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MARARA



HA A SE NA LIHLOELA A OELA

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Elegant *MARA'S* Beauties



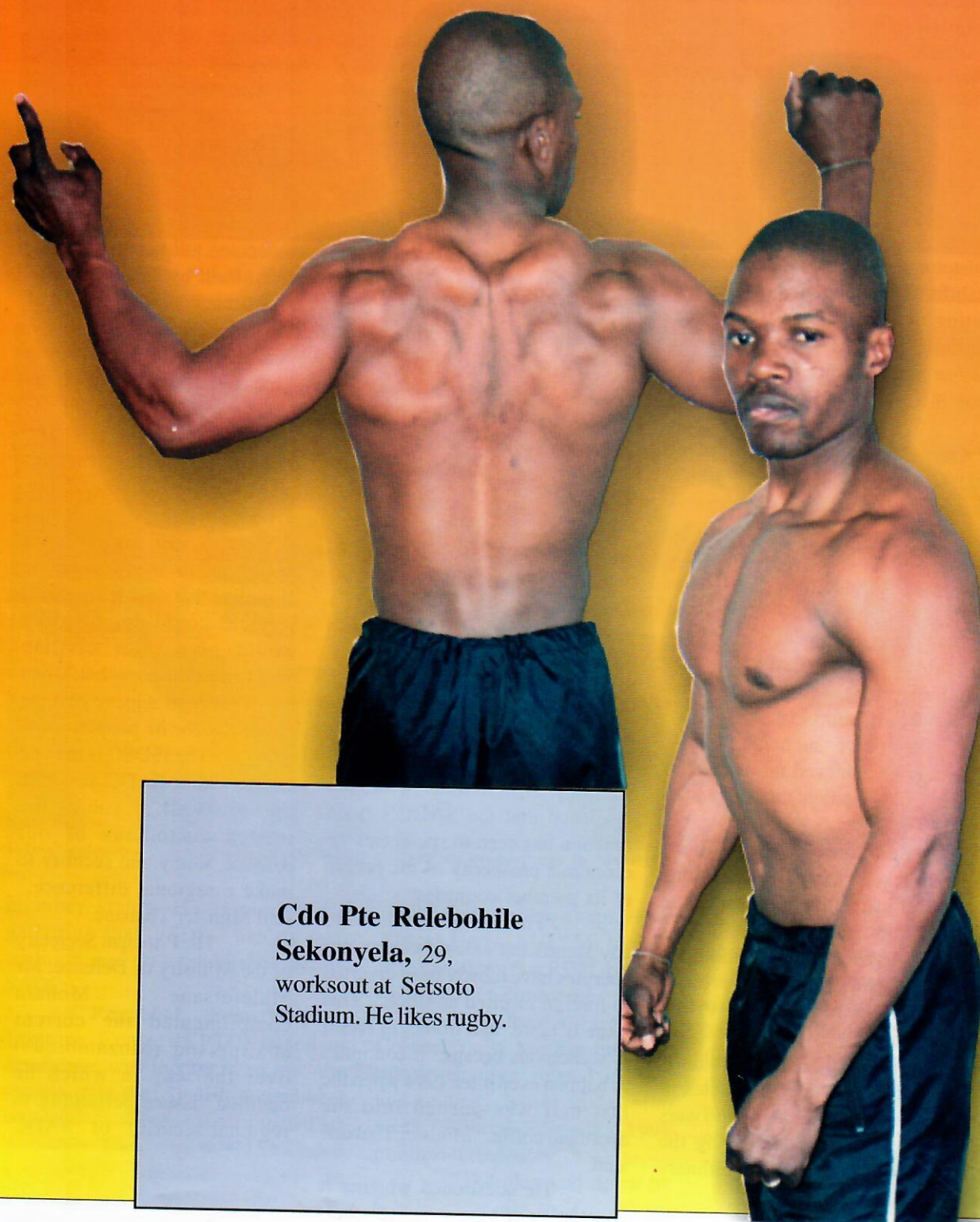
Lerato Morojele, 22,
from Khubetsoana,
Maseru, is a 3rd year
student at NUL.
She aspires to become
a town planner.

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**Cdo Pte Relebohile
Sekonyela, 29,**
worksout at Setsoto
Stadium. He likes rugby.

Lesotho in the driver's seat of ISDSC

Political instability, poverty, hunger, and HIV/AIDS related diseases remain worst enemies of the SADC region as Lesotho assumes the chairmanship of the ISDSC, writes Pte Tankiso Nkoho.

Five days Interstate Defence and Security Committee (ISDSC) ministerial and officials' meeting of 24th session was convened at the National Convention Centre in Maseru recently.

The purpose of the meeting was to facilitate the process of handing over the chairmanship from Mozambique to Lesotho to chair the organ on politics, defence and security beginning in September 2003.

Speaking at ministerial opening ceremony Honourable Prime Minister and Minister of Defence Mr Pakalitha Mosisili pointed out that the meeting took place at a time when disturbing acts of renewed political violence and growing instability are taking place in many parts of Africa.

"We see in our SADC region some areas being affected by persistent civil wars and political instability which indeed cause a great deal of misery and suffering to many of our brothers and sisters," Prime Minister Mosisili said.

He stressed the need for the meeting to carefully consider the most effective ways and means of setting up viable security architectural structures for the region, noting that the people of southern Africa are yearning for peace and better life that could only be achieved through rapid economic development throughout the region.

"Economic Development could not take place under conditions of political instability, rampant crime and civil wars. Therefore the task of the meeting is to ensure that conditions of peace and stability prevail throughout our region," the Prime Minister stated.

Prime Minister Mosisili appealed to SADC member states to use their limited resources not on wars and conflicts, but on improving the economic well being of their ordinary citizens.

"Our countries are thirsty for direct foreign capital investment, but we cannot succeed in attracting that much needed investment unless we can assure the potential investor of peace and security in our region," he said, adding that working together to ensure safety and security in the region would make it a safe haven for foreign investments and greater economic prosperity for all the people.

However, the Prime Minister said that it would be remiss of him not to make reference to a disaster in their midst. He declared HIV/AIDS as enemy number one. "The pandemic is wreaking havoc amongst our nations, families, public and private organisations and equally painfully, our growing economies continue to suffer huge losses of men, women and children who die of AIDS," the Prime Minister pointed out.

He warned army chiefs and ministers of Defence that 'no general could go to war without a war plan' and urged them to devise a plan and implementation strategy to defeat HIV/AIDS.

Speaking at the same occasion Honourable Minister of Home Affairs and Public Safety, Mr Thomas Motsoahae Thabane disclosed that the SADC's main function has been to spearhead the economic prosperity of the people of its member countries.

"This has not succeeded to any significant extent because our energies have mostly been diverted to foreign inspired conflicts. This issue is more than ironic, in fact it is scandalous because it continues to happen even after 1994 when the last nail was pushed into the apartheid coffin," Minister Thabane said.

He questioned whether it is not irony that the so-called rebels

who fight these wars have the best most up to date weaponry when most of them will not even have a pair of shoes. "Are the suppliers of this sophisticated armoury so unmindful of basic needs of their war-mongering slaves?" he asked.

"It will be the measure of our own commitment as leadership core to live up to our promises to our people that we shall abandon dictatorial tendencies, militaristic policies, government by stealth, lack of transparency as well as lack of respect for human rights for the poor and indeed the practices associated with corruption," the minister said.

Minister Thabane pointed out that their enemies today remain political instability, poverty, hunger, diseases and HIV/AIDS. He added that it would be the measure of the discipline that only their armed services could display, that would give their civilian populations the hope that Africa has a chance to achieve genuine prosperity for its people.

"The ISDSC is the one forum within SADC structure that gives all of you as the trusted custodians of our defence, safety and security to make a regional difference," said Minister Thabane.

The Principal Secretary of the Ministry of Defence, Mr Malefetsane Mohafa complimented the current chairperson (Mozambique) over the way in which he handled issues pertaining to regional security of SADC

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Home Affairs Minister, Tom Thabane (centre), the Commander LDF, Lt Gen Makhula Mosakeng (2nd from left) are posing for a photo together with the ISDSC representatives at a conference held in Maseru recently. (pic by Lt Col Teboho Kharafu).



ISDSC delegates listening attentively to the conference proceedings in Maseru

member states. He reminded the gathering that ISDSC has its own tradition and was established before SADC.

“Regional Peacekeeping Training Centre (RPTC) based in Zimbabwe was incorporated into the agenda after the Danish government that used to sponsor it terminated its assistance. The centre would be funded by SADC member states to accommodate African Standby Force

(ASF) under the auspices of African Union (AU),” Mr Mohafa said, clarifying that RPTC belongs to SADC not Zimbabwe.

Nevertheless, Lieutenant Colonel Tanki Mothae divulged that development related to safety and security issues in Lesotho were assessed following 1998 political turbulences.

“The plan laid down by SADC Forces to transform

Lesotho Defence Force (LDF) was reviewed as well as regional threat that could endanger the entire regional security,” Lt Col Mothae said, adding that it is the first time for Lesotho to Chair the organ that is chaired on rotational basis. Lesotho is now chairing the SADC organ on security and Politics. ●

Zimbabwe

Staff College delegation

visits Lesotho



**Pte
Sakeng
Lekola**

The Zimbabwe Staff College (ZSC) delegation comprising instructors and students visited Lesotho on a study tour recently. Places they visited were the Lesotho Defence Force Air Wing (LDF Air Wing), Makoanyane Military Hospital (MMH), LDF Signals and other places outside the LDF.

In his welcome remarks, the LDF Brigade Commander, Brigadier Mahao Mofolisa on behalf of the Commander LDF expressed his appreciation of the tour and thanked the Zimbabwean government for having trained more than five Basotho at the ZSC. "We are planning to send more Basotho to ZSC," he added.

During their visit at LDF Air Wing, Deputy Commander LDF Air Wing, Colonel Thabo Mohapi explained that the Air Wing needs more helicopters and planes to facilitate transport and mobility. "Lesotho's terrain is such that more movement in the air is essential," he said, adding that the only constraint was limited finances.

"We provide transport for immunization programmes, educational facilitation programmes, rescue operations and other campaigns with our aircrafts more especially to inaccessible areas of Lesotho as our secondary role," said the Col.

A member of the Indian Army Training Team (IATT) and also the MMH Superintendent, Dr Anantaaram Jairam, disclosed that MMH provides services to the LDF and the community as well. He further explained that it also caters for Lesotho Mounted Police Service (LMPS), Lesotho Prisons Services (LPS) and National Security Services (NSS).

"We attend sixty to eighty patients a day," said Dr Jairam, adding, "We also train paramedics who can also operate outside LDF during disasters. We even have some trained personnel on attachment at Queen Elizabeth II Hospital."

The Commanding Officer (CO) LDF Signals, Lieutenant Colonel Graphael Lephoto explained that his unit provides the LDF with communication.

"In order to run its activities efficiently, we provide telecommunications, information technology, radios and trainings," he said.

"About eighty non-commissioned and sixty commissioned officers have undergone Basic Computer Course under the guidance of the IATT. We are in the process of holding advanced courses in computer skills," stated Lt Col Lephoto.

During the briefing at the LDF Defence Headquarters in Maseru, Commando Lt Col Maaparankoe Mahao said the main threats facing Lesotho are stock-theft, drug trafficking, car theft and arms smuggling along her borders with the Republic of South Africa. "However, troops have been deployed to patrol the borders on both sides," he said.

The LMPS was also invited to brief the ZSC delegates about co-operation between security agencies in Lesotho. The Assistant Commissioner of Police (ACP) Kizito Mhkakaza explained: "The Commissioner of Police may request an assistance from the LDF or NSS if the need arises. Whenever there is a need the LDF, LMPS and NSS are always called upon to work jointly."

The ACP stated that the NSS, LMPS and LDF form a security committee, which sets security policy and directs joint operations. "Neither of these three organisations can be effective without the support of each other," he said.

ACP Mhlakaza stated that in 2002 ten joint operations were successfully carried out in various parts of the country. "Illegal firearms were confiscated during those operations," said ACP Mhlakaza.

The ZSC Chief Instructor, Col Justin Mujaji said the aim of the tour was to give the students a first hand information about Lesotho.

The participants were from different countries within the Southern African Development Community (SADC) member states.

On behalf of the students, Lt Col Samuel Siphosibanda of Zimbabwe National Defence Force (ZNDF) congratulated the LDF structural programme and thanked the LDF for the assistance they got during their stay in Lesotho.

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Zimbabwe Staff College students and their instructors pose for a photo on their tour in the highlands of Lesotho. (pic by Pte Sakeng Lekola).



The Deputy Attorney General, Mr Tšokolo Makhetha receives a present from a Zimbabwe Staff College student during their visit in Lesotho recently. (pic by Pte Ramaselela Mathaba).

“We will try our level best to make use of what we have acquired and also impart the knowledge to our counterparts,” stated Lt Col Sibanda.

The ZSC was established in April 1980 as successor to the Rhodesian Directorate of Military Studies. Before then, the staff training for the then Rhodesian Army was done in the RSA. When introduced, the

college was charged with the task of providing Command and Staff Training for officers of the Zimbabwe National Army (ZNA) and the Air Force of Zimbabwe (AFZ).

ZSC was awarded the Associate status with the University of Zimbabwe (UZ) on June 1999. The college has so far

conducted five intakes for the Diploma in Adult Education programme with the assistance of the UZ and plans are being made to introduce the Bachelors Degree in Adult Education and the Diploma in Defence and Security Studies next year. ■

Indian cultural dance group – Ghazal Presents Penaz Mazani at Maseru Sun

Following the successful show by the famous Indian cultural dance group, Bharanatyam Toupe in April 2003, the Indian Deputy High Commissioner of India, Mrs Banashri Bose Harrison has fulfilled her promise that it is the intension of the Indian government this year and from henceforth to be quite present in Lesotho with their cultural activities, Pte Nkoho reports.



