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Aka kanyamakuru ntikagurishwa!



**IBINTU  
BY'INGENZI  
BYAGUFASHA  
KUGABANYA  
UMUBYIBUHO  
UKABIJE**

Major General Rwigema Fred Yavukiye i Mukiranza mu Karere ka Kamonyi mu Ntara y'Amajyepfo ku wa 10 Mata 1957.

Ni mwene Anastasi Kimonyo na Gatarina Mukandilima. Yashakanye na Jeannette Urujeni, basezerana ku wa 20 Kamena 1987. Babyaranye abana babiri, ari bo Gisa Junior na Gisa Teta.

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Mu bwana bwe, Fred Rwigema yakundaga kwibaza icyatumye iwabo bava i Rwanda n'icyabuze kugira ngo basubireyo, yakundaga gusoma ibitabo by'abaharaniye kubohora ibihugu byabo nka Kwame Nkrumah, Mao-Tse-Tung na Fidel Castro Mu wa 1974 ni bwo yiyemeje kureka amashuri asanzwe, ajya muri Tanzaniya gukurikirana imyitozo ya gisirikare na politike.

Mu wa 1976, yayikomereje muri Mozambiki, ari kumwe n'abandi mu mutwe wa FRONASA bari hamwe n'indi mitwe bafashwa na Mwalimu Julius Nyerere nka Zanu, Zapu, ANC, KM na FRELIMO.

**Imana imwakire mu bayo.**



Amavubi  
atsindira  
kujya mu  
matsinda  
y'igikombe  
cy'Africa.Paj  
i

**Ese waba ushaka  
kwiteza imbere  
biciye mu bworozi  
bw'inkoko? Ese  
waba ushaka  
gusobanukirwa  
byinshi ku  
bijyanye**





# I J A M B O R Y I B A N Z E

## IBIRIMO

-Itangiriro.....	Paji1
- Ijambo ry'ibanze.....	Paji2
-Sobanukirwa n'ingaruka zoguhindura ibara ry'uruhu.....	Paji3
-Ifiriti ifite ingaruka mbi ku buzima.....	Paji3
-Intwari Maj. General Fred Gisa RWIGEMA yari umuntu ki?.....	Paji4
-Bite m'ubigo by'Urubyiruko:.....	Paji5
-Ubworozi bw'Inkoko.....	Paji6
-Ibyagufasha kugabanya umubyibuho ukabije.....	Paji 7-8
-Inganzo n'abahanzi .....	Paji 9
-Amakuru y'imikino.....	Paji 10
-Utuntu n'utundi.....	Paji 11
-Uko agakingirizo gakoreshwa.....	Paji 12
-Menya icyorezo cya Ebola.....	Paji 13-14

*Turabasuhuje mwese basomyi ba ejoheza h'urubyiruko. Nyuma yo kubona ibitekerezo bitandukanye bigamiye kudufasha kunoza inkuru tubagezaho, tubazaniye numero ya kane y'akanyamakuru kanyu.*

*Aha murasangamo ya makuru yose anyuranye y'aha mu Rwanda ndetse no hanze y'imbibi zarwo. Ntitwibagiwe kandi twa dukuru dushimishije dutuma mugorora imbavu. Muri iyi numero kandi murasangamo ubutumwa twagejejweho na bagenzi bacu ndetse na bimwe mubyo twabashije kubagiraho inama.*

*Tubashimiye uko mwakira iyi numero ya kane ndetse n'ibitekerezo mwiteguye kudushyikiriza kugirango turusheho kunononsora ibyo tubategurira.*

*Mugire Amahoro n'Iterambere .*

*Ubwanditsi.*

## ITSINDA RY'UBWANDITSI:

**NYIR'IKINYAMAKURU :** *Ikigo cy'urubyiruko cya Nyamasheke*

**UMWANDITSI MUKURU:**

**NDANGA** *Janvier*

**INAMA Y'UBWANDITSI :**

**SINZINKAYO** *Etienne*

**MUKANDORI** *Denyse*

**HITABATUMA** *Maurice*

## Sobanukirwa n'ingaruka zo guhindura ibara ry'uruho



*Hari ubwo ushobora kubona ugenda usaza, nyamara wowe ugikeneye gukomeza kwibera umwana muto. Wa umugani w'imvugo igezweho !*

Hari uburyo bw'inshi bukoreshwa rero n'ubwo buhenze kuko bukoreshwa n'ufite ifaranga ritubutse wenyine. Aha twavugaga ibyo bita chirurgie esthétique mu rurimi rw'igifaransa, aho baguhindurira igice cy'umubiri wawe nk'uko ubyifuzaga.

Aha twatanga urugero nko ku cyamamare muri muzika, uwahoze ari umwami w'injyana ya pop, Michael Jackson wabashiye kubukoresha. Ushobora kandi kwisiga amavuta atukuzaga uruhu ukanakaraba amasabuni arugenzaga atyo. Ariko se gushyirahamwe kugarurira uruhu itoto nta ngaruka byaba bigira ku ruhu rw'umuntu no ku buzima bwe muri rusange ?

Micro-dermabrasion ni uburyo bugezweho bugerageza kugabanya ingaruka mu kongera kugarurira itoto uruhu rwagaragazaga ko rurimo rusaza. Gusa nk'uko tubikesha urubuga [www.shopunt.com](http://www.shopunt.com), ngo niba ufite uburwayi nka Diabete si byiza kubukoresha kuko uba ufite urugero rw'isukari mu mubiri wenda rudakenewe kwongerwa cyangwa kugabanywa.

**Ifirite ifite ingaruka mbi ku buzima**

**Source: Izuba Rirashye**



Ifirite ni ibiryo bikundwa kuribwa. Ikundwa n'abakuru n'abato ariko abahanga bagaragaza ko atari ibiryo byiza ku buzima. Inkuru yo ku rubuga <http://www.fitnea.com>, igaragaza ko gukaranga ibiryo bituma biryoha. Ariko ngo ibinure bibi bituma ikirayi gihinduka ibombe izashyira igihe kimwe igaturika bityo umuntu akarwara kanseri, umutima na Diyabete. Ibinure byose si bibi, hari ibibi n'ibiyiza.

Amavuta meza ni ava ku mbuto harimo n'ava ku mizabibu n'ibihwagari. Igihe amavuta meza arinda ubuzima bw'abantu, amabi atuma imitsi y'amaraso iziba bigatera ikibazo ubuzima bw'umuntu.

