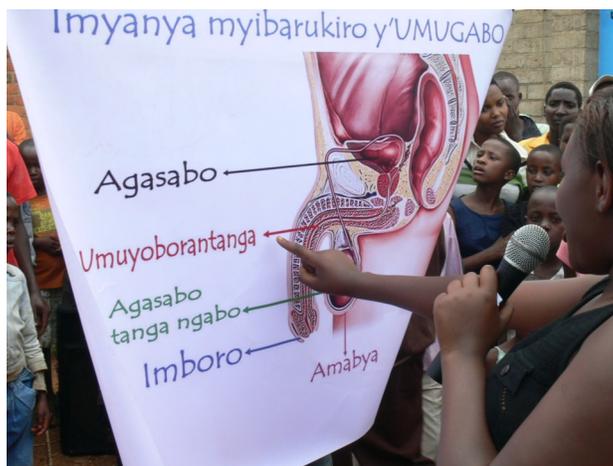




Club Rafiki ikomeje kuba igisubizo ku rubyiruko



Buri taliki ya 1 ukubozza buri mwaka ni umunsi mpuzamahanga wo kurwanya virusi itera SIDA, buri wese ahamagariwe gufata ingamba zo kurwanya virusi itera SIDA

Ubu butumwa nawe bugire ubwawe



Ipera ngo ryaba rifatiye runini ubuzima bwacu.



Igiti cy'amapera ni kimwe mu biti byera imbuto ziribwa, inkomoko ya cyo ni muri Amerika yo hagati gi kunze gukoreshwa ariko usanga abantu benshi batazi akamaro kigira ku buzima bw'umuntu bwa buri muni.

Amakuru dukeshya urubuga rwa **Wikipedia** rutangaza ko amapera ari kimwe mu mbuto zikungahaye cyane kuri vitamini C ikaba bifasha umubiri w'umuntu kurwanya indwara ya kanseri, Izi mbuto kandi zivura kuva bidasanze kw'abagore kimwe n'indwara zo ku ruhu. wifatishije kandi urubuga rwa Doctissimo.fr urasanga aho Dr. Gerard Saint Rose akomeza gusobanura ibyiza by'icyo kiribwa ndetse n'akamaro kacyo. Kuba aho avuga ko amapera akungahaye kuri Karisiyumu, Manyezi yumu, Feri na Potasiyumu, afasha kwihagarika ku buryo butagoranye ndetse no kwituma neza.

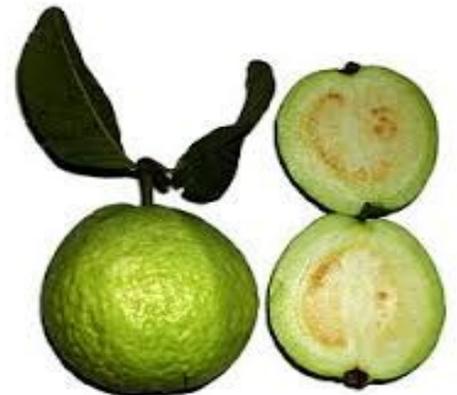
Kubyerekeranye n'uburyohe Dr. Gerard Saint Rose akomeza agira ati :

“ni byiza guhitamo urwo rubuto kuko ngo ruryoha cyane, cyane iyo ruhiye rufite ibara ry'umu tu-ku imbere”. Ibyo ngo bikiyon geraho impumuro nziza. Dr. Gerard Saint Rose avuga ko amapera ari urubuto rw'um wimerere, ruribwa ku buryo butandukanye. “Ushobora kurya ipera nyuma yo gufata irindi funguro, ushobora kurirya igihe icyo ari cyo cyose urishakiye ndetse ushobora no kurya amapera yatunganirijwe mu nganda (confiture)”.

