



▲His Majesty King Mswati III on a tour of Midal Cables Factory in Mozambique.

Eswatini looking
to invest in
Mozambique
energy projects

By King’s Office Correspondents

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Kwaluseni-Matsapha
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Eswatini looking to invest in Mozambique energy projects

By King's Office Correspondents



▲ His Majesty King Mswati III appreciates a briefing from Midal Cables Factory officials during the tour.

MAPUTO, MOZAMBIQUE — His Majesty the King has expressed the Kingdom's desire to invest in energy projects here, which will secure Eswatini's power security and the region.

The King said this when he visited the Electricidade de Moçambique (EDM) where he, together with his delegation comprising Emazinyane, three cabinet ministers (Foreign Affairs Pholile Shakantu, Commerce and Trade Manqoba Khumalo and Natural Resources and Energy Prince Lonkhokhela) and a delegation, was taken through the E3.3 billion utility plant in Maputo.

The King was told that currently, the Thermal Power Plant, which is backed by natural gas, produces 106 megawatts of power. The company supplies Eswatini Electricity Company (EEC) with about 5 per cent of its full demand, yet it commits 30 per cent.

It was revealed that part of His Majesty's visit was to push for EDM to increase its supply to about 100MW. The company, through Mozambique Energy Minister Estevao Tomas Rafael Pale, was looking at exploring more sites of natural gas in the southern part of the country in order to increase its production.

The minister said what is currently hindering their progress is the lack of resources to do more exploration and they suspect they have more natural gas in the southern part than the country produces.

His Majesty the King said that in doing such explorations, they should not discount

the Kingdom as it is interested in jointly investing in such projects, which may end up producing enough energy for the two countries and further exporting the same to the Southern Africa Power Pool.

The King also proceeded to visit MozParks, an official developer and operator of Sustainable Economic Zones, which is a public-private partnership between the Mozambican

government's Agency for Investment and Export Promotion (APIEX) and Swiss-Mozambican investors.

MozParks CEO Onorio Manuel briefed His Majesty King about their mandate and they have attracted over 50 companies from around 17 countries around the world.

He said they have created over 10,000 jobs since they were created 23 years ago. The

MozPark CEO then took His Majesty the King to Midal Cables, where he was led by Chief Operating Officer Simon Baker to the products they produce, aluminium cables, copper, and fibre optic, mainly used in power lines. They source the material to produce the cables from the SEZ's major investor, Mozal. The tours marked the King's last day of his two-day state visit to the country.

By King's Office Correspondents

No country can prosper alone — King

MAPUTO, MOZAMBIQUE — No country can thrive in isolation, even with abundant natural resources. This was the central message delivered by His Majesty the King during bilateral talks with Mozambican President Daniel Chapo, emphasising the need for African nations to collaborate for sustainable development.

The discussions, held to strengthen ties between the two neighbouring countries, underscored the importance of unity in achieving shared prosperity.

In his address, His Majesty expressed gratitude to President Chapo, the Mozambican government, and its people for their collective efforts in advancing national development.

"There is no meaningful development that can take place if the nation does not support the aspirations of the government, which seeks to improve the welfare of its people," he stated. He urged leaders to align their efforts with the United Nations Sustainable Development Goals 2030 and Africa's Agenda 2063, which envisions a prosperous and integrated continent.

The King highlighted the detrimental impact of conflicts, which divert resources from social welfare to crisis management, stunting economic progress. He called for

African solutions to African challenges, noting the continent's rich resources—fertile soils, diverse landscapes, and vast minerals—yet persistent poverty.

"This is a serious cause for concern," he remarked, advocating for a shift from dependency on global powers to self-reliance through initiatives like the African Continental Free Trade Area (AfCFTA). The AfCFTA, he noted, would drive value addition and intra-African trade, creating opportunities for businesses and communities.

Emphasising the power of collaboration, His Majesty invoked the proverb, "If you want to walk fast, walk alone, but if you want to walk far, walk together." He stressed that partnerships are essential in the 21st century, urging both nations to foster a free and fair political environment while respecting sovereignty.

Enhanced trade and an enabling business climate were identified as critical to unlocking the potential of their shared border. The King expressed optimism about the bilateral cooperation, envisioning the removal of bottlenecks to facilitate business and technical collaboration. He highlighted key sectors for partnership, including agriculture, tourism, defence, security, health, education, and energy.

"Our two peoples are looking upon us to make sure that as neighbours we become a



▲ His Majesty the King speaks during the State Visit to Mozambique.

beacon of hope and envy in the continent," he concluded, reaffirming the commitment to a prosperous future for both nations.

During the bilateral talks, the King emphasised the need to have joint cooperation in water resources as they are a vital element to human life. He also informed the president that the country was in the process of building a strategic oil reserve in order to improve fuel sufficiency.

He said access to Mozambique's ports was

essential, adding that he wished to see more exchange programmes between the two countries in this regard.

Meanwhile, His Majesty the King has congratulated Mozambique President Daniel Chapo for his election.

He said he would have attended his inauguration but was restricted by traditional activities. He assured the President that his heart and spirit were with him during the ceremony.

‘King Committed to AU Programmes’

By King’s Office
Correspondents

NATURAL Resources and Energy Minister Prince Lonkhokhela has praised His Majesty the King for his commitment to push the African Union Agenda 2063 programme, which is a continental pledge to transform into a global powerhouse. It is a 50-year plan (2013-2063) that aims to deliver inclusive and sustainable development, driven by African citizens. The minister was reacting to the King’s state visit to Mozambique, where he witnessed the signing of key agreements between the two countries, with the sole aim of benefiting both their citizens and alleviating poverty and unemployment. “We have witnessed already, as the ministry of natural resources and energy, the implementation of the water agreement which benefits Emaswati in Lomahasha constituent-



▲ HMK and the Eswatini delegation and Mozambican top officials posing for a picture after the tour.

cy as well as Mozambican people in Goba. That part of the region in Mozambique does not have any source of clean and edible water, hence the two countries agreed to secure water from the Black Mbuluzi river to supply the two countries’ communities,” he said. The minister said such a programme is part of His Majesty’s government plans to provide clean and edible water to all emaSwati by 2030. He further said, besides just the water agreement, the two countries are looking at cooperating in areas of energy, construction of a dedicated harbour for fuel storage,

coal and wood shipments to overseas or continental markets. “We are also exploring the idea of developing a natural gas pipeline that will supply the Kingdom of Eswatini from Mozambique. His Majesty’s dedication and commitment have helped the government facilitate the talks between the two governments. These were not easy negotiations, but since these are deliberations backed by the leaders, it has made our work easy. We are working around the clock to ensure that these commitments are realised within the shortest time possible,” Prince Lonkhokhela said.



Revived agreements to enhance governance – Minister Pholile Shakantu

MAPUTO - Foreign Affairs and International Cooperation Minister Pholile Shakantu has said the signed Joint Permanent Commission for Cooperation (JPCC) will serve as a formal platform for dialogue and cooperation between Eswatini and Mozambique, focusing on political, economic, and social issues of mutual interest. She said all the agreements signed in the different sectors will be administered under the JPCC. “The revival of the JPCC will enhance communication and coordination between the foreign affairs ministries of the two countries, ensuring timely and

effective responses to bilateral issues. The JPCC will address a wide range of sectors, including trade, security, health, law enforcement, security and infrastructure, promoting a multifaceted approach to cooperation,” she said. The minister said they expect the JPCC to also facilitate capacity building through collaboration on technical skills and knowledge sharing. “The JPCC will strengthen institutional capacities and enhance governance in both countries. Through the JPCC, we will conduct regular meetings to review progress, assess challenges, and set new objectives, ensuring that the cooperation remains dynamic and responsive to emerging needs,” the minister said.

Expect more movement of goods and people between Moz, Eswatini

FOREIGN Affairs and International Cooperation Minister, Pholile Shakantu, has said the signed bilateral air service agreement between Eswatini and Mozambique will now result in increased volume of goods and people between the two countries. She said such agreements are catalysts for increased trade and tourism. “We are pleased to announce that Eswatini and Mozambique have signed a significant bilateral air service agreement during His Majesty the King’s state visit to Mozambique. This agreement represents an important step toward enhancing cooperation and strengthening the relationship between our two nations,” the Foreign Affairs and International Cooperation minister said. She said by improving connectivity, the two countries aim to create greater economic opportunities for businesses and individuals in both Eswatini and Mozambique. Minister Shakantu said the air service agreement is expected to boost investment opportunities, facilitating the transport of goods in a more efficient manner. She added that by simplifying transport logistics, they encourage greater trade flows between the two nations, which will, in turn, benefit both economies. “Enhanced travel experience means travellers will benefit from improved travel options, making it easier and more convenient for citizens and visitors to explore both Eswatini and Mozambique. This will encourage cultural exchange and mutual understanding between our peoples. We believe that this agreement will foster a spirit of partnership and promote closer ties between our nations, which is essential for regional stability and development,” Minister Shakantu stated.

US lifts trade tariffs on Eswatini

By Lwazi Dlamini
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ESWATINI’S decision to accept the five convicted criminals from the United States of America was a smart move which played a big role in the country being exempted from the recently announced trade tariffs. On Friday, US President Donald J. Trump announced six countries including Eswatini that have been exempted from trade tariffs in goods entering the US. South Africa has been left with a 30 per cent tariff for its exports to the US. Some South African economists have already labelled the decision by Eswatini to accept the five US Deportees as having been a smart from the country’s authorities. FairPlay founder Francois Baird, in an interview with Newzroom Afrika, said South African farmers, workers and producers are now paying the penalty for their government alienating the biggest economy in the world over the last 15 years. “If you look at what Eswatini did, very smartly, by doing a deal that’s not only about trade it but also about taking in illegal alien people from the US shows that some governments have not been asleep on the wheel but have been quite about how to negotiate. Unless South Africa changes its political posture and alignment, the trade situation with the US will get worse,” Baird said. US President Trump signed an Executive Order issuing 15 per cent tariffs on most African countries except for Libya and South Africa who will pay 30 per cent while Tunisia will pay 25 per cent. The six



▲ US President Donald J. Trump announced six countries including Eswatini that have been exempted from trade tariffs in goods entering the US.

countries who have been exempted from the tariffs are namely, Eswatini, Gabon, Guinea-Bissau, Liberia, Mauritania, Senegal and Eswatini. Friday’s announcement by Trump comes amid growing trade tensions globally. The exemptions granted to Eswatini and a few other nations have raised speculation, particularly given the Kingdom’s recent acceptance of five individuals, who were

deported by US authorities. Eswatini’s exemption coincides closely with the recent deportation of the five individuals by the US to the country. While government has not officially linked the tariff exemption to these extraditions, speculation suggests a possible connection with most Economists in South Africa highlighting it.

Teenager wins Eswatini Mobile’s elusive Samsung A04e

By EDN Reporter

AFTER a year of near wins and tough luck across the country, one of Eswatini Mobile’s exciting roadshow games finally got its first winner, and it happened this past Saturday in Siphofaneni. The lucky champion is 18-year-old Sibonakaliso Matsebula, a Form 5 pupil from Gucuka who beat the odds to walk away with a brand-new Samsung A04e smartphone.

The game, which has been the highlight of Eswatini Mobile’s roadshow, challenges participants to memorise the location of red cups placed on the ground. Once blindfolded, they must collect only the red cups within 60 seconds to win the grand prize. The competition has travelled to several towns including Buhleni, Nhlangano, Hlatikhulu and Mbabane, but until Siphofaneni, no one had successfully completed the challenge.

Matsebula, who was in the company of his father, was the fourth to attempt the game on the day, and the only one to make it to the end, as a tense crowd watched on. “I was really hoping to win because my

... After months on the road, the prized phone finally finds a home in Siphofaneni

phone is old,” he said. “I use it for research and schoolwork, so this new one is going to help me a lot. I’m grateful to Eswatini Mobile for giving young people chances like this. I’m going to give my old phone to one of my siblings.” Crowds cheered loudly after his win, and even the Eswatini Mobile team couldn’t hide their excitement. The staff, who have seen many close calls during the roadshow, joined in the celebration.

The roadshow is more than just fun and games. It is an important platform for Eswatini Mobile to engage directly with its customers, offering real-time support, education, and feedback. Over time, these roadshows have become part of the company’s culture, a face-to-face way of reconnecting with customers and strengthening loyalty. During the Siphofaneni visit, residents were also educated about the ongoing Buy’ekhaya campaign, which encourages customers to recharge or SIM swap to keep their numbers active and enjoy full services. Customers who remain active for more than 15 days after recharging, and further load E50 will stand a chance to win a Samsung A16.

The company also used the opportunity to share exciting news about its current network expansion, with 28 new base station sites being rolled out across the country to improve network coverage and reliability. This announcement was warmly welcomed by residents, who appreciated the commitment to addressing connectivity gaps in underserved areas.

Eswatini Mobile CEO Sydney Sichula who congratulated Matsebula, said the roadshows reflect the company’s commitment to delivering more than just products. “We are thrilled to have our first winner in what has been a fun and interactive campaign. Sibonakaliso showed great focus, and this is exactly the kind of joy we hoped to bring to our customers through these games. We look forward to visiting more towns and giving others a chance to win,” he said. The roadshow continues to other parts of the country with more interactions with customers, exciting games, more prizes to be won, and maybe, more history-making moments like this one.



▲ Sibonakaliso Matsebula posing for a picture with his new phone.



▲ Energy is the order of the day in every roadshow.



▲ Head of Commercial Nosipho Xaba dancing with one of the customers during the roadshow.



▲ Matsebula was blindfolded when he participated in the competition.



▲ CEO Sydney Sichula congratulated Matsebula on his win.

Illegal structures along Kwaluseni–Matsapha corridor face demolitions

Stories by Thokozani Mazibuko

THE Ministry of Public Works and Transport has issued a stern eviction notice targeting illegal occupants of road reserves along the Kwaluseni–Matsapha corridor, particularly on the MR31 and D38 roads.

In a strongly worded notice dated 5 May 2025, the ministry cited “growing alarm” over the mushrooming of unlawful structures that have encroached on the government-designated road reserves.

The structures, said to have been erected without official permission, are now considered a direct violation of the Roads and Outspans Act No. 10 of 1931, which strictly prohibits the occupation or construction of any kind within road reserve zones.

According to the notice, the unlawful activity has not only disrupted traffic flow but also contributed to poor drainage, road safety hazards, and a deterioration in the cleanliness and general appearance of the affected area.

“This is a brazen violation of the Roads &

Outspans Act No. 10 of 1931,” reads part of the statement. “This unlawful practice has created traffic congestion, impacted drainage, road safety, and the general cleanliness of the immediate vicinity.”

The Ministry has ordered all individuals or groups who have erected structures within the road reserve to immediately remove or demolish them and vacate the site. Non-compliance, the notice warns, will lead to legal action being taken.

Residents and business owners operating along the Kwaluseni–Matsapha stretch have been advised to take the notice seriously and act swiftly to avoid the risk of forced eviction and potential prosecution.

