

Parare Domino Plebem Perfectam

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

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Liphetoho li fahla baitšokuli 2



Baithuti ba nolofatsa mosebetsi 5



Lekala le hlahisa kobo 7



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#PARARE DOMINO PLEBEM PERFECTAM

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

MOELETSI

Li fihlile litsebeng tse utloang

Ke ka lilemo-lemo bacha ba bontša ngongoreho ka pula e nang ka tšekeletsane, mabapi le lintlafatso le litšebeliso. Bacha ba lulang Motse-Moholo Maseru ba imona monoana ho feta ba literakeng tse ling hobane lintho tsohle li fihlela ho bona. Lekala la Bacha, Tekano le Ntšetsopele ea Sechaba le koetse sekheo sena ka ho bitsa 'moka oo bacha ba naha ba nkileng karolo. Khetho ea bacha e entsoe ka hore mocha e mong le e mong a buelle khoebo ea hae boemong ba litereke, 'me ba ipabotseng ke bona ba bileng le kabelo. Taba ena e bohlokoa hobane e etsa hore bohle ba utloe ba le bohlokoa ba bile ba e-na le kabelo ntlafatsong ea moruo oa naha. 'Moka ona o hlophisetsa oa selemo oa Sebatso, e leng lenaneo leo 'muso o le thehileng ho thusa bacha. Ba bileng teng 'mokeng ona ba bontšitse thabo le ho khotsofala hobane ba tla khutla ba fupere ho hong ho tsoa bo-mphato'a bona.

Ho sa le joalo hona litabeng tsa bacha, ho bile le litholisano moo baithuti ba neng ba nonngoa maikutlo mabapi le boqapi. Baithuti ba ne ba etsa lirobotso tse ka thusang ho etsa mosebetsi o etsoang khafetsa, joaloka ho khotha malapeng. Qholotso e kholo ke hore Lesotho le sa le morao haholo litabeng tsa marang-rang, hoo likolo tsa 'muso li qetellang li sa hlahelle hobane li hloka libelisano. Likolo tse phomellang ke tse ikemetseng hobane tse ling tsa bona li entse litaba tsena karolo ea lenane-thuto. Lekala la Thuto le Koetliso le lokela ho shebisisa ntlha ena ka hloko e le hore Lesotho le se ke la salla morao tsoelopeleng.

Baitšokuli ba lla ka hore 'muso o ba tlosa libakeng tseo bareki ba bona ba fumanehang ho tsona, ba ba isa khocheletsaneng. Empa taba ke hore mebila e hloka ho ntlafatsoa, ebile hape ho ea ka molao moo baitšokuli ba lutseng teng ho kotsi hobane ho sitisa le phallo e ntle ea sephethe-phethe. Ka lehla-koreng le leng baitšokuli bana ba lutseng moo ho loantsa tlala ena e tjametseng naha, moo 'muso o khothaletsang batho ho itsoarela ka matsoho ho iphelisa. Ho na le polelo ea Sesotho e buang ka pula e reng, "Pula ke mahlopha-a-senya." 'me sena se ba bohloko haholo hobane batho ba tsepamisa maikutlo holima tšenyho ho feta melemo. Ba sheba litlamorao tsa hona joale e se melemo e tla unoa nakong e tlang. Baitšokuli ba habo rona e bang le mamello hobane sena se lokisetsa bokamoso ba lona le ba litlohlo tsa lona.

Ho koaloha ha Setsi sa Phehlo ea Motlakase 'Muela ho bakile meferefere le maikutlo a mangata kahar'a sechaba, hoo batho ba seng ba hana leha ntho e tloaetseng ho etsahala e ka iphelela feela. Letona la Matla le tiiselitse sechaba hore 'muso o ile oa etsa lipatlisiso pele o ka kenya morero ona tšebetsong, ka hona o buile le Kampani ea Afrika Boroa e leng ESKOM. Ho koaloha ha setsi ka hona ha ho tli'o sitisa phephelo ea motlakase ka letho hobane ESKOM e tla fana ka motlakase o lekaneng. Empa hona ha ho bolele hore ha ho na ho ba le liqholotso joaloka thepa e senyehileng kapa maemo a leholimo. Basotho khobang matsoafo sechaba sa Thesele, lintho tsohle li tla tsamaea ka thello joalokaha letona le tšepisa.

Naha ea Lesotho e keteka boipuso khoeling ena ea Mphalane, 'me selemong sena ho na le ketekelo e ikhethileng ea lilemo tse 200 sechaba sa Basotho se thehiloe. Ho na le lietsahala tse ngata kahar'a naha tse tšoeang ketekelo ena, 'me hara tse ling re ka supa ea moo Motlotlehi Rabasotho a neng a phahamisana folakha ea Lesotho. Ntlha e ka sehloohong haholo ke ho hopola mothehi oa sechaba sa Basotho, Morena Moshoeshe I ea ileng a kopanya merabe e fapakaneng. Eaba o e ruta ho phelisa 'moho ka khotso, lerato le kutloano.

Liphetoho li fahla baitšokuli

Nthabeleng Seithleko

Lekhotla la Motse-Moholo Maseru (MCC) le tli'okena letšolong la phalliso ea baitšokuli ba sebeletsang tseleng ea Kingsway molemong oa ho fana ka sebaka se haufi le tsela morerong o matla oa ntlafatso ea litsela. Litaba tsena li hlalositsoe ke Phala ea MCC, Lintle 'Makatlheho Mosala ka la 3 Mphalane monongoaha.

O re MCC e hloahile libaka tse ncha tseo ba tla fallisetsa baitšokuli ho tsona, ka lebaka leo baitšokuli ba sebe-tse hantle le bona hore phalliso eo e tle e be e makhethe. A re le haeba ho na le ba hole le tsela ho na le lithopa tse teng moo tse fetisang metsi tseo ka linako tse ling metsi a kenang ka tseleng hobane li kibehile.

A re ba lokela ho bona hore libaka tse joalo li ea hloeka, metsi a tsamaea ka methati e lokelang le hore ho be bonolo hore tokiso li etsahale ha bobebe. O re tšebetso ena ke moralo oa bona ka kopanelo le Lefapha la Litsela ho bona hore batho ba sutha pela litsela.

E mong oa baitšokuli Atang Nkhabu, o re phalliso ena e tli'okena ama likhoebo tsa bona haholo nakong ena eo ba eang ba lebile mafelo a selemo hobane ha ba tsebe na seo se tlo ama khoebo ea bona joang. O re tahlehelo ea bareki e tli'okena ba ngata hobane libakeng tseo ba haufi le bareki ba bangata ebile ba se ba tsejoa.

O re ba isoa libakeng tseo ho seng bareki, 'me ho thata ho bona hore ba

iphumane. O re boholo ba Basotho ba itšebet-sang literateng ba fetohile baleleri hobane ho se seo ba ka se etsang.

O re lintlafatso li bohlokoa ebile lia hloka-hala empa li lokela ho etsoa ho sa utloisoe batho ba bang bohloko, ho shebiloe bophelo le maemo a moruo oa naha.

Mookameli Lefapheng la Litsela Nosizolo Mpopo, o bontšitse hore libaka tse kathoko ho tsela ea likoloi li bohlokoa kaha li etselitsoe ho sebelisoa nakong ea lintlafatso le ho theola sekahla sa likotsi tsa tseleng.

O re sebaka se fanoeng ho tloha bohareng ba tsela ke 15KM ka mahlakore bobeli, 'me tebello ke hore ho se be le eng kapa eng e bang libakeng tse joalo le mahareng a tsela ntle le lithopa tse amanang le tokiso ea tseleng.

O re ha se boikhethelo ba bona ho tlosa baitšokuli libakeng tseo empa ba lokela ho tloha kaha ho etsoa lintlafatso ebile ba le libakeng tse amang phallo ea sephethe-phethe.

