

Sustaining Women's leadership

**BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUU PI BERO MI GWOKO DHANO MA MEGU I PACU**

(MEMPROW FEMINIST GUIDE)

ALUR VERSION



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Sustaining Women's leadership

WEC I KUM LEMBE



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➤ Buku eno jukyewe ni ɲa gi?

Kyeu eno ubino pi kwond dhano ceke; megu, aradu, ju m'utegini, jurugoro kum, lwak dhano i dikiri migi, akenda; ku mange mapol. Eno ke pi lembe ma pire tek, cwak, miyo amora, tegu man bedo ber pir anyim pir awena. Lwoɲo eno bi medo ɲec i kum kwo pa dhano i udi, pacu, kabedo pa lwak, kuloka, tela, kwond tic ku mange mapol. With lembe ku dhog mundu. MEMPRO utye; "Monitoring and Empowerment Program for Women and girls"

➤ Pirango ma buku eno ju wok kude?

Buku eno uwok pi ewu wi anyoli mwa mi Uganda, afirika man ɲom zoo i yabu waɲ gi pi ɲiyo kind lembe eno kilili; anzilone ni dhano Alur fua. Etye paro ku tic m'ucakire ento woth ne bor makwe pi awena man pi bedo ber pa dhano iwii ɲom zoo. Dhano ma megu ku ma nyir gi ai bor akeca i rwom mir adici i ciɲ dhano ma coo; ii udi migi, i twero migi mi tic, ii adwogi pa tic migi, ii rwom mi lago mutuma, ii pacu pagi, ii pacog gi ku mange mapol. Pimeno kare udaro romo nia bedo liɲ kendu upe iwii kura racu eno. Aloka loka ma pire tek makwe pi bero pa dhano cek, kare ne doɲ utuc eno pi bedo ber ma kakare. E lembe mandha; galo upe iiye.

➤ Gony yore ma nenedi ma jubi tiyo ni ɲiyo lembe enogi (OAITH 2010)

Paro ma thuc pi nyan i kum dhano ma coo ma gi diyo gi, nyano man gi jwigo megu i thi tyendgi. Lembe eno ewok i dikiri pa rombo m'utimire i oro 2010 ii Ontario, Transition Houses i Toronto. Jugi eno gi cingu anje i kum kwinyo ma dhano ma megu gi nwaɲo i dhu tic migi. "MEMPRO" ucungu pi ɲom mwa i yore ma kakare man atira ni jwayo cen kit kwo marecu ma kumeno.



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Lembe eno gi njiyo kind adwogi pa tic, bero ma gi kelo iwa ma calo nwanjo n'ec, kwenda, lembe mandha ma mako kum coo, megu man nyithindho bende. Adici weco i kum kwond lembe maegi "ariti, arida man arodha mi tek tek ma ju ketho akakaka i kura mi thek ni jwigo dhano ma megu i thi tyend coo. Eketho dhano moko gi nyono juwadgi. Ecal ku wec pa (Douglas), "Ju ni tiyu ku kura ma diyo dhano ma megu ku kwond lemb airiti negi i kind dhano, keth, tic, yic, gen man rwom matuŋ tuŋ koc." Lwak pa dhano ma gi cingu iwi twero pi bero pa dhano ma ju wenjo i kind wadgi ma megu gi njiyo lembe mapol pi bero pa dhano.

Gi bedo kwond lembe ma calo; tela ma rombo ngo maber i ot, dhu tic, kwond rwom pa kaka, suru, rwom twero i kura kwond dini ma gi koc. Adici the lembe ni ee, "Yore ma ju yubu akakaka ni miyo fwot, nyono, vuru man piko ndiri pi lembe mi kelo akoya koya i kind pacu, lwak, dini; ku mange mapol pi lemb bero pa dhano moko m'akoya pi nwanjo bero migi zoo iwi zoo." M'uwok ku lembe eno ubedo (Degano man Disman). Ebedo sadeni pi lembe m'utimir i kum lwak dhano.

Kyew ma piny no nyuthu ngbeng kit dhano makane nyo ng'a ma gibedo ii adici i kabedo ma ekwoo iie. (OAITH2010). Ke nen lembe ma gini piny no.

INJA?	JURU DIC	MA JU DIYO NEGI
Dhano	Pi nyoliri migi i cwic	Megu
Suru	Apoka poka mi suru	Dhano ma col (Afirika)
Rwom pa kwond dhano	Ulub kura negi	Juru tic mi kwond rwom mi tic; anzilone dhano ma gi kwo i can piny
Rwom timo tic m'uporire pire	Kenju tije; pien gi pe i dhoge	Juru goro man ma lithu ni kumgi
Oro migi	Unen rwom oro	Awia, arado, dhano m'utegini
Anyoli peri	Ubim wii anyoli ŋom	Ken i bedo ngo pi naka; i bedo pi tundu tundu ku karatasi peri ma nyuthu nia ju cweki pire kakari utye pe; iringo lwiny nyo i laro ŋom peri ma ju mayo tek tek!



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KU RA MA CUU PIBERO MIGWOKO DHANO MA MEGU IPACU
MEMPROW FEMINIST GUIDE: ALUM VERSION



Tic mwa ka wa ceke, ewotho i waje pi kelo bero ni dhano ceke, i kabedo mi tic, udi, kaka, suru ku mange mapol. Emondo bir i kind lwak ma pigi ju yubu ma calo; gamente, juru wec iwi yamo (media), ponjiri ku tugu, kesi, bedo ber p'awia i pend cik, yotkum (od yath), mony (military), dini man kadi (NGO) ju ma gi timo pi aga ngo, kadi bende gi jen i kum gamente ngo. Tela mi lembe eno ceru baje pi bedo ber pa dhano ceke; pi lau paru konyo dhano pir awena i rwom migi matun tun. Pien mitire nia dhano ceke gi nwanj nec, lonyo mi nom man kare ma rom rom i dhu kwond tic migi. Dhano ma rwom migi ukadho wii wadgi no julwono gi "Abed iwaje." Nen piny no kite ma lembe ne wok kude.

Nen piny no kite ma lembe ne wok kude.

INJA?	MAJU DIYO BEDO	DHANO MA GI DIYO
Nyoliri calo mon nyo coo	Nicoo nyoo megu i nyoliri	Coo
Suru	Kura weg lemb suru	Mundu/ Utara
Rwom nec/ lim/ i nga ii anyoli peri	Dhano ma gi cwako lembe	Unwanj lim ma thindho nyo juru can lim
Rwom keru mi tic	Pi keru tije	Ju ma kumgi yot ungo
Oro pa ngati	Upar pi oro pa dhano	Dhano ma wangi woo
Anyoli peri	Ubim nomb Afirika	Unwanj aloci ngo i nomb Afirika ma fwoyo kabedo migi gigi ngo, man uring lwiny.

Dhano ma rwom migi ukadho wii wadgi no julwono gi "Abed iwaje."



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUU PIBERO MI GWOKO DHANO MA MEGU IPACU
(MEMPRO FEMINGT BUIE: ALIR VERGONO)



JA GONY THE LEMBE NEGI

C

Cwic nyuthu nyodo ku tic pa megu nyo wegu

Lembe ma nia cwic mi bedo megu nyo wegu re maketho tic pa mon ku coo pokire, ya tic moko pacoo kende nyo mange pamon kende. Paro makumeni ber ungo. E ketho apoka poka kud adici bedo utye ikum mon i lembe mi tic.

D

Dito pa juma wegu

Kite ma dhano macoo gibedo ku twero i wi lembe ceke gin; calo bedo ku jemni, lim, tego mi wec, tego mi lwiny, tela micungu iwi byei ku lemb mukero mi paco zoo.

K

Kura kwaro

Entye lembe m'ucako con man julubu gi ku baje ku baje i yic migi, wer, mukeru, cam, gyedu, nyodu; ku mange mapol. Gi timiri kubanj suru, pigi gigi man pi bedo ber migi i kindgi gigi.

K

Kura mi poko tic ni megu nyo wegu

Eni kite ma kura ma dhano poko kudu tic ni dhano nia moko tic pa mon mange ke tic pa coo. Dhano ma gicwaku bero pa juma mon giyiyo lembe eni ungo pilembe utye tic dupa ma mon ku coo ceke copo timo rom-rom.

K

Kura negi

Ju cwiyo gi anzilo ni kum kura kwaro. Ekoyo kura pa lemb the kwaro. Re elokire kare ku kare i kind rombo ku dhano man kura mange.

R

Rwom mi bedo megu

Etye anyegu ma iye tek makwe. E lwinyo pir aloka loka pi bedo ber i kind dhano ma megu ku ma coo i rwom migi ma porire ku kura kwo. E bedo pi lemb ot, pacu, payoc, ambaba, tic pa gamente, kuloka ku mange mapol. Re pol pa kwond lembe eno adici kud ariti ne gi ai i banj dhano ma wegu.

T

Tela pa juma megu

Yore mi ilu mgu malu man mineno nia aloka loka maber utimire pi rucu cen adici iwi megu maketho tic moko gitimo ungo pilembe pa kura mawacu kud gitim kit tic moko gi manwango ke copo konyo gi.



Ketho megu kakagi matira man nuyuthu ngbeng kit kwoo mir ariti magin iie ikabedo magi kwo iie njaa ku njaa.

Etye lembe m'uai i kura kwaro nia; ker ditu, lim, cingu i lembe pa lwak, mony, kuloka, tela ku mange mapol utye tic, twero, kura man rwom pa dhano ca coo. Ikum thii wi lembe ma malu no, mon ceke magitiyo ku buku maeni gibi yaru ilembe ikum tego madwong ma kura umiyo ni coo maketho gidiyo mon. Kendo gibi nyang de nia adici iwigi ai ikum lembe pa tego pa coo madwong iwigi maketho rom-rom ku coo ilembe mapol bedo umbe man ketho mon bedo kare ceki ithii tyend coo.

Yore mi ngec maeni bi timire tyend 2 matung tung ii buku maeni:

Tyelo

1

Tyelo mir acel, Nindo mir acel

Titu oda jubitiyo kude inindu mir acel calo jam tic maipre tek pi yaro i lembe ma mon ubekadhu iigi. Kubang dhaku acel acel jubi miyo ire kare minyuthu kero nyo tego angoo maetiye kudu ipacu ku yore angoo ekonyire kudu i kind pacu migi kethoe kwoo maber ku dhano mange iyore maketho adici pacoo jwik ikume. Japonji pa mon ilembe maeni bitego cwinyi pi weco malworo upe ikum lembe mi kwinyo macalu maku mon, miyo woro mumbe ikum bedo migi mon, ayany, adyenga cwiny, abar wic, kwero mio mon lim ku lembe mange macalu ketho dwond-gi ubed upe lembe mamaku kumgi, ya kudi de gi tim tic moko-gi. Japonji bikonyo gi giyer kamaleng yoo ceke ma adici ketho gibedo ungo myero ipacu migi. Tyelo maeni mi ponji umako juyube maber pilembe elembe macopo kelo adyenga cwiny icwiny dhaku ma ubegonyo lembe matek ma ekadho iie. Japonji umako uyube iyoo ma piny ee:

2

Tyelo mir aryo, Nindo mir acel:

Miyo mon gi ngey kumgi ilembe matimire ikind dhanu ku lembe mi tela mi gamba mamaku kwoo migi manja ikind pacu. Ponji maeni bi nyuthu lembe mamku tic ma kura miyu ni mon ketho ginyang tyend lembe ku yoo makelo tego pacoo iwigi man rom-rom mupee ikind coo ku mon. Kare maeni de mon binyang nia bero migi dwong i pacu migi man ithek magibedu iie bende. Lembe mainei bi miyo mon unyang gir angoo maketho kwo migi bedo ii ariti man gibinyang nia umito mon udikiri mi yabu yoo migi.



BUKU PA MEMPRO MAKONYI KUPARO MALUBU
KURA MA CUU PI BERO MI GWOKODHANO MA MEGU I PACU
(MEMPRO FEMINIST GUIDE: ALL VERSION)



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Sustaining Women's leadership

NYANG KU BEDO MACALO DHANO M'AKOYA MAN CALO MEGU IWII N'OM ZOO



-**Caku** thi wi lembe ku penju jukusoma ceke kanyo gingeyu the lembe pa bedu dhanu makoya calu megu iwi ngom zoo

-**Penj** man wac jukusoma gikyew lembe ma gilembe mandhaa ungo magiwinju juwecu ikum bedu dhanu makoya calu megu iwi ngom zoo. Yor ingey daru ponji ityelo maeini japonji udwog upenji kendo kanyo lembe vufu eno ikum mego podi gitye asu?

i) Bedo macalo dhano m'akoya man calo megu iwii n'om zoo utye ango?

The Charter of Principles for African Feminists adopted in Accra, Ghana at the First African Feminist Forum 2006 defines Feminism as thus:

- Bedo macalo dhano m'akoya man calo megu iwii n'om zoo utye paro mamito nia apoka poka ceke ju jway cen ikind dhano. Anzilu ne eyenyu ya kwoo ikind mon kucoo kud ubed ii adici nyo ku tego pathenge acel kende. Umaku wangey nia bedo macalo dhano m'akoya man calo megu iwii n'om zoo utye dikiri mi igamba ma utye ku wec ku ngec migi man ku lembe man tic magimito utimire pi bedo ber pa mon. Paro maeni jutere iyoo matung tung masawa moko ngati acel acel nene i yoo pare ento umako wangey nia lembe ceke majutimo kunying mon utye ungo lembe mi bedo macalo dhano m'akoya man calo megu iwii n'om zoo.

Bedo macalo dhano m'akoya man calo megu iwii n'om zoo mito kelo aloka loka ilembe mutye con. Dong umito wanyang maber ikum adici ma mon ku dhano mange jucopu lwongo gi coo ungo gikadhu iye. Dhanu ma wecu ikum ber bedo pa mon gimitu kit adici enogi ju-jway gi cen. Dong juma wecu ikum bedo myero pa mon iwi ngom zoo gimito ungo yaa giroyiri giyii adicii iwi mon ento gimito gitor adici cen.

- Paro pitelo wi mon mi ngom zoo giwok kud ii adici neno kilili ilembe mania kura uyiyo nia coo ubed ku twero man bero madwong, adici mi tic manjaa ubed upe iwi mon, tego ku twero ikind mon ku coo ubed rom rom man ku lembe mange mir adici iwi mon ubed upee. Gi neno bende nia twero mabedo dit ithenge paco kende lubed upe ikind coo ku mon ikabedo ceke magitye iie.
- Paro mi tingu wi mon utye paro ku yore mi kelo aloka loka ketho dhanu mapol ma giwinju nia kwoo migi utye akoya ii ariti ubed ku yoomi nwangu twero migi ku woro mi kwoo calu dhanu (lembe mir acaki madhano ceke umaku ubed kudu).



BUKUPAMEMPRO MA KONYI KU PARO MA LUBU
KURA MACUU PI BERO MI GWOKO DHANO MA MEGU I PACU
CHAMPION FEMINIST RIDE-ALONG VERSION



ii) Kura maber majuma gitingu wi mon ingom zoo giyiyu:

- **Bedo kud adici ento matung tung:** (Intersectionality). Mon ceke bedo ii adici endo kwond adici ne gi goc sawa moke. Ku lapor dhaku majacan, ku dhaku mulony kicopu bedo ku peko matung tung magikadho iie. Dong ilembe pa adici, umaku wanen kit adici ma nagti acel acel kadhu iie.
- **Kwo mwa giwa, lwak de wecu pire.** Lembe ma watimo, bedo mwa kende ungo. Lwak kama wabedo iie de amaku kumgi. Ngati copu londu kendi pare, dheyu mi yuk-wiye, jammer pare ento eno giceke gilembe mamaku kum lwak de.