This move comes amid growing concerns over uncontrolled development and land misuse in high-traffic corridors, which threatens both public safety and future infrastructure development.

The Ministry concluded the notice by expressing confidence that affected individuals would comply voluntarily to restore order and safety along the road.

According to the notice, further details or queries, individuals are encouraged to contact the Ministry of Public Works and Transport directly.



▲ PS Public Works Thulani MkhaliPhi.



Police donate shoes to needy students

IN a heartwarming act of community service, the Royal Eswatini Police Service (REPS) in the Manzini Region donated 22 pairs of school shoes to underprivileged learners at Phocweni National Primary School on Friday.

The initiative, which began with a clean-up campaign from Manzini to Matsapha, reflects the police’s continued commitment to uplifting communities through social responsibility programs. The donation was spearheaded by officers under the Manzini Regional Command and supported by various stakeholders, including the Manzini Administrator Chief Gija.

Representing the National Commissioner of Police was Manzini Regional Commissioner, Schoolboy Simelane, who underscored the importance of proper footwear for schoolchildren. “A good quality pair of shoes is not just about appearance—it is essential for comfort, health and self-esteem. It greatly impacts both academic perfor-

mance and social engagement,” said Commissioner Simelane during his address.

Also speaking at the event, Manzini Administrator Chief Gija commended the police for leading by example and urged other sectors of society to follow suit in supporting the nation’s youth.

“When the police take the lead in acts of kindness like this, it sends a powerful message about unity and compassion. Our children deserve dignity, and something as simple as a pair of shoes can restore that,” said Chief Gija.

Teachers and students at Phocweni National Primary School expressed gratitude for the thoughtful donation, noting the positive difference it will make in learners’ lives as they continue their education.

The Royal Eswatini Police Service has pledged to continue its outreach programs in partnership with communities, proving that service to the nation goes beyond law enforcement.

‘Safe skin, bright future’ campaign wraps up with final donations in Manzini

THE powerful and life-changing “Safe Skin, Bright Future” campaign has officially concluded its first phase, marking a significant milestone in the fight for sun protection and inclusion for learners with albinism in Eswatini.

The campaign, led by the Stukie Motsa Foundation in partnership with the Eswatini Environment Authority (EEA), made its final donations on 1 August 2025 to three schools in the Manzini Region. Over the past three weeks, the campaign has impacted the lives of dozens of learners by distributing sun protection resources and providing critical education on environmental and health-related challenges faced by persons with albinism.

The initiative aimed to raise awareness about albinism, particularly the vulnerability of individuals with the condition to sun exposure due to the lack of melanin in their skin. Educational sessions were held at participating schools to inform learners, teachers, and communities about the importance of sun safety, the dangers of UV radiation, and the role of environmental stewardship in protecting the ozone layer.

“We celebrate the lives changed through sun protection and education,” read a statement from the Eswatini Environment Au-

thority, posted on its official platform. “We also look forward to a bright future for every learner with albinism in the Kingdom of Eswatini.”

The campaign received overwhelming support from various stakeholders, with the EEA providing critical funding and educational resources. The initiative also helped strengthen national awareness around the intersection of environmental protection and human health.

Advocates praised the campaign for promoting dignity and equal opportunity for learners with albinism. Many described the project as a “transformative” moment that goes beyond sunscreen distribution to challenge stigma and reinforce the rights of people living with the condition.

It should be noted that the final leg of the campaign served as a celebration of resilience and progress, shining a spotlight on the importance of inclusive education and environmental consciousness in Eswatini.

According to EEA, plans are underway to expand the initiative to other regions in the coming phases. The organizers expressed gratitude to all supporters and reaffirmed their commitment to continuing the fight for a more inclusive and sun-safe Eswatini.



Man slaps uncle over unpaid wages

Stories by Delisa Magagula

A 31-year-old man shocked a courtroom when he admitted to slapping his uncle repeatedly and damaging his house because he hadn't been paid for months of work.

Ntokozo Zwane, who appeared before the Pigg's Peak Magistrate's Court, said his uncle had hired him to work at his homestead back in April, promising to pay him for manual labour. However, he claimed that since then, he hadn't seen a single cent.

"When I asked about my money, he threatened to fire me without paying anything," Ntokozo told the court.

Frustrated and angry, he went drinking with friends before returning to confront his 58-year-old uncle, Norman Zwane. That confrontation allegedly turned violent.

According to the charge sheet, Ntokozo slapped his uncle multiple times and then went on to damage property at the homestead, breaking doors and windows amounting to E1,800 in damages.

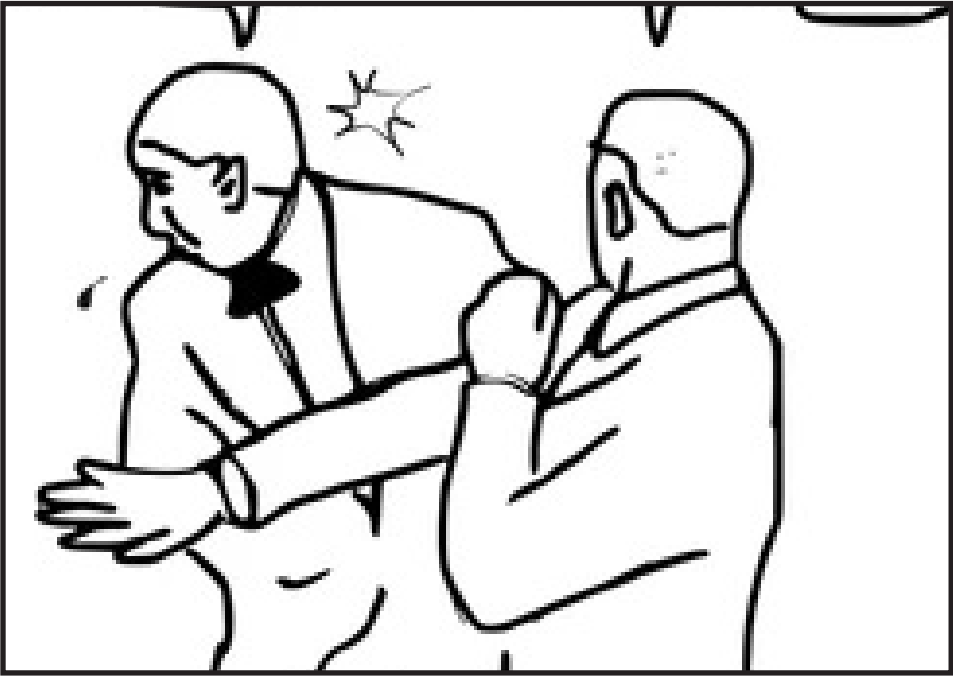
He told the court the damage was nothing compared to the E3,000 he says he's owed.

He faced two charges, one for contravening Section 77 of the Sexual Offences and Domestic Violence Act of 2018, and another for malicious damage to property.

In mitigation, he asked for leniency, telling the magistrate that he wants to go back to school and continue his studies next year after dropping out in Form II.

Magistrate Nkosingiphile Maseko advised Ntokozo that violence was not the way to handle such disputes. "Report issues like this to the police," the court instructed.

Ntokozo was sentenced to 12 months in prison or a E2,000 fine on the assault charge, and six months or E1,000 on the property damage charge.



Trio granted bail after alleged lotto machine heist

THREE men arrested in connection with a brazen theft involving a lotto machine and high-value copper cables have been granted bail by the High Court.

Phila Mahlalela, Thokozane Sifundza, and Mfanukhona Sifundza were arrested earlier this year following a police investigation into a series of break-ins and thefts that took place in Lomahasha and Simunye.

The suspects face multiple charges, including housebreaking with intent to steal, theft of copper cables, and violating the Public Order Act for allegedly damaging critical infrastructure.

The stolen copper cables 100 pairs measuring 650 metres each are valued at E161,850 and belonged to Eswatini Post and Telecommunication Corporation (EPTC).

They are also accused of impairing an essential public utility by damaging copper wires used for internet services.

The men initially sought bail at the Simunye Magistrate's Court but were referred to the High Court due to the large value of the stolen goods.

According to the Criminal Procedure and Evidence Act, bail in such cases must be set at half the value of the stolen property if it exceeds E2,000.

Their lawyer, Thabo Hlanze, argued that one of the accused had suffered significant police brutality during arrest and needed urgent medical attention for injuries to his hip and leg. The prosecution did not oppose the bail application.

Bail was granted at E15,000 each, with E3,000 to be paid in cash and the remaining E12,000 as surety.

Mkhulu granted bail in alleged rape of granddaughters

A 68-year-old man accused of raping his two granddaughters has been released on E50,000 bail by the High Court.

The elderly man, who resides in the Mankayane area, appeared in court facing two counts of rape. In his affidavit, he denied all allegations, claiming he has never committed such an act in his life.

"I love my grandchildren profusely and have always cared for them," he stated. He described himself as weak and frail, saying he lacked the physical ability to commit the offences.

He also told the court that he is unemployed, uneducated, and has no means of income, depending largely on family and community support for survival.

After reviewing the matter, the court granted him bail on condition that he pays E3,000 in cash and provides surety of E47,000. The case has not yet gone to trial, and the accused indicated his intention to plead not guilty.



Suspect in E3.6 million FINCORP fraud paid to use his bank account

A suspect in the E3.6 million FINCORP fraud scandal has been granted bail by the High Court, claiming he had no idea he was part of a larger financial crime.

Nhlakanipho Mabuza, the third accused in the case, appeared in court this week and was granted bail set at E50,000 E10,000 payable in cash and the rest in surety.

According to investigators, the fraud involved 398 fake invoices submitted under the name of Mbet-seni Farmers' Co-operative.

The invoices triggered payments of over E2.7 million from FINCORP into various personal bank accounts including Mabuza's.

In his affidavit, Mabuza admitted to allowing his bank account to be used but claimed he thought it was for legitimate work.

He said he was told by one of the co-accused, a former FINCORP credit officer, that the transactions were connected to farm-related pro-



jects.

"I was paid between E2,000 and E5,000 for use of my account. I didn't know the transactions were fraudulent until the FINCORP Fraud Department contacted me," he said.

He also stated that he voluntarily returned from South Africa and handed himself over to the Mbabane

police after learning about his co-accused's arrests.

He now joins Sibusiso Xaba, the former FINCORP officer, and technician Mlondzi Motsa, who were granted bail earlier this week. All three face charges of fraud and money laundering allegedly committed between 2018 and 2024.

BUSINESS NEWS

BUSINESS BRIEFS

Informal vendors report average sales at Luju

INFORMAL vendors who set up stalls at this year's Standard Bank Luju Food & Lifestyle Festival say sales were lukewarm despite a strong turnout. While crowds filled the House on Fire grounds in Malkerns several traders reported only moderate profits and slower-than-expected customer spending. "We made money, yes, but not as much as we expected with the number of people that were there," said Nomcebo Mkhabela, who sold beadwork and handmade accessories.

'Green and paperless is the future'

FOUNDER and cultural curator Jiggs Thorne has called for more local festivals to embrace environmentally conscious practices, saying events like the Standard Bank Luju Festival are showing how sustainable partying can be both stylish and effective. "Paperless and plastic-free is not just the future. It's the now," said Thorne during an interview at the festival. "What we've done at Luju isn't just an aesthetic choice. It's about responsibility," he added.

'Latest Trump tariffs unlikely to budge'

THE tariffs U.S. President Donald Trump imposed last week on scores of countries are likely to stay in place rather than be cut as part of continuing negotiations, Trade Representative Jamieson Greer said on Sunday. Ahead of a Friday deadline, Trump set rates including a 35 per cent duty on many goods from Canada, 50% for Brazil, 25 per cent for India, 20 per cent for Taiwan and 39 per cent for Switzerland, according to a presidential executive order.

CBE maintains interest rate ... This is amid global and regional economic shifts

By Delisa Magagula

THE Central Bank of Eswatini (CBE) has opted to maintain the discount rate at 6.75 percent, following the Monetary Policy Consultative Committee (MPCC) meeting held on August 1, 2025.

The Bank cited both global and domestic economic indicators, including inflation, growth forecasts, and financial stability objectives, in reaching its decision.

In a statement signed by Governor Dr. Phil Mnisi, the CBE noted that banks are expected to maintain the prime lending rate on loans extended to individuals and businesses at 10.25 percent until further notice.

Headline inflation in Eswatini decreased to 2.9 percent in June, down from 3.2 percent in May. The Central Bank attributed this decline to lower inflation in food, transport, and miscellaneous goods categories.

Looking ahead, the Bank projects headline inflation to average 3.6 percent in 2025 and 3.4 percent in 2026, revising down from 3.8 and 3.6 percent respectively.

"The downward revision was mainly due to lower-than-expected inflation outturns in recent months and slower global food prices," reads the statement in part.

However, risks remain, including potential currency depreciation, elevated international food prices, and volatile energy prices.

According to the statement, Eswatini's economy showed signs of slowing, with the Quarterly Gross Domestic Product (GDP) recording a 0.3 percent year-on-year decline in Q1 of 2025, following a revised growth of 1.7 percent in the previous quarter.

The slowdown was largely due to contractions in the secondary and tertiary sectors, particularly manufacturing and wholesale trade.

The Central Bank warned that local economic activity remained somewhat subdued, despite minor improvements in agriculture and government services.

Globally, the International Monetary Fund (IMF) made marginal adjustments to economic forecasts, revising global growth upward to 3.0 percent for 2025 and 3.1 percent for 2026.

Advanced economies are expected to see slightly better outcomes, while emerging markets including Eswatini may experience modest rebounds.



▲ CBE Governor Dr. Phil Mnisi.

Closer to home, South Africa's economy grew by 0.1 percent in Q1 of 2025. However, the South African Reserve Bank (SARB) trimmed its 2025 and 2026 growth projections due to persistent inflation pressures.

The SARB also kept its interest rate steady at 8.25 percent in July. The CBE noted, South Africa's inflation slightly eased in June 2025, and risks to inflation are now considered more balanced than before.

In terms of credit, private sector credit grew 0.5 percent month-on-month in June, driven by higher credit to households.

