

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Members of Green Environs TIST Small Group receiving their tree payments at Kairuni Cluster on 16/05/2011.

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Controlling Mosquitoes

During wet seasons, malaria infections become common. Mosquitoes, which are responsible for the spread of malaria pathogens, breed fast. It is important to look after your homes to reduce the presence of mosquitoes. These steps can help:

- Clear your compound of any unwanted bushes or grasses.
- Drain away any stagnant water near your compound. Stagnant water provides breeding ground for mosquitoes
- Clear away any leftover food over-night.
- Keep rubbish outside the house in a covered container or rubbish pit.
- Sweep your house and compound daily.
- Remember to use mosquito nets when possible.



Small Groups in 65 clusters receive their tree incentives in April and May. Servant Leaders remind groups of the commitment to maintain trees for 30 years.

Being organized into clusters makes it easier for groups to meet, receive and share training and information, quantify trees, and get paid. More than 930 TIST Small Groups in 51 clusters have received their tree payments in April and May, and hundreds more will be paid in 14 additional clusters by the time you read this article. All the payments were done in clusters. Payments will continue in clusters as they continue to organize. Cluster representatives and other servant leaders are learning how to facilitate payments so that we can receive payments as a regular part of cluster meetings.

During payments, some groups who have many trees, especially trees that are often grown as short-rotation trees, were interviewed by TIST servant leaders. They had these interviews to benefit all TIST farmers for the long-term. TIST farmers are part of the carbon market. As in any market, buyers require quality

of goods sold. One important rule of the carbon market is that for carbon to count, we cannot clear cut our trees. We need to keep trees in our groves for at least 30 years. With huge groves with nothing but eucalyptus trees, TIST leaders were concerned that these trees might not be kept for 30 years. If trees in TIST groves are cut before 30 years, buyer will not trust TIST, the project may fail. With a large grove cut, the entire TIST project around the world could fail. Gone would be the carbon revenues that will pay the farmers for their hard work. Gone will be the revenue needed to support the project for the long term.

Let us thank our servant leaders for their hard work interviewing large groups and training on the importance of this commitment. Let us all commit again to keep our trees for 30 years and more. As trees grow, so will our benefits for years to come.

TIST helps achieve the UN Millennium Development Goals—here's how!

In the year 2000, world leaders adopted the United Nations Millennium Declaration and Millennium Development Goals. Eight goals were set, including the vision of bringing half of world population out of the bondage of poverty by the year 2015. Millennium Development Goals have become a universal framework for development. These goals include:

- Goal 1:** Eradicate extreme poverty and hunger
- Goal 2:** Achieve universal primary education
- Goal 3:** Promote gender equality and empower women
- Goal 4:** Reduce child mortality
- Goal 5:** Improve maternal health
- Goal 6:** Combat HIV/AIDS, Malaria and other diseases
- Goal 7:** Ensure Environmental sustainability
- Goal 8:** Develop a global partnership for development

The TIST Program began as a response to goals set by people working together in Tanzania in July of 1999. At two seminars, the participants set goals to eradicate famine, reforest their devastated land, and address health concerns of the people, give trainings and start small groups. In December of 1999, members of the first Small Groups gathered and the basic TIST Program was born. TIST began

before the UN Millennium Development Goals were developed, yet it is exciting to see how closely aligned the vision of those first Small Group members was to the vision of 189 world leaders who gathered later that year.

As TIST has matured, it has responded to more needs and requests expressed by members of the Small Groups. It now encompasses most of the UN Millennium Development Goals in its program of activities. TIST works within rural communities in six developing countries: Kenya, Tanzania, Uganda, India, Nicaragua and Honduras. It has immensely contributed in responding positively to the goals highlighted above.

TIST has made both direct and indirect interventions. Both efforts have drastically changed lives of thousands of people. Here in Kenya, the program was introduced in August 2004. Within the six years it has been in operation, over 7,000 Small Groups have joined the program. Each Small Group is made of 6 to 12 subsistence farmers, men and women, working together to achieve shared goals.

The main focus of TIST groups is on reforestation, with groups receiving an incentive for each tree they plant and keep alive. Alongside this, groups receive a holistic training program adapted to the most pressing needs of the local



community. Currently this includes training on tree-planting, nursery development and management, sustainable agriculture, HIV/AIDS, malaria prevention, nutrition, fuel efficient stoves, riparian areas conservation and protection and capacity building skills. Training is conducted through a program of seminars and through local trainers facilitating monthly group meetings known as Cluster Trainings / meetings. Through these efforts, the program helps achieve the MDGs in the following ways:

Goal 1: Eradicate extreme poverty and hunger.

One of the major causes of drought that results in hunger is desertification. Deforestation contributes to desertification. As more areas continue to lose millions of trees, the drought intensifies, and with it, food crisis and insecurity.

The main focus of TIST program is reforestation. The program is working with Small Groups where members are trained on nursery development and management, species selection and tree planting best practices. So far, over 5.4 million trees have been planted by TIST Kenya farmers, and each is important in the fight against desertification and climate change. The program provides a small incentive to farmers for every tree they plant and keep alive. This has supplemented their income hence they are able to meet their basic needs.

Besides planting trees, TIST participants are trained on Conservation Farming. This farming technique, developed by UNFAO, has boosted maize and other crop production by an average of four fold since it was introduced to TIST farmers. This has meant that more TIST members now have enough food for themselves and their families and are no longer hungry. In some areas, such as Meru region, farmers are now selling surplus produce to the market, thus supplementing their incomes.

Goal 2: Achieve universal primary education.

Primary school enrollment has not been a major TIST issue in Kenya. With the Government introduction of free primary education, nearly all children of school age are enrolled. However, the stipend paid for the trees helps pay for school fees and clothing, and with better nutrition, children are better able to learn. A number of TIST members have made personal efforts to support education in some of the primary schools in the region.

Goal 3: Promote gender equality and empower women.

The TIST program puts a lot of emphasis on both rotational leadership and servant leadership, two of TIST's Small Group "best practices." TIST Best Practice is that every Small Group should exercise rotational leadership, practice servant leadership and "building up" of that week's leader.

Through these Best Practices, women are empowered to take leadership roles and be equally involved with men in making decisions for their Small Groups. Their leadership qualities are identified and supported through "building up" and then harnessed for the good of the group as a whole. Many women who are in TIST Small Groups have reported that they begin to participate more actively in the leadership and development of their groups as well as in their villages and in the larger society.

Goal 4: Reduce child mortality.

TIST helps reduce child mortality in several ways: Conservation Farming improves harvest and so can improve nutrition. TIST trains on the use of mosquito nets to reduce childhood malaria, and trains on fuel-efficient stoves that vent the smoke outside the cooking area so women and children don't breathe it. TIST cluster meetings are good places for community organizations to share information on vaccinations, hygiene, nutrition and other best practices to protect infants and children and help them to grow strong.

Goal 5: Improve maternal health.

Most maternal deaths are caused by lack of access to maternal health care. Poor women, unable to raise maternity fees, often opt for home delivery and do not receive any care during their pregnancy, and in many cases of birth complications, the mother and/or child can die.

TIST, with the income from the incentives for live trees, encourages families to take health insurance coverage that will not only cater for pregnant mothers but also the entire family. TIST is has been encouraging members to join National Health Insurance Fund (NHIF) scheme.

Goal 6: Combat HIV/AIDS, Malaria and other diseases.

HIV/AIDS and malaria continue to be among the biggest challenges in developing countries. In realization that these two scourges affect all sectors of development, the TIST



program includes training on HIV/AIDS and malaria in its program. Upon joining the program, members of the Small Groups receive training on preventive measures of both epidemics.

Significantly, in Meru and Nanyuki areas, cases of malaria have continued to rise as glaciers on the cap of Mount Kenya continue to melt and temperatures rise. This is the result of global climate change. Efforts made by the Small Groups to plant millions of trees aim to reverse the warming trend.

Goal 7: Ensure Environmental sustainability.

Levels of greenhouse gases that contribute to global climate change have continued to rise over the years and forests around the world continue to be cleared and degraded. This has driven climate change and desertification, increased the number of malaria zones and contributed to the harsh climatic conditions that have a negative impact on agriculture.

Environmental sustainability is the foundation of the TIST program and its community forestry focus. Farmers restore forests, prevent soil erosion, and protect rivers.

TIST farmers have been in forefront in mitigating climate change. They have worked tirelessly to plant and care for millions of trees. As mentioned above, over 5 million trees in Kenya alone are alive as a result of the Small Group

members' efforts. The program has resonated within the communities with overwhelming requests to exp TIST in new areas.

Goal 8: Develop a global partnership for development.

TIST farmers have discovered, through the program, a new global business -the Carbon Credit Business. Small Groups are receiving millions of shillings every year as an advance on sales that will occur when trees have grown large. TIST Kenya sold its first validated and verified carbon credits this year. The program has opened this international market and communication channel to TIST participants.

Knowledge transfer cannot be overemphasized. TIST Trainers and Quantifiers have been trained and exposed on Palm Computer Technology and Internet, as well as on climate change and local action to fight it. Information has been flowing smoothly between TIST participants in Kenya and their counterparts in USA, UK, East Africa and India making exchange of ideas possible.

Exchange programs have been promoted across the East African countries. More often, TIST participants from Uganda and Kenya visit each other a study tours for seminars and field visits to share Best Practices and to strengthen and build TIST farmers globally. Truly, TIST develops global partnerships for development.

Time to weed your trees and crops

Now that the rains have started, you should already have transplanted your seedlings into your groves. If you have not yet transplanted your seedlings, you should do so as quickly as possible. Your seedlings need to be transplanted now so that they can grow strong in the rainy season and survive the drier months.

The most important activity this month is to **weed** your seedlings. Keep the area where your seedlings are as clean as possible. Pull up any weeds that are growing near your seedlings. Weeding is important for these reasons:

1. Your seedlings need water, soil nutrients and light to grow strong. If there are weeds they will compete with your seedling for these things. The weeds will use the soil nutrients and water that your seedlings need. The result is that your seedlings will be weaker and may not survive.
2. If your area is not weeded, there will be more pests attracted to the area. Pests can damage and kill your seedlings. The fewer weeds there are, the less chance there will be of snakes and insects.

Here are some of the advantages of weeding your groves:

- Trees grow faster because weeds don't take the nutrients and water from the soil
- Trees will become stronger and grow taller in a shorter period of time
- Trees can get the sunlight they need unhindered
- Trees are not exposed to as many diseases
- Trees are more protected from a fire spreading
- Clean groves indicate that Small Groups are maintaining them and are good examples of the TIST program. This will attract many people to come and see your work.
- Clean groves enable the Quantifiers to count the trees quickly and accurately

Remember to protect the seedlings so that animals (e.g. goats) do not eat them or trample on them. Consider fencing the grove or surrounding seedlings with some thorn bushes. If you have some days with no rain, remember to water the seedlings.



Nutrition for long time patients

In some families, where the loved ones have been sick, caregiving becomes very important. Illnesses such as Diabetes, Cancer, HIV and AIDS, and Tuberculosis (TB) are chronic illnesses, meaning they recur or last a long time.

Patients suffering from such diseases need to be fed the right, nutritious food to make them as strong as possible and help fight other infections. Good nutrition includes food which:

1: Provide energy to the body

Foods in this category are sources of carbohydrates and include:

- Ugali (stiff porridge made from maize) and thinner porridge made out of maize, sorghum, millet, finger millet or cassava.
- Rice.
- Sweet potatoes or Irish potatoes.

Note that oils and fats, in moderation, provide energy as well as adding taste to the food.

2: Are used for body building (Proteins)

- Meat (beef, chicken, goat, mutton, duck, guinea fowl).
- Fish (sardines, tilapia, Nile perch, mud fish).
- Eggs.
- Milk.
- Legumes (beans, cowpeas, green grams, peas).
- Ground nuts.

3: Are sources of Vitamins

Vitamin A is especially important for keeping

people living with HIV/AIDS. Many vitamins, especially Vitamin A, are available in enough quantities from:

- Green vegetables (cowpea leaves, okra, cassava leaves).
- Orange fleshed vegetables (orange fleshed sweet potato)
- Plantain (matoke)
- Fruits, especially those with a yellow colour (oranges, pawpaws, mangoes, ripe bananas, guavas)

Drink

- Sick people need to drink a lot of water. Drinking water should be boiled for at least 10 minutes, cooled and stored in a clean, covered container. Clean water is important for all members of the family, but is especially critical to those with a chronic illness, since they cannot fight other diseases as well as someone who is strong.
- If the patient has chronic diarrhoea you can make a simple rehydration drink to help replace the fluids the patient has lost. Dissolve six teaspoons of sugar and half a teaspoon of salt in one litre of clean water. Add fruit juice to make it taste better. Remember the basic hygiene principles. If you are preparing food for someone who is ill make a special effort to ensure your hands are clean, food is washed and cooked properly, and that eating utensils are thoroughly cleaned and dried.

Muguna Small Group: We are proud to be in TIST

By Joseph Thitai.

Joining TIST in 2005 has helped open us to many other opportunities. Besides the trees incentives we receive from TIST and training on energy efficient jikos, other organizations have reached out to us because of our well-organized group. We couldn't have achieved this long-term group cohesion and stability were it not for TIST trainings in servant and rotational leadership. Organizations such as NALEP have helped us with polytubes, and our efforts to plant trees

in public lands have borne fruits. We have also planted different species of trees in our own shambas.

So far, we have planted over 2000 trees of different species including indigenous trees such as mitero. We also have Neem, Mikinduri, Avacodos, Mipera, Gravellia and many others. Our group has 8 members. Our TIST number is 2006KE56. We belong to Male cluster.



Friends United TIST Small Group: A steady Transformation.

By Susan Kinanu

For a long time, living in the semiarid area of Tharaka district, we thought our problems will be solved by government or other big organizations. Never did it occur to us that we can solve these problems by ourselves.

So, when TIST was introduced in our area, we were happy that one such big organization had come to help us out of our harsh hardships. We expected to see huge and expensive projects being carried out while we waited for the fruits. We were wrong.

We were told in TIST, we will have to do the work by ourselves. We were trained to form Small Groups of 6-12 members.

So we formed Friends United TIST Small Group. We are in 7 in number. Now, we waited for money to come in our group from TIST. Again, we were wrong.

We were trained on how to establish tree nurseries and take care of the seedlings. So, we did establish a small tree nursery and waited for TIST to come and buy seedlings from us. We got it wrong again!

Instead, we got training on how to transplant the seedlings in our own lands. Sooner than later, we found our lands become green as trees began to flourish.

We began to realize the benefits. Our Mango and orange trees have started to bear fruits. Our trees have been counted - we are expecting payments from TIST soon.

So we thought, why not try TIST's Conservation Farming practices. We met as a group and made a resolution that some of us should try this farming technique. Susan prepared 1015 CF holes, Regina 100 holes, Janet 50 holes, Robert 988 holes. All of us got better and improved crop yield from our plots. Now everybody wants to practice CF.

Again, we have joined hands with other Small Groups in our Matakiri Cluster to plant indigenous trees along the riparian areas. We intend to plant more trees this rainy season.

Together with other groups, we have started a village saving and credit association. This association helps us to save and also borrow when we require loans to improve our productivity.

Further, we have begun to adopt and construct energy efficient jikos. This will help us not to cut down our trees too often.

Bounded together by the spirit of hard work, self-reliance and togetherness, we have begun to realize steady positive transformation.

TIST Tree of the Month of June: Waterberry Tree

English name: Waterberry

Scientific Name: *Syzygium guineense*

Kikuyu Name: Mukoe

Kimeru: Muriru

This tree usually occurs in lowland rain forest and mountain rain forests. It commonly grows in moist conditions, sometimes even in water, and is usually found along streams. It is an excellent tree for reducing erosion and protecting stream banks.

Seeds need no pre-sowing treatment, as germination rates are good and uniform. Rates of 80- 90% are attained after 20 to 50 days. Direct sowing into pots is recommended. Fruits are perishable hence should be picked from the

ground soon after falling. They may also be collected by shaking the branches with hooks. After collection, the fruits should be sown out immediately, as seeds will lose viability if they are dried; if this is not possible, fruit can be stored for a few days in moist sawdust and open containers in well-ventilated rooms

Uses: Food (fruit), bee forage, timber, fuel wood, shade, medicine (fruit is used as a remedy for dysentery, while a decoction of the bark is used to prevent diarrhoea). Note the poisonous bark has been reported to cause human deaths, so advice should be sought from people experienced in using the products from this tree.



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Celebrating TIST Kenya for the work we do and new opportunities!

Today, we celebrate a big achievement for TIST farmers and servant leaders, and an exciting new opportunity.

VCS and CCBA Validation and Verification—TIST is first in the world!

TIST has been Validated and Verified for their work in Kenya against the VCS (Verified Carbon Standard) and also by the CCB (Climate, Community & Biodiversity Standards) – the two most highly regarded certification standards for carbon reduction projects. TIST is the only project in the world to have achieved dual certification! Additionally, on June 6, TIST is scheduled to be signing a Memorandum of Understanding (MOU) with Kenya Forest Service (KFS) for TIST Small Groups to plant indigenous trees in gazetted forests riparian and catchment areas.

The certification is important for many reasons.

