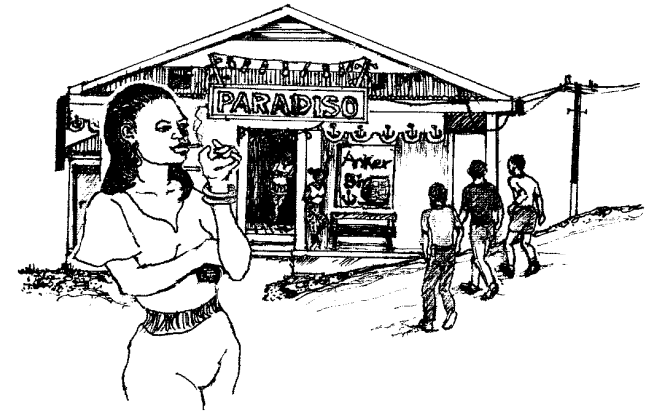


# NSEERI ZITUURA KURABA MU KULAALANGANA



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Lugungu

Health



**NSEERI ZITUURA KURABA MU  
KULAALANGANA**

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*SEXUALLY TRANSMITTED DISEASES*

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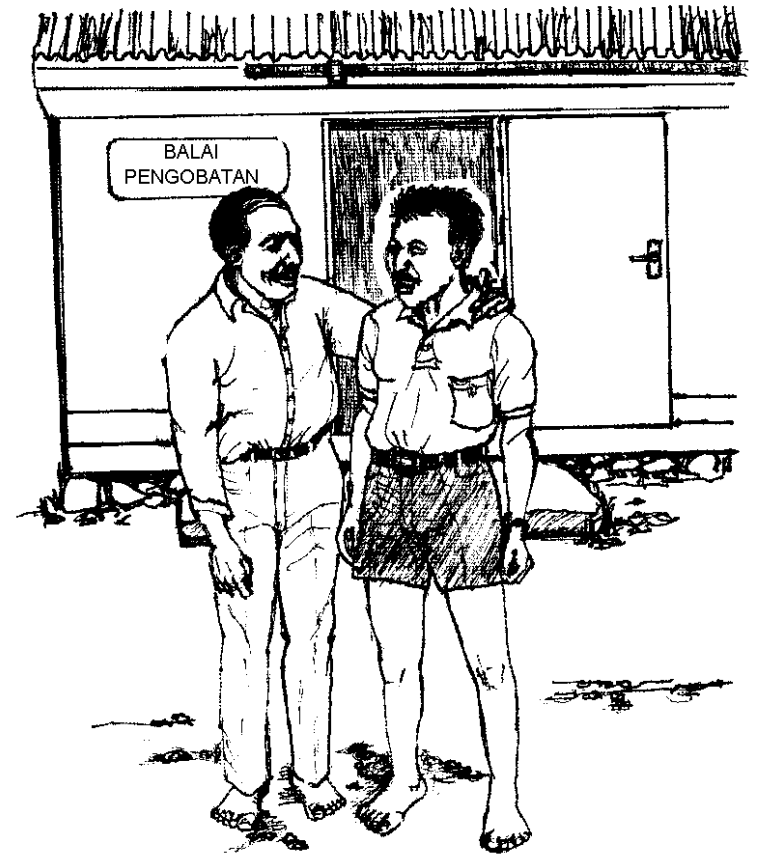
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Birigyenda talyebeeru bintu bya mukori wa bya bwomi biyaamuweereeri ha bikukwatagana na nseeri zituura kuraba mu kulaala na muntu gyokeegombiri. “Kakubba muntu weezagya noli na bihote ku budulu rundi nokunyaala mahira (masira), byokya ogyende bwangu hali mukori wa bya bwomi akujanjabe. Kandi buli muntu yensei giwaakaleeri nayo, okuteekwa kumuweera, aleke nayo atunge kujanjabwa. Kindi bantu bazire kulaalangana kwensei kuli hanzei wa bufumbo.” **Nahabwakikyo, kusaasaana kwa gigyo nseeri kukwiza kumalika.** Birigyenda na banywani baamwe bensei baakyagiirye nti, kulaala na muntu yenseenya atali mukalwo kitakabbe kiso bu kwankei, beitu kyali kintu kikubata bo bankei, na baana baabu mu bulemeezi bunene hoj.

