

Mazingira Bora



TIST

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

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Munyu Cluster meeting members were happy to receive their pre-carbon payments during their Cluster meeting last month.

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Wiyumiririe Cluster: Towards Success.

By Stephen Wachira Heho

Meet the members of the Wiyumiririe Cluster! This Cluster meeting was held on 23rd August 2013. During this meeting, several Small Groups received their trees carbon credits incentives. Payment Vouchers had been distributed in the previous month of July, which gave members adequate time to look over their vouchers and ensure they were accurate. This also enabled member's time to meet in their Small Groups weekly meeting and make decisions on how to spend the money. Some reported they would use funds received to develop tree nurseries in order to increase their tree planting.

Wiyumiririe Cluster is grateful to TIST leaders who have steered them well and as a result, the Cluster has achieved the following:

- The members have the opportunity to attend monthly Cluster meetings.
- Members have increased their tree counts with good spacing of not less than 2 meters.
- Members have learned how to and practice conservation farming (C.F)
- Most of the small groups have a group nursery or an individual nursery among others.

During monthly meetings they usually have visitors, like the area agricultural officer, who has helped very much in the agricultural sector. Members learned the importance of having a tree nursery, kitchen garden by planting potatoes, maize, beans and others resulted in a good harvest.

During the August meeting, members discussed the importance of having their own Cluster Servant/Quantifier. It was agreed that Moses Macharia and Margaret Muthoni should continue receiving training so they are qualified to serve our Small Groups better.

Wiyumiririe Cluster is part of Wiyumiririe Group of Cluster Council (GOC). It is comprised of Wiyumiririe, Wamura and Kiriogo Clusters. Our Cluster currently has 84 Small Groups with 569 participating members. To date, 38,993 trees have been quantified and posted on the TIST mobile website. You can get more information about our Cluster by visiting us at <https://www.tist.org/mobile/>

Our goal is to continue planting more trees and reach the Cluster goal of 200,000 trees.

Our motto is: " In TIST, We Achieve"

Munyu Cluster: Young and Growing Strong.

By Mary Kathei

Munyu Cluster in Laikipia West is one of the youngest Clusters in TIST Kenya today. We multiplied from Karaba Cluster 2 years ago and have grown to 243 members so far.

During the July 2013 Cluster Meeting, members of Munyu Cluster received their tree payment incentives where over Ksh 80,000 was paid to 10 Small Groups that meet all the requirements.

This was a remarkable achievement considering that the Cluster is so young. We are proud of our Cluster leadership, which has enabled us to grow stronger.

Munyu Cluster belongs to Karaba Group Of Clusters (GOC). Other Clusters in this same GOC include Karaba and Mithuri Clusters.

This chart shows the current status of these (3) Clusters:

Cluster	Groups	Trees	Next Meeting	Last Election	Members	Groves
Karaba	49	40801	07 Oct 2013	06 May 2013	320	475
Munyu	41	32083	14 Oct 2013	13 May 2013	243	225
Mithuri	51	21999	10 Oct 2013	02 May 2012	349	570

Soon, we hope to expand to other neighboring areas such as Kite and Gatero where farmers have requested an introduction to the TIST program so they too may enjoy the benefits.

Our goal is to continue planting more trees and reach the Cluster goal of 200,000 trees.



Water Pollution: Why Does It Matter, and What Can We Do?

When people fetch and drink untreated, polluted water, they can get very sick.

Educating people in the Clusters and our community about the danger of untreated water will help them understand how to treat water to stay healthy.

Water Pollution Has Many Causes:

1. Discharge of untreated industrial waste and sewage
2. Careless human action around water points (rivers, wells, boreholes)
3. Poor drainage that allows waste to run into water sources and water stagnates. Chemicals like fertilizers and pesticides can run from our shambas and pollute water.
4. Bathing and washing clothes at the water sources
5. Urinating and defecating near water sources.
6. Cracked cover slab at borehole or wells
7. Lack of latrines in rural areas that wash human waste into water sources.
8. Animals grazing near or in water sources used by people or upstream of people.

Water Pollution Causes Many Problems:

1. Pollution can directly poison and kill plants and animals (including people) or cause poisoning by depleting oxygen in the water. When nitrogen containing fertilizer and waste are washed into water it causes increased aquatic plant growth. When these plants die, they rob the water of oxygen-causing death for aquatic animals.
2. Polluted water used for cooking, washing and drinking spreads many human diseases. These

include intestinal worms, skin diseases, cholera and diarrhea.

3. Some chemicals in polluted water can buildup in our bodies slowly over time poisoning us and causing harm to our children and us.

What We Can Do About Pollution:

1. Don't throw rubbish or pour waste into water sources. Encourage others to do the same.
2. Plant trees along riverbanks and lakes. Plant roots are excellent at filtering out waste and also stop soil from entering water bodies through erosion.
3. Avoid growing crops too close to rivers, lakes or wells to avoid fertilizer reaching the water source.
4. Encourage people to build far from riverbanks.
5. Ensure that wells and boreholes are managed properly
6. Fence the water source prevents animals from contaminating the water.
7. Do not permit people to urinate near the pump.
8. Ensure pit latrines are at least 50 meters away from water sources. Make sure there is adequate drainage and create a soak pit hole filled with stones where water can drain away.
9. Repair all cracks on cover slab as soon as possible when they occur and clean the area regularly.
10. If you are unsure about water quality, boil before drinking to kill microbes that can make you sick.



Fruit Trees – Good Trees For TIST.

In TIST, we plant trees for the long term. Co-benefits from these trees, like their fruits and nuts can be really valuable especially when we organize to market fruits and other products together. Here are some trees that can be very beneficial:

- **Avocado** (*Persea americana*) grows best in all moist areas. Be sure to soak the seeds in cold water for 24 hours then plant directly into pots. Use fresh seeds, as they do not store well. Seedlings can also be grafted with germination taking 3-4 weeks. Spacing should be at least 6m and are usually planted around homes. Avocado as a food source provides protein, valuable fats and vitamins. The trees have many uses such as firewood, charcoal, and shade. Seedlings can be intercropped with beans when young. This tree can be a good income earner.
- **Guava** (*Psidium guajava*) Kikuyu; Kimeru-Mubera. This edible fruit is a good source of Vitamin C and Vitamin A. When ripe, the fruits are recommended as a remedy for dysentery and diarrhea. The oil of the guava fruit has anti-inflammatory properties, while the leaves or bark are made into a lotion for skin complaints like ring worms, wounds and ulcers. The leaves can be used for digestive tract

ailments such as rheumatism, high blood pressure, trauma and pain. Guava juice helps with hepatitis, gonorrhoea and diarrhea. Guava performs well when intercropped with fodder crops like maize, sorghum and cowpeas. These trees are drought resistant, but can't tolerate water logging. The seeds need no pre-treatment with germination in about 3 weeks. It is also important to space them 4 meters apart. Guava can be invasive in some areas and take over a field, but no part of this valuable fruit tree is wasted.

- **Mango** (*Mangifera indica*) provides many health benefits with their antioxidant compounds, which helps prevent cancers and is beneficial to eye and skin health. Diabetics can boil the mango leaves in water, soak them through the night and drink the tea in the morning to help normalize their blood sugar. Improved digestion is possible when consuming the mango flesh. Mango trees do not tolerate flooding and need well-drained soil and can do well in dry areas. The seeds do not need pre-treatment although nipping the seed helps germination. These seeds can be stored up to a month at room temperature and fresh seeds are best to use for grafting. No part is wasted – with many good uses like fuel woods, fodder, forage material, windbreak, mulch, shade, soil conservation and gum.



HIV and AIDS:

Why and how we should give counseling

Counseling means listening to someone and giving them helpful advice and hope. It is true that some issues need trained counselors. However, each of us can help by taking time to listen to friends, family and neighbors with HIV/AIDS, putting ourselves in their position, and giving words of comfort and practical help.

The purpose of counseling is to:

- Assist someone to understand the problems facing him/her
- Help find ways of overcoming those problems
- Making good, correct decisions concerning the problems at hand.

The responsibility of the counselor is to sit with the concerned and to **listen**. Listen to their questions; discuss their problems, hear about their feelings and fears of what has happened to them. Give them correct and useful information depending on their needs, and give them hope and strength. Remember: it is fine if we do not know all the answers! Answer as best you can and get help from other people when you need it.

Imagine you are counseling an AIDS patient. What would your words of comfort and advice be to:

1. Someone who has just tested HIV positive.
2. Someone with HIV/AIDS who is scared of death.
3. Someone with HIV/AIDS who wants to continue having sex?

Ideas:

1. For someone who has just tested positive
 - Reassurance that being positive does not mean the patient is necessarily going to die soon. Patients can live decades with the right treatment and care.
 - That the patient is not alone, and many others have found ways to live with the illness.
 - To encourage the patient to abstain from sex so that the illness does not spread and to avoid re-infection which can make

the problem worse.

- Encourage to continue with work while they are strong, to continue making an investment for their family. People do not have to stop working just because they are positive.
- Reminders of healthy eating and frequent check-ups at clinics.

2. For someone who is HIV positive who is scared of death

- Everyone has to face death whether having AIDS or not, and it is natural to feel afraid.
- Draw on any religious hope the patient might have.
- Remind the patient about how proper care and treatment can extend life and improve quality of life.
- Encourage the patient to make steps to achieve some of their ambitions before they become too ill (e.g. making restitution with people, planting trees, forming self-help groups)

3. For someone who is HIV positive who wants to continue having sex

- Continuing to have sex can spread the illness on to other people. Even if the patient got AIDS by accident, making other people suffer will not bring happiness or change the situation.
- There are many different strains of the HIV virus. Continuing to have sex may expose the patient to different strains which worsen illness and create complications. Avoid re-exposure to HIV to remain as strong as possible.
- How does the patient view deliberately infecting another person? What are the moral arguments against this?
- Remind the patient that sex is not the only form of intimacy or enjoyment, nor the only expression of love. There are many other things in life that can bring fulfillment.



Deforestation and forest land degradation are serious problems. What can we do?

Deforestation is the removal of trees and other woody vegetation cover.

Forests and woodlands cover about a third of the world's land surface. They regulate climate, protect water resources, provide forest products (e.g. timber, medicine, fruit etc) worth billions of dollars and support millions of plant and animal species. Yet they are being destroyed at a rate of 20 million hectares per year. Half of the world's population depends on these forests for fuel, yet roughly 100 million people do not have enough fuel for minimal energy requirements.

Major causes of deforestation :

- Deforestation occurs when vegetation is cleared for activities like farming or grazing and uses such as: firewood, brick-making, fish-smoking, tobacco-curing, tea-drying, construction, and timber.
- Forest degradation is when a forest becomes less diverse and resilient due to poor use and management (for example, when old trees are all cut, leaving mainly brush, or when a useful plant species is all harvested, or when forest is heavily grazed, so that trees can't grow to replace those that die).
- Much of deforestation and forest land degradation results from a lack of awareness of the full value of trees.
- In some cases, the value of trees may be known but poverty and the idea that there are no good alternatives lead people to clear trees.

Consequences of Deforestation.

- **Soil erosion:** lack of tree cover and root binding exposes soil to erosion.
- **Lack of forest resources:** removing trees destroys habitats, reduces biodiversity, removes

food and medicinal resources, and increases competition for construction materials. People will have to walk further for firewood, and if forest products are being bought, prices will rise.

- **Lack of other environmental benefits of trees:**
Trees act as a windbreak, retain moisture, add oxygen to the air, and add nutrients to soil. Hence without trees the local climate will become drier with increased risk of flooding, wind erosion, decreasing soil fertility and diminished air quality.

What can we do to prevent deforestation and forest degradation?

- Establish tree nurseries and distribute or sell seedlings to the community.
- Use energy-saving cook stoves that use less firewood and charcoal.
- Use alternative sources of energy and fuel when possible (e.g. heating from the sun, sawdust, coffee and risk husks, grass, weeds, crop wastes, animal waste).
- Carry out tree planting activities. Become a successful, effective TIST group! Encourage your neighbors and friends to join TIST as well.
- Do not cultivate land bordering a river or swamp. Leave trees and vegetation to grow to protect these waters.
- Be careful to not over-graze land. Limit animals' access to tree seedlings that they may destroy to give the forest a chance to regrow.
- Encourage agro-forestry or the use of woodlots. Having trees on your land provides good access to forest products and helps protect nearby forest.

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Kiuthurano kia Wiyumiririe: Kuthengera Kuumbana.

na Wachira Heho.

Cemania na amemba ba Cluster ya Wiyumiririe bari mucamano ntariki mirongo iri na ithatu cia mweri jwa inana mwaka jwa ngiri ijiri na ikumi na ithatu (23/8/2013)

Mucemanione juju, ikundi ni biajukirie marii jao ja Riera ririega. Marii jau nijagaanitue kiri mweri jwa mugwanja na bubu nibwaere Amemba kanya ka gutega maratasi jao na kwona ati nijaandiki bubwega. Oamwe na buu Amemba ni bombire gucemia kiri micemano yao ya okiumia na bamenya uria bagatumira mbeca iu barikia kuriwa. Bamwe baugire bagatumira mbeca gukuria minanda yao ya miti na kwongera kwanda miti.