1. It means other people see and support that the trees TIST farmers are planting, and the work that servant leaders are doing, have real benefits for climate, for people, and for improving biodiversity.
2. It means that by following TIST Values in our work together in our Small Groups and clusters, we are getting accurate data. This accurate data means that carbon credit customers trust us, so we can sell on the carbon market.
3. It is our first sale of carbon stored by trees we have planted, and so provides the funds for our tree incentives and to keep TIST growing and strong.

Clean Air Action Corporation (CAAC), one of the founders of the TIST Project, Vice President Charlie Williams commented:

“Environmental change requires a commitment to honesty and transparency of results.

TIST’s goal was to empower subsistence farmers to be a part of the global marketplace and motivate responsible environmental decisions. Now, we have conclusive proof that TIST is providing enormous benefits to the climate, to biodiversity, and to the more than 60,000 farmers, who have planted more than 10 million trees, in the last 10 years.”

The accurate, complete data collected by Quantifiers on the work TIST does was very important to this achievement. For TIST to be Validated and Verified by VCS and CCB Standards, the program’s data collection and process needed to be audited by a third party firm. Environmental Services, Inc. (ESI) sent a team to Kenya to investigate the results indicated by the TIST program. According to ESI’s Shawn McMahon, the TIST program is an impressive mixture of farmer dedication and data management.

“We witnessed firsthand TIST’s significant impact in Kenya through sequestering carbon, supporting local communities, and enhancing biodiversity. TIST management and field staff were professional, a pleasure to work with, and clearly

have a passion for improving the livelihood of Kenyans and mitigating the effects of global climate change. ESI is proud to play a role in these important projects.”

The announcement that the project also achieves the requirements of the CCB Standards represents an important endorsement of the TIST program. The Climate, Community and Biodiversity Project Design Standards are considered a benchmark for evaluating land-based carbon mitigation projects. According to Dr. Joanna Durbin, Director of the CCBA, the independent audit process has shown that the TIST program meets their strict requirements and is indeed an impressive world first in dual Validation and Verification. She had this to say regarding the TIST program accomplishment:

“We are delighted that TIST’s community-based project in Kenya has met our rigorous CCB Standards. We are also excited to see a project - for the first time - move beyond validation of project design to being fully ‘CCB Verified’, demonstrating that the project has actually been implemented following best practices in community engagement and is delivering truly significant benefits for the local communities and the environment.”

The CCB Validation and Verification matters to buyers of offsets, who want to know that the projects they support through their purchases benefit people, climate, and diversity of life.

This continued success and expansion TIST program has been supported by the United States Agency for International Development (USAID). As a result, TIST farmers are combating the largest source of greenhouse gas emissions in the world: deforestation and poor agricultural practices. Working together, more than 60,000 strong, TIST farmers are reversing their contribution to climate change and becoming an important part of the solution.

USAID Kenya Mission Director, Erna Kerst, is convinced the program is making a difference.

“TIST has been innovative and bold from the beginning. I’m not surprised they’re the first in the world to achieve this double distinction. TIST is pioneering a triple win—for farmers, for Kenya’s environment, and for proving some of the technology needed to safeguard our climate. We are very proud of our collaboration on this program.”

This achievement is a big one to celebrate and provides a foundation for growth. We need to continue to organize ourselves in our clusters to achieve big results, plant more trees, and be even stronger in our fight against climate change.

TIST founder and CAAC President, Ben Henneke, explains:

“The real credit for the outstanding results of this program belongs to the farmers of TIST, who collect local seeds, make nurseries, plant seedlings, and keep them alive through droughts, floods, cattle and goat raids, and rogue elephants. TIST farmers are an incredibly inspiring group of people. They are proud of the benefits their trees are having on their lives and on the global environment.”

Mazingira Bora



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Kimereu Version

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Members of Green Environs TIST Small Group receiving their tree payments at Kairuni Cluster on 16/05/2011.

Inside this Newsletter....

Ikundi bibinini ndene ya cluster mirongo itantatu na ithano nibaei mbeba cia mweri jwa inna na jwa itano cia miti. Atongeria ba uthumba nibakurikania ikundi bigie na ubatu bwa kumenyera miti yao miaka mirongo ithatu. Page 2

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Kunyiyia rwagi

Igitene ria mbura, rwagi nirugwatanangaga mono. Rwagi, ruria rutumaga antu bagwata ni murimo juju jwa rwagi, niruciarangaga. Buri na bata kumenyeera njaa cienu nikenda bunyiyia rwagi.

Matagaria jaja nojatethie:

- Theria njaa yaku ukiritaga mathaka na nyaki iria itikwendeka.
- Riita ruuji runthe ruria rwigari akui na kieni giaku. Ruuji rwigari niruejaga rwagi antu a guciarania.
- Rita irio biria bitigaraga ugoro.
- Rita ruko wikire kiri gikebe gikunikiri kana kirinyene oome ya nyomba.
- Egera nyomba na kieni giaku ntuku cionthe.
- Ririkana gutumira net cia kurigiria rwagi riria kuumbika.



Ikundi bibinini ndene ya cluster mirongo itantatu na ithano nibaei mbeba cia mweri jwa inna na jwa itano cia miti. Atongeria ba uthumba nibakurikania ikundi bigie na ubatu bwa kumenyera miti yao miaka mirongo ithatu

Kwithira biri ndene ya cluster nikuuthagiria ikundi kiri mantune ja kucemania, kujukia na kugaana moritani na mantu jameru, uteri miti na kuriwa. Nkuruki ya ikundi Magana kenda na mirongo ithatu ndene ya cluster mirongo itano na imwe nibarii mbeba cia mweri jwa inna na jwa itano na Magana jangi bakariwa ndene ya cluster ingi ikumi na inya, mbele ya ugwe kuthoma gatheti iji. Morii jaja jonthe jathithirue ndene ya cluster. Kuriwa gugeta na mbele ndene ya cluster o uria igwita na mbele kuibangania. Arungamiri ba cluster na atongeria bangi ba uthumba nibakuthoma nandi uria bakomba gutetheria kiri kuria nikenda tukanenkagirwa mbeba ta untu bwa rionthe ndene ya micemano ya cluster.

Igiita ria kuria mbeba, ikundi bimwe biria birina miti imingi na mono miti iria iandagwa ya igita ririkui, niborirue biurua ni atongeria ba uthumba ba TIST. Boririe biurua bibi nikenda batethia arimi bonthe ba TIST igitene ririraja. Arimi ba TIST bari kinya bo ndene ya thoko ya ruugo. Ta kiri thoko yonte, aguri bendaga kugura

into bibitongi. Ubatu bumwe ba thoko iji ya ruugo ni ati kenda ruugo rou rutarwa, tutiumba kugita miti yetu yonthe. Tubati gwika miti iji ndene ya miunda yetu ndene ya igita ria miaka mirongo ithatu. Miunda iria minene iria iri na mibao aki, atongeria ba TIST nibarigaraga kethira miti iji igekwa miaka mirongo ithatu. Kethira miti ndene ya miunda ya TIST ikagitwa mbele ya miaka mirongo ithatu ithira aguri batiitikia TIST, na muradi jwomba kugua. Miti imingi yagitwa ndene ya miunda, muradi jwa TIST ndene ya nthiguru cionthe jwomba kugua. Bubu nabu bugetania na mbeba iria tukuriwa niuntu bwa miti yetu iria iriaga arimi ngugi yao inene. Kinya mbeba iria igatumika kiri kwagika mantu ja TIST igeta nedene ya igita ririnene.

Tucokeriene nkatho atongeria betu ba uthumba niuntu bwa ngugi yao inene ya kuuria ikundi bibinene biurua na kuritana ubatu bwa kuthithia jaria jonthe tubati. Twinthe nitugie ubatu bwa gwika miti yetu igita ri miaka mirongo ithatu na nkuruki. O uria miti igukura, nou baita cietu cigakura ndene ya miaka iria iijite.

TIST nitethagia gukinyira bioneki bia kiama kia UN bia witi na mbela- uju niu itethagiria

Ndene ya mwaka jwa 2000, atongeria ba nthiguru cionthe nibetikiririe na bajukia bioneki bibikai biria biathuraniritwe ni UN bigwitwa "The United Nations Millennium Declaration and Millennium Development Goals" Bioneki banana nibiekirwe, amwe na gia kurita nusu ya antu bonthe kuuma kiri uthumba bwa ukia mbele ya mwaka jwa 2015. Bioneki bibi nibiete musingi jwa witi na mbele ndene ya nthiguru cionthe. Bioneki bibi ni:

- Kioneki 1:** Kuthiria ukia buria bwingi na mpara
- Kioneki 2:** Gukinyira uthomi bwa aana bonthe
- Kioneki 3:** Gwikira inya kung'anana kwa antu bonthe na gwikira aka inya
- Kioneki 4:** Kunyiyia gukua kwa aana
- Kioneki 5:** Kumenyera baria bari na aana babanini nkuruki
- Kioneki 6:** Kunyiyia Mirimo ya ADS, rwagi na ingi
- Kioneki 7:** Kumenyera ati naria gututhiurukite
- Kioneki 8:** Kuthithia ngwataniro ya nthiguru cionthe niuntu bwa witi na mbele.

Muradi jwa TIST nijwambiririe ta njira

ya gutegeza bioneki biria biekagwa ni antu baria baitanagiria ngugi amwe ndene ya Tanzania mweri jwa July mwaka jwa 1999. Ndene ya semina ijiri, antu baria bariku nibathithirie mubango jwa kuthiria ukia, kuanda miti miundene yao iria yathuki, na kumenyera thiria ya antu, kubaritana na kwambiria ikundi bibinini. Desemba mwaka jwa 1999, amemba ba ikundi bibinini bia mbela nibothuranire na TIST ya kwambiria yaciarwa. TIST niyambiririe mbele ya bioneki bia UN bithithua, indi nibunenei mono kwona uria bioneki biu biathithirue ni atongeria igana na mirongo inana na kenda ba nthiguru mwanya baria bothuranire kanyuma mwakene o jou bikuianiritie na bia amemba ba ikundi bibinini bia mbele.

O uria TIST yakura, niumbite kutetheria gukurukira kuthithia na gutegeza mantu jaria jaretagwa ni ikundi bibinini. Nandi TIST niitumagira bioneki bia UN kiri mantu jaria muradi jou juthithagia

TIST iritaga ngugi ndene ya ntuura cia ndene ndene ya nthiguru ithanthatu iri cigwita na mbele: Kenya, Tanzania, Uganda, India, Nicaragua na Honduras. Niritite ngugi inene kiri gutegeza na njira iria ibati bioneki biu biri iguru



TIST nitetheretia mantune jakwonwa na jatikwonwa. Mantu jaja jonthe nijatethagia kugarura bubunene miturire ya ngiri cia antu. Aja Kenya, muradi juju jwambiririe August 2004. Ndene ya miaka iu itantatu TIST niithirite igitaga ngugi, nkuruki ya ikundi ngiri mugwanja nibitonyete mubangone. O gikundi kiri na amemba baria bari arimi babanini batantatu gwita ikumi na bairi, aka na arume, bagitanagiria ngugi amwe gukinyira bioneki bikari umwe

Kiria ikundi bia TIST bikwenda nkuruki ni kucokia miti iria yario, ikundi bikionaga kinya mbece cia kwendia ruugo kiri o muti juria jukuandwa na jugwika moyo. Amwe na bubu, ikundi nibiritanagwa kwegia mantu mwanya mono jaria jario igitene riu ndene ya ntuura inini. Thaa iji jaja ni amwe na moritani ja uandi miti, kuthithia na kumenyeera minanda, kurima na njira iria njega, HIV/AIDS, kurigiria murimo jwa rwagi, kuria irio biria ubati, gutumira njira ya kuruga iria itumagira mono, kumenyeera ntere cia nduji na gwakana. Moritani nijathithagua gukurukira mubango jwa seminar na gukurukira aritani gutongeria kiri micemano ya omweeri iria itagwa micemano ya cluster ya o mweri. Gukurukira mantu jaja, mubango jwa TIST jugatetheria gukinyira bioneki bibi bia MDG na njira iji;

Kioneki 1: Kuthiria ukia buria bwingi na mpara

Untu bumwe buria mono buretaga mpara ni kuuma kwa nthiguru. Kugiiita miti nigutumaga nthiguru yuuma. O uria gungu gukwingi nkuruki gugwita na mbele kugitwa miti nou mbura ikuura na amwe na bou, irio bikaura na bikanyiyia.

Kioneki kia mubango jwa TIST kiria kinene ni gucokia miti aria yari. Muradi nijukurita ngugi na ikundi bibinini aria amemba bakuritanwa mantu ja kwambiria na kumenyeera minanda, gutara mithemba ya miti na njira iria nthongi buru cia kuanda miti. Mwankira thaa iji, nkuruki ya miti milioni ithano na Magana janna niandi ni arimi ndene ya TIST Kenya na yonthe iri na bata kiri kurua na uumo bwa nthiguru na kugaruka kwa rera. Muradi nijutethagia na mbece inkai kiri murimi kiri o muti junthe juria akuanda na ageka igita ririnene. Bubu nibutetheretie kwongera mbece iria bonaga na kwou ikabatethia kuriira into biria batumagira.

Amwe na kuanda miti, arimi ba TIST nibaritanu urimi bubwega. Urimi bubu buria bwathithirue ni UNFAO, nibutethetie maciara ja mpempe na irio bingi kwingia maita ujanna kuuma bukwiya. Kuku ni kuuga arimi ba TIST bangi nandi barina irio bia kung'ana arimi kiribo na njaa ciao na nandi batina mpara. Ntuurene imwe ta Meru, arimi nandi nibakwendia biria bigutigara thokone kwou bakongera mbece iria boonaga.

Kioneki 2: Gukinyira uthomi bwa aana bonthe.

Gutonya cukuru ya primary kwa aana

gutithirite kuri gitu kiria TIST ithithagia ndene ya Kenya. Thirikari ikwambiria kuthoma kwa utheri, akui aana bonthe baria bakinyite miaka iria ibati bari cukuru. Amwe na bou mbece iria arimi bonaga kuumania na miti niibatethagia kuria mbece cia cukuru na kuguura nguo na irio bibiega nkuruki, kwou aana bakomba kuthoma bwega. Amemba babakai ba TIST nibatetheretie kibo bongwa kiri cukuru imwe iria ciri ndene ya ntura ciao.

Kioneki 3: Gwikira inya kung'anana kwa antu bonthe na gwikira aka inya.

Muradi jwa TIST niujuinyagiria utongeria bwa kuthiuruka na utongeria bwa uthumba, ijiri cia njira iria njega buru cia ikundi bibinini bia TIST kiri utongeria. O gikundi gikinini nikiendekaga kuthiurukia utongeria, kugeria utongeria bwa uthumba na gwaka mutongeria wa kiumia kiu.

Gukurukira njira iji njega buru, aka nibekagirwa inya kujukia utongeria na kubanga mantu ja gikundi amwe na arume. Mantu jaria jathongi kiri utongeria bwao jakajukua na jagatumirwa gwakana riu jagatumirwa gutethia gikundi kionthe. Aka babaingi baria bari ndene ya ikundi bibinini bia TIST nibaugaga ati nibambiritie gutongeria na gwitithia ikundi biao, ntuura ciao nambele bwega.

Kioneki 4: Kunyiyia gukua kwa aana.

TIST nitethagia kunyiyia gukua kwa aana na njira inyingi: urimi bubwega nibutethagia kwingiyia maketha na kwou bugatethagia kumenyeera mithemba ya irio biria bikuriwa. TIST niritananaga utumiri bwa neti cia rwagi kunyiyia rwagi kiri aana, na ikaritana kwegie mariko jaria jethagirwa jari na gwagwitira toi mwanka oome ya aria gukurugirwa nikenda aka na aana batikucia ruugo rou rwina toi. Micemano ya TIST ya cluster ni guntu gukwegwa gwa biama bia ikundi bia mantu mwanya mwanya ndene ya ntuura kugaana umenyo kwegia sindano cia kurigiria mbajua, utheru, kuria bwega na mitire ingi imiega iria irigairia aana na kubatethia kugia inya.

Kioneki 5 : Kumenyera baria bari na aana babanini nkuruki.

Gukua kwa ekuru igitene ria kuwera mwana nikwithagirwa kurio niuntu bwa kwaga umenyeri bwa ekuru baba. Baria bati na mbece batiumbaga gucua mbece cia gwita cibitari kuererwa nao na kwou bati ungi tiga kuerwa nja na batimenyagirwa uria kubati kwou jaria maingi kuri na thina igitene ria guciara, mwana kana ng'ina kana kinya bobairi nobakue.

TIST gukurukira mbece kuumania na miti, nikagira inya njaa kujukia insurance iria itimenyeera aka babarito indi iria ikamenyeera njaa yonthe mantune ja mbajua. TIST nithirite igikagira amemba gutonya kiri mubango jwa



NHIF.

Kioneki 6: Kuniyia Mirimo ya HIV/AIDS, rwagi na ingi.

