



HISTORIC FIRST FOR SOUTHERN AFRICA AS ...

Eswatini hosts 13th AU Humanitarian Symposium

By Ncaba Ntshakala

ESWATINI is currently hosting the first-ever African Union Humanitarian Symposium to take place both in the Kingdom and in Southern Africa, highlighting its commitment to strengthening humanitarian cooperation across the continent. Delegates from across the fifty-two member states have convened at Esibayeni Lodge for the 13th edition of the Symposium, which has been hailed as a historic milestone for the country and the region. The Minister of Foreign Affairs and International Cooperation, Senator Pholile Shakantu, formally opened the meeting and expressed Eswatini's pride in hosting the major event.

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Senate President joins continental leaders at APNODE 10th Anniversary in Morocco *Page 3*

European Union pumps E84 million into mental health *Page 4*



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Eswatini hosts first-ever AU Humanitarian Symposium in Southern Africa

Stories By **Ncaba Ntshakala**
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ESWATINI is currently hosting the first-ever African Union Humanitarian Symposium to take place both in the Kingdom and in Southern Africa, highlighting its commitment to strengthening humanitarian cooperation across the continent.

Delegates from across the fifty-two member states have convened at Esibayeni Lodge for the 13th edition of the Symposium, which has been hailed as a historic milestone for the country and the region.

The Minister of Foreign Affairs and International Cooperation, Senator Pholile Shakantu, formally opened the meeting and expressed Eswatini's pride in hosting the major event. "The Kingdom is deeply honoured to host the 13th Edition of the African Union Humanitarian Symposium, and proud that this important gathering is being held on our soil for the first time," she said, extending a warm welcome on behalf of His Majesty King Mswati III, Her Majesty the Queen Mother and the Government.

The symposium is held under the theme "Spotlighting Crisis Hotspots and Forgotten Emergencies: Triple Nexus Solutions through Inclusion and Solidarity" and it draws attention to the escalating humanitarian needs across Africa. Minister Shakantu



▲ *Minister of Foreign Affairs and International Cooperation Senator Pholile Shakantu addressing the Symposium.*

said the theme highlights the shared responsibility of AU Member States, noting that "Eswatini reaffirms its commitment to promoting constructive engagement and joint solutions that strengthen Africa's humanitarian response." The Minister highlighted on the support Eswatini has received from the African Union in times of crisis, recalling the impact of Cyclone Eloise in 2023, which caused extensive damage to schools, bridges and homesteads. "The Kingdom has benefited from funds allocated to countries most affected by natural disasters," she said. "In 2023, Eswatini was severely impacted by Cyclone Eloise... our country was among the beneficiaries of the AU Humanitarian Relief Fund, which supported the reconstruction of bridges and schools nationwide."

She added that in 2024, drought-stricken communities in Sigcaweni, Ezulwini Royal Kraal and Nokwane also received relief assistance after an AU Humanitarian Assessment Mission visited the Hhohho, Manzini and Lubombo regions to evaluate the extent of damage and respond accordingly.

Minister Shakantu further highlighted Eswatini's leadership within the AU system, noting that the Kingdom chaired the Bureau of the PRC on Refugees, Returnees, Internally Displaced Persons and Migration for more than two years. She said this experience deepened Eswatini's understanding

of Africa's humanitarian landscape. "These experiences have strengthened our appreciation for AU solidarity and underscore the importance of collective action in responding to humanitarian crises," she said.

The Minister's address also turned to the broader challenges facing the continent. She outlined the worsening humanitarian crises in Sudan, the food and nutrition emergency in South Sudan, instability in the Sahel, complex emergencies in the Democratic Republic of Congo and continued needs in northeastern Nigeria.

"The scope and complexity of these crises demand coordinated, innovative, and sustained responses," she cautioned. The Minister stressed the need for stronger early warning systems, public policy evaluation and community-driven monitoring tools to enhance preparedness and response. She said that adopting the Triple Nexus approach, linking humanitarian assistance, development and peace-building remains crucial for improving the effectiveness of interventions.

"Eswatini remains committed to the goals of this Symposium and to advancing practical, collaborative solutions to the humanitarian challenges facing our continent," she said. The Kingdom, she added, stands ready "to support constructive dialogue, encourage cooperation among Member States, and facilitate the sharing of experiences and best practices."



▲ *African Union Commissioner for Health, Humanitarian Affairs and Social Development, Ambassador Amma A. Twum-Amoah.*



▲ *Volleyball B Division teams in action during the Sandla Construction*

... AU Commissioner calls for stronger African leadership, inclusive solutions

AFRICAN Union Commissioner for Health, Humanitarian Affairs and Social Development, Ambassador Amma A. Twum-Amoah, has called for renewed continental commitment to coordinated, inclusive and African-led humanitarian responses as she opened the 13th African Union Humanitarian Symposium in Mbabane.

Addressing delegates, government representatives, AU partners and humanitarian organisations, the Commissioner commended the Kingdom of Eswatini for hosting the gathering, describing it as a demonstration of continued solidarity.

"I extend my deepest gratitude to the Government and people of Eswatini for hosting us in this beautiful city of Mbabane, and for

their unwavering commitment to humanitarian solidarity," she said.

Ambassador Twum-Amoah noted that Africa is confronting one of its most challenging humanitarian periods in recent history, with armed conflict, climate shocks, economic fragility and public health crises displacing more than 50 million people across the continent.

"Africa now hosts one in every five of the world's refugees, and nearly a third of all internally displaced persons," she said. "These are not just statistics. They are lives interrupted, families uprooted, futures put on hold."

Despite the gravity of the crises, she emphasised that resilience remains a defining characteristic of African communities. She said the symposium's theme, "Spotlighting

Crisis Hotspots: Triple Nexus Solutions through Inclusion and Solidarity" calls attention not only to the suffering experienced across the continent, but also to the strength and innovation emerging from affected communities.

She expressed that the Humanitarian-Development-Peace Nexus must guide continental responses moving forward.

"The Nexus is not a slogan. It is a commitment to coherence," she said. "It is a promise that emergency relief will not be a dead end, but a bridge to recovery, resilience, and peace."

Throughout her address, the Commissioner highlighted crisis hotspots including Sudan, the Democratic Republic of the Congo, Mozambique, and the Sahel, where conflict, climate pressures and insecurity have

created prolonged humanitarian emergencies. While acknowledging the severity of these crises, she also pointed to the "courage of communities navigating displacement and food insecurity with dignity" and the growing leadership of local responders.

Ambassador Twum-Amoah outlined key AU initiatives aimed at strengthening the continent's humanitarian architecture, including the Malabo Declaration on Humanitarian Effectiveness, the Malabo Plan of Action, and ongoing efforts to operationalise the African Humanitarian Agency (AfHA). She said the agency is being established "not as a mere structure, but as a catalyst for coordinated, inclusive, and sustainable humanitarian action."

13th AU Humanitarian Symposium in pictures



▲ Minister of Foreign Affairs and International Cooperation, Senator Pholile Shakantu with IOM-Africa Union Migration Ambassador Walter Kasempa and other officials at Esibayeni Lodge for the 13th edition of the AU Humanitarian Symposium. (Pics: Tribe Studios)



▲ IOM-Africa Union Migration Ambassador Walter Kasempa gifting the Minister his book.



▲ IOM-Africa Union Migration Ambassador Walter Kasempa making his remarks.



▲ Left-right: Delegates from various member states following proceedings.



▲ Minister of Foreign Affairs and International Cooperation Senator Pholile Shakantu with African Union Commissioner for Health, Humanitarian Affairs and Social Development, Ambassador Amma A. Twum-Amoa.



▲ Delegates from the fifty two member states following proceedings.



▲ The Minister, African Union Commissioner for Health, Humanitarian Affairs and Social Development, Ambassador Amma A. Twum-Amoa and other officials posing.



▲ Permanent Representative of the Kingdom of Eswatini to the AU and the Economic Commission for Africa (ECA) Ambassador Mahlaba Mamba.

By **Ncaba Ntshakala**
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THE President in the House of Senate, Senator Lindiwe Dlamini, led a parliamentary delegation to Laayoune, Morocco, where African parliamentary leaders gathered for the 10th Anniversary and Annual General Meeting of the African Parliamentarians’ Network on Development Evaluation (APNODE).

The high-level meeting, convened at the invitation of the President of the House of Councillors of Morocco, brought together lawmakers, experts and officials committed to strengthening public policy evaluation on the continent.

Senate President Linidiwe was accompanied by Senator Chief Mphatfwa Dlamini, Senator Lorraine Nxumalo, Members of Parliament Gcina Magagula and Mgucisi Dlamini. The gathering took place under the theme: “APNODE: A Driver for Improving Public Policy Evaluation for Inclusive Governance.”

Over the course of the meeting, participants highlighted on APNODE’s progress in embedding a culture of evaluation into African governance systems. Discussion sessions also examined ways to strengthen parliamentary oversight, improve institutional frameworks and enhance regional cooperation. Delegates emphasised the role of evaluation in determining whether public policies achieve their intended results, whether resources are used efficiently and whether communities, especially vulnerable groups, benefit equitably from development efforts.

In her keynote address, Senate President Lindiwe highlighted the shared challenges

Senate President joins continental leaders at APNODE 10th Anniversary



▲ Senate President Lindiwe Dlamini amongst panelist during the engagements at Laayoune, Morocco where Afrcican parliamentary leaders gathered for the 10th anniversary and annual General Meeting of the African Parliamentarians’ Network on Development Evaluation (APNODE).

and aspirations facing African nations. She noted that citizens across the continent increasingly expect not only to be included in decision-making but to see their voices meaningfully reflected in public policy. She described this as the essence of inclusive governance and stressed that public policy evaluation is a democratic imperative.

Transformation

She told the gathering that the world’s rapid transformation, driven by globalisation, development pressures and rising public expectations, requires governments to rethink how they govern. She explained that evaluation strengthens governance by promoting openness, fairness and accountability, and by building trust

between citizens and the state. Further, reflecting on Eswatini’s governance model, Dlamini pointed to the Tinkhundla system, which blends modern institutions with traditional leadership structures. She outlined the country’s national priorities; economic diversification, stronger public sector management, advanced human development and enhanced financial stewardship and stressed the need for tools such as National Evaluation Frameworks, digital monitoring systems, stronger parliamentary oversight and increased community participation through social audits and scorecards.

She urged African parliaments to embrace multi-stakeholder collaboration to ensure

credibility, independence and shared accountability in the governance process.

Eswatini’s participation in the APNODE gathering was lauded as a demonstration of the country’s commitment to parliamentary modernisation and regional cooperation. The delegation reaffirmed Eswatini’s intention to strengthen evaluation culture as a cornerstone for effective and responsive governance.

On the sidelines of the meeting, the Moroccan Parliament signed memorandums of understanding with parliamentary bodies from Eswatini, Equatorial Guinea and Comoros, which has been cited as a renewed commitment to deeper inter-parliamentary collaboration.

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Stories by Delisa Magagula

THE European Union has injected E84 million for their project aimed at strengthening mental health support and addressing gender inequality.

The project has been launched, placing disadvantaged youth and women at the centre of a three-year nationwide intervention.

The initiative, titled 'Khetsimphilo Choose Life', is co-funded by the European Union (EU) and jointly implemented by the Baphalali Eswatini Red Cross Society and the Finnish Red Cross.

It will operate across all four regions of the country and cover 20 Tinkhundla.

The project was launched in Mbabane with the goal of improving social and economic inclusion for vulnerable groups, strengthening community-level mental health and psychosocial support services, reducing school dropouts and promoting youth reintegration.

It will also support sexual and reproductive health awareness, improve prevention and response to gender-based violence and ensure that marginalised groups, including persons with disabilities, have access to support.

The initiative falls under the EU's 2021-2027 cooperation framework with Eswatini, which prioritises human development and social inclusion.

EU Head of Cooperation Eva-Maria Engdahl said the project forms part of the component focused on empowering disadvantaged youth and women in vulnerable situations.

EU Ambassador to Eswatini Karsten Mecklenburg also welcomed the project, saying it supports an important area of the EU's partnership with the country.

"Mental health plays a vital part in our partnership with Eswatini, and we are pleased to support a project that strengthens services for young people and women," he said.

Representatives from the office of the Deputy Prime Minister supported the launch, noting its relevance at a time when many young people face increasing social pressures and uncertainty.

EU pumps E84 million into mental health



▲ The project's commitment to including persons with disabilities has been welcomed by organisations advocating for disability rights.

Meanwhile, current figures indicate that an estimated 400 000 young people in Eswatini are not engaged in any economic activity, which limits opportunities and contributes to emotional strain.

Mental health professionals describe Eswatini's situation as similar to that of many countries in the region, where economic pressure, unemployment and limited access to clinical services continue to affect young people. Practitioners working with youth note that poverty, disrupted education and a lack of safe community spaces often increase vulnerability.

Community-based psychologist Innocentia Ndwandwe said many mental health conditions go undiagnosed due to a shortage of specialised facilities and the reliance on informal support systems.

In addition she said, community caregivers frequently face high caseloads and limited referral pathways.

"Social workers highlight the importance of decentralised mental health support, particularly in rural communities. They note that early intervention at community level improves access and allows for more consistent follow-up," said Ndwandwe.

Meanwhile experts working in gen-

der-based violence response say financial dependency and limited access to education continue to increase risks for women and girls. Young mothers and school dropouts often face exclusion from formal support systems, making reintegration into school or employment difficult.

Women's empowerment facilitators note that social and economic pressures contribute significantly to mental health challenges, highlighting the need for integrated programmes that address both emotional and economic needs.

