

Parare Domino Plebem Perfectam

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

Moeletsi oa Basotho

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KETEKELO EA LILEMO TSE MAKHOLO A MABELI SECHABA SA BASOTHO SE THEILOE

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#PARARE DOMINO PLEBEM PERFECTAM

MOELETSI

Ho emetsoe'ng?

Na kannete 'muso o hlaha ka litaba tsela ka khale koa tsa hore Afrika Boroa e lese Basotho bao lipolomiti tsa bona li feletsoeng ke nako? Letona la Machabeng la Lesotho le tehile mohala feela ho hlokomelisa la Afrika Boroa mabapi le litaba tse etsahallang Basotho naheng eo. Ebe ke hobane'ng ha ho se na lipuisano tse hlakileng lipakeng tse mebuso, eo tebello e leng hore li qaloe ke oa Lesotho? Puso ee ha e bone tlhokahalo e potlakileng ea ho sireletsa sechaba se phelisoang habohloko moo se jakileng teng? 'Muso ha o ke o etse ntho e tsoarehang e se puo ea molomo feela eo motho a ka e latolang neng kapa neng.

Le hoja 'Muso o shebahala o sa nkele litaba tsena hloohong hakaalo, boteng ba Basotho bao kahar'a Naha ea Afrika Boroa ke thuso e kholo kaha bonyane ho fokolitse palo ea batho ba se nang mosebetsi. Sekhahla seo lipalo tsa bacha ba hloka mosebetsi li nyolohang ka sona sea tšosa, haholo ho shebiloe maemo a phatlalalisoeng a tla a aparetseng Lesotho ka lebaka la Elnino.

Ketekelong ena ea lilemo tse 200 sechaba sa Basotho se thehiloe ho ntse ho hetloa morao ho sheba litaba tsa nalane ke mafapha ho fapakana, 'me Mokhatlo oa Afro-Barometer o entse liphuputso ho batla maikutlo a sechaba. Liphuputso tsena li fana ka lipalo-palo tse bontšang maikutlo a sechaba mabapi le puso ea lipolotiki le hore na ke karolo e kae ea Basotho e ntseng e e-na le tšepo ho Motlotlehi Hlooho ea Naha. Tlaleho ena e bohlokoa haholo ho bapolutiki hobane ba tsejoa ka bobolu sechabeng, ka hona e ba thusa ho lokisa liphoso e le ho khutla tšepo ea sechaba.

Ka lehlakoreng le leng Letona la Bophelo le fane ka keletso ho Basotho mabapi le lefu la Monkey pox (Mpx) le shebahalang le ntse le ata lefatšeng. Ebe ha le ka tla ka maemo a tšoanang le a COVID-19, na Basotho ba ka phela? Basotho bale ba ileng ba rupelloa ho hlakana mafu a seoa, tšepo ke hore ba se ba le malala-a-laotsoe ho tla fenyha mathata ana. E mpe ebe ba tla fuoa lisebelisoa e le hore tsebo eo ba nang le eona e se ke ea fetoha lefeela la mafeela-felane.

Basotho ba heso ha re baleng litemoso tseo re li fuoeng mabapi le lefu lena, 'me re thuse bao e bang ha ba fumana molaetsa re tsebe ho qoba litlamorao tse bolutu tse ka tlišoang ke tsena. Keletso ke lebone ho ea e nkang, ka hona se fetoheng ngoan'a mahana-joetsoa hobane likhapha tsona li tla keketla marameng a lona.

Morero oa Metsi a Lihlaba tsa Lesotho (LHDA) o qeteletse o bone hore boipaballo bo molemo ho feta setlhare, eaba o kopana le mafapha ohle a amehang ho theha lekhotlana le tla thusa ho rarolla mathata a basebetsi le mohiri. Taba ena e tl'o thusa LHDA 'moho le bohle ba amehang ho fokotsa litšenyehelo tsa ho ea makhohleng ka litaba tse ka rarolloang ha bobebe. E se eka bahiri bohle ba ka nka mohlala ona ho baleha ho aha serobe phiri e se e jele. Khatello ea litokelo tsa basebetsi Lesotho mona e se e fetotsoe lelomolo kapa molao, empa morao tjena ba se ba itoanela.

Li amohela Molula-Setulo

Karolo ea Litho tsa Boto.



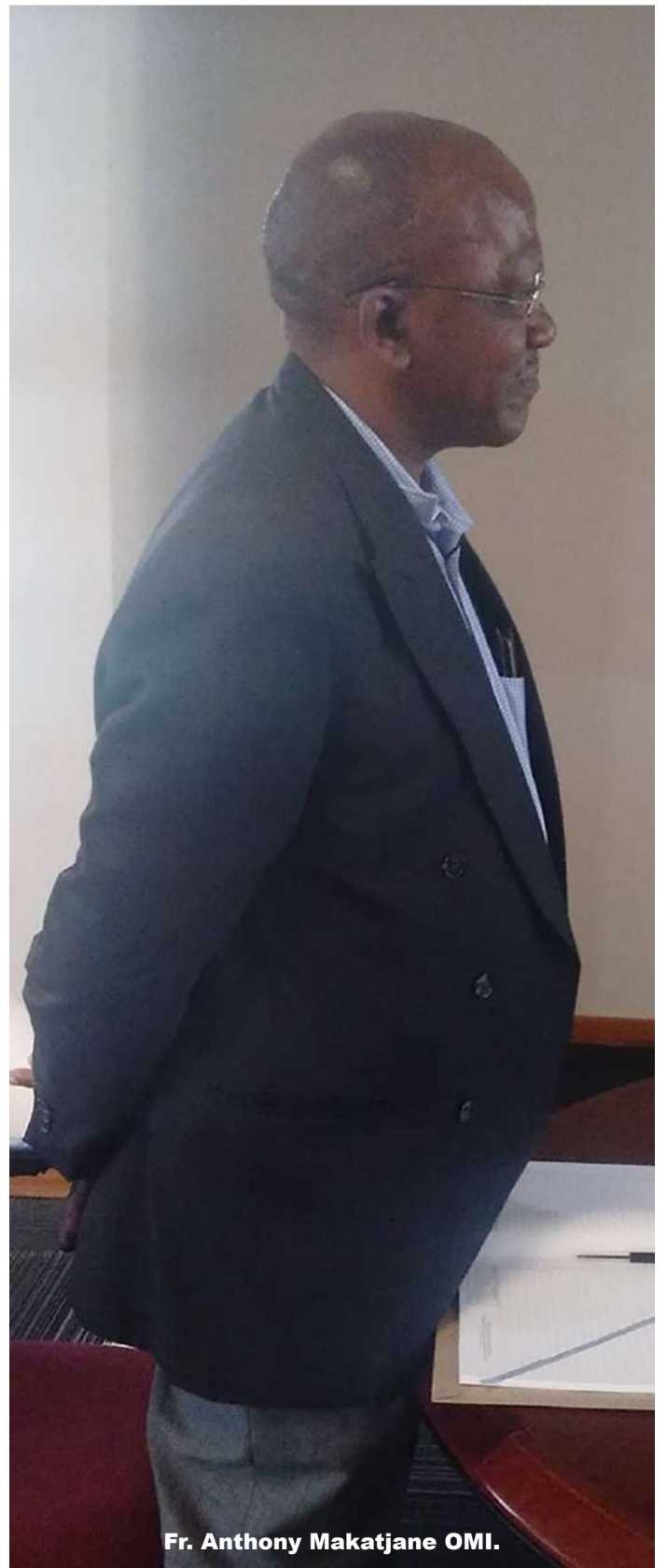
Motlatsi oa Mookameli oa Kopano ea Maoblata Lesotho Fr. Paul Matlosa OMI, o hlahisitse kapel'a Litho tsa Boto ea Kampani ea Mazenod Molula-Setulo e mocha oa Boto e leng Fr. Anthony Makatjane OMI. Tsena li bile meahong ea kampani ka la 20 Phato monongoaha.

Sena se tla kamor'a hore Molula-Setulo oa meheleng, Fr. Paul Katase OMI a itokolle e le hore a tsebe ho tsepamisa maikutlo a hae holima lithuto. Fr. Makatjane o ruta Thuto-Molimo; Mangolo a Halalelang, Seminarang e Kholo ea Augustinus ea Halalelang, Roma. Ho latela lengolo la thomo e tlo ba Molula-Setulo nako ea lilemo tse tharo ho tloha ka la 20 Phato. Litho tsohle li ile tsa mo amohela ka liatla tse peli le ka thabo.

Ho bile le moeti oa bohlokoa ho hlaha Italy, Rome eo e leng Ra-

matlotlo oa Kopano ea Maoblata Lefatšeng, Fr. Charles OMI ea etetseng Tikoloho ea Lesotho ka kopo ea Ramaoblata Fr. Sydney Boatile OMI.

Re mo lakaletsa mahlohonolo le katleho thomong ena ea hae e ncha, Morena a mo fe matla le bohlale ho holisa Kampani.



Fr. Anthony Makatjane OMI.

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MOELETSI oa BASOTHO
A LOKISETSE MORINA SECHABA DE PHETHEPHELENG (LAME 1,17)

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Ho khina hoa t'sebetso LHWP: Mphalane 2024 - Tlhakubele 2025



HO CHECHA HOA RAMMO HASSE HO BALEHA A short pause for a good cause

Litonoro tsa Moreero oa Metsi a Lihlaba tsa Lesotho le Setsi sa Phehlo ea Motlakase sa 'Muela, li tla koaloa **HO TLOHA KA KHOELI EA MPHALANE 2024 HO ISA KHOELING EA TLHAKUBELE 2025**, ka lebaka la litokiso. Nakong ena, phetiso ea metsi ho tloha Lesotho ho ea Afrika Boroa e tla emisa, 'me le Setsi sa Phehlo ea Motlakase se tla sitoa ho fehla motlakase.

RE TŠEHETSA BACHA

Tšeliso Thakholi

Retšepile Ramonaheng oa Ha 'Nelese Seterekeng sa Maseru ke e mong oa bo-rakhoebo ba ithlommeng pele ka mefuta ea likhoebo tse fapakaneng. Ramonaheng ke mohlalisi oa likhoho tsa nama le mahe, makau, meutloanyana le likolobe. O boetse o hlahisa sethopo sa litlama tsa Sesotho. O re phetela ka leruo la likolobe le likhoho tsa nama.

Qaleho ea tšebetso

Ke qalile khoebo ke sa le Sekolong sa Mathomo ke rekisa lipompong le masimba. Ho feta mona ke hotse joalo ho fihlela ke ea ka Sekolong se Seholo sa Temo. Ke hona moo ke ileng ka qala ho elelloa lerato la ka litabeng tsa temo le leruo la liphoofolo. Ka hlokome-

hlokomela hore re lokela ho etsa khoebo ea leruo la likolobe, likhoho tsa nama le tsa mahe. Likolobe tseo

ka iphelisang ka eona. Ke ne ke boetse ke hlokometse hore mofuta ona oa khoebo e fokola haholo ka palo

kolobe li boima haholo, 'me li nyoloha nako le nako.

