

Parare Domino Plebem Perfectam

A lokisetse Morena Sechaba se phethehileng (Luka 1,17)

# Moeletsi oa Basotho

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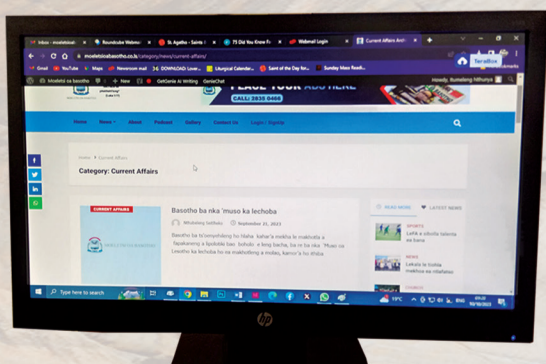
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## MOFOKENG O SUPISOA MABITLA **3**

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Re se re fumaneha ho marangrang

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# MOELETSI

## Ke eona ka lebitso

Mopolotiki ha kene kahar'a Ntlo ea Bakhethoa o emetse mokha oa habo le ho sebeletsa sechaba se mo khethileng. Ka nepo khopolo ke hore o sebetsa 'moho le ona ho etsa liqeto tse tla ama mokha joaloka ho rera ho fetola tulo paramenteng. Hoa makatsa hore ebe kajeno Mokha oa UFC o se o lebisa setho sa ona Mohlominyane Tota khotla, ka le reng o entse qeto e khahlanong le molao. Ana hoo ho bolela hore o ngoletse Motsamaisi oa Lipuisano Paramenteng, Mohlomphehi Tlohang Sekhamane lengolo a sa shebisana le ba habo?

Tota o hlalositse a furalla ba 'muso kaha ba mo lulisa setulo se motsu, a joetsoa liqeto feela a sa koptjoe maikutlo. Ketso ena e hlalosa hore eena o shebane le lithoko tsa sechaba tseo a bonang li sa arabeloe ke 'muso. Joale ha eena mokha oa habo o bontša o sa lumellane le qeto ee ea hae, na o ntse a shebile lithoko tsa sechaba? Kapa joale o re kaha ba bang ba shebile tsa bona oa ba etsisa? Taba ena e khoali e khoatsana e patile 'mala.

Sepolesa sa Lesotho se qeta ho fumana mookameli e mocha ea tšepisitseng sechaba 'moho le sepolesa lipheto, haholo seriti se bonahetseng se thefulehile haholo. Phano ena ea mabone ka mohoebi enoa ke e 'ngoe ea khatelopele le khanya ea tšepo ea hore ehlile sechaba se boela se ba le tšepo ea hore sepolesa se tla se sireletsa. Mohoebi enoa o bontša hore o bile le ngongoreho nako e telele kaha mapolesa a taolo ea sephethephethe a ne a sebelisa khanya e nyane ba 'torch' 'me e etsa hore motho a ba bone a se a le haufi haholo. Re lebohela mapolesa a Motlotlehi ha fumane thuso, ka hona mohoma temeng tsoelang pele ho etsa mosebetsi ka makhethe.

Temo e ntse e le qholotso e kholo haholo ka lebaka la pheoto ea maemo a leholimo, a etsang hore ka nako e 'ngoe ho chese haholo leha pula e na e ne hampe hoo e senyang lijalo. Lihoi tsa Rothe li se li entse ntho e ntle ea ho ikopanya ka ho lema meroho le lijalo tse ling. Bothata bo boholo ha joale ke komello e amang lijalo tsa bona, ho sitisang kotulo e ntle e ka thusang ho fepa sechaba se haufi le se kathoko.

Lihoi tse na li re 'muso o tšepisitse ho li tšehetsa empa joale lipehelo tse behoang hore sehoai se fumane lithuso li boima haholo ho ba ntseng ba thuthuha. Mohlala ke mokitlane oo banka e ka o fanang, o hlokanang hore motho a be le bonyane bo itseng. Empa ka lebaka la ho ba kojoana li mahetleng le bonyane boo ha bo eo. Ke thapeli ea bona hore 'muso o ke o shebe litaba ka leihlo le leng e le ho nanabetsa letsoho ho lihoi tsohle.

Mokhatlo oa CMQ o eme ka maoto ho phephethela molao o mocha oa basebetsi o tl'o eketsa lihora tsa tšebetso tsa khoeli. Ba bontša ha molao ona o tl'o sebeletsa boholo ba maparamente a pusong kaha ba tl'o lefa basebetsi hanyane. Ha e le basebetsi bona ba tl'o sebelisoa joaloka makhoba ho se le tefo e bonahalang eo ba tl'o e fumana. Molao ona ba re o susumelitsoe ke Naha ea Amerika e bontšitseng e ke ke ea fana ka chelete ea Millennium Challenge Account e bang o sa kenngoe tšebetsong. CMQ e behile tsena tsohle leihlo le nchoncho, 'me e na le morero oa ho ea sechabeng ho se hlaba patsana ka maemo ana le ho beha bohle ba ikarabelang kapel'a Makhotla a Molao.

Ke 'nete hore theko ea tokoloho e boima, ho itsoe rea ipuisa empa re ntse re laoloa ke balichaba hore na re tsamaisa naha ea habo rona joang. Tokoloho eo re e fuoeng ke ea lebitso feela ha se ntho e sebetsang, hobane re sitoa ho etsa letho ntle le hore re fumane tumello le tšebetso ho matsoa-ntle. E se eka Basotho ba ka tšehetsa morero ona oa CMQ oa ho hlaola molao ona oa bohatheli o tl'o amoha Basotho litokelo tsa bona tsa basebetsi le tsa botho.

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## Makala le komiti li khokhohanya puo

### Nthabeleng Seithleko

**Komiti ea Molao ea Ntlo ea Senate e khokhohantse puo le Makala a 'Muso ho utloa hore ke ka tselae fe ba ka ntlafatsang tšebetso nako le nako le ho phatlalatsa maano a tšebetso. Tsena li hlahetse tulong ea komiti ena, ka la 12 Tlhakubele monongoaha.**

Hara makala a bileng teng

Lekala la Lipalangoang le re le ka tlatsetsa mokotleng o moholo oa 'muso, le ho nyolla moruo, ha Basotho ba ka etsa linomoro tsa likoloi ka mabitso a khetho ea bona ka lipalo tse holimo. Le re sena se tla thusa hore chelete e bokelletsehe kaha litefiso tsa tsona li batla li phahame.

Lekala la Likhokahanyo lona, le boletse komiti hore le ntse le hlahloba bocha molaoana oa ngoliso ea likarete tsa mehala ea letsoho oa selemo sa 2021, kaha o ne o siile bajaki kante, 'me seo se ba sitisa ho ngolisa tsa bona. Ba re taba ena e lokela ho potlakeloa kaha bajaki ba naha ena ba nkoa e le Basotho.

Hape ba re ba ntse ba sebeletsa ka thata ho bona hore khokelo ea litora e pharalla le naha le hoja thepa e sebelisoang e le ea khale empa ba sebeletsa ho bona hore sechaba se fumana litšebeliso tsa boleng, ka tsela e nepahetseng ka tšebeliso ea se-ea-le-moea.

Dr. Thabiso Lebese, o re ba ile ba botsa ka tšebeliso e mpe ea marang-rang, eo khopolo e neng e le hore ngoliso e tla sireletsa sechaba khahlanong le mahlapa, 'me o re bao ba re ke ha fela molao oa Cyber Security o ka ananeloa, ho ka bang bobebe hore beng ba liketso tseo ba tsoaroe. Ba re lekala le entse mosebetsi oa lona 'me ba tsoeroe matsoho ke batho ba ileng ba lla ka molao ona, oo ba reng o tlo ba amoha litokelo le bolokolohi ba tšebeliso ea marang-rang.

Ka lehlakoreng le leng, Lekala la Bosebetsi, le re le ts'oere ka thata ho hlahloba bocha molaoana oa matšelisano a fuoang basebetsi ba litsi tse ikemetseng, nakong eo ba lemallang tšebetsong 'me le re molao o tlama litsi tse joalo ho ngolisa basebetsi le litsi tse fanang ka tšireletso. Ba re ba tlo sebetsa ka thata ho bona molao ona o eloa hloko le ho sebelisoa molemong oa secha a sa Basotho.

