

# 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.

**TIST Answer Desk Number 0795 - 011 130. Call in Today!**



**Kinoru B on their nursery work. This day they also received their September 2020 Mazingira Bora Newsletter**

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# TIST: We are preparing for yet another Verification.

## CCBA Monitoring Plan

Greetings to the TIST Kenya

Clean Air Action Corporation (CAAC) is pleased to announce its intent to verify its projects “TIST Program in Kenya CCB-001”, “TIST Program in Kenya VCS-005” (formerly CCB-002), and “TIST Program in Kenya VCS-009” (formerly CCB-004) for the third time under the Climate, Community and Biodiversity Alliance (CCBA) standards. KE-CCB-001 and KE-VCS-009 were previously verified 24 March 2016. This verification is for the period 12-August-2015 to 22-May-2020. KE-VCS-005 was previously verified 04 October 2017. This verification is for the period 09-November-2016 to 22-May-2020. To receive the verification, CAAC must demonstrate, among other things, that TIST is beneficial to climate, community and biodiversity. CAAC has submitted Monitoring Reports (MR) to CCB and to AENOR Internacional, S.A.U. (AENOR), a CCBA certified auditor.

We are also required to disseminate the monitoring results. For those of you with internet access, including at the cyber café, we welcome you to visit these webpages where you will find the actual monitoring reports:

CCB 001: <http://www.tist.org/PD-KE-VCS-001-004%20Documents.php>

VCS 005: <http://www.tist.org/PD-KE-VCS-005%20Documents.php>

VCS 009: <http://www.tist.org/PD-KE-VCS-009%20Documents.php>

For those interested in making a comment, the public comment period will be open until 25 October 2020. Please email [registry@verra.org](mailto:registry@verra.org) and reference which PD you are commenting on.

The following are the monitoring results for their respective PDs

<b>Climate</b>	<b>KE CCB 001</b>	<b>KE VCS 005</b>	<b>KE VCS 009</b>
PD hectares	990	9,806	2,356
PD project areas	3,539	19,073	4,764
PD live trees	456,422	3,224,459	724,013
PD carbon to date (t)	180,144	1,108,743	333,082
PD carbon this period (t)	-4,697	506,087	132,72
<b>Community</b>			
PD members	7,767	35,776	12,376
PD Small Groups	2,912	5,168	1,554
KE members in TIST	77,813	77,813	77,813
KE Small Groups in TIST	10,781	10,781	10,781
KE active members	76,319	76,319	76,319



KE members planting Trees	61,024	61,024	61,024
KE members with GhG contracts	58,208	58,208	58,208
KE carbon payments from start	\$1,037,699	\$1,037,699	\$1,037,699
KE carbon payments this period	\$168,202	\$168,202	\$168,202
Members practicing CF	11,073	11,073	11,073
KE training, climate change, from start	125,730	125,730	125,730
KE training, climate change, this period	74,686	74,686	74,686
KE training, HIV/AIDS, from start	132,878	132,878	132,878
KE training, HIV/AIDS, this period	5,138	5,138	5,138
KE training, biodiversity, from start	276,032	276,032	276,032
KE training, biodiversity, this period	81,339	81,339	81,339
KE live trees	10,479,470	10,479,470	10,479,470
PD live trees	456,422	3,224,459	724,013
PD fruit and nut trees	34,318	305,097	62,789
PD eucalyptus trees	112,075	500,641	113,850
People employed or contracted	74	74	74
<b>Biodiversity</b>	<b>KE CCB 001</b>	<b>KEVCS 005</b>	<b>KEVCS 009</b>
PD live trees	456,422	3,224,459	724,013
PD hectares	990	9,806	2,356
PD project areas	3,539	19,073	4,764
PD indigenous trees	50,795	411,068	102,367
PD indigenous hectares	152	1,653	333
PD Indigenous PAs	Na	14,601	na
LI indigenous trees	Na	13,283	na
LI Indigenous hectares	Na	31.8	na
LI Indigenous PA	Na	206	na
<i>vitex keniensis</i>	5,527	22,017	6,568

Notes:

This period is the monitoring period of the respective PD.

Training is person-sessions, such as a Cluster meetings.

PA is a project area, a grove.

LI is lower Imenti Forest.

Vitex keniensis the Meru Oak

THANK YOU TIST FARMERS, CLUSTER SERVANTS AND LEADERSHIP COUNCIL FOR MAKING THIS POSSIBLE!



## TIST: Resuming Small Group meetings as we take precautions against Covid-19 disease.

**K**enya Government is now re-opening the country and easing restrictions imposed on Citizens following the outbreak of Coronavirus commonly known as Covid-19.

In the recent Presidential address (Monday, 28<sup>th</sup> September 2020), social gatherings of up to 200 people have been permitted.

In TIST, Small Groups consist of 6 -12 members. This number allows us to hold regular meetings but also to continue to strictly observe Ministry of Health Guidelines.

In your meetings, please make sure:

1. As much as possible, meet in an open place.
2. Keep a social distance from each other ( 1.5m – 2m).
3. Wear a face mask all the time, even when speaking.
4. Do not hug, or give handshakes, to each other.
5. Wash your hands with running water and soap, or use a sanitizer, if available.
6. Do not switch chairs during the meeting. Sanitize your chair before and after the meeting (if you are using movable chairs).

7. Allow a member who is unwell not to attend the meeting, especially if s/he has a cough or sneezing.
8. Keep your meeting short – 1 hour or less. Discuss only the most important agendas.
9. And any other precaution that you will consider necessary to keep everyone safe.

### TIST Small Group Meetings Techniques

#### ***a) What is the best way to arrange people during a Small Group meeting?***

A small circle is the best. Don't have a table because it creates barriers between people. Don't have a chair and a large seat for the most important person. In TIST, we all sit the same way. We either all sit on the ground, or we all sit on chairs.

#### ***b) What do you do if more than twelve people want to join your group?***

If there are more than twelve people interested in joining your group, it is best to form a new group. The group can split in two, or three or four members of the original group form the core of the new group. This is better than one member trying to start a group alone. Remember to start using rotating leadership straight away.



**c) What techniques can you use if the group energy is low?**

Split up the group into pairs and get each pair to talk about the task. Dramas also help. Sometimes stopping and each person saying something good that their group is doing can also motivate people again. Also remember to keep the meeting from becoming too long. By having a co-leader who is keeping time, you can focus the group's energy to making sure the work gets done in the agreed upon time period.

**Meeting Schedule.**

To manage time well, a Small Group should have a well-organized meeting schedule. This is important because it will help you keep focus on your agenda and the most important activities. It is also important because in TIST, we commit to work together for the long-term to grow and maintain our trees for the carbon market. We need to know our fellow Small Group members well, since each person's actions impact our whole group and all of TIST.

It is important, too, for your Small Group to have regular meetings, preferably once a week or once in two weeks. This will give all members in your group an opportunity to strengthen your group and share and learn new ideas.

During your meeting, it is necessary to focus on important issues. Many TIST Small Groups have found the process below as a Best Practice for successful meetings:

**Step I. Greetings and introductions for any new members (5 – 10 minutes):**

Make sure everyone feels welcomed. Make it brief but let each person introduce him or herself.

**Step II. Opening prayer (2 minutes):**

A short word of prayer can help the group unite.

**Step III. Songs (5 minutes):**

These could be songs written by your group, or songs that encourage people such as religious songs.

**Step IV. Agreement on task and time (5 minutes):**

The meeting's leader explains what was planned for the meeting and the group members discuss and then agree on what the agenda should be. The time spent on each task or discussion should be agreed, so that the co-leader can help keep the meeting on time.

**Step V. Group work on tasks (30 minutes):**

Ideally, tasks should have been discussed at the end of the last meeting. Tasks might include sharing what each person has done to help TIST activities, sharing Best Practices, training on some subject of interest, and any other important issue that will help your Small Group to prosper.

**Step VI. Kujengana (5 minutes):**

Each group member makes one positive, specific statement to that week's leader about his or her observable leadership of the meeting. In addition, anyone may identify a gift seen in the leader.

**Step VII. Closing prayer (2 minutes)**



## TIST: Kujengana: Don't miss the blessing for your Small Group and Cluster.

**K**ujengana is a very important part of your Small Group weekly meeting. It says in Ephesians 4:15 - 16 that we are to build each other up into the fullness of Christ. Each person in your TIST Small Group brings his or her own special talents and gifts to the entire group. One of the wonderful things that happen in the Small Group is recognizing, sharing and using those God-given talents.

Kujengana is a way to let those talents be seen and be used. There are two parts to Kujengana:

- Before the closing prayer, every person in the group says one specific, positive thing that the leader for that week did at that meeting. For example: they smiled, kept to time, made good plans, encouraged all group members to speak, greeted me and made me feel welcome, pointed out something that was going very well in the meeting or in the work the group was doing, etc. Each member needs to say something different. This is not optional. Everyone gives Kujengana to the servant leader. Some groups also give Kujengana to the co-leader.
- In addition, if someone sees a gift shown by the leader, a group member can also say that.

With Rotating Leadership, each week a new leader will receive Kujengana. Through Kujengana, we encourage each other on the good things that week's leader did in the meeting and the talents the person showed. Kujengana is also the way we learn to look for positive things about people and then say them. We all need to train our tongues to say the positive. In addition, the whole group learns what that group thinks is important in a servant leader. The next leaders will benefit from what they have heard in Kujengana about previous leaders and know what the groups think is important in being a servant leader.

