



ENGLISH

At Glance

- Chugu office; Reaping the benefits of Conservation Farming.
- Kinyaritha office; Bird tree and Kamiriru BSGs doing wonders.
- Ntugi office; Fighting Desertification.
- Lamuria office; Muguna disabled, what is a tree?
- Naro moru; Rongai silk worm small group, try burry culture and see for yourself.
- Depression and its management.
- Its time to prepare our shambas; Conservation Farming
- FOR OUR HEALTH: Malaria – Prevention and Care

KIMERU

Kuuma Gataria

- Ubici ya Chugu; Maketha jamaingi niuntu bwa Urimi bubwega
- Ubici ya Kinyaritha; Tukundi tuniini twa Bird Tree na Kamiriru kuthithia mantu ja kurigarania.
- Ubici ya Ntugi; Kurwa na kurega kunganirwa.
- Ubici ya Lamuria; Muguna disabled, Muti ni mbi?
- Naro moru; Gakundi kaniini ka Rongai silk worm. Geria gutiga mantu ja karaaja ucionere.
- Kwinyirika mathuganio (Depression) na njira ya kuthiria.
- Ni igita ria kuthuranira miunda yetu; urimi bubwega
- THIRIA YA MWIRI: Murimo jwa rwagi –Kurigiria na kwimenyera.
- Gakundi Kaniini ga TIST; Biria bikwendekana.

TIST
 The International Small
 Group & Tree Planting
 Program



TIST

CHUGU OFFICE

CONSERVATION FARMING

Fantastic!! Conservation farming has improved the social and economic welfare of communities served by TIST program. The current harvest season is a growing evident that conservation farming is not only economical to practice but also yielding more yields than conventional farming.

Among the hundreds small groups that have experienced conservation farming include Kamithagana A, Kamithagana C, Gaitune B, Muregwa small groups in Meru Central district. In Meru South district, small groups such Kamuti, Pamoja and others are enjoying good maize production.

Mr. Justin Njeru of Kamuti small group says of conservation farming, “ I have harvested 8 bags of grains from ¼ an acre piece of land from conservation agriculture. On a equal piece of land under traditional farming I got only two bags.”

Elsewhere, Mr. Jason Karia of Kameregwa small group couldn't hide his joy having harvested 21 bags of maize grain from 1 ¾ acre of land.

Chugu office takes pride from these high results. There's a growing evidence that the trainings they have conducted have borne fruit. Indeed, the greater Meru region has undergone food security transformation, from hunger to surplus. It's a important milestone for Chugu office.

We are therefore calling upon other farmers who didn't practice conservation farming in the last season to try it this season.

UBICI YA CHUGU

URIMI BUBWEGA (CONSERVATION FARMING)

Kurigarania!! Urimi bubwega ibutethetie miturire ya antu baria bari kiri TIST. Iketha riria rithiritie gukethwa ni ukuji bungani ati urimi bubwega ti uria buri raisi indi ibubwega nkuruki.

Tukundi tutu tuniini ni tumwe ndene ya Meru ya gatigati turia tuthithitie bwega kiri urimi bubu; Kamithagana A, Kaminthagana C, Gaitune B na Muregwa. Na Meru ya Gaiti ni tukundi tutu; Kamuti, pamoja na tungi tutwingi turia tukethete bwega.

Mr. Justin Njeru wa gakundi ka Kamuti ariuga “inkethete nkunia 8 kuuma kiri munda ¼ ika kumania na urimi bubu bwega. Ndirakethaga nkunia ijiri kiri munda juju na urimi buria bwa tene”

Mr. Jason Kaaria wa gakundi ka Kameregwa atomba kwitha kugwirua kwawe ni untu bwa guketha nkunia 21 cia mpempe, Kuma kiri 1¾ ika cia munda.

Ubici ya Chugu nigwikumiria matunda jaria jaumenie na uritani buria bakuritana. Meru iria nkuru nikwonania bari na irio bia kung'ana na gutigara. Riri ni itagaria rinene ria ubici ya Chugu.

Itukuria arimi baria batombire kugeria urimi bubu ngaine iria ikurukite bageria ngaine iji.



We feel more motivated to double our efforts in making the program a success in all its core components. Trainers have done exceptionally well for the last three months having trained and recruited 100 new groups. Quantification is as well moving on well with each pair of quantifiers accomplishing the minimum 15 groups per every month.

Our combined efforts with the small groups and the helpful support from TIST Kenya administration is making TIST program to grow and grow more.

Itukwigua turi na Mwoyo nkuruki gwitithia TIST na mbere nkuruki turi antu ba ubici ya Chugu. Aritani ibathithitie bwega ni untu bwa kuritana na gucwa ikundi bibweru 100 mieri ithatu iria ikurukite. Atari ba miti nabo bomba kujuria wirane bwa gutara ikundi 15 o mweri, o uria baritaga ngugi bari bairi bairi.

