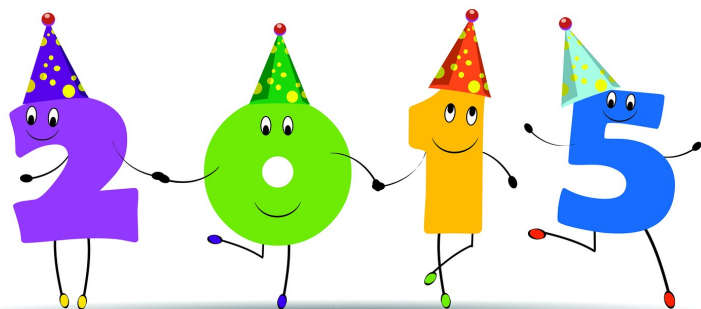




Kurengera ibidukikije nibwo buzima bwiza



Dore turi mu irembo ry'umwaka 2015 ni umwanya wo kwikorera isuzuma ry'ibyiza twagezeho no kwikubita agashyi aho twasitaye, ndetse ntitwibagirwe no gufata ingamba nshya.

Amahirwe nicyo cyifuzo cyacu kuri mwe

Kurengera ibidukikije ni bwo buzima bwiza



Ibidukikije si umutako ni Ubuzima

Ibidukikije ni urusobe rw'ibintu bigizwe n'ibidukikije kamere n'ibiva ku bikorwa bya muntu. Birimo imiti y'ubutabire, urusobe rw'ibinyabuzima ndetse n'ibikorwa by'ubukungu n'imibereho y'abantu, ibirebana n'umuco, ubwiza ndetse n'ubumenyi bishobora kugira ingaruka ziziguye cyangwa zitaziguye, z'ako kanya cyangwa zitinda, ku majyambere y'ahantu, ku binyabuzima no ku bikorwa by'umuntu.

Ibidukikije kandi bigizwe n'ubutaka, ikuzimu, amazi, umwuka, urusobe rw'ibinyabuzima, imisozi n'ibibaya, ahantu nyaburanga n'inyubako karemano.

Naho ibidukikije biva ku bikorwa bya muntu biva ku bikorwa by'umuntu ni imitunganyirize y'ahantu ijyanye n'imibereho ye. Bigizwe n'ibyangiza n'ibitangiza. Ibyangiza bigizwe n'ibihumanya, imyanda, imyanda iteza impanuka, inyubako n'ubuhumane; naho ibitangiza bigizwe n'ibikorwa bigamije gukungahaza no kugabanya ingaruka mbi ku bidukikije nko gutera amashyamba, gutegura aho abantu baruhukira no gukoresha ikoranabuhanga rigamije kugabanya ingaruka



Imiturire myiza ni iberanye n'ibidukikije

za muntu ku bidukikije.

Waba ukeneye byinshi ku bidukikije nawe sura urubuga rw'ikigo cy'igihugu gishinzwe kubungabunga ibidukikije (REMA) kuri : REMA kuri http://www.rema.gov.rw/rema_doc/Laws/Environment%20Organic%20Law.pdf.

Kwita ku bidukikije byaba karemano cyangwa ibyakozwe n'abantu ni inyungu ya buri wese kuko iyo utabyitayeho byo biraguhana kuko uko byamera kose bizana ingaruka za vuba cyangwa zitinze, mu buryo buziguye cyangwa butaziguye.

Ni ahanyu kwita no ku guharanira kurengera ibidukikije kuko kubyitaho ari uguharanira iterambere rirambye rizira ingaruka zitandukanye zatezwa no kubyangiza.

Ibidukikije bikubiyemo ibice bibiri, birimo ibidukikije kamere cyangwa karemano umuntu atagizemo uruhare urugero nk'imisozi, inyoni, ibirunga, ibiyaga karemano, inzuzi karemano, n'ibindi, n'ibiva ku bikorwa bya muntu cyane cyane bishingiye ku mitunganirize y'ahantu aba, bijyanye n'imibereho ye. Nta majyambere arambye yagerwaho, ibidukikije bitabungabunzwe.

Niyo mpamvu, buri wese asabwa kugira gahunda iye mu kubungabunga ibidukikije, buri wese akumva ko kubungabunga ibidukikije bimureba kandi inyungu na we ari ize, bityo akagira uruhare rugaragara mu kubirengera.

Ibidukikije ni iki ? .