In response to Kujengana, that week's servant leader just says, "thank you" after each group member's specific, positive statement. There is no discussion about how it could have been done better, or differently. Often, the person is happy when he or she is told the good things he or she did during the meeting. Sometimes we learn things about ourselves we didn't know! Kujengana helps the leader on that day recognize his or her talents and keeps on using them. Kujengana also helps the Small Group because all the members improve their servant leadership as they learn. Kujengana is a double blessing!

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**Kimereu Version**

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**Kinoru B kwenye kazi yao ya kitalu. Siku hii pia walipokea jarida lao la Septemba 2020 la Mazingira Bora.**

## **Inside:**

**TIST: Nitukwibanga ringi gutegerwa ngugi yetu. Page 2**

**TIST: Gucokeria micemanio ya tukundi tu tunini tukithingatagira mawatho jegie murimo jwa Covid-19. Page 4**

**TIST: Gwakana: Utigetukirwe ni kirathimo kia gakundi gaku n nkinya clasta. Page 6**



# TIST: Nitukwibanga ringi gutegerwa ngugi yetu.

## Mubango jwa gutega ngugi jwa CCBA.

Amukirani Nkethi amemba ba TIST Kenya

Clean Air Action Corporation (CAAC) iri na gikeno kubumenyithia iri na mubango wa gutegerua ngugi ya TIST Kenya CCB-001, TIST Kenya VCS-005 (CCB-002) na TIST Kenya VCS-009 (CCB-004) ita ria kathatu ni kiama gia Climate, Community and Biodiversity Alliance (CCBA) standards. KE-CCB-001 na KE-VCS-009 ni ciategeretwe 24th March 2016. Utegi bw ngugi iji nikwambiria 12th August 2015 gwita 22nd May 2020. KE-VCS-005 yategi ria muthia 4th October 2017. Nandi utegi bubu ni bwa kwambiria 9th November 2016 gwita 22nd May 2020. Niguo kugwata kaanya gaka, CAAC nonkinya yonanie amwe na jangi ati TIST iri na utethio kiri riera, aturi na nkinya jaria jatuthiurukiritie. CAAC ni inenkanirite ripoti cionthe kiri CCB na nkinya kiri AENOR International, S.A.U. (AENOR), odita

witikiritue ni CCBA.

CAAC iri nkinya na ngugi ya gutigira nikumenyithania mpumi jia utegi ngugi. Kiri baria bari na internet, kana boomba gwita cyber cafe, ni bugwati ugeni gutega webpages iji naria boomb kwona mpumi:

CCB 001: <http://www.tist.org/PD-KE-VCS-001-004%20Documents.php>

VCS 005: <http://www.tist.org/PD-KE-VCS-00%20Documents.php>

VCS 009: <http://www.tist.org/PD-KE-VCS-009%20Documents.php>

kethira kuri muntu ari bwa kuuga, ari na kagita nkinya 25th October 2020. Niandikire [registry@verra.org](mailto:registry@verra.org) na onanie ni PD iriku akugira.

Iji nijio mpumi jia utegi ngugi jia PD.

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LI Indigenous PA	Na	206	na
<i>vitex keniensis</i>	5,527	22,017	6,568

Iririkania:

Kagita gaka nika utegi ngugi kiri PD mwanya mwanya.

Training.. nija iria jia Clasta

PA niantu aria ngugi itiri

LI ni Lower Imenti (mwitu)

Vitex Keniensis ni muhuru

**NKATHO KIRIARIMI ATIST, ATARI MITI NA ATONGERIA A LC NIGUTMA NGUGI IJI IRUTIKA!**



# TIST: Gucokeria micemano ya tukundi tu tunini tukithingatagira mawatho jegie murimo jwa Covid-19.

**T**hirikari ya Kenya ni ikurugura nthiguru na kunyihia mawatho jaria yekirite jegie kwigitira na murimo jwa corona kana Covid-19.

Kiri ntumiri ya muthamaki ya tariki 28th Sept 2020 micemano ya nkinya antu 200 ni itikirite. Ndene ya TIST, tukundi ni twa antu 6-12. Nuntu bwa gitumi giki nitugwitikirw ja gakundi gucemania indi tuthingatire mawatho ja ugima wa mwiri.

Ndeene ya micemano, tigiira:

1. O uria kumbika, bucemania antu eena utheri.
2. Butigiire ni bugwikara gataria muntu na ungi (1.5m-2m)
3. Ikira turembeko kagita konthe nkinya riria ukwaria.
4. Buti himbanirie kana gukethania na njara.
5. Thamba njara na ruuji rugwita na sabuni kana utumire sanitiza, kwaumbika.
6. Butigekare bugicenjanagia giti. sanitize iti mbere ya kwambiria mucemano kethira nibugutumira iti jiumba gwitithua.
7. Butigetikiirie mumemba ajitue mucemnone makiria uria ugukoora kana kwathimura.

8. Mucemano utigakurukie ithaa rimwe. bwaria mantu jaria jari na gitumi nkuruki.
9. Ntumirani njira jionde gutigiira nibukwi ebaniria na murimo wa covid-19.

## **Njira ya Tukuundi tunini twa TIST ya gwika micemano.**

### **a) Ni njira iriku i mbega y kubangania antu kiri mucemani wa gakundi kanini?**

Kamuthiuruko niko keega. Butigatumire metha niuntu ka igaukanagia antu bamwe bakoneka taka be anene ki bangi. Butikethirwe buri na giti kana antu a gwikara a antu ba bata muno. Ndeene ya Tist twikaraga oo bumwe. Tuikarire iti twinthe kana tuikare nthi kienine twinthe.

### **b) Natia ukarutha kethira nkuruki ya antu ikumi na bairi nibakwenda kuthungira gakundine kenu?**

Kethira kurina antu nkuruki ya ikumi na bairi bakwenda gatonya gakundine ni bwega bambirie gakundi kangi. Gikundi no kigaukane maita jairi kana jathatu kana ona jana aria antu bana bageeta kiri gakundi kajeru. Bubu ibwega nkuruki ya muntu umwe gwita kwambiria gakundi. Ririkana kwambiriria utongerira bwa muthiuruko o rimwe.

**c) Ni njira iriku bwingitumira kethira gakundi kari na uthao?**

Gaukani gikundi antu bairi bairi niguu baria mantu jegie ngugi ya ntuku iji. Micetho no itethie. Ringi kugia na kaanya ka umuntu kuuga buria gikundi gikite bweega ni bwongagira amemba inya. Ririkan mucemano utigekare kagita kanene. Ithirwani buri na mutongeria wa kumenyeera thaa, nibweega gutigira ngugi igwitika na kagiita karia gikundi kirikenie.

**Mubango jwa mucemano**

Kumenyeera thaa, Gkundi nonkinya kithirwe kiri na mubango. Bubu ni bwa gitumi niuntu mathugania jagitiira antu amwe. Bubu buri na gitumi nuntu Tist turtiga ngugi amwe ya kagita kanene ka gutigira miti ni igukura na ikamenyerwa niuntu bwa thoko ya Carbon. Nonkinya tukamenyana bweega, gitumi mathithia ma muntu umwe jagatongithia gakundi na nkinya TIST yonthe.

Nibweega gakundi kugijana na micemano o kagita o kagita muno o kiumia kana nyuma na jiumia ijiri. Bubu nibuejaga amemba bonthe kanya ka gwikanira inya na nkinya kaanya ga kugaa uume. Kagita ka mucemano, tegereni mantu jaria jari na gitumi.

Ikundi inyingi jia TIST nijionete mubango juju juri ju mweega jwa gwika micemano:

**I) Nkethi na kumenyana na amemba ba beru (5-10 min)**

Tigiira mumemba wonthe niakwigua ang'aniri n

agwetwe uguuni. Tumira kagita kanini na utigiire umuntu akwimenyithania.

**II) Kurugura Mucemano na maromba (2min)**

Iromba no ritume gikundi gukara na ngwataniro.

**III) Karwimbo (5min)**

Iji no jiithirwe iri nyimbo ciandiki ni gikundi kana nyimbo cia gwikanira inya jia Murungu.

**IV) Gwitikaniria ngugi na kagita karia kagatumika (5min)**

Mutongeria aejanaga mubango jwa mucemano na amemba kwariria na gwitikaniria kiria bakaariria. Kagita karia kagatumika kiri o agenda gwitikanirua na munini wa mutongeria gutegeera thaa.

**V) Ngugi ya Gikundi (30min)**

Ngugi niyo ikiarirua iri ya muthia. Ngugi ja o muntu kuuga untu uria athithitie gwitithia Tist mbere, kumenyithania njira imbega, kuthomithania mantu ja gitumi, kana ona untu o unthe ungituma gikundi giita mbere bweega.

**VI) Gwakana (2min)**

O mumemba kuuga gantu gakeega karia mutongeria athithia kana koneka kagitene ka mucemano.

**VII) Kuinga mucemano na maromba (2min)**



## TIST: Gwakana: Utigetukirwe ni kirathimo kia gakundi gaku n nkinya clasta.

**G**wakana ni untu bwa gitumi muno kiri mucemnio w gikundi o kiumia. Aefeso 4:15-16 yargiria uhoro wa gwaka muntu n ungi ndeene ya Christo.O muntu wa gakundi aretaga kiewa kia mwanya kiri gikundi. Untu bwa mwanya buria bwikikaga ndeene ya gikundi ni kuumba kuon biewa bibi, kuimenyithania na nkinya guitumira.

