

# Mazingira Bora



# TIST

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

English Version

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



**Silanga TIST Cluster meeting before Covid-19 in early March 2020.**

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# TIST: An Open Letter to a TIST Small Group Member.

Dear TIST member,

Greetings from TIST in East Africa, India and America!

During this time of coronavirus (covid-19), the TIST Team worldwide has been having regular seminars via video conference. These seminars have been discussing how we can improve TIST, so that our farmers can continue to increasingly get more benefits.

This letter is to request your help in a number of activities. We believe working together with you will help accomplish BIG RESULTS.

Here are some of the areas/activities that we are doing and how you can help us.

## **Carbon Revenue Profit Share to Small Groups.**

TIST is ready to pay another profit share to Small Groups. We need your help on how this information can reach the Small Groups. Further, during this period of Covid-19, when we have stopped Cluster meetings in adherence to Government and Ministry of health guidelines, we want your help on how we can deliver the Vouchers to you safely and transparently. In addition, the payments will still be made in absence of Cluster meetings. We want to hear your ideas on how this can be done more transparently and in satisfaction of all Small Group members.

Please give your views to Francis Kibe 0722909647, or Jane Kanja 0713 43 60 28.

## **Helping unquantified or wrongly quantified Small Groups get proper and correct Quantification.**

We have a few Small Groups that have some groves not properly quantified and therefore we are unable to sell their carbon tonnes. We need your help to help organize how those groves can be re-quantified again, this time properly. Please talk to your Cluster Servants to get the status of your Groves. If they need to be re-quantified, please give your Cluster Servant enough support to do the work.

## **New Communication and Training Tools.**

Coronavirus pandemic has called all of us to think and do things differently. TIST has devised various ways to help keep communication and training alive and vibrant. We have the following:

### **Answer Desk.**

You can now call directly to the TIST Answer Desk and get your questions answered. You can also call in to give your ideas, or communicate about Best Practices you have identified.

Please call in through this number if you have any of the above, or if you need any information about TIST: **0795 01 11 30**

Kindly inform other TIST members, or other farmers who want to join TIST, about this TIST Answer Desk line.

**TIST Bulk SMS.**

TIST is also developing a database of contacts for all Small Group members. This will help in sending many (bulk) text messages at once directly to your phones. The messages will include *TIST News*, *TIST Trainings*, and *New TIST Best Practices*, among others. We also hope that you will be able to send a text message back and get more information or further clarification.

Kindly provide your mobile phone number contact to your Cluster Servants and encourage other farmers to do so as well.

**TIST Learning Center.**

If you have a smartphone, or you can get one from a family member or a friend, you can now get TIST trainings right from your smart phone.

For more information about the TIST Learning Center, please contact your Cluster Servant.

**Zoom Seminar.**

Many of the TIST farmers have participated in TIST seminars, especially at Gitoro conference center, Meru. We cannot hold such seminars now because of the Covid-19 situation. But we can still hold seminars via the Zoom Cloud Meetings application program.

Zoom can allow up to 100 people to participate in a seminar. You need to have a smart phone and download Zoom Cloud Meeting from Google play store.

If you would like to participate in TIST seminars via Zoom, please give your mobile phone contact to your Cluster Servant. Remember, your phone should be a smartphone and you have downloaded Zoom on your phone.

**Virtual Expansion**

Again, due to movement restrictions as a result of Covid-19, we cannot have face to face interactions with new farmers who want to join TIST. Yet, we need to reach them, train them and allow them to join and register with TIST. In other words, we need to provide them with all the information they need and organization they require, to help them join TIST.

Despite the Covid-19 situation, we can still expand TIST to new areas and to new farmers. We request you to provide us with contact persons for areas that have requested TIST.

Please give a description of an area that needs TIST and a contact person name and other important details. You can call in directly to the Answer Desk using details given above.



## TIST: What Benefits a Cluster can get if they work hard and smart.

A survey calculated under the Climate Community Biodiversity Alliance (CCBA) shows how much benefits a TIST participant receives, per tree, over a 10 year period. This table assumes that your Cluster plants approximate 200,000 trees (TIST Cluster tree goal is 250,000 trees) - a Cluster would receive almost Ksh 54 million of benefits over 10 years. The carbon income is only a small amount of it, but the amounts received could be much more if more TIST farmers used CF, more did fruit and nuts farming, more developed nurseries, more did bee keeping, more did livestock farming, and if more used energy saving stoves.

Planting 200,000 trees with TIST.  
10Year participant Economic Benefits for a Cluster with 200,000 trees.

✓ Carbon prepayment - \$27,864 (Ksh 2,507,760)

- ✓ Efficient stoves (health/clean air value) - \$9,781 (Ksh 880,290)
- ✓ Conservation Farming (increased yields) - \$25,285 (Ksh 2,275,650)
- ✓ Fruits and Nuts - \$154,875 (Ksh 13,938,750)
- ✓ Fodder and compost - \$66,389 (Ksh 5,975,010)
- ✓ Animal products - \$91,037 (Ksh 8,193,330)
- ✓ Seedling sales - \$33,497 (Ksh 3,014,730)
- ✓ Honey - \$11,742 (Ksh 1,056,780)
- ✓ Firewood - \$184,967 (Ksh 16,647,030)

**Total - \$605,437 (Ksh 54,489,330)**

## TIST: Home-based care for Covid-19 patients.

As we continue to keep safe and try all measures to protect ourselves against Covid-19 infection, it is important to realize that in some unfortunate circumstances, we may have a member of family, or a loved one, infected with coronavirus. In such an instance, where the hospitals have recommended a home based care, we should not panic. Instead, we should give our love, care and support to the sick person. We can do this without putting ourselves at risk of getting infected with the virus. Some of the things we can do include the following;

1. Put on a medical mask when attending to the sick person and avoid touching your mask or face during use. Make sure you dispose of the mask after use.
2. Ensure the sick person gets good rest, takes plenty of fluids and eats well balanced food.
3. Make sure you have special or dedicated personal items (such as towels) for the sick person. Also, you should have dedicated utensils and other items on regular use for the sick person.
4. Always wash your hands with soap and running water, or sanitizer, especially when you come into contact with the sick person.
5. Sanitize the surfaces that the sick come into contact with.
6. Call the hotlines given by the Government, or County Government, whenever the sick person worsens, or has difficulty breathing.



## TIST: A healthy diet is key during this period of Covid-19 Pandemic.

**A**s we continue the battle against coronavirus, what we eat and drink determines whether our body will be able to prevent, fight or recover from an infection. A healthy, balanced diet helps build immunity against viruses, germs, bacteria and other harmful pathogens that may enter our bodies, or that we come into contact with.

Though no food or drink can prevent, or cure, the coronavirus infection, having a nutritious diet can significantly keep our bodies stronger, to fight the virus sooner than later.

Good nutrition includes foods which:

- Provide energy to the body through sources of carbohydrates like Ugali (stiff porridge made from maize) and thinner porridge made out of maize, sorghum, millet, finger millet or cassava. Rice, sweet potatoes and Irish potatoes are good sources as well. Note that oils and fats, in moderation, provide energy as well as adding taste to the food.
- Provide for bodybuilding (Proteins) with meat (chicken, beef, goat, mutton, duck, and guinea fowl). Eggs, milk, legumes (beans, cowpeas and Green Grams) along with groundnuts, are good sources of protein.
- Provide sources of Vitamins.
  - Green vegetables (cowpea leaves, okra, cassava leaves).
  - Orange fleshed vegetables (orange fleshed sweet potato).
  - Plantain (matoke).
  - Fruits, especially those with a yellow color (oranges, paw paws, mangoes, ripe bananas, guavas)
- Drinking adequate fluids—we need to drink a lot of water. Drinking water should be boiled for at least 10 minutes, cooled and stored in a clean, covered container. Clean water is important for all members of the family.
- Basic hygiene principles- If you are preparing food, make a special effort to ensure your hands are cleaned with soap and water, food is washed and cooked properly, and that eating utensils are thoroughly cleaned and dried.



## TIST VALUES: The Foundation and Strength of TIST.

Most TIST Small Groups appreciate and practice TIST Values. The success of TIST is based on the integrity and effort of individual members. Our achievements are largely guided by each one of us keenly abiding by these Values.

In many of our activities, from tree planting, practicing Conservation Farming, improving biodiversity, building or buying improved stoves, teaching and practicing important health issues,

protecting our lands against soil erosion and other degradation causes, fighting climate changes and deforestation, protecting our rivers for clean and adequate water and many other activities including income generating, TIST Values play a central role.

In TIST, We Are. We are Honest; We are Accurate; We are Transparent; We are Servant to each other; We are Mutually Accountable; We are Role Models; We are Volunteers.

## Strength in diversity: TIST protects biodiversity.

Biodiversity—the richness and variety of nature—is essential to a healthy environment. Variety is especially important for responding to change and challenges, like drought, pests, or climate change. Since biodiversity is so important, you might think that people everywhere are working to make sure we protect and preserve this natural richness. However, each day, because of our human actions, we are losing species and genetic diversity as forests are cut, wetlands are drained, and resources are over-exploited. We see this loss every day. Think of how many kinds of plants, birds, and animals that you saw often when you or your parents were young but that are rare or gone today? There are nine million different species of organisms on our planet, and when we destroy them, it is a permanent loss for each of the seven billion people who share this planet, for our children, and for their children.

TIST farmers are making a difference, working to preserve this rich diversity. Each tree

we plant is an important renewable resource. Each tree we plant reduces pressure on natural, diverse forest since we can use it instead of cutting forests for fuel wood, timber, and other products. When we plant indigenous trees, as many groups have in riparian buffer groves and thousands of TIST farmers have on their farms, we directly protect biodiversity. These diverse indigenous trees also provide habitat and food for insects, birds, and animals, many of which are important for pollinating our crops, eating pests, or keeping our soil healthy.

TIST farmers are also sharing their knowledge about biodiversity. Farmers are being interviewed in clusters in a pilot project to share information about biodiversity in their areas. When we learn more about the plants and animals around us, the changes in these areas, and the threats to this diversity, we can take action to preserve this amazing resource. Let's all come together, and share our knowledge, and plant indigenous trees to make a better world for all.

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

TIST 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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# TIST

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

**Kimereu Version**

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



**Clasta ya TIST ya Silanga mbere ya Covid-19 ikinya mwero jwa March 2020.**

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# **TIST: Barua ya mumemba wa gakundi kanini ga TIST.**

Muga mumemba wa TIST,

Amukira nkethi jia Tist kuuma East Africa, India na America!

Kagita gaka ga Murimu jwa corona (Covid -19), TIST nthiguru yonthe ithiritue iri na semina jia video. Semina iji, irari jia kuona buria tuumba kuthondeka muradi wa TIST nkuruki nikenda amemba boomba kugwata baita inyingi.

Barua iji ni ya gukuroomba utethio kiri ngugi inyingi. Nitugwitikia, gwita ngugi turi amwe tukoona matunda maingi.

Aja turi na ngugi iria tugwita na uria uumba gututethia.

