

June/July 2003

PUBLIC AFFAIRS OFFICE

VOLUME 03 ISSUE NO 2

Price: M4.00/R4.00



# MARA

HA A SE NA LIHLOELA A OELA

**Tragedy as  
helicopter  
plunges into  
Katse Dam**

**Married persons  
Equality Bill: A ray  
of hope for women**

**Illegal Immigrants  
arrested in Operation  
Sehonghong**

**A rodent in a  
soldier's pants**

**A new LDF pipe band  
A treat on Army Day**

**High tempo  
skills' training  
in LDF**

**The beautiful ones  
at Beautiful Gate**

**Meet the unsung  
heroes and heroines**

**Mara's  
beauties**



## Editorial Team

### Editor

Lt Col Tanki Mothae

### Sub-Editor

2Lt Ntele Masoetsa

### Reporters

Sgt Thabiso Rajane  
Cpl Ntlele Ntoi  
Cpl Matheanzima Taneso  
Pte Sakeng Lekola  
Pte Tankiso Nkoho  
Pte Hlaoli Moeletsi  
Pte Makhele Makhele

### Photographers

LDF Photography Section

### Media Consultant

Dr Lebohlang Lejakane  
LL Productions Media  
Consultancy (Pty) Ltd  
P O Box 9561  
Maseru. 100  
Tel: (09266) 22 335949  
E-mail: majaksca@yahoo.com

### Marketing and Advertising

MARA  
P. O. Box 1346  
Maseru 100  
Lesotho  
Tel: (09266) 22 32 0404  
Fax: (09266) 220310351  
Pte Nyatso Tšoeunyane

### Design & Layout by

Lesotho Business Services  
Development House,  
Kingsway, Maseru  
Tel: (+266) 2232 3963/4/7  
Fax: (+266) 2231 0081  
E-Mail: lbs@quadrant.co.ls



## Contents

### Regulars

Comment	pg3
Chaplaincy	pg3
Mara's beauties	pg4
Mara's Hunks	pg5
Health corner	pg37
Women's perspectives	pg40
Sports & entertainment	pg42

### Features

A new LDF pipe band to entertain spectators at the Army Day celebrations	pg6
'Defend and observe the constitution'	pg7
IndianNational Defence College students on a visit to Lesotho	pg9
A rodent in a soldier's pants.	pg10
Marching against the HIV/AIDS pandemic	pg20
The beautiful ones at Beautiful Gate	pg16
Illegal immigrants arrested	pg34
Airmen bid Maj Gen Motanyane farewell	pg22
'Ivory Coast' on LDF restructuring master plan	pg30
Family Health Education coming to schools	pg13
India to forge closer links with Lesotho	pg24
Europe Day commemoration	pg15
High tempo skills' training in LDF	pg43

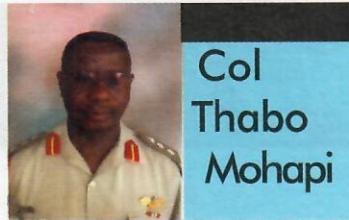
### Columns

World peace remains illusive	pg36
HIV/AIDS workplace policy	pg38
Married persons Equality Bill: A ray of hope for Basotho women	pg40

### Miscellaneous

Goodbye Clifford	pg39
------------------	------

# Comment



## ARMY DAY CELEBRATION

**L**esotho Defence Force celebrates Army Day in grand style at Setsoto Stadium on June 30, 2003. This will be the first time the national army parades to mark the day since it left the corridors of power two decades ago.

This one day memorable occasion culminates yet another turning point in the history of the national army. We cannot divorce the fact that the LDF cannot survive in isolation from practices of the rest of modern world armies. It is in this context that occasions of this nature and magnitude cannot be over emphasised, as they are routes through which the enhancement of civil military relations could be achieved.

Furthermore, this occasion should not be regarded as merely a show of force as such. We must also be aware that though it will serve as a morale-boosting capsule in the army itself, it is yet another means of reassuring the local population that the LDF will always be there to protect them.

On the global sphere, what will be certainly reflected by this commemoration is that the LDF is here on this part of the world to pursue the common goal with the international community in a bid to make this planet a better place to live in.

Apart from utilising the commemoration as a vehicle to attain our intended objectives it is also imperative to note that, on the day in question, all that the LDF have achieved in its untiring pursue of professionalism will be on display for all to see. So, let us look forward to that day with positive ness and eagerness, since a lot of exciting facts that will be embedded in our minds and hearts for a long time await us ahead. ■

**This copy is  
sold strictly for  
M4.00/R4.00**

**I**n the book of Isaiah Chapter 26 verses 12 and 13, the word of God reads as thus: *“Jehovah grant us peace, for all we have are and has come from you. On Lord Our God, once we worshiped other gods, but now we worship you alone”*

### **The Theme: Soldiers have no divided loyalties**

Our Lord God and our Creator demands loyalty from people in every walk of life. Soldiers are demanded to be loyal to their country its leaders and citizens, to their commanders, to their families and friends. The standards of such loyalty are uncompromised and are very high indeed.

True loyalty is very creditable and without it the ethics and standards of a military would surely drop. We must be sure that, above all else, our loyalty to our Creator and our Reverence of him are far above all. Nothing must be allowed to come between our total commitment and us to our Master.

Moments will come when this will prove difficult or demands of a tangible form of loyalty may be pressing and you may be tempted to compromise, then always seek the guidance, help and strength of your Lord Jesus Christ. He will send you the Holy Spirit who will show you with abundant clarity where your duty lies, and in his power you will never fail your God. Amen. God bless you all.

## Smiling faces of *MARA'S Beauties*

**Liteboho Toloane,**  
20, hails from  
Katlehong, Maseru.  
She is a lover of R&B  
music. She hopes to be  
a soldier one day.



**Liketso Mohotsi,** 23, from  
Lower Thamae, Maseru is a  
1<sup>st</sup> year student at Institute  
of Extra Mural Studies  
(IEMS). She plays volleyball  
and does modelling. She has  
a passion for wildlife.




**Jeanett Mokhele,**  
21, from Tsoeneng,  
Rothe aspires to  
become a nurse.  
She likes reading  
and watching  
television.




IF YOU WOULD LIKE YOUR PICTURE TO APPEAR ON THIS PAGE SEND IT WITH YOUR PARTICULARS TO:  
THE EDITOR, MARA. P. O. BOX 1346, MASERU 100  
**REMEMBER TO BE IN THE AGE RANGE 15-25 YEARS. SMILING FACES ARE PREFERABLE**

# MARA'S *Formidable hunks*



## **Mokhoele Letseka**

Born in 1978. Stays at Lithabaneng, Maseru. Loves wrestling and playin tennis. He worksout at Maseru Health fitness Club.



## **Lehlohonolo Nthama**

**Place of Birth:** Khubetsona Maqalika  
**Date of Birth:** 17 November 1977  
**Gymnasium:** Maseru Health and Fitness Club  
**Another Sport:** Athletic Sprinting and Wrestling

# A new LDF pipe band

## to entertain spectators at the Army Day celebrations

By Pte Hlaoli Moeletsi.

**G**uests and spectators will be treated to unprecedented mixed bag of entertainment on June 30, 2003 - the day the Lesotho Defence Force (LDF) will be celebrating the Army Day for the first time in its history. Entertainers on the day include LDF's new pipe band recently assembled under the guidance of the Indian Army Training Team (IATT).

"The pipe band has two different tasks; to play music during peacetime and serve as medics to help the injured during wartime," said the Indian Army Security Advisor to Lesotho, Brigadier Jasbir Singh.

Brig Singh disclosed that the Pipe Band or the Pipes and Drums as it is normally called, have evolved in modern times in the mountains of Scotland. He said the military music played by the pipes and drums goes very well indeed with the military parades.

"We have Sergeant Major Girman Singh Rana, Sergeant Major Singh Allauddin, and Sergeant Major Om Parkash Dogra who are here to train the newly introduced pipe band. They have years of experience under their belt," Brig Singh said.

Sgt Maj Rana and Sgt Maj Dogra are experts in pipes and bigulas, while Sgt Maj Allauddin's speciality is drums beating.

The Commandant in the LDF Military Brass Band Company, Major Patrick Pheello Nkomo complemented the IATT for their

generous support to his company and the LDF as a whole.

Maj Nkomo disclosed that the military band was introduced in the 1970s as a brass band under the then Police Mobile Unit (PMU) command.

practicals in 1997," Maj Nkomo said adding that currently the military brass band is studying Grade 6 in music.

One of the IATT members Maj Singh Khatri



**Melodies:** The new LDF pipe band rehearsing for June 30, 2003, Army Day celebrations. (pic. by Pte Nako Hokinyana).

"The brass band was introduced to perform military parades duties and offer a form of entertainment both for military personnel and the general public. In addition, the military band is charged with raising the morale of the armed forces during wartime," Maj Nkomo said.

Maj Nkomo mentioned that in 1972 some members of the LDF military brass band were sent to Uganda to be trained as instructors. Their instruction included familiarization with Staff Notation.

"The military brass band made arrangements with the South African Music College in Bloemfontein to undertake music

briefed LDF top brass about the equipment, some of which has already been bought, that will be used in the pipe band, which differs from the one currently used in the brass band.

One of the course participants in the newly introduced pipe band Corporal Khama Moneua from the military brass band said he is very glad to be one of the pioneers of the new innovation in the structure of the band.

"I am taking this as a new challenge to strive for

cont. from pg 6

success, especially when I am the only course participant who comes from the military brass band," Cpl Moneuoa said.

been trained for a short time on how to use a drum major sash.

"I am eager to know how the pipe band differs from the brass band I used to play for," Cpl Moneuoa said.

participants to remain highly motivated and committed to their duty.

"I trust we are one of the first if not actually the first in the SADC region to introduce a pipe band within our defence force," the Deputy Commander said with deep sense of gratification.

Furthermore, he said as the LDF is gearing for the Army Day celebration, he wants the pipe band to be ready to participate in that function as well as the King's birthday.

Maj Gen Motanyane urged the band officers to take it as their obligation and commitment to support the noble vision of the commander towards the success of this venture, and the IATT should also do the same. ■



**The men who made it all happen:** Corporal Khama Moneuoa (on the extreme left) and his Indian Army Training Team (IATT) instructors, (from right to left) Sgt Maj Allaudin, Sgt Maj Rana and Sgt Maj Dogra. (pic. by Pte Nako Hokinyana).

In the military brass band Cpl Moneuoa was playing the double Bü puba instrument. Additionally, he has

The Deputy Commander LDF, Maj Gen Thuso Motanyane urged

## 'Defend and observe the constitution' - Gen Mosakeng instructs NCO's



**Sgt Thabiso Rajane**

**T**he Commander of the Lesotho Defence Force (LDF), Lt Gen Makhula Mosakeng, has urged the recently promoted Non-Commissioned Officers (NCO's) (numbering about

129) to observe the country's constitution and the LDF Act and Regulations at all times.

The Gen further encouraged the NCOs to make reading their habit, as it is the only way of keeping abreast of times with the latest developments on issues pertaining to their respective duties. He ordered the NCOs to insist on knowing the military ethics.

"I want a chain of command from me down to the last lance

corporal to be tight, intact and clear. You are aware that our ministry is headed by the Prime Minister who is also the Minister of Defence. This is due to the nature and sensitiveness of our institution. At times he may delegate one of his cabinet ministers to represent him in meetings with us," he explained.

Lt Gen reminded the NCOS as to how Lesotho came into existence and how the founder of the Basotho nation, King

cont. on pg 8

cont. from pg 7

Moshoeshoe I used to protect the country. He emphasised that man's intellectual capability offers a better security than the use of weapons.

The Commander implored the NCO's to work hard for the benefit of the LDF and the entire Basotho nation. "It is my sincere expectation that the next Force Sgt Major will emerge from amongst you, therefore I expect you to work hard, show dedication and commitment to your respective duties, and above all be disciplined," he said.

Speaking at the same occasion, the LDF Chief of Staff, Major General Samuel Makoro indicated that the army as an institution is a very important pillar of economic growth of every country, citing the USA, Britain and Israel as some of the countries, whose Defence forces are capable of maintaining stability under any circumstances.

Maj Gen Makoro strongly warned the NCOs not to let the recurrence of yester year's disturbances to recur. "Be careful as we do not want history to repeat itself," Maj Gen warned.

The Brigade Commander, Brigadier Mahao Mofolisa indicated that what is happening in the LDF is part of the commander's plan to restructure and transform the army into a professional Defence force.

Brig. Mofolisa stated that since he joined the LDF 30 years ago, he had never seen such great changes

and improvements in the LDF – hence he congratulated the commander.

"We are about to restructure and transform our army into a professional Defence force, but before we can embark on the program we must embark on the



The Commander LDF, Lt Gen Makhula Mosakeng addresses the newly promoted non-commissioned officers at Makoanyane Barracks. (pic. by Pte Teke Ntilane)

program of self restructuring and transformation so that the work ahead can be easier."

The LDF Provost Marshal Col Kopano Thoola ordered the NCOs to see to it that the rampant theft in the LDF Barracks comes to an end as it is done in their presence. The Provost Marshal stressed that drastic counter measures should be implemented to get the situation under control.

Speaking on behalf of the newly promoted NCOs, Sgt Major Mohapela Majara thanked the LDF command that they were ear marked to reinforce the army administration. He solemnly promised that the NCOs performance would bear good fruits for the LDF and the entire Basotho nation. He said with God before them they will perform efficiently and effectively on their day-to-day assignments. ■

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



# Indian National Defence College students on a visit to Lesotho

By Cpl Matheanzima Taneso

Following the official visits from Indian Army to Lesotho by the high ranking Indian Army personnel, Minister of Foreign Affairs, Mr

peace, stability and democratic governance," Mr Tsekoa said.

Speaking at the occasion, Maj Gen Jaini, on behalf of his delegation thanked the LDF and the Lesotho

War College in Abuja, His Excellency Ayo Andrew Ajakaiye.

"We are here as part of our efforts to expose these students from the Nigerian National War College to life in other African countries. We are particularly confident that through this kind of exposure their research work will be better informed on how other African states treat and deal with matters of security, peace and stability," His Excellency said.

