

# Mazingira Bora



# TIST

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

*English Version*

An Environmental, Sustainable  
Development and Community Forestry  
Program.



**TIST Cluster Servants during a seminar held at Gitoro Conference Center, Meru last month.**

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## TIST: Small Group Payments are on-going.

**B**eginning November last year, we began issuing vouchers to some of the TIST Clusters. In December, more than 60 Clusters got their payments. Last month, we issued more Clusters with vouchers. Some will receive their payments this month and next. We will continue paying Small Groups.

We wish to remind TIST Farmers that these payments are advance payments or pre-payments. Like in tea or coffee or milk sector where farmers are given advance payments and later deducted during the final payments, these TIST trees pre-payments will be deducted when the first carbon credits profits share will be made.

The carbon credit sales agreement, popularly known as GhG Contract, is clear on the carbon payments. Please discuss it at your Cluster meetings. If you have questions, let your Cluster leaders or Cluster servants contact any member of Leadership Council for help and support.

You will notice in your tree payment voucher, an information about the carbon tonnes sequestered and carbon tonnes verified. Carbon tonnes sequestered are those tonnes that have been measured after your grove has been quantified by your Cluster Servant. Verified Carbon tonnes are

those tonnes, after quantification, they have been audited by external auditors – Verifiers. For a grove to be verified, it must pass Validation and verification rules which are set by international bodies regulating carbon markets and operations such as Verified Carbon Standards (VCS).

We regret these pre-payments have took us longer time before we could fix our database and quantification errors which had caused erroneous payments in the past. If you notice any anomalies in the voucher, please inform your Cluster servant or contact Francis Kibe 0722909647 or Jane Kanja 0713436028 or any member of Leadership Council.



***Kiandiu TIST Cluster members receiving their tree incentive vouchers last month.***

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## Announcing the Field Visit for a new CCB project.

**W**e are starting our second verification of “TIST Program in Kenya VCS-005.” It will be much larger than the first time because we are adding 14,000 new groves. At a total of 21,000 groves, it will be our largest yet. As part of the process, we are revalidating and verifying KE-VCS-005 under the 3<sup>rd</sup> Edition of CCB as “TIST Program in Kenya CCB-

005.” To receive the validation and verification, we must demonstrate that TIST is beneficial to climate, community and biodiversity. CAAC has contracted with EPIC Sustainability Services Private Limited, a CCBA certified auditor, to conduct the validation and verification. EPIC will be conducting its field visit February 2 to 4, 2017.



## TIST: Trying Latest Technology in Enhancing Communication and Interactions.

**T**IST has succeeded well in both human systems and Technology systems. We have earned various awards because of doing things exceptionally well for the benefit of the farmers. Some of the awards include;

- ✓ TIST Voted Best Offsetting Project, Environmental Finance – 2016
- ✓ TIST Voted Best Offsetting Project, Environmental Finance - 2015
- ✓ First in the World to Verified under VCS and CCBA

During the Cluster Servants seminar last month, we tried new way of using technology to help enrich seminar with additional ideas from people far away across the continents. Ben Henneke , Vannesa and Charlie talked to the seminar from United States of America via video conferencing. Though it didn't in the first instance, we got it better on second attempt. We hope to continue improving this. Soon, we hope, multiple Clusters

will be sharing ideas and Best Practices in real time.



***TIST Cluster Servants listening and watching Ben and Charlie talk to the seminar at Gitoro , Meru from United States of America.***

## Sexual Harassment, Discrimination and Grievances.

**A**s part of the new Community Climate and Biodiversity Alliance (CCBA) process, we want to remind everyone that TIST, and TIST Values, do not allow sexual harassment or discrimination. Sexual harassment is any unwelcome or unwanted sexual advance, request for sexual favors, or other verbal or physical conduct of a sexual nature from someone in TIST that creates discomfort and/or interferes with the job. Discrimination is the unjust or prejudicial treatment of a person due to race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, or sexual

orientation, in any TIST activity or operation. If you feel that you have been sexually harassed or discriminated against, contact the Leadership Council and request an investigation or ask to begin the formal grievance procedure. Copies both policies are available on TIST Mobile.

The grievance procedure is also available on TIST Mobile ( [www.tist.org/mobile](http://www.tist.org/mobile) ) . If you don't have access to it on your phone, have the Cluster Leader or Cluster Servant pull it up for you at the next Cluster meeting. Otherwise call one of the LC members and ask them to help you start the process.



## **TIST: Getting Your Suggestions, Ideas, Concerns, Complaints Shared and Heard.**

**T**IST Values requires us to be honest, accurate, transparent, mutually accountable, and servant to each other. TIST is a family. We want everyone to feel involved and participate fully. Any suggestion, idea, concern or complaint should be heard and addressed.

In order to accomplish the above, Small Groups are encouraged to talk to each other, hear their members out, share ideas and Best Practices. In Cluster meetings, open discussion and participation should be encouraged. Issues that need clarity or need support or questions should be documented and passed to Group of Clusters

Council (GOCC) or to the Leadership Council. Cluster Leaders and Cluster Servants should ensure such information is effectively communicated to GOCC and LC.

On the other hand, GOCC and LC should communicate back to Clusters or Small Groups giving honest, accurate and transparent feedback. GOCC should communicate issues that need clarification or support to LC.

Let's listen to each other. Let's be servant to each other. Let's help each other. Let's share best practices and best ideas. To accomplish big results with low budget.

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## **February – March is the perfect time to begin preparing your farm for Conservation Farming.**

**M**any TIST Small Groups have reported that Conservation Farming best practices have helped them get better harvests, even in the very worst years when rainfall is little and unreliable. In good years, the harvest has been impressive. Some groups in dry areas have reported 2 to 5 times improvement in their crop yields!

In Conservation Farming, you add compost manure to holes where you grow your crops and leave crop residues on the field, and do not plough, which limits erosion and the loss of soil nutrients this causes. Crop seeds therefore get many more nutrients than if they were planted using conventional farming methods. The extra nutrients help the seeds to grow into stronger plants with greater yields.

The holes provide other benefits as well. The holes are very important when the rains come, because instead of washing the good soil and the seeds away, the water flows into the holes and helps the seeds grow better. The combination of the holes and the manure means that the water is held near the seeds for longer, so when the sun comes out again it does not become dry as fast. The holes protect the seeds and you can weed around the holes without hurting the plants.

Remember, when you harvest your crop you should not let the animals destroy or burn the remainder from your farm. The remains of crops will rot and return many good nutrients to the soil, preparing and enriching it for the next planting season.



# Indigenous trees: What are they, and why are they important?

**F**armers in TIST plant hundreds of species of trees, including fruit and nut trees, trees for fodder, trees that improve soil fertility, and species that can be harvested for timber. More and more farmers are choosing to plant indigenous tree species for their many benefits.

## What is an indigenous tree?

An indigenous or native tree is one that is well adapted to an area because it has grown and reproduced naturally there over a long period of time. Not all species that are familiar to us are indigenous. Many have been introduced by people from areas far away. There are over 800 species of trees that are indigenous to Kenya.

## Why are indigenous trees important?

Because indigenous trees have evolved with the local environment, animals, plants, and other organisms around them, they are well suited to the area. Often, this means that they can grow well without expensive additional inputs like pesticides or fertilizers. They often require less maintenance than exotic, introduced species. They diversify our farms, so that risks of pest outbreaks can be lower. They provide habitat and food for wildlife and diverse benefits for us from their fruits, timber, leaves, and traditional medicine. Introduced, or exotic species, can provide many benefits, but some can become weedy and crowd out other trees or crops.

When we plant indigenous trees on our farms, we are helping protect species that have been useful to our mothers and fathers, to our grandparents, and to the people and wildlife of Kenya for generations. We are still learning about

the benefits of the many species around us. When we plant indigenous species, we can help ensure that the trees and their benefits are there for our children.

## Which tree species are indigenous?

There are hundreds of indigenous tree species in Kenya, and many introduced species that also provide good benefits. Here are some examples of each:

### Indigenous trees for Kenya.

*Cordia africana*

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

Some other trees have been in Kenya for a long time, and are very useful, but are not indigenous. Some of these include mango, macadamia, casuarina, gravellia, bottlebrush, and Mexican green ash.

Try planting some indigenous trees in your shamba today! Look around and see what species grow in the forests near you. Ask your neighbors and cluster members what trees they grow, and which trees in forests provide important benefits for them. If we work together, we can protect this great resource of diverse forests for our children and generations to come.



## TIST: Boost Your Energy.

**L**ike your car, your body runs on fuel, but feeling energetic takes more than filling up with calories. Regular meals at intervals throughout the day is important – don't skip meals. Repeated cycles of low and high blood sugar sap our physical and mental energy. One sure way to keep your blood-sugar level more constant is to eat regular meals. While you may not be hungry, eating something small at meal times, even a piece of fruit, can help to stabilize your blood sugar level. Keep away from really sweet stuff. When our body's blood sugar level indicator flashes red we tend to crave simple carbohydrates, such as biscuits and chocolate, which give quick energy. Although such foods can give us a momentary lift, they often just give us calories with no useful minerals or vitamins. We feel satisfied for a short time, but then our blood sugar can quickly become low again and the cycle of craving for a sugary snack continues. More regular meal times, or healthier snacks (a handful of nuts, a boiled egg, a banana, some roasted grain) are preferable.

Regular physical activity energizes the body in a number of ways. First, it can help improve the oxygen supply to the brain and other parts of body. It strengthens the heart and lungs, and with some light weight resistance, can increase our bone density. Regular exercise can help reduce our risk of type II diabetes and cardiovascular disease. It also makes us feel alert and more able to concentrate on our tasks. Another advantage of regular exercise is its effect on sleep. Devotees of regular daytime exercise seem to sleep better. A good time to get some extra rest is after lunch. Take off your shoes, turn out the lights, and put your calls on hold and sleep. Fifteen to twenty minutes is all you should need to feel refreshed. More sleep will leave you feeling lethargic. About 90 percent of mammals get their quota of sleep as an accumulation of naps during the day and night. A well-timed nap does wonders for your energy levels and productivity. Learn to take a power nap.

Food generates waste and without water the body cannot properly rid itself of these waste products made during the process of creating energy. To help the body flush waste, get into the habit of drinking plenty of water throughout the day. Coffee, tea and cola are refreshing and give a quick lift, but go easy on caffeine. It has stimulating effect on the brain and hinders your chances of getting quality sleep. The later in the day you consume caffeine, the more likely it is to disturb your slumber. If you are sensitive to caffeine, stick to one or two drinks a day and avoid it after midday.

Since regular tea, coffee and colas are diuretics (which mean they can dehydrate us) it's good advice to drink one cup of water in addition to every cup of those drinks you take. Otherwise try herbal teas, many of which do not contain caffeine and are naturally rehydrating.

Some reports say moderate, regular alcohol consumption (1-2 drinks per day) by men over 40 and postmenopausal women can reduce the risk of heart disease in the long term. However, overdoing it with the booze and we kiss our vitality goodbye. Alcohol is one of the things that can cause our blood sugar to soar, and then plummet precipitously. That's partly why we often feel terrible the morning after a few drinks. Too much alcohol dehydrates the body and over time weakens the liver. Excessive alcohol intake is also associated with liver disease, some cancers and problems with your heart. If you're going to drink, don't have more than one or two drinks a night.

Most people sitting at their desk tend to slump forward, which causes physical imbalance and discomfort, says Richard Casebow, a practitioner of the Alexander Technique at the Holistic Health Centre in Edinburgh. If you spend a significant proportion of your time at a desk make sure you are sitting comfortably. Choose a chair that is sturdy and adjustable, allowing you to alter the height and back of seat. Your hips and knees should be level with feet placed comfortably flat on the floor and position the back of the chair to support your lower back.

Attitude can have a powerful influence on how dynamic we feel. There is nothing like dreading a particular task to make us feel tired and unmotivated. Fortunately, there's a neat mental trick we can play on ourselves to help us over any negative mental hurdles. Instead of focusing on the potential horror of the task in hand, concentrate on the feeling of satisfaction you will enjoy on its successful completion. If your other half is nagging you to put up some kitchen shelves, picture the completed shelves next to your partner's happy smiling face, rather than chaos you expect to manufacture with few lengths of wood.

Sometimes the hardest thing to do is nothing, but that is just what some of us need every once in a while to get back on our feet. Some complementary therapies can be very effective in helping the body take time out. Massage and aromatherapy are not just good for relaxing the body; they can also be energizing and stimulating. TIST farmers – enjoy good health!

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# TIST

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

**Kimereu Version**

An Environmental, Sustainable  
Development and Community Forestry  
Program.



**Ariti ngugi ba Cluster cia TIST igita ria semina iria yathithiritue Gitoro Conference Center, Meru mweri muthiru.**

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## TIST: Marii ja tukundi tuniini nijetite na mbeere.

**K**wambiria mweri jwa ikumi na jumwe (November) nitwambiririe kwejana vucha kiri Cluster imwe cia TIST. Mweri jwa ikumi na iri (December) nkuruki ya Cluster mirongo itantantu (60) niciajukirie marii jao. Mweri muthiru, nitwaejanire vucha kiri Cluster ingi. Imwe ikajukia marii jao mweri juju na najuu jungi. Tugeta na mbeere kuria ikundi biniini.