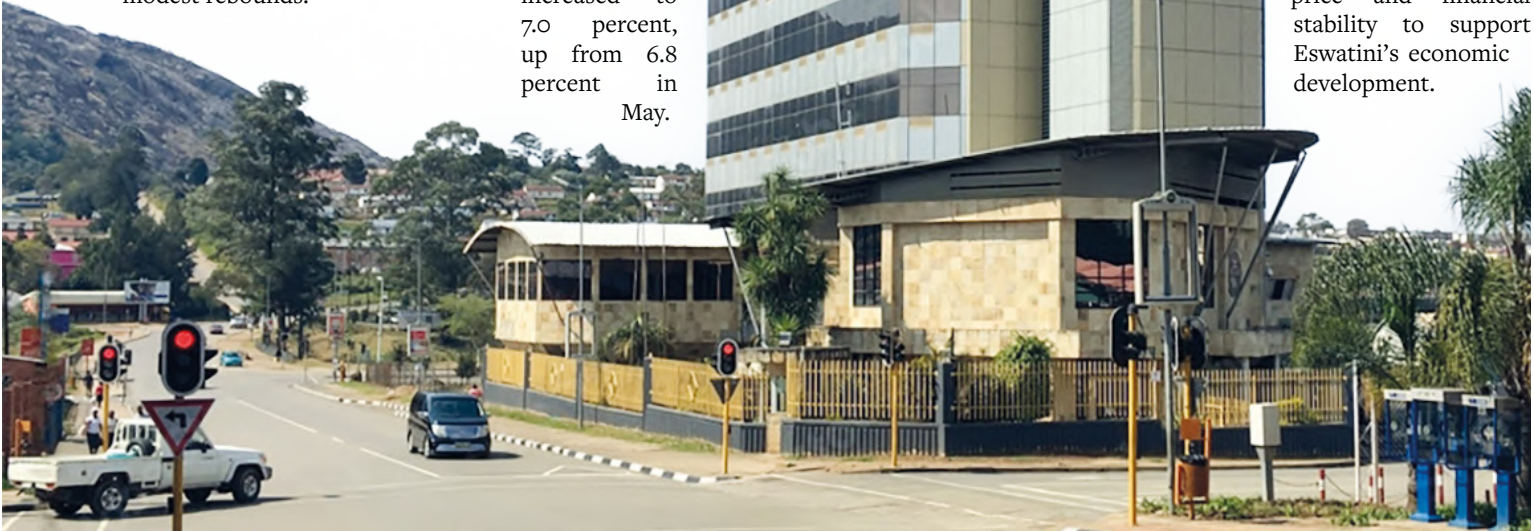
However, non-performing loans (NPLs) increased to 7.0 percent, up from 6.8 percent in May.

Meanwhile, gross official reserves stood at E11.3 billion, equivalent to 2.4 months of import cover.

Although this marked a slight drop from E11.6 billion in May, it still exceeded the CBE's minimum target of 2.0 months of import cover.

Governor Mnisi stated that the Bank cautiously considered the credibility of the peg against the South African Rand and emphasized that it would continue monitoring both domestic and international economic developments.

He concluded that the Bank remains focused on maintaining price and financial stability to support Eswatini's economic development.



FX RATES

Notes/Cash		
	Buy	Sell
U.S. Dollar	17.9268	18.4188
G.B. Pound	23.5466	24.2292
EURO	20.4438	21.0817
Bank Rate	(July 2023)	7.50%
Prime Rate	(July 2023)	11%
Inflation	(July 2023)	4.5%
Petrol	E21.60/Litre	
Diesel	E22.90/Litre	
Paraffin	E17.25/Litre	



Informal vendors report average sales at Luju

By Delisa Magagula

INFORMAL vendors who set up stalls at this year's Standard Bank Luju Food & Lifestyle Festival say sales were lukewarm despite a strong turnout.

While crowds filled the House on Fire grounds in Malkerns several traders reported only moderate profits and slower-than-expected customer spending.

"We made money, yes, but not as much as we expected with the number of people that were there," said Nomcebo Mkhabela, who sold beadwork and handmade accessories.

"People were walking, looking, taking pictures... but not many were buying," she said in addition.

Mkhabela said she made around E1,300 over two days, far less than the E3,000 to E5,000 she typically earns at large-scale events.

Food vendor Samkeliso Vilakati shared a similar experience. Despite having a busy spot near the main food court, he struggled to break even after paying the E1,000 stall fee and covering costs for stock, packaging, and transport.

"I had to throw away some leftovers. It was slow. I was hoping for people to eat more and party less," said Vilakati.

This year's Luju festival operated fully cashless, with all payments processed via mobile money, banking apps, or tap cards. The system was praised by some, but others particularly smaller informal traders felt excluded.

"I didn't even have a speed point or a QR code," said Thobile Dlamini, who sells handmade soaps.

Dlamini said she missed out on multiple



▲Some of the informal vendors during Luju Festival.

sales due to network issues and payment confusion. "They need to make this system more accessible to small traders who don't have all these gadgets," she said.

For Bheki Mabuza, who sells vintage sunglasses, the experience was smoother.

"It kept things safe and simple. No one tried to rob me. No stress over change. But yes, if your phone dies or your data finishes, you're in trouble," said Mabuza.

Several vendors selling art, clothes, and accessories reported that festivalgoers ap-

peared more interested in the ambiance and aesthetic than actually making purchases.

"I had ladies trying on dresses, posing for selfies, then walking off," said Nokwanda Nxumalo, a clothing designer.

Skincare and craft vendors echoed that sentiment, saying many customers browsed and complimented their products but ultimately spent their money on wine, food, and alcohol.

"Luju is for photos, drinks, and performances," said Zanele Simelane, who sells

tote bags.

However, others appreciated the organization and security. Sibusiso Maseko, who sells snacks, said, at least they weren't scattered everywhere. The stalls were neat, and there were no fights or stolen items.

Despite the financial letdown, most vendors said they would still return next year mainly for brand exposure and visibility.

"Even if I didn't hit big, I gained Instagram followers and got business cards out," said Mkhabela.

By Delisa Magagula

FOUNDER and cultural curator Jiggs Thorne has called for more local festivals to embrace environmentally conscious practices, saying events like the Standard Bank Luju Festival are showing how sustainable partying can be both stylish and effective.

"Paperless and plastic-free is not just the future. It's the now," said Thorne during an interview at the festival.

"What we've done at Luju isn't just an aesthetic choice. It's about responsibility," he added.

This year's edition of the festival was entirely paperless, with digital tickets, QR code menus, and no printed flyers or paper schedules. Thorne said the effort was about more than going digital.

"You're not just saving paper you're reducing waste, teaching digital literacy, and protecting the space we're using," he explained.

The festival also banned single-use plastics. Vendors were asked to use biodegradable containers, and water refill stations replaced plastic bottle sales.

Thorne said the audience responded positively to the changes. "I saw people carrying reusable cups, even some with their own lunch containers. That says we're doing

something right," he said.

He acknowledged there's still work to do, especially with vendors who continue to sneak in plastic items.

"The change will take time. But what matters is the momentum. If we start now, we can be leaders in eco-events on the continent," he said.

Reflecting on the evolution of the festival, Thorne said Luju has become more than a music or food event. "People are no longer coming just to be entertained. They come for story, substance, style with meaning," he said. This year's programming included indigenous food panels, wellness corners, and live cooking demos from chefs who source ingredients locally.

"You won't find French fries and fizzy drinks here. You'll find fermentation, sorghum, healing herbs, handmade skincare, slow food," Thorne said.

Thorne also shared his views on how influencer culture is changing in festival spaces. He said Luju is slowly shifting toward



▲Festival co-founder Jiggs Thorne.

highlighting impact creators people who use their platforms to support sustainability, cultural preservation, and small businesses.

"If you've got 50,000 followers but you leave your trash behind, what value are you adding?" he asked.

Looking ahead, Thorne said the Standard Bank Luju Festival will continue pushing the boundaries of sustainable events in Eswatini

and the region.

"We're exploring solar power options, composting waste, sourcing all ingredients locally and maybe even reusing infrastructure from other events," he revealed.

Thorne said festivals like Luju are becoming living classrooms where people can learn about heritage, health, and the environment all while enjoying music and food.

‘Latest Trump tariffs unlikely to budge’



▲ U.S. President Donald Trump holds a chart next to U.S. Secretary of Commerce Howard Lutnick as Trump delivers remarks on tariffs.

THE tariffs U.S. President Donald Trump imposed last week on scores of countries are likely to stay in place rather than be cut as part of continuing negotiations, Trade Representative Jamieson Greer said on Sunday.

Ahead of a Friday deadline, Trump set rates including a 35 per cent duty on many goods from Canada, 50 per cent for Brazil, 25 per cent for India, 20 per cent for Taiwan and 39 per cent for Switzerland, according to a presidential executive order.

In trade talks since Trump returned to office, the White House has lowered some rates from levels initially announced, including halving import duties set last week

as part of a deal with the European Union. Greer told CBS’s Face the Nation on Sunday, however, that this would not be the case on the most recent round of tariffs.

“A lot of these are set rates pursuant to deals. Some of these deals are announced, some are not, others depend on the level of the trade deficit or surplus we may have with the country,” he said. “These tariff rates are pretty much set.”

Greer also said recent trade talks with Beijing had been “very positive” and were focused on the supply of rare earth magnets and minerals.

“We’re focused on making sure that the flow of magnets from China to the United States and the- and the adjacent supply chain can flow as freely as it did before ... and I’d say we’re about halfway there.” (Reuters)



▲ South Africa’s Minister of Finance Enoch Godongwana briefs the media concluding the G20 finance meeting in Durban, South Africa.

SA finance minister not planning to lower inflation target yet

JOHANNESBURG — South Africa’s Finance Minister Enoch Godongwana said on Friday that an expectation had been created that he would announce a lower inflation target for the central bank at the mid-term budget but that he had no plans to do so.

His comments come a day after the central bank said it would now aim for 3 per cent inflation, not 4.5 per cent, despite Godongwana not yet signing off on a formal change to the current 3 per cent-6 per cent target range. Setting the target is ultimately the finance minister’s responsibility.

“Any adjustments to our inflation-targeting framework will follow the established consultation process,” Minister Godongwana said in a statement.

“This means comprehensive consultation between National Treasury, the Reserve Bank, Cabinet, and relevant stakeholders – not unilateral announcements that preempt legitimate policy deliberation.”

South African Reserve Bank Governor Lesetja Kganyago has been pushing for a lower target for years, saying the current target band is too wide and erodes the competitiveness of Africa’s biggest economy. (Reuters)

By Olesya Astakhova, Ahmad Ghaddar and Alex Lawler

LONDON — OPEC+ agreed on Sunday to raise oil production by 547,000 barrels per day for September, the latest in a series of accelerated output hikes to regain market share, as concerns mount over potential supply disruptions linked to Russia.

The move marks a full and early reversal of OPEC+’s largest tranche of output cuts plus a separate increase in output for the United Arab Emirates amounting to about 2.5 million bpd, or about 2.4 per cent of world demand.

Eight OPEC+ members held a brief virtual meeting, amid increasing U.S. pressure on India to halt Russian oil purchases - part of Washington’s efforts to bring Moscow to the negotiating table for a peace deal with Ukraine. President Donald Trump said he wants this by August 8.

In a statement following the meeting, OPEC+ cited a healthy economy and low stocks as reasons behind its decision.

Oil prices have remained elevated even as OPEC+ has raised output, with Brent crude closing near \$70 a barrel on Friday, up from a 2025 low of near \$58 in April, supported in part by rising seasonal demand.

“Given fairly strong oil prices at around \$70, it does give OPEC+ some confidence about market fundamentals,” said Amrita Sen, co-founder of Energy Aspects, adding that the market structure was also indicating tight stocks.

The eight countries are scheduled to meet

OPEC+ makes another large oil output hike in market share push



▲ An oil tanker is being loaded at Saudi Aramco’s Ras Tanura oil refinery and oil terminal in Saudi Arabia.

again on Sept. 7, when they may consider reinstating another layer of output cuts totalling around 1.65 million bpd, two OPEC+ sources said following Sunday’s meeting. Those cuts are currently in place until the end of next year.

OPEC+ in full includes 10 non-OPEC oil producing countries, most notably Russia and Kazakhstan.

The group, which pumps about half of the world’s oil, had been curtailing production for several years to support oil prices. It reversed course this year in a bid to regain

market share, spurred in part by calls from Trump for OPEC to ramp up production.

The eight began raising output in April with a modest hike of 138,000 bpd, followed by larger-than-planned hikes of 411,000 bpd in May, June and July, 548,000 bpd in August and now 547,000 bpd for September.

“So far the market has been able to absorb very well those additional barrels also due to stockpiling activity in China,” said Giovanni Staunovo of UBS.

“All eyes will now shift on the Trump decision on Russia this Friday.”

As well as the voluntary cut of about 1.65 million bpd from the eight members, OPEC+ still has a 2-million-bpd cut across all members, which also expires at the end of 2026.

“OPEC+ has passed the first test,” said Jorge Leon of Rystad Energy and a former OPEC official, as it has fully reversed its largest cut without crashing prices.

“But the next task will be even harder: deciding if and when to unwind the remaining 1.66 million barrels, all while navigating geopolitical tension and preserving cohesion.” (Reuters)

Meta to share AI infrastructure costs via \$2 billion asset sale

META Platforms (META.O), opens new tab is pressing ahead with efforts to bring in outside partners to help fund the massive infrastructure needed to power artificial intelligence, disclosing plans in a filing on Thursday to offload \$2 billion in data center assets as part of that strategy.

The strategy reflects a broader shift among tech giants — long known for self-funding growth — as they grapple with the soaring cost of building and powering data centers to support generative AI.

The social media giant said earlier this week that it was exploring ways to work with financial partners to co-develop data centers to help finance its massive capital outlay for next year.

“We’re exploring ways to work with financial partners to co-develop data centers,” Meta Chief Finance Officer Susan Li said on a post-earnings conference call on Wednesday.

While the company still expects to fund much of its capital spending internally, some

projects could attract “significant external financing” and offer more flexibility if infrastructure needs shift over time, Li said.

The company did not have any finalized transactions to announce, she said.

The disclosure in Meta’s quarterly filing, however, signals that plans are firming up.

In its quarterly filing on Thursday, Meta said it had approved a plan in June to dispose of certain data center assets and reclassified \$2.04 billion worth of land and construction-in-progress as “held-for-sale”.

These assets were expected to be contributed to a third party within the next twelve months for co-developing data centers.

Meta did not record a loss on the reclassification, which values the assets at the lower of their carrying amounts or fair value less costs to sell. As of June 30, total held-for-sale assets stood at \$3.26 billion, according to the filing.

Meta declined to comment for this story.

CEO Mark Zuckerberg has laid out plans to invest hundreds of billions of dollars into constructing AI data center “superclusters” for superintelligence.



“Just one of these covers a significant part of the footprint of Manhattan,” he said.

The Instagram and WhatsApp owner on Wednesday raised the bottom end of its annual capital expenditures forecast by \$2 billion, to \$66 billion to \$72 billion.

It reported stronger-than-expected ad sales, boosted by AI-driven improvements to targeting and content delivery. Executives said those gains were helping offset rising infrastructure costs tied to its long-term AI push. (Reuters)

US plans to fund deportations from Costa Rica, document shows

THE U.S. State Department is planning to spend up to \$7.85 million to help Costa Rica deport immigrants, according to a document seen by Reuters, under an arrangement similar to a Biden-era program that drew criticism from migrant advocates.

According to the document, the State Department will transfer money from its “economic support fund” - which is typically used to boost economic development in allied countries - to the Department of Homeland Security, which oversees immigration enforcement. DHS will then work with Costa Rican authorities to facilitate deportations from the Central American nation.

Earlier in the year, Costa Rica agreed to a Trump administration request that it accept 200 immigrants originating from Africa, Asia and Europe who were in the U.S. illegally. While the plan was for Costa Rica to send those immigrants back to their countries of origin, dozens remain in the Central American country.

