



EJO HEZA

H'URUBWIRUKO

Akanyamakuru k'ikigo cy'urubwiruko cya Nyamasheke



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www.nyamashekeyegocenter.webs.com

Aka kanyamakuru ntikagurishwa!



TWIBUKE, TWIYUBAKA.



**Umuhanzi
Diplomate I
NYAMASHEKE
...Paji8**



**NI NDE
UZAKIJANA
?... PAJI 11**



**Umunyamabanga
nshingwabikorwa w'inama
y'igihugu y'urubwiruko yasuye
urubwiruko rwa Nyamasheke
...Paji5**

**Mourinho mu byishimo
nyuma yo gutsinda
ikipe ya Paris Saint
Germain...Paji10**





Turabasuhuje nshuti basomyi ba Ejo heza. Mbere na mbere tubanje kubiseguraho ku mpamvu zo kutabagezaho akanyamakuru kanyu ku gihe. Ibi bikaba byaratewe n'impamvu zinyuranye ariko zitabujije ko twari tukibazirikana.

Tubazaniye rero numero ya 3 ya EJO HEZA H'URUBYIRUKO, aha murasangamo byinshi byagiye bihinduka ndetse n'ibiyongereyemo byose bikaba byaraturutse ku byifuzo bya benshi muri mwe nshuti zacu. Tuboneyeho kandi kongera kubibutsa ko tucyakira ibyifuzo ndetse n'ibibazo byanyu binyuranye kugirango turusheho kubategurira akanyamakuru kanyu ku buryo bubanogeye.

Rubyiruko, nshuti za Ejo heza by'umwihariko, turabamenyesha ko ushaka kutugezaho igitekerezo cye wese yatwandikira kuri aderesi yacu cyangwa se akakigeza ku kigo cy'urubyiruko cya Nyamasheke.

Ubwanditsi

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ITSINDA RY'UBWANDITSI:

- NYIR'IKINYAMAKURU :** *Ikigo cy'urubyiruko cya Nyamasheke*
- UMWANDITSI MUKURU:**
- NDANGA Janvier*
- INAMA Y'UBWANDITSI :**
- SINZINKAYO Etienne*
- MUKANDORI Denyse*
- HITABATUMA Maurice*
- ABAKORERABUSHAKE :**
- MUGEMANGANGO Yvonne*
- UMUTONI Carinne*
- UMUNYAMABANGA :**
- MUHOZA Olivier*



Kwisiramuzwa nta ngaruka bigira ku mibonano mpuzabitsina



Iki gikorwa kigabanya ububobere buba ku gitsina cy'umugabo kandi ubwo bubobere ni bwo bufasha virusi itera SIDA kwinjira mu mubiri mu gihe cy'imibonano mpuzabitsina.

Bitewe n'uko ibyago byo kwandura ku muntu wasiramuwe ari bike ugereranyije n'utarabikorera iyo bombi batakoreshye agakingirizo, ushobora kuba watekereza kudakoresha agakingirizo ku wo mutizeranye ariko burya ni ngombwa.

Gusiramurwa ngo bikaba bigira akamaro kanini, kabone n'ubwo hari imiryango ibirwanya ikanatuma abakuze batita ku kubikorera abana babo bibwira ko ari igikorwa kitarangira.

Iyi miryango yemeza ko ari uburwayi gukuzaho agahu k'abana kuko baba bazabyihitiramo bamaze kwimenyera gutandukanya icyiza n'ikibi.

Dore impamvu zishobora gutuma wahitamo gusiramurwa:

1. Gusiramurwa ku mpamvu z'isuku nk'aho amazi ari make cyangwa hari ubushyuhe. **2.** Iki gikorwa kandi gishobora guterwa n'idini (musulmans, judaisme). **3.** Ushobora no kubikora ku bushake aho binakorera abana bakivuka. **4.** Hari n'igihe ubitegekwa na muganga abonye uko agahu kawe gateye cyangwa indwara.

Gusiramurwa ni igikorwa cyo kwa muganga, aho babaga agahu gakikije umutwe w'igitsina cy'umugabo maze uwo mutwe ugasigara hanze. Uku gusiramurwa rero ngo ni byiza ku baba mu madini cyangwa mu miryango ibyemera nko mu basiramu (musilmans) cyangwa judaisme n'ubwo ku bandi babifata nk'aho ari ikizira kuri bo.

Inkuru ya MUHOZA Olivier Ifoto yavuye ku rubuga www.docteurcliv.com



Impamvu enye (4) zitera amenyo

Burya amenyo yacu ashobora kwangizwa n'ibintu byinshi dufata nk'amafunguro n'ibindi. Hari impamvu enye z'ingenzi (4) zitera kwangirika kw'amenyo ari zo tugiye kurebera hamwe.

