

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
W W W . t i s t . o r g

English Version

TIST is an innovative, time - tested,
afforestation program led by the
participants.



Suguroi TIST Cluster in Laikipia County during their monthly meeting on 19-11-2019

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TIST: Greenhouse Gas Business.

Growing trees absorb carbon dioxide through photosynthesis. Carbon dioxide is one of the 'greenhouse gases', which captures the sun's radiant heat inside the Earth's atmosphere helping to maintain the temperature of the Earth's surface. Some scientists think the Earth is getting hotter and hotter which can be very damaging. This is called the Greenhouse Effect, which causes some areas of the world to experience more flooding, more drought or desertification.

The burning of fossil fuels like oil, coal and natural gas produces carbon dioxide. Because trees absorb carbon dioxide, they help reduce the Greenhouse Effect. Governments and large industries in many countries want to reduce their emission of carbon dioxide so that the Earth does not heat up as much.

TIST Quantifiers count and measure the

trees we plant so that TIST can work out how much carbon dioxide the trees absorb. The unit of measurement is called a carbon credit and is equal to one tonne of carbon dioxide absorbed. Companies and Governments can then buy 'carbon credits' meaning they can pay for trees to reduce their carbon dioxide emissions.

We must have honest and accurate data on trees to sell these credits to a buyer. The carbon credit money can help groups to be even more productive, effective and start new projects. TIST groups get paid \$20 for each 1000 trees each year (roughly 2.00 Kshs per live tree per year). The greenhouse gas payments are not the only benefits a Small Group receives because the trees are worth 10-40 times as much as money received from the greenhouse gas business.

**TIST Farmers - let's plant more trees!
Together we achieve greater benefits.**

TIST Farmers Combat Global Warming and Climate Change.

TIST farmers have responded to a global call to combat global warming and climate change. Many farmers have sought understanding through TIST seminars/trainings and at cluster meetings to learn and understand more about global warming, its effect on the climate, and mitigation approaches. We see many impacts of climate change today. Just to illustrate a few instances of impacts, the El Nino floods of 1998 that ravaged most of the country and the long drought that followed, and the strong hurricane of 2004 were likely intensified by global warming. Other notable illustrations are the gradual wearing off of the glaciers at the peak of Mt. Kenya, unpredictable weather patterns that have resulted in crop failures in many areas, drying of water springs and water catchments areas, among many others.

This month's newsletter will share training notes from seminars so that we all can understand global warming and climate change better. We will begin by defining each term and explaining it further and then learn how your trees play a significant role in mitigating the effects of global warming.

What is Global Warming?

Global warming refers to an average increase in the Earth's temperature, which in turn causes changes in climate. A warmer Earth may lead to changes in rainfall patterns, stronger storms, a rise in sea level, crop failures, and a wide range of impacts on plants, wildlife, and humans. When scientists talk about the issue of climate change, their concern is about global warming caused by human activities and the extremes of climate and weather variability this brings about.

Is the Earth getting warmer?

Yes! The Earth has warmed by about 1°C over the past 100 years. Many of the world's leading climate

scientists think that things people do are helping to make the Earth warmer, such as burning of fossil fuels including coal, petrol, and natural gas, and cutting forest and managing land poorly.

What is the Greenhouse Effect?

The greenhouse effect is the rise in temperature that the Earth experiences because certain gases in the atmosphere, called greenhouse gases, like carbon dioxide, nitrous oxide, sulphur dioxide, and methane trap energy from the sun. Major sources of carbon are deforestation, gases emitted from industries, gases emitted from motor vehicles, gases emitted from burning of wood fuel or charcoal and burning of forests.

What are the dangers of Global Warming?

- Severe water stress in the arid and semiarid land areas would result in more areas becoming desert.
- Increased spread of diseases like malaria. As areas become warmer, they become suitable breeding grounds for mosquitoes, and increasing risks of malaria infection. Many families and health institutions can be impacted, average life spans decline, and infant mortality rates rise.
- Decreased agricultural production in many tropical and subtropical countries, especially countries in East Africa. Due to decreased rainfall and increased breeding of pests due to increased warming, the production of food crops may decrease, and this results in poverty and hunger among many families and communities.
- Higher worldwide food prices. As more farmers get less yields and food supplies become scarce, the prices increase because the demand is high, and supply is low.
- Major changes in the productivity and



composition of critical ecological systems particularly forests. Water catchment areas in the mountains and forests continue to dry up. This will affect the ability to irrigate crops and will reduce stream flows necessary to keep dams and reservoirs replenished. This will reduce generation of hydroelectric power. Our industries, hospitals and other institutions that heavily rely on electricity will be severely affected. The supply of piped water to urban areas, as well as rural homes, will also be affected.

- Tens of millions of people at risk from flooding and landslides, driven by projected increases in rainfall intensity and in coastal areas, rising sea levels.

How can I prevent Global Warming?

Plant and care for trees!

As mentioned above, carbon dioxide is one of the gases that cause global warming. Trees absorb carbon dioxide from the air during photosynthesis and store it in the wood, roots and soil as cellulose carbon. However, when trees are cut and burned, they release the carbon they had stored back to the air.

Did you know each tree could create a microclimate?

Trees and their cover cool the surface of the earth. Feel the comfort of the shade of a tree. Notice that the soil below is moister than where the sun bakes it with no shade. When the ground stays cooler, the ground holds more moisture longer. This means that trees on your land will help improve the amount of water in your soil and help retain it for a longer time. This will help your crops and also even help the water users in your area.

What are carbon credits?

To make a TIST carbon credit requires three things:

- 1) A real and additional reduction in the carbon dioxide (CO₂) being emitted to the air;
- 2) A promise to keep the carbon out of the air for many years;
- 3) A Verification by an independent third party that certifies that the actions have taken place according to all the rules.

Trees absorb carbon dioxide from the air during photosynthesis and store it in the wood, roots and soil. The amount of carbon taken from the air and stored can be measured and calculated, and then, when verified as accurate, this absorption of carbon dioxide can be sold on the world market as carbon credits. Buyers can purchase these credits to offset their carbon dioxide emissions.

TIST is able to sell the carbon absorbed in trees just like producers sell sugar and milk. With carbon, however, you don't ship the tree to the market. Instead, the value is from the carbon taken out of the air, kept in the tree on your farm or forest, measured and reported. The trading of carbon credits can be done in New York, Chicago, London, and other cities globally, or it can be arranged between people or companies directly. We have to meet the market rules and requirements. We cannot clear forest or cut trees to

plant trees since this is bad for the environment. We have to commit to keep trees in a grove growing for the long-term, 30 years or more. We have to report data accurately. Once trees are planted, some measurements and calculations are made to measure the amount of carbon TIST farmers trees have absorbed. Note again, trees are never actually taken to the markets. They remain in the shambas and the longer they stay alive, the longer the period of receiving payments. So, the farmer keeps the trees, the fodder, the firewood, and the fruits and the nuts. The money that TIST makes selling carbon offsets creates a new source of income and is then shared with TIST Small Groups and used to support the costs of TIST, including training, quantification, and management.

Do all trees absorb the same amount of carbon?

No, trees with wider circumference (more biomass) store more carbon than trees that are thin. Taller trees also absorb more carbon than short trees. Therefore, trees that are thick will bring more income from carbon credits. This means trees planted with good spacing have a chance of growing big and tall and earn more carbon income. They do not compete for soil nutrients and water as much as trees that are closely spaced. Therefore, in order to receive good payments out of our trees, it is important to plant them in a good enough spacing that will allow them to grow healthy, tall and big. Thinning some of the trees to harvest firewood and keep the other trees growing well is usually the best way to manage your trees.

Where/who are the buyers of carbon credits?

Currently, carbon credits are sold on voluntary markets and in compliance markets. They may be certified in different ways, just as there are different brands and certifications for other products you buy and sell (like coffee, and organic coffee under different labels). TIST could market its carbon credits on the compliance or the voluntary market because they are of high quality.

There are many different standards in these markets with different and ever-changing rules about tree planting, monitoring, and reporting that we must meet to sell carbon offsets. We use the highest quality standards for the Validation and Verification — the Verified Carbon Standard (VCS) and the Climate, Community, and Biodiversity Alliance Standards (CCBA).

TIST has two basic types of buyers:

The first is made up of people willing to give money to encourage people to plant trees. Examples include paying for tree planting projects to make a wedding or a conference carbon neutral. The second type is made up of companies in the US, Europe, Canada and other industrial countries that are making voluntary commitments to reduce their GhG emissions, either because they are good stewards of the environment, or they are preparing for future regulatory requirements.

TIST is very happy to have good quality carbon credits, and to be able to supply many different customers.



HIV & AIDS: Caring for PLWHA.

PLWHA stands for 'People Living with HIV and AIDS'. In this article, we will be discussing the topic of looking after PLWHA at home by caregivers.

Remind people that the best way to prevent complications is to encourage people to be diagnosed early through HIV testing and to start ARV medication at the time the doctor advises. This information is for when caregivers are looking after PLWHA who have some medical complications. This article is not designed to scare people, and not all PLWHA will develop these complications. In fact, much of the advice given below is useful knowledge for looking after people both with and without HIV. They are based on good home nursing practices.

Giving proper care to PLWHA when medical complications arise may take a lot of love, patience and self-sacrifice. However, the right care can significantly increase both the quality and length of life of the patient. Anyone who is committed to the patient is able to look after him or her at home. However, some guidelines must be followed to make sure care is given in the best way.

Best practices while providing care to protect both the caregiver and the patient

Caregivers have a very low risk of being infected with the virus from the patient they look after if they follow some commonsense principles. Here are some general guidelines written for caregivers:

- Wash your hands with water and soap before and after doing any tasks.
- Cover any scratches or wounds on your body (especially on your hands) with a plaster before providing care to the patient.
- If blood, vomit or feces spill on the bed or the floor, you should wipe them up carefully using gloves and diluted bleach if available. The gloves should be made of rubber and should be washed carefully after each use. If gloves are not available, you can use small plastic bags. Wash your hands afterwards as well.
- Clothes or any articles soiled with the patient's body fluids should be placed in boiling water and left there for 20 to 30 minutes before they are

then washed and hung for drying.

- Pieces of cloth and bandages from wounds or boils should be burned.
- Items used for cleaning, such as cotton wool and toilet paper should be put down the pit latrine or burned.
- Collect all needles and sharp objects in a box and take to the nearest health centre for proper disposal.
- Wear gloves when you are touching items that have been in contact with infected body fluids.
- If you accidentally come into direct contact with the patient's blood or body fluids wash the area with water and soap. If the area is bleeding, allow it to bleed for a little bit. Remember the risk of transmission is only if the infected body fluid enters your bloodstream. Intact skin is a good barrier. However, if you think the body fluids may have entered your bloodstream, for example through an open wound on your skin, get advice from your local health worker.

Home cleanliness

Long-term patients and especially those with HIV & AIDS are susceptible to infectious diseases. It is therefore important for patients and caregivers to observe strict cleanliness in order to reduce the chances of contracting these diseases, especially diarrhea.

Patients and caregivers should make a habit of washing their hands before preparing food and before eating.

- Hands should be washed with water and soap after using the toilet.
- Utensils for food should be washed with water and soap.
- Cover the mouth when coughing or sneezing.
- Spitting should be done into a container set aside for that purpose. The container should have a lid and you can place some ash in it. Empty the contents into a pit latrine and clean the container with hot water and detergent.

If the patient is taking ARV's, help the patient to take the drugs at the right time and in the right dose. This is the best preventative measure. Always monitor the patient and refer to a health facility if things appear to be getting worse.

The following table is a guide on how to treat patients at home according to the illness they have.

Symptom	Home care
Fever	<ul style="list-style-type: none"> • Take off unnecessary clothes and coverings. • Put the patient where there is plenty of air. • Wipe the patient with a cloth moistened with warm water. Give the patient water, porridge or tea to drink. • Give Paracetamol 500 mg tablets: 2 tablets every 4 hours but not more than 8 tablets per day.
Cough	<ul style="list-style-type: none"> • There should be enough air in the room. • Encourage the patient to sit or walk around if possible, rather than lying down. • Shield the mouth with hand when coughing. • Give plenty of fluids and citrus fruit. • Try lemon tea with honey. • Medicated cough mixture may help.



Difficulty breathing	<ul style="list-style-type: none"> • Treat any cough (see above). • If the nose is blocked, try using steam and menthol or eucalyptus leaves to clear the airways. • Help the patient find a more comfortable position. Often sitting is best, with pillows for back support. • Drink plenty of water.
Mouth ulcers	<ul style="list-style-type: none"> • Keep the teeth brushed. • Avoid very hot, very cold or spicy foods. • Rinse with saltwater after eating and before bed (a pinch of salt in a glass of water). • Mix two tablets of aspirin in water and rinse the mouth (spit the solution out) up to 4 times a day.
Nausea and vomiting	<ul style="list-style-type: none"> • Make sure the patient has plenty of clean air. • Try to eat small amounts of plain foods such as boiled potatoes, cassava etc. • Drink water, tea or juice slowly and frequently. • Some ARV drugs are better taken with food, but not all – check with your health centre.
Diarrhea	<ul style="list-style-type: none"> • Drink plenty of clean water or liquid foods such as soup, porridge, black unsweetened tea and juice. • Take oral rehydration salts (this can be made by dissolving six teaspoons of sugar and half a teaspoon of salt in 1 liter of cooled boiled water). • Drink liquid foods with no sugar added • Eat starchy foods like Ugali, cassava • Potatoes, plain rice, plain bread, dry biscuits, bananas and tomatoes are good to eat as well. • Try 5-6 small meals rather than 3 larger meals <p>Avoid:</p> <ul style="list-style-type: none"> • Fruit and vegetables, except bananas and tomatoes • Dairy products, including yoghurt • Spicy foods • Greasy foods • Coffee and alcohol • Raw foods <p>Normal breastfeeding of a child should continue. If passing stools is painful put some petroleum jelly on the rectal area.</p> <p>Help prevent diarrhea by:</p> <ul style="list-style-type: none"> • Always boil water for drinking. • Keep drinking water in clean and covered utensils. • Always wash hands with water and soap before eating and after using the toilet. • Patient should always be given properly cooked food. • Leftovers should always be properly heated before they are consumed. Leftovers should only be re-heated once.
Dry and itchy skin	<ul style="list-style-type: none"> • Wash with mild soap and water • Keep dry in between washings • Avoid strong soap and detergent. • Apply oils like Vaseline, coconut oil, vegetable oil, glycerin etc. • In the case of itchy skin, cooling the skin and fanning it may provide some relief. Avoid scratching and apply Calamine lotion. • Tea leaves soaked in hot water may be good for itchy skin. • If possible, ensure the diet contains eggs, green vegetables, pumpkins, and pawpaw.
Scratches/small wounds	<ul style="list-style-type: none"> • Wash with clean water. Apply an antiseptic if available.
Sores and Boils	<ul style="list-style-type: none"> • For small sores and boils wash with salty water and allow to dry. • If very painful give Paracetamol or aspirin. • Applying ripe pawpaw flesh may help soothe the area.
Headache	<ul style="list-style-type: none"> • Some headaches are caused by tension and massaging the scalp may help. • A general guide for managing minor pain is as follows: Give 2 tablets of Paracetamol (500 mg per tablet) every 4 hours, and aspirin (500mg per tablet) or ibuprofen (400 mg per tablet) at night.



Wounds or discharge from the penis / vagina	<ul style="list-style-type: none"> • Wash wounds with saltwater and soap then dry them with a clean cloth. • These signs may also be due to sexually transmitted diseases. It is good to take tests at a clinic to check for these diseases and take the appropriate measures.
Mental confusion	<ul style="list-style-type: none"> • Sharp objects like knives and machetes should be put out of reach of the patients for fear of harming themselves or others. • The patient should be supported when walking • The patient should not be left alone in the room. • Keep drugs out of reach of the patient.
Bed ridden	<ul style="list-style-type: none"> • Turn over patient in bed after every two hours to avoid bedsores. • Get help to lift the person to move. Do not drag the patient on the bed. • Remove folds on beddings. • Change wet or soiled beddings without delay. • Wash body with water and soap daily. • Observe oral cleanliness daily by brushing teeth or gargling with saltwater. • Help the patient do body exercises such as moving the joints at the wrists, elbows, shoulders and knees. • Check for bedsores. See section on sores and boils for treatment.

The above guidelines are for managing minor illnesses. If symptoms get worse then help should be found from a health facility. The following are some of the signs which indicate the attention of a doctor or nurse is needed:

- Very painful sores
- Deep wounds or abscesses
- If skin problems such as rashes and itchiness spread over the body and especially if it reaches the eyes
- Infected wounds (red, swollen, containing pus) accompanied by fever
- White patches in the mouth that can be scraped off
- Pain and difficulty when swallowing
- Nausea for more than two weeks
- Vomiting for more than 1 day
- Abdominal pain
- Yellow eyes
- Diarrhea lasting more than 5 days
- Blood or mucus in the stool
- Chest pain and fast breathing
- Fever for more than 7 days (or immediate attention if you suspect malaria)
- Blood in sputum
- Any fever accompanied by a cough, diarrhea, stiff neck or yellow eyes
- Slurred speech
- Headache for more than 24 hours
- Sudden change in behavior
- Weakness in just one side of the body
- If pain is too severe to manage with basic painkillers
- Any symptom that lasts for more than two weeks should be checked out.