Molula-Setulo oa Komiti tsa Paramente Mokhothu Makhalanyane, o bile leetong la ho hlahloba litaba tsena, ho mamela maikutlo a baitšokuli le mekhatlo, ka la 3 Mphalane

monongoaha. O hlalositse hore ke hona komiti ea habo e il'okena lula fatše ho shebisana litaba tsena le hoja e le litaba tseo a boneng li tlo ama malapa a mangata ka tlala, haholo nakong ena eo naha e tobaneng le tlhokahalo ea mesebetsi.

O re seo a se hlokometseng ke hore baitšokuli ba libakeng tseo hobane ba behiloe, 'me ha ba fumane hantle hore bao ba tli'okena isoa libakeng life. O re ka botho oa bona hore moruo oa naha o tla ba le mathata kaha ho baitšokuli e le hona moo o potolohang kapa chelete e potolohang ha bonolo.

Setsebi litabeng tsa Moruo Letsatsi Sephepha, o re lintlafatso li bohlokoa kaha li bapala karolo e kholo kholong ea moruo joaloka ho hohela batseteli le ho thibela litlolo tsa molao litoropong. O re ha lokele ho etsoa ho hatikela litokelo tsa batho ba bang ka hona ke taba e lokelang ho etsahala ka boithhopho.

O re baitšokuli ba lokele ho tšehetsoa khoebong 'me ba fuoe libaka tse hlomphehang tse nang le seriti. H'a phethela o ipilelitse ho baitšokuli ho amohela liphetoho kaha e le karolo ea kholo le ntlafalo ea moruo oa naha.

Thapelo ea Basotho

'Mopi, Hlahlamacholo, Ramaseli, Rammoloki Atla li maroba, Atla li marotholi a pula, Atla li tšoeu tsa Rammoloki, Li tšoeu ke ho bopa masea, Hobane bohle re 'mopo le mosebetsi oa matsoho a ona. Hlahlamacholo hlahla metsi o'a etse keleli ea sehla sa Mariha, Hobane ka keleli u nchafatsa lichaba teng, Lichaba li tsoang ho uena 'mopong, Li tlang ho boela ho uena meahong. Ba meolimeololo, ba lumang lingope ho theleha. Ntšang tšoeu le nehe 'Mopi le tle le bone ha 'Mopi o thaba, Hobane Baholo-Balimo bona ba thabela likhalapa. Ba re ho be ho soeu, ho be malola, Ho be hele-hele pele le morao. Ho iloe kae ke Bo-ntate-moholo le Bo-nkhono ho sa keng ho khutloa, Ho iloe ha sekoti ha se tlale. 'Maakane joo! Ka 'Mopi ra le bona.

'Mopi oa Ramosholu-shololo litsohali Bo-nkhono ke bana ba labalabela matlala. Matlala b'a bona ka'ng a anetse, b'a bona ka ho theha mekhanya liphatleng tsa bona. Malataliana-tsela ngoana Rae e moholo ke mang, pitsana ha e na khobe, le e 'ngoe ha e na khobe. Qhaqholla u re qiti! Moshanyan'a sankatana le kholumo-lumo. Ho iloe kae ke bo-Mmabana, ba ile masimong.

Ba siile masea ka liotloaneng. Liotloana tseo ha li hole li sireletse masea. Ka bona Bo-ntate-moholo le Bo-nkhono ba lutse ka shoalane mollong le litlohotloholoana tsa bona ba li etsetsa litšomo tse monate;

Bo-limo le Tselane ka ba ka utloa ha ba ba etsetsa lilotho tse monate; bo-mmenthele o hlotse baruti.

Leseli! Khanya!

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A LOKISITSE MORONA SECHABA DE PHETHELENG (LAME 1,17)

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HO CHECHA HOA RAMO HASE HO BALEHA

Powering down to power up

Litonnoro tsa Morero oa Metsi a Lihlaba tsa Lesotho le Setsi sa Phehlo ea Motlakase sa 'Muela, li tla koaloa **HO TLOHA KA KHOELI EA MPHALANE 2024 HOISA 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

Leha ho bonahala bacha ba Naha ea Lesotho ba aparatsoe ke legeme le leholo la tlhokahalo ea mesebetsi le kokoana-hloko e HIV/AIDS e khutlileng ka sekhahla se phahameng haholo, ho na le bacha ba ikakhetseng ka sekhahla likhoebong tse fapakaneng, 'me ba ikemiselitse ho tsoelapele ho iphelisa ka ho iqalla likhoebo tse nyenyane. Etsoe Mosotho oa khale o ne a opile khomo lenaka h'a re: "Moketa ho tsosoa o itekang." Ha ho le joalo mottalehi oa Koranta o ile a buisana le e mong oa bacha ea iphelisang ka khoebo ea lepolanka, e leng Tholang Sebaki.

Seo esale e le toro ea hae

Khoebo haesale e le ntho eo ke e ratang ho tloha ha ke ntse ke hola, ke batla hore ka letsatsi le leng ke tle ke etse bophelong ba ka. Ke ne ke rata ho ipona ka letsatsi le leng ke e-na le likhoebo tseo e leng tsa ka.

Qaleho ea khoebo

Ha ke qeta ho phethela lithuto tsa ka Sekolong se Seholo sa Mesebetsi ea Matsoho sa Lerotholi Polytechnic (Fokothi) ka selemo sa 2019, ke ha ke qala khoebo e etsang thepa eohle ea mapolanka e bitsoang Sebaki Manufacturing(SM), 'me ea qala ka selemo sa 2020 empa ea qala ho tsitsa le ho sebetsa hantle ka selemo se hlahlamang. Ho ne ho se bonolo haholo ho qala khoebo ena kaha ka selemo sa 2020 re ile ra kopana le qholotso e kholo e ileng ea aparela lefatše e leng ea COVID-19. Ho feta mona re ne re e-s'o



tsebahale le ho tsebahat-sa khoebo ea rona. Empa lintho li ile tsa bonahala li fetoha haholo selemong se hlahlamang khoebo e sebetsa hantle.

Ho itšebetsa ke mosebetsi o monate haholo, feela o batlang motho ea nang le mamello, sebete le lerato la seo a se etsang le ho sebetsa kathata hore khoebo e atlehe. Taba-tabelo ea ka e kholo ke ho bona khoebo e holile ho feta mona e hirile bacha le batho ba baholo ba bangata, e be e fana ka thepa mabenkeleng ohle a maholo a rekisang thepa ea lepolanka le a kante ho naha.

Morero o mong o moholo ke ho e holisa hore e be e fihle Naheng ea Afrika Boroa. Ha joale likhoebo tsa ka li fumaneha Maseru, Mafeteng le Qacha's Nek, empa kaha re etsa mefuta eohle ea thepa ea lepolanka ke tsamaea ka lefatše ka bophara. Batho ba re bitsa ho tla ba etsesa thepa ea

mofuta ofe kapa ofe ea lepolanka. Re ea hohle moo sechaba se hlokanang thuso ea rona. Takatso e 'ngoe

e kholo ke ho bona bacha ba itšoarela ka matsoho ho ithlahisetsa mesebetsi ea boipheliso.

Keletso ho bacha

Bacha ba tsohe ba itšoarele ka matsoho, e se ba lule feela ho se letho leo ba le etsang, ebe neng-neng ba ikutloa ba tlameha ho ea liofising ba tšore mangolo ho ea batla mosebetsi. Ho itšoarela ka matsoho ho monate haholo motho o etsa chelete e ngata ka nako e nyane ea khoeli. U ka fumana hore motho o entse chelete e ngata ho feta le ea motho ea sebetsang ofising. Ke ba khothaletsa hore hohle moo ba teng ba phahame ba ee likolong ho ea eketsa litsebo tsa mesebetsi eo ba batlang ho etsa.

