



INSHUTI



Nyakanga 2014

Akanyamakuru k'urubyiruko

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Igitondo, imbarutso yo kugira ubuzima bwiza



Karere umukino wareze beshi



Amarushanwa yo kubyina



Tumenye umutwe w'ingangururugo



Imodoka itagira umudereva

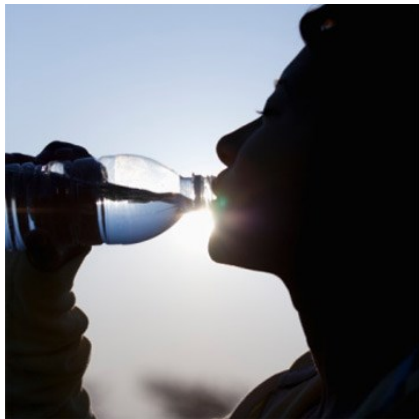
UBUTUMWA BUKUGENEWE

Ubuzima ni amabanga ariko se ayo mabanga uzayahishurirwa nande?
gana ikigo cy'urubyiruko kikwegereye,
ibibazo byose wibaza ku buzima bwawe baragufasha kubibonera igisubizo.

Igitondo, imbarutso y'ubuzima bwiza I

Mu buzima, hari udukorwa umuntu asuzugura nyamara ugasanga uduhaye agaciro agize ubuzima bwiza kurenza abandi batabyitaho.

Mu gihe waba wifuzaga guhora ufite imbaraga mu mubiri nta mavunane ndetse ufite n'isura nziza wakwita kuri ibi bikorwa bikurikira:



1. Kunywa amazi ukibyuka :

Ni byiza kunywa amazi mu gikombe kinini ukibyuka mbere yo kugira ikindi kintu ushyira mu kanwa. Ibi bituma wongera amazi mu mubiri cyane ko uba umaze ijoro ryose umubiri ukoreshe amazi wanyweye utararyama. Ikindi ni uko ngo amazi ya mu gitondo atuma umuntu agira ubushake bwo kurya.



2. Gukaraba amazi y'akazuyazi :

Gukaraba amazi y'akazuyazi bigufasha kunanura imitsi y'umubiri. Ibi bigatuma amaraso atembera neza mu mubiri. Ibi kandi bituma ubushyuhwe bw'umubiri na bwo bwiyongera bigatuma umunsi wose wirirwa umeze neza.



3. Kwisiga neza:

Nyuma yo kuva mu bwiuhagiriro, ugomba gufata amavuta ukisiga winogereza. Ibi bituma mu maso



hawe hamera neza umunsi wose.

4. Gufata ifunguro rya mu gitondo:

Gufata ifunguro rya mu gitondo ni byiza kuko bituma wirirwa ufite imbaraga bityo ukabasha gukora akazi kawe neza.



5. Kunywa icyayi:

Icyayi cya mukuru gikungahaye cyane ku bintu bigabanya oxygene mu mubiri w'umuntu (antioxydants). Ibi rero bituma ya myuka mibi irimo na za Co2 isohoka.

Ubutaha tuzabagezaho ibindi 5 wakora bityo igitondo kitubere inzira y'ubuzima bwiza.

Inkuru dukesha :

7sur7 na umuganga.com

Mwateguriwe na Emma U.

Imyaka 2 irashize
INSHUTI Y'URUBYIRUKO
iri hamwe namwe.

Nyuma y'imyaka 2 dukomereje kuki ?

Basomyi b'ikinyamakuru inshuti y'Urubiyiruko "INSHUTI Y'URUBIYIRUKO"

Nshuti zacu Mwiriwe, wari uziko Inshuti yawe akanyamakuru kawe



kamaze imyaka ibiri kabonye izuba, Mu by'ukuri uruhare rwawe muri iyi nzira ni urwo gushima, muri iki gihe cyose dufatanyije aka kanyamakuru

katubereye umwarimu uzira amakemwa, sinshidikanya ko twungutse byinshi mu bihe bitandukanye.

Kandi ibyo birak-

omeje kuko mu bindi bihe biri imbere nta shiti tuzakomeza kubana neza, ariko se ko ibyiza buri wese yifuza ko byakomerezaho mu bihe biri imbere urifuza ko twazakomereza kuki, bityo twese nta numwe usigaye iyi nshuti ye ikomeze kumubera umwarimu mu buzima bwe bwa buri muni.

