

# Mazingira Bora



# TIST

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

English Version

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



**Kiang'onde TIST Cluster members working on their tree nursery.**

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## **TIST: A small pilot project on Solar loan.**

**O**ur Country Kenya has experienced significant electricity connection in many areas in recent past. The last mile Government project is still ongoing, aimed at reaching as many households as possible.

However, there are dozens of villages yet to get connected to the national grid. In TIST areas, we have areas that Cluster Servants and farmers cannot charge their phones from home. They do walk or travel some distances to get electricity to at least charge their phones.

TIST Kenya Quantifiers ( Cluster Servants) came up with a suggestion of having a solar loan for those who do not have access to electricity in their homes. They reasoned that they get a small loan where it will be recovered from their monthly productivity payments. Leadership Council and US Team thought this is a good idea. LC developed an Action Plan for a pilot project which so far has benefitted five(5) Cluster servants.

Among the five beneficiaries include Samuel Kimathi ( Kirimaara), Leah Nyambura ( Narumoro), Alice Kambura (Kinyaritha), Josephine Muasya (Machakos) and David Thuku (Laikipia West).

Samuel has his solar installed in his two room houses, use it for charging his working equipments and additional security light. Leah has her three room well lit plus charging phones and security light as well. Alice use it for light, radio and TV plus charging. Josephine and Thuku do charge phones for their neighbours despite using it for their own charging, TV, Radio and lighting the house.

LC is in the process of reviewing and studying this pilot project further. Its primary aim is to increase work productivity among the Cluster Servants. LC will be looking for ways to scale it up to benefit more Cluster Servants.

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## **Esther Wambui Mwangi: I'm more empowered in TIST.**

*By Esther Wambui*

**I** joined TIST in the year 2016. I had learnt about TIST through my neighbor Lucy Wambui. TIST had just been introduced in our area and I was eager to learn more. Lucy did a fantastic job explaining what TIST is all about. I got excited because TIST came to help us improve our farming and tree planting.

Before joining TIST, my husband and I were mainly engaged in Tea, maize, and beans growing. We were doing very little in trees planting. Yet we had challenges of firewood and other needs.

Lucy helped me recruit more neighbours and we formed Gekiki ( F)TIST Small Group. Our TIST number is 2016KE514 We love working together in our Small Group. There is exchange of ideas, helping one another and encouraging each other. We belong to Ngecha Cluster within Makomboki Cluster, Murang'a county. Cluster meetings have been very instrumental in learning new things that improve and sometimes change our way of doing

things. I am particularly grateful for having learnt tree nursery management and care. I was taught on how to construct a raised seed bed, learnt how to take care of it. This was very important to me. I needed to raise enough seedlings for planting in my own shamba and also for sale to supplement my family income from tea.

I am proud for the trainings I have received in TIST and the work I have done. Trees seedlings have provided me with new income. Trees in my shamba are proving me with fruits, fodder for the cattle and even firewood. I do prune the branches to get firewood and let the tree continue to grow for carbon. I have learnt about Conservation Farming (CF) and practiced it. The results have been amazing. More food, less labour!

Besides trees and crops trainings, I have gained immensely in leadership and mentorship skills. I now serve my Cluster as a Trainer. My goal is to spread TIST, learn more, train and empower other farmers.



## Antubochiu TIST Cluster: Taking steps to conserve Nyambene Forest and its catchment areas.

*By Joseph Gituma*

**W**e, Antubochio Cluster, in Maua, Meru County, are glad to participate in conserving and protecting our neighbouring Nyambene Forest. We are in partnership with Forest Conservancy officers, not just to conserve the forest but also streams that originate from the forest.

Our goal together with Forest Department led Mr. Patel is to plant more trees within the forest and riparian areas in order to conserve our biodiversity, increase water quality and quantity, and importantly guard against illegal cutting and destruction of forest trees.

Antubochio Cluster is ready to support with initial 6,000 seedlings towards this effort. Cluster members have pledged to support fully this project.

In meantime, we continue to empower ourselves by trying new Best Practices. We have embarked on potato farming. We are learning from each other on how we can successfully grow potatoes. Table banking continues to enable many our members meet their financial challenges. We are grateful for Cluster meetings that TIST has enabled.

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## Salama Cluster: Partnership to combat effects of Climate Change.

*By Peter Mithiru*

**H**aving a well organized Cluster meetings is an important platform to enable other organizations reach your members, says Salama Cluster in Nyahururu.

Last month, we Salama Cluster, had an opportunity to host Kenya Climate Smart Agriculture Program (KCSAP). This is a program led by Kenya Government and the World Bank to help communities adapt to Climate Change. Like TIST, this program trains farmers on CF and growing of drought resistant crops.

Their Team led by Mr. Michael Karari was encouraged to see their training activities are very similar to our TIST activities. They met Thirty two (32) members from Salama Cluster.

Mr Micahel and Team pledged additional support to our Cluster from the Government through their program. On the other hand, members promised to take up some of the additional activities besides TIST such as growing beans through Conservation Farming.



## TIST: Getting your suggestions, ideas, concerns, complaints shared and heard.

**T**IST Values requires us to be honest, accurate, transparent, mutually accountable, and servant to each other.

TIST is a family. We want everyone to feel involved and participate fully. Any suggestion, idea, concern or complaint should be heard and addressed.

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

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

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

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

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## Sexual harassment, discrimination and grievances.

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

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

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



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

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

## What is an indigenous tree?

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

## Why are indigenous trees important?

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

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

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

## Which tree species are indigenous?

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

### Indigenous trees for Kenya.

*Cordia africana*

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

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

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



## TIST: Boost your energy.

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

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

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

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

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

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

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

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

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**Kimereu Version**

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



**Amemba ba Clasta ya Kiang'onde bakiritagira nasari yao ngugi.**

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## **TIST: Kamuradi kanini kegii Ioni ya Sola.**

**N**thiguru yeetu ya Kenya ni ithiritue iri na gukinyithirua stima ntura inyingi. Muradi wa thirikali wa ikinya ria muthia “Last mile” nojwitite mbere na juri na mworonto wa gukinyithiria ntur inyingi buria nkungumbikana.

Kunari uu,kuri na ntura inyingi itari igukinyirwa ni muradi uju.Kiri ntura iria TIST ikinyite,kuri najio atungati clasta na arimi batiumba gwikira thimu jiao mwanki bari micii yao.Nibetaga ngendo inene gucua stima bekira thimu mwanki.

