

April / May 2003

VOLUME 03 ISSUE NO 01
M4.00



MARA

HA A SE NA LIHLOELA A OELA

**The other
side of the
army**

**HIV / AIDS
infected
mothers
to get
nevirapine**

**Visionary Outlook : The
changing face of the army**

**From Kindergarden
to Deputy Commander**

**The butcher of
Morifi still on
the loose**



Mara's Beauties

Mara's Beauties



Liako Posholi from Matsieng, Maseru. She is 22 years old. She likes watching videos, movies and reading novels. She aspires to become a Chartered Accountant. Her role model is actress Halle Berry. She is so happy Mara Newsmagazine is back.



Lineo Nthunya hailed from Cocobe, Quthing. She is 18 years old. She likes singing and playing Netball. She loves reading Mara Newsmagazine.

Mara's Junior Beauties



Mohlobi Molapo, 11, is a Std 6 student at Tšepo Christain Primary School. She is a fan of Mara Newsmagazine. She likes to be a nurse. Her Hobbies are swimming and singing.



Setsoto Nyabela (11) a fan of Mara newsmagazine is a Std 6 pupil at Tšepo Christian Primary School at Sekamaneng. She likes to watch television and read books. She aspires to be a medical doctor.

An Apology

We know that all our readers, advertisers, business community, friends in the media fraternity and well wishers have been wondering as to what went wrong with their newspaper-Mara. Indeed a lot of inconvenience has been caused by this unexpected disappearance.

The Mara Newspaper went through some technical difficulties which took much longer than one would have wished.

Mara Newspaper wants to sincerely apologise to all our readers, advertisers, subscribers, business community, members of the Defence Force for the inconvenience caused.

Not only are we deeply sorry but we also trust that this won't happen again lest our integrity and reputation are questioned.

We are back again and we appeal for your usual support. We know that with your support Mara will grow from strength to strength.

HA E LALE BASOTHO!

Know what your national army is doing for you and your country by reading Mara. You can also comment on or express your views about articles in this issue by writing to the Editor.

Home sweet home!

Mara is honoured to acknowledge the arrival of its editor, Lt Col Tanki Josias Mothae (recently promoted) who has just completed his Senior Staff and Command Course at the Zambian Armed Forces Staff College in Lusaka, Zambia.

Although he was absent for a year, we at Mara felt like he had been away for years. For those who do not know, Lt Col Mothae was instrumental in concretising the commander's decision to start a newsmagazine to promote and project a positive image of the Lesotho Defence Force (LDF) locally and internationally.

Those who have worked with him describe him as a visionary and patriotic soldier who truly loves his country. As for us at Mara, all we know is that he has told us in

no uncertain terms that he wants Mara to be newsmagazine of high quality that the army and the nation can be proud of.

To him we say, Sir, continue to guide and inspire us and may your efforts be a source of motivation and inspiration to us all.

We are happy to inform you our readers that you will also come across his name when he is addressing and responding to issues pertaining to the LDF Training Wing (TW) where he has recently assumed office as the commandant. We wish him well in his new responsibilities.

It is gratifying to note that he will perform his new duties alongside those of the office of editor.

Welcome home, editor! Mohoma temeng!



Lieutenant Colonel Tanki Mothae who is back home after completion of a long year course on Senior Command and Staff in the Defence Services Command and Staff College in Lusaka, Zambia.

The looming war in the middle east



The possible war between Iraq and the US led forces in the Middle East requires serious thinking by individual soldiers as well as ordinary people. But here I would like to focus on security implications for Lesotho and what the LDF ought to do should the war break.

There is always an assumption that anything happening as far away as the Middle East, Europe or Asia cannot affect our country in the security sphere. That is not true. World peace can be disturbed by a problem arising from any part of the world.

The economic difficulties experienced after any conflict can affect even not directly involved in such a conflict. If such happens, of course security will be at stake. Countries, for example, can experience an influx of refugees both political and economic.

It is the responsibility of the defence force including all

stakeholders in the security sphere to remain vigilant in order to respond to any such crisis. But for the military, a call could be made at anytime to go that far to assist in the maintenance of peace, law and order if need be.

Let us hope that this crisis will be solved amicably. If not, watch this column in the next issue. ■

.....

Know what your national army is doing for you and your country by reading Mara.

You can also comment on or express your views about articles in this

issue by writing to the Editor.

If you would like to receive Mara regularly please do so through our, unbelievably, low subscription rates.

Do it now.



HIV/AIDS infected mothers to get nevirapine

Preventing mother to child transmission of HIV



**Cpl
Ntlele
Ntoi**

Approximately a year after the launching of Ministry of Health – Pfizer Dufican Partnership Programme, that is on January 29, 2003, the government of Lesotho has once again succeeded to secure another five-

year donation of Nevirapine by the German pharmaceutical company, Boe-hringer Ingelheim.

“Nevirapine is a well-researched and scientifically approved drug. It has been researched on African continent – in Uganda and South Africa respectively, with good results of preventing mother-to-child transmission of HIV/AIDS,” said the Managing Director of Boehringer Ingelheim Pharmaceutical Company, Mr Paul Steward.

Mr Steward said it was a privilege to his company to come to the rescue of the needy victims of HIV/AIDS citing the signing of the five-year donation as a “good gesture” of his company. However, he appealed to the government of Lesotho to take an initiative of applying for funds from the UN agencies so that at the end of the five-year contract the Ministry of Health and Social Welfare could still be in a position to administer the drug to the needy at the lowest possible cost.



The Prime Minister Mr Pakalitha Mosisili receives a donation of Nevirapine from Boehringer Ingelheim Managing Director, Mr Paul Steward.

“Furthermore, we promise to grant permission to other genetically approved pharmaceutical companies to produce and supply this drug at least at an affordable price of 50 – 60 Lisente per daily cocktail,” Mr Steward said.

The Minister of Health, Dr Motloheloa Phooko said his ministry is deeply concerned about the increase in statistics of children and young people infected with HIV/AIDS and other sexually transmitted diseases.

“This programme is a challenge to our ministry. If we could possibly

Cont on page 9

be successful we would again be obliged to see to it that we cut down on the number of orphans – we will have to make sure that mothers and fathers live well and longer to help in the upbringing of their children as well.”

The Prime Minister, Mr Pakalitha Mosisili expressed his heartfelt gratitude to Boeringer Ingelheim and also reiterated that the government of Lesotho is concerned about the increasing HIV/AIDS statistics for the past 16 years. “We are on the lookout for a company that will further assist with a drug that will help prevent the transmission of this dreadful disease from father to mother. The war is on!” he declared.

It was also announced at the

gala launching ceremony that December 2, 2002, marked the day the first Mosotho baby was treated with the drug. The baby, Retšepile (not her/his real name), ten weeks old at the time of launching, was said to be breast fed and healthy together with its mother.

Also attending the launching ceremony was Mrs Lillian Thaha, (not her real name) a seven-month expectant mother. Though Mrs Thaha does not know her status as far as HIV/AIDS is concerned, she is grateful that should anything go wrong her sibling’s survival is guaranteed. “What I am most excited about is the fact that the drug will be available to everybody, no matter how poor one may be,” she said gladly.

Mokhotlong, Quthing, Mafeteng and Queen Elizabeth II Hospitals

will pioneer the administration of Nevirapine with immediate effect.

Present at the launching ceremony were the cabinet ministers, members of the parliament, the diplomatic corps, UN agencies representatives and members of the public.

Meantime Dr ‘Molotsi Monyamane says all seems to be going well regarding the Ministry of Health – Pfizer’s Duffican Partnership Programme which was launched in Maseru earlier last year. “The good news to all HIV/AIDS patients is that we have already started administering Diflucan – a drug that attacks opportunistic fungus infections which occur in 10-40% of people living with AIDS”, he disclosed.

He said the first hospital to pioneer this campaign is Queen Elizabeth II Hospital where over 1,000 patients have already benefited from the donation. The official figure of HIV/AIDS infected people in Lesotho stands at 31%.

The Medical Director International Philanthropy at Pfizer Inc., Dr Sebati Konji said Duffican would be made available at all government hospitals and clinics. “The drug will be administered by specially trained health professionals as part of memorandum of understanding between the Lesotho Health Ministry and Pfizer Inc.,” she said. ■



Optimistic : Part of the crowd that turned out to witness the gala launching ceremony of Nevirapine.

Visionary outlook

The changing face of the Army

By Cpl Ntlele Ntoi

The recent promotions in the Lesotho Defence Force (LDF) saw two, of Brigadier Edward Thuso Motanyane and Colonel Sam Makoro rise to the rank of major general – something the LDF has never had before. The promotions are instituted in accordance with the armed forces 2028 restructuring ‘master-plan’, says the commander Lieutenant General Makhula Mosakeng.

“Maj Gen Motanyane has been appointed LDF deputy commander while Maj Gen Makoro is the army chief of staff,” Lt Gen Mosakeng announced recently at the army headquarters at Ratjomose Barracks in Maseru.

Apart from those major generals, two more senior army officers – Colonel Phatoli Lekanyane and Mahao Mofolisa have attained the rank of brigadier bringing their total number to four.

“The senior amongst them, Brig Khololikane Sebajoe is the Assistant Chief of Staff Logistics. The rest will each head various army formations such as intelligence, operations and so forth as assistants chief of staff respectively,” the Gen said.

All these posts have been vacant and long been budgeted for and this is the last year the army was supposed to fill them up. Apart

from those four brigadiers, there are still five more vacancies for the rank of colonels some of whom are to be deployed as military attaches in the Lesotho embassies abroad. Preparations are underway to train them in that field as well, it was disclosed.

“I have taken note that some may think by so doing the LDF is installing a vast command on a small army. No!” he refuted. “The reason is that nowadays we do not operate solely on our own; we work hand in hand with other armies of the world, so these promotions will definitely serve to enable us to be on the same platform with our SADC regional and international counterparts.



Major General Thuso Motanyane has assumed new responsibilities as LDF Deputy Commander.

“The army structure is like a pyramid. It has been decreed that in the LDF lieutenant general should be at the peak while his subordinates stretch down to the foot of the pyramid,” he explained.

The commander went on to say one might ask how could that be when it has been recommended that our army should be sizeable and affordable? How come that a brigade is commanded by a lieutenant general and not by a brigadier as it is the norm?

“People should take note that ours unlike the brigades of other states’ armies is an army on its own, not a unit within the framework of the army. But what is best for us is the fact that we strive to maintain comprehensive command structure favorable at the international level at all times. That is why we have opted to turn to some of the major countries of the world for assistance – countries like China, Germany and India”, Lt Gen said.

Furthermore, the commander announced that with the generous assistance and professional guidance of the countries mentioned the newly promoted senior army officers will pioneer the restructuring process to be complete by the year 2028.

“There would be new formations in the restructured LDF. Come June, 2003 people will see

Cont on page 11

*Visionary outlook ...
Cont from page 10*

significant changes we will display for all to see on the Army Day celebrations," he promised, citing a typical example of the formation of the pipe-band with the generous assistance of the Indian Army.

The LDF command is convinced the newly promoted officers are highly experienced people with unquestionable credentials to realize that objective.

"They will not be there by the year 2028 but the foundations they will help set will make things easier for their successors," the commander said, adding that those who do not want to see the LDF stable and progressing in the right direction



Major General Sam Makoro has assumed new responsibilities as LDF Chief of Staff.

will not speak in favor of the newly instituted changes in the army.

"People with ill intentions normally don't like to see anyone experiencing success in their sphere of responsibility. But if we are together in unity the better," he argued.

