

Mazingira Bora



TIST

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

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Hon Dr. Noah Wekesa, Ben Henneke, KFS Deputy Monica Masange and Zonal Simon Wahome planting a tree at TIST Launch in Kitale. Zonal manager from Mt. Elgon Mr. Ombiri, USAID Mission Director Erna Kerst are in the background.

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Kisima Cluster – Our History.

By Isaac M. Munyua

In the year 2005, Mr. Henry Gituma, a TIST volunteer, attended TIST Kibirichia Small Groups meetings. He liked what TIST groups were doing and invited trainers to come to Kisima – our area. The same year, Gituma organized people to form groups, who later were trained and registered. The cluster was small to start: only two groups were registered in the year 2005. These first groups were Ndenda A – 2005KE 1099, and Ndenda B – 2005KE 1100.

In 2006, training and tree planting continued, and more groups joined.

Muthetu – 2006KE 1330, Ndurumuru farmers – 2006KE 508, Mijikenda – 2006KE 507 joined TIST.

By 2007, the seeds of the cluster began to take stronger root as Ndurumuru farmers – 2007KE 708, Ndurumuru B – 2007KE 795, Muguna kisima – 2007KE 204, Muguna kisima – 2007KE 224, Greenland afforestation – 2007KE664, Mwongera – 2007KE823, Weru SHG – 2007KE 835, Mbumi – 2007KE945, Kamantereki – 2007KE663, Mwega – 2007KE894, Murutu – 2007KE 946, and Ndurumuru farmers – 2007KE998 joined the cluster.

Growth continued, with new groups joining as they learned more about the good things TIST neighbors were doing. In 2008, Ndurumuru E – 2008KE 88 joined, while many groups joined in 2009. These included Center C – 2009KE 295, Center A – 2009KE 296, Center B – 2009KE 297, Denda D – 2009KE 299, Greenland C – 2009KE 300, Green E – 2009KE 301, Muguna group 2009KE309, Ngwatanaro B – 2009KE 317, Greenland D – 2009KE 302, Mbumi B – 2009KE 305, Muguna G – 2009KE 307, Muguna E – 2009KE 308, Muguna group – 2009KE 302, Ndurumuru B – 2009KE 312, Ndurumuru C – 2009KE 313, Ndurumuru E – 2009KE 314, Ndurumuru F – 2009KE 315, and Ngwatanaro – 2009KE 316.

The first quantification was done in October 2005. Mr. Gituma organized for this quantification, and some groups received their payment a year later.

In 2010 Kisima qualified to be a cluster with 37 groups. We still need to increase our tree number, from the 70,000 trees we have today, to reach the goal of 200,000 trees. We also are working on improving our reporting of cluster

meetings and cluster accounting using SMS reporting.

In 2011 we did our elections and we elected the followings.

1. Leader – Mr. Henry Gituma
2. Co-leader – Mr. Johnstone Kinoti
3. Accountability person – Mrs. Mercy Kagendo

We elected Mr. Gituma to be our leader because he is a person who has shown light to us as a volunteer from 2005 to this date.

He rotated out to pave way for Kinoti to be the leader, Mrs. Mercy Kagendo co-leader and Isaac as accountability person. In this way, we are developing leadership skills and benefiting from the strength of the many talented volunteers in our cluster. Mr. Gituma has promised to work with us and also assist when need be.

In the early years of TIST in our area, we faced a lot of challenges. Some people thought that tree payment was impossible when you still own trees. Some thought that money could be from devil worshipers. Today, farmers appreciate the important role they are playing in improving local and global climate. We want to be part of the generation that got rid of global warming of our planet Earth.

Mr Gituma shared with us a vision for our Cluster as follows;

1. Sustainability : He wants the cluster to be run in a smooth and efficient manner.
2. Good leadership : He has asked the future cluster leaders to follow TIST values and best practices.
3. Plant more indigenous trees. He has encouraged us to plant more indigenous trees in our farms and public places.
4. Practice C.F. (Conservation Farming): We should learn the importance of C.F. versus conventional farming.

We feel honoured to have this opportunity to be led by Mr. Gituma and also to learn from the best values he demonstrated.

We are glad that he has agreed to assist when need be. May God bless him mightily.

Isaac M. Munyua is an Accountability person, Kisima cluster.



TIST Expands to Mt Elgon.

“When you plant a tree, you help yourself and you help everyone else in the world.” Ben Henneke

The Hon. Dr. Noah Wekesa, Minister of Forestry and Wildlife in Kenya, hosted a celebration for the launch of TIST in the Mt. Elgon region on 19 January 2012. It was a celebration full of music and speeches in the Kitale showground where over 300 people greeted the Minister, the Director of the USAID Kenya Mission Erna Kerst, the Chairman of the KFS Board Professor Richard Musangi, Senior Deputy Director of KFS Monica Kalenda, Regional Commissioner Wilson Wanyanaga, USAID NRM Team Leader Azharul Mazumder and district commissioners, members of Parliament, KFS zonal managers and foresters. TIST farmers from Meru, Nanyuki, Naru Moro, Kinyaritha, Chugu and Ntugi made the trip in a matatu and were able to talk to

many people at the stadium and tell them about TIST first hand. Ben Henneke President of Clean Air Action Corporation and Vannesa Henneke of the Institute for Environmental Innovation, co-founders of TIST, also attended the event.