Another Indian cultural dance group – the Ghazal, toured Lesotho recently after the Bharanatyam Troupe that staged at Lesotho Sun Hotel earlier this year. This time around it was all happening at Maseru Sun in Maseru on August 21, 2003.

The leader of the group, Mrs Penaz Mazani that comprises of five members, took distinguished guests that gathered at Maseru Sun by storm with her superb artistic traditional Indian dance. It was a night to remember. Everybody was enjoying themselves and wished it could be all night long. The announcement that the show was drawing closer to its dying moments was the last thing the crowds at Maseru Sun wanted to hear that evening.

In her capacity as the President of Indian Association of Lesotho, Dr A K Ansari, welcomed every one at the Indian cultural dance show by the famous Ghazal group. Indian Council of Cultural Relation New Delhi through Indian High Commissioner in Pretoria sponsored the show, it was announced.

“I am specially beholden to our chief guest, the Right Honourable Prime Minister Pakalitha Mosisili, who recently visited India at Indian Prime

Minister’s invitation,” said Dr Ansari.

Dr Ansari explained that his visit did not only strengthen the long standing cordial relations between the two countries but opened new channels of further cooperation in various areas of human resources and development.

“Apart from these various efforts of mutual cooperation and development, your presence here tonight has a special meaning to all of us,” she said.

She emphasised on a rich cultural heritage that both Lesotho and India have. “We Indian Association of Lesotho, have always strived to bring closer to you the cultural diversity of India by arranging such cultural evening in the past as Bharat Natyan, Punch Wadyan etc, where they were quite successful due to close cooperation,” she said.

Dr Ansari further pointed out that the cultural programme of the dance, music and fine arts create an informal atmosphere of mutual understanding which is free from geographical, religious and national boundaries. “They do not bring only equality in society but they are also the sacred symbol of universal brotherhood and fellow feeling,” she added.

Dr Ansari explained that Ghazal is an Arabic word, which means ‘talking to ladies’ which naturally has to be interesting. She further explained that it is a special form of URDU and Persian poetry, which in its early times dealt with refinements of sacred human emotions called ‘love’ in its various form, the torture of separation

from and the reunion with the beloved.

“It became very popular due to its realistic portrayal of delicate human emotions and natural mass appeal. In its early period, mystic symbolism covered the concept of ‘God’ as the ultimate ‘beloved’ but it did not touch the daily problems of life. It remained unilateral dealing with the aspect of love only,” she explained.

Furthermore, she stated that later on the canvas of Ghaza touched life in all its aspects, its daily problems, its complexities, its struggle for existence etc. She added: “So today’s Ghaza is not only a tale to ladies but it has become a melodious commentary of life with all its problems and solutions.”

Mrs Penar Masami was born in the family with paternal roots in clerical music. Her father was a disciple of Ustad Faiyar Khanshab of the agra qharana and a classical in the court of Siyaji Rao Gaekwan of Baroda. Penar had her first lessons in the same tradition under Turelage of Ustad amanat Hussein Khanand. Later, she became disciple of India’s former and most revered Ghazal exponent, Madhwazatani.

Then one Jawleu, India’s renewed composer noticed her potential in the music industry after she won the Sur Singer Singing Contest in 1978 and encouraged her to perform on TV. She did so to huge viewer acclaim. Penar is today one of the first female qhazal singers to have been awarded a platinum disc in addition to three gold discs. She has entranced ghaza lovers in many parts of the world, and has

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Mrs Penaz Mazani and her Indian traditional dance group perform at Maseru Sun. (pic by Pte Teke Ntilane).



The Prime Minister is seen here sharing some jokes with Mrs Penaz Mozani who leads the Indian traditional dance group, Ghazal during their stage at Maseru Sun Hotel. (pic by Pte Teke Ntilane).

cut over 20 discs and sung for music lovers in 10 languages. After rendering traditional ghazals for 15 years, Penar forayed into pop singing with album, 'Tu Di De De' which topped the charts in various channels across India. She is at equal ease while singing qhazals or pop music.

Penar has established herself as a play back singer in Indian cinema, and performed under the banner of renowned music directors like RO Burmah, Jailes, Rajesh, Rashah, Bappi Lahiri, Annu Malik and others and has sung for over 50 Hindi films as well as in Tamil film.

The Prime Minister, Mr Pakalitha Mosisili, Deputy Prime Minister, Mr Lesao Lehohla, Indian Army Training Team (IATT), Indian community in Lesotho and many Basotho of goodwill witnessed the cultural evening event. ●

Indian Army experts on a mission in Lesotho

Following the recent visits to India by both the Right Honourable the Prime Minister, who is also the Minister of Defence, Pakalitha Mosisili and the Commander of the Lesotho Defence Force (LDF), Lieutenant General Makhula Mosakeng which occurred consecutively, another bi-literal agreement was made between the Governments of Lesotho and India on continuance of the Indian Army Training Team (IATT) in Lesotho for further two years period commencing in July 2003, writes **Sgt Thabiso Rajane**.



**Sgt
Thabiso
Rajane**

The Indian Army Training Team (IATT) Leader, Colonel Deventra Singh Negi, has announced that the deployment of the recently arrived IATT is going according to plan. The team is expected to beef up army administrative aspects, intensify training and consolidate achievements of the previous team.

"This time around, new innovations will include an introduction of a Cadet training academy in the LDF and also the existing training programme for recruits will be revisited and reviewed to accommodate new inceptions into the programme," Col Negi stated.

The newly inducted team of the Indian Army experts comprises two doctors namely: Major Sanjay Maurya, surgical specialist, Major Pawan Dhull, medical specialist to be deployed at Makoanyane Military Hospital, Major Neeraj Gosain, an engineer, Major Vijad Mural, for Infantry and special forces trainings, Major Prabhat Gidda, mechanical engineer for transport management and repairs, Major Harpreet Singh for logistics and management of inventory, Major Ashwani Gupta, military Intelligence advisor, Major Naval Ohri legal expert, Major JS Minhas to reinforce the Signals corps and offer more training in computer literacy to the LDF personnel,

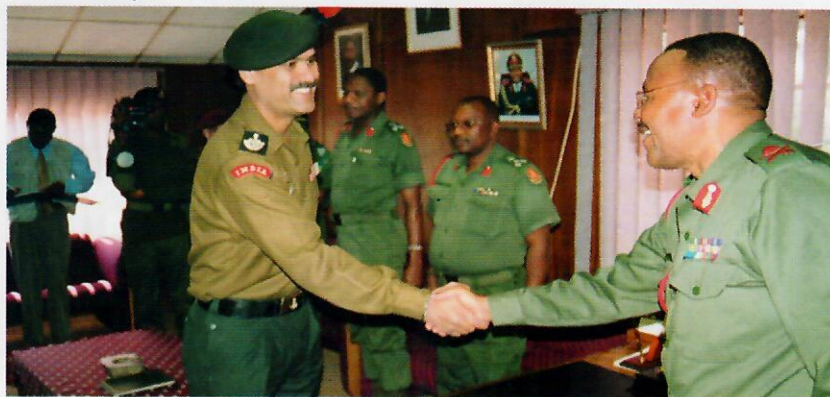
Major Sanjay Mohla, for running of Cadet Training academy and training of Infantry officers.

Five more additional officers of the rank of Sergeant Major are still to be deployed. "At present, I do not have a list of their names but I already know where they will be deployed in the army. One Sergeant Major will assist in training of the LDF office Assistants, another Sgt Maj will be deployed at engineering corps, another at special forces and two at Infantry training," the IATT leader disclosed.

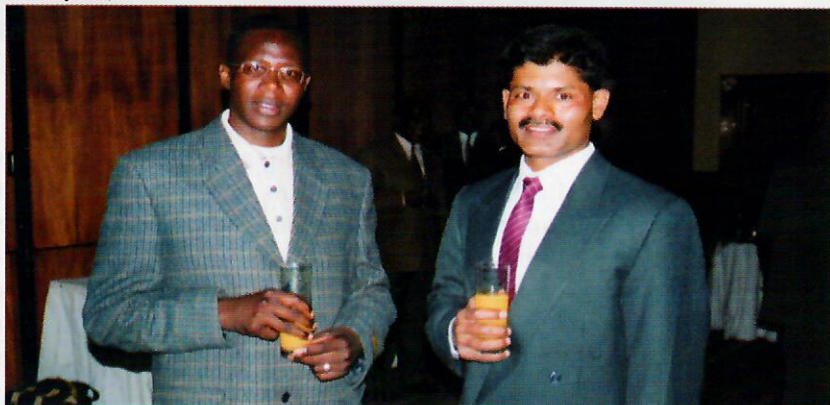
In his welcome address The Commander LDF, Lt Gen Mosakeng had noted with high appreciation the impressive achievements of the IATT that left Lesotho recently at the end of their tour of duty.

"Colonel Negi! I know that these officers will continue from where the previous team left off to ensure that LDF moves from strength to strength," added the General. He was confident that the umbilical cord existing between Lesotho and Indian armies would not be cut as the two armies have much to share in terms of friendship and cooperation.

The first contingent of 15 experts from Indian Army arrived in Lesotho in 2001 to train LDF following the visit to India by the Commander LDF in 1999. It consisted of experts from different fields including Military Intelligence, Special Forces, Logistics and Engineering. It was later in 2003 joined by other experts in Pipe Band.



The Commander LDF, Lt Gen Makhula Mosakeng (right) welcomes the IATT Infantry and Commando training expert, Major Vijad Manral. (pic by Pte Nako Hokinyana)



Cdo Lt Col Mahao (left) and Cdo Maj Bushan during a farewell party of IATT

The kill-house dash: Commandos swing into action

As global terrorism is spreading elsewhere, the security officials in Lesotho vow not to hug the phantom of hope that these acts of barbarism might not happen in the peaceful Mountain Kingdom of Lesotho some day. Cpl Ntlele Ntoi seized a rare opportunity of witnessing a simulated hostage rescue exercise as Lesotho Defence Force Special Forces readied themselves for the darkest hour and filed this report.

At first light the Lesotho Defence Force (LDF) commando unit assault party consisting of twelve operatives sneaked themselves into a compound where intelligence sources have gathered information that a group of eight heavily armed 'terrorists' have taken some 'government officials' hostage.

A single story building – a kill house, in proper terms, was located somewhere in the sprawling suburbs of the bustling city of Maseru. Though highly trained, the commandos' mission was a bid complex since the terrorists had cleverly placed the hostages in two separate rooms within the building.

As the commandos cautiously approached the kill-house in a single file under the cover of darkness, there seemed to be no movement in the area. However, every step of the way the operatives were cautious of unexpected eventualities.

The scout took up the position outside the building and kept watch as the operative following right at his heels hastily made for the main entrance door with an explosive charge. Meanwhile, four other operatives were lying in wait taking cover from view beside the wall with their MP-5 assault sub-machine guns at a ready. The mission was clear – to eliminate the terrorists with high precision targeting.

In no time an explosive charge was in place. The operative paced away to a safe distance in hurried steps. And then, "Boom!" The explosive went off with a bang, shattering the door to pieces. The assault party operatives stormed in,



The moment of truth as commandos await orders to charge

catching the terrorists by surprise while still recovering from the shock caused by the explosion.

Red beams of light fell on the heads of the two terrorists on guard at the main entrance, and then on the other two just when they made a dash for their weapons. The MP-5s opened up with a crack.

"Rat-tat, rat-tat!" The terrorists dropped dead, heads blown to pulp. In a similar fashion, the second room was addressed simultaneously.

The operatives whisked the government officials away and

cont. on pg 14



**Commando
Lt Col
Maaparankoe
Mahao**

Lesotho Defence Force overhauled

Lesotho Defence Force is established under section 146 of the Lesotho Constitution. It is in terms of this section maintained to perform roles that are primary and secondary. The primary role is defence of Lesotho while the secondary role includes maintaining law and order in support of the civil police and performing such other duties as the Minister of Defence may determine.

The history of Lesotho Defence Force dates from the formation of Police Mobile Unit of the Police Force in 1964. It will be recalled that political controversy of the county's power politics projected issues of government security to the front on the advent of independence. Among the most controversial issues, which

dominated the political landscape then was whether the military should be under the command of the Head of State or Head of Government. The main political parties swapped positions on this issue in accordance with their chances of taking State House. Those who felt they would take government wanted to control the military while the less hopeful wanted the King to have control over it. It was then clear that independent Lesotho was tipped to be unstable.

The role of the military in the scenario was destined to be pivotal. It would be a force that would play a vital role in internal political dispensation of the country. Indeed developments immediately after independence

testified to this when force of arms was used to disperse opposition gathering at Thaba-Bosiu. In order to stand the test of time in this role, partisan allegiance was seen as indispensable in the Force.

The descent of the country into conflict in the post 1970 era accelerated the pace of the unsavoury footing of the disciplined forces. The overthrow of government by the military in 1986 marked the climax of unsound civil military relations. The return to civilian rule in 1993 took place amidst a highly changed atmosphere of political discord. The politicised military recurrently became a cornerstone of political crisis. After the 1994 intra-military conflict, a

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...Commandos

Cont from pg 13

sped off to the waiting ambulance across the street. Other than suffering from shock, none of them were hurt.

As the commander climbed into his jeep, and heaved a heavy sigh of relief, a coded message from the headquarters rang through his headphones. He thumped up and radioed back: "Mission accomplished, sir!"

According to Major Bushan of the Indian Army Training Team (IATT) all Special Forces need to undergo intensive indoor shooting range practices so as to be quick and accurate.

