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H'URUBYIRUKO

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Aka kanyamakuru ntikagurishwa!

YAYA TOURE NIWE WABAYE UMUKINNYI MWIZA W'UMUNYAFURIKA WITWAYE NEZA……PAJI 9

Ballon d'Or yabonye nyirayo …..Paji 9

Nyuma y'igihe kitari gito yitabwaho n'abaganga kubera uburwayi bukomeye yari afite, umukambwe Nelson Mandela yaratabarutse. Iyi nkuru y'incamugongo ikaba yarababaje benshi kuri iyi si ku buryo abantu benshi baturutse mu bihugu bitandukanye bigize iyi si dutuye,bagiye berekeza iya Africa y'epfo mu rwego rwo gusezera kuri iyi ntwari.Nyakwigendera Nelson Mandela ni intwari yaharaniye byimazeyo kurwanya ivangura rishingiye ku ruhu (Apartheid) ryakorerwaga abirabura mu gihugu cya Africa y'epfo. Aha akaba yararwanyije iryo vangura cyane kugeza n'ubwo yabyivugiraga mu magambo ye ko ashobora no kwemera guhara ubuzima bwe.

Imana imwakire mu bayo.

Ese waba ushaka kwinjira mu buhanzi bwa muzika? Ese waba ushaka gubanukirwa byinshi ku bijyanye n'umuziki?Sobanukirwa na Boston Record Studio…Paji 4

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IJAMBO RYIBANZE

Turabasuhuje mwese basomyi ba ejoheza h'urubyiruko. Nyuma yo kubona ibitekerezo bitandukanye bigamije kudufasha kunoza inkuru tubagezaho, tubazaniye nimero ya kabiri 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 nimero kandi murasangamo ubutumwa twagejejweho na bagenzi bacu ndetse na bimwe mubyo twabashije kubagiraho inama.

Tubashimiye uko mwakira iyi nimero ya kabiri ndetse n'ibitekerezo mwiteguye kudushyikiriza kugirango turusheho kunonsora ibyo tubategurira.

Mugire umwaka mushya wa 2014.

Ubwanditsi.

UBWANDITSI BWA EJO HEZA H'URUBYIRUKO BUBIFURIJE UMWAKA MUSHYA MUHIRE KURI MWESE !!!!!!

ITSINDA RY'UBWANDITSI

NDANGA Janvier (Umwanditsi mukuru)
MUGEMANGANGO Yvonne (umujyanama)
UMUTONI Carinne (Umujyanama)
MUHOZA Olivier (Umwanditsi)

RUBYIRUKO.NSHUTI:

"UBUCUTI NYABWO NTIBUGARAGAZWA N'IMIBONANO MPUZABITSINA. SIDA N'INDWARA ZANGIZA IMYANYA MYIBARUKIRO NTAHO ZAGIYE!"

TURENGERE UBUZIMA RERO EJO HAZAZA HAZABE HARYOSHYE !!!!!!!!!!!!!

GIRUBUZIMA

Ibintu 10 Avoka ishobora kumarira umubiri w'umuntu

Avoka nk'ikiribwa gifitiye akamaro umubiri wacu bitewe no kuba ikungahaye ku mavitamine nka A, B, C na K, usanga hari bamwe batacyitaho cyane cyane aho abagabo benshi bakunda kuvuga ko ari ikiribwa cyagenewe abana n'abagore, mu gihe mu bihugu byateye imbere ari nkitegeko ko buri mafunguro hagomba kuba hongeweho ibikomoka kuri Avoka.

1. Ifasha umutima gukora neza hakoreshejwe vitamine B6 na vitamine E dusanga muri iki kiribwa.

2. Igabanya ikigero cya *"cholesterol"* mbi: ubushakashatsi bwakozwe mu kureba ibigabanya cholesterol mu maraso bwagaragaje ko 17% byabongeraga Avoka ku mafunguro yabo bagabanukiwe na cholesterol mbi mu maraso yabo ku rugero rufatika.

3. Irinda ihindagurika ry'umuvuduko w'amaraso bitewe n'uko ikungahaye kuri Potasiyumu.

4. Ifasha umuntu kugira amaso mazima bitewe nuko ikungahaye kuri carotenoid ifasha mu kurinda imitsi ifasha ijisho mu gihe umuntu arihindukiza, ikanarinda ukuza kw'ishaza mu maso.

5. Iringaniza ikigero cy'isukari mu maraso kubera ko ifite ibinure bishobora gufasha ama Insulins gukora neza.

Photo internet

6. Irinda umwana kuba yavukana ubumuga igihe umugore utwite yabashije kuyikoresha mu mafunguro, kuko ikungahaye kuri folate na vitamine B bikaba ari ingenzi mu kurinda iki kibazo cyo kuvukana ubumuga.

7. Irinda kanseri harimo nka Kanseri ya Prostate ifata abagabo, ndetse na Kanseri y'ibere ifata abagore hakoreshejwe Aside Oleic iboneka muri iki kiribwa.