In his welcoming remarks, the LDF Infantry School Commandant Lt Col Tanki Mothae informed the delegates on the establishment of the LDF Infantry School, its purpose, responsibilities and mission statement.

"The main purpose of the infantry school is to organise and conduct the training programs for the LDF personnel; to shape the LDF personnel for external military trainings, and also to ensure that there is a viable training capacity of the LDF," the Commandant said.

Lt Col Mothae also featured on the historical background of the Civil Military Relations concept, Principles of Democratic Civil Military Relations, Framework of Civilian control over the Armed Forces and Legislative branch.



The Commandant Lesotho Defence Force Training Wing and also Director Public Affairs, Lt Col Tanki Mothae (on the extreme right) at the briefing session of the visiting Nigerian delegation. (pic. by Pte Mahopotsa Maputla).

Mohlabi Tsekoa welcomed a delegation of 15 high ranking officers from the prestigious National Defence College of India, headed by Major General Jung Jaini on May 28, 2003.

Minister Tsekoa expressed his heartfelt gratitude on their visit to the Mountain Kingdom and indicated that India has moulded Lesotho's Army into a professional, disciplined and apolitical army.

"Now Lesotho Defence Force knows clearly the range of services to give in a democratic set-up. The government of Lesotho will be focusing next on police services to discard their old practices and attitudes with a view to strengthen

government for according them warm welcome. He indicated that the purpose of their visit was to get first hand information and knowledge about Lesotho and her bilateral relations with India.

Recently, a similar tour by the students of Nigerian War College was successfully undertaken, writes **Sgt Thabiso Rajane**

The delegation was headed by the former Nigerian Ambassador and also Provost at the Centre for Peace Research and Conflict Resolution National

# A rodent in a soldier's pants.

By Cpl Ntlele Ntoi

**I**t had been drizzling all day long and I was looking forward to a romantic evening on that mid-summer night. Knocking off earlier at around 7:30pm, I took home small provisions of a piece of smoked biltong, 750ml strawberry fruit yoghurt and a pack of tropical dried fruits – the stuff I used to spoil my ‘babe’ to.

The dusk was falling when I got at the Makoanyane Barracks main gate. I was intending to brave the weather and jog all the way home to my babe who by then was waiting patiently for me.

“Hei man, are you nuts? You’ll catch cold. Wait a minute and see if I can hitch you a lift here!” a guard said, signalling to the approaching vehicle.

A sleek car pulled over. “Hi sir, which way do you go?” asked the guard leaning to a half opened window.

“Down town. Why?” the driver replied curtly.

“Sir, do you mind taking this gentleman with you. He has just knocked off and it seems like we are experiencing a shortage of transport tonight,” the guard said pointing to me where I was standing at the veranda of the guardroom dodging the drizzle.

“Alright!” the driver thumbed up. I jumped in and we sped off.

Amid the comfort and the warm interior of the car, I felt

I had a call of nature. At lunchtime on that day I had feasted on a meal fit for two men. “Oh how I wish I could have gone to the toilet at my workplace!” I muttered as we cruised on.

You know, if there is anything I hate, it is going to the pit toilet when the darkness has fallen. When I got home that evening – I had no option; I had to go to the toilet anyway. I fastened a plastic bag laden with

**“No,  
I just tripped  
and fell, babe.  
Otherwise it’s  
OK, don’t  
worry.”**

delicacies on the bended branches of a big popular tree that grew near the twin door toilet.

Yes, of course, a twin door toilet. Mind you, there were fourteen families cramped in that compound with only two toilets at our disposal – one for males and the other for females!

I knocked impatiently at the steel door. Getting no reply, I eased myself in; fished for a matchbox in my camouflage trousers pockets. I normally take matches with me though I have long quitted smoking. I extracted

the bowels of my newspaper and made a burning torch. You people know how disgusting ‘public toilets’ can be.

Pleased to find nothing of that sort, I threw the burning torch down right into the pitch-black pit to scare off mosquitoes and other crawling insects like cockroaches, spiders – you name them. It landed on a heap of smeared toilet papers and newspapers.

When the golden glowing flame of the torched toilet papers engulfed the bottom of the pit, I heard a female voice from the other section exclaiming: “What the hell is going on here?”

I could identify who she was right away. A funny character of them all – this day she is in a jolly good mood; the following day she is moody! You know such characters.

Well, the fire was burning deep down there that I could only feel the pleasant heat rather than being scorched. A few seconds into the business: “Tsoee! Tsoee!” goes the squeaking sounds. And subsequently, a hairy creature forced its way between my thighs. For a second or two I stood motionless in panic.

“What a fuck is going on here?” I cursed.

Oh, a rodent in my pants – size of a kitten! I jumped up in horrified fright.

Clutching the bastard with both hands against my shin, I charged blindly to the steel door with my pants down. I hit it with a loud bang, ripping it off its hinges.

cont. on pg 11

rodent...

cont. from pg 10

A minute later I found myself sprawled in a little muddy pond right in the middle of the compound with my pants down at my ankles. Oh, my goodness!

As I rolled to my side that little mischievous creature shot its way out and ran towards the toilet. Then a fat woman, with her skirts rolled up hastily making for her room, running like a billy-oh.

When I tried to get up, I could feel my right knee itching painfully – and my forehead too. “I

might have hurt myself as well,” I thought. I pulled up my pants and limped off towards my apartment paying much attention to where I go lest I knock at the wrong door.

Someone exclaimed in a big hoarse voice in the darkness: “Nonsense, what a hell is going on there, Amy?”

The brief moment I waited for my babe to open up seemed like an eternity. As I looked around, I could see people peeping out through the windows to get a glimpse of a once respected military man in the

neighbourhood who had just been cowed by a mere rodent. Damned it!

“I might have screamed or something and that certainly called their attention. What a shame!” I cursed myself again.

I was reluctant to relate the story to my babe who was rather surprised how I got myself soiled like that.

“What happened, darling? Are you hurt?” she asked with eyes shot out.

“No, I just tripped and fell, babe. Otherwise it’s OK,



rodent...

cont. from pg 11

don't worry," I could barely say, waving her away impatiently.

I had a warm bath and when all seemed quiet outside, I ventured out to fetch the delicacies. I heard a woman crying in muffled sobs. Fat Amy was in trouble, I thought.

"... I warn you, and this is the last time. If I ever hear that you were out there with that

soldier again, I will knock sense into you, you dick head!" the male voice was cursing and swearing.

"There's nothing going on between us, I swear!" poor Amy protested her innocence.

"Shut up, woman!" the man interrupted, "Or else I'll beat you up!" he snapped.

I never knew Amy married. Rumour had it that her relationships don't last due to her 'funny character'. Regrettably, this time around her relationship

was on the rocks due to my stupidity. Poor soul!

As I drew near the tree, "Clrrr!" goes a sudden roar. I froze in mid stride. A chill of fright ran down my spine. Then I saw a pair of flashing eyes in the branches of the tree. "Another rodent or a cat?" I asked myself. Oh, oh! Who could have waited to see exactly what it could have been? I bet my life, not me!

Imagine what I did then that I was not limping anymore.



Illustration by Malette Mabusela

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

# Family Health Education to be introduced in schools

## Knowledge of Sexuality set to reduce teenage pregnancy



**LCpl  
Tšepo  
Phaila**

It was 8:00pm when Themba Maxi (not his real name), a divorced father of two, arrived home from work only to find his children seated dolorously on the doorstep. The children were left unattended because the baby sitter had disappeared. No one had an idea of where she had gone.

It was only when Themba went to sleep that he found a note concealed under a pillow. The 18-year old baby sitter had eloped because she was three months pregnant and was scared that her father would be mad with her on hearing the news, so it read.

Pauline Mareka, (18) who had a child at the age of seventeen says most youth in Lesotho are teenyboppers. She believes that they consider sex as a modern way of living, but they are not aware of the problems that lie ahead.

"Preganancy is not a nice thing to experience especially when it is not planned. It is even worse when one does not work and has no means of raising a child. Girls must be aware that boys have no love but desire. My mother was very supportive but just the same I felt deeply frustrated", Pauline asserted.

Mahloli Rathakane (17), a Maseru Day High School student shares Pauline's views. She believes

that factoring sex in love affairs is considered by most youths as an expression of love. "Other contributory factors include alcohol abuse at entertainment functions such as picnics and social parties", she added.

Her contemporary classmate, Molefi Khunonyane (18) expressed concern over the expulsion from school of those discovered pregnant. He argues that they are being double punished as they are already punished by the unwanted pregnancy itself. He recommended the youth to abstain from sex as it is for adults.

stories are love oriented, so our children want to experience what they see and hear", added Mr Letsota.

He recommended that adults should respect themselves and have love and respect for God. He expressed concern over the set school regulations that prohibit pregnant children to proceed with their studies. He perceives that this increases poverty because those dismissed will have no jobs and will not be able to raise those kids they conceive.

Mrs 'Mamohau Makenete a widowed mother



This choir is from St Cathrine's High School. Schools such as these are set to benefit from the pending introduction of Family Health Education.

He further encouraged parents to discuss sex with their children.

Mr Bathobakae Letsota who is a parent said teenagers are attracted into sex because of their love for money. He said today some adults lure young children with cash and sexually abuse them. "Television and radio

said she will never forget the pain she experienced when she discovered that her 17 year old daughter was pregnant. "That will haunt me for the rest of my life", she said in tears. She explained how hard it has been to raise her children after her husband's untimely death.

cont. on pg 14

She believes that youths are influenced into sex because of peer pressure. She is for the idea parents should discuss sexuality with their children and also advises youths to abstain from sex because it makes them suffer and brings them mental stress.

"It is expedient for youths to make use of special clinics (youth health corners) which help them to refrain from unwanted pregnancies", she advised. She condemned the use of contraceptives as they encourage youths to feel free to indulge in sexual activities.

Mrs 'Mateboho Nkoko, a Maseru Day High School Head Teacher said the curiosity in youth and absence of sex education in schools make them indulge in sexual activities prematurely. She raised the fact that youths are not aware of the effects brought by changes in their bodies as they grow up because culture discourages parents to talk to their children about sex.

She appealed for curriculum diversification so as to accommodate sex education. She thanked the AIDS Programme for their efforts in talking to youth about AIDS in schools as it seems to be part of the remedy. She encouraged youth to abstain from sex.

"Children discovered pregnant in this school are suspended and called back after giving birth. We do so because pregnancy is a delicate stage, mostly to young people. The other reason is to remove her from the company of other children who may tease and cause her a lot of discomfort", she explained.

She indicated that the handling of the issue differs from school to school because there is no clear education policy with regard to the issue.

The Chairman of the Lesotho Herbal and Medicine Men Association Mr Letuka Tuoane said according to Sesotho culture if one was found to have had sex outside marriage one was heavily punished. He asserted that the escalation in teenage pregnancy is a result of the fact that Basotho have dumped their culture in favour of western religion and politics.

Dr Tuoane is for the idea that Lesotho can have teenage pregnancy under control only if it has laws that protect our culture. He said Basotho always did things together and that was their formula for success. "Leaders should be elected on behavioural merits and cultural perspectives", he advised.

Mrs 'Mamosa Tlopo of Family Health Division believes that teenage pregnancy is caused by lack of information on sexual activities at their stage and peer pressure as well. She argues

that religious and cultural believes do not allow parents to unpack sexual matters to their children, and lack of coordination between teachers and parents leaves youth in a dilemma.

Mrs Tlopo disclosed that the health division has introduced adolescents' health corners where youths are provided with information about adolescent health services, sex information and

counselling. She said by now they are within hospital settings but they hope to expand the programme.

"The division intends to introduce community based health corners where youths can get all necessary information with regard to sex education. These centres will act as preventive remedy for teenage pregnancy", she revealed.

Mrs 'Mamotena Mpetla of the National Curriculum Development Centre (NCDC) said the Ministry of Education has committed itself to the introduction of Family Health Education (FHE) to be infused into the curriculum. A draft document is already in place for consideration.

"In brief, the aim is to equip children, adolescents and youth with knowledge, skills and attitudes to promote self-esteem and self awareness about human sexuality, reproductive health, health and rights. A child should be able to resist peer pressure and say no to what he/she thinks is wrong", she pointed out.

Mrs Mpetla also indicated that FHE has four major components which are gender equality, quality and empowerment, family health, alcohol and drug abuse and population and development. Each of the components has the main goals embraced within, she said.

She added that other aims are to equip children, adolescents and youth with knowledge, skills, attitudes and values required to prevent Teenage Pregnancy, STDs, HIV/AIDS and mitigate the impact on affected and infected. "This is to be introduced from pre-schools to higher institutions of learning", she promised.

*"Leaders should be elected on behavioural merits and cultural perspectives"*

# Europe Day commemoration

## EU pledges support to Lesotho – Collinwood

By Pte Sakeng Lekola

The European Union (EU) ambassador to Lesotho, His Excellency Robert Collinwood has promised Basotho people a

of eradicating poverty, it has to be a long-term venture rooted in a real partnership and built up to support national visions, strategies and objectives. We are looking forward to support

persistent torch bearers in the inculcation of a culture of peace, abhorrence of violence, amicable ways of conflict resolutions and bringing

together the richer and poorer members of the continent into the warm fold of economic integration and the more equitable sharing of the benefits of development," the minister said.

Mr Tsekoa further expressed the hope that the EU will respond positively to the government's call for funding and construction of Thaba-Tseka-Mokhotlong and



Foreign Minister Mr Mohlabi Tsekoa (left) addressing invited guests at the Europe Day celebrations. Looking on is His Excellence EU Ambassador to Lesotho, Mr Robert Collinwood. (pic. by Tiny Sefuthi).

continuous support to eradicate poverty in the country.

When speaking at a gala Europe Day celebration at the union's premises in Maseru on May 9, 2003, Mr Collinwood disclosed that the EU has endorsed the Treaty of Cotonou, which is aimed at eradicating poverty in 77 debt-ridden African countries, Lesotho included, Caribbean and Pacific (ACP) states. The guarantor has pledged a sustainable support in 20 years to come.

