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THARI

Thursday, 02 May 2024

VOLUME 1, ISSUE 28

# Weekly Observer

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**KHOSI PHEKO**  
Maseru

# Calls for SA to compensate 1982 attacks on the cards

An attempt to call for the Republic of South Africa to compensate Victims of the 1982 attacks is on the cards. This is after Member of Parliament and Leader of Basotho Covenant Movement (BCM) who recently dumped the opposition allies now occupying the cross bench in the parliament, Ts'epo Lipholo, lodged a motion to the National Assembly in a seating held on Monday afternoon urging the government to appeal to the United Nations (UN) to push South Africa to compensate Basotho who were affected by the attacks.

Commonly known as the Maseru Massacre, the tragic incident happened on December 9, 1982 when the Apartheid forces stormed Lesotho's capital city Maseru killing a total of 42 Basotho locals and members of the African National Congress (ANC) who sought refuge in Maseru due to the harsh apartheid regime.

Three years later on December 10, 1985, the South African Defence Forces (SADF) launched another raid during which, six underground ANC operatives and three Lesotho nationals were shot dead.

While the two neighbouring countries commemorate the carnage annually on December 9, Lipholo challenges it claiming it not enough and the SA government should recompense for the ruins that left some households in the villages surrounding Maseru devastated.

While presenting his motion to the House, Lipholo read, "72. RSA REPARATIONS TO LESOTHO FOR 1982 ATTACKS. That this Honourable House resolves to urge the Government of Lesotho to appeal to the United Nations (UN) to instruct the Government of the Republic of South Africa to make reparations to the Government of Lesotho, as per the UN resolution of 1983, for the attack perpetrated on Lesotho and its citizens on 09/12/1982."

After reading his motion, the legislator then justified his demand by stating that, although the raid was intended for the ANC refugees, it severely affected some Basotho nationals while leaving dozens dead.

Lipholo said the incident terrified most locals in an undeserved manner and so it is high time the Government brokered an agreement with SA, he said it was unjust for the then regime to invade Maseru while the two countries had no tensions, adding that the event was heavily condemned by the Security Council that was made up of several international countries and it resolved the matter by establishing Resolution Act of 527, which stated that, SA should pay Lesotho for the lives lost and for the property which was damaged

- MP demands damages for Maseru Massacre
- Mofomobe backs move in a different tone



**Tito Mboweni, then studying at NUL, leads a protest march in Maseru 1982 following the massacre**

... previous administrations said to disregard the resolution as it was not for their interests.

in the ordeal.

"Article three of the Resolution states, the government of Lesotho should give the compensations from the government of South Africa to the victims who their properties were vandalised while some lost their loved ones.

We can all agree that this matter has never been revisited by the previous Governments. It raises concerns if the resolution by the past administrations understands the severity of matter. By disobeying the Council's orders, SA did a similar act in 1985 and this time, it

occurred at a village of Ha-Hoohlo. That is where at least nine people lost their lives and six of them were members of the ANC while three were Basotho," he continued.

The legislator stressed that the previous administrations disregarded the resolution because it was not for their interests, and were not sympathetic enough to comprehend that the compensations would come in handy for the victims.

Further adding that back in 1986, SA portrayed acts of insubordination when then Prime Minister, Dr. Leabua Jonathan was unseated, he said SA used military tanks to block all boarders for three full days to prevent any possible movement by citizens of the two nations.

"The act on its own scared Basotho because it was attacked in previous occasions by their one and only neighbours. In that occasion they closed all borders and they only lifted the blockade once Dr. Leabua was removed as premier. All this is proof of SA's ill-treatment towards our people even today," Lipholo uttered.

While the House Members debated on the motion, leader of the Basotho National Party (BNP), Machesetsa Mofomobe backed Lipholo's call but urged for a different approach that excludes interventions from international bodies such as the UN to avoid destabilizing the bilateral relations between the two countries. He said Lesotho played a huge part in protecting some ANC members who survived the attacks and thus it should be compensated.

"It is imperative for the government of Lesotho to solve this matter via its diplomatic channels and discuss it with South Africa if Resolution Act of 527 will not be in place. It is common that the Government inherits all the good and bad deeds of the previous governments and so in this case, it is befitting for the current democratic Government to prosecute perpetrators of such cruel acts. There are some South African citizens who were compensated by the Truth and Reconciliation Commission (TRC), so why can't Basotho get compensated," he said.

Mofomobe emphasized that, the motion be amended by excluding the UN urging the Government of Lesotho to instigate talks to reach a consensus on the matter without any international mediation.

"Let us spare them for now because they are busy preparing for the for the General Elections. Nobody knows what will happen after May 29 so I would advise we wait and see the outcome of the polls," Mofomobe said.

