



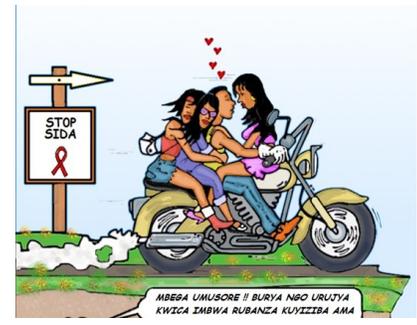
Kunywa amazi ni ibanga ryo kurinda ubwonko bwawe. Page 4



Iwacu i Rwanda inzira ihanga aheza igeze heza



Ngo igiti kigororwa kikiri gito



Turacyugarijwe twirinde ibishuko

Ntibizongere ukundi

U Rwanda rwibuka ku nshuro ya 21 jenoside yakorewe abatutsi mu 1994, uziko hari n'ibindi bihugu byagushije ishyano rya jenoside dore bimwe muri byo.

Jenoside yakorewe Abayahudi



Ntibigasubire ukundi aho ariho hose

Nyuma yo kujya ku butegetsi mu mwaka wa 1933, ishyaka ry'aba NAZI ryayoboraga u Budage, ibyariranzwe byari ukwica gusa.

Aba-NAZI bakomeje kwita Abayahudi abantu bivanga muri Politike, bakaba baranavugaga ko ari abantu baje gusahura ubukungu bw'u Budage n'ibindi bihugu babagamo.

Mu mwaka wa 1938, aba NAZI batangiyeye kujya bafata abayahudi bakabarundanyiriza mu nkambi zitandukanye mu gihugu cy'u Budage.

Ubusanzwe aba NAZI bari abantu bakunda intambara, uko bagendaga bigarurira uduce dutandukanye tw'u Burayi, aho bageraga hose bafataga Abayahudi bakabarundanyiriza mu nkambi, ariko umugambi wabo wari utaramenyekana.

Ubwo ingabo z' Abadage zagabaga igitero mu bihugu bitandukanye, ibi byatumye Abayahudi barenga miliyoni imwe bicwa.

Ibyo ntibyahagarariye aho, aba NAZI bakomeje kujya bubaka inkambi zo kwiciramo Abayahudi mu duce twa Auschwitz - Birkanau, Treblinka, Belzec, Chelmno na Sobibor, Abayahudi barenga miliyoni 2 barishwe hakoreshe imyuka y' uburozi, cyangwa bakabashyira aho babakoreraho igeregeza mu mamashini.

Kubera ko izo nkambi Abayahudi babagamo zari zimeze nabi cyane, ibi byatumye abenshi bapfa. Amakuru atangwa avuga ko Abayahudi barenga miliyoni 6 bishwe ku mugabane w'u Burayi, mu mwaka wa 1945, ibi byose byakozwe na Adolfe Hitler wayoboraga aba NAZI.

Jenoside yakorewe abanya-Cambodia

Mu mwaka wa 1975, uwitwaga Khmer Rouge yatorewe kuyobora Cambodia, akijya ku butegetsi yavuze ko hagiye kubaho impinduka ku bantu bari bafite ubushobozi buke. Nyamara Khmer Rouge akijyaho yahise avanaho icyitwaga uburezi mu gihugu, amadini arayaca,

amavuriro n' ibijyanye n' ikoranabuhanga arabihagarika. Khmer Rouge yategetse ko abatuye mu migi ya Cambodia bahimuka ku



Mba ndinde none iyo ntavutswa ubuzima

ngufu ndetse anategeka abaturage ko bagomba kujya bakora akazi nta biryo bahawe cyangwa ngo baruhuke.

Bamwe mu baturage cyane abakuzwe bananiwe kujya bakora badahemwa cyangwa kubera ubushobozi buke, abenshi batangiyeye kujya bicwa, akajya anica abo yavugaga ko batavugaga rumwe na Leta ye.

Khmer Rouge yakomeje kujya yibasira abaganga, abarimu n'abandi bari barize, ubwo batangiyeye kujya batotezwa bakanicwa, ibi byarakorerwaga muri gereza yitwaga Tuol Sleng.

Mu myaka ine Khmer Rouge yamaze ku butegetsi, abaturage bari hagati ya miliyoni imwe n'ebiri barishwe.