"There would be new formations in the restructured LDF. Come June, 2003 people will see significant changes we will display for all to see on the Army Day celebrations," he promised.

Interesting times ahead as the restructuring process gains momentum towards 2028.

A hand of God at Lepereng SOS village: How the less privileged survive

By Pte Sakeng Lekola

Thato Mosia (not his real name) sits outside at the SOS village oblivious of how lucky he is to be attending school against all the odds. "My parents died in a car accident in 1997. I was eight years old then. My grandmother took me under her care but could not afford to send me to school," he says with innocence showing in his face.

At the time of his parents' death, according to his grandmother, the boy was doing his standard 2 at Lithabaneng Primary School in Maseru. "We then took him to the Social Societies Village (SOS) where poor children, abandoned children and orphans are kept," she said.

The SOS Village has two schools, the kindergarten and the primary

school. "I am now doing my standard 6 at SOS Herman Gmeener Primary School," explained the boy.

Formed in 1994, SOS caters for the orphans, poor and abandoned children. SOS children are admitted in both schools in the village.

According to the principal

Cont on page 12

Hand of God ...
Cont from page 11

of the primary school Mrs 'Mamakoanyane Makoanyane, students are now mixed with others from outside the village. "We want SOS children to feel and regard themselves as part of the society," explained Mrs Makoanyane, adding that "those from outside the SOS village pay their school fees".

Mrs Makoanyane explained that through SOS social worker, poor children from all over the country are admitted and given a chance to study. She indicated that she makes sure that for the development of the country subjects such as agriculture, home economics, arts and crafts form part of the syllabus.

She said problems encountered include insufficient books and failure on the part of some students to pay school fees. "We pay half or a quarter of the fees for the poor children, but some fail to pay

what is left. Abandoned children and orphans attend school free of charge", she said.

A Social Worker at the Ministry of Health and Social Welfare, Mrs 'Maseisa Ntlama, explained that her ministry donates food, uniform and pays the school fees for the SOS students who cannot afford to pay. "After passing their standard 7, students go to different high schools but we still do everything for them," said Mrs Ntlama .

The social worker mentioned that a list is given to the ministry of social welfare by the SOS social worker indicating how many students have passed their primary education. "We then send the fees through the Department of Manpower," she said, adding "We receive progress reports from the schools and students who are not performing well are called in for counseling," added Ntlama.

Apart from the Ministry of Health and Social Welfare, the

Consolidated News Agency (CNA) is among the agencies which is playing a big role in helping SOS children. The Branch Manager of the CNA at Maseru Mrs 'Makhotso Katane says her agency provides books and stationary to the SOS Schools.

She observed that most of the people in Lesotho do not know about the SOS School. "It should publicize itself so that it may be well known and get funds from different businesses," she said. She appealed to business companies to be more philanthropic and support the SOS.

Formed in 1994, SOS caters for the orphans, poor and abandoned children.

The SOS village has 10 dormitories, each accommodating ten to eleven children. According to the principal of the primary school in the SOS village, the SOS village also gets its funding from Kindred International. ■

The other side of the army Soldiers with no guns at Matukeng

By Pte Sakeng Lekola

Seeing soldiers engage in community development

work left me with a gratifying feeling. I thought these guys are only good at shooting and it was my first time to see them with

no guns", said Majoro Majoro, a resident at Matukeng village. The villager was commenting during the occasion to mark the official

Cont on page 13

*The other side ...
Cont from page 12*

completion of the renovation work at Matukeng Health Centre (MHC) in the district of Maseru.

Majoro was confident that a number of villages adjacent to Matukeng would take maximum advantage of the health centre. "The rate at which people are dying these days makes it imperative to have health centres as near them as possible," said Majoro.

Speaking at the same occasion the United States (US) ambassador to Lesotho Mr Roberts Loftis said his embassy was proud to be associated with the project he hoped would go a long way to address health needs of the people of Matukeng and beyond.

"This endeavour is a result of good collaborative work between the Lesotho Defence Work (LDF), Ministry of Health, US Embassy

and the US armed forces through US European Command," said the ambassador.

The Ambassador said the LDF engineers constructed a storeroom for medicines along with a hallway to connect two buildings and put a new roof to protect staff and patients against exposure to harsh weather conditions.

"We have also provided stretchers, three electrical heaters, beds, gas refrigerators, office desks, chairs, cabinet and medical supplies," added the ambassador.

Other new facilities include a 10,000 litre water tank to serve both the clinic and the nurses quarters and state of the art solar panels for lighting and heating water at the new block and nurses quarters.

The head of the clinic, Nursing

Sister Alice Thintane, disclosed that before LDF assistance they had six rooms without bathrooms, toilets and light.

"It was so inconvenient to attend to patients at night using candles to light. Now there are lights all over and it is like working in town. We are so grateful to all those who came to our rescue," said Alice.

The minister in the Prime minister's office Mr Sephiri Motanyane expressed his gratitude to the US ambassador and said the project was a clear proof of the warm relations between the US and Lesotho. He congratulated LDF engineers who performed all the renovation work.

"I want to assure you that Government and the US have agreed that all clinics should be renovated to give the public the service they deserve. I therefore appeal to you people of Matukeng to please take good care of this clinic of yours so that it may last much longer," said the minister.

On behalf of the Commander LDF, the then Chief of Staff Major General Anthony Thibeli said he was very proud of the work done by LDF at Matukeng and elsewhere in the country. He said although renovation work had started early in September 2000, it had taken longer than was expected due to shortage of LDF manpower and materials.

According to the Chief of

Cont on page 14



The nurse in charge of Matukeng clinic Mrs Alice Thinthane in cordial conversation with the American Ambassador to Lesotho Mr Robert Loftis.

The other side ...
Cont from page 13

Staff this was the fourth clinic to be renovated by LDF after Khabo, Liphiring and Thabana Morena clinics. "We have also constructed footbridges at Seshote, Sehlabathebe and Sehonghong and we intend to participate in more projects countrywide as part of the service we render to our communities," he said.

The Chieftainess of Matukeng

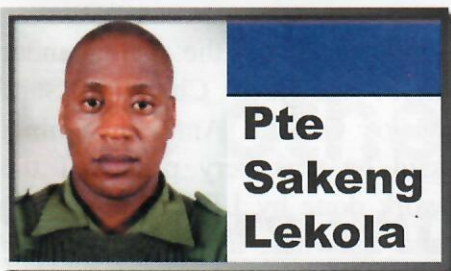
village Mrs 'Malioane Letuka thanked and urged the government to keep on assisting them. "I once had a kidney problem which was timeously treated and cured at this very clinic. I am therefore proud to speak as one of the many beneficiaries of this clinic," she said.

Matukeng Health Centre or "Ha 'Mafilipi", as it is commonly known, was founded in 1974 by American Missionaries of the

Church of the Bible Covenant (CBC). The first missionary to run it was Mr Roger Reifeidt. It serves more than 10 villages of Qeme and adjacent villages including Tikoe, Likotsi, Tseka and Setho. The Florida Evangelistic Association (FEA) currently funds it from US. It has got only three nurses, one nursing sister and two nurse assistants. ■

The butcher of Morifi is still on the loose

Residents no longer at ease... but Army on the alert



The residents of Morifi in the Mophale's hoek district along the border between Lesotho and South Africa are no longer at ease following the October 13, 2002

shoot out allegedly by a South African farmer by the name of Mpomelelo Mbobo. The shoot out left at least five Basotho dead.

According to the witnesses, on the day of the shoot out, they saw a man along Makhaleng River bank. He came running and signalling the taxi driver to stop. "Thinking that he was a passenger, the taxi driver stopped the vehicle. When he got to the taxi, the conductor

opened the door for him to enter and all of a sudden, the man pulled out a pistol. Bang! Bang! The stranger fatally shot the driver, the conductor and three passengers at point blank range," explained a witness who preferred not to be named.

The witness said after the shooting, the man ran down to the other side of the river where a gang of about ten men was waiting for him.

Cont on page 15

*The butcher ...
Cont from page 14*

"They all crossed the river into South Africa where he got into his vehicle and drove away at high speed," added the witness.

Some residents of Morifi who had reportedly taken refuge in neighbouring villages and mountains in the wake of the incident have returned to their homes following the deployment of Lesotho Defence Force troops in the area.

The then Staff Officer 1 (SO1) Brigade Operations LDF, Colonel Clifford Polisa explained that the Charlie Company of the 1st Battalion through has been deployed there since end of October 2002. "Our aim is to bring tranquility to the area and ensure that acts of revenge across the border do not take place", the colonel said.

"On the other hand we were aiming to prevent the revenge from both RSA and Lesotho citizens and to reassure the public of Morifi," said the Col.

The Commander of the deployed platoon Lt Kondwane Khakubwe indicated the situation was tense when they arrived, "People were even scared of our vehicles," he said.

According to the villagers the killer is suspected to be Mr Mpomelelo Mboobo of the Konnet Spruit Farm near Zastron in South Africa. "He

always complains that our people steal his goats and sheep," they said.

They went on to explain that that was not his first time to kill the citizens of Lesotho. "It is true that some of our people steal from his farm, but that matter should be solved through proper channels. He should not take the law into his hands. He should have followed legal steps," said an angry villager.

In 1995 according to the villagers, the suspect proposed a public gathering in Morifi to discuss the problem of theft of his livestock. The proposal was granted. Different people addressed the gathering and when it was his turn to express his concerns, Mr Mboobo walked to the podium and all of a sudden pulled out his pistol and shot at the gathering. Some people were reported killed while others escaped with injuries.

The villagers have appealed to the LDF authorities not to pull out of the area. "We are afraid he will come back," they say.

The South African Police Service Attaché at the RSA High Commissioner to Lesotho, Detective Superintendent Ralikomo Motaung said on the basis of existing guidelines of the Extradition Treaty signed between Lesotho and South Africa a joint police task team was formed to investigate the incident in question.

At the end of their investigations the report was compiled and sent to both countries' Directors of Public Prosecutions (DPPs) for assessment.

"If there are areas where the DPPs need further clarification, the report will be sent back to the joint police investigation task team to probe further into the matter. When everything is done accordingly, it will be in the jurisdiction of the DPPs to issue a warrant of arrest or opt for other avenues. But if the warrant of arrest is issued, then the SAPS won't hesitate to do as ordered," he explained.

Meanwhile the Mohale's Hoek Lesotho Mounted Police Service (LMPS) Assistant Commissioner Motlepu Constantinus Makhakhe said while the matter is being dealt with certain areas of the Extradition Treaty between the two countries need some attention, given that Lesotho still upholds the death penalty while the RSA has abolished it.

"In cases like this wherein the culprit might get a death sentence the intervention of the DPPs both from Lesotho and RSA could be the only way forward. In order to make a break through, Lesotho as a requesting party has to make a solemn promise that if the said culprit is found guilty as charged some concessions will be made – most probably the life sentence in preference to death penalty," Ass Com Makhakhe said.

Cont on page 16

The butcher ...
Cont from page 15

“When the DPPs have done their part, the LMPS will have a keen

interest to confiscate the firearm used in the shooting incident and the culprit, Mpomelelo Mboobo arrested and leave it to the courts

of law to decide his fate,” he added. ■

From kindergarden caretaker to Deputy Commander

By Cpl Ntlele Ntoi

Many people think that the Lesotho Defence Force (LDF) Deputy Commander, Major General Edward Thuso Motanyane (48), is a renowned helicopter pilot. False!