Uretse ibyo, byavuzwe haruguru kandi amapera akorwamo imitobe myiza kandi iryoha ndetse inakunzwe gukoreshwa hirya no hino mu birori. Icyo kiribwa kandi ngo gishobora gutegurwana umunyu kuko ngo iyo ari mabisi, umuntu akayarya, agira salade ntagereranywa irimo umunyu. Ibyo ni ibyemezwa na Albertine Dion, umwe mu nzobere mu byerekeye imbenezamirire mu gihugu cy'u Bufaransa. Albertine akomeza agira ati “iyo akataguwe, agashyirwamo umutobe w'indimu ndetse n'urusenda nyuma ukabisya, iyo mvange iyo iherekeje amafi, inyama y'inkoko cyangwa inyama y'urukwavu iraryoha”. Abahanga mu guteka

kandi bakomeza bavuga ko ashobora gutegurana n'isosi iyo ariyo yose. Amapera kandi abarizwa mu muryango wa “Myrtacées” nk'uko abahanga mu byerekeye ibimera babiduhamiriza. Amapera bita (Prune des sables), ni amapera amaze imyaka isaga 1000 ahingwa mu gihugu cya Haiti, akaba yara hageze aturutse mu gihugu cya Brézil mu ntangiriro z'ikinyejana cya 19. Igiti cy'ipera kandi kigakura kugera hagati ya metero 3 na 6. Kikaba ndetse kimwe mu biti byihanganira ubutaka ubwo ari bwo bwose hirya no hino ku Isi kuko usanga akunda kuboneka no mu gihe cyi izuba nko muri Amerika y'Epfo, Thailande ndetse no mu bihugu by'Afurika ariko hagati y'ukwezi k'Uku boza na Gashyantare akaba ari bwo aboneka ku bwishwi.

Steve SIBOMANA



IJAMBO RY'IBANZE

Imyaka 40 irashize Club Rafiki iharanira iterambere ry'urubyiruko!

Ni koko inkuru si mbarirano Club Rafiki yabonye izuba kuwa 28 Ukwakira 1974, ishinzwe n'abihayimana. kuri iyo taliki urubyiruko rwo mu biryogo benshi bazi ku izina rya Nyamirambo nyayo rurayibuka cyane kundusha kuko nyuma y'iminsi mike rubona amatangazo acicikana aru menyesha ko hari ibirori bya ruteguriwe kwa Nyiranyuma, rwita banye ingonga maze rucinya umuziki karahava, rusoma ibitabo rwari rwateguriwe, maze ruhabwa ijamba n'abari bateguye ibyo birori maze

urubyiruko rusaba ko ibikorwa by' Imyidagaduro bitahagarara bityo. Abi haye Imana bari batu rutse mu muryango w'Abadominikani ntibazuyaza batangariza urwo rubyiruko ko Club Rafiki ivukiye guharanira iterambere ry'urubyiruko kandi ko ibyo byose bitazasiga inyuma imikino n'imyidagaduro.

Abari urubyiruko icyo gihe ubu ni ibikwerere ariko se mu by' ukuri basanga Club Rafiki yarabegejeje kuki?

Icyo kizadusaba ubucumbuzi bwimbitse tuzabibavire I muzi mu minsi iri imbere, gusa Rafiki Journal kari akanyamakuru kabimburiye byinshi mu bikorwa bya Club Rafiki kuva yashingwa kaje gukorwa mu nkokora na Jenocide yakorewe abatutsi kageze kuri numero tutarabasha kumenya, akaba ariyo mpamvu tugiye gukomeza kugeza ku rubyiruko amakuru binyuze muri Rafiki Journal isimbuye Inshuti tunabizeza ko kazarushaho kuba aka buri wese.

Ikipe y'ubwanditsi

UBUMENYI N'IKORANABUHANGA

Urubuga rwa GOOGLE umuhuza wabatuye isi

urubuga ruzwi ko ikintu cyose washaka wakibonaho, akawa mugani wawa munyamurenge ngo niyo wanditse inka n'izimurenge urazibona zose.

Google rero akaba ari rumwe mu rubuga (website) rukunzwe cyane n'abantu kuko bashakiraho izindi mbuga cyangwa bakoreraho ubushakashatsi. Na none rukaba ruri mu mbuga eshanu zikoreshwa cyane ku isi. Na none google ikaba ifite ubushobozi bwo kuba wayishakiraho amashusho agaragagara,

Google ikaba yarashinzwe na Larry Page and Sergey Brin mu 1998 bakaba bari bafite impamyabumenyi z'ikirenga bita (PhD) bakuye muri kaminuza ya Stanford,

ikaba ifite icyicaro gikuru Mountain View, CA (California), muri Leta Zunze Ubumwe z'Amerika. Aba bagabo uko ari babiri bakaba ari abaherwe bakomeye ku isi. Larry page akaba ku mwanya wa 16 aho yinjiza miliyali 31.6(\$) z'amadolari naho Sergey Brin akaba ari 17 aho yinjiza miliyari 31.1(\$)z'amadolari.