Ibinure bibi bifitanye isano na Marigarine n'amavuta aba atari amazi ku bushyuhwe bwo mu cyumba (degre 25 celisius). Ibinure bibi bituma cholesterol mbi iba nyinshi mu mubiri. Iyo umuntu ariye ibinure bibi nk'ibiba biri mu ifirite bituma imitsi amaraso anyuramo iziba bityo umwuka w'ubuzima(oxygen) n'ibiryo umubiri ukeneye bitagera mu mubiri aho bikenewe.

Ibi bituma umuntu agira ikibazo cy'umutima cyangwa gupfa byihuse by'utaremangingo two mu bwonko kubera kubura umwuka w'ubuzima(oxygen).

Bityo rero ngo ikaba yakongerwa n'ibikoreshwa muri ubwo buryo nk'amavuta n'ibindi. Bikaba ngo ari byiza kubanza kubaza muganga mbere yo gukoresha ubwo buryo ugira ngo ugarurire itoto uruhu rwawe.

Abandi batemerewe gukoresha ubu buryo ngo ni nk'abafite indwara nka rosacée (indwara y'uruho ifata mu maso, igatera amabara atukura ku matama, ku izuru ndetse no ku gahanga. Abandi ni abafite ibibazo by'indwara y'imiyoboro y'amaraso (capillaires dilates), indwara zose zimungira ubudahangarwa bw'umubiri n'iz'uruho zitandukanye.

Ingaruka zo ni nyinshi. Hari ukuba uruhu ruhindura ibara wenda utifuzaga, kuba wagira ikibazo bikaba ngombwa ko bakudoda, indodo zikanga gufata mu ruhu kubera amavuta n'imiti ikoreshwa basiga umuntu kugira ngo uruhu rumere uko babyifuzaga, guhora wisiga amavuta y'ubwoko bumwe, kuba wakurizamo cancer y'uruho ndetse no gufatwa byoroshye n'izindi ndwara z'uruho zitandukanye.

Ibyiza rero ni ukugumana uruhu rwawe ukarwishimira kandi ukanyurwa na rwo, gusa nuramuka ugize ingaruka zo gukora bimwe mu byavuzwe haruguru, ihutire kwegera muganga ubihugukiwe agufashe.

Ibi nibyo bivamo "stroke" ishobora guterwa nuko amaraso yafunzwe ntatembere cyangwa umutsi ujyana amaraso mu bwonko uturitse.

Nta kirayi kiba kibi uko cyakabaye ariko ngo umuntu niwe ukigira kibi bitewe nuko akirya.

Abahanga mu by'imirire batanga inama ko impeke ziribwa uko zakabaye (nk'imvungure-ibigori bivanze n'ibishyimbo) aho kubaha ifirite. **Source: Izuba Rirashye**

**Twifashishije UMUGANGA.com hamwe Izuba Rirashye.com - ifoto: [www.telegraph.co.uk](http://www.telegraph.co.uk) Michael**

MAJ. GEN. FRED GISA RWIGEMA YARI MUNTU KI?



MAJ. GENERAL FRED GISA RWIGEMA

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Mu wa 1976, yayikomereje muri Mozambique, ari kumwe n'abandi mu mutwe wa FRONASA bari hamwe n'indi mitwe bafashwa na Mwalimu Julius Nyerere nka Zanu, Zapu, ANC, KM na FRELIMO. Mu wa 1979 yari mu bagaba ba FRONASA mu ntambara yavanyeho ubutegetsi bw'igihugu bwa Idi Amin, ayoboye "Mondlane 4 th Infantry Column". Mu wa 1981, hamwe n'abandi basore 27, barimo Abanyarwanda babiri Rwigema Fred na Paul Kagame, yatangiranye na Kaguta Museveni intambara yo kurwanya igitugu cya Obote. Kuva muri 1985, Fred Rwigema yakomeje kuba umwe mu bayobozi bakuru ba NRA, Ishamii rya gisirikare rya RNM. ,Niho yaboneye umwanya wo gukomeza gutoza intambara Abanyarwanda. Ataretse kuba Umunyarwanda, Late Fred Rwigema yagiye agira imyanya ikomeye muri NRA nko kuba Uwungirije Umugaba Mukuru



SOMA WISEKERE

*Bavandimwe mudusengere njyanye mushuti wanjye kiva muganga amize memory card nonaha none arikuririmba indirimbo zose ziyirimo, gusa mfite ubwoba sinzi nagera kuma video uko biribugende. Hahahahahaha.*

*1.Valentin, yapfuye kubera urukundo, 2.Romeo yishwe kubera urukundo,3. Jack muri titanic yapfuye kubera urukundo. 4.Samson yishwe kubera urukundo, 5.Intwari 2( Hercules na Achilles) zo mubu gereki zarapfuye kubera urukundo. 6. Jesus Christ(Yesua Hamashihia) nawe aricwa kubera urukundo. ko ntamugore uricwa kubera urukundo?hahahhhhhh..Abagore batwereke nibura 2 (females) yapfuye kubera urukundo, kuko guhera icyo gihe nitwe twabaphiraga kugeza ubu. Hahhhhhhhhhhhhhhhhhhhhh*

# BITE MU BIGO BY'URUBYIRUKO?

## IKIGO CY'URUBYIRUKO CYA NYAMASHEKE CYATANZE CERIFIKA KUB'ANYESHURI BARANGIJE KWIGA ICT

Urubyiruko rusaga 87 bigaga imyuga mu kigo cy'urubyiruko cya Nyamasheke rwasoje amasomo rwari rumazemo amezi arenga 6, ruhabwa inyemezabumenyi n'akarere, basabwa gukora bitandukanye n'uko bakoraga batarigishwa no guhindura imyumvire isanzwe iranga bamwe mu rubyiruko yo gutegereza ko ubuzima bazabuhabwa n'abandi bantu.



Umuyobozi w'ikigo cy'urubyiruko cya Nyamasheke, **Ndanga Janvier** yabwiye uru rubyiruko ko rwahawe amahirwe yo guhabwa ubumenyi buzatuma babasha kwiteza imbere bagakora imishinga ndetse bakabasha kwibumbira mu makoperative azabafasha gushyira imbaraga zabo hamwe bakagera ku bikorwa bigaragara.

Ndanga avuga ko bifuzako urubyiruko ruva ku myumvire isanzwe yo kwibwira ko bazicara bagategereza uzabaha akazi ahubwo ko bagomba kujya basohoka muri icyo kigo batekereza ko bazatanga nabo akazi, ndetse akabona ko inzira imaze guharurwa.