Itukwenda kurikania arimi ba TIST ati marii jaja ni jaria janenkanagirwa mbeere. Ja kiri kauwa kana majani kana iria naria arimi banenkagirwa marii ja mbeere na nyumene marii jau jakeja gutaurwa kiri marii jao ja nyumene, Marii jaja ja mbere ja TIST jakaritwa riria marandu ja baita ya Carbon jagaitwa. Witakanirua bwa wendia bwa marandu ja Carbonburia bwijikene ja GhG, nibugite bwega kiweru iguru ria marii ja Carbon. Aririeni mantu jau kiri mucemano jwa Cluster. Kethira uri na kiuria, tiga Mutongeria wa Cluster kana ariti ngugi ba Cluster bamenyithie mumemba wa utongeria bwa Council niuntu bwa utethio na kugwatwa mbaru.

Bukoona ati kiri vucha ya marii ja miti, kuri na nteto iguru ria tani cia carbon iria ciathurani na tani iria ikurukitue. Tani iria ciathurani ni iria cithimi nyuma ya munda jwaku gutarwa ni muriti ngugi wa Cluster. Tani cia Carbon iria ikurukitue ni iria nyuma ya gutarwa na ciatalamwa ni atalamu ba ome. Kenda munda jukurukua, no mwanka jukuruke kithimi gia

mawatho ja utari na gukurukua jaria jathithitue ni ikundi bia kinthiguru biria bimenyagira thoko ya Carbon na uriti ngugi bwayo ja Kithimi ya gukurukia carbon kiria kijikene ja Verified Carbon Standards (VCS)

Nitukwirira ati marii jaja ijatujukitie igita ririraja nkuruki mbere ya tuthodeka mutambo jwetu na kucokaniria mathabu jetu jaria jatumite tuthithia marii jari na maitia au mberene. Ukeja kwona maitia ojariku kiri vucha yaku, niukurua umenyithie muriti ngugi wa Cluster yaku kana uringire Francis Kibe thimu na namba iji 0722.909.647, kana Jane Kanja kiri namba 0713.436.048 kana omumemba wonthe wa Council ya utongeria.



**Amemba ba TIST Cluster Kiandiu bakinenkerwa vucha ciao mweri muthiru.**

## Ntumiri ya ndiunga niuntu kwa mubango jumweru jwa CCB.

**N**itwambiritie ukurukia bwa jairi bwa “Mubango jwa Tist Kenya VCS – 005” Ikethirwa iri inene nkuruki ya igita ria mbere niuntu nitukwongera Miunda ingi ngiri ikumi na inya (14,000) imieru. Mpongeri ya miunda ngiri mirongo iri na jumwe ikethirwa iri iria nene mwanka nandi. Iri amwe na njira ya mutaratara, nitugutara na gukurukia KE –VCS – 005 rungu rwa mubango jwa ithatu (3<sup>rd</sup> Edition) ya CCB ja

Mubango jwa Tist Kenya CCB – 005. Kenda utarirwa na ukurukirua miti yaku, no mwanka wonanie ati TIST nigutethia riera riria rituthiurukite na Ntura cietu amwe na mantu jonthe jaria jatwegie. CACC niejenekadrasi kiri EPIC Sustainability Services Limited, jabo atalamu ba Utari kenda bathithia utari and ukurukia. EPIC bakethirwa bakithithia ndiunga yao kuuma ntariki ijiri Mweri jwa Iri mwanka Ntariki inya 2017 (2-4 February 2017)





## TIST: Kigeria Njira Injeru kiri kwaraniria na Kugwatanira Rwaria.

**T**IST nikurukite bwega kiri njira cia kinandi cia kimuntu na Teknoloji. Nituei biewa mwanya mwanya niuntu bwa kuthithia mantu bwega mono kenda tutheria murimi. Biewa bimwe ni ja:

- ✓ TIST Kuringirwa kuura Best Offsetting Project, Environmental Finance – 2016
- ✓ TIST kuringirwa kuura Best Offsetting Project, Environmental Finance - 2015
- ✓ Ya Mbere kiri ukurukia rungu rwa VCS na CCBA

Kiri mucanio jwa ariti ngugi ba Cluster, nitwagererie njira injeru cia waraniria tugitumagira teknoloji kwongera mucemo na njira ya kwigua njira mpongeri kuuma kiri antu bari nthiguru cia kuraja. Ben Henneke, Vannesa na Charlie baririe baria bari mucemano juu na njira ya Video. Kinya kethira itaritire ngugi igita ria mbere, nitwombire na igeria ria jairi. Turi na wirigiro ati tugeta na mbere gukuria

njira iji. Orua, turi na wirigiro Cluster inyingi ikethirwa ikiranaa ntento na njira iji ontuti.



***Ariti ngugi ba Cluster cia TIST bategete na kuthikira Ben na Charlie bakibariria kuuma Amerika kiri Semina iria yathithiritue Gitoro, Meru.***

## Gutumirwa Buthuku Kiwendo, Kwonerwa Na Mateta:

**J**a njira injeru ya mutaratara jwa Community Climate and Biodiversity Alliance (CCBA), nitukwenda kurikania omuntu wonthe ati TIST na Mauritani ja TIST, jatitikagiria gutumira bangi buthuku kiwendo kana kwonerwa. Gutumira bangi buthuku kiwendo gutitikiritue buru kana kwonia muntu ungi wendo na we atikwenda, kwenda muntu ungi akuthuthiria wendo kenda umuthithiria untu, kana njira ya kwaria kana kuthithia na mathithio ja kiwendo kuma kiri munti uri TIST kana gutuma muntu ungi aigua atinganiri na nithukagia ngugi. Kwonanira ni gwata bangi haki yao kuringana na rangi, kabila, witikio, Miaka, muka kana ntumurume, kaumo kao, muntu utugiciumba, muntu uguri kana

utiguri na mantu jaja jatitikiritue ni TIST na uriti ngugi bwayo. Ukeja kwigua utumiri uria gutiagirite kiwendo kana woneri kuringana na mantu jau jaandiki au iguru, araniria na mutongeria wa Council na witie ucunkuni kana wambirie mutaratara kureta mateta. Kuri na marataci jario na maandiko jaja jari kiri mutandao jwa TIST Mobile.

Mutarata jwa kureta mateta kinya jo jari kiri Tist Mobile ([www.tist.org/mobile](http://www.tist.org/mobile)) kethira uti na thimu, ira mutongeria wa Cluster kana Muriti ngugi wa Luster agwitire marataci jau kiri mucemano juu jungi. Au angi ringira umwe wa Amemba ba LC na uborie bagutethie kwambiria mutaratara juu.



## TIST : Kijukia Mathuganio Jenu, Mateta Kuthikirua Na Kwiranua.

**T**IST nijukagia na urito maritani jayo ja witikua, gwika mantu werune na umenyeri bwa mantu kuma kiri muriti ngugi umwe gwita kiri ungi. TIST ni ja Nja. Turienda oumwe wetu aigue ari ndene ya mubango juju na kurita ngugi uria kubwirite. Mathuganio jenu , njira injeru iria tumba gutumira, kiuria kana mateta nijabwiri kuthikirwa na kuritirwa ngugi.

Kenda tumba kithithia mantu jaja jonthe, ikundi biniini nibikurua biaranairie, bathikanire, berane njira injeru iria obaria bari nacio. Kiri micemano ya Cluster, kwaranira werune nikugwati mbaru. Mantu jaria jakwenda kumurikwa

kana jakwenda utethio kana biuria nijabwiri kwandikwa najagaikua kiri ikundi bia Council ya Cluster (GOCC) kana kiri Council ya atongereria. Atongereria na ariti ngugi ba Cluster nibabwiri gutigira ati ntento iu igukinyira GOCC na LC

Njarene ingi, GOCC na LC nibabwiri gwikia macokio kiri Clusters kana Ikundi biniini bakiejanaga ntento cia uma na iri werune. GOCC nibwiri kwaria ntento iria ikwenda kugwatwa mbaru na gutaورانua.

Nituthikanire, nitwe ariti ngugi oba muntu ungi, nituthethanie, nitwirane njira iria njega buru. Niturite ngugi injega buru na mbeca iniini .

## Mweri Jwa Iri Na Ithatu Nirio Igiata Ririega Ria Kwambiria Kuthuranira Muunda Jwaku Niuntu Bwa Urimi Bwa Kurigiria.

**I**kundi bibiingi biniini bia Tist nibiringite riboti ati Urimi bwa kurigiria nububatethetie mono kwona maketha jamega kinya rira kuthuki buru riria mbura iri niini na itayakwirigirwa. Kiri miaka imiega, maketha nijetheritwe jari jamega nkuruki. Ikundi bimwebia thinguru injumo niringite riboti kwongereka kwa maketha kuuma mainda jairi mwanka jatano (2 to 5 times)

Kiri urimi bwa kurigiria, wongagira mboreo kiri mariinya jaria ukwaanda imera biaku na ugatiga mimera iria mikuru kana yumi muundene na ukarima njira iria irigagiria mithetu gukamatwa ni ruuji na muthetu kwaaga irio bibiega bia kurera mimera. Niuntu bubu, mimera niyonaga biakuria bibiega riria yaandi na njira iji. Biakuria bibiega bia mimera biria bigutigara nibitethagia mbegu gukura iria na inya

na maciara jamaingi nkuruki.

Mariinya najo jatethagiria na mawega jangi. Mariinya nija gitumi mono riria mbura yaura na antu a gukamata muthetu juria mwega na mbegu, ruuji rutonyaga marinyene na rugatetheia mbegu iji gukuura bwega. kwinja mariinya na gwikira mboreo ijakuuga ruuji nirurigagirua akui na mbegu igita ririraja nkuruki kenda riu riega kairi, muunda jutikomange na mpwi. Na no urimire uthurukirite mariinya utikuringithia mimera.

Riikana ati, riria waketha mimera yaku, utibwiri kurekeria matigari jariwa ni ngombe kana withia. Matigari jaja jakorera mundeene na jacokie mboreo injega mono kiri muthetu jakithuranagira na kunoria muthetu niuntu bwa ianda riu ringi.



## Miti ya Gintwire: Imbiyo na niki iria na Gitumi?

**A**rimi ba TIST bandaaga miti ya mithemba imingi amwe na Mitunda na miti ya nchugu, miti ya irio bia ngombe, na ingi ya gutetheria kunoria muthetu na ingi ya gwatura mbau. Arimi babaingi nibathurite kwaanda miti ya gintwire niuntu bwa mautethio jayo mwanya mwanya.

### Muti Jwa Gintwire Nijuriku?

Juju ni miti juria jumenyeretie bwega antu aria jwaandi niuntu nijuciairitwe au igita ririraja rithiri. Ti miti yonthe iria twiji iri ya gintwire. Iria mingi ireti ni antu bakuuma kuraja mono. Kuri na miti gintwire nkuruki ya mithemba Magana janana (800) iria iri ya gintwire aja Kenya.

### Niki Miti Ya Gintwire Iri Na Gitumi?

Niuntu miti ya gintwire ikuranitie na riera ria aria imenyeretie, na nyomoo, mimeru na tunyomoo tungi tutwingi turia tumithiurukite na yamenyaniria na antu au buru. Magita jamaingi ikuraga bwega iti na mpongeri ingi ja mboreo, kana dawa cia kugira. Miti iji itienda kumenyerwa mono ja iria ingi ya kuretwa. Niitethagia miunda yetu na njira ya kunyiya tunyomoo turia turijaga imera bietu, miti iji niejaga nyomoo cia kithaka guntu gwa gukara na kinya irio na mantu jangi ja matunda, mbau, mabura na ndawa cia gintuire. Miti ya kuretwa nitwejaga mawega jamaingi, indi imwe yejaga iria na ikaitha mimeru iu ingi. Riria twaanda miti ya gintwire miundene yetu, nitugutethia kumenyera mithemba ya miti iria na gitumi kiri ba mami na ba baaba betu na bajuuju betu na kiri antu na nyomoo cia kithaka

cia Kenya miaka imingi ithiri. nutukwiritana iguria mawega ja miti iji ya gintwire iria itucigiritie. Riria twaanda miti ya gintwire, nitwiji miti iji igatethia ana betu,

### Ni miti iriku ya gintwire?

Kuri na mithema Magana ja miti iji ya gintwire aja Kenya na ingi ireti ya kwejana mawega. Aja kuri na miguanano ya ojuria.

### Miti ya Gintwire ya Kenya

*Cordia africana*

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

Miti ingi iria itwire Kenya igita ririraja na iri gitumi mono indi ti ya gintwire. Miti iji ni ja Miembe, Mikandania, casuarina, gravellia, bottlebrush, and Mexican green ash.

Geria kwaanda miti imwe ya gintwire narua! Tega tega wone ii muthema jwiku jukuraga bwega mwitune juria juri akui nagwe. Uria kinya aturi baaku na amemba ba Cluster, ni miti iriku baandite na ni miti iriku iri mawega kiri bo. Twaritaniria ngugi amwe, tugaretheria kithima giki gia mwitu iri na miti mwanya mwanya niuntu bwa ana betu na nthuki ingi iria ikeja.



## TIST: Ongera inya yaku.

**J**a ngari yaku, mwiri jwaku jurititagua ngugi ni maguta, indi wigua urina inya nikujuagia nkuruk i ya kwithira ujuri. Kuria irio o nyuma ya igita ni antu burina bata mono – ugakurukira irio magita jaria ubati kuria. Kinya ukethira utina mpara, ria twirio tunini igita rionthe riria ubati kuria. Riria cukari iria iri ndamune yakara igitagia na kwinama magita jamaingi, inya yetu ya mwiri naya kuthugania ninyiagua. Njira imwe ya kumenyeera ati cukari iria iri ndamune irikara amwe magita jonthe ni kuria irio o igita nyuma ya igita. Ebera irio birina cukari inyingi. Riria cukari yetu ya mwiri ikwonaninia hatari jaria maingi nitwigagua gukara tukirijaga irio bibiuthu bia gwikira miiri inya ja biskuiti na chocolate, biria bituejangaga inya. Kinya kethira irio bibi nibituitithagia o rimwe, jaria maingi nibituejaga urito butina mineral kana vitamin iria ciumba gutumika. Nitwigagua tujuri igita ririkai, indi riu cukari yetu ya ndamu ikenamanga kairi na tukeendelea kwigua kuria gintu kirina cukari. Kuria o igita nyuma ya ririkai, kana kuria twirio tutunini turia turi inya ( ta karanga, nkara ya kutherukia, kirigu, njugu imbakie) nitu twega.