Mirimo ya HIV/AIDS amwe na rwagi niitite na mbele kwithirwa iri thina iria nene buru ndene ya nthiguru iria igukura. TIST ikumenya ati mirimo iu iiri nikuthukia mantu jonthe ja witi nambele, niyatonyithiria uritani bwa HIV/AIDS na rwagi kiri mibango yaju. Barikia gutonya muradine jwa TIST, amemba ba ikundi bibinini nibaritanagwa kwegie njira cia kwebere mirimo iji iria ithiranagia.

Antune anene, Meru na Nanyuki, antu babaingi nkuruki nibetite nambele kugwatwa ni rwagi niuntu mbarabu iria ituraga iguru kirimene kia Mt Kenya nigwita nambele gukeruka na mwaki jugeta nambele kwingia. Bubu niuntu bwa kugaruka kwa rera. Ngugi iria iriti ni ikundi bibinini ya kuanda miti nitegete mono kugarura kwingia guku kwa mwanki.

Kioneki 7: Kumenyeera ati naria gututhiurukite

Kiwango kia ruugo ruria rurutagiria rugatuma rera igaruka nirwitite nambele kwingia uria miaka igwita na miitu nthigurune cionthe no igwita nambele kugitwa na kuthukua. Bubu nibutumite rera igaruka na uumo butamba, naria kwina rwagi kwingia na bwathukia rera buria nabu butumite urimi bugia inya.

Kumenyeera naria gututhiurukite niju musingi jwa muradi jwa TIST na kuinyiria kwa miitu ya ntuura. Arimi nibacokagia miitu, bakanyiyia ukamati bwa muthetu, na kumenyeera nduui.

Arimi ba TIST nibethiritwe bali mbele kiri gukabana na kugaruka kwa rera. Nibaritite

ngugi batikunoga kuanda miti na kumenyeera miti imingi. Ja uria kugirwe au kabele, nkuruki ya miti milioni ithano ndene ya Kenya aki iri moyo niuntu bwa guciumia kwa amemba ba ikundi bibinini. Muradi juju nijutambite ntuurene inyingi na TIST ikoria ni babaingi ibakinyire naria itikinyite.

Kioneki 8: Kuthithia ngwataniro ya nthiguru cionthe niuntu bwa witi na mbele.

Arimi ba TIST nibamenyete, gukurukira muradi, thoko injeru ya ruugo. Ikundi bibinini nibikugwata mbeba milioni inyingi o mwakata mbeba cia mbele ya thoko ibua buria bugakarika miti yanenea. TIST Kenya niyenderie ruugo rwa mbele ruria rwathimi na rwetikirua nirung'aniu mwaka juju. Muradi nijurugurite thoko iji ya nthiguru cionthe na njira ya kwaraniria ki baria bar indene ya TIST.

Kunenkaniria umenyo butiumba kugwa uria bwithirwa bunenei nkurukie uria buri. Aritani na Atari miti ba TIST nibaritani na boonua gutumira Palm na Internet, amwe na kugaruka kwa rera na mantu jaria jomba kuthithua ni batwi kukabana nabu. Kugaana mantu jameru jaria jakwija nikwithiritwe gugitaga na mbele bwega gatigati ka baria bar indene ya TIST Kenya na bangi baria bari USA, UK, East Africa na India bugitumaga kugaana mantu jaria jakuthuganirua jameru kuumbika.

Mibango ya kuriunganira niikiritwe inya gatigati ka nthi cia Uganda, Tanzania na Kenya. Jaria maingi, baria bari ndene ya TIST kuuma Uganda na Kenya nibariunganagira kuthoma na kuriunganira kienine kugaana mitire iria miega buru ya kuthithia mantu na gwikira inya na gwaka arimi ba TIST. Kuuga mma, TIST niitithagia mbele ngwataniro cia witi na mbele.

Igita ria kurimira miti na imera biaku

Nandi nontu ngai ikwambiria, nubati kwithira uthamiritie miti yaku muundene. Kethira utamithamia, nubati kuthithangia u nampwi. Miti yaku nibati kuthamua thaa iji nikenda igia inya igitene ria mbura na itobora mieri iria miumo.

Untu buria burina bata ni kurimira miti yaku iminini. Ika aria miti yaku iri kuri kutheru uria kuumbika. Kuura iria riria rikurite akui na miti yaku iminini. Gukurira iria kuri nabata niuntu:

1. Miti iu minini nikwenda ruuji, irio na weru nikenda igia inya. Kethira kwina iria bigashindanira na muti jwaku kwona into bibi. Muthiene muti jwaku jukathira inya na jutitua
2. Kethira munda jwaku jut irimiri, tunyomoo turia tuthukagia imera tugakucua ni munda jwaku. Tunyomoo tutu no tuthukagia na tukoraga imera biaku. O uria iria rinyii, nou njoka na tunyomoo tutu twa kuthukia imera tukanyia muundene jwaku

Aja ni baita inkai cia gukurira munda jwaku iria:

- ✓ Miti nikurangaga nontu iria ritijukagia irio na ruuji kuuma kiri muthetu
- ✓ Miti ikagia inya nkuruki na inenee igitene ririkai nkuruki
- ✓ Miti ikona riuu riria ikwenda itikwithwa
- ✓ Mirimo iria yumba kugwata miti yaku ni imikai nkuruki
- ✓ Miti yaku nirigairua nkuruki kumani na gutamba kwa mwanki
- ✓ Miunda imitheru nionanagia ikundi bibinini nibikumimenyeera na bari ming'uanano imiega ya muradi jwa TIST
- ✓ Miunda imitheru niitethagia atari miti gutara miti nampwi na gutara bwega

Ririkana kumenyeera miti yaku nikenda nyomoo ta mburi itikarie kana ikinyanga. Thuganiria gwaka rwego kana kuanda miigua imithiurukite Kethira kurina ntuku citina mbura, rikana gwikira miti yaku iminini ruuji.



Irio bia baria baajitue ni mirimo ya igita ririnene

Ndene ya njaa imwe, aria endwa baajitue, kubamenyeera kurina bata mono. Mirimo ta murimo jwa cukari, cancer, Mukingo na TB ni mirimo itithiraga, guku ni kuuga niicicokagira kana igakara igita ririnene

Ajii baajitue ni mirimo iji nibabati kuwa irio biria bibati, iri biria bikomba kubekira inya na kubatethia gukabana na mirimo. Irio biria bibati ni irio biria:

1: Biikagira mwiri inya

Irio biri biri aja ni irio bia gwikira mwiri inya na ni ta:

- Nkima na ucuru burugi na mpempe, ugimbi, muya, mwere na mianga.
- Mucere
- Ikwaci bia mukuo na bia gicunku

Menya ati maguta jang'aniri, nijaejanaga inya na jakongera uthongi bwa irio

2: Biria bitumagirwa gwaka mwiri

- Nyama (ng'ombe, nguku, mburi, ng'ond, mbata)
- Makuyu (sardines, tilapia, Nile perch, mud fish).
- Nkara
- Iria
- Mung'ao, ncugu, nono, ndengu
- Karanga

3: Kiumo kia Vitamin

Vitamin A is especially important for keeping people living with HIV/AIDS. Many vitamins, especially Vitamin A, are available in enough quantities from:

- Mabura ja ncugu, okra na ja mianga.
- Mathangu ja ikwaci bia mukuo.
- Marigu.
- Matunda, mono jaria jarina rangi ya kugunda ta macunkwa, mababai, maembe, marigu jamagundu, mbera.

Nyua

- Ajii nibeendaga kunyua ruuji rurwingi. Ruuji rwa kunyua nirubati gucamukua igita ria o ndaika ikumi, rwoa na rweka mukebene jumutheru na jukunikiri. Ruuji rurutheru ni rwa bata kiri amemba bonthe ba njaa yaku indi mono kiri baria baajitue ni mirimo ya igita ririnene, nontu batiumba gukabana na mirimo ingi ta antu baria bari na inya.
- Kethira mwajii arina murimo jutikuthira jwa kioro gikiuthu no uthithie gintu gia gucokia ruuji ruria mwajii aguta. Ikira iciko bitantatu bia cukari na giciko nusu gia cumbi kiri ruuji litre imwe ruuji rurutheru. Ongera juice nikenda rumba kunyuika. Ririkana mantu jaria jamanini wiji jegie utheru. Kethira gukuthuranira mwajii irio menyeera ati njara ciaku niintheru, irio nibithambitue na biaruguwa bwega, na ati into bia kurira ni bibitheru na nibiumitue.

Gikundi gikinini kia Muguna: Nitwikumairia kwithira turi kiri TIST

Ni Joseph Thitai.

Gutonya kiri TIST mwakene jwa 2005 nigwatutherie kuturugura kiri mantu jamaingi. Amwe na mbeba cia miti nitwonaga kuuma kiri TIST uritani bwegie mariko ja nkuu inkai, na kambuni ingi niitukinyirite niuntu bwa gikundi gietu kiria kiibangenie bwega. Tutingiumba kwithirwa tuthithitie urumwe na gukiriria kwa igita ririnene kuria turinaku gikundine gietu iringikwithirwa tiuntu bwa uritani bwa TIST bwegie uthumba na utongerira bwa kuthiuruka.

Kambuni ja NALEP nicitutethetie na miuko ya kumithia miti na ngugi yetu ya kuanda miti miundene ya thirikari nionete maciara. Nituandite miti mithemba imingi kinya miundene yetu.

Mwankira au nituandite miti nkuruki ya ngiri ijiri amwe na miti ya gintwire ja mitero Gikundi gietu kirina amemba banana. Namba yetu ya TIST ni 2006KE56. Turi ba cluster ya Male



Gikundi gikinini kia TIST Kia Friends United: Kugaruka

Ni Susan Kinanu

Ndene ya igita ririnene , gutuura ndene ya mukoa jwa Tharaka, nitwathuganagia thina cietu cikathirua ni thirikari kana kambuni inene. Butatwijira ati notwithiririe thina iji twingwa.

Kwou, TIST ikwija ntuurene yetu, itwagwiriue mono ati kambuni imwe inene niyejire gutwita mathinene jetu. Nitweterete kwona mantu jamanene na ja mbeca inyingi jakithithagua natwi tweterete maketha. Tataiji!

Nitwerirwe ndene ya TIST, no mwanka tuthithie ngugi twingwa. Nitwaritanirwe kuthithia ikundi bibinini bia amemba batantatu gwita ikumi na bairi.

Kwou nitwathithirie gikundi gikinini kia Friends United. Turi mugwanja. Nandi twetera mbeca cia gikundi gietu ciija. Tutaiji kairi!

Twaritanwa kwambia minanda ya miti na kumenyeera miti iminini. Twaambia kamunanda gakanini twetera TIST ija itugurira miti ya kuanda. Tutaiji kairi! Antuabu, nitwritanirwe kuthamiria miti yetu miundene yetu. Tuti, twona miunda yetu yagia rangi inthongi ya mathangu o uria miti yagwatire

Twambiria kwona baita cietu. Miembe na micunkwa yetu yambiria guciara matunda.

Miti yetu nitari na nitwerete kuriwa ni TIST igita ritikuraja.

Kwou twathugania, niki tutigerie urimi bubwega. Twatirimana ta gikundi na twetikaniria ati bamwe betu bagerie urimi bubu. Susan athuranira irinya ngiri na ikumi na bitano, Regina irinya igana, Janet irinya mirongo itano na Robert irinya Magana kenda na mirongo inana na banana. Twinthe twona maketha jamega na jamathongi nkuruki kuuma kiri miunda yetu. Nandi o muntu wonthe alienda gutumira njira ya urimi bubwega

Kairi, nitugwatene njara na ikundi bingi bibinini ndene ya cluster yetu ya Matakiri kuanda miti ya gintwire nterene cia nduji cietu.

Twinthe amwe na ikundi bingi, nitwambiritie ngwataniro ya gwika na kuomba mbeca. Ngwataniro iji niitutethagia gwika na kuomba riria tukwenda mukobo jwa kwingiya maciara.

Kwongerera, nitwambiritie gutumira na kuthithia mariko ja gutumira nkuu inkai. Bubugutatethia uria tutigita miti yetu jamaingi. Tugwatanithitue amwe ni nkoro ya kurita ngugi na inya, gucithithiria mantu na kugwatanira, nitwambiritie kuona kugaruka gukuthongi iguru ria igita ririraja.

Muti jwa TIST jwa mweri jwa June: Muriru

- Riitwa ria gicunku: *Waterberry*
- Riitwa riau riongwa: *Syzygium guineense*
- Riitwa ria giikuu: *Mukoe*
- Riitwa ria kimeru: *Muriru*
- Riitwa ria Kispigis:
- Riitwa ria gikamba:

Muti juju jwithagirwa mono juri miitune ya miti nthiguru ya irima. Juumaga mono naria kurina ruuji, riimwe kinya ruujine na jwonekaga mono nterene cia nduji inini

Mpindi itiendaga kuthuranirwa, nontu niciumangaga na ikaumaniria. Kuanda mbeu iji miukone ni gukwegu. Matunda nijathukangaga kwou nijabati kwojwa jagua orio. No jatuwe gukurukira kwainia biang'i na rwogoro. Jarikia kwojwa, matunda nijabati kuandwa

orio, nontu mpindi itiumbaga kuuma cioma; kethira butiumbika, itunda norikwe ntuku inkai ndene ya sawdust irina ruuji kana ndene ya mikebe itina gintu ndene ya nyomba irina ruugo rung'ani.

Utumiri: irio (gitunda), mpao, nkuu, kirundu, ndawa (matunda nijatumagirwa kworio murimo jwa kioro gikiuthu, na ruuji ruthithitue kumani na gicau kiaju nirutumagirwa kworia kioro gikiuthu). Menyeera gicau kiu kirina sumu nikithitangitwe kwithirwa nikiretaga gikuo gia antu, kwou kirira nikibati gucuwa kuuma kiri baria batumirite mbumi cia muti juju igita ririnene.



TIST

The International Small Group & Tree Planting Program

www.tist.org

Nitugwirirua TIST ndene ya Kenya niuntu bwa ngugi iria tukuthithia na njira iria ikuruguka.

Narua, nitukugwirirua untu bubunene buria arimi ba TIST na atongerira ba uthumba bathithitie na njira injeru inene iria iruguki

Gutegerwa ngugi na gukurukithua kiri VCS na CCBA - TIST niyo ya mbele nthigurune cionthe!

TIST nitegeri ngugi na yakurukithua ngugine yao ndene ya Kenya ni VCS iria ikurungamira utegi bwa ruugo rou rukwendua na kinya ni CCB iria ikurungamira utegi bwa Rera, ntuura na kumenyeera ati mithemba imingi ya imera na nyomoo nibigukaraniria- ijiri cia gukurukithua kuria kwithagirwa kuri gukunene buru ndene ya miradi ya kunyiyia ruugo ruruthoku. TIST niyu muradi juria junka nthigurune cionthe jukurukite kiri jaja jojairi o rimwe! Kwongera, tariki ithanthatu mweri jwa itantatu, TIST nibangirite gusaina fomu ya gwitikaniria nabaria bamenyagiira miitu ya Kenya (Kenya Forest Service) nikenda ikundi bibinini bia TIST bianda miti ya gintwire ndene ya miitu ya thirirkari iria iri nterene cia ruuji na naria ruuji ruumaga.

Gukurukithua guku kuri na gitumi nuntu bwa mantu jamaingi.

1. Ni kuuga antu bangi niboonaga na bakaimbiria ati miti iria arimi ba TIST bakuanda, na ngugi inyingi iria atongerira ba TIST ba uthumba bakuthithia, iri na baita ja mma kiri rera, antu na kuthongomia gukaranira kwa mithemba mwanya ya nyomoo na imera.
2. Ni kuuga ati mantu jaria TIST ikirite jathingatwa ndene ya ngugi cietu iria tuthithanagiria ndene ya ikundi bietu bibinini na cluster, ngugi yetuiria tuugaga nituthithitie ikethirwa iri iria irio yongwa.
3. Ngugi iji iria irio yongwa igatuma aguri betu batwitikie nikenda tuumba kwendia ndene ya thoko ya ruugo. Irietu riambere kwendia ruugo rwetu ruria miti yetu iria tuandite iikaga na kwou ikareta mbeba cia kuria mbeba cia miti na cia kumenyeera ati TIST nikunenea na nikugia inya.

Clean air Action Corporation (CAAC), imwe ya aambiria ba muradi jwa TIST, Munini wa munene wayo augire:

"Kugaruka kwa naria gututhiurukite nikwendaga umma na weru kiri kwirana jaria jagukarika ngugi yarikia kuritwa. TIST itegerete gwikira inya arimi babanini nikenda batonya kiri thoko ya nthiguru yonthe na gwikira inya mawega ja kuumba gutaara kuthithia mantu jaria jagatethia kugarura naria gututhiurukite nikenda kubua. Nandi, nitwiji namma ati TIST iri baita nyingi kiri rera, gukaranira kwa nyomoo na imera bia mithemba imingi mwanya mwanya na kiri arimi nkuruki ya ngiri mirongo itantatu baria baandite nkuruki ya miti milioni ikumi ndene ya miaka ikumi iu ithiri."