Gwakana ni njira ya gutuma biiewa bibi bioneka na gutumika. Kuri na gwakana mait jairi:

- Mbere ya iromba ria muthia,o mumemba niaugaga gau karia onire kan eguire mutongeria wa kiumia kiu athithia ndeene ya mucemanio. Ja ngerekano: Niagukenete ,niamenyeere tha, niagukari na mubango ju muthongi,nia umiririe memba bonthe kwari ndeene ya mucemnio, niakethnirie na agwata amemba ugeni bweega,nionanirie untu buri bugwitga bweega kagita ka mucemanio kana riria bagwitaga ngugi. Nonkinya o muntu auge gantu mwanya.O muntu nonkinya ake mutongeria na ikundi ingi ni jiakaga nkinya munini wa mutongeria.

- Na ringi, muntu akoona kiewa ndeene ya mutongeria,mumemba no auge.Kiri utongeria bw muthiuruko, o kiri kiumia mutongeria u mugeni nigwataga kaanya ka gwakwa. Kiri gwakana nitwikagira o muntu inya kiri mantu ja meega jaria mutongeria athithia kiri mucemanio na iewa iria onania. Gwakana ni njira ya kumenya kwonaga mantu ja meega kiri muntu na kujagweta. Twinthe nonkinya tugaitana ndimi cietu kwaragia mantu o ja meega.

Nkuruki, gikundi nikithomaga untu bwa gitumi kiri mutongeria.Atongeria nibatethekaga kuumania na mantu jaria begua kiri gwakana kuumnia na utongeria na kumenya kiria kiendekanaga kiri utongeria. Kiri Gwakana,mutongeria nonka acokania na kuuga ibweega riria o muntu arikia kumwaka. Gutithagirua kuri na kwariria mantu ja gwakana. Muntu niakenaga riria amenyithua mantu ja meega jaria athithirie kagita ka mucemanio. Kagita kangi nkinya nitumenyaga mantu tutaiji jatwegie. Gwakana nigutumaga mutungeria amenya iewa iria aeii ni Murungu na kuthi mbere guitumira. Gwakana ni gutethagia gakundi gukuria utongeri wao. Gwakana ni kirathimo maita na maita.

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**Kinoru B mari wiraini wao wa tuta. Muthenya uyu noguo mamukirire ngathiti ya Mazingira Bora ya mweri wa kenda 2020.**

## **Inside:**

**TIST: Niturehariria gwithuthuria ringi. Page 2**

**TIST: Gucokereria micemanio ya Small Groups otukigitagira kuumanagia na king'uki kia Covid-19. Page 4**

**Riu ambiriria kurutithia mubango waku wira mecemanio uyu ungi uukite. Page 6**



# TIST: Niturehariria gwithuthuria ringi.

## Mutaratara wa uthuthuria wa CCBA

Ngeithi kuuri TIST Kenya

Clean Air Action Corporation (CAAC) ina gikeno kumumenyithia ati ina itanya ria guthuthurio project ciake cia carbon na nicio - “TIST Program in Kenya CCB-001”, “TIST Program in Kenya VCS-005” (formerly CCB-002), and “TIST Program in Kenya VCS-009” (formerly CCB-004) for the third time under the Climate, Community and Biodiversity Alliance (CCBA) standards. KE-CCB-001 and KE-VCS-009 iria ria muico ciathuthuritio mweri 24 March 2016. Uthuthuria uyu ni wa kahinda kuuma 12 August 2015 nginya 22 May 2020. KE-VCS-005 yathuthiritio mweri 04 October 2017. Uthuthuria wayo riu ni kuuma mweri 09-November-2016 nginya 22-May-2020. Nigetha TIST ihituke uthuthuria uyu, no nginya yonanie ati ni ikoretwo iri na uteithio kuri riera, andu na indo iria iri muoyo. CAAC niitumite repoti ciake cia uthuthuria uyu kuri athuthuria na nio CCB na AENOR

Internacional, S.A.U. (AENOR), a CCBA uria muhitukie ki watho guthuthuria ( certified auditor). Nitwagiriirwo ni kumatumira uria mathabu maitu ma carbon mahana. Mundu ungihoota guthii rurenda-ini ona okorwo ni cyber, no withomere reboti ici :

CCB 001: [http://www.tist.org/PD-KE-VCS-001-004%20 Documents.php](http://www.tist.org/PD-KE-VCS-001-004%20Documents.php)

VCS 005: [http://www.tist.org/PD-KE-VCS-005%20 Documents.php](http://www.tist.org/PD-KE-VCS-005%20Documents.php)

VCS 009: [http://www.tist.org/PD-KE-VCS-009%20 Documents.php](http://www.tist.org/PD-KE-VCS-009%20Documents.php)

Ungienda kuheana woni waku, kwina kamweke kau karia kaheanitwo nginya mweri 25 October 2020. Tuma mawoni maku kuuri registry@verra.org na niwega uuge urehean mawoni ma PD iriku.

Maya nimo mathabu ma wira wa witu wa wonjorithia wa carbom kuamanagia na PD turenda ithuthurio.

<b>Climate</b>	<b>KE CCB 001</b>	<b>KE VCS 005</b>	<b>KE VCS 009</b>
PD hectares	990	9,806	2,356
PD project areas	3,539	19,073	4,764
PD live trees	456,422	3,224,459	724,013
PD carbon to date (t)	180,144	1,108,743	333,082
PD carbon this period (t)	-4,697	506,087	132,72
<b>Community</b>			
	<b>KE CCB 001</b>	<b>KE VCS 005</b>	<b>KE VCS 009</b>
PD members	7,767	35,776	12,376
PD Small Groups	2,912	5,168	1,554
KE members in TIST	77,813	77,813	77,813
KE Small Groups in TIST	10,781	10,781	10,781
KE active members	76,319	76,319	76,319



KE members planting Trees	61,024	61,024	61,024
KE members with GhG contracts	58,208	58,208	58,208
KE carbon payments from start	\$1,037,699	\$1,037,699	\$1,037,699
KE carbon payments this period	\$168,202	\$168,202	\$168,202
Members practicing CF	11,073	11,073	11,073
KE training, climate change, from start	125,730	125,730	125,730
KE training, climate change, this period	74,686	74,686	74,686
KE training, HIV/AIDS, from start	132,878	132,878	132,878
KE training, HIV/AIDS, this period	5,138	5,138	5,138
KE training, biodiversity, from start	276,032	276,032	276,032
KE training, biodiversity, this period	81,339	81,339	81,339
KE live trees	10,479,470	10,479,470	10,479,470
PD live trees	456,422	3,224,459	724,013
PD fruit and nut trees	34,318	305,097	62,789
PD eucalyptus trees	112,075	500,641	113,850
People employed or contracted	74	74	74
<b>Biodiversity</b>	<b>KE CCB 001</b>	<b>KE VCS 005</b>	<b>KE VCS 009</b>
PD live trees	456,422	3,224,459	724,013
PD hectares	990	9,806	2,356
PD project areas	3,539	19,073	4,764
PD indigenous trees	50,795	411,068	102,367
PD indigenous hectares	152	1,653	333
PD Indigenous PAs	Na	14,601	na
LI indigenous trees	Na	13,283	na
LI Indigenous hectares	Na	31.8	na
LI Indigenous PA	Na	206	na
<i>vitex keniensis</i>	5,527	22,017	6,568

Notes:

Kahinda karia kagwete ni kahinda karia mathabau ma carbon kumanagia na utari wa miti

Ithomo ni ta iria ikoragwo Cluster meetings

PA ni ni kamugunda kau murimi ahandite miti na yakoyo track.

LI ni kuuga lower Imenti Forest.

Vitex keniensis ni muti wa Meru Oak kana muhuru.

THENGIU ARIMI ATIST, CLUSTER SERVANTS NA ATONGORIA ATIST NIKUHOTITHIA WIRA UYU.



# TIST: Gucohereria micemanio ya Small Groups otukigitagira kuumanagia na king'uki kia Covid-19.

**T**hirikari ya Kenya niikinyite kahinda ga kuhingura bururi na kunyihia mikana thutha wa gututhuka kwa kinguki kia coronavirus okiria gitagwo Covid-19.

Ndumiriri ya President mweri 28<sup>th</sup> Seotember 2020, ciungano cia muingi niciaongereirwo nginya andu 200.

Ithui turi TIST, ikundi ciitu ikoragwo na Amemba 6-12. Namba ino ni itwitikiritie gukorwo na micemanio no tuthii na mbere na kwigitira.

Riria mugucemania, mutigirire;

1. Nimwacemania handu nja no nyumba thiinie.
2. Nimwarahainiriria kuuma mundu nginya uria ungi ( 1.5m – 2m).
3. Nimwehumba face mask mahinda moothe nginya riria mundu araria.
4. Gutiri kuhimbaniria kana kugeithania na moko.

5. Guthambia moko na thabuni na maai kana uhuthire Sanitizer.
6. Mundu aikare gitini giake nginya mucemanio uthire. Sanitize giti giaku mucemanio wathira.
7. Andu aria Arwaru maheo rutha rwa kwaga guuka mucemanio muno angikorwo akihaya kana gwathimura.
8. Micemano yanyu ikorwo iri na kahinda kanini ( ithaa rimwe guthii na thi) . Ariririai oo maundu ma bata.
9. Mitaratara oo iria ingi yoothe mukuona yagiriire ya kwigitira.