Phepo

Bakeng sa phepo ea likolo-

si nako le nako e leng hore letšoare kaofela li ntse li noa metsi. Ke rona re hlokometseng khoebo ena ea rona re ntse re tšeletse joalo, empa ha mosebetsi o le mongata re eketsa ka bacha ba bararo ho ba fa mosebetsi oa nakoana.

Mafu a khathatsang likolobe

Mafu a tšoenyang likolobe haholo ke lekhoekhoe le manyooa 'me bakeng sa ho a phekola re fumana lithuso le likeletso hoba Lekala la Temo le Kanetso ea Lijo.

'Maraka

Taba ea 'maraka ha se bothata bo boholo ho rona kaha re se re ntse re e-na le bahoebi ba tlang ka likoloi ho tla reka thepa ea rona. Re boetse re rekisetsa batho ka bo-mong hona motseng mona.

Bokamoso ba khoebo

Takatso ea rona ke ho hlahisa ho feta mona. Re ka lakatsa ho bona re e-na le selakhapane moo re hlabelang teng le khoebo ea rona e se e holile re se re bile re fepela linaha tse ling ka nama ea likhoho le kolobe. Hape re batla ho ba le koloi e tla re thusa hoe a libakeng tse fapakaneng tsa teropo. Sena se tla boela se fokotsa litšenyehelo tsa ho hira koloi e re thusang.

Khothaletso ho bacha

Ke kopa hore bacha ba eme ka maoto ba itšoarele ka matsoho. Ba ikopanye ho arolelana litsebo. Taba ea boikopanyo motseng moo ba phelang ke ntho ea mantlha ea bohlokoa. Hape ba ele hloko hore mesebetsi e felile, 'me tharollo ke hore ba itahlele ka matla khoebong. Empa ba tsebe hore khoebo ha se potele e khoathoang ka lehlaka, e na le liqholotso le likatleho. Ebe batho ba nang le lerato la eona.



tsa re etsetse malinyane ao re ileng ra a rekisa. Ka

motseng ona oa heso oa Ha 'Nelese le Masianokeng. Re

be re sebelisa makhulo, re fepa ha 'ngoe ka letsatsi ka



la hore bophelong motho ka mong o na le ntho eo a e ratang eo a ka fetolang bophelo ba hae ka eona. Ntho eo ke e ratang har'a tsohle ke leruo la likolobe le likhoho tsa nama. Ke tsona tse teng pelong ea ka.

Pele re ikopanya ke qalile ka ho ruoa makau, meutloanyana le likhoho tsa nama. Eaba ke theha mokhatlo oa baikopanyi oa bacha o bitsoang Leratong Youth Club re le bacha ba tšeletseng ka sepheo sa ho kopanya litsebo tseo re nang le tsona, ho ithehela mesebetsi ea boipheliso. Ke mona moo ke ileng ka

chelete eo ra reka likhoho tsa nama, tseo re seng re li fumanetse 'maraka ho a mang a mabenkele a maholo kahare ho naha.

'Maraka ona o ile oa angoa ke seoa sane sa lefu la likhoho. Leha ho le joalo, re boetse re qalile hape hoba likhoho tsa rona ha li'a ka tsa ameha haholo. Haele likolobe tsona tsohle li ntse li itsamaela hantle, hape re boetse re ruile le limmutlanyana.

Tšusumetso

Se ileng sa re susumetsa ho qala leruo la likolobe le likhoho ke ho qala mekhoe e bobebe ea khoebo, eo re

ne re hlokometse hape hore theko ea nama ea khoho le

hora ea leshome hoseng, ho tloha moo re li tšella met-



Basotho ke 'mutl'a lintjeng-Lebona

Nthabeleng Seitlheko

Morena oa Thaba-Tšoeu, Ha Nkhahle, Mohale's Hoek, 'Maphakiso Qajela Lebona ea thontsoeng ke Motlotlehi, o re Basotho ba fetohile likhutsana Afrika Boroa kaha ba lelekisoa nyene le bosiu, ka hoo 'Muso oa Lesotho o ke o phatlalatse mehato eo o e nkileng ho sireletsa sechaba se naheng eo, etsoe boholo ba batho bo ile mesebetsing e sieo kahar'a naha. O boletse tsena, puisanong le Koranta ka la 20 Phato monongoaha.

O re Letona la tsa Lehlaae, Borena le Sepoleisa, Mohlomphehi Lebona Lephema, o lokela ho fana ka ntlha-kemo mabapi le sechaba sa Basotho se ntseng se phasa-phasale ho manakisoa Afrika Boroa kaha e le Basotho ba khethang. A bontša hore ho shebahala ba ba tsotella nakong eo 'muso o eang likhethong ha joale b'a lahloa ba fetoha likhutsana-khulo.

A re o lumela hore e bang 'muso o ka itlhalosa seo se ka tliša tšepo ho Basotho ba sebetsang naheng ea boahelani. Ka hona a khothaletsa hore o nkoe likhato tsa ho kopana e le mebuso ka bobeli e le hore Basotho ba se hlekefetsoe naheng eo. A tsoelapele ho bontša hore haeba sechaba seo se ka khutlela kahar'a naha se tlo felloa ke mesebetsi, ebe qetelong ho tla hlaha litlolo tsa molao tse ngata.

O itse taba ena ea ho lokisoa ha likamano tsa Naha ea Lesotho le Afrika Boroa e lokela ho phamoleloa holimo ho batalatsoe mabala 'me litokomane tsa boitsebiso



le libukana tsa ho eta li fumanehe. A re 'muso o ke o etse lipolelo tsa 'nete, ba kholise sechaba, ba etse bonnete ba hore ba phethahatsa litaba tsa bona tseo ba li buang e seng ba imetse bahlanka ka lintho tseo ba se nang tlhaloso ea tsona.

Tabeng ea lipolaeano o itse li bakile tsitsipano ho batho bohle hobane ba bolaeang ha ba re na motho ke mang, ka hona paramente e lokela ho thusa makhotla hore likotlo e be tse boima.

Morena oa Sehlooho oa Thaba-Bosiu Khoabane Theko, o re ba hloka polelo holim'a liketsahalo tse etsetsoang Basotho, kaha ba ntse ba phasa-phasale ho se tlhaloso, le taba ea litokomane tsa boitsebiso ke ngongoreho e kholo ho Basotho ka hona 'muso o ke o itlhalose molemong oa phano ea litšebeletso tse nang le khotso.

Ka lehlakoreng le leng, Mothehi oa Mokhatlo oa Basebetsi ba kantle ho naha le ba sebetsang libakeng tseo e seng tsa habo bona, Lerato NK-

hetše, o hlalositse hore Naha ea Lesotho e bonahala e nkile litaba tsa Basotho ba sebetsang Afrika Boroa hanyane

hobane ha ho polelo e hlakileng e ntšoang ke 'muso empa o tsebile litaba tsena khale, ka hona ba lokela ho sirelet-

sa Basotho khahlanong le ketsahalo ena ea ho fetoloa likhukhuni le ho manakisoa naheng eo.

A re Basotho ba ntšitšoe kahare ho naha ke tlla ho ea batlela bana ba bona bophelo le malapa, ka mesebetsi eo ba e etsang eo 'muso o bonahalang o sa ikamahanye le eona. O re taba ena e hlabisa lihlong hobane joale le tlhokahalo ea litokomane ke e 'ngoe ea liqholotso e kholo. O re 'muso o kolota Basotho tlhaloso ka se etsahalang hobane hoa bonahala ho thata hore batho ba etse liqeto tse molemong oa naha.

O ipilelitse ho 'muso ho sireletsa Basotho boemong bona kaha ketsahalo tsena le lipolelo tse buoang ke sechaba sa Afrika Boroa ho utloahala e le tsa sechaba se halefileng.



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Ba tšehetseng ha ba anyesa



Nthabeleng Seitlheko

Ngoana ho tloha a hlahile o loke-la ho qalella ho anyesoa hobane taba eo e mo thusa ho ba lesea le koenneng hantle. Tsena li hlahetse ketekelong Letsatsi la Lefatše la Kanyeso ea Bana, ka la 16 Phato monongoaha.

neuo Ntoanyane, o itse ba ntse ba kopana le qholotso litabeng tsa kanyeso ea masea, haholo ea ho potlakela ho fa bana lijo pele likhoeli tse tšelelseng li fela. O itse kanyeso ke kentelo ea pele ea ngoana, hobane ngoana ea antseng ha se kamehla a hlaseloang ke mafu. A re le bo-'m'e ba anyesang ba una molemo, kaha e fokotsa monyetla oa mafu a masa-

potoloha le metse ho fana thuto sechabeng.

A re ka selemo sa 2009 boemo ba kanyeso e ne e le 54%, ka sa 2014 ea e-ba 67% 'me ha joale ke 61%. O re ho lokela ho kenngoe tšebetsong molao o thibelang thekiso ea mabese a makotikoti, empa a rekisetsoe feela motho ea nang le tlhoko e joalo 'me a e-na le bopaki ba ngaka.

Rethabile Lefela lebitsong la banna, o re o motlotlo hore molekane oa hae o ntse a anyesa, hobane lebesa la 'ma le na le matsoai le maro a tlhohleho a thusang lesea ho hola ka nepo.

E mong oa bo-ntate Tšotetsi Makhaba, o bonts'itse ha taba ea ho anyesa e le bohlokoa, ka hona bo-ntate ba etse bonnete ba hore ba tšehetsa balekane ba bona. A re ho anyesa ho boela ho theka litšenyehelo tsa ho reka lebesa le sa hlokahaleng.

Moemeli oa Mokhatlo oa Lefatše oa Bophelo (WHO) Mary Stephens, o itse kanyeso e bohlokoa hobane e matlafatsa ngoana le ho mo thusa ho ba le bophelo bo botle; joaloka matsoai a hlokoang ke 'mele. A tsoelapele ho bontša hore lesea le ka anyesoa nako ea likhoeli tse tšelelseng, 'me lebesa la 'ma le thusa khahlanong le mafu a bana, le boetse le phahamisa kopano lipakeng tsa motsoali le ngoana hape le thibela mofetše le ho tlhotla lefura la 'ma kamor'a botsoetse. A re ha se hantle hore bana ba be le boima bo boholo ho feta tekanyo.