They add that improved awareness of sexual and reproductive health helps young people make informed decisions.

Programme documents indicate that 'Khetsimphilo -Choose Life' will include mental health awareness campaigns, community dialogues, income-generating activities and training for caregivers to strengthen local psychosocial services.

The project also places emphasis on community ownership. Resilience specialists say involving community leaders, traditional structures, teachers and youth groups helps ensure sustainability and improves the effectiveness of interventions.

"The project's commitment to including



▲ EU Head of Cooperation Eva-Maria Engdahl said the project forms part of the component focused on empowering disadvantaged youth.

persons with disabilities has been welcomed by organisations advocating for disability rights. Communication barriers, stigma and inaccessible infrastructure often limit access to services," said the EU Ambassador.

Worth noting, rollout will begin immediately, with teams working through Tinkhundla centres, community structures and youth networks.

The programme will be monitored over the next three years to track improvements in mental health awareness, community resilience and gender equality.

According to the EU, with E84 million committed, the initiative is among the most comprehensive community-focused mental health and gender support programmes introduced in recent years.

"Its impact will depend on collaboration among development partners, government structures, communities and the youth and women it aims to empower," said EU Ambassador to Eswatini.

SWAGGA addresses slow response to abuse hotline

SWAGGA (Eswatini Action Group Against Abuse) after facing mounting accusations over what affected callers describe as slow, unresponsive, and at times dismissive handling of abuse reports, the organisation has addressed the issues.

At least six individuals have contacted this publication in the past week to raise concerns about the alleged inconsistent response from the organisation, even in urgent situations involving minors and active abuse.

The allegations come at a time when the country is commemorating the global 16 Days of Activism Against Gender-Based Violence, an annual campaign that calls for intensified efforts to prevent and respond to violence against women and children.

Yet, for some community members who attempted to seek help during this period, their experience has been one of frustration, uncertainty, and, in some cases, despair.

Among the most alarming complaints is an incident reported by a Manzini-based caller who phoned the SWAGGA hotline to seek immediate help for a school-aged child allegedly being raped in a nearby homestead. According to the caller, who also reached out to this media house, SWAGGA was unable to



▲ SWAGGA National Director Nonhlanhla Dlamini.

provide assistance because the caller could not recall the exact address.

The case was never followed up, and the concerned Good Samaritan said they felt helpless knowing that a child might have been in danger with no intervention.

Another caller from Mbabane reported a case of psychological and emotional abuse involving a neighbour, claiming that SWAGGA showed 'no urgency' and gave the impression that the organisation was overwhelmed.

The caller said they hoped for guidance or an emergency referral but instead left the conversation more confused than helped.

Four additional callers similarly expressed disappointment, stating that when they reported cases ranging from assault to intimate partner violence, the organisation either took long to respond, did not call back, or asked them to call during working hours despite the hotline being publicly presented as an emergency contact.

Responding to the allegations, SWAGGA National Director Nonhlanhla Dlamini acknowledged the reports and confirmed that the organisation is aware of the concerns raised.

She said one of their biggest challenges is the lack of technological tools or systems to track callers who cannot accurately describe where they are.

"We do not have the means to locate people who fail to describe where they are located. Our response teams rely heavily on detailed and accurate locations. Without that information, it becomes extremely difficult and sometimes impossible to dispatch assistance," she said.

Dlamini added that SWAGGA is currently overstretched due to rising cases country-wide. "We are overwhelmed with cases. We receive calls from all regions, and unfortunately we cannot respond to every case, especially when the details are vague or incomplete. At the moment the volume is

very high, particularly during the 16 Days of Activism, when more people come forward," she said. Dlamini emphasised that the organisation continues to do its best with its limited resources and encourages community members to provide as much detail as possible when reporting cases.

To understand whether SWAGGA's limitations justify the missed interventions, this publication spoke to two experts who have worked extensively in gender-based violence prevention and humanitarian response.

Dr. Nondumiso Khumalo, a gender-violence researcher and lecturer at the University of Eswatini, said organisations that receive emergency abuse reports must ensure alternative strategies exist when callers are unsure of their exact location.

"Trauma affects memory and clarity. It is not unusual for callers to forget or struggle to describe their location, especially when reporting something violent or ongoing," she said.

"A hotline must anticipate this and be prepared with probing questions, local landmarks, or even partnerships with police who can trace neighbourhoods based on partial information," She added that saying a case cannot be attended to simply because a caller is unsure of their address is a significant gap in the system.

Focus on army recruitment race

Stories by Thokozani Mazibuko

ASPIRING soldiers who have been participating in the nationwide army recruitment races may have to exercise patience as the next phase of the process is set to take place only early next year.

The announcement was made by Army Commander Moses Mashikilisane Fakudze, who confirmed that medical assessments and vetting procedures will resume in February or March 2026 due to upcoming national events, particularly the Incwala ceremony, which commands full national attention.

The recruitment races, which have drawn thousands of hopefuls from various inkhundla centres, have been one of the most highly attended national exercises of the year. Young people from across the country have been waking up at dawn to take part in the rigorous runs, each hoping to secure a place in the next stage of the selection process. The races test physical fitness, endurance and mental stamina, forming the first layer of screening for new army intakes. Those who completed the races successfully have been eagerly awaiting information on the following steps.

Speaking at the conclusion of one of the final recruitment events, Commander Fakudze said the army acknowledges the dedication shown by the youths who participated. However, he explained that the institution must align its activities with the national calendar, which becomes heavily occupied in the final months of the year. The Incwala ceremony, which holds cultural and spiritual significance for the nation, requires a substantial deployment of security personnel, making it difficult to proceed with the next stages of recruitment during this period.

He further noted that several other national events, some administrative and others ceremonial, take place towards the end of the year. These obligations demand the full availability of personnel who would otherwise be involved in conducting medical assessments, background checks and other logistical processes involved in the

Army hopefuls to wait until 2026 for next stages

... Due to the upcoming National Prayer Inowala says Army Commander



▲ Aspiring soldiers who have been participating in the nationwide army recruitment races may have to exercise patience as the next phase of the process is set to take place only early next year.

recruitment exercise. As a result, the army has decided to push forward the remaining recruitment stages to early 2026 to ensure they are conducted thoroughly and without interruption.

The Commander emphasised that the postponement does not signify a disruption or cancellation of recruitment. Instead, he reassured the hopefuls that the process will resume with full momentum at the start of the new year. He encouraged those who passed the running stage to remain patient and maintain their physical fitness as they prepare for medical checks and vetting, both of which are critical in determining final acceptance.

He also issued a message of appreciation to the media, acknowledging their role in disseminating accurate information about the recruitment process. He said the extensive coverage by various media outlets had

helped keep the public informed, reduced confusion and allowed candidates to follow the schedule across different regions. He stated that he was grateful for the professionalism shown by journalists during the recruitment drive, which has drawn national interest and highlighted the spirit of young Eswatini citizens seeking to serve their country.

The Commander went on to congratulate those who excelled in the recruitment races, noting that the competition was intense this year. He praised not only the winners but all participants who showed courage by presenting themselves at the starting line. He said that although not everyone could progress, the discipline shown by the runners was commendable. He encouraged those who did not make it to continue improving their fitness in preparation for future opportunities.



▲ Army Commander Moses Mashikilisane congratulating the ladies category winner at Lobamba Lomdzala Inkhundla army recruitment race Dudu Simelane (35).



▲ Army Commander Moses Mashikilisane Fakudze shaking hands congratulating Brigadier General Thabo Luhlanga for good job in the army recruitment drive.

45 yr old chancer turned back at Lobamba Lomdzala

THE hopes of a desperate job seeker were dashed at the Lobamba Lomdzala Inkhundla army recruitment race on Thursday morning when officials disqualified 45 year old Theminkhosi Mkhwanazi moments before the event began.

The father of two, who was born in 1981, had arrived with the determination of a man searching for a fresh start, but strict age regulations under the national recruitment guidelines prevented him from taking part.

Army recruitment exercises in Eswatini follow rigid criteria meant to ensure that participants are physically capable of handling the demanding training that follows selection. One of the chief conditions is age. Participants must be between 18 and 35 years old, a range designed to secure candidates with sufficient physical resilience and long term service potential. Mkhwanazi fell well outside this bracket, and once his National Identity document was inspected by the Bucopho present at the race, he was politely but firmly informed that he could not proceed.

Speaking to Eswatini Daily News shortly after the emotional moment, Mkhwanazi held nothing back as he described the personal hardships that had pushed him to take a chance despite knowing he was above the age limit. He said the situation at home had grown unbearable, with poverty pressing harder each passing year. Unable to secure a job for a long time, he said he sometimes goes to sleep on an empty stomach. For him, attending the recruitment race was an act of hope, a desperate attempt to revive a life that has been stuck in struggle.

He explained that he had been searching for employment for many years, but each effort ended in disappointment. He shared that the economy has been particularly tough on people without formal qualifications or specialised skills, leaving them competing for limited opportunities. He admitted that while he understood the age regulations, he still decided to try his luck, hoping that the officials might consider his determination and allow him to run.



Companies urge more traders to join AEO programme

PREVIOUSLY accredited Authorised Economic Operators have encouraged more companies to join the programme, saying the benefits have proven valuable in improving the speed, security and cost of cross-border trade.

Speaking on behalf of long-standing AEOs, Royal Eswatini Sugar Corporation representative Zakhele Zulu said the programme has given companies greater predictability in clearance processes and reduced operational delays.

Zulu said AEO status has demonstrated measurable improvements in supply-chain efficiency, especially in the movement of time-sensitive goods.

He said the streamlined procedures, reduced inspections and access to dedicated support from ERS made the programme an essential part of maintaining competitiveness in regional markets.

He added that the AEO environment promotes trust between customs and business, allowing companies to plan shipments with fewer disruptions.

He said this has a direct impact on cost savings and business continuity, and encouraged other companies to take advantage of these benefits by pursuing accreditation.

Speaking on behalf of the newly accredited companies, a representative from Lactalis Eswatini said the group is pleased to join the programme and looks forward to experiencing the operational advantages associated with AEO status.

AEO companies increase by 58.8%

Stories By Delisa Magagula

THE number of Authorised Economic Operators in Eswatini has risen from 13 to 20, which is a 58.8 per cent increase as seven new companies were formally accredited under the Eswatini Revenue Service AEO Programme.

The newly accredited entities are CONCO Limited, Seylan Freight, DHL, Eswatini Post and Telecommunications, Grindrod, Southern Star Logistics and Lactalis Eswatini. They were accredited on Thursday at ERS headquarters in Ezulwini.

Noteworthy, the AEO Programme is designed to strengthen efficiency and predictability in cross-border trade by rewarding traders who demonstrate high levels of compliance, strong internal controls and secure supply-chain management practices.

The accreditation is based on rigorous assessment standards aligned to the regional SACU AEO framework.

Minister for Finance Neal Rijkenberg, when delivering his remarks stated that the growth in numbers reflects the private sector's increasing commitment to compliance as a strategic business practice. He noted that when companies invest in robust systems, government must reciprocate with trust and facilitation.

He said the AEO Programme is the practical expression of this partnership, as it reduces costs and improves the speed of trade.

The Minister said the growth of the programme in Eswatini mirrors the goals set by SACU for a harmonised regional trade environment.

He added that as more companies join, the benefits will accumulate across the economy through reduced border dwell times, lower compliance burdens and improved competitiveness in regional and continental markets.

"The seven additions bring diversity to the programme, which now includes logistics operators, manufacturers, freight companies and national service providers. ERS said the expansion demonstrates the confidence of the private sector in the programme's value and its



ERS and the Private sector executive team during the accreditation event.



The 7 officially accredited companies in the Authorised Economic Operator (AEO) programme.

potential to support export-driven growth," he said.

Business Eswatini also welcomed the increase, saying an expanded pool of compliant traders strengthens the national trade facilitation ecosystem. The organisation said the rise to 20 accredited companies shows a maturing partnership between government and business in efforts to reduce the cost of doing business.

The National Trade Facilitation Committee through its chairperson, E Nathi Dlamini said

the rise in membership represents practical progress in the journey toward a more predictable and secure trade system.

The Committee added that ongoing reforms, including movement toward a Single-Government AEO Programme, will further enhance the benefits available to accredited companies.

Dlamini said with accreditations, Eswatini is positioned as one of the SACU countries showing consistent growth in AEO participation.

ESWATINI Revenue Service Commissioner General Brightwell Nkambule says the country's goal of achieving a 24/7 no-stop border is within reach, driven by ongoing reforms and strengthened partnerships with compliant traders under the AEO Programme.

He made the remarks during the accreditation of seven new companies into the programme.

Nkambule said the AEO framework is central to the ERS strategy and is rooted in the principle that strong partnerships with business enable improved customs efficiency and voluntary compliance. He said the programme aligns with the vision of achieving full voluntary compliance in Eswatini.

"A 24/7 border system relies on predictable processes, reduced

24/7 border operation is attainable

physical inspections and efficient coordination among border agencies. AEOs play a crucial role because their compliance records allow ERS to focus on areas of genuine risk rather than routine consignments, thereby freeing resources for improved border operations," he said.

Nkambule further said accredited companies enjoy priority processing, reduced inspections, simplified procedures, direct access to ERS information and dedicated support for problem resolution.

He said these benefits create a logistics environment similar to a diplomatic passport, where trusted traders move goods with greater speed and fewer disruptions.

He emphasised that the programme does not lower controls or compromise revenue. Instead, it allows ERS to strengthen protection by applying targeted risk management while rewarding compliant traders with facilitation privileges. He said this balance between trust and control is what will make round-the-clock border operations possible.

