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THARI

Thursday, 09 May 2024

VOLUME 1, ISSUE 29

Weekly Observer

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- Alleges the mine is operating illegally
- They threaten to go to court if matter persists

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Reskol Diamond Mining (pty) Ltd.
(Registered No: 12010/1391)



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Kolo residents denounce Reskol mine

- Alleges the mine is operating illegally

- They threaten to go to court if the matter remains unresolved

KHOSI PHEKO

Maseru

The Kolo community residing in the Mafeteng district expresses increasing frustration regarding what they perceive as the unauthorized operations of Reskol Diamond Mine, a Limited Liability company operating within several villages in the region.

Some residents of Ha-Petlane, a village in the vicinity of Reskol, allege that the mine is operating illegally in their area as legal processes and conditions were not followed similarly to when the mine was closed back in 2021.

This publication learnt that Reskol had stopped operations back in 2021 after its mining lease had expired and it was not renewed by then Minister of Natural Resources, Serialong Qoo, citing that the mine had not met its obligations to the community.

Reskol then sought the court's intervention challenging Qoo's decision, however the company lost the case forcing it shut its operations.

This publication also learnt that, the mining company resumed its duties earlier this year, an act which irked community members because they believe that the entity bypassed some process that would legitimately give it the green light to operate in their area.

The Portfolio Committee on Natural Resources in Parliament had summoned three parties which are Reskol, the Ministry of Natural Resources and representatives of the Ha-Petlane village yesterday (Wednesday) to mediate in the grievances, however, Reskol boycotted the meeting which caused the villager's wrath to persist.

Weekly Observer has also established that, this was not the first time that the mining company had defied the directive coming from the highest order.

Almost a fortnight ago, Reskol was summoned by the responsible Portfolio Committee to provide their side of the story but snubbed the calling. The no show from the mining entity prodded the Committee to de-



Reskol Diamond Mine

... suspects corruption between Moima and Ministry of Natural Resources in giving Reskola mining lease.

fer the meeting to this passed Wednesday of which it was futile.

Chief of Ha-petlane, Mosiuoa Petlane told the *Weekly Observer* after Wednesday's meeting that despite operating illegally, Reskol has turned away from its obligations of contributing in development activities within the area.

Petlane claimed that the mine had not lived to its word and has also contributed to some of their roads to being damaged, he said he is yearning for the matter to be resolved as soon as possible via mediation of the Natural Resources Portfolio Committee as Reskol has been avoiding confrontations with the villagers.

"The mine was closed initially, and now we do not know the manner and the terms of which it was opened. They never consulted any of us when they decided to reopen we were only surprised recently when operations were taking place.

In the previous government, we were properly informed when operations were ceased but with the current one, it was not the case because we just noticed from the heavy dusts that the mine has reopened," he said.

The Chief further blasted Reskol for not fulfilling their obligations and promises ever since its advent in their area, he said they had promised to contribute in the implementation of infrastructure developments such as; construction of road and establish a health centre as well as relocating houses which were damaged as a result of blasting activities.

He said this is enough to show that the mine cares less for the community and its well-being but rather their goal is to enrich themselves with their minerals.

"Some houses collapsed because of them but they did nothing about it. It is difficult to reach our area because our road was dam-

aged by their heavy machines and we are suffering alone while they are benefitting," Petlane continued.

Also present at the meeting was acting Commissioner of Mines Mohato Moima, whom, the Chairperson of the Kolo Mine Community Liaison Committee Mamahlape Hlapane suspects corruption between Moima and the Ministry of Natural Resources in giving the mining lease to Reskol which was initially condemned by the courts of law back in 2021.

She claimed that Moima issued a lease without aligning with the pre-requisites that were placed for any mining aspirants to adhere to which include; coordinating the community members with the mining officials.

The fed up Hlapane also told the *Weekly Observer* that after several attempts of approaching the company, they have now reached a boiling point and they are not willing to settle the matter alone thus they have involved the parliament in this regard.

She said if the matter drags or if the Committee fails to address their grievances, they will escalate the matter to the courts.

"We, the people of Kolo know that the mine was legally closed so now he has disrespected us by operating without informing us. He thought he could make a fool of us by just taking a lease and start working.

If it is legally supposed to operate, when did the mining company come to solicit our opinions and our expectations. We are confident to say that Reskol came to our area unlawfully because they never even responded to the letters that we sent to them."

After the meeting was adjourned yet again, the *Weekly Observer* approached the acting Commissioner of Mines, Mohato Moima to give his side of the story on allegations made by Hlapane.

He rejected the opportunity but requested that this publication to send the questions via email or phone call since he had other commitments to attend to. The questions were never attended to by email and his mobile phone rung but was never answered.





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KHOSI PHEKO

Maseru

Gvt forges ahead with reforms processes

• Tables Omnibus Bill in Parliament

The Government of Lesotho is making progress in the multi-sectorial reform processes. These developments were made when the Minister of Law and Justice, Richard Ramoetsi on Monday this week tabled the 10th and 11th Amendment also known as the Omnibus Bill before the National Assembly for the first reading.

The much awaited progress comes months after the Court of Appeal obstructed the current parliament from saving the reforms which were pioneered by the 10th parliament. This was after activist and journalist Kananelo Boloetse appealed to the apex Court, seeking it to invalidate the Parliament Standing Order 105 B. The standing order enables the reinstatement of expired business from the business of the previous parliament.