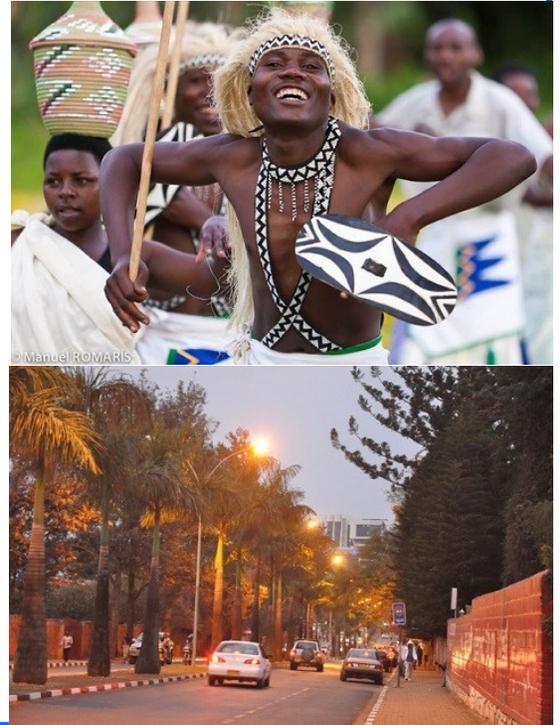
Steve SIBOMANA

Rwanda n'ubwo watezwe ugeze aho twishimira

Nyuma ya Jenocide yakorewe abatutsi mu 1994, u Rwanda rukomeje gahunda yo kwiubaka mu iterambere. Iki gihugu gito kidakora ku Nyanja intikigire ubundi bukungu kamere kiyemeye kuba igihugu gifite ubukungu bushingiye ku bumenyi ndetse mu nzozi zacyo harimo kuba ku rutonde rw'ibihugu bifite ubukungu buciriritse kizageraho ubwo kizaba gisohoka muri gahunda cyihaye y'icyerekezo 2020. Iyi ni intambwe u Rwanda rushimirwa n'ubwo mu nzira ihanga aheza imbogamizi zitabura, mu guhangana n'izo mbogamizi u Rwanda kandi rwashyizeho imiyoboro itandukanye nk'inama y' umushyikirano, umwiherezo

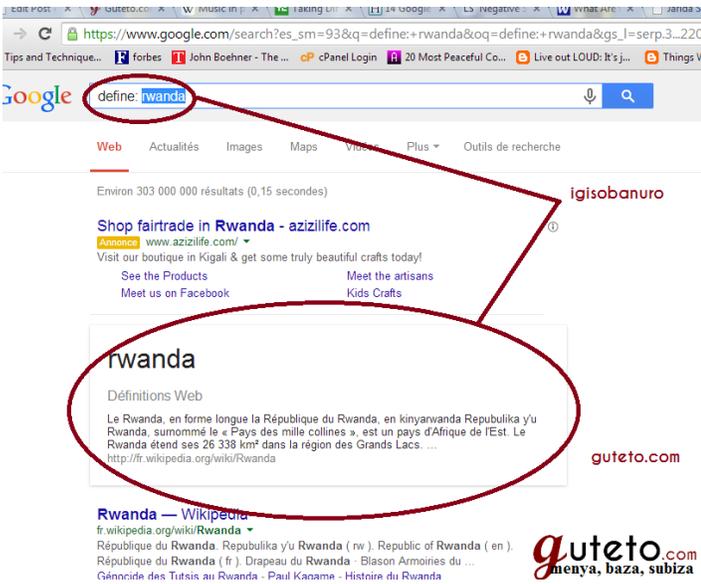
w'abayobozi n'indi myishi igamije kungurana ibitekerezo hagati y'abayobozi n'abaturage twese muri rusange, nkuko bimaze kumenywa no kumenyerwa na buri wese, kubaka igihugu ni gahunda buri wese yagize iye, ibi byose tukazabishobozwa mbere ya byose no kuba abarinzib'ibyagezweho kandi tukongera intambwe mu nzira ihanga aheza. Maze u Rwanda rwanyije nawe rukarushaho kutubera umwitero tudatinyaga guserukana mu ruhando rw'amahanga.

Ubwanditsi



UBUMENYI N'IKORANABUHANGA

Ni gute wakoresha Google nka Dictionnaire?



mu kazi kuko ihita ikoroshya bigaragara.