Nkambule also acknowledged the role of the National Trade Facilitation Committee, which is leading efforts toward a Single-Government AEO Programme. He said coordination among all border-related agencies is essential to achieving seamless operations and consistent application of

standards.

The Commissioner General thanked regional partners and the SACU Secretariat for supporting mutual recognition efforts that will eventually allow Eswatini AEOs to enjoy standardised treatment across the region.

He encouraged more companies to join the programme, saying the pathway to a 24/7 border depends on a larger pool of compliant traders whose processes are predictable and secure. He congratulated the seven newly accredited companies and said their participation strengthens the national supply chain and brings Eswatini closer to its goal of continuous border operation.



FX RATES

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	Buy	Sell
U.S. Dollar	16.7678	17.2329
G.B. Pound	21.9714	22.6442
EURO	19.4164	20.0276
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	



By Delisa Magagula

Govt launches 2025/26 Hamba Ubuye Planting Season

... Backed by E45 million revolving fund

THE Ministry of Agriculture has officially launched the 2025/26 Hamba Ubuye Planting Season, which has been hailed as a significant step in government's efforts to scale up national maize production and strengthen food security.

The launch took place at the Ntfontjeni Rural Development Area (RDA), where farmers received farm inputs under the commercial maize programme, supported through the Eswatini Agricultural Development Fund (EADF).

The Hamba Ubuye initiative is anchored in a revolving loan structure administered under the EADF, which was originally capitalised with E45 million by the Government of Eswatini. The fund continues to operate on a repayment-and-disbursement cycle, enabling more farmers to benefit each year while ensuring the sustainability of the programme.

By placing agricultural inputs directly into the hands of growers at the start of the season, government aims to boost production levels and encourage farmers to approach maize as both a food security staple and a viable commercial enterprise.

Officially opening the planting season, Minister of Agriculture Mandla Tshawuka stressed that the programme is not only about distributing inputs, but about repositioning the maize sector as a core economic driver.

He said the investment made through the revolving fund reflects government's determination to see maize production expanded, modernised and ultimately commercialised.

"We are here to launch a season of renewed commitment. The Hamba Ubuye

fund is a deliberate intervention by government to support farmers with the resources they need and to ensure that maize production becomes reliable and commercially meaningful. The E45 million initial investments is a testament to our belief in the potential of Eswatini farmers and the capacity of this programme to transform our maize economy," he said.

He added that the choice of Ntfontjeni as the launch site was strategic, given the area's strong agricultural participation and potential for increased grain output.

"Ntfontjeni has always demonstrated resilience and readiness to farm. By starting the season here, we are recognising the role farmers in this region play in contributing to national food security," said the minister.

The programme is delivered in collaboration with the Eswatini Water and Agricultural Development Enterprise (EWADE) as well as the National Maize Corporation (NMC). Together, these institutions support farmers with field services, technical guidance, market linkages and post-harvest management.

The Minister said this integrated support structure is essential in ensuring that the revolving fund remains functional and that farmers are positioned not only to cultivate but also to access stable markets.

"The strength of Hamba Ubuye lies in coordination. We are working closely with EWADE and NMC to ensure that from planting to marketing, farmers have



▲ Minister of Agriculture Mandla Tshawuka encouraged farmers to utilise the inputs effectively and to ensure that every field allocated for the season is fully planted

the support they require. This is how we guarantee that maize grown under this programme enters the national supply chain efficiently, and that every harvest contributes to the stability of our food system," he said.

During the launch, hundreds of farmers were handed agricultural inputs that included maize seed and fertiliser. Recipients are expected to plant promptly as part of the season's timelines, with follow-up extension services planned throughout the agricultural cycle.

Officials from the Ministry of Agriculture emphasised that timely planting is vital for ensuring strong yields, especially in a season marked by evolving climatic patterns that continue to influence planting windows.

Noteworthy, Hamba Ubuye, which has expanded steadily over recent years, is designed to accelerate maize commercialisation by enabling farmers to access production resources without the upfront financial barriers that often limit small and medium-scale growers.

The revolving nature of the fund means that farmers who receive inputs are expected to repay once they harvest and sell their produce, allowing the fund to maintain liquidity and support new beneficiaries in subsequent cycles.

In his remarks, Minister Tshawuka reiterated that accountability within the programme remains essential.

"This fund belongs to the farmers of Eswatini. It can only grow if every beneficiary honours their commitment and ensures repayment after harvest. When the system works as intended, more farmers benefit, more fields are planted, and more maize is supplied into the market. We all have a responsibility in protecting and sustaining this programme," said the Minister.

The Minister also commended farmers who have consistently participated in previous cycles and demonstrated reliability in both production and repayment.

He said their efforts have preserved the fund and allowed it to reach more growers across the country.

Meanwhile Government views maize as a



▲ Minister Tshawuka has successfully launched the farming season.

national priority crop, and the Hamba Ubuye initiative forms part of broader agricultural interventions aimed at reducing dependence on imports and improving national food reserves.

Tshawuka highlighted that increasing local maize production reduces the vulnerabilities associated with global price fluctuations and supply chain disruptions.

Tshawuka encouraged farmers to utilise the inputs effectively and to ensure that every field allocated for the season is fully planted.

"This is the time to work the land with determination. The inputs you have received today are an investment into your livelihoods and into the food security of our nation," he said.

He concluded by calling on farmers to embrace the opportunities provided through Hamba Ubuye and commit to a successful planting season. The Ministry will continue to monitor progress in all regions and provide necessary support to maximise output for the 2025/26 season.

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▲ Executive Head of Credit Mphetfo Tshabalala and Home Loans Lead Paris Dlamini.



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FNB Celebrates 30 Years with Vibrant 90s Townhall

ESIBAYENI Lodge turned into a 90s time capsule on Saturday, 22 November 2025, as FNB hosted its annual Townhall in full retro flair.

Celebrating 30 years of the bank's journey, staff arrived in bold colours, baggy fits, classic denim and vintage sneakers fully embracing the decade that shaped the brand's early days.

The venue buzzed with nostalgia, energy and loud 90s vibes as Team FNB brought the spirit to life. A celebration of the past, a spotlight on the present, and a moment that won't be forgotten.



▲ FNB Eswatini Marketing Team.



▲ Bonsile Thwala in a 90s inspired skirt posing with Thembi Silombo.T



▲ Mfana Dlamini dusted off his 90s pants and came out to play with other kids.

PRIVILEGE TO REPLY

Why the ENPF conversion is



By Miccah Nkabinde,
ENPF Conversion Specialist

It is with great respect for the on-going public debate that we respond to the concerns raised in the recent Times of Eswatini Sunday article by Mr Theminkhosi Dlamini, the Executive Director of the Coordinating Assembly of Non-Governmental Organisations (CANGO). His academic paper, titled: “The case for pension reform in Eswatini, Noise or Music”, raises important points.

As someone deeply involved in the design and actuarial work behind the Eswatini National Provident Fund (ENPF) conversion into a Defined Benefit (DB) pension scheme, I welcome this opportunity to clarify how the proposed model addresses these risks; and indeed offers a sustainable, inclusive social protection mechanism for EmaSwati.

Below, I respond, point by point, to Mr Dlamini’s main arguments.

The arguments raised by Mr. Dlamini regarding the financial risks and structural suitability of the proposed Defined Benefit (DB) ENPF scheme, as outlined in the Bill, warrant a detailed and technical assessment. The core objective of the ENPF Bill 2025 aligns directly with the National Social Security Policy of the Kingdom of Eswatini, namely, the alleviation of abject poverty in the member’s retirement life by providing a predictable and sustainable income floor.

The choice of a DB structure for a Pillar I compulsory social security scheme is not only justifiable but, as argued below, is the model to achieve this national policy objective, given the inherent characteristics and constraints of the Eswatini economy

Dlamini’s paper reads: “The proposal to establish the new NPF as a Defined Benefit (DB) scheme, where the benefit formula is guaranteed by law, is the most significant financial risk in the Bill.”

There is nothing wrong with a DB scheme provided it is actuarially valued and monitored. The proposed bill, as an example, differs from C102, in order to add cushion on



▲ The Eswatini National Provident Fund building in Manzini.

better sustainability in future.

A social security scheme cannot be DC due to the inability of individuals to manage their finances. The lives of individuals mimic the DB environment.

The conversion of DB to DC schemes in SADC could not have taken place without these schemes being in surplus, otherwise members would have had to take a haircut on their benefits or employers pump in money to such schemes. These changes were mainly motivated by company preferences for predictability on their financials eg the need for IAS19 or not. There will always be the exception which had promised benefits higher than contributions.

He said DB schemes are primarily suited for developed economies with stable demographics, long life expectancies and deep, predictable capital markets.

Developed countries do not have stable demographics. They have ageing populations which makes it

expensive to run a DB scheme (increase the dependency ratio on unfunded schemes). Even where there is stability, this stability is at an age way higher than eSwatini or most African countries (the cost of any scheme, is actuarially expensive for an older average age).

Long life expectancies make DB



LIDLELANTFONGENI
ENPF

scheme expensive since liabilities run for a longer period. It is hard to understand how this can make a DB scheme better suitable as alleged. The actuarial value of a liability is its predicted future cashflow, which entails the modelling of the longevity of the cashflows. It is common sense that the longer the predicted cashflows, the higher the capitalised value needed to guarantee those cashflow and vice-versa.

No economy has a predictable capital market. Nonetheless, capital markets can be accessed from anywhere. As an example, even the smallest funds in eSwatini, have access to the capital markets from developed markets. This is where the power of pooling becomes important. The legislation in Eswatini permits such. It is also important to note that the experience of ENPF is not that foreign investments deliver superior returns to local investments. This is additionally to ENPF wanting to be a creator of jobs with monies of eMaSwati as opposed to exporter of jobs.

Demographic volatility - Unexpected changes in mortality or life expectancy directly increase the liability of the national pension fund, a risk borne entirely by government.

These shocks are modelled at inception.

The scheme is designed with an expected normal funding level of above 100% from inception. Extreme shocks, such as Covid, investment shocks are historical shocks which DB schemes have proved to withstand if properly designed.

Investment risk - Unlike DC schemes where members bear investment risk, government must cover any funding gaps if returns fail to meet actuarial assumptions.

Social security schemes are long-term going concerns. Short term investment shocks do not threaten the long-term sustainability of the scheme. It is also important to note that a scheme can fall short of its actuarially assumed investment return and still remain financially sound. It is not the individual assumptions that define the future of a scheme, but rather the combination of these assumptions. As an example, a return of 10% and salary increase of 8% will roughly give the same actuarial result as a return of 8% and salary increase of 6%. This example is critical since in the long run, the return turn to positively follow the inflation rate. This scheme has also been valued on close to risk free basis ie government bonds yields, making any risk assets return outperformance a benefit rather than an expectation for the scheme.

Political risk - The guaranteed benefit is highly susceptible to political manipulation, potentially leading to unfunded promises that create future national debt burdens.

The Bill is clear on how to deal with such issues. In particular, an actuarial sign-off is needed for all benefit changes. On the investment side, it is actuarial professional standards to comment on the suitability of any investment strategy backing long term DB liabilities. This protects both the Asset and Liability side of the scheme.

Eswatini lacks a universal, non-contributory basic social grant (Pillar o), which international organisations advo-

▲ Theminkhosi Dlamini, Executive Director of the Coordinating Assembly of Non Governmental Organisations.

PRIVILEGE TO REPLY

sound, sustainable



▲ The Public Seervice Pensions Fund building in Mbabane.

cate as the foundational safety net.

This is not true. The old age grant is non-contributory (funded through the fiscus like all non-contributory basic social grants) serves as Pillar o in eSwatini.

This absence forces the newly proposed contributory Pillar I (the ENPF Bill) to carry the entire weight of guaranteeing minimum social adequacy, a function it is structurally ill-equipped to perform without significant financial risk.

The ENPF bill is contributory i.e. meant only for members who make contributions to it. It thus cannot and will not carry the burden of individuals who do not contribute to it. Even for members who contribute, their rights are limited to what is stated in the bill i.e. based on service and contributions made, amongst others. No two members are guaranteed the same benefit, unless they have the same service and make the same contributions throughout their working lives.

He notes that the key lesson from these reforms is the necessity of a gradual, phased transition and the careful management of vested rights.

All vested rights will remain intact with the transition. This transition can be said to be gradually phased in the sense that no benefits will be payable immediately due to

insufficient pensionable qualifying service to members.

Dlamini further observes that as SADC champions regional integration, benefit portability becomes a critical policy consideration.

This is specifically catered for in the bill Clause 95 in particular.

Retirement funds - He reports that unclaimed retirement benefits constitute the largest share, accounting for more than half of the total value of unclaimed funds.

The main reason for large unclaimed benefits in South Africa is getting hold of dependants. This is not an issue in Eswatini due to the small size of the country. This is evident in the financial statements of pension funds in Eswatini.

In his academic paper, he notes that while this is beneficial to its members, the PSPF is politically contentious due to significant, albeit managed, unfunded liabilities, and its privileged position creates a two-tiered system of social protection that exacerbates national inequality.

PSPF does not create a two-tiered system. It is not different from any occupational pension scheme in the country. The fact that pension schemes are compelled to annuitize at least 2/3 of the lump sum at

retirement, offers guaranteed income to their retirement, although on an unpredictable basis since they mainly come from a DC environment. Not to say that the “excess” return on PSPF has assisted a lot with reducing the deficit. The “excess” return on other occupational schemes has resulted in improved benefits for their members. The two-tier common lack specific motivation.