Kurita ngugi tugwatanirite na tukundi tuniini na tugwati mbaru ni ubici iria nene ya TIST Kenya, igutumite TIST ikura nkuruki.



ENGLISH: TIST farmers participants in a local seminar. They are being demonstrated on tree planting outside venue of the seminar at Muriru Catholic Church in Narumoro.

KIMERU: Arimi ba TIST mari seminani. Bakwonwa njira bwega ya kuanda miti.



KINYARITHA OFFICE

KAMANJA GENERATIONS SELF HELP GROUP (KINYARITHA OFFICE)

We the Kamanja generations self help group TIST members, thank our two selected BSG (Bird tree and Kamiriru) from Kagaene area of Mbeu location for it was through them that made the area TISTsmall groups know more and understand Tist better and the importance of the program to the local community.

After the area two BSG attended the seminar at Gitoro in Meru last year they came back and shared much of what they learnt in that seminar which was very beneficial to the other small groups in the area.

In Dec 2006 Mr. Joshua, Peter, and Grace visited the area and sensitized the small groups the importance of the program in relation to economic empowerment and sustainable development. Through our TIST trainers from Kinyaritha office many small groups have made good progress especially on agriculture. Maize yields from our farms have been very high due to practicing of conservation farming.

We also want to thank the TIST Kenya office for conducting a local seminar in our area where most people were trained about the group both those who are members and those aspiring to join. This was facilitated by Mrs. Mary Wanyoike, Mrs.Zipporah Muna both from Kinyaritha office and Mr. Peter from TIST Kenya office. This seminar had a very great impact to those who attended since they able to understand all about the program. Mr. Peter is a modest teacher, trainer, mentor and visionary educator. Thanks all for your dedication towards the success of the local community.

UBICI YA KINYARITHA

GIKUNDI KIA KAMANJA GENERATIONS KIA GWITETHIA. (UBICI YA KINYARITHA)

Twi turi gikundi gia gwitethia kia kamanja generations itugucokeria nkaatho ikundi biria biathuuri (Bird Tree na Kamiriru) kuma location ya Kagene niuntu ibio bitumite TIST imenyekana kiri antu ba nao.

Kuuma ikundi biu bigwita semina ya Gitooro mwaka muthiru, ibiombire kuritana ikundi bingi kuu kunthe.

Mwari jwa Decemba 2006 Mr. Joshua, Peter na Grace ibejire baritana wega bwa TIST na uria antu bomba kwirungamiira na gwita na mbere mono kiri urimi. Kumania na bubu, antu nibombite guketha mpempe inyingi ni untu bwa uritani bwa urimi bubwega (Conservation Farming).

Itugucokeria ubici ya TIST Kenya, nkaatho ni untu bwa guturetera semina guku ya kuritana ikundi bia TIST na biria biendekia gutonya TIST. Uritani bwathithagua ni Mrs. Mary Wanyoike na Mrs. Zipporah muna ba ubici ya Kinyaritha na Mr. Peter wa ubici ya TIST Kenya. Semina iji yaari ya bata mono kiri baria bariku niuntu ni bombire kumenya nkuruki mantu ja TIST. Mr. Peter ni Muritani wa Kinandi na Muritani ukwona mbere. Ibubwega niuntu bwa guciejana kenda antu ba nau beeta na mbere.



We as Kamanja generations self help group together with other small groups in our area have set a target of recruiting at least two hundred groups by the end the year in new Tigania division. In fact through the spirit of cooperation of small groups we aim at making the newly created Tigania district to be a district for learners, beautifully green and nice place for all residence and visitors from other parts of the world.

We humbly request the TIST Kenya office to establish an office at Kagaene so as to serve the small groups in this area better.

NTUGI FIELD OFFICE

Its measurable results from the efforts put forth by fields office. Despite the two year drought that we have experienced previously. We have tried to beautify our Arid and Semi Arid areas in that we have planted trees on own lands and in public lands as well. In the public lands like Kamburugu hill where we have about 3,000 trees on Kamerene and 4,900 on Ntugi hill and Kiborone dispensary we are on our effort to start on planting there.

We have about 526 groups of which 246 of these groups are an effort added from our four BSGs. Which include Bejolulafrigeo which covers from Kirua, Mbeania, Ndungu, Mailikumi, Maunya-a-Junior and Nkando. Wendo Ruankuru, which goes round from Kirachene, to Ntugi.

ENGLISH: Conservation maize grain produce

KIMERU: Maketha bwa urimi bwega

Turi gikundi kia gwitethia kia Kamanja Generation ituugite no mwanka tuwee ikundi bibieru magana jairi mwaka juu jukethira Division ya Tigania. Kwaria mma, kuringana na wiru na gwataniro tukaethia District injeru ya Tigania inthongi na injega iria yumbe kwendwa ni ageni kuma nthiguru yonthe.

Itukuromba twinyiitie ubici ya TIST Kenya irugure ubici Kagene kenda yumba kuritira ngugi ikundi bia nau.

