



# Mazingira Bora



December 2010 Newsletter

**ENGLISH VERSION**

www.tist.org

## The International Small Group and Tree Planting Program (TIST)

An Environmental, Sustainable Development and Community Forestry Program.



**TSE Pioneers: They helped TIST expand in new areas.**

### *Inside this Newsletter....*

- ✓ Let your voice be heard! It's election time in TIST! Page 2
- ✓ We are in Business: Take care of your trees for better carbon credit income and profits. Page 3
- ✓ TIST Small Group Weekly Meeting: Covenants Page 4
  - ✓ TIST Small Group Weekly Meeting: Meeting Schedule Page 4
- ✓ TIST Small Group Weekly Meeting: Kujengana. Page 5
  - ✓ Rongai Hekima Development: Working together in strength. Page 5
- ✓ Indigenous and Fruit Trees Farming in Mbeere Page 6
  - ✓ Kagwiria Small Group: Besides other trees, fruit trees benefits us with surplus income. Page 5
- ✓ Friends United TIST Small Group: United to overcome diseases through use of medicinal plants. Page 6

***Plant Indigenous Trees. Protect Rivers. Practice Conservation Farming. Attend Monthly Cluster Meetings. Practice Rotational and Servant Leadership.***



**Important reminder: Thin your trees now for good spacing!**

For trees to grow well, they need to have space to get light and nutrients from the soil. Because of this, all TIST trees must be planted at least 2 meters apart.

Some groups have groves with tightly spaced trees. They created Forest Plans to thin the trees for good spacing. The time for thinning is now: starting in January, if a grove has trees that are too closely spaced, Quantifiers will not Quantify the grove. This may delay payment. Please thin your trees today!

**Exciting News!**

Selected TIST Groves will be VALIDATED (External Audit) this month. This is an important step towards selling of Carbon Credits sequestered through tree planting efforts by TIST Small Group Farmers.

# Let your voice be heard! It's election time in TIST!

In December and January, every cluster in TIST in Kenya will be having elections to choose their Cluster Representatives; volunteer leaders who serve the groups and help Clusters achieve great things!

**General procedure for all TIST Clusters Elections.**

The Clusters Election shall include Small Group members, Trainers, Quantifiers, and serving Cluster representatives.

1. Those who are eligible to participate in election must be members of the cluster holding elections. Outsiders will considered as observers.
2. Applications to contest in position of Leader, Co-leader or Accountability persons shall be announced by the interested parties during the Cluster meeting. Candidates must be members of active TIST Small Group
3. Gender balance is a requirement that a Cluster should consider when electing Cluster Leaders.
4. The Cluster members shall appoint a team of 3 persons to oversee the election. The leader of this team shall be called an overseer. The Overseers shall not be candidates.
5. The Overseer Team shall organize for the conduct of democratic elections.
6. After the elections, the Overseer Team shall immediately (within 2 days) notify the results of the elections, through a phone call, to the following TIST Kenya members;
 

Martin Weru - 0722 846 501;	Peter Hinga - 0724 259 797
Allan Koome - 0724 259 796;	Charles Ibeere - 0720 474 209

The Overseer Team should include the following details while notifying the results;

- ✓ Name of the Cluster where elections were held.
- ✓ Date of the elections
- ✓ Name of new **Cluster leader**, his/her telephone contact and name of his/her group
- ✓ Name of new **Cluster co- leader**, his/her telephone contact and name of his/her group
- ✓ Name of new **Accountability person**, his/her telephone contact and name of his/her group

**Who are Cluster Representatives?**

TIST Cluster Representatives (Leader, Co-leader, Accountability person) are democratically elected volunteers that serve the Small Groups in their cluster by helping them coordinate with each other to create big results on a low budget. They:

- ✓ Are active Small Group members.
- ✓ Assist in communication between TIST KE's main office and SG members to provide mutual accountability
- ✓ Serve as examples and ensure that Clusters are all practicing TIST Values and Best Practices in every activity they undertake.

They serve for 3 months. After 3 months, the Accountability person becomes Co-leader, Co-leader becomes Leader, and Leader rotates out. Shortly after the election of the cluster representatives, a second election for Accountability Person for the next term is carried out so



that the elected can be trained before her term commences

**What does a Cluster Representative do?**

- ✓ Hold monthly cluster meetings and keep accurate and timely records of attendance, training topics, documents handed out.
- ✓ Administer Small Group payments in an honest and transparent manner. Keep payment records.
- ✓ Ensure that as Small Group s submit documents, they are registered into the Palm in a timely manner so the SG will be eligible for payment
- ✓ Fill out monthly reports on the Palm for cluster meetings, expenses, Small Group payments, and some additional information as required by the program.
- ✓ Review status reports from the TIST main office for accuracy and planning purposes
- ✓ Conduct monthly meetings with active

cluster servant leaders to organize the work for the following month

- ✓ Complete an audit of various aspects of the program in their cluster (tree counts, kilimo hai (CF), stoves, nurseries, seed/ stove loan repayments etc.) to ensure honesty and accuracy of the database.
- ✓ Provide transparent communication to the Small Group members (both on their status for payments and general Program updates)
- ✓ Attend seminars with other cluster representatives to discuss progress and share best practices
- ✓ Manage the cluster membership using the cluster management forms in the Palm

It's clear that Cluster Representatives are really important to TIST and to Small Groups. We have to be serious and careful as we choose who we want to lead us in these roles.

## We are in Business: Take care of your trees for better carbon credit income and profits.

**By Festus Mutegi**

When a Small Group joins TIST, her members sign a greenhouse gas contract allowing Clean Air Action Corporation (CAAC), a company that manages TIST Kenya to sell carbon sequestered by their trees on their behalf.

Like any other businesses, there are sellers and buyers. Farmers are producers of clean air which is sold as carbon credits. Buyers are usually big companies or governments that produce carbon emission while doing their business especially in industries and transportation. There are also individual buyers.

There are two major markets for carbon credits; Clean Development Mechanism (CDM) market that is regulated by United Nations Framework Convention for Climate Change (UNFCCC). Their headquarters are in Germany. The other market is voluntary market also known as Voluntary Carbon Standard (VCS) market.

In order for the TIST groves to qualify for CDM market, and for trees to grow well, there are certain requirements for the farmers to meet;

1. The grove area - where they plant trees or intend to plant trees - should have more than ¼ an acre available to plant trees.
2. Trees should be planted with a minimum spacing of 2 meters from one tree to the other.

3. The grove must not have been deforested after 1990. That is, farmers are NOT ALLOWED to cut down existing trees and plant new trees so as to gain income from carbon credits.
4. Famers must be ready to show right ownership to the land where they plant trees.
5. The area (grove) where a farmer plant trees should not already be a forest. (Kenya Government defines a forest as an area of ¼ acre with trees covering more than 30% of the total area). Therefore, TIST farmers who plant their trees in such an area do not qualify for carbon credits.
6. Trees should not be planted under other old (existing) trees.
7. Farmers should not stop other economic activities such as grazing, crop cultivation in order to plant trees to earn carbon credits.

It is therefore important for the farmers to plan well their land. They should make sure that besides meeting the above requirement, their trees are in good health and they meet at least minimum requirement of planting 5,000 trees within the first 5 years of joining TIST.



## TIST Small Group Weekly Meeting: Covenants

Each small group needs to agree on a set of group values, expectations and behaviors which the group members will follow. This should be done during the first or second meeting. Covenants are based on love and respect and only work if everyone agrees to follow them. Some groups create a written covenant, asking each group member to sign it.

