



MAZINGIRA BORA

NOT FOR SALE.



www.tist.org

October 2008 Newsletter

ENGLISH VERSION

The International Small Group and Tree Planting Program (TIST)

An Environmental, Sustainable Development and Community Forestry Program.



Small Group Members from Njukii-ini Cluster, Gichugu in Kirinyaga at their conservation farming demonstration maize plot.

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TIST: The Importance of the Environment

The environment is valuable in many different ways. Often several of these factors may be overlooked when we think about an environmental resource.

- **Environmental value:** the ways in which the resource benefits the physical environment e.g. water purification.
- **Biological value:** the ways in which the resource benefits the diversity of life e.g. habitat creation, food, water.
- **Health value:** e.g. medicinal properties, water and food.
- **Material value:** e.g. the resource being used for
 - i. Construction
 - ii. Shelter
 - iii. Clothing
 - iv. Energy requirements
- **Economic value:** the ways in which the resource can be used for economic gain e.g. selling of produce, tourism, bees pollinate flowers and trees.

- **Spiritual value:** in some religions, spiritual value is attached to the physical environment. As Christians, we are stewards of the earth, and are supposed to take care of God’s creation.
- **Aesthetic value:** admiring beauty and enjoying the smells and tastes of the resources. Important for leisure and tourism.

It is important not to focus on one or two types of value and thereby *undervalue* the resource e.g. Loggers may only consider the present economic gains of a forest, ignoring the environmental, biological, aesthetic and spiritual values. Hence greater damage is done than first thought.

When you look outside on your Shamba and across the land, think about the ways you value the different aspects of your environment, and think about the ways that you think you and TIST could do more to add more to the environmental value of the land around you.



A fireless cooker: Kajuu Mutitu Small Groups members have innovated new practices of making fireless cookers from locally available materials.



Small Group Techniques: Group interaction

a) *What is the best way to arrange people during a small group meeting?*

A small circle is the best. Don't have a table because it creates barriers between people. Don't have a chair and a large seat for the most important person. In TIST, we all sit the same way. We either all sit on the ground, or we all sit on chairs.

b) *What do you do if more than twelve people want to join your group?*

If there are more than twelve people interested in joining your group it is best to form a new group. The group can split in two, or three or four members of the original group form the core of the new group. This is better than one member trying to start a group alone. Remember to start using rotating leadership straight away.

c) *What techniques can you use if the group energy is low?*

Split up the group into pairs and get each pair to talk about the task. Dramas also help. Sometimes stopping and each person saying something good that their group is doing can also motivate people again. Also remember to keep the meeting from becoming too long. By having a co-leader who is keeping time, you can focus the group's energy to making sure the work gets done in the agreed upon time period.

TIST: The Best Practice in Conducting Weekly Meetings.

Meeting Schedule.

In managing our time better, a small group should have well-organized meeting schedule. This is important because it will help your small group keep focus of your agendas and other activities.

It is important too, for your small group to be having regular meetings. For instance, once a week or once after two weeks. This will give all members in your small group an opportunity to strengthen your group and also share and learn new ideas.

During your meeting, it is necessary to focus on important issues. To be able to accomplish this, other TIST small groups have practiced the below steps when conducting their meetings;

Step I. Greetings and introductions for any new members (5 - 15 minutes): Make sure everyone feels welcomed. Make it brief but let each of you introduce himself or herself.

Step II. Opening prayer (2 minutes): It is important to begin your meeting with a word of prayer. Keep it short.

Step III. Songs (5 minutes): These could be songs written by your group, or songs that encourage people such as religious songs.

Step IV. Agreement on task and time (5 minutes): The leader explains what will be done in the meeting and the group members agree to do the task. The time spent should be agreed so that the co-leader can help keep the meeting on time.

Step V. Group work on tasks (1 hour): Ideally the tasks should have been discussed at the end of the last meeting. Tasks might include sharing what each person has done to help TIST activities, sharing best practices, training and any other important issue that will help your small group to prosper.

Step VI. Kujengana (5 minutes): Each group member makes one positive, specific statement to that week's leader about his or her observable leadership of the meeting. In addition, anyone may identify a gift seen in the leader.

Step VII. Closing prayer (2 minutes): End your meeting with a word of pray.

Small Group Best Practices: Action Steps and Action Planning

TIST groups do a lot of practical activities: planting trees and improving agricultural techniques. When there is a lot of work to be done by the group it is good to have **action steps**. Each group member should tell the group what they are going to achieve that week.

We are going to teach you and your Small Group how to do action planning. Please share this with



other members of your Small Group during your meeting.

An action step is something that is:

- Specific
- Observable (a fly on the wall can see you do it!)
- Measurable
- Has a beginning and an end
- Make sure your action step is realistic and that you can achieve it!

For example, saying 'I will plant trees' is not an action step because it is too general. 'I will work on three mornings this week to transplant 75 seedlings into our new grove' is an action step because it is **specific** (transplant 75 seedlings), **observable** (people can see you do it), **measurable** (75 seedlings, 3 mornings) and **has a beginning and an end** (at the end of three days you can see the results).

When your group meets again, allow ten minutes near the end of the small group meeting for each person to report on his or her action step. Each person quickly:

- (1) **Tells the group what their action step was for the past week.**
- (2) **States what they actually did.**
- (3) **States what action step they will take for the following week.**

If the person succeeded in his or her action step, the group celebrates the success.

If, as often happens to start with, the group member met only part of his goal, the group encourages him / her and does not criticize or blame. When people are able to freely share their successes and failures they will be encouraged to do better each week.

Encourage your Small Group members to think of possible action steps. Make sure it is specific, measurable and realistic! Get to share some action steps that your small group has accomplished.

