

Parare Domino Plebem Perfectam

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

MOELETSI OA BASOTHO

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'Makhoroana
e ipabola ka
boitjaro **6**



Tikoloho e
apareloa
ke bosholu **8**



Secker ke
mokoetlisi
e mocha **11**

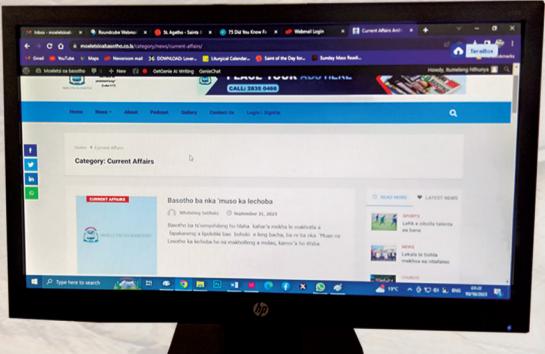


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Re se re fumaneha ho
marangrang

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MOELETSI

Molemo molemong

Banka ea Standard Lesotho ke e 'ngoe ea tse tummeng ebileng e na le baji ba bangata ho feta ba libanka tse ling, e thakhotsitsoeng ka molao ho fana ka litšebeleto tsa lichelete, oa be a rerile ho nchafatsa bokamoso ba hae. Kapa ka nako e 'ngoe ho na le lebaka la tšohanyetso leo a batlang ho le phetha, 'me a hloka chelete kapele. Banka ena e hlahella hona nakong ea tlokotsi ho thusa moji oa eona ho imoloha mathateng ana, e hlahela hore ha e etse tsena tsohle ntle le ho shebisana le mosebelisi. Ntlha ea bohloko a ke hore na o hloka mokitlane oa bokae, o tla lefa bokae a salloe ke bokae moputsong oa hae oa khoeli le khoeli.

Ho na le Basotho ba babeli ba unneng molemo hona bankeng ena, 'me ba ile ba tlotoa ka chelete e balloang ho likete ho ba lebaka ha ba atlehole ho lefa mekitlane ea bona ntle le ho lelekisoa. Ba entse ntho e kholo e bontšang boikitlaetso le ho tsepahala, e leng lintho tse sa fumaneheng bathong mehleng ena haholo tabeng ea chelete. Motho ha ile a thusoa, a atleha ho fetisa morero oa hae eba o se a qoela a sebelisa leano la hore 'molemo o ja mong'a ona' a sa hlokomelis hore ka ketso eo o koalla ba bang monyetla. Kapa eena hobane bophelo bo matsoelintsoeke a ka iphuma a hloka thuso e tšoanang hape. Re lebaka Basotho bana ba ileng ba hopola hore tsa hosane ha li tsejoe hape ha ba ka ba inahana bo-bona.

Ka lehlakoreng le leng ke tlhokomeliso ho sechaba hore nako ea Hlabula e ntse e fela, Mariha a se ntse a kokota. Batho ba bangata ba tšoaroa ke sefuba hona ha linako li fetoha tjena, ka hona ho bohloko a hore le ithokomele hobane joalokaha Letona la Lichelete le Ntšetsopele ea Sechaba le ile la bolela nakong eo le neng le fana ka likhakanyo tsa lichelete tsa selemo sa 2023/4, hore Lekaleng la Bophelo ho na le morero oa hore ho thibelo mafu ho na le hore a alafshoe e le ho imolla Litsi tsa Bophelo. Ka hoo bohle qalang hona joale ho e-s'o bate ho tla ka maoa le maqheka a tla le thusa ho thibela sefuba, e ntse e le ho qoba litšenyehelo tsa ho reka meriana.

Nako ea Mariha e litšenyehelo haholo hobane motho o lokela ho itlhokomela ho tloha ka lijo, ebe liaparo le mofuthu ka tlung. Motho e mong ea bohlale o ne a re: "Mariha ha aparelue, a jelloa." Seo a se bolelang ke hore ha u ka ja lijo tse fanang ka mofuthu, ha u na ho hloka ho apara liaparo tse ngata nakong ea Mariha. Taba ena ke 'nete hobane sefuba se tšoara motho ka lebaka la phetoho ea mofuthu oa 'mele, serame se sengata se hleka-hlekana le 'mele ebe qetellong sesole sa 'mele se sitoa ho loantsa kokoana-hloko e bakang sefuba. Ka hona ho molemo hore motho a je lijo tse fanang ka mofuthu le lithibela-mafu e le ho matlafatsa sesole sa hae sa 'mele ho loantsa kokoana-hloko ena.

Ha re baleheng ho noa lithare hobane ke lithetefatsi tseo 'mele ha o li tloaetse, eba sesole sa 'mele se se se sitoa ho loantsa lefu lefe kapa lefe ntle le thuso ea tsona. Motho o sa fetoha lekhoba la litlhare joaloka motho ea seng a leng maemong a hore h'a ka tlohela ho noa joala o ikela ho o batang. Ha ho bonolo ho etsa lintho tse ling bophelong empa le teng ho sheba bothebelele ba nakoana litlamorao e le tse bosula, ke boootla. Tsela e lokisetsang bokamoso ha e bonolo ebole ha ho mohla e tla ba bonolo le ka mohla.

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FOR IMMEDIATE RELEASE



The Annual Lesotho Robotics Expo Showcases Innovation and Collaboration at Thaba-Bosiu Cultural Village.

Girls Coding Academy, in collaboration with the Lesotho Science and Maths Teachers Association, is excited to announce the first annual Lesotho Robotics Expo, scheduled to take place on March 23, 2024, at Thaba Bosiu Cultural Village.

This groundbreaking event aims to celebrate the ingenuity and creativity of Basotho youth in the field of robotics and STEM (Science, Technology, Engineering, and Mathematics). The expo is a testament to our commitment to fostering innovation and providing a platform for young minds to showcase their talents.

Event Details:

- . **Date:** March 23, 2024
- . **Time:** 08:00 am – 3:00 pm
- . **Venue:** Thaba Bosiu Cultural Village
- . **Free Entrance:** We are delighted to offer free entrance to all attendees, encouraging families, students, and educators to join us for a day filled with excitement and learning.

Highlights of the First Lego League Expo:

- Robotics Competitions:

Teams of young innovators will engage in thrilling robotics competitions, showcasing their technical skills and problem-solving abilities.

- STEM Exhibits:

Explore interactive STEM exhibits that demonstrate the wonders of science, technology, engineering, and mathematics.

- Educational Workshops:

Engage in hands-on workshops designed to inspire curiosity and ignite a passion for STEM among participants.