Google ikaba ikorana n'ayandi ma corporation nkaza Microsoft, you tube, yahoo, baidu, Wikipedia, n'izindi. ikaba inakorana n'izindi z'amatelephone nka Nokia, LG, Samsung, Ericson n'izindi kubera ko Google yatanze ubufasha ku ma applications yazo ya .mobi, jar, jad n'izindi arizo zifashishwa ku kujya kuri internet muri telefoni (mobile internet).

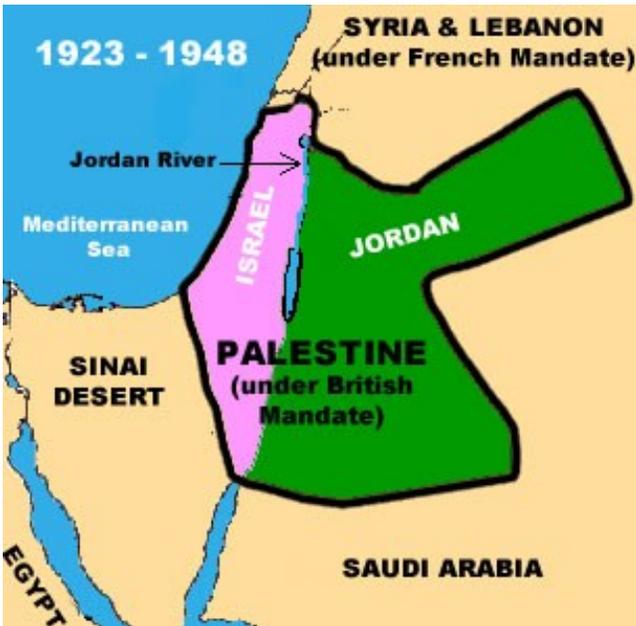
mu 2003, Andy Rubin yavumbuye android operating system anashinga company ya Android.

Android nk'imwe muri operating system ikoreshwa muri smart phone. mu 2005, nibwo google yaguraga android.inc, abakozi bayo bose. banashyiraho uburyo application zayo ugomba kuzikura muri google play store. bahita banayitirira iya google.Inc,

google, ikaba ifite na software za machine nka google chrome, google earth, n'izindi.



Isiraheli na Palestina barapfa iki? igice cya II



gihe cy'Ubukolone ako kanya Aba yahudi bahise batangaza ko bashinze Israel nk'igihugu cyigenga, Abanyepalentine bafashijwe n'ibi hugu byose bikikije Israel, batangira intambara yeruye kuri Israel nshya. Nyamara ni ubwo Israel yatuwe n'abaturage bari barakwiriye imishwara, i Burayi, yemewe nka leta mu gihe na n'ubu Pal estine itarafatwa

Abayahudi bashakaga ko igice cyabo cyigenga muri Palestine, Abarabu b'Abanyapalentine bari bahasanzwe maze babitera utwatsi. Mu 1947 Ubwongereza bwemeye ko icyo kibazo kibu renze, bugisubiza Umuryango w'Abibumbye aho byari nyuma ya Jenoside yakorewe Abayahudi mu bihugu byinshi by'Uburayi, ikozwe n'Abanazi ba Hitler.

Umuryango w'Abibumbye wa tangiye umugambi wo kugaban yamo Palestine ibihugu bibiri, icy'Abarabu kigakomeza kwitwa Pelestine, ikindi gice kigahabwa Abayahudi kitwa Israel.

Ni muri ubwo uryo kandi Umugi wa Yeruzalemu wo wari kugenzurwa n'Umuryango w'Abibumbye, maze Abayahudi baje kubyemera ariko ibihugu by'Abarabu bituranye na Israel bya hise bitera utwatsi icyo cyemezo. Mu 1948 ubwo mandat y'Abon gereza irangiye muri Palestine mu

nk'igihugu cyigenga, nguko uko abenshi ku isi bagiye bavuka abandi ba gasaza bagiye basanga Palestine ihanganye na Israel mu Burasirazuba bwo hagati kugeza ubu. Mu byishimo byinshi bidasanzwe by'Abayahudi I "Tel-aviv" guhera ku itariki 14 Gicurasi 1948, nibwo David Ben Gurion wabaye Minisi tiri wa mbere wa Israel yatangaje ku muragaro ishyirwaho rya Leta ya Israel, abatarashoboye guku rikira ibirori imbona nkubone, nuko bejyera insakazamajwi zabo. David Ben Gurion yaravuze ati "Hagegendewe ku mwanzuro w'Umuryango w'Abibumbye, dutangaje Leta y'Abayahudi ku butaka bwa Israel."