Yagize ati “uru rubyiruko rwacu rumaze gukanguka, rwamyenye akamaro ko kwizigama, bamaze kumenya uko bategura imishinga yabo, ku buryo mu minsi mike amateka y'ubukene no kubura akazi azibagirana, tukagira urubyiruko rwubaka igihugu kandi rukunda igihugu cyarwo”.

Umuyobozi w'akarere, **Habyarimana Jean Baptiste** yasabye urubyiruko kugira imyumvire yagutse bakareka kwibwira ko ibintu bikomeye bikorwa n'abandi kandi nabo bashobora kuba babishobora, kandi ko abazagerageza bazatizwa ingufu kugira ngo biteze imbere.

Yagize ati “niba twambara imyenda ihenze tuyikura mu mijyi minini, kuki mwa rubyiruko mwe namwe mutayidoda ayo mafaranga menshi tujyana ahandi mukaba arimwe muyasigarana, kandi nta kidasanzwe babarusha, icy'ingenzi ni ugutinyuka gusa”.

Umuyobozi w'akarere yabasabye kwirinda ibiyobyabwenge kuko ariwo mwanzi wica ubuzima bwabo wa mbere, abasaba gukunda umurimo no kumenya kuzigama duke bafite kuko twiyongera tukabyara byinshi.

Ku rundi ruhande urubyiruko rwa nyamasheke ruvuga ko rugiyeye kwibumbira muri koperative rugahindura imyumvire isanzwe, n'ibikorwa bisanzwe, ubumenyi bahawe bakabukoresha babushyira mu bikorwa.

Mukandayisenga Lucie avuga ko iki ari igihe cyo gutinyuka bakazigama bicye bafite bagahera ku bintu bito bakagenda bazamuka buhoro buhoro.

Yagize ati “nzi gukora imyenda y'ubwoko bwose, ndacyafite ikibazo cy'ubushobozi ariko hamwe na koperative y'ubwizigamye y'abo twiganye twatangiyeye, turakusanya duke dufite mu minsi ya vuba tuzakora ibyo abantu batakakaga”.

Uru rubyiruko rusaga 87 rwasoje amahugurwa rwari mu mashami y'ubudozi, ikoranabuhanga (ICT) no gusudira, kuri ubu abasudira bose bakaba bafite akazi. Iki kigo kikaba gifite imbogamizi kuri ubu y'ibikoresho bike, no kuba kidafite ubushobozi bunini bwo kwakira urubyiruko rwinshi ariko hakaba hari gahunda yo gushinga ibindi bigo mu mirengere itandukanye igize ako karere.

Byateguwe na **NDANGA Janvier**

## "NIBA UMPAYE IFI NZAYIRYA IRANGIRE,ARIKO NIBA UNYIGISHIJE KUYIROBERA SINZIGERA NA RIMWE NICWA N'INZARA"

Bicyiye mu marushanwa y'imishinga myiza (Business plan competition) yateguwe n'ikigo cy'urubyiruko cya Nyamasheke ku nkunga ya JYP(Joint youth program) yabaye mu mirenge yose igize akarere ka Nyamasheke aho imishinga myiza 3 yambere yahembwaga, igakomeza gutanira k'urwego rw'Akarere.

Nikubwiyompanvu twasuye umujene witwa SEGATARE Pascal utuye mu murenge wa Shangi mu karere ka Nyamasheke aho twasanze afite umushinga w'ubworozi bw'inkoko yatangiye kunkunga yabonye y'ibihumbi 50,000 by'amanyarwanda yahawe kuko yatsinze mu marushanwa yimishinga yabaye myiza mu mirenge arangije yongera ho andi abona gutangiza uy'umushinga

Ya dutangariye ko yatangiye afite inkoko 2000 akaba afite ibiraro bibiri hamwe n'umukozi ushinzwe kuzikurikirana umunsi k'umunsi

Akaba afite isoko ry'amagi n'inkoko mu m'ahoteri atandukanye yo mu Karere ka Rusizi yewe nabakongomani baza kurangura amagi .

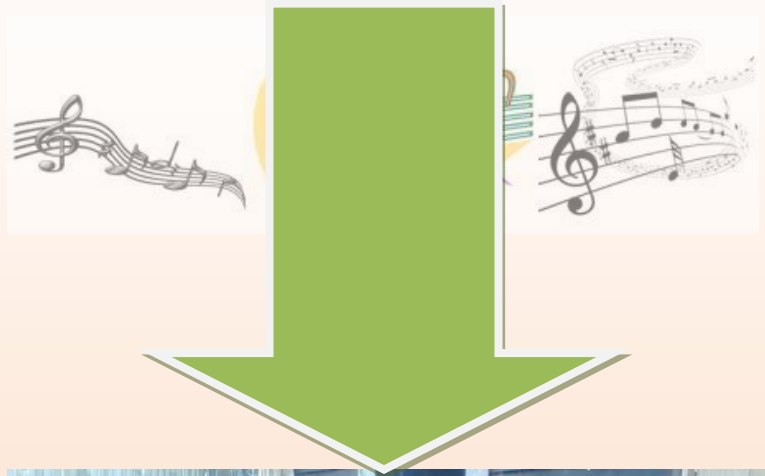
Igihe twamusuye twasanze asigaranye inkoko 500 atubwira y'uko ari kuvugurura umushinga kuko arimo inkoko zimaze gusaza ashaka kuzisimbuzza intoya .

SEGATARE Pascal ya dutangariye ko yaremeye urubyiruko rugenzi rwe kand atangaza ko iki muraje imbere ko aruko ashaka gukomeza kuremera urubyiruko hanyuma inkoko zikagera kuri benshi cyane cyane ngo azibanda k'urubyiruko rwiga muri pirimeri .

Umwanditsi: NDANGA Janvier

*R'ubwiruko mukure amaboko mu mifuka mwitabire umurimo kandi sibyiza gusuzugura umurimo.*

*Nkuko mwabibonye uyu mu jene ubu arakirigita ifaranga kandi anatanga akazi kubadagafite*



## IBINTU BY'INGENZI BYAGUFASHA KUGABANYA UMUBYIBUHO UKABIJE

Mu bihugu bikize ndetse no mu biri mu nzira y'amajyambere umubyibuho ukabije umaze kuba ikibazo gikomeye, ndetse uraza mu biri mu kwica abantu benshi.