Contacts: +266 28350 466 / 6260 0983 (Whats app)  
Email: moeletsiobasotho@gmail.com

**MOELETSI oa BASOTHO**  
A LOKIBETSE MORENA SECHABA SE PHETHEHILENG (LUKE 1:17)

### Editorial

Lesoetsa Rakubutu (Editor)  
(+266) 58490670 / 62031949  
editor@moeletsiobasotho.co.ls

Lehlohonolo Mohale (Sub-editor)  
(+266) 58 771 507 / 62 771 507  
subeditor@moeletsiobasotho.co.ls

### Advertising

Thabo Lesaoana  
(+266) 28 350 466/ sales@moeletsiobasotho.co.ls

### Newsroom

Nthabeleng Seithleko 57 665 038/ 68 216 721  
nthabeleng.seithleko@moeletsiobasotho.co.ls

Tšelisano Thakholi (Sports) 58 540 853/ 62720730  
tseliso.thakholi@moeletsiobasotho.co.ls

newsroom@moeletsiobasotho.co.ls

### Production Desk

'Mateele Liqa, Sr. Canicia Nthunya

# Mofokeng o supisoa mabitla



le litlole tsa molao li tla ea moriting.

Mookameli oa Tikoloho e bohareng ea LEPOSA None Mohapi, o re litaba tsa Mofokeng li monate kaha a khutlile a ntse a phela, ka hona Molimo o mo file mpho eo ho seng mang kapa mang ea ka ho amohang eona. A bontša hore ha le sieo matla a bona a ne a fokotsehile.

Mongoli-Kakaretso oa LEPOSA 'Makatleho Mphetho, o re ke lilemo tse peli Mofokeng a ileng a ipha naha hobane bophelo ba hae bo ne bo le tlokotsing, ka hona ba leboha Molimo ka mpho ea bophelo hape ba motlotlo hore ebe o fihla a bolokohile.

O re moputso oa Mofokeng ha oa khaoloa feela empa ba ile ba ntša phatlalatsa ea hore o lelekiloe ke Mookameli oa Sepolesa oa nako eo, COMPOL Holomo Molibeli 'me bona ba ntse ba nka a sa telekoa ka tsela e nepahetseng. Le hona joale ba nka e ntse e le setho sa sepolesa ho fihlela Lekhotla le itlhalosa ka tsela e 'ngoe.

O tiisitse hore nyeoe e qholotsang teleko ea Mofokeng e teng Lekhotleng le Phahameng la Lesotho, 'me bona ba se ba emetse moahloli ea tl'o sebetsana le eona. Motlatsi Mofokeng esale a ba palehong ka Tlhakubele 2021.

## Nthabeleng Seithheko

**M**okhatlo oa Sepolesa sa Lesotho o shebaneng le Boiketlo ba Mapolesa (LEPOSA), o amohetse phala ea ona Motlatsi Mofokeng, kahare ho naha ka la 14 Tlhakubele monongoaha.

Mofokeng o hlalositse hore LEPOSA ke mosala le likhutsana hobane o phetse

ka M30.00 tsa litho. O re leeto le likatleho tsa bophelo ba motho li tsejoa ke Molimo, 'me o lumela hore leeto leo a le tsamaeang ke la hae, empa ka lebaka la lona o se a ilo supisoa mabitla a moo ho boloketsoeng likhahitseli tsa hae teng. A qetella ka ho leboha bohle ba kentseng letsoho palehong ea hae.

President ea LEPOSA Teboho Modia, o bonts'itse sepheo sa bona e le ho loanela bophelo ba litho tsa bona. A re ho tloha Mofokeng kahar'a naha ha ho ha oa ba monate hobane o ne a ntse a le tšebetsong kahar'a liofisi tsa LEPOSA. O hlalosa hore ba ile ba fumana menyenyetsi a ntse a le tšebetsong 'me a baleha eaba o tlalehela litho joaloka bohle ba tlakotsing hore a thusoe.

"Bokheleke ba hae ke seo LEPOSA e se ratang, ha rona ke ho aha le ho tšehetsa, litho tsohle tsa LEPOSA." Ke Modia eo.

O tsoelapele ho re LEPOSA e betla baetapele, lehoja

ha ha ba bang ba bala likatleho Mofokeng a fihla a bala mabitla. A re hoja ha ho ka ha khahla litho tsa hore eo e be phala tsena li ka be li sa etsahala ka hona tsohle li matsohong a bona.

Modia o re ba kopa Molimo ho ba tlatsa ka matla ba be sebete, litho tsa LEPOSA li ba fe matla ba tiise ba phele, hobane hoja ha se ka LEPOSA lillo tsa litho tsa Sepolesa li ka be li sa utloahala. Ka hona a re ha ba ahile Leposa ba ahile sepolesa le naha ka hoo lintoa

# UFC e khahlanong le Tota le Sekhamane

## Nthabeleng Seithheko

**M**oetapele oa UFC 'Malicha-ba Lekhoaba le litho tsa habo, ba hulanyelitse moparamente oa eona, Mohlominyane Tota le Motsamaisi oa Lipuisano ka Lekhotleng la Sechaba, Mohlomphehi Tlohang Sekhamane Lekhotleng le Phahameng la likhang tsa sephetho sa likhetho, moo ba kopang hore lekhotla le phatlalatsa monghali Mohlominyane Tota a ikamahle boparamente ka ho nyahlatsa setulo sa puso, a leba ka bohanyetsing. Tsena li hlaheletse lipampiring tsa nyeoe, ka la 13 Tlhakubele monongoaha.

Khang ea bona ke hore molao oa paramente ha o

lumelle setho sa khekhetlane ho lula hohle ka Lekhotleng la Sechaba kapa ho tšela, ka hona ketso eo ke ho iteleka paramenteng, 'me UFC e kenye setho se seng setulong.

Ka lehlakoreng le leng, ba re qeto ea Mohlomphehi Tlohang Sekhamane, ea ho

hlohonolofatsa qeto ea Tota ke tlolo ea molao, 'me e behelloe ka thoko ke lekhotla la likhang tsa sephetho sa likhetho. Nyeoe ena e tla mameloa lekhotleng leo ka 'Mantaha oa e tlang.

Litaba tsena li latela hore Tota a ngolle Motsamaisi oa Lipuisano paramenteng



lengolo ka le reng o kopa ho fetola tulo ka paramenteng kaha le hoja mokhoa oa habo oa UFC o tšehetsa puso, a bolelloa lintho feela a sa koptjoe maikutlo. Ka hona a kopa ho tšelela ka bohanyetsi.

Litaba tsena li ile tsa fihleloa qeto ke Mohlomphehi Tlohang Sekhamane ka hore eo ha tšele o mpa a fetola tulo ebile ha ho na moo a ka hlokoang tumello ke ba habo kaha a le mong kaha-

ra paramente. Tota o ile a fetola tulo eo hona joale a ntseng a lula le ho sebetsa le bohanyetsi.



# SEITLONG SA BACHA

## O ruile maeba le linoha ho iphelisa



na litšenyehelo tse ngata, 'me bacha ba ka tseba ho iphelisa ka tsona.

### Likhoho tsa Sesotho

Bacha ba ka boela ba atolosa boipheliso ba bona ka leruo la likhoho tsa Sesotho. Likhoho tse na li ratoa haholo matsatsing ana, li phepo e bonolo ha li khathatse ka mafu joaloka tse tsa sekhoaa. Ka tsela ena re ka fenyha bofuma le tlhokahalo ea mesebetsi. Re ka boela ra ikotla sefuba ka mefuta ena ea likhoho kaha li fumaneha Naheng ea Lesotho feela. Joalokaha ke boletse hore ha li khathatsoe ke mafu, 'na polasing ea ka mona ha ke li koalle e le hona ho li qobisa hore li bokane 'moho, kaha li ka tšoaetsana ona mafu a ka bang teng. Hangata likhoho tse koalooang li lula nqa e le 'ngoe li khathatsoa ke monoang, o ka qetellang o li bakese mefuta e itseng ea mafu.

### Mefuta e meng ea liphoofole

Ke boetse ke na le meutloanyane le khomo e le 'ngoe ea lebeso polasing ea ka. Lintho tse na kaofela tseo ke iphelisang ka tsona li hloka

### Tšeliso Thakholi

**M**onghali Potlako Motenatena o ruile maeba, makau, likhoho tsa Sesotho, linonyana ka mefuta eohle ea tsona, likhantši le mefuta e fapaneng ea linoha polasing ea hae e bitsoang Lepoke's 'Pet Shop' motseng oa Upper Thamae, Maseru, ka sepheo sa ho iphelisa le ho fenyha tlhokahalo ea mesebetsi Lesotho. Potlako kholong ea hae ha e sale e le motho ea ratang liphoofole,

'me ebile ke eena motho oa pele oa ho hlalisa maebana a mohlolo a ka rongoang hohle. O li beha tjena:

### Linoha

Ke ithutile ka linoha hore na li phela joang, mathata a tsona le ho li atisa, 'me chefo ea tsona e ka thusa bakuli ba kenyeletsang ba mofetše le ba nang le hlala bokong ho latela liphuputso tseo re li entseng. Ho feta mona ke ithutile hore linoha li ka etsa meriana e ka thusang batho ha ba lonngoe ke tsona. Morero o mong o moholo oa ho ruoa linoha ke

ho li boloka molemong oa hore li se ke tsa iphumana li le kotsing ea ho fela le ho li qobisa tlokotsi ea ho balaoa ke batho. Ke phela ka ho li rekisa le bahahlali ba siea letho ho tla li bona.