"If development co-operation is to be effective in its role

Basotho for many years to come," Mr Collinwood solemnly promised.

When speaking at the same occasion, the Minister of Foreign Affairs Mr Mohlabi Tsekoa said it is in government's best interest to see the Treaty of Cotonou implemented effectively. The honourable minister said he drew comfort in the fact that the treaty entails a long-term project of poverty eradication, which is a major challenge to all in the country.

"We applaud the EU member states for being such

Sani Pass-Underberg roads.

"As you have indicated in your remarks, Mr Ambassador, we will continue to look up to our friendly development partners like EU to extend a helping hand in our development endeavours," he pleaded.

The EU was launched on May 9, 1950 and it opened its embassy in Lesotho in 1975. Most of Lesotho's donor assistance comes from the EU.

# Giving the gift of hope

## The beautiful ones at Beautiful Gate

By staff reporter

No one can tell how he will react the day he learns how lucky he is to be still alive. But the defining moment will be the day he meets face to face with his mother if it will ever happen.

In 2001 Thato, 2, was found abandoned in a public toilet in Maseru by a stranger who took him to Queen Elizabeth II hospital. He was later released to Beautiful Gate Lesotho - a Maseru based care centre for abandoned and HIV/AIDS affected children.

"Then he was hardly two months old and little did I know he would one day become part of my family," recalls Thabo Makepe, a missionary of Youth with a Mission Lesotho and a full time volunteer at the centre.

"Around June, 2002 my wife, Marethabile, who is also a

missionary, confessed to me that she felt extra special love for Thato. We agreed to adopt him as our child and we are doing fine. Who knows, this could be the future prime minister of this country. Remember that the founder of the Israeli nation, Moses, was an abandoned child," he said.

According to the Director and Co-founder of Beautiful Gate Lesotho, Ray Haakonsen, the care centre was established in June 2001 as a response to the impact of poverty and HIV/AIDS on children of Lesotho.

"We care for babies abandoned either in the hospital or the villages around Maseru (the capital). "We were deeply touched by the findings of a research report into the situation of children in Lesotho. It said, among other things, there was no recognised care centre for

abandoned infants in the entire country," he explained.

Ray said the primary objective of Beautiful Gate Lesotho is to have the abandoned babies adopted into loving and caring homes. "The centre started with seven abandoned babies, the youngest a month old. To date about 46 babies have gone through the system. Some are successfully returned to their relatives but many of them are adopted into loving homes," he said.

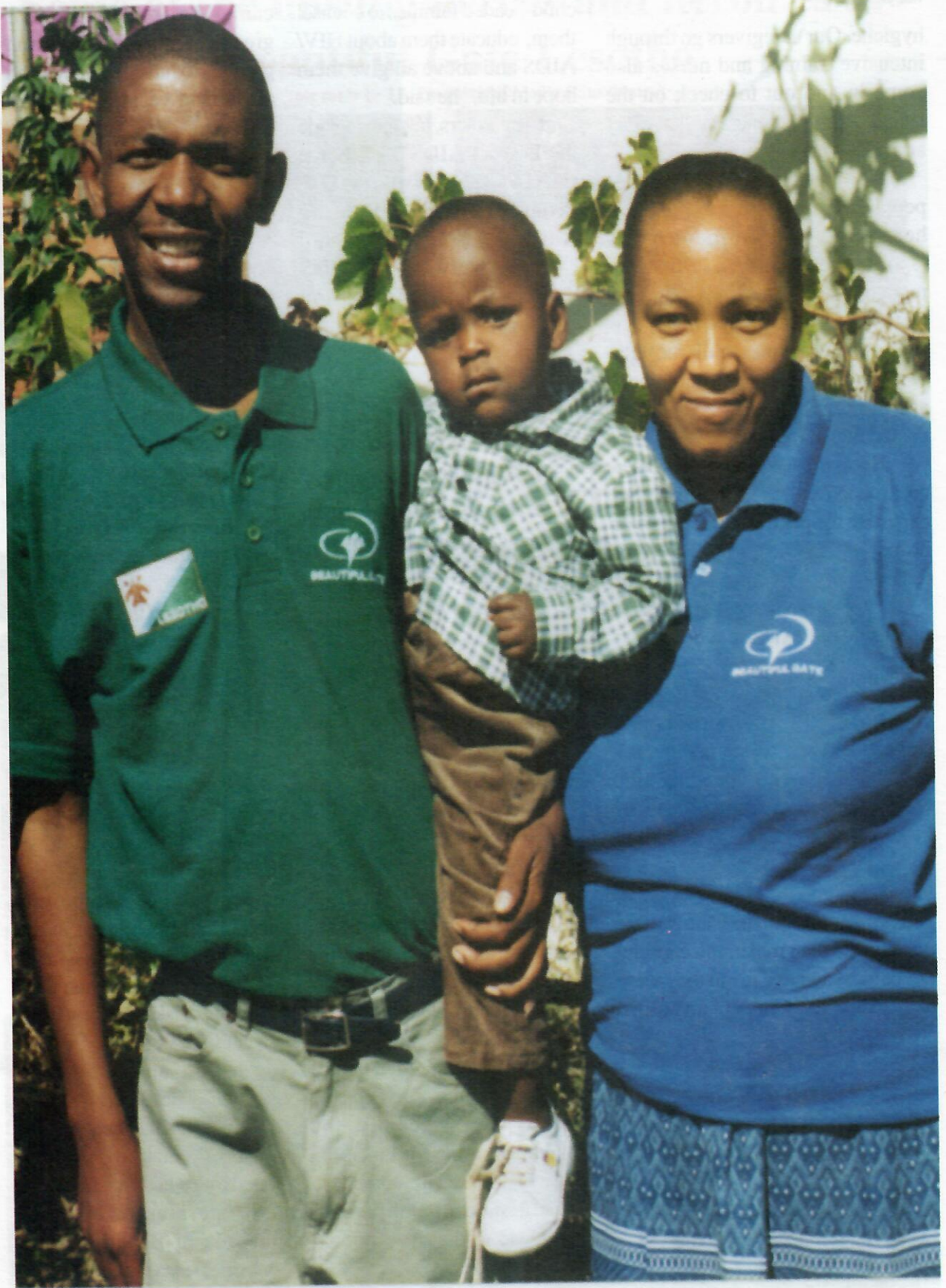
He went on: "At present we have 25 babies with ages ranging between one month and two and half years. A minority of these babies is HIV/AIDS infected and about four of them have died so far."

On whether it was not risky to keep together HIV/AIDS infected babies with healthy ones, Ray was quick to point out: "We take extra care to ensure high standards of

cont. on pg 18

*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 if not more dangerous.*





Mr Thabo Makepe and Mrs 'Marethabile Makepe with their adopted baby son Thato.

hygiene. Our caregivers go through intensive training and nurses also come in and out to check on the health of the little ones. We have day and night shifts.”

The Director appealed to all people of good will to open their hearts and give to the centre’s ‘sponsor a child’ program, or make regular monthly donations or a one-off financial donation. “Donating items such as baby nappies, milk formula, baby toys, linen, kitchen equipment and furniture makes a difference to the welfare of these babies,” he said.

He expressed the wish to see more people volunteer their time and expertise to spend a few minutes or hours “giving these babies love or foster a baby over a weekend.”

One of the volunteers who makes time to see the babies every week, Claire Oliver, says it is a fulfilling experience and wishes more people could do it. “But my motivation to come here every week is my love for kids. I just enjoying spending time with them having fun and sometimes I take them home in my car as an outing for them and they love it,” she said.

Ray disclosed that they were operating to their maximum capacity (25 babies) and as a result they were not able to accept anymore abandoned babies. He admitted that babies at the centre were just a tip of the iceberg but added: “we are already doing something to reach out to the many more in need out there in the villages.”

Alex Makosholo, Beautiful Gate Lesotho AIDS Training Facilitator, agrees that notable strides are being made to reach out to those in need countrywide.

“We are networking with partners to empower care givers in villages on how to care for orphans and abandoned children. We also visit

child-headed families to counsel them, educate them about HIV/AIDS and above all give them hope in life,” he said.

The partners, he said, include the District AIDS Task Force (DATF) the Lesotho AIDS Programme Coordinating Authority (LAPCA) and Lesotho Network of AIDS Services Organisation (LENASO).

***“Donating items such as baby nappies, milk formula, baby toys, linen, kitchen equipment and furniture makes a difference to the welfare of these babies.”***

Alex argued that: “AIDS is terrible and devastating but unless we overcome poverty we have a really high mountain to climb. When we talk about AIDS in the villages, people out there keep telling us that they are hungry and that their immediate and priority problem is poverty and not AIDS.”

Officially more than half of Lesotho’s population lives below poverty line. Recently, the Lesotho premier, Mr Pakalitha Mosisili declared the country to be in a state of famine and appealed to the international community for assistance.

He said as training facilitators they cover a range of topics but with emphasis on cross cutting sectors, notably, agriculture, health and small businesses. “We are about to launch a concerted

campaign to turn gardens green countrywide. We want gardens to have fruit trees and all sorts of vegetables as part of a significant drive to promote nutrition and good health and in the process lessen proneness to diseases,” he explained.

He revealed that a strategic plan of action was being finalized by the co-operating partners and would be implemented in the second half of 2003. “It involves mobilizing churches, teachers, politicians and community leadership in different spheres in a concerted effort to overcome the AIDS pandemic, now officially estimated at 31% in a population of a little over 2 million people,” he said.

Alex is optimistic that with the right strategic approach and interventions, HIV/AIDS would be nipped in the bud in Lesotho within five years. “The key thing to do is to ensure that our education and empowerment campaigns target mainly children in the ‘window of hope’ period (ages 8-12years) so that when they enter the ‘risk’ period (from 13years) they are able to make the right and informed decisions,” he added.

Beautiful Gate Lesotho is a non-profit making ministry started by Youth With a Mission and operates under the umbrella of Beautiful Gate Ministries (Head office in Cape Town, South Africa). Beautiful Gate Ministry is an international, interdenominational Christian organization, providing care and support for children in need and their families.

# Some of the unsung heroes and heroines at Beautiful Gate Lesotho

(pic tures by LL Productions Media Consultancy)



Mr Alex Makosholo AIDS Training Facilitator with Beautiful Gate Lesotho.



'M'e 'Malebohang Lephaila from Mafeteng has spent most of her life caring for children and she loves it.



Mrs Augusta Oostenbrink, a volunteer nurse from Holland, does what she knows best – giving love to babies.



The little ones relaxing at Beautiful Gate Lesotho. Most of them are awaiting adoption into caring and loving homes.



Mrs Claire Oliver, one of the few, who regularly volunteer their time to be with the little ones. She is very popular with them.



Mr Thabo Makepe (left) and Mr Ray Haakonsen, Director and founder of Beautiful Gate Lesotho.

cont. on pg 20

# Marching against HIV/AIDS pandemic

*The Lesotho Defence Force (LDF) has intensified activities aimed at promoting widespread social awareness of the HIV/AIDS pandemic. Marches against the pandemic are an annual event with the LDF and yet the last one was very special and touching. Pte Hlaoli Moeletsi took part in this year's march to mark the 2002 World AIDS Day (postponed from last year). He reminisces of the day of the march.*

It was about 0800hrs recently when members of the Maseru District AIDS Task Force (MDATF), government ministries, non-governmental organisations (NGOs), private sectors, the Lesotho Defence Force Military Band and the support groups from different places in the district of Maseru converged at Patsi-mashala near the Moshoeshoe 1 International Airport on the Main South 1 about 15km south of the capital town, Maseru.

They were gathered there for the HIV/AIDS awareness road march. Pte Sekhonyana Stephen Mapota of the LDF who is also a member of the MDATF disclosed that the purpose of the 3km march to Fika-le-mohala was held in commemoration of the World AIDS Day, which is normally held on December 1 annually.

At about 08:45 the military band tuned on their musical instruments and led the road march. The crowd followed and the echo of their footsteps filled the air. Amongst them there were schoolchildren from Masianokeng High School, Bishop The Mazenod High School, Machekoaneng Primary School, as well as the city-dwellers.

The military traffic bikers led the way with their

sirens blaring. The participants were all in white T-shirts imprinted "World AIDS Day Commemoration Stigma and Discrimination", except the military band personnel who were still maintaining their uniform.

It was such a wonderful day especially to the villagers to see the military personnel mingled with the civilians in a road march.

preconceived idea that they are antagonistic towards civilians. She boldly said she will no longer feel ill at ease in the presence of the army personnel.

Further 2.5km down the road we were by another massive group from the other direction of the Main South 1 whose starting point was at Ha Mants'ebo.



Participants reel to the melodious sounds of the choir at Fika-le-mohala. (pic. by Pte Ramaselela Mathaba).

About a kilometre from the starting point I met one of the villagers from Ha Josiase Mrs Malebohang Monyane. "Oh, how wonderful it is to see the army band marching with the community", gladly cheered Mrs Monyane.

Mrs Monyane said she had never thought soldiers could associate themselves with the civilians because she had a

Together we were approximately in the region of 3 500.

We arrived at Fika-le-mohala around 10:00hrs. There were tents pitched for us to take shelter against the blazing heat of the tropical sun. Approximately at 10:30hrs the minister in the Prime Ministers' office the late Mr Vova Bulane, acting on behalf of the

cont. on pg 21

Minister of Health, arrived with other dignitaries in persons of the District Secretary Maseru Mrs Malereko Phakisi, a member of parliament Mr Molebali Khaile and others.

After the opening prayer, which was cordially led by the Roman Catholic Church clergy, the speakers took to the podium one after another.

When speaking on behalf of all HIV/AIDS support groups present at the occasion, the chairman of Thusanang Ts'osane Support Group (TTSG), Mrs 'Mathuso Moroeng said they have come to the World AIDS Day Commemoration to introduce themselves to the general public as their society was recently established in 2003 with a mandate to help those who are HIV positive.

Mrs Moroeng also disclosed that the TTSG and other support groups assist the infected to live a long and better life. They contribute a lot in the general counselling of the patients through the generous assistance of the home-based nurses commonly known as the 'villagers nurses'. She further explained that those volunteers were imparted with skills in basic general nursing helped establish the TTSG.

