



EJO HEZA

H'URUBYIRUKO

Akanyamakuru k'ikigo cy'urubyiruko cya Nyamasheke



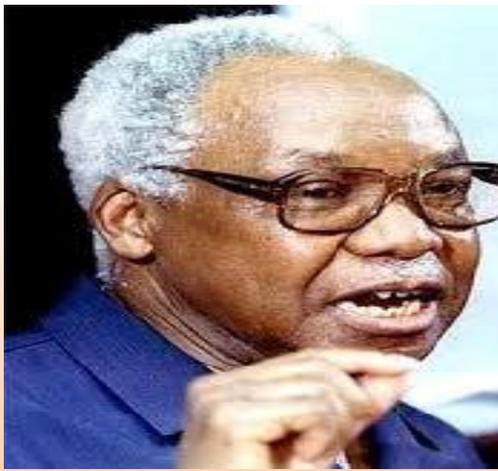
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Aka kanyamakuru ntikagurishwa!

JULIUS NYERERE, IKITEGEREREZO CY'UBUNYANGAMUGAYO MURI AFRIKA



Akamaro k'umuravumba hamwe
n'ubuki?



Club ANTI-SIDA QS SHARA
isura ibikorwa bitandukanye
ku kigo cy'urubyiruko cya
Nyamasheke

Umunsi muzampahanga w'urubyiruko



Arsene Wenger na Mourinho mu ntambara y'ubutita ifite inkomoko mu
myaka 10 ishize





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 nimeru ya 7 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.

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ITSINDA RY'UBWANDITSI:

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

UMWANDITSI MUKURU:

NDANGA Janvier

INAMA Y'UBWANDITSI :

HITABATUMA Maurice

KANTAYOMBA Faith

ABAKORERABUSHAKE :

MUGEMANGANGO Yvonne

UMUTONI Carinne

UMUNYAMABANGA :

MUHOZA Olivier



AKAMARO K'UBUKI

Amakuru ikinyamakuru Ejo heza h'Urubiyuruko gikesha Izuba Rirashe nacyo gikesha Santé Magazine, avuga ko kimwe n'ibimera, ubuki buri mu bivamo imiti zivura indwara nyinshi, bityo akaba ari byiza kubukoresha kuko bwagaragaje ubushobozi mu buvuzi butandukanye, bwaba ubwa kizungu cyangwa ubwa gakondo.



Dr Paul Juan, wakze ubushakashatsi k'ubuki avuga ko ibikomoka ku nzuki bikoreshwa mu buvuzi bw'indwara zirenga 50 zirimo asima, indwara zo mu muhogo, iz'uruho, izo mu kanwa, ubushye, kubabara mu mutwe, inkorora, kugenda buhoro kw'amaraso mu mitsi cyangwa kwihuta kwayo (hypotension na hypertension), indwara y'umwijima, giripe, ibicurane, n'izindi.

Yagize ati "si izo gusa kuko ubuki bwanagaragaje ubushobozi bwo kuvura umunaniro, bityo kubukoresha bikaba byongerera umubiri ingufu".

Abanyarwanda nabo ngo kuva kera bari bazi akamaro k'ubuki, dore ko ngo babwifashishaga mu kuvura indwara zitandukanye z'abantu bakuru ndetse n'abana cyane cyane izifata mu myanya y'ubuhumekero, utubyimba two mu muhogo n'izindi.

Umuvumvu Biringiramahoro Gerard wo mu Kagari ka Rususa, Umurenge wa Ngororero mu Karere ka Ngororero, yavuze ko yatangiye korora inzuki mu 1959, kandi ko kuva yamenya ubwenge yagiye abona abantu benshi bakoresha ubuki nk'umuti.

Agaragaza ko kuba ubuki buvura indwara nyinshi, bivuze ko hakwiye gufatwa ingamba hakongerwa umusaruro wabwo hitwa ku kubungabunga inzuki.

Inkuru twayifashijwemo n'ikinyamakuru Izuba rirashye

UMURAVUMBA N'UMUTI UTANGAJE

N'ubwo usanga abantu benshi batinya guhekenya umuravumba, abahanga mu buvuzi bavuga ko ari umuti utangaje kuko uvura indwara nyinshi.

Nk'uko bitangazwa n'urubuga healthcare.org, ngo usanga cyane cyane abaturage bo mu bihugu byo muri Afurika batara umuravumba mu masambu yabo, aho bawifashisha bivura indwara zitandukanye bahura nazo, ndetse n'iz'amatungo.

