

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.*



Baragu TIST Cluster meeting on 7th December 2021.

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TIST: Cluster Servants working Towards 100% Completion.

Beginning August 2020, our Cluster Servants began to focus on quantifying one Cluster at a time.

This approach was meant to ensure all Small Groups in a Cluster get quantified and hence qualify for Carbon profit share and Pre-payments.

The approach has seen many Small Groups that had lagged behind in Quantification began to receive and enjoy payments.

For a Small Group to qualify for Profit Share payments, it needs to have all its baseline information corrected and submitted; should have had a Quantification in the last 12 months; and have signed Green House Gas (GhG) sale agreement.

For Pre-payments, GhG is required; last Quantification should be within 18 months and should have more than 500 trees.

The table below shows Clusters Quantification progress in the last 12 months.

Cluster	% Group Quantified 12 Months				
1 Amwamba	100%	30 Kilia	100%	59 Njuthine	100%
2 Antubalinki	100%	31 Kimachia	100%	60 Nkando N	100%
3 Baranga	100%	32 Kimahuri	100%	61 Nkumbo	100%
4 Chemaner	100%	33 Kimandi	100%	62 Nthare	100%
5 Churiu	100%	34 Kithare	100%	63 Nyakinyua	100%
6 Gakurungu	100%	35 Kitheo	100%	64 Nyambugichi	100%
7 Gatakaini	100%	36 Koonju	100%	65 Ontilli	100%
8 Gatangine	100%	37 Kunene	100%	66 Ragati	100%
9 Gatulani	100%	38 Kutete	100%	67 Riakimai	100%
10 Giaki	100%	39 Kwajebi	100%	68 Rianjuki	100%
11 Gitimene	100%	40 Magomano	100%	69 Rui	100%
12 Ichuga	100%	41 Makandi	100%	70 Rukindu	100%
13 Iviani	100%	42 Mbaranga	100%	71 RwongoRwaNyanki	100%
14 Kagongo	100%	43 Mia Moja	100%	72 Sirimon	100%
15 Kahiga	100%	44 Mitheru	100%	73 Thiira	100%
16 Kaliene	100%	45 Miwani	100%	74 Tubui	100%
17 Kaluluini	100%	46 Muhotetu	100%	75 Vota	100%
18 Kamwiyendei	100%	47 Mukameni	100%	76 Wanduhi	100%
19 Kangeta	100%	48 Mukunga	100%	77 Warazo Jet	100%
20 Karama	100%	49 Mulathankari	100%	78 Wiumiririe	100%
21 Karega	100%	50 Munyu	100%	79 Ngeene	98%
22 Kathwene	100%	51 Murichia	100%	80 Kambiti	98%
23 Kaubau	100%	52 Muthengera	100%	81 Kinoru-Mukuuni	98%
24 Kiandiu	100%	53 Mwenje	100%	82 Kibuline	98%
25 Kianungu	100%	54 Ndaka-ini	100%	83 Kesogon	97%
26 Kiarigi	100%	55 Ngage	100%	84 Burguret	97%
27 Kiarutara	100%	56 Ngerechi	100%	85 Kigucwa	97%
28 Kibirichia	100%	57 Ngutu	100%	86 Nthingini	97%
29 Kiganjo	100%	58 Njorua	100%	87 Githima	97%



88	Karaba-Mbeere	97%	141	Ngandu	85%	194	Majira	65%
89	Kianyaga	97%	142	Kiamutugu	84%	195	Kigane	65%
90	Kaaga	97%	143	Rwanyange	84%	196	Raichiri Podo	64%
91	Kanyakine	96%	144	Kiegoi	84%	197	Mituntu	64%
92	Mpuri	96%	145	Mwea	84%	198	Chuma	61%
93	Gieto	96%	146	Urru	84%	199	Kiirua	60%
94	Nganoini	96%	147	Mitoro	83%	200	Mworoga	59%
95	Njuruta	96%	148	Nchiru	83%	201	Karaba	58%
96	Weruini	96%	149	Barangu	83%	202	MairoNne	58%
97	Kagwuru	96%	150	Thigaa	83%	203	Athathi	58%
98	Kandigi	96%	151	Ciothirai	83%	204	Marmamet	57%
99	Wamura	95%	152	Gachua	83%	205	Karoki	56%
100	Kiraro	95%	153	Chung'ari	82%	206	Tunyai	56%
101	Ngano	95%	154	Marega	82%	207	Nkondi	55%
102	Burimaria	95%	155	Limauro	82%	208	Limoro	55%
103	Kiangondu	95%	156	Mwagu	81%	209	Itangini	54%
104	Manyatta	95%	157	Rugeju	81%	210	Kakumini	53%
105	Sofia	95%	158	Rubate	81%	211	Ntombo	52%
106	Kawiru MCK	95%	159	Mbajone	80%	212	Kiamathaga	51%
107	Antubochiu	94%	160	Gikumene	80%	213	Karurune	51%
108	Mikunduri	94%	161	Thome	79%	214	Finley	50%
109	Nkungugu	94%	162	Kamaroo	79%	215	Mbogiti	50%
110	Nyariginu	94%	163	Baraka	78%	216	Pondo	50%
111	Kilango	94%	164	Murinya	78%	217	Nguruki	49%
112	Machaku	94%	165	Ikumbo	78%	218	Ntugi	49%
113	Lachiathuriu	93%	166	Ndunguri	77%	219	Marimba	48%
114	Ugoti	93%	167	Kithoka	75%	220	Kiambogo	48%
115	Murungai	93%	168	Kunati	75%	221	Ciakanyinga	48%
116	Mutamaiyu	93%	169	Mururune	75%	222	Nturuba	48%
117	Kithithina	93%	170	Kibui	74%	223	Ngecha	47%
118	Karumande	93%	171	Kingo	74%	224	Subuiga	47%
119	Kionyo	92%	172	Ndogino	73%	225	Karangi	47%
120	Kite	92%	173	Lower Imenti Forest	73%	226	Salama	47%
121	Kapsara	92%	174	Nthangathi	73%	227	Gaatia	45%
122	Magutuni	91%	175	Mutanga	73%	228	Kairuni	44%
123	Silanga	91%	176	Makomboki	72%	229	Naari	44%
124	Boiman	91%	177	KijjaNkadone	72%	230	Kiandege	43%
125	Igandene	91%	178	Kagaene	72%	231	Kithitu	41%
126	Iriani	91%	179	Kaanwa	71%	232	Kierera	40%
127	MurukuPesi	90%	180	Karamtoni	71%	233	Matakiri	39%
128	Murungurune	90%	181	Mumbuni	71%	234	Kiria	38%
129	Mithuri	90%	182	Kagumo	70%	235	Ntharagwene	38%
130	Mbirikene	89%	183	Ndurutu	70%	236	Itugururu	38%
131	Muthenge	89%	184	Gatura	68%	237	Mwanika	38%
132	Kamachege	88%	185	Machikine	68%	238	Ndalani	38%
133	Muruta	88%	186	Manje Mbogo	67%	239	Kihingo	36%
134	Igwanjau	88%	187	Ntakani	67%	240	Makairo	36%
135	Kiene	88%	188	Kiengu	66%	241	Kamweline	33%
136	Luuria	88%	189	Kiriogo	66%	242	Gatia-ini	32%
137	Male	87%	190	Gitombani	66%	243	Kanjagi	30%
138	Maundu	87%	191	Mwichiune	66%	244	Kiahuko	30%
139	Mathingira	86%	192	Ankamia	66%	245	Mbiriatata	30%
140	Murika	86%	193	Kaathi	66%	246	Miathene	29%



247 Test	29%	262 Kaguma	16%	277 Muriru	8%
248 Ntumburi	28%	263 kiathathi	15%	278 Miruriiri	7%
249 Karia	27%	264 Ikindu	15%	279 Munyaka	7%
250 Kabachi	26%	265 Ibucha	14%	280 Kithurine	7%
251 Ukuu	26%	266 Kirindini	14%	281 Iriga	7%
252 Kiamiogo	25%	267 Mamba	14%	282 Muragara	7%
253 Njukiini	25%	268 Kiangua	13%	283 Athi	6%
254 Karandi	24%	269 Kangaita	13%	284 Maua	6%
255 Gatero	23%	270 Kirimaitume	12%	285 Githongo	5%
256 Kianjagi	23%	271 Suguroi	12%	286 Atebwō	5%
257 Nyweri	21%	272 Karinga ga Nkoru	12%	287 Muchege	5%
258 Kapsigiryo	20%	273 Karima Kambicha	11%	288 Kamuthanga	5%
259 Runyenye	20%	274 MeriaMwangaza	10%	289 Kanjuu	3%
260 Katheri	19%	275 Tharu	8%	290 Thuura	2%
261 Muthambi	17%	276 Athirugaiti	8%	291 Tandare	2%

TIST: Time to take seriously, measures against covid-19.

Beginning last December, the rate of covid-19 infection began to rise again. The country had in prior months experienced relatively low infection rates that necessitated the Kenyan Government to relax some of the containment measures such as night curfew.

The emergence of new covid-19 variant known as Omicron has caused fresh panic in communities and in the health sector. Studies show that its spreading more fast than other variants.

We need to take to take extra caution and adhere to the precautions. Here are some of helpful guidelines.

Personal Safety Measures FOR FARMERS AND CLUSTER SERVANTS.

- Get Vaccinated.

Studies have shown that people who are vaccinated against Covid-19 get less sick

when infected with the disease. In many weeks after the Kenyans began vaccinations, people who were vaccinated were less likely to get hospitalized compared to those who were not vaccinated.

Though getting a vaccine is voluntary, we encourage everyone in TIST family to receive full covid-19 vaccination.

- Wear a face mask.

Remember this is a legal and safety requirement. It is illegal to be in public places without a face mask. We should at all times wear a face mask.

For a Cluster Servant and TIST Farmers it is important that you put on a clean and disinfected mask. If you happen to buy a cloth mask, please make sure you wash it with soap and some disinfectants such as Dettol before using it.

**- Keep Social distance.**

Though the Government has relaxed prohibition on social gatherings, it is important we continue to observe social distance especially now in the wake of new variant.

WHO in latest report said the new variant is spreading more fast than other previous variants.

As a TIST Farmer or a Cluster Servant, make sure you avoid crowded public places or where there is some kind of social gathering.

When you meet a Quantifier / Farmer, or any other person out there, please keep a physical distance of 1.5 – 2 m.

- Wash your hands.

Make sure you wash your hands with running water and soap as many times as possible in a day. Carry with yourself a bottle of clean water and soap. If you can, buy a recommended Sanitizer.

Remember to wash your hands before travelling and after. And also if touch surfaces in public building or people's houses

It is important for Cluster Servants to sanitize your working equipment every now and then. (Please be careful not to spoil them)

- Avoid handshake.

It is highly recommended that you avoid handshake.

- Try as much as possible to walk, use a bicycle, or use one passenger motor bike.

The Government has in recent past relaxed guidelines on public transport. However, for our own safety, we should minimize social contact while riding in any means of public transport.

- If you are unwell...

If you feel unwell, for whatever reason, please stop doing quantifications and going to the field (for a Cluster servant). If you have flu like symptoms such as dry cough, fever, difficult breathing, etc. please, first isolate yourself from family members and others as you seek medical care.

These symptoms DO NOT mean you have Covid-19. But it is important to call a medical professional. Do not treat yourself at home or use some unproven herbal medications.