## Ndagiiro gya Kitabbu

Bantu bakukira ha 40,000 mu Uganda, babaza Lugungu niluli lukobo lwa bu lunyakubabyala. Bagungu bakukira bunene beicala nagwa ha mitanda mya matemba geitaka lya mwita Nzige. Beitu kandi, bandi beicala hakyendi wa kikonko nagwa magyenda Hoima na magyenda Masindi. Mu buhangwa buwa bu, Bagungu beicala bahigi, balobi, kandi balimi. Bagungu baliisya nte mu bunene, kandi de, nibasuubura na bantu ba ndimi zibahereeri.

Lugungu nabulwakabba lukoresebwa mu gikakali nzicala gya Bagungu, nyuguta za Lugungu na mahandiikire gaalwo garungi, byatebeerweho kandi baabinihirirya kuruga na mwaka gwa 1996. Katebe ka Bagungu, kakora ha bya kuhindula Bbaibbuli mu Lugungu na bya kulwegesya kulusoma na kuluhandiika (keetwa LUBITLA), kooko keiceeri nikahanda-handya biragiro bya mahandiikire ga Lugungu. Kakoori kikyoo, nikeeyambisyaanga magezi gakuruga mu bantu ba Kitongole kitali kya Gavumenti (NGO), kikora mu nsi gyensei, kyetwa SIL International.

Bagungu banene, hataati bali na bihika bya kusoma Lugungu. Mwa kubaha gugwo mugisa gwa kulusoma, bitabbu binene bilimukuhandiikwa. Kiki kyokweti, kili kimweji mubyoo. Tukwenihiza nti, kiki kitabbu kikugyenda kukusemeera kukisoma, kandi de nti, okugyenda kutwala gugoo mugisa kugula bitabbu bindi, nabyoo obisome.

*LUBITLA*

### Preface

The Lugungu language is spoken as mother-tongue by more than 40,000 people in Uganda. The Bagungu primarily live along the North-East shores of Lake Albert with some also in areas above the escarpment towards Hoima and Masindi. Traditionally hunters, fishermen and cultivators, they now keep many cattle and are engaged in trade with neighboring people.

The Lugungu language is actively used in all areas of Bagungu life, but only since 1996 has an alphabet been formed and a good method of writing the language developed. The orthography development has been carried along by the Lugungu Bible Translation and Literacy Association (LUBITLA) with technical assistance from an NGO called SIL International.

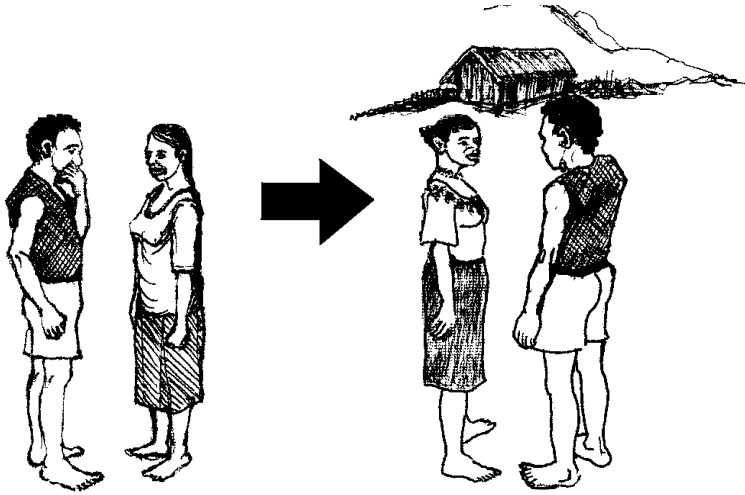
Many Bagungu are now eager to read Lugungu. To facilitate this, a series of books are being produced. This is one that you are now holding. We hope that you enjoy reading this book and that you take the opportunity to purchase others and read them also.

*LUBITLA.*

Kusaasaana kwa zizi nseeri zituura niziraba mu kulaala na bandi, kukusobora kumalika kakubba banyineeka balaala na bakali baabu basa; hatali muntu wondi yensei mu kyaru kyabu rundi hanzei waakyo.



Bimbona yaali mutaahi wa Kabise na Birigyenda. Buyaali atakeegwiri kinyakubba kibabbeerihho, yaali yeegombiri kulaala na Kabise, kandi yaali agereeryeho kumuduupa-duupa aleke eikirize. Beitu Kabise, yaaswiri habwakubba yaali yeegiri kili kisobu. Hati Bimbona yaasemereerwe nti, Kabise yaaswiri kubba yaahwitukiri yati, abbengi yaali aleeri nayo, yoodede yaakubbeeri atuliirwe nziku, kandi de yaakubbeeri agituliiri mukali waamwe.



