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IBURA RY'AMAZI RYAZATEZA IMVURURU N'IBYOREZO

☞ 5

UMUGANURA KU ISI YOSE ☞2

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UMUGANURA wizihizwa ku isi yose

Umuganura ni umunsi mukuru ukomoka mu muco nyarwanda kuva kera, kandi n'ubu urizihizwa mu Rwanda. Nyamara si umwihariko w'abanyarwanda gusa kuko tuwubona no mu yindi mico itandukanye ku isi.

Iyi nyito"UMUGANURA" iva ku nshinga y'ikinyarwanda "KUGANURA" bivuga kurya cyangwa kunywa bwa mbere ku bintu bigisarurwa; aha bishobora kuvuga ko uba unyweye cyangwa uriye kuri ayo mafunguro cyangwa ibinyobwa uri uwa mbere. Icyo gikorwa kikitwa Umuganura.

Mu Rwanda rwo hambere umunsi w'umuganura wari wubashywe cyane, by'umwihariko nibwo abaturarwanda bose bamurikiraga umwami umusaruro w'ibyo bejeje mu buhinzi, banamushimira kuko yari nyir'uburumbuke n'ubutaka. Kandi umwami nawe yagombaga kumurikira uwo musaruro Imana binyuze mu muhango ukomeye yafashwagamo n'abiru witwaga INZIRA Y'UMUGANURA. Imbuto nk'amasaka n'uburo nibyo byabaga byiganje muri uwo munsi, dore ko umuganura wizihizwaga mu kwezi kwa Nyakanga, abaturage bamaze gukusanya umusaruro w'uburo n'amasaka. Uku kwezi gukurikira Kamena (kamena amasekuru) kuko muri buri rugo wasangaga basekura amasaka cyangwa uburo bamaze gusarura, bashaka umutsima cyangwa igikoma ndetse n'ikigage, abakungu bo bakoreshaga urusyo rwa gakondo.

Uyu munsi w'umuganura ntiwazimijwe n'umwaduko w'abazungu, wakomeje kwizihizwa ndetse ushyirirwaho itariki yihariye ya 1 Kanama. Ariko guhera muri uyu mwaka wa 2015 Umuganura uzajya wizihizwa ku wa gatanu wa mbere w'ukwezi kwa Kanama.

Ibi bisa cyane kandi n'ibyo tubona mu bindi bihugu bikunze kwizihiza cyane umuganura kuko batagendera ku matariki amwe cyangwa ahamye ahubwo ku minsi n'ibindi bimenyetso. Ariko twese tugahurira ku muco n'intego yo kwishimira umusaruro twagezeho, ndetse kurya no kunywa akaba ari cyo gikorwa nyamukuru kiranga uyu munsi.

Nk'uko indimi zitandukanye bituma inyito zitandukana ndete amatariki iminsi n'ibimenyetso tugenderaho bitandukanye n'ibyo mu bindi bihugu bakurikiza bizihiza umuganura. Nka bimwe mu bihugu by'uburayi nk'Ubudage bawizihiza ku cyumweru cya mbere cy'ukwezi kwa cumi (Ukwakira), muri otirishe bakawizihiza ku cyumweru cya kabiri cy'ukwezi kwa Cyenda. Aba bakawitirira ingano kuko arizo beza cyane.Mu Bwongereza ho bizihiza uwo munsi ku babonyeho ukwezi kwa mbere k'umuhindo, bagakora ibirori byitiriwe umusaruro "HARVEST FESTIVAL". Naho muri Amerika y'amajyaruguru (USA na Canada) bawita umunsi wo gushima "THANKSGIVING" niwo munsi wizihizwa cyane kurusha iyindi, kuko indi iyisatira mu kwitabirwa igendera ku madini n'imyemerere. Muri Kanada bawizihiza mu Kwakira naho muri Leta zunze ubumwe za Amerika bakawizihiza mu Ugushyingo.