Muri byinshi ifitiye ubushobozi uyu muni twabahitiyemo inzira wakoreshamo Google nka Dictionnaire.

Dore uko washakaga ubusobanuro bw'ijambo

(Definition)

Mu gihe udasobanukiwe n'ijambo runaka biroroshye kubona ubusobanuro bwaryo kuri Google itiriwe ikujyana kuyindi website, utiriwe wigora u downloading ama application, cyangwa se ufite telephone ikoresha internet ariko

itajyamo izo applications, uti ibyo bishoboka bite?

Ubu ushobora kubona ubusobanuro bw'ijambo ryose udasobanukiwe ukoresheje Google utiriwe wikorera dictionnaire yamapage magana mu gikapu. Mu gihe uri gushakaga ubusobanuro bw'ijambo runaka ujya kuri google.com ubundi aho guhita wandika iryo jambo ahubwo ukabanza imbere yaryo ijambo define: (utibagiwe:)

Urugero uri gushakaga ijambo Rwanda wandika define: rwanda urahita ubona igisobanuro cyawe byoroshye.(reba ifoto)

Source : www.guteto.com

Saidi NIYONZIMA

Benshi dukoresha Google nkaho ariyo gushakiraho ibintu gusa, benshi iyo umaze kwandika icyo ushaka ahabugenewe wumva ko ibindi google iri bubyikorere, ariko hari inzira nyinshi wakoreshamo Google maze ikongera umusaruro

Dore amabanga yo kurinda ubwonko bwawe

Mu byaremwe byose aho biva bikagera, ubwonko bw'umuntu ni rwo rugingo rusobetse cyane, kandi ruruhije gusobanukirwa mu mikorere yarwo. Bugizwe n'ingirangingo fatizo zigera kuri miliyari 100 (100.000.000.000) Iby'ibanze bukeneye ni umwuka mwiza wa oksijeni, isukari ya girikoze, ndetse na vitamini zo mu gatsiko ka B. Kugira ngo urinde neza ubwonko bwawe, ugomba kwita kuri ibi bikurikira:

1) Kunywa amazi ahagije (nibura litiro n'igice buri muni, ni ukuvuga ibirahuri 2 mu gitondo, 2 ku manywa na 2 nimugoroba), buri gihe hasigaye iminota 30-45 ngo urye. Wirinde kunywa amazi nijoro, by'umwihariko ku bagabo. Ugomba kuyanywa hasigaye amasaha atari muni ya 4 ngo uryame, kuko ananiza prostate akayitera kurwara (ku bagabo), naho ku bagore atuma rutangira zicika (feri).



2) Gusinzira bihagije. Iyo utabona ibitotsi bihagije, uzimiza ubushobozi bwo gushikama mu byo uri gukurikirana, ukajya wibagirwa vuba ibyo wari umaze gufata mu matwe, kugwa mu ihangayika, kugabanuka k'ubwenge.



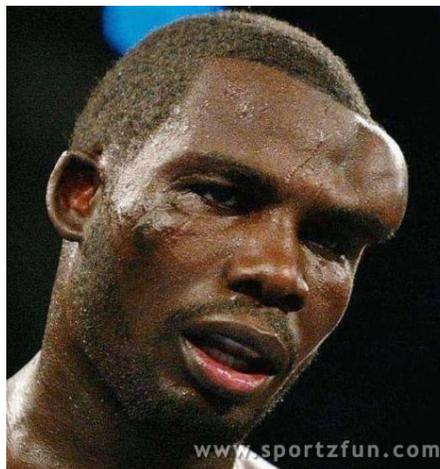
- 3) Guhumeka umwuka mwiza
4) Kujya ugendagenda ukimara kurya (ukigendagenda mu mirima)



- 5) Kurinda amaraso ngo atabamo imyanda. (kugira ngo ubigereho, ugomba: kwirinda kunywa icyayi na kawa, kunywa amazi ahagije, ugakunda kurya imbuto n'imboga.



- 6) Kwirinda ibintu bikubita ku mutwe (nk'umupira ku bakinnye) bikawuhungabanya. Bishegesha ubushobozi bw'ubwonko bigaca n'imitsi.



