

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



TIST Farmers From Mituntu Cluster in Meru at their raised seed Cluster Nursery.

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How TIST Works to Achieve Sustainable Development Goals.

By Martin Weru

TIST was developed by subsistence farmers to form Small Groups that would reverse the devastating effects of deforestation, drought, and famine. TIST farmers work together to identify local sustainable development actions that include tree planting and sustainable agriculture. TIST creates a communication and administrative structure that also addresses health (including HIV/AIDS), education, and nutrition.

Last month, I was able to represent TIST at the Carbon Africa Forum sponsored by UNFCCC, Nairobi Framework Partnership, UNDP among others. The conference was held in Conotou, Benin in West Africa. I spoke on **Co-benefits of Climate Action on the Achievements of SDG**. As part of my preparation and knowing that the people attending would probably be discussing the **Sustainable Development Goals (SDGs)**, I did some research and reviewed them on Wikipedia. I want to share what I learned, and ask you for help to identify ways that TIST now contributes to those goals, and to suggest ways that TIST contribute even more in the future.

The **Sustainable Development Goals (SDGs)**, officially known as **transforming our world: the 2030 Agenda for Sustainable Development** is a set of 17 “Global Goals” with 169 targets between them. They are spearheaded by the United Nations through a deliberative process involving its 193 Member States.

The 17 SDGs are listed below. Please review them. In addition, I’ve put some initial thoughts from some people of how TIST might contribute in italics:

Goal 1: No Poverty

No Poverty - End poverty in all its forms everywhere.

- Extreme poverty has been cut by more than half since 1990, however, more than 1 in 5 people live on less than \$1.25 a day.
- Poverty is more than lack of income or resources. It includes lack of basic services, such as education, hunger, social discrimination and exclusion, and lack of participation in decision-making.

- Gender inequality plays a large role in the perpetuation of poverty and its risks. Women face potentially life-threatening risks from early pregnancy, and often-lost hopes for an education and a better income.
- Age groups are affected differently when struck with poverty. Its most devastating effects are on children, to whom it poses a great threat. It affects their education, health, nutrition, and security. It also negatively affects the emotional and spiritual development of children through the environment it creates.

What TIST Farmers have done.....

- *Many TIST farmers have made their degraded land productive again. Through tree planting, Conservation Farming (CF) and Agro forestry practices, tens of thousands of hectares of small farms have gained fertility and productivity.*
- *Through rotational and servant leadership is all service and leadership points of TIST, both women and men have gained equal access to opportunities and benefits.*

Goal 2: Zero Hunger

Zero Hunger - End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

What TIST Farmers have done.....

- *Many TIST farmers have practiced Conservation Farming. Majority of them have reported increased yields through CF*
- *Today, thousands of TIST farmers who have planted fruit and nut trees are reporting good harvest of fruits and nuts thereby increasing their nutritional supply for their families.*

Goal 3: Good Health and Well-being

Good Health and Well-being - Ensure healthy lives and promote well-being for all at all ages.

**What TIST Farmers have done.....**

TIST farmers through seminars and Cluster trainings receive HIV and Aids, malaria, nutritional, hygiene trainings, etc. They encourage and support those in need.

Goal 4: Quality Education

Quality Education - Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

What TIST Farmers have done.....

- *In TIST, we have heard farmers sharing stories of how tree payments incentives help with school fees and or learning materials.*
- *TIST Mazingira Bora Newsletters and training at Clusters promote lifelong learning opportunities.*

Goal 5: Gender Equality

Gender Equality - Achieve gender equality and empower all women and girls.

What TIST Farmers have done.....

- *At the Small Groups, Cluster level, GOCC and LC level, members practice rotational leadership, thereby giving women equal empowerment.*
- *In TIST, the number of Women working and serving farmers is even. Women have equal opportunity for leadership training, etc.*

Goal 6: Clean Water and Sanitation

Clean Water and Sanitation - Ensure availability and sustainable management of water and sanitation for all.

What TIST Farmers have done.....

- *Through Riparian program that was received well by farmers whose land touch on water ways, many of them reported increased water quality and quantity.*
- *At Cluster meetings and through newsletters, farmers share a lot of ideas of how to improve hygiene and sanitation.*

Goal 7: Affordable and Clean Energy

Affordable and Clean Energy - Ensure access to affordable, reliable, sustainable and modern energy for all.

What TIST Farmers have done.....

- *When TIST introduced clean stoves, most farmers embraced them because they were affordable and helped save wood fuel and reduced smoke in the cooking areas.*
- *Through pruning and thinning of trees, farmers are now able to get sustainable fuel source - wood, and improved ways to use.*

Goal 8: Decent Work and Economic Growth

Decent Work and Economic Growth - Promote sustained, inclusive and sustainable economic growth, full and productive employment and decent work for all.

What TIST Farmers have done.....

- *TIST farmers led program has engaged more than 150 persons with flexible hours to allow continued management of primary asset - the farm.*
- *As trees matures, they continue to provide valuable income to support livelihood through sale of fruits, nuts, honey, wood products etc*
- *Cash income via tree payment incentives.*

Goal 9: Industry, Innovation and Infrastructure

Industry, Innovation and Infrastructure - Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.

What TIST Farmers have done.....

TIST use of innovation, Information Technology and existing transport to allow youth, women, and men to immediately access new 'industry' (carbon) and create a 'virtual cash crop', which eliminates infrastructure limitations and restores productivity of degraded lands.

Goal 10: Reduced Inequalities

Reduced Inequalities - Reduce income inequality within and among countries.

What TIST Farmers have done.....

- *TIST farmers have shown incredible support for youth and women especially at the Cluster meetings*
- *Tree incentives are additional income to the farmers, increased income through improved yields, making degraded land productive again, etc.*

**Goal 11: Sustainable Cities and Communities**

Sustainable Cities and Communities - Make cities and human settlements inclusive, safe, resilient and sustainable.

What TIST Farmers have done.....

- *TIST farmers have embraced diverse cultures working closely with different languages, communities and supporting one another.*
- *TIST values encourage inclusion, safety, and sustainability.*

Goal 12: Responsible Consumption and Production

Responsible Consumption and Production - Ensure sustainable consumption and production patterns

What TIST Farmers have done.....

TIST have improved land fertility through CF, compost manure, agro forestry thereby increasing production sustainably, and provide for consumption.

Goal 13: Climate Action

Climate Action - Take urgent action to combat climate change and its impacts by regulating emissions and promoting developments in renewable energy.

What TIST Farmers have done.....

- *Today, TIST farmers worldwide have planted 16+ Million trees, thereby improving adaptation strategies to cope with vagaries of climate change*
- *Today, out of tree planting efforts, TIST farmers have removed over 3.5 million tones of CO2 from the air.*

Goal 14: Life Below Water

Life Below Water - Conserve and sustainably use the oceans, seas and marine resources for sustainable development.

What TIST Farmers have done.....

A significant number of farmers have planted water friendly trees in wetlands and along the waterways thereby protecting aquatic life.

Goal 15: Life on Land.

Life on Land - Protect, restore and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss

What TIST Farmers have done.....

TIST farmers have planted millions of biodiversity enhancing trees and kept alive, bee habitats have thrived, agro forestry, degraded land put into productive use again.

Goal 16: Peace, Justice and Strong Institutions

Peace, Justice and Strong Institutions - Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable and inclusive institutions at all levels

What TIST Farmers have done.....

TIST works with diverse communities, promoting cohesion through Cluster meetings, TIST Values!

Goal 17: Partnerships for the Goals

Partnerships for the Goals - Strengthen the means of implementation and revitalize the global partnership for sustainable development.

What TIST Farmers have done.....

TIST works with different partners including Kenya Forest Service, Taylors of Harrogate, Freshfields and USAID.

Now, we want your suggestions of what specific things you or your Small Group has done that has contributed to any of these 17 SDGs.

We also want to know your ideas on how TIST farmers or TIST training could improve our contributions to any of these SDGs - so that we were even BIGGER RESULTS with Low Budget!

Your Cluster Servant will have a discussion at your next Cluster meeting, and will write an email to me of your suggestions and results.



“Fruit Trees adds more benefit Get more from your Farm,” says Daniel Gichingiri.

Most TIST farmers have embraced fruit farming especially the citrus fruits. Daniel Gichingiri is one of the great Small Group farmers doing commendable job. His group name is New Nature Perfection TIST number 2008KE2615 from Burguret Cluster.

Daniel says, “Three (3) years ago I planted 100 citrus trees in 0.5 acres of land. Ninety-seven trees survived. I have so far managed to harvest 3 times. On average, each tree is giving me 30 fruits each harvesting season.” Citrus trees are doing well in this area. “I am now more encouraged to plant more trees. The market for the fruits is good. One fruit is selling at KES 15.00,” Daniel adds.

TIST is encouraging other farmers to plant more fruit trees. Besides the trees contributing with cleaning the air and thereby earning carbon revenue income, fruit trees add more benefits to the farmer such as Daniel.

Daniel further shares his knowledge about growing Citrus trees. “ Citrus fruit farming is easy to manage and one doesn’t need to use expensive chemicals but only manure and water. I am

encouraging other TIST farmers to try the fruit farming way that will cater to the nutritional value in the family, and added income in most cases where fruits have a ready market.”

Besides citrus trees farming, Daniel is also growing avocado and mango trees. He is looking forward to more harvest as the trees grow big.

By Eunice Wambui



Daniel at his citrus trees grove.

Kagumo TIST Small Group: Grateful for our tree planting efforts.

By Peter Mithiru, TIST Cluster Servant.

We, Kagumo Small Group 2008KE274, are happy to share our success with fellow farmers in TIST. To begin with, we belong to Nganoini TIST Cluster, which is a child Cluster from Muruku Pesi TIST Cluster, Nyahururu Region.

Our Small Group has so far planted 3,910 trees of different species with a mixture of fruit trees, indigenous and exotic trees. We do our own tree nurseries to get seedling for planting in our farms.

We believe the trees we planted today and take care of, will not only benefit us but also the future generations. Our resolve is to plant more

trees. With our area experiencing shortage of rains and therefore keeping our tree survival rate low, we have learnt a new best practice of making nurseries – raised seedbeds. We have developed an Action Plan to get a raised seed bed done.

We appreciate our Cluster Leaders for their selfless effort to bring our members together. Many thanks to George Gatuma (0711 813 538) Leader, Rosemary Muchina (0716140042) Co-Leader and Harun Kihia (0706162936) Accountability Person. If you wish to join TIST or get more information about TIST, you are free to contact any of them or our Cluster Servant, Peter Mithiru (0722 896 086).



How to Organize your Cluster for Success. Action Steps and Action Planning.

TIST groups do a lot of practical activities like planting trees and improving agricultural techniques. When there is a lot of work to be done, it is good to create Action Steps. Each group member should tell the group what they are going to achieve that week. TIST will teach you and your Small Group how to do Action Planning. Please share this with other members of your Small Group during your meeting.

An action step is something that is:

- Specific
- Observable (a fly on the wall can see you do it!)
- Measurable
- Has a beginning and an end
- Make sure your action step is realistic and that you can achieve it!

For example, saying 'I will plant trees' is not an action step because it is too general. 'I will work on three mornings this week to transplant 75 seedlings into our new grove' is an Action Step because it is specific (transplant 75 seedlings), observable (people can see you do it), measurable (75 seedlings, 3 mornings) and has a beginning and an end (at the end of three days you can see the results).

When your Small Group meets again, allow ten minutes near the end of the Small Group meeting for each person to report on his or her Action Step. Each person quickly:

- (1) Tells the group what their action step was for the past week.
- (2) States what they actually did.
- (3) States what action step they will take for the following week.

If the person succeeded in his or her Action Step, the group celebrates the success.

If, as often happens to start with, the group member met only part of his goal, the group encourages him / her and does not criticize or blame. When people are able to freely share their successes and failures they will be encouraged to

do better each week. Encourage your Small Group members to think of possible Action Steps. Make sure each is specific, measurable and realistic! Share and celebrate the action steps that your Small Group has accomplished.

Action Steps for Action Planning

A similar method can be used when Action Planning. When your group is planning what to do, make sure your plans are:

Specific (Our TIST Small Group will plant 1000 trees at the local hospital by November 30)

Measurable (How many? - 1000 trees will be planted)

Achievable/Realistic (Our TIST Small Group can plant 1000 trees in 5wks – 100 trees each Tuesday and Thursday, 10 trees per person/per day)

Time-bound (Has a beginning and an end - we will plant the trees between October 15 to November 30)

Observable (A fly on the wall can see us planting)

This is the guide and test of your Action Steps for your plan and helps you be specific:

- 1) **What** – (Planting 1000 trees)
- 2) **Who** – (TIST Small Group members by name)
- 3) **When** – (October 15 – November 30)
- 4) **Where** – (At the hospital)
- 5) **How** – (We meet every Tuesday and Thursday afternoon after the heat of the day and dig holes, then plant the trees)
- 6) **Why** – (To improve the area around the hospital, have more shade for patients and visitors, people can sit under trees and the shade will make the hospital cooler)

Practice Action Planning at your next Small Group meeting!

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Arimi ba TIST kuuma Cluster ya Mituntu kiri munanda jwao jukiritue jwa Cluster.

Inside:

Uria TIST iritite ngugi gukinyira mworoto jwayo jwa Gukura. Page 2

“Miti ya Matunda niyongagira mawega nkuruki na kwona maketha nkuruki kuuma kiri muunda jwaku” Kuuga Daniel Gichingiri. Page 5

Gikundi Kiniini gia TIST gia Kagumo Page 5

Njira ya kubangira kuumbana gwa cluster yenu Matagaria na kubangira mantu. Page 6



Uria TIST iritite ngugi gukinyira mworoto jwayo jwa Gukura.

Ni Martin Weru

TIST yakurirue ni arimi ba irio biria bitumagirwa nja cietu mwanka barathithia ikundi biniini biria batetherie kuthiria kutemwa kwa miti, mpara na kiara muu. Arimi ba TIST baritanirie ngugi bari amwe kumenya njira cia gukuria micii amwe na kwaanda miti and urimi bwa gwita na mbeere. TIST niyambiritie mitarataru ya kwaraniria na ni amwe na ugima bwa mwiri amwe na HIV/AIDS, kithomo na biakuria bibiega

Mweri muthiru, nindombire kugwatira TIST kiri mucemano jwa Carbon Africa jugwati mbaru ni UNFCC, Nairobi Framework Partnership, UNDP amwe na bangi. Mucemano juju jwa thithititue Conotou, Benin naria West Africa. Nindaririe iguru ria mawega ja **Climate Action na uguni bwa SDG**. Ja kanya gakwa ga kwithuranira na kumenya antu baria betetite kwariria urimi bwa gwita na mbere, jaba **Sustainable Development Goals (SDGs)**, indathithirie unchukuni mutandaone jwa Wikipedia. Ndienda kubwaa nteto oiria ndacithomere and mburie buntethie gutaara njira iria TIST yumba gutetheria na mioroto iji na kwejana njira iria TIST igachangira mono kinya au nyumene.