Cluster ya Wiyumiririe iri na nkaatho kiri anene ba Tist baria batongeretie bwega na bomba kwona maendeleo jaja:

- Amemba nibethiritwe na kanya ga gwita mucemano jwa cluster omweri
- Amemba ni bongerete miti yao na bakimitigithanagia na Mita ijiri kana nkuriki
- Amemba nibathomete uria bomba kumenyera urimi bwao na bomba kirima bubwega
- Ikundi bibiniini biina minanda yao bongwa kana iria bathithitie bari gikundi

Kiri micemano ya omweri nibariungagirwa ni ageni ja munene wa urimi uria ubatethetie mono mono ruteere rwa urimi. Amemba nibaritani gitumi gia kwithiriwa bari na munanda jwa miti, kamunda kanini ga kwaanda into ja ikwacii, mpempe, mungau, na into bingi biria bigijaga iketha ririega

Mucemanione jwa mweri jwa inana, Amemba ni baariririe wega bwa kwithiriwa bari na muntu wa kurungamira Cluster yao. Nibetikaniririe ati Moses Macharia na Margaret Muthoni beenderee kuritanwa kenda bomba kuritira gikundi gietu ngugi bwega.

Cluster ya Wiyumiririe ni imwe ya gikundi gia Cluster Council (GOC). Gikundi giki kiri na ikundi bingi ja Wiyumiririe, Wamura na Kiriogo. Cluster iji nandi iri na ikundi biniini mirongo inana na bina(84) na Amemba Magana jatano ja mirongo itatantu na kenda (569). Mwanka narua miti ngiri mirongo ithatu na inana, Magana kenda na mirongo kenda na ithatu(38,993) nirikitie gutarwa na yatumwa kiri mutambo jwa TIST.

Nowone ntento nkuriki kiri mutambo juju: <https://www.tist.org/mobile>

Irekeria rietu ni Kiri Tist, ni tugutagaria ikinya

Cluster ya Munyu: Injanake na igukura na inya.

Cluster ya Munyu Laikipia West ni imwe ya Cluster iria njanake kiri Tist Kenya narua. Tugitite mainda kuma kiri cluster ya Karaba miaka iri ithiri na tukurite twakinya amemba Magana jairi na mirongo ina na bathatu (243) mwanka nandi

Mucamanione jwa mweri jwa Mugwanja , Amemba ba cluster ya Munyu nibajukirie marii jao ja nkuruki ya ngiiri mirongo inana (80,000) na ciarirwe kiri ikundi biniini biria baingitie mantu jonthe jaria biagirite kuingia.

Riri ni riari ikinya ririnene mono nontu cluster iji ni injanake mono. Nitugwiritue mono ni utongereria bwa Cluster iji niuntu bwa gututongereria gukura takagia inya.

Cluster ya Munyu iri kiri gikundi kia Karaba (GOC). Cluster ingi iri amwe na iji ni Karaba na Muthuri .

Mbicha iji irionania uria mantu jari nadi kiri Cluster cioithatu

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Rua mono turi na wirigiro ati tugataamba kiri nteere ingi iria ituthiurukite ja Kite na Gatero naria Arimi booritie kwabiria mutaratara jwa TIST kenda bomba gukenera mootethio ja ju.



Gwaka ruuji ruko: Natia tuumba kuthithia na kuri na gitumi?

Riria antu bataa na kunywa ruuji rutiikiri dawa bomba kwajua. Kuthomithia antu kiri cluster and nturere cietu hatari ya kunywa ruuji ritikiri dawa gukabatetheria kumenya gutarama ruuji ruu na gukara bari na inya ya mwiri.

Gwaka ruuji ruko kuri na itumi bibingi:

1. Kurekeria nduji cia ruko na ruko rwa bioro kunuka kiri miuro yetu
2. Ngugi iria antu baitaa akui na miuro na aria nduji itaagwa
3. Kwaga njira injega cia kuunura nduji cia ruko na niuntu buu ikaigara amwe. Mboleo cia kugura ndukene na dawa cia kugira ciakamatwa kuuma miundene yetu ni ciakaga nduujine cietu ruko.
4. Kuthambira na kuurira nguo kiri miuro nigwakaga nduujine ruko
5. Kumaga kana gwita kioro akui na ruuji
6. Iga riria rikunikite Mariinya jaria jeni ruuji kiethirwa kina rwatua antu amwe norukurukie ruuko ruujine ruru
7. Kwaga bioro biinji amwe gutumaga ruko ruu rugakamatwa ni ruuji mwanka ndujine cietu cia kunywa
8. Ndithia cietu kurithua akui na nduujine cietu iria tutumaira gutaa ruuji

Gwaka ruuji ruko kireta thina inyingi.

1. Ruko ruru rwomba kuraga mimera na ndithia amwe na antu kana ruuji rukaa sumu niuntu bwa kwaaga riera ririega
2. Riria mboleo ya ndukene yatonya nduujine cietu ni yuragaga mimera ya ruuji, na mimera iji yakua, ruuji ruu ni runyarwa kana kuthirirwa ni riera ririega na niuthu buu kuuraga mbiti cia ruujine.

3. Ruuji ruria tutumaira kuruga, kuura nguo na kunyua nirutambagia mirimo imingi ja mirimo ya ngozi naya kiu, korela na Kwaarwa.
4. Sumu imwe iri nduujine ciojurana miiri yetu niciambairia gutwajithia mpaara

Natia tuumba kuthithia giciebaniria na thiina iji?

1. Ugata ruko akui na, kana nduujine cietu iira bangi kinya bo bagata ruko nduujine
2. Twaande miti akui na miuro yetu. Miri ya miti ni imiega kiri kuchunka ruko na kurigiria mithetu gukamatwa ni ruuji igita rionthe
3. Tutige kurima akui na nduujine na miuro yetu kurigiria mboleo itigakamatwe na gwikua miurone.
4. Tutige gwaka akui na nteere cia miuro
5. Twakire marinya ja ruuji bwega na tujamenyeere
6. Twirige naria nduujine itaagwa kurigiria ndithia cietu itegege gwaka ruuji ruko
7. Turigirie antu kuumaga akui na nduujine na miuro
8. Twinje bioro bietu mita miring itano(50) kuuma miuro yetu. Twinje mitaro imega ya gwithithia ruuji na twikire maiga kenda ruuji aki rukuruka
9. Tuthinge twanya tunthe kiri maiga ja mariinya ja ruuji riria jathinguka na turikane kuthambia antu au ogita
10. Kethira uti na uma na ruuji, rutherukie mbeere ya kurunywa kenda uraga ruko ruria rumba gikwajithia.



Mitiya matunda - Miti imiega kiri TIST.

Ndene ya TIST, twandaa miti iria igatwaa motethio igita ririraja. Ja matunda na iiri gitumi mono riria twabanga thoko ya matunda na maciaro jangi amwe. Aja kuri na miti yuumba kwithirua iri na gitumi mono:

- Mubokado - jukuuraa bwega nteere cionthe iria iri riera ririega na ruuji. Kurinda mbegu iji kiri ruuji rwa mpio mathaa mirongo iri na jana (24hrs) na kuanda kiri Nyongu. Tumira mbegu itiki igita. Mpindi iji noo cigitwe kiri ingi iria irikitie kuuma na gukuura gwacio kujukagia igita ria biumia bithatu na biina (3-4weeks). Warii bubwiri kwithirwa buuri u mita ithanthatu(6m) na mono ciandagwa akui na nja. Mubokando ni kaumo ka irio biria biakaga mwiri na maguta na vitamini. Miti iji iri kinya moethio jangi ja nku, makara na mugunya. Mpindi iji no ciandanirwe na mungau iri injanke. Muti juju ni jumwega kiri kureta mbeba kiri murimi.
- Mubera – iji ni ntuda ciakuria na kaumo gakega ka vitamini C na A. Riria igudi nicitethagiria mono mirimo ya kiu na kwaarwa. Maguta ja mubera ijarigagiria kwimba na mabura na makonde jaju ijatumagirwa kithithia maguta ja gwaka mathainya , maronda na nkuuji. Mabura ijatumagirwa gutetheria mirimo ya njira ya irio na mirimo ya mpio na gwitia ndamu na kwigua murimo. Ruuji rwa matunda jaja nirutethagiria murimo jwa Itema na kwaarwa. Mbera

nikuranagiria bwega mono na mimera ingi ja mpempe, ugimbi na nthoroko.. miti iji itiumbagwa ni riuu. Mpindi caju itendaga gutaramwa mbere ya kwanda na ciumaga na biumia bithatu. Nibwega gucitarania na mita 4 (4m). Mubera nojukure nkuruki ya uria jukwendekana guntu kumwe. Indi nibwega kumenya ati guti gantu ka muti juju gatejagwa kinya kamwe.

- Muembe - juuri motethio jamaingi kiri ugima bwa mwiri, gutetheria kurigiria cancer na kiri meetho na ngozi. Antu ba murimo jwa sukari nobatherukie mabura na ruuji, bajarinde utuku na banyue ruuji ruu rukiri gutetheria gucokia sukari ya damu aria ibati kwithiria iri, amwe na gutetheria kuthiwa kwa irio kiu waria maembe. Maembe jatiendaga ruuji rurwingi muthetune na jendaga muthetu juri na ruuji runganirite na nojukuraa bwega kinya guntu gukuumo. Mpindi caju citendaga gutaramwa mbeere ya kwaanda kinya kethira kuinya mbegu igutenthagia kiri gukuura kwayo. Mpindi iji nocikwe kiri murutira jwa nyomba mweri jumwe iti kuthuka. Gutu gachunchi ka muti juju gatejagwa kinya kamwe. Motethio ja muti juju ni amwe na nku, iria ria ndithia, mati ja gukunikira minanda ya kumithia, mugunya na kurigiria muthetu gukamatwa ni ruuji.



Mukingo:

Niki na Niatia tubati kwariria antu barina murimo juju.

Kwariria muntu ni kuthikiira muntu na kumwaa kirira na wirigiyo buria bukabatethia. Nimma mantu jamwe nijagwitia antu baritani kwaraniria na antu. Indi-ri, o umwe wetu no atethie gukurukira kujukia kanya kuthikira acore, antu ba nja na aturi baria barina Mukingo, guciikira iratune biao na kubekira inya na kubatethia uria uumba.

Ubatu bwa kuariria antu ni:

- Kumutethia kumenya thiina iria imutegerete
- Kumutethia gucua njira cia gukabana na mathiina jau
- Kugiita magamba jamathongi na jaria jabati kwegie mathiina jau

Ngugi ya counselor ni gukara nthi na muntu ou na kuthikira. Thikira biuria biawe, aririeni thiina ciawe, thikira kwegie uria bakwigua na uguua bwawe kwegie untu bou bumukarikirite. Mue utethio buria bubati na buria bugatethia kuringana na mantu jaria bakwenda, na mue wirigiyo na inya. Rikana: ni sasawa kethira tutikumba gucokia biuria bionthe! Cokia bwega buru uria umba riu ucue utethio kuuma antu bangi riria ukubwenda.

Nandi thuugania kuthikirite mwajie wa mukingo. Ni mantu jeku umba kwira na kuatha:

1. Muntu uria urathimwa na ethirwa arina mukingo.
2. Muntu uria urina mukingo na uria urina uguua bwa gukua.
3. Muntu uri na mukingo indi nakwenda gwita na mbele kumama na muntu kana antu bangi?

Mathuganio:

1. Kiri muntu uria urathimwa ethirwa ari namukingo
 - Kumwira kairi na kairi ati kwithirwa urina mukingo tiku kuuga ugakua ukui. Ajii no bakari miaka makumi jamaingi bakinyunyaga ndawa iria babati na bakimenyagirwa uria babati.
 - Kumwira ati ati wenka na bangi babaingi niboonete njira ya gutuura namurimo juju.
 - Kumwatha mwajii atigane na kumama na

antu nikenda murimo jutigatambe na kenda eebera kugwatithua murimo riabajiri untu buria bumba kuneneyia thiina iu.

- Kumwatha gwita na mbele gwita ngugi riria barina inya, nikenda betana mbele gwikira nja ciao mbeca cia gutumira. Antu batibati gutiga kurita ngugi niuntu barina mukingo.
- Kurikanaua kuria bwega na gwitaga o igita o igita cibitari gutegwa.