The Executive Director says the PSPF represents the strongest existing scheme but is now the central point of resistance to universal reform.



PSPF is underfunded. It can thus not represent the strongest existing scheme in the country. It also does not offer the greatest benefit in the country. A number of schemes offer benefits higher than PSPF, either through higher contribution rates and/or through better investment returns which move entirely to the benefit of members as opposed to partly deficit funding. The strength of PSPF is only in the government being able to meet the deficit as and when needed. This has not been tested since it is a going concern and has never reached trigger points (and will less likely in the future) that would have force the State to fund the deficit in full.

Thembinkosi Dlamini, writing in his personal and professional capacity, states that the structure results in a high-aged dependency ratio, where a relatively small formal sector workforce supports a large, increasingly vulnerable elderly population.

This has no bearing on ENPF since it is a contributory scheme.

Conclusion

The proposed DB structure for the ENPF is a robust and appropriate model for a mandatory Pillar I scheme in Eswatini. The risks identified are standard to DB schemes and are effectively managed through modern, professional actuarial design, continuous monitoring, and strong governance controls mandated in the Bill (e.g., actuarial sign-off).

The DB approach directly supports the national policy objective of alleviating abject poverty in retirement by shielding members from longevity, investment, and inflation risks inherent in DC schemes, providing a guaranteed income floor based on service and contributions.

Why social security matters

SOCIAL security is, at its core, about protecting people from the financial shocks that come with life’s major stages and uncertainties.

It is a shared system that helps spread risk and ensure that no one faces hardship alone. In simple terms, it keeps families from falling into poverty when they grow old, lose work, get injured, or face economic difficulty.

In Eswatini, social security operates through two main approaches. The first is the contributory system, where people and their employers pay into a fund throughout their working lives. When they retire or face certain risks, the benefits they receive

are tied to how much and how long they contributed. The ENPF is the country’s best-known example of this model. The second approach is non-contributory assistance.

This is paid for by government revenue and provides a basic safety net for those who may not have had formal jobs or the ability to contribute. Social pensions for the elderly are a familiar example of this.

These systems are especially important because Eswatini faces deep economic challenges.

Poverty remains widespread, with more than half the population living below the national poverty line. This means many families lack a stable financial foundation

and are highly vulnerable to even small economic shocks.

The large informal sector adds to these vulnerabilities.

Up to 70% of workers operate outside formal employment, which means they are not covered by traditional provident or pension schemes. They work, earn, and support families, yet remain unprotected when crises arise.

Older people are also at risk. Under the current provident fund model, retirees receive a one-off lump-sum payment. While helpful in the short term, it often runs out quickly, leaving many elderly citizens struggling to meet basic needs and relying heavily on family or community support.

To address these gaps, the Government has introduced the Eswatini National Social Security Policy (NSSP), a blueprint

for a stronger, fairer, and more inclusive national system.

The vision is to ensure that every citizen—whether formally employed, self-employed, or in the informal sector—has access to some form of protection. The policy also aims to move away from once-off payouts toward regular pension payments that offer stability and dignity in old age. Above all, it seeks to bring all parts of the system together so they work in harmony and share risk across the whole nation.

A key step in this journey is the transformation of the ENPF into a fully-fledged National Pension Fund. This change is designed to provide long-term income security and create a foundation for a more resilient and inclusive social protection system for generations to come.

Thailand shifts gear in flood evacuation



▲ A drone view shows people wading through a flooded area in Hat Yai district, affected by deadly flooding following heavy rainfall in southern Thailand.

FLOOD rescue teams in Thailand readied drones to deliver aid and helicopters dropped supplies to people marooned on rooftops on Thursday, as the death toll from its worst floods in years rose and the number killed by a cyclone in Indonesia climbed to 61.

Thailand's government said 55 people died during severe floods from a week of heavy rain that has devastated nine southern provinces, while on the Indonesian island of Sumatra, rescue teams battled to reach communities cut off by landslides and floods that wreaked chaos in three provinces.

Thailand has pushed relief efforts into high gear after the military brought in an aircraft carrier, 20 helicopters and convoys of trucks to deliver food, medicine and dinghies, and issued a public appeal for boats and jet skis to reach people stranded for days by waters up to 2 metres (7 feet) high.

Floodwaters had receded on Thursday in Thailand's worst-hit city of Hat Yai and authorities were optimistic that access could increase and allow basic services to be restored.

"Efforts to assist the public are continuing, but the flooding situation will be a long fight," Thai government spokesperson Siripong Angkasakulkiat said.

Nearly 3 million people have been affected by floods in southern Thailand, with thousands of people huddling in evacuation centres, while in neighbouring Malaysia, similar flooding in seven states killed two people and forced more than 34,000 into shelters.

TROPICAL CYCLONE DEVASTATES INDONESIAN ISLAND

On Sumatra, an Indonesian island of 60 million people, a tropical cyclone unleashed deadly floods and landslides, with at least 100 people missing and power outages and damaged infrastructure hampering rescue efforts.

Kompas TV showed images of earth sliding down a hillside to pile up in front of homes, while gushing waters higher than 1 metre (3.5 feet) swept along debris and the branches of trees.

People were carried out of their homes through fast-flowing water and helped onto

orange rubber boats in the teeming rain, video from the search and rescue agency showed.

Verified images from West Sumatra showed rescue teams carrying bodies through deep mud and cars displaced and on top of each other after being carried away by a tide of floodwater.

Meteorologists say current extremes of weather in Southeast Asia could stem from the interaction of two active systems, Typhoon Koto in the Philippines and the unusual formation of Cyclone Senyar in the Malacca Strait.

Global warming can bring more frequent extreme events as higher sea surface temperatures supercharge tropical storms.

The most recent floods follow a series of

deadly typhoons and heavy monsoon rains that have lashed the Philippines and Vietnam and swelled floods elsewhere.

ARMY REINFORCEMENTS ARRIVE

Thailand's army engineering corps with specialist vehicles and 2,000 members of the civil defence corps arrived on Thursday in Hat Yai, the fifth-largest city, where helicopters were delivering food to hospitals and victims still stuck on rooftops.

In Hat Yai, thousands have been stranded by the heaviest rainfall in 15 years, with 335 mm (13 inches) recorded on Friday, the city's highest in a single day for 300 years.

Aerial footage under grey skies over Hat Yai showed miles of roads engulfed by brown water, with heavy-duty trucks crawling along wide thoroughfares past abandoned cars and

lorries, as groups of people waded slowly through knee-deep water.

"I'm walking back to my grandmother because she hadn't had food for two or three days. I heard she finally received some food, but I'm still worried," said Natawat Chermmontri, 18, moments before diving into the water to swim across a road.

TROPICAL STORM WARNING

Waters were receding in Malaysia, where authorities issued new warnings on Thursday of a tropical storm until the weekend that could bring strong winds, rough seas and heavy, continuous rain affecting seven states.

Container lorries were used to bring some Malaysians back over the border from Thailand, the foreign minister said, as smaller vehicles were unable to traverse the floodwaters. Authorities said about 500 nationals were still stranded in Hat Yai, a city popular with Malaysian tourists.

At an evacuation centre in the state of Perlis, Gon Qasim said rising waters trapped her in her home in the middle of a paddy field.

"The water was like the ocean," the 73-year-old said.

In Thailand, police said they were assisting 1,000 stranded foreigners, moving them to shelters at a university.

At an indoor basketball arena that was turned into an evacuation centre, a tearful Kritchawat Sothiananthakul, 70, described the inexorable rise of waters in his Hat Yai home, as he waited with his dog to be rescued.

"We had to climb down from the roof, get into the boat," he said. "I needed to carry it and then get onto a truck... We had to leave everything because everything was submerged." (Reuters)

Pope Leo arrives in Turkey on closely watched first overseas trip



▲ Pope Leo XIV waves as he boards the papal plane ahead of his first apostolic journey to Turkey and Lebanon, at Fiumicino Airport, near Rome, Italy.

POPE Leo arrived in Turkey on his first trip outside Italy as leader of the Catholic Church on Thursday and was expected to make appeals for peace in the Middle East and urge unity among long-divided Christian churches.

The first U.S. pope chose mainly Muslim Turkey as his first overseas destination to mark the 1,700th anniversary of a landmark early Church council there that produced the Nicene Creed, still used by most of the world's Christians today.

Leo landed in the capital Ankara shortly

after midday (0900 GMT) for what is a crowded three-day itinerary in Turkey before heading on to Lebanon. It will be closely watched as he makes his first speeches overseas and visits sensitive cultural sites.

PAPAL TRIPS ABROAD DRAW GLOBAL ATTENTION

The Turkish and Vatican flags flew above the cockpit as Leo disembarked from the plane, to be greeted by a Turkish delegation led by the country's culture and tourism minister.

Speaking to journalists aboard the papal flight from Rome, Leo said he wanted to use

his first overseas trip to urge peace for the world, and to encourage people of different backgrounds to live together in harmony.

"We hope to... announce, transmit, proclaim how important peace is throughout the world," the pope said at the beginning of the three-hour flight. "And to invite all people to come together, to search for greater unity, greater harmony."

Foreign travel has become a major part of the modern papacy, with popes attracting international attention as they lead events with crowds sometimes in the millions, give foreign policy speeches and conduct international diplomacy.

"It's a very important trip because we do not know much yet about Leo's geopolitical views, and this is the first big chance for him to make them clear," Massimo Faggioli, an Italian academic who follows the Vatican, told Reuters.

LEO TO MEET TURKISH PRESIDENT AND ORTHODOX PATRIARCH

Leo was elected in May by the world's Catholic cardinals to succeed the late Pope Francis. A relative unknown on the world stage before his election, Leo spent decades as a missionary in Peru and only became a Vatican official in 2023.

Francis had been planning to visit Turkey and Lebanon but was unable to go because of his worsening health.

Leo, 70, was scheduled to meet President Tayyip Erdogan and address political leaders

in the Turkish capital.

He will fly on Thursday evening to Istanbul, home to Patriarch Bartholomew, spiritual leader of the world's 260 million Orthodox Christians.

Orthodox and Catholic Christians split in the East-West Schism of 1054, but have generally sought in recent decades to build closer ties.

Leo and Bartholomew travel on Friday to Iznik, 140 km (90 miles) southeast of Istanbul and once called Nicaea, where early churchmen formulated the Nicene Creed, which lays out what remain the core beliefs of most Christians today.

In a departure from normal practice - popes usually speak Italian on foreign trips - Leo is expected to speak English in his speeches in Turkey.

On the flight to Ankara, two journalists presented the American pope with pumpkin pies, a staple of the U.S. Thanksgiving holiday that was also taking place on Thursday.

PEACE WILL BE KEY THEME OF LEBANESE LEG

Peace is expected to be a key theme of the pope's visit to Lebanon, which starts on Sunday.

Lebanon, which has the largest percentage of Christians in the Middle East, has been rocked by the spillover of the Gaza conflict as Israel and the Lebanese Shi'ite Muslim militant group Hezbollah went to war, culminating in a devastating Israeli offensive. (Reuters)



Stories by Delisa Magagula

ESWATINI is set for a thrilling weekend filled with entertainment.

Experience an electrifying mix of music events that vividly celebrate the kingdom's vibrant spirit. Eswatini Daily News has compiled the biggest shows' gig guide.

► **BABALWA M MAKE UP SHOW**

When: Friday
Where: Mavuso Trade Centre
Fee: E100

Eswatini music fans are eagerly anticipating a special event as Babablwa M, the celebrated “queen of Amapiano,” prepares to take the stage at IF’s Lounge for a highly anticipated make-up show. This performance, set for November 28, 2025, comes after the artist missed her originally scheduled appearance at IF’s Lounge’s Spring Bash on October 25, 2025, leaving many fans disappointed. The event’s founder, Thulani Ntsangase, honoured his promise to deliver a make-up show, ensuring that Babablwa M’s loyal followers will not be left wanting. Babablwa M’s rise in the South African music scene has been nothing short of remarkable. Known for her platinum-selling singles such as ‘Sukakude’ and ‘Izono,’ she has become a defining voice within the Amapiano genre, a style that has taken the country and the world by storm. Her collaborations with some of the industry’s top producers, including Kelvin Momo, Mas Musiq, Sam Deep, and Musa Keys, have consistently pushed the boundaries of the genre, blending deep house rhythms with soulful melodies to create a sound that is uniquely hers.

► **ORYX FRIDAY**

When: Friday
Where: Oryx Lounge
Fee: Free

South African house music producer Siphamandla Innocent Nene, better known by his stage name China Charmeleon, is set to headline the much-anticipated “Oryx Friday.” This event, set to be held on November 28, 2025, will take place at Oryx Lounge, featuring a dynamic lineup including Selby, The Bishop, Katz, and other notable artists. Best of all, entry to this celebration of South African dance music is free, inviting fans from all walks of life to experience the vibrant sounds firsthand. Born in the small town of Carolina in Mpumalanga province, China Charmeleon’s journey to becoming a household name in South African electronic music is a story of perseverance and innovation. After struggling to make a living as a musician in his hometown, he relocated to Johannesburg in 2018, seeking greater opportunities in the country’s bustling music scene. This move proved pivotal, as it led to his discovery by the respected DJ and producer Kid Fonque.