Birigyenda buyaabyeri nkerembe gye, yeehaariziri hoi. Yooyo yaali mwana waamwe waabudulu waakubanza kandi yaazookengi nali mwomi kurungi kandi munyamaani.



Beitu heinyuma gya biro bibiri, nkerembe gyali na nsima zinene mu meiso gaagyo kandi gaali gatakusobora kwebuula. Nkerembe gigyoo, gyazookengi nigili giseeri kandi nigili na muswija. Birigyenda na mukali waamwe, Kabise, baali bateegiri kyakukora. Kubba mu kyaruu kyabu, mukori wa bya bwomi, munyakubba nakusobora kubakoonyera, atakabbehoona.



Birigyenda yaaweereeri Bimbona na banywani baamwe bandi bintu biyaalingi yeetegeeriize ha nseeri zizo zituura kuraba mu kulaala na bandi na mulingo guzisaasaana.





Nka mukori wa bya bwomi kuyaamusoboori, Birigyenda yeetegeriize, kuruga na bubwo, nka kukiteetaagisya muntu kulaala na malaaya musa kukwatwa buseeri butuura mu kulaalangana. Keire kensei, muntu bwolaala na muntu atali mukalwo rundi ibaabu, okusobora kutunga buseeri. Habwakubba obba oteegiri bantu kyani bayaaleeri nabo mu biro byeinyuma.

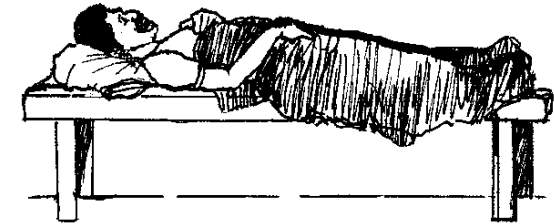
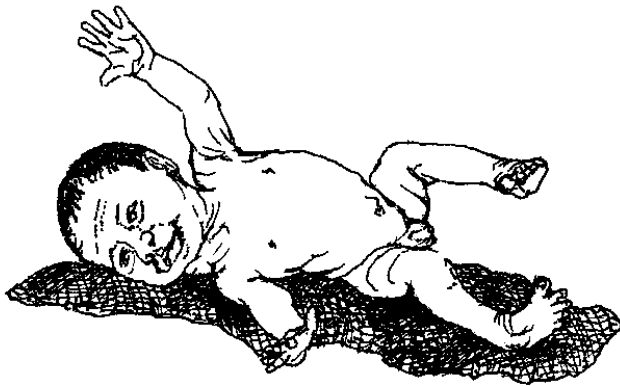
Nahabwakikyo, basobora kubba baali bamaari kadei kutunga zizo nseeri zituura bantu kuraba mu kulaala na bandi, beitu bo batakjegiri nka kubali nazo.



Heinyuma gya biro bitaanu, nkerembe gyeyongeeru kubba kubiibi, Birigyenda yaacwamu kugitwala mu karwaru ka mu kyaru kihereeriho. Kukwo hooho, mukori wa bya bwomi yaabaweereeri, nkerembe gyabu nka kugyali gituliirwe buseeri bukuleetwa nziku, gigyatungiri kuruga hali mmaagyo. Kandi kabbengi nkerembe gigy gyalu gijanjabuurwe karei bwodi nigicakabyalwa-bubyalwa, gyakubbeeru gihoniri gigy nseeri, beitu hati, meisu gaagyo gaamaari kadei kuheneka. Nkerembe gigy, bundi na bundi, gisobora kwomeera beitu gikwiza kubba kipumpuuta habwa buseeri bubwo.