Other advice and recommendations.**- Avoid spreading fake news**

As a TIST Farmer and representative in the field, please DO NOT spread unconfirmed or fake news either by word of mouth or sharing through SMS or WhatsApp or Facebook. It is important that you keep yourself up to date with Government information so that whatever information you share is accurate and correct.

- Stop quantification where an area has reported a case.

We encourage Cluster Servants to stop doing quantification and inform any member of the LC when a Covid-19 case gets reported in any of the areas where you are doing quantification.

NB: Prevention is better than cure.



Preparing Compost Manure - a natural fertilizer.

Compost manure is a natural fertilizer that helps your crops grow. It is better than chemical fertilizer because it is natural, free, and will not damage crops and the environment as some chemical fertilizers can. There are many ways to make compost manure, but the following method has been useful in some areas. Ask your neighbors in your Cluster what has worked well for them.

Preparation of compost:

1. Choose an area for your compost pit measuring 4m by 4m.
2. Clean the area.
3. Dig a hole of diameter 3 - 4m and 1.5m deep.
4. Collect all the remains of the crops you have (e.g. leaves and stalks of maize, millet, beans) and cut these remains into small pieces.
5. Put these crop remains into the hole up to a depth of 0.5m.
6. Add 5 liters of ash.
7. Next add about 30cm (or as much as available) of animal dung (e.g. dung from pig, cow, goat or chicken).
8. Put another layer of crop leaves and stalks (0.5m).
9. Add another 5 liters of ash.
10. Repeat adding the leaves and stalks again until the hole is almost filled.
11. Finally add a layer of soil until the hole is filled.
12. While filling the hole with soil, put a long stick in the middle of the hole so it reaches the bottom.
13. Leave the compost pit for 90 days (3 months).
14. During this period use your dirty water to water the compost pit. For example, after cleaning your house or clothes, empty the used water over the compost pit. If you have animals, you can also pour animal urine over the pit.
15. This adds extra nitrogen to the compost.
16. Try to water the compost pit in this way every day, or whenever water is available.
17. After 90 days the manure will be ready.

Use the stick as a thermometer – when the compost is ready it should be hot and you may even see steam coming from the stick after you have removed it.

Use of compost:

When you have dug your holes for planting maize, millet or other crops, add one handful of your compost manure to each hole. Watch for the results!

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Kimereu Version

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Mkutano wa Nguzo wa TIST wa Baragu tarehe 7 Desemba 2021.

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Kuthithia mboleo yaku gwengwa – fertilizer itiongeri into bia kuthithua ni muntu. Page 6



TIST: Atari ba miti nandi gwita ngugi gutigiira clasta ni itariri miti 100%.

Kuuma August 2020 Atari ba miti bambiririe gutaraga o clasta o kimwe mwanka gikarika nandi bageta kingi. Njira ino yari ya gutigiira ikundi bionthe ndeene ya clasta ni bitariiri miti na ikoomba kwona baita ya carbon na marihi ma o mwaka.

Njira iji ni itigirite ikundi iria ciatigi nyuma ki gutarirwa miti, igutarirwa na ciambiria gukenera marihi.

Nikenda gakundi ka nini koomba kwona baita ya carbon nonkinya mantu jonthe jegie muunda jekirwe na nijo baseline info, gutarirwa miti ndene ya mweri 12 na gucaina fomu ya GHG.

Kiri marihi ma o mwaka, nonkinya fomu ithirwe icaini, miti ithirwe itari ndeene ya mweri 18, na miti ikuruke 500.

Aja nthiguru nitugukwonia uria clasta itariri ndeene ya mieri 12.

Cluster	% Group Quantified 12 Months							
1	Amwamba	100%	32	Kimahuri	100%	63	Nyakinyua	100%
2	Antubalinki	100%	33	Kimandi	100%	64	Nyambugichi	100%
3	Baranga	100%	34	Kithare	100%	65	Ontilili	100%
4	Chemaner	100%	35	Kitheo	100%	66	Ragati	100%
5	Churiu	100%	36	Koonju	100%	67	Riakimai	100%
6	Gakurungu	100%	37	Kunene	100%	68	Rianjuki	100%
7	Gatakaini	100%	38	Kutete	100%	69	Ruiri	100%
8	Gatangine	100%	39	Kwajebi	100%	70	Rukindu	100%
9	Gatulani	100%	40	Magomano	100%	71	RwongoRwaNyanki	100%
10	Giaki	100%	41	Makandi	100%	72	Sirimon	100%
11	Gitimene	100%	42	Mbaranga	100%	73	Thiira	100%
12	Ichuga	100%	43	Mia Moja	100%	74	Tubui	100%
13	Iviani	100%	44	Mitheru	100%	75	Vota	100%
14	Kagongo	100%	45	Miwani	100%	76	Wanduhi	100%
15	Kahiga	100%	46	Muhotetu	100%	77	Warazo Jet	100%
16	Kaliene	100%	47	Mukameni	100%	78	Wiumiririe	100%
17	Kaluluini	100%	48	Mukunga	100%	79	Ngeene	98%
18	Kamwiyendei	100%	49	Mulathankari	100%	80	Kambiti	98%
19	Kangeta	100%	50	Munyu	100%	81	Kinoru-Mukuuni	98%
20	Karama	100%	51	Murichia	100%	82	Kibuline	98%
21	Karega	100%	52	Muthengera	100%	83	Kesogon	97%
22	Kathwene	100%	53	Mwenje	100%	84	Burguret	97%
23	Kaubau	100%	54	Ndaka-ini	100%	85	Kigucwa	97%
24	Kiandiu	100%	55	Ngage	100%	86	Nthingini	97%
25	Kianungu	100%	56	Ngerechi	100%	87	Githima	97%
26	Kiarigi	100%	57	Ngutu	100%	88	Karaba-Mbeere	97%
27	Kiarutara	100%	58	Njorua	100%	89	Kianyaga	97%
28	Kibirichia	100%	59	Njuthine	100%	90	Kaaga	97%
29	Kiganjo	100%	60	Nkando N	100%	91	Kanyakine	96%
30	Kilia	100%	61	Nkumbo	100%	92	Mpuri	96%
31	Kimachia	100%	62	Nthare	100%	93	Gieto	96%



KIMERU VERSION

94	Nganoini	96%	146	Urru	84%	198	Chuma	61%
95	Njuruta	96%	147	Mitoro	83%	199	Kiirua	60%
96	Weruini	96%	148	Nchiru	83%	200	Mworoga	59%
97	Kagwuru	96%	149	Barangu	83%	201	Karaba	58%
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256 Kianjagi	23%	271 Suguroi	12%	286 Atebwo	5%
257 Nyweri	21%	272 Karinga ga Nkoru	12%	287 Muchege	5%
258 Kapsigiryo	20%	273 Karima Kambicha	11%	288 Kamuthanga	5%
259 Runyenye	20%	274 MeriaMwangaza	10%	289 Kanjuu	3%
260 Katheri	19%	275 Tharu	8%	290 Thuura	2%
261 Muthambi	17%	276 Athirugaiti	8%	291 Tandare	2%
262 Kaguma	16%	277 Muriru	8%		
263 kiathathi	15%	278 Miruriiri	7%		
264 Ikindu	15%	279 Munyaka	7%		

TIST: Nandi Ni kagita ga kuthingatira mantu jegie Covid-19 gutina mucetho.

K iambiria Kia December mwaka muthiru, kugwatithania gwa Covid-19 kwari gukwambiria kuthi iguru muno. Thirikari au kanyuma yari yona jweta nthiguru na ikiambiria kunyia mawatho ja gwita kabuu. Kweja kwa Covid-19 ringi na inya jaku kwa Omicron nikuretete ugwaabungu Kiri aturi na rwang’i rwa ugima was mwiri. Omicron irionania ni igutamba na mpui muno nkuruki ya ingi. Nitukwendeka nandi kwimenyera nkuruki na kuthingatira mawatho.

Aja kwina imwe jia njira imbega jia kwimenyera.

Njira jia ki muntu jia kwimenyera Kiri Arimi na atari miti.

- Gucancwa

Ithomo ni jionanitie ati muntu uria mucance kuumania na Covid-19 atiumbagua akagwatua niju. Jiumia inyingi

kuuma akenya bamuntua cindano iji, baria bamunti bateta kumama thibitari kwa wingi ja baria batamunti cindano.

Nkinya kethira kumuntwa cindano iji ni gwa kwi endera, nitukuromba muntu wonthe wa famili ya TIST ete acancwe kuumania na Covid-19.

- Ikira barakoa.

Ririkana bubu Ni watho na njira ya kwigitira. Ni kuuna watho gwita kiri mwingi utina barakoa. Tubwiri rionthe kwithagirwa twikirite barakoa. Kiri atari miti na arimi, ibwega tuikagire barakoa itheri na ikiri dawa. Ukagura barakoa ya gitambaa, nibwega ukamithambia na cabuni ona Dettol mbere ya kumiikira ringi.

**- Ikara araja na antu bangi.**

Nkinya kethira thirikari ni yetikiririe biungano bia antu, nibwega nandi twikiire gukaraga araja na mtu ungi kagitani gaka ka virusi jia omicron.

Kiama Kia ugima bwa mwiri Kia nthiguru (WHO) nikiugite ati omicron ni igutamba na mpui nkuruki.

Ja murimi wa TIST na mutari miti wa TIST, tigiira utigwita guntu antu bainyikene na guntu antu bagucemania kwa wingi.

Wacemania na Mutari miti kana murimi, kana ona muntu ungi tigiira ugukara araja nawe na utiganu wa 1.5m - 2m

- Thamba njara.

Tigiira rionthe ni ukuthamba njara na ruuji ru gwita na cabuni maita ja maingi o uria kumbika kiri ntuku. Kamataga ruuji rutheri na cabuni. Ukoomba gura sanitiza.

Ririkana kuthamba njara mbere ya wita na wauma gwita. Na ringi riria watongithia nyomba mwingi kana nyomba jia antu.

Ni bwega atari miti gu sanitiza into jia ngugi o kagita o kagita. (Ririkana umenyeere utabithukie)

- Guti nkethi jia njara.

Ni gwikiritue na inya muno ati tutige gukethania na njara.

- Geria o buria kumbika gwita maguru, gutumira baicikiri kana gutumira bikibiki ya abiria umwe

Thirikari nandi itikirite mawatho ja witi na ngari. Kunari uu, kwigitiira batwi ene, nonkinya tunyihie gutongithania na antu, kagita konthe turi safari kana turuguti ni bikibiki.

- Riria wajitue....

Ukithira uri mwajii nontu bwa gitumi o kionthe, tiga gwita miundene uri Mutari miti. Ukethirwa uri na homa na gukoora, kugia murutira, thina ya gwikia miruke na jangi nibwega wikare araja na famili na antu bangi ugicua kuona dagtari.

Jioneria iji tikuuga uri na Covid-19. No nibwega gucua dagtari. Utigekare mucii ukinyunyaga dawa utiei ni dagtari kana jia miti ya kithaka.

Mantu jangi ja kuthingatira.**- Utikaejane nteto itijia uuma.**

Ja murimi wa TIST kana murungamiri TIST miundene, utikanenkanire nteto iria itina uuma na njira ya kwaria kana gutuma message kana Whatsapp kana Facebook. Nibwega kuthingatira uria thirikari ikuuga nikenda ntumiri yonthe ukajana ithirwe iri ya uuma bungwa.