Ha ba qeta ba ithehele likhoebo, 'me ba sebetsa ka matla ho li holisa. Sethathong ba se ke ba sebeletsa ho etsa liphaello likhoebong tsa bona, empa ba holise likhoebo pele li tsitse hantle, ebe joale ba qala ho etsa liphaello.





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Baithuti ba nolofatsa mosebetsi

Nthabeleng Seithleko

Naha ea Lesotho e tšoare litholisano tsa pele tsa boqapi ba liroboto ka lihlopha tse 12 ho tsoa likolong tse fapakaneng, ka morero oa ho matlafatsa bana litabeng tsa boinahano, ho ithehela mesebetsi le boqapi. Tsena li hlahelsetse puisanong le Mothehi oa Girls Coding Academy, 'Maneo Maphorisa ka la 2 Loetse monongoaha.

O re baithuti ba ne ba lebeletsoe ho hlahisa liroboto tse kahare ho metsi tse tlang ho nolofatsa mekhoha e fapakaneng ea ho boloka metsi. O hlalosa roboto e le sesebelisoa se ka thusang motho ho etsa mosebetsi o

iphetang joaloka ho khotha ka kharafu, ka hona ba batla boqapi ho bacha ho rarolla liqholotso tsa letsatsi le let-

satsi.

A re litholisano tsena li holisa bana thutong le ho tseba ho iketsetsa likhoebo

le mekhoha ea ho bokella chelete le ho thusa ngoana ho tseba ho buella seo a nang le sona. O re ba se-

beletsa ho bopa boitšepo ngoaneng ka litaba tsa boqapi bo tebileng joalokaha roboto e thusana karolong e 'ngoe khahong ea koloi. O re naha ea Lesotho



Lekala le ntlafatsa bacha khoebong

Nthabeleng Seithleko

Lekala la Bacha, Tekano le Ntšetsopele ea Sechaba le tšoare tse bacha ba 100 ba bahoebi 'moka, ho ba thakeloa ka malebela a ho ichorisa khoebong le ho ba hlophela 'moka oa selemo le selemo oa Se-

likhoebo tsa bona boemong ba litereke.

Morero o moholo ke ho ba thakela ka malebela a khoebo le ho ba fa monyetla oa ho tsebana le ho matlafatsa ka litsebo. A re hangata bacha ba bang ba seboko ka hore lintho tse ngata li etsetsoa bacha ba Seterokeng sa Maseru bona ba siuoa morao, ka lebaka leo

ho kholisong ea moruo oa naha. Ka hona a re ba nke monyetla ona molemong oa likhoebo tsa bona le kholo ea bona.

O itse Sebatso se t'lo thusa bacha bohle khoebong ho sa natsoe boemo le hore na motho o tsoa kae. A re ntho e kholo ke hore tlhahiso ea bona e be ntle, 'me ke bacha ba 30 ba tla

Lesotho litholisano tsa YouthConnect Naheng ea Rwanda.

E mong oa bacha ba thupelong ena, Thapelo Lebesa o hlalositse hore thupelo ena e ba fa monyetla oa phunyaletso litabeng tsa khoebo kaha ba tobane le phephetso ea tlhokahalo ea lichelete ho ntlafatsa likhoebo tsa bona hore ebe tsa

e ntse e tetema haholo litabeng tsa boqapi ba bana, kaha ho bonahala likolo tse ikemetseng e le tsona tse nketseng taba ena holimo hobane li e-na le lisebelisoa, ha tsa 'muso li sitiloe ho nka karolo ka lebaka la ho hloka lisebelisoa 'me khoebo e ntse e haella, hoo ba ileng ba tlameha ho ikhula.

O supile phephetso e kholo e le tlhokahalo ea tšehetso ho bafani hobane ka lebaka la tlhokahalo ea lichelete ba sitoa ho etsa mosebetsi ona ka matla le ho anela likolo tse ngata. O kopile batho ba boithatelo bo botle le bahoebi ho tšehetsa mosebetsi ona kaha o le molemong oa bokamoso ba bana le kholo e ntle ea bona.

A tsoelapele hore mosebetsi ona o hloka boikoetliso ka hona takatso ke hore ba ka fumana lithuso hore ba tsebe ho etela likolo tse ngata khafetsa.

A re ba hloka ho beha sechaba leseling ka litaba tsa liroboto hore ba bone hore ke litaba tse teng tse ka tsoelang naha molemo.

Maphorisa o ne a thehe khoebo ena ka selemo sa 2017 a le Sekolong se Sehlo sa Sechaba (NUL), a e ngolisa ka molao kamor'a lilemo tse tharo. Esale a e qala o re bana ba fetileng matsong a hae bohlo ba sebetsana le marang-rang ha ba bang ba se bile ba sebetsa ka ona. O itse takatso ea hae ke hore likolo tse ling li ka kenya litaba tsa marang-rang kahar'a lenane-thuto tsa lona, joalokaha likolo tse ling tse ikemetseng li entse.



babatso. Litaba tsena li bile ka la 30 Loetse monongoaha.

Ofisiri Litabeng tsa Bacha le Khoebo, Lekaleng la Bacha, Tekano le Ntšetsopele ea Sechaba, 'Mabataung Rabolinyane o re bacha bana ba khethiloe e le ba ipabotseng literekeng tse 10 tsa naha, kamor'a ho buella

ba ile ba etsa bonnete ba hore bao ba imona menaona le ho ithlophela litaba tsa khoebo ba le 'moho.

Letona la Bacha, Tekano le Ntšetsopele ea Sechaba, Mohlomphehi Lesaona Pitso o itse bacha ba na le matla le menyetla ea ho theha khoebo ea mosholella esita le ho kenya letso-

hloauoa ho ba 60 ebe ba tla ipabola ba tla qothisana lehlokoa le ba bang ba 30 ba ileng ba phatlalatsoa ke Letona la Mahlale Mohlomphehi Nthati Moorosi e le bahloli ba STEAM!

Tlholisano ena e tla etshala ka la 7 Mphalane moo teng ho tla tsoa bahloli ba 20 ba tlang ho emela

boleng li fihlele le tlhahiso eo ba e hlohang.

A re o thabile kaha ba atleha ho hlahisa litalenta le litsebo tsa bona khoebong, ka hoo o lumela hore ho na e tla ba motheo oa tsoelopele le kholo ea Naha ea Lesotho e bang mafapha ohle a tšoare ka thata ho ntlafatsa bacha khoebong.

Colon Cleansing e buloa semolao



Nthabeleng Seithleko

Ka sepheo sa ho matlafatsa le ho khothaletsa litaba tsa bophelo bo botle ka ntle ho tšebeliso ea lithare ho batho bohle, hape ho khothaletsoa batho ba lithareng tsa mofuta e fakapaneng ea mafu ho se li tlohele empa ba tsoelepele ho li sebelisoa, Colon Hydrotherapist Adv. Matlama Pompo, o butse semolao Setsi sa Kokelo sa Colon Cleansing ka la 1 Mphalane monongoaha.

Mooki setsing sena eleng Khotso Joel Motsapi, o hlalositse hore Colon Cleansing ke mokhoa o tsoetsengpele o ntlafalitsoeng tšebelisoeng ea sepeiti, ho hloekisa lela le leholo la mantle, kaha e le lona le bokellang mafu a mangata ka lebaka la lijo tse pakellang li sa tsoe kahar'a mala.

Mafu a ka bakoang ke lela le leholo la mantle le sa hloekang ke afe?

Ke mofetše oa lela le leholo, ho tllana nako le nako 'me sena se etsa hore motho a sitoe ho phela hantle kaha mafu a mangata a bang teng bophelong ba hae.

Melemo e tlišoang ke ho hloekisa lela le leholo ke life bophelong bo botle ba motho?

Ho theola sekhahla sa ho nahana, ho theola 'mele, ho matlafatsa kelello, ho

fokotsa litaba tsa bolebeli le menyetla ea mofetše.