Nta wangiza ibidukikije ngo asigare



Ni akaga gakomeye ahirengagijwe ibidukikije



Umwaka Mushya muhire uzakubere uw'ubukire

None dore umwaka urashize kandi n'undi uratashye twongere twishime ntidusesagure, dushimire Imana nyagasani yaduhaye aya mahirwe. Ndbizi ko abenshi muketse ko ndi kuririmba. Reka dukomeze ariko se na none ko umwaka washize ubu izo

mpanuro zatumarira iki? Ariko ntarirarenga burya ngo iminsi ihora ibarijwe intebe, bityo rero twisubiremo turebe uko twitwaye maze twisubireho dufate ingabo n'ingamba dukomeze urugamba rw'iterambere, nibutse akantu kandi nkakubwiye nawe wagakuraho inama maze tukarushaho guhuza urugendo, mperutse guhura n'umujene wisobanukiwe maze yiremamo kuba umukire. Ngo bimeze bite rero yagize atya, akura

amaboko i Mufuka arapfukana akorera kwiteza imbere, Imana imuba hafi sinakubwira, yirinda ibishuko n'ibiyobyabwenge, ijisho arihata intego, intero ayigira NDI UMUKIRE umukino arawureka, kuryama abigira gake sinakubwira, ntibwakeye kuri konti ahasanga miliyoni, abamubonye bamuseka akabasekera mu ndiba y'umutima, bwarakeye ahabwa imidari mu ruhame abayobozi bamushimira iyo ntego, abamusekaga ubu bamugize umujyanama nawe rero uyu mwaka wugire irembo ry'ubukire tsee!!!! Urakire rungano **ubwanditsi**

UBUMENYI N'IKORANABUHANGA

Umuyoboro wa interineti wa 4G ni iki ?



U Rwanda rwatangiyeye gukoresha umuyoboro wa interineti wo mu rwego rwo hejuru wa 4G mu Ugushyamba 2014, ikoreshe "Wireless" (umuntu ayikoreshe atiriwe akenera umugozi wa interineti); akaba ari interineti yihuta kandi itekanye ku rwego rw'isi.

Muri rusange inyuguti 'G' igaragara inyuma y'umubare 1, 2, 3 cyangwa 4

isobanura "Generation", ni ukuvugira igihe cy'imyaka 10 kuva muri za 1980 ubwo ikoranabuhanga ry'itumanaho rya 1G ryavumburwaga.

Imyaka ya za 80 yari igihe cya 1 ni ukuvugira 1G, hanyuma muri 1992 nibwo ikoranabuhanga ryatangiyeye kuva muri "analogue" rijya muri "digital" hahita hazwa 2G.

Ibi byakurikiye n'uko mu 2001 abantu batangiyeye kumva amajwi n'amashusho kuri internet, byitwaga 3G cyangwa igihe cya gatatu. Iki gihe cyaje gusimburwa na 4G LTE yatangiye kuvugwa mu 2011 iza izanye impinduka ku mikorere ya 3G. Igihe runaka cy'ikoranabuhanga ry'itumanaho gisimburwa iyo havumbuwe impinduka nyinshi zihindura ku buryo bugaragara ikoranabuhanga abantu bari basanzwe bagenderaho.

uri ubu u Rwanda ku bufatanye n'ikigo cy'ikoranabuhanga cya Koreya y'Amajepfo batangiyeye gahunda yo kuzana mu gihugu umuyoboro wo ku rwego rwa 4G.

Gusa uru rwego rwa 4G ntirwuzuye ahubwo ruracyiyubaka akaba ari nayo mpamvu bakoresha izina "4G LTE" (4 Generation Long Term Evolution).

4G LTE

Nk'uko yari yavuzweho ku buryo burambuye haruguru, 4G LTE ni icyiciro cya 4G kigezweho muri iki gihe ariko kitaruzuzwa ibisabwa ngo cyitwe 4G burundu. Biteganyijwe ko hazatangazwa ikoranabuhanga rya 4G igihe ITU izemera ko iryo koranabuhanga ryujuje ibisabwa.

Saidi NIYONZIMA

Inkomoko y'izina “Kivuruga”, umurenge wo mu Ntara



Nkuko tubikesha igihe.com “Kivuruga” ni izina ry’umwe mu mirenge igize Akarere ka Gakenke mu Ntara y’Amajyaruguru. Umusaza Seneza uzi amateka yaho, arasobanura inkomoko y’iri zina. Hambere abantu bakoraga ingendo zikamara nk’iminsi ibiri cyangwa itatu bitewe n’uko nta modoka cyangwa ikindi kintu cyose cyo kubafasha mu ngendo zabagaho. Seneza avuga ko umugabo umwe yakozwe urugendo ava mu majyepfo agiye mu majyaruguru kwa nyirabukwe, ngo agerayo yananiwe

cyane. Ngo akihagera, nyirabukwe yahise yihutira kumushakira amazimano.