Morao tjena batho ba bangata ba sebetsang ka meriana, ba se ba hlokometse bohlokoa ba ho baballa linoha. Lesotho mona ho teng maemo a hloabaetsang a ho bolaoa ha linoha ka sekahla se sehlo. Bothata ke hore linoha tse na ha li ntse li sebelisoa ke liepamere le Basotho ka ho fapakanana ha bona, ha ho bonahale li sireletsoa hore li 'ne li phele hape ka bongata. Hona ho bolela hore ha nako e ntse e tsamaea ho tla qetella ho se ho se na letho joaloka liphoofole tse hlaha tseo re seng re li bona linaheng tse ling feela re ne re e-na le tsona.

### Mefuta ea linonyana

Ha kea ruoa linoha feela empa ke ruile le mefuta e fapaneng ea linonyana e kenyeletsang maebana ka mefuta ea eona. Maebana a ka sebelisoa ka litsela tse fapaneng e le mekhoha ea boipheliso. Mohlala: Motho a ka kena litholisanong tsa mabelo le bahoebi ba bang ba ruileng maeba. Ho na le mefuta ea maeba e ruoeloang feela ho tla matha mabelo. A mang a ka sebelisoa bakeng sa ho



rongoa libakeng tse itseng, ha a mang a sebelisoa bakeng sa nama. Athe a mang ona a ka sebelisoa e le moriana. Ha bacha ba ka ruoa mefuta ena ea maeba ba ka tseba ho fenyha tlala. Mefuta e meng ea linonyana ke likhantši le likalakunu tse tummeng haholo naheng ea habo rona ea Lesotho. Li fepeha ha bonolo le ho rekoa ka bongata ka lebaka la nama ea tsona e monate. Mefuta ena ea linonyana ha e

tlhokomelo le lerato la tsona. Ha u se na lerato la liphoofole ha ho letho le ka lokang.

### Keletso ho bacha

Bacha leha re ntse re e-na le qholotso e khoho ea tlhokahalo ea 'maraka, emang fatše le itšoarele ka matsoho. Haeba le ka rata ho ruoa mefuta ena ea liphoofole re butse mamati tlhohong ke tli'o le hlahlella ka malebela le lona le tsebe ho iphelisa. Bacha bophelo bo teng liphoofole.



# Ntsekele o ikemiselitse



## Nthabeleng Seithheko

**S**amonyane Ntsekele o re o ikemiselitse ho khutlisa boleng, seriti le tšepo ea Mako-bo-Tata (ABC) h'a khetheloa ho ba motlatsi oa Moetapele oa ABC, likhethong tsa Komiti e Kholo. O boletse tsena puisanong le Koranta, ka la 13 Tlhakubele monongoaha.

O re kaha a na le bo-tsebi ba nako e telele tsamaisong ea ABC o lumela hore maano le meralo tseo a tlang ka tsona li t'l'o phamisa boleng le ho khutlisa seriti sa Kobo-Tata, etsoe a tseba hantle moo ba ileng ba khibela tšebetsong ea bona. O re ho nepahetse hore joale ba tšoare ka thata hore ABC e be lekhohla la lipolotiki la boleng le fetolang bophelo ba sechaba sa Basotho molemong oa kholo le tsoelopele.

O bontšitse a rata ho bona ABC e boela e hapa mabatoa a mangata likhethong tse tlang. O re Basotho ba ile ba ba shapa likhethong tse fetileng le ho ba tsekisa matla 'me hoo ebile thuto, ka hona ba kopa hore ba ke ba fuoe monyetla oa ho aha Kobo-Tata ea boleng joaloka pele. O re mosebetsi o moholo oa bona ke

ho tla aha Kobo-Tata a na le likamano tse ntle le moetapele.

O re litabeng tse thata ba sebetsa 'moho, 'me sena se tla ba thusa ho rarolla likhohlano life kapa life etsoe batho bohle ba lokela ho tseba meeli ea bona le ho bona hore ba tšoara likopano le mabatoa khafetsa.

"Ke na le tsebo ea lekhohla le tsamaiso ea lona le hore likhang li ka rarolloa joang." Ke Ntsekele eo.

Ntsekele ke e mong oa batho ba keneng lipolotiking ka tšusumetso ea Dr. Motsoahae Thomas Thabane, ea ileng a ba le pono ea hore a ka hola lipolotiking. O ne a kene lipolotiking a se na tumelo ea hore e tla ba ralipolotiki ea matla etsoe e ne e le Mongoli e Moholo oa lekhohla lena ka nako e telele, a ntse a le mocha lilemong.

Pejana tšebetsong ea hae kahar'a ABC e ile ea eba karolo ea sehlopha se neng se eletsa lekhohla ka botsebi, a sebetsana le ho aha mohoo le tse ling tse ngata. O re tšebetsong ea hae o ile a sebetsa ka matla ho aha lekhohla, le hoja ka nako eo Moetapele oa Kobo-Tata a ne a le palehong Afrika Boroa, o ne a bopa bonngoe, leha a ne a tobane le liqholotso tse matla tseo a ileng a li hlola.

O re mosebetsing oa hae oa ho boloka ABC e ntse e phela, o ne a sebetsa ka thata ho bona hore

Moetapele ka nako eo o etsa polelo sebokeng a sebela marang-rang hore sechaba se be le tšepo.

Har'a mosebetsi e meng eo a tlang ho e etsa ke ho

bona hore ba tla ba le lithupelo sebakeng sa mabatoa, ho tsitsa holima litaba tsa bona le hore lepetjo la 'sera sa motho ke tlala' ebe ntho e sebetsahalang

ho hlalisoa lijo, ho loantšoe tlala le bofuma ho sa natsoe hore na ba kahare ho puso kapa che.

O re ABC ke lekhohla le amohelang batho bohle ho sa khethe boleng, chebahalo le boemo ba motho. A re ba t'l'o bona hore ho ba le likomiti tsohle tse sebetsanang le litharollo mathateng ohle a ABC molemong oa ponaletso le tsamaiso e nang le chebe-lopele.

A re ba ikemiselitse ho bona hore hang ha ba kena komiting ba bone hore ba rupela likomiti tsohle, le ho thakela bohle ka malebela hore ba be le kutloisiso ea litaba tsa tsamaiso.

H' a phethela o re ABC ke lekhohla le tšoaretseng Basotho bophelo kaha le sa khethe nku ka pere, ka hoo bohle ba kene ho lona ka tšepo, ka lebaka lena o ikemiselitse ho aha le ho ntlafatsa kholo ea ABC molemong oa tsoelopele ea Naha ea Lesotho.

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Naturopathic Practitioner



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Naturopathic Practitioner

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- > MENTAL HEALTH : DEPRESSION
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# Lijo tse ntlafetseng li ka thusa bophelong

## Nthabeleng Seithleko

**B**asotho ba na le menyetla e phahameng ea ho loantša mafu le ho a hlola ka ho sebelisa lijo tse hlahisitsoeng kahar'a naha e le tsa mantlha. Tse-na li boletsoe ke mohlalasi oa Creamy Galore, Thato Moahloli, puisanong le Koranta ka la 12 Tlhakubele monongoaha.

O re lijo tse hlahisitsoeng ka lebeso le belisitsoeng li bohlokoa, li matla li bile li bolokile boleng ba tsona, kaha ho se na lichefo tse sebelisitsoeng ho ka sireletsa lijo tseo e le tsa nako e telele. O re boholo ba lijo tse etsoang ka lebeso li bolokoa lihatsetsing nako e telele, ho bile ho sebelisitsoe le lichefo ho li thusa ho boloka boleng ba nako e telele.

O re khoebong ea bona ba hlahisa lijo tse fapakaneng tse entsoeng ka lebeso le belisitsoeng le sa tsoakoa ka lichefo life kapa life molemong oa bophelo bo botle le ho boloka boleng ba sehlahisoa. O re re phela nakong eo bophelo bo botle bo sa bolokoeng ke tšebeliso ea litlhare feela, empa bo bolokoang ke lijo tsa bo leng.

O re ba hlahisa mefuta e fapakaneng joaloka



Cheese le Yogurt, tsona li bolokoa lihatsetsing hore li se ke tsa lahla boleng, lihlahisoa tsena li sebelisoa haholo ke batho ba fapakaneng le mabenkeleng a mangata, kaha li sa lahla boleng ka tšebeliso ea lichefo.