Partnership with Lesotho Science and Math Teachers Association:

We are proud to collaborate with the Lesotho Science and Math Teachers Association to bring this event to life. Together, we aim to empower the next generation of Basotho leaders in STEM fields.

Join Us:

Don't miss this unique opportunity to be part of the first Annual Lesotho Robotics Expo. Bring your family, friends, and students to Thaba Bosiu Cultural Village on March 23, 2024, and witness the brilliance of Basotho youth in robotics and STEM.



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Tseliso Thakholi

Banka ea Standard Lesotho e thakhotse litšebeletso tsa likalimo tsa lichelete ho baji ba eona, ka sepheo sa ho ntlaftsa bophelo ba sechaba sa Basotho. Khakolo ena e bile hoteleng ea Lancers Inn, Maseru ka la 5 Tlhakubele 2024.

Hlooho ea Lefapha la Likalimo le Limmaraka, Monghali Teboho Sello o bolelletse baphatlalatsi ba litaba le baji ba litšebeletso tsa Banka ea Standard Lesotho, ba bileng teng khakolong ena hore tlhahiso ea bona ea boleng ke sesupo sa boitlamo ba bona ba

bosebeletsi bo tsileng matsoho, bo reretsoeng ho thusa baji ba bona maemong ohle a bona a fapaneng a bophelo.

A re joaloka ha e le bona ba etelletseng pele limmaraka kahare ho na, phepheto ea bona e kholo e ntseng e tsoelapele, ke lula ka mehla e le bona bo pula-maliboho linthong tsohle tse ncha tse e ke tsang boleng ba litšebeletso tsa bona le ho fetola bophelo ba baji ba bona. "Ke tlameha ho tiisa 'neta ea hore e hlile hare phomole. Re lula re ntlaftsa le ho nahana ka botebo litsela tseo ka tsona re ka etsetsang baji ba rona le sechaba ka kakaretso lintho tsa boleng

tse ka ba thusang ho ikahe-la bokamoso bo botle le ho ntlaftsa bophelo ba bona." A rialo.

A supa hore boiphilelo ba bareki litšebeletsong tsa boleng tseo ba fanang ka tsona, ke eona khubu ea chebelopele ea Banka ea Standard Lesotho, 'me ka mehla baji ba bona ke batho ba pele ba bohloko a ho tsohle tseo ba li etsang. "Re rarolla le ho nolofatsa mathata a baji ba rona a lichelete, e le ho ba bobefaltsa le hore ho bo be bonolo ho fihlela litoro tsa bona tsa bophelo bo botle." O boletse joalo.

A re bona ho fapani le libanka tse ling le bahoebi ba kalimisanang ka lichelete,

ba fana ka tataiso ea likalimo pele baji ba bona baka etsa qeto ea ho kalima, 'me hara tseo ba li shebang ke hore na motho ea kalimang o lokela ho nka mokoloto oa bo kae o tla lekana mahetla



Kibane o qenehela BAP

pano.

Lengolong leo a nehel-aneng ka lona ka la 5 Tlhakubele monongoaha, Kibane h'a teka mabaka a hae, o bontšitse hore kam-or'a ho mamela sesosa sa khohlano ea mahlakore ka bobeli le ho fumana maikutto a batho ba bang ba sebelitseng taba ena pele ho bona, e le litho tsa Komiti ea Tšebetso(CWC), o hlokom-etse lintho tse latelang ho moetaple oa hae; ho hloka khotso ho litho tsa Komiti ea Tšebetso, ho etseletsa litho tsa Komiti ea Tšebetso ka hore li ngoletse Tona-Kholo hore a mo tlose Lekaleng la Matla, le hore hella litho tsa Komiti ea Tšebetso hore

li filoe chelete hore li ngole lengolo.

O re taba ena ea likhohla-no tsa Moetapele le Mongoli e Moholo, o bona e fetose sebophe. A supa hore o bona e se e jelella le batho ba neng ba kena lipakeng ho etsa namo, 'me kutloiso ea hae ke hore ha motho a filoe boikarabello ba ho sebetsa taba, ke boikarabello ba hae ho atamela mahlakore ohle a amehang hore a tsebe ho fumana metso kapa botebo ba taba.

A re kutloiso ea hae hape ke hore motho a ke ke a sebetsa taba e amang mahlakore a mabeli a ntse a sebetsa le lehlakore le leng. A re ke ka lona lebaka lena

ba neng ba sebetsa taba ena, ba behile moetapele ka thoko hobane ke taba e mo amang, ebile ba ronngoe ke eena ho e sebetsa.

A kopa tšoarello ho litho tsohle tsa mokha oa habo, haholo ba ntseng ba khotsofaletse tšebetso ea hae. A re o etsa boitokollo bona ka pelo e tletseng qenehelo e kholo, 'me a boela a kopa hore ketso ena eo a e ent-seng empe e tlisetse mokha ona oa habo khotso. H'a qetella lengolo lena la hae a ipiletsa ho litho tsa habo ho emisa ho bua lipuo tse ke keng tsa thabiswa ba bang kantle le kahare ho mokha. A khothaletsa litho ho sebetsa kutloano le poelano ka hare ho Mokha. A laka-letsa Moetapele oa BAP le

litho tsohle tsa mokha bophelo bo monate le khotso.

Puisanong le Raliphatalatso oa BAP, Monghali Lepolesa Makutoane o tiisitse hore lengolo le joalo ba le fumane, 'me ke hona ba tla lula fatše ho ka shebisana ka lona. A re boitokollo ba Monghali Kibane bo tlii'o tlisa sekheo se seholo, mokhoeng oa tšebetso oa komiti le ho khina litšebeletso tsohle tsa komiti. Ka hona takatso ea hae ke hore ba tla bua le eena ho tsoe-lapele ka mosebetsi oa hae. A tiisa hore boitokollo bona bo tlisiso ke litholoana tse seng monate tsa likhula-khulano tsa Moetapele le Mongoli e Moholo oa Lekala la Matla.

a hae, e le hore a tle a 'ne a phethe mabaka a lelapa ha a ntse a lefa mokitlane oa hae.

A khothaletsa baji ba bona ho se etsemekoloto ea bona pinyane, empa ha ba e nkile ba tsebise ba malapa a bona, e le hore ha lefu le ka ba khaoletsa ka tšohanyetso banka e tle e fane ka matšeliso, e tsoe haba kalima banka e kentse tshireletso e joalo.