Ni uko nyuma y'ibinyejana 20, byari bihise Abayahudi baje ku bona igihugu babarizwamo, nyuma y'imyaka itatu gusa ubutegetsu bw'Abanazi buhangutse.

Ku itariki 14 Gicurasi 1948, ubwo

abayahudi bishimi raga ko leta yabo, abaturage b'Abarabu b'Aban yepalentine bo bawita "Nakba", bivuze umunsi mubi cyane, nuko ubwo ibyago ku Abanyepalentina biba bitangiye ubwo niko kwere keza ly'ubuhungiro kugeza na n'ubu hakaba hari abakiburimo, byaje no kuviramo abantu ibihumbi 700 by'abarabu kwirukanwa berekeza ly'ubu hungiro n'intambara ibari ku mugongo ariko ni ubwo bahun gaga bari bafite icyizere ko baza garuka aho bitaga iwabo nabo ariko siko byabagendekeye. Ni uko ubwo ihan gana riba riratangiye hagati yabo n'intambara z'urudaca, ubwiyahuzi ubugome budasanzwe, n'ubugizi bwa nabi tutibagiwe n'intambara y'amabuye yiswe "Intfada."



B



Zuena umugore wa Bebe

Nyuma yuko asomanye n'umukobwa umwe mu bari bari kumutunganyiriza amashusho mu ndirimbo nshya, Bebe Cool n'umugore we Zuena, ntibari kumvikana.

Nyuma yo kwishima gukomeye kwa Zuena kuba yari aherekeje umugabo we gufata amashusho y'indirimo ye. Ibyari ibyishimo kuri Zuena byaje kumuviramo akababaro aho aboneye umugabo we Bebe Cool asomana n'u mukobwa w'umunyamideli wo muri Afurika y'Epfo yifashishaga mu gufata amashusho y'indirimo ye nshya. Ni ubwo Bebe Cool yakomeje gusobanunirira umugore we ko kuba yarasomanye n'uwo mukobwa yashakaga kuryoshya amashusho y'indirimo, abayoboraga ifatwa ry'amashusho bo muri Godfather Production bavuze ko ibyo yakoze bitandukanye cyane n'ibyo yagomba gukurikiza. Nk'uko Chimpreports yabitangaje, ubwo Bebe Cool yafataga aya mashusho,

umugore we Zuena yari yibereye ahantu yifatira amafoto kuri telephone ye igendanwa ari naho yaje kubona umugabo asomana n'uwo mukobwa biramutungura cyane. Nyuma yaho gato yahise yisubirira kuri hotel kuko yabonaga umugabo we yakuruwe n'ubwiza bw'uwo mukobwa aho yabifashe nkoho bari bakundanye.

Jeannette KANGABE

EJO HACU

Rafiki Journal

Indigo Foundation yo muri Australia yasuye urubyiruko muri Club Rafiki

Kuwa gatandatu tariki ya 18 nibwo ishuli ryigisha kubyina imbyino zitandukanye cyane cyane, iza kizungu ari ryo (Club Rafiki urban dance) rya kiriye intumwa za Indigo foundation isanzwe itera inkunga iryo shuli. Nkuko byari biteganyijwe kuri gahunda y'uwo munsu urubyiruko rwibumbiye mu itsinda rya Urban Dance school nirwo rwatangije ibirori aho bakanyujijeho berekana impano zabo ndetse, n'ibyo bagezeho mu bufatanye hagati ya Club Rafiki n'umuryango indigo foundation. Nyuma y'imbyino zitandukanye kandi zashimishije abari aho, abana bahawe ijamba ngo bagire icyo bageza ku bari bateraniye aho. Ijambo ryabo ryaranzwe ahanini no gushimira ababatera inkunga kandi nabo ubwo bishimira ibyo bagezeho. Si abana gusa kandi kuko ibyo birori byari