Japonji umaku upenj jukusoma ginyuth lembe mange macalu ma wakyewu no ma gimito jumedi

- Lembe mi tingu wi mon malu utye pi turu adici ikum mon, loko paro ma kelo adici zoo makelo adici iwi ngom zoo. Lembe mir akoya koya mirangi del kum, lonyo mi ngom ku kuloka ku mange de pirango moko de gikelo adici kud arti ikum mon. Tego ikind monk u coo, unguu midhano matung tung man kabedo mi tic nyo tela magi mio tego mikoyo dhanu ceke umaku jolok gi gidok maber pi rom-rom mi dhanu. Tic madwong utye i pacu, thek, tela mi ker, gavumenti, soko, somo kud ungu mi lembe angeya.

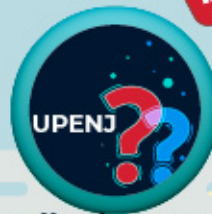


Japonji umaku upenj juwinjponji nia gineno anyim pa paro mi tingu wi mon malu utye nenedi? Ango ma gimaruru ilembe ma juponjo ee?

- (Pire tek nia juma mito tingu wi mon malu gingey nia kit ngom manende magimito gikwoo iie? Nyig lembe makani ma pigi tek iri ilembe mi tingu wi mon malu? Aloka loka anga ma imitu utimire ingom makawoni ee?)



**Nyang mathuth ku
yaro i lembe mi kwoo
alum on nyo coo man
ku lak lembe mania
aloci junwango yor
ibang coo**



PRACTICES

BELIEFS

ROLES



Japonji umako upenj juwinjponji ginyuth tic nyo nger maketho ngatu bedo dhaku nyo nyicoo ikura mi bedo.

Lapor: mon bedo ipacu, nyolo nyodo, rwoo ithi tyend cware, coo re mabedu ku lim nyo ngom, coo goyo mon migi ka gimarur gi!

Tugu minyang ilembe: Japonji bipoko jukusoma ii ungu 3 mi dhanu 10 kende. Emio igi karata-si ma atonggweno (yellow) macungu ka yic ikum lembe acel ma mon nyo coo kende timu, karatasi ma ulweku (blue) ma ucungu pi ungu tic moko, kadong karatasi makwar ma-mara-mara (pink) ma bicungu ka kura mwa mawatiimu. Unguu eno adek jubimiyo igi karatasi malac ma gi kyew ikume mawangu gi cimu nia rangi makane ma tiyu ku makani? Ka jacwic utime en, na ma cungu i dhoge? Kadi kwond tic ma kwond nyodo cwic eno; pirango m'imondo i lembe ma ku peri ngo?

Kwoo pa dhanu ma megu ipacu



Japonji be penju jukusoma nia gibed ling pi dakika 10-15, gipar pi kura matira makani ma pigi tek igi ma umaku kud giturgi. Bende ginyuth kite ma gi gwoku ku kura matira eno kubang ceng.

Kubang jakusoma unyuth kare moku ma eturu ie kura eno, man ke pir ang?

Wan ceke wadongo ingom ma nia wegu re mutye ku copo zoo. Kwo mwa zoo macalu lembe angeya, ponjiri, lonyo ngom, gamba, pacu, yic nyo dini kud unguu tic mange ceke ku yore magitiyu utye ithe loc ku twero pa jumacoo. Tela mi tingu wi mon malu utye atira pi loko lembe maeini kara mon ku dhanu mange makwoo iri ariti gibed agonya. Tego mange macalu akoya koya pi rangi midel kum dhanu, maru lim, apoka poka pi nyoliri ni bedo dhaku nyo nyicoo, lembe mania mundu matar re ma gi weg aloci ku timu mange mukoc ku nyang pa dhanu ceke umaku juruc gi cen.

Ungu mi tingu wi megu ubed mal utie ungu mi paro ku tiyu maber pa lwak. Dong dhanu ceke ma gimitu git ii kud unguu maeni umaku ucung man uti pire ngir ngir¹. Ungu mi tingu wi megu ubed malu calu paru mathuth *"ecungu ungu kende pi rom rom ikind monk u coo ento eneno bende nia aloka loka utimire ibedo pa dhanu ma, rucu cent ego mi diyer, tiyu kudhanu calu nguca, nyo cwalu kit dhanu umoku cen kud pibedo mon, ucu migi, ego mi diyer, ngec mi timu tic, nger, nyo nyo dini, theek, kabedo ma gibedo iie, can nyo lonyo ku kama giai iie"*. Dong e tic pa ngati acel acel ma umito tingu wi mon malu mi neno nia elubu lembe maeni.

Kwoo pa dhanu ma gicwaku nia gi ting wi megu malu bedu njaa ku nja nia nwangu cwak ku beru man tiyu ku twero maber utye kwoo migi makubang ceng². Dhanu ceke utye ku twero moko kokuru man wanwangu bero iyoo matung tung. Lembe apora: Min awobi utye ku tego moko iwi cii wode ibedo migi. Bedo igyer ikind nyicoo ku dhaku utye ku tego man bero de iie. Bedok u yoo mi nwangu lim de kelu tego ku bero. Kabedo ma dhanu kwoo iie nyo idhu pii ceke kelo tego mi timo lembe moko ku bero de. Dhanu ma gimitu tingu wi mon malu gimitu juyii nia bero moko dhanu gi nwangu man de bedo man tiyu ku tego iyoo muporire ber. li Africa kae, cikiri moko ma julwonge "Cikiri pa dhanu ma tingu wi mon malu ii Afrika" (The Charter of principles for African feminists) uketho ii akyewa kura Matira ma dhanu ceke magitingu wi mon malu umako gikwoo kudu. Winjiri enow ecu kumae: "Ngati acel acel pire gire mamito tingu wi mon malu, wa cikurwa man wa yiyu nia coo ku mon ceke umaku gibed rom rom ni lubu kum cikiri mwa muwacu kumae":

¹Define patriarchy is a system of power that provides for male domination.

²CREA. (2014). Achieving transformative feminist leadership.

³CREA. (2014). Achieving transformative feminist leadership.



Sustaining Women's leadership



Medo macalo dhano m'akoya man calo megu iwii nom zoo

With nyig lembe gi ee:

- **Eromo pokire ngo:** Twero pa dhano ma megu gitye ku twero migi ma zoo. Jai nyo jeny iwii twero eno; twero turu mi nwanjo anyorja migi.⁴
- **Bedo i pacu migi ma uyubire pigi:** Ecopire ngo nia julwore, nyo juloke kumeno kumeno ni nati moko ci!⁵
- **I wii nom zoo:** Kwond dhano iwi nom zoo gi tye ku twero m'uporire kugi.

Tije (saa ne, kabedo ne m'akoya)

Nii i kind mego mi dul maegi; Megu ma gi nwanjo lim ku tic mi timo apor, ma gi kwo i can, ma juru goro, ma the lembe migi upe i kind dhano; megu m'uringo lwiny ma gi pondo i nom mange, ma julworo nyo ma gi timo tic mi pacu moko cii i kabedo moko cii⁶. Juru nwanjo ponji ju koy igi i dul 4 – 5 calo ma lubire ku wendgi. Wek gin yam paro iwi lembe ma jucano malo no. Gi gi kind bero ku racu migi, ku lapor peku mi nwanjo lembe madhe pi ka twero migi juturu; mako gi mitek ku dhano mange nyo ku wedi i pacu migi man nwanjo adwogii ma kakare i ban dhano mange.



Tela pa dul pa dhano ma megu i nomb Afrika i kum miyo keru, ryeko ni cidhu iwane lembe enogi man temo lembe ceke mi nwanjo aloka loka pir anyim

Dul pa dhano ma neno lembe i kum bedo mwegu nwanjo tego migi ni kum lwak migi. Bedo migi calo nyimegu ku nyimegu ucungu iwii dikiri migi calo dhano acel. Pimeno ma calo etye dul ma tiyo ku lembe tela pa megu, e nyegu nia tela maber umako ubed i kind dhano ceke man adici mi tek ma dhano macoo ketho iwi dhano ma megu, the lembe ju jwai cen⁷. Yore acel mi kelo aloka loka eni utye diko ciy pa dhano ma megu ni bedo ii acel man ni cungu matek pi loko rwom m'uporire ungo eno. Pimeno dul pa dhano ma megu mitire gi nywak tic migi, gi jerj bende i kum dhano ma gi cwako paro ku timo pa dul ne; kadorj gi bi kelo aloka loka eno.

Pok uwiny ponji i dul mathindho thindho ma gin yam paro i kum yore ma jucopo tiyo kude ni konyo dul ma lubu lembe i kum dwol, twero man tic pa lwak eno ni medire anyim.



Kura dikiri pa dul ma neno i lembe pa dhano ma megu man bedo migi ni acel ni kum woriri i kind gi, thwolo-cwiny geniri i kindgi man laro lembe fee kamalenj i kindgi

Megu ceke gi rom rom ungo. Pi lembe eno kadi bende gi acel, nyathi turj turj moko kokuru utye i kind gi. Pimeno i dul migi eno nati acel acel mitu ubed kujec, ujol man uwor turj turj eno maber. Eno bende ekonyo du leno ni njiyo i dul pa dhano ma megu ni nyarj maber i kum rwom mi tela migi, kura tic m'umiyire ni nati acel acel i kind gi man pi bero migi ceke.

Yore ma dul pa megu room nyarj kude ma ber i lembe eni utye, nyamu lembe ku thwolo cwiny man bedo ayika ni jolo nec ma jube miyo. Kubarj ruu piny dul pa dhano ma neno lembe pa megu mitu umiyire ni nwanjo nec mange, ni jwayo cen nec mareco ma kakagi ukandho man ni nwanjo nec ma yabu wigi i yore ma dhe pi kwo migi i kind dhano. Kare mange adwogi pa turj turj i kind dhano ni kum can njejo nec nyo bedo abinga i kum lembe.

⁴UNFPA Resources (2019) Retrieved on 2nd March 2019 <https://www.unfpa.org/resources/human-rights-principles>

⁵inalienability. (n.d.) West's Encyclopedia of American Law, edition 2. (2008). Retrieved June 4 2019 from <https://legal-dictionary.thefreedictionary.com/inalienability>

⁶Dul pa dhano ma megu ma gi wok ku lembe ma malo no, paro migi juromo tiyo kude ni njiyo i lembe mange pa dhano ma megu ma ju jwigo rwom migi tek tek i kind dhano mange, nyo ke dhano ma megu ma gi muliri i dhu tic migi ni kum bedo dhano ma megu.

⁷Jwigo ditto migi eno bino ni kwan kwo ku dhano wegu ma gi ketho i paro migi ni ditto man tela uporire pigi kende gi lembe eno gam kelo adwogi marecu ma calo bedo ku lim ma loyo dhano mange, ento i ciy dhano ma nok kende, akoya koya pa turj turj pa oro mi nyoliri, aloci man adici pi utara wi del kom m'ukoc ku migi; ku mange mapol.

Gwok, pidhu man paro ni dul pa dhano ma megu i nomb afrika man pi bedo ber mwa

Audre Lorde uwaco kumae; *“Ava i kum kura mi pidhu mabeco i kum dhano ma megu utye ngo calo pa leya mange no gi ento pi gwoko uwoth maber. Pimeno rwom migi mi pidhu i udi, pacu man tic migi ucung ucungu iwi lembe maeno.”*

Lembe maeno utye mbegi mi lworo i kind dhano ma coo ma ketho gi diyo kude dhano ma megu nia gi bimo wigi. Pimeno dhano ma wegu paro nia bedo ku megu ucungu kende i lembe nia gi nyolo awia igi kende ni kum cwic migi calo dhano. Adici makeca pa dhano ma megu i kind dhano ma coo, udaro kelo timo ne fee kamalerj. Gi yeyo adunde gigi. Kare ku kare gi limo kwond ret eno i kwo migi man enuru gi makwe. Pimeno utye lembe ma pire tek nia dul pa dhano ma megu gi jengiri i kumgi, gi cuk cwiny gi, gi kwi cwiny gi, gi nwarj kei man gi kwo calo nyimegu ku nyimego mi gwokiri i kind gi. Kawoni nyoliri calo dhano ma megu i kind dhano ma coo, etye calo nwarjire ii masendi ma thum ungo. Edonj dikiri mitire ma kwe pi kelo aloka loka ma copo jwayo kura, timo ku lembe ma jwayo kit kura eno cen.

Audre Lorde umedo mae Waco *“Gwokiri giri the lembe ngo nia ityero kumi pi jolu lithu. Etye yore mi juku lithu cen i kumi, enoke tye yore mi tela ma mitire nia i lwiny kude matek”.*

Kura mi timo tije m’upe geru man tuc ii kabedo pa dhano ma lemb geru upe iigi. dul pa dhano ma megu utye ngo dul ma cwako lemb geru i kind dhano

Acel ma pire tek makwe i mbegi lembe pa dul pa dhano. Pien geru i kind dhano utye ni nyono ju ma megu piny ma ni rwodhu kude iwi gi pi ngiri mi bero migi. Kura marac maeni mitire nia jukwere cen. Ecopo kwirire cen bende; pien kan etye e kelo lithu i wath kum, ekelo lithu ii adunde dhano man ekelo akoya koya pa nwarjo man bedo ku lim i kind dhano.

Lembe ma ju wodhu piny no utye lapor pa kwond geru man kite ma gi nyuthiri kude

GERU I WATH KUM	GERU II ADUNDE	GERU I BEDO KU LIM
- Miyo loru man ret mathindhu i wath kum. - Twono njati ku twero ni bedo agonya. - Temo nek nyo kadi nego akakaka ngo.	- Nyayo ndiri man lworo i cwiny njati. - Nothu nyir njati ku lemb vupu. - Wecu ku dhok marac mir ayany nyo acidi. - Vuku njati i yore marac manano.	- Nyothu lim ma junwarjo. - Jwigo twero pa njati i yore mi nwarjo lim. - Kwero ni miyo ponjiri ni njati nyo vure i lwor/ wil pare. - Cwako ngo yore mi lwor/ wil m'iyire i kuloka pi nwarjo lim.

Nen maber: Juromo ketho juru nwarj ponji i dul ma thindho ni nwarjo man ni nyamo lembe i kum kwond geru mange ku yore ma gi nyuthire kude i kind dhano. Eno ke anzilone i vuk ma nyayo asara nyo acidi i kind monk u coo. Lembe alara eni mitire nia ju kel gi iyore mi diru pien kit lembe eni warj mapol julwor ka wodho gi kama lerj i warj lwak.

Twero pa dhano ceke ma megu ni kwo kwo mi bedo agonya i kum kwond geru ceke ma ngiri pa bedo coo ii adici koyo gi kude man ketho gi i ther aloci mi geru

Kubang njati acel acel ma megu mitire nia ekwo kwo pare ma kubanj cerj nwarjo enjiyo kude timo mi geru ma gi ai kude i banj dhano ma coo i kabedo ma ebe kwo iye i kind dhano. Kwond asendi eno mitire juwec i kume anje wek kara paru ma jucungu iwi gi uwok kamalerj. Emitire bende nia twero man rwom tic pa dul padhano ma megu enogi unen i tela ku tic migi wek kara aloka loka rom nen i kabedo ma asendi negi ube timire iigi.



BUKU PA MEMPRO MA KONYIKU PARO MA LUBU
KURA MA CUU PI BERO MIGWOKO DHANO MA MEGU I PACU
MEMPRO FEMINIST GUIDE: ALUVERSONO



Sustaining Women's leadership



Twero pa dhano ceke ma megu ni bedo ku yore mi nwanjo ponjiri, pii malen pir atiya kude man kabedo mi kony ma cuu

Dul ma cwalo lembe pa dhano ma megu umako gi cung matek i yore mi ponji mi pacu nyo nec ma nwanjire i sukuru ni neno nia rwom ku yore ni nwanjo bero ma malo no juworo gi. Eno mitire nia utimire kakare ceke ma dhano gi kwo iigi.



