

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
www.tist.org

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



**Cluster Representative Leaders in a group photo.
TIST trained 60 leaders during a seminar held on 20th -24th February 2011.**

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Small Group Payments: Requirements necessary for your group to get paid.

TIST Kenya is beginning to making preparation for Small Group payments from the month of March and April this year. These payments will be made via an improved M-Pesa system. As in previous payments, the groups that meet the criteria below will get their payments. Those that do not meet these requirements will be told which specific areas make them not qualify so that they can improve these and payments can be remitted. However, when the Small Group does qualify, all of the back payments will be made as well!

Here are the requirements that a Small Group must meet to qualify for payments:

1. Your Small Groups should have more than 500 trees. These trees must have been quantified. If your Small Group has not met this requirement, you will be required to plant more trees in the coming rainy season. When you have done that, make sure that you attend the cluster meetings in your nearest cluster location where you will notify TIST quantifiers on your readiness to be quantified. Trees can be quantified once transplants have been in the ground for six months or more.
2. More than two-thirds of your Small Group members must be present during payments.
3. Your Small Group should have less than 33% eucalyptus trees. If you have more than 33% eucalyptus trees, you and your Small Group will be required to file a written Forestry Plan showing how you will bring your

eucalyptus trees to less than 33% of total trees that your Small Group has by December 31st, 2011.

4. Each of your Small Group members must have signed the greenhouse gas contract. You must make sure that the signatures appearing in the contract are true and correct signatures of the members. If the signatures, names and national ID numbers are not correct, you will be required to sign afresh. Your Small Group will only be paid if all these are correct, and once the signed GHG contract is scanned and uploaded.
5. Your SIM card custodian and PIN custodian must be present and must bring the SIM card TIST issued to your SG.

Remember, It is important that your Small Group attend monthly cluster meetings. At cluster meetings, besides getting trainings and newly developed best practices that are working, you will get TIST updates. Small Groups that attend cluster meetings are given the first priority in quantification and in payments. It is therefore very important that you send at least 2 representatives (members of your Small Group) to each of cluster meetings.

At Cluster meetings, you will have the chance to share best practices with other Small Groups that can make a big difference to them. It will also be an opportunity to learn what other Small groups are doing and how they are overcoming their challenges.



TIST: Best Practices in practicing Agroforestry.

Agro forestry refers to growing trees and shrubs together with agricultural crops or livestock. The overall aim of agro forestry is to increase the productivity of the land through the use of trees. Trees have many benefits for the farmer:

- Building material
- Fuel wood
- Fruits and other food
- Fodder
- Soil stabilization
- Soil fertility
- Moisture retention
- Wind shelter
- Erosion control, especially by rivers
- Medicines
- Shade

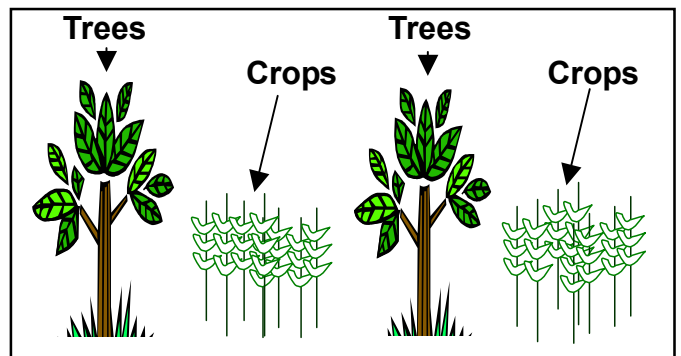
Agroforestry practices: There are many different techniques and new methods are being discovered all the time. Some techniques are successful in one place while not so useful in other areas. The following are some common methods of agro-forestry:

1. Hedges: This involves selecting a tree species which can be placed in a line and which have benefits for the land. Hedges require little space, control erosion, and can produce leaves for fodder or mulch. An example of hedging is to plant a row of trees around the field boundary. Recommended spacing is around 2m - 3m. The best design includes a mixture of tall and short trees.
2. Alley cropping: This involves establishing trees at varied spacing 2m and above in rows along fields. There may be a tree row, then two or three rows of crops, then another tree row, then crops etc.

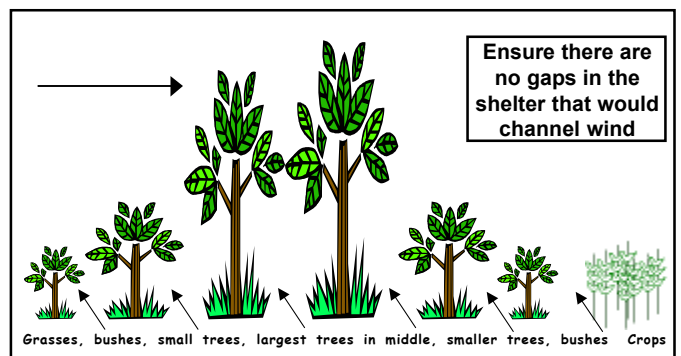
An example of this is planting alternating rows of maize with leucaena, or coffee and bananas.

The most suitable trees are leguminous ones (ones that fix nitrogen for the soil). Spacing between rows of trees should be at least 5m.

The tree rows need to be weeded and pruned regularly. The trees cannot grow too tall otherwise they will compete with the crops for soil nutrients and light. The pruned leaves can be added to the soil to improve the soil fertility. Trees that are pruned to be shrub-like will not be suitable for TIST payments since they won't sequester much carbon, but they will improve the agricultural land and provide many other benefits to the farmer. In drier areas, this may not be a good approach or more space between trees and crops may be needed so that they do not compete too much for nutrients and water.



3. Windbreak: planting wide strips of trees to provide a windbreak. This then protects crops from the oncoming wind. Plant large trees in the center, smaller trees for the next two rows and low shrubs, bushes and grasses on the outside.



The advantage of windbreaks is that the farmer does not have to sacrifice an entire plot of land for trees. It only takes a strip of land, and the benefits can improve yields by 30% in some areas. Note that poorly planned windbreaks can damage crops more because it can channel the wind through gaps. Find someone experienced in this to help you design your windbreak.



4. **Fallow cropping:** this is where farmers stop growing crops on a piece of land and let trees take over to help restore soil fertility.
 5. **Inter-cropping:** this involves wide and even spacing of trees among food crops. Good trees are those that have light canopies and fix nitrogen. More on this next month.
 6. **Grazing area improvement:** managing trees on grazing land to provide wood and fodder.
 7. **Woodlots:** Small woodlots can be grown on unused or unproductive land, e.g. woodlots planted on stony outcrops or in gullies. Woodlots can also be planted on cropland to serve as a windbreak, or they can be planted on fallow land.
- Please note that TIST trees have to be correctly spaced in order to grow fully and remain in the ground long-term. Some of the above agro-forestry methods are best practices for agriculture, but may not qualify for TIST tree payments.

TIST: Small Group Weekly Meeting

It is important for your Small Group to have regular meetings, for instance, once a week or once every two weeks. This will give all members in your Small Group an opportunity to strengthen your group and also share and learn new ideas.

Meeting Schedule.

To manage our time better, it is best practice for a Small Group to have a well-organized meeting schedule. This is important because it will help your Small Group keep focused on your agenda and other activities. Since we are farmers, time is important to us, and we need to make sure we hold efficient meetings that do not take up most of the daylight hours.

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. If the group has new members, doing a pair share is a good way of introducing each other.

Step II. Opening prayer (2 minutes):

Your group may choose 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. A song sung by all will relax us and put us in a better mood.

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. The task might also be planning what needs to be done, for instance: nurseries, planting trees, weeding, digging holes or doing Conservation Farming.

Step VI. Kujengana (5 minutes):

See the article below on Kujengana.

Step VII. Closing prayer (2 minutes):

End your meeting with a word of prayer.



TIST: Small Group 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. Members can agree to add further points later.

The covenant should include:

- (1) The time and place you will meet. Some groups rotate meeting places among members' 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.

- (2) Confidentiality—members agree not to share personal information outside the group. Best practices can be shared with anyone!
- (3) Basic Purpose - The group should agree generally on what they are going to have as a task. Example: Arrange to plant 3000 this year.
- (4) People should agree to do any work necessary in-between meetings.
- (5) 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.

TIST: Kujengana

Kujengana is a time of encouraging the leader, and often the co-leader too, at the end of every weekly small group meeting and in cluster meetings.

How to do 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.
- Instead of making a general statement, like "You did well," it should be 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.
- Encourage the leader to do more of the things that he or she did very well.
- Tell the leader when you think he or she has a special gift.

- If you are receiving Kujengana, just say 'thank you' after each comment. You don't have to question it or discuss it, just accept it!

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.



Mirera - Gaturiri Group

Our group is among the groups which were recently quantified.

We joined the TIST program in 2006. Our TIST number is 2007KE621. Our group consists of seven members.

We are glad to share with other Small Groups that our group was recently quantified despite missing quantification for the last 3 years since we started planting trees.

Attending Cluster meetings helped us make a complaint to the quantifiers about our group not been quantified. We thank the quantifiers, for keeping their word and visiting our groups and others in our neighborhood.

We are now optimistic that our group will be paid.

In addition to planting trees, our group has other projects including goat and rabbit keeping.

By attending cluster meetings and Small Group meetings, you, too, can make your voice heard. You can share what you know, get better service from TIST servant leaders, and learn new things. We want to encourage other groups to work together in groups and help one another and grow together.

Written on behalf of the group by Virginia Wairima

Kitchen Garden: The way to utilize waste water for vegetable growing.

By Eunice Wambui.

Women are always there to make sure their families are well fed with a balanced diet. During the dry season, we don't always get enough food for our families, especially vegetables.

However, there is a way we can utilize waste water that we throw away on daily basis. This water can be domestically treated to be used to keep our kitchen gardens alive even during the dry season.

How to do it.

Place a large bucket in your kitchen garden and use it to put all the dirty water that has been used in the house during the daytime.

In the evening add ash to the dirty water depending on its quantity and leave it overnight. The following morning you will find

the water is clean and can now use it to water your vegetables, do this always to keep your garden alive.

You can also use waste water to irrigate the plants that add spices to our foods e.g dhania, rosemary, menthol plants, ginger etc. Plant these like flowers around the house. They are helpful in keeping the insects away and give fresh air all throughout the home. Rosemary branches, for instance, put in a flower vase and placed in the house will keep away houseflies.