Aganira n'itangazamakuru, Murekezi Anselme, umuvuzi gakondo ukorera mu Karere ka Muhanga, nawe yemeje ko mu miti akoresha avura inzoka n'indwara zifata mu myanya y'ubuhumekero, umuravumba ngo ufata umwanya utari munsu ya 60%.

Ku rundi ruhande, healthcare.org ivuga ko no mu bihugu byateye imbere ku mugabane w'uburayi, umuravumba wifashishwa mu gukora imiti ishobora guhangana n'indwara zitandukanye.



Igiti cy' Umuravumba uvura indwara zitandukanye

Naho urundi rubuga rwandika ku buzima sahealthinfo.org, rwo rugaragaza zimwe mu ndwara zishobora kuvurwa n'umuravumba. Dore zimwe mu ndwara zivurwa n'umuravumba.

1. Indwara zifata mu myanya y'ubuhumekero
2. Inkorora
3. Angine
4. Kubabara umutwe
5. Gufitwa
6. Kuribwa mu gifu, n'izindi.

Ku bijyanye n'ikoreshiwa ry'umuravumba, abahanga bavuga ko bawukamura bakanywa amazi yawo, cyangwa se bagahakenya ibibabi banyunyuzwa amazi yawo. Umuravumba kandi unakoreshiwa mu guteka cyane cyane ibinyabijumba nk'amateke n'ibindi.

Inkuru twayifashijwemo n'ikinyamakuru www.imirasire.com

ARSENE WENGER NA MOURINHO MU NTAMBARA Y'UBUTITA IFITE INKOMOKO MU MYAKA 10 ISHIZE

Umwuka ukomeje kuba mubi hagati y'abatoza Arsene Wenger wa Arsenal na Jose Mourinho wa Chelsea nyuma yaho uyu munya Portugal araye atangarije amagambo atari meza kuri mugenzi we basangiye umujyi wa Londres.



Mu kiganiro n'abanyamakuru gitegura umukino wa Newcastle, umutoza wa Chelsea yatangaje ko mu Bwongereza umutoza umwe wenyine ari we umeze neza binatuma ahorana amagambo asesereza. "Muri iki gihugu umutoza umwe rukumbi ni we udakorera ku gitutu. Kuri ubu ndi ku gitutu cyo gushaka intsinzi, uko ni nako bimeze kuri McClaren(Newcastle), Manuel Pellegrini(Man City) na Brendan Rodgers(Liverpool) ndetse n'abandi bose uretse umutoza umwe".

"Ntabwo twajya muni yabyo. Tugomba kugera ku ntego twiyemeje. Mu byukuri Steve(McClaren) hari ubwo mugirira impuhwe ndetse n'abandi bose mbagirira impuhwe kuko dukora akazi gakomeye. Hari umutoza umwe gusa utari muri icyo cyiciro, ariko ni byiza kuri we". "Muramuzi. Ni umutoza uhorana mu kanwa abasifuzi haba mbere na nyuma y'umukino. Ni umutoza ushobora gusunika

abandi abasanze aho baba bahagaze bari gutoza. Ni umutoza uhora aboroga anasakuza mu gitondo na nimugoroba kandi ntakintu cyabaye".

"Nta kintu ajya ageraho, ariko agumana akazi ke, akomeza kuba umwami. Ibyo biba ku mutoza umwe gusa." Mourinho wakomeje kuvuga ko we iyo avuze ku basifuzi abihanirwa mu gihe abandi babavugaga bakagenda bemye, nta zina yashyize hanze ry'umutoza yakomezaga kugarukaho, gusa ibyagaragara ni uko yatungaga urutoki Arsene Wenger w'ikipe ya Arsenal.

Iyi ntambara hagati y'aba bagabo bombi, ikaba yaragaruwe n'umukino uherutse kubahuza, aho Wenger yatangaje ko umusifuzi Mike Dean wawusifuye atitwaye neza, ndetse akaba atarashoboye guha ikarita itukura Diego Costa, maze bigatuma atakaza umukino atsinzwe 2-0.

Dore andi amagambo akomeye aba batoza bagiye baterana mu myaka yatambutse:

Gashyantare 2005: Wenger ku gukinisha abenegihugu

Sinkeka ko Chelsea ikinisha abakinnyi b'abongereza kuturusha. Ese ni uwuhe mukinnyi bazamuye? Si John Terry wenyine.