"This is an ongoing training exercise and in the near future we intend to make mobile targets. Furthermore, the size of the targets will be smaller to

ensure accuracy in shooting and we wish to stage this kind of demonstrations in more complex buildings structures with several rooms to address," he explains.

Maj Bushan further said that normally such missions are carried out in pitch darkness provided there is adequate infrastructure. "Weapons with targeting of a beam of light, held at hip position are a necessity to increase the successful resolution of the situation," he says.

The IATT leader, Colonel D. S. Negi also reiterated the importance of more practice. "In real life situation when other persons are armed the commandos have to be faster and accurate – innovation is the common practice here," says Col Negi.

On the question of the weapons ideal for successful

commando operations, Col Negi says his team will continue to train the LDF commandos to the best use of whatever range of weaponry the army has in stock.

The Commander LDF, Lieutenant General Makhula Mosakeng, together with high-ranking army officers witnessed the demonstration too. "I am very much impressed. From the last time I witnessed the LDF Special Forces demonstration I could see that there is a significant improvement in their level of training and experience too," said the commander.

On the question of acquisition of sophisticated range of weaponry, Lt Gen Mosakeng agrees that that would be a very good idea but since Lesotho has a small economy he doesn't see the possibility of stretching the budgets to that extent in the near future. ■

... overhaul

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reform process was initiated only to falter almost fatally in 1998. Resuscitation of the process of reform was however re-launched. It is therefore relevant to consider progress so far made in inculcating discipline and stability in LDF.

Stability and discipline of a military force can best be examined in

hand, is the arm of government with which the former executes its defence and security policies. The military thus has to be obedient and subservient to the civil authority. The civil society as the consumer of public services should be more than a mere watchdog. It ensures good governance including sound

other duties, which may be conferred by government.

In order to facilitate effective execution of these roles, an Act of Parliament was promulgated to provide for LDF command, administration and discipline in 1996. Subordinate regulations came into force in 1998. A further review of the law and the by-laws is underway to provide for a more effective legal regime.

A defence policy was developed providing for maintenance of an affordable, efficient, economic and capable force. In pursuit of this policy, a strategic plan to build a brigade size professional force was embarked upon. A recruitment policy has recently been adopted to facilitate manning LDF with personnel selected on merit.

Training policies adopted have also been geared towards achieving the objectives of the strategic plan. Training programmes have been enhanced with expertise drawn from SADC countries in the aftermath of 1998 crises and presently an Indian Army Training Team. Institutions at the regional and international levels have been exploited to the maximum. LDF personnel thus receive training in SA, Zambia, Zimbabwe, Nigeria and Libya. Other personnel receive training in Germany, USA, India and China.

Measures have been taken by government at the regional and international levels, which directly impact on professionalism of LDF. Under SADC auspices, a mechanism for conflict prevention, management and resolution has been put in place. An Organ on Politics, Defence and Security is charged with the role of overseeing maintenance of peace in the region. The organ has several committees including Inter-Sate Defence and Security



Army personnel building a new school at Maliele

the context of its role in society. The ability to carry out assigned mission is the hallmark of discipline, which is a condition precedent to stability. This paper will therefore highlight efforts of instilling discipline and stability in Lesotho Defence Force in the context of its constitutional role.

A sound civil-military relationship in a democracy imposes responsibilities on all stakeholders. The government, the military and civil society has obligations whose performance creates stability and good governance for the country. The government formulates the defence policy and allocates resources to the military to enable it to carry out its mission. The Military, on the other

relations between the military and government. It acts as a pressure group which can motivate policy and even regime changes if need be. All the stakeholders, however, have to conduct themselves within the confines of rule of law borne by power delimitation pertaining to command and control of the military.

As already stated, the role of LDF can be categorised into primary and secondary. The primary role is to protect the territorial integrity and sovereignty of Lesotho. Other roles include maintenance of essential services, law and order in support of the civil police and carrying out any

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Committee, which is responsible for defence, public security, and state security.

A protocol on politics, defence and security provides for management of conflict within states and among them in the sub region. Current measures are towards adoption of Mutual Defence Pact that might provide for joint military action against subversion of constitutional governance within states of the region. Against this formidable international legal regime, no military in the region can subvert constitutionalism with ease. LDF and other militaries are active participants in these obligations.

Ratification of statute of the International Criminal Court (ICC) in an important milestone in the process of ratifying international laws with direct bearing on discipline of LDF personnel. The ICC statute ensures that personnel who commit crimes against humanity and grave breaches of humanitarian law are prosecuted at the International Court. Lesotho has ratified Geneva Conventions of 1949 and is presently updating compliance with humanitarian law provisions. IHL training constitutes an important aspect of curriculum in LDF.

Humane treatment of civilians, respect of religious and cultural places are just aspects of IHL requirements. These international instruments ensure that LDF complies with internationally recognised standards, which also augur well for internal civil military relations.

Since 1998, inculcation of a culture of discipline through prosecution of offenders of military law has been embarked upon aggressively. The Directorate of Legal Services, established in 1996, has been reinforced with qualified lawyers to enhance administration of

military law and justice. Court-martial and summary trials have become part and parcel of military service, thus ensuring high standards of discipline.

Coordination with the Chambers of Attorney General, Director of Public Prosecutions and Civil Police ensures prosecution of military personnel for criminal and other non-military law offences. No member of LDF goes scotch free from offences anymore merely because he is a member of the Force. A general decline in the number of criminal offences committed by LDF personnel is observable.

Lesotho Defence Force has a growing capability to contribute to the process of nation building. Partnerships with other government departments and even non-governmental organisations are being developed to enhance fulfilment of the Force's secondary role. Collaboration with Disaster

*Lesotho
Defence Force
has a growing
capability to
contribute to
the process
of nation
building.*

Management Authority in relief programmes has made LDF a centre pillar in disaster management in the country. LDF Air Wing and other units play a vital role in disaster preparedness and relief programmes in the country. Various training afforded to LDF

Engineering unit and other forces facilitates the work.

Partnership with Lesotho Association of Outward Bound has continued to sharpen LDF personnel's skill in various crisis situations. These include rock climbing and water diving.

Development of a commando unit has been another milestone. This unit is maintained among others, to carry out rescue operations in hostage situations. It can also undertake a variety of operations other than war.

LDF Signal Company has upgraded its information technology field. A computer laboratory, which equips personnel with computer skills, has been established. This has broadened the field of knowledge of personnel and equipped them with technology that accesses them to information. Flow of information is indispensable in building a force. Indeed command and control is impossible in the absence of communication.

LDF Medical Services are equipping their personnel with various skills aimed at maximising output. The numerical strength of its nursing cadres and paramedics has been increased. The military hospital is affording services to society at large through its human and material resources. The services are currently playing a centre stage role in the wake of renovations at Queen Elizabeth II Hospital for Maseru and its environs.

A Public Affairs Office has been established to access the public to information on developments in and about the Force. The office has launched a newspaper called "Mara" for information dissemination. The paper is also a forum where members of the public have their views expressed and thus fostering sound civil military relations. Publication of the newspaper has also provided personnel of LDF with credible internal source of information. This became a major breakthrough in countering subversion from external mass media.

Army boss calls for discipline in the armed forces

By Pte Sakeng Lekola

“Gone are the days when junior army officers used to cow their superiors with the ill intent that things would go their own way regardless of ethics and military laws. We are now in a new era. You have to abide by the military laws and adhere to your superiors’ orders. No one is expected to feel offended when ordered to execute his or her respective military duties,” says the Commander Lesotho Defence Force (LDF), Lieutenant General Makhula Augustinus Mosakeng.

When addressing the LDF personnel amassed at army headquarters at Ratjomose on September 10, 2003, the commander made a stern warning that soldiers should not use drugs as they lead them to evil deeds like shooting other soldiers.

“How do you expect the nation to trust you if you do such contemptible things?” the commander asked, referring to August 22, 2003 shooting incident at LDF base in Ongeluks`Nek whereby one junior officer went on a rampage and fatally shot two of his colleagues and injured other two.

Lt Gen Mosakeng appealed to all the soldiers to look back to “our failures and achievements” in a quest to improve the LDF standard in today’s world.

The Gen announced that Lesotho has been appointed chairman of Interstate Defence and Security Council (ISDSC). “We have to work hard for our country is again responsible for security and politics in Southern African Development Community (SADC),” appealed the commander.

The commander explained that through hard work and training LDF would reap positive results and cited as an example the successful participation of the LDF contingent in the exercise code named “Blue Angel” in Zambia in August this year.

On the presence of Indian Army Training Team (IATT) in Lesotho the commander said: “The enemies of this country are not happy about the presence of IATT in Lesotho, so try your level best to turn a deaf ear to false information about their role. Don’t

any country should the need arise,” said the army boss.

The Deputy Commander and Chief of Staff Operations, Major General Thuso Motanyane, disclosed that since the beginning of the year 2003, the LDF’s schedule has always been tied. “The LDF fully participated in occasions such as the Army Day celebration, King’s Birthday and ISDSC conference held in Maseru recently to mention but a few,” he said.



Lt Gen Makhula Mosakeng

let anyone mislead you. You should get first hand information from your superiors. Trust them and respect them.”

The Commander went on to say: “Under the auspices of the IATT, the LDF has improved a lot. They helped us, among other things, to form a Pipe Band, Engineering Company, Computer Lab, Commando Unit, Paramedics Section and Peace Keeping Company that can be deployed in

Maj Gen Motanyane pointed out that LDF has now introduced a unit responsible for tree planting with the purpose of planting trees all over LDF bases. When speaking at the same occasion, the Assistant Chief of Staff (ACS) and Commander LDF Airwing, Maj Gen Sam Makoro appealed to the soldiers to learn how to take care of the environment and stop burning grass in the barracks. ●

Me and Madam Nana

By Cpl Ntlele Ntoi

We were in the middle of a conversation when a car came screeching to a halt outside. I didn't mind a thing but to my surprise Nana jumped up, took me by the hand and led me down the corridor to a room next to her bedroom.

Seeing the expression of bewilderment on her face, I asked: "What's going on, dear?"

"Shh! That's a man I have just told you about. Mind you, jealousy drives him mad! He didn't make an appointment but I'm sorry, I can't do without him. He takes care of my bills. Hurry up! Get in here and I will see him off in a minute. Don't feel left out, you know that I love you, Johnnie," she assured me.

I sheepishly obeyed her instructions, however, left the door ajar for the room had just been renovated a few days before and the smell of freshly painted walls was sickly suffocating. The car parked right in front of the window of my room of refuge. I could hear the driver cut the engine off but wouldn't put off the headlights for sometime. The bright lights flooded through the lace curtains and it was like he was watching me. Panic and fear struck me.

"The man must be suspicious that something is amiss here," I thought.

The moment we heard the car screeching to a halt outside, I had been stretching out on a sleeper couch they call "lazy boy", spoiling myself to a glass of brandy on the rocks. So, I still had a half filled glass glued to my hand, frozen like a statue. During my nine months basic military training, I had been taught that movement attracts eyes, so I dared

not to arouse his or their suspicion. At long last he switched the lights off, got out of the car and headed straight for the front door, whistling as he went on.

"Hi, darling. What a surprise!" Nana said taking him into her arms.

"Hello, sweetie pie! It's been a week but it seems like a decade. I was supposed to come back next week but I thought it would be a good idea to take you on a shopping spree prior to your birthday party. Isn't a good idea, Nana?"

"Oh, I would love to! Will you take me to Jo'burg, please, darling?" Nana said nestling her head on his chest.

"I didn't think of taking you that far – anyway, we will discuss that at bed time tonight. I will go and see that hard-headed woman tomorrow morning," the man said.

"Ha!" I cursed a sigh. "This hunk is going to spend the night here? How could it be? After all, Nana was adamant that he shouldn't be long!"

Mind you, I had a sinus problem, and my instructor would always say that 'a man with a sneezing or coughing problem is not fit for any military operation – more especially ambushes'. Then I understood very well what he meant.

Perhaps in the end she would convince him to go anyway before I start sneezing – else I would be in for a high jump. I could only hope for the best.

Nana tried her level best to urge the man to go home, however, in a convincingly polite manner but he refuted all suggestions that he should come perhaps by tomorrow night.

For two hours or so, they would pat, hug, kiss and touch each other. Much as I would like to see what they were up to, I really didn't like to see Nana in other man's arms. To my disgust, I would even hear them heaving and panting heavily as if they were in the act. I was consumed with jealousy and anger but there was nothing I could do. As a matter of fact, should the trouble ensue; I was no match to the man. He was the like of the hunks that work out at Maseru Health & Fitness Club – a monster I wouldn't dare challenge.

The only option left to me was to devise a plan to get out unharmed. I didn't want to act stupidly or embarrass Nana either. So, I had to think. During my basic military training I was also trained to communicate in silent field signals. Nana was a bid conversant with sign language, I had learned from our conversation some days before. So, together we had to put our skills to work.

Luckily, there was a hammer lying on the floor behind the door and paint stained overall hung on the wall. "I better pose as an electrician and secure a safe passage out of here before the man sought me out himself," I thought.

I peeped out again. Nana was there, fixing the man a drink – from my bottle of brandy, and he was standing next to her scratching her back. Shocked to catch the glimpse me, as she should be she acted swiftly, however, very cunningly. She turned his master around and made him face the opposite direction as a precaution in case he was the kind that kisses with eyes wide opened. Having done so, Nana was then the one kissing with eyes wide opened behind her sugar daddy's back.

cont on pg 19



Our pipe band entertained multitudes that thronged Morija Arts and Cultural Festival at Makhoarane

... Madam Nana

cont from pg 18

Perfect! It was the opportune time to communicate my intended move. I would signal to her and she would react pretending she was responding to her sugar daddy's advances on her. Firstly, I showed her a hammer.

