

Umutsama

Ikinyamakuru c'abavumbi N° 16 Myandagaro 2009

Ikinyamakuru ni igikoresho gihambaye mw'iterambere. Uwusoma mu binyamakuru ameze nk'uwuri mw'isomero. Aba ariko ariga, aba ariko arasuma urusaku, aba ariko arungura ubwenge akamenya iyo bumwe bumwe « bweze » atarinze kurenga impinga. Aba ariko araganira n'abantu. None abasoma ikinyamakuru cacu "Umutsama" bamaze gukuramwo iki? Ubuvinga bwo kugendera imizinga? Ubuvinga bwo kwegeka? Ubuvinga bwo guhakura? Boba bamaze kumenya ko hariho abavumbi ba karuhariwe bandika ibinyamakuru ku mwuga wabo w'ubuvumbi? Mbega bobo barazinanyi aho mu makomine iwabo?

Inyishu ni «EGO CANE». Hagaca haza ikindi kibazo. None ko tutaronka inkuru zabo bigenda gute? Umuvumbi umwe niwe yavuze ati. «Jewe ndiko ndasoma Ikinyamakuru - Umutsama- sinshoka ndonka inkuru z'abavumbi ntanze».

Nca ndamwishura nti « na jewe si kenshi mbona inkuru zivuye mu bavumbi begeka». Nguma mbona inkuru zivuga ivy'amanama hamwe n'ivyabagiraneza bakoreye abavumbi gusa. None twovugaga yuko abavumbi batazi kwandika. Eka data barabizi. Mugabo kumenya igituma batandika inkuru z'aho baherereye, n'ingene ibitiba vyabo vyifashe twobibwirwa nabo nyene. Reka turindire turabe ko bokwikubita agashi bakandika.

Bavumbi, andikira ikinyamakuru «Umutsama» mubwire abandi aho mugejeje ibikorwa vy'umwuga wanyu.

Frera Tharcisse Batungwanayo

UBWO TURASOMA TUGAHANANA MUKINYAMAKURU CACU?



Mu Giheta aho ikinyamakuru c'abavumbi candikirwa

AMASHIRAHAMWE Y'ABAVUMBI B'INTARA YA GITEGA BAKORANYE.

Kw'igenekerezo rya 14 Myandagaro 2009 Umushingantahe Mpahije Matiyasi arongoye urunani rw'abavumbi mu Ntara ya Gitega yara koranije abaserukira abavumbi bo muri iyo Ntara uko igizwe n'amakomine 11.

Muri iyo nama hihwejwe ibi bikwirikira

- Ivyaranguwe mu mwaka w'ibihumbi bibiri n'umunani
- Ingene ukwegeranya ubuki mu mwaka w'2008 kwagenze
- Ingene ukwegera umwimbu w'ubuki mu mwaka w'2009 wogenda.

Baca umugani mu kirundi ngo: « *isorosoro rigwirira i bwami* ». Abavumbi b'intara ya Gitega bamaze gukoranira hamwe nta kindi bahereyeko atari ugushirahamwe uburyo butobuto bafise bwo gushira hamwe udufranka amajana abiri ku kwezi ku munyanyu wese. Ubu rero barababa amafranka ashika hafi 2 000 000

Muti mbege ingorane zirabuze?

Mu kwegeranya ubuki mu mwaka w'2008 abari mu nama barashikirije ko bagize ingorane mu vyerekeye ibiciro vyaduze mu kugura ubuki, na cane cane ingorane y'uwoyeye ingobe (amatati) akaba ariwe yayiteye. Umushingantahe Bucumi wo muri komine Buraza yarashikirije ingorane yagize ku mafranka yari yahawe mu rwego rw'urunani aho uwo yahaye amafranka yo kwegeranya ubuki waciye umenga aragabiwe. Ngo yiture inyamiramabi (OPJ) ayo mahera yishuwe yaciye ayacisha ku bujigo ngo kaze wa ndya zizanye. Ubwo none bwa bundi ubutungane buhagaze hehe? None ubwo Bucumi azokwubahuka amushengeze? Uwayamaze nawe ati: « *nshika ngaho agahinda kagahindira mu nda* ».

Mbega iduzwa ry'ibiciro ku mwimbu w'ubuki rirorohereje urunani rw'amashirahamwe mu Ntara ya Gitega?