byitabiriwe na bamwe mu babyeyi b'abana baje ndetse no kugirana ikiganiro nyunguranabitekerezo. ubwo ababyeyi baboneyeho umwanya wo gushimira abo bashyitsi no kungurana ibitekerezo kuri ejo hazaza habo bana. Umwe mu ntumwa ya indigo, Bwana Wheen David yagize ati "mbere na mbere mbanje kubasuhuza mwese mu izina rya Indigo Foundation ni ryanjye n'umugore wanjye turi kumwe mu- raho? Nishimye cyane mwashimishije murasa neza kandi murabyina neza mukomereze aho,

kandi nizeye neza ko biza-rushaho kugenda neza. Gusa nk'uko bigaragara mu rakurikira neza ku-ko murabyina neza ariko ntimwiba girwe ko ishuli mu buzima busanzwe ariyo rymbere ni byiza pe, kumenya kubyina ariko bikaba



David Wheen aganiriza urubyiruko

Inzuki zifite ubuhanga bukomeye mu kubaka mpandeshatu



Inzuki

Inzuki zigerageza kubaka ibin yagu byazo zikoresheje umushongi utangwa n'imvub ura ziri mu nsi y'inda yazo. Burya ngo ikin yagu cyu bakanywe ubuhanga budasanzwe . wakwibaza uti ese bigenda gute?

Reka tubirebere hamwe :

nyuma y 'ibinyejana byinshi, abahanga mu mi bare bakega ko inyubako igira

utwumba twa mpan eshatu ikoresha ibikoresho bike kandi nti hagire umwanya upfa ubusa. Ibyo biruta kuyigabanyamo ut wumba twa mpande eshatu ndinganire, kare cyangwa ikindi kinyam pande icyo ari cyo cyose. ariko nti basho boye gu sobanura neza im pamvu bi mezegutyo.

Mu mwaka wa 1999, Porofeseri Thomas C. Hales yakoze imi bare, atanga gihanya yerekana ibyiza byo gukore sha igishushanyo cya mpan de eshatu mu kubaka. Yaga ragaje ko uburyo bwiza cyane bwo ku gabanya ahantu mo ibice bingana ukoresheje ibiko reshobye bike,

ari uguha ibyo bice ishusho ya mpande eshatu zingana.

Ni inzuki iyo zubatse ibinyagu muri bwa buryo bwa mpande eshatu, zikoresha neza umwanya zifite, zikubaka ibinyagu biko meye zikoresheje n'umushongi muke, maze bikabika ubuki bwinshi ahantu hamwe. Ntibitangaje rero kuba ikinyagu cyariswe "inyubako ihambaye ku rusha iz indi ku isi."

Ubu ku ikigihe abahanga muri siyansi bakaba bakomeje kwigana ikinyagu mu buryo bwo kubaka inyubako ziko meye ndetse zidatwara umwanya munini. Urugero abakora indege bakoresha ibizingiti bifite ishusho y'ikinyagu kugira ngo indege izabe ikomeye, itaremereye kandi ikoresha lisansi nkeya.

Joseph Desire

AMASHYENGO N'IKARISHAYABWENGE

- Umukire si urusha abandi ibikinisho ni urusha abandi umunezero,
- Abantu benshi bakomeye ku is babikesha urutambwe rumwe bateye barenga urwobo bari bagiye kugwamo
- Ntibishoboka ni ijamba rigaragara mu nkoranyamagambo y'abaswa.
- Kuba warabanye na kanaka ntibivuze ko ugomba guhora muri ibyo
- ibanga ry'intsinzi ni ugushyira umutima wawe, ubwenge bwawe ,na roho yawe no muri twa dukorwa wita duto.
- Inshuti ni yayindi ikomeza kugukunda kandi izi amafuti yawe yose.
- Niba utabasha gukora ibintu bihambaye, kora ibintu bito mu buryo buhambaye.
- Guhora ubihiwe bica intege, guhorana akanyabugabo bigutera ingufu
- Burya ntawashobora kugupfobya utabimwemereye.
- Baho ku buryo umwana wawe yakwishimira uwo wabaye we umaze kuba mukuru.
- Ubanze umenye ko ntacyakuzanira intsinzi atari wowe ubwawe
- Igihe wavukaga wararize maze isi irishima, ukwiye kubaho ku buryo igihe uzapfa isi izarira wowe ukishima

Inkuru dukesha MTN mu irushanwa ryayo Sharama

HIRYA NO HINO

Rafiki Journal

INYONI YA ALBATROS IKOMEJE KWEREKA ABATUYE ISI UBUHANGA BUDASANZWE



rusha izindi, iherutse guturaga undi mushwi wiyongera ku yindi myishwi yayo yaturaze mbere kandi ishaje.