"Our society is busy conveying knowledge to 10 to 15 years children in the villages in regard to HIV/AIDS pandemic. We are progressing very well although we still encounter some problems regarding some adults who prefer to be paid other than volunteering," expressed Mrs. Moroeng.

A surgical doctor at Queen Elizabeth II Hospital Dr 'Molotsi Monyamane elucidated that HIV/AIDS has never been alleviated since its first case was reported in Lesotho 1987.

Dr Monyamane went on to say: "The disease does not know the status boundaries. No matter whether one is a king or president, a prime minister or a member of parliament, rich or poor – HIV/AIDS affects us all. We will all bear the consequences as long we do not abstain or avoid unprotected sex," he exclaimed.

The Doctor urged the members of parliament, teachers and the clergy to take an opportunity of delivering the message of HIV/AIDS pandemic to their folks and the community at large as they pursue their respective duties.

The chairman of the Sekepe Traditional Healers Mrs 'Malitlhare Motsoasele explained that the expert traditional healers formed the group in 2002 for the purpose of assisting the HIV/AIDS victims in need of care.

"So far we have a record of more than 10 people who were severely infected with HIV/AIDS and have completely recovered," Mrs Motsoasele said with a deep sense of self-gratification.

She encouraged the community to go to the hospitals to check their status about HIV/AIDS so that they in turn may be in a good position to prescribe them the best medicine they have in store.

A health educator at Queen II Hospital Mrs 'Mampinane Letsie disclosed that she is HIV positive. "I am among people living with AIDS, and I discovered that in 1997," she said.

Mrs Letsie said her two children died of HIV/AIDS in 2001 and she became very upset though she received an enormous support from the people of goodwill who helped her to come to terms with her status.

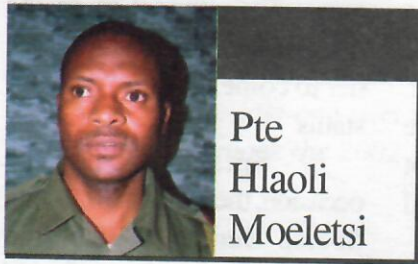
Speaking on the same occasion, the Chief of Matsieng Seeiso Bereng Seeiso said parents and teachers should take a responsibility to caution youth about the spread of this dreadful disease. He said the youth must also take heed of the dangers the alcohol and drug abuse pose, which are the major contributing factors of unsafe sex indulgence.

"Most youth are suffering from tuberculosis (TB) and diarrhoea, which are classified as the common symptoms of HIV/AIDS nowadays," lamented Chief Seeiso.

The Minister in the Prime Ministers' Office the late Honourable Vova Bulane officiating on behalf of the Minister of Health, said time has come to call upon the entire nation to come together to fight against HIV/AIDS and this is why they have chosen Fika-le-Mohala, a venue where the founder of the Basotho nation King Moshoeshoe I used to summon his subjects to discuss issues of peace and tranquillity.

The Minister said the government is assisting the individual groups and those who volunteer to help the infected with free workshops and other amenities in regard to HIV/AIDS pandemic.

# Airmen bid Maj Gen Motanyane farewell



"Should we celebrate when we part company with someone we have been used to for so long?" asked the Lesotho Defence Force Chief of Staff, Major General Sam Makoro at the farewell ceremony held at the Mejametalana Air Base on April 4, 2003. The ceremony was held to bid farewell to Maj Gen Thuso Motanyane who has been the Commander Airwing and has now assumed his new responsibilities as the LDF deputy commander and one of the veterans of the LDF Air Wing Second Lieutenant (2Lt) Malataliana Moromoli, who had just retired.

"The answer is yes," Maj Gen Makoro went on. "It is because for the past few decades Maj Gen Motanyane has been with the LDF Airwing he been both instrumental in shaping this unit into what it is today and also made a concerted effort to equip its staff with adequate skills that will definitely help us function properly at all times to come," he said.

During his command at Air Wing Maj General Motanyane influenced and encouraged airmen to construct new sports facilities including soccer field and three orchards of about 250 fruit trees of various species planted within the premises of the Air Wing. Furthermore, he replaced the aged BO-105s CBS helicopters with the

newly built BO-105s SL, which are more suitable to Lesotho terrain.

Maj General Makoro also said that Maj Gen Motanyane has set many examples to be emulated by his successors. He noted with great appreciation that under Maj Gen Motanyane tutelage unit enjoyed good international and civil relations. "Human resource training and promotions were a hallmark of his management style. We will progress from where he left off," he said.

"It was during your reign when for the first time we succeeded to train our own Instructor-Pilots through your forward sightedness initiatives," said Maj General Makoro citing

Commander Air Wing Colonel Thabo Victor Mohapi expressed his heartfelt gratitude to Maj Gen Motanyane. He reiterated that his relentless efforts to achieve greater things for his country have indeed contributed to what the LDF Air Wing is today.

Col Mohapi mentioned that though LDF duties have separated them he still hopes that Maj Gen Motanyane will always be supportive in everything the unit is doing.

About 2Lt Moromoli, Col Mohapi said there has never been anyone like him. "You have done it, keep it up!" he said.

2Lt Moromoli joined the army on June 2, 1969. He



**Just retired:** The LDF Chief of Staff, Maj Gen Sam Makoro congratulates the veteran LDF Air Wing Senior Air Traffic controller, 2Lt Malataliana Moromoli. (pic. by Pte Teboho Toai).

the examples of technical training, management training, pilot training, staff duties and support staff training.

Speaking on behalf of the airmen the Deputy

was transferred to Air Wing in 1981. In the same year he was sent to Lybia to attend a three-year Senior Air Traffic Control Course. He was also an ardent sportsman. He is a veteran

black belt taekwondo champion, it was disclosed.

In few words of thanks 2Lt Moromoli acknowledged his faith in Almighty God who has been urging him on to serve his country faithfully for more than thirty years – something which is not easily attained, he said.

Furthermore, he stipulated that the words of appreciations and the gifts he has received would be taken to his family. He asked those whom he might have failed to bear with him for he would also forgive those who failed him.

Looking back, the Deputy Commander LDF Maj Gen Motanyane said together with this veteran air traffic controller they have worked hard to make the LDF Air Wing what it is today.

“It is abundantly clear to every one of us that to find a suitable replacement for 2Lt Moromoli won’t be an easy task at all. That is why his contemporaries find it fitting to honour him in this special manner. We wish you a peaceful stay at home, a restful time of retirement and further prosperity in life as a respectable, law abiding citizen of this country. We are all proud of you,” said the Deputy Commander.

“As for you my fellow LDF Air Wing officers and staff, we are still together. Our duties from now on will not make it possible to see each other as often as we did in the past,” said Maj Gen Motanyane.

However, Maj Gen Motanyane urged the new Air Wing command to keep on striving for excellence through all

ranks and discipline, to continue training ventures, to support development in all respects and to highlight safety in the conduct of all operations both on the ground and in flight.

The Deputy Commander appealed to all the companies,

which have always thrown their unwavering support behind the LDF Air Wing like AON Lesotho, Denel Aviation, EADS-Eurocopter and EADS-CASA to extend the same support to his successor Maj Gen Sam Makoro.



Maj Gen Thuso Motanyane, Deputy Commander LDF

---

*“As for you my fellow LDF Air Wing officers and staff, we are still together. Our duties from now on will not make it possible to see each other as often as we did in the past.”*

---

Lastly, he congratulated those who have been elevated to the new ranks and urged them to work even harder. “These appointments have been hard earned and well deserved,” complemented the Deputy Commander.

Present at the ceremony were LDF high command, company directors who have strong business ties with the LDF Air Wing, the media and other people of good will. ■

# India to forge closer links with Lesotho - Bose Harrison

*India is a country of rich traditional and cultural values – the hallmarks of a respectable nation that are propelling Lesotho to revive and respect her traditional and cultural values, writes Sgt Thabiso Rajane.*

The Indian Deputy High Commissioner to the Republic of South Africa, Mrs Banashri Bose Harrison was on a two-day state visit to Lesotho from April 27 to 28, 2003.

Mrs Harrison's visit was highlighted by the traditional Indian dance group performance – The Bharatanatyam Troupe that drew huge crowds of merry makers at Lesotho Sun Hotel on Sunday 27 April, 2003. Amongst them there were Lesotho government dignitaries, Indian community in Lesotho, and other dignitaries.

When welcoming the deputy commissioner on behalf of the Indian community in Lesotho, the president of the Indian Association of Lesotho Dr A. K. Ansari, described Mrs Harrison as a rare combination of academic test and diplomacy. "Mrs Harrison is also a member of fair sex representing the rising forces of Indian womanhood who are now busy in building modern India along their male counterparts," she complimented her.

Dr Ansari explained that Bharayham is a composite art that encompasses drama, music, poetry, colour and rhythm. "Its key note is the dance which includes all the art and its message is not merely to appeal to our senses and enjoyment but it is also to the soul of the dancer and the perceiver," she further explained to the audience, adding that it is also the sacred symbols of human values like universal brotherhood and

fellow feeling which are often forgotten in present day world.

When speaking at the occasion, the Indian Deputy



The Indian Deputy High Commissioner to South Africa, Mrs Banashri Bose Harrison addressing a packed audience at Lesotho Sun, Maseru. (pic. by L/Cpl T Kharafu).

High Commissioner Mrs Harrison said it is their intension this year and from henceforth to be quite present in Lesotho with their cultural activities. "We will count on your continued support in terms of our presence, advice and so forth," she pointed out. Mrs Harrison said the event itself symbolised her government's commitment to overcome the physical distance,

which separates the two countries. "The government of India and its people feel a great sense of friendship and respect for the people of Lesotho," she said.

Furthermore, Mrs Harrison congratulated the two nations for their struggle against the forces of imperialism saying that their indomitable spirit has survived. "Tradition and culture are still vibrant and vigorous despite changes here as in India. So, on these commonalities is based the determination of my government to forge close links between our two countries," she commented.

She said the government of India would like to enhance relations with Lesotho mostly in the fields of human resource development, political conducts as well as culture. "We are very grateful to His Majesty King Letsie III for his blessings to our efforts to building up close relations with the kingdom. We are also appreciating the guidance of the Prime Minister Mr Pakalitha Mosisili in this direction," she said.

Also at the function was the Minister of Foreign Affairs, Mr Mohlabi Tsekoa who stated that Lesotho and India have had long standing

cont. on pg 25



and healthy bilateral relations and that have ensured that, despite the ups and downs of travelling

strengthening of this relationship," he disclosed.

When commenting on the Bharm Troupe, Mr Tsekoa indicated that India has



**Art at its best:** The Bharatanatyam Troupe dancer Mrs Uma Balasubramaniam Ramesh performing at the Lesotho Sun Hotel. (pic. by L/Cpl Teboho Kharafu).

the road of development, the Basotho nation and their country have moved on. "That relationship has been characterized by, among other things, a strong socio economy development cooperation; a strong human resources development link, and cooperation on the side of helping Lesotho to move her military and security services to maturity," the foreign minister said, adding that the presence of the Indian Army Training Team (IATT) in the country is to help the Lesotho Defence Force (LDF) ensure increased professionalism and the protection of democratic values.

"And because of this corporation, later this year, in a space of three to four months the Right Honourable Prime Minister will be paying a special, official visit to India to ensure the

epitomised a mainstay in demonstrating the value of a strong culture. "India's cultural heritage is respected all over the world and it is in the main because of that cultural richness that India has continued to thrive as one of the world's leading democracies while many have been overwhelmed by western cultures. But this proud nation has demonstrated very solidly that culture is a strength "These two countries have a strong partnership on socio economic development and interactive cooperation on the security matters," commented Mr Tsekoa.

The honourable minister also indicated that the Indian cultural troupe was not in Lesotho for Basotho only to taste their cultural richness but also to send a strong message that it is worthy to stick to one's culture in a world of multi-cultures.

"Here India has epitomised its cultural richness and democracies whereas our African countries have opted for westernisation," lamented the minister.

The foreign minister suggested that one of the most noticeable hallmarks of a respectable nation is its religion. "India is a proud nation in terms of religious belief. Therefore, Lesotho has to learn from her. I assure you that in no time Lesotho will be on the full swing of retreating to her cultural origins and customs," the minister solemnly declared.

When addressing the distinguished guests and the Indian Community in Lesotho, his Lordship Chief Justice Mahapela Lehohla expressed his deepest and profound gratitude to welcome the Indian delegation to the Kingdom of Lesotho.

The Chief Justice commented the Indian community for sticking to their cultural origins, customs as well as its sustenance of democratic values.

The Bharatnatyam Troupe is a five manned group of artistes namely Mrs Uma Balasubramaniam Ramesh, dancer; Mr Vasudevan Muruganandhan, violin; Ms Vanathy Raghurama Ramanathan, vocals; Ms Roja Venkatachalam Nattuvangam and Mr. Jagadesan Shankar Mridangam.

During her stay in Lesotho, the Indian Deputy Commissioner to South Africa paid a courtesy call to the office of the Commander Lesotho Defence Force, Lieutenant General Makhula Mosakeng. From there she visited several training areas in both Ratjomose and Makoanyane Barracks.

# EVENTS IN PICTURES



The visiting Nigerian National War Collage delegation at a briefing session at the Defence Headquarters, Maseru. Sitting on the extreme left is the former Nigerian Ambassador, Mr Ayo Andrew Ajakaiye. (pic. by Mahopotsa Maputla).



The LDF Deputy Commander, Major General Thuse Motanyane, awards newly graduated Commando Private Mofoka a prestigious Special Forces badge. (pic. by Pte Nako Hokinyana).



The LDF Brigade Commander, Brigadier Mahao Mofolisa, awards a certificate to Lieutenant Tsofong Peshoane at the official closure of the Platoon Commander's course at Makoanyane Barracks. (pic. by Pte Semenyane Mokhoru).



During her official visit to Lesotho, the Deputy Indian Commissioner to South Africa, Mrs Harrison (third from the left) paid a curtesy call to the LDF top brass at the Army Headquarters Ratjomose Barracks. (pic. by Pte Nako Hokinyana).