Action Steps for Action Planning

A similar method can be used when planning. Here an example is given in brackets. When your group is planning what to do, make sure your plans are:

Specific (Our TIST Small Group will plant 1000 trees at the local hospital by November 30)

Measurable (How many? - 1000 trees will be planted)

Achievable/Realistic (Our TIST Small Group can plant 1000 trees in 5wks - 100 trees per Tuesday and Thursday, 10 trees per person/per day)

Time-bound (Has a beginning and an end - we will plant the trees between Oct 15 to Nov 30)

Observable (A fly on the wall can see us planting)

SMARTO!

This is the guide and test of your action steps for your plan and helps you be specific:

- 1) **What** - (Planting 1000 trees)
- 2) **Who** - (TIST Small Group members by name)
- 3) **When** - (Oct 15 - Nov 30)
- 4) **Where** - (At the hospital)
- 5) **How** - (We meet every Tuesday and Thursday afternoon after the heat of the day and dig holes, then plant the trees)
- 6) **Why** - (To improve the area around the hospital, have more shade for patients and visitors, people can sit under trees and the shade will make the hospital cooler)

Now, try to practice action planning in your next small group meeting.

Kujengana: Don't miss the blessing for your Small Group.

Kujengana is a very important part of your Small Group weekly meeting. It says in Ephesians 4:15,16 that we are to build each other up into the fullness of Christ. Each person in your TIST Small Group brings his or her own special talents and gifts to the entire group. One of the wonderful things that happen in the Small Group is recognizing, sharing and using those God-given talents.

Kujengana is a way to let those talents be seen and be used. There are two parts to Kujengana:

- Before the closing prayer, every person in the group says **one specific, positive thing** that the leader did at that meeting. For example, smiled, kept to time, made good plans, encouraged all group members to speak, greeted me and made me feel welcome, pointed out something that was going very well in the meeting or in the work the group was doing, etc. Each member needs to say something different. This is not optional. Everyone gives Kujengana to the servant leader. Some groups also give



Kujengana to the co-leader.

- In addition, if someone sees a gift shown by the leader, a group member can also say that. This is optional.

With Rotating Leadership, each week a new leader will receive Kujengana. Through Kujengana we encourage each other on the good things that week's leader did in the meeting and the talents the person showed.

Kujengana is also the way we learn to look for positive things about people and then say them. We all need to train our tongues to say the positive. In addition, the whole group learns what that group thinks is important in a servant leader. The next leaders will benefit from what they have heard in Kujengana about previous leaders and know what the groups think is important in being a servant leader.

In response to Kujengana, that week's servant leader just says, "Thank you." after each group member's specific, positive statement. There is no discussion about how it could have been done better, or differently. It is common for the person to be happy when he or she is told the good things he or she did during the meeting. Sometimes we learn things about ourselves we didn't know!

Kujengana helps the leader on that day recognize his or her talents and keep on using them. Kujengana also is a help to the Small Group because all the members improve their servant leadership as they learn. Kujengana is a double blessing!

Water Management: Water pollution

What are causes of water pollution?

- Discharge of untreated industrial waste and sewage
- Careless human action around water points (rivers, wells, boreholes)
 - Poor drainage
 - Discarded old batteries in the water or near water drainage sources. Batteries have toxic materials.
 - Bathing and washing at the water source
 - Children playing at the water source
 - Defecating and urinating near and around the water source
 - Cracked cover slab at boreholes or wells
- Lack of latrines in rural areas. Rain water can wash human waste into water sources.

Consequences of water pollution

- Disruption to plant and animal life through direct poisoning or eutrophication (when nitrogen-based fertilizers are washed into water, causing increased plant growth and subsequent loss of oxygen and death for aquatic animals)
- Spread of disease when polluted water is used for cooking, washing and drinking (intestinal worms, skin diseases, cholera, diarrhoea).
- Death of animals and humans. Children have the weakest immune systems, and are therefore more likely to die from water pollution than adults. Would you want your children drinking what you threw into the water?

Specific action steps small groups can take to reduce water pollution (solutions).

- ✓ Encourage people to avoid throwing rubbish and pouring wastewater into water bodies.
- ✓ Plant trees along the banks of rivers and lakes to stop soil from entering water bodies.
- ✓ Avoid growing crops too close to a river, lake or well (to avoid fertilizer reaching the water sources).
- ✓ Do not allow people to build too close to riverbanks.
- ✓ Manage boreholes and wells properly:
 - Do not allow people to wash near the pump
 - Keep rubbish away from the pump
 - Fence the water source to prevent animals from contaminating the water
 - Ensure pit latrines are at least 50m away
 - Make sure there is adequate drainage. Create channels to drain away water, ending in a soak pit (a hole filled with stones where water can drain away).
 - Repair all cracks on the cover slab as soon as they occur
 - Clean the area regularly.
 - Dispose of batteries responsibly. Do not burn them or throw them in the water.

Gachiuki Women Small Group: We have benefited a lot.

We, Gachiuki Women Small Group, are from Gankere village. We are under Kinyaritha Field office. We joined TIST program in year 2005. We have been engaging nursery preparation, tree planting in the forest and reserves, public land, church grounds and even in our own lands.

**Activities.**

Other than tree planting, we have practiced conservation farming.

- We have about 3 acres of banana plantation under conservation farming. The bananas are doing very well and the group members are benefiting from selling them.
- We have also benefited from fresh beans. Also under conservation farming. Many of our members get a lot of money. We are impressed by good market of fresh beans this time around.

Song about TIST.

- We are grateful to TIST for having honored their promise of paying us for the trees we have planted, cared for and kept alive. We have received money through M-Peas system. For our gratitude, we have composed the below song (Mugithi song)

A wira a TIST
Nimaingire x3
Mugithi uyu wa TIST

Arutani a Tist ni marikuo x3
Mugithi uyo wa TIST

Atari a miti marikuu mugithinix3
Mugithi uyu wa TIST

Andu a America mari mugithinix3
Mugithi uyu wa TIST

Mugithi ni uthii na mbere
Mugithi uyu x3
Mugithi uyu x3
Mugithi uyu wa TIST

May God bless you all.