Mu bihugu byinshi bigize uburasirazuba bwo hagati nabo bawizihiza mu kwezi kwa Cyenda n'ukwa Cumi. Bigendeye ku indangaminsi y'abaperisi.
Hari kandi n'abandi bakoresha ibimenyetso nk'ukwezi cyane cyane Ubushinwa na Koreya mu kumenya igihe bizihizaho umuganura wabo ndetse abo mu majyepfo ya Aziya ugasanga bawizihiza mu kwezi kwa mbere, ukwa kane n'ukwa karindwi bitewe n'ikirangaminsi buri muco ukoresha.

Inkuru dukesha

Pascal Habababyeyi

IJAMBO RY'IBANZE

imico ibangamira umukiriya ikwiye gucika.

Kuri ubu havugwa byinshi ku cyubahiro n'uburenganzira bukwiye guhabwa umukiriya, n'uburyo buri wese yabuharanira. Aha twagaruka ku mico imwe n'imwe ikunze kugaragara yo kubangamira abakiriya ndetse bijyana no kwakira nabi no kutubaha abo bakiriya kandi ababikora bakomeza gushyira inyungu zabo imbere.

Tumenyereye imvugo ngo "icyanguzwe ntigisubizwa". iyi mvugo yamamaye henshi ndetse hari n'inyemezabwishyu usanga byanditseho kandi igenderwaho cyane na buri mucuruzi ituma umukiriya atakaza uburenganzira kuri garanti, kandi n'ubwo byaba bitanditse, umukiriya afite uburenganzira bwo kugarura igicuruzwa mu gihe hari intenge agisanganye, bikamurinda kubeshywa n'umucuruzi waba agamije kwikiza ibicuruzwa bye bidatunganye, ahubwo umukiriya agomba guhabwa igihe cyo gusuzuma icyo aguze ndetse agasobanurirwa birambuye icyo agiye kugura, hiyongereyeho no kumupfunyikira icyo aguze cyaba ari n'ikintu gifite uburemere bakakimutwaza kugera mu rugo.

Burya waruziko umuntu ukodesha inzu nawe ari umukiriya akwiye kubahwa no guhabwa agaciro, haba gusana cyangwa kugurisha inzu nawe akwiye kubahwa no gusabwa uruhushya.

Twasoreza ku guha umukiriya igice kimwe cya serivisi akishyura serivisi yose ndetse nta n'ibisobanuro ahawe; nko gutwara abantu nabi batendetse kandi umukiriya yishyururira urugendo n'umudendezo we, ariko umudendezo akawamburwa, nyamara mu gihe hatanzwe igice cya serivisi umukiriya akwiye no kwishyura igice cy'ikiguzi.

Nubwo bikurura amakimbirane.

Ubwanditsi

UBUMENYI N'IKORANABUHANGA

Rafiki Journal

Benshi babaye imbata ya telefoni

Telephone ngendanwa cyane cyane izigezweho za Smartphone zikoresha ikoranabuhanga rigezweho, zikomeje gukundwa cyane ndetse bikaviramo bamwe kuba imbata za telephone biguriye.

Muri izo telefone, habamo abamo udukoresho (application) dufasha abantu ibikorwa bitandukanye birimo kohereza ubutumwa bugufi bwinshi kandi ku buryo bwihuse, gusura imbuga za interineti, cyane cyane imbuga nkoranyambaga, ari nazo zikunzwe kurusha izindi.

Kuri ubu ababaye imbata y'izo telefone benshi kwitandukanya nazo birababagoye kurusha benshi mu banywa ibiyobyabwenge, itabi cyangwa inzoga. Ariko igihangayikishije ni umuvuduko abo babaye imbata ya telefone biyongeraho.

Ubushakashatsi bwakozwe n'ikigo cy'ikoranabuhanga Yahoo bugaragaza ko umubare w'aba badashobora kwitandukanya na telefone zabo wavuye kuri Miliyoni 176 mu mwaka wa 2014 ukaba ugeze kuri miliyoni 280. aba ni ababaye imbata kuburyo bukabije cyane. Hari kandi abayikoresha ku buryo buhoraho ariko ku kigero kiringaniye bariyongeye bava kuri miliyoni 784 bakaba bageze kuri miliyoni 985. Naho abakoresha cyane telephone ku kigero cyo hejuru y'ikiringaniye ariko bidakabije cyane bavuye kuri miliyoni 440 bagera kuri miliyoni 590.