Hari amakuru ya garagaje ko inyoni za alubatorosi zisanzwe zizwiho kogoga inyanja, ubu hari imwe murizo “imaze igihe kirekire ku

Ese iyo nyoni yaba imaze igihe kingana gute ku isi ? Amakuru dukesha uru buga ,www.jw.org, ruratangaza ko mu mwaka 1956 iyo nyoni aribwo ya shyizweho ikimenyetso bwa m bere, icyo gihe bikaba bivugwa ko yari ifite ugereranyije imyaka 5. Ibyo bikaba bishatse kuvuga ko ubu ifite imyaka isaga 60 y’ama vuko. Muri iyo myaka yose ibayeho ku isi, iyo nyoni yagenze ibirometero biri ha gati ya miriyoni 3 na milyoni 4. Ingendo yakoze zi kubye incuro ziri ha gati ya 4 na 6 urugendo rwo kuva ku isi kugera ku kwezi, kugenda no kugaruka. **Claire Uwamahoro**

IMIKINO

Rafiki Journal

2015 umwaka w’iterambere rya Siporo mu Rwanda



Joseph Habineza

Minisitiri wa Siporo n’Umuco Amb. Joseph Habineza yasabye abayobozi b’amashyirahamwe y’imikino mu Rwanda ko umwaka wa 2015, waba umwaka w’iterambere rya Siporo mu Rwanda (2015, a year of Sports development in Rwanda). Inama yo kumugoroba wo ku itariki ya 16 nzeri, nibwo Joseph Habineza yabisabye abayobozi b’amashyirahamwe y’imikino. Minisitiri yakomeje agira ati: “Bitewe ni uko ntaterambere ry’imikino tugira usanga nta musaruro tugeraho. Niyo mpamvu tugomba gutangira ibikorwa bigamije gushaka no guteza imbere impano z’abana duherewe hasi kuko tutubatse siporo ihereye hasi ntacyo dushobora kugeraho”.

Minisitiri yasabye amashyirahamwe y’imikino gukorana na federation ishinzwe guteza imbere imikino mu mashuri ku giranga siporo ihere hasi mu abana bato kandi bibaye byiza bigatangira muri uku kwezi k’Ugushyungu. Ibindi byemejwe muri iyo nama, harimo ugutegura gahunda ihamye yo gushakisha abana bafite impano uherewe hasi no kuziteza imbere.

Steve SIBOMANA

BYENDA GUSETSA

Rafiki Journal

Umugore n’umugabo bari batumiwe murifete mask,(niza fete uba wam baye masike) .igihe cyo kugenda kigeze umugore yumva ntameze neza abwira

umugabo ngo niyijyane.

umugabo yambara ya masike ye ari gendera. Hashize akanya umugore amaze kuruhuka y’umva atoye agatege. Niko kwambara masike nawe ajya muri icyo gitaramo

Agezeyo abona umugabo yambaye masike arikubyinana n’ikizungerezi nawe afata masike agenda ahinduranya ashaka kumenya nimba

koko umugabo we umukobwa amushutse yakwemera kuko yari yambaye masike, aragenda yi yegereza umugabo... Baraby ina.

Hashize akanya ahita am wongorera ati “ngwino tujye inyuma hariya...

Baragenda bakora ibyo ba kora barangije Umugore ahita yi huta arataha . Hashize akanya umugabo nawe arataha umugore amutegerejehageze,

-umugore ati”ariko fete yagenze neza?

-umugabo ati “ntabwo yari nziza kubera utaruhari ”

-umugore ati “oya ndabizi wishimishije cyane...

-Umugabo ati ”oya ni ukuri, nahageze mbona fete ntimeze neza jye n’iz’indi nshuti zanjye duhita tujya kwirebera umupira .Ahubwo masike yanjye nahise ny itiza undi umugabo witwa joriji yatelephonnye mu kanya an shimira ngo yahahuriyeyo n’umuntu barishimisha cyane.

Saidi NIYONZIMA

Club Rafiki ibaye ubukombe