Minister Wekesa stated in his speech that the water towers, Mt. Kenya and Mt. Elgon being two of the five, are highly degraded and urgently require rehabilitation. He also stated the Kenya has been hard hit by the negative effects of climate change. “Areas that used to receive adequate rains are now receiving less rains that cannot support crop production. This has greatly affected the incomes of many farmers who rely on livestock and rain fed agriculture for their livelihoods.”

It was an exciting call to action for TIST farmers in a new area! More news next month about Mt. Elgon.

Many Clusters Have Now Started Moving Forward.

By Aaron Kaindio

TIST Small Groups members from many Clusters are happy to say that they’ve moved a step closer to the goal of Cluster self-governance, a goal they have been working toward over a long time, but intensively from the middle of 2010.

In Kigucwa Cluster, Small Group members have come to understand even more deeply how abiding by TIST Values is essential to creating a strong cluster.

We all know that TIST has already started funding our clusters with money so as to get stronger quickly. For this to achieve big results at low costs, Cluster Leaders who receive this monthly budget need to be honest accurate and transparent about how these funds are being used to serve the Cluster so it can become strong. Some best practices identified have been to use the budget

to travel to get the *Mazingira Bora* newsletter and vouchers, to buy airtime for leaders to coordinate with TIST staff and cluster members, and to give incentive to members who assist Quantifiers in Quantifications in the cluster. When the cluster works well together, we can find good ways to save money, so that a member may pick up TIST materials when they are headed to town for other business. This leaves us with more resources to accomplish big things.

Further, we need to hold each other mutually accountable and volunteer to serve each other so Clusters can move forward. You can now see how abiding by TIST Values will building a strong cluster, a growing community, and also a great nation.

Say YES to TIST values and build up your cluster!

Aaron Kaindio is a TIST Quantifier, Kiguchwa Cluster.



Seed collection and seedbed preparation Best Practices.

Which tree species should we grow in our area?

The best ones are those growing naturally in the area. Select trees that meet your needs. TIST particularly encourages fruit and indigenous trees. Remember, you are committing to keep your TIST trees in the ground for 30 years or more. Choose ones that will give you the benefits you need over this time: fruit, fodder, improved soil from reduced erosion or nitrogen from leguminous trees, firewood from thinned branches, and other benefits.

Are all trees good?

Not necessarily! Some may be difficult to control, be poisonous to your animals or use too much water. Choose ones you know will benefit your area.

Do trees produce seeds every year?

Most trees do, but observe your local trees to be sure. Some may only produce good quality seeds every 2-3 years.

Which is a good mother tree to collect seeds from?

- Collect seeds from healthy trees that are good seed producers.
- Avoid isolated trees. In this case the seed is likely to have been self-pollinated which leads to poorer quality seeds.
- Avoid unproductive trees and ones with a bad shape.
- It is better to choose a tree in the middle of a healthy group of trees of the same species.
- Seeds will be higher quality from trees with flowers that are spread out rather than packed closely together.
- The exact type of tree depends on what you want to use the tree for. For example, good trees for timber are straight, have few branches and are fast growing. Good trees for fodder should be fast growing, have many branches with multiple stems, and fast growing leaves with the ability to recover after being pruned. Good fruit trees should obviously have good quantities of healthy fruit!
- Try to choose seeds from a tree growing at the same altitude and soil type as where you want to plant.
- Choose a mature tree, not a young one.

When do we collect the seeds?

- Learn the time of the year when the seeds are ripe.
- Ask other local people or observe the tree yourself.
- Sometimes seeds are ripe when the fruit or pods change color, become dry, or break easily from the branch.
- Most seeds are ready for collection when they fall from the tree naturally.

How do we collect the seeds?

- It is helpful to clear the area around the bottom of the tree first. Many seeds can be collected from the ground. Inspect the seeds for insect damage.
- The tree can be climbed to collect the seeds, but take care!
- Some fruit dry open and disperse their seeds without falling to the ground. These are hard to collect if the seeds are small. Collect the fruit or pods after they are ripe but before they have split or fallen to the ground. Then dry the fruit or pod in a clean, sheltered place to obtain the seeds.
- Some seeds can be knocked from the tree with a long stick.
- Try putting a sheet under the tree and gently shaking the tree.
- For tall trees a simple tool can be made by attached one end of a pair of shears to a long, strong stick. The other handle can be attached to a rope.
- Note that some seed species cannot be collected from the ground and have to be collected as *wildlings*. These are newly germinated seedlings found growing under mature trees. These can be transplanted to pots in your nursery. This is often the best method for trees that are hard to grow in a nursery or whose seeds are hard to collect.
- Seeds must be removed from their fruit or pods. Hand separate, or putting the fruit/pod in the sun and waiting for it to dry and split, can do this.

How can we tell if the seed is good?

- First, look at the seed. Discard ones that are smaller, lighter or a different color than the others. Discard any that show insect damage.



- For some hard-coated species, floating in water is a good test. Normally, the good seed sinks and the bad seed floats.
- You can do a simple germination test. Take a small, counted number of seeds (20-100). Do any pre-treatment needed. Put the seeds on a damp cloth in a bowl. Cover with another fold of the cloth, moisten it thoroughly and put in a warm (not hot) place. Check the seeds daily for signs of germination and keep the cloth moist. When germination begins, keep a record of the day and number germinating. The test usