the third-highest in the world - with more than 60,000 deaths.

"Whenever our mind is really disturbed and we feel anxious, we come here," said Anju Devi, 52, who asked Sharma about her son's dwindling business and the prospects of her daughter's marriage. "Those who are in depression and taking medicines, they feel uplifted after coming here and it helps them come out of those situations."

Indian astrologers, palm readers, numerologists and tarot card readers are estimated to generate hundreds of millions of dollars a year in revenue. Charges vary from 100 rupees (\$1.50) for a quick session with a palmist to several thousand rupees for a long session with a popular spiritual guide.

Ajay Bhambi, a well-known astrologer and spiritual consultant to politicians, Bollywood stars and professional cricketers, said his business had risen 40% since the COVID-19 outbreak.

"You keep the hopes alive and see what is exactly stored for them in future," said Bhambi, a regular on Indian TV networks. "If I see a little ray, then I can create a better picture for them."

He predicted India's COVID-19 crisis would significantly improve from March onward.

To be sure, not every mystic is flooded with customers. For example, Kripajyoti Nisha Singla, a cosmic healer who also practices hypnotherapy, said she has cancelled sessions because of a lack of demand.

"The energies which I got was that people were saving money," Singla said. "Everyone's very concerned about their finances, very uncertain about how they are going to survive" if the coronavirus crisis extends.

Reuters



# Metro HEALTHY Living



## Public warned against dangerous-to-human-body PCBs

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**MASERU** – Polychlorinated Biphenyls (PCBs), a group of man-made organic chemicals consisting of carbon, hydrogen and chlorine atoms, are said to be more dangerous because if exposed to the skin, they pass easily through skin contact and this is said to be likely the main way they get into the body.

People exposed directly to high levels of PCBs, either via the skin, by consumption, or in the air, have experienced irritation of the nose and lungs, skin irritations such as severe acne (chloracne) and rashes as well as eye problems.

Speaking at the Mercury and PCBs Awareness raising event, the Deputy Principal Secretary of the Ministry of Tourism, Environment and Culture, Moliehi Ntene Indicated

that levels of exposure to toxic chemicals and the resulting impact on human health are determined by social and biological factors.

Determined by social roles, she said women, men and children

“Men, women and children vary in their physiological susceptibility to the effects of exposure to toxic chemicals,” she noted.

With generally a higher proportion of body fat, she also

“

*Men, women and children vary in their physiological susceptibility to the effects of exposure to toxic chemicals*

are exposed differently to toxic chemicals in daily life.

The difference she said include the kinds of chemicals encountered and the levels as well as frequency of such exposures.

indicated that women are more likely to store more environmental pollutants in their tissues.

At particular stages of their lives, such as pregnancies, menopause and lactation, she said, women’s

bodies undergo rapid physiological changes that may also change their vulnerability to health damage from toxic chemicals.

She noted that studies also suggest that women’s exposure to certain chemicals can cause miscarriages, premature births, birth defects and low birth weight.

Again, a substantial portion of a women’s chemical burden, she said, can be passed on to the unborn child through the placenta, as well as during breast-feeding.

For maternal and infant health protection, she said exposure of girls and women prior to and during childbearing years to chemicals,

targeting vulnerable groups such as women.

The managing director of the Lesotho Electricity Company (LEC), Liteboho Ramoqopo said the programme was aimed at assisting Lesotho in the disposal of the identified equipment oils, in order to eliminate the health risks posed by PCBs.

He also mentioned that the project team works generously, going around Lesotho, to raise awareness to vulnerable groups such as herd-boys and street vendors to be aware of the risks they can be exposed to.

PCBs have been demonstrated to cause a variety of adverse health effects. They have been shown to cause cancer in animals as well as a number of serious non-cancer health effects in animals, including: effects on the immune system, reproductive system, nervous system, endocrine system and other health effects.

The International Agency for Research on Cancer and the Environmental Protection Agency classify PCBs as a probable human carcinogen. The National Toxicology Programme has concluded that PCBs are reasonably likely to cause cancer in humans. The National Institute for Occupational Safety and Health has determined that PCBs are a potential occupational carcinogen.

poses risks to the future generation and thus must be minimised to the extent possible.

As a result, she said her unit has embarked on education and awareness raising programmes

## Small meal portions for better digestion

To kick start metabolism eat smaller but frequent portions of meal. Small servings help our body to absorb highest nutritional content without taking a toll on the digestive system, balancing the glycemic index alongside. Don't just fill up your plate with anything and everything on the table rather take one item at a time.

## Why do bones break?

Next to teeth, bones are the hardest structures in the human body. While we perceive them as rigid, bones do "give" a little when physically stressed. Bones can break if stressed too much. In some cases, they may crack instead of breaking all the way through. With some types of bone breaks, a bone actually shatters. Some diseases like osteoporosis or cancer make bones more fragile so they are more prone to injuries like fractures.

## Endocrine system function

The endocrine system consists of a number of tissues that send out chemical messages - called 'hormones' - to the rest of the body. Each of these messages has its own unique purpose, to which the body's other systems respond accordingly. The endocrine system allows the body to respond to environmental changes, and to other types of survival changes, such as the need to reproduce.

## TO YOUR GOOD HEALTH

# Fibre effects: if you do not take fibre you will be constipated



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Fibre is one of the main reasons whole plants foods are good for one.

According to researchers, a diet poor in fibre should not be assumed to be the cause of chronic constipation.

According to a local pharmacist Ntsebeng Mohale, growing evidence shows that adequate fibre intake may benefit digestion and reduce the risk of chronic diseases.

Mohale says many of the benefits are mediated by the gut micro biota- the millions of bacteria that live in the digestive system.

She says it is always important for one to remember that there are

different types of fibres; some of them have important health benefits, while others are mostly useless.

She says there is a lot of overlap between soluble and insoluble fibres, which can be digested by the good bacteria in the intestines, and most foods contain both soluble and insoluble fibres.

"Health authorities recommend that men and women eat 38 and 25 grams of fibre per day, respectively," Mohale notes.

When one is constipated, she says the body needs more time in the bathroom, not less, adding that sometimes constipation can be a more serious health problem, and not dealing with it earlier can lead to other complications.

Apart from that, she shows that it can have a serious negative effect on the quality of life, as well as the physical and mental health.

She says people who eat a diet high in fibre, are less likely to become constipated, and the best way for one to get more fibre in diet is through food.

Foods that contain the most fibre include fruits, vegetables, grains and nuts, while food labels can help one determine which choices in the grocery are best.

Because people may experience constipation due to the foods they eat or avoid, Mohale explains that it can also be because of the medications they take, their lifestyles and medical conditions they have.

# Surge in sexual abuse cases during lockdown

**GERALD MOLUPE**

**MASERU** – There is a rise in sexual abuse incidents since Lesotho went into lock down to tackle the COVID-19 global pandemic with Thaba-Tseka and Botha-Bothe on top of the list.

Recently, there have been stinging exposures of men who rape their biological daughters in some parts of the country during the lockdown.