She said: "No, no darling!"

She got me wrong, I realised. She might as well have thought I was intending to knock down her lover with it, I could see.

Then I showed her two pieces of electric wire and a screwdriver I had taken from a burglar-proofed windowsill, and then paint stained overall. She gave a resigned shrug of shoulders with her eyes wide opened in dismay so much that one could think she would eventually ask: "What is all that supposed to mean? I don't get you."

I signalled to her I wanted to pose as a workman – in fact an electrician. Perfect! She seemed to get me right then.

So, I couldn't wait to swap my best clothes for workman's gear – an overall and dusty cap I found lying on the floor. I had my clothes tucked inside the overall making my tummy look too big for a slender gentleman like me. I started whistling feebly as I pounded the wall with a hammer. And in the process I had the door wide open.

With a big frown on his forehead, I thought, the man might have turned around looking rather surprised that someone else was in the house too.

"Don't worry, darling, that's Johnnie – a boy I asked to come and fix my geyser. It's giving me a problem lately. I wonder how long it would take him to fix it, poor thing. He started working on it at six o'clock hoping to be through in an hour's time but now it has since been two and half hours or so," she said.

"How far are you, Johnnie?" Madam Nana called out. "Finish up, boy! I want to retire to bed earlier today."

"Just finishing a stint, madam. I shall be through in a minute," I replied in a relaxed tone then that my safe passage out was secured though not yet guaranteed. But before I went away, there was something else critical I had to deal with.

I regretted I had spent a lot on Nana for sweet nothing in return. Just imagine: a golden watch with a matching pair of earrings from American Swiss worth M899.95 – a surprise gift on a first luncheon date I treated her to a week after we first met; a dinner I treated her to that evening – roughly M250.00; a cab I rented

for M60.00 and other small favours in the region of M100.00. Mind you, that evening I also had to call another cab to take me back to the barracks as her sugar daddy insisted to stay over night.

Damn! That's hell of money for someone like me whose total annual earnings are approximately M20,000.00, I regretted. Someway, somehow, I had to devise a plan to get some of it back – if not all, I vowed.

But as to how I would deal with it, I couldn't tell!

After a short while I ventured out of my room of refuge walking in short steps like a mouse fed on a slow killing pesticide. I came walking wearily down the corridor into the sitting room. The man was lying stretched on a sleeper couch staring at me. But I pretended I didn't mind him and wiped off sweat on my brow with a lapel of *my overall*.

"Can I use your telephone, madam? I'm afraid I have to call a cab," I asked in a relaxed tone.

"Yes, yes, Johnnie," she nodded in approval. "Go, go on and call the cab, boy. It's getting late anyway."

cont. on pg 20

... Madam Nana

cont. from pg 19

As I dialled the numbers, I thought that was the opportune time to give Madam Nana a bill for my piece job with an earnest request that it be settled there and then.

With a receiver trapped between my left ear and shoulder, and my fingers going through the pages of my diary, I said: "I have got it alright this time, madam. With a new valve I have fitted, there will be no problem. So, like I said I'll only charge you M450.00 only, madam," I requested, casting a stern look of a military man upon her.

"I understand, Johnnie, you have done me a fine job. But that's too much for me at this time of the month," she protested.

I didn't care. After all, Nana was the one who had to deal with the situation cap in hand, I told myself rightly so. She didn't want to arouse any suspicion – so, I held her to ransom.

"You see, madam, the new valve has cost me"

"Hold it, hold it, boy," the man interrupted me. "Ha! M450.00? It's not a big deal. Really, it's nothing, big boy," he said taking out a fat wallet, and extracting two M200.00 and one M100.00 brand new bank notes. "Good job, boy. Come take it and keep change!" he said.

Hmm! What a score? M500.00! Anyway, that's my money. I had to get it back

anyhow, anyway. But that was not all.

"Before I go, madam, can I have a watch you said needs some repairing? I think I will have time to fix it before bedtime tonight. And don't worry, I won't charge you anything for it. But you should always remember that anything that needs some repairing in this household, I'm always there for you, madam," I said scratching my ear, hoping that she will understand that I would also like to have that pair of earrings back too.

"You are a darling, Johnnie, you know. Let me go and fetch it," she said hurrying to her bedroom.

The man had his eyes glued to a television and not a word was said until Nana came back. She handed me a watch and a pair of earrings. "I would like you to get this watch back as soon as possible. You have my number, keep in touch. We shall sort things out by then," she said, forcing a smile.

From that day, Nana keeps calling me pledging her love for me – me alone! With remorse in her voice, she would say: "The old man is just assisting me financially, besides, he has someone. Over and above that, what he enjoys is only my company. He would just kiss and hug me – nothing more serious is happening, my dear. The old man has a serious problem he just can't do it, I swear. Please, understand, Johnnie, my heart, mind and soul

are, and will always be with you – you alone, my love!"

"I guess, I have to be frank and honest with you, darling; I have fallen for you and had dreams about our future. But I just can't help imagine nothing is happening when I know almost every night you two see each other. I'm hurt – and angry too but not with you. I still remember very well you told me about the man but I wouldn't imagine that it would hurt me so bad. I used to think of me as a type of a man that could easily get carried away, but with you, my dear, believe me, I have grown up to understand when it is said 'never say never!'" I would phone back.

Though I still love the lady so much, I had told myself I wouldn't go back to her – neither to her home nor her office I used to frequent. No! Not really. Not after I have seen her in another man's arms, touching and kissing right before my eyes.

But I must confess, I still love Nana though I can't help swallow my pride and get down to my knees before her after what I did the night I walked out of her life. Every time I see her on the street my heart beats faster. I would try my level best to battle my thoughts. To my friends, I always stick to my guns and say: "I don't mind her statuesque figure, her compelling beauty, her voice and her irresistible charm. Whatever we had; we had – that's a line I draw, and as a resolute military man, I have to stand by it, no matter what!"

*Living a healthy life pays.
Take care of your health: Exercise and drink plenty of
water. If you take alcohol please do so 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.
Garlic is the king of herbs.*

Director Military Personnel
and Training Ministry of
Defence and National
Security, Colonel Lets'olo
Kholoane.

(pic Lcpl Teboho Kharafu).



The twin brother's active service draws to a close

By Cpl Ntlele Ntoi

Colonel Lets'olo Peter Kholoane, 54, says when he retires, in about seven months' time, among others, he would like to encourage his colleagues and other people of goodwill who are skilful in various aspects of life to stay and work in their local communities and help steer them towards a meaningful social development.

"I see participatory democracy in a form of local government as a vehicle to get the Basotho to a sustainable development. With the experience that I have gained over the years of my army life, I also hope to be of assistance to my fellow people too," Col Kholoane said.

Born in 1949 at Thabana-Morena in the district of Mafeteng Colonel Kholoane joined the then Lesotho Mounted Police (LMP) at the age of 20 on June 1, 1969. In

December that year, he was amongst the young police cadres who were deployed in the districts to maintain law and order in the run-up to 1970 General Elections in Lesotho.

"The initial plan was that we would go back to training afterwards. Little did we know that due to disturbances in the aftermath of the elections we would be automatically graduated police officers and subsequently incorporated into the Police Mobile Unit (PMU)," recalls Col Kholoane.

Other than doing general police duties, Col Kholoane aspired to work as a prosecutor in the courts of law. In the early days of their initiation into the service, he said, many police officers were acting as prosecutors that is why even after their retirement some

secured posts as permanent court prosecutors. But he wouldn't realise his dream, instead he was sent to the PMU – without his discretion.

"When I joined the police service, I held a Std VI certificate but I felt I had to go further with my studies and I successfully ended up holding London General Certification of Education in O-level (London GCE). Apart from that I took interest in religious studies and that is why I always feature in the SADC regional chaplaincy conferences as LDF representative," he said.

To date Col Kholoane has been posted in various sections within the LDF. Currently he heads the Military

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The twin brother's...

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Personnel & Training Office in the Ministry of Defence (MOD), which helps the commander LDF to identify suitable trainings for the defence force.

"Our main duty is to coordinate the MOD with the LDF in relation to training. We also shoulder the responsibility to cater for the welfare of the trainees who attend courses outside the country. We process their allowances, visas and do all the correspondence with the Ministry of Foreign Affairs and the host countries," explained Col Kholoane.

Col Kholoane is worried some people think that he is the one who nominates the LDF personnel suitable to attend courses outside Lesotho. "Many keep on calling my office inquiring whether I have nominated them for courses abroad. They don't seem to understand that there is a Training Selection Board which recommends candidates on merit and the final decision rests with the high command of the LDF," he said.

However, he said, due to the growing competition, in the near future training courses offered outside the country will be advertised. "We tried that with the 10 LDF soldiers who attended the diving course in the Peoples Republic of China recently. Though it was done to meet the requirement laid down by China we found it a very good thing to adopt as our criteria too," Col Kholoane said.

With these trainings Col Kholoane is adamant that the future of LDF is bright. However, he warns the trainees and would-be trainees abroad to have no other hidden agendas when given a chance to advance their expertise in military affairs in other countries that have good ties with Lesotho.

Col Kholoane who is also the International Military Sports Council (CISM) Chief Delegate in the LDF, says his sense of gratitude stems from the impressive performance of the LDF Taekwondo Club.

"Our club is well known throughout the continent for its competitiveness in this form of sport. For instance, the LDF Taekwondo Club was the only team from Africa that competed in the 15th World Military Taekwondo Championships, held in the US in October 2002. I sent a team of seven competitors in various categories and they brought us three silver and two bronze medals respectively," said Col Kholoane. Col Kholoane has attended several military courses at home and abroad in the following:

- American Defence English – US;
- Quartermaster Course – US, 1991;
- Chaplain Formative Course – South Africa, 1998, and
- Military Law & Court Martial Procedures – Lesotho, 1999.

Other courses attended comprise the following:

- Commonwealth Journalist Course, 1983;

- Basic Personnel Management Course – LIPAM, 1987;
- Advanced Personnel Management Course – LIPAM, 1987;
- Supervisory & Managerial Techniques, 1987;
- Budget Preparation Course – LIPAM, and
- General Management Course – IDM, 1990.

After retiring, Col Kholoane would like to make use of his hard earned retirement time to engage in a small-scale business, which will not keep him fully committed. "I have plans to take chance as a general supplier and bid for tenders wherever chances allow," he said.

Despite the loss of his much loved twin brother, late Corporal Tšolonyane, former Technical Intelligence Branch (TIB) agent who was murdered at Mohale's Hoek, Col Kholoane is thankful that God the Almighty has been his pillar of strength and helped him survive all the upheavals of life in the army.

"The LDF command has always been very supportive to my family, even the time my first wife, Mrs 'Maletuka Kholoane, passed away after short illness in 1983, they offered me unrelenting support," the Col said.

Col Kholoane's military decorations include precious ten years and twenty years service medals.

He is happily married to Mrs 'Mancheche Kholoane and blessed with six children – three boys and girls. The Col is due to retire in June 2004. ●

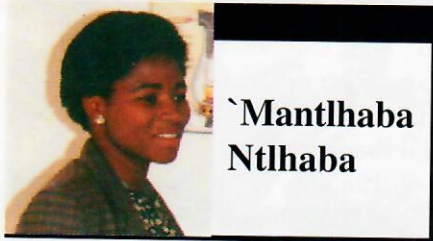
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How safe is home delivery?

Pregnancy and childbirth are special events in women's lives and their families. This can be a time of great hope and joyful anticipation. But, as our special correspondent, Mantlhaba Ntlhaba reports, it can also be a time of fear, suffering and even death.



According to the Government of Lesotho and UNICEF Report 1998, about 22.6 percent of Perinatal Mortality is due to poor antenatal and delivery cares, which includes haemorrhage, excessive bleeding occurring postpartum, ruptured uteri, ectopic pregnancy, traditional practices that are both harmful to the mother and child and lack of skills in delivery.

The report indicates that maternal mortality rate has dropped significantly from 310/100,000 to 220/100,000 deaths per live birth as compared with the previous five years. And this drop could be attributed to the impact of village health workers and traditional birth attendants programme scattered throughout the country.

However Mrs. 'Majoel Tikiso, a nurse clinician says the report is over five years old and much has been achieved in the interim period.. "For instance our yearly report which was conducted from April 2002 to March 2003, out of 600 deliveries only two cases of death were reported," she said both were primigravida and one case was non-clinical.

She said in both cases the cause was eclampsia, which is hypertensive disorders of pregnancy and could be prevented by careful monitoring during pregnancy and by treatment with hypertensive drugs.

Mrs. Tikiso said in an effort to reduce maternal mortality in Lesotho, midwives working with obstetricians completed development of national

midwifery protocol. She further said having skilled attendants present at delivery is one of the key interventions for reducing maternal and perinatal mortality. "In order to provide skilled attendants at all births, targeted programmes of training, supervision and deployment are needed," she said.

However in some areas of the country some deliveries are conducted by 'lay midwives' often older women who have learned their skills through informal 'on the job' training assisting older midwives and also by skilled birth attendants which are trained midwives, and doctors.

Mrs. Rose Tlapana a lay midwife at Tloutle village, four kilometers away from St. Joseph hospital Roma, supports home delivery. She said delivery is a very dangerous process per se. "Whether the woman delivers at home or at hospital the odds are still the same."

She argued that in hospital a woman is often alone among strangers and therefore unable to perform the necessary childbirth rituals or obtain the family and communal support. Even after delivery she said a woman is injected which makes her suffer from headaches and stomachaches.