Born at Mofolo Extension, Southwest Township (SOWETO), South Africa on August 24, 1954, Major General Motanyane is the fourth child in a family of nine – five boys and four girls.

When he was at the tender age of nine his father was pensioned. So, the Motanyanes decided to pack and come back home – Lesotho. It was not easy for young Motanyane to adapt rapidly to the countryside lifestyle after spending the better part of his childhood days in the buzzing suburbs of metropolitan Johannesburg.

ww Kickboxing was my only way of self-defence since I had no experience of pelting with stones

either,” he recalled.

Major General Motanyane went to school at St David Primary School – the Roman Catholic missionary school in the vicinity of his home village Ha Ndebele, under the chieftainship of ‘Masenate Masupha in the district of Berea.

He had barely completed his

primary level education when a tragedy befell his family, shattering his hopes to further his studies. “My father passed away in 1972. He being the breadwinner, I had to forget all about schooling. So, I moved in at a local kindergarden centre as a caretaker for a year or so,” lamented the Major General.

At the time the then Lesotho



Screwing it up : Maj Gen Thuso Motanyane (left) in Donauwörth, Germany in 1987.

kindergarden ...
Cont from page 16

Youth Service (LYS) was the only learning institution at young Motanyane's disposal that could offer some kind of life sustaining skills gratis. He went there and learn agriculture.

While he was still there he happened to be amongst a group of energetic young men who were given a golden opportunity to attend a recruitment interview at the then Police Training Service (PTS) currently known as the Police Training Collage (PTC). That move shed light into what seemed more like a bleak future awaiting him.

"I successfully passed the interview and selected to train as a police officer. Our course comprised of five squads out of which two were sent to the then Police Mobile Unit (PMU). I happened to be amongst them," the Major General explained how he ended up being in the ranks and files of the PMU in the first place.

Then the government of Lesotho had a grand plan to reinforce the military with helicopters, so there was an urgent need to have pilots in the LDF. Major General Motanyane's transfer coincided with that process. He had just passed his Junior Certificate in 1974 when the first piloting selection was conducted in 1975.

"I was short-listed, but could not be selected for a piloting

training though. Nonetheless, I went further to do my General Certificate of Education (GCE London) where I did exceptionally well – mostly in Mathematics and Science subjects," he said.

Major General Motanyane was then vying to further his studies in a tertiary education institution. "The National University of Lesotho (NUL) was on my mind," he recalled, unaware that the LDF management had other plans too.

"I still remember how tendering cattle used to be such a daring and adventurous experience to me though things were not always going my way. Other herd boys used to tease and make fool of me due to my foreign accent and lack of experience in the art of stick fighting."

"I was sent to undergo an intensive military training course in the United Kingdom. I came back a qualified Aircraft Technician in 1981 – not a pilot, I bet," Major General explained, discarding

the fallacy that he is a renowned helicopter pilot.

After the UK Major General Motanyane frequented several African and European states where he refined his expertise in aircraft maintenance. He learned the hard way that the English were such a bit reluctant to share their expertise with other foreign nationals, especially when it encompassed advanced technological skills.

"They enjoyed seeing foreign students learning their lessons the hard way. But as for the Germans," his face shone up, "I bear them no grudge. They make sure that at the end of their training course no participant lacks anything as far as their course content is concerned. And so are the Libyan experts," he argued, praising the engineers who had helped mould him the man he is today.

The military trainings he has undergone to date comprise of the following:

- Senior Staff Course in Malawi – 1997,
- Defence Management in Swaziland – 1999,
- Executive Defence Management in Lesotho – 1999,
- Peacekeeping Course at the Zimbabwean Regional College – 2000,
- Leadership Course at the African Center of Strategic Studies, Botswana – 2000, and many more.

Major General Motanyane

Cont on page 18

Kindergarden ...
Cont from page 17

ardently believes that each and every one of his staff – from high to lower ranking officers has a potential of providing excellent services to the LDF. “They have talents awaiting to be honed to perfection and exploited to the benefit of our defence force,” the Maj Gen said handing out a list of donor countries and giant aviation companies he has ties with which have offered to train his staff.

“South Africa, Zambia, Spain, Germany and the United States of America together with Denel Aviation Co, Bell, Euro copter and others have each offered some training slots over the next two or three years. For instance, 12 boys who have just completed their basic recruitment course at the LDF Training Wing have started their piloting course at the 43rd Air School in South Africa”, he

said.

Despite his experience in and exposure to what it takes to become an army boss, Major General Motanyane vehemently denies that he is keen and ambitious to attain that high, exalted position.

He argues, “Nowadays the world, Lesotho included is advocating professionalism in all security agencies – armies given the first priority. So, I strongly believe that it will take a man with higher academic qualifications blended and fused with experience to see this army through. I am optimistic we still have such in hand.

“That is why I do not envisage any prospect of power vacuum after the massive departure of high-ranking army officers on pension list, though the issue still remains the challenge the LDF high command has to deal with

head-on,” he added.

The Major General is the former black belt taekwondo champion. He likes to watch boxing and plays volley ball in his leisure time. “I’m also looking forward to golfing this summer,” he said, grinning with delight.

His marvellous, outstanding service record earned him the favour and respect of His Majesty King Letsie III. He was decorated with Meritorious Medal in 1993. “God willing, in the near future I will also attain the glorious 30-years Service Medal,” he said.

The Major General is happily married to Mrs ‘Mamosele Idlette Motanyane and they are blessed with two sons.■

Army boss inaugurates recreational facilities at air base



**Sgt
Thabiso
Rajane**

It is my honour and privilege to inaugurate

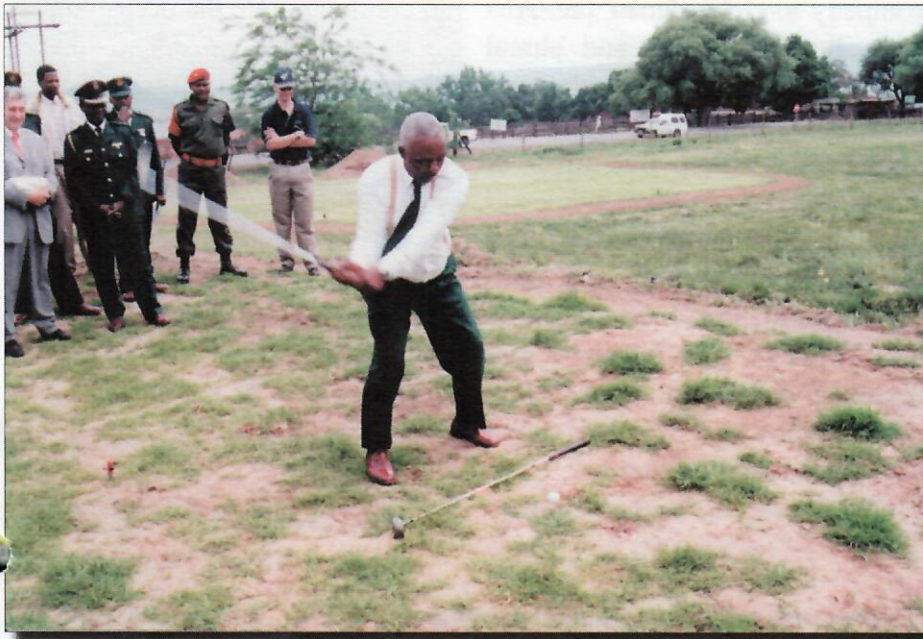
these recreational facilities at Mejametalana Air Base. The significance of these projects is a milestone in the development and progress of the Lesotho Defence Force,” says the commander LDF Lt Gen Makhula Mosakeng.

The army boss was speaking at the official inauguration of sports

facilities at the Air Wing base. The sporting codes catered for include Golf Driving Range, Soccer pitch, Volleyball court and Tennis court. The LDF Air Wing base is situated at Mejametalana Airport in the northern side of Maseru close to the Setsoto national stadium.

Lt Gen Mosakeng expressed

Cont on page 19



Lieutenant Colonel Jonathan Mateka demonstrating his golf skills at the newly opened golf course at LDF Air Base.

special gratitude to donor companies for their contributions towards the development of the facilities. "Their contributions in the form of sponsorship and technical expertise has made a big difference to this project and for that they deserve a big pat on their backs", he said. He named the companies concerned as

Lesotho National Insurance Group (LNIG) Maseru, Maseru Golf club, Executive Transport and Civil Works.

The commander also thanked the German Government for assisting LDF in various military occupational specialities covering

He warned the gathering that the facilities were not there to decorate the area. "Use these facilities as they are intended. Rejuvenate your bodies and liven up your intellectual faculties. Be competitive and enjoy yourselves. Remember that an idle mind is the devil's house, therefore keep yourself busy." Lt Gen said.

Speaking at the same occasion the then commander at the LDF Air Squadron Major General Thuso Motanyane noted that the recreational facilities conform to International Military Sports Council (CISM) mandate of 2000 "Sports for all in the military". He thanked and praised the staff under his command for their dedication and commitment during the construction of the facilities.

The Major General disclosed that the next step for his department was to kick-start the exploration of the underground water project which he said has been outstanding for some time. "I am confident that we will soon identify a prospective donor", he said.

Speaking on behalf of the Lesotho National Insurance Group (LNIG), Mr Bonang Malebo, underwriting manager, said his company was very proud of the fact that it has had warm association and working relationship with the LDF air wing

Cont on page 20



The new tennis courts at the LDF Air Wing.

Army boss ...
Cont from page 19

since its inception.

“To fly you have to be fit and when we were to support the development of the various sports facilities, we saw this as a wonderful opportunity to assist in the overall physical and mental well-being of the members of the LDF”, he said.

On behalf of EADS-CASA Regional Customer Support

Services based in the RSA, Mr Faustino Vigil expressed the company's gratitude to the Airwing for being part and parcel of the official handing over and inauguration of the sports fields at Mejametalana base.

“We are sure that these facilities will assist in keeping the LDF personnel fit, not only for sports but for work and leisure”, said Faustino.

EADS-CASA donated two

spectator stands estimated to cost about M30,000-00 and 15 T Shirts to commemorate the occasion.

The Managing Director of EADS-Euro Copter, Mr Guenter Wissman promised that his company would offer golf lessons free of charge as part of their contribution to the success of the sports facilities. He also handed over a plaque marking the special occasion to the commander LDF Lt Gen Makhula Mosakeng. ■

“Enter to learn and depart to serve”

A day at Bishop Allard Vocational School

By 'Mantlhaba Ntlhaba

Bishop Allard Vocational School (BAVS) is situated at St. Michael's Roma, about 30 kilometres Northeast of Maseru City. I bet apart from those who have benefited directly from the activities of the school not that many people are aware of the immense contribution the school is making in association with the Leadership Regional Network for Southern Africa (LeaRN) -

Lesotho.

BAVS, we were told, was established in 1971 as the continuation school for primary leavers with only 28 students. In 1977 the roll increased to 48 students and today it has increased to about 300 students.

Our interest was centred around the much talked about Youth21 programme of the LeaRN Programme now referred to

under what is called Network of Leaders.

Mrs Gladys Fako, Principal of the school, said it was very easy for the school to join hands with LeaRN-Lesotho because of the convergence of the philosophies of the two. “You see LeaRN promotes community development through effective and transformative leadership and puts high premium on effective youth leadership. This ties in very well

Cont on page 21



Mrs Mashakhane Matobo, a teacher at BAVS is in charge of the youth21 (Network of Leaders) (Pic by L.Lejakane).

with our philosophy of developing youth leaders who can contribute meaningfully to the development of their communities," she said. The Principal was very grateful

to LeaRN Lesotho for its support. "I tell you without their financial support many of our projects would not have taken off. And now through their support and encouragement our motto of 'enter to learn and depart to serve' is become a reality", she explained.