Bedo agonya ani londo yeny pare ku bedo agonya katimo lembe macwinye umito mumbé adici ibang nagti mange mandha ne ikum lembe mamko kume calu dhaku, bero pare ii lembe mi twero pi gamu iic, wodho iic, kwo pare calu dhanu madhaku nyo ke kite moko cii mibedo calu dhaku nyo nyicoo.

Twero pa dhano ma megu ku rwom man tic pa wath kum gi cal ku cwinye miki calo dhano mitire nia juwor. Eno gi neno lembe ma dok I kum twero mi nyolo nyodo, wodhu ic, bedo ku nec i kum yore ma wath kum gi tiyo kude man kura mi dongo miki i kind dhano calo dhano ma megu. Wath kum dhano ma megu pi rundi ma lac ju bedo ni tiyo kugi i yore mir acidi i mito miki ngo. Pi ngiri ker, adici, lworo, man rwodhu wi dhano ma megu ma kura ne ai i banj dhano ma coo, juma megu coo unyono gi i ther aloci miki. Lembe eno gibedo ka timire cal ku pend cik ma coo cwiyo, yore ma jumoko gi pire, miyo amora ni coo iwi dhano ma megu, ku mange mapol. Cwiny lembe m'uceu dul pa lwak ma neno lembe i kum dhano ma megu ubedo pi wodhu lembe mi wodhu kama lenj kite ma cwic uwek dhano ma megu gi bedo kude i yore ma gi tye kude eno. Pimeno mitire nia gi mediri asu ku lembe mi nwanjo ma kwo i bedo agonya miki.



Niyo ku tek lembe lara i lemb dini, kura the kwaro, kura ma kaka gi wok kude, kura pa megu ube worire

Religion, culture, tradition and domesticity have played a critical role in the oppression of woman and abuse of their rights. These institutions preach the message of male domination and female subordination. Feminist must constantly question, learn and unlearn the teachings of these institutions and push for reforms. Feminist who subscribe to any of these institutions should ideally lead on challenges them.



Bedo ku nec ma kethu megu mir Afirika iwanj dhano calo dhano bende, eno piny ma vee ungo pi tic i kwo pa dhano

Dul pa lwak ma neno lembe pa dhano ma megu neno nia kura bedo i ot i rwom m'up-ore kara tic miki ni konyo dhano miyo kare ma dhano ma gi mito ni nwanjo kony gi romo nwanje i yore mapol. Pi kumeno etye tic pa ku banj juru udi mitire nia gig wok bedo ber miki man ceke ma gi mito ni lale.



The right to healthy, mutually respectful and fulfilling personal relationships.

Dhanu ma megu umako ginen nia juvurugi ungo ikum lembe mamaku kumgi man de kudi ngati moko iting kabedo ma miki mi kwoo maber. Kit tic matung tung ma megu gitimu ketho dhanu moko giyen yaa gimaygi ku tic ne igi gin. Megu umaku dong gicung ngir ngir mineno nia juvuru gi ungo.



Twero mi nyuthu yic mwa mi kwo mi tipu ikwo mwa i kind dhano i yore mi yub pa dini

Kwo mi yic mi dini mwa eber pi tipu mwa. Etye yore ma wa gwokorua kude. Dul ma neno bedo ber pa dhano ma megu cwako man miyo kare pi bedo agonya lubu dini miki kacelo ku dini pa dhano mange bende pi rocu kwo miki i yore ma cuu. Niyo kind lembe eno nyuthu nia ni kwo i kura dini pa nati coru kwo para man kethu ekwo i yore ma porjo mito mi kwo pare.



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUU PI BERO MI GWOKO DHANO MA MEGU I PACU
MEMPRO FEMINIST BUDE: ALUR VERSION



Sustaining Women's leadership

Yic pa nati acel acel i kura tela mi gamba nyo cunu iwi bie i ku tiyo ku lwak



Wek kubar jara winj ponji ukueo iwi karatasi ma ju miyo ire kwond goro i kwo pare gire, kwond goro eno gi nyuthire nenedi i kwo pare ma ree? Gibe sayo yore anjo gi ni jwigo cen kura goro nyo kwo m'upore eno?

Yore pa kura tela iwi byey pa nati acel ace leno lembe ucakire i kind oro 1960 gi. Dul pa dhano ma gi neno lembe i kum bedo ber pa juma megu gi wok kude calo wec mi njiyo kid tun tun i kwo pa nati acel acel ku ju wadi, pa bedo ber ku dhano mange man pa yore ma ju thebu kude kura ma tela iwi byey. Tela ma neno lembe i kum dhano ma megu eno lela marecu ma calo rwodhu pa dhano ma coo iwi megu. Adwogi ne gibedo i pacu migi kende ngo ento i kind lwak de. Pimeno dul eni be nyegu ku yore ceke ni neno nia asendi ma dhano ma megu gi kadhu iigi jujwayo wangi ceke pi bero pa dhano ceke i kabedo ceke; i kwo migi calo nati acel acel man calo dhano i kind juwadgi.

I kind pacu ma dul ma neno i lembe pa dhano gi kadhu kude i CREA oro 2014, wec uwok kumae ***"Epori-re ngo nia tic mwa ube ka wecu i wii racu ma mako kum dhano ma megu kende, ento mitire nia wa miyurwa ni ribu wedi ma kilili i kind bedo i pacu migi, rucu cen kura marecu ma kura kwaro gi wok kugi ma kawoni tic migi umbe cal kud aloka loka ma kawoni wa kwo iigi."*** Dorj kubar dhano ceke ma gi cwako pi rocu kura pa megu asuu i kind dhano mitire nia gi nii cuu rwom pa tela i kind dhano kara jubed maber i saa ceke.

Lubu lembe eni pire tek makwe pi dul mwa eni. Yore ma wa kwo kude i kind lwak dhano nyuthu kura mawa kwo kude i pacu mwa acel acel. Adwogi ne nen i pacu, timu kura man tic mwa ecakire ni kum nati acel acel.



BUKU PA MEMPRO MAKONYI KUPARO MALUBU
KURA MA CUU PI BERO MI GWOKO DHANO MA MEGU I PACU
(MEMPRO FEMINIST BUIDE: ALLUR VERSION)



Sustaining Women's leadership

NYAN I KUM TELA MAN ADICI MIR ALOCI PA DHANO MA COO I WII DHANO MA MEGU

Jutiŋe nia etye kura ma kakare nia dhano macoo gi bim wii dhano ma megu, man megu girwo igi. Eno vupu.

I kind aloka loka ma ŋec moko unwaŋo, paro eno ulokire oro 12,000 m'ukadhu aŋec. Kura mi furufur ku bedo i pacu ukelo nwaŋo lim mi jengiri iwiki man mi jer calo coo ma gi paro nia tego migi uloyo pa dhano ma megu. Weg awia, wod gi, umego migi man kwaro gi cako ni bedo kago kago. Lonyo ceke ma gi limo gi cako ni weko dhano ma coo kende re ma gi lagu rwom pa dhano ma megu ju diyo piny. Egam ewok kud adwogi maeni.⁸

Adici man aloci pa dhano ma coo i wii dhano ma megu ucungu i wii lembe maegi:

- Paro ma cwalo nia coo gi tye ku ditto m'ukadhu pa dhano ma megu pi meno ju kwano gi i kind piny ma coo ulimo.
- Lembe ni jucwake calo yore ma kakare ma neno kura pa thek, bedo anyoli ma calo coo nyo mon; ku mange mapol. Egam edoko ni kura ma jucwako i kind dhano, i kabedo mi tic, i ŋom ma tuŋ tuŋ man ni pend cik.
- Kura p'aloci man adici iwi megu eno eronyire i bedo dhako ku nyicoo i gyer, i udi migi man i kura bedo i kind lwak.
- Ni weko racu eno gi mediri asu i kind dhano i pacu, yic man tic migi jukelo lemb geru i kum mego kara timo ne uwoth asu.



Keth uwinj ponji i dul mathindho thindho man i mi igi kare mi nyamo lembe i lem kura ma adici man aloci eno ube kadhu kude i kindwa; kadi tin man iyore aŋo.

Ku lapor nji i lembe mi wodhu ŋec aŋo. Nyamo, paro ma nia mon gi kumeno, paro ma ju moko ento evupu, lemb dini, cunu sadeni pi cwako dhano ma megu ku mange mapol. Nyuthiri calo dhano ma mon nyo coo koyo tela. Tuŋ tuŋ mi nyoliri pa dhano ma mon nyo coo utye acel mi kind lembe ma nyayo apoka poka i bedo ku twero. Ku lapor calo ma dhano mamegu dwonde upe i moko cik, eromo bedo ngo ku twero mi tela iwi ŋom zo. Nyoliri i cwic calo mon nyo coo wothu ku twero i kume. Kare mapol ju tiŋu nia ni bedo "megu" the lembe ni bedo upe ku twero, liŋ, wor, ciru; ku mange mapol. Ni bedo dhano ma "coo" ke ju pore ku bedo ku twero, weco kamalen, voyo wii piny, diyo mito peri umako utimire, ku mange mapol, anzilone i kind bedo calo dhako ku nyicoo. Kura cwic umiyo ni dhano ma coo ku ma megu, kare ku kare jwigo twero migi man ju dwodu coo malo iwiki. Ku lapor ka ju miyo kare ni megu ni weco i kind dipo, paro ma gi wok kudu ju kethu ngo i tic. Dhano paro nia "twero" utye piny pa dhano macoo. Enyuthire i yore ma dhano paro kude nia ditto ku twero pa coo mitire unen ni kum aloci pa coo i wii dhano ma megu.⁹

⁸<https://www.newscientist.com/article/mg23831740-400-the-origins-of-sexism-how-men-came-to-rule-12000-years-ago/>

⁹<http://www.dlprog.org/opinions/gender-and-power-six-links-and-one-big-opportunity.php>



**BUKUPA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUUPI BERO MI GWOKO DHANO MA MEGU IPACU**
(MEMPRO FEMINIST GUIDE ALL VERSIONS)



Sustaining Women's leadership

Ditto nen i kwond yore mapol:

- Diti i wic: Ditu ku copo mi loyo man weco piri giri, nyo kaka nati, nyo dhano nyo dul pa dhano mange. Enyuthere i kura mir adici, avwoci man akoya koya i kind monk u coo.
- Ditto ku mange: Etye ditto ma ju nwanjo ni kum nywako dhok, cwakiri ka thondhgi man cungu ni dhano acel ku the lembe moko m'uporire.
- Ditto i kind ju: E sayo yeny pa nati gire; egenire nia eromo gire kende man i wan upe. Tegu pare egonyire kude gire ku thwoke.
- Dito ni timo: Etye tegu ma nati kethu kude iwiye nia en ikende re ma eromo yubu kwo pare i yoo pare gire gire kite ma eromo kwo kude inom. Etiyo ku lim pare pi porjo mito maeni.

Ditu ma kumeno nyuthire i rwom yarj maturj turj; i kind lwak, i dul maturj turj pa gamente, tic mi mony, i kwo pa nati acel acel (i kwo mi udi nyo mer i kind ju) man ma tokcen ne iwa giwa kite ma wacerurwa kude i kum lembe ku yore ma wawinjire kude i kumwa.



Sustaining Women's leadership

Eno utye lanen pa nyuthu kite ma dito jube tiyu kude anje nyo aponda pi moko paro ma mitire nia ju keth i tic. Ku lapor dito nyo tegu pa kwenda i wii yamo pi nyuthu kude piny mi lwor/ wil man adwogi pa kwenda ne ni lwak dhano. Eno gi ceke karacelo gi mondo mathuc i kwo mwa ni njiyo i paro mwa karacelo ku kwond tic ma mitire piwa calo dhano ma coo nyo ma megu.

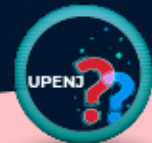
The lembe pa lwodho iwi pparo eno utye njiyo yore ma jutiyo kude ku tegu ma adwogi ne kelo ariti acidi man racu pa dito; ma kun ke yore mange gi tye ma giromo kelo bero ni dhano ceke.



Penj uwinj ponji ni laro lembe i ungu mathindho thindho iwi lembe maegi:

- Piny anjo ma bino i paru peri ka i njiyo lembe i kum dito?
- Dito eno weko i timo piny anjo?
- Kabedo nyo rwom pa dito nwanjire kakane?

Pi nyamo lembe cuu i kum yore maturj turj ma dito nyuthire kude, wek uwinj ponji yi nyoth kubedo i pacu ni tungu awia, ma gi nwanjo ponjiri m'uromo i sukuru, ma gibedo ku lim m'uromo; ku mange mapol.

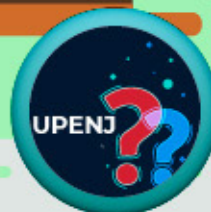
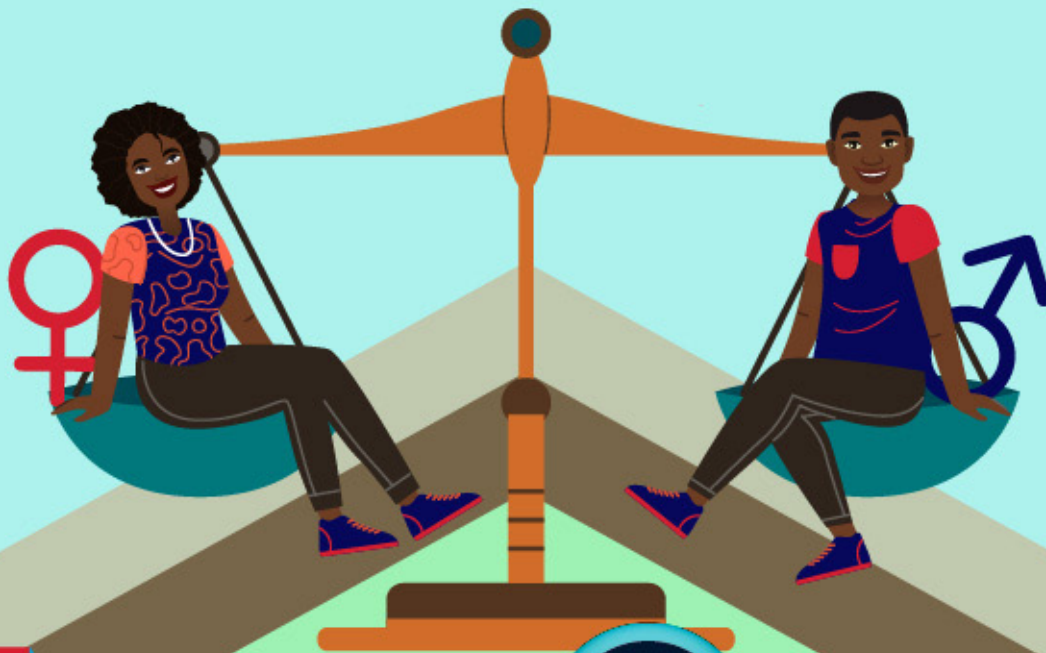


Penj juru winj ponji ni paro i kum wan mir acel i kwo migi man ni nyan nia akoya koya midito/ keru/ tegu kara utye andha. Penj gi i kare moko ma gi nwanjiri nia keru/ tegu/ dito migi upe man kite ma gi winjiri kude i kum gi.