Kubera ko hambere, kwakira umukwe ari ibintu byitonderwaga uwo mukecuru yagiye gucunda amata mu mbere, ariko kuko umukwe yubahwaga bikomeye, umukecuru yakomeje gucunda kugira ngo umukwe we ataza kumvamo ibikeremanya maze akabagaya.

U mukwe yasigaye mu ruganiriro yaje kumva inzara yanze, kwihangana biramunanira abwira

abo mu mbere ati “Mu kivuruga ndapfuye, mu kivuruga rwose inzara iranyishe”. Umukecuru aho kuzana amata ngo amuramire araza aramureba ati “Ihangane mbanze nyatunganye ndaje, arongera asubirayo ajya kuvuruga maze umukwe yongera kuvuga ati “Mu kivuruga ndapfuye”.

Uwo mukecuru yakomeje gucunda ngo aze kuzimanira umukwe we amata atunganye maze aho ayazaniye asanga umukwe we inzara yamuhitanye.

Seneza avuga ko aho ari ho izina mu Kivuruga ryakomotse, kuko uwo mukwe yapfuye avuga ati “Mu Kivuruga ndapfuye”.

Ese abasobanukiwe amateka n’inkomoko z’amwe mu mazina y’ahantu mu Rwanda muremeranya na Seneza?

SIBOMANA Steve



**Rafiki Journal ibifurije umwaka
mushya muhire wa 2015 !**



Diamond umuhanzi wihariye imidari.



Nasibu Abdul Juma uzwi ku izina ry'ubuhanzi rya Diamond Platnumz afite 28 y'amavuko yavukiye ahitwa "Tandele" mu Muji wa Dar-es-Salam akaba ari imfura mu muryango wabo, ariko akomoka ahitwa Kigoma.

Uyu musore yatangiye umuziki mu 2009, atangira agaragaza ko ari indashyikirwa mu bijyanye na muzika n'ubu abantu batari bake ku isi bamuri inyuma mu byerekeye umuziki, ibyo twabihamirizwa n'ibikombe bitagira ingano amaze kwigwizaho nka BET Awards for Best International muri Afurika, MTV Europe Music Awards for Best African Act, Kora Awards, Channel O Music Awards, Tanzania Music Awards, Top Ten Tube Music Awards n'ibindi. Ntiyarekeye aho muri 2012, yabaye umuhanzi wa mbere muri Tanzania ndetse no muri 2013 atorerwa kuba umuririmbyi mwiza (Best singer of the year), gukundwa cyane kwatumye bamutumira mu birori byo gusozza irushanwa rya Big Brother Africa ku nshuro ya 7. Yewe amateka ya Diamond amaze kuba ibirometero. Uyu muhanzi akaba azi gukoresha ibyuma bya muzika birimo "Ingoma, gitari, Piano n'ibindi. Ndetse no mu byerekeye urukundo ntiyatanzwe kuko yakundanye n'ibyamamare nka Wema Sepetu, Oprah, Wema Jokate, Naj, Penny Mungiliwa bo muri Tanzania.

KANGABE Jeannette Gaby

EJO HACU

Urubyiruko ni imbaraga igihugu kirambirijeho iterambere rirambye



Icyerekezo kimwe, Twongere imbaraga

"Inkera y'Imihigo y'Urubyiruko igaragaza ukwiyemeza urubyiruko rwacu rufite, n'inyota ruhorana yo gutuma u Rwanda rutera imbere hifashishijwe gahunda y'ibikorwa ishingiye ku mihigo". Iyi nteruro imwe ikubiye mu ijamba ry'impamba n'impanuro Nyakubahwa Minisitiri w'Intebe Anastase MUREKEZI yagejeje ku mbaga y'urubyiruko rwari rwitabiriye inkera y'Imihigo ku inshuro ya gatatu yari yahawe insanganyamatsiko igira iti **"Twahisemo kuba umusingi w'iterambere"**. Urubyiruko rurenga 2000 rwo mu Rwanda hose ndetse n'urw'i burundi nirwo rwitabiriye iyi gahunda y' iminsi itatu yashorejwe rimwe

n'Inama y'Igihugu y'Umushyikirano ku tariki 19 Ukuboza 2014.

Inkera y'imihigo ni urubuga urubyiruko ruhuriramo mu kureba intambwe imaze guterwa ndetse no guhana ibitekerezo harebwa aho igihugu kigana. Bityo rugafatira hamwe ingamba zo gukomeza kwihutana n'iterambere igihugu cyerekezamo.