Ngugi itari na umma na ujuru ya Atari miti kigi ngugi iria TIST ithithagia niyari na bata mono kiri gukinyira untu bubu. Nikenda TIST ikurukithua na isainirwa ni VCS na CCB, niyetagia utari miti na ngugi iji niyendaga gutegwa kairi ni antu bangi baria bati ndene ya TIST. Kambuni igitwa Environmental Services, Inc, (ESI) niyatumire antu Kenya beja gutega ngugi iria muradi jwa TIST ithithitie iria ikwoneka. Kuringana na Shawn McMahan wa kambuni iu ya ESI, muradi jwa TIST ni muunganio jwa kurigaria jwa guciumwa kwa murimi na kumenyeera utari na wiki bwa ngugi.

"Nitukeni ati mubango jwa TIST jwa gintuura ndene ya Kenya nijuumbene kiri utegi ngugi bwetu buria bwithagirwa buri bwa iguru mono. Niturigari kinya kwona muradi- igitwa mbele buru- juumite buru kuuma gutegwa aki nagwitikirua nijukuthithia jaria jwaugite jukathithia gwita gukurukithua buru ni CCB, nikwonania ati mubango jou ni mma nijuthingatite mitire iria miega buru kiri gutonyithia ntuura na kundenkaira baita inene kiri ntuura na kiri naria gututhiurukite."

Gutegerwa ngugi na gukurukithua ni CCB kurina bata kiri aguri ba ruugo, baria bakwenda kumenya ati miradi iria bakugwata mbaru gukurukira uguri bwao niigutethia antu, reran a gukaraniria kwa mithemba mwanya ya nyomoo na imera ndene ya utuuro.

Gukuruka guku na kunenea gwa muradi jwa TIST kuria kwithiritwe gugiitaga mbele o igitwa nikubwati mbaru ni kambuni ya nthiguru yonthe igitwa USAID (United States Agency for International Development). Untu buria bugukarika muthiene ni ati arimi ba TIST nibagukabana na mantu jaria manene buru jaria jaretaga ruugo ruria rwingi buru ruria rutumaga kurutira kwa nthiguru tajo: ugiti miti na utumiri bwa njira inthuku cia kurima irio. Kuritaniria ngugi amwe gwa nkuruki ya arimi ba TIST ngiri mirongo itantantu bari na inya nigukugarura mantu jaja jethirite jagikarikaga ja kugaruka kwa rera na igukua gicunci gikinene gia kuthiria untu bubu.

Murungamiri wa ngugi cia USAID ndene ya Kenya, Erna Kerst, naiji naumma ati TIST nikuthithia Mwanya

"TIST nithiritwe ikiambagia mantu jayo yongwa jameru na jamanene kuuma mwambirio. Ntirigari ati nibo bambele ndene ya nthiguru yonthe kugwata mantu jaja jojairi orimwe. TIST nitongeretie kiri gukuruka mantune jathatu- kiri murimi, kiri Kenya na kiri kuleta mantu jameru jaria jakwendeka kiri kumenyeera rera. Nitugwikumiria kugwatanira kiri mantune TIST"

Untu bubu ni bubunene bwa kugwirirua na nibugutua musingi jwa gukuura. Nitubati gwita nambeele kwibangania ndene ya cluster cietu nikenda tuthithia mantu jamanene, tuanda miti ingi na tugia kinya inya nkuruki kiri kurua na kugaruka kwa rera.

Mwambiria wa TIST na munene wa CAAC, Ben, Henneke, agataura:

"Nkatho iria nyingi kiri ngugi iji inene na ikwoneka kiri muradi juju ni mono kiri arimi ba TIST, baria boojanagia mbegu cia miti iria yumaga ntuurene, bakathithia minanda, bakaanda miti iji na bakamiika iri mwoyo kinya igitene ria kwaga ngai, ngai inyingi, igitwa riu kwa ng'ombe na mburi na njogu. Arimi ba TIST ni antu ba kurigaria na gwikira inya mono. Nibaikumagiria baita cia miti yao kiri mituurire yao na kiri naria kuthiurukite nthiguru yonthe."

Mazingira Bora



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Kikuyu Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Members of Green Environs TIST Small Group receiving their tree payments at Kairuni Cluster on 16/05/2011.

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Kurigiriria rwagi.

Kimera kia mbura rwagi niruciaranaga na njira nene ni niwagiriirwo kumenyerera mucii waku na njira ya kurunyahanyihia. Maundu maya nomateithiririe.

- Theria nja yaku
- Ndukaige maai mataratherera.
- Eheria irio iria ciatigara
- Iga giko kiria kiri mucii handu hakunike.
- Hata nyumba yaku o muthenya
- Huthira neti yakugitira rwagi.

**Clusters 65 kurihwo mbecha cia miti mweri wa April na May. Atongoria kuririkania ikundi kumenyerera miti gwa kahinda ka miaka 30.**

Ikundi iri hamwe thi-ini wa cluster nihakoragwo ha ri hahuthu kwamukira githomo na mohoro, gutarirwo miti na kwamukira marihi. Makiria ma ikundi nini cia TIST 930 thiini wa cluster 51 niciamukirite marihi mweri-ini wa April na May, na ikundi ingi thiini wa cluster 14 nicikurhwo ukirikia guthoma mandiko maya. Marihi mothe mamukirirwo thiini wa cluster. Marihi maguthii na mbere kuheanwo ouria maguthii na-mbere na gwithondeka. Arugamiriri a cluster na atongoria a kwiheana nimarathoma uria mangihota kuheana marihi micemaniao-ini ya cluster.

Hindi ya marihi, ikundi imwe iria iri na miti miingi na makiria iria ikuraga gwa kahinda kanini nimaraniirie na atongoria a kwiheana a TIST. Maraniirie nigu mateithie arimi a TIST niundu wa maria meguka. Amemba a TIST niamwe a thoko ya carbon. Ota thoko

iria ingi, aguri nimetagirira indo cikorwo iri njega. Watho umwe wa TIST niati nigu carbon yagirire tutiagirire gutema miti. Twagiriirwo kuiga miti iitu gwa kahinda gatanyihire miaka 30. Ithaka-ini nene kuria miti miingi ni ya mibau, atongoria nimarigirwo kana noiikare kahinda ka miaka 30. Miti ingitemwo mbere ya miaka 30 aguri matingihoka TIST ringi, na mutaratara uyu nougwe. Ithaka nyingi ingitemwo TIST thi yothe noguthira. Marihi kumana na miti noguthira na wira wa moko ma arimi urire thi.

Reke tucokerie atongoria a kwiheana ngato niundu wa wira wao mwega wa kwaraniria na ikundi nene. Reke twiheane kuri miti iitu gwa kahinda ka miaka 30 namakiria na o uria miti irakura nugu naithui tuguteithika.

TIST niiteithagiriria gukinyaniria UN Millenium Goals-na njira ino.

Mwaka-ini wa 2000, atongoria a thi yothe nimaiyukirie United Nations Declaration and Millenium Development Goals. Goals inyanya niciathondekiro, hamwe n kioneki gia kuruta nuthu ya muingi wa thi kuma uthini-in mbere ya mwaka wa 2015. Millenium Development Goals nicituikite muthingi wa ukuria thi yothe.

Goals ici nicio:

1. Kunina ukia na ng'aragu
2. Mundu wothe akorwo na githomo kia muthingi
3. Kugie na uigananu wa atumia na athuri.
4. Kuniyihia ikuu cia ciana
5. Kwagirithia ugima wa atumia
6. Kuhurana na HIV/AIDS, Malaria na mirimu igi
7. Kwagirithia maria maturigiciirie
8. Kugia na ngwataniro ya uthii wa nambere.

Mutaratara wa TIST niwamukirite goals ici na kuruta wira hamwe Tanzania July

1999. Thiini wa semina igiri, aria marikuo nimugire nimakunina ng'aragu na kuhanda miti iria yari miteme na kurora maundu megii ugima wa mwiri wa muingi, guthomithania na kwambiriria ikundi nini. Kuri December 1999, amemba a TIST magicamania na mutaratara ugiciarwo. TIST yamiriirie mbere ya Millenium Development Goals no nikumakania kwona uria itwaranite wega.

O uria TIST ikurite, niikite kuringana na mabata na mawoni ma ikundi nini. Riu niithagira nyingi cia goals iciomutaratara-ini.

TIST ikoragwo icagi-ini mabururi-ini 6 maria marekuria: Kenya, Tanzania, Uganda, India, Nicaragua na Honduras. Na niinyitite itemi hari gukinyaniria goals ici.

TIST niikoretwo kuo na njira nyingi na gucujia miturire ya andu aingi. Guku Kenya mutaratara uyu wambiriirio August 2004. Na gwa kahinda ka miaka 6 ikoretwo kuo, makiria ma ikundi nini 7,00 niciandikithitio. O gikundi gikorgwo na arimi



6-12 aria marutaga wira na kioneki kimwe.

Kioneki ninene kia TIST ni kuhanda miti, ikundi ikiamukagira marihi hari o muti uria urakura. Thengia ya uguo ikundi niamukagiara githomo kia bata kiraringana na mabata moa. Githomo giki nikia kuhanda miti, gutungata nursery na kumenyereremit na urimi, kugitira kumana na HIV/AIDS na Maralia na mirire miega na mariiko, kumenyerera kuria kwaraga muno na kwongerera uugi. Githomokionekaga thiini wa semina cia TIST kuhitukira athomithania micemano-ini ya o mweri iria yuikaine ta Cluster Training/meetings.

Kuhitukira maundu maya, mutaratara uyu niukinyaniirie MDGsna njira ici;

Goal 1: Kuingata ng'araguna ukia.

Gitumi kinene kia ngaragu ni kwaga mbura. Gutema miti nikurehagakwaga kwa mbura.ouriakundu kuingi kurathii na mbere kwaga miti noguo gukwaga mbura na irio ciage.

Kioneki kinene kiaTIST ni kuhanda miti. TISTniirarutawira na ikundi nini kuria amemba mathomithagio guthondeka nursery na gucagura mbegu na uhandi wa miti mwega. Gukinyiria riu, miti 5.4 milion nihanditwo ni arimi a TIST, na niya bata hari kurehe mbura na kumenyerera maria maturigiciirie. Nituheanaga marihi manini hari muti uria wahandwo na uguo guteithia arimi muno.

Thengia ya kuhanda miti. aTIST nimathomithagioKilimo Hai. Urimi uyu uria wathondekirwo ni UNFAO, niwongereire magetha ma mbembe na indo ingi namakiria ma maita mana kuma riria wambiriirio. Uunikuga ati amemba a TIST riu mari na irio ciakuigana na matiri na ng'aragu, maturaini mangi ta gicigo kia Meru, arimi nimendagia ciatigara.

Goal2:kugia na githomo kia muthingi.

Kuingiria ciana cukuru niundu wa mbere kuri TIST guku Kenya. Na thirikari irehete githomo kia muthingi gitari na marihi, hakuhi ciana ciothecia guthii cukuru nicingiritio . ningi, marihi ma miti nimateithagiriria kugura nguoo na kuriha cukuruna ciana cigathoma wega.amemba angi nimateithiriirie macukuru.

Goal 3: kugia na uigananu wa athuri an atumia na gwikira atumia hinya.

TISTniihinyagiriria muno utongoria wa guthiururukana na wa kwiheana, maundu meri ma TIST ni ati ikundi ikorwo na utongoria wa guthiururukana na wa kwiheana.

Kuhitukira maundu maya, atumia nimekagirwo hinya kuiyukia utongoria na kuiganana na athuri hari utongoria. Utongoria wao niwagirithagiothiini wa "buil-ups" na kuri gikundi. Atumia aria mari thiiniwa TIST nimaugite ati nimahotete gukorwo na utongoria mwega nginya matura-ini mao.

Goal 4: Kunyihia ikuu cia ciana.

TIST niiteithagiriria kunyihia ikuu cia ciana na njira nyingi: Kilimo Hai nikingagirira magetha na kwagirithia mirire. TIST niithomithagia uhuthiri wa neti cia rwagi niguo kugitira malaria, na riiko riega ritari na ndogo nyingi niguo kugitira atumia na ciana. Micemano-ii ya TIST nikuo atumia maragia uhoro wa janjo cia ciana utheru na maundu mangi megii ciana niguo cikure wega.

Goal 5:ugima mwega wa mwiri wa atumia aritu.

Ikuu nyingi ci ciana itari njiare ciumanaga na kwaga umenyereire mwega.atumia athini, aria matangiona mbeba cia maternity, maciaragira micii na kwa uguo kiikia ugwatini wao gukua kana mwana kana o eri.

TIST kuma marihi ma miti niikagira hinya ugima mwega wa mwirina kugia na insurance iria ingimateithiamwe na micii yao. TIST ikoretwo ikihinyiriria amemba makorwo na Insurance ya NHIF.

Goal 6: kuhurana na HIV/AIDS, Malaria na mirimu ingi miingi.

HIV/AIDS na Malaria ikoretwo iri thina munene kuri mabururi maria marakura. Thutha wa kumenya ati mirimu ino niihinyagiriria uthii wan a-nambere, TIST niikoragwoikirite HIV/AIDS hari mutaratara wao. Riria waingira niuthomithagio kwigitira kumana na mirimu ino.

Wa bata ni ati, thiini waMeru na Nyanyuki, Malaria nimathiite na-mbere



kwongerera guthira kwa barafu Mt. Kenya thutha wa guthuka kwa maria maturigiciirie. Makinya maria moetwo ni ikundi nini ciaTIST makuhanda miti million nyingi.

Goal 7: Kumenyenera maria maturigiciirie. Muigana wa greenhouse gases iria itumaga kugie na ugaruruku wa riera niuthiite nambere na kuingiha na niti igathii nambere na gutemwo na kwa uguo kurehe ng'aragu, na kwongerera Malaria na kwaga mbura iria irathukia urimi.

Maria maturigiciirie mega nimo muthingi wa TIST. Arimi nimamenyagirira mititu, kugitira tiiri na njui.

Arimi a TIST nimakoretwo makigitira maria maturigiciirie. Nimarutite wira na hinya kuhanda miti miingi. Ta uriatwamenyithio ni ati miti 5million nihanditwo ni arimi a TIST.

Goal 8: kugia na ngwataniro ya uthii wana-mbere.

Arimi a TIST nimakoretwo kuhitukira mutaratara uyu na biasharanjeru- biashara ya Carbon Credit. Ikundi nicikoretwo cikiamukira mbecha nyingi o mwaka mbere ya kuhanda miti ingi miingi. TIST Kenya niyenndiria carbon yayo iria thuthurie mwaka uyu. Niihingurite thoko ya ki-mabururi kuri anyiti itemi.

Atari a miti na athomithania nimathomithitio na nimahuthagira Palm computers na internet ohamwe na uria mangihurana na ugaruruku wa riera. Mohoro nimakoretwo magithii na njira njega gatagati ka andu a TIST guku Kenya na mabururi maria mangi ta USA, UK na East Africa na India.

Mitaratara ya gucenjania niikiriirwo hinya gicigo-ini kia East Africa. Makiria arimi a Kenya na Uganda nimaceranagira kaingi thiini wa semina niguo mathome makiria na kwa uguo kugia na uynitaniri hari uthii wa nambere.

Ni kahinda ga kurimira irio ciaku

.riu tondu mbura niyurite wagiriirwo guthamiria mimera yaku mugunda-ini na wakorwo ndwikite uguo wike naihenya ouriria kwahoteka. Mimera yaku yagiriirwo kuhandwo riu niguo ikure na hinya kahinda gaka ka mbura itanakorererwo ni riuu.

Undu uria wa bata riu ni kurimira mimera. Theria haria miti yaku iri ouria kwahoteka. Kurimira ni kwa bata niundu wa itumi ici:-

1. Mimera yaku niirabaara maai, tiiri na utheri niguo ikure wega. Gwakorwo kuri na riia mugunda-ini nirigucindanira unoru na mimera.
2. Mugunda waku waga kurimirwo noguo gukugia na tutambi turia tungithukangia mimera. O uria riia riri inini noguo

gukuaga nyoka na tutambi.

Maya ni mamwe ma mawega makurimira:

- ✓ Miti niigukura n-ihenya
- ✓ Miti niigukura iri na hinya
- ✓ Miti niikugia na utheri wakuigana
- ✓ Miti ndiri na mogwati ma kunyitwo ni mirimu
- ✓ Miti nimigitire kumana na mwaki
- ✓ Migunda mitheru yonanagia gikundi nigikite kuringana na mawatho ma TIST.
- ✓ Migunda mitheru nihotithagia Atari gutara miti wega na na-ihenya.

Ririkana kugitira mimera ndikario nni mahiu. Irigira mugunda waku. Kungiaga mbura itiriria miti yaku maai.



Mirire miega kuri aruaru.

Micii-ini iitu kuria tukoragwo na aruaru, umenyereri niwa bata. Mirimu ta Diabetes, Cancer, HIV/AIDS, Tuberculosis(TB) nimirimu ya kahinda kanene.

Aruaru aria marwarite mirimu ino magiriirwo kuria wega, marie irio njega cia kumahe hinya. Mirire miega nita kuria;

1. Irio iria iheaga mwiri hinya

- Ngima
- Muchere
- Ngwaci kana waru
- Maguta mahutiritwo

2. Irio cia gwaka mwiri

- Nyama
- Thamaki
- Matumbi
- Iria
- Mboco

3. Vitamins

Vitamin A niiteithagiriria andu aria

makoragwo marwarite HIV/AIDS. Vitamins nyingi niconekaga kuma kuri.