Ho boetse ho theola menyetla ea ho tllana, ho ntlafatsa letlalo, ho ntlafatsa mokhoa oa ho ja le ho thusa ho matlafatsa maro a thusang hore batho ba be le bana le litaba tsa thobalano.

Ke mofuta ofe oa batho o sa lokeleng ho hloekisa lela lee?

Ke batho ba kulang, bana ka katlaase ho lilemo tse 13, ebe batho ba lokelang ke ho tloha ka bana ba lilemo li 13 ho ea holimo, batho ba lithareng tsa bophelo bohle, batho ba nang le lefu la tsoekere le phallo ea mali le batho bohle.

Litaba tsee tsa tlihoekiso ea mala li ka tsoela motho molemo joang?

Motho e mong le e mong o lokela ho theola sekhahla sa joala haholo hopose, ba sebelise bo ntlafalitsoeng le teng motho a se ke a noella ho taoa. Hape motho o lokela ho tlohela nama e khubelu, lijo tse halikiloeng le tse tlang li se ntse li hlophisitsoe kahar'a mabekere kapa lipolasetiki.

Har'a tse ling ke khothaletsa hore bonyane batho ba ka sebelisa nama ea khohe e tšoeu 'me ea kolobe e phehisoe ka matla kaha ho le bonolo hore e ka ba le mafu, tlhapi le lijo tse ntlafetseng (organic Food). Re sebelise phoofo ea mabele le robella.

Taba ea sepeiti ha se ntho e ncha kaha batho ba khale

ba ne ba se sebelisa 'me ba ne ba phetse hantle, ba phela nako e telele hobane ba ne ba e-ja litlheberetsi le mokhoa oa ho ithusa e ne e le o ntlafetseng kaha ba ne ba lokela ho kobeha nakong ea boithuso 'me seo se ne se matlafatsa mokhoa o nepahetseng oa ho lahla lijo tsohle tse mpe.

Seo batho ba lokelang ho se etsa nakong eo ba ithusang ke sefe?

Batho ba lokela ho tsepamisa maikutlo, ba tlohele ho kena ka matloaneng ka mehala ea thekeng, ba leke ho kobeha hore litšila tsohle li tsoe 'meleng, 'me ba ikoetlise khafetsa.

Le sebeletsa bakuli ba

joang?

Ha re sebeletse batho ba bokulo bo tebileng, motho ea kulang e be ea se nang matšoao a bokulo.

Motho o lokela ho hloekisa lela hakae?

Ho motho ea qalang lela lena a ka le hloekisa makhetlo a mararo ho isa ho a mahlano, a ntse a tlo-lisa matsatsi, hore a tsebe ho bona phetoho. Kamor'a moo motho a ka tla hanngoe ka khoeli kaha lela leo le bokella litšila tse sa hlokoeng ke 'mele.

Haeba a ka ba le bothata tlihoekisong moo na le tla thusetsa?

Setsi sa rona se tli'o sebetsa 'moho le ngaka e tla tla ka

matsatsi, ho hlahloba bakuli le ho nka leeto la bona la litaba tsa bophelo le ho khothaletsa moo ho hloka-halang kaha setsi sena se sa fane ka lithare ho hang.

Bakuli ba ke keng ba hloekisa lela lena, ke ba mofetše' oa lela lena, ba mafu a liphieo. Ho bohlokoa hore motho ofe kapa ofe ea tli'o hloekisa a fane ka nalane e nepahetseng ea bophelo ba hae.

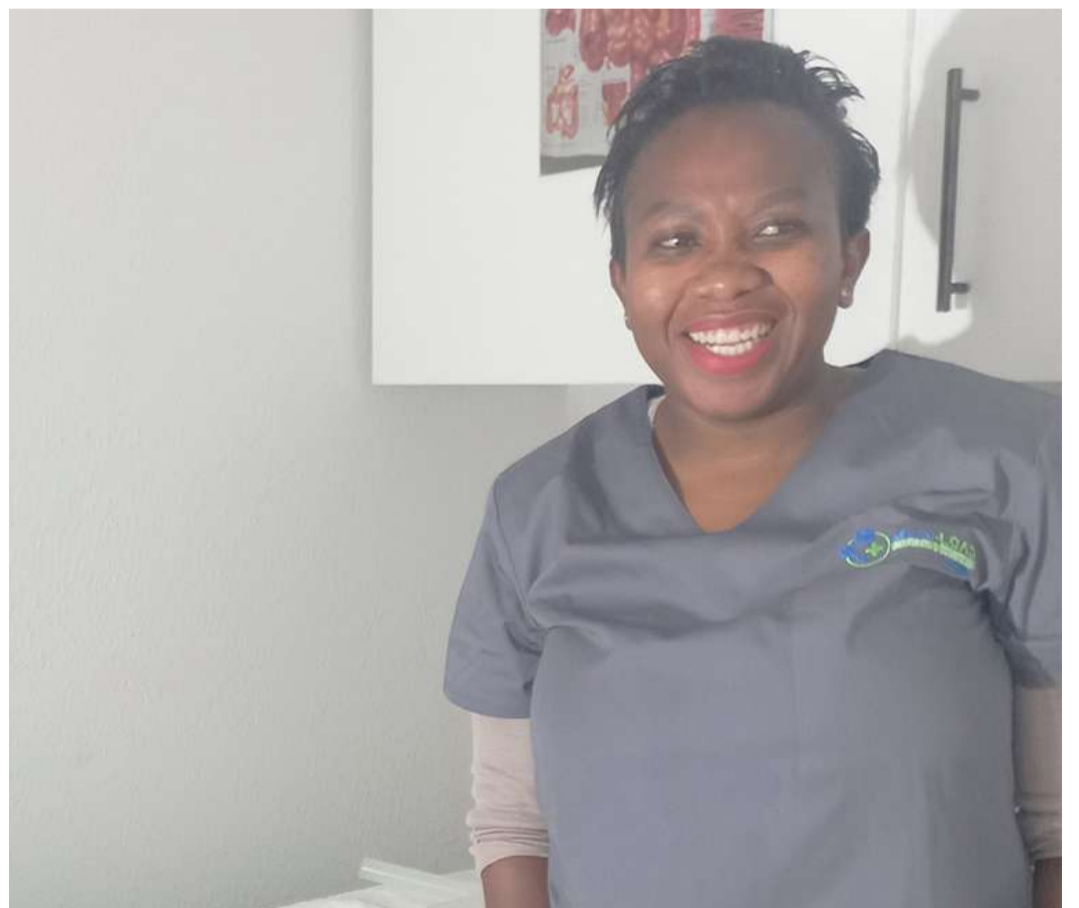
Seo re ka se etsang ha motho a qeta ho hloekisa lela lena ke ho mo fa moriana oo a tlang ho o sebelisa nakong ea leeto lena, ho thusa ho khutlisetsa matsoai 'meleng e le ho thusa ho hloekisa 'mele le ho fana ka matla.

Ntle le tlihoekiso ea lela lena, na ho na le seo le tla sebetsana le sona?

Setsi se tla sebetsana le ho theola limpa le ho thoba 'mele.

H'a phethela o itse morero o moholo ke ho khothaletsa bophelo bo botle le ho ja ka nepo sechabeng. Ha motho a tlo hloekisa lela lena o khothaletsoa ho tla a sa ja hore metsi a tsebe ho likoloha hantle.

Ka lehlakoreng le leng, set-sibi litabeng tsa tlihoekiso ea lela le leholo la mantle, Adv. Matlama Pompo, o bontšitse hore o ile a ithutela litaba tsena kamor'a ho fumana kalafo bothateng boo a neng a e-na le bona, 'me a bona ho le molemo ho tla ntlafatsa bophelo ba Basotho ho qoba mafu a sa hloka-haleng.