The Commander LDF, Lieutenant General Makhula Mosakeng, inspects the new pipe band's attire and musical instruments at the Army Headquarters Ratjomose Barracks. (pic. by Pte Nako Hokinyana).



The LDF Chief of Staff, Maj Gen Sam Makoro, shakes hands with the US Ambassador to Lesotho Mr Robert Loftis after receiving medical equipment donated by US government to the Makoanyane Military Hospital. (pic. by Pte Teke Ntilane).

# EVENTS IN PICTURES



The Commander LDF, Lieutenant General Makhula Mosakeng, (left) welcomes the newly inducted Indian Army Training Team (IATT) leader, Colonel DS Negi. (pic. by Pte Semenyane Mokhoru).



Corporal Khama Moneuoa (standing in front) and his new pipe band spotting their stylish attire. (pic. by Pte Nako Hokinyana).



The LDF Air Wing personnel at the end of their routine 10Km road march. (pic. by Pte Teboho Toai).



The LDF burial party leading the funeral procession of the late Minister in the Prime Minister's office, Mr Vova Bulane who died in a car accident. (pic. by Pte Mahopotsa Maputla).



A Funeral cortege of the Late Colonel Tjotjela Clifford Polisa on the Thuathe Plateau, Berea. (pic. by Pte Teboho Toai).



Members of the LDF Special Forces on their routine training session at the Makoanyane Barracks. (pic. by Pte Nako Hokinyana).

# Tragedy at Katse Dam

## as LDF helicopter takes a deep plunge

By Pte Tankiso Nkoho

On May 20, 2003 when Lieutenant Lererileng Maloi flew German built BO 105 chopper from Mejametalana Air Base, Maseru on a tourist mission to the huge Katse Dam little did he know it was his last flight alive.

tragedy stated that the helicopter appeared to be flying approximately 20 metres above water level.

He described what he saw: "I saw it land on the water and suddenly there was an explosion and parts of the helicopter were seen scattered in the dam."

"We only able to rescue the German TV crew as the other two occupants were nowhere to be seen. The rescued crew was subsequently flown to Bloemfontein, South Africa for medical attention," he explained.

More than a week after the tragedy the two missing Basotho

nationals had not been found and one member of South African Police Services Divers from Bloemfontein has since died following complications he experienced during one of the missions.

The bodies of Lt Maloi and Nthako were retrieved by Subtech Diving and Marine Company of Durban, South

Africa on June 1, 2003. The bodies were still in good condition.

The Minister of Natural Resources, Mr Monyane Moleleki, has announced that Government has decided to try to retrieve two other bodies of children who drowned in 2002.



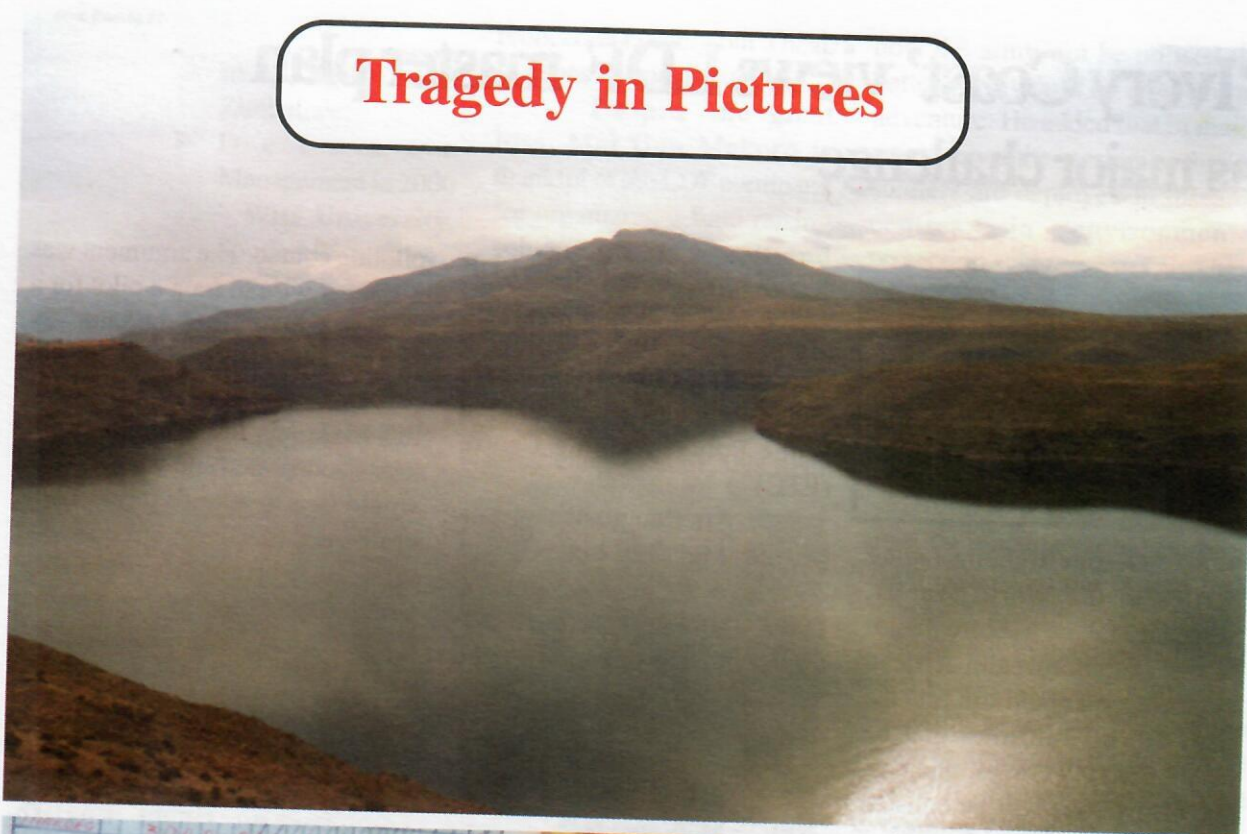
A rescued German TV crew member (wearing a blue blanket) is still trying to come to terms with the ordeal he has just been through. Next to him is Maj Gen Sam Makoro and Dr Anantaaram Jairam of the IATT.

His helicopter carrying a German television crew comprising two South Africans and a German as well as a Mosotho engineer, Mr Sethunya Nthako from the Lesotho Highlands Development Authority (LHDA) plunged into the deep waters of the Katse Dam around 9:00am.

Mr Mohlouoa Khemane, a herd boy who witnessed the

The occupants of a speedboat that was sailing nearby rushed to the scene for rescue purposes. Explains one of them, Mohale Ramoholi: "We heard people shouting for help amongst the scattered pieces of the helicopter and one voice was yelling, 'I am freezing, please help,' and we rushed to their assistance."

## Tragedy in Pictures



A view of the Katse Dam. ▲



◀ The Late Lt Lererileng Maloi who was flying the ill-fated Helicopter.



◀ One of the rescued German TV crew is receiving medical attention.

# 'Ivory Coast' views LDF master plan as major challenge



**Cpl  
Ntlele  
Ntoi**

Despite fighting raging battles in the World War II, Sergeant Makoro Makoro Senior of the Commonwealth African Pioneer Corps could still find the army life so fulfilling that he would think: "Perhaps, one day, one of my sons will be enlisted too".

That was never to be. His only son, Tšotleho Joel Makoro met his tragic death in the South African mines. However, three decades down the line the old man's dream came true when he successfully persuaded his grandson, Makoro Samuel Makoro Junior then at 21, to join the army on February 1, 1978.

Now the Lesotho Defence Force (LDF) Chief of Staff, Major General Makoro Jnr., a helicopter pilot of great renown has indeed lived to the expectation of his 'father' and mentor, Sgt Makoro Snr., one can say.

Born on July 14, 1957 at Lithipeng, Phamong in the district of Mohale's Hoek, Maj Gen Makoro completed his COSC at 'Maseribane High School at Mt Moorosi, Quthing and later when he was already in the service he attained the prestigious Batchelor of Adult Education at the Institute of Extra Mural Studies (IEMS).

When flashing back to the days of his initiation into the service, Maj Gen recalls: "I was

among the first batch of the LDF cadres to be trained in the army premises at the Ratjomose Barracks. Before then, basic military trainings were conducted at the Police Training Centre (PTC)".

After he graduated as a private, Maj Gen Makoro was deployed at the C-Company. From there he went to the transport department where he



LDF Chief of Staff, Maj Gen Sam Makoro

was assigned a driver for the late Brigadier Ramotšekhoane.

His duty as a driver was a short lived one for he eventually applied for the advertised piloting course post in 1981. He walked away with the interview and preliminary tests, and was consequently selected to undergo an intensive piloting course in Öedain, Germany along with a section of seven others headed by Colonel Mokhantšo, then at the rank of lieutenant.

"Our German instructors were frank and genuine with us. Initially, it was agreed that we were there on a six-months training course, but out of utmost good faith they insisted on us going for a full year helicopter-

piloting course. The argument was it's never wise to train a pilot for a short period of time," he said.

Maj Gen Makoro, once a part time mathematics teacher at the Makoanyane High School, urges young men and women who would like to take flying as their profession, that they must do away with the wrong perception that some subjects are hard to grasp.

"Among others, a sound academic grounding, more especially in mathematics and science subjects is a necessity. However, there is also a strong emphasis on fluent English language too as it is a medium of instruction. One's good depth perception and natural aptitude are also of paramount importance in this case, mark that," he pointed out.

During his first solo flight, Maj Gen Makoro could not believe he was on his own. "I kept on looking for my instructor but none was there beside me. Anyway, the confidence I had built in many months of training sessions never failed me," he said, tapping his table with a clenched fist.

He made a record flying time aboard a variety of helicopters inscriptive of AS-250 Squirrel; MI-8T; MI-2T; Bell-105s CB & CBS PSL; Bell-206s Jet Ranger II & III and Bell-412 SP & EP in Germany, USA, Canada, Mozambique and Libya respectively. Back home, he flew popularly known Bell-47 - *Fefenene*, and BO-105 - *Nonthoboro*.

His military courses comprise the following:

- U N
- Peacekeeping
- Military Observer

cont. on pg 31

- in 1999 – Zimbabwe;
- Defence Management in 2000 – Wits University, South Africa;
- Civil Military Relations in 2000 – Wits / LIPAM, Lesotho;
- Base Commander Aviation Safety –



Maj Gen Sam Makoro (extreme right) poses for a picture with some of his colleagues near the German-made BK117 helicopter.

South African Air Force School, RSA.

To this far Maj Gen Makoro has seen so much in life, but the most sobering episode in his life was when his official residential house at Makoanyane Barracks was gutted by fire.

Drawing a deep sigh, he said: “On that fateful night, August 4, 2000, me and my family were at home at Lithipeng, Phamong. You know, I’m a Christian and I can tell you somehow, instinctively may be – I could tell something was amiss in Maseru though I wouldn’t tell what it could be exactly. In the morning hours, following the sleepless night due to my wife’s mysterious illness, news came that we’ve lost all our family property in the blazing inferno,” he regretted.

Imagine souvenirs, some collected from far distant lands he had toured; a range of good books on piloting and management that has taken Maj Gen Makoro some years of hard work and dedication to collect; and everything therein

reduced to nothing but a heap of ashes in one night!

Despite the great loss, Maj Gen Makoro is thankful of the LDF command for organizing a fund raising scheme on his behalf and everyone who has contributed to help him recover some of his property.

In regard to his recent appointment as the army chief of staff, this man

of principles who barks an order and expects it done right away, whether at home or at his work place, views the LDF 2028 restructuring ‘master-plan’ as his major long-term challenge.

“If funds were readily at hand, I would like to see the LDF personnel increasing in numbers, acquiring adequate facilities and necessary skills. I would also like to give a strong emphasis, among others, to a vibrant engineering company, which will help construct a network of roads and airstrips to make every corner of Lesotho accessible,” Maj Gen said.

Though he has not yet decided what he would like to do when he retires, Maj Gen Makoro still maintains the idea that devoting himself to teaching the community to understand the role of the army, and most importantly,

how the army can be utilised the better way, would be a rewarding adventure. He added that in major countries of the world like the US soldiers are deployed in research centres, in environmental protection schemes, and also help promote tourism.

Similarly, concerning the problem of famine that has gripped the country lately, he argued that if the government could have but introduced its newly adopted agricultural policy through the army, the outcome could have been much better. No one would hear of any accounts of alleged irregularities in the distribution of subsidised seeds and fertilizers. The army as the last hope of the nation in times of disaster, with all strength could have done everything efficiently, he argued.

This prolific soccer star of yesteryears, who was famously known as ‘Ivory Coast’ has now taken interest in a new sport. “Maj Gen Thuso Motanyane recently introduced me to golf and I’ve found it a very interesting form of sport too. You see, what I like most about golf is that, every shot is never perfect and thus urges one to play on and on,” he said with a broad smile.

Maj Gen Makoro, a born swimmer who liked rowing boats across the great Senqu (Orange) River also likes playing volleyball and watching news on television.

When asked about his favourite dish, Maj Gen’s face beamed up and subsequently exclaimed: “Oh! I like mutton very much – no matter how it is prepared,” he said, complimenting his wife, Mrs `Majoel Makoro as a “marvellous cook”.

He is married and blessed with three children – two girls and a boy. His military decorations comprise of Meritorious Service Medal, 10 and 20-years Long Service & Good Conduct Service Medals.



By  
Maj E  
Fuma

# Common sense strategy to prevent terrorism

The planning of anti-terrorism section can be executed in two phases: PRE-ACTS-OF-TERRORISM REDUCTION, and POST-ACTS OF-TERRORISM RECOVERY.

**Reduction:** The pre-acts-of-terrorism includes prevention, mitigation and pre-preparedness. The most important element of the pre-acts-of-terrorism phase is prevention. Prevention can be achieved if INTELLIGENCE is available. Prevention is targeted if intelligence has identified the time and the place of the planned attack. The steps of targeted, prevention are straightforward: that is to isolate the target from the terrorists from the target or sabotage their plans. Then arrest the terrorists as soon as all the associates and supplies have been exploited.