*Muri Afric anaho ikigereranyo cy'umubyibuho ukabije kiri ku rugero ruzamuka cyane kurusha indi migabane nkuko bitangazwa na OMS*

Mu kongera ibinure, havukamo indwara nyinshi nka diabete, umutima, cyangwa umuvuduko w'amaraso. Ibi ni ibintu by'ingenzi rero byagufasha kugabanya ibinure.

### 1. Icyayi cy'umwimerere (Green tea)

Icyayi cy'umwimerere cyiba gifite ibara ry'icyatsi kibisi, ariyo mpanvu bacyita "green tea". Iyo ushaka kukinywa nta sukari ushyiramo kugira ngo kigirire akamaro umubiri. Abakinywa rero ngo bagabanya calories 78 mu masaha 24. Uretse kugabanya ibinure mu mubiri, ngo icyi cyayi kiri muri bimwe birinda indwara za cancer, nkuko byagaragajwe n'abaganga bo muri Canada.

### 2. Gukora sport

Imyitozo ngorora mubiri ni ingenzi mu buzima, kuko ituma umubiri usohora imyanda, kandi n'ibinure bikayaga. Sport si ngombwa kuyikora nk'uwabigize umwuga, kuko ushobora kugenda n'amaguru, kwiruka, koga, gutwara igare, cyangwa n'ibindi byose bituma umubiri wawe ukora bihagije. Ni byiza rero gushaka umwanya wa sport, niba ushaka kurwanya umubyibuho ukabije.

### 3. Kunywa amazi

Umubiri wacu igice kinini kigizwe n'amazi, niyo mpanvu dukwiye kuyanwa kuko ari ingenzi cyane. Mu biribwa dufata buri munsu, amazi afasha umubiri gufatamo ibikenewe, ibikenewe, bityo bigatuma ibinure cyangwa indi myanda idakenewe isohoka mu mubiri. Kunwa nibura 1.5 L ku munsu byagufasha cyane mu buzima.

### 4. Kwirinda inzoga

Kubera alcool, amayoga atuma umubiri wacu utabasha kuyungurura neza ibinure, kuko inzoga ziwunaniza. Iyo uriye rero ibintu bikungahaye ku mavuta, ukarenza ho akayoga, amavuta menshi yigira ku mayunguyungu, ibinyenyanza bikiyongera. Uretse nibyo kandi inzoga inaniza umwijima n'urwagashya, bigashobora guteza za cancers cyangwa diabetes.

## Ibi ni ibiribwa byagufasha guhashya umubyibuho

### 1. Kurya amafi

Amafi ni kimwe mu biribwaby'ingenzi mu mubiri wacu, kuko nta binure byangiza umubiri zigira. Kurya amafi bigabanya indwara ziterwa n'umubyibuho mwinshi ku kigereranyo cya 35%, nkuko bigaragazwa n'inzobere zo muri kaminuza ya Harvard muri Amerika. Abantu barya amafi kandi ngo babaho kurenza imyaka 2,2 ku batayafungura.

Hari byinshi byadufasha kurinda umubiri wacu, ariko ibi nibyo by'ingenzi kandi byoroheye buri wese kubikora. Kubera ko imirire yacu, ari nayo igaruka ikatwicira ubuzima, ni byiza kugenzura ibyo dufata ngo tugumane umubiri mwiza.

### 2. Kurya amagi

Bamwe batekereza ko amagi aribwa n'abazungu, ariko afiteye akamaro kanini umubiri wacu. Amagi afite intungamubiri nyinshi, akaba anafasha umubiri gucunga neza igipimo cy'isukari mu maraso. Amagi kandi akungahaye kuri acide amine ifasha umwijima gukora neza.

### 3. Ibirayi

Ibirayi ni igihingwa kiboneka henshi mu gihugu cyacu, kandi buri muturage wese ashobora ku gihaha ku isoko. Abenshi bakunda kurya ibirayi bitetse ifirite, cg mu mavuta (saut ée), ariko ngo biba byiza kubitogosa, kuko ikirayi gitogosanyije ibishishwa kiba gikungahaye kuri proteins, kuburyo umuntu ubiriye ntaho ahurira n'umubyibuho.

### 4. Amadegede

Mbere iyo umuntu yatekaga amadegede ngo yabaga yakennye, ariko siko bimeze, ahubwo ubanza ari ukubera ko hari abadasobanukiwe akamaro kayo. Amadegede afite amzai menshi, afasha umubiri guhora utoshye, kandi akirukana amavuta. Afasha kandi kurwanya cholesterol, kandi akarinda indwara z'ubuhumyi.

### 5. Ibishyimbo

Abenshi bazi ko kurya inyama ariko kurya neza, ariko burya ngo ibishyimbo ni byiza cyane mu buzima, kuko birimo za proteins, n'indi myunyu ifasha umubiri kugabanya isukari mu maraso. Biri mu bitera imbaraga, kandi bitabyibushya umubiri.

### 6. Ibinyampeke

Ibinyampeke ni bimwe mu bihingwa bikunze guhingwa mu gihugu cyacu, nubwo usanga ababirya Atari benshi cyane. Iyo uriye ibinyampeke bitandukanye, bituma wunva umaze umwanya munini uhaze, bityo bigatuma utakongera kurya. Ibi rero bishobora gutuma ugabanya ibiro, nubwo abantu batabikunda, kuko baba bashaka kurya kuri buri ndyo yateguwe.

Urutonde ni rurerure, ariko ibi nibyo biribwa by'ingenzi biboneka mu gihugu cyacu, kandi buri muntu wese ashobora kwigondera. Ibi ni ibiribwa, ubutaha tuzabagezaho n'imbuta zifasha kurwanya umubyibuho ukabije. Gusa nyuma y'ibi byose ujye wibuka gukora na sport.

*Byakuwe kurubuga "www.umuganga.com" na Sinzinkayo Etienne*





# INGANZO N'ABAHANZI

## UMUHANZI TOM CLOSE

Tom Close yavutse tariki ya 28 Kanama 1986, avukira ahitwa Masindi muri Uganda, ari naho yashoboye kwigira amashuri y'ikiburamwaka (nursery school). Nyuma yaho umuryango we uza kwimukira mu Rwanda aho yatangiye amashuri ye abanza muri Remera Academy hanyuma ajya kuri La Colombiere ari naho yaje kurangiriza amashuri abanza.

magambo “ Beefs nje sinziha agaciro, n’abazikora nje ndabanenga, beefs izi dufite mu Rwanda nta mpamvu yo kugira ngo zibeho, mba mbona zidakwiriye kubaho, ni byiza ko twigana ibintu byo hanze ariko iyo ari byiza bidufitiye akamaro atari ibi byo kudusenya, igihugu cyacu cyanyuze mu byinshi bibi.