Some examples of covenants include;

### **The time and place you will meet.**

Some groups rotate meeting places among member's homes. Others meet at a church or restaurant. It can be good to rotate the location so that no single person has the responsibility all the time.

### **Confidentiality.**

members agree not to share personal information outside the group. Best practices can be shared with anyone!

### **Basic Purpose.**

The group should agree generally on what they are going to have as a task. Example: Arrange to plant 3000 this year.

### **Meetings**

People should agree to do any work necessary in-between meetings.

### **Group Name**

Members should select a name for the group. Be creative!

Small group covenants may include other items such as praying for each other and how to share any money raised. A covenant helps to make sure there is trust, openness and safety within the group. A covenant helps to make sure people know they will be accepted and respected, as well as knowing the purpose of the group.

## TIST Small Group Weekly Meeting: Meeting Schedule

Each Small Group may have their own way of running their meeting. In order to have a productive meeting, TIST Small Groups have practiced the below method which they have found helpful when having their weekly or bi-weekly meeting:

### **Greetings and introductions for any new members (5 - 15 minutes):**

Make sure everyone feels welcomed.

### **Opening prayer (2 minutes):**

Do this only if your group agrees to! Many groups find it a helpful way to start their meeting with a word of prayer.

### **Songs (5 minutes):**

These could be songs written by your group, or songs that encourage people (e.g. religious songs, traditional songs).

### **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.

### **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 etc.

### **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.

### **Closing prayer (2 minutes):**

If agreed.



## TIST Small Group Weekly Meeting: Kujengana.

At the end of each meeting, every member of the group makes one **positive** statement to the leader about his or her leadership of the meeting.

This is done to encourage the leader to do more of the things that he or she did very well.

While doing kujengana for the leader, it is important that you give a specific statement about an observable behavior of the leader such as, "You came to greet me and I felt welcome" or "I really liked how you encouraged us to speak, but also kept the discussion moving."

Some groups also choose to include the co-leader in Kujengana.

Each group member's Kujengana must be **different** than what has been said by other group members. Tell the leader when you think he or she has a special gift.

### **Why Kujengana is Important;**

We often hear more criticism than praise. It is good to train our eyes to see and our ears to hear the good in people. Because each person needs to say a different encouragement, people are forced to look for more than one good thing.

Often we think we are not good enough and do not let people point out our strengths. It is encouraging to know what we have done well, and then we can make sure we do more of the same in the future.

When people do kujengana it becomes clear what characteristics of a good leader people enjoy. This means the leader next week will know what things to try to do. The quality of the leadership should improve week by week in your small group as people learn what your group values in a leader.

Kujengana helps there to be a positive spirit and energy among the group members. They become more motivated when they give and receive kujengana.

As leader, enjoy the blessing. You will probably learn something new!

## Rongai Hekima Development: Working together in strength.

*By Virginia Wairima*

We, Rongai Hekima Development TIST Groups, belong to Karoki cluster in Naromoru field office. We joined together to form this group in 2005. Since then, we have been meeting twice in a month to discuss group development issues and help one another

We Joined TIST in 2007. In TIST we learnt especially on how to work together in Small Groups. We multiplied the mother group, Rongai Hekima Development, in 2008 to become Rongai Hekima Development TIST group A and Rongai Hekima Development group B.

Rongai Hekima Development A has her TIST number as 2007 KE21 while Rongai Hekima Development B 2008 KE855.

Our multiplication helped us to work closely together as well as enabling the TIST quantifiers to count our trees with ease and in short time. Earlier on, our members were scattered in different locations.

Besides tree planting and caring for them, we practice bee keeping, rabbit keeping, dairy goat project. All these projects have enabled us to buy tanks for our members.

We are planning to plant more long term trees and reduce Eucalyptus.

We benefited from TIST. Last year, we received a seed loan which we planted in CF. It did well in our area. We harvested quantify 58 bags which we have never harvested before.

We are still going to plant in CF even this year. We want to encourage other Small Groups' members to be active in their groups and to meet at least twice a month before or after cluster meeting so that they can start new projects.



# Indigenous and Fruit Trees Farming in Mbeere

Having been recruited and trained on the benefits of indigenous and fruit trees, TIST small group member are working very hard in Mbeere TSE to plant trees during this rainy season and they most rely on mango trees which do very well in the area. They earn a lot of money where they sell the fruits and earn income from the sale of fruits.

There are numerous Small Groups that have already established tree nurseries they have mango seedling in their respective trees nurseries. TIST program continue to encourage them to plant fruit trees since they can get fruits for nutritional values, income from surplus harvest and carbon credits as the trees sequester and store carbon in the stem, branches and in the roots.

Tree spacing is an important training component we offer to the farmers. This is because good spacing give the tree the enough room to grow big enabling the tree to hold much bigger amount of carbon and hence higher amount of income from carbon credits.

For Mango trees we train and encourage farmers to plant within a spacing of 6-7 meters and 3-4 meter for all indigenous trees they plant in their

farms.

Most of the small groups that establish tree nurseries when the TIST program started its training in this area are now planting the seedlings that will later be counted. They will then start getting tree incentives from TIST. We are still urging all the small group member to develop and expand their tree nurseries this because is the only way they will benefit from the TIST program and get result from their hard work.

Also to add more value on farmers activities, the program has been working very closely with its partner organization - Catholic Relief Services ( CRS) and other institutions such as Kenya forest service and, Ministry of agriculture.

Other organization such as CLUSA cooperative league united states America which is implementing the CDP project and most of its component being food security, nutrition and livelihood improvements.

We encourage farmers from this area to embrace these new efforts that are all geared towards improving their quality of life.

## **Kagwiria Small Group: Besides other trees, fruit trees benefits us with surplus income.**

*Prepared by Susan Kinanu*

Our TIST number is 2008KE1839. We belong to Matakiri Cluster.

We benefited a lot during Cluster trainings. We learnt new ways of raising nurseries and grafting of fruit trees. We now do fruit grafting on our own. We have grafted both mango and oranges grafting. We plant the grafted seedlings in our shambas. TIST quantifiers count them so we expect to earn extra income from carbon credits besides income from fruits.

We also sell surplus seedlings to our neighbours and friends.

We are also working hard to protect our river Thanantu. We intend to plant more indigenous trees along the water banks this season.

Besides tree farming, we also keep bees. This helps us to earn more income.

## **Friends United TIST Small Group: United to overcome diseases through use of medicinal plants.**

*Prepared by Susan Kinanu*

We belong to Matakiri Cluster in Tharaka TSE. We joined TIST in 2008. Our TIST Number is 2008KE1645

Since joining, we have intensified our tree planting activities. We have learnt of good trees that are used to repel snakes which are common in our area.

Some other trees help in production of pesticides which we use to spray our crops. The benefits have been enormous. We have better crop harvests are a result.

We have plenty of miarobaine trees and other medicinal trees which counts as TIST trees as well as medicinal trees



# Mazingira Bora



December 2010 Newsletter

www.tist.org

**KIMERU VERSION**

## The International Small Group and Tree Planting Program (TIST)

An Environmental, Sustainable Development and Community Forestry Program.