Policy on Short Rotation Trees.

It is important for your small group to adhere to the following policies that are helpful in assuring sound sustainable growth in the carbon credit business;

- 1) Each group needs to submit a Forest Plan within the first two years of their membership in the TIST Program. The Forest Plan would include the following issues:
 - A) Each Grove would be made up of mixed species of trees;
 - B) Each group would be encouraged to plant and maintain high-value trees such as fruit and nuts, or those with long-term value as timber (such as teak);
 - C) Tree species which are treated as bushes or hedges (less than 4 m tall) would not be counted as TIST trees;
 - D) Each group would agree in the Forest Plan not to cut any live trees for a minimum of 10 years;
 - E) Harvesting live trees after 10 years would be allowed up to 5% of the group's trees per year;
- F) No tree grove would be "clear-cut" at any time, but rather trees would be selectively harvested so that the soil was not exposed to drought and degradation.
- 2) In order to qualify as a Best Small Group and thus be eligible to become a Mentor Group, the Small Group must plant less than 33% of the trees as "short rotation" trees.
- 3) All TIST Groups should have less than 50% "short rotation trees" to remain in the TIST Program. Present groups who have planted much more than 50% short rotation trees will have five years (until 2012) to plant additional trees and or harvest present trees until they meet this requirement.
- 4) If a cluster harvests more than the 5% maximum in a year, the entire cluster would go on a "net carbon accounting" basis for their payments. This might mean that their payments were unchanged, or it might mean that their payments were reduced for the whole cluster because of allowing too many trees to be cut.



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KIMERU VERSION

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Amemba a tukundi tunini kuuma Cluster ya Njuki-ini, Gichugu, Kirinyaga mari mugunda-ini wa kionanio wa mbemebe cia CF.

- ❖ Mawega ma maria matithiururuki-irie. Page 2
- ❖ Njira iria ikundi nini irahuthira: Unyitaniri wa ikundi. page 3
- ❖ Umenyereri wa Mai: Uthukangia wa mai. page 5
- ❖ Gikundi kinini gia Atumia A Gachiuki : Nituteithikite muno. page 5
- ❖ Mawatho ma miti ya kahinda kanini. page 6



TIST: Mawega ja biria bituthiurukite.

Biria bituthiurukite biri baita na njira mwanya. Rimwe na rimwe tutionaga ta kuri baita irio twathugania kaumo ka biria bituthiurukite

- **Baita ya biria bituthiurukite:** njira iria itutethagia nacio iria cionekaga e.g kutheria ruuji.
- **Baita kiri nyomoo na imera:** njira mwanya iria itutethagia nacio e.g gituuro kia antu na nyomoo, biakuria, muuro.
- **Baita ya utheru:** e.g ndagwa, ruuji na biakuria.
- **Baita iingi:** e.g gutumirwa niuntu bwa
 - i. Gwaka
 - ii. Muunye
 - iii. Nguu
 - iv. Biria biendekanaga niuntu bwa gwikira mwiri inya.
- **Baita ya kureta mbeca:** njira iria iretaga nacio mbeca. e.g kwendia maciara, kwendwa ni ageni kuuma nthi cia oome, kuuma biria njuki itumagira niuntu bwa maua na miti.

- **Baita ya witikio bwa kindini:** ndini imwe iciithagirwa iri na witikio biumenie na biria bituthiurukite. Turi akristo, turi atungatiri ba nthi na itubwirite kumenyeera biria Murungu ombite.
- **Baita ya uthongi:** kugwirirua uthongi, muruki jumwega, mureo waruma na kinogoko gikithongi kia ageni ba kuma nthiguru ingi.

Buri na bata kurega gutega baita imwe kana ijiri aki na kurirua ni ingi e.g akamati ba migongo gutegeera baita ya miti niuntu bwa mbau, borirua ni baita ingi ta cia witikio bwa kindini, uthongi na gikaro gikiega. Giki niki gitumite kwithirwa kuri na winyangia mbere ya kuthugania.

Wategera mundane jwaku thugania baita inyingi mwanya kuumania na biria bituthiurukite na uthuganie uri TIST biria umbu kuthithia kenda wongera baita ya biria bituthiurukite.



Riiko ria kuruga ritakuhuthira mwaki: Amemba a tukundi tunini rio nimokite na njira njeru ya guthondeka mariko matakuhuthira ngu.



Utea bwa gakundi kaniini: gukaraniria gakundine.

- a) Ni njira iriku njega ya kubanga antu bari mucemanione jwa gakundi kaniini?

Gukara kathiurukone kaniini ni bubwega. Gukethirwa kuri na meetha tontu nigiragia bukinyanira. Gukethirwa kuri na giti na meetha inene ya antu baria bari gitumi, Kiri TIST tukaraga nthi oumwe. Tukaraga nthi twinthe kana twinthe tugakarira iiti.

- b) Ni atia ukathithia gukethirwa antu nkuruki ya ikumi na bairi ibakwenda gutonya gikundine?

Gikethirwa antu kuruki ya ikumi na bairi ibakwenda gutonya gikundine kienu ibubugi kuthithia gikundi gikieru. Gikundi kiomba kwigaana bika biiri kana bithatu kana amemba baana ba gikundi kiria kia mbere bakethirwa bari na gikundi. Uju ikubugi nkuruki ya mumemba umwe kwambiria gikundi wenka. Rikana kwambiria kuthithia utongerira bwa kithiuruko.

- c) Ni utea buriku umba gutumika gukethirwa gikundi giti na inya?