- Mboga
- Matunda
- Marigu

4. Arwaru nimagiriirwo kunyua maai makuigana. Maai makunyua magiriirwo gutherukio na kuigwo mahore gwa kahinda ka 10min handu hakunike. Maai nimega kuri o mundu wothe no makiria kuri aria arwaru

Angikorwo mundu niaraharwo nouhote gucokia maai maria arate, ikira iciko6 cia cukari na nuthu giciko gia cumbi thiini wa 1ltr ya maai. Ikira matunda nigua magie na mucamo na uririkane mawatho ma utheru. Angikorwo urahariria irio cia muruaru, thambia moko wega hamwe na irio na indo cia kurira.

Maguna Small Group: Nituretiira gukorwo turi a TIST.

Mwandiki Joseph Thitai.

Kuingira TIST mwakaini wa 2005 nigututeithitie kugia na mieke miingi. Ningi maundumaria tuteithikaga namo ma githomo na gwaka riiko nicitumite honge ingi citwende niundu wa mutaratara mwega. Tutingikinyaniirie maundu maya tutangiri na TIST na atongoria aao. Ruhonge ta NALEP nirututeithiriirie napolytubes, na uhandi witu wa miti migunda-ini ya muingi

niututeithitie muno na tukahandamithemba miingi ya miti.

Ngiya hau nituhandite miti 2000 ya mithemba ngurani miingi iri ya ki-nduire ta mitero, ningi turi na Neem, Mikinduri, Makorobia, Mibera, Gravellia na ingi miingi.

Gikundi giitu gikoragwo na amemba 8. Namba iitu ya TIST ni 2006KE56.



Friends United Small Group: Ugaruruku munene.

Mwandiki Susan Kinanu

Gwa kahinda kanene tukoretwo kundu kwaraga na tweciragia mathinamaitu nomaninirwo ni thirikari na tutieciragia notwininire.

Na riria TIST yokire nitwonire kahinda ka mathina maitu guthira nigakinya, twetagirira miradi minene na yagoro iri na matunda no tutiamenyaga.

Nitwamenyithirio thiini wa TIST niithui tukwirutira wira na tugithomithio turi ikundi cia andu 6-12.

Nitwathondekire gikundi kinini kia Friends United. Twambiriirie turi 7 na tugieterera mbeca kuma TIST no ttwari arige.

Nitwathomithirio guthondeka tuta hamwe na kuhanda mbegu. Nitwambiriirie tuta ya miti na tugieterera TIST yuke igure miti no oro na haha twari arige.

Nitwathomithirio uria tukuhanda miti migunda-ini iitu na gwa kahinda kanini migunda ikiihura miti.

Nitwambiriirie kwona umithio. Maembe na macungwa maitu nimaciarite na miti igatarwo na riiu twetereire marihi kuma TIST.

Twacokire tugiciria kai tutangigeria Kilimo Hai. Nitwacemanirie ta gikundi na tukiiguithaniria tugerie urimi uyu. Susan niahariirie marima ma CF 1015 nake Regina akihariria marima 100, Janet marima 50 na Robert marima 988. Magetha maitu nimongererekirena riu mundu wothe arenda kurima urimiuyu.

Nitunyitaniire na ikundi ingi thiini wa cluster ya Matakiri kuhanda miti kuria kumu na nitutanyite kuhanda ingi miingi kimera kia mbura.

Turi hamwe na ikundi ingi nini nitwambiriirie Village Credit association. Association ino niituteithagia gukomba na kwagirithia miturire iitu.

Nituthiite na mbere guthondeka mariiko matarahuthira hinya muingi naguteithiriria hari kwaga gutema miti.

Tunyitithanitio ni roho wa kuruta wia na gukorwo hamwe, nitwonete ugaruruku munene.

Muti wa TIST wa mweri wa June: Waterberry

English name: Waterberry

Scientific Name: *Syzygium guineense*

Kikuyu Name: Mukoe

Kimeru: Muriru

Kispigis:

Kikamba:

Miti ino yonekaga lowland rain forest na irima-ini ikuraga kundu kugunyu na maita maingi maai-ini na niuteithagiriria kugitira tiiri.

Mbegu ciaguo citibataraga guthondekwo

tondu nicimeraga wega na gicunji kia 80-90% na cimeraga thutha wa 20-50 days. Kuhanda mugunda-ini utaguita tuta-ini nikwega na muti uyu, matunda maguo nimathukaga na-ihenya magua, no utue matunda na kuinainia na uhande orio. Ndwagiriirwo nikumithia mbegu. Muti uyu uhuthagirwo na matunda kuguciriria njuki, mbau, ngu, kiruru, dawa(nimega kuri mundu uraharwo) indo ingi nicikoragwo na ugwati wa gutumira kwoguo nouriririe uria wagiriirwo kuuhuthira.



TIST

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TIST gukunguira wira mwega turutite na gukurwo na mieke mieru!

Today, we celebrate a big achievement for TIST farmers and servant leaders, and an exciting new opportunity.

Umuthi, TIST niturakunguira uhotani munene uria wonekanite kumanagia na wira uria ukiritwo ni arimi a TIST hamwe na atungati a wira ucio.

TIST niyo ya mbere gukinyaniria ikiro ci VCS na CCBA.

Program ya TIST Kenya thutha wa guthuthuririo wira kuringana na ikiro cia VCS (Verified Carbon Standard) hamwe na CCB (Climate, Community & Biodiversity Standards), niyatuikirie ya kuhotana hari ikiro icio na ikeheo uhotani wa ikiro icio.

TIST niyo ya mbere hari uhotani wa ikiro icio ciere thiini wa thi.

Hamwe na uguo, kuri mweri ithathutu mweru uyu (6/6/2011), TIST nigakorwo igikira kiore ngirimiti ya uiguano wa kurutithania wira na ruhonge rwa mititu (Kenya Forest Service - KFS)

Uhotani uyu hari ikiro cia CCBA na VCS ni wabata muno hari TIST niundu wa itumi ici;

1. Andu angi nimagurwo mena wihekeku hari wira wa arimi a TIST hamwe na aruti a wira thiinie wa program. Makiria ya uguo, gukorwo na wehokeku ati miti iria ihanditwo ni arimi nikoretwo ikigaciiria riera, ikigachiria mitirire ya andu hamwe nakugaciiria mimera mithemba mingi hamwe na nyamu na tutambi twa bata.
2. Ningi nikuonania tia kwa wihokeku hari guthingatia TIST Values hari uruti wa wira thiini wa tukindi tunini na clusters, nitukoretwo nigikorwo tuheana uhoro mukinyaniru wigii wira witu ta utari wa miti. Koguo nikuga atia, turi andu ehokeku noguo aria matuguragira riera magukurwo na mwihoko na ithui na magatugurira riera riria rithambitio ni miti itu.
3. Ikiro icio nigutohotia kuendia riera na koguo nituguthie na mbere kuamukira mbea cia marihi ma miti o hamwe na kugaciria mradi

Charlie Williams, ari we munini wa mugathe wa kambuni ya Clean Air Action Corporation (CAAC), iria iriyo imwe ya iria yambiririe TIST, ekuga uu;

"Hari kugachiria mari muturigichirie, wehokeku, uuma na utheri ni maundu mabat yari kuona maumithio. Itanya ria TIST ni kugachiria arimi anini nigetha makorwo onao makionjorithia thiinie wa thoka wa thii yothe na hamwe na uguo makorwo na mieke ya gutua meciria mega ma meciria. Uhotani uyu uratuhe umiriru ati TIST nioketwo ikigachiria riera riega, ugima mwega wa migunda (biodiversity) kuuri arimi makiria ya ngiri mirongo itandatu (60,000 farmers) aria makoretwo mahandite makiria ya miiti mirioni ikumi (10 million trees) gwa kahinda ka miaka ikumi."

Utari mwega wa miiti ni Quantifiers ni wagaciriririe hari uhotani wa ikiro icio. Nigetha TIST ithuthurio, gikirwo ya gukorwo na uteri wa miti no nginya tungiahitukire. Kambuni

iria yeke uthuthuria ucio iri yo Environmental Services, Inc, (ESI) niyatumire timu ya athuthiria ayo guku Kenya na magicerera migunda ya arimi kuona kana miti niyataritwo uria kwagiririire. Shawn McMahon uria watongoretie timu iyo ya ESI niakenirio muno ni kiyoye kiamurmi na wira wa TIST hari kiuga ripoti ya miti.

“Nituonire wira mwega uria TIST ikoretwo ikiruta ahari gutheria riera, kugaciiria miturire ya andu,. Aruti a wira othe a TIST mena umenyo mwega na uriti wa wira na nitwakenire kurutithania wira nao. Aruti a wira a TIST makoretwo na wnei munene ya uriti wa wira ya kugachiria muturiri ya ansu a Kenya hari kuhurana na ugaruruku wa riera. Kambuni itu ya ESI niikenetio ni gukorwo niyo yekire uthuthurio ucio”.

Director wa CCBA ari wee Dr. Joanna Durbin, ekuga ati gukorwo TIST ikirite ikirwo nditu cia CCB ni kuonania ati TIST niohotaniire ya wira mwega. Nima ati TIST niyo ya mbere thiinii wa thi gukorwo ikinyithanitie ikorwo icio ciera ca CBBA na VCS. Mutumia ucio ejuga uu;

“ Nitukenetio ni TIST nikuhitukia ikirwo ciitu cia CCBA. Ningi nituketio ni ati TIST niikiriti ikoro igatuika iri na umithio mumene kuri andu hmawe na maria muturigiciirie.”

Andu aria maguraga riera nimenda kuona ati mradi ta TIST niukoretwo uhitukite ikoro cia CCB (Validation and Verification)

TIST niikoretwo ikiamukira uteithio kuuma United States Agency for International Development (USAID). Kumanagia na uteithio ucio, arimi nimakoretwo makihurana na guchengia kwa riera muno uriaurehanaguo ni urimi muuru na gutema miti. TIST gukorwo ikirutithania wira na arimi ngiri mirongo itandandu (60,000) arimi nimakoretwo mari kihonia kia mbara ya ugaruruku wa riera.

Mutumia ti Erna Kerst, ari wee USAID Kenya Mission Director, ena umiriru ati mradi wa TIST niuraruta wira mwega. Ekuga uu;

“ TIST ikoretwo ena mibano miega kuuma o kiambiriria. Ndigegetio ni gutukia ati TIST niyo ya mbere thiini wa Thi tondu TIST niikoretwo ehotaniire hari wira mwega juuri arimi, hari maria muturigiciirie, na techonogia njega. Nitukenetio nigukorwo tukirutithania wira na TIST”

Uhotani uyu ni wa bata muno wa gukunguirwo. Nitukwendo tuthii na mbere na kugaciiria Clusters, kuhanda miti makiria nigetha tuthii na mbere na kuhurana na mbara ya ugaruruku wa riera.

Ben Henneke, ari wee mambiriria wa TIST na mugathe (President)wa kambuni ya CAAC ekuuga uu;

“Uhotani uyu ni kuri arimi a TIST aria makoretwo makiruta wira munene wa kungua mbegu, guthondeka ciitiro, kuhanda miti na kumitungata hindi coithe - hundi ya riuu, ya mbura ya kiguo, hindi ya gutharikirwo ni mburi na ngombe, na njogu kuma mititu. Arimi makoretwo mari andu a kionenereria kiega. Nimakenitio ni umithio wa miiti uturo-ini wao na hamwe na kugaciiria maria muturigiciirie thii yothe.”

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kikamba Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Members of Green Environs TIST Small Group receiving their tree payments at Kairuni Cluster on 16/05/2011.

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Muti wa kutania mwei uu wa thanthatu: Waterberry tree. Page 6

Controlling Mosquitoes

During wet seasons, malaria infections become common. Mosquitoes, which are responsible for the spread of malaria pathogens, breed fast. It is important to look after your homes to reduce the presence of mosquitoes. These steps can help:

- Clear your compound of any unwanted bushes or grasses.
- Drain away any stagnant water near your compound. Stagnant water provides breeding ground for mosquitoes
- Clear away any leftover food over-night.
- Keep rubbish outside the house in a covered container or rubbish pit.
- Sweep your house and compound daily.
- Remember to use mosquito nets when possible.



Nguthu nini miongo nthathatu (65) clusters nimanakwalie ndivi ya miti yoo mweini wa kana na katano (April & May). Atongoi ma ikuki kumalilikania kusuvia miti vandu va myaka miongo itatu (30 years)

Kwiyiunga na clusters nikutumaa ikundi ikomana, ikasoma vamwe na kukwata uvoo wa uvandi wa miti na ndivi. Mbee wa ikundi nini maana kwenda na miongo itatu (930) sya TIST nthini wa clusters miongo itano na kimwe (51) nimakwatite ndivi ya miti mweini wa kana na wa katano, na angi aingi nimekuivy nthini wa clusters ingi ikumi na inya ivinda ya kusoma uvoo uu. Ndivi syonthe syekiwe nthini wa clusters. Ndivi nikuendeeza oundu clusters meyumbanite. Aungamii ma clusters na ndongoi sya ikundi nini nimekuendeeza kumanyithya undu ndivi syikawa ovamwe na kuiva ivinda yila kwina mbumbano sya cluster. Ivinda ya ndivi ikundi ila syina miti mingi, muno muno miti ila ivandawa kwa ivinda inini nimanakulilye makulyo ni aungamiima TIST. Makulyo aa menai nundu wa kwailya aimi ma TIST kwa ivinda yiasa. Aimi ma TIST niamwe ma soko ino ya makaa oundu kuilyi sokoni ila ingi, muthooi niwendaa kindu kila kiseo. Undu

umwe wa soko ino ya makaa ni kana tuitonya kutemanga miti yonthe. Nitwaile kua miti vandu va mwaka miongo itatu (30 years) kwaina, ithuku sya masanduku woka na ndongoi sya TIST ni syonie kana nitwaile kusuvia miti vandu va mwaka miongo itatu (30 years). Kethya miti ya TIST ikatemwa itavikitye myaka miongo itatu, athooa maikethiwa na muikiio naitu ma TIST, muvango witu ukavaluka. Kilungu kinene kya miti kyaemwa, muvango wa TIST nthi yonthe ukavikia kuvaluka. Mbesa sya uthoosya wa makaa ikethya itoneka na aimi maikaivika. Mbesa sya kutetheesya muvango itokoneka ingi.

Eka tutungie atongoi maitu kwa kuvandisya na kutavya ikundi yiulu wa muvango uu. Ithyonthe nitwiyumwe kusia miti vandu va mwaka miongo itatu (30 years). Oundu tuendee na kwiana, nowo twikwata lato munene myaka yukite.

TIST nikutethesya kukwata mbau wendi wa UN Millenium Development Goals - uu niwo:

Kwi mwaka wa ngili ili (2000), ndongoi sya nthi nisyambiie muvango wa mavalyuku mana. (United Nations Millenium Declaration and Development Goals). Maundunyanya nimawetiwe. Vamwe na kumwa andu onthe na nthi ukyani tuivika mwaka wa ngili ili na ikumi na itano (2015) muvango usu niwithiitwe wi na mbee kwa nthi yonthe kwa maendeeo.

Maundu ala mekuendeka nimo aa:

Undu wa mbee: Kumina ukya na nzaa.

Undu wa keli: Kumanya kusoma na kuandika

Undu wa katatu: Kumina kivathukanyo kya aume na aka vamwe na kuthuthya iveti.

Undu wa kana: Kimina ikwo sya syana nini.

Undu wa katano: Kwailya uimi wa a-mwaitu.

Undu wa thathatu: Kukia uwau wa muthlo, ndetema na mowau angi

Undu wa muonza: Kwailya mothululuko

Undu wa nyanya: Kuseuvya ngwatanio ya maendeeo.

Muvango uu wa TIST wambililye ni andu makwatanie vamwe kuya nthi ya Tanzania kwi mwaka wa miongo kenda na kenda mwei wa muonza. (July 1990). Syikaloni syoo ili nimavangie mivango yoo na matwa kukita nzaa, kuvanda miti kula kutai miti nundu wa kutemangwo na uima wa mwii anduni, kusomethya na kwambiia ikundi nini.

Kwi mwei wa ikumi na ili (December)



kikundi kya mbee nikyambiiwe na mivango ya TIST. TIST niyambiiwe mbee wa kutana kwona kana mawoni ma ndongoi (189) isu sya nthi yanthe nosyo syoo.

TIST niyianite na kutetheesya mamemba ma ikundi nini. Nimaendee nithukumaa na ikundi sya nza katika nthi thaathatu ila ni Kenya, Tanzania, Uganda, India, Nicaragua, Hunduras. Nitatite kutukuma kuanisya maundu ala ma wetete vaa iulu.

Maundu ala TIST yikaa nimasenzetye nikalile ya andu, vaa Kenya TIST yambiie mwaka wa ngili ili na inya (2204). Kuma ivinda yiu ikundi ngili muonza (7,000) nimeyiandikithitye. Kila kikundi kithyaa na mamemba thanthatu nginya ikumi na eli (6-12) ovamwe na iveti makithukuma vamwe kwailya mivango yoo.