**Ambiriria a TSE. Nimateithiriire TIST gutherama icunji njeru**

### *Inside this Newsletter....*

- ✓ Reka sauti yaku igike! Ni igita ria kithurano ndene ya TIST! Page 2
- ✓ Turi thokone: menyeera miti yaku nikenda wona mbeba inyingi kumania na kwendia ruugo Page 3
  - ✓ Mucemano jwa o kumia jwa ikundi bibinini: irikaniro Page 4
- ✓ Mucemano jwa o kumia jwa gikundi gikinini: Jaria jathithagua Page 4
  - ✓ Mucemano jwa o kumia jwa gikundi gikinini : Gwakana Page 5
- ✓ Rongai Hekima Development: Kuritanira ngugi amwe na inya Page 5
  - ✓ Urimi bwa miti ya gintwire na mitunda ndene ya Mbeere Page 6
- ✓ Gikundi gikinini kia Kagwiria: Kurima mitunda ni biashara yetu. Ni Susan Kinanu Page 6
- ✓ Gikundi gikinini kia Friends United: Bagwatene ukurukira utumiri bwa imera biria biri na ndawa. Ni Susan Kinanu Page 6

***Plant Indigenous Trees. Protect Rivers. Practice Conservation Farming. Attend Monthly Cluster Meetings. Practice Rotational and Servant Leadership.***



*Rikana mono untu bubu:  
nyiyia miti yaku nikenda  
ithira itariene bwega!  
Nikenda miti ikuura  
bwega, niendaga  
kwithirwa iri na kanya ga  
kwona weru na irio  
kuuma kiri muthetu.  
Nontu bwa bubu, miti  
yonthe ya TIST nibati  
kwithirwa yaanditwe  
itariene na nkuruki ya  
meter ijiri. Ikundi bimwe  
birina miunda iri na miti  
iandi ikuianiritie mono.  
Nibathithirie mibango ya  
mwitu ya kunyiyia miti  
iria iandi ikuianiritie  
mono. Atari miti batitara  
miti ndene ya miunda iji.  
Bubu no bucererithie  
kuliwa mbeca. Itu nyiyia  
miti yaku!*

*Mantu Jamathongi!  
Miunda ya miti iria  
igataarwa ikathirua utegi  
ngugi ni atagaaria  
ikathithirua utegi ngugi  
ni antu ba oome mweri  
juju. Riri ni itagaaria riri  
na gitumi mono kiri  
wendia bwa ruugo antune  
a murimi.*

## Reka sauti yaku igike! Ni igita ria kithurano ndene ya TIST!

Decemba na January, cluster cionthe cia TIST ndene ya Kenya ikethira ciri na gutaara arungamiri ba cluster ; atongeria ba gucirithira baria bakaritira ikundi ngugi na batethie cluster gukinyira mantu jamanene!

### Mwitire jwa kithurano ndene ya cluster cia TIST cionthe

Gutaarana gwa cluster gukathithua ni amemba ba ikundi bibinini, aritani, Atari miti na atongeria ba cluster baria bariku thaa iji.

1. Baria bakomba kuthuurwa ndene ya kithurano giki no mwanka bethirwe bari amemba ba cluster iu ikuthurana. Antu bati ba cluster iu bagatarwa bari ategeri.
2. Baria bakenda gutonya kithuranone kiu kwaa mutongeria, mutetheria wa mutongeria na mwiki wa ngugi cia cluster bakauga nibakwenda ndene ya mucemano jwa cluster. No mwanka bethirwe bari amemba ba gikundi gikinini kiria kithagirwa kiri mantune jonthe ja TIST.
3. Amemba ba cluster bakathuura antu bathatu ba gutongeria kiri kithuurano. Mutongeria wa antu baba akethirwa new ugutegeera mantu jonthe. Antu baba bakethirwa bakiendaga kuthurwa.
4. Antu baba ba gutegeera kithurano nibo bakabangania kuthithia kithurano kiria gikaa muntu wonthe kanya ga kuthuura uria bakwenda
5. Kithurano kiarika, antu bau ba gutegeera ndene ya ntuku ijiri bakanenkanira mariitwa na kura iria iringwi gukurukira kuringa thimu kiri umwe wa atongeria baba ba TIST Kenya.

Martin Weru 0722846501; Peter Hinga 0724259797  
Allan Koome 0724259796; Charles Ibeere 0720474209

Bau bagutegeera kithuurano bamenye jaja riria bakunenkanira ripoti iji:

- ✓ Riitwa ria cluster iria kithurano kiathithirue
- ✓ Tariki cia kithurano
- ✓ Riitwa ria mutongeria umweru wa cluster, namba yawe ya thimu na riitwa ria gikundi kiawe
- ✓ Riitwa ria mutetheria wa mutongeria umweru wa cluster, namba yawe ya thimu na riitwa ria gikundi kiawe
- ✓ Riitwa ria mwiki wa ngugi cia cluster umweru wa cluster, namba yawe ya thimu na riitwa ria gikundi kiawe

### Atongeria ba cluster nibau?

Atongeria ba cluster ba TIST ( mutongeria, mutetheria wa mutongeria na mwiki ngugi cia cluster) ni aciejani batari ni antu ba cluster bongwa baria baritagira ikundi bibinini ngugi ndene ya cluster gukurukira kubatetheria kuritaniria ngugi nikenda mantu jamanene jombika mbeca inkai igitumikaga. Baba ni;

- ✓ Amemba baritaga ngugi cia gikundi kiao cionthe
- ✓ Batethagiria kwaniria kwa ofisi ya TIST ya Kenya na amemba ba ikundi bibinini nikenda kwithirwa kuri na kumenyanirira gatigati kabo
- ✓ Bethagirwa bari mung'uanano jumwega na bakmenyera ati cluster nigwitira mantu jaria TIST ikirite na mitire iria miega buru ya kuthithia mantu kiri jaria jonthe bathithagia

Nibaritaga ngugi mieri ithatu. Mieri ithatu yarika, mwiki wa ngugi cia cluster akaa mutetheria wa mutongeria, mutetheria wa mutongeria akaa mutongeria, mutongeria nawe akauma.

Kithuranokia atongeria ba cluster kiarika, kithurano kia biini kia mwiki





ngugi wa cluster wa mieri ithatu iu ingi gikathithua nikenda uria ugatarwa aritanwa mbele ya igita riawe riambiria

**Niatia mutongeria wa cluster athithagia?**

- ✓ Kuthithia micemano ya o mweri na gwika rekondi cia mma na cia o igita cia uria antu bejaga micemanione, moritani, maratasi jaria jaejani kana mauku
- ✓ Kuria ikundi bibinini mbeba ciao na njira ya umma na weru. Gwika rekondi cia kuria ikundi
- ✓ Kumenyeera ati ikundi bibinini bigicokia maratasi, nibigwikirwa kiri palm igita ririo nikenda gikundi kiumba kuriwa
- ✓ Kujuriria ripoti cia o mweri ndene ya palm ciegie micemano ya cluster, utumiri bwa mbeba, kuriwa kwa ikundi bibinininaa mantu kuuma kiri ofisi inene jangi jaria jendekanaga ni ofisi
- ✓ Gutega ripoti cia witi na mbele bwa cluster nikenda bamenya ati ni cia buria burio bungwa na bomba kubangira cluster
- ✓ Kuthithia micemano ya o mweri na

atongeria ba uthumba ba cluster baria bethagirwa bari mantune jonthe ja cluster nikenda babangira ngugi ya mweri juria juthingatite

- ✓ Kuthiria utegi ngugi bwa mantu jamaingi ja muradi ndene ya cluster (uteri miti, urimi bubwega, mariko, minanda, kuriwakwa mikobo ya mariko na mbeu na jangi jamaingi) nikenda mantu jamma na jaria jario jongwa jekirwa kiri website ya TIST
- ✓ Kuuga na weru mantu jaria amemba ba ikundi bibinini babati kwirwa (kethirwa nibakuriwana mantu ja kuuma ofisi)
- ✓ Gwita seminar amwe na atongeria ba cluster ingi kwariria witi na mbele na kugaaana mitire iria miega buru ya kuthithia mantu
- ✓ Kumenyeera mantu ja umemba bwa cluster bagitumagira fomu cia cluster management iria cirri ndene ya palm

Ni bwonenu aja buru ati atongeria ba cluster bari na gitumi mono kiri TIST na kiri ikundi bibinini. Nitubati kwithirwa tukijukagia na urito mono na menyeera mono riria tukuthuura baria tukwenda batutongeria kiri mantu jaja.