Gwita ngugi o igita nyuma ya igita nigwikagira mwiri inya na njira inyingi. Mbele, nigutethagia kwongera ruugo rwa oxygen ruria rukinyaga akiline na icunci bingi bia mwiri. Nigwikagira inya nkoro na mauri, na gukurukira urito bubukai, no kwongere urito bwa midindi. Michetho ya o igita o igita nitethagia kunyiyia kumbika gwa kugwatwa ni murimo jwa diabetes type II na murimo jwa nkoro. Nigutumaga kinya tukaigua tubui na tukiigagua jaria jagwita na mbele jonthe nakuumba kuthithia mantu jetu bwega. Baita ingi ya michetho ya o igita nitethagia kiri kumama. Baria bamenyaga bakuthithia michetho ntuku cionthe nibamamaga bwega nkuruki. Igitu ririega ria kunogoka bwega ni warikia kuria irio bia muthenya. Rita iratu biaku, oria weru na worie thimu yaku riu umami. Daika ikumi na ithano gwita mirongo iiri nicio ugwitia nikenda wigua ukunogoka. Toro inying nkuruki ya ou nitumaga ukaigua unogi. Gicunci mirongo kenda kiri igana kia nyomoo iria ciitagwa mammals nicimamaga toro ing'ani gukurukira kumama magita jamaingi muthenya na utuku. Toro ithimiri nithithagia marigaria kiri inya yaku na mantu jaria umba kuthithia. Menya kumama toro yainya.

Irio nibithithagia ruuko na gutina ruuji mwiri jutumba kurita ruuko ruru ruthithagua riria inya ikuthithua kumama na irio bibi. Gutethia mwiri gwita ruuko menyeeria kunyunyaga ruuji rurwingi ntuku yonthe. Kauwa, majani kana cola niguchachamuraga na niigwikagira inya ntuti, indi nyiyia kauwa na majani. Bibi nibitumaga utombo bwaku bugaita ngugi nkuruki na bikanyiyia kuumbika gwaku gwa kumama bwega O uria ukanyua kauwa kana majani gutuki nkuruki, nou umbikia kwaga toro inthongi. Kethira

mwiri jwaku nijwigangagua kauwa kana majani, nyua gikombe kimwe kana biiri o ntuku na ukaminyua kwarikia gukinya thasita muthenya. Nontu chai, kauwa kana cola e kawaida niitumaga miiri yetu ikaigua kunyua ruuji, ni bwega kunyua gikombe kimwe kia ruuji amwe na o gikombe kia bibi kiria ukanyua. Kethira ti ou geria majani jatikitue factory iria jaria maingi jati gintu gigwitua caffeine na nijatumaga ruuji rugacoka mwiri.

Ripoti imwe niciugaga ncombi ithimiri ya igita o igita (imwe kana ijiri o ntuku) kiri arume barina miaka mirongo inna gwitia na kiri aka baria bakurukitie igita ria kugia aana niinyiagia kuumbika kwa murimo jwa nkoro ndene ya igita riraja. Indi-ri, twanyua mono nituebanagira na maisha jetu. Ncombi ni gintu kimwe kiria gituma cukari yetu ya damu gwitia na riu kwinama orimwe. Kiu nikio kimwe gia gitumi kiria twigagua bubuthuku rukiri twanyua ncombi inkai. Ncombi inyingi niitumaga mwiri jukathira ruuji na ikathiria gitema gietu inya. Kunyua ncobi inyingi ni kugwetanagirua na murimo jwa gitema, cancer imwe na thina cia nkoro yaku. Kethira ukanyua, ukanyua nkuruki ya ncobi imwe kana ijiri utuku bumwe.

Antu babaingi baria bakaraga methane ciao nibacimagira, untu buria butumaga urito bwa mwiri gwita rutere rumwe na kurega kung'anira, niu Richard Casebow akuuga, daktari wa Alexander Technique naria Holistic Health Centre iria iri Edinburgh. Wajukia igita riraja methene, menyeera ati nukari nthi uria ukwigua ung'aniri. Taara giti kiria kirungi na kiria kiumba gwitaitithua, kiria gigakuumbithia gukara ukinyiagia na kureiya uraja bwa giti giaku na aria umamirite giti giaku. Ntandi na maru jaku jabati kwithirwa jang'anene na maguru jaku jarikiri jakinyite nthi bwega na ugeka mugongo jwaku gitini nikenda ugwatira mugongo jwaku jwa nthi.

Uria uthuganagia no kugarure uria ukumba kuthuganiria mantu mwanya. Guti gintu gitunogagia na gigatuita motisha ja gukira kuthithia untu. Kuthongomia mantu, kurina untu bumwe buria tumba kuthithia gwitethia kueberia mathuganio jaja jatibui. Antua kuthuganiria uria ukaigua kuthithia untu bou, thuganiria uria ukaigua ung'aniri warikia untu bou. Kethira uria bukaraga nawe nagukara agikunogagia gwaka ntara riikone, thuganiria ntara iu cithithitue akui nan a kirera kirina gikeno kia mwekuru waku antua uuko runthe ruria ukathithia na mpau inkai.

Magita jamwe untu buria buumo buru kuthithia ni kurega kuthithia gintu, indi bou nibu bamwe betu betagia igita rimwe nyuma ya igita riraja nikenda bacooka kairi magurune jao. Therapy imwe cia gutetheria ciomba gutethia mwiri kunogoko. Therapy cia gucocorwa na kununkira into bimwe (massage na aromatherapy) ititethagia aki kunogokia mwiri jwaku, nocicokie na kwongera kinya inya yaku. Arimi ba TIST- Gwirirueni thiria ya mwiri!

# Mazingira Bora



## TIST

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

**Kikuyu Version**

An Environmental, Sustainable  
Development and Community Forestry  
Program.



**TIST Cluster Servants mari kigomano-ini Gitoro Conference Center, Meru mweri muthiru.**

### ***Thiini wa ngatheti:***

**TIST: Marihi ma ikundi nini guthii na mbere. Page 2**

**Kimenyithia kia gucerera migunda yangu hari uthuthuria wa carbon thiini wa mutaratara wa CCB. Page 2**

**TIST: Kugeria njira njeru ya kwaraniria na gukinyaniria mauhoru. Page 3**

**Kunyamarania, Gutugukania, na mateta mangi. Page 3**

**TIST: Gutiriria riendikithia riaku, mawoni maku, mateta kana mecurania nimathikirio. Page 4**

**Mweri wa Keeri nginya wa Gatatu ni kahinda keega ga kuhariria migunda itu ya urimi mwega wa CF (Conservation Farming). Page 4**

**Miti ya kimerera/kiunduire: Niiriku, nikii iri uguni? (indigenous trees). Page 5**

**TIST: Ongerera hinya. Page 6**



## TIST: Marihi ma ikundi nini guthii na mbere.

**K**uuma mweri wa ikumi na umwe mwaka muthiru, nitwambiriirie kuheana vocha kuri Clusters imwe cia TIST. Mweri wa dithemba , makiria ma Clusters 60 niamukiririe marihi. Mweri muthiru, nitwaheanire vocha ingi kuri Clusters ngurani. Clusters imwe ikurihwo mweri uyu na ocio ingi mweri uuguka. Nituguthii na mbere na kuriha ikundi.

Nitukwenda kuririkania arimi a TIST ati marihi maya ni warubanji tu. Otauria gukoragwo hongeiini cia kahua, majani kana iria, arimi ni maheagwo warubanji iria icokagaga gutinio hindi ya marihi ma rate kana ma muico, noguo marihi ma TIST mahana ati warubanji nigatio ria tugakorwo tukigaya baida ya wonjorithia wa carbon.

Ngirimiti iria tukoragwo nayo iria twitaga GhG ni itheretie uhoro wigie marihi. Niwega riria muri muecemanio wa Cluster mumiaririe na mumithome. Ungikorwo na kiuria, no ukinyirie atongoria aku a Cluster kana mutari wa miti (Cluster Servant) nigetha makinyirie Leadership Council (LC) nigetha utuike wa gucokerio na guteithika.

Vocha ya kahinda gaaka ina mathabu ma kuonania uria miti yaku igethete riera ria carbon. Carbon iria iretwa “sequestered” ni ithabu riria rionekanite thutha wa gutarirwo miti yaku ni Quantifier. Carbon iria iretwa “verified” ni iria ithuthuritia ni auditors kuuma nja ya TIST aria

metago Verifiers na ikahitukio ikiro. Nigetha mugunda waku wa miti (grove) uhitukie ikiro cia Verifier, no muhaka uhituke ikirwo iria ciikiritwo na kambuni cia thi iria itongoragia wonjoria wa carbon imwe yao iri Verified Carbon Standards (VCS)

Twina muhera niundu wa gucerithiria marihi niundu wa itumi ngurani ta mahitia ma computer na uteri-ini wa miti. Tugukuria ungiiona vocha yaku iri na mahitia niwega umenyithie Cluster servant waku kana uhure thimu kuuri Francis Kibe 0722909647 kana Jane Kanja 0713436028 kana o mumemba o wothe wa Leadership Council.



**Amemba a Kiandiu TIST Cluster members makiamukira vocha ciao mweri muthiru.**

## Kimenyithia kia gucerera migunda yangu hari uthuthuria wa carbon thiini wa mutaratara wa CCB.

**K**imenyithia kia gucerera migunda yangu hari uthuthuria wa carbon thiini wa mutaratara wa CCB

Nitukwambiria guthuthurio ni Verifiers hari project turamita “TIST Program in Kenya VCS-005.”

Uthuthuria uyu ugukorwo uri munene muno tondu ugukorwo na migunda (groves) makiria ma 21,000 ( TIST Kenya ikoragwo na groves makiria ya 60,000). Uthuthuria uyu ni wa riita ria keeri uri rungu rwa mutaratara ugwitwo “3<sup>rd</sup> Edition of CCB

as”TIST Program in Kenya CCB-005.”

Nigetha tukinyirie ikirwo cia uthuthuria uyu wa validation na verification, no nginya twonanie ati murandi wa TIST uri na uguni kuri riera, muingi na nyamu ngurani hamwe na mimera. Kambuni itu ya CAAC ni ihete wira kambuni igwito EPIC Sustainability Services Private Limited kuuma India iria ina marua ma kuruta wira wa uthuthuria, matucerere kuuma mweri 2-4 February 2017 na matuthurie.



## TIST: Kugeria njira njeru ya kwaraniria na gukinyaniria mauhoru.

**T**IST ni igacirite hari uhuthiri wa wira wa mooko ma andu hamwe na utumiri wa teknolojia. Nitwihotaniire ngerenwa ngurani niundu wa kugaciria utungata kuri arimi. Ngerenwa imwe nita;

- ✓ TIST Voted Best Offsetting Project, Environmental Finance – 2016
- ✓ TIST Voted Best Offsetting Project, Environmental Finance - 2015
- ✓ First in the World to Verified under VCS and CCBA

Hindi ya themina ya ataiti a miti (Cluster Servants) mweri muthiru, nitwageririe njira njeru ya tekonorogia kwaraniria na Ben, Vannesa na Charlie mari o Amerika tukionanaga (vedio). Ona gutuika twageria ria mbere tutiahotire wega, tutiakuire ngoro na rita ria keere tukinyitanira wega miario- ini iyo ya video. Nituguthi na mbere na kugaciria

njira ino iria ingituhotithia ati Clusters ngurani no ikoragwo ikiaraniria kwa njira ya imwe kwa imwe na gukurania meciria.



***TIST Cluster Servants magithikiriria na kwirorera Ben na Charlie makiariria themina iri Gitoro, Meru nao mari oo United States of America***

## Kunyamarania, Gutugukania, na mateta mangi.

**H**ari mutarata mweru wa new Community Climate and Biodiversity Alliance (CCBA), nitukwenda kuririkania o mundu o wothe thinie wa TIST, ati tukirumirira TIST, kunyamarania ki mwiri na kugutukania andu ti gwitikirie. Kunyamarania ki mwiri ni njira o yothe mundu angikorwo akiendithia mundu uria ungi kiahinya etikire manyitanire kimwiri nigetha wa utethio o wothe, kana njira ya miario kana kuhutia mwiri wa mundu ungi na njira itagiriire na kugutuma mundu ucio aremwo ni wira na kuigua ndaiganiire. Kugutukukania ni rumena kuri mundu ungi niundu wa rurira rwake, rangi, ndini, mumbiri wa kimwiri,

meririria ma kimwiri, ukuru wa miaka, kihumo, wathe wa mwiri, kihiko na kwaga kihiko, hindi iria mundu ucio araruta wira wa TIST.

Ungiigua ta uranyamario na gututhukanio, niwagirirwo umenyithie Leadership Council na urie uthuthuria wikwo. Cerere mutambo wa computer wa TIST Mobile [www.tist.org/mobile](http://www.tist.org/mobile). kwa mutarara na uhoro makiria. Angikorwo nduri na uhoti kana umenyo wa gukinyira TIST mobile, uria Cluster Servant waku akuonie muri mecemanio wanyu. Ririkana kumenyithia LC nigetha maguteithiririe.