Boloetse petitioned that, the two bills had effectively expired with the life of the 10th parliament. He argued that there is no constitutional provision that permits the activation of the bills that lapsed with the dissolution of parliament.

As a result, the judgement of the Appeal Court nullified all the progress and passage of the reform bills which were initiated under then Prime Minister Moeketsi Majoro.

The impending court case also forced the government to stall the reform processes and it now seems determined to complete the long awaited process that has raised concerns by the public on whether they shall be passed.

Just moments after Ramoetsi tabled the Omnibus Bill, he summoned media practitioners for a briefing in one of the rooms in the parliament's premises. He told the media that according to their work plan, they had initially planned to table the Bills in before the National Assembly in February 2024 but because of lack of legal frameworks that were tabled before the parliament's commit-

tee, they had to defer it.

"However, this enabled us to continue with our consultation meetings which include, a one day well attended induction and validation workshop for the legislative committee of the upper house, Senate and Portfolio Committee on Law and Safety, Public Safety Cluster in the National Assembly and the Chairpersons of the former National Re-

forms Authority (NRA) integral Committees on the 18th March 2024.

The purpose of the workshop was to induct the committees on the contents of the Bill and further afford the Chairperson's of the former NRA committees to validate them," he said.

He further told the media that the Bill has been split in three in three major parts which are;

1. The 10th Amendment - Requires simple Majority to pass through and changes necessitating a simple parliamentary vote can proceed under this amendment.

2. The 11th Amendment - This requires at least two-thirds Majority which implies that major changes will demand a majority of parliamentary votes.

3. The 12th Amendment - This is also known as the Referendum. This where critical changes will need the endorsement of the public through a referendum.

The Minister said since referendum is carried out like elections, the process will be undertaken by the Independent Electoral Commission (IEC) and the Government will source funds for this project.

**Richard Ramoetsi**

LMPS reports two separate underage rape cases

• With both cases having the perpetrator as the guardian

KANANELO MASILO

Maseru

The Lesotho Mounted Police Service announced several incidences on May 7th, in which men are abusing and killing women.

Inspector Mareabetsoe Mofoka revealed that a Maseru man had been taken into custody in connection with the rape of a 17-year-old girl. She demonstrated that the victim and this man share a roof.

She showed that one father of a child is working as a nurse at Queen 'Mamohato Memorial Hospital, has been sexually assaulting his daughter several times since his wife is out the country due to work.

"It has come to attention that some men tend to forget their responsibility as

heads of the families as they have turned their children in to sex slaves," she said.

Another case of a man from Quthing who allegedly raped three girls aged 13,14 and 15 repeatedly also lives with them in the same house.

Inspector Mofoka showed that the cases of these girls were opened last year in October, and this happened right after one of the girls was angry with the situation they are living under as this man raped each of them for several times as they got home from school.

Three men from Kholokoe, Mahloenyeng, Matsieng appeared to the court of law in the district of Maseru as they are accused for murder of a woman and her two sons.

Inspector Mofoka showed that these men shot the mother and her sons and



were found with illegal firearms used for the murder, not only did they kill them, but they also burnt down the home of the deceased.

MEET OUR TEAM!

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Vodacom integrates connectivity, security to vehicle services

TS'EPISO SERABELE

Maseru

Vodacom Lesotho has unveiled its latest offering, concurrently revealing a strategic collaboration with Mafube ICT Solutions. This innovative venture introduces a cutting-edge car monitoring system, seamlessly integrated with a Wi-Fi hotspot service.

The unveiling ceremony occurred at Lancers Inn, Maseru, on Wednesday, underscoring the significance of this momentous occasion. As the first of its kind in Lesotho, Connected Car sets a precedent for future developments in automotive technology, positioning itself as a trailblazer in the realm of vehicle connectivity and functionality.

Connected Car is distinguished by its revolutionary tracking system, which employs cutting-edge instruments to provide real-time vehicle monitoring and tracking. This product's key features include services for recovering stolen vehicles, insurance certification upon installation, alert for detecting signal jamming, safety feature for impact detection, notification for battery disconnection, access via web and app, real-time tracking and Wi-Fi network.

According to Tlhaku Mokhehi from

Vodacom Business, the Bureau of Statistics 2022 recorded that there were 175 vehicle thefts, encountering 458 deaths that year.

"We present three distinct packages - V6, V8, and V12, each featuring exclusive features and different data allowances for Wi-Fi usage from 1GB. The packages come with a once off set up fee."

With these services, the owner has a portal where they can login with passwords to track the location of the vehicles, whether the ignition is on or off, the car is speeding or stationary.

Tanki Pule, popularly known as Tichere Pule, owning a luxurious car rental, stated that Connected Car has helped him in his business as he no longer worries about charging mobile routers, this aligning closely with his business aspirations.

He went on to say that the world does not stop because people are travelling, therefore sometimes there is need to send reports while travelling, hence presence of internet in the vehicles make life very easy.

He also highlighted the issue of reliability, stating that Vodacom makes it easy with satellite technology despite its geographic. He also stated that in his experiences, the message sent on the mobile if a car idles for a long time, indicating that

this helps save the environment and minimise costs of petrol.

Also as a way to manage the fleet business, he said messages are sent automatically on monthly trips, solving the issue of accountability.