Gaania gikundi antu bairi bairi na bambirie kwaririria murigo juu. Kuthithia matinda ijatethagia. Igita ringi oo mumemba kuuga untu bubwega buria gikundi kiao gikuthithia igwikagira bangi mwoyo kairi. Rikana butigekage mucemanio jumuraaja mono. Kwithira nkuruki na muniini wa mutongerira wa kumenyeera thaa, igutumaga iinya ya gikundi itumirwa na kurita ngugi iria itikaniritue thaene iria ciiraniri.

TIST: NJIRA INJEGA YA KUTHITHAGIA MICEMAIIO YETU YA O KIUMIA.

Ni uritu bubwega Gikundi kieru kwithirwa gigicemanagia o kiumia kana nyuma ya biumia biiri. Uu gugagiteithia gwikira Gikundi kieru inya kenda buumbakuthoma thaantu jameeru.

Mutaratara jwa mucemanio:

Kenda tuumba gutumira mathaa yetu bwega thabwiri twira mibango jwa mathaa yetu. Kenda twimba kuthithia mantu yetu jarithe Gikundi gietu kibwiri kuthingata mantu joja micemanioine yetu.

Nkeethi na kumenyithania amemba babeeru kethirwa kuri bo (Dagika 5-15) Tigiira aguciimenyinyania wegwa na agatwa ugeni.

iromba ria mbere (dagika 2)

Ni untu bubwega kwambiria mucemanio na iromba.

Dwimbo (Dagika 5)

Dwimbo iji no cithirwe iri iria citungi ni amemba kana cia gwikira amembe inya.

Njira iinjega cia kuthithia: itagarira na mubango.

Ikundi bia TIST ibiritaga ngugi inyingi mono na mathithio: kwaanda miti na kuthithia urimi na njira injega. Riria kuri na ngugi inyingi cia gikundi ikubugi kubanga mubango jwa matagaari jaria bukajukia. Oo mumemba wa gikundi nabwirite kwira gikundi kiaga mantu jaria akojuria kiumiene kiu.

Tugakuritana gwe na gakundi gaku kaniini njira ya kuthithia mubango jwa mutaratara jwa kuthingata. Gaana untu bubu na amemba ba gakundi gaaku kaniini igita ria mucemanio.



Mubango jwa matagara ni:-

- Untu burio
- Untu bukwoneka(uria ngii iri ruthingone yumba kwona ukithithia)
- Untu umba kuthithia
- Untu buri na mwambirio na muthia
- Menyeera matagara jethirwe jario na kwithirwa bukombikika.

Kwa mung'uanano kuuga “nkaanda miti” riri ti itagara tontu ni untu bwa kawaida. “karita ngugi ntuku ithatu kiumia giki kwaanda miti 75 kamundine gutu gakeeru” juju ni ju mubango jwa itagara niuntu untu buu burio (miti 75 mithenya ithatu rukiiri) na burina mwambirio na muthia (na nyuma ya ntuku ithatu no wone ngugi iria iriti.

Riria gikundi kienu gigatirimana kairi, itikiriene ndagika ikumi cia muthia jwa mucemano oo muntu aejane report ya mubango jwa matagara. Oo muntu na mpwi.

- 1) **lira amenga ba gikundi uria mubango jwa ngugi jurari kiumia kimwe kithiru**
- 2) **Beere uria kuthithikite**
- 3) **Beere mubango jwa ngugi kiumia kiu kingi kiijite**

Gukethirwa oo muntu untu bubu ibuthithikite, gikundi ikibwirite kugwirirua umbani. Gukethirwa ta uria gukarikaga kuri mumemba uthithitie nusu ya mubango jwagwe gikundi ikibwirite kumwikira mwoyo indi ti kumukararia kana kumuraumu. Riria antu bakuumba kwirana mantu jaria jathithikite na jaria jaremete ni njira injega untu bubu ibutumaga muntu agea na mwoyo na akathithia bubwega nkuruki oo kiumia.

Onia amemba ba gikundi giaku kwithirwa igita rionthe bakithugania matagara jameega. Bwithirwe buri untu burio, untu umba kuthima na untu bukwoneka. Gaaneni matagara jaria

bujukitie mwanka ngugi ya gikundi kinda jombikika.

Matagara jaria bukajukia bukithithi mubango.

Njira ta iria ingi no bumijukie bukithithi mubango juju. Aja munguanano jukaejanwa jwiingiri. menyeera mubango jwenu jwithirwe jukari ta uju uria gikundi kienu gikathithia.

Untu burio (gakundi geetu kaniini gakaanda miti 1000 cibitarine yetu gugikinya November 30.

Kithimi (ni miti ing'ana? - miti 1000 ikaandwa)

Untu bukinyirika/burio(gikundi gietu no kiande miti 1000 na biumia 5- miti 100 Jumaine na Alhamisi, miti 10 oo muntu ntuku).

Igiita (Burina mwambirio na muthia- tukaanda miti gatigati ka Oct 15 mwaka Nov 30.)

Untu bukwoneka. (ngii ikinyite ruthingone nikwona tukianda)

SMARTO!

Giki niki kigerio kia matagara jaria bukajukia bukithithia mutaratara jwenu kenda bwithirwa buri untu burio.

- 1) Nimbi(kwaanda miti 1000)
- 2) Nuu- (Gikundi kia TIST wite muntu riiwa)
- 3) Ri - (Octo 15- Nov 30)
- 4) Naa -(kienine kia cibitaari)
- 5) Atia - (Tucemanagie Jumaine na Alhamisi cionthe riuu riarura twinje marinya na twaande miti.)
- 6) Niki -(kenda tumba kuthongomia cibitaari kenda kwithirwa kuri na muunye niuntu bwa aajie na ageni kenda antu bomba gukaraga ruungu rwa miti na irundu bigatuma cibitaari igia gapio)



Nandi geria kuthithagia mubango juu mucemano juu jungi.