After several suggestions which included that of Minister of Health and leader of Movement for Economic Change, Selibe Mochoboroane, who proposed the House to adjourn the motion to strategize on the right channels. The request was welcomed by the National Assembly's Speaker, Tlohang Sekhamane who recommended that the Members of Parliament to allocate adequate time to deliberate on the submission.

"We cannot just leave this motion unaddressed, let us allocate enough time to amend and discuss all the possibilities, so that we are all confident about it," he said.





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TS'OANELO SELLO

Maseru

As a way of supporting and uplifting local poultry farmers, 70% of eggs should be locally sourced while the remaining 30% can be imported outside the country. This was asserted by the Lesotho National Farmers Union (LENAFU) in Maseru this Tuesday to address the current shortage of eggs in the country.

During the discussion, it was decided that the borders would be opened for a month to business vendors with permits and registered businesses to import eggs from outside the country, but only up to 30%.

The remaining 70% of eggs must be sourced locally from Basotho businesses, starting from next month, vendors must provide receipts as proof that the 70% quota has been met.

Makwane Lekau from the Ministry of Agriculture urged vendors to record their information and monthly performances at the department.

"From the data and information, we got from department, we were able to see that there's a shortage of eggs in our country and that only happen if farmers report their data, and most of them don't seem to be doing that, hence that delay in identifying a crisis," she explained.

"Permits will only be granted to people whose business are registered and

# 70% of eggs should be locally supplied - LENAFU

they must come with authentic recipes which shows that the 70% has been made and in cases you struggle to find that percentage in the country, you can contact our offices and we'll help you with that," she continued.

As discussions unfolded, farmers expressed their reservations about the decision to allocate 70% of egg to be sourced locally from Basotho business-

es, while allowing business vendors with permits to import only 30%.

Farmers argued that this arrangement seemed to disadvantage them and sideline their role in the market.

They questioned why vendors were granted preferential treatment to import eggs while local farmers were seemingly excluded from this opportunity. The farmers emphasized the

importance of supporting and empowering local agriculture and businesses in Lesotho.

One of the farmers, Rethabile Lethetsa the owner of Red-B Egg Production based in Teyateyaneng explained that this arrangement seems unfair for them and if not revised, corruption will take a toll.

"As farmers, we already have problems with the absence of chickens, we have big orders that we can't even supply anymore and that makes business slow, these vendors come to us for eggs, now when they are granted permission to import and not us, what is to happen with our businesses, wouldn't this let me to find a vendor and bribe him to import for me," he asked.

Farmers highlighted the importance of fair and equitable distribution of opportunities to ensure sustainability and growth within the local agricultural sector. Their voices underscored the need for a more inclusive approach that considers the perspectives and contributions of all stakeholders in addressing this pressing issue.



Farming community's representatives

TS'OANELO SELLO

Maseru

In today's digital age, data has become a valuable commodity, from social media posts to online shopping habits, every click and interaction leaves a trail of personal information that can be exploited by companies and hackers alike.

Due to rise of data breaches and cyber-crimes, it is imperative for individuals to secure their personal data and be mindful of how it is being used.

Addressing stakeholders both from Government Ministries and telecommunications entities at the conference held in Maseru on Tuesday, Digital Rights of Advocacy educated people on how to use data and protect individuals personal data and also how organizations can use it.

The event was attended by representatives from the Ministry of Communication, Econet Telecom Lesotho, Ministry of Home Affairs and Vodacom Lesotho whom engaged in discussion presented by Advocate Thlalo Mpopo.

## Digital Rights advocacy sensitizes stakeholders on data protection

Mpopo from the National University of Lesotho outlined the importance of safeguarding personal information, "Data is not just a collection of numbers and statistics, but rather a reflection of who we are as individuals. From our online profiles to our purchasing history, every piece of data can be used to create a detailed picture of our lives."

The group discussed the various ways in which personal data can be compromised, including through social engineering tactics and phishing scams. One member shared a personal experience of falling victim to a phishing email that resulted in their financial information being stolen.

To combat the threat of data breaches and privacy violations, the group brainstormed ways in which individuals can better protect their information.

"Most people are not aware of their rights to their personal information in Lesotho and that is a huge problem, now most of the time every where we go there's a form at the date to fill and the information there is too much, one can take a picture of it or the book can get stolen.

"We give away too much of our personal information that we don't even make a follow-up on what they're going to be used for and that alone is very risky and dangerous," she emphasized.

One suggestion was to limit the amount of personal information shared online, emphasizing the need to be selective about what data is disclosed. Another idea was to use secure passwords and enable two-factor authentication on all accounts to prevent unauthorized access.

The participants also stressed the importance of being proactive in safeguarding personal data. Instead of blindly clicking "agree" on terms and conditions, individuals were encouraged to take the time to read and understand what information is being collected and how it is being used. By asking questions and seeking clarification, individuals can make informed decisions about their data and protect themselves from potential risks.