She indicated that under the Network of Leader programme youth were being taught skills aimed at moulding them to become better leaders in their communities. "The programme makes them job creators and not job seekers," she said.

The training skills imparted to the youth include leadership skills, carpentry, building, maintenance work, sewing, construction of hygienic facilities such as wastewater pits and spreading awareness of HIV/AIDS pandemic.



The CEO of LeaRN Lesotho, Dr Malefetsane Sets'abi, shares a joke with Mr Sehoai Santho, regional Head of LeaRN's Leadership Academy (Pic by L. Lejakane).

Mrs Mashakhane Matobo who is a teacher and also in charge of Youth 21 said, the programme is mainly for the youth. "But we also involve local leaders so that this becomes a network of youth and adult leadership committed to the social advancement of their communities", she explained.

She disclosed that they have established an outreach programme which is doing very well. "At the moment we are focusing mainly in Semonkong. Our trainees are afforded a chance to practise as leaders. They teach adults. Boys do maintenance work while girls teach them home economics," she said.

Mrs Matobo said they also organise summer vocational camps (Summer Votec Camps) annually whereby students from different schools camp for two weeks. "During this period the invited students are exposed to Leadership skills, encouraged and motivated to have the love to serve their communities in all respects.

And as you would guess we create social awareness around the HIV/AIDS pandemic and invite them the help save lives by spreading the message that it is better to be safe than to regret", she said.

As this was an educational tour we even went to the neighbouring village to see some of the things Youth 21 had done for the community around St. Michael's. We were amazed to see the work they had done. This included rehabilitating ploughs (through welding), building wastewater

Cont on page 22

Enter to learn ...
Cont from page 21



One of the wastewater pits built by Youth21 for the community of St. Michael's (Pic by L. Lejakane).

pits, rehabilitating roofs and maintenance work in general.

Mrs Maluka Maino one of whom the youth had built a water waste pit said she was proud of the Youth 21 activities in the village. She said I no longer throw dirty water everywhere as they have built me a wastewater pit free of charge. My endless fights with flies are over", she said.

The Lesotho Hub is one of eight country Hubs of the LeARN. The others are Swaziland, Zimbabwe,

Botswana, Mozambique and three provinces of South Africa, namely Eastern Cape, Limpopo and KwaZulu Natal. LeARN is funded by the W.K. Kellogg Foundation.

The goal of LeARN Lesotho is to reduce economic, spiritual and social poverty in Lesotho through providing more and better leaders. It was officially launched in September 2002. ■

A Human Rights based approach for tackling issues of HIV/AIDS - WLSA



2003 promises to be a good year for all of us. Hopefully a year that Basotho will see the Sexual Offences Bill turning into law and Married Persons Equality Bill being debated on the floors of Parliament.

This year started on a good note, a candle of hope was lit for Basotho nation with the right honourable the Prime Minister Mr Pakalitha Mosisili Launching Nevirapine (an AIDS drug that reduces chances

of mother to child transmission) and therefore giving hope to a new generation of Basotho.

As WLSA, we are about to undertake a study on HIV/AIDS Gender and the Law (2003-2005). Over the last twenty-two years, the world has come a long way in its understanding of HIV/AIDS.

What the world perhaps did not bargain for was that the pandemic would bring much more starkly into our faces, the inequalities, economic injustices and the violations of human rights. In this study, we are proposing a human rights based approach to tackling issues of HIV/AIDS.

HIV is bringing to the fore, issues of discrimination and prejudices

and abuse of human rights. We are entering this arena for many reasons; namely; HIV/AIDS has ceased to be a confine of public health but is a pandora's box which is opening into issues of welfare, culture, economics, politics, the law and all the other aspects of our lives.

HIV/AIDS has directly or indirectly touched almost all the families in Lesotho. I am willing to bet my last Loti that most people in Lesotho have in one way or another lost a loved one, be it a family member, friend or colleague through this pandemic.

In this study, we will take a close look at gender relations, sexuality, sexual and reproductive rights of women and how the pandemic

Cont on page 23

is threatening assurance of those rights, in a socio-cultural context where sex is not openly talked about, where issues of intimacy and sex are relegated to a private sphere.

We acknowledge the complexity of sexual and reproductive rights and the fact that the private nature of sex may justify non-intervention by the state. Our view is that while privacy around intimate issues is desirable, there is a problem where privacy is used to justify violation of the rights of others.

Some people have argued that if there was no gender inequality, the scenario would be different. We would probably still have HIV/AIDS but not a pandemic. The argument being that gender inequality has fuelled the

pandemic. For instance in Sub-Saharan Africa;

- 55% of those affected are women
- Teenage girls are infected at a rate of five or six times greater than their male counterparts.

Most importantly, HIV/AIDS is a gender issue because it is difficult for women to say NO to unwanted and unprotected sex. Cultural beliefs, socialization, and values run so deep that women are silenced from making this simple life saving demand. Neither can women say YES to an expression of their own identities and their own sexuality.

What the inability to say No or Yes underscores is the fact that gender relations are based on power. Lesotho is no exception to this global picture. Looking at our laws

and social position of women, it is not very surprising that women are disproportionately affected by the pandemic.

Unequal power relations between men and women in which women often do not have the power to insist on safe and responsible sex practices increases their vulnerability to HIV. Women have very little bargaining power to insist on safe sex without fearing reprisals, which vary from anger and accusations to violent abuse and rape.

There is a lot of stigma and stereo-typing of STI/AIDS as being transmitted by women. This study will combine research with advocacy in order to bring to the fore the gender and human rights dynamics to HIV/AIDS. ■

'There is still a long way to go'



When paraded for ten years good service medals in the Lesotho Defence Force (LDF) recently at the army headquarters at Ratjomose – yes, ten years service

indeed, my mind raced back to the early days of my initiation into this service. How we were strong! How we were robust and daring! How we were ambitious, dear Lord!

When we resumed with our basic military training in 1992, our strength was in the region of two companies or so, I can still remember very well, but fate took its tool and cut it down gradually. We lost some of our colleagues

to death along this journey of ten years – both naturally and tragically. 'May their souls rest in peace', was all everybody could say when their memories crept to our minds very soon before we formed up at the parade.

As if everybody had already seen the better part of their youthful days our discussions were often punctuated with phrases like, 'Wish we could turn back the

Cont on page 24

*There is still ...
Cont from page 23*

clock. Those were the good old days’.

“Yes, ten years have gone by now,” I cursed a heavy sigh, and subsequently a stock of crazy questions, one may say, flooded my mind. “What have I done in all those tumultuous, trying ten years (1992 – 2002) I served in the military?” I asked myself.

“Do I really deserve this honour? Am I liable for other military decorations or could this possibly be the last?” I kept on pondering as the military band played the tunes that used to thrill me – yes, ten years ago, and most probably, so did the rest of my colleagues at the parade. No matter what, I served with honour and due respect, I want to believe.

I drew comfort from the fact that for ten long years, I never failed to report for duty; I never defied any legitimate order; appeared before any disciplinary committee nor summoned to the court marshal. Yes, I served with honour and due respect, I know, save for what may be written in my confidential report – only heaven knows!

By the time the man standing next to me hit hard on the ground and saluted our commander Lieutenant General Makhula Mosakeng, I collected my thoughts. And I was there, standing up right and patiently awaiting my turn. “There is still a long way to go, private,” the Gen remarked as he decorated me with a colourful bronze medal boldly engraved, ‘10 YEARS OF

GOOD SERVICE IN LDF’.

“Thank you, General sir,” was all I could say; as we shook hands and he passed on to decorate another man in the row. And so, on and on he went by till he got to the last man in the rear row of the parade.

Pte Semenyane Mokhorro, a photographer deployed at LDF Technical Section was also there to be decorated too, with a smile on his face, he said, “I am grateful indeed that my superiors have deemed it fit to appoint me for this medal.

To those who have not yet attained this ten years good service medal, I urge them to strive for the best they can do in their respective duties so that they could be decorated too in the future. Tact and patience do it, they must always remember.”

Pte Mokhorro solemnly promised to set his juniors a good example and furthermore, he is optimistic that he will also attain 20-years service medal when that time comes.

Pte Teke Ntilane was also decorated, and he came forward to express his views too, “Like our master of ceremony had said, this is a historical event since the LDF was established. You will remember that it used to be His Majesty, the King, who issued these kinds of medals, but this time around,” he said with a deep sense of gratification, “our commander has been authorized to officiate this glorious ceremony.

“This is a tremendous achievement we all have to applaud. Whenever

I wear this medal, I will always remember with pride that when history was made in the LDF I had been part and parcel of that event. I am impressed,” Pte Ntilane said.

On the parade there were also some members of the LDF who were decorated with 20-years service medals and those awarded meritorious medals for an outstanding performance in the military pentathlon recently held in the country between the South African National Defence Force (SANDF) and LDF.

When the day was over, with medals dangling on our chests, we all marched home to the arousing approval of our friends and loved ones. My mind kept on echoing the general’s remark all the way, “There is still a long way to go, private! There is still a long way to go, private!” ■

Be well informed about the Lesotho Defence Force and do your part in the reconstruction of the new look people’s army.

For some of the activities taking part within the Lesotho Defence Force stay informed by regularly reading the Mara Newsmagazine.

The role of intelligence in peacemaking

By Major Emmanuel Fuma

Conflict resolution is one of the important challenges facing the world today. The concept of conflict resolution is a composite one which includes all the form a war/conflict may take (diplomacy, the military, economy, politics etc) to be resolved. A tendency seems to be developing in which we tend to concentrate mainly on the military when talking about building the capacity for resolution in Africa.

No conflict can be effectively resolved if the actual source of the conflict is not identified, if the source of motivation of the belligerent is not known or if the aim (the real aim) is not known.

Identifying the root cause is not the answer, for the root cause of all conflicts is economic interests, but identifying the 'source' of conflict does provide a clear understanding of why the conflict has taken a particular form. Therefore, in attempting to resolve a conflict, all avenues must be explored.

It is true that the world belongs to all, therefore, it is the responsibility of all to bring about security in the world. But then, how do we bring about security in the world of conflicting sometimes-antagonistic economic interests? It is generally

accepted that for security to exist, there has to be political stability, though political stability does not automatically imply security.

Political stability thrives on economic stability and the opposite is the same. None of the two (political and economic stability) can survive in the absence of the others. It therefore goes to say that the issue of stability has an economic implication and that it has to be addressed bearing in mind its economic implications, if it has to last.

It is common believe and understanding that a politically stable country attracts investment (both internal and foreign investment) and therefore greater chances of economic growth. It is difficult to create political stability in an economically impoverished country and the population cannot claim to be secure. Most countries in Africa are experiencing some form of instability, be it economic instability or low intensity conflict, civil strife or military rule, all resulting from or worsened by economic situation.

From this, one may deduce that effective resolution of conflicts in Africa is proportional to the resolution of economic crisis Africa finds herself in. Therefore, no matter how strong a military

force deployed in Africa may be, it would never effectively bring about stability or effectively resolve a conflict, because the root cause will still remain for years to come, unless the solution to every conflict in Africa takes into cognisance the fact that conflicts are as a consequence of economic difficulties.