Gukaria ruuji: kuthukua kwa ruuji

Kuthukua kwa ruuji kumaga naa?

- Kurekeria ruuji rwa ruko na rwa bioro rutikiri ndagwa kuuma factorine.
- Antu kwithirwa bari na mathithio jamathuku aria kuri na ruuji (miuro, ithimene na marinyene ja ruuji
 - Kwithirwa rutikumba kumagara bwega.
 - Gutura batteries ruujine kana aria ruuji rumagiira. Batteries iri acid inthuku.
 - Kuthambira kana kuurira nguu kiumiro kia ruuji.
 - Twana gucethera kiumiro kia ruuji
 - Gwika kioro kana kumaga akui na ruuji.
 - Kwithirwa nkuniki cia marinya ja ruuji kana ithima ciatuki.
- Kwithira guti na bioro miciine yetu. Ruuji rwa ngai rwegeraga bioro na kioro gigeeta ruujine.

Uthuku bwa ruuji gwikirwa ruuko.

- kuthukua kwa imeera na nyomoo niuntu bwa sumu.(riria fertilizer iria iri na nitrogene yegerwa ni ruuji,nitumaga imeera binora nkuruki na bikaaga oxygen na bigatuma kinya tunyomoo tukua)
- gutambia murimo kiri antu riria ruuji ruu rwatumirwa rwa kuruga, kuthamba na kunyua(njoka cia mara, murimo jwa ngozi, cholera na kwarwa)
- ikuu bia nyomoo na antu. Twana nitu

twithagirwa tuti na inya ya kurigiria murimo na ibo bari mpwi cia kuragwa ni ruuji rwa ruuko nkuruki ya antu banene. Wenda aana baaku banywa biria ugereete ruujine?

Matagaaria jaria tukundi tuniini tumba kujukia twa kunyiyiagwikirwa kwa ruuji ruuko. (njira injega)

- Ritana antu kurega kugeraga into bia ruuko rujiine.
- Aanda miti muurone na mariene kenda irigiria muthetu gutnyoa ruujine.
- Ukaanda imera akui na ruuji mono kana iriene kenda urigiiria fertilizer gutonya ruujine.
- Menyeera ithima na marinya ja ruuji mono.
- Ukareka antu bathambira akui na pump.
- Mati ja ruuko jethirwe jari kuraaja na pump.
- Irigira aria ruuji ruri nyomoo itigakinyange.
- Menyeera kioro kithirwe kiri 50m kuuma ruujine.
- Ruuji irwithirwe rukiumbaga kumagara rutikaigare amwe. Injira mutaro na ruuji rwinjirwe irinya (riujuritue maiga kenda rumba kunywa nthi)
- Repair nkuu cia nkuniki.
- Theragia aria ruuji rumite igia kwa igiita.
- Tejaga batteries ciaku na njira injega. Ukaithia kana ugeera ruujine.

Gachiuki Women SmallGroup: Itwonete wega mono.

Batwi Gachiuki Women Small Group tumite



Gankere ubicine ya kinyaritha. Twatonyere kiri TIST mwankene jwa 2005. tuthithagia nursery, kwaanda miti mwitune, miundene ya mwingi, tunicene na miundene yetu.

Uria tuthithagia.

Amwe na waandi bwa miti, ituthithagia urimi bubwega(cf)

- Turi na marigu acre 3 na urimi bubwega. Marigu jaja jabuugi monona gikundi igikwona mbeba twendia marigu.
- Itwonete baita mono niuntu bwa urimi bwa mung'au jwa mishiiri twaandite na urimi bubwega. Amemba beetu bamwe ibonete mbeba mono kumania na thooko injega ya mung'au jwa mishiiri.

Rwimbo ni untu bwa TIST.

- Itugucokia nkaatho niuntu bwa TIST gwika wirane bwa guturia miti iria twaandite,

twamimenyeera itikoome. Iturii mbeba na njira ya M-MPESA. Ni untu bwa kugwirua twatunga rwimbo ruru:

(Rwimbo rwa ngari ya mwaki)

Ariti ngugi ba TIST
Tutonyeni x3
Ngarine iji ya TIST

Aritani ba TIST barikux3
Ngarine iji ya TIST

Aari ba miti baruku ngarinex3
Ngarine iji ya TIST

Antu ba America bari ngarine x3
Ngarine iji ya TIST.

Ngari iji itite na mbere.
Ngari iji x3
Ngari iji x3
Ngari iji ya TIST.

Murungu abutharime bwinthe.

Rwatho rwa waandi kwa miti ya igita rikai.

Ni untu wa bata group cienu kwathikira magwatho jaja na jaria jaga kabutethia kwithirwa buru na gukura ndene ya biashara ya carbon credit.

1. Ogroup nibater kunenkanira plan ya mwito nyuma ya mianka iri ya kwithirwa bari amemba ba TIST program. Plan ya mwitu yamba kwithirwa ni na mantu jaja;
 - a. O mutaru jwa miti jwithirwa juri na mithemba ithantutu y amiti.
 - b. O gikundi igikurio kiande miti ya bata ja miti ya matunda na mikandania kana ta miringa ni ithagirwa iri na mbai cia bata.
 - c. Mithemba ya miti iia itumikaga ja ithaka kana ndwega irina na uraja bwa ntitigutu ya mita kana habati kujukua iri miti ya TIST program.
 - d. O gikundi gitikaninire na amemba bakio kurega kugita miti itikinyite ukru bwa miaka ikumi.

e. Kurika miti nyuma ya miaka ikumi gwitikiritue mwanka (5/100) gacunji kau ka miti ya gikundi o mwaka

f. Miti itibati kurikwa ganthe o rimwe mutarune. O muntu jabatere gutarwa miti iria ikuri ikarikwa ingi igatigwa kenda muthetha jutigetithue ni ruuji kara jwonda.