Kiri mutarataru juju jwa witi na mbere jaba **Sustainable Development Goals** buria bugwitua kugarura nthiguru mworoto jwa murataru jwa gukuura mwaka jwa 2030 (**Transforming our world: the 2030 Agenda for sustainable Development**) ni gikundi ka mwioroto ikumi na mugwanja ya kinthiguru iri na mioroto igana ria mirongo itantatu na kenda (169) gatigati kayo. Itongeretue ni Ngwataniro ya Kinthiguru jayo United Nations gukurukira mutarataru jwa gwikinyiria juri na amemba ba nthiguru igana ria mirongo kenda na ithatu (193)

Mioroto iji ikumi na migwanja niyariritue aja nthiguru. Bujathome kenda bujamenya. Kiri mpongeri, nimbikirite mathuganio kuuma kiri antu bangi uria TIST yumba kwongera na maandiko jamaceke.

Mworoto Jwa Mbere: Guti Ukia Kana Kuthina Guti Ukia : Kuthiria Ukia kana Kuthina na njira ciabu mwanya mwanya guntu kunthe

- Ukia buria bwingi nkuruki nibuthiritue na akui nusu yabu kuuma mwaka jwa 1990 indi nkuruki ya muntu umwe kiri antu batano baturaga na rungu rwa dora imwe na ingotore mirongo iri na bitano (1.25) o ntuku.
- Ukia kana kuthina ni kwaga njira ya kureta mbeba kiri nja cietu. Niamwe na kwaga into ja kithomo, mpaara, kwonerwa na kimicii, na

gutiganirua amwe na kurega kugwatanira na bangi kiri Ubangi bwa mitarataru.

- Kwithirwa guti na unganania bwa akuru na ekuru ni kwongagira mono uthini kana ukia bubu. Aka mono nibo bari atarine ya mantu ja aari kugia aana bari baniini na kwaga wirigiro bwa kithomo kana kinya njira cia kwona mbeba cia kubatethia kuthiria ukia bubu
- Nthuki kinya cio nicigatagwa ni mantu mwanya riria bagwatwa ni thina kana ukia bubu. Twaana mono nitu tugwatagwa ni mauthuku nkuruki kumania na mantu ja uthini. nikuthukagia kithomo kiao, inya ya kimwiri, kwaga biakuria biagutethia mwiri na ukaria . niithukagia mono kinya mithuganirie yao na gukura kwao gwa moyo .

Uria Arimi Ba TIST Bathithitie

- **Arimi babaingi ba TIST nibokiritie miunda yao ikagia mboreo kairi gukurukira waandi bwa miti, kurima na njira ya kurigiria (CF) na kungania miti na imera, miunda imiingi niigite mboreo inyingi na yambiria kugia imera bibingi nkuruki.**
- **Gukurukira urimi bwa kuthiurukania mimera na utongerua bwa uriti ngugi bwa TIST akuru na ekuru nibombitie kwithirwa baari na twanya tunganene kiri kwona mawega.**

Mworoto jwa iri: Guti Mpara

Kuthiria Mpara: Kuthiria mpara, gukinyaniria ukaria na irio na kwongera irio bibiega na urimi bwa gwita na mbere.

Uria Arimi ba TIST bathithitie...

- **Arimi babaingi nibathithitie urimi bubu bwa kurigiria na babaingi na baringite riboti ati nibongerete maketha gukurukira (CF)**
- **Narua mangiri ja arimi baria baandite miti ya matunda na nkandi nibaringete riboti ati nibonete maketha jamega na niuntu bubu kwongera irio bibiega kiri micii yao.**

Mworoto jwa ithatu: Inya ya kimwiri na Gukara bwega

Inya ya kimwiri na Gukara bwega: Kumenyera inya ya kimwiri na gukara bwega kiri antu ba nthuki cionthe

Uria Arimi ba TIST bathithitie...

Arimi ba TIST gukurukira uritani bwa micemano yetu na ya Cluster nibaritani mantu



ja HIV/AIDS, rwagi (malaria), kumenyera mirire imiega na utheru. naboragua guthetheria baria bari na ubatu.

Mworoto jwa Inya : Jithomo Gikiega

Kithomo gikiega: Kumenya ati kithomo ni nigigukinyira bonthe baria bari na ubatu bwakio na kumenya ati kuri na kaanya ga gutura ga gwitithia na mbere kithomo giki.

Uria Arimi ba TIST bathithitie...

- **Ndene ya TIST, nitwigitue arimi bakiejana ntento iguru ria uria marii ja miti jabatethetie kuria mbeca cia cukuru na kugura mauku ja kuthoma najo.**
- **Nkathiti ya Mazingira Bora na uritani buria buthithagirua micemanione ya Cluster ni kwejaga arimi kaanya ga gutura ga gwita na mbere kuthoma**

Mworoto jwa Itano: Twanya Tung'anene

Twanya Tung'anene: Gukinyira antu a twanya tunganene kiri ekuru na aari

Uria Arimi ba TIST bathithitie....

- **Kiri Ikundi Biniini, mucemanio jwa Cluster, GOCC and LC, amemba bathithithagia utongerira bwa kuthuriukana na njira iji niejaga ekuru kaanya ga kugwata inya ya utongerira kinya bo.**
- **Ndene ya TIST, namba ya ekuru baria bakurita ngugi na kuritirwa ngugi ninganene. Ekuru kinya bo bari na kanya kanganene na kiri utongerira na uritani.**

Mworoto jwa Itantantu: Ruuji rurutheru na kwebia ruko.

Ruuji ruutheru na Kwebia ruko: Kumenya ati kuri na ruuji rwa kungana na rumenyeri na kwebia mati na njira iria yagiri

Uria arimi ba TIST bathithitie....

- **Gukurukira mubango jwa naria kuri na ruuji thiguru juria jwamukirwe ni arimi na njira ya nkeeru mono baria miunda yao iri akui na ruuji, babaingi bao nibongerete ruuji rurwega na rwaingia nkuruki.**
- **Kiri micemano ya Cluster na gukurukira nkatheti, arimi niberanaga mantu jamaingi iguru ria uria bakongera utheru na guta ruko uria kwangiri.**

Mworoto jwa Mugwanja: Njira iti na goro na intheru cia gutumira mwanki

Njira iti na goro na intheru cia gutumira mwanki – Kumenya kuri na njira cia mwanki jwa

kuruga na ngugi ingi juti na goro, juria jugeta na mbere kwithirwa juri oo kinya nyuma ya kagita kenda jutumirwa ni antu bonthe.

Uria Arimi ba TIST Bathithitie.....

- **Riria TIST yaretere mariko jamatheru ja kuruga, arimi babaingi nibajwamukire niuntu jutari na goro na nijwabatetherie niuntu jatitumagira nku inyingi na kunyiyia togi naria biakuria birugagirwa.**
- **Gukurukira gwita miti cakasi na guchekeyia miti, arimi nandi nibombaga kwona nku cia kuruga na njira injega cia gutumira**

Mworoto jwa Inana: Ngugi Injega na Gukuria biashara

Ngugi injega na gukuria Biashara – Gukiria ngugi cionthe iria itumaga twona mbeca igatwika bwega na tucikuria na njira ya kwejana ngugi cia kuria antu micaara.

Uria Arimi ba TIST bathithitie....

- **Arimi ba TIST batongererie mubango jwa nkuruki ya antu igana ria miringo itano (150) baria bari na mathaa jatikubainyiria beta na mbere kubangania miunda yao**
- **Miti itite na mbeere gukura, ni itaga na mbere kubaa mbeca cia mpogeri iria igwataga mbaru uturo bwao na njira ya kwedia matunda, nkadi, naincu, na into bingi bithithitue na mbau.**
- **Mbeca cia mpogeri kumania na marii ja miti.**

Mworoto jwa kenda: Viwanda, Njira Injeru cia gwita ngugi na barabara

Viwanda, Njira Injeru cia gwita ngugi na barabara - gwaka barabara injega , gukuria njira injeru cia kuthithia mantu, na viwanda biri na wirigiro bwa gutura.

Uria arimi ba TIST bathithitie...

TIST nitumagira njira injeru cia kuthithia mantu, gutambia nteto na njira cia kinandi kenda twitikiria antu babethi, ekuru na akuru kaanya ga gukinyira viwanda bibieru (Carbon) na bathithia kimera gikieru gia mutambo kiria gikurukaira ithimi bia barabara na gucokia unoru bwa miunda iria miondu.

Mworoto jwa Ikumi: Gutaukirwa ni ung'ananu.

Gutaukirwa ni ung'ananu: Kunyiyia twanya twa kwona mbeca cia mpongeri thigurune yetu na nthiguru ingi.

**Uria arimi ba TIST bathithitie...**

- **Arimi ba TIST nibonanitie ugwati mbaru bwa antu babethi na ekuru mono mono kiri micemani ya Cluster.**
- **Mbeca cia marii ja miti ni mbeca mpogeri kiri arimi, mpongeri gukurukira maketha nkuruki na kwongera mboreo miunda iria miondu.**

Mworoto jwa ikumi na jumwe: Micii iminene iri na witi na mbere na ntura cietu Micii iminene iri na witi na mbere na ntura cietu – kuthithia micii imenene na ikaro bia antu bibiega ,biri na ukaria na biri na witi na mbere.

Uria Arimi ba TIST bathithitie...

- **Arimi ba TIST niamukirite mikarire ya antu mwanya mwanya nani ba kurita ngugi na nthiomi mwanya, ntura mwanya na bakagwatana mbaru.**
- **Mauritani ja TIST ni amwe na Ukaria na witi na mbere.**

Mworoto jwa Ikumi na iri: Gutumira na guciarithia na umenyeri.

Gutumira na guciarithia na umenyeri- kumenya uciarithia na utumiri nibigutumirwa bwega.

Uria arimi ba TIST bathithitie....

TIST nitethetie gukuria mboreo ya miunda gukurukira CF, mboreo ya kirinya, urimi bwa kungania miti na imera na uju kwongera iciarithia na utumiri.

Mworoto jwa ikumi na ithatu: Mathithio ja Kiriera

Mathithio ja Kiriera: kujukia itagaria iguru ria ugaruku bwa riera rietu na ugaruruku buria bwijaga na njira ya kunyiya riera ririthuku na gukuria mwanki juria jugakara kara igita ririraja

Uria arimi ba TIST Bathithitie...

- **Narua Arimi ba TIST nthiguru yonthe nibaandite miti nkuruki ya million ikumi na ithanthatu, na njira iji kwongera njira injega cia kumenyera riera na ugaruruku bwario.**
- **Narua , kuuma kiri inya ya kwaanda miti, arimi ba TIST nibaritite nkuruki ya tani million 3 na nusu cia Carbon kuuma kiri riera.**

Mworoto jwa ikumi na Inya: Uturo bwa rungu rwa Ruuji.

Uturo rungu rwa Ruuji – Kumenyera ba gutumira Iria, na nduuji ingi bwega na njira iria igatuma uturo bwa rujiine butikathire

Uria arimi ba TIST bathithitie...

Arimi babaingi nibaandite miti iri ucore na ruuji naria miundene iri na ruuji kana iri akui na ruuji na kwou kumenyera uturo bwa rungu rwa ruuji.

Mworoto jwa Ikumi na Ithano: Uturo nthigurune injumo

Uturo nthigurune Injumo: Menyera na ucokanirie urimiri bwa miitu, kuthiria ndwanda na kuthiria kuthukua gwa miunda.

Uria Arimi ba TIST bathithitie...

Arimi ba TIST nibaandite mamillioni ja miti ya kumenyera riera na gwika njuki iri moyo na kungania miti na imera na gucokaniria miunda iria yondere.

Mworoto jwa Ikumi na Itantatu: Ukiri, Ugambi, na micii iri na inya

Ukiri, ugambi na micii iri na inya – Gukuria ukiri kiri micii yetu kenda tuumba kwithirwa na gukura, kwejana twanya kiri twinthe twa ugambi na gwaka micii imiega kiri mantu jonthe.

Uria arimi ba TIST bathithitie...

TIST iritanagiria ngugi na micii ya antu mwanya mwanya, gutetheria kugwatithania antu gukurukira micemania ya Cluster na mauritani ja TIST.

Mworoto jwa ikumi na mugwanja: Ngwataniro ya mioroto

Ngwataniro ya Mioroto – gikwira inya uriti ngugi na kugwatithania ngwataniro ya mioroto kenda gukura gutura.

Uria arimi ba TIST bathithitie...

TIST iritaga ngugi na agwati mbaru babaingi amwe na Kenya Forest Service, Taylors Harrogate, Freshfiels na USAID.

Nandi turienda butwee maoni jenu iguru ria mantu jaria ugwe na gikundi kienu kiniini kithithitie kenda koingera kiri mioroto iji ikumi na Mugwanja (I7SDS)

Nitukwenda kumenya mathuganio jaku iguru ria uria Arimi ba TIST kana micemania ya uritani ya TIST yumba gutetheria guchangira kiri mioroto iji SDGs kenda tumba kwithirwa na mpumi inene nkuruki na utumiri buniini bwa mbeca.

Muriti ngugi wenu wa Cluster akethirwa na rwaria na babwi kiri mucemania juu jungi jwenu jwa Cluter na aandike email kiri ni uria bukauga na mpumi cia rwaria ruu.



“Miti ya Matunda niyongagira mawega nkuruki na kwona maketha nkuruki kuuma kiri muunda jwaku” Kuuga Daniel Gichingiri.

Arimi babaingi nibamukirite waandi bwa mitunda mono mono matunda ja ncecu kana citrus. Daniel Gichingiri ni umwe wa arimi babega ba arimi ba ikundi biniini baria bakurita ngugi injega mono. Gikundi kiawe gitagwa New Nature Perfection TIST namba 2008KE2615 kuma Cluster ya Burguret

Daniel ariuga “Miaka ithatu (3) ithiri, ndaandire miti igana (100) ya machugwa kiri nusu acre ya muunda. Miti mirongo kenda na mugwanja (97) niyakurire. Na mwanka nandi ninkethete mainda jathatu. O muti gwa kunganania nijumpejaga matunda mirongo ithatu (30) oigita ria maketha, machukwa nijakuraga bwega rutere ruru, nandi ndina wiru bwa kwaanda miti ingi imingi. Thoko ya matunda jaja ninjega. Itunda rimwe riendagua ciringi ikumi na ithano (15)” Daniel Kwongera

TIST nigwikira wiru arimi bangi kwaanda miti nkuruki. Miti iji nitethagiria kiri kuthambia riera and niuntu buu kumwonerwa mbeba mpongeri cia Carbon, miti ya matunda iri an gitumi mono kiri arimi ja Daniel.