Caring for the terminally sick

When it has become evident that the patient is in the last days of life, it is important that all concerned (patient, family and friends) should be prepared to accept the imminent death and know how to continue with life after the patient has died.

The patient should sit or sleep where he / she is not going to be disturbed. Reduce pain as much as possible. There may come a stage when the healthcare worker

suggests stopping some medication. Normally if the patient has TB then that medication will continue. Keep the patient and surroundings clean all the time. The patient should be asked what he / she needs, and these should be fulfilled as much as possible. Continue to listen to the patient. Listen to their thoughts, feelings, worries and hopes. Speak words of comfort and wise counsel. Try to help the patient understand what he / she is feeling. Tell the patient they are loved and will be remembered. If the patient wants, he / she should be assisted in his / her funeral arrangements, preparing the will and thinking through any issues to do with who will look after children etc. Provide physical contact such as holding hands. Pray with and for the patient if the patient desires. After the patient has died, you as the caregiver and the close family and friends may need to have time and space to grieve. This process can take months or years and requires patience and seeking help when needed. Talk about your feelings with trusted friends. Try not to rush big decisions at this time. Help children know they will still be loved and cared for.

As a final thought for this article, remember that the caregiver also needs to look after himself or herself:

- Looking after someone at home is hard work and not always easy at all.
- Often the sick person may be frustrated and take out their anger on you.
- They may not mean everything they say during this time, so try not to react too much.
- Try to get people to come and help so that you can take breaks. No one can work all the time without a break, and to give yourself the strength to keep serving the patient you need to look after yourself.
- It is not selfish to take time away when you need it – it is an important part of ensuring you have the energy to keep strong yourself.
- Remember to look after your own health by eating well and taking exercise and making time to be with your friends and community support structure.

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Kimereu Version

*TIST is an innovative, time - tested,
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Suguroi TIST Cluster kutoka Laikipia County wakati wa mkutano wao wa kila mwezi tarehe 19-11-2019

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Arimi ba TIST nibakurua na Kwongeraka kwa murutira jwa nthi na kugaruka kwa rera. Page 2

HIV & AIDS: Kumenyera PLWHA. Page 4



TIST: Biashara ya ruugo ruruthuku.

Kuanda miti nikujukagia ruugo rwa ruruthuku rwa Carbon dioxide gukurukira kuthithia irio. Carbon dioxide ni rumwe rwa ruugo ruria rwitagwa rwa 'greenhouse' (antu gukunikenue), ruria rugwatagia mwanki jwa riu ndene ya nthiguru na gutetherie gwika mwanki jwa nthiguru. Athomi bamwe nibathuganagia ati nthiguru nikugia mwanki nkuruki na nkuruki untu buria bumba kwithirwa buri bwa kugitaria. Bubu nibu bwitagwa 'greenhouse eefect', untu buria butumaga guntu kumwe ndene ya nthiguru kuur mbuura iria igutuma kuigara, na namwe gukaaga mbura na gukooma

Kuithia kwa into bimwe ta beteroli, makara na bingi nigwitaga ruugo rwa carbon dioxide. Niuntu miti nijukagia carbon dioxide, niitethagia kunyiyia untu bubu bugwitwa "greenhouse effect". Thirikari na kambuni inene ndene ya nthiguru inyingi nicikwenda kunyiyia kuthithua kwa carbon dioxide nikenda nthiguru itagie mwanki jumwingi.

Atarimiti ba cluster nibataraga na kuthima miti

iria tuandaga nikenda TIST yumba gutara ni ruugo rung'ana rwa Carbon miti iu ikujukia. Carbon iu ithimagwa na gintu gigitwa "carbon credits", nan i umwe na kilo ngiri imwe cia ruugo rwa carbon ruria rujukitue. Kambuni na thirikari riu nocigure carbon credits iji kuuga no iririire miti nikenda inyie uriti bwa ruugo rwa carbon.

No mwanka twithirwe tujukitie mantu jamma na jario jegie miti nikenda tuumba kwendie credit iji cia carbon kiri muguri. Mbeka kuumania na kwendia guku no itethie ikundi kuumba kuthithia mantu jamaingi nkuruki, kurita ngugi uria bibati na kwambiria miradi imieru. Ikundi bia TIST nibiriagwa mirongo iiri kiri o miti igana o mwaka (ni akui umwe na shilingi 1.8 kiri o muti juria juri mwoyo o mwaka). Mbeka iji cia ruugo ti baita yonka iria ikundi bibinini bionaga nontu miti iri na baita maita ikumi gwita mirongo inna nkuruki ya mbeca iria ciumanagia na biashara iji ya kwendia ruugo.

Arimi ba TIST – tuandeni miti ingi! Amwe tukinyire baita inene nkuruki.

Arimi ba TIST nibakurua na Kwongeraka kwa murutira jwa nthi na kugaruka kwa rera.

Arimi ba TIST nibaigitue na bacokia kiriro kia nthiguru gia kurua na murutira jwa nthi na kugaruka kwa rera. Arimi babaingi nibacuete kuelewa gukurukira semina na moritani ja TIST nan dene ya micemano ya cluster nikenda bathoma na belewa kwegie murutira juju, jaria jwijanagia najo, na jaria tuumba kuthithia nikenda tujwebera. Nitwonaga mantu jamaingi jaria jaumanitie na kugaruka kwa rera narua. Kwonania ming'uanano imikai, ngai ya Elnino ya mwaka jwa 1998 iria yathukiria akui nthiguru yonthe na mpara iria yathingatire, na kiurutani kia mwaka jwa 2004 kiria kiongerere murutira juju nainya. Ming'uanano ingi iria ubati kumenya ni kunyia kwa nkamia iria iri mulima Kenya kuria kwonekete, rera itikuumba kubangirwa iria itumite imera bithuuka ndene ya ntuura inyingi, kunyara kwa ithima nan aria kugwatagia ruuji, amwe na mantu jangi jamaingi.

Gatheti ya mweri juju nikugaana moritani kuumania na semina nikenda tuumba kuelewa murutira jwa nthiguru na kugaruka kwa rera bwega nkuruki. Tukaambiria na kumenya o riitwa ririuga atia na kueleza nkuruki na riu tuthome uria miti yaku iritaga ngugi ikwoneka kiri kunyiyia magitari jaria jaumanagia na kurutira kwa nthiguru.

Kurutira kwa nthiguru nimbi?

Kututira kwa nthiguru ni kwongereka kwa mwanki ndene ya nthiguru, kuria kuretaga kugaruka kwa rera. Nthiguru irina murutira nkuruki no irete kugaruka kwa mbura, biurutani birina inya nkuruki, kwongereka kwa ruuji iriene, kuthuka kwa imera, na magitaria jamaingi kiri imera, nyomoo cia kithaka na kinya kiri antu. Riria athomi barairia kugaruka kwa rera, wasiwasi yao ni mono kwegie kurutira kwa nthi kuria kuumanagia na mantu jaria jathithagua ni antu na kugaruka gukunene kwa rera kuria kuumanagia na bubu.

Ka Nthiguru igwita na mbele kurutira nkuruki? Ii! Nthiguru niongerokete kimwanki nauu 1°C ndene ya miaka igana iu ikurukite. Babaingi ba Athomi ba science baria batongeretie ndene ya nthiguru nibathuganagia ati mantu jaria antu bathithagia nijatethagia kurutiria nthiguru, ja kuithia into ja makara ja maguta, beteroli, ngasi na kugiita miitu na kumenyeera muunda bubuthuku.

Greenhouse effect nimbi?

Iji ni kwongereka kwa mwanki juria nthiguru igagua niuntu ruugo rumwe, ruria rwitagwa ruugo rwa greenhouse, ja carbon dioxide, nitrous oxide, sulphur dioxide, na methane nirugwatagia mwanki jumwe kuumania na riu. Biumo biria binene bia carboni ni ugiti miitu, ruugo ruria rurekagua kuuma viwandene, ruugo kuumania na ngari, ruugo kuumania na kuithua gwa nkuu kana makara na kuumania na kuithia miitu.

Kurutira kwa nthi kuretaga magitari jariku?

- ♦ Kwaga ruuji ndene ya ntuura injumu (ndwanda) kuria kuumba gutuma ntuura inyingi nkuruki ikaa rwanda.
- ♦ Kwongereka kwa gutamba kwa mirimo ja rwagi. O uria ntuura cirutagira, nou ciejaga injega cia guciarana kwa rwagi na kwongerwa kwa kuumbika gwa kuajua ni rwagi. Nja na cibitari inyingi no citongwe ni jaja, miaka ya gutuura ninyiaga na gukua kwa aana babanini gukongereka.
- ♦ Kunyia kwa maketha kuumania na kulima ndene ya nthiguru iria ciri guntu kurina riu riringi, mono nthiguru iria ciri East Africa. Niuntu bwa kunyia kwa ngai na kwongereka kwa tunyomoo turia tuthukagia imera niuntu bwa kurutira, maketha kuumania na imera bia irio no janyie na bubu



bukareta ukia na mpara ndene ya nja na ntuura inyingi.

- ♦ Irio kwongerra goro ndene ya nthiguru yonthe. O uria armi babaingi baguketha maketha jamanini na irio bekanya, nou ngarama ya irio ikongereka na irio ndene ya thoko bika bibikai.
- ♦ Nikugijaga kugaruka gukunene kiri maketha na gukarania kwa imera na nyomoo mono ndene ya miitu. Naria kugwatagia ruuji ndene ya irima na miitu nigwitaga na mbele kunyara. Bubu bukareta thina ya kurima na ruuji na bukanya ruuji ndene ya miuro ruria rwendekanaga nikenda naria gwaki gwa kugwatia ruuji kuumba kung'ania ruuji. Untu bubu bukanya kuthithua kwa sitima. Kambuni, cibitari iria citumagira stima na wingi ikagitarua. Ruuji rwa paipu rwa tauni na rwa risabu kinyaru rukagitara.
- ♦ Antu makumi ja mamilioni bakarugurirwa thina cia kuigara kwa ruuji na kugua kwa nthi, kuria gucukumagwa ni kwongereka kwa mbura na nterene cia iria, kwongereka kwa ruuji iriene.

Natia mpumba kueberia kurutira kwa nthi? Anda na umenyeere miti!

Ja ou tuugite au iguru, ruugo rwa carbon dioxide ni rumwe rwa iria iretaga kurutira kwa nthi. Miti nijukagia carbon dioxide kuuma ruugone riria ikuthithia iria na ikamiika ndene ya rubau, miri na muthetune ja kaboni ya cellulose. Indi-ri, riria miti yagitwa na yaithua, kaboni iu ireki nirekagua ruugone kairi.

Nwiji o muti nojuthithie rera ya antu au gukuiritie?

Miti na kithiiki kiayo niioragia nthi. Nwiji kuganirwa kuria kuri kithiikine kia muti. Ona ati muthetu juria juri rungu jurina ruuji nkuruki ya juria juri aria kurina riu na gutina kithiiki. Riria nthi ikaraga na gapio, nthiguru niikaga ruuji igita riraja nkuruki. Guku nita kuugamiti iria iri muundene jwaku nitethagia kwongera ruuji ruria ruri muthetune jwaku, na igatethia kuruika ku igita riraja nkuruki. Bubu bugatethia imera biaku na kinya butethie baria batumagira ruuji ndene ya ntuura yaku.

Krediti cia kaboni nibicio?

Kenda uthithia krediti ya kaboni ya TIST nigwitagia into bithatu:

- 1) Gutaurwa kwa mma na kwongerekete gwa carbon dioxide iria igutonyithua ruugone;
- 2) Ahadi ya gwika kaboni iu kuraja na ruugo ndene ya igita ria miaka imingi;
- 3) Gutegerwa ngugi na gukurukithua ni kiama gitina uthoni na TIST kiria kibati kwona ati mantu nijathithikite kuringana na mawatho jonthe.

Miti nijukagia ruugo rwa kaboni riria ikuthithia irio na kumiika ndene ya rubau, miiri na muthetune. Kaboni iria ijukagua kuuma ruugone na gwikwa noithimwe na igatarwa, na riu, yarikia gukurukithua ati ni yam ma, kujukua guku kwa ruugo rwa kaboni no kwendue ndene ya thoko ya nthiguru yonthe ja krediti cia kaboni. Aguri nobagure krediti iji nikenda bathiria ruugo rwa kaboni ruria bagutonyithia ruugone.

Tist niumbaga kwendia kaboni iria iri kiri miti iji o uria antu bendagia sukari na iria. Indi-ri kiri kaboni, utikagia muti thokone. Antu au, uguri ni kuumania na kaboni iria irititwe ruugone, na yekwa mitine ndene ya munda kana mwitu jwaku, ithimwi na ripoti yaikua.

Kwendia na kugurwa kwa krediti iji nikuthithikaga, New York, Chicago, London na tauni ingi ndene ya nthiguru kana gukabangwa gatigati ka antu kana kambuni. No mwanka tukinyire mawatho na jaria jakwendeka ndeme ya thoko.tutumamba kugiita mwitu junthe kana tugiita miti tuanda ingi nontu bobu butibui kiri mazingira.no mwanka tuciitie gwika miti ndene ya miunda moyo ndene ya igita riraja, miaka mirongo ithatu kana nkuruki. No mwanka tuuge mantu jongwa jaria jario. Riria miti yaandwa, ithimi na mathabu jamwe nijathithagua kuthima ni kaboni ing'ana miti ya arimi ba TIST ijukitie. Rikana kairi, miti itikagua thokone. Ikaraga miundene na ouria ikaraga igita ririraja iri moyo, nou igita ria kuriwa riongerekaga. Kwou, murimi neekaga muti, irio bia nthia, nkuu na matunda na nkandi. Mbeka iria TIST ithithagia kuumania na kwendia kaboni ni kiumo gikieru kia mbeca na riu ikagaanwa na ikundi bibinini bia TIST na igatumirwa kutirima ngarama cia TIST, iria ciri amwe na moritani, utari miti na urungamiri.

Miti yonthe nijukagia ruugo rung'anene?

Aari, miti iria iri imiarie nkuruki niikaga kaboni inyingi nkuruki ya miti imiceke. Miti imiraja kinyayo nijukagia kaboni inyingi kiri miti imikui. Kwou, miti iria imati niretaga mbeca inyingi kuuma kiri krediti cia kaboni. Guku ni kuuga miti iandi itarenie bwega irina kanya ga kunenea na kurea na kwona mbeca inyingi nkuruki kuumania na kaboni. Iticindanagira irio na ruuji ja miti iria iandi ikuianiritie.

Kwou, nikenda twona mbeca injega kuumania miti yetu, burina bata kumianda itarenie bwega nikenda yumba gukura irina thiria, ia imiraja na imiarie. Gutaura miti imwe nikenda twona nku riu tugeeke iu ingi igikuraga bwega jaria maingi niyo njira iria njega buru ya kumenyeera miti yaku.

Ninaa/Ni bau baguraga krediti cia kaboni?

Nandi, kaboni yendagua thoko cia kwiritira nandene ya thoko cia lazima. Thoko iji citikurukanagia umwe, ojauria kurina mianya na gukurukua kwa into bingi biria uguraga na kwendia. TIST noyendie krediti cia kaboni kiri thoko imwe ya iji nontu krediti iji ni injega mono.

Kurina ithimi mwanya ndene ya thoko iji birina mawatho mwanya na jakaraga jakigarukaga kwegie uandi miti, kumenyeera na kureta ripoti jaria tubati kuujuria nikenda tuumba kwendia ruugo rwa kaboni ruria twitite. Nitutumagira ithimi biria biega buru kiri gutegerwa ngugi na gukurukithua — the Verified Carbon Standard (VCS) na Climate, Community, and Biodiversity Alliance Standards (CCBA).

TIST irina mithemba iiri ya aguri:

Muthemba jwa mbele ni jwa antu baria bakwenda kunenkanira mbeca nikenda bekira antu motisha ya kuanda miti. Ming'uananona ni amwe na kuririra miradi ya uandi miti nikenda batuma muranu kana mucemano jutikongere kaboni ruugone. Muthemba jwa iiri jurina kambuni ndene ya US, Europe, Canada na nthiguru ingi iria ciri mbele mantune ja ibanda baria bakwiritira bongwa kunyiyia kuongerwa kwa ruugo ruruthuku (ruugo ruria ruretaga murutira) nontu bari akaria babega ba mazingira kana niuntu nibakwithuranira niuntu bwa gutirimana na mahitaji manna jaria jakwendeka.

TIST nigwiritue mono kwithirua irina krediti cia kaboni cia iguru, na kuumba kuenderia aguri babaingi mwanya.



HIV & AIDS: Kumenyera PLWHA.

PLWHA irirungamira ‘Antu baria bagutura na HIV na AIDS’. Ndene ya maandiko jaja, tukaaraniria kwegie kumenyeera antu baba bagwitwa PLWHA riria bari natwi nja

Rikania antu ati njira injega buru ya guciebaniria na uumo bwa mantu riria murimo juju jumba kwithirwa jurio ni gwikira antu inya ya gutegwa kurio gukurukira kuthimwa HIV na kwambiria kunyua ndawa cia ARV riria daktari akauga wambirie. Mantu jaja jari aja ni jab aria bamenyagira antu baba PLWHA baria bejagirwa ni thina ingi cia thiria ya mwiri. Jaja jari aja ti ja kumakia antu, ti PLWHA bonthe bagacemania na thina iji. Kwaria mma, kirira kiria kiri aja ni umenyo bwa bata riria ukumenyeera antu baria bari na HIV na kinya baria batina yo. Mantu jaja ni jegie njira cia kumenyeera ajii riri turina bo nja.