## TIST: Gutiriria riendikithia riaku, mawoni maku, mateta kana mecurania nimathikirio.

**T**ukirumiria TIST Values nitwendekaga tukoro turi ehokeku, andu a utheri, aigiririki ma atungataniri. TIST tuuri nyumba imwe. Nitukwenda oo mundu wothe aigue endekete na akorwo akinyitanira na murandi. Riendekethia riothe, mawoni, mateta nonginya mathikirio na maiguo.

Nigetha tukinyanirie uguo, ikundi nini ni ikurio maranagirie, magathikaniria, magakurania meciria na njira iria ngaciiru cia ukuria. Muri mucemano wa Cluster, kwaniria na njira njaramu nikwagiriire. Maundu maria makwenda macookio kana gutaririo

wega nimagiriirwo ni kwandikwo na makinyirio GOCC kana LC. Atongoria a Cluster yaaku nimagiriirwo nigutigira manundu macio nimakinyara GOCC kana LC .

Nao GOCC na LC nimagiriirwo ni kuheana macokio mari na wihokeku na utheri kuuri Clusters na Ikundi nini. GOCC niyagiriirwo nikumenyithia LC ciuria o ciothe mangikorwo nacio.

Rekei tuthikaniririe. Rekei tutanganire. Rekei tukuranie meciria na njira iria ngaciru. Nigethe tuone umithuo munene na gharama nini.

## Mweri wa Keeri nginya wa Gatatu ni kahinda keega ga kuhariria migunda itu ya urimi mwega wa CF (Conservation Farming).

**A**rimi angi a TIST nimatumenyithitie at urimi wa Conservation Farming (CF) niumahotithitie kugia ma kugetha ona miaka iria mbura iniyihite na igakorwo itakura na njira njega. Miaka iroa kwina mbura ya kuigana, magetha ma urimi wa CF makoragwo mari mega muno. Ikundi nini kuma miena iria yaraga nimatumenyithitie ni monaga magetha oo maita mere nginya matano.

Thiinie wa urimi wa CF, wagiriirwo nigwikira thumu marima-ini ma mimeru yaku na gutigirira ati mahuti maria watuguta urareke maikare oo kuu mugunda hamwe na magaragara mangi. Ndwagiriirwo ni guchimburia ttiri nigetha ugitire kiguo na wanangiki wa irio cia bata cia mumera. Umenyereri wa irio ici cia mumera nicio itumga

mumera waku ukure na hinya na ugie na maciarwo meega.

Marima ma mimeru yaku onamo ni mari uteithio. Marima nimateithagia riria mbura yaura tondu no magiragiriria tiri waku na mbegu itigakuo ni kiguo. Mai ma mbura maingira irima-ini, nimateithagia mumera gukura wega. Onariria riu riacooka kwara, mumere waku uthiaga ona mbere na gukura tondu wa ugunyu . Riria ukurimira, wagiriirwo ni gukonya ria ria ririgiciiria mumera waku irimaini utaguthia mumemera waku.

Ririkana ati, thutha wa kugetha, ndukareke mahiu mariithio mugunda waku kana magaragara macinwo na mwaki. Magaragara maku magiriirwo ni kubuthira mugunda nigetha mongerere unoru wa tiri niundu wa kimera kiingi.





## Miti ya kimerera/kiunduire: Niiriku, nikii iri uguni? (indigenous trees).

**A**rimi a TIST nimahandaga miti mithemba ngurani imwe yao iri miti ya matunda, miti ya mahuti ma mahiu, miti ya kuongera unoru wa tiri na ingi ya gwatura mbau. Arimi angi nimarahanda miti ya kiunduire muno.

### Muti wa kiunduire ni uriku?

Muti wa kiunduire kana wa kimerera ni muti uria ukurite kundu kwa miaka miingi muno nginyagia ukamenyerana na riera ria kundu kuu. Ti miti yothe tui iri ya kiunduire. Miti miimgi yarehirwo ni andu kuuma mabururi mangi. Bururi wa Kenya wina miti mithemba ngurani wa miti ya kiunduire makiria ya 800.

### Miti ya kiunduire ni ya bata nikii?

Tondu miti ya kiunduire niokoretwo igikura handu- ini hamwe kwa miaka Magana na Magana, nikinyite nandu ikamenyerana na riera na nyamu iria imirigiciirie, na kogwo igakorwo igikura wega itaguthmburwo ni tutambi kana igakorwo ikienda gwikirwo bataraita. Kaingi muti wa kiunduire ndwendaga utungata muingi ta muuti wa guuka. Miti yakiunduire niitethagia kuhurana na tutambi, na igatuhe mbau njega muno, matunda o hamwe na dawa. Onaguika miti ya guuka niri utethio onaya, no ti makiria ya miti ya kiunduire.

Hindi iria twahanda miti ya kiunduire migunda- ini itu, nitukoragwo tugitheremia miti iria ikoretwo iri ya uguni kuri aciari aitu, na iria igokorwo na uguni

kuri njiarwo iguuka hamwe na nyamu cia githaka..

### Mithemba ya miti ya kiunduire (indigenous)

Kenya kwina miti ya kiunduire mithemba miingi muno. Ngerekano nita;

*Cordia Africana, muringa.*

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

Miti iria ingi ikoretwo Kenya gwa kahinda karaya no ti ya kiunduire nit a Maembe, Macadamia, Kasurina, Mukima, Bottlebrush, na Mexican green ash.

Geria mbura iguuka uhande miti ya kiunduire. No umione hakuhi wa githaka kana mutitu uria ugukuhiriirie. Uria andu aria murigainie na memba a Cluster yaku ni miti iriku marakuria na ni miti iri ina uguni kurio. Twaruta wira hamwe na guteithania nitukugitira utunga wa miti na mititu niundu wa ciana ciitu na njiarwa igoka.



## TIST: Ongerera hinya.

**O**ta ngari yaku, mwiri waku niuhuthagira maguta, no riria waigua uri na hinya ni makiria ma kwongerera calories. Irio cia o hingo itaratigana muno ni cia bata muno – ndukage kuria irio. Gucokerwo muno kwa cukari kuambatira na kunyiha nigutumaga tugie na mathina ma mwiri ona meciria. Njira imwe njega ya kuiga cukari uri mugananiru ni kuria maita maingi. Ona angikorwo nduri muhutu, kuria kindu kinini ihinda ria kuria ona gacunji ka matunda noguteithie kuigananiria cukari. Witheme na kuria indo ciri na cukari muingi. Riria miiri iitu yaruta tawa mutune nituiguaga tukienda kuria carbohydrates, ta biscuits na chocolate iria iheanaga hinya wa na-ihenya. Ona gutuika irio muthemba uyu nociheane hinya wa na-ihenya cituheaga calories iria citari na minerals kana vitamins. Nituiguaga twaiganira gwa kahinda kanini no cukari noucoke thi o ringi na-ihenya na kaundu kau ga kwenda kuria irio muthemba ucio gagecokera. Kuria irio maita maingi na irio huthu ciri na hinya ta matumbi, marigu na ingi ni njega.

Kurutithia mwiri waku wira nigwikiraga mwiri hinya na njira nyingi. Wa mbere, niguteithagiriria kugayania riera thiini wa hakiri na kungi mwiri-ini. Gugekira ngoro hinya o hamwe na mahuri na gwikira mahindi hinya. Ungika uu makiria nikunyahagia ugwati wa type II diabetes na mirimu ya cardiovascular. Ningi nigutumaga tugaikara tukiimenyaga na kuhota kuruta mawira maitu. Mawega mangi makurutithia mwiri wira ni toro mwega. Aria marutithagia miiri yao hinya nimakomaga wega. Mahinda maria mega makugia na kihuruko kiega ni thutha wa kuria lunch. Ruta iratu, horia matawa na uhorie thimu ucoke ukome. Ndagika 15-20 nicio urabatara niguu kuigua wega. Gukoma wega nigugutuma uigue uri na hinya mweru. Gicunji ta kia 90% kia mammals kiamukagira quota ya toro wacio kumana na tucunji tunini twa toro utuku na muthenya. Toro mwega ndumakaga kana uri na hinya na kana niurahota kuruta wira. Wirute gukoma wega.

Irio nicithondekaga giko na hatari maai mwiri ndungihota kuruta giko giki hatari na maai riria urathondeka hinya. Na niguu guteithia mwiri gute giko giiki, wimenyerie kunyuaga maai muthenya wothe. Kahuwa, macani na cola niciheanaga hinya wa na-ihenya no nyihia unyui wa caffeine. Niitumaga hakiri ciambatire na igatuma ndukage na toro muiganu. O uria wacererwo hari

unyui wa caffeine, noguo uguthumbuka ugikoma. Angikorwo niuthumburagwo ni caffeine, wimenyerie kunyua imwe kana igiri na ndukanyue thutha wa lunch. Na tondu chai, kahuwa na cola nocinyihie maai mwiri-ini, niwega kunyua gikombe kimwe kia maai iguru ria kunyua ikombe ici. Kana ugerie chai wa ki-nduire, uria utakoragwo na caffeine.

Ripoti nyingi ciugaga unyui wa njohi muigananiru (1-2) o muthenya kuri arume aria mari na miaka 40 na makiria na atumia aria matigite kugia ciana nokunyahie ugwati wa murimu wa ngoro. Ona kuri o uguo, kunyua muno nokurehe ugwati wa murimu wa ngoro. Njohi niyo kindu kiria kingituma cukari wa mwiri wambatire. Undu uyu niumwe wa maria matumaga mundu aigue uuru rucini thutha wa kunyua njohi. Njohi nyingi niing'aragia maai mwiri-ini na ugatuma ini ria mundu riage hinya. Unyui muingi wa njohi ningi niurehaga murimu wa ini, cancer ingi namathina ma ngoro. Angikorwo niukunyua makiria ma njohi igiri o utuku.

Andu aria matindaga maikaire thi nimekunjaga undu uria utumaga ciiga cia mwiri cinoge, niguu Richard Casebow, muthomi wa Alexander Technique kuria Holistic Health Center thiini wa Edinburgh. Riria wahuthiragicunji kia mahinda maku uikaire thi, tigurira niuikarite wega. Huthira giti kinginyihanyihio kana kuraiharaiho, gutwarwo mbere na thutha. Njikariro na maru maku ciagiriirwo nigukorwo cigananiirie maguru matamburukitio wega.

Mwiciririe niutumaga mundu aigue wega na njira nyingi. Gutikoragwo ta gwika kaundu niguu kuigua uri munogu na utari na mayu. Kwa munyaka, nigukoraguo na njira ya njira ya meciria tungithaka nayo niguu kuhoreria mwiri. Handu hagwiciria uria uri na wira muritu, wicirie uria ungiiganira riria warikia wira uyu. Angikorwo mwendwa waku niaraguthumbura guthondeka riiko, wicirie uria riiko riu ringikorwo riri na riri riri riega mwendwa waku arugamite hau mwena handuini ha guikara ukirehage thina.

Maita maingi maundu maria mari hinya gwika ni guikara uguo, no uguo niguu umwe amwe aitu magiriirwo nigukorwo magika niguu kuhota guthii na-mbere. Maundu magwikirwo hinya nimega na nomateithie miiri kuhuruka. Gucocora mwiri tikuiganu kuhurukia mwiri. Arimi a TIST giai na ugima wa mwiri mwega!

# Mazingira Bora



# TIST

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

**Kiswahili Version**

An Environmental, Sustainable  
Development and Community Forestry  
Program.



**TIST Cluster Servants wakiwa kwa mkutano wao Gitoro Conference Center, Meru mwezi uliopita.**

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## TIST: Malipo yavikundi vindogo inayoendelea.

**M**wanzo Novemba mwaka jana, tulianza kutoa vocha kwa baadhi ya Clusters TIST. Katika mwezi wa Desemba, zaidi ya Clusters 60 walipata malipo yao. Mwezi uliopita, sisi tulitoa vocha kwa Clusters mingi. Baadhi yao watapokea malipo yao mwezi huu na ujao. Tutaendelea kulipa Vikundi vidogo.

Tungetaka kuwakumbusha wakulima wa TIST kuwa malipo hayo ni malipo ya mapema au kabla ya malipo. Kama katika sekta ya chai au kahawa au sekta ya maziwa ambapo wakulima wanapewa malipo ya awali na baadaye zinakatwa wakati wa malipo ya mwisho, malipo ya TIST yatakatwa wakati faida ya Kabon itafanywa.

Makubaliano maarufu ya mauzo ya Kaboni, yajulikanayo kama Mkataba wa GhG, ni wazi juu ya malipo ya kaboni. Tafadhali jadilini suala hilo katika mikutano yenya Cluster. Kama una maswali, hebu viongozi katika Cluster yako au Cluster servants wawasiliane na mwanachama yeyote wa Baraza la Uongozi kwa msaada na kuungwa mkono.

Umarifiwa katika malipo ya vocha ya miti, kwenye taarifa kuhusu tani za Kabon “sequestered” na tani za Kabonza kuthibitishwa. Tani za Kabon ambazo ni “sequestered” ni zile tani ambazo zimepimwa baada ya shamba lako kukaguliwa na Cluster Mtumishi wako. Tani za

Kabon zilizothibitishwani tani ambazo baada ya kubainishwazimekaguliwa na wakaguzi wa nje. Kwa ajili ya Ashera kuhakikishwa, ni lazima kupitia uhakiki wa kisheria ambao ni kuweka vyombo vya kimataifa kusimamia soko la kaboni na shughuli kama vile Verified Carbon Standards (VCS).