## **Kugaa kwa baita ya Carbon kiri tukundi tunini.**

TIST iri tayari kuriha ringi baita kiri tukundi tunini. Nitukuomba utethio buria ntumiiri iji yoomba gukinyira ikundi i nini. Nkuruki, kagitene gaka ga Covid-19, riria tutigithitie micemano ya ikundi tukithingatiira watho wa thirikari na mitaratara ya ugima wa mwiri, nitukwenda utethio waku uria tuumba gukinyia vocha kiri murimi tukiimenyagira na turi na uuma bungwa. Na uririkane marihi makathithua turi mijii yeetu. Nitukwend kwigua mathuganio maku uria ngugi iji yuumba gwitika na njira iri na utheri na uria amemba bakegua bang'anirite.

Tumenyithie mathuganio jaku kiri **Francis Kibe 0722909647** kana **Jane Kanja 0713436028**.

## **Gutethia ikundi iria ititariri miti kana miti yao itari buthuku kugwata utari u mwega.**

Turi na ikundi imwe iri na miunds imwe ititari bweega na kwogu tukaremwa kwendia tonnes jiao jia Carbon. Nitukwenda utethio waku kuumba kubanga uria ikundi ja iji jiumba gutarirwa miti kairi na njira imbega. Araniria na mutari wa miti waku nikenda uumba kumenya kethira miunda yaku ni itari bweega. Kethira ni ikwenda gutarirwa ringi, nenkera mutari miti utethio kurita ngugi iji.

## **Njira injeru jia kwaraniria na kuthomithania.**

Murimu juju jwa Corona nijugutubatarata tuthuganie makiria na tuite ngugi na njira jiiingi jia mwanya. TIST ni icuite njira inyingi gutethia kuumba kwaraniria na kuthomithania na njira imbega. Njira iji ni:

### **Answer Desk.**

No uumbe nandi kwaria kiri TIST Answer Desk na ugwate macokio ma ciuria ciaku. Nkinya no uumbe kuringa thimu ukajana mathuganio jaku kana ukajana njira injega jia gwita ngugi iria uumb kwithirua umenyete. Tumira namba iji kethira uri na untu ukwega kuuga kana ukwenda kumenya wigie TIST **0795 01 11 30**

Menyithia amemba bangi kana murimi ukwenda gutonya kiri TIST woro wa TIST Answer Desk Line.



**TIST Bulk SMS.**

Tist ni ukuthondeka database ya namba jia thimu jia amemba ba tukundi tu nini. Untu bubu bugatethia gutumaga ntumiiri inyingi ita rimwe kiri amemba baingi. Ntumiri iji ni jia mgeni m TIST, lthomo na nkinya njira injegaa jia gwika mauntu na jangi ja maingi. Nitugwitiki ukoomba kuejana macokio nikenda uumba kugwata mantu nkuruki na kumenyithua bweega.

Ejana namba yaku ya thimu kiri mutari wa miti na umenyithie arimi bangi baejana namba jiao.

**TIST Learning Center.**

Ukethira uri na smartphone, kana noo umigwate kiri mumemba wa family kana murata, nandi no ugwate ithomo jia TIST kuum kiri thimu yaku.

Araniria na mutari waku wa miti nikenda umenye nteto iji nkuruki.

**Zoom Seminar.**

Amemba baingi ba TIST barothi semina jia TIST muno Gitoro Conference Center, Meru. Nandi tutithithia semina ta iji nuntu bwa Covid -19. No ri nututhithie semina gukurukira Zoom Cloud meeting application program kiri thimu ya smart phone. Zoom ni igwitikiria antu 100 kwithirwa bari gi semina

ja iji. Uribatarua kwithirua uri na smartphone uki na download appliction igwitwa Zoom Cloud meeting kuuma kiri Google playstore.

Kethira wenda gutonya kiri semina ja iji jia Tist gukurukira Zoom, nenkanira namba ya thimu yaku kiri mutari waku w thimu. Ririkana nonkinya thimu yaku ithirwe i smartphone na u download Zoom kiri thimu yaku.

**Virtual Expansion.**

Ringi, Nuntu bwa kurigirua gwita ita nuntu bwa Covid-19, tutiumba kwithirua turi na micemano tukwonana na arimi baria bakwenda gutwika amemba ba TIST. Na notukwenda kubakinyira, tubathomithie na tubetikire kuthungira kiri TIST na be andikithie kiri TIST. Na njira ingi, nitukwenda kubakinyiria ntumiiri iria bakwenda na mubango uria bakwenda nikenda tubatethia gutonya kiri TIST.

Amwe na Covid-19, no twite mbeere gukinya kiri ntuura injeru na gukinyira arima ba beeru. Nitugukuromba ututethie na namba jia thimu jia antu baria bari ki ntuura iji bakwend gutonya kiri TIST.

Ejana ntuura iria ikwenda TIST na ritwa ria muntu wa ntuura iji na ntumiiri ingi o yonthe ingitethia. Ringa thimu kiri Answer Desk ukithingatagira mantu jaja.



## **TIST: Baita iria clusta yuumba kugwata ikaruta wira na inya na njira injega.**

**K**iri survey iria yathithirwe ni Climate Community Biodiversity Alliance (CCBA) irionania baita iria mumemba wa TIST oonaga kiri muti kagitene ka miaka ikumi. Clusta ijukitue ja kioneria iri na miti 200,000 (No clusta ibwiri miti 250,000) Clusta yuumba kugwata baita akuhi Ksh 54 million kiri kagita ka miaka ikumi. Mbeca jia carbon ni gacunji kanini kiri jio, no baita ciomba kuongereka kethira arimi baingi ba TIST bathithi CF, kuanda miti ya matunda na mikandmia, bakathondeka nasari inyingi, bakathithia ngugi ya kkkwiga njuki, bakathia ngugi ya urithi wa nyomoo n kethira batumir mariko ja kumenyeera nku.

Kuanda miti 200,000 na TIST.

Baita ya clusta baandite miti 200,000 kagitene ka mika ikumi

- ✓ Mbeca jia carbon \$27,864 (ksh 2,507,760)
- ✓ Mbeca jia Mariko (jakimenyagiira ugima wa mwiri na ruo ruega) \$9,781 (Ksh 880,290)

- ✓ CF (maciara ja maingi)- \$25,285 (Ksh2,275,650)
- ✓ Matunda na makandi- \$154,875 (Ksh13,938,750)
- ✓ Iri ri ndithia na mboleo - \$66,389 (Ksh 5,975,010)
- ✓ Baita jia Ndithia ja iria,nyama \$91,037 (Ksh 8.193,330)
- ✓ Mbeca cia kuendia miti ya nasari- \$33,497 (Ksh 3,014,730)
- ✓ Uki (Nainchu) - \$11,742 (Ksh 1,056,780)
- ✓ Nku- \$184,967 (Ksh16,647,030)

**Total- \$605,437 ( Ksh 54,489,330)**

## **TIST: Umenyeeri wa muntu uri na Covid -19 ndeene ya micii.**

**T**ukigeragia gwikara bweega na kuthingatira njira cionthe kwigitira tutikagwatwe ni Covid-19, ni bwega kumenya no gwikarike ukagia na mumemba wa family, kana murata akagwatwa niju. Kiri ntu ta aja,aria thibitari igwitikiri muntu amenyeerwe ari mujii, butikagie na kumakania no bu baterii buonanie wendo, umenyeri n utethio kiri muntu ja uju. Notuthithie uu tutigwi ikir kiri ugwati wa kugwatwa na virus iji. Uria twikithithia ni uju:

1. Ikira Mask riria ugutethia muntu uju na utigatongae mask kana uthiu .warikia ute mask yaku.

2. Tigiira mwajie uju niakonogoka bweega,arina bia kunyua bia kung'ana na niakuria bweega.
3. Tigiira arina into biawe wenka bia gutumira ja towel, into jia kuriir ja thani,iciko,ikombe na jingi.
4. Kagita konthe tigiira ukuthamb njara na ruuji rugwita na sabuni kana uga sanitize riria wacemania na mwajie uju.
5. Sanitize guntu kunthe mwajie uju agwitiira.
6. Ringa namba iria iejanitue ni thirikari kana jia County ria mwajie uju ajua nkuruki kana ari na thina ya gwikia miruke.



# TIST: Biakuria imbega iri na gitumi muno kagitene gaka ga covid –19.

**T**ugiita mbere na mbara iji ya covid-19, kiri tukuria kana kunyua nikio gikauga kethira miiri yeetu ikoomba kwi giitira, kurua na kuragia kuumania na ugwti wa corona. Biakuria imbega ni itethagiria mwiri kuumba kuru na Viruses, germs, bcteria na mathina jangi miirini yetu kana jaria tungicemnio namo.

Onakethira guti giakuria kana kunyua kiumba kurigiri kna kuragithia corona, kuri bweega nigutumaga miiri yeetu igikara na inya ya kuumba kurua na virus na mpui muno.

Muriire umwega withagirua uri na into jia:

- Gwikira mwiri inya ta jio carbohydrates ja Ugali, ucuru wa mpempe, ugimbi, mwele, muya, kana on mikwajii, mucere, igwci jia murijo. Ririkana ona maguta ni nimongagira inya amwe na gwikira mucemo irione.
- Gwikira mwiri into jia kuuthondeka (Proteins) ja nyama jia nguku, ng’ombe, mburi, mbata, ng’ondu na ingi. Nkara, iria na

mithemba ya mboco (ming’au) ni iejanaga Protein.

- Gwikira vitamins mwirini.
  - Iji jiumaga kiri manyeni ja ma mathoroko,sukum,spinach, migwaci na mangi maingi.
  - Matoke.
  - Matunda ja machungwa, mubabai, maembe, ndigu igundi na mapera.
- Biakunyua bia kung’ana - nonkinya unywe ruuji rung’ani. Ruuji rucamukue gw kagita ga daika ikumi, rwore na rwigue bweega rukunikiri. Ruuji rurutheru rwi na bata kiri muntu wonthe.
- Utheru bwa kawaida magita jonthe - ukithondeka biakuria ririkana kuthamba njara na sabuni na ruuji,biakuria ithambue na irugue bweega na nkinya into bia kuria nabio ni ithambitue bweega na iknyarua.



## Jaria TIST ikirite: Musingi na inya ya TIST.

**I**kundi bibinini biria bingi bia TIST nibigwiragirua na kuthingatira jaria TIST ikirite. Kuumbana gwa TIST ni kuringanaga na uumma na ngugi ya o mumemba. Jaria tuthithagia nijathingatanaga na o umwe wetu kuthingatira jaria TIST ikirite.

Ndene ya mantu jamaingi jaria tuthithagia, kuuma kiri uandi miti, urimi bubwega, kuthongomia gukaranira kwa imera na nyomoo, gwaka kana kugura mariko ja nkuu inkai, kuritana na kuthingatira mantu ja thiria, kumenyeera miunda yetu kuumania

na gukamatwa kwa muthetu na jaria jangi jajuthukagia, kurua na kugaruka kwa rera na kugita miti, kumenyeera miuro yetu nikenda tuona ruuji rurutheru na rurwingi na mantu jangi jamaingi jaria jaretaga mbeca, jaria TIST ikirite nijendekaga mono.

Ndene ya TIST Turi. Turi ba mma; Turi ba jaria jario jongwa; Turi ba weru; Turi nthumba gati gati getu; Turi ba Kumenyanira; Turi ba gutegwa; Turi aciritiri.