The CEO of Vodacom Lesotho, Mohale

Ralebitso, giving closing remarks at the event said with the connected car, there is mechanism to monitor and shape the right culture in the roads, making it easy to hold people accountable as there are a lot of lives lost due to bad behaviour of driving.



Mohale Ralebitso

Public concerned over cost of living

TS'OANELO SELLO

Maseru

The recent increase in petrol and maize meal prices in Lesotho has left many citizens feeling frustrated and overwhelmed. For a country already struggling with high unemployment rates, this sudden spike in cost of living has only added to the financial burden of its residents.

Weekly observer conducted vox pop interviews with individuals who depend heavily on petrol and maize prices. Six taxi drivers shared their concerns about how the increase in fuel prices will directly impact their ability to provide for their families.

With petrol being a major expense in their line of work, any rise in its cost puts a strain on their already limited income.

The decision to raise petrol prices has been met with harsh criticism from these drivers, who believe that this move will only further exacerbate the already dire economic situation in Lesotho.

They are urging the government to reconsider their decision and find alternative solutions to address the country's economic challenges.

In addition to taxi drivers, there are also individuals who rely on street food vending as their source of income. For these six individuals, the increase in maize meal prices has had a significant impact on their business.

Maize meal is a staple ingredient in many of the meals they prepare, and any

spike in its price directly affects their profit margins.

Furthermore, the potential increase in transportation costs due to the rise in petrol prices is an additional concern for these street food vendors.

As they rely on public transportation to transport their goods to different locations, any increase in fares would eat into their already limited earnings.

Thabiso Lekhotsa, a 42-year-old street food vendor, expresses his frustration at the increase in petrol prices, stating that he will have to spend more money on transportation costs to bring his ingredients to the market.

This additional expense cuts into his already meager profits, making it harder for him to provide for his family.

"I think everyone is just taking advantage of everything that's been increasing I'm such a small time, what is the main reason for the maize increase, in such a bad time, they also had to bring this boom upon us."

When our customers see the increase in our food prices, they're going to complain and to be honest it wouldn't be our fault but theirs because they don't consider us as they're customers, how this is going to impact us at all," he said.

Mpho Sello, a single mother of three young children, shares her concerns about the rising petrol prices. She relies on public transportation to transport her food cart to different locations, and any increase in fares directly impacts her ability to make ends meet.

With petrol prices going up twice in a

month, she worries about the future of her business and how she will continue to support her family.

"With the little I make from my food business I make sure that my beautiful children go to bed on a full stomach and also get the education needed, but with what is happening now, it means struggles, we are already struggling to make ends meet but it looks like we also come upon more hurdles and."

I wish the government could do something about this and not just wait by the sidelines and watch us drawn," she explained.

Phomolo Sehlooho, a 35-year-old street vendor who specializes in traditional Lesotho cuisine, expresses her frustration at the impact of the petrol price increases on her business.

"That the rising transportation costs have forced me to cut back on certain ingredients, affecting the quality of my dishes. This has led to a decrease in customer satisfaction and overall sales, leaving me worried about the future of my business," she said.

Notably, taxi drivers who heavily rely on petrol to provide transportation services are feeling the financial strain caused by the sudden price hikes. To shed light on this issue, Weekly Observer conducted interviews with taxi drivers to understand how the increase in petrol prices is impacting their livelihoods.



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KANANELO MASILO

Maseru

Agriculture Minister advices farmers to start winter farming

On May 3, Minister of Agriculture Food and Security made appeal to the farmers to start the early winter farming to avoid the challenge of poor harvesting.

Honourable Thabo Mofosi showed that last season, there was a huge challenge of plants not growing well because farming was done late and the climate was not good.

"If we recall well last season farming was not good because the climate was bad and the plants did not make it through those days. In these conditions, we are go-

ing to face famine because summer plants dried out and the harvesting will be less."

Mofosi showed that summer farming was delayed because the rain did not fall during time of farming therefore, most farmers delayed to start farming and their plants did not grow well.

He added that most of loss was encountered in wheat since it was not harvested in time, he showed that rain was caused a great disturbance at the time meant for

growing wheat and harvesting.

"In this moment the prices are high in buying and selling of food therefore, we should start farming early this winter to win this battle of shortage of food by growing our own food. It is our appeal as the ministry to Basotho farmers to start farming now since the time has arrived," he said.

The ministry has already started distributing the fertilizers to the 10 districts

as part of preparing for winter farming and for the farmers to start.

He explained that farmers from the lowlands should start ploughing and take advantage of this little drops of rain falling.

The Ministry will continue to assist the farmers during this winter farming and the sales of seeds will decrease to M70 from M100 and the fertilizers from M100 to M80, the seeds available are wheat and peas.

Story continues on page 8




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... continued from page 7

"We advise the farmers to go to the farming stores in their districts to get the fertilizers and seeds but, only the people who are going to practice farming will be allowed to buy not those who are going to resale. The guiders will make sure that this action is executed accordingly," Mofosi said.

The farmers are advised again to go to the Ministry offices in their districts to register so that the records are made well for people who will be engaging in this winter farming.

The Ministry will not supply its machinery this year for ploughing, and the people owning machinery are plead hire their machinery to farmers with prices set by the ministry.

Mofosi showed that the Ministry managed to buy two harvesting machinery and their aim is to buy more, adding that the farmers should engage with blog farming since it is more effective.