UBICI YA NTUGI

Ni ngugi ikwoneka iria iriti ni ubici iji kinya kethira ikwarite mono miaka iiri iria ithiri. Itugeretie Kuthongomia rwanda ruru rwetu na kwaanda miti miundene yetu na ya mwingi. Miundene ya mwingi ta Karima ka Kamburugu, itwandite miti 3,000 na Kamerene 4,900, na turi na ithuganio ria kwaanda miti Karima ka Ntugi na kienine kia cibitari ya Kiborone.

Turi na ikundi 526 na kuma kiribio 246 biumenie na wiru bwa tukundi tuniini tuna turia twega. Tukundi tutu ni ta Bejolulafrigeo, gakijukagia kuuma Kiirua. Mbenia, Ndungu, Maili kumi, Maunya-a-Junior, Nkando. Wendo Ruankuru ruthiurukite Kirachene mwanka Ntugi.



Our collective efforts in fight against desertification

Following the high temperature and climate in the region, we have come up with ways to combat the problem. Initially, we used to plant trees but the survival rate was about 10%. Trees were watered yet they hardly survived drought.

We tried drip irrigation whereby we have the bottles above the ground level but still the trees continues to dry due to the heating up of the water by the scorching sun. Many farmers were frustrated and disappointed.

However, through sharing ideas and best practices, we have developed a new best practice where we have increased the survival rate up to 70%. Mzee George Itonga, one of our field trainers who came up with this best practice shares how he developed it. "when I first came to this land of Ntumbiri, there were no trees save for the shrubs in the field. I started planting trees only 5% used to survive.. Some experts advised me to practice drip irrigation whereby the bottles were above the ground. But this increased the survival rate to about 10%, meaning my problem was not solved and went with my tins and dug holes for the transplanting and then besides the tree inserted a tin with a hole adjacent to the tree. This increased the survival rate up to 70%"

He adds, "The result for the bottle above the ground were discouraging because when the sun shone, the water heated up and therefore instead of cooling up it acted vice versa. With this practice, I have planted more than 1,000,000 (one million) trees on my farm." Other small groups such as Muruguna,

Kugwatanira gwetu kenda turwa na kurega kung'anirua

Kuringana na murutira juria juri guku, itumbite kuuma na njira ya kuthiria thiina. Mberene turaandaga miti na gukura kwayo kwari 10%. Miti yakundagua ruuji indi itombaga gukura.

Twageria gukundagia na cuuba kenda inyunyaga ruuji mpaara indi amwe na buu itomba kugwata niuntu bwa murutira. Arimi babaingi ibagitire mwoyo.

Amwe na buu, niuntu bwa kagaana Mathuganio itumbite kwongera gukuria miti mwanka 70%. Mukuru George Itonga, umwe wa aritani ba Ubici ya Ntugi, nejire na njira imwe injega. "Riria ndejire guku Ntumburi gutaari na miti nonga kithaka. Ndaanda miti yakuraga 5%. Antu baboone bambira nkundagie miti ruuji na cuuba yaandi iguru ria muthetu na miti yambiria gukura 10%. Amwe na buu, thiina yakwa itombire kuthira. Au nio ndambiririe kwinjagira mukebe akui na muti juturi gakutho. Njira iji niyongerere kugwata kwa miti mwanka 70%"

Arongera, "Biria biathithikaga ni ati waanda cuba iguru ria muthetu, ibiangitaga mwoyo niuntu riu riaru, antu a kworia neka yagwatithagia muti mwanki. Ndikuthithia uju, indaandire miti 1,000,000 (million) mundene jwakwa. Tukundi tungi tuniini ta Muruguma, Umoja A, kuma Mworoga, Lairongi, Nchoroiboro, Muniri, na Ruiru ibageretie njira iji".



Umoja A from Mworoga, Lairongi, Xkoroiboro, Mumiri, Ruiru have tried the same method.”.

We endeavor to train more groups and make them achieve the requirements of Best Small groups so that they may serve other areas. We have a keen interest with areas like Ntumbiri, Ngusishi and W-Lewa where there is high potential for the program. Most of the residents, we have learnt, have large tracks of lands.

Our message to our small group is “plant more trees, maintain them to maturity so as to have a clean environment”.

Itukuomba ngai yura kenda tukundi tuniini tujuria mobatu jao kenda tumba kuritira guntu guku ngugi. Turi na bata mono na guntu ta Ntumburi, Ngusishi and X-Lewa naria antu banao bari miunda iminene.

Ntumiiri yetu kiri tukundi tuniini ni, “andeni miti imingi, mimenyereni mwanka ikure kenda bukethirwa buri na guntu igukutheru”



ENGLISH: Members of small groups showing their maize combs harvested from conservation farming.

KIMERU: Amemba ba ikundi bi nini bakonia maketha kuuma urimi bwega.



Our collective effort in fight against malaria.

Most of us think that when we sleep under mosquito nets we are completely free from malaria, is it true?