Melemo ea tsona ke hore

li thusa haholo le bophelong bo botle ba bo-'m'e, li ka sebelisoa ke batho bohle le ba sa sebelising lebeso. O re ho fihlela hona joale ba ntse ba hlahisa ka tsela e fokolang, me ba ka lakatsa ho fumana tšehetso hore ba hlahise ka matla ba tsebe ho fepela linaha tse ling. A

re lihlahisoa tsa naha ena li sa ratoa ke machaba hobane moea oa naha ke o hloekileng, 'me li thusa haholo ho thibela mafu.

Ka lehlakoreng le leng, 'Mapaballo Moabi, ea hlahisang Rhubabian Herbal Juice, o hlahositse e thusa haholo ho hloekisa seb-

ete, ho matlafatsa masapo, booko ebile e ka sebelisoa ho fepa 'mele e le lijo-tlatsetso. O re sehlahisoa sena se fumanehang kahar'a naha o entse boithuto ka sona hore se ka fetola bophelo ba bangata e bang batho ba ka phamolela litaba tsa bophelo bo botle holimo.

O re Rhubabian Herbal Juice e matla e thusa toantšong ea mafu a mangata 'me e ka sebelisoa ke batho bohle haholo ba tšabang meriana e babang, kaha e na le tatso e natefelang motho. O re ntho eo e thusa ho boloka bophelo ba motho e le ba boleng ho phahamisa sesole sa 'mele le ho khutlisa boitšepo ho bakuli ba bangata. O re ho bohlokoa hore Basotho ba sebelise lihlahisoa tse teng kahar'a naha ho thibela mafu hobane seo se tla thusa ho qoba tšebeliso e phahameng ea litlhare ho loantša mafu.

H'a phethela o re e se ka 'muso o ka tšehetsa botsebi ba bona hore tlhahiso e tsebe hoba e ntlafatsang bophelo ba Basotho le ho imolla 'muso ho oka mafu.



# CMQ e hlaola bokhoba

**M**ongoli-Kakaretso oa Mokhatlo oa Likonteraka, Mer-afo, Likoari le tse 'nyallanang le tsona (CMQ), monghali Robert Mokhahlane, o re molao o mocha oa bosebetsi o nyollotse lihora tsa ts'ebetso ka lihora tse 15 khoeling, 'me hona ho bolela hore lihora tsa ts'ebetso li se li tla ba 195 ka khoeli. Tsena o li boletse puisanong le Koranta ena, ka la 13 Tihakubele monongoaha.

Mokhahlane o re lihora tsa molao o ntse o le ts'ebetsong ha ha joale li 180 khoeling, 'me haufinyane li tla nyolohela ho 195.



## Road Fund CEO to address students on regional trends in the road sector

The University of Cape Town (UCT) has invited the Road Fund Chief Executive Officer Mr. Nkekeletse Makara, to deliver a guest lecture to the final year Civil Engineering class, at the upper campus of the University on Friday March 15, 2024

The lecture will focus on the regional trends in the road sector, looking at the ecosystem of the road infrastructure fraternity in Southern Africa encompassing different structures, organisations and their differing roles.

During the lecture, Mr. Makara will also address the main challenges related to road infrastructure in Southern Africa, also zooming into an overview of the road network in Lesotho; highlighting major successes and setbacks over the past decade.

He will further advise the students on the essential traits that a Civil Engineering Professional must possess in order to become a leader in the sector, the ethical considerations and sustainability issues relevant to civil engineering as well as the key research areas that scholars should concentrate on to address the primary challenges.

Mr. Makara will also share with the attendees his professional journey, experiences as a Civil Engineer, and provide tips that would enrich the students' minds and help them to better understand the field from an experienced professional. It will culminate with questions and answers on future prospects after graduation.

The lecture audience will comprise the UCT final year Civil Engineering students, staff members from the transport research group as well as the town planning department.

This is the beginning of a long-term collaboration between the Road Fund and the University of Cape Town, yet to be fully concretised.

### Media contacts:

Phumla Moleko (Mrs.)  
Head of Corporate Communications  
Road Fund  
Tel: +266 22216036  
+266 58885858  
Email: [molekop@roadfund.org.ls](mailto:molekop@roadfund.org.ls)  
Website: [www.roadfund.org.ls](http://www.roadfund.org.ls)

O re se bolutu ke hore molao ha o hlalose lihora tseo basebetsi ba tlang ho li sebetsa ka letsatsi kapa ka beke, 'me hona ke ho tla fetola basebetsi makhoba le ho ba fokoletsa litsiane tsa khoeli le khoeli, ka ha lihora tseo ho se boholo hore li ka fihleloa.

O re e le mokhatlo oa basebetsi ba ts'oenyehile ke molao ona, kaha boholo ba basebetsi ba tl'oa fetoha ha ho letho le ho sitoa ho ka phomola ho latela lihora tsa ts'ebetso. O re basebetsi ba lokela ho sireletsoa ke molao, ho baballeha ts'ebetsong e seng ba hlorisoe ke eng kapa eng.

A re ntho e makatsang ke hore lihora tseo tsa ts'ebetso li fihla boemong bona, esale ba ts'oere ka boima ho bona hore litokelo tsa basebetsi li eloa hloko kahar'a naha, e bang mosebetsi o joalo o sa eloe hloko o tla sebetsa ka thata ho bona hore litokelo tsa basebetsi le lentsoe la bona li ea utloahala.

O re molao ona o sobokelloang ke komiti ea moruo ea paramente ea 11, ke karolo ea melao e mero e susumelitsoeng ke Ma-Amerika hore e fete, kapa Lesotho le tla hloloa ke chelete ea Millennium Challenge Account. O re bohloko ba Lesotho ke ho sobokella lintho

nako eohle ba sa hlahlobe litlamorao tsa tsona bophelong ba sechaba.

O re e bang paramente e ka fetisa molao oo ntle le ho hlahloba liphelelo tse-na, ba se ntse ba le mahlo a nchocho ho tla potoloha le metse ea Basotho ho ba hlokomelisa ka bokhoba bo ntseng bo lohothoa ke maparamente le ho nka ba ikarabellang ka lechoba. A re ba tl'oa sebetsa ka thata ho bona hore ba sireletsa bophelo ba basebetsi.

H'a phethela o itse ba tla lula ba behile 'muso leihlo ho etsa se nepahetseng eseng se molemong oa bona. O re b'a bona hore maparamente haholo a ka pusong a tla fetisa molao ona, hobane o le molemong oa bona eseng oa batho ba bang, kaha o tlo fokoletsa bona boima ba ho lefa basebetsi.

# Mocheso o senyetsa lihoai



## Nthabeleng Seitlheko

**L**ihoi tse ntseng li thuthuha Rothe, Seterekeng sa Maseru, li re li angoe ke phetoho ea boemo ba leholimo, kaha lihlahisoa tsa bona li omeletse ke letsatsi ba re ba sokola le metsi a ho tšella ka lebaka la komello, 'me sena se etsa hore ba hule ka litlhako tsa morao tlhahisong ea lijo. Tsena li tiisitsoe ke Mohau Moholela puisanong le koranta, ka la 12 Tlhakubele monongoaha.

O re leha ba rata ho kena ka matla litabeng tsa boitjaro le ho loantša tlhokahalo ea mesebetsi, empa ba imeloa ke temo ka lebaka la maemo a leholimo a hloabaetsang, hobane bohlo ba lijalo tsa bona ha lia sireletsoa li senngoa ke komello, le lipula tse nang ka matla ka linako tse ling. O re tlhahiso ea bona e fokola haholo ho latela hore ba ne ba ikemiselitse ho hlahisa lijo tse kae kahar'a naha.

O re mekhoha ea boitšematlelo nakong ea phetoho ea leholimo ke eona eo ba lokelang ho thusoa ka eona e le lihoai haholo tse ntseng li thuthuha,

kaha seo se tla ba thusa ho ntlafatsa khoebo ea bona. O re ho se ho na le serubele se jang meroho hoo ho salang ho se na letho.

Moholela o re ba hloka thuso e matla ho 'Muso oa Lesotho ka lipeo tse mamehang maemo ana a leholimo molemong oa tlhahiso e sa nyahamiseng. O re ha lijalo tsa bona li atlehile hantle ba atleha ho iphepa 'moho le sechaba se phelang tikolohong ea habo bona, kaha nakong ea kotulo ba boloka lijo kahar'a libotloana molemong oa ho itokisetsa temo ea Mariha.

O bontšitse se makatsang ke hore 'muso o khotlaletsa lihoai ho batla lithuso ho ona, empa o koetse mamati ka liphelelo tse boima tseo ho seng bonolo hore ba ka li kokomosa joaloka ho hlokoa chelete e itseng polokelong hore sehoai se tsebe ho fumantšoa lithuso. O re e bang 'muso o labalabela tlhahiso ea lijo ka bongata o tlameha o tšehetse lihoai ka thoko ho liphelelo.