Atari ba Miti ba Kenya (atungati clasta) nibagiire na mathugania ja kugia na Ioni ya sola kiri baria batina stima micii yao. Nibonire ni bwega baninkerwe ka Ioni kanini karia bakaria gukurukira marihi mao ma ngugi.Atongeria ba LC nankinya ba US nibonire riri ithogania rithongi.Atongeria ba LC nibathondekire mubango wa muradi uju uria nkinya nandi jutethete atungati clasta batano (5). Baria batethekete kiri mubango uju ni: Samuel Kimathi (Kirimaara), Leah

Nyambura (Narumoro), Ice Kambura (Kinyaritha), Josephine Muasya (Machakos) na David Thuku (Laikipia West).

Sola ya Samuel ni ikiritue kiri nyomba ya rumu jiiri,igatumika gwikira mwanki into jia ngugi na nkinya gwika gitaa kia oome. Leah nawe nyomba ya rumu ithatu iri na weru wakung’ana, gwikira thimu mwanki na nkinya taa ya oome. Alice nawe atumagira gwikira weru nyomba, gutumika kiri kameme ba TV na nkinya gwikira thimu mwanki. Josephine na Thuku nibekagigira thimu mwanki jia aturi bao onakethira noo batumagira gwikira jio mwanki, TV, Kameme na gwikira weru nyombni jiao.

LC iri na mubango jwa gutegeera muradi uju nkuruki. Untu buria bunene kiri muradi uju nikwona ngugi ni gwita mbere bwega nkuruki kiri atungati Clasta. LC nibagucua njira ya gutuma atungati clasta batetheka nkuruki.

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## **Esther Wambui Mwangi: Ni mbikiri inya nkuruki ndeene ya TIST.**

*Mwandiki Esther Wambui.*

**N**dathungire TIST mwaka wa 2016. Ndamenyire TIST kuuma kiri Lucy Wambui muturi wakwa. TIST nonka yari yakinya ntura yakwa n nkwenenda kuthoma nkuruki. Lucy niaritire ngugi inene ya bata kumenyithia nteto ya TIST. Nindakenire muno nuntu TIST yejire gututethia kuthondeka urimi na uandi wa miti.

Mbere yamenya TIST, uni na Mukuru wakwa twaritaga ngugi ya majani,urimi bwa mpempe na mboco. Twaritaga ngugi inini muno ya uandi bwa miti. Onakethir twari na thina ya nku na bata ingi.

Lucy niantethirie ndamenyithia aturi na twathondeka gakundi ga Gekiki (F) TIST namba 2016KE514. Itugwiragirua ni gwita ngugi turi kiri gakundi kanini niuntu itutethanagia na mathuganio, tugatethia muntu n uria ungi na nkinya tugekanira inya. Clasta yetu ni ya Ngecha naja Makomboki Counti ya Murang’a. Kiri micemanio ya clasta niku tuthomaga mantu ja mageni jaria jatutethagia gwita mbere na nkinya kugarura murutire weetu wa wira. Ningwiriritue muno ni kumenya njira ya kuthondeka

nasari ya miti na nkinya kumenyeera. Nindathomire kuthondeka nasari yukiritue na kumimenyeera. Untu bubu ni bwa bata muno. Nindathondekire nasari iri na miti i mingi ya kuanda muunda jwakwa na ingi ya kwendia niguu mbone mbeba jiiingi notiga jia majani aki.

Ndina gikeno ni kithomo kiria ngwatite kuuma kiri TIST na ngugi iria nditite. Miti iji ya nasari niumbite gumpa mbeba jiiingi. Miti iria iri muundene nayo iri na matunda,iria ria ndithia na nkinya nku. Ngwataga nku kuuma kiri mpang’i jia miti na muti naju jukareta carbon. Ninthomete uhoro wa urimi bubwega (CF) na nkinya ndathithia. Maketha nijongerekete, ngugi iji ni ya kurigaria nuntu ngarama ni inini.

Amwe na kithomo kia miti na urimi,nimenyete mantu ja maingi jegie utongeria na njira jia utongeria.Nandi tungataga clasta yakwa ja mutongeria.Untu buria mmbikiirite nandi ni gutambia TIST, kuthoma nkuruki, kuthomithia na gwikira inya arimi bangi.





## **Antubochiu TIST Clasta: Kujukia makinya kumenyeera mwitu wa Nyambene na naria nduuji jiumaga.**

*Mwandiki Joseph Gituma.*

**B**atwii Ntubuchiu Clasta, Maua, Meru County, Turi na kugwirua tukimenyeera na kugitiira mwitu jwa Nyambene. Nitugwatanirite na maabisa ma umenyeri mwitu kumenyeera nkinya nduuji iri jiumaga mwitu uju.

Mubango jwetu juria munene tugwatanite na rwang'i rwa mwitu rutongeretue ni Mr. Patel ni kuanda miti i mingi mwitu na kumenyeere nteere jia nduuji niguu tugitire uturo, twongeeere nduuji itheri n inyingi na nkuruki tugitire utemi miti na

winyangia wa mwitu. Antubuchiu Clasta iri tayari gutethia na miti 6,000 kiri ngugi iji. Amemba bonthe niberitaniritie kiri ngugi iji.

Mwanka nandi, nitwite mbere gwikanira inya na kugeria njira jiiingi imbega. Nitugwita ngugi ya kuanda waru na tukathoma kuuma kiri muntu na ungi bwegie urimi bubu. Gwika mbeca methene nikugwita mbere gwikira amemba inya ya kurua na mathina. Nitugucokia nkatho nuntu bwa micemanio ya TIST ya Clasta.

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## **Salama Clasta: Ngwataniro ya kurua na mathina ja gucinjia kwa riera.**

*Mwandiki Peter Mithiru.*

**K**withirwa uri na micemanio i mithongi ni njira imwe ya bata yagutuma kambuni ingi jiumba gukinjira amemba, bubu nibu Salama Clasta ya Nyahururu ikuuga.

Mwari mwituku, batwi Salama Clasta, twari na kaanya gakwithirua twina Kenya Climate Smart Agriculture Programme (KCSAP) Uju ni muradi utongeretue ni thirikari ya Kenya na bengi ya nthiguru yonthe (World Bank) ya gutethia ntuura kumenyaniria na ugaruruku wa riera. Ja TIST, muradi uju ni uthomithagia arimi kurim bweega (CF) na

kurima imera iria jiumagiria riuga.

Batongeretue ni Mr. Michael Karari nibeguire bagia na hinya nikwona kithomo kiria bari nakio nija kiria TIST ithithagia. Nibacemanirie na amemba (32) kuuma Salama Clasta.

Mr. Michael na kiama kiae nibaugire bakaejana utethio nkuruki kiri clusta kuuma kiri thirikari. Nabo amemba nibetikiririe kuthithia ngugi nkuruki ya kuanda mboco kiri urimi bubwega (CF).