- Tiga gutara miti ntura iria jiumbite kwithwa jiina mwajii.

Nitugwikiira ati Mutari miti atigete mbere gutara miti na amejithie mumemba oo wonthe wa LC riria kwamenyeka kwina Covid-19 nturere iria aguitira ngugi.

Ririkana: Kwigitiira Ni kwegu nkuruki na kuragithia.



Kuthithia mboleo yaku gwengwa – fertilizer itiongeri into bia kuthithua ni muntu.

Mboleo ya kuthithia na imera ni fertilizer ya kuumania na into bitina ugwati ya gutethia imera biaku bikura bwega. Ni injega nkuruki ya fertilizer cia nduka niuntu icithithitie yongwa na itina ugwati kiri imera na kiri naria kuthiurukite. Kurina njira inyingi cia kuthithia mboleo, indi njira iji ithingatite nitethetie ndene ya guntu kumwe. Uria muturi waku ndene ya cluster yaku jaria jabatethetie nkuruki.

Kuthithia mboleo:

- 1) Taara antu aria ukeenja kirinya giaku kia warie bwa mita inya na uraja bwa mita inya.
- 2) Theria antu au
- 3) Inja kirinya kirina warie bwa mita ithatu gwita inya na mita imwe na nusu kwinama.
- 4) Uthurania matigari ja imera biaku jaria urinajo na ugitange tue tunini. (mung'uanano mathangu na mati ja mpempe, miere na ming'au)
- 5) Ikira matigari jaja kirinyene mwanka gitigare nusu mita.
- 6) Ongeera lita ithano cia muju
- 7) Riu wongere centimita mirongo ithatu (kana o iria ikwoneka) cia mburi kana nguku).
- 8) Ongerera matigari ja imera nusu mita
- 9) Ikira lita ingi ithano cia muju

- 10) Ongerera matigari ja imera kairi mwanka kirinya kiende kuujura
- 11) Muthia, ikira muthetu mwanka kirinya kiujure
- 12) Ukiujuria kirinya na muthetu, tonyithia muti jumuraja gatigati ga kirinya mwanka jukinye nthiguru buru.
- 13) Tigana na kirinya giki ntuku mirongo kenda (mieri ithatu)
- 14) Igitene riri tumira ruuji rwaku rwa ruko gwikira boleo. Mung'uanano, warikia kuthambia nyomba kana nguo ciaku, ituura ruuji ruru ugutumagira kirinyene. Kethira urina ndithia ituura maumago jacio iguru ria kirinya.
- 15) Untu bubu nibwongagira nitrogen kiri mboleo yaku
- 16) Geria wikagire kirinya kiu ruuji na njira iji ntuku cionthe kana oriria ruuji rurio.
- 17) Ntuku mirongo kenda ciathira, mboleo ikethira iri tayari.

Tumira muti kuthima mwanki – mboleo yayia no mwanka ithirwe irina mwanki mwanka toi yoneke ikiumaga mutine wajurita ku.

Utumiri bwa mboleo:

Warikia kwinja marinya jaku ja kuanda mpempe, muya na imera bingi, ongera nkundi ya mboleo yaku kiri o kirinya. Etera wone uria gugakara!

Mazingira Bora



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Kikuyu Version

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Mkutano wa Nguzo wa TIST wa Baragu tarehe 7 Desemba 2021.

Inside:

TIST: Cluster Servants kuruta wira kihinyio - 100%. Page 2

TIST: Ni kahinda kangi gakwigitira kumana na king'iuki gia covid-19. Page 4

Kuhariria thumu wa mborera – bataraita ya kimerera. Page 6



TIST: Cluster Servants kuruta wira kihinyio - 100%.

Kwambiriria mweri wa August 2020, nitwambiririe gutungatira cluster imwe kwa ihinda timer.

Mubango uyu wari wa gutigirira ikundi ciothe hari Cluster niciatarirwo miti nigetha ciothe hamwe ciaamukagare mbeba cia faida ya carbon oo hamwe na warufaji.

Kuuma twambiriria mubango uyu ikundi nyingi ciakoretwo itagutaririrwo miti gwa kahinda ka miaka miingi niciambirie kwamukira marihi thutha wa gutarirwo miti

Nigetha gikundi kiamukire marihi ma faida, nikiagiriirwo riboti yake ya baseline ikorwo yunganitio wega na igatumwo na gikundi gikorwo gutarirwo miti gwa kahinda ka mieri 12 na gikorwo gikirite kiore ngirimiti ya Green House Gas (GhG)

Nigetha kiamukire warufaji ngirimiti ya GhG niyendekana, gikorwo gitariirwo miti gwa kahinda ka mieri 18, na gikorwo na miti makita ya 500.

Metha ino haha muhuro iroranina uria Clusters itariirwo miti gwa kahinda ka mieri 12 mihituku.

Cluster	% Group Quantified 12 Months				
1	Amwamba	100%	29	Kiganjo	100%
2	Antubalinki	100%	30	Kilia	100%
3	Baranga	100%	31	Kimachia	100%
4	Chemaner	100%	32	Kimahuri	100%
5	Churiu	100%	33	Kimandi	100%
6	Gakurungu	100%	34	Kithare	100%
7	Gatakaini	100%	35	Kitheo	100%
8	Gatangine	100%	36	Koonju	100%
9	Gatulani	100%	37	Kunene	100%
10	Giaki	100%	38	Kutete	100%
11	Gitimene	100%	39	Kwajebi	100%
12	Ichuga	100%	40	Magomano	100%
13	Iviani	100%	41	Makandi	100%
14	Kagongo	100%	42	Mbaranga	100%
15	Kahiga	100%	43	Mia Moja	100%
16	Kaliene	100%	44	Mitheru	100%
17	Kaluluini	100%	45	Miwani	100%
18	Kamwiyendei	100%	46	Muhotetu	100%
19	Kangeta	100%	47	Mukameni	100%
20	Karama	100%	48	Mukunga	100%
21	Karega	100%	49	Mulathankari	100%
22	Kathwene	100%	50	Munyu	100%
23	Kaubau	100%	51	Murichia	100%
24	Kiandiu	100%	52	Muthengera	100%
25	Kianungu	100%	53	Mwenje	100%
26	Kiarigi	100%	54	Ndaka-ini	100%
27	Kiarutara	100%	55	Ngage	100%
28	Kibirichia	100%	56	Ngerechi	100%
			57	Ngutu	100%
			58	Njorua	100%
			59	Njuthine	100%
			60	Nkando N	100%
			61	Nkumbo	100%
			62	Nthare	100%
			63	Nyakinyua	100%
			64	Nyambugichi	100%
			65	Ontilili	100%
			66	Ragati	100%
			67	Riakimai	100%
			68	Rianjuki	100%
			69	Ruiiri	100%
			70	Rukindu	100%
			71	RwongoRwaNyanki	100%
			72	Sirimon	100%
			73	Thiira	100%
			74	Tubui	100%
			75	Vota	100%
			76	Wanduhi	100%
			77	Warazo Jet	100%
			78	Wiumiririe	100%
			79	Ngeene	98%
			80	Kambiti	98%
			81	Kinoru-Mukuuni	98%
			82	Kibuline	98%
			83	Kesogon	97%
			84	Burguret	97%



85	Kigucwa	97%	137	Male	87%	189	Kiriogo	66%
86	Nthingini	97%	138	Maundu	87%	190	Gitombani	66%
87	Githima	97%	139	Mathingira	86%	191	Mwichiune	66%
88	Karaba-Mbeere	97%	140	Murika	86%	192	Ankamia	66%
89	Kianyaga	97%	141	Ngandu	85%	193	Kaathi	66%
90	Kaaga	97%	142	Kiamutugu	84%	194	Majira	65%
91	Kanyakine	96%	143	Rwanyange	84%	195	Kigane	65%
92	Mpuri	96%	144	Kiegoi	84%	196	Raichiri Podo	64%
93	Gieto	96%	145	Mwea	84%	197	Mituntu	64%
94	Nganoini	96%	146	Urru	84%	198	Chuma	61%
95	Njuruta	96%	147	Mitoro	83%	199	Kiirua	60%
96	Weruini	96%	148	Nchiru	83%	200	Mworoga	59%
97	Kagwuru	96%	149	Barangu	83%	201	Karaba	58%
98	Kandigi	96%	150	Thigaa	83%	202	MairoNne	58%
99	Wamura	95%	151	Ciothirai	83%	203	Athathi	58%
100	Kiraro	95%	152	Gachua	83%	204	Marmamet	57%
101	Ngano	95%	153	Chung'ari	82%	205	Karoki	56%
102	Burimaria	95%	154	Marega	82%	206	Tunyai	56%
103	Kiangondu	95%	155	Limauru	82%	207	Nkondi	55%
104	Manyatta	95%	156	Mwagu	81%	208	Limoro	55%
105	Sofia	95%	157	Rugeju	81%	209	Itangini	54%
106	Kawiru MCK	95%	158	Rubate	81%	210	Kakumini	53%
107	Antubochiu	94%	159	Mbajone	80%	211	Ntombo	52%
108	Mikunduri	94%	160	Gikumene	80%	212	Kiamathaga	51%
109	Nkungugu	94%	161	Thome	79%	213	Karurune	51%
110	Nyariginu	94%	162	Kamaroo	79%	214	Finley	50%
111	Kilango	94%	163	Baraka	78%	215	Mbogiti	50%
112	Machaku	94%	164	Murinya	78%	216	Pondo	50%
113	Lachiathuriu	93%	165	Ikumbo	78%	217	Nguruki	49%
114	Ugoti	93%	166	Ndunguri	77%	218	Ntugi	49%
115	Murungai	93%	167	Kithoka	75%	219	Marimba	48%
116	Mutamaiyu	93%	168	Kunati	75%	220	Kiambogo	48%
117	Kithithina	93%	169	Mururune	75%	221	Ciakanyinga	48%
118	Karumande	93%	170	Kibui	74%	222	Nturuba	48%
119	Kionyo	92%	171	Kingo	74%	223	Ngecha	47%
120	Kite	92%	172	Ndogino	73%	224	Subuiga	47%
121	Kapsara	92%	173	Lower Imenti Forest	73%	225	Karangi	47%
122	Magutuni	91%	174	Nthangathi	73%	226	Salama	47%
123	Silanga	91%	175	Mutanga	73%	227	Gaatia	45%
124	Boiman	91%	176	Makomboki	72%	228	Kairuni	44%
125	Igandene	91%	177	KiijaNkadone	72%	229	Naari	44%
126	Iriani	91%	178	Kagaene	72%	230	Kiandege	43%
127	MurukuPesi	90%	179	Kaanwa	71%	231	Kithitu	41%
128	Murungurune	90%	180	Karamtoni	71%	232	Kierera	40%
129	Mithuri	90%	181	Mumbuni	71%	233	Matakiri	39%
130	Mbirikene	89%	182	Kagumo	70%	234	Kiria	38%
131	Muthenge	89%	183	Ndurutu	70%	235	Ntharagwene	38%
132	Kamachege	88%	184	Gatura	68%	236	Itugururu	38%
133	Muruta	88%	185	Machikine	68%	237	Mwanika	38%
134	Igwanjau	88%	186	Manje Mbogo	67%	238	Ndalani	38%
135	Kiiene	88%	187	Ntakani	67%	239	Kihingo	36%
136	Luuria	88%	188	Kiengu	66%	240	Makairo	36%



241 Kamweline	33%	258 Kapsigiryo	20%	275 Tharu	8%
242 Gatia-ini	32%	259 Runyenye	20%	276 Athirugaiti	8%
243 Kanjagi	30%	260 Katheri	19%	277 Muriru	8%
244 Kiahuko	30%	261 Muthambi	17%	278 Miruriiri	7%
245 Mbiriaata	30%	262 Kaguma	16%	279 Munyaka	7%
246 Miathene	29%	263 kiathathi	15%	280 Kithurine	7%
247 Test	29%	264 Ikindu	15%	281 Iriga	7%
248 Ntumburi	28%	265 Ibucha	14%	282 Muragara	7%
249 Karia	27%	266 Kirindini	14%	283 Athi	6%
250 Kabachi	26%	267 Mamba	14%	284 Maua	6%
251 Ukuu	26%	268 Kiangua	13%	285 Githongo	5%
252 Kiamiogo	25%	269 Kangaita	13%	286 Atebwo	5%
253 Njukiini	25%	270 Kirimaitume	12%	287 Muchege	5%
254 Karandi	24%	271 Suguroi	12%	288 Kamuthanga	5%
255 Gatero	23%	272 Karinga ga Nkoru	12%	289 Kanjuu	3%
256 Kianjagi	23%	273 Karima Kambicha	11%	290 Thuura	2%
257 Nyweri	21%	274 MeriaMwangaza	10%	291 Tandare	2%

TIST: Ni kahinda kangi gakwigitira kumana na king'iuki gia covid-19.