If we remind our self on how we contract malaria and how can we prevent it; malaria is a killer disease that gets to a human body through a female Anopheles mosquito bite which is infected. Since prevention is better than cure, let's walk over the steps of prevention.

- Make sure that the stagnant water is dried up.
- Bushes around our homestead should be cleaned.
- Dark corners on our house should be kept clean.
- When resting in our houses especially at night see to it that they are well lit.
- Sleep under treatment mosquito nets.
- Immediately seeking of medical attention at the first symptom of infection.

Some of the symptoms of malaria.

- Nausea and sometimes vomiting.
- Yellowish or greenish vomit remains.
- Headache.
- Sometimes diarrhea.
- Dehydration under severe circumstances.

Are there any other notes on care of someone with malaria?

Njira yetu ya kurwa na murimo jwa Rwagi.

Antu babaingi bathuganagia wamama rungu rwa neti utiumba kurumwa ni rwagi buru, ti mma? Tukairikania uria rwagi rugwatanaga na uria umba kurigiria. Rwagi ni murimo jumba kuraga, urumi ni rwagi rwa nka, ruria ruri na murimo juu. Niuntu kurigiria igukwega nkuruki ya kworia, tiga tutegeere matagaria ja kurigiiria;-

- Ona ati guti na ruuji rurungi.
- Ithaka biria bithiurukite nja bitherue.
- Tukumbo turia turi muundu nyomba yaku tutherue.
- Aria unoki njeku, mono ugoro, wone kuri na weru.
- Mama ndene ya neti ikiri ndagwa.
- Ita wone dagitari waigua ta ugucemwa ni rwagi.

Uria Umba kumenya uri na rwagi.

- Nkoronjiru na rimwe gutaika.
- Mataika ja green kana yellow.
- Kurigwa ni mutwe.
- Rimwe womba kwarwa .
- Na rimwe womba kuthirirwa ni ruuji ndene ya mwiri jwaku.



LAMURIA OFFICE

MUGUNA DISABLED

Best Small Group TIST NO. 2006 KE56

Muguna disabled was started in November .2005 as a TIST small group.

We commenced with launching seminars where we gained knowledge and also made a lot of friends, who visited us.

Our first seminar that was held on 18th to 24th June 2006 widened our eyes. We got visitors from USA, India, Tanzania and others from ASG. A young seedling was one of the awards that we were issued with by the BSG, and we planted it including other indigenous seedlings at Male Primary School to commemorate TIST in Lamuria.

We have been to other seminars where the theme was about conservation farming and also nursery preparation.

In other seminars, Ben and Vannesa Henneke visited us from the USA. Their advice was helpful to us and made us work more hardworking with determination and so far we have distributed some seedlings to some community to plant.

We are now able to carry out nursery preparation, where we have over 6,000 seedlings. Not all the seedlings survived due to the following reasons: -

1. The animals destroyed some since there no hedges to keep the animals at bay. Financial problems also undermine us because we cannot afford ordinary nails or even barbed wire to fence the area.

UBICI YA LAMURIA

MUGUNA DISABLED

Gakundi kaniini gakega TIST NO. 2006 KE56.

Gakundi ka Muguna Disabled kambiririe Novemba 2005.

Twambiririe kumania na semina iria twagwatire uume amwe na kugea acore babaingi kiri baria baturungirite.

Semina yetu ya mbere iria yaari kuma 18th – 24th Juni, 2006 niyo yatukunurire metho. Twari na ageni kuuma U.S.A, India, Tanzania na bangi kuuma kiri tukundi tutwega. Muti jwa kwaanda nikio kiegwa kiria twaerwe ni gakundi kiniini gakeega na twaanda amwe na miti yetu yongwa, Male Primary School tukiambiria TIST Lamuria.

Itwitite seminene ingi inyingi iria turitanagwa urimi bubwega na kiritanwa kuthiathia antu a kumithagiria miti.

Seminene iingi Ben na Vannesa Henneke ibombire guturiungira kuuma U.S.A.Gututaaka kwao igututethetie na twarita ngugi na inya tucitikitie na mwanka nandi itumbite kugaira atuari betu miti ya kwanda imingi.

Mwanka nandi itumbite kuthuranira antu a kumithithiria miti na itumithitie miti 6,000. Ti miti yonthe yumaga ni untu bwa itumi bibi:-

1. Kuriwa ni nyomoo niuntu gutirigiri na tuti na inya ya mbeba cia kwirigira na thiginki.



2. Borehole is another problem undermining us especially when it dries up leading to withering and finally dry up of our seedlings. During such dry season, we try our best to see to it that we do some watering so that we may save some of the seedlings. One jar of 20litres normally cost Ksh.10/= due to long distance (about 3Km.) between the nursery site and the nearby river. We were able to save about 5,000 seedlings, which we gave to the Tist members, Macaci Nursery School and some to our neighbours so that they can plant them and skyrocket Tist. Now we are very much emphasizing in nursing more seedlings to replace the ones that dried up during the dry season.