Mokhethoa oa Thaba-Bosiu, Issac Malebaleba o khothalelitse batsoali ho anyesa bana likhoeli tse tšelelseng molemong oa

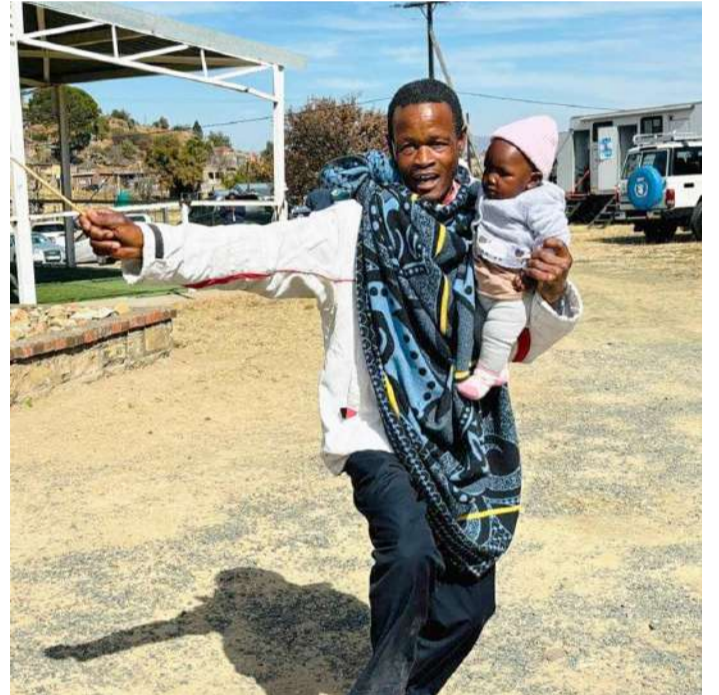
bophelo bo botle.

Morena oa Sehlooho oa Thaba-Bosiu Khoabane Theko, a re ba il'o susumetsa hore ho etsoe molao o tlamang batho ho anyesa bana, e le hore motsoetse e mong le e mong ea sa anyeseng ho fihlela likhoeli tse tšelelseng a nkeloe likhato tsa molao. A re bohle ba nkele taba ea kanyeso holimo hobane e ama bokamoso ba naha, hobane ha e ka etsoa ka mokhoa o nepahetseng e ka tsoalla naha litholoana tse hlabosehang.

'Makamohelo Semoli ho tsoa Lekaleng la Temo, Kanetso ea Lijo le Phepo e nepahetseng, Lefapheng

O ts'episitse hore Mohalenyana Nutrition Club e tla khahlametsoa ka mochini o thusang ho qhotsisa likhoeli hobane ke sehlopha se ileng sa sebetsa ka thata kamor'a hore ba fuoe likhoeli, ba qalella ho qhotsisa Mahe. A khothaletsa bohle ho hlahisa lijo malapeng e le hore masea a tle a fuoe lijo tse tla thusa 'mele ea ona ho hola hantle.

Mongoli e Moholo oa Lekala la Bophelo 'Maneo Ntene, o re khoeli ena ba ts'oea beke ea kanyeso e qalileng ka la 7-11 Phato monongoaha, ka hona o sireletsa le ho khothaletsa kanyeso le ho fihlela meo-



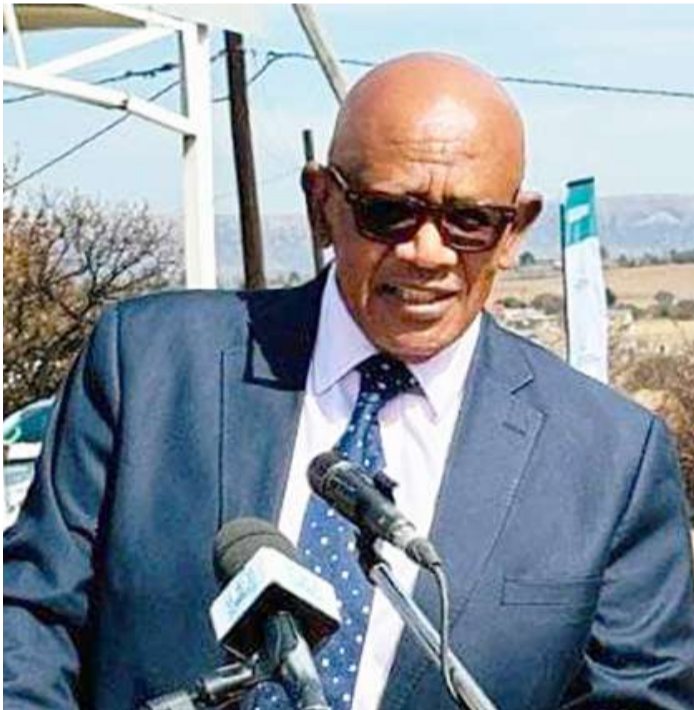
la Phepo e nepahetseng, Mesebetsi ea Matsoho le ntlafalo ea Malapa, o supile hore letsatsi lena le re hopotsa bohlokoa ba kanyeso ea lesea kaha ke ntho ea bohlokoa, ke moo motheo oa bophelo ba motho bo qalang teng.

A re lekala la habo le tsoile letšolo ho fana ka thuto sechabeng mabapi le kanyeso le phepo e ntlafatseng. A ipiletsa ho bohle ho tsoarana ka matsoho ho netefatsa hore ngoana e mong le e mong o fumana kanyeso ka nepo, ka hoo ba kene lihlopha tsa phepo e nepahetseng motseng le ntlafalo ea malapa.

loane ea ntšetsoepele ea moshoelella. A re batsoetse ba thakeloe ka malebela a ka atlehisang kanyeso, ka hona Litsi tse Ikemetseng le tsona li fane ka thuto.

A re qholotso e teng mabapi le kanyeso ke bofuma bo susumetsang basali ho sia bana ba le banyenyane ba il'o sebetsa kantle ho naha. o itse WHO e ba behetse ho fihlela 50%, 'me ho latela boemo ha ba e-s'o khotsofale hobane ba iphetsetse 80%.

Mohoo oa selemo sena ke; "Koala sekheo tšehetsa bo-'m'e bohle ho anyesa masea."



Ngaka e kholo Seterekeng sa Maseru Dr. Ishmael Makhele, o supile hore ketekelo ena e bohlokoa kaha e hopotse bohle ho khutlela methohong; ho kopanya matsoho hore ngoana Mo-sotho a fumane phepo e ntle, hape lebesa la letsoele le bohlokoa haholo kholisong ea ngoana, ka hona seo se tla thusa ho bopa sechaba se phetseng hantle sa kamoso. A re batsoetse ba banyenyane ba khothaletsa ho anyesa bana ka tsela e nepahetseng.

Maphepo e Moholo Seterekeng sa Maseru Ke-

po, mofetše oa popelo le oa masapo.

A ipiletsa ho bo-ntate ho tšehetsa basali kaha ba sa hloke khatello ea maikutlo, le ho Basotho ho khutlela mekhoeng ea khale ea ho hloma lehlaka, hore ngoana a anyesoe nako e lekaneng.

A re ba ntse e-s'o fihlele seo ba se batlang kanyesong kaha bokakachelana bo ithahisa nakong ea lilemo tse peli bo sa theohe ho latela lipalo-palo, 'me bona ka selemo sa 2009 e ne e le 39%, ka sa 2014 ea e-ba 33% ha monongoaha e le 36%. Ka hona a re ba tlo



Rua tsebo mabapi le Mpox

Nthabeleng Seitlheko

Mpox ke lefu le tšoaetsanang le bakoang ke kokoana-hloko ea monkey pox, e fumanoang mefuteng e fapakaneng ea liphoofole tse hlaha, 'me e ka fetela ho batho (kaha e le kokoana hloko e amang batho le liphoofole). Litaba tse na li boletsoe ke Letona la Bophelo Mohlomphehi Selibe Mochoboroane, ka la 21 Phato monongoaha.

O itse Mpox e ka fetela ho batho ka ho tšoara nama le maro a phoofole, ho longoa kapa ho ngoapuo a ke phoofole e nang le tšoaetso, ho ama lintho kapa libaka tse silafalitsong ke kokoana-hloko. A re linaheng tseo Mpox e sa tloaelehang, batho ba ka tšoara ke eona ha bobebe ka ho kopana le motho ea nang le eona.

Litlaleho li supa ho qhoma ha Mpox linaheng tse ngata ho tloha ka khoeli ea Motšeanong 2022, leha ho le joalo, ho tloha tlhorong ea lefu lena ka khoeli ea Phato 2022, lipalo-palo tsa bakuli ba Mpox li fokotsehile leha tšoaetsano e ntse e tsoelapele ka boemo bo tlaase.

Ho tloha ka Pherekhong monongoaha, linaha tse supileng tsa Afrika li tlalehile boteng ba eona, ka kakaretso ea batho ba 8,479 le bafu ba 401 ho fihlela ka la 14 Phuptjane monongoaha. Ka la 21 Phuptjane, ke kakaretso ea bakuli ba 13 le bafu ba babeli ba netefalitsong ba e-na le lefu la Mpox Naheng ea Afrika Boroa. Ka lehlohonolo Naha ea Lesotho ha e-s'o tlalehe mokuli ho fihlela ka la 24 Phupjane monongoaha.

Matšoao a Mpox hangata a qala matsatsing a mahlanano ho isa ho a 21 kamor'a

ho fumana tšoaetso 'me ona ke, mocheso o mon-gata, hlooho e opang, ho opelo a ke mesifa, mokhatlala, 'metso o bohloko, Lekhopho (lekhopho leo le ka hlaha hohle 'meleng ho kenyeletsa lithong tsa botšehali kapa tsa botona) le ho ruruha ha litšoelesa. Matšoao hangata a nka libeke tse peli ho isa ho tse 'ne pele motho a fola, empa

Mpox e ka fetisoa ho tloha ho motho e mong ho ea ho e mong ka ho ba haufi kapa ho thetsana le motho ea tšoaelitsoeng, kapa ho ama lintho tse silafalitsong ke motho ea nang le tšoaetso.

Nakong ea seoa linaheng tse ngata, ho hlokomelehile hore phetsetsano ea lefu la Mpox e jele setsi lihlopheng tsa banna ba kenang thobalanong le banna ba bang.

balekane ba bangata thobalanong.

Mpox e thibelo joang?

Batho ba nang le Mpox ba lokela ho itšeka thajana lapeng, kapa sepetelele, nakong eo matšoao a qalang ho fihlela lekhopho le fola.

Lintho tseo u lokelang ho li etsa le tseo u sa lokelang ho li etsa ho thibela ho tšoaetsa ba bang:

ke oa phunya makhopho, sena se ka liehisa maqeba ho fola ekasitana le ho fetsetsa lekhopho likarolong tse ling tsa 'mele. U se ke ua kuta libaka tse nang le makhopho ho fihlela le fola 'me u ba le letlalo le lecha (sena se ka fetsetsa lekhopho likarolong tse ling tsa 'mele)

Kalafo ea Mpox ke efe?