## **TIST : Kijukia mathuganio jenu, mateta kuthikirua na kwiranua.**

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

Kenda tumba kithithia mantu jaja jonthe, ikundi biniini nibikurua biaranairie, bathikanire, berane njira injeru iria obaria bari nacio. Kiri micemano ya Cluster, kwanira werune nikugwati mbaru. Mantu jaria jakwenda kumurikwa kana jakwenda utethio kana biuria nijabwiri kwandikwa najagaikua

kiri ikundi bia Council ya Cluster (GOCC) kana kiri Council ya atongeria. Atongeria na ariti ngugi ba Cluster nibabwiri gutigira ati ntento iu igukinyira GOCC na LC

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

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

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## **Gutumirwa buthuku kiwendo, kwonerwa na mateta.**

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

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

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



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

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

### Muti Jwa Gintwire Nijuriku?

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

### Niki Miti Ya Gintwire Iri Na Gitumi?

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

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

### Ni miti iriku ya gintwire?

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

### Miti ya Gintwire ya Kenya

*Cordia africana*

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

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

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



## TIST: Ongera inya yaku.

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

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

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

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

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

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

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

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

# Mazingira Bora



# TIST

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

**Kikuyu Version**

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



**Amemba a Kiang'onde TIST Clasta makiruta wira tuta-ini ciao.**

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## TIST: Mubango wa kuheana mkopo wa thitima ya solar.

**B**ururi witu wa Kenya niukoretwo ukigeria muno kuhee matura maingi thitima mahindaini maya. Mradi wa thirikari wa last mile no urathii na mbere na gukinyira micii miingi

Na gukiri ouguo, kwina matuura maingi matari marakinyirwo ni thitima. Kuria TIST iri, kwina arimi na Atari a miti amwe matangihota gwikira thimu ciao mwaki tondu matiri na thitima micii-ini yao. Rimwe ni mathiaga regendo runene magikona kuria maguchanjira thimu ciao.

Atari a miti nio Cluster Servants nimokire na riciria ria kuheo mkopo wa solar kuri aria matari na thitima kwao miciiini. Makiuga nomahao mkopo uria uritinagio kuuma mucarainin wao. Leadership Council na d Timu ya America nimonire riri ni

riciria riega. LC niyathondekire Action Plan ya kugeria mubango uyu (pilot project) iria yari yambiririe na Atari a miti atano.

Atari acio atano nioo; Samuel Kimathi ( Kirimaara), Leah Nyambura ( Narumoro), Alice Kambura (Kinyaritha), Josephine Muasya ( Machakos) na David Thuku (Laikipia West).

Samuel ekirire solar yake nyumba yake ya room igiri. Solar iyo niimuteithagia na utheri na gwikira thimu na indo ciake cia wira wa gutara miiti mwako. Leah ina room ithatu iria iri na utheri wa solar na niekagira thimu ciake mwaki na ena utheri wa security. Alice arutimira nginya TV na redio hamwe na gucharge thimu. Josephine mena Thuku nimachanjaga thimu hamwe na guchanjira andu aria

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## Esther Wambui Mwangi: Nitheremete ndi TIST.

*Mwandiki ni Esther Wambui*

**N**daingirire TIST mwaka wa 2016. Ndamenyete uhoro wa TIST kuuma kuri neighbour wakwa Lucy Wambui. TIST yakoretwo yarehwo itura-ini riitu na ndari na wendi kumimenya makiria. Lucy niarutire wira mwega guthomithia uhoro wa TIST. Nindakenirio ni TIST tondu yokire gututeithia kuongerera urimi witu na uhandi wa miti.

Mbere ya kuingira TIST, nii na muthuri wakwa twarimaga chai, mbembe na mboco. Miti tutiekiriire muno ona gukorwo ni twari na thina wa ngu na matumiro maingi.

Lucy niandeithiriire guthomithia andu angi a itura na tugithondeka gakundi gaiti kanini , Gekiki (F). TIST number itu ni 2016KE514. Nitukenagio nikurutithania wira hamwe na tugakurania kimeciria na gwikiranira hinya.

Cluster itu ni Ngecha iria iri Makomboki, county ya murang'a. Micemangio ya Cluster niukoretwo iri

na uteithio muingi kuri ithui . Nituthomete uhoro wa gutungata nathari ya miti. Na tukonio guthondeka nathari ya metha. Nathari ino niiratuhotithia kugia na miiti miingi nathari-ini imwe tukahanda migundai-ini na iria ingi ya kwendia na kuona mbeca.

Ningeneire urutabi wa TIST na wira uria ndutite. Miti ya nathari niindeithitie kugia na mbeca. Miti iria handite ni iraha matunda, mahuti ma mahiu na ngu. Njehaga honge niguo nyone ngu na ngatiga muti ugikura naguo ugatheria riera na ngona mbeca cia carbon. Nithomete uhoro wa conservation Farming (CF) na ngarima CF. Umithio wa CF niwamegaganania tondu wina maciaro maingi na wira ni munini.

Makiria na urutani wa urimi na miti, nindeithikite na urutani wa utongoria na guthomithia andu aria angi. Gwa kahinda gaaka ni murutani ( Trainer). Kioneki giakwa I gutheremia TIST, guthoma makiria na kuona arimi angi nimateithika.



## **Antubochiu TIST Cluster: Kuoya makinya ma kugitira mutitu wa Nyambene na icigirira cia maai.**

*Mwandiki ni Jospheh Gituma*

Ithui, Antubochio Cluster, kuma Maua, Meru County, twina gikeno ni kunyitanira hari gugungata na kugitira mutitu uria turigainii wa Nyambene. Twina ngwataniro na Forest Conservancy Offivers, hari kugitira mutitu hamwe na ithima iria ciumite mutitu-ini.

Mworoto witu wa ruhonge twa mititu ugitongorio ni muthuri ti Patel ni kuhanda miti thiinii wa mutitu na kuria njuii ciumite nigetha kugaciria nyamu ciothe na mimerera, kuongerera uigi na utheru wa maai na muno makiria kugitira mutitu kumanagia na utemi wa miti uteri mwitikirie.

Antubochio Cluster ni ihariirie na miti 6,000 hari wira uyu. Amemba a Cluster itu nimaugite nimakunyita wira uyu mbaru.

Oo kahinda-ini gaaka, no turathii na mbere na kuruta wira wa gutwaka. Riu nitwambiriirie urimi wa waru. Niturathi na mbere na guthoma oo kuri mundu oo uria ungi uria tukungikuria waru na twone magetha maaingi. Table banking no turathii na mbere nayo na tugavokia ngatho ni uria irathi na mbere na kuhotitha andu aangi ki mbeca. Micemano ya Cluster niyo ituhotithitie gokorwo na table banking.

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## **Salama Cluster: Kunyitanira na kuhurana na ugaruruku wa riera.**

*Mwandiki ni Peter Mithiru*

Gukorwo na micemano ya Cluster niiteithagiriria gukorwo na mieka miega hari honge ingi gukinyira a memba anyu, Salama Cluster kuuga.