Ba bang ba ba nang le likalimo Bankeng ea Standard Lesotho, Monghali Neo Macheli le Mofumahali 'Maalina Lesaoana ba thoholelitse Banka ea Standard Lesotho ka ho fana ka litšebeletso tse makhethe tsa boleng bophahameng. Ba re litšebeletso tsena li fotose bophelo ba bona kaha ba atlehole ho fihlela matlo a litoro tsa bona. Ba ipiletsa ho baji ba litšebeletso ho tsepahalla boitlamo ba bona ba ho lefa mekitlane kaha sena se tla batsoela molemo o moholo. Ka lebaka la ho tsepahalla ho lefa hantle mekitlane ea bona Macheli le Lesaoana ba ile ba una molemo oa ho fuoa mpho ea chelete e kalo ka M20,000.00 le M10,000.00 ka tatellano motho ka mong.

Talenta e phelisang



Tšeliso Thakholi

Ilemong tsena tseo bacha ba bonahlang ba aparetsoe ke tla-la, tlhobolo le leqeme le phahameng haholo la tlhkahalo ea mesebetsi, lero la meutloanyane ke tsela eo ba ka atlehang ho iphelisa ka eona. Monghali Motlou Majoro oa Kolonyama, Ha Moramang o netefatsa taba ena ka tšebetso ea hae ea lero la meutloanyana ea seng a fetotse bophelo ba bacha ba fetang 10, bao a sebetsang le bona le bao a ba rupelang. O li beha tjena:

Qalo ea lero la meutloanyane

Ke qalile ka selemo sa 2021, sepho e ne e le ho fumanamekhoa ea ho ja. Haele hantle motho o ile oa ithuta ka seo sa COVID-19 hore motho a ka shoa a ntse a e-na le chelete, e ile ea re ruta mekhoa e mengata ea ho itlhahisetsa lijo tseo motho a ka li jang kaha ka nako eo chelete e ne e se na thuso. Ke ha ke tla ba le morero oa hore nke ke qale khoebo, feela e sa tšoaneng le tsena tse ling e bileng e sa tloaeleheng, ka bona ho le molemo hore ke hetle morao, ke khutlele liphoolong le masimong. Ka boela ka ithuta hore khoebo ea mofuta ona, ke

ea pele ha e eo kahare ho na. Ka qala ka e theha ke sebetsa le bacha, bao e leng litho tsa lelpa ha ba

bang e le bacha bao ke ba fumantsitseng mosebetsi. Ka e theha ka tsela eo ke ileng ka etsa hore ha ke se ke tsofetse e tle e se ke ea putlama, e hle e sebetse e le polasi ea meutloanyane, likhantši, makau le likhoho tsa Sesotho. Polasi ena e bitsoa Boiketlo Farms.

COVID-19

Hantle-ntle seo sena se re rutile hore re hloka ho itlhahisetsa lijo ka mefuta ehole ea tsona, haholo-holo mefuta ea nama e kang ea meutloanyane, eleng e sieo mabenkeleng a kahar'ana ha empa e fuparetseng sechaba sa Basotho bophelo bo botle. Nama e kang ea makau, likhantši le likhoho tsa Sesotho e na le matsoai a boholoka a hlokoang ke 'mele. COVID-19 e ile ea nthusa ho bona hore bophelo ha se chelete feela, ho ba motho a ka shoa a ntse a e-na le eona. Ke nako joale ea hore bacha ba itahlele ka setotsaana leroong la meutloanyana, ba tsebe ho iphelisa le ka linako tse thata tsa mafu ana a makatsang.

Phepo

Meutloanyane e fepeha ha bonolo kaha ke phoofolo e iphelelang naheng. Ha e hloke lijo tse moholo joaloka ba bang ba nahana. Re hlola phepo ea eona ka

ho lema masimong poone e khubelu, koro le rapa ena e putsoa ea likhomo. Ho feta mona re reka lijo tsena

tsa eona, tse fumanoang mabenkeleng le teng ha se ka boima bo boholo ho ba re e hashaletska ka linako tse it-

seng e seng kamehla.

Tlhokomelo

E re kaha re se re e ruhela ho e rekisa, re loantša hore e se ke ea e-ba le lefura le lengata, nama ea teng ebe e monate e tla khahla baj. Re e tšela li-traying ka makhetho joaloka boroso. Ha joale re sa qalile ho e rekisa Maseru mona, ho a mang a mabenkele a maho. Taba ea boholoka ke makhetho 'me ha re e ruele fatše re e ruoa joaloka likhoho tsa nama le tsa mahe e le hore moses le mantle a tsona re se re li sebelisa bakeng sa ho etsa manyolo.

Khetholetso

Bacha ba heso mamatia butsoe, tlhong re tl'o le fa letsoho kahare ka lero la meutloanyane kaha le etsa chelete e ngata ka mokhoa o makatsang. Ka mofuta ona oa khoebo le ka tseba ho phela. Rona re butse mamatia kaha re batla tsebo ena re se ke ra tsamaea ka eona ha re se re tsofetse, e sale le lona le iphelisa ka eona. Bacha tlhong!

MONDAY 01 APRIL 2024

TIME: 9:00-1600

NATIONAL HEALTH SYMPOSIUM

A Stitch in time saves nine'

TARGET AUDIENCE : 2000 PERSONS

Refreshments to be served



Dr. Thabang D. Seotsanyana
Naturopathic Practitioner



Dr. Rakhaboso 'Mats'episo
Naturopathic Practitioner

VENUE : LESOTHO HIGH SCHOOL HALL

TOPICS

- > CANCER > MALE & FEMALE SEXUAL DYSFUNCTIONS
- > DIABETES MELLITUS > CARDIOVASCULAR DISEASES
- > MENTAL HEALTH : DEPRESSION
- > SUBSTANCE ABUSE/DRUG ADDICTION

QUESTIONS, COMMENTS & ANSWERS' SESSION

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VENUE: MANTHABISENG CONVENTION CENTRE

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Teba

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Omali Themba



'Malichelete'



Chief Fasa



Mochana



Master Dj

FOR MORE INFO CONTACT (+266) 5852 4642 / 6393 9207



Sotho Kids

'Makhoroana e ipabola ka boitjaro

Nthabeleng Seitheko

Mokha oa Liketso le Bophethahatsi (BAP), o ile oa tšoara lipontšuoa tsa lihoai Lebatooeng la 'Makhoroana, Mapoteng, tla-sa lenaneo la boitjaro le reretsoeng ho nt-lafatsa lihoai kahar'a naha. Litaba tsena li hlahile pisanong le Mookameli oa boitjaro, Mojela Lieta, ka la 4 Tlhakubele monon-goaha.