8. Ivura ukugira impumuro mbi mu kanwa, aho ishobora koza mu mara n'ururimi dore ko ari byo soko yo kugira mpumuro mbi mu kanwa.

9. Ituma intungamubiri zindi zibasha kwinjira neza mu mubiri.
Ubushakashatsi bwagaragje ko iyo umuntu ariye Salade irimo ibikomoka kuri avoka aba yongereye inshuro 5 mu kwinjra kw'intungamubiri ugereranije nuba atabashije gufata kuri iki kiribwa.

10. Bituma umuntu agira uruhu runyerera kuko yuzuyemo amavuta abobeza uruhu ndetse akanarurinda kugira amabara y'umutuku.

Ntibikwiye ko abantu birengagiza aka kamaro kose tumaze kurebera hamwe ahubwo byaba byiza baharaniye kurya iki kiribwa kigungahaye ku ntungamubiri zitandukanye.

Mwabiteguriwe na MUHOZA Olivier hifashishijwe imbuga www.umuganga.com na www.umuseke.com

Ni iyihe mpamvu ishobora gutera kunuka mu kanwa

1. Koza mu kanwa nabi cyangwa mu gihe kitari cyo

Iyo wogeje mu kanwa nabi ntukuremo ibisigazwa byose by'ibiribwa wariye, ibyo bisigazwa birabora (kugaga) noneho bigahita bitanga impumuro mbi ari yo iba isohoka mu kanwa. Nanone nkiyo wogejemo mbere yo kurya byigumiramo bityo bigatanga impumuro mbi.

2. Kuba Ufite icyibazo cy'amenyo

Iyo umuntu afite ikibazo cy'amenyo twavuga nko gucukuka, impengekerane …koza mu kanwa biba bigoye ku buryo hashobora gusigara ibiryo mu cyobo cy'iryinyo cyangwa mu mpengekerane bigatuma ibyo bisigazwa biborera muri uwo mwanya bigatanga impumuro mbi.

3. Ibiribwa bimwe na bimwe cyangwa imiti imwe n'imwe

Hari ibiribwa cyangwa ibinyobwa bisohokera mu bihaha bityo bigasohoka bitanga impumuro mbi wahumekera mu kanwa ukaba wayumva ntusobanukirwe iyo iturutse. Twavuga nk'inzoga, Tungurusumu…

4. Kuba afite ibindi bibazo by'umubiri

Hari igihe umuntu aba afite ikibazo cy'igogora bityo ibyo yariye ntibigogorwe neza bigatanga impumuro mbi ikanyura mu kanwa itari nziza
Niba rero ufite icyo kibazo cyangwa uzi ugifite wamufasha kumenya impamvu byananirana hakifashishwa abaganga.

Twifashishije ***freestudents.blogspot.com na www.umuganga.com***

Menya Boston Record Studio

Yafotowe na Olivier

Boston record studio ni inzu itunganganya umuziki ndetse ikanafasha abashaka kuwiga kuba babigeraho. Iyi stuidio ikaba ikorera mu karere ka Nyamasheke aho bita ku Ninzi.

Iyi studio yavutse muri Nyakanga umwaka w'2012 ikaba ikorerwamo na **Manager wayo TUYISENGE Jean Bosco a.k.a Boston**. Nk'uko amateka yayo twakurikiranye abitugaragariza iyi studio imaze gutunganyiriza abantu banyuranye indirimbo zabo aho benshi baturuka mu bice byinshi by'igihugu baza gutunganyiriza muzika yabo muri yo kubera ibihangano bisobanutse imaze gushyira hanze. Mu kiganiro gito yagiranye n'ikinyamakuru Ejo heza, Producer wa Boston yagize ati:"kuri ubu tumaze gutunganyiriza abantu barenga 100 umuziki wabo kandi twifurije ikaze muri Boston n'abandi bose bifuza ko tubakorera umuziki ndetse n'abifuza kwinjira muri muzika."

By'umwihariko iyi studio yazamuye cyane umuziki nyarwanda ihereye cyane cyane mu rubyiruko aho bagiye bashyira hanze ibihangano binyuranye aha twavuga nk'indirimbo nka Ni wowe unyubaka ya Sister Lina, Umuvunyi ya P2 Sean Jon n'izindi nyinshi zarihe hit (zakanyujijeho) cyane ku ma radio atandukanye. Umwihariko akaba ari iyo bahimbiye akarere bakomokamo ariyo KINYAGA bivuga Cyangugu nk'uko hahoze hitwa. Izo zose zikaba zarakorewe muri iyi **Boston Record Studio**.

Byatunganijwe na MUHOZA Olivier

Rihanna mu gihombo cy'akayabo k'amadorari

Photo internet

Nk'uko bitangazwa ikinyamakuru TMZ, uyu muririmbyikazi aremeza ko mu ntangiriro z'umwaka wa 2009 yari afite amafaranga agera kuri miliyoni 11 kuri konti ye ; magingo aya kaba asigaranyeho amafaranga agera kuri miliyoni 2 zonyine ; akaba abishinja uwari umucungamari we.