Isabukuru yacu turayigutuye wowe Nshuti yacu.

Ubwanditsi

UBUMENYI N'IKORANABUHANGA

Inshuti y'urubiyiruko

Imodoka itagira umushoferi

Amafoto y'uko iyi modoka izaba imeze igaragara nk'akamodoka gato gateye ku buryo budateye ikibazo. Ukarimo azajya atuzwa kamugeze aho agiye. Ibi ni ibyemezwa na Sergey Brin umwe muri babiri batangije Google. dufite amatsiko cyane y'iyi modoka ni ikintu kizatuma tugaragaza tekinoloji nshya yo kwitwara kw'ikinyabiziga tunamenye aho bishobora kugarukira. Ni ibyatangajwe na Chris Urmson umuyobozi mukuru ushinze uyu mushinga. Avuga ko izi modoka zizoroshya ubuzima bw'abantu nk'uko bitangazwa na BBC. Hari abashakashatsi bamwe batangaje ko bagiye gukora ubushakashatsi ku ngaruka z'iyi tekinoloji yo kwitwara kw'imodoka. Aba bashakashatsi bo bavugaga ko izi

modoka ngo zizateza akajagari mu mihanda yo mu mijyi kuko abantu ngo bo bashyira ubwenge mu gutwara imodoka. Iyi modoka ntabwo izaba ifite imbere (aho batwarira) hameze nk'ah'izindi modoka zisanzwe. Izajya itwara abantu babiri kandi mu gutangira kwayo ntabwo izajya irenza umuvuduko wa 40km/h mu rwego rwo kwirinda impanuka bitangira. Igitangaje cyane ni uko iyi modoka nta kintu na kimwe cyo kuyikoresha ifite uretse aho gukanda ngo igende n'aho gukanda ngo ihagarare. Iyi modoka izaba ifite ubwirinzi buhagije ku mpanuka ku bushyuhe n'amapine yorohereye. Izakoresha tekinoloji y'imirasire (laser) n'utwuma dukorana na radar ndetse n'amashusho atangwa na za camera kugira ngo igende nta nkomyi. Iyi

modoka izajya ikoresha cyane imihanda yo ku ikarita ya Google (Google maps) yakorewe cyane cyane iyi gahunda. Hashize iminsi Google igerageza izi modoka mu mihanda mito yabugenewe aho ngo zimaze kugenda ibirometero hafi 900 000, ubu igisigaye ni ugukora izi modoka mu buryo nyabwo zikajya mu mihanda isanzwe mu mijyi.

Inkuru dukeshya : google

Omar Tony NSENGUMUREMYI



Tumenye Umutwe w'Ingangurarugo



Rwabugili yitwaga Sezisoni mbere y'uko yambura abagabo babiri iri zina (Rwabugili rwa Gaceyeye na Rwabugili rwa Kabindi ka Nyarwaya) umwe amwita Rwakageyo undi Nyamahe. Kuko Rwabugili ni

Benshi mu bantu bazi cyane Kigeli IV Rwabugili nk'umwami wakundaga intambara. Ibyo babihera ku bitero yagabye ahantu hatandukanye nko mu Nkole, Bunyabungo, Rucuru n'ahandi. Bamwe ndetse banahamya ko uyu mwami yagiraga amahane.

Ibyo byose ariko usanga abenshi bakeka ko yaba yarabitangiye amaze kwima ingoma. Nyamara bimwe mu bitabo bimuvugaho, usanga gukunda intambara k'uyu mwami kwatangiye kera; ataranimba. Mu gitabo kitwa "Ingoma ya Kigeli IV Rwabugili na Nyirayuhi Kanjogera" kigaragaza ko mu bwana bwe yanzwe no gukunda intambara, kuko yagabaga udutero afatanije n'urungano rwe bakanyaga inka.

Abenshi bumva '*Ingangurarugo*' nk'umwe mu mitwe y'ingabo waremwe ku ngoma ya Rwabugili. Nyamara ngo Ingangurarugo nyirizina zabonye izuba ku ngoma ya Mutara Rwogera se wa Rwabugili.

Yaremye umutwe w'ingabo akiri igihenga (umwana muto)

izina ry'ubuhangange ari byo bivuga "Nyirububasha" akaba yarumvaga nta wundi ukwiye kuryitwa usibye we wenyine nk'umwami nyagasani.