1. Gufata indyo yiganjemo isukari buri kanya

Byagaragaye ko abantu bakunda kufata ibiribwa byiganjemo amasukari twavugaga nka biswi, keke, shokora, kunyunyuzwa isukari hagati y'amafunguro asanzwe bitera gucukuka kw'amenyo kubera ko mu kanwa harimo udukoko tuzwi ku izina rya « Bacterie » dukunda isukari. Iyo rero hari ibinyamasukari biri mu kanwa utwo dukoko turarya twahaga tugakora Acide bizwi ku izina rya Fermantasiyo (Fermantation) bityo ya Acide igacukura iryinyo.

2. Koza mu kanwa igihe kitari cyo

Abantu benshi bakunda koza mu kanwa ari uko babyutse yewe na mbere yo gufata ifunguro rya mu gitondo (Breakfast) nyamara ni nko gukaraba intoki mbere yo gukukira inka. Umuryango w'abaganga b'amenyo wo muri USA wemeje ko nibura hakoze mu kanwa nibura kabiri kumusi. Mu gitondo nyuma y'ifunguro rya mu gitondo na nimugoroba nyuma yo gufungura kugira ngo utwo dukoko tubure icyo turya bityo ntitubashe gutanga Acide yacukura amenyo.

3. Ubwoko bw'amacandwe ya buri muntu

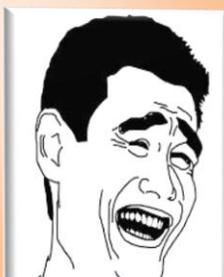
Amacandwe afite akamaro ko koza amenyo bizwi kwizina ry a uotoclening, iyo ufite amacandwe afashe cyane rero bituma adakora akazi kayo neza bigatuma ibiribwa twafashe biguma kumenyo bigakoreshwa mugutanga ya aside mugihe iyo ufite amacandwe yorohereye ahanagwa neza kandi vuba bigatuma ibiribwa bitafata aho biri udukoko tukabibura ntidutange ya aside icukura amenyo.

4. Imitere y'amenyo ubwayo

Hari amenyo aba atarabonye ibiyubaka bihagije nka Karisiyumu bityo gucukuka bikoroha cyane ugereranyije n'ayandi bifatwa kimwe.

Ifoto : eugostodesaia.blogspot.com
Olivier MUHOZA / UMUGANGA.com

SOMA WISEKERE



UMUGABO YARI AMENYEREYE KURYA CYANE. UMUNSI UMWE ARI MU BIHE BY'INZARA, ACUNGA UMUGORE AMAZE GUSONGA UBUGARI ANYARUKIYE MUNSI Y'URUGO GUSHAKA IMBOGA, ABATURA UBUGARI AGENDA YIRUKIRA MU MASAKA.

NI UKO AGEZE HEPFO GATO ASAKIRANA N'UMUGORE NI UKO UMUGORE ATI: KO NARI NGIYE GUSOROMA IMBOGA ZO KUBURISHA UKABA UBUJYANYE? UMUGABO N'IBIMWARO BYINSHI ATI: NUMVISHE NTAKOMEZA KWIHANGANA NKATIRA UBWANGE MBURUMANGE N'UBUSANZWE IMBOGA SINZIKUNDA!!!!!!

Kujujubya cyangwa kogeraho umuntu uburimiro (Harassment) bimwangiriza ubuzima

Kujujubya umuntu cyangwa kumwogeraho uburimiro (Harassment) ni amagambo ashariye y'urucantege, imyitwarire cyangwa ibikorwa umuntu akenshi ukunze kuba afite ububasha cyangwa ufite icyo arusha undi akoresha mu kwibasira, gutoteza no guhabura uwo asuzuguye. Ibyo bikorwa biba bigamije kumunnya, kumuca intege, kumutesha agaciro, kumutera ubwoba, kumutoteza no gutuma ahabuka agata umurongo w'ibyo yakoraga ku bw'inyungu runaka ubikora aba agamije ariko byose bikangiza ubuzima bw'ubikorewe.



Uku kujujubya ni intwari ikomeye y'igitugu n'iterabwoba ndetse ikaba n'intwari yo gutesha umuntu agaciro n'icyubahiriro mu muryango. Usanga uko kogeraho umuntu uburimiro cyangwa kumujubya bimwangiriza mu ntekerezo ndetse yemwe bikanamugiraho ingaruka ku buryo atabasha kugira ishema ry'uwo ari we no

kugaragaza ubushobozi bw'icyo ashoboye. Iyo usesenguye neza usanga kogeraho umuntu uburimiro umujubya ari ihohoterwa rishingiye ku mitekereze rikorwa rigatesha agaciro ikiremamuntu. Iyi ngeso yo kogeraho umuntu uburimiro ikunze kugaragazwa n'abakoresha bamwe badafata neza abo bayobora, abagabo n'abagore bamwe na bamwe basuzugurana mu ngo zabo, bamwe mu babyeyi gito n'abandi bantu biyumva ko hari isumbwe runaka bafite kurusha abandi.