The element of mitigation is to ensure a constriction of resources: the terrorist must be denied resources and information for training, weapons and explosives. This can be done by executing

high-density and targeted operations aimed at weapons caches. Terrorists must be denied the support they need, such as safe houses, money and materials. Finally, in order to be prepared, personnel must be trained and willing to use the full extent of investigation resources to investigate any terrorist activities – targeting Lesotho or Basotho; bearing in mind that investigations are prosecution – focused.

**Reduction:** The post-acts-of-terrorism phase includes contingency planning for assassination, shooting incidents, bomb explosions, hostage situations, sabotage and kidnapping. While pre-acts-of-terrorism refers to those actions executed to prevent terrorism to mitigation it and to prepare for acts of terrorism, post acts-of-terrorism refers to those actions execute after acts of terrorism have occurred.

Lesotho should currently use the strategy that is based on co-

ordination and co-operation between the following: Intelligence Operations, Investigations (CID) PSU and Signals in order to combat terrorism.

The most important principles of an anti-terrorism operational concept is to co-ordinate an operation with an integrated approach. This can be done within the National Operational Coordinating Mechanism including all the disciplines of LDF, LMPS and NSS, as well as any other government that is found necessary for involvement.

**Conclusion: Operations based on intelligence are executed to stabilize a focus area conduct tactical intervention regarding terrorism and effectively control high-risk operations. Investigations are conducted with the specific intention of ensuring successful prosecutions.**

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







LCpl  
Tšepo  
Phaila

## My perception of a soldier

Being a soldier is a vocation, not merely something you choose to do for want of something better, but something, which you should undertake only if you are sure that it is your calling. No soldier can hope to fulfil his duties and responsibilities adequately if he enters the profession for motives of security, position or gain, in fact for any but the highest motives. And no one should undertake to be a soldier unless he is confident that, by the grace of God, he can live by the demanding challenges of the profession.

Being a soldier carries tremendous responsibility, the responsibility of protecting the nation and the territorial integrity of one's homeland and being the umbrella of the nation and its properties. The responsibility of offering one's life as a sacrifice for the survival of the nation.

The task of a soldier is to devote himself, heart and soul to the nation entrusted to his care. Being a soldier is nation centred, and to a soldier, the interests of his nation must take precedence over all other claims. At the same time and at all the time, the soldier himself must provide a living example of the kind of life the nation must lead. Remember, to the nation the soldier is the saviour and they should see no evil in you, for what you do educates the nation of what you are.

The soldier will be humble and self-effacing. He is not there as the boss

of the nation but to secure them beyond himself to higher, peaceful and better life. He must be the lover of the nation. The nation requires the right atmosphere for economic growth and development. And this atmosphere is provided by the love and respect of those who deal with their security.

The soldier must be a positive personality, well balanced, vigorous and calm, a man of firm convictions, not easily

*Being  
a soldier carries  
tremendous  
responsibility, the  
responsibility of  
protecting the nation  
and the territorial  
integrity of one's  
homeland and  
being the umbrella  
of the nation and  
its properties .*

swayed by every passing rumour, enticement and discontent, but a rock to which the nation can cling with confidence. A soldier needs training in order to master his duties but even trained soldiers need

constant refreshment and re-invigoration. This is only possible if he continues his studies and makes an effort to always keep up to date.

The soldier must be very patient. He must have the kind of patience possessed by the forester who plants and tends and nurses without any hope of personal benefit or even of seeing in his lifetime the fruits of his labour. A soldier must never be too tired or too busy to listen patiently to the difficulties and problems of his nation.

A soldier must be at once decisive and calm, speaking with an authority based upon the confidence of adequate knowledge, sound training and good living. He will always be courteous and good mannered, firm but kindly and just. He will be orderly and methodical, regular and punctual. He will, in fact be a well-balanced and well disciplined person.

A soldier will be a model of conduct and deportment. He will set an example of courtesy by giving compliments to his seniors. He will be neat and presentable, well but not extravagantly dressed and always clean. A soldier should also set a good example of personal morality and good living outside the barracks and military bases as well as within. ■

# Illegal immigrants arrested in 'Operation Sehong-hong'

With the soaring wave of crime tightening its grip on all fronts in Lesotho, the local communities in the northern districts have vowed to join hands with the law enforcers to put the perpetrators behind the bars, writes **Private Sakeng Lekola**.



**Pte  
Sakeng  
Lekola.**

The army, police, national security agency and the community in the northern districts of the Lesotho recently collaborated to combat crime in an operation codenamed Sehonghong.

According to the Officer Commanding Butha-Buthe Police Senior Superintendent 'Mamotlatsi Petlane, during the operation that lasted for about two weeks herds of livestock were recovered, illegal firearms and drugs confiscated, and illegal immigrants detained.

"We are very grateful to our community for realizing that it is only with their support that crime levels can be significantly brought down. Together we can ensure that we all live in safe community environment," Snr Supt Petlane said.

Senior Inspector 'Manthabeleng Brown of the Butha-Buthe police reported disclosed that with community cooperation, 9mm pistols and several bags of dagga were confiscated in areas around Tsime and Qholaqhoe in the district of Botha-Bothe. "Ten suspects are in police custody in connection with these crimes, while one suspect from Tsime is still at large", she added.

Meanwhile in a similar operation in Maputsoe, several suspects have been arrested in connection with robbery, house breaking, murders, drug trafficking and possession of illegal firearms. "This is a major breakthrough considering that Maputsoe was now becoming a paradise for criminals. I give credit to the Maputsoe Peace Committee for the generous assistance they gave to the police," said the Officer

herds of stolen livestock some of which still bore bleeding new earmarks. At least six cattle were found to have been stolen from South Africa," Snr Supt Khoeli added.

Meanwhile, the commander of the A Company of the Lesotho Defence Force 1<sup>st</sup> Battalion 1<sup>st</sup> Infantry Brigade (A11BN), Captain Tšenolo 'Mako disclosed that four illegal immigrants from South Africa were also



**Impounded:** Herds of cattle rediscovered at Mokhotlong following the security forces swoop down in the area. (pic. by Pte Ramaselela Mathaba).

Commanding Leribe Police, Snr Supt Mokoto Khoeli.

According to Snr Supt Khoeli many herds of cattle and sheep were impounded at Pelaneng and Bokoaneng during the operation.

"Most of the cattle posts in those areas are awash with

arrested at Ha Tsoinyane during the operation.

"These illegal immigrants smuggle firearms into the country and exchange them for dagga, and these firearms are in turn being used by criminals to destabilize our

cont. on pg 35

communities," said Capt Mako.

The assistant Officer National Security Services in Leribe, Mr Rakhongoana Mohanoe said investigations had revealed that the culprits come mainly from Kwazulu-Natal province.

Mr Mohanoe went appealed to the Lesotho Mounted Police (LMPS), NSS and the community at large to keep on exchanging ideas on how to combat crime in the country. "Information should always be disseminated in time in order to launch successful operations like this one," he suggested.

Lieutenant Colonel Masakoane Pasane of the LDF said: "Without joining hands no operation can be a success. I suggest that even the village peace committees should be invited during the operations".

A resident of Maputsoe, Mr Phopi Masoba who is alarmed by the high rate of criminal activity in his area believes that the high rate of unemployment and poverty are the main causal factors behind the soaring crime.

He said while many people were willing to inform the police about suspects of crimes, they were nonetheless discouraged by the light sentences imposed on the convicted. "If this practice continues we might be inclined to take the law into our own hands," he warned.

In the wake of the success of Operation Sehonghong it has been decided that mobile patrols should be

mounted at all times along the Lesotho-South Africa border and that frequent raids in areas declared 'trouble spots' in the northern districts.

impress any right-thinking person to see police and soldiers in uniform going up and down while their fellow countrymen and taxpayers are daily victimized by thieves and criminals. "Surely they



**Mission accomplished:** Commander LDF, Lt Gen Mosakeng at a news briefing session. (pic. by Pte Ramaselela Mathaba).

*In a similar operation codenamed 'Operation Second Strike' that was conducted in Mokhotlong some success was achieved although there is still a long trek ahead, writes Pte Tankiso Nkoho.*

During the operation that covered the villages of Kokoma, Khubelu, Ha Ntšasa, Bobete and Tlhanyaku, 23 suspects were arrested for being in possession of dagga and 4 others were arrested for having unlicensed firearms. 201 cattle, 5 horses and 6 donkeys were recovered.

In a debriefing held at Mokhotlong LDF base, First Infantry Battalion Commander Lt Col Masekoane Pasane said a wasted minute is never found. He hammered on the importance of H-hour for every military and police operations.

"Let us successfully protect our country so that it is not ruled by thieves. It does not

deserve to live in secure homes and peaceful environment. Let us restore peace and order in Lesotho and win back hearts and minds of the public," Lt Col Pasane firmly stated.

The Lt Col said the road to peace and order was thorny and steep. "But it is our duty to travel it all the way. This is our country, our fatherland that we are proud of. Let thieves on ever have peace of mind. They can run but they cannot hide," he stressed. The thieves must not have rest as they persecute innocent nation," he said.

The Lt Col said that the frequent joint operations must be conducted to lessen the stock theft. He urged the police and military personnel not to collude with criminals. He thanked Service support, Signals, Air Wing and Military Intelligence for playing a crucial role to make the joint operation a complete success. ■



**Commando  
Lt Col  
Maaparankoe  
Mahao**

## World peace remains illusive

1. In 1945, the United Nations Organisation was formed with a fervent belief and hope that war should be consigned to history. The bitter experience of the Second World War underscored the importance of respect for human rights, sovereign equality and inviolability of territorial integrity of states. The United Nations Charter encapsulated some of the noble ideals in the following terms:

To maintain international peace and security, and to that end: to take effective collective measures for the prevention and removal of threats to the peace, and for the suppression of acts of aggression or other breaches of the conformity with the principles of justice and international law, adjustment or settlement of international or situations which might lead to breach of the peace.

2. Heroes, heroines and martyrs were honoured while angels of war were hunted, condemned and turned into edifices of evil. One of the touching honours bestowed to those who fell for peace lies unnoticed in Kingsway Street in Maseru near Lancers Inn. It reads thus:

It is for us the living, rather, to be dedicated here to the unfinished work, which they who fought there have thus far so nobly, advanced. It is rather for us to be here dedicated to the great task remaining before us that from these honoured dead we take increased devotion to that came for which they gave their last full measure of devotion that we here highly resolve that these dead shall not have died in vain that this shall have a new birth of freedom and that government of the people,

by the people, for the people, shall not perish from the earth.

3. While the noble ideals for a peaceful world were being espoused in 1945, little was perhaps noticed that the world was too divided for peace to reign. The world was divided between the rich and the poor countries. Colonialism, which divided the people of the world into the civilised and uncivilised, was firmly in place. The quest for a better socio-economic system divided the world into the capitalist and socialist oriented camps. These contradictions soon proved that noble ideals do not exist in a vacuum. They are determined by objective conditions that lie at the base of human and state relations. The United Nations, regional organisations, states and peoples had to content with new forms of conflict. Cold war erupted; anti-colonialism wars for self-determination and revolutionary wars became dominant features of post Second World War conflict. The world came very close to another global war. Regional conflicts became a reality as under South Africa Total Strategy in Southern Africa. Many countries shoved off the yoke of colonialism with the barrel of the gun.

4. The systematic collapse of colonialism failed to secure peace for the former colonial peoples. Many former colonies like Angola graduated into protracted civil wars. Others went through series of coups and counter coups virtually making peace, development and stability too distant dreams to reach.

5. By the end of 1980's, the collapse of the Eastern bloc led to many pessimists to believe that the end of Cold War was heralding an era of peace. Once again history was to prove that such thinking was fundamentally flawed. Instead of advent of peace the world is experiencing multi-variety of sources and manifestations of conflict. Whereas inter state conflict has substantially receded in the life span of United Nations, intra state conflict is on the increase. Non-state entities, which operate across the borders of states, are undermining global peace. This new phenomenon is just one among the many threats to global peace. The extent to which unipolar power of post Cold War is a threat to global peace is also unfolding and requires an unerring eye for observation. Never before the US led war on Iraq had the Security Council of United Nations been undermined with impunity. The credibility of United Nations is being so eroded that only chaos seems to be what the future holds.

6. The political leadership of the world is challenged by the unfolding history of global insecurity to seize the mandrel of peace and genuinely address the threats to peace. Terrorism in its contemporary manifestation poses a real threat today and an even worse threat in the future. Its weakness lies in the fact that its causes are notorious irresponsibility of global political religious and economic leadership. Many terror groups, which maraud the world today, are creations of some big powers in their quest for hegemony. History has also proved that as long as poverty and or alienation from resources obtain in the world, peace will forever be illusive. ■



**Ingo  
Seifert**

## It's high time you eat right

In our modern society we demand food products that look appetizing and last for a longer time. This unfortunately results in a decrease in nutritional value of the food we are eating. Our staple food, the maize is getting whiter and whiter every year. The millers refine it more and more by removing the cereal fat that contains much of the maize's vitamins and minerals until there is pure white starch left only, which can be stored for longer times like pasteurised long life milk.

The whiter the rice and the more it swells, the more we are willing to pay for it, but it is the same story as with the maize, only starch is left. We pay more for white bread than the healthier, less refined brown bread. To make up for the loss of nutrition through the refining process, food manufacturers like to enrich it with vitamins. That is definitely not the ultimate answer to achieve a balanced diet. Even the home-grown food from our fields often lack important vitamins and minerals due to monoculture farming and too many years of planting on the same soil without adding back essential macro-micro and trace minerals.

The high rate of auto-immune diseases we are experiencing in Lesotho and the rest of Africa like high blood pressures, arthritis, diabetes etc. is often a result of our modern eating habits and food choices. Scientists have realized that today we have to supplement our food with a variety of vitamins, minerals, fats and amino acids to delay the onset of autoimmune diseases. Natural vitamin and mineral supplements have become a big business and you can spend hundreds of Maloti every month hoping to achieve a balanced diet.

Most products have been designed in well-developed countries with different eating habits than in our African Region and we tend to believe that they know what is best for our health. Recently scores of local researches and entrepreneurs

have developed food supplements and nutroceutical porridges to enrich our traditional meals. Pro Nutro was the first such porridge based on wheat and Soya, supplemented with 18 vitamins and minerals, though African food is traditionally based on maize. The well-known "e" -pap is more accepted among the African society and its base ingredient is energy rich unrefined yellow maize.