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUUPI BERO MI GWOKO DHANO MA MEGUI PACU
(MEMPROW FEMINIST GUIDE: A LARVERSIÓN)





**Mi ni juru winj ponji penji maegi ma weco i kum
can limo piny man kare mi can negi**

- Nindo peri ma kubarj cej kadhu nenedi?
- Tic ma nenedi ma itimo kubarj cej ma royo iri limi?
- Pirajo m'iparo nia gi royo iri lim nyo ungo?
- Tic m'itimo pi saa peri mi tic zoo, nyo pi kare ma tundu tundu?
- Tic mi pacu ma calo lwoko bongo, ajeni, tedu; ku mange, i timo gi i ngei kare ma rukunae?
- I kwo iwi giri nyo ku nati mange de?
- Tic mi pacu eno wu lawe i kindwu de?
- Ka nyo winjiri pi lembe mi lawu tic i pacu peri umitire gi lembe anjo gi?
- Ku cej tic eno i timo gi pi kare ma rukani?
- Pacu peri nyanj maber i kum lemb tic peri eno de? Enyanj i yore ma nenedi gi?
- Ju culi pigi nyo fwoc moko ju miyo iri ku mic moko?

The lembe pa bedo ku lim

Lim the lembe ku dhu Griki utye "coko dhu man tiyo maber ku kwond piny ma gi nwanjire i ot/ pacu peri." Bedo ku lim utye tic pa dhano man adwogi ne. etye ponjiri i yore m'akoya i kum yore mi nwanjo lim, poko iye, tiyo kupiny negi man timo tije gi. Etye nwanjo ngec i kum bedo i can piny, kite ma gi miyiri kude pi lime nyo yore mi moko paro ma kakare pi tiyo kugi. Gi timiri pi dongo nom, ento m'uweko maeni pi bedo ber pa dhano. Eneno bedo ber eno umedire anyim (Bader 2012). Kura bedo ku lim ma kawoni ucungu iwi nwanjo agaa lee, medu wend tic iwi dhano culu gi nyanok ma porire ku wend tic ma gi timo, tiyo ku kwond Cuma maturj turj ni medo rwom pa lim (Max 1976). Dul maturj ma malo eno gi tic migi utye pi kelo akoya koya i rwom mi nwanjo man bedo ku lim. Emedu wend tic iwi dhano moko ma nwanjo culu pi tije ke jujwigo. Yo kurucel tim ma Cuma timo re cul pa juru both kadhu pa dhano ma gi tiyo keca ku keru kumgi.



**BUKU PA MEMPRO MA KONYI KUPARO MA LUBU
KURA MA CUUPI BERO MI GWOKODHANO MA MEGUI PACU
(MEMPRO FEMINIST GUIDE: A LIVER SIO)**



Sustaining Women's leadership

**BEDO MEGU MAN
BEDU KU LIM**

I kare ma Richard Stone ube kyeo lembe ma mako kum dero lim iwi ŋom, enyuthu kite ma jubi luth kude lim man kyeo wend gi, eno jubi lwoŋo wend lim m'umondo. Piny ma kawoni julwoŋo GDP man dongo pare ucakire i kare eca. I dongo lonyo pa dhano mir Amerika kwond dul aryo gi neno lembe negi. "Microeconomics. Gi ŋiyo i paro pa ŋati acel acel, i pore ku pa dhano mange. Dul ma neno lembe i kum dhano ma megu gi ŋiyo i lembe man gi nwaŋo nia "Nicoo ma icoo" nwaŋo agaa ma sago, e bimo wii souk mange ento lim negi etiyo kugi pire gire; anzilone pi piny mir acama. Re jal eno, kadi tic mi pacu etimo ngo. Etungu nyodo de ngo. I andha kadi nyodo enyolo ngo! Doŋ kura nwaŋo man gwoko lim m'ucungu iwi "nicoo ma nicoo" paro ngo pi nyoliri mi cwic pa coo calo coo mammon calo mon. eparo kende pi bedo nyico ma jara bim i lemb bedo man tiyo ku lim. Megu mapol ma gibedo ka timo tic mi gwoko pacu man pidhu pa dhano mange jubed ju culu gin go. Eno ke ubed ujwigo dongo pa royo lim migi pi gwoko gi. Re adwogi ma ju kyeo nyuthu nia megu eno kuloka migi ube wotho maber man lim de gi be nwaŋo m'uromo. (Maria Sagrario Floro man John Willoughby, 2016) gi Waco nia emitire ni neno ka nyo royo lim ni megu enogi tye kumeca andha.

Bedo megu man royo lim

Dul pa bedo megu ucungu iwi miyiri mi jigo adici, aloci, agonya man avure ma dhano ma megu man ju manyir gi kadhu iigi i kabedo ceke ma lembe gi wok kud iigi. (Einstein 2009) umiyo paro pare i kum lembe eno.

Lembe eno erombo karacelo ku paro pa Sen man Grown 1987), e nyuthu man toyo kugi iyore ma kakare, kabu cen akoya koya ma nyoliri mi bedo nyaku nyo nyicoo. Ekabo cen adici nyo rwodhu pa dhano ma coo iwii dhano mamegu. Eneno bedo ber ii anyim mi rocu kwond racu eno ceke pi bedo ber pa dhano i kura

mi nwaŋo man tiyo ku lim i yore ma kakare.

Pirango ma dul ma neno lembe pa megu gi ŋiyo kind lembe mi royo limi?

Sagrosio ku Willoughby (2016) gi Waco lembe ne kakare. Pien byeko lim pi konyo pacu i rwom m'uporire ni dhano ceke mitire nia lembe ceke ma mako nwaŋe, tiyo kude man nwaŋo paro i kum tic i kume ubed i winjiri! Ka ju weko dhano ma megu cen i kind lembe, nwaŋo i lembe ne igi neno.

(Elson, Grown man Cagatay 1995) umiyo ŋec nia Dul pa dhano ma neno lembe pa megu gi nwaŋo nia; pol pa megu timo tic makwe i pacu migi ento juculu gin go pigi. (Ece Kocabicak 2013), bende umedo nia; nik bed i rwom matur ŋur man lwor man wil i souk, akoya koya man adici iwii dhano ma megu utye malo makwe. (Sagrario man Willoughby 2016) gi Waco; "Ni cakire i oro 1990 ni cidhu anyim, dul ma ŋiyo lemb bedo ber pa dhano i ŋom mapol gi cako the rocu paro migi i kum lembe ma mako nyoliri pa dhano ma coo man ma megu cal ku nyoliri migi kumeca. Eno utimire i rombo madit i oro 1995 i Beijing; ii adwogi man neno dongo mi kwo pa dhano i oro 1999, i ŋom zoo i oro 2001"

Lembe ma malo eno kadi bende dhano mapol gi fwoyo pigi, gi mediri ni nyuthu bende nia dul mange gi nwaŋo lim madongo makwe ni kum juru can ma gi muliri ku tic matek ma nwaŋo cul migi ree nyanok makwe. Gi neno bende nia aloci pa dhano ma coo podi asu diyo dhano ma megu i yore mi nwaŋo man bedo ku lim pigi gigi. Pi meno ebi mitire nia dhano ma megu gi sai tic ma ju culu gi pire, kabedo mi tic negi ubed ma cuu man ŋur ŋur ni nwaŋo cul migi kud ukoc akeca i kind megu ku dhano ma coo.



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KUR A MA CUUPI BERO MI GWOKO DHANO MA MEGU PACU
MEMPRO FEMINIST BODE: ALARVERGİNDİ



Sustaining Women's leadership

Ni cakire i oro 1999 ni cidhu anyim, dul moko ma julwoŋo (Structural Adjustment Programs (SAPs) gi wok ku paro mi timo kelo ku ŋom matuŋ tuŋ, ŋiyo i rwom pa sente matuŋ tuŋ, timo kuloka kaka ma yeny peri umito, miyo tic ni lwak dhano moko ci, kadi nwaŋo gamente room time gire, man gi mediri nia wend lim ma gamente umiyo i cing lwak, juwig cen. Adwogi pa lembe eno umedo wel dhano ma megu ni nwaŋo tic, ni cingu iwii gi gigi, ni medo rwom pa yotkumgi man bedo ber migi. Re asu pol pa dhano ma megu ju miyo igi tic mi pacu ma cul migi nyanok. Ju wenjo gi ni timo tic ma mito ngo diru makeca man paro ngo ni neno nia kwo migi ju gwoko maber idhoge.

Dul ma neno lembe pa bedo megu ŋiyo i lembe ma neno kum nwaŋo man bedo ku lim i kind dhano i yore maegi:

- Adwogi pa loc ken i yore mi nwaŋo man bedo ku lim ni dhano ma megu. Pimeno cul pa ju ma coo ku ju ma megu gi nwaŋ lim marom pi tic marom ma gi timo. Ju cul gi ka gi nwaŋo peku i dhu tic. Ju gwok gi i kum avure i dhu tic. Lim jupoki rom rom man musoru kud juŋab malo akeca.
- Adwogi pa kwac eno mito utimire i dhu tic migi mi nwaŋo man bedo ku lim.

(Seguino man Willoughby 2016) i oro moko madit ma mako kum tic ma kelo lim, gi fwoyo bero pa adwogi ne. Lembe ne ŋiyo i kwond tic ma dhano ci, nik bed coo nyo megu mitire nia gi time. Tic ju mik ni dhano mi oro 15 ni dok malo. Tic ne copo bedo ma itiyo pi kare malac; nyo tundu tundu. Eromo bedo tic i pacu. Eno bedo ma juponji kude ento iculu ngo mi nwaŋo ŋec ne. eromo bedo tic ma imiyo bedne twero ni dhano ma megu ni cingu iwi tela pa lwak man i wodhu dwol migi pir aloka loka maber kara ju winji man juketh i tic. Emedo bende nia nyoliri calo coo nyo megu man neno gi calo dhano wadwa pire tek makwe cal ku lembe pa (Elson 2011).



- Dhano ma megu juromo ka laro gi nenedi i cing ju ma cwako nwaŋo lim madongo i yore mi miyo tic mapek ni jurucan ma ke cul migi nyakanoki?
- Ka yore mi nwaŋo lim migi madongo eno juturu the lembe cen, gi beci kwo nenedi?
- Dong lub ma cwalo lembe pa bedo megu eni ju mii igi kare mi twinyo racu eno gi dwog i yore ma kakare?
- Kura mi timo tic pa dhano, ju room ka rocu nenedi wek kara ju ma coo kud gin yon dhano ma megu i dhu tic migi?
- Nwaŋo lim madongo ku yore mi diyo jurucan, culu gi nyanok, andha room bedo piny ma ju cwako pire de?

Adici man aloci pa coo wii dhano ma megu etye dongo ŋom cidhu bor ungo. Adwogi migi marecu nen acure i rwom pa lwor nyo wil; cal ku adogi ma (Seguino man Willoughby gi wok kude i oro 2016). Ni nyan mathuc i lembe eni, mitire nia ju nen dongo pa dhano i kura bedo migi ma kura ucwako pire man yore ma gi nwaŋo, tiyo man gwoko kude lim migi.



Paro pa lwak i kum yore mi bedo ku lim i banj dhano ma megu

Dhano ma megu kwo pi rundi malac ma loyo coo. Ento gwok migi i kind two man tic migi pire cwakire rom rom ungo. Dhano ma megu bende room timo tic pa lwak kadi bende nyolo nyodo ku pidhu ne ungu wigi ni kum cwic migi. Ariti ma gi kadho ii gi pol makwe ma calo; akoya koya i kumgi i banj umii tic, tun tun pa cul migi ku pa coo, miku igi tic mi pacu kende, cul m'upe nyo ma jumiyo i saa ma kakare ngo; ku mange mapol. Dul ma neno lemb fur ju paro pigi nyanok. Pi meno pol pa megu gi muliri ku tije gin. Kadi ithege mi lwor nyo wil bende; mi rwom ma piny ema ju miyo ni dhano ma megu. Eno weko dhano ma megu ni timo kuloka ma linga linga i kind njom matun tun. Tic ma juculo ngpo pigi kubanj cerj wodhu lim madongo ni won tije kende. Njom ma cwako timo migi gi paro ngo pi bedo ber ma lac ma jutimo gi iye; anzilone ni dhano ma megu. Kadi wend cul manok ma jumiyo ni jurutije de twero migi mbe ni wacu nia ju medi.



Pendji maeni ni kelo bero pa tic ma royo lim ni coo ku mon ubed rom rom wac kumae: Beor anjo ma juwec iwii gi ne?

With giee:

Nyo Paro man gwoko | Dikiri i dhoge | Woriri i kind ju | Geniri i kind ju | Time kud amora | Bedo ku kisa | Paro pi bero pa jumange ni sago peri | Time ii ajaa | Bedo ku cwiny malen | Thwolo-cwiny | Time ku cwiny gi | Woririr giri | Neno mediri/ anyim pa tije | Gi tye?

Adwogi pa tije ira anjo; ma calo:

Anwano bero ne an; An calo jaranyodo; Atime ma cul upe; Podi atye aradu; Pira mito jupar kare ku kare; Ajara tic; Ajaranyodo m'ucungu iwiye gire.

Ni daro cen abara wic pi masendi enogi mitire nia junj i rwodho pa dito man adici pa dhano ma coo wii dhano ma megu. Cal cuk kite pa lwak umoko man ni neno nia dhano ceke gitye ku twero ma rom rom. Lembe eno mitire nia juketh i tic cal ku paro ma (Sargrario Floro man Willoughby gi wok kude i oro 2016). Cal ku paro ma wii njom cwako, dongo njom iyore ma ii pi kare malac cungu iwi bedo rom rom pa dhano macoo ku ma megu. Gi cikiri ni neno nia kare ma oro 2030 ubino; nwanjo timo ne ni tic. Dul mi wii njom zoo i lemb kuloka gi neno kind lembe mapol (169). Acel mi kinde gwoko wend kare mi timo tic mi pacu; paro pi juruticje neno gi i cwic migi calo coo nyo megu; wend oro migi man kakarema tije gi timo iigi. Pien bero pa tic nen i bedo ber pa dhano i kwo migi ni kum adwogi maber.

Dikiri pa njomb Ucol/ Afrika i wii lembe migi 2063, gi cwako nia; i kind anyim mi oro 50, aloka loka mi rocu nwanjo, gwoko man nyayo lim iwi njombe ni dhano, juketh i tic. Pido ic migi utye ni neno nia Afrika ubed ku dhano ma gitye kud amora tic i kindgi, gi gen lonyo ma njombe kud umiyo igi ku kony pa dhano migi anzilone megu, arado man gwok ma kakare ni nyithindho. Ku gum marac, lembe eno gi ju kyewe ento kethe i tic podi ujai. Lembe eni mitire nia junj igi mathuc i kind dhano ma megu i rwom migi. Suru migi man kaka migi njomb Uganda ubedo mir acel, i kind oro 2015/16 – 2019/ 20 ni wok ku paro mi ketho lembe eno gi i tic. Gamente uneno nia 76 iwii 100 gi tuc i rwom eno; lwak pa (United Nation Development Program – UNDP) gi cungu i tok lembe.



BUKUPA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUU PI BERO MI GWOKO DHANO MA MEGU I PACU
(MEMPRO FEMINIST GUIDE: ALIURVERSION)



Sustaining Women's leadership

**NI ketho lembe eno gi tlmiri kakare,
dul ma cwako pi tegu pa megu gi wok
ku yore maegli**

✓ Jwayo ilembe i kum cul m'upe nyo manok idhu tic man neno kilili lemb pidhu i pacu ma pol ne megu gi timo gin.

✓ Gamente umed wend lim mi pangu nyo miyo tic pa lwak i thenge mi lemb leju, pidhu man konyo kwan pa dhano.

✓ Wodhu adwogi mandha i yore ma lim pa gamente jutiyo kude.

✓ Medu keru pa jurutic iwnjiri ku gamente pi wend cul m'umako gi nwan.

✓ Neno nia cul pa musoro ukelo agaa mu medire iwanje i yore maber.