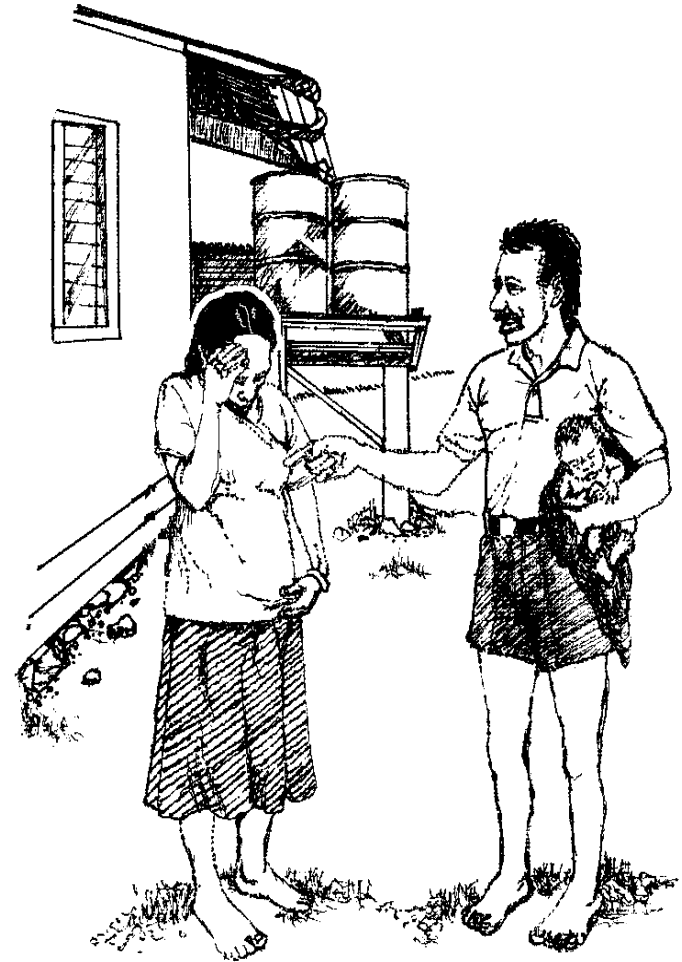


Nkermbe baagikuutiri nkinzo, gyatunga na mibazi mindi mya kugisiiga mu meiso. Heinyuma gya kasumi kadooli, nseeri gigyogyahoniri, beitu kuwona kwagyo kwali kumaari kadei kuheneka. Mwomwo mukori wa bya bwomi, yaakoba nti, nkerembe gigyotigikwiza kubba nighweza kurungi nka baana bandi bensei.



Birigyenda yeetege*ri*ize nti, kadi kugyendera bamalaaya rundi kulaala na atali mu*ka*li waamu kyakabba nikikuzooka nka kintu kya kwegonza, kimaliira ki*le*eti*ri* nseeri zinyamaani ho*i*, kandi zikusobora kusigirwa mu bwangu bantu bandi, na batali na musangu nka Kabise na nkerembe gyabu kandi kikusobora nakuleeta ku*kw*a.

Birigyenda yaazingaliiri mu*ka*li waamwe, ha*bw*wakubba yaatekereeze, gyali nsobi gye kutuura nkerembe bu*se*eri bu*bw*o.



Heinyuma, mukori wa bya bwomi yeiziri yaabaza na Birigyenda, yaamusoboora bintu bikwatageeni na buseeri bubwu, nakoba yati, “Nziku gituura muntu bwalaala na wondi ali nagyo.” Kasi mwomwo, yaambuulya, “Waakalaalanga na muntu wondi yensej ootorihoona mukali waamu?”



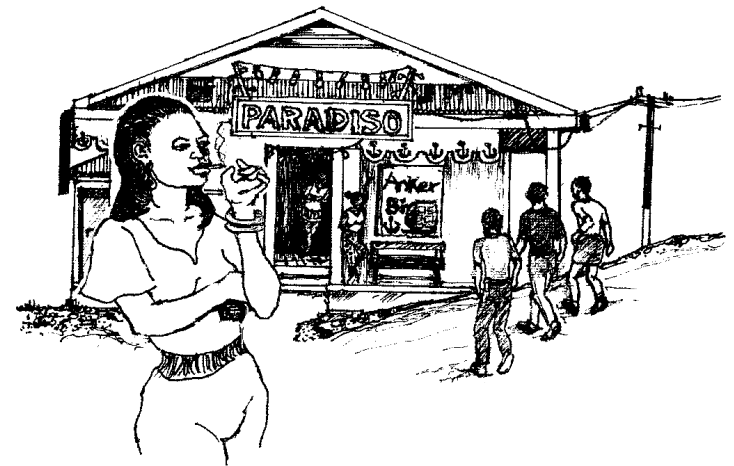
Kabise buyeiriri kwamugi, yaaweereeri Birigyenda bya mukori wa bya bwomi biyaamuweereeri. Birigyenda nsoni zaamukweti, yeezuzukya kandi yaarahira nka kwataliira kulaala na mukali wondi kutoolaho mukali waamwe musa.