Some men came out in public saying their wives leave them with their daughters who are ripe when they go to work.

There is a coordination team comprising the representatives from the Ministries of Health, Justice, Social Development, Gender and Women and Law in Southern Africa that is handling the issues of abuse in all its forms in the country.

A lot of factors have been attributed to the scourge of the abuse in the two districts.

Adolescent Health Programmes Manager at the Ministry of Health 'Mathato Nkuatsana said they are currently conducting the training workshops for the authorities in the said districts such as chiefs and councillors to sensitise them with effective means of reporting the abuse cases.

Nkuatsana said it has come to their notice that the abused are usually reluctant to report their cases to the relevant authorities so that the can law take its course.

She said reports show that since the country went to lockdown, there has been a massive increase of the

sexual abuse cases.

"I am not saying there were no cases before but there is a spike now," she said.

What has triggered the spike is that some women working in South Africa have not been able to come home so their husbands resort to their daughters for sex.

So, this becomes prevalent because the children are staying at home with their fathers because they are not going to school.

However, Nkuatsana said there is still sexual abuse amongst girls and boys.

She said people are at home and have a lot of time idling and as such some resort to sexual abuse.

She said they have been informed that perpetrators lie to the victims that their cases will not be attended to because focus has now been shifted to the COVID- pandemic.

This, she said, frustrates the victims who are willing to report the incidents to the police.

She said through their coordination team, they are able to assist the victims so that justice can be served.

She said some survivors were reluctant to report their cases to the police but through their coordination team, services were done under one roof.

The team also makes it possible for referral systems to be easy to handle the cases.

Nkuatsana said they are giving the abuse cases a multi-sectoral approach so that survivors can get services



Adolescent Health Programmes Manager at Health Ministry 'Mathato Nkuatsana

without feeling abused.

Previously, abused people, especially women, would refuse to report their abuse cases to the police because of the humiliating questions they would be asked while reporting their cases.

For that reason, they would rather sweep their ordeals under the carpet.

Chief Tšoeute Ramone of Thaba-Tseka said they struggle with abuse in all its forms in the district.

He said there are cases of child marriage which go together with elopements.

And through their public gatherings, they address the issue with the communities to show them

the impact of child marriages on the lives of the young girls.

"Their bodies are not strong enough to carry babies for nine months," chief Ramone said.

The country's Marriage Act of 1974 only allows marriage to be solemnized at the age of 21 for both men and women. However, with the written permission of the minister, girls can marry at the age of 16 and boys at 18.

At the training, the chief said they were told that abuse had to be reported within 72 hours so that the victims could be taken to health centres on time.

He said they were asked to work together with councillors, community policing forums and public health workers to tackle abuse in their respective villages.

There is thinking amongst parents that when their young girls are married, they are able to get out of poverty, oblivious to the fact that they are breaching the law.

For her part, 'Makopano Mabesa, a member of one of the community policing forums in Thaba-Tseka, said the training was fruitful because they garnered a lot of skills to deal with abuse.

She said it had been ages that they were not offered refresher courses on abuse.

She said they were told that they had to report abuse in their villages and should not let it go unnoticed.

Meanwhile, the Minister of Social Development 'Matebatso Doti is strongly against violence on women and girls.

She said it is the duty and responsibility of men to protect their girl children against any form of abuse.

Toddlers are scarred for life because they have been violated by men while women cannot walk at night for fear of being raped and murdered. Few ever get closure, or justice.

# COVID-19 numbers steadily increasing but 'Lesotho to win the battle'

LINEO MABEKEBEKE

MASERU - NTO Moakhi, Deputy Minister of Health says Covid-19 is steadily increasing in Lesotho but the country will win the battle after a joint partnership with China in the fight against the pandemic.

Speaking at the PPE equipment handover ceremony to the government of Lesotho at the China Embassy in Maseru on August 27, Moakhi expressed his confidence that soon the negative results of Covid-19 will be celebrated.

"Lesotho will win the battle. The statistical record of rising numbers of infected people with COVID-19 is going to be reduced," he indicated.

He said there was no doubt that the supplied material is one of the best and perfect for the country and made of the best material and remains authentic.

Moakhi further indicated that in Lesotho, the COVID-19 numbers are steadily increasing, adding that as much as the government is struggling to fight COVID-19, the numbers are increasing, but through the assistance of China, he promised Lesotho will emerge victorious.

He noted: "We are living in a global village, the moment China gets infected; no doubt Lesotho will be infected too."

Ambassador of China to the Kingdom of Lesotho Lei Kezhong said the medical equipment embodies the friendship and support from the Chinese people to Lesotho people.

He said it also demonstrates strong bilateral relations between the two countries.

Since the beginning of the pandemic, China has donated six batches in all: three from Chinese government and the other three from Jack Ma Foundation.

China and Lesotho, as partners, Kezhong said, have been supporting each other since the outbreak and will continue to help Lesotho to fight the pandemic.

He indicated that the president of China emphasized that China and Africa are committed to fighting COVID-19 together; stressing that China and Africa will jointly work to build a community of health for the future.

One of the specific measures under this framework he said is to pair up with Lesotho citing that China with Wuhan Central hospital will pair up with Maseru district hospital.

He said the partnership will help to provide better medical services to help Basotho.

He said Lesotho is still experiencing a big increase in the confirmed COVID-19 cases and China will continue to stand with Lesotho, working together and united to win the battle within the shortest time possible.

The third batch of PPE from China comprised of 50,000 surgical masks, 10,000 respirators, 50 ventilators and 200 thermometers, while the contribution is still awaiting 40 oxygen machines that are reportedly on the way coming.

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# ASATA: 'We need definite date for reopening of international travel'



**JEANETTE BRIEDENHAM**

The Association of Southern African Travel Agents (ASATA) has put out a strong call for a definitive date to the reopening of international travel to ensure the survival of the travel industry.

This comes as STA Travel announced its global closure on August 24. While the agency was not a member of the association, ASATA confirms that, broadly, the industry as a whole has made every effort to assist customers to reschedule their travels with little to no compensation since the travel ban was implemented in March, as international outbound

travel remains closed.

"We appreciate the Government's efforts to implement a risk-adjusted and phased approach to reopening international travel and tourism. However, in order for the industry to survive this difficult time, a definite date for the reopening of international travel is imperative," says Otto de Vries, ASATA CEO.

A definite date for international travel would allow sufficient time for airlines to plan the reintroduction of flight schedules to South Africa. Travel agents and tour operators would be able to start compiling travel packages for the safe return of travellers to international corporate and leisure

travel. To that end, the travel industry has contributed to the Tourism Business Council of South Africa's stringent health and safety protocols.

While the travel industry awaits the reopening of international travel, ASATA highlights that refunds remain a particular challenge for travel agents. "In many cases, travel agents, as intermediaries between the end customer and supplier, have been unable to recover monies from end suppliers (the airline, hotel, etc.), while they are expected to refund the customer. This has put the travel agent in an unenviable position."