► **SWAZI PLAZA NIGHT**

When: Friday
Where: Food Court, Swazi Plaza
Fee: Free

Swazi Plaza will once again light up with the much-anticipated “Swazi Plaza Nights” event, headlined by the soulful singer-songwriter iYa. Scheduled for the evening of November 28, 2025, at the bustling Food Court of Swazi Plaza, this free event promises an unforgettable night filled with music, dance, and community spirit. iYa, a rising star in Eswatini’s music landscape, will take centre stage to deliver an emotional and captivating performance. Known for her rich vocal tones and heartfelt



Electrifying weekend ahead

songwriting, iYa recently released her debut album ‘I Feel Deeply,’ a project crafted in collaboration with the Grammy Award-winning singer-songwriter Manana. The event will not only showcase iYa’s powerful artistry but also feature the dynamic Uncle Karly, a beloved multi-genre entertainer and DJ renowned for his ability to energise any crowd. Uncle Karly’s set will set the perfect tone for the evening, blending various musical styles to keep the energy high and the audience engaged. Complementing this lineup is the resident DJ Twanas, a crowd favourite known for his electrifying mixes that promise to carry attendees well into the night.

► **ESWATINI LIFESTYLE AWARDS**

When: Saturday
Where: Mavuso Trade Centre
Fee: E250

Scheduled for November 29, 2025, at the prestigious Mavuso Trade Centre, the Eswatini Lifestyle Awards will unfold over several exciting hours. The festivities begin with a red carpet event from 4:30 pm to 5:30 pm, offering attendees a chance to witness the arrival of Eswatini’s most influential figures in style. Following this, a lively karaoke session from 5:30 pm to 6:30 pm will engage guests in an interactive and entertaining warm-up before the main awards ceremony, which will run until 10:00 pm. Ticket prices are set at E250 for general admission and E350 for VIP

access, making the event accessible while offering premium experiences for select guests. The transformation from the former Jumbo Festival to the Eswatini Lifestyle Awards marks a significant strategic shift. This rebranding effort is designed to broaden the event’s scope and enhance its prestige by explicitly highlighting the awards component. The change reflects a deeper commitment to acknowledging the outstanding achievements of individuals and organisations that shape Eswatini’s vibrant lifestyle sectors, including business, leadership, corporate affairs, culture, fashion, and creativity.

► **BLACK CROWN SUNDAY**

When: Sunday
Where: Brussels Lounge
Fee: Free

Deep Essentials, the acclaimed South African house music duo, are poised to bring their signature sound to the Brussels Lounge. The stars are set for the much-anticipated ‘Black Crown Sunday’ event on November 30, 2025. The event, running from 2 pm until late into the night, promises a vibrant celebration of house music culture and community, with free entry welcoming music lovers to experience an unforgettable day of rhythm and energy. The ‘Black Crown Sunday’ event at Brussels Lounge will showcase Deep Essentials as the headlining act, setting the tone for an immersive musical journey. Fans can expect a set filled



with harmonious melodies and pulsating beats that linger long after the music stops, capturing the essence of house music’s power to connect and uplift. Supporting Deep Essentials is an exciting lineup of local talent, including Lil D, Mafaka, Cnatra, Master Jack, The Bishop, Selby, and Drum Rhythm, among others. This diverse roster of artists promises to deliver a dynamic and eclectic mix of sounds, ensuring that the event caters to a wide range of house music enthusiasts. Each artist brings their unique style and energy, contributing to a rich tapestry of performances that celebrate the genre’s vibrant culture.

DJ Gifted Kosie headlines Nkomazi show

Stories by Delisa Magagula

DJ Gifted Kosie is poised to make a significant mark on the international music scene as she headlines the highly anticipated “Ultimate All White Experience” in Nkomazi, South Africa.

Scheduled for December 20, 2025, at the Elangeni Lodge, this event marks a pivotal milestone in her burgeoning career, highlighting her expanding influence beyond national borders. Gifted Kosie, known for her dynamic performances and innovative mixing style, expressed profound gratitude and excitement about this opportunity. In a recent interview, she reflected on the importance of this international breakthrough, emphasising how it allows her to engage with diverse cultures and gain fresh perspectives. “I feel so appreciative and honoured because I get a chance to connect with diverse cultures, and gain new perspectives,” she shared, underscoring the transformative impact of global exposure on her artistry.

For Gifted Kosie, international gigs represent more than just performances; they are essential building blocks in her artistic evolution. She explained that performing for different audiences and immersing herself in various musical styles enhances her confidence and resilience as a DJ. “Exposure to different audiences and musical styles builds my confidence, leading me to be a more resilient DJ,” she noted. This continuous learning and adaptation process fuels her creativity, inspiring new ideas that drive her ambition to establish a sustainable and lasting international career.

Beyond her personal aspirations, Gifted



▲ DJ Gifted Kosie.

Kosie carries a strong sense of responsibility as a cultural ambassador for Eswatini.

Passion

She is committed to showcasing the passion, resilience, and creativity that define her homeland through her music and public persona. “On stage, I promise to deliver a high-energy, and memorable

experience that leaves audiences with a great impression of the music and culture,” she affirmed. Her dedication to professionalism and cultural representation extends beyond the stage. “Off stage, I will maintain professionalism, embodying the best qualities of the country’s passion, resilience, and creativity,” she added.

As 4 Jerry P drops ‘Mlentengamunye’ visuals

AS 4 Jerry P, a rising star in Eswatini’s vibrant music scene, has unveiled the official music video for his hit song ‘Mlentengamunye.’

The visualiser for the track has already amassed over 146,000 views on YouTube, signalling strong public interest and appreciation. ‘Mlentengamunye’ is more than just a song; it is a deeply spiritual anthem rooted in Swazi culture and history. In a recent interview, As 4 Jerry P explained the profound meaning behind the title and lyrics. “Mlentengamunye is a spiritual song totally linked to Swazi culture dating back to the days when our forefathers were migrating down to where we are today,” he said. The phrase refers to the cloud that guided the ancestors to their promised land, symbolising hope, guidance, and divine protection.

The artist draws a poetic connection to King Somhlolo, an ancient Swazi ruler renowned for his visionary leadership. “King Somhlolo had a vision and solution for his people,” As 4 Jerry P noted. “By following his remarks, I had to transform my music style into a unique Afro Trap style which combines modern beats with oral traditions, thus creating a powerful bridge between contemporary music and Swazi culture.”

The official music video was filmed



▲ As 4 Jerry P in one of ‘Mlentengamunye’ visual takes.

in the artist’s home village of Siteki, Lukhula, adding authenticity and personal significance to the visuals. “Everything in this video is 100 per cent accurate, shot in my Village (Siteki, Lukhula) at home,” As 4 Jerry P shared. “That’s my bed where I would write lyrics every morning before a quick shower to school.”

Project

The project was brought to life by Upscale Live director Sibusiso ‘3T’ Simelane, who emphasised the importance of giving ‘Mlentengamunye’ the attention it deserves. “We know the nation has been waiting for new music from As 4 Jerry

P, and the love you’ve shown has been overwhelming. But moving forward without giving ‘Mlentengamunye’ the full attention it deserves would not have been fair,” he said. “This song continues to prove that it is a national anthem, and it needed a visual story worthy of its impact, so we had to deliver.”

Simelane also called on media houses, fans, and supporters to rally behind the release as it marks a significant milestone in As 4 Jerry P’s career. “We humbly ask for full support from all media houses, fans and supporters as we take this milestone to the next level,” he remarked.



▲ Ollie The Poet.

Ollie The Poet unveils new poem

ESWATINI’S female wordsmith, Ollie The Poet, is poised to release a compelling new piece titled “Precious Servant of The Words.”

In an exclusive interview, Ollie revealed that “Precious Servant of The Words” is a personal exploration of her journey with writing. She described the poem as a reflection of solace, comfort, and purpose she has found in expressing her thoughts and emotions through words.

“The inspiration behind this poem came from my own experiences as a writer,” she explained, emphasising how writing has been a source of strength and meaning in her life. The poem captures the essence of this ongoing journey, highlighting the transformative role that words play not only for her but also for those who engage with her poetry.

The underlying message of the poem centres on surrendering to the creative process and dedicating oneself wholeheartedly to the art of writing. Ollie views herself as “a vessel for the words,” believing firmly in their power to heal, inspire, and forge connections among people. She conveyed that writing transcends the mere act of putting words on paper; it is about “tapping into a deeper source of creativity and wisdom.”

Creative process

Ollie described the creative process behind “Precious Servant of The Words” as fluid and organic. She allowed the words to guide her, letting the poem unfold naturally from her emotions, experiences, and observations. “At times, it felt like the words were writing themselves,” she shared, underscoring the almost mystical connection she feels with her craft. This poem, she said, is a mirror of her inner world, and she expressed gratitude for the opportunity to share it with a wider audience.

The poem will be available on all major digital platforms, including Spotify, Apple Music, and YouTube Music. Ollie encouraged poetry lovers and new listeners alike to take a moment to stream the piece, which runs just under three minutes. She hopes that the words will resonate deeply and inspire others to appreciate the beauty and power of poetry. “Please take a moment to stream it, and share it with others who might appreciate it,” she urged, inviting everyone to join in spreading the love for poetic expression.

'Rush Hour 4' confirmed as Trump reunites Jackie Chan, Chris Tucker

RUSH Hour 4 is in the works, with Jackie Chan and Chris Tucker reunited after the US President Donald Trump reportedly requested the film's return to revive the action-comedy genre.

DiscussingFilm claimed on X, "Rush Hour 4 has been greenlit at Paramount, after push from Donald Trump. Paramount is teaming up with Warner Bros. to distribute. Brett Ratner, who coincidentally just made a documentary about Melania Trump, will return to direct." The date it will be released has not yet been announced.

Filmmaker Brett Ratner is reportedly making a return to the industry, following his withdrawal from major projects in 2017 after six women accused him of sexual harassment. His comeback started with a documentary about Melania Trump, which is rumored to have been commissioned by U.S. President Trump. It is now suspected that the President may be setting up Ratner to direct Rush Hour 4.

The film will reunite the beloved comedy duo Chan and Tucker on

screen for the first time in 18 years. The substantial age gap between them during the Rush Hour then and now may introduce a notable, potentially controversial, new dynamic to their forthcoming movie.

The first Rush Hour unites Hong Kong Inspector Lee, loyal and dedicated, with James Carter, a reckless and talkative L.A.P.D. detective, in an unlikely partnership to rescue the Chinese Consul's kidnapped daughter and capture a dangerous criminal.

Much of

the film's comedy stems from the clash of their vastly different cultures, particularly Carter's notable lack of martial arts skill, which leads to many iconic and humorous moments.

In Rush Hour 2, Carter joins his friend Lee for a vacation in Hong Kong. However, their trip takes a sharp turn after a bomb explosion at the U.S. consulate kills two U.S. customs agents. The friends decide to investigate the incident, leading them through Hong Kong in pursuit of the perpetrator. Their mission is filled with numerous fights, chases, and hilarious situations.

Following the attempted assassination of Ambassador Han, Carter and Lee hurry to

Paris. Their mission is to track down the assassin, unravel a mystery surrounding the Chinese trials, and protect a French woman who possesses too much information about



▲ US President Donald J Trump.



▲ Rush Hour 4 is in the works, with Jackie Chan and Chris Tucker reunited.

the organization. Fans express their concerns regarding the age of the actors, the president's involvement, and the director's return.

On TikTok, user BOY commented, "I honestly don't know how

they're gonna pull this movie off now, I feel like they're too old, I'm definitely excited, but feel like this should've been done like 8 - 9 years ago."

(Bang Showbiz)

Babalwa M's 'Acquiesce' emerges from silence and healing

BABALWA M, born Babalwa Mavuso, has returned with a new body of work that she describes as the result of a long period of silence, reflection and recovery. On Instagram, she shared a message that set the tone for the project.

"After a long silence, I'm finally ready to speak again. 'Acquiesce', my new project arrives this Friday. Acquiesce in the quiet art of yielding without losing your power. I poured everything I didn't say out loud into these songs.

"I hope that when you hear them, you feel less alone in your own journey of becoming. Friday, we let it breathe together. Thank you for still being here. All my love, B." Babalwa M has built her name in amapiano through a steady catalogue of music, a calm public presence and a reputation for staying clear of industry disputes.

Her voice, known for its steady and warm tone, has made her a favourite among listeners who seek music that evokes a sense of comfort.

Across her career, she has been one of the few artists whose name is seldom attached to controversy.

The only moment that has brought her into the centre of public conversation came in late 2024, when reports surfaced about her alleged breakup with producer Kelvin Momo.

Their relationship, which had grown in the public eye through frequent collaborations, was a source of interest for many fans.

When rumours of infidelity began



▲ Babalwa M, born Babalwa Mavuso, has returned with a new body of work that she describes as the result of a long period of silence, reflection and recovery.

to circulate in October, social media erupted with commentary. The two artists had become one of amapiano's strongest creative pairs, and many listeners feared that personal issues would affect their work.

Others speculated that the sudden attention might be linked to new music, which created further debate.

Through all the noise, Babalwa M chose silence. She did not respond

to the speculation surrounding the situation. The quiet that followed only increased curiosity about what she was working on and whether the music would reflect any part of her private life.

Now, with "Acquiesce" on the way, listeners want to know if the project will hold answers or at least an emotional perspective on that period.

Sir Elton John opens up about his fight against blindness

SIR Elton John has revealed how he has been battling with blindness for the last 15 months.

John, aged 78, contracted an eye infection in July last year, leaving him blind in the right eye.

John further explained that he has limited vision in his left eye.

Earlier this year, while speaking about his situation, he said he has not allowed it to dampen his enthusiasm.

"I've got bad eyesight at the moment. There have been days when I've been miserable, but then I think about how lucky I am."