Mrs. Tlapana said when delivery proves difficult they perform a variety of their traditional tactics. Normally lipitsa (boiled mixture of traditional herbs) are used to ensure successful period of pregnancy and birth. She also said HIV/AIDS is only 'mokaola o motona' (gonorrhoea). She said if the woman has sores 'mahae' around

her private parts, they dig and boil medicines such as 'khomo ea balisa, mositsane and moli' and the woman will be cleared off any sickness. She is optimistic about the success of home delivery; she even claimed that for thirty years no woman had died in her hands.

But a young woman from the same village, Mary Shale (not her real name) has views that are different from those of Mrs. Tlapana. She said she favours hospital delivery. She tearfully related as to how she had almost died in the hands of village midwives.

She says, "I had been in labour for three days. I was tired and bleeding profusely. The midwives had tried this and that medicine in vain. They even made me bathe in a bath of herbs but bleeding continued."

On the fourth day her relative who lives and works at Maseru arrived and insisted that she must be sent to hospital. "I was then transported in an ox cart four kilometers on a rugged road to the hospital. I was in a bad state when I arrived there. I could not talk and every part of me was hurting. When the nurses saw my condition they immediately summoned the doctors and I was hustled into the operating theatre."

"I don't know for how long I had been unconscious for when I came around, there was a trip attached to my arm. My lower abdomen was soft and very sore. There was no sign of a baby nearby. I learned later that a caesarean section had been performed and the dead foetus

cont. on pg 24



It's a joy to mothers to hold and cuddle their babies, but bringing them to this world can be nightmarish for some

removed and even my uterus had also been removed. I can no longer have children," she tearfully said.

However she was grateful to hospital staff that had helped her that day, though she was still showing signs of grief over both the lost child and the uterus. "If given a chance again, I will never ever deliver at home," she concluded.

In contrast Celina Qhobosheane, a mother of two said home delivery is ever so safe. She had delivered her two siblings at home, "I am still healthy and so they are."

Celina still associated labour complications with superstition, "it is only when a woman had been bewitched that things may go amiss, even in that case ngaka (traditional doctor) if called quick can still assist."

She is so convinced on how safe home delivery is. Unlike the other woman, she was smiling all over the interview. She even added that at home one's parents are there "you are not among strangers." She said the woman is assisted evenly throughout, therefore it is totally out for a woman to die or her child "you

are helped by lipitsa," She completed.

Although Mrs. 'Mapontso Tlosane is a trained traditional birth attendant, she holds the same views as Rose.

She said she trained some years ago and has since been attending some workshops. The last time she recalled was in 1994. "During the workshops we are trained on how to care and observe problems that might arise during pregnancy and childbirth." However when the techniques they have learnt at hospital fail, she opted to the traditional tactics, which have proved mostly successful.

Even though she has been given some hand gloves to use when assisting women at delivery she still uses the traditional method when cutting the umbilical cord. "A reed from the river is used instead," she said.

It was difficult to recall the number of women she has assisted but she came up with twelve and of the four she has helped lately, one has developed an attitude toward her. She therefore vowed to stop assisting them.

The woman who is said to have developed an attitude replied that some of the 'lipitsa' they are given are harmful even unhealthy to their lives, "can you image yourself drinking the dog's faeces," she said. This is one of the 'lipitsa' both Rose and 'Mapontso talked about.

However the nurse clinician continues that long before delivery women are encouraged to attend the prenatal clinics and it is during those visits that they learn about the signs of labour and even those that are dangerous and need immediate attention. "For example, heavy bleeding is not normal. This must not be ignored and if in any doubt, contact your doctor or hospital immediately," she says.

She said a woman could have normal or assisted labour. It is assisted only if the forceps, vacuum or caesarean section is done. And that happens only when there are labour complications although of late due to HIV/AIDS forceps and vacuum are not recommended. She further said a well equipped maternity hospital offers the best guarantee of the successful conclusion of the maternity period, and therefore not even the best

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... home delivery?

cont. from pg 24

doctor has every facility available at the patient's home to meet the unforeseen eventualities not to mention mere village midwives.

Also she added that complications in childbirth such as postpartum haemorrhage, or respiratory emergencies in the case of a new-born infant tend to occur very suddenly, if at all. "In such cases it is essential to be able to act quick and under the best condition frequently in collaboration with other doctors." And so in the case of excessive bleeding before labour begins, a caesarean labour is the immediate effort and a patient is put under resuscitative treatment.

She even pointed out that at hospital a woman is entitled to her delivery kid alone that has been sterilized and dust free to avoid sepsis. And midwives protect themselves by gloves and plastic aprons. But at home, she doubted if any of these precautions are taken.

Mrs. Tikiso also indicated "there are cases whereby women are given oxytocin but this decision is best left to one's doctor." She said not every woman is given the pain relieving drug for it can intensify contractions making

it more difficult for her to cope and thus increasing her need for more drug to relieve the discomfort. And moreover the prolonged use of the drug can have side effects such as babies becoming jaundiced, sleepier and less alert than babies born spontaneously.

Interestingly though is the fact that some women who had delivered at home came to the hospital to be stitched up because of their complaining spouses, therefore she strictly stresses that women should deliver at hospital whereby their tears will be taken care of, and there would be no complaints whatsoever from their spouses.

She concluded that quality health care during and immediately after the critical period of labour and delivery is the single most important intervention of preventing maternal and new-born mortality. "At hospital we encourage women to deliver in the hands of midwives and doctors who are experts in the field. However it is their lives to spare. If we can, so do they."

Likewise animals do deliver in the same way as human beings although gestation periods differ. For example a female cow takes nine months pregnant just like human beings.

Mr. Ntisane Lefela a farmer at Khubetsoana Maseru says, "I have chosen to rear the jerseys for a number of reasons." He said the jerseys do not have labour complications like the Friesians.

"Friesians have labour complications such as prolonged labour which results when the calf is too big. Also they are much infected by venereal diseases," he said. He even pointed out that nutrition plays an important part in the animal's delivery, "at some stage when a cow is too lean, it can either die or its calf during delivery."

Mr. Lefela concluded that animals like humans have labour complications but it is very amazing as to why many women die more than female animals. However he suggested that women must lead a healthy life by eating healthy foods during and after pregnancy. ●

Garlic – the king of herbs.

Living a healthy life pays. Take care of your health. Exercise and drink plenty of water. 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.

EVENTS IN PICTURES



His Majesty King Letsie III arriving at Morija Arts and Cultural Festival.



The Assistant Chief of Staff Administration Brigadier Phatoli Lekanyane congratulates the best overall student in Legal Cadre Course Serial seven, Lieutenant Tlali Kamoli. (pic Pte Semenyane Mokhorro).



Pte Tefo Sethojane of the newly introduced Pipe Band receives a certificate during their course closure. (Pic by Pte Teke Ntilane)

EVENTS IN PICTURES



LDF Burial party carrying the late Queen Mother



Zambian President Levy Mwanawaza delivers his speech during an official opening of Exercise Blue Angel.
(Pic by WO II Makhala Petje)



Some of the IATT members together with some Lesotho government officials during their farewell party at Lesotho Sun. (pic by Pte Mahopotsa Maputla).

Behind mother and child amazing bond

We are told that bonding between mothers and their babies begin during pregnancy when they first feel the foetuses within their bodies. After child birth, however, other forces enter the social fray in the form of, for example, nannies who, generally speaking, end up enjoying the lion's share of the child's love, trust and attachment. Our special correspondent, Matšelis Chere, reports on the amazing bond of affection between a mother and her child.

The close emotionality that a mother forms with her baby has become the focus of extensive studies, which have important practical implications for the care that hospitals provide to families during and after childbirth.

For most babies the primary caregiver, or need satisfier, is the mother - the source of food, protection, warmth, stimulation, and affection. The bond or attachment that she forms with her baby begins during pregnancy, possibly when she first feels the foetus within her body.

"It is gradually unfolding relationship that blossoms with the baby's birth as the mother and baby exchange messages and feelings with all of their senses - with the meeting of their eyes through skin- to- skin contact, with body warmth and movements, by smell, and by sound," said Mrs. Mabatho Thatho, the Matron in paediatric ward at Queen Elizabeth 11 hospital in Maseru.

"In fact, the first minutes and hours of life may be especially, perhaps critically, influential for the initiation of the maternal bond, triggering a sequence of nurturing response that may have long-lasting effects on the mother-child relationship. It is important to realize, that this is not necessarily the only stage in a baby's life during which the strong mother-to- baby bond is established," she concluded.

"As mothers, the response towards our babies is so excellent. It includes cuddling, kissing,

fondling, touching, smiling, nurturing, rocking, prolonged gazing, soothing, and talking in a

"For example, Basotho women spend quite some time carrying their babies at the back and singing traditional songs to make



Amazing bond of affection between mother and child.

high- pitched voice," said Mathabo Letsie.

She continued that this maternal response communicates messages to the baby and provide the sensory stimulation that is so necessary for the new born baby's growth and development. The response sometimes is done according to their tradition. As Africans, the response between mothers and their babies differs according to their customs.

them sleep or feel the motherly love. Unlike in other tribes where a baby is put in a 'baby walker' while the mother is busy doing something. As far as Basotho women are concerned, such a practice lessens the bond between the mother and the baby," she concluded.

Miss Emily Mokoena, nurse midwife at Queen Elizabeth 11 hospital, says new techniques for measuring new-borns' behaviour

cont. on pg 29

... amazing bond

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have been developed. "They show that babies are much more discriminating and responsive than was formerly realized. At birth, the alert new-born is attracted by a variety of visual, sound, and other sensory stimuli, particularly by the eye and other features of the human face," she explained.

"When the new-born baby is in a state of alertness, and thus receptive to stimulation, it reciprocates with behaviour such as gazing, imitating, crying, listening, following with his eyes, clinging and body movement," she said.

Moreover, she added that, gradually, during the first weeks after birth, the range of responses increases between a baby and its mother to coordinate their needs and routines. They must be actively involved together to receive the necessary and rewarding reinforcement from each other. For example, when a mother appears, the baby smiles, which activate a positive response in the mother such as smiling, picking up, kissing or cuddling.

"As a social exchange between the mother and baby continues, the response of the baby reinforces the mother and creates in her an ever-increasing commitment to her baby. The baby, in turn learns from the mother's responses and how its needs will be answered. When her communications are reassuring and pleasurable, this will help to develop the child's fundamental trust and senses of security. If on the other hand, the mother responds with rejection, this can have a detrimental effect on the child's physical and emotional development," she continued.

In addition, she said that in the first hour after birth, when the baby is alert and responsive, his suckling of the breast releases two special hormones, which are prolactin and oxytocin. They are essential to the production and secretion of milk. The oxytocin stimulates the uterus to contract and return to its pre-pregnancy state more quickly and thus relieving some of the pain of childbirth. This hormone is sometimes referred to as the 'love

hormone', and has been shown to create a surge of emotional attachment on the part of the mother.

"In the early nursing, benign bacteria and antibodies in the first breast milk, are transferred from the mother to the baby, giving him a protection against infection that infant formulas cannot provide. However, the close bond between the healthy mother and child will form, regardless of whether the baby is fed by bottle or breast," she implied.

"Hospital maternity practices have clearly been shown to interfere with the establishment of breastfeeding and early maternal affection. These disruptive influences can be avoided when normal, spontaneous contact and interaction between mother and new-born can be planned for and experienced immediately after birth. The baby should be put to the breast within the first hour and be able to be nursed frequently during the hospital stay, supplementary bottles formula are unnecessary," she added.

She indicated that if a supplementary bottle of water is given, a nanny can assume this feeding role, thus increasing her involvement with the baby and her support is important to the mother. The nursing staff can also contribute to breast-feeding success by providing encouragement and guidance to the mother. This has been shown to create a surge of emotional attachment on the part of the mother.

She concluded that breast-feeding is the physical interaction – the baby and mother should be skin to skin, which is the most important thing. It is also an intricate part of the bonding process. This interaction between the

breastfeeding mother and a baby involves the entire baby's senses – touch, taste, vision, smell, hearing, and warmth creating a pleasure-giving, sensory-stimulating relationship that is the foundation of caring for another human being. She concluded that with each breastfeeding these mutually perusable sensations are renewed, thus adding a special element of enjoyment to the mother-baby relationship.

Moreover, the importance of a nanny is to act particularly during the growth of a child. As with the mother, many factors combine to influence nanny- to – baby attachment. "I have been doing this job since I was thirteen years old and now I am twenty five. As a result I have acquired care giving skills necessary for a baby. For example, I like to talk to, play with, and imitate the baby more than the mother; I also smile more actively in bottle-feeding and taking care of the baby," said Alice Nchaka.

"Working parents do not give enough love attention to their children because they leave their homes early and come back very late as a result the baby does not get enough motherly love. I have experienced the child's behaviour and attitudes towards me especially during my leisure. She would start crying immediately when she realizes that I am about to leave her home. Therefore, this implies that the baby prefers my presence more than her mother's," she concluded.

The process of parenting is based on a mutual relationship between parent and infant. Although the words 'bonding' and 'attachment' are sometimes referred to as separate phenomena, with bonding representing the development of emotional ties from parent to infant and attachment representing the emotional ties from infant to parent, these words can be used interchangeably to denote both processes.

cont. on pg 30

... amazing bond

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Miss Lineo Tsekoa is a Lecturer at the National University of Lesotho in the Faculty of Health and Sciences. She says, as mental health nurses, they are normally interested in either physical or psychological effects brought about by trauma.

“Sullivan, H.S. (1954) (The Interpersonal Theory of Psychiatry), affirms that if the individual emotional needs are not completed ‘lags’ in maturity develop. He refers to these ‘lags’ as emotional fixations that had the natural movement through the remainder of the development stages. As a result emotional disabilities arise from the fixation; common examples are neurotic personality and behaviour disorders, and many others,” explained the lecturer.