Letona le otlolla tsa motlakase

Nthabeleng Seithleko

Letona la Matla, Prof. Nqosa Mahao o ti-iselitse sechaba hore phehlo e emisitseng Setsing sa 'Muela ha e t'l'o ama sechaba hampe letsatsi le letsatsi kaha 'muso o entse litokiso tse lokelang le Kamphani ea Motlakase ea Eskom. Litaba tsena li hlahelsetse polelong ea hae ka la 2 Mphalane monongoaha.

O re taba ea ho emisoa ho fehloa ha motlakase Setsing sa phehlo sa 'Muela ka Mphalane monongoaha ho ke ke ha ama sechaba kaha setsi se koetsoe nakoana se tla khutlela tšebetsong ka khoeli ea Tlhakubele isao. O hlalosa hore kemiso ea tšebetso ea setsi sena e bakiloe ke tokiso ea tonoro e ntseng e fetisetsa metsi 'Muela ho ea lehlakoreng la Afrika Boroa nakong ea likhoeli tse tšeletseng.

O re setsi sena se fehlang



motlakase oa 72watts se tla emisa, empa 'muso o entse hore phehlo ea motlakase e lule e ntse e le ea boleng kahar'a naha. A re litšitiso tse tloaelehileng e tla be e le tsa ho ameha ha thepa ea motlakase kapa tokiso ea tsona le maemo a leholimo.

A bontša hore ho latela boithopho bo matla bo entsoeng ha ho kamoo tokiso ena e ka amang litaba tsa phehlo ea motlakase kahar'a naha.

Ka hore a re Basotho ba tsebe hore mesebetsi, litsng tsa phano ea litšebeliso tsa sechaba, likhoebong le boemeli ba matlo a machaba Lesotho phehlo ea motlakase e tla tsoelapele. O itse ho bohlokoa hore Basotho ba sebetse ba ipapisitse le tlaheho tse etsoang ke 'muso kaha ho na le batho ba jalang kalieana e sieo ea hore motlakase o tla lula o ntse o khaoha e se 'nete litaba tse joalo.

Boithuto malibohong

Nthabeleng Seithleko

Ho se ho tla ba le bahlanka ba Afrika Boroa le oa Lesotho ba tla sebetsa 'moho ho bona hore motsamao oa malibohong o ba le ponaletso. Tsena li bile Lelibohong la Maseru, ka la 2 Loetse monongoaha.

Letona la Sepolesa, tsa Leahae, Puso ea Libaka le Borena, Mohlomphehi Lebona lephema o re ba ikemiselitse ho ntlafatsa pokello ea lipalo-palo malibohong le hore motsamao o laolehe molemong oa ponaletso. O re mosebetsi ona ke oa boithuto ba matsatsi a supileng, 'me ho tla ba le tokomane ea tšebetso e tla thusa hore tšebetso e be 'moho ea linaha tsena tse peli.

A re ba ikemiselitse ho bona hore motsamao oa sechaba malibohong o ba bonolo, ho qoba har'a tse ling litaba tsa thekisetano ea batho, ho nena bobolu le ho bona hore linaha tsena li tsamaisa litaba tse nepahetseng.

A re ha batho ba tšela Afrika Boroa ha ba tempile ka lelibohong la Lesotho ha ba sa tla tempa fesetereng ho thusa ho theola sekhahla sa mela e metelele. A re seo ba tla se etsa ke ho fetisetsana lipalo-palo tsa batho ba fetileng malibohong.

O re ho boetse ho t'l'o matlafatsa litaba tsa khoebisano le polokeho ea sechaba, ka hoo ba ikelelitse ho qala ka ho teng matsohong ho ntšetsa mosebetsi pele ha ba ntse ba emetse marang-rang a ntlafalitsoeng. A re mosebetsi ona ke oa lipuisano tsa lilemo tse tšeletseng, ka hona a ipiletsa basebetsi ho loanela tšebeliso 'moho ho basebeli ba maliboho ba linaha tsena ka bobeli.

Motlatsi Mookameli oa Maliboho Afrika Boroa Bakhamela Bakhamela o re hona ke ho leka ho thusana hore motsamao oa batho lipakeng tsa linaha tsena tse peli o be bobebe, 'me boithuting bona ba matsatsi a supileng ba tla sebetsa ho tloha hora ea 11 hoseng ho isa ka 2 mots'eare oa mantsiboea.

Letona la Khoebo le Mesebetsi e Mehola, Mohlomphehi Mokhethi Shelile, o lebohelile

Naha ea Afrika Boroa le Lesotho kaha ba khutlela mekhoeng ea khale ea hore qetellong ho tle ho be bonolo hore ba tsa-

mae ntle le bukana ea ho eta ho ea Afrika Boroa. A re ke karolo ea SACU ho bolela hore ba tla matlafatsa tšebetso ea

bona ho loantša litlolo tsa molao malibohong le ho matlafatsa khoebisano ea linaha tsena ka bobeli.



Destination is core

We struggle to move past the pain sometimes or probably more often than not. One may wonder, if pain is something undesirable to us why do we hold on to it that much, why aren't we moving far away from it? The answer rests in how we deal with pain, we make it a center of our existence, the point of focus. In life we see nothing

but pain and pain becomes our destination. Our travels always end in pain, that's the only thing we know. When we turn pain to a destination we miss an opportunity to be optimistic and work towards the future we want. Additionally, some of us hold on to the pain because it gains us favour with people, they feel sorry for us for what proba-

bly happened to us and we feel if we could heal and move past the pain we may lose the affection. Then the question is, do we want to be stagnant and miss that life changing opportunity just for pity? We should remember that it is far more important to reach our destination than be characterised by the pain, let's rather move.



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Staff

“Ho nyatsa kapa hona ho nyelisa lintho tse ntle tse etsoang ke bana ba habo rona ekaba ka likopano, mekhatlo esita le ka bomong, ka liketso, mahlale, metsamao, le lipuo ke mohloli oa mona le khopiso.” Ke mantsoe a builoeng ke Fr. Ernest Pheku OMI ha ne a ts’oaea bakokoti ba Kopano ea Cecilia ea Halalelang boemong ba Deanery ea

A re motho o tlameha a hloekise ntle ea hae pele a sheba ea motho e mong, hobane mohlomong ea hae e na le liphoso tse ngata ho feta. A re motho ea mona o rata hore tsohle tse ntle li hlalhe ka eena fela. Haele Kopano ea Cecilia e ile Tšoeneng ho ea fana ka mpho ea ho ruta bakriste ba moo ho bina ha monate ka makhethe le ka nyakallo, e le ho lomosa phutheho ea moo, ‘me hona ke sesupo sa hore ha ba

nyahamisoe pelo ke litsietsi. A re ba etse lintho joaloka moshoele-tumelo Cecilia ea Halalelang. Mookameli oa Deanery monghali Samuel ‘Ngane Mabina o lebohile Macecilia a habo a tlii’o tlatsetsa ts’imong ena, kaha e kholo e batla motho ea nang le tjantjello, a tsohang hoseng hobane mosebetsi oa teng o boima oa ho anetsa lentsoe la Morena Molimo ka pina. A re ho litho tse ncha li kene



Mazenod e neng e ts’oaretsoe ‘mishoneng oa St. Peter Claver Tšoeneng, ka la 29 Loetse monongoaha.

Litšebeliso tsena li simotse ka Sehlabelo se Halalelang sa ‘missa se neng se eteletsoe pele ke eena mong’a ‘mishone. Khothatso ea hae o itse mona ke ntho e qalileng khale ho tloha tšimolohong, joale taba eo e ntse e hola le ka kerekeng, hobane ho na le likopano ka mekala ea tsona. A re moo ba bang ba shebang ba bang ka leihlo le leng, ‘me taba eo e baka mona le khopiso le hoja re le libupuo tsa Morena Molimo kaofela.

ikhatše kapa hona ho ikoalla ka pina ba le bang.