Kua PLWHA umenyeeri buria bubati riria thina ingi cia kithiria cikwija nikwendaga wendo, uumiria na kuciritira gukwingi. Indiri, umenyeeri buria bubati nobwongere nainya uthongo na uraja bwa uturo bwa mwajii ou.

Uria wonthe uciritirite kiri mwajii noombe kumenyera ari nja. Indiri, mantu jamwe nomwanka jathingatirwe nikenda umenyeera ati umenyeeri bubu ni bukuejanwa na njira iria njega buru.

Mitire iria miega buru ya kumenyeera mwajii na njira iria ukamenyeera mumenyeeri na mwajii

Amenyerani barina kanya kanini ga kugwatwa ni virusi kuumania na mwajii uria bakunyeera kethira bakathingatire mantu jamwe jaria muntu wonthe abati kumenya. Jaja ni jamwe ja mantu jaria mumenyerani abati kuthingatira:

- Thambia njara ciaku na sabuni mbele na nyuma ya kuthithia mantu jonthe.
- Kunikira naria ung’ari kana urina kirona mwiline jwaku (mono njarene) na plaster mbele ya kuthithiria mwajii untu kinya buriku.
- Kethira ndamu, mataika kana kioro gigwitika gitandene kana nthiguru, nubati kwanguria na umenyeri mono ugitumaira gloves na Jik yongeriruuji kethira irio. Gloves iji nicibati kwithirwa ciri cia mubiranna nibati kuthambua bwega rionthe warikia gwitumira. Thambia njara ciaku kinyacio warikia.
- Nguo na into bingi biakwa ruuko ni nduuji cionthe kuumania na mwiri jwa mwajii nibibati gwikirwa ndene ya ruuji rukutheruka na bitigwe ku ndaika

mirongo iiri gwita ithatu mbele ya biritwa na biurwa riu bianikwa binyara.

- Inuku bia nguo na itambaa biria biogi irondene kana kiri kiuti nibibati kuithua.
- Into bia kutheria ja bamba na kiratasi gia kwanguria kioro nibibati kugerwa kirone kia oome kana kuithue.
- Uthuraniria sindano na into bibiugi bionthe kiri boxi na wikie cibitari iria ikuiiritie nikenda bitewa uria kubati.
- Ikira gloves riria ugutonga into biria bitongete nduuji kuumania na mwiri.
- Ukeja gutongwa ni ndamu ya mwajii kana nduuji ingi cia mwiri thambia antu au na ruuji na sabuni. Kethira antu au nigukuuma ndamu, kureke kuume igita ririkai. Rikana kanya ga kugwatwa ni aki kethira nduuji iu ciumenie na mwiri jwina murimo jou igatonya kiri ndamu iria iri mwirine jwaku. Muguta jwa mwiri jukethirwa jutiuniki ni gintu gikiega mono kiri gutigithia untu bou. Indiri, ukeja kwona jaka nduuji iu cia mwiri ciumba kwithirwa cigutonya kiri ndamu ndene ya mwiri jwaku, ja mung’uanano gukurukira kirona mwirine jwaku, cwaa utethio kuumania na muriti ngugi ndene ya cibitari.

Utheru bwa nja

Ajii ba igita ririraja mono baria bari na HIV na Mukingo nibagwatagwa ni mirimo ya kwijira mono. Kwou burina bata kiri ajii na abamenyeeri kumenyeera utheru bwa iguru nikenda banyiyia kanya ga kugwatwa ni mirimo iji, mono murimo jwa kwarwa.

Ajii na abamenyeeri nibabati kumenyeria kuthambia njara ciao mbele ya kuthuranira irio na kuria.

- Njara nibati kuthambua na ruuji na sabuni warikia kuuma kioro.
- Into bia kuriira nibibati kuthambua na ruuji na sabuni.
- Kunikira muromo riria ugukoora kana ukumira.
- Mata jabati gutwirwa mukebene jwiki juri jwa ngugi iji. Mukebe juju jubati kwithirwa jurina nkuniki na nowikire muju ndene. Itaura mata jaja kiorone kia oome na uthambia mukebe jou na ruuji rwa mwanki na sabuni.

Kethira mwajii nakunyua ndawa cia ARV, tetheria mwajii kunyua ndawa iji magitene jaria abati na iria abati kunyua. Iji niyo njira iria njega buru ya kwebera mirimo iji ya kwijira. Tegeera mwajii rionthe na umwikie cibitari wona mantu kajagwita na mbele kuthuka nkuruki.

Aja kuthingatite ni mantu jaria ubati kuthingatira riria ukumenyeera ajii nja na kulingana na murimo juria bari naju.

Jaria jakwonania	Uria ubati kuthithia wona mantu jau
Mwanki mwiri	<ul style="list-style-type: none"> • Rita nguo na biria bimugwikite biria bitikwendeka. • Ika mwajii aria kwina ruugo rung’ani. • Anguria mwajii na gitambaa giaki ruuji ruri na murutira. Kuundia mwajii ruuji, ucuru kana chai kenda anyua. • Mukundie ndawa ya Paracetamol 500 mg; mpindi ijiri o mathaa janna jakuruka indi ti nkuruki ya mpindi inyanya ndene ya ntuku imwe.
Gukora	<ul style="list-style-type: none"> • Nikubati kwithirwa kurina ruogo rung’ani ndene ya nyomba iu ari.



	<ul style="list-style-type: none"> • Ikira inya mwajii gukara nthi kana gwitaita riria gukuumbika antu a kumama. • Kunikira muromo na njara riria agukora. • Mwee nduui inyingi na ntunda • Geria chai irina ndimu na naicu. • Ndawa ya kibara ya kugura no itethie.
Thina ya gukucia miruki	<ul style="list-style-type: none"> • Kethira nagukora muthithirie ou twauga. • Kethira nyiuru niingine geria gutumira ntoo kuumania na ruuji na menthol (ja kaluma) kana mathangu ja mubau maguta nikenda ukunura antu a ruugo gutonyera. • Tetheria mwaji gukara uria akwenda. Jaria maingi gukara nthi niku kwega nkuruki, kurina pillow mugongone kumutetheria. • Nanyue ruuji rurwingi.
Marondo ja muromo	<ul style="list-style-type: none"> • Maigo nijakirwe rionthe • Ebera irio birina mwanki, mpio kana ururu bubwingi. • Kamura na ruuji rwa cumbi ariakia kuria na mbele ya kumama (kunya gacumbi kanini ugere ruujine rwa gilasi). • Ungania mpindi ijiri cia aspirin ruujine na ukamure muromo (riu uture) mwanka maita janna o ntuku.
Nkoro njiru na gutaika	<ul style="list-style-type: none"> • Menyeera ati mwajii arina ruugo rurutheru rung'ani. • Geria kuria twirio tunini twa irio bitungenuue ja ikwaci bitherukitue, mwanga na bingi • Nyua ruuji, chai kana ruuji rwa matunda mpari na maita jamaingi. • Ndawa imwe cia ARV ni bwega nkuruki cirjaniritue na irio, indi ti cionthe – uria daktari waku.
Kwarwa	<ul style="list-style-type: none"> • Nyua ruuji rurutheru na irio bia nduui bibingi ja subu, ucuru, turungi irina cukari na ruuji rwa matunda. • Nyua cumbi iria cia gucokia ruuji mwirine (iji no ithithue na njira ya gwikira iciko bibinini bitantatu bia cukari na giciko gikinini kimwe kia cumbi kiri ruuji lita imwe ruria ruchamukitue na rwora). • Nyua irio bia ruuji bitongereri cukari. • Ria irio bia kwongera inya mwirine ja nkima, mianga • Ikwaci, mucere jukari u, mugate, biskuiti injumu, marigu na nyanya niinjega kuria kinyacio. • Geria kuria twirio tunini maita jatano gwita jatantatu antu irio bibingi maita jathatu ntuku <p>Ebera:</p> <ul style="list-style-type: none"> • Matunda na nyani, ria marigu na nyanya aki • Iria na biria biumanagia nario, kinya yoghurt • Irio biikiri into bia kururia • Irio birina maguta jamaingi • Kauwa na ncobi • Irio bitirugi <p>Mwana nenderee gwonkua ja ringi. Kethira gwita kioro kurina ururu aka maguta jamoro aantu au kioro kiumagira.</p> <p>Tethia kwebera kugia guku gukurukira:</p> <ul style="list-style-type: none"> • Chamukia ruuji rionthe mbele ya kunyua. • Kara ukinyunyaga ruuji kuumania na into bitheri na bikunikiri. • Rionthe thambia njara na ruuji na sabuni mbele ya kuria na nyuma ya gwita kioro.



	<ul style="list-style-type: none">• Ajii nibabati kuewa irio birugi bwega.• Irio biatigara nibabati kurutirua bwega mbele ya kuriwa. Birutirue rimwe aki.
Kuumagara na-kwigua gwikura	<ul style="list-style-type: none">• Thambia na sabuni na ruuji• Gwike kuumi gatigati ka magita ja kuthambia antu au• Ebera sabuni irina inya mono.• Aka maguta ja Vaseline, maguta ja coconut, maguta jakuumania na into bia kuruga, glycerine na jangi• Riria ukwigua gwikura, kuumia na kubebeta antu au no gutume ukaigua bwega. Ebera kung'ara na wake maguta jagwitwa Calamine lotion.• Majani jarinditwe ruujine rwa mwanki no gutethie antu au ukwigua gwikura.• Kethira nigukumbika menyeera irio birina nkara, nyani, malenge na kibabai.
Kwing'ara na irondo bibinini	<ul style="list-style-type: none">• Thambia na ruuji rurutheru. Aka antiseptic ja Dettol kethira irio.
Biaru na kiuti	<ul style="list-style-type: none">• Kiri biaru na iuti bibinini thambia na ruuji rwa cumbi na urekerie binyare.• Kethira birina murimo mono mukundie paracetamol na aspirin.• Guaka kibabai gikigundu kigiti orio no gutetherie kunyia murimo antu au
Murimo jwa mutwe	<ul style="list-style-type: none">• Mirimo imwe ya mutwe iumanaiya na kwithira urina mantu jamaingi mutwe na kuthathayia mutwe na njara nogutethie.• Mwongozo jwa kunyiyia mirimo iminini ni ja uju: mukundie mpindi ijiri cia Paracetamol (500mg o mpindi) o mathaa janna jakuruka na aspirin (500mg o mpindi) kana Ibuprofen (400mg o mpindi) utuku
Ironda na ruuko kuumania na guntu kwa witho	<ul style="list-style-type: none">• Thambia ironda na ruuji rwa cumbi na sabuni riu unyarie na gitambaa gikitheru.• Mantu jaja kinya nojaumanie na mirimo ya gutambua gukurukira kumama na muntu. Ni bwega kuthimwa cibitari nikenda utegwa mirimo iji na ujukia matagaria jaria jabati.
Kuangeratana	<ul style="list-style-type: none">• Into bibiugi ja tuciu na ibanga nibabati gwikwa kuraja kuuma kiri niuntu bwa gukira bacigitaria kana bagitaria bangi.• Mwajii nagwatorwe riria agwita• Mwajii atibati gutigwa wenka nyomba.• Ika ndawa kuraja kuuma kiri mwajii.
Kuremwa kwebaeba	<ul style="list-style-type: none">• Garura mwajii gitandene o mathaa jairi nikenda atiriritwe biaru ni gitanda• Cwa utethio gukiria mwajii nikenda ebaeba. Ugakuria mwajii gitandene.• Rita mikunjano kiri shuka iria amamirite.• Rita nguo cia gitanda ciagia ruuji kana ruuko orio.• Thambia mwiri na ruuji na sabuni ntuku cionthe.• Menyeera utheru na njira ya kuthambia maigo kana kubucabucia ruuji rwa cumbi.• Tetheria mwajii kuritithia mwiri ngugi gukurukira kwebaebia jointi cia njara, mature na maru.• Tega wone kethira kwina biaru bia gitanda. Tega au iguru kiri Biaru na kiuti nikenda umenya njira ya kumenyeera.

Mantu jau twariria au iguru ni ja kumenyeera tumirimo tunini. Jaria jakwonwa kumania na murimo jongereka riu utethio nibubati gucuwa kuumania na cibitari.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
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Kikuyu Version

**TIST is an innovative, time - tested,
afforestation program led by the
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**Suguroi TIST Cluster kutoka Laikipia County wakati wa mkutano wao wa kila mwezi
tarehe 19-11-2019**

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TIST: Biashara ya Greenhouse Gas.

Gukuria miti nikugucagia carbon dioxide kuhitukira photosynthesis. Carbon dioxide ni imwe ya 'Greenhouse gases', iria ihotaga kunyita urugari wa riuu thiini wa thi igateithia kuiga urugari wa thi. Atalamu amwe maugaga thi ithiaga na-mbere na kuhuaha na uhoro ucio nouthukie maundu. Mathina maya nimo metagwo ma Greenhouse, maria matumaga miena imwe ya thi igie na mihuro ya maai, kwaga mbura na gukagia na ngaragu.

Gucina indo ta maguta, coal na gas ingi niguthondekaga carbon dioxide. Na tondu miti niigucagia carbon dioxide niguo thi ndikahiue muno.

Atari a miti a TIST mataraga na magathima miti iria wahanda niguo TIST ihote guteithiriria kugucia carbon dioxide.. githimi kia carbon iria igucitio

gitagwo carbon credits, na kiiganaine na tonne imwe ya carbon dioxide iria igucitio. Kambuni na thirikari nocigire carbon credits na uu nikuga nocirihe miti iria irahuthika kugucia.

Nomuhaka tukorwo na wihokeku na ukinyaniru hari mathabu ma miti kuri aria turenderia carbon credits. Mbeca cia carbon credits niciteithagia ikundi gukorwo na maciaro maingi na kwambiriria itaratara ingi. Ikundi cia TIST nicirihagwo \$20 kuri mit 1000 iria iri muoyo (kindu 1.8ksh hari o muti). Marihi ma greenhouse gas to mo marihi moiki ikundi ciamukagira tondu miti iri na mbeca maita 10-40 makiria ma mbeca ici.

Arimi a TIST - reke tuhande miti miingi! Turi hamwe nitwigiagira maciaro maingi
Amemba a cluster ya Karaba kuma County ya Laikipia mari mecemanio mweri ucio urathirire.

Arimi a TIST kuhurana na ugaruruku wa riera.

Amemba a TIST nimakoretwo makihurana na ugaruruku wa riera uria ukoretwo kuo thi yothe na arimi aingi nimoritie mataaririo wega thiini wa semina na micemanio niguo mataukwo wega uhoro uyu wigii ugaruruku uyu wa riera, maundu maria ungirehe na uria mangihota kuhurana naguo.

Nitwonaga maundu maria ugaruruku wa riera urehete umuthi. Na kuheana mamwe ma maundu maria marehetwo niguo, mbura iria yari nene muno ya Elnino ya mwaka wa 1998 iria yathukirie bururi na gukigia na ng'aragu nene muno hamwe na muiyuro wa maai iriaini wa mwaka wa 2004 muno ciarehetwo ni ugaruruku uyu wa riera. Maundu mangi ni ta guthira kwa barafu iria ikoragwo kirima-ini kia Mt. Kenya na imera citarathimika na cigatwarana wega iria citumite magetha mathuke na manyihe, kuhua kwa njuui na ihumo cia maai na mangi maingi.

Mweri uyu ngathiti niikwonania maundu maria maririirio thiini wa semina maria mangituthia gutaukwo wega ugaruruku wa riera nikii. Tukwambiriria na kumenya wega ciugo icio naningi tuthii na mbere na guthoma uria miti yaku inyitaga itemi kunyihia ugwati uria umanaga na ugaruruku wa riera.

Ugaruruku wa riera ni kii?

Ugaruruku wa riera ni kwongerereka kwa urugari uria uri thi uria ucokaga ugatuma riera ricenje. Thi riria yagia na urugari muingi niitumaga imera cia mbura cijenje na gukagia na ihuhakanio nene na maai ma iria makambatira, mimera igathuka na miti ikaninwo ohamwe na nyamu cia githaka. Riria atalamu makwaria maundu megii ugaruruku wa riera, nimaroraga muno global warming iria irahagwo ni maundu mariu mundu ekaga na mogwati maria marehagwo ni maundu maya.

Thi niirahuha makiria?

Ii! Thii niyongereire urugari na muigana wa 1°C kwa makiria ma miaka 100. Aingi a atalamu a uhoro wa riera monaga ati andu nio matumite thi yongerereke urugari na njira ya gutema miti na gucina indo cia tiiri, coal petrol na riera itheru na kwaga gutungata migunda yao.

Maundu maria marehagwo ni Greenhouse.

Maundu maria marehagwo ni greenhouse nit a kwongerereka kwa urugari wa thi nitondu riera guku iguru riria ritagwo greenhouse ta carbon dioxide, nitrous oxide, sulphur dioxide na methane nicihotaga kunyita hinya wa riuu. Carbon nyingi yumanaga na gutema miti, ndogo ya iganda, ndogo ya ngari na ndogo ya makara na miti.

Mogwati ma Global Warming ni mariku?