## Inya ndene ya mithemba imingi ya imera na nyomoo gukaranira: TIST niikaragia wingi bubu bwa imera na nyomoo amwe.

**G**ukaranira guku na utonga bubu bwa imera na nyomoo cia mithemba imingi mwanya—kurina bata kiri gwika aria gututhiurukite kuri na thiria. Wingi bubu bwa mithemba burina bata mono kiri kurua na kugaruka na thina iria tutirimanaga nacio ta uumo, tunyomoo turia tuthukagia imera, na kugaruka kwa rera. Niuntu gukaranira kwa mithembaimingi ya imerana nyomoo kurina bata mono, no uthuganie antu bonthe kuunthe nibakurita ngugi kumenyeera ati nitugukaria na gwika utonga bubu bwijite buungwa. Indi, o ntuku, niuntu bwa mathithio ja antu, nituguta mithemba imingi na nja inyingi o uria miitu ikugitwa, nduuji ikathirua na into biria biro bigatumirwa nkuruki ya uria bibati. Nitwonaga gutaukirwa guku ntuku cionthe. Thuugania ni imera, nyoni na nyomoo mithemba ing'ana iria wonaga riria ugwe kana aciari baku banyii na nandi ni imikai kana itio narua? Kurina mithemba ya imera na nyomoo milioni kenda ndene ya nthiguru yonthe, ni gutaukirwa kwa igita riraja kiri o umwe kiri antu bilioni mugwanja baria bari nthigurune iji, kiri aana betu na kiri aana bao.

Arimi ba TIST nibakuthithia mwanya, bakiritaga ngugi gwika wingi bubu bwa mithemba. O muti juria tuandaga ni gintu kiumba kuthithua kairi kiria kiria na bata mono. O mut juria tuandaga

nijunyiagia murigo kir mwitu jura juumite juungwa na jurina mithemba imingi niuntu no tujitimire antu a kugiita miitu niuntu bwa nkuu, mpao na into bing. Riria twaanda miti ya gintwire, ta uria ikundi bibingi biria birina miunda akui na nduuji na ngiri cia arimi ba TIST bathithitie ndene ya miunda yao, nitukaragia wingi bwa mithemba. Mithemba iji imingi ya miti kinya niretaga ikaro na irio kiri tunyomoo, nyoni na nyomoo, iria nyingi ciacio cirna bata kiri guciarithia mera bietu kuria tunyomoo turia turijaga imera bietu kana gwika muthetu jwetu jurina thiria.

Arimi ba TIST kinya nibakugaana umenyo buria barinabu kwegie gukaranira kwa mithemba imingi mwanya ya nyomoo na imera. Arimi nibakuurua buria ndene ya cluster ndene ya mubango juria jukwambiria jwa kugaana mantu kwegie gukaranira kwa mithemba imingi mwanya ya imera na nyomoo ndene ya ntuura ciao. Riria tumenyaga mantu jangi kwegie imera na nyomoo iria ciri akui natwi, mantu jaria jagarukaga ndene ya ntuura cietu na mantu jaria jeendaga kugitaria gukaranira guku kwa imera na nyomoo mianya, no tujukie itagaria gwika gintu giki gia kurigaria. Twijeni twinthe amwe na tugaane umenyo bwetu na tuande miti ya gintwire kuthithia nthiguru injega nkuruki kiri bonthe.

## 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 micemanio ya Cluster, kwaranira werune nikugwati mbaru. Mantu jaria jakwenda kumurikwa

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

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

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

# Mazingira Bora



# TIST

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

**Kikuyu Version**

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



**Mucemanio wa Silanga TIST mbere ya Covid-19 kiambiriria kia mweri wa gatatu 2020.**

## ***Thiini:***

**TIST: Murau kuuri mumemba wa gikundi kinini. Page 2**

**TIST: Maciaro ma kimbeca maria Cluster ingiona ingiruta wira na hinya na mwega. Page 4**

**TIST: Gutungata arwaru a Covid-19 miciini. Page 4**

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**VALUES cia TIST: Muthingi na hinya wa TIST. Page 6**

**TIST: Arimi a TIST kwirutira kugitira Biodiversity. Page 6**

**TIST: Gutiriria riendikithia riaku, mawoni maku, mateta kana mecurania nimathikirio. Page 6**



# **TIST: Murau kuuri mumemba wa gikundi kinini.**

Kuuri mumemba wa TIST,

Ngeithi nyingi kuuma EastAfrica, India na America!

Hindo ino ya king'uki gia coronavirus (covid-19), Timu ya TIST thii yoothe tukoretwo na seminar nyingi kuhitukira mutambo wa video. Themina ici tukoretwo tukiariria uria tungithii na mbere na kugaciria utungata nigethe arimi mathii na mbere na guteithika.

Marua maya ni magukuhoya uteithio waku hari mawira matigaine. Twina mwihoka ati twanyitanira, nitukuona maciaro manene.

Maya nimo mawira maria turaruta na uria ungituteithia.

## **Marihi ma faida ya wonjoria wa Carbon kuuri Small Groups.**

TIST niehariirie kuriha faida kuri Small Groups. Niturenda uteithio waku uria uhoro ungikinyira ikundi nyingi. Makiria ya uguo, kahinda-ini gaaka micemanio ya muingi urugamitio ni ruhonge rwa ugima wa mwiri nindu wa king'uki kia covid-19, ati tutigukorwo na Cluster meetings, niturenda uteithio waku uria vouchers igukinyira amemba na njira ina umenyereeri nay a utheri. Ngingi, ona marihi makarihwo mugaru na uria turihagira micemanio-

ini ya Cluster. Nitukwenda mawoni maku uri tungihota kuriha na njira njega ya utheri na uria amemba ya Small groups makuiganira.

Heana mawoni maku kuri Francis Kibe 0722909647 kana Jane Kanja 0713 43 60 28

## **Guteithiria ikundi iria itatarirwo miti wega gucokerwo.**

Twina ikundi oo karundo iria groves ciao itatarirwo wega na koguo itingihota kwonjorithia carbon ya cio. Nitukwenda uteithio waku hari gucokera ringi. Araniria na Cluster Servant waku nigetha akwiri kana grove yaku ni imwe ya icio. Angikorwo grove yake niibataire gucokerwo, teithiria Cluster servants waku.

## **Njira njeru cia ukinyaniria.**

Coronavirus niutumite andu magie na meciria meeru na njira njeru cia gwika maundu. TIST nituthundurite njira njeru cia ukinyaniria na guthii na mbere na ithomo.

## **Answer Desk.**

Riu nouhure thimu kuri TIST Answer Desk na ciuria ciaku icokio uria kwagiriire. Hamwe na uguo na uheane mawoni maku kana utwiri undu wikite ukagicira.

Namba ya thimu ino ni **0795 01 11 30**



Menyithia amemba acio angi a TIST kana arimi aria mekwenda kuingira TIST ati no mahure namba ino mangikorwo na kuiria kana undu wigie TIST.

**TIST Bulk SMS.**

TIST nirageria kungania namba cia members oothe nigetha tuhotaga kumutumira SMS kana ndumiriri nguhi ya thimu oo rita rwime kuri andu othe a TIST. Ndumiriri icio irikoragwo ciigie *Uhoro Mweru, Urutani wa TIST na Njira ngaciru cia TIST (TIST News, TIST Trainings, na New TIST Best Practices)*. Twina mwihoko ati onawe ni urihotaga gutumira message na tugacokia.

Geria uhe Cluster Servant waku namba yaku ya thimu na uthingatithie aria acio angi maheane namba ciao.

**TIST Learning Center.**

Angikorwo wina thimu ya touch, kana gukorwo na mundu wa nyumba yaku kana murata winayo, riu no wamukire ithomo ngurani cia TIST kuhitukira thimu-ini yaku. Ungienda kumenya makiria uhoro wa TIST Learning Center, araniria na Cluster Servant waku.

**Zoom Seminar.**

Arimi aangi a TIST manakorwo na kanya ga gukorwo seminar cia tIST mucii wa Gitoro, Meru. No riu tutingihota gukorwo na semina ta ici niundu wa king'uki kia covid-19. Lakini, notukorwo na Seminar kuhitukirwa rurenda rwa Zoom.

Rurenda ruru rwa Zoom nirukohotithia andu 100 makorwo makiaraniria. Ungikorwo na thimu ya touch, download applicaton itagwo Zoom cloud meeting kuuma Google play store.

Ungienda gukorwo themina-ini cia zoom, heana namba yaku kuri Cluster Servants na thimu yaku ikorwo iri ya smart phone.

**Virtual Expansion.**

Niundu wa miithire minini niundu wa covid-19, tutingihota gucerera na kuonana maitho kwa maitho na andu aria makenda kuingira TIST. Ona kuria ouguo twina njira igutuhotithia tuthii na mbere na kumathmithia na kumanfikithia thinie wa TIST.

Onakuri na Covid, nitwagiriirwo ni guthii na mbere na kuregister ikundi njeru. Nigugukuria ututumire namba ya arimi oothe mangienda kuingira TIST.

No uhure thimu kuri namba ya Answer Desk.



## TIST: Maciaro ma kimbeca maria Cluster ingiona ingiruta wira na hinya na mwega.

**U**thuthuria wikito ni tuhonge rwitago Climate Community Biodiversity Alliance (CCBA) niwanonanie uria Arimi a TIST mangiteithika mangikorwo mari thini wa TIST gwa kahinda ka miaka ikumi. Uthuthuria uyu urauga ati Cluster ingikorwo na miti 200,000 (TIST yendaga Cluster ikorwo na miti 250,000), Cluster iyo no ikorogwa na maciaro ngurani muigana wa Ksh 54 milliom gwa kahinda ka miak ikumi. Mbeca cia carbon ona igitarwo ni nini muni ungiringithania ma maciaro maria mangioneka kuuma kuri CF, matunda na mbugu, miti ya ciito, nyuki na uki, urimi wa mahiu, utumiri wa mariko meega

Cluster ihandite miti 200,000

Miaka 10 Cluster iri TIST maciaro ma ki mbeca mahandite miti 200,000

- ✓ Marihi ma carbon - \$ 27,864 ( Ksh 2,507,760)
- ✓ Mariko meega (health/clean air value) - \$ 9,781 ( Ksh 880,290)

- ✓ Urimi wa Conservation Farming (increased yields) - \$ 25,285 (Ksh 2,275,650)
- ✓ Matunda na mbugu - \$ 154,875 (Ksh 13,938,750)
- ✓ Irio ciamahiu na thumu - \$ 66,389 (Ksh 5,975,010)
- ✓ Uteithio wa mahiu- \$ 91,037 ( Ksh 8,193,330)
- ✓ Wendi wa miti y nathari - \$ 33,497 (Ksh 3,014,730)
- ✓ Uuki- \$ 11,742 (Ksh 1,056,780)
- ✓ Nguu - \$ 184,967 (Ksh 16,647,030)

**Total - \$ 605,437 ( Ksh 54,489,330)**

## TIST: Gutungata arwaru a Covid-19 miciiini.

**O**o tugithiaga na mbere na kwimenyerea na king'uki kia coronavirus, niwega tumenye ati kwa mutino muuru, umwe witu no anyitwo ni murimu uyu, Angikirwo uri wanyitwo nierwo atungatirwo mucii, tutiagiriirwo ni kumaka. Indi, twagiriirwo ni ni kumuhe wendo, utungata, na uteithio. Notuhute kumutungata na nira njega ingitugiriria kunyitwo ni murimu uyu.