Nyakanga 2005 Mourinho avuga ko uko gahunda ya shampiyona iteye biha amahirwe Arsenal Amakipe amwe afatwa

nk'amashitani ayandi agafatwa nk'abamarayika. Sinzi niba ari twe babi ku buryo tugaragara nk'amashitani kandi sinkeka ko Arsene Wenger na David Dein ari beza cyane ku buryo iyo ubabonye ubabonamo za malayika.

Ukwakira 2005 Mourinho avuga ku magambo Wenger yatangaje ko Chelsea ishora amafaranga menshi

Wenger ni umwe muri ba bantu barebaga. Akunda kureba abandi bantu. Hari abantu bamwe iyo bari mu rugo bakwedura ijosi bashaka kureba ibibera mu ngo z'abandi. Buri gihe ahora avuga, avuga kuri Chelsea.

Ugushyirya 2005- Wenger ntabwo yaripfanye

Mu byukuri mbona biba bitajyanye, bidahuye n'ukuri kandi bisusuguritse igihe ufashe abantu b'abaswa ukabageza ku bintu birenze kuko kenshi bituma baba abaswa kurushaho aho kugirango biyongerere ubwenge.

Ugushyirya 2015 Mourinho na we yahise amushyirya

Dufite umuzingo w'amagambo Wenger yagiye avuga kuri Chelsea mu mezi 12 ashize- ntabwo ari umuzingo w'amapaji atanu gusa ahubwo ni amapaji 120.

Gashyantare 2007 mbere yo gukina umukino wanyuma wa Carling Cup

Wenger: Uramutse ushatse kugereranya abatoza wabaha amafaranga ungana ubundi ukababwira ko bazayakoresha mu myaka itanu. Nyuma y'iyi muaka wabona uwakoze ibyiza kurushaho.

Mata 2008- Jose yarongeye ati

Mu bwongereza mbona bakunda imibare cyane. Ese baba babizi ko mu mukino yose Wenger yatoje muri shampiyona y'Abongereza, yatsinzemo kimwe cya kabiri gusa?

Ugushyirirye 2010- Mourinho avugaga ku kudatwara ibikombe kwa Arsenal

Mbona Wenger yagasobanuriye abafana ba Arsenal impamvu nta gikombe na kimwe yari yatwara kuva muri 2005

Ugushyirirye 2010- nyuma yaho abakinnyi ba Real Madrid bari bamaze iminsi bahabwaga amakarita atukura

Wenger yagize ati: Hagakwiye kubaho ibihano. Birimo birica isura y'umukino wacu. Hagakwiye gutekerezwa uburyo bitakongera gukorwa kuko mu byukuri biteye ubwoba.

Gashyirirye 2014- Inzobere mu gutsindwa

Mourinho yaje gusubiza Arsene Wenger wari utangaje ko hari abatoza bavugaga ko batagifite amahirwe yo gutwara shampiyona kubera baba batinye

kuzatsindwa cyangwa kuzaseba mu gihe batabigzeho. Mourinho yaje kumusubiza ati: "ese naba ntinye gutsindwa? We ni inzobere mu gutsindwa. Ntabwo ari ko bimeze kuri nge".

"Bityo wenda tuvuye ko afite ukuri, ko ntinye gutsindwa byaba ari uko ntatsindwa kenshi. Aha ariko, ukuri ni uko we ari inzobere mu gutsindwa kuko kumara imyaka umunani nta gikombe nta gutsindwa kuruta uko".

"Biramutse bimbayeho muri Chelsea nahita ngenda kandi sinzagaruka i Londres. Nta kintu na kimwe ntinye muri ruhago."

Ukwakira 2004 Wenger asunika Mourinho



Wenger na Mourinho baje gushwana ku mukino wabahuzaga birangira bafatanye mu mashati nubwo Wenger yaje kubisabira imbabazi nyuma. Kanama 2015

Wenger yanze gukora mu ntoki Mourinho

Nyuma yaho kera kabaye Wenger atsindiye Mourinho 1-0 muri Community Shield, Wenger yanze kumukora mu ntoki ubugira kabiri

kuri uwo mukino wabereye i Wembley.

BITE MU BIGO BY'URUBYIRUKO

Club ANTI-SIDA GROUP SCHOLAIRE SHARA YASUYE NYFC

Murwego rwo kumenyekanisha no kwegereza urubyiruko serivise zibakorerwa mu kwezi kwa munani club ANTI-SIDA Gs Shara igizwe n'urubyiruko rwiga muri 9year's basuye Ikigo cy'Urubyiruko cya Nyamasheke.



Urubyiruko rwatambagije ikigo cyose aho bahereye aho ubukangurambaga nicyo bukora doreko ahanini bijyanjye nibyo nabo bakora.