2. Kiri muntu uria urina mukingo na nagukira gukuaa

- O muntu no mwanka akue urethira arina mukingo kana atinaju kwou ni untu bwa rionthe kwigua uguua.
- Cuaa wirigiyo bwa kanisa buria mwajii omba kwithirwa arina bu.
- Rikania mwajii uria kwimenyeera na kunyua ndawa kuuma kureia utuuro na kuthongomia uturire bwawe.
- Atha mwajii kujukia matagaria gukinyira bioneki bimwe biawe mbele ya kwajua mono (mung'uanano, gucokanira na antu, kuanda miti, kuambiria ikundi bia gwitethia)

3. Kiri muntu uria urina mukingo na nakwenda gwitana mbele kumama na antu

- Gwita na mbele kumama na antu no gutambie murimo kiri antu bangi. Kinya kethira muntu agwatirwe ni mukingo aticiunganitie, gutuma bangi bahangika butireta kugwirua kana bugarura aria ari.
- Kurina mianya ya mukingo. Gwita na mbele kumama na antu gugatuma mwajii atirimane na mianya ya mikingo untu buria buumba gutuma akajua nkuruki kana thiina ingi ikaumira. Ebera gutirimana na mukingo kairi nikenda ukara uri na inya uria kuumbika.
- Mwajii arithuganiria atia kugwatithia muntu ungi murimo juju? Untu bubu butegagirwa atia ni antu bangi?
- Rikania mwajii ati kumama na muntu ti njira yonka ya gukaranira kana kugwirua, na kairi ni njira yonka ya kuonania rwendo.



Ugiiti bwa miti ya miitu na kuthukua kwa muunda jwa mwitu ni thiina inene. Niatia tuumba kuthithia?

Miitu na ithaka nibikunikirite gicunci kimwe kiri bithatu kia muunda juria nthiguru yonthe irina ju. Niithithagia rera, ikamenyeera nduujji cietu, ikaejana into bibingi(Mung'uanano; mpao, ndawa, matunda nabingi bibingi) biria bigurwa na mbeca inyingi na biria bimenyagiira mithemba imingi ya imera na nyomoo. Obou burio, miitu na ithaka biri ndene ya milioni mirongo iiri cia hectare o mwaka nibikwinyangua. Nusu ya antu baria bari nthiguru batumagiira miitu iji ta nkuu, indi akui antu million igana bationaga nkuu cia gutumira kinya anini.

Mantu jaria manene jaria jatumaga miitu igitwa.

- Riria imera biagitwa kenda mantu jangi jeeta na mbele ta urimi, kurithia kana utumiri: nkuu, kuthithia maiga ja miako, kuumia makuyu, kuthithia mbaki, kuumia majani, gwaka na mpao.
- Kuthukua kwa miitu ni riria mwitu jwanyiyia mithemba na wingi niuntu bwa utumiri bubuthuku na kuremwa kubangira (mung'uanano, riria miti imikuru igiitagwa, kana riria muthemba jurina bata jwa kimera jugiitagwa, kana riria mwitu juriithagua nainya, mwanka miti ikaremwa gukura antu a iu igititwe).
- Ugiti miti na uthukia bwa muunda jwa miitu buria bunene buumanagia na kwithirwa guti na umenyo kwegie bata ya miti.
- Rimwe na rimwe, bata ya miti no ithirwe ijikene indi ukia na kwaga njira ingi nigutumaga antu bakagiita miiti.

Ugiti miti nibutumaga.

- **Muthetu jugakamatwa:** kwithira gutina miti na miri nigutumaga muthetu jugakamatwa.
- **Kwaga mantu jaria jaumanagia na miitu:** Kugiita miti nikwinyangagia naria nyomoo

ikaraga, gukanyia wingi bwa mithemba ya imera na nyomoo, gukanyiyia kiumo kia irio na ndawa na gukaingiyia gushindanira mpao cia gwaka. People will have to walk further for firewood, and if forest products are being bought, prices will rise.

- **Kwaga baita ingi cia miti kiri naria gututhiurukite:** Miti niritaga ngugi ya kunyiyia ruugo, kumenyeera ruuji ruria ruri ruugone, kwongera ruugo rurwega kiri rungi na kwongera irio bia imera muthetune. Kwou gutina miti rera yetu ikaaga ruuji o uria kuumbika kwa ngai inyingi, gukamatwa kwa muthetu ni ruugo, kunyiyia kwa unoru bwa muthetu na kunyiyia kwa ruugo rurwega gukwingia.

Niatia tuumba kuthithia nikenda tuthiria ugiti bwa miitu na kwinyangua kwa miunda ya miitu?

- Twambirie minanda na tutambie kana twendie miti ya kuanda kiri ntuura.
- Gutumira mariko ja nkuu na makara jamakai
- Gutumira njira ingi cia mwanki na taa aria gukumbika (Mung'uanano, kurutiria na riuu, sawdust, kauwa, nyaki, maria, matigari ja imera, ntaka ya ndithia)
- Kuanda miti. Ithirweni buru gikundi gia TIST gikuumbana na gigwita ngugi irina maciara! Atha atuuri na acore baku gutonya kiri TIST kinya bo
- Ukarima miunda iri nterene cia ruuji kana aria kwithagirwa kurina ruuji. Tiga miti na imera bikure bikunikire nduujji iji.
- Ukarithia munda nkuruki ya uria ubati. Menyeera ndithia itiukinyira miti kenda itaminyangie kenda mwitu juumba kuuma kairi.
- Athana kuungania imera na miti kana gutumira tumiunda tugaanitie na miti. Kwithirwa urina miti muundene jwaku nigukuejaga baita cia miiti na gugagutethia kumenyeera mwitu kuria juri akui.

Mazingira Bora



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Munyu Cluster meeting members were happy to receive their pre-carbon payments during their Cluster meeting last month.

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Cluster ya Wiyumiririe: Niundu wa uhotani.

Mwandiki; Wachira Heho.

Cemania na amemba a cluster ya Wiyumiririe! Mucemano uyu wa cluster wekirwo kuri 23rd August 2013. thiini wa mucemano, ikundi ingi nimaheirwo mikahuro ya carbon credits. Vouchers cia marihi niciheanitwo mweri muhituku wa July, undu uria waheire amemba kahinda kaiganu guthuthuria vouchers icio na gutigirira ninginyaniru. Njira ino noyahotithirie amemba kugia na mahinda ma gucemania thiini wa ikundi na gutua matua ma uria makuhuthira mabeca icio. Amwe nimaugire nimekuhuthira marihi na gutungata nathari na kwongerera uhandi wa miti.

Cluster ya Wiyumiririe niiracokeria atongoria a TIST ngatho nyingi niundu wa kumatongoria wega, cluster ino nihotete gwika maundu maya;

- amemba nimahotete gukorwo magithii micemano ya o mweri.
- Amemba nimongereire muigana wa miti na igakorwo na utaganu mweka utanyihire 2 mtrs
- amemba nimathomete kuhuthira urimi wa Kilimo Hai.
- Ikundi ohamwe na andu kiumbe nimakoretwo na nathari cia miti.

- Thiini wa micemano ya o mweri nimakoragwo na ageni, ta anene a urimi a thirikari, aria mateithiriirie muno urimi. Amemba nimathomete bata wagukorwo na nathari cia miti.

Mugunda wa mucii na njira ya kuhanda waru, mbembe, mboco a na ingi nyingi niguo kugia namgetha mega.

Thiini wa mucemano wa August, ammemba nimaririirie bata wa gukorwo na atari a miti kuma thiini wa Cluster. Nigwetikiraniiro ati, Moses Macharia na Margaret Muthoni nimaguthii na mbere na kwamukira githomo niguo mahitukio na mahote gutungatira ikundi wega.

Cluster ya wiyumiririe iri thiini wa kanju ya cluster ya Wiyumiririe. Iria ikoragwo na Wiyumiririe, Wamura na Kariogo. Cluster iitu riu iri na ikundi 84 iria iri na amemba 569. gukinyiria umuthi, miti 38,993 niitaritwo na igekirwo thiini wa website ya TIST. Nowone uhoro makiria wigiicuster iitu kuhitukira <https://www.tist.org/mobile/>

Mworoto wiitu ni “Nitwitikitie thiini wa TIST”

Cluster ya Munyu: nini na irakura naihenya.

Mwandiki; Mary Kathei.

Cluster ya Munyu thiini wa Laikipia West ni imwe ya cluster iria njeru thiini wa TIST Kenya. Twaciariirwo kuma cluster ya Karaba miaka 2 mihituku na nitukurite nginya amemba 243 riu.

Thiini wa mucemano wa July wa cluster, amemba a cluster ino ya Munyu nimamukiire mikahuro ya marihi kuria makiria ma Ksh 80,000 ciarahirwo kuri

ikundi 10 iria ikinyaniirie ikiro. Uyu wari umwe wa uhotani munene kuringana na aticuster ino ni njeru. Niturakenio ni utongoria wa cluster, uria utuhotithagia gukura makiria na turi na hinya.

Cluster ya Munyu iri thiini wa Group Council of Clusters (GOC) ya Karaba iria iri na cluster ta Karaba na Mithuri.

Uhoro uyu uronania cluster ciothe 3.

Cluster	Groups	Trees	Next Meeting	Last Election	Members	Groves
Karaba	49	40801	07 Oct 2013	06 May 2013	320	475
Munyu	41	32083	14 Oct 2013	13 May 2013	243	225
Mithuri	51	21999	10 Oct 2013	02 May 2012	349	570

Kwa ihinda ikuhi, niturehoka gukura na gutherema kundu kungi kuing I ta Kite na Gatero kuria arimi makoretwo makiuria mandikithio na maingirio TIST niguo onao magie na umithio uyu.



Uthukia wa Maai: Gitumi gia gukorwo uri ugwati na uria tungika.

Riria twataha maai na twahuthira matari mathondeke notunyitwo ni mirimu. Guthomithia andu thiini wa cluster hamwe na aria angi uhoro-ini wigii mogwati ma kuhuthira maai matari mathondeke niguguteithia gutaukwo ni uthondeki wa maai niguo tukorwo na ugima mwega wa miiri.

Uthukia wa maai umanaga na maundu maingi.

1. Gute indo ciri na giko kuma iganda-ini.
2. Maundu marekwo niandu hakuhi na maai.
3. Njira cia maai itari njega iria ciitikiragia maai mari na giko ta fertilizer dawa cia mugunda gutonya.
4. Gwithambira na kuhurira nguo ruui.
5. Guthuguma ruui.
6. Nguniko cia ithima gukorwo na marima.
7. Kwaga cioro matura-ini na gutuma andu gwiteithiria mugunda.
8. Kuriithia mahiu hakuhi na njuui.

Guthuka kwa maai nikurehaga mathina maingi:

1. guthuka kwa maai nokurage mimera na nyamu(ohamwe na andu) kana guthukie riera riria riri thiini wa maai. Riria nitrogen iria iri na fertilizer na indo ingi ciaingira maai-ini nicirehage wongerereku wa indo gukura maai-ini. Riria mimera ino yakua, niutunyama maai riera na gutuma nyamu iria cikoragwo maai-ini gukua.

2. Maai mari na giko riria mahuthika na kuruga, guthambia na kunyua nimatheremagia mirimu ya andu. Ino nita; tugunyu twa mara, mirimu ya ngothi, kuharwo na ingi.
3. Chemicals ingi thiini wa maai nocikure na cituike indo nene thiini wa maai iria cingituma andu marware.

Tungika atia niundu wa uthukia wa maai?

1. Ndugaikie giko maai-ini na umenyitie aria angi.
2. Handa miti ruteere-ini ra njuui na iria. Miri ya miti niikoragwo iri miega hari gucunga maai na indo ingi ohamwe na kugitira tiiri kuingira maai-ini.
3. Aga kuhanda mimera hakuhi na njuui, iria na ithima niguo fertilizer ndikaingire maai-ini.
4. Thomithia andu gwaka micii haraihu na njuui.
5. Tigrira ithima niciatungatwo wega.
6. Irigira ihumo cia maai niguo mahiu na nyamu ingi citikaingire.
7. Ndugetikirie andu guthuguma ruui.
8. Tigrira cioro cia marima cienjwo makiria ma 50mtrs kuma ihumo-ini cia maai tigrira hari handu maai maraangia hari na mahiga.
9. Thondeka na uthinge miatuka yothe ingikorwo thiini wa nguniko cia ithima na ugathambia wega.
10. Angikorwo nduri na uma uhoro-ini wigie utheru wa maai, therukia mbere ya kunyua niguo urage indo iria cingituma urware.



Miti ya matunda – miti miega kuri TIST.

Thiini wa TIST, tuhanda miti niundu wa kahinda karaihu. Mawega mangi maria maumanaga na miti ni matunda maria mangikorwo na umithio riria twathondeka uria tukwendia matunda maya thoko-ini ohamwe na indo ingi. Ino ni imwe ya miti iria ingiteithia.

Makorobia (Persia americana) ikuraga wega kuria kuhehu. Tigirira niwarinda mbegu maai-ini gwa kahinda ka mathaa 24 mbere ya kuhanda ucoke uhande mukebe-ini. Tumira mbegu citari njikaru ndondu iria njikaru citimeraga. Mimeranoiciarithanio na kumera gukoya kahinda ka 3-4 weeks. Gutagania kwagiriirwo nigukorwo kuri kwa 6m na ikahandwo hakuhi na mucii. Makorobia ta irio nimaheanaga proteins na maguta mega na mwiri ohamwe na vitamins. Miti niikoragwo na mahuthiro maingi ta ngu, makara, kiiruru. Mimeranoihandanirio na mboco iri minini. Miti ino noirehe mbeca muno.