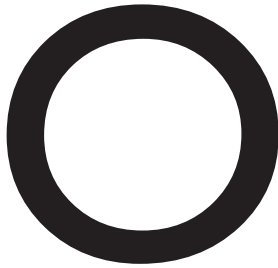
1. Hindi iria uratungata murwaru wa covid, ni wega wikire face mask iria yagiriire (medical face masks) na ugeria ndukahutie uthio waku. Coka ute na jira njega mask iyo thutha wa utungata waku wa kahinda kau.
2. Tigiririra murwaru waku ni ragia na kahinda keega ga kuhuruka, kunyua makiria na kuria irio iri balanced diet.

3. Indo iria murwaru waku arahuthira ta tauru, thani, ikombe na iciko ikorwo iri ciake o wiki kahinda karia ari muruaru.
4. Tigirira ni wethamba na main a thabuni iri ungikorwo ni wahutia muruaru waku.
5. Hari hoothe muruaru waku akuhutia, niwega usanitze.
6. Muruaru waku angihana ta arohotwo ni ndwari, hurira thibitari kan ambulance kana namba iria ungikirwo uheteo ni andu a ugima wa mwiri.





# TIST: Mirire miega hindi ino ya Covid-19.



o tugithiaga na mbere na kuhurana na kung'uki kia Corona virus , irio iria

turaria na kunyua ni ugutuhotithia miiri itu ihote kwigitira kana kuhuruna kana kuhona. Iio iria twitaga balanced diet niitethagia mwiri kugia hinya ikahota kuhurana na mirimu.

Onaangikrwo gutiri irio kana kindu gia kunyua kingirigiriria kana kihonie murimu wa covid, irio iri na hiny ni uguteithia mwiri uikare win a hinya.

Irio iria njega iri na hinya ciagiriirwo..:

- Ikihe mwiri hinya na ni cio carbohydrates ta ngima (Ugali)kana ucuru wa muhia, mwere, mianga. Muceere, Ngwaci, waru. Ndukahuthire maguta maingi ma kuruga .

- Irio cia gwaka mwiri(Proteins) ni nyama cia nguku, ng'ombe, mburi, ng;ondu, ng'ang;a. Matumbi, iria, mboco, njugu, ndengu

- Iria iri na Vitamins -

- Manyani
- Matunda
- Plantain (matoke)

- Inyue weega– Kunyua maai maingi maria ucamukitie gwa kahinda ka ndagika ikumi. Maai matheru ni ma bata hari andu other a nyumba yaku.

- Utheru wa mwiri na indo. Hindi iria urahariria irio ciaku, withambe moka na thabuni na irio ciaku ugathambia wega mbere ya kuruga na ikarugwo wega na indo cia riiko igakorwo iri theru



## VALUES cia TIST: Muthingi na hinya wa TIST.

**I**kundi nyingi cia TIST nicikeneire na kurumirira values cia TIST. Kugacira kwa TIST urugamitio iguru ria uigiririki na uhoti wa amemba. Maria tuhotete nitondu o umwe witu niarumagirira values ici na gucikenera.

Thiini wa maundu maitu, kuma uhandi wa miti, kurima Kilimo Hai, kuongerera biodiversity, guthondeka na kwendia mariko ma TIST, guthomithania na kurumirira githomo kia ugima wa mwiri, kugitira mignda iitu kumana na tiiri gukuuo

ni maai na mathina mangi maingi maria marehagwo ni ugaruruku wa riera na temi wa miti, kugitira njuui niguo maai makorwo mari matheru na maiganu na maundu mangi maingi ta ma kwambiriria mitaratara ya kwonaa mbeca, values cia TIST nicikoragwo na mawega maingi.

Thiini wa TIST, ithui turi. Turi ehokeku; Turi akinyaniru; tuhuthagira utheri; nitutungatanagira; nituigiririkaga; turi cionereria na nitwirutagira.

## TIST: Arimi a TIST kwirutira kugitira Biodiversity.

**B**iodiversity, wega utonga na unduire wayo nimwega kuri ugima mwega wa maria maturigiciirie. Warii wayo niwabaa niguo kuhurana na mogaruruku ma riera ta riu inene, tutambi, gucenjia kwa riera. Na tondu biodiversity niya bata, nowiciria andu othe mari haria mari nimaragitira na makamimenyerera. No, o muthenya, niundu wa ciiko cia andu, niturathukia mithemba miingi ya na warii wa mititu riria yatemwo, kuria kugunyu gukoma, na indo cia bata cikora.

Turagirwo ni indo ici cia bata o muthenya. Wicirie uria mithemba miingi ya nyoni mimera na nyamu iria wonaga tene riria wee kana aciari aku mari anini no riu citionekaga, ciathire ku? Kuri na makiria ma mithemba ya indo 9million thiini wa thin a riria twacithukia ni thina munene kuri andu othe 7billion aria makoragwo thi – kuri ciana ciao na ciitu.

Arimi a TIST ninimaronania mogaruruku hari kugitira biodiversity. Hari o muti twahanda ni kindu kimwe kia bata makiria. Muti o wothe

twahanda niunyihagia thina wa kinduire, ugatheremia mutitu tondu notuuhuthire handu ha gutema muti ungi niundu wa ngu kana mbau na indo ingi. Riria twahanda miti yak i-nduire kuria kwaraga ta uria arimi aingi a TIST mekite migunda-ini yao, nitugitagira biodiversity. Miti ino ya mithemba miingi ya ni cikaro cia nyamu, tutambi na irio ci mucii. Miingi yayo niya bata hari guteithiriria guciarithia mimera, kuingata tutambi na guthondeka tiiri.

Arimi a TIST ningi nimarathomithania maundu ma biodiversity. Arimi nimarorio ciuria thiini wa micemano ya cluster na njira ya kugeria niguo maheane uhoro wigii biodiversity miena yao. Riria twathoma makiria uhoro wigii mimera na nyamu iria citurigiciirie, mogaruruku maria mahanikite miena yao na mogwati kuri biodiversity, notwoe makinya kugitira indo ici cia bata. Nitunyitanire ithuothe na tuthomithanie na tuhunde miti yaki-nduire niguo tugie na thi njega kuri ithuothe.

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

**T**ukirumira 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 ngaciru cia ukuria. Muri mucemano wa Cluster, kwaraniria na njira njaramu nikwagirire. Maundu maria makwenda macookio kana gutaririo

wega nimagiriirwo ni kwandikwo na makinyirio GOCC kana LC. Atongoria a Cluster yaaku nimagirirwo 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 niyagirirwo 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.

# 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.*



**Mkutano wa Silanga TIST nguzo kabla ya Covid-19 mapema Machi 2020.**

## ***Ndani:***

**TIST: Barua ya wazi kwa Mwanachama wa Kikundi Kidogo cha TIST. Uku. 2**

**TIST: Ni Faida gani nguzo inaweza kupata ikiwa watafanya bidii na busara. Uku. 4**

**TIST: Utunzaji wa nyumbani kwa wagonjwa wa Covid-19. Uku.4**

**TIST: Lishe yenye afya ni muhimu wakati huu wa ugonjwa wa Covid-19. Uku. 5**

**Maadili ya TIST: Nguzo na nguvu ya TIST Umeletewa. Uku. 6**

**Nguvu katika utofauti: Wakulima katika TIST hulinda bionuwai. Uku.6**

**TIST: Kupata Mapendekezo yako, Mawazo, Wasiwasi, Malalamiko ya pamoja na ya Kusikika. Uku. 6**



# **TIST: Barua ya wazi kwa Mwanachama wa Kikundi Kidogo cha TIST.**

Ndugu mpenzi wa TIST,

Salamu kutoka TIST Afrika Mashariki, India na Amerika!

Wakati huu wa coronavirus (covid-19), Timu ya TIST ulimwenguni kote imekuwa na semina za kawaida kupitia mkutano wa video. Semina hizi zimekuwa zikijadili jinsi tunaweza kuboresha TIST, ili wakulima wetu waendeleo kupata faida zaidi.

Barua hii ni kuomba msaada wako katika shughuli kadhaa. Tunaamini kufanya kazi pamoja na wewe kutasaidia kufanikisha MATOKEO MAKUBWA.

Hapa kuna baadhi ya maeneo / shughuli ambazo tunafanya na jinsi unaweza kutusaidia.

## **Mapato ya faida ya kaboni Shiriki kwa vikundi vidogo.**

TIST iko tayari kulipa sehemu nyingine ya faida kwa Vikundi vidogo. Tunahitaji msaada wako juu ya jinsi habari hii inavyoweza kufikia vikundi vidogo. Kwa kuongezea, katika kipindi hiki cha Covid-19, wakati tumesimamisha mikutano ya Kikundi kwa kufuata Serikali na Wizara ya miongozo ya afya, tunataka msaada wako juu ya jinsi tunaweza kupeana Vinjari kwa usalama na kwa uwazi. Kwa kuongezea, malipo bado yatafanywa kwa kukosekana kwa mikutano ya Cluster. Tunataka kusikia maoni yako juu ya jinsi hii inaweza kufanywa kwa uwazi na kuridhisha kwa washiriki wote wa Kikundi Kidogo.

Tafadhali toa maoni yako kwa Francis Kibe 0722909647, au Jane Kanja 0713 43 60 28.

## **Kusaidia Vikundi visivyo na uwezo au visivyosimamiwa vibaya kupatikana kwa usahihi na sahihi.**

Tuna Vikundi Vichache Vichache ambavyo vyenye glavu ambazo hazina viwango vizuri na kwa hivyo hatuwezi kuuza tani zao za kaboni. Tunahitaji msaada wako kusaidia kupanga jinsi hizo mboga zinaweza kutekelezwa tena, wakati huu ipasavyo. Tafadhali zungumza na Watumiaji wa Kambi yako ili upate hali ya Groves yako. Ikiwa zinahitaji kuorodheshwa tena, tafadhali wape Msaidizi wa Kikundi chako msaada wa kutosha kufanya kazi hiyo.

## **Vyombo vipya vya Mawasiliano na Mafunzo.**

Janga la Coronavirus limetutaka sote kufikiria na kufanya mambo tofauti. TIST imeandaa njia mbali mbali za kusaidia kuweka mawasiliano na mafunzo kuwa hai na yenye nguvu. Tunayo yafuatayo:

### **Dawati la kujibu.**

Sasa unaweza kupiga simu moja kwa moja kwenye Dawati la Jibu la TIST na upate maswali yako kujibiwa. Unaweza pia kupiga simu kutoa maoni yako, au kuwasiliana juu ya Vitendo Bora ambavyo umetambua.

Tafadhali piga simu kupitia nambari hii ikiwa unayo yoyote ya yaliyotajwa hapo juu, au ikiwa unahitaji habari yoyote kuhusu TIST:  
**0795 01 11 30**

Waarifu wazarifu washiriki wengine wa TIST, au wakulima wengine ambao wanataka kujiunga na TIST, juu ya mstari huu wa Dawati la TIST.