He says he remains hopeful that his eyesight will improve in the coming months. "I've got a new respect for sight-impaired people and people who are totally blind, some of whom I'm in touch with. But to hell with it, I've got a great life, and hopefully my sight will improve," he said.

In an interview with the Guardian newspaper, the 'Rocket Man' hitmaker, said he has previously beaten addiction and other health issues and is determined to overcome this setback.

"This is not going to

beat me. I've beaten addiction, I've beaten health issues, and I can pick myself up and dust myself off," he said. John was recently named Variety Philanthropist of the Year 2025.

Taking to his social media, he remarked how he lost so many loved ones, including his friend Ryan White to Aids.

"This cause has been my life's work, and I am immensely proud of what we've built together, alongside David Furnish as Board Chair and Anne Aslett as CEO. We have the tools to end Aids for everyone,

everywhere - and we cannot stop now," he said. (IOL)



▲ Sir Elton John has revealed how he has been battling with blindness for the last 15 months.

SOME ways to get pink, healthier lips include exfoliating, staying hydrated by consuming enough fluids, or trying out a suitable gloss or lipstick that works for you.

Soft, full-looking lips may look nice, but keeping your lips hydrated and healthy is most important. If you're like most people, though, your lips won't look soft, pink, and plump without paying a little extra attention to the skin on your mouth.

Keep reading to learn 14 home remedies for hydrated, healthy lips.

1. Exfoliate your lips

Before you head to bed at night, apply a good quality lip balm. After waking up, use a damp washcloth or a toothbrush to gently rub off any dead or dry skin. This will also boost circulation to the area.

2. Try a homemade lip scrub

Using this recipe, you can exfoliate the thin skin on your lips with raw sugar while you lock in moisture with almond oil and honey.

3. Stay hydrated

One of the most common causes of dry skin is not drinking enough water. Getting eight glasses of water a day will benefit your body in lots of ways, and fuller-looking lips are an added benefit.

4. Use vitamin E

If you have vitamin E capsules, you can simply cut one open and apply the product right to your lips. Vitamin E boosts circulation and may help generate new skin cells, making your lips softer.

5. Moisturize with aloe vera

You can purchase pure aloe vera gel or even crack a leaf from an aloe plant in your home for this remedy. Aloe vera has soothing and healing properties, helping lips to look their best.

6. Use a berry-based lip scrub

Strawberries are rich in antioxidants and vitamin C, which makes them a great ingredient for nourishing the skin on your lips.

7. Protect lips from the sun

It's common knowledge that the skin on your face is subject to damaging sun exposure. But, one 2005 studyTrusted Source found that of 299 people who applied sunscreen to their body correctly, only 37% also used lip protection.

Using daily SPF 15 or above, even on cloudy or cold days, helps slow the signs of aging. Your lips can become damaged by UV rays from sun exposure or even sunless tanning beds. Make sure you're using a lip balm with an SPF ingredient. Reapplying sunscreen hourly to your lips will give you the best results.

8. Use natural plant dyes

If you're going after an even lip color that's slightly more reddish than your skin tone, natural plant dyes are a good place to start.

They also won't irritate or dry out lips

like heavy lipsticks. Raspberry juice or pomegranate juice applied directly to your lips can temporarily stain your lips a pinkish color.

9. Limit exposure to toxins

Polluted air, smoke, and chemicals can prematurely age skin, making lips look dark or wrinkled. Habits like smoking can aggravate this effect and give your lip color a faded appearance. Avoiding cigarettes and secondhand smoke can improve the way your lips look. Wearing a scarf to cover the lips may also protect them from overexposure.

10. Take off your makeup before bed

Sleeping in your makeup isn't good for your skin, and your lips are no exception. Even if there's no visible lipstick or product on your lips at the end of the day, give them a gentle swipe with a makeup-removing wipe before you hit the pillow.

11. Try peppermint oil

Using peppermint oil on your lips may boost circulation to the area. It also provides a cooling sensation that can soothe lips that feel dry. Mixing peppermint oil with a carrier oil, such as almond oil or coconut oil, makes for a luxurious DIY lip balm that you can reapply throughout the day.

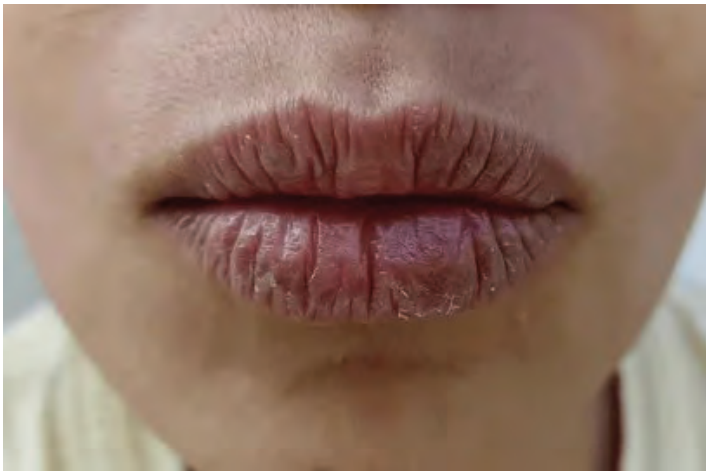
12. Always prep before using lipstick

Even when you're using lip color products that aim to minimize skin damage, it's still a good idea to coat your lips with a primer to stop them from getting dried out before you put on lipstick. Use a cotton swab or lip brush to prime lips with coconut oil or almond oil. Let it fully soak in before you use a lip stain or some other lipstick.

What You Can Do Today

► Read more about the best hydration

Ways to get healthy-looking lips



apps you can download to increase your fluid intake and help improve skin hydration.

► Check out these articles on how to achieve plumper and softer lips:

► Lip Care Routine 101: Get Your Perfect Pucker with These Expert Tips

► 11 Ways to Plump Your Lips, from DIY Drugstore to Dermatologist

► How to Exfoliate Your Lips: DIY Ingredients, Benefits & What to Avoid

► Try out these DIY lip scrub recipes to help remove dead skin and exfoliate your lips.

The bottom line

Remember that different skin tones will look better with different lip colors. Don't be discouraged if your lips don't look exactly like your favorite celebrities or the product ads you see in magazines. Aiming for lips that are healthy, hydrated, and smooth should be your goal with these and any other home remedies for your lips.

Healthline

BUILD a simple, one-minute habit to check in with your body and mind, so you can respond to your needs with more clarity and care each day.

In the midst of busy schedules and long to-do lists, it's easy to lose track of how we're actually doing, physically, mentally, and emotionally. But checking in with yourself doesn't have to take long. A simple one-minute habit can create space in your day for awareness and self-connection.

This small mindfulness practice can help you notice early signs of stress or burnout, reduce decision fatigue, and make health feel like a daily rhythm instead of an occasional reset.

The goal is to move from reacting to problems to responding to your needs in real time. This guide will show you how to build a realistic, consistent check-in routine that fits into your life, even on your busiest days.

Start with your purpose

Before you begin, it helps to clarify why this habit matters to you. Maybe you want to be more aware of your stress levels, manage your energy better, or prevent burnout.

Maybe you're trying to build a more balanced lifestyle or pay more attention to your body's signals.

Write down one or two reasons that feel true for you. When you have a clear purpose, your daily check-in becomes more than just another habit—it becomes a small act of self-respect.

Choose your check-in time

Pick a time of day that makes sense for you. The goal is to make your check-in part of your natural rhythm, not something you constantly have to remember or squeeze in.

Some people find mornings helpful to set the tone for the day. Others prefer a mid-day pause or an evening wind-down.

Think about a moment when you already have a small pause, right after brushing your teeth, while your coffee brews, or just before bed. Anchor your check-in to that moment.

Decide what you want to track

A good check-in is simple, quick, and consistent. Here are a few questions to choose from. Pick 3 to 5 that feel relevant to your health and goals:

- ▶ What sensations or signals is my body giving me right now?
- ▶ Where in my body do I feel tightness, tension, or ease?
- ▶ What kind of energy do I have right now, and how would I describe it?
- ▶ What emotions are present for me in this moment?
- ▶ How rested or restored do I feel today?
- ▶ What is my body asking for—food, water, rest, or something else?
- ▶ How have I moved today, and how did that feel?
- ▶ What does my body or mind need most right now?

You don't have to answer them all. Choose the ones that give you useful feedback in a short amount of time.

Pick your format

There's no one right way to do your check-in. Choose a format that matches your style. Here are a few options:

- ▶ Say your answers quietly to yourself.
- ▶ Write them down in a notebook or

Create a 1-minute daily health check-in habit



notes app.

- ▶ Use a voice memo.
- ▶ Tap in with a short guided journal or app.

If you're more visual, you might use symbols or emojis to log your energy and mood. If you prefer structure, make a quick checklist template to reuse each day. Keep it simple and sustainable.

Keep it to one minute

The power of this habit is in its brevity. One minute is enough. You don't need to solve anything or go deep. The goal is awareness, not action.

Over time, that awareness may naturally influence your choices, like realizing you need more water, more rest, or even just a walk around the block.

If you also feel like journaling for longer some days, go for it, but don't let that become a new pressure. The one-minute version is always enough.

Use it as a decision filter

Your check-in can become a gentle guide for daily decisions. If you're tired, maybe that high intensity workout can shift to a walk.

If you're stressed, you might opt for a slower start to the day or take a few deep breaths. When you know where you're at, you're more likely to make choices that support your well-being.

You don't need to overhaul your whole day, just notice what you need and adjust where you can.

Track your consistency, not your data

Try keeping a small calendar or habit tracker to mark off each day you complete your check-in. Don't worry about what your answers are, just focus on the act of checking in.

The goal is to build consistency and trust with yourself. You're showing up for your health every single day, even in a small way.

That sense of reliability adds up over time and builds a foundation for bigger habits that can be layered in later.

Give it a name or phrase

Sometimes, giving a habit a simple name can make it more personal and easier to remember. Maybe you call it your "morning body scan," "mood minute," or "pause and breathe."

Choose something that feels light and meaningful to you. You can even set a daily reminder on your phone using that phrase so it becomes part of your routine without effort.

Expect it to evolve

Some days, your check-in will feel really useful. Other days, it might feel boring or

repetitive. That's okay. Like any habit, it will ebb and flow.

Over time, your questions or format may change. You might notice new patterns or find you want to check in twice a day instead of once. Stay flexible.

The core habit is simply tuning in. The rest can grow with you.

Be gentle, not judgmental

One of the most important things about this practice is that it's not a test. You're not trying to pass or fix anything. If you notice you're tired, anxious, or haven't had much water, that's helpful information, not a reason to feel guilty. Treat your check-in like a conversation with a friend. You're listening, noticing, and responding with care. That mindset makes the habit easier to maintain and more nourishing over time.

Takeaway

You don't need a big plan or fancy tools to develop better health awarenessTrusted Source. Just one minute a day of tuning in to how you feel, physically, mentally, and emotionally, can create lasting change.

This small habit gives you the information and clarity to make healthier choices, adjust when needed, and feel more connected to your own well-being. Over time, it becomes more than a habit. It becomes a way of showing up for yourself every day.

Healthline

Around the world in pictures



▲ Cars stuck as residents using ropes wade through flood waters at a residential area affected by flood, following heavy rains in Padang, West



▲ Macy's Santa Claus is greeted by traders on the floor at the New York Stock Exchange (NYSE) in New York City.



▲ A Soyuz MS-28 spacecraft launches for an expedition to the International Space Station (ISS) from the Baikonur Cosmodrome, Kazakhstan.



▲ Pope Leo XIV visits Anitkabir, the mausoleum of modern Turkey's founder Mustafa Kemal Ataturk, during his first apostolic journey, in Ankara, Turkey.



▲ Pope Leo XIV waves as he boards the papal plane ahead of his first apostolic journey to Turkey and Lebanon, at Fiumicino Airport, near Rome, Italy.



▲ A drone view shows people wading through a flooded area in Hat Yai district, affected by deadly flooding following heavy rainfall in southern Thailand.

McLaren confident ahead of final races despite Vegas setback

FORMULA One champions McLaren are confident title contenders Lando Norris and Oscar Piastri will be fully up to speed for the last two races of the season in Qatar and Abu Dhabi despite their disqualification in Las Vegas.

Team principal Andrea Stella said in a team Q&A on Thursday that nothing would change in how the team went racing and what happened in Vegas last Sunday, with excessive wear to the rear skids, was specific to that street circuit.

"We have a well-established and consolidated way of setting up the car and we are confident that this will lead us to an optimal plan for the coming races, starting from the Lusail International Circuit (this weekend)," he said.

"Nevertheless, we learn from every lesson and the one in Las Vegas has been able to provide some useful information about the operating window of the car and the porpoising regime."

"Porpoising" is a phenomenon linked to ground-effect aerodynamics that occurs when a car repeatedly bounces on its suspension when travelling at high speed, losing downforce before gaining it again.

Stella said McLaren experienced "large



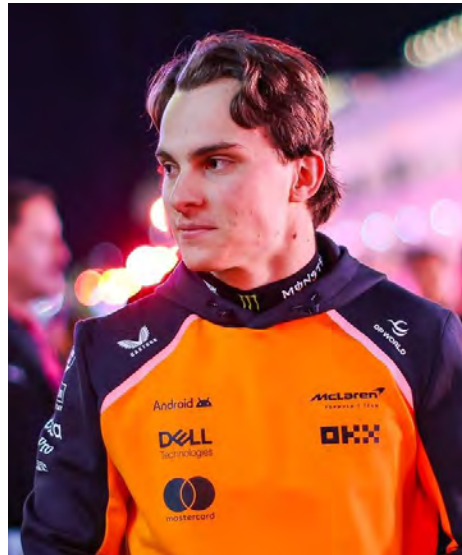
▲ Lando Norris.

vertical oscillations" in Las Vegas.