Ibimenyetso biranga umuntu wajubijwe

Bimwe mu bimenyetso byerekana umuntu ujubijwe nk'uko tubikesha urubuga harassment101.com, harimo kurwara igifu, kurwara umutwe udakira, kubura intege zo gukora imirimo runaka, kugira isesemi ya buri kanya, gushikagurika; kabone niyo haba nta kimukanze, kubura ipfa ryo kurya, kugira indwara y'ibitotsi no gutakaza ibiro. Kuri bamwe usanga baryagura kubera kugira ubushake bwo kurya budasanzwe ari na byo bituma bagira umubyibuho ukabije.

Mu mitekereze, usanga umuntu wogeweho uburimiro ajubijwe atoroherwa no gufata mu

mutwe cyane kubera gutakaza ingufu zifasha ubwoko bwe kwibuka. Usanga kandi afite imyitwarire y'umushiha, aho aba yumva nta muntu runaka ashaka kuvugana na we ndetse yemwe banavugana akamubwiza inani na rimwe. Abandi bo usanga batangira kugira ibitekerezo bibaganisha ku kwiyahura cyangwa ugasanga bahora barira. Hari n'abandi ushobora gusanga bahora baryamiye amajanja kandi babijyanisha no kugira umushiha ukabije. Mu bindi bimenyetso bibaranga usanga barakazwa n'ubusa mbese ari ba bandi twita ibifura. Usanga kandi abatangiye kwibasirwa n'ingaruka z'iyi ndwara bagira indahiro cyangwa kwivumagura bidasanzwe ku kintu runaka kabone n'ubwo kaba ari akantu gato. Ikindi kimenyetso ni ukubura ubushake bwo gutera akabariro. Na none kandi bene aba bantu bajubijwe usanga nta kintu gipfa kubashimisha. Uzasanga kenshi abibasiwe bahita batangira kwiyahura ibiyobyabwenge kugira ngo babashe kwivana muri ako gahinda n'ubuzima bubuza barimo.

Tubarariye kuzabagezaho ubutaha zimwe mu ngaruruka ku muntu waranzwe no kujubijwe.

Mwabiteguriwe na MUHOZA Olivier hifashijwe urubuga Umuganga.com

IBIGANIRO 5 UGOMBA KWIRINDA KU MUNSI WA MBERE WAHUYE N'UMUSORE/UMUKOBWA USHAKAHO UBUCUTI

1. Irinde kuvuga ibijyanye n'umukobwa cyangwa se umusore mwigeze gukundana,
2. Irinde guhita umubwira ibyo wanga kabone n'ubwo yaba ariwe ubikubajije kuko hariho igihe bishobora kumuca intege.,
3. Irinde kuvuga ibigambo byinshi no gusahinda kuko icyo umweretse ko uvuga menshi bimutera impungenge zuko ushobora kuba uri umunyamagambo menshi cyangwa se udafite uburere,
4. Irinde kuvuga amafaranga winjiza cyangwa se we kumubaza ayo ahembwa kuko ibi bimwereka ko ushobora kuba umwirataho utekereza ko akazi ukora cyangwa se amafaranga ari yo atumye agukunda cyangwa se ukunda amafaranga kumuruta,
5. Irinde kumuganiriza ku mateka yawe y'ubuzima bw'imibonano mpuzabitsina; nko kumubwira umubare w'abo mwakoranye imibonano mpuzabitsina, kuko si byo akeneye ku munsi wa mbere kuko ashobora kubona ko ari byo ushyira imbere mu Rukundo cyangwa se ujya mu rukundo ari byo ugamije.

Mwabiteguriwe n'umukunzi wacu ISINGIZWE Benie Nicole.

BITE MU BIGO BY'URUBYIRUKO?

URUZINDUKO RW'UMUNYAMABANGA NSHINGWABIKORWA W'INAMA Y'IGIHUGU Y'URUBYIRUKO MU KARERE KA NYAMASHEKE.

Hari kuri uyu wa 21/03/2014, ubwo umunyamabanga nshingwabikorwa w'inama y'igihugu y'urubyiruko, Bwana NKURANGA Alphonse, yasuye urubyiruko rwo mu karere ka Nyamasheke. Nyuma yo gusura ibikorwa bitandukanye bikorerwa ku kigo cy'urubyiruko cya Nyamasheke aho yabashije kwirebera no gusobanurirwa muri make ibihakorerwa.

Aha umunyamabanga nshingwabikorwa w'inama y'igihugu y'urubyiruko yabonye n'urubyiruko rwiga ikoranabuhanga rikoresheje mudasobwa ndetse n'umwuga w'ubudozi aho yabashishikariye guhuza ikoranabuhanga n'umwuga wabo w'ubudozi bagarageza gukura bimwe mubyo bakora kuri interineti bityo bikunganira ibyo bize ndetse bakegera bagenzi babo barangije kwiga bakabungura inama z'uburyo bakora.



Bwana NKURANGA Alphonse asura abiga ikoranabuhanga rikoresheje mudasobwa.