Sezisoni yabyirukiye kwa nyirakuru umugabekazi Nyiramavugo Nyiramongi; abyiruka ahatse abana bo mu kigero cye bagera muri mirongo itatu, abahakisha inka zibumbye mu cyondo. Ab'inkoramutima bari Bisangwa bya Rugombituri na Mugugu wa Shumbusho.

Bafatanyije na Sezisoni (Rwabugili) birirwaga bahiga inyoni ndetse bagakina barasa uruti bakoresheje uduheto duto twa cyana, maze abakuru bababona bagatangerira uburyo ari abakogoto (abahanga b'umuheto). Sezisoni n'urungano rwe batangiye kujya baza mu bitaramo by'i Bwami bakumva aho abahungu birahira umwami cyangwa ababagabiye.

Ku bw'amatsiko umunsi umwe babaza abakuru impamvu umuntu yirahira undi babimenye bahindukirana Sezisoni wari ubahatse bamusaba kuzabagabira ababwira ko nta mashyo afite.

Bahera ubwo bahindukirana Umwami Rwogera rwa Gahindiro ka Mibambwe bamubaza igihe azagabirira umuhungu we Sezisoni ngo nawe abonereho abagabire bajye bamwirahira, maze Rwogera ababwira bigezo ko niba bashaka inka bakagombye kujya kunyaga izabo niba ari intwali.

Abana banogeje umugambi maze bagaba igitero mu Ntarama za Rwogera (rimwe mu masyo y'umwami Rwogera) barasa abashumba inka bazikata ikibando, maze mu gihe gito baba basesekaye ku karubanda ibyivugaho ari byose ab'ibwami: "Izi Ngangurarugo tuzikitse dute?" (Bazise batyo kuko arizo ngabo zubahutse kugangura urugo rw'umwami. Kurugangura = kuruteramo intugunda, akaduruvayo).

Cyakora Rwogera yashatse kurakarira abo bana maze abatware baramutwama bamwumvisha ko ari we wabahaye uburenganzira maze bose abagabira inka zibakwiriye.

Ng'uko uko Ingangurarugo za Sezisoni zahindutse umutwe w'ingabo kugera n'aho Sezisoni yimiye ku rya Kigeli IV Rwabugili, ndetse uyu mutwe akawugira **umurangangoma** (Ingabo zihariye z'umwami) nyuma yo kongeramo abandi bagabo. **www.igihe.com**
HAKIZIMANA Ramadhan

Rugamba Sipiriyani umuhanzi w'umuhanga



Rugamba Sipiriyani

Rugamba Sipiriyani ni umwe mu bahanzi b'Abanyarwanda bahitanywe na Jenocide yakorewe abatutsi, mu mwaka w'i 1994.

Rugamba yasigiye Abanyarwanda umurage munini abinyujije mu mivugo, ibisigo n'indirimbo

zamenyekanye cyane mu gihugu no mu Karere u Rwanda ruherereyemo.

Rugamba yavukiye mu cyahoze ari Komine Karama, ubu ni mu Karere ka Nyamagabe, mu mwaka w'1935.

Yashakanye na Mukansanga Daphrose, babyarana abana 10.

Bapfanye n'abana babo 6, ubu hasigaye bane. Yakoze imirimo itandukanye muri Leta, ariko mu myaka ye ya nyuma yaje gukurwa mu kazi igihe kitageze, kubera ko atihanganiraga akarengane ako

ariko kose, akabyamagana aicishije mu nganzo ye. Bimwe byaranze Rugamba Cyprien harimo gushishikariza Umunyarwanda kuba inyangamugayo no kugira indangagaciro nyayo ikwiriye u Rwanda.

Ibi bigaragarira mu ndirimbo ziri muri 400 yagiye ahimba zirimo "Ntumpeho", "Inda nini", "Jya umenya gusaza utanduranyije cyane", "Agaca" n'izindi nyinshi.