**TIST Bulk SMS.**

TIST pia inaendeleza hifadhidata ya anwani kwa washiriki wote wa Kikundi Kidogo. Hii itasaidia kutuma meseji nyingi (kwa wingi) mara moja moja kwa moja kwa simu zako. Ujumbe huo utajumuisha Habari za TIST, Mafunzo ya TIST, na mazoezi bora ya TIST, miongoni mwa mengine. Tunatumahi pia kuwa utaweza kutuma ujumbe wa maandishi na kupata habari zaidi au ufafanuzi zaidi.

Nape kwa nambari yako ya simu ya rununu kuwasiliana na Watumiaji wa Kambi yako na uwahimize wakulima wengine kufanya hivyo pia.

**Kituo cha Kujifunza cha TIST.**

Ikiwa una smartphone, au unaweza kupata moja kutoka kwa familia au rafiki, sasa unaweza kupata mafunzo ya TIST kutoka kwa simu yako smart.

Kwa habari zaidi juu ya Kituo cha Kujifunza cha TIST, tafadhali wasiliana na Mtumwa wako wa Kikundi.

**Semina ya Zoomar.**

Wakulima wengi wa TIST wameshiriki katika semina za TIST, haswa katika kituo cha mikutano cha Gitoro, Meru. Hatuwezi kushikilia semina kama hizi kwa sababu ya hali ya Covid-19. Lakini bado tunaweza kufanya semina kupitia Programu ya Mikutano ya Wingu ya Zoom Cloud.

Zoom inaweza kuruhusu hadi watu 100 kushiriki katika semina. Unahitaji kuwa na simu smart na kupakua Zoom Mkutano wa Wingu kutoka duka la kucheza la Google.

- Ikiwa ungependa kushiriki katika semina za TIST kupitia Zoom, tafadhali peana simu yako ya rununu kwa Mtumiaji wako wa Cluster. Kumbuka, simu yako inapaswa kuwa smartphone na umepakua Zoom kwenye simu yako.

**Upanuzi wa kweli.**

Tena, kwa sababu ya vizuizi vya harakati kwa sababu ya Covid-19, hatuwezi kuwa na mwingiliano wa uso na uso na wakulima wanya ambao wanataka kujiunga na TIST. Walakini, tunahitaji kuwafikia, kuwafundisha na kuwaruhusu kujiunga na kujiandikisha na TIST. Kwa maneno mengine, tunahitaji kuwapa habari zote wanahitaji na shirika wanahitaji, ili kuwasaidia kujiunga na TIST.

Licha ya hali ya Covid-19, bado tunaweza kupanua TIST kwa maeneo mapya na kwa wakulima wanya. Tunakuomba utupe watu wa mawasiliano kwa maeneo ambayo wameomba TIST.

Tafadhali toa maelezo ya eneo ambalo linahitaji TIST na jina la mtu wa mawasiliano na maelezo mengine muhimu. Unaweza kupiga simu moja kwa moja kwenye Dawati la Jibu ukitumia maelezo uliyopewa hapo juu.



## TIST: Ni Faida gani nguzo inaweza kupata ikiwa watafanya bidii na busara.

**U**chunguzi uliohesabiwa chini ya Jumuiya ya Wadudu ya Hali ya Hewa ya Hali ya Hewa (CCBA) unaonyesha ni faida ngapi mshiriki wa TIST anapokea, kwa kila mti, kwa kipindi cha miaka 10. Jedwali hili linafikiria kuwa mimea yako ya nguzo inakadiriwa miti 200,000 (Lengo la mti wa TIST Cluster ni miti 250,000) - nguzo ingepata faida milioni karibu ya Sh milioni 54 kwa miaka 10. Mapato ya kaboni ni kiasi kidogo tu cha hiyo, lakini kiasi kilichopokelewa kinaweza kuwa zaidi ikiwa wakulima zaidi wa TIST walitumia CF, zaidi walifanya kilimo na matunda ya karanga, kitalu kilichokua zaidi, ufugaji wa nyuki zaidi, ufugaji wa mifugo zaidi, na ikiwa zaidi ilitumia majiko ya kuokoa nishati.

Kupanda miti 200,000 na TIST  
Manufaa 10 ya Mshiriki wa Uchumi kwa nguzo yenye miti 200,000.

✓ Malipo ya kaboni - \$ 27,864 (Ksh 2,507,760)

- ✓ Majiko ya ufanisi (thamani ya afya / safi ya hewa) - \$9,781 (Ksh 880,290)
- ✓ Ukulima wa Uhifadhi (mazao ya kuongezeka) - \$25,285 (Ksh 2,275,650)
- ✓ Matunda na karanga - \$154,875 (Ksh 13,938,750)
- ✓ Lishe na mbolea - \$66,389 (Ksh 5,975,010)
- ✓ Bidhaa za Wanyama - \$91,037 (Ksh 8,193,330)
- ✓ Uuzaji wa miche - \$33,497 (Ksh 3,014,730)
- ✓ Asali - \$11,742 (Ksh 1,056,780)
- ✓ Firewood - \$184,967 (Ksh 16,647,030)

**Jumla - \$ 605,437 (Ksh 54,489,330)**

## TIST: Utunzaji wa nyumbani kwa wagonjwa wa Covid-19.

**T**unapoendelea kuweka salama na kujaribu hatua zote za kujikinga dhidi ya maambukizo ya Covid-19, ni muhimu kutambua kwamba katika hali nyingine mbaya, tunaweza kuwa na mtu wa familia, au mpendwa, aliyeambukizwa na ugonjwa wa coronavirus. Katika hali kama hii, ambapo hospitali zimependekeza utunzaji wa nyumbani, hatupaswi kuogopa. Badala yake, tunapaswa kutoa upendo wetu, utunzaji na msaada kwa mgonjwa. Tunaweza kufanya hivyo bila kujiweka katika hatari ya kuambukizwa na virusi. Baadhi ya mambo tunaweza kufanya ni pamoja na yafuatayo;

1. Weka vazi la matibabu wakati unashirikiana na mgonjwa na epuka kugusa mask au uso wako wakati wa matumizi. Hakikisha utatoa mask baada ya matumizi.
2. Hakikisha mgonjwa hupumzika vizuri, huchukua maji mengi na hula chakula bora.

3. Hakikisha una vitu vya kibinafsi au vya kujitolea (kama taulo) kwa mgonjwa. Lakini, unapaswa kuwa umejitolea vyombo na vitu vingine kwenye matumizi ya kawaida kwa mgonjwa.
4. Daima osha mikono yako na sabuni na maji ya bomba, au sanitizer, haswa unapogusana na mgonjwa.
5. Sanifisha nyuso ambazo wagonjwa huwasiliana nazo.
6. Pigia simu za moto zilizopewa na Serikali, au Serikali ya Kaunti, kila mtu mgonjwa anapazidi, au ana shida kupumua.



## **TIST: Lishe yenye afya ni muhimu wakati huu wa ugonjwa wa Covid-19.**

**T**unapoendelea vita dhidi ya ugonjwa wa mwamba, kile tunachokula na kunywa huamua ikiwa mwili wetu utaweza kuzuia, kupigana au kupona kutokana na maambukizo. Lishe yenye afya na yenye usawa husaidia kujenga kinga dhidi ya virusi, vijidudu, bakteria na wadudu wengine hatari ambao wanaweza kuingia miili yetu, au ambao tunawasiliana nao.

Ingawa hakuna chakula au kinywaji kinachoweza kuzuia, au kuponya, maambukizo ya coronavirus, kuwa na lishe bora kunaweza kuweka miili yetu kuwa na nguvu, kupigana na virusi mapema kuliko baadaye.

Lishe bora ni pamoja na vyakula ambavyo:

- Toa nishati kwa mwili kupitia vyanzo vya wanga kama Ugali (uji mgumu uliotengenezwa kwa mahindi) na uji mwembamba uliotengenezwa kwa mahindi, mtama, mtama, mtama au mihogo. Mchele, viazi vitamu na viazi vya Ireland ni vyanzo nzuri vile vile. Kumbuka kwamba mafuta na mafuta, kwa wastani, hutoa nishati na kuongeza ladha kwa chakula.
- Toa kwa ajili ya kujenga mwili (Protini) na nyama (kuku, nyama ya ng'ombe, mbuzi, mut-ton, bata, na ndege wa Guinea). Mayai, maziwa, kunde (maharagwe, kunde na Gramu za Kijani) pamoja na karanga, ni vyanzo nzuri vya proteni.
- Toa vyanzo vya Vitamini.
  - Mboga ya kijani (majani ya kunde, okra, majani ya mihogo)
  - Mboga iliyokatwa ya machungwa (viazi la machungwa lililochoka)
  - Panda (matoke)
  - Matunda, haswa yaliyo na rangi ya manjano (machungwa, paw paw, mango, ndizi zilizoiva, guavas)
- Kunywa maji ya kutosha-tunahitaji kunywa maji mengi. Maji ya kunywa yanapaswa kuchemshwa kwa angalau dakika 10, kilichopozwa na kuhifadhiwa kwenye chombo safi, kilichofunikwa. Maji safi ni muhimu kwa wanafamilia wote.
- Kanuni za msingi za usafi- Ikiwa unapanga chakula, fanya bidii kuhakikisha kuwa mikono yako imesafishwa kwa sabuni na maji, chakula huoshwa na kupikwa vizuri, na kwamba vyombo vya kula vinasafishwa kabisa na kukaushwa.



## Maadili ya TIST: Nguzo na nguvu ya TIST Umeletewa.

Vikundi vingi vidogo vya TIST hufahamu na kufuatilia maadili ya TIST. Mafanikio yetu huongozwa na uadilifu na juhudi za kila mmojawetu. Mafanikio yetu yanaongozwa kwa urahis na kufuatilia kwa maadili haya na kila mmoja wetu

Katika shughuli zetu nyingi, kutoka upandaji miti, kilimo hai, kuboresha bionuwai, kujenga au kununua meko bora, kufunza na kufuatilia masuala muhimu ya kiafya, kulinda mashamba yetu dhidi ya

mmomonyoko wa udongo na uharibifu wa sababu nyingine, kukumbana na mabadiliko ya tabianchi na ukataji miti, kulinda mito yetu ili kupata maji safi na tosha na shughuli nyinginezo zinazoleta pesa, maadili ya TIST yana jukumu kubwa.

Katika TIST, Tuko. Sisi ni waaminifu; Sisi ni wenye usahihi; Sisi ni wenye Uwazi; Sisi utumikiana; Sisi huwajibika; Sisi ni mifano ya kuigwa; Sisi hujitolea.

## Nguvu katika utofauti: Wakulima katika TIST hulinda bionuwai.

Bionuwai— utajiri na aina mbalimbali za viumbe hai—ni muhimu kwa mazingira yenye afya. Wingi wa aina ni muhimu hasa katika kukabiliana na mabadiliko na changamoto kama ukame, wadudu au kubadilika kwa hali ya anga. Kwa sababu bionuwai ni muhimu sana, waweza kufikiri kuwa watu kila mahali wanafanya kazi kuhakikisha kuwa tunalinda na kuhifadhi utajiri huu wa kiasili. Hata hivyo, kila siku, kwa sababu ya matendo yetu ya kibinadamu, tunapoteza aina na tofauti za kimaumbile jinsi miti inavyokatwa, maeneo oevu kukaushwa na rasilimali kutumika zaidi ya inavyofaa. Tunaona hasara hii kila siku. Fikiri ni aina ngapi za mimea, ndege na wanyama ambao uliona sana wakati wewe au wazazi wako walikuwa wachanga lakini ambazo zinaonekana kwa nadra au hazipo tena? Kuna aina milioni tisa mbalimbali za viumbe hai katika sayari yetu na tunapoziharibu, ni hasara ya kudumu kwa kila mmoja wa watu bilioni saba wanaoishi katika sayari hii, kwa watoto wetu na kwa watoto wao.