Basobanuriwe uko udukingirizo dukoresha, urunigi n'izindi mfashanyigisho zikoreshwa nabashinzwe ubukangurambaga.

Abanyamuryango biye club ANTI-SIDA n'abayobozi babo bakomereje mucyumba cyo gupima kubushake no muri labaratoire basobanurirwa uko bakira abakiriya n'ubujyanama batanga kubabagana, n'amatsiko menshi ba bajije ibibazo byinshi mubyukuri bigaragaza amatsiko menshi kubibazo bibugarije(Urubyiruko).

Ubuyobozi bw'Ikigo cy'Urubyiruko cya Nyamasheke bwahaye ubuyobozi bwa Club ANTI-SIDA GS Shara imfasha nyigisho zizabafasha mugutanga ubutumwe.



Inkuru yateguwe na NDANGA Janvier

UMUNSI MUZAMPAHANGA W'URUBYIRUKO

Ku itariki ya 21/08/2015 ku Kigo cy'Urubyiruko cya Nyamasheke habereye umunsi mpuzamahanga w'Urubyiruko aho urubyiruko rwagaragaje impano zitandukanye nka volley ball, karate n'abahanzi barigaragaje mumbyino zitandukanye.

Umuyobozi wa police community yibukije urubyiruko ko aribo ejo heza habo kandi n'ejo heza h'Urwanda, aha yabibukije ibikorwa bibi urubyiruko rukunda kwijandikamo bikabaviramo ubuzima bubi n'ubukene bukabije yewe no kurwara indwara zitandukanye, ibyo bikorwa nibi bikurikira: Gufata ibiyobyabwenge, uburaya, ubujura n'ibindi



Umuyobozi wa NUSA (Nyamasheke University Student Association) witwa Emmanuel yaramaze iminsi akora imirimo y'ubukorerabushake ku Kigo cy'Urubyiruko cya Nyamasheke yigisha urubyiruko uburere mboneragihugu aho yabigishije aho Urwanda ruvuye naho rugeze rwiteza imbere.

Kuri uyumunsi kandi uhagarariye Urubyiruko rugenzi rwabo biga imyuga mu kigo cy'Urubyiruko cya Nyamasheke yagejeje ijamba kubaribitabiriye uyumunsi mpuzamahanga w'urubyiruko aho yashimye cyane serivisi bahabwa niki kigo kuko barateganya kuzihangira imirimo yabo bwite nyuma yokwiga.



Nyuma yaho hakurikiyeho igikorwa cy'umuganura aho uwitwa Anserme yatanze ikiganiro k'umuganura avuga ko watangijwe n'abakurambere bacu aho bateraniraga ibwami maze bakaganura imyaka yeze bakanasangira ibyo kunkwa bitandukanye maze bakanahiga (Injya rugamba) yasobanuye ko kandi nubu bikorwa aho Umukuru w'Igihugu ahura n'abaturage bagacemura ibibazo bafite yewe abayobi b'Uturere bagahiga bakanahigira (Inva rugamba), umuhango washojwe urubyiruko ruganura ibigori maze bacinya akadiho biracika basesekara umunezero.

Inkuru mwayiteguriwe na NDANGA Janvier

URUKUNDO N'IMIBANIRE

waba warafashe icyemezo cyo gutandukana n' umukunzi wawe?: Dore inama 8 zoroshye mu kugufasha guhama ku cyemezo.

Iyo bibaye ngombwa ko haboneka impamvu ifatika yo kuba abakundana batandukana, akenshi usanga abantu bavuga ko ntawe ukwiye kwivanga mu byabo, kuko baba bakeka ko bashobora no kongera gusubirana, kuko kenshi na kenshi usanga abo bantu baba batazi uko bakwitwara nyuma yo gutandukana ku buryo bizabafasha guhama ku mwanzuro baba baratoye, dore ko rimwe na rimwe uba ari na ngombwa.

Niba rero wifuza kudahora muri nagiye, ndagarutse, bizwi kw'izina rya ZIGIZAGE, gerageza gukurikiza izi nama twagukuriye kurubuga rwa www.quickeasyfit.com, ubundi bigufashe kuguma ku mwanzuro wiyemeje.