O re ba tobane le phephetso e kholo ea mekhoha ea noesetso hobane ba kha metsi bosiu lipompong ha matangoana a chele hore ba se ke ba siteloa sechaba. A re ntho eo e ba etsetsa temo e bolutu, kaha ba phela ka thata haholo ha ba

ikemiselitse ho hlahisa lijo le ho iphelisa, empa ka lebaka la likojoana tse mahetleng ke bothata hore tlhahiso e be e ntle.

H'a phethela o re 'muso o lokela ho tla ka leano la temo le kenyeletsang batho bohle molemong oa tlhahiso e sa thekeseleng ea lijo.

Mojalefa Tsekiso oa Rothe Ha 'Majane, o bontšitse ba kopana le likhoqetsane tse boima ha ba lokela ho fumantšoa lithuso hore ba tšehetsoe temong, 'me e bang 'muso o sa tle ka maaano a macha a tšehetsang lihoai tsohle tlhahiso e tla lula e le e thekeselang kahar'a naha, ebile e sa arabele litlhoko tsa sechaba.

O re toro ea hae ke hore 'muso o ba tšehetse ka thuso ea basupisi hore tlhahiso ea lijo e tsebe ho ba teng metseng, etsoe bona ba tseba lihoai tse keneng temong kahar'a metse. O re litsebo tsa tlhahiso li teng ho haellang ke lithuso sebakeng sa ho boloka lijalo le nakong eo mocheso o phahameng.

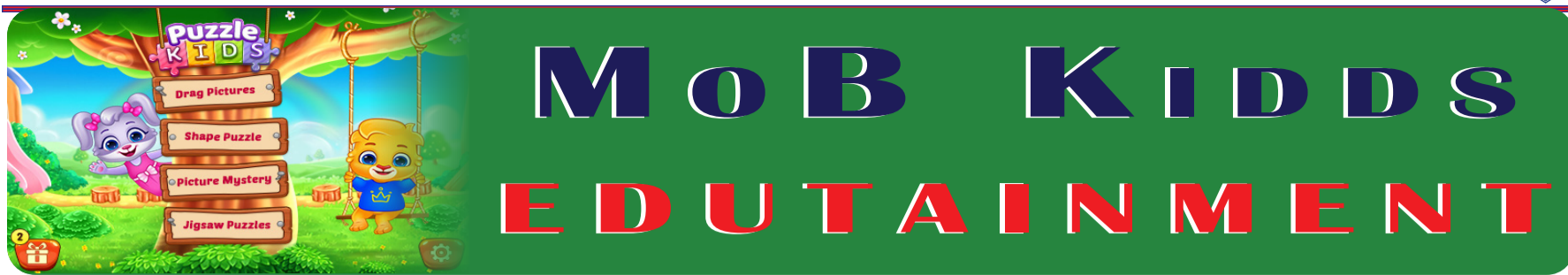
'Malebasa Lethaha ho hlahisa Tšoeneng o itse ke sehoai se tummeng ka meroho empa tlhahiso ha ea ba ntle e thefutsoe ke maemo a phetoho ea leholimo, kaha mocheso o phahame le lijalo ha li ea sireletseha le pula ha e na ka bongata e ama lijalo tsa hae.

O re maraka o teng kaha a rekisetsa Basotho le likhoebo tse ling tse kholo kahar'a naha, empa bothata e le polokeho ea lijalo le lijo nakong ena ea mocheso e holimo. O re o hloka tšehetso ea matanta hore a koahelile lihlahisoa, le mekhoha e bolokehileng ea noesetso hore lijalo tsa hae li be le metsi a lekaneng hantle.

H'a phethela o itse Basotho ba bonahala ba se na thahasello ea boitjaro ba bua ba sa etse letho, le hoja temo e le eona mokokotlo oa naha. Hajoale temo ke tlhoko e lokela ho ba le batseteli mesebetsi e tsebe ho hlahisa kahar'a metse.







Puzzle MOB 92-4526

	1	2	3	4	5		6	7	8	9	10	
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ACROSS

- 1. Pierces
- 6. Falsified
- 11. Pair
- 13. Illegitimate
- 15. Oxygenates
- 16. God of the sea (Roman mythology)
- 17. Chinese revolutionary
- 18. Bothers
- 20. Advice columnist .....Landers
- 21. Sea eagle
- 22. Gardening tools
- 23. Mid-month days
- 24. Collection or series

- 26. So far
- 28. Mineral-bearing rock
- 29. Round wooden rod
- 32. Fortune tellers
- 34. Restate
- 35. Arab country in northeast Africa
- 37. Jaunty rhythms
- 40. Glass container
- 41. A measure equal to 16 feet
- 43. Gremlin
- 45. Fertilizer ingredient
- 46. Anagram of "Noted"

- 48. Whirlpool
- 49. Anger
- 50. Argumentative
- 52. Prefix indicating recent or new
- 53. Bastion
- 55. Give forth
- 57. Foes
- 58. Fails to fulfill a promise
- 59. Coarsely ground hulled corn
- 60. Stitched

DOWN

- 1. Uttered obscenities

- 2. A city in Ontario Canada
- 3. A king of Judah
- 4. The two of them
- 5. Smudge
- 6. Hurries away
- 7. Mountains in Europe
- 8. A set of tools
- 9. South American country
- 10. Main meals
- 11. Makes docile
- 12. An analytic literary composition
- 13. Cove
- 14. Taut or rigid
- 19. Body frames
- 25. Tearful
- 27. Abominable snowmen
- 30. Sardonic
- 31. Illuminated

- 32. Actor \_\_\_ Mineo
- 33. Snake-like fish
- 35. A piece of jewelry
- 36. One who welcomes
- 38. Adolescent
- 39. Precipitated as a mixture of rain and snow
- 40. Liquid from fruit
- 41. Boils
- 42. Dissuade
- 44. Flat masses of floating sea ice
- 46. Tall woody plants
- 47. 10 cent coins
- 50. Assemble or modify written material
- 51. Walking stick
- 54. French for "Friend"
- 56. Not old

# DID YOU KNOW?

**A DOG'S SENSE OF SMELL IS BETWEEN 1,000 AND 100,000 TIMES MORE SENSITIVE THAN THAT OF HUMANS DEPENDING ON THE BREED**

**OLFACTORY RECESS**  
Home to around 300 million olfactory receptors. The epithelium has a surface area of 150-170 cm<sup>2</sup>, compared with just 5-10cm<sup>2</sup> in the nasal cavity of humans.

**NOSTRILS**  
Air is exhaled through the slits at the side of the nostrils so as not to interfere with incoming smells.

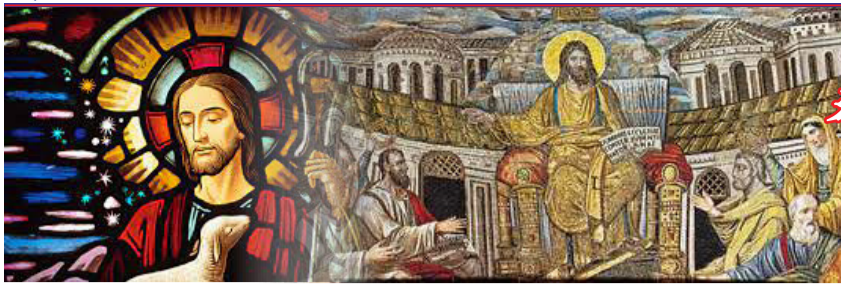
Surprisingly, there's a straightforward scientific reason why your dog can detect a person with ill intentions. When someone harbors negative thoughts, acts in a harmful manner, or holds malicious feelings, their brain releases specific chemicals.

**OLFACTORY BULB**  
Processes odours in the brain. The percentage of a dog's brain devoted to analysing odours is around 40 times larger than that of a human.

**LAMINA TRANSVERSA**  
This bone separating the main airway and olfactory recess traps odours even after air is exhaled.