Farmer reaches milestone with flint corn

KANANELO MASILO

Maseru

Mothusi Moahloli, a young farmer hailing from Both-Bothe, Serutle, has embarked on a pioneering venture in agricultural research focused on the cultivation of flint corn, a crop not commonly grown amongst farmers in Lesotho.

Moahloli has disclosed that his initiative commenced modestly, utilizing a small allotment of flint corn seeds procured from the previous year. Subsequent to meticulous cultivation efforts, he proudly announces a bountiful yield, having successfully harvested maize twice the initial quantity.

He showed that this maize is grown normally like other seeds of maize but, the difference is that flint corn matures faster than the normal maize people are used to.

"As I started this research, I used a small portion of seed I had which was 5litres but

as it grown and matured it multiplied more and shown a faster maturity than the seed we used to grow." He said.

Moahloli demonstrated that the maize he cultivated exhibited accelerated maturation, having been sown in October and reaching full maturity by May. He noted the utilization of inorganic fertilizers in its cultivation, which enabled the crop to endure the intense heat of the sun.

Furthermore, he highlighted its low maintenance requirements, indicating minimal interventions necessary for its care.

"Flint corn is different from the normal maize by color because it is reddish black and also the results after being processed to flour show that it is more like that of sorghum, in my first harvest the results were normal like the normal seed we grow but the second harvest is different," he continued.

Moahloli show that as it is his profession to deal with soil related issues, he observed

that the concentration of this maize is not usually the same.



Flint corn

Education Ministry celebrates 200 years of Basotho foundation

KANANELO MASILO

Maseru

On the May 2, the Ministry of Education and Training celebrated the 200 years of the foundation Basotho and the month of Early Child Care and Development (ECCD).

The mandate of this celebration is particularly aimed at the ECCD, and background of the ECCD is that the children are taught to recognize their well-being and the love for

their country.

Education Minister, Ntoi Rapapa, showed that Ministry has appealed to itself to celebrate the ECCD, he added that the early childhood schools were introduced in the year 1985.

In the year 2007, Lesotho College of Education also introduced the certificate and diploma courses for the teachers who will work at the pre-schools and they are paid by TSD from 2010.

"In 2023 the agenda of pre-schools was re-

formed and will cover all pre-schools, it is at least 310 primary schools that have achieved to have receptions in their schools. The aim is to see each primary school in Lesotho having receptions before a child can proceed to Grade 1," he said.

Rapapa showed that as the Ministry they are facing a challenge of unregistered pre-schools, and the education is still not in good conditions. Also he added that there is still a challenge of the teachers who are not well trained.

He added that another big challenge is that money is a problem for them to improve the education, also pre-schools are not free yet primary is free. He showed that parents are hesitant to pay for children to go to pre-school therefore, they skip the level of pre-school.

Rapapa concluded by advising all the schools to make a celebration of these 200 years and help build the country of Lesotho to a better country.

TS'EPISO SERABELE

Maseru

Lerotholi Polytechnic, one of the leading institutions of higher education in Lesotho, proudly hosted a momentous event last week Thursday, that marked two significant milestones: the unveiling of its 2024/25 to 2028/29 Strategic Plan and the launch of its Degree Programs.

The launch event was a testament to



Ntoi Rapapa

Lerotholi raises bar for higher education

the institution's commitment to excellence, innovation, and its determination to elevate the standards of higher education in the country.

Addressing the crowd, Professor Sepiriti Tlali, the Rector of Lerotholi Polytechnic, emphasized the critical role of human capital development in powering economic growth and overcoming global challenges such as financial instability, poverty, food scarcity, energy insecurity, climate change, and skill shortages.

"The unveiling of our strategic plan and the launch of these degree programs," Professor Tlali continued, "are vital steps in preparing our students to confront these challenges head-on, not only here in Lesotho but also on a global scale."

Tlali stated that since the school's introduction in 1905, its mandated has been to tailor education system that an-

swers needs of Basotho.

The Strategic Focus Area includes strengthening governance effectiveness, human resources development, management and corporate services, physical resources and infrastructural development, financial resource mobilisation and management, to mention a few. This, with hopes to make it the best technical school in the Mountain Kingdom.

The fully accredited Degree Programmes include, Bachelor of Engineering in Irrigation and Drainage, Bachelor of Engineering in Technology: Computer Engineering Electronics and Telecommunications, Power System Engineering.

Dr. Lits'abako Ntoi from the Council of Higher Education emphasised that the newly announced programmes are accredited and may be accepted anywhere in the world, harmonising with the SADC Qualifications Framework and African

Qualifications Framework.

Dr. Ntoi stated that the programmes were well-designed and appropriately pitched, that stakeholder consultations were conducted, and that the necessary equipment and qualified teachers were ensured to be available.

On the same note, Minister of Education and Training, Ntoi Rapapa underscored that the Government of Lesotho is fully committed to assisting the Higher Education and will continue sponsoring students.

He went on to say that the aim is to increase the number of students to be sponsored, that however, can be achieved if hard decisions such as ensuring privileged families to pay for their children. He said this is ensure that the most disadvantaged children are able to get sponsorships.

INTERNATIONAL
CORRESPONDANT

MK Party hits back at IEC ahead of Zuma appeal case in the Constitutional Court

The Umkhonto weSizwe Party (MKP) has slammed the Electoral Commission of South Africa's comments that the former president Jacob Zuma's legal team had no grounds to ask six Constitutional Court judges to recuse themselves from the matter.