Mbeera (Psidium guajava) matunda maya makuria nimakoragwo na vitamin C na vitamin A. riria mari meru, matundas maya nimateithagia kunyihia kuharwo. Maguta ma mbeera nimakoragwo na indo guthondeka miiri, ohamwe na makoni makihuthika na guthondeka mirimu ya ngothi iria ingithukio ni tugunyu ohamwe na kuhonia turonda twa nda. Mahuti nomahuthike na guthondeka mirimu ya uthii wa irio hamwe na blood pressure na kumaka na

ruuo. Maai ma mbera nimateithagia riria mundu ari na hepatitis, gonorrhea n akuharwo. Miti ya matunda maya niikuranagira na irio cia mahiu ta mbembe, muhia, ndengu. Miti ino niikuraga kuria kwaraga no ndihotanaga na maai maingi. Mbegu nicibataraga guthondekwo mber ya kuhandwo na cimera gathutha wa 3 weeks. Niundu wa bata gutagania miti ino na utaganu wa 4m. Mbeera nicimeraga kundu kungi no gutiri kindu kia muti uyu kiuragira.

Maembe (magnifera indica) ni matunda makoragwo na mawega ma kuhonia maundu maingi. Ta kunyihia cancer hamwe na mirimu ya maitho na ngothi. Andu aria marwarite murimu wa cukari nomatherukie mahuti ma maembe macoke mamaige maai-ini utuku mugima macoke manyue niguu kuiganania cukari mwiri-ini. Riria waria matunda ma membe nda yaku nihotaga guthia irio wega. Miti ya maembe ndihotaga gukura kundu kuri na miiyuro ya maai na ibataraga tiiri utari na maai maingi. Nikuraga wega kundu kuri na riuu. Mbegu citibataraga guthondekwo mbere ya kuhanda onakorwo gwatura nguciteithagiriria kumera. Mbegu ici nocigwo gwa kahinda ka makiria ma mweri l thiini wa handu hari na urugari muigananiru. Gutiri kindu kia maembe kiuraga- uri na mahuthiro maingu ta ngu, irio cia mahiu, guthondeka thumu, kunyihia ruhuho, kiiruru hamwe na kumenyerera tiiri.



Murimu wa Mukingo: Itumi cia gutaarana.

Gutaara kuugite guthikiriria mundu na kumuhe uteithio wa kumuguna na kumumiriria. Nima kuuga ati maundu mamwe nimarabatara mundu uthomeire utaarani. Onagutuika ithuothe turi na ikinya ria guthikiriria arata, na aria turiganitie mari na murimu wa Mukingo, tukeikira iratu-ini ciao na kumahe ciugo ciakumomiriria na uteithio.

Itumi cia gutaarana ni;

- Guteithiriria muruaru gutaukwo ni thina uria ari naguo.
- Gucaria njira cia kuhurana na thina uyu.
- Gutua matua mega na magiriire megii thina uyu.

Ugiriiriki wa mutaarani ni guikara thina guthikiriria. Thikiriria ciuria ciao, araniria nao iguru rigii mathina mao, thikiriria na unyite maundu maria maretigira. Mahe uhoro wama na wakuigana kuringana na mabata mao, mahe mwihoko na umomiririe. Ririkana: niwega angikorwo tutikugia na macokio mothe kuma kuri muruaru! cokia ciuria haria wahota na no ucarie uteithio.

Tawicirie urataara muruaru wa murimu wa muingo. Ciugo ciaku cia kumutaara na kumumiriria ni iriku?

1. Mundu uria umenyete kahinda gatari kanene ati ari na murimu wa muingo.
2. Mundu uramenya ari namurimu wa muingo na niaretigira.
3. Mundu urina murimu wa muingo na niarenda guthii na-mbere na kuonana ki-mwiri.

Ideas

1. Kuri mundu wamenya ari ari na murimu wa muingo.
 - Muririkanie ati mundu ari na murimu wa muingo tikuuga ati niegukua na-ihanya. Aruaru nomatuure miaka miingi mangiamukira urigitani na umenyere mwega.
 - muririkanie ndari nyika na kuri angi aingi mahotete gutuura na murimu uyu.

- Muhinyiririe atigane na kwonana ki-mwiri niguo murimu ndugathereme na kurwara makiria.
- Muhinyiririe athii na-mbere na kuruta wira riri ari na hinya na athii n-mbere nakwonjorithiria nyumba yake. Andu matiagiririe gutiga kuruta wira tondu nimanyitwo ni murimu wa muingo.
- Muririkanie arie weega na akoro agiceerera thibitari.

2. Kuri mundu uria uri na murimu wa muingo na niaretigira gukua

- Mudu o wothe no muhaka agacemania na gikuu ari na murimu wa muingo kana Atari nan i kawaida gwigigira gikuu.
- Geria kumumiriria kuhitukira njira ciagikanitha iria athomaga
- Muririkanie uria urigitani mwega na mirire miega yongagirira muturire.
- Mumiririe arute wira na hinya akinyanirie cioneki riria ari na hinya.

3. Kuri mundu uri na murimu wa muingo na niarenda guthii na-mbere na kuonana ki-mwiri.

- Guthii na-mbere na kuonana ki-mwiri nigugetheremia murimu kuri andu angi, anaangikorwo muruaru anyitire murimu na mutino, gutuma angi mahanane tikwega na gutingicenja maundu.
- Nigukoragwo nga mathina ngurani murimu-ini wa muingo. Guthii na-mbere na kwonana ki-mwiri nigukumuiga ugwati-ini kuri mathina mangi na mirimu ingi na guthukie maundu.
- Eciragia atia uhoro-ini wa gutheremia murimu wa muingo mundu akimenyaga na mawoni make ni mariku undu-ini uyu?
- Muririkanie kwonana kimwiri toyo njira ya kwonania wendo nikuri na njira ingi nyingi.



Utemi wa miti na uthukangia wa migunda ya mititu ni thina munene, tungika atia?

Mititu ikoragwo ihumbirite gicunji kia imwe hari ithatu gia thi. Niyo inyitagirira riera, kugitira ihumo cia maai, gutuhe mbau, dawa na matunda iria ni cia goro muno na gutuma nyamu na andu maturue. Na noirathii nambere na guthukangiona njira nene muno. Nuthi ya muingi wa thi ukoragwo wihokete mititu, na andu ta 100 milion matiri na ngu ciakuigana.

Itumi nene cia utemi wa miti:

- Utemi wa miti wonekaga riria kwoneka nokurimike kana kuriithio mahiu na njira ingi ta gutema ngu, ucini wa maturubari, utegi ucini wa thamaki, ucini wa mbaki, umithia wa macani waki na waturi wa mbau.
- Uthukangia wa mititu ni riria mititu yanyiha niundu wa kuhuthirwo uuru na kwaga kumenyererwo (muhiano ta riria miti minene yatemwo gwatigara miti itari miraihu kana miti ya bata riria yatemwo ona kana kuriithio mahiu)
- Uthukangia na nutemi wa mititu muingi umanaga na kwaga umenyo wa bata munene wa miti.
- Njira-ini ingi, bata wa miti noumenyeke no ukia na andu gwiciria gutiri na njira ingi nigueumaga mititu ithire.

Maciaro ma uthukangia wa mititu.

- Gukuuo gwa tiiri ni maai: kwaga kindu kihumbirite tiiri

- Kwaga mawega maria maumanaga na miti ta nyamu, dawa irio, andu mathiaga kundu kuraihu gucietha.
- Kwaga mawega maria marehagwo ni miti: miti niihuthikaga kunyihanyihia ruhuho, kuiga ugunyu na gutheria riera o hamwe na kwongerera tiiri hinya. Tutari na miti riera riitu niriguthuka na tukorwo ugwati-ini wa wa ng'aragu.

Niatia tungika kugitira uthukangia wa mititu?

- Ambiriria tuta na uheane kana wendie mimera ya miti.
- Huthira riiko ritarahuthira ngu nyingi. huthinra njira ingi ya kuruga na kuhiuhia maai (ta kuhiuhia maai na riuu, mhanda mitiura, makoni ma kahua nyeki na mai ma ng'ombe).
- Handa miti kwa uingi, ingira TIST na uingiria angi.
- Ndukarime mugunda hakuhi na ruui. Reke miti na mimera ingi cikure na ugitire maai.
- Ndukariithie mahiu mugunda muno. Ndukareke ng'omb irie kuria kuri na mimera ya miti.
- Handa miti mugunda-ini uria uria urahanda irio. Riria wahanda miti mugunda niuhotaga kwigwatira mawega ma mutitu.

Mazingira Bora



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Cluster ya Wiyumiririe: Kuelekea mafanikio.

Umeletewa na Stephen Wachira Heho

Kutana na wanacluster ya Wiyumiririe! Mkutano huu wa cluster ulifanyika tarehe ishirini na tatu, mwezi wa Agosti 2013. Katika mkutano huu baadhi ya vikundi vidogo vilipata pesa za miti yao. Vocha za malipo zilikuwa zimegawanywa mwezi uliopita wa Julai, jambo ambalo liliwapa wanavikundi muda wa kuziangalia vocha na kuhakikisha kuwa zilikuwa sahihi. Pia liliwaruhusu wanacluster wakati wa kukutana katika mikutano ya kila wiki ya vikundi vidogo na kufanya maamuzi kuhusu jinsi wangezitumia pesa hizo. Vikundi vingine viliripoti kuwa vitatumia pesa walizopata kuanzisha vitalu vya miti ili kuongeza upanzi wao wa miti.

Cluster ya Wiyumiririe inawashukuru viongozi wa TIST walioiongoza vizuri na kama matokeo, cluster hii imeyafikia yafuatayo:

- Wanacluster wana nafasi ya kufika katika mikutano ya kila mwezi ya cluster.
- Wanacluster wameongeza miti yao yenye nafasi nzuri isiyopungua mita mbili.
- Wanacluster wamesoma jinsi ya na kuanza kulima kwa njia ya Kilimo Hai.
- Vikundi vidogo vingi vina kitalu cha kikundi au kitalu cha mmoja kati yao.

Katika mikutano ya kila mwezi ya cluster mara nyingi wana wageni, kwa mfano afisa wa kilimo katika eneo, ambaye amesaidia sana katika sekta ya kilimo. Wanacluster wamesoma kuhusu umuhimu wa kuwa na kitalu cha miti, bustani la jikoni kwa kupanda viazi, mahindi, maharagwe na vinginevyo ambavyo vilileta zao zuri.

Katika mkutano wa Agosti, wanacluster walijadiri kuhusu umuhimu wa kuwa na mstumishi au mhesabu miti wa cluster yao. Walikubaliana kuwa Moses Macharia na Margaret Muthoni wanafaa kuendelea kupata mafunzo ili wahitimu kutumikia vikundi vyao vyema zaidi.

Cluster ya Wiyumiririe ni sehemu ya GOC ya Wiyumiririe. GOC iliyo na cluster ya Wiyumiririe, Wamura na Ya Kiriogo. Cluster yetu kwa wakati huu ina vikundi themanini na nane vilivyo na wanakikundi mia tano sitini na tisa. Hadii leo, miti elfu thelathini na nane, mia tisa tisini na tatu imehesabiwa na kuwekwa katika tovuti la rununu la TIST. Waweza kupata taarifa zaidi kwa kututembelea hapa <https://www.tist.org/mobile/>

Wito wetu ni: “ Katika TIST, tunafikia lengo letu”

Cluster ya Munyu: Changa na yazidi kupata nguvu.

Umeletewa na Mary Kathei

Cluster ya Munyu katika Laikipia Magharibi ni moja ya cluster changa zaidi katika TIST Kenya Leo. Tulizaliwa na Cluster ya Karaba miaka miwili iliyopita na tumekua hadi kufikia wanacluster mia mbili arobaini na tatu kwa sasa.

Katika mkutano wa cluster wa Julai 2013, wanacluster wa Munyu walipata malipo ya miti yao ambapo zaidi ya elfu themanini ililipwa kwa vikundi kumi vilivyohitimu. Hili lilikuwa fanikia la ajabu

tukizingatia kuwa cluster hiyo ni change sana. Tunajivunia uongozi wa cluster yetu ambao umetuwezesha kuwa na nguvu zaidi.

Cluster ya Munyu iko katika GOC ya Karaba. Cluster zinginezo katika GOC hii ni pamoja na cluster ya Karaba na Mithuri.

Chati hii inaonyesha mambo yalipo katika hizi cluster tatu:

Cluster	Groups	Trees	Next Meeting	Last Election	Members	Groves
Karaba	49	40801	07 Oct 2013	06 May 2013	320	475
Munyu	41	32083	14 Oct 2013	13 May 2013	243	225
Mithuri	51	21999	10 Oct 2013	02 May 2012	349	570

Hivi karibuni, tuna matumaini ya kuenea katika maeneo jirani kama Kite na Gatero ambapo wakulima wametuuliza kuuleta mradi wa TIST ili nao wafurahie faida zake.