Wakulima wa TIST wanaleta mabadiliko, wakifanya kazi ili kuhifadhi utofauti huu wenye utajiri. Kila mti tunaopanda ni rasili mali muhimu

inayoweza kutumika tena. Kila mti tunaopanda hupunguza shinikizo kwa msitu ulio na utofauti na wa kiasili kwani tunaweza kuutumia badala ya kukata misitu kwa sababu ya kuni, mbao na bidhaa nyinginezo. Tunapopanda miti ya kiasili, kama vikundi vidogo vingi vilivyofanya katika mashamba ya miti yaliyo karibu na mji na melfu ya wakulima katika TIST waliyo nayo katika mashamba yao, tunalinda bionuwai kwa njia ya moja kwa moja. Aina hizi nyingi za miti ya kiasili pia huwapa wadudu, ndge na wanyama makazi, wengi ambao ni muhimu kwa uchavushaji wa mimea, kula wadudu na kuweka udongo wetu ukiwa wenye rutuba.

Wakulima katika TIST pia hugawana ujuzi au maarifa kuhusu bionuwai. Wakulima wanahojiwa katika cluster katika mpango wa kwanza wa kugawana taarifa kuhusu bionuwai katika maeneo yao. Tunpojua mengi kuhusu mimea na wanyama walio karibu nasi, mabadiliko katika maeneno haya na hatari kwa utofuti huu, tunaweza kuchukua hatua ili kuhifadhi rasilimali hii ya kushangaza. Tujeni sote pamoja na tugawane ujuzi wetu na tupande miti ya kiasili ili kufanya dunia kuwa bora kwetu sote.

## TIST: Kupata Mapendekezo yako, Mawazo,

## Wasiwasi, Malalamiko ya pamoja na ya Kusikika.

Maadili 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.



# 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.*



**Wumbano wa ngwatanio ya TIST Silanga mbee wa korona (Covid-19) mwai wa katatu uyambia.**

## ***Nthini:***

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**TIST: Vaita ula ngwatanio itonya ukwata kwa kuthukuma na kithito na kwa utuika. Page 4**

**TIST: Kusuvia mundu wina uwau wa korona (Covid-19) musyi. Page 4**

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**Mawalany'o ma TIST: Musingi na ulumu wa TIST. Page 6**

**TIST: Aimi ma Tist kuthukuma kusuvia mila na uvathukanu wa isio na mikalo. Page 6**

**TIST: Kukwata mawoni maku, kila ukwenda kithinikiwe, kieleelo na kila kina uthinia ukwenda kimanyike na kwiw'ika ni kila umwe. Page 6**



# **TIST: Valua muingue kwa tukundi na ikundi sya ngwatanio ya TIST.**

Kwa member wa TIST,

Ngethi kuma kwa TIST East Africa, India na America! Nthini wa ivinda yii ya korona (Covid - 19), kikundi kya TIST nthi yonthe kithiitwe na semina (mbumbano) kwa nzia ya video. Thini wa semina ithi nivo tuneenaniasya undu wa kwailya TIST nikana aimi maiutu makwate vaita munene.

Valua uu wiukulya iulu wa maundu ala mwikite na tuikiie kuthukuma vamwe kuete Usungio Munene. Vaa ve isio imwe na maundu amwe maendee kwikwa na undu maendee kututetheesya.

## **Kuaana kwa vaita wa Carbon wa tukundi tunini.**

TIST niyiyumbanite kuiva na kuaa vaita wa tukundi tunini. Twianda utethyo waku kumanya undu tutonya umanya undu wa kumavikia. Ingi ivindani yii ya korona yila tuungamitye mbumbano sya ikundi nitwaile kuatiia walanio wa silikali ya uima wa mwii. Twianda umutetheesya kwa kuete voucher sya ndivi kwa nzia ntheu na yikyenini. Kwongeleela, ndivi nisikuendee ona kutena mbumbano.

Kwandaia nengane mawoni maku kwa Francis Kibe 0722 90 96 47 kana Jane Kanja 0713 43 60 28.

## **Kutetheesya tukundi tula tutavitukithw'e kana tuvutukithw'e kwa makosa nikana mavitukithw'e kwa nzia ila yaile.**

Twina tukundi tunini tula twina miti ila yavitukithw'e kwa nzia itaile na kwoou twithiitwe

tutatonya uta tani sya nzeve isu itavisaa. Twianda ututetheesye undu miti ino itonya uthianwa na uvitukithw'a ingi kwa nzia ila yaile. Kwandaia neena na mutongoi wa ngwatanio yenyu mumanye vala kakundi kenyu miti yoo iungamile. Ethiwa nimukwenda uthianwa na kuvitukithw'a yingi mukwatei kw'oko muthukumi wa ngwatanio yenyu athukume wia usu kwa nzia ila yaile.

## **Nzia Nzau ya uneenania na kumanyisya/kusomethya.**

Muimu wa korona nutumite ithyothe twiyita nzama na kwisilya kwika maundu kivathukano na tene. TIST nimathite nzia ingi ya kuendeesya uneenanaia na umanyisya. Twina nzia ta:-

## **Mesa ya usungio.**

Yu no ukune simu imwe kwa imwe mbaka TIST mesani yoo ya usungio na ukakwata usungio wa makulyo winamo. Ingi no ukune simu kunengane mawoni maseo winamo kana kuneenanisya mawiko maseo wonete.

Ithiwa wina umwe kati wa aya maandike ungu wa mesa ya usungio kuna simu ino ya TIST **0795 011 130.**

Kwandaia manyithya amemba angi ma TIST na aimi ala mekwenda ulika nthini wa tist iulu wa mesa ya TIST ya usungio.

**Utumani mukuvi wa wingi muvangani wa TIST.**

TIST niendee na usevitye mauvoo mena namba sya tukundi tunini na amemba othe ala me ikundini ii sya TIST. Kii kikatetheesya ivindani ya utuma utumani mukuvi (SMS) kwa kila umwe simuni yake. Utumani uu ukethiawa ne Uvoo wa TIST, Umanyisyo wa TIST na mawoni meu ma muvango wa TIST wa Wiko Museo (Best Practices) katikati wa maundu angi. Twiikiia kana nukwithiwa onaku utonya utuma utumani ukuvi na ukatuvikia ethwa nukwenda utheew'a undu iulu wa uimi wa TIST.

Kwandaia nuukulwa unengane namba yaku ya simu kwa muthukumi wa ngwatanio yenyu na uithuthya aimi ala angi meke uu.

**Kimanyisyo kya TIST.**

Ethiwa wina Smartphone kana simu itonya kwitikila internet kana ethiwa wina mundu waku wa musyi winayo, munyanya noumukulye autetheye na simu yake ukwate maumanyisyo ma TIST. Kwa uvoo mbeange iulu wa umanyisyo wa TIST neenania na muthukumi waku wa ngwatanio.

**Semina ya kiseveni (Zoom Seminar)**

Aimi angi ma TIST nimethiitwe naivika thini wa semina sya tist munamuno semina ila syithiawa Gitoro Conference Center, Meru. Kwayu nundu wa korona (Covid-19) tuitonya umbana, indi notwikie semina kwa nzia ya mikumunanilye ya matuku aya ikwitwa zoom Cloud Meeting.

Zoom nikomanasya andu kuvika 100 kumbana na kuendeesya semina. Waile ithiwa na simu ya matuku aya yina internet nikana withiwe utonya kumbana vala waile udownload kuma kwa google play store - Zoom Cloud Meeting.

Ethiwa nukwenda kwithiwa thini wa semina ino ya TIST kwisila Zoom kwandaia nengane namba yake ya simu kwa muthukumi wa ngwatanio. Lilkana kana simu yaku uyaile ithiwa itonya kwosa internet na kwonania mavisa.

**Kuthathaa kunini (Virtual Expansion)**

Ingi, nundu wakorona (Covid-19) ndambuaka yayeethiwe ya kithimo, nakwoou tuitonya kumana uthyu kwa uthyu na aimi eu ala mekwenda ulika nthini wa TIST. Onakau nitukwenda umavikia, kumamanyisya na kumaandikithya nthini wa TIST. kwa wasya ungi nikana nitwaile umane uvoo wa undu maile kwiyumbania na kwiyandikithya kumatetheesya kulika nthini wa TIST.

Unakutwika kina korona (Covid-19), nutotonye kuendee na uthathasya TIST isioni nzau na aimi eu. Twiukulya ututetheesye na namba na isyitwa ya mundu ula wikisioni kyeu ukulitye kulika nthini wa TIST.

kwandaia tuelesye iulu wa kisio kila kienda TIST na mundu ula tutonya uneena nake vamwe na namba yake ya simu na mauvoo angi ma vata na syiundu ila ingi sya vata. No ukune simu kwa mesa ya usungio na kunengane mauvoo aa.



## TIST: Vaita ula ngwatanio itonya ukwata kwa kuthukuma na kithito na kwa utuika.

**M**auvoo mombanye ungu wa Climate Community Biodiversity Alliance (CCBA) wionania undu TIST ikwatite vaita winana kwianana na undu miti yioana kwa ivinda yiilu wa myaka ikumi. Masavu aa meikwatya knana ngwatanio yenyu yina miti inyiva 200,000 (TIST Cluster tree goal is 250,000 trees) - Ngwatanio isu yaile ukwata kwa kueleeluya Ksk. 54million sya vaita kwa myaka 10. Ueti wa nzeve itavisaa (carbon income) no tuvesa tunini, indi ueti mwingi ukwatikana ethiwa aimi aingi ma TIST makatumia nima ya kusuvia (CF), kukwata matunda maingi, kuseuvya ivuio, kuithya Nzuki, kuithya indo na muno kutumia maiko ma kusuvia mwaki.

Kuvanda miti 200,000 na TIST.  
Wekala walanioni uyu vaita wa ngwatanio yaku kwa myaka ikumi yina miti 200,000.