- 7) Kwirinda kuba igihe kirekire hafi y'insinga nini z'amashanyarazi
8) Mwitondere telephone zigendanywa (koresha inini yo ku meza, ugire amasaha yo kwitaba telephone n'ayo kuyiruhuka, ukirinda kuyivugiraho iminota irenze 30 ku muni (mu gihe cy'amasaha 24. Dore ko umwana uri muni y'imyaka 4 we atemererwa gukora kuri telefone. Ikindi ni uko nijoro igomba kuba kure y'umutwe, ukirinda kuyikoresha mu gihe cy'amasaha yo gusinzira, n'yo waba udasinzije.



- 9) Kwirinda ibisindisha
10) Kwirinda itabi n'ibindi biyobyabwenge



Ubutaha tuzakomeza kubagezaho ibindi twakwitaho tukarushaho kubungabunga ubwonko bwacu.

Source : www.guteto.com
SIBOMANA Steve

Inzira 5 wamenyamo impano (Talent) yawe

1. Tega amatwi abandi : Abantu mukunda kubana bakuzi akenshi baba bazi icyo ushoboye nubwo wowe waba utabizi. Niba unabyibuka neza hari abantu bagiye babikubwira benshi bakubwira ibyo ushoboye (n'ubwo utabyitayeho).

2. Reba ikikorohera : Haba hari ikintu ubona ukora bikoroheye kandi mu by'ukuri ubona abandi bibagora? Ibyo bintu ubona bikorohera cyane abandi batabikozwa , ishobora kuba ari impano yawe!

3. Ibintu ukunda : Hari ibintu wisanga nawe ugasanga nibyo uri gukora, nibyo uhora ureba, nibyo uhora usoma. Tekereza bya bintu ukunda gukora iyo ufite umwanya nta muntu ukubwirije. Cya kintu ushobora gukora nta n'uwakwemereye amafaranga. Ni impano yawe.

4. Ibyo ukunda kuvuga : Akari ku mutima gasesekara ku munwa ' ni umugani w'ikinyarwanda. Ese haba hari ikintu ukunda kuvugaho n'iyi abo mwaba muri kumwe batabikunda ukaguma ubigarura?

5. Baza : Baza buri muntu uzi akubwize ukuri , umubaze uti ubona impano yanjye ari iyi he? Babuze kukubwira ibibi ahubwo batekereze cya kintu babona ukora neza kurusha ibindi. Ntibizagutangaze usanze abenshi bahuje ndetse ugasanga biri mu byo nawe ubwawe wakekaga.

Inkuru ya Steve SIBOMANA

Ukiri umunyeshuri nicyo gihe cyiza cyo gutangira ubushabitsi (Business)



gutangira business ni cyo kintu, buri wese munyeshuri wese ashobora gutekereza akiri ku ishuri.

Dore impamvu ari byiza gutangira kwikorera mu gihe ukiri mu ishuri :

1. Uri ahantu hari ibikoresho n'ubwenge

Ku ishuri haba hari abarimu biteguye kukugira inama kubyo ugiye gukora kandi ushobora gufatiraho ukaba wanakoresha ibikoresho by'ishuri. N'utabibyaza umusaruro ukahava izo nama uzazishyura, ibyo bikoresho uzabigura.

2. Uba ufite umwanya

Ukiri ku ishuri uba ufite umwanya uhagije wo gutekereza no gukora, biroroshye kandi gufata ibyemezo kuko nta wundi muntu biba byagiraho ingaruka. Tegereza nugera hanze uzareba ukuntu umwanya wabuze.

3. Biremewe kunanirwa (fail)

Ku ishuri biremewe gukora amakosa cyangwa gutangira ukananirwa. N'udakora amakosa uzamenye ko utari gukora cyane, Aha niho hantu ho kumenyerera ibintu no kubona experience kandi iboneka mu kubyica ukongera ukabikora.

4. Ufite abafatanyabikorwa benshi hafi yawe.

Abanyeshuri bo nta kintu bitaho icyo baba bashakira ni ukubona mugenzi wabo atera imbere, nibwo bantu bashobora kuba abakiriya bawe ba mbere, nibwo bantu bashobora kugufasha kandi biguhenze.

5. Ubufasha buri hafi

Ibigo byinshi bishimishwa n'uko umuntu wize muri icyo kigo ashobora kugira ikintu ashyira ku isoko. Rero iyo ubasabye ubufasha ntibahwema kubukugezaho byihuse.