She added when a baby is born, bonding (love) with the

parents has to continue throughout the baby’s life span. Modern life deprives parents to create a setting in which both their own legitimate needs and their children’s can be satisfied with relative ease. “Working parents do not give enough love attention to their children; they are so busy with their own professional growth and money generation that they neglect or forget their children,” she added.

“Albert Bandula (1963, 1977) did research in social learning theory. He deduced that children learn through modelling or observational learning. He showed that children use internal processes of thinking while they learn. This process of shaping occurs slowly to explain the appearance of complex behaviours. However, observational learning or modelling is not playing ‘copy cat.’ but an observer modifies the model – these

behaviours do not duplicate but merely resemble the behaviours being modelled,” she continued.

“Similarly, animals react in the same way as human beings. Their behaviour and attitudes are not different; it is just that human beings are intellectuals, that is why the internal process of thinking cannot be the same. A female cat is an example of an animal, which behaves in the same way as human beings,” she said.

Finally, she said that once the young ones are born, the mother who is also a primary caregiver or need-satisfier immediately starts kissing, cuddling and breast-feeding them. This reaction simply implies the healthy parent-child relationship. Therefore, mothers should avoid the failure to form attachment to their children because this can be related to an inability to develop close personal relationships in adulthood.

Green tea! Green tea !!

Did you know that green tea:

- helps control high blood pressure, cholesterol and diabetes.
- cleanses kidneys and bladder
- stimulates body metabolism
- detoxifies
- relieves fatigue and body pains
- stimulates blood circulation and helps prevent lung and throat cancer (watch out you smokers).

Military Intelligence Instructor Pte Rasutha presents copies of newly introduced Service Writing and Staff Duties Manuals to the Commander LDF, Lt Gen Makhula Mosakeng. Looking on is IATT leader, Col D. S. Negi. (Pic by Pte Teboho Toai).



New LDF style of writing

By Pte Lekola

Lesotho Defence Force (LDF) has introduced two books on Service Writing and Staff Duties Manual Abbreviations recently at Makoanyane Barracks.

Speaking at the occasion, the Commander LDF, Lieutenant general Makhula Mosakeng disclosed that the launching of the books is proof that the army is making more strides in terms of professionalism.

The Commander urged all LDF personnel to make use of the books for the benefit of the LDF. "I trust you will

take good care of these books as they mean a lot to our organisation," he said.

"I trust you will take good care of these books as they mean a lot to our organisation"

Speaking at the same occasion, the Indian Army Training (IATT) leader in Lesotho Colonel Debendra Sigh Negi explained that it is a normal practice for different defence forces to have their own style of writing. "These reflects the defence force professionalism," he said adding that LDF personnel abroad will be proud to receive the books.

The books have been published by LDF Military Intelligence School under the auspices of IATT Intelligence expert. ●

‘I wished my baby to die’

The agony of girl mothers-to-be

Statistics point to an increase in teenage pregnancy. Some succeed in secretly terminating their unwanted pregnancies, but others are not so lucky. Our special correspondent, Motheba Tsunyane, reports from Roma.

Kelibone Thipa was only 16 when she fell pregnant and had to drop out of school. “Then I was doing my form D. It was in April when I got sick; I didn’t know what was happening to me. After two weeks I went to see a doctor and pregnancy tests were done. A week later, I got a call from the doctor who told me that I was pregnant. I was dumbfounded,” reveals Kelibone.

Says Kelibone: “I spent about a week locked up in my room. I didn’t know what to say to my parents. Then I told my boyfriend. He denied being the father of my unborn baby. I felt like the world was collapsing on me and I decided to commit suicide. My attempts to drink JIK and HANDY ANDY were foiled by my elder sister who was keeping a close watch on my movements. If it weren’t for her I bet I would have succeeded. I was filled with hatred: I hated my boyfriend, myself and the child growing inside me.”

“When I was four months pregnant, I was expelled from school. I had to go and stay at home. My father took one look at me and told me to pack my bags and leave. He accused me of sleeping around and bringing shame on the family. My sister told him if he forced me to leave she too would leave for good. He backed down but never spoke to me for months,” explained Kelibone.

Adds Kelibone: “After my baby was born, I refused to look at him. I wished he would die. I wouldn’t even breast-feed him. When I was ready to go home one week later, the nurses begged me to look at him and hold him, which I finally agreed to do.”

She went on: “When the baby was three months old, my boyfriend, Thabang Mokoena, came by to see the child. It was my first time to see him since the day I told him about the pregnancy. I hated him and didn’t want to see or talk to him. My mother permitted him to see the child. He looked at the baby and said that he looked like him. I didn’t respond. When he was about to leave, he told me that his family would come to talk about the baby with my parents.”

Thabang says he disowned the child not because he believed it was not his. “It was something I did not expect. Besides I felt I was still young and not yet ready to be a father and the thought of being ridiculed by my friends added to the problem,” he explained.

Adds Thabang: “I now want my parents to get my child. I really want to raise him. I have seen that running away from responsibilities would never help me. Instead it would haunt me for the rest of my life to know that I have fathered Lebohang, but hadn’t done what I ought to have done as a father.”

Mrs. Lineo Mothibeli, a teacher by profession, says, “This thing of our children becoming pregnant so young is bothering us as their teachers. Our teens tend to put pleasure before their studies. They socialize a lot and love money too much, that is why

they even end up sleeping with taxi drivers in exchange for money.”

She continues, “If a student gets pregnant while still at school, more often than not, she is sent home. Our children should make education their first priority and stop ruining their future by engaging in sex at their age. Besides, nowadays HIV/AIDS is rampant and yet this does not seem to ring a bell with them. What kind of wives will they be if they can’t wait for the right time to have sex?”

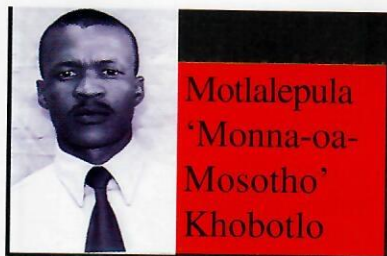
“As a parent it is a painful experience to hear your daughter say she is pregnant. It was such a shock when Kelibone told me that she was pregnant. I was angry with her. She is my youngest daughter and I was expecting much from her but all my hopes are now shattered,” says ‘Makelibone Thipa.

Adds ‘Makelibone: “This teenage pregnancy can only be checked if we, as mothers and parents, begin to be open to our children and talk about the facts of life including sex. We should do so before they fall pregnant as prevention is better than cure.”

Dr Pontšo Monese, a doctor at St. Joseph’s Hospital, Roma says the teens must be convinced that having sex is not proof of love. “They need to know that they can still express their love without engaging in, particularly, unsafe sex. Some of these teenagers abandon their newly borne babies here at the hospital and run away,” he explained.

A media practitioner who declined to be named criticized the media for ‘becoming part of the

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From a civilian's point of view

Globalisation has brought about technological developments and transport advancements and thereby made the world smaller and all corners thereof easily accessible. Multinational companies have subsidiaries in many countries of the world as though they were in just one country. Nation-states are now more intertwined through trade and multilateral arrangements. Most countries in East Europe, Africa, Latin America and Asia have embraced multiparty democratic practices and liberalised their economies as has always been advocated by the West during the high ideological tensions of the Cold War era. These, inter alia, are hallmarks of globalisation.

The picture is however, not all rosy, for there is a negative side to this phenomenon. With the world being turned into a Global Village, national borders are becoming increasingly porous and it is becoming more and more difficult for countries to monitor what is coming into and leaving their shores. Terrorists and other crime syndicates can communicate easily across borders and deliver deadly attacks through computer viruses, anthrax, bombs and hijacking planes and flying them into buildings. It goes without saying, therefore, that this situation

has grave implications for national security of any country, more so of the countries that are not so well endowed with economic and military resources.

Clearly, globalisation adversely affects sovereignty of nation-states and their ability to provide security for their citizens, especially against external threat. These are some of the problems that have come with the porosity of national boundaries and the growing inability of states to effectively control what goes in and out of their national borders. The September 11, 2001 terrorist attack on the United States of America's symbols of military and economic power is a classical case in point.

"The CIA, the FBI and the United States' National Security Agency spend billions of dollars a year gathering intelligence abroad and combating terrorism at home – significantly more than any other country. Their satellites can spot vehicle number plates and eavesdrop on millions of E-mails and telephone calls, yet they failed to prevent this week's attacks by terrorists who must have spent a long time in the US preparing them" (Mail & Guardian, Sep. 2001, 14-12, pg 4).

The most powerful country and the only superpower

was invaded and its symbols of power hit with disconcerting ease. The point that globalisation has presented countries with more security challenges than at any time in history of humankind has been abundantly made by this unfortunate event. There is no doubt that if a country with so much military might could be hit so easily from within its borders, the security challenges are even greater for less powerful nations.

What makes the situation even worse is the fact that even after two comprehensive wars, namely, Afghanistan (2001/2002) and Iraq (2003) in direct and indirect search of the perpetrators of the September 11, 2001 acts of war against uncle Sam, victory remains elusive. This is a clear indication that while the world is becoming a Village there are parts of it that are still hard to subject to surveillance even by the most powerful country on earth.

Today, September 11, 2003 – two years and two wars down the line United States of America and the civilized world commemorate the brutal terrorist attack and killing of innocent civilians. The mastermind of the attack is still at large, that means danger for nations of the world individually and collectively.

“I wished...”

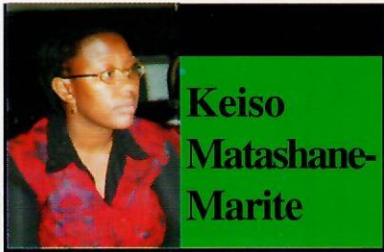
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problem instead of the solution. He argues that Media's social responsibility requires journalist to, among others, play an educative role and create social awareness around the dangers of teenage

pregnancy. “They are not doing much on this front. Instead they are very good sensationalizing court cases of girls who have been accused of having committed abortion or having thrown their foetuses into toilets,” he said.

He adds: “These journalists never inform the public

about what really lies behind such unfortunate incidents. I can assure you to make a decision to abort your child is a very agonising if not traumatic step to take. Telling the whole world that so and so has been arrested for committing abortion must be the climax of the trauma.”



Women should be in top echelons of governance to advance Peace Making

The month of August has been marked as 'The African Woman's Month'. In this period, women from all over the continent took time to reflect on issues that are of importance to them and those that need immediate strategies. Women and Law in Southern Africa (WLSA)- Lesotho chose to commemorate this month by hosting a day's seminar to debate on an issue that is highly contested, *Inclusion of Women in Political Decision-Making*.

This topic often generates a lot of debates wherever and whenever it is tabled. What usually occupies the discussion is *why* rather than *how* women should be included in politics. I am continuing the debate on the merits of inclusion of women in this column, not merely as a justification for their inclusion but as a way of ensuring application of inclusive democracy to its logical conclusion.

I believe that the first merit that Lesotho stands to gain by including more women in the upper echelons of power is that of attaining long lasting peace. This is because women are peace-makers. They are likely to opt for peace making strategies rather than to opt for conflict generating policies that would result in loss of life. It does help to look at peace in its broadest spectrum, not merely equating it with absence of war.

As a Mosotho woman, I understand peace-making to be all efforts that are inclusive, that promote, protect and enhance the respect of human rights for all. My understanding of peace in this way

has been influenced by participating, spearheading and agitating for inclusive democracy that recognises and incorporates women into political governance and decision-making in all the critical areas of public life.

I have worked for the past eleven years (1992-2003) for Women and Law in Southern Africa Research and Education Trust (WLSA) in Lesotho, an organisation that aims to empower women and improve their socio legal position. In this period, I have realised the importance of the link between attainment of human rights and respect of and promotion of democracy, good governance, peace building and respect for the rule of law.

My feeling is that efforts to address issues of good governance and peace building have not been as successful as they should have been as they have systematically excluded women. Peace making efforts have so far been exclusive due to the social, cultural and legal status of women in Lesotho which is characterised by inequalities, and negligible representation of women in political decision-making and governance in particular. Because of this scenario, peace building presents real challenges and is often difficult and un-sustainable.

Strategic application of inclusive democracy is urgently needed in Lesotho in order to address issues of gender equality and all other issues that are threatening our development and in deed our very survival. This is more so because at a glance and

on the surface, our country is deceptively peaceful.

Lesotho has all the characteristics that could promote peace and bring conflicts to a manageable level. For instance the country is characterised by general homogeneity in terms of lacking in multi ethnic divisions and other diversities that classify most African states. For one, we are a nation that boasts of speaking two official languages, (Sesotho and English). One would have assumed that with this level of homogeneity, peace would reign and conflicts would be kept to a manageable level.

The contrary however obtains, there are real divisions that are fuelled by belonging to different political and religious affiliations. Lesotho has as a result been characterised by civil unrests, political riots that have on a number of occasions brought the country into a political and economic crisis. Lesotho's history has been tarnished by a series of governance related problems, political and decision-making intolerance that is uncompromising and exclusive of marginal groups such as women and people with disability.

In addition, our history points to a series of governance turbulence such as the early 1970's suspension of the constitution and the late 1980's coup de tats that have in turn affected economic development and social advancement of the country in general. All these ingredients have negatively affected Lesotho's profile of being classified as a peaceful country.

I am appealing for a change of mindset whereby our

cont on pg 35

Life after the Army: Where are they now?

Former soldier, now a successful farmer, reports Sgt Thabiso Rajane

In January 1986 the government of the then Prime Minister, Chief Leabua Jonathan, was brought down by the army. The country's administration was headed by a six-man military council of which one colonel, Molise Mokete, was a member.

In 1991, however, dissatisfied junior officers in the defence force forced out into retirement some members of the military council including Col Mokete.