Umunyamabanga nshingwabikorwa w'inama y'igihugu y'urubyiruko yatangije konges y'urubyiruko mu karere ka Nyamasheke

Kuri uyu wa 21/03/2014 kandi, nyuma yo gusura ikigo cy'urubyiruko cya Nyamasheke, umunyamabanga nshingwabikorwa w'inama y'igihugu y'urubyiruko yatangiyeye konges y'urubyiruko yaberaga mu nzu mberabyombi y'Akarere ka Nyamasheke. Iyi konges ikaba yaritabiriye n'urubyiruko ruhagarariye abandi ruturutse mu mirengye yose igize akarere ka Nyamasheke.

Nyuma yo guha ikaze urubyiruko rwari rwitabiriye iyi konges ndetse n'abashyitsi muri rusange, Umuyobozi w'Akarere ka Nyamasheke Bwana HABYARIMANA Jean Baptiste yabaganirije kuri EDPRS 2, ashimangira uruhare rw'urubyiruko muri gahunda ya Ndi umunyarwanda nk'inzira yo kubaka ejo hazaza, kwibuka Jenoside yakorewe abatutsi ku nshuro ya 20 ndetse no kurwanya ruswa.

Mu ijamba ry'umushyitsi mukuru Bwana NKURANGA Alphonse, umunyamabanga nshingwabikorwa w'inama y'igihugu y'urubyiruko, yavuze ko ntacyo umuntu yabasha kugeraho atitandukanyije no kunywa ibiyobyabwenge ndetse n'ibindi bisindisha. Aha yaboneyeho no gushishikariza urubyiruko gukora kugirango rugere ku iterambere aho yagize ati: "Mu rugamba rw'iterambere ntihabamo abafana nko mu kibuga, mwese mubigiramo uruhare." Nyuma urubyiruko rwahawe ijamba rubaza ibibazo runatanga ibyifuzo binyuranye.

Uru ruzinduko rwarangijwe n'ubusabane hagati y'urubyiruko rwari rwitabiriye konges ndetse n'abashyitsi bari barusuye.

Mwabiteguriye na Club UBUSHAKE NYFC

ESE IBI BIRAKWIRIYE ?

Umugabo witembereraga yahuye n'undi biganye ariko abona asabiriza, aramubaza ati: "ese byakugendekeye bite ko usigaye usabiriza?" Ni uko aramusubiza ati: "ntundebe gutya nanditse igitabo kirimo uburyo bwinshi umuntu yashakamo ifaranga." Undi aratangara cyane ati none ko usabiriza?"

Nawe ati : "ubu nyine ni bumwe muri ubwo buryo."

Olivier MUHOZA

UBUMENYI N'IKORANABUHANGA

USHAKA GUKORA DOWNLOAD ZA VIDEWO WIFASHISHIJE YOUTUBE ?

Youtube kugezubu rwabaye urubuga rwamenyekanye cyane kw' isi nk' ahantu abantu benshi bashobora gushakira amavidewo atandukanye y' ibintu byo kw' isi. Miliyoni z' abantu baba bareba za videwo bashaka.

Inkuru ya MUHOZA Olivier hifashishijwe www.ubuhanga.com



Kugirango hakorwe download ya video ziri kuri youtube, abantu benshi bakunze gukoresha za softwares zitandukanye ariko si ngombwa cyane burya ushobora no kubikora wifashishije interineti uciye kuri za website zitandukanye. Aha nta kindi kintu ucyeneye gukorera install. Ahubwo injiza linki (URL) ya videwo ushaka hanyuma ukande kuri download, icyo gihe video yawe izatangira kuba downloaded.

1. SaveVid : www.savevid.com

Twabagira inama yo gukoresha iyi site mu gukora download kuri youtube. Iyi website ifsaha abantu benshi gukora download za video zo mu bwoko bwinshi nka : FLV, AVI, MOV, MPG, cg WMV .

2. Keepvid : www.keepvid.com

Uru rubuga narwo ni rwiza mu gukora download ya videwo zo kuri youtube ku buntu. Aha ushobora gukora download ya videwo zo kuri youtube zo mu bwoko bwa FLV.

3. Catchvideo : www.catchvideo.net

Uru rubuga rwagufasha gukora download ya videwo yo kuri youtube mu buryo bwihuse zo mu bwoko bwa FLV cg MP4

4. Zamzar :

Uru rubuga ruzagufasha kubona videwo zihinduye mu bwoko bwa AVI, MPEG, 3GP, MP4, MOV, ...

5. Keephd : www.keephd.com

Narwo n' urubuga rwiza rwagufasha gukora download za HD Videos, mu buryo bwo gukandaho gusa.(one click).

Bizakomeza mu numero yacu y'ubutaha.



**UMUNYAMAHANG
A YARAVUZE NGO**

**“C PAS
SORCIER”!!!!!!!**

**IBI WOVE
URABIBONA UTE?**

**GIRA ICYO
UBIVUGAHO.**

Ibaba ry'ikinyugunyugu

Byavuye kuri Nimukanguke, Mata 2014.