Urubyiruko rutandukanye rwitabiriye iyi nkera y'imihigo usanga rwemeza ko ari inshuri ryigisha neza uruhare rwa buri wese mu kwiyukira igihugu ndetse hari n'abagereranya inkera y'imihigo n'umwanya wo kugira ishyamba kubera ko werekwama imbona nkubone ibikorwa

by'indashyikirwa byakozwe n'urungano.

Dusoza twababwira kandi iyi nkera y'imihigo yabereye kuri Petit Sitade i Remera yari yatangiye ku mugaragararo na Minisitiri w'Urubyiruko n'Ikoranabuhanga, Jean Philbert Nsengimana yibutsa urubyiruko ko ari imbaraga z'igihugu kandi ko buri wese akwiye guharanira guhesha igihugu agaciro.

Twakongeraho kandi ko urubyiruko rwari rwitabiriye iyi gahunda rwanakurikiranye ndetse runatanga ibitekerezo mu nama y'umushyikirano ya 12 yabaye kuwa 18 na 19 ukuboza 2014 Yari yahawe insanganyamatsiko igira iti : « Icyerekezo kimwe, twongere imbaraga.»

Umugore wa mbere ugendeye ku mugozi yambaye inkweto ndende



Umugore ukomoka muri Leta Zunze Ubumwe z'Amerika mu Muji wa Texas, bwa mbere mu mateka yagendeye ku mugozi wa metero 100 mu kirere yambaye inkweto ndende.

Ikanyamakuru Cosmopolitan kiravuga ubwo Faith Dickey yari mu marushanwa y'abagore bagendera ku mugozi yabereye muri Repubulika

ya Czech ho muri Ostrov yiyemezaga kugendera ku mugozi yambaye inkweto ndende.

Faith Dickey w'imyaka 25 asanzwe akina umukino wo kugenda ku mugozi uri hejuru cyane. Akaba yaratangiye uwo mukino mu muji wa Austin wo muri Texas ari naho akomoka akaba yaratangiye uyu mukino afite imyaka 19.

Faith Dickey amaze kubona ibikombe byinshi mu bagore ku isi bagendera ku migozi itandukanye, birimo iby'umugore wa mbere ku isi umaze kugenda urugendo rurerure ku mugozi nta kintu kimufashe (metero 28), akaba ari na we mugore wa mbere wagendeye ku mugozi wari uri hejuru cyane (metero zirenga 100).

Umugozi muremure yagenzeho yari mu misozi miremire yo mu gihugu cy'u Busuwisi ubwo yagendaga ibirenge 4,000 akaba yaranagenze ku mugozi wari hagati y'imodoka ebyiri zagendaga zihuta mu mwaka 2012.

Joseph Desire

AMASHYENGO N'IKARISHAYABWENGE

⇒ Ishyamba ry'ukuri kuri jyewe ni amakenga. **EURIPIDE**

⇒ Si uko ntinya urupfu ahubwo ni uko igihe ruzazira ntazaba ndiho. **Woody Allen**

⇒ Umuti w'ikaramu y'umunyabwenge ugira agaciro nk' amaraso y'intwari. **Umugani w'abarabu**

⇒ Uburyo bwiza bwo kwigarurira umukobwa ni ukumubwira ko afite isura nziza. **Sacha Guitry**

⇒ Inshuti nyakuri ni ikwegera mu gihe uri mu ikosa, kuko abenshi bazakwegera mu gihe uzaba wamamaye. **Mark Twain**

⇒ Impyisi ishira amenyo ntishira amerwe. **Umugani nyafurika**

⇒ Kugira ubwigenge si ukwiyambura iminyururu gusa, ahubwo ni ukubaho wubaha ndetse ushimangira ubwigenge bw'abandi. **Nelson Mandela**

⇒ Igi ntrikina nibuye. **Umugani nyafurika.**

⇒ Iyo utazi iyujya usubira iyo uvuye.

Umugani nyafurika

⇒ Umwanzu ni igicucu, atekereza ko ari wowe kandi ari we gicucu. **Pierre Desproges**

⇒ Ibinyoma bitanga indabo ariko ntibitanga imbuto. **Umugani nyafurika**

⇒ Mudasobwa ni igicucu kuko ikora ibyo uyitegetse. **Anonyme**

⇒ Umuntu yavumbuye isaha, Imana irema igihe. **Umugani Nyafurika**

Uturi dukuru turadukeshya Jeune Afrique, twasohotse bwa mbere muri iki kinyamakuru cyikitwa Inshuti numero ya 4.