Daniel nagutwaa umenyo bwawe iguru ria miti iji ya machungwa. “ Urimi bwa Michungwa

nibubuthu na utikwenda gutumira dawa cia goro , tiga mboreo na ruuji. Ninkuria arimi bangi ba TIST bagerie urimi bwa matunda na njira iji ikabaa matunda ja kwongera inya mwiri na mbeba mpongeri kumania na kwendia matunda jakura na thoko yajo iri tayari”

Tiga machungwa , Daniel naandite mabokando na miembe. Neterete mono igita ria maketha riria miti iji igakura.

Na Eunice Wambui



Daniel muundene jwawe jwa Machungwa.

Gikundi Kiniini gia TIST gia Kagumo.

Ni Peter Muthiru, Muriti ngugi wa Cluster ya TIST.

Batwi, Gikuundi kiniini gia TIST Kagumo 2008KE274 turi na kugwirua kubwira witi na mbeere bwetu na arimi betu ndene ya TIST. Kwambiria, turi ba Cluster ya TIST ya Nganoini, iria ni kaana ga Muruku Pesi, Cluster ya TIST, Nteere cia Nyahururu.

Gikundi gietu kiniini mwanka nandi kiandite miti 3,910 ya mithemba mwanya mwanya yunganitue na miti ya matunda, ya gintwire na ya kinandi. Tuthithagia minanda yetu twingwa na turitaga mbegu kuuma kiri miunda yetu.

Twitikitie ati twaanda miti narua na twamimenyera, tutithirwa aki tugicitethagia indi tugatethia kinya nthuki iu ingi cijite. Mworoto jwetu ni kwaanda miti imingi nkuruki. Nteere iji cietu

niciagaga ngai mono mono na kenda miti yetu ikura, nituthomete njira ya kuthithia minanda- minanda yukiritue. Turina mubango jwa kuthithia munanda jukiritue

Nitugucoketia Nkatho anene betu ba Cluster niuntu bwa gucitaniria kureta amemba amwe.

Nkaatho inyingi kiri George Gatuma (0711813538)

Mutongeria Rosemary Muchina (0716140042)

Mutongeria mutetheria Harun Kihia (0706162936)

Murungamiri ugambi. Kethira nukwenda

kugwatanira na TIST kana kumenya nteto nkuruki,

igua unganiri kwaria na wonthe kiri bau namba ciao

iri au kana muriti ngugi wetu wa Cluster Peter

Muthiru (0722896086)



Njira ya kubangira kuumbana gwa cluster yenu Matagaria na kubangira mantu.

Ikundi na cluster cia TIST niithithagia mantu jamaingi: kuanda miti, kuthongomia njira cia urimi. Riria kurina mantu jamaingi ja kuthithia, ni bwega kuthithia matagaria ja kuthithia mantu jau. O mumemba nabati kwira gikundi kienu mantu jaria akathithia kiumia kiu. Tugakuritana, turitane gikundi giaku na kinya cluster yaku uria buumba kubangira untu.

Itu thomeni amwe na amemba bangi ba cluster yaku ndene ya mucemanio jwenu.

Itagaria ni gintu:

- Gikwirungamira kiongwa.
- Gikwoneka.
- Gikomba kuthimwa.
- Kirina mwambirio na muthia.
- Menya ati itagaria riu ni gintu gikoombika na gintu bukomba kuthithia!

Mung'uanano, kuuga 'nkaanda miti' ti itagaria nontu niuntu buri bubwarie mono. 'nkarita ngugi mithenya ithatu kiumia giki kuthamia miti mirongo mugwanja na itano gwita muundene jwetu jumweru' ni itagaria niuntu nibukwirungamira (kuthamia miti mirongo mugwanja na itano), nibukwoneka (antu bagakwona ukithithagia), nibukuthimika (miti mirongo mugwanja na itano, mithenya ithatu), na burina mwambirio na muthia (ntuku ithatu ikithira ukoona ngugi ithiri).

Cluster yaku yatirimana kairi, jukieni ndagika ikumi muthiene jwa mucemanio jwa gikundi gikinini nikenda muntu wonthe auga itagaria riawe. Muntu wonthe na ukui:

- (1) Eere gikundi itagaria riawe ria kiumia kithiru riari mbi.
- (2) Auge uria unywa athithirie.
- (3) Auge itagaria riria akajukia kiumia kiria kithingatite.

Kethira mumemba ou noombanire kiri kujukia itagaria riawe, gikundi nikigwiragirua uumbani bubu.

Kethira, ja uria gukarikaga jamaingi, mumemba ombire gukinyira nusu ya itagaria riawe, gikundi nikimwikagira inya na gitimwonagaria uria athukitie. Riria antu boombaga kugaana na uuthu kwegia uumbani bwao na naria bakuremerwa bagekirwa inya kuthithia bwega nkuruki kiumia kiu kingi. Ikira

inya amemba ba gikundi kana cluster yaku kuthuganiria matagaria jaria boomba kujukia. Menyeera ati itagaria rionthe nirikwirungamira, nirikuthimika na rikombika! Gaana na ugwiranirue na gikundi kana cluster yaku riria wakinyira itagaria riaku.

Matagaria riria ukubangira kuthithia untu.

Njira igukara o tai u iri au iguru noitumirwe riria ukubangira kuthithia untu. Aja mung'uanano nijwonenu aja. Riria gikundi giaku gikubanga mantu ja kuthithia, menyeera ati mibango yenu iri:

Nikwirungamira (Cluster yetu ikaanda miti ngiri mirongo itano ndene ya miunda yetu mbele ya tariki mirongo iiri mweri jwa December)

Niikuthimika (Ni ing'ana? - Miti ngiri mirongo itano ikaandwa)

Igakinyirika/ ikoombika (O gikundi gia TIST ndene ya cluster gikaanda miti ngiri ndene ya biumia bitano- miti igana o Jumaine na Alhamisi cionthe, miti ikumi o muntu o ntuku)

Nibuthimiri ntuku (Burina mwambirio na muthia – tukaanda miti iu gatigati ka Novemba tariki ikumi na ithano na Decemba tariki mirongoiiri)

Nibukwoneka

Aja ni mantu jaria bukathingata na jaria bugatumira kuthima matagaria jenu riria bukubanga na kinay jakabutethia kuthithia matagaria jakwirungamira:

- 1) **Nimbi** – (Kuanda miti ngiri mirongo itano)
- 2) **Nibau** – (mariitwa ja amemba ba gikundi gikinini gia TIST)
- 3) **Rii** – (Mweri jwa ikumi tariki ikumi na ithano – Mweri jwa ikumi na iiri tariki mirongo ithatu)
- 4) **Naa** – (Cibitari)
- 5) **Na njira iriku**– (Tugatirimana o jumaine na alhamisi ugoro riu riathira na twinje marinya, riu tuande miti)
- 6) **Niki** – (Kuthongomia aria cibitari iri, kwongera kirundu aria bwa aji na ageni, antubaghi rungu rwa miti na kirundu gikongera gapio cibitari)

Gerieni kuthithia mibango ya kuthithia untu ndene ya mucemanione jwenu jwa cluster jou jungi!

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kikuyu Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Arimi a TIST kuma Mituntu Cluster Meru mari tuta-ini ya iguru ya Cluster.

Thiini wa Ngatheti:

Uria TIST ikoretwo ikihingia matanya ma uthii wan a mbere (Sustainable Development Goals) *Page 2*

“Miti ya matunda ina umithio munene. Ongera miingi mugunda waku,” ekuga Daniel Gichingiri. *Page 5*

Kagumo TIST Small Group: Gukenerera uhandi wao wa Miti. *Page 5*

Njira njega ya kugaciria Cluster yaku. Gutabariria mibango. *Page 6*



Uria TIST ikoretwo ikihingia matanya ma uthii wan a mbere (Sustainable Development Goals)

Mwandiki ni Martin Weru

TIST yambiriirio ni arimi anini magithondeka tukundi tunini negetha mahoote kuhurana na thina wa guthukangia kwa mititu, riuwa inene na ng'aragu. Arimi a TIST marutaga wira na ngwataniro nigetha mahote gucaria ihonia na kugia na ciiko iria iri hamwe ni uhandi wa miti na urimi mugaciru. TIST niikirite mitaratara miega iria ihotithagia guthomithia andu uhoro ukonie ugima wa mwiri (hamwe na githomo kia murimu wa mukingo) na mirire miega.

Mweri muthiru, nindagiire na kamweke ga kurugamiririra TIST thiini wa mucemano wa Africa Carbon Forum uria warugamiriirwo ni UNFCCC, Nairobi Framework Partnership, UNDP hamwe na honge ingi. Mucemano ucio wari bururi wa Benin, Afrika ya ithuiro, mucii wa Cotonou. Ningagiire na kamweke ga kwaririria umithio uiria wonekaga kumanagia na wira wa kuhurana na učenja wa riera ungiringithanio na Sustainable Development goals (uthii wan a mbere mugaciiru). Hari mehariria makwa, ndina umenyo ati maundu mari makaririo ni makonie uthii wan a mbere mugaciiru, nidekire utuiria kuuma mtandao wa internet ugitwo Wikipedia. Nigwenda gukumenyithia maundu maria ndathomire na ngurie ututeithie hari ni njira iriku tungimanya wega ati wira waku wi murimi wina umithio uthiite kuhanana ta SDGs na makiria ya uguo tuthomithanie ni atia tungigaciiria.

Matanya maya ma uthii wa nambere mugaciru (**Sustainable Development Goals - SDGs**) na nomo maukaine ta Kugacirithia thii itu: agenda wa mwaka 2030 hari uthii wa na mbere (**transforming our world: the 2030 Agenda for Sustainable Development**). Matanya maya ni ikumi na mugwanja (17) mena ichunji 169 gatagati kamo. Matongoragio ni ruhonge rwa United Nation na kunyitwo mbaru ni mabururi 193.

Matanya maya 17 ndimandikite haha muhuro. Mathome wega. Hamwe nauguo, niheanite ngerekano kuuma kuri andu mwanya uria TIST ikinyaniirie matanya maya:

Goal 1: Kunina ukia

Kunina ukiay – Kunina ukia wa muthemba o wothe kundu guothe

- Ukia munene ni ukoretwo unyihite na gichunji kia nuthu kuuma mwaka wa 1990. No onakuri uguo, mundu umwe hari andu atano onoga mbecha nini makiria ya dollar 1.25 kana shilingi 125 o muthenya.
- Ukia to kagwa mbecha kana utonga. Ukia ni hamwe na kwaga githomo, gukorwo na ng'aragu, guthutukano, kwaga kamweke ga gutua matua bururini kana maturaini.
- Kwaga uigananu wa arume na atumia niguchangagira muno hari kuongerereka kwa ukia. Atumia nimakoragwo na ugwati riria manyita nda mari na miaka minini na makaga mieke ya githomo na wira mwega
- Marika onamo nimanyitagwo ni ukia kwa njira ngurani. Ciana ni ikoragwo ugwati-ini tondu ukia niutumaga mage guthoma, kwaga ugima wa mwiri, irio njega ona ugitiri.
- Age groups are affected differently when struck with poverty. Its most devastating

Uria arimi a TIST mahotete gwika....

- **Arimi aangi a TIST nimahotete guchenjia migunda yao iria itagiaga kindu na riu kugia na umithio. Kuhanda miti, urimi wa CF, gukuria miti ya gutwarana na irio mugunda, migunda miingi niigite na unoru wa tiri na kugia na umithio.**
- **Kuhitukira utongoria wa gucjenjania na utungata thiini wa TIST, atumia na athuri nimagite na mieke miigananu na uteithio**

Goal 2: Kunina Ng'aragu

Kunina ng'aragu – Kunina ng'aragu, kugia na irio cia kuigana na kugacirithia urimi

Uria arimi a TIST mahotete gwika....

- **Arimi aangi a TIST nimarimite Conservation Farming(CF). aingi aao nimaugite nimonete maciaro maingi kuhitukira CF**
- **Nginyagia riu, arimi makiri a TIST aria mahandite miti ya matunda na makandamia nimaugite nimonaga magetha mega ma matunda na ngandamia koguo makongerera irio ciao matunda.**



Goal 3: Ugima mwega wa mwiri na muikarire mwega.

Ugima mwega wa mwiri na muikarire mwega – Gutigirira ugima mwega wa miiri na miikarire miega hari andu oothe.

Uria arimi a TIST mahotete gwika....

Arimi a kuhitukira seminars na micemanio ya Clusters nimamukiraga ithomo cia murimu wa mukingo, malaria, mirire miega, utheru na maingi maingi. Arimi nimahenaga hinya kuria aria me hatikaini.

Goal 4: Githomo kiega

Githomo kiega – Gutigirira githomo kirakinyira andu oothe na gutigirira kwina mieke ya mundu guthi na mbere na guthoma muturire-ini wake.

Uria arimi a TIST mahotete gwika....

- **Thiinii wa TIST, arimi nimakoretwo magitwira uria marihi ma miti yao makoretwo makimateithiriria hari kuriha marihi ma cukuru na kugura mabuku na turamu.**
- **Ngathiti ya Mazingira Bora na urutani thiinii wa Clusters niuheaga andu mieke ya kugia na umenyi miturere-ini yao.**

Goal 5: Uiganinia wa Arume kwa Atumia

Uiganania wa Arume kwa Atumia – Gutigirira ni kwagia na uigananu wa arume kwa atumia na kuhe uhoti atumia na airitu.

Uria arimi a TIST mahotete gwika....

- **Kuuma ikundi nini, Cluster-ini, GOCC na LC, amemba nimakoragwo na utongoria wa mithiururukano koguo ukahe atua mieke miega ya utongoria.**
- **Thiinii wa TIST, namba ya atumia aria marutaga wira nay a arume niiganaine. Atumia makoroga na mieke iganaine ya utongoria na maundu maangi.**

Goal 6: Maai matheru na utheru wa ciooro

Maai matheru na utheru wa ciooro – Gutirira kwina maai ma kuigana na utheru wa ciooro.

Uria arimi a TIST mahotete gwika....

- **Kuhitukira mubango wa kuhanda miti hakuhi na njuui, arimi aria mahandite nimakoretwo makiuga ati nimonete utheru na uongereku wa maai.**

- **Kuhitukira micemanio ya Clusters na ngathiti ya Mazingira Bora, arimi nimechenjanagia uugi hari uhoru wa utheru wa micii.**

Goal 7: Uhoti wa kugura mwaki na mwaki mutheru

Uhoti wa kugura mwaki na mwaki mutheru – Gutigirira andu nimagia na Uhoti wa kugura mwaki na mwaki mutheru

Uria arimi a TIST mahotete gwika....