Undu ula munene mekaa ni uvandi wa miti, ikundi nisyinengawa ndivi kwa kila muti muvande wi thayu. Ikundi nivundiawa maundu ma mikalile. Aa nivamwe na uvandi wa miti, kuseuvya ivuio na kiwsuvia, kwisuvia uwau wa muthelo, nderemomiile, maiko ma usuuvia ng'u vamwe na kwiyaka moene. Kuvundiwa kwikawa kwisila mbumbano sya kila mwei ila syitawa clusters kwisila muvango uu nituvikia kwianisya wendi witu kwa:

Undu wa mbee: Kumina ukya na nzaa.

Mungao ula niwo uetae nzaa niwithiawa nundu wa mangalata. Kutemanga miti nikutwikithasya vandu ingalata. Oundu miti yiendeewe na kusemwa nowo munyao ukwithiwa na nzaa iyingive. Undu wa mbee wa TIST ni uvandi wa miti. Ikundi nini nivundiawa undu wa kuvuia, kuvanda na kusuvia miti mbeu wa miti milioni itano katono 4 (5.4m) nivanditwe ni aimi ma TIST Kenya na kila umwe wawoniwa vata kusiiia munyao na valyuko wa nzeve. Muvango uu niwuivaa aimi aa kwa kila muti muvande na ukasuviwa. Aimi nimatethekaa na ndivi ino kuendeesya na kuseuvya mathayu moo.

Ti uvandi wa miti yoka, aimi ma TIST nimavundiawa uimi wa maliu ala angi uvandisya uu ni wa muvea wa UNFAO. Uimi wa mbemba

na maliu angi niwongelekete kundu kuna kima aimi mambiiia kuatia nzia ithi. Uu ni wonaniyo kana aimi na TIST mena liu umeanie vamwe na andu moo na maii mvisyoni wa kukwatya ni nzaa. Kundu kungi ta Meru aimi nimekuta liu na kukwata mbesa sya mavata moo.

Undu wa keli: Kumanya kusoma na kuandika.

Kwiyandikithya sukuru nikwithitwe kwi kwailu. TIST Kenya kwisila kwa aimi nimateithetye muvango uu wa kusoma kwa ndivi ya s/fees. Ngua sya syana, liu museo. Aimi angi nimakwatite mbeu kisomo kya Primary isioni syoo na mbesa ila maivawa kumana na uvandi wa miti.

Undu wa katatu: Kumina kivathukanio kya aume na aka ovamwe na kuthuthya iveti. Muvango wa TIST niwosaa ta undu wa vata kwithya na ndongoi sya aka na aume ikundini syoo. Aka aingi nimavikiie kwithya me utongoini kuma nduani kuvikia maundu manene ma nthi.

Undu wa kana: Kumina ikwu sya syana nini.

TIST nisiia ikuu sya syana nini kwa nzia mbingi. Uimi wa maliu m kivathukanyo nikutasya miil. TIST nisomthasya utumii wa neti sya kusiiia umuu na kwauu kusiiia ndetema. Maiko me kumwe syuki nza wa vala vekuuiwa nimatethasya kuveva nzeve nzaa kwa syana na amwaitu. TIST cluster nitavasya aimi vala syana ituonya kutonyewa masingano ala mendekaa na kwa nzia isu syana iyiana syi na vanja.

Undu wa katano: Kwailya uima wa a-mwaitu.

A-mwaitu aingi makusaa nikusaa nikwaa uiiti. Aka ala matatonya kuiva ndivi ya sivitali nimasyaiaa musyi na maikwataa viiti yila aito methya na maithina ivinda ya kutetheka (kusyaa) nimavikiaa na kutiwa ni thayu.

TIST kwisila ndivi ila maivaa aimi nimamathuthasya kwiyandikithya na muvea wa viiti (HIIF) kana umaunganie vamwe na andu moo.

Undu wa thanthatu: Kukita uwau wa muthelo na mowavangi uwau wa muthelo niwithiitwe wi muisyo munene nthi mbingi.



Nundu uu ukwataa andu onthe muvea wa TIST niwithiitwe ukivundisya iulu wa mwau aa mivangoni yoo. Ikundi syamina kwiandikithya nivikia kuvandiwa iulu wa mowau aa. Undu umwe ni kana kuya Meru na Nanyuki ndetema niyithitwe yi mbingi kumana na syiwi ila sumite kiimani kya Kenya (Mt. Kenya). Uu nundu wa walyuku wa nzeve. Uvandi wa miti kwisila ikundi nini niwikwatya kumina thina usu.

Undu wa muonza: Kwailya mothululuko.

Nzeve ila yumaa katika nyumba sya kuvana syindu (greenhouse) nitalitwe ta imewe yanangaa mothululuko. Mavolesiti ma miti ila me vakuvi nimaendea na kwanangika. Undu uu nutumite mangalata methiwa vamwe na valyuku wa nzeve. Muvango wa TIST kwisila vala ve aimi ni kusuvia miti, muthenya na mbusi aimi ma TIST nimethiitwe makivanda miti mbee wa milioni itano Kenya yi yoka kwisila ikundi nini. Muvango uu nutumite andu

aini menda kwithya na TIST kwoo.

Undu wa nyanya: Kuseuvya ngwatanio ya maendeeo.

Aimi ma TIST nimamanyite kwisila muvango uu nzia sya utandikithya 50 kg wa carbon. Ikundi nini nisyikuiva kila mwaka nundu wa miti ila mavandite. TIST Kenya nimanatee carbon ya mbee mwaka uu. Undu uu niunavinguie soko wa nza na uneenanya waandu wa TIST.

Alimu ma TIST nimavunditye nzia sya kutumia computa nikana mokite ualuku wa nzeve. Uneenanya niwithiitwe wi mwailu katika andu ma TIST vamwe na ala angi we USA, UK, EA na India yiulu wa maundu makuendeesy muvango uu.

Andu ma Kenya o vamwe na ma Uganda nimathokania nikana masome kuma kwa ala angi undu matonya kwailya muvango uu wa TIST.

Ivinda ya kuimia miti na mimea.

Yu nikwithya mbua niyambiie, waile nikwithya yu uvandite miti ukareta kivuioni. Ethiwe ndikite uu, ika uu mituki undu vatonyeka. Miti yailitwe ni kuvandye nikana yiane yina vinya ivinda yii ya mbua na kumiisya syua.

Undu wa vata mwei uu nikuimia. Ikalya vala uvandite vate yiia kuimia ni kwa vata nundu wa itumi ii:-

1. Miti na liu ula uvandite nukwenda kiwu, muthanga wina mbolea na kyeni nikana siane. Ethya ve yiia yisindana na syindu isu uvandite yiia yitumia kiwu muthenya usu ni mbolea. Liu na miti yaku nikuuikia kwitha ile nzeo na noitonye kuma.
2. Ethya nduimite, tusamu tuinini nitukuuikia kulika na kuwaa liu na miti ila uvandite vate yiia, ausamu tunini ona nzoke itonya kwileala vo.

Vaa ve vaita ula ukwataa waima:-

- Miti niyianaa na mituki nundu ndikuiwa ni yiia
- Miti nikukweta vinya na kwiana mituki.
- Miti nikukwata kyeni kianie
- Miti niuwaa
- Miti nisiwe muisyo wa kuva ni mwaki
- Itheke ntheu sya ikundi nini nisyonanasya ngele kanyo nzeo ya wia ula TIST itethasya. Uu ukatuma andu aingi menda kuka na kwona wia wenyu.
- Itheke (miunda) yeethya yi nitheu withiawa kwi laisi kutala miti ila yivo.

Lilikana kusii mbui ikay ila uvandite kwa kwiaa na waya kana mathanzo ma miwa. Ethiwa kuii mbua, ngithya miti yaku.



Miile miseo kwa ivinda yiaso kwa awau.

Misyi mbingi endwa maitu niawau. Kumasuvia ni undu wa vata. Mauwau ta sukali, cancer, muthelo, kithui kinene ni mowau matavoa mituki. Awau aa nimailye ni kuya nesa nikane methiwe na vinya kukita mowau asu ovamwe na angi. Liu museo ni uta:

1. - Wikia vinya mwiini. Maliu aa ni vamwe na ngima, kiteke kya mwee, muvya, uimbi na manga.
 - Musele
 - Makwasi

Lilikana kana mauta mate maingi nimanengae mwii vinya na kwongela musamo liuni.

2. Wikiaa mwii ulumu.
 - Nyama (sya ng'ombe, nguku, mbui, ilondu, marata, tusyili)
 - Makuyu
 - Matumbi
 - Yiaa
 - Mboso, nzuu, poyo, mbiinzi
 - Njuku
3. Wikiaa vitamini.
 - Vitamini ino ni ya vata kwa awau ma muthelo nikwatikanaa.
 - Mbokani (matu ma nzuu, matu ma manga)
 - Masungwa.
 - Maiu meli
 - Matunda (masungwa, mavavai, maembe, maiu meu, mavela)

Kunwa.

- Awau nimaile kunwa kiwu kingi theukya kiwu kyakunwa eka kivoa na uikikia vandu vatheu. Kiwu kya kumwa nikyaile kwa kila mundu indi muwau wa mowau aa mekalaa mateuoa na mituki niwaile kunwa kiwu kwa wingi.
- Ethwa muawau nukwitua musuvisy kiwu kwa kwikia isiko thanthatu nini sugali na nusu ya kisiko kiu kya mungu wa lita umwe wa kiluu kyanunwa ongela kiwu kya matunda kusevya musamo. Nthamba moko maku utanamba kusevisya muwau wako liu. Tumia miio nthenu.

Kwisuvia umuu.

Ivinda ya mbua niwo kwithiawa na uwau wa ndetema umuu ula niwo uetae ndetea usyanaa mituki.

Seuvia mawithululuko maku kwa:

- Tema ithuku ila itevata musyini kwaku.
- Temea kiku kila kitindiite kithi nundu nivo umuu usyanaa.
- Vatanga matialyo ma liu.
- Inzia mavuti yiima kana vata ukunikie
- Tuta musyi waku kila muthenya.
- Tumia neti ya umuu vatonyeka

Kikundi kinini kya muguna. Twi atanu kwithya twi nthini wa TIST.

Na Joseph Thitai

Kulika kwitu TIST mwaka wa ngili ili na itano (2005) nikutethetye mumanya maundu maingi. Utee wa kuvundiwa uvandi wa miti na maiko ala matumiaa mwaki nesa, mivea ingi nitonetye maundu angi nundu wa ithyi kwithye twivamwe ta kikundi kila kitumite tuvike vala ui ni kumana na kuvundiwa ni TST yiulu wa kwiyumwa utongoini kikundini kitu. Kwisila uvea wa ngwataniowo NALEP nimatunengete polytubes, na uvandi witu wa miti itehkani sya selikali niwailite.

Nituvandite mithemba mbingi ya miti miundani yitu.

Mbikia vau nituvandite miti ngili ili (2000) yi kivathukania vamwe na ya kithio yitawa mtero. Nituvandite Neem, misanduku, avocados, mavela, gravellia na ingi mbingi.

Kikundi kitu ni kya andu nyanya (8 No.) no yitu ya TIST ni 2006K56. Thima male cluster.



Kikundi kini kya Friends United. Ualyuku munene.

Na Susan Kinanu

Kwa ivinda yiase tutwie nthi nyumu ya Ntharaka District, twesilasya mathina maitu makaminwa ni silikali kana mivea ingi nene. Tuyaisilya kana ithyi ene no tumine thina witu. Yila muvea wa TIST wavikie kisioni kitu, nitwatanie nundu nitwesi kana nthi witu nukuthela. Thesilasya kana maundu manene nimekwikwa nikana uye matunda ma maundu asu. Ndwai wo.

Nitwataviwe kana twi TIST nomuvaka tuthukume ithyi ene.

Nitwavundiiwe kuseuvya ikundi nini sya andu katikati wa ithanthatu na ikumi na eli (6-12) nitwambiie kikundi kya Friends United TIST. Twai andu muonza (7 No.) niwelelile mbesa tunekwe ni TIST. Ingi tuyakwata.

Nitwavundiisye kuseuvya ivuio na undu wa kwisuvia. Nitwambilie na twetela TIST moke mave miti ya kuvanda, ingi mayauka. Indi nitwavundiwe undu wa kuvanda miti miundani yitu. Miunda yitu niyekalite nesa muno nundu miti niyeanie. Nitwambie kuya matunda ma

wia witu miembe yitu niyambiire kusyaa. Miti yitu nitalitwe na omituki nitukuivya ni TIST.

Nitwekaiile nthi, na twoona niuseo kuima undu TIST ituvunditye uimi wa Conservation. Suana niwaseuvisye maima 10.5CF, Regina maina 100, Janet maima 50, Robert maima 988. Ithuonthe nitwakwatie ngetha nzeo. Yu kila mundu nukwenda kuima uimi uu wa CF

Ingi nitwakwatanie na kikundi kinini kya Matakiri cluster kuvanda miti ya kithio. Nitukwikwatya kuvanda miti ingi mbingi ivinda yii ya mbua.

Vamwe na ikundi ingi nitwambiie murango wa kuia na kukovethania mbesa. Muvango uu nututethetye muno.

Nitwambiie kwaka na kutumia maiko ala masuviaa mwaki. Uu wituteithesya nundu tuikatema miti ya ngu kila ivinda. Kwisila ngwatanio ino yitu nitwendee kumanya faita wa ngwatanio.

Muti wa kutania mwei uu wa thanthatu: Waterberry tree.

English name: Waterberry

Scientific name: *Syzygium guineense*

Kikuyu name: Mukoe

Kimeru name: Muriru

Muti uu uvandawa kundu kula kuthithu na syimani. Umeaa syandani, ingi ona kiwuni, kuu mbusini nusiaa kukuwa kwa muthanga ni kiwu.

Mbeu sya wo ni meaa nesa. Syavuiwa iminaa matuku miongo ili kana itano. Noitemewe iteuvuiwa. Matunda mawo nimetikaa nthi. No

uthingithye muti ukaumwa matunda. Umwe mbeu vu kwa vu nundu syekala na syomaa nisanangikaa. Nitutonya kusuvia mbeu kwa kusii mikeneni na kuia nyumba nthini.

Niutumikaa ta liu (matunda), ngu, ndawa (matunda mawo nimaitaa kwituaa, makonde mawo matumikaa ona kuiita kwituaa nthakame). Manya kana makonde ma muti uu nimokaa kwa uu, kulya andu ala mesi yiulu wowo undu utumiawa utanamba kuutumia ta dawa.



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kitania TIST Kenya kwa wira ula tuteuasya na maundu meu!

Umunthi, nitutania maundu manene ala aimi ma TIST na aungamii moo mekite, na maundu angi meu maseo.

VCS na CCBA ni ndikiiku na sya uwo – Tist niyo ya mbee nthi yonthe.

TIST niyithiitwe yi mbikiiku na wo kwa wia ula itethasya nthi ya Kenya kusia VCS (kwithiwa na kithimo kila kianie kya nzele) na ingi kwa CCB (Nzeve, andu, itheka na indo ila syi mothululuko) – Maundu aa eli nimo me mbee kuikiithya kusia nzeve ila nthuku kwisila nzia isu. TIST nokyo kikundi nthi yonthe kwithya ki kiikiiku. Oingi, kwi matuku 6 mwei wa thathatu,, TIST mena muvango wa kwikia sai kwiwana na muvea wa mititu (KFS) nikana nguthu nini sya TIST ivande miti ya kithio volestini ila mbandikithye ni silikali na syandani.

Kuikiithya kwa muvango uu ni kwaile nundu wa itumi mbingi.

1. Andu angi nimonete useo wa uvandi wa miti ila aimi na TIST mauandaa na wia ula ndongoi syoo itethasya na kwa uu makamakwata mbeu nundu wia usu uuniko kwa nzeve, andu o vamwe na itheka na indo.
2. Kwisila uikiiku wiani ula TIST itethasya nguthuni nini vamwe na clusters, nitukwataa uvoo muikiiku. Uvoo uu nutumaa ala mathoaa Carbon matuikiia kwa uu nitutesaa Carbon sokoni yoyo.
3. Ni ivinda yitu mbee kuthoosya makaa kuma mitini ila tuvandite nitutethekete na mbesa kuma uthoosyani usu na kwa uu TIST nayiendee na wiana na kumesya vinya.

Muvea wa nzeve nzeo ula witawa (Clean Air Action Corporation - CAAC) ula ni umwe wambiliilye TIST, mungamii wowo monini wa musumbi witawa Charlie Williams aisye atii:-

“Kualuia mothululuko nikwendaa kwiyumwa nikana maseuve.

Kielelo kya TIST kyai kwikia aimi anini vinya na kumamenga umanyi nikana mavikiie kuvanda na kutasyindu sokoni ya nthi yonike na kumathusya kusakua kwikala mothululuko ala maseo. Yu twina uwo kana TIST niyithiitwe yi na lato kwa kualyula nzeve iketha yi nzeo kwa andu, indo ona mimea vamwe na wa aimi ngili mongo thanthatu (60,000) ala mavandite miti mbee wa milioni ikumi kwisila muvango uu”.