Abashorera ubuki i Bujumbura n'ahandi bashwaye mu makomine y'intara ya Gitega kurangura ubuki ari naco gituma abari baje mu nama bashikirije ingorane yo kubura ubuki kuko ahandi baburungura ku mafranka ibihumbi bitatu n'ayarenga; ari naco gituma abari mu nama bamaze guhanahana ijambo, nk'uwitwa Ngendakumana Varisito wo mu Ryansoro, Mpfabarushe Magisime w'i Gishubi, Cishahayo Petroniya w'i Nyarusange bashikirije ijambo, ry'iremezo bati harya umuntu niwe yubaka urwiwe, nta muntu yokwibagira gushorera mw'ishirahamwe kuko yoba ashaka ko ritera risubira inyuma.

Mbega Umupfasomi Bigirimana Revokata ajejwe ubworozi bw'inzuki mu Ntara ya Gitega wewe abivuga ko iki?

Ati mwa bavumbi ndabacire agace, ukebura uwutumva ukamara ibinonko. Ivyerekeye uguteza imbere umwuga w'ubuvumbi no guteza imbere ishishirahamwe ry'urunani ni mubigire rwanyu, ari naco gituma umwe wese muri mwebwe mworaba igishoboka cose kugira ngo iyegeranywa ry'ubuki rishoboke, aho mubona isoko yabonetse ku giciro kinini na twebwe muhatumenyeshe,

ariko mutange icegeranyo c'ingene umwimbu w'ubuki wabonetse n'ingene uriko uragurishwa aho muherereye.

Umushingantahe Mpahije Matiyasi yari arongoye inama amaze kubona ingene bagiye barahanahana ijambo yaciye yerekana intumbero yofasha ishirahamwe ryabo mu kwegeranya umwimbu w'ubuki no kuzitira tutaronerwa n'aho vyabaye i Buraza n'ahandi, ati umuntu yoronka ingurane mw'ishirahamwe n'uwuserukira urunani rw'ishirahamwe muri Komine kandi akazoba ari we nyene ashikana ivya Sezari kwa Sezari.

Mu gusezera abavumbi baravuganye ingene amatungo y'ishirahamwe yobungabungwa n'ingene botera baja imbere nk'umuzinga. Abari mu nama bamaze kuyaga bashirahamwe nk'amasaka y'amashirahamwe, baciye bakuranako amaso ariko badakuranyeko umutima.

Matiyasi MPAHIJE

UMWUGA W'UBUVUMBI NI KIRUMARA MW'ITERAMBERE RY'ABANYAGIHUGU

Aho hambere Ubuvumbi wari umwuga udahurumbirwa n'abantu benshi mbere wasa n'uko utari ugenewe umuntu wese, na cane cane imiziro n'imigirwa vyawuranga. Ariko muri ibi bihe abanyagihugu benshi bariko barawijukira kuko bamaze kumva akamaro kawo kuko na Leta iritayeho kuwugarukira ari mu nyigisho zo mu mashure, ari no mwitunganya ry'imigambi y'iterambere.

Ikibanza c'ubuvumbi mu mirimo y'iterambere yo mu Ntara ya Ngozi

Ku magenekrezo ya 20 na 21 Kigarama 2007, Ku murwa mukuru w'Intara ya NGOZI harabayeho inama yari ifise intumbero yo gutora imirimo yoshirwa imbere mw'itunganywa ry'imigambi y'iterambere. Iyo nama yari yatumiwemwo abaserukira imirimo yose irangurigwa mu Ntara ya Ngozi kugira ngo ico gikorwa kigende neza. Abari mu nama babanje gutorokanya imirimo yose hanyuma bumvikana gukorera mu mirimo indwi, nayo ikaba ari uburimyi bw'ibitoke uburimyi bw'inanasi, uburimyi bw'umuceri; uburimyi bw'imyumbati, uburimyi bw'ibiraya; ubworozi bw'inka zikamwa za kijambere, n'ubworozi bw'inzuki. Hakurikiye kurondera ikibanza c'umurimo umwe umwe hihwejwe ingene woroshe canke ugoye kurangurwa, ingene umwimbu wabo woroshe, canke ugoye kubika, umwimbu waho woroshe canke ugoye kuronka isoko, ingene woteza imbere abanyagihugu benshi ukongera ugafasha mugukingira ibidukikije. Iyo mirimo uko ari indwi imaze guhabwa amanota biciye mu nama n'ingingo, ubworozi bw'inzuki bwaronse ikibanza ca kane, inyuma y'ikibanza c'umuceri, ubworozi bw'inka zikamwa n'uburimyi bw' inanasi