- **Hindi iria TIST yarehire mariko ma ngui nini na kunyihia ndogo, arimi aaingi nimamukirire mariko macio tondu mari ma mbeca nini, nimahotaga kuhonra ngu, na kunyihia ndogo kuuma riko-ini.**
- **Hindi iria arimi maguchehe miti yao kana kwahura iria itumanite, nimahotaga kugia na ngu cia kuigana.**

Goal 8: Wira mwega na gukura ki utonga

Wira mwega na gukura ki utonga – Gutigirira andu othe nimagia na wira mwega na gukura ki utonga

Uria arimi a TIST mahotete gwika....

- **Program ya TIST niyandikite makiria ya andu 150 na ikamahe mathaa mega maria mamahotithagia mahote gutungata migunda yao.**
- **Riria miti irathii na mbere na gukura, noguo irarehe utonga kumanagia na wendia wa matunda, ngando, uuki, mbao, ngu.**
- **Marihi ma miti ni njira ya kuongerera utonga.**

Goal 9: Iganda, uhumburi wa maundu na miako.

Iganda, uhumburi wa maundu na miako – Gukuria Iganda, uhumburi wa maundu na miako.

Uria arimi a TIST mahotete gwika....

TIST niuhthagira maundu meeru ta kuhithirira njira cia computer, gutumira maundu ma kiriu kuhotithia andu ethi, atumia na athuri magie na mieke miega hari wonjorithia wa carbon.

Goal 10: Kunyihia kwaga waragania

Kunyihia kwaga waragania – Kinyihia kwaga waragania wa utonga thiini wa bururi na gatagati ka mabururi.



Uria arimi a TIST mahotete gwika....

- **Arimi a TIST nimonanitie wendi munene hari guteithia andu ethi na atumia thiinii wa Clusters**
- **Marihi ma miti nimateithagia kuongera utonga, o hamwe na wendi wa magetha ma CF.**

Goal 11: Micii ya ma-town na nduriri

Micii ya ma-town na nduriri – Kuona micii ya ma-town na kuria andu maikaraga kwina ugitiri na miikarire miega.

Uria arimi a TIST mahotete gwika....

- **Arimi a TIST nimarutithanagia wira wega me nduriri na thiomi mithemba miingi.**
- **TIST values ni iteithagia andu gukorwo na urumwe na thayu.**

Goal 12: Utumiri na uthondeki muigiririku

Utumiri na uthondeki muigiririku – Gutigiria kwina **Utumiri** na uthondeki muigiririku na wa gutura.

Uria arimi a TIST mahotete gwika....

Arimi a TIST nimagacirithitie migunda yao kuhitukira urimi wa CF, utumiri wa mborea ya mahuti ma mugunda, gukuria miti na irio na kiguo makongerera uthondeki wa irio makiriria na koguo makigia na indo cia gutumira

Goal 13: Wira ukonie kuhuruna na ugaruruku wa riera (Climate Action)

Wira ukonie kuhuruna na ugaruruku wa riera (Climate Action)- Kwina bata wan a ihenya kuhuruna na ugaruruku wa riera na kunyihia ndogo ya iganda na kutheremia mwaki uteri na miruki miuru ta solar.

Uria arimi a TIST mahotete gwika....

- **Nginyagia riu, arimi a TIST thiinii wa thi nimahandite miti makiria ya milioni 16 iria iteithiriirie kuhuruna na ugaruruku wa riera.**
- **Kumanagia na miti iyo, arimi a TIST nimatheritie tani million 3.5 cia riera ria carbon**

Goal 14: uturo na nyamu cia maai-ini

Uturo na nyamu cia maai-ini – Kugitira iria na icigirira cia maa-ini.

Uria arimi a TIST mahotete gwika....

Arimi aaingi a TIST nimahandite miti miega na maai hakuhi na njuui iria iteithitie nyamu iria ikoragwo maai-ini.

Goal 15: Uturo na nyamu iria ikoragwo thi nyumu

Uturo na nyamu iria ikoragwo thi nyumu – kugitira mititu, kuhurana na uthukia wa mititu na kugitira guthuka kwa migunda.

Uria arimi a TIST mahotete gwika....

Arimi aaingi a TIST nimahandite miti ya kiunduire iria ihotithitie indo ta njuki na ingi, guthondeka migunda

Goal 16: Thayu, kihooto na honge nu'mu.

Thayu, kihooto na honge nu'mu – Kugacirithia thayu, unyitaniri na gutigirira kwina kihooto kuri andu othe.

Uria arimi a TIST mahotete gwika....

Arimi a TIST nimarutithanagia wira me hamwe ona maumite nduriri ngurani kuhitukira Cluster meetings na makirimirira TIST Valuaes.

Goal 17: Ngwataniro hari kuhingia matanya maya

Ngwataniro hari kuhingia matanya maya – Kunyitanira hari gutigira matanya maya nimahinga

Uria arimi a TIST mahotete gwika....

TIST nikoretwo ikirutithania wira na honge ingi ta Kenya Forest Service, Taylors of Harrogate, Freshfields na USAID.

Riu, tukwenda kuigua woni waku uria gakundi kanini gaaku gekite ukonainie na matanya maya 17 ma SDGs

Ningi, nitukwenda wendekithia waku uria arimi a TIST kana ithomo cia TIST ingithondekwo wega nigetha ihotithie gukinyaniria matanya maya – nigetha tuthii na mbere kugia na umithio munene wina gharama nini.

Cluster servant waku niakamuteithiriria mucemano-ini wa Cluster na atwandikire mawoni maaku na email.



“Miti ya matunda ina umithio munene. Ongera miingi mugunda waku,” ekuga Daniel Gichingiri.

Arimi aangi a TIST nimamukirite uhandi wa miti ya matunda ta citrus. Daniel Gichingiri ni umwe wa arimi a TIST mararuta wira mwega. Gikundi giake gitagwo New Nature Perfection TIST number 2008KE2615 kuuma Burguret Cluster.

Daniel akauga, “ Miaka itatu mithiru, ni ndahandire miti ya citrus 100. Miti 97 niyahonokire. Nginyagia riu, ngethete maita matatu. O hari muti, ninyonaga matunda 30 o hari igetha.” Miti ino ya citrus niireka weka itura-ini riri. “ riu nindiraigua ndina wendi munene wa kuongerara miti ino. Thoko ya matunda ni njega. Citrus imwe turendia shilling 15,” Daniel agathie na mbere na gutariria.

TIST niiroria arimi angi mathii na mbere na kuhanda miti ya matunda. Miti ino nirateithagia gutheria riera kuguo makona mbecha cia carbon, ikamahe matunda ma kuria na kwendia na makagia na umithio ta Daniel.

Daniel niaratariria uria ungikuria miti ya citrus.

“ Urimi wa miti ya citrus ni muhuthu tondu wendaga o ukorwo na maai na thumu. Ninguria arimi angi mahande miti ino tondu nimakugia na matunda ma kuria na makiria ya uguo kwina thoko njega.”

Tiga miti ya citrus, Daniel ni ahandite miti ya makondobia na maembe. Matuku meguka magetha make maguthi na mbere na kuongereka.

Rugano ruru ruharirio ni Eunice Wambui



Daniel ari mugunda-ini wake wamatunda ma machungwa.

Kagumo TIST Small Group: Gukenerera uhandi wao wa Miti.

By Peter Mithiru, TIST Cluster Servant.

Ithui, Kagumo Small Group 2008KE274, twina gikeno ni wira uria turutite turi TIST. Tukoragwo turi a Nganoini TIST Cluster, iria yaciarirwo ni kuuma Muruku TIST Cluster, kuuma Nyahururu.

Gikundi giitu nginyagia riu tuhandite miti 3,910 ya mithemba ngurani iria ina matunda, miti ya kiunduire nay a kiriu. Ni ithue twithondekagira nathari ya miti itu.

Twina mwihoko miti iria turahanda umuthi ni igukorwo iria na umithio kuri ithui na njiaro iguuka. Nitwirutiire guthii na mbere na kuhanda miti. Guuku gwitu ni kwaraga muno, na miti itu igakarwo

ikuima. No nituthomithitio guthondeka nathari ya iguru (raised seed bed). Twina na mutaratara (action plan) ya kumithondeka.

Twina ngatho kuri atongoria aitu a Cluster niundu wa utungata wao na kurehe memba hamwa. Twina ngatho kuri George Gatuma (0711813538) Leader, Rosemary Muchina (0716140042) Co-Leader na Harun Kihia (0706162936) Accountability Person. Angikorwo ni ukwenda kuingira TIST kana kumenya muno TIST, no uhurire thimu umwe wao kana Cluster Servant, Peter Mithiru (0722896086).



Njira njega ya kugaciria Cluster yaku. Gutabariria mibango.

kundi cia TIST niiruta wira muingi ta hunda miti, urimi mweg. Hindi iria andu makorwo na wora muingi ta ucio na makiria, ni wega kwibanga.

Mubango mwega uhana ta uu:

- Wina utauruku.
- Uroneka.
- Urathimika.
- Uramenyeka kiambiriria na muthia.
- Mubango unghoteka gukinyirika!

Kwa muhiano; Ninguhanda miiti. Uyu ti mubango mwega tondu nduratria weega.

Wagiriirwo ni kuuga: Ndikoragwo ngiruta wira iroko ithatu hari o kiumia nigetha hande miti mironga mugwanja na itano gichunji kiria ndiramuriire miiti.

Uyu ni mubango mwega tondu wina utauruku (ukuhanda miiti 75), Ni uroneka (niukwoneka ukiruta wira), wina kiambiriria na muthia (thutha wa thiku ithatu)

Ihindi iria mugacemania gikundi kianyu, niwega mogakorwo na kanya taga dagika ikumi mikiurania o mundu mubango wake kiumia githiru

Oumdu ataririe ;

- (1) Mubango waku kiumia githiru urahanaga atia.
- (2) Wekirie atia.
- (3) Mubango wa kiumia gi guuka ugakorwo uhana atia.

Niwega gukunguira uria uhotete gukinyaniria mubango wake.

Ona uria utagakorwo ahingitie maundu moothe niwega gukunguira na kumwikira hinya. Niwega muheane hinya wa guthie na mbere na guthondeka mubango mwega ta uria tutariirie.

Makinya mega ma guthondeka mubango mwega.

Hindi iria murathondeka mubango wanyu, kana waku, ni wega kurimirira mubano ta uyu.

Utaururuku (Gikundi giitu gia TIST tukuhanda miiti ngiri imwe thibitari-ini gugikninyia mweri wa ikumi na umwe mwaka uyu)

Urathimika: (Tukuhanda miti ngiri imwe)

Ungihoteteka: (Tukuhanda miiti ngiri imwe gwa kahinda ka ciumia ithano. Miiti igana o muthenya thiku ya wakeri na wakana, o mundu miti ikumi o muthenya)

Wina kiambiriria na muthia (Tukuhanda kuuma mweri ikumi na ithano mweri wa ikumi nginya mweri 30 wa ikumi na umwe)

Uroneka: (Nituroneka tukiruta wira)

Inno no njira ya kumwoneriria uria mubango wanyu wagiriirwo ni kuhana

- 1) **Kii** – (Kuhanda miti ngiri imwe)
- 2) **Uu** – (Gikundi giitu)
- 3) **Ori** – (October 15 – November 30)
- 4) **Oku**– (Thibitari-ini)
- 5) **Atia** – (Turecemania muthenya wa keeri na kana mathaa ma miaraho tukenja marima na tukuhanda miiti)
- 6) **Nikii** – (Tondu niturenda ararwu na ageni thibitaritie magie na handu hakwigitia riu na thibitari igie na riera riega)

Niwega riu muthondeke mubango wanyu mukirimirira mubano uyu.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kiswahili Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Wakulima wa TIST kutoka Mituntu Cluster ya Meru wakiwa kwa nursery ya miche iliyoituliwa ya Cluster.

Ndani ya Gazeti:

Jinsi TIST Inavyofanya Kufanikisha Malengo ya Maendeleo Endelevu. Uk. 2

**“Miti ya Matunda huongeza faida zaidi Yapate zaidi kutoka Shamba lako,”
asema Daniel Gichingiri. Uk. 5**

**Kikundi kidogo cha TIST ya Kagumo: Kuthamini kwa jitihada zetu za upandaji
miti. Uk. 5**

**Jinsi ya kupangia mafanikio katika cluster yako Hatua na Mipango ya
utekelezaji. Uk. 6**



Jinsi TIST Inavyofanya Kufanikisha Malengo ya Maendeleo Endelevu.

Na Martin Weru

TIST ilianzishwa na wakulima wadogo ili kuwawezesha kuunda vikundi vidogo vinavyoweza kuwasaidia kutupilia mbali madhara mabaya ya ukataji miti, ukame na njaa. Wakulima wa TIST wanafanya kazi pamoja ili kutambua vitendo vya maendeleo endelevu vinavyojumuisha kupanda miti na kilimo endelevu. TIST inaunda miundo ya mawasiliano na utawala ambayo pia inashughulikia afya (ikiwa ni pamoja na VVU / UKIMWI), elimu na lishe.

Mwezi uliopita, nilikuwa na fursa ya kuwakilisha TIST kwenye mkutano wa Carbon Afrika Forum uliofadhiliwa na UNFCCC, Nairobi Framework Partnership na UNDP kati ya wengine. Mkutano huo ulifanyika Conotou, Benin, Afrika Magharibi. Nilizungumzia juu ya faida za matendo ya mazingira yanayolenga Mafanikio ya SDG almaarufu (**Co-benefits of Climate Action on the Achievements of SDG**). Kama sehemu ya maandalizi yangu na kujua kuwa watu wanaohudhuria wangukuwa wakijadili Malengo ya Maendeleo Endelevu (SDGs), nimefanya utafiti na kuchunguza kwenye Wikipedia. Ninataka kuwajua yale niliyojifunza, na kuomba usaidizi kutambua njia ambazo TIST inachangia kwenye Malengo hayo, na kupendekeza njia ambazo TIST inachangia hata zaidi nyakati zijazo.