In a recovery scenario for the travel industry, de Vries explains we can expect to see significant changes. ASATA travel agents may choose to work only with those suppliers that offer assurances in terms of safety and hygiene protocols, as well as assurances in terms of flexible booking and cancellation policies. Meanwhile, travellers are expected to rely more than ever on the knowledge, expertise and service of a trusted travel advisor.

"Our role as the travel industry is to guide travellers to feel confident once again about their travels. Nothing is more important now for travellers than knowing they can reach out to an expert who can answer their questions with confidence so that they can travel with peace of mind," concludes de Vries.

*Insidetravel*

## Recipe Of The Week

### Shakshuka with Parmesan Polenta

Eggs are poached in a delectable mixture of veggies and spices and served over Parmesan cheese flavored polenta.

#### Ingredients

Parmesan Polenta  
2 cups water  
2 cups vegetable broth low sodium  
1 cup dry cornmeal/polenta  
½ cup fresh grated Parmesan cheese  
Salt to taste

#### Shakshuka

2 tbsp olive oil  
1 yellow onion  
1 large red bell pepper  
6 tomatoes on a vine  
4 garlic cloves  
3 tbsp tomato sauce  
1 tsp sugar  
1 ½ tsp paprika  
½ tsp cayenne pepper more or less per taste  
1 tsp cumin  
salt to taste  
4 eggs

#### Instructions

##### Polenta:

Combine water, broth, and salt in a medium sauce pot. Mix it and bring to boil.

Add dry cornmeal/polenta and let it boil for a minute or so while slowly stirring.

Lower the heat to low, cover and let cook until thick and creamy. Stir often to ensure even cooking.

A few minutes before polenta is done, stir in freshly grated Parmesan cheese. Stir to let it melt and mix in. Take off heat.



#### Shakshuka:

Dice onion, bell pepper, and tomatoes. Crush and mince garlic cloves.

Preheat a large cooking pan over medium heat and add olive oil.

Add diced onion and bell pepper and cook until onion is transparent.

Add tomatoes and garlic. Stir and cook for a few minutes.

Lower the heat to low and add tomato sauce, salt, sugar, paprika, cayenne pepper, dry parsley, and cumin. Stir, cover and simmer for 15-20 minutes. Stir occasionally to ensure even cooking.

Crack eggs on top of veggies and season them with some salt and dry parsley. Cover the pan with a lid and cook for 7-10 minutes, until the egg white is cooked. You can cook more or less depending on how runny you like your eggs.

Spoon some cooked polenta into a bowl and add shakshuka with egg of top.

You can add a little more Parmesan cheese when serving.

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SJ41322

# Lebohang Khitsane

## Flamboyant tombstone king dies

DIED, 44, Lebohang Khitsane, artistic and renowned South Africa tombstone entrepreneur died on Thursday August 27 from renal failure at an Ekurhuleni hospital.

Khitsane who was the founder and chief executive officer of the Bataung Memorial Tombstones became well known for his unique take on designing and manufacturing of tombstones.

He manufactured tombstones for among others former SA president Nelson Mandela, singer/producer Robbie Malinga, actor Joe Mafela, and kwaito juggernaut Mduduzi "Mandoza" Tshabalala.

"Lebohang was not just an entrepreneur, but a leader in the funeral industry. His great work will be greatly missed," read the family's statement.

The family pleaded with the public to allow them privacy and an opportunity to grieve.

Bataung Memorial Tombstones, according to its website, has over the years attracted a vast and loyal clientele across southern Africa.

It has designed and manufactured tombstones for families, prominent citizens and celebrities, including former prime minister of Lesotho Dr Leabua Jonathan, former South African Football Association president Solomon "Stix" Morewa, flyweight boxing world champion Jacob "Baby Jake" Matlala, national motor racing champion and television personality Gugulethu "Gugu" Zulu, and television presenters Vuyo Mbuli and Simba Mhere.

He started in the tombstone industry about 13 years ago and his first celebrity graveyard artwork was of Morewa in 2005.

His next work for a celebrity was for actress Lindiwe Chibi, who played Doobsie in Muvhango.

About 70% of his clients were "ordinary citizens" whose families were tired of "boring" tombstones.

Khitsane made statues for Shangaan disco king and reality TV star Papa Penny, Archbishop Emeritus Desmond Tutu and former SA president Thabo Mbeki.

Khitsane took flak over a large statue of the late Malinga and the tombstone was redesigned after a flurry of nasty comments on social media.

"For me, this is God's calling. People appreciate beautiful tombstones. Each and every tombstone for me is a challenge. I have to make sure that what we create reflects the life of the deceased," he had told the Sunday Times.

Born in Katlehong, Soweto the successful businessman once told The Star that he wanted to be remembered as "the Steve Jobs of tombstones".

He began his Bataung Legacy business in the historic East Rand Township, and grew it to eventually manufacture and deliver more than 20 000 tombstones across the African continent and Australia.



Bataung became renowned across Africa for its ostentatious designs, especially for well-known personalities.

But the Khitsane family has

shown that the late businessman's legacy will not falter with his death.

"Lebo (as he was affectionately known) believed in building legacies; the businesses will continue to

operate without him at the helm. There are capable and dedicated leaders across the Bataung group. The family has and continues to be hands on in the business together

with the dedicated staff that worked alongside Lebohang," the family added.

Khitsane was committed and embedded in his Katlehong community with his philanthropy where he gave back through many initiatives, including funding underprivileged university students, giving out food hampers to over 1 000 Katlehong families every December, and hosting events for the elderly and orphanages.

He also donated tombstones and funds for the funerals of the less privileged.

His family stressed that, even though the grief was fresh, Khitsane's philanthropy would not end.

"Lebo was a community leader, a dedicated father and husband. His legacy is in the lives he touched in the preservation of their loved ones. His annual charity drives brought joy to many elderly in the East Rand. His giving spirit was always available to assist a family in need," the family said.

"Through Bataung Legacy he has honoured global icons and leaders such as Kenneth Kaunda, Dapper Dan, Nelson Mandela, P Diddy just to name a few. He is one person who worked and played hard, his family have lost their beacon."

Last year he went to America and handed over a statue to P Diddy and then another of 2Pac Shakur which he handed to West Coast rapper The Game. During that trip Khitsane also visited cemeteries in New York.

Khitsane is survived by his wife and children.

In his own words as to why he developed flamboyant tombstones: "I'm innovative, I'm passionate. I love what I do and I'm the best! I want to be known as the Steve Jobs of the tombstone industry."