A re sebe se seng ke khopiso, ekaba ka liketso kapa lipuo. A hlokomelisa phutheho hore ha fela ba etsa lintho ka bohedene ba tsebe b’a khopisa. A botsa phutheho hore na e ka rata ho tlamello lejoeng la moralla ebe ba lahleloa leoatleng?

A phethela ka hore haele mona a tšoaea litho tsena tse ncha ke pontšo ea kholo ea kopano esitana le kereke. A khothaletsa litho tsena ho tseba hore li kena kahara kopano e nang le lintho, ‘me ba itjoetse hore nto ea eo le bona ba tla e loana, ka hona ba se

ho aha e seng ho liha kopano, ‘me sena se tla ba etsa Macecilia a ‘nete. A re ho bona e se be mekhatlaha ba bontše maputulo a bona, ‘me ka bona ba bone litho-honolofatso tse ncha, kopano e hole le bakriste ba natefeloe ke tšebeliso e ntle ea kereke. A re kopano e na le borapeli bo tebileng haholo ‘me e phetha seo ka pina.

Ke litho tse 14 tse tšoaoueng boemong ba Deanery ‘me e le limmishone tse 6 e leng Mofumahali oa Lefatše, Mofumahali oa Massabiela, St. Peter Claver, St. Louis, St. Joseph le lekalana la St. Sebastian.



2023-2024 SELEMO B

SONTAHA SA 27 HAR'A SELEMO

Gen. 2,18-24

Pesalema 127

Ba-Heberu 2,9-11

Mareka 10,2-16



Khothatso

Khalalelo ea Sakramente ea Lenyalo

Kereke e Katholike e le ruta hore Sakramente ea Lenyalo ha e aroloe ebile e etsoa ka tumellano lipakeng tsa monna le mosali ka molao, ‘me ba lebeletsoe ho phela ‘moho bophelo bohle ba bona. Lenyalo ha se ntho e thehiloeng ke motho empa ke Morena Molimo ka sebele sa hae ho tloha tšimolohong. Morena Molimo o ile a re ha se hantle hore monna a be mong. (Genese 2:18) Ka hona a robatsa monna ‘me ho eena a ntša lehopo leo a ileng a bopa mosali ka lona, monna ha tsoha a re enoa ke lehopo la mahopo a ka. Ka hoo monna o tla sia ntata’e le ‘ma’e ‘me a khomarele mosali oa hae. (Genese 2:21-5)

Lenyalong monna le mosali e ba ntho e le ‘ngoe; kopano ea bona e tšoaantšoa le ea Kriste le Kereke.

Mangolo a Halalelang a re bolella hore banna ba lokela ho rata basali ba bona joalokaha Kriste a ratile Kereke ‘me a itella eona e le hore a tle a e hloekise ka metsi le lentsoe, e hloke letheba. Ka mokhoa o tšoaang banna ba rate basali ba bona joalokaha ba rata ‘mele ea bona, hobane ha ho motho ea hloeaang ‘mele oa hae; o’a o fepa a be a o hlokomele joalokaha Kriste a etsa ho Kereke kaha bohle re le litho tsa ‘mele o le mong. (Mareka 10:6-8; Ba-Efese 5:25-31)

Ka tsela e tšoaang mosali h’a na taolo holima ‘mele oa hae empa monna o na le eona, le monna h’a na taolo ‘meleng oa hae empa mosali o na le eona. (1 Ba-Korinthe 7:4) Monna a fe mosali litokelo tsa hae, ‘moho le mosali a etse joalo. (1 Ba-Korinthe 7:3) Sakramenteng ea Lenyalo joalokaha Kriste e le ntho e le ‘ngoe le Kereke, bohle ba lokela ho ba le likamano tse phethehileng. Bobeli ba bona ba leratong, ba lokela ho fana le ho nka ho latela litokelo tsa e mong le e mong hobane ha ho nang le taolo holima hae.

Litokelong tsa bona “ha ba lokela ho timana ntle le ka tumellano ha ba inehela thapelong, ebe ba boela ba e-ba ‘moho hape e le hore Satane a se ke a kena lipakeng ‘me a ba leka.” (1 Ba-Korinthe 7:5) “Bobeli ba bona ba fetohile ntho e le ‘ngoe, ka hona seo Molimo a se kopantseng ho se be motho ea se arolang.” (Matheus 19:6) Evangeling le utloa mantsoe ana a Kriste, “Ea hlalang mosali’ae ntle le bohloeki ‘me a nyala e mong oa feba.” (Matheus 19:9; Luka 16:18).

Morena Jesu mona o bolela hore monna a ka hlala mosali hae-ba mosali eo a feba, hape haeba monna a nyala mosali e mong hobane a batla ho tlosa mosali oa hae, monna eo oa feba. Ka mantsoe a mang ha ho ea lokelang ho kena lenyalong la bobeli. Nakong ea khale ho ne ho se motho ea khothaletsoang ho hlala, hobane seo se khahlanong le Khalalelo ea Sakramente ea Lenyalo e thehiloeng ke Morena Molimo lefatšeng.

Ho hlala ‘me u nyala hape ke bohloka, empa ka lebaka la hobane batho ba bangata ba bo etsa e se eka ke ntho e ntle. Bohle ba etsang bohloka ba ke ke ba kena ‘Musong oa Morena. Sena se tiisoa ke Moapostola Paulosi ho 1 Ba-Korinthe 6:9-10.

Thutong ea bobeli e ruta hore Morena Jesu o entsoe ea katlase ho manyeloi e le hore a tsebe ho roesoa letlotlo le hlomphe ka lebaka la lefu la hae, ‘me ka lebaka la grasía ea Morena a latsoe lefu molemong oa bohle. Ho kriste bohle re halalelitsoe ka grasía ea Molimo Ntate le ka matla a Moea o Halalelang, ‘me khalalelo ena e re fa tokelo ea ho bitsoa bana ba habo Jesu.

Bana b’eso Morena Molimo ha lumellane le bohloka kapa likamano life kapa life tse khahlanong le melao ea hae. Haeba u batla pholoho e le kannete u tla khoa mekhoeng ‘me u tsamaele thoko le tsohle tse thunthetsang tsela ea pholoho. Furalla tsa lefatše ‘me o khomarele tsa moea.

Bahalaleli har’a Beke

07	Mphalane	Mof. oa Rosari e Halalelang
08	Mphalane	Benedicta
09	Mphalane	Geminus
10	Mphalane	Daniel
11	Mphalane	John XXIII
12	Mphalane	Wilfrid

Ba hapa matsebe-tsebe



Tšeliso Thakholi

Limathi tse peli tsa Naha ea Lesotho, Tebello Ramakongoana le 'Neheng Khatala ba ikhabetse matsebe-tsebe a chelete e kalo ka M37,500.00



motho ka mong kamor'a ho hlaha boemong ba pele lehlakoreng la bana le basali ka ho latelana lebelong la Hollywoodbets la bolelele ba 10Km le bileng Durban, Afrika Boroa ka la 29 Loetse 2024.

Ramakongoana o hapile lebelo lena ka nako ea 00:28:06, bobeling ea e-ba Elroy Gelant oa Afrika Boroa ka nako ea 00:28:7, ha boemong ba borobeli le ba borobong ka tatellano e bile Khoarahlane Seutloali ka nako ea 00:28:36 le Namakoe Nkhasi ka nako ea 00:28:40. Haele 'Neheng Khatala eena o ikhabetse lebelo lena

ka nako ea 00:32:25, bobeling ea e-ba Cesisile Sosibo ka nako ea 00:32:48 le Blandina Makatisi ka nako ea 00:33:06.

Elroy Gelant ea neng a hlahile bobeling mokhahlelong oa banna lebelong lena ngoahola le monongoaha o ntse a hlahile bobeling. Ho tloha ha lebelo lena le thakhoha le hlile la bonahala le imela mpoli oa ngoahola Kabelo Mulaudzi ka nako e ntle ea 00:28:01 le Jobo Khatwane ea neng a hlahile boemong ba borobeli ngoahola. Lebaka le neng le hlile le imetse limathi tse ngata ke moea

o matla o neng o foka, o hlileng oa lahlisa limathi tse ngata tšepo ea ho fihla khoeleng.