Uchafuzi wa maji: kwa nini ni muhimu, na twaweza kufanyeje?

Watu wanapochota na kunywa maji yasiyotibiwa na yaliyochafuka, wanaweza kuwa wagonjwa sana. Kuelimisha watu katika cluster na katika jamii yetu kuhusu hatari ya maji yasiyotibiwa kutawasaidia kuelewa jinsi ya kutibu maji ili kukaa wakiwa wenye afya.

Uchafuzi wa maji husababishwa na mengi:

1. Kuachiliwa kwa uchafu wa viwanda na maji taka yasiyotibiwa.
2. Vitendo vya binadamu visivyojali karibu na maji (mito, visima)
3. Mifereji ya maji isiyofaa ambayo huruhusu maji taka kuingia katika maji na maji kusimama mahali pamoja. Kemikali kama mbolea ya viwanda na dawa za kunyunyiza zaweza kubebwa kutoka mashambani na kuchafua maji.
4. Kuoga na kufua nguo katika vyanzo vya maji
5. Kuenda haja ndogo na kubwa karibu na vyanzo vya maji
6. Vifunikio vya visima vilivyo na nyufa
7. Ukosefu wa vyoo katika maeneo ya vijijini kwa hivyo uchafu wa binadamu hubebwa hadi majini.
8. Wanyama kulishwa karibu au katika vyanzo vya maji yanayotumiwa na watu.

Uchafuzi wa maji husababisha shida nyingi:

1. Uchafuzi waweza kutia sumu na kuuua mimea na wanyama (pamoja na watu) au kutia sumu kwa njia ya kutoa hewa ya Oksigeni katika maji. Wakati mbolea za viwanda za naitrojeni na uchafu hubebwa hadi majini, huongeza ukuaji wa mimea ya maji. Mimea hii inapokufa, inaiba hewa ya oksijeni na hivyo basi kuuua wanyama wa maji.

2. Maji machafu yakitumika kupika, kuosha na kunywa hueneza magonjwa ya binadamu. Magonjwa haya ni kama, minyoo, magonjwa ya ngozi, kipindupindu na kuharisha.
3. Kemikali zingine zilizo katika maji yaliyochafuka zaweza kuongezeka katika miili yetu na mwishowe baada ya muda zaweza kudhuru watoto wetu nasi pia.

Twaweza kufanyeje kuhusu uchafuzi?:

1. Usitupe taka au kumwaga maji yenye taka katika vyanzo vya maji. Tia moyo wengine kufanya vivyo hivyo.
2. Panda miti ando ya mito na ziwa. Mizizi ya miti ni mizuri zaidi katika kushikilia taka na pia kuachisha udongo kuingia katika maji kupitia mmomonyoko.
3. Epuka kupanda mimea karibu sana na mito ziwa au visima ili kuzuia mbolea za viwanda kufikia vyanzo vya maji.
4. Tia moyo watu kujenga mbali sana na kando ya mito
5. Hakikisha kuwa visima vina usimamizi mzuri.
6. Tengeneza uzio kuzunguka vyanzo vya maji ili kuzuia wanyama kuchafua maji.
7. Usiruhusu watu kukojoa karibu na pampu
8. Hakikisha vyoo vya kuchimba vipo zaidi ya mita hamsini mbali na maji. Hakikisha kuna mifereji ya kuto maji tosha na uchimbe shimo la kuingiza haya maji na ulijaze na mawe ambapo maji yataingia udongoni.
9. Karabati nyufa zilizopo katika kifuniko haraka iwezekanavyo zinapotokea na usafishe mahala hapo kila baada ya muda.
10. Kama hauna uhakika kuhusu hali ya maji, yachemshe kabla ya kunyua ili kuuua vijidudu vinavyokufanya kuwa mgonjwa.



Miti ya matunda – Miti mizuri kwa TIST.

Katika TIST, tunapanda miti kwa muda mrefu. Faida nyongeza kutokana na miti hii, kama matunda na njugu zao zaweza kuwa zenya thamana kubwa sana sanna tunapopangia kuuza matunda na vitu vingine kwa pamoja. Hapa ni baadhi ya miti inayoweza kuwa yenye faida:

- **Avocado** (*Persea americana*) hukua vizuri zaidi katika maeneo yenye unyevu. Hakikisha kulowa mbegu kwa maji baridi masaa ishirini na nne halafu upande kwa mifuko. Tumia mbegu zilizokusanywa mara moja kwani mbegu hazikai. Miche pia yaweza kukatwa na kukua baada ya wiki tatu kufika nne. Nafasi kati ya miti iwe zaidi ya mita sita na hupandwa san asana karibu na manyumba. Avocado kama chakula hutupa protini, mafuta yenye thamana na vitamini. Miti hii ina matumizi mengi kama kuni, makaa na kivuli. Miche yaweza kupandwa pamoja na maharagwe inapokuwa change. Mti huu yaweza kuleta pesa nyingi.
- **Guava** (*Psidium guajava*) Kikuyu; Kimeru-Mubera. Tunda hili linaloliwa ni chanzo zuri la vitamin C na vitamin A. Wakati yameiva, matunda yanapendekezwa kama tiba la kuhara na ugonjwa wa kuharisha. Mafuta ya tunda hili lina uwezo wa kupambana na kuchomwa, na pia majani na gome hutengeneza mafuta ya kupaka ya kutibu shida za ngozi kama minyoo, majeraha na vidonda vya tumbo. Majani yaweza kutumia kutibu magonjwa ya njia ya utumbo kama shinikizo la damu, mshtuko na maumivu.

Maji ya mapera husaidia katika ugonjwa wa hepatitis, kisonono na kuhara. Mipera hufanya vizuri inapopandwa pamoja na chakula cha mifugo kama mahindi, mtama na kunde. Miti hii huvumilia ukosefu wa maji, lakini yaweza kuvumilia maji yaliyofurika. Mbegu hazihitaji kutibiwa huku zikiota baada ya wiki tatu. Pia ni muhimu kuipa nafasi ya mita nne. Mipera yaweza kuenea katika baadhi ya maeneo na kujaa shambani, lakini hakuna sehemu ya mti huu wa matunda wenye thamani hupoteza nafasi.

- **Mango** (*Mangifera indica*) hutupa faida nyingi za kiafya kwa sababu ya misombo yao ya kusafisha damu, jambo ambalo husaidia kuzuia saratani na ni faida ka afya ya macho na ngozi. Wenye ugonjwa wa kisukari yaweza kuchemsha majani katika maji, kuyalowa usiku mzima na kunywa chai asubuhi kusaidia kurejesha sukari katika damu. Kuvunja vunjwa kwa chakula katika matumbo huboreka mtu anapokula embe zima. Miembe haivumilii mafuriko na hihitaji udongo unaolowa maji vizuri na yaweza kufanya vizuri katika maeneo makavu. Mbegu hazihitaji kutibiwa ingawa kutobolewa kwa mbegu husaidia kuota. Mbegu hizi yaweza kuwekwa mwezi mmoja kwa joto la kawaida na mbegu zilizotolewa mara hiyo ni bora za kufanyia “grafting”. Hakuna sehemu hupotezwa- kukiwa na matumizi mengi mazuri kama kuni, chakula cha mifugo, chakula cha nyuki, kuvunja upepo, kufunika udongo, kivuli, kuhifadhi udongo na fizi.



UKIMWI: Kwa nini na jinsi ya kushauri.

Kushauri kunamaanisha kusikiza na kuwapa ushauri utakaowasaidia na kuwapa matumaini. Kila mmoja wetu anaweza kusaidia kwa kuchukua muda kuwasikiza marafiki, familia na majirani walio na ukimwi, kujiweka katika nafasi zao, na kutoa maneno ya faraja na msaada wa vitendo.

Madhumuni ya ushauri nasaha ni:

- Kumsaidia mtu kuelewa shida zinazomkumba
- Kumsaidia kupata njia za kuyakabiri matatizo hayo
- Kufanya maamuzi mazuri na yanayofaa kuhusu matatizo yaliyo mkononi.

Ni ukweli kwamba baadhi ya masuala yanahitaji washauri waliofunzwa, lakini waweze kuwasaidia kwa kuketi na mhusika na kuyasikiza maswali yake, kujadiliana matatizo yao na kusikiza kuhusu hisia zao na hofu kuhusu yaliyotendeka kwao.

Wape taarifa ya ukweli na itakayowasaidia na uwape matumaini na nguvu. Kumbuka: ni sawa kama hatujui majibu yote! Jibu jinsi uwezavyo na utafute usaidizi kutoka kwa watu unapouhitaji.

Fikiria kuwa unamshauri mgonjwa wa UKIMWI. Ni maneno gani ungetumia kumfariji na kumshauri:

1. Mtu ambaye amepata majibu ya hapo kuwa ana UKIMWI?
2. Mtu aliye na UKIMWI na anayeogopa kufa?
3. Mtu mwenye UKIMWI anayetaka kuendelea kufanya ngono?

Mawazo ya kusaidia:

1. Kwa aliyepata majibu kuwa ana UKIMWI:
 - Mpe uhakika kuwa kuwa na UKIMWI hakumaanishi mgonjwa atakufa karibuni. Wagonjwa wanaweza kuishi miongo wakitumia huduma na kutunzwa inavyofaa.
 - Mgonjwa hayupo peke yake, na wengi wengine wamepata njia za kuishi na ugonjwa huu.
 - Hamasisha mgonjwa kujitenga na ngono ili ugonjwa usienezwana pia ili kuepuka

uambukizi wa tena, ambao waweza kufanya shida kubwa zaidi.

- Wahamasishe kuendelea kufanya kazi wakati bado wana nguvu na kuendelea kufanya uwekezaji kwa ajili ya familia zao. Watu hawahitaji kuacha kufanya kazi kwa sababu tu wao ni wagonjwa.
 - Wakumbushe kula vizuri na kuenda kwa kliniki kila baada ya muda.
2. Kwa mtu aliye na UKIMWI na anayeogopa kufa:
 - Kila mtu lazima afe wakiwa au wasipokuwa na UKIMWI, na ni kawaida kuhisi hofu.
 - Lenga matumaini yoyote ya kidini aliyonayo mgonjwa.
 - Mkumbushe mgonjwa kuhusu jinsi kujitunza na kupata huduma inayofaa kwaweza kuongeza maisha na kuyaboresha.
 - Hamasisha mgonjwa kuchukua hatua kuyafikia baadhi ya matarajio yao kabla ya kuwa wagonjwa
 3. Kwa mtu aliye na UKIMWI na anayetaka kuendelea kujihusisha na ngono:
 - Kuendelea kufanya ngono kwaweza kueneza ugonjwa kwa watu wengine. Ata kama mgonjwa amepata UKIMWI kwa ajali, kuwafanya wengine kuteseka hakutaleta furaha ama kubadilisha hali hiyo.
 - Kuna aina tofauti au hatua za virusi hivi vya UKIMWI na kuendelea kufanya ngono kutamfungulia mgonjwa aina hizi tofauti, ambazo zitazidisha ugonjwa na kuleta matatizo. Epuka jambo hili ili kukaa na nguvu nyingi iwezekanavyo.
 - Mgonjwa na hisia zipi kuhusu kuambukiza mtu mwingine akiwa anajua? Ni hoja zipi za kimaadili zipo dhidi ya haya?
 - Mkumbushe mgonjwa kuwa ngono si njia ya kipekee ya urafiki au starehe, au njia ya kipekee ya kuonyesha mapenzi. Kuna mambo mengine maishani ambayo yaweza kutupa ukamilifu.



Ukataji wa miti na uharibifu wa mashamba yenye misitu ni shida kubwa. Twaweza kufanyeje?

Huu ni ukataji wa miti na mimea mingine yenye mbao. Misitu ya mvua na msitu ya miti mingine hufunika sehemu ya moja kwa tatu ya ardhi yote. Husaidia kudhibiti hali ya hewa, kulinda vyanzo vya maji na kutupa vingine (mbao, dawa, matunda na kadhalika) vinavyothamana na mabilioni ya dollar na kusaidia mamilioni ya aina za mimea na wanyama. Hata hivyo inaharibiwa kwa kasi ya hectare milioni ishirini kila mwaka. Nusu ya wanaoishi katika dunia nzima huhitaji misitu ili kupata ngataa, hata hivyo watu kama milioni mia moja hwana ngataa tosha kusimamia matumizi ya chini kabisa.