Every solution should, therefore, have as its intention, the creation of a climate conducive to safe economic activity, the existence of which implies political stability. The aim of military intervention should be to stop the (act of) fighting, thereby contributing towards eradicating its root cause.

But then what economy can one talk of in the case of Somalia for an example? Therefore, to stop the fighting may not necessarily imply safe, economic activity would take place as fighting may easily be replaced with rampant crime.

If Lesotho intends to play a role in the affairs of the continent, it would have to sharpen its conflict resolution mechanisms and skills, because conflicts are going to be a characteristic of our continent (and even our sub-region) as long as economic improvement is not realized.

(To be continued)

EVENTS IN PICTURES



Deputy Principal Secretary of the Ministry of Defence, Mr Lebohang Bosiu awards a certificate to one of the participants who attended a course on Conflict Management and Peacekeeping held at Lesotho Sun.



The Commander LDF Lt Gen Makhula Mosakeng and Gen Fulin Kui of the Peoples Republic of China share 'cheers up' during his official visit to Lesotho.



The Indian Army Security Advisor to Lesotho, Brigadier Jasbir Singh shares his expertise in military affairs with the LDF Snr officers.



Culturally clad Basotho women pose for a photo at the annual king's birthday celebrations at Setsoto Stadium.



Security in-depth: LDF soldiers manning a checkpoint during UN sponsored peacekeeping exercise in Tanzania.



The LDF military band leads the HIV/AIDS awareness march.

EVENTS IN PICTURES



The Commander LDF, Lt Gen Makhula Mosakeng decorates Commando Pte Mojaki Lesesa with ten years medal award.



The Commander LDF Lt Gen Makhula Mosakeng chats with the visiting Indian Army Maj Gen Kuldip Jamwal.



Comrades-in-arms: The Commander LDF, Lt Gen Makhula Mosakeng exchanges greetings with French Navy Attaché Capt Jean - Yves Bru at the French Embassy - Pretoria, South Africa on his official visit to Lesotho.



The Prime Minister, Mr Pakalitha Mosisili (left) and the Minister of Health, Dr Motloheloa Phooko hold a box of Nevirapine, looking on is the donor pharmaceutical company Boehringer Ingelheim Managing Director, Mr Paul Steward (right).



Colonel Tlhoriso Mareka receives a certificate from Assistance Chief of Staff Brigadier Khololikane Sebajoe at the official closure of the Senior Officers seminar at Makoanyane Barracks.



The day the Commander LDF Lt Gen Makhula Mosakeng (extreme right) bids farewell to Dr Innocent Iqwe (now late) who served at the Makoanyane Military Hospital in the last years of his life.

Mara's Advertising Rates

Effective from March, 2003

Display Advertising

One Quarter Page (A4 Size)	: M400.00 1st insertion
One Half Page (A4 Size)	: M700.00 1st insertion
Three quarter page (A4 Size)	: M900.00 1st insertion
Full page (A4 Size)	: M1300.00 1st insertion

Loose Insertion advertisements

M700 per insertion

Discounts

Frequency discounts of 5% will be granted for the second insertion of the same advert in the following issue. A flat discount rate of 15% will be granted for any advert inserted in three or more months.

Commission

A standard 16.5% commission will be paid to a recognised Advertising Agency handling of display advertisements.

Personal Information Advertising

M1.00 per word, minimum of six words.

Subscription Rates

	<i>3 Issues</i>	<i>6 Issues</i>
Schools	: M7.00	: M15.00
Lesotho	: M 8.00	: M16.00
South Africa	: M 10.00	: M17.00
Southern Africa	: M 12.00	: M20.00

Photos taken by Mara Editorial Staff as part of practicals of a course on photo journalism conducted by LL Productions Media Consultancy (Pty) Ltd.



Some residents of Ha Makhoathi stave off poverty by catching fish in the Phuthiatsana river that meanders nearby.



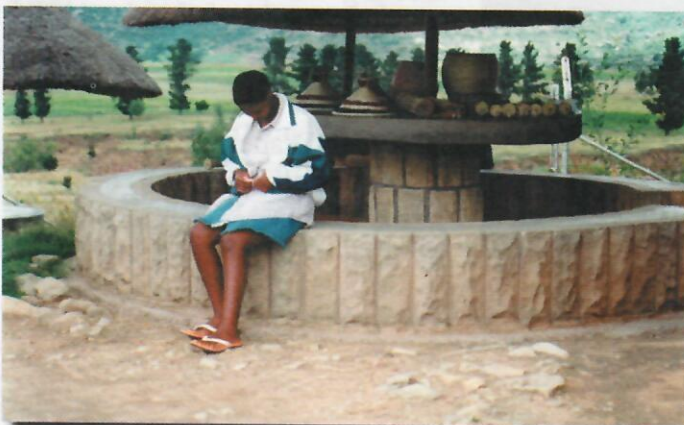
When harvest is good it is time to winnow as these women from khubetsoana demonstrate.



In these hard times vendors know it is the survival of the fittest.



These friesland cows look very well cared for.



This camera shy girl sells traditional items at the tourist office at Thaba-Bosiu.



The Post Office building is one of the most beautiful buildings in the capital of Maseru.

'No atheists in the fox holes'

The role of chaplaincy in the SADC forces

By Cpl Ntlele Ntoi

There is a common misconception coupled with ignorance that the term 'chaplaincy' is synonymous with a certain religious denomination – Christians identify it solely with Christianity; Muslims with Islamic faith and so forth. While it is agreed that there are no atheists in life, such a misleading notion ought to be dispelled if there is indeed a political will to have religious tolerant SADC armed forces.

Basically, chaplaincy in the armed forces, regardless of diverse religious denominations is all about the spiritual guidance, morale and other support programmes enshrined in the rules and regulations governing the armed forces – worldwide, it is perceived.

In a bid to make it clearer even to a layman, the South African National Defence Force (SANDF) four star-general – the "teacher" by the way, Chaplain General F. F. S. Gqiba once eloquently cited a moving legendary story, "...Casting his eyes upon him," the Gen went on, "he felt sorry for him. Poor fellow was shivering with cold for he had nothing to put on. He took off his cloak. Cut it into two and gave him the other piece," he said, arguing that it is such commendable acts of

compassion and the likes that set the basis of chaplaincy role in our armed forces.

"There are no atheists in the foxholes," the "teacher" said. "For centuries, soldiers have shown through their actions and their words their belief in the Higher Being. It should further be noted that soldiers could be spiritual, even if they are not members of one organized religion. That is, those who claim a religion and those who have faith and a prayer in their hearts, but they do not have a name for it."

"The military, therefore, needs someone to represent the faith of the member; help the member to find a way to one's faith; work with people of all religious persuasions and help the commander to understand how to support the religious needs of all his or her personnel".

In his presentation on 'The role of a chaplain in the defence force of the 21st century', Gen Gqiba argued that as the military machine rolls fatigue builds up; causing stress that manifests itself in alcoholism, drug addiction or suicide amongst the military personnel. The military, therefore, needs someone to represent the faith of the member; help the member to find a way to one's faith; work with people of all religious persuasions and help the commander to understand how to support the religious needs of all his or her personnel.

From the DRC conflict, the "wise man" Cutalala, Lt Col (Rev) E. Haikal of the Namibian Defence Force (NDF) has experienced how vital chaplaincy could be especially in armed conflicts. "When we deployed our troops in the DRC in 1998, the NDF chaplains' service did not go along with them. But the increasing demand from the troops on the ground pleaded a case that was eventually heeded and positively responded to. We dispatched the chaplains to the DRC to minister to them and thus meeting the primary role of the chaplains' service in the force."

Sharing the same sentiments is Rev Col Dladla of the SANDF, whose troops are still deployed in the UN peace support missions in both Burundi and the DRC.

Cont on page 30

"We normally change guard in six months time. Each battalion is accompanied by a chaplain who looks after our soldiers and help establish a rapport between the army, the locals and the church there," Rev Col Dladla said.

"We also provide force support in terms of distributing bibles, video and audio tapes, lap-tops, radios and facilitating any kind of help to their families back home should need arise," he pointed out, adding that they are looking forward to throwing their unwavering support behind the home based

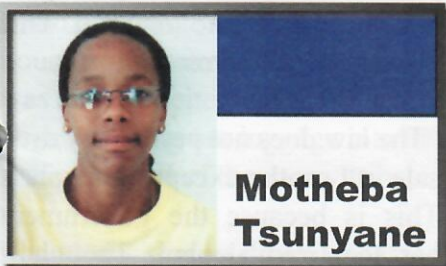
care programme for HIV/AIDS patients as well as finding amicable ways of thwarting farm attacks by harmonizing employee-employer relations in that sector.

Turning our focus back home, Mara learned that the Lesotho Defence Force (LDF) command does not prohibit any religious activities of all recognized denominations, "However," commented Colonel Letšolo Kholoane, "we do not have any chaplain to date in the LDF, but, I can reassure you that, we are on the verge of recruiting some," he said.

"To date," he added, "we only have interested individuals who often volunteer to lead morning prayers, take part in funeral services and other morale boost and spiritual guidance activities. As it has been agreed in principle, the recruitment criteria all depends on each state armed force's constitution on chaplaincy and standing operational procedures. At the regional level, we may differ, but not that much," Col Kholoane asserted. ■

Raves and drugs

How students ruin their future



Drug abuse is the excessive intake of drugs such as alcohol, dagga, cocaine and many others. Although no comprehensive research has been undertaken to determine the extent of drug abuse and peddling in Lesotho a study undertaken in Maseru and Butha-

Buthe in 2001 may serve as a mirror for other communities.

The study by the Thaba-Bosiu Rehabilitation Centre (TBRC), indicates that the problem of drug abuse and peddling is much more serious in Butha-Buthe and Maseru than is generally believed.

TBRC's research on drug usage shows that cocaine has long-lasting negative effects on the brain, including altered memory and behaviour, affecting the central nervous system. The study notes that in the past, most black

people could not afford to buy imported drugs like mandrax and cocaine. Also since they were restricted from international travel, they simply never had contact with drugs other than dagga.

However, due to poverty and other social ills drug peddling and consumption have become part and parcel of many people's lifestyles especially in Maseru. School-goers seem particularly vulnerable, in that dealers target the premises of educational institutions for further business.

Cont on page 32

Research stated that drugs were definitely being used in primary as well as high schools.

According to the report, dagga, alcohol, glue, cocaine and benzene were the drugs most commonly found in Maseru. They were available everywhere: on the streets, at schools, in shebeens, at nightclubs, at taxi ranks and in private homes.

A counselor at Thaba-Bosiu Rehabilitation Centre (TBRC) confirmed that though cocaine was once seen as a "white rave thing", it's becoming increasingly prevalent among the black communities.

Says Regina Mojakisane from TBRC: "More and more young people come to us complaining of their problems with cocaine. People think that this isn't a dangerous or an addictive drug. But they are wrong."

Ask 18 year-old Palesa Lelimo, "Most people don't think black kids are into cocaine, but they are wrong. Very wrong. I'm like a rich kid, I come from a wealthy family and I've always had everything I wanted. Last year the wheels of my life came off and it was because of drugs."

Palesa says she started using cocaine when she was 14. "I was hanging out with an old bunch of girls and that's how it started.

Actually, it really started when I started drinking at the age of 12, after my parents got divorced. Even so, I always did well at school without much effort and I was a real party animal. So when someone gave me a pill at a party, I was gone. I had such an amazing rush from this little white thing that the very next weekend I took more.