"This came as a huge surprise to me and I was ill-prepared for such eventuality and it took me time to come to terms with the new reality. I was still young and active then. The idea of life outside the



Col Molise Mokete (seated) posing for a photo with his family and bodyguards.

... advance peace making

cont from pg 34

understanding of democracy is system that is inclusive of both sexes. We should also be open-minded and join hands in promoting inclusive democracy that encourages application and embracing of a framework that promotes peace, respect for rights and general principles of peaceful co-existence.

That is, peace building as a framework that goes beyond piece-meal management of the aftermath of war, conflicts and armed confrontations to an all encompassing concept that includes promotion and protection of human rights in the private and public spheres. In my experience, I have come to understand lack of peace to

include gender-based violence, lack of mechanisms to respond to issues of violations of rights of marginal groups and lack of inclusive strategies for different sectors of the population to participate and influence the process of sustainable peace. ●

Mrs Keiso Matashane-Marite is the National Coordinator Women and Law in Southern Africa Research Trust Lesotho.



Colonel Molise Mokete in his youthful days.

army had not crossed my mind as I believed I still had many years of military service ahead of me," recalled the Col.

In his depression and confusion, the Col says he turned to God and prayed for strength and guidance. "I decided to expend a good part of my efforts to farming

as I did not have many options. I also bought a taxi and a tractor with my savings hoping to augment my pension," he says.

But lady luck refused to smile on the Col. "Just when I thought I had done enough to lay the foundations for a constant generation of income for my family the unexpected happened.

My taxi was involved in an accident and victims claimed damages. My tractor too crushed into a donga. It was really hard times for me and my family," he said.

Born on July 16, 1946 at his home village Makhaleng Ha-Denesulu in the district of Maseru, retired Col Molise Mokete is now a successful crop farmer involved in community development projects.

He is the Public Relation Officer for Lesotho Horticultural Farmers Association at national level and also holds the position of Vice Chairman of the Maseru District Farmers Association and also Secretary of the Initiative for Development and Equity in African Agriculture (IDEAA)- an initiative funded by the Kellogg Foundation..

"I know Col Mokete as one of the most dedicated farmers we have in the areas of Makhaleng and Ramabanta," says Maseru District Initiative Equity in African Agriculture Seed Inspector, Mrs `Matlotliso Lesenyeho, adding that since the introduction of the IDEEA programs, crop production has increased rapidly – more especially potato production.

Col Mokete is married with four children, a girl and three boys. During his leisure time he reads novels, biographies and enjoys watching television news. He added: "That is why I do not want to stay here in Maseru because one reads a lot and then sleeps a lot whereas in rural areas one engages in farming and other socio-economic activities."

If you have a high blood pressure problem, please go for a regular check up lest you are unexpectedly attacked by a stroke. Also try to drink at least 2 cups of green tea and of course exercise regularly- it is good for your heart and health in general.



Col
Thabo
Mohapi

“Everything is permissible but not everything is beneficial. Everything is permissible – but not everything is constructive.”

THEME

“Watch out and exercise caution”

There is much said and made of man’s freedom of choice or will. Anyway why should this not be, for this is the most gracious gift given by God who loves his people? Nowhere on this planet are laws, rules and regulations laid down and people are free to obey or disregard them at will knowing that at the end they are assured of the loving forgiveness of whoever imposed the requirements.

However, such freedom of will must not be taken lightly for two reasons, firstly, the reckless use of this freedom can have devastating results. A careless attitude towards life and a disregard for the norms and requirements stipulated by God can

so easily lead to failure, illness and death. A careless approach to your health will

A careless attitude towards life and a disregard for the norms and requirements stipulated by God can so easily lead to failure, illness and death. A careless approach to your health will lead to affliction or illness.

lead to affliction or illness. We have lost our colleagues and brothers due to this carelessness. A haphazard attitude of the Lesotho Defence Force demands of honest and integrity can have very serious consequences to your country.

Secondly, we have to remember that through our Lord Jesus Christ took upon himself our failures and our sins when He went to the cross, in so doing, gave us the assurance of forgiveness, we will one day appear before the judgement seat to account to God for the manner in which we lived our lives. May be the defence force should introduce a law where we should be court-martialed prosecuted if we handle our lives without care. Can you imagine the gaze of Jesus Christ that fell upon Peter who had denied him three times, how it broke his heart? Would you want that to happen to you?

Then watch out!!!
Amen

God bless you all.

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The Late Queen Mother `Mamohato Bereng Seeiso.

Dark clouds hover above the Mountain Kingdom as the news of the untimely death of the Queen Mother sets in



The First Lady, Mathato Mosisili (extreme left), The Rt Hon the Prime Minister, Mr Pakalitha Mosisili (2nd from left), Their Majesties King Letsie III and Queen Masenate Mohato Bereng Seeiso at the memorial service of the late Queen Mother.



The Roman Catholic Church Arch Bishop Bernard Mohlalisi at the prayer service.



The Principal Chief of Matsieng, Chief Seeiso Bereng Seeiso (in blanket) in procession during the burial service.



The Late Queen Mother's coffin draped in National flag at Matsieng.

Housing loan scheme

Are public servants interested?

For a very long time the Lesotho Government has had no housing loan arrangements for Public Servants. Most of them had to struggle with the little money they earned to build homes, while others retired from the civil service homeless. In the year 2002, the Lesotho Government introduced a housing loan scheme to enable more civil servants to have the homes they can proudly and rightly so call their own. However, the scheme does not seem to have aroused or generated the kind of interest one could imagine given the joy of home ownership, reports, our special correspondent, 'Mabakubung Cekwane.

Remuneration and Benefits officer in the Ministry of Public Service, Ms Motheba Khuto, says Government quarters presently accommodate a limited number of Public Servants and that the majority reside in privately rented houses.

"With this in mind Government established the Public Servants Housing Loan Guarantee Scheme, under which public servants can access bank loans, effective from early May, 2002," said Ms Khuto adding that the scheme can be used to build or purchase a new house, to complete an ongoing house construction or renovate an existing house.

She contended that the availability and accessibility of credit for housing will not only activate home ownership but also the economy as a whole due to spillover effect of the housing industry.

But, who are public servants? And who qualify for under the scheme? Public Servants include civil servants, teachers, the police and Defence Force members.

According to The Ministry of Public Service circular Notice No.16 of 2002, mortgage loan is for officers who are on permanent and pensionable service, and have been confirmed as such, officers who are on contract and those who are on temporary terms and have completed 10 years service, whose terminal benefits will be enough to

cover the amount guaranteed by the government of Lesotho.

The scheme is open to every public servant, from minimum to maximum salary grade or scale. The only difference is that the loan amount depends on the individual's salary. That is, officers who earn more money are entitled to get bigger amounts than those who earn less.

The Government of Lesotho does not operate alone to facilitate the scheme. The other concerned parties are Lesotho Bank (1999) Pty Ltd and Nedbank (Lesotho) Pty Ltd and other banks and or Institutions that may be invited by government or that may expressly

apply and qualify to join the scheme.

As a result, officers who will have been granted the mortgage loan shall have their salaries remitted directly to Lesotho Bank where a stop order facility to repay the loan will be arranged. With regard to Nedbank, officers shall give authority to government to deduct monthly installments from salaries and remit to the bank.

In addition, officers are required to repay their loans together with the guaranteed amount over a period not exceeding 20 years. The government does not subsidize the Public Servants at all. The advantage, though, is that Government provides guarantee in the form of an undertaking, to the participating



Civil servants now have a facility to build or buy their own homes.



This handsomely dressed gentleman is Pte Jerry Mothobi. He is the one who delivers Mara into the highlands of Lesotho. (Pic by Pte Mahopotsa Maputla).

Housing loan...

cont from pg 40

banks, equivalent to 15% of the capital amount that would have been paid by the Public Servant.

Another advantage is that, loans obtained from Lesotho Bank attract interest at 1% point below prime rate, while loans obtained from Nedbank attract interest at 2% below prime rate. But how much interest is there in the scheme amongst public servants?

According to Mrs Monaheng Ramaphiri of the Teaching Service Department her department is still critically scrutinising the pros and cons of the scheme in relation to teachers. "As soon as everything has been adequately analysed the Department will present the scheme to teachers accordingly," said Mrs Ramaphiri.

With regard to members of the Police Force, Superintendent Mr. Letuka 'Mapatluoa of the Police Headquarters in Maseru, explained that the High Commissioner of Police is still studying and making

sense of terms and conditions of the scheme. He said Police Officers need to be guided and advised properly before they apply for the mortgage loan.

Nonetheless very few people have shown interest in the scheme from its establishment says Mrs Mohatla Mpitso, the Assistant Personnel Officer in the Ministry of Defence Force. This was echoed by Mr Azael Makara, of the Mortgage Division at the Lesotho Bank (1999) Pty Ltd. "So far we have received very few loan applications," he said.

According to Mrs 'Mampolokeng Makhele, The Personnel officer at LDTC, most of the officers complain that the scheme is very expensive given the level of their monthly salaries.

But there are other reasons why the response to the scheme is rather poor, explains Ms. Motheba Khuto: "The main problem is that Public Servants do not really understand the terms and conditions of the scheme." She conceded, though, that the

Public Service Ministry had not effectively unpacked the scheme.

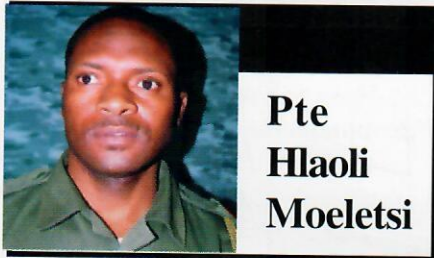
She pointed out that most of Government Ministries were not cooperative when it comes to organising well attended meetings where the benefits of the scheme could be thoroughly explained to enable potential beneficiaries make informed choices. "Most of the time we find ourselves addressing senior staff members only," she complained.

To address this problem the Lesotho Bank has decided to make arrangements for Housing Loan Scheme presentations to public servants as part of the campaign to raise more awareness about the scheme according to Mr. Azael Makara. Likewise Nedbank, according to the information officer, Mr. Charles Jenneker, is already in the process of communicating the scheme to public servants.

"Nedbank Sales team has already covered some of the government ministries like Ministry of Agriculture, Foreign Affairs, and Health," confirmed Mr. Jenneker. ●

WLSA's struggle to empower women: how long is the road ahead?

Women and Law in Southern Africa (WLSA) has recently, blown the clarion and with vigour observed the month of August as the month of the African Women and is urging women to shed the chains of sexism in human development and politics, writes Pte Hlaoli Moeletsi.



**Pte
Hlaoli
Moeletsi**

In a recent Gender Violence Conference at the 'Manthabiseng Convention Centre Mrs, Keiso Matashane-Marite – WLSA's national coordinator-highlighted that to empower women to hold offices of authority does not imply relegating men from their positions, but for women to stand for their civil liberties and attest their powers and consistency.

"It is my sincere hope that by the eve of the next election at least 30% of women will be in executive positions within their respective political parties and in parliament," she added.

She continued that of the 20-minister strong Lesotho cabinet there are only six women an indication that "we have a long way to go to achieve even the 30% representation that we are hoping for in cabinet and the two houses of parliament."

Most of the women argue that despite having inherited a traditional social structure that sees women as minors, the present generation is no better as it has also developed laws to the same effect.

"Even now our laws still regard us, women, as children who have no say in our families, workplaces and all social structures. It stinks!" angrily said 'Mateboho Lebesa, a till operator at the Bus-stop area and a resident of Thuathe.

Lebesa feels the struggle for gender equality should be focused; to re-examine socio-cultural norms. Norms she says are outdated. "Culture

is not stagnant, new norms should replace old ones for the betterment of the entire society, not just the male section of it," she continued.

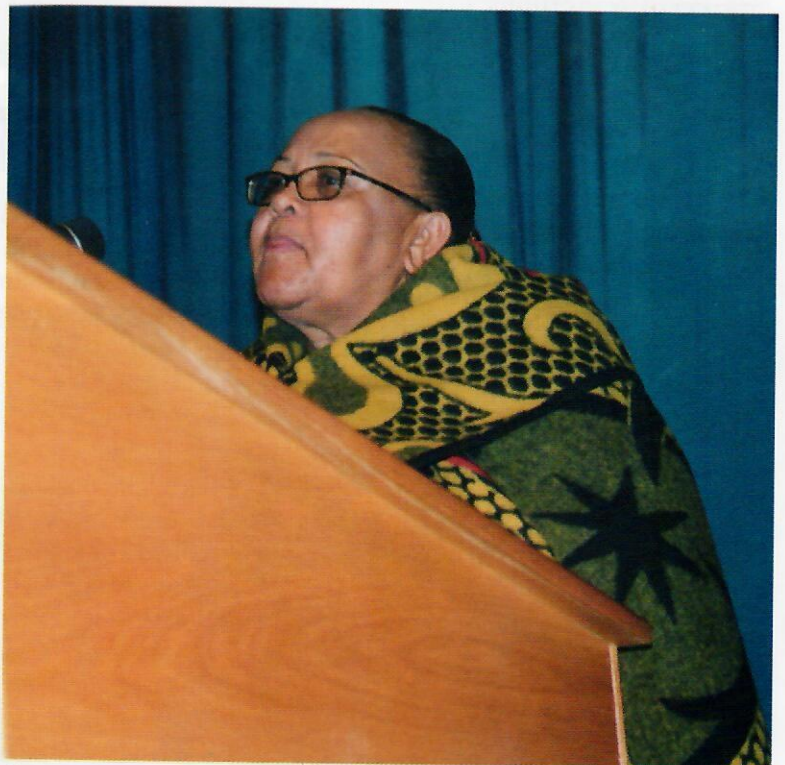
She cited an example of her friend, who failed to get a loan at one local bank which would have enabled them to jointly start a small poultry project. She says reasons put forward were a requirement for her husband's consent and approval to have some of their assets attached as security.