2. Kenda o Gikundi kuimba kuumbana buru na kiumba gutongoria kibati kwaanda miti nthi ya 33%. Miti ya iriira riikai.

3. Ikundi nbiothe bia TIST bibati ikwithirwa biri na nthi ya 50% miti ya igita rikai. Ikundi biria biandite miti nkuruki ya 50% bakajukia miak ingi itano kwaanda miti ingi kana bakethe miti ria irio thaa iji mwanka bojurue uria gukwendeka.

4. Kiuthurario kinya kiriku gikeja guketha miti nkuruki ya 5% ndene ya mwanka, kiuthurane kiu kiothe gikekirwa kiri "Na carbon accounting " iria ikabariia uju ni kuga kiuthurano kionthe jakanyia nontu bwa gwitikia gukethwa kwa miti imingi.



MAZINGIRA BORA

NOT FOR SALE.



October 2008 Newsletter

KIKUYU VERSION

www.tist.org

The International Small Group and Tree Planting Program (TIST)

An Environmental, Sustainable Development and Community Forestry Program.



Amemba a tukundi tunini kuuma Cluster ya Njuki-ini, Gichugu, Kirinyaga mari mugunda-ini wa kionanio wa mbemebe cia CF.TSE

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www.tist.org

P.O. Box 1508 Nanyuki, Kenya

Tel: 0724 - 255 369



TIST: Mawega ma maria matithiururuki-irie.

Maria matuthiururuki-irie ni mega na njira nyingi muno. Mawega maingi matonekaga riria twechiria iguru ria maria matuthiururuki-irie.

- **Bata wa maria matuthiururuki-irie:** uria kiria twinakio giteithagia kiria kingi gituthiururuki-irie. Ta ngerekano Mai.
- **Bata wa kimerera:** ino ni njira iria iteithagia gukura na gutamba ta kwangerekano. Kumbwo kwa maria matuthiururuki-irie, lrio na mai.
- **Bata wa ugima mwega wa mwiri:** kwa ngerekano, ndawa, mai na irio.
- **Mabataro mangi ta:** indo iria tuhuthagira hari
 - i. Gwaka na guthondeka ido ngurani ngurani.
 - ii. Nyumba
 - iii. Nguo
 - iv. Hinya wa kuhuthika.
- **Gutuhe Mbecha:** Uu ni uria tungiteithika kugia na mbecha kumana na maria matuthiururuki-irie ta kwendia indo ngurani, ugendi hamwe na miti.

- **Witikio:** kuri mawitikio ngurani, witikio wao niuringanaga na maria matuthiuruki-irie. Turi ta akiristiano ni ithui twa giri-ire kumenyerera maria matuthiururu-kiirie na.
- **Guthakaria:** Mititu na maria matuthiururuki-irie ni ithakaragia muno makiria kuria tuikaraga.

Niwega kwaga kwona mwena umwe wa wega wa maria matuthiururuki-irie na tukariganirwo ni mabata mangi maingi. kwa ngerekano mundu no one mbecha iria arehagirwo ni mititu na akariganirwo ni mabata mangi maingi ta uthaka na witikio ngurani na kogwo uthukangia wa mititu ugakira uria makiria ma uria tungichiria.

Waruthiriria mugunda waku, wagiri-ire gwichiria uria maria maguthiururuki-irie mari na uguni makiria na wichirie makiria uria we hamwe na TIST mungiagiaria makiria maria matuthiururuki-irie.



Riiko ria kuruga ritakuhuthira mwaki: Amemba a tukundi tunini rio nimokite na njira njeru ya guthondeka mariko matakuhuthira ngu.



Njira iria ikundi nini irahuthira: Unyitaniri wa ikundi.

a) ***Ni njira iriku njega ya kubanga andu hingo ya michemanio ya ikundi nini?***

Muikare muthiururukite handu hamwe na mutikaige metha tondo ni igiragia andu monane wega. Ndugachagure andu kuringana na unene wao. Kwa ngerekano, Kuri TIST tuikaraga undu umwe ithuothe.

b) ***Ungika atia angikorwo andu makiria ma 12 nimarenda kuingira gikundi kimwe?***

Angikorwo kuri na andu makiria ma 12 marenda kuingira gikundini kianyu, niwega guthondeka gikundi kieru. Gikundi no kigayanie gitwike ikundi nyingi nini kuringana na andu uria maigana. Uu niwega gukira mundu umwe akigeria guthondeka gikundi giake ee wiki. Ririkana kwanjiriria kuhuthira utongoria wa guthiururukana orokahinda kau.

c) ***Ni njira iriku unguhuthira angikorwo gikundi giaku gitiri na hinya muiganu?***

Gayania gikundi giaku na orogakundi ka andu umahe wira mwanya mwanya. Mithako ya ngerekano ni iteithagia muno. Ungireka mundo wothe auge kaundu karia enako ni guteithagia muno. Ndukanaraihie muchemanio waku muno. Mungikorwo muri na mutongoria uraiga mathaa nigutumaga gikundi kianyu kigie na hinya tondu muririkagia wira wanyu mahinda maria magiri-ire.

TIST: MIBANGO MIEGA YA MICHEMANIO YA ORO WIKI.

Kwina bata munene inyui ikundi nini gukoragwo na micemanio kaingi. Ta ngerekano, rimwe hari wiki kana rimwe thutha wa wiki igiri. Uu nigukuhe mweke mundu wothe wa gikundi kianyu gukuria gikundi orohamwe na kumenya maundu meru.

Mibango ya michemanio.