Asked for comment, the State Department suggested that the new funds were mainly intended to help Costa Rica deport migrants passing through the country on the way to the U.S., rather than repatriate those immigrants deported from the United States.

“The program will build capacity of the Costa Rican immigration authorities to stop the flow of illegal migration through its borders, while also providing training and resources on asylum screening,” a spokesperson said.

While the document gave details of the planned money transfer, it was not clear when the deportation effort will happen or if it could be subject to changes.

According to the document, the Costa Rica arrangement is modeled “in part” on a deal signed in 2024 between the administration of former U.S. President Joe Biden and Panama, under which the U.S. paid for Panama to detain and deport migrants moving through the country as they traveled from Colombia to the U.S.

Some migrant advocates and elected Democrats said at the time that the deal could essentially stop vulnerable populations from



▲ Migrants, who arrived on a deportation flight from the U.S, stand at the Center for Temporary Assistance for Migrants (CATEM), in Puntarenas, Costa Rica.

having access to the U.S. asylum system.

“The Department intends to support the Government of Costa Rica in conducting deportation operations of migrants that do not have international protections or other legal grounds to remain,” reads the document, which was sent in recent weeks to some congressional offices.

“Activities would provide Costa Rica with technical advice and logistical support, including air transportation, for deportation procedures.”

Costa Rica’s ministries of public security and immigration referred questions to the president’s office and the foreign affairs ministry. Neither entity responded to requests for comment.

NEW ARRANGEMENTS FOR DEPORTATION

Since U.S. President Donald Trump entered office in January, his administration has relied on a number of novel arrangements to facilitate deportations from the U.S.

These have included deals with other countries - including Costa Rica - to accept immigrants in the U.S. illegally, regardless of whether those migrants have any connection to the nations where they are sent. Some of the countries accepting deportees have weak institutions or poor human rights records, raising safety concerns.

While the arrangement outlined in the document is similar to the Biden administration’s 2024 deal with Panama, there are differences between the situation in Costa Rica now and in Panama in 2024.

Northward migration through the Darien

Gap from Colombia to Panama and onward to Costa Rica and the U.S. has slowed dramatically.

At the same time, some Venezuelan migrants have been transiting through Costa Rica on a southward journey, after giving up on entering the U.S. amid Trump’s crack-down on unlawful migration and his elimination of Biden’s humanitarian parole programs.

The document did not specify to what countries Costa Rica would deport the migrants, leaving open the possibility that some could be sent to a third-party country.

It was not clear if the Trump administration plans to set up similar programs to fund deportations from other Latin American nations.

(Reuters)

Tshisekedi wants genocide declared in conflict-hit regions

ON August 2, the Democratic Republic of Congo observed a national day to remember the millions of Congolese killed in the conflicts that have ravaged the country for over three decades.

The official ceremony took place in Kinshasa, at the Genocost Memorial, in the presence of numerous political, cultural, and diaspora figures.

Among them were artists Innos B, Yousoupha, Werrason, and influencer Didi Stone. Organized by the Congolese government and the National Reparations Fund for Victims (FONAREV), the event aimed to highlight the scale of violence committed across the nation's territory.

Long-Awaited Recognition

"This day is so important for the victims," said Emmanuella Zandi, Deputy Director-General of FONAREV.

"It marks the recognition of atrocious acts, grave violations of international humanitarian law and human rights — acts that constitute war crimes, crimes against humanity, and even genocide."

The term Genocost refers to economically motivated massacres linked to the illegal exploitation of the DRC's natural resources, particularly in the eastern provinces.

Several United Nations reports — including the 2010 Mapping Project — suggest that these crimes may qualify as acts of genocide.

During the event, documentaries were screened retracing the atrocities committed since the 1990s.

Several survivors agreed to testify anonymously, with their faces covered for security reasons.

Their stories recounted killings, systematic



▲ President Tshisekedi.

rape, and forced displacement — endured in near-total global silence.

"When the war started in my village, there were many killings and atrocities. We had to flee to a neighboring village," said one survivor from Ituri.

A Call for International Justice

In his speech, President Félix Tshisekedi made a plea to the international community.

"If the world still hesitates to recognize this tragedy for what it is — a creeping geno-

cide — we will not wait for others to validate our pain. We are the first witnesses; we will be the first to pursue justice," Tshisekedi said.

His call came amid talks between the DRC and neighbouring Rwanda after both countries in June signed a peace deal, following a fresh surge of unrest early this year when the M23 armed group, backed by Rwandan troops, captured key eastern cities.

"I solemnly call upon both houses of par-

liament to examine as soon as possible the adoption of an official resolution proclaiming the recognition of genocide committed on our territory," Tshisekedi said.

He argued that the deaths of thousands during the fighting met criteria set out in the 1948 Convention against genocide, and pledged to campaign in international forums for it to be applied to eastern DRC.

Eastern DRC, a region with abundant natural resources including minerals such as cobalt and gold, has been plagued by non-state armed groups for more than 30 years.

The peace deal with Rwanda has yet to be implemented, and analysts remain sceptical about the chances of long-term peace. Militias still hold sway in much of eastern DRC.

The DRC and Rwanda on Friday reached an outline economic cooperation accord, according to the United States, which oversaw the peace agreement.

The "economic integration framework" they initialled should be effective by the end of September, the US State Department said.

Since February, the M23 has halted an advance that at one point threatened to take the group all the way to the capital, Kinshasa, in the west of the country.

Kinshasa and the M23 have given themselves until August 8 to start talks on a comprehensive peace accord, meant to be signed by August 17.

The ceremony ended with the lighting of the Genocost flame, a symbol of remembrance and resistance.

(Reuters)

Nigerian nurses end strike following deal with government

Nurses in Nigeria's public hospitals suspended their seven-day "warning strike" on Saturday after reaching an agreement with the government over the implementation of their demands, the nurses' union said.

The National Association of Nigeria Nurses and Midwives said in a statement that the government has responded to their demands and provided "clear timelines" for putting them in place, but added that they would be monitoring the implementation of the signed memorandum of understanding.

The nurses began the action on July 30, threatening to scale it up to an indefinite strike if their demands were not met within the seven days. They are demanding higher pay, better working conditions, and increased recruitment.

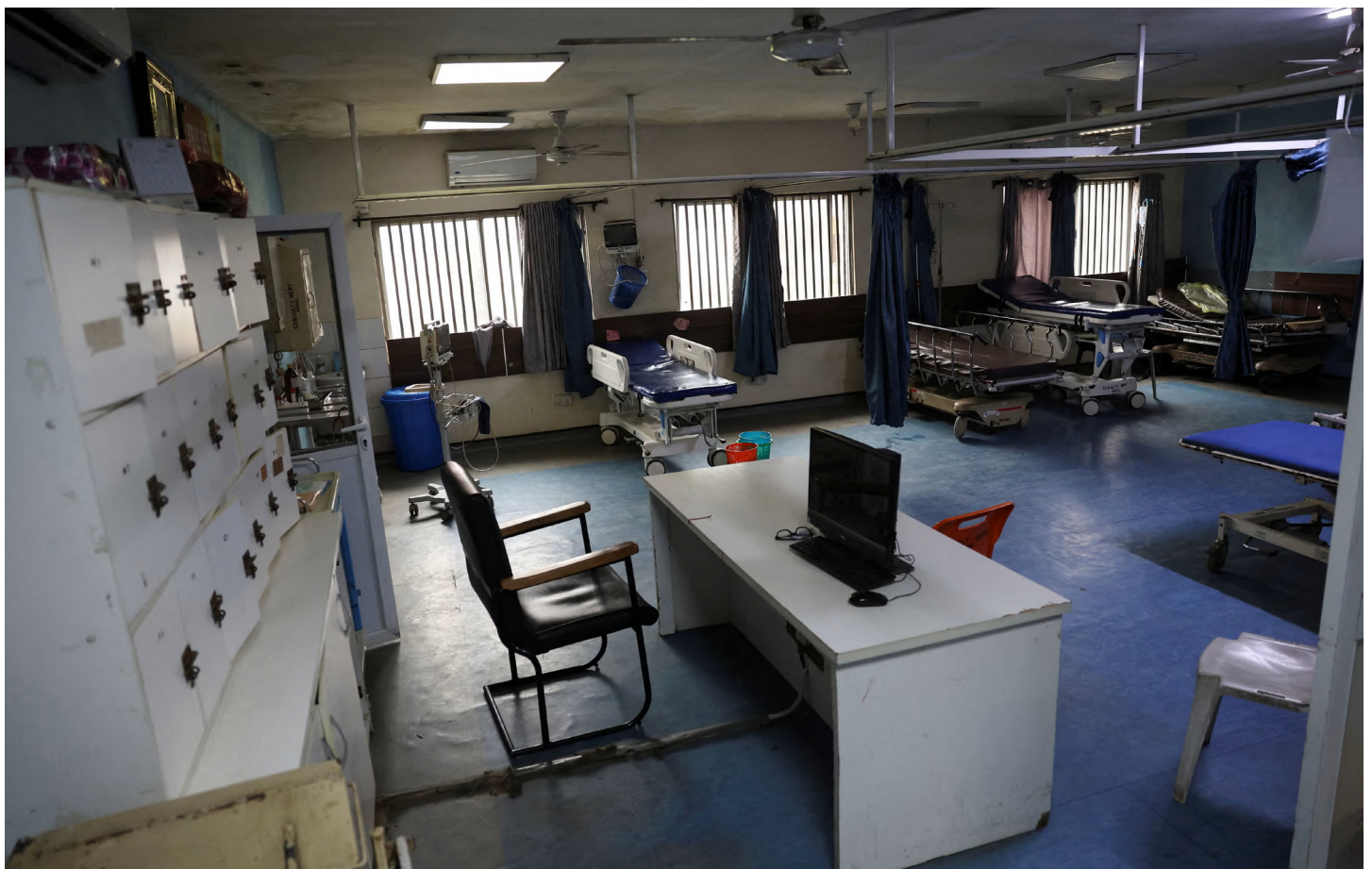
The nurses' union held a meeting on Friday with representatives of the government led by Minister of Health and Social Welfare Ali Pate and his counterpart in the Labour and Employment Ministry, Muhammad Dingyadi.

The Nurses' union said in a statement Saturday that the strike was being called off following a deal with Nigeria's government.

Nurses in public hospitals had gone on a 'warning strike' on July 30, demanding higher pay, better working condition and increased staffing.

In a statement, the National Association of Nigeria Nurses and Midwives said that the government had responded to their demands and provided "clear timelines" for honoring them.

Before the agreement, the nurses had threatened to resort to an indefinite strike.



▲ A view of an empty ward of the emergency unit of National Orthopaedic Hospital, as Nigerian nurses begin a strike over poor support from the government in Lagos, Nigeria.

The strike was suspended following a meeting with officials from the ministries of health and labour.

Government hospitals in Nigeria often suffer strikes by medical workers, paralysing work for days.

Government hospitals in Nigeria are severely underfunded and understaffed. Many medical workers often leave for greener pastures in foreign countries.

Pate had earlier announced a suspension of the strike after the meeting, pledging

that the government would address the issues raised by the nurses. The meeting also resolved that no nurse who participated in the strike would be punished by the government.

(Reuters)

Who is Dmitry Medvedev, the Russian war hawk who got under Trump's skin?

Former Russian president Dmitry Medvedev has become embroiled in a tense back-and-forth on social media that prompted U.S. President Donald Trump to announce he had ordered the re-positioning of two U.S. nuclear submarines.

Who is Medvedev, what is his track record and how influential is he?

PRESIDENT WHO BRIEFLY RAISED HOPES IN THE WEST

Medvedev was elected Russian president in 2008 when Vladimir Putin, having served two terms, was barred from standing again under the law in force at that time. Medvedev ran the Kremlin for four years, with Putin as his prime minister but widely assumed by analysts in Russia and the West to be still calling the shots, before the two swapped places after the 2012 election - a political manoeuvre that provoked opposition protests.

Medvedev, the son of two university professors, had studied law and worked for a time in the private sector. Short in height and quietly spoken, he was described by contemporaries as cultured and intelligent.

As president, he was seen initially in the West as a potential moderniser and reformer, prepared to work to thaw relations with the United States. In 2009 he signed the New START nuclear arms reduction treaty with President Barack Obama.

But Medvedev's presidency also saw Russia fight a brief war with its neighbour Georgia in 2008, and he failed to achieve his stated goals of tackling pervasive corruption, improving the rule of law in Russia,

strengthening the role of civil society and re-balancing the economy to reduce its over-reliance on oil and gas production.

AFTER THE KREMLIN

Medvedev served as Putin's prime minister for eight years in a period in which tensions with the West escalated anew, particularly over Russia's 2014 annexation of Crimea from Ukraine. But his political fortunes took a dive when he was removed in January 2020 and replaced by Mikhail Mishustin, who has held the post ever since. Medvedev was shunted into a new role as deputy chairman of the Security Council, a powerful body that includes the heads of Russia's intelligence services.

WAR CHEERLEADER

After Russia's full-scale invasion of Ukraine in 2022, Medvedev carved out a new role for himself as an arch-hawk and full-throated champion of the war, hurling aggressive rhetoric at Kyiv and the West and warning repeatedly of the risk of a nuclear "apocalypse".

In May 2024 he said it would be a "fatal mistake" on the part of the West to think that Russia was not ready to use tactical nuclear weapons against Ukraine.

He also spoke of the potential to strike unnamed hostile countries with strategic nuclear weapons.

His statements - including personal attacks on foreign leaders - were frequently designed to shock, insult and provoke. He referred to Ukrainians as "cockroaches", in language Kyiv condemned as openly genocidal, and called President Volodymyr Zelenskyy a criminal, a drug addict, a louse, a rat and a freak.



▲ Dmitry Medvedev, Deputy Chairman of Russia's Security Council and Chairman of the United Russia political party, delivers a speech during the party's congress in Moscow, Russia.

In January 2023, he accused Japan's prime minister of shameful subservience to the United States and suggested he should ritually disembowel himself.

Russian opposition figures have dismissed Medvedev's outpourings as sad, impotent rants. However, some Western diplomats say they give a flavour of the thinking in Kremlin policy-making circles. Until now, they have rarely provoked a direct response from Western leaders.

SPAT WITH TRUMP

That changed last month when Trump rebuked Medvedev and accused him of throwing around the "N" word after the Russian criticised U.S. air strikes on Iran and said "a number of countries" were ready to supply Iran with nuclear warheads.

When Trump imposed a deadline on Moscow to end the war in Ukraine or face further sanctions, including on buyers of its exports, Medvedev accused him of playing a "game of ultimatums" and moving a step closer to war between Russia and the U.S. (Reuters)

Six more die of hunger in Gaza, Israel says UN trucks make fuel delivery

SIX more people died of starvation or malnutrition in Gaza over the past 24 hours, its health ministry said on Sunday as Israel said it allowed a delivery of fuel to the enclave, in the throes of a humanitarian disaster after almost two years of war.