Uvoo muikiiku wa wia ula TIST itethasya kuma kundu na kundu nitetheesye muno, uvoo wa uthukumi niwikitwe ukunikili ni muvea wa ukunikili wa nzeve (Environmental Services, Inc, (ESI) na umwe woo Shawn McMahon nunaisye kana muvango wa TIST ni wianite kwisila ngwatania ya aimi na maundu ala mekaa.

Nitunakusiie undu munene TIST inee kie kwisila kusii mothuluko vamwe na kumweta mboa andu yila manavivasya makaa. Anene ma TIST na athukumi moo nimanonanisye utuika woo, na nimakwenda muno kwailya mikalile ya andu wa Kenya kwisila ualuku wa nzeve nthi yonthe. Esi nimeutana nundu wa wia museo mivangoni ino kumanya kana mvango uu nuvikiie kwianisya miao ya CCB nikwonania uikiiku ula unengetwe TIST.

Nzeve andu na indo ovamwe na mawithululuko nimo kitina sya mvango uu. Ndeto sya Dr. Joanna Durbin, munene wa CCBA, kikundi kiyiungamitye kusisya uthukumi wa TIST nunaisye kana TIST nivikiie kwianisya maundu (miao) ila maile kwa uikiiku na uwo. Nunaisye uu undu wa mvango uu wa TIST.

“Nituutana kana mivango ya TIST ila itwaiisye nthi ya Kenya nivikiie kwianisya wendi wa CCB. Nitutana oingi kwona mivango kwa ivinda ya mbee yithiite yi ya uwo na ndikiiku kwisila ukunikili wa CCB, ikitethya andu o vamwe na mothululuko”

Kwonania uwo na uikiiku kwisila CCB ni kwa vata muno kwa athooi ala mendaa umanya maundu ma mvango uu ula nimauteetheasya kwisila utethyo ula andu, nzeve, indo na mothululuko makwataa kuendeesya thayu woo.

Mvango wa TIST niwithitwe vitethenya muno ni kikundi kya United States Agency for International Development (USAID). Kwisila mvango uu aimi ma TIST nimethiitwe me ma mbee nthi yonthe kwisiana na nzeve nthuku ila yumaa nyumba nzeuve sya uvanda syindu (green-house), kwananga mothululuko ovamwe na uimi ute mwailu. Maithukuma vamwe, mbee wa aimi ngili miongo thanthatu (60,000) ma TIST nimokile vamwe na kumantha nzia sya kumina mathina asu.

Muongamii wa USAID kuu Kenya, Erna Kerst, ena uwo kana mvango uu niuetete kivathukanio kinene nthi ino yitu.

“TIST niyithiitwe yiungamite na uwo kuma mwambililyoni. Ndikuseng’a ati nimo ma mbee nthi yonthe wianisya maundu aa TIST yi mbee kwa maundu atatu - Kwa aimi, kwa mothululuko na kwa kunengane maundu ala mailye nikwikwa kwailya nzeve. Twina utanu nundu wa ngwatanio ino”

Maundu manene ala tutania nikwiana kwa musingi witu. No mvaka tuendee na ngwatanio kwisila clusters situ nikana tuvokie kuanisya mivango yaitu. Tuvande miti mingi na tuyithya na vinya na kukita valyuku na nzeve ula wambiie TIST na musumbi wa CAAC, Ben Henneke, nukuelesya

“Muvea munene niumaendee aimi ma TIST nundu wa maendeeo na kuana kwa mvango uu ala mombanasya mbeu, makaseuvya ivuio, makavanda, na kuisuvia ona ivinda ya munyao, mbua mbingi, kuiwa ni ng’ombe na mbui, na nzou. Aimi ma TIST nimaendee na kuthusya nguthu nini. Nimeutania baba ula makwatite mitini yoo kwa kwailya niouthululuko”.

Mazingira Bora



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Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Members of Green Environs TIST Small Group receiving their tree payments at Kairuni Cluster on 16/05/2011.

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Kiterter mbu

En kasartab robta kochang malaria missing. Mbu che konu malaria ko iitos en chokchinet. Bo kamanut ke ger kele kakirib korikyok si ka ma change mbu. Oratinwechhu komuche kotoret:

- Swach ole rubeigei ak kot ak osnosiek ak suswek che ma magat.
- Iser bek che ka tononso en ole negiten kot. Beechu kokochin ole sikyin alak mbu.
- Isten amitwogik che kanget kila lang'at.
- Isten takatakaek che mi bik en kit ne kerat ana ole kitumchin saratik.
- Ibuch kongung ak biungung kila betut.
- Ibwat iboise netitab mbuj yon imugagasei.



Kurupisiek che mengech en klasta 65 kokitach libanetab ketikwak en arawetab 4 ak 5. Kandoik obwotin kurupisiek koyanchin korib ketik en kasartab kenyisiek 30.

Banganetab ge en klastaisiek ko nyumnyumi kotuyo, kotach ak kobchei kanetisiet ak ngalek alak cheu kaitisietab ketik en libanet. Kurupisiek che mengechen che sire 930 en klastaisiek che sire 51 ko kitach libanetab ketik en arawetab 4 ak 5. Bokolusiek alak ko bendi kelibani en klastaosiek 14 che tesunot en kasarta ne isomani logoiwechu. Libanet tugul ko kikiyai en klastaisiek. Libanet ko tesetai en klastaisiek yon tesetai ko banganigei. Kandoikab klastaisiek ak kandoik alak ko tesetai ko netigei oratinwek che kisibi si ke sich libanet en abokora en tuyosiekab klasta.

En kasartab libanet kurupiseik chetinyei ketik che chang, missing ketik che kiroren ako rutu kochogu ko kikitebsen kiboitunikab TIST. Tebsoni ko kibo kotoret temik tugul chebo TIST en kasarta ne koi. Temikab TIST ko kebeberietab aldaetab koristo. Kou en ndonyo agetugul ,olyik ko mache tuguk che kororon kialdechi.

Ngatutyet agenge nebo kamanut en aldaetab koristo, ko asi koboit komonut koristo ko makyebe ketik tugul. Nyolu kerib ketik en imbar en kasartab kenyisiek 30. En imbarenik che nyitotin krtik missing blue gum ko kiibwat kiboitunikab TIST kole matot kerib en kasartab kenyisiek 30. Ngot keyeb ketikab TIST komait kenyisiek 30 ko maiyani alyik TIST, komuch kobek banganani. Ngot keyeb ketik che chang komuch konek banganetab TIST en ngwony komugul. Betos kelunetab koristo chebo libanetab kasarta neo neyae temik. Betos kelunetab koristo ne toreti banganosiek alak en kasarta ne koi.

Ongewekin kongoi kiboitiniyok en kasit neo ne kitebsen kurupisiek che chang akonet borotetab koyonchinoni. Ongiyonchinen kora kerib ketikyok en kasartab kenyisiek 30 ak barak. Yon yechgitu ketik ko tesetai borotenyon en kenyisek che bwonei.

TIST kotoret en nyorunetab magutikab UN Millennium Development Goals - noni ko oleyoitoi! (MDGs)

En kenyitab 2000, ko kiyonchin kandoikab ngwony kosib magutikab United Nations Millennium Declaration ak Millenium Development Goals. Magutik sisit che kikiyonchin, che kiboto keret, keib chenegit nusu chebo bikab ngwony koistoenge bananda koite kenyitab 2015. Konyonchineta Millenium Development Goals ko ki koik toloitab bandabtai en ngwony. Magutik chu ko cheboto:

Magutiet ne tai: Keisto bananda neo ak rubet Magutiet nebo aeng: Nyorunetab ngwony nebo somanet ne tai(primary)

Magutiet nebo somok: Keborchigei imanda ak kikimit kwonyik. Magutietab angwan: Kebos meetab lagok che mengechen.

Magitietab mut: Ketoret chepyosok che nyigisen Magutietab lo: Kebargei ak HIV / AIDS , malaria ak mianwogik alak. **Magutietab tisab:** Ke ker ngalekab itondab emet.

Magutietab sisit: Ke bangan kibangengetab emotinwekab ngwony si konyor bandab tai.

Banganetab TST ko kiinam kou wolutietab magetab bik che ki mi kibagenge en Tanzania en arawetab tisab nebo 1999.

En tuyosiek choton aeng ko kitet banganet koisto kemeusiek, kemin ketik kora en ole kikiswach ak korib ngalekab tililindo en bikwak, kokochi konetisiet ak konam kurupisiek che mengechen. En arawetab taman en 1999, ko kikisich banganani. TIST ko inam kotomo kin am magutikab UN Millennium Development Goals, ago ibaibaite bik ke ger ole kerge keretab kurubit ne mingin ak keretab kandoikab ngwony 189 che kituitos en let en kenynoton. Kin ko etu TIST, ko ki testai kowol magutik che chang ak keret nebo membaek chebo kurupisiek che mengech. Ngunon ko tesetai magutik che chang chebo UN Millennium Development Goals en banganetab boisienywan.

TIST koboisie ak bororiosek chebo gaa en emotinwek che ilonguge chebo : Kenya, Tanzania, Uganda, Nicaragua ak Honduras.



Kikotestai missing kotoret en walunatab uinwek che kakimmwa en barakyu.

TIST ko ki ko yai boisionik che togu ak che matogu. Boisionichu tugul ko ki kowal missing sobetab bik elfusiek che chang. En Kenya yuk o kinam banganet nebo TIST en arawetab sisit en 2004. En kasartaab kenyisiek lo che kikotestai ko yai kasit kurupisiek che mengech che sire 7000 ko kikochut banganani. Kurupit age tugul ne mining kotinye temik che mengech 6 agoi 12, che boto chepyosok ak boisiek che yaei kasit en kibagenge konyor takyinenywan. Keret neo nebo kurupisiekab TIST ko minsetab ketik ak kosich rabisiekab ketik en ketit age tugul ne ka min ak kosob en kenyit. Koboto notn kora kurupisiek kosiche kanetiset ne tugul ne kikibangan kotien ge magutik che echen chemi kokwatunwek. En ngunon koneti agobo minsetab ketik, kanaamet ak ribsetab kabetsiek, temisiet ne mie, HIV/AIDS, istoetab malaria ,baanganetab amitwogik ak kanetisietab techetab ge. Kanetisiosiek keyaei koyob banganetab tuiyosiek en barak(seminar) ak kanetisietab ngwony ne kiyae en kila arawa ne kiguuren tuyet /kanetisitab klasta. Koyob kamugani, banganani kotoreti ennyorunetab MDGs en oratinwechu :

Magutit ne tai: istoetab bananda ne o ak rubet
Agenge en kareunetab kemeusiek ne konu rubet ko melewosiek. Yebetab ketik ko konu kareitaetab melewet ton tesetai komaswek che chang ko bête ketik ko tesetai koetu kemeusiek ak koyob niton, kokonu tutukindab amitwogik ak che tuten Keret neo ne bo banganetab TIST ko kemin ketik en ole ki ke yeben. Banganani koboisie ak membaekab kurupisiek che mengechen ole kinetien kanametm ak ribsetab kabetsiek, lewenetab ketik ak banganet neo ne mie ne kimintoi ketik. Agoi ngunon ketik che sire millionisiek 5.4 ko kikomin temikab TIST Kenya ago age tugul kobare ge ak kareunetab melewosiek ak waletab itondab emet. Banganani ko kochin rabinik tuten temik en ribsetab ketik age tugul ne ka min ak kosob en kila kenyit .Kigotoret niton en magutikwak. Kotabala minsetab ketik, temikab TIST kinete agobo temisietab ribsetab ngungunyek. Temisioni ko kiiname ak konet UNFAO, ago kiites kesutikab bandek ak minutik alak en konyil angwan en kong'eten koboisien temikab TIST. Iboru niton anyun kele che chan en temikab TIST kotinyei amitwogik che chang en korikwak ago maamei rubet. En olda age oleu Meru, ko aldoi nguni temik kesutik che ka tesak en ndonyo ak kotoret en magutik alak.

Magutiet nebo aeng: Nyorunetab ngwony nebo somanet ne tai Lagok che siregei en somanet ne tai ko mo agenge en banganetab TIST Kenya. Kingonaam serikali somanetab buch en somanet ne tai, ko ki change lagok che kisirgei. Ngandan rabinik tuten che kilibani en ketik ko ki toret en libanetab sugul ak aletab ngoroikab lagok, ak banganetab amitwogik, komuche kosoman komie lagok. Che chang en membaekab TIST ko ki kokon gee kotoret en somanet nr tai en komosweka alak.

Magutietab somok: Keborchigei imanda ak kikimit kwonyik Kikokimit missing banganetab TIST en kandoinatetab sungukanet ak kandoinatetab kakochinet, che choton ko banganet ne mie nebo kurupib ne mingin nebo TIST. Banganet ne mie nebo TIST ko kurubit age tugul ne mingin ko nyolu koyai kandoinatetatab sungukanet, konetgei kandoinatetab kakochinetab gei ak techetab gei nebo kandoik wikit. Koyob banganutik chu miach ,kikimite chepyosok koib kasrwekab kandoinatet kou murenik en tiletab kayonchinosiekab kurupit ne mingin. Kakochinoikab kandinatenywan kimuchi keker ak ki kiimit koyob techetab ge ak kimuch keboisien en kurupit age tugul. Chepyosok che chang che mi en kurupisiek chebo TIST ko ki kobor kole kiinam kobois en kaindoinatet ak tegesetab kurupit en kokwatinwekwak ak emet ko mogul.

Magutietab angwan: Kebos meetab lagok che mengechen.

TIST ko kikotoret enbosetab meetab lagok en oratinwek che chang: Temisietab ribsetab ngungunyek ko tete rurutik ak ko kon amitwigik. TIST ko nete ole kiboisiotoi netisiekab mbu kebos malaria en lagok, ak konet ole kichoptoi jikosiek che toreti en istoetab iyet en ole kikwonge asi konyor chepyosok ak lagok tililindo ne mie. Tuiyosiekab klasta ko ole mie ole kibanganen pcheetab ngalekab chanjanosiek, tililindo, banganetab amitwogik ak pchheetab oratinwek che kiriben chererok ak lagok che mengen si ko echegitun ko baiboi.

Magutietab mut: ketoret chepyosok che nyigisen.

Meetab chepyosok che nyigisen ko konu nyorunet ne mami nebo tililindo. Chepyosok che banandos ko ma imuche konyor rabisiekab sipitali, noton anyun ko chute ko en gaa ama nyoru toretet age tugul, ak en kasrwek che chang ko bitu uinwek ak komuch kosirto kaamet anan ko lakwet.



TIST, koyob rabinik tuten chebo ketik che kasob cho ko kimate kapchi koib insurance ne imuch ko toret en kasartab miando anan yon nyigis chepyoset. TIST ko tese tai kokimiti membaek ko chut banganetab NHIF.

Magutietab lo: Kebargei ak HIV/AIDS malaria ak mianwogik alak.

HIV/AIDS ak malaria kotesetai ko konu kaimutik en emotinwek che ilongu gei. En naet kele chuton aeng ko ngeme komoswek tugul chebo bandab tai , banganetab TIST, koboto kanetisietab malaria ak HIV/AIDS. Yon k echut banganani mermbaekab kurupit ne minig ko siche kanetiset en teretabge en mianwogik chu. Mising, en olin bo Meru ak Nanyuki kokikotestai koba barak malaria yon bwonen ngwony beek en barak en tulwetab Kenya yon kaet maat. Inoni ko amun en waletabge nebo koristo. Kimnatetab temikab TIST komin ketik millionisiek koo wale ni.

Magutietab tisab: Ribetab itonwekab emet.

Bimanetab koriswekab barak che wechei itonwekab emet ko kiko testai ko ba barak en kenyisiek chu ago ki kotestai ke swach osnosiek en ngwony ak ke ngem. Niton ko kikotestai ko wal itondab emet ak kogon melewet, kolany oldab malaria ak korei itonwekab emet che yaach che kiko wech temisiet. Ripsetab itonwekab emet ko toloitab banganetab TIST ak ribsetab osnosiekab emet ko tokchinyin. Temik ko kikoweck timwek, koter ngungunyek ak korib

ainosiek. Temikab TIST ko miten tai en waletab itonwekab emet. Kikotestai komin ak korib ketik millionisiek. Kou ye kakimwa en barak ketik chesire millionisiek mut ko ki ko membaekab kurupisiek che mengechen en Kenya inegen. Banganani ko ki ko yai bororiosiek che chang ko mach kinaam TIST en komaswek che lelach.

Magutietab sisit: kebangan kibangengetab emotinwekab ngwony si kenyor bandab tai.