Kubwa Rihanna, uyu mucungamari ngo yabaye indangare cyane ubwo yamugiraga inama yo kugura inzu y'akataraboneka ku madorari agera kuri miliyoni 7 ; nyamara iyi nzu ntiyaje gushimisha Rihanna kuko yaje kongera kuyigurisha inamuhombejeho agera kuri miliyoni 2 z'amadorari zose.

ku rundi ruhande, Rihanna anatangaza ko ibitaramo aheruka kugira azenguruka isi yise "Last Girl on Earth Tour", nabyo byamuhombeje ariko agashyira amakosa ku mucungamari we utarabimugiriyemo inama.

Ibi byose rero nibyo byatumye Rihanna atangaza ko agiye kwifashisha amategeko agakurikirana uyu mucungamari we wayabaze nabi ngo arebe ko hari na duke yagaruza.

N'ubwo Rihanna avuga ko yahombye ariko, kugeza ubu umutungo we ngo urabarurirwa mu madorari agera kuri miliyoni 43 z'amadorari.

Mwabiteguriwe na Sibo Theo KAKA.

BITE MU BIGO BY'URUBYIRUKO?

IKIGO CY'URUBYIRUKO CYA NYAMASHEKE MU KWIZIHIZA UMUNSI MPUZAMAHANGA W'UBUKORANABUSHAKE

Ubusanzwe umunsi mpuzamahanga w'ubukoranabushake wizihizwa buri taliki ya 05 Ukuboza buri mwaka; mu karere ka Nyamasheke ho rero uwo munsi ukaba warizihijwe kuri uyu wagatatu tariki ya 11/12/2013. Urubyiruko rwo mu karere ka Nyamasheke rugizwe n'abanyeshuri kuva kubo mumashuri abanza kugeza kubiga muri kaminuza n'amashuri makuru bafatanije na bagenzi babo batiga basaga maganabiri (200) bagize ibyishimo bidasanzwe ubwo bakoraga ibikorwa by'ubukoranabushake bitandukanye byo gufasha bahinga banakorera urutoki by'abajene bagenzi babo babiri batishoboye kandi bibana bakanarera abandi ABAYISENGA Marie Claire na BAMPIRE Liberée bo mu murenge wa kagano, akagali ka Rwesero.

Photo Olivier

Ibyo bikorwa by'imirimo y'amaboko byakozwe n'urubyiruko rwose rufatanyije n'abakozi b'ikigo cy'urubyiruko cya nyamasheke,; nyuma habayeho ibiganiro ubuyobozi bwikigo bukangurira abajene bari aho gukunda kwitabira ibikorwa by'ubukorerabushake bitabira gufasha abandi cyane ko n'iyo ufashije utishoboye burya uba ugurije Imana, bakomeje baganirizwa no kuri gahuna ya "Ndi umunyarwanda" bityo urubyiruko rwari aho rusanga ibikorwa nk'ibi nabyo byarushaho kubumbatira ubumwe bw'abanyarwanda buhamye.

Nyuma ibyo bikorwa hakaba kandi haratanzwe ibikoresho bitandukanye kubajene babashije gusubiza neza ibibazo babajijwe mu biganiro bagiranye n'abakangurambaga b'ikigo. Ibyo bikoresho bikaba byari bigizwe n'amakaye(Agenda) 27,imipira 40 itandukanye, ingofero 23, imitaka 7,n'amalati 5 kubanyeshuli biga mumashuri abanza.

Nyamasheke: Urubyiruko rwasabwe kuzamura imyumvire ku bukorerabushake

Urubyiruko rwo mu karere ka Nyamasheke rwibumbiye mu mahuriro (Clubs) ateza imbere ubukorerabushake, rurasabwa gushyigikira ibikorwa by'ubwitange kandi muri byose bagaharanira Ubunyarwanda kuko ari bwo butuma ibyo bakoze mu bwitange bwabo babirinda bikaramba.

Ibi byasabwe n'Umuhuzabikorwa w'Umushinga "Joint Program" ukorera muri Minisiteri y'Urubyiruko n'Ikoranabuhanga mu Itumanaho n'Isakazabumenyi (MYICT), Gatete Desiré, ubwo kuri uyu wa Mbere tariki ya 23/12/2013 yaganiraga n'uru rubyiruko mu mahugurwa ruteraniyemo y'iminsi ibiri, hagamijwe kubaha ubumenyi buhagije ku bukorerabushake n'agaciro kabwo.

Aya mahugurwa y'iminsi ibiri, yatangiye kuri uyu wa 23/12/2013, yahuje abajene bagera kuri 40 basanzwe bakorana n'Ikigo cy'Urubyiruko cya Nyamasheke, by'umwihariko aba bakaba bariyemeje kujya bakora ibikorwa by'ubukorerabushake bigira impinduka nziza mu buzima bw'abaturage b'akarere ka Nyamasheke ndetse n'urubyiruko by'umwihariko.