By being mindful of what data is being shared and taking proactive steps to protect it, individuals can minimize the risk of falling victims to data breaches and privacy violations. As one participant aptly put it, "Don't just give away your personal data freely - guard it like you would guard your most valuable possession."

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# Spice Queen introduces innovative blends

TS'OANELO SELLO

Maseru

**P**alesa Polihali, a young entrepreneur who thrives by selling spices through her famous name, Spice

Queen, started her company in 2021 with a mission to bring a unique and diverse range of spices to the market in Lesotho.

She sought to exploit the market after noticed that there was a limited variety of spices available locally, and she want-

ed to change that.

Polihali gathers different mixtures and herbs from different spices and infuses them in innovative ways to create blends that are unlike anything else on the market.

She pays close attention to quality and safety, ensuring that all of her products pass through rigorous vetting and inspection from top chefs before they are released to the public.

"Our products are safe to use, people should not fear anything, after blending and producing of my spices I always take them for introspection to the big chefs in our country to cheque if they are safe for distribution," she explained.

Since launching Spice Queen, Palesa has seen incredible success. Her products can now be found in high-end stores like Pick n Pay and The Market, and she has garnered a loyal following of customers who appreciate the unique flavors she brings to the table.

"I went to to Pick n Pay to advertise my business and they didn't let me down, they welcomed me with opened arms and now we have one of my spices as best selling in their shop and am

very grateful to this flea market that will be happening every month since it not only bring popularity to our brands but also brings investors who are interested in our companies.

Also, for the time I have been here people have bought many of my spices which gives me hope and motivation to keep coming as it was my first time coming to the flea market," she said.

However, like any other budding entrepreneur, Polihali's path has had challenges of its own, one of the biggest hurdles she experienced is sceptism from the consumers to change the spices they already use.

"Many customers in Lesotho are used to a certain flavor profile, and convincing them to try something new can be a difficult task, but I am determined to keep pushing forward and introducing people to the amazing flavours my spices have to offer."

Despite the obstacles she has encountered, she is proud of what she has accomplished with Spice Queen and has proven that with hard work, dedication and a passion for innovation, anything is possible.



Palesa Polihali selling her spices to Prime Minister Sam Matekane



Spice Queen spice variety



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## TS'EPISO SERABELE

Maseru

A historic moment for the Mountain Kingdom as the inaugural Lesotho Mining Indaba-Khotla Conference commenced on Thursday to Friday last week at 'Manthabiseng Convention Centre, heralding an era of opportunity, innovation and partnership in the nation's mining industry.

With its aptly chosen theme, "The Future of Mining in the Global Landscape," the two-day conference has attracted a diverse audience of mining magnates, investors, government officials, and sector experts, all coming together to chart

# Lesotho holds first ever mining conference

the course for a brighter future.

Addressing the esteemed gathering, the Chairperson of Southern Africa Miners Association (SAMA), Jabu Xaba, envisioned a Lesotho that could harness the full potential of its rich mineral resources. "It is time for Lesotho to take its rightful place in the global mining landscape," he said, emphasizing the need for collab-

oration, transparency, and sustainable practices.

The conference, which will continue until tomorrow, promises to be a platform for sharing ideas, forging alliances, and catalysing growth. The excitement is palpable, as the mining industry in Lesotho prepares to ascend to new heights.

As the conference unfolded, dis-

cussions ranged from the potential for increased mineral exploration, to investment strategies, and technological advancements. The role of government in fostering a supportive and stable regulatory environment was also a key topic, with government officials sharing their vision for a mining industry that benefits all stakeholders.

*Story continues on page 8*




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# Gem institute celebrates World Art Day in style



Gem Institute celebrating World Art Day

## TS'OANELO SELLO

Maseru

Gem institute celebrated World Art Day in an epic fashion. Hosted at Avani Lesotho Hotel in Maseru last week Friday, the event was marked with an educational and eye-opening session featuring famous South African actor, Jerry Mofokeng from the hit TV show Scandal.

The event aimed to inspire and shed light on the importance of art in society, as well as to showcase the talent and creativity of local artists.

The event commenced with a speech by the actor Jerry Makhetha Mofokeng, who shared his journey in the entertainment industry and how art has played a significant role in his life. He emphasized the importance of art in expressing emotions, telling stories and inspiring others.

He also highlighted the power of art in bringing people together and initiating important discussions.

"We are artists, we create something out of nothing, all the things we do are somehow always magical to the human eye. We impact people in their eyes, ears, and feelings in the

way that amaze us, artists must learn how to take their possessions and make provision out of it.

Basotho should stop with all the speeches of development that has been happening in 20 years now and must put money in the youth's development ideas and business. We must tell our story with grace and dignity, if you want people to take Lesotho seriously then take up the challenge," he said.

One of the key points discussed was the need for artists to diversify their income streams and not rely solely on traditional methods such as gallery exhibitions or commission work. Artists were encouraged to explore opportunities in digital platforms, collaborations with brands, and creating merchandise to expand their reach and generate revenue.