Kugeza ubu mu mwaka wa 2015 umubare w'ababaye imbata ya telefoni bageze kuri 59 ku ijana (%) ugereranyije n'abantu bose bakoresha telefoni. Abenshi muri aba usanga ari abakururwa n'imbuga nkoranyambaga, na serivisi z'ubutumwa bwihuse bazifungura byibuze incuro 60 ku munsi.

Wowe uri ku ruhe rugero? **Nzitunga R. Desire**

Ibura ry'amazi ryateza imvururu n'indwara z'ibyorezo igice cya 2

Isuku ni isoko y'ubuzima amazi abigizemo uruhare

Mu gice cya mbere cy'iyi nyandiko twabagejejeho uko ibikorwa bya muntu bigenda byangiza ubwuzuzanye bw'ibinyabuzima ku isi. Kuba ubwo bwuzuzanye buhungabanye kandi bikaba bigenda bishyira isi n'ibinyabuzima biyiruyeho mu kaga. Ibyo bikorwa kandi birushaho kwiyongera n'ingaruka zabyo zikikuba kenshi bivuye ku bwiyongere budasanzwe b'abaturage (abantu).
Muri ibyo bikorwa twavuga kandi n'ubwiyongere bw'ingomero z'amashanyarazi zibuza ibyo byatsi n'udukoko gusukura amazi, kwororoka no gukwirakwira mu mazi magari n'amazi atemba. Nyamara ikoreshwa ry'amashanya-razi nicyo gisubizo inganda zabonye gisimbura ibiti byo mu ishyamba mu gutanga ingufu. Izindi ngufu zikoreshwa ni peterori na nyiramugenderi nyamara ibi nabyo byongera ibyuka by'uburozi mu kirere, bityo mu gutumuka kw'amazi azabyara imvura, ibyuka by'uburozi bikivanga n'imvura ikomoka ku mazi atasukuwe neza ku buryo bwa kamere bikagaruka ku isi ari imvura y'uburozi.
Ingaruka zirimo kwiyongera buhoro buhoro uhereye ku ndwara zibasira abantu biturutse kuri bwa burozi bwo mu mazi bugabanya ubudahangarwa bw'imibiri y'abantu bityo indwara zitari zibafiteho ubushobozi zigatangira kubibasira ndetse izindi zikaba ibyorezo zica miliyoni 1,5 buri mwaka. Ibi byorezo ni kimwe mu bigabanya ikizere cyo kubaho, hakiyongeraho imirire mibi igaragara cyane cyane mu bihugu bikiri mu nzira y'amajyambere nk'ibyo mu karere ka Afrika yo munsi y'ubutayu bwa sahara, u Rwanda ruherereyemo n'amajyepfo ya Aziya. Ibihugu biri ku isonga mu byibasiwe ni u Bugande, Nijeriya na Bangaladeshi. Ku bana ingaruka zirushaho kugaragara, aho umwe kuri batanu apfa atarageza ku myaka 5 ndetse buri munota hapfa impinja 20, nyamara abatuye isi barakomeza kwiyongera ku buryo bazaba barenze kuri Miliyari 9 mu myaka

Abana nibo bugarijwe kurusha abandi

30 iri imbere. Bivuga ko abaturage basaga Miliyari 3 baziyongeraho bazibasirwa bikomeye n'indwara nshya z'ibyorezo ubundi bitari bisanzwe.
Ibi ni intangiriro gusa kuko ubushakashatsi bugaragaza ko ubwo amazi azaba yabuze, abantu bazatangira kwimukira hafi y'uturere dukungahaye ku mazi nko mu biyaga bigari bya Afrika n'ibya Amerika, ndetse ibihugu by'ibihangange bitangire kuvomera abaturage babyo amazi meza y'urubura azaba asigaye gusa mu mpera y'isi y'amajyaruguru. Imvururu n'intambara zishingiye ku mazi zikazahitana abatari bake. mu gihe igice kinini kizahitanwa n'umwuma mu butayu cyangwa uburozi bwo mu mazi.