Yanayosababisha ukataji wa miti:

- **Ukataji wa mimea yote:** Hutendeka mimea yote inapokatwa ili kufungulia shughuli kama kulima, kufuga na kupata mbao. Vitu hivi hutumika kama kuni, kutengeneza mawe, kuweka samaki, kutibu tumbaku, kukausha majani chai, kujenga na mbao.
- **Usimamizi mbaya:** Kuharibika kwa misitu husababisha ardhi kushindwa kushikilia mimea ya aina mbalimbali kwa sababu ya matumizi na usimamizi mbaya. Kwa mfano, miti mizee ikikatwa, na kuacha san asana miti michanga, ama aina yam mea inayotumika sana ikivunwa ama msitu kulishwa mifugo sana, miti haiwezi kukua badala ya iliyokufa.
- **Ukosefu wa ujuzi:** Ukataji miti na uharibifu mwingi husababishwa na ukosefu wa ujuzi wa thamana kamili ya miti.
- **Umaskini:** Wakati mwingine, thamana ya miti yaweza kujulikana lakini umaskini na ukosefu wa njia badala husababisha watu kukata miti.

Yanayotokana na ukataji wa miti.

- **Mmomonyoko wa udongo:** Ukosefu wa miti ya kufunika udongo na mizizi inayoshikilia udongo ufungulia mmomonyoko wa udongo.

- **Ukosefu wa rasilimali ya misitu:** Kutoa miti huharibu makazi, hupunguza bionuwai, hutoa rasilimali ya chakula na dawa, na huongeza mashindano ya vifaa vya ujenzi. Watu watahitajika kutembea mbali zaidi ili kupata kuni na vitu vingine vinavyotokana na misitu na kama hivi vinanunuliwa, bei zitapanda.
- **Ukosefu wa faida za kimazingira za miti:** Miti hupunguza kasi ya upepo, huhifadhi unyevu, na oksijeni katika hewa na kuongeza naitrojeni katika udongo. Bila miti, hali ya anga itakuwa kavu zaidi na kuongeza uwezekano wa mafuriko, mmomonyoko unaotokana na upepo, kupunguza rutuba ya udongo na kuharibu hali ya hewa

Twaweza kufanyeje ili kuzuia ukataji wa miti na uharibifu wa misitu?

- Anzisha vitalu vya miti na kugawa au kuuza miche kwa jamii.
- Tumia meko yanayookoa nishati kwa kutumia kuni au makaa chache.
- Tumia vyanzo vya nishati au ngataa badala inapowezekana kama joto kutokana na jua, mavumbi ya miti, maganda ya kahawa na mchele, nyasi, magugu, mabaki ya mimea na taka za wanyama.
- Fanya vitendo vya upanzi wa miti na kuwa kikundi cha TIST kilichofanikiwa na kilicho fanisi! Tia moyo majirani na marafiki kujiunga na TIST.
- Usilime mashamba yaliyopakana na mito au mabwawa kwa kuacha miti na mimea kukua na kulinda maji haya.
- Kuwa mwangalifu ili usije ukalisha shamba kuliko inavyotakikana kwa kupunguza wanyama wanaofikia miche ya miti ambayo wananweza kuharibu. Upe msitu nafasi ya kukua tena.
- Tia moyo kupanda miti pamoja na mimea ama kupanda miti kwa mistari katika shamba lako na kujipa uwezo wa kufikia vitu vinavyotokana na misitu na kusaidia kuulinda msitu ulio karibu nawe.

Mazingira Bora



TIST

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

Kikamba Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Munyu Cluster meeting members were happy to receive their pre-carbon payments during their Cluster meeting last month.

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**Deforestation and forest land degradation are serious problems.
What can we do? Page 6**



Ngwatanio ya Wiyumiririe; Kwelekela kuvikia kieleelo kyoo.

(na Stephen Wachira Heho)

Komana na ene ngwatanio ya Wiyumiririe! Ngwatanio ino niyeethiwe na wumbano woo matuku 23/08/2013. Thini wa umbano uu tukundi tunini nitwakwatie ndivi ya uthuthio ya credits sya miti ya nzeve itavisaa. Mathangu ma ndivi (vouchers) nimanenganitwe mwaini wa muonza (July), kila kya nengie amemba ivinda yianiu kukunikila mathangu moo ma ndivi na kwona kana maandikitwe undu vaile. Kii ingi nikyamanengie ivinda ya kumbana tukundini twoo tula mombanaa kila kyumwa na kuamua undu mekwenda kutumia mbesa ithi syoo. Amwe nimaisye syoo maamuie kuseuvya ivuio nikana mongele uvandi woo wa miti.

Ngwatanio ya Wiyumiririe nikutunga muvea kwa atongoi ma TIST ala ma moneleelye nzia nzeo ya kuvikie mwolooto woo na kuvikia maundu aa:

- Amemba nimethiawa na ivinda ya kuvika mbumbanoni sya kila mwai.
- Amemba nimongelele utalo woo wa miti yina utaaniu waile ula ti munini kwi matambya eli.
- Amemba nimemanyiitye iulu wa nima ya kusuvia (CF)
- Tukundi twingi twina kivuio kya vamwe kana mundu okivuio kyake.

Ivindani ya wumbano wa kila mwai nimethiawa na aeni ta ovisa wa uimi wa kisio ula umatetheesye ngalikoni ya uimi. Amemba ni memanyiitye vata wa kwithiwa na kivuio kya miti, muunda wa ikoni kwakuvanda maluu, mbemba, mboso na na syindu ingi na makakwata ngetha nzeo.

Nthini wa wumbano wa mwai wa nyaanya nimaneenanisye vaita/vata wa kwithiwa na muvitukithya/muthiani/ muthukumi (Cluster servant/quantifier) woo. nimeetikilanile kana Moses Macharia na Margaret Muthoni nimaile kuendee kumanyiw'a nikana mathukume tukundi twoo tunini nesa.

Ngwatanio ya Wiyumiririe ni imwe katiwa ngwatanio ya kanzu ya Wiyumiririe (Group of Clustrer council(GOC)). Ila iseuvitw'e ni ngwatanio ithi Wiyumiririe, Wamura na Kiriogo. Ngwatanio yitu kwayu yina tukundi 84 na amemba 569 ala meuthukuma. Kwayu twina miti 38,993 ila mivitukithye na ikatalwa na yithini wa website ya TIST. No ukwate uvoo mbeange iulu wa ngwatanio yitu kwa kuisya <https://www.tist.org/mobile/>

Wasya witu ni “Nthini wa TIST ni tuuvika”

Ngwatanio ya Munyu; kitekikuu na kiendee na kwina kina vinya.

(na Mary Kathei)

Ngwatanio ya munyu yi nthini wa Laikipia West na ningwatanio imwe kati wa ngwatanio ila inasyaikie mituki nthini wa TIST Kenya umunthi. Nitwongelekile kuma ngwatanioni ya Karaba myaka ili mivitu na nitianite kwinthiwa na amemba 243 umunthi.

Nthini wa wumbano wa July 2013 enen ma ngwatanio ino ya Munyu nimakwatie ndivi yoo ya uthuthio va mbee wa silingi 80,000 nisyaiwiwe tukundi 10 tunini tula twavikiite mawalany'o ma TIST

nthini wa uvandi wa miti. uyu ni undu wa kutune vinya kwa ngwatanio ino ila itanamba kwiana. nitukwiyona na kwikathia undu wa atongoi ma ngwatanio yitu ala matumite tuendee na kwiana vamwe na kwosa vinya.

Ngwatanio ya Munyu yi nthini wa ngwatanio ya kanzu ya Karaba (GOC). Ngwatanio ila ingi twinasyo kwa GOC nita Karaba na Mithuri. Vaa vena musolo ukwonia undu ngwatanio ithi syi itatu iendee.

Cluster	Groups	Trees	Next Meeting	Last Election	Members	Groves
Karaba	49	40801	07 Oct 2013	06 May 2013	320	475
Munyu	41	32083	14 Oct 2013	13 May 2013	243	225
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Omituki, twiikwatya kuthathaa kuvikia isio ila tuthengeanie ta Kite na Gatero vala aimi makulitye undu wa kulika muvangani wa TIST nikana onamo matanie vaita/moseo ula withinni wa TIST.



Kiw'u kuthokoanw'a: Niki tuthinike nundu wa undu uu, na nata tutonya kwika?

Yila andu mauta na kunyw'a kiw'u kite kiite na kina kiko no mawae muno.

Kulomethya andu nthini wa ngwatanio situ na mawikaloni maitu iulu wa muisyo wa kutumia kiw'u kitekiite ni tuumatethya kuelewa undu matonya kuiita kiw'u na kwikala mena uima.

Kiw'u nikithokoanaw'a ni.

1. Kiko kuma kambunini na sewage.
2. Mawiko ma mundu matemaseo isioni sya kiw'u ta mbusini, ndovoini na masilanga/ndiani.
3. Nzia itenzeo sya kuveta kiw'u kila kina kiko kila kiendaa kula kiw'u kiseo na kuungama. Kemikoo ta vatalisa, ndawa sya kuaa mitutu nitonya kukuwa ni kiw'u kuma miundani yitu kuthi mbusini ila tukuuta kiw'u kya utumia.
4. Kuthambia kana kuvuia ngua vala ve wumo wa kiw'u
5. Kumaaa kana kumia vakuvi na mbusi, ndovoi, silanga/ndia
6. Nguniko ya ndovoi yi mbatuku
7. Andu kwithiwa matena syoo, kumia ithekani vala kiw'u kwaua kikuaa kiko kiu na kutwaa kula kiw'u kya utumia kyumbaniaa.
8. Indo kuithw'a vakuvi na mbusi kana kula andu mautaa kiw'u

Kiw'u kikiko nikietae mathina maingi.

1. Kiw'u ki kiko nokithiwe kimuisyo ona kwithiwa kitonya kuaa miti, nyamu na andu. Ethiwa kiw'u nikyalika vatalisa nikitumaa miti ya kiw'uni yongeleka na yooma kana yoa nayo, nitumaa kiw'u kikosa nzeve ya uveva ya oxygen na nyamu ila syi kiw'uni kiu nikusaa nundu wa kukosa nzeve ya uvava.
2. Kiw'u kikiko kyatumiwa kuaa, kuvua na kunyw'a nikinyaiikasya mauwau maingi anduni.

Aya ni mowau ta minyoo, uvee, kutavika na kwituuu.

3. Kemikoo imwe syi kiw'uni kikiko nitonya kwikala mwiini na kuendee kwongeleka na kwa ivinda iasa okavola ikatwika sumu miini yitu ikatumisya vamwe na syana situ.

Tutonya kwika ata iulu wa kuthokoana kwa kiw'u.

1. Ndukekye kiko kana mavuti wumoni wa kiw'u na uithuthya angi kulea kuthokoany'a wumo wa kiw'u.
2. Vanda miti nguumoni sya mbusi na utee wa maia. Mii ya miti yithiawa yi miseo kwa usunga mavuti na muthanga ndukalike mbusini kana kula kwi kiw'u.
3. Ndukaima vakuvi na usi kana silanga kusiia kemikoo sya vatalisa kulika kiw'uni.
4. Thuthya andu kutua vaasa na nguumo sya mbusi.
5. Ikiithya silanga na ndovoi nisyangamiwa nesa
6. Ikiia w'iio kusiia indo kuvika na kuthokoany'a kiw'u
7. Nduketikilye andu kumaa vakuvi na vala ve kiw'u
8. Ikiithya syoo syi vaasa mainyiva matambya 50 kuma vala ve kiw'u kya utumia. Ikiithya vena nzia nzeo ya kiko kuma kyooni kuthi kitekuela nzia ya kiw'u kya utumia.
9. Seuuya kula nguniko sya ndovoi syina myalika na uyikalya kisio kiu kikitheu.
10. Ethiwa ndwina uw'o iulu wa utheu wa kiw'u kila uunywa theukya kuaa germs ila ietae uwau.



Mit ya matunda - Miti Miseo kwa TIST.

Nthini wa tist nituvandaa miti ya kwikala ivinda iasa. Vaita wa miti ino waile ithiwa wi mwingi ta wa miti ya matunda na mbindi ila itonya uta ukakwata mbesa ouyiivwa undu wa kuta nzeve itavisaa. Vaa ve miti imwe ila yithiawa ya vaita munenange.

Kikolovea/kivakato (Persea Americana)

Muti uu niwikaa nesa kula kuthithu. Ikiithya niwainda ngii/mbindi vandu va masaa 24 mbee wa kuvanda mikeveni. Tumia ngii ila waumya ikoloviani itekalite nundu mbindi/ngii sya ikolovea iyendaa kwiwa. Muti uu nutonya usikanwa na kumea kukuaa ivinda ya sumwa 3 kana 4. Utaaniu wayo ni matambya thathatu (6m) na kaingi niivandawa ithyululukite musyi. Ikolovea/ivakato kaingi matunda masyo ni liu wa andu ula withiawa na protein, mauta na vitamins. Muti uyu nutumiawa kwa maundu maingi ta ngu, muunyi na kutumbia makaa. Muti uyu wi munini nutonya uvandaniw'a na liu ta mboso. Muti uyu nutonya kwithiwa wina ueti wa mbesa munene.