Egera abarimu , abayobozi b'ikigo ubabwire uzasanga banafite abandi bantu bafite aho bakugeza baziranye ku buryo babakugezaho.

*Inkuru dukeshya urubuga
www.guteto.com*

**Omar Tony
NSENKUMUREMYI**

IBINTU BINE WAKAGOMBYE KWIGISHA ABANA BAWE



Urwego rw'ubukure abana bageraho mu muco (culture) n'imyifatire bishingira ku buryo ababyeyi babo baba barabatojemo. Hano hari ibintu bine by'ingenzi ababyeyi bakagombye kwigisha abana babo.

1. Kugira inyiturano (kumenya gushimira)

Bana bafite imitekererereze inoze cg ikintu cyo gushima muri bo cg bazi kugira inyiturano baba bafite amahirwe menshi yo kugira imibanire myiza cyangwa amahoro no kugera ku ntego zabo muri iy'isi dutuyemo. Kugira inyiturano bizabasha mu kumva ko bafite inshingano runaka no guha

agaciro ikintu cyose bungutse cg icyo bafite mu buzima.

2. Kwizerera mu byiza

Sobanurira abana bawe ko ubuzima bugizwe n'ururhererekane rw'ibyiza n'ibibi. ibyo byiyumviro byo kugira icyizere ni byo bituma dukomeza kubaho tudashidikanya kandi turi abanyakuri. Abantu bafite imitima yuzuyemo cg ifite icyizere ntabwo bagira ubwoba bwo kubaho, babasha guhanga n'inzitizi zose maze bagera ku ntambwe ishimishije.

3. Kuba abanyamurava

Ugomba kwigisha ukanashishikariza abana bawe gukora cyane no kugira umurava mubyo bakora byose. ukabigisha ko kudakora (kuba lkinnyeteri) nta na kimwe bitanga uretse ibibazo, imihangayiko, agahinda, ubuzima bubi, ishavu, kugira umutima uhagaze,.....

Ababyeyi bagomba kumenyereza abana babo gukora cyane. ntabwo bisobanuye ko bakagombye gukora nk'abacakara, ahubwo bakitabira cg bagafatanyaga mu bikorwa by'umuryango. reka abana bawe batangire gukora banasobanukirwe icyo gukorera amafaranga bivuze.

Abantu bawe bazamenya ko gukora ari rwo rufunguzo rw'intsinzi n'ubukungu mu buzima.

4. Bigishe gukunda

Urukundo, icyubahiro n'inyiturano ni byo byiyumviro by'ibanze bifasha buri munyamuryango b'umuryango wanyu kubana hamwe. Abana bagomba kwemera ko isi yabaye umwijima, inkazi kandi yuzuye ubukene nta rukundo. Muri iki gihe ababyeyi ba nyogokuru na ba sogokuru bagomba kubera intangarugero abana babo. Ubumwe bwabo n'ubwumvikane byigisha abana guha agaciro umwanya wose bamarana n'umuryango wabo.

Joseph Desire

AMASHYENGO N'IKARISHAYABWENGE

- ⇒ Ibikorwa byiza ni ibigendeye ku gihe. **Maya Angelou**
- ⇒ Niba ufite ineko mubyo uha abantu ufite urukundo **Maya Angelou**
- ⇒ Umugore mwiza yifuza kutagira umwanzi, n'uwu ahutaza. **Maya Angelou**
- ⇒ Niba udakunda ikintu, gihindure, niba utagihinduye hinduka, utagiye impaka. **Maya Angelou**
- ⇒ Sinahindura icyerekezo cy'umuyaga, ariko nshobora kuwiyerekezaho. **Jimmy Dean**
- ⇒ Tangira ukora ibyangombwa, ibishoboka, wihutire gukora ku bidashoboka. **Francis of Assisi**
- ⇒ Nzahurira he no gutsindwa niba imigambi yanjye ihamye. **Og Mandino**
- ⇒ Niba ntacyo urota, wakora iki? **Walt Disney**