The new deaths raised the toll of those dying from what international humanitarian agencies say may be an unfolding famine to 175, including 93 children, since the war began, the ministry said.

Egypt's state-affiliated Al Qahera News TV said two trucks carrying 107 tons of diesel were set to enter Gaza, months after Israel severely restricted aid access to the enclave before easing it somewhat as starvation began to spread.

COGAT, the Israeli military agency that coordinates aid, said later in the day that four tankers of U.N. fuel had entered to help in operations of hospitals, bakeries, public kitchens and other essential services.

There was no immediate confirmation whether the two diesel fuel trucks had entered Gaza from Egypt.

Gaza's health ministry has said fuel shortages have severely impaired hospital services, forcing doctors to focus on treating only critically ill or injured patients.

Fuel shipments have been rare since March, when Israel restricted the flow of aid into the enclave in what it said was pressure on Hamas militants to free the remaining hostages they took in their October 2023 attack on Israel.

Israel blames Hamas for the suffering in Gaza but, in response to a rising international uproar, it announced steps last week to let more aid reach the population, including pausing fighting for part of the day in some



▲ Women and children look out from a damaged building as Palestinians carry aid supplies that entered Gaza through Israel, in Beit Lahia, northern Gaza Strip.

areas, approving air drops and announcing protected routes for aid convoys.

U.N. agencies say airdrops are insufficient and that Israel must let in far more aid by land and open up access to the territory to prevent starvation among its 2.2 million people, most of whom are displaced amidst vast swathes of rubble.

COGAT said that during the past week over 23,000 tons of humanitarian aid in 1,200 trucks had entered Gaza but that hundreds of the trucks had yet to be driven to aid distribution hubs by U.N. and other in-

ternational organisations.

Meanwhile, Belgium's air force dropped the first in a series of its aid packages into Gaza on Sunday in a joint operation with Jordan, the Belgian defence ministry said.

France on Friday started to air-drop 40 tons of humanitarian aid.

LOOTED AID TRUCKS

The Hamas-run Gaza government media office said on Sunday that nearly 1,600 aid trucks had arrived since Israel eased restrictions late in July. However, witnesses and Hamas sources said many of those trucks

have been looted by desperate displaced people and armed gangs.

More than 700 trucks of fuel entered the Gaza Strip in January and February during a ceasefire before Israel broke it in March in a dispute over terms for extending it and resumed its major offensive.

Palestinian local health authorities said at least 40 people had been killed by Israeli gunfire and airstrikes across the coastal enclave on Sunday. Deaths included persons trying to make their way to aid distribution points in southern and central areas of Gaza, Palestinian medics said.

Among those killed was a staff member of the Palestinian Red Crescent Society, which said an Israeli strike at their headquarters in Khan Younis in southern Gaza ignited a fire on the first floor of the building.

The Gaza war began when Hamas killed more than 1,200 people and took 251 hostage in a cross-border attack on southern Israel on October 7, 2023, according to Israeli figures. Israel's air and ground war in densely populated Gaza has since killed more than 60,000 Palestinians, according to enclave health officials.

According to Israeli officials, 50 hostages now remain in Gaza, only 20 of whom are believed to be alive.

On Saturday, Hamas released its second video in two days of Israeli hostage Evyatar David. In it, David, skeletally thin, is shown digging a hole that, he says in the video, is for his own grave.

Israeli Prime Minister Benjamin Netanyahu said on Sunday he had asked the International Committee of the Red Cross to give humanitarian assistance to the hostages during a conversation with the head of the Swiss-based ICRC's local delegation.

(Reuters)

Oskido headlines Swazi Rally

Stories By Siphesihle Dlamini
siphesihled@rubiconmedia.group

SOUTH African legendary DJ Oskido is set to headline the 32nd Swazi Rally, a much-anticipated event in the motorcycling calendar in the Kingdom. Early bird tickets for this exhilarating rally are now officially on sale, sparking enthusiasm among fans eager to be part of this iconic celebration. Priced at E300, these tickets can be conveniently purchased online at www.howler.co.za/swazirally2025.

Scheduled to take place from August 29 to 31, 2025, at Riders Ranch in Sidvokodvo, this annual international motorcycling rally is expected to attract bikers and fans from across the region and beyond. The announcement of Oskido as the headliner has only added to the buzz surrounding the event, with many eagerly anticipating

the electrifying performances that will accompany the thrilling motorcycle festivities.

The news was officially shared through the Swazi Rally's social media platforms, generating a wave of excitement among fans and participants.

A post read, "The ultimate biking festival returns, bigger and better than ever! Stay tuned for more details!"

Oscar Sibonginkosi Mdlongwa, popularly known as Oskido, is a South African co-founder and director of Kalawa Jazmee Records, the legendary indie label that has been in the game for over 25 years. In this time, Oskido has been a foundational member of a group of people who shaped South African urban music, initially through kwaito, a post-1994 genre that was the backdrop to South Africa's coming of age as a free nation.

With an incredible penchant to spot talent, he has, over the years, been instrumental in the growth of some of the biggest names in

South African music, including Mafikizolo, Bongo Maffin, Black Motion, Black Coffee, DJ Zinhle, and one of the leaders of the amapiano movement, DJ Maphorisa. In a sense, Oskido is the proverbial leitmotif spanning across the various South African music genres, including kwaito, house, Afropop, and lately amapiano. Internationally, he has collaborated with the likes of Masters at Work's Louie Vega, Davido, and Niniola, to name but a few.

Since its inception in 1993, the Swazi Rally has evolved into a vibrant celebration of motorcycling culture, music, and camaraderie. Organised by Carlos Pavia and his wife, Sonia, along with a dedicated team, the event has become a staple on the Eswatini calendar, drawing thousands of participants and spectators from not only Eswatini but also neighbouring countries such as South Africa, Mozambique, and Botswana.



▲ DJ Oskido.

Xowla to light up Zhumiao Lounge

TALENTED South African record producer and musician, Xowla, is set to headline the highly anticipated 'Mr & Miss Zhumiao Elimination Party,' at Zhumiao Lounge. Scheduled for August 30, 2025, the event will also feature the popular duo Trend Twins and two surprise acts that have yet to be revealed. The lineup is further bolstered by the presence of renowned artists Phara, DJ Smallz, and DJ Chomzin, ensuring a diverse range of performances that will appeal to a wide audience.

Ticket prices have been structured to accommodate fans of all backgrounds. General presale tickets are available for E70, while those wishing to purchase tickets at the gate can expect to pay E100 before 10 pm and E120 thereafter. For those looking for a more exclusive experience, VIP presale tickets are priced at E200, with VIP tickets at the gate costing E250. Additionally, VVIP tickets are available for E300, providing fans with an elevated experience at this much-anticipated gathering.

Xowla, often referred to as the 'Prince

of the South African music industry,' has quickly ascended to fame, captivating audiences with his dynamic performances and enchanting voice. Born in Ladysmith, Kwa-Zulu-Natal, and raised in Malvern East, Xowla's journey into music began at the tender age of 13. This early start has allowed him to refine his skills as a singer, songwriter, and producer, earning him a reputation as one of the most promising figures in the industry. His passion for music was evident from a young age, and he dedicated himself to mastering his craft, drawing inspiration from the rich musical heritage of South Africa.

His breakthrough moment came with the release of his single 'Voicemail' on June 24, 2022. This collaboration with renowned artists Big Zulu, Lwah Ndlunkulu, Mduduzi Ncube, and Siya Ntuli quickly gained popularity, showcasing Xowla's ability to craft hits that resonate with fans across the nation. Currently signed to Inkabi Records, a label founded by the legendary Big Zulu, Xowla continues to push the boundaries of his artistry.



▲ Xowla.

Blaq Major for Lismore Lodge

FUN lovers have all reasons to smile as South African DJ Blaq Major is set to headline the highly anticipated DJ Zwane Homecoming Birthday Celebration at Lismore Lodge in Big Bend.

Set for August 30, 2025, this electrifying event will be a night to remember, featuring an impressive lineup of local talents including Traqboyz, Baby Luluh, and Zamanguni SA. The celebration will kick off with entry prices set at E60 before 8 pm, rising to E80 thereafter.

For those seeking an elevated experience, VIP tickets are available for E150, offering exclusive access to premium amenities and viewing areas. With Blaq Major headlining and a stellar lineup of supporting acts, Lismore Lodge is poised to become the epicentre of a night filled with rhythm, dance, and celebration.

Blaq Major's ascent in the music industry has been nothing short of meteoric. Hailing from the vibrant city of Durban, he has quickly carved out a niche for himself as a significant force in the electronic music scene. His innovative sound, a thrilling blend of electronic beats infused with the unmistakable energy of Amapiano, has taken the music world by storm.

What truly sets Blaq Major apart is his ability to create music that resonates on multiple levels. His electrifying performances are characterised by pulsating basslines, catchy melodies, and infectious grooves that compel listeners to let loose and dance.

Fans can expect a high-energy show as Blaq Major takes the stage, bringing his unique sound and undeniable charisma to the forefront. His music has captured the hearts of audiences across the region, making him a household name in the industry. Tracks like "Sdakiwe Sbali" have become anthems, showcasing his talent for crafting songs that not only get people moving but also evoke a sense of joy and celebration.



▲ South African DJ Blaq Major.

Stories By Siphesihle Dlamini
siphesihled@rubiconmedia.group

MOLLY’S House of Grills is set to be electrified as the highly anticipated comedy show, ‘Last Friday Gags with Cedric & Friends,’ takes centre stage. Scheduled for August 29, 2025, at 7:01 pm, this third edition of the monthly comedy night will be brimming with laughter, delectable cuisine, and an impressive lineup of comedic talent. With a mission to cultivate a consistent platform for local comedians, ‘Last Friday Gags’ aims to unite comedy enthusiasts and foster a community centred around humour and entertainment. This month’s show will feature a stellar lineup, headlined by the charismatic Cedric. Joining him on stage will be a trio of talented comedians Bongiswa, Darren, Ntsetselelo and Mdura. Each performer is known for their distinct comedic style and perspective, ensuring that audiences will be treated to a diverse array of jokes and storytelling that resonates with various tastes and

Last Friday Gags’ next sauce for Molly’s House Of Grills

sensibilities. In an exclusive interview, Cedric shared his vision for ‘Last Friday Gags,’ emphasising the importance of reviving the comedy culture at Molly’s. “We want to bring back that magic of stand-up comedy, a place that’s always been the home of comedy from The Riverstone Mall in Manzini,” he explained. “Our goal is to create a consistent platform for local comedians to showcase their best material and grow. It’s about rebuilding a comedy scene that brings people together every month for a night of laughter.” Cedric is passionate about ensuring that every show is a unique experience. “We are committed to providing a fresh and clean lineup every month. No two shows will ever

be the same. Every comedian will be bringing their A-game, so you can expect new faces, new jokes, and top-tier performances,” he stated. Tickets for the show are priced affordably, with presale tickets available for E50 and tickets at the door costing E80. Molly’s House of Grills is already renowned for serving some of the best meals in town, and Cedric is excited to enhance the experience by adding comedy to the mix. “Molly’s is already known for its fantastic food—now we’re adding the best gags to the menu! Every last Friday of the month, we’re turning it into the ultimate comedy hotspot. Come for the food, stay for the laughs, and leave with great memories. Don’t miss out—your seat is waiting,” he urged.



▲ Comedian Cedric.

‘Siyabonga Gogo’ visuals reach 5,000 views

ESWATINI renowned artist Sancheziey has released an official music video for his trending song ‘Siyabonga Gogo,’ and has since reached 5,000 views on YouTube. Sancheziey is also preparing to unveil his much-awaited album, ‘Salukazana.’ The listening session for ‘Salukazana’ is set for August 10, 2025, at noon, taking place at the Asante Guest House in Manzini. Following this event, the official release of the album will follow closely on August 16, 2025. After the massive success of his hit single ‘Siyabonga Gogo,’ which resonated deeply with fans and critics alike, Sancheziey is poised to elevate his artistry with this new project. ‘Salukazana’ is described as a traditional Swati cultural Afropop album, seamlessly blending authentic Swati sounds with Western melodies and African instrumentation. This unique fusion is expected to captivate a diverse audience, further establishing Sancheziey as a key figure in the music scene. At the core of ‘Salukazana’ are themes of love, relationships, and marriage, drawing inspiration from the emotional depth presented in ‘Siyabonga Gogo.’ Reflecting on the impact of his breakout single, Sanceziey remarked, “The song clearly made a statement, and its breakout was a defining moment for me musically. It brought out the best in me. The song didn’t have a backup, so I had to act fast because of the way people were consuming it; surely, it deserved a follow-up with the same sound.” This new album is not merely a collection of songs; it is a heartfelt tribute to the essence of love as depicted in traditional Swati culture. Sanceziey aims to encapsulate the kind of everlasting love often portrayed in films, emphasising the deep emotional connections that characterise Swati relationships. He believes that the love depicted in the album reflects what love should embody today. Sanceziey’s commitment to cultural authenticity is evident in the collaborative nature of the album’s production. ‘Salukazana’ is poised to become a staple for traditional weddings, featuring songs that resonate with significant cultural events such as Lobola, Umtsimba, Umhlambiso, and Emalobolo.



▲ Sancheziey.

Itallo to dish out premium jazz at Mountain View



▲ Jazz artist Itallo.

MULTI-AWARD-WINNING Afro-Jazz trumpeter Itallo is set to bring his captivating jazz vibes to the Mountain View International Hotel on August 29, 2025. This highly anticipated event, hosted by The Jazz Gallery, will commence at 7 pm. and tickets are available for E350. Itallo has garnered acclaim for his soulful trumpet playing, which masterfully weaves traditional African rhythms with contemporary jazz influences. His performances are not merely concerts; they are celebrations of life and culture, showcasing a profound connection to African musical traditions. With a rich discography and a reputation for electrifying live shows, Itallo has become a beloved figure in the jazz community. Fans can look forward to an exciting twist at the upcoming event, as Itallo is set to unveil some new music alongside his classic hits. This blend of the old and the new promises to create a dynamic and engaging experience for attendees. In an exclusive interview, Nelisa Lawton, the director of Into Music Society and The

Jazz Gallery, shared her enthusiasm for the event. “Our patrons have been asking for an Itallo show for quite some time, and we are happy to oblige,” she stated. “This event is also an opportunity for Itallo to present some new music alongside old favourites. We also have new patrons who have never experienced an Itallo show.” Lawton emphasised the importance of this performance, noting that Itallo’s music resonates deeply with audiences, making it a must-see event. “People should attend because Itallo never disappoints; a great time is guaranteed,” she added, urging jazz enthusiasts and newcomers alike to join in the celebration. The Jazz Gallery has a reputation for hosting exceptional musical events, and this concert is expected to be no different. With Itallo at the helm, the evening will be filled with rich melodies, intricate rhythms, and an atmosphere of joy and celebration. Attendees can expect a night where the boundaries of jazz are pushed, and the audience is invited to partake in a musical journey that transcends genres.