### Tom Close n’umuntu utuje cyane

Tumubajije niba we ku giti cye yagirana itiku n’undi muhanzi yaratubwiye ati “ Njye niyo nagirana ikibazo n’undi muhanzi twakigirana nk’uko nakigirana n’undi muntu bisanzwe, niba hari inyungu duhuriyeho runaka ugashaka kubangamira izanyije, birumvikana ko ndi umuntu habamo kutumvikana ariko ntabwo nabivanga n’umuziki wanjye ngo mfate umwanya wanjye nandike indirimbo, mvune producer hejuru yo kugirango ntange ubutumwa ku muntu umwe twagiranye icyo kibazo, nkora indirimbo kugira ngo ishimishe abantu benshi”. Nyuma twaje no kumubaza ku kintu abantu benshi bakunda kwibaza niba hari isano iri hagati ye n’umuhanzi THE BEN. Yatubwiye ko usibye ubushuti bafitanye hanze bukomeye cyane no kuba barahuriye mu muziki, ari n’umuvandimwe we, kuko mama wa The Ben ari murumuna wa mama we, ukuyemo ubwo buvandimwe n’ubusanzwe ni abantu b’inshuti cyane nkuko mwakunze no kubibona mu bihangano bagiye bashobora gushyira hanze bafatanyije. Ku bijyanye n’umuziki nyarwanda yadutangariye ko uko abibona abona ko ugeze ku ntera ishimishije ukurikije aho wahereye, abaririmba Hip Hop barabizi na RnB nabo baririmba neza...usanga umuziki nyarwanda warazamutse vuba , ariko ko ugereranyije n’ibindi bihugu duturanye asanga hakiri intambwe yo gutera ati :“Njye ku giti cyanjye mbona niba hari intambwe ijana ngoma gutera, maze gutera enye gusa”. Ariko icyo yifuza ko abahanzi nyarwanda bakwibandaho ni ubutumwa batanga mu ndirimbo zabo, kuko indirimbo nziza zishakira abafana. Muri iyi minsi uyu muhanzi aherutse gushyira ahagaragara album ye ya gatatu yise Ntibanyurwa. Iyi album ikaba ije ikurikira iyo yise Kuki na Sibeza. Mu gushyira hanze iyi album, umuhanzi Tom Close yazanye umuhanzi ukunzwe mu karere aka Afurika y’I Burasirazuba ariwe Kidumu. Yanazanye kandi abahanzi bakunzwe nka Weasle na Radio. Uyu muhanzi kandi yegukanye igihembo ntageranwa cya Primus Guma Guma Super Star, nuko ahabwa miliyoni 6 z’amanyarwanda, gukorana indirimbo na Sean Kingston no gusinyana amasezerano y’umwaka na BRALIRWA. Mu rwego rwo gutegura neza iryo sohoka ry’iryo album yashyize hanze website ye izajya inyuraho amakuru ye ndetse n’ayabandi bahanzi b’inshuti ze yitwa [www.tomcloseonline.com](http://www.tomcloseonline.com) .Mu ba producers akunda gukorana nabo yatubwiye mo Pastor P, Maurix ndetse na Nicolas akaba ari abantu bamufasha cyane mu muziki we. Twashoboye kandi no kumubaza ku byerekeranye n’ukuntu abahanzi bamwe mu Rwanda bataramenyekana cyane bigira ibibazo bikomeye byo kubura umuntu ukina indirimbo zabo ku ma radio, yatubwiye ko ibyo bibaho ariko nayo ari intambwe ibaho mu muziki ati :“Nanjye indirimbo zajye zose si ko zashoboye kunyura kuri radio.”Akomeza agira ati :”Tugomba kugerageza gukora indirimbo nziza zishoboka kuko indirimbo iyo ari nziza ntishobora kubura uyikina kuriradio.”

Mu buzima bwe akiri umwana muto ntabwo yari aziko azashobora kuba umuririmbyi ukomeye kuko yakundaga gukina no gukinisha udukinisho nk’abandi bana akaba kandi yarashoboraga no gukora utuntu dutandukanye tw’abana nk’utumodoka twi’imikwege n’ibindi kandi agakunda no gushushanya. Mu mpera z’amashuri abanza niho yaje kwinjira muri Chorale nk’umuririmbyi kandi amaramo iminsi, ni naho yaje gukundira ibintu byo kuririmba, akiri muto kandi yakundaga abahanzi nka R.Kelly ndetse na Michael Jackson, ariko kugeza n’ubu indirimbo akunda kumva cyane kurusha izindi akaba ari iza Lucky Dube, ariko agakomeza no gukunda R.Kelly nk’umuhanzi umurutira abandi. Abo bakaba aribo bahanzi batumye akunda umuziki akumva umunsi umwe nawe azagomba kuririmba.

Nyuma yo kurangira amashuri ye abanza yaje gutangira ayisumbuye ahitwa Kiziguro Secondary School mu ntara y’Uburasirazuba aza no kwiga kuri Lycee de Kigali ari naho yarangirije amashuri yisumbuye muri 2004, Mbere yo kuza Kwiga muri Kaminuza Nkuru y’u Rwanda.

Arangije amashuri yisumbuye ari mu biruhuko nibwo yatangiye kwinjira cyane mu muziki atangiza groupe yitwaga “Afro Saints” yari igizwe na we ubwe n’abandi basore batatu, bakaba ariko nta ndirimbo nyinshi bashoboye gushyira hanze, Tom Close yari yitaye cyane kuri muzika kurusha abandi baririmbyi biyo groupe hanyuma haza no kubamo ikibazo cy’uko yari aje gutangira kwiga muri kaminuza byatumye iyo groupe ihagarika kuririmba ari nabwo Tom yahise atangira kuririmba ku giti cye (wenyine) . Mu buzima bwo hanze Tom Close akaba ari umuntu utuje, ukunda cyane gutanga no kumva ko hari akamaro ashoboye kugirira mugenzi we, agakunda ishuri hanyuma no guhimba cyane cyane indirimbo. Muri kamere y’ubuhanzi ye afite n’impano yo gushushanya cyane cyane inkuru zishushanyije ( Bande Dessiné) mu bandi bahanzi bamuha inspiration muri iyi minsi ni nka Chris Brown hamwe na Lil Wayne. Tom Close kandi yashoboye kutubwira ku kibazo kiri mu Rwanda cyo kugirana ibibazo hagati y’abahanzi dukunze kwita “Beef” , mu kumubaza uko abibona yatubwiye muri aya bintu byinshi ahanini bishingiye mu guhangana kandi ntacyo byamaze usibye kudusenya, mu Rwanda ntabwo leta yumva cyane umuziki nyarwanda ku buryo iyo hajemo beefs bituma abayobozi badutera ikizere (Credibility) ni ngombwa kubanza kubaka umuziki nyarwanda ugatera imbere tukamenyekanisha igihugu cyacu”.