Igihe abashakashatsi bo muri Kaminuza ya Ohio muri Amerika bakoraga ubushakashatsi ku kinyugunyugu kinini abahanga bita Morpho Didius, baje kuvumbura ko nubwo iyo urebye ibaba ryacyo usanga ryoroshye kandi rimeze nkirisennye ariko burya ngo ritwikiriwe n'utugaragamba duta cyane tumenze nk'amategura asakaye igisenge cy'inzu akirinda gutoha.



Ikinyugunyugu cyitwa Morpho Didius

Iyo ibitonyanga cyangwa umwanda biguye kuri aya mababa bihita bimanuka nta kibazo binyuze ku mihiro ifukuye kandi iteganye kuri buri baba.

Abahanga barashaka kwigana iryo baba bagakora utuntu two mu rwego ryo hejuru muri tekinoloji two gushyira mu bikoresho byo mu nganda n'ibyo kwa muganga tubirinda umwanda cyangwa amazi.

Nubwo bimeze gutyo ariko, amababa y'ikinyugunyugu aroroshye cyane ku buryo kuguruka bikigora iyo hagize ivumbi riyagwaho.

Abashakashatsi batandukanye bakomeje kwiga ibyaremye ngo barebe imikorere yabyo bityo bakore amamashini ahambaye azafasha abantu mu kazi kabo ka buri muni.

Basanze mu mara ye zahabu y'agaciro ka

9500 €

Mwayiteguriwe na MUHOZA Olivier



Kuwa 9 Mata nibwo umugabo w'umuhurwe wo mu gace ka Chandni Chowk mu gihugu cy'Ubihinde we yari yagiye kwa muganga avuga ko yamize akamanyu k'icupa. Muganga nawe amaze kumukorera ibizamini yavumbuye ko ibyo uyu mugabo avuga atari byo ahubwo mu nda ye harimo udupfunyika 12 twa zahabu, kamwe gapima amagarama 33, ku buryo iyi zahabu yose ifite agaciro ka 9500 y'amayero. Nyuma yo kuvumburwa uyu muherwe yaje gutekereza abaganga uko bimeze, ababwira ko utu dupfunyika yatumize mu minsi 10 mbere yo kuva muri Singapour kugira ngo atazishyuzwa imisoro y'iyi mari.

Uyu muherwe usanzwe uzwiho gukora business ngo yakekaga ko nagera mu Buhindi azanywa ibinyobwa byinshi utu dupfunyika tugasohoka ubundi akifatira imari ye, gusa yaje gutungurwa n'uko yabigerageje bikaba iby'ubusa agahitamo kugana kwa muganga kubera uburibwe bwari bumurembeje.

Uyu muherwe ariko ngo si ubwa mbere abazwe dore ko umuganga yatangaje ko mu 1989 nabwo yari yakuwemo agasabo k'indurwe ariko icyo gihe akaba yari umugabo wari uzwiho agafaranga mu gace Chandni Chowk we n'abahungu be babiri.

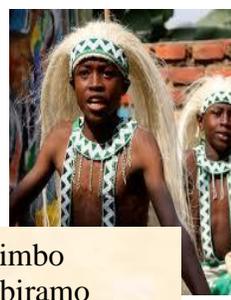
Kuba yarigeze kubagwa byatumye biba ingorabahizi ubwo bakuragamo utu dupfunyika twa zahabu dore ko iyi nshuro yari iya gatanu kuko mbere y'ubu yabazwe izindi enye. Nyuma yo kubagwa yategetswe gutaha ubundi iyi mari ye police ijya kuba iyibitse.

Uburyo bwo gukoramo ibyaha ku isi nabwo busa n'ubwateye imbere kuko hari n'abatwara ibiyobyabwenge mu nda bakabyambukana imigabane babigemuye ibunaka.



INGANZO N'ABAHANZI

UMUHANZI DIPLOMATE I NYAMASHEKE



Umuhanzi Diplomate wubatse izina mu muziki nyarwanda yasuye urubyiruko rwa Nyamasheke arubwira ko azutse kandi ko azanye ingufu zikomeye zizatuma arenga urwego yari agezeho agakuba kabiri.

Diplomate avuga ko agiye guhanga indirimbo nyinshi ndetse izindi akagerageza kuzisubiramo zikajyana n'igihe akaba yizera ko uko yari azwi mu buhanzi azerekana ko umwami ahora ari umwami.



Abisobanura agira ati “abantu bagomba kwemera ko umwami ahora ari umwami, naragiye ariko nsanga abo nasize bagikora, itandukaniro igaragarira mu gihe nzaba nongeye kwigaragaza nkongera nkaba umutware w'uyu muziki”.