NO EXCESSIVE RISKS TAKEN

"The level of porpoising was exacerbated by the conditions in which the car operated during the race, and it was not anticipated based on what we had seen in practice and based on the predictions of the car operating window in the race."

He denied the team took excessive risks in terms of ride height and said they added



▲ Oscar Piastri.

a clearance safety margin for qualifying and for the race, but that had been negated by the unexpected oscillations which caused the car floor to hit the ground.

Stella said that going slower, which should have increased clearance, was only partially effective and actually proved counterproductive in some areas of the track.

"What happened in Vegas was due to an anomaly in the behaviour of the car, rather

than it being the outcome of an excessive or unreasonable chase of performance," the Italian team principal said.

"We, as a team, constantly learn from experience and we calibrate our approach all the time and we will certainly use any information gained through the situation experienced in Vegas."

Norris is 24 points clear of Piastri and Red Bull's four-time world champion Max Verstappen with two rounds to go - two grands prix and a sprint race - worth a total of 58 points.

Stella said McLaren, who have already clinched a second successive constructors' title, would not change how they managed the drivers.

"There is no reason to do so. We have always said that as long as the math does not say otherwise, we would leave it up to the two drivers to fight for their chance at the final victory, and that is how it will be in Qatar," he said.

"Now we are going to fight for the double world championship with confidence and awareness of our strength."

(Supersport)

Gale scores BMW with ace in stormy Brisbane, Garcia leads

SPAIN'S Sebastian Garcia held a two-stroke lead at the European tour's season-opening Australian PGA Championship on Thursday but home golfer Daniel Gale stole the show and scored a car with a hole-in-one before a storm cut the first round short.

Garcia was seven-under through 15 holes, two strokes ahead of Sydney man Gale, who leapt to second on the leaderboard with his ace on the par-three 11th before play was suspended after his 12th hole at Royal Queensland.

Playing on his first DP World Tour card after a strong domestic season, Gale won a BMW from the A\$2.5 million (\$1.63 million) event's sponsor after hitting an eight iron off the tee on the 168-yard (154m) hole.

It thudded into the bank of a greenside bunker on the right and rolled in, prompting the mullet-haired 29-year-old to take off his trademark yellow bucket hat and pump his fists in celebration.

Gale was not the only player to record a hole-in-one on the day, with young New Zealander Kazuma Kobori grabbing one on the par-three 17th "party hole" early in the morning during his two-under 69.

"My round was getting off to a relatively slow start and then that helped me boost it a little bit," Kobori told Golf New Zealand.

Players were allowed preferred lies on Thursday due to the amount of rain the course has taken from recent storms.

A group of four had the early clubhouse lead after shooting four-under



▲ Sebastian Garcia.

67s, including New Zealand's Ryan Fox, China's Ding Wenyi and hometown golfer Anthony Quayle, who had Tiger Woods' former caddie Steve Williams carrying his bag.

Williams, who came out of retirement to team up with Quayle at the event, helped the 31-year-old through a bogey-free round.

The group on four-under were joined by Colombian Sebastian Munoz and local golfers Nathan Barbieri and Jye Pickin, all of whom will finish their rounds early on Friday.

The local drawcards started well, with former Masters champion Adam Scott and Min Woo Lee shooting three-under, while British Open winner Cam Smith carded a two-under 69 after starting from the 10th.

Smith, a three-time winner of the event, had two bogeys with his four birdies but was happy with his putting in his first outing since coming back to his home state Queensland.

"It's started to feel really good this week, just being back at home and being on some familiar greens is probably good timing," said the former world No 2, now on the LIV tour.

"I feel like I've hit a few good putts in the last couple of tournaments and not many have gone in so it was good to see a couple go in."

Australian defending champion Elvis Smylie also started with a 69 off the 10th tee, while LIV golfer Joaquin Niemann was one-under through 15 holes. (Supersport)

Kyrgios signs up for Australian Open warm-up at Kooyong

FORMER Wimbledon finalist Nick Kyrgios has signalled his intention to play at next year's Australian Open by signing up for the Kooyong Classic warm-up exhibition event.

The mercurial 30-year-old Australian has been ravaged by career-threatening injuries over the last couple of years and played only five singles matches in the 2025 season, the most recent at the Miami Open in March.

Now 666th in the world with no protected ranking, Kyrgios will need wildcards to play any of the ATP warm-up tournaments ahead of the Australian Open, as well as at the Grand Slam tournament itself.

Those wildcards are likely to be forthcoming if requested given Kyrgios is a former champi-

on at the Brisbane International and a perennial crowd favourite at Melbourne Park.

Kyrgios was already scheduled to play other exhibition matches before the end of this year, including his "battle of the sexes" clash with Aryna Sabalenka in Dubai on 28 December.

The Kooyong Classic will have a strong Italian flavour next year with Davis Cup heroes Flavio Cobolli and Matteo Berrettini as well as world No 8 Lorenzo Musetti all also confirmed in the men's field.

The exhibition tournament, which did not take place this year because of operational issues, runs from 13 to 15 January, three days before the Grand Slam season kicks off a few kilometres up the Yarra River at Melbourne Park.

(Supersport)



▲ Former Wimbledon finalist Nick Kyrgios.



Kekana and Vilakazi rally Sundowns for Mokwena reunion

MAMELODI Sundowns legends Hlompho Kekana and Sibusiso Vilakazi have weighed in on the club's upcoming CAF Champions League showdown against Algerian champions MC Alger, now led by former Brazilians head coach Rulani Mokwena.

Mutual familiarity

Sundowns travel to the Ali La Pointe Stadium on Friday night for a contest steeped in mutual familiarity, with Mokwena preparing to face many of the players he once guided. Mokwena's time at Chloorkop, where he spent several years and achieved significant success locally and on the continent, adds further intrigue.

The 38-year-old was part of Pitso Mosimane's technical staff during the club's triumphant 2016 Champions League campaign, a period in which Kekana captained the side.

"He [Mokwena] spent seven years

here and that's a long time and I'm sure he knows what's coming before he even looks at videos of the previous match," Kekana said on Sundowns' Pitchside podcast.

"It needs players to be sober minded in their approach knowing that you are playing against someone that knows you so much that you can't hide your emotions and expressions from. As a former player, I would easily say that let's go play the 90 minutes.

"But as a fan now, we're going to win against this guy because we know him and the team that he's coaching. I don't think they are on our level. I know how it is to play this match, you need to be sober, and you have to make sure that you play within the principles of the team and you can't unfortunately be naive."

Kekana was joined by his longtime teammate Vilakazi, who also offered his perspective on facing a Mokwena-coached side eager to recover from a shock 2-1 defeat to Al-Hilal in

their last match. The 2014 PSL Footballer of the Season urged Miguel Cardoso's squad to build on their impressive 3-1 victory over Saint-Éloi Lupopo at Loftus Versfeld.

Sundowns' Kekana - 'We're also obsessed'

"We have given ourselves a good start and you'd want to continue from that and I think it's a matter of saying it's just another game that needs the same approach that we had in the second half [against Lupopo] where there was ambition and there needs to be continuity," he noted.

"Having to come against a coach like Rulani, we know how obsessed he is with the game and we're also obsessed. As Hlompho said, we need to understand the principles within the group, what we want to achieve, go there to display the same professionalism, discipline and hunger and that's what will set us apart from them."

(The Citizen)

France's Dupont set for Toulouse return

FRANCE captain Antoine Dupont is set to return for Toulouse this weekend after more than eight months out injured, a source told AFP on Thursday.

Scrum-half Dupont suffered a serious knee injury in March but is expected to be in the French champions' matchday squad for Saturday's home Top 14 game against Racing 92.

Since October, the 29-year-old Olympic gold medallist has been training with Toulouse, record 24-time French champions, and missed France's Autumn Nations Series campaign with the issue.

Without Dupont, Les Bleus lost to South Africa before beating Fiji and Australia, despite the half-back training with the team during the first few days of the test season.

Earlier this month, former Castres playmaker Dupont signed a new contract with Toulouse keeping him at the six-time Champions Cup winners until 2031.

He made the dramatic announcement on the Stade Ernest-Wallon pitch during halftime of their win



▲ France captain Antoine Dupont.

over Stade Français on November 1.

"I miss you a lot," Dupont said.

"I hope the next time we see each other I'll have boots on my feet," he added.

In October 2024, Dupont made another Toulouse return, having won a gold medal in rugby sevens at the Paris Olympics, and scored a hat-trick in nine minutes against Clermont.

Toulouse lead the Top 14 table after 10 rounds before hosting Racing 92 with the start of the Champions Cup next weekend against the Sharks.

"The whole planet tries to defend against him and doesn't succeed," Racing head coach Patrice Collazo told reporters on Wednesday.

(Supersport)

Slot feels 'safe' despite Liverpool's latest humiliation

ARNE Slot insisted he is confident of avoiding the sack despite troubled Liverpool's dismal 4-1 defeat against PSV Eindhoven on Wednesday.

Slot's side crashed to a ninth defeat in their last 12 matches in all competitions to leave the Dutchman under mounting pressure.

Liverpool's numerous flaws were brutally exposed by PSV in a Champions League demolition that sparked recriminations as frustrated fans jeered Slot and his players at the final whistle.

The unusual sight of empty red seats around Anfield well before full-time delivered a damning verdict on Liverpool's astonishing fall from grace this season.

Beaten 3-0 by Nottingham Forest at Anfield last weekend, Liverpool have lost three successive games, conceding 10 goals in the process.

It is their worst run since 1953-54 and Slot is facing pointed questions about his ability to turn the tide.

Former Liverpool captain Steven Gerrard added to the pressure on Slot with a damning verdict on their plight.

"With each defeat it gets closer to being a crisis," Gerrard told TNT Sport.

"There is no excuses for a performance like that at this football club. You cannot deny the team is struggling massively.

"They are on a terrible run, their confidence is at an all-time low, they are wide open. Unless the manager can find answers and stability in his team, then this situation is going to continue."

But despite enduring Liverpool's second-heaviest European defeat, Slot is adamant he retains the support of US-based owners Fenway Sports Group.

"I am feeling safe, I am OK. I have got a lot of support from

above," he said.

"It would be nice to turn it around and get a victory, of course, but if you are not doing well then it is normal that questions are asked.

"I am OK with my position. It is not the first time I've been in a difficult position but it is about time that we turned it around.

"I'm not worried. What I mean by that is my focus is on other things than on my own position. I need to do better and that's what I'm trying to do every single day."

- 'I don't have the answers' -

Liverpool trailed to Ivan Perisic's early penalty and Dominik Szoboszlai's equaliser did nothing to galvanise them.

Second-half goals from Guus Til and Couhaib Driouech, who netted twice, condemned the woeful Premier League champions to their latest humiliation.

The Reds, losers in six of their last seven Premier League matches, were expected to dominate on all fronts this term after following last season's title triumph with a summer spending spree.

But Liverpool head to West Ham on Sunday languishing in 12th place in the Premier League — the first time in more than a decade they have been in the bottom half of the table.

With their title hopes in tatters, Liverpool can't be certain of reaching the Champions League last 16 either after a second defeat in five games in the tournament.

It was their first home defeat in the opening phase of the Champions League in five years.

The Reds are in 13th place in the league phase, with the top eight automatically qualifying for the last 16.

Slot tried to keep a united group as he called for players and the coaches to take responsibility for the remarkable collapse.

(Supersport)



▲ Arne Slot.

MTN PREMIER LEAGUE BUILD-UP

A COLOURFUL
Y'ello League

... As fans set to paint stadiums in clubs' colours to cheer their red-hot stars

By Chris Dlamini

AFTER match week seven, fans have been loyal and almost well behaved.

They have seen and felt the emotions football has, but still loved the action inspired by individual brilliance and team play.

It's on to match week eight, and we have mouthwatering fixtures ahead of us. This also means halfway through the first round, and that now speaks to the E120 000 first round leaders' incentive race leaders Manzini Sea Birds and defending champions Nsingizini Hotspurs, placed on second and a point shy from their tricky rivals, face off in the first of the battles. Here are the stars to watch in some of the fixtures;

Stars to watch:
Saturday
Tabankulu Celtics vs. Green Mamba
Date:
Saturday, No-

November 29, 2025

Venue: *Tambankulu Stadium, Tambankulu*

Kick-off: *3pm*

Malangeni Dlamini (T. Celtics forward)

- He has a very supportive midfield and individual brilliance. He currently has seven goals, second to leading Rangers attacking midfielder Hleliso 'Madlenya' Gamedze. He remains the only player with a hat-trick and scored a brace in the Manzini Wanderers 4-1 massacre last Sunday.

Banele 'Pupu' Sikhondze (Green Mamba Attacking Midfielder)

- Rich with international experience, after time in South Africa's Premier Soccer League, Tanzania's top flight last season at Tabora United, and international experience from national team Sihlangu Semnikati, the gifted and seasoned midfielder has scored three goals in four goals for Green Mamba. He also has one assist.

Nsingizini Hotspurs vs. Manzini Sea Birds

Date: *Saturday, November 29, 2025*

Venue: *King Sobhuza II Stadium, Nhlalanga*

Kick-off: *3pm*

Sizwe 'Yeki' Khumalo (Ns. Hotspurs midfielder)

- He is the engine of the team because of his vision, artistry, physical endurance, and skill. If anything, he is one of the best talents in the elite league right now and holds the ability to unlock any defence.