Lefu la Mpox le alafshoa



a ka nka nako e telele ho motho eo sesole sa hae sa 'mele se fokolang.

Se seng se hlaheletseng liphuputsong se ka behang batho tlakotsing ke ho ba le

Lula u le mong ka phaposing ea hau lapeng haeba ho khoneha, hlapa matsoho khafetsa ka metsi a phallang le sesepa kapa sebelisa 'sanitizer,' haholo pele le kamor'a ho tšoara makhopho, roala semonkoana ka nako tsohle, 'me u koahela makhopho ha u le har'a batho ba bang ho fihlela lekhopho le fola, boloka letlalo le omme 'me le sa koaheloa (ntle le haeba u le ka phaposing le motho e mong)

Qoba ho ama lintho tse libakeng tse arolelanoang, 'me u hloekise libaka tse joalo khafetsa e le ho bolaela likokoana-hloko, U se

ho latela matšoao ao motho a nang le ona le sekhahla sa lefu ho motho ka mong. Mosebeletsi oa tsa bophelo bo botle ke eena ea tla khetha mofuta oa kalafo le litlhare tseo a tla li sebelisa.

U lokela ho etsa'ng haeba u belaela hore uena kapa motho e mong o na le Mpox?

Etela Setsi sa Bophelo se haufi hang ha u bona matšoao a boletsoeng ka holimo moo u tla hlahloja ke mosebeletsi oa bophelo bo botle, e le ho netefatsa hore na ehlile ke lefu la Mpox kapa ke mafu a mang a tšoanang le Mpox.

SINGLETONS

...There is power in self-love

HOST: Teboho Matjeka

DATE:
02/11/24

DAMAGE:

01 AUG. - 20 SEP: M120.00
21 SEP - 20 OCT: M140.00
21 OCT - 1 NOV: M180.00

Bookings: Mpesa: 58911803 /
Eco-cash: 63574502



Place: Mafeteng

→ GOLDEN HOTEL

Time

→ 1400HRS-1600HRS

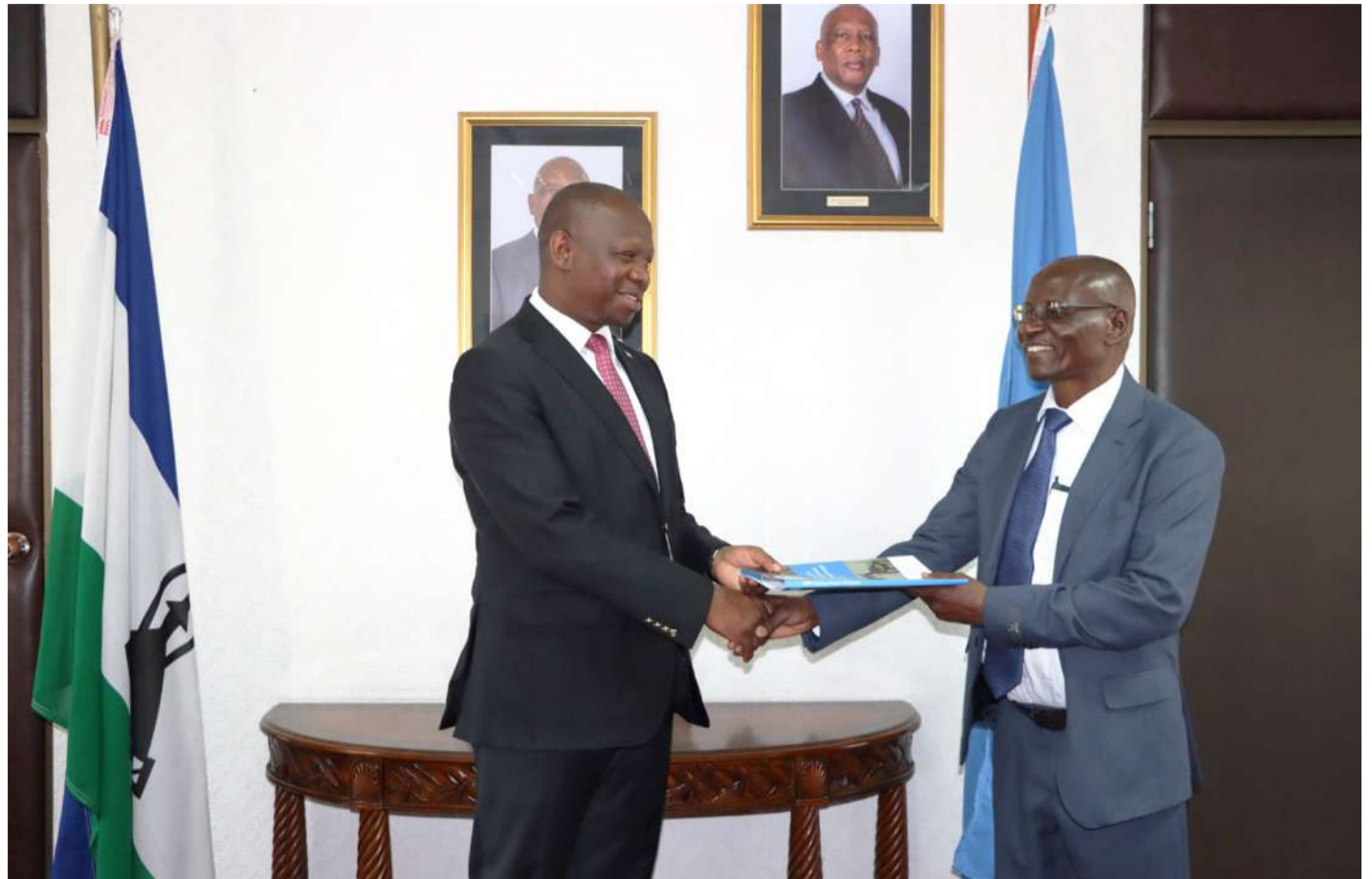
Moemeli oa WFP o'a amoheloa

Nthabeleng Seithheko

Moemeli e mocha oa Mokhatlo oa Lefatše oa Lijo (WFP) Lesotho, Elliot Vhumuku, o re o ikemiselitse ho tšehetsa Lesotho lintlafatsong le ho fihlela liphelelo tsa moshoelella ho bona hore ba hlola qholotso ea tlala e tjametseng Basotho. Tsena li hlaleletse puong ea hae, ka la 19 Phato monongoaha.

O supile hore morero o moholo ke ho tšehetsa Lesotho ho ntlafatsa litaba tsa temo le ho sheba phapano lipakeng tsa litsi tsa thekiso. Ka hona a re ba t'lo sebetse le 'muso ho tšehetsa lihoai le sechaba litabeng tsa temo.

O itse o tla boela a sheba ka matla ho tšehetsa Setsi sa Thibelo ea Likoluo (DMA) ho fokotsa sekhalala sa batho ba anngoeng ke komello ka tšebeliso 'moho le mafapha ohle. A



bontša hore ke bonyane Basotho ba 260,000 ba tla fumana lithuso.

Vhumuku ke letsoalloa ka Naha ea Zimbabwe, 'me o na le lengolo la MSC la temo le moruo ho hlaha

Unifesithi ea Landon, Wyne College.

O qalile leeto la hae le WFP ka selemo sa 2004 a sebetse Johannesburg Regional Bureau e le Mookameli oa WFP kapa FAO, a

feta boemong ba linaha tsa hloahloa e ka Boroa ho Afrika (SADC), moo a neng a tšehetsa komiti ea lipulputso mabapi le litaba tse amang batho ba tlokotsing. Ka selemo sa 2006 ea e-ba

Mookameli Lefapheng la Polokeho ea Lijo Naheng ea Ethiopia.

O hlalosa hape a sebetlitse le 'muso oa habo ka lefapha la phetoho ea boemo ba leholimo.

Marena a tsetselela khotso



le sebata sena ba ke ke ba atleha, ba tšehetse muso hore taba ena e ee moriting.

A re a mang a matšoa a macha tabeng ena ke hore ho se ho e-na le khoebo eo ho hiroang batho ba il'o bolaea batho, 'me tsietisi ea taba ena ke hore ba rekang ba bang le bona ba t'lo qetella e le mahlatsipa. A re bohle ba tšoanela ho tšoarana ka matsoho, ho baleha boiphethetso boo a belalelang bo bakoa ke ho lieha ha ajoa ha toka.

A re ho bohlokoa hore 'muso o ke o sebelise marena a naha ena ho aba toka maemong a itseng, 'me a qale pele ka ho etsetsoa lithapelo le ho fua lisebelisoa.

Ho sa le joalo, Morena oa Sehlooho oa Teya-Teyaneng, Khabasheane Masupha o bontšitse a tšoenyehile ke litaba tsa lipolao, ka hona bohle ba kenye letsoho ho hlola taba ena, ka ho bolela menyenetsi sepoleseng hore taba ena e felle ruri.

"Ketsahalo ena e thefula seriti sa naha, khapa ea mali ha se tharollo ea likhang." Ke Morena Khabasheane eo.

H'a thetha litaba o itse ba tšoanela ho sebetse ka thata ho aha Lesotho le lecha le tla ba le khotso, botsitso le nala molemong oa bacha ba naha ena, hore ba tlo ikotla sefuba ka tšebetso ea bona.

Nthabeleng Seithheko

Litho tsa Ntlo ea Senate li ba le tulo ea pele kamor'a phomolo ea Mariha, eo morero oa eona e leng hore litho tsa ntlo li fumane monyetla oa ho phutha lijo masimong. Tsena li boletsoe ke Motlatsi oa Motsa-

maisi oa Lipuisano Ntlong ea Senate, Mohlomphehi Tsukutlane Au, ka la 20 Phato monongoaha.

A etsa boipiletso ho bohle ho lokisetsa temo ea Lehlabula le hoja ba otluo ke komello ho ena ea Mariha 'me naha e aparetsoe ke tlala e kholo. A bontša ha 'muso o beheletse ka thoko chelete e kaalo ka M200Milion ho tla thusetsa tabeng

ea tlala. O lebohile linaha tsa machaba a fapakaneng tse ntseng li kenya letsoho, ka ho bohle ebe ba utloile Motlotlehi ha re litaba tsa temo li tšoaroe hantle hape ho lokiso e melao. Basotho ba hopole hore Motlotlehi ke moetapele litabeng tsa phepo e nepahetseng, ka hona e le ho ipeha hantle machabeng ba hlalise ka mokhoa o khotsofatsang.