Umuhanzi Diplomate

Hari kuwa 2 Mata 2014, ubwo umuhanzi wamenyakanye cyane kandi wakunzwe na benshi mu Rwanda, Diplomate, yasesekaraga I Nyamasheke ku kigo cy'urubyiruko cya Nyamasheke kiri ahitwa ku Rwesero. Mu myenda y'umutuku y'amatiriningi, urunigi rurerure rw'umuhondo rutemba mu gituza, inkweto z'umukara no mu ngofero y'umukara niko uyu muhanzi yagaragaye imbere y'imbaga y'urubyiruko yari yaje gusozza amarushanwa yiswe Umurenge Kagame Cup mu karere ka Nyamasheke.



Iki gitaramo cy'umuhanzi diplomate kikaba cyarasojwe n'amafoto y'urwibutso hamwe n'urubyiruko rwa Nyamasheke rwari rwitabiriye icyo gitaramo.

Inkuru ya TUBANAMA HORO Elysé
Amafoto: TUBANAMA HORO Elysé
Club UBUSHAKE/NYFC



Yagize ati “ndashaka kuba umuyobozi ndashaka kwerekana ko ntari mu masiganwa, ndashaka ko Abanyarwanda bemera ko mbayobora nkabajya imbere, nkabigisha uko baririmba, nkabaha amasomo azabafasha mu buzima”.

Umuhanzi Diplomate yemeza ko ari byiza gusubira inyuma mbere yo gusimbuka ngo ugere ku cyo ushaka kugeraho, akaba ariyo mpamvu yari yaragiye hanze y'igihugu kubera ibibazo byo mu muryango ariko no kuruhuka ngo atekereze neza ku bijyanye n'ahazaza h'umuziki we.

SOMA WISEKERE

Umugabo w'umuconvoyeur n'umugore we bari baryamye, ni uko umugore agiye kumva yumva umugabo atangiye kumuhondagura mu mutwe avuga ngo “PEYAJE UMUSIGE”. Mu gihe umugore atarava mu bitotsi, umugabo aba yamukuruye amaguru ajugunya hasi ngo “FATA N'UYU MUTWARO WAWU”!!!!!!!!!!!!!!

EJO HEZA HACU

A MARUSHANWA Y'IMIKINO YATEGUWE N'IKIGO CY'URUBYIRUKO CYA NYAMASHEKE NDETSE NA KAGAME CUP MU KARERE KANYAMASHEKE

Mu rwego rwo gukangurira urubyiruko rugize akarere ka Nyamasheke kwidagadura no guhindura imyifatire binyujijwe mu mishyikirano mu gufasha abandi guhindura imyitwarire, akarere ka Nyamasheke n'ikigo cy'urubyiruko cya Nyamasheke bateguye amarushanwa ya Clubs z'imikino zitandukanye(Football, Volleyball, Basketball n'iya karate na kungufu) muri KAGAME CUP mugihembwe cyahariwe imiyoborere myiza.



Ayo marushanwa akaba yaratangiriye ku majonjora yo mu tugari twose tugize akarere ka Nyamasheke guhera kuwa 20 Mutarama aho kurwego rw'akarere yatangirijwe mu murenge wa Mahembe agasozwa kuwa 02 Mata 2014.

Aya marushanwa akaba yaranzwe no guhura hagati y'urubyiruko rwo mu mirengi itandukanye aho rwabashije gusabana no kungurana ibitekerezo mu buryo bunyuranye dore ko hari byinshi urubyiruko rwari rufite byo gusangira.

Si urubyiruko gusa rwitabiriye imikino nk'iyi kuko abayobozi banyuranye nabo bagerageje gutera ingabo mu bitugu amakipi yabo.



Turebye mu mikino ya nyuma ya basketball ndetse na volleyball, twababwira ko amakipi yahuye ku buryo bukurikira:

-Muri volley-ball Umurenge wa Karengera watsinze Rangiro amaseti atatu kuri abiri nyuma y'umukino utoroshye kandi unogeye ijisho;

-Muri Basketball ikipe ya Kanjongo itsinda bitayoroheye mukeba wayo, ikipe ya Kagano, ibitego 70 kuri 62. Aya makipi by'umwihariko akaba asanzwe ahangana hagaca uwambaye.

Nyuma y'iyi mikino, urubyiruko rwose rwagiye ruyitabira rwahabwaga ibiganiro bitandukanye ku miyoborere myiza muri rusange, ubuzima bw'imyorokere no kwirinda gutera cyangwa guterwa inda zitateguwe, guharanira kwigira, kurwanya ibiyobyabwenge murubyiruko, n'ibindi.

Iki gikorwa gifasha urubyiruko rwa Nyamasheke kudahazwa mubusabane, biranabasha kumenya icyerekezo cy'Igihugu n'uruhare rw'umusanzu warwo mukugiteza imbere.

Inkuru ya SINZINKAYO Etienne

Champions League: Chelsea manager Jose Mourinho mu byishimo nyuma yo gutsinda ikipe ya Paris Saint Germain



Aha hari nyuma yo gutsinda umukino wayo wa ¼ cy'irangiza aho yerekeje kwa PSG ikayikubitira iwayo aha umutoza Jose Mourinho akaba yarishimye aho yivugiraga ko abasore be bakinnye nk'ibikoko.