- Kwaga kwa maai na kuuma kwa migunda.
- Gutherema kwa mirimu ta malaria. Kugia na urugari muingi na kuhotithia rwagi guciarana na kwongerera ugwati wa malaria. Micii miingi na mathibitari nomakorwo ni ugwati uyu na mituurire ya andu ikanyiha na ikuu cikongerereka.
- Kunyihia kwa magetha ma urimi na makiria mabururi-ini maria mari East Africa. Na niundu wa kunyihia kwa mbura na kwongerereka kwa guciarana kwa tutambi niundu wa ungi wa urugari, magetha nimanyihaga na uthoni ugathii nambere na kuongerereka miciiini iitu.
- Kwongerereka kwa mathogora ma irio nitondu arimi aingi nimanyihitie magetha na irio cikanyiha, mathogora nimathiaga iguru nitondu andu nimarabataru irio na ni nini.
- Mogaruruku manene ma magetha na riera na



muno mititu. I humo cia maai cikahua. Maundu maya nimagutuma uhei wa maai wa irio unyihe. Maundu maya ningi nimakunyihia uthondeki wa thitima ya maai. Iganda ciitu, mathibitari na kundu kungi kuria gutumagirwo thitima nigukuhutio na njira nene ma. Utambia wa maai mataown-ini na miciini nigukuhutio ona kuo.

- Mamilioni ma andu mari ugwati-ini wa muiyuro wa maai uria urehagwo ni mbura nene na maai wa iria kwambatira.

Niatia tungigitira Global Warming? Handa na utungate miti!

Ta urui twona haha iguru, carbon dioxide ni imwe ya riera riria riehaga global warming. Miti niigucagia carbon dioxide kuma riera-ini riria ireka photosynthesis na ikamiiga thiini wayo mutiini na miriirni hamwe na tiiri ta cellulose carbon. Na ningi, riria miti yatemwo na yacinwo niirekagiriria carbon iria ikoretwo iigite rieraini.

Niui ati o muti nouthondeke riera riaguo?

Miti na mahuti maguo niuhumbagira tgi. Niitumaga kugie na riera riega na kiiruru gikaagira. Niukuona ati tiiri uria uri miti-ini iria iri na kiiruru niukoragwo uri mugunyu gukira uria uri riua-ini. Riria thi yaikara iri hehu, tiiri niuhotaga gkuiga ugungu gwa kahinda karaihu. Uu nikuga ati miti iria iri mugunda-ini gwaku niiteithagia tiiri kugia na maai na igateithia kuiga maai macio gwa kahinda karaihu. Njira ino niiguteithiriria mimera yaku hamwe na aria mahuthagira maai.

Carbo Credits ni kii?

Niguo uthondeke carbon credits cia TIST urabatara indo 3;

- 1) Kwongerereka kwa kunyiha kwa carbon riera-ini
- 2) Kwiranira kunina carbon riera-ini gwa kahinda karaihu.
- 3) Kuhitukio ni honge ciirugamiriire ati makinya nimoetwo kuringana na watho.

Miti niigucagia carbon dioxide kuuma riera-ini riria ireka photosynthesis na ikamiiga thiini wayo , miri-ini ohamwe na tiiri-ini. Muigana wa carbon uria woyagwo kuuma riera-ini na ukaigwo nouthimike na uthuthuria na uhitukio na njira nginyaniru na kugucio kuu kwa carbon rieraini nokwendio kuri thoko ya carbon credits. Aguri nomagure carbon credits ici niguo kunyihia carbon dioxide.

TIST iri na uhoti wa kwendia carbon iriaigucitio miti-ini ota uria arimi mendagia igwa kana iria. No riria urendia carbon ndurabatara kuneana muti. No urabatara kugucia carbon dioxide kuma riera-ini mugunda-ini waku kana mutitu-ini na utarirwo. Wendi wa carbon nouhanikire New York, Chicago kana London ona kana micii mingi bururi-ini wothe, kana uiguithanirio ni andu kiumbe na makambuni imwe kwa imwe. Nonginya tukinyirie ikiro na mawatho ma thoko. Tutingitema mititu kana miti iria iri migunda-ini gwitu

tondu undu uyu niuthukagia maria maturigiciirie. Nonginya twitikire kuiga miti iri muoyo gwa kahinda ka miaka 30 na makiria. Nonginya tuheane ugoro mukinyaniru. Riria miti yahandwo, ithimi na uteri nicihuthikaga guthima muigana wa carbon iria igucitio ni miti ya arimi a TIST. Ririkana o ringi, miti nditwaragwo thoko. likaraga migunda-ini na o uria iraikara kuo noguo marihi maguthii nambere na kuingiha. Kwa uguo murimi athiaga nambere na kuiga miti iri muoyo na ikamuhe irio cia mahiu ohamwe na ngu na matunda. Mbeca iria TIST ithondekaga kumana na wendia wa carbon cithondekaga kihumo kia marihi maria magayanagwo ni arimi a TIST na igatumika gutheremia TIST, hamwe na githomo, uteri wa miti na utungati wa TIST

Miti yothe igucagi carbon iiganaine ?

Aca, miti iria ikoragwo na utungu munene niuhotaga kuiga carbon nyingi gukira iria miceke. Miti miraihu noayo niigugagia carbon nyingi gukira iria mikuhi. Kwa uguo, miti mitungu niirehage marihi maingi kumana na carbon credits. Uu nikuga ati miti iria ihanditwo na utaganu mwega iri na mweke wa gukura iri minene na irehe marihi maingi. Ndigayanaga unoru wa tiiri na maai ta miti iria ikuhaniriirie.

Kwa uguo, niguo kwamukira marihi maingi kumana na miti, ni hari na bata kuhanda miti na utaganu muiganu uria ukumiteithia gukura iri mitungu na miraihu. Kuhurura miti niguo wone ngu na niguo ikure wega ni njira njega ya gutungata miti.

Aguri a carbon credits mari ku na ni ariku?

Gwa kahinda gaka carbon credits yendagio na njira ya kwirutira kuhitukira gukinyiria mawatho ma thoko. Mawatho maya nomakorwo mari ngurani ota uria gukoragwo na mithemba ngurani ya indo thoko-ini ingi iria wendagia na ukagura (ta kahuwa). TIST noyendie carbon credits kuhitukira mawatho maya kana kuhitukira thoko ya kwiyendera tondu ikoragwo iri na ukinyaniru mwega.

Kuri na ikiro ngurani cia thoko na mawatho ngurani maria macenjagia ma uhandi wa miti, urori na uramati na nomuhaka tukinyanirie maundu maya niguo tuhote kwendia carbon. Tuhuthagira uthuthuria uria niwa kirathi kia iguru muno –Verified Carbon Standard (VCS) na Climate, Community and Biodiversity Alliance Standards (CCBA).

TIST ikoragwo na aguri mithemba iiri.

Wa mbere ni andu aria merutiire kuheana mbeca ciao niguo kuhinyiriria andu kuhanda mit. Muhiano nit a kuriha mitarata ya uhandi wa miti niguo gutua uhiki na micemanio iri na riera itheru. Wa keeri ni kambuni thiini wa US, Europe, Canada na mabururi maria mangi makoragwo na iganda maria marihaga na kwiyendera uhyihia wa carbon nitondu nomakorwo mari na wendi mwega kana makihariria niundu wa ,awatho maria mangiuka thutha-ini.

TIST niikenetio nigukorwo na carbon credits ya kirathi kia iguru na ikahota kuhe aguri aao.



HIV & AIDS: Gutungata arwaru kana nio PLWHA.

PLWHA irungamagirira ‘People Living with HIV and AIDS’. Uguo ni kuuga “ Andu aria maturaga na murimu wa muingo. Muthi tukwaririria ndereti ikonie nadu aria matungataga arwaru a muingo me mucii. Kana home caregivers.

Niwega kuririkania andu ati njira imwe ya kugiriria kuhatiririo muno ni kuhinyiriria andu mathimwo o ri otene, na moneka mena virusi mambiririe kunyua dawa cia ARV hindi iria dagitari atariria. Ndereti ino ni ya gukumakia no niyagukuhe uugi wa uria unghoota gutungatira muruaru uhinyirikite. No akorwo ari muruaru wa muingo kana muruaru o wothe.

Gutungata muruaru wa Muingo riria ahinyiriirio ni mwiri nigukukwenda wendo muingi, gukiriria na wirutiri . Utungati mweka na uria wagiririire niuhotithagia uturo wa muruaru wongerereke na akorwo na uturo mweka.

Mundu o wothe wina wendo na muruaru no ohote kumutungata wega ari mucii. Ona kuri uguo, mitaratara miege niibataranike nigetha utangata uyu ugaciire.

Njira njega riria uratungata muruaru hamwe nawe kwigitira

Aria matungataga aruaru a muingo kana Caregivers matikoragwo na ugwati munene wa kunyitwo ni virusi cia muingo kuuma kuri muruaru angikorwo nimakurumiriria maundu maya;

- Gwithamba mooko na maai na thabuni mbere na thutha wa wira o wothe.
- Kuoha kirona kana handu hatihie muno mokoini na plaster mbere ya gutungata muruaru
- Angikorwo thakame kana matahiko kana kahinda kanene nigaitikiire uriri kana thi, wagiririrwo ni kuhura na utabaririri munene wikirite gloves na nutumire kindu ta jik. Gloves ciaku ciagirirwo gukorwo iri cia mubira na wagiriirwo ni gucithambia wega thutha wagucitumira. Thutha ucio uthambie moko maku wega.
- Nguo iria muruaru angikorwo athukitie na kahinda gaaka ciagiriirwo ni kucamukio na mai mahiu gwa kahinda ka dagika 20 nginya 30. Icooke ihurwo wega na cianikwo.

- Itambaya iria ingikorwo ciohete irona kana bandigi thutha wa kuruto ciagiriirwo ni gucinwo.
- Cokaniriria cindano na kindu kingi ta tuhiu tutia tungikorwo tutumikite hari muruaru na utware thibitari iria I hakuhi ni getha tugate na njira iria yagiriire.
- Hingo ciothe ugekira groves riria ukunyita kindu o giothe kiratumagirwo ni mururua na gikahutania na maai make ma mwiri.
- Kwa mutino angikorwo ngothi ya mwiri waku niyanyita thakame kana mai ma mwiri kuuma hari muruaru, wagiriirwo ni gwithamba na main a thabuni. Ririkana ungigwato ni virusi angikorwo ni ikuingira mikiha ya thakame yaku. No angikorwo niuruno ta maai kana thakame ya muruaru ingirite mwiri waku, niwega uthii kuri muritigitane nigetha agutare uria ugwika.

Utheru wa Mucii

Aruaru a kanda karaya muno ta aruaru a muingo nimakoragwo na ugwati wa kunyitwo ni mirimu ingi ngurani muno mirimu ya gutherema. Koguo nikwagiriire atungati makorwo na utheru munene wa mucii nigetha kunyihia mieka ya mirimu ya kugwatanio ta kuharwo gatema gutherema.

Aruaru na atungati ao nimagiriirwo ni gwithamba moko mbere ya kuhariria irio na mbere ya kuria irio.

- Moko mathambio na thabuni na mai thutha wa guthie kahinda
- Indo cia riiko ithambio na maai na thabuni
- Humbira kanua ugikorora kana ukiathimuka
- Okorwo ni gutua mata, etha kamukebe kena nguniko na wikire muhu hau thiinie. Ukonoragia mata macio irima ria kioro na ugagathambia wega na maai mahiu na jik.

Angikorwo muruaru ni aranyua dawa cia ARV, niwega kumuteithiriria nigea akanyua ihinda riria riagiriire na githimi kiria kiagiriire. Niwega kumurora kaingi nigetha angihatiririo muno umutare thibitari o na ihenya.

**Haha thi ni uria mundu angirigitwo kuringana na murimu uria ari na guo.**

Ndariri	Njira ya gutungata
Kuhiuha mwiri	<ul style="list-style-type: none"> • Murute nguo iria itabatarainie kana uthathaure miringiti • Muiige haria hena riera riega na riingi • Muhure na gitambaya kina ugonyu muraru. Muhe maai kana ucuro kana iria kana cai. • Muhe dawa ya Paracetamol 500 mg tablets: Dawa igiri thutha wa mathaa mana no ndugakirie dawa inyanya hari muthenya.
Gukorora	<ul style="list-style-type: none"> • Tigirira kwina riera ria kuigana nyumba yake • Muringiririe akorwo agithii kana guikara thi no ti gukoma • Humbira kanua ugikorora • Muhe maai maingi na mai ma matunda • Geria kumuhe maai ma ndimu na uuki • Dawa ya gukorora no ieithie
Kuremwo ni kuhuhia	<ul style="list-style-type: none"> • Honia gikorora ta uguo twatariria hau iguru • Angikorwo maniuru nimahingiku, giria gutumira miruki mihui ya maai kana methol kana mahuti ma miti ya mibau/minyua maai nigetha ahinguke • Geria wone muruaru ni akarite wega. No umuhe pillow ya gutira mugongo • Reke anyue maai maingi.
Ironda cia kanua	<ul style="list-style-type: none"> • Thambia magego hingo ciothe • Tiga kumuhe indio hui muno kana hehu kana cien ururu • Muhe maai ma cumbi abuchabuchie kanua thutha wa kuria na mbere ya gukoma. • Ikiria asprini igiri maaini na abuchabuchie kanua maita ta mana muthenya
Kuira ngoro na gutahika	<ul style="list-style-type: none"> • Tigirira muruaru ena riera riakuigana. • Geria kuria irio cia gucamurwo ta ngwaci na mianga • Nyua maai, chai kana juice kahoro na kwa mahinda • Dawa imwe cia ARV inyuagwo na irio, no ti ciothe. Uria murigitani waku
Kuharwo	<ul style="list-style-type: none"> • Nyua mai maingi matheru kana thubu kana ucuro kana juice ya matunda • Nyua mai ma mcumbi na cukari. Ikira tuciiiko turia tunini tutandatu twa sukari na nuthu gachiko ga cumbi tukania wega maai mahoru macamukie. • Nyuma maai ma irio matari mekire cukari • Urie irio ta ngima kana mianga kana waru, muceere, mugate, marigu • East starchy foods like Ugali, cassava • Geria kuria maita matano kana matandatu hari muthenya handu ha kuria maita matatu <p>Tigana na :</p> <ul style="list-style-type: none"> • Iria igatatu ta yoghurt • Indo cia gukwira irio mucamo kana ururu • Irio cirri na maguta maingi • Kahua kana njohi • Irio itari nduge



	<p>Kuongitha mwana kwagiriirwo ni guthii na mbere Guthii kahinda kanene kungikorwo na ruo haka maguta njira ya kioro.</p> <p>Giriria kuharwo na njira ici:</p> <ul style="list-style-type: none"> • Hingo ciothe ugacamura maai ma kunyua • Ikira maai ma kunyua handu hatheru. • Hingo ciothe ugethamba moko na maai na thabuni mbere ya kuria na thutha wa kioro • Muruaru agiriirwo ni kuheo irio nudge wega • Irio cia hwai kana ciagutigara ciagirirwo ni kuhuhuo wega
Ngothi niaru na ina mwithua	<ul style="list-style-type: none"> • Withambe na thabuni uteri na munongo na maai • Ikara wi muniaru • Ndugatumire thabuni wina mutaririko • Tumira maguta ta Vaseline, coconut oil, vegetable oil, glycerin • Angikorwo ngothi yaku ina mwithua, ndugathue na nuutumire Calamine lotion. • Machani maikitio mai-ini mahiu no mateithie ngothi ina mwithua • Irio ciaki niciagiriirwo nigukorwo na nyeni, marenge, matumbi. Mapaipai ni meega
Turonda	<ul style="list-style-type: none"> • Thambia na main a deto
Iroruha na mahuha	<ul style="list-style-type: none"> • Thambia na mai ma cumbi • Angikowo na ruo, muhe panadol kana aspirin • Tumia ibaibai kuhaka turonda tuu
Kurio ni mutwe	<ul style="list-style-type: none"> • Kurio ni mutwe no kurehwo ni meciria. Guthugua kiongo no guteithie • Muhe panadol igiri
Ironda ciroira kuma ciiga ciake cia thiri	<ul style="list-style-type: none"> • Thambia ironda na mai ma cumbi na urihure na gitambaya githeru. • Ironda ta ici no ikorwo iri ndariri ya murimu ya kugwatanio kimwiri na niwega umutware thibitari.
Guchanganyikirwo / gutukanirwo hakiri	<ul style="list-style-type: none"> • Indo ta tuhiu kana banga ikwenda kuiguo haraya na mururua ndakegere ngero na cio • Muruaru agiriirwo ni kunyitirirwo agithii • Muruaru ndagiriirwo ni gutigwo ari woika rumu yake. • Iga dawa haraya na muruaru
Riria e gitanda-ini atakwihota	<ul style="list-style-type: none"> • Mugarurure thutha wa mathaa mere nigetha ndakagie ironda mwiri • Geria kumuteithiria riria arenda gukira. Ndukamugucanie. • Mwehererie kindu kingimuhihinya uriri wake • Mucenjerie macuka na miring angithukia na kahinda o hindi iyo • Muthambie na maai na thauni oo mthenya • Reke ethambe kanua o muthenya na kabuchabucia maai ma cumbi • Teithia muruaru kunogora ciiga cia mwiri • Rora kana ni aragira turonda na ututhonoke toguo tutariirie hau iguru

Njira ici tutariirie hauiguru ni cia gutungata tumathina tunini. Ndware ingeneneha, niwega umutware thibitari.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
W W W . t i s t . o r g

Kiswahili Version

**TIST is an innovative, time - tested,
afforestation program led by the
participants.**



**Suguroi TIST Cluster kutoka Laikipia County wakati wa mkutano wao wa kila mwezi
tarehe 19-11-2019**

Ndani ya gazetti:

TIST: Biashara ya hewa chafu. Ukurasa 2

**Wakulima katika TIST wapambana na ongezeko la joto ulimwenguni
na mabadiliko ya tabia nchi. Ukurasa 2**

VVU na UKIMWI: Kuwatunza PLWHA. Ukurasa 4



TIST: Biashara ya hewa chafu.