1. Itodere kunva inama z'incuti wasimbuje uwo mwari mukundanye. Urasabwa kwizera uwo mukundanye nyuma yo gutana nuwa mbere muri byose ariko witondere inama zerekeranye nuko wakwitwara kuwo yasimbuje ukazitondera , twavugaga nko kukubwira ngo umuhamagare umutetereza,cyangwa ngo muhure umuratira uwamusimbuje.....
2. Irinde icyintu cyose gishobora kuba cya bahuza. Mugihe cyose wumva utarakira igikomere gitewe nicyabatandukanije irinde icyabahuza cyose usiba nimeru ye ya telephone ,email n,izindi nzira zisa nizi zishobora kubahuza.
3. Niba hari undi mwari mwaratandukanye mbere yuko ubana n'uyu mutandukanye, nawe komeza umwirinde. Abantu benshi bakunda guhita bagarukira uwo baba baratandukanye nawe nyuma yo gutandukana n'uwo bari barabasimbuje, nyamara umuntu aba asabwa kubirinda bese agatumbira imbere aho gusubira mubyahise.
4. Funga telefone yawe mu masaha ukeka ko ashobora kuguhamagarira ho cyangwa se wowe ushobora kuba wahamagara ho. Ibi bizagufasha kuba utabasha kohereza ubutumwa bugufi, kuba wahamagara cyangwa guhamagarwa mugihe bitari ngombwa.
5. Irinde kurya ibintu bikungahaye ku binure. Ibiribwa bikungahaye kubinure bituma umubiri w'umuntu ugubwa neza bikamutera kwifuza gukora imibonano mpuzabitsina cyane, bityo bikaba byagutera gutekereza cyane uwo mwaratandukanye bikaba byagutera gushaka uko wamwigarurira.
6. Irinde ibyo yatangaje ku mbuga zihurirwaho n'abantu benshi.
Niba hari ibyo yatangaje kumbuga nka facebook,twitter... wibisoma ,wigira icyo wandikaho cyangwa ngo ube wareba n'amafoto yaba yashize ho kuko ibi byose biba bishobora kugukurura mugihe utaramenyera.
7. Witekereza ko gutandukana na we bizagushyira mukaga
Niba bibaye ngombwa ko utandukana n'uwo mwabanaga wikunva ko habaye ikintu kitasanzwe kuko ibi nabyo ni bimwe mu bigomba kuranga imibanire yabantu kuko ntabatana batara banye, ahubwoharanira kunva ko ibyiza biri imbere.
8. Irinde kugerageza abantu bese. Niba bibaye ngombwa ko haboneka impanvu igutandukanya n'umukunzi wawe, reka kunva ko abantu bese bashobora kuba bateye nk'uko uyu ateye kuburyo byanakwicira imibanire yawe nabandi bantu bese. Ibi nti bisobanura ko utagomba kunva no gutega amtwi umukunzi igihe cyose utekereje hari ikitagenda kandi mwaratandukana, ahubwo ugomba kureba niba impanvu ishobora kubatandukanya ifatika kandi ibi ugomba kubikora nyuma yo kuganirira hamwe no gufatira hamwe icyemezo cyo gutandukana.

UMUGANGA.rw



Bruce Melody ahamya ko kwamamara byatumye aca ukubiri n'urusengero rwe rwa ADEPR - DORE UKO ABISOBANURA



Bruce Melody umwe mu bahanzí nyarwanda bakunzwe cyane mu gihugu ahamya ko ari umukristo mu itorero rya ADEPR Kanombe ariko akaba adakunze kujya gusenga inshuro nyinshi bitewe n'amaso y'abantu bamurangerira icyo yinjijye mu rusengero.



Mu kiganiro yagiranye n'umunyamakuru wa Inyarwanda.com, Bruce Melody uherutse kuba uwa kabiri mu irushanwa Primus Guma Guma Super Star ribaye ku nshuro ya 5, yatangaje ko afite gahunda yo gukorera Imana no kuririmba indirimbo ziyihimbaza ariko akaba agira ikibazo cyo kujya mu rusengero abantu bakamurangerira kuva yinjijye kugeza atashye.

Bruce Melody avuga ko umuntu icyo amaze kuba icyamamare, ahantu hose agiye abantu benshi ahura nabo bamurangerira. Ibyo nawe bikaba birumubaho cyane, gusa kuri we bikaba birumubuza kujya gusenga cyane kuko icyo agiyeyo abantu bamurangerira aho gukurikirana umwigisha w'ijambo ry'Imana. Bruce Melody aganira n'inyarwanda.com yagize ati Nsengera muri ADEPR Kanombe ariko si nkunze kujyayo cyane kuko icyo umaze kuba umu star (icyamamare), icyo gusenga abantu bakamurangerira aho gukurikirana gahunda z'amateraniro. Kujyayo (mu rusengero) bituma abantu benshi barangara ntibakurikirane pasiteri, niyo mpamvu ntakunze kujya gusenga cyane. Mfite gahunda yo kuririmba indirimbo nyinshi ziyihimbaza Imana kuko na mbere twahoze muri koralí kandi n'ubu turacyasenga