Malengo ya Maendeleo Endelevu (SDGs), yanayojulikana rasmi kama **kubadilisha dunia yetu: Agenda ya 2030 ya Maendeleo Endelevu** ni mojawapo ya 'Malengo ya Kimataifa' kumi na saba (17) yenye Malengo mia moja sitini na tisa (169) kati yao. Inachangiwa pakubwa na Umoja wa Mataifa kupitia mchakato wa makusudi unaohusisha majimbo yake mia moja, tisini na tatu (193). Malengo hayo ya Maendeleo kumi na saba (17) yameorodheshwa hapa chini. Tafadhali uyatathmini. Nimeweka mawazo ya hapo awali kutoka kwa watu wengine kuhusu jinsi TIST inaweza kuchangia katika italiki (*Italics*) ili kuongezea:

Lengo la 1: Hakuna Umaskini

Hakuna Umasikini – Kuondoa umaskini wa aina wowote, kila mahali.

- Umaskini uliokithiri umekatwa kwa zaidi ya nusu tangu mwaka wa 1990, hata hivyo, mmoja kati ya watu watano (5) wanaishi chini ya dola 1.25 kwa siku.

- Umaskini ni zaidi ya ukosefu wa kipato au rasilimali. Inajumuisha ukosefu wa huduma za msingi, kama elimu, njaa, ubaguzi wa kijamii na kutengwa, na ukosefu wa ushiriki katika maamuzi.
- Usawa wa kijinsia una jukumu kubwa katika kuendeleza umaskini na hatari zake. Wanawake wanakabiliwa na hatari zinazohatarisha maisha kutoka mimba za awali, na matumaini potevu ya elimu na mapato mazuri.
- Vikundi vya umri vinaathiriwa tofauti na umasikini. Madhara yake huwa makubwa zaidi kwa watoto, ambao huwa tishio kubwa. Inathiri elimu, afya, lishe, na usalama. Pia huathiri vibaya maendeleo ya kihisia na kiroho ya watoto kupitia mazingira ambayo yanajengwa.

Yale yaliyofanywa na wakulima wa TIST.....

- **Wakulima wengi wa TIST wamefanya ardhi yao iliyokuwa na uharibifu kuwa na uzalishaji. Kupitia upandaji wa miti, Kilimo cha Uhifadhi na mazoea ya misitu ya Agro, maelfu ya hekta za mashamba madogo yamepata uzazi na uzalishaji.**
- **Kupitia uongozi wa mzunguko na mtumishi katika sehemu zote za huduma na uongozi wa TIST, wanawake na wanaume wamepata upatikanaji sawa wa fursa na faida.**

Lengo la 2: Kuondoa Njaa

Kuondoa njaa – Ondoa njaa, hakikisha usalama wa vyakula na kuboresha lishe na kukuza kilimo endelevu.

Yale yaliyofanywa na wakulima wa TIST

- **Wakulima wengi wa TIST wamefanya Kilimo cha Uhifadhi. Wengi wao wameripoti mazao yaliyoongezeka kupitia Kilimo cha Uhifadhi,**
- **Leo, maelfu ya wakulima wa TIST ambao wamepanda matunda na miti ya mbegu hutoa mavuno mazuri ya matunda na karanga na hivyo kuongeza usambazaji wao wa lishe kwa familia zao.**

Lengo la 3: Afya Bora na Ustawi

Afya Bora na Ustawi - Kuhakikisha maisha mazuri na kukuza ustawi kwa wote kwa miaka yote.

**Yale yaliyofanywa na wakulima wa TIST.....**

Wakulima wa TIST kupitia semina na mafunzo ya Cluster hupokea mafunzo kuhusu VVU na Ukimwi, malaria, lishe bora, mafunzo ya usafi, nk. Wanahimiza na kuwasaidia wale wanaohitaji.

Lengo la 4: Elimu Bora

Elimu Bora - Kuhakikisha elimu yenye ubora na usawa na kukuza fursa za kujifunza kwa kila mtu kwa wote.

Yale yaliyofanywa na wakulima wa TIST.....

- **Katika TIST, tumewasikia wakulima wakiongea kuhusu jinisi malipo ya motisha ya miti yanavyowasaidia kulipa karo ya shule na vifaa vya kusoma.**
- **Majarida ya TIST Mazingira Bora na mafunzo katika Cluster hupeana fursa ya masomo ya muda mrefu.**

Lengo la 5: Usawa wa Kijinsia

Usawa wa Kijinsia - Kufikia usawa wa kijinsia na kuwawezesha wanawake na wasichana wote.

Yale yaliyofanywa na wakulima wa TIST.....

- **Katika vikundi vidogo, kiwango cha Cluster, kiwango cha GOCC na LC, wanachama hufanya uongozi wa mzunguko, na hivyo huwapa wanawake uwezo wa kutosha.**
- **Katika TIST, idadi ya Wanawake wanaofanya kazi na kuwahudumia wakulima ni ya wastani. Wanawake wana nafasi sawa ya mafunzo ya uongozi, nk.**

Lengo la 6: Maji Safi na Usafi

Maji safi na usafi - Kuhakikisha upatikanaji na usimamizi endelevu wa maji na usafi wa mazingira kwa wote.

Yale yaliyofanywa na wakulima wa TIST.....

- **Kupitia mpango wa Riparian uliopokelewa vizuri na wakulima ambao ardhi yao inagusa juu ya njia za maji, wengi wao waliripot kuongezeka kwa ubora wa maji na kiasi.**
- **Katika mikutano ya Cluster na kwa njia ya majarida, wakulima wanashiriki kwa kubadilisha mawazo juu ya jinsi ya kuboresha usafi na usafi wa mazingira.**

Lengo la 7: Nishati ya bei nafuu na safi

Nishati ya bei nafuu na safi - Kuhakikisha upatikanaji wa nguvu za bei nafuu, za kuaminika, za kudumu na za kisasa kwa wote

Yale yaliyofanywa na wakulima wa TIST.....

- **TIST ilipoanzisha pofu safi, wakulima wengi waliitumia kwa sababu zilikuwa na gharama nafuu na zilisaidia kuokoa mafuta ya kuni na kupunguza moshi katika maeneo ya kupikia.**
- **Kwa njia ya kupogoa na kuponda miti, wakulima sasa wanapata vyanzo vha mafuta endelevu - mbao, na njia bora za kutumia.**

Lengo la 8: Kazi nzuri na ukuaji wa uchumi

Kazi nzuri na ukuaji wa uchumi - Kazi nzuri na Ukuaji wa Kiuchumi - Kukuza ukuaji wa uchumi unaoendelea, jumuishi na endelevu, ajira kamili na yenye ufanisi na kazi nzuri kwa wote

Yale yaliyofanywa na wakulima wa TIST.....

- **Wakulima wa TIST wakiongozwa na mpango wamewakabili watu zaidi ya mia moja hamsini (150) wenye masaa rahisi kuruhusu usimamizi wa mali ya msingi - shamba.**
- **Jinsi miti inavyokomaa, inaendelea kutoa mapato ya thamani kwa kuunga mkono maisha kupitia uuzaji wa matunda, karanga, asali, bidhaa za mbao nk**
- **Mapato ya fedha kupitia motisha ya malipo ya miti.**

Lengo la 9: Sekta, Uvumbuzi na Miundombinu

Sekta, Uvumbuzi na Miundombinu - Kujenga miundombinu ya ustawi, kukuza viwanda vya umoja na endelevu na kukuza uvumbuzi.

Yale yaliyofanywa na wakulima wa TIST.....

TIST ina matumizi ya uvumbuzi, Teknolojia ya Habari na usafiri wa kisasa ili kuruhusu vijana, wanawake, na wanaume kupata nafasi kwa 'sekta' mpya (kaboni) na kujenga mazao ya fedha, ambayo hupunguza mapungufu ya miundombinu na kurejesha uzalishaji wa nchi zilizoharibika.

Lengo la 10: Kukosekana kwa Usawa

Ukosefu wa usawa - Kupunguza usawa wa mapato ndani na kati ya nchi

Yale yaliyofanywa na wakulima wa TIST.....

- **Wakulima wa TIST wameonyesha msaada wa ajabu kwa vijana na wanawake hasa katika mikutano ya Cluster.**



- **Vidokezo vya miti ni mapato ya ziada kwa wakulima, kuongezeka kwa mapato kwa njia ya mazao bora, na kuzalisha ardhi yenye uharibifu, nk.**

Lengo la 11: Miji na Mikoa endelevu

Miji na Mikoa Endelevu - Kufanya miji na makazi ya watu kuwa ya kwa pamoja, salama, ustahimilivu na endelevu.

Yale yaliyofanywa na wakulima wa TIST.....

- **Wakulima wa TIST wamekubali tamaduni mbalimbali kwa kufanya kazi za karibu na lugha tofauti, jamii na kusaidiana**

Lengo la 12: Matumizi ya Ufanisi na Uzalishaji

Matumizi ya Ufanisini na Uzalishaji – Ili Kuhakikisha smatumizi endelevu ya uendeshaji na mifummo ya uzalishaji.

Yale yaliyofanywa na wakulima wa TIST.....

TIST imeboresha uzazi wa ardhi kupitia ukulima wa uhifadhi, mbolea ya mbolea, misitu ya kilimo na hivyo kuongeza uzalishaji kwa ustawi, na hutoa matumizi

Lengo la 13: Hatua ya Hali ya Hewa

Hatua ya Hali ya Hewa - Kuchukua hatua ya haraka ili kupambana na mabadiliko ya hali ya hewa na athari zake kwa kusimamia uzalishaji na kukuza maendeleo katika nishati mbadala

Yale yaliyofanywa na wakulima wa TIST.....

- **Leo, wakulima wa TIST ulimwenguni kote wamepanda miti ya milioni kumi na sita (16), na hivyo kuboresha mikakati ya kukabiliana na kukabiliana na athari za mabadiliko ya hali ya hewa**
- **Leo, mbali na jitihada za kupanda miti, wakulima wa TIST wameondoa tani zaidi ya milioni tatu unusu) (3.5) za CO₂ kutoka kwenye hewa.**

Lengo la 14: Maisha Chini ya Maji.

Maisha Chini ya Maji - Uhifadhi na kutumia viendelezi bahari, bahari na rasilimali za baharini kwa ajili ya maendeleo endelevu.

Yale yaliyofanywa na wakulima wa TIST.....

Idadi kubwa ya wakulima wamepanda miti ya kirafiki ya maji katika maeneo ya mvua na karibu na njia za maji na hivyo kulinda maisha ya majini

Lengo la 15: Maisha kwenye Ardhi.

Maisha ya Ardhi - Kulinda, kurejesha na kukuza matumizi endelevu ya mikoa ya ardhi, kusimamia misitu, kupambana na vurugu, na kusimama na kuharibu uharibifu wa ardhi na kusimamisha kupoteza kwa maisha ya wanyama na mimea.

Yale yaliyofanywa na wakulima wa TIST.....

Wakulima wa TIST wamepanda mamilioni ya miti ya kuimarisha viumbe hai na kuendeleza uhai, mazingira ya nyuki yameongezeka, misitu ya kilimo, ardhi yenye uharibifu huwekwa katika matumizi ya uzalishaji tena

Lengo la 16: Amani, Haki na Taasisi Zenye Nguvu

Amani, Haki na Taasisi Zenye Nguvu - Kukuza jamii za amani na umoja kwa ajili ya maendeleo endelevu, kutoa fursa za haki kwa wote na kujenga taasisi za ufanisi na za umoja katika ngazi zote

Yale yaliyofanywa na wakulima wa TIST.....

TIST inafanya kazi na jamii mbalimbali, kukuza ushirikiano kupitia mikutano ya Cluster, TIST Values!

Lengo la 17: Ushirika kwa Malengo

Ushirikiano kwa Malengo - Kuimarisha njia za utekelezaji na uimarishaji wa ushirikiano wa kimataifa kwa maendeleo endelevu

Yale yaliyofanywa na wakulima wa TIST.....

TIST hufanya kazi na washirika tofauti ikiwa ni pamoja na Huduma ya Misitu ya Kenya, Taylors of Harrogate, Freshfields na USAID.

Sasa, tunataka mapendekezo yako kuhusu mambo maalum ambayo wewe au Kikundi chako Kidogo kimefanya kuchangia kati ya SDG zozote kumi na saba (17).

Tunataka pia kujua mawazo yako kuhusu jinsi wakulima wa TIST au jinsi mafunzo ya TIST yanaweza kuboresha michango yetu kwa SDG zilizotajwa - ili tuweze kuwa na MATOKEO BORA kwa Bajeti ya Chini!

Mtumishi wako wa Cluster atakuwa na majadiliano kwenye mkutano wa Cluster unaofuata, na ataandika barua pepe kwangu kuhusu mapendekezo yako na matokeo.



“Miti ya Matunda huongeza faida zaidi Yapate zaidi kutoka Shamba lako,” asema Daniel Gichingiri.

Wakulima wengi wa TIST wamekubali kilimo cha matunda hasa matunda ya machungwa. Daniel Gichingiri ni mmoja wa wakulima wadogo wadogo wanaofanya kazi nzuri. Jina la kikundi chake New Nature Perfection na nambari ya TIST number 2008KE2615 kutoka Cluster ya Burguret.

Daniel anasema kwamba miaka mitatu (3) iliyopita alipanda miti ya machungwa mia moja (100) katika ekari 0.5 za ardhi. Miti tisini na saba (97) ilinusurika. Ameweza kuvuna mara tatu (3). Kwa wastani, kila mti unampa matunda thelathini (30) kila msimu wa kuvuna. Miti ya machungwa hufanya vizuri katika eneo lake. Aninahimizwa kupanda mimea zaidi kwani soko la matunda ni nzuri. Anaongezea kwa kusema kwamba tunda moja ni huuzwa kwa shilingi kumi na tano (KES 15.00).

TIST inawahimiza wakulima wengine kupanda mimea zaidi ya matunda. Mbali na miti inayochangia kusafisha hewa na hivyo kupata mapato ya mapato ya kaboni, miti ya matunda huongeza faida zaidi kwa mkulima kama Daniel.

Daniel anagawa ujuzi wake kuhusu upandaji wa miti ya machungwa. Anasema ya kuwa Kilimo

cha matunda ya machungwa ni rahisi kusimamia na mmoja hana haja ya kutumia kemikali kubwa lakini mbolea tu na maji. Anawahimiza wakulima wengine wa TIST kujaribu njia ya kilimo ya matunda ambayo itasaidia thamani ya lishe katika familia, na kuongeza mapato wakati ambao matunda yana soko tayari.

Mbali na kilimo cha machungwa, Danieli pia anakuza sukari na miti ya maembe. Anatazamia kuvuna zaidi kama jinsi miti inavyokuwa mikubwa.

Na Eunice Wambui



Daniel katika miti yake ya machungwa.

Kikundi kidogo cha TIST ya Kagumo: Kuthamini kwa jitihada zetu za upandaji miti.

Na Peter Mithiru, mtumishi wa Cluster ya TIST.