O itse ha joale ba boetse ba tobane le bothata bo bong bo bocha e leng sekhalala se holimo sa lipolao le lipolaeano kahar'a naha moo bana ba Basotho ba bolaeang joaloka lintja tsa setsumi. A re 'muso o ke ke oa loantša taba ena o le mong, ka hoo o ipiletsa ho bohle hore taba ena e se be ea 'muso o le mong kaha ha o ka tlhelo oa betana

Health and Fitness Coach empowering women



Personal Background

Mapule Mokoena's journey in the health and fitness industry is a story of resilience and transformation. From an active lifestyle that wavered to a determined pursuit of fitness, her story began in 2008 when she gained weight and decided to take control of her life by hitting the gym hard. Her dedication led her to a personal trainer in 2012, who became more than just a coach. He introduced her to the world of fitness, a world she would never leave. The physical transformation she experienced ignited a passion in her that quickly became a lifestyle. Today, fitness is not just a part of her life—it is her life. "I spend my living hours training and thinking about fitness," she says. It was this all-consuming passion that led her to turn her love for fitness into a business opportunity, becoming a certified and accredited coach. Mapule finds joy in helping others transform into their healthiest, most confident selves. For her, a fit body is the ultimate booster of self-esteem and confidence.

Her studies at Trifocus Fitness Academy further fuelled her passion. "The science of fitness is very interesting," she says, reflecting on how her studies introduced her to the wonders of human physiology, anatomy, biomechanics, and the complexities of fitness science. It also provided her with the tools to navigate the business side of fitness, including planning, management, marketing, and customer engagement. Her certification was a leap she is grateful she

took, as it shaped her into the well-rounded professional she is today.

Career and Achievements

Mapule's journey in the fitness industry has not been without challenges, particularly as a woman in a male-dominated field. "The labels and comments, mostly from men, have been the biggest challenges," she admits. She has been called names and had her dedication to fitness questioned because she trains at a level comparable to men. But Mokoena remains unbothered. "I do not need anybody's permission or validation," she asserts. Whether she chooses to respond or ignore such comments depends on her mood, but her focus remains steadfast on her goals.

Among her proudest moments in her career are getting certified and accredited as a trainer and sports psychologist, and witnessing the joy of her clients when they see their results. "It is a moment of great pride and achievement," she says. This joy and the transformations she helps others achieve are what keep her motivated. With a naturally driven personality and an insatiable curiosity, she continuously seeks to learn and stay ahead in her field, always striving to up her game.

Health and Fitness Philosophy

Mapule's fitness philosophy is deeply personal. She sees her health as an investment, with fitness being the key to maintaining that investment. Her journey hasn't been easy, but she firmly believes there

are no shortcuts to achieving sustained results. Fitness, for she, has been a source of mental resilience and healing through life's toughest moments, including surviving gunshot wounds, freak accidents, severe depression, and mysterious illnesses. "Fitness has always been my safe place for healing," she shares.

One common misconception Mapule addresses, especially among women, is the fear that lifting weights will make them look like men. "We do not produce enough testosterone to have a man's physique," she clarifies. Instead, weight training helps women become lean and defined. She also dispels

the myth that women need special powers to train at high levels. "All that is needed is consistency and discipline, especially in what goes into our bodies," she advises.

Mapule tailors her fitness programs to meet the unique needs of each client. Through assessments, fitness tests, and interviews, she builds a comprehensive profile that helps her develop personalized training programs. "It is a journey that needs patience and empathy but assertive coaching," she explains.

Impact and Community

Fitness, in Mokoena's view, is a powerful tool for empowering women, particularly in the African context. It helps women release stress, balance hormonal challenges, and build confidence. "Fitness is also a self-defence tool for women, who are often the most vulnerable in our society," she emphasizes. She believes it is crucial to introduce girls to various forms of fitness from a young age as a means of empowerment and self-defence.

To engage and inspire her community, she holds boot camps and wellness workshops to teach people about the importance of healthy living. She also leverages her social media platforms to advocate for healthy choices, creating fitness content to inspire and motivate others. Despite the progress made, she acknowledges that there is still a long way to go in changing the mind-set of women in Lesotho towards prioritizing their well-being.

"I am a lawyer with LLM but nothing fulfils me and gives me more joy than my fitness brand. I pursued my certification at age 45, to chase my dreams

and add value to my passions. Only a small segment knows I am also a lawyer."

Future Plans

Her paramount goal is to build a successful fitness centre that offers a variety of disciplines, including yoga, aerobics, and boxing. She is currently preparing to open a fitness studio with a focus on children, introducing kiddies' wellness boot camps to create awareness about healthy living from a young age. She also plans to develop a curriculum to introduce accredited fitness courses, creating awareness about career opportunities in fitness.

Her vision for the future also includes making a lasting impact on the health and fitness industry in Lesotho and beyond. She aims to continue creating awareness about the value of healthy living, forming collaborations, and using every platform available to teach people about fitness. Continuous learning and staying updated with emerging trends are essential to her strategy for growth.

Advice and Inspiration

For women just starting their fitness journey, Mapule's advice is simple but powerful: "Consistency and discipline are key. There are no shortcuts to beast mode." She warns against the false promises often found in the market for quick weight loss or fit bodies. Mokoena has been on the gym floor since 2008, working hard for consistent results. For those finding the journey challenging, she recommends seeking guidance from a certified personal trainer.

Balancing professional life with personal well-being is a priority for Mapule. She unapologetically prioritizes her health and well-being, considering her training and meditation sessions as essential "me" time. Professionally, she is laser-focused on building her brand from scratch, despite the hard work it requires.

In her work, she finds continuous inspiration from her late great-grandmother and mother, who instilled in her the foundations of healthy living. Their influence has made it easier for her to stick to healthy habits, even when she falters.

Mokoena's journey is a testament to the power of passion, perseverance, and the impact one individual can have on an entire community. Her dedication to fitness not only transformed her own life but continues to inspire others to pursue healthier, more confident lives. Through her work, she is shaping the future of fitness in Lesotho, one transformation at a time.





TSA KEREKE

Ho ketekoa Nyollelo



Staff

“Tsela eo re etsang lintho ka eona, re inahanang, re li shebang ka eona tse kang litlhoriso, lipolaeano, lehloeo, liretlo bosholu le mohono le tse ling tse ngata, na re bona eka ho na le ea tla nyolleloa leholimong?” Ke mantsoe a Fr. Emmanuel Mokhofu OMI Sehlabelong se Halalelang sa ‘Missa sa Mokete oa Nyollelo ea Maria Movirigo Leholimong ‘mishoneng oa Mofumahali oa lefaatše ka la 18 Phato monongoaha.

Fr. Mokhofu o ne a tlatsitsoe ke mong’a ‘mishone Fr. Patrick Khali Kholele OMI. Khothatsong ea hae o itse lintho tse na tse mpe tseo re li etsang re le bakriste ke hobane re lahlile lentsoe la Morena Molimo re shebile

tse lefaatše. A re re ikarohantse le lona ka hobane ha re le bale, ha re le phele esitana le ho le utloisisa. A re batho ba tsoa kahar’a likopano tsa kereke hobane ba batla ho sebeletsa ba bang kapa hona ho ba khahlisa ebe ba lebala ka Lentsoe la Morena.

Are Morena Jesu o re moo ba babeli kapa ba bararo ba kopaneng ka lebitso la hae o teng kahar’a bona. A re Mangolo a Halalelang a re ruta tsela, ‘nete le bophelo tse tla re fihlisa ho ‘Mopi oa rona. A khotlaetsa phutho ho khaotsa hoo iphathahanya le tsa lefaatše, ba leke kamehla ho ikamahanya le Lentsoe la Molimo hore ba tsebe ho fumanela meea ea bona pholoho.

Ho sa le joalo, Kopano ea Kemolo ea Maria ea se nang Sekoli ea Tikoloho e Kholo ea Maseru e ne e ile

St. Lorenti Mantšonyane e kopantsoe le Tikoloho ea Mohale’s Hoek, ‘me ba ne ba arotsoe ho latela bongata ba bona, ‘me sepheho e ntse e le ho keteka Mokete oa Nyollelo ea Maria Leholimong. Ba bile ba fumana litho tse 7 tse ncha ka limishone ho fapakana kamor’a hore ba etse senyamo. Tsena tsohle li etsahetse boteng ba Mobishopo oa Tikoloho ea Mohale’s Hoek Mohlomphehi John Joale Tlhomola SCP.

Athe Kopano ea Bana ba Maria ka mokhoa o tšoanang ba Tikoloho e Kholo ea Maseru ba ne ba le St. Michael Deanering ea Roma. Ke hona moo ho apesitsoeng bakokoti ba 338 kaofela, ‘me hona ke pontšo ea kholo ea kopano. Haele Mofumahali oa Lefaatše e ne e-na le bakokoti ba bane.



2023-2024 SELEMO B

Sontaha sa 21 har’a selemo

Joshua 24,1-2.15-17.18

Pesalema 33

Ba-Efese 5,21-32

Joannes 6,61-70



Khothatso

Le uena u batla ho tsamaea?

Joalokaha Joshua a ile a bokeletsa merabe eohle ea Israele hofihlela Shekeme ‘me a bitsa baholo, lihlooho, baahloli le li-ofisiri tsa Israele, (Joshua 24:1-2) le lona joaloka Bakriste le khobokana kapel’a Morena. Phapano e teng ke hore lona le khobokanngoa ke Morena, hobane Kriste o re “Ha ho ea ka tlang ho ‘Na ha e se ka thato ea Ntate.” (Joannes 6:65) Ke ka grasia ea Molimo Ntate le matla a Moea o Halalelang bohle le bilelitsoeng ho Kriste eo e leng “tsela, ‘nete le bophelo.” (Joannes 14:6)

Molaetsa oa Joshua Thutong ea Pele ke hore u ke ke ua sebeletsa marena a mabeli, e leng seo Kriste a ileng a se bolela, “... U ke ke ua sebeletsa Molimo le maruo.” (Matheus 6:24) Joshua o ne a bua ka melimo ea matsoho eo batho ba iket-selitseng eona, ‘me kajeno re ka e papisa le maruo a lefatše ao batho ba a behang kapel’a Molimo a inotši. Ebe ke meea e mekae e nkang nako e telele ho ithorisa ka seo e nang le sona ho e-na le ho ithorisa ka likamano tsa eona le Morena? Ke ba bakae ba behang maikutlo a bona holima likoloi, matlo, chelete, mabenyane ba lebala hore tseo tsohle ba li fuoe ke Morena ho inyakalatsa?