Kwambiriria mweri muthiru wa Decem-ber, murimi wa covid-19 ni wanjitie kwambatira ringi. Bururi wa Kenya ni wambitie gukoro na ikiro nini cia murimu kwa mieri yari hau kabere iria yatumire thirikari kurekia mikanya iria yekiritwo na curfew ya utuku.

Kumbuthuka kwa murimu mweru wa covid-19 ugitwo Omicron, niurehete kimako kinene kuri andu na honge cia ugima wa mwiri. Uthuthuria uria wikitwo uronania murimu uyu ni uratamba na ihenya

Nitwagiriirwo ni guthii na mbere na kwimenyerera. Maya no mataaro manini.

Kwigitira mundu kiumbe kuri Arimi a

TIST na Cluster Servants.

- **Kwamukira Chanjo.**
Uthuthuria uria wikitwo uronania ati andu aria mamukirite chanjo ya Covid-19 mena

mweke wa kwaga kurwara muno hindi iria manyitwo ni virusi cia Covid-19. Kuuma chnajo ikinye Kenya, andu aria mathecetwo ni marakorwo makihonera mucii makaga guthii thibitari.

Ona gutuika kwamukira njanjo ni itua ria mundu kiumbe, niturendekithia oo mundu wothe amukire chanjo ciothe cia Covid-19.

- **Kwihumba barakoa (face mask).**

Ririkana kwihumba barakoa ni watho na ugitiri wa mundu. Ni mugaru nawatho gukorwo muingi-ini utari na face mask. Ni twagiriire kwihumba karembeko hingo ciothe riria twi muingi-ini.

Kurri Cluster Servant na Arimi a TIST, niwega okorwo na karembeko gather una gatari na giiko. Angikorwo karembeko gaku ni ka ngora ya nguo, niwega ugathambagie na detto na thabuni.



- **Kuraihaniriria kuuma mundu umwe nginya uria ungi.**

Ona gutuika thirikari ni iregeretie watho wa kwaga gucemania andu angi me ndundu, nitwagirirwo niguthii na mbere na kuraihiriria kuma mundu umwe nginya ucio ungi muno kahinda-ini gaaka kwina ugwati mweru.

Ruhonge rwa WHO I ruheanite ugoro ati muthemba uyu mweru wa king'uki ni uratamba na ihenya.

Ta murimi wa TIST kana Cluster Servant, tigurira niwethema na kundu kwina andu angi ta micemania ya siasa.

Riria mwacemani na Quantifier kana Murimi, niwega mukorwo murahainiririe kwa githimi kia 1.5 – 2 m.

- **Gwithamba moko.**

Niwagiriirwo ni gwithamba moko na thabuni na maai maraitika maita maingi hari muthenya ouria kungihoteka. Kuaga maai matheru na cupa na gathabuni. Ungihoota no ugure sanitizer iria njitikirie ni thirikari.

Ririkana gwithamba moko mbere na thutha wa thabari yaku. Ona riria wahutia nyumba ciene kana ohandu hoothe.

Mutari wa miti niagiriirwo ni gusanitaze indo ciake cia wira (na amenyere ndagacithukie).

- **Kwaga kugeithania na moko.**

Niukurio na kinyi ngeithi cia mooko kana kuhutania mwiri utigane na cio.

Geria ouria unghota guthii na maguru, kana utumire muithikiri kana boda wa muthii umwe.

- Thirikari riu niuhutitie mawatho ma ukui wan gari cia muingi. Ona kuri ugo nitwagiriirwo ni guthia na mbere na kwimenyera riria turakuo ni mitokaa ka bodaboda.

- **Ungikorwo utakuigwa wega...**

Ungiigua mwiri thina, niundu wa gitumi oo giothe, niuritie utige guthii na mbere na gutara miti. Ungikorwo na dalili cia homa ta gwathimura, urugari mwiri, kuremwo ni kuhuhia , niwagiriirwo wambe wiige keherine na family yaku na uthii thibitari .

Dalili ici ti kuuga wina murimu wa Covid-19, no niwega wamukire urigitani na ndugethondekere mucii na dawa itari njitikirie.

Maundu mangi mabata a utari.

- **Ndugatheremie ndeto itari nginyaniru (fake news).**

Uri murimi wa TIST na barozi wake, ndwagiriirwo ni gutheremia ndeto itari nginyaniru kuhitukira nendaini (SMS, Facebook, WhatsApp) kana ona guciaria. Wagiriirwo ni guthikiriria matangatho maria thirikari iriheana nigetha ugie na umenyo na ndeto nginyaniru.

- **Utige gutara miti nagikorwo kwina murimu wa Covid-19 itura riria uratarira.**

- Nitukuria Cluster Servants mangikaigua itura riria marataririra miti niriatangathwo ati murimu wa Covid -19 niukinyite, magiriirwo ni gutiga gutara miti itura-ini riu na mamenyithie atongori a Leadership Council.

Kwigitira ni kwegu gukira kuhonia.



Kuhariria thumu wa mborera – bataraita ya kimerera.

Thumu wa mborera ni bataraita ya kimerera iria iteithagia mimera gukura wega. Bataraita ino ni njega gukira ya nduka tondu I ya kimerera, ndiri thogora, ndithukagia mimera hamwe na maria maturigiciirie ta uria bataraita imwe cia nduka ciikaga. Kuri njira ngurani uria unghota gwithondekera thumu waku wa mborera. Hari njira imwe iria tuguthomithia iria ikoretwo igitumirwo ni andu aiangi. Niwega urie arimi aria angu muri mucemano wa cluster ni njira iria matumagira.

Kuhariria guthondeka thumu:

1. Chagura handu haria ikwenja irima riaku ria mita inya kwa inya.
2. Theria handu hau.
3. Haririria kana uchimbe irima ria warie wa mita ithatu nginya inya na iriku wa mita imwe na nuthu.
4. Cokeria hamwe maragara maku moth eta mahuti, mabebe , maboco kana muhia na umatinangie tuchunji tunini.
5. Ikia maragara macio irima-ini riaku kwa uriku wa nuthu mita.
6. Ongerera lita ithano cia muhu.
7. Thutha ucio, ongerera thumu wa ng'ombe kana mburi kana nguku kana nguruwe kwa uriku ta fiti imwe.
8. Ongerera maragara mangi inguru ta nuthu mita.
9. Ongerera lita ithano cia muhu.
10. Ongerera maragara maku nginya irima riaku rikirie kuiyura.
11. Wa muthia, humbura na tiiri nginya iria riiyure
12. Hindi iria urahumbira na tiri, handa kamuti nginya kahutie irimariaku gitina.
13. Eterera gwa kahinda ka thiku 90 kana mieri itatu.
14. Gwa kahida gaaka korwo ugithiriria thumu waku maai maku ma giiko. Ungikorwo ni ukuhota ona mathugumo ma mahiu maku uitiririe.
15. Mathugumo ni mateithagia kuongera nitrogen.
16. Geria guitagiriria maai na muthugomo kwa mahinda makuhi.
17. Thutha wa thiku mirongo kenda, thumu waku ugakorwo uri muhiu.

Tumira kamuti karia uhandire ta githimi giaku. Hindi iria thumu waku wahia, wagiririrwo gukorwo wi muhiu na wacomora kamuti niwagirirwo ni kurata ndogo ya urugari.

Uhuthiri wa thumu waku wa mborera:

Warikia kuhariria marima maku ma mbembe kana muhia kana o mimera iria ingi urahanda, ikira thumu muigana wa m oko maku o hari o irima. Eterera wone maciaro!

Mazingira Bora



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Mkutano wa Nguzo wa TIST wa Baragu tarehe 7 Desemba 2021.

Inside:

TIST: Watumishi wa Nguzo wanaofanya kazi Kuelekea Kukamilika kwa 100%. Uku. 2

TIST: Wakati wa kuchukua kwa uzito, hatua dhidi ya covid-19. Uku. 4

Kutengeneza mbolea kutokana na mimea – mbolea ya kiasili. Uku. 6



TIST: Watumishi wa Nguzo wanaofanya kazi Kuelekea Kukamilika kwa 100%.

Kuanzia Agosti 2020, Watumishi wetu wa Kundi walianza kuangazia kuhesabu Kundi moja kwa wakati mmoja.

Mbinu hii ilikusudiwa kuhakikisha Vikundi vyote Vidogo katika Kundi vimehesabiwa na hivyo kuhitimu kupata faida ya Kaboni na Malipo ya Mapema.

Mbinu hiyo imesababisha Vikundi vingi Vidogo vilivyobaki nyuma katika Ukadiriaji vilianza kupokea na kufurahia malipo.

Ili Kikundi Kidogo kifuzu kwa malipo ya Hisa za Faida, kinahitaji kusahihishwa na kuwasilisha maelezo yake yote ya msingi; inapaswa kuwa na Uhakiki katika miezi 12 iliyopita; na wametia saina makubaliano ya mauzo ya Green House Gas (GhG).

Kwa malipo ya awali, GhG inahitajika; mwisho Quantification iwe ndani ya miezi 18 na iwe na zaidi ya miti 500.

Jedwali lililo hapa chini linaonyesha maendeleo ya Kuhesabu Makundi katika miezi 12 iliyopita.