✓ Kelo aloka loka i yore mi niyo lemb adwogi pa tic mi kare macek. Julub lembe cuu man adwogi negi pi gi uneire.



Dul pa dhano ma cwako twero man bedo ber pa megu gi Waco nia tunj tunj mi kind nwanjo lim malo. Eno mitire nia enji yore mi tic ku tic bodhu nyo diru negi, yore mi tiyu ku adwogi pa limbe man kura timo pa nati acel acel i tic ma kubanj cerj. Paro eno (Saguino man Willoughby gi wok kude i oro 2016). Kubanj njom acel acel adwogi pa tic migi unen piny ma juparo gi mito, twero pa lwak mi timo gi man pi bero p'anyoli migi. (Wood Uwok ku paro eno i oro 1991). (Gardiner i oro 2000) uwaco nia ju ni kind adwogi pa kuloka man tic mi pacu calo ma kind gi kago kago ku tic mi lwor/ wil i soko. Piny ma ju wodhu gi pi gwoko kwo, kud ju jeb gi ku yore mi kelo tunj tunj i dito pa dhano nyo i yore mir avure.

Yore moko ma dhano i nwanjo iigi lonyo lee ni kum culu jurucan nyo swa swa ni kum kura kwo pa coo ma gi diyo kude megu piny; mitire

nia ju jwai cen. Ka dul ma neno twero pa megu gi weco, ju paro nia eca lembe pa megu. Ento wanj umako ngo nen nia mae mon mae coo. Ju nen dhano ni acel. Severus Owamparo uwaco "Ju copo dwoko rwom pa dhano piny ma calo nyicoo nyo megu. Eno dwoko dhano cen i rwom ma calo in i limo rukane ma ca ke limo rukane? Piny ma mitire ju nen utye nia karacelo i timo piny ma kelo adwogi ma rukani pi bedo ber migi? Adwogi pa bedo pa tic wok ni kum tic anywaka; man etye ni umako ni dhano ceke; i kind cwic m'utyekogi man iwii gi gigi." (Maria Mies i oro 1998) umedo paro eno ku cwak mae! Cungu pa nati pire gire man pi bero pare kende ber ungo. Lwak ma cwako megu i gwoko kwo utye piny ma pire tek makwe. Paro ne lwak mitire nia gin yam iye cuu. Gi mok paro ne iyore m'uporire pi bero pa dhano ceke.



BUKU PA MEMPRO MAKONYI KUPARO MALUBU
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(MEMPRO FEMINIST GUIDE: ALUJ VERSION)



Sustaining Women's leadership



DHOK PA DUL MA NENO LEMBE I KUM BEDO MEGU



Pi dakika 10 – 15 mi kare ni uwinj ponji ni lwodhu i wi penji ma piny no gi.

- i) Ineyo nenedi nia mutukari utye mutukari?
- ii) Piny anjo ma ketho gwok bedo gwoki?
- iii) Ineyo nenedi nia nati umeri?

1

Dhok majuwecu ikum bedo megu

Buku ma gonyo lembe mazoo idhok¹⁰ (The common dictionary) Waco nia "dhok utye lembe ma zoo ceke i kind dhnao eca ma konyi gi i kabedo migi m'akoya. Etye kura the kwaro ku kwir migi m'uyiyire igi i yore pa nyuthire pare ku wath kumgi, dwol, paro, timo, yore kwo; ku mange mapol ma en ekoyo pigi gigi."

Ku barj cerj watiyo ku dhok i kare man kabedo maturj turj. Eno timire i kabedo pa lwak, i kindwa giwa i wec mwa, ku njec nyo njec mwa ngo. Ecwalo kamalerj lembe ma wa mito uai kud iwa uwok woku. Dhok ketho warjeyo piny mapol man wa nyarj de nia wan wa nja gi.

Watiyo ku dhok ni cako nyirj piny, dhano man kit kwo anjo ma wa kadhu iigi. Ku lapor wa njeyo nia dhako utye dhako pien nyinge bedo pa megu. Ka dhako ufwoyo gire nia kud julwoje kumeno, wa rom cwiyo yore mange ma julwoje kude? Pimeno i thenge maeni wabi nyamo i lembe i kum kite ma pire tek kude ni tiyo ku dhok. Dhok juromo tiyo kude ni cwiyo nyo ni nyothu; ni medu rwom nyo ni ture. Dorj etye lembe adek ma pigi tek ma dul pa ju ma toyo i kum bedo megu gi Waco ju nen igi ku tek.

- 1) Kite ma ju toyo kude ku dhok i bedo ma ju ma coo gi tye kude kud aloci man adici iwi megu.
- 2) Kite ma ju tiyo ku dhok i dul ne man i tic migi ne.
- 3) Cungu matek i lemb rocu dhok i yore ma diko kind dhano i yore maber.

¹⁰Language, Cambridge dictionary (2009). Retrieved on 12th May 2019, <http://dictionary.cambridge.org/dictionary/english/language>



BUKU PA MEMPRO MA KONYIKU PARO MA LUBU
KURAMA CUU PIBERO MIGWOKO DHANO MA MEGU I PACU
MEMPRO FEMINIST GUIDE: ALURVERSIHO



Sustaining Women's leadership



Dhok calo jamb tic mir adici

Dhok juromo tiyo kudu calo jam tic ma cwco nyo lalo kind dhano. Juromo tiyo kude calo piny ma jumoko man timo yeny m'efwoyo i kind dhano. Dul ma neno i lembe pa megu unwango nia dhano ma coo gi cwiye ni kelo adici man aloci iwi dhano ma megu. Etye i kind mange mapol, ni koyo nyoliri mi cwic, rwom pa njati, apoka poka mi del kum, akoya koya mi oro. Pimeno i kind apoka poka m'eke-lo lero ne ku bero ne dhano coo re ma gi lime. Audie Lorde ujenj ikum lembe m'ewaco nia dhok ma ju wek tek tek nia udi twero pa megu, ju roc vee in tiyo pi bero migi bende.



Nyoliri calo coo nyo megu

(Bell Hooks): Ugonyo lembe kumae ***"Dul pa dhano ma neno lembe pa megu neno nia timo ne mitire nia ejiki, pien etye lemb acidi, asara man avure i kum megu. Elemb acidi ma gudu cwiny dhano ma megu. E ketho paro, kura man timo mir asara ai kende kende i ban dhano ma megu. Ekoyo kilili ngo jacak lembe, ja deb the lembe nyo nyathin nyo jadit i timo ne. pimeno e tye kura ma dhano moko gi cwiye man gi pojo yeny migi. Dorj ni nyan maber i kum tic pa dul ma gicungu pi gwoko twero ku rwom pa ju ma megu nyoliri pa mon nyo coo mitire nia ju nyam iye cuu"***.

Wa kwo cal ku nyoliri mwa calo coo nyo megu ; i yore mir anje nyo aponda. I lembe ma kadhu iwi Televijon cil¹¹ i buku ma gonyo lembe mazoo i dhok m'akoya lembe eno fi wok. Enen i kind tic, bedo i kind dhano,

¹¹K. Rosebell (2019) Ads about bus stop harassment and 'bonus wives' normalise sexism. Retrieved on 12 May 2019 <https://www.theguardian.com/global-development/2019/apr/01/ugandan-ads-bus-stop-harassment-bonus-wives-normalise-sexism>

¹²Word created for purpose of this manual.

kabedo mi tic pa lwak, thenge mi ponjiri, i lemb dini, i kura kendi, i lemb lenju; ku mange mapol.

Kwond racu eno ju dwoko gi ni nen ber ma ju cung i tok lembe gi toyo ku pend cik man dhok mir akoya koya ne. kadi bende jut emo yore ceke mi jwayo¹² lembe cen, podi asu dhano gi be muliri ku lembe.

Nyoliri ni bedo coo nyo mego thuc pa racu ne utye i dhok ma jutiyo kude. Kulapor, bed ma ber calo njati ma nyako, bed calo megu; coo i dhu tic; ku mange mapol. Ekelo akoya koya ma ketho coo gi bed kaka gi i dhu tic migi man dhano ma megu de gi koyiri ka thondgi i dhu mukeru migi. Ku lapor nying jawii japonji ma coo ukoc ku nying jawii japonji ma megu kadi bende dito migi ne utye i rwom marom (Headmaster/ Headmistress). Lei i oro 2006 uceru bane m'ecwako kude racu ne. ewacu, "wegu umako gi jerj i kum man rwom pa coo ma pire tek akeca ngo."

Lei umedire anyim ku paro pare. Ewaco; "1. 'Master' the lembe won jol, 'Mistress' the lembe jara tim tic mi jolo nyo jammer. Pimeno megu umako calo jurumer, gi jerj i kum jammer.

- 1) *Wec pare moko ma zoo ewaco; 'Aol ku titi mpa dhako para man awok woko man anwango jaramer utye ngo dhako dok eromo bedo ngo dhako.*
- 2) *'Ganan' utye njati ma nicoo ma twero jumiyo ire ni neno wii njat njom nyo njom moko. (Governer) Man 'Governess' utye njati ma megu mi rwom marom ku wadi ma nicoo ento tic pare utye mi tungu mar i tije (Governess).*
- 3) *(Professional) utye njati m'unwango ponjiri kilili pi timo man etimo tije ku diru. Ento ka jube weco iwii 'Professional' ma megu, eno nwanjo ju weco i kum diru pare i rwom mi timo asara ku coo.*



- 4) (Tramp) the lembe nicoo ma kakare manzilo upe; ebedu njom ni yayo tic ma tundu tundu pi cwalo kwo pare.
- 5) (Tramp) in wegu the lembe dha asa ma etwomire kun ku kun i barj coo pi cwalo anyim pare.
- 6) 'Jal mi dhu ngudu' (man in the street) karacelo ku 'Dhako mi dhu ngudu' (woman on the street); gi kwo ku kwo marom. Tur tur ne utye nia jal nyuthu nia i dhano ma kumeca, ento dhano moyere nia asara ukele re keca."

4

Rwom ma gi koyo dhano

Bukue ma gonyo lembe ma zoo i dhok m'akoya Waco. Rwom ma gi koyo dhano nen ni kum kabedo ma gi kwo iigi man paro migi gigi. Ekadhu wii rwom pa bedo ku lim, kie ma gi kwo kude, wec migi man kabedo ma gi ai iigi¹³.

Bedo i rwom m'akoya m'ukoc kud akoya koya pi lemb rangi mi del kum kindgi bor ungo. Rwom mir akoya koya pa dhano epoyo wic nia dhano moko gibedo man pigi tek uloyo ju mange. Enyuthire i dhok mwa manja, kulapor, eca dhako m'uai i thedero. Aromo ngo ni jwigira ni timo tic m'ipacu. Atye nyar awora ento ngo dhaku, dhaku ma kumeno kumeno. Dhaku mi rwom ma dit.

Kwond wec eno kelo akoya koya madit i kind megu kende ngo ento kadi ju ma coo bende. I paro pa gul ma gi cingu i kum bedo ber pa megu ayi lembe ma kumeno lalo dikiri i kind megu ma calo nyi megu ku nyi megu. Pi meno lembe eno mitire nia ju nii igi cuu; man, ju nwarj yore mi jwayo gi cen i kura ma ju weko ube timire pi bero pa dhano moko akakaka.

5

Geru

Dhok umero keru pa geru i kind dhano. Dhano ma nyir ku ma megu pi rund ma lac gi bedo ka kadhu i geru pa coo. Gi nwarj i kind dhano, i yore mi nwarj lim, i tic mir asara, i wath kumgi man tela iwi pyey. Ku lapor coo twinyo gi i yoo matira ku fwodu. I kura dini pa Jukristo gi Waco mon gi bed i the loc pa cog gi. Awia ma coo bi bedo coo. Min ot para utye calo jamb tic para. Aromo cide pir asara, tar warj, pol dhok ku mange mapol ni dwoke dhoc iwi conge. Lemb geru dwoko tije yot.

Pimeno etye tic matek pa dul ma gi cingu iwi lemb bedo -ber pa megu ni njiyo i kum dhok ma jutiyo kude i kind dhano. Eno ke etye pi dikiri pa nyimegu i kind nyimegu pi bero pa dhano ceke.



Uwinj ponji mitire nia gi lwodh lembe ma cwayo geru i kind dhano, ecuu apoka poka mi nyoliri migi kumeca man koyo kind rwom migi calo megu.

■ **Gi nii man gin yam paro ni nyako lembe ma kethu wec mir acidi kud azeri eno medire kare ku kare.**

Gi wok bende ku yore mange ma kwond dhok marecu enogi ju room ka rocu gi ni dok ma cuu pi bero pa dhano ceke ii kare ceke.

¹³From Bell Hooks' feminism is for everybody.





CWIC MI NYOLIRI MI BEDO COO NYO MEGU MAN NIYIRI MIGI

Nyan i lembe ma mako kwond kura kwo ku tije, ku sayo yore ci ceke ma kura m'ukoc i kura thek kwaro macon eca ju jwai kude wigi cen.

Adici kud aloci ma calo rwodhu pa muni, nwanjo lim ii agaa mi rwom ma malo i kum jurucan, rwom ma malo iwi ucol pi bero pa muni, dwoku mi nom ngun calo pacu acel ii uda calo ma lembe uai i ban gi ku paro mi ngiri m'uai i ban gi.

Lembe mi paro ma kumeno jebu wii jurudini, kura nyoliri pa bedo mon nyo coo; kura mir awora i kind ju mir Afirika pi lemb rwom pa judito ma gi loyo wii lembe gi. Eno ubedo njiyo kind lembe pa jadit (Tamale i oro 2011).

Sunila Abeysekera i oro 1999 ugonyo with the lembe weco ma dongo negi i kum timo marecu negi.



NYOLIRI CALO MEGU NYO COO

Eweco i kum jamb wath kum, kura kwo migi, ayi nen migi i kum kwond dhano matun tun i nyoliri eno (Phillips 2011 m'u cwake). Paro eno ubedo nyan i lembe ma cuu ku lubu i lembe negi pa (Muriel Dimen i oro 1981; kwond lembe 66)



ASARA I KIND COO KU COO NYO MEGU I KIND GI GIGI

Pi lemb anyona migi. Avaa mir asara i kind bedo coo nyo megu marom, lembe ucako con dok cerj ne gi tiye. Mon moko kadi ku coo moko de gi nwanjo midu pi timo acidi ma kumeno gi. Lembe enwanjire i sayo kite kura ne ma (Amazons, Bluestockings man Crones) gi wok kugi. I kum lemb bedo ber i dul pa megu mi oro 1992; nwanjire ii buku i nya cek (Random House Unabridged Dictionary, 1996).



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUU PIBERO MIGWOKO DHANO MA MEGU IPACU
(MEMPRO FEMINIST GUIDE: ALUM VERSION)



Sustaining Women's leadership

Lembe ma nyacek i nyoliri calo coo nyo megu

Nyoliri icwic calo mon nyo coo utye lembe acel. Kura kwaro man lwak dhano de gi cwako oire. Etye lembe ma bedo ber ucungu iyiye. Kur wer pa (Tamale 2011), etye yore mi neno kura kwo pa dhano. Ento lembe mi diyo dhano ma megu i the tyend coo.

Cal ku wec pa (Sanila 1999) i kura macon m'ithe kwaro, ka dhano unwanjo nyodo; eca donj itye i the loc pa cware ku nyoro ku kwaro pare. Elubu kura mi suru man kaka eca kubanje kubanje. E doko ni dhano kende ngo ento wath kum pacu eca.

E bedo dhano ma megu. Umako e wor cware, ediko kinde ngo piny nyodo ku nati mange ma nicoo nyo ku dhako wadi mange; man e lubu kwond cik mange ma mitire pi dhano ma megu i pacu eca. Kadi kura mi lago ka cware utho de jucwiyo. Pimeno julwono gi ku cik pa dhano macoo; "yor nati", "nya nati", "ci wod nati."