Amazi yaba imbarutso y'amakimbirane

N'ubwo nta gikuba kiracika, ariko ukutumvikana kugaragara hirya no hino nk'aho ibihugu byo mu majyaruguru ya Afrika nka Misiri bibuza ibihugu bituriye isoko ya Nili kugira igikora gihambaye bikora ku mazi y'inzuzi nk'akanyaru, akagera ndetse na Nyabarongo.

Hari abahakana ko izi ngaruka zose ntaho zihuriye n'iterambere, nyamara uretse ubwiyongere bw'abaturage, kuba abatuye isi twarageze ku iterambere ryihuse mu inganda n'ikoranabuhanga biterwa no kuba twarakoresheje mu gihe gito umutungo kamere wagombaga gutunga abantu mu gihe kirambye. Bikiyongeraho umubare w'abakeneye iryo terambere ari benshi bityo tukabuza n'ibindi binyabuzima kubaho mu mudendezo kandi imibereho yabyo ari magirirane.

Pascal H

INGANZO N'ABAHANZI

Ishusho ihenze bidasanzwe "les femmes d'Alger"

Iyi shusho iri mu rutonde rw'amashusho atanu yitiriwe a bagore bo muri Aligeri mu burengerazuba bw'afurika, yashushanyijwe n'ikirangirire Picaso. Iyi shusho imwe iherutse kugurishwa miliyoni 179 z'amadorari muri cyamunara cy'abanyabugeni. Ikaba yarabaye iyambere ku isi. Ndetse biteganywa ko ntayizayirusha muri cyamunara ziteganywa muri uno mwaka wa 2015. uwayiguze n'uwayigurishije bakaba baragizwe ibanga. Ariko ikaba yari ibitse mu bubiko bw'umutamenwa w'umwe mu bikomangoma by'igihugu cya Quatar. Mbere y'uko igaragara muri cyamunara yateguwe n'inzu icuruza ibikomoka ku bugeni yitwa "Christie". Ku mwanya wa kabiri hakaza ishusho yitwa " Les Demoiselles d'Avignon" yabariwe agaciro ka miliyoni 140 z'amadorari . Umutaliyani Pablo Picasso yabayeho mu agana mu 1881 kugeza mu 1973, aho yabashije gushushanya kubumba no kubaza amashusho yamamaye agera ku 118 zikubiye mu matsinda 13 y'ibihangano bye byose yakoze kuva mu 1904 kugeza 1971, yose hamwe abarir-wa mu kayabo ka miliyari 3 z'amadorari. Ibihangano bya Picasso bihenze kurusha ibindi ni ibyasanzwe mu bubiko bwe ataguri shije akiriho kuko yabikundaga cyane dore ko ibyinshi bigaruka ku bagore yakunze.

Omar Tony

EJO HACU

90-90-90 intego irambye yo guhashya SIDA burundu.

Mu bushakashatsi bwakozwe n'abahanga bayoboye ibikorwa byo kurwanya SIDA ku isi bwagaragaje ko bishoboka kurwanya SIDA burundu ndetse mu mwaka wa 2030 mu ntego yitwa 90-90-90.

Iyi ntego ya 90-90-90 ikubiyemo intego nyamukuru eshatu zizaba zagezweho mu mwaka wa 2030: zikubiyemo kuba muri uriya mwaka 90% y'abatuye isi bazaba bazi uko bahagaze ku bijyanye na Virusi itera SIDA; bivuka ko bazaba baripimishije. Mu bipimishije bagasanga baranduye Virusi itera SIDA, 90% muri bo bakazaba bakoresha neza imiti igabanya ubukana bwa Virusi itera SIDA. Mu bafashe imiti igabanya ubukana bwa Virusi itera SIDA, 90% muri bo bazaba batakigaragaza ubwandu mu maraso yabo bityo bakaba badashobora no kugira uwo banduza.

Ibi bikubiye mu bushakashatsi bwakozwe bugendeye ku bikorwa byagezweho mu guhashya virusi itera sida mu bihugu bya Afurika yo munsi y'ubutayu bwa Sahara, Amerika y'amajyepfo n'ibirwa bya Caraibe.