Haele Ramakongoana o bonahetse a kene lebelong a le boemong bo nepahetseng 'meleng le kelellong a bile a koenne hantle, 'me o hlile a bontša mokhoa oa hae h'a le likilomithareng tse hlano moo a hlileng a itlhomea pele.

Kamorao ho lebelo, o itse o ikutloa a thabile

haholo haele mona a atlehile ho ikhabela tlhoho lebelong lena, 'me o il'ophomola pele a qalella boikoetliso ba hae ba lebelo le lecha la boemo ba machaba la bolele ba 41.1Km la Mountain Marathon 21, le tliil'omathoa lekhetlo la pele Seterekeng sa Qacha's Nek ka la 26 Mphalane 2024. Lebelo lena le tliil'otloha motseng oa Ha Noha ho leba Lebaleng la Melele.



Tšeliso Thakholi

Baemeli ba lipapali tse fapakaneng tsa bacha le bana ho hlaha Seterekeng sa Mafeteng le Maseru ba bile le 'moka oa letsatsi moo ba neng ba phethela lithophiso tsa ho tšoaeba mokete o moholo oa Mokhatlo oa Machaba oa Lipapali Bakeng sa Bohle(TAFISA), o tliil'oketeka ka motsamao le lipapali tse fapakaneng motseng oa Khubetsoana, Mafeteng ka la 4 ho isa la 5 Mphalane 2024.

'Moka o bile ntsoeleng hore mokete oa TAFISA oa selemo le selemo o tšoaebang Letsatsi la Machaba la Motsamao, o tla buloa ka mokoloko ho tloha toropong ea Mafeteng ho leba lebaleng la Khubetsoana moo ho tlang ho tšoaroa lipapali tsa matsatsi a mabeli, tsa bolo ea maoto le ea matsoho.

Khubu ea mokete ona e

Baemeli ba tšoara 'moka

tla ba ka Sontaha sa la 6 Mphalane moo baemeli ba bileng ba lumellana ka hore ho tla boela ho e-ba le motsamao o mokhutšoanyane oa boithapollo ho tšoaeba 'moho le machaba a lefatše ka bophara mokete o moholo oa TAFISA oa motsamao oa boithapollo molemong oa bophelo bo botle ho bohle.

Baemeli ba bontša hore hang kamorao ho motsa-

mao ona o mokhutšoanyane ho tla ba le lipapali tse fapakaneng tsa Sesotho tse kenyeletsang Dance le Setepe ka lihlopha tsa bacha le bana ho hlaha Maseru, Thaba-Bosiu le tse tšeletseng tsa Mafeteng. Morero e ntse e le ho keteka Letsatsi la Machaba la Motsamao.

H'a bua 'mokeng oo Raliphatlalatsa oa Mokhatlo

oa Lithotana Cultural Sports, Monghali Tšukulu Lekatsa o boletse hore mokete ona o buletsoe batho bohle ho tla keteka 'moho. A ipiletsa ho sechaba ho tla ka bongata ho tla ithapolla ka motsamao molemong oa bophelo bo botle. A etsa tlhokomeliso ho sechaba ho se tle ka tai le koae e le ho hlompaha bana.

Mosebeletsi oa tsa boph-

elo motseng, Monghali Pakiso Moleleki o itse lipapali bophelong ba motho ka mong li bohlokoa haholo sebakeng sa bophelo bo botle. A re hangata batho ha ba le thoko ho lipapali ba atisa ho oela linthong tse ngata tse senyang bophelo ba bona kapele. A ipiletsa ho baemeli ba lihlopha ho ruta bana ka bohlokoa ba lipapali letsatsi ka leng.

Puisanong le mohokahanyi oa TAFISA Naheng ea Lesotho, Mofumahali 'Malitsietsi Zwakala o itse ho tloha mokhatlo o khakotsoe ka molao ka selemo sa 2020 ba se ba e-na le lihlopha Literekeng tsa Maseru, Mahale's Hoek, Berea le Leribe ka tšebetso ea UNICEF ho phatlalatsa leano la TAFISA la lipapali molemong oa bophelo bo botle ho bohle. TAFISA e se e-na le litho tse fetang 393 linaheng tse fetang 170 tsa tikeloho ea lefatše tse kenyeletsang Naha ea Lesotho.



E hlaba ka lenaka fatše



nalane Mohopeng ona ka ho hlola lipapali tse tharo, ea hlaba lintlha tse 13, 'me e na le lintlha-khoho tse 9. Ke eona e ka holi-mo-limo lokong.

Mokoanyane XI e ne e lokela ho hlola lipapali tsa eona tse peli tse neng li setse ka ho hlaba lintlha tse hlano ho ea holimo, le ho se lumelle Afrika Boroa ho e hlaba lintlha tse tšeletseng ho lehe. Ha ho le joalo Sehlopha sa Makoanyane XI se khutlile lipapaling tsa COSAFA se le boemong ba bone ka ho bokeletsa feela lintlha-khoho tse 3. Athe tse ling tse ileng tsa bapala hona Mokhahlelong oa C Afrika Boroa e ile ea hlola Malawi 5-0, ha Malawi le eona e ile ea iphetetsa ka ho hlola Comoros ka 2-1.

Ho ea ka mokoetlisi Halemakale Mahlaha ea neng a bonahala a tletse likhapha ka mahlong ke ho utloa bohloko, o tiisitse hore h'a tsebe hantle hore na se etsahetseng ke'ng hore ebe ba ile ba

tlontlolloa ha kana-kana ke Afrika Boroa kaha a entse sohle se matleng a hae hore ba hape papali. Leha ho le joalo a re ba tliil'o lula fatše le bahlankana ho lokisa liphoso moo ba ileng ba khabela teng.

Litlholisoana tse na li tli-lo fihla sehlohlolong ka la 5 Mphalane monon-goaha moo lihlopha tse peli tse tlang ho hlola ho seka-makhaola-khang li tlang ho tseka boemo ba pele.

U20 isao.

Makoanyane XI e boemong ba ho qetela Mokhahlelong oa C, e atlehile ho hapa papali e le 'ngoe feela khahlanong le Malawi ka 3-2. Ka hona e sitoa ho phunyaletsa ho ea mokhahlelong o kapele oa lipapali tsa makhaola-khang, tse neng li tla e thusa leetong la eona la ho finyella ho AFCON U20. Sena se ile sa beha Naha ea Afrika Boroa eo e neng e qothisana lehlokoa le eona ka botleng lokong kaha eona e entse

Tseliso Thakholi

Sehlopha sa Naha sa ba lilemo li ka tlase ho 20, Makoanyane XI, se shapuo ka makhetlo a mabeli ka tatellano ka thupa e bohloko ea 1-0 le 6-0 ke bo-mphato'a bona ba Comoros le Afrika Boroa litlholisanong tse ntseng li tsoelapele tsa COSAFA tsa ho phunyaletsa ho ea Mohopeng oa AFCON



Tseliso Thakholi

Ho tla qoba le-rola Lebaleng la Leshoboro Seterekeng sa Mafeteng mafelong ana a malelele a phomolo ea Boipuso, ha lihlopha tse 'ne tsa Liki e Khoho tsa bolo ea maoto tse neng li le kaholimo-limo ha liki ea sele-mo sa lipapali sa 2023/2024 e fela, li tla be li nkhisetsana mahafi ho tseka Mohope oa Boipuso.