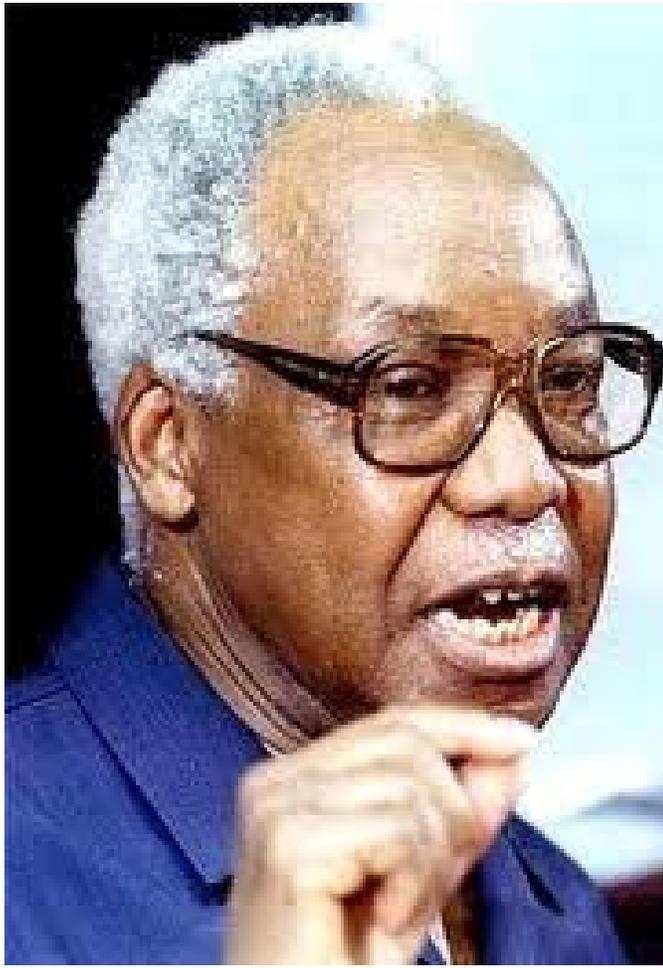
Bruce Melody witangira ubuhamya ko yatangiye umuziki muri koralí, ahamya ko mu minsi ishize, umwuka w'Imana yamutegetse gukora indirimbo ihimbaza Imana akaba yarayikoranye n'umuhanzi Regy Banks. Iyo ndirimbo ya Bruce Melody yitwa "Njya imbere" yayikozwe ngo agamije kwiyambaza Imana no kuyishimira ibyo yamukoreye byose nyuma yo kumenya neza ko ibyo afite byose no kuba ariho agihumeka abikesha Imana.

Kuwa 30 Kanama 2015, Bruce Melody yitabiriye gitaramo cya Serge Iyamuremye cyabereye muri Serena Hotel i Kigali, akaba yaragaragaye ahimbaza Imana kandi ubona bimurimo... Muri icyo gitaramo cya Serge nabwo benshi baramurangeriye we na King James ndetse benshi bashyira amajwi hejuru basaba Aline Gahongayire wari uyoboye iki gitaramo ko yaha ikaze abo bahanzí bakabaririmbira ariko ubusabe bwabo ntibwahabwa agaciro.

Bruce Melody ni umwe mu bahanzí baririmba indirimbo z'urukundo bamaze kwigarurira imitima ya benshi biganjemo urubyiruko. Azwi cyane kandi akunzwe mu ndirimbo zitandukanye nka: Tubivemo, Uzandabure, Telefone, Hallo, Ndakwanga, Ntujya unkinisha n'izindi.

Iyi nkuru twayifashijwemo na igihe.com

JULIUS NYERERE, IKITEGEREREZO CY'UBUNYANGAMUGAYO MU KARERE, ARIBUKWA NONE



Julius Kambarage Nyerere

Tariki 14 Ukwakira 1999 nibwo Julius Kambarage Nyerere nibwo yashizemo umwuka azize cancer mu bitaro bya St Thomas i Londres. Kuri uyu munsu Tanzania by'umwihariko, n'Akarere muri rusange karibuka ku nshuro ya 15; ubwitange, imiyoborere myiza, kwicisha bugufi no kutagira inda nini byaranze Mwalimu. Umunyamakuru Julian Rubavu yagiye aho akomoka maze azanira Umuseke inkuru ku mateka ya Nyerere amwe atazwi cyane.