Let's use the resources we have, like waste water, to make a difference in our gardens. We can grow vegetables to feed our families, even in the dry season.

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Marihi ma ikundi nini: Kiria gikundi kirabatara niguo kiamukire marihi.

TIST Kenya niyambiriirie mehaririria ma kuriha ikundi mweri wa March na April mwaka uyu. Marihi maya makamukirwo kuhitukira mutambo mugacirithie wa M-PESA. Ota marihi maria mangi, ikundi iria igukinyiria ikiro ici nicikwamukira marihi. Aria matagukinyaniria ikiro ici nimakumenyithio itumi iria ciragiri marihwo niguo mathondeke na marihwo. Nangingi, gikundi kingiaga gukinyaniria ikiro ici, marihi mothe nimakarihwo!

Ici nicio ikiro iria ikundi nini ciagiriirwo ni gukinyaniria.

1. Gikundi giaku kiagiriirwo gukorwo na makiria ma miti 500. Miti ino yagiriirwo gukorwo iri mitare. Angikorwo gikundi giaku gitikinyaniirie uguo, nimwagiriirwo kuhanda miti ino kimera giki kia mbura. Mwaka uguo, thii micemano ya cluster iria igukuhiriirie kuria ukumenyithia Atari a miti a TIST ati nimwihariirie gutarirwo miti. Miti noitarwo ongikorwo niininite mieri6 kuma mimera yahandwo.
2. Makiria ma gicunji kimwe hari ithatu kia amemba a gikundi giaku makorwo ho mukirihwo.
3. Gikundi giaku gikorwo na muigana unyihire 33% wa miti ya mibau. Angikorwo muri na muigana ukirite 33% wee na gikundi giaku mwgiriirwo ni kwandika Forestry Plan kwonania uria mukunyahia muigana wa miti ya

mibau nginyagia thi ya 33% ya miti iria gikundi gikau gigukorwo noyo tugikinyiria December 31st, 2011.

4. A memba a ikundi nini makorwo mekirite kirore kandarathi ya Greenhouse. Tigirira ati irore iria iri kandarathi-ini ino niciama na utheri, angikorwo irore, maritwa na namba cia kibandi citiratwarana, niuribatorwo gwikira kirore kandarathi ingi. Gikundi giaku gikwamukira marihi kandarathi ya GHG yathuthurio na ikirwo mutamboini wa computer.

5. Uria uigaga SIM card na PIN makorwo mariho na makorwo na SIM card ya TIST.

Ririkana, niwega ikundi nini cithii micemano-ini ya o mweri ya cluster. Micemano-ini ya cluster, niguo mamukire githomo na mitaratara mieru ya TIST iria iraruta wira, na kugia na maundu meru. Ikundi iria ciathii micemano-ini ya cluster nicitaragirwo miti na kwamukira marihi mbere ya iria ingi. Kwa uguo hari bata arugamiriri eeri (a memba a gikundi kinini) micemano-ini ya cluster.

Micemano-ini ya cluster, wina kamweke ga guthoma mitarata mieru kuma kuri arimi angi a ikundi ingi iria ingikorwo na ugaruruku kuri o. ningi nikamweke ga uria ikundi ingi irathii na mbere.



TIST: mitaratara miega hari Agroforestry.

Agroforestry ni gukuria miti hamwe na irio cia mugunda kana mahiu. Gitumi kinene kia agroforestry ni kwongerera magetha ma mugunda kuhitukira uhuthiri wa miti. Miti niikoragwo no umithio munene kuri arimi:

- Indo cia gwaka
- Ngu
- Matunda na irio ingi
- Irio cia mahiu
- Ugacirithia wa tiiri
- Unoru wa tiiri
- Kuiga ugonyu tiiri-ini
- Kugitira ruhuho
- Kugiririria tiiri ndugakuo ni maai
- Dawa
- Kiiruru

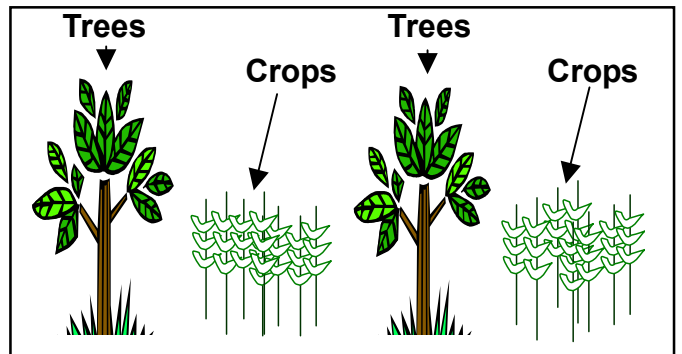
Mutaratara wa Agroforestry:

Nigukoragwo na njira nyingi na ngurani na njeru cihuthagirwo mahinda maingi. Njira imwe nocikorwo iri njega na kundu kumwe na ciage kwagirira kuria kungi. Ici nicio njira iria cihuthikaga muno hari agroforestry:

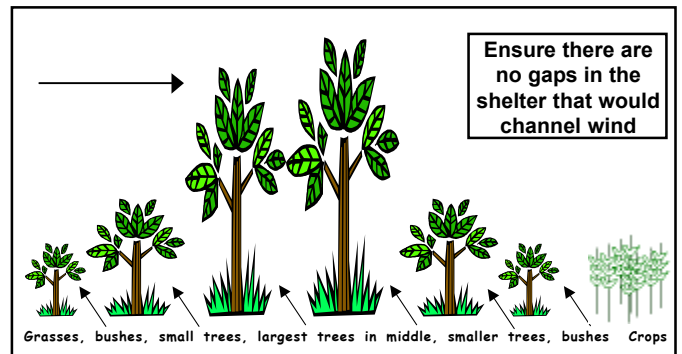
1. Hedges: guku ni gucagura muthemba wa muti uria igihandwo na laini na ukorwo na umithio kuri mugunda. Hedges ibataraga gicunji kinini kia mugunda, ikagiririria tiiri gukuu ni maai na kuruta irio cia mahiu kana thumu. Kionereria kimwe nita kuhanda miti ithiururukiirie mugunda. Utaganu uria wagiriire nita wa 2m-3m. wega nigutukania miti miraihu na mikuhi.
2. Allercropping: guku nikwoya miti iri na utiganu wa 2m guthii na iguru na laini mugunda-ini. Nogukorwo na laini ya miti ikahakanio na laini 2 kana 3 cia irio cia mugunda na igatwarana na mutaratara ucio.

Kionereria kiega nita gucenjania laini cia mbembe na cia lecaena, kana kahua na marigu. Miti iria miega ni iria ithiondekaga tiiri. Utaganu wa laini cia miti ukorwo uri 5m. laini cia miti ciagiriirwo nikurimirwo wega. Miti ndiagiriirwo nikuraiha muno na-iguru gukira

irio tondu nicigucindanira unoru na utheri wa riuu. Mahuti maria macehwo nomatukanio an tiiri niguo mongerere unoru. Miti iria yacehwo na yahana kihinga ndihitukite kurihwo ni TIST tondu ndiragucia Carbon nyingi, no niikwongerera maciaro ma mugunda na kurehe mawega mangi maingi kuri arimi. Kuri miena iria miumu, ino noikorwo itari njira njega kana miti itaganio muno hamwe na iro=io ca mugunda nigu citigacindanire maai.



3. Windbreak: guku nikuhanda miti miingi niguo igitire ruhuho. Handa miti minene gatagati, miti mikuhakuhi hari laini igiri cirumaniriire na ihiga nguhi biu, na nyeki mwena wa na-nja.



Wega wa Windbreak ni ati murimi ndarabataru kuhuthira mugunda wothe na miti. Ibararaga gacunji kanini, na ikongerera magetha na gicunji gia 30% miena ingi. Windbreak ingihandwo na-njir itagiriire, noithukangie irio makiria tondi niikuingiria ruhuho miena-ini. Caria mundu uui uhoro wayo wega aguthomithie.

4. Fallow cropping: haha niharia arimi matigaga kuhanda irio mugunda-ini na kurekereria miti ikure niguo gucokereria unoru wa tiiri.



5. Inter-cropping: guku nikuhandaniria miti na irio mugunda-ini umwe. Miti miega niiria itaraihaga muno na igucagia carbon nyingi. Uhoro makiria mweri ukite.
6. Grazing area improvement: gukuria miti kundu gwa kuriithio mahiu niguo kwongerera unoru na mahuti.
7. Woodlots: miti ya ngu noihandwo kundu kuria gutarahuthirwo kana kuria kuhinju ta kuria kuri na mahiga kana kuinamu muno. Woodlots nocihandwo kundu kuri na irio ihana ta windbreak kana Fallow land.
8. Menya ati miti ya TIST ninginya ikorwo ihanditwo na utiganu uria wagiriire niguo Ikure wega na iikare miaka miingi. Njira imwe cigwetetwo haha ninjega na urimi no tinjega na gutarirwo na kurihwo kwa miti.

Tist: Micemanio ya o wiki ya ikundi nini

Niwega ikundi nini igacemanagia ta o wiki kana maitameeri hari mweri. Uu nigukuhe amemba a gikundi kahinda ga gwikira hinya na guthomithania maundu meeru.

Mutaratara wa micemanio

Niguo kuiga mathaa wega, niwega ikundi nini ciothe cithondeke mutaratara mwega wa micemanio. Gwika uguo ni kwa bata tondu nigukumuhotithia kurora maundu ma bata. Na tondu turi arimi, mathaa ni ma bata kuri ithui, na tutigirire tutinathukangia mathaa.

Micemanio-ini niwega kurongoreria maundu ma mucemanio. Gukinyaniria uu, ikundi ingi nimahuthirite mutarataratara ta uyu riria mari na micemanio.

Step1. Ngethi na kwamukira ageni eeru (5-15 minutes):

Tigirira o mundu niaigua aiganiire. Kuhihia no ureke mugeni eyuge maritwa make.

StepII. Mahoya makuhingura (2 minutes):
gikundu nokiiguithanirie kuhingura na mahoya. Makorwo mari makuhi

StepIII. Nyimbo(5minutes):
ici nocikorwo iri nimbo itungitwo ni gikundi kana nyimbo ingi ciagwikira

hinya kana cia kanitha. Rwimbo ruramrnyeka ni andu othe ni rwega.