"A number of Nigerians have been arrested while importing drugs such as cocaine, crack and ecstasy. This has not been easy because Nigerians have contacts with other Basotho and policemen. Sometimes they get away because these policemen take bribery".

"Then it was every weekend. I couldn't get enough. I loved this feeling of being free and happy. I started going to raves. Most people think raves are a white thing but more and more black kids are doing it these days especially upper-class kids. It's like the in thing."

"Sometimes you may find that people that use drugs drop out of school, not because they are incompetent, but because of the effect the drugs have on the brain. They are just not able to concentrate on their studies", says Dr. Pontso Monese.

Says Dr. Monese: "Drugs also result in the breakdown of family relationships. If for instance, a parent is an alcoholic, he or she does not care for the family and sometimes becomes abusive."

"Most people are not aware of this but it is real. An alcoholic or addict ends up a negative role model to his children. He can only be a role model of how to be an absent parent", says Dr. Monese.

Says Monese: "Apart from damaging the internal organs-heart, liver, brain etc, drugs and alcohol kill off the nerve ending and lessens sensation in sexual parts and lead to the inability to have orgasm in the long run. This also happens to women."

"The law does not permit any drug sale in Lesotho except for alcohol. This is because the government has legalized alcohol. Though it is legalized, it does not mean that even children are free to have it", says detective 'Matlali Nchai.

Says Nchai: "A number of Nigerians have been arrested while importing drugs such as cocaine, crack and ecstasy. This has not been easy because these Nigerians

Cont on page 33

Raves and drugs ...
Cont from page 32

have contacts with other Basotho and policemen. Sometimes they get away because these policemen

take bribery”.

According to Nchai, in a recent household survey in Maseru, 43% of the people said cocaine was

used in the area, and 50% said it was sold there. 7% said crack was also used. Where is the Basotho nation heading to? ■

A day to forget

My nightmare trip to Gaborone



The blaring sounds of the state-of-the-art music system of the metallic grey German built Volkswagen Caravelle thudded heavily! I was to board the machine bound to Gaborone, Botswana. It was all the excitement as we neatly began packing our luggage into the vehicle ahead of the merry trip.

The clean-shaven driver appeared to be in perfect control of the vehicle as he cautiously meandered through the heavy Friday evening traffic at Maseru border post. I was more than certain of enjoyment and over the moon with excitement, my feet were thumping the floor of the vehicle in response to the beat of the rhythm and blues

music. The South African customs officials were also amazed at our jolly mood.

“The clean-shaven driver appeared to be in perfect control of the vehicle as he cautiously meandered through the heavy Friday evening traffic at Maseru border post”.

“Fasten your seat belts folks”, bellowed the husky voice of our chauffeur. He then stepped harder on the accelerator pedal and the big machine responded with tremendous speed. The thunderous roar of the music engulfed our

sometimes rare conversation as one had to shout on top of one’s voice. What was supposedly being said would never be heard!

It was just past midnight when we approached a town called Klerksdorp in the Western Province of South Africa to refuel the big machine. All of a sudden the sound of the music got lower and lower. We looked at each other in astonishment; panic was evident in the chauffeur’s voice as he said, “Oh! My God, that problem again,” he reduced the speed and cautiously pulled off the road, turned off the lights and engine.

“For goodness sake! The alternator isn’t charging the battery,” muttered the dejected man. Glancing at his wrist watch, “Its about a kilometre to the next town, and well risk driving without lights”, as he kicked the engine back into life. Silence and

Cont on page 34

*A day ...
Cont from page 33*

despair fell upon us as the vehicle tottered to the Ultra-Shell garage and filling station.

Our expectation of entering Botswana around 0600 in the morning was shattered upon receiving the bad news from the petrol attendants, that our problem could only be dealt with at 0800 a.m. when the motor spares shop would be open. I was sad at the thought of likely missing the excitement that waited us in Gabs, as Botswana capital city Gaborone, is affectionately called.

In an attempt to escape the boredom and sadness, I strolled to a nearby cafeteria to have something to keep my body going. I was greeted by a smiling face across the counter who questioned at lot about who I was and where I came from. As it happened that I was the only customer at the time, we chatted a lot and our conversation also became a perfect way of killing time.

As dawn approached, I rejoined the group at the vehicle and found them in all sorts of unusual sleeping postures. I had to do the same. The perplexing issue that perpetually haunted me was indeed the thought of missing the thrill of the soccer game between my favourite soccer team, Lesotho Defence Force Football Club and the much-fancied Mokgoditshane Fighters of Botswana Defence Force. The situation spared no

chance of a nap.

It was around 05:30 a.m. when my colleagues were awakened by my deep sound expressing severe abdominal pain, which was instantly followed by vomiting. Then came helter-skelter as my friends looked for water, others haltingly searched their luggage for whatever possible remedy could have been available.

Then my colleague, Tebatso Moneri, better known as Cassie in social circles, came to my rescue by administering what he termed the best of remedies in terms of sudden unbearable stomach convulsions. Believe it or not! A 340ml of soda water and two capsules of headache painkillers did the trick! The pain had subsided in about half an hour's time. Make up your mind to this trick!

I drifted into sleep and subsequently dreamt of my soccer idols loosing to Mokgoditshane Fighters by one goal to nil. It was not to be. Around 09:30 a.m., I was awakened by the loud sound of music. Brushing my sleepy and weary eyes against the back of my hand, I woke up and had indeed recuperated well from my ordeal. I was then informed that a new battery, starter and alternator had been bought and fixed at the garage.

The time was 11:30 a.m. when the vehicle was pronounced in perfect condition to continue with the journey. My sad emotions were suddenly drifted back to the

exhilarating mood. The big sound was back and the stamping had also begun. "That's it folks, God be praised", as the driver raised his oil-greased hands high in the air. He was praying and thankful to the Almighty God to have helped us overcome the difficulty.

Not having had a bath and stinking almost like rotten eggs, we finally entered the climatically hot and dusty Botswana through Tlokweng border post at approximately 14:45 hrs. There was no time for hotel bookings nor a warm bath or shower, we therefore headed straight to the Botswana National Stadium.

Ninety minutes later, dust rose to the sky, the air was filled with excitement when we emerged winners, having sailed to a 1-0 victory over Mokgoditshane Fighters. Grim faced Batswana were left amazed at our jubilant mood as we left the stadium. The thought of my ordeal had passed, it was by then, the perfect and ideal period to begin merry dancing, ululating and indeed socializing with the peace loving Batswana. What a trip it was! ■

Join the campaign against drinking and driving.
Better be safe than sorry.
Please don't be part of the sad statistics. Your family, friends and country need you. Don't disappoint them.

Through the microscope



**Cpl
Matheanzima
Taneso**

There is this misunderstanding which I want to wipe off from many people's minds who regarded soldiers as oppressors. Soldiers share common features with any one from the entire society, as they are also part and parcel of the society.

It is just that they have rules and regulations that govern them. Thus mandated and entrusted with the burden of responsibility to

protect the territorial integrity and sovereignty of Lesotho.

In a letter to the editor (vol.1 issue no1) Mr Motlalepula Khobotlo nicknamed "Monna oa Mosotho" noted that LDF is now a military with a new face. He indicated that he has been impressed by the way phones are answered at the Barracks and at the Ministry of Defence.

He observed that this was a giant step towards changing the perception that the military and its trappings have to be feared by the members of the public.

Private Sakeng Lekola, a member of LDF Public Affairs Office echoes similar views : "Gates are

now open for everyone in the LDF. Our friends in the media fraternity are politely welcomed in any LDF activities to report about them to the general public", he said.

Lekola also indicated that a soldier's protection of the nation is not only through the barrel of the gun but also with community work aimed at improving living conditions of the community. This explains why soldiers are seen in different parts of the country building, for example, footbridges, rehabilitating clinics and damaged homesteads and actively engaging in public activities aimed at raising social awareness around the HIV/AIDS pandemic. ■

Rising death toll on the Maqhaka - Ha Foso road

By Pte Sakeng Lekola

Roads accidents are escalating at an alarming rate on the Main North One road. Recently eight people lost their lives at Maqhaka and Ha Foso areas, about 20 kilometres (20km) out of Maseru town.

Despite concerted efforts on the part of the road safety department and the traffic police, accidents on this road are as horrific as ever and wreckless drivers are bearing the brunt of the blame.

"Most of the drivers do not care about lives. They recklessly

overtake despite road signs. Their main objective is to go through their business regardless of people's safety," says the Principal Road Safety engineer, Mr Moeketsi Steve Molefe.

The Principal Road Safety engineer explained that factors contributing

Cont on page 36

*Rising death toll ...
Cont from page 35*

accidents in Lesotho, Mr Molefe indicated that his department holds

associations representatives and police.



The curve of death on Ha Foso - Maqhaka road.

to increasing the number of accidents include drinking and driving, no respect for pedestrians, over speeding, reckless overtaking, overloading and failing to observe road signs.

On accidents that took place at Ha Foso and Maqhaka in February 2003, Mr Steve Molefe said, "Due to the wideness of the road, drivers are attempted to drive with a high speed".

"At Ha Foso a taxi collided with a truck on the 4th February 2003 due to reckless over taking by the taxi driver. Three people including the taxi driver died right on the spot".

He explained that in the second accident that took place at Maqhaka on the 9th February 2003, the truck collided with three light vehicles and caused five deaths.

To decrease the rate of road

gatherings in different villages, conduct lessons for students, holds defensive driving courses for drivers, provides pamphlets to educate the community and conduct some educational road blocks together with taxi

"Places we have been to already include Ha Leqele and St Michael's. Lessons were also held for schools such as Mapoteng High School and Marakabei High School where road signs were being maliciously destroyed," added Molefe.

The Information officer in the Road Safety department Mrs Moliehi Leqele disclosed that statistics show that vehicles frequently involved in accidents are van followed by kombis then cars.

Mrs Leqele explained that many vans are used for trips these days. She urged the community to avoid using vans for trips, as they cannot be compensated in the event of

Cont on page 37



The horror and tragedy of reckless driving.

*Rising death toll ...
Cont from page 36*

accidents. "Vans' trips are not insured, so taxis and buses are the best to be used. These vans' trips are overloaded which can be dangerous if the driver needs unexpectedly to avoid collision", said Mrs Leqele.

The Māputsoe-Maseru taxi driver who witnessed the accident at Ha Foso Mr Thabo Ramotheba said reckless driving caused the accident. He mentioned that the taxi driver overtook in spite of road signs warning against overtaking.

A driver for Ha Buasono-Maseru taxis, also a victim of Maqhaka accident Mr Nteke Mapiloko from Ha Majara in Berea district said, "I was off duty that night and was in a taxi to my home. All of a sudden I saw a truck coming in our direction face to face with our taxi."

"I did not know how it happened but our driver, as fast as he could managed to avoid that danger and parked aside and we were safe". "We survived by the power of god," he explained sighing with relief. Mapiloko urged taxi owners to make sure their drivers do not drive under the influence of alcohol and also give them time to rest.

The Officer Commanding police traffic division, Senior superintendent Abiel Kholokholo, explained that his division uses Picking speed traps to ease the

speed of vehicles, conduct foot and Mobile Patrols day and night and are given a slot on national radio to educate the community about road safety.

The Senior superintendent stated that plans were under way to hold educative lessons about road safety at churches, schools and villages. "We are even planning to increase our equipment such as Alcohol testing and Speed Cameras equipment", he explained.