Miti inayokua hunyonya gesi ya kaboni kwa njia ya kutengeneza chakula. Kaboni dioksidi ni mojawapo ya 'gesi chafu' (greenhouse gases) ambazo huteka joto la jua lililopo katika anga ya dunia na kusaidi kudumisha hali ya joto katika uso wa dunia. Wanasayansi wengine wanafikiri kuwa dunia inazidi kuwa na joto zaidi na zaidi, joto ambalo lweza kuwa lenye kudhuru sana. Jambo hili huitwa athari ya hewa chafu (greenhouse effect), ambayo hufanya maeneo mengine kupanda mafuriko zaidi, ukame zaidi au kuenea kwa janga.

Kuchomwa kwa ngataa kama mafuta, makaa yam awe na gesi ya kiasili hutoa kaboni dioksidi. Kwa sababu miti huchukua kaboni dioksidi kutoka hewani, inasaidia kupunguza athari za gesi chafu. Serikali na viwanda vikubwa katika nchi nyingi wanataka kupunguza utoaji wa kaboni dioksidi ili dunia isizidishie joto sana.

Maqwantifaya wa TIST huhesabu na kupima

miti tunayopanda ili TIST ifanye kazi ya kuhesabu ni kiasi kipi cha kaboni dioksidi kinachonyonywa na miti. Kipimo chake huitwa 'carbon credit' (kadi za kaboni) na ni sawa na kunyonya kilo elfu moja za kaboni dioksidi. Makampuni na serikali zaweza kununua kadi hizi kumaanisha wanaweza kulipia miti ili ipunguze utoaji wa kaboni dioksidi.

Lazima tuwe na data yenye kuaminika na sahihi kuhusu miti ili kuuza kadi hizi za kaboni kwa mnunujaji. Pesa kutokana na kuuza kaboni hii zaweza kusaidia vikundi kuzalisha zaidi, kufanya kazi zaidi na kuanza miradi mipya. Vikundi vya TIST hulipwa dolla ishirini kwa kila miti elfu moja iliyo hai kila mwaka (takriban shilingi 1.8 kwa kila mti hulio hai kila mwaka). Malipo ya gesi chafu si faida ya kipekee kikundi kidogo hupata kwa sababu miti ina thamani mara kumi hadi arobaini kuliko pesa inayopata kutokana na biashara ya kaboni.

Wakulima wa TIST – tupandeni miti zaidi! Pamoja tufikie faida kubwa zaidi.

Wakulima katika TIST wapambana na ongezeko la joto ulimwenguni na mabadiliko ya tabia nchi.

Wakulima katika TIST wameitikia mwito wa ulimwengu wa kupambana na ongezeko la joto na mabadiliko ya tabia nchi. Wakulima wengi wametafuta kuelewa kupitia semina/mafunzo ya TIST na katika mikutano ya cluster ili kusoma na kuelewa mengi zaidi kuhusu kuongezeka kwa joto, athari zake kwa tabianchi na mbinu za kukabiliana nalo. Tunaona athari za mabadiliko ya tabianchi leo. Ili kuonyesha matukio kadhaa ya athari hizi, mafuriko ya Elnino ya mwaka 1998 yaliyovuruga karibu nchi yote na ukame mrefu uliofuatilia, na upepo mkali wa mwaka 2004 sana sana uliongezewa na ongezeko la joto duniani. Viashiria vingine mashuhuri ni kupunguzika kwa barafu katika kilele cha mlima Kenya, hali ya anga isiyo na utaratibu na ambayo imesababisha kuharibika kwa mazao katika maeneo mengi, kukauka kwa chemichemi na vyanzo vya maji, pamoja na mengine mengi.

Jarida la mwezi huu linaangazia mafunzo kutoka semina ili sote tuelewe ongezeko la joto duniani na mabadiliko ya tabianchi. Tutaanza kwa kuelezea kila neon na kulieleza zaidi na pia tujue jinsi miti yako ina jukumu kubwa katika kukabiliana na athari za ongezeko la joto duniani.

Ongezeko la joto duniani ni nini?

Ongezeko la joto duniani ni ongezeko wastani la joto duniani, ambalo huleta mabadiliko katika tabianchi. Dunia yenye joto zaidi yaweza kusababisha mabadiliko katika mvua, dhoruba kali zaidi, kuongezeka kwa maji baharini, kuharibika kwa mimea, na athari kadhaa kwa mimea, wanyama pori na wanadamu. Wanasayansi wanapoongea kuhusu suara la mabadiliko ya tabianchi na katika hali ya anga, wasi wasi yao huelekezwa kwa ongezeko la joto linalotokana na kazi za binadamu na utofauti katika tabianchi na hali ya anga unaoletwa na jambo hili.

Je, joto katika dunia linaongezeka?

Ndio! Dunia imeongezeka joto zaidi ya digrii moja katika miaka mia moja iliyopita. Wengi wa wanasayansi wanaoongoza katika dunia hufikiri kuwa shughuli za binadamu hufanyanya dunia kuongezeka joto, kama kuchoma makaa yam awe, petrol na gesi ya kiasilia na kukata misitu na usimamizi mbaya wa ardhi.

Greenhouse Effect ni nini?

Athari hii ni kuongezeka kwa joto duniani kutakotokana na uwepo wa gesi Fulani katika hewa, zinazoitwa gesi chafu, kama, carbon dioxide, nitrous oxide, sulphur dioxide, na methane ambazo hutega nishati kutokana na jua. Vyanzo vikuu vya kaboni ni ukataji wa misitu, gesi kutokana na viwanda, gesi kutokana na magari, gesi kutokana na kuchoma miti au makaa na kuchoma misitu.

Hatari za ongezeko la joto duniani ni zipi?

- Uhaba wa maji mkali katika maeneo kame au yanayopakana na maeneo kame waweza kusababisha maeneo zaidi kuwa na jangwa.
- Ongezeko la kuenea kwa magonjwa kama malaria. Jinsi maeneo yanavokuwa yenye joto zaidi, yanakuwa mwafaka zaidi kama maeneo ya kuzalisha ya mbu, na kuongeza uwezekano wa kupata malaria. Familia na hospitali nyingi zaweza kuathirika, wastani ya miaka ya kuishi kupungua, na ongezeko la vifo vya watoto wadogo.
- Kupunguka kwa uzalishaji katika nchi za kitropiki na kisub-tropiki, hasa nchi katika Afrika Mashariki. Kwa sababu ya mvua iliyopunguka na ongezeko la uzalishaji wa wadudu kwa sababu ya joto, uzalishaji wa chakula waweza kupungua na ili husababisha umaskini na njaa katika familia na jamii nyingi.
- Gharama zilizoongezeka za chakula katika ulimwengu mzima. Jinsi wakulima wengi watakavyopata mazao chache na chakula kuwa



adimu, ndivyo bei ya chakula itakavyoongezeka kwa sababu mahitaji ni mengi na usambazaji ni kidogo.

- Mabadiliko makubwa katika uzalishaji na muundo wa mifumo muhimu ya mazingira hasa misitu. Maeneo ya vyanzo vya maji katika milima na misitu huendelea kukauka. Hili litaathiri uwezo wa kumwagilia mazao maji na kupunguza maji katika mikondo ya maji yanayohitajika kujaza mabwawa na hifadhi za maji. Hili litapunguza kutengenezwa kwa umeme. Viwanda, mahospitali na taasisi zinginezo zetu ambazo kwa kiwango kikubwa hutegemea umeme zitaathirika sana. Usambazaji wa maji ya paipu katika maeneo ya mijini nay ale ya vijijini pia utaathirika.
- Makumi ya mamilioni ya watu watawekwa katika hatari ya mafuriko na maporomoko ya ardhi, yanayoletwa na makadirio ya ongezeko la uzito wa mvua na katika maeneo ya bahari, ongezeko la viwango vya maji.

Nawezaje kuzuia ongezeko la joto ulimwenguni?

Panda na uichunge miti!

Kama ilivyotajwa hapo juu, carbon dioxide ni moja ya gesi zinazoleta ongezeko la joto ulimwenguni. Miti hunyonya gesi hii kutoka kwa hewa inapotengeneza chakula na kuiweka katika mbao, mizizi na udongo kama kaboni selulosi. Hata hivyo, miti inapokatwa na kuchomwa, huachilia kaboni iliyokuwa imeweka.

Unajua kuwa ila mti waweza kutengeneza tabianchi ndogo mahali ulipo?

Miti na bima yake hupunguza joto lililo katika uso wa dunia. Hisi faraja ya kivuli cha mti. Tambua kwamba udongo ulio chini yake huwa na maji zaidi kulika ya udongo ulio palipo na jua pasipo na kivuli. Udongo unapokaa ukiwa baridi, huwa unaweka maji muda mrefu zaidi. Ili lamaanisha kuwa miti katika ardhi yako itasaidia kuongeza kiasi cha maji katika udongo wako na pia itasaidia kuweka maji udongoni kwa muda mrefu zaidi. Hili litasaidia mimea yako na pia kusaidia watu wanaotumia maji katika eneo lako.

Kadi za kaboni ni nini?

Ili kutengeneza kadi ya kaboni wahitaji vitu vitatu:

- 1) Punguzo la kweli na la kuongeza la kaboni dioksidi iliyo katika hewa;
- 2) Ahadi ya kuweka kaboni hiyo mbali na hewa kwa muda mrefu;
- 3) Ukaguzi unaofanywa na chama tofauti kinachothibitisha kwamba shughuli zimefanyika kulingana na mujibu wa sheria.

Miti hunyonya kaboni dioksidi kutoka kwa hewa wakati inapotengeneza chakula na kuiweka katika mbao, mizizi na udongo. Kiasi cha kaboni kilicho chukuliwa kutoka kwa hewa hupimwa na kuhesabiwa, halafu, kinapothibitishwa kuwa sahihi, kaboni hii iliyonyonywa yaweza kuuzwa katika soko la ulimwengu kama kadi za kaboni. Wanunuzi waweza kununua kadi hizi kukabiliana na kaboni wanayoachilia kwa hewa.

TIST huweza kuuza kaboni iliyonyonywa na miti kama wazalishaji wanavyouza sukari na maziwa. Hata hivyo, katika kaboni, hauhitaji kutuma mti sokoni.

Badalake, thamani ya kaboni iliyotolewa katika hewa na kuwekwa katika miti iliyo shambani au katika msitu wako, hupimwa na kuripotiwa. Biashara ya kadi za kaboni zaweza kufanyika New York, Chicago, London na mijiji mingineyo ulimwenguni, ama pia kupangwa kati ya watu au kampuni mbili moja kwa moja. Lazima tutimize sheria na mahitaji ya soko. Hatuwezi kukata msitu wote au kukata miti ili kupanda miti kwani hili ni baya kwa mazingira. Lazima tujitoe kuweka miti hii katika shamba kwa muda mrefu, thelathini au zaidi. Lazima turipoti data sahihi. Miti inapopandwa, vipimo na hesabu hufanyika ili kupima kiasi cha kaboni iliyonyonywa na miti ya mkulima katika TIST. Kumbuka tena, miti haipelekiw sokoni. Hukaa shambani na jinsi inavyokaa hai, ndivyo malipo yanavyoongezeka. Kwa hivyo, mkulima hukaa na miti, lishe ya mifugo, kuni, matunda na pia karanga. Pesa zinazotengenezwa na TIST katika kuuza kadi za kaboni hujenga chanzo kipa cha mapato na hugawanywa kati ya vikundi vidogo katika TIST na hutumika kusaidia kukidhi gharama za TIST, ambazo ni pamoja na mafunzo, uhesabu miti na usimamizi.

Je, Miti yote hunyonya kiasi saw ach kaboni?

La, miti iliyo na mzingo mpana huweka kaboni zaidi ya miti iliyo myembamba. Miti mirefu pia hunyonya kaboni zaidi ya miti mifupi. Hivyo basi, miti iliyo mipana huleta mapato zaidi kutokana na kadi za kaboni. Haishindani kupata virutubisho katika udongo na maji kama miti iliyokaribiana.

Hivyo basi, ili kupata mapato mazuri kutokana na miti yetu, ni muhimu kuipanda kwa nafasi tosha itakayoiruhusu kukua kiafya, kwa urefu na upana. Kupunguza miti ili kupata kuni na kuiacha miti mingine ikue vizuri huwa njia nzuri zaidi ya kusimamia miti yako.

Ni wapi/nani hununua kadi za kaboni?

Hivi sasa, kadi za kaboni huuzwa katika masoko ya hiari na katika masoko ya kuhitimu mahitaji. Zaweza kuthibitishwa kwa njia tofauti, kama kulivyo na bidhaa mbalimbali na kuthibitishwa kwa bidhaa zingine unazonunua na kuuza (kama kahawa, kahawa aina mbalimbali). TIST yaweza kuuza kadi zake za kaboni katika masoko ya hiari au katika masoko ya kuhitimu mahitaji kwa sababu kadi zake ni za hali ya juu.

Kuna viwango mbali mbali katika masoko haya vilivyo na sheria mbali mbali na zinazobadilika kila baada ya muda zinazohusu upandaji wa miti, ufuatiliaji, na kuripoti ambazo tunahitajika kuhitimu ili kuuza kadi hizi za kaboni. Tunatumia viwango vya hali ya juu zaidi katika ukaguzi na kuthibitishwa — the Verified Carbon Standard (VCS) na the Climate, Community, and Biodiversity Alliance Standards (CCBA).

TIST ina wanunuzi wa aina mbili msingi:

Aina ya kwanza ni ya watu wanaojitolea kupeana pesa ili kuwapa watu motisha ya kupanda miti. Kwa mfano kulipia miradi ya upandaji wa miti kufanya harusi au semina kuwa kuwa isiyoongeza kaboni katika hewa. Aina ya pili ni ya makampuni yaliyo Amerika, Uropa, Canada na katika nchi zingine zilizokua viwanda zinazojitolea kupunguza gesi chafu zinazotoa kwa sababu mawakala wema wa mazingira au wanajitayarisha kuhitimu mahitaji Fulani ya baadaye.

TIST ina furaha sana kuwa na kadi za kaboni za hali ya juu, na kuweza kusambaza kwa wateja mbalimbali.



VVU na UKIMWI: Kuwatunza PLWHA.

PLWHA husimamia ‘Watu wanaoishi na VVU na UKIMWI’. Katika makala haya, tutajadiliana mada ya kuwatunza PLWHA nyumbani kazi inayofanywa na walezi.

Kumbusha watu kuwa njia bora ya kujiepusha na matatizo ni kuwahamasisha watu kutambulikana mapema ikiwa wanayo kupitia kupimwa VVU na kuanza dawa za ARV daktari anaposhauri. Maelezo haya ni ya walezi wanaotunza PLWHA walio na matatizo ya kimatibabu. Makala haya hayajatengenezwa ili kuwashtua watu, na si PLWHA wote hupata matatizo haya. Kwa kweli, ushauri mwingi uliopo ni ujuzi muhimu wa kutunza watu walio na wasio na VVU. Ushauri huu una msingi katika mazoea ya uuguzi mzuri nyumbani.

Kuwapa PLWHA huduma mzuri walipo na matatizo ya kimatibabu waweza kuhitaji kwa wingi, upendo, uvumilivu na kujitolea. Hata hivyo, huduma inayostahili yaweza kuongeza sana ubora na urefu wa maisha ya mgonjwa.

Mtu yeyote aliyejitolea kwa mgonjwa aweza kumtunza akiwa nyumbani. Hata hivyo, baadhi ya miongozo lazima ifuatwe ili kuhakikisha huduma inapeanwa kwa njia bora zaidi.

Mazoea bora zaidi wakati wa kuhudumia ili kuwalinda mlezi na mgonjwa

Walezi wana hatari ndogo sana ya kuambukizwa na virusi kutokana na mgonjwa anyehudumiwa ikiwa watafuatilia baadhi ya kanuni za akili ya kawaida. Iliyo hapa ni baadhi ya miongozo iliyoandikiwa walezi:

- Safisha mikono yako kwa maji na sabuni kabla na baada ya kufanya shughuli yoyote.
- Funika mikwaruzo au vidonda katika mwili wako (hasa mikononi) kwa plasta kabla ya kuhudumia mgonjwa.
- Ikiwa damu, matapishi au kinyesi kimemwagika kitandani au chini, wafaa kupanguza kwa uangalifu ukitumia kinga za mikono na Jik iliyoongezwa maji ikiwa ipo. Ikiwa kinga za mkono hazipo tumia makaratasi ya mipira. loshe mikono yaoko baadaye pia.
- Nguo na chochote kilichomwagikiwa na majimaji yoyote kutokana na mwili wa mgonjwa vyafaa kuwekwa katika maji yanayochemka na kuachwa ndani dakika ishirini kufika thlathini kasha kuoshwa na kuanikwa ili kukauka.