StepIV. Kuigwithaniria maundu na mathaa(5minutes):

Mutongoria auge maudu maria makwariririo nao a memba metikire gwika uguo mathaa metikanirio nigua munini wa mutongoria ahote kuiga mathaa.

StepV. Gikundi kiariririe maundu (1 hour):

Maudu maya magiriirwo nikwariririo muthia-ini wa mucemanio muhituku. Maundu maya nita kurora uria uria o mundu ekite niguo guteithiriria TIST, guthomithania na mangi maingi iria ikwagirithia gikundi kianyu. Ona kana kubanga uria kwagiriirwo gwikwo ta tuta, kuhanda miti, kurimira, kwenja marima kana Kilimo Hai.

StepVI Kujengana(5minutes): roar uhoro uri haha kianda wigii Kujengana.

StepVII mahoya makuhinga(2 minutes):
Mahoya ma kuhinga mucemanio.



TIST: Ciiraniro

O gikundi kinini ni kiagiriirwo kuiguithaniria hari values cia gikundi, kiria gikundi gietereire na mitugo ya kurumirira. Maundu maya magiriirwo ni gwikwo mucemano-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 nit a;

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 wothe.

Gitumi.

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

Micemano.

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

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.

TIST: Kujengana

Kujengana ni kahinda ga gikira atongoria hinya o thutha wa mucemano wa o wiki wa ikundi na thiini wa micemano ya cluster.

Mucemano ugithira amemba nimarutaga mawoni kuri mutongoria makumwikira hinya. O kujengana 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.



Mirera - Gaturiri Group

Mwandiki; Virginia Wairima handuini ha gikundi.

Gikundi giitu nikimwe kia iria iratariirwo miti. Twaingirire TIST mwaka-ini wa 2006. Namba iitu ya TIST ni 2007KE621. Gikundi giitu gikoragwo na amemba 7.

Twina gikeno kuheana uhoru uyu kuri ikundi ingi at gikundi giitu nigiatariirwo miti thengia gukorwo gitakinyaniirie ikiro gwa kahinda ka miaka 3 mhituku kuma riria twambiriirie kuhanda miti.

Guthii micemano-ini ya cluster nigwatuteithirie kuheana mathina maitu kuri Atari amity. Nituracokeria Atari ngatho

niundu wa gwika uria uria matwiriire ati nimagatucerera.

Riu turi na uma ati nitukurihwo.

Ona tukihandaga miti, gikundi giitu nikiri na maundu mangi giikaga ta kuriithia mburi na mbuku.

Niundu wa guthii micemano-ini ya cluster ya ikundi nini, nouhote kuheana mathina maku nauiguo. Nouge uria uui na ugie na utungata mwega kuma atongoria a TIST, na uthomithio maundu meru. Niturahinyiriria ikundi ingi irute wira hamwe thiini wa ikundi ciao na mateithanie.

Mugunda wa mucii-ini: njira ya kuhuthira maai ma riko na gukuria mboga.

Mwandiki Eunice Wambui.

Atumia makoragwo ho hingo ciothe gutigirira nyumba ciao niciagia na irio cia guteithia mwiri. Kimera-ini gia riu, ti mahinda mothe tugiaga na irio cia kuigana na muno mboga. No, hari njira tungihuthira kumenyerera maai ma giko maria tuitaga o muthenya. Maai maya nomathondekwo na njira njega na mahuthirwo gukuria mboga hari mugunda wa mucii-ini kimera giki.

Rumirira uu;

Iga mukebe munene mugunda-ini waku uria urikagira maai maria mathuku muthenya.

Hwai-ini ikira maai macio muhu kuringana na

muigana wamo na ureke maikare nginya ruci-ini. Muthenya uyu ungi ugukora maai maku mari matheru na no umahuthire kuhe mboga ciaku, ikaga uu kugitira mugunda waku wa mboga.

Ningi nouhuthire maai ma giko gukuria indo ta pilipili dania na ingi nyingi. No uhande mimera ino guthirurukiria nyumba. Mahuti ma Rosemary nimakoragwo mahana mahua na mari mathaka.

Reke tuhuthire indo iria turi nacio ta maai mari an giko niguo kugia na ugaruruku migunda-ini iitu. Notukurie mboga cia micii iitu ona kuri na riu.

Mazingira Bora



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**Cluster Representative Leaders in a group photo.
TIST trained 60 leaders during a seminar held on 20th -24th February 2011.**

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Kuriwa kwa ikundi bibinini: jaria ubati kuthithia nikenda gikundi giaku kiriwa

TIST ndene ya Kenya niambiritie kuithuranira kuria ikundi bibinini kuuma mweri jwethantu na jwa inna mwaka juju. Marii jaja jakathithua gukurukira M-pesa. Ta kiri magita jau jangi ikundi bibinini biariiagwa magitene jau jakurukite, ikundi bibinini biria bikojuria mantu jaja bikariwa. Biria bitujuria jaja bikerwa ni mantu jariku jatumite barega kuriwa nikenda bathithia jaria babati riu bomba kujukia mbeza ciao. Indi-ri, riria gikundi gikinini kiaremwa kuujuuria jaria jabati kinya mbeza cia kuuma omwaambirio riu itariwa ikariwa kinya cio!

Jaja niyo gikundi gikinini kibati kuujuuria nikenda bomba kuriwa

1. Gikundi giaki nikibati kwithirwa kirina nkuruki ya miti Magana jatano. Miti iji nibati kwithirwa itari. Kethira gikundi giaku gitiujuritie bubu, bukendeka kuanda miti ingi mbuura iji ijite. Riria bwathithia uju, menyeera ati nuguita micemanione ya cluster kiri cluster iria iri akui nagwe buuru naria ukeera Atari miti riria miti yaku yang'ana ya gutarwa. Miti no itarwe yarikia gukara mieri itantatu kana nkuruki nyuma ya kuthamua kuuma kiri munanda.
2. Nkuruki ya amemba bairi kiri o bathantu ndene ya gikundi kienu bethirwe bari mucemanione jou jwa kuriwa
3. Gikundi gikinini giaku kithirwe kirina nthiguru ya mibao mirongo ithatu na ithatu kiri o miti igana. Bwethira buuri na nkuruki, ugwe na gikundi giaku bukendeka kuandika mubango jwenu jwa kunyiyia miti iu mwanka kiwango kiu kiri miti yonthe iria gikundi kienu kiri nayo mbele ya tariki

mirongo thatu na imwe mweri jwa Decemba, 2011

4. O mumemba wa gikundi kienu ethirwe asainite fomu iria ya GhG. Bumenyeeere ati saini iria iri kiri kandarasiiu niciamma na iria irio cia amemba ba gikundi kienu. kethira saini, mariitwa na namba cia kibandi cia mma, bukendeka busaina kairi bwinthe kiri fomu ingi.
5. Mumemba wa gikundi uria ukaragia sim card yenu na uria withagira arina namba iria ya witho ya kuriita mbeza no mwanka bethirwe bari mucemanione na barete sim card yenu iria TIST yaejanire

Ririkana, burina gitumi mono gikundi giaku gikinini gwita micemanione ya cluster ya o mweri, amwe na gwitaga moritani na kuritanwa mitire iria miega buuru ya kuthithia mantu imieru iria ikurita ngugi o igita o igita, ukerwa mantu jameeru jaria jar indene ya TIST. Ikundi bibinini biria biitaga micemanione ya cluster nibiejagwa kanya kambere riria ikundi bibinini bigutarirwa miti na kinya riria bikuriwa. Kwou buri na gitumi mono gutuma arungamiri ba gikundi bairi (baria bari amemba ba gikundi kienu) kiri o mucemanione junthe jwa cluster.

Micemanione ya cluster, bukaewa kanya ga kugaana miitire iria miega buru kiri kuthithia mantu mwanya mwanya na ikundi bibinini bingi untu buria bumba kubatethia mono. Gakethirwa kinya kari kanya ga kuthoma jaria ikundi bibinini bingi bikuthithia na uria bikuthiria thiina iria bakwona mantune jaria bakuthithia



TIST: Mitire iria miega buru riria ukuanda miti amwe na imera muundene jwaku

Agro forestry ni uandi bwa miti yongwa na miti ya kithaka iminini amwe na imera bia kuria na ndithia. Bubu buthithagua mono nikenda uriti ngugi bwa munda bukaingia gukurukira utumiri bwa miti. Miti iri na baita inyingi kiri murimi:

- Mbao cia gwaka
- Nkuu
- Matunda na irio bingi
- Irio bia ndithia
- Kugwatira muthetu
- Unoru bwa muthetu
- Kunyiyia kujukua kwa ruuji kuuma kiri muthetu
- Kwitha imera kuumania na ruugo
- Kunyiyia ukamati bwa muthetu
- Ndawa
- Kirundu

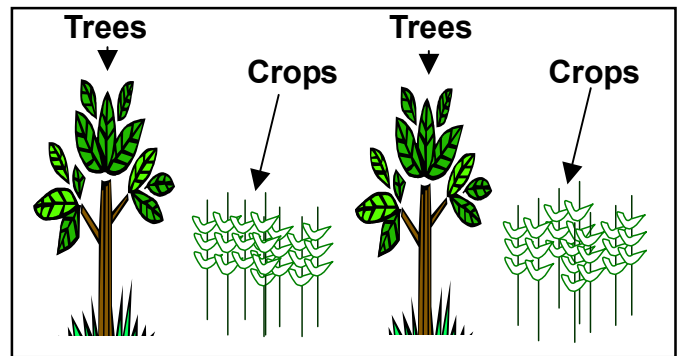
Mantu jaria jathithagua miundene iria iandi miti na imera: kuri na njira inyingi na injeru iria cikumenywa o igita. Njira imwe nicikuthithua na ikabua guntu kumwe indi kungi ikaremwa. Iji ni njira imwe iria itumikaga mono:

1. Rwego: aja muthemba jumwe jwa miti nijutaragwa na jukaandwa na laini na juria juri na baita kiri munda jou. Ndwego niciendaga kanya gakanini, nicinyiagia ukamati bwa muthetu, na ikaejana mathangu ja ndithia kana ja kumamua muundene jakunika muthetu. Muthemba jwa kuthithia rwego nikuanda laini ya miti ithiurukite munda. Miti iji ibati gutarania na 2 kana 3m. Mwitire juria mwega buru ni kuungania miti iminene na iminini
2. Kuanda ugitenie: aja miti iandagwa itarenie o uria ukwenda kuuma meter ijiiri gwitia igitenie munda na laini. No kwithirwe kuri na laini ya miti imwe, riu laini ijiri kana ithatu cia imera, riu laini ingi ya miti, riu imera na bou bukendereaa.