In our farms, the maize is doing well and we are expecting high yield.

We are still advocating the good news of the energy saving jiko. The group will make more of these to reduce the use of firewood, which destroys our forest and the good nature

2. Thiina ingi irinya riria tutaaga ruuji kunyaara niuntu bwa riuu mwanka miti ikoma. Igita ta riu tutaagira ruuji tukiguraga mutungi jumwe jwa lita 20 na ciringi 10/= niuntu ruuji rumaga ta 3 km kuuma kiri miti. Itwombire kwonokia miti 5,000 iria tunenkerete ikundi bia TIST Macaci Nursery School na atuuri kenda tumba gukiiria TIST iguru. Mwanka nandi itumbite kuongera miti ingi niuntu bwa iria yomire riuene.

Miundene yetu mpempe nithongi mono na itukwirigira tugaketha mono. Na itukuritana waki bwa mariko kenda bomba kuyiia utumiri bwa nku.



ENGLISH: TIST farmers participants in a local seminar in Kigucwa.

KIMERU: Arimi ba TIST bari seminani rutere rwa Kigucwa.



The conversation between man and the family members (By Margaret)

The man: “My wife and my lovely kids, what is s tree? A tree, what is a tree?”

The Wife: “we don’t know, can you please tell us.?”

The man: “He is our best friend, it’s actually the best friend than all the friends that you see around you.”

The kid: “What did you say dad?”

The man: “Whatever you have heard!!”
“The first and fore most, it give us clean air which we breath, every furniture that you can see in this house is made from trees: nice sofas, wall units, and any other kind furniture. Despite that, it gives us medicine and also fruits, which are very good for our health.

The rainfall, the home of wild birds and wild creature to mention just a few are the best thing that trees give us.”

The wife: “Hey!, my Husband, we are very happy to hear all the good things and benefits about these trees that we see here around us. The tree is actually our best friend. Why don’t we join hands and make our best out of it to take care of this friend of us, and by doing so, our children and their future will be a bit better.”

The kid: “Dad, Mum, let us join hands as you have said and plants trees so that we can get all those benefits you have just mentioned.”

The Man: “I can see you have agreed with my advice, we will start it during this rainy season by planting trees. The nest step will to register with TIST and we will be able to have clean air in our Villages and also in our country. By doing that our environment will be the best.”

Rwaria ra mukuru na antu ba nja yawe - Margaret (Mwandiki)

Mukuru: “Mwekuru na twana twakwa, muti ni mbi? Muti ni mbi?”

Mwekuru: “Tutiiji itu twire”

Mukuru: “Ni mucore wetu umwega, nawe ni mucore umwega nkuru ya acore bonthe baria bukwna batuthiurukite”

Mwana: “Ee niatia wauga baaba?”

Mukuru: “Oo uria waigua”. “Niyo itwejaga ruugo rurwega ruria tukuchagia, into biria ukwona nyomba iji bitumi na miti ta iti, aria twikaga into na bingi bibingi. Tiga biu miti nituejaga ndawa na matunda jaria jathithagia mwiri. Nkigweta jamakai, niyo iretaga ngai na nja ya nyoni na nyomoo cia kithaka.

Mwekuru: “Aai!” Mukuru tukugwirua mono ni kumenya mawega ja miti. nama muti ni mucore umwega. Niki tontu tutikugwatana njara tumenyera mucore uju wetu kenda Twana twetu twona wega ntuku iji cijite”

Kaana: “Baaba, maami, tugwatane njara uu bwauga kenda twona wega bwa miti.

Mukuru: “Nkwona bugwitikiria uria ndabutaara. Twambirie ngaine iji kwaanda miti. Itagaria ringi ni guciandikithia na TIST kenda tukethirwa turi na ruugo rurwega nturene na nthiguru yetu. Twathithia uju tukethirwa turi na guntu gukwega”

NARO MORU:RONGAI SILK WORM SMALL GROUP

We as TIST small groups members are very happy, since we have learnt new ideas that have enabled us become economically sufficient. We have learnt about. Berry- culture (Planting of Mara-berry trees). The tree is very important; it helps us with the following ways:

- Human consumption.
- Cleaning of the air.
- Fodder feed.
- Medicine
- Soil-fertility
- Feeding
- Silk Worm
- Timber
- Firewood. Etc.

Why don't we as Tist group members plant the trees?

In case we plant Mara- berry trees we practice the semi-Culture process. Do you know the process?

Plant a ¼ acre, 1000 trees. With a measurement of 5ft / 2½Ft. then start feeding silk – worms coming from cocoons. After wards you will earn more. Benefits with Mara burry tree.

Remu –pause N/Trees planting group

(Rongai silkworm groups)

DEALING WITH DEPRESSION.

DEPRESSION is discouragement of the highest level. It makes one feel hopeless, negative, and overwhelmed in life. Everything around you looks useless because of the wrong attitude imposed on your mind by the devil.