Tunasikitika kwamba malipo ya awali yalituchukua muda mrefu kabla hatujayarekebisha makosa kwenye hifadhi data yetu ambayo ilisababisha malipo potofu katika siku za nyuma. Ukiyaona makosa yoyote katika vocha, tafadhali mjulishe Cluster Servant wako au wasiliana na Francis Kibe kupitia 0722909647 au Jane Kanja kupitia 0713436028 au mwanachama yeyote wa Baraza la Uongozi.



***Kiandiu TIST Cluster members receiving their tree incentive vouchers last month.***

## Matangazo ya kutalii miradi mipya ya CCB.

**N**chini Kenya, tutaanza ukaguzi wetu wa pili wa “TIST Program in Kenya VCS-005.” Ukaguzi huu utakuwa mkubwa Zaidi kuliko ule wa kwanza kwa vile tumeongeza miamo 14,000 mipya. Kwa jumla ya miamo 21,000, idadi hii itakuwa kubwa. Kama sehemu ya mchakato, itatubidi tuthibitishke KE-VCS-005 chini ya toleo la 3 ya CCB kama “TIST Program in Kenya CCB-

005.” Ili kupokea uthibitisho na uhakikisho, ni lazima kuonyesha kwamba TIST ni manufaa kwa hali ya hewa, jamii na viumbe hai. CAAC ina mkataba na EPIC Sustainability Services Private Limited, mkaguzi aliyethibitishwa na CCBA, kuendesha uthibitisho na uhakiki. EPIC itakuwa ikifanya utalii wa uwanja wake wa ziara mwezi wa Februari tarehe 2 hadi 4, mwaka wa 2017.



## TIST: Kujaribu Technologia ya kisasa katika Kuimarisha Mawasiliano na Ushirikiano.

**T**IST imefanikiwa vizuri katika mifumo yote ya binadamu na mifumo ya Teknolojia. Tumetuzwa tuzo mbalimbali kwa sababu ya kufanya mambo kipekee vizuri kwa manufaa ya wakulima. Baadhi ya tuzo ni pamoja na;

- ✓ TIST Voted Best Offsetting Project, Environmental Finance – 2016
- ✓ TIST Voted Best Offsetting Project, Environmental Finance – 2015
- ✓ First in the World to Verified under VCS and CCBA

Mwezi uliopita katika semina ya Cluster Servants, tulijaribu njia mpya ya kutumia teknolojia ya kusaidia kuimarisha semina na mawazo ya ziada kutoka kwa watu mbali mbali katika mabara. Ben Henneke, Vannesa na Charlie waliongea na semina kutoka Amerika kupitia mikutano ya kivideo. Ingawa haikuwa hivyo katika tukio la kwanza, sisi tuliibuka bora zaidi juu ya jaribio la pili. Tunatarajia kuendelea kuboresha hivi. Hivi karibuni, ni matumaini yetu

kwamba Clusters nyingi zitakuwa kubadilishana mawazo na njia bora za utendakazi katika muda halisi.



*Wanachama wa Cluster ya TIST wakisikiza na kuwaangalia Ben na Charlie (kutoka Amerika) wakizungumza katika semina eneo la Gitoro, Meru..*

## Unyanyasaji wa Kimapenzi, ubaguzi na Malalamiko.

**K**ama sehemu ya mpya ya mchakato wa Community Climate and Biodiversity Alliance (CCBA), tunataka kumkumbusha kila mtu kwamba TIST, na maadili ya TIST, hayaruhusu unyanyasaji wa kijinsia au ubaguzi. Unyanyasaji wowote wa kijinsia ni marufuku pamoja na au kusisitiza ngono ya mapema, kuomba kwanjia ya ngono, au mienendo mingine ya matusi au kimwili ya asili ya ngono kutoka kwa yeyote aliye katika TIST ambayo yanajenga usumbufu na/au kuathiri kazi pia hayakubaliki. Dhuluma ya kibaguzi hufanyika kwawalio na madhara ya matibabu au ya mtu kutokana na rangi, dini (imani), jinsia, kujieleza jinsia, umri, asili ya kitaifa (ukoo), ulemavu, hali ya ndoa, au mwelekeo wa kijinsia, katika shughuli au utendakazi wowote wa TIST. Kama unajiskia ya

kwamba umekuwa ukisumbuliwa kwakusisitiza ngono ya mapema, wasiliana na Baraza la Uongozi na kuomba uchunguzi au uulizienjia rasmi ya kuanza kuwasilisha kero. Nakala zote mbili za sera zinapatikana kwenye TIST Mobile.

Njia rasmi ya utaratibu ya kuanza kuwasilisha kero pia inapatikana kwenye tovuti ya TIST Mobile ([www.tist.org/mobile](http://www.tist.org/mobile)).

Kama huwezi pata usaidizi wa huduma hii kwenye simu yako, muache Kiongozi wa Cluster au Mtumishi wa Cluster kuiwasilisha rasmi kwa ajili yenu katika mkutano wa pili wa Cluster. Unaweza pia kumuita mmoja wa wajumbe wa Baraza la Uongozi na kumuomba kukusaidia kuanza mchakato huo.



## TIST: Kupata Mapendekezo yako, Mawazo, Wasiwasi, Malalamiko ya pamoja na ya Kusikika.

**M**aadili ya TIST yanatuhitaji tuwe waaminifu, sahihi, wazi, tuwajibike, na tuwe watumishi wa kila mmoja. TIST ni familia. Tunataka kila mtu kujisikia kuhusika na kushiriki kikamilifu. Mapendekezo yoyote, mawazo, wasiwasi au malalamiko yanapaswa kusikika na kushughulikiwa.

Ili kuyakamilisha yaliyotajwa hapo juu, vikundi vidogo vinasisitizwa kuzungumza na kila mmoja wa wanachama wao, kuwasikia ili kubadilishana mawazo na njia bora za utendakazi. Katika mikutano ya Cluster, majadiliano ya wazi na ushiriki ni lazim. Masuala ambayo yanahitaji ufafanuzi au yanahitaji msaada au maswali lazima yawe katika kumbukumbu nayapitishwe kwa Vikundi vya

Clusters Council almaarufu GOCC au katika Baraza la Uongozi. Viongozi wa Cluster na Cluster Servants wanatakiwa kuhakikisha habari hizo ni zimewasilishwa kwa ufanisi kwa GOCC na Baraza la Uongozi.

Kwa upande mwingine, GOCC na Baraza la Uongozi yanapaswa kuwasiliana na Clusters au vikundi vidogo ili kutoa maoni maaminifu, sahihi na wazi. Vikundi vya Clusters Council (GOCC) vinapaswa kuyawasilisha masuala ambayo yanahitaji ufafanuzi au msaada kwa Baraza la Uongozi.

Tunafaa kumsikiliza kila mmoja. Tuwe watumishi wa kila mmoja. Tusaidiane na tushiriki kusaidiana na mawazo na utendakazi bora ili kukamilisha matokeo makubwa kwa bajeti ya chini.

## Februari - Machi ni wakati kamilifu wa kuanza maandalizi shambani kwako kwa kilimo hai.

**V**ikundi vingi vidogo vya TIST vimeripoti ya kwambambinu bora za kilimo haivimewasaidia kupata mavuno mazuri, hata katika miaka mibaya kabisa wakati mvua ni kidogo na haina uhakika. Katika miaka mizuri, mavuno yamekuwa ya kuvutia. Baadhi ya vikundi katika maeneo ya ukame wana taarifa ya uboreshaji wa mavuno ya mara 2 hadi 5!

Katika kilimo hai, wewe huongeza mbolea kwa mashimo ambapo wewe hupanda mazao yako na kuondoka, yaache mabaki ya mimea juu ya shamba, na bila kulima kwa sababu njia hii husaidia kuepuka mimomonyoko ya udongo na upotevu wa virutubisho vya udongo. Kwa njia hii mazao ya mbegu hupata virutubisho zaidi kuliko wakati ule ambaoyalikuwayamepandwakwa kutumia mbinu za kilimo cha kisasa. Virutubisho hivi vya ziada husaidia

mbegu kuota na kuwa mimea ya nguvu ili kutoa mazao zaidi.

Mashimo haya huleta faida nyingine pia. Kwa mfano, yana umuhimu sana wakati wa mvua, kwa sababu badala ya udongo mzuri na mbegu kubebwa na maji mtiririko, mbegu husaidiwa kukua vizuri. Mchanganyiko wa mashimo na mbolea ina maana kwamba maji yatawekwa karibu na mbegu kwa muda mrefu. Mashimo pia husaidia kwa kulinda mbegu na unaweza kupalilia kwa njia ya kuzunguka shimo bila kuumiza mimea.

Kumbuka kwamba wakati ule unapoenda kuvuna mazao yako, usiwaruhusu wanyama kuharibu au usiyachome masalio ya shamba lako. Mabaki ya mazao yako huoza na kurejesha rutuba kwa kiwwango kingi kwa udongo, kuanda kurutubisha udongo kwa ajili ya msimu ujao.



## Miti ya asili: Je, ninini, na yana umuhimu upi?

**W**akulima wa TIST hupanda mamia ya aina mbalimbali ya miti, ikiwa ni pamoja na matunda na mbegu za mafuta miti, miti kwa ajili ya lishe, miti ambayo kuboresha rutuba ya udongo, na aina ya kwamba inaweza kuvunwa kwa mbao. Zaidi na zaidi wakulima wanaendelea kuchagua kupanda miti ya asili kwa manufaa yao mingi.

### Mti wa kiasili ni upi?

Mti wa kiasili ni mti ambao umechukuliwa na eneokwa sababu umeongezeka na kuzalishwa kwa kawaida kwa kipindi cha muda mrefu. Si aina zote ambazo zinajulikana nasi ambazo ni asili. Aina nyingi za miti zimekuwa zikiletwa nawatu kutoka maeneo mbali mbali. Hivi sasa, kuna zaidi ya aina 800 ya miti ambayo ni asili ya Kenya.

### Miti ya asili ina umuhimu?

Kwa sababu miti ya asili imekuwa katika mazingira ya mahali hapo, wanyama, mimea, na viumbe wengine karibu nao, miti hii inafaa kwa eneo hilo. Mara nyingi, hii ina maana kwamba inaweza kukua vizuri bila pembejeo ghali za ziada kama dawa au mbolea. Miti hii mara nyingi inahitaji matengenezo chini ya kigeni na pia aina za vishawishi.

Inaleta miseto katika mashamba yetu, ilikuwika hatari ya kuzuka wadudu chini. Hii hutoa makazi na chakula kwa faida ya wanyamapori na mbalimbali kwa ajili yetu kutoka matunda yao, mbao, majani, na dawa za jadi. Miti hii, iwe ya kuletwa, au kigeni aina, inaweza kutoa faida nyingi, lakini baadhi inaweza kuwa na magugu na vinasonga miti mingine au mazao mengine.

Wakati tunapopanda miti ya asili kwenye mashamba yetu, tunasaidia kulinda aina ambayo imekuwa na manufaa kwa mama zetu na baba, na babu zetu, na watu na wanyamapori wa Kenya kwa

vizazi vyetu na vijavyo. Tunaendelea kujifunza zaidi kuhusu faida za aina nyingi ya miti karibu nasi. Tunapopanda miti asili, tunaweza kusaidia kuhakikisha kwamba miti na faida zake ni pale kwa watoto wetu.

### Aina zipi za miti ni wazawa(indigenous)?

Kuna mamia ya spishi asilia za mti nchini Kenya, na aina nyingi zilianzishwa kwa maana pia hutoa faida nzuri. Hapa ni baadhi ya mifano ya kila spishi:

### Miti ya asili nchini Kenya

*Cordia africana*

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

Baadhi ya miti mingine imekuwanchini Kenya kwa muda mrefu, na ni muhimu sana, lakini si wazawa. Baadhi ya hizi ni pamoja na maembe, macadamia, mvinje(casuarina), gravellia, bottlebrush, na MexicanGreen ash.

Jaribu kupanda baadhi miti ya asili katika shamba lakoleo! Uangalie karibu nauone ni aina zipi zinazokua katika misitu karibu na wewe. Muulize jirani yako na wanachama wa Cluster ni miti gani ambayo hukua, na ni miti ipi inayotoa faida muhimu kwa ajili yao.. Kama tunafanya kazi pamoja, tunaweza kulinda rasilimali hii kubwa ya misitu mbalimbali kwa watoto wetu na vizazi vijavyo.



## TIST: Ongeza nguvu yako.

**K**ama gari lako, iili yetu inatumia ngata ili kufanya kazi, lakini hisia ya nguvu uchukua zaidi ya kujijaza kwa kalori. Chakula cha vipindi vya mara kwa mara siku yote ni muhimu sana – usipitie masaa ya kukula. Mizunguko iliyofuatana ya sukari nyingi na ndogo katika damu hupunguza nguvu yetu ya kimwili na kiakili. Njia moja ya kuhakikisha sukari katika damu haibadiliki ni kula chakula kila baada ya muda Fulani. Hata usipokuwa na njaa, kula kitu kidogo wakati wa vyakula, ata kipande cha tunda, chaweza kudhibiti sukari katika damu yako. Jiepushe na vitu vilivyo vitamu sana. Wakati sukari katika miili yetu inaonyesha hatari mara nyingi tunatamani vyakula vyepesi vya wanga, kama biskuti na chokoleti, vinavyotupa nguvu ya haraka. Ingawa vyakula hivyo vyaweza kutupa nguvu ya upesi, hutupa kalori isiyo na madini na vitamin muhimu. Tunahisi tumeshiba muda cfupi, halafu sukari katika damu inashuka haraka tena na mzunguko wa kutamani kitu chenye sukari unaanza unaendelea. Chakula cha vipindi vilivyo sawa, ama vyakula vyepesi vyenye afya ( kama njugu chache, yai lililochemshwa, ndizi, njugu zilizochomwa) ni vyema.