O re sepheo sa lipontšuoa tsena ke ho kopanya bahlahi si le bahoebi e le mokhoa oa ho atameletsa bahlahi si 'maraka. A bontša ha ba rata hore qetello ba be le lipuisano le ba ratang ho kena khoebong ena ea boitjaro.

Ha hlalosa Boitjaro o bontšitse ha Moetapele oa bona Prof. Nqosa Mahao a ile a ba le pono ea hore Naha ea Lesotho e na le bokhoni ba ho itjara ka lhliloeng tsa eona, ke h'a tla qala leano lena ka selemo sa 2019.

Are ka selemo sa 2022, ke

ho kena temong ka matla. A supa ha eena a se a sebelitse hantle, hape ka ho kothaleletsa sechaba sa habo ho kena ka matla te-

tooa a mang. A supa hore seo se bontša hantle hore Basotho ba ka phela ka lihlahisoa tsa bona.

O bontšitse ha litho tsa

hore eena ele mohoebi o rata ho fetola bophelo ba batho. A re ho fetola bophelo ba motho ha se ntho e thata ha feela u ithutile se

bona, 'me taba eo ha e ba thabise.

Prof. Nqosa Mahao o itse morero oa boitjaro o qalile ha habo, empa Serobanyane o se a hatetse pele haholo ka ona hoo Ntlo-Kholo ea Boitjaro eseng e le lebatoeng la 'Makhoroana.

A bontša ma-BAP hore linaheng tse moruo o motle, lifeme tsa bona li qalile ka batho ba ileng ba iketsetsa lihlahisoa ka bomong malapeng a bona. A re chelete ea lichaba tseo e potoloha kahare ho naha e joalo.

A re ha babusi ba ka sebelisa leano lena Naha ea Lesotho e ka hola moruong. A qetella ka hore e le BAP e ikemiselitse ho thusa Basotho e le 'musong kapa chee. Ke hona mona moo lihoai li bileng le monyetla oa ho pepesa le ho rekisa lihlahisoa tsa tsona ka bongata ho baeti ba bileng teng moketeng ona.



mong, kaha le mesebetsi e fokola ha motho a batla ho hiroa. A bontša ha ba se ba na le bacha ba keneng temong 'me hoo ho theotse litlolo tsa molao.

Monghali K'habonea Khumalo e le Molula-Setulo oa Lebatooa la 'Makhoroana, o babalitse Serobanyane ka ho ba le bona le kamor'a likhetho. A re ha se bakhohalaetsua ba bangata

habo li rekisitse likhoho tse 65 000 ka nako ea likhoe-li tse 'ne feela ka lenaneo lena la boitjaro.

A bontša h'a rata ha batho ba iqalla lintho tsa bona tlase, ho ba ha o qalile tlase monga sehlahisoa o tla tseba hore na ha se ntse se hola o tla se hlokomela joang. Ho fapania le motho ea nkang lintho mpeng ebe ha teana le liqholotso oa nyahlatsa, empa motho ea nang le tsebo ho tloha tlase oa tšoarella le nakong ea liqholotso.

A phethela ka ho bontša

hlokoang ke motho eo u ratang ho mo thusa. A re e le BAP ba ikemiselitse ho fetola bophelo ba batho ho bo isa botteng.

Motlatso oa moetapele oa BAP Mohlomphehi Motlatso Maqelepo o bontšitse ha lebatooa la 'Makhoroana le se le le pele ka more-ro ona oa boitjaro, 'me le bone hore le thusa mabatooa a mang. A ipiletsa ho ma-BAP ho ngolisa likhoe-bo tsa bona, kaha eena le moetapele ba lula ba rekelloa lihlahisoa tse tsoang kantle ho naha liofising tsa



moo ba ileng ba hlokomela hore lenaneo lena lea hola, 'me le se le tšoanelo ho hlahisa mesebetsi, ke moo ba ileng ba le ngolisa ka molao e le koporasi Lekaleng la Khoebo. Leha ho le joalo, a supa ba ntse ba na le qholotso ea ho fumana lengolo la tumello ea ho hlahisa 'me sena se etsa hore ho se be le setsi kapa lekala le ka hlahlobang lihlahisoa tsa bona.

E mong oa litho eble e le sehoai Monghali Nasi Foso o lebophile Monghali Serobanyane 'moho le Prof. Mahao ka ho ba susumeletsa

ba sebetsang le sechaba sa habo bona kamor'a likhetho haholo ha ba hlotsoe. A bontša hore empa eena o ntse a le teng, 'me o ntse a ba thusa ka lintho tse ngata ho fetola bophelo ba bona. A bontša ha bophelo ba malapa a mangata bo fetohile ka lebaka la moraloo oa boitjaro.

Mokhohalaetsua oa BAP 'Makhoroana N0.20, Leloko Serobanyane eble e le Molula-Setulo oa Lenaneo la boitjaro, o supile ha lihlahisoa tse teng sebakeng seo, e le tse entsoeng ke lihoi tsa lebatooa leo le maba-