Umutoza Mourinho ahama ko ikipe ye yatanze byose bishoboka kugirango igere ku ntsinzi ya 2-0 (byatsinzwe na Schurrle na Demba Ba) batsindiye ikipe ya PSG iwayo. Ibi byabaye nyuma y'uko mu mukino ubanza ikipe ya PSG yari yakubise mugenzi wayo Chelsea 3-1. Nyuma y'igitego cya kabiri cya Demba Bâ cyo hanze, iki gitego cy'intsinzi kandi cyo hanze kikaba cyaratumye ikipe ya Chelsea yinjira muri ½ ku nshuro yayo ya 7 mu myaka 11.

Nk'uko yabitangarije igisakazamakuru cya Skysports yagize ati: "ndababwiza ukuri,

ntibyoroshye guhangana na Lucas, Cavani na Lavezzi; ariko ba myugariro banjye bane bitwaye neza nk'ibisanzwe ariko abo hagati banjye bakoze nk'ibisimba ndetse David Luiz we yari IGIKOKO. icyakora Demba Ba na Fernando Torres bari bafite ingufu ku buryo batabaye ikipe cyane."



Uyu mutoza wa Chelsea yongeraho ko Demba, Nando (Torres) and Eto'o barwanye urugamba rutoroshye mu gihe abo hagati bari bananiwe. Aha akaba atangaza ko Eden Hazard wasimbuwe na Schurrle kuri uyu mukino ashobora kudakina umukino utaha kuko yumva ataramera neza nyuma y'imvune yagize.

NI NDE UZAKIJANA?

Nk'uko umuhanzi Rafiki yabiririmbwe ati ni nde uzakijana, iki ni ikibazo kiri kwibazwa n'abantu batandukanye by'umwihariko abafana ba ruhago mpuzamahanga.

Ibi ni nyuma y'aho amakipi yisobanuye mu mikino ya ¼ cy'irangiza, cya Champions league. Aha amakipi ane yabashyije kuhanyurana Aya makipi arimo Bayern Munich yo mu Budage izahura na Real Madrid yo muri Espagne (esipanye). Chelsea yo mu gihugu cy'ubwongereza nayo ikaba izisobanura n'ikipe ya Atletico Madrid ituruka mu gihugu cya Espagne.



Uyu mukino wa mbere ukazarangwa no gusubira mu gihugu cya Espagne ku mutoza Pep Guardiola wagiye arangwa no gutera ubwoba ikipe ya Real mu gihe yari muri Barcelone.

Ku ruhande rwa Real ikaba yitegura gukina umukino wayo wa ½ cy'irangiza ku nshuro ya 4 yikurikiranya ariko ikaba itarigerira

umucyo akaba yamaze kugaragazwa uburyo azagenda ahura muri 1/2.

ikoza ikirenge cyayo ku mukino wa nyuma ya 2002 n'intsinzi kuri Bayer Leverkusen. Ku ruhande rwa Atletico Madrid ya Diego Simeone, igejeje iki gihe itaranatsindwa muri aya marushanwa, ikazahura na Chelsea ya Jose Mourinho yakuyemo ikipi ya Paris Saint Germain (PSG) muri ¼. Hagati y'aya makipi yombi hakaba hakirimo akabazo k'umuzamu wa Atletico Thibaut Courtois watijwe na Chelsea. Aha UEFA ikaba isaba ko uyu muzamu atazakina ino mikino cyangwa se hakaba ah'ibihano.

Aha umuyobozi (Directeur Sportif) wa Atletico aragira ati: "twishimiye cyane kuboneka hamwe n' aya makipi yandi meza atatu. Bizaba ari uguhangana ku mpande zombi. Chelsea ni ikipi ikomeye ifite n'abakinnyi bafite amazina azwi ariko tuzagerageza kugendera ku ihame ryo gukina dufatanyije (jeu collectif) kandi dutsimbarara ku buryo tuzaba dukinamo."

TUBANAMAHORO ELYSE

CLUB UBUSHAKE/NYFC

Umusaza yari mu rugo iwe ni uko haza urubiyiruko rwari ruje gusura abahungu be hanyuma batangira kuganira kuri gahunda yo kugura abakinnyi ibi bizwi ku izina rya mercato.

Ni uko umusaza ariyumvira, yumva ukuntu abakinnyi bagenda babagura iritubutse aragira ati:"

-Aho no mu Rwanda ntibari batangira kugurisha bana ba?

-Nimukurikiranire neza mumenye umusore umwe agura angahe?

-Ndabatanga da!!! Abahungu banjye batandatu ni imari!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!!"