Thuto ea Pele e qetella ka hore sechaba se ile sa ikemisetsa ho khutla le ho sebeletsa Morena Molimo oa sona, ea ileng a tlosa bo-ntat’a sona Naheng ea Egepeta bokhobeng, ‘me a ba sireletsa lichabeng tsohle tseo ba ileng ba feta ho tsona. (Joshua 14:17-8) Ke Morena ea ileng a khutlisa bo-ntat’a rona ‘musong oa lefifi, ke eena Morena ea mohau eo ka Sakramente ea Tl-hatsuo a ntšitseng bohle bokhobeng ba sebe. (Ba-Roma 6:6) Moapostola Paulosi o arabela potso ea hore na bohle ba ka lakatsang ho sebeletsa Morena ba lokela ho etsa’ng? Re tšoanetse ho ba mohau, pelo-tlhomohi le ho tšoarelang joalokaha Morena a re tšoareletse ka Kriste Jesu. (Ba-Efese 4:32) Lilemang tse fetileng re utloile babusi ba phatlalatsa molaetsa oa tšoarelo ea mekitlane linaheng tse futsanehileng le tšoarelo ea batšoarua molemong oa pholoho ea bona. Ena ke mehlala e metle e bontšang lerato la Kriste, hobane haeba re sa aralelane le bana ba habo rona maruo a rona ka ho ba leballa mekitlane ea bona ana re ka ipitsa Bakriste? Ke ketso ea lerato e ka fetolang pelo e se khatello le boiphethetso.

Evangeling Morena Jesu o ne a lokisetse bohle ho tla amohela Sakramente e Halalelang ea Eukariste ka mantsoe ana: “Ha le sa je ‘Mele oa Mor’a Motho ‘me le sa noe Mali a hae, ha le na bophelo ka ho lona.” (Joannes 6:53) Ha ho motho ea ileng a utloisisa mantsoe an nakong eo hobane Tsoho e ne e e-s’o fihle ke ka hona bongata bo ileng ba re, “Thuto ena e thata, ke mang ea ka e amohelang?” (Joannes 6:60) Ka lebaka lena barutuo ba Kriste ba ile ba mo furalla.

Ba neng ba e-na le tumelo ho Morena, ba bitsitsoe ke Ntate ba ile ba tšepa Kriste ‘me ba lula tumelong ea hore ha nako e fihlele ba tla utloisisa. Lithutong tsa hae Kriste o hlalositse hore “Ke moea o fanang ka bophelo, nama ha e na thuso.” (Joannes 6:63) Lengolong ho Jakobo ho boela ho hlaha mantsoe a tšoanang hape, “Ntle ho moea ‘mele o shoele.” (Jakobo 2:26) O ne a ruta hore tsoalo eo re e fumaneng nakong ea thatsuo ke eona e tla re thusa ho fumana bophelo bosafeleng. Hobane “Ha ho ea ka kenang ‘Musong oa Morena Molimo ntle le hore a tsoaloe ka metsi le Moea.” (Joannes 3:5)

Kamora ho tseba linnete tsee, re khetha ho tsamaea kapa rea lula? Re etse khetho e nepahetseng hobane ha ho bobebe ho fetola ha re se re le kapel’a Morena ka Letsatsi la Kahlolo. Bekeng ena ha re inahaneng ka boinehelo ba rona ho Morena Jesu, ‘me potso ebe ena, “Ana u batla ho tsamaea?”

Bahalaleli har’a Beke

- 26 Phato Elias
- 27 Phato Euthalia
- 28 Phato Vivian
- 29 Phato Sabina
- 30 Phato Rumon
- 31 Phato Aidan



Re emetsoe

Tšeliso Thakholi

Naha ea Lesotho e emetsoe ka matla a maholo ke libapali tse peli, lipapaling tsa batho ba phelang le bokooa tsa Li-Paralympic, tse tlii'o thakhoha Mabaleng a Eiffel Tower, Chateau de Versailles le Grand Palais Naheng ea France ho tloha ka la 26 Phato ho isa la 10 Loetse monongoaha.

Lipapaling tsona ke libapali tse 4,400 ho hlaha litikolohong tse 'ne tsa lefatše, tse tlang ho qothisana lehlokoa mefuteng e 22 ea lipapali. Linaha tsa tikoloho ea Afrika tse ileng tsa qala ka ho tsoara lipapali tsa ho phunyeletsa ha se mokhelo lipapaling tsona.

Linaha tse ileng tsa atleha ho phunyeletsa ke tsona feela tse kenetseng lipapali tsona tse tlii'o qala ka 'Mantaha oa la 26 Phato, 'me Naha ea Lesotho ke e 'ngoe

ea linaha tse teng lipapaling tsona. Sena se latela hore libapali tse peli li atlehe ho phunyeletsa nakong ea boitokisetso ba tsona ba lipapali tsona ka ho feta lipehelo tseo ba neng ba li baletsoe tsa ho kenela lipapali tsa Li-Paralympic.

Libapali tsona ke Lišitso Khotle ea il'o emela naha lipapaling tsa Shot put le Zinzele Khamqane ea il'o emela naha lipapaling tsa mabelo a 400m. Bona ba ile ba atleha ho sebetsa ka thata ho fihlela moo ba sa kang ba itheka moroalo ka hore Naha ea habo bona e ka sitoa ho ba teng lipapaling tsa Li-Paralympic Paris 2024.

Libapali tse tla ipabola li tla hapela linaha tsa habo tsona limentlele tsa khauta le silifera ho latela tšebetso ea tsona ka ho fapakana ha tsona. Lesotho le Basotho ba behile tšepo libapaling tsona tse il'o e hlanaka machabeng.

Pejana ba leba Paris Letona la Lipapali Mohlomphehi Motlatsi Maqalepo h'a ba lakaletsa kattlelo le mahlo-



honolo o itse sechaba sa Basotho se tla lula se ba tšehelitse ka linako tsohle. A re litoro, litaba-tabelo le tšepo ea sechaba sa Basotho e lutse holima bona, "lona le tlang ho tsamaea ho ea phahamisa folakha ea Naha ea Lesotho." A re Basotho ha ba bona ba e-na le tšepo

le litoro tsa ho ba tlela le tlhoho, ba tlaloe ke thahasello e kholo. A ba lakaletsa tlhoho.

President ea LSRC, Monghali Lišitso Motšeremeli o boletse hore Naha ea Lesotho e motlotlo haholo hore ebe e emetsoe lipapaling tsona. A re sena e boetse

ke tlotla e kholo ho bona e le batsamaisi ba lipapali. A tiisa hore LSRC e entse ka hohle-hohle ho bona hore libapali tsona li fumana boikoetliso bo phethahetseng "hobane rea ba rata ke libapali tsa rona tsa Lesotho." A ba lakaletsa kattlelo le mahlohonolo.

Sekolo sa Chess Mazenod

Tšeliso Thakholi

Libapali tse tumeng haholo kahare le kantle ho naha tsa papali ea Chess, Mofumahali Lieketseng Ngatane 'moho le molekane oa hae Monghali Ramokotjo Lekau ba thehile sekolo sa papali ea Chess se bitsoang Mazenod Chess Academy ka sepheo sa ho bolekeletsa bana hoba 'moho ba sa le banyenyane lilemong, ho ba ruta papali ena e ba matlafatsang bophelong ba letsatsi ka leng le lithutong tsa bona tsa sekolo.

Puisanong le Koranta Ngatane o boletse hore ba qalile sekolo sena mafelong a Loetse selemong sa 2022 ka bana ba bararo, empa ka lebaka la tšehetso eo ba ileng ba e fumana ho baa-hisane, metsoalle le batho ba boithatelo bo botle ba se ba e-na le bana ba 25 ba lilemo li hlano ho isa ho tse 20. A re sekolo se qala ho amohela bana ha ba le lilemo li hlano ha feela a tseba ho bala linomoro le mantsoe.

A re a mang a mabaka

a ho theha sekolo sa mofuta ona, ke hobane ba ne ba shebile qholotso e kholo eo bana ba tikoloho ea Mazenod ba kopanang le eona ba sa le lilemong tse tlaase, ea ho nyolosa ba theosa ho se letho leo ba le etsang hoo qetellong ba iphumanang ba se ba e entsa lintho tse ka behang bophelo ba bona tlakotsing. Ka holimo ho tsohle, a re morero ke ho fetisetisa litsebo tseo ba nang le tsona tsa papali ea Chess ho bana ba sa le banyenyane, e le hore ba hole ba e-na le lerato

la papali ena ea bohlokoa bophelong ba bona.

A re ho tloha e sale ba qalile ba se ba fihletse likatleho tse kholo tsa ho ba le bana ba ipabolang haholo lithutong tsa bona le papaling ea Chess ha ba kenetse litlholisano. A etsa mohlala ka ba bane ba ileng ba khetheloa ho kenela litlholisano tse kholo tsa linaha tsa Afrika tse ileng tsa chechisoa ka mabaka a ke keng a qojoa. Erekaha ho se tsela e se nang moepa, o itse qholotso e kholo eo ba kopanang le eona hajoale



ke hore bana ha ba tle boi-

7, 'me ba ntse ba itokisetisa ho tla ngola lihlahlobo tsa mapomelo.

A khothaletsa bana ho tla sekolong ka bongata ho tla ithuta papali ea Chess kaha e chorisa kelello, e ba thusa ho etsa liqeto tse nepahetseng bophelong le ho ba matlafatsa. A qetella ka hore taba-tabelo ea bona ke ho bona ba se ba e-na le liphaposi tse ngata tsa ho rutela, 'me ba se ba ruta bana ba fetang 50 ba tikoloho ea Mazenod le mathoko a eona. A kopa bafani ho etsa letsoho la monna kaha o mong oa merero ea bona e le ho eketsa litsebo tsa bana tsa papali ea Chess ka tšebeliso ea marang-rang.



E lokisetsa Top 4

felile ka khoeli ea Phupjane monongoaha. A re hajoale motlatsi oa hae Monghali Adoro Lefoka ke eena ea ntseng a tsoere ha nakoana

Tseliso Thakholi

Kamor'a ho hloloa ho hapa Liki ea A Division ngoahola, bakoetlisi 'moho le botsamaisi ba Sehlopha sa Bolo ea Mao-to sa Swallows bo tsoile letšolo ho matlafatsa sehlopha monongoaha, pele ho lipapali tsa Liki e le ho se lokisetsa ho tla ba kahare ho lihlopha tse 'ne tse tlang ho ba kaholimo ha sele-mo se secha sa lipapali sa 2024/2025 se fihla phelet-song isao.

Ho fihlela hajoale Swallows e bapetse lipapali tse tšeletseng tsa boitokiso pele Liki e Kholo e qala. Lipapaling tsa pele e ile ea pola United FC ea Maseru ka 4-0. Ea boela ea paputla Libitha ea Mazenod ka 3-0. Athe mafelong ana a beke a tsoa feta ka Sontaha sa la 18 Phato 2024 e boetse ea bapala lipapali tsa setsoalle le Rangers ea Thaba-Tse-ka e qetang ho kena ho A Division, 'me ea itsamaela bolacha ka 6-0 ha papaling ea bobeli e ile ea bapala ka seahlolo sa 1-1 le Roller Stars.