These nutroceutical foods provide a lot of kilojoules and they strengthen the immune system at a price of less than M1.50 per meal. Some vitamins and minerals are more important than other, especially SELENIUM & ZINC. These are trace minerals very important for our immune system and unfortunately hardly present in our soils and therefore our traditional food. Sunflower seeds, pumpkin seeds and Brazil nuts have some selenium as well as Pro Nutro and "e" - Pap. When you decide to take nutritional supplements ensure that they contain SELENIUM. ■

### March...

*cont. from pg 21*

He also encouraged everyone to the use of Golden Herbal Products and also consults the traditional healers who are legally registered with the ministry of health.

"There is no one who can cure the disease except abstaining from sex or be content with one partner," urged the Minister.

The road march was organised by the MADTF under the auspices of the Lesotho AIDS Programme Coordinating

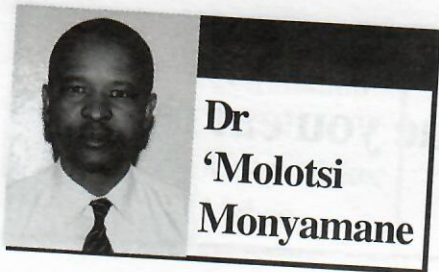
Authority (LAPCA) in support of other government ministries, NGOs and private sectors, which played their different role in the road march.

The LDF in particular played an important role by contributing with its full military brass band, water tanks, traffic bikes ambulance and professional nursing staff.

The ceremony was highlighted by songs, which were pertinent to HIV/AIDS pandemic including Masana Youth Drama Group under the professional supervision of the

former South African Broadcasting Communication (SABC) artist Mr Silas Monyatsi who featured in a popular Sesotho drama 'Litholoana tsa sethepu'.

***"There is no one who can cure the disease except abstaining from sex or be content with one partner."***



# HIV/AIDS workplace policy

The Law protects employees against discrimination resulting from disclosure of HIV status of an applicant, employee. A person may not be discriminated in recruitment, training, promotion or access to Health care. **HAVE YOU SEEN ONE AT YOUR PLACE OF WORK!!!!**

## LEGAL AND ETHICAL ISSUES

Informed consent is required before any test, diagnosis, treatment, operation, or intervention. This is part of medical ethics and the law in Lesotho.

## CONFIDENTIALITY

This is the cornerstone of medical practice in order to protect patients against third parties that could use the information to prejudice the patient. These are overridden by the law if the information is part of a criminal investigation the Doctor can be instructed by the court of Law to release such information.

Doctors are often faced particular situations placing them in a difficult position, where they experience a conflict between request made by third parties and interests of their patients.

## LEGISLATIVE REQUIREMENTS

It is imperative that health care professionals know the basic legislative requirements

1. **Employment**  
The employer who has requested the HIV test has obtained a court order from the Labour Court authorizing testing.

No test results have been made available to the employer without the relevant employee's informed consent.

Employees have not signed any document in which they waive their rights.

Employees have been assured that there may be no discrimination based on their HIV

Status and no reduction in terms of employment benefits would take place.

## 2. INSURANCE

- The patient / insured is aware of the exclusion found in his/her policy document
- The patient is aware that sec 59 of long-term Insurance Act compels him/her to disclose all material medical facts at the time of applying or a policy.
- The patient is aware of implication of medical records consent form signed at the particular insurance company.
- The patient has been informed of specific HIV products offered by the insurers.

## 3. MEDICAL SCHEMES

- The patient knows the limits of his/her medical scheme benefits
- The patient knows which treatment would be for as being part of the prescribed minimum benefits
- The patient has considered the financial implications of antiretroviral treatment. The patient have reached a decision to either pay for it or seek participation in programmes that do provide antiretroviral treatment.

**VOLUNTARY COUNSELLING AND TESTING** is the cornerstone of a successful HIV/AIDS workplace management programme its success helps the employer to have an impact assessment of HIV/AIDS and plan a wellness programme that will care and support the employees and their families.

The above can only be achieved by having a policy that is all inclusive, transparent, sector and gender sensitive. The policy must be part of the core business of the company/ministry in must address management, workers, legal, human resources concern.

**WHAT ARE YOU DOING TO HAVE POLICY GUIDELINES IN YOUR PLACE OF WORK**

# Goodbye Clifford

By Cpl Matheanzima Taneso

Hundreds of mourners gathered at Sehlabeng sa Thuathe to pay their last respects to the late Colonel Tjotjela Clifford Polisa who was gunned down by a stranger at Ha 'Nelese, Maseru on April 4, 2003.

The colonel who headed the Lesotho Defence Force Military Intelligence was buried on April 19, 2003 at his home village. Friends, relatives and army colleagues are still coming to terms with the untimely death of the colonel.

Addressing mourners at the funeral the Prime Minister Mr Pakalitha Mosisili said the colonel's death was a great loss not only to his family but also to the entire nation of Basotho.

"I will always remember him for his diligence, discipline and dedication to his duties.

I recall the efficiency with which he submitted the report in relation to the

army mutiny in 1998. At his age, his loss is an irreplaceable one

and he will be sadly missed by all of us," he said.

He went on: "I trust that LDF will live up to the challenge of ensuring that the culprits are brought to justice."

Speaking at the same occasion, the Commander LDF, Lieutenant General Makhula Mosakeng shared the same sentiments and stressed that Col Polisa kept to his call of serving LDF and Basotho with loyalty.

"Clifford was a professional soldier who knows his job thoroughly. Indeed he was one of the pillars of strength behind the on-going restructuring process of the LDF. He was a professional soldier with credentials that stood the test of time locally and internationally," he said.



The Late Col Clifford Polisa

Speaking on behalf of the Polisa's family, Mr Lefenya Polisa, father of the Late Col Polisa regretted his son's death but assured the Prime Minister and the entire nation that the power of prayer would bring to this world more people like Polisa.

Col Clifford Polisa is survived by his wife and two daughters.

He held B.A. in Public Administration (NUL) and M.A. in Public Administration (University of Liverpool, U.K). He went through military courses conducted locally and abroad

Suspected killers of Col Polisa are in police custody.



LDF's burial party carrying the coffin of the Late Col Polisa



**Puleng  
Letuka  
(Research  
Associate  
WLSA)**

## **Married persons Equality Bill: A ray of hope for Basotho women**

Lesotho like many other countries has ratified many international instruments on Human Rights. Perhaps the most appropriate to mention in this case is the Convention on the Elimination of All forms of Discrimination Against Women, commonly known as CEDAW.

Lesotho ratified this Convention in September 1995 just before the Fourth World Conference on Women or Beijing Conference. Under this Convention, states are obligated to take measures including enactment of laws to remove all forms of discrimination against women.

Elimination of discrimination is one of the paramount ways in which the ideal of equality for all regardless of among others, sex, would be realised. The same sentiment is found in our constitution, which has provisions against discrimination and espouses the ideal of equality.

This means therefore that Lesotho is obliged to see to it that this ideal is achieved by, among others, reform of laws, development of policies and creation of a conducive environment for the protection of all its citizens. These measures would be in harmony with its undertaking in the convention and most of all would be in line with

the principles and ideals of the constitution.

There are many challenges currently facing women making it difficult to achieve the ideal of equality. These challenges are at the social, political and legal level. While challenges at the social level might take some time to change, legal ones can be addressed by either enacting appropriate laws or by changing existing discriminatory ones.

Lesotho has responded to this problem by adopting the latter approach namely by drawing for instance, the Married Persons Equality Bill which when adopted by Parliament, is intended to remove the discrimination that married women face in the law. Discrimination makes it difficult for women to fully enjoy their rights on the same footing with men.

### **Problems Addressed by the Bill**

- Non-consultation between spouses on acquisition, use and disposition of marital property. It is well known that women make a big contribution to the amassing of family property. Despite this fact, if they are married in community of property or customarily (which

is the large majority of marriages in Lesotho), they legally have little or no power to dispose of such property. Such power is by law vested in the husband.

- He has the right to dispose of the property even without consulting the wife. This is a result of the marital power that the husband has to administer the joint estate in whatever way he sees fit. Because the power to deal with marital property is vested in the husband, the wife is regarded in law as having no capacity to dispose of marital property. This means that while she can help amass the property, she does not have control over such property.

- Lack of access to resources;- Married women are currently regarded as legal minors therefore they do not have capacity to enter into contracts without the assistance of the husband. The result of lack of contractual capacity is that married women are denied access to resources such as credit as institutions which provide credit such as banks would not enter into agreements with women if they are not assisted by their husbands. Because of this legal minority, immovable property cannot be registered in their names. As a result, they would not be in a position to put immovable property as security for loans. Once the Bill



becomes law, married women will have the capacity to enter into legal agreements without having to be assisted by their husbands. They will also be qualified to have immovable property registered in their own names.

- When a wife has to enter into transactions for which she needs her husband's assistance, this can present problems where the husband is not there. This means that a vacuum would exist in the family. The situation can be even more difficult where there is conflict between husband and wife or where husband and wife are separated so that the wife does not know where to get him.
- Rights over children are vested in the husband as the wife does not have legal capacity to be a guardian to the children of her

marriage nor to any other children. This legal incapacity means that without her husband's assistance, she is not able to make any legal transactions on their behalf such as assisting in acquisition of passports for her minor children. If the Bill is passed by parliament, both husband and wife will be qualified to have guardianship over their children including the right to take passports for their minor children.

- Because married women are regarded as legal minors, they do not have the capacity to appear in court in their own right to claim their rights in civil proceedings or to have others claim against them. The Bill proposes to have women as capable of appearing in court on

their own. This means that if she has been wronged, she would no longer need her husband's assistance to approach the courts for compensation. As things stand, her husband does not need her assistance to approach the courts to claim his rights therefore this Bill gives her the same right as her husband.

- They cannot seek medical assistance such as operations without having the assistance of their husbands. This means that their right to their bodies and to health has to be exercised through and with the consent of their husbands. If the husband for whatever reason does not cooperate then a woman's health might be at real risk.

(To be continued in the next issue)

*Quality Fresh Meat*

P.O. Box 941, Ladybrand 9745  
Tel: (09266) 22321479 (w) Cell: 083 554 5627  
e-mail: [e.beukes@mweb.co.za](mailto:e.beukes@mweb.co.za)

## GILBERT / ANDRE

- Check us out for all beef, pork, lamb and fish products.
- We will offer a 10% discount for all Defence Force members on presentation of Ids.
- Bring this advert in for 10% discount until the end of June 2003.

**We are located at Ha Hoohlo behind Trentyre, Maseru.**  
*For quality value service excellence.*

# LDF netball team are new CISM-ESALO Champions

By Pte Tankiso Nkoho

The Lesotho Defence Force (LDF) Netball team are the new CISM –ESALO Netball Champions after trouncing South African National Defence Force (SANDF) Netball team by 37 - 36 in the finals. The tournament was held in Maseru in May, 2003.

The participating teams were LDF Netball Team, SANDF Netball Team, Umbutfo Swaziland Defence Force (USDF) Netball Club. Lesotho Prisons Service Netball Team was invited to replace the Botswana defence Force netball team which had failed to turn up.

LDF was awarded a gold medal and CISM – ESALO circulating trophy for its victory. SANDF and USDF were awarded silver and bronze medals respectively. Private T'senyeho Sepiriti was named the overall player of the competition.

Addressing the participants, Major General Sam Makoro noted that the number of participating countries was declining and said the trend had to be stopped in the interest of international sports.

“We must strive to make the games genuinely regional in terms of participating countries and have them fairly regularly. Players too should raise performance standards,” Maj Gen Makoro said.

He said the closest action to war is sports and this means that good tactical planning is essential for success. He reminded the participants that sports is one of the most effective ways of building friendly relations between countries and people.

“It will be pleasing to have you revisit Lesotho individually and collectively as a follow up to

friendship established during these games,” Maj Gen Makoro concluded.

Lesotho Military Sports Council Vice President on CISM – ESALO, Colonel Let'solo Kholoane “We accepted this task and promised to execute our duty as hosts to the best of our ability,” Col Kholoane said.

CISM – ESALO representative Lieutenant Colonel Yam Steinbache observed that netball provides opportunities for success and enjoyment.

“Sports enable us to strive together for common good and is of mutual benefit to all our defence force. As a universal culture, it has succeeded as no other activity has to successfully bring the world together in unions of purpose and mind,” Lt Col Steinbache said.

USDF Team Manager, Warrant Officer II (WOII) Patience Nxumalo said, “As soldiers, we must have international friendly games in SADC region to know each other and not to meet only during CISM – ESALO games. We should also have more countries compete not only in netball but also in other sporting codes such as soccer, tennis, and volleyball,” WOII Nxumalo said.



The LDF Netball Team are new CISM-ESALO Champions

# High tempo skills' training in LDF

## attaining competence and efficiency

By Sgt Thabiso Rajane

"Lesotho Defence Force (LDF) is deeply indebted to the people of India for their selflessness towards empowering us as a nation.. It is my priority to secure resources with the aim of increasing the numbers of computers in the Signals Company Information Technology platoon so that the dream of having a second computer laboratory in the LDF becomes a reality," says the Commander LDF, Lieutenant General Makhula Mosakeng.

Addressing the participants at the official closure of the Officers Computer Course Serial-3 of 2003 at Signal Company at Makoanyane Barracks May 9, 2003. Lt Gen Mosakeng said the Indian government had worked tirelessly to foster computer literacy in the LDF. He expressed appreciation for the work done by the Indian Army Training Team (IATT) in the LDF.

The Commander further indicated that since the computer laboratory was established in the LDF in 2001, 80 men and women in uniform of various ranks have been equipped with the basics of computer skills.

"Ideally, you would all be leaving this course to find computers waiting and ready in your various workplaces. I urge you, do not allow anything to dampen your spirits and curiosity. Keep yourself mentally sharp by acquiring new knowledge through reading so that when the resources allow it, you will be equal to the task," Lt Gen urged them.