## Turi thokone: menyeera miti yaku nikenda wona mbeba inyingi kuumania na kwendia ruugo

**Ni Festus Mutegi**

Riria gikundi gikinini gitonyaga TIST, amemba bakio nibasainaga kadarasi igitwa ya GreenHouse Gas (GhG) iria iitikagiria kambuni ya Clean Air Action Corporation, kambuni iria itongagiria witi na mbele bwa TIST ndene ya Kenya kwendia carbon iria iiki ni miti yao antu abo.

Ta thoko ingi, kuri na endia na aguri. Arimi nibo bathithagia ruugo rou rwendagua ruri carbon. Aguri bethagirwa bari kambuni inene na thirikari iria cithukagia ruugo riria into bikuthithua na riria ngari, ndege, meli na ngari cia mwanki cigutumirwa. Kuri kinya antu baguraga ruugo bari bonka.

Kuri na thoko ijiri iria nene cia kwendia rruugo: Clean Development Mechanism (CDM) iria iri ntiguru ya United Nations Framework Convention for Climatic Change (UNFCCC). Ofisi ciao iria nene buru cirri Germany. Thoko ingi ni ya kuuria kiria muntu akwenda na itagwa Voluntary Carbon Standard (VCS). Nikenda miunda ya TIST yumba gutonya kiri thoko ya CDM na miti ikura bwega, kuri mantu jamakai arimi babati kuujuria;

1. Munda jwa kuanda miti- aria bakuanda kana babangite kuanda miti- bethire bari na munda nkuruki ya quota ya acre jwa kuanda miti

2. Miti ithirwe yaandi ititarene na ntiguru ya 2M kuuma muti gwita kiri jungi.
3. Munda jou jukeethirwa nijwari na mwitu na yagitwa nyuma ya 1990 kou nikuuga, arimi baatitikiritue kugita miti iria irio riu baanda miti imieru nikenda bona mbeba kuumania na thoko ya ruugo.
4. Arimi bethirwe baithuranirite kwonania niatia unda ou bakwaanda mit juri jwao.
5. Aria murimi akuanda miti gukethirwa kuri mwitu akiambiria kuanda. ( Thirikari ya Kenya iugite mwitu ni antu anene kiri quota ya acre aria kuandi miti yakunikira nkuruki ya 30% ya munda). Kwou arimi ba TIST baria baandaga miti muundene ta juju batiumba gutonya ndene ya thoko ya ruugo.
6. Miti ikaandwa rung rwa miti iria irio (imikuru)
7. Arimi bagatiga kuthithia mantu jangi jaria jaretaga mbeba ta kurithia, kuanda imera nikenda baanda miti muundene jou boona mbeba kuumania na thoko ya ruugo

Kwou, kurina gitumi mono arimi kubanga miunda yao bwega. Bamenyeere ati amwe na kuujuria mantu jau, miti yao ithirwe iri na thiria injega na bamenyeera ati barina miti ngiri ithano ndene ya miaka itano bariikia gutonya ndene ya TIST.



## **Mucemano jwa o kiumia jwa ikundi bibinini: irikaniro**

O gikundi gikinini nikibati gwitikaniria mantu jamakai jaria gikundi gigetagira, jaria gikundi gikwenda na mitire iria amemba ka gikundi kiu babati kuthingatira. Bubu babati kuthithua mucemanione jwa kwambiria kana jwa iiri.

Irikaniro bithithagua aria kuri na wendo na gutiiana na biritaga ngugi aki riria antu bonthe betikagiria kubithingatira.

Ikundi bimwe bithithagia kirikaniro kiandiki, aria o mumemba oragua asaine.

Ming'uanano ya irikaniro bibi nita;

### **Aria na thaa cia gucemania**

Ikundi bimwe nibithiurukagia aria bigatirimana bagiitaga o njaa cia amemba. Bangi bagacemania kanisene kana mukawene. Bwabua mono kuthiurukia aria bugacemania nikenda guti muntu umwe ugakamata murigo jou wenka rionthe.

### **Kwitha mantu**

Amemba nibetikanagiria kurega kumaria mantu ja gikundi ome ya gikundi. Mitire iria miega ya kuthithia mantu iganwe na muntu wonthe!

### **Kiria babati kuthithia**

Gikundi nikibati gwiikaniria ni untu buriku babati kuthithia. Mung'uanano, kuanda miti ngiri ithatu mwaka juju.

### **Micemano**

Antu betikanirie kuthithia ngugi iria yonthe ibati gatigati ka micemano

### **Riitwa ria gikundi**

Amemba batara riitwa ria gikundi. Thithieni riitwa ririthongi!

Irikaniro bia ikundi bibinini no biithirwe birina mantu jangi ta kurombanira na uria mbecha iria ikothuranua ikagawa. Kirikaniro nigitethagia kumenyera ati kuri na gwitikania, weru na thiri ndene ya gikundi. Kirikaniro nigitethagia kumeenya ati antu nibaiji bagetikirua na batiwe na kinya bamenye gitumi kia gikundi kiu.

## **Mucemano jwa o kiumia jwa gikundi gikinini: Jaria jathithagua**

O gikundi gikinini kiri na njira yakio ya gwitithia mucemano jwao. Nikenda mucemano jwithirwa juri na baita ikundi bibinini bia TIST nibithithitie na njira iji iria bionete igitethia riria bakuthithia micemano ya o kiumia kana ya o nusu kiumia:

**Nkeethi na kumenyithania kwa muntu uria wiku umweru (ndaika ithano gwita ikumi na ithano):**  
Menya ati antu bonthe nibakwigua bagwati ugeni

### **Iromba ria kwambiria (ndaika ijiri)**

Thithia bubu aki kethira gikundi kienu gigwitikiria kuthithia u! ikundi bibingi nibionaga iri njira ya gutethia mono kwambiria micemano yao na iromba.

### **Ndwimbo (ndaika ithano)**

Iji no ciithirwe ciri ndwimbo ciandiki ni gikundi giaku, kana ndwimbo iria ciikagira antu moyo (ta ndwimbo cia kanisa, cia kimeru.)

### **Gwitikaniria ngugi na thaa (ndaika ithano)**

Mutongeria auge kiria gikathithua mucemanione jou na amemba betikirie kuthithia untu bou. Betikanirie mathaa jaria jagatumirwa nikenda mutheria wa mutongeria omba gutetheria kumenya ati mucemano juri thaene iria jubati kwithirwa juri.

### **Gikundi kirite ngugi iria kibati (ithaa rimwe):**

Ngugi iu nibati kwithirwa niyaaririrue mucemano jou jungi jwario. Ngugi no ithirwe iri kugaana kwegia jaria o mumemba athititie gutetheria mantu ja TIST, kugaana mitire iria miega buru ya kuthithia mantu, uritani na jangi jamaingi.