DATE: 2 - 4 August 2024

Venue: Boqate Leisure Park

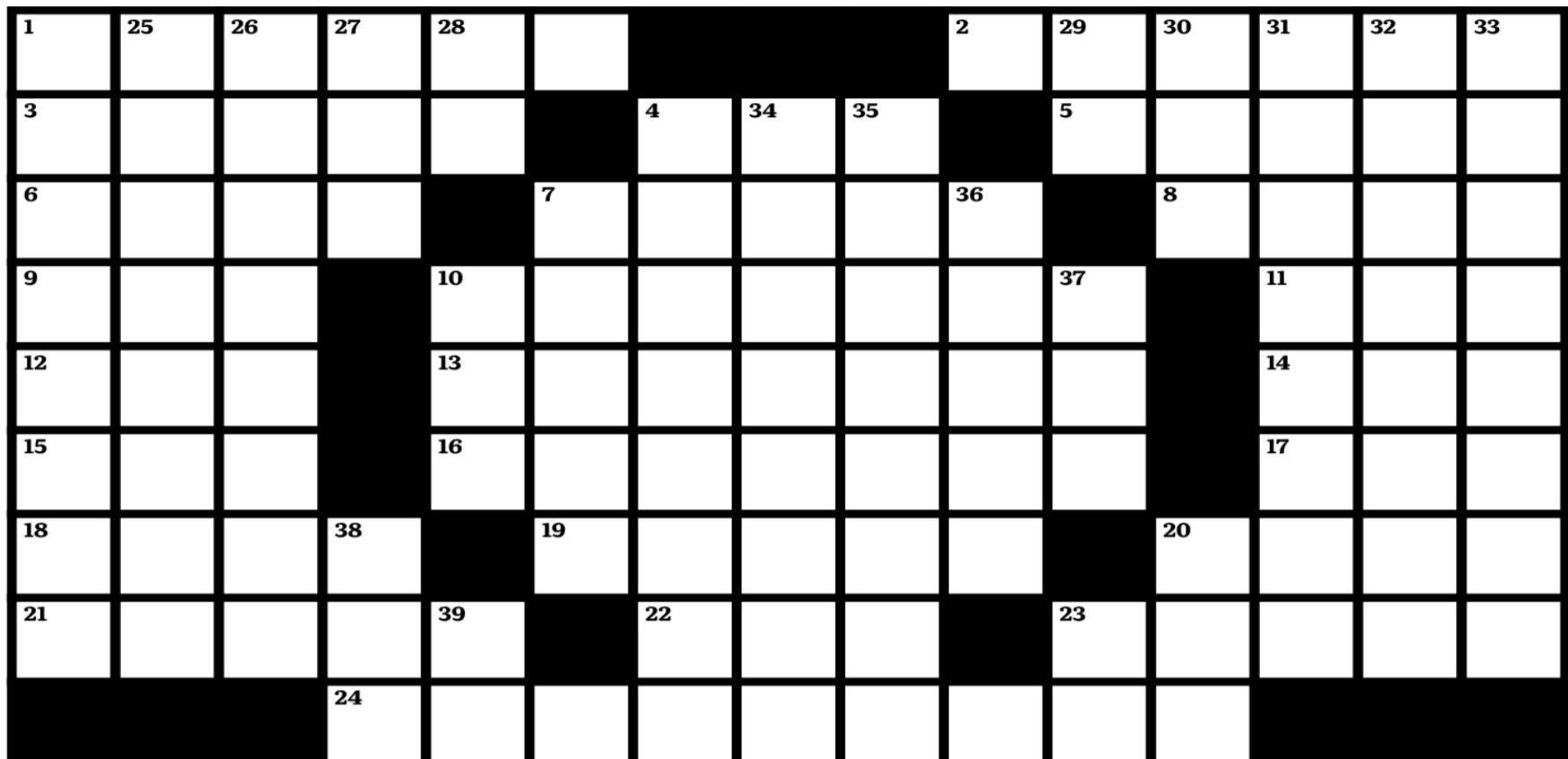
MORE DETAILS LOADING...





MOB KIDS EDUTAINMENT

Puzzle MOB 92-4525



Across

- Celibate
- Puccini's "___ Butterfly"
- Moves, in real estate jargon
- AWOL's nemeses
- Casa rooms
- Sound from a massage recipient
- One who entices
- Old Irish fort
- Chemical abbr.
- Getting to the point?
- Unit of electrical conductance
- Ex-Smashing Pumpkins guitarist James
- Overlay material
- "Another Day on Earth" musician
- 1967 NHL Rookie of the Year
- A Mother and others
- Persona ___ grata
- Prominence

- Brand of nasal spray
- Beginning for boy or girl
- Terrif
- Scanner of bar codes: Abbr.
- Performs surgery on, in a way
- Bishop's underling

Down

- G.I.'s fare
- Higher ranking
- Shoe features
- Part of a swap?
- Rhine feeder
- The, in Terrebonne
- London airport
- One way to order
- Old exclamation
- Eliot initials
- While

- ___ segno (from the repeat sign, in music)
- Sustenance
- Effusive love letter
- Right after
- False display
- Words with "Que" in

- a song
- Levy again
- Plaines
- Right-angled annex
- Scale member

SOLUTION 92-4524



Across

Down

The Eland At Maliba

The eland, the biggest African bovid, is the slowest antelope, running at around 40 kph (25 mph). Despite its limited speed, it can jump an impressive 3 m (10 ft.) from a standstill.

The **Common eland**, native to various African countries, including Ethiopia, Lesotho, Malawi, South Sudan, and Swaziland, inhabits national parks and reserves. In southern Africa, they prefer open plains and semi-arid areas with shrub-like bushes (NZG; 2015).

Within Ts'ehlanyane National Park, the elands are Cape Elands, a subspecies identifiable by the lack of stripes on adult individuals. Female Cape Elands have a tan coat, while males have a darker coat with a bluish-grey tinge and a rough mane. Males also develop thick fur on their foreheads and a dewlap on their throats as they mature. Their coats become greyer, and faces darken over time. Both males and females have spiral horns used for protection, fighting, and obtaining food. Female horns are generally longer with a tighter spiral, while male horns are thicker and shorter (NZG; 2015).

DID YOU KNOW?





TSR KEREKE

Tikoloho ea Mazenod e apareloa ke bosholu

Tseliso Thakholi

Bosholu ba bo-qhobane le bo-tloaelehileng bo bonahala bo jelesetsi, tikolohong ea Mazenod le mathoko a eona, 'me sechaba le sepolesa se lokela ho sebetsa 'moho ho bo thibela pele bo e



tsoa taolong. Ana ke mantsoe a W/PC 'Masi-yabonga Senkatši na-kong eo Sepolesa sa Motebo oa Maseru e ka thoko ho toropo, se neng se etetse bana le bakriste ba Parish ea Maria Mofumahali oa Lefatše, Mazenod ka la 4 Tlhakubele 2024.

W/PC Sekatši o khalemme ka matla a maholo bana le batho ba baholo ba tikoloho ea Mazenod ho emisa hang-hang, ho inkela lintho tseo e seng tsa bona ka ntle ho litumellano tsa beng ba tsona. "Bana tlohelang ho inkela lintho tseo e seng tsa lona hoba ho etsa joalo ke bosholu. Chankana ea bana e teng ha ke batle hore ha

ke til'o sireletsa litokelo tsa lona ebe le lona le inkela tseo e seng tsa lona." A rialo.

A re bana ba na le litokelo tse hlano tsa mantlha, tse kenyeltsang hara tse ling ho kena sekolo, ho fumana kalafo, ho ba le moo ba lulang le ho bapala e leng tseo batsoali kapa baikarabelli ba bana ba lokelang ho li phetha. Ka lehlakoreng le leng a boela a hlokamelisa

'Molaoa o ile a fana ka thuto mabapi le thekisetsano ea batho. A re thuto ka litaba tsa thekisetsano ea batho e ntse e fanoa ka mehla, empa ho bonahala ho se bophethahatsi kaha ho ntse ho e-na le linyoeoe tse sa eng moriting. A re bana ba tlotsing e kholo kaha ba nonosoa linthoana-nthoana, ebe moo ba qetellang ba oetse lerabeng la thekisetsano ea batho. A ipiletsa ho batsoali ho bona hore ba etsa tšalo morao ea bana ba bona ha ba amohetsoe likolong kantle ho naha kapa hona ho fumana mesebetsi. A fana ka nomoro eo ba ka e letsetsang, ho fumana bonneta ba hore e fela bana ba fumane likolo kantle ho naha kapa eona mesebetsi.