Cluster	% Group Quantified 12 Months							
1	Amwamba	100%	28	Kibirichia	100%	55	Ngage	100%
2	Antubalinki	100%	29	Kiganjo	100%	56	Ngerechi	100%
3	Baranga	100%	30	Kilia	100%	57	Ngutu	100%
4	Chemaner	100%	31	Kimachia	100%	58	Njorua	100%
5	Churiu	100%	32	Kimahuri	100%	59	Njuthine	100%
6	Gakurungu	100%	33	Kimandi	100%	60	Nkando N	100%
7	Gatakaini	100%	34	Kithare	100%	61	Nkumbo	100%
8	Gatangine	100%	35	Kitheo	100%	62	Nthare	100%
9	Gatulani	100%	36	Koonju	100%	63	Nyakinyua	100%
10	Giaki	100%	37	Kunene	100%	64	Nyambugichi	100%
11	Gitimene	100%	38	Kutete	100%	65	Ontilili	100%
12	Ichuga	100%	39	Kwajebi	100%	66	Ragati	100%
13	Iviani	100%	40	Magomano	100%	67	Riakimai	100%
14	Kagongo	100%	41	Makandi	100%	68	Rianjuki	100%
15	Kahiga	100%	42	Mbaranga	100%	69	Ruiri	100%
16	Kaliene	100%	43	Mia Moja	100%	70	Rukindu	100%
17	Kaluluini	100%	44	Mitheru	100%	71	RwongoRwaNyanki	100%
18	Kamwiyendei	100%	45	Miwani	100%	72	Sirimon	100%
19	Kangeta	100%	46	Muhotetu	100%	73	Thiira	100%
20	Karama	100%	47	Mukameni	100%	74	Tubui	100%
21	Karega	100%	48	Mukunga	100%	75	Vota	100%
22	Kathwene	100%	49	Mulathankari	100%	76	Wanduhi	100%
23	Kaubau	100%	50	Munyu	100%	77	Warazo Jet	100%
24	Kiandiu	100%	51	Murichia	100%	78	Wiumiririe	100%
25	Kianungu	100%	52	Muthengera	100%	79	Ngeene	98%
26	Kiarigi	100%	53	Mwenje	100%	80	Kambiti	98%
27	Kiarutara	100%	54	Ndaka-ini	100%	81	Kinoru-Mukuuni	98%



82	Kibuline	98%	134	Igwanjau	88%	186	Manje Mbogo	67%
83	Kesogon	97%	135	Kiene	88%	187	Ntakani	67%
84	Burguret	97%	136	Luuria	88%	188	Kiengu	66%
85	Kigucwa	97%	137	Male	87%	189	Kiriogo	66%
86	Nthingini	97%	138	Maundu	87%	190	Gitombani	66%
87	Githima	97%	139	Mathingira	86%	191	Mwichiune	66%
88	Karaba-Mbeere	97%	140	Murika	86%	192	Ankamia	66%
89	Kianyaga	97%	141	Ngandu	85%	193	Kaathi	66%
90	Kaaga	97%	142	Kiamutugu	84%	194	Majira	65%
91	Kanyakine	96%	143	Rwanyange	84%	195	Kigane	65%
92	Mpuri	96%	144	Kiegoi	84%	196	Raichiri Podo	64%
93	Gieto	96%	145	Mwea	84%	197	Mituntu	64%
94	Nganoini	96%	146	Urru	84%	198	Chuma	61%
95	Njuruta	96%	147	Mitoro	83%	199	Kiirua	60%
96	Weruini	96%	148	Nchiru	83%	200	Mworoga	59%
97	Kagwuru	96%	149	Barangu	83%	201	Karaba	58%
98	Kandigi	96%	150	Thigaa	83%	202	MairoNne	58%
99	Wamura	95%	151	Ciothirai	83%	203	Athathi	58%
100	Kiraro	95%	152	Gachua	83%	204	Marmamet	57%
101	Ngano	95%	153	Chung'ari	82%	205	Karoki	56%
102	Burimaria	95%	154	Marega	82%	206	Tunyai	56%
103	Kiangondu	95%	155	Limauro	82%	207	Nkondi	55%
104	Manyatta	95%	156	Mwagu	81%	208	Limoro	55%
105	Sofia	95%	157	Rugeju	81%	209	Itangini	54%
106	Kawiru MCK	95%	158	Rubate	81%	210	Kakumini	53%
107	Antubochiu	94%	159	Mbajone	80%	211	Ntombo	52%
108	Mikunduri	94%	160	Gikumene	80%	212	Kiamathaga	51%
109	Nkungugu	94%	161	Thome	79%	213	Karurune	51%
110	Nyariginu	94%	162	Kamaroo	79%	214	Finley	50%
111	Kilango	94%	163	Baraka	78%	215	Mbogiti	50%
112	Machaku	94%	164	Murinya	78%	216	Pondo	50%
113	Lachiathuriu	93%	165	Ikumbo	78%	217	Nguruki	49%
114	Ugoti	93%	166	Ndunguri	77%	218	Ntugi	49%
115	Murungai	93%	167	Kithoka	75%	219	Marimba	48%
116	Mutamaiyu	93%	168	Kunati	75%	220	Kiambogo	48%
117	Kithithina	93%	169	Mururune	75%	221	Ciakanyinga	48%
118	Karumande	93%	170	Kibui	74%	222	Nturuba	48%
119	Kionyo	92%	171	Kingo	74%	223	Ngecha	47%
120	Kite	92%	172	Ndogino	73%	224	Subuiga	47%
121	Kapsara	92%	173	Lower Imenti Forest	73%	225	Karangi	47%
122	Magutuni	91%	174	Nthangathi	73%	226	Salama	47%
123	Silanga	91%	175	Mutanga	73%	227	Gaatia	45%
124	Boiman	91%	176	Makomboki	72%	228	Kairuni	44%
125	Igandene	91%	177	KiijaNkadone	72%	229	Naari	44%
126	Iriani	91%	178	Kagaene	72%	230	Kiandege	43%
127	MurukuPesi	90%	179	Kaanwa	71%	231	Kithitu	41%
128	Murungurune	90%	180	Karamtoni	71%	232	Kierera	40%
129	Mithuri	90%	181	Mumbuni	71%	233	Matakiri	39%
130	Mbirikene	89%	182	Kagumo	70%	234	Kiria	38%
131	Muthenge	89%	183	Ndurutu	70%	235	Ntharagwene	38%
132	Kamachege	88%	184	Gatura	68%	236	Itugururu	38%
133	Muruta	88%	185	Machikine	68%	237	Mwanika	38%



238 Ndalani	38%	256 Kianjagi	23%	274 MeriaMwangaza	10%
239 Kihingo	36%	257 Nyweri	21%	275 Tharu	8%
240 Makairo	36%	258 Kapsigiryo	20%	276 Athirugaiti	8%
241 Kamweline	33%	259 Runyenye	20%	277 Muriru	8%
242 Gatia-ini	32%	260 Katheri	19%	278 Miruriiri	7%
243 Kanjagi	30%	261 Muthambi	17%	279 Munyaka	7%
244 Kiahuko	30%	262 Kaguma	16%	280 Kithurine	7%
245 Mbiriata	30%	263 kiathathi	15%	281 Iriga	7%
246 Miathene	29%	264 Ikindu	15%	282 Muragara	7%
247 Test	29%	265 lbucha	14%	283 Athi	6%
248 Ntumburi	28%	266 Kirindini	14%	284 Maua	6%
249 Karia	27%	267 Mamba	14%	285 Githongo	5%
250 Kabachi	26%	268 Kiangua	13%	286 Atebwo	5%
251 Ukuu	26%	269 Kangaita	13%	287 Muchege	5%
252 Kiamiogo	25%	270 Kirimaitume	12%	288 Kamuthanga	5%
253 Njukiini	25%	271 Suguroi	12%	289 Kanjuu	3%
254 Karandi	24%	272 Karinga ga Nkoru	12%	290 Thuura	2%
255 Gatero	23%	273 Karima Kambicha	11%	291 Tandare	2%

TIST: Wakati wa kuchukua kwa uzito, hatua dhidi ya covid-19.

Kuaanzia Desemba mwaka jana, kiwango cha maambukizi ya Covid-19 kilianza kupanda tena. Nchi hiyo katika miezi ya awali ilikuwa na viwango vya chini vya maambukizi ambavyo viliilazimu Serikali ya Kenya kulegeza baadhi ya hatua za kuzuia kama vile kutotoka nje usiku.

Kuibuka kwa lahaja mpya ya covid-19 inayojulikana kama Omicron kumesababisha hofu mpya katika jamii na katika sekta ya afya. Uchunguzi unaonyesha kuwa inaenea haraka zaidi kuliko anuwai zingine.

Tunahitaji kuchukua tahadhari zaidi na kuzingatia tahadhari. Hapa kuna baadhi ya miongozo yenye manufaa.

Hatua za Usalama Binafsi KWA WAKULIMA NA WATUMISHI WA KALA.

- Pata Chanjo.

Uchunguzi umeonyesha kuwa watu ambao wamechanjwa dhidi ya Covid-19

huwa wagonjwa kidogo wanapoambukizwa na ugonjwa huo. Katika wiki nyingi baada ya Wakenya kuanza chanjo, watu waliochanjwa walikuwa na uwezekano mdogo wa kulazwa hospitalini ikilinganishwa na wale ambao hawakuchanjwa.

Ingawa kupata chanjo ni kwa hiari, tunahimiza kila mtu katika familia ya TIST kupokea chanjo kamili ya covid-19.

- Vaa kinyago cha uso.

Kumbuka hili ni hitaji la kisheria na kiusalama. Ni kinyume cha sheria kuwa katika maeneo ya umma bila barakoa. Tunapaswa kuvaa barakoa kila wakati.

Kwa Mtumishi wa Nguzo na Wakulima wa TIST ni muhimu kuvaa barakoa safi na isiyo na dawa. Iwapo utanunua kinyago cha kitambaa, tafadhali hakikisha umekiosha kwa sabuni na baadhi ya dawa za kuua vijidudu kama vile Dettol kabla ya kukitumia.

**- Weka umbali wa kijamii.**

Ingawa Serikali imepunguza marufuku ya mikusanyiko ya kijamii, ni muhimu tuendelee kuzingatia umbali wa kijamii hasa sasa kutokana na tofauti mpya.

WHO katika ripoti ya hivi punde ilisema lahaja hiyo mpya inaenea kwa haraka zaidi kuliko lahaja zingine zilizopita.

Kama Mkulima wa TIST au Mtumishi wa Nguzo, hakikisha unaepuka maeneo ya umma yenye watu wengi au ambapo kuna aina fulani ya mikusanyiko ya kijamii.

Unapokutana na Mkadiriaji/Mkulima, au mtu mwingine yeyote huko nje, tafadhali weka umbali halisi wa 1.5 - 2 m.

- Nawa mikono yako.

Hakikisha unanawa mikono kwa maji yanayotiririka na sabuni mara nyingi iwezekanavyo kwa siku. Beba na chupa ya maji safi na sabuni. Ukiweza, nunua Sanitizer inayopendekezwa.

Kumbuka kunawa mikono kabla ya kusafiri na baada ya safari. Na pia ikiwa nyuso za kugusa katika jengo la umma au nyumba za watu

Ni muhimu kwa Watumishi wa Cluster kusafishia vifaa vyako vya kufanya kazi kila mara. (Tafadhali kuwa mwangalifu usiwaharibu)

- Epuka kupeana mikono.

Inapendekezwa sana uepuke kushikana mikono.

- Jaribu kadri uwezavyo kutembea, kutumia baiskeli, au kutumia pikipiki moja ya abiria.

Serikali katika siku za hivi karibuni ililegeza miongozo kuhusu usafiri wa umma. Hata hivyo, kwa usalama wetu, tunapaswa kupunguza mawasiliano ya kijamii tunapoendesha usafiri wa umma.

- Ikiwa huna afya ...