Mohope o na o ne e qeteloe ho bapaloa ka sele-mo sa 2019, moo Sehlopha sa Matlama se neng se ikhapele tiholo, ha se ne se shashara LCS 'Masheshe-na' ka thupa e bohloko ea 1-0 Lebaleng la Setsoto, Maseru. Ka lilemo tsa 2020 le 2021 o ile oa sitoa ho bapala ka lebaka la seoa sa COVID-19, se ileng sa aparela lefatše lohle. Ha ho le joalo bompoli ba sirelet-sang Mohope oa sele-mo sa 2019, e leng Matlama e tla bapala le Lioli papaling ea bobeli. Ha papali ea pele e tla ba lipakeng tsa Bantu le LMPS 'Semonye.'

Lihlopha tse peli tse tla hlola li tla ea bapala makhaola-khang ka lona letsatsi la

Li tseka Boipuso

la 5 Mphalane 2024, ha tse hlotsoeng tsona li tla bapala ka lona letsatsi le tšoanang li tseka boemo ba boraro.

Ba ipiletsa ho barati bohle ba papali ea bolo ea maoto ho itlhananela ho fihla ka nako e le ho qoba tšubuhlel-

M800,000.00. Sehlopha se tla hapa mohope se tla lefshoa M100,000.00 le likhau tsa khauta, ha se latelang

fuo e limentlele tsa bronze. Ho tla boela ho e-ba le limpho tse khetheleng bakeng sa libapali tse tlang ho ipabola. Sethibathibane se hloahloa se tla fuoa M2,000.00, sebapali se ip-



Ho ea ka bohlophisi ba lipapali tse na litokiso tsa lipapali ke tsa boemo bo phahameng e le hore lipapali e tle ebe tse nang le seriti le tlhompheho ho thabisa barati le batšehetsi ba lipapali.

lano ka lebaka la hore lihlopha tse tliil'o bapala li na le botšehetsi bo bongata.

Tlholisoana ena ea Boipuso e tšehelitsoe ka lichelete ke Maluti Mountain Cement ka chelete e kalo ka

se tla hapa M50,000.00 le limentlele tsa silifera. Sehlopha se tla hlaha boemong ba boraro le ba bone li tla khaketsoa M25,000.00 sehlopha ka seng, empa sa boraro sona se tla boela se

abotseng sa litlholisoana se tla khaketsoa M5,000.00. Sebapali se tla hlaba lintlha tse ngata se tla fuoa M3,000.00, ha mokoetlisi ea hloahloa a tla iphumanela M2,000.00.

Afrika e tsetele kholong



Nthabeleng Seitlheko

Motlotlehi Mofumahali 'Mamohato Seeiso o butse ka molao 'moka oa 44 oa Komiti ea Afrika(ACERWC) o sireletsang litokelo tsa mantlha tsa bana ka kopanelo le Mokhatlo oa Kopano ea Linaha tsa Afrika (AU), ka la 2 Mphalane monongoaha.

O re ba lokela ho sebetsa 'moho ho hlahloba liqholotso tse tobileng bana linaheng tsa Afrika hobane ke bokamoso ba hona joale ka lebaka leo linaha li tsetele kholong ea bana. A re thuto e loketse ngoana e mong le e mong oa moafrika, e le ea boleng e bile e le ntlafetseng. O re ho bohlokoa hore ho hlahlojoe polelo e reng 'bana ba nang le bokooa' 'me ba sebelise e reng 'bana ba nang le litlhoko tse ikhethang.' O lumela hore ke nako ea hore Basotho ba sireletse bana, ba ahe bokamoso boo ba bo hlohang.

Letona la Tekano, Bacha le Ntšetsopele ea Sechaba, Mohlomphehi Pitso Lesaonana, o hlalositse hore lekala la habo le kene leetong la boithuto ba bana ba nang le bokooa hore ba tsebe ho fuaa litlhoko tsa bona, le ho loanela litokelo tsa bona haholo ba kathoko ho likolo.

Lebitsong la bana ba nang

le bokooa 'mokeng ona Kali Posholi, o itse ba ntse ba tobane le phepetso ea ho fumana litšebeliso tse mofuthu Litsing tsa Bophelo, ha ba bang ba sitoa ho fihla litsing tse joalo ka lebaka la liqholotso tsa tlala le ho sitoa ho palama likoloi ka

bolokolohi.

A re ba hloka ho phela hantle joaloka bana bohle, ka hoo ho thibelo litaba tsa thekisetano ea bana le ea lithetefatsi hobane li ama bophelo ba bona. A leboha komiti ka boetapele ba eona ka ho tšehetsa bana kaha

taba eo e le kholo ea bophelo ba bona le kananelo. A re ba khothaletsa hore linaha tsa Afrika li etse boithuto litabeng tsa bana ba nang le bokooa hore ho tsejoe ho arabeloa litlhoko tsa bona.

E mong oa bana, AGot Alier Saran, ho hlaha Na-

heng ea South Sudan, o supile hore bana ba lilemo li 10 ho isa ho tse 17 ba tobane le phepetso e kholo ea ho se kene sekolo le hoja thuto e le tokelo ea ngoana e mong le e mong ho mo fa bokamaso bo chabileng.

A ipiletsa ho linaha tsohle tsa Afrika ho kenya thuto ea mahala likolong, ho ntlafatsa melao le litichere e be tsa boleng. Hape a re ho be le tšehetso ea lichelete likolong hore litlhoko tsa mantlha tsa baithuti li tsebe ho fihleloa.

O itse ba tsoenyehile ke tlhokahalo ea ponaleto litabeng tsa bana, ka hona mebuso e felise bobolu, ho fanoe ka lisebelisoa likolong hobane ba batla thuto ea ngoana e be e mo bulelang litsela tsa katleho ho ea bokamosong bo chabileng.

Ke baithuti ba 2,500 ba tla una molemo tšebetsong ena, 'me liqholotso tse tobileng bana li akha tse latelang, ho hlokomela malapa ka lebaka la tlhokahalo ea mesebetsi e tlameng batsoali ho ea Afrika Boroa, ebe 1,200 ea bana ba lula litsing tsa tlhokomelo ea bana kahar'a naha.

LCN e khalema litlhekefetso

Nthabeleng Seitlheko

Mamekhatlo oa Mekhatlo e Ikemetseng Lesotho (LCN) o re likotlo tse bebofetseng ho batho ba hlekefetsang ka motabo li roteletsa sekhhahla sa batho ba hlekefetsang bana letsatsi le letsatsi. Litaba tse na li hlaleletse polelong

e khalemang liketso tsa tlhekefetso ka la 2 Mphalane monongoaha.

Mohokahanyi oa Basali le Bana LCN, 'Mantšalla Ramakhula, o re ba ile ba utloela ka litaba tse ileng tsa etsahala Semphetenyane, moo monna a ileng a fumanoa a hlekefelitse ngoana ea lilemo li tšeletseng ka motabo. O re taba ena e ile ea etsa sechaba se halefileng hoo ba ileng ba kaka-

ta le ho bolaea eo.

A re boholo ba baetsi ba liketso tse na ha ba ele hloko bohlokoa ba molao kaha ba tseba hore ba tla fuaa likotlo tse bobebe. A re ho na le melao e teng le mekhatlo e mengata e sireletsang bana le ho thusana litabeng tse na.

O re molao a tlama batsoali ho bona hore bana ba sireletsehile hantle moo hohle moo ba leng teng. A

re ba khalema liketso tse na ka matla le ho khothaletsa sechaba ho ema ka maoto metseng ea sona ho thibela liketso tsa litlolo tsa molao empa ba se inkele liqeto ka bo-bona, ba sebelise letsoho la molao.

H'a phethela o itse ho theoa ha komisi ea bana le basali ho t'lo thusa hore sechaba sa Basotho se utloisise ka bohlokoa ba ho sireletsa bana metseng le hore e tlo ba 'mesa mohloane bophelong bo botle ba bana le basali.

Date:
02/11/24

SINGLETONS

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DAMAGE:

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

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Eco-cash: 63574502

Place: Mafeteng

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Time

→ 1400HRS-1600HRS