Eno ukelo paro ma konyo kind "nyar uwegi" ku "dhako ma swa." Dhako ma swa utye nati ma wenjo avaa pare swa pi nwanjo kony nyo ni nati mange ma gibedo kugi linga linga. Dhako ma nyar uwegi, ju nwanje calo sumba, eworire man ejuku awanya mi kume ca pi cware kende. Lithu madit hai ju ketho iwi megu m'uti-mo asara ni kwond suru mwa aturj turj. Eno ke utye pi lembe nia kit kura eno pacu pa coo cwako pigi ngo. Kende ka nyo etimire ire i kel man a bedo kude linj. Paro pa dhano ma wangi woo, warj mapol paro pi ribu kindgi pir avaa kum. Ento lembe judiyo wiye piny man juwero ngo i kum gi.

Mii tic maegi ni uwinj ponji

Bedo i rwom pa cwic pa monk u coo the lembe utye daro avaa kum. Avaa kumi i daro ma inwanjo iiye? Na m'inwanjo utye kud avaa m'ukadhu? Na m'inwanjo pirano m'iwaco kumeno? Avaa kum gitye kud adwogi mabeco ku marecu bende. Bero p'avaa kum bedo nwanjo ju aro eca gi yiriri ikindgi man gi timo mito migi. Raco pare bedo kud adwogi marecu i kura mi lemb kaka.

Lembe kethu ju aro eno ii ariti, acidi ma calo mako nati mitek, dheyu ku wedi; ku mange mapol.



I romo lwodhu i kwo peri mir anec i kum lembe enogi?

I romo koyo turj turj peri calo coo nyo mon? Nati moko ibedo kud avaa kum pire de?

Lembe anjo mi kume nyo paro peri m'imite pire?

Nati moko, pir avaa kum uribu netwu gigi de?

Iromo paro pi avaa kum m'umiyo iri anyona ma sago; man pirano ebodo kumeca?

I room paro pi avaa kum m'umiyo iri lithu? Pirano ebodo kumeca?

Kwo mir avaa kum ee, paro negi iweco pigi ni nati mange de?

I diku kindwu pir avaa kum, paro peri nyo tuc nia in re ma imiyo ni ja wodhi nyo en re ma emiyo iri avaa eca?



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUU PIBERO MIGWOKO DHANO MA MEGU IPACU

(MEMPRO FEMINIST GUIDE: ALLI VESIVIO)



Sustaining Women's leadership

Niyo i nwenjiri peri calo dhano ma coo nyo megu:

Calo ku wec eno i oro 2017, avaa mi kum calo coo nyo mon utye ikura kwo m'idongo man juyubi pire ma calo dhanku nyo nyicoo. Kadi bende ni dhano ma coo nyo megu, eyubire kumeno ni cakire con; ni ju manok moko etye kumeno ngo cal ku paro pa (Dombeck)

Professor Kimberle Crenshaw uwaco kumae, i kabedo m'eponjo iiye i Brooklyn, dul man niyo kud bedo monk u coo, gi neno nia bedo monk u coo lembe dupa. Ekoc ku lemb nyoliri m'ikum, cingu i tela iwi byei i bedo i kind dhano, paro moko ma jucwiyo pi lembe man rombo ku dhano mange matun tun i ngom matun tun.

Nech ma gin atira ngo i kum lemb bedo pa mon nyo coo:

Dhano gi yenyo yore ceke mi daro peku migi i kind paco migi. Lembe eno gi cakiri con. Ku gum marac, adwogi pa paro eno copo rombo ngo. Pien adwogi enogi nwanjiri iban jurunyodo, juponji, juru dini, ucing iwi byei man wec iwii yamo (ma calo radio, Televijon, intanet, buku man gazeti) ma the lembe migi nyango wic mandha ngo. Lembe migi moko igi nono kadi bende gi winjiri i ith dhano mamit.



Nyan i thenge mi bedo dhako nyo ni coo

- Paro moko ju miyo iri ni bedo nicoo nyo mego? Ponji moko i nwanjo i kum lembe eno?
- Wu weco i kum lemb bedo mon nyo coo?
- Cwiny i kwiyo piri gigi pien itye megu nyo wegu? Lewic bi negi pien jucwi kumeno?

Pimeno dhano moko gi weco swa pi can weco mandha man atira bende. Pimeno ju moko gi weco swa kumeno i rom migi yoyo kude piny ma cwic gi mitoo. Edon i niyo kind wec ma swa negi jubi luru igi ni nwanjo ma kane ma pigi tek man gi poriri i ketho gi itic. Cal ku wec pa (Dombeck).



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURAMA CUU N BERO MI GWOKO DHANO MA MEGU IPACU
(MEMPRO FEMINIST GUIDE: ALLIANCE)



Sustaining Women's leadership

- Cungu iwii giri ku wath kum peri pi kumi giri twero moko mbe ni cungu nyo ni weco i kume; kadi bende jube piko lworo i kumi. Lembe eno koyo kind two two pa juru two, abelu, awia mathindho ma gi nyanj ungo ilembe. Lembe ma malo eno miyo kare ni kubanj dhano, karacelo ku dhano ma megu bende ni timo yeny migi ku wath kumgi.

- Yiyu lembe peri giri ma adici upe.

- Jwayo cen geru ma calo mak mitek man ridu dhano pi kwond asara ceke. Niyu kind paro eno gi bi cweli ni neno dongo njom mir anyim.

Dul pa rwom macwako twero pa dhano mamego gi waco

Dhok ma nia "twero mi gyeriri" dhano mapol umite ungo nicaku majucaku tiyu kude i oro 10 mukadho. Jinjiri uai kud ibang ngom moko ma ginyang nge nge ithee lembe-ne man ku lworo mania ginyang ungo andha-ndha pa the lembebene dong gimitu ungo itwi cingi. "Twero mi gyeri-ri" juwacu ya maku kum lembe ceke mi twero pa dhanu ma muju tiyu kudu i lwak nyo ikum ngati acel acel pinyang ikum nyoliri pa dhanu mange lengu mikum magwaku gyer (Miller et al, 2015). Cik mi ngom ketho nyoliri mi dhanu iyo ma umaku ju kethe ii adici nyo ariti ithe loc pa tela calu kite ma julture kudu ithe-cik, kite mumaku juti kude, sawa ne, ku-ngaa? Ku mange macalu nia lworo-kum, tar wang ku nagati mugamire ku wodho iic.

Ngom m'Afrika ngung utembe utembo makwe nia juwec pi twero ii gyeri-ri ku lengu ku bedo ber in gyer. Lemb tic makyewa muwok ii oro 2033, pi cwak ikum megu pi ngom mir Afrika ngung ma julwonge Afrkan Union Protocol on the Rights of Women (Maputo Protokol) in Afrika uwecu ikum lembe eno. Kyew maeno ma gavumenti mir Afrika zoo uyiyo ikume I oro 2003, ikyew ne ii thek ne mir 14, eweco ikum cwak ikum gyeri-ri

ku twero milengu ku bero ii gyer pi mon mi ii Afrika ngung. Lembe maenu muwok umio tego mi tic ikum lembe mapol mamaku kum mon calu arub- pacu, kwinyu ikum jumamon, yoo ma megu gi copo nwangu ku kony iyo mi bedo ber nyo lengu mamku bedo ber igyer pi mon, man cimu ndiw ngec ikum nyoliri wegu nyo megu. Ngati mukywe pir lembe maeni julwonge Tamale I oro 2011. Wec mapol kawoni dong utye ikum akoya-koya ikum megu man medu yo mabecu ni mon pi nwangu lengu ku bero mamaku nyoliri migi calu megu.

Lembe mapiny no pigi tek pi kelo wa inyang maber iwec mamalu no:

- Unguu moko pa Ungii Cik pi wii ngom zoo majulwonge (The International Commission of Jurists' (ICJ) ucoko dhu pidu mapol ku cik ingom matung tung majuketho tero mamaku kite ma nagaiti acel acel nwangire kudu kanyo ee wegu nyo megu inyoliri pare, nyo kite maewinju ikume yore mi gyer ubed nenedi? Coko dhu lembe maeno ukelo lembe ikum twero moko manwangu podi jungeyo pigi ungo uwok kamaleng.
- I oro 2014, unguu moko majulwongogi Ungu mi ngom zoo (The 2014 World {Association for Sexual Health (WAS) Declaration on Sexual Rights} giwok thendhe ka tiyu ikum twero mi gyer pi miyu lwak unyang ikum twero enogi maber ni dikugi ku twero pa dhanu zoo iwi ngom.,
- Lembe mange madit uwok ioro 2007 majulwonge The Yogyakarta Principles of 2007. Lembe migi eno kawoni unguu mapol magi cungu iwiki gigi (NGOs) tiyu ku par migi. Giwok ku wec mania twero pa dhanu makawoni umaku ulub nyo ujol twero pa dhanu moko mange macalu kite ma dhanu moko giwijiri nia gi coo nwangu ke gi mon i cwic migi.
- Ungu mange utye majulwongogi The International Planned Parenthood Federation (IPPF)'s Sexual Rights. Gin unguu maneno lembe ikum bedo jaranyodo maber: I oro 2006 gicoko man giwoc ku wec matek nia twero pa dhanu majungeyo pigi kawoni umaku junyang ikumgi nia gimaku kum ayii pa dhanu ceke mi nyoliri migi calu megu nyo wegu kadi gin aradu, jumutegni, nyoliri migi calu megu nyo wegu. Irom pa (International Planned Parenthood Federation "IPPF") weco kumae inyoliri pa mon nyo coo pi twero migi. Eno ubedo i wec manje ku twero (2006).



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUUPI BER O MI GWOKO DHANO MA MEGUI PACU
(MEMPRO FEMINIST GUIDE: ALIIVERSION)



Sustaining Women's leadership



Sustaining Women's leadership

Human
Rights

Justice

Inclusion

Equality

ALLYSHIP

Twero eno ebed kumeno cal ku wec m'ukadhu aŋec, pien judongo irwom bedo migi ma calo coo nyo mon. Tela m'anyaka. Etye laro lembe ma pire tek pi kume.

Penji: Penj uwinj ponji gikwan wec moko maciku ma Audre Lorde ukyewo:

- <https://www.poetryfoundation.org/poems/42587/who-said-it-was-simple>

Nyuth ni uwinj ponji sinema macik ma utye eno.
Nyang kite mabero m'akoya utye kude:

- <https://youtu.be/4K5fbQ1-zps>
- <https://youtu.be/hD5f8GuNuGQ>

Japonji utug kud uwinj ponji kit tugu magineno eno I kasomo eni ketho ginyang kite ma bero m'akoya ma migi gigi. Penjgi lembe mamaku kum nyoliri migi calu megu nyo wegu, ponjiri pa dhanu mi pacu migi man kite ma gikwoo kudu.

UPENJ



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BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUU PIBERO MIGWOKO DHANO MA MEGU IPACU
(MEMPROW FEMINIST GUIDE: ALUR VERSIHO)



Sustaining Women's leadership

Bero m'akoya kud adici gilembe ma gimulu kumwa zoo ento wec ikumgi utye lembe ma yot ungo. Wang mapol kawawecu waparo jube wecu ikumwa marac,wa jijira man wajai kanyang makunke nyang ikum lembe maenogikonyowa iyoo mimaku cingwa calu dhanu makonyiri ikindgi.

Wang mapol wanjirirwa ka kajuwacu wanwangu bero m'akoya maku kum kite ma wa nwangu ku bero eno. Dhanu mitu bero ceke maginwang ubed lembe maginwangu ku yore mig kendgi ku kwook ento ungo ya ginwange abeda. Eno ke pilembe bere m'akoya maginwangu yenyu nen calu pegu migi juneno ungo man kwook migi ucwir ungo iie. Ekumenu ungo. Nwangu bero m'akoya nyuthu ungo nia ngatimutyu pire ungo. Ento bero m'akoya ketho ketho sendiri makeca bedo upe¹⁴.

Bero m'akoya wang mapol ubinu nikum kura mucaku con dong nene nia eai ikum tik matek nen calu lembe mubedo con kun ke kumenu ungo. Lembe maeini ketho dhano mapol kadi nwangu giparo maber gineno bero m'akoya calu wangayoo mi nwangu bero ento ungo kite ma dhanu moko gididiy ku jumange. Ku lapor, ponjiri utye jamb tic ma yenyu ya emii yoo ting dhanu malu kudi ican ubed nidhanu muporire ento inwangu gi pee ku lim mi somo. Ponjiri pire tek pi kite mi nwangu bero ikwoo mwa, re lembe mania dhanu moko kadhu wi juwadgi diyo gi kudi ginwag bero elembe ma umaku wanen nia ketho can thum ungo ikind dhanu¹⁵.

Ka wacopo nyang kite ma adici utye kudu ikindwa ku kite ma kabedo mi tic, kura mwa man kit kure mibedo ikindwa gi tiyu karacel pi vuru kit dhanu moko gi kadong wabinyang maber kite mimaku cingwa maber pi lwinyu ikum adici.

Maku cing utye yore ma dhanu ceke umaku unyang iie. Maku cing mitu wayab ith-wa kawinju. Maku cing utye yore ma umaku utimire sawa ceke. Dhanu moko wacu

"Wamaku cingwa", "Watiyu karecelu" calu vee ebedu lembe manyututhuwa. Maku cing mitu tic madwong¹⁶.



Tic: Kwan lembe ikum kite mimaku cing kara cel ka ingati ma itye ku bero m'akoya.

<http://www.scn.org/friends/ally.html>

Dikiri Pa Bedo Dhano Ma Mego Calo Nyimegu

"A romo bedo ngo agony aka kadi nyamegu acel utye ii ariti" Audre Lorde uwaco.

Nyang i lembe gi ee:

Tic mir 1

Uwinj ponji gi laro lembe pi kind dakika 7 – 10

Nyuth nying nati m'ucungu matek i kumi pi lemb ariti. Iwinjiri nenedi?

Nyuth kare m'imito iye kony makwe man dhano negi ituc ibenji ndhu iwinjiri nenedi?

Nyuth kare moko m'imito kony i ban nati moko ento i tuc iban ngo. Lwinjiri nenedi i kumi? Pirango mi'ituc ungo i ban?

Nyuth kare m'imito kony i ban nati ento etuc ungo. Iwinjiri i kumi nenedi?

¹⁴<https://sites.lsa.umich.edu/inclusive-teaching/2017/08/29/an-instructors-guide-to-understanding-privilege/>

¹⁵Refer to above citation.

¹⁶<https://guides.tricolib.brynmawr.edu/c.php?g=285382&p=1904757>



BUKUPAMEMPRO MA KONYI KUPARO MA LUBU
KURA MA CUU PI BERO MI GWOKO DHANO MA MEGU I PACU
MEMPRO FEMINIST GUIDE: ALUJVERISON



Sustaining Women's leadership

Tic mir 2:

Lembe ma maku dikiri pa bedo dhano ma megu calo nyimegu:

Audre Lorde uwaco, *“Bedo ku loc ken upe ka bedo i kind lwak pa dhano pe.”*

Dikiri calo nyimegu ku nwanjo tegu ka gitye i dikiri pa bedo i lemb bero pa dhano ma megu. Pien e eu man ecungu matek pi lembe ne. ni ketho lembe ne uwoth anyim maber pir anyim, tije kwayo nia ju nywak cing ku paro.