NARO MORU: GAKUNDI KANIINI KA RONGAI SILK WORD.

Batwi turi gakundi kaniini ga TIST ituthomete njira injeru kenda tuumba kwirungamiira kimbeca. Ituthomete mantu ja Berry – Culture (kwanda miti ya mara – berry). Muti juju juri bata mono na ijutethagia na njira iji:-

- Antu ibarijaga
- Ijuthambagia ruugo
- Ni iria ria ngomoo
- Ndagwa
- Kunoria Muthetu
- Kurera silk worm
- Mbau
- Nku wa jangi jamaingi.

Nimbi ikugiria turi amemba ba TIST twaanda miti iji. Njira ya kwaanda muti juju jwa mara – berry nita uju:-

Aanda ¼ ika miti 1000 na ithimi bia 5ft / 2½ft, wambirie kurera tung'inyo tutu twa silk. Kuuma au ukathoma nkuruku mawega ja miti ya mara berry.

(Rongai silk worm groups)

KWINYIRIKA MATHUGANIO NI MBI? (DEPRESION)

Kwinyirika mathuganio ni gwitijira kwa iguru mono. Gutumaga muntu aigua ari wa utheri, gutibio akwenda na teka gutuura kwawe guti bata. Into bionthe biria bimuthiurukite onaga biri bia utheri niuntu bwa mbicha iria nkoma yaretere mathuganione jawa.



Symptoms of depression.

- One is unable to make decisions.
- Fatigue-have no strength to work and no desire for any hobby.
- Have no company i.e. lack of friends.
- Hibernation-hiding from people
- Hopelessness and sadness.

Types of depression

- Discouragement
- Real depression-the victim likes to sleep and avoid people.
- Clinical depression-it affects your thinking and the brain doesn't work accordingly.

Causes of depression

- Joblessness.
- Family strife
- Drugs
- Financial complications
- Single parent hood
- Do something in life that you never intended to do.

How to handle depression.

- Share your problem with a person who you trust in life, may be parent, close friend or church minister.
- Learn that there is some one who cares and knows what you are going through. That's God. When he created you his plans for you were good and have a future.
- Learn to praise God in every situation because all things work together for good to them that love that Lord and are called according to his purpose.

Ndariri Cia Kwinyirika Mathuganio

- Muntu atiumba kugita igamba
- Minoga na gutiu muntu akwenda kuthithia na gutibio endete.
- Muntu gukaraga wenka – ati na acore.
- Gwicitha antu bangi
- Kwaga wirigiro na kuthuraga.

Mithemba Ya Kwinyirika Mathuganio

- Gutwika mwoyo
- Kwinyirika mathuganio buru muntu endaga kumama na kwebera antu bangi.
- Nitumaga mathuganio jaura mwanka mathuganio jakaremwa ni kurita ngugi.

Biria biretaga kwinyirika mathuganio

- Kwaga ngugi
- Thina cia nja
- Ndagwa
- Wagi bwa mbeca
- Kwithirwa uri muciaru wenka
- Kuthithia mantu jaria utirendete kuthithia

Uria umba kuthiria kwinyirika mathuganio.

- Uga thiina yaku kiri muntu uria ugwitikia ta muciaru, mucore wa akui kana menesta wa kanisa.
- Menya ati kuriwe ukwendete na ukumenya jaria uri najo, na ni Murungu. Riria akumbire aari na ithuganio ririega na ukare maisha jamega.
- Iritane gukathaga Murungu Mantune jonthe ni untu into bionthe bikari umwe kiri baria bamwendete.



- Make up your mind to stay positive. Change your attitude and view every situation in your life as a stepping-stone to your miracle thus better life.
- Pray to God that he gives you sufficient grace to overcome because he created you with a purpose. Stay and think positive.
- Lika mathuganio jaku mantune jamega. Garura mukarii jwaku na utege mantu jonthe ja maisha jaku ta iiga ria gukinya ukirigirwa kياما.
- Romba Murungu akwe kirundu kia kumbana niuntu niwe wakumbire na gitumi. Karaga ukithuganagia mantu jamega aki.

ENGLISH: A grafted mango tree. TIST program is encouraging farmers to plant such fruits trees.

KIMERU: Muti wa muembe ba kuguchirithia. Mradi wa TIST kenda ukuringiria arimi kuanda miti va matunda.



IT'S TIME TO PREPARE OUR SHAMBAS - CONSERVATION FARMING

- After harvest do not burn the crop residues but leave them on the ground. The more residues remaining on the ground the better because they enrich the soil, making it more fertile. Remember that crop remainders can also be used for compost manure.
- Wathiria guketha, ukaitia mati jatige nthi. Oo uria ugutiga mati jamaingi nthiguru nou jakunoria muthetu jwaku. Rikana imera biria bitigagwa nthi bikoora no bitumirwe biri mboreo.