Gem institution Founder, Mpho Letima, explained that it has been 200 years now that Lesotho has been founded, and they as artists, must look back on what they have archived and if they don't see any improvement, it means there's still a lot of work to do.

"Gem institute is known for empowering and uplifting the youth and today are here with different artists to share their struggles and achievements to the upcoming and rising

artist in our country," she emphasized.

Another point she raised was the importance of sustainability in art, both in terms of environmental impact and financial stability. Artists were encouraged to use eco-friendly materials and practices in their work, as well as to build a strong financial foundation through budgeting, saving and investing.

The discussion also delved into the difference between a star and an artist, highlighting that while stars may gain fame and recognition quickly, true artists are those who are dedicated to their craft, continuously pushing boundaries and making a meaningful impact through their work.

The event ended with an artist Lineo Sekhekho bagging a script writing cheque worth M3 000 while Rhino back production walked away with M10 000 for their 43-page script in two weeks titled 'Echos of Change' and was awarded to produce the story.

Overall, the event was a great success, providing a platform for artists to connect, learn and grow. It served as a reminder of the power of art in creating change and inspiring others, and the importance of supporting and nurturing creativity in all its forms.

... continued from page 7

Several significant deals and partnerships were also announced, signaling a renewed commitment to the sector. With each presentation and conversation, it was clear that Lesotho's mining industry is on the cusp of a transformative era.

"The potential here is vast, but we must also be mindful of the lessons from other mining communities."

Addressing the larger implications of mining, Xaba said, "We aim to find ways to mitigate adverse social, environmental, and political effects of mining projects." He further emphasized the need to ensure equitable access to mining opportunities, especially for women, as well as to resolve the longstanding issue of unclaimed and unpaid social protection benefits of Basotho miners in South Africa.

The plight of Basotho miners in South Africa is a longstanding issue close to the heart of the Minister of Natural Resources, Mhloni Moleko.

"I joined politics to address this very issue," Moleko said. "Basotho have unclaimed benefits worth about M12Billion, but the total is 42billion. If left unclaimed, the Reserve Bank of South Africa will take it".

Moleko then emphasized the importance of mining to Lesotho's economy, stating, "Mining currently contributes 6-10% of our GDP, with only 4 mines. We can increase this by expanding mining operations."

He highlighted the untapped potential of Lesotho's mineral resources, saying, "Studies from the 70s and 80s indicate the presence of uranium, gas, oil, and coal. We must explore these possibilities."

In addition, Moleko expressed disappointment over the export of rosehip from Lesotho, highlighting its potential value if explored locally.

Chief Executive Officer of Letšeng Diamonds and representative of the Lesotho Chamber of Mines, Mothoai Thinyane, shared the Chamber's role in driving progress and growth in the mining sector.

"The Lesotho Chamber of Mines was established in 2016 as a non-profit organization to promote learning, research, and advisory services for mining in Lesotho," he said.

# Stakeholders talk Intergenerational wealth creation

## LIJENG MORUTHANE

Maseru

In commemoration of 200 years of Lesotho's founding, Institute of Directors (IoD) introduces First Annual Inter-Generational Value Round-Tableable to be held on May 3, with the objective of having a stakeholder forum working with the government to have a palatable environment to facilitate traditional leadership values.

According to IoD Chairperson Selebalo Ntepe, leadership principles used in King Moshoeshoe's era are the blueprint in the formulation of Mhloni Corporate Governance Code that promotes a social economic inclusion model which organisations can use to create intergenerational wealth.

The effort promotes is said to be a catalyst to addressing wealth generation challenges and promote long-term growth, Ntepe encouraged the private

sector to adopt Code in their business operations as it can cultivate a sense of community in the corporate ecosystem, he believes that taking this approach can exponentially change Lesotho's economic prospects in just three year.

"Money circulating in our economy can be self-sustain us without need for employment from the Government, Transformational Leadership in this code can create intergenerational value by adapting businesses with current

trends such as Artificial Intelligence and modern Information Technology."

Drawing back to the Lessons taught by Morena Mhloni to his then student Morena Moshoeshoe, he emphasized the importance of peace in their leadership strategies that can be adopted by business leaders and implemented through ethical culture and stakeholder participation.



INTERNATIONAL  
CORRESPONDANT

# We'll show them, bullish Cyril warns opposition

ANC president Cyril Ramaphosa maintained his party's bullish outlook when addressing a Workers' Day celebration at Athlone Stadium where he told the gathering that his party was the only "bull in this country".

He appeared to be taking a swipe at the DA, saying the ANC would teach a lesson to those who thought the Western Cape belonged to them.

A stone's throw away in Lentegeur, DA leader John Steenhuisen said because of the ANC's legacy of destroying jobs, May 1 should be called "Workless Day."