Bell Hooks umiyo paro mae; *“Bedo i dikiri ukoc ku cwak pire. Paro mwa mitire nia ubed pi bero pa lwak dhano mwa, yic kud anyim marom. Kare mange paro marom room bedo pi tundu tundu. Juomo miye ento nati gam nyongo duc i megul Dikiri manzilo mito miyo kum pi kare ceke man pi kare malac”*. Ekwayo dikiri ku miyiri ma zoo iwi zoo.”

Bedo i dikiri manzilo ucungu iwii nyan i tunj mi kind dhano. Bedo megu racu pare upe; i cwic monk u coo nyoliri migi ubedo kumeno. Bedo migi calo nyamira ku nyamira de lembe marac upe iye¹⁷. Doj adici mi diyo gi piny ee ree, erac. Racu ne ekelo lemb akoya koya mi mi thek, piku ndiri, koyo kind rwom migi, kind oro migi; ku mange mapol.

Tunj tunj mi kind dhano ma calo coo nyo mego mitire nia ju nyan iigi. Eno ketho lembe mi twero pa dhano bedo kakare pi bero pa dhano ceke i kar ceke, i kind rwom pa oro ceke.¹⁸ Dul ma neno lemb bedo ber pa dhano ma megu mitire nia gi bed ku nyan mathuc i kwo migi. Piny ayo pigi tek makwe. Acel, bero mi gi miyiri iwa wa nej ka m'ecako iye man ka ma ejik iye. Ayo, wa nywak cingwa pi tiyo ku bero negi pi bero pa dhano ceke.

Nyan i bero m'umiye:

Etye ber ni nyan ii bero eno kare moko gitye 200 iwi 200; ento kare moko gi jwik. Bero eno gi bedo pi kare moko man i rwom mi tic moko ni lubire ku kura ma dhano mi kabedo eca gi cwako. Eno lubire i bedo i udi mwu man i kind dhano mi pacu mwu.

Ku lapor, megu ma Jakristo ku megu ma nya Silama, kwond bero migi i kabedo ma gi kwo iigi ukoc, kwond tunj tunj eno ka ju nyamo igi macuu ngo e kelo ariti.

MIYO KARE MI WOTHU:

Mii kare ni uwinj ponji ni dago tyelo mi wotho anyim wan abiro ka ma igi fwoyo. Kindgi ubed malac. Eno nwanjo ibe penjo gi ni gamo “eyo” nyo “ungo” cal adwogi pa nyan migi i kum penji negi.

¹⁷Bell Hooks – Feminist theory: from margin to center.

¹⁸Missing reference





Sustaining Women's leadership



PENJI NEGI:

- I weco dhu mundu ma fwothi?
- Calo jurunyodo wun ceke ukwo ma wu bedo karacelo?
- Ukwo i kind kaka ma gi sago kaka wadgi i getwu keca?
- I tye ku karatasi mi kwan i rwom ma malo i (Yunivasiti)?
- Jur-nyodo peri gi nwanjo oloo migi ma kubaŋ dwi i ŋei daro oro mi tic migi i dhu tici?
- Juruondo peri i bedo i ot ma gi limo gin ma gi kwo iiye?
- I nwenjiri i dini ka Katoli, Furuthandhi nyo Silamo?
- I kwo ii adhura maditi (siti)?
- I timo tic moko ma ju culu pire?
- I tye ku karatasi mi wotho i ŋom ma woku?

Juru winj ponji ma gi dago wotho pa tyelo migi anyim wan mapol, gi tye ku bero man twero ma sago pa juwodhgi mange.

Nyanj I thuc lembe ma malo eno konyo dhano ma megu ni jwigiri, nyanj i kum acaki kud ajiki pa twero migi kara gudu wic ubed mathuc, wotho ku ŋec m'aloka loka pa ŋom ubino kude; ŋiyo i lembe mandha. Eno bedo ngo kende pa kare ma tundu tundu ento pi kare malac man awena. Bedo cuu man gwokiri giri. Bedo cuu man gwokiri giri kwayo nia ni giri i ŋii i kura kwo peri. E lembe ma wii lembe lac makwe ento wa mito ni dolo dhhoge i yore ma dhano ma megu ŋiyo kude i kwo pare gire; pi bero man yottkume.





WINJU YOT KUM MAN GWOKO SILU NYO LENGU KUM WA GIWA

Ka umaku wanen mathuth ikum lemb yot kum, umako walwodh ikum lembe matung tung mamko winju yot kum man sawa makane ma emitire iie ya wasaye. Wec ikum winju yot kum utye dwon. Pi buku mwa maeni, wabineno yot kum mandhane iyor me juma megu giwinjiri kude macalu: gwoko kumgi ubed maleng, yot kum-gi mumbe twoo ikare ceke ma megu kibedu nyo gitiymo iie tic ikwoo migi.

THENGE PA BEDO MEGU MAN MEGU PI JINYIRI KUM TWERO MIGI CALO MEGU (WHRDS)

Anyegu iwi lembe ma malo eno adwogi ne gitye lithu i wath kum, kwo i kind dhano man apida cwiny ii adunde dhano. Lembkwinyo man ali i udi, i kare ma kago eni, calk u wec pa adwogi iwi ngom zoo (2012), udaro ni idhu malo makwe. FIDA gi Waco nia 44 iwii 100 pa dhano ma megu gi kadhu i lithu eno gi. I Uganda kende kwond lithu eno gi nwanjire i wi simu i yamo man intanet bende. Enen i lemb nek ma the lembe ju sayo kwe, temo nek nyo miyo ret i kabedo mi dhu tic¹⁹.

Adwogi migi kare ku kare gi wok i karatasi m'ak-wana, iwi radio, televijon ku mange mapol. Lembe mi geru i kum megu matung tung, wa romo kabedo lij ungo iwii gi cal ku lembe pa adici kud adici pa dhano ma coo gi nyayo iwi megu. The lembe mitu jujiki man uthum ma wic. Wa yab warj wa, nec mwa man miyiri mwa ku ryeko i rwom ma malo pi daro gi. li anzilone, etye tic pa

dul pa dhano ma megu i lolu wi lemb geru i pacu. Yore mi cunu i dhu lembe gi. Apidacwiny ku kyer m'akeca utye adwogi p'aloka loka m'ikura kuc! E dwalo wath kum unjith man adunde dhano. Kadi bende upido cwiny gi nwanjiri i kwo pa dhano i kabedo ma gi kwo iigi, i wath kum ku paro migi mitire ngo nia ebed pa kare ceke. Eco po nwanjire i yore ma kakare ma calo nwanj rwom pi dito, jingo piny peri moko nyo nyolo nyodo. Ka necwiny upon kwo peri wath kumi wodhu adwogi moko ma konyi ni ceru berji. Inwanjo adunde ube goyo matek, ler kumi gi jenju, wan wenji doko ngai ngai.

¹⁹"Making our movements sustainable: practicing holistic security every day." 15 Jun. 2017, <https://www.openglobalrights.org/making-our-movements-sustainable-practicing-holistic-security-ev/>. Accessed 23 May. 2019.



ANABACWINY MA JUKIRE NGO

Eceru jamb wath kumi mapol ni tiyo maber.

E jwigo tego pa wath kumi ni lwinyo ku two matun tun. E nyotho toy pa cam iyyi. E juki nwanjo nyodo. I romo nwanjo thoj adunde rek man wath kumi moko tho ndir. I gam i cako nit ii opio pio. E rubu par ii unjith peri. I cako ni kyer nya tho tho. Can mondo i kwo peri man nec peri romo nyothire bedne.

Kwond remo matun tun bede mondo man cako ni nen kele i kwo peri²⁰.

■ Anaba cwiny romo kelo adwogi i bedo ber mwa?

Eyo pien e ayo cen yore ma wa neno kude kwo karacel ku ayo avaa tic cen i kumwa.

Angaba cwiny marii naka: Piny ceke doko nya kore kore.Calo ma dhano ma megu mapol gi kadho i mulu ic ma kumeno i kwo migi (HISS) enyothu yot kumgi man bedo ber migi I kind dhano.wec her I kum yotkum p'unjith

■ Angaba cwiny romo kelo goru p'unjithi?

Yotkum p'unjith the lembe nia bedo i yore maber ma kubanj nati acel acel nwanjire nia pire tek. Eromo kwo maber, eciro peku ma gi bino i kwo pare, e timo piny kud avaa man adwogi ne utye pi bero pa dhano ceke m'ekwo kugi.

<https://www.helpguide.org/articles/stress/stress-symptoms-signs-and-causes.htm/>

E nen ii ayi pa kwiyo kum, paro lembe i yore ma kakare man kwo maber i kind dhano. Ekoyon wa bende ni njiyo i apida cwiny pa dhano mange man ni kwo karacelo kugi maber.²¹ Lembe eno cakire i kwo pa nati calo nyathin arado man nati ma waje woo. Ka kura lembe eno ukeli i kwo peri, enyotho paro, timo man bedo ku dhano mange.

Piny mapol adwogi migi lithkum ii unjith.

- Rimo m'ilago ni kum nyoliri peri; yore m'unjith peri tiyo kude.
- Lembe matun tun mi kadhu iigi ma calo vuk m'akeca nyo piku ndiri i kwo peri.
- Uda pa wic ma dubiri kan utye i rimo peri. E wotho i kind jurunyodo ku nyikwayo.
- Two ku remo i kumi.
- Ret milimo ii unjith.
- Apida cwiny i lembe m'kadhu iigi ma calo rwinyo tic peri, rwinyo wedu ma pire tek, rwinyo lim peri, ku mange mapol.
- Tiyo ku kwond adraa marecu ma calo, njai, kongo ma lake tek, mairungi, ku mange mapol.

²⁰"Stress - National Institute of Mental Health ..."

<https://www.nimh.nih.gov/health/publications/stress/index.shtml>. Accessed 23 May. 2019.

²¹"WHO | Mental health: a state of well-being." https://www.who.int/features/factfiles/mental_health/en/. Accessed 23 May. 2019.



- Pidhu i kwo mi can, kwo i pacu ma gyer ulal iiye, geru i ot man i kabedo mikwo iiyee.
- Kwo i kare mi lwiny, undru, kizi nom; ku mange mapol.

Lithu mir anaba cwiny gitye i kind dhano lee, ento kony ma nwanjire pigi de gitye. Ju romo rocu juru peku eno ni doko maber. Mange gi nwanjo gony ma zoo. <https://www.mental-health.gov/basics/what-is-mental-health>

NIYO AYI P'ACAKI PA TWO MIR UNITH

Gi nyuthiri i yore maegi:

- Camo nyo nindo m'akeca nyo manok makwe.
- Koyiri cen i kind dhano.
- Bedo ku tegu manok.
- Winjo jony kum nyo bedo fethe.
- Winjo kwond lithu ma nyan i the lembe tek.
- Winjiri nia kony peri man the lembe peri de upe.
- Madhu taba, meth ma kec man kwond adraa matun tunj.
- Bedo ma nwanjo wii ube lal alala, wil wic m'akeca, necwiny, lwo ro man kwo kic kic.
- Kok matek man dhau ku pacu man juwedu.
- Loko ayi kwo peri rek ma adwogi ne nyothu bedo ber pa dhano.
- Kayo lembe kir i kwo peri ma wii de romo ngo ni wil pigi.
- Winjo dwol moko gig ire ma kun ke gitye ngo lembe mandha.
- Bedo ku paro mi miyo ret i kumi giri nyo i kum dhano mange.
- Can avaa mi timo tic peri ma kubanjer ma calo gwoko awia, cidhu i dhu tic nyo ponjo ponji.



Penji:

- 1) I kabedo ma wabe kwo iigi kwond lembe ma malo no gi nyan pigi man gi be neno nia gi be timiri de?
- 2) Wa bedo ku nec nia ka watiyo ngo ku dhano ma wa kwo kugi i yore ma kakre nwanjo watye ii awic pa kura pa lithu p'unjithi?

YOTKUM MAN BEDO BER

Lwak pa (WHO) World Health Organization gi Waco nia yotkum utye kura mi bedo ber ku dhano mange i yore kum, paro man bero i rwom ci ceke. Etye ngo kende nia remu nyo goro kum gi pe.

Lwak pa National Wellness Institute gi nene kumae yore "yore ma kakare man lubu bero ma kelo adwogi pa bero pa dhano ceke"

Gi weco iwi kungu lembe adek ma pek:

- Bedo ku nec, fwoyo lembe ku cwinyi giri mand neno nia bero ne gi wok kakare kakare zoo iwi zoo.
- Etimire pi bero pa nati i wath kume zoo, i kura kwo pare man ebedo pi bero pare zoo iwi zoo.
- E lembe ma kakare man eromo pir atima.

Tunj tunj pa yotkum ku bedo ber nyanok. Yotkum utye rwom ma wath kumi utye kude; ento bedo ber utye bero ma medire anyim ka itye i bedo ber the lembe nia kumi yot man i ngyo pire calo dhano man i kwo i yore m'igwokiri kude ma cuu.

Bedo ber utye tic mi bedo kumeno. Yotkum utye adwogi pa bedo kumeno. Gwokiri giri etye yore mi miyo sadeni peri.



BUKUPA MEMPRO MA KONYI KUPARO MA LUBU
KURA MA CUU PI BERO MI GWOKO DHANO MA MEGU I PACU
MEMPRO FEMINIST GUIDE: ALJIVERSIONO



Sustaining Women's leadership

Bedo pi hwokiri cuu pi paro peri giri etye lembe ma pigi tek i rwom mi teru keru mi teru wath kumi, unjith, kura dongo, arye, kwo mi tipu, kura mi tipu ku mange mapol ceke i rwom ma malo. E ketho wa bedo sadeni negi wan ma cwinywa unjabire²².

Kum lembe ne gi ee:

- Drileba mi ni 'di azuzu angiri nde ni.
- Idri nyaza 'bazu cika.
- Ata mini ayu mi onyiafa rua ni azini omi ni agei tezu 'diyi, ma omgbo erezu e'yo ewaru 'diyi ma ti tazuu.

I gwokiri giri giri I yore ma nenedi?

- Nji I kwo peri giri giri man i yore m'ig-wokiri kude giri. Med ku kony ma ju miyo iri. Nyam lembe mathuc ku thwolo cwiny yeny yore ceke ni njiyo lembe i kum yore ma mako yothum p'unjith man wath kumi mange.
- Lwiny gi geru two ma sago lembe mi sayo yore mi keye, miyo kumi pi tic mapol akeca nyo camu nyaswa swa; man ke bedo fether.
- Nwan kare mi timo piny moko ma cwiro kwok iwi ma calo, wotho matek, jaku wath kumi, kwano lembe ma kelo iri anyoŋa kyeo lembe moko m'ineyo maber pigi, lwodhu iwi paro mabecu man madu wath kumi.
- Nwan kare mi tic man tugu bende ma rom rom. Kare eno kud ju diyi kudu adiya.
- Nwan kare mi yom i kind tic peri ni kit yom man nambo peri nia gi poriri.
- Kadi bende itye ku tic pare m'ikwano pire anzilo, nwan kare mi timo kwond tic mange bende.

BERO NE GI EE:

- Gi jwigo peku i dhu tic m'akeca ma calo jony kum man oloo p'unjith.
- Kony ni bedo ma wenj thwolo ni njiyo lembe i yore ma kakare.
- Ketho i bedo kud avaa i dhu tic/ kuloka ni dhano ma gi mito kony peri.
- Rwom mi yore mi paro pi dhano mange medire i kwo peri.
- Medo rwom peri mi nyar i kum dhano mange ma jur peku.
- Gyero kind bedo ber mwu ku dhano ma utye tic nyo kuloka kugi.
- Bedo ku geniri i kumi giri man medo bedo ku wic ma malo i kwo peri.

Neno nia gin m'imiyiri pigi pir anyim, i lubu lembe macuu.