Mwari muthiru, ithui amemba a Salama Cluster, twari na mweke wa kunyita ugeni, Kenya Climate Smart Agriculture Program (KCSAP). Uyu ni muradi wa thirikari ya Kenya hamwe na World Bank guteithia arimi kuhurana na ugaruruku wa riera. Ota TIST, murandi uyu uthomithagia arimi urimi wa

Conservation Farming (CF) na kuhanda irio iria ingihota gwitiria riu.

Matongoretio ni muthuri ti Michael Karari, nimakenire nikuona mandu maria mathomithagia nomo TIST iraruta na guthomithia. Nimacemanirie na amemba 32 kuuma Cluster ya Salama.

Muthuri ti Michael na timu yake nimereire arimi uteithio makiria kuuma kuri thirikari. Arimi namo nimamukirie urimi wa mboco magitumira CF.



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

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

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

GOCC kana LC. Atongoria a Cluster yaaku nimagiriirwo nigutigira manundu macio nimakinyara GOCC kana LC .

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

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

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## **Kunyamarania, Gutugukania, na mateta mangi.**

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

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

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





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

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

### Muti wa kiunduire ni uriku?

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

### Miti ya kiunduire ni ya bata nikii?

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

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

kuri njiarwo iguuka hamwe na nyamu cia githaka..

### Mithemba ya miti ya kiunduire (indigenous)

Kenya kwina miti ya kiunduire mithemba miingi muno.

### Ngerekano nita;

*Cordia Africana, muringa.*

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

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

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



## TIST: Ongerera hinya.

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

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

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

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

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

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

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

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

# Mazingira Bora



# TIST

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

**Kiswahili Version**

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



**Wanachama wa Kiang'onde TIST Clusta wakiwa kazini kwa tuta zao.**

- Ndani ya gazetti:**
- TIST: Mradi mdogo wa majaribio juu ya mkopo wa Solar.** Uk. 2
  - Esther Wambui Mwangi: Nimewezeshwa zaidi katika TIST.** Uk. 2
  - Cluster ya Antubochiu TIST: Kuchukua hatua za kutunza Msitu wa Nyambene na maeneo yake ya chemi chemi.** Uk. 3
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## TIST: Mradi mdogo wa majaribio juu ya mkopo wa Solar.

**N**chi yetu Kenya imepata muunganisho muhimu wa umeme katika maeneo mengi katika siku za hivi karibuni. Mradi wa Serikali ya maili ya mwisho bado unaendelea, unaolengwa kufikia kaya nyingi iwezekanavyo.

Walakini, kuna vijiji kadhaa bado vinaunganishwa kwenye gridi ya taifa. Katika maeneo ya TIST, tuna maeneo ambayo Watumiaji wa nguzo au hata wakulima hawawezi kutoza simu zao kutoka nyumbani. Wanatembea au kusafiri umbali fulani kupata umeme ili angalau malipo ya simu zao.

TIST Kenya Quantifiers (Cluster Servants) walikuja na maoni ya kuwa na mkopo wa jua kwa wale ambao hawana huduma ya umeme majumbani mwao. Walifikiria kwamba wanapata mkopo mdogo ambapo utalipwa kutoka kwa malipo yao ya uzalishaji wa kila mwezi. Baraza la Uongozi na Timu ya Amerika walidhani hii ni wazo nzuri. LC iliandaa mpango wa utekelezaji wa mradi wa majaribio ambao hadi sasa umenufaisha watumishi watano (5).

Kati ya wanufaika watano ni pamoja na Samuel Kimathi (Kirimaara), Leah Nyambura (Narumoro), Alice Kambura (Kinyaritha), Josephine Muasya (Machakos) na David Thuku (Laikipia Magharibi).

Samweli ameweka jua lake katika nyumba zake mbili za vyumba, atumie malipo ya vifaa vyake vya kufanya kazi na taa ya ziada ya usalama. Leah ana chumba chake tatu pamoja na simu za malipo na taa ya usalama pia. Alice atumie malipo rahisi, redio na TV pamoja. Josephine na Thuku huchaji simu kwa majirani zao licha ya kuitumia kwa malipo yao wenyewe, Televisheni, Redio na kuwasha nyumba.

LC iko katika mchakato wa kukagua na kusoma mradi huu wa majaribio zaidi. Kusudi lake la msingi ni kuongeza tija ya kazi kati ya Watumiaji wa nguzo. LC itatafuta njia za kuifanya iweze kunufaisha Watumiaji zaidi wa Kikundi.

## Esther Wambui Mwangi: Nimewezeshwa zaidi katika TIST.

*Na Esther Wambui*

**N**ilijiunga na TIST mnamo mwaka wa 2016. Nilikuwa nimejifunza kuhusu TIST kupitia kwa jirani yangu Lucy Wambui. TIST ilikuwa imeanzishwa tu katika eneo letu na nilikuwa na hamu ya kujifunza zaidi. Lucy alifanya kazi nzuri kuelezea TIST ni nini. Nilifurahi kwa sababu TIST ilikuja kutusaidia kuboresha kilimo chetu na upandaji miti.

Kabla ya kujiunga na TIST, mimi na mume wangu tulikuwa tukihusika sana kwenye Chai, mahindi, na maharagwe hukua. Tulikuwa tukifanya kidogo sana katika upandaji wa miti. Walakini tulikuwa na changamoto za kuni na mahitaji mengine.

Lucy alinisaidia kuajiri majirani zaidi na tukaunda kikundi kidogo cha Gekiki (F) TIST. Nambari yetu ya TIST sio 2016KE514 Tunapenda kufanya kazi pamoja katika Kikundi chetu Kidogo. Kuna kubadilishana mawazo, kusaidiana na kutiana moyo.

Sisi ni wa Kambi ya Ngecha ndani ya Kambi ya Makomboki, kata ya Murang buya. Mikutano ya nguzo imekuwa muhimu sana katika kujifunza vitu vipya ambavyo vinaboresha na wakati mwingine

hubadilisha njia yetu ya kufanya vitu. Ninashukuru sana kwa kujifunza usimamizi wa kitalu cha miti na matunzo. Nilifundishwa juu ya jinsi ya kuunda kitanda cha mbegu iliyo inuliwa, nilijifunza jinsi ya kuitunza. Hii ilikuwa muhimu sana kwangu. Nilihitaji kuongeza miche ya kutosha kwa kupanda katika shamba langu na pia kwa kuuza ili kuongeza mapato ya familia yangu kutoka kwa chai.