- Vipande vya nguo na bandeji kutoka kwa vidonda au majipu vyafaa kuchomwa.
- Vitu vinavyotumika kuosha kama pamba na karatasi ya choo vyafaa kuangushwa katika vyoo vilivyochimbwa au kuchomwa.
- Kusanya sindano zote na vifaa vikali katikasanduku na hupeleka hospitali iliyo karibu ili viweze kufanyiwa inavyofaa.
- Vaa kinga za mikono unaposhika vifaa vilivyoguzwa majimaji kutokana na mwili wa mgonjwa.
- Ikiwa umeguzwa na damu au majimaji ya mwili wa mgonjwa kwa ajali osha mahali hapo kwa maji na sabuni. Ikiwa mahali hapo mnatokwa na damu, rufusu damu izidi kutoka kwa muda mdogo. Kumbuka kuwa hatari ya kuambukiza ipo tu ikiwa majimaji ya mwili hlio na virusi yataingia katika damu ndani ya mwili wako. Ngozi iliyoshikana ni kizuizi kizuri. Hata hivyo, ikiwa unafikiria kuwa majimaji ya mwili yameingia katika damu yako, kwa mfano kupitia kidonda kilichofunguliwa, tafuta ushauri kutokana na mfanyikazi katika kituo cha afya.

Usafi wa nyumbani

Wagonjwa wa muda mrefu hasa walio na VVU na UKIMWI wana hatari ya kupatwa na magonjwa ya kuambukizwa. Hivyo basin i muhimu kwa wagonjwa na walezi kuhakikisha usafi wa hali ya juu ili kupunguza nafasi za kupata magonjwa haya, hasa kuhara.

Wagonjwa na walezi wafaa kujizoeshwa kuosha mikono yao kabla ya kutengeneza chakula na kabla ya kula.

- Mikono yafaa kuoshwa kwa maji na sabuni baada ya kutumia choo.
- Vyombo vya kulia vyafaa kuoshwa kwa maji na sabuni.
- Funika mdomo unapokooa au kuchafya.
- Kutema mate kwafaa kufanywa katika mkebe uliowekwa kwa sababu hii. Mkebe huu wafaa kuwa na kifuniko na waweza kuweka jivu ndani. Mwaga mate haya katika choo kilichochimbwa na huusafishe mkebe kwa maji moto na sabuni ya unga.

Ikiwa mgonjwa anameza dawa za ARV, msaidie kumeza dawa hizo wakati unaofaa na idadi inavyofaa. Hii ndiyo hatua bora zaidi ya kuzuia. Fuatilia mgonjwa na hurejelee hospitali ikiwa mambo yanazidi kuwa mabaya zaidi.

**Ulio hapa ni mwongozo kuhusu jinsi ya kuwahudumia wagonjwa nyumbani kulingana na ugonjwa walio nao.**

Dalili inayohitaji huduma nyumbani	Huduma inayohitajika kwa dalili
Joto mwilini	<ul style="list-style-type: none">• Toa nguo na vitandikio visivyohitajika.• Mpeleke mgonjwa palipo na hewa tosha.• Panguza mgonjwa kwa nguo iliyowekwa kwa maji yenye joto. Mpe mgonjwa maji, uji au chai ya kunywa.• Mpe dawa za Paracetamol 500 mg; mbili kila baada ya masaa manne laini si zaidi ya nane kila siku.
Kukohoa	<ul style="list-style-type: none">• Kuwe na hewa tosha katika chumba.• Himiza mgonjwa kuketi au kutembea inapowezekana badala ya kujilaza chini.• Funika mdomo kwa mkono unapokohoa.• Mpe maji maji mengi na matunda ya familia ya machungwa.• Jaribu majani chai ya ndimu na asali.• Dawa ya kikohozi ya kununua yaweza pia kusaidia.
Kupumua kwa ugumu	<ul style="list-style-type: none">• Tibu kikohozi kama ilivyo hapo juu• Ikiwa pua imefungana jaribu kutumia mvuke na menthol au majani ya mkaratusi ili kufungua mahali pa hewa kupitia.• Msaidie mgonjwa kukaa vizuri. Mara nyingi kuketi ni bora zaidi, kukiwa na mito ikiwa inaupa mgongo usaidizi.• Kunywa maji mengi.
Vidonda mdomoni	<ul style="list-style-type: none">• Meno yawe yameoshwa kila wakati.• Epuka vyakula vyenye joto jingi, baridi nyingi au viungo.• Osha mdomo kwa maji ya chumvi baada ya kula na kabla ya kuingia kitandani (chumvi kidogo katika maji ya gilasi).• Changanya aspirini mbili katika maji na uoshe mdomo (Yateme maji hayo) hadi mara nne kila siku.
Kichefuchefu na kutapika	<ul style="list-style-type: none">• Hakikisha mgonjwa ana hewa safi kwa wingi.• Jaribu kula chakula kidogo kidogo cha vyakula visivyochanganywa kama viazi chemsha, muhogo na kadhalika.• Kunywa maji, chai au maji ya matunda polepole na kila baada ya muda mfupi.• Baadhi ya madawa ya ARV ni vizuri zaidi kuyanyua na chakula, lakini si yote, uliza katika hospitali yako.
Kuhara	<ul style="list-style-type: none">• Kunyua maji safi au vyakula majimaji kama supu, uji, majini yasiyo na sukari na maji ya matunda.• Kula chumvi za kurudisha maji mwilini (hii yaweza kutengenezwa kwa kuweka sukari vijiko vidogo sita na chumvi kijiko kidogo nusu katika maji yaliyochemshwa na kupoa lita moja).• Kunyua vyakula vya majimaji visivyoongezwa sukari.• Kula vyakula vya kuongeza nguvu kama ugali, mihogo• Viazi, mchele usio na kingine, biskuti kavu, ndizi na nyanya, nivyakula vizuri sana pia.• Jaribu kula chakula kidogo mara tano au sita badala ya kula chakula kingi mara tatu. <p>Jiepushane na:</p> <ul style="list-style-type: none">• Matunda na mboga, isipokuwa ndizi na nyanya• Vinavyotokana na mifugo pamoja na maziwa lala• Vyakula veyenye viungo• Vyakula vyenye mafuta mengi• Kahawa na pombe• Vyakula visivyopikwa



	<p>Kunyonya kwa mtoto kama kawaida kwafaa kuendelea. Ikiwa kuenda choo kuna uchungu paka mafuta hapo karibu na kinyesi kinapotokea.</p> <p>Saidia kuepukana na kuhara kwa:</p> <ul style="list-style-type: none">• Chemsha maji ya kunyua kila wakati.• Weka maji ya kunyua katika vyombo vilivyo safi na vilivyofunikwa.• Osha mikono kila wakati kwa maji na sabuni kabla kunyua na baada ya kutumia choo.• Mgonjwa anafaa kupewa chakula kilichopikwa vizuri.• Chakula kilichobaki chafaa kupashwa moto vizuri kabla ya kuliwa. Chakula kilichobaki chafaa kupashwa moto mara moja tu.
Ngozi kavu na kuhisi kujikuna	<ul style="list-style-type: none">• Safisha kwa sabuni isiyo kali na maji• Weka eneo hilo ikiwa kavu kati ya miocho• Epukana na sabuni na sabuni za unga zilizo kali.• Paka mafuta kama Vaseline, mafuta ya nazi, mafuta ya mboga, glycerin na kadhalika.• Ikiwa unahisi kujikuna, kupoza mahali hapo na kupunga hewa husaidi kupunguza hisia hiyo. Jiepushe na kukwaruza na upake mafuta ya majimaji ya Calamine.• Majani chai yakiloweshwa kwa maji moto yaweza kuwa mazuri kwa ngozi unayohisi kukuna.• Iwezekanapo, hakikisha chakula kina mayai, mboga ya kijani, malenge, na papai.
Vikwaruzo na vidonda vidogo	<ul style="list-style-type: none">• Safisha kwa maji safi. Paka dawa ya kuzuia vijidudu ikiwa ipo.
Vidonda na majipu	<ul style="list-style-type: none">• Kwa vidonda vidogo na majipu, osha kwa maji ya chumvi na huruhusu kukauka.• Ikiwa vina uchungu sana mpe Paracetamol au aspirin.• Kupaka papai iliyoiva kwaweza pia kusaidia.
Maumivu ya kichwa	<ul style="list-style-type: none">• Baadhi ya maumivu ya kichwa huletwa na mvutano na kuguza kichwa kwa njia inayofaa kwaweza kusaidia,• Mwongozo wa kijumla wa kukumbana na uchungu ucsio mwingi ni kama ifuatavyo: Mpe Paracetamol mbili (500mg katika kila mojawapo) au aspirin (500mg katika kila mojawapo) au Ibuprofen (400mg kila mojawapo) usiku.
Vidonda au kutokwa na visivyozoea katika	<ul style="list-style-type: none">• Safisha vidonda kwa maji moto na sabuni halafu hukaushe kwa kitambaa safi.• Dalili hizi zaweza kutokana na magonjwa ya zinaa. Ni vizuri kupimwa hospitalini ili kuangaliwa magonjwa haya na kuchukua hatua zinazohitajika.
Kuchanganyikiwa kiakili	<ul style="list-style-type: none">• Vifaa vikali kama visu na panga vyafaa kuwekwa asipofikia mgonjwa kwa kuogopa mgonjwa kujumiza au kuwaumiza wengine.• Mgonjwa afaa kusaidiwa anapotembea.• Mgonjwa asiachwe katika chumba peke yake.• Weka dawa asipofikia mgonjwa.
Kushindwa kusonga kitandani	<ul style="list-style-type: none">• Geuza mgonjwa kitandani kila baada ya masaa mawili ili kuepuka vidonda vinavyotokana na kukaa sana kwa kitanda.• Tafuta usaidizi kuinua mgonjwa ili aweze kusonga. Usimkokote mgonjwa kitandani.• Toa mikunjo katika matandiko.• Badilisha matandiko yaliyo na maji au yaliyochafuka mara hiyo hiyo.• Osha mwili kwa maji na sabuni kila siku.• Zingatia usafi wa mdomo kwa kuosha meno au kugogomoa maji ya chumvi• Saidia mgonjwa kufanya mazoezi ya kimwili kama kusongesha viungo vinaposhikashwa kama mkononi, kiwikoni, mabegani na kwa magoti• Angalia kuona kama ana vidonda kutokana na kulala sana kitandani. Angalia mahali pa vidonda na majipu kujua matibabu.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
W W W . t i s t . o r g

Kikamba Version

*TIST is an innovative, time - tested,
afforestation program led by the
participants.*



Suguroi TIST Cluster kutoka Laikipia County wakati wa mkutano wao wa kila mwezi tarehe 19-11-2019

Inside:

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Aimi ma TIST kuola uvyuvu wa nthi na uvinduku wa nzeve. Page 2

HIV na AID: Kusuvia andu ala mena uwau wa muthelo (ukimwi) (PLWHA). Page 4



TIST: Viasala wa Greenhouse Gas.

Kuvanda miti nikumasya nzeve itavisaa mawithyululukoni. Carbon Dioxide ni nzeve imwe kati wa ila syithiawa nthini wa Greenhouse Gases. Ila syosaa uvyuvu wa sua na kuutunga kwithiwa na uvyuvu wa nthi. Asomi amwe ma saianzi mesilasya kana nthi niyiendee na uvyuvu muthenya kuthi ula ungi undu ula utonya kuete wanangiko. Uyu niw' o witawa usyao Greenhouse kila kitumaa kundu kumwe kwithiwa na mavuliko kana yua na maweu/mang'alata kunyaiika.

Kuvivya kwa syindu ta mavia ma mwaki (Coal), mauta na nzeve kumasya nzeve itavisaa (Carbon dioxide, Nimatetheeasya kuola uthuku ula uetetwe ni Greenhouse. silikali na indasituli nthini wa nthi yingi nikwenda kuola undu ikumya nzeve itavisaa nikana nthi ieke uvyuva muno. Avitukithya/ Athiani ma TIST nimatalaa nakuthima miti ila twavanda nikana TIST makeka masavu ma undu miti yosete nzeve itavisaa kuma mawithyululukoni.

Kithimi kila kitumiawa kuthima kitawa Carbon Credit kila kithiawa kianenen na tani imwe ya Carbonk withiwa yumitw'e mawithyululukoni. Kwoou kambuni na silikali nitonya kuaa "Carbon Credits" kwasya nomaivie miti kuola nzeve itavisaa ile methiitwe mayumya na kumilekya mawithyululukoni.

Nitwaile ithiwa na uw' o na kunengane uvoov uwa uw' o nikana tukwate athooi ma Credits. Mbesa sya Carbon Credit nitonya utetheesya ikundi kwithiwa syina projects na kwithiwa na ukethi munene na maendeeo. Ikundi sya TIST nikwataa ndivi ya \$20 kwa kila miti ngili imwe (1000) kila mwaka. Ndivi ya Greenhouse gas tiw' o vaita w' oka ikundi na aimi makwataa nundu miti yoo yina vaita kundu 10-40 kwi undu ndivi ya Greenhouse gas yiana.

Aimi ma TIST tuvande miti kwa wingi! Kwa vamwe no tuvikie vaita munene.

Aimi ma TIST kuola uvyuvu wa nthi na uvinduku wa nzeve.

Aimi ma TIST nimeetikie wito wa kumatha undu tukuola uvyuvu wa nthi na uvinduku wa nzeve. Aimi

angi nimamathie undu matonya kuelewa nzia ii kwisila kwa momanyisyo na semina sya TIST na ingi kwa mbumbano sya ngwatanio sya kila mwai nimaendeeie na kuelew' a undu wa uvyuvu wa nthi na uvinduku wa nzeve na niata matonya kwika kuola mothuku ala maetawe ni uvyuvu na uvinduku. Kwa ngelekany' o ta El-Nino ya 1998 ila yaetie wasyo munene na itina yaatiiwa ni yua inene nthini wa nthi yitu Kenya, Ingi kiseve kinenen kya hurricane mwakani wa 2003 ila tukwo nitasyaetiwe ni uvyuvu na uvinduku wa nzeve. Ngelekany' o ingi ni kuthela kwa ia kiimani kya Mt. Kenya, mbua kwithiwa iteumanyika yua indii na kusesya ivinda yila yauaa na kwoou kundu kwingi ithima, nthongo kungala vamwe na mbusi na mikao ila itany'aa.

Ithangu ya mwai uyu ni kukwony' a momanyisyo amwe ma semina ala meutuma ueeangwa mbee undu wa uvyuvu wa nthi na uvinduku wa nzeve mbeange. Mbee twianmbia kwa kumanya kila ndeto na tuyona undu miti ithukumaa kuete ualyuku nthini wa uvyuvu wa nthi.

Uvyuvu wa nthi nikiyau?

Uu ni wongeleku muutia kuma muthangani ula uetae uvinduku wa nzeve. Uvyuvu/muutia mwingi kuma nthi utumaa undu mbua yuaa isesya, kukethiwa na iuutani, kiw' u kya ukanga kwambata, mimea kulea usyaa, nyamu sya kithekani kukosa liu, miti vamwe na andu. Yila asomi ma saensi mekwasya uvyuvu wa nthi niwongelekete nundu wa mawiko ma mundu na kuete mauvinduku manene ma nzeve na uvyuvu wa nthi.

Ikonyo inya sya nthi niendee na uvyuva?

Ili, nthi yilu tui niyongelete uvyuvu kwa ndikilii imwe 10C ivindani ya myaka iana (100years). Asomi aingi meisilya kana mawiko ma mundu ala uendee na kwika nimo matumaa muiitia wa nthi uendee na kwongeleka amwe nita:- kuvivya syindu ila sumasya syuki ithuku muno ta mavia ma coal, mauta ma petrol na nzeve ila syi ungu wa muthanga vamwe na kutema miti na kulea usuvua itheka.

Nyumba ya Ngilini yithiawa na uthuku mwau?

Nyumba ino ya ngilini niyongelaa uvyuvu wa nthi nundu nzeve ila yumasya na kulekya nthini wa mawithyululukoni nzeve nthuku ta Carbon Dioxide, Nitrous Dioxide, Sulphur Dioxide na Methane Trap kuma suani.

Nzeve ithi nthuku sumaa ona kambunini na industries syosawa ni miti na kwoou yila miti itevo iyete uvyuvu kwa kwosa na kusii vinya kuma suani. nzeve ithi nisumaa nthini wa mitokaa, ngu syavivya na mititu yakana.

Mothuku ma uvyuvu wa nthi mni mau?

- Kiw' u kwaa isioni ila sya weu na kutuma iso ingi itwika weu kana mangalata.
- Kwongeleka kwa mowau ta malaria. nundu undu kundu kwavyuva niw' o kwithiawa kwaseuvya isio nzeo sya umuu kusiyaia na niw' o ukuaa tulinyu twa uwau wa malaria. Kwoou yila uu weeethiwa uwau wa malaria uyiiaika na kwongela ikw' u sya tuukenge na kutuma masivitali mausua.
- Kuoleka kwa ngetha ta undu kwithiitwe nthini wa nthi sya umiloni wa sua. Yila mbua yuaa nini na tusamu tula twanangaa liu twongeleka nundu wa uvyuvu liu kuma miundani naw' o nunyivaa nundu wa ukosa mbua na kulika ni tusamu tuu nakii kiyete wongeleku wa ukya misyini kuthi mbaini na nthi kwa vamwe.