Ikiwa unajisikia vibaya, kwa sababu yoyote, tafadhali acha kufanya quantifications na kwenda shambani (kwa mtumishi wa Cluster). Ikiwa una dalili za mafua kama vile kikohozi kikavu, homa, kupumua kwa shida, n.k. tafadhali, kwanza jitenge na wanafamilia na wengine unapotafuta matibabu.

Dalili hizi HAIMAANISHI kuwa una Covid-19. Lakini ni muhimu kumwita mtaalamu wa matibabu. Usijitendee mwenyewe nyumbani au kutumia dawa za mitishamba ambazo hazijathibitishwa.

Ushauri na mapendekezo mengine.**- Epuka kueneza habari za uwongo**

Kama Mkulima wa TIST na mwakilishi shambani, tafadhali USITUMIE habari zisizothibitishwa au za uwongo ama kwa mdomo au kushiriki kupitia SMS au WhatsApp au Facebook. Ni muhimu ujisasishe na taarifa za Serikali ili taarifa yoyote unayoshiriki iwe sahihi na sahihi.

- Acha kuhesabu mahali ambapo eneo limeripoti kesi.

Tunawahimiza Watumishi wa Cluster kuacha kufanya ukadiriaji na kumfahamisha mwanachama yeyote wa LC kisa cha Covid-19 kinaporipotiwa katika eneo lolote ambalo unafanya ukadiriaji.

NB: Kinga ni bora kuliko tiba.



Kutengeneza mbolea kutokana na mimea – mbolea ya kiasili.

Mboleo ya majani ni mbolea ya kiasilia ya kusaidia mimea yako kukua. Ni bora zaidi ya mbolea za viwanda kwani ni ya kiasili na haina athari za kuumiza mimea na mazingira. Kuna njia nyingi za kutengeneza mbolea, lakini njia ifuatayo imekuwa saidifu katika baadhi ya maeneo. Uliza majirani zako katika cluster yako ni gani imewaonekana.

Utarishaji wa mbolea:

- 1) Chagua eneo lenye upana wa mita nne na urefu wa mita nne la kuchimba shimo lako la taka
- 2) Fagia sehemu hiyo
- 3) Chimba shimo la mduara lenye upana wa mita tatu au nne na mita moja na nusu kina.
- 4) Kusanya masala yote ya mimea uliyo nayo na uyakate kuwa sehemu ndogo ndogo (kwa mfano majani na mashina ya mahindi, mtama, maharagwe)
- 5) Weka masala haya ya mimea katika shimo ilo hadi kina cha nusu mita.
- 6) Halafu ongeza lita tano za jivu
- 7) Halafu uongeze centimita thelathini (ama kiwango kilichopo) za kinyesi cha mifugo (kwa mfano kinyesi cha nguruwe, ng'ombe, mbuzi au kuku).
- 8) Ongeza safu nyingine ya majani ya mimea na mashina (nusu mita)
- 9) Ongeza lita zingine tano za jivu.

- 10) Ongeza majani na mashina tena hadi shimo likaribie kujaa.
- 11) Hatimaye, ongeza safu ya udongo hadi shimo lijae.
- 12) Unapokuwa ukiweka udongo shimoni, ingiza fimbo ndefu katikati mwa shimo hadi ifike chini ya shimo.
- 13) Liache shimo la taka kwa miezi mitatu (siku tisini).
- 14) Katika kipindi hiki tumia maji yako machafu kuweka katika shimo hili. Kwa mfano, baada ya kuosha nguo au nyumba, yamwage maji uliyotumia juu ya shimo. Ikiwa una mifugo waweza pia kumwaga mikojo ya mifugo juu ya shimo.
- 15) Jambo hili litaongeza naitrojeni kwa mboleo yako.
- 16) Jaribu kuweka maji kila siku kwa njia hii, ama wakati maji yapo.
- 17) Baada ya siku tisini mbolea itakuwa tayari.

Tumia fimbo kama kipima joto – mbolea inapokuwa tayari lazima iwe na joto na waweza kuona mvuke ukitoka kwa fimbo hiyo baada ya kuitoa.

Matumizi ya mbolea hii:

Ukishachimba mashimo yako ya kupanda mahindi, mtama au mimea mingine, ongeza mboleo kiwango kinachotoshea katika kiganja chako katika kila shimo. Angalia ili kujua matokeo!

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.*



Mkutano wa Nguzo wa TIST wa Baragu tarehe 7 Desemba 2021.

Inside: TIST: Athukumi ma ngwatanio kuthukumwa na kieleelo kya kumina 100%. Page 2

TIST: Ni ivinda ya kwosa na uito matambya iulu wa muimu wa korona (COVID - 19). Page 4

Kuseuvya vuu wa yiima - Vuu ute na kemikoo. Page 6



TIST: Athukumi ma ngwatanio kuthukumwa na kieleelo kya kumina 100%.

Kwambia mwai wa nyaanya athukumi maitu ma ngwatanio nimambiie na kieleelo kya kuthiana na kuvitukithya kila ngwatanio imwe kwa ivinda.

Mwolooto uyu ni kuikiithya kila kakundi ke nthini wa gwatanio nikakwata kuthianwa na kuvitukithya nikana kukwata uai wa vaita wa nzeve itavisaa na ndivi sya aluvasi.

Mwolooto uuyu ni wonete tukundi twingi tula tunatiawana itina ivinda ya kuthianwa na kuvitukithw'a tuuyambiia ukwata ndivi na kwambiaa umitania.

Vaa itheo vena ngwatanio ila mbitukithye nhini wa myai mithelu 12.

Ngwatanio	% ya ngwatanio ila mbitukithye itina wa myai 12							
1	Amwamba	100%	29	Kiganjo	100%	57	Ngutu	100%
2	Antubalinki	100%	30	Kilia	100%	58	Njorua	100%
3	Baranga	100%	31	Kimachia	100%	59	Njuthine	100%
4	Chemaner	100%	32	Kimahuri	100%	60	Nkando N	100%
5	Churiu	100%	33	Kimandi	100%	61	Nkumbo	100%
6	Gakurungu	100%	34	Kithare	100%	62	Nthare	100%
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10	Giaki	100%	38	Kutete	100%	66	Ragati	100%
11	Gitimene	100%	39	Kwajebi	100%	67	Riakimai	100%
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23	Kaubau	100%	51	Murichia	100%	79	Ngeene	98%
24	Kiandiu	100%	52	Muthengera	100%	80	Kambiti	98%
25	Kianungu	100%	53	Mwenje	100%	81	Kinoru-Mukuuni	98%
26	Kiarigi	100%	54	Ndaka-ini	100%	82	Kibuline	98%
27	Kiarutara	100%	55	Ngage	100%	83	Kesogon	97%
28	Kibirichia	100%	56	Ngerechi	100%	84	Burguret	97%

Kwa kakundi kaninini kuvitukithya kwambiia kuaiwa vaita, nikaile kwithiwa na uvoo wako wimunengane na nikaile ithiwa kathianitwe na kuvitukithw'a nthini wa myai 12 mivitu, na ka kwikia sai wiw'ano wa uta na Green House Gas (GhG)..

Kwa ndivi ya aluvasi, GhG niyendekaa, kuvitukithw'a kuvituku kwaile ithiwa thini wa myai 18 na kwaile ithiwa na miti mbee wa.



85	Kigucwa	97%	137	Male	87%	189	Kiriogo	66%
86	Nthingini	97%	138	Maundu	87%	190	Gitombani	66%
87	Githima	97%	139	Mathingira	86%	191	Mwichiune	66%
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118	Karumande	93%	170	Kibui	74%	222	Nturuba	48%
119	Kionyo	92%	171	Kingo	74%	223	Ngecha	47%
120	Kite	92%	172	Ndogino	73%	224	Subuiga	47%
121	Kapsara	92%	173	Lower Imenti Forest	73%	225	Karangi	47%
122	Magutuni	91%	174	Nthangathi	73%	226	Salama	47%
123	Silanga	91%	175	Mutanga	73%	227	Gaatia	45%
124	Boiman	91%	176	Makomboki	72%	228	Kairuni	44%
125	Igandene	91%	177	KijjaNkadone	72%	229	Naari	44%
126	Iriani	91%	178	Kagaene	72%	230	Kiandege	43%
127	MurukuPesi	90%	179	Kaanwa	71%	231	Kithitu	41%
128	Murungurune	90%	180	Karamtoni	71%	232	Kierera	40%
129	Mithuri	90%	181	Mumbuni	71%	233	Matakiri	39%
130	Mbirikene	89%	182	Kagumo	70%	234	Kiria	38%
131	Muthenge	89%	183	Ndurutu	70%	235	Ntharagwene	38%
132	Kamachege	88%	184	Gatura	68%	236	Itugururu	38%
133	Muruta	88%	185	Machikine	68%	237	Mwanika	38%
134	Igwanjau	88%	186	Manje Mbogo	67%	238	Ndalani	38%
135	Kiiene	88%	187	Ntakani	67%	239	Kihingo	36%
136	Luuria	88%	188	Kiengu	66%	240	Makairo	36%



241 Kamweline	33%	258 Kapsigiryo	20%	275 Tharu	8%
242 Gatia-ini	32%	259 Runyenye	20%	276 Athirugaiti	8%
243 Kanjagi	30%	260 Katheri	19%	277 Mururu	8%
244 Kiahuko	30%	261 Muthambi	17%	278 Miruriiri	7%
245 Mbiriata	30%	262 Kaguma	16%	279 Munyaka	7%
246 Miathene	29%	263 kiathathi	15%	280 Kithurine	7%
247 Test	29%	264 Ikindu	15%	281 Iriga	7%
248 Ntumburi	28%	265 Ibucha	14%	282 Muragara	7%
249 Karia	27%	266 Kirindini	14%	283 Athi	6%
250 Kabachi	26%	267 Mamba	14%	284 Maua	6%
251 Ukuu	26%	268 Kiangua	13%	285 Githongo	5%
252 Kiamiogo	25%	269 Kangaita	13%	286 Atebwo	5%
253 Njukiini	25%	270 Kirimaitume	12%	287 Muchege	5%
254 Karandi	24%	271 Suguroi	12%	288 Kamuthanga	5%
255 Gatero	23%	272 Karinga ga Nkoru	12%	289 Kanjuu	3%
256 Kianjagi	23%	273 Karima Kambicha	11%	290 Thuura	2%
257 Nyweri	21%	274 MeriaMwangaza	10%	291 Tandare	2%

TIST: Ni ivinda ya kwosa na uito matambya iulu wa muimu wa korona (COVID - 19).

Kwambiaa Decemba mbituku, kukwatania kwa uwau uu kuendee na kwongeleka ingi. Nthini wa myai mivituku Nthi ya kenya inai inambiia ukusiaa utalo munini wa kukwatania kwa uwau uu kila kyatumie silikali ileelya mawalanio mayo ma kuola uwau uu ta masaa ma utuku ma curfew kuvetwa.

Kumila kwa muthemba mweu wa korona ula ukwitwa Omicron nikuetete w'ia katikati wa mbai na muveani wa uima wa mwii. Nundu muthemba uyu wionekana kuyaiika kwa mitukui kwimithemba ila ingi.

Nitwaile kwisuvia munangango na kuatiia matambya ala mevo kusiiia ikua yii ya omicron.

Nzia imwe sya kwisuvia kwa aimi na athukumi ma ngwatanio

- Nzanzwa.