I Butiama mu ntara ya Mara mu majyaruguru y'uburengerazuba bwa Tanzania niho yavukiye tariki 13 Mata 1922, avuga mu bwoko bw'aba Zanakı.

Jack Nyamwaga w'imyaka 76 niwe wakira abantu baje gusura ingoro ndangamurage ya Julius Nyerere i Butiama, avuga ko ubwoko bw'aba Zanakı bwakomotse muri Sudan bukamamuka muri Uganda bukaza gutura mu gaceka Mara. Zanakı ngo byaturutse ku mukambwe ubu bwoko bwaje busanga akabaza ngo "Ajanakı?" (azanye iki?) aba bantu bahita bitwa aba 'Zanakı' batyo. Uyu mukambwe Nyamwaga avuga ko Julius Nyerere adakomoka mu Rwanda cyangwa i Burundi nk'uko ngo hari abajya babivuga.

Nyamwaga avuga ko Nyerere, se yari umutware witwa Burito Nyerere, yari afite abagore 22 batuye hafi ye bose aha i Butiama. Uyu Burito yaje kwitaba Imana mu 1942 abagore be, n'uko umuco ubitegeka, batwarwa n'abandi bagabo bo mu muryango, usibye nyina wa Julius Nyerere witwaga Mgaya Wanyang'ombe wakomeje kubana n'abana be mu kazi k'ibyatsi aha i Butiama. Uyu mubyeyi yaje kwitaba Imana mu 1997 mbere ho imyaka ibiri ko n'umuhungu we

Nyerere yanze kuba mu nzu nini yubakiwe ati "nnye sindi inzovu"

We na nyina n'abavandimwe be bakomeje kwibera mu nzu z'ibyatsi aha Butiama, ashaka umwalimukazi witwa Maria Gabriel Majige (Maria Nyerere) mu 1953 bakomeza kwibera aho kugeza mu 1961 Nyerere abaye Minisitiri w'Intebe wa mbere wa Tanganyika na Perezida wa mbere mu gihugu gifite ubwigenge mu 1962. Umugore we babanye kugeza apfuye.

Mu ntangiriro za 1960, Mzee Jack Nyamwaga avuga ko Kambarage yiyubakiye inzu nto y'ibyumba bitatu yasaga nk'aho ari nto ku muryango we.

Ubwo yari amaze kuba umuntu ukomeye mu gihugu, abashinzwe kumurinda no kumwitaho bamuherekeje kumusura i Butiama iwe bavuye Dar es Salaam.

Madaraka Nyerere, umuhungu we waganiriye n'umunyamakuru Julian Rubavu yagize ati " Turuye mu nzu y'umukuru w'igihugu i Dar es Salaam tugeze Butiama iwacu byabaye ngombwa ko bamwe barara mu tuzu tw'abaturanyi kuho inzu ya data yari nto,"

Nyerere ariko yakomeje kwerekana ko ahagijwe n'inzu ye nto ndetse akomeza kuyitaramo ubwo yari Perezida kuho aha Butiama iwe niho yazaga mu biruhuko kenshi.

Inzego za Leta zaje kumwubakira indi nzu y'ibyumba bitanu hafi y'iyi ya cyera, ariko Mwalimu Nyerere akaba ngo yaranze ko bamwubakira inzu nini y'agatangaza ababwira ko atari inzovu ngo abe mu kizu kinini cyane nk'icyo bamwerekaga bashakaga kumwubakira.

Mu 1974 ishyamba ryari ku butegetsi rya TANU na Guverinoma byafashe umwanzuro wo kubakira indi nzu Perezida Nyerere kuho yari amaze kujya agira abashyitsi benshi cyane n'umuryango munini, nawe abasaba ko bamwubakira inzu nto y'ibyumba bitatu gusa ikoze mu biti. Mu 1999 nibwo indi nzu nshya igezweho yari yujijwe n'ingabo za TPDF ngo Nyerere ayisaziremo ariko yayibayemo iminsi micye nkuko byemezwa na Mzee Nyamwaga, kuho yahise yitaba Imana.