Sisi, Kikundi kidogo cha Kagumo 2008KE274, tunafurahia kugawa mafanikio yetu na wakulima wetu katika TIST. Kwa mwanzo, sisi ni wa Cluster ya TIST ya Nganoini, ambayo imejitoa kutoka Cluster ya TIST ya Muruku Pesi, mkoa wa Nyahururu.

Kikundi chetu kidogo kwa sasa kimepanda miti elfu tatu, mia tisa na kumi (3,910) ya aina tofauti na mchanganyiko wa miti ya matunda, miti ya asili na ya kigeni. Tunafanya vitalu vya miti yetu kupata mimea ya kupanda katika mashamba yetu.

Tunaamini kwamba miti tuliyopanda leo na kuitunza, haitatusaidia tu bali pia vizazi vijavyo. Tumeonelea kupanda miti zaidi. Katika eneo letu

lililo na upungufu wa mvua na kwa hivyo kuweka kiwango cha maisha yetu chini, tumejifunza mazoezi bora zaidi ya kufanya vitalu vilivyoinua vya mbegu. Tumeanzisha Mpango wa Hatua ili kupata kitanda cha mbegu kilichoinuliwa.

Tunawashukuru Viongozi wetu wa Cluster kwa jitihada zao za kujitegemea kuleta wanachama wetu pamoja. Shukrani nyingi kwa George Gatuma (0711813538) Kiongozi, Rosemary Muchina (0716140042) Kiongozi Msaidizi na Harun Kihia (0706162936) Mtu wa Kujibika. Kama unawania jujiunga na TIST ama kupata habari za ziada kuhusu TIST, uko huru kuwasiliana na mmoja wa wasaidizi wa Cluster, Peter Mithiru (0722896086).



Jinsi ya kupangia mafanikio katika cluster yako Hatua na Mipango ya utekelezaji.

Vikundi na cluster za TIST hutenda vitendo vingi: Upandaji miti na kuboresha njia za kilimo. Kunapokuwa na kazi nyingi ya kufanyika, ni vizuri kuunda hatua za utekelezaji. Kila mwanakikundi lazima aseme kwenye kikundi nini atafanya wiki hiyo. Tutawafunza, Kikundi chako kidogo na cluster yako jinsi ya kufanya upangaji wa utekelezaji wa kitendo.

Tafadhali jifunze pamoja wanachama wengine wa cluster yako wakati wa mkutano wako.

Hatua ya utekelezaji ni kitu ambacho ni:

- Mahsus.
- Kinaonekana.
- Kinachoweza kupimika.
- Kina mwanzo na mwisho.
- Hakikisha hatua yako ya utekelezaji ni ya kweli unaweza unayoweza kufikia!

Kwa mfano, kusema ‘Nitapanda miti’ sio hatua ya utekelezaji kwa sababu iko jumla sana. “Nitafanya kazi siku tatu asubuhi wiki hii kupandikiza miche sabini na tano katika shamba letu jipya” ni hatua ya utekelezaji kwa sababu ni maalum (kupandikiza miche sabini na tano), inaonekana (watu wanaweza kuona ukifanya) inapimika (miche sabini na tano, asubuhi tatu) na ina mwanzo na mwisho (mwisho wa siku tatu unaweza kuona matokeo).

Wakati cluster yako itakutana tena, mruhusu dakika kumi karibu na mwisho wa mkutano wa kikundi kidogo ili kila mtu aweze kutoa taarifa kuhusu hatua yake ya utekelezaji. Kila mtu kwa haraka :

- (1) Aeleza kikundi hatua yake ya utekelezaji ya wiki iliyopita.
- (2) Aseme alichofanya kwa ukweli.
- (3) Aeleze hatua ya utekelezaji ya wiki inayofuata.

Kama mtu alifanikiwa katika hatua yake ya utekelezaji, kundi lisherehekee mafanikio. Kama, kama mara nyingi inavyotokea, mwanakikundi alikuweza kufanya sehemu tu ya lengo lake, kundi linamhimiza na halimkosoi au kumpa lawama. Wakati watu wana uwezo wa kuongea kwa uhuru kuhusu mafanikio yao na kushindwa kwao watakuwa na moyo wa kufanya vizuri zaidi kila wiki. Hamasisha wanakikundi / wanachama wa cluster yako kufikiria hatua

wanazoweza kuchukua. Hakikisha kila mojawapo ni maalumu, inapimika na yaweza kufanyika! Ongeeni na msherehekee hatua za utekelezaji ambazo kikundi au cluster yenu imeweza kukamilisha.

Hatua za Utekelezaji katika Mipango ya utekelezaji

Mbinu sawa inaweza kutumika wakati wa kupanga. Hapa, mfano umetolewa katika mabano. Wakati kundi lako linapanga cha kufanya, hakikisha mipango yenu ni:

Maalum (Cluster yetu itapanda miti elfu hamsini katika mashamba yetu kabla ya Desemba tarehe ishirini)

Inayopimika (Mingapi? Miti elfu hamsini itapandwa)

Inayoweza kufikiwa / Ya Kweli (Kila Kikundi kidogo cha TIST katika cluster yetu kinaweza kupanda miti elfu moja katika wiki tano - miti mia moja kila Jumanne na Alhamisi, miti kumi kwa kila mtu / kwa siku)

Imefungwa kiwakati (Ina mwanzo na mwisho - sisi kupanda miti kati ya Novemba kumi na tano - Desemba ishirini)

Inaonekana

Huu ni mwongozo na mtihani wa hatua zako zampango wako wa utekelezaji na inakusaidia kuwa maalum :

1. **Nini** - (Upandaji wa miti elfu hamsini)
2. **Nani** - (Wanavikundi vya TIST kwa majina)
3. **Wakati** - (Novemba 15 - Desemba 20)
4. **Wapi** - (hospitali)
5. **Jinsi** - (Sisi kukutana kila alasiri ya Jumanne na Alhamisi baada ya joto ya siku na kuchimba mashimo, kisha kupanda miti)
6. **Mbona** - (Kuboresha eneo linalozunguka hospitali, kupata kivuli zaidi kwa ajiri ya wagonjwa na wageni, watu wataweza kukaa chini ya kivuli na kivuli kitafanya hospitali kupunguza joto.

Jaribuni mipango na hatua za utekelezaji katika mkutano wa kikundi chako unaofuata!

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kikamba Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Aimi ma TIST kuma ngwatanio ya Mituntu, Meru me kiviuni kyoo kya kitanda.

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**Undu wa utongoesya ngwatanio yenyu kulia matunda maseo kwanzia ya
Matambya ma kwosa na waliano wa kwosa matambya. Page 6**



Undu TIST ithukumaa kuvikia maendeeo ma kwikala.

Na Martin Weru

TISTS yaseuviw'e ni aimi ma nima ya liu na ndithya ite ya viasala kwa nzia ya tukundi nikana matetheesye kviundua mauthuku ala maetetwe ni miti kutemwa na kuete uvinduku wa nzeve ta mayua na Nzaa. Aimi ma TIST mathukumaa vamwe kuikiithya meko ma maendeeo kwithiwa kwa ivinda iasa ila nivamwe na kuvanda miti na nima utonyeka. TIST niseuvitye nzia sya mineenele na utongoi na kwia usyaiisyonu uima wa mwii (ila ni vamwe na uwau wa muthelo), kisomo na maliu ma kwaka mwii.

Mwai muthelu, nineethiwe na ivuso ya kuungama kilioni kya TIST nthini wa wumbano wa Carbon Africa Forum ula waiiitwe ni UNFCC, Ilovi (Nairobi) Framework Partnershi, UNDP na angi. Conference / wumbano uu wai Conotou, Benin thini wa West Africa. Ni na neeneie mavaita wa itambya ya kwosa iulu wa uvinduku wa nzeve na kila kivikiie nundu wa kwosa itambya ya kwikia maendeeo ma kwikala (**Co-benefits of Climate Action on the Achievements of SDG**). Ta nzia imwe ya kwiyumbanisya wumbano uyu na nisi kana andu aingi ala me uvika nimatonya kwithiwa maineenea kwia woni wa Maendeeo ma kwikala, ni neekie ukunikili mbeange na nasisya thini wa Wikipedia. Ni kenda kumuaia kila neemaisye na kukulya mutetheesye kumanya nzia ila TIST yiyumasya kuvikia mawalanio aya na angi maingi ivinda yukite.

Mawoni ma Maendeeo ma kwikala (**Sustainable Development Goals (SDGs)**), mesikanie kwa kuvindua nthi yitu nthini wa agenda ya 2030 ya maendeeo ma kwikala ni me thini wa set 17 "Global Goals" mena woni wa kuvikia 169 kati woo. Matongoew'e ni United Nations kwa nzia ya uneenania ila yina nthi ila ni memba 193.

17SDGs ni ii vaa ungu. Kwandai sisya. kwongeleela ni nikiite mesilya ma andu amwe ma Tist na Italics.

Ngolu ya mbee: Vai ukya

Vai ukya - kumina ukya wa mithemba yothe kila vandu

- Ukya muvituku niwa olilwe ta yusu kuvikia 1990 vala andu mbee wa 1 nthini wa kila 5 utindaa kwa utumia itheo wa ndola 1.25 kwa muthenya.
- Ukya nimbee wa kukosa ikwati. Uu nivamwe na kukosa syindu sya kukwikalya ta kisomo, nzaa, kutengwa na kulea kutalika andu maiamua undu.
- Kulea kwinanw'a kwa aka na aume ni kusangiaa muno nthini wa ukya na mavuso mathuku. Aka nimethiawa na ivinda yumu na mathina maingi

ta kukua mavu tene na kuelea kuendeeo na masomo kwoou maikosa mawia ma umanenga ukwati.

- Ingi ukuu nukwatawa ni ukya kivathukanio. Ala mathinikaa muno ni syana nundu nisyo ikwatawa ni mathina menene ma ukya ukatuma makosa kisomo, uima wa mwii, liu wa uima woo na usuvio. Ingi syana nikwatawa ni nthini wa mesilya na kwiana kiveva na mwikalile kwisila kwa mathina ma mawithyululuko.

Undu Aimii ma TIST mekite.....

- **Aimi aingi ma TIST nimaseuvitye miunda yoo ila yai yaekie kuete usyao na ikambiaa uete usyao. Na ni kwa nzia ya kuvanda miti, Nima ya kusuvia (CF), kuvanda mititu, na kutuma heaka sya tumilunda tunini tusyoka kwithiwa na unou wa muthanga na kwithiwa na wumi/ngetha.**
- **Kwisila kwa nzia ya utongoi wa kithyululu na utongoi wa uthukumana wa TIST kwa aume na aka makethiwa na ivuso ya kwianana kwa kutongosya na ukwata vaita wianene.**

Ngolu ya keli. Nzaa kuthela

Nzaa kuthela - Kumina nzaa, kuvikia usuvio wa kwithiwa na liu mwianu, kwongela useo wa liu wa kwii na kwambatya na kukwatiia nzia sya kwailya nima.

Undu aimi ma tist mekite.....

- **Aimi aingi ma tist nimethiitwe mayika nima ya kusuvia (Cf) aingi maitana nikwithiwa ngetha ni mbongeleku nundu wa nzia ino ya nima ya kusuvia.**
- **Umuthi makili ma aimi ma TIST ala mavandite miti ya matunda na mbindi nime utunga livoti ya ngetha nzeo ya matunda na kwoou kwailya uima wa andu ma misyi yoo kwa kumane liu ula waile.**

Ngolu ya katatu. Uima museo wa mwii na kwikala nesa

Uima museo wa mwii na kwikala nesa - kuikiithya andu nimekala nesa na kwisuviana na mauwau kwa muika w'oonthe.

Undu Aimi ma TIST mekite.....

- **Aimi ma tist kwa nzia ya semina na movundisyo ma ngwatanio ni mama manyiit'we undu wa kwisuviana na muthelo, Ndetema, utheu, maliu ma kuete uima wa mwii, movundisyo na amundu angi.**



- **Nimathuthanasya kukwata mbau na kumatethye ala osu na mena mavata.**

Ngolu ya kana: Kisomo kithianu

Kisomo kithianu - Kuikiithya kana kisomo nichavikia kila umwe na ukwata mbau ivuso iasa ya kusoma kwa oothe.

Undu aimi ma TIST mekite...

- **Nthini wa TIST, nitwiw'ite aimi maineenania undu ndivi sya miti syithitwe syi utethyo woo kwa kumatonyethya kuiva viisi wa sukulu wa syana na kuithooea mavuku,**
- **Ithangu ya TIST ya Mazingira Bora na movundisyo ala mekawa nthini wa ngwatania ni ivuso iseo ya kwimanyisya ivinda iasa yila mundu wi thayu.**

Ngolu ya katano: Kianana kwa aka na aume Kwianana kwa aka na aume - Kuvikia kiwango kii na kumekia vinya aka na eitu

Undu aimi ma TIST mekite.....

- **Tukundi, ngwatania, GOCC na Kanza na LC na memba nimekaa utongoi wa kithyululu kwoou kunenga aka ivuso ya kwiyikia vinya nthini wa utongoi.**
- **Nthini wa TIST namba ya aka ala me uthukuma na kutumikia aimi niyianenen na ya aume. Kwoou aka mena ivuso yianene na ya aume ya kwivundisya iulu wa utongoi.**

Ngolu ya thathatu: Kiw'u kitheu na utheu Kiw'u kitheu na utheu - kuikiityya kana kiw'u kitheu nikiyakwatikana nii kusuviwa na utheu kwa onthe.

Undu aimi ma TIST mekite.....

- **Kwa nzia ya kuvanda miti nguumoni sya mbusi ila yoosiwe nesa ni aimi ala me mikaoni na nguumoni sya mbusi ni kwatungie livoti kana nikutetheesye kwongela utheu wa kiw'u na wingi wakyu.**
- **Nthini wa mbumbano sya ngwatania na kwisila ithangu ya mazingira bora na aimi kutethania kwa ndeto undu wa kwailya utheu na kwikalya utheu.**

Ngolu ya muonza: Mwaki mutheu na utena ngalama

Mwaki mutheu na ute na ngalama - Kuikiithya vena nzia ya kuvikia mwaki wa kiumunthi ula wivo, na utena ngalama nene, na uteuova mana na utonya kwikala kwa onthe.

Undu aimi ma TIST mekite.....

- **Yila TIST yaetie maiko matheu aimi aingi nimendeeiwe na moosa itambya ya kumaua nundu mayai na ngalama yi iulu na nimasuviaa ngu na kuola syuki vala vekuuiwa.**
- **Kwisila kuseani na kuola miti aimi nimethiawa na ngu vate kwaiwa na kwailya nzia sya utumia ngu.**

Ngolu ya nyaanya: Wia museo na kwiana kwa ikonomi.