## Mitaratara ya micemanio ya TIST Small Group (Meetings Techniques)

Niguo kuhuthira mathaa wega, ikundi ciagiriirwo nigukorwo na micemanio mibang wega. Njira ino niya bata tondu niigutuma murumirire mutaratara na muhote kwaririria maundu maria ma bata. Naningi niyabata tondu thiini wa TIST nitukoragwo





twiheanite gukiria na gutungata miti gwa kahinda kanene niundu wa thoko ya carbon. Nitwagiriirwo nikumenya arimi othe a ikundi wega, tondu ciiko cia I mundu nicia bata kuri gikundi.

Niundu wa bata, na makiria kuri gikundi gukorwo na micemano ya o hindi na mungihota o wiki. Uu niukuhe amemba thiini wa gikundi kamweke ga gwikira gikundi hinya.

Riria muri na micemano, niwega murore maundu maria ma bata. Ikundi nyingi niconete mutaratra uyu ukimateithia muno.

**Ikinya ria I: Kugeithania na kumenyithania amemba eru (ndagika 5-15):**

Tigirira o mundu niaigua amukiritwo wega. Mutikoe kahinda kanene no utigirire andu nimemenyithania.

**Ikinya ria II. Mahoya ma kuhingura (ndagika 2):**

Mahoya manini nimateithagia kunyitithania giundi.

**Ikinya ria III Ruimbo (ndagika 5):**

Ici nocikorwo iri nyimbo citungitwo ni gikundi kana

ciagwikira andu hinya na cia kugooca Ngai.

**Ikinya ria IV. Kuiguithania kiria gikwariririo na mathaa (ndagika 5):**

Mutoingoria agatariria maundu maria makwariririo nao amemba magetikaniria. Mahida maria makuhuthirwo kwaririria makaiguithanirio niguo muteithia wa mutongoria akahota kuiga mathaa.

**Ikinya ria V. Kwaririria maundu (ithaa I):**

Niwega maundu maria makwariririo makoragwo mathondeketwo mucemano-ini urcio ungi. Maundu maya nita uria andu mahotete gukuria TIST, guthomithania maundu na mitaratara bata iria iguteithia gikundi gukura wega.

**Ikinya ria VI. Kujengana (ndagika 5):**

O memba wa gikundi niaheanaga kaundu kega ka wiki iyo na akauga uria onete utongoria thiini wa mucemano. Na makiria, mundu o wothe akauga kiheo kiria onete hari mutongoria.

**Ikinya ria VII. Mahoya ma kuhinga (Ndagika 2):**



## Riu ambiriria kurutithia mubango waku wira mecemanio uyu ungi ukite.

**K**ujengana: Ndukahitukwo ni irathimo thiini wa gikundi kianyu. Kujengana ni gicunji kia bata thiini wa TIST micemanio-ini ya o wiki.

Thiini wa Ephesians 4:15,16 ati twakane turi thiini wa kristo. O mundu thiini wa gikundi kinini kia TIST arehage kiheo giake kia mwanya na akahe gikundi giothe. Maundu mamwe ma magegania mahanikaga thiini wa gikundi ni gukurana na kuhuthira iheo iria mahetwo ni Ngai.

Kujengana ni njira ya kuona na kurutithia iheo wira. Kuri na miena iiri thiini wa Kujengana:

- Mbere ya mahoya ma kuhinga, o mundu thiini wa gikundi akauga kindu kime kirahutia kaundu na nikiathii wa na-mbere karia mutongoria eka thiini wa mucemanio. Kwa muhiano, atheka, aiga mathaa, akorwo na mubango mwega, ekira arimi hinya kwaria, angeithia na atuma njigwe ndi mucii, auga kaundu thiini wa mucemanio na gatuma mucemanio uthii na-mbere wega. O mundu agiriirwo nikuga kaundu ngurani. Kaundu gaka ni ka muhaka. O mundu auge kaundu ga kujengana kuri atungata. Ikundi ingi niciheanaga kujengana kuri munini wa mutongoria.

- Na makiria, angikorwo mundu nionete kiheo kuma kuri mutongoria, no age uguo.

Tukihuthira utongoria wa guthiururukana, o kiumia mutongoria mweru niakwamukira kujengana. Kuhitukira Kujengana, niturahinyiriria arimi na mutongoria guthii na-mbere na maundu mega kiumia kiu.

Kujengana ni njira njega ya gukurana na kumenya kiria mundu arathimiirwo. Ithuothe twirute kwaragia maundu meega. Na makiria gikundi gikona maundu maria mega na mabata mekitwo ni atungati. Mutongoria uria uguka niagukorwo athomete kuma kuri atongoria aria angi.

Hari kujengana ututngati wa kiumia kiu agacokeria andu ngatho o thutha wa o mumembakuheana uhoru wake. Mutikariririe uria kaundu kangiekirwo wega na njira ngurani. Muno, mundu niakenaga riria erwo maundu mega maria ekite thiini wa mucemanio na makiria nituthomaga maundu maitu maria tutoi!

Kujengana niguteithagia mutongoria kumenya kiheo giake na guthii na-mbere na gugitumira. Kujengana niguteithagia atongoria kwagirithia utongoria o magithomaga, Kujengana ni kirathimo maita meeri.

# 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.*

**Nambari ya Dawati la Jibu la TIST 0795 - 011 130. Piga simu leo!**



**Kinoru B kwenye kazi yao ya kitalu. Siku hii pia walipokea jarida lao la Septemba 2020 la Mazingira Bora.**

## ***Ndani ya gazetti:***

**TIST: Tunatayarisha uthibitishaji mwingine. Uku. 2**

**TIST: Kuanzisha tena mikutano ya Vikundi Vidogo tunapochukua tahadhari dhidi ya ugonjwa wa Covid-19. Uku. 4**

**TIST: Kujengana: Usikose baraka kwa Kikundi chako Kidogo na Nguzo. Uku. 6**



# TIST: Tunatayarisha uthibitishaji mwingine.

## Mpango wa Ufuatiliaji wa CCBA

Salamu kwa TIST Kenya

Shirika la Utekelezaji la Hewa Safi (CAAC) lina furaha kutangaza dhamira yake ya kudhibitisha miradi yake "Programu ya TIST nchini Kenya CCB-001", "Programu ya TIST nchini Kenya VCS-005" (zamani CCB-002), na "Programu ya TIST nchini Kenya VCS -009" (zamani CCB-004) kwa mara ya tatu chini ya viwango vya Hali ya Hewa, Jamii na Biodiversity Alliance (CCBA). KE-CCB-001 na KE-VCS-009 zilihakikiwa hapo awali Machi 24, 2016. Uthibitishaji huu ni wa kipindi hicho 12-Agosti-2015 hadi 22-Mei-2020. KE-VCS-005 ilithibitishwa hapo awali 04 Oktoba 2017. Uthibitishaji huu ni wa kipindi cha 09-Novemba-2016 hadi 22-Mei-2020. Ili kupokea uthibitisho, CAAC lazima ionyeshe , pamoja na mambo mengine, kwamba TIST ina faida kwa hali ya hewa, jamii na bioanuwai. CCAAC imewasilisha Ripoti za Ufuatiliaji (MR) kwa CCB na kwa AENOR Internacional, SAU (AENOR), mkaguzi aliyeidhinishwa wa CCBA.

Tunatakiwa pia kusambaza matokeo ya ufuatiliaji. Kwa wale walio na ufikiaji wa mtandao, pamoja na kwenye mkahawa wa mtandao, tunawakaribisha kutembelea kurasa hizi za wavuti ambapo utapata ripoti halisi za ufuatiliaji:

CCB 001: <http://www.tist.org/PD-KE-VCS-001-004%20Documents.php>

VCS 005: <http://www.tist.org/PD-KE-VCS-005%20Documents.php>

VCS 009: <http://www.tist.org/PD-KE-VCS-009%20Documents.php>

Kwa wale wanaopenda kutoa maoni, kipindi cha maoni ya umma kitafunguliwa hadi 25 Oktoba 2020. Tafadhali tuma barua pepe [registry@verra.org](mailto:registry@verra.org) na rejelea ni PD unayotoa maoni yako.

Zifuatazo ni matokeo ya ufuatiliaji wa PDs zao

<b>Climate</b>	<b>KE CCB 001</b>	<b>KE VCS 005</b>	<b>KE VCS 009</b>
PD hectares	990	9,806	2,356
PD project areas	3,539	19,073	4,764
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<b>Community</b>			
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PD Small Groups	2,912	5,168	1,554
KE members in TIST	77,813	77,813	77,813
KE Small Groups in TIST	10,781	10,781	10,781
KE active members	76,319	76,319	76,319



KE members planting Trees	61,024	61,024	61,024
KE members with GhG contracts	58,208	58,208	58,208
KE carbon payments from start	\$1,037,699	\$1,037,699	\$1,037,699
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Members practicing CF	11,073	11,073	11,073
KE training, climate change, from start	125,730	125,730	125,730
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KE training, HIV/AIDS, from start	132,878	132,878	132,878
KE training, HIV/AIDS, this period	5,138	5,138	5,138
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KE training, biodiversity, this period	81,339	81,339	81,339
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LI indigenous trees	Na	13,283	na
LI Indigenous hectares	Na	31.8	na
LI Indigenous PA	Na	206	na
<i>vitex keniensis</i>	5,527	22,017	6,568

Vidokezo:

Kipindi hiki ni kipindi cha ufuatiliaji wa PD husika.

Mafunzo ni vikao vya watu, kama mikutano ya Nguzo.

PA ni eneo la mradi, shamba.

LI ni Msitu wa chini wa Imenti.

*Vitex keniensis* Meru Oak

ASANTE WAKULIMA WA TIST, WATUMISHI WA DARASA NA BARAZA LA UONGOZI KWA KUFANYA HILI LIWEZEKANE!