The MKP and the IEC are ready to square up in the apex court on Friday after the elections body appealed the ruling of the Electoral Court, which found Zuma was eligible to run as a candidate in the May elections, despite being handed a 15-month prison sentence by the Constitutional Court, in June 2021.

Zuma and the MKP want the six justices who sentenced him to 15 months imprisonment in 2021 for contempt of court to recuse themselves.

On Thursday, the IEC said no matter the outcome of the appeal, it would have no bearing on the election as all electoral processes had been concluded and no more changes to the ballot or the electoral lists could be made.

Spokesperson for MKP, Nhlamulo Ndhlela, commenting on their recusal application, slammed the IEC and accused them of interfering in issues that were not of their concern, stating that they must focus on the appeal and not their recusal application.

"They are overreaching in a jurisdiction that has got nothing to do with them that they are seeking advice from and they now want to decide as to who must preside on



Zuma and the MKP want the six justices who sentenced him to 15 months imprisonment in 2021 for contempt of court to recuse themselves.

the matter. It doesn't make sense," he said.

Asked whether Zuma was ready for the legal showdown, Ndhlela said it was not a case of being ready or not, but rather a question of whether their request for the justices to be recused has been accepted.

"There are certain people who must

recuse themselves," he said.

Zuma, who is now the leader and face of the MKP, said he and his party are of the firm view that six of the justices would be biased against him.

According to the IEC, the ruling of the Electoral Court in the Zuma matter was

problematic for the work of the IEC and they wanted the apex court to rule on the matter once and for all.

They said as the elections body, they were mandated to ensure that candidates who stood for the elections could stand in the National Assembly once elected.

What will happen to Shell petrol stations in South Africa

INTERNATIONAL
CORRESPONDANT

Liquid Fuels Wholesalers Association of South Africa's CEO, Peter Morgan, says Shell's exit from the country is unlikely to lead to mass job cuts and the closure of its petrol stations.

During an interview with Cape Talk, Morgan said Shell would probably follow

the same approach it has taken in other African countries.

This would involve leaving a smaller sub-brand, Viva, in the country, where it will retain a percentage of ownership in its petrol stations.

According to Morgan, people need not worry because the company is not planning to shut down its retail network.

This means the roughly 600 forecourts and the jobs they provide are not immediately at risk, and the sites are not likely to close down entirely.

Morgan explained that the smaller sub-brand called Viva would likely be 80% owned by any given partner, while Shell would retain 20%.

In summary, Shell is not closing the

service stations and going away. "This is a common pattern with all the oil majors throughout Africa."

Morgan added that the reaction to reports of Shell exiting the country surprised him, as many oil companies—such as Caltex, Engen, and Puma—have already made similar moves, and they never made a ripple in the market.

"I'm not too concerned at all. We are not talking about losing jobs at petrol stations here," he said.

Following a worldwide review of its downstream and renewables business, the oil giant confirmed on Monday (6 May) its intentions to exit shareholdings in its South African retail, transport, and refining operations.

The international oil giant has a significant presence in South Africa and has operated there since 1902. The Department of Mineral Resources and Energy had also granted it exploration rights in the country.

Shell's exit coincided with BHP's takeover of South African miner Anglo American.

This led to speculation that the move was a vote of no confidence in the country's investment climate.

However, both BHP and Shell insist that the selloffs are for business reasons. - BT





Health talk and Patient care

with
Mosiuoa
Lesuhlo

Unravelling the Enigma of Diabetes Mellitus

In an age of unprecedented medical advancements and health awareness, one silent yet insidious condition continues to loom large in our collective consciousness: Diabetes Mellitus. As we embark on a journey to understand the complexities of this metabolic disorder, it becomes increasingly evident that unravelling its mysteries is essential to stemming its tide and safeguarding the health and well-being of millions worldwide.

Understanding Diabetes: Types, Mechanisms, and Risk Factors

Diabetes Mellitus is not a singular entity but rather a heterogeneous group of disorders characterized by hyperglycemia, or high blood sugar levels, resulting from defects in insulin secretion, insulin action, or both. At the forefront of this classification are Type 1 and Type 2 diabetes, each with distinct etiologies and pathophysiological mechanisms.

Type 1 diabetes, often diagnosed in childhood or adolescence, arises from the autoimmune destruction of insulin-producing beta cells in the pancreas, leading to an absolute deficiency of insulin. In contrast, Type 2 diabetes, which accounts for the majority of cases, typically develops in adulthood and is characterized by insulin resistance, where the body's cells become less responsive to insulin, coupled with inadequate insulin secretion.

While genetic predisposition plays a significant role in both types of diabetes, lifestyle factors such as obesity, sedentary behaviour, unhealthy dietary habits, and environmental influences also contribute substantially to the development of Type 2 diabetes. Addressing these modifiable risk factors is crucial in preventing and managing the onset and progression of diabetes.

The Far-reaching Impact of Diabetes: From Symptoms to Complications

The manifestations of diabetes extend far beyond elevated blood sugar levels, encompassing a myriad of symptoms and complications that can affect virtually every organ system in the body. Common symptoms include increased thirst, frequent urination, unexplained weight loss, fatigue, and blurred vision, which often prompt individuals to seek



medical attention.