Minnie Dlamini takes MacG to Equality Court and demands R2.5m

AGGRIEVED television and radio personality Minnie Dlamini has dragged podcasters MacGyver “MacG” Mukwevho and Solomzi “Sol” Phenduka to the Equality Court for hate speech, unfair discrimination and harassment on the basis of sex or gender.

The move follows the outrageous suggestions Mukwevho made on his controversial Podcast and Chill with MacG that Dlamini’s romantic relationships did not last, probably because her private parts have a repugnant smell.

He also said Dlamini was a gold digger, as she dates minted men to secure the bag. Mukwevho was hauled over the coals for his misogynist and parochial remarks. He later issued a half-baked apology to Dlamini after the public lambasted him for his gibberish and degrading statement. In the papers she filed in court last week, Dlamini said she did not accept Mukwevho’s apology and instead wants them to face the wrath of the law and pay her R1-million and R1.5-million to a women’s organisation.

In the papers that we have seen, Dlamini said Mukwevho and Phenduka’s penchant for vibing pure hate against women started on or about 3 December 2021 in the episode in which they interviewed rapper and Uyajola 99 presenter Molemo “Jub Jub” Maarohanye. She said in the episode, which has been viewed more than 1.7-million times, Mukwevho asked the musician to reveal the names of the women he “smashed”.

“The word ‘smashing’, as used by the men in this episode, refers to having sexual intercourse. In our country, with such excruciatingly high levels of gender-based violence, often involving sexual violence, the use of this term is worse than just... insensitive – it normalises and even legitimises violence in men’s acquisition of sexual satisfaction.”

Dlamini further said Mukwevho and Phenduka’s use of the term in the episode and in countless other podcasts reduces women to sexual objects to be dealt with by force.

She said the podcasters aired another episode in which they defiantly defended the way they had conducted the interview with Maarohanye after she publicly disapproved of their conduct.

“In this episode, they heavily criticised me and complained that I should not be hosting the sports show Homeground. I am not ‘a

real woman who knows about sports’.”

Dlamini further said on or about February 17, 2022, Mukwevho and Phenduka had another episode in which they attempted to make humour out of the breakdown of her marriage and claimed she wedded for money.

“First, it was a punishment for me having criticised them for using degrading language about women. It was thus aimed at silencing me, from speaking out against misogyny.

“Second, they stereotyped women, and me in particular, as being interested in men only for their money and being unfaithful when a richer man comes along. This was extremely degrading to me and women generally. They would not have said these things about me if I were a man.

“Third, by stating that certain women are not ‘wife’ material and should be the target of a ‘hit and run’, Mr Mukwevho and Mr Phenduka objectified women, making them nothing more than sexual acquisitions for men. Also, [they] again employed violent language to describe this sexual acquisition,” she said.

Dlamini said, continuing the theme of women being objects of sexual acquisition by men, Mukwevho said that certain women were “always up for sale” – comparing them to commodities.

Dlamini further said the duo aired an episode on May 12, 2022, in which they said she dishes out sexual favours in exchange for money.

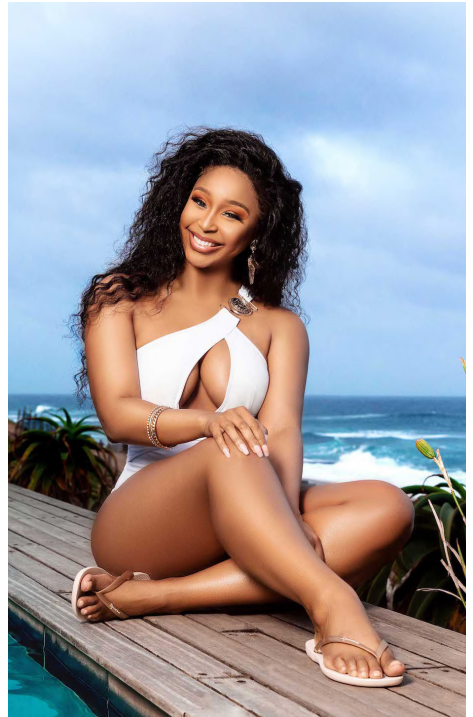
“The episode began with a discussion about businessman Edwin Sodi having had a ‘hit list’ of women with whom he had sex. The conversation went on to list more women. This part of the episode describes women as though they are disposable goods, who are nothing more than objects of men’s sexual acquisition. The reference to a woman’s physique as ‘premium stock’ is also grossly objectifying.

“They turned the focus onto me personally and untrue rumours that I had been unfaithful to my husband at the time, Quinton Jones.

“They accused me, untruthfully, of cheating on previous partners and indeed, when a richer man came along. They accused me of being a prostitute – one of the oldest, crudest, and commonest archetypes – used to degrade women,” she said. Dlamini argues that this constitutes hate speech.



▲ television and radio personality Minnie Dlamini has dragged podcasters MacGyver “MacG” Mukwevho and Solomzi “Sol” Phenduka to the Equality Court for hate speech, unfair discrimination and harassment on the basis of sex or gender.



She said in an episode of Podcast and Chill with MacG which she found to be the most disparaging of them all, Mukwevho suggested that her private parts may be having a bad smell and that is why she could not keep a man

“First, there was the reference to men standing in a line to sleep with me – again conveying that I am a prostitute. Then, there is the suggestion that my former partner was only dating me because he wanted to ‘experience’ me – again reducing me to the object of a man’s sexual acquisition. Finally, there is the ‘joke’ that my ‘coochie smells’ (referring to my vagina).

“To have my genitals made to be a topic of national discussion is already extremely demeaning to me and to women generally. But the joke that I might have poor genital hygiene is utterly humiliating and degrading,” she said.

Dlamini said although Mukwevho apologised for insulting her, there was no trace of contrition, remorse, or sincerity in the delivery of the apology.

“Mr Mukwevho takes no accountability for the devastating effects of his words on me and on society. He does not even ac-

knowledge that it was objectively offensive – only that some people ‘might have been offended’, as though there should not be universal revulsion at his remarks.”

She said the podcaster’s remarks have violated several provisions of the Equality Act and they should carry the can for the faux pas. Dlamini demands that the two issue a court-approved apology to her and women at large.

“The respondents shall each, within six months, undergo 50 hours of gender sensitisation sessions, to be administered by the Commission for Gender Equality or an institution or person nominated by it.

“The respondents shall each, within six months, perform 100 hours of unpaid service at one or more institutions working against gender-based violence, to be nominated by the Commission for Gender Equality.

“The respondents shall, jointly and severally, pay R1 500 000 to Women for Change (a non-profit organisation registered with the Department of Social Development) within 90 days,” Dlamini submitted.

She also wants Mukwevho and Phenduka to pay her R1-million in damages for the impairment of her dignity.

Kaizer Chiefs boss pays spouse millions in divorce settlement

A TOP Kaizer Chiefs executive’s divorce has cost him a prodigious R2.2-million, which he paid to his estranged partner as part of their divorce settlement after the final whistle was blown on their marriage.

Sunday World can exclusively reveal that the top executive, who is one of club chairman Kaizer Motaung’s children, has paid their spouse the staggering quantum from their pension funds administered by FundsAtWork Umbrella Pension Fund.

The executive, who is a plaintiff in this matter, filed for divorce last year after complaining that they and their spouse were no longer compatible teammates.

“The plaintiff (name withheld) is a member of the FundsAtWork Umbrella Pension Fund: participating employer – South Afri-

can Football Association.

“The defendant (name withheld) is entitled to and is hereby assigned an amount of R2.2 million (two million and two hundred thousand rand) of the plaintiff’s pension interest in the fund as defined in section 1 of the Divorce Act 70 of 1979.

“The fund is ordered to pay or transfer the assigned portion of the pension interest to the defendant or an approved fund on her behalf in terms of section 37D (4) of the Pension Funds Act 24 of 1956,” reads the agreement.” The agreement also stipulates that the executive will keep their palatial matrimonial home in Joburg, while their estranged partner will vacate the crib but keep their SUV and most of the household furniture.

The football executive also agreed to pay R2000 towards the maintenance of their

offspring.

They will also pay R7500 towards the accommodation of their estranged partner, which should not be more than 20km from their marital home.

The executive red-carded their spouse last year, citing irreconcilable differences.

The disintegration of the well-known official’s union became known after the top executive, who cannot be named for legal reasons, applied for a decree of divorce in the Johannesburg High Court last year.

In the papers that Sunday World has seen, the Chiefs top executive, who is the applicant in the divorce matter, said there was no way of saving their union, saying they now wanted to fly solo.

They stated they and their partner, who also cannot be named for legal reasons, were married out of community of proper-

ty with accrual system.

“The marriage relationship between the parties has irretrievably broken down and has reached such a stage of disintegration that there is no reasonable prospect for its restoration,” read the court papers.

The executive cited ambitions, goals and life pursuits that have grown in divergent directions as among the reasons for their faltered matrimony.

Initially, the executive’s partner wanted to contest the application for the decree of divorce but withdrew the challenge. After the two parties reached an out-of-court settlement.

Sunday World has learnt that the initial dispute was triggered by the couple’s differences in the amount the partner was entitled to receive as part of their settlement agreement.

SOME nutrients can help boost hair, skin, and nail health. Getting enough quality sleep and other home remedies can also help.

Shiny hair, glowing skin, and strong nails are often seen as external symbols of health. But there’s more to it than that.

“You’ve probably heard it said that the skin is the largest organ in the body. Well, along with skin, the hair and nails are all a part of the integumentary system,” says Elizabeth Rimmer, founder and director of London Professional Aesthetics.

She says all three share a common constituent: keratinocytes. “Keratinocytes grow from stem cells and produce and store keratin — a protein that makes our skin, hair, and nails not only tough but also water resistant,” Rimmer notes.

Read on to learn more about how to improve hair, skin, and nail health.

Boost your hair, skin, nail health with tips from professionals



Can you boost hair, skin, and nail health with diet?

A 2019 review identified a link between micronutrient deficiencies and cutaneous abnormalities in hair, skin, and nails.

Examples of cutaneous abnormalities include:

- acne
- eczema
- psoriasis
- other skin conditions

In particular, researchers said low intake or low absorption of certain vitamins and minerals may be the culprit.

These vitamins and minerals include:

- B vitamins
- fat-soluble vitamins like A, E, and K
- zinc
- iron
- copper
- selenium
- essential fatty acids

Similarly, a 2017 study concluded that multiple kinds of nutrient deficiencies can result in hair loss.

“Layers of the skin are connected to a huge vascular network, and our hair follicles and roots are also fed by a blood supply we want to be nutrient rich,” explains Amir Sadri, M.D., a consultant plastic surgeon at Great Ormond Street Hospital.

These direct connections with the bloodstream mean the skin and hair are often the first place you can visibly see nutrient deficiencies. Sadri says any factors that affect the hair will also affect the nails.

“This is because they’re both made from keratin,” he explains.

What the diet can and can’t do

A healthy diet can improve your skin, hair and nail health. However, the importance of diet shouldn’t be overstated, as there will always be other factors at play.

These factors can include:

- genetics
- general health status
- age

However, Rimmer believes there are several ways to support hair, skin, and nail health through your diet.

These include:

eat a varied diet with lots of colors and textures

- increase protein and iron intake
- limit alcohol consumption
- limit sugar consumption
- favor healthy fats over processed and

saturated fats

A balanced diet containing lots of colors and textures is best. She also says increasing your protein and iron intake is key.

“Protein helps with new cell generation and will benefit as an all rounder,” she explains.

“Iron is another building block for the integumentary system and it’s abundant in red meat. If you are vegetarian or vegan then max out your diet with pulses (beans and lentils) to ensure you’re getting your recommended daily amount,” Rimmer suggests.

However, it’s important not to take an iron supplement without speaking with a health-care professional first. Iron supplements can lead to constipation and, less commonly, iron poisoning.

It is also best to limit certain foods and drinks.

“Drinking too much alcohol and eating highly processed, sugary, and fatty food is not good for your skin, hair, and nails,” says Savas Altan, medical aesthetic at Vera Clinic. “Over time, alcohol consumption can cause dry, brittle, breaking hair, and cause excessive hair loss.”

Likewise, Altan says excess sugar in the diet can encourage the degradation of collagen and elastin in your skin.

This can prompt a loss of firmness and elasticity long term, causing sagging and wrinkles on the skin.

Does sleep affect your hair, skin, and nail health?

A 2019 study involving forty subjects suggests that there’s a potential link between sleep quality and acne.

“While you’re sleeping your body is busy recovering,” says Rimmer. “Collagen production increases, peaking within the first

few hours of sleep.”

That said, a lack of sleep may affect your hair, skin, and nails even more.

“You could argue that the hair, skin, and nails are last in the queue to benefit from lifestyle factors,” says Rimmer. “They’ll also be the first to deteriorate with sleep deprivation.”

Sleep and stress hormones

Sadri adds that a lack of sleep can cause a rise in stress hormone cortisol which interferes with our body’s ability to mend itself overnight.

In turn, this can cause brittle nails, skin inflammation, and problems with hair growth.

The general advice is for adults to get at least 7 hours of sleep per night. However, Rimmer says sleep needs can vary from individual to individual, so you may feel you need less or more.

At-home treatments to try

There are many at-home and in-salon solutions you can try to help boost the health of your skin, hair, and nails.

For hair

Rimmer recommends looking for products that contain ketoconazole.

“It’s an ingredient in shampoo used to treat fungal infections, but it can also be useful for those with thinning hair,” she says. It’s “commonly prescribed as a first line supplement to help with thinning hair. There have been studies to demonstrate a thickening of the hair shaft and number of hairs” with its use.

Sadri also recommends looking for products with the following ingredients:

- rosemary oil

- biotin
- vitamin A
- vitamin C
- vitamin E

They keep your scalp healthy and nourish your hair follicles, he says.

It is best to avoid sulfates. These are often found in shampoos and are used to create a lather. According to Rimmer, they can irritate the scalp and negatively impact hair growth.

For skin

“The ‘go to’ essentials for skin include a facial cleanser used morning and night for a full minute, rinsed away with tepid water, and patted dry with kitchen paper, keeping the skin oil and debris free,” says Rimmer.

What products you use will mostly depend on your skin type. However, Rimmer says every skin care routine should include SPF. She says an oil-free SPF should be applied every day regardless of the weather forecast.

Lastly, Rimmer recommends retinol, a derivative of vitamin A, to refine skin texture and improve uneven skin tone.

It is best to avoid oil. Oil is a popular ingredient in skin care products. However, Rimmer believes it may be best avoided if you have breakout-prone skin.

“I know there are lots of celebrities who endorse the use of oil, but for me it’s a big no,” she says. “In my opinion, it only serves to increase the likelihood of breakouts and problem pigmentation and doesn’t serve the health of your skin.”

For nails

“The constant exposure to weather and water (not to mention ingredients in soaps and alcohol rubs) leaves cuticles dry and brittle,” says Rimmer.

(Healthline)



Interest Rate

6.75%

The Central Bank of Eswatini (CBE) maintained the interest rate at **6.75 per cent**.