### **Gwakana (ndaika ithano)**

O mumemba wa gikundi naugaga untu bumwe bubwega kiri mutonggeria wa kiumia kiu kwegia mantu jaria jonetwe kiri utongeria bwawe bwa mucemano. Kwongera, muntu no auge kiewa kiria oona mutongeria ou ena kio.

### **Iromba ria kuinga (ndaika ijiri)**

Kethirwa ibwitikaniritie.



## Mucemano jwa o kiumia jwa gikundi gikinini : Gwakana

Nyuma ya o mucemano, o mumemba wonthe naugaga untu bumwe bubwega kiri mutongeria kwegia utongeria bwawe bwa mucemano.

Bubu buthithagua gwikira inya mutongeria nikenda athithia nkuruki mantu jaria athithirie bwega.

Riria bugwaka mutongeria, kuri na gitumi mono kuejana untu buria bukwoneka bwega kiri mutongeria ta, "wijire gunkethia na ndaigua gwati ugeni bwega mono" kana "imbonere buthongi mono riria utwikire moyo jwa kwaria, na ukiendereithia kugaana kinya tukiaragia."

Ikundi bimwe ibiakaga kinya mutetheria wa mutongeria.

Gwakana kwa O mumemba wa gikundi gikinini kubati kwithirwa kuri na mwanya na uria amemba bangi baugite. Ira mutongeria riria ukuthugania ari na kiewa giti kiri bangi.

### Niki gwakana kuri na bata?

Nitwigagua mono antu bagiturita makosa nkuruki ya gutukaatha. Ni bwega kuritana metho jetu kwona na mantu jetu kuigua mantu jaria mega kiri antu. Nontu o muntu nakwendeka kuuga gintu, antu no mwanka bacue nkuruki ya untu bumwe bubwega

Mono nituthuganagia ati tutina mantu jamega jakung'ana na tutirekaga antu batwire mantu jaria tuumbaga. Nibwikagira inya mono kumenya buria twathithia bwega, na riu twomba kumenya ati nitukuthithia untu bou kairi na kairi tuku iu ciitite.

Riria antu baakanaga nikumenyekanaga mantu jaria antu bagwiragirua mutongeria umwega ari najo Guku ni kuuga mutongeria wa kiumia kiu kingi akamenya mantu jaria abati kugeria kuthithia. Utongeria nibubati kubua nkuruki o kiumia ndene ya gikundi gikinini giaku nontu antu nibakuthoma mantu jaria gikundi giaku giikagira kwegia utongeria.

Gwakana nigutethagia kwithirwa kuri na kirundu gikiega na inya injega gati gati ka amemba ba gikundi. Nibagiaga inya riria baakanaga na guakwa.

Ta mutongeria, gwirirua kitharimo kiu. Mono, ukathoma gintu gikieru!

## Rongai Hekima Development: Kuritanira ngugi amwe na inya

Batwi gikundi kia TIST kia Rongai Hekima Hekima Development turi ba cluster ya Karoki ndene ya ofisi ya Narumoru. Twejire amwe twathithia gikundi giki 2005. Kuuma riu, nitwithagirwa tugitirimanaga mucemano jairi o mweri kugaana kwegie mantu jaria jagatuma gikundi giita na mbele na gutethania.

Twatonyere ndene ya TIST mwaka jwa 2007. Ndene ya TIST nitwamenyeera mono uria tumba kuritaniria ngugi amwe ndene ya ikundi bibinini. Twagaania gikundi gietu kia mwambirio ima Development kia kiuma Rongai Hekima Development group A na Rongai Hekima Development group B.

Rongai Hekima Development group A ni TIST namba 2007KE 21 na Rongai Hekima Development group B nakio ni TIST namba 2008KE855.

Kugaana gikundi gietu nigwatutetherie kuritaniria ngugi akui mono na kinya gwatetheria Atari miti ba TIST gutara miti yetu batikunoga na ndene ya igita ririkai. Mwambirio amemba betu batariene ndene ya miriga mwanya.

Amwe na kuanda miti na kumimenyeera, nitwikaga njuki, tugituju na mburi cia iria. Miradi iji yonthe nitutethetie kugurira amemba betu bonthe itangi. Nitubangite kuanda miti ya igita ririraja na kunyiyia mibao.

Nitwonete baita kumania na TIST. Mwaka muthiru, nitwanenkerwe mukobo jwa mbeu iria twaandire na urimi bubwega. Mbeu iu niyathithirie bwega ndene ya ntuura yetu. Nitwakethere na twatarirwa nkunia mirongo itano na ithanthatu iria tutaketha kairi.

Tukaanda tugitumagira urimi bubwega kinya mwaka juju. Nitukwenda gwikira wiru amemba ba ikundi bibinini bingi kuthithagia mantu rionthe ikundine biao na gutirimanaga no o jairi o mweri mbele kana nyuma ya mucemano jwa o mweri jwa cluster nikenda bakaambiria miradi imieru.



# **Urими bwa miti ya gintwire na mitunda ndene ya Mbeere**

Nyuma ya gutonyithua na kuritanwa kwegie baita ya miti ya gintwire na mitunda, amemba ba ikundi bibinini bia TIST nibakurita ngugi mono ndene ya TSE ya Mbeere kuanda miti mbura iji na mono miembe iria ithithagia bwega mono ndene ya ntuura iji yao. Niboonaga mbeba inyingi riria barikia kwendia matunda

Kuri na ikundi bibingi biria birikitie kuthithia minanda ya miti ya kumithia, baba barina miembe kiri minanda iu. TIST niitaga na mbele kubekira moyo kuanda mitunda nontu bakona matunda ja kuria nontu bwa kugia thiria ya mwiri injega, mbeba kuumania na kwendia matunda jaria jatigaraga na kuumania na thoko ya ruugo niuntu miti yao niikaga ruugo ruruthoku ta carbon ndene ya muti gatigati, biang'ine na mirine

Gutarania miti ni gintu gia gitumi mono ndene ya moritani jaria tuejaga arimi. Bubu niuntu gutarania miti bwega nikuejaga muti kanya ga kunenea kwou muti jukomba gwika carbon inyingi na kwou jukaleta mbeba inyingi nkuruki kuumani na thoko ya ruugo.

Kiri miembe nituritanaga na tugekira arimi moyo jwa kuanda miti itarenie metre ithanthatu gwita muganjwa (6-7M) na metre ithatu gwita inya (3-

4M) kiri miti yonthe ya gintwire iria baandaga miundene yao.

Ikundi bibinini biria bingi baria bathithirie minanda riria TIST yaambiririe moritani ndene ya ntuura iji nibakuanda miti yao iria igatwara igita ritikuraja. Riu bakambiria kuriwa mbeba cia miti yao niuntu bwa kuthambia ruugo ni TIST Nitugwita na mbele gwikira moyo ikundi bibinini kuthithia na kuneneyia minanda yao niuntu ni gukurukira njira iji aki bakomba kuona baita kuumania na TIST na uriti ngugi bwao.