Ramaphosa accused opposition parties of running around like little dogs, saying the ANC would obtain less than 50% of the vote.

"They don't know us. They hear about us in the newspapers. They hear about us on television. Many of them look down on us. We must go out in numbers to show them who the ANC is, that in this country there is one bull and that bull is the ANC.

"They must stop undermining the ANC. They are going to see us come May 29. We say come and we shall show them," Ramaphosa said.

"The workers of this country and the people of this country are not going to allow the ANC to go below 50%. They are working for an outright majority of the ANC," he said.

"The ANC is going to show you because that is one organisation that has proven over the last 30 years that it cares for the people of this country, having led our people as a whole to bring this country where it is," Ramaphosa said.

"I urge all of us as workers here, firstly in the Western Cape and the broader South Africa as workers, that there is one political organisation that has advanced the interests of the workers.

"All the others that are out in the field campaigning do not have the good intentions to advance the rights of the workers like the



## ANC is the only bull in the ring, says defiant President Ramaphosa

ANC has done in the government. As we go to the polls, therefore, I want to rally workers to be active volunteers of the ANC, to go out and make sure that we achieve this decisive victory that awaits us because on the 29th of May the ANC, and for those who think the ANC will not emerge victorious, the ANC will emerge victorious," he said.

The tone for the election campaigning was set by Cosatu Western Cape chairperson Motlatsi Tsubane when he welcomed the crowd of thousands and stated that workers would not be confused when they cast their votes.

The ANC-led alliance partners used the May Day rally celebrations to throw their weight behind the governing party for securing an overwhelming victory in the elections.

"We know who we are to vote for. We are to vote for the ANC. We call upon the workers to go and vote for the ANC on 29 May," Tsubane said.

Cosatu president Zingiswa Losi said while

celebrating 30 years of democracy, the workers and the working class were frustrated by the pace of change and mistakes. However, Losi praised the "hard-won gains" and victories by Cosatu, many of which were now part of the Constitution and a variety of laws.

"All these victories were only possible when we stand strong and united as a federation (and) when we understand who continues to stand with us in the trenches.

"It is not the DA, it is not MK, it is not EFF, it is not the Action Campaign.

It is not any other political party except the ANC," she said.

Losi also said the ANC was the only party that had been tested and had stood with the workers.

"We do understand there are many challenges the workers are dealing with.

We understand there are still inequalities in our society. We understand we must address issues of electricity and energy.

We understand that we need to deal with Transnet and all other important state-owned enterprises that drive the agenda of our economy," Losi said.

SACP general secretary Solly Mapaila said the elections would be crucial, not only for the ANC and the people, but were international and were against exploitation.

"That is why the people of our country must know if the ANC loses the elections the setback in this country will be sentimental. We should make no mistake. We are going all out to vote for the ANC as allies. These coming elections are so crucial for us. It is crucial that we come out in our numbers, all our family members, to participate in this important vote," Mapaila said.

Steenhuisen said the unholy alliance between the ANC, the SACP and Cosatu had deliberately built a system of economic exclusion since 1994.

"A small group of ANC and Cosatu cadres have benefited enormously from exclusionary practices like cadre deployment and B-BBEE while trapping over 30 million people in grinding poverty.

"And now they want to deepen that exclusion even more through new race quotas that could effectively ban the employment of coloured people in certain sectors and certain parts of the country! It is therefore not surprising to hear that Cosatu is threatened by the rise of the DA in all credible polling."

Steenhuisen said a new government anchored by the DA would deliberately break down the walls of economic exclusion built by the ANC and Cosatu.

"We will do so by scrapping job-killing policies like cadre deployment, race quotas, expropriation without compensation, and the nationalisation of the Reserve Bank." -IOL

# Southern African region might have to import food on SA's reduced maize

INTERNATIONAL  
CORRESPONDANT

University of KwaZulu-Natal's agricultural expert has warned that much of the Southern African countries would have to import food as South Africa was looking at a 20% reduction in maize yields while the region had suffered on average 50% losses of the staple food crops.

Professor Tafadzwanashe Mabhaudhi from UKZN's School of Agricultural, Earth and Environmental Sciences, on Tuesday said South Africa did not have much of a surplus to export significantly or buffer the region.

Mabhaudhi said the region was contending with diverse and complex issues that were putting pressure on the food system, resulting in the rise in food inflation which has crippled households' ability to access diverse food for

their requirements.

"Already we have seen a lot of households suffering because of the current levels of inflation, the implications of the ongoing Russia-Ukraine conflict on food prices," he said.

"The implications again on oil prices which then translate to food price inflation and all of those things are acting to make it more difficult for households to be able afford food, especially the households that purchase food from retail outlets such as retail supermarkets.

"The environment and extremes that we have been experiencing in the weather, be it floods, drought or heat as in the previous years, are also making it challenging for subsistence farmers who would rely on crops they produce to cover part of the households food requirements."