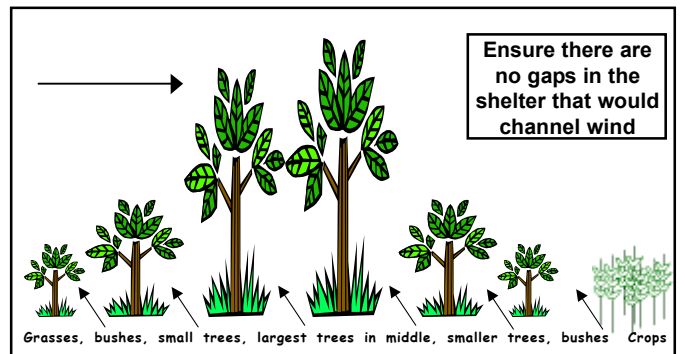
Muthemba jwa njira iji ni kuanda milaini ya mpempe na laini imwe ya muti jugwitwa Leucaena, kana kahawa na marigu.

Mithemba ya miti iria miega buru kuthithia bubu ni miti iria ikagira ruugo rwa nitrogen ndene ya muthetu. Laini cia miti ciithirwe itariene na 5m. milaini iu ya miti ikenda

gukurirwa iria na kugitwa o igita. Miti itibati gukura inenea mono nontu yomba gucindanira na imera irio na weeru. Mathangu jau jakugitwa nojongerwe muthetune kwingiyia unoru bwa muunda. Miti iria igitwi yanyia buru ititarwa iri miti ya kuriwa ni TIST nontu itiumba wika carbon, indi ikathongomia munda jwa kurima na iejane baita ingi kiri murimi. Kiri guntu kuria kuumi, bubu butithirwa buri njira injega kana kanya gakanene nkuruki gatigati ka miti na imera nokendeke nikenda bitacindaniire irio na rruji mono.



3. Kuanda miti ya kunyiyia ruugo: Kuanda miti imingi ya kunyiyia ruugo mbele ya rukinyira imera. Bubu riu nirumenyagira imera kuumania na ruugo ruria rwijite. Anda miti iminene gatigati, miti iminini milaini iu ingi iiri na miti iminini buuru, ithaka na nyaki oome buuru



Untu bubwega bwa kunyiyia ruugo ni ati murimi atiendeka aanda miti muundene juunthe. Ijukagia kamuunda gakanini na baita ciomba kwingiyia maciara jaju na gicunci 30% ndene ya guntu kumwe. Menya ati kunyiyia ruugo gutibangi bwega no kuthuukie imera nkuruki nontu no gukurukie ruugo gukurukira bianya biria bitigi. Cuaa muntu uria wiji agutetheria kubangira bubu.



4. Kuanda gintu kingi antu a kiria kirario: aja murimi aandaga imera mundane riu akareka miti ikajukiria au nikenda itethia gucokia unoru bwa munda
5. Kuungania; aja kuri na uandi bwa miti imingi amwe na irio. Miti imiega ni iria ithagirwa itigukunika mono na iria ikagira nitrogen kiri muthetu. Jangi jamaingi kwegia bubu ndene ya gazet ya mweri jou jungi.
6. Kuthongomia antu a kurithia; kumenyeera miti iria iri antu aria kurithagua nikenda iejana mbaao na iria ria ndiithia.
7. Tumiunda twa miti no tuandwe aria munda jutitumiri kana muundene juria jutinori, kwa mung'uano miti iandi aria kuri na maiga jamaingi kana migurune. Miti imikai no iandwe antu aria kwaandagwa imera nikenda iniyiia ruugo, kana no iandwe arie kuraandagwa imera gwatiga

Itu menya ati miti ya TIST iandagwa itarenie bwega nikenda ikuura buru na ikara muthetune igita ririnene. Mantu jamwe jaria jari au iguru kiri agro-forestry ni jamega kiri urimi, indi no jarege kung'anira kiri kuriwa kwa miti ya TIST

TIST: Mucemanio jwa o kiumia jwa gikundi gikinini

Burina gitumi gikundi gikinini giaku kugia micemanio nyuma ya o kagita, kwa mung'uanano, rimwe kiumia kana rimwe o biumia biiri. Bubu bukaa amemba bonthe ndene ya gikundi giaku kanya ga gwikira gikundi kienu inya na kugaana na kuthoma mantu jameru

Mubango jwa mucemanio

Kumenyera mathaa jetu bwega nkuruki, ni bwega gikundi gikinini kienu kuthithia mubango jubangi bwega jwa gutumira igita ria mucemanio. Bubu burina gitumi nontu bugatethia gikundi giaku kumenyeera ati mantu jaria jabangiri kwarirua na kuthithua nijo jakuthithua. Nontu turi arimi, mathaa jari na gitumi mono kiri batwi, na kwu nitubati kumenyeera ati nitukuthithia micemanio irina baita kana maketha nikenda micemanio iji itikajukie mathaa jetu ja muthenya akui jonthe

Igitene ria mucemanio, burin a bata kuthithia na kwaririe mantu jaria jari na gitumi. Nikenda tumba kuthithia uju, ikundi bingi bia TIST nibitumirite matagara jaja riria bakuthithia micemanio yao;

Itagaria ria 1. Gukethania na kumenyana kwa amemba baria bari baberu (dagika 5-15)

Tuuma o muntu wonthe aigue ang'anirite. Bubu nibuthithangue indi o muntu auge riitwa riawe. Kethira gikundi kirina amemba baberu, kuthithia kugaana kwa bairi bairi ni njira injega mono na kumenyithania, o muntu akamenyithia gikundi mucore wawe

Itagaria ria 2. Marimba ja kwambiria (dagika ijiri) Gikundi kienu no gitare kwambiria mucemanio na iromba thithia iromba ririkui

Itagaria ria 3. Ndwimbo (dagika ithano)

Iji nociithirwe iri ndwimbo cithithitue ni gikundi kienu, kana ndwimbo iria ciikagira antu inya ja ndwimbo cia gikristo. Rwimbo rwini ni bonthe rukagwiria antu na rutume bethirwe bakigwiragirua mantu.

Itagaria ria 4. Gwitikaniria ngugi na thaa (dagika ithano)

Mutongeria auge mantu jaria jakathithithua ndene ya mucemanio jou na amemba ba gikundi betikaniria kuthithia mantu jau. Igita riria rigatumirwa kuthithia jau ritikanirue nikenda mutetheria wa mutongeria omba gutethia mucemanio jutigacererwe.

Itagaria ria 5. Gikundi kithithie buria bwetikanirua (ithaa rimwe)

Buria bwendeka ni ati gikundi nikibati kwithirwa nigietikaniritie untu buria gikathithia narua ndene ya mucemanio muthiru. Untu bubu bwomba kwithira buri kugaana niatia o muntu akuthithia ari we gutetheria mantu ja TIST, mitire iria miega buru ya kuthithia mantu, uritani na mantu jangi jaria jari na gitumi na untu bungi buria bumba gutethia gikundi gwita mna mbele. Untu bubu bwomba kinya kwithira buri kubanga imbi ibati kuthithua,ta: minanda, kuanda miti, kurimira, kwinja marinya kana kuthithia urimi bubwega.

Itagaria ria 6. Gwakana (dagika ithano)

Tega mantu jaja jari nthiguru aja jegie gwakana

Itagaria ria 7. Iromba ria kuinga (dagika ijiri) Ingeni mucemanio jwenu na iromba



TIST: Irikaniro bia ikundi bibinini

O gikundi gikinini nikibati gwitikaniria mantu jamakai jaria gikundi kibati gwikagira, gikwenda na miitire iria amemba ba gikundi babati kuthingata. Bubu nibubati kuthithua ndene ya mucemano jwa mbele na jwa iiri. Irikaniro bithithagua ni untu bwa wendo na gutiana na buritaga ngugi aki riria antu bonthe betikaniria kubithingata. Ikundi bimwe bithithagia kirikaniro kiandiki, gikiuragia o mumemba gusaina. Amemba nibetikagiria kuongera mantu jangi nyuma ya kagita.

Kirikaniro nikibati kwithirwa kiri na:

(1) Igita na antu aria bugatirimana. Ikundi bimwe nibithiurukagia antu a gucemania gatigati ka nja cia amemba. Bangi nibatirimaga kanisene kana mukawene. No bwithirwe bubui kuthiurukia antu a gutirimana nikenda guti mumemba wenka

ugacithangikia na murigo jwa kubangira bubu magita jonthe.

- (2) Gwika nteto- amemba nibetikanagiria guti kumaria nteto ciao oome ya gikundi. Miitire ya kuthithia mantu bwega buuru no igaanwe na antu bonthe!
- (3) Untu bwa bata kiri gikundi- gikundi gitikanirie untu buria bakathithia buri untu buria buri bunene bwa gikundi. Ta mung'uanano: Bangeni kuanda miti ngiri ithatu mwaka juju.
- (4) Antu betikanirie kuthithia ngugi iria ikwendeka gatigati ka micemano.
- (5) Amemba nibabati kucwira gikundi riitwa. Cweeni mariitwa jamathongi!

Irikaniro bia ikundi bibinini no biithire biri na mantu jangi ta kurombanira na njira ya kugaa mbeba cia gikundi iria bakoona

TIST: Gwakana

Gwakana ni igita ria gwikira inya mutongeria na jaria maingi mutetheria wa mutongeria kinyawe, Njira ya gwakana:

- Nyuma ya o mucemano, o mumemba o gikundi naugaga untu bumwe bubwega kiri mutongeria kwegia utongeria bwawe kiri mucemano
- Antu a kuuga untu bwa kawaida ta "nuthithirie bwega", ikaba uuge untu bungwa kwegia untu buria bukwoneka kumani na mutongeria ou ta, "Nwijire wankethia na ndaigua ng'anirite", kana " Impendere mono uria utwikire moyo kwaria, na o riu ukimenyari ati kugaana nigugwita na mbele".
- Ikundi bimwe nibiendaga gwaka kinya mutetheria wa mutongeria
- Gwakana kwa o mumemba wonthe nikubati kwithirwa kuri mwanya na uria amemba bangi baugire.
- Ikira inya mutongeria kuthithia mantu jamaingi jaria athithirie bwega
- Ira mutongeria riria ukuthugania ari na kiewa giti kiri muntu wonthe
- Kethira igwe ugwakwa, uuga 'ibwega' aki nyuma ya o untu buria ukwirwa. Utibati kuria na wariria untu bou, bwitikirie!