- ⇒ Hamwe n'umunsi mushya, ingufu nshya n'ibitekerezo bishya. **Eleanor Roosevelt**
- ⇒ icyiza si igikorwa ahubwo ni uguhozaho, **Aristotle**
- ⇒ Tangirira aho uri, ukoreshe ibyo ufite kandi ukore ibyo ushoboye. **Arthur Ashe**
- ⇒ Niba ntacyo wigomwe, ntuzategereze iterambere. **Frederick Douglass**
- ⇒ Hinduka ubwawe, isi izaboneraho. **Mahatma Gandhi**
- ⇒ Uruciye irembo ruragendwa, **Umugani nyafurika twabwiwe na Mukeshabatware Dismas**

Byateguwe na Omar Tony NSENGUMUREMYI

HIRYA NO HINO

Rafiki Journal

Dubai : Ak'umubyibuho ukabije kashobotse

Mu rwego rwo guhangana n'ikibazo cy'umubyibuho ukabijekigenda gifata indi ntera, abayobozi b'umugi wa Dubai baherutse kugenera umuntu wese utuye muri uwo mugira garama imwe ya zahabu, icyo gihe yanganaga n'amadolari agera hafi kuri 45, ku kiro kimwe atakaje. Kugira ngo abantu bahabwe iyo zahabu, bagombaga kwiyandikisha maze bakiyemeza gutakaza nibura ibiro bibiri mu kwezi kwa Ramazani.

Joseph Kavutse



Ako gafaranga ntikagucike

IMIKINO

Rafiki Journal

Capello ati : arifuzako Umukinnyi John Terry yagaruka mu ikipe y'igihugu



Umutoza Fabio Capello akomeje kwifuzako umukinnyi wa Chelsea John Terry yagaruka mu ikipe y'igihugu. Kapiteni wa Chelsea John Terry ngo ashobora kugaruka mu ikipe y'igihugu nyuma yaho yamburiwe igitambaro cy'ubukapiteni n'ishyirirwemo ry'umupira w'amaguru m'ubwongereza kubera ko yaramaze guhamwa n'icyaha cy'i vangura ruhu kuri mugenzi we Anthony Ferdinand wakirirwa ikipe ya QPR m'ukwezi kwa gashantare umwaka wa 2012 nyuma yo guhamwa nicyo cyaha kandi yafatiwe ibihano byinshi n'imikino 4 n'ibihumbi £220,000 na FA ari nacyo cyamuteye cyane cyane guhita asezerere. Uwo mukinnyi w'imyaka 34 y'amavuko kandi yatwaye bimwe m'ibikomane bikirirwa m'ubwongereza bigera kuri 74 byose. Ni muri ubwo buryo rero Umutoza Capello we akomeza atangaza ko ari ntako bisa kugira umukinnyi ufite ubunararibonye nka John mu ikipe y'igihugu.

Steve SIBOMANA

BYENDA GUSETSA

Rafiki Journal



Umwana wagiraga ikinyabupfura gike agakunda guserereza abashyitsi yari yaratesheje umutwe iwabo.

Rimwe rero, mu rugo iwabo haje umushyitsi ufite amatwi manini cyane. Nyina w'uwo mwana kuko yarazi uburyo uwo mwana akunda kwitegereza bashyitsi akabaseka abanegura nta kwitangira, nyina yatangiye kugira impungenge noneho ko uwo mwana ari bunegure uwo mushyitsi ubagendereye. Umwana aho yari yicaye muri salon, yitegerezaga umugabo akisetsa, agakubita agatwenge, ubwo nyina impungenge

zikamwica ariko akabura uko abuzwa uwo mwana kuba yaza kuvuga ibigambo byababaza umushyitsi. Mu gihe Nyina yari yarangariye uwo mwana, yarari no gusukira uwo mushyitsi icyayi, ubwo kubera kurangara aba abajije umushyitsi ati "Muri ayo matwi dushyiremo utuyiko tungahe tw'isukari?" Ubwo uwo mwana niko guturika araseka cyane ahita abaza nyina ati "hahahahhaaaa...Mama nawe wabibonye ko afite amatwi manini?" source : www.seruka.com
Saidi NIYONZIMA



RUBYIRUKO, MWICARE MUZI NEZA KO SIDA NTAHO YAGIYE. UBUSHAKASHATSI BWA VUBA AHA BWAKOZWE NA MINISI TERI Y'UBUZIMA BWAGARAGAJE KO MU RWANDA NIBURA BURI MINOTA MIRONGO ITATU UMUNTU UMWE ABA YANDUYE AGAKOKO GATERA SIDA.