Ukunikili wionania kana andu ala anzanze (atonye singano wa kwisiania na korona)

maina waanga na kukwatwa ni korona muno. Itina wa sumwa mbingi kuma kenya yambiia utonyana nzanzo ino, andu ala anzanze vena vinya kukoma sivali ona mawaa uisianisya na ala mate anzanze..

Onakau kunzanwa ni ngenda, twithuthya kila umwe witu nthini wa TIST na musyi wake manzanzwe.

- Ikia kitambaa kya uhyu (mask).

Lilikana kana ino ni nzia imwe ya kwisiania na uwau uu na ni uvathukanu na miao kwithiwa katitikati wa andu kana kuna kwi na andu aingi utamikiite, Nitwaile ikia mask kila ivinda.

Kwa anthukumi ma ngwatanio na aimi ma TIST ni undu wa vata kwikia mask theu na ila ivuitwe na kuiitwa ethiwa ni a kitambaa mbee wa mumitumia.

**- Ikiithya nimwekala mutaanisye.**

Onakau silikali nileeletye miao ya kukomana andu syanthini ni useo kuendee kwikala tutaniisye ivindani yii kumbukie muvai ungi wa ikua yii ya korona.

Ngwatanio ya uima wa mwii nthii yonthe WHO nikwasya kana muavi uu mweu winyaiika kwa mituki muno kute mivai ila ingi.

Ta muimi wa TIST kana muthukumii wa ngwatanio, ikiithya niweevathana na kula kwina andu aingi na kula kwina syathi.

Wakomana na muvitukithya/muimi, kana mundu ungi ikiithya nimwekala mutaanisye itambya na nusu kana matambya eli.

- Thamba Moko.

Ikiithya niwathamba moko na kiw'u kitikite na savuni mavinda maingi undu vatonyeka kwa muthenya. Ikuie kiw'u kitheu na savuni. Ethiwa nutonya kuu sanitisa kua yo.

Lilikana kuthamba moko mbee wa kulika ngalini na itina wa kuma, na ingi ethiwa niwalika kundu kwa andu aingi na wakwatanga kundu.

Ni useo kwa athukumi ma ngwatanio kuthesya miio yoo na sanitisa yila meuthukuma kaingi (kwandaia suvia kwananga miio ino).

- Ekana na ngethi sya moko.

Niuseo kuola na kulea ukethyana na moko.

- Kaingi tembe na mauuu kana utumie kisuululu ma kana utumie kamota ka mukuwa umwe kw aivinda.

Mbeeni silikali ninavetangie walanio wa ngali kukua itausisye. Onakwau kwa kwisuvia nitwaile uola kuthengeania yila tukuitwe ni mitokaa ya public.

- Ethiwa nukwiw'a nai.

Weew'a nai kwa kitumi ona kiva eka kuthi miundani kwika uvitukithya ethiwa wi muthukumi wa ngwatanio.

Ethiwa wiiw'a wina ikua ta kukooa, uvyuvu, kuemwa ni kuveva na uleelu wa mmutha, kwa ndaia ovathe kuma anduni ala angi na uthi sivitali.

Ethiwa mamonanyo aya tima Covid -19. Indi ni useo kwita muiiti ndukeyiite na ndawa itekueleeka.

Motao angi na ndeto ya kwaka.**- Eka kutangaasa ndeto itena uw'o**

ta muimi wa TIST kana muthukumi wa ngwatanio ya TIST, kwandaia ndukanyaiikye ndeto sya uvungu kana ndeto ite ndikiithye, kwa nzia ya kuneena, kutuma utumani simuni, kwa Whatsapp kana facebook. Ni useo ukekala wimanyithitye na uvoo wa silikali kana undu silikali ikwasya nikana kunengani uvoo wina uw'o.

Ekana na uthiani na uvitukithya kisioni kila mundu wina uwauu uu wa Covid.

Twithuthya athukumi ma ngwatanio kuungamia wia isioni ila syeethiwa na uwau uu wa korona na uitavya memba wa LC yila wawetwa kisioni kila ukwika uthiani.

Manya: Kusiia ni kuseo kute kuiitya.



Kusevya vuu wa yiima - Vuu ute na kemikoo.

Vuu wa yiima ni vuu usevitw'e vate ndawa na mimea kuma muundani na nutumaa mimea yiana nesa. Ni museo kwi vuu wa kuuu ula wina kemikoo nundu niwakuma mniemani na niwamana ti wakuu na nwanangaa liu kana mawithyululuko ta vuu /vatalisa wa kuuu. Ve nzia mbingi sya usevya vuu uyu, lakini ve nzia imwe nzeango kwi syothe isioni imwe. Kulya mutui waku wa ngwatanio yenyu kila kithukumite nesa kwoo.

usevya vuu wa yiima.

- 1) Kusakua kisio kya matambya 4 x 4m na kwisa yiima.
- 2) Enga kisio.
- 3) Inza yiima uthathau wa 3 - 4m na 1.5uliku.
- 4) Kolany'a matialyo ma mavemba, muvya, mavoso na uutilanga tulungu tuniini.
- 5) Ikiya yiimani itumie uliku wa 0.5m.
- 6) Ikiya muu wa lita itano.
- 7) Ongela kyaa kya indo ethiwa kivo kya uliku wa 30cm ethiwa vaii oundu kiana (uyu ni vuu wa nguluwe, ng'ombe, mbui kana nguku).
- 8) Ongela matu na makusa uliku ungi wa 0.5m.
- 9) Ikiya muu ungi wa lita itano.

10) Ongela matu na makusa withie yiima notayausua.

11) Ususya yiima na muthanga.

12) Uyususya yiima ikia muti muasa kati withie utinite yiimani ungu.

13) Eka yiima yiu yiyiue vandu va myai itatu kana mithenya miongo kenda.

14) Ivindani yii yonthe osaa kiw'u kila kina kiko uketa vo ngelekany'o kila wavua nakyo kana kuthambya miio. Ethywa wina maumao ma indo no wite vo.

15) Kii nikyongelaanzeve ya Nitrogen nthini wa vuu.

16) Tata navinya ungithye yima yii kila muthenya kwa nzia ila utonya.

17) Itina wa mithenya miongo keenda vuu wiithiwa wi tayali.

Tumia muti uyu wikati ta kithimi kya uvyuvu. Vuu wasuva ukeethiwa wimuvyu na nowone muti uuyu waumya uitoa.

Utumii wa Vuu wa yiima.

wenza maima ma uvanda mbemba, muvya kana o mimea ingi ikia ngundi imwe ya vuu kila yiimani. Syaaisya wone kila ukwata kuma vo!

Mazingira Bora



TIST

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

Kipsigis Version

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



Mkutano wa Nguzo wa TIST wa Baragu tarehe 7 Desemba 2021.

Inside: TIST: Kiboitinikab kilasta ko boisie koiti bogol en bogol (100%) asi kowong' boisionik. Page 2

TIST: Kasarta ne nyolu keib kokwoutik che kimen che kikgirindo miondab Korona COVID-19. Page 4

Ketoo keturrek chebo minutik. Page 6



TIST: Kiboitinikab kilasta ko boisie koiti bogol en bogol (100%) asi kowong' boisionik.

En kanametab arawetab Roptui (Arawetab Sisit), ko kiinam kiboitiniab Kilastaisiek kotokyigee koitosiek en Kilastait agenge agoi age.

Kokwoutioni ko kitokyinge keityi koitet en Kurupisiek che Mangechen tugul en Kilastaisiek asi komuch konyorchige pjeutigab Aldaetab koristo ak lipanosiek che taa.

Kokwoutioni ko kikomugtechi Kurupisiek che mengechen che kikakoba let en koitosiek koonam konyorchigee ak koboiboenchi melekwechoton.

Meset ne legem yuk o aroru akobo Koitosiek en Kilastaisiek ak ole kicotesta taa en arawek 12 che ko kosirto.

Asi komuch konyorchigee Kurupit ne Ming'in Pjeutikab Melekwak, ko nyolu kogeer kole miten komie arorutikab tugukwak ak kiyogto, nyolu ko kikonyor koitet en arawek 12 che kogosirto, ako nyolu ko kikonde seei anan siyet koyonchinet ak Green House Gas (GnH) chebo aldaet.

Lipanosiek che taa kenyoru yon ka keyai koyonchinet ak GhG ak yon kakeyai koitosiek en arawek 18, ako nyolu kotindo ketik 500.

Cluster	% Group Quantified 12 Months				
1	Amwamba	100%	27	Kiarutara	100%
2	Antubalinki	100%	28	Kibirichia	100%
3	Baranga	100%	29	Kiganjo	100%
4	Chemaner	100%	30	Kilia	100%
5	Churiu	100%	31	Kimachia	100%
6	Gakurungu	100%	32	Kimahuri	100%
7	Gatakaini	100%	33	Kimandi	100%
8	Gatangine	100%	34	Kithare	100%
9	Gatulani	100%	35	Kitheo	100%
10	Giaki	100%	36	Koonju	100%
11	Gitimene	100%	37	Kunene	100%
12	Ichuga	100%	38	Kutete	100%
13	Iviani	100%	39	Kwajebi	100%
14	Kagongo	100%	40	Magomano	100%
15	Kahiga	100%	41	Makandi	100%
16	Kaliene	100%	42	Mbaranga	100%
17	Kaluluini	100%	43	Mia Moja	100%
18	Kamwiyendei	100%	44	Mitheru	100%
19	Kangeta	100%	45	Miwani	100%
20	Karama	100%	46	Muhotetu	100%
21	Karega	100%	47	Mukameni	100%
22	Kathwene	100%	48	Mukunga	100%
23	Kaubau	100%	49	Mulathankari	100%
24	Kiandiu	100%	50	Munyu	100%
25	Kianungu	100%	51	Murichia	100%
26	Kiarigi	100%	52	Muthengera	100%
			53	Mwenje	100%
			54	Ndaka-ini	100%
			55	Ngage	100%
			56	Ngerechi	100%
			57	Ngutu	100%
			58	Njorua	100%
			59	Njuthine	100%
			60	Nkando N	100%
			61	Nkumbo	100%
			62	Nthare	100%
			63	Nyakinyua	100%
			64	Nyambugichi	100%
			65	Ontilili	100%
			66	Ragati	100%
			67	Riakimai	100%
			68	Rianjuki	100%
			69	Ruiri	100%
			70	Rukindu	100%
			71	RwongoRwaNyanki	100%
			72	Sirimon	100%
			73	Thiira	100%
			74	Tubui	100%
			75	Vota	100%
			76	Wanduhi	100%
			77	Warazo Jet	100%
			78	Wumiririe	100%