Ariko kugirango ibi bigerweho mu gihe giteganywa, birasaba ko buri gihugu cyongera imbaraga mu gushishikariza abaturage kwipimisha kenshi ndetse ibyo bihugu bikitabira gukoresha uburyo bwihuse bwo gupima Virusi itera SIDA kugirango buri wese usanze yanduye ahite atangira gufata imiti igabanya ubukana. Abafata imiti igabanya ubukana bagomba kandi koroherezwa kubona iyo miti ndetse bakanashishikarizwa gufata neza iyo miti kugirango ubwandu bugabanuke burundu mu maraso.

Imbogamizi zo ziracyagaragara ku bihugu biri mu mu nzira y'amajyambere bitabasha kwiyishyurira ibikoresho, imiti n'abakozi bifashishwa mu bikorwa byo kurwanya SIDA.

Steven SIBOMANA

ESE NIBYO ?

Wari uzi ko nubwo Verini ikugira miwza yangiza ubuzima ?

Abagore n,abakobwa nibo bakunze gukoresha verini mu kwirimbisha. Ku batayizi ni amabara bakunze gusiga ku nzara ariko bashobora no gukuraho igihe cyose babishakiye, ndetse kuri bamwe usanga bahindura buri munsi ayo mabara bakurikije imyenda bambaye.
Nyamara bime mu bikoresho bigize ayo marangi basiga ku nzara byangiza ubuzima ku buryo byatera indwara nyinshi zirimo Kanseri ndetse n'ubugumba. Muri byo Ibiza ku isonga ni nk' ibyitwa "formaldéhyde'', ''toluène'' « phtalate de dibutyle » kandi aribyo byifashishwa kenshi kugirango verini igaragare neza. Abashakashatsi bo muri kaminuza ya Stanford yo muri Leta ya Californie; imwe mi zigize Leta zunze ubumwe za Amerika bakaba aribo babikozeho ubushakashatsi.
Nko ku muti witwa "**toluène**", abashakashatsi basanze ufite ubushobozi bwo kwangiza imyanya myibarukiro ndetse na zimwe mu nzira zihuza ubwoko n'ibindi bice by'umubiri; ariko abakora verini bakifashisha uwo muti kugirango verini uhore ifatanye nk'irangi; idacikaguritse mu gihe iba ikiri mu icupa ryayo, ndetse ikagaragara gara nk'inyerera mu gihe iri ku nzara.
Undi muti ni uwitwa "**formaldehyde »** ; uyu utuma inzara zikomera kurushaho ndetse zikagumana umwimerere wazo iyo veini ivuyeho, ariko ukaba ushoboragutera kanseri. Hari kandi na "phtalate dedibutyle » yo izwiho kuba ariyo ituma verini yoroha bityo n'abayisiga ku nzara ikaborohera. Ariko niyo ikaze cyane mu kwangiza imyanya myibarukiro ku buryo yatera kutabyara. Uyu muti kandi uboneka cyane no mu byo kwisiga byinshi.
Abashakashatsi bo muri Kaminuza ya Stanford ntibagaragaza igihe bimara kugirango ingaruka z'iyi miti zitangire kugaragara kuko biterwa n'inshuroburi wese akoresha verini, ariko bemeza ko imiterere yayo yangiza ubuzima, bagasaba abakoresha verini gushishoza bagahitamo izidafite iyi miti cyangwa iziyifite ku kigero gito.

Inkuru ya Kangabe Jeannette

AMASHYENGO N'IKARISHAYABWENGE

☞ Intwari ntizifuza ko hari uwakurikira indi nzira itandukanye n'iyazo — **Georges Brassens**

☞ Ubukire bw'umukene ni ubukene bwe — **Tévoédjdré**

☞ Ubuzima ni uruhererekane rw'amahitamo — **Barry Kaufman**

☞ Usoroma ibimusumba yihanganira ibimutokoza — **Social Mula**

☞ Ukirigiswe na benshi ntamenya uwamusekeje —**Danny Vumbi**

☞ Igiceri kirashyira kikagwira, kikarera umuryango — **Umugani w'ikinyarwanda**

☞ Buhoro buhoro amazi acukura mu ibuye —**Umugani w'ikinyarwanda**

☞ imbuto ni iza bose ariko ubutaka ntibugira nyira bwo — **Jean-Jacques Rousseaux.**

☞ Buri muntu azagira iminota 15 yo kuba icyamamare— **Andy Warhol**

☞ Niba kuvuga ari ifeza, guceceka ni izahabu.