Wia museo na kwiana kwa ikonomi - nikukilasya na kukwatiia, na kuete vambe kwiana kwa ikonomi na kuete mawia ma andu kuandikwa na wia mwailu kwa onthe.

Undu aimi ma TIST mekite.....

- **Walania utongoew'e ni aimi ma TIST ni utongoesye andu mbee wa 150 kwithiwa na masaa meleketye kutuma methiwa na ivinda na kuungamia na kusuvia miunda**
- **Ingi undu miti yianite niw'o iendee na kumanenge vaita na kumatethya kwiyiungamia mikalileni kwa kuta matuna, mbindi, uki wa nzuki, na usyao ungi wa miti.**
- **Ukwati kuma miti ila iivawa ta ndivi ya nzeve itavisaa (carbon credits)**

Ngolu ya kenda: Kambuni, kwambiia na myako

Kambuni, kwambiia na myako - kwaka myako ya kwikala, kukwata mbau na kwikalya industri na wambiliilyo wa undu.

Undu aimi ma TIST mekite.....

TIST itumia wambiliilya, utuika wa kompyuta na malelu ala mekw'o kunenga muka, iveti na aume ndia nzau sya umanya na uvikia industry ya carbon na kusevya nima ya viasala ila ivetaa mathina ma malelu mathuku na kwilya wumi na uthukumi wa miundani.

Ngolu ya ikumi: Kuola kulea kwianana

Kuola kulea kwianana - nikwasya kana nitwaile kuola kulea kwianana kwa ukwati katikati wa nthi na nthini wa nthi.

Undu aimi ma TIST mekite.....

- **Aimi ma TIST nimonanitye kukwata mbau muika na iveti munamuno nthini wa mbumbano sya ngwatania sya kila mwai.**
- **Ndivi ya uthuthio kuma mitini ni vaita mwonge kwa muimi, wongeleku kuam ukwati wa ngetha mbongeleku, na wailu wa muthanga na miunda kwithiwa na wumi.**



Ngolu ya ikumi nemwe - matoni ma kwikala na mbai

Mataoni ma kwikala na mbai - kusevyamataoni na mawikalo ma mundu ala maile ithiwa na muuo, usuvio na matonya umakwatiia.

Undu aimi a TIST mekite....

- **Aimi ma TIST nimetikilanite na mituo ya mbai kivathukanio na kuthukuma vamwe na andu mena ithyomo kivathunano na kukatana mbau kwa vamwe umwe kwa ula ungi maitwiikana.**
- **Mawalanio ma TIST nimathuthitye uumwe, usuvio na kwikala**

Ngolu ya ikumi na ili: Utumiku na useuvya italika

Utumiku na useuvya wa syindu utalika - ni kuikiithya useuvya was syindu na utumiku ni syaendania kwa vamwe.

Undu aimi ma TIST mekite....

TIST niyongelelee unou wa muthanga kwa nzia ya nima ya kusuvia, kuima na kuvanda miti kwa vamwe na kuende undu liu isu, miti itonya utumuka na ni kwa ivinda yiendee vate kutilika.

Ngolu ikumi na itatu: Itambya ya uvinduku wa nzeve

Itambya ya uvinduku wa nzeve - Kwosa itambya ya mituki kuola uvinduku wa nzeve na manthina ala maetawe ni nzeve ila yumaw'a ni maendeeo thni wa vinya ula utumikaa uitungiliilwa.

Undu aimi ma TIST mekite....

- **Umuthi , aimi ma TIST nthi yoonthe nimavandite miti mingi mbee wa milioni 16, kwoou makailya na makaola uvindu wa nzeve.**
- **Umunthi kumana na uvandi wa miti, aimi ma tist nimaotele nzeve ta tani milioni 3.5 sya nzeve itavisaa kuma mawithyululukoni.**

Ngolu ya ikumi na inya: Thayu ungu wa kiw'u

Thayu ungu wa kiw'u - Suvia na kwikalya ukanga, maia na kula kiw'u kithiawa kwa maendeeo makwiana na kwikala.

Undu aimi ma TIST mekite....

Aimi amwe nimavandite miti ila isunga na kusuvia kiw'u nziani sya kiw'u na nguumoni sya mbusi kusuvia mathayu ala mekalaa kiw'uni.

Ngolu ya ikumi na itano:Thayu muthangani Thayu mutangani - Nzuvia, tungiia na sumbiliila

mathayu ala mekalaa muthangani. Ikalya mititu na uiola mangalata na uii/weu na kutungiiia kula muthanga mwanangiku na kuola ukui wa muthanga na kwailya kula kwanangiku muthangani.

Undu aimi ma TIST mekite....

Aimi ma tist nimavanditi mamilioni ma miti kivathukanio na kumia thayu ta nzia imwe ya kusuvia mawikalo ma yamu, nzuki na kutusia muthanga na kutuma withiwa munou na utonya kuete usyao museo ingi.

Ngolu ya ikuni na thanthatu: Muuo, sila wa kati na mauvisi malumu.

Muu, sila wa kati na mauvisi malumi - kwenda na kukwata mbau muuo na kwikia vamwe maendeeo ma kwikala na kwithiwa na sila wa kati na ulungalu utalika kwa kila mauvisi na ngaliko syothe sya mwikalile.

Undu aimi ma TIST mekite.....

TIST nithukumaa na mbai kivathukanio, na kwoou kwa nzia ya mbumbano sya ngwatania sya kila mwai iyikiithya kukwatania na kwikalania kwa vamwe kwa mbai kivathukanio na muuo na kuatiia mawalanio ma TIST!

Ngolu ya ikumi na muonza: Kukwatana na kuvikia ngolu Kukwatana na kuvikia ngolu - Vinya umaniasya kwikia na kuthukania kwa nthi yonthe kwikiana vinya kwa maendeeo me kwikala.

Undu aimi ma TIST mekite....

Tist ithukumaa na ngwatania kivathukanio ta Kenya Forest Service, Taylors of Harrogate, Freshfields an USAID mateusakua nikana kwikiana vinya.

Yu twienda kumya woni wa ati sisya ni ata kakundi kenya kana we undu wikite kati wa maundu aa ma maendeeo ma kwikala ikumi na muonza (17 SDGs.)

Ingi nitukwenda umanya ni woni mwau winaw'o utonya kwailangya aimi ma Tist kana momanyisyo ta utethyo umwe waku wa kutetheesya nthini wa 17SDGs. - Ni kana tuvikie ukwati munene kwa utumiku munini!

Muthukumi wa ngwatania yaku akamutongoesya mwithiwe na uneenania iulu wa maundu aya yila mukwithiwa na umbano wa kila mwai na aiandika na kutuma email ya mawoni, moelelyo menyu na kila muukwata.



Miti ya Matunda kwongela vaita Kwata vaita mwingi kuma muundani waku” niw’o Daniel Githingiri ukwasya

Aimi aingi ma TIST nimaendee na kutania kuvanda miti ya matunda munamuno mbaa masungwa. Daniel Gichingiri ni umwe wa aimi ma nima nini kuma kakundini kamwe kala kekite wia wa vata. Kakundi kake ketawa New Nature Perfection kala ni nama 2008KE2615 kwa TIST kuma Ngwatnio ya Burguret.

Daniel asya “Myaka itatu mithelu navandi miti ya mbaa masungwa na matimo iana (100) kwa kisio kya yusu eka. Miti 97 niyavitie, na kwayu nindoyete ukenya mara atatu kuma mitini isu. Kwa kutalithya kila muti niunengete matunda ta 30 kila mbua”. Muthemba uyu wa muti niwikite neka kisioni kii kitu. Yu nikwatitwe ni uthangaau wa kwenda kuvanda miti ingi mingi. Ndunyu ya matunda aya ni seo nundu itunda yimwe ya isungwa ni KES 15.00” Daniel niwongelelee.

TIST nikuthuthya aimi angi kuvanda miti ya matunda. Ingi kwithiwa miti ino iithambya nzeve na kuete ukwati kwa wia usu, matunda me na vaita ungi kwa muimi ta Daniel.

Daniel niwongelelee kwasya kana kuvadna miti ya misungwa na matimo kuyithiawa na ngalama nene nundu vai ndawa mbingi syendekaa kaingi ni

vuu na kiw’u. Ninguthuthya aimi kuma tukundini tungi mendeew’e ni kuvanda miti ya matunda nundu tyo undu wa ndunyu yoka indi ni vaita ona kwa family ta liu vamwe na kwongela ukwati vala soko na ndunyu yina vata na matunda aya”

Daniel ndavandite mbaa masungwa oka indi ena matunda angi ta makolovea na maembe uvandite. Niweteele ngetha nene ila miti ino yonthe ikwiana.

Na Eunice wambui



Daniel e muundani wake wa misungwa.

Kikundi sya TIST Kagumo: Menamuvea nundu wa kutata kwoo kuvanda miti.

(na Peter Mithiru, Muthukumi wa ngwatnio imwe ya TIST)

Ithi kakundi ka TIST kuma Kagumo namba 2008KE274, twina utanu kumumanyithya vala tuvikite twina aimi angi ma TIST. Kwambiia ithi twi ma ngwatanio ya TIST ya Nganoini, ila isyaitwe ni Muruku Pesi ila yi Nyahururu.

Kakundi kaitu kwayu nikavandite miti 3,910 mithemba kivathukani ovamwe na miti ya matunda, miti ya kiene na miti ya kuma isioni ingi. Twina kivuio kitu kila tuvuaa na tuyiaana tuithi uvanda miundani. Tuikiia miti ila twavanda umuthi na twa misuvia ti kwoondu wa vaita witu ithyoka indi ona undu kwa suayo wa uni. Kwenda kwitu ni kuvanda miti kwa wingi. Kiso kitu kithitwe kiikwata mbua nini na kwoou kutuma miti yitu kuvita kwithiwa na vinya,

kwayu nitwimanyiitye nzia nzau sya kutuma mingi ivita. Ingi nitwimanyiitye nzia nzau ya kivuo kya kitanda. Nitumanyite na kwosa itambya ya kwika nmayu tui twina kivuio kya kitanda.

Nituutunga muvea kwa atongoi ma ngwatanio yitu nundu wa kwioyuma kutuete vamwe. Muvea mbee kwa George Gatuma (0711 813 538) mutongoi witu, Rosemary Muchina (0716 140 042) munini wa mutongoi witu na Harun Kihia (0706 162 936) mwii wa kinandu. Ethiwa nukwenda ulika nthini wa TIST kwa uvoo mbeange iw’a wi muthasye kukunie umwe wa athukumi ma ngwatanio sya TIST ula ni Peter Mithiru (0722 896 086).



Undu wa utongoesya ngwatanio yenyu kuvia matunda maseo kwanzia ya Matambya ma kwosa na walanio wa kwosa matambya.

Ikundi mbingi sya TIST nisyikaa maundu maingi maseo ta kuvanda miti na kutumia nzia nzeo sya nima. Yila vena wia mwingi wa kwika, ni useo kuseuvia matambya ma vala ukwa mbiia na nzia ila utumia kwa wia ula ukwenda kwika na kumanya nita ivinda yiana ata yila waile utumia kuvikia mawia maku othe methiwe maendee na memathelu ivindani yila yaile. Kila memba wa kikundi niwaile utavya amemba ala angi kila mavangite kwika na kumina kyumwa kiu. TIST nikuumanyisya we na kakundi kaku undu wa kwosa matambya iulu wa mwolooto ula wi mbee. Kwandaia tavya angi ma kakundi kenyu yila mwi nthini wa wumbano wenyu.

Itambya ya kwika ni kindu kila ki:

- Wisi ni kyau.
- Kitonya kusyaiiw'a (kake ke ukutani nikatonya kwina undu ukwika).
- Kithimika.
- Kina mwambiio na muthya.
- Ikiithya itambya yila wosete na undu ula ukwenda kwika nutonyeka na nutonya uvikia.

Kwa ngelekany'o kwasya "ninguvanda miti" ti wiko na ti itambya ya kwika. "Ni thukuma makwaka atatu kyumwa kii na ndivanda miti 75 kuma kivuioni" Yii ni itambya yina wiko na yina mwolooto (Kuvanda miti 75), nitonya kwoneka (andu nimekwona uivanda), Kuthimika (miti 75 kwa makwaka 3) kina mwambiio na mutyya (itina wa mithenya itatu nukwina wia ula mukune).

Yila kakundi kenyu kakomana ingi, nenganeini ndatika ikumi kwa kila umwe kuweta ni ata mundu wikite o kwamituki.

- (1) Mundu kuweta niwalany'o mwau unai naw'o wa kyumwa kiu.
- (2) Kuweta undu mundu uneekie.
- (3) Na kuweta walany'o ula ukwenda kuvikia kwa kyumwa kyukite.

Ethiwa mundu niwavikiie walany'o wake ula waiite kuvikia na matambya ala waatie kikundi kutana.

Oundu vatonyeka kaingi kwa kila kikundi

kuweta na kuthuthania vate kutulana muti. Andu meethiwa matonya uneenanisya kwaila na umwe kuvikia walany'o wake na kukuania mawonzu niw'o matonya uthuthania vate kimena kana iteta o kila kyumwa. Thuthya ngwatanion na kakundi kenyu kwosa itambya yii. Ikiithyai ni wia uthimika, na uvikiika tanai na kuthuthania vamwe undu wa kila umwe kuvikia mawalanio make.

Nzia ino no itumiwe ni kikundi kyenyu muyenda ika undu mwiw'anite.

Ikiithya kana matambya menyu mwam,alania ta uu:-

Nata mukwenda ika (Kakundi kaitu keenda uvanda miti 1000 sivitalini wivaa vakuvi tuivika mwai wa ikumi nomwe matuku 30)

Kuthima (Miti yiana - 1000 niyo ikuvandwa) Niundu uvikiika (li nitutonya uvanda miti 1000 kwa ivinda ya sumwa itano tuivanda miti 100 kila wakeli na wakana).

Ivinda (Twinengete ivinda ya kuma October 15 kuvika novemba 30)

Kwoneka (ona khaki kavuilite ukutani nimekwona tuivanda).

Kii nikya ukutongoesya undu wa kwosa matambya na kuatiia na kuvikia mawalanio na kumavikia ivindani:

- 1) **Ata** - (Kuvanda miti 1000)
- 2) **Uu** - (Amemba ma Tist tukundi tunini)
- 3) **Indii** - (15/10 kuvika 30/11)
- 4) **Va** - (Sivitali)
- 5) **Ata** - (Kila wakeli na waka iamawioo kwisa maima na kuvanda)
- 6) **Niki** - (Kwailya mawityululuko ma sivitali, ingi kuete muunyi vala awau matunya uthyumua na ingi kutuma vau sivitali vethiwa na uthithu.)