Rudahunga Desire

Amarushanwa y'imbyino muri Club Rafiki



Ku wa gatanu tariki ya 20 Kamena 2014 Club Rafiki ibitewemo inkunga n'ikigo INDIGO FOUNDATION cyo mu gihugu cya Australia yateguye amarushanwa ku mbyino zigezweho, icyo gikorwa cyahurije amatsinda (Crews) agera ku 9 ariyo Black Eagles, Lobisty, Bad Boys, Unit Boyz, Dream Team, Soldier Boys, Smart Guyz n'andi, maze abasore n'inkumi berekana ko ibyo bakora babizi ku buryo byari bugore abakemurampaka iyo bataba

inzobere! Icyo gikorwa kandi cyagarariyemo abajene benshi bafite impano zabagirira akamaro; aha twavugaga nk'umwana ukora injyana z'ibyuma bya muzika akoresheje umunwa nta gicurangisho icyo aricyo cyose afite ibyo bita "Beat box", hagaragara n'undi watamiraga amandazi agurumana ikibatsi cy'umuriro n'abandi bagaragaje ko bazi kuririmba n'izindi mpano urubyiruko rwifitemo rwazifasha mu buzima zibonye inkunga yihariye.

Abana bato bari muni y'imyaka 8 berekanye ko bashoboye barabyina karahava! Nk'uko mu irushanwa bigenda, habamo uwa mbere n'uwa nyuma. Byabaye ngombwa ko batangaza abatsinze kugira ngo bahembwe, Smart Guyz iba iya

mbere ihabwa igikombe na Radio nini, itsinda ryariganjemo utwana dutw'udukobwa baba aba kabiri bahembwa Radio, ku mwanya wa gatatu hazza Soldier Boyz. Mu gihe kandi ibi byabaga ni nako urubyiruko rwari urujya n'uruza bipimisha ku bushake virus itera SIDA, umuziki ari ibicika dore ko bari basusurukijwe n'inzobere mu muziki barimo MC bamenyereye SPIDER-P wari ufatanije na DJ VINS ukorera Televiziyo ya CITIZEN yo mu gihugu cya Kenya.

Iki gikorwa cyishimiwe n'imbaga yari yakitabiriye banasaba ko cyategurwa mu biruhuko bityo n'abandi benshi bakakitabira. Aho uri hose rero ntuhejwe! Ugira ngo simbarangiyeye?!?!

HAKIZIMANA Ramadhan

Ibintu 3 amafaranga adashobora kugura

Buri wese aho akava akagera yumva kugira amafaranga ariwo munezero we, nibyo koko amafaranga agura byinshi ndetse n'icyubahiro ukagihabwa n'abagutezeho amaramuko ariko se buriya umuntu ntiyakwibaza niba amafaranga agura byose; ni imwe mu mpamvu yatuzinduye tubakorera ubushakashatsi hirya no hino mu bitangazamakuru n'ibitabo by'abahanga mu mibereho ya muntu aho twasanze hari 3 bikurikira amafaranga atabasha kugura :

1. Umuryango wuzuye ubumwe :

Bibiliya ati : “ibyiza ni ukugaburirwa isahane y'imboga mu rukundo kuruta kugaburirwa ikimasa cy'umushishe mu rwango.”

Ni koko ubutunzi gusa sicyo gisubizo umuryango wawe ukeneye gusa kuko burya amafaranga ntashobora kugura ubumwe mu bagize umuryango, kumarana igihe n'abagize umuryango wawe, kubakunda no kubitaho by'ukuri nibyo bituma mwunga ubumwe

2. Umutekano nyakuri : kurundanya amafaranga ushaka kwizigamira sibyo bizatuma ugira icyizere cyo kuzabaho neza. n'ubundi kandi, amafaranga

ashobora kwibwa. Uretse ko kandi burya umutekano muri wowe ariwo mutekano nyakuri.

3. Kunyurwa : Bibiliya ati : “niyo umuntu yagira byinshi ate, ubuzima bwe ntibuva mu bintu atunze” luka 12:15 urebye usanga umuntu ahorana umutima uhagaze atekereza ku buryo yagera ku rwego runaka rw'ubutunzi ariko si kenshi usanga abantu twishimira uko tumeze ngo twumve ko tunyuzwe. Ibyo rero ni ibintu bitatu twasanze amafaranga atashobora kugura ariko nawe watekereza ku bindi birenze ibyo.