Byateguwe na **RUDAHUNGA Désiré (Nzideson)**

(Email: nzideson@yahoo.fr)



Ishami ry' Umuryango w' Abibumbye Ryita ku Buzima, ryavuze ko

ibyuka bitumurwa na moteri zinywa mazutu "bitera kanseri y'ibihaha," kandi ko bishobora no gutera kanseri y'uruhago.



Ubushakashatsi bwagaragaje ko imiti ya malariya ikoreshwa mu bihugu bimwe na bimwe, akenshi iba ari imyiganano cyangwa ikaba idafite ubushobozi bwo gukiza malariya. Ibyo bituma abarwayi b atavurwa neza, banavurwa ntibakire. Mu Burasirazuba bw'Amajyepfo ya Aziya, 36 ku ijana by'imiti yagenzuwe basanze ari imyiganano, naho muri Afurika yo munsu y'ubutayu bwa Sahara, basanga ari 20 ku ijana.

Kavutse J. Desire

IMIKINO

Umukino wa Boxe ushimisha benshi



Floyd Mayweather yahura na Manny

Nyuma y'igihe kirerekire abafana b'umukino wa BOXE hirya no hino ku isi yuko igihangange Floyd Mayweather yahura na Manny Pacquiao, ubungubu ngo inzoko zaba zabaye impamo, kuri uyu wa gatatu nibwo Manny Pacquiao yasesekaye mu mugwi wa Los Angeles mu inama itegura umukino we na nimero yambere ku isi ubungubu Floyd Mayweather aho icyari kigambiriwe cyane ari ukumvikana ku itariki uwo mukino uzaberaho ndetse no ku gihembo cy'amafaranga. Byaje kurangira bumvikanye ndetse bafashe itariki uwo mukino uzaberaho, n'ubwo abafana ba BOXE bo babona ko ari kure Manny we avugaga ko ku itariki ya 02 Gicurasi 2015 ari umwanya uhagije wo kwitegura. Uwo mukino w'akataraboneka kandi ukaba ushobora kuzaba ari wo mukino uzabonekamo amafaranga y'ikirenga aho bivugwa ko mu gihe Floyd Mayweather yaba atsinze uwo mukino, ashobora kuzegukana akayabo ka miliyoni 120 z'amadorari, ariko igihangange Manny we akaba akomeje gutangaza ko agomba gukubita Floyd Mayweather akamuha isomo rya BOXE.

Steve SIBOMANA

BYENDA GUSETSA



1. Umusinzi yuriye Taxi....Komvayeri aramubwira ati wowe iyo ngeso yawe izatuma utajya mu ijuru...Umusinzi ati "ese mugiyeye mu ijuru?... Hagarara mvemo jye ngiyeye i Nyamirambo."

2. Umugabo yavuye gusenga yuzuye ibinezaneza aririmba uturirimbo tw'Imana, maze ageze mu rugo aterura umugore we amushyira hejuru. N'ibyishimo byinshi umugore aramubaza ati "sheri, ko uyu munsu waje wishimye cyane Byagenze gute?" Umugabo aramubwira ngo pasiteri yatwigishije ko nitugera mu rugo dufata ibibazo byacu tukabishyira hejuru ngo umwami Yesu arakoraho dutane na byo iteka !!!"

3. Umugabo yatinze gutaha, ni uko umugore amuhamagara kuri telefoni n'umujinya mwinshi ati "Gicucu izi saha uba uri he?" Umugabo aramusubiza ati "Ntiwibuka ya bijouterie (bijuteri) twagiye mu ugapfira ya mpeta ariko simbasha kuyikugurira kuko nari nkiri umukene?" Umugore ati "Nda yibuka sheri." Umugore ahita acisha make atekereje ko agiye kumugurira iyo mpeta. Ni uko umugabo ahita amubwira ati "Ubu rero ndi mu kabari biteganyeye." **Saidi NIYONZIMA**

MUSAZA WANJYE, NDUMVA NANIWE. FATA IJERIKANI UJYE KUVOMA CYANGWA SE UNYOGEREZE AYA MASA HANI NJYEWE NJYE KUZANA AMAZI.

IYO MIRIMO YOMBI YAGENEWE ABA DADA. IBAZE NKUBU ABAJAMA BAMBONYE NDIMO KOZA AMASAHANI !!?



AKUSART10

BASORE, BURYA BASHIKI BACU NABO NI ABANTU BABASHA KUNANIRWA NKUKO NATWE TUNANIRWA. TWE KUBATERERANA NTA MURIMO WABAGENEWE UKWIYE KUBAHO.