However, the true burden of diabetes lies in its long-term complications, which can be debilitating and life-threatening if left unchecked. Cardiovascular disease, including heart attacks and strokes, represents the leading cause of morbidity and mortality among individuals with diabetes. Additionally, diabetes is a major risk factor for kidney disease, neuropathy (nerve damage), retinopathy (eye damage leading to blindness), and lower limb amputations.

Treatment Strategies: Balancing Medication, Lifestyle Modifications, and Self-care

Managing diabetes requires a comprehensive approach that addresses not only glycemic control but also the prevention and management of complications. For individuals with Type 1 diabetes, exogenous insulin replacement therapy is indispensable for survival, necessitating precise dosing and monitoring to maintain stable blood sugar levels.

In contrast, the management of Type 2 diabetes often begins with lifestyle modifications, including dietary changes, regular physical activity, weight management, and smoking cessation. Phar-

macotherapy may also be prescribed to enhance insulin sensitivity, stimulate insulin secretion, or inhibit glucose production in the liver, depending on individual needs and treatment goals.

Beyond medication and lifestyle interventions, diabetes self-management education and support are essential components of diabetes care. Empowering individuals with the knowledge and skills to monitor their blood sugar levels, administer insulin or oral medications, recognize and respond to hypo- or hyperglycemic episodes, and make informed decisions about their health is paramount to achieving optimal outcomes and enhancing quality of life.

Prevention: Paving the Path to a Diabetes-free Future

While the prevalence of diabetes continues to rise globally, there is growing recognition of the potential for prevention and early intervention to mitigate its impact. Public health initiatives aimed at promoting healthy lifestyles, improving access to nutritious food options, creating supportive environments for physical activity, and raising awareness about the importance of regular screening and early detection are critical in stemming the tide of diabetes.

Moreover, addressing social deter-

minants of health, such as poverty, inequitable access to healthcare, and environmental factors that contribute to the obesogenic environment, is essential in addressing health disparities and reducing the burden of diabetes on vulnerable populations.

Conclusion: A Call to Action for Diabetes Awareness and Advocacy

In conclusion, diabetes mellitus stands as a formidable challenge in the realm of public health, necessitating concerted efforts and collaborative initiatives to address its multifaceted dimensions. By fostering a culture of diabetes awareness, advocacy, and empowerment, we can effect meaningful change and improve the lives of millions affected by this silent epidemic.

As we navigate the complexities of diabetes, let us embrace a holistic approach that encompasses prevention, early detection, evidence-based treatment strategies, and ongoing support for individuals living with diabetes. Together, we can pave the path to a future where diabetes no longer casts a shadow over the health and well-being of our communities, but instead, serves as a catalyst for positive transformation and collective action.



INSIGHTS & Balance

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The art of detachment

Lately, I have been immersing myself in Eastern wisdom, and the most significant lesson I have gleaned is that I should never cling to anything but detach myself. My usual routine upon waking is to turn to Spotify or YouTube and play Alan Watts's lectures.

Watts, the most prominent Western figure when it comes to Eastern knowledge, often quotes from Eastern publications, including the sacred Hindu scripture called The Bhagavad Gita.

One quote from it that intrigues me is, "Detachment is not that you own nothing; detachment is that nothing owns you." When Alan Watts first stated this, I initially thought he was articulating something I was already practicing.

However, it took me months of listening to his lectures repeatedly to realize that I hadn't fully understood his message. Most of the concepts he discusses require time for thorough comprehension, but detachment, in particular, demands that one not be owned by anything at all, not even temporally.

This article partially documents my journey into Eastern knowledge thus far. I am choosing to focus solely on detachment because it is an incredibly intriguing topic, and the spectrum of Eastern knowledge encompasses a vast array of subjects.

To delve deeper, please consider exploring Alan Watts's lectures on YouTube or Spotify, or seek out other alternatives for consuming this wisdom. However, I would recommend listening to someone who presents these concepts in English as easily as Alan Watts does.

I have held stoic beliefs for quite some time, and I believed that stoicism inherently leads one to a state of not being attached to anything, but I was wrong. My first flaw is that I tend to conflate different concepts as one or similar things and fail to study them within their nuances.

Stoicism was developed by Zeno, an ancient philosopher from 334–262 BCE, and flourished throughout antiquity. Zeno formulated this philosophy after his merchant ship sank in the ocean; despite being a wealthy man, he had to bear the burden of instantly losing all his wealth.

He developed the teachings of stoicism to assist people in coping with disasters or painful challenges like his own. Zeno began spreading his ideas in the streets, and many other philosophers, such as Epictetus, who was born a slave, followed his teachings and demonstrated that anyone can endure hardships.

Stoicism is one of my favorite philosophies, and I believed that through it, I was already detached, until I realized that I was also clinging to it as a concept. I was fetishizing the idea of being perceived as a cool stoic believer until I grasped the essence of "de-

tachment is not that you own nothing, detachment is that nothing owns you."

You may notice a pattern here: I may still be clinging to the idea of being a person who is detached, which means I am attached to the idea of not being attached to anything, creating a never-ending cycle.

Here are a few ways in which you can practice detachment:

1. Detachment from goals: Many of us set goals for ourselves, whether they are related to our careers, relationships, or personal achievements. While goals can provide direction and motivation, becoming overly attached to them can lead to disappointment and anxiety if they are not achieved.