Senior Superintendent Kholokholo mentioned that some pedestrians, especially when drunk, cross roads without ascertaining whether vehicles are near or not. He urged them to check at their right and left

"Most of the drivers do not care about lives. They recklessly overtake despite road signs. Their main objective is to go through their business regardless of people's safety,"

sides before crossing. He further appealed to them to avoid dark clothes at night whenever crossing the road.

Compared to other African countries, according to the report on status of road accidents

released by Southern African Customs Union Transport Liaison Committee in November 1999, Lesotho was the second in fatality rate after Ethiopia.

There is a loss of production according to the report due to killed and injured people in road accidents. It further shows that economically active future citizens are lost. ■

Too many women die each year during childbirth.

If you are pregnant please go for regular checkups at the clinic near you. Avoid taking alcohol and please desist from smoking for the sake of your health and that of your unborn baby. Smoking is certainly dangerous to your health and alcohol abuse is equally so if not more.

Kids sentenced to 3 years detention for stealing M20.00

By Cpl Ntlele Ntoi

Sello Mookoli (not his real name), 13, a convict at the Juvenile Training Center (JTC) in Maseru is serving 3 years in detention for stealing some meat sausages from a Chinese business in his hometown at Mafeteng.

Sello who was turned in in May 2002 is just one of 100 'inmates' from the age of 12-17 languishing at the centre. Are sentences handed out to minors for seemingly petty offences proportionate to the offences committed?

Sello looking genuinely remorseful related how he ended up in JTC: "Feeling hungry and craving for some meat me and my two friends ventured out to steal some polonys and simba snacks from one Chinese business," he said.

On the following day, in the absence of Sello, his two friends set out to try their luck again from the same business but could not get away with it. They were caught in the act and during interrogation by the police they disclosed that he too was with them the day before. "The police came and arrested me," he went on. "The next thing I found myself in court on charges of theft".

His friends were lucky; their

parents organized them lawyers. Sello found himself in a cul-de-sac. His mother, Mrs `Masello Mookoli (not her real name) a helpless alcoholic, could not afford to get him a lawyer. Besides, she did not know whom to turn to for help.

"The two boys whom I regarded as my best friends could not be found guilty and were eventually released. I was found guilty as charged," Sello explained, bobbing his head nervously.



Worried... Commanding Officer JTC, Senior Chief Officer Tseliso Shelile.

Mrs Mookoli visited her son

only once since he was turned in. With agony in his eyes Sello said: "My masters had told me that the centre could no longer get hold of her because she had moved on to undisclosed quarters".

The soft spoken JTC Officer Commanding, Senior Chief Officer (SCO) Tseliso Shelile said apart from Sello there is still a number of children under his domain whose detention period is a worrying factor given the nature of the offences they have committed.

"I have two boys at the age of 12, one orphaned and the other in custody of his widowed mother. The two have been given 3 years detention each on charges pertaining to theft common. They were found guilty of stealing M20.00," SCO Shelile said giving a resigned shrug of the shoulders.

The worse part of it the boys were tried in the absence of their guardians and parents. The latter only learned of the boys' fate when the verdict was already reached and were sent to the centre in May 2002. Ever since then nobody has come to visit them, complained SCO Shelile.

"This is a sad situation that needs an immediate attention of all the

Cont on page 39

*Kids sentenced ...
Cont from page 38*

stakeholders. The JTC is therefore calling for the intervention of the Probation Unit. The courts should not be given a green light to deal with children's cases without the involvement of the unit. Apart from that we have also appealed to the Chief Magistrate and the Director of Public Prosecutions to assist in anyway in this matter," he ardently declared.

The UN Convention on Rights of the Child states that 'the child, for full and harmonious development of his or her personality, should grow up in a family environment, in an atmosphere of happiness, love and understanding'.

Given the state of affairs, one concerned resident of Maseru Mr Thabang Mohloli thinks of more radical measures to explore: "Basing myself on the Children's Protection Act and other conventions such as African Charter on Children's Rights, Convention on the Rights of the Children and the likes to which Lesotho is a signatory – earnestly, I would urge the parents whose children are given such harsh detention period to mobilize themselves and challenge the legality of these sentences in court," he said.

The Probation Department Deputy Director, Mrs Ntšikeng Qhubu compassionately responded to the plight of the children: "The role of our department is to make sure that



Mrs Ntšikeng Qhubu is glad that newly reformed Child Protection Act will soon be in place.



Chief Magistrate, H/W Molefi Makara who has faith in his subordinates.

children's rights are secured under all circumstances," she said.

"The criminologists agree that

unstable family background is the main causal factor of the offences committed by minors. So when there are cases before the magistrate courts where children are implicated to have done wrong ours is to probe into such children's family backgrounds and compile reports," Mrs Qhubu explained.

Mrs Qhubu stated that her department is disturbed by the fact that there is no legal obligation that the magistrates should consider their reports on children's family backgrounds when deciding their cases. "But in any case we maintain the idea that those who prosecute children's cases should for all the times base themselves within the parameters of Juvenile Justice – not the Criminal Procedure and Evidence Act as some do," she argued.

"But very soon," she pointed out in earnest, "the newly reformed Child Protection Act will be in place and the problems we have been encountering will be something of the past," she gladly said.

She further disclosed that her department has appealed to the associations and institutions like Law Society, Legal Aid and the likes to assist in cases whereby any of the children in question needs someone to stand for him or her in the courts of law.

The Chief Magistrate, His Worship, Mr Molefi Makara says the magistrates are very

Cont on page 40

*Kids sentenced ...
Cont from page 39*

much aware that when dealing with children's cases they have to base themselves on Children's Protection Act of 1980. "As a matter of fact, once the case is in court the prosecutor is bound by that law to give advice as to how the court should be organized.

"The court shall therefore sit in a form of the children's court. That is to say, those who are not directly involved in the case are not supposed to be there. Apart from that the manner in which the

case is prosecuted will certainly differ more especially on the usage of language – abusive language shall be avoided," he said.

Mr Makara further explained that in some cases the court might decide to place the convicted child under the probation officers custody or else recommend that he or she serve in the community development projects under the close supervision of the probation officers.

"But in the case whereby children have committed serious crimes

that have aroused the concern of the community," he pointed out, "for the sake of their safety the magistrates may as well find it befitting to send such children to the JTC.

"The magistrate may recommend that a child should be at the centre, say, for two years, but should the authorities at the centre be convinced that that particular child is rehabilitated it will be at their own discretion to set him or her free at any given time – they reserve a legitimate right to do so," he asserted. ■

Mortar ideal for Lesotho's terrain - Gen Mosakeng

By Pte Sakeng Lekola

"A good horseman distinguishes himself by handling his horse good", says the Commander Lesotho Defence Force (LDF) Lieutenant General Makhula Mosakeng.

The commander was officially closing 81mm Mortar Detachment Basic Course Serial-1 at Makoanyane Barracks at the end of last month.

The Commander appealed to

the participants to make use of what they have acquired from the course. He explained that the terrain of Lesotho requires mortar thus the participants must practice accuracy in mortar.

The Security Advisor to the Kingdom of Lesotho Brigadier Jasbir Singh of the Indian Army Training Team (IATT) explained that the course was the first of its kind to be held in the LDF under the guidance of IATT.

"There are still more courses on

mortar coming thus these graduates have a long way to go. I am sure you (graduates) have understood what you have been trained for and all you need to do from now on is to demonstrate a high level of discipline," the Brigadier said.

The security advisor stated that LDF was still engaged in efforts to instill and maintain within the force a high level of professionalism. "I promise you that it is just a matter of time before you are highly acclaimed internationally as a disciplined and professional

Mortar ...
Cont from page 40



81mm mortar firing from the trench.
army," he said.

He went on to explain that the Indian High Commissioner, who visited Makoanyane Barracks on the 20th February 2003, complimented LDF personnel for their smartness. He urged them to keep it up and always demonstrate a high degree of discipline and a sense of responsibility.

The commandant LDF Training Wing (LDF TW) Lt Colonel Mothae, explained that LDF TW has begun the year 2003 with a variety of courses such as Drill Course serial-5, Platoon Commanders Course, Pipe Band Course, Commando Course and many others.

The Commandant mentioned that there is a great need for empowering officers and soldiers with skills of techniques in as far as different weapons are concerned. He said the main requirement in weapon training is that the soldier should learn how

to handle confidently and skillfully the weapons that he will use as a professionally trained soldier.

Under any operational situation, including counter Insurgency and Internal Security Operations according to Lt Col Mothae, soldiers of all arms and corps are more than ever likely to be called upon to use their weapons.

"It is not enough merely to train soldiers on a range, let them clean their weapons in peace times and then return it to the armory for safekeeping," said Lt Col. He added that a soldier must learn to live with his weapon as an ever-present part of his equipment.

He went on to warn the graduates that the training could be good, effective and interesting but if they do not align themselves with courage, loyalty, discipline and patience, fitness and endurance, adaptability and self-respect, the training will be a futile exercise.

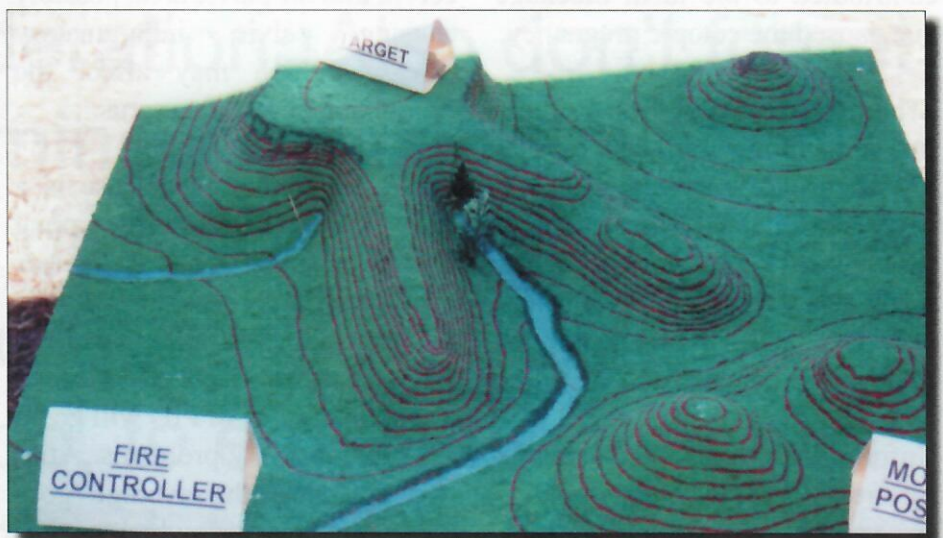
He suggested that ill prepared training offers a recipe for disaster as it deprives soldiers of the

necessary confidence. "Success in war does not only depend upon leadership, but also upon the soldier's confidence in his leader and ability to win a battle," Lt Col Mothae said.

Major Posa Stemere, also from LDF TW stated that the course started from the 1st January 2003 and 28 LDF personnel from the 1st Battalion of the 1st Infantry Brigade (11BN) took part.

One of the participants Private Phaello Phiela explained that he was grateful that he had been given the opportunity to take part in the course. "I gained more knowledge than I expected to. Before the course I knew a little bit about mortar but now it is different. My ambition is to make use of what I have acquired. I am even encouraging my colleagues to impart the knowledge they acquired to others," said Phiela proudly.

81mm Mortar according to Major Stemere can hit a target at about three to four kilometres (km) away. ■



81mm mortar can operate on any terrain.



Mateko Senchoba

The silent STD

Six months ago, Mpho Chaka (not her real name) a 28-year old textile designer, was suddenly struck down by debilitating abdominal pain while at work. Rushed to hospital in agony, Mpho was bewildered when told that the intense pain was related to an ectopic pregnancy that would necessitate immediate surgery.