She said: "This was our business and not the

possession of marital power by men as enshrined in laws.

Mr Sheshe Hooхло, Marketing Manager with Standard Bank Lesotho, has confirmed that indeed married women need their husbands' consent prior to loan grants.

"This doesn't go well with our business interests because currently women are in the majority in the working class. They drive luxurious cars and are evidently in the go, so they are the ones who need money but national laws pose certain constraints on them," he



Gender, Youth and Sports Minister, Hon Mathabiso Lepono addressing women's conference at 'Manthabiseng Convention Centre

husband's, we didn't need him to know, it was our thing. Why should a husband play God in our affairs?" Lebesa asked, evidently irritated by the

said, adding that the bank makes money by lending money.

He said the laws are somewhat unfair, but that as a bank

cont. on pg 43

WLSA's struggle ...

cont. from pg 42

they abide by national policies. "If a national law regards a woman as a minor, we follow suite."

Mr Hoohlo was quick to point out, however, that the issue in question do not apply to single women and divorcees. "These we do business with," he continued.

Approached on this issue, Mrs. Suzan Mpesi, Director of Research with the Law Reform Commission (LRC), hastened to point out that this gender imbalance is going to be addressed soon.

"Current legislation accords men the power to become heads of families, and by that virtue, power over the person and property of their wives. They have a final say in all matters of their common life," Mrs. Mpesi continued.

She said women, under the current laws, have no capacity to enter into contracts, " but my office has already drafted a bill – The Married Persons Equality Bill 2002 – and it will be tabled before parliament soon for debate.

This Bill, she said, will enable women to be recognized as equals with men, and will open choices and the



Deputy Minister of Justice, Human Rights and Rehabilitation and of Law and Constitutional Affairs, Ms Mpeo Mahase speaking at a women's conference at `Manthabiseng Convention Centre.

creation of equal opportunities for all members of society and be a model for human development in the country.

It will further afford women married in community of property equal capacity to dispose of assets and to contract debts. There is also a provision for acts, which

cannot be done by any other without each other's consent.

The bill gives parents equal guardianship of minor children borne in the marriage.

As an organisation, WLSA, among other things, is involved in promoting gender equity and sensitising both sexes on the need to eradicate any social discrimination based on gender. ●

Hundreds of people are maimed or killed annually in road accidents attributed to drunken driving. Many children are orphaned certainly not of their own volition. If they had a choice they would still be enjoying the security, comfort and guidance of their parents.

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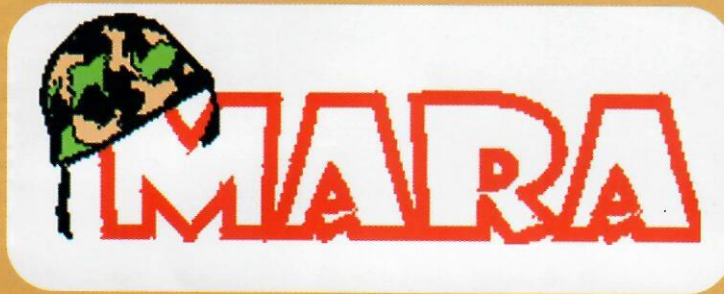
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Care Female Condom

“For women and men who care”

INSTRUCTIONS

What is the Care Female Condom?

The **Care Female Condom**, inserted by a woman just before lovemaking (sexual intercourse), is a disposal, odourless sheath, designed to fully protect you and your partner. By lining the inside of your vagina and covering the outer vaginal area, the **Care Female Condom** provides you with effective family planning method that also protects against the transmission of sexually transmitted disease, including HIV.

How do you use the Care Female Condom.

The care female condom, is very easy to use. If you are using the Care Female Condom for the first time, follow these simple instructions:

- Carefully tear open the packet along the edge and remove the sheath.
- The sheath has an opening at one end. It also has two plastic rings: a loose, smaller **inner ring** at the closed end and a fixed, larger **outer ring** at the open end. Make sure the inner ring is at the closed end.
- Hold the sheath with the open end hanging down.
- Squeeze the inner ring between your thumb, index finger and middle fingers. Take your time. The **Care Female Condom** may slip through your fingers a few times. Just keep trying until you have a firm grip on it.
- Find a conformable position to insert the sheath. You may like to squat, sit with your knees apart or stand with one foot on a chair.
- Still squeezing with your three fingers, guide the sheath into your vagina. Use your other hand to help widen the opening to your vagina.
- Let go of the sheath and the smaller inner ring will hold the sheath inside the vagina.
- Now put your index finger inside the sheath until you can feel the inner ring.
- Use your finger to push the ring up inside the vagina.
- You can tell when the sheath is in place when the inner ring pushes against the cervix. Your cervix feels like the tip of your nose.
- The outer ring should lie flat against the opening to your vagina. Both you and your partner should not feel the outer ring during lovemaking.
- When you and your partner are ready to make love, use your hand to guide your partner's penis into the sheath. Make sure the outer ring remains flat against your outer vaginal area.
- If you feel the outer ring being pushed into the vagina, stop and pull the outer ring back to the original position. (If this happens you may want to add a few drops of lubricant to the inside the sheath.
- If the penis accidentally enters underneath or beside the sheath, stop and guide your partner's penis back in through the centre of the sheath.
- Because the **Care Female Condom** lines the inside of your vagina, your partner doesn't have to withdraw immediately after lovemaking. You can remove the sheath when it suits you both.
- To remove the **Care Female Condom**, twist the outer ring to keep the semen inside and gently pull the sheath from the vagina.
- Wrap the used sheath in paper and throw it into a bin. Do not flush it down the toilet as it may cause blockage.

Care Female Condoms are available at Pharmacies, Filling Stations and at Hair Beauty Salons. For more information please contact:



Population Services International (PSI)
Tel: (09266) 22 326825 Fax: (09266) 22 311200 Cell: 886 7616
E. mail : admin@psi.co.ls

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QUESTIONS & ANSWERS

You may have questions about the care female condom. Below is a series of commonly asked questions with accompanying answers that you may find helpful.

Can I reuse the care female condom?

No. The care female condom is not reusable. You should use a new care female condom every time you make love. When you are finish using a care female condom, wrap the used sheath in paper and throw it in a bin. Do not flush the used sheath down the toilet as it may cause a blockage.

Is there any time when I should not use the care female condom?

No. You can use the **care female condom** at any time, including throughout your monthly cycle. However, it should not be used by a woman with existing severe genital ulcers, a prolapsed or extroverted uterus or if a woman has fibroids, dysfunctional uterine bleeding, and cancer of the cervix or other uterine problems. In addition, if you are already experiencing pain during lovemaking, see your doctor of family planning provider before using the **care female condom**.

Can the care female condom be used with other contraceptive methods, such as the family planning pill?

Yes. The care female condom can be used with the family planning pill as a backup family planning method if a woman has forgotten to take the pill or is taking medication that interfere with the effectiveness of the pill. In addition, the care female condom does not interfere with the effectiveness of other family planning methods. The care female condom should not be used if your partner is wearing a male condom, as the lubricant on the sheath will damage the male condom.

Why the care female condom lubricated?

The care female condom is lubricated to help the penis move freely in and out of the vagina during lovemaking. For the reason, do not wipe the lubricant off the sheath.

Why would I need to add extra lubrication to the care female condom?

If you and your partner prefer more lubrication during lovemaking, additional lubricant can be placed inside the female condom before it is inserted into the vagina.

What type of lubricant can be used with the care female condom?

Because the **care female condom** is made of polyurethane and not latex, oil-based as well as water-based lubricants can be used with it. Lubricants such as glycerine, lotion, Vaseline, baby oil, etc.....are safe to use with the female condom. These lubricants however, should not be used with the male condom because it is made of latex.

Can I still use the care female condom after expiry date?

No. You cannot use the **care female condom** after the expiry date, which is printed on the care female condom box and sheath packet. The care female condom has a five-year shelf life.

The care female condom feels very strong. Does this interfere with our pleasure?

No. The **care female condom** is made from polyurethane, which is strong; offering the security you, need, yet thin enough to ensure that your pleasure is maintained.

Will the care female condom tear while I am using it?

Research has shown that it is almost impossible for a female condom to tear during use. However, if torn, the sheath should be discarded and a new care female condom should be used.

Is the care female condom the correct size to fit my body?

Yes. The **care female condom** has been carefully designed to suit any woman, whatever the size of her vagina, and any man, whatever the size of his penis.

How will I know if the care female condom is inserted properly in my vagina?

The **care female condom** is inserted properly when the inner ring pushes against the cervix and the outer ring lies flat against the opening to your vagina. Your cervix blocks the care female condom from going any further inside your body.

Will a care female condom get lost inside my body?

No. The **care female condom** will not go beyond your cervix.

Where should the outer ring of the care female condom be placed?

The outer ring should lie flat against the opening to your vagina. If the outer ring is pushed inside your vagina by your partner's penis during lovemaking, simply pull the sheath back out, add a few more drops of lubricant into the inside of the sheath, and re-insert the sheath.

What do I do if the penis is accidentally inserted between the sheath and the vagina?

If the penis is not inside the **care female condom** withdraw the penis. Make sure the outer ring is lying flat against the opening to the vagina. Guide the penis back into the opening of the sheath.

Will a care female condom move or twist inside the vagina?

The **care female condom** will move a little during lovemaking. This is quite natural and will not reduce your protection or enjoyment.

Will the care female condom be noisy during lovemaking?

While the **care female condom** may make some noise during lovemaking, this can be reduced by adding a few drops of lubricant to the inside of the sheath.

The **care female condom** is a quality product manufactured for the Society for Family Health. If you have any other questions or would like further details on any of the above information, please contact:



Care Questions
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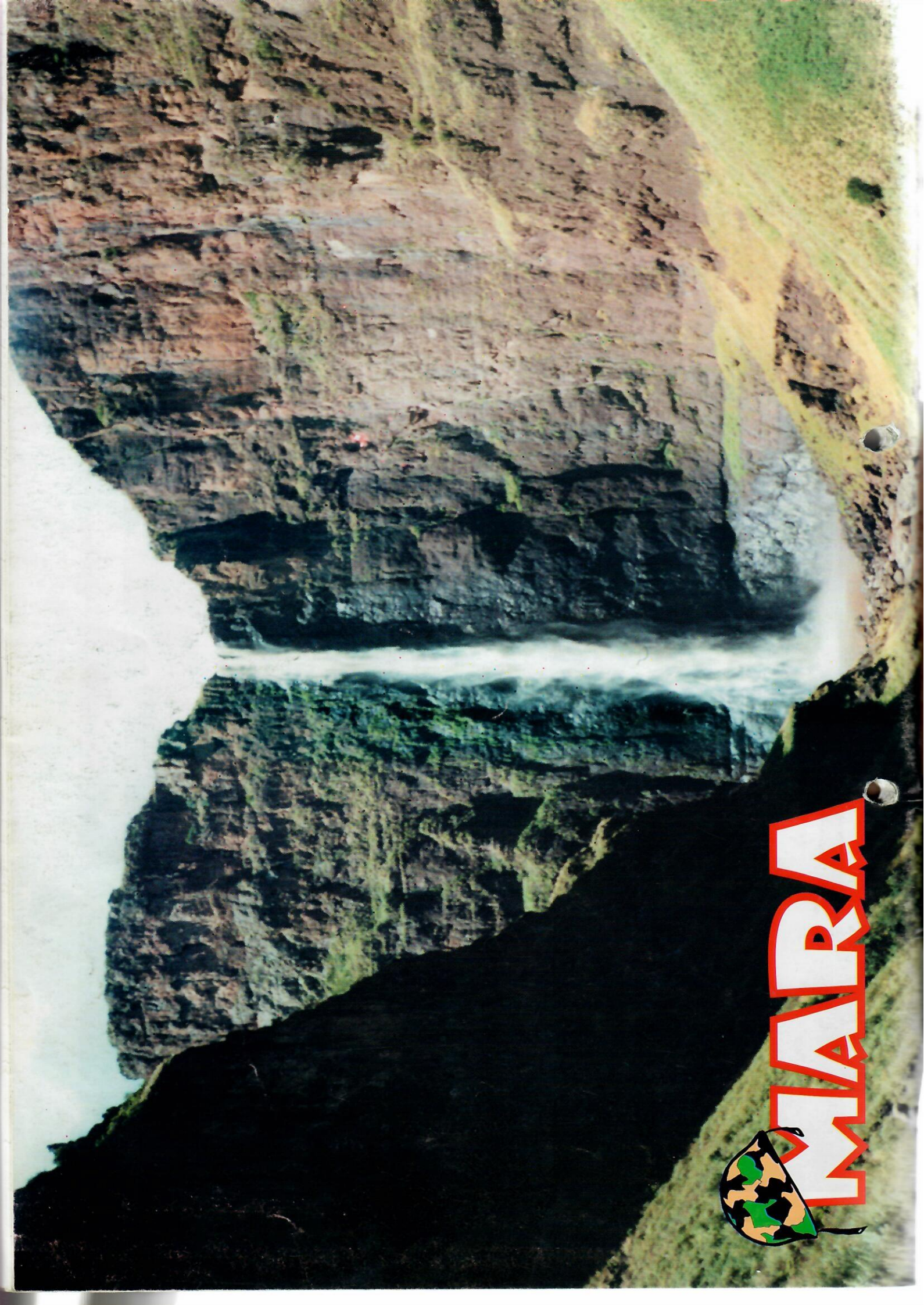


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