Photo Carine

Photo Carine

Bwana Gatete Desiré yashimiye uru rubyiruko rwo mu karere ka Nyamasheke ku bikorwa by'ubwitange bakora ariko kandi asaba aba bakorerabushake kurushaho kubukora bagira uruhare mu guhindura imyumvire y'urundi rubyiruko ndetse n'Abanyarwanda muri rusange kugira ngo buri wese abone ko ibikorwa byubakwa ari ibye, banirinda ko hazagira abantu babisenya.

Uru rubyiruko rukaba rwasabwe kuba Intumwa zo gutanga ubutumwa bwimakaza umuco w'amahoro ndetse n'uburenganzira bwa muntu kandi byose bigakorwa mu bwitange n'ubukorerabushake.

Umuhuzabikorwa w'Ikigo cy'Urubyiruko cya Nyamasheke, Ndanga Janvier yatubwiye ko urubyiruko rwo kuri iki kigo rusanzwe rukora ibikorwa by'ubwitange ariko bakaba batari bazi ibyo ari byo, bityo ngo aya mahugurwa akaba abaha ubumenyi buhagije kandi bakazamura imyumvire ku gaciro k'ibikorwa bakora, bityo bakajya babikora ariko babisobanukiwe.

Inkuru ya **TUBANAMAHORO Elysé**, Club y'abakorerabushake.

D U S E K E

Professeur yari mu bwato n'umusare

Prof: uzi biology,ecology cg zoology

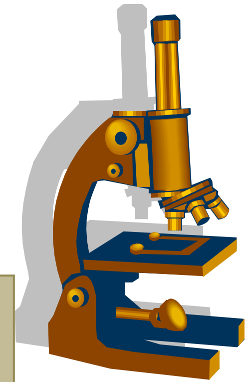
Umusare: ntabyo nzi

Prof: ati ubwo se uziki? uzapfana agahinda n'ubujiji bwawe, hashize isaha ubwato butangira kurohama,

Umusare uzi areba prof ati: uzi kwogalogy?

Prof: ati hoya

Umusare: ok ibyo bivuze ko ingonalogy ziri burye uwo mutwology wawe noneho ugapfalogy n'ubwengelogy bwawe, kubera umunwalogy wawe. Hahhhhhhhhhhhhhhhhhh



WABA WIFUZA KUREKA INZOGA ?

Ubushakashatsi bushya bwemeje ko umuti witwa "Baclofène” ufite ubushobozi mu gufasha umuntu ushaka kureka inzoga akazizinukwa burundu.

Inzobere ku buvuzi bwo mu mutwe muri kaminuza yo mu Bufaransa, Prof. Descartes Bernard Granger nyuma yo gukorera ubushakasti ku barwayi 81 yasanze ubu bwoko bw’umuti bushobora gutuma uwabaswe n’inzoga azireka ku kigero cya 68%.

Urubuga rwa interineti topsante.com rugaragaza ko umuti wa Baclofène uhabwa umurwayi mu gihe amezi atandatu afata igitonyanga cya mirigarama 270 buri munsi, wagaragaje ubushobozi ku bantu 81 harimo abagabo 53 n’abagore 28 bari mu kigero cy’imyaka 47.

Nyuma y’amezi 6 aba barwayi bahabwa uyu muti ibisubizo byavuyemo byagaragaje ko 80% byabo bagiye bareka inzoga burundu abandi bakagenda bazinywa ku buryo buringaniye.
Ku bakomeje kuwukoresha bagaragayeho ubushobozi buri ku kigereranyo cya 83% n’ubwo kuwukoresha bizana zimwe mu ngaruka ku barwayi harimo umunaniro ukabije no kubura ibitotsi.

Prof. Descartes Bernard Granger avuga ko izi ngaruka zidakabije kuko abarwayi bakoreweho ubushakashatsi bagaragaje ko ntacyo uyu muti ubatwaye bagereranyije n’ingaruka z’inzoga.
Akomeza agira ati "ntawagereranya kubura ibitotsi n’ibibazo bahuraga nabyo mbere bakinywa inzoga zikabije.”

Ubu bushakashatsi bushya bukaba buje mu gihe ishami ry’Umuryango w’Abibumbye ryita ku Buzima(OMS) rimaze igihe ritangaje ko imiti ifasha abantu kureka inzoga igomba gukorerwa igeragezwa mu gihe cy’imyaka 3 mbere yo guhabwa uruhushya rusesuye.

N’ubwo bimeze gutya ariko aya mabwiriza y’igihe gito ku ikoreshwa ry’imiti ifasha abantu kureka inzoga azatangira mu bikorwa mu mwaka wa 2014.

Descartes Bernard Granger asoza avuga ko abaganga benshi bategereje ishyirwa mu bikorwa ry’iyi myanzuro mu mwaka utaha aho bazatangira gukiza abatuye isi kuko byagaragaye ko buri munsi abarwayi 130 ku isi bapfa bazize kunywa inzoga ku buryo bukabije. ***Source: Izuba Rirashe***

Twifashishije ikinyamakuru izuba rirashe.