# **TIST: Kuanzisha tena mikutano ya Vikundi Vidogo tunapochukua tahadhari dhidi ya ugonjwa wa Covid-19.**

**S**erikali ya Kenya sasa inafungua tena nchi na kupunguza viziwi vilivyowekwa kwa Wananchi kufuatia kuzuka kwa Coronavirus inayojulikana kama Covid-19.

Katika hotuba ya Rais ya hivi karibuni (Jumatatu, 28 Septemba 2020), mikusanyiko ya kijamii ya hadi watu 200 imeruhusiwa.

Katika TIST, Vikundi Vidogo vina wanachama 6 -12. Idadi hii inatuwezesha kufanya mikutano ya kawaida lakini pia kuendelea kuzingatia kwa kina Miongozo ya Wizara ya Afya.

Katika mikutano yako, tafadhali hakikisha:

1. Kwa kadiri iwezekanavyo, tukutane mahali pa wazi.
2. Weka umbali wa kijamii kutoka kwa kila mmoja (1.5m - 2m).
3. Vaa kinyago cha uso kila wakati, hata unapoonea.
4. Msikumbatiane, au kupeana mikono, kwa kila mmoja.
5. Osha mikono yako na maji ya bomba na sabuni, au tumia dawa ya kusafisha, ikiwa inapatikana.
6. Usibadilishe viti wakati wa mkutano. Sanitisha kiti chako kabla na baada ya mkutano (ikiwa unatumia viti vinavyohamishika).

7. Ruhusu mwanachama ambaye si mzima asihudhurie mkutano huo, haswa ikiwa ana kikohozi au anapiga chafya.
8. Mkutano wako uwe mfupi - saa 1 au chini. Jadili ajenda muhimu tu.
9. Na tahadhari nyingine yoyote ambayo utaona ni muhimu kuweka kila mtu salama.

## **Mbinu za Mikutano ya TIST Ndogo.**

### **a) Ni ipi njia bora ya kupanga watu wakati wa mkutano wa Kikundi Kidogo?**

Mzunguko mdogo ni bora zaidi. Usiwe na meza kwa sababu inaunda viziwi kati ya watu. Usiwe na kiti na kiti kikubwa kwa mtu muhimu zaidi. Katika TIST, sisi sote tunakaa sawa. Sisi wote tunakaa chini, au sisi sote tunakaa kwenye viti.

### **b) Unafanya nini ikiwa zaidi ya watu kumi na wawili wanataka kujiunga na kikundi chako?**

Ikiwa kuna zaidi ya watu kumi na wawili wanaopenda kujiunga na kikundi chako, ni bora kuunda kikundi kipya. Kikundi kinaweza kugawanyika katika sehemu mbili, au tatu au nne za kikundi cha asili ndio msingi wa kikundi kipya. Hii ni bora kuliko mshiriki mmoja kujaribu kuanzisha kikundi peke yake. Kumbuka kuanza kutumia uongozi unaozunguka mara moja.

**c) Je! ni mbinu gani unaweza kutumia ikiwa nguvu ya kikundi iko chini?**

Gawanya kikundi kwa jozi na uwafanye kila jozi wazungumze juu ya kazi hiyo. Mchezo wa kuigiza pia husaidia. Pia kumbuka kuweka mkutano usiwe mrefu sana. Kwa kuwa na kiongozi mwenza ambaye anatunza wakati, unaweza kulenga nguvu ya kikundi kuhakikisha kuwa kazi inafanywa katika kipindi cha muda uliokubaliwa.

**Ratiba ya Mkutano.**

Ili kudhibiti wakati vizuri, Kikundi Kidogo kinapaswa kuwa na ratiba ya mkutano iliyopangwa vizuri. Hii ni muhimu kwa sababu itakusaidia kuweka mwelekeo kwenye ajenda yako na shughuli muhimu zaidi. Ni muhimu pia kwa sababu katika TIST, tunajitolea kufanya kazi pamoja kwa muda mrefu kukuza na kudumisha miti yetu kwa soko la kaboni. Tunahitaji kujua washiriki wenzetu wa Kikundi Kidogo vizuri, kwa kuwa vitendo vya kila mtu vinaathiri kikundi chetu na TIST yote.

Ni muhimu pia, kwa Kikundi chako Kidogo kuwa na mikutano ya kawaida, ikiwezekana mara moja kwa wiki au mara moja kwa wiki mbili. Hii itawapa washiriki wote katika kikundi chako fursa ya kuimarisha kikundi chako na kushiriki na kujifunza maoni mapya.

Wakati wa mkutano wako, ni muhimu kuzingatia maswala muhimu. Vikundi vingi vidogo vya TIST vimepata mchakato hapa chini kama Mazoea Bora kwa mikutano yenye mafanikio:

**Hatua ya I. Salamu na utangulizi kwa washiriki wowote wapya (dakika 5 - 10):**

Hakikisha kila mtu anahisi kukaribishwa. Fanya iwe fupi lakini acha kila mtu ajitambulishe.

**Hatua ya II. Sala ya kufungua (dakika 2):**

Neno fupi la maombi linaweza kusaidia kikundi kuungana.

**Hatua ya III. Nyimbo (dakika 5):**

Hizi zinaweza kuwa nyimbo zilizoandikwa na kikundi chako, au nyimbo zinazowatia moyo watu kama nyimbo za dini.

**Hatua ya IV. Makubaliano juu ya kazi na wakati (dakika 5):**

Kiongozi wa mkutano anaelezea kile kilichopangwa kwa mkutano na washiriki wa kikundi wanajadili na kisha kukubaliana juu ya ajenda gani inapaswa kuwa. Wakati uliotumika kwa kila kazi au majadiliano inapaswa kukubaliwa, ili kiongozi mwenza aweze kusaidia kuweka mkutano kwa wakati.

**Hatua V. Kikundi kazi kwa kazi (dakika 30):**

Kwa kweli, majukumu yalipaswa kujadiliwa mwishoni mwa mkutano uliopita. Kazi zinaweza kujumuisha kushiriki kile kila mtu amefanya kusaidia shughuli za TIST, kushiriki Mazoea Bora, mafunzo juu ya mada ya kupendeza, na suala lingine lolote muhimu ambalo litasaidia Kikundi chako Kidogo kufanikiwa.

**Hatua ya VI. Kujengana (dakika 5):**

Kila mwanachama wa kikundi hutoa taarifa moja nzuri, maalum kwa kiongozi wa juma hilo juu ya uongozi wake wa mkutano. Kwa kuongeza, mtu yeyote anaweza kutambua zawadi inayoonekana kwa kiongozi.

**Hatua ya VII. Sala ya kufunga (dakika 2)**



## TIST: Kujengana: Usikose baraka kwa Kikundi chako Kidogo na Nguzo.

**K**ujengana ni sehemu muhimu sana ya mkutano wako wa kila wiki wa Kikundi Kidogo. Inasema katika Waefeso 4:15 - 16 kwamba tunapaswa kujengana kwa utimilifu wa Kristo. Kila mtu katika Kikundi chako Kidogo cha TIST huleta talanta na zawadi zake maalum kwa kikundi chote. Moja ya mambo mazuri ambayo hufanyika katika Kikundi Kidogo ni kutambua, kushiriki na kutumia talanta hizo ulizopewa na Mungu.

Kujengana ni njia ya kuruhusu talanta hizo kuonekana na kutumiwa. Kuna sehemu mbili kwa Kujengana:

- Kabla ya sala ya kufunga, kila mtu katika kikundi anasema jambo moja maalum, chanya ambalo kiongozi kwa wiki hiyo alifanya kwenye mkutano huo. Kwa mfano: walitabasamu, walishika wakati, walipanga mipango mizuri, walihimiza washiriki wote wa kikundi kuzungumza, walinisalimia na kunifanya nijisikie kukaribishwa, walinidokeza kitu ambacho kilikuwa kikienda vizuri sana kwenye mkutano au katika kazi ambayo kikundi kilikuwa kikifanya, nk. Kila mshiriki anahitaji kusema kitu tofauti. Hii sio hiari. Kila mtu anatoa Kujengana kwa kiongozi wa mtumishi. Vikundi vingine pia vinatoa Kujengana kwa kiongozi mwenza.

- Kwa kuongezea, ikiwa mtu anaona zawadi iliyoonyeshwa na kiongozi, mwanachama wa kikundi pia anaweza kusema hivyo. Pamoja na Uongozi Mzunguko, kila wiki kiongozi mpya atapokea Kujengana. Kupitia Kujengana, tunahimizana juu ya mambo mazuri ambayo kiongozi wa wiki alifanya kwenye mkutano na talanta ambazo mtu huyo alionyesha. Kujengana pia ni njia tunayojifunza kutafuta vitu vyema juu ya watu na kisha kuyasema. Sisi sote tunahitaji kufundisha ndimi zetu kusema mazuri. Kwa kuongezea, kikundi kizima hujifunza kile kikundi hicho kinadhani ni muhimu kwa kiongozi wa mtumishi. Viongozi watakaofuata watafaidika na kile walichosikia huko Kujengana juu ya viongozi waliopita na kujua ni nini vikundi vinadhani ni muhimu kuwa kiongozi wa mtumishi.