- Nthooa wa maliu niwongelekaa nundu yila liu munini na ayi ini aingi na vai liu ungi nonginya vei wambate nikana uiwe nala mena mbesa sya kuuthooa.
- Ingi usyai na mititu iivinduka nundu ethiwa kuna kiw'u na liu nyamu nikuoleka kwa kukw'a na kukosa liu na mititu iyuma nundu miti ndikala vate kiw'u. kii nakyo ingi kiituma liu ulea ukethwa nesa nundu vai kiw'u kya kungithya miunda. Ingi sitima uioleka kwa ndustries, sivitali na kunduni kungi kwa vata kwa mundu. Ingi kiw'u kya miveleki kwa andu ma mataoni na kula kungi kiyioleka onakyo.
- Mamilioni ma andu nimekwithiwa na ivuso ithuku nundu wa muthanga kutuuka, nundu mbua yaua nakw'o kula kwi ukanga na maia kiw'u kiyongeleka na uyithia mawikalalo nimeethiwa matevo.

Nata tutonya ysiia Uvyuvu wa Nthi? Vanda an Kusuvia miti!

Oundu tuwetete vaa iulu nzeve itavisaa (Carbon dioxide) ni imwe ya nzeve ila ietae uvyuvu nthini wa nthi yonthe. Miti niyosaa nzeve ino kuma kwa mawithyululuko yila ikuseuvya liu na kwia nthini wa mithamba, mii, matu na muthanga. Onakau yila twatema miti na twavivya isyokaa ikaumya nzeve isu itavisaa na kumilekya ingi mawithyululukoni.

Ni wisi kana kila muti nusevasya kauvinduku ka nzeve?

Miti na matu mayo nimavwikaa muthaka wa nthi. Nutaniaa muunyi wa muti. Sisyu ungu wa muti nukwona muthanga ula wivo ni mwiu na ti undu umwe na ula uathitwe ni sua. yila ungu wa muti vena muunyi nivathithu na vena kimeu kwa ivinda iasa kwi vala vaathitwe ni sua. kii kionany'a kana miti ila yi muundani kwaku nitetheesya muthanga kwia kimeu na kiw'u kwa ivinda iasa kwi vala vate miti. Kiw'u kii kikatethya mimea yaku ni kikatumika maundu ni angu kisioni kyaku.

Carbon Credits nimyau?

Kuseuvya Carbon Credit sya TIST wienda syindu itatu

1. Nzeve itavisaa kwithiwa iyioleka na kwingeleka nzeveni (mawithyululukoni)
2. Kwiyiava kuola nzeve itavisaa kuma mawithyululukoni
3. Muthiani / muvitukithya kuikiithya kana mawiko othe mekitwe undu vaile.

Miti niyosaa nzeve itavisaa kuma mawithyululukoni na kutumia kuseuvya liu wayo vala iwiaa ta ngu mithambani, miini na muthangani. Nzeve itavisaa ila yumitw'e mawithyululukoni ithimawa na undu muti utonya kwia yiana naindi niw'o yikawa isavu na kuvitukithw'a kana ni yawo na indi nzeve ino yumitw'e mawithyululukoni na kwiwa mutini niyo itesawa sokoni ta Carbon Credits. Athooi ala mauaa mauaa ta nzia imwe ya kuola nzeve ino nthuku methiitwe mailekya mawithyululukoni.

TIST nitonya uta nzeve ino itavisaa oundu mundu utesaa sukali kana yia. Onakau kuta nzeve ino mundu ndalisasya muti melini/isiwani. Indi vaita ni kuma nzeve ila muti uyu wuwity'e mawithyululukoni na kwithiwa

muti wivo uendee na unyw'a nzeve itavisaa. Nzeve ino itavisaa itesawa sokoni sya New York, Chicago, London na misyi ingi minene nthi yothe nitesawa kwa mivango kati wa andu kana kambuni. Nonginya tuvokie miao ya soko nikana tute nthini wa isoko. Mwiao umwe nikana miti ndyaile utemwe ngulutu kana mititu kwengwa nundu uu ni uthuku kwa mawithyululuko. Nitwaile kwiyumya kuvanda miti yikale kwa ivinda iasa ta myaka miongo itatu. Na ingi nitwaile unengane uvoo waw'o. Miti yamina uvandwa masavu amwe nimaile kwikwa ta undu nzeve itavisaa ikwoswa ni miti ivanditwe ni aimi ma TIST. Manya ingi kana miti nditwaawa sokoni itiawa o muundani kwaku vala yaile ikala kwa ivinda iasa nikana ukaendee ukwata ndivi na kuunenge liu wa indo, ngu, matunda na mbindi/ngii. Mbesa ila TIST ikwataa kuma kutani kwa nzeve itavisaa nikuaaniaw'a tukundi tunini twa TIST na ingi utumika kukwathi ndivi sya kumanyisya, kuvitukithya na kuungamia.

Miti yoothe inyusaa nzeve itavisaa yianene?

Anye'ee, Miti ila mithathau noyo yiaa nzeve mbiki kwi miti mitheke. Miti miasa niyosaa nzeve mbingi kwi miti mikuvi. Kwoou uthathau wa muti nuetae mbesa mbingi nthini wa soko wa carbon credits. Kii nikwasya utaanu wa miti niwaile nikana unenge miti nzeve na kwithiwa itonya uthathaa na kuasava nikana yithiwe na ueti museo. Ingi yimitaanu nesa ndiithiwa iyuaania unou wa muthanga, kiw'u kana sua. Kwoou nikana ukwate ndivi nzeo kuma mitini manya kana utaanu wa miti niwaile nikana yiane nesa yimithathau na miasa. Ingi kuola miti ni kuseo ni kutumaa ukwata ngu na kutuma miti ila yatiwa yiana nesa.

Niva kana ni aau mauaa nzeve itavisaa (Carbon Credits)?

Kwayu nzeve ino itesawa sokoni sya kwiyumy'a. Nitonya kwithiwa ivitukithw'e kivathukany'o kwa ivinda na mivai kivathukany'o otondu soko syithiwa kivathukany'o sya kaawa na kaawa ka kwiseuvisya ungu wa masyitwa kivathukany'o. TIST nitonya uta carbon credits syayo nundu niatiie mawalany'o na nisyu kilasi kiyulu. Ve kilasi kivathukany'o na miao iulu wa uvandi wa miti yikalaa isesya na kusyaiw'a na livoti ila taile uvikia nikana tute nzeve yitu sokoni ithi yiya kilasi kya yiulu. Nitutumiaa nzia sya yiulu muno kuvitukithya, kukunikila, kuthiana n akwona nisyuile - verified carbo standard (VCS) kwa nzeve, mawithyululuko, mbai na uvathukanu wa syithio situ (Climate, Community na Biodiversity Alliance Standards).

TIST yithiwa na aui mithemba ili:

Mbee ni andu ma ngoo sya wendi museo ala mauaa kwa kwenda matuthutye kuendee na kuvanda miti . Ngelekany'o Kuiva andu mande miti kwa alusi kana conference ya kwikala tuoete nzeve itavisa.

Keli ni kambuni ila syi US, Europe, Canada na nthi ingi ila syina industries nimeyumasya kuola GhG ilasyumite nikwithiwa mena wendi museo kwa mawithyululuko kana meenda wambiia kuete walany'o wa kuola nzeve itavisaa.

TIST yina utanu kwithiwa nzeve yayo yi imwe ya kilasi kya iulu na itonya uteea athooi aingi kivathukany'o.



HIV na AID: Kusuvia andu ala mena uwau wa muthelo (ukimwi) (PLWHA).

PLWHA iungamiaa (People Living With HIV and Aids) andu ala mekalaa na uwau wa muthelo: Nthini wa ithangu yii nituukunikila iulu wa undu wa usuvia awau ala mekalaa mena uwau wa ukimwi/muthelo kuu misyini. Lilikania andu kana nzia nzeo ya kusiiia uwauu uu kuvinyiia mundu nikwa kwiyikia vinya na kuthi kuthimwa kana mundu enaw’o na uvikite kiwang’o kiva naindi ayambiia utumia ndawa sya ARV kwianana na utao ula ukunewa ni ndakitali.

Uu ni uvoo kwa ala meusuvia awau ma muthelo (PLWHA) ala mena manthina na ndawa. Ithanguu yii yiyiandikitwe kutelemya awau ma muthelo nundu ti andu othe mekalaa na uwau uyu methiawa na mathina maitumia ndawa. Kwa w’o kila tuuneenea vaa thini wa ithangu yii ni undu wa kusuvia muwau wa muthelo na kwikalania ona ala matenaw’o. Ni nzia ya kwonania undu andu matonya kwikalania musyi na kusuvia awau ala menamo.

Andu aya mekalaa na uwau uyu na methiawa na mathina maw’a indawa nimendaa kwonw’a wendo kwa wingi, wumiisyo na mundu kwiyumya. Ona ingi usuvio mwailu niutumaa thayu wa muwa uyu wongeleka nundu nukusuviwa undu vaile. Mundu wiyumitye kusuvia muwau wa muthemba uyu musyi niwaile kuatiiia kwoondu wa uima wake na wa muwau wake.

Mawalanio maseo waile ika yila uusuvia muwau kwoondu wa uima waku na wa muwau.

Asuvii ma awau aya maina muisyo munene wa ukwatw’a uwau uyu maatiia nzia ila syaile ta

- Kuthamba moko na kiw’u na savuni mbee wa kwika undu na itina wa kumina.
- Vwika itau kana kula withwa mukalye mwiini(munamuno moko) na plaster(elastoplast) mbee wa kukwata muwau
- Ethiwa nthakame kana mataviko kana kyoo kitandani kana nthi niwaile ututa wikiite gloves na uyikia ndawa ta bleach ethiwa yivo. Gloves nomuvaka syithiwe sya muvila na itina wa kutumia nisyaille uthew’a ethiwa vaina gloves no utumie mathangu ma nailoni. Itina wa uu niwaile uthamba moko.
- Ngua na kila kingi muwau utonya ithiwa athokoania nisyaille ikiwa kiw’uni kivyu na

kwikala vandu va ndatika ta 20-30 mbee wa kuvuwa na kwanikwa.

- Ilungu kana bandage ila syiovete itau syathaw’a nisyaille uvivw’a.
- Ethiwa ni kindu ta vamba kana ithangu ya kyooni yatumiwa niwaile kwikya kyooni kya yiima kana uvivye.
- Ethiwa ve singano kana syindu ta suva kolaniilya kakotonini noitwaa sivitali ila yi vakuvi nikekw’e kula syaile.
- kia gloves yila uukwata syindu ivikiie kiw’u kuma mwiini wa muwau waku.
- Ethiwa kwa vaati thuku niwakwata nthakame kana kiw’u kuma mwiini wa muwau waku thamba na kiw’u kimuutia na savuni. Ethiva vanduvau nivekuua eka vauange mbee wa kuthamba. Liikana kana uwau uyu utonya ukukwata thakame kana kiw’u kuma mwiini wa muwau nikyalika nthakameni yaku. Ethiwa nukwisilya kana nitonya kwithiwa yalika mikivani no ukwate itao kuma sivitali ila yi vakuvi.

Utheu wa musyi.

Awau ma kwikala ta mauwau wa muthelo nimethiwaw matonya ukwatwa ni uwau ona ula muniini. kwoou ni useo kwa awau na asuvii moo kwikalya utheu nikana kuola ivuso ya kukwatwa ni uwau munamuno kwituuu.

Awau na asuvii moo nimaile utw’a mutuo wa kuthamba mioko kila ivinda mbee wa kuseuvya liu na kuya.

- Moko maile uthmbwa na kiw’u na savuni itina wa utumia kyoo.
- Miiio ya liu niyaile uthambw’a na saviuni na kiw’u.
- Kukunika munika yila mundu ukukooa kana kwathimua.
- Mata nimaile utwilwa kamukeveni kala kasevitw’e kwa wia usu na itina nimaile itwa kyooni kya yiima. Thambya kamukeve na kiw’u kivyu na savuni. kila ivinda.

Ethiwa mutau nukutumia ARV’s mutetheesye kunywa ndawa saa ila syaile na kithimo kila kyaile. Ikala uisyaisya muwau na ethiwa nukwona ataendee nesa mutwae sivitali ila yi vakuvi.

**Vaa vena mwolooto wa undu utonya usuvia muwau e musyi kwianana na uwau ula winaw'o.**

Wonanio wa uwau wi musyi.	Utethyo wa mituki wimusyi kwa wonanio uyu.
Uyuvu	<ul style="list-style-type: none">• Muwau muolange ngua ila wivwikite kana wikie.• la muwau vandu vena nzeve.• Muvanguule na kitambaa kiu na uimunenge kiw'u, usuu kana kyai anywe.• Munenge ndawa ya paracetamol 500mg mbeke 2 itina wa kila masaa 4 na ndukavitukya mbeke 8 kwa muthenya.
Kukooa	<ul style="list-style-type: none">• Vinguanga ndilisa withie ve nzeve ya kwiana.• Muthuthie muwau atembee kana ekaleti vandu va ukoma.• Muvwike kanywa ikooa na kw'oko.• Munenge syindu sina kiw'u ta masungwa, matimo.• Atate kyai kya matimo kikiitwe uki wa nzuki• Ndawa ya ukooa nitonya utethya.
Kuemwa ni kuveva	<ul style="list-style-type: none">• Ita kukooa kw'othe (kwanzia ii syivaa iulu).• Ethiwa iny'uu nivingalu tumia kaluma, matu ma kyulu kana Eucalyptus kuingua nikana nzeve ilike na kuma nesa• Tetheesya muwau uyu ekale undu ukwiw'a atonya uveva nesa ta kumutwiika na vilo• Munenge kiw'u kwa wingi.
Itau sya kanyw'a	<ul style="list-style-type: none">• Ikalya kanywa wi muswake.• Ndukaye syindu mbyu muno kana nthithu ona kanaliu wina spices.• Thukathukya munuka na kiw'u kina munyu itina wa uya na mbee wa kuthi Ukoma/too.• Ikiya mbeke ili sya spirin thini wa kiw'u ukusakusye/uthukathukye kanywa na uitwila nthi mala ona ta ana kwa muthenya.
Kiw'a ngoo na kutavika	<ul style="list-style-type: none">• Ikiithya kana vena nzeve theu vala ve muwau.• Tata kuya liu utemukaange ta maluu kana manga mautheukya.• Nywa kiw'u, kyai kana kiw'u kya matunda.• Nwawa imwe sya ARV syithiawa nzeo iyyiisaniw'a na liu, onakau ti syothe - Kulya kwa muiiti ula wivakuvi kana sivitali ila yi vakuvi.
Kwituaa	<ul style="list-style-type: none">• Nyw'a kiw'u kitheu na kuya maliu mena kiw'u ta suvu, usuu, kyai kya tulungi na kiw'u kya matunda• Nywa kiw'u kivulanitw'e munyu na sukali (sukali tusiko 6 na munyu nyusu kasiko kwa kiw'u kitheukya na kikavoa kya lita)• Nywa liu sya kiw'u utongelele sukali• Ya maliu ta manga kana ngima ala mongelaa vinya mwii.• Ingi makwasi, maluu, musele muthei, mukate utenakindu, misukuti, maiu kana manyanya nonzeo onasyo kuya.• Tata uya mala 5 -6 liu munini munini vandu va kuya liu mwingi savali itatu kwa muthenya lvetangane na• Matunda na mboka sya matu ateo manyanya na maiu• Syindu kuma indoni ta yiia ithumo kana itkakaatu• Liu wina spices• Liu wina mauta• Kaawa kana uki• Liu utemuue



	<p>Ethiwa ni mwana ukwonga niwaile ueleenda na kwonga Ethiwa kuthi kyoo kwina woo vaka mauta muyovoni</p> <p>Tetheesya kusiia kwitua kwa:-</p> <ul style="list-style-type: none">• Kutheukya kiw'u kya unywa• Kwikalya kiw'u kya unywa kikitheu na kikikunike vamwe na miiyo ya uia.• Kuthamba moko na savuni na kiw'u itina wa kuthi kyooni• Muwau ivinda yoothe ni ekiwe liu muue ukavya.• Liu wa kutiala niwaile uvyuvw'a nesa mbee wa kuiwa. matialyo maile uvyuvwa na kuiwa oimwe. Kikonde kiny'au na kina unyeeo • Nthambya na savuni na kiw'u• Ikalya kikiny'au itina wa uthambya• Ivetangane na savuni muiito• Tumia mauta ta vasiline, mauta ma nathi, mauta ma kimolo kana glycerin• Ethiwa kikonde nikiunyeeo kwikala vandu vathithu na kwikala uteuthua na kwivaka mauta ma Calamine lotion.• Matu ma maiani wainda kiw'uni kivuyu mavoa noutumia ta ndawa kwa kikonde kina unyeeo.• Ethiwa nivatonyeka ikiithya liu ula uya wina matumbi, Malenge na mavavai
Uuma /malanga jana tutalu tunini	<ul style="list-style-type: none">• Thambya na kiw'u kitheu. vaka ndawa ya usiia ukwatwa ni uwau ta detol
Itau na miimu	<ul style="list-style-type: none">• Ethiwa ni tutalu tunini kana miimu thamya na kiw'u kimunyu na uyieka vome/ Vany'ae• Ethiwa nukwalya kana wina woo muno nywa panadol kana aspirin• Kuvaka kiw'u kuma ivavaini yiu niutetheesya kuola uito.
Kwalw'a ni mutwe	<ul style="list-style-type: none">• Imwe mutwe niwalasya nundu wa ulea uthumua na kwoou waukwatanga na kuutitia okavola nutonya ueka ukuya• Nzia ingi ya utetheesya unyalw'a kana kiw'w'a mutwe wina woo ni kwa kuya mbeke 2 sya panadol (500mg) kila masaa ana na aspirin (500mg) mbeke kana ibuprofen (400mg) wioo.
Itau, kana kiw'u kuma	<ul style="list-style-type: none">• Nthambya na munyu na kiw'u na savuni na unyasya na kitambaa kimbithi (nziani ya maumao) kyumu Kiseuvitw'e na vamba• Mawonano amwe no kwithwa nekumana na uwau wumanite na kumanyana kimwii na mundu muwau (STD). Ni useo kuthi sivitali na kuthimwa kwa itambya yila yaile.
Kuvuvuana kiliko	<ul style="list-style-type: none">• La syindu ta tuvuyu, ivanga, mathoka, syindu ila mundu wina kiliko kivuvuanu utonya utumia kwiyumisya kana kuumisya mundu ungi nisyaaile kw'iwa vandu ivithitwe.• Mundu uyu niwaile ukwatiwa aendete vandu• Muwau uyu ndaile uekwa eweka nyumba.• La ndawa vaasa nake.
Muwau wakitandani	<ul style="list-style-type: none">• Ikala uimuvindua itina wa kila masaa eli ndakakwatwe ni itau• Tetheew'a kumutwaa vandu ndukatate umukusithya• vetanga mitulo kitandani• Veta ngua kana matandiko ala mathokoany'e• Muthambye mwii na savuni na kiw'u kila muthenya• Muswake maeo na kuthukathukya kanywa na kiw'u kimunyu• Tetheesya muwau kutambuukya mwii kwa kumukoota Itaa, mau, ikokoa, ituo na malangu.• Ikala uimusisya kana niwithiwa na miimu nundu wa ukoma. ethiwa yivo atia nzia ila inenganitwe sya kuitaa itau na miimu vaa iulu.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
W W W . t i s t . o r g

Kipsigis Version

**TIST is an innovative, time - tested,
afforestation program led by the
participants.**



**Suguroi TIST Cluster kutoka Laikipia County wakati wa mkutano wao wa kila mwezi
tarehe 19-11-2019**

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TIST koristab mugaret.