Swallows e boetse e phatlalalitse lenane la mathomo la libapali tse 33, tse kenyeletsang libapali tse ncha tse 12. Morero ke ho tla boela



e hloaea libapali tse 28 tseo e tlang ho ba tsona tse tla bapalla sehlopha selemong sena se secha. Athe e lokotse libapali tse hlano tsa khale ho ea lihlopheng tseo ba ka khahloang ho ea ho tsona.

Ho ea ka Motlatsi oa Bobeli oa President, Monghali Lechaba Setjeo boitokiso ba sehlopha bo ntse bo

tsoelapele ka katleho e kholo, 'me hajoale ba tsoaroane le mosebetsi o matla oa ho lokisa sehlopha mafapheng ohle a tsamaiso. Ka hona takatso ea bona selemong sena se secha sa lipapali, ke ho aha sehlopha se matla se tla tseba ho khutlela mokhahlelong o kaholimo oa Premier League ka sele-mo sa lipapali sa 2025/2026.

A re ba boetse ba khethile Motsamaisi oa Sehlopha sa SothoKids, Monghali Makhebe Seatla ho ba thusa litabeng tsa ho bapatsa sehlopha le ho se batlela botšehetsi e le hore se tle se tsebe ho hola. A tiisa hore hajoale Swallows e ntse e batla mokoetlisi e mocha kaha Monghali Shalane Lehohla konteraka ea hae e

pele lipapali tsa liki li qala. A boela a supa hore ho fihlela hajoale barati le batšehetsi ba sehlopha ba kopile hore mosebetsi oa ho khetha komiti e ncha, o ke o emise ha nakoana ho shebanoe le ho tsitsisa sehlopha 'me bohle ba 'ne ba tsoele pele ka mesebetsi eo ba neng ba ntse ba e fueo ho fihlela ho bitsoa likhetho hape.

Li iphetola ntetekeng



Tseliso Thakholi

Lihlopha tsa naha tsa bolo ea maoto tsa Makoanyane XI(U20) le Bahla-

bani(U17), li ile tsa tsoelapele ka katleho e kholo ho bapala lipapali tsa tsona tsa setsoalle tse peli sehlopha ka seng ka Labohlano le Sontaha mafelong ana a beke, e le karolo ea tsona ea boitokisetso ba lipapali

tsa COSAFA le AFCON tse tliil'o ba ka Loetse le Tšitoe monongoaha mokhahlelong ka mong. Lipapaling tse ileng tsa bapalloa Lebaleng la Bambatha ka Labohlano la la 16 Loetse monongoaha,

Amajita e ile ea sasara Makoanyane XI ka thupa ea 3-1 papaling e tlalehoang e bile e thata ka ho fetisisa. Athe papaling e bileng ka Sontaha sa la 18 Loetse teng, Amajita e ile ea halala Makoanyane ka ho shapa 4-0. Ka ona matsatsi a tsoanang, sehlopha sa Bahlabani se ile sa e lata letailane Soweto, Afrika Boroa ho ea bapala khahlanong le Amajimbos moo se khutletseng hae se hoshola kamor'a bo poqoa ka 4-0 le 3-1 joaloka Makoanyane XI.

Ho ea ka Phala ea Mokhatlo o Tsamaisang Bolo Lesotho(LeFA), Monghali Mikia Kalati morero o moholo oa linaha ka bobeli e ne e le boitlahlobo ba bakoetlisi ho bona hore na lihlopha tsa bona li se li le maemong afe pele ho lipapali tsa tsona tsa COSAFA le AFCON. A re morero o mong e ne e le hore bakoetlisi ba lihlopha tsa hae koano, ba ke ba fumane lihlopha tse matla kamora ho bapala le tseo e saleng ba li hlola ho tloha

ngoahola ha ba thakhola moralo ona oa lipapali tsa machaba tsa setsoalle, e le ho ithuta moo ba lokelang ho matlafatsa lihlopha tsa bona. A re o na le tšepo e kholo hore lipapali tsona li ba butse mahlo hore na ba lokela ho lokisa ho kae pele ho litlholisano tsa COSAFA le AFCON. "Sena ke ho bolela hore mosebetsi o sa mongata oa hore ba lokise lihlopha tsa bona pele ho lipapali tsona tse kholo tsa machaba." A rialo a bile a tiisa hore leha ba sa atleha ho hapa leha e se e le papali e le 'ngoe, bakoetlisi ba ithutile lintho tse ngata haholo tse ntle ho libapali tsa bona, 'me ho setseng ke hore ba lokise liphoso mona le mane.

Sehlopha sa Makoanyane XI se tliil'o bapala lipapali tsa tsona tsa AFCON le COSAFA ka la 25 Loetse le la 6 Mphalane monongoaha. Ha Bahlabani eona e tliilo bapala lipapali tsa eona tsa AFCON le COSAFA Qualifiers ka la 5 ho isa la 15 Tšitoe monongoaha.

Basotho ba re'ng ka puso?

Nthabeleng Seithleko

Ele ho keteka lilemo tse 200 sechaba sa Basotho se thehiloe, Mokhatlo oa Afro-Barometer o re 83% ea Basotho ba motlotlo ka bochaba ba bona ha 73% ba tšepa Motlotlehi, ha 29% e tšepa maparamente. Tsena li hlahetse 'mokeng o neng o tšoeroe ke mokhatlo, ka la 21 Phato monongoaha.

Ho latela liphuputso tse phat-

lalalitsong, 48% ea Basotho e hlalosa ha boholo ba maparamente ba habile bobolu, 59% e thoholetsa 'muso ka liketso tsa ona tsa ho leka ho phahamisa moea oa khotso le polokeho kahar'a sechaba. Ho sa le joalo 65% e supa ha Naha ea Lesotho e lahlile tsela litabeng tsa moruo 'me 77% ea sechaba e phela maamong a tlokotsi.

Mookameli oa Liphuputso kahar'a Naha ea Lesotho tsa Afrobarometer, tlasa sekhele

sa Advision Lesotho Libuseng Malephane, o re boithuto bona bo etsoa kamor'a lilemo tse ling le tse ling tse peli, 'me ba etsa liphuputso ka tšebeliso ea marang-rang le ho etela metse moo ba supitjoang ho ea etsa mesebetsi teng.

Mongoli-Kakaretso oa Kobo-Tata ea Basotho (ABC) Thebe Makoatle, o re boithuto bona ke tsela e nepahetseng ea ho bontša hore na e le bapolutiki ba tšoare naha joang 'me

tsamaiso ea bona e nonyetsa sechaba ho le hokae. A tšepisa ho sebeletsa ho lokisa moo e bang ho senyehile teng mol-emong oa ho khutlisa ts'epo ea sechaba.

Prof. Tefetso Mothibe, o itse ka selemo sa 1824 sechaba sa Basotho se ipone se le Thaba-Bosiu ke ha re tla ba le naha e busoang ke Morena Moshoeshoe I, eaba ho tloha ka selemo sa 1824 ho isa sa 1868 o kopanya merabe eohle,

'me ho tloha nako eo Naha ea Lesotho ha e-s'o fumane phomolo ea moshoelella, hobane e ile ea qalelloa ho sehloa meeli.

O re ntho e monate ke hore Basotho ha b'a ka ba ba lahla metheo ea bona, leha ba ne ba le pusong ea Manyesemane. A tsoelapele hore ho tloha naha e fumane boipuso ka selemo sa 1966 e fetile nakong tse thata kahar'a liqholotso tse boima 'me ha joale metheo e ritsitse, lipolao li jele setsi, tšebeliso e mpe ea lithetefatsi, phetoho ea boemo ba leholimo, tlala ea boja-likata, khatello ea maikutlo e ngata bacheng.

A re e bang Basotho ba ka itšettleha ka lits'ia tsa Morena Moshoeshoe I e leng bohlae, boitelo, boitebalo, phehello le mamelo, ba ka itseba le ho boulela seo ba le song.

Mobishopo oa Tikoloho e Kholo ea Maseru, Kerekeng e Katholike Mobabatsehi Tlali Gerard Lerotholi OMI, o hlalositse hore selemo sa 2024, se supa ho fola ka hona re folisaneng maqebeng a fetileng, kaha seo se tla re thusa ho ikhopola re le Basotho.

A re ha Basotho ba sa itsebe na ho bonolo hore mang kapa mang a ka ithehella ka bona 'me boiputso ba hae ke hore na lilemong tse 200 tse tlang Basotho ba tla be ba ntse ba le teng na?



24% ea bacha e hloka mosebetsi

Nthabeleng Seithleko

Morena oa Sehlooho oa Quthing Seeiso Hlabathe Nkuebe, o re tlhokahalo ea mesebetsi ke bothata kaha le batho ba ileng sekolong mangolo a bona a sa ba sebeletse. O boletse tsena puisanong le Koranta ka la 20 Phato monongoaha.

O re taba e na o belaela e bakoa ke hore lithuto tse etsoang likolong ha joale ha li sa arabela tlhoko ea moo lefatše le seng le le teng, ka hona 'muso ka Lekala la Thuto le Koetliso o hlahlobe manane-thuto Likolong tse Phahameng.

O ile a tea mohlala ka Sekolo sa Temo hore se lokela ho matlafatsoa ho ncoe palo e holimo ea baithuti kaha mahlo a bohle a le temong, le hore

e be le bacha ba bangata ba tsebang ka temo ba ka e matlafatsang boikemelong le tlhahisong.

O supile hore naha ena e na le barutehi ba bangata empa hoo ha ho arabele litlhoko tsa sechaba e leng bothata bo boholo kaha seo se etsa hore thuto e fetohe lefeela leha e le molemo hakaalo. O re o tšoenyehile e le mocha kaha bacha ha ba sa fumane mesebetsi lilemong tsa bona, ho ka bakela naha mathata a mangata joaloka litlolo tsa molao.

A re Likolo tse Phahameng li matlafatse manane-thuto hore e be a arabelang litlhoko tsa sechaba ho thusa ho matlafatsa boemo ba tlhokahalo ea mesebetsi. O re marang-rang a bohlokoa 'me bacha ba ka etsa lintho tse ngata ka ona empa h'a sa sireletseha hoo

e ba bothata bo boholo bo ka bakelang ba bangata tahlehelolo.

Litaba tsena li latela hore Motlatsi oa Motsamaisi oa Lipuisano Ntlong ea Senate, Mohlomphehi Tšukutlane Au a supe hore selemong sena sa 2024, ke 24% ea bacha ba hloka mesebetsi, ka hona sena se hlalosa hore tlhokahalo ea mesebetsi e holimo kahara naha.