Kwa kujibu Kujengana, kiongozi wa mtumishi wa wiki hiyo anasema tu, "asante" baada ya taarifa maalum ya kila mshiriki wa kikundi. Hakuna mjadala juu ya jinsi ingeweza kufanywa vizuri, au tofauti. Mara nyingi, mtu huyo anafurahi anapoambiwa mambo mazuri aliyoyafanya wakati wa mkutano. Wakati mwingine tunajifunza vitu juu yetu sisi wenyewe ambao hatukujua! Kujengana husaidia kiongozi siku hiyo kutambua talanta zake na kuendelea kuzitumia. Kujengana pia inasaidia Kikundi Kidogo kwa sababu washiriki wote wanaboresha uongozi wao wa utumishi wanapojifunza. Kujengana ni baraka maradufu!



# 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.*

**TIST Answer Desk Number 0795 - 011 130. Call in Today!**



**Kinoru B me kivuioni kyoo. na muthenya uyu nimakwatie ithangu yoo ya September 2020 Mazingira Bora Newsletter.**

## ***Nthini wa gazetti:***

**TIST: Tuendee na kwiymbanisia kuthiana na kuvitukithya miti ingi. Page 2**

**TIST: Kusyokea mbumbano sya tukundi vamwe na kuatiia walianio wa silikali kwisuviana na muimu wa uwau wa korona (COVID-19). Page 4**

**TIST: Kuthuthania: Ndukatie na kwasya uathimo wa kakundi kenyu na ngwatanio yaku. Page 6**



# TIST: Tuendee na kwiymbanisa kuthiana na kuvitukithya miti ingi.

## Waliano wa kusyaiisya wa CCBA

Ngethi kuma kwa TIST kenya

Clean Air Action corporation (CAAC) yina utanu kumutangaasia kana ve muvango wa kuthiana na kuvitukithya (waliano wa TIST Kenya CCB-001, Waliano wa Tist Kenya VCS-005 (ila mbeeni ineetawa CCB- 002), na waliano wa TIST Kenya VCS-009 (ila mbeeni ineetawa CCB-004) kwa ivinda ya katatu ungu wa kiwango kya uvinduku wa nzeve (Climate), mbai ya kisio (Community) na ngwatanio syothe syi kisioni kiu (Biodiversity Alliance (CCBA). KE-CCB-001 na KE-VCS-009 nisayahianitwe na kuvitukithwa matuku 24/03/2016. Uthiani na uvitukithya uyu niwa ivinda ya kuma 12/08/2015 kuvika 22/05/2020. KE-VCS-005 ni yathianitwe na kuvitukithw'a 04/10/2017. Kuthianwa na kuvitukithw'a kuu ni kwa kuma matuku 09/11/2016 kuvika 22/05/2020. Kukwata kuthiana na kuvitukithw'a kuu CCAC nimuvaka mwonanie kati wa maundu angu, kana TIST niitae utethyo kwa mauvindu ma nzeve, ekali ma kisio na

kyothe kithini wa kisio kiu. CAAC ninengnite livoti sya usyaiisya (Monitoring Reports (MR)) kwa CCB na kwa AENOR International, S.A.U (AENOR), na akunikili ma masavu (Audotor) ma CCBA.

Ithi twiendeka kumanyithanania iulu wa livoti sya usyaiisya. Kwa ala mutonya kuvikia internet kwa nzia ona ehwa niyiva lika thini wa mitandao yitu nukwithia livoti ithi sya usyaiisya uatiie:-

CCB 001: [http://www.tist.org/PD-KE-VCS-001-004%20 Documents.php](http://www.tist.org/PD-KE-VCS-001-004%20Documents.php)

VCS 005: <http://www/tist.org/PD-KE-VCS-005%20 Documents.php>

VCS009: <http://www/tist.org/PD-KE-VCS-009%20 Documents.php>

Kwa ula ukwendeew'a kuneea kana kukoment ivinda yila inengane mundu utonya kunengani woni wake ni kuvika matuku 25/10/2020. Tuma email: [registry@verra.org](mailto:registry@verra.org) na PD ila unengania woni kana koment.

Vaa ve livoti ya usyaiisya wa PD ii kwinana na mbesa, kisio, miti, ivinda, uvinduku wa nzeve, ekali ma kisio na syothe syi kisioni undu ivinduitwe ni waliano uyu.

<b>Climate</b>	<b>KE CCB 001</b>	<b>KE VCS 005</b>	<b>KE VCS 009</b>
PD hectares	990	9,806	2,356
PD project areas	3,539	19,073	4,764
PD live trees	456,422	3,224,459	724,013
PD carbon to date (t)	180,144	1,108,743	333,082
PD carbon this period (t)	-4,697	506,087	132,72
<b>Community</b>			
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PD members	7,767	35,776	12,376
PD Small Groups	2,912	5,168	1,554
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KE Small Groups in TIST	10,781	10,781	10,781
KE active members	76,319	76,319	76,319



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KE carbon payments from start	\$1,037,699	\$1,037,699	\$1,037,699
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KE training, HIV/AIDS, this period	5,138	5,138	5,138
KE training, biodiversity, from start	276,032	276,032	276,032
KE training, biodiversity, this period	81,339	81,339	81,339
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PD fruit and nut trees	34,318	305,097	62,789
PD eucalyptus trees	112,075	500,641	113,850
People employed or contracted	74	74	74
<b>Biodiversity</b>			
<b>KE CCB 001</b>	<b>KE VCS 005</b>	<b>KE VCS 009</b>	
PD live trees	456,422	3,224,459	724,013
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LI Indigenous hectares	Na	31.8	na
LI Indigenous PA	Na	206	na
<i>vitex keniensis</i>	5,527	22,017	6,568

**Manya kana:**

Yii ni ivinda yila kisio kikalini usyaiisyonu (PD).

Ivinda ya umanyisyo ta yila kwi mbumbano sya ngwatanio.

PA ni kisio kila walanio uyu wikitwe kana miti ila yithitwe usyaiisyonu.

LI ni mutitu wa Lower lmenti.

Vitex Keiensis ni Muumo wa Meru.

NIMUVEA KWA AIMI MA TIST,ATHUKUMI MA NGWATANIO,NA UTONGOI WA KANZU  
YA INGWATANIO NUNDU WA KUTONYETHYA KUSEUVYA LIVOTI INO!



# TIST: Kusyokea mbumbano sya tukundi vamwe na kuatiia walanio wa silikali kwisuviana na muimu wa uwau wa korona (COVID-19).

**S**ilikali wa Kenya niuvinguite na kuala miao ila ineeKitwe kwisuviana na muimu wa uwau wa korona (Covid-19).

Omituki musumbi niwaneenie (28/9/2020) na eetikilya andu kumbana matavitukite 200.

Nthini wa TIST, tukundi tunini twithiaa na andu katikati wa 6-12. Namba ino yina mwanya wa kuendee na mbumbano syoo maatie walanio wa muvea wa uima wa mwii ula unenganitwe.

Yila mwi mbumbanoni ikiithyai kana:

1. Nimwakomania vandu vatevavinge vena nzeva.
2. Ikiithya mwekana mutaanie (matambya eli kana yimwe na nusu).
3. Ikiia kisungi kana matamu ma kanywa na manyiuu ona yila uuneena.
4. Muikamumunyane kana kukomeana kithui, kukethania na moko umwe kuthi ula ungi.
5. Tumia kiw'u kiendete kuthamba moko na savuni kana utumie sanitizer ethwa yivo.
6. Ndukakuany'e ivila umbano uendee. Vanguulai ivila na sanitizer mbee wa kwikalila na mwamina umbano ethiwa mwitumia ivila sya ukua.

7. Ethwa ve umwe muwau muikaeke oke wumbanoni munamuno ethiwa ena ikua, kukooa kana kwathimua/kutiva.
8. Ikalyai umbano wenyu wa ivinda yitavitukite isaa yimwe. Neenanisyai syindu oila sya vata.
9. Ikiithyai nimwaatia nzia ila ingi mukwona syaile kusuvia na kuikiithya uima wa kila umwe.

## **Tukundi twa TIST nzia sya kwithiwa na mbumbano**

### **a) Ninzia yiva nzeo ya uvanga andu yila kwina wumbano wa tukundi tunini?**

Niuseo kuseuvya muvilingo. Muikemie mesa nundu nietae kisiiii katikati wa andu. Muikemie ivila nene sya atongoi nthini wa TIST ithyothe twikalaa undu umwe, ithyothe twikalaa etiwa ni ivilani ithyothe kana ethiwa nikwikala nthi tukekala ithyothe nthi.

### **b) Nata mutonya keika ethiwa andu ala mekwenda ulika kikundini kyenye ni aingi kuvikuka 12?**

Ethiwa ala mekwenda ulika kakundini kyenye ni aingi kwi 12 niuseo kuseuvya kakundi kang. Vala kakundi kala kakuu kaile kuaa amemba ala akuu katukati na kuaa ala eu katikati na kwithiwa na tukundu twili. Kii nikiseo kute mundu umwe kwambiia kusuvia kakundi eweka. Ilikana kana Utongoi ni wa kithyululu kana kukuana.

**c) Ni nzia yiva ya kuthuthyania yila mamemba meonekana mena uleelu?**

Aanai andu elilei na kuneenania iulu wa kila muena kwika. Ingi mathau makutanania nimatethasya na kwikiana vinya. Kwamba kuungamya undu muika nakunenansya useo wa kikundi kyenyu nikutetheeasya kuthuthania na kwikiana vinya. Lilikanai kulea kwilalya mbumbano kwa masaa maingi. Nivaile ithiwa na mutongoi umwe wa kusyaiisya na kuikiithya nimwaatia masaaa nikana kwikalya kikundi kinavinya nakuea unoany'a na kila undu kwikwa kwa ivina yila yaile.