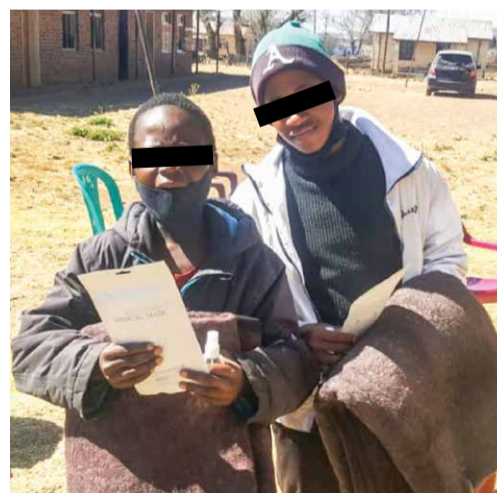


# Ramafole donates blankets on her birthday

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To celebrate her 33rd birthday, Itumeleng Ramafole of Sea-Point in Maseru handed over blankets to 10 vulnerable children in the Stadium Area constituency.

The event that had attracted quite a number of fellow residents was held at her Sea-Point home on Saturday.

In a brief interview with Metro, Ramafole said: "I identified 10 such children from my constituency and picked two from each street in seven areas of my constituency and selected four children from my Sea-Point neighbourhood."

She said she had asked her friends to buy blankets as her birthday present.

"I received 12 blankets from my friends and family which I donated to the children today," she said.

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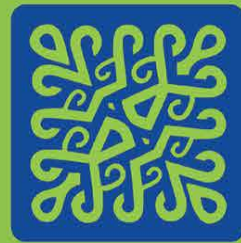
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### Go easy when you're stuck

When stuck in mud or snow, don't make the problem worse by damaging an expensive component.

Gently rocking in an attempt to free the car is fine. But if it looks as though you're really stuck, don't keep at it.

Throwing your car from forward to reverse repeatedly, as well as spinning tyres at

high speeds, can generate lots of heat and spell trouble for transmissions, clutches, and differentials. It may be cheaper in the long run to call the tow truck rather than risk big repair bills down the road.

It's a good idea to carry a traction aid in the trunk, such as sand, gravel, or cat litter.



# Arrive in Style with the New Nissan Patrol

The latest edition of the legendary Nissan Patrol has arrived in South Africa. The New Nissan Patrol is an unmatched icon with enhancements that offer customers even higher levels of sophistication, comfort, and intelligence.

The new Patrol exhibits the best of what Nissan Intelligent Mobility has to offer with enhanced luxury tech features in addition to the striking new design. At the same time, the most desirable Patrol yet retains its exceptional off-road capabilities and class-leading power.

Nissan's flagship 4x4 line-up is steeped in tradition and heritage, preparing to celebrate its 70th anniversary next year. The new Patrol continues its legacy as a hero of all terrain.

"Engineered with the latest intelligent mobility technologies, the new Patrol will give its drivers and passengers a luxurious drive," said Kabelo Rabotho, Director of Marketing at Nissan South Africa. "The legendary vehicle is one of Nissan's most cherished models with sophisticated technology as well as a long and proud heritage. We're confident the new model will provide drivers with unrivalled luxury."

Signature design changes for the new Patrol include Nissan's



V-motion grille, interpreted in a new way for SUVs. Along with the new boomerang-shaped LED headlights, the revised grille highlights the Patrol's strong, angular front.

At the rear, the Patrol's new taillights also sport the boomerang shape. They are seamlessly integrated along with a large chrome nameplate and sequential rear turn indicators, which have been added for the first time on a Nissan vehicle.

Machine-cut 18" alloy wheels add a formidable presence, with the all-

new Organic C-Signature LED lights making this sleek design stand out.

Attention to detail and luxury means a truly first-class travel experience for all. Inside, the class-leading interior space sports a 13-speaker Bose premium sound system, a multi-screen DVD entertainment system, 8" rear seat entertainment, independent wireless headphones and remote-enabled passenger vehicle infotainment. Allowing all passengers to enjoy the ride.

The new Nissan Patrol puts control at your fingertips with an 8" colour touch information screen, Bluetooth® hands free and audio streaming, climate control, Intelligent Key® with push button start and remote keyless entry - all helping you to get to your destination in a way that's connected and effortless.

**Unmistakable Prestige, Inside and Out**

New diamond-stitch quilted leather

seats with added padding provide a luxurious feel, as does the new hand-stitched steering wheel. In addition, climate control and powered lumbar support are available for the front seats.

Significant reductions in noise and vibration result in a quieter, more pleasant cabin. Improved cooling and air flow distribution systems lead to quicker cooling.

#### The Latest in Tech

The Nissan Patrol leads with Nissan Intelligent Mobility, equipped with driver assistance technology that helps you see and sense more, with a dynamic range of safety technologies. It's a more connected, confident way to drive in all conditions.

The new Patrol comes with Intelligent Emergency Braking with pedestrian detection and the Intelligent Forward Collision Warning system that warns the driver of risks that lie beyond the driver's forward field of vision. The

advanced radar system does not only sense the relative velocity and distance of a vehicle directly ahead, but also that of a vehicle travelling in front of the preceding one. Also included is standard Intelligent Cruise Control and Intelligent Driver Alert, which analyses the driver steering behaviour to signal and alert if signs of drowsiness, or inattention are detected.

Responsive braking is provided by a 4-wheel disc brake system with Anti-lock Braking System (ABS), Electronic Brake force Distribution (EBD) and Brake Assist. Also standard is 4-wheel limited-slip diff (LSD) and a Vehicle Dynamic Control (VDC) system, which automatically prevents the vehicle from sliding sideways on slippery road surfaces when changing lanes or negotiating a curve. Steering is provided by an engine-speed-sensitive power-assisted rack-and-pinion steering system.

#### Pure Power and Advanced Capabilities

The Nissan Patrol is known for being one of the most capable, sophisticated and advanced cars in the market. This latest offering builds on its illustrious heritage.

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# The new Peugeot 3008 is techier than ever

"Tangibly more practical and interesting than a 308, this is SUVs done properly." So said, um, us when we reviewed the Peugeot 3008. It's fair to say it's a shining light in an off-uninspiring corner of the market, a crossover-y thing that genuinely makes use of its inflated hatchback aesthetic while looking quite dapper.

Thus the mid-life update is subtle and respectful. Peugeot has shifted a deeply impressive 800,000 of them since 2016, so it'd be foolish to put its blueprints through the shredder.

The biggest headlines are in the technology department. It is 2020 after all (by which we mean 'the digital age', not 'the year of the global disease'). The last 3008 debuted Peugeot's i-Cockpit, and this updated one gets the latest version, with a '12.3in digital headset' in place of dials and a new 10in touchscreen that'll speak freely with whatever flavour of phone you've laid down on the wireless charging pad.

Listing every bit of driver assist tech would likely fill up the rest of TG's allocated portion of The Internet, but highlights include night vision (unique to the small SUV segment, for now) and traffic sign recognition software that goes beyond just speed limits and will alert the driver to more intricate road signage. Whether this includes 'no vehicles carrying explosives' or 'hedgehogs crossing' remains to be seen, but we fully intend to find out.