ALGERIYA : NA FATMA MANSOURI NIWE MUGORE UKUZE KURUSHA ABANDI KU ISI

Na Fatma Manouri w' imyaka 140 y' amavuko utuye i Bougiote mu gihugu cya Algeriya mu Majyaruguru y' umugabane wa Afrika, niwe kugeza ubu uca agahigo ko kuba umugore ufite imyaka myinshi kuri iy' isi ya Rurema.

Amakuru dukesha Guinness Book (igitabo cyandikwamo ibyamamare mu kwesa imihigo mu bintu bitandukanye), avuga ko Na Fatma ubu ameze neza, ntarwaragurika, nta miti ajya afata, yihingira imboga zo kurya ari naho avana ubudahangarwa ku ndwara.

Nk' uko ikinyamakuru l' Express kibitangaza, Na Fatma yavutse mu 1873, ubu afite abamukomokaho bagera kuri 88. Nta kibazo cy' ubuzima afite, areba neza, yumva neza kandi yibuka neza ibyo yabonye byose.

Byanditswe na MUHOZA Olivier hifashishijwe *www.imirasire.com*

UWAKOZE IMBUNDA YA KALASHNIKOV YITABYE IMANA

Umurusiya Mikhail Kalashnikov uzwi cyane ku kuba yarakoze imbunda zamwitiriwe (Kalashnikov) yitabye kuri uyu wa 23 Ukuboza ku myaka 94.

Uyu mugabo yabaye icyamamare nyuma yo gukorera "Design" imbunda yo mu ntoki yaje gukoreshwa cyane kurusha izindi ku Isi kubera uko yari ihendutse.
uyu mugabo ufatwa nk'intwari mu gihugu cye yari afite ipeti rya Lieutenant General.

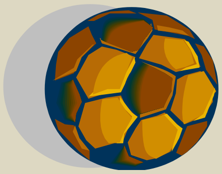
Uyu mugabo wabaye n'umusirikari akaba yari umuhanga mu bijyanye na engineering.Iyo mbunda akaba yarayikoze kubera uburyo bagenzi be binubiraga uburemere bw'imbunda bakoreshaga.Uyu mugabo akaba yarakoze n'andi moko y'imbuda agera kuri 50.

We ubwe yaragize ati:" Nterwa ishema n'ibyo navumbuye, ariko mbabazwa n'uko bikoreshwa n'abaterabwoba. Iyo nza kuba naravumbuye imashini yakoreshwa na rubanda mu buhinzi.

Mwabiteguriwe na **MUHOZA Olivier** yifashishije ***www. facebook .com***

DUSEKE

Umusirikare yabwiye Cherie we ati ureba neza nk'igifaru, useka neza nka mashinigani. Ariko wa mujinga uziko uri mwiza diii Maze no muri Honey Moon nzakujyana Darfur nkwereke abajanjawidi. Umukobwa araseka amukubita.Umusirikare ati: usinizoweye na haduyi ntiyabitinyuka. Nuko baragenda bageze mu cyumba ati:" lala chini nikupatiye morale we mujyinga. Hahhhhhhhhhhhhhhhhhhhhhhhh.



AMAKURU Y'IMIKINO

BALLON D'OR YABONYE NYIRAYO

Photo internet

Nyuma yo gutegerezanya amatsiko uwagombaga guhabwa cya gihembo cya Ballon d'Or byarangiye Christiano Ronaldo ariwe ucyegukanye ku nshuro ye ya kabiri. Uyu munyaporutigali akaba yari ahanganye n'ibindi bihangange muri ruhago nka Lionnel Messi (waje ku mwanya wa kabiri) wo muri F.C Barcelona ndetse na Franck Ribery (ku mwanya wa Gatatu) wo muri Bayer Munich.

Turebye muri rusange uko amatora yagenze,ibi bihangange muri ruhago bikaba byaregukanye amajwi ku buryo bukurikira:Christiano Ronaldo yabonye amajwi 1365,hakurikiraho Lionnel Messi n'amajwi 1205 nyuma hagataho Franck Ribbery na 1127.

Mu ijambo rye ryuzuye amarangamutima n'amarira menshi Christiano yaragize ati:"Sinabona uko nsobanura uburyo nishimye uyu munsi,gusa ndashimira bagenzi banjye dukinana mu ikipi ya Real Madrid n'ikipi y'igihugu ya Portugal,ndetse n'abagize umuryango wanjye bose bateraniye hano.Ni iby'igiciro gikomeye!Abanzi bose bazi neza uburyo nitanze cyane ngo mbashe kubona iyi Ballon d'Or." Aha akaba yaranaboneyeho gushimira abantu bamwe na bamwe bagize agaciro mu buzima bwe harimo na Nelson Mandela. Byavuye ku rubuga www.ronaldo7.net

Yaya Touré yisubije igihembo cy'umukinnyi mwiza w'Umunya Afurika 2013

Umunya Côte d'Ivoire Gnégnéri Yaya Touré ukinira Manchester City yo mu Bwongereza yongeye kwisubiza igihembo cy'umukinnyi mwiza w'umunya Afurika 2013 atsinze mugenzi we Didier Drogba n'Umunyanigeria John Obi Mikel. Ni inshuro ya gatatu ikurikirana Touré atwaye iki gihembo, umuhigo wari ufitwe na Samuel Eto'o na Abedi Pele.