Kwongera unene bwa mantu jaria arimi bathithagia, TIST nigwita ngugi akui mono na Catholic Relief Services (CRS) na kinya thirikari ya mwitu (Kenya Forest Service) na ofisi ya urimi (Ministry of Agriculture)

Kambuni ingi ta CLUSA (Cooperative League United States America) iria ikuthithia mubango jwa CDP na mono kumenyeera irio kwithirwa birio rionthe, kumenyeera ati antu nibakuria irio mithemba yonthe biria bikwendekana kiri mwiri na kuthongomia mituurire

Nitwikagira inya arimi ba ntuura iji kujukia mantu jaja meeru jaria jerekerete witi na mbele na kuthongomia mituurire yao

## **Gikundi gikinini kia Kagwiria: Kurima mitunda ni biashara yetu Ni Susan Kinanu**

Namba yetu ya TIST ni 2008KE1839. Turi ba Matakiri cluster.

Ngugi yetu iria nene buru ni kurima mitunda. Nitwaritanirwe kuthithia minanda na kubandithia mitunda nikenda twona maciara jamega na jamanene nkuruki. Nitubandithagia miembe na michunkwa. Nitwandaga mitunda ya kubandithia kuuma minandene yetu miundene yetu. Atari miti nibataraga miti iu kwou nitweterete mbeba kuumania na thoko ya ruugo amwe na ingi kuumania na kwendia matunda.

Nitwendagia kinya miti iria iti itigaraga kiri aturi betu na acore betu.

Nitugwita ngugi mono kinya kumenyeera muuro jwetu jwa ruuji Thanantu. Nitubangite kuanda miti ya gintwire nteerene cia nduuji mbura iji. Amwe na uandi miti, nitwikaga njuuki. Bubu nibututethagia kwona mbeba ingi inyingi.

## **Gikundi gikinini kia Friends United: Bagwatene ukurukira utumiri bwa imera biria biri na ndawa Ni Susan Kinanu**

Turi ba cluster ya Matakiri ndene ya TSE ya Tharaka. Twatonyere TIST 2008. Namba ya gikundi gietu ni 2008KE1645.

Kuuma tugutonya, nitwiingiitie uandi bwa miti. Nituthomete na twamenya miti imiega iria ingaga njoka iria ciingei mono ndene ya ntuura yetu

Miti ingi nitethagia kuthithia ndawa cia kwinga tunyomoo turia tuthukagia imera cia kuugira imera bietu. Baita niciithirite cirri inene mono. Tukoona maketha jamega natwi. Turi na miarobaine imingi na miti ndawa iria itaragwa iri miti ya TIST na kairi iri ya ndawa.



# Mazingira Bora



December 2010 Newsletter

www.tist.org

**KIKUYU VERSION**

## The International Small Group and Tree Planting Program (TIST)

An Environmental, Sustainable Development and Community Forestry Program.



Ambiriria a TSE. Nimateithiriire TIST gutherama icunji njeru

### *Inside this Newsletter....*

- ✓ Reke mugambo waku uiguike! Ni mahinda ma ithurano thiini wa TIST! Page 2
- ✓ Turi biacara-ini: menyerera miti yaku niguu ugie na faida. Page 3
  - ✓ Micemano ya o wiki ya ikundi nini cia TIST: ciiraniro Page 4
- ✓ Micemano ya o wiki ya ikundi nini cia TIST: Mutaratara wa mucemano Page 4
  - ✓ Micemano ya o wiki ya ikundi nini cia TIST: Kujengana. Page 5
- ✓ Rongai Hekima Development; kuruta wira hamwe na hinya Page 5
  - ✓ Urimi wa miti ya ki-nduire na ya matunda Mbeere Page 6
- ✓ Kagwiria Small Group: urimi wa miti ya matunda biashara-ini iitu. Page 6
- ✓ Friends United TIST small Group: unyitaniri hari gutoria mirimu kuhitukira mimera ya dawa. Page 6

***Plant Indigenous Trees. Protect Rivers. Practice Conservation Farming. Attend Monthly Cluster Meetings. Practice Rotational and Servant Leadership.***



## **Maundu ma kuririkana: tagania miti yaku.**

*Nigetha miti ikure wega, niyagiriirwo gukorwo na utaganu niguo ikinyirwo ni unoru na utheri .*

*Niundu wa uguo, miti yothe ya TIST yagiriirwo ni kuhandwo na utaganu wa 2 metres.*

*Ikundi ingi nicikoragwo na ithaka cirri na miti miingi muno. Nimathondekire forest pan ya gutaganura miti yao. Kahinda ga gutaganura nig aka: kwambiriria January, githaka kingikorwo na miti mihihinyanu, quantifiers matigatara miti iyo.na uguo gucherithiria marihi. Kwa uguo taganura miti yaku.*

## **Uhoro Mwega!**

*Ikundi and migunda imwe ya arimi a TIST nimegacererwo ni Validitors nigetha kururwo kana murandi niukinyiire maundu maria magiriiriire nigetha wendia wa riera uhoteke.*

## **Reke mugambo waku uiguike! Ni mahinda ma ithurano thiini wa TIST!**

January na December, o cluster ya TIST Kenya nimegwika ithurano guchagura arugamiriri. Atongoria a kwirutira nimateithagiriria cluster gukinyaniria maundu maingi!

### **Mutaratara wa ithurano thiini wa cluster.**

Ithurani ni cia amemba a ikundi nini, arutani, quantifiers, na arugamiriri aria mari kuo.

1. Aria metikiritio guthurwo magiriirwo gukorwo mari amemba a cluster iyo irathurana. Andu a nja ya cluster magiriirwo ni kwirorera.
2. Wendi wa guthurwo wagiriirwo kuheanwo ni uria urenda guthurwo mucemano-ini wa cluster na nonginya akorwo ari memba wa gikundi kinini.
3. Amemba a cluster magiriirwo guthura timu ya amemba atatu a guthurithania.
4. Mutongoria wa timu ino aritagwo overseer. Athurithania matingiturwo.
5. Timu ya guthurithania nimagutua mutugo wa githurano (gwa kahinda ka matuku2) na manirire maumirira ma ithurano, kuhitukira thimu, kuri amemba aya a TIST Kenya.

Martin Weru – 0722 846 501; Peter Hinga – 0724 259 797  
Allan Koome – 0724 259 796' Charles Ibeere – 0720 474 209

Timu ya guthurithania yagiriirwo gwikira maundu maya maumirira-ini ma ithurano;

- ✓ Riitwa ria cluster iria yeka ithurano
- ✓ Muthenya wa ithurano
- ✓ Riitwa ria mutongoria mweru wa cluster, namba yake ya thimu na ritwa ria gikundi giake.
- ✓ Riitwa ria co-leader, namba yake ya thimu na gikundi kinini giake.
- ✓ Riitwa ria accountability person, namba yake ya thimu na gikundi kinini giake.

### **Arugamiriri a cluster nio ma?**

Arugamiriri a TIST Cluster Leader, Co-leader, Accountability person) niandu merutiire magathurwo na njira ya uma na utheri gutungatira ikundi nini thiini wa cluster na kumateithiria kuruta wira hamwe niguo magie na marihi maingi na mahuthiro manini. Mekaga uu;

- ✓ Nimakoragwo ikundi-ini nini.
- ✓ Nimateithagiriria gukinyi uhoro kuma amemba a SG na ofici nene ya TIST KE's.
- ✓ Mahana kionereria na gutigirira ati cluster niirarumirira TIST values na mitaratara miega hari maundu maria mareka.

Matungataga mieri 3. Thutha wa mieri3, accountability person atuikaga co-leader nake co-leader agatuika leader.



Kahinda kanini thutha wa ithurano cia arugamiriri a cluster, ithurano cia keru cia accountability person niciikago niguo uria wathurwo athomithio mbere ya kahinda gake gukinya.