What does this mean?

Banks are expected to maintain the prime lending rate on loans extended to individuals and businesses at **10.25 per cent** until the next monetary policy meeting.

Inflation

2.9%

Headline inflation decreased to **2.9 per cent** in June 2025 from **3.2 per cent** in May 2025.

What to expect?

The CBE expects the cost of goods and services to increase moderately in 2025. The Bank revised down its inflation forecast for 2025 to 3.49 per cent (from 3.66 per cent forecasted in May 2025).

Economic Activity

Eswatini's Quarterly Gross Domestic Product (GDP) recorded a year-on-year decline of 0.3 per cent (seasonally adjusted) in the first quarter of 2025, compared to a revised growth of 1.7 per cent in the previous quarter.

Monetary Policy Statement

1 August 2025

On the 1st August 2025, the Central Bank of Eswatini (Bank), together with the Monetary Policy Consultative Committee (MPCC) held a meeting to consider the appropriate monetary policy stance. Taking into consideration relevant global, regional, and domestic economic factors; as well as the price and financial stability mandate, the Bank decided to maintain the discount rate at 6.75 per cent.

On the global front, the IMF has marginally revised up the economic growth outlook to 3.0 per cent (from 2.8 per cent forecasted in April 2025) for 2025 and 3.1 per cent (from 3.0 per cent) for 2026. Economic growth in advanced economies has been revised up by 0.1 percentage point for both 2025 and 2026 to 1.5 per cent and 1.6 per cent respectively. Growth in emerging markets and developing economies has been revised up to 4.1 per cent (from 3.9 per cent) for 2025 and 4.0 per cent (from 3.9 per cent) for 2026. Global headline inflation depicts mixed trajectories, and the IMF kept the global inflation outlook steady at 4.2 per cent for 2025 and 3.6 per cent for 2026. Interest rates have somewhat eased, and the IMF broadly projects further cuts before the end of the year.

On the regional front, the South African economy expanded by 0.1 per cent in the first quarter of 2025, quarter-on-quarter, following a growth of 0.4 per cent in the previous quarter. The South African Reserve Bank (SARB) revised down its growth forecast to 0.9 per cent (from 1.0 per cent forecasted in May 2025) for 2025 and 1.3 per cent (from 1.5 per cent) for 2026. South Africa's inflation slightly increased to 3 per cent in June 2025 from 2.8 per cent in the previous month. The SARB kept its inflation forecast steady at 3.3 per cent for 2025 while the medium-term forecasts were reviewed down to 3.3 per cent (from 4.2 per cent) for 2026 and 3.0 per cent (from 4.4 per cent) for 2027. The SARB reduced the repo rate from 7.25 per cent to 7.0 per cent during its 31st July 2025 meeting.

On the domestic front, Eswatini's quarterly gross domestic product recorded a year-on-year decline of 0.3 per cent (seasonally adjusted) in the first quarter of 2025, compared to a revised growth of 1.7 per cent in the previous quarter. This negative growth performance was largely driven by poor performance in the primary sector which contracted by 7.3 per cent in the first quarter of 2025 from a growth of 7.2 per cent in the fourth quarter of 2024 and the secondary sector which also contracted by 10.2 per cent in the quarter ended March 2025, from 4.5 per cent in the previous quarter. The tertiary (services) sector, rebounded strongly with a year-on-year growth of 7.2 per cent in the first quarter of 2025, up from 0.4 per cent in the previous quarter. On a quarter-on-quarter basis, economic activity grew by 0.5 per cent (seasonally adjusted), from a revised contraction of 1.6 per cent in the previous quarter.

Headline consumer inflation eased to 2.9 per cent in June 2025 from 3.2 per cent in May 2025. This disinflation was largely driven by declining price pressures in key categories, namely; 'food & non-alcoholic beverages' index which grew by a slower 2.3 per cent in June 2025 from 3.2 per cent in the previous month, 'transport' index which registered a 0.3 per cent deflation in June 2025, from 0.5 per cent in May, and the index for 'restaurants & hotels' which recorded a decline of 8.5 percentage points. Counteracting the above downward pressures were increases in the price indices for 'housing & utilities' which grew by 0.5 of a percentage point to 4.2 per cent in June 2025 and 'household furniture & maintenance' which increased from 2.0 per cent to 3.0 per cent. The Bank revised down its short-term inflation forecast to 3.49 per cent (from 3.66 per cent forecasted in May) for 2025 on account of a lower food inflation outturn, stronger exchange rate assumption and the lower oil prices. In the medium term, the Bank revised down its inflation forecast to 3.95 per cent (from 4.05 per cent) for 2026 and 3.71 per cent (from 3.92 per cent) for 2027.

Credit extended to the private sector marginally decreased by 0.05 per cent month-on-month to close at E21.6 billion in June 2025. Credit to the business sector fell by 2.2 per cent month-on-month to E11.7 billion at the end of June 2025 and credit extended to other sectors of the economy also contracted by 2.9 per cent to E1.0 billion over the review period. The banking sector's loan book registered an improvement month-on-month as none performing loans (NPLs) fell by 1.9 per cent to close at E1.3 billion in June 2025. The NPL ratio rose by 0.3 percentage points year-on-year to reach 7.0 per cent in June 2025.

As of 25th July 2025, gross official reserves stood at E11.8 billion equivalent to an import cover of 3.0 months. At the end of June 2025, total public debt stood at E38.4 billion from E36.6 billion in May 2025, depicting an increase of 4.9 per cent. At this level, it is equivalent to 40.2 per cent of GDP.

In taking the decision, the Bank cautiously considered the credibility of the peg against the South African Rand and the need to ensure adequate gross official reserves. The Bank will continue to monitor international, regional and domestic developments that influence the movements of inflation and will act appropriately in line with its mission to foster price and financial stability that is conducive to the economic development in Eswatini. Furthermore, the Bank is currently reviewing its policy toolkit and will announce in due course other policy actions that will be taken to support the Bank's mandate.

Dr. Phil Mnisi
GOVERNOR



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News In Pictures



▲ Crowds gather at the Black Sabbath Bridge, named in honour of the heavy metal band, as the funeral cortege of Ozzy Osbourne, its former frontman, passes through his hometown, in Birmingham, Britain.



▲ A woman lies down at an evacuation tower in Kushiro, Hokkaido, northern Japan, after the Japan Meteorological Agency issued a tsunami warning for the country's Pacific coast following a powerful earthquake off Russia's Kamchatka Peninsula.



▲ People look at Kuala Lumpur's skyline from an observation deck, in Kuala Lumpur, Malaysia.



▲ A woman shows her tattoo of Ozzy Osbourne, the former Black Sabbath frontman, on the day of the funeral cortege, in Birmingham, Britain.



▲ People sail boats around floating lanterns during the Lantern Floating Festival in Tokyo, Japan. About a thousand lanterns, inscribed with messages of gratitude, hope, and wishes, are released onto the water during the festival.



▲ A drone view shows parasols on a beach of the Adriatic Sea in Shengjin, Albania.

Departing Spurs captain Son in tears on emotional evening

DEPARTING Tottenham captain Son Heung-min was in tears and his teammates threw him in the air on an emotional evening in his native South Korea on Sunday. Spurs drew 1-1 with Newcastle in a pre-season friendly in Seoul but that was secondary to the farewell for the 33-year-old attacker.

There was also the sorry sight of James Maddison being stretchered off with what manager Thomas Frank said “was most likely a bad injury” to his knee.

In what could have been his final game for the north Londoners, Son played 65 minutes but did not score at Seoul World Cup Stadium, a day after announcing his decision to leave Tottenham this summer after a decade.

He left the pitch to a thunderous ovation from nearly 65,000 fans, hugging his teammates and even his opponents.

The South Korea captain was caught offside twice in the early going, as his teammates tried to create opportunities for him, but he did not really assert himself on the match otherwise.

Son was replaced in the 65th min-



▲ Departing Tottenham captain Son Heung-min.

ute by Mohammed Kudus and he walked off in tears as thousands of fans chanted his name.

“I didn’t think I was going to cry at first,” Son said.

“But after hearing a few words from my teammates, leaving the club I’ve spent so much time with felt really tough.

“I felt really, really happy playing this match. Thanks to my fans, my teammates and also my opponents, I’ve had an unforgettable day.”

Son, who has been linked with LAFC in Major League Soccer, de-

clined to reveal his next destination, saying: “Nothing has been finalised.”

Frank said he enjoyed the “unbelievable, beautiful scenes” Son had with players from both sides on his way off the pitch.

Newcastle boss Eddie Howe said his players’ reaction to the end of Son’s night had not been planned.

“I think it was very instinctive from the players,” Howe said.

“I think that speaks volumes for him as a and him as a footballer that both teams recognise the way he’s played the game.” (Supersport)

Cameron Young holds five-shot lead at Wyndham Championship

CAMERON Young is in ideal position for his first PGA Tour victory after threatening to run away from the pack at the Wyndham Championship. Young shot 5-under-par 65 in Saturday’s third round at Greensboro, N.C.

Young is at 20-under 190 for a five-stroke advantage on Colombia’s Nico Echavarria. Young has been a runner-up seven times since joining the tour in 2022.

Chris Kirk (67), Mac Meissner (70) and defending champion Aaron Rai (69) of England are tied for third at 12 under.

Young, who was at 15 under through the first two rounds with the 125 matching the tournament’s 36-hole scoring record, was tearing through Sedgefield Country Club. Through six holes of the third round, Young’s margin rose to eight strokes on a quintet that was trying to keep him in their sights.

But Echavarria, who shot 64, had birdies on four of the final seven holes to rise into contention. He saw a leaderboard during his round when he was in second place – but eight strokes behind Young.

“That’s not normal for a PGA Tour event,” Echavarria said. “He’s playing well. But there are still 18 more holes to go.”

Young had birdies on Nos. 3-6. Until the 15th hole Saturday, Young’s lone bogey in the tournament came on No 1 (his 10th hole) of the first round Thursday. He later added two birdies.

Young, 28, played collegiately at nearby Wake Forest. He had three



▲ Golfer Cameron Young.

holes to finish in the second round Saturday morning before the third round.

Rai lost momentum he had in the second round when he came back to complete that round. Then in the third round, he was 2 over through 12 holes before three consecutive birdies put him back in the mix.

Amateur Jackson Koivun, a college golfer for Auburn, shot 65 and is alone in sixth place at 11 under.

“It’s just a lot of fun out here,” Koivun, 20, said. “At the end of the day, I feel I can come out here and compete. Always that learning curve (because) these guys are really good. I’m just happy to be out there with that later tee time and see what I can do.”

South Korea’s Sungae Im, after a pair of 64s and playing in the final

group in the third round, dipped with a 73.

It was a long day at the course. Some golfers had as many as eight holes to complete in the second round, which was suspended Friday afternoon because of storms. Tom Kim withdrew rather than completing the second round.

The third round used threesomes, starting on the first and 10th tees.

The Wyndham Championship marks the last tournament on the PGA Tour’s regular season, so there will be crucial developments throughout Sunday’s round as golfers aim to secure spots in the top 70 in the FedEx Cup standings in order to qualify for the postseason.

(Supersport)

Canadian teen Mboko stuns top-seeded Gauff in Montreal

CANADIAN teenager Victoria Mboko took down top-seeded American Coco Gauff 6-1, 6-4 on Saturday, thrilling the home crowd as she reached the quarterfinals of the WTA 1000 tournament in Montreal.

The 18-year-old wild card saved all four break points she faced, and broke reigning French Open champion Gauff three times on the way to a comprehensive victory in just 62 minutes.

“I don’t even know what to say still, I was kind of shocked about it all,” said Mboko, adding that the support of the home crowd had buoyed her late in the second set.

“I just remember in the last game when I was up 5-4, the crowd kind of started cheering even louder, and everything got super noisy,” she said. “I kind of used that as more fuel for myself and to pump myself up a little bit more.

“I think it helped me tremendously, especially in the last game, since they were so encouraging me. It was just amazing.”

Mboko started the season ranked 333rd in the world and has worked her way up to 85 but the win over Gauff – who she took to three sets in Rome in May – is the biggest win of her career.

“Playing Coco is obviously never easy. She’s No 2 in the world, and it has been such a great opportunity for me to play against someone like her,” Mboko said. “I was just happy I kept my composure today and I pulled it through.”

Gauff, who had a combined 37 double faults as she struggled through her first two matches, was caught flat-footed as the Canadian teen raced through the first set in 25 minutes.

Gauff buckled down in the second, but she was unable to convert three break chances in the seventh game – coming

up short on a drop shot and smacking a forehand into the net on the first two.

She gained another chance only to hit a service return long, then flew a volley wide to give Mboko a game point, duly converted when Gauff fired a forehand long.

Down 15-30 in the ninth game, Mboko leveled at 30-30 with a blistering backhand, then closed out the hold for a 5-4 lead.

Serving to stay in the match, Gauff fell in a quick 0-30 hole and double-faulted to give Mboko a match point, on which the American hit a backhand into the net.

“She played a really great match, that’s basically it,” Gauff said.

“I haven’t played the best in this tournament, so I knew that it would be tough. I just felt like I could do better today, but I also knew that if I took my foot off the gas a little bit that she would take advantage of those moments, and she did.”

Mboko will next play Spain’s Jessica Bouzas Maneiro, who won a see-saw battle with China’s Zhu Lin 7-5, 1-6, 6-2.

RYBAKINA HANGS ON

Former Wimbledon champion Elena Rybakina out-lasted Dayana Yastremska 5-7, 6-2, 7-5 to book a quarterfinal clash with Marta Kostyuk.

Kazakhstan’s Rybakina, the 2022 Wimbledon champion who won her first title in more than a year at Strasbourg in May, was slowed by nine double faults.

But she ultimately had enough to get past Ukraine’s Yastremska, breaking her twice in the third set and sealing it on her fourth match point.

She’ll face another Ukrainian in Kostyuk, who came from behind to beat American McCartney Kessler 5-7, 6-3, 6-3.

(Supersport)



▲ Canadian teenager Victoria Mboko.

Messi exits early with injury in Miami's Leagues Cup win

Lionel Messi suffered an injury and was removed in the 11th minute of Inter Miami's Leagues Cup penalty kicks victory over Mexico's Necaxa on Saturday at Fort Lauderdale's Chase Stadium.

The 38-year-old Argentine superstar forward appeared to be having treatment on his upper right leg or groin before making his exit under his own power and walking to the locker room.

But after a 5-4 triumph in penalties after a 2-2 draw, Miami coach Javier Mascherano said it would be Sunday before exact details of the injury and the severity of the setback would be known.

"Well, he felt a discomfort, and we will not be able to know until tomorrow how severe the injury is," Mascherano said after the match.

"There's probably something there. Maybe not as important, because he was really not in pain. But he did feel a pull."

Messi took the ball and dribbled into the Necaxa back line, but he stumbled at the top of the box and ran into Necaxa defender Alexis Pena then tumbled to the ground, pounding the pitch in frustration as the ball was cleared away.