# AMAKURU Y'IMIKINO

Rwanda 2-0 Congo Brazza.(2-2 Aggr, Pen 4-3)

*Ibitego bya Meddie Kagere na Ndahinduka Michel ndetse n'ubuhanga bw'umunyezamu Ndayishimiye Jean Luc Bakame bifashije u Rwanda kwandikisha amateka rujya mu matsinda yo gushaka itike yo kujya mu gikombe cya Afurika kizabera muri Marooc umwaka utaha.*

Ni umukino u Rwanda rwagiye gukina rudahabwa amahirwe nyuma yo gutsindwa ibitego 2-0 ku mukino ubanza wabereye i Pointe Noir mu byumweru bibiri bishize.

Uyu wabereye kuri stade ya Kigali i Nyamirambo, Amavubi yawihariyekuwa mu ntangiriro, gusa amahirwe make atuma igice cya mbere cy'umukino kirangira ari 0-0.

Photo Ruhago vacu

Photo Ruhago vacu

Mu gice cya kabiri, Amavubi yongeye imbaraga mu busatirizi ndetse atangira gushakisha igitego cyari buhindure amateka y'iyi kipe yari itarava inyuma ngo isezerere ikindi gihugu yaratsinzwe 2-0 ku mukino ubanza. Iminota irindwi yaje guhira Amavubi ubwo ku munota 56 wa umukinnyi Sina Jerome yazaga kuzamukana umupira neza agaca ku bakinnyi batatu ba Congo akawushyikiriza Meddie Kagere wawuteretse ku kaguru ka Michel Ndahinduka Bugesera.

Mu gihe Congo Brazzaville yari ikishakisha ngo irebe ko yakwishyura, myugariro w'iyi kipe yaje kwihera impano Meddie Kagere ubwo yashakaga gushyikiriza umupira umunyezamu maze uyu rutahizamu wahozwe muri Rayon Sports akamuca murihumye agahugurutsa abafana atsinda icya kabiri ku munota wa 63.

Ikiye ya Congo Brazzaville yabonye ko itari yereje uyu wa gatandatu, ubwo inshuro ebyiri ba rutahizamu bayo bagiye basigarana n'umunyezamu Bakame ariko bagahitamo kumwihera umupira undi bakawutera umutambiko w'izamu ari nako amahirwe y'u Rwanda ziyongera.

Umukino waje kurangira ari ibitego 2-0 bivuze ko amakipe yombi yanganyaga ibitego nyuma y'imikino ibiri. Amategeko ya CAF akaba yemezaga ko umukino ugomba gukizwa na penaliti. U Rwanda rwaherukaga gusezererwa na Etiyopiya kuri iki kibuga, rwagiye gutera izi penaliti rubizi ko intsinzi yahindura byinshi ku mateka y'iki gihugu.

Tubane James na Jimmy Mbaraga binjiye mu kibuga ku munota wa 90, bashoboye kwinjiza penaliti zabo ebyiri za mbere mu gihe umunyezamu Bakame yari yashoboye gukuramo penaliti ya mbere ya Congo Brazzaville. Meddie Kagere yagaruriye icyizere Congo ubwo yahushaga penaliti ya gatatu maze nubwo Emery Bayisenge yatsinze iya kane, byatumye amakipe ajya gutera penaliti ya gatanu anganya 3-3.

Abanyarwanda batangiyeye gutekereza ko CAN na yo bashobora kuyijyamo ubwo Congo Brazzaville yahushaga penaliti ya gatanu gusa Haruna Niyonzima ntiyashoboye kungukira muri ibi kuko penaliti ye yayiteye hanze. Umunyezamu Bakame yaje kongera guhugurutsa abanyarwanda akuramo penaliti yari iya gatandatu ya Congo Brazzaville maze Sibomana Patrick Papy atsinda iy'intsinzi yari iya kane yatumye u Rwanda rukomeza mu mikino y'amatsinda. U Rwanda rukaba rwerekeza mu itsinda A hamwe na Nigeria, Afurika y'epfo na Sudani. Amakipe abiri muri buri tsinda ni yo azerekeza mu gikombe cya Afurika kizabera muri Marooc umwaka utaha wongeyeho n'amakipe ya gatatu azaba yitwaye neza mu matsinda yose.

## Uko imikino yo mu matsinda iteganyijwe mu ITSINDA A

1. Tariki ya 5-6 Nzeli 2014, Nigeria vs Rwanda. 2. Tariki ya 10 Nzeli 2014, Rwanda vs Sudani. 3. Tariki ya 10-11 Ukwakira 2014, Rwanda vs Afurika y'Epfo. 4. Tariki ya 15 Ukwakira 2014, Afurika y'Epfo vs Rwanda. 5. Tariki ya 14-15 Ugushyingo 2014, Rwanda vs Nigeria. 6. Tariki ya 19 Ugushyingo 2014, Sudani vs Rwanda

*Gusa amakuru avuga ko Amavu yasezerewe muri aya marushanwa kubera gukinisha umukinnyi Dady BIRORI kubera amazina anyuranye tuzayabagezaho vuba*

# UTUNTU N'UTUNDI

## Waba wari uzi Umuntu waremereye kurusha abandi ku isi muri iki kinyejana?

*Manuel Uribe umugabo waciye agahigo ko kuba ariwe muntu wari uremereye kurusha abandi bantu bose ku Isi yashizemo umwuka ku myaka 48, yitabye Imana apima ibiro 393, akaba yari amaze kugabanya umubyibuho we kuko yaciye agahigo apima 557kg, hari mu 2006 ubwo yahabwaga 'certificate' na Guinness World Record.*



Manuel Uribe wari uremereye kurusha abandi ku isi

Uribe yari amaze imyaka myinshi aba mu buriri bwe kuko atashoboraga kwigenza. Umwe mu bemeje inkuru y'urupfu rwe yavuze ko tariki 02 Gicurasi aribwo uyu mugabo munini yajyanywe kwa muganga kubera gutera kudasanzwe kw'umutima we.