Ninajivunia mafunzo ambayo nimepata katika TIST na kazi ambayo nimefanya. Miche ya miti imenipatia kipato kipya. Miti katika shamba langu inanithibitisha matunda, lishe ya ng'ombe na hata kuni. Ninapunguza matawi kupata kuni na kuiruhusu mti uendeleo kukua kwa kaboni. Nimejifunza juu ya Ukulima wa Uhifadhi (CF) na kuifanya. Matokeo yamekuwa ya kushangaza. Chakula zaidi, kazi kidogo!

Kando na mafunzo ya miti na mazao, nimepata sana ustadi wa uongozi na mafunzo. Mimi sasa nikitumikia nguzo yangu kama Mkufunzi. Kusudi langu ni kueneza TIST, kujifunza zaidi, kutoa mafunzo na kuwawezesha wakulima wengine.



## **Cluster ya Antubochiu TIST: Kuchukua hatua za kutunza Msitu wa Nyambene na maeneo yake ya chemi chemi.**

*Na Joseph Gituma*

**S**isi, Antubochio Cluster, huko Maua, Kaunti ya Meru, tunafurahi kushiriki katika kutunza na kulinda Msitu wetu mpya wa Nyambene. Tunashirikiana na maafisa wa Utunzaji wa Misitu, sio tu kuhifadhi msitu lakini pia mito ambayo hutoka msitu.

Lengo letu pamoja na Idara ya Misitu iliongoza Bwana Patel ni kupanda miti zaidi ndani ya msitu na maeneo ya mpunga ili kuhifadhi viumbe hai wetu, kuongeza ubora wa maji na idadi kubwa, na muhimu kujilinda dhidi ya ukataji haramu wa miti na misitu.

Cluster ya Antubochio iko tayari kuunga mkono na miche 6,000 kuelekea juhudi hii. Washirika wa nguzo wameapa kuunga mkono mradi huu kikamilifu.

Kwa sasa, tunaendelea kujipatia nguvu kwa kujaribu Mazoea Mapya Bora. Tumeanza kilimo cha viazi. Tunajifunza kutoka kwa kila mmoja juu ya jinsi tunaweza kukuza viazi kwa mafanikio. Benki ya meza inaendelea kuwezesha wanachama wetu wengi kukabili changamoto zao za kifedha. Tunashukuru kwa mikutano ya nguzo ambazo TIST imeweza.

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## **Cluster ya Salama: Ushirikiano katika kupambana na athari za Mabadiliko ya Tabianchi.**

*Na Peter Mithiru*

**K**uwa na mikutano ya Cluster kilichoandaliwa vizuri ni jukwaa muhimu la kuwezesha mashirika mengine kufika washirika wako, anasema Salama Cluster huko Nyahururu.

Mwezi uliopita, sisi Salama Cluster, tulipata fursa ya kukaribisha Programu ya Kilimo cha Hali ya Hewa ya Kenya (KCSAP). Huu ni programu inayoongozwa na Serikali ya Kenya na Benki ya Dunia kusaidia jamii kuzoea mabadiliko ya hali ya hewa. Kama TIST, mpango huu hufundisha wakulima kwenye CF na kuongezeka kwa mazao sugu ya ukame.

Timu yao iliyoongozwa na Bwana Michael Karari ilitiwa moyo kuona shughuli zao za mafunzo ni sawa na shughuli zetu za TIST. Walikutana na washiriki thelathini na wawili (32) kutoka Salama Cluster.

Bwana Micahel na Timu iliahidi msaada zaidi kwa nguzo yetu kutoka kwa Serikali kupitia mpango wao. Kwa upande mwingine, washiriki waliahidi kuchukua shughuli zingine zaidi ya TIST kama vile kulima maharagwe kupitia Kilimo cha Uhifadhi.



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

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

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

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

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

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

## Unyanyasaji wa Kimapenzi, ubaguzi na Malalamiko.

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

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

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

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



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

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

### Mti wa kiasili ni upi?

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

### Miti ya asili ina umuhimu?

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

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

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

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

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

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

### Miti ya asili nchini Kenya

*Cordia africana*

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

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

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



## TIST: Ongeza nguvu yako.

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

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

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

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

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

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

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

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



# Mazingira Bora



# TIST

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

**Kikamba Version**

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



**Aimi ma ngwatanio ya Kiang'ondu maithukuma kivuioni kyoo.**

**Inside:** TIST: Kikundi kimwe kinini kwambiia walanio wa kukovethania kutumia mwaki wa sua (Solar) Page 2

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## **TIST: Kikundi kimwe kinini kwambiia walanio wa kukovethania kutumia mwaki wa sua (Solar)**

**N**thi yaitu Kenya niendee na ukwata mauvinduku ma kundu kwingi kukwata mwaki wa sitima nthini wa myama minini mivitu. Kilungu kya muthya kya silikali kila kiendee na kwailw'a nikana kivikye mwaki wa sitima kila musyi vatonyeka.

Onakau ndua mbingi iyaaisa uvikiwa ni mwaki uyu unyaiikitw'e ni silikali. Isioni sya TIST, kwina kundu athukumi na atongoi ma TIST matekia simu mwaki kuma misyi kwoo. Nimaendaa kuasa kwikia simu mwaki.

Avitukithya na Athiani ma TIST Kenya nimookia na woni wa kana nuseo kukovethania mwaki wa sua (Solar) kwa ala misyi yoo itena mwaki wa sitima. Kitumi kya ukovethwa mbesa nini nikana itonye kuivika kuma ndivini yoo ya kila mwai kuma TIST. utongoi wa kanzu na timu kuma US nimoniie woni uu wi museo.

Atongoi ma Kanzu nimambiie walanio uu wina wiko na kuvika yu nivatethekete athuku 5 ma ngwatanio sya TIST.

Kati wa ala matethekete ni walanio uu ni ta Samuel Kimathi (Kirmaara), Leah Nyambura (Narumoro), Alice Kambura (Kinyaritha), Josephine Muasya (Machakos) na David Thuku (Laikipia West).

Samuel niweekie mwaki uu wa sua nyumbani yake ya lumu ili, nutumiaa kwikia mwaki simuni na kwakania nza nundu wa usuvia musyi wake na miio ingi ta kameme nitumiaa mwaku usu. Alice nutumiaa kwa kwona, kamemeni, TC na kwikia simu mwaki, Josephine na Thuku matumiaa kwikia mwaki ona kwikiia atui mwaki, kwona TV, kameme na kwakania nyumba.

Utongoi wa Kanzu (LC) nimaendee na kukunikila nata ungi matonya kwongela uthukumi wa athukumi ma ngwatanio sya TIST na kute vaita munene kwa ingwatanio.