AMASHYENGO N'IKARISHAYABWENGE

Inshuti y'urubyiruko

- Nta na rimwe izuba rizabona umwijima **by Léonard De Vinci**
- Ahari ubuyobozi bwiza ubukene buhatera ikimwaro naho ahari ubuyobozi bubu ubukire buhatera ipfunwe **by Confucius**
- Sinshakira kubona ibisubizo nshakira kumenya ibibazo **by Confucius**
- Ubuzima ni amayobera agomba kubaho si ikibazo cyo gukemura **by Mahatma Gandhi**
- Iyo amahitamo abuze hagati y'ubwoba n'ihohoterwa naguhitiramo ihohoterwa **by M.Gandhi**
- Shaka umugore. Nugwa ku mugore mwiza uzanezerwa nugwa kandi ku mubi uzaba umufilozofe, iby'ikirenga ku mugabo **by Socrate**
- Niba ushaka kwiga uko wabaho neza banza wige uko wapfa neza **by Confucius**
- Ku bwanjye intambwe imwe mu gihe kimwe irampagije **by Mahatma Gandhi**
- Ni byiza gukundwa ukanangwa kuruta guhora ukunzwe **by St Augustine**
- Ijisho ku jisho rizahindura isi yose impumyi **by Mohandas Gandhi**

HIRYA NO HINO

Inshuti y'urubyiruko

Kevin Fast yakuruye indege ya Airbus ipima toni 65



Kuwa 27/6/2014 mu gihugu cya Thailand, Kevin Fast, umugabo ukomoka mu gihugu cya Canada w'imyaka 51, uzwi nk'umwe mu bagabo b'abanyembaraga kurusha abandi ku isi, yabashije gukurura wenyine indege yo mu bwoko bwa Airbus A320, ipima toni 65, ahantu harenga metero 20.

Kubwa Kevin Fast, ngo gukurura iriya ndege ni nk'agakino k'abana. Uyu mugabo ukomoka muri Canada asanzwe yibitseho umuhigo ku isi wo kuba ariwe muntu wabashije gukurura indege iremereye kurusha izindi, yahawe na

Guinness des records mu 2009, aho yari yakuruye indege ipima toni 188 ahantu hangana na metero 8 mu muji wa Ontario.

Desire Kavutse

IMIKINO

Inshuti y'urubyiruko

Umupira wa Karere warakinwe karahava

Si nkuru mbarirano abana b'ubu cyane cyane abo hambere aha bakinnye umupira wa karere karahava, uyu mupira w'amaguru akenshi wabereye mu mihanda cyangwa mu tubuga duta turi muri karitsiyi hafi y'iwacu.

Igihe.com cyaducukumburiye amategako 12, abana bakinaga uwo mupira bagombaga kugenderaho, tugiye kubagezaho amwe muriyo andi ni ah'ubutaha.

1. Nta zamu rifite inshundura ugomba kubona. Izamu rigizwe n'amabuye abiri ateganye kandi nyir'umupira afite uburenganzira bwo kuvuga ko nta zamu rikoreshwa.

2. Igitego cyacyiye hejuru kucyemera biterwa n'uburebure bwa nyezamu; hari nubwo abazamu barebare bisimbukishwa basa n'abicaye bakuvuga ko umupira wacyiye hejuru cyane.

3. Umunyezamu ahanini agomba kuba abyibushye kurusha abandi mu ikipe.

Source: igihe.com



BYENDA GUSETSA

Inshuti y'urubyiruko



-Umugabo yahuye n'undi agiye kugurisha isake niko kumubaza: "Iyi sake yawe izi kwimya neza inkokokazi?"

Umucuruzi: "Ayayayaya !!! N'imbata n'inuma na dendo byose irimya ntacyo itimya"

Umugabo ati none se urayigurishiriza iki ko numva ishoboye akazi. Umucuruzi ati "Ejo nabonye ireba nabi umugore wanjye ...!!!!!!"

-Umugabo yabwiye umugore we ati "Iga guteka dusezerere umukozi nanjye ngiye kwiga imodoka dusezerere shoferi dore ubukene bwadusuye" Umugore aramusubiza ati "wige no gutera akabariro dusezerere umuzamu!"

Hakizimana Ramadhan

MBWIRA MUSORE, UMUCO MUBI WO KUDASUHUZANYA MUWUKOMORA HEHE I?

WE MUSAZA,UBANZA URI MUSHYA MURI UYU MUJYI II GUSUHUZANYA NINKO KUVUNJISHA BYOSE NTA NYUNGU IBAMO.



(C) NKUBARTI

RUBYIRUKO, AGAHUGU KATAGIRA UMUCO KARAZIMA. GUSU HUZANYA NO KUBAHA NI BIMWE MUBIRANGA UMUCO NYA RWANDA, MUZE TWESE DUSUBIZE AGACIRO UMUCO WACU.