Ba ipilelitse ho Lekala la Thuto ho hlahloba manane-thuto 'me a ntlafatsoe e le hore bacha ba tsebe ho etsa lithuto tseo ba tla tseba ho itlhamisetsa mesebetsi. Litlamorao tsa litaba tsena ke hore naha e tobana le phephetso ea litšoaetso tsa HIV/AIDS tse bonanalang li phahama bacheng, mafu a kelello le ho ipolaea.

A leboha Tona-Kholo ka



Morena Seeiso Hlabathe Nkuebe

Lenaneo la Sebatatso le thusang bacha ho ithehela likhoebo. A re Naha ea Lesotho e na le tšebeliso ea marang-rang e ratoang ke bacha, e bonahalang e tisa mathata ka hona

ba se ke ba sebelisa hampe ho hobosa le ho nyefola batho ba baholo hobane ha ka sebelisoa hantle a ka ba thusa ho loantša tlhokahalo ea mesebetsi.

Empowering Parents: Tools and Resources for Raising Successful Children in the Digital Age

"Nurturing the Seeds of Our Future"

The landscape of parenting has undergone a seismic shift. In an era marked by rapid technological advancements, digital migration, and the inexorable march of the Fourth Industrial Revolution, the role of parents has become increasingly complex. As we navigate the uncharted waters of AI, automation, and a STEM-centric world, it is imperative that we equip parents with the knowledge and tools to prepare their children for the future.

While the traditional roles of nurturing, guiding, and instilling values remain paramount, parents must also become partners in their children's digital journey. The ubiquitous presence of technology demands a delicate balance between harnessing its benefits and mit-

igating its risks. Parents must be empowered to understand the digital landscape, to set boundaries, and to foster digital literacy in their children.

Moreover, the Fourth Industrial Revolution, characterized by the fusion of technologies, is reshaping the job market. STEM education is no longer a luxury but a necessity. Parents must be equipped to encourage STEM interests from an early age, providing opportunities for exploration and experimentation. By fostering a love for science, technology, engineering, and mathematics, we are laying the foundation for our children to become innovators and problem-solvers.

In addition to digital literacy and STEM, parents must also cultivate essential life skills such as critical thinking, creativity,

communication, and collaboration. These skills, often referred to as the "4Cs," are crucial for success in the 21st century. By emphasizing these skills, we are empowering our children to become adaptable, resilient, and lifelong learners.

It is essential to recognize that parenting in the digital age is a collaborative effort. Government, schools, and communities must work together to support parents. This includes providing access to quality parenting education programs that incorporate digital literacy, STEM, and life skills development. Additionally, creating safe and supportive digital environments for children is paramount.

By empowering parents with the knowledge and resources they need, we can equip our children to thrive in the digital age. Let us work together to create a future where every child has the opportunity to reach their full potential.



" Together, let us nurture the seeds of our future. "

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RE ROKA MESE E METLE EA SEJOALE-JOALE LE EA SESOTHO E LITEKA KA MAKHETHE.

LHDA e bula menyako

Nthabeleng Seitheko

Ele ho fokotsa sekahla sa boipe-laetso ho basebetsi le ho aha likamano lipakeng tsa bona le bahiri, Morero oa Metsi a Lihlaba (LHDA) ka kopanelo le Mekhatlo ea Basebetsi, li leetong la ho thakhola Lekhotlana le shebaneng le nyollo ea meputso ea basebetsi, ho ntlafatsa maemo a tšebetso le ho bona hore basebetsi ba tšoareha hantle le ho hlahisa lillo tsa bona hore ho fihleloe tharollo ka nako. Litaba tsena li boletsoe ke Mongoli-Kakaretso oa Mokhatlo oa CMQ, Robert Mokhatlane puisanong le Koranta ka la 21 Phato monongoaha.

O re lekhotlana lena le bopiloe ka mekhatlo ea basebetsi, bahiri le mekonteraka eohle e sebetsang kahar'a LHDA, khahong ea Letamo la Polihali. O re ho tla ba le Molula-Setulo eo e tla ba moahloli ea seng a behile meja fatše ea nang le tsebo e phethehileng ka litaba tsa basebetsi, ea tla tseba ho rarolla likhang tsa basebetsi ho se le eme.

A tsoelapele hore ho tla boela ho e-ba le batho ba khethiloeng ke LHDA ho hlophisa liphutheho, 'me lekhotlana lena le tlo arabela tlhoko ea hore ho be le qholo lipakeng likhoebo, meputso ea basebetsi ba sebetsang morerong ba hloka litsebo e be e lekanang kaofela 'me e phelisang. Taba ena e tlisitsoe ke sekheo lipakeng tsa meputso ea basebetsi ho ea ka likonteraka ho fapakana empa ba etsa mosebetsi o tsoanang oa batho ba hlokanang litsebo.

Mokhahlane o re kaha morero oa khaho ea Letamo la Polihali e le ona o jereng moruo oa naha ha joale, bophelo ba basebetsi bo lokela ho ntlafala, ba balehe ka hohle matšolo a boipelaetso hobane a ama tšebetso ea morero.

O re ba hloka mekonteraka eohle ho sheba litaba ka leihlo le tsoanang, hape le basebetsi ba fuoe lijo tse nepahetseng. O re ho thehoa ha lekhotlana lena ho tlo ba thusa ho khaola maeto a malele ao ba nkang ho ea Lekhotleng le rarollang Likhang tsa Basebetsi (DDPR) kaha lekhotlana leo le tl'o sebetsa joaloka makhotla ho rarolla likhang tsa nako e khutšoanyane.



A re basebetsi ba tl'o abeloa toka le ho ba le bolokolohi ba ho kena mekhatlo, hape ho tla shejoa le taba ea meputso e amohelang e le ho holisa moruo. "Ntho eo re e hlokanang ke meputso

e phelisang, mosebetsi ea se nang litsebo a fumane moputso oa M5, 000.00 khoeli le khoeli." ke Mokhahlane eo.

O re ba ile ba hlokomela hore Morero oa pele oa

Metsi a Lihlaba khahong ea Letamo la Katse le 'Muela, Dr. Ntsu Mokhehle o ne a thehe Komisi ea Liphuputso ka selemo sa 1997 e neng e eteletsoepele ke Mathealira Ramolibeli ho fuputsa

likateng tsa lietsahala tsa nako eo kaha ho ile ha e-ba le ho hloka hlahisa basebetsi ka bongata. Eaba komisi eo e eletsa hore ho thehoe lekhotlana leo basebetsi li-bakeng tse joalo ba tla lilela ho lona.

Mookameli Ofising ea Likamano le Sechaba LHDA Mpho Brown, o tiisitse hore LHDA e butse menyako hore ho theha lekhotlana le rarollang likhang lipakeng tsa basebetsi, mekhatlo le mekonteraka hore ho sebetsoe litaba ka tsela e tsoanang.

A re ke hona mona moo mosebetsi oa LHDA e leng ho beha tšebetso leihlo eseng ho kena taba efe kapa efe, 'me ea tla hiroa a sebetsana le litaba tsena ha e na ho ba motho ea hlahang LHDA, Mokhatlong oa Basebetsi kapa ho mekonteraka empa e tla ba motho ea ikemetseng.

O re morero o moholo ke ho akofisa tšebetso ho bona hore mafapha ohle a khotsofetse ke tšebetso ea morero le ho fihlella tharollo tse potlakileng moo e bang likhang li teng ho qoba hara tse ling litaba tse lebisang makhotleng kapa boitseko ba basebetsi.

'Muso o hata koekoe

Nthabeleng Seitheko

Letona la tsa Lehae, Borena le Sepolesa Mohlomphehi Lebona Fabian Lephelema, o re 'Muso oa Lesotho o tšoenyehile ke liketsahalo tse akhang litšoso tse etsetsoang Basotho ba Afrika Boroa kaha litaba tsena li etsahala ho sa natsoe litumellano tse neng li fihletsoe ke linaha tsena. O boletse tsena, puong ea hae tulong ea paramente ea la 19 Phato monongoaha.

O re kamora hore 'muso o elelloe hore Basotho ba bangata ba sebetsang Afrika Boroa ba feletsoe ke lipolomiti tsa ho sebetsa naheng eo ka molao, eena le

Letona la tsa Lehae la naha eo ka nako eo ba ile ba fihlela tumellano ea hore Basotho ba lumelloe ho sebetsa naheng eo, nakong eo ba ntseng ba entse likopo tsa lipolomiti.

A re ba ile ba bontša hore Basotho ba se ke ba tšoaroa kaha matsohong a bona ba tla be ba tšoere tokomane e pakang hore motho ea joalo o entse kopo. O re 'Muso oa Afrika boroa o ile oa etsa kopo ea hore ho nchafatsoe lipolomiti eseng ho amoheloe batho ba bacha ba etsang likopo, le hoja bona e le 'Muso oa Lesotho ba entse kopo ea hore ho amoheloe likopo tse ncha tsa Basotho ba ratang ho sebetsa naheng eo.

Ke Basotho ba 94,000 ba



neng ba e-na le lipolomiti, 'me ba seng ba entse likopo ba 5,463. O re ke maikemisetso a lekala la habo ho bona hore Basotho ba fumana litokomane le ho ba le lipuisano le naha ea boahelani.

Mokhethoa oa Hloahloeng Katleho Mabaleng, o bile a etsa tšisinyo e potakileng ea hore ho shejoe kapelenyana litaba tsa Basotho ba ntseng ba lelekisoa Naheng ea Afrika Boroa, bao bohlo ba se nang lipolomiti tse ba lumellang ho ba kahara naha eo.

Ka hona a etsa boipiletso ho 'muso ho akofisa lipuisano le 'Muso oa Afrika Boroa, molemong oa bolokolohi le bophelo bo bolokehileng ba Basotho.

Ka lehlakoreng le leng Letona la tsa Machabeng,

Mohlomphehi Lejone Mpotjoane o re o tšoere ka thata ho bona hore Basotho ba phelang Afrika Boroa ba phela ka bolokohi. A re qholotso e 'ngoe ke hore Basotho ba iphetotse litloli tsa molao naheng eo.

A re hang kamor'a ho lemoha puo e ileng ea etsoa ke mopolotiki e mong oa Afrika Boroa le ho bona Basotho ba balehile litafoleng moo ba rekisetsang teng Bloemfontein, o ile a letsetsa oa mphato'ae Letona la tsa Machabeng naheng eo, ho mo lemosa ka taba ena le ho mo hlokomelisa hore polelo eo e ileng ea phatlalatsa ke mopolotiki eo ha e na moelelo e thunthetsa likamano tsa linaha tsena ka bobeli. O hlalositse hore ba tšoere ka thata ho hlaola mathata a mang Basotho.