GWOKIRI PIRI GIRI MAN BEDO BER

Eno gi twero peri calo nati m'unyolire calo megu re ukwo i kind nati i kind dhano ma coo. Ju mange gi jai i kum paro negi. Gi mediri anyim ni Waco nia gwokiri giju man bedo ber the lembe pe. Pirano elubire i paro pa dhano mi kabedo negi, yic migi i kum lembe. Dorj kwond bedo ber ukoc. I kind oro 1970 ku wiye, dul ma neno lemb rwom pa dhano ma megu gi yabo karombo migi. Eno ubedo dul ma julworo Black Panthers. Kabedo mi nwanjo nec eno ubedo ni miyo kony m'uporire ku mito pa dhano mi kabedo migi matun tun.

Audre Lorde uwaco megu utye calo "nyar ucol (Afirika), mego dhano, jara lwiny man ja tuc lembe m'akoya kamalenj." "Racu moko mbe pi lemb gwokiri giri. E lembe ma pire tek pi gwoko kwo peri ma calo dhano. Etye lwiny mi gwoku kabedo m'ikwo iye." I kind oro 1980 – 2000 nom Utara, gi wok ku paro mange ma mako kude neno lemb bero pa dhano ma megu.

²²Self-Care | Counseling and Wellness | Wright State University." <https://www.wright.edu/student-affairs/health-and-wellness/counseling-and-wellness/workshops-and-self-help/self-care>. Accessed 23 May. 2019.



Gi geno nia megu ma cin gi beku, m'kwano man ucung iwi byei. Re kadi dhano ma megu ma rwom migi piny de gi bedo ka gwokiri giri man pacu migi maber. Megu mapol gi cwako pi megu ni timo kuloka. Gi Waco jukwo calo dhano; man dhano dhano²³.

Paro ma pire tek ma dul ma neno bedo ber pa megu gi wok kude ubedo cingu matek i kum ngiri pa paro ku timo pa dhano ma coo ma gi diyo kude dhano ma megu. Gwokiri matira ubed anywaka, ma wan ceke thwolo, par m'urombo man pir aloka loka ma kelo bedo ber; kende kende ngo pi tundu tundu ento pir awena i kind tic pa dhano.

Pimeno jurutela pa dul ma neno lembe pi bero pa megu gi Waco nia koko migi mitire nia enwan keru mi nyegu karacelo man pir anyim manzilo. Njiyo kind lembe mi gwokiri giju man bedo ber pa dhano enogi adwogi ne ni lwak negi utye uloo m'akeca, avaa m'ukoc pi tije ma, moth moth enyothu bir kabedo migi i kind tije. Pimeno emitire nia yore maber pi tic, dul ma miyo tije gi wok ku yore ma kelo bero ni dhano ma megu ku ma coo bende. Lim bende mitire nia unwanjire kakare kare pi timo tije man culu juru tije. Kura bedo pi suru matun tun bende lembe migi mitire nia ju nii igi cuu²⁴.

Bedo ber i kindju, gwokiri giri man lemb kuc – pirajo ma lembe pigi tek makwe ni dul ma neno rwom pa dhano ma megu?²⁵

Pi nati acel acel calo jaratela

Dilo mwa neno nia gi cingu pigi pi kare malac/ awena. Bedo agonya pi lembe eno i kind dhano utye lwiny ma kelo aloka loka maber anzilone kaka ma dhano ma coo gi diyo man gi ketho dhano ma megu ii ariti. Eketho cwiny gi pidu, wigi jony man gi nwanjo ollo lee ka lembe ne gi wotho ngo kakare kakare.

Eno a cal ku pa "Feminists, Women's rights activists and women human rights defenders (WHRDs). "Umako ju cwak pi dhano ma megu i kind dhano ma coo ni gwokiri gigi ma calo rwom pa twero migi mito. Gi nwanj kare mi tic, yom/ nambo, myel, nyero man bedo ma wigi malo i rwom mi tela m'uporire pigi."

Wotho awena pi dilo pa dhano ma megu pi nwanjo kuc i kind dhano

Tic eno gi woth anyim pir awena. Gi kel aloka loka i kind dhano kara lembe ne udok mandha.

Lembe anwen ma iigi mitire nia ju nii cuu gi ee:

Kare mi lwodho iwii lembe negi ku thwolo cwiny. Laro lembe negi pi bero mi njiyo kind kwo pa dhano ma keca. Lembe ma gwoko tic, twero m'uporire pi tije man bedo ber i kind ju. Dikiri i kind dhano acel acel, dikiri i kindggi karacelo i rwom pa yic migi i kum lembe i yore ma dini migi ucwako pigi. Eno ketho lembe mi "Jal i tim'ango? Nyo in i nja, the lembe thum athuma mazoo." Pimeno ber pa bedo dhano – dhano mitire nia gi mediri anyim.

²³ "A New Feminist Wellness | 2018 Global Wellness Trends."

<https://www.globalwellnesssummit.com/2018-global-wellness-trends/feminist-wellness/>. Accessed 23 May. 2019.

²⁴ "Making our movements sustainable: practicing holistic security every day." 15 Jun. 2017,

<https://www.openglobalrights.org/making-our-movements-sustainable-practicing-holistic-security-ev/>. Accessed 23 May. 2019.

²⁵ "Wellness, Self-Care and Security – Why this is Important to Feminism ..." 14 Jun. 2012,

<https://www.awid.org/news-and-analysis/wellness-self-care-and-security-why-important-feminism>. Accessed 23 May. 2019.



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUU PIBERO MIGWOKO DHANO MA MEGU IPACU
MEMPRO FEMINIST GUIDE: ALLI VEISINDI



Sustaining Women's leadership

Cwako lemb bedo dhano ma megu anyim i kind dhano ceke

Welo mapol gi bino ni njiyo kind lembe eno negi i yore mi lwodhu mathuc i kumgi, miyo kony igi i yore matun tun, juku adunde gi m'uwaj akeca, lithu ii unjith kud i wath-kum ku mange mapol. Dul eno ma gi bino i kind dhano eno gi pi waj mir acel, iigi waj lii. Gi kyer, bende pi kare migi ma gi nyothu pi lemb lyeu ne! Pien i nei gi bende nwarjo gi tye ku tic ma pigi tek. Lembe ma eno nyuthu kude yore ma dhano ma megu gi muliri/ gi cur kud ariti/ adici ma lith lii. Apida cwiny eno kelo igi kwond lith ceke i rwom ma malo ma kadi wath kum gi de romo kwiyo ndij (preca).

Lalo cen kura tela ma dhano ma coo gi diyo kude megu piny

Dul pa dhano ma gi njiyo i lembe pa megu, i kind kwenda migi gi tiyo iwii lembe ma malo eno.

Gi Waco nia anyoli pa dhano ma megu i rundi ma kawoni gi gwokiri maber gigi, gi nji cuu dongo pa njom i yore pa kura the kwaro mange ju be weko cen man mabeco ju be foyo pigi. Kit aloka loka maeno gi bi miyo dhano ceke ni kwo i rwom ma tic ma bero ne rii pi kare malac/ awena. Eno etye paro pa dhano ma cwiny gi lerj ma gi cwako dul eno ku lim migi. Gi neno ku tek nia gwokiri giju, geniri, bedo ma wic malo, gwoko twero pa dhano calo dhano utye i kind dhano mi wii njom zoo. I kwond tic matun tun ma ju timo de mitire nia ebed kumeno.

Miyo kero iwa giwa!

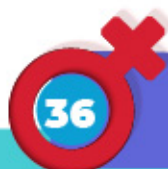
Ka dul pa dhano ma twinyo bero pa megu gi timo tic migi cuu, dhano ceke nwarjo bero. Pien kuc, gwokiri giju, bedo ber pir awena, mor kum i tic; ku mange mapol, gi bedo kara olubire kubaje kubaje.

Penji

- Adyeja cwiny ma dul ma neno i titi/ ariti ma dhano ma megu kadhu iigi ee, emulu kwo migi ceke i tic migi ne?
- Bedo ber ku gwokiri giju ju romo ni dwoke ni gi acel man ju cako dilu moko athothi pi tiyo iwiye?
- Ju be mito kare i ot, pacu man lwak moko ni tiyo ku podhu migi matun tun pi bero migi?
- Bero pa tic anywaka i kindwa utye anjo?
- Ka titi moko uwok i kindwa, yore anjo ma jutiyo kugi ni ribo kind dhano negi kendu?
- Wa konyurwa nenedi ni daro mulu ic m'uweko wa kud apida cwiny maditi?
- I kwero ni nwarjo kony pi lemb remo ma mako unjith wii?

Penj ma mitire injii kugi i kwo peri giri

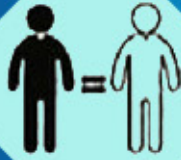
- Unjith peri utye ku yotkumi?
- Anjo madyerno cwinyi makwe i kwo peri? I nyarj rukane i kum cwic m'utyeki?
- I nyarj maber i kum gin ma gi dyerno cwiny, nyo ke i degiri giri kare ku kare?
- Gin anjo mi timo ka cwinyi kwiyo? I bedu kud anyoja? I doko ndra ndra?
- I nwarjo kare moko mi bedo giri kendi?
- Pi kare ma rukane ma i weko ni neno intanet, video, kwano buku, temo piny mange m'ukoc; nyo ke i ceu amora peri i tici?
- I nindo maber? I camo cam ma ku more?
- I nwarjo cwak ma kakare i kwo peri?
- I barj jara ot peri i nwarjo I barj jurimbi ke? I pacu/ familia mwu ke?
- I barj juru ot peri?
- Sadeni anjo mi romo miyo pi kwo peri giri?
- Cwinyi kwiyo?
- I romo timo anjo kawoni? I gwokiri giri maber calo dhano?
- I gonyo pido ic peri i yore ma kakare? I penjo pi kony nia ju mii iri ka lembe timi?
- I medo keru pa yot kumi ku lapor; woth matek, ringu njwec, jako wath kumi, ku mange mapoli?
- Cam ma nenedi m'imaro makwe?
- I camo pi ryemo keci? Nyo i camo waj ma iyi uponj tinj tinj?



Yore mi room ngo ni miyo kude iri lithu giri kende



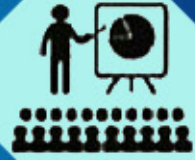
Lembe mi timu
marecu con umiyo iri
ponji



Kud i poriri ku dhano
mange; pien in itye in



Bero ju timo kwa ngo i
yore acel



Cung iwi lembe ma
kakare kadi bende
dhano mapol gi cayo pi
paro ne



Ka nati usoi pi piny
m'itimo, wek lembe ne
umii iri ponji



Yii pi racu peri pien
eno in ku kumi



Nen kwo peri m'ukad-
ho aŋec calo wotho
ma bor ma weco pi
kwo peri



Kud i cay bodhu
m'itiye kudu; waŋ ma i
temo gi ma kadhi waŋ
dak acel



Kubaŋ peku m'ikadhu
iigi gi koc ungo



Ryeko kwondgi koc,
ento geniri giju ukoc
ungo

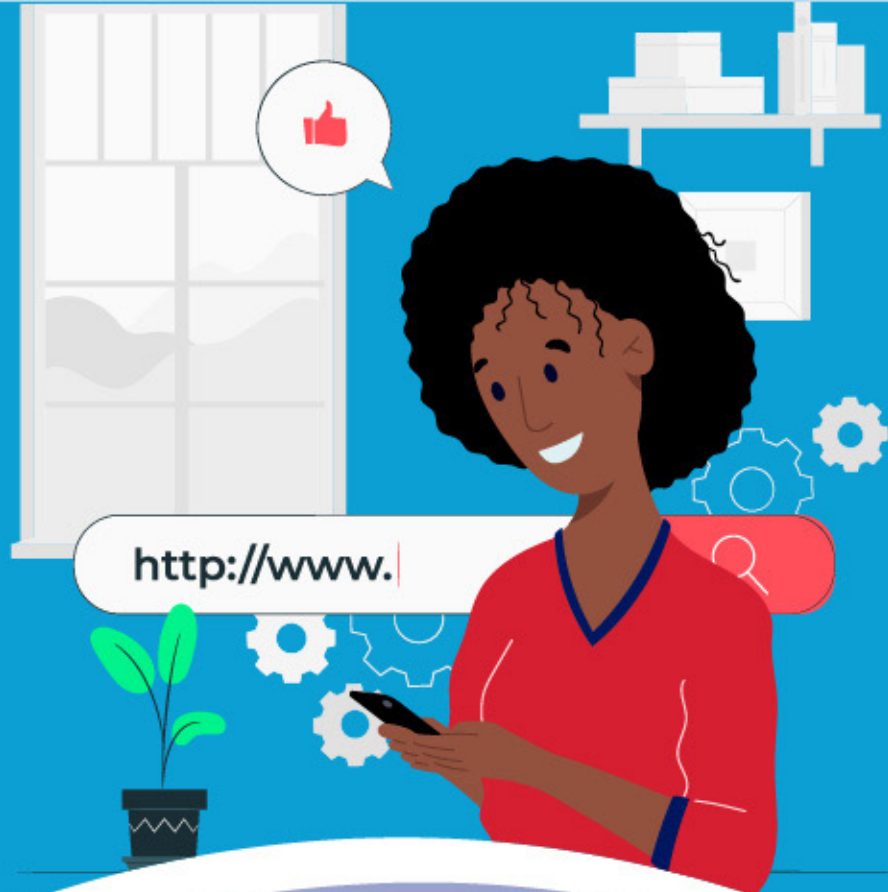


Nyuth nēcwinny peri i
yore ma nyuthu nyan
mathuc



Miyiri ni dhano ma gi
cweki nia I tim maber i
kwo peri





Uda ma gi nwanjire iban weg kyeo negi. Ka ma lembe gi nwanjire iigi:

-  Using Chakras as a framework for understanding self care and wellness:- A beginners guide to Chakras <http://www.hmhs counseling.com/single-post/2017/09/19/A-Beginners-Guide-to-Chakras>
-  FRIDA, Develop your self care plan: <https://youngfeministfund.org/develop-self-care-plan/>
-  Wright State University, Self Care <http://www.wright.edu/student-affairs/health-and-wellness/counseling-and-wellness/workshops-and-self-help/self-care#physical>
-  Self care in the workplace:- Strategies for building an organisation with a soul <http://airforafrica.org/wp-content/uploads/2015/08/Strategies-for-Building-an-Organisation-with-Soul-WEB.pdf>
-  FRIDA, Working style and principles for virtual offices <https://youngfeministfund.org/2016/09/fridas-working-style-and-principles/>
-  10 things you can do for your Mental Health:- <https://www.uhs.umich.edu/tenthings>
-  WHO: 10 facts on mental health https://www.who.int/features/factfiles/mental_health/mental_health_facts/en/
-  WHO: Mental Health Strengthening our response <https://www.who.int/en/news-room/fact-sheets/detail/mental-health-strengthening-our-response>
-  What you need to know about Mental Health in Uganda https://www.health.go.ug/sites/default/files/What_you_need_to_know_about_Mental_Health.pdf
-  APA: The Road to resilience <https://www.apa.org/helpcenter/road-resilience>



BUKU PA MEMPRO MA KONYI KU PARO MA LUBU
KURA MA CUU PIBERO MIGWOKO DHANO MA MEGU IPACU
(MEMPROW FEMINIST GUIDE: ALUR VERSIHO)



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Read Portolés 2004
Gayatri Spivak 1999
Paulson 1998

See Vandana Shiva,
and Bina Agarwal- development is a western colonization strategy
See International Association for Feminist Economics (IAFFE)

Alice M. Miller, Eszter Kismödi, Jane Cottingham & Sofia Gruskin (2015), Sexual Rights as human rights: a guide to authoritative sources and principles for applying human rights to sexuality and sexual health, available at <https://tandfonline.com/doi/full/10.1016/j.rhm.2015.11.007>

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