RENGERA IBIDUKIKIJE

BUGARAMA : AMASHYUZA AHARI YABYAZWA BYINSHI BIRENZE KUYISHIMISHIRIZAM O

Abaturage baturiyeye amashyuzwa yo mu Bugarama aherereye mu kagari kitwa Mashyuzwa mu murenge wa Nyakabuye ho mu Karere ka Rusizi, bavugaga ko aya mazi aba ashushye abafasha kugira ahantu baruhukira, bakagorora umubiri kandi bakamererwa neza mu mubiri, akabafasha kutajya mu kabari mu mpera z'icyumweru kuko baza kuyoga bakahavana umunezero uruta uwo bari gukura mu kabari.



Kuri aya mazi, uhasanga abatari bake barimo uruburuko, abakuzwe n'abana baba baje gukaraba aya mazi, dore ko hari n'aho bayavangamo imiti ya Kinyarwanda ivura amavunane, umuntu akicaramo bakabira ibyuya aho umwanda uba mu mubiri ugasohoka.

Usanga kandi mu kiruhuko cy'iminsi ibiri y'impera z'icyumweru, ku mashyuzwa hazwa abantu benshi baturutse na kure, bakaza kuharuhukira dore ko hari n'ababa bakeneye kunezerwa bumva uburyohe bw'aya mazi karemano.

Aha hantu hatangiye gutunganywa neza

Kugeza ubu aka gace karangwamo amashyuzwa ka Bugarama, katangiye gutunganywa, ku bufatanye bw'Akarere ka Rusizi n'uruganda rwa CIMERWA, nyuma y'aho abantu b'ingeri zinyuranye batangiriyeye kuzajya bava mu bice binuranye bahaza

ngo birebere ayo mazi y'amashyuzwa banayiyuhwagiremo, ku buryo habaye ahantu nyaburanga hakorerwa ubukerarugendo nk'uko urubuga rw'akarere rubitangaza.



Usibye kuba aya mazi avugwa ko afasha abantu kugira ubuzima bwiza. Zimwe mu nzobere zirimo n'iz'Abaholande zihesha mu mwaka ushize wa 2013, zemeje ko amashyuzwa ashobora gutanga umuriro w'amashanyarazi nkuko bikorwa mu gihugu cya Iceland aharangwa amashyuzwa menshi.

**Byakusanyijwe na
Ndanga Janvier
hifashishijwe urubuga
igihe.com**





Muraho banyamakuru ba ejo heza. Nifuzaga ko mwangira inama.

Mfite imyaka 24 ndi umunyeshuri mu ishuri ryisumbuye rya Kibogora. Kugeza ubu sindabona imihango kandi abandi tungana mbona bayibona kandi mbona ibindi bimenyetso binyereka ko nkuze nta kibazo. Ese mbigenze nte?

ABIJURU G.

Turagushimiye cyane muvandimwe. Gusa si wowe wenyine ibi biba no ku bandi benshi. Inama nakuha ni ukujya ku kigo nderabuzima kikwegereye cg ibitaro. Aha muganga azakumara impungenge zose.

Ndabasuhije banyamakuru ba ejo heza.

Mbandikiye ngirango mbamenyeshe ko nashimishijwe n'igisubizo cyanyu nyuma yo kubabaza ikibazo cyanjye. Mboneyeho no kubamenyesha ko niba bishoboka nifuzaga kumenya urubuga nasangaho akanyamakuru ejo heza h'urubyiruko.

GIRUMUGISHA N. Carine

**TURAGUSHIMIYE
BY'UMWIHARIKO NAWÉ
TUNABONEYEHO KUKUBWIRA
KO URUBUGA RWACU ARI**
www.nyamashekeyegocenter.webs.com

**GUSA URUBUGA RWACU
RURACYAFITE AKABAZO ARIKO TURI
KUGAKEMURA BYIHUTA.**

Nshuti mutugezaho ejo heza muraho ni amahoro? Nk'uko nabonye ibitekerezo ndetse n'ibibazo bya bagenzi banjye babandikira basaba inama nifuje nanjye kubagisha inama. Niga mu mwaka wa gatatu w'amashuri yisumbuye, mfite imyaka 14.

Nakoze amakosa ndyamana n' umukobwa wiga muri kaminuza bigaragara ko ari mukuru kuri njye, ubu hashize amezi atatu ibyo bibaye. None ubu ari kumbwira ko namuteye inda kandi numva bitashoboka. Ibi bikaba byatumye ntajya mu ishuri. Ndabasaba ko mwamfasha. Murakoze

Nshuti ya Ejo heza, tubanje kukubwira tuti ihangane amakosa abaho mu buzima ariko icya ngombwa mu buzima kikaba kuyemera nogushaka uburyo umuntu yayakosora. Kuba watera inda birashoboka kuko ugejeje igihe cy'ubugimbi. Ariko na none reka guhangayika kuko ishuri ni ejo hazaza hawe. Gerageza utangire amashuri kandi ushyireho umwete nta kibazo, hanyuma muzicare n'uwo mugenzi wawe mubiganire ho ndetse nibiba ngombwa mwiambaze abantu bakuru mu muryango babagire inama y'icyo mwakora. Kandi ntugire ubwoba rwose bizatungana.

Ubwanditsi bwa Ejo heza.

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