Michezo ya mwara kwa mara huupa mwili nguvu kwa kupitia njia mbalimbali. Kwanza, inasaidia kuongeza kiasi cha hewa ya oksijeni kinachofika ubongoni na katika sehemu zingine za mwili. Inatia moyo na mapafu nguvu na kwa upinzani usio mzito, huongeza uzito wa mifupa yetu. Michezo ya mara kwa mara yaweza kupunguza uwezekano wa kupata ugonjwa wa kisukari aina II na wa moyo. Inatusaidia kusikia tupo tahadhari na wenye kumakinika katika kazi zetu. Faida nyingine ya michezo ya mara kwa mara ni katika usingizi. Wanaofanya michezo ya mara kwa mara hujipata wamelala vizuri zaidi. Wakati mzuri wa kupata mapumziko ya ziada ni baada ya chakula cha mchana. Toa viatu vyako, zima taa, zima simu na ulale. dakika kumi na tano au ishirini ndizo unazohitaji kulala ili kujisikia umechangamka. Usingizi zaidi hukufanya kujisika mnyonge. Asilimia tisini ya wanyama hupata usingizi wanaofaa kupitia usingizi kidogo kidogo mchana na usiku. Usingizi uliopimwa hufanya maajabu kwa nguvu yako na uzalishaji. Jifunze kulala usingizi wenye madaraka.

Chakula hutoa uchafu na bila maji mwili hauwezi kuutoa uchafu huu unaotengenezwa katika mchakato wa kutengeza nishati. Kusaidia mwili kutoa uchafu huu, jizoeshe kunywa maji nyingi siku yote. Kahawa, chai na cola husisimua na kutuongeza nishati ya haraka, lakini punguza kahawa na chai. Hivi vina uwezo wa kuisimua ubongo na hupunguza uwezekano wa kupata usingizi tosha. Unavyokunywa hivi vinywaji usiku zaidi, ndivyo unavyoongeza uwezekano wa kusumbua usingizi wako. Iwapo mwili wako huhisi hii kafeni kwa haraka, kunywa kikombe

kimoja au viwili kwa siku na hujiepushe nayo baada ya saa sita mchana. Kwa sababu chai, kahawa na cola ya kawaida hupunguza maji mwilini) ni ushauri mzuri kunyua kikombe kimoja cha maji pamoja na kila kikombe cha hivi vinywaji unchokunyua. Kama si hivyo jaribu chai zenye mitishamba, nyingi ambazo hazina kafeni na zinaupa mwili maji.

Baadhi ya ripoti husema pombe kidogo, ya mara kwa mara (chupa moja au mbili) kwa wanaume wenye umri zaidi ya arobaini na wanawake waliopitisha umri wa kupata watoto yaweza kupunguza uwezekano wa ugonjwa wa moyo kwa muda mrefu. Hata hivyo kunyua sana na tunayaaga maisha kwaheri. Pombe ni kitu kimoja kinachoweza kufanya sukari katika damu kupanda mara moja na kasha kushuka kwa upesi. Hiyo ndiyo moja ya sababu za kusikia vibaya sana asubuhi baada ya chupa chache. Pombe nyingi huacha mwili hukiwa hauna maji na baada ya muda humaliza nguvu ya ini. Kunyua pombe kupita kiasi husababisha magonjwa ya ini, ugonjwa wa saratani mbali mbali na shida za moyo.

Watu wengi wanaoketi mezani hulalia meza, jambo ambalo husababisha kukosekana kwa usawa wa kimwili na kusumbuka, asema Richard Casebow, daktari wa Alexander Technique, kituo cha afya cha Holistic Health Centre kilicho Edinburgh. Unapochukua muda mrefu ukiwa mezani hakikisha umekaa bila kusumbuka. Chagua kiti kilichosimama vizuri na kinachokuruhusu kubadilisha urefu na jinsi ulivyolalia kiti. Makalio na magoti yako yawe yamepimana na miguu yako iliyowekwa chini kwa ustarehe na ulaze mgogngo wako kitini ili kushikilia mgongo wako wa chini.

Jinsi unavyochukua mambo ina ushawishi mkubwa wa mambo unayojihusisha nayo. Hakuna kitu kinachotufanya kuchoka na kupoteza motisha kama kuogopa kufanya kitu Fulani. Kwa bahati nzuri, kunavyo unaweza kuchezea ubongo wako ili kujisaidia kuepuka mafikira mabaya. Badala ya kufikiria sana kuhusu ubaya wa jambo unalofaa kufanya, makinika kwa hisia ya kuridhika utakayofurahia ukimaliza kufanya jambo hilo. Kama mwenzako anakusumbua kupigilia rafu jikoni, fikiria rafu zilizokamilika karibu na uso wa mwenzako wenye furaha badala ya machafuko unayotarajia kupata kutokana na mbao chache.

Wakati mwingine kilicho kigumu kufanya ni kutofanya chochote, lakini jambo hili ndilo baadhi yetu huhitaji kila baada ya muda ili kurudisha nguvu yetu. Matibabu ya ziada yaweza kusaidia sana kupumzika. Matibabu ya massage na aromatherapy si mazuri tu katika kupumzisha mwili; yaweza kutumiwa pia kurudisha nguvu na kuusisimua mwili. Wakulima wa TIST – furahia afya nzuri!



# Mazingira Bora



# TIST

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

**Kikamba Version**

An Environmental, Sustainable  
Development and Community Forestry  
Program.



*Athukumi ma Ngwatanio sya TIST nthini wa semina ila yai Gitoro, Meru mwei mubitu.*

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## Ngwatanio nini sya TIST niendee na ukwata ndivi.

**K**wambiia mwai wa ikumi na umwe mwaka muvitu nitwambiie unengane mathangu ma ndivi (vouher)

kwi ngwatanio sya TIST. Mwai wa sikuku (December) nitwanenganie mathangu aa kwa ngwatanio 50.

Mwai muthelu nitunanenganie mathangu aya ma ndivi oingi kwa ngwatanio ila itakwatite. Ala matakwatite mathangu moo ma ndivi nimeukwata mwai uu na mwai wukite. Nitukuendee kuiva tukundi tunini.

Nitukwendwa ulilikania aimi ma TIST kana ndivi ino iivawa mbee kana aluvasi. Oundu aimi ma kyai, kaawa na yiia maivawa mbee na itina mamina utwaa yiia kana kaawa/maiani ndivi yoo ikaolwa kwianana na andivasi ila manengiwe. Kwooi yila twita nzeve itavisaa ikatewa, ukwati ula ukakwatikana kwa kila ngwatanio ukalwa ila aluvasi manengiwe. Kwianana na wiw'ano wa uti wa nzeve itavisaa (carbon credit) ula kaingi wisikanie ta GhG contact, ni ueletw'e nesa iulu wa ndivi.

Uneenanisyei nthini wa wumbano wenyu wa kila mwai. Ethywa wina ikulyo no ukulye mutongoi wenyu kana muthukumi wa ngwatanio kana uikulya mutongoi wenyu wa kanzu kwa utethyo.

Nukwona wasisya ithangu ya ndivi kana vena vandu vaandike miti ila yi muvangoni wa uvitukithw'a na miti ila mivitukithye kutwawa sokoni wa Carbon Credit. Miti ila yi muvangoni nila italikite na kuthianwa ni athiani ma utongoi wa TIST na ila mivitukithye kutwawa soko ni ila yikitwe ukunikili ni atongoi ma TIST na ikesyoka ikatalwa

ingi na kuthianwa ni auditors kuma nza na kuvitukithye kutwawa sokoni. Nikana miti ivitukithye nonginya ikunikilwe na kuthianwa kuatiia waliano wa nthi yonthe ula uasuviaa waliano wa soko wa nzeve itavisaa na ngwatanio ila ingi ikwatianaa na uti wa nzeve itavisaa ta Verified Carbon Standards (VCS)

Ni tukwitya uekeo nundu wa ndivi kukua ivinda iasa nundu wa kwaisya uvoo ula wa kuvitukithya na kula kwavitukithitw'e kwina mavityo na kukaete mathina nthini wa ndivi. Woonu undu utaille kwana wina mavityo ithanguni yaku ya ndivi kwa ndaia nduketeele tavya mutongoi wa ngwatanio yenyu kana kunia Fracins Kibe 0722909647 kana Jane Kanja 0713436028 kana mutongoi wa kanzu ya atongoi.



**Ngwatanio ya TIST Kiandiu mwai muthelu mainengwa mathangu moo ma uthuthio.**

## Kutangaasa Ndambu ya miundani kwa mbiia waliano mweu wa CCB.

**N**itukwambiia uthiani wa kuvitukithwa kwa keli ula ni "TIST program in Kenya VCS-005". Uthiani na uvitukithya uu wiithiwa munene kwi ula wambee nundu nitukwongela uthiani isio ingi sya miti 14,000.

Vala miti ya nguumo ikutalika iinyiva nguumo 21,000 na niyo ikwithiwa yitu nene vyu. Kwa nzia ino nituukunikila na kuthiana ingi na kuvitukithya ingi miti ya KE-VCS-005 ungu wa kilungu kwa katatu kya uthiani kila ni "Kenya CCB-005". Ni kana

tukwate uvitukithya na utalo nonginya twithiwe tutonya kwonania kana TIST nitetheesye nthini wa uvinduku wa nzeve, ikailya mawikalo ma mabi na kila kyonthe ki kisioni kiu. Kwayu CAAC niikwatianie na EPI (Sustainability services Private Limited) ila ni ngwatanio mbitukithye ni CCBA kwika masavu(audit) kwika uthiani na kutalika kwa uimi wa Tist nthini wa Kenya . EPIC makeethiwa mayika uthiani na utali uu wa miti kuma matuku eli kuvika ana mwai wa keli 2017 (2nd - 4th Feb.2017)



## TIST: Kutatithya utuika mweu wa uneenania na kwikalania (Communication and Interaction Technology).

TIST niyikite nesa kwa kutumia utuika wa uneenania ona wa mundu kwi ula ungi. Nitukwatite mithinzio kivathukano kwa kwika maundu maitu kivathukani na nesa ila ni vaita kwa aimi maitu. Mithinzio ino nita;

- ✓ TIST kusakuwa tayo nzeo vyyu kwambiaa walanio wa usuvia mawithyululuko kutumia mbesa nini - 2016 na 2015 ( TIST voted Best Offsetting Project, Environmental Finance)
- ✓ TIST kwithiwa ya mbee kuvitukithw'a nthiw'a nthi yonthe ungu wa VCS na CCBA.

Nthini wa wumbano wa athukumi ma ngwatanio mwai muthelu nimatatie undu mweu wa kutumia nzia nzau ya uneenania na mawoni kivathukano kuma ikonyoni kivathukani sya nthi. Ben Henneke, Vannesa na Charlie nimaneenanisye na aimi ma TIST kwa nzia ya Video Conferencing me United States of America. Onakau mwambiioni ndyaetae visa nesa twa tata ingi yakeli niyathukumie. Twina wikwatyo

wa kwailya mituki undu vatonyeka na kwithiwa tutonye kutethya angii ma ngwatanio situ na nzia ino nzau ya uneenania na kwa ivinda yila yaile.



***Athukumi ma Ngwatanio sya TIST methukiisye na kusyaiisya Ben na Charlie maineena nthini wa semina ila yai Gitoro, Meru kuma United states of America.***

## Kutengwa na kwonewa, Kuthinwa kimavesi na undu utonya kuweta mathina kwa kwitetea.

**T**a nzia imwe nzau ya Community Climate na Biodiversity Alliance (CCBA), Nitukwenda ulilikania kila umwe wa TIST iulu wa Mivango na mawalanio ma Tist, nduketikile kuthinw'a kimavesi na kutengwa. Kuthinwa kimavesi kwa nzia yonthe ila kuyaile itikilwa kana kuvoywa ni mundu wa muvai ula ungi nikana autethye unduni ona wiva, kana kwa nzia ya muneenele kuukwatana nakwithiwa uyiw'a utemwianie kuma kwa umwe wa andu ma TIST kana kulikiliila wia waku waleana na undu ukwenda uu ndwaile. Kuetenge ni kukuwa undu vataile ni mundu nundu wa kwithiwa muukwiw'ana ki mbai, langi, ikanisa kana uthaithi, nundu wa kwithiwa wi munduume kana mundu muka, iika kana myaka, nthi ila w'umite, nikwithiwa

wi kiema kana nundu wa kwithiwa wimutwae kana nutwaanite, kana nikwithiwa mutienie undu nthini wa wia kana uthukumini wa TIST. Ethiwa nukwiw'a wi mutenge kana uithinwa kimavesi kana kwonewa tavya utongoi wa kanzu na kukulya ukunikili wikwe kwana ukulye nzia ila waile utatiia uthinikiwe.

Mawalanio aya mevo thini wa TIST mobile ila ni [www.tist.org/mobile](http://www.tist.org/mobile). Ethiwa ndutonya ukwata kwa itaneti ya simu yaku, tavyaa mutongoi wa ngwatanio yenyu amuelesye na kumwonia nthini wa wumbano wa ngwatanio yenyu wa kila mwai ethiwa ti uu kunia umwe wa memba ma kanzu na nuutetheka.