The new 3008 looks usefully different on the outside, making those sweet I-Spy points a bit easier to score if you ever need to tell it apart from the car it replaces. The front gets new headlights and a frameless grille, while the rear lights are now fully LED as standard. The fronts are in higher trim levels, but all 3008s get something called 'foggy mode', which sees traditional fog lights replaced by a more intelligent, lower intensity use of the regular lamps. Oncoming



drivers when it's not actually that foggy, rejoice.

Engines? It does indeed have some, with petrol, diesel and hybrid options. Again, it's 2020. The petrol comes in 130bhp and 180bhp tune (the former available with a six-speed

manual, the latter an eight-speed auto as standard), the diesel in 130bhp form only. Most interesting are hybrids, available in 225bhp, front-driven and 300bhp, all-wheel-driven form.

They'll take anywhere between

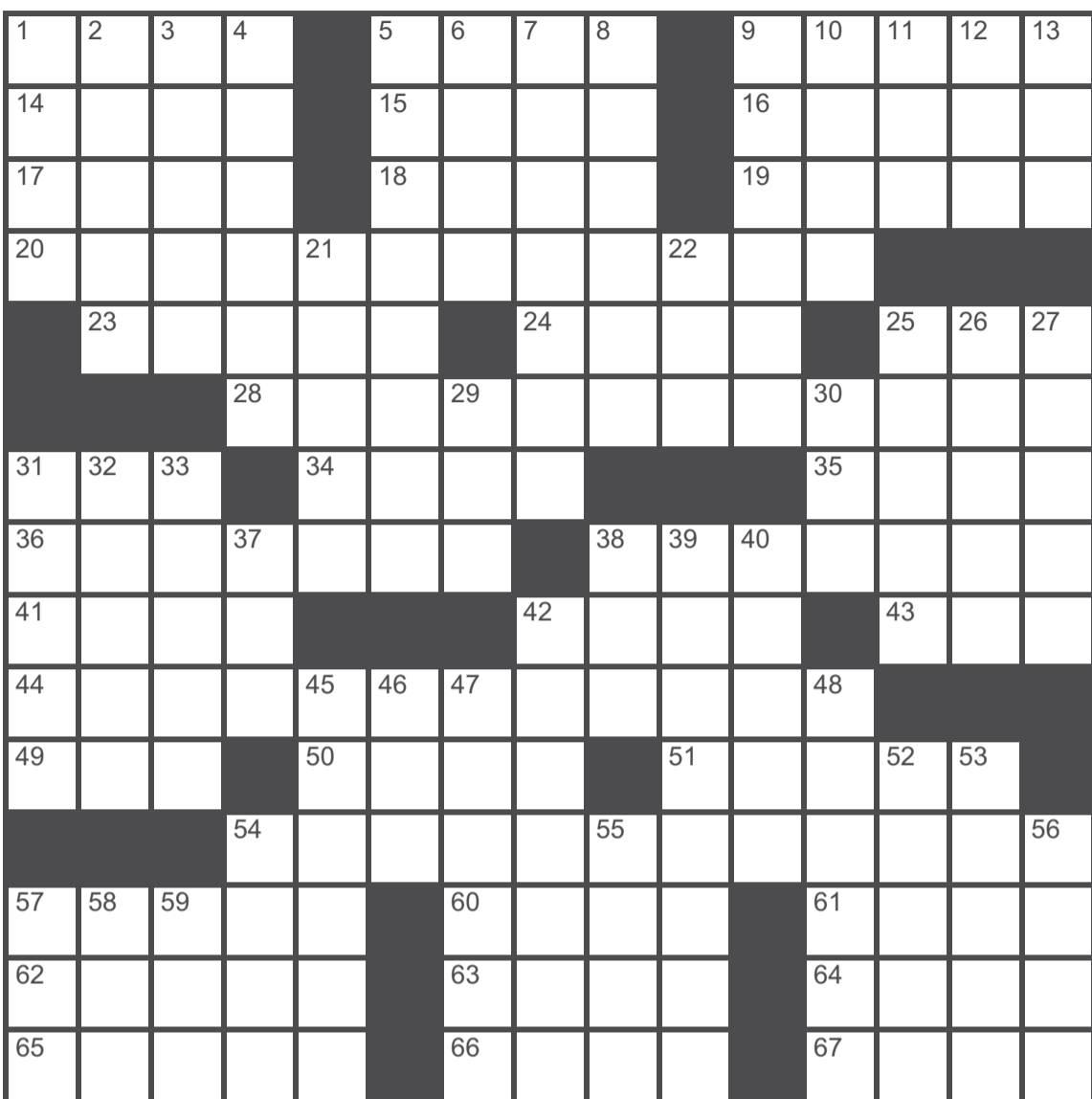
around two and eight hours to fully charge depending on what you plug them into, with Peugeot offering numerous options when you're ticking the boxes online.

Which brings us to the fact your 3008 can be fully ordered via the

internet (even if you're trading a car in), presumably arriving in a vastly oversized cardboard box with balls of brown paper to fill out the unused space. A car you don't need to leave the safety of your house to purchase. Because it is, after all, 2020.



## General Crosswords



### ACROSS

1. After curfew
5. Reverberation
9. Friendliness
14. Some are pale
15. Earthen pot
16. Kentucky college
17. Catchall category: Abbr.
18. Without delay, for short
19. Not promising
20. Consuming adequate nutrients
23. Fergie, formally
24. MDs
25. Store posting: Abbr.
28. Artificial food processing
31. Ghost's cry
34. "\_\_\_\_ go brag!"

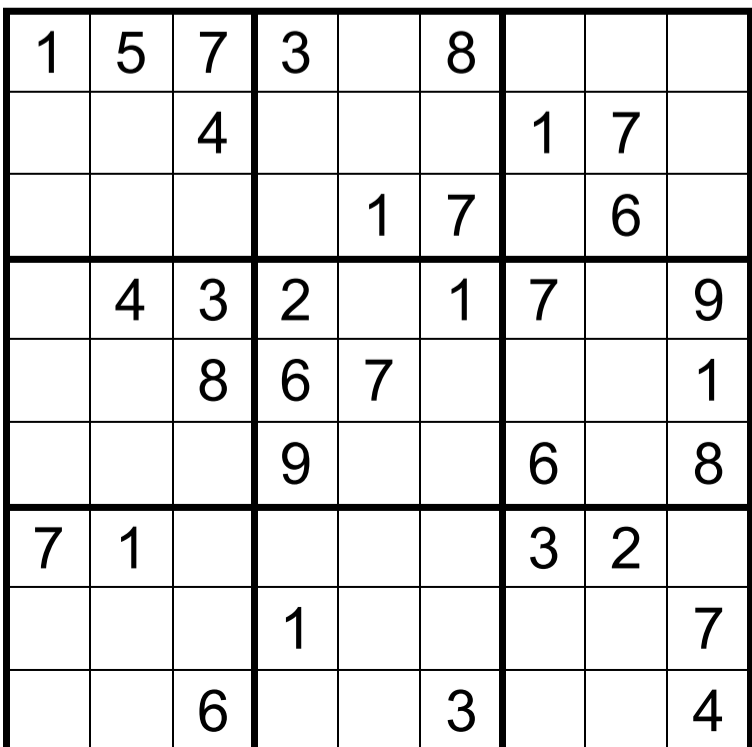
35. Passionate about
36. In one group
38. Wash
41. Bank holding
42. Peddle
43. Not waste
44. Expert in symbolic logic
49. Santa winds
50. Defense acronym
51. Indy entrant
54. June 24 in England, Wales and Ireland
57. Rundown
60. Purse
61. Continental currency
62. Jabber
63. Discounted by