Niki gwakana kuri na gitumi

- Jaria maingi twigagua mantu jaria tuthithitie bubuthuuku nkuruki ya gukathwa nontu bwa jamega jaria tuthithitie. Ni bubwega kumenyeria metho jetu kwona na matu jetu kwigua jamega ja antu bangi. Nontu o muntu nendekaga auga untu mwanya, antu nibendekaga gutega mono nkuruki mantu jamaingi jaria jari jamega
- Jaria maingi tutithagirwa turi babega mono na tutiendaga antu bauga mantu jamathongi jaria boona kiri baatui. Ni untu bwa gwikira inya mono kumenya ati tukuthithia bwega, na riu twomba kumenyeera ati nitukuthithia bou jamaingi ntuku iu ingi cithingatite
- Riria antu baakanaga nikuonanagia mantu jaria mutongeraia umwega abati kwithirwa ari najo jaria antu bendaga. Kuku nitakuuga mutongeria wa kiumia kiu kingi akamenya mantu jaria abati kugeria kuthithia. Utongeria nibubati gwitaa bukibujaga nkuruki o kiumia o kiumia ndene ya gikundi giaku gikinini nontu antu bakathoma mantu jaria gikundi giaku kiendaga kiri mutongeria

Gwakana nigutethagia gwika kirundu na inya injega gatigati ka amemba ba gikundi. Nibageaga wiru nkuruki riria baejana na baewa.



Gikundi gikini kia Mirera-Gaturiri

Gikundi gietu ni kimwe kia ikundi biria biratarirwe miti birigitie

Twatonyere murandine jwa TIST ndene ya mwaka jwa 2006 Namba yetu ya TIST ni 2007KE621. gikundi gietu ni kia amemba mugwanja

Turi na wiru kugaana na ikundi bibinini bingi ati gikundi gietu nigitarirwe miti ruua kinya kethirwa tutatarirwe miti ndene ya miaka iu ithatu ithiri kuuma tukwambiria kuanda miti.

Gwita micemano ya cluster nigwatutetherie kwona Atari miti na kubeera tutatarirwa miti. Nitugucokeria nkatho Atari miti nontu

nibekira uria baugire na bariungira gikundi gietu na bingi ndene ya ntuura yetu.

Nitwiji ati gikundi gietu nandi gikariwa. Kwongera kiri kuanda miti, gikundi gietu kiri na mantu jangi ta gwika mburi na sungura. Gukurukira gwita micemano ya cluster naya gikundi gikinini, ugwe kinya gwe no utume sauti yaku igiwue. No ugaane kinya jaria wiji na no uritirwe ngugi bwega nkuruki ni ariti ngugi ba uthumba ba TIST na ukamenya mantu jameeru. Nitukwenda gwikira inya ubatu bwa ikundi bietu kuritaniria ngugi na gutethania na gukuraniria amwe.

Bubu buandiki ni Virginia Wairima antu a gikundi giki

Kamunda ka riiko: njira ya gutumiira bwega ruuji rwa ruoko kiri uandi bwa irio

Ni Eunice Wambui.

Eekuru bari o rionthe kumenya ati nja ciao nicikuria bwega irio biria babati. Igita ria uumo kana thano, tutiumbaga rionthe kwona irio bing'ani bia nja cietu mono mono nyani Indi-ri, kuri na njira iriaa tumba gutumiira ruuji rwa ruoko ruria tutuuraga ntuku cionthe. Ruuji ruru no ruthithirue o au nja na rukabua gutumika miundene yetu ya riiko kinya riria guti na ngai.

Uria tuumba kuthithia

Iika ndoo inene mundane jwaku na umitumire gwikira ruuji runthe rwa ruoko ruria rwatumirwa nyombe ntuku yonthe Ugoro ongera muju kiri ruuji rou ruri na ruoko kuringana na uria rung'ana na urutigeu utuku bunthe. Ruukiri ukethira ruuji rou ruti na

ruoko na nandi warutumiira gwikira nyani ciaku, thithia uju ntuku cionthe nikenda imera biaku bitigakue

Kinya no utumire ruuji rwa ruoko kuanda imera biria bithongomagia irio bietu ta ndania, rosemary, imera bia mimero, ginger na bingi. Anda bibi ta maua bithiurukite nyomba. Mathangu ja rosemary kwa muthemba, ikira kiri gikebe kia gwikira maua na weak nyomba ikenga ngii.

Tutumireni biria turi nabio, ta ruuji rwa ruoko kuthithia mwanya ndene ya tumiunda twwetu tutunini. No tuande nyani cia kurugira nja cietu kinya riria kuumi guti na mbura.

Mazingira Bora



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Kikamba Version

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Muunda wa iikoni. Nzia ya kutumia kiwu ki-iko kuvanda mboka. Page 6



Ndivi ya ikundi nini; maundu ma vata kikundi kikwate ndivi.

TIST Kenya niyambiie muvango wa ndivi ya makundi manini, ndivi ya mwai wa katatu na wakana mwaka uu.

Ndivi ithi ikeekwa kwa nzia ya mwanja ya M-Pesa. Otondu twithiitwe tuyika ivinda ivitu, ikundi ila syikuatiia mwolooto uu wi vaa utheo niikukwata mbesa syoo.

Ikundi ila itekuatiia mwolooto niikutavwa nzia ya kulunga mavityo nikana manewe mbesa.

AA nimo maundu mavata kwa ikundi kunewa mbesa.

1. Makundi manini oonthe mailwe nikwithiwa na miti ivitukite maana atano (500). Miti ino yailite kwithiwa yimitale. Ethiwa kikundi kyenju kiivikitye utalo usu, no nginya/nivailite muvande miti ingi mbua yaua. Mwamina kwika uu ikiai vitii kuthi mbumbano sya "cluster" na muimanyithya atali ma miti ma TIST nikana mutalilwe miti. Miti no italwe myai thanthatu itina wa kuvandwa.
2. Ivinda ya ndivi no nginya amemba mavitukite nyusu methiwe vo.
3. Ikundi yenju inini no nginya yiithiwe na misanduku itavikete 33% ya utalo wa miti. Misanduku yeethiwa ivitukite 33% ikundu yenju niyikethiwa yiyendeka yiandike valua wikiwe vailini ukwonia muvango wenyu wa kuola misanduku ivike 33% mbee wa December 2011.

4. Kila umwe wa amemba niwailwe nikwithiwa ekiite siii "green house gas contract". Ve vata wa kuikiithya kana siii ni sya amemba ma wo. Ethiwa siii, masyitwa na namba sya ivandi ti syawo mukeethiwa mwaile kuandika na kwikia siii ingi. Ikundi yenju inini yikaivwa ethiwa maundu asu twaweta vau iulu ni mawo, na "contract" iitumwa computani.

5. Muii wa kaati ya simu ailite kwithiwa vo, na ayuka na kaati ila ikundi yenju inini yanengiwe ni TIST.

Lilikana kana ve vata wa ikundi yenju inini kuenda mbumbanoni sya "cluster" kila mwai. Mbumbano sya "cluster" ovamwe na kumanyiwa maundu maeni, TIST ni itavasya aimi maundu ala maendee kundu na kundu, makundi manini ala maendaa mbumbanoni sya "cluster" nimanengawa myanya ya mbee kutalilwa na kuivwa mbesa syoo. Kwondo wa uu ve vata kutuma amemba onethiwa ni eli (maikundi inini) methiwe mbumbanoni sya "cluster".

Mbumbanoni sya "cluster" a memba nimethiwa na mwanja wa kunengane iosyo kuma kwa makundi ala angi ila itonya kutetheesya vanene. Niyiithiwa yi ivuso ya mwanja ya kumanya undu makundi ala angi maendee ovamwe na kumanya undu mekaa makwatwa ni mathina.



TIST nzia sya mwanya kuvanda miti na liu.

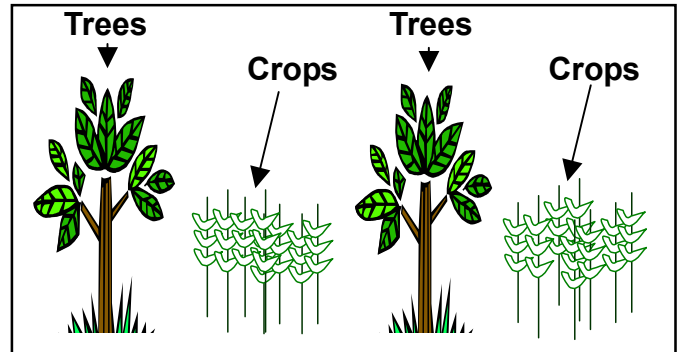
"Agro-forestry" kana uvandi wa miti na liu ni uvandi wa miti ovamwe na kuithya indo. Kieleelo kya "Agro-forestry" ni kwongela usyao kwa nzia ya miti. Miti ya vata muno kwa muimi, kwa ngelekanio;

- Miti ya mwako
- Ngu
- Matunda na liu
- Liu wa indo
- Kutungia unou muthangani
- Kusiia kunyaa kwa kiwu/uthithu
- Kusiia kiseve
- Kusiia kutwawa kwa muthanga
- Ndawa sya kithio
- Muunyi

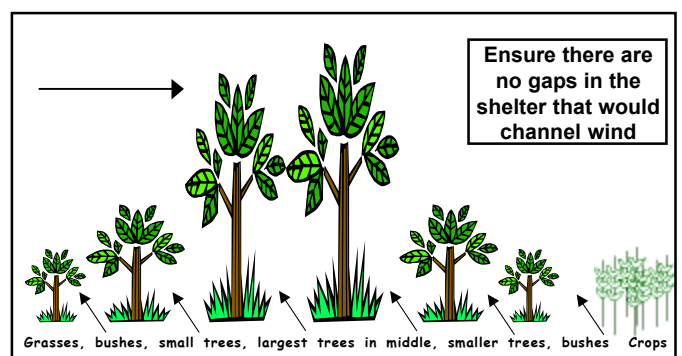
"Agro-forestry practices" kwi nzia nyingi sya nima ya miti na liu ona kau nzia ingi niendee kwambiiwa mavinda kwa mavinda. Nzia imwe nisyithiawa na vaita/utethyo ngaliko imwe na iilea ngaliko ingi ii ni ngelekanio imwe sya "Agro-forestry".