SOLUTION 92-4526

1	C	H	A	S	T	E		9	M	A	D	A	M	A			
3	R	E	L	O	S		4	S	P	S		5	S	A	L	A	S
6	A	A	A	H		7	L	U	R	E	R		8	L	I	S	S
9	T	T	C		10	T	A	P	E	R	E	D		11	M	H	O
12	I	H	A		13	A	C	E	T	A	T	E		14	E	N	O
15	O	R	R		16	T	E	R	E	S	A	S		17	N	O	N
18	N	O	T	E		19	S	I	N	E	X		20	A	T	T	A
21	S	W	E	L		22	O	C	R		23	L	A	S	E	S	
						24	L	A	Y	R	E	A	D	E	R		



# TSA KEREKE

## Ba keteka Sontaha sa Thabo

**Tšeliso Thakholi**

**P**hutheho ea bakriste ba Parish ea Maria Mofumahali oa Lefatše, Mazenod ba ketekile lekhetlo la pele, Sontaha sa Thabo ka tlhohonolofatso ea metsi le ho fumantšoa tlhohonolofatso e khethehileng, ka sepheo sa ho ba sireletsa likotsing tsohle tsa 'mele le tsa moea, e le hore bohle ba tle ba tsebe ho atamela ho Morena Jesu Kriste ba hloekile. Ketekelo ena e bile hona

a bile a eketsa ka hore Morena Molimo o imetsoe ke rona, kaha ka nako e 'ngoe re phela lefung kapa sebeng, 'me sebe se tšoantšoa le lefu, feela hona le nako ea hore Morena Molimo a re inole sebeng. Ka ho na re tšoanela ho thabela taba eo ka Sontaha sena.

Khothatsong ea hae o boletse hore sebe ke ntho eo re sa tšoaneleng ho iphumana re phela ka eona, hobane re ba ratuoeng ke Morena Molimo ka Mor'a hae Morena Jesu Kriste. A re ke ka lona lerato la hae Morena Molimo a re boelantseng le eena ka Jesu Kriste, 'me a re khutlisetsa bophelong

oa rona e seng molemong oa hae." O boletse joalo a bile a eketsa ka hore re boetse re tšoanela ho etsa tse ka etsang hore Morena Molimo a re hlohonolofatse.

A tsoela pele ho bontša hore ke rona re ka thetlang letsoele la Morena Molimo la mahlohonolo joaloka namane ha e anya 'm'a eona. A tiisa hore ha re etsa tse ntle tse lokileng tse khahlisang Morena Molimo, ha se molemong oa hae empa ho molemong oa rona hore a tsebe ho re hlohonolofatsa. "Molimo o ratile lefatše ha kaalo hore e mong le e mong ea lumelang ho Eena a se ke a



**Parishing ea Maria Mofumahali oa Lefatše ka la 10 Tlhakubele monongoa.**

H'a hlalosa Sontaha sa Thabo Fr. Patrick Khoaele OMI o itse leha re ntse re le kahar'a nako ena e mahlonoko ea ho itokisetša Mokete o Moholo oa Paseka, empa Sontaha sa Bone sa Karisima ke sa Thabo. "Sontaha sa Thabo hobaneng?" Ho botsa Fr. Khoaele

hoja re ne re shoele ke sebe, hoba sebe ka bo-sona ke lefu. Ka hona ba phelang sebeng ba lefung ba ntse ba tsamaea.

A re Morena Molimo ha se Eena ea otlang batho, empa batho ke bona ba etsang hore a hule matsoho a hae ao a ba khakelelitseng ka ona hore ba se ke ba oela kotsing. "Re tšoanela ho tlotlisa Morena Molimo ka bophelo ba rona, re mo khahlise kaha ho le molemong

timela a be le bophelo bo safeheng." Ke Fr. Khoaele eo.

Ke hona moketeng ona moo a bileng a hlhisa thepa e tšoeang Sontaha sena, e leng masela a Aletare a 'mala o mopinki le liaparo tsa moprista tse pinki tseo a li reketseng kereke lebitsong la bakriste. Liaparo tsena li sebelisoa feela ka Sontaha sa boraro sa Advente le Sontaha sa bone sa Karisima eleng sa thabo.



## 2023-2024 SELEMO B

### Sontaha sa 4 sa Karisima

Lie. 36,14-16.19-23

Pesalema 136

Ba-Efese 2,4-10

Johannes 3,14-21

**Khothatso**



### Ke tla hulela sechaba sa ka ho 'na

Ho tsoa Bukeng ea Jeremia le utloa litšepiso tsa Selakane se Secha, moo Morena a tla ngola melao ea hae lipelong tsa lona e le hore le mo tsebe, libe tsa lona li tšoarelloe hape li se hlooe li hopoloa ke Morena. Joaloka Bakriste lea tseba hore Selekane se Secha se thehiloe ke Kriste bosiuong ba ho qetela nakong eo a nkang senoelo a leboha a se neha barutuo ba hae. (Matheus 26:27-8)

Joale ho boleloang ha ho thoe Morena o tla ngola melao ea hae lipelong tsa lona? Ho thoeng ha ho thoe ha le sa tla hloka ho rutana ho re "Tseba Morena?" Bongata bo nka hore karolo ena ea bobeli e bolela hore ba se ba ka mamela Moea o Halalelang qha! Ha ba sa hloka baprista, babishopo kapa mopapa, leha e se e le eona Kereke e Katholike. Ke ka hona ba ithehelang likereke tsa bona hobane ba re ba tataisoa ke Moea o Halalelang. Ha se seo Morena a se bolela'ng, ho tseba le ho utloisisa manoni a Lentsoe la Morena motho o lokela ho ithuta ka botebo Mangolo a Halalelang.

Ka holimo ho tsohle mpho ea pelo e ncha; Morena o tšepisitse ho kenya ka ho lona moea o mocha. Ka pelo le moea o mocha le tla ba sechaba sa Morena 'me eena ebe Molimo oa lona. O boela hape a tšepisa ho lula ha Moea o Halalelang ka ho lona e le hore le tsebe ho lula le lokile le mamela litsela tsa hae. Limpho tsena tseo e leng litšepiso tsa Morena ke se boleloang hantle ke ho tsoaloe la bobeli. Morena o ile a kenya moea le pelo e ncha ka ho rona nakong eo re neng re amohela Sakramente ea Tlhatsuo. (Joannes 3:3, 5, 7; 1 Joannes 4:7; 5:1, 4). Ruri ha le sa tšoana le pele karolo e 'ngoe ea lona ea bobopuo a fetohile.

Ka thuso ea Molimo Ntate bohle, joaloka bana ba Molimo le tla tseba botle le bobele, ho thabisang le ho soabisa Morena. Melao ea Morena e lula e le teng ho lona kamehla hobane le na le tichere e leng Moea o Halalelang o lulang ka ho lona. Le fetohile litempele tse phelang tsa Moea o Halalelang. (1 Ba-Korinthe 3:16)

Lengolong ho Ba-Heberu (5:7-9) le rutoa hore ka mohlala oa Kriste le lokela ho arabela pitso ea Morena joang ea le bitsetsang ho eena. Kriste joaloka motho o ile a ithuta ho mamela ka ho hlokoatsoa, 'me ka hona o ile a etsoa ea phethehileng. Phetheho eo ea hae e mo entse mohloli oa pholoho ho bohle ba mo mamelang. Ha re sheba Mangolong a Halalelang moo a bontšang botho ba Kriste, rea hlokomela hore joaloka rona o ne a e-noa, a ja, a lla ha Lazaro a hlokaetse. O ne a tšaba lefu empa o ile a rapela ho Molimo Ntate a beha tsohle matsohong a hae.

Ka mohlala ona oa ho mamela re ithuta hore ka mahloko meea ea rona ea halaletsoa. Ha re lapa meea ea rona ea khantšetsoa hore re tsebe lithoko tsa ba bolaoang ke tlala. Ka ho hloka mosebetsi le thusoa ho tseba hore le tlameha ho thusa ba bang. Mahloko ohle a etsahalang bophelong ba lona a na le seo le ka ithutang sona, e le hore meea ea lona e lokafatsoe e tšoane le oa Kriste ea phethahetseng.

Evangelizing Kriste o bua ka peo ea koro e lokelang ho shoa hore e behe, 'me eona le tla e bapisa le Tlhatsuo. Motho ha amohela tlhatsuo botho ba hae ba khale ba sebe boa shoa 'me o bolokoa le Kriste. (Ba-Roma 6:4) Joalokaha Kriste a ile a tsoa bafung, sebopuo se secha le sona se tsoa ho tsamaea bophelong bo bocha boo se mo fumaneng ho Kriste. (Ba-Roma 6:4; Ba-Kolose 2:12)

Ba ratang bophelo ba bona bo tla ba lahlehela hobane ba khetha ho tsepamisa maikutlo a bona linthong tsa lefatše. Kaha bophelo ba bona bo omme ntheng ea moea ha ho se ba emetseng 'Musong oa Morena.

## Bahalaleli har'a Beke

- 18 Tlhakubele Cyril oa Jerusalema
- 19 Tlhakubele Joseph
- 20 Tlhakubele Cuthbert
- 21 Tlhakubele Ender
- 22 Tlhakubele Lea
- 23 Tlhakubele Felix

# Roma Boys e ntšing tsa selemo



## Tšeliso Thakholi

**S**ehlopha sa Bolo ea Maoto sa Roma Boys ea Ha Mafefooane tikolohong ea Roma, se tsietsing e kholo ea ho iphumana se rathiloe ke selepe liking ea lihlopha tsa Mokhahlelong o ka Boroa oa A Division, ha selemo sena sa lipapali sa 2023/2024 se fihla phelet-song.