“Afterwards, the doctor told me that I also had a sexually transmitted disease called chlamydia, which I had never heard of before,” says Mpho. Apparently this long-standing infection may have contributed to the tubal blockage that caused the ectopic pregnancy.

“There were no signs that there was something wrong with me and my boyfriend is sure that he has never been aware of any infection either. Now I am told that this might seriously affect my chances of being able to fall pregnant in the future,” she lamented.

Unfortunately, for many chlamydia sufferers there are no symptoms to warn of the infection’s presence until it’s too late. So,

while chlamydia is thought to be particularly prevalent in women under 25, few are even aware of its existence, despite the fact that it can lead to permanent fertility problems. If detected early, chlamydia is very easy to treat. It is one of the most preventable causes of infertility.

According to Dr Claire Jamieson of Well Women House in Cape Town, South African chlamydia is a type of bacteria that’s almost always sexually transmitted. If untreated, the bacterial infection can spread from the vagina and cervix into the pelvic area, possibly causing pelvic inflammatory disease, which may affect the fallopian tubes or the uterus.

Pelvic inflammatory disease is a leading cause of infertility among women, says Jamieson. He further disclosed that recent statistics from different clinics estimate that one in six women who have experienced a serious episode of PID will go on to have infertility problems. After two episodes, the average goes up to one in two, which makes sense because the blockages of the

Fallopian tubes can easily interfere with the normal passage of an egg through the uterus.

PID and long-term chlamydia infection also increase the likelihood of ectopic pregnancy. If a fertilized egg is blocked by infection or inflammation, there is a risk that the embryo will develop outside the womb. If undetected, an ectopic pregnancy can rupture a fallopian tube and cause massive internal bleeding.

Jamieson further points out that it is a good idea to catch chlamydia early, but herein lies the problem: most people carrying the infection aren’t even aware of it. Chlamydia rarely exhibits any symptoms and, even when it does, these tend to be fairly mild and generalized, often clearing up on their own after a while.

There would be little to spur into action those who are not alerted of the possibility of the infection and its inherent danger.

Another reason to beware of lurking chlamydia is that, it can

*Silent STD ...
Cont from page 42*

be transmitted from mother to child in the birth process. If you are pregnant and your chlamydia goes untreated, the bacteria could cause eye, ear, lung and genital infections to your baby.

Enough of the scary stuff. How then do you get rid of chlamydia before it does any real damage? A well known social worker Peter Morison says it all.

“The first step is admitting to yourself that you might have it. And if you have had a new sexual partner in the recent past and didn't use barrier protection, chances are

not remote enough for you to laugh off the possibility,” he said.

He continued, “Testing is easy. If your test result comes back positive, there's no need to panic. You simply need the right antibiotic to blitz the bugs and all will be well. But do remember to hold off on any sexual activity until after you have finished the course. You wouldn't want to pass around the bacteria that may still be untreated,” he added.

How can you avoid getting the chlamydia bug in the first place? A nursing sister Thato Mokuena replies with the familiar war cry: “Condoms, Condoms” . As with

most STDs barrier protection is the best defense. Just remember that, for protection to be effective, it's not enough to simply whip it at the last minute.

If you're serious about avoiding the exchange of bodily fluids, the condom needs to be in place from beginning to end. An extra dollop of spermicidal wouldn't go amiss either.

Even if you take the precautions, regular testing is advisable and its easily done, so try to think of it in the same light as checking your breasts for lumps or having regular Pap smears. ■

Living a healthy life pays.

Take care of your health as a matter of priority. Exercise, drink plenty of water and if you take alcohol please take it in moderation. Also don't forget to take your mineral and vitamin supplements daily to keep your health in top condition.

Remember too, to eat Garlic as often as you can afford as garlic is the king of herbs.

Condolences

Mara has learned with deep sorrow of the untimely death of `Makabelo Justina Rajane, the beloved wife of one of our colleagues, Sergeant Thabiso Rajane.

The late `Makabelo was admitted at Hlotse Government Hospital on the 04/02/03 and passed away on the 11/02/03.

We wish to pass our heartfelt con-

dolences to the family, friends and relatives of the Rajane family. May God give you comfort and strength to soldier on.

We also trust that like a true soldier, Sgt Rajane will forget the past and look forward to the future as life must move on. On our part we will continue to support him and each other.

`Makabelo Justina Rajane was laid to rest at Naleli, Maseru on the 01/03/03. May her soul rest in peace.

`Makabelo Rajane is served by her husband and two children, a girl and a boy.

May God comfort and bless the Rajane family in the times ahead.

Editor.

LL Productions Media Consultancy (Pty) Ltd.

Creating a better world through communication

Join the world of modern communication media
and enjoy the benefits of modern trends
in communication and communication
Technology.

We train you to communicate
better and more efficiently.... It's our job.
Give us the opportunity to empower you.
We will be glad to do so.

Call us now.

We offer training in Journalism, Communication, Human Resource Management and Effective Communication for Development (Development Communication).

Other available consultancy services include:

Community empowerment through the media.
Project Appraisal and Evaluation
Project Management. Appraisal of Development Projects
(Economic and Financial Analysis)

Local government. Public Administration.

Loan/Mortgage Analysis.

Our contact address is:

The Managing Director
LL Productions Media Consultancy (Pty) Ltd
P.O. Box 9561
Maseru 100
Lesotho

Tel: (266) 22335949 /22311297
E-Mail: Majaksca@yahoo.com



“Mathabiso Trust Bakery”

“Fresh baked bread, Pies and confectionaries always”



The best bakery in town, try us!!

Try us for your wedding cake

Cathedral Area Mathabiso Centre, P.O. Box 661, Maseru 100 Lesotho, Tel : 22327707 Cell : 58859669



More quality guaranteed

What makes Morkels different from any other furniture retailer?

It's more than our range of quality furniture, appliances, home entertainment equipment and bedsets. It's more than our commitment to service excellence, both before and after a purchase is made.

When you buy something at Morkels, you become a part of our family.

Whether it's our unique two year guarantee which can also be extended to five years, our committed toll-free customer care line or specialised delivery in customised closed trucks, at Morkels you can buy with complete peace of mind.

- Two Year guarantee

If anything does go wrong with your product, Morkels will act on your behalf to ensure it is in perfect working order.

- Morkels Club

Exclusive benefits such as free gifts, product discounts, competitions, promotions as well as free legal advice and emergency assistance.

- Customer Protection Insurance

Financial protection against damage, theft, death and even retrenchment.

Come in and ask a salesperson about one of our affordable payment plans.

And experience true quality, guaranteed.



Morkels

Your Two year guarantee store

Branches: Mafiteng, Maputsoe, Maseru (Kingsway Street),
Maseru (Mankupu Shopping Centre)



CUSTOMER CARE LINE
0800-222-888
CALL TOLLFREE!

**Get your Business
seen and heard !!**

**It pays to advertise
with**



**For further informa-
tion please contact us
at**

Tel: (+266) 22 320404

Fax : (+266) 22 310351

Roots & Routes (Pty) Ltd

PROMOTIONS · ADVERTISING · PRINTING

NUTTHOUSE



For
all your Printing,
advertising and marketing
needs.

Maseru Office: Ground Floor • Agric Bank Building • Kingsway • P O Box 13638 • Maseru 100
Tel: (09266) 326999 • Fax (09266) 310599

Ladybrand Office: Luette Centre No 3 • Piet Retief Street • P O Box 715 • Ladybrand • 9745
Tel: (051) 924 5396/7 • Fax: (051) 924 0798

LDF Netball team to host CISM ESALO tournament

By Sgt Thabiso Rajane

The Lesotho Defence Force Netball Team will host International Military Sports Council-Eastern Southern African Liaison Office (CISM-ESALO) tournament in May this year.

According to Sergeant Thabang "Magic" Mafatlane CISM-ESALO Netball Tournament started in the year 2001. "Then It was hosted by South Africa. The competitors

were Lesotho, Botswana, RSA and Namibia," Sgt Mafatlane said.

In that tournament Botswana came first after beating all the other three teams and went home with gold medals and a floating trophy. LDF Netball Team brought home some silver and bronze medals.

Sgt Mafatlane disclosed that the second session of the tournament will be staged in Lesotho, probably at the Lerotholi Polytechnic sports

grounds.

"This time around, eight countries from the SADC are expected to participate in the tournament. The competitors will be drawn from the hosting country, Malawi, Namibia, RSA, Swaziland, Tanzania, Zambia and Zimbabwe respectively," the Sgt said. ■

Volleyball tournament - a success

By Pte Sakeng Lekola

Lesotho Defence Force (LDF) Personnel Office Volleyball Team won the Military Inter-Battalions Volleyball tournaments held at Mejametalana Airbase on the 7th February 2003.

The team was awarded a circulating trophy, which LDF Airwing failed to defend, two volleyballs and 10 towels.

The first battalion of the first light infantry brigade (11BN) came

second and walked away with two volleyballs and 10 key holders. The defender, Airwing obtained third position and was awarded two volleyballs. The fourth position was attained by the first battalion of the third brigade (13BN).

Players whose performance was outstanding were also awarded special prizes in recognition of their efforts. Pte Lehlohonolo Mokhants'o from 11BN walked away with the Best Striker prize, Best Blocker prize was awarded Pte Sengoli Mokemane from

Airwing while Pte Pitso Tjabane of the winners walked away with the Player of the tournament prize. ■

Pte Tjabane explained that his team managed to win the first prize because most of them are experienced in volleyball. He said most of the LDF teams are not experienced in volleyball. "If we are given enough time for practise our performance can be okay, we only managed to win because our team was composed of volleyball experts," explained Tjabane.

Cont on page 51

Volleyball ...
Cont from page 50

In the semi finals 11BN faced 13BN while Personnel Company was paired with Airwing.

“Heee...plastic!” this was a slogan used by young 11BN players whose morale was very high with their supporters cheering them. They managed to beat their opponents 2-0 to advance to the

final.

The Chief of Staff Major General Samuel Makoro congratulated all teams and individuals who won prizes. “Those who lost should not give up for tomorrow is another day,” said Major General Makoro.

He urged the teams to prepare for games in order to win. “Soldiers always prepare for war so they

should apply the same principle to sports,” he said.

On behalf of the Commander, Deputy Commander Major General Thuso Motanyane urged all LDF personnel to take part in sports. “Even officers should take part too. Sport is part of training which enables us not to be easily affected by diseases such as heart attack and sugar diabetes,” he explained.



Personnel Staff Team won the Inter Battalion Volleyball Tournament.

The President of Sports in the LDF Colonel Lekate Lesitsi mentioned that sports build friendship and cooperation within the army. “These tournaments should be held each and every year,” he said.

The tournament started on the 31st January 2003 under round rule system. All LDF units took part in the tournament. ■

In our last issue before we temporarily stopped the publication of Mara (volume 02 issue no 1 dated February 2002), we requested our readers to choose the top three of Mara beauties who appeared on pages 20-21 (centre spread).

This request however has been superseded by events, notably, the temporary suspension of further publications.

Accordingly an appropriate announcement in this connection will be made in our next issue of May. Any inconvenience caused to all parties concerned is deeply regretted.

To our beauties who grace our publication with such elegance we say please keep it up and have fun with us and our readers.

PUBLIC AFFAIRS OFFICE

2003 -05- 3 0

LESO... ENCE FORCE

 **MARA**