Mukori wa bya bwomi yaajanjabiri Kabise gigo nziku, mpula-mpula gyagyenda nighona. Kasi mwomwo, mukori wa bya bwomi yaamuweera yati, “Kaanihire kujanjaba kwotungiri kukwiza kukuha kubyala baana bandi. Beitū osobora butabyala, habwakubba bantu bakukira bunene bubahimba nziku, tibeira kubyala baana bandi kutoolaho bubajanjabwa mu bwangu.”



Ha kubanza, Birigyenda yaazingaliiri mukori wa bya bwomi habwa kumu buulya yatyo. Beitū heinyuma amaari kukiteekerezahoona, yeizukiri nka myeri mindi kweinyuma kukwo, kuyaali agyendiri mu rubuga na banywani baamwe bandi, bamwokeerye kiikaru ha bakali beetunda / balaala na badulu aleke babahe nsimbi (babeeta bamalaaya) ha beicalengi. Banywani baamwe babwo baamuweereeri, nayo akusobora kugyendangayo, nakwana bamalaaya babwo.



Kandi, yaali yeegiri nti kukora yatyo kyali nikili kintu kibiibi, beitu kyokyo kimwei, yaagyendiriyo kuwona nka kuheisana. Bahala baayoona batakabbe barungi maani kandi na kiikaru kyali kirofu. (Biikaru bya bamalaaya ha beicala, kadi nibili byecumi, bisiga nseeri hoi, kukiramaani zizo zituura kuraba mu kulaalangana.) Beitu kandi nka kuyaali amaari kudwayo, yaasaswiri nsimbi, yaalaala na muhala. Heinyuma yaarugiriyo, yeemuka kwamugi. Kuruga neira kwamugi, eiceeri nalaalanga na mukali waamwe, Kabise.



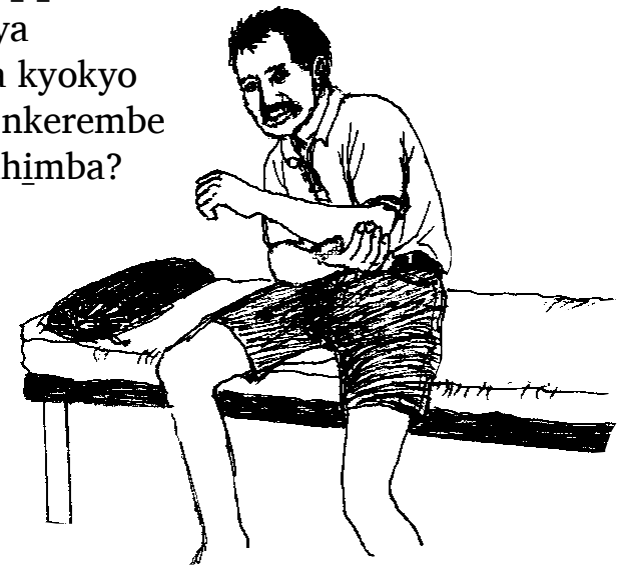
Kabise yaazingaliiri iba, habwakubba yooyo yaaheeri mwana waabu kubba kipumpuuta. Beitu nabwo, yaasemereerwe nti, Birigyenda atakatiine kumuweera mananu, nakumukengesya nayoodede nka kuyeetaagengi kujanjaɓwa mwa kubba kurungi. Buɓwakeeri mwakya, Kabise yaagyenda kuwona mukori wa bya bwomi. Kitakamwanguhire kulibata na burumi, habwakubba yaalingi museeri kwo mali.



Heinyuma gya biro bidooli , Kabise yaatandikiri kwezegwa nali na muswija. Kandi bubwu, yaadiiwengi kwansi wa nda, nahulukyanga mahirahira (masirasira) kuruga mu bukali. Birigyenda yeegiri-bwegi nti, nziku giyaahimbiri gisobora kubba gyogyo gileetiri bubwu buseeri. Nahabwakikyo, kyamuhambiriize kuweera Kabise mananu nakumutungira bujanjabi. Yaamuweereeri bintu byensei yo Birigyenda biyaalingi yeekoori na biyaalingi amaari kwegu hali mukori wa bya bwomi bikukwatagana na bubwu buseeri.