Omar Tony NSENGUMUREMYI

HIRYA NO HINO

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DORE AKAYABO GAHEMBWA ABABYEYI

James Harrison w'imyaka 80 afite ubwoko bw'amaraso budasanzwe, akoreshwa mu gutabara impinja zifite ikibazo cyo gudahuza amaraso n'ababyeyi bazo, bituma inda zivamo nyuma y'isama . Yitabira igikorwa cyo gutanga amaraso buri cyumweru kuva afite imyaka 18, amaraso ye, amaze gutabara bw'impinja zirenga miliyoni ebyiri ariko indwara ya Kanseri igiye kumuhitana . We n'abaganga be bababajwe gusa n'uko ku isi hatari benshi nkawe bazamusimbura.

Desire KAVUTSE

IMIKINO

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ISHYIRAHAMWE KU ISI RY'UMUPIRA W'AMAGURU "FIFA" YABONA ICYICARO MURI ONU

aha biragaragara ko bigiye kugorana guhagarika isi yose mu mupira w'amaguru, mu hige ishyirahamwe ry'umupira w'amaguru ku isi FIFA ryaba rihawe ikicaro muri ONU ahategurirwa politiki y'isi yose.

Nyuma y'uko igikuba gicitse ubwo abayobozi bakomeye ba FIFA baregwaga ruswa, bamwe muri bo bakabifungirwa n'igipolisi mpuzamahanga ndetse n'umuyobozi mukuru akegura ku mwanya yari yongeye gutsindira, abanyapolitiki b'ibihugu bikomeye nk'uburusiya na Leta zunze ubumwe za Amerika barahagurutse batangira gushinjanya kwivanga mu by' umupira w'amaguru;

Kutavanga politiki n'imikino ubundi byari ihame ku isi yose, ndetse igihugu cyabirengagaho cyafatirwaga ibihano byo mu rwego rw'imikiko n'ishyirahamwe rishinzwe imikino ngororamubiri ku isi.
Ubusanzwe igihugu kivanze politiki mu mikino gihagarikwa mu marushanwa mpuzamahanga ariko bigaragarira bose ko n'ubusanzwe babigenderaga hafi kubera amafaranga menshi akoreshwamo, inyungu z'ubukungu ndetse n'uburyo abaturage bitabira uyu mukino.

Kuri ubu abavuga rikijyana muri ONU bakaba bashishikajwe no gushaka uko FIFA yagira intebe muri uwo muryango kugirango babashe ubudahangarwa n'ibindi bihugu bikomeye mu mupira w'amaguru nka Brezil, Uburusiya, ubuhinde n'ubushinwa na Afrika y'epfo ; kuko bikomeje kumenyekana no kwagura imbaraga n' umuco wabyo binyuze mu mupira w'amaguru.

Pascal H.

BYENDA GUSETSA

Rafiki Journal

Umugabo aganira na mugenzi we ati" mfite umwana w'igicucu hora wirebere .Ahamagara umuhunguwe ati " genda mu rugo undebere ko mpari" Aba arirutse Umugabo ati" Sinakubwiraga ntansize hano" Umwana agarutse ati : "nsanzeyo mama wenyine ambwira ko udahari"

Abasore babiri ubushomeri bwabasuye batembera umwe abona inoti ya bibiri undi arayitoragura. Mugenzi we ati tugize Imana turayagabana dusunike umunsi. Wawundi wayatoye ati" Reka sha nari nyafitiye gahunda nta nyinya nakwereka!" *Ibaze nawe*??

Ramadhan Hakizimana

Abishizehamwe ntakibananira

Tufatanyije twakwimura umusozi utubuza kugera ku iterambere,

Rubyiruko guhuza imbaraga niryo banga ry'iterambere buri wese yifuza kugeraho.

Dufatanyije birashoboka.