Mu gusoza uwari arongoye iyo nama yaramenyeshye ko Ubuvumbi ari umwuga nk'iyindi yose naho hari abavuga ngo biragoye gutunga ibiguruka n' umwuga usaba kwitwararika igihe cose no gukoresha ubuhinga bwa kijambere bwo kworora inzuki kugira ngo zimererwe neza kandi haboneke umwimbu mwinshi. Ni naco gituma urwaruka n' incabwenge basa n'abinuba uwo mwuga, bowijukira kuko muri ibi bihe abantu baguma bongerekana n'ubuzi bugakena, ushobora kubabeshaho no gutunga imiryango yabo.

Gaburiyeri BITARIHO

HAVURWA AMAKI I NYABIKENKE ?

Kw'igenekererezo rya 19 Myandagaro 2009 Matiyasi MPAHIJE n'umuvumbi Niyongabo baricaranye mw'ishinge ry'Inyabikenke

Mu makuka y'inka, uwurongoye urunani rw'amashirahamwe umushingantahe Mpahije Matiyasi arikumwe na BUKURU Désiré asanzwe ari umuganga w'ibitungwa mu Ryansoro bahejeje kuremesha inama y'iterambere kuri uwo mutumba niho Matiyasi yakebura Désiré ati : « *Mwana wa mama uta umwuga ukaba utaye abana* ». Uru rugendo twafashe ko tujejwe abavumbi nawe ukaba ur'umuganga w'ibitungwa nta mwegetsi twoba turaterana ijoro ijamba. Bukuru Désiré nawe n'akamwemwe kenshi ati : « *niko nkava mu bantu* ». Ingo dukubitire kwa Niyongabo mwene Ntungwanayo aha kw'ibarabara.

Bapfuye gusimbira kw'ipikipiki ari ryo wa mutama yise Idigidigi, aho nyene kw'ibarabara imizinga itangura gukangirana ubuntu. Bashitseyo biboneye ibitiba vya kirundi 12 bipakiye no mu bunwa. Niyongabo niho yavuga ati naho turi abegetsi twe na Data turacari ba museserwa ; tworonka uwudufata mu mugongo twokiriza « *akavuze wa wundi* ». Matiyasi Mpahije niho yamuremesha ati bandanya mukora kuko mu misi iri imbere mwoshobora kuronka uwubunganira ariko mugerageze gushinga ishira hamwe kuko ntakubeshya izo ntwarirakumaguru mubona zirashigikiwe. Kanatsinda zikora ibikora inka nakare umuhondo wa Jambo si uwa Bihembe gusa, usanzwe uzi ko n'umutsama uwawiteye amaze kuwutamira atamura maze agasimba mageregere nk'umutavu.

Matiyasi Mpahije

NGO « AKANYONI KATAGURUTSE NTIKAMENYA IYO BWEZE ».

Kw'igenekerezo rya 24 Mukakaro 2009 abavumbi baserukira amashirahamwe yo mu Ntara ya MAKAMBA na RUTANA baragendeye amashirahamwe y'abavumbi bo mu Ntara ya CIBITOKE . Urwo rugendo rwari rwatunganijwe n'umugambi PRASAB usanzwe ufasha mu karere kizo ntara wari waserukiwe na Savino NAHIMANA n'umuremeshakiyago w'abavumbi Frera Remi HATUNGIMANA .

Abavumbi 42 barongowe n'abakoresha bo mu gisata c'ubworozi mu buyobozi bw'uburimyi n'ubworozi nibo bitavye urwo rugendo. Mu ntara ya Cibitoke , bakiriwe n'uwurongoye ikigo c'Abafreza Bene-Yozefu Frera Claver . Intumbero nyamukuru y'urwo rugendo kwari ukugendera amashirahamwe y'abavumbi, bongere barabe n'ingene atunganijwe. Basanze koko ayo mashirahamwe ageze ku ntambwe iboneka aho mbere bamaze gushinga urunani rugizwe na komite iserukira abavumbi mu ntara, basanze kandi n'umwimbu w'ubuki baronka ushimishije kuko barimwo abasigaye babushorera mu bihugu duhana imbibe nko mu Rwanda

None bo vyifashe gute ?