- Try to stop animals from grazing on the area. If they graze there will be less crop remainders left covering the ground.
- Conservation farming holes have to be dug before the rains come. It is therefore vital to start digging them early.
- Mark out where you are going to dig your holes. Get a long piece of rope or string and squeeze bottle tops on to it 70cm apart. Stretch the rope across the width of your field. Each bottle top marks the center of a hole and it makes sure that the holes are correctly spaced out. Mark out the rows of holes using a hoe. Each row should be 90cm apart. Just mark out the rows and holes you think can be completed that day.
- On the same day as you mark a block of holes, dig the holes. The holes need to be oblong. They should be between 15cm wide, 35cm long and 15cm deep.
- When you are ready to plant the grain it is important to put some very fertile soil into the holes to help the crop to be stronger. Take some manure and good topsoil and mix it together, or use compost manure. Fill the hole with the mixture up to 5cm from the surface.
- Rigiria nyomoo itikarithue mundene juju. Ciarithua ikanyiaa mati jaria jakunikagira muthetu.
- Marinya ja kwaanda jenjwe mbere ya ngai iura kuri na gitumi kwinja marinya kagiita kario.
- Ikira arama naria ukenja marinya. Jukia murigi jumuraaja utonyithie tubira twa tubuu twa soda tutigene na 70cm. Kuchia murigi mundane. Tubiira tutu nitu gatigati ka marinya. Ikira arama na nthitangi ugiteenie mundene. Mistari itigane na 90cm. Ikira arama ya marinya na mistari iria ukathiria buru ntuku iu.
- O ntuku wekira arama ya marinya winje ntuku o iu. Irinya rithirwe riri na warii bwa 15cm, kurea kwa 35cm na kworokera 15cm.
- Igita ria kwanda mbeu yaku, ikira muthetu juria munoru irinyene ndene kenda kimera gikagea inya. Jukia mboreo na muthetu jwa iguru unganie. Biikire irinyene indi utigarie 5cm kuuma iguru.
- Kethira ni mpempe ukwanda, irinde mathaa 6-7 mbere ya kwaanda. Kurinda igutethagia ciuma na mpwii. Aanda mpempe irinyene rigitenie. Kunikira na muthetu juria unganitie na mboreo ukunike 2.5 cm tontu buu irinya ritigwe 2.5cm. ritiujuri.
- Ukethirwa urianda muyia aanda mbeu 5-6 irinyene riri na ukunikire na muthetu jumunoru 2-5cm.



- If you are planting maize, soak the seeds in some water for 6-7 hours before planting them. This speeds up germination and means that more will survive. When you plant the seeds, plant 4 seeds in the soil across the hole. Cover them with 2.5cm of the rich soil and manure mixture. After this the soil in the hole should be about 2.5cm below the surface of the field. It should never be more than this. Clods (big lumps of soil) should always be broken up so that the soil makes good contact with the seed.
- If you are planting sorghum, plant 5-6 seeds at each end of the planting hole after a good shower of rain. Cover the seeds with 2.5 cm of the rich soil and manure mixture.
- The space at the top of the hole enables water to get to the plants when the rains come. Without this space the rain will just run off the land, taking a lot of the soil nutrients with it.
- Weed around the holes regularly. Each year there will be few and fewer weeds.
- Don't be discouraged! Digging the holes now will mean they are ready for this year and you will not have to dig them next year.
- Kaanya karia gatigi iguru ria irinya ni ka kugwatia ngai yaura. Gakeja kwithirwa gatio ruuji rwa ngai rukauma mundane rurite unoru mundane jwaku.
- Rimira ome ya irinya kagita na kagita na iria rigeta rikinyiaga.
- Ukagita mwoyo. Wenja marinya mwaka juu utinja mwaka juu jungi.

Biria bikwendekana mbere utirathithia gikundi kia TIST

Bibi nibio bikwendekana bwithirwe biri o mbere ya gutonya kiri tukundi tuniini twa TIST

- No mwanka bwithire buri antu 6-12 kenda bwa gakundi kani kuuma kiri nja mwanya 3
- Gakundi kaniini no mwanka kethirwe kari na miti 1,000 mwaka bwatonya kiri TIST.
- Gakundi kaniini kethirwe kari na miti iti nthiguru ya 5,000 iri mwoyo nyuma ya miaka itano bwathiria gutonya TIST.
- Gakundi gaka kaniini gacokagirie miti iria iumi o mwaka mwanka miaka 20.
- Mumemba wa gakundi yaka kaniini ethirwa ari na urimi bubwega (CF) ika imwe. Gukethirwa munda jwa mumemba jutikinyi ika imwe, nusu ya munda juu jwithirwe jurimi urimi bubwega (Conversavation Farming)
- Gakundi kau kaniini kethirwe gacainite wirane bwa kwendia ruuo.
- TIST ikarea 0.2 mbecha cia Amerika (Kshs. 1.50/=) muti juria jutiumi o mwaka mwanka miaka 20. Riri nirio muti jukethirwa jugukura buru. Kuuma au jukariwa 70% ya uguri buria ruugo rukethirwa rukiumaga.