Practicing detachment from goals involves setting intentions without becoming fixated on specific outcomes. Instead of being solely focused on reaching a particular destination, embrace the journey itself and remain open to unexpected opportunities and outcomes along the way. This doesn't mean abandoning ambition or ambition but rather cultivating a mindset of flexibility and adaptability, where the journey becomes as important as the destination.

2. Detachment in relationships: Attachment in relationships often manifests as possessiveness, jealousy, or dependency. Practicing detachment in relationships involves allowing your loved ones the freedom to be themselves without trying to control or possess them. It means accepting that people and relationships are fluid and subject to change, and letting go of expectations about how others should behave or what they should provide for you.

By cultivating a sense of inner security and self-sufficiency, you can foster healthier, more authentic connections based on mutual respect and appreciation rather than neediness or insecurity.

3. Detachment from experiences: Our experiences shape who we are, but becoming too attached to them can lead to clinging to the past or fearing the future. Detachment from experiences involves recognizing that everything is impermanent and letting go of attachments to both pleasant and unpleasant experiences. It means embracing each moment as it comes without getting caught up in nostalgia, regret, or anticipation. By cultivating mindfulness and presence, you can experience life more fully and authentically, free from the constraints of past conditioning or future expectations.

4. Detachment from thoughts and ideas: Our minds are constantly generating thoughts and ideas, but becoming too at-

tached to them can lead to rumination, anxiety, or close-mindedness. Detachment from thoughts and ideas involves observing them without judgment or identification and recognizing that they are not necessarily reflections of reality.

It means letting go of the need to always be right or to cling to fixed beliefs, and instead remaining open to new perspectives and possibilities. By cultivating a sense of curiosity and skepticism, you can free yourself from the limitations of your own mind and become more open to growth and learning.

5. Temporal detachment: Everything in the material world is subject to change and decay, including our bodies, possessions, and circumstances. Temporal detachment involves recognizing the transient nature of all things and letting go of attachments to material possessions, status, or worldly success. It means acknowledging that true happiness and fulfillment cannot be found in external circumstances alone and cultivating a sense of inner contentment and equanimity.

By embracing impermanence and accepting the inevitability of change, you can

live more lightly and gracefully, unburdened by attachment to the fleeting pleasures and pains of the world.

In conclusion, the journey towards detachment is a profound and ongoing process, one that requires deep introspection and a willingness to let go of preconceived notions and attachments. Whether drawn from Eastern wisdom or Stoic philosophy, the essence of detachment lies in relinquishing the grip of ownership, not just of material possessions, but also of ideas, beliefs, and identities.

It's a journey that demands constant self-awareness and a commitment to embracing the present moment with openness and acceptance. As I continue to explore the depths of detachment, I am reminded that true freedom lies not in avoiding attachment altogether, but in cultivating a sense of inner peace and resilience that allows me to navigate life's inevitable changes with grace and equanimity. Through this ongoing process of letting go and surrendering to the flow of life, I am discovering a profound sense of liberation and authenticity that transcends the limitations of attachment.

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From turntables to triumph: The journey of DJ Dexta

TS'OANELO SELLO

Maseru

Bataung Mokhena, also known as the “DJ Dexta,” has been making waves in the music industry with his electrifying sets that blend hip-hop, Afro pop, naija, and more. From the moment he first laid his hands on a set of turntables as a young boy, DJ Tunde knew that music was his calling.

As he grew older, his passion for DJing only intensified, and now he finds himself booked at some of the best clubs including moonshine and 1818. However, being a DJ isn't always glamorous, and DJ Dexta has faced his fair share of struggles in the industry.

One of the biggest challenges DJs like DJ Dexta face is not being paid the exact amount promised by producers.

“Despite putting in hours of hard work perfecting our craft, DJs often find themselves shortchanged when it comes time to collect their payment. This can be disheartening for up-and-coming DJs who are trying to make a name for themselves in the industry.” He explained.

Finding gigs can also be a challenge for DJs, as competition is fierce and getting booked at top venues requires a combination of talent, networking, and luck.

DJ Dexta has had to hustle and prove himself time and time again to secure

coveted spots at clubs and events.

Another challenge DJs face is lack of support from their families. DJ Dexter's parents were initially skeptical of his career choice, preferring he pursue a more traditional path.

However, DJ Dexta's passion for music was unwavering, and he has since proven to his parents that DJing is not just a hobby, but his love and passion.

“Most parents don't understand what DJing means and how it'll eventually put food on the table, to them you're just wasting your time and not focusing on the profitable things that can build you, so we still have a long way to make parents support their children's choices,” he emphasized.

Despite these challenges, he continues to chase his dreams and share his love of music with audiences. In addition to his DJing gigs, Dexta also holds down a full-time job to ensure he can put food on the table and support himself.

“Being a DJ is my passion, but I also have to be practical, I work hard both behind the turntables and in the office to make sure I can continue doing what I love.”

Despite the highs and lows of the industry, he remains dedicated to his craft and is grateful for the opportunity to share his music with fans. With his talent and determination, DJ Dexta is sure to continue making waves in the music scene for years to come.

Top cyclists in action this weekend

• As they compete in Algeria and Morocco respectively

KHOSI PHEKO

Maseru

Two top cyclists, Kabelo Makatie and Tumelo Makae will be competing across the continent this

weekend.