Mabhaudhi was speaking at the inaugural provincial Food Imbizo in KwaZulu-Natal on Tuesday.

The Food Imbizo convened multi-stakeholder dialogues for democratic food governance in South African cities and towns aiming to scan the food governance environment.

Mabhaudhi said there were several types of interventions that one could consider directed at different aspects of the food system, and key risk change production in terms of how

the sector coped with droughts, floods and yield.

"There are behavioural interventions that we can consider in terms of food choices and how we get people to be more aware of their food choices. How do we de-stigmatise under-utilised indigenous and traditional crops, some of which are nutritious, drought-tolerant and could be assisting in times like this to diversify and stabilise food supply," he said.

"There are policy level interventions that we need to consider in terms of the current policy landscape. So what sort of policy interventions do we need and how do we build the evidence from the work we are doing with the communities that we can take to the national space to inform some of these policies and to bring about the change in thinking."

The Durban Fresh Produce Market said it was imperative that the facilities be maintained and looked after for the global market to remain competitive and relevant, especially within the fresh produce sector.

"We tend to believe markets are functioning well. From my perspective you need four things in the market. You need good security. Without security nobody will buy there and nobody will deliver their products. You need good maintenance. You also need hygiene. The last thing that is really important is good management," it said. -IOL



**Professor Tafadzwanashe Mabhaudhi said the region was contending with a whole lot of diverse and complex issues that were affecting and putting pressure on the food system.**





# Health talk and Patient care

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## Understanding Hypertension: The silent killer

**H**ypertension, commonly known as high blood pressure, affects millions of people worldwide. Despite its prevalence, it often goes unnoticed until it causes serious health complications. In this health talk, we will explore what hypertension is, its risk factors, symptoms and how to manage it effectively.

What is Hypertension?

Hypertension occurs when the force of blood against the walls of the arteries is consistently too high. This puts extra strain on the heart and blood vessels, increasing the risk of heart disease, stroke, and other health problems.

Risk Factors:

Understanding the risk factors for hypertension can help individuals take proactive steps to reduce their risk. These risk factors include:

1. **Unhealthy Diet:** Diets high in sodium (salt), saturated fats, and cholesterol can contribute to high blood pressure. Consuming too much processed and fast food can lead to weight gain and elevated blood pressure.

2. **Lack of Physical Activity:** Leading a sedentary lifestyle can increase the risk of hypertension. Regular exercise helps keep the heart and blood vessels healthy and can lower blood pressure.

3. **Excessive Alcohol Consumption:** Drinking too much alcohol can raise blood pressure over time. It's essential to consume alcohol in moderation to maintain heart health.

4. **Smoking:** Smoking damages blood vessels and can raise blood pressure. Quitting smoking can significantly reduce the risk of hypertension and other cardiovascular diseases.

5. **Family History:** Individuals with a family history of hypertension are at higher risk themselves. Genetic factors can predispose some people



to high blood pressure, but lifestyle modifications can still help manage it.

6. **Age:** Blood pressure tends to increase with age. As people get older, the risk of hypertension also increases. Regular blood pressure monitoring is crucial, especially for older adults.

7. **Obesity or Overweight:** Being overweight or obese puts extra strain on the heart and increases the risk of hypertension. Losing weight through a combination of healthy eating and regular exercise can help lower blood pressure.

8. **Stress:** Chronic stress can contribute to hypertension by causing the body to release stress hormones that raise blood pressure. Finding healthy ways to manage stress, such as meditation or relaxation techniques, is essential for heart health.

9. **Medical Conditions:** Certain medical conditions, such as diabetes, kidney disease, and sleep apnea, can increase the risk of hypertension. Managing these conditions effectively can help prevent or control high blood pressure.

Symptoms:

Hypertension is often called the "silent killer" because it typically has no symptoms in its early stag-

es. Many people may not realize they have high blood pressure until they experience a health crisis, such as a heart attack or stroke. Regular blood pressure checks are essential for early detection and management.

Diagnosis:

Blood pressure is measured using two numbers: systolic pressure (the top number) and diastolic pressure (the bottom number). A normal blood pressure reading is typically below 120/80 mmHg. Readings above this range may indicate hypertension.

Management and Treatment:

Managing hypertension often involves lifestyle changes and, in some cases, medication. Here are some strategies for managing high blood pressure:

1. **Adopting a Healthy Diet:** Eating a balanced diet rich in fruits, vegetables, whole grains, and lean proteins can help lower blood pressure. Limiting sodium intake and avoiding processed foods can also be beneficial.

2. **Regular Physical Activity:** Engaging in regular exercise, such as brisk walking, swimming, or cycling, can help lower blood pressure and improve overall heart health. Aim for at least 150 minutes of moderate-intensity exercise per week.