Ivela (Guava - Psidium guajava) kikuyu; kimeru - **Mubera**:- Muti uyu niwithiawa na matunda mauya ala ni maseo kwa kunengane Vitamin C na Vitamin A. Ivela yeew'a niyithiawa yi muiito wa kwituuu. Mauta ma kivela ala methiawa ivelani nimatumiawa kuiita itau, matu na ikonde nimaseuvasya mauta ma kuiita inguu, itau na itau sya nda. Matu nimatumiawa kuiita thina wa ivu, kwambatwa ni nthakame, woo

na kuvuavuana. Kiw'u kya mavela nikiiitaa hepatitis, kisonono na kwituuu. Ivela nisyikaa nesa sya vandwa vamwe na mimea ta mbemba, muvya na nthooko. Muti uyu niwumiiiasya sua no ndutonya kumiisya muthanga uteutwaa kiw'u. Mbindi/ngii sya kivela iyendaa kuiitwa mbee wa kuvandwa indi nimeaa itina wa ivinda ya sumwa itatu. Nisyendaa utaaniu wa matambya ana (4m). Ivela nitonya kutwika muuio kwa kwimesya kwa wingi ona kula itekwendeka. Kwaw'o vai kindu kya muti uyu kitatumikaa.

Miembe (mango - Magnifera indica)

Ninenganae vaita mwingi wa uima ta kwithiwa wumasya kiko mwiini na kusii kanza, vaita kwa metho na uima wa kikonde. Uwau wa sukali wathukya matu kiw'uni, inda utuku muima na uinywa ta kyai kwakya nikutungaa sukali wa nyakame vala waile. Niseuvasya kuthiwa kwa liu ivuni. Miti ya iembe ndyumiiiasya muthanga uteutwaa kiw'u, niyendaaa muthanga ulekanitye na niyikaa nesa kundu kula kumu. Mbindi/ngii sya iembe iyendaa kuiitwa mbee wa uvandwa onakau no watue vanini kutetheesya kumea mituki. Mbindi ithi no siwe vandu va ilungu ya mwai umwe onakau ngii itembikalu niyo yithiawa yi nzeo mbeange kwa kuvanda. Nutonya usikanyw'a. Vai kilungu kyaw'o kikaw'a nundu nutumiawa ta ngu, liu wa indo, kusii nzeve, kuvwika muthanga kimeu kiikathi, kuseuvasya vuu wa yiima, muunyi kusii muthanga kukuwa na ta ngamu.



Uwau wa muthelo (HIV and AIDS) Niki na niaata tutonya kutaana?

Kutaa ni kwithuthiisya kana kwithukiw'a ni mundu akautavya ndeto sya umiisyo na wikwaty'o. Niw'o maundu amwe nimendaa andu asomethye iulu wa motao. Onavala kila umwe witu niwaile kwosa ivinda ya kwithukiisya anyanya, andu ma musyi na atui ala mena tulinyu tuu twa uwau wa muthelo, tuyiyikia mavusoni moo na tuimanenga ndeto sya uthuthio na utethyo undu tutonya.

Kitumi kya kutawa nikyau

- Kutuma mundu aelewa mathina ala mamwikumbilite
- Kumantha nzia ya kukilya mathina aya
- Kutw'a utw'i museo iulu wa nthina usu wi kw'okoni

Wia wa mutai ni kwikala na ula wina nthina na kumwithukiisya. Ithukiisye makulyo, neenanisyai manthina, iw'a iulu wa undu unukwiw'a, kwisilya na w'ia wake iulu wa kila kyeethiwe. Munenge ndeto itonya umutethya kwianana na nthina ula winaw'o, mathuthye na kumanenga umiisyo vamwe na wikwatyo. Lilikana:- niuseo tutesi mosungio oothe, sungia undu utonya na uimatha utethyo kuma anduni angi ula utonya kwithiwa uyenda.

Kwoosa ta ukutaa mundu wina uwau wa muthelo.

Ni ndeto syiva sya umiisyo na sya utethya umutavya mundu ethiwa:-

1. Mundu auma kuthimwa na eethiwa ena tulinyu tuu twa muthelo
2. Mundu wina uwau uyu wa muthelo ula ukukia kikw'u
3. Mundu wina uwau wa muthelo unukwenda kuendee na kumanyana kimwii na mundu ungi.
 1. Kwa mundu ula wathimwa na eethiwa ena t ulinyu tuu
 - Muikiithye kana kwithiwa wina uwau uyu tikwasya kana wikw'a oyu. Mutavye awau ma uwau uu nomekale mithenya mingi ethiwa nimeukwata uiiti na ndawa ila syaile.
 - Mutavye kana ndeweka, andu aingi nimawaie uwau uu nanimamanyie nzia sya kwikalaa naw'o.
 - Muthuthye aekane na kumanyana kimwii na andu angi kusii kunyaiika na kuveta kukwatwa ni uwau uyu ingi (reinfection)

ila itonya utuma uwau uu umuemee munombee.

- Mathuthye kuendee na wia na kukwata vinya na kusevisya musyi wake uthwii. Andu maiekaa kuthukuma ati nundu mena tulinyu tuu twa uwau wa muthelo.
 - Mulilikanye kuya liu wina vinya na kuthi kiliniki kila ivinda kusiw'a
2. Kwa mundu ula wina uwau uyu na nukukia kukw'a
 - Kila mundu nilasima akakw'a emuwau ona atemuwau na niundu wa kila mundu kukia kikw'u
 - Muthuthye kwa nzia ya muikiio wake ona ethiwa niwa ndini yiva
 - Mulilikany'e kana kuyanasa, kutumia ndawa nikutonya kwailya thayu wake na akekala muno
 - Muthuthye ekie vitii kuvikia mawendi make mbee wa atanamba kuvinyiwa ni uwau uyu. (Ta kusevya ikundi, kuvanda miti, kukwatana na andu)
 3. Mundu muwau unukwenda kuendee na umanyana kimwii na mundu ungi
 - Kuendee na kumanyana kimwii na mundu ungi nokuete kunyaiika kwa uwau uyu kwa andu angi. Ona ethiwa mundu akwatiw'e uwau uyu kwa mutino muthuku, kuunyaiikya kana kukwatya andu angi kuinenganae utanu kana kualyule maundu.
 - Kwimithemba mingi ya tulinyu tuu na kuendee na kumanyana kimwii nokutume tualyuka ukethia ona nitwaingiva natwatwika muthemba ungi muthuku kute ula winaw'o natuite mathina angi. Vatonyeka ivetane na nzia ila itonya utuma ukwatw'a uwau uyu ingi yakeli nikana wikale wi mulumu kwa ivinda yiasa undu vatonyeka.
 - Nikyau kiutuma wenda kunyaiikya uwau uyu? Ni mwikalo wiva wiualyukanu na mwikalo uu?
 - Mulilikany'e kana kumanyana kimwii tiyo nzia ya kutana yoka kana kwonania wendo. Ve maundu angi maingi matonyakuete kwianiwa thayuni uyu.



Kwanangwa kwa mititu na kwanangika kwa itheka sya mititu ni withiitwe wi thina munene. Nata tutonya kwika?

Mititu yanangawa yila miti yatemwa na ikuthu ila ivwikite kisio kiu kuvetwa.

Mititu nivwikite kisio kya ta imwe iulu wa itatu kya nthi yothe. Mititu niyietae uvinduku wa nzeve, ikasuvia w'umo wa kiw'u, ikatune mosyao mayo ta ngu, mbwau, matunda, ndawa na angi maingi maundu aya ni malato munene na nitetheeasya mithemba ya miti na nyamu kwithiwa/kwikala. Indi niendee na ngwanangwa kwa kilungu kinene kya milioni miongo ili kwa kila eka umwe kila mwaka. Nyusu ya ekali manthi metethasya kwisila mitituni ino ta kwa mwaki/ngu, navaili oou andu ta milioni iana yimwe mena uvungulu wa mwaki/ngu wa kutuma meka maundu maniini ala maile ika.

Ni itumi syiva ietae Thina wa Mititu munamuno:

- Mititu yanangawa yila andu meenga mayenda kuima, kuithya, na kutumia ngu, kuvivya mavali/matuvai, kutoeesya makuyu, kuthia mbaki, kumya maiani, kwaka na mbwau.
- Kwanangika kwa mititu kwithiawa yila mutitu wavutha na weethia ndutonya kwikala nundu wa kutumiwa nai na vate muvango. Ngelekany'o yila miti mikuu yatemwa na vaitiwa ikuthu syoka, kana yila muthemba muna wa muti niw'o ukutemwa na kuvetwa, kana yila mutitu usu waithw'a muno uteunewa nzeve ukeyaka, na yila mutitu uteuekwa miti ikeana kuvwika kilio kya ila mikw'u.
- Kwanangika kwa mititu na itheka syayo kuetawe ni unyivu wa umanyi iulu wa vata na vaita wa mititu/miti.
- Kundu kungi vata wa mititu nowithiwe wisikie indi nundu wa thina andu mayona titave nzia ingi ya kwikala andu maitema miti na kwananga mititu.

Mathina ala maumanaa na kwanangwa kwa mititu

Kukuwa kwa muthanga:- Yila vate kindu kivwikite muthanga muthanga niwithiawa ute mulumu na kwoou kukuwa ni mituki.

Kwaa kwa maueti ma mititu:- Yila miti/mititu yeethiwa itevo vethiawa vate wikalo wa syindu ila

syaille ithiwa vo nundu vayithiawa liu, ndawa, naindi kulimana kuyingiva na thoowa wa syindu ta ngu nakila kingi kikwatikanaa mitituni uyithiwa wi iulu muno.

Kwaa kwa vaita ingi sya miti thini wa mawithyululuko:- Miti nisuviaa kiseve kikanange, nitumaa kimeu kikala, niseuvasya seve ya andu kutumia, niyongelaa unou muthangani. Indi vate miti withiia nzeve ya kisio niyavinduka na kweethiwa na munyao ingi kukethiwa na muthanga kukuwa ni nzeve kana kiw'u, unou wa muthanga kuoleka na nzeve ntheu ya kuveva.

Tutonya kwika ata indi kusiiia kwanangika kwa mititu na itheka syayo?

- Kuseuvya ivuio na kunengane ka kuteea atui na mbaitu miti ino ya kuvanda.
- Kutumia maiko ma usuvia mwaki/ngu ala mendaa makaa kana ngu nini.
- Kutumia nzia ingi sya mwaki (ta kutumia sua, makavo, nyeki, yiia, kyaa kya indo, makoloso)
- Kuvanda miti na kutwika umwe wa nduika sya TIST. kuthuthya atui na anyanya malike ngwatanioni na ikundini sya TIST.
- Ndukaima nguumoni sya mbusi kana vala ve ndia. Eka miti na ikuthu imee isuvie kiw'u kiu.
- Ithiwa wi metho ndukaithye kitheka kikauke vyu. Siia indo kuthi vala ve miti minini iendee kwiana (nundu indo niisaa mithya na kutuma ieka kwiana) nikana yithiwe itonya kuseuvya mutitu.
- Thuthya andu kuvanda miti ona miundani kana kuvanda miti mithei kisioni kinini kithekani kwoo/kwaku. Kwithiwa na miti kithekani kyaku kwiutetheesya we kwithiwa utonya ukwata syindu syothe utonya kwithiwa uyenda kuma mutituni na kwoou usuvia ula mutitu wivakuvi naku.

Mazingira Bora



TIST

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

Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Munyu Cluster meeting members were happy to receive their pre-carbon payments during their Cluster meeting last month.

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Wiyumiririe kilasta: Testai koborei.

By stephene wachira heho.

Kotuitos membaekab wiyumiririe kilastar! Kituitos en 23rd august 2013. En tuiyoniton ko kiyor kurubisiek chechang rabisiekab ketik, en arawetab tisab kogochi temik vocheisiek en kasarta neyome asi kochigil ingo imanit.