64. Tennis serving whiz
65. Taxi ticker
66. Worry
67. \_\_\_\_ mortals

### DOWN

1. Follower of Mary
2. Assumed name
3. Electrical pioneer Nikola
4. Protective embankment
5. Illegal hunters
6. Ultimatum word
7. Genie's master
8. Small canine
9. "The Sound of Music" figure
10. Change states, in a way
11. Intense anger

## Sudoku Puzzle



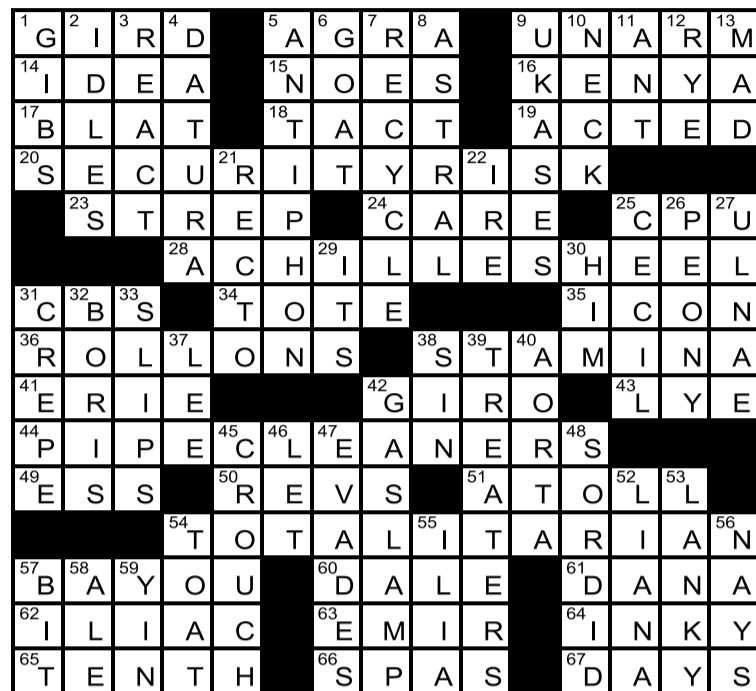
Fill in all the squares in the grid so that each row, each column and each 3x3 square contain all the from 1-9

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

### Last Week's Solution

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

## Last Week's Solution



12. Oolong, for one
13. Talk, talk, talk
21. Holes in the head
22. Rocks, to a bartender
25. Caste member
26. Repititious memorizations
27. Sound asleep?
29. Game piece
30. Canterbury can
31. \_\_\_\_ Vista, CA
32. Ring source
33. Alpha's opposite
37. Groove-billed
38. Floral necklace
39. Chicken Little, for one
40. Arm bones
42. Rover
45. Sharpshooter
46. Little 'un
47. All by
48. Laugh riot
52. Draw forth
53. Harder to find
54. Chess ending
55. Ponder
56. Bygone time
57. Engine speed, for short
58. Poet's palindromic preposition
59. Clawer

## So You Think You are Geneius

### Question (Answer next week)

My current age, is the age of my brother, who is 14, plus one third of my age. How old will I be when my brother is twice his current age?



### Last Week's Answer



Cabbage, cauliflower, cucumber, courgette, carrot, celeriac.

# Chronicles of coaching women footballers

For women footballers, it is too difficult for learner players to progress as they normally do not have adequate time to attend training sessions on a daily basis.

Thabaneng said in the Women Super League, the top three teams are composed of players who are not at school, adding that makes it easy for them to perform better than other players because they have enough time to train.

"The women football committee is in the process of launching the Under 15 Women Football League in schools so that learner players will be able to play both at school and home.

"We have a proposal to present to the Premier League Management Committee (PLMC) and request them to make a ruling that each Premier League team should have a women football club so that we end up with more women football teams countrywide," Thabaneng said.



ATTACKING: Berea Ladies in red outfit

**TEBOHO JAFETA**

sports@maserumetro.com

**MASERU** - Berea Ladies coach, Lekhooa Thabaneng, says coaching women in football requires a lot of patience and good people skills' management and above all, the love for the sport at heart.

In an interview with **Metro**, Thabaneng said because men are naturally more powerful and physical than women, female footballers should not to be treated as harsh, adding they instead need a much gentler approach.

Thabaneng observes that ladies' fitness level, unlike their male counterparts' declines rapidly, hence they need to train every day to maintain the required fitness.

He said due to the fact that women football is relatively new in Lesotho, with less than 10 years of existence, female footballers are scarce and hard to find.

"For these reasons, training women footballers is comparatively more expensive and demanding. For one to start a women football team you have to at least have 10 balls or more as women's understanding of football is different from men's.

"Women take long to learn and understand the sport while men easily catch up as they are naturally footballers, while women are naturally netballers," Thabaneng added.

He said in Lesotho, women football started from the top downwards with the introduction of the Women Super League before later expanding to the national teams and then to the district leagues.

"We currently have 10 Women Super League clubs and the national team, Mehalalitoe which compete internationally," he said.

He said it would not have been easy to start in the district leagues upwards, commending the top-bottom strategy used by the Lesotho Football Association (LeFA) to develop women football.

Thabaneng is also the Women Football Committee Vice President.

He said as part of developing women football, they are planning to provide equipment to 81 local teams at district leagues nationwide for clubs that were registered for the 2019/2020 season.

"We are about to venture into a three-year LeFA project whereby we will provide equipment to 81 districts level teams in line with the other project which will similarly provide equipment to all 10 Women Super League clubs until 2023," he said.