✓ Ndivi ya Nzeve itavisaa (Carbon Payment) - Ksh 2,507,760 (\$27,864)

- ✓ Maiko ma kusuvia mwaki (Uima wa mwii/ Nzeve theu) - Ksh. 880,290 (\$9,781)
- ✓ Nima ya kusuvia (Conservation Farming (CF)) - Kshs 2,275,650 (\$25,285)
- ✓ Matunda na Mbindi - Ksh. 13,938,750 (\$154,875)
- ✓ Vuu wa yiima na liu wa indo - Kshs 5,975,010 (\$66,389)
- ✓ Usyao kuma indoni - Kshs 8,193,330 (\$91,037)
- ✓ Kuta mbeu ya miti ila meu - Ksh. 3,014,730 (\$33,497)
- ✓ Uki wa nzuki - Ksh 1,056,780 (\$11,742)
- ✓ Ngu (firewood) - Kshs 16,647,030 (\$184,967)

**TOTAL - Kshs. 54,489,330 (\$605,437)**

## TIST: Kusuvia mundu wina uwau wa korona (Covid-19) musyi.

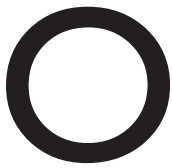
**O**tuendee na kwisuvia na kutata kwikala vaasa nundu wa kwisiania na uwau wa korona (Covid-19), niundu wa vata kumanya kana kwa ivuso ithuku no twithiwe na umwe witu tumwendete muau uwau uyu wa korona. undu ta uu weethiwa namwathi sivitali na mweewa musuvie muwau wenyu musyi, ndwaile kutelema watawva uu. Indi niwaile kumwonia wendo, kumusuvia nakumwikia vinya ula muwau nikana avoe kwa ivinda ikuvi. Notusuvie muwau uyu tutekwiyikia muisyoni wa kukwatwa ni uwau uu. Maundu ala tutonya kwika nita aya

1. Iki kitambaa kya uvwika uthyu kya aiti (medical mask) yila uu muthukuma muwau na ndukendeew'e nikukwatanga mask kana uthyu ivindani yiu, wamina umuthukuma umya kitambaa kyaku na uyikya vandu kitavikia mundu ungi.

2. Ikiithya ula muwau niwathyumua nesa na kunywa syindu mbyu kwa wingi na kuya liu wina syindu ila syendekaa mwiini (balanced diet)
3. Ikiithya wina syindu ila muwau usu ukutumia eweka iteutumiwa ni mundu ungi ta miiyo ya kuia, ngua na syindu ila muwau ukutumia kaingi.
4. Thamba moko kila ivinda na savuni na kiw'u kiendete, kana utumie sanitizer kaingi yila wakwatangana na muwau wa korona
5. Vanguula vala muwau weekwatila kana syindu syake ikwiw'a na sanitizer.
6. Kuna namba ya simu ila inenganitwe ni silikali woona muwau ayiemeewa, kana ena thina wa kuveva.



# TIST: Liu ula waile niw’o uvungua ivindani yii ya muimu wa korona (Covid- 19).



tuendee na kukitana na korona kila tuuya nikiamuaa kana mii yitu nikwithiwa na vinya wa kusiiia kana

kukitana na uwau. Liu museo withiawa na kila kindu kyendekaa mwini vate kimwe kingi kwi kila kingi nikana itetheesye kwailya undu mwii utonya kukitana na mauwau mooka ta virus, germs, bacteria na tusamu tungi twa muisyo kwa mwii wa mundu.

Onakau vai liu kana kindu kya unywa kitonya usiia uwau kana kuiita muimu wa korona, kuya maliu ala maile nikutonya kunenga mwii vinya wa kukitana na virus ino kwa mituki.

Liu museo kwa mwii niwiva?

- Kutune vinya wa mwii (carbohydrates) - usu tukwa taaa maliuni ta ngima, usuu wa (mbemba, muvya, uimbi, mwee kana manga), musele, mwakwasi na maluu. Manya kana mauta ma kiw’u na mathunyanimongelaa vinya na nimaetae musamo wa liu.
- Maliu ma kwaka mwii (Proteins) - Nyama (sya nguku, ng’ombe, mbui, malondu/mamaa, mavata, mbaa) matumbi, yiia, mbaa mboso ta (mboso, nzuu, ndengu, kamande, nthooko) vamwe na nzuu karanga.

- Maliu ala manengae mwii vitamins.
  - Mboka sya ngilini (nthooko matu, Okra, matu ma manga),
  - Mboka inyungiiw’e matu ma Masungwa.
  - Mukimo wa maiiu (matoke).
  - Matunda - munamuno matunda ala me langi wa yelo (masungwa, mavavai, maembe, maiu meu, mavela).
- Kunywa kiw’u kianu - mwii niwendaa kiw’u kwa wingi. Niaile unywa kiw’u kithukye na kikaekwa kikavoa vanduni vatheu. Kiw’u kitheu nikyavata kwa unywa.
- Utheu wa vamwe-Yila ukuseuvya liu ikiithya moko maku nimatheu na nuthambite na kiw’u na savuni na liu ula ukua nuthambitye ukathea na uyia uuye nesa, Miiyo ya kuia niyaile ithiwa yi mitheu na ikany’aa.



## Mawalany'o ma TIST: Musingi na ulumu wa TIST.

**T**ukundi twingi twa TIST ni tututaniaa na nituatiiaa mawalany'o ma TIST. Kuthaiia kwa TIST ni kuetetwe ni vinya kwa kila memba na kwithiwa na ukiikiku. Kuvikia monene ala tuvikiite ni undu wa kila umwe kikala mawalany'oni ma TIST.

Nthini wa mawiko maitu maingi, kuma kuvanda miti, kuima kwa kusuvia, kwaiya kithio, kuua kana kwaka maiko ma usuvia mwaki, kumanyiany'a na maundu ma uima wa mwii, kusuvia muthanga witu

na kukutana na uvinduku na moalyuku ma nzeve, kukitana na kunyaiika kwa mang'alata na weu, kusuvi mbusi kwondu wa kiw'u kitheu na maundu angi maingi ona la matueteae mbesa, mawalany'o ma TIST nimatethasya vanene tamo muti wa muongo.

Nthini wa TIST, twivo. Twi akiikiku, twina uw'o, twithiawa kyenini, twi athukumi umwe kwa ungi, nitumasya utalo wa mwikaloo, twi ngelekany'o, nitwiyumasya vate ndivi.

## TIST: Aimi ma TIST kuthukuma kusuvia mila na uvathukanu wa isio na mikalo.

**M**wikalo na mila ni uthwii wa kuma kumbwani na ni wavata kwa uima wa mawithyululuko. Ingi ni museo kwa kumianisya na uvindu wa nzeve ta yua, mitutu na tusamu tula twanangaa, kana nzeve kusesya.

Onakau uvathukanu uu niwavata nowisilye kila mundu nduniani nikwenda kuusuvia uthwii uyu wa mumbo. Onakau mawiko ma mundu ma kila muthenya nimatumite twasya muno kuma mithemba ya miti, syanda, mititu ya tene na uu uetetwe ni meko ma mundu ma kutema miti kwa ivinda itekuvandwa ingi kana kunengwa ivinda ikasyaana.

Nitwonaa wasyo uyu kila muthenya. Isilye ni mithemba yiana ata ya nyunyi, miti na nyamu woonaa yila wai munini na usianisya na umunthi wonaa siana ata? Kwi mithemba mingi ya nyamu na syindu kivathukany'o ta milioni kenda ila syoombiwe na yila twasyananga na kuiveta iulu wanthi iyonekaa ingi na niwasyo kwa andu mbilion muonza ila syi nduniani kwoondu wa syana situ na syana syasyo.

Aimi ma TIST nimathukumite maetete

kivathukany'o kusuvia uvathukanu uu wa wumbe. Kila muti twavanda ni uvathukanu tasuvia. Kila muti twavanda nuolaa utumiku wa muti ungi vandu na kusuvia muvai waw'o kwithiwa vo uni, nundu nitutonya utumia muti usu vandu va kuthi na kutemanga mititu.

Ingi miti ya kiene nii liu na misyi/ mawikaloma syindu kivathukany'o ta nyamu, tusamu, tususni na mimea kivathukany'o, ingi ila niyavata kwa kunyaiikya mbeu na kwongela unou wa muthanga.

Aimi ma TIST nimaaiiaa na kumanyisya andi iulu wa undu uu. Aimi nimaendee na ukulw'a makulyo undu wa uvathukanu uu na undu wina ueti kwa isio kivathukanyo. Yila twamanya undu wa miti kivathukany'o na isio syayo na nyamu ila syi isionu isu nitutonya kuete kivathukany'o isioni isu na kwithiwa tutonya usuvia kwa nzia ila yaile. Ekai tuke vamwe na kumayianya iulu wa miti kivathukany'o ila yimeasya isioni situ na tuivanda miti isu kuseuvya na kwailya nthi yonthe kwoondu witu ithyoonthe.

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

**M**wwalanio 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 maneenanaw'e kana ukwiw'a ena thina muna. Mwa uneenanisya na mausungio mauma amebani

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.

# Mazingira Bora



# TIST

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

**Kipsigis Version**

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



**Tuuyetab kurupitab TIST nebo Silanga en kanametab arawetab kiptamo (somok) kenyitab 2020 kotomo konam miondab korona Covid-19.**

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# TIST: Baruet koityi Membayat ne Ming'in Nebo TIST.

Oldab membayatab TIST,

Tach kokotyet kobun TIST en Africa Kong'asis, India ak Amerika!

En kasari bo korona virus (covid-19), kotindo en abokorsa timitab TIST en ng'wony komugul tuiyosiek kobun kiptanganyitab video. Tuiyosichu ko che king'ololen akobo loe kimuche keibchi tesetab taa TIST, asikomuch temikab TIST kotestai konyor melekwek che chang'.

Baruani ko somin toretet en boisionik che chang'. Kiyoni kele ingeboisie tugul en kibangenge kenyoru WOLUTIK CHE ECHEN.

Ichochu ko olekimuche keyaiten boisionik ak ole imuche itoretitech.

## **Kebeberwekab melekwekab kelchinoik chebo Kurupisiek che Mengechen.**

Chobot TIST kolibonchi kora Kurupisiek Che Mengechen kebeberwekab melekwek. Kimoche toreteng'ung' en oleimuche koityi logoyot Kurupisiek che Mengechen. Kora, en kasaribo korona, yon kokitonosi tuyosiekab kurupisiek kotienkee ng'otutikab serikali ak wisara nebo tililindo, kemoche toreteng'ung' en olekimuche kimuche kelibonunten en oret ne chulat ako tokunot. Kora, kotesetai libanet akot ko momi tuiyosiekab kurupisiek. Kimoche kekass oleibwotitoyi en ole kimuche keyaita boisioni en oret ne chulat ako ne imuche kobaibait chi tugul en Kurupisiek che Mengechen.

Kaikai ikochin kobwotutikuk Francis Kibe 0722909647 anan ko Jane Kanja 0713-436-028.

## **Toretetab Kurupisiek che mokiit anan ko che moiitok komie konyor koitet ne mie ako nebo imanit.**

Mi kurupisiek che tutikin che tindo timwek che mokiit komie ako kou noton mokimuche kialden tonisiekab koriswekab ketikchuak. Kimoktinige toreteng'ung' en ole kimuche kiitito ketikab kurupisiechoton komie, ako kasari keyai komie. Kaikai ng'ololchin kiboitiniakab Kurupiek asinai oleu timmwekwok. Angoy komoche keketyige koitetab timwekchuak, ko kaikai ikochin Kiboitiniakab Kurupisiek toreteet ne yamat asikomuch koyai boisionoton.

## **Karik che lelach chebo koyotoetab logoiwek ak konetisiet.**

Miondab korona ko kokomach ehcek tugul kibwat ak keyai tuguk en oret ne leel. Ko kotoo TIST ortinwek che chang' chekitorereen koyogtoetab lohgoiwek ak kinetisien en oret ne mie ako ne kim. Kitinye ortinwek cheisibu:

## **Mesetab Walutik.**

Imuche ibir simoit nguni kwo Mesetab Walutikab TIST agenge en agenge ak inyoru walutikab tebutikuk. Imuche ibir kora ak ikoite kereng'ung', anan imwa akobo Ortinweek Chemiachen chekoinyoru.

