

Umutsama

Ikinyamakuru c'abavumbi N° 18 Gitugutu 2009

ABAVUMBI BO MU NTARA YA NGOZI BARAJWE ISHINGA NO GUKORESHA NEZA UMWIMBU WABO

Gukoresha neza umwimbu w' ubworozi bw' inzuki ni umwe mu migambi nkoramutima iri mu masezerano ngenderwako y'Urunani rw' Amashirahamwe y' Abavumbi yo mu Ntara ya Ngozi (CAPESA). Ishirwa mu ngiro ry' uyo mugambi niryo ryizwe mu nama y'abagize urwego nshingwabikorwa rw'Urunani CAPESA yabaye kw'igenekerezo ry'9/7/2009.

Gushinga amashirahamwe no kugwiza umwimbu ni kimwe, gukoresha neza uwo mwimbu ni ikindi.

Mw' ijambo ryo gutangaza ibikorwa vy' iyo nama, umukuru w' Urunani CAPESA yarasiguye ko bitakiri agaseseshwarumuri abanyagihugu benshi bo mu Ntara ya Ngozi baramaze kunyurwa n' akamaro k'ubworozi bw'inzuki no gukorera mu mashirahamwe y'abavumbi. Ati kandi amashirahamwe y'abavumbi atari make aramaze kuronka imfashanyo zizotuma, mu misi itari kure umwimbu w' ubworozi bw'inzuki wiyongera. Yabandanije avuga ko iyo ntambwe imaze kugirwa ishimishije none hageze gutera iyindi ntambwe kugira ngo umwuga w' abavumbi ugume utera imbere. Iyo ntambwe, ni ukwiga no gushira mu ngiro umugambi wo gukoresha neza umwimbu w' ubworozi bw' inzuki kuko gushinga amashirahamwe no kugwiza umwimbu ari kimwe, gukoresha neza uwo mwimbu kikaba ikindi. Ari naco gituma abagize urwego nshingwabikorwa rw' Urunani CAPESA bajejwe mu mabanga yabo kubera ijisho n' urumuri abandi bavumbi babizigiye, bahuye kugira ngo bihweze ingene iyo ntambwe yoshikwako.

Gaburiyeli BITARIHO

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



*Abanyagihugu batari bake barahaye barajijuka ko
ubuvumbi ari umwuga nk'iyindi*

*Ikinyamakuru co gutumatumanako amakuru no guteza imbere umwuga w'abavumbi,- SODES frères Bene-Yozefu
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ISHIRAHAMWE PARSE RYASHITSE MU NTARA YA GITEGA

Mu ntango z'uno mwaka w'2009 ishirahamwe PARSE ryasubiriye FIDA-PRDMR ryatanguye ibikorwa mu ntara ya Gitega.

Kw'igenekeretso rya 14/10/2009, umushingantahe MPAHIJE Matiyasi yarishikiye ku murwa mukuru w'iyi ntara aho yabonye n'abavumbi bakongera bakaba aribo bajewe amagara y'ibitungwa mu ma komine agize iyi ntara.

Abo bashoboye kuyaga: uwitwa KABURA Silivesiteri wo muri komine Bugendana, NDIKURIYO Niseti wo muri komine Buraza, BUKURU Desire wo muri komine Ryansoro. Muti mbega abo bavuzi b'ibitungwa bakongera bakaba abavumbi bayaze iki na Matiyasi MPAHIJE ku vyerekeye ishirahamwe PARSE.

KABURA Silivesiteri wo muri Komine Bugendana ati: twagira ngo turabaye impfuyi aho ishirahamwe FIDA rituramuriye, none ehe raba twaronse iyindi mvyeyi itaha ikavumera, ati imigambi yaraye yemeye kuzorangura muri Komine Bugendana ni myinshi mu vyerekeye uburimi n'ubworozi cane cane umugambi wo gufata mu mugongo abavumbi. Ati nari navuze ko PARSE ari imvyeyi itaha ikavumera, n'ikimenyamenya n'ingabire icye hafi 6 000 000 yo kwubaka ihinguriro ry'ubuki i Mataba ku mutumba Mwirire ubu bakaba bimirije gutangura kwubaka ubu bwavuba. Matiyasi nawe ati: None ubona iryo shirahamwe rizoronda ubuki rihingura?

KUBURA Silivesiteri ati: Ego cane abavumbi baho bari basanzwe bahagaze magabo, ati ubu bari mu mashirahamwe akomeye arenga 12, ati uwitwa SABUKUNZE Isaac akaba ari nawe arongoye ayo mashirahamwe n'intatana mu ndagano mu gushigikira amashirahamwe yabo.

MPAHIJE Matiyasi ati: Mbega abarongoye intwari boba baborohereza mu gikorwa c'ubuvumbi? KABURA Silivesiteri ati: uwutazi intumbero ya musitanteri w'iyi komine ya Bugendana umufasoni Mariya GITUNATI yogira ati bwabundi abavumbi bo muri Komine Bugendana baratamba bakirorera. Ahi bambewe barashigikiwe.

Uwo musitanteri yarafashe nka nkama umugambi w'ishirahamwe PARSE, ari naco gituma atakumiriye ubworozi bw'inzuki, ari naco gituma yacye abaha aho bashira imizinga ku mutumba Carire, ubu bakaba bafise amashirahamwe akomeye ashika 12 arongowe na NTIRANDEKURA Déo.

Muti mbega abo baba batanzwe n'ubuvumbi gusa? NTIRANDEKURA Déo na NTIBANDETSE Donatien nibo bavuze bati: « *mbundare asumba ntarataze* »; iruhande y'umwuga w'ubuvumbi, basanzwe kandi ari aborozi ba kijambere bakaba mbere umugambi FIDA warabaronkeje inka za kijambere.

Muntu unyumva: Hatamura uwatamiye, nk'uko baca umugani mu kirundi ngo: « *uwutamiye aratamura* », murazi cane cane Muvumbi umviriza akamo k'umugambi PARSE.

Matiyasi Mpahije

« RESEAU BURUNDI 2000 PLUS »

RYARATANGUYE GUFASHA AMASHIRAHAMWE Y'ABAVUMBI

Ishirahamwe ry'abigenga « Réseau Burundi 2000 plus » risanzwe rikorera mu ntara ya Karusi kuva mu mwaka w'i 2002, kuva uwo mwaka ryatanguriye cane cane mu kwigisha abanyagihugu ingene bashingira amashirahamwe yo kwiteza imbere mu kurwiza umwimbu mu kurima no kworora kijambere, uwo mwaka nyene iryo shirahamwe ryarashigikiye n'ayandi yari yaramaze kubona izuba ariko akabura ababafata mu mugongo, n'ibikorwa vyo gukingira isi mu guca imiserege ku mitumba imwe imwe yo mu ntara iryo shirahamwe ririko rirabirangura. Uburimyi n'ubworozi ni magiriranire, ubworozi ntibwasigaye inyuma ; mu mwaka w'i 2007. Réseau Burundi 2000 plus, niho yatanguye gukurikirana abavumbi bo muri komine Bugenyuzi, mbere muri uwo mwaka nyene yaciye ifata mu mugongo amashirahamwe 2, baronswa imizinga ya kijambere 250 yongera kandi irabubakira n'inzu 2 z'amategura zo kwororeramwo ; tutibagiye n'icuma co kuyungurura ubuki citwa (extracteur).

Umwiza ararangwa kandi uwabaye mwiza aba muzima, muri uno mwaka w'2009, uwo mugambi wo gufata mu mugongo abavumbi wabasanirije mu ma komine ya Buhiga na Gitaramuka. Muri komine Buhiga iryo shirahamwe ryafashije amashirahamwe abiri:

1. **GITWENGOCABAGANWA** ryo ku mutumba MAYENZI igizwe n'abagabo 5 n'abakenyezi 25 bose hamwe 30 ; yaronkejwe imizinga ya kijambere 80 ; yarubakiwe kandi n'inzu y'amategura ingana na 16 m x 4 m yo kwororeramwo.

2. **BURASOSA** ryo ku mutumba GITANGA rigizwe n' abagabo 5 n'abakenyezi 25 bose hamwe 30 yaronkejwe imizinga ya kijambere 80, yarubakiwe kandi n'inzu y'amategura ingana no 16 m x 4 m. Ayo mashirahamwe yose ariko araronswa uburyo bushoboka bwose kugira ngo baronke inzuki zo gucuranurira muri iyo mizinga yabo.

Muri komine Gitaramuka ishirahamwe SHIRUKUBUTE ryororera ku mutumba NTUNDA rigizwe n'abavumbi 50. Abagabo 38 abakenyezi 12 ryaronkejwe imizinga ya kijambere 100 n'inzu yo kwororeramwo.

Imbere yuko ayo mashirahamwe aronka iyo mizinga 240, umugiraneza « Réseau Burundi 2000 plus », yatanguye kubaronsa inyigisho zijanye n'ubuhinga bwo gutunganya amashirahamwe, ishirahamwe ryose ryaserukirwa n'abavumbi 2 mu barongoye abandi ; izo nyigisho zizobandanya mu misi ya mbere cane cane zizoba zerekeye uburyo bushasha bwo kworora inzuki mu mizinga ya kijambere kuko bamwe muri bo izo nyigisho ntazo barashikirizwa ; « Réseau Burundi 2000 plus » yarabemereye ko izobaronsa ibikoresho bigezweho vyo guhakura, kuyungurura n'ibindi vyose bijanye no gushingura neza ivyo bazoba bimbuye.

Amashirahamwe y'abavumbi baronse iyo mizinga barakenguruka rwose kuko iryo shirahamwe « Réseau Burundi 2000 plus » ari ryo bataziriyeye « Umuhora wo mu Burundi wo kuva mu 2000 no kubandanya » ryaje ryunganira ishirahamwe Mpuzamakungu PRDMR/FIDA ryishinze guteza

imbere uburimyari n'ubworozi mu gihugu kuko ryari rimaze gushikiriza inyigisho n'imizinga amashirahamwe y'abavumbi atari make.

Muri uno mwaka naho turaherutse kuronka irindi shirahamwe rije gukorera mu ngata PRDMR naryo ryitwa PARSE (**Projet d'Appui à la Relance du Secteur Elevage**) naryo imigambi n'imigabo ryishinze imwe imwe iramaze kuja mu ngiro.

- PARSE yaramaze kuronka umwidondoro w'amashirahamwe yose afise amategeko abagenga kuva ku mitumba yose yo mu Ntara.

- PARSE yarashikanye imizinga amajana abiri ku biro vyo mu Ntara biraba uburimyari n'ubworozi ; mu gihe bizoshikirizwa ubwo buyobozi. Iyo mizinga izoca ishikirizwa ya mashirahamwe amaze kumenyekana.

- PARSE kandi yarashikanye ibikoresho vyo guhakura bitari bike muri DPAAE, navyo nta misi isigaye bidashikirijwe ya mashirahamwe asanzwe azwi. Ivyo bikoresho ni ibi : ibotine, isalopeti, ibirato vy'intoki, ifumba, n'ibindi

- PARSE sinoyideha kuko yaramaze gutorokanya amafranga yo kubaka amahinguriro y'ubuki 2, rimwe rizokwubakwa i Karusi ku murwa mukuru w'intara ; irindi ryubakwe muri komine NYABIKERE ; ayo mahinguriro azokwubakwa vuba kuko uburyo PARSE yaramaze kubushikiriza abazokora ivyo bikorwa.

Mu migambi ya kazoza k'abavumbi bo mu ntara ya Karusi turamaze kubona ko umwimbu n'iterambere atari agaseseshwarumuri. Amashirahamwe mpuzamakungu n' ay'abigenga aragahora araza natwe aborozi b'inzuki tuje ahabona, tumenyekane mu gihugu cose eka mbere no mu makungu, ka kanovera kahora karanga ubuki bw'i Karusi, katugarukeko gutyo tubone kwisubiza umutamana twahorana.

Terensiyo MUHIGIRA

ISHIRAHAMWE « TURWIZUMWIMBU » NI RITO ATARI RITOTO

NZOSABA Liberiko arongoye ishirahamwe ry'abavumbi TURWIZUMWIMBU riri ku musozi Gasenyi muri Komine RUSAKA akaba kandi ari icegera c'umukuru w'urunani rw'abavumbi muri iyo komine nyene yaratwiganiye ingene iryo shirahamwe ryatanguye naho rigeze ubu.

None iryo shirahamwe ryifashe gute ?

Nkuko NZOSABA Liberiko yabiganiriye ikinyamakuru UMUTSAMA ishirahamwe TURWIZUMWIMBU ryatanguye mu mwaka w'2005 rigizwe n'abanywanyi 22 barimwo abagabo 16 n'abakenyezi 6. Abo banywanyi batanguye umutahe w'ibitaba 5 vy'ikirundi kuri umwe umwe.

Iryo shirahamwe naho ryari rifise imizinga y'ikirundi myinshi umwimbu waguma ari muke kuko imizinga 5 bahakura ntiyarenza ibiro 15 vy'ubuki ku mwaka. Abanywanyi bahavuye bigira inama yo kwitura ishirahamwe rifasha mw'iterambere ry'uburimyari n'ubworozi ari ryo PRASAB kugira ribaronse ibitaba vya kijambere n'ibindi bikoresho bijanye n'ubuvumbi. Ntivyatevye ishirahamwe PRASAB ryaciye ribafasha gutegura umugambi urimwo ibikenewe kugira borore inzuki mu buhinga bwa kijambere. Muri uwo mugambi harimwo imizinga ya kijambere 100, amabati yo gusakara aho imizinga ija, ibikoresho vyo kwikingira imboyi, ivyo guhakura, gukanya ubuki no

kububika, eka n'ibikoresho vyo gushiramwo umutsama. Ubu rero iyo mizinga 100 yarashitse mu kibanza ndetse 30 muri yo ikaba imaze gutahwa.

None hoba hari ingorane rifise ?

Umuvumbi NZOSABA Liberiko yatumenyesheje ko ata ngorane zikomeye baragira kiretse ubusuma bwigeze kuba mu misi yahera bwabereye mu mizinga y'ikirundi. Mu gusozera NZOSABA Liberiko yatubariye ko ubu abanywanyi baguma bacungereye ko imizinga yabo yoguma itahwa na cane cane ko inzuki zimaze kuboneka zitoba zirwaye canke ko ata bansi bazo boba baziteye. Ikindi bagiye kwitwararika ngo ni ukurwiza amashurwe hafi y' ivyo bitiba mbere no mu mihana iwabo. Yaratumenyesheje kandi ko aho hantu hari ibitiba bagiye kuhazitira kugira ngo ibitungwa canke mbere n'abantu ntibabononere canke ngo bahure n'isanganya.

MUYUKU Laurenti

INYIGISHO ZEREKEYE UBUVUMBI

Ivyimburwa vyo mu muzinga *(ibikwirikira)*
(Agrodok 42)

Imboyi

Imboyi nkuko dusanzwe tubizi, harya inyuma ku ruyuki hariyo agahwa umwiru canke urukozi runyegeza rukagasokorora iyo hageze kwivuna umwansi gusa. Imboyi rero zirava mu gafuko zishinguwemwo zikâza hafi y'ako gahwa. Ivyo biba iyo uruyuki rumaze imisi ruvûtse (hagati y'umusi ugira 15 n'uwugira 20). Izo mboyi zimeze nk'ubumara zimeze nk'amazi zigapima ibice 3 vy'igrama imwe.

Ubumara bw'imboyi

Iyo uruyuki rugushinzemwo karya gahwa k'inyuma ku murizo, ruca rugukanyiramwo imboyi. Ako gahwa gaca kamadûka kakava ku mubiri w'uruyuki kakigumira mu mubiri w'umuntu canke w'igikoko. Ariko iyo iryo hwa rigiye mu mubiri w'urundi ruyuki, ivûbi, umuserebanyi canke inzoka ntirishoka rimadûka riva ku mubiri w'uruyuki. Iryo hwa riguma ryinjiza imboyi mu mubiri kuva rikijayo hagaca iminota 15 ritaraheza.

Inzuki canke inkoko, impene canke indogobwe birashobora kwicwa n'imboyi. Umuntu we arashobora kuzirinda ariko biva k'umubiri wiwe ingene umeze kandi bikava n'akarere abamwo. Kwa muganga barashobora kumenya igitigiri c'amahwa yinjiye mu mubiri w'umuntu ivyo inzuki zamuremeyeko zikamucumi-tagura (zikamurya), barashobora gupima bakabona ko zishobora kumurwaza canke kumwica. Ihwa rimwe (uruboyi rumwe) rirasho-bora kwinjiza imboyi zituma umuntu aca ameneka umutwe. Aho ryinjiriye haravyimba, hakababa cane.

Hariho abantu bataziranirwa vuba na vuba hakaba n'abandi bavyimberwa bamaze gucumitwa n'inzuki nyinshi. Imboyi ni mbi kuko zirashobora guhurira umuntu kandi ari izivuye mu ruyuki rumwe gusa. Mw'isaha imwe gusa umuntu arashobora kuyoberana.

Muri icyo gihe ni vyiza kwidaha canke umuntu akanywa amazi menshi kugira ngo ububabare ntibuhave bubuza izindi ngingo z'umubiri gukora. Nico gituma no muguhingûra imboyi, ababigira bategerezwa kumeramagabo, bakarikanura. Twibukanye ko imboyi bashobora kuzikoresha mu gutegûra imiti imw'imwe yo kwa muganga.

Ubukazi bw'imboyi burava no ku bwoko bw'inzuki.

Inzuki batâzîra apis serena zifise imboyi zikaze gusumba iz'inzuki batâzîra apis merifera, apis dorusata canke apis froreya. Twibuke ko hariho inzuki zitagira imboyi n'izindi zishobora gucumitana n'aho zôba zitagira imboyi. Inzuki zidafise imboyi usanga kenshi na kenshi ari zimwe bita impura.

Nkuko tumaze kubivuga, uruyuki rumwe rurasohora imboyi zingana n'ibice bitatu (3) vy'igrama. Abahingura imiti nabo bemeza ko agafu kangana n'icicumi kimwe (0,1) c'igrama imwe kanganya ubukari n'ivyo bice bitatu vy'imboyi zikiva mu ruyuki (usanga zimeze nk'amazi), kanatsinda ifu ivuye mu mboyi zanyikwe iba ari inovu.

Imboyi zivuye mu nzuki 200 ngo zirica umuntu apima ibilo 70 kandi iyo agize ubwoba aca yongereza ubukana bw'izo mboyi. Mugabo umuvumbi amaze kwinjirwamwo n'imboyi kenshi ntahuta arahurirwa. Arashobora kurinda imboyi zivuye mu nzuki zishika kw'ijana. Ivyo ntawundi muntu ashobora kubirinda. Na rumwe ari rumwe rurashobora kwica umuntu.

Ku bantu badahurirwa n'imboyi bobo imitsi ica yuguruka amaraso agatembera neza mu mubiri. Imboyi zirashobora kubuza umuntu gutora agatiro, ni nkuko zishobora kugabanya canke zikongereza umukoyo wiwe. Kenshi na kenshi usanga abavumbi badafatwa n'indwara zimwe zimwe kubera ko bama baronse imboyi mu mubiri. Ni nk'indwara ya rimatizume, canke kansere zimwe zimwe.

Mu bihugu bimwe bimwe vyo muri Afrika abantu barasya inzuki bagakuramwo agafu bakoramwo amavuta yo gusîga aharwaye, canke ko kunywa mu cayi iyo bashaka kwivura rimatizume.

Hari mbere n'abantu bitega inzuki kugira ngo zibateremwo imboyi bazironderamwo umuti. Kwa muganga imboyi zirashobora gukoreshwa mu rushinge. Mu bashinwa canke mu Buyapani hariho abakoresha riry hwa ry'uruyuki bakaricumitisha aho bariko barahûra. Burya no mu bûki nyene harimwo imboyi. Nuko atari nyinshi gusa.

Imboyi zegeranywa gute, zigategûrwa gute?

Imboyi ni uburozi bwica ibikoko n'abantu. Nkuko tumaze kubishikiriza uwo wese ashaka guhingûra imboyi ategerezwa kurikanura akikingira rwose ku munwa no kuntoke. Ntawohirahîra ngo yimotereze amazi canke agafu k'imboyi atabanje kubaza muganga. Ni we ashobora kumenya izikwiye gukoreshwa n'uko zongana.

Hariho ubuhinga n'ibikoresho vyo guhakura imboyi

Ngo bakoresha intsinga zirimwo umuyagankuba maze uruyuki ruzigiyeko rugaca rusohora imboyi zose rufise. Twibuke ko imboyi zivuye mu ruyuki zihamagara izindi nzuki. Izo nzuki zica zishavura zikaja kucumitaga uwoba yabigize. Abahakura imboyi bazitega agace k'ibâti. Nico gituma zica

zimota zigahamagarira izindi nzuki kwivuna. Uwuriko arahakura rero yobimenya akikingira bihâgije. Igikorwa co guhakura imboyi kigirwa gake gashoboka kuko inzuki zirashobora kuhahonera.

Imboyi nazo nyene zirimwo umuti

Ku bantu badahurirwa n'imboyi bobo imitsi ica yuguruka amaraso agatembera neza mu mubiri. Imboyi zirashobora kubuza umuntu gutora agatiro; ni nkuko zishoborakugabanya canke zikongereza umukoyo wiwe. Kenshi na kenshi usanga abavumbi badafatwa n'indwara zimwe zimwe kubera ko bama baronse imboyi mu mubiri. Ni nk'indwara ya rimatizume, canke kansere zimwe zimwe.

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IBIKORESHO BIKORESHA MU MWUGA W'UBUVUMBI

Mu bikoresho abavumbi bakunda gukoresha mu mwuga wabo turasangamwo bimwe bijanye no gukurikirana imizinga, ibijanye no guhakura hamwe rero n'ibijanye no kuyungurura no gushingura ivyimbura.

Ibikoresho bifasha mu gukurikirana ibitiba n'imizinga :

- ubwato
- inkingi n'imigozi vyo kwegeshesha
- ifumba
- icuma gitzegurira amaso y'ikimamara
- Akayungiro kazitirira Umwiru
- Imbugita ifasha guhomôra ishasha canke urangiriro
- Uburosi bwo gufanagura
- umuti wigiza inzuki hirya
- Ikiyiko canke umudahara
- Umwambaro urimwo : ibirato vy'intoke, ipantaro, ishata, inkonfero y'akayungiro.
- Icuma gifasha mu kwugurura igitiba
- icuma co gutangukanya amakadere ariko ibimamara

Ibikoresho bijanye no kwegeranya kuyungurura no gushingura ivyimbura.

- Isafuriya yo gushirako ishashara rihomôrwa ku maso y'ibimamara
- Imashini yo kudaha no kureza ubuki buri mu bimamara
- Isafuriya itahirizwamwo ubuki

- Icuma co gushongesha no kureza ishasha
- Agaserama ko gutegurirako ibimamara.
- Imbugita yo guharagata ishashara ryo ku bimamara
- Akamiminisho k'ubuki
- Indobo
- Amasiniya

Ibikoresho vyegukira inzuki nyene

- Igitiba
- Udukombe two kuvoma urubu
- Akayuniro k'umwiru
- Ubwato bwo kugaburira inzuki
- Akamashini ko kwandika inomeru z'imyiru
- Umukasi
- igitiba c'urwari
- Utubaho turiko amaso y'ikimamara.

IMPANURO ZIBEREYE UMUVUMBI

Kugira ngo igikorwa ciwe kibe ngirakamaro,umuvumbi wese arakwiye gukurikiza izi mpanuro zitondekanije aha hepfo :

- 1 Kwegeka mu karere karimwo amashurwe y'urusosagi akwiye
- 2 Kwegeka mu karere karimwo amashurwe y'urusosagi akwiye
- 3 Gukingira imizinga imiyaga, ibihuhusi,izuba ryinshi,imbeho n'igikonyozi co mu mwonga.
- 4 Kurimira no guteragira ibiterwa bifise amashurwe areta urusosagi(isaraze,ibihoke,,n'ibindi)
- 5 Gutunga imizinga ifise ubwoko bumwe bw'amakadere
- 6 Mu gitiba,ikadre yose igatandukana n'iyindi ku mamirimetero 38
- 7 Gutora ubwoko bwiza bw'inzuki
- 8 Gutora ubwoko bwiza bw'inzuki
- 9 Gukomeza ishashara riboherwa kumakadre
- 10 Kutanguza inzuki nyinshi nyinshi no kugumana gusa imizinga irimwo nyinshi
- 11 Kuzirinda guca.
- 12 Kwitaho hakiri kare inzuki zitagira Umwiru
- 13 Mu kwatira igitiba,suzuma neza urabe ko zitondera ku makadre
- 14 Guhindura umwiru rimwe mu mwaka
- 15 Tegekanya umwiru ntiyigere abura aho ata amagi
- 16 Gerageza kumenya iminsi umwiru amaze avûtse
- 17 Gutemururira no guharura ivyatsi biri hafi y'ibitiba.
- 18 Guhungura ubucafu buri ku bitiba no ku nkigi zavyo kugira ngo ibikoko ntivyinyegezeyo
- 19 Kuvûza imizinga irimwo indwara,gucungera ivyonyi vyose,kurwanya ituvya n'ibindi
- 20 Kugabanya ubwaguke bw'impuzo mu gihe bikenewe
- 21 Kugendera imizinga mu gihe hari ikirere ciza
- 22 Kwirinda gucokôza inzuki kubusa.
- 23 Guhakura ubuki kenshi no ku gihe
- 24 Kwirinda kwugurura imizinga myinshi iri mu kibanza kimwe
- 25 Gusigariza inzuki ubuki bukwiye cane cane iyo amashurwe agiye kugabanuka nko mu ci
- 26 Gusubiriza hakiri kare amakadre y'ibimamara bimaze kwirabura
- 27 Kwirinda kuvanga ishashara rishasha n'irya kera
- 28 Guhumûra amaso y'ibimamara ukoresheje imbugita iciye mu mâzi ashûshe
- 29 Mu kuyungurura ubuki : n'ugukoresha icuma kijanye n'amakadre,kandi gikomeye
- 30 Kwitaho kumenya inzuki n'ubuzima bwazo,gusoma ibitabu bizerekeye no kuzirâba kenshi