Hari kubanga mathaa maitu wega, gikundi kinini kiagiri-ire gukorwo na michemanio ibangitwo wega. Kwina bata munene muno tondu nigugutuma muikare mukimenyaga maria mukaririria na maundu mangi.

Thi-ini ya michemanio, niwega guthingata maundu maria mabata. Nigetha muhote kurikia uu, ikundi ingi nini cia TIST ciekaga maundu maya riria cikoragwo namicemanio.

NJIRA YA I.

Kugeithania na kumenyithania amemba eru. (ndagika 5 - 15): Ona ati mundu wothe niaiganira. woe kahinda kanini no wone ati mundu wothe niemenyekithania.

NJIRA YA II.

Mahoya ma kuhingura (ndagika 2): Niwega kwambiriria mucemanio waku na mahoya. Reke makorwo mari makuhi.

NJIRA YA III.

Nyimbo (ndagika 5): Ici nocikorwo ari nyimbo ciandikitwo ni ikundi cianyu kana ikorwo ari nyimbo cia kugocha.

Uria ikundi nini ireka: Mibango miega na mitaratara

TIST irutaga wira na ngerekano; kuhanda miti hamwe na kwagirithia urimi. Angikorwo kuri na wira muingi urutagwo ni gikundi, niwega kugia na mibango mirungiriru. Mundo wothe wa gikundi kiu agiri-ire kwira gikundu uria kana haria mabangite gukinyia kiumia kiu.

Tukuguthomithia wee hamwe na gikundi giaku uria ungika maundu na mutaratara. Wenda ma, gayana uu hamwe na andu acio angi a gikundi giaku.



Mibango miega ni kindu kiria:

- Kironekana (Ngi iri ruthingoini no ikwone)
- Kingithimika.
- Undu wina kianjiriria na muthia.
- Ona ati mibango yaku niyama na no uhingie.

Kwa ngerakano, ungiuga ati niurihanda miti, ucio ti mubango mwega tundu ndutariri-ire. No ungiuga ati ninguhanda mimera 75 iroko ithatu wiki ino ni mubangomwega tondu ni utariri-ire (guthamia miti 75) niuronekana (andu nimegukwona ugithamia), no uthimike (mimera 75, iroko ithatu) na wina kianjiriria na muthia (thutha wa matuku matatu niukona uria wikite).

Gikundi kianyu giachemania ringi, he mundu wothe kamweke aheane mibango yake na njira nguhi.

- (1) **Ira gikundi mibango iri wari nayo wiki thiru.**
- (2) **Uga uria mekire.**
- (3) **Uga uria mubangite gwika wiki iria irumuri-ire**

Angikorwo mundu ni ahotete kuhingia mibango yake, gikundi kiagiri-ire gukunguira. Na agikorwo mundu ndanahota kuhingia mibango yake yothe, gikundi kiagiri-ire kumumiriria no ti kumuima hinya. Riria andu magayana uhotani na magwa mao nigutumaga mahote gwika wega kiumia giukite.

Teithiriria gikundi kianyu gwichiria mibango iria ingihoteteka. Ona na kinyi ati ni mibango ironekana, igithimita na yama. Gayana na andu aria angi a gikundi mibango iria muhingitie.

Mibango ya mitaratara mirungiriru.

No uhuthire njira ingi ukibanga. Haha ngerekano iheanitwo na mabano. Riria gikundi giaku kirabanga uria giguika, ona ati mibango iyo ni:

Ironekana (gikundi gitu gigukorwo kihandite miti ngiri imwe gukinyiria mweri wa November tareki 30)

Iratarika (Ni i-igana? - Miti 1000 ni ikahandwo)
Ingikinyirika/ Kana kuhotekeka (gikundi gitu no kihote kuhanda miti 1000 kahindaini ga wiki ithano. miti 100 muthenya wa keru na wa kana, miti ikumi oro mundu oro muthenya.

Kuiga mahinda (Tukahanda miti kuma mwani 15 Nov nginya 30 November)

Undu mundu angiona uria weka: (Ati ngi no yone uria ureka)

Ino ni mitaratara ya gukuhotithia guthondeka mibango yaku na yaguguteithia uhote gwika undu uronekana;

- 1) **Nikii ugeka** - (Kuhanda miti1000)
- 2) **Nuu** - (Ritwa ria mundu wa ikundi kinini gia TIST)
- 3) **Ri** - (Mwari 15 Nov - 30 Nov)
- 4) **Ku** - (Thibitari)
- 5) **Atia** - (Tugachemania muthenya wa Keru na wakana thaa inyanya riua riathira na tukenja marima na tukahanda miti.
- 6) **Niki** - (nigetha kwagiria na guthakaria kiwanja gia thibitari, gukorwo na ci-iruru nyingi cia aruaru na aria macherete kuo, andu no maikare rungu ra miti na thibitari igie na riera riega.

Riu geria kuhuthira mitaratara ino ikundi-ini cianyu.

Umenyereri wa Mai: Uthukangia wa mai.

Nikii gitumaga mai mathuke?

- Gute takataka na giko kia iganda mai-ini.
- Mundu gutwarithia na mbere maundu matagiri-ire hakuhi na githima, rui kana marima ma mai.