**Walanio wa Mbumbano.**

Kusuvia ivinda nesa kakundi kanini kaile kwithiwa kena walanio wa undu kekuendeasya wumbano wako. Undu uu niwavata nundu kii kitetheeasya andu kwikana mena mwolooto undu wa ula meenda (agenda) na maundu ula mekwenda kuneenansya kana kwika mavata mbee. Ingi ni undu wa vata nundu TIST twiyumitye kuthukuma vamwe kwa ivinda iasa na kwiana na kwikalya miti yitu kwa ndunyu ya nzeve itavisaa. Nitwendaa kumanyana ta ene tukundi nundu kila mundu ena undu wa kwika kwailya ngwatanio ya TIST.

Ni undu wavata kwa tukundi tunini kwithiwa na mbumbano sya kila kyumwa imwe kana keli. Nikunenga amemba ma kakundi kaku ivuso ya kwikiana vinya na kumanyiany'a mawoni meu.

Yila kwina mbumbano niuseo kwikala mwina mwolooto wa maundu ala mavata. Tukundi twingitwa TIST nitwonete mawalanio ya mase ma TIST mayailya mbumbano (Best Practices)

**Itambya I: Ngethi na kutambuana/kwimanyithany'a kwa memba eu (ndatika 5-10)**

Ikiithyai kila umwe niweew'a emuthokye. Kuai

ivinda inini na kuikiithya kila umwe niwee manyithany'a.

**Itambya II: Mboya sya kwambiia (ndatika 2)**

Mboya nguvi mbee wa kwambiia wumbano noitetheasya kikundu kwithiwa na ngwatanio.

**Itambya III: Wathi (ndatika 5)**

Wathi nowithiwe niwathi uandikitwe ni kikundi kyenyu kana owathi wa umuthuthya ta mbathi sya kanisa.

**Itambya IV: Kwitikilana undu mukwika na ivinda yila muukua (ndatika 5)**

Mutongoi wa wumbano aelesye kila muvanguite kwa wumbano na amemba maineenansya na kwitikilana undu mekwenda kwika. Ivinda yila yiukua kwika kila undu na kwitikilana nikana ula uungamie masaa ethiwa naivinda iseo ya kuikiithya ivinda niyatumika nesa.

**Itambya V: Kikundi kuthukuma (ndatika 30)**

Kwa woni kila mwaneenansya kwika itila wa wumbano wa mwisu, kila mukwika nikitonya kwithiwa kikindu mukuaana na kwika kutetheasya TIST na kuaana na kutethania kuatiia mawiko maseo ma tist, kumanyiala iulu wa mawendi ma TIST kana undu ungo wa vata kutetheasya kakuni kenyu kwithiwa na maendeeo.

**Itambya VI: Kwakana (ndatika 5)**

Kila umwe niuse itambya ya kuthi na mbee na kuneenai iulu wa utongoi wa mbumbano na kuthuthania kwianana na kinengo kya kila umwe mutongoew'e ni mutongoi wenyu kumanya kinengo kya kila umwe na kwenda kukyailya.

**Itambya ya VII. Mboya ya Kutaanisya (ndatika 2)**



## **TIST: Kuthuthania: Ndukatie na kwasya uathimo wa kakundi kenyu na ngwatanio yaku.**

**K**wakana ni kwavata muno kwa kakundi kaaku kila ivinda mwina umbano wakila kyumwa. Nthini wa Aeveso 4:15 yiasya “... twiane maunduni onthe tumuvikie we, nake niwe mutwe Klisto. Kila umwe kakundini ka TIST ena kinengo kivathukanio na ungi na mithinzio kwoondu wa kwailya kikundi kyenyu.

Umwe kati wa mausenyo ma maundu nikana kila kakundi nikaile kumanya, kuthuthania na kutumia inengo ithi Ngai utunengete.

Kwakana nikueka inengo ithi syonekane na kutumika. ve nzia ili sya kwakana:

- Mbee wa mboya ya kuinga wumbano, kila umwe niwaile uneena undu umwe museo wa kikundi ula weekwa nimutongoesya wa wumbano wa muthenya usu. kwa ngelekanio nimakenisye, maatiia masaa, meekia mivango miseo, mathutya kikundi kyonthe kuneena, angethya na atuma niw’a nimuthokye na nimwianie, kwoloota undu oumwe uendeeie nesa nthini wa wumbanoo usu kana wia ula mutethisye na angi maingi. Kila umwe niwaile uneena ondu ona ethiwa ni waulunga vandu vathyoekie. Uu niundu waile kwikwa ni kila umwe ona ethiwa ni ula eii munini wa mutongoi undu wikie wendeesya na waaila niuwetwe na kila umwe ithiwe na ivinda ya kuthuthya ula ungi.

- Kwongeleela, ethiwa umwe niwoona mutongoi ena muthinzio, ula wawona noauete kyenini na kuuweta. Kwa nzia ya utongoi wa kithyululu/kumanisya kila kyumwakithiawa na mutongoesya mweu na kila umwe kwakika. Kwa nzia ya kwakana nituthuthays kila umwe ethiwe na mundu kuthuthya mutongoi wa kyumwa kii kwa kila kiseo woona nthini wake na kinengo kila wonanisye utongoesyani wake wa wumbano wa kyumwa kiu. Kwa nzia ino kila umwe nthini wa kikundi kii niwimanyiasya na kuelewa kila kyavata na kiseo kuma kwa muthukumi wa ngwatanio. Mutongoi ula wukite niwakikaa na kutetheka kwa kila weew’a ivindani ya kwakana kuma kwa atongoi ala angi na kumanya nikyau kiseo na kikwisilw’a ni kikundi kwithiwa ki kya vata kwithiwa wi muthukumi mutongoi.

Mutongoesya wa wumbano wa kyumwa kiiu aile kwasya nimuvea amina kwakwa ni kila umwe. Vai undu wa kuneenanisya kwa undu wiaile ithiwa kana undu weethiwa wikivathukanio na ungi. Kaingi mundu nutanaa na kwianiwa atavwa useo ula weeka wumbanoni usu. Kaingi nitusomaa maundu iulu witu tuteeisi kana nitutonya kumeka twatavw’a. kwakana kutetheesya mutongoi kumanya inengo na mithinzia yake na kuendee kumitumia. kwakana kutethasya tukundi nundu amemba onthe nimalasya uthukumi wa utongoi na kwimanyisya. kwakana ni uathimo wa keli!

# Mazingira Bora



# TIST

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**Kipsigis Version**

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**TIST Answer Desk Number 0795 - 011 130. Call in Today!**



**Kinoru B kwenye kazi yao ya kitalu. Siku hii pia walipokea jarida lao la Septemba 2020 la Mazingira Bora.**

## **Inside:**

**TIST: Kichopchinige Chigilisiet age kora. Page 2**

**TIST: Kotese tai tuyosiekab kurupisiek che Mengenchen yon kiibe kokwoutik kekirinden miondab Korona Covid-19. Page 4**

**TIST: Ketchgee: Matichilil koberuretab kandoindedab Kurupit Ne Mingin ak kayumetab kurupisiek. Page 6**



# TIST: Kichopchinige Chigilisiet age kora.

## Tetutikab kayagetab CCBA

Kokotiet Koityi TIST Kenya

Kampunitab Boisietab Tililindab koristo (Clean Air Action Corporation - CAAC) ko boiboi kobarasta akobo tetutietab chigilisiet “Tetutietab TIST en Kenya CCB-001), “Tetutietab TIST en Kenya VCS-005” ne en tai ko CCB-002, ak “Tetutietab TIST en Kenya VCS-009”, ne en tai ko ki CCB-004) en kasartab somok ne mi en Kotuyetabge nebo Itondab emet, Nganasok ak Terchinosiekab tugukab emet - (Climate, Community and Biodiversity Alliance (CCBA). KE-CCB-001 ak KE-VCS-009 ko kikokichigil en arawetab Roptui (sisit) en kenyitab 2015 akoi arawetab Mulgul (Mut) kenyitab 2020. KE-VCS-005 ko kikokichigil en tarikit 4 arawetab Epeso (taman) 2017. Chigilet inoni kobo kasartab tarikit 9 arawetab Kipsundet Ne Tai (taman ak agenge) 2016 akoi tarikit 22 arawetab Mulgul 2020. Asi kenyor chigilisiet ko ntolu kobo CAAC, en tuguk alak, kole TIS k obo kelchin en itondab emet, nganaset ak terchinosiekab tugukab emet. Kikokoito CAAC Logoiwekab Chigiliet (Monitoring Reports (MR) koityi AENOR Internacional, S.A.U. (AENOR) ne noton ko ne chigili boisietab rapisiek ne kokoyan CCBA.

Nyolu kora keleten wolutikab chigilisiet. En okwek che tindo Internet ak che imuche koba Cyber café, ketochok obe pechisiechoton ole onyorchini logoiwek tugul, choton ko chu:

CCB 001: <http://www.tist.org/PD-KE-VCS-001-004%20Documents.php>

VCS 005: <http://www.tist.org/PD-KE-VCS-005%20Documents.php>

VCS 009: <http://www.tist.org/PD-KE-VCS-009%20Documents.php>

Cheomuche omwa ng’olion, ko yatan en biikab boror akoi tarikit 25 arawetab Epeso 220.

lyokten email kwo [registry@verra.org](mailto:registry@verra.org) akimwa ile ne ne ing’ololen.

Chesibu ko wolutikab chigilisietab tetutik

<b>Climate</b>	<b>KE CCB 001</b>	<b>KE VCS 005</b>	<b>KE VCS 009</b>
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LI Indigenous PA	Na	206	na
<i>vitex keniensis</i>	5,527	22,017	6,568

Notes:

LI is Lower Imenti Forest.