Kikonetgei temikab TIST, koyob banganani ,mungaret nebo ngwony-mungaretab koristo . Kurupisiek che menge chen kosiche millionisiek kila kenyit koyob aldaet ne tai nebo koristo ye echegitun ketk. Kialda TIST Kenya koristo ne tai ne kige chigil ak kegeer en kenyini. Banganani ko kikoyat mungarani bo ngwony ak pcheetab ngalek en bikab TIST. Pcheetab ngomnotet ko ma kimuche kesirto. Konetik ak koitikab TIST ko kikineta ak kigoji ngomnatet en palm computer technology ak internet, koboto waletab koristo ak ole kibostoi . Logoiwek koyob bikab TIST en Kenya ak USA , UK , EAST AFRICA ak INDIA ko ki testai ko mie kopchei ngalek. Waletab ngomnatet en emotinwekab East Africa ko ki kimit. En abo kora bikab TIST koyb Uganda ak Kenya ko kikotestai korutechi gei en ruitoetab kanetetabgei ak keretab mbarenik si kopchei banganosiek che miach ak kokimiiit ak kotech temika TIST en ngwony. Iman TIST ko tese tai ko kimikti chorwandit en bandabtai

Kasarta ne kiserberi ketikwok ak minutik (Time to weed)

Nguni kokonam korobon konyolu ko koromin ketikwok en imbarenikab ketik. Ngot kotomo omin ketikwok ko nyolu oyai kou noton en chokchinet. Ketikwok komoche kemin ngunon asi korut akobwa kokimegitu en robta ak komuch koma meiyu en kasarwekab kemeut. Kit nebo kamanut en arawani ko semberisietab ketikwok. Rib ole mi ketik kotililit missing . Itutun chemasai cherutu en ole mi ketik.

Semberet k obo kamanut amun:

1. Ketikuk komache bek , amitwogik ak asista asi korut komie. Ngot ko miten chemasai koreben gee tuguchu ak ketichu. Boisien chemasai amitwogik chemi ngungunyek ak beek che mache ketikguk. En let kosokitos ak imuch ko masobcho .
2. Ngot ko ma kiserberi ketik ko changegitu tyongik en yoton. Tyongik komuche koweck ak kobar ketikguk. Yon tuten chemasai ko

tutugenitu tyongik cheu ndarok ak taburburik.

Ichechu ko amune si kobo kamanut semberet:

- ✓ Chogu ketik amun mami chemasai che reben gei amitwogik ak beek en ngungunyek
- ✓ Ketik ko kimekitu ak kokkoegitun en kasarta ne nwach.
- ✓ Ketik ko much konyor asista koma kiter.
- ✓ Manyoru ketik mianwogik che chang
- ✓ Kitere ketik koyob koreitoetab maat
- ✓ Mbarenik che tililen koboru kole ribe kurupit ne mingin ago kaborunet en banganetab TIST. Niton koguure bik che chang kobwa ago keer kasinyon
- ✓ Inyunmyumi kaitiseitab ketik akiit komie ak iman.

Ibwat irib ketik en kiyagik (cheu nogo) asi ko ,ma am anan ko wech. Imuche ingot mbaretab ketik ananisungukanji ketik ak katok. Ngot ko mami robta ibwat itumchi beek ketikguk.



Amitwogik chebo bik che miandos kogagei

Kasarta ne kيسمبري ketikwok ak minutik Nguni kokonam korobon konyolu ko koromin ketikwok en imbarenikab ketik. Ngot kotomo omin ketikwok ko nyolu oyai kou noton en chokchinet. Ketikwok komoche kemin ngunon asi korut akobwa kokimegitu en robta ak komuch koma meiyو en kasarwekab kemeut. Kit nebo kamanut en arawani ko semberisietab ketikwok. Rib ole mi ketik kotililit missing . Itutun chemasai cherutu en ole mi ketik. Semberet k obo kamanut amun:

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 - ✓ Mbarenik che tililen koboru kole ribe kurupit ne mingin ago kaborunet en banganetab TIST. Niton koguure bik che chang kobwa ago keer kasinyon.
 - ✓ Inyumnyumi kaitiseitab ketik akiit komie ak iman.

Ibwat irib ketik en kiyagik (cheu nogo) asi ko ,ma am anan ko wech. Imuche ingot mbaretab ketik ananisungukanji ketik ak katok. Ngot ko mami robta ibwat itumchi beek ketikguk. Amitwogik chebo bik che miandos kogagei En kapchi alak ole mi chamanik kyok chekikomianso, ripest ko bo kamanut missing. Mianwogik cheu miandab suugaruk, cancer, HIV/AIDS ak TB ko mianwogik cheu kinya . Noton anyun koweksei anan ko goige. Bik che miandos kou ni ko mache kebaen amitwigik

che choton che tinyei borotet en borto asi ko kimekitun ak kobargei ak mianwogikk alak. Amitwogik che kimen ko cheu:

1. Che konu kimnatet en borta Amitwogik che mi yu ko chebo carbohydrate (konu kimnatet) ago cheu:
 - Kimyet(rongorik che nyigisen che kakichoben busiekab bandek) ak rongorik chebo busiekab bamdek ,mosongik,bek ak mohogo.
 - Muchelek
 - Rabuonik ak viazinik. Nai ile mwanik en bimanetab ngwony ko konu kimnatet ak kochob amitwogik ko anyinyegitun.
2. Amitwogik che techei borto(proteins)
 - Bendo (nebo teta,ingokyet, artet, kechiryet ak batait)
 - Inchiryot(chebo kambaro, chelemo ak alak)
 - Mayaiinik
 - Cheko
 - Ngendek, nchorogek ak kundek
3. Amitwogik che konu vitamin Vitamin A kobo kamanut en bik che tinyei HIV/AIDS
 - Vitamin che chang missing vitamin A komiten en chongindo en:
 - Ngwek che nyalilen
 - Logoek missing che talelion(machungwek, papai, maembe,ndizinik che ruryotin)
 - Matoke(ndizinik che ka ki yo)
4. Beek
 - Bik che miandos komache beek che chang. Beek che kie konyolu kiyoo en kasarta ne maregunen minutes 10, kikaitit ak kekonor en teref ne tilil ak keger. Bek che tililen kobo kamanut en membaek tugul chebo kap chi lakini missing ko ko bik che tinyei miando ne kigokagei amun maimuchei kobargei ak mianwogik kou chito ne kim.
 - Ngot ko tinyei chito ne miani mandaetab moet imuche ichopchi beek che-ee si kowekta bek che kakoba. Ingol kechikoik lo chebo sugaruk ak nusu nebo kechiget nebo chumbik en litait agenge nebo beek. Tesin juice chebo logoek si ko anyinyekitun. Ibwat ngolyot neo ko tililindo. Ngot ichobei amitwigik chebo chito ne miani iger ile tililen eunek, keun amitwogik ak iyoo komie ak iger ile tuguk che kiamisien ko tililen ak koyomyotin.

Kurupit ne mining nebo Miguna:Kiboiboi kemi en TIST

Kasirei JOSEPH THITAI

Kin kechut TIST en 2005 ko kikitoretech kesich tuguk che chang.koboto rabisiek En TIST ak kanestiset en chobetab jikosiek, ko kibwanchech banganosiek alakl amun kimi en kurupit. Kimatakenyuru chamyetab koigeny ak kimnatet nda kimako TIST ak kiboitinik ak kandoinatab sungukanet. Banganosiek cheu NALEP ko kiko torettech kartasisikab ketik ak magenyon kemin ketik en koratinwekab boror kikimuch. Kikemin

kora ketikab gaa che torettech en mbarenikyok . Agoi ngunon ko ki ke min ketik che sorei 2000 cheboto chebo gaa cheu mitero. Kitinyei kora Neem, Mikinduri, Avacado, Maperek, Sebesebe ak alak che chang. Kurupit nyon kotinyei nambaek sisit . Nambait nyon nebo TIST ko 2006KE56. Kibo klasta nebo MALE.



Kurupit ne mingin nebo Friends United: Walet ne tononot

Kasire Susan Kinanu

En kasarta ne koi mengisiet en ole mami robta nebo districtab Tharaka ko kibwat kele torettech serikali en uinwekyok anan ko banganosiekm che echen.Mait kenai kele uinwechu kimuchei kegirinden echegei. Noton kin kinam TIST en olinyon , ko kikiboiboitu kibwati kele banganet neo ko kanyo kotorettech en uinwekyok.Kikikany kegeer banganutik che kali ak ch eech ke yaei ak kegany kegeer logoek. Ki ma ko iman Ki kimwoweche kele en TIST keyaei kasit echegeen. Kkinetech kinaam kurupit ne mingin nebo bik 6-12 .

Noton ko kikinam kurupit ne mingin nebo Friends United.Ki 7 en nambait.Ngunon ko ki kany rabisiek koyob TIST. Kora ko ki ma ko iman .Kikinaam kinetech ole kinamdoi kabetsiek ak kerib ketik en betisiek. So kikinaam kabetsiekab ketik ak kinaam kegany TIST koalwech ketichoton mengech. Ki makobo iman kora! Neka ta ko ki netech ole kimindoi ketik en imbarenikyok. En kasarta ne ma tian ko kiwalak mbarenikyok ak konyalilekitun ki ngo echekitun ketik .

Kikinaam kegeer borotet. Ketikyok chebo maembe ak machungwa ko ki konaam kosich logoek. Kigiit ketikyok-ago kigonyei kelibanech en TIST konegit. Kigiyomte kora kanetisietab temisietab ribetab ngungunyek. Kikituiye en kurupit ak kiyanchinei koyomta alak orani.Kichop Susan keringoik 1015, Regina 100, Janeth 50, Robert 988. Kikisich tugul kesutik che chang ak che kororon ngunon komache chi tugul koyai temisioni.

Kora ko kinam gei eunek ak kurupisiek alak che mengechen en klasta nenyo nebo Matakiri kemin ketikab gaa en olerubei gei ak ainet. Kimang'u kemin ketik alak che chang en kasari bo robta. Kibagebge ak kurupisiek alak ko ki naam kibagenge chebo konoret ak besendo. Niton kotorettech kegonor ak kesom loan sige tesen borotenyon. Ne sirei ko kikinam ak keboisien jikosiek chema torei maat. Ni ko torettech ko ma kiyep ketika aba kora. Kemi kibagenge en kimnateab kasinyon, ketiengei ak kibagengenyon ko ko kinam kegeer walutik che miach.

Ketitab TIST nebo arawetab lo :waterberry tree

- Kainetab chumbaa:Water berry**
- Kainetab science:syzygium guineense**
- Kainetab ko koek: Mukoe**
- Kainetab Meru: Muriru**

Keti ko rutu en ole mi ngwony en osnetab robta ak tulonok che mi robta.Mising ko rutu en ole mabeten robta, sait age en beek ago nyoru en ainosiek. Ketit ne karara en bosetab ibetab ngungunyek ak teretab tabandab ngungunyek. Tenderekyik ko ma mache ribset kotomo ke min amun kabistaet ko kararan ago kibagenge. Kabistaet ko 80%-90% en kasartab betusiek 20-50.Nyolun kemin en kartasisiek ko ma ki min koroken kabetsiek. Wechoksei logoekyik kounoton

konyolu ke kwai yon ka ibutchi ngwony. Kimuche kora kekwei yon kakitum tum temenik ak kipsagaat. Yon kagekwai konyolu kemin en chokjinet amun ibete rutunet yon yaamei. Yon maimigaksei kimuche kekonor logoek en kasarta ne nwach en ole mi bek kou murek anan ko kibabet ne yatat en kot ne miten lapkeiyet. Boisiet: amitwogik (logoek), beekab segemik,bakoinik,kwenik,kerichek(logoek kinyaen miandab moet ak bertet kekirindoen mandaetab moet) Ibwat ile bertet ne sumu ko kikemwa kele konu meet en bik, noton anyun ketebesen bik cheingen akobo boisetab keti.



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kiboboenjini TIST Kenya en boisiet ni kiyaei ak boroinwek alak che lelach!

Raini keboiboenjini borotetab temikab TIST ak kandoinatetab kokochinet ak boroinde age ne lel.

Chigilisiet ak keretab VCS ak CCBA - TIST ko ne tai en ngwony

TIST ko kigechigil ak keger en boisienywan en Kenya koyob VCS(Verified Carbon Standards) ak kora CCB (Climate,Community and Biodiversity standards) - Chuton aeng ko magutikab barak en konunetab chamchinet en bosetab koriswekab barak en banganosiek.TIST kora ko banganet ne inegen kosich chamchinwechu aeng en ngwony. Kora en tarikit 6/6/2011 kondoi sein koyonchinet TIST ak Kenya Forest Service si ko min kurupisiek che mengech ketik en osnosiekab serikali, tobonwogikab ainosiek ak kondametusiekab bek.

Chomchinoni kobo kamanut en amune che chang.Iboru kele bik alak ko mache koger ak kotoret ketik chemine temikab TIST ah boisiet ne yoei kandoi che konugei,kosiche borotet en itonwekab barak, bik ak ko wal keretab ngwony. Iboru kole ngisib tolochikab TIST en boisienyon koboto kurupisiek che mengechen ak klastaisiek kesiche walutik che choton. Walutichi bo iman koboru kele alikab koristo koyanech, noton kimuche kealden koristo en ndonyo.Niton ko koristo ne tai kealden en ketikyok che kigemin ak komuch kokonech rabisiek che toretch ak TIST koet ak ko kimit. Clean Air Action Corporation(CAAC), agenge en kanamikab banganetab TIST rubeiwotab kandoindet Charlie Williams ko kiger:

"Waletab itonwekab emet komache konunetabgei en imanda ak keretab boisiet.Takchinetab TISTN ko kikitoret temik che mengechen kosich boroinde en ndonyoitab ngwony ak kotoret kowal en itonwekab emet. Ngunon ko ki keitchi kayonchinet kele TIST ko konu walutik che echen en itonwekab barak, agoi kararindab ngwony ak missing temik che sire 60000 che kikomin ketik ketik che sire milionisiek 10 en kenyisiek 10 che kikosirto."

Ngalek che bo iman ak che yamatin cheiumi kaitikab TIST en boisiet ne yaei temik kotoreti missing en nyorononi o.En TIST chigilisiet ak geretab VCS ak CCB ,walutikab boisiet koyache kechigil kora kampunitab somok.Environmental Services ,Inc.(ESI) ko kiiyok kurupitab chigilik kobwa Kenya , kochigil boisietab TIST. Kotiengei Shwan McMahan nebo ESI,banganetab TIST ko boisiet ne kararan nebo konunetabgei nebo temik ak banganet ne kararan nebo ngalek.

"Kikibaorian boisiet ne o nebo TIST ne toreti Kenya koyob eetab koristo nebo Carbon , toretetab bororiosiekab gaa ak waletab korindab emet. Kandoinatetab TIST ak kiboitinikab mbar che kiboiboechini keboisie tugul ak kotinyei maget ne inet ne ilongu sobetab bikab Kenya ak kobos waletab koristo. ESI kobaibai koyai komostab boisiet en banganani bo kamanut."

Kabarastaet kele banganetab TIST, Ko kinyor magutik chebo CCB ko kibor kayanchinet ne o en banganetab TIST. Itomwekab barak, bororiosiek ak kororindab emet ko ki ger ko kiwango ne kigeren oleten koristo en boset itonwekab barak. Koyob Dr. Joanna Durbin ,kandoindetab CCBA, chigilisiet ne ki inegen ko ki ibor kole banganetab TIST ko kinyor magutik che uwen ak ko kiibaibait ngwony en chigilisiet ak keret ne kisich tuwan. Kitinyei ngalechu komwa agobo nyorunetgab TIST:

"Ki boiboi en TIST banganetab boror en Kenya ko kinyor magutik che uwen chebo CCB .Ki boiboi kora keger banganani- en kasarta ne tai- kwo kosir chigilisiet ak kigochi keretab CCB. Iboru niton banganet ne mie nebo boisionik en oldab gaa neyaei kogochi borotet bik ak emet "

Chigilisiet ak keretab CCB ,k obo kamanut en alik koger kole boisiet ne toreti kotoreti kora bikab boror, itonwekab barak ak karorindab emet.

Tesetab tai ne mie ak tesetab tai nebo banganetab TIST koyob toretab United States Agency For International Development(USAID). En walunet, temikab TIST ko tesetai ko wale koriswek che yaach chebo barak en ngwony: tiletab ketik ak oratinwek che yaach chebo temisiet. En kibagenge ak temikab TIST che sirei 60000 ko tesetai ko wale itonwekab emet ak koek kebeberiat nebo kamanut.

Kandoindet ne bo USAID en Kenya, Erna Kerst ko tinyei imanit kole banganani kowendi kokonu wallet ne o.

"TIST ko ki ko kon wallet ago kitinyei kamangunet neo kongeten kanaamet. Manyasutiet en ane ngoik che tai en ngwiny ko nyor chamchinosiekchu aeng. TIST ko kanaamindet en sigetab tuguk somok en temik ,en itonwekab Kenya ak en boisietab mosognatetab kasari ne magaat en ribsetab itonwekab emet. Kiboiboenchini boisienyon nebo kibagenge ak TIST."

Sigoni ko borotet ne o keboiboenchi ak ko konu toloitab bandabtaitnyo. Nyolu ketestai kebangangei en klastaisiek si ke sich borotosiek che echen, kemin ketik che chang ak kigimegitu en borienyon en baretabgei nebo walutikab itonwekab emet.

Kanaamindetab TIST ak kandoitab CAAC Ben Henneke ko aroru:

" Wegetab kongoi nebo boisiet ne o ko wendi temikab TIST, che butate keswek ,ko chop kabetisiek ak komin ketik ak korib kosobcho en kemeusiek, maranosiek, ametab tuga ak nego ak burbureneta belek. Temikab TIST ko bik che konu kimnatet en bik alak boiboechin borotennywan nebo ketik neibu en sobenywan ak itonwekab ngwony".