Yenkimin ketik konyoru koboisien koristo noton yaa (CO2) korisiton ko agenge en chekiguren (greenhouse gases), en niton kotere burgeyetaf nguwofut en soet asi konyor burgeyetaf neo ng'uwofut, mwoe ng'omufik kole kigoet burgeyetaf en emet ako magariaran weche emet en niton koweche emet, eniton koweche emet amun emofinwek alak komuche koet robta mising, bitu kameusiek anan ko melewet, bitu koristo neyaa yon koboisien karisiek mwanik, kou makaa (nesek) amun ketik koboisien koristo kobose chongitab korisuwef kemi soet, moche anyun seregali ak emofinuwek cheboisein (industries) kobos koristo neyaa asi nguwofut borgeiyetaf neyomegei.

En koitikab ketik chebo tist koiti ak kobimoni toltolitaf ketik asi komuch konai kole tiana koristo negobosien ketit, kobunisiek ak seregali kwole koristo neya ak koliban ketik ak kobos korisoton.

Nyolche ko kibo imanit ak chelitiaf en koitetaf ketik asi kimuch kiyanten, ye ka kenyoru rabisiek komuche kurubit koboisien komnye ak konam koyai tuguk alak che komagofinye, kurubisiek kelibochin \$20 chebo ketik 1000 en kenyit (kogerger ak 1.80ksh.) En ketit ne sobe, nyorunen kelchil temik kosir olik amun chechuak ketik.

Membraekab karaba kilasta en laikipia county komiten tuiyetaf en arawanik konye.

Temikab TIST kotinye naet agobo burgeiyetaf nguony ak waletab itondab emet.

Ngen che chang en temikab TIST agobo niton. Kigechil niton temik en konetisiosiek ak seminars ak en tuiyosiekab kilasta koguiyo agobo burgeiyetaf emet, ak nee nebitu agobo niton ne oret negimuche keposen. Kitinye ak kenyoru koimufik en betusiek tugul. Koborunet netai ko kirobon robta El Nino en 1998 ne kibuf emet ak let konyo kemeuf, kibitf kora koristo neo missing en 2004 nito ko koborunetaf waletab emet. Kibit en emet; kosib kochotio koikab beek en Mt. Kenya amun en burgeiyetaf ne kibitf en emet; kosib ko kobetio anan rorunetaf amufwogik ene emet, kofenyo beek en kondametusiekab beek ak anagei chechang chegitok.

En arawani ketinye asi komuch koguiyo biik agobo burgeiyetaf emet ak waletab emet komie. Kitinye ororunetaf chufon tugul asi iguiye ile tos imuch kotoret.

Ne anyun burgeiyetaf emet?

Burgeiyab emet kogochin nguwofuf koet missing burgeiyetaf, niton kogochin emet konyor wallet. Ye eet mat en emet komuch kowal orowekab robta, koriswek

che gimen, kotesak beek en nyanchosiek, lo mabit omufwogik, koseretio ketik, tiongik ak biik. Ye ngalal ngomofik agopo niton bo waletab emet kotinygei ak burgeiyetaf emet; niton kotinygei ak boisionikab biik missing ko agobo itondab emet ko bitumen niton.

Tos tesosei mat en emet?

Ee amun en kenysisiek 100 chegogopata kogitesak 1^oc. Tinye ngomofik kole eng bosionikab biik che yoe kogochin ngwoinduf koet mat. Niton kounetaf mwanik chegitom kepoishen, petro, koristo nemiten ak koluletaf keti, ribetaf emet ne mayamat.

Tos tinye koriswek alak?

Niton keguren kotab kurwek amun miten en nguony koriswek che terofin kou carbon dioxide nitrous oxide, sulphur dioxide, mitane trap energy koyob asista. Olepifunen korisi ya (carbon) kotiletaf timwek, koristo ne yopu factorisiek karisiek, nesek ak beletab osnosiek.

Ne ngoiyonduf ne konu burgeiyetaf emet?

- ◆ Konu kotesak ongatet en ye mamiten beek.



- ◆ Konu kotesak mionwek kuo eset.
- ◆ Amun igochin kalyangik che ibu eset kochanga, komuchi kebek biik che chang.
- ◆ Konu koet bananda en biik amun ye kaet mat, komuchi komabiit omitwogik missing ko korotinwek chemiten oretab asista.
- ◆ Konu kobit oliet ab omitwogik. Kwo barak missing amun rorunet.
- ◆ Ye tiny timwek ak osnosiek kobitu kobetio beek en tulonok, komagenyoru beek che kimuchi keboisien en imbarenik, kobetio omituokik, komagenyoru stimet ak beek en korik ak en townisiek.
- ◆ Biik che chang komosiche mengotosiek en maranetab neek.

Omuche oter burgeiyetab emeti?

Min ketik ak irib!

Kou en mwaetab koristo noton ya (Carbon) ko konu burgeiyetab emet. Ketik anyun koboishen koristo (carbon dioxide) en yaetab omitwogik, konori en temenik, tigitik ak ngunyek, yegitil ketik any ko kagichunda korisoton kwo soet, kotes burgeiyetab emet.

Tos imuch inai ile ketik kotinye waletab emet?

Ketik ak orwet gotuche emet. kaitit urwet kosir olemiten asista.ole kaitit kogochin yoto kokoitit en abogora niton koboru kole ye imin ketik konyoru ngungunyek chemiten imbarengung kotityet en kila ak kila ,agotrurutik tugul.

Mungaretab koristo konee?

Mungaret kotinye tuguk somok:

1. Komiten keretab bosetab koristo noto yaa (CO₂) en koristo.
2. Kebos carbon en kenysisiek chechang.
3. Miten biik che tononchingei asi korib agoib kokwout kole kogisib mogutik tugul che tinye.

Ketik koboisien carbon ak kogonor en ketik, tigitik ak

en ngungunyek. Kimuch kenai koristo ne yaa nemiten barak ak nekogiboisien ak keyai esabu. Ko bit anyun chemungarainik che ole ak kwoldoi.

Itin anyun TIST koalda koristo ne kogiboisien en ketik kou temik che tinye sugaruk ak chego. Mogimuchi keib ketit kwo ndonyo kobaten kibimoni toltolindab ketit ak kiyokto. Mungarani kotesetai en New York , Chigaco, London ak emotinwek alak. Miten ngotutik che bo mungaret ak tononywan. Biik alak komuche kotil ketik en osnet asi kogol alak, maiyanat niton amun ketesi carbon kotes burgeiyet. Kimokinigei kemin ketik chebo kasarta ne goi choton ko kipkaa. Ye testai temik koribe ketik konyorunen kelunoik chetoretegei en kaa kou-rabisiek, kwenik ak logoek.

Tos ketik tugul koboisien koristo ne kergei?

Acha, ketik chetebesen ak chegoen kotinye koristo neo kosir ketik chemengechen. Ketik chetebesen kotinye raninik che chang amun konori koristo neo. Noton anyun ye kigole ketik kigochi kokwoutik che yome asi koet ak konyor beek. Rib ketingung ak kechororchi asi koegitun ak inyorunen kwenik ak omitwogikab tuga.

Ano/ng'o che ole koristo?

En nguni kochang olig ago miten boroindo en ole imoche. Amun tinye boroindo olik ak oldoik (kou kawek kotinye keruti).

Miten kobesosiek en indonyo amun tinye agetugul ngotutikyik kou ole kimindo ketik, ole kiribto ak ole kiyumdo report. Kiboisien biik che miten barak (validation and verification, V.C.S) ak Climate Community and Biodiversity Alliance Standard (CCBA).

TIST kotinye olik oeng

Netai miten biik che tinye kapuatet ne mie ko kon rabisiek, kogochi che kimin ketik. Nipo oeng komiten kombunisiek en US, Europe, Canadaa ak emotinwek alak chegitestai kotinye maget kepos koristo ne yaa.

TIST kotinye boiboiyet en amun tinye koristo ne kararan netinye mungaret, en olik che chang.



HIV&AIDS: Ribetab PLWHA.

PLWHA-ko tononchin agobo biik chetinye HIVak AIDS ak 0le kimuchi keribto en miyoniton. En ngalalet nebo rain nge ngolonen agobo ole kimuchi keribto en kaa ribik anan toretik.

Asi maimuch konyor kaimetabgei biik cheibuwotingei kole tinye, ko netai ko ngengolochi kosibgei ak niton ak nebo oeng ko kochigilgei biik ak yeitiyo konam konyor ARV en koyomisetab Taktari. Niton ko kasarta nebo PLWHA ribindet ne ribe ne miyoni. En konetisiyoni ko mongele bo chemiondos kitiyo boto che motiye asi komuch konyor tililindo en abogora.

En anyun ye kagobit niton PLWHA ko mising ko konyo chomiet neo, mutaet ak konunetabgei. Niton kobitu keret ne kararan ak sobet negoi en chito.

Age tugul koiti rotutiyoniton komuchi korib ne miyono en kaa. Miten anyun tetutik che yom egei asi kosulda ribet ne kararan.

Oret ne kararan netoreti ribindet ak nemiyoni:

Ribindetet ko tinye boroindo ne mingin ye imuch korigei ko monyoru ngoyondit age tugul yeisib tetutichu.

- Nyolu ko keun eut ak sobunit kotomo iyai boisit age tugul.
- Illumgei bortangung mising ko eunek kotomo iyochi chi nemiyoni.
- Agot komiten kangutaet anan ko korotik

ak omitowogik ko ius ak beek.

- Ki tagetugul ne tinyegei ak murindo nebo chi nemiyoni ketorchi kirait kotar saisiek 20-30 asi gemuwet ak lema
- Ingoroik ak tugugab mook ko mogibele
- Tuguk cheu kotok ak sitonok ak kotok kii yumi ak keib koba sibitali ne nekit asi komuch koyaita icheget.
- Tuguk cheu bamba ak chekiusengei ketorchin keringet ne loo
- Illum eunek yeiyoe boisiet age tugul
- Igotiwe got kotinyin korotik chechik iweti sibitali ak inaisi asi kowolun.

Tililindo en kaa:

En biik chemiyondo en kasarta negoi kotiye HIV &AIDS konyumnyu koiti miyonuek che ter en kasarta age tugul. Bo komonut en ribindet ak ne miyoni koribgei en kimnotet mising asi kobos komoiti miyonuek alak.

Bo komonut en ichet koun eunek ko kaibata anan kotom ko yai boisit agetul

- koun eut
- koun tuguk chegiboisien chebo omitwogik
- kotuch kutit ye iriyonyi
- ko nguti kibabet mat kotiny nguwoy.

Angot ko chito nemiyoni kwome ARV ketoret konyor kerichek en kasarta me yomegei ak kerichi kosibetab kerichek. Niton go oret nebo teret. Rigin en abogora asi monyor siriret.

**Neisibu ko tetutik chetoretin en kosibet en kaa en chito ne miyoni:**

Koborunet ye biit en kaa	Koborunet ye biit en kaa
Eset	<ul style="list-style-type: none">• Istechin ingoroik chemotoreti kii ak ituch.• Imut chito ne miyoni kuwo ye miten koristo.• Tuch ak ingoriet ne tuwon ne koginde beek che lolongen ak kigochi chaik goe.• Igochin kerichek paracetamol 500mg oeng ye ibata saisiek 4.
Loliyot	<ul style="list-style-type: none">• Nyolu komiten koristo ne yamat.• Chomichin ne miyoni kuwendot kosir koru.• Igotuch kutit yon lole ak eut.• Kigochi beek chechang ak logoek.• Igchin chaikab lemom ak kumiyat.• Ka ngoletab kerichek komuchi kotoret.
Igo kerak Teget	<ul style="list-style-type: none">• Toret kou loliyot.• Agot kogerak serunek itugi sogekab chepgogutgei (blugam).• Igochin koe beek chechang.
Kalutik	<ul style="list-style-type: none">• Boisien kipsitit en Gelek.• Istoengei burgeiyet neo anan ole kaitit ak omituwogi che mi bilibilik.• Boisien beekab chumbik komo anan ko kaibata omituwogik asi iwendi ruyonik.• Iyome aspirin oeng iunen kutit konyil 4 en betut.
Koriyonget ak kangutaet	<ul style="list-style-type: none">• Ingonyor koristo ne yamat.• Ingonyor omituwogik cheu biasinik, mogo cheyomiotin che ichegen.• Ingonyo beek en abokora ak logoek.• Kerichek alak kou ARV kimuchi ketesta omituwogik ago motugul.
Mandaetab moet	<ul style="list-style-type: none">• Ingonyor beek chechang ak logoek en abogora, kou korik ak sutek.• Ingoe beekab chumbik chelolongen che kechiget agenge koibe 1litait.• Ingonyor omituwogik che bei chemotinye sugaruk.• Ingonyor kou kimiet ak moko.• Ingoboisien biasinik, muchelek, magatiat, nyanyik, indisiot che mogitesi kii•ingoyomis konyil 5-6 kosir 3 ago chechang.
Igoistoengei	<ul style="list-style-type: none">• Logoekak inguwek akuwam indisiot.• Ingoisitoegei chego tugul.• Omituwogik che muanik.• Kou kawek.• Che kagibe. Igotestai ko chuchun lakwet kouitu moet keboisien mwaita neu petrolem jelly.



Teretab moet	<ul style="list-style-type: none">• Kibo beek chegiee• Itaban beekab eet en ole kararan• Keboissem kounetab eut sobunit kotomo ak yeibata omituwogik• Konyor omituwogik che lologen moche koitit.
Magatet ne yamat ak koutute	<ul style="list-style-type: none">• Boisien beek che lologen ak sobunit.• Ingonyor yamet yon imuwetisie.• Mat iboisien sobunit ne kiim.• Boisien muwaita kou vaseline ak alak chetongusen.• Magatet ne iutute keboisien calamit asi kogaitit.• Sogekab chaik che ka kilalak ke muweten.• En omituwogik ko nyolu komiten kou monget,maayat,sogek chenyolilen ak pawpaw. <p>Mook.iun ak beek che tililen ak inde kerichek.</p>
Chesiru	<ul style="list-style-type: none">• lunen beekab chumbik asi koyamsi• Igochin aspirin ye kose koututos• Boisien pawpaw imalen asi kogaitit.
Ametab metit	<ul style="list-style-type: none">• Imuchi kobit yon kenyor koimut• Toretet ko kigochi kerichek 2 chebo paracetamol 500mg abo kora yeibata saisie 4.
Kebebertab borto	<ul style="list-style-type: none">• Ye kabit mook keboisien beekab chumbik.• Imuchi koruonik anan ko miondo.
Karnet	<ul style="list-style-type: none">• Tuguk kou panget anan rotuwet keisto koloit.• Nyolu ketoret chi ye nyorgewelnatet.• Mat kebagach inegen en kaa.• Kitaban kerichek en ole ungat.
Rebetab ne miyoni	<ul style="list-style-type: none">• Nyolu ketore ki wisi en kitok asi manam tomonget borto.• Keganab asi komuch kowendot.• Keistechi ingoroik cheruen.• Kewolchi che ilochi.• Ke muweti bortanyin en abogora.• Kigochi tililindo ne yamat.• Kesochi bortanyin igotinye mook.