**Arugamiriri a cluster marutaga wira uyu;**

- ✓ Kugia na mucemano ya ckuster na kuiga rekodi nginyaniru cia aria mari mucemano-ini, githomo na mabuku.
- ✓ Kuheana marihi kuri ikundi nini na njira ya uigiririku nay a utheri. Kuiga rekodi ya marihi.
- ✓ Gutigirira ikundi nini ona cikineanaga maratathi cikoro ciingiritio mutambo-ni wa palm gwa kahinda karia kagiriire niguo metikirike kwamukira marihi.
- ✓ Kuihuria report ya o mweri thiini wa palm niundu wa mahuthiro ma micemano ya cluster, marihi ma ikundi nini na uhoro ungi uria urabatarania.

- ✓ Kurora ringi reports kuma ofisi niundu wa uma na mibango.
- ✓ Kugia na micemano ya o mweri na atungati a cluster kuhaririria wira wa mweri ucio ungi.
- ✓ Kurikia audit ya mitaratara wa cluster yao (uhandi wa miti, Kilimo Hai (CF), stoves, nursery, loan rwa mbegu na stove na ingi miingi) gutigirira nikwagia na uigiririku thiini wa rekodi.
- ✓ Kugia na uhoro uri na utheri kuri ikundi nini (marihi-ini na mitaratara-ini ingi)
- ✓ Guthii seminar hamwe na arugamiriri angu niguo kwaririria uthii wan a mbere.
- ✓ Kurora amemba a cluster kuhitukira cluster management form thiini wa palm..

Nima ati arugamiriri a cluster ni a bata muno kuri TIST na ikundi nini. Nitwagiriirwo ni gwikira kio na kwimenyerera riria aria turenda matutongorie.

## Turi biacara-ini: menyerera miti yaku niguo ugie na faida.

*Mwandiki, Festus Mutegi.*

Riria ikundi nini ciaingira thiini wa TIST, amemba nimekagira kiroro kandarathi ya Green House Gas ya gwitikiria Clean Air Action Corporation (CAAC) company iria nyene TIST guku Kenya kwendia carbon iria irutitwo ni miti yao.

Ota biashara iria ingi, nikuri endia na aguri. Arimi nio mathondekaga riera itheru riria riendagio ta carbon credits. Aguri ni company iria nene kana thirikari iria ithukagia riera na iganda cioyo na mabarabara-ini. Nigukoragwo na andu kiumbe maguraga carbon credits.

Nigukoragwo na thoko igiri nene cia carbon credit; Clean Development Mechanism(CDM)

Iria iroragwo ni United Nations Framework Convention for Climate Change (UNFCCC). Aria makoragwo na cikoro bururi-ini wa Germany.

Thoko ingi ni cia kwirutira iria ciuikaine ta Voluntary Carbon Standard (VCS) market.

Nigetha miti ya TIST itikirike thoko-ini ino, na ikure wega, nikuri na ikiro arimi magiriirwo ni gukinyaniria;

1. Warii wa mugunda- kuria mahandaga miti kana merigiriire kuhanda- magiriirwo gukorwo na makiria ma ¼ acre ya mugunda wa kuhanda miti.

2. Miti ihandwo na utiganu utanyihiire 2 mtrs.
3. Mugunda ndugakorwo niutemetwo miti thutha wa 1990. Uguo nikuga ati, arimi matiagiriirwo gutema miti na kuhanda ingi niguo mathondeke mbeca kumana na carbon credits.
4. Arimi nonginya monanie nio ene mugunda ucio.
5. Mugunda kuria arimi magiriirwo ni kuhanda miti ndwagiriirwo nigukorwo uri githaka. (kuringana na thirikari ya Kenya, githaka ni muigana wa ¼ acre wa mugunda uri na miti ihumbirite 30% ya mugunda ucio). Kwoguo arimi aria mahandaga miti na njira ino mtingikinyiruo ni marihi.
6. Miti ndiagiriirwo kuhandwo rungu rwa miti ingi.
7. Arimi matiagiriirwo gutiganiria urimi wao ta uriithi na kuhanda irio cia mugunda niguo mahande miti.

Kwa uguo nikwagiriire arimi mabange migunda yao wega. Nimagiriirwo kwona ati thengia gukinyaniria ikiro ici, miti yao iri na ugima mwega na niirakinyaniria ikiro cia miti 5,000 thiini wa miaka 5 thutha wa kuingira TIST.



## Micemanio ya o wiki ya ikundi nini cia TIST: ciiraniro

O gikundi kinini ni kiagiriirwo kuiguithaniria hari values cia gikundi, kiria gikundi gietereire na mitugo ya kurumirira. Maundu maya magiriirwo ni gwikwo mucemanio-ini wa mbere kana wa keeri. Ciiraniro ciagiriirwo ni gukorwo ciri rungu rwa wendo, gitiyo na cingikinyirika o mundu angirumirira. Ikundi imwe nicikoragwo na ciiraniro nyandike na amenba magekira kirore.

**Cionereria imwe nita;**

**Mahinda na kuria mugucemania.**

Ikundi imwe nicicemanagia o kwa mumemba na njira ya guthiururukana. Angi magacemania kanitha-ini kana mikawa-ini. Niwega guthiururukana nigetha murigo ndugatigirwo mundu umwe.

**Thiri.**

Amemba nimetikanagiria kwaga kumia uhoro wigii gikundi na nja. Mitaratara miega no yario ni mundu kana kuri mundu o wotho.

**Gitumi.**

A memba nimagiriirwo gwitikaniria gitumi. Kwa muhiano mauge makuhanda miti 3000 mwaka uyu.

**Micemanio.**

Andu magiriirwo ni gwitikaniria kuruta wira uria wagiriire gatagati-ini ka mucemanio.

Riitwa ria gikundi

Amemba magiriirwo ni gwicagurira riitwa ria gikundi.

Ciiraniro cia ikundi nini imwe no ikorwo iri khoyanira na kuheana uteithio wa ki-mbeca. Ciiraniro niciteithagiriria kwona ati kuri na kwihokana, utheri na ugitiri thiini wa gikundi. Ciiraniro iteithagiriria kwona o mundu ni amenya nietikinikite na agatiika, na kumenya gitumi kia gikundi.

## Micemanio ya o wiki ya ikundi nini cia TIST: Mutaratara wa mucemanio

O gikundi no gikorwo na njira yao ya gucemania. Na niguu kugia na mucemanio uri na umithio, ikundi nini cia TIST nicikoretwa na njira ino iria imateithitie micemanoini.

**Ngeithi na kumenyana kuri amemba eeru kwa ndagika 5-15:**

Tigirira o mundu niaigu e mucii.

**Mahoya ma kuhingura.**

Ikai uu amemba metikaniria! Ikundi nyingi nicionaga iri njira ya guteithiriria kwambiriria micemanio na njira ya mahoya.

**Rwimbo kwa ndagika 5.**

Ici nocikorwo ciri nyimbo cia gwitungira

**Gwitikaniria wira na mathaa ndagika 5**

Mutongoria niataragiria wira uria ukurutwo nao amemba magetikaniria. Kahinda karia gakuhuthika kagiriirwo ni kuigwithanirio nigetha co-leader ateithiririe kuiga mathaa.

**Wira wa gikundi ( 1hour)**

Nikwagiriire wira wariririo mbere ya mucemanio guthira. Wira uyu no ukorwo uri kwonania urio mundu ateithiriire TIST, na githomo.