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## **Esther Wambua Mwangi: Nina vinya na utonyi kuma kwa TIST.**

*na Esther Wambui*

**N**alikile nthini wa TIST mwaka wa 2016. Ninamanyie iulu wa TIST kwisila kwa mutui wakwa Lucy Wambui. TIST yai inavika kisioni kyakwa na nainawendi wa umanya mbeange. Lucy niweekie wia museo wa kungelesya iulu wa TIST. Nineethiwe na utanu mwingi na kisali nundu wa kumanya ka TIST yookie ututetheesya kwailya nima na uvandi wa miti. Mbee wa kulika TIST, ny'e na muume wakwa nitwawandaa maiani, mbemba na mboso. Tuyavandangaa miti, onakau twaina nthina wa ngu na mavata angu ma miti.

Lucy niwandetheesye na twamanyisya atui angu na twaseuvia kakundi ka Gekiki (F) TIST. Namba ya TIST ni 2016KE514 nitwendete uthukuma vamwe kakundini kaitu. Nitutethanasya kimawoni na kuthuthanya maunduni kivathukanio umwe kwa ula ungi. Twithiawa nthini wa ngwatanio ya TIST ya Ngecha ila yi nthini wa Makomboki, Murang'a county. Mbumbano sya kila mwai sya ngwatanio nitutethetye vanene kwimayinsya maundu tutesi na kumanya undu wa kwika angu na nzia nzau. Muno nina muvea nundu wa umanya undu ndonya useuvia

na usuvia kivuio.

ninamanyiiw'e undu wa kuseuvia kivuio kya kitanda na undu wa ukisuvia. Kii kyai kyavta muno kwakwa. ningwenda kuvuia mbeu mbingi ya uvanda muundani kwakwa na kuta ila itiele nikana nithiwe na ukwati vandu va kwikwatya maiani moka.

Ningwikathiia nundu wa umanyisyo ula ngwatite kuma kwa TIST na wia ula thukumite. Mbeu ya miti nindete na ngakwata mbesa kuma vo, miti ila mbandite imwe niya matunda, uithyo wa indo yu ndina thina ona ngu ningukwata. yila nanzea miti yakwa ningwataaa ngu, liu wa indo na ndiendee kuta nzeve uitavisaa. Ninimanyite iulu wa nima ya usuvia (CF) na kumitumia. Ningwatite usyao na ukethiwa wakwendeesya na kutania, liu mwingi minoo minini.

Eka miti na kumanyiw'a iulu wa mimea ya liu ningwatite ivuso ya imanyisya iulu wa utongoi. Kwayu nithukuma ngwatanio yitu ta mumanyisya. Mwolooto wakwa ni kunyaiikya na kumanyisya aimi angu.



## **Ngwatanio ya Antubochiu: Kwosa matambya ma kusuvia mutitu wa Nyambene na mawithyululuko maw’o.**

*Na Joseph Gituma*

**I**thyi ma ngwatanio ya Antubochio, Maua, Meru County twina utanu nundu wa kwithiwa twi amwe manaailya mawithyululuko na kusuvia mutitu wa Nyambene. Twina ngwatanio na asyaiisya ma mititu (Forest Conservancy Officers), tyoo kimisuvia indi nikumanya kana tulusi na mbusi sumite mutituni uu.

Mwolooto witu kwa vamwe na asuvii ma mutitu matongow’e ni Mr. Patel ni kuvanda miti thini wa mutitu uu na isio sya nthongo inkana tusuvie mawithyululuko na tuyongela kiw’u na kwailya kisio kii na kusiaa kutemwa kwa miti na kwanangwa kwa mutitu.

Ngwatanio ya Antubochio yniyiyumbanitye kukwata mbau undu uu na mkunengane mbeu ya miti 6,000 kwailya mwolooto uyu.

Kwayu twiendee kwiyyikia vinya na mawiko maseo ma TIST. Nitwambiie nima ya maluu, na kuendee kumanyiany’a umwe kwi ula ungi undu wa nzia nzeo sya uvandi wa maluu. Kwia kinandu kya mesa vala kitetheesye a memba aingi kwiyailya kiukwati. Twina muvea nundu wa mbumbano sya ngwatatio sya aimi ma TIST nundu nitutonyethetye.

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## **Ngwatanio ya Salama: Tukwatene vamwe kwailya mauvinduku ma nzeve.**

*na Peter Mithiru.*

**K**withiwa na wumbano wa ngwatanio wina mivango ni undu wa vata muno nundu niwailasya amemba kuvikiwa kwa nzia ila yaile; niw’o ngwatanio ya Salama kuma Nyahururu ikwasya.

Mwai muthelu ngwatanio ya Salama nineethiwe na ivuso ya kumbania umbano wa Kenya Climate Smart Agriculture Program (KCSAP). Uu ni walanio uetetwe ni silikali ya Kenya yi ngwatanio na kinandu kya nthi yonthe (World Bank) kutetheesya mbai kuelewa ni uvinduku wa nzeve. Ta TIST walanio

uu wimanyisya aimi iulu wa nima ya kusuvia (CF) na kuvanda mbeu ila sumiiasya munyao.

Timu ino itongoew’e ni Mr. Michael karari nimathuthiw’e kusyaiisya umanyisyo ula ukwenda kuw’anana na wa TIST. Nimakoomanie me memba 32 ma ngwatanio ya Salama.

Mr. Michael na timu nimathanie kwongelelea ukwata mbau ngwatanio ino kuma kwi silikali na walanio woyo. Ngaliko ila ingi amemba nimathanie kwisa maundu angi kwongelelea ala ma TIST ta kuvanda mboso kwa nzia ya nima ya kusuvia (CF)



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

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

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

ngwatanio (Group of Clusters Council GOCC). Atongoi ma ngwatanio na athukumi ma ngwatanio nimaile uikiithya kana uvoo niwavika kwa nzia ila yaile kwa GOCC na LC.

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

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

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

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

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

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



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

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

### Muti wa kiene niwiva?

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

### Niki Miti ya kiene niyava ?

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

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

nitunasuvia miti yitu na vaita wayo kwoondu wa usyao wukite.

### Ni mithemba yiva ni yakiene ?

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

### Miti ya Kiene kuma Kenya

*Cordial africana*

Meru Oak, Muhuru (*Vitex Keniensis*)

Mugumo, Mirumba, Muumo (*Ficus Thonningii*)

Podo, Muthengera (*Podocarpus Falcatus*)

Mwiria (*Prunus Africana*)

Mutoo, mukeu, (*Dombeya rotundifolia*)

Murubati, Muuti, (*Erythrina Abyssinica*)

Sesibania, (*Sesbania Brownii*)

Mikongoro, (*Acacia Albida*)

Mihogoro, (*Acacia abyssinica*)

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

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



## TIST: Undu wa kwongela vinya mwiini.

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

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

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

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

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

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

w'otho. kyai na sota ingi nosyithiwa nzeo onakau nitumaa mundu akwatwa ni caffein ila syithiwa nayo na nitumaa withiwa utatonya ukoma nesa. oundu

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

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

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

Ethiwa nukwikala mesani uithukuma kwa ivinda iasa ikala kivilani undu vaile ute kweeka na mbee ila ni mau maile ithiwa meanene na syikalilo (kitimba) na uikinya nthi mauu me vulati nas uyaisya muongo kivilani. Nzakua kivila utonya kwia undu ukwenda na ukwiw'a wi mwianie uilye.