1. "Hedges" - Ii ni nzia ya kuvanda miti ya muthemba umwe, ta wiio, miti yina vaita. "Hedges" yendaa mwanya munini, ni isiiaa kutwawa kwa muthanga, ikaiwa ni indo ovamwe na kusiia kimeu. Ngelekanio nzeo ni kuvanda miti ta wiio wa muvaka. Kithimo kya kuvanda ni 2m - 3m. Nzia nzeo ni kuvanda miti miasa na mukuvi ivulanite.
2. "Alley cropping" - Ii ni nzia ya kuvanda miti kwa utaaniu wa 2m. Nouvande laini wa miti na uivanda liu laini ili katikati wa miti. Ngelekanio ni kuvanda laini sya mbemba na "Leucaena", kaawa kana maiu. Miti ila miseo ni ila yikia "Nitrogen" muthangani (leguminous). Miti ii ivandawa na uthanthau wa 5m. Miti ino niyailwe ni kusewa ivinda kwa ivinda. Miti ino ndiekawa ikathunga muno ndikasindanie kiwu na kyeni na liu. Wasea miti yaku, matu no metwe ovu muundani mongele unou. Miti ila yasewa yekala tukuthu nditalawa ivinda ya ndivi ya TIST nundu ndyosaa "Carbon" nyingi. Yithiawa yina

vaita kwa muimi eweka. Kudnu kula kumu nzia ino noyithiwe itena vaita muno nundu miti na liu syendaa utaaniu munenange nundu wa kuvivania nundu wa unyivu wa kiwu na mbolea.



3. "Windbreak" - Kuvanda miti mingi yimitaaniu kwa vata wa kusiia kiseve. Ino isuviaa liu kukimwa ni kiseve kingi. Vanda miti minene kati kati, miti mini laini ili, na tumiti tuniini vya laini ingi ili na indi uivanda nyeki. Useo wa "Windbreak" ni kwithiwa muimi ndavandaa levu muima wa miti. Uvandaa o kasio kanini na vaita uyongeleka kwa 30% kundu kumwe. Elewa kana "Windbreak yaema kuvangwa nesa niyanangaa liu nundu wa kutwaa kiseve ngaliko imwe kwisila myanya ila itiitwe. Osa mundu wina "experience" akutetheesye kuseuvya "Windbreak"



4. "Fallow cropping" - Nima ino nayo ni ila muimi uekaa kuvanda liu na ayieka miti iimea nikana itungie muthanga unou.
5. "Inter-cropping" - Ino nayo ni nzia ya kuvanda miti yimitaaniu nesa kati kati ka liu. Miti miseo ni ila ithethiawa na muunyi mulitu na iseuvasya "Nitrogen". Uelesyo mwai usu ungi.



6. "Grazing area improvement" - Kuu ni kusuvia miti kithekani kwondu wa ngu na liu wa indo.
7. "Woodlots" - Tumiti tuu tunini nituvandawa miundani ila itekuimwa kana tuvumbuni/ivuthini ona myandani. Tumiti tuu ona nituvandawa miundani twakusiia kiseve. Ona ingi nituvandawa muundani

nikana utwike ianzo.

Ve vata kuelewa kana miti ya TIST yailwe ni kuvandwa kwa kithimo/utaaniu ula waile nikana yiane nesa na iyikala ivinda iasa.

Nzia imwe ya uvandi wa miti na liu twaneenea vau iulu ni nzeo kwa muimi, indi ti nzeo kwa motalo ma ndivi ya TIST.

Mbumbano sya makundi manini ma TIST

Vena vata wa ikundi yenyu inini kwithiawa na mbumbano ivinda kwa ivinda, kwa ngelekanio, imwe kwa kyumwa kana imwe kila syumwa ili. Kii nikitetheasya ngwatanio ya ikundi yenyu ona, kuoany'a ovamwe na kusomethany'a.

Muvango wa mbumbano.

Nundu wa kusuvia masaa, ve vata wa kikundi kwithiwa kina muvango museo wa mbumbano syoo. Kii nikutumaa ikundi yiikasye muvango woo. Nundu twiaimi masaa maitu ni ma vata muno na ve vata wa kumanya undu mbumbano itekwisa kwananga masaa maingi ma muthenya.

Itambya ya 1.

Kukethania na kumanyana na amemba eu (ndatika 5 - 15minutes). Ve vata wa kila mundu ewe emwianie. Uneeni withiwe kwa ukuvi, kila mundu eyielesye.

Itambya ya 2.

Mboya sya kuvingua (ndatika 2). Kikundi kyeewana kwambia mbumbano kwa mboya syithiwe syi nguvi.

Itambya ya 3.

Mbathi ndatita 5. Ii no syithiwe syi mbathi iandikitwe ni ikundi kana mbathi sya kumutaia Ngai. Wathi museo wakwololosya mathayu maitu.

Itambya ya 4.

Kwiwana iulu wa mavata ma ikundi (ndatika 5). Ndongoi ya ikundi yaile kutavania mawia ala kikundi kikwika na amemba mayitikila. Ivinda yila wia ukwikwa niyaile ni kwiwanwa ni kana munini wa ndongoi atetheesye kwianisya.

Itambya ya 5.

Wia wa ngwatanio (isaa yimwe). Wia uu niwaile kuneenewa mbee wa kuthukumwa ula ni umbano ula muvituku. Ii ni vamwe na amemba kueleesya otondu matethetwe ni TIST uvandini wa miti, ii ni vamwe na kumanyiwa na kutetheesya ikundi kwiana.

Mawia aa nivamwe na kuvanga undu ikundi yikuthukuma kwa ngelekanio, kuseuvya ivuio, kuvanda miti, kuimia, kwinda maima, kana kusuvia muthanga.

Itambya ya 6.

Kwakana (ndatika 5). Soma vaa itheo iulu wa kwakana.

Itambya ya 7.

Mboya sya kuvinga umbano (ndatika 2) Vingaai mbumbano na mboya/kutungia Ngai muvea.



TIST - Mawivito na ikundi nini.

Kila ikundi inini niyalwe nikwitikilana iulu wa maundu moo ma vata, mawendi ona mikalile ila amemba makekalaa. Kii kyailwe ni kwikwa umbano wa mbee na wakeli wa ikundi yiyambiia. Mawivito mekawa kwa wendo na kunengane ndaia na vethiawa ve vaseo kila mundu eetikila kumaatiia.

Makundi amwe nimaandikaa mawivito moo ona maikulya amemba kwikia saii. Amemba nomese kwongela mawivito omaendee.

Mawivito mailitwe ni:-

1. Isaa na vala mukombania, makundi amwe ni mombaniiiaa misyini kwa kumanisya, angi nimombaniiiaa makanisani ona motelini. Ve vata wa kumanisya vala andu mekumbania ni kenda andu amwe maikaumie muno.

2. Kuikiiiana - amemba niamaile kwitikilana vai kumaalukya kimbithi kya amemba nza wa ikundi ateo, uimi museo no ngewa ya kuewa ni andu on the.
3. Ve vata wa mwanya - Kikundi ni kyaile ni kyaile kwiwana nesa iulu wa maundu ala mekwika, kwa ngelekanio ta kuvanda miti 3,000 mwaka uu.
4. Amemba nomewane mawia ala mekuthukuma katikati wa mbumbano.
5. Amemba masakue isyitwa ya kikundi. Ve vata wakwithiwa na isyitwa yikusomeka nesa. Mawivito ma ikundi nini no methiwe ovamwe na kutetheanisya na mbesa.

TIST - Kwakana

Kwakana ni ivinda ya kwikiana vinya kwa ndongoi na munini wake. Kila ivinda itina wa wumbano wa kila kyumwa wa ikundi inini kana "cluster".

Nzia ya kwakana

- Kila mwiso wa umbano ve vata kila mumemba akatavia ndongoi yoo kyo kya kumutungia muvea nundu wa utongoi museo.
- Vandu va kwasya "nimwikie nesa" kii kyailite kwithiwa ta kwasya niwukie wangethya na neewa nimwianie kana ninendeeiwe nundu utwendeeisye kuneena.
- Ikundi ingi niilikasya munini wa ndongoi kwakanani.
- Kwakanani nivendaa kila mumemba akethiwa na syuo syake.
- Ve vata wa kuthingiisya ndongoi kusyokea muno maundu ala wikie nesa.
- Ve vata wa kutavya ndongoi yenyu yila

weeka kindu kya mwanya.

- Ethiwa nue ukwakwa, tunga muvea itina wa kila uneeni. Vai vata wa kukulya makulyo itikila na uivindya.

Useo wa kwakana.

- Mavinda maingi twiwaa ndeto ila ite nzeo muno ona tukalea kwiwa ndeto ila sya ukumyo/ngatho. Ve vata munene muno kumanyisya matu maitu ona metho kwiwa ona kwona meko ala maseo, nundu kila mundu ena woni wake kivathukanio.
- Mavinda maingi tuimanyaa kana nitutonyaa kwika maundu ma vata, nayila twatungiwa ngatho nivethiawa ve vata wa kumanya ni ata tweeka nesa nikana tuendee na kwika wo.
- Yila andu maakana niwo amemba mamanyaa inengo ila ndongoi yoo yinasyo na kii kiimunenga vinya wakumanya maundu ala ukeka kyumwa kiu kingi. Veethiawa vailye uu mutongoi niuendeeana kusuvya utongoi wake.



Ikundi ya Mirera - Gaturi.

Muandiki ni Virginia Wairima

Ikundi yitu ni yimwe katika makundi ala mela kwikiwa utalo.

Twalikile muvangoni wa TIST mwaka wa 2006. Namba yitu TIST ni 2007KE621, na ikundi yitu yi amemba 7.

Twina utanu munene kumumanyithya makundi ala angika kana ikundi yitu niyinataliilwe miti itina wa kwithiwa tuteatalile miti vandu wa myaka itatu kuma twambiia kuvanda miti.