Usibye ibibazo by'umutima uyu mugabo ngo yari anafite ibibazo by'umwijima.

Nubwo abyibushye bitangaje Uribe yashatse umugore witwa Claudia Solis mu 2008 ndetse banakora ubukwe, kuri uyu munsu ni mu nshuro nke yabashije kuva aho aba akajya ahandi hantu.

Nyuma yo kwitabwaho cyane mbere y'ubukwe bwe Uribe yari amaze gutakaza ibiro 249, ndetse yari yizeye ko ku munsu w'ubukwe bwe azabasha guhaguruka agatambuka ariko ntibyashobotse kuko birori byabaye ari kuburiri.

Mu gihe cy'ubukwe bwe Uribe yaraturitse ararira asoma cyane umugore we ababazwa cyane no kuba atarabashije gukata umutsima wari wateguwe imbere y'abatwira 400. Uko iminsi yagiye ishira umugeni ntiyabashije kwihanganira gukomeza kubana n'uyu mugabo utarashoboraga kugira ikintu amumarira mu buryamo, umugore yaje kwaka gatanya, bibabaza cyane umugabo.

Umubyibuho ukabije wamuhereye cyera kuko mu gihe yari mu myaka 17 yapimaga ibiro hafi 120. Mu gihe kandi ngo yaryaga indyo isanzwe kimwe n'abandi banya Mexique bose.

Kuva mu 2002 umubyibuho wamurushije imbaraga umuheza mu buriri asigara atunzwe n'umubyeyi we (nyina) n'inshuti mu kumugaburira no kumukorera isuku.

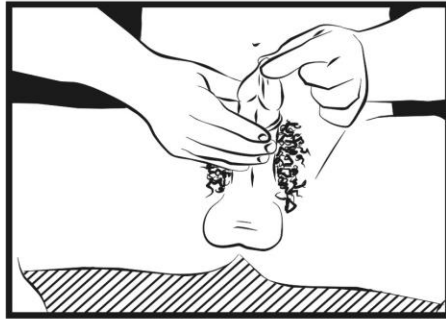
## Koresha agakingirizo igihe cyose ukoze imibonano mpuzabitsina



1. Fungurana ubwitonzi agafuniko hanyuma ukuremo agakingirizo



2. Ambara agakingirizo igihe igitsina cyafashe umurego.



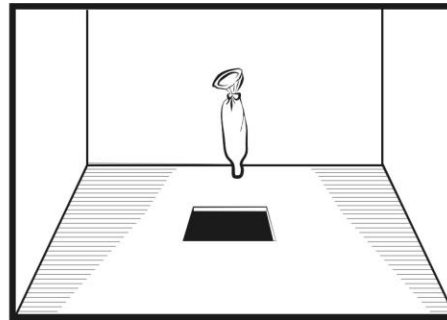
3. Kanda umutwe w'agakingirizo kugirango umwuka usohoke



4. Zingurira agakingirizo ku gitsina kugera aho gitereye



5. Ushobora none gukora imibonano mpuzabitsina. Ntiwibagirwe gufatira agakingirizo aho igitsina gitereye mu gihe umugabo yiyaka umugore iyo imibonano mpuzabitsina irangiye.



6. Nyuma yo gukoresha agakingirizo, kajugunye aho abantu batagera. Ntanarimwe agakingirizo gashobora gukoreshwa incuro irenze imwe

Iyo udakoresheje agakingirizo uba ushyira mukaga ubuzima bwawe n'ubwa mugenzi wawe.

Ivuriro rishobora kubaha udukingirizo



**TRAC Plus**

Center for Treatment and Research on AIDS, Malaria, Tuberculosis and Other Epidemics



## MENYA KANDI USOBANUKIRWE BYINSHI KU CYOREZO CYA EBOLA

Icyorezo cya Ebola kitagira umuti n'urukingo kikaba muri iyi minsi kibasiye bimwe mu bihugu byo muri Afurika cyamenyekanye bwa mbere ahagana mu mwaka wa 1976 mu gihugu cya Sudani na Congo aho abarenga 1000 banduraga ku mwaka.

Ebola ni icyorezo giterwa na Virus yitwa Ebola. Ibimenyetso byayo birimo guhinda umuriro, kubabara mu muhogo, kubabara ingingo, kubabara umutwe, isesemi, kuruka, guhitwa bitangira kugaragara ku muntu hagati y'iminsi ibiri n'ibyumweru bibiri nyuma yo kwandura, bigakurikirwa no kudakora kw'umwijima n'impiko, bihita bitera kuva amaraso menshi ahari umwenge hose ku mubiri.

Iyi ndwara yandura igihe amaraso cyangwa amatembabuzi ayo ariyo yose ava ku mubiri nk'icyunzwe, amarira, ibyuya by'uwanduye bihuye n'iby'utanduye. Inyamaswa zanduye, cyane cyane nk'inkende n'ibisa nayo ndetse n'uducurama byanduza cyane iyi ndwara nk'uko bigaragara ku rubuga rwa Wikipedia.

Ibivugwa kandi ko iyi ndwara ishobora kwandurira mu mwuka ntabwo biremezwa, gusa ikizwi ni uko uducurama two dushobora kwanduza iyi ndwara ariko yo ntigire icyo idukoraho nubwo twaba tuyifite. Iyo umuntu umwe yanduye iyi ndwara, bikaba bishoboka cyane kwanduza abandi bamwegereye.

### Ebola yigeze kwitwa Zaire Virus

Ebola ikiboneka yabanje kwitwa Zaire Virus, nyuma abahanga basanga ikomoka ku zindi virus enye ziswe;

Bundibugyo virus (BDBV)

Ebola virus (EBOV)

Sudan virus (SUDV)

Tai Forest virus (TAFV).



Uburyo iki cyorezo gikwirakwira ntabwo burasobanuka bwose neza, ariko ikizwi cyane ni uko guhura cyangwa gukoranaho kw'uwanduye n'utanduye hakabaho guhura kw'amaraso cyangwa amatembabuzi byanduza.

Uwanduye abuzwa cyane kugendagenda, ndetse umurambo w'uwanduye ntugomba gukorwaho kuko abaganga bavuga ko nawo ushobora kwanduza, bityo ushyinguranwa ubwitonzi, abaganga batambaye ibyangombwa byose bibarinda kwandura nabo barandura.

Muri iyi minsi ishize, abaganga babiri bavuraga indwara ya Ebola yadutse mu burengerazuba bwa Afurika bitabye Imana bazize iyo ndwara.