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

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

# Mazingira Bora



# TIST

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

**Kipsigis Version**

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



**Wanachama wa Kiang'onde TIST Clusta wakiwa kazini kwa tuta zao.**

**Inside:** TIST: Tetutiet ne ming'in nebo pesendab sola. Page 2

Esther Wambui Mwangi: Kikikimiton en TIST kosiir. Page 2

Kurupitab TIST nebo Antubochiu: Kokwoutikab ribeetab osnetab Nyambene ak komoswek cherupe gee. Page 3

Kurupiab Salama: Kibagenge kiterter koimutik cheibu waletab itondab emet. Page 3

TIST: Nyorunetab Mogutikwok, Kobwotutikwok, Koimutikwok Rirutikwok ko kipchee ak kekose. Page 4

Kanyalilet nebo Kwonyik anan ko Murenik, Sosisiet ak Rirek. Page 4

Ketikab kipkaa: Ochon choton ak amunei asikobo komonut. Page 5

TIST: Boisien kimnotenguny. Page 6



## **TIST: Tetutiet ne ming'in nebo pesendab sola.**

**E**menyon Kenya ko kokonyor koreunetab sitimet en kasarta nenwach ne kokosirto. Tetutiet nebo serikali ko tesetai, kotokin kee koityi koriisk chechang cheimukogsei.

Nganda unoton, komi koitosiek chechang' chebo kokwotiwek che tomo keturuchi sitimet. En emotinwekab TIST, ketinye kurupisiek ab kipoitinik ak temi che moimuche konde maat simoisiekchuak en gaa. Bendi ichek banda ne loo asikomuch konyoor sitimet kondeen maat simoisiekchuak.

Kiimuch kobwa kurupitab TIST Kenya Quantifiers (Kurupitab Kipoitinik) ak kobwotutiet ab kenyor besendab sola en biik chon moimuche konyoor sitimet en koriikchuak. Kiibwat icheket kole konyor besendo ne mingin ne kimuche ketilen melekwek chenyonu en arawet agetugul. Kounsel Nebo Kandoinatet (Leadership Council - LC) ak timitab Amerika (US Team) ko kigeer kole ni ko kobwotutiet ne kararan. Kitoo Kounsel Nebo Kandoinatet Tetutiet ab Bosiet nebo bongonutiet ne kiiten ne inguni ko kikonyorchige kelchin kiboitinik mutu (5).

Alak en che kikonyorchige kelchin ko Samuel Kimathi (Kirimaara), Leah Nyambura (Narumoro), Alice Kambura (Kinyaritha), Josephine Muasya (Machakos) ak David Thuku (Laikipia Cherongo). (Narumoro), Alice Kambura (Kinyaritha), Josephine Muasya (Machakos) and David Thuku (Laikipia West).

Samuel kokikelumtechi solait en konyin nebo tilutik oeng', ako boisien kondeen maat moshinisiekchik che boisien koboto taaisiek cheribe kalyet. Leah kotindo tilutiik somok che ikwenyi sitimok komie ak kondoen maat simoisiek koboto taaisiek ab kalyet. Alice ko boisien koik taait, en redio ak television koboto maat ab simoit. Josephine ak Thuku kondoen maat simoisiek chebo biikab kokwet ak chechuak, ak television, redio ak kokweng'isien en ko.

Kounsel Nebo Kandoinatet (LC) komi kotese tai kochigili ak koaboi tetutiet ne ming'in. niton kotikin ge kotes melewke en kiboitinikab kurupisiek. Tesetai kora kocheng'e ortinwek che imuche kotes asi koityi kiboitinik ab kurupisiek che chang'.

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## **Esther Wambui Mwangi: Kikikimiton en TIST kosiir.**

*Mwoe Esther Wambui*

**K**iachute TIST en kenyitab 2016. Kiakas akobo TIST kobun chi nebo kokwet, Lucy Wambui. Kikakinaam buch TIST en komostanyoon ako kiatinye kchiget anai chechang. Kiyai Lucy boisiet nebo kwong'eet koaroruon kit netakinkee TIST. Kiabaibaitu amun kinyo TIST kotareteech en temisiet ak minsetab ketiik. Kin kotomo achut TIST ko kiyae kasiitab minsetab chaik, bandeek ak ng'endeek. Kikiyae boisiet ne ming'in akobo kolsetab ketiik. Ako kikitinye kewelutik en kwenik ak mogutik alak.

Kitareton Lucy aamut bik alak chebo kokwet ak ketau kurupit ne ming'in Gekiki ( F)TIST. Namba nenyon nebo kurupit ko 2016KES514. Kichame keboisien kibagenge en kurupinyon ne ming'in.kipchee ng'alek ak ketoretigee ak kechere gee.Kibo kurupitab Ngecha ne mi orititab kurupitab Makomboki en Komostab Murang'a.tuyosiekab kurupit ko kikobunchi kamanut en nnaetab tuguk che lelachche toretech ak komuche kowal

olekiyotoi tuguk.Abaibai anai ole kiriptoo betitab ketik. Kikinetan olekitektoo betit netoror ak ole kiriptoo.Ni kokibunch kamanut en ane. Kiamach abiiit ketik che amine en mbarenyun ak aalde chekong'et atesen melekto neanyoru en chaik.

Abaibai en konetutik che kianyuru en TIST ak en boisiet ne kiayai.Ketik che kibiite kokitoreton en melekwek.Konon ketichoton logoek, amitwakikab tuga koboto kwenik.Atile temenik koik kwenik ak abakach ketik kotestai korut amun en koristo.Kianetke akobo Temisiet nebo Ribsetab itondab emet ako ayai noton.kianyuru walutiek che yechen kot missing.Amitwakik che chang'ak boisiet ne kitikin!

Tabala ketik ak konetutikab minutik, ko kianyuru kejin en kandoinated ak nyorunetab ng'omnoteet. En inguni abaisiechini kurupinyun ko aa kanetindet.Takinenyun bo kee ko abarait TIST, anai chechang', anet ak akimit temik alak.





## **Kurupitab TIST nebo Antubochiu: Kokwoutikab ribeetab osnetab Nyambene ak komoswek cherupe gee.**

*Mwoe Joseph Gituma*

**E**cheek, Kurupitab Antubochio, en Maua, komostab Meru, ko kiboiboi keikun agenge en cheripe osnetab Nyambene ne mi ye moloo en emeneyon. Kimi kibagenge ak ofiaek chebo Ripsetab Osnet (Forest Conservancy), mo kerib kityo osnet kobateen kerib oinosiek chemong'u en osnonoton.