Sehlopha sa Roma Boys se boemong ba ho qetela ba 10, se ile sa boela sa tetebetsoa pelo ha bohloko ha se ne se teteboa ke sa Swallows ka phafa ea 3-2, papaling e neng e bapaloa Lebaleng la Swallows, Mazenod, ka Sontaha sa la 10 Tlhakubele monongoaha. Hona ho ile hoa eketsa mathata a sona le ho feta, kaha se bapetse lipapali tse 16 sa atleha ho hlola e le 'ngoe feela sa lahleloa ke tse 13, 'me se na le lintlha-kholo tse hlano ka

kotleng. Se saletsoe ke lipapali tse peli e leng Qoaling Highlanders habo eona le ho eteloa ke Majantja Lebaleng la CK, Roma.

Boemong ba borobong ke Qacha's Nek LMPS e bapetseng lipapali tse 16, ea hlola tse tharo, ea bapala ka ho lekana ho e le 'ngoe, e na le lintlha-kholo tse 10. Ha Roma Boys e ka hlola lipapali tsa eona tse setseng, eba Qacha's LMPS e sitoa ho hapa tsa eona tse setseng, ke ona monyetla feela oo e ka tsebang ho

tloha lintšing tsa selomo.

Puisanong le Mokoetlisi oa Roma Boys, Monghali Teboho Posa o itse leha e le mona ho bonahala ho le thata ho sehlopha sa habo ho hapa lipapali, Roma Boys e ke ke ea rathoa ke selepe ho latela ka moo ba bapalang hantle ka teng, ba mpa ba hloka lehlohonolo la ho hapa lipapali tsa bona. "Ka lipapali tsena tsa rona tse setseng, re tliil'o tloha boemong bona ba tlokotsi boo re leng ho bona." A rialo.

Monghali Posa o itse papaling ea Sontaha khahlanong le Swallows ke 'nete ba ile ba shapuo 3-2, hobane e mong oa libapali tsa bona a ile a fuoa karete e khubelu ka lebaka la ho hloka boitšoaro. A re sena se ile sa etsa hore sehlopha se lahleheloe ke moralo oo ba neng ba itlhophetse ona oa ho tla hapa papali ena. "Le bona ba tseba hore e ka ba papaling ea setsoalle kapa ea liki ha re etse khang le moletsaphala, e ka ba o nepile kapa o fositse." O bole-tse joalo a bile a eketsa ka hore taba eo ba il'o e lokisa le libapali tsa habo, e le ho bona hore na lipapali tsa bona tse peli tse setseng ba tliil'o li atamela joang e le hore ba tsebe ho li hapa. A tiisa hore lipapaling tsena ba na le monyetla o mohlolo oa ho li hlola ha feela ba le ngatana-nngoe, 'me boitšoaro e le bo botle. "Re tliil'o nyoloha mono moo re teng, empa bofokoli boo re nang le bona bo etsoang ke ba bang ba libapali tsa rona, boo ke reng re lokela ho bo lokisa ke boitšoaro." A rialo.

Lintlha tsa Swallows papaling ena eo ho neng ho bonahala e bapala e qhoaalotse likobo e iketlile haholo karolong ea bobeli ea papali, tse peli li kene ka Mohau Khali ha e le 'ngoe e hlabiloe ke Tšepo Moerane.

# People's Cup ea e baka taba

## Tšeliso Thakholi

**L**itsela tsa barati le batšehetsi ba bolo ea maoto Lesotho, li lebile Bocheletsana tikolohong ea Mantšonyane mafelong ana a beke ea la 16 Tlhakubele monongoaha, moo lihlopha tse 'ne tsa Liki e Kholo tse ileng tsa huloa ka lotho, tšebeletsong ebileng Bambatha, Maseru, ka la 9 Tlhakubele monongoaha, li tlang ho isana holimo le tlaase li tseka Mohope oa Sechaba (People's Cup) Lebaleng la Sam Matekane.

Ho ea ka lotho e entsoeng lihlopha tse tliil'o e hlanaka ke Linare, Matlama, LMPS le Bantu. Papali ea pele e tla qala ka hora ea borobong hoseng, ebe ho tla latela ea bobeli ka 11:00. Ha makhaola-khang a tla ba ka 3:00 thapama. Papali ea pele e tla ba lipakeng tsa Linare le Matlama, papali ea bobeli ebe bompoli ba sireletsang mohope ona e leng Bantu ba qothisana lehlokoa le LMPS. Lihlopha

tse peli tse tla hlola li tla bapala ho makhaola-khang, ha tse peli tse hlotsoeng tsona, li tla bapala ho tseka boemo ba boraro le ba bone ka tatellano.

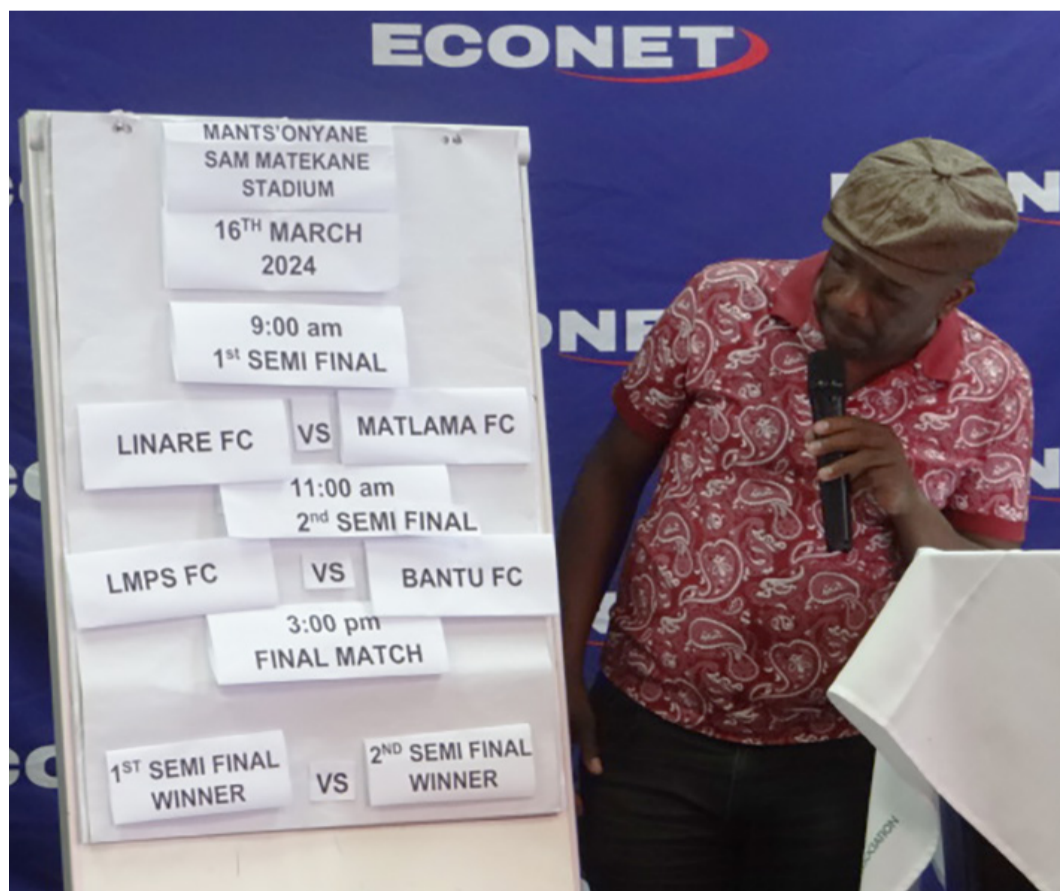
Lebitsong la bafani, Mofumahali Puleng Masoabi ho hlaha Kampaning ea Econet-Lesotho o boletse hore ba motlotlo haholo ho tšehetsa litholisano tsena, kaha ba hlokometse hore e tliša thabo le ho bopa setsoalle kahare ho sechaba. Ka hona ke takatso ea bona ho tsoelapele ho li tšehetsa. A re morero o mohlolo oa tsona, ke ho holisa le ho matlafatsa papali ea bolo kahar'a naha.

H'a leboha lebitsong la Komiti e Tsamaisang Lipapali tsa Liki Lesotho (PLMC), President ea PLMC, Monghali Hubbard Monaheng o hlahositse hore PLMC e motlotlo ho bona Econet-Lesotho e ntse e tsoelapele ho tsetela haholo kholong ea papali ea bolo ea maoto kahar'a naha. A re sena e mpe e be mohlala ho bahoebi ba bang hore le bona ba bone bohlokoa ba ho holisa lipapali.