Ahanini bashikirije ingorane . Murizo, hariho ibitiba bidataha mw'inzuki, niyo zitashe zimwe zimwe ziraca kubera ibitiba bikoze nabi, ibikoko nk'isambwe, umugwi, ituza , ubunyegeri, ivyo vyose bibangamiye ubworozi bw'inzuki mur'izo ntara. Impanuro zitari nke zikaba zaratanze

n'umworosha Frera Remi akaba yavuze ati: «*umworozi w'inzuki ategerezwa kuzibungabunga neza na cane cane mu kuzigendera ku munsu ku munsu.*»

Ku ngorane nazo bafise ati ibitiba bikoze nabi bizosubirwamwo kandi ko agiye kuzobigisha kwatira inzuki mu mizinga y'ikirundi ushira mu mizinga y'ikizungu. Yarongeye arababwira ko bomenya neza isambwe n'ituzza ko ari abansi b'inzuki rero ko bobirwanya kandi bokoresha amababi y'amatomati kugira birukane ubunyegeri aho buri mu mizinga.

Mu gusozera ibikorwa Frera Remi arasaba abari mu mashirahamwe ko boyakomeza bakagenderanira mu ntumbero yo gufashanya na cane cane mu guhanahana ubumenyi.

Renovato NDIKURIYO

UBU ABAVUMBI BAKOresha UMWIMBU WABO GUTE ?

Mu Ntara ya Ngozi, iyo ikirere cagenze neza, Myandagaro na Nyakanga niyo mezi yibonekezamwo umwimbu ushemeye uvuye mu bworozi bw'inzuki. Abavumbi baca bihutira kugurisha umwimbu wabo kugira ngo bikenure. Muri ico gihe uhura n'abantu baca hirya no hino bavuga ko utubido bikoreye turimwo ubuki bagurisha kuko ata soko yabwo iriho izwi. Ubwo buki butemberezwa kenshi na kenshi n'abaturunguye ku biciro binyuranye bitari kure y'amafranga y'amarundi igihumbi ku kiro. Biravurwa ko muri abo barangura ubuki hari bamwe bamwe babuhingura kugira ngo baronke inyungu y'umurengera ; ivyo bigatuma butagira akamaro kari kitezwe n'ababugura.

None abavumbi bakora iki kugira ngo bakingire umwuga wabo ?

Umuti w'ibibazo uri mu nama n'ingingo. Abari mu nama baraciye hirya no hino umugambi wo gukoresha neza umwimbu uvuye mu bworozi bw'inzuki. Barashoboye gutegera neza ko muri iki gihe Uburundi buriko burinjira mw'Ishirahamwe ry'Ibihugu vyo muri Afrika yo mu Buseruko, ari ukurikanura kugira ngo igisata c'Abavumbi ntigisigire inyuma mw'iterambere. Iryo terambere rikaba rihagaze kwimbura vyinshi mu gisata c'ubutunzi umuntu aherereyemwo no guhanahana umwimbu biciye mu rudandaza. Barongeye baratahura ko, nka kurya abarimyi b'ikawa bariko bariyungunganya kugira ngo umwimbu wabo ubagirire akamaro, n'umwimbu uvuye mu bworozi bw'inzuki, nk'ubuki, ishashara, n'ibindi bishobore kuronka ikibanza ciza ku masoko mpuzamakungu harabwe akamaro bifise mu buzima bw'abantu.

Kugira ngo banoganze ikibazo cari c'abakoraniye, abari mu nama barumvirije insiguro zatanzwe na KABAYE Andrey a zerekeye imikorere y'urunani arongoye rugizwe n'amashirahamwe y'abavumbi ane, rwahawe na CARE INTERNATIONAL imfashanyo yo kwegeranya ubuki buboneka mu karere rurimwo no kubudandariza mu kibanza kimwe. Nkuko KABAYE Andrey a yabimenyesheje, ibintu ntivyagenze nkuko vyari vyitezwe. Mu ntango umutahe wari watanzwe na CARE INTERNATIONAL uteranye n'intererano y'umunywany umwe umwe wabaye muto ntiwashobora kugura ubuki bwose bwegeranijwe. Mu nyuma haribonekeje abadandaza baranguza

ubuki ku giciro kiri hejuru gatoyi y'ic'urwo runani. Ivyo bituma ubuki bwose bubonetse bwatwarwa n'abo badandaza.

Abari mu nama bafatiye kuri izo nsiguro, barahanahanye ivyiyumviro baragera aho bumvikana ko vyoba vyiza hizwe ingene urunani CAPESA rwokorana n'urunani rufashwa na CARE INTERNATIONAL bongera barashika no kubiciro vyokoresha mu kwegeranya umwimbu uvuye mu bworozi bw'inzuki no mu kuwugurisha.

Mu gusozero, abari mu nama bafunditse ko hotumwako mu maguru masha inama ya bose y'Urunani CAPESA kugira ngo yisunze icegeranyo c'inama y'Urwego nshirwabikorwa, yige yongere ifate ingingo kuri ico kibazo gihambaye cerekeye gukoresha neza umwimbu uvuye mu bworozi bw'inzuki.

Gabriyeli BITARIHO

UMUTSAMA URAYAGWA

Matiyasi Mpahije yagendeye abegetsi b'itsitso muri kuno kwezi kwa Munani umwaka w'2009.

Kw'igenekerezo rya I7 z'ukwezi kw'umumani 2009 Matiyasi Mpahije yavuye iwe i Kavumu agenda ku muvumbi yitwa Nijenahegera Venensi wo ku mutumba Kibaya komine Ryansoro mu Ntara ya Gitega. Ahashitse n'aho Nijenahegera Venensi yamubaza ati mbega mushingantahe n'amaki ?

Uwamugendeye nawe ati wampaye Mutsama ! Mbega wewe wari uzi ikingenza, jewe dusangiye urugendo n'urugamba rwo gukomeza umwuga w'umuvumbi, ni naco gituma nazindutse aha ku muhana iwawe kugira ngo tube turatera abiri.

Umuvumbi Nijenahegera Venensi nawe ntiyatevye kumushikana aho imizinga yiwe iri ati raba mwana wa mama aho jewe ngeze.

Mfise iyi mizinga ubona uko ari indwi y'ikirundi ati ariko iyo ijuru ryagenze neza simbura n'ubwo ncumbisha kumwe. Ariko nipfuzaga uwomfata mu mugongo nkaronka imizinga ya Kijambere n'udukoreshe tw'abavumbi.

Matiyasi Mpahije nawe ati : Komera kw'ibanga, kandi ureme nturamerwe. Ukaba wipfuzaga kutaba inyakamwe egera abandi bavumbi mushinge ishirahamwe kanatsinda aba kera barayamaze bati « *Inyakamwe ntirima impeshi* ». Aho rero ushobora gushika ku ntambwe ishimishije, maze bazohavaga bagutazira « NTAMBWE ».

Matiyasi MPAHIJE

AMAZINA Y'INZUKI

Madalena BAZIRAKWIBONA ni umupfasoni w'umupfakazi w'umutwa afise imyaka 54 aba ku mutumba wa Rubona Zone Rubona muri komine MUGINA mu ntara ya CIBITOKI. Uwo Mupfasoni yaraganiriye Renovato NDIKURIYO ingene yamenye amazina y'inzuki.

Renovato NDIKURIYO: Mbega mupfaso woba uri umuvumbi?

Madalena nawe ati: eka da ! Jewe nakuze mbona borora inzuki, eka mbere n'umugabo wanje SAGATWA Patirisi, yari azi uwo mwuga w'ubuvumbi hamwe n'uruhigi. Rero iyo yagiye guhiga nabona azana ubuki hamwe n'inyama z'ibikoko, akabwira abana banje ko bokwijukira uwo mwuga kuko wari udutungiyeye umuryango wacu.

Mu buki baronka bwari ubwoko butatu:

- ubuki bw'inzuki
- ubuki bw'impura
- ubuki bwo mu Gitaramuka

Ati iyo yavuye guhakura yaronse ntiwamuyoberwa yaza anezerewe yivuga amazina. Akiriho rero yarakunda kunganirira ibitari bike bijanye n'umwuga w'ubuvumbi gushika naho nteba nkamenya amazina yazo none nimunyumvirize:

- Turi imanzi kandi tutisiga,
- Humura muvumbi! Ko watwiteguriye mu kutwubakira inzu tuzoshikiramwo nturuhe mu kuturondera, turizana kandi tuza turi imanzi,
- Turi beza kuko aho tugeze abahungu n'abakobwa baradushima kandi bakanezerwa kuko turi imanzi,
- Ati nitwa Gashitsi ko ku nzira abakobwa batsitarako bagatera inengeri,
- Kagore ka Inandobe.
- Abahungu n'abakobwa bankoranirako bati nyongera buraryoshe;
- Ati izina ryanje nitwa Ruyuki nkora nk'uwikorera kuko nkora ndikugarukira abiganyira,
- Abenshi barantinya kuko bantinya igihagararo,
- Erege nibantinye nivyo kuko nanka agasuzuguro.
- Nararashe igikona amaraso akwira ikirere,
- Ndi Isomvya rworoha mu kubaga, ntoroha ukubamba;
- Nca mu gashurweshurwe nkanka agasuzuguro,
- Ntereye intosho mw'ibenga mbona abatama n'abakecuru bayikubaniwako bati reka bayikubani-rweko nibo bampaye abageni kuko turi imanzi ntitwishima.

Renovato NDIKURIYO

INYIGISHO ZEREKEYE UBUVUMBI

Ivyimburwa vy'umuzinga :

Akanovera, itegurwa hamwe n'igurishwa ryavyo

(Agrodok 42 ibikurikira)

Urubu rw'umwiru

Zirya nzuki zikiri nto nizo zishinzwe gutegura ingaburo y'umwiru bita amagoma. Mu gutegura iyo ngaburo zirakoresha n'urumyiro ruva mu mutwe gushika aho zironka ingaburo imeze nk'amata. Ayo mata zica ziyashira mu jisho ry'ikimamara ririmwo amagi. Ibinyagu vyose birafungura kuri iyo ngaburo kugira ngo bishobore gukura neza. Ingaburo igenewe umwiru usanga imeze nk'urubu, ariko iyigenerwa izindi nzuki hamwe na mpingwe usanga yera igakayangana gusumba.

Iyo mikangara y'inzuki itegura amagoma igira umwete mwinshi wo gukora ingaburo y'umwiru tuwusangana imikangara y'inzuki zimaze imisi indwi zivutse hamaze guhera indwi zitatu, urwo rumyiro ruva mu bwonko ntirusubira kuboneka, ruba ruheze. Izo nzuki rero zica zija kudaha nk'izindi. Nico gituma mu muzinga hakenerwa urwaruka rwinshi rw'inzuki, ahandi ho zirabura ico zirya zigahava zigenda.

Uko iyo ngaburo imeze

Mu rubu rw'amata inzuki zigenere umwiru harimwo ivyunyunyuru vyinshi urwari rubundikiriye ikinyagu kizovamwo umwiru kigaburirwa kuri urwo rubu rw'amata. Nico gituma umwiru aba munini kandi agakomera gusumba izindi nzuki kubera iyo ngaburo umwiru araramba agashikana amezi atandatu atarapfa. Mu magoma harimwo ivyunyunyuru vy'ubwoko bwose hakabamwo n'amavitamine menshi nka vitamine batazira B1, B2, B6, C na E.

Amagoma ni umuti

Amata yo mw'igoma ry'inzuki ntiyoroshe kubika ariko nkuko twamaze kubivuga harimwo umuti uvura ibintu vyinshi cane. Arafasha umubiri kwirwanira no kwikingira ingwara z'inyambukira, zikawufasha no gukura neza. Urubu rw'amagoma y'inzuki rurafasha abarwaye murura, abarwaye igitigu, abakunda kugumirwa, abafise umurindi w'amaraso urengeye ibipimo, abarwaye ukwonda, abarwaye uburuhe, ababura agatiro, n'amagara make afatiye ku gusâza, kuburuhe n'ibindi.

Abahinga b'iyi ngaburo barayishi-ngura mutwombo tubereye ari yonyene canke ivanze n'ubuki. Mu buganga barayiteguramwo ibinini. Mu bihugu bimaze kumenya akamaro k'iyi ngaburo barayiteguramwo amavuta yo kwisiga. Ngo irafasha n'imishatsi kumera.

Ubuhinga bwo kwimbura no guhingura urubu rw'umwiru

Nkuko twavyumvise rero, inzuki zikiri nto nizo zishobora gukora iyo ngaburo. Umuvumbi yoshaka kwimbura urubu rw'umwiru yogerageza kugwiza inzuki z'imikangara. Arashobora kwatira igitiba kirimwo ibinyagu, akaco-ngerereza ibinyagu bivuye mu kindi, canke akazana imikangara iri mu kindi gitiba.

Ubuhinga bwo kugwiza urubu rw'umwiru

- mu gutema ikimamara

Umuvumbi arafata imbugita agasongora ikimamara kirimwo amagi akagishira mu gitiba, mu ruhande rudasanzwemwo ama-goma. Inzuki zibibonye zica zubakira amagoma kugira ngo zikingire ibinyagu biri muri ico kimamara.

- mu gutegura amaso y'ikimamara mashasha.

Umuvumbi arashobora gukora amaso y'ikimamara akayahoma ku kabaho k'intimba nto cane canke ku gipukuru gikomeye, agaheza agashiramwo ubuki, amagi n'ibinyagu akuye ahandi. Ni ubuhinga butorsehe kuko busaba kwitonda rwose. Kubera ko aba yakoze amaso makeya nka 15 canke 20 gusa inzuki zica zubaka ayandi maso menshi kandi zigashiramwo urubu rwinshi rw'umwiru.

Ubuhingana bwo guhakura urubu rw'umwiru

Iyo umuvumbi asanzwe yiteguriye guhakura urubu rw'umwiru, arazi ko mu kwegeranya amagrama 0.25 canke 0.30 bimusaba imisi itari musiyitatu.

Abamaze kubigira no kubimenyera barafise ivyuma vyo guhakura urubu rw'umwiru. Mbere bagashobora no kubigira kenshi (rimwe mu misi itatu mu muzinga umwe kandi agashika kuri gatandatu) agashobora guhakura amagrama 50 ku muzinga umeze neza. Iyo rero vyerekana ko umuzinga wose ushobora kuvamwo amagrama 300.

Ibinyagu biraribwa

Mu bihugu bimwe bimwe, abantu bararya abana b'inzuki kuva zikiri urunyo. Abandi nabo nka hano iwacu muri Afrika, usanga abantu barya ibinyagu (inzuki zitarahamwira bakazikura mu bimamara bakoresheje utwuma dusongoye.

Mu Burundi hoho abarya ibinyagu babanza gutêka ibimamara birimwo ibinyagu bakavyanikira hanyuma bakabona kubirya. Mu masoko hariya mu bihugu bita Indoneziya hoho urashobora kuja gusuma ibimamara birimwo ibinyagu.

Ibinyagu biri mu bimamara vyugaye vyo mu mizinga irimwo inzuki zo muri bwa bwoko bwita «serena» usanga biryoshe rwose cane cane iyo bashoboye kubirunga. Mu bihugu vy'iburaya yo mu buseruko bakunda kurya ibinyagu bigizwe na mpingwe gusa kuko birimwo ingaburo itanga inguvu nyinshi rwose. Iyo binyagu biriko umuti na cane cane ku ndwara ziterwa n'ubusaza no kubakirûke.

Ubuhingana bwo kugwiza no guhakura ibinyagu

Ibinyagu vya ziryana nkozi bigwira cane cane mu ntango y'umuzinga. Iyo hariho amashu-rwe menshi zigashobora kudaha vyinshi, niho n'ibinyagu birimwo mpingwe nyinshi biboneka. Mu nyuma haca haba amagoma. Ubu turamaze kumenya yuko guhakura ibinyagu vyononera umuzinga. Nico gituma vyiza hohakurwa gusa ibinyagu bigizwe na mpingwe gusa kuko na kare imiyanga nta kindi ikora atari ukubangurira umwiru.