Tokyinenyon bo kee ak Offisit neo nebo Osnet kondochin Mr. Patel, ko kemiin ketik chechang' en osnet orit ak ole bune beek asikimuch kerib itondaab emet ak kerib tililindab ak chang'indab beek ak ribeet ab tiletab ketik ne mokichomdo ak

wegetab ketiikab osnet. Krupitab Antubochio ko chobot konam eun minetab ketik 6000 chetokingee boisioni. Memaekab kurupit ko kikotil korob eun tetutioni.

En inguni, ketesetai kikimite gee en Ortinwek Chekororon. Kokinaam kemiin piasinik. Kineteege echegeen ole kimuche keminden piasinik en oret ne mie. Kitinye kora Table banking asikomuktechi membaek che chang' koterter kewelinwekab rabisiek. Kimwae kongoi en tuiyosiekab kurupit che kikomuktewech \TIST.

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## **Kurupiab Salama: Kibagenge kiterter koimutik cheibu waletab itondab emet.**

*Mwae Peter Mithiru*

**K**eyai tuiyosiek chebongonotik en Kurupitab k obo komonit asikomuktechi kibagnesiek alak koityi membaek; mwae Kurupiatb Salama en Nyahururu.

Having a well organized Cluster meetings is an important platform to enable other organizations reach your members, says Salama Cluster in Nyahururu.

En arawanikonye, ko echeek Kurupitab Salama, ko kikinyoru kelchin ketaach Kenya Climate Smart Agriculture Program (KCSAP). Ni ko tetutiet ne indochin Serikalitab Kenya ak benkitab Ng'wony asikotoreet bororiosiek kamuch konai oletebtoo

en waletab itondab emet. Kou TIST, ko tetutioni konete temik en ribetab osnosiek ak minseetab minutik che mokose kemeut.

Timinywan, kondochin Mr. Michael Karari ko kicherak yekin kogeer kole konetutik ko kergee ak boisionik chechok chebo TIST. Kituiyo ak membaek 32 chebo Kurupitab Salama.

Mr Micahel ak Timit ko kimwa kole robe eun kurupinyon kobun Serikali ak tetutietnywan. En komosto ake, ko kokotil membaek koyai boisionik alak tabala chebo TIST kou minseetab ng'endek koyoob Temisiet neboto Ribseet ab emet.



## **TIST: Nyorunetab Mogutikwok, Kobwotutikwok, Koimutikwok Rirutikwok ko kipchee ak kekose.**

**M**okutikab TIST ko keikun chemoe imanit, che yoe kimni, che tililen, che loe tugul millet en kibagenge ak keiku chetie kee. TIST ko kot agenge. Kimoche chi tugul kokas koboto ak koyae tugul en kibagenge ak chi tugul. Kobwotutuiet, koimutik ak rirek ko nyolu kekase ak kweol.

Asi kimuch kenyor chu tugul, kechere Kurupisiek Che Mengechen tugul kong'ololchi gee, kokas ng'aleek chemwoe membaek tugul, kopchei ng'aleek ak Yaetab tugul en oret ne magaat. En tuiyosiekab kurupit, konyolu keng'alal en oret ne tokunoot ak kecher chi tugul komwa kiy. Tugun chemoche toretet anak ko tebutik konyolu kinde taa ak kiyokto koba Kurupitab Kansin nebo Kurupisiek (GOCC) anan kwo Kandoinateetab

Kansil (LC). Kandoik ak kiboitinikab kurupisiek ko nyolu koyagta ng'alechoton en oret ne ititaat koba GOCC ak LC.

En komosta ake, konyolu kowol GOCC ak LC ng'alek tugul koba kurupisiek che mengech en oret nebo iman, en kimni ak en oret netooku komie. Nyolu kowol GOCC ng'alek che nyolu kota kilitiit anan konakee eun ak LC.

Ongeikun che kosin ke ng'alek.ongikun kiboitinikab chi age tugul. Ongetoreet ke tugul kibagenge. Ongepchei tugul ortinwek chekimuche keyaen boisionik ak ng'alek che kororon. Asikenyorun chu, konyolu keboisien karamet ne mi ng'wony ak kenyoru melekwek che yechen.

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## **Kanyalilet nebo Kwonyik anan ko Murenik, Sosisiet ak Rirek.**

**I**bwotin Kibagengeitab Bororietab Itondab Emet (Community Climate and Biodiversity Alliance - CCBA) chi tugul kole kanyaliletab bik anan ko sosisiet ko tugul che machamdayat. Nyerseet anan ko yaetab tugul en oret nebo kimnatet eng ng'alekab chorwanditab muren ak kwony, anan ko ng'alalet ne monyolu anan ko nametab chi en kimnatet che tokingee chorwanditab muren ak kwony ko machamdayat en TIST amun ni ko moibu boiboiyet ako weche ole kiyoto boisionik. Sosisiet ko keyochi chito tugul che yach amun en bororienyin, itondanyin, amun en oret ne yaen saenyin, oleu angot ko kwony anan ko muren, kenysisiekchik, ole bunu biikchwak, kewelutikab

borto, kotunisiet, ole mokto chorwandit, en boiset age tugul en TIST. Angot ikose ile kikiseretin amun ikwowny anan ko muren, anan ko kikesasin, konyolu iityi LC ak isom keyai chigiliisiet anan isom kisib en oret ne nyolu. Mi ng'otutik chebo ng'alechu ako kimuche kenyor en TIST Mobile.

Oret ni kimuch kisiben chu kora komi TIST Mobile ( [www.tist.org/mobile](http://www.tist.org/mobile)). Angot komemuche inyoru chu en simoing'ung', isom kandoindetab Kurupit anan ko kiboityotab Kurupit konemun en tuiyet neisibu. Konibuch, ibirchi agenge en membaek ab LC ak isom konaam kotoretin.



# Ketikab kipkaa: Ochon choton ak amunei asikobo komonut.

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

## Nee ketibo kipkaa?

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

## Amunee sikobo komonut ketikab kipkaa?

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

che chang en betusiekyiok ak chebo ibinda ne nyonei.

## Achon kobot kipkaa ichoton?

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

Kipkaa che miten Kenya ko:

Simotwet (*ficus Thonningii*),

Tendwet (*prunus Africana*),

Silibwet (*Dombeya rolundifolia*),

Chebitet (*Accacia Nilotica*),

Masaita (*Olea capais*),

Bondet (*Hagenia abyssine*),

Emitiot (*Olea europia*).

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

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



## **TIST: Boisien kimnotenguny.**

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

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

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

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

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