On Saturday May 11, Makatle who is currently camping in Rwanda will represent Lesotho at the Tour de Algeria to be held in Algeria and after the

race, he will return to Rwanda to prepare for the World Road Race Championship which will be hosted in the country in 2025.

This competition in Algeria is intended to assemble a team of African cyclists that will represent the continent at the RRC, a global tournament that will be staged on African soil for the first time.

While his compatriot, Tumelo Makae will compete at the African MTB Championship which will be held at Morocco on Saturday May 11 to Sunday May 12.

Malefane Morie, the Public Relations Officer of the Federation of Cycling Lesotho (FCL) told the *Weekly Observer Sport* on Wednesday that like any other major tournament that Makae has participated in, his performance and results will be crucial to determine if he stands a chance to qualify for the 2024 Paris Olympic

Games.

He said although they trust him to do well at the games, he should be wary since the competition will be tight.

“Even other countries are still training hard to secure a spot in the Olympics, it will depend on him how he performs,” he said.

Although Morie was not sure of Makae’s point tally, he said assured that he still has a good chance and what is just required of him is to be at his best and beat the required time.

“There is a stipulated racing time that he needs to beat, but the most important thing is for him to prepare accordingly while also studying his opponents. All he just needs to do is to avoid any overlap and that would increase his chances,” Morie said.



Malefane Morie

SPORT CORRESPONDENT

South Africa

Kaizer Chiefs coach Cavin Johnson has become the latest PSL coach to feel hard done by officiating, bemoaning that referees have made things difficult for Amakhosi in the past few games.

10-man Chiefs played a 2-all draw against TS Galaxy at Peter Mokaba Stadium on Tuesday after Edmilson Dove was sent off on the stroke of halftime for upping his studs on Galaxy’s Kamogelo Sebelebele.

Referee Cedric Muvhali had initially booked Dove for using his hand to block the ball inside the box, giving the visitors a penalty in the process which Siphiwe Mahlangu tucked away before he completed his brace in the 76th minute. Ranga Chivaviro netted a brace for Chiefs. Amakhosi’s next game is against AmaZulu at Moses Mabhida Stadium on Sunday (5.30pm).

“We’ve got a red card for the reasons I [still] have to look at. There are challenges with the decisions made against us, many, many challenges. We will not talk about them but just for you to know that we’ve had many, many challenges in the last few games that we’ve played...whether it’s deliberate or not but we’ve had many challenges,” Johnson said.

Without really elaborating how, the Chiefs interim coach insisted that the officiating must improve. In the same breath, Johnson highlighted there was no need for him to focus too much on referees as that will not change the outcome.

“We got a lot of decisions that didn’t go our way. I think we need to take officiating to another level where we ask them [the match officials] why [they take a particular decision]. It’s very difficult to understand and it’s very difficult to have a feeling because he [the referee] is also human like us. We can phone anybody, the scoreline stays 2-2,” Johnson stated.

Johnson points finger at referees for Chiefs’ troubles

• Coach also heaps praise on two-goal hero Chivaviro



Ranga Chivaviro of Kaizer Chiefs challenged by Mahlangu Macbeth of Galaxy during the DStv Premiership 2023/24 match between Kaizer Chiefs and TS Galaxy at the Peter Mokaba Stadium, Polokwane on the 07 May 2024

Mamelodi Sundowns’ Rulani Mokwena and Pablo Franco of AmaZulu are some of the PSL coaches who’ve strongly complained about referees in the league in recent weeks.

Meanwhile, Johnson also heaped praise on his brace hero, Chivaviro, for staying positive even when he wasn’t playing, quipping he hopes he scores four goals in the next game.

“Ranga has been showing good mentality, good attitude and he’s always been positive even when he wasn’t part of the team. Today he scored two goals...I hope next week he scores four goals,” Johnson said.

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Bantu out of tittle race

• As Matlama and Lioli are left favourites



KHOSI PHEKO
Maseru

The current holders of the Vodacom Premier League, Bantu are mathematically out of the title, this leaving the two sides Matlama and Lioli as hot favourites to become new champions come the weekend of May 18.

Bantu's hopes of defending their crown were utterly broken after their 1:0 defeat in the hands of Lioli, in match played in Mhale's Hoek last Sunday.

They are currently on 56 points from 28 matches while their leading rivals Matlama and Lioli are tied up on 64 points each but are only separated by a goal difference with "Tse Putsoa" (Matlama's affectionate name) boasting a 35 lead and Lioli having 35.

As the VPL promises for an exciting finish with just two Matches left, the Mafeteng based side are totally out of the equation to win their fifth crown. This is because even

if they would win the two remaining matches, they would be on 62 points but non-the-less, they would want to end the current campaign on a high note.

It is more likely that the title race would be decided on the last day of the season since the two chasers, Matlama and Lioli are still set to face each other on the last day of the season.

Tse Nala (Lioli's affectionate name) will travel to Maputsoe this coming Saturday to face

a tough Lifofane. If they want to maintain hopes of winning their first title since the 2015/16 season, victory against Lifofane would enhance their chances to a glorious finish.

On the other hand, Matlama just like Lioli will vie for maximum points to affirm their aspirations of winning the league when they go up and against fourth positioned, Lesotho Correctional Service (LCS) at the LCS grounds on Sunday.