Yaya Touré yakurikiwe na John Obi Mikel naho Didier Drogba aza ku mwanya wa gatatu. Ni ku nshuro ya mbere Mikel agera muri batatu ba nyuma bahatanira iki gihembo.**Byavuye kuri www.igihe.com**

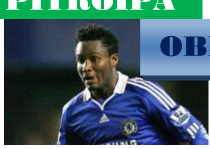
ABAKINNYI B'ABANYAFURIKA 10 BIGARAGAJE MU 2013

TOURE

ENYEAMA

AUBAMEANG

PITROIPA



OBI MIKEL

1. **Yaya Touré (Côte d'Ivoire/Manchester City)**
2. **Vincent Enyeama (Nigeria/Lille)**
3. **Pierre-Emerick Aubameyang (Gabon/Borussia)l**
4. **Jonathan Pitroipa (Burkina Faso/Rennes)**
5. **John Obi Mikel (Nigeria/Chelsea)**
6. **Emmanuel Emenike (Nigeria/Fenerbahce Istanbul)**
7. **Mohamed Aboutrika (Égypte/Al-Ahly Le Caire)**
8. **Salomon Kalou (Côte d'Ivoire/Lille)**
9. **Asamoah Gyan (Ghana/Al-Aïn FC)**
10. **10. Mohamed Salah (Égypte/FC Bâle)**

EMENIKE

ABOUTRIKA

KALOU

GYAN

Salah

Uru rutode rwakozwe na Jeune Afrique.Twifashishije u rubuga www.igihe.com

URUKUNDO N'IMIBANIRE

Mu nkuru zigiye zitandukanye umuganga.com wagiye utangaza harimo izigenda zitanga inama ku rukundo kandi usanga hari izivuga ibigaragaza umusore wakunze umukobwa ndetse n'ibigaragaza umukobwa wakunze umusore.

Ikigaragara ni uko hari igihe abantu bashobora gukundana ariko bagahera mu rujijo rutuma badashobora gufata imyanzuro ihamye yo gukundana bya nyabyo ! Ibi byatumye Dr Catherine Solano umuhanga mu bijyanye n'itandukaniro ry'ibitsina abasha kugaragaza amwe mu marangamutima agirwa n'umugabo wakunze nyakuri.

N'ubwo usanga akenshi hari byinshi abakobwa bahuriraho n'abahungu, ariko hari ababigiramo ingufu kurusha abandi.
Umugabo cyangwa se umusore ukunda yumva yatanga n'ibyo atagira kandi akumva ari we wenyine wabikora kuko yumva buri gihe ashaka gufasha uwo akunda muri buri kamwe atagira icyo ahakana mu buryo bwo kwereka umukunzi we ko ashobora kumukorera buri kimwe.

Ariko kandi n'ubwo ibi abikora, ngo ntabwo aba ari ibizahoraho akaramata ! Mukobwa niba hari ubigukorera ukaba waraheze mu rungabangabo mutange hakiri kare kuko bishobora guhindika…

Na none urubuga topsante rwakomeje ruvuga ko iyo umugabo atagaragaje ko hari ibyo yigomwa ku bw'umukunzi we nta n'icyo aba azamumarira nyuma yo kubana.

Uretse kuba umusore wakunze yakwigomwa hari n'ibindi bimuranga harimo kwihangana muri byose aho aba yumva yanakurenganura. Ibi ntibiterwa n'uko wenda mwaba mwarigeze kugirana ibihe byiza ahubwo usanga we ubwe agenda yitega imitego bitewe n'urukundo agufitiye.

Ikindi kandi ni uko iyo umusore yakunze aba ashaka gushimisha umukobwa yakunze buri gihe: Twavuga nko kumusohokana anamwereka ibyo akeka ko bishobora kumushimisha, guhora amureba mu maso n'ibindi.

Iyo umusore yakunze aba atandukanye n'umukobwa wakunze kuko uyu musore we aba asa n'aho yafashe umwanzuro ndakuka aho aba areba umukunzi we gusa. Ibi ntibitinda kuko nyuma ho gato ashobora kubona ko yibeshye umubano utarakomera bityo agahita ahindura ibitekerezo.

Inkuru ya SIBO KAKA Theo yavuye ku rubuga www.umuganga.com

TWISEKERE

1.UMUSORE N'INKUMI BARAKUGENDEYE MU CYUMBA BARAGANIRA BAHUZA URUKUNDO, KERA KABAYE UMUSORE ABWIRA INKUMI KO YIFUZA KO BABANA.INKUMI ITI:"UFITE RAVA?UFITE CADASTRE(KADASITERE)?UFITE AMAFARANGA ?";UMUSORE ATI NTABYO MFITE.ITI NO URUMVA WANYIGONDERA MUJINGA?UMUSORE ATI:"SIMFITE RAVA MFITE LIMUZINI,SIMFITE CADASTRE MFITE HOTERI,SIMFITE AMAFARANGA MFITE AMADORARI."UMUKOBWA AHITA ASHIGUKA ATI:"SHERI MBABARIRA NARI NIBESHYEHO,NGAHO MBWIRA ITARIKI Y'UBUKWE?"