Imico idasanzwe

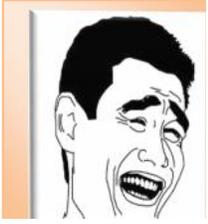
Abanyatanzania benshi ndetse n'abandi banyamahanga bamuzi banzura ko Mwalimu Julius Kambarage Nyerere yari afite imico idasanzwe yo gucisha bugufi. Mwalimu Nyerere ntiyakundaga kwigwizaho imitungo nka benshi mu bayobozi b'ibihugu. Kubera kwicisha bugufi kwe akumvira, yumviwe na bose maze yubaka 'ujamaa' (ubufatanye mu bumwe) mu batanzania b'amoko yose n'ayari mu makimbarane arabireka." Ni amagambo ya Brian Wanyama umusesenguzi wa Politiki n'umwalimu muri Masinde Muliro University muri Kenya. Mwalimu Julius Kambarage Nyerere yari umugatulika ariko akagirana imibanire myiza ishingiyeye ku bworoherane mu kwemera n'andi madini. Iwe i Butiama yari yarahubatswe icyanya cyahariwe abanyamasengesho ntawuhejwe.

Nyerere yarangije muri Kaminuza ya Makerere ibijyanye no kwigisha, nyuma abona Master's mu mateka, politiki n'ubukungu yavanye muri Kaminuza ya Edinburgh muri Ecosse. Yabaye Perezida wa Tanzanganyika (kuva mu 1962) inaba Tanzania (kuva mu 1964) ayiyobora kugeza mu 1985 afashe ikiruhuko cy'izabukuru, asimburwa na Ally Hassan Mwinyi. Yahinduye byinshi cyane mu mibereho y'igihugu cya Tanzani cyane cyane ubukungu n'ubumwe bw'igihugu, yasize umurage ukomeye cyane w'igihugu cy'amahoro n'ubworoherane, yabereye akarere ka Africa y'iburasirazuba na Africa muri rusange intangarugero mu miyoborere.

Ubutwari bwe bwatumye yitirirwa za Kaminuza (Julius Nyerere University of Kankan, Guinea), ikibuga cy'indege kinini muri Tanzania, inyubako zimwe na zimwe, igikombe cy'umupira w'amaguru, Nyerereite ku bazi chimie (Na₂Ca(CO₃)₂), imihanda icyenda mu bihugu birindwi bya Africa, amashuri menshi yisumbuye, ndetse uyu munsu wa tariki 14 Ukwakira ni ikiruhuko muri Tanzania.

Inkuru twayikuye kuri www.umuseke.com

SOMA WISEKERE

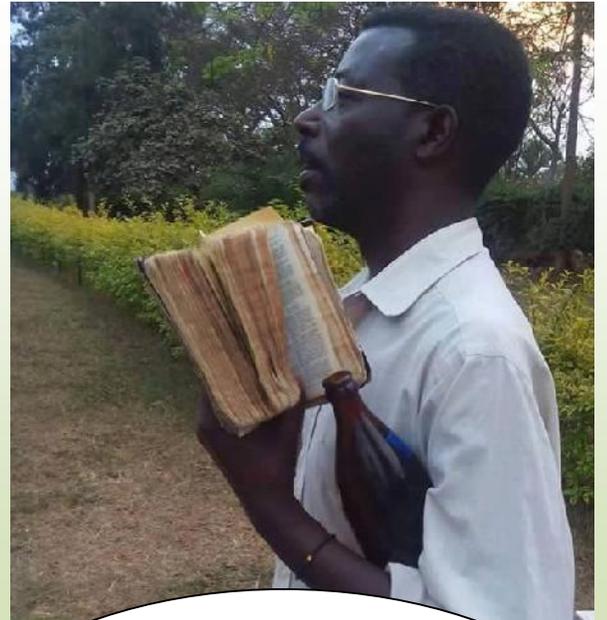


IBAZE NAWE

Aux USA quand un couple veut dormir, le mari dit à sa femme: "good night my baby" En ANGLETERRE "Sleep tight my baby" EN AUSTRALIE: "Sweet dream, love" En FRANCE: "dors bien mon bebe" En RDC: "Ulisha ingiza ma bidon? ufunge mulango na ma fenetres na ma kale zote, utie ako ile mituangiyo. uka na bikoropo kule chini ya mulango juu yale ma panya.....HHHHHHHHHH Au Rwanda: muraze amabase kuri robinet zifunguye hari igihe amazi yaza iri joro....lol.hhhhhhhhhhhhhhhhhhhhhhh

Rubwiruko nshuti zanjye mu menye naka:

"WIRUKIRA UGUSIGA UGASIGA UGUSANGA" (Muri make abenshi birukira ibiyobyabwenge, ubujura n'ubusambanyi mugasiga amahirwe ahari iwanyu mu karere nandi atangwa na leta y'ubumwe yo kwiteza imbere abasanga)



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