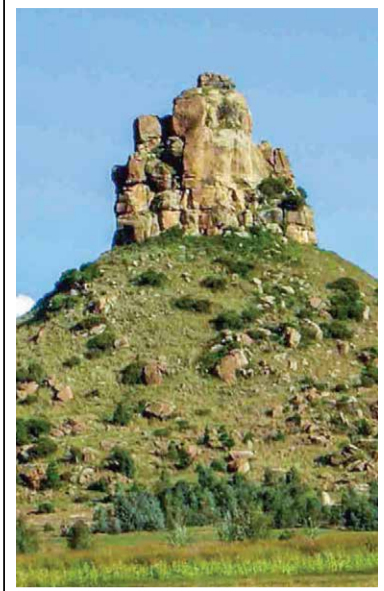
Coach Thabaneng Lekhooa of Berea Ladies

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National Weather



MASERU	
FRIDAY  25°C / 6°C	SATURDAY 26°C / 7°C 
SUNDAY 22°C / 9°C 	

MAFETENG	
FRIDAY  20°C / 10°C	SATURDAY 20°C / 8°C 
SUNDAY 18°C / 9°C 	

MOHALE'S HOEK	
FRIDAY  20°C / 10°C	SATURDAY 21°C / 8°C 
SUNDAY 24°C / 9°C 	

QUTHING	
FRIDAY  25°C / 7°C	SATURDAY 27°C / 9°C 
SUNDAY 24°C / 9°C 	

QACHA'S NEK	
FRIDAY  27°C / 9°C	SATURDAY 27°C / 7°C 
SUNDAY 24°C / 10°C 	

THABA TSEKA	
FRIDAY  17°C / 5°C	SATURDAY 18°C / 5°C 
SUNDAY 15°C / 6°C 	

MOKHOTLONG	
FRIDAY  22°C / 2°C	SATURDAY 22°C / 4°C 
SUNDAY 20°C / 4°C 	

BUTHA BUTHE	
FRIDAY  20°C / 9°C	SATURDAY 22°C / 7°C 
SUNDAY 19°C / 7°C 	

LERIBE	
FRIDAY  26°C / 5°C	SATURDAY 28°C / 7°C 
SUNDAY 25°C / 9°C 	

BEREA	
FRIDAY  2°C / 8°C	SATURDAY 22°C / 7°C 
SUNDAY 19°C / 9°C 	

# News in Sports

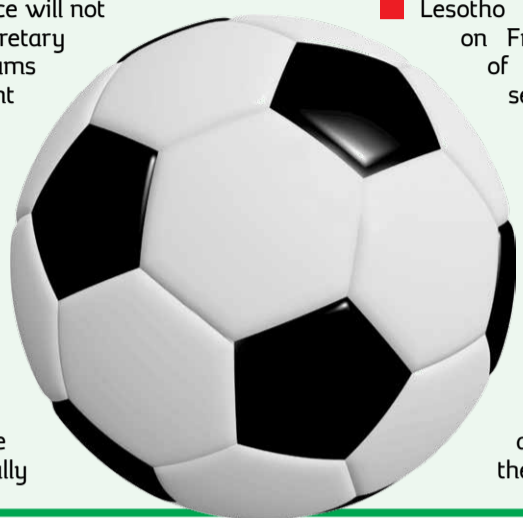
The Principal Secretary in the Ministry of Sports and Recreation Moliehi Moejane and the Director of Sports Puisano Tšosane invited Lesotho Football Association (LeFA) to present its case for the return to football activities including competition since their suspension due to the COVID-19 pandemic. The presentation was held on Wednesday and its outcome is yet to be announced. The LeFA Secretariat this week worked on verifying the clubs which are its affiliates and how they played in the 2019-20 season that was ended as a result of the COVID-19 pandemic. Generally, the clubs have done well, however, a few of them notably in Mafeteng did not play the full first round, hence will not be able to get their full entitlement. LeFA secretary general Mokhosi Mohapi said some of the teams were unable to sort out their bank account affairs, adding however, that the matter will be addressed accordingly. Mohapi said clubs will be paid early next week. LeFA earlier announced that COVID-19 relief funding will be disbursed to clubs and other LeFA structures with a high expectation of accountability.

District Football Association (DIFA) Botha Bothe will on Saturday hold an elective annual general meeting. This happens after a long wait due to restrictions brought by the COVID-19 regulations but the DIFA was finally

permitted to hold this meeting by the District Administrator Botha Bothe who advised that the meeting be held under strict observation of the COVID-19 regulations.

Matlama FC have confirmed the signing of coach Mophobi Molebatsi for a two-year contract.. Molebatsi joins Tse-Putsoa as assistant coach to the Malawian head coach Charles Manda. Matlama earlier terminated the contract of assistant coach Lenkoe Mofelehetsi.

Lesotho National Olympic Committee (LNOC) on Friday hosted a webinar on promotion of gender equality and the fight against sexual harassment and violence against women. The webinar was directed by the LNOC chief executive officer 'Mathato Makhorole, participants included the LNOC president and the International Olympic Committee (IOC) member 'Matlohang Moiloa Ramoqopo, LNOC Director of Gender Equality and Diversity Dr Lebohlang Khomari, SACP Bohang Lintle Phasumane from the Lesotho Mounted Police Service (LMPS), Director of Gender 'Matau Futho-Letsatsi and Advocate Labophilane Kometsi who is the mediator at the High Court of Lesotho.



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## TIMBERCITY

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# A-Division clubs share M400k spoils

**TEBOHO JAFETA**  
sports@maserumetro.com

**MASERU** – The Lesotho Football Association (LeFA) has disbursed prize monies for the A Division, also known as the Post Bank League, for the 2019/2020 season. According to a press statement released by LeFA this week, the move happens after Lesotho Post Bank requested a deferment of its sponsorship obligations for the 2019/2020 season on account of the

COVID-19 pandemic. "LeFA duly accepted the deferment and has had to dig from its coffers to honour the dues to the 20 A Division clubs as per the promise made to the clubs at the beginning of the 2019/2020 season," the statement reads. Lesotho Post Bank last year signed a three-year M1.2 million sponsorship deal with LeFA for the A Division league. The contract which comprises M400 000 yearly sponsorship saw top placed

teams in the league each pocket M50 000, while runner-ups in both the North and South streams pocketed M25 000 each and the third placed teams in both streams received M20 000 each. Fourth teams earned M17 000, while each of the fifth placed teams received M15 000 and the sixth teams walked away M14 000 richer. Each of the seventh placed teams pocketed M13 000 and the eighth were awarded M12 000

each while the ninth teams received M11 000 each and the tenth placed teams walked away with M10 000. In an interview with Metro, the A-Division Northern Stream champions CCX FC publicist Thabo Moluti, confirmed that the team received M50 000 for its troubles. He said they are set to use the money to sign some experienced players to boost the squad in order to match the premier league level of competition. "Our league preparation is now

going to be different due to the level that the team will be competing in. So we will also use the money for the league preparations. Fortunately, our head coach Motlatsi Thibinyane is qualified to coach in the Premier League and we intend to continue using his services," Moluti said. The CCX FC head coach holds a CAF B License certificate, a qualification which makes one eligible to be a head coach in both the A Division and the top league in Lesotho.

# Matlama take dismissed appeal further

**TEBOHO JAFETA**  
sports@maserumetro.com

**MASERU** - Matlama FC's appeal on the end of the season resolution was on August 24 dismissed yet again by the LeFA Appeals Board, but Tse-Putsoa have not conceded as they have taken the matter to an upper court. This comes just a few weeks after the Lesotho Football Association (LeFA)'s Disputes and Resolutions Committee (DISPROCO) had shot down the challenge Matlama made against the resolution by LeFA NEC in declaring Bantu FC as the Econet Premier League champions for the 2019/2020 season. Handing over the verdict, Advocate Kaizer Selimo had shown that the decision reached was unanimous. He said the crux of the appeal was that the DISPROCO erred when it ruled against Matlama in its submission that LeFA had acted against its legal instruments by ending the season and declaring Bantu the winners of the last season.

