



IJAMBO RYA NYAKUBAHWA MADAME JEANNETTE
KAGAME

IHURIRO RY'URUBYIRUKO
“#TunyweLess, Tubeho Ubuzima Bwiza”



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KIGALI CONVENTION CENTRE

Ba Nyakubahwa, Ba Minisitiri,

Bayobozi bakuru mu nzego z’umutekano,

Bayobozi mu nzego zitandukanye,

Bafatanyabikorwa,

Batumirwa bacu bahire,

Babyeyi,

Rubyiruko, Bana Bacu,

Muraho Neza!

- Mu minsi ishize, mbinyujije mu nyandiko nabasangije ibibazo n’ibitekerezo nari maranye iminsi, ku ngaruka zo kunywa inzoga mu buryo bukabije, cyane cyane mu bakiri bato.
- Nagize nti: ***“Tuyiganiraho ariko ntituyiganireho”***.
- Ndabashimiye rero ko mwakomeje kubiganiraho, mukaba mwitabiriye n’ ubutumire bwacu uyu munsi.
- Umuntu yakwibaza impamvu-ki hateguwe ubukangurambaga bushishikariza Abanyarwanda

kunywa mu rugero, nyamara hari n'ibindi bikibangamiye iterambere n'imibereho muri rusange!

- Ubwo twatekerezaga kuri iri huriro, muri byinshi twumvaga twaganiraho, harimo no gusubiza amaso inyuma kugira ngo twibaze uko twisanze ahangaha. Tunibaze kandi uko inzoga zagejeje abantu aha twese tureba!
- Iki cyorezo cyadutse cyo kunywa inzoga mu bato, bataragira imyaka y'ubukure haba mu muji cyangwa mu cyaro, giteye impungenge. Mu bakuru naho si shyashya kandi aribo bakwiye kuba intangarugero.
- Iyo tugira tuti **“Inzoga si iz'Abato na TunyweLess,** ikigamijwe ni ugufatanya nk'umuryango, nk'igihugu, mu kumva ububi bw'inzoga ku buzima, imitekerereze, imibanire, imibereho, n'iterambere ry'umuryango n'igihugu, bityo tugafata ingamba zo gukumira no kurandura icyo cyorezo.
- Iyo urebye mu mibereho y'Umunyarwanda, ubu butumwa butwibutsa, ntabwo ari ubwa none. Mwumva umugani w'ikinyarwanda ugira uti **'inzoga ni imfura ikanyobwa n'indi'**.

- Hari uwabyumva uko bitari, akanywa inzoga kuko abibonanye abandi, yibwira ko ari bwo bupfura. Nyamara, uyu mugani utwereka ko kuva kera umuryango Nyarwanda wari ufite indangagaciro na kirazira, byafashaga umuntu kwirinda kurenza igipimo kugirango udatakaza bwa bupfura ndetse n'icyubahiro.
- Indi mpamvu ituma tugaruka kuri ubu bukangurambaga kandi, ni uko ingaruka zitaba ku muntu umwe! Zifata mu nguni zose z'ubuzima bw'umuntu.
- Mujye mwibuka ko hari n'undi mugani uvuga ko **'inzoga uyikura mu kibindi ikagukura mu bagabo'**.
- Gukumira no kurandura burundu ikibazo cy'inzoga zikabije, ni ukurinda umutekano w'Umunyarwanda, umuryango we bwite ndetse n'umuryango mugari. Ntabwo twakubaka igihugu, ngo twirengagize icyakwica ubuzima bw'abantu.

- Ikindi kandi, umuryango niwo shingiro ry’u Rwanda. Igihe turebereye imyitwarire mibi iyo ari yo yose, ntitugire icyo dukora, bituma buri wese yireba ku giti cye (**individualism**), kandi si wo muco wacu.
- Abanyarwanda n’Abanyafurika muri rusange, turacyafite umuco wo gufatanya no kwita kuri mugenzi wawe. **“Ndiho kuko nawe uriho”**- (“I am because you are.”)
- Bityo rero, tugomba gushyira hamwe, kugira ngo twumve neza ingaruka zo kubatwa n’inzoga, tukumva neza isoko y’ikibazo duhereye mu mizi yacyo, kugirango tuvugutire hamwe umuti ukora kandi ukiza icyi cyorezo. **Buri wese abera ijisho mugenzi we.**

Babyeyi, Batumirwa Bacu,

- Munyemerere dufatanye gutekereza: Bigenda bite kugira ngo umuntu azisange yarabaswe n’inzoga.

- Hari ubwo bigira imizi mu bibazo umuntu aba yaragize bijyanye n'imitekerereze cyangwa imibereho itoroshye, ituma umuntu yumva kunywa inzoga ariho yabonera igisubizo.
- Akenshi kudasobanukirwa impamvu ituma umuntu aba imbata y'inzoga, bishyira umuntu we ubwe ku nkeke, ndetse n'umuryango we mu kaga, kuko bayoberwa icyo bakora.
- Mu gihe abana bakura, turabizi neza ko uruhare rw'urungano rwabo ari ingenzi kuri bo. Umwana ukuriye mu muryango ufite umuco wo kunywa inzoga, niba ahuye n'inshuti zishora mu kunywa, biba byoroshye ko nawe yabihitamo, cyane ko aba asa n'uwabitojwe akiri muto.
- Nyuma y'igihe, uyu muntu hari ubwo yisanga noneho akoresha inzoga, nk'uburyo bwo guhangana n'ikibazo cyangwa bwo kuruhuka no kwinezeza.

- Amaherezo kunywa inzoga, bigahinduka ibisanzwe kuri we no ku bamukomokaho, bigakomeza ari uruhererekane. Ndetse abatazinywa bakisan ga badakwirwa mu rungano. Ese ni uwo muryango turi guharanira kubaka?
- Ingaruka zo kubatwa n'inzoga ni nyinshi. Muri zo twavuga izi zikurikira:
- Kuba umuntu agira amakosa ahoraho mu kazi, kandi atabuze ubuhanga n'ubushobozi. Kubera ko inzoga zifite byinshi zica mu bushishozi, imitekerereze y'umuntu.
- Kugira ipfunwe ry'ibyo wakoze ubikoreshejwe n'inzoga, bikagutera agahinda no kwiheba, kuko utari bugarure igihe, amahirwe n'icyizere witesheje ngo ukosore amakosa wakoze.
- Ingaruka zo kunywa inzoga, ntizigarukira k'uzinywa gusa. Abo mu muryango nabo barahangayika, bagahorana ipfunwe n'agahinda byo kutamenya icyo bakora, ngo bakure uwabo mu kaga.

- Intera iki kibazo cy'inzoga kimaze kugeraho iteye impungenge, kandi byaba ari igihombo gikomeye ku gihugu, kuzagera ahantu twisanga tutakigira “**gihana na gihanura**” ntawe ubwira undi ati “**Sigaho!**”

Rubyiruko, Babyeyi, Bafatanyabikorwa,

- Ubutumwa bukubiye muri “**Tunyweless**” cyangwa “**Tunywe mu rugero**”, ntibureba gusa urubyiruko rwonyine! Birakwiye ko nk’umuryango twongera kwisuzuma, kuko twese mu miryango yacu, ntawe ubuze aho yahuriye n’ingaruka ziterwa n’inzoga.
- Mu kuganira rero muze gutekereza kuri ibi bikurikira:
 - ***Ese umuntu aretse kunywa inzoga ntiyaba umusirimu cyangwa ‘cool’ nk’uko mubivuga?***
 - ***Ese nibyo ko umugore wonsa agomba kunywa inzoga kugira ngo abone amashereka ahagije?***
 - ***Ese koko inzoga imara ishavu?***

- Abari butuyobore mu kiganiro, muze kudufasha kubyumva neza, kuko ni ngombwa, ko tunganira ku bubi bw'inzoga n'ingaruka mu kuri kwabyo, ntacyo duciye ku ruhande.

Bafatanyabikorwa bacu

- Nagira ngo nshimire buri wese wumvise ijwi ry'igihugu ryo gukumira inzoga kugira ngo tubungabunge ubuzima bw'abantu.
- Mu Rwanda, tugira amahirwe ko Leta n'abikorera dusenyera umugozi umwe, tugashaka icyateza imbere Umunyarwanda. Turifuza gufatanya n'abikorera mu gushakira iki kibazo umuti urambye.

Rubyiruko, Bana Bacu,

- Ni ibisanzwe, ko umubyeyi ahorana igishyika n'impungenge ku bana be, kandi ibi ntibiterwa no kuba umwana atitwaye neza cyangwa hari amakosa runaka watekereje ko agiye kugwamo.

- N’umwana w’intangarugero, ababyeyi be bahora batangaho urugero, bamugirira igishyika, ibyo bamwe bita **‘kubagendaho’**.
- **“Ugira Imana agira umugira inama”**. Namwe hagati yanyu, mukwiye gufashanya, mukagirana inama kandi zitari izigamiye gushyigikirana mu bibi, ahubwo igihe ubonye mugenzi wawe arengereye ukamufasha kwigarura.
- Hari ababibona nko gushaka kubayoborera ubuzima ariko impamvu nta yindi, ni uko tubakunda kandi tubifuriza ineza.
- Tuzi ko muzi ibyabafasha. Ijwi ryanyu ni ingenzi mu kubaka umuryango wakira, ukunda kandi wita ku bawo n’abawugana. Dukomeze kuba abarinzi ba bagenzi bacu muri byose.
- Bana bacu, ntitwirengagiza ibyiza mukora kandi mukorera uru Rwanda. Ariko hari ahandi heza cyane mwarugeza! Hari ubundi buryo bwo kunogerwa n’ubuzima.

- Nizere ko mugiyeye kugira icyo muhindura. **Pause**
- Uru Rwanda rwiza mubona rwubatswe n'imbaraga z'abato nkamwe. Ni rwo rwonyine dufite. Ni namwe rufite rushingiraho. Dufatanye rero tubumbatire uwo muntu u Rwanda rwubakiye, kugira ngo akomeze kwihesha agaciro no gukomeza u Rwanda ruganje.
- Mbifurije iminsi mikuru myiza no gusoza umwaka amahoro.

#TunyweLess, tubeho ubuzima bwiza!

Murakoze!