2.UMUSORE N'INKUMI BARAGIYE BAKORA URUKUNDO (FAIRE L'AMOUR) HATAMAZE N'AKANYA UMUSORE ABA ARARANGIJE NEZA NEZA AGUYE AGACUHO;NI UKO NYAMUKOBWA MU KAJWI GATO CYANE ATI:"SHERI KO UTARI WARAMBWIYE KO UFITE AGACURANGISHO GATO?",UMUSORE ATI:"ARIKO NAWE SHERI NTABWO WIGEZE UMBWIRA KO NZACURANGIRA MURI SALLE POLYVALENTE (INZU MBERABYOMBI)!!!!!!!!!

Mwabiteguriwe na MUHOZA Olivier

MENYA KOPERATIVE GIRUBUZIMA

Koperative GIRUBUZIMA ni itsinda ry'urubyiruko rw'abasore n'inkumi bakora ibikorwa byo kwiteza imbere bagamije cyane cyane kurwanya indwara y'igituntu by'umwihariko binyuze mu bukangurambaga.Si iyo ndwara gusa bahagurukiye kurwanya kuko ubukangurambaga batanga bureba n'icyorezo cya SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina,ibiyobyabwenge ndetse bakanashishikariza urubyiruko kwirinda ubunebwe ruhagurukira gukora.

Ibiganiro byitabirwa n'urubyiruko ndetse n'abakuze

Iyi koperative GIRUBUZIMA yatangiye ari itsinda (club) rigizwe n'abagera kuri 12 ni ukuvuga abasore 8 n'inkumi 4.Bakaba barakoraga ibikorwa by'ubukangurambaga babinyujije mu biganiro.Ibi bikababyari bigamije kugira abantu inama ngo barinde ubuzima bwabo bakurikiza amabwiriza yose yo kwirinda igituntu ndetse no kubigisha uko bakwita ku bagize ibyago byo kucyandura.Si ibyo gusa kuko uru rubyiruko rwanagerageje kwiteza imbere mu bworozi. Mu bworozi, uru rubyiruko rwatangiranye amatungo abiri y'ingurube kuri ubu bakaba barabashije kuziturira abageze kuri 2/3 by'abagize iyi koperative.

Kuri ubu iyi koperative ikomeje ibikorwa byayo mu bukangurambaga bujyanye no kwirinda igituntu, SIDA n'izindi ndwara zandurira mu mibonano mpuzabitsina,ibiyobyabwenge tutaretse no gushishikariza urundi rubyiruko kwikura mu bukene birinda ubunebwe.

Iyi koperative kandi iharanira ubusabane mu rubyiruko aho ifatanya n'amakipi atandukanye igategura amarushanwa mu mikino inyuranye.Aha twavuga Baketball, football, Rugby ndetse n'indi myinshi.

Photo Carine

Iyi koperative GIRUBUZIMA ntiyasigaye inyuma mu bijyanye no kurengera ibidukikije kuko,ifatanyije n'andi matsinda y'urubyiruko bakora ibikorwa by'umuganda haba gutera ibiti ku mihanda ihuza imidugudu n'utugari ndetse n'uturere duhana imbibe na Nyamasheke.

Aha twaboneraho kubamenyesha ko ifite bamwe mu banyamuryango batangije akanyamakuru ejo heza h'urubyiruko ku bufatanye n'ikigo cy'urubyiruko cya Nyamasheke.

Iyi koperative ikaba yifurije ikaze by'umwihariko urubyiruko kuyigana kugirango bakomezanye ibikorwa byo kwiteza imbere.

Inkuru ya Carine UMUTONI

NYFC

Menya impamvu ibishanga bya Kamiranzovu, Rugezi n'Akagera ari ntavogerwa mu Rwanda

Mu Rwanda hari amoko atatu y'ibishanga : ibishanga bikomye, ibishanga bikoreshwa habanje gufata imigambi yo kubirengera, n'ibishanga byakoreshwa nta kibazo. Muri byo Kamiranzovu, Rugezi n'Akagera ntibyemerewe guhingwamo.

Dr. Rose Mukankomeje, Umuyobozi w'Ikigo cy'Igihugu cy'Ibidukikije - REMA (Environment Management Authority), mu mpera z'icyumweru gishyize hizihizwa umunsi mpuzamahanga w'ibishanga, yavuze ko igishanga cya Rugezi kiri mu bikomye, kandi nta wemereye kugihingamo kuko rimwe abaturage bigeze kugihingamo bituma umuriro w'amashanyarazi uba muke mu gihe amazi y'iki gishanga ari yo atanga urugomero rwa Ntaruka.