Tatai maundu aa nthini wa kakundi kenyu yila mwina umbano wenyu wa kila mwai.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Temikab TIST chebo Mituntu en Meru komiten Kabeti Nenyuan.

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Ole imuchi TIST koboisiyoto konyor Bandab tai ne Tononot.

Mwoe Martin Weru

TIST ko kitou temik che kitonochi koto kurubisiek che mengechen che kiborchigei kotononsi musugetab Timwek, Kemeut a Rubet. Kiboisaanyun Temik en kibagenge en kerenyuan ak kotete bandabtai ku minetab ketik ak koletab minutik. Kitoo TIST ortinuwek ak koborunoik che kimuchi kengalalen agobo tililindo (kou HIV/AIDS) konetisiet ak omituwogik.

En arawet ne kosirto ko kiyamuch oiti tuiyetab Tist nebo Carbon Africa Forum ne kitoreti UNFCCC, Nairobi Framework Partnership, UNDP ak alak chechang. Tuyosiek chon ko kigiyoen Conotou, Benin in West Africa. Kiya ngalalen agobo **Co-benefits of climate Action on the Achievement of SDG**. En yoton ko kiyongen ole biik che kimiten yoton komuche kongalalen agobo kobwate ne tononot nebo bandabtai, Kiyonyorunen naet ye kinonyon ogetigei. Osome ole kigochingei wolutik chuton bo kabwatet anan keret nebo TIST en betusiek che bwonei

Keretab Tononetab Bandabtai, ne naat kole imutech ketech Nguwondoni komiten chuton ko Agenda chebo Tononetab bandabtai ko kinyor kerutik 17 che imutech kot koit kenyitab 2030. Ako titye tokinet ab ge en kwenunywany. Tononjin united Nationen komoswekab ngwony komiten emotinwek 193.

Kerutik choton ko 17 ago miten kouni:

Keretab. I. Motimiten bananda.

- Kigebos bananda ago agenge en oeng kongeten 1990, kou 1 en biik 5 konyoru che miten ngwony en \$1.25 an betut.
- Kiit neibu bananda koye monyor kii ne chutu anan ole kisigen. Yon monyor chii kou somanet, rubet, ngalalet, ngalalet en biik ak en kabwatet en kii ne imoche.

- En kobokorisiek ko nyumnyum kobe komonunet kou somanet ak imuchi kotoretyon koik chi ne nyigis.
- Ye nyor ibinda age bananda komuche koyesta en komoswek chechang. Missing kobutyin kebebtab lagok. Amun tityei en kou; somanet, tililind, omitwogik ak komonyoru ribset. Moityin konyor mogutik chebo kimugul met en sobenyin tugul.

Nee kiit ne kiyai temik en TIST...

- **Chechang en temikab tist ko kikoyai imbarenikwak konyorunen tukuk chemongerin kou (CF), minetab ketik ak rurutik, chechang en imbarenik ko kikonyor okwoindo nebo ngungunyek**
- **waletab kandoinatet ak konunetage en TIST, en murenik ak kobokorisiek ko kinyor borotet ak boroinde nebo boisiet.**

Keretab 2. Momiten rubet.

Momiten rubet ye kinyoru omitwogik che imuchi koribech ago che tityei kimnotet komuche kogochi kimnotet agobo kolset.

Nee kiit ne kiyai temik en TIST...

- **Chechang en temik chuton ko kigo-omta agobo(CF), ko mwoe icheget kole nyorunen borotet neo missing.**
- **En betusiechu ko kigomin logoek biik en chongindo niton kogochin konyor omitwogik che kororonen ago chegimen.**

Keretab 3. Tililindo ak ribet na kararan

En niton konyor ibinda age tugul tililindo ago itin konyor yamet en tuguk che kororonen.



Nee kiit ne kiyai temik en TIST..

En seminaisiek ak konetisiosiek en kilastaisiek koityin konetisiet kou; HIV, AIDS, malaria, omitwogik, tililindo ko nyoru chi ne mogingen.

Keretab 4: Somanet nebo barak

Igochin chitugul en ole miten konyor somanet ak kogiletagei ak boroinde.

Nee kit ne kiyai temik en TIST..

- **En ngalaletab biik chechang komwoe kole kigotoret ichek rabisiek chebo ketik en lagokwak en somanet ak konetisiet ne kikonyor chechang.**
- **Kinyorunen alak kelchin en Mazingira bora.**

Keretab 5: Kogimitetab kwonyik.

Kinyor kwonyik ak tibiik kimnotet ak boisionik en koyometabgei.

Nee kiit ne kiyai temik en TIST..

- **En kurubisiek, kilastaisiek, GOCC ak LC ko enchuton tugul komiten waletab kandoindet en biik tugul konyor kimnotet.**
- **Tinye kwonyik boroinde koboisiechi biik en utugul en boisiet.**

Keretab 6: Beek chetililen ak tugul che kiboisien.

Ribetab beek ak ole kiboisio to en kasarta age tugul.

Nee kiit ne kiyai temik en TIST..

Chechang en Temik che kiit imbarenikwak onosiek ko kigonyor ribset imbarenik ak konyor beek che kororon ak kotesak beek en onosiekwak. Tinye temik koyometab ngalek ak biik alak.

Keretab 7: Boisietab kwenik ak tuguk che kiboisien.

Miten maisiek che keboisien ago che kororonen che konu kenyorunen tililindo en abogora.

Nee kiit ne kiyai temik en TIST..

- **Ye kingoit Tist jikosiek che kiboisien, kocham temik amun momiten barak missing oliyet. Ago toreti en kwenik amun boisien che ngerin.**
- **En amun tinye temik ketik koitin kochor temenik ak koboisien.**

Keretab 8: Boisiet ak kelunoik che kinyor.

En nito kogochin tononet, ak kobarait kelunoik en biik ak konyor biik boroinde en tuguk alak.

Nee kiit ne kiyai temik en TIST..

- **Tinye temik kiboitinik 150 cheboisiechin en imbarenikwak.**
- **Tinye ketik chebo logoek chenyorunen melekwek, segemik, kwenik.**
- **Tinye kora rabisiek che nyoru en ketikwak.**

Keretab 9: Musoknotet, Tounik ak Tesosiek.

Miten anyun teksosiek ak kogimitetab tuguk che kigetoo ak ngalalet nebo musoknotet ne miten barak missing.

Nee kiit ne kiyai temik en TIST..

Keitigei en ngalalet ko nyumnyum en murenik ak kwonyik kobo neranik. Kigetoo kaumetab koristo (Carbon) miten kora minutik che konu rabisiek ak en let konyor imbarenik ribet ne kararan.

Keretab 10: Boisietab koyometabgei.

Bose melekwek che chutu en echek ak en emotiinuek alak.

Nee kiit ne kiyai temik en TIST..

- **Tinye neranik ak kuwonyik toretet koyob temik noton kotogunen en tuyosiekab kilasta.**
- **Melekwekab ketik kotoreti temik ye nyoru rurutik chechang ye ribe imbarenikwak.**

**Keretab 11: Tononetab to-onisiek ak Bororosiek.**

Kigochi to-onisiek ak kimugulmet mengot, ribset ak magutik chemiach.

Nee kiit ne kiyai temik en TIST...

- *Itinge temik ak biikab boror en toretosiek.*
- *Igimite tolochigab tist chi tugul.*

Keretab 12: Ribetab amituwokik ak ole kisigen.

Nyolu komiten ribet ne kararan ak kosibet agoboniton.

Nee kiit ne kiyai temik en TIST...

Tinye temiik imbarenik okwoen en toretetab (CF) boisien keturek, minetab minutikak ketik konyorunen omituwogik.

Keretab 13: Waletab Emet.

Ibi boroinde neo missing en tetetab watetab emet amun miten korisuwek che ngeme emet, ak koboisien tuguk che mongeme.

Nee kiit ne kiyai temik en TIST...

- *En inguni kotinye temik tugul en tist ketik chesire 16+ million che toreti en waletab emet.*
- *En ketik che miten kotinye konoruwetab tannisiek 3.5M che bo koristo ne yaa.*

Keretab 14: Sobet ne miten Beek

Ribet ak koboisien kou nyochosiek, onosiek che echen ak tuguk chegonu mogornotosiek chebo bandabtai.

Nee kiit ne kiyai temik en TIST...

En temik che chang ko kigomin ketik che nomege ak beek ngeusiek ak ole bune beek.

Keretab 15: Sobet en Koret.

Nyolchin kerib kegonorchi, kerib timwek, kerib melewet komatesak ak kerib mengotosiek chebo tiony ak ketik.

Nee kiit ne kiyai temik en TIST...

Kigomin temiik che chang chebo ketik chetoreti mengotosiekab segemik, timwek ak kowech imbarenik che kigage musuch koboisien konyor omituwokik.

Keretab 16: Kaliet, imanda ak ole somonen kipsomaninik.

Kigimit kalyet ak keribchi biik imandanyuan asi konyor bandabtai ak konyor chi tugul naenyin kou ole kaimuch.

Nee kiit ne kiyai temik en TIST...

Boisie temik ak bororiosiek che chang kogimitetab tolochigab TIST.

Keretab 17: Koyometab kibagengeisiek en keroniton.

Kogimitetabge en tuguk che kimoginge en bandabtai.

Temik en TIST...

Boisie tist ak toretik kou, Kenya Forest Service, Taylors of Harrogate, Freshfields ak USAID.

En anyun kenutichuton kainyori, kemoche igonech kabuwatengung ne noton kit ne giya kurubit ago monyuru en chu 17.

Kimoche kora igonech naengu ole imuchi kotoretito temik anan ko konetisiet ne momiten en chuton asi kimuch kenyorunen melekwek che miten barak.

Ongalalen en tuiyetab kilasta as komuch koyok kiboitiyot nebo kilasta.



“Ketikab logoek kotinye borotet neo kol che chang en imbarengung” mwoe Daniel Gichingiri.

Temik che chang en TIST koboiboenchin minetab ketikab logoek. Daniel ko agenge en kurubit ne chome boisiet.

Kurubinyin ko New Nature Perfection koyob Burguret kilasta 2008 KE 2615.

Mwoe Daniel “ en kenysisiek 3 che kogobata ko kogomin ketik 100 en imbaret 0.5 acre. Miten ketik 97 che sobtos en kenyit ogese konyil (3) ole onyuru logoek (30) en ketit. Logoek ko yoe komie en olinyon. Otinye maget amin ates amun onyorunen logoiyat KSH 15”

Igimiti TIST temik komin ketikab logoek amun tinye bosetab koristo ak melekwek kou Daniel.

Tinye Daniel kogimitetab ketikab logoek

amun motinye boisiet neo nebo kerichiek moche kiyo keturek ak beek. Tinye logoek tesetab omituwokik en kaa ak kogonu rabisiek.

En noton kora kotinye Daniel Avocado, maembe che konye koiti keset.

By Eunice Wambui



Daniel komiten inbarenyin nebo logoek.

Kagumo ko kurubit nebo TIST. Kitinye Boiboyet amun kigimin ketik en kimnotenyon.

By Peter Mithiru

Echek kurubitab Kagumo 2008 KE 274, kiboibo amun kitinye amdaet ak temik en TIST. Kilasta nenyon ko Nganoini ne kibcheunege Muruku Pesi Kilasta en Nyahururu Region.

Kitinye en unguni ketik 3,900 chebo logoek kipkaa ak chemobo kipkaa. En tugul ketinye kabeti nenyon.

Kitinye kayanet kele en ketik che miten ko tun kinyorunen kelchin en betusiek alak. Ongemin ketik en chongindo. Kitinye kabeti nebo kasari ago motaginye robta neo.

Kimwochin kongoi kondoik chemiten kou; George Katuma – 0711 813 538, Rosemary Muchina – 0716 140 042 ak Harun Kihia – 0706 162 936. Agot imoche inai agobo TIST ongalal ak agenge en chu anan ko – 0722 896 086 Peter.



Ole kimuchi ketononchito kilasta asi konyor borotet en Tetet ak en boisiyonik.

Kurubisiekab TIST ko kigoyai boisionuk chechang cheu minetab ketik ak kogimit koletab minutik. Ole miten boisiyonik ko kararan ingetoo kokwoutik chebo boisiet. Tinye boroindo chi tugul en kurubit komwa ngolion agobo borotet ne nyoru en wigit. En TIST kenyorunen konetisiet ole imuchi itounen kokwoutikab boisiet toreti kurubit obchei ak biik en tuiyetab kilasta.

Kokwoutik chebo boisiet kouni:

- Kotiye kiit ne nin.
- Kiit netogu.
- Kiit ne tiye kanamet ak kongesunet.
- Kerile kokwoutiyoniton kenyoru ak ago kiitin!

Koborunet kouni, ingo mwua chi gole omine ketik komomiten kiit ne gayai. Ago ingot kole omine ketik 75 en wigini en imbar niton ko kokwoutiyet amun kinyoru ko min ketik 75 en betusik somok. Amun tinye ganamet ak kongesunet.

En kongesunetab tuiyet kigochi chi tugul komwa en choginet agobo boisiet.

- (1) Ingomwochi kurubit agobo wigit ne kogobata.
- (2) Komwa kiit ne koyai.
- (3) Ingotechi biik boisiet ne nyone.

Angot koboren chito agenge en kurubit konyorunen borotet biik tugul. Amat kesosi chi kabwatenyin ak kerenyin. Ye tesetai kouniton kotese kogimitu kilasta ak ko nyiganit chi tugul.

Kokwoutik ak tetetab boisiet:

Miten kora oret negimuche keboisien en kurubit kounni.

Toginet En arawani ketinye maget kemin ketik 1000 en Dispensary nenyonet.

Tinye koiitet - ketik 1000 che kemine.

Chegitinye |Chebitu En wigisiek mut kemine ketik 1000,100 en kila kasitab oeng ak angwan kasi mine chi tugul ketik 10 en betut.

Besietab betusiek Miten kanamet ak kongesunet amun kimuchi kigesu minet en 15-30 oct.

Tinye keret Amun kere biik boisiyonoton betut ak en wigit komugul.

Niton ko toretet nebo kokwoutik ak kosibet nebo boisit en toginengung:

1. **Nee** - (Amin ketik 1000)
2. **Ngoo** - (Biik chebo kurubit)
3. **En ou** - (October 15-30)
4. **En ono** - (en Dispensary)
5. **Betut oinon** - (Oeng ak angwan kasi kebole keringonik ak keminse betunoton)
6. **Amunee** - Asi kimuch ketoret kewegun itondab Emet ak konyor biik uronok ak

Toek che kabuwa Dispensary.

Ongeyonyen keyai tetab boisiet en tuyosiek tugul che kiitini agot en korikyok.