TIST Small Group Eligibility Requirements

Here are the main requirements that have to be met by your Small Group to qualify for the TIST Program:

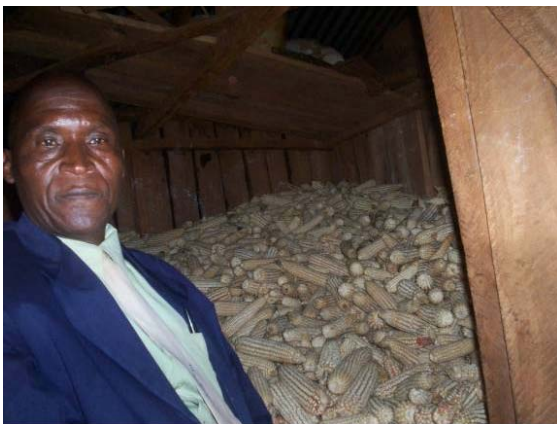
- There should be 6 to 12 members in your Small Group from at least 3 different families.
- Each Small Group should have a minimum of 1,000 live trees within 1-year after joining the TIST program.
- Each Small Group should have a minimum of 5,000 live trees within 5-years after joining the TIST program.
- Your Small Group should replant trees that die, for any reason, each year for at least 20 years
- Each member of your Small Group should practice Conservation Farming (CF) in at least 1 acre of land. If total agricultural land owned by a small group member is less than 1 acre, then at least half of that land area should be used to practice CF.
- All Small Groups should sign the Greenhouse Gas Contract
- TIST will pay US\$ 0.02 (Ksh.1.50) per live tree per year for the first 20 years. After 20 years, when tree are expected to have reached maturity age, TIST will pay 70% net value of proceeds from green house gas sales / carbon credits.
- Miti iria itaragwa ta kithaka kana rwego (irea itireaga 4m) ititaragwa iri miti ya TIST.
- Miti iria yandagwa itikinyitie 2m gutaraniria ititaragwa iri ya TIST.
- TIST nitikagiria miti ikethwa yakinyia miaka 10. Amwe na buu, utibwiritie kurika miti nkuruki ya 5% ya miti ya gikundi o mwaka.
- Gakundi kaniini kabwiritie kwithirwa kari na nthiguru ya 33% ya miti iria irikangawa na mpwii. (mibau mauta) Ikundi biria nandi biri na nkuruki ya 33% ya miti iji bari na miaka itano (mwanka 2012) ya kwanda miti ingi kana barike iji mwanka riria bakojuria biria bikwendekana.
- Tukundi tutu tuniini no mwanka betikirie atari ba miti batare miti yao rimwe mwaka. Tukundi tutu tuthuranire irio bia atari riria bagutara.
- Amemba ba tukundi tutu batirimanage kiumia rimwe kana kethira buu butikubua batirimanage rimwe mweri.
- Mumemba wa tukundi tutu no mwanka onanie ukuuji bwagwe ati aria aandite miti ni aawe kana netikiritue.
- Mumemba no mwanka eetage uritanine bwa TIST kenda omba kuganaga na bangi jaria mathongi akathoma.
- Naaria gakundi gaka kaniini kari kwithirwe kuri na tukundi tungi tutwingi, aria kuumba gwitwa na maguru., na bethirwe bomba kwaanda miti 100,000 mwaka jumwe kana 300,000 mika itano.



- Tree species that are treated as bushes or hedges (less than 4 meters tall) would not be counted as TIST trees.
- Trees planted at a spacing of less than 2 meters will not be counted as TIST trees.
- TIST will allow harvesting of live trees that are 10 years or older. However, total trees harvested in any year should not exceed 5% of the group's total live trees.
- Each Small Group should have less than 33% "short rotation trees" (example Eucalyptus). Present groups who have planted much more than 33% short rotation trees will have five years (until 2012) to plant additional trees and or harvest present trees until they meet this requirement.
- TIST Small Groups should allow TIST quantifiers to come and quantify their trees once a year.

Small Groups should organize with other Small Groups in their area to provide food and shelter for the quantifiers during these annual quantification visits.

- Members of each Small Group should meet together to share ideas and best practices every week. If meeting every week is not possible then group members should meet at least once a month.
- Small Group members should provide proof of land ownership or control for land where they have planted TIST trees.
- Small Group members should participate in TIST training to help develop and share best practices with other TIST groups.
- The area where your Small Group is located should have other Small Groups, that are all within walking distance of each other, that have planted a combined total of 100,000 live trees within 1-year with a potential to plant a combined total of 300,000 trees in 5-years.



ENGLISH: TIST farmer from Muregwa small group in his maize granary. He says that he has doubled his grain production for having practiced conservation farming.

KIMERU: Murimi wa gikundi kia Muregwa ari nchuku yawe. Ena maketha maingi kuma urimi bwega.