Yagize ati : "Ibishanga bitagira ibikorerwamo na mba bikomye ni igishanga cya Rugezi, icya Kamiranzovu n'icy'Akagera…"

Yavuze ko atari byo byonyine ariko ibi by'umwihariko ngo bigomba kuyungurura umwuka, amazi n'ingomero bikanatanga urusobe rw'ibinyabuzima bitandukanye biba bikenewe mu buzima bwa buri munsi bw'umuntu.

Igishanga cya Rugezi, giherereye mu karere ka Burera, usanga gikungahaye ku rusobe rw'ibinyabuzima birimo ibyatsi bitohagiye, hakiberamo amoko y'inyoni yitwa inceberi zitaboneka ahandi ku Isi kandi zikunzwe n'abakerarugendo, gitanga kandi amazi menshi akoreshwa mu rugomero rwa Ntaruka akanatanga umugezi wa Mukungwa.

Umuyobozi wa REMA yavuze ko igishanga cy'Urugezi, kigeze kwangirika amashanyarazi arabura cyane, bityo Leta imaze kugisana arongera araboneka.

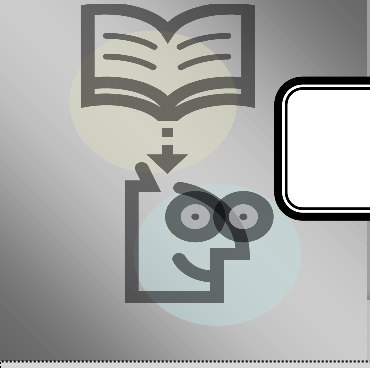
Iki gishanga avuga ko ari umutungo kamere ufitiye igihugu akamaro, bityo abagituriye kuri ubu ntibakigihinga kuko kera wasangaga hanakorwamo ubuhinzi n'ubucukuzi bw'amabuye y'agaciro.

Igishanga cya Kamiranzovu giherereye mu karere ka Nyamasheke hagati muri Pariki y'Igihugu ya Nyungwe. Ni igishanga kigira amoko menshi y'inyoni, gitanga amazi menshi arimo nayisuka mu y'isoko ya Nili. Kinafite ubukungu bwinshi burimo ingufu za nyiramugengeri. Iki gishanga gifite kandi ibinyabuzima bitandukanye birimo n'amoko y'indabo za orchides zikunzwe n'abakerarugendo.

Igishanga cy'akagera – Photo internet

Igishanga cy'Akagera kiri mu Burasirazuba bw'u Rwanda. Kigizwe n'urufunzo rwinshi n'ibindi bimera, usanga kibamo amoko menshi y'inyoni atemberamo akanagera muri Pariki y'Akagera aho asurwa n'abakerarugendo. Iki gishanga gifite amazi yisuka mu Kagera akanatanga urugomero rwa Rusumo n'ibindi.

Inkuru ya **NDANGA Janvier**



BARATWANDIKIYE

Nitwa MUTIJIMA Emmanuel bakunda kwita Muteli, sinabashije kurangiza amashuri yanjye ariko ubu nkora akazi muri hoteli.Nifuje kubabaza akabazo gakurikira:

“Nigeze gukorana imibonano mpuzabitsina n’umwe mu banyamahanga twakira muri hoteli nkoreramo,hanyuma ambwira ko yanduye SIDA.Ubu hashize amezi abiri n’igice ibyo bibaye.Sindajya kwipimisha kuko nta kamenyetso na gato nibonaho k’uburwayi ubwo aribwo bwose.

Ese nabigenza nte ngo menye ko nanduye cyangwa koko nkiri muzima?

MUTIJIMA Emmanuel

AKARERE KA HUYE

Nshuti ya ejoheza,hari uburyo bumwe gusa bwakwizeza ko waba uri muzima cyangwa se waranduye.Ni ukugana ikigonderabuzima,ibitaro cyangwa se ikigo cy’urubyiruko kikwegereye bagasuzuma amaraso yawe.Ikindi kandi ni ngombwa kwibuka ko virus za SIDA zishobora kugaragara mu maraso nyuma y’amezi atatu wanduye.Bityo rero nagushishikariza kujya gupimisha amaraso ukamenya uko uhagaze.

Nshuti mutugezaho ejo heza muraho? nifuje kubandikira ngirango munsubize ku kibazo maze igihe kinini nibaza.Mfite imyaka 19,nkaba nagiragango mbaze niba imiti yo kuboneza urubyaro yandinda kwandura virus itera SIDA?

GIRUMUGISHA Nina Carine

Rusizi

Nshuti ya ejo heza,

Twashimishijwe no kuba waratwandikiye nkaba nagusubiza ngira nti”OYA.Imiti yo kuboneza urubyaro ibuza umugore gusama ntibimubuza kwandura virus itera SIDA.Iyo ugiranye imibonano mpuzabitsina n’umuntu wamaze kwandura virus itera SIDA ushobora kwandura kuko muri uko guhuza ibitsina habaho guhura kw’amasohoro n’ububobere bwo mu gitsina cy’umugore.

Nawe twandikire kuri aderesi yacu ikurikira

Email:

ejoheza2013@yahoo.fr

Dusange kuri facebook wandike ijambo “ ejohezahacu”