Kuenda mbumbanoni sya "cluster" nikwatumie tumanyithya atali ma miti iulu wa kwithiwa tuteatalile miti. Ni muvea kwa atali ma miti

kwa kwianisya kyathi kyoo kya kuka ikundini yitu ona kwona utui witu.

Twina muyo nundu nitwisi nitukuivwa.

Ovamwe na kuvanda miti ikundi yitu niyithiawa yiendeesye kuithya mbui na mbuku.

Kwa kuthi mbumbanoni sya "cluster" na makundi manini onake muimi wasya waku nowiwe. Noutavye andu kila wisi na uikwata motao kuma kwa amanyisya ma TIST ovamwe na kumanyiwa maundu maeni.

Twendeesya makundi kuthukuma vamwe kwa ngwatanio ni kana meane vamwe.

Muunda wa iikoni. Nzia ya kutumia kiwu ki-iko kuvanda mboka.

Muandiki ni Eunice Wambui

Aka nimathukumaa wia wa vata muno wa kuithya misyi yoo. Ivinda ya thano tuyithiawa na liu mwianu na muno muno mboka ya sukuma/nthooko na makovisi.

Nivatonyeka, ve nzia ya kutumia kiwu kya kuvua ngua ona kya iikoni nundu kiwu kii nokitumiwe kuvanda mboka.

Kitumikaa ata?

Osa ndilamu uie vau muundani wa mboka, ita kiwu kyoontha kya kuvua ngua ona kya kuthambia miiro vau ndilamuni. Wiyoo ikia muu (ash) vau ndilamuni kwianana na wingi wa kiwuo na uyiekana nayo vau utuku wonthe.

Kwakya ukeethia kiwu kikelemile/kitheie na noung'ithye mboka.

Kiwu kii no ukitumie kwa kung'ithya "spice" ta ndania, rosemary, menthol plants na tangawizi. Ithi no uvande mawithyululuko ma nyumba ta malaa. Ii ni isiiiaa, mitutu (insects) kuka vakuvi na ni isevasya nzeve misiyini yitu. Matu ma rosemary kwa ngelekanio nimalungasya ngi musyi.

Tutumie syindu ila ngai utunengete ta kiwu, kusevya mawikalo maitu. Nutuvande mboka ona thano.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
www.tist.org

Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



**Cluster Representative Leaders in a group photo.
TIST trained 60 leaders during a seminar held on 20th -24th February 2011.**

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Libanet ab kurupisiek che mengech: Makutik che bo kamanut eng libanet ab kurupingung kosich libanet.

TIST Kenya ko chopchin ge libanet ab kurupisiek che mengech kongeten arawet ab somok ak angwan kenyini. Libanutikchu keliban koyob improved M-pesa System. Kou eng libanosiek che kikosirto, kurupisiek konyolu konyor makutik chu mi ngwony asikonyor libanetnywan. Che manyor makutik chu kemwochin kebeberwek che kayai ko manyor asikomuch kowal komakiliban. Ngandan, yon kagomuch kosir, libanutik ab let kelibani tukul. Ichechu makutik chebo kurupisiek che asikosich libanet;

1. Kurubit ngung ne mingin konyalu kogakomin ketik 500. Ketik chu konyolu kogoki it. Yan maimuch konyor kurubit ne mingin makutioni, konyalu omin ketik che chang eng kasartab ropta nenyone. Yon karoyaiy kou ni, oger ole kobe tuiyet ab cluster eng ole nekit ole imwachini TIST Quantifiers akoboi chobengung ki itun ketik. Ketik kimuche kiit yon kagotar aroek lo kongeten ingemin.
2. Mombaek che bo kurubingung ne mingin konyalu 2/3 eng kasartab libanet.
3. Kurubingung ne mingin konyalu kotinye blukam chemosire 33%. Ngot itinye blukam chesire 33% ko inye ak kurubingung ne mingin kemogenok onyit forest plants ne kosir neiboru ole obendi obose blukam kot koit ngwony eng 33% eng ketik tukul che kianomin komait arwet ab taman aka eng tarikit 31st, 2011.
4. Agenge eng membaekab kurubingung ne mingin konyalu kogokonde sein *Green House Gas Contract*. Lasima iger ile sein che miten eng contract kobo iman ago choton sein chebo membaek. Ngotko sein, kainutik ak nambaisiek ab kibandet komabo iman, inyalu isainen kora netai. Kurubingung ne mingin kebendi kelibani kityok yan tukuchu tugul kobo iman, ag yon kaginde sein *GHG Contract* kokakebir picha ak kiyokto.
5. Ribindet ab simcard ak ak ribindet ab Pin konyalu komiten ago koib simcard nekiigoji TIST kurubit ne mingin. Ibwat, ile bo kamanut koba kurubingung ne mingin tuiyet ab arawet agetugul nebo cluster. Eng tuiyoni, ngandan kanetisiosiek ak banganet chebo tukuk che kororon che boisie, inyoru reportisiek ab TIST. Kurubit ne mingin ne bendi tuiyet ab cluster kigojin baroindo ne tai eng kaitisiosiek ab ketik ak libanet. Bo kamanut anyun oyokte biik 2 yon katutikinun (mombaek ab kurubingung ne mingin) koba tuiyet ab cluster.

Eng tuiyet ab cluster, isiche baroindo obchei akobo banganet ab kamonut ak kurubisiek alak che mengechen che ibu terchinet neo eng ichek. Igu kasarta age korak onetge akobo tukuk che yae kurubisiek alak che mengech ak ole imukto kewelinwekchwak.



TIST: ortinwek che miach che toreti eng minset ab ketik ak minutik alak.

Minset ab ketik ak minutik alak ko, minset ab ketik ak timwek kibagenge ak minutik alak ak baet ab kiagik. Takyinet neo bo minset ab ketik ak minutik alak koketes boisiet ab imbaret koyob boisiet ab ketik. Ketik kotinye kamanut eng temindet:

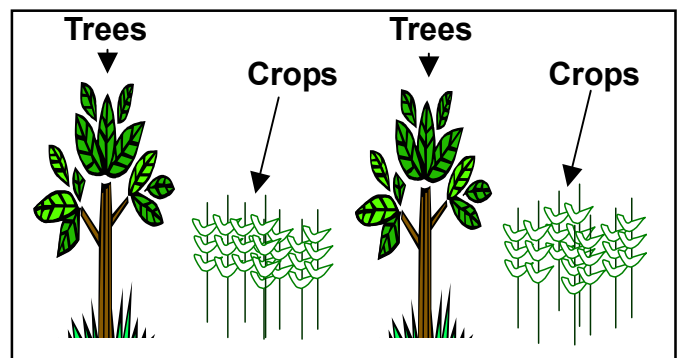
- Ketik ab Tekset
- Kwenik
- Logoek ak amitokig alak
- Amitwokik ab kiagik
- Ratet ab ngungunyek
- Katoldolet ab ngungunyek
- Ribet ab beek eng ngungunyek
- Teret ab koristo
- Teret ab laet ab ngungunyek missing eng ole nekit ainosiek
- Kerichek
- Uronok

Minset ab ketik ak minutik alak: chang ortinwek che terchin ak ortinwek alak kiname atkai. Ortinwek alak kobore eng oldo age ngandan mabo kamanut eng aldo age. Che isibu ko ortinwek chebo kila che miten.

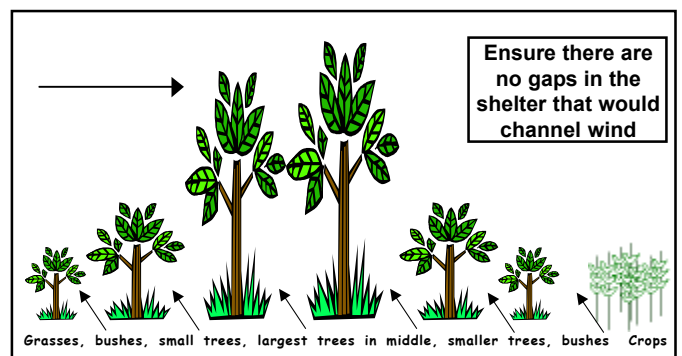
1. Tilet ab ketik: inoni ko ole kimine ketik che mo weche imbaret eng lainit ako che toreti imbar. Tilet ab ketik komoche nafasi ne mingin, Teret ab laet ab ngungunyek, ako imuche koleta soagek che imuche kotoret ngungunyek. Ketik minutik ketik minutik
2. Teret ab koristo: mine tab ketik che echen kotoreti eng teret ab koristo. Inoniton kotoreti minutik eng koristo ne nyonen. Min ketik che echen eng kwenet, ketik che mengechen eng lainisiek aeng che isibu ak timwek che mi ngweny, osnosiek ak suswek eng taban.

Olewenditoi koristo (wind direction) Suswek(grass), osnosiek(bushes), ketik che mengech(small trees), ketik che echen eng kwenet(large tree in the middle), ketik che mengech(smaller

trees),osnosiek(bushes), minutik(crops) keer ile mamiten nabas eng kwenusiek ole tot kobun koristo.(ensure that there are no gaps in the shelter that would channel wind). Toretet ab teret ab koristo ko temindet koma lasima kogoito imbaret katugul kobunchi ketik. Ibe kityok ole tenden, ak borotet komuch kotoret minutik akoi 30% eng kebeberwek alak. Nai ile teret ab koristo alak che mabangan komuche kobar minutik amun imuchei koreito koristo koyob nabasisiek. Cheng chito ne kigoyai asikotoretin.



3. Bakaktaet ab minutik: inoni ko ole imuche kobotik kobakakta temisietab minutik ak kobakakta ketik kobwa kotoret eng weket ab toltolindab ngungunyek.



4. Kabotisiet ab ketik ak minutik: inoni ko bakaktaet ab boroinwek ab ketik eng minset ab omitwokik. Ketik che kororon ko chon tinye urwet ne mingin ak kondo Nitrogen. Che chang eng arawet ne nyone.



5. Teset ab kabtich: banganet ab ketik eng kabtich asikotoret eng siket ab ketik ak omdit ab tuga.
6. Minet ab ketik: mine tab ketik che mengechen kimuche kemin eng imbar ne maboisie anan ko ole matoltol kou ketik kimuche kemin eng ole mi koik ana ko ole mi keringonik. Ketik kimuche kemin

eng imbar asikotoret koter koristo anan kimuch keminchi ole mi labchat. Kaigai nai ile ketik ab TIST konmyalu kotinye nabas ne kararan asi kobwa komie ak kogimekitun eng ngwony eng kasarta ne koi. Alak eng mine tab ketik ak minutik chu mi barak ko kororon eng kobotisiet, ngandan maimuch kosir eng libanet ab TIST.