**Gukurania (5minutes)**

O mumemba niaheanaga uria onete mutongoria agitongoria na noaheane kiheo.

**Mahoya ma kuhinga mucemanio (2minutes)**

Kungitikanirio.





### Micemano ya o wiki ya ikundi nini cia TIST: Kujengana.

Mucemano ugithira amemba nimarutaga mawoni kuri mutongoria makumwikira hinya.

O kunjengana kuri mutongoria gugithiaga na mbere, niwega uheane uhoro uratwarana na mitugo ya mutongoria ta, "niwokire kungeithia na ngiigua ndi mucii muno" kana "nindakenirio niuria watuikirire hinya kwaria, na ndereti igithii na mbere."

Ikundi ingi niciikagira co-leader hari kujengana.

Kujengna kwa o memba kwagiriirwo gukorwo kuri na ngurani na kwa acio ungi. Menyithia mutongoria kahinda karia wona ari na kiheo kia mwanya.

#### Gitumi kia kujengana gukorwo kuri kwa bata;

Andu nimamenagiriria muno gukira gwikirana hinya. Niwega kumenyeria maitho maitu kwona na matu maitu kuigua uhoro mwega kuma kuri andu. Na tondu o mundu niabataire kuuga kaundu kari na ngurani andu nimahinyagiririo gucharua undu makiria ya umwe mwega.

Mahinda maingi tutiiciragia nitwagiriire na tukagiria andu maundu maria tungihota. Kumenya maundu maria twikite wega nigwikiraga hinya kuhotithia gwika makiria.

Riria andu majengana, mutongoria mwega nionekaga, uu nikuga mutongoria wa wiki iyo ingi niekumenya maria ekurumirira. Utongoria wagiriire kwagiriria a wiki giundi-ini kianyu mukimenyaga mithiire miega ya mutongoria.

Kujengana guteithagiriria kugia na ngoro na hinya thiini wa amemba. Nimagiaga na hinya riria makuheana kujengana.

Atongoria nimamukagira irathimo. Na guthoma maundu meru.

### Rongai Hekima Development; kuruta wira hamwe na hinya

*Mwandiki, Virginia Wairima.*

Ithui, Rongai Hekima Development TIST Groups turi a Cluster ya Karoki thiini wa Naromoru field office.

Twanyitanire hame guthondeka gikundi giki mwaka-ini wa 2005 na kuma kahinda kau tukoretwo tugicemania maita meri hari mweri niguo kwaririria maundu ma uthii wan a mbere na guteithania.

Twaingirire TIST mwaka-ini wa 2007. Thiini wa TIST nitwathomire uria tungiruta wira turi ikundi nini. Nitwagayanirie gikundi kia Rongai Hekima Development, mwaka-ini wa 2008 na tukigia na Rongai Hekima Development A na Rongai Hekima Development B.

Rongai Hekima Development A ikoragwo na namba ya TIST, 2007 KE21 nayo Rongai Hekima Development B igakorwo na 2008 KE855.

Kugayania guku nigwatuteithiriirie kuruta wira hamwe na kuhotithia quantifiers gutara miti na uhuthu na gwa kahinda kanini, hau mbere a memba makoretwo mataganite kundu ngurani.

Tiga kuhanda miti na kumitungata, nituriithagia njuki, thungura na buri cia iria. Maundu mothe nimatuhotithitie kugura matangi ma maai ma amemba.

Niturabanga kuhanda miti miingi ya kinduire niguo kunyihanyihia Eucalyptus.

Nituteithikite turi thiini wa TIST. Mwaka muhetuku nitwaheirwo loan rwa mbegu iria twahandire thiini wa CF. na cigikura wega maturaini maitu. Nitwagethire quantify ngonja 50 iria itari ciagethwo hau mbere.

Notuguthii na mbere kuhanda thiini wa CF mwaka uyu.

Niturahinyiriria ikundi nini merutire ikundiini ciao na macemanie maita meri hari mweri mbere kana thutha wa mucemano wa cluster niguo mabiririe mitaratara miero.



## Urimi wa miti ya ki-nduire na ya matunda Mbeere

Tuingirite na tugathomithio mawega ma miti ya matunda na ya ki-nduire, ikundi nini cia TIST thiini wa Mbeere TSE nicirutite wira na hinya kuhanda miti kimera-ini giki kia mbura na mehokaga maembe maria makuraga wega mwena uyu. Nimathondekaga mbece nyingi riria mendia matunda.

Nikuri na ikundi ciambiriirie guthondeka tuta cia mbegu cia maembe. TIST niithiite na mbere kuhinyiriria arimi mahande matunda tondu no magethe matunda makuria na makwendia na kugia na carbon credits.

Githomo kia gutagania miti nikio kia bata tuheanaga kuri arimi. Nitondu utaganu mwega wa miti niuheaga miti kamweke ga gukura wega na kugia na carbon credits nyingi.

Thiini wa matunda turutanaga mahandwo na utaganu wa 6-7 mtrs na 3-4 mtrs hari miti ya ki-nduire migunda-ini.

Ikundi nini iria ciambiriirie kuhanda miti riria TIST yambiriirie guthomithania marahanda mimera iria igacoka itarwo na thutha mambiriirie guteithika na TIST.

Niturahinyiriria arimi manenehie tuta ciao tondu ino noyo njira iria mangiteithika na mitarataru ya TIST na magie na marihi kumana na wira wao. Naniguo gwikira maundu ma arimi bata, mutarataru uyu niuthiite na mbere kunyitanira na aruna aao- Catholic Relief Services (CRS) na honge ingi ta Kenya Forest Services na Ministry of Agriculture honge ingi nita CLUSA Co-operative League United States Americe iria irarutithia wira project ya CDP na njira iria nene iri uingi wa irio, mirire miega na miikarire miegega.

Niturahinyiriria amemba kuma mwena uyu maiyukie niece ino irehetwo ya kwagirithia miturire.

---

### Kagwiria Small Group: urimi wa miti ya matunda biashara-ini iitu.

*Mwandiki, Susan Kinanu.*

Namba iitu ya TIST ni 2008KE1839. Turi a cluster ya Matakiri. Urimi witu niwa miti ya matunda. Tuciarithanagia matunda. Tuhandaga mimera iria iciarithanithio mugundaini. Quqntifiers nimamitaraga kwa uguo nitwetereire marihi thengia ya kugetha matunda.

Nitwendagiria arata na aria maturigiciirie mbegu iria ciatigara.

Niturekirira na hinya muno kugitira njui ciitu. Niturenda kuhanda miti miingi ya ki-nduire miena-ini ya njui kimera giiki.

Thengia ya kuhanda miti, nituriithagia njuki na gututeithiriria kugia na mbece nyingi.

### Friends United TIST small Group: unyitaniri hari gutoria mirimu kuhitukira mimera ya dawa.

*Mwandiki, Susan Kinanu.*

Ithui turi a cluster ya Matakiri thiini wa Tharaka TSE. Twaingirire TIST mwaka-ini wa 2008. Namba iitu ya TIST ni 2008KE1645

Kuma twaingira, nitunenehetie uhandi witu wa miti. Nituthomete uhoro wa miti iingataga nyoka na yonekaga gwitu.

Miti ingi niiteithagiriria hari guthondeka dawa cia kuraga tutambi. Umithio niukoretwo uri muingi. Nitukoretwo na magetha maingi

Nitukoretwo na miti miingi ya miarobaine na ingi miingi iri na dawa.