79	Ngeene	98%	132	Kamachege	88%	185	Machikine	68%
80	Kambiti	98%	133	Muruta	88%	186	Manje Mbogo	67%
81	Kinoru-Mukuuni	98%	134	Igwanjau	88%	187	Ntakani	67%
82	Kibuline	98%	135	Kiene	88%	188	Kiengu	66%
83	Kesogon	97%	136	Luuria	88%	189	Kiriogo	66%
84	Burguret	97%	137	Male	87%	190	Gitombani	66%
85	Kigucwa	97%	138	Maundu	87%	191	Mwichiune	66%
86	Nthingini	97%	139	Mathingira	86%	192	Ankamia	66%
87	Githima	97%	140	Murika	86%	193	Kaathi	66%
88	Karaba-Mbeere	97%	141	Ngandu	85%	194	Majira	65%
89	Kianyaga	97%	142	Kiamutugu	84%	195	Kigane	65%
90	Kaaga	97%	143	Rwanyange	84%	196	Raichiri Podo	64%
91	Kanyakine	96%	144	Kiegoi	84%	197	Mituntu	64%
92	Mpuri	96%	145	Mwea	84%	198	Chuma	61%
93	Gieto	96%	146	Urru	84%	199	Kiirua	60%
94	Nganoini	96%	147	Mitoro	83%	200	Mworoga	59%
95	Njuruta	96%	148	Nchiru	83%	201	Karaba	58%
96	Weruini	96%	149	Barangu	83%	202	MairoNne	58%
97	Kagwuru	96%	150	Thigaa	83%	203	Athathi	58%
98	Kandigi	96%	151	Ciothirai	83%	204	Marmamet	57%
99	Wamura	95%	152	Gachua	83%	205	Karoki	56%
100	Kiraro	95%	153	Chung'ari	82%	206	Tunyai	56%
101	Ngano	95%	154	Marega	82%	207	Nkondi	55%
102	Burimaria	95%	155	Limauro	82%	208	Limoro	55%
103	Kiangondu	95%	156	Mwagu	81%	209	Itangini	54%
104	Manyatta	95%	157	Rugeju	81%	210	Kakumini	53%
105	Sofia	95%	158	Rubate	81%	211	Ntombo	52%
106	Kawiru MCK	95%	159	Mbajone	80%	212	Kiamathaga	51%
107	Antubochiu	94%	160	Gikumene	80%	213	Karurune	51%
108	Mikunduri	94%	161	Thome	79%	214	Finley	50%
109	Nkungugu	94%	162	Kamaroo	79%	215	Mbogiti	50%
110	Nyariginu	94%	163	Baraka	78%	216	Pondo	50%
111	Kilango	94%	164	Murinya	78%	217	Nguruki	49%
112	Machaku	94%	165	Ikumbo	78%	218	Ntugi	49%
113	Lachiathuriu	93%	166	Ndunguri	77%	219	Marimba	48%
114	Ugoti	93%	167	Kithoka	75%	220	Kiambogo	48%
115	Murungai	93%	168	Kunati	75%	221	Ciakanyinga	48%
116	Mutamaiyu	93%	169	Mururune	75%	222	Nturuba	48%
117	Kithithina	93%	170	Kibui	74%	223	Ngecha	47%
118	Karumande	93%	171	Kingo	74%	224	Subuiga	47%
119	Kionyo	92%	172	Ndogino	73%	225	Karangi	47%
120	Kite	92%	173	Lower Imenti Forest	73%	226	Salama	47%
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130	Mbirikene	89%	183	Ndurutu	70%	236	Itugururu	38%
131	Muthenge	89%	184	Gatura	68%	237	Mwanika	38%



238 Ndalani	38%	256 Kianjagi	23%	274 MeriaMwangaza	10%
239 Kihingo	36%	257 Nyweri	21%	275 Tharu	8%
240 Makairo	36%	258 Kapsigiryo	20%	276 Athirugaiti	8%
241 Kamweline	33%	259 Runyenye	20%	277 Muriru	8%
242 Gatia-ini	32%	260 Katheri	19%	278 Miruriiri	7%
243 Kanjagi	30%	261 Muthambi	17%	279 Munyaka	7%
244 Kiahuko	30%	262 Kaguma	16%	280 Kithurine	7%
245 Mbiriata	30%	263 kiathathi	15%	281 Iriga	7%
246 Miathene	29%	264 Ikindu	15%	282 Muragara	7%
247 Test	29%	265 Ibucha	14%	283 Athi	6%
248 Ntumburi	28%	266 Kirindini	14%	284 Maua	6%
249 Karia	27%	267 Mamba	14%	285 Githongo	5%
250 Kabachi	26%	268 Kiangua	13%	286 Atebwo	5%
251 Ukuu	26%	269 Kangaita	13%	287 Muchege	5%
252 Kiamiogo	25%	270 Kirimaitume	12%	288 Kamuthanga	5%
253 Njukiini	25%	271 Suguroi	12%	289 Kanjuu	3%
254 Karandi	24%	272 Karinga ga Nkoru	12%	290 Thuura	2%
255 Gatero	23%	273 Karima Kambicha	11%	291 Tandare	2%

TIST: Kasarta ne nyolu keib kokwoutik che kimen che kikgirindo miondab Korona COVID-19.

En taunetab arawetab Kipsundet ne Tai (Taman ak Oeng') ko kokonaam kwo barak miondab Korona kokeny. Ko mii ng'wony letaetab korona en emet en arawek che kokosirto ne kiikochi serikalitab Kenya kotustus ng'atutik che tinyagee ak teretab letaetab korona en emet cheu ne kimakechondo kemnda sang' en saisiekab kemoi.

Taunetab gee nebo itonda ne leel nebo korona ne kigureen Omicron ko kokoib kamusiet neo missing en emet ak komostab tililindo. Iboru chigilisiet kole itondab korona inoton ko letoigee en chepchepindo ne mi barak missing' kosir che kibo taa.

Nyolu keib kokwoutik che kimen ak kisib kotikonet ne kokiko. Ichochu ko alak en tuguk cheimu che kotoretech:

Kokwoutik chebo chito agetugul chebo temik ak kiboitinikab kilastaisiek.

- Nyorun chanjchanet.

Iboru chigilisiet kele biik che kigechanjchan chebo korona ko uui asikonyor miondo. En

wikisiek che chang' kong'eteen kin kinaam ke chanychan biik en Kenya, ko kiibot kele biik che kikichnaychan ko ma nyumnyum konyor miondab korona ingekerchin ak biik che tomo konyor chanjo.

Anganda kenyorchigee chanjo ko tienggee chi, kecheere biik tigul en TIST konyorchigee chanjo tugul chebo korona.

- Ilaach maskitab togoch.

Nai ile inoniito komii en ng'atutik ak makutikab ribeetab gee. Butetab ng'atutik iwendote ne komoswekab boror komailach maskitab togoch. Nyolu kilacha maskit en kasarta agetugul.

En kiboitinikab kilastaisiek ak temik k obo komonutiet ilach maskit ne tilil ago ne kakitilil ak kerichek. Nda iole maskit ne kikinaben nguriet, ibwat imwet ak sabunit ak beek che tililen ak kerichek cheu Dettol kotomo iboisien.

**- Riip loindo.**

Nganda kokotustus serikali ng'atutikab tuiyosiek en komoswekab boror, k obo komonutiet kerib loindo missing' ko en nguni kakoit itondab miondo ne leel.

Mwoe Kibagenge nebo Tililndo en Ng'wony (WHO) kole mionoton ne leel ko letogee ne chepchepindo ne mi barak missing' kosir alak chekibo taa.

Koi temindet ana ko kiboitiotab kilastait, ikeer ile keloitu en olechang' biik en komoswekab boror itebii loindab keldo agenge ak kebeberiat (1.5 metres) akoi keliek oeng' (2 metres).

- Iun eunek.

Ibwat iun eunek iboisien beek che rondogee ak sabunit en abogora en betut. Iboten chuboitab beek ak sabunit. Angot imuche, ial sanitizer ne mwayat kele kararan.

Ibwat iun eut yon imondoi ak yon iitu en rutoiwek, ak kora yon ketiiny inatusiek en korik chebo boror anan ko korikab biik.

Bo komonuti en kiboitunikab kilastaisiek kotilil ole kiboisien en kasarta agetugul en abokora. (Kaigai rib ameng'em oloton).

- Bakach kokotiet.

Kikimite kele kaigai ibakach kokotietab eut.

- Yom iwe ak keldo anan iboisien bikibiki anan ko ko bikibiki neimuti chito agenge.

Kokotustus serikali en komoloo kokwoutikab banwekab oret. Nganda uu noton, ko en ribetab gee en echek, ko nyolu keistoengee

chiletab gee en banwekab oret yon kimii karisiek cheu matato.

- Angot ikass ko momie borto....

Nda ikosse ko ma kararan borto, amun en amuneisiek che nin, ko kaigai bakach kasitab koitosiek ak bonwekab mbarenik (en kiboitunikab kilastaisiek). Angot itindoi ting' oek cheu loliot ne yaamat, maat neo en borto, uindab kabuset, ak alak, ko kaigai itabaan gee korok en biikab kong'ung' ak biik alak olon icheng'e konyoiset.

Koborunoichu KO MOIBORU KOLE itindoi miondab Korona. Koobaten bo komonutiet ibirchi simoit konyoindet anan ko dakitari. Matinyagee en gaa ana iboisien kerichekab kipgaa.

Katikonutikalakak kotikonutik.**- Matilete logoiwek chebo lembech.**

Ko ii temindetab TIST ak koyoktoindet ne mbarenik, ko kaigai MAT ILETE logoiwek che tomo ke chigil komie anan ko chebo lembech imwa en kutit anan ko isirte en simoit anan ko WhatsApp anan ko facebook. Bo komonut inyoru logoiwek cheitindootin koyob serikali asimuch imwa logoiwek chebo iman ako che choton.

- Itelelsi koitosiek en koret ne kakimwa kele mi miondo.

Kichere kiboitunikab Kilastaisiek kotonosi koitosiek ak konaisi membayat agetugul nebo LC en kasata ne kabiit miondab korona en koret agetugul ne koyoen boisiet nebo koitosiek.

Nai ni: Kaigai keteer kosir kinya.



Ketoo keturrek chebo minutik.

Keturek ko toreti mising minutik kochok en ngungunyek. Ago kororonen amun motinye ngemet en rurutik ago nyumnyum kenyor ago motiye oliyet neo mising, motiye ngemet en agobo Itondab emet.

Miten anyun orinuwek chechang che kimuchi ketounen keturek en koborunet ne isibu ko kigoyomnda biik chechang temik. Otebenge en Kilasta ole kiboisoto biik alak.

Tounet ketoo kechob keturek.

1. Lewen ole imuchi ichoben keturek (4m by 4m).
2. Itilil yoton.
3. Bal keringet netinye kokwoutik 3m - 4m - 1.5m kochut orit.
4. Iyum anyun ngetunanikab imbar tugul ak itonaton komengegitun ak itorchi keringet chon ko kou (sogegab ketik mobekkab bandek, ngendek) ak alakau.
5. Torchi keringt koit 0.5m.
6. Tesin beekab 5ls chebo orek.
7. Tesin sorowekab tuga, neng, lgogenik kot koit 30cm.

8. Tesin ngetunanaik kot koit 0.5m.
9. Tesin beek 5ls chebo orek.
10. Testai itesi ngetunanik got konyi keringet.
11. Tesin baragut ngungunyek.
12. Ye itestai icheng bitoiyot ne koi ak ilumchi kwenutab keringet kot kotiny kwony.
13. Igomuny keringet kotar betusiek 90(orowek somok).
14. En kasariton tugul itestai itumchi beek chon kiunen tuguk en kaa. Ingot itinye tuga imuchi iyum sogororek asi itesi keringet.
15. Niton kotesin nitrogen.
16. Yai kouniton en betusiek tugul.
17. Ye kagobata orowek 3 ko koruriyo keturek.

Togunen burgeyet ne mi keringet.

Boisietab keturek:

Ye kagoit ichob imbaret inam ibal keringonik kosibgei ak minutik cheimoche igol. Keringet angenge koibe keturekab rubeito, rib anyun wolutik che bitunen imbarengu.