L/SGT Mofihli Makhotla o ile a hlokamelisa batsoali ka litaba tsa molao oa tlheketso ka motabo. A tiisa hore molao o teng o sireletsang bana khahlanong le tlheketso ka motabo. A hlokamelisa batsoali ho se etse lintho tse itseng tse ka bang kotsi, mahlong a bana. "Tse ling tsa lintho le li etsa nakong eo le robetseng le bana ka khopolo ea hore ba robetse empa ho se joalo. Elang hloko ho qoba ho etsa lintho tse kotsi mahlong a bana, hoba ntho eo ngoana a e boneng a sa le monyenyan ha e lebale, o hola le eona bophelo bohole ba hae." Ke Makhotla eo.

bana hore litokelo le tsona li tsamaea le boikarabelli. A hlokamelisa batsoali ho se lumelle manyalo a bana ba tlaase lilemong kaha e le tlolo ea molao.

W/PC 'Maretšelisitsoe



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



Khohatso



Morena o hauhela sechaba sa hae

Bana beso Molimo ea lerato, ea mohau o na le mohau ho sechaba sa hae, 'me sena se bonahala Thutong ea Pele (2 Lietsahala 36:14-17, 19-23) moo le boneng ka moo Morena a bontšang qenehelo le mamello. Ha rate le ea mong oa bana ba hae h'a ka lahleha ka lebaka la ho se mamele ho loka ha hae. O ile a leka ho bua le sechaba sa hae ka ho romela barumuoa ba hae, le ho fa sechaba monyetla oa ho furalla libe tsa sona. Empa sa se ke sa mamela Mantsoe a Morena sa qetella ho soma baprofeta ba hae. Khalefo ea Morena ea tlakoma 'me Ntlo ea Morena ea cheso 'moho le tshole. Ba ileng ba sala ba nkeloa kholeh Babilone.

Morena o otla sechaba e se hobane a se furaletse empa ho se bontša hore ntle le eena ha se letho. Nakong ena ea Karisma ke makhetlo a makae le hlokamelang hore bophelo ba lona ha se letho ntle le thabo le khotsa tsa Kriste? Na ebe ha se hobane le lona le lebetse ka Morena le shebane le botumo, maruo, lipapali le menate eohle ea lefatše? Le nka nako e kae ho holisa meeaa ea lona joalokaha le bileltsoe?

Ha le mo furalla a ke ke a etsa joalo empa o tla le khalema e le hore le hlokomele boteng ba hae bophelong ba lona. Ha le tsoha bofotung ba lona o tla ba haufi ho le fa khotsa le thabo tse sa feleng. Nakong ena e thata eo lefatše le fetang tlasa liqholotso tse matla hoa hlaka hore Bakriste; Makatholike 'moho le babusi bohole ba itebalitse melao le litaelo tsa Morena. Ba shebane le menate ea lefatše, ka hona ke boikarabello ba e mong le e mong oa lona ho bona hore bohole ba khutlela tseleng.

Molimo o le rata ha kae? Karabo e hlahla Thutong ea Bobeli (Ba-Efese 2:4-10) moo le utloang hore Morena o mohau o moholo. Nakong eo bohole ba neng ba shoele ka lebaka la ho tsamaea lefifing la sebe, o ile a fana ka bophelo ka Kriste 'me ka grasia ea hae bohole ba lumetseng ba pholositsoe. Ha le pholosoa ha se ka lebaka la matla a lona empa ke ka mohau le grasia ea Morena. Le hoja bahlalefi ba tsebile ho hlahisa ntho e ka thusang ho tlosa botofali, ba ke ke ba le thusa ka bophelo bosafaleng. Ho ba le kabelo bophelong bosafeleng le itlhokela grasia ea Morena qha.

Evangeling Kriste o bua le Nikodema ka ketsahalo e ileng ea etsahala Testamenteng ea Khale moo sechaba se ileng sa korotela Moshe ka hore Morena o ba tlotsitse Egepeta 'me o ba tlotsitse moo ho seng lijo le metsi. Ka lebaka lena Morena o ile a otla sechaba sa hae empa ha se bontša tsoabo a laela Moshe o etsa noha ea koporo. Bohle ba lonngeng ba ne ba talima holimo moo e neng e fanyehiloe 'me ba fola.

Ntla ena e bontša hantle bophelo le mesebetsi ea Kriste lefatšeng, hobane joalokaha noha eo e ile ea fanyeho le Kriste o ile a thakhisoa joalo sefapanong. Meheng ea Moshe bohole ba ileng ba longoa ke noha ba ile ba shoa, ka mokhoa o tsoanang ba itumellang ho longoa ke menate ea lefatše ba tla ea mollong o sa timeng.

H'a tsoelapele Kriste o re ha tlela lefatšeng ho tla fana ka kotlo empa ho tla pholosa bohole ka eena. O tle o tla le bontša tsela, 'nete le bophelo e le hore le tsamaea khanyeng. Kriste ke eena khanya, tsela ea 'nete 'me ka ntle ho eena ha ho ea kenang 'Musong oa Morena.

Ha re keneng boitlhahlobong ba hore na e fela re tsamaea khanyeng ea Morena kapa re lefifing na. Mohlomong re behile leeto le leng ka kanyeng, le leng ka lefifing empa pholohoa ea rona e ipapisitse le tumelo ea rona e re qosang ho sheba Kriste sefapanong. Pholohoa le thabo ea rona e sa feleng e hloka hore re iphanee ho Kriste ka maoto a mabeli khanyeng ea letlotlo la hae le sa feleng.

Bahalaleli har'a Beke

11	Tlhakubele	Constantine
12	Tlhakubele	Maximilian
13	Tlhakubele	Heldrad
14	Tlhakubele	Matilda
15	Tlhakubele	Matrona
16	Tlhakubele	Eusebia



Bakoetlisi ba tšoareloa thupelo



Tšeliso Thakholi

Mokhatlo oa Lesotho oa Papali ea Taekwondo(LTA) ka kopanelo le Komiti ea Li-Olympic Lesotho(LNOC), o tšoare-tse bakoetlisi ba papali ea Taekwondo thupelo ea matsatsi a mane, Setsing sa Likhoebo sa Boitumelo, Ha Tšosane, Maseru, ka la 2 ho isa la 5 Tlhakubele monongoaha, e le mohato oa ho leka ho ntlatfatsa papali ena e bonahalang e ntse e qepha, le hoja e na le monyetla oa ho hola.