Kaikai birchin nambaini angotitinye agenge en tuguchu, anan kotimoche inaing'olion akobo TIST: **0795-011-130**





Kaikai mwochin membaek alak chebo TIST anan ko temik che moche kochut TIST akobo lainitab Mesetab Wakutikab TIST.

### **Siirutik che Nwogen chechang' chebo TIST.**

En nguni ko chobe TIST lengut nebo nambaisiekab membaekab Kurupisiek Che Mengenchen. Inoni ko toreti en koyogtoetab logoiwek che nwogen en chokynet kobun simoisiek. Logoiwechu ko boto *Logoiwekab TIST, Konetutikab TIST, Ortinwek Che Lelach Chebo TIST* ak alak. Kimong'uu kora kele tun imuche iwegte logoiwek che nwogen ak inyoru logoiwek alak che chang' anan ko ng'alek alak chebo ororunet.

Kaikai igoiten nambaing'ung' nebo simoit koityi kiboitiniak kurupisiek ak icheer temik alak ak icheek koyai nkou noton.

### **Ole kinetengée en TIST.**

Angot itindoi simoit no kiwosto, anak ngot imuche inyoru agenge ne bikab kong'wong' ana ko chorwa, ko imuche inyorchige konetisiet koyob TIST en sinmoing'ung'.

Angot imoche inai ng'alek chechang' akobo Ole Kinetengée en TIST, inyoru Kiboitiotab Kurupit.

### **Tiuyetab Zoom.**

Chechang' en temikab TIST kokikochut tuiyosiekab TIST, missing' ko en Gitoro Conference Centre, Meru. Makimuche keyai tuiyosiek cheu choton en kasari amun en miondab korona. Kobaten kimuche keyai

tuiyosiek en lainitab Zoom Cloud Meetings ne noton ko tetutiet ne kiboisien en kasari. En lainitab Zoom ko kimuche keyai tuiyosiek ak biik cheite bokol (100). Nyolu itindoi simoit non kiwosto ak itururu anan inde tetutietab Zoom Cloud Meeting kobun Google Playstore.

Angot imache ketesten tuiyosiekab TIST kobun Zoom, ko kaikai ikoiten nambaitab simoing'ung' koityi kiboityotab kurupit. Nai ile simoing'ung' ko nyolu ko non kiwosto ana ko smartphone ako nyolu kokoinde tetutietab Zoom.

### **Kabaraitetab oretab Kiptanganyit.**

Kora, amun en tiletab bonwek amun en miondab korona, ko makimuche ketuiyen tokoch en tokoch ak temik che lelach che moche kochut TIST. Nganda u noon kemoche kenyorun ichek, kineet ichek ak kechomchi kochut ak kosir gee en TIST. En ng'alek alak kemche kikochinlogoiwek tugulche moche ak kibagengeit ne moche asi kimuch ketoret kochut TIST.

Matiny komi korona, kemche kibarait TIST koityi emotinwek che lelach ak temik che lelach. Kisomin ikonu kainutikab biik che kimuche kenyorun en emotinwek che kokosom kochut TIST.

Kaikai ororun akobo emet nemokyin gee TIST ak kainetab chito ne kimuche kenyor ak logoiwek alak che nyolu. Imuche ibirchi simoit Mesetab Walutik cho kaka kekoon en taa yu.



# TIST: Boroteet ne nyorchingee Kurupit yon kaikil gee en boisiet kobot ng'ulotiet.

Jikilisiet ne kikiyai en Climate Community Biodiversity Alliance (CCBA kaboru melekwek cheimuche konyorchige temindet agetugul nebo TIST en ketit agetugul en kasarta nebo kenyisie taman (10). Mesani kaboru kole nda mine kuruping'wong' ketik elipsisiek bokol oeng' (200,000) che choton ko tokinetabge nebo TIST, ko nyorchingee kurupit agetugul shillingisiek million 54 en kenyisiek taman (10). Melekwekab koristo ko kebeberiat ne kitikin en choton, kobaten melekwek che imuche konyorchige kurupit ko tos chang' nda boisien kurupit agetugul CF, koboto minetab logoek, taunetab betisiek, baetab segemik, ribetab kiyagik, ak keboisien stovisiek che ribe maat.

En minetab ketik 200,000 en TIST:

Kelunoikab kenyisiek 10 em kurupita agetugul ak ketik 200,000

✓ Libanetab taa nebo koristo - \$27m864 (Ksh2,507,760)

✓ Stovisiek che chepchep (tililindab koristo) - \$9,781 (Ksh.880,290)

✓ Temisietab ribetab indosab emet (tesutikab kesutik) - \$25,285 (Ksh. 2,275,650)

✓ Logoek ak mologenik - \$154,875 (13,938,750)

✓ Amitwakikab tuga ak keturek - . \$66,389 (Ksh, 5,975,750)

✓ Kelunoikab kiyakik- \$91,037 (Ksh 8,193,330)

✓ Aldaetab ketik che kimine- \$33,497 (Ksh 3,014,730)

✓ Kumiat - \$11,742 (Ksh 1,056,780)

✓ Kwenik - \$184,967 (Ksh 16,647,030)

**Tugul - \$605,437 (Ksh 54,489,330)**

# TIST: Ribetab gaa en biik che miondos en Korona.

Ingetesetai keribe gee ak keyome ortinwek tugul kekirinden Korona, ak obo komonut kenai kele en ole makimuch keter, ko imukogse en tilianutik anan ko chamanik konyor miondab korona. En kosorwek cheu chu, ak en yon kamwa sipitalisiek kole kimuche kerib chito en gaa, ko mo nyolu ketoptopenso. Ne katanoon, ko nyolu kiborchin choyiet, ak kerib ak kikochi tiguk tuguk che mokin gee chito ne mioni. Kimuche keyai ni en oret ne mokinde gee ng'oiyondit en oret ne imuch kenyorun miondo. Tuguk che nyolu keyai ko cheisibu:

1. Ilach maskit nebo konyoiset yon itoreti chito ne mioni amatinam maskit anan ko tokoch yon itesetai iboisiei. Ibwat iwirte maskit yon kaitaren boisiet ne keyoe.

2. Igochin chito ne mioni kasarta ne mie nebo komung'et, ak koye tugun che chang' che bei ak kwam amitwakik tugul che teche borto.

3. Nyolu itinye tuguk che kiboisien cheu toguloisiek chebo chito ne mioni. Kora, itobonchi tuguk che omisien ak tuguk alak chebo chito ne mioni.

4. lun eut en abokora iboisien sabunit ak beek cherondogee, kobot sanitizer missing ko yon kenam chito ne mioni.

5. Itilil ole kanam chito ne mioni.

6. Bir simoit koiti serikali anan ko kaunti en kasarta ne korumok chito ne mioni ana ko yon tindo uindab kabuset



# TIST: Amitwakik che kororon en kasaribo korona kobo komonutiet.

ngetesetai ak borietab korona, ko tuguk che kyome kobaru angot komuche boruekiok koter anan kobarge anan kesobche en miondo.

Amitwakik che chang che mororu ko toreti boruekyok kokirinda kutik cheibu mionwek ak tuguk che chang' che mi koristo che imuche kochut boruekiok anan ko che kimuche kenyorun anan kenam

Anganda momi amitwakik che imuche koter anan konya korona, ko ingiam amitwakik che anyiny ako kororon ko imuche boruekiok ko kimekitu ak koterter miondo en chokinnet.

Amitwakik che miach ko kou cheisibu:

- Ikochin borto kimnotet kobun amitwakik cheu kimyet anan ko rongorik chebo busiekab bandek, mosong'ik, beek/kipsyongik anan ko mogo. Muchelek, robwonik ak piasinik ko amitwakik che kororon kora ak ichek. Nai ile mwanik ak sundoik yon kokiboisien che tutigin kokochin amitwakik kwaninyinyegitun ak kokgo kimnatet en borto.
- Teche borto kou bendab ingokiet, teta, ng'oroiet, kechiryet, batait, chebogilgil. Mayainik, chego, maragwek koboto njukuk ko amitwakik che miach che teche borto.

- Konu vitamin.
  - Ingwek che nyolilen kou isagek, isoik, cheluanda, nderemek.
  - Amitwakik che kakitesta machungwek kou robwonik.
  - Sasurek anan ko ndizinik che kakikwany.
  - Logoek, missing ko chetindo rangik che tolelionen kou machungwek, paipai, maembek, ndisinik cheruriotik ak alak.
- Yeetab tugun che bei- nyolu keyee beek che chang'. Beek che kiyee ko nyolu kiyo en dakikaisiek che sire taman (10), kikaitit ak kegonor en ole kaitit ak keker komie en ndoisiek anan ko terenik. Beek che tililen kobo komonutiet en biik tugul chebo kabchi.
- Tugun che nyolu kiityi komonutiet – Yon ichobe amitwakik ikochi komonut tililindab eut iboisien sabunit ak beek, ak kiun amitwakik ak kechob komie, ak ibwat iun tuguk chekiomisien komie ak keus koyomyo komie.



## Values chebo TIST: Foundation ak Strength nebo TIST.

**C**hechang' en Groupishek 'ab TIST koyoni ak koyoe kou en TIST Values. Borotet netinye TIST kotiyenge integrity ak effort nebo membayat agetugul. Borotenyon kotiyenge chi agetugul ne membayat ak kisubi Values ichuton komye.

En activities chechoget chechang' , konam minet 'ab ketik , keyai kasit 'ab Conservation Farming, Ribet 'ab biodiversity, teg'et aka let 'ab improved stoves, kanetishet ak practicing nebo ng'alek chetinyege ak borto, Ribet 'ab

imbarenikchok komabar erosion nebo ng'ng'unyek ak tugun alak che imuche kowech ng'ung'unyek, keyom keisten climate changes ak tilet 'ab osnoshek, ribet 'ab oinoshekchok asi kenyorun bek che yomech ago tililen ak tuguk alk chechang' agot generating income, TIST Values koche nomu kwenet en chu tugul.

En TIST, We Are. Ko ketononchini imanit; ki accurate; ki Transparent; Ki cheyochin ge kasishek ; Ki Mutually Accountable; Ki Role Models; ago kiVolunteers.

## Temikab TIST kebosie timwek.

**T**imwek kogonech mogornote ak koribok olto ak kenyoru tilindo en ole kimenye kararan niton amun tere tuguk chebitu kou kement.

Susurik, anan ko burgetab emet, onger timwe amun toreti biik chechang ak kogonech mogornotet.

Miten walet en nguni ak kasarta negibo sisig chebo tai kou mengenyoru toritik, tiongik

kokigoba kochangat mengotosiek, ak mengomiten ketik chechang, chemoginge biik chang, tinye anyun temikab tist boroindo korib timwek, ketage tugul ne kagimin keyome kewegun indondab emet.

Tinye temikab TIST bcheetab ngomnotet agobo timwek asi kewegun ketik ak tiongik chelegiten, ogeibu konguwot asi kimuch kewal akenyoru mogor notosiekab emet, mising ketikab kipkaa.

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

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

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

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

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

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