Kwandurira mu mwuka ntabwo biremezwa neza kugeza ubu, gusa igipimo cy'umwuka cya 0.8 kugera kuri 1.2 micrometre ngo gishobora gufatwa nk'agatonyanga gashobora kwanduza. Abahanga bavumbuye mu minsi ishize ko zimwe muri virus zatanga Ebola zishobora kuva mu mwuka w'ingurube zikagera ku biremwa bimeze nk'abantu.

### Igikorera uwafashwe na Ebola

Mu kuvura umurwayi wa Ebola, icyo bakorera bwa mbere ni ukumushyira mu kato, kumusuzuma no kubanza kumuvura indwara zigira ibimenyetso nk'ibya Ebola harimo nka; Malaria, Cholera n'izindi. Iyo amaze kuvurwa ibi, hakurikiraho gufasha urwaye iyi ndwara kugirango umubiri we ntushiremo amazi n'amaraso, kandi iyo yitaweho vuba, amahirwe yo gukijira aba ahari.

Abaganga bavura abafashwe na Ebola basabwa kwirinda cyane ko hari aho bahurira n'umubiri w'uwanduye.

Abaganga bavura abafashwe na Ebola basabwa kwirinda cyane ko hari aho bahurira n'umubiri w'uwanduye.

Nta muti w'iyi ndwara kugeza ubu uraboneka, abarwaye bafashwa gusa bahabwa amazi arimo umunyu n'isukari cyangwa bagaterwa za serumu.

Mu kwirinda iyi ndwara harimo; kwirinda cyane inyamaswa nk'inkende n'ingurube ko bikora ku bantu. Ibi ngo bikorwa hasuzumwa neza izi nyamaswa niba zitaranduye, basanga zaranduye zikicwa zikajugunywa mu byobo byabugenewe. Inyamaswa cyangwa umubiri w'umuntu wanduye wapfuye nawo uririndwa cyane kuko ushobora kwanduza.

Mu kwirinda kandi abarya inyama basabwa kuziteka neza, gukaraba neza intoki kwambara uturinda ntoki, ndetse no kwirinda gukorakora imyenda cyangwa ibindi bintu bishobora kuba birimo amatembabuzi y'undi muntu.

Ibi byose bigakorwa mu gace gakekwamo umuntu cyangwa inyamaswa yanduye.

Iyi ndwara yica mu buryo buri hejuru kuko hagati 50% na 90% by'abanduye ibica. Abahanga bakomeje kugerageza gushaka urukingo rw'iyi ndwara, ariko ntiruraboneka.

### **Gukunda inyama kw'abantu nibyo nyirabayazana wa Ebola**

Abahanga bavuga ko Ebola ari indwara y'inyamaswa zo mu mashyamba (forets equatoriales), ubuhigi no kurya inyama z'inyamaswa zo mu bwoko bw'uducurama niho bikekwa ko Ebola yavuze iza mu bantu.

Inyoni zitandukanye zo mu bwoko bw'uducurama kugeza ubu nizo zivugwaho kuba ikigega cy'iyi virus ya Ebola. Uducurama ngo nitwo twa mbere twabonetseho iyi ndwara ahagana mu 1976 kandi ngo nitwo twanduje izindi nyamaswa zimeze n'abantu, inyamaswa zororwa n'abantu kugera no ku bantu aho iyi ndwara ihita yihuta cyane.

Mu isuzuma ryakorewe ku ducurama basanze two dushobora kwibanira na Virus ya Ebola nta nkomyi. Mu 2002 - 2003 basuzumye ibisimba 1030 harimo uducurama 679 two muri Gabon na Congo basanze 13 muri utu ducurama twibanira na Ebola nyuma bayisanga no mu tundi twinshi mu bindi bihugu.

*Hagati ya 1976 na 1998 ibisimba 30 000 birimo ibikururanda, inyoni zitandukanye n'ibindi by'amo ko atandukanye byasuzumwe mu mashyamba yo muri Africa yo hagati basanze bimwe na bimwe bifite ibimenyetso byo kugira virus ya Ebola, nko mu nkende, za makaku, ibitera, nabyo ngo biba isoko yo kwanduza abantu.*

*Ubusanzwe kwanduzanya hagati y'inyamaswa n'abantu ntibiba kenshi, ariko iki cyorezo icyo kigeze mu bantu kirihuta cyane gukwirakwira.*

*Mu bice bimwe na bimwe bya Africa y'iburengerazuba, harimo n'aho iyi ndwara iri kuvugwa ubu, uducurama n'ibindi bisimba bikekwaho mu byibanira na Ebola biraribwa cyane, aho babyotsa cyangwa bakabitekamo inyama bisanzwe bakanywa n'amasosi. Kwandura muri bene ubu buryo ngo biroroshye cyane.*

### **Mu Rwanda Ebola ntirahagera, ariko baryamiye amajanja**

*Muri uyu mwaka wa 2014 nibwo Ebola yagaragaye cyane kurushya indi myaka yose, aho abarenga 1711 babarwa ko banduye mu bihugu bya Guinea, Sierra Leone, Liberia na Nigeria.*

*Iyi ndwara ya Ebola n'ubwo ikiri kure y'u Rwanda, uburyo yandura n'uburyo yica biteye inkeke, kuburyo Abanyarwanda bakwiye gushyira imbaraga nyinshi cyane mu kuyikumira, ndetse bakantategura imbaraga zihagije zo kuyirwanyana mu gihe yaba igeze mu Rwanda.*

*Minisiteri y'ubuzima itangaza ko yiteguye guhangana n'iki cyorezo mu gihe cyaba kigeze mu Rwanda, ko ndetse yaba ibikoreho, yaba n'abakozi bahuguriwe kurwanyana iki cyorezo bateguwe. Ifoto: [www.medicaldaily.com](http://www.medicaldaily.com)*

### **GORORA IMBAYU**

Umugabo yagiye kubatizwa, pateur armwigisha ati: ukijijwe agomba kugendera kure y'ibibi byose, ubusinzi, ubusambanyi, kubeshya n'ibindi byose byagutandukanya n'Umwami. Noneho aramufata amudubika mu mazi bwa mbere, ubwa kabiri, ubwa gatatu ati" kuva ubu ubaye iyaremwe gishya, wiswe Zakariya" Undi nawe atashye, areba muri frigo abonamo Primus arayifata ayidubika mw'ibase bwa mbere, ubwa kabiri, ubwa gatatu ati:" kuva ubu ubaye icyaremwe gishya, wiswe yaourt.