Philani Mkhonto (M. Sea Birds attacking midfielder)

- He is their most valuable asset at the moment. Mkhonto has been influential in their surge to the summit, scoring four goals in the process.

Mbabane Highlanders vs. Rangers

Date: *Sunday, November 30, 2025*

Venue: *Gosh Szokolay Stadium, Simunye*

Kick-off: *3pm*

Sphiwe Hopewell Cele (M. Highlanders wing forward)

- The former South Africa's Premier Soccer League (PSL) star with now defunct Royal AM, is not just a darling to the Highlanders supporters but every supporter. He is dangerous and a menace to defenders with his amazing ball control, quickness, footwork, insane passes, and pure flair combined with unbelievable passing.

Hleliso Gamedze (Rangers attacking midfielder)

He is the league's current top goalscorer with eight goals. The gifted player has scored in every game for his club, helping them sit in a respectable number six with 12 points, four shy of leaders Manzini Sea Birds' 16. Gamedze was last month rightly named the Player of the Month and is in contention for this month's gong as well.





▲ Kwanele Jele , Nkosingiphile Mavuso and Makepeace Bailey approaching the finish line during the Mulasport Kusekhaya challenge.



▲ Cyclists in action during the recent MulaSport Kusekhaya lowveld challenge.

Cycling quartet for Mozambique race

Stories by Sibusiso Masilela

NO break for four local cyclists.

The quartet of Mandiswa Fakudze, Lungelo Mlangeni, Kwanele Jele, and Thando Shabangu will take part in the ‘Vuna Vuna’ road race scheduled for Ponta do Ouro,

Mozambique, on Saturday.

The four riders recently attended the 2025 Mulasport Kusekhaya Cycling competition held over the past weekend, which was the last race under the Eswatini Cycling Association.

The cyclists will be under the guidance of veteran Newcomm Wheels coach Mbusi Motsa, who also confirmed the international

trip.

“We will be having four cyclists attending the Vuna Vuna race in Mozambique. We believe the race will boost the careers of the four riders and help them gain international exposure. We would like to thank our Mozambique counterparts for inviting us to the event, which will help to promote cycling in the SADC region,” he said.

Fakudze recently represented the country in the 2025 World cycling championships held in Rwanda.

The Mozambican Cycling Federation (FMC) is one of the most anticipated races on the national calendar, celebrating speed, perseverance, and the vibrant spirit of Mozambican cycling.

The race is having 100km and 70km.

World champs preparations proceeding smoothly –Douglas

BOXING national team coach Douglas Simelane is confident that the national team will perform well in the 2025 World Championships.

Simelane said this ahead of the global spectacle between December 2-14, 2025, at the United Arab Emirates.

He is assisted by Muzi Shongwe, who is the squad manager.

The boxers include Thabiso Dlamini, Sibonelo Ndzimandze, Khaya Shongwe, Khayelihle Mkhabela, Chawe Gamedze, and Mukelo Dlamini.

Khaya Shongwe and Mukelo Dlamini previously represented the country in the 2024 Mandela Cup, which was held in Durban.

“We are currently working hard at training, and the boys are pushing hard. I believe they will be at the level where I want them by December. I am confident that they will

do well during the games,” he said.

Meanwhile, IBA president Umar Kremlev thanked the gulf nation for hosting the tournament through a press statement.

“Throughout its history, the IBA Men’s World Boxing Championships has delivered countless moments of triumph, passion, and inspiration. For many athletes, it serves as a life-defining experience, shaping their futures both inside and outside the ring. Our mission remains steadfast: to empower every boxer to flourish, earn a living, grow professionally, and etch their names into the annals of history for themselves and their nations. Boxing knows no boundaries; it is a universal language that unites people across continents, and we are dedicated to bringing the spirit of boxing to every corner of the world,” he said.



▲ Boxing national team during the Mandela cup.

- The Boxing national team
1. Khaya Shongwe (Under 54 kg)

2. Mukelo Dlamini (Under 57 kg)

3. Chawe Gamedze (Under 60 kg)

4. Thabiso Dlamini (Under 63.5 kg)

5. Khayelihle Mkhabela (Under 67 kg)

6. Sibonelo Ndzimandze (Under 71 kg)
- Coaches:

1. Douglas Simelane

2. Muzi Shongwe



▲ Athletics National team Muzi Mabuza in South Korea with World Athletics official.

Muzi Mabuza completes level 3 coaching course

ATHLETICS Track and Field national team coach Muzi Mabuza has added more expertise in his career.

Mabuza is now an international level 3 certificate course holder after attending the course in South Korea.

The course was facilitated by World Athletics, attended by delegates from over 30 member countries.

The qualification has made Mabuza an internationally recognised coach who will now be able to conduct coaching clinics and courses.

AE Chief Operations Officer Mathokoza Dlamini congratulated Mabuza on his latest achievement.

“We are happy and proud of Mabuza’s

achievement. We believe he will use his knowledge will improve the sport,” he said.

Mabuza recently led the junior national team to the 2025 African Athletics junior championships, which were held in Nigeria.

Mabuza said the course was a success.

“I am happy to take part in the course, which is the highest under the auspices of World Athletics. I would like to thank Athletics Eswatini for allowing me to take part in the course,” he said.

AE is preparing to send two national teams to the 2025 ANOCA youth games and the Cross Country regional championships, that will both take place in December at Malawi and Angola, respectively.

‘Bull’ runs to PLE

By Sibusiso Masilela
sibusisom@rubiconmedia.group

DESPERATE times call for desperate measures.

Mbabane Highlanders has run to the Premier League of Eswatini in a bid to get assistance over the ongoing supporters division.

The capital city giants furnished the top-flight football entity with a letter seeking assistance to stop the motley group of supporters who are supporting opposition teams.

The supporters have been spotted in recent matches of the crowd pullers clad in last season’s merchandise, which was introduced by former director Bheki ‘Rubber’ Simelane.

Simelane relinquished power before the start of the current season to Mkhize.

Simelane then took the matter to court, where he challenged the termination of his 18-month contract and Mkhize’s appointment.

Simelane’s application was dismissed by High Court Judge Titus Mlangeni.

The supporters are also accusing one of the club’s influential patrons (name deliberately withheld) of being the main cause of the division.

A source close to the matter revealed that the current regime is now waiting for the



▲ Highlanders players celebrating with their president Shauwn Mkhize after beating Sea Birds 2-0.

PLE response.

“The current MC has written a letter to the PLE raising concerns about the group of supporters who are accused of insulting the current leadership,” the source said.

PLE Chief Operations Officer Pat Vilakati could not be reached for comment on the matter after his cellphone rang unanswered when contacted on Thursday.

Highlanders Public Relations Officer

Khayelihle Dlamini was also unreachable when compiling this report.

The crowd pullers will take on Rangers on Sunday at Simunye Stadium in their next MTN Premier League fixture.

‘Mbazo’ takes over Wanderers

By Sibusiso Masilela
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IS he going to be a unifier in the ailing Wanderers camp?

This is the question that lingers in the minds of the hordes of Manzini Wanderers supporters in the



▲ Jerry ‘Mbazo’ Gamedze.

country following the appointment of legend and former captain Jerry ‘Mbazo’ Gamedze.

Gamedze has been appointed operations director of the hub giants following the recent exit of Managing Director Mlamuli Mabuza, who had a fallout with the National Supporters Committee.

The former tough tackling defender will be responsible for the day-to-day affairs of the marron and white ensemble.

Gamedze’s appointment was confirmed by the press statement from the club board of directors.

“The Board of Directors of Manzini Wanderers Football Club is pleased to announce the appointment of Jerry ‘Mbazo’ Gamedze as the new Director of Operations, effective immediately. Gamedze brings with him a wealth of experience and a proven track record in organizational leadership. The Board has full confidence in his capability to steer the ship and provide the stability required to strengthen the club’s operations, enhance efficiency, and drive sustainable growth,” the directors said.

The directors said Gamedze’s mandate is to bring stability and professionalism into the club.

“As Director of Operations, Gamedze will oversee the day-to-day management of the club’s activities, ensuring that strategic objectives are implemented with precision and that the values of Manzini Wanderers are upheld at every level. His appointment marks a significant step in reinforcing the club’s commitment to professionalism, accountability, and excellence both on and off the field,” they said.

The directors further pledged support to Gamedze and appealed for unity from the ‘Weslians’ family.

Gamedze could not be reached for comment when compiling this report.

His first assignment will be on Saturday against rookies Amawele FC in the MTN Premier League on Saturday at Prince of Wales Ground.

The Gcina Dlamini led side is currently sitting at position 15 in the log standings with five points after seven matches.



‘Nyama’, Downs smokes peace pipe

By Sibusiso Masilela
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THE dust has settled at Manzini Sundowns.

This follows the reconciliation between the club and head coach Mduzuzi ‘Nyama’ Shongwe.

Shongwe recently appeared before the club’s Disciplinary Committee over alleged misconduct.

The mediation was endorsed by the Mzwandile Masuku-led DC.

Sundowns CEO Sibusiso Bartjees confirmed the latest news

when reached for comment.

“We have amicably resolved our differences with our coach and the focus is on taking the team to the Premier League at the end of the season,” he said.

The ex-Tambankulu Celtics coach joined the team at the beginning of the current campaign.

He is a legend for the hub outfit where he played as a defender in the late 90s.

Sundowns will take on Pigg’s Peak Professionals on November 28, 2025, in their next MulaSport National First Division match at Manzini club.



▲ Manzini Wanderers first XI in this undated match.



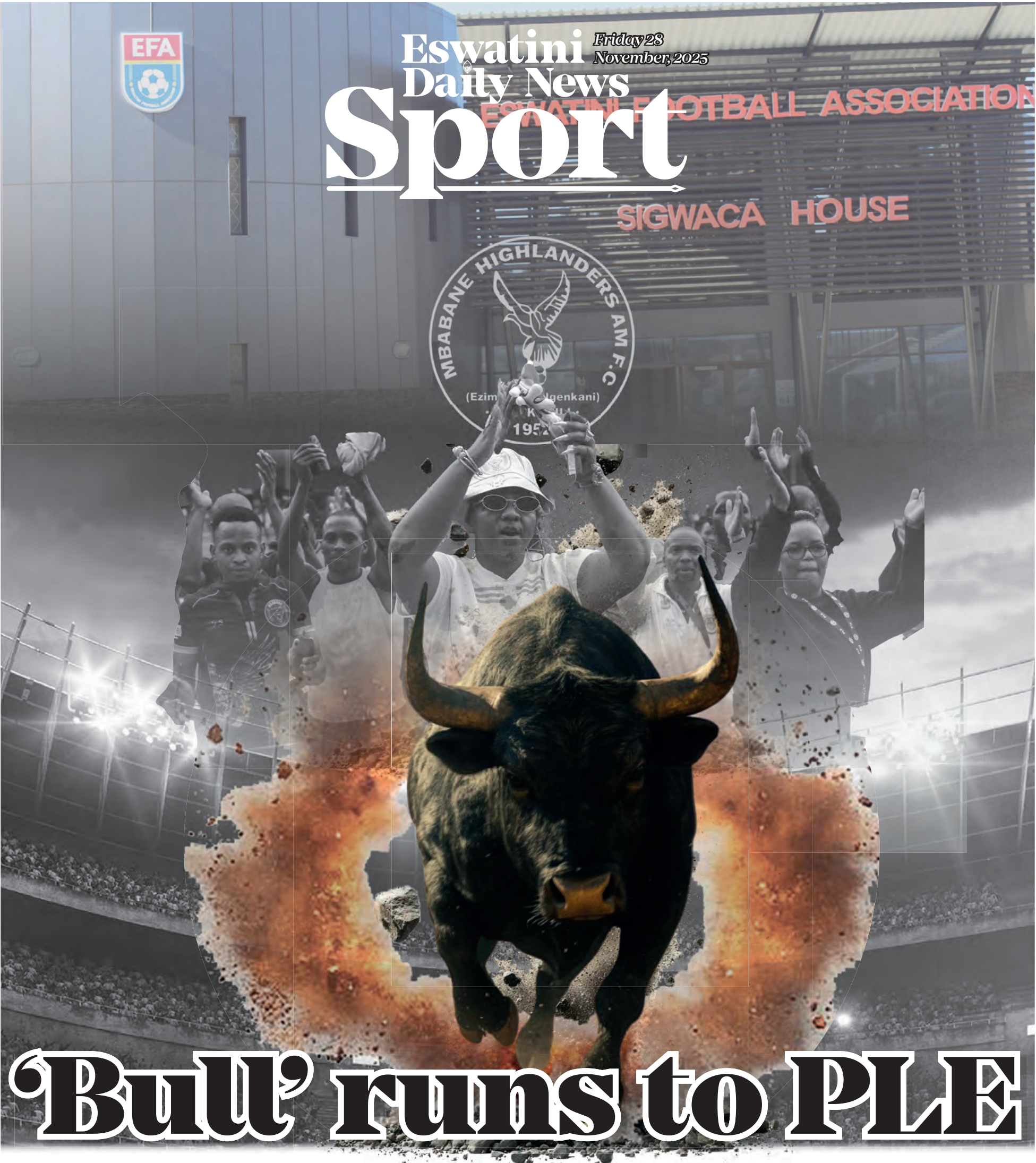
**Slot unfazed
after Liverpool
humiliation**

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**‘Mbazo’
takes over
Wanderers**

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Eswatini Daily News Friday 28 November, 2025

Sport

‘Bull’ runs to PLE

... Mbabane Highlanders want the Premier League of Eswatini (PLE) to stop a motley group of supporters supporting opposition teams during their games. **P23**