Eka noneho nta musinga uguma mu gitiba kimwe. Iratembêra ikagendagendera ibindi bitiba. Abavumbi ba kera bakunda guhakura ibinyagu bakabijaniranya n'ubuki amashurwe atarahunguruka yose. Ibinyagu bidatêse ntibibikika. Ntivyorenga umusi umwe bikimeze neza.

Barashobora no kubivanga n'ubuki bukeya ariko nabwo nyene butarenga ibice bitanu kw'ijana. Ibinyagu bikiri bito biva mu magoma vyovyonyo birashobora kwanikirwa bikuma, mbere bakabisya bikamera nk'agafu.

Nkuko tumaze kubimenya, twibukanye ko intsinda uruyuki ruzana mu gitiba ziba zivuye kumashurwe y'ubwoko bumwe bw'igiterwa. Nico gituma ivyonyonyo bibamwo bitandukanye. Ubukari bwavyo ntibungana kandi ntibusa ku mashurwe yose. Agaciro k'ubwo bukari hamwe n'urugero rwa « eggsine » irimwo ni vyo bituma uruyuki rushima kudaha muri iryo shurwe.

Iyo rero bisigûra ko hariho amashurwe inzuki zitadahamwo. Iyo zishikanye mu gitiba, intsinda zavuye ku mashurwe ka nâka ziravungana n'izavuye ku yandi mashurwe. Niho n'amabara yazo ashobora no guhinduka agasa ukundi.

Umuvumbi w'ubwira arashobora kumenya amashurwe uruyuki ruvuye kudahamwo kuko ivyo ruzanye biribonekeza kutuguru twarwo kandi bifise ibara ryavyo.

Akarorero : iyo ruvuye kudaha mu mashurwe y'ibigori, ku maguru uruyuki ruza ruzanye udutsima twera.

Muri mikroskope urashobora kumenya neza ishurwe uruyuki rwanye kudahamwo. Intsinda rero zirimwo amavuta akenerwa mu mubiri w'umuntu, hakabamwo vitamine yitwa E n'ibindi vyinshi dusanga mu miti yo kwa muganga.

Intsinda ziravûra

Intsinda zirakomeza umubiri w'umuntu kubera ivyo vyunyonyu zifise. Ziratanga kunonokerwa mbere n'ubwenge bukuguruka, amaraso agatembera neza mu mubiri, umuntu akagira mu maso no mu bwenge hakeye. Amavita-mine akunda kuronkererwa mu intsinda ni cane cane B2, B6 na B6 na B12. Intsinda barazikoresha mu miti baha abipfuzwa kurondôka, gukabura imbuto z'irondeka, kugabanya uburuhe, no gufasha abakinyi kutadebukirwa.

Intsinda ziravura asima, kwasa-mura, i bicurane, ububabare bwo mu mihogo, n'urukebu ruturutse ku muyaga ukanye. Ziravura no kugumirwa. Mu guhingura uyo muti abahinga bazikora zikamera nk'ibinini.

Zirya nzuki zikiri nto nizo zishinzwe gutegura ingaburo y'umwiru bita amagoma. Mu gutegura iyo ngaburo zirakoresha n'urumyiro ruva mu mutwe gushika aho zironka ingaburo imeze nk'amata.

Ayo mata zica ziyashira mu jisho ry'ikimamara ririmwo amagi. Ibinyagu vyose birafungura kuri iyo ngaburo kugira ngo bishobore gukura neza. Ingaburo igenewe umwiru usanga imeze nk'urubu, ariko iyigenerwa izindi nzuki hamwe na mpingwe usanga yera igakayangana gusumba.

Iyo mikangara y'inzuki itegura amagoma igira umwete mwinshi wo gukora ingaburo y'umwiru tuwusangana imikangara y'inzuki zimaze imisi indwi zivutse. Hamaze guhera indwi zitatu, urwo rumyiro ruva mu bwonko ntirusubira kuboneka, ruba ruheze.

Izo nzuki rero zica zija kudaha nk'izindi ku mashurwe canke ku biti vy'ubwoko butandukanye, gutyo zigafashanya n'izindi muri ivyo bikorwa vyazo.

Nico gituma mu muzinga hakenerwa urwaruka rwinshi rw'inzuki, ahandi ho zirabura ico zirya zigahava zica zigira zikava muri uyo muzinga.