Heinyuma gya biro bitaanu, amaari kwira kwamugi, yaanyaalengi nkali nigimusiiha heinyumaho yaatandika kuwona mahira (masira) nigamuruga mu budulu. Bu bwu Birigyenda atakeezegwenge nali museeri, kyonkei mu kunyaala, gyo nkali gyeyongeeru kumusiihanga. Kasi kandi, ngingo (ha makuha gateeranira) zaatandika kumudya kandi zaazimba. Bundi na bundi, Birigyenda yeezegwengi nali museeri, beitu kitakamutuntuzenge, kandi bubwu bwensei, yaalingi atakateekereze nti, mulingo guyaalimwona gwali niguli na kakwate na muhala giyaaleeri nayo mu rubuga. Hati yaatandikiri kwebuulya kyakabba kyokyo kyaheeri nkerembe gyabu kuhimba?



Buyeebuuliirye hali mukori wa bya bwomi, yaamwiririmwo yaamuweera yati, “Mmali, oteekwa kubba waatoori gigyoziku hali mukali giwaaleeri nayo mu rubuga. Heinyuma gya kukujanjaba kandi nokahona, otaliirira kulaala na mukali wondi ootoorihona mukali waamu. Muntu bwokora bintu nka kubungira malaaya, okusobora kutunga nseeri zibiibi zinene, bundi na nseeri zikusobora kuleeta rufu. Nseeri zileetwa kulaala na bantu bandi, zikusobora kusaasana ku mukali waamu na baana.”

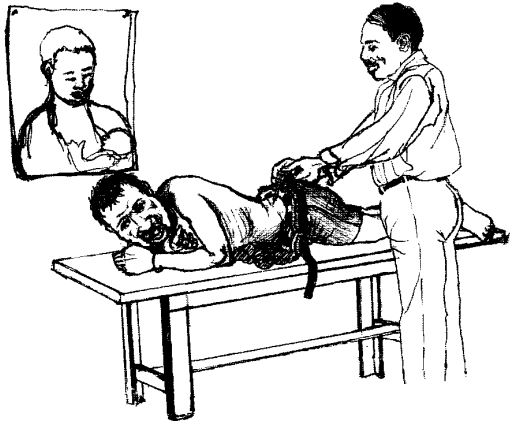


Mwomwo mukori wa bya bwomi yaaweera Birigyenda yati, “Okuteekwa kuweera mukali waamu kiki kikubbeerihohabwakubba nayo akwiza kwetaaga kujanjabwa. Ali na bubu buseeri, kandi weewe yoogwo waabumutuliiri.” Birigyenda nsoni zaamukweti, yaatiina nakuweera Kabise. Beitu kandi yaali akyegiri nti, kakubba Kabise atajanjabwa, akwiza kwongira kuhimba, abuunie de amutuure buseeri bwobwo bumwei. Bubu buseeri tibuhimbisya aleke buzooke, kyonkei kandi kubba butajanjabiiirwe, buleeta nseeri zindi zinyamaani ho kuhulukiramwo.





“Buseeri bundi buleeta mpoohe kuzimba kandi nizihuduka-huduka, nizilwa mahira (masira) nka bizimba. Bu bu bwetaaga njanjaba gyahukanu. Buseeri bundi buleeta bihote ku budulu rundi bukali. Bu bu tibutambwa kandi bihote bi byo biicala nibiire-ira kudoosya kukwa. Nseeri zizi zenseenya zileetwa kulaalangana zeetwa nseeri zitulirwa mu kulaalangana.” Mukori wa bya bwomi yaakuutiri Birigyenda nkinzo ibiri zinyamaani kandi zinyakumudya hoj nakumujanjaba nziku.



“Haloho bundi muntu bwakwatwa buseeri nibumuleetera kihote ku bicweka bya budulu. Kandi tiyeegwa burumi, beitu heinyuma, kihote kikyoo kijiza nikihona kyankei na kyankei, kyonkei bwo buseeri, bubbayo munda. Bubbwo buseeri babweta mbenja. Kandi heinyuma, buseeri bubbwo buha yogwo muntu kubbutuka bilehe biwa bigalagamba. Nabyo bi byo bilehe, biiza nibihona byankei, beitu kandi bwo buseeri, nibusigalayo munda (mu mubiri), nobutuura mukali waamu.”



“Heinyuma gya kasumi kalei, mbenja gikusobora kuleetera muntu kuhimba buseeri bwa mutima rundi bwongu. Kihonderaho, weezegwa burumi nolemwa kulibata kurungi.”



“Kandi, mbenja gikusobora kuleeta bukipumpuuta nakukwa. Beitu gyo, gikusobora kutambwa na mibazi mu biro bya karei kandi nighona.”