Mohloli oa litholisano tsena o tla ikhapela, chelete e kaalo ka M650,000.00, bobeling e be M300,000.00, ha ba tla hloloa ho makhaola-khang bona ba tla khaketsoa M200,000.00 sehlopha ka seng boemong ba boraro

le ba bone ka tatellano. Ho sa le joalo, sehlopha sa Linare se se se amohetse chelete e kaalo ka M200,000.00 kamor'a ho ba sona sa pele sa hoba le li-'vote' tse 200 000 kamor'a hore bafani ba bontše hore sehlopha

se tla ba le li-'vote' tse 200 000 pele ho tse ling se tla fuoa moputso. Ho boetse ho tla boela ho e-ba le meputso e kang ea sebakali se hloahloa, mokoetlisi ea hloahloa, mohlaba-lintlha, bathusi ba moletsa-phala le moletsaphala ba tla ipabola ka ho tsamaisa lipapali tseo ka makhetho.



# Mokoetlisi o phatlalatsa mokhethoa

## Tšeliso Thakholi

**M**okoetlisi ea sa tsoa khethoa oa Sehlopha sa Naha sa Likuena, Monghali Leslie Notši o phatlalalitse mokhethoa o mocha, ka la 12 Tlhakubele monongoaha, o tlii'o simolla ho papala papali tse pele tsa ona tsa pele tsa setsoalle le Sehlopha sa Walia Ibex sa Naha ea Ethiopia, ka la 21 le 24 Tlhakubele monongoaha, moo linaha ka bobeli li itokisetsang lipapali tsa tsona tsa ho phunyeletsa tsa Mophope oa Lefatše tse tlii'o papaloa ka Phupjane 2026.

Ho ea ka phatlalatsa e ntšitsoeng ke Mokhatlo o Tsamaisang Bolo Lesotho (LeFA), sehlopha sa naha se eme tjena: lithibathibane ke Sekhoane Moerane-Orbit FC (SA), Teboho Rati-bisi-LDF le Moseu Seahlo-lo-LCS. Haele ba bapalang moleng o ka morao ke Motlomelo Mkwanzazi-BDF, Rethabile Rasethuntša-Linare, Fusi Matlabe-Mpheni Defenders (SA), Thato Sefoli-Upington City(SA), Majara Relebetsoe-Tubatse, Thabo Matšoele-Bantu le Ntsane Mofalefa-Celtics(SA).

Athe ba bapalang moleng o hare ke Lisema Lebokolane-Linare, Lehlohonolo Matsu-LDF, Thabo Lesaona-Bantu, Tlotliso Phatsisi-Black Leopards, (SA) Tšoarello Bereng-Orbit FC (SA), Tšepo Toloane-LDF, Lehlohonolo Fothoane-Bantu, Neo Mokhachane-VT-M(Botswana), Tumelo Khutlang-Lioli le T'sepang Sefali-Linare.

Bahlaba-lintlha bona ke Jane Thabantšo-Matlama, Sera Motebang-Royal AM(SA) le Katleho Makateng-Richards Bay(-SA). Naha ea Lesotho e na le lintlha-khola tse peli Mokhahlelong oa C moo e nang le Nigeria, Afrika Boroa, Benin, Zimbabwe le Rwanda. Le tla thakholapapali tsa lona tsa pele ka ho papala le Zimbabwe le Rwanda ka tatellano ka Phupjane monongoaha.

Ho sa le joalo, eo e neng e le Mokoetlisi oa Sehlopha sa Naha sa Bolo ea Basali, sa Mehalalitoe ebile e kile ea e-ba mokoetlisi oa



lihlopha tse 'maloa tsa Liki e Kholo tse kenyeletsang

har'a tse ling Lioli le Manonyane, Mofu Pule Khojane o

phomolitsoe borokong ba hae ba ho qetela, TY Seter-

ekeng sa Berea ka la 9 Tlhakubele monongoaha.

## Chess e bopa mokhethoa



### Tšeliso Thakholi

**M**okhatlo oa Lesotho oa Papali ea Chess(CFL), o hlophisitse litlholisano tsa papali ea Chess boemong ba naha tsa National Chess Championships tse neng li tšoaretsoe Lancers Inn, Maseru, ka la 9 ho isa la 11 Tlhakubele monongoaha, ka sepheo sa ho khetha mohloli oa litlholisano tseo ka lehlakoreng la bahlankana le baroetsana, bao e tlang ho ba karolo ea mokhethoa oa naha o tla emela Lesotho lipapaling tsa Chess Olympiad, tse tlang ho tšoarello Budapest Naheng ea Hungary ka kholeli ea Loetse monongoaha.

Litlholisano tsena li hlhlama tsa Lesotho Open

Chess Tournament, tse bileng ka Pulungoana ngoahola, tseo morero e neng e ntse e le ho khetha bahloli ba babeli, 'me bona ebile Sechaba Khalema le Boitumelo Sethabathaba. Bahloli ba National Chess Championships ba ileng ba fumana mehope le limentlele bona ebile Lihloela Motlomelo le Lieketseng Ngatane. Bone bona bo se bo atlehile ho kena kahare ho Mokhethoa oa Naha oa Chess. Morero o mong o moholo oa litlholisano tsena ke ho tlotla bompoli ba papali ea Chess selemong sena.

Puisanong le Phala ea CFL, Monghali Selatela Khiba o boletse hore litlholisano ebile tsa boemo bo holimo haholo, kaha sebakali ka seng se bapetse lipapali

tse supileng. A re Mokhethoa oa Naha o tlii'o boptjoa ka libapali tse 10, e leng bahlankana ba bahlano le baroetsana ba bahlano. Ka hona, bahloli ba litlholisano tse fetileng le tsa kajeno ba tlii'o lateloa ke libapali tse robong tse seng li e-na le lintlha tse ngata tlholisa-

nong ka 'ngoe, e be ba papala lipapali tsa ho qetela tsa Round Robin moo teng ho tlang ho nkoa libapali tse 10 tse tlang ho bapalana.

A re ha li qeta ho tla nkoa tse tharo ka ho bahlankana le baroetsana tse hlotseng, ebe li tlatseletsa bahloli bane ba bane ho bopa mokhethoa oa libapali tse 10 o tlang ho emela naha. A ipiletsa ho banana le basali ho kena ka bongata papaling ea Chess, kaha ho bonahala lipalo tsa bona e hli-le li fokola haholo. A boela a etsa boipiletso ho bafani ho etsa letsoho la monna, e le hore papali ea Chess e tse-be ho hola le ho matlafala kahar'a naha.

Ke libapali tse 63 tse neng li lebetsoe ho ba teng lipapaling tsena, ho hlaha literekeng tsa Maseru, Mafeteng, Mohale's Hoek, Mokhotlong, Leribe le Butha-Buthe. Haele Thaba-Tseka, Quthing le Qacha's Nek li ne li sa emeloa.



# Mohoebi o phallela sepolesa

**Nthabeleng Seitlheko**

**E** mong oa bahoebi ba nahaena, Monghali Potso Rabeng o phalletse sepolesa sa taolo ea sephethephethe, Maseru ka mabone a taolo ea sephethephethe. Tsena li bile Ntlo-Kholo ea Sepolesa sa Lesotho, ka la 23 Tlhakubele monongoaha. Rabeng o re e le ho tlatsetsa holima mosebetsi o tsoileng matsoho o etsoang ke balaola sephethe-phethe, o bone ho hlokeha hore aba hlo-melle ka mabone e le ho bebofatsa mosebetsi oa bona. O re kaha ba sebetsa le ka mafifi ba ne ba bonahala ka lebone le lenyane 'me ho se bonolo hore ba hlokomelehe.



O re ha sepolesa se baballehile tšebetsong ea sona le bona e le bahoebi ba bolokehile 'moho le sechaba.

H'a phethela o bontšitse a thabile hore o atlehile ho phethahatsa ngongoreho ea hae ea nako e telele kaha a ne a bone sekheo.

Ea tšoereng molepo e le Mookameli oa Sepolesa, Dr. Mahlape Morai, o babalitse sena se entsoeng ke mofani 'me a re ha ho kamoo sepolesa se ka atlehang mosebetsing oa sona kathoko ho tlatsetso ea sechaba. A re ba motlotlo hore ho na le bahoebi ba ba elang hloko leha bona e le sepolesa ba sa re letho.

Motlatsi oa Mookameli oa Sepolesa Sera Makharilele, o re mabone ana a tlo etsa hore sepolesa se bonahale hore le sona se ntse se hola tšebetsong ea sona kamehla, hape a tlo etsa hore mapolesa a bonahale motho a sa le hole ho feta khale ha ba ne ba sebelisa khanya e nyane ea 'torch.' O lebohile bahoebi ka ho ela sepolesa hloko tšebetsong ea bona ea kamehla.

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