*Vitex keniensis* Meru Oak(Lamayot)

KONGOI EN TEMIKAB TIST, KIBOITINIKAB KURUPISIEKAK KANDOIKAB COUNCIL CHE  
KIKOMUKTEWECH CHU!



# TIST: Kotese tai tuyosiekab kurupisiek che Mengenchen yon kiibe kokwoutik kekirinden miondab Korona Covid-19.

**S**erikalitab Kenyakoyotote emet en nguni ak kotustuse tetutik che kikokinde en biikab boror kosipge ak letaetab miondab Korona Covid-19 en emet.

En ng'alaletab President en tarikit 28 arawetab Buret (sokol) en kenytat 2020, ko kokiyanchi akoi biik 200 korurugok.

En TIST ko kurupisiek che mengechen ko tindo membaek 6 akoi 12. Koitoni ko chomwech keyai tuiyosiek en abokora ak ketestai kerib kokwoutik che kikolumta wizara nebo tililindo.

En tuyosiekwok, ko kaikai obwat oyai cheisibu:

1. Yon imukokse, otuye en ole yataat.
2. Obur en loindab keldo agenge ak nusu akoi keliek oeng'.
3. Olach amskisiek en kasarta age tugul akot yon ing'olole.
4. Mat otorochge anan okatgee.
5. Oun eunek oboisien beek che rondogee ak sabunit anan oboisien sanitizers yon mi.
6. Mat owalawal ng'echerok yon omi tuiyet. Itilil ng'echeret kotomo iboisien ak yon kakopata tuiyet (angot oboisien ng'echerok che kisiptote).

7. Chomchin membaek che mokokoron borwek (che miondos) komatkobwa tuiyet, missing ko yon loitos anan koriong'tos missing'.
8. Ouai tuiyosiek che nwoke - che mosire sait agenge. Ong'alalen tuguk chebo komonut kityo.
9. Obwat tuguk alak cheomuche oyai chebo komonut en ripetab gee.

## Ortinwek chebo tuiyosiek en Kurupisiek che Mengechen cheboTIST.

### **a) ainon oret ne kimuche ketetita koburetab biik en tuiyetab kurupit ne ming'in?**

Kkimuche kibur tugul en ng'wony anan kibut en ng'cherok.araran missing' oret ne kibure keba round.Momi meset amun imuche noton koteer biik.Momi ng'echeret nebo chito neo. Kibure kou noton en TIST.

### **b) ne neiyoe angot komach biik che sire tamamn ak oeng' kochut kuruping'wong'?**

Angot komi biik chesire 12 che moche kochut kurupitng'wong', ko mie ketoo kurupit age. Imuche kepeji kurupit koik biik oeng' somok anan ko ang'wan koun kurupit nikitaa asikimuch ketoo kurupit age. Kaikai ni kosir kotoo chito agenge kurupit inegen. Obwat oboisien kandoinatet ne sungukoni ne kiwolchingee kandoinatet en chokyinet.

**c) *Ortinwek anchon cheimuche iboisien yon mi nyalulet en kurupit?***

Pjei kurupit kobeen oeng' oeng' ak kong'alalen alak tugul boisiet. Imuche kora kotoret ingeyai ureriet. Kora kimchee ketonon ak komwa chitugul kiy ne yoe kurupit amun noton komuche koik cherutiet en chitugul. Ibwat kora konwakiit tuiyet. Yon mi chito ne ripe sait ko mie amun otore boisietab tuiyet en kasarta ne ko kiyonjin.

**Tetetab tuiyet.**

Asi kimuch kerip sait, konyolu kotindo Kurupit Ne Ming'in tetutiet ne mie nebo tuiyet. Noton k obo komonutiet amun yoe ketetechi kit ne kotokyingee tuiyetak boisionik chebo komonutiet. Bo komonutiet kora amun en TIST keyoe tugul boisiet asikimuch kemin ak keriiib ketik chebo siret/ndonoyo nebo koristo. Nyolu kenai membaekiok chebo Kurupit Ne Ming'in komieamun boisietab chi tugul kotinye kurupit katugul ak TIST tugul.

Bo komonut kora koyai kurupit tuiyet en abokora, missing ko konyil agenge en wikit anan ko konyil agenge en wikisiek oeng'. Niton kokochin membaek tugul en kurupit kasarta kokimiit kurupit ak chepjei ng'alek che lelach.

En tuiyosiekwok, ko mie kikochi kimnotet ng'alek che komonutiet. Kurupisiek che chang' chebo mengechen chebo TIST ko kikokeer Ortinwek Chemiach cheu cheisipu kobunchi komonutiet:

**Kokwoutiet netai. Kokotiet ak komwage chi agetugul ne leel (dakikosiek 5 akoi 10)**

Ingokas chi tugul kotakaat. Ingonwakiit ak komwage chi tugul.

**Kokwoutiet nebo oeng': Keyaat en saet (dakikosiek 2):**

Saet nenwach komuche kotoret kurupit en tuiyet.

**Kakwoutiet nebo somok: Tienwokik (dakikosiek 5):**

Chu komuche ko tienwokik che kosire kurupit anan ko tienwokikab cherseet chebo kanisa.

**Kokwoutiet nebo ang'wan. Koyonchinetab boisionik ak kasarta (dakikosiek 5):**

Ororu kandoindetab tuiyet akobo tukuk che kokakitetyi tuiyet ak kong'alaleen membaekab kurupit ak koyanchin kole ne nekeng'ololeen. Nyolu kiyonchin en kasarta ne kiibe asikomuch chito ne ripe sait konai kole ripto ano sait.

**Kokwoutietab muut. Boisie kurupit en tetutiet (dakikosiek 30):**

Olekimokto ko kinyolu keng'alalenn tetutik en tuiyet ne koibotoo. Tetutik komuche ko booto ne nekiyoyachi membayat agetugul TIST, pjeetab Ortinwek Chemiach, konetisietab tuguk chebo komonutietak tetutik alak tugul che toreti kurupit ne ming'in kotestaa.

**Kokwoutiet nebo lo. Ketechee (dakikosiek 5):**

Membayat agetugul ko nyolu komwa ng'olion ne mie akobo kandoindetab wikikt ak kiit ne kokeer akobo kandoinatetab tuiyet. Imuche kora komwa chi agetugul akobo kiy ne konunotiot en kandoindet.

**Kokwoutietab tisap. Saet ne kikereen (dakikosiek 2)**



# TIST: Ketechegee: Matichiliil koberuretab kandoindedab Kurupit Ne Mingin ak kayumetab kurupisiek.

**T**egetab gee k obo komonut en Kurupit ne Mingin en wikit agetugul. Mwoe en Ephesoek 4:15 – 16 kole nyolu ketechegee akoi ole mokto Kristo. Chi tugul en Kurupit Ne Mingin nebo TIST koibu talenatisiechik ak konunotiet koityi kurupit tugul. Kit agenge neob komonutiet ne yaksei en Kurupit Ne Ming'in ko kotook chi tugul, keppei ak keboisien talenatisiek che kikonech Kamuktoindet.

Ketechege ko oret ne kimuche kekeer ak keboisien talenatisiechoton. Mi kebeberweek oeng' chebo tegetabgee:

- Kotomo kemwa saet nekigereen, ko mwoe chi tugul kit agenge ne teche kandoindedab wikit ak kiit ne kiyai en tuiyet. En korogut: kinyiim, kiriib saisiek, kiyai pongonutik che miach, kicheer chi tugul en kurupit kong'alaal, kiikatan ak kotaachan, koboos kiit ne mie ne kitestai en tuiyet, anan ko kiit ne kiyoe kurupit, ak alak. Nyolu komwa membayat agetugul ng'oliot ne teer. Inoni ko mokileweni. Chitugul kokonu Tegetabge koityi kandoindedab kurupit. Alak k mwoe ng'olion ne teche ripindetab sait.
- Kora, nda keere chi kiy ne mie en kandoindedab, komuche komwa kora membayat agetugul.

amun en kandoinatedeet ne kiwolchingege, ko nyoru kandoindet agetugul Tekeetab gee. Kobun tekeetab gee, kecheregee en tuguk che miach che koyai kandoindedab wikit en tuiyet ak talenatisiek che koiboos chito. Tegetabgee ko oret age ne kinetege akobo tuguk che miach chebo biikak kemwa. Nyolu kineet ng'eliepwekiok koik che mwoe tuguk che miach. Kora, konetegee kurupit tugul kiit neibwote kurupit akobo kandoindedab. Kandoik cheisibu ko nyoru tugun akobo kandoik che tai kobun tegetabgee ak konai kiit neibwote kurupit akobo kiit nebo komonutiet ingeik kandoindedab.

En wolutietab tegetabge, komwae kandoindedab wikit kole, "kongoi" yon kakobata ng'oliot agetugul ne mie ne kamwa membaek tugul. Momi ole kimuche kemwaita kele konyolu keyai kole anan ko oret age. Baibai chitugul ingemwochi akobo tuguk che miach che kiyai en tuiyet en wikit. Kasarta age kimuche kinetegee akobo tuguk che kimakingen akobo echek! Ketechegee ko toreti kandoindedab en betunoton konai talenatisiechoton ak kotestai koboisien. Ketechegee kotoreit Kurupit ne Mingin amun membaek tugul kotese kamukenywan nebo kondochi kurupit. Ketechegee kotindo berurto konyil eong'