TIST: Tuiyiet ab wikit nebo kurubisiek che mengech

Bo kamanut eng kurubit ne mingin konyor anan koyai tuiyosiek aba korak, kou, sabarit agenge eng wikit anan ko eng wikisiek aeng. Ni kogochin membaek tugul eng kurubit ngung ne mingin kosich baroindo kogimit kurubitngwong ak kobchei ak konetgei tuguk che lelach. **BANGANET AB TUIYIET** Asikebangan saisiek chok komie, ko banganet ne mie eng kurubit ne mingin kotiny banganet ab tuiyiet. Ni kobo kamanut amun toreti kurubit ne mingin ko ker tai eng amune ne bo tuiyiet ak tuguk alak. Amun kitemik, saiaiek kobo kamanut eng echeck ako nyolu keker kele kakiyai tuiyosiek che nin chemaibe saisiek chechang chebo bet.

Eng tuiyiet ngwong, kobo kamanut oger ngalek che bo kamanut. Asiomuch onyoru niton, kurubisiek alak che mengech chebo TIST ko kikonetge akoboisien ortinwechu mi ngwony yon yoe tuiyiet nywan; Kokwoutiet ne tai. Kagatet ab ge ak noiyiet eng membaek alaktugul che ton. (minitisiek 5-15): keer ile kakas chitugul kotagat. Inwakit lakini keer ile kamwa ge chitugul.

Ngot kotinye kurubit tondet, noiyiet ab biik oeng ko oret ne kararan nekinoiyien. Kokwoutiet nebo oeng.

Saet eng kanamet (minitisiek oeng): kurubingung komuche koyanchin konamen sautik tuiyiet. Onwakit. Kokwoutiet ab somok.

Tienwokik(minitisiek 5): chechu komuch ko tienwogik che kisire kurubingwong, anan tienwokik che ikimitei biik cheu tienwokik ab kanisa. Tiendo ne kotien biik tugul kotoreti koyumech ak kogonech boroinde ne mie nebo tuiyiet. Kokwoutiet nebo angwan. Kokuyiet ab kaist ak sait(minitisiek 5): imuch kandoidet kworor agobo kiit ne kiyoe eng tuiyiet ak koyan membaek koyai noton. Kasarta ne kiibe keyai konyolu kiyanjin asikotoret co-leader korib saiaiek ab tuiyiet.

Kakwoutiet ab mut. Kasitab kurubit ak boisiet(sait agenge): Niton konyalu kogikingalalen eng mwisho nebo tuiyiet ne kisirto. Kasisiek komuch ko pcheet ab kiy agetugul nekiyai chito kotoret boisiet ab TIST, pcheet ab banganet ne mie, konetisiet ak kiy agetugul age nebo kamanut ne imuch kotoret kurubit ne mingin kotes tai. Kasit kora komuch kobanganet ab kit ne kimoche keyai, kou: kab betisiek, mine tab ketik, semberishiet, bale tab keringonik anan ko temisiet ab ribet ab ngungunyek. Kokwoutiet ab lo.

Techet ab ge(minitisiek 5): Ker sirutichu mi ngwony agobo techet ab ge. Kokwoutiet ab tisab.

Saet ab keret(minitisiek 2): Tar tuiyietngwong ak saet.



TIST: Koyonjinosiek ab kurubit ne mingin

Kurubit agetugul ne mingin konyolu koguyo ge akobo tolokwek ab kurubit, komongunosiek ak atepto ne nyolu kosib membaek. Inoni konyolu keyai eng tuiyet ne tai ak nebo aeng. Koyonjinosiek kotienge chomyet ak tegisto ak kobois ngotko kityok kaian chitugul kosib. Kurubisiek alak kokichob koyonjinosiek che kikisir, koteben chitugul nebo kurubit konde sein. Imuche koguiyo ge membaek kotes tuguk alak eng tai. Koyonjinosiek konyolu koboto:

1. Sait ak ole kituyechi. Kuruisiek alak kosungukoni ole yoen tuiyet eng korik ab membaek. Alak kotuiyechin kanisa ana ko makaosiek. Imuch kokararan kesungukan ole kiyaen tuiyet asikomatinye chito agenge kasit kosorwek tugul.
2. Ungutik. Iyonjindos membaek komatko pchei ngalekchwak eng sang. Banganet ne kararan kimuche kebchei ak chitugul!
3. Amunei neo. Kurubit komuchei koyonjin agobo kiit ne bendi koyae. Kou: kobangan komin ketik 3,000 eng keniyini.
4. Nyolu kokuyoi ge koyai ki age nebo komonut eng kwenet ab tuiyosiek.
5. Nyolu koguyoi ge membaek kocheng kainet ab kurubit. Oigun kobwotik. Koyonjinosiek ab kurubit komuch koboto tukuk alak cheu, kesochi ge ak olekimuche kebcheita rabinik che kakiyum.

TIST. Techet ab ge

Techet ab ge kokasarta nekikimite kanmdoindet ak sait age co-leader, eng agesunet ab tuiyet agetugul nebo kurubit ne mingin ak tuiyosiek ab cluster. Ole kiyaito techet ab ge

- eng kagesunet ab ge nebo tuiyet, membayat age tugul nebo kurubit konyolu komwa kit agenge ne kararan akobo kandoindet akobo kandoinatenyin eng tuiyet.
- ne katemwoe kit neo, neu "koiyaiy komie" konyalu ko nin akobo keret ab atebet ab kandoindet neu "koinyon ikatan ak akas ko atagat" anan "ko acham missing ole koikimititech kengalal, kora kokoitoret eng ngalalet ab tuiyet".
- kurubisiek alak kotestoi co-leader eng techet ab ge.
- mwoutik membaek ab kurubit eng techet ab ge konyolu konyolu terjnin eng che kamwa membayat age.
- ikimit kandoindet koyaiy tuguk che kakimwochi anan kokoyai komie.
- mwochi kandoindet yon ibote ile tindo talendait nemie.
- yon itoche techet ab ge, I mwa "kongoi" yeibata mwautiet agetugul. Mo nyolu iteb tebut anan ongalalen akobo noton, iyan kityok! AMUNE TECHET AB GE KOBO KOMONUT
- Kikose missing akobo yoityet kosir mieindo. Bo kamanut kinet konyekchok koger ak itikchok kokas mieindo eng biik. Amun chi agetugul komoche komwa kogimitet, biik konyalu koger tukuk che kororon che sire agenge. Abakora kibwoti kele mokikororon missing ak makichomchini biik komwa kimnatetnyon. Kimnatet kenai kele kakiyai tuguk che kororon, ak kenai kmuch kenai kele kiyae tukuchoton che chang eng tai.
- yon kayai biik techet ab ge kotoku komie koborunoik ab kandoindet ne mie che chome biik. Niton koboru kandoindet nebo wikit ne nyonen konae tuguk che imuchi kotyiem koyai. Oleu kandoinatet kimuche ketes wikit eng wikit eng kurubit ne mingin amun nae biik akobo tolochik ab kandoindet.
- techet ab ge kotoreti kebunji maket ne mie ak kimnatet eng membaek ab kurubit. Igu che kimen yon koikoito ak kotach.



Mirera - Gaturiri Group

Kosire nekoto kurubit Virginia Wairima

Kurubinyon ko agenge eng kurubisiek che kisich koitisiet ab ketik. Kikichut banganet ab TIST eng 2006. Nambainyon nebo TIST ko 2007KE621. Kurubinyon kotinye membaek tisap.

Kiboiboi kebchei ak kurubisiek alak che mengech kele kurubinyon kokisich kaitisiet ngandan mokisich koitisiet eng kenysisiek somok kongeten kingemin ketiik. Bandab tuiyosiek ab cluster ko kitorettech keboljin koitiik akobo amune asi ko mokiit kurubinyon. Kiwekyini kongoi kaitik, eng ribet ab mwaenywan ak rutechinetab kurubisiekchok

ak alak eng kokwenyon. Kitinye komongunet anyun kele kiliboni kurubinyon. Eng tesyinet eng miinet ab ketik, kurubinyon kotinye tetutik alak che boto baet ab nego ak kiplepok.

Eng bandab tuiyiet ab cluster ak tuiyiet ab kurubisiek che mengech, inye ak inye imuche ikonu kaset. Imuche obchei kit ne ingen, inyoru boisiet ne mie koyob kiboitinik ab TIST ak inetge tukuk che lelach. Kimoche kikimit kurubisiek alak kobois eng kibagenge ak kotoret ge ak koba tai kibagenge.

Kabungut: Ole kimuche keboisiyoto Beek che yaach eng ngwek.

Kosire Eunice Wambui.

Chepyosok komiten koger kila kole kabai korikchwak ak kosich omitwokik che nin. Eng kasartab kemut ko makisiche omitwokik che yomotin eng korikchok, missing ko ingwek.

Nesire, komiten ortinwek che kimuche keboisioiten beek che yaach che katokitumdoi eng kila. Beechu kimuche kechob sikimuch keboisien kora eng kabungusiek eng kasartab kemut. OLEKIYOITO Inde teret neo eng kabungutngung asinde beek tugul che yaach che keboisien eng kot eng beet.

Eng Langat I tesyi orek eng beek che yaach kotienke kiit ne ten ak ibakaach eng kemout.

Eng subui inyoru beek ko tililen ak imuch anyun iboisien inde ingwek, yai kou ni kila asikosobcho ingwek. Imuche kora iboisien beek che yaach itumchi minutik che imuch kotes onyinyindab omdit cheu; dhania, rosemary, menthol plants, ginger ak alak. Minutik cheu mauwek che kasungukan kot. Bo kamunut eng istoet ab tiongik che mengech ak konunet ab koristo ne karan eng gaa. Kou temenik ab Rosemary indoi kibabet ab mauwek ak kinde ko koone kalyangik.

Onge boisien tukuk che kitinye komie, cheu beek che yaachen keyaen wolutiik eng kabungusiek chok. Kimuche kemin ingwek asi kebaen korikyon okot eng kasartab kemeusiek.