Speaking at the occasion, the LDF Chief of Staff Major General Samuel Makoro congratulated the participants for the good work. He stated that for those who have not done well, they should not be confused, as they would still retain their usual jobs. "Failure does not mark the end of the world," argued Maj Gen.

"In your presentation you talked about the local area network system. It is also my desire to see the system installed and being operative in the LDF, as it is very economical and it creates provisions of efficiency to work. I strongly urge those who are in charge

*"All officers who have undergone this course must make every endeavor to remain in touch with the computer so as to reap the benefits of instruction and also influence others to learn computers."*

of the Signals Company to digest the request and implement it," Maj Gen said.

In his address IATT Leader, Colonel Devendra

Singh Negi indicated that the Officers' Computer Course Serial-3 marks the culmination of another step in computer literacy of the elite LDF.

"All officers who have undergone this course must make every endeavor to remain in touch with the computer so as to reap the benefits of instruction and also influence others to learn computers," Col Negi suggested.

The team leader sent a special word of appreciation to the LDF instructors who for the first time have imparted knowledge to their fellow country with complete devotion and dedication. Col Negi further stipulated that it is the pride of the IATT to see its efforts steering the LDF in the right direction.

"I am confident that once the LDF has a larger pool of computer instructors, it shall spread computer literacy to the nation and thus effectively contribute to the nation building," Col Negi said.

Commanding Officer at the LDF Signals Company Lt Col Lephoto commended the IATT for a tremendous job rendered to the LDF.

Lt Col Lephoto stressed the importance of the usage of computers in the LDF. He said the Signals Company is on the verge of fulfilling the commander's mandate of giving basic computer training to the LDF personnel.

On behalf of the course participants, Major Pooqa

cont. on pg 44

Motoa thanked the LDF high command for the golden opportunity they had given them.

Maj Motoa requested the LDF high command to insist on computer trainings since the computer simplifies the work and it enables one to save his documents more properly than in any other form of documentation.

The student representative requested the LDF command to take note of local area networking system significance in the organisation. He also suggested that all sub-units within the LDF be connected to the Internet so that everybody becomes updated on the latest global developments.

Also at the occasion were Assistant Chief of Staff Logistics, Brigadier Khololikane Sebajoe, Assistant Chief of Staff

Administration, Brigadier Phatoli Lekanyane, Director Finance, Col Tlhoriso Mareka and some members of the IATT and LDF officers.

Other courses, which were held recently, include the following:

#### NCOs Duty and Drill course

Seven weeks Duty and Drill Course was conducted at the LDF Infantry School under the supervision of the Indian Army Training Team (IATT). The emphasis was to instil true sense of self-confidence and discipline amongst the participants. Fifteen non-commissioned officers (NCOs) attended the course.

#### Commando course

The Indian Army Security Advisor to Lesotho, Brigadier Jasbir Singh views the completion of the Basic Commando Course Serial-4 of 2003 as "the landmark" in the LDF. The course was conducted at the LDF Infantry School under the supervision of the IATT.

#### Intelligence course

The Lesotho Defence Force Military Intelligence School (LDF MIS) in collaboration with the IATT conducted six-weeks Special Intelligence Course Serial-3 of 2003. Nine LDF Military Intelligence personnel participated in the course.

*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.*

**Enthusiastic participants who took part in the recently held training courses. The courses are part of LDF's drive to upgrade competence levels in the army.**



Officers Legal Cadre Course Serial – 2 of 2003 class in progress. (pic. by Pte Teboho Toai).



81mm Mortar Detachment Basic Course Serial – 1 of 2003 class under the supervision of the Indian Army Training Team (IATT) is in progress at the Lesotho Defence Force Infantry School. (pic. by Pte Teke Ntilane).



Major M Kanduri of the IATT conducting a lesson during the Basic Computer Course Serial - 3 at the LDF computer laboratory, at Makoanyane. (pic by Pte Semenyane Mokhorro).



Platoon Commanders Course Serial – 2 of 2003 class with their Indian Army Training Team (IATT) instructors in a sand model room at the LDF Infantry School at Makoanyane. (pic. by Teboho Toai).



# MARA

## Advertising Rates

Effective from March, 2003

### Display Advertising

M 5.00 per column centimetre ( one column wide by one column centimetre deep)

One quarter page (A4 size)	=	M 400.00	1st insertion
One half page (A4 size)	=	M 700.00	1st insertion
Three quarter page (A4 size)	=	M 900.00	1st insertion
Full page (A4 size)	=	M 1300.00	1st insertion

### Loose insertion advertisements

M 700.00 per insertion

### Discounts

A 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 consecutive issues.

### Commission

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

### Personal Information Advertising

M1 .00 per word minimum of six words.

## Subscriptions

ENQUIRIES:

Tel: +266 32 5294 Fax: +266 310 351

Postal Address: P. O. Box 1346, Maseru 100, Lesotho

### SUBSCRIPTIONS RATES

	<b>3 Issues</b>	<b>6 Issues</b>
Schools	M 7.00	M 15.00
Lesotho	M 8.00	M 16.00
South Africa	M 10.00	M 17.00
Southern Africa	M 12.00	M 20.00

Please send me copies of Mara ( tick the appropriate box)

**3 Issues**

**6 Issues**

I enclosed a ( cheque/cash/money order) of M \_\_\_\_\_

Full address both physical and postal:

Physical

Postal

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**N.B.**, when ordering, verify your organisation by office stamp.

**MARA comes out only every two months.**

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

**It pays to  
advertise with**



For further information  
please contact us at  
Tel:(+266) 22320404  
Fax:( + 266) 22310351

# Get AN INTERNATIONAL QUALIFICATION IN INFORMATION TECHNOLOGY.

Are you planning on getting into the University or Technikon? You need this certificate. (International Computer Driving License)

## DO YOU WANT TO UPGRADE YOURSELF?

Do you need a computer certificate to back up your knowledge?

**Do you want to get a job, you need this.**

### Get to:

Bethel Computer & Information Technology College. 5<sup>th</sup> Floor Block B. L.N.D.C. Development House Kingsway Road Maseru Tel: 22311016, 58855882, 58862226

OR Sisters of The Holy Mane Peka ST Rose convent, Peka Tel: 22550320

### Other courses

Certificate in Computer (6months) Diploma in Computer (12 Months) 2-week course in Applications, MS-word, Ms-Excel, Power point, MS-Access, Internet.

**Special Courses for Companies & Organizations.**



## MASERU BUSINESS ACADEMY

*The Business College with a Difference*

# Become

# a Success!

Study any of the following courses either on a full time or part-time for the award of Certificates and Diploma.

- |                        |                          |
|------------------------|--------------------------|
| ■ CiS-Business Manager | ■ Information Technology |
| ■ Accounting           | ■ Computer Studies       |
| ■ Banking              | ■ Marketing,             |
| ■ Business Studies     | ■ Public Relations.      |

Registration for 2003 academic year in progress

For further information and free prospectus contact us at:  
Carlton Center  
(2<sup>nd</sup> Floor)  
Kingsway Road Maseru  
Tel: 22321843

Professional bodies: CIS, IAC, IBS, C.A.T., IMM, S.A.I.B, ICESA, SPRA



will take you where you  
want to be





# More quality guaranteed

What makes Morkels different from any other furniture retailer?

It's more than 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.



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



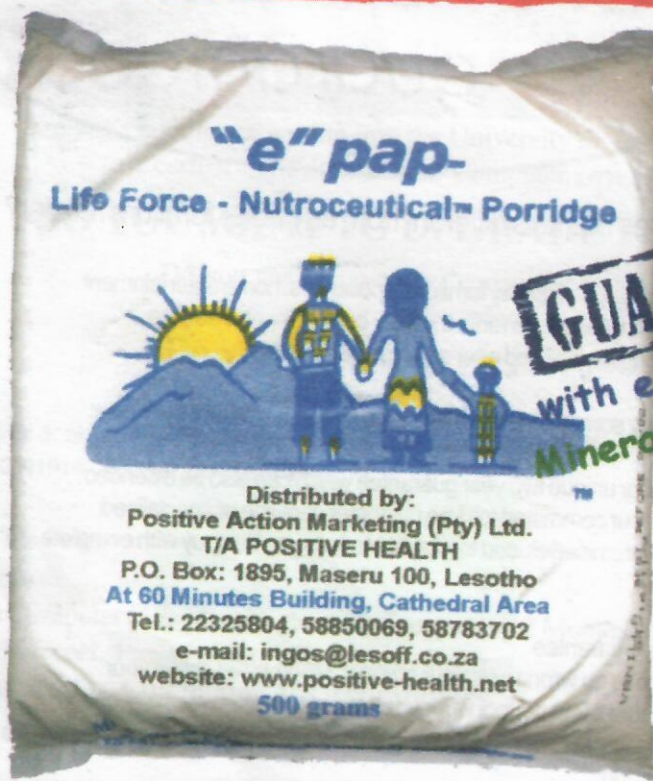
CUSTOMER CARE LINE  
**0800-222-888**  
CALL TOLLFREE!

# Morkels

Your **Two** year guarantee store

CTM 2781

# FUMANA MATLA



**GUARANTEED**  
with extra **Vitamins,**  
**Minerals & SELENIUM**

**13.50**  
**500g**

A Pre-cooked maize and soya porridge  
for the whole family enriched with  
**vitamins, minerals and SELENIUM**

Take your e-pap daily, this will ensure your daily intake of all essential vitamins & minerals. All you need to take is 50g (4 tablespoons) at a time - morning and evening with cold/luke warm water or milk.

Distributed in Lesotho by: POSITIVE HEALTH, 60 Minutes Building, Cathedral Area, Maseru. Tel.: 22325804, 58850069, 58783702

*This information is brought to you by  
Positive Action in collaboration with  
Mara Newsmagazine in the interest of  
promoting good health*

# 'MANTHABI

## BREAD AND PIE SHOP

*Freshly baked bread and pies. All day long.*

**Monday – Friday 6:30 am to 7:00 pm.**

**Saturday 6:30 am to 4.00 pm**

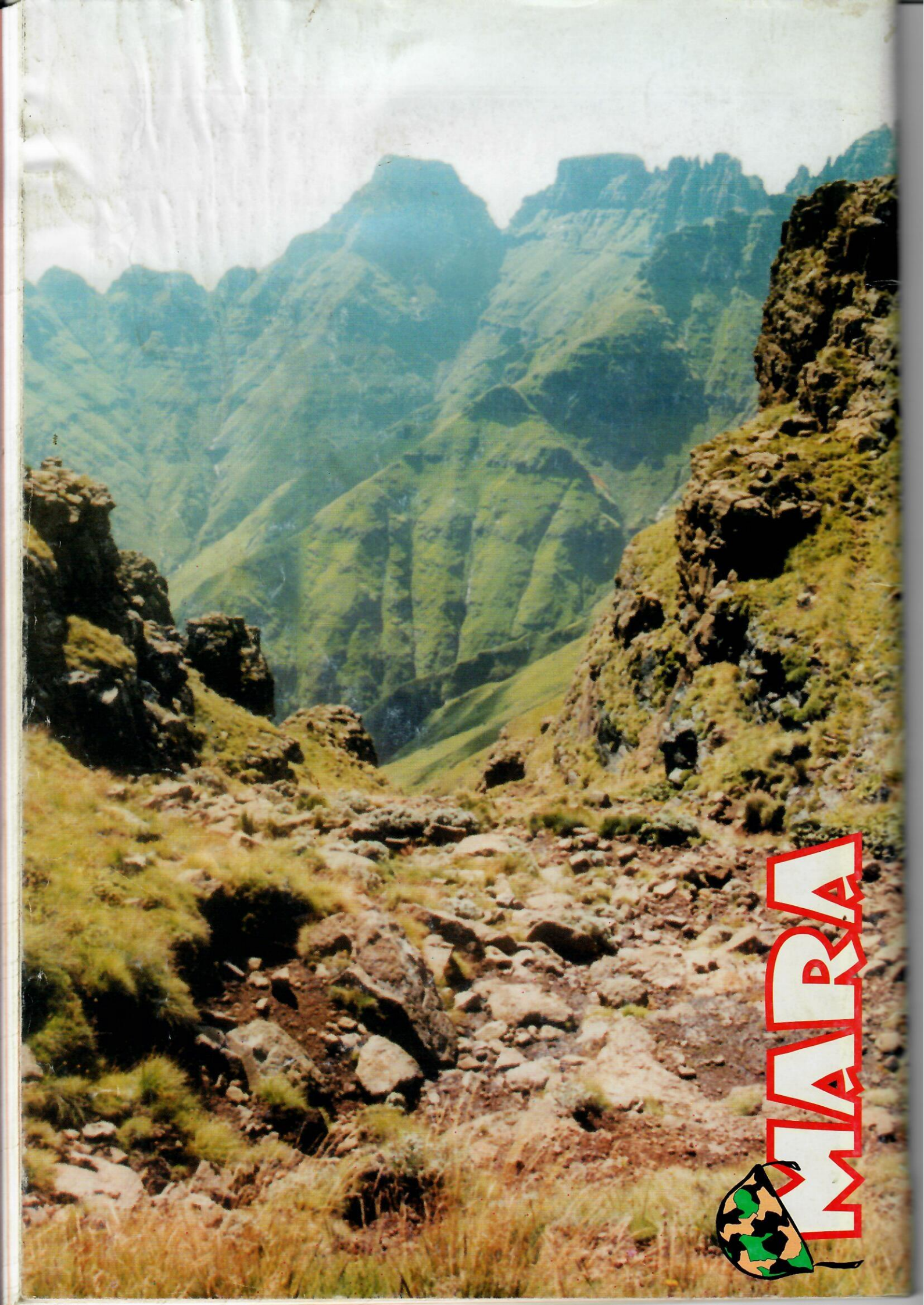
**Sunday 7:00 am to 12:00 midday.**



1<sup>st</sup> come first served. It is easier to live better with 'Manthabi Bread and pie shop.

We specialize in cake, doughnuts, sweat rolls, school buns, rock buns, and different types pies.

For more information visit us at Tlelai center opposite Bonhome. Or phone 327707.



MAARA