## TIST: Kukwata mawoni maku, kila ukwenda kithinikiwe, kieleelo na kila kina uthinia ukwenda kimanyike na kwiw'ika ni kila umwe.

**M**awalanio ma TIST matuvundiasya kwithiwa twi akiikiku, utalo mwianiu, mekaa maundu kyenini, na matilika kwa masavu moo na muthukumi wakila ungi. Musyi wa TIST. Nitukwenda kila umwe ew'e aitumika na emwianie. Ethiwa wina woni, kana undu ukwenda kana malalamiko maile kwiw'ika na kutethw'a.

Nikana uvikie, tukundi tunini na kututhuthia kwa uneenania, kwithukianisya na kutethania na ndeto na utuika museo. Thini wa mbumbani sya ngwatanio ni useo kuneenanisya kila undu na kuthuthania iulu wa maundu ala memba waete maneenaniw'e kana ukwiw'a ena thina muna. Mwa uneenanisya na mausungio mauma amembani

nimaile uandikwa nthini wa livoti ikavikia Atongoi ma kanzu ya ngwatanio (Group of Clusters Council GOCC). Atongoi ma ngwatanio na athukumi ma ngwatanio nimaile uikiithya kana uvoo niwavika kwa nzia ila yaile kwa GOCC na LC.

Kwa ngaliko ila ingo GOCC na LC nimaile uneenania ingi na tukundi tunini kwa kunengane uvoo waw'o, muikiikiku na wi kyenini. Na ethiwa ve undu ukwenda uthesyo GOCC nimaile unengane uthesyo usu kwa LC na kumakwata mbau.

Twithukianisye umwe kwa ula ungi. Twithiwe muthukumi umwe kwa ula ungi. Tutethanie. Tuthuthanie iulu wa mawalanio maseo na mawoni. Kuvikia mosungio manene kwa utumiu munini wa mbesa.

## Mwai wa keli kuvika wakatatu ni ivinda iseo ya kuseuvia miunda kwoondu wa nima ya kusuvia (CF)

**T**ukundi twingi twa TISTS nimatungie livoti kana nima ya kusuvia ni nzia imwe nzeo ya nima yina ueti mwingi wa ngetha, ona ivindani ya mbua nini. yila mbua yaua nesa ngetha yithiawa ya kwendeesya. uu niw'o tukundi kuma isioni ila mbumu matungite livoti mayasya mundu akethaa nesana kundu 2 kuvika 5 atumia nima ya kusuvia kwi nima ila ingi.

Maima ma nima ya kusuvia methiawa na vaita ungu mbua yaua nundu nimatwiikanasya kiw'u na kusii muthanga museo kukuwa na mbeu. Kiw'u

kyalika maimani aya kitetheeasya mbeu kumea kwa mituki na nesa. Ethiwa maima aya niwiimekiite vuu kiw'ui nikikalaa kwa ivinda iasa na kutumiwa ni mbeu ila uvandite na sua yaa kiiny'aa na mituki. Ingi maima aya nimasuviaa mumea nundu no uime ndeeni ute kuuvuusya.

Lilikana, wamina uketha ndwaile ueka indo muundani kana kuvivya makusa muundani. Makusa nimekwoa na maiseuvia muthanga na kuunosya kwa mbua ingi yukite.



## Miti ya kiene (Kikamba):Yo ni yiva na niki yavata?

**A**imi ma TIST nimavandaa mivai kivathukani ya miti ila ni vamwe na miti ya matunda na mbindi, miti ya uithyo, miti ya kwongela unou wa muthanga na mivai ya kwatua mbwau. Aimi aingi na aingi nimasakuite kuvanda miti ya kiene nundu yina vaita mwingi kwoo.

### Muti wa kiene niwiva?

Muti wa kiene ni muti ula utonya kwimesya vandu na kuyaana kana wookie vandu na wavamanya weethia ni undumwe na muti wa kwimesya kisioni kiu kwa ivinda iasa na wa syaana wamanya. Ti mithemba yothe ya miti itonya utwika ya kiene. Miti mingi yithiawa yumite kuma kundu kuasa. Kwi mithemba ya miti mbee wa 800 ila ni ya kiene Kenya.

### Niki Miti ya kiene niyava ?

Nikwithiwa miti ino niyeew'anie na nzeve ya kisio kiu na yeethiwa ya vata ka andu, nyamu, muthanga wa kisio kiu na yithiawa yale kisioni kiu. Kii nikwasya ata, nimeaa nesa itekwenda ngalama ta ya ndawa, vuu wa vatalisa. Niyendaa usuvii munini kwi miti ya kuka. Niyailasya miunda yitu na ikaola mauwau miundani. Ingi ninengae nyamu mawikalo na liu na vaita ingi ta matunda, mbwau, matu na ndawa sya kiene. Miti ya kuka nitonya kuete mathina maingi miundani yitu ta kutwika yia na kuaa mimea yitu.

Yila twavanda miti ya kiene miundani yitu nitutetheeasya kusuvia mithemba yitu ya miti ila yai yavata kwa asyai maitu, andu maitu na nyamu situ Kenya kwa usyao ukoka. No tuendee na umanya vaita wa mithemba ya miti ya kiene ila ituthyululukite. Yila twavanda miti ya kiene

nitunasuvia miti yitu na vaita wayo kwoondu wa usyao wukite.

### Ni mithemba yiva ni yakiene ?

Kwi maana maingi ma mithemba ya miti ya kiene Kenya, imwe nioyookie na yatwika ta imwe yitu na yavata na itunengae vaita. vaa vena ngelekanio ya mithemba imwe:

### Miti ya Kiene kuma Kenya

*Cordial africana*

Meru Oak, Muhuru (*Vitex Keniensis*)

Mugumo, Mirumba, Muumo (*Ficus Thonningii*)

Podo, Muthengera (*Podocarpus Falcatus*)

Mwiria (*Prunus Africana*)

Mutoo, mukeu, (*Dombeya rotundifolia*)

Murubati, Muuti, (*Erythrina Abyssinica*)

Sesibania, (*Sesbania Brownii*)

Mikongoro, (*Acacia Albida*)

Mihogoro, (*Acacia abyssinica*)

Miti imwe yookie Kenya tene na nivaita kwitu onakau tiya kiene. Miti ino nita Miembe, makandania, mivela, casuarina, bottlebrush na Mexican green ash.

Tata uvanda miti ya kiene muundani kwaku umuthi! sisya miti ila ikuthyululukite na yi mutituni ula wivakuni naku. Kulya atui maku na ene ma ngwatanio yaku kila mavandite, na nimiti yiva kuma mitituni ila yivakuvi naku ni miti yiva yavaita kwoo. Twathukuma vamwe nituusuvia mawithyululukite maitu na moseo ala me nthini wa mititu yitu kwoondu wa usyao witu ukoka.



## **TIST: Undu wa kwongela vinya mwiini.**

**O**ta ngali yaku, mwii waku uendaa namauta, indi kwiw'a wina vinya ni kwosaa mwolooto wa kwithiwa ti kususya ivu tu. Kuya liu mala maingi ivindani yitianite kwa muthenya ni undu wa vata muno .

Ndukakilile liu. Kwithiwa na sukali kana unini wa sukali thakameni ni muisyo kwa vinya wa mwii na kiliko. Nzia imwe ya kuikiithya sukali niwekala kithimoni kila chaile utekutheea kana kwongeleka ni kuya ila twaile vatekuthia kana kusongangya ivinda. Onakau no withiwe utekwiv'a nzaa ni useo kuya

kindu onethwa no kaliu kana katunda kanini nikana sukali witu wikale kithimoni kila kyaile uteutheea kana kwongeleka. Ikala vaasa na liu wi sukali mwingi. Yila sukali wi nthi kaingi nitwithiwa twina wendi wa kuya syindu ta misukuti, kyokoleti kila kitunengae vinya wa mituki. Onakau syindu ithi nitonya utunenga kwiw'a tunakwata vinya kaingi ikitaa kutwongela unou. Itina wa kavinda kanini nitwambiia

kwiw'a ingi mea/itomo ya kuendee na uya syindu isu syina sukali. kuya ivindani yaile kana kuya liu muvuthu wa matunda ala nita, Mbindi ta sya ngandania, itumbi ya utheukya, iuu kana ona mbemba ya uvivya withiawa wakwata vaita mbee kwi uite syindu sya sukali.

Kuthingithangya mwii kana Kwikithya mwii mathau nikwongelaa mwii vinya na nzia mbingi ta. Nikwongelaa kutwawa kwa nzeve oxygen kilikoni na isioni ingi sya mwii. Ingi nikwongelaa mavui vinya, ngoo na kutuma tuola kilo na kwongela mavindi maitu vinya. Kwika mathau kila muthenya nikutonya kuola uwau wa sukali na kukunwa ni ngoo. ingi nikutumaa twiw'a twi metho kila ivinda na ukethia no twikie kiliko undu ni ula tukwika. Ala meyumasya kuthingithanga muthenya kaingi makomaa nesa utuku. Ingi ivinda yingi iseo ya kuthumua ni wamina uya liu wa muthenya (lunch) umy'a iatu na na uikoma vandu va ivinda ya ndatika ta 20 kana 25 wukilaa uyiw'a wina vinya mweu. Kaingi mamals kilungu kya 90 iulu wa yiana kikomaa kana kwombosya muno muthenya na usu niw'o withiawa too mwianiu.

Liu wamina utumika mwiini nutwikaa kiko na vau nivo nakyo kiw'u kyukaa utwika kya vata. nundu kiw'u kitevo mwii ndutonya kumya kiko undu vaile. Kutethee sya mwii kumya kiko itina wa mwii kwosa

kila kyaile nthini wa liu nywa kiw'u kingi muthenya w'otho. kyai na sota ingi nosyithiawa nzeo onakau nitumaa mundu akwatwa ni caffein ila syithiawa nayo na nitumaa withiwa utatonya ukoma nesa. oundu

unywite kyai kingi now'o withiawa utatonya ukoma. ingi nundu kyai kaawa na sota nitonya utuma twithiwa tutena kiw'u mwiini tata withie nndunainywa muno muthenya. Yithiawa useo wa nywa kaawa, kyai kana sota ethiwa wanyw'a kikombe kimwe ukaatisya kiw'u kikombe.

Livoti imwe sya kuw'a uki syi asya kana kunywa 1 - 2 kwa muthenya kwa aume ala mena myaka 40 na aka no iole uwau wa ngoo kwa ivinda iasa. Onakau uthengi timuseo niwanangaa misyi. Ingi uthengi ti museo nundu nutumaa sukali wa nthakame wambata na kwithiwa wi yiulu kiu nikyo kitumaa waamuka kwakya ethiwa ukomie wimumile wiw'a wina hangover. Nundu kaingi uki niuolaa kiw'u mwiini na ingi ni iwetaniaw'a na kuete cancer. Ethywa niwathi unyw'a ndukanywe suva mbingi mbee wa umwe kana ili.

Ingi andu mekalile ivila syoo me wiani kaingi nimeekaa nambee. uu ndwaile kwina na musomi Richard Casebow ula withiawa Alexander Teachnique ila yi Holistic Health Centre nthini wa Edinburgh.

Ethiwa nukwikala mesani uithukuma kwa ivinda iasa ikala kivilani undu vaile ute kweeka na mbee ila ni mau maile ithiwa meanene na syikalilo (kitimba) na uikinya nthi mauu me vulati nas uyaisya muongo

kivilani. Nzakua kivila utonya kwia undu ukwenda na ukwiw'a wi mwianie uilye.

Ingi undu mundu ukwiw'a ena utanu ngooni now'o uthukumaa nesa e mwianie kwoou ni useo kwithiwa na mwiw'ile museo. Ethywa wiiw'a utena utanu nii useo kususya na kwikia kiliko kyaku wiani ula uukuna na kwia kilikano kyaku unduni wa mwiso wa wia uu undu ukethiwa uilye ethiwa ukamina na kwithiwa na utanu na nuukwata vinya na kutana yila uendee na uthukuma.

Ingi undu ula wi vinya kwika ni kwika vathei. Ona kau ithyi andu nitwendete uu mavindnai amwe nikana tukwate vinya wa kuendee. Kutitiwa mwii na kukwatangwa tikw'o kutuma mwii wiw'a minoo yi mithelu tu no ngithya twikale tuyosa ivinda ya kuthumua na kwosa vinya. Aimi ma Tist tania uima wa mwii.

# Mazingira Bora



# TIST

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

**Kipsigis Version**

An Environmental, Sustainable  
Development and Community Forestry  
Program.



**TIST Cluster Servants during a seminar held at Gitoro Conference Center, Meru last month.**

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## TIST kotesetai kogoito melekwek en kurubisiek chemengechen.

**E**n tounetab Arawetab taman ak Agenge, ko kinam kigoito vouchaisiek en kilastaisiek en arawetab taman ak oeng. Ko kiit konyor kilastaisiek chesire 60 vouchaisiek kwak chebo melekwek. Ako tesetai koitin alak che mongerin ak en orowek chemiten tai.

Niton ko kabwatet kemwochin temik kelech in inguni konyoru melekwekwak en (advance) kou ye kiyoe en kawee, chaik ak en let kinemunen rabisiek choton rabinik tugul che tinye kurubit. En melekwek chebo ketik kenyonu ye kagialnda koristo kinemunen kelunoik che kabit tugul.

Miten anyun mungaret nebo korisiton netinye koyochinet ne kiguren (GhG contract) nemiten koborugei ye kinyoru melekwek.