Morupeli thupelong ena ke Mongali Walid Gouda ea tsoang Naheng ea Egypt, 'me ke ea boemo ba lengolo la pele la papali ea Taekwondo (Taekwondo Technical Course Level 1). Thupelo e tla kamora likhula-khulano tsa nako e telele tse bileng teng kahar'a papali tsa tsekisano ea matla. Tebello ke hore kamor'a thupelo ena, bakoetlisi le libapali ba tla behella ka thoko likhohla-no tse teng, ba holise le ho matlatfatsa papali ena, kaha e le tsona tse ntseng li khina kholo le tsoelopele



ea papali ea Taekwondo Naheng ea Lesotho.

H'a bula ka molao thupe-lo ena President ea LNOC, Mongali Tlali Rampooana o boletse hore e tlil'o thusa Naha ea Lesotho ho hola

le ho ipabola joaloka pele papaling ea Taekwondo.

A re sena naha e tla se fi-hlela ha feela bakoetlisi ba ka ithukhubetsa ka matla thupelong le mesebetsing eohle ea bona. A re ke ka

bona papali ea Taekwondo e tla khutlela maemong a eona a pele.

"Ha se baokameli ba le bang, ho tla etsoa mosebetsi, ha lona le sa ithukhubetse ka matla, le



sa nke lintho ka mokhoa oo le tlamehang ho li nka ka teng ba tla sitoa." A rialo a bile a ipiletsa hore bohole ba ahe Taekwondo ea khotsa, e le hore e tle ebe mohlala ho libapali tsa Lesotho hore na ha ho thoe khotsa e tlisoang ke lipapali, na ke ntho e joang.

President oa Mokhatlo oa Lesotho oa Taekwondo, Brig. Gen. Naha Kolisang o bontšitse hore thupelong ena ke moo bakoetlisi ba tlang ho hlahlolloa ka mahlale le litsebo e le hore ba tle ba be boemong ba machaba. A ipiletsa ho bakoetlisi ho kena ka matla tšebeatsong ea bona mollemong oa ho holisa papali ena. A boela a etsa boipiletsa ho bakoetlisi ho tšoarana ka matsoho ho bantho e le 'ngoe molemong oa papali ea Taekwondo. A ba kopa ho lebala tse fetileng ba sebetse 'moho ho holisa papali ena.

Morupeli oa Naha ea Egypt, Mongali Walid Gouda o itse ho na le liphetoho tse kholo melaong e tsamaisang papali ea Taekwondo, eo bakoetlisi ba lokelang hore ba ithute eona, bakeng sa ho phahamisa papali ena kahar'a naha. Ka hona, a re thupelo e tlil'o ba thusa haholo ho holisa le ho matlatfatsa papali ena.

Li ipatla ho Top 4



Tseliso Thakholi

Lihlopha tsa Bolo ea Maoto tsa Mokhahlelo oa A Division, e leng Sehenehene le Lilemela li ipatla ho ba kahare ho lihlopha tse 'ne tse ka holimo Lik-ing e ka Boroa ea A Division, ha lipapali tsa liki li fihla pheletsong. Lihlopha ka bobeli li bapetse ka seahlolo sa 3-3 papaling e neng e bapalloa Lebaleng la Ha Mabote, Maseru, ka la 2 Tlhakubele monongoaha.

Kamor'a ho bapala ka seahlolo sa 3-3 Sehlopha sa Lilemela sona se atlehole ho kena kahar'a lihlopha tse 'ne tse ka holimo ka lipapali tse 15, sa hlola tse supileng, sa hlola ho tse 'ne, se na le lintlha-kholo tse 25. Haele Sehenehene e maemong a botselela ka lipapali tse 15, ea hlola tse hlano, ea lahleheloa ke tse tšeletseng, 'me e na le lintlha-kholo tse 19.

Lilemela e sia Sehenehene ka lintlha-kholo tse tšeletseng.

Mokoetlisi oa Sehlopha sa Lilemela, Mongali Molefi Mokhele o boleletse motlalehi oa Koranta hore joaloka lihlopha tse ling tse neng li batla ho ba maemong a pele, o se a inehetsé kaha a se a hlokometse hore o se a sebeletsa feela lintlha-kholo tse robong, tse tlango tse thusa ho tsitsa kahare ho lihlopha tse 'ne tse ka holimo.

O bontšitse hore sehlopha sa habo se bapetse ho latela moralo le hoja o sa ka oa tsoeella hantle. "Bothata ba rona e ne e hlile e le ho lithaba-thibane kaha li ne li sa sebetsé hantle. Re ne re boetse re fokola haholo bohareng ba lebala." A phethela ka hore bothata bo bong bo etsang hore sehlopha se se ke sa tsitsa hantle ke libapali tsena tsa U/20 tseo molao o ba tlamang ho li kenya li le tharo karolong ea pele ea papali kapa bonyane tse peli karolong ea bobeli ea papali. A re sena se etsa sehlopha se sa tsitsing hantle.

Haele Mokoetlisi oa Sehenehene, Mongali Thato Moleko o itse o bona kho-

lo kahare ho sehlopha sa habo, kaha ba se ba tseba ho hlaba lintlha, empa ba ntse ba lokela ho lokisa hore e se ke ea re ha ba qeta ho hlaba lintlha ebe le bona ba boetse ba hla-joa lintlha hape, ho fihlela ba bapala ka ho lekana. O re ke hona moo a lokelang ho ea lokisa teng haholo, hobane a sebeletsa ho ea kena kahar'a lihlopha tse

'ne tse ka holimoliking. A tiisa hore lipapali tsena tse tharo tse setseng o batla hore ha li fela a be a le kahar'a tse 'ne.

"Ho bapala ka ho lekana hona ho batlile ho re hlahi-sa kotsi e kholo, kaha ha re ne re hapile papali ena, re ne re hlile re kene ka kotlolohohkahar'a tse 'ne joaloka Lilemela. Empa re ntse re tla ka tsena tse setseng

tse tharo." A rialo le eena a phethela ka ho supa hore libapali tsena tsa U/20 tse tharo tse ho thoeng ba li bapalise, e hlile li fana ka mathata lihlopheng ho ba li lahlisa sehlopha moelego le ho lieha hore se iphumane. A khotshaletsa hore isao ho ke ho lokisoe boemo bona, 'me libapali tsena li ke li shebeloe moo li ka bapalisoang teng.



Secker ke mokoetlisi e mocha

Tseliso Thakholi

Mokoetlisi oa mehleng oa Sehlopha sa Bolo ea Maoto sa Lijabatho, Monghalili Thabile Secker, o phatlalalitsoe e le mokoetlisi e mocha oa sehlopha sa LCS 'Masheshena' ka la 4 Tlhakhubele monongoaha, ea tla phethela lipapali tsa selemo sa 2023/2024. Papaling ea hae ea pele o tlil'o bapala le sehlopha se li hulang nthau liking sa Lioli, mafelong ana a beke ka Sontaha.

Sena se tla kamor'a hore eo e neng e le mokoetlisi oa sehlopha sa LCS, Monghalili Mpitsa Marai le motlatsoi oa hae Sidwell Motheea, ba fuoe

pholomo ea nakoana, e tloaelehileng ka hore ke 'shato,' kahare ho Litsi tsa Tlhabollo ea Batšoarua. Kamorao hore ba khutle phomolong, ba ile ba ngolla Commissioner ea LCS, eo sehlopha se ikarabellang ho eena, Monghalili Mating Nkakala lengolo leo ka lona ba bontšang ba beha meja fatše sehlopheng sa LCS.

Ho ea ka Raliphatlalatso oa sehlopha sa LCS, Kofa Rantai bakoetlisi bana ba babeli ba LCS, ba ile ba boela ba nehelana ka lengolo le bontšang ba beha meja fatše bokoetlising ba sehlopha, 'me LCS ea tlameha ho batla mokoetlisi kahare le kantle ho na ha ea tlang ho thusa sehlopha ho phethela lipapali tsena tsa ho qetela tsa liki ea selemo sena.

A re botsamaisi ba LCS bo ile ba etsa sena bo ipapisitse le molao o tsaa-

maisang bolo ea maoto, o bontšang hore sehlopha ka seng se lokela hore se be le mokoetlisi ea nang le Len-golo la A License ho tsoa ho Mokhatlo oa Bolo oa Afrika (CAF), 'me kahar'a bakopi ba neng ba entse likopo Monghalili Thabile Secker o ile a khethoa e le eena mohloli, ho latela mahlale le litsebo tseo a neng a li bontšitse kopong ea hae.

A supa hore Secker o tlil'o sebetsa le Moitheri Ntobo e le motlatsoi oa hae, Ralekoti Mokhahlane, Lawrence Molengokane le Sam Ketsekile e le mokoetlisi oa lithabathibane. A thetha ka ho lakaletsa bakoetlisi bao ba LCS ba behang meja fatše katleho le mahlohonolo moo ba tla ea hona

teng. A ba kopa ho holisa le ho ntšet-sa pele papali ea bolo maemong a bosupa ka lipapali tse 21, 'me se hlotse tse hlano, se lahlehetsoe ke tse tšeletseng. Ka kotleng se bokeleli-tse lintlha-kholo tse 35, se lekana le sa LDF se bonahalang se sebetsa hantle haholo matsatsing ana.





Tšeliso Thakholi

Sehlopha sa Liki e Kholo ea Rugby, sa NUL Spears, se ntse se e-na le tšepo ea ho hlola lipapali tsa sona tse tlang, kam-or'a ho hlola papaling ea pele e neng e bula selemo se secha ke Liqhomane ka 44-5, ha papaling ea sona ea bobeli ebileng Lebaleng la Ha Mabote, Maseru ka la 2 Tlhakubele monongoaha e shapue ke TY Academy e seng e bitsoa Lesotho Rugby Academy ka 42-0.

Ho ea ka Keketso Letawana eo e leng sebapali ebole e le mookameli oa sehlopha sa NUL Spears, o re papali ea bona le Lesotho Rugby Academy e bile e ntle haholo, kaha boholo ba libapali tsa habo ke batho ba nt-seng ba le bacha kahar'a sehlopha. Ka hona o na le tšepo e kholo ea hore lipapaling tse tlang tsa liki sehlopha se tlil'o sebetsa hantle, kaha ba sebetsa-

na le taba ea ho hlajoa lintlha tse ngata haholo.

A tsoelapele hore ba bapetse papali e ntle haholo, papisong leha ba ne ba bapala le Liqhomane mafelong e beke e fetileng, le hoja ba sa ka ba khotsofala mona le mane ke tsela eo mofetsaphala a neng a tsa-maisa papali ka teng. "Ke bona phetoho e kholo papaling ea kajeno, ntle le liposo tse re bileng le

tsona nakong ea papali. Lipapaling tse tlang joalo-kaha ke se ke boletse re tlil'o bapala hantle ho feta mona." A rialo.

A re leha e le mona NUL Spears e hlotsoe lipapali tse peli tse latellangan, o tsepisa barati le batshetsi ba sehlopha hore lipapaling tse tlang tse tlang, ba tlil'o tiisa hore ho khaohoo moo ho khoeahleng. A re feela seo a se boneng ke boikitla-



Tšepo e teng

etso bo matla ba libapali tsa habo.

Moetapele oa Lesotho Rugby Academy, Alex Ncheke o itse har'a lipapali tsohle tseo a kileng a li bapala tsa Rugby, papali ena ebile ea tse ling tse monate ka ho fetisisa, empa e le hore mona le mane libapali tsa habo li ile tsa etsa liphoso na-kong ea papali. "Haele sehlopha sa heso se ne se itokositse ka mokhoa o betere haholo papisong le bekeng e fetile." O boletse joalo a bile a eketsa ka hore qholotso e kholo eo ba tobanteng le eona ke ea hore sehlopha ha se koetle 'moho, kaha ba

bang ba ikoetlisetsa Maseru ha ba bang ba le TY. Are sena se etsa hore sehlopha se se ke sa kopana hantle. A re ba tlameha ho matlafatsa sebapali se nehelanang ka libolo, kaha a sa sebetse hantle le ho lokisa maqhama a tšebetso lipakeng 'Scrum Half' le 'Fly Half'.

A qetella ka ho bontša hore ba thabetse tlholo ena e boetseng e nang le bonus, kaha sena se tlil'o ba thusa hore ha ba ka ba bapala ka ho lekana kapa hona ho hloloa ke sehlopha seo ba tlil'o bapala le sona, e be e le hore lint-lha-kholo tsa bona li se li pele haholo.