Tuitos kora membaek en kila wigit asi kotet agobo ole boisiyoto rabisiekwak alage en membaek kowolu kole boisien en kabetsiekwak asi kotes m inetab ketik

Boiboenchin wiyumiririe kilasta kondoikab tist chegitonochin got konyor walutik chegororonon kou:

- Itin membaek konyor boroinde koba tuiyet
- Kigotas membaek koitikab ketik ak komin en koguotik chegororon, chemomiten ngwony en 2m
- Kigonetgei temik youtikab mbar (cf)

- Chechang en temik kotinye kabetsiekab kurubit alagei kotinye chechuak en kaa
- En tuiyosiekwak konyoru toek kou kiboitinikab serekali chegigotoret en kolsetab minituk, kigonetkei temik kabugusiekwak, biasinik baadek, ak alak

En tuiyet negobo arawetab sisit, kogingalalen membaek mising agobo kiboitinik, ak cheite ketik. Kiyonc hin tuiyet kole kotestai moses macharia ak magret muthoni konyor konetisiet asi kotestai kurubit

Wiyumiririe ko ang'ange en korurugutikab (goc) kiyomogei ak wamura ak kiriogo kilasta. En niguni kotinye kilasta nenyon kurubisiek che mengech 84 ak membaek 569

Tinye en inguni ketik 38,993 cheitotin ago kiginde website, imuchi inyoru ak iguiye mising en <https://www.tist.org/mobile/>

'kongenenyon: En TIST, ko ngenyoru'

Munyu kilasta: Ko nemingin ago kiim.

by Mary Kathei

Munyu Kilasta komiten komostab laikipia cherongo angenge niton nemingin en TIST kenya. Kigitesage en kasartab kenysisiek oeng kemiten karaba kilasta kot geit membaek 243 en niguni

En arawanigobo tisab en kenyini 2013 kogonyor membaek rabinik chebo ketik, che sire kshs. 80,000 choton ko kurubisiek 10 che kiituyosi mogutik

chegimoche en tist, amun nemigin kilastaini komogiutien agobo kogilenywan bogei, kiboiboi en kondoikab kilasta che kigonech kogiletagei got koit kegimegitun

Munyu kilasta go angenge en korurutikab kilasta nebo karabo group (goc) alage ko karaba ak mithuni kilasta

Nigo koborunetab tononenyuan kilastaisiek 3

Cluster	Groups	Trees	Next Meeting	Last Election	Members	Groves
Karaba	49	40801	07 Oct 2013	06 May 2013	320	475
Munyu	41	32083	14 Oct 2013	13 May 2013	243	225
Mithuri	51	21999	10 Oct 2013	02 May 2012	349	570

Konegit ketinye komongunet ketes TIST en biikab kite ak gatero, amun en mangenyuan asi konyor borotet agichek.



Beek chenyobirotin: Amune asi kibwat ako kiyonee?

Konu beek chenyobirotin mionuek yon koib biik koba kaa ak koboisien en mogutikab kaa, oginet biik en kilasta agetugul ak en biik chegimiten tugul agobo komonut nebo beek che yachen ana chemogitilil asi konyor koguiyet ak naet genyoru tililindo en boruekyok

2. Konu mionuek beek chuton ingeboisien en kaa kou miyontab magatet, komanda moet ak nyoru bii magargarek.
3. Beechuton kotinyen kerichen cheimuchi kowech boruwekiok ak logok giok.

Tuguk chegonu konyabirak beek.

1. Factorisiek che tumnto beek che kaigol ak kerichek.
2. Ribet nemagaran en kotametusiekkab beek, onosiek, silangok.
3. Ribet neya nigitumtoi beek cheyach ak beek chetonontos. Kerichek cheu fertilisers ak cherichek anak cheyobu imbarik iyok.
4. Muwetetab ingoroik en negit oinet.
5. Kemetechigei tabandab oinet .
6. Yon kobutok silanget anan ko keringetab beek cheyachen.
7. Yon motinye biik korik chemegechen en kokwenyuan.
8. Yon kiyagen tuga en olenegit oinet.

Kiyonee agobo wekoniton.

1. Kerib kotametusiekkab beek ak kemwochi biik alak.
2. Kemin ketik en ngegusiekkab oinosiek amun tere ngungunyek komaba oinet.
3. Mat kemin rurutik en ngegusiek.
4. Kemwochik biik mat gotech korir en olenegit oinet.
5. Ole miten silanget anan ole gitongen beek kerib komie.
6. Kengot ole miten beek ak kerib komakiyagen tuga.
7. Mat kotugei biik en olemiten beek.
8. Ketech korik chemengechen en olemonegit oinet negit koguotik 50.
9. Yon kobutok ole kiyumchin beek cheyanchaen keger en choginet.
10. Yon kenai ile mogororon beek iyom kiyoo en maa asi keboisien.

Konu beek chenyobirotin kewelnatosiek.

1. Beek chenyobirotin komuche gobar tiongik ak mininutik chebo mbar ak ketik amun tinye koristo ne makararan, igochin minutik ak ketik komonyor itonuwek chegororon.



Ketikab logoek - kokororen en TIST.

En TIST kemine ketichun amun ibe kasarta ne goi, ketichun kenyorune logoek ak tenterek kimuchi kora kiyumgei ak kiyum logoek ak kecheng indonyo ne giibe ketichoton ko chu:

- Avacado (persea america) yoe komien en emotinuek che kotik, nyumnyum kabitenyuan ketiton kerobe (kinomchitos) ak ange asi korur en kasartab kenyisiek chemachang koguoutik 6m chemoche kemin asi konyor boroindo kochok, en keti kenyorunen amituwogik, mwanik ak kotech borto, kinyorunen kwenik, nesek ak uruwet. Yon tagominigin kemine ak minutik alak kou, ngedek ak konu kora kelunoik.
- Guava (psidium guajava) maberiat kipsigis. Keti kararan en amet ago tinyen vitamin c ak a, logoekig yon korur agiam kogonu komanta

moet. En sogegik ak berik kenyorunen muanik che kiilengei, ago toreti mook ak kalutik. Sogegik kora kotoretin chiton ne tinye (high blood pressure) keti komoweche tuguk alak kou bandek, mosoging ana ko mbazi, keti komoweche emet nemomi robta. En miinet komoche koguoutik 4m en ketit got koit ketit.

- Mango (magnifera indica) tinye mising komnut en echek, toreti chito netinye (lubaniat) igochin konyek ak matetab chito kogararanit. Toret sugaruk en bortab chito imuchi kebagangen sogeng en beek en langat agoron subui kee. Toret moet yon keyam kotuon, ketiton komomoche elemin beek yoegomie en emet ne yamat. Kimuche kegonor en kasarta nebo arawet en ole katit. Momiten kebebarta ne gimuche kemeto en keti.



HIV/AIDS:

Amune ak ole kimuche kigoiten kagaigaet.

Kagaigaet ko kegas che mwae chit oak kigochi katikanutik che imuch kotoret ak kigochi kamangunet. Bo iman kele logoiwek alak komache kagaigaindet ne kignet. Ngandan, agemnge en echek komuche kotoret koib kasarta kogasi choronok, tuphosiek anan ko bikab kokwwet che tinyei HIV/AIDS kindoigei boroindonywan ak kigochini ngalek che imuch kogaigai ak che imuch kotoret.

Amune si konyolu kigaigais?

- Ketoret chito koguyo uindo netinyei
- Ketoret kecheng oratinwek che kimuche keistoen uinwechoton
- Keitchi ngalek che kororon, che bo iman kosibgei ak uindo ne mi en ngunon.

Boisietab kaigaindet ko kobuur ak chi ne tinyei uindo ak **kogas**. Kogas tebutikwak, kopchei uinwekwak, kogas agobo kagesenywan ne bo tuguk che kayak en ichek. Kogochi walutik che kororon ak che imuch kotoret kotiengei ak magukwak, ak kogochi kamangunet ak kimnatet. Ibwaat: Mami ngala yon magingen walutik tugul! Walun ole imuche iit ak isom toretet en bik alak yon imakchinigei.

Ibwat ndo yon igoigoe chito ne tinyei HIV / AIDS. Ne ngaleguk che bo kagaigaet ak kotigonet koitchi.

1. Chito ne imuch kokagebiman kotindoi HIV.
2. Chito ne arakenchin agobo meet koyob HIV / AIDS.
3. Chito ne tinyei HIV/ AIDS ne mache kotestai koyai chamnyet.

Geeret:

1. En chito ne imuch kokagebiman kotindoi HIV
 - Igochin geeret kole kitiny miando ko ma iboru kole wendi komee chito konegit. Chito ne miani komuch kosob en kenysisiek che chang yon Kasich kerichek ak ribet ne mie
 - Konai kole ma inegen ne miani, ak bik che chang kokinyor oratinwek che imuche kosob matin komiandos
 - Kigimit chito ne minai koistaen gei chamnyet asi komatestai miando koet ak komatkoitchi bik alak che imuche kotes uindo

- Kigimit kotestai koois yon tokogimet. Kotestai konde konorwet ne bo kapchiinyin. Bik komanyolu kobakach boisiet amun kagele miandos
- Ibwotchin agobo amisiet ne mie ak keba chigilat en aba kora en sipitali

2. En Chito ne arakenchin agobo meet koyob HIV / AIDS

- Chi age tugul konyoru meet kotinyei AIDS anan komatinyei, ago kawaida kegas arogenet
- Igochin kamangunet en geeretab kanisa ne imuch kotinyei chichoton.
- Ibwotchin chito agobo ribset ne mie ak konyoiset ne imcuh kotes boroindaab sobet ak ribset
- Igimit chito kocheng kakwoutik che imcuhe konyorunen magutikwak komait komian missing (ko u pcheet ak bik, minsetab ketik , kanametab kurupisiek che kitoretengei)

3. En chito ne tinyei HIV/ AIDS ne mache kotestai koyai chamnyet

- Tesetab tai keyai chanyet komuch kopcheita miando koitchi bik alak. Agot ngot kinyor chi AIDS en nyasut, koyai bik alak komianso komoibu boboiyet anan walet.
- Mi kebeberwek cheterchin chebo HIV. Ketestai keyai chomiet komuch koityi chito kebeberta ne ter nebo HIV ne imuch kotes miondo ak kogon uinwek. Matitei cheng konamin kogeny sitei ikimitu.
- Kerto ano chito ne mioni yan ka inamda chito age miondo? Ne keeret ne mie eng nitoton.
- Ibwotyin chito ne mioni ile oret ne kinyorunen boiboijet ko mo yaetab chamyet anan koborunetab chamyet. Chang tuguk eng sobet cheimu che koib boiboijet.



Tiletab ketik ak wechetab imbarenikab osnet ko uinwek che echen. Nee ne kimuche ke yai?

Niton kotiletab ketik eng osnet ak bukonok si ketemis .

Osnosiek ak bukonok koityin agenge eng somok nebo ngwonydet.terei walutikab barakak,ribei ainosiek ak ko konu (pakoinik,kerichek,logoek ak alak) che konu bilionishek ak kotoreti milionishekab ketik ak tiong'ik. ako any weketab chutan komi barak nebo milionisyek tiptem eng kila kenyit.Nusu chebo bik eng ngwony kotiengei eng kwenik,ako bik che negit millionisiek 100 ko ma tinyei ot kwenik tuten che boisen.

Taunetab tiletab ketik:

- Tiletab ketik koname yon kagiisto ketik asi keyai boisionik che bo temisiet anan ko ribsetab kiyagik ak en boisionik che u kwenik, chopetab matubaruk, koyoetab nchirenik, kayamsetb tomotet, kayamsetab majanik, tekset ak bakoinik.
- We getab osnosiek ko yon kainaam osnet ko metinyei ketik ak boisiet ne mie koyob boisiet ne ya ak ribset (ko u yon kakitil ketik tugul che bo keny ak kebakach osnosiek che mengechen anan yon kagitil ketik che echen keboisien anan yon kaagiboisien osnet en kayagisiet, ago ma imuche kobwa ketik che lelach ne kata che kibek.
- Che chang en tiletab ketik wechetab osnet ko itu yon mamiten naet agobo miendaab osnet.
- En olda age, miendaab ketik ko naat ngandan bananda ak ngalek kele momiten bik che ribe koyaei bik kotil ketik.

Kareunetab tiletab ketik

- **Ibetab ng'ung'unyek:** yon mamitei ketik che terai ak korat ng'ung'yek kokonu ibetab ng'ung'unyek

- **Rarunetab borotetab osnet:** Istoetab ketik koweche oleu osnet ak korar karorindap osnet,Istoi amitwokik ak kerichek ak kotes magetab tuguk che kiteksen.Bik kobendi olelo ko cheng kwenik,ak ngot kialdoi tugukab osnet ,kobendi barak beit
- **Rarunetab baratetab ketik:** ketik koterei koristo ak koititietab osnet ak kotes koristo ak kotes toldolindap ng'ung'unyek ako yan mamitenketik koyame oleu emet ak komuche kotesak maranet,ibetab ng'ung'unyek koyop koristo,bosetab toltolindap ng'ung'unyek ak wechetab koristo.

Nee ne kimuche keyai kebos tiletab ketik ak wechetab ketik:

Kinam kabetishekab ketik ak kepcheite ketichoton anan kialdechi biikab kokwet. Boisien jikosiekap ribetap kwenik anan ko makaa.

- Boisien oratinwek che imuche korib mat anan ko kwenik(kou iyoo bek ibaisien asista ,murek,kawek,ak suswek,katukanikap minutik)
- Kinam minsetab ketik,keik chito ne borot en kurupitabTIST, igimit choronok ak bikab kokwet ak choronokuk kochut TIST akichek.
- Matitem olerupegei ak ainet,pakach ketik si korip beek.
- Keer ile machanga kiyagik en olndo agenge.Rib kiyagik komawech kabetisiek che katarutu kogeny sikomawech ketik che katarutu en osnet
- Kigimi minsetab ketik ak amitwogik en imbarenik:Yan itinyei ketik eng imbarenikngu . Imuche inyoru tuguk che katebeichengei en osnet ne negitchin ak kerib osnet.