Inyuru niton ye inyuru vouchait amun tinye arorunet nebo ketik ak kayumanikab koristo ne otinye en kurubit ko ne iyanat. Kosibgei ak ketik che kinyor kiboityot en mbarenikwok. Ago che kingechigil kiboitinik chebo sang.

Miten anyun ngotutiet ne yoe mbarengu ole kiimichi ketik che kiyumen koristo nyolu komiten

koyochinet ak konyor chigilet ne noton kobunu kebeberwekab sang nekitet oliikab koristo ne noton ko (Verified Carbon Standards VCS).

En betusiek che kikobata ko kitomo keitin komie asi konyor biik melekwek amun kimiten kewelatet en kwenutab kiboitinik che kimoigoito wolutik che miach. yeinyoru koimut agetugul en voichait inyuru kiboityotab kilasta asi koityi chi netonochin chepkondok ne noton ko Francis Kibet 0722909647 anan ko Jane Kanja 0713436028 anan ko kiboityot ne miten Leadership Council.



*Kiandui kilasta ye kinyoru voichaisiek chebo rabisiek en arawet negsirtoi.*

## Kabarastaet nebo toek chebo bandabtai ne lel nebo CCB cherutechin temik.

**N**iton kochigilisiet nebo oeng nekaginam nebo tesetabtaien TIST nebo KenyaVCS-005. Niton koetu missing komoneu nebo tai amun kotesak koitetab imbarenik chebo ketik kotinye koitetab 14,000. Tinye tetet korutechi imbarenik 21,000 niton kotinye boisiet neo missing. En kebeberta nebo tai ko kigakiyai chigilet negibo KE-VCS-005 en koyochinet nebo somok nebo CCB

nebo tesetabtai en TIST Kenya CCB-005. Asi kenyorun keroniton ak koyochinet konyolu kotinye TIST koborunoik chebo kelunoik kou en waletab itondab emet, mengik ak bitonwekab tongik ak ketik. CAAC komiten ak EPIC sustainability service limited, CCBA kotinye chigilet neyamat, asikoityi keret ak koyochinet ne iyanat. EPIC ko icheget chetonochin rutoito netun miten en Feb 2 – 4, 2017.





## TIST: Niton ko kasrta nebo let koyome musoknotet en koyometab gei ak tetutik che miten emotinwekab sang.

**T**IST ko kigoib komie boisietab kimugulmet ak musoknotet ole boisiyoto. Kigenyuru konunoik cheterchinotinen kelunoik che kigoiti temik che miten en TIST choton ko kou:

- ✓ TIST ko kikoborchigei boisiet nekararan nebo tesetab tai, tetetab chepkondok chebo waletab itondab emet – 2016
- ✓ TIST kikoborchigei boisiet nekararan nebo tesetab tai, tetetab chepkondok chebo waletab emet – 2015
- ✓ Nebo tai en ngwony konyor kayanet nebo chigilisiet en VCS ak CCBA

En tuiyet nekomiten kiboitinikab kilasta en arawanikonye, ko kiyom koboisien oretab mosoknotet ne lel koyomogei ak biik che miten en emotinwekab sang en koyometab kobwotutikwak. Kingololchin Ben Henneke, Vennesa ak Charlie en tuiyet komiten icheget United State of America en oretab tokoch en tokoch. Kitinye komongunet kotesak kilastaisiek asi kebchee boisiet ne kararan en kasarta nenoton.



*TIST Cluster Servants listening and watching Ben and Charlie talk to the seminar at Gitoro , Meru from United States of America.*

## Nyerset keboisien kimnotet ak wolutik che yachen chekonu toiyet.

**E**n ngotutiet ne lel neribe mengik ak mengotosiek kab tiongik ak ketik noton ko (CCBA), kitinye kinet temik chemiten en TIST kosibgei ak tolochikab TIST komoiyoni nyerset anan keboisien kimnotet agetugul komaiyanat kenyorchi chii nebo TIST yemiten en boisiet anan komomiten amun komakararan niton yebit toiyet nebo bororiosiek, itondo, kanisosiek,

kotab korkoa anan ko muren, kenyisiek, chebo mugung ak che kikitun ko maiyanat imi chi boisiet. Ye inyuru kewelatet neu ni komat isisigei amat iuny, nyorun kiboitiyotab leader council asikobit kosib .

Miten ole kenyorunen kosibutik chuton en TIST mobile ([www.tist.org/mobile](http://www.tist.org/mobile)) agot kometinye en simoingung inaisi membayat nebo council asi koborun ak kokonin oret ne kisibi.



## TIST: Konyoru mogutikuk, kobwotutikuk, kerengung, bcheetab kewelnatosiek ak kaset.

**T**olochkab TIST komokwech kemiten kochekiyonotin, che lititen, che kitogu, che kiityinigei ak chegiboisyiechinigei ehek tugul. TIST ko kabchi kimoginii chitugul kotinye ako miten kogesunotgei amun ingot itinye mogutik, keret, kobwotutyo, maget konyolu kemwa ak kekas.

Asi kobit kosulta niton ko nyolchin bikab kurubit koteb ngwony ak koger niton ak konde boisionik. Asie kageger en tuiyetab kilasta kisibto kwo council (GOCC) anan ko leader council ko

kagechigil ak kesir. Bunei eunekab kilasta che kondoik ak kiboitiyotab kilasta ngolyon aketugul ne miten asikwo GOCC ak LC.

Nyolchin ak ichek GOCC ak LC kowech ngalekwak tugul kobwa kilasta anan ko kurubit nebo ngalechoton en oret nebo che kiyonotin ak che lititen. Ongekosisgei ehek tugul ogeigun kiboitinik, ogeigun boisiet ak kabwatet ne kararan.

Asi keityin kenyorunen kelunoik che miten barak en tetet ne miten ngwony.

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## Arawetab oeng – somok ko kasarta ne kararan en chobetabgei nebo (CF).

**C**hechang en temikab TIST komwoe che chang kole kikonyorunen icheget kesutik che miten barak en kolsetab CF akot en kasartab ne momiten robta ne yamat en emet missing koen kasarta nebo berur konyoru kesutik che miach. En mengik che menyeyi ole motomi robta kokikenyoru wolutik konyil 2 – 5 olen nyoru rurutik. En kolaniton ketesin keturek keringonik yon kebal ak kebakach imbaret komakibat asi komuch kourto imbaret komoib koristo anan ko beek ngungunyek, konyorunen minutik amitwokik ak kokimegitun en sobeywan.

Keringonik kotinye borotenywan ak ichek amun yemiten robta kotachei beek che kotoibe robta koba kolowekitun. Niton kogonorgin keswot beek en kasarta nebo betusiyo. En kasarta nebo seberet kotutin keringonik timndo amun mokiseberi ko en lainit kot koit lainit keswoche ak banget ak kebakach saratik en lainit sikomuch kogonorchi minutik beek.

Yekainyoru kesutik komatikochi tuga kotirtir imbar anan ibel mobek. Bakach koteben imbar koig kotoldoleiwek amun asiko teisi ngungunyek okwoindo.



# Ketikab kipkaa: Ochon choton ak amunei asikobo komonut.

**E**n temikab TIST komiten chekikomin ketik che chang chebo korikab ketik kou chebo logoek chebo tenderek, chebo tuga, che tinye kotoldoleiwak ak chebo bokoinik. Che chang en temik koyome kipkaa asikonyorunen borotosiekwak.

## Nee ketibo kipkaa?

Ketibo kipkaa ko ketit nekimiten kongeten tounetab ngwony ne kiyonji mengotetab emonoton anan koronoton en kasartab kenyisiek che chang. Mo ketik tugul che kigere anan che kigenyuru en kasarta ne goi alak en choton ko kiibu bik en emotinwek che terchin. Miten korigab ketik 800 che miten emenyon bo Kenya.

## Amunee sikobo komonut ketikab kipkaa?

En ketichuton bo kipkaa kokikotebi en otebet ne noton ak tongik, ketik ak minutik alak che kikoteben yoton. Niton komotinye konyor susurik anan ko kewelnatosiek. En ketichuton komotinye mogutik chechang komou chebo chumbek, yemiten kipkaa en chongkindo kobose susurik en minutik. Toretech kenyorunen logoek bogoinik, sokek ak kerichiek. Ye kirib ketichuton kenyorunen kelunoik

che chang en betusiekiok ak chebo ibinda ne nyonei.

## Achon kobot kipkaa ichoton?

Miten en Kenya kipkaa che chany ak komiten chetinye komonut neo missing en ehek.

Kipkaa che miten Kenya ko:

Simotwet (*ficus Thonningii*),

Tendwet (*prunus Africana*),

Silibwet (*Dombeya rolundifolia*),

Chebitet (*Accacia Nilotica*),

Masaita (*Olea capais*),

Bondet (*Hagenia abyssine*),

Emitiot (*Olea europia*).

Miten kora ketik che miten en Kenya agomobo kipkaa bo komonut kou Mango, Macadamia, Casuarina, Sebesebe, Bottle brush ak Mexican green ash.

Ogeyom kemin ketikab kipkaa amun tinye borotet neo, teben choruengung akobo ketik chenekiten en inye ak osnet nemiten yebo kaa. Ongetiem keribchin ibiinda nenyonen ketik ak timwek ak osnosiek.



## TIST: Boisien kimnotenguny.

**B**rtangung koboisien mwanik kou karit baten ibekasrta kewal koik kinotet ne imuchi koboisien borto, kararan mising ininyoru omitwokik en kasrta nekoisibigei en betut kobo komonut; mat igech omitwokik ketegei en abogora omitwokik chetinye keret ako igochin kimnotet kobwotutikyok kogochin korotik kobwat nguony anan agoba barak, kiit neigochin korotik koteben kwenet koinyuru omitwokik en kasarta agetugul, asi menyuru siyoroto ko engasartab omoitwokik imuchi iyam kou logoiya kebeberiat komuche kotoretin sugaruk en bortangung, bakach tuguk chetinye sugaruk, yon anyun kagobor borto kole moche sugaruk ko en choginet komuche konyor borto tugul kou, bisgut anan ko tugul chegonu kimnotet en choginet, ingandan omitwokik chenchon kotereti borto en kasarta neming missing amun motinye tegsetab borto anan kogimit konu koyamagen en kesarta nenuach, konam anyun kobwa nguony korotik agotestai ametab amitwogichuton. en amitwogik chebo abogora komoche komi kou (nchuguk, mayaiyat ne kagio, indiziot ak mukelo)koyonose chuton, en boisionik chekiyoe en obogora kogochin borto konyon kimnodet en ortinuwek chechang. netai kogochin korotikkoba agoi, gundi ak kebeberuek cheter en borto, igochin mugulelndo ak bowonik konyor kimnotet ak kotes kowek konyikisitun, konech kobosok miondob sugaruk yon konginyoru yaetab boisionik en abogora ak miondob melik en boruwekiok, igimitech keyai boisiet ak mising koisto ruwonik, yon keyai boisiyo en bet kogoni iru komiye en kemoi kara inyuru ruwondo en bet yon keyomise ak imisi loboiet agetugul ak igochigei ruwondo nebo tagigosiek che ngerin (15-20) nito kogonin kobuwa kobuwotitik che kororon

En tiony agetugul ne iye nesobe kotinye kebebertab 90% en ruwondo en bet anan kogemo, inetgei inyuru ruwondo en betu tagetugul, omitwogik che kagam koba borto ko en let anyun komondo ago moimungose agot komomite beek

asi kogochi komanta ye kiweche omitwogik koik kimnodet, en betu agetugul inye beek chechang asi kotoret omitwogik, kawek anan ko chaik kogochin komanda en choginet, en betu yon keyam kerichek koisto ruwonik agot ichome mising kerichek iye en betut knyil angenge anan ko oe'ng amat iye, kemoi kawek ak chaik kogochin borto komanda beek en abogora niton kogochin borto konyoru yamet, karan mising itesi iye beek en abogora iye ketikab kaa amun motinye beek chemondo chechang, miten chemwoe kole biik chetinye kenysisiek (40) en murenik ak kwonyik komuche konyor (1-2 en betut koe maiwek) imuchi kotoret anan kobos miondob mugulelndo en kasarta negoi, ye iboisien kosir mising kemwoe kele soisere, maiwek ko angenge en choyoe sugaruk en korotik koba karak, nito asinyoru en koron kotinye nyalulnated en borto, chechang en borto konyoru kayam ak kogochia koet kochoriren maiwek chechang en borto konyoru miondob koet anan ko lubaniat anan konyor muguleto kaimet, bos eetab maiwek

Biik chechang kobortos en ngecherok ko koingurugi metit nguony nito kogichin borto komotobot komie mwoe chi negiguren richard casebow, edinburgh lewen ngecheret ne kararan negimuchi kosibto asi inyuru otebet ne mie asi konyoru keliek tononet ne kararan, kabuwatet komuchi kotinye kimnotet neo mising kowalech en konetisiet ne kitinye, momiten kiit ne imuchi komuwech kot magimuch keboisien anan kegos kogaginget komo giboisie, en ninam ketinye wolutik chegimuchi kisib echeget asi kimuchi kiterter kit ne makararan ne koginyoru yon konyochi ninto ko mat init kobwotutikuk ibuwotingei kobwotutik ile oitinin kot onyuru en boibointo, baibaitun en kasarta agetugul

Tugukalak cheuwen komoyo ki amun miten tugu chegemoginigei ketesen tai miten biik chegingongei konyoiso asi koyor borto koboisie ak koteb komie koyor kimnotet, temik kas tist kochome tililindo.