Moments later, Herons captain Messi was

alone near midfield on the left wing by himself when he went to the ground in a seated position, lying on his back briefly until trainers arrived.

Mascherano elected to send in Federico Redondo to replace Messi.

Inter Miami won 5-4 on penalties after the 10-man teams played to a 2-2 draw after full time.

Argentine striker Tomas Badaloni was denied on the decisive penalty kick in the third round of the shootout while Rodrigo De Paul, Ben Cremaschi, Jordi Alba, Redondo and Luis Suarez hit penalties for Miami, Uruguayan striker Suarez getting the decider on the last kick.

Inter Miami Venezuelan midfielder Telasco Segovia scored in the 12th minute, but Herons defender Maximiliano Falcon of Uruguay was shown a red card in the 17th minute.

Badaloni netted the equalizer for Necaxa in the 33rd minute to lift the visitors level at half-time, and Necaxa was cut to 10 men as well when Cristian Calderon received a red card in the 60th minute.

Ricardo Monreal, who came off the Necaxa bench in the 74th minute, scored in the 81st to put the Mexican side ahead only for Spain's Alba to net the equalizer for Miami in the second minute of stoppage time.



▲ Lionel Messi.

During Argentine World Cup qualifiers in March, Messi was nagged by thigh strain issues.

Messi has scored 18 goals and assisted on nine others in 18 MLS appearances this season.

He assisted on both Inter Miami goals in a 2-1 victory over Atlas on Wednesday in their

opener in the Leagues Cup, a tournament involving MLS and Mexican League squads.

Miami conclude group stage play in the event on Wednesday against Pumas.

Messi led Inter Miami to the inaugural Leagues Cup crown in 2023 just after his arrival with the MLS club.

(The Citizen)

New Pirates coach knows expectation on his shoulders

ABDESLAM Ouaddou says he feels a positive pressure as the new coach of Orlando Pirates and is aware of the burden of expectation that now sits on his shoulders.

Ouaddou got off to a winning start as the new Bucs boss as they beat Polokwane City 2-0 in Saturday's MTN8 quarterfinal at Orlando Stadium.

"I must say, when you put your feet into such a big club, not only in South Africa, but on the continent, of course, the board doesn't bring you here just to chill," he said after first-half goals from one of the match, Oswin Appollis, and Patrick Maswanganyi secured progress to the last four later this month.

"I know the expectation of the fans, I know the expectation of the board and of course, I will do my best to try to reach these targets.

"The players did a very good job over the last three years. So let's keep going, let's keep going. We have a big challenge this season," Ouaddou added.

Pirates got off to a comfortable start but found it harder to dominate in the second half but pleased a capacity 32 500-strong crowd.

Ouaddou started with three of Pirates' 11 new signings and brought on four more of the recent additions to the squad.

"It was the first game for many players, but for me as well, in our stadium, in front of the fans, so it was important for us to start with the win," the coach added.



▲ Abdeslam Ouaddou

"I think the boys did well. We wanted to start with the high intensity and that is what is the target for this season ... to have a team that's starting with a very high intensity in the games.

"We wanted to score early. I found that my team was strong in some areas, and we wanted to have a clean sheet as well. So I think most of the

targets were reached. I'm a bit disappointed because in the second half we could have maybe scored the third goal but let's say that we are happy with a lot of positive things. We have to improve some others. It's not finished," the former Morocco international, who has taken over from José Riveiro, warned.

(The Citizen)

Ribeiro says Sundowns are looking to go all the way in MTN8

Having being knockout in the semifinal stage of the competition, Mamelodi Sundowns will be looking to go all the way to the final of the MTN8.

This is according to Sundowns forward Lucas Ribeiro.

Sundowns were knocked out in the semifinals last season after losing both legs against Stellenbosch FC.

The Brazilians host Richards Bay in the MTN8 quarterfinal at the Lucas Moripe Stadium this evening at 6pm.

Speaking ahead of this clash against the Natal Rich Boys, Ribeiro said declared Sundowns' intention of winning the match and the cup.

"It's a very important game, and we will need to leave

everything on the pitch. We will need to push until the very end to ensure we walk away with a positive result, so we can hopefully win the cup. We anticipate a good game and we can't wait to be reunited with the Yellow Nation," he said.

Ribeiro has urged Mamelodi Sundowns supporters to rally behind the team as they kick off their 2025/26 PSL campaign with an MTN8 Cup quarter final clash against Richards Bay at Lucas Moripe Stadium on Sunday evening.

Sundowns chase semis

The Brazilians will be aiming to book their spot in the semifinals of the lucrative competition in what promises to be a testing encounter in the capital city with kick-off is scheduled for 6pm. (The Citizen)



▲ Lucas Ribeiro.



▲ Accurate fitness gym members.



▲ Coach Andy with his team female members.

Nhlangano thrills in WERKIT Aero-Bootcamp

By Chris Dlamini

WHAT a workout!
A day of fitness and health reigned supreme in Nhlangano on Saturday. What started as a slow and unpromising event ended up getting bigger and more fun. The cold definitely contributed to the late turnout, and when the fitness and health enthusiasts finally arrived in numbers, things got intense but entertaining.

Various gym coaches from at least four gyms, all based in Nhlangano, in the southern part of the country. Interestingly, all coaches gave their best, some of the exercises proving tough for some, but it was the Power Kids who really heated things up.

Power Kids are a trio of post high school young girls who chose fitness as a lifestyle. Their military dance routines got everyone going at some point they had to go back on stage due to popular demand.

Fitness Maniac Club, Maniac Lunyati Gym, The One Fitness Academy, Power Gym, and Capital Accurate Fitness all pitched to make the day a success from 9.45am until after lunch.

For a first, it was successful – ‘Sbosh’

Fitness Maniac Club instructor Sibongile ‘Sbosh’ Ngwenya deemed the WERKIT Aero-Bootcamp a success.

Commenting after everything, Ngwenya said she had initially felt it would be a disappointing day, yet there was a lot of planning put to the event.

“I think the chilly morning played a part, and most of us couldn’t make it for the 8.30am start. However, I’m impressed after all as people came and just hit the ground running.

“Given this was our first in Nhlangano, it ended up as a huge success,” she said.

Ngwenya said they were definitely doing it again next year, especially after the excitement witnessed from participants.

It remains to be seen if they will wait until next year given the enthusiasm from the participants.

WHAT SOME PARTICIPANTS SAID:
Nompandolo Nzima (Power Gym)
“We are very happy that our coaches organised such an event. It’s a passion for us that keeps us fit and healthy since it’s



▲ The power gym members.

become evident we beat a lot of diseases through fitness. It’s also helping with the depression and anxiety issues we see nowadays. I’ve been doing this for about 10 years now, and I have no regrets.”

Power Kids (Notsile, Lulekwa, Mukelo)
“We have six months together under Maniac Lunyati Gym. We were chosen

by the team to do this, and we’ve been exceptional. We can’t wait for the next event. This is us, our lifestyle, and it’s so fun. We do this for fun and fitness. It’s also exciting to lead these people in gym aerobics. Sbosh, our coach is a powerhouse for us. She inspired us into this.”



▲ Some of the female participants.



▲ Aerobics were part of the session.

Kwanele conquers Mozambique race



▲Kwanele Jele on the podium during the Namacha race.

By Sibusiso Masilela
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HE came, He saw, He conquered. 4EVA cycling club rider Kwanele Jele has made the country proud by winning the Namacha race held on Sunday in Mozambique.

The national team rider finished the race in a time of 2. 56. 29 seconds, securing victory in the 100km distance of this year's edition of the annual invitational international race. 4eva Cycling Club principal Clint

Macnamara congratulated the reigning national champion on his latest achievement. "We are happy and proud of Jele achievement. This shows that the standard of cycling has improved in the country. We urge him to continue working hard in his career," he said. Jele could not comment on the matter when compiling this report. He holds the national championship title after his victory during the country's premier domestic cycling championships at Sikhuphe in June. Jele started his cycling career at Newcomm Wheels.



▲Siphwokuhle Ndlela.

Another continental medal for Eswatini

By Sibusiso Masilela
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THE country's dream of securing an Olympic medal looks promising.

This comes after Team Eswatini won its second medal in the ongoing African school's games in Algeria. The second local podium finisher was Siphwokuhle Ndlela, who won a bronze medal in her event, while Lindokuhle Fakudze lost his bout at the African school's games. The young female athlete has followed

boxer Khetselo Mziyako who also won a bronze medal in the inaugural continental school's games. Team Eswatini manager Zakhele Myeni confirmed the results. "We are proud of Siphwokuhle success in the games and wish her the best of luck in her next competition," he said. Taekwondo coach Mbongeni 'Ndo' Sibandze also congratulated the young athlete for her achievement. "I am happy with the performance of both athletes. They both faced strong opponents but managed to fight well. The games have helped the two athletes prepare for the continental series in September," he said.

Highlanders AM wins Buhle Bema Supporters Cup

By Sibusiso Masilela
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INSPIRED by the former Betway Premiership side Royal AM kit, Mbabane Highlanders have won the first edition of the Buhle Bema Supporter's Cup.

The 'Black Bull managed to beat Manzini Wanderers by 1-0 during the finals of the new social games cup played at Manzini club on Saturday. The supporters' pick team received the kit from their new president and former Royal AM Boss Shauwn Mkhize, which helped them win the E1000 first prize money at the expense of the 'Weslians'.

The tournament is a brainchild of Swallows supporter Noubuhle Dlamini, and it also featured Swallows, Nsingizini Hotspurs, Moneni Pirates, and Denver Sundowns. Some of the guests included Mamelodi Sundowns supporter Bullie James and two local legends, Jerry'Mbazo'Gamedze and Wonder 'Samba' Nhleko. The tournament coordinator, Mandla Madonsela, said the tournament was a success. "The tournament went very well,the attendance was something we didn't expect as it was our first addition. The supporter's team came out ready to fight for their badges, and they did. It was a marvellous atmosphere. We mingled and shared the gospel of unity amongst all the supporters," he said.



▲Mbabane Highlanders AM supporters pick team.

Madonsela also thanked the sponsor for funding the tournament. "We are grateful for the support of the sponsor as the tournament promoted unity among local fans ahead of the new season," he said.

‘Birds’ for Angola pre-season cup

... Capital City giants Mbabane Swallows have been invited to a pre-season tournament in Angola. The tournament will feature eight teams.

Stories By Chris Dlamini

THE ‘Birds’ are set to fly high in the new season.

The capital city giants have been invited to an international pre-season tournament in Angola.

The friendship cup will feature eight teams: Wiliete SC from Benguela de Agosto, Luanda City FC, Sagrada Esperança, Interclube, and Académica do Lobito between September 8 -14,2025 at the São Filipe and Buraco Stadiums in the cities of Benguela and Lobito.

The tournament will kick-off a day after the conclusion of the 2025 8Bet Trade Fair set to take place between August 30-September 7,

2025, at Mavuso Sports Centre.

Swallows Governor Welile Mabuza confirmed the latest news when reached for comment. “Yes, it’s true that we have been invited to the tournament in Angola. The tournament will help us in our preparations for the League and give our players the required international exposure. The organisers of the tournament will shoulder all expenses,” he said.

The red and white glamour side will take on Manzini Sea Birds in the last 16 of the 2025 8Bet Trade Fair cup.

The crowd pullers recently partnered with Mozambique investors Donaldo Birange Enterprises on a three-year deal.

The partnership further saw the arrival of Mozambique coach Dario Monterio as the new head coach.



▲ Mbabane Swallows players.

Over 10 overseas states for E2mln FNB Challenge

WITH sport contributing 10 per cent to tourism in Eswatini, the FNB Eswatini Challenge is a living testimony to that.

Ahead of the fourth edition of the much-anticipated national golfing event, the FNB Eswatini Challenge 2025 this week, overseas 10 overseas countries are headed for the tiny kingdom. The United Kingdom (UK) dominates the list of visitors with at least six golfers expected to tee off at the Ezulwini Golf and Country Club’s course from August 7-9.

Other golfers come from Mexico, Australia, Indonesia, Greece, Ireland, France, Germany, Scotland, Korea, Chile, and Sweden.

This is confirmed in the tournament’s Sunshine Tour Golfers Standard Entry Report as availed by the competition sponsor FNB Eswatini. It will not just be about the local professionals and those from overseas, but some renowned golfers from South Africa (SA) and elsewhere around the African continent.

SA is dominant given the close proximity to Eswatini, but countries like Zimbabwe, Zambia, Botswana, and Mauritius will also be represented.

A prize kitty of E2 million is at stake, with the champion set to earn E317 000 (US\$17,411.83) at the time of this report.

The best local golfer will pocket E30 000, E20 000 for second best while it will be E10 000 for the third best LiSwati player. However, should a LiSwati win the overall tournament, he will earn E347 000, meaning the main prize of E317 000 plus the best LiSwati prize of E30 000.

A list of the expected countries is included in this article.

Countries for FNB Eswatini Challenge 2025:

1. United Kingdom
2. Germany
3. France
4. Australia
5. Scotland
6. Indonesia
7. Ireland
8. Greece
9. Chile
10. Mexico
11. Korea
12. Sweden
13. Portugal



▲ Mbabane Highlanders AM defender Vusi Vilakati during their friendly match against Midlands Wanderers.

Ex-SA Amazulu coach at Highlanders AM FC

By Sibusiso Masilela
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MBABANE Highlanders AM FC have reportedly strengthened their technical bench with South African coach Ronnie Moroka.

The former Amazulu and Royal AM assistant coach is set to become the right-hand man to the new head coach, Ernest Mavuso. Moroka has already joined the team ongoing preseason camp in Pietermaritzburg.

Another new addition to the technical bench is legendary goalkeeper coach Sipho ‘Shilton’ Dube. Dube is expected to join the team before the end of the week to reunite with two legends, Sifiso ‘Barnes’ Mkhulisi and Phumuza Ntshangase.

A source close to the matter revealed that

there are technical changes in the team.

“There are two new technical benches at Highlanders AM, and they will all join the team before the end of the week,” the source said. Highlanders AM President Shauwn Mkhize said the club would make its announcements on August 23,2025.

“We will unpack the latest developments in the team, including new players and coaches, during the team’s gathering that will take place on August 23, 2025,” she said.

Mkhize is being assisted by a two-member board comprising of his son, Andile Mpisane, and local businessman Fortune Nxumalo.

The flamboyant KwaZulu-Natal business-woman further announced former Royal AM Boss Richard Makhoba as the club’s General Manager.

The team recently featured in a friendly match against newly promoted Motsepe Foundation Midlands Wanderers.



▲ Minister of Sports ,culture and youth affairs Bongani Nzim shaking with FNB CEO Thokozani Dlamini during the launch of the Eswatini golf challenge.



**Messi exits early
with injury in
Miami League
Cup win**
Page 20

**Ex-SA Amazulu
coach at
Highlanders
AM FC** *Page 23*



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‘Birds’ for Angola pre-season cup

● **Capital City giants Mbabane Swallows have been invited to a pre-season tournament in Angola. The tournament will feature eight teams. *Page 23***