- Kwaga gutega mai wega.
 - Gute batteries hakuhi na mai kana haria mai maikurukagira- Batteries ni iri thumu muru.
 - Gwithambira kana kuhurira nguo haria mai moimite.
 - Ciana guthakira haria mai moimite.
 - Guthuguma kana guthii kiro kinene hakuhi na haria mai moimite.
 - Guthuka kwa ikuniko cia ithima kana marima ma mai.
 - Kwaga cioro miciini. Mbura no ikue giko kia mundu nginya maini.
- ✓ Ndukahande mimera yaku hakuhi muno a rui - nigetha kugiririria bataraita kuingira mai-ini
 - ✓ Ndugetikiria andu gwaka nyumba hakuhi muno na rui.
 - ✓ Gitira marima ma mai hamwe na ithima
 - Ndugetikirie andu methambire hakuhi na nduthi cia mai.
 - Theria haria nduthi ya mai iri.
 - Irigira haria urutite mai maku kugiri - riria nyamu guthukia mai maku.
 - Ona ati cioro ciaku iri uraya wa mita 50 kuma hari mai.
 - Ona ati hari na njira cia guthereria mai njiganu. No uthondeke mukaro na muthia wago wige mahiga undu mai marithereraga.
 - Uthondekage miatuka ya marima ma mai riria wonekana.
 - Theragia haria urutaga mai maku maita maingi.
 - Battaries ciaku uchiteage wega na ndugacikie kundu kuria kuri mai.

Machungurira ma guthukio kwa mai.

- Mimera hamwe na nyamu ni ithukaga niundu wa thumu iria yumanaga gukura kwa mimera miigi mai-ini na kogwo riera riega rikanyiha na machungirira nyamu iria chikaraga mai-ini igakua.
- Mirimu miingi ni igwataga mundu riria ahuthira mai mathuku na nkira ya kuruga, gwithamba kana kunyua. (Mirimu ta Tugunyu, mirimu ya ngothi na ingi mi-ini).
- Nyamu hamwe na andu magakua. Ciana itiri hinya munene muno wa kwigita na mirimu na kogwo no makue naihenya kumana na mai mathuku gukira andu agima. No wende ciana ciaku cinyuage kiria uteaga mai-ini?

Makinya maria ikundi nini ingioya nigetha kugiririria guthukio kwa mai.

- ✓ Ona ati andumatinaikia takataka mai-ini kana guita mai mathuku kuria mutahaga kana murutaga mai.
- ✓ Handa miti hugururu-ini cia njui ni getha gutega tiri ndukaingire mai-ini.

Gikundi kinini gia Atumia A Gachiuki : Nituteithikite muno.

Ithui atumia a Gachiuki tumite gichigoini kia Gankere na turi rungu rwa wabichi ya Kinyaritha. Twaingirire TIST mwakaini wa 2005. nitukoretwo tukihaririria tuta, kuhanda miti ithakaini hamwe na kundukungi kuingi ta makanitha, ,igundaini ya muingi hamwe na migunda-ini itu.

Mawira.

Hamwe na uhandi wa miti nitukoretwo tuki huthira urimi mwega.

- Twina makiria ma acre 3 cia marigu maria



tuhandite na njira ya urimi mwega. Marigu machio nimakurite wega munu na andu a ikundi citu nimarateithika kumana na wendia wamo.

- Nitugunikite muno makiria kumana na urimi wa michiri iria tukuragia na njira ya urimi mwega. Amemba aingi aitu nimagiaga na mbecha nyingi muno kumana nayo. No tukenete ni uria thoko ya michiri yagirite kahindaini gaka turi.

Rwimbo iguru ria TIST.

- Nitukenete muno ni TIST niundu wa kuhingia kirikaniro kiao gia guturiha miti iria tuhandite. Nitukoretwo tukiamukira mbecha kuhitukira M-Pesa. Niundu wa kwonania gikeno na ngatho citu nituhariri-irie rwimbo ruru. (Mugithi)

A wira a TIST
Nimaingire x3
Mugithi uyu wa TIST

Arutani a TIST ni marikuo x3
Mugithi uyo wa TIST

Atari a miti marikuu mugithinix3
Mugithi uyu wa TIST

Andu a America mari mugithinix3
Mugithi uyu wa TIST

Mugithi ni uthii na mbere
Mugithi uyu x3
Mugithi uyu x3
Mugithi uyu wa TIST

Mwathani amurathime inyuothe.

Mawatho ma miti ya kahinda kanini.

Hari na bata munene muno hari ikundi nini cianyu guthingata mawatho maya na nimagukorwo mari ma uteithio Munene muno.

- 1) Gikundi kiagiriire kuneana mibango yao hari kahinda ka miaka iri kuma riria kiaingira TIST. Mibangoino Yagiriirre gukoro na:
 - a) Gikundi no nginya githondekwo ni miti mithemba na mithemba.
 - b) Gikundi no gikurio kuhanda na guturia miti ya kirathi kia iguru ta matunda maria mangiikara kahinda karaya
 - c) Miti iria iri na unyihu wa thi wa mita 4 ndiritaragro ta miti ya TIST.
 - d) Gikundi giothe no nginya gitigateme muti urithi wa miaka 10.
 - e) Kugetha miti iri na ukuru wa makiria ma miaka ikumi nigwitikiritio angikorwo gichunji kia 5% kia miti iria mihande hari o mwaka.

f) Miti ndikanagethwo yothe kahinda kamwe no igetwo na mubango nigetha tiri ndukatigwo wianikiire.

- 2) Nigetha uhote gutorania ta Gikundi kinini kiega, Gikundi kinini no nginya kihande makiria ma 33% iri ta miti ya gukura na ihenya.
- 3) Ikundi ciothe cia TIST no nginya ikorwo na thi wa 50% "miti ya gukura na ihenya" nigetha ciikare iri imwe cia TIST. Ikundi iria irikuo iria ihandite makiria ma gichunji kia 50% ya miti ya gukura na ihenya gigukorwo na miaka itano (nginya 2012) kuhanda miti makiria kana kugetha iria irikuo nigetha ikinyirie mabataro maya.
4. Gikundi kingigetha makiria ma 5% hari mwaka, Gikundi giothe nikirirengagwo marihi-ini. Uu nitakuga ati, marihi mao nimanyihirio hari Gikundi giothe niundu wa gwitikiria gutemwo kwa miti makiria.