Matlama had initially included the submission that LeFA NEC did not have a quorum when it resolved to end the league, the matter was however withdrawn. Meanwhile, Matlama FC were fined M3 000 for the postponement of the case and the amount is to be shared amongst the respondents. Matlama FC had earlier rescheduled the appeal hearing from August 14 -17. The board further showed it was not convinced that LeFA acted inconsistent with its Statutes and Regulations, adding that the mother body instead acted appropriately in accordance with Article 50 of the LeFA Statutes. The board then ruled that specific provisions of the Statutes over ride some regulations if the situation under the COVID-19 should be considered as normal. Regarding the fairness of the decision to end the season, the board ruled that Matlama failed to illustrate that they suffered any prejudice by the resolution of the NEC. The ruling outlined that enough



LeFA secretary general Mokhosi Mohapi and LeFA's lawyer Attorney Qhalehang Letsika

consultations were undertaken by the NEC, even when it was not binding to do so, adding that Matlama were part of the consultations from the start and had a lot of time to argue the fairness issue of the NEC resolution. The board also showed that the NEC resolved accordingly and had indeed exercised adequate consultations with among

others Matlama as well as other stakeholders. It further submitted that it upheld the DISPROCO judgment therefore dismissing the matter without awarding any costs except for the postponement of the matter. Commenting on the case, LeFA media officer Mikia Kalati said if Matlama FC are not satisfied with the

judgement, the procedure would be to lodge their appeal at the arbitration tribunal. For his part, LeFA secretary general Mokhosi Mohapi said Matlama brought before the arbitration board an application on the aftermath of the Appeals Board upholding the judgment passed by the DISPROCO against the team.

# Applying pitch tactics in sports administration

**TEBOHO JAFETA**  
sports@maserumetro.com

VERSATILE, mobile a physical disciplinary, as he was, the multi-talented Mofihli Makoele played almost every sport during his growth and later identified his area of specialization, which was in football and basketball.

Born in March 1965, Makoele was bred in Lipelaneng in Botha Bothe. He is the second child of the late Thapelo Simon Makoele and 'Mampho Clementina Makoele. Basketball did not exist in Lesotho during his high school days. Even though there was a Basketball ground at Christ the King High School, Makoele and his peers played the sport for joy as there were no competitions in Lesotho at the time.

The versatile Makoele also played other sports such as table tennis, lawn tennis, badminton, volleyball and football, but he ended up focusing on Basketball and football only.

Makoele first attended school at St Paul Primary, in Botha Bothe and completed in 1977. At primary, he played football, volleyball and athletics because basketball was not available in most schools. He went on to Christ the King High School where he completed his Junior Certificate in 1980 and then pursued his studies further and obtained a Cambridge Overseas Secondary Certificate (COSC) at the same school in 1982.

He started playing basketball and football simultaneously while doing his Form D. During his time at CK high school, Makoele played against St Agnes High School, which was the powerhouse in football, comprising of mostly Matlama FC players in the likes of Mochine Matete, Bomba Matete, and Papa Masia amongst others.

In 1983, Makoele studied for BSc Education at the National University of Lesotho (NUL) and graduated in 1987. In football, he first played as a midfielder, then a defender and later switched to striking position in 1982.

Today as one of the most influential coaches and sports administrators, Makoele recalls that in 1990, the Lesotho Sports Council invited an expert from the United States of America (USA) by the name Akila and the expert started off by inviting strategic people in Michael Mateka from CK High School, Makoele from Sefika High School, Ratšoane Khampane from LISA, Mathe Phakisi from Maseru Netball



team that also played basketball.

Makoele played for the NUL volleyball and soccer teams during his varsity days. Apart from playing for the NUL volleyball team, he also played for Mathata Volleyball team which was in the volleyball league even though the team collapsed after a year due to internal problems.

Upon his graduation at NUL, Makoele was employed at Sefika High School as a teacher and worked there from July 1987 until June 1992.

He also played for Motimposo Dynamos in 1983 and left for Rovers until 1990 when he joined Botha

Bothe XI and then signed with Matlama FC in 1991 but went back to Rovers in 1991 before officially retiring in 1995.

His coaching career started in 1987 in football where he coached Sefika High School team until 2001 and also coached The Birds from 1998 to 2000. He further mentored Ambassadors FC, Lerotholi Polytechnic FC and Matlama FC in the premier league. Makoele coached the premier league giants Matlama FC for six months from January until June 2015.

Akila left Lesotho in 1991 and

there was no activity in Basketball until 1995 except only friendly matches.

Then the Lesotho Sports Council had organised a basketball tournament but it was poorly attended.

"Akila worked with us for a year and left. After he went away, our committee collapsed and only Sefika, Machabeng, CK and NUL continued playing basketball," Makoele says.

In 1996, he called together a number of players and former players with whom he established an interim committee that registered

with the Lesotho Sports Council.

The interim committee was meant to deal with Basketball issues and Makoele became its president until 1999 when he handed over the reins to Chako Nkhahle. A high school league was started with schools in Maseru, Berea, Leribe and Mafeteng the following year.

A year later, the national league was established with teams in Maseru, Berea, Maputsoe and Mafeteng. Later that year, Lesotho was accepted as a member of the Federation of International Basketball Associations (FIBA).

Makoele went for a football coaching course in England in 1998 where he obtained a Union of European Football Associations (UEFA) B Licence Coaching Certificate.

In 1999, the Lesotho Basketball Association (LBA) held elections and Makoele did not stand for elections. By end of that year the LBA president left for employment in the Republic of South Africa and the Vice President took over as President. The following year, the president also left for work in France.

"It is during that time that the LBA requested me to be their president again and I accepted but I resigned in 2002 to pursue my studies in Australia. When I returned in 2003 I was called back to be president since their president had resigned. In 2006 there were elections and since then I had made them aware that I would no longer stand for elections or accept closing the gaps when people resigned and I was only able to help with other assignments outside the committee up to now," Makoele highlights.

In Australia, he obtained a Postgraduate Diploma in International Sport Management and was employed at the Lesotho Sports and Recreation Council (LSRC) in 2016 working as a development manager and has since been elevated to the position of programmes manager.

He has also worked as the Lesotho Football Association (LeFA) secretary general from October 2010 until August 2012.

In 2019, along with other badminton players especially the ones he used to play the sport with at NUL, Makoele formed the Lesotho Badminton Association (LBA) and registered it as an officially existing association.

In February 2017, he worked as the acting Chief Executive Officer of the Lesotho Sports and Recreation Commission (LSRC) until May 2019.

Makoele is married to Senea Mosebo and the couple has three children, two girls and a boy.

On and off the pitch, Makoele says his motto has always been driven by the desire to win and laughs lightly of some of his trademark tackles and antics, especially in the football matches he played over the years.



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