3. **Weight Management:** Losing weight, if overweight or obese, can significantly reduce blood pressure. Even modest weight loss can have a positive impact on blood pressure levels.

4. **Smoking Cessation:** Quitting smoking is essential for lowering blood pressure and reducing the risk of heart disease and stroke. There are many resources available to help individuals quit smoking, including support groups and nicotine replacement therapies.

5. **Limiting Alcohol Consumption:** Drinking alcohol in moderation can help lower blood pressure. Men should limit alcohol intake to no more than two drinks per day, and women should limit intake to one drink per day.

6. **Medication:** In some cases, medication may be necessary to manage hypertension effectively. There are several types of medications available, including diuretics, ACE inhibitors, beta-blockers, calcium channel blockers, and others. It's essential to take prescribed medications as directed by a healthcare professional.

7. **Stress Management:** Finding healthy ways to manage stress, such as meditation, deep breathing exercises, or yoga, can help lower blood pressure and improve overall well-being.

Conclusion:

Hypertension is a serious health condition that requires attention and proactive management. By understanding the risk factors, symptoms, and strategies for managing high blood pressure, individuals can take control of their health and reduce their risk of complications.

Remember, regular check-ups and lifestyle changes can make a significant difference in preventing and managing hypertension. Take charge of your health today!





## Molikeng takes Moraba-raba to Germany

**TS'EPISO SERABELE**

Maseru

**M**pho Molikeng is a talented Mosotho musician with a unique passion for combining music and traditional games in celebration of Lesotho's bicentenary, was hand-picked by the University of Western Cape to showcase his musical and gaming talents at the Oscillations Exhibition in Berlin, Germany.

The exhibition, which commenced from April 27, and will end on May 19, features Molikeng's musical interpretation of Moraba-raba, a Basotho traditional game. In Molikeng's version, each move generates a unique sound, creating an auditory experience that blends gameplay and music.

For Molikeng, these games and instruments represent a vital connection to the Basotho heritage. "These were played by our ancestors," he said, "They are a part of our cultural legacy, and I believe that preserving and sharing them with the world is essential."

"I am grateful for the opportunity to showcase our culture and music on such a global platform. I hope that my performance will inspire others to learn more about Basotho culture and to appreciate its beauty and diversity," Molikeng continued.

"While his performance at Oscillations is a significant milestone, it is not his only accomplishment. He has also been performing throughout Lesotho and South Africa, using his musical talents to bring joy and foster a greater understanding of Basotho culture.

The artiste emphasized that his interactive Moraba-raba game is not about competition but rather about creating a unique and fun experience for people. "It is an installation that brings people together and unites them through music and gameplay," he said.

Reflecting on his musical journey, Molikeng shared that he began playing the Gjembe drums in the late 90's despite limited resources and support. "I didn't let a lack of resources stop me from pursuing my passion," he said.

This perseverance has been a constant in Molikeng's life, as he has continued to pursue a career in music despite challenges as he believed it was always been his calling. "I knew from a young age that I wanted to make music a part of my life, and I have never wavered

from that path."

"People expect a lot from the music industry without investing in themselves or their craft, I've put so much of myself into my music, but I feel like I haven't yet reaped the full benefits. Musicians need to realize that success takes time and effort. You have to keep pushing forward, even when things get tough."

Molikeng's personal growth has been a major part of his journey as a musician, he shared, "I used to feel like I had to wear the Basotho blanket to represent who I am and where I come from. But now, I know that my music speaks for itself. It's a representation of who I am, and I don't need to wear my heritage like a costume. Artists need to remember who they are and what they stand for."

Molikeng emphasized that while Ntate Stunna's success is impressive, it was not achieved for the sake of the Basotho people, "Stunna made it big on his own terms, he worked hard, he put in the effort, and he succeeded. But he didn't do it for anyone but himself. The same goes for all of us."

He also highlighted the importance of support, particularly from parents in a musician's journey. "It took my mother 20 years to fully understand and accept what I was doing with my life, it wasn't until I performed on stage that she began to take notice and recognize the value of my music."

Emphasizing the need for music education in Lesotho, he said "In Lesotho, children often grow up wishing to hold instruments they see on television but without access to the resources they need to learn about them. If we had more music schools in Lesotho, children could begin learning and adapting to music at a young age. This would give them a head start and perhaps even help to reduce the stigma associated with pursuing a career in music."

Molikeng's appearance at the Oscillations Exhibition represents an opportunity for the world to appreciate the rich heritage and talents of the Basotho people. It is also a significant moment for Molikeng personally, as he continues to merge his passion for music and games to create a unique expression of his cultural heritage.



# So close and yet so far for Khatala

• As she falls short to secure Olympic dream

**KHOSI PHEKO**

Maseru

**H**opes for Lesotho's top marathon runner, Neheng Khatala to qualify for the 2024 Paris Olympics are all but shattered.

This after Khatala finished 10th while also clocking 2:28:37 at the Haspa Hamburg Marathon, held in Germany last Sunday. She fell short with just mere two minutes to meet the International standard of finishing at least at 2:26:56 securing herself participation at the Olympics scheduled for August of this year.

Despite missing out on the coveted spectacle, Khatala none the less displayed a splendid performance by finishing in the top 10 at a race enrolled by more than 25 000 runners globally including Africa's heavyweights such as Kenyan Cybrian Kotut and Ethiopia's superstar, Tirule Mesfin.

The two east African nations, Kenya and Ethiopia made headlines once again by dominating both the men's and women's category. For the men's, Bernard Kidrop of Kenya claimed the first prize after finishing at 2:04:24 while Haymanot Alew of

Ethiopia prevailed as a runner –up after clocking at 2:05:30 and lastly Philemon Kiplimo of Kenya finished third for crossing the finish line at 2:05:37.

On the Female's category, Kenyan Chepet Cheptai claimed the first prize by a whisker of at three seconds after finishing at 2:18:22 while her compatriot, Moraa Moseti came out second after running 2:18:25 and lastly Gotytom Gebreslase of Ethiopia settled for third place after completing the race at 2:21:19.

Speaking to the *Weekly Observer* during the Week, Khatala said she was pleased with her performance even though she failed to make it to the Olympics. She told this publication that she had a good first half however things changed drastically in the second half.

"The second half was really heavy for me, I tried to battle it out for half of the marathon but there were hills all the way to the finish line. I will take a short break just to recover my strength and I will decide a way forward after that," Khatala said.



**Neheng Khatala**

**KANANELO MASILO**

Maseru

**C**ommercial bank, Nedbank Lesotho has increased the A Division League Nedbank Top 8 tournament sponsorship to M350 000.

The bank decided to hike the sponsorship by M100 000 from M250 000. This was shared during the tournament's launch at the Lesotho Football Association (LeFA) premises in Maseru last Friday.

Speaking at the launch, Nedbank's Head of Marketing and Communications, Sekonyela Matamane, said the bank was committed to uplifting sports in the country and therefore thanked LeFA and the A Division Management Committee (ADMACO) for endorsing them to contribute in the growth of football in Lesotho.

"We have increased this year's sponsorship with M100 000 in an effort to grow the tournament," he said.

He said the prize money for the teams and individuals would also be increased. However, he said he was

## Nedbank increases A Division League sponsorship

not in a position to state the new prizes as they are yet to be finalised. "What I can confirm is that we are going to improve all sections and that says even the prizes will be improved."

In last year's edition, winners Ace Maseru cashed in M25 000 as the first Prize while runners-up Limkokwing University pocketed M20 000 and the third and fourth placed teams settled for M15 000 and M13 000 respectively. Teams which were knocked out in the Quarter-finals received M10 000.

Chairman of ADMACO Ts'eliso RAamatla, said the tournament helped A Division teams raise funds which also assisted the teams prepare for next season.

"This is a very important tournament, it is not just about competing, it helps teams to win money that will ease their preparations for the new season," he said.



**Sekonyela Matamane**

The tournament is set to commence this weekend, with Quarter-finals scheduled for Saturday and Sunday while the Semi-finals and finals will take place on the weekend of 11 and 12 May respectively at Bambatha Ts'ita Sports Arena Grounds.

**NEDBANK 8 DRAW**

Saturday May 4:

Maroala vs Qoaling Highlanders

Kick4Life Juventude vs Swallows

Sunday May 5

Mzamane vs Members

Lilemela vs Majantja



# Weekly Observer Sport

So close  
and yet  
so far  
for Khatala

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## Likuena's World Cup Qualifier's dates revealed



### KHOSI PHEKO

Lesotho will resume its 2026 World Cup Qualifiers in the month of June and the actual dates have been set by the Federation of International Football Association (FIFA).

Likuena, as the team is affectionately known, will face Zimbabwe on June 7 for match day three at Orlando Stadium in Jo-

hannesburg, South Africa. On Tuesday June 11, Likuena will travel to Durban for match day four of the qualifiers to host Rwanda at the Moses Mabhida Stadium at 1800 hours.

Lesotho is currently hosting their FIFA and the Confederation of African Football (CAF) matches in South Africa after its national stadium, Setsoto Stadium was banned by the two governing bodies to host any

matches under their auspices. The stadium was condemned for not meeting international standards placed by the two associations.

Likuena are currently in Group C of the qualifiers and are occupying fourth position in a table of six teams. They are on two points from two matches against third placed Nigeria which ended in a one all draw in No-

vember last year. Their following encounter against west African Nation Benin, ended in stalemate still in the month November in 2023.

After the fixtures scheduled for June, Lesotho will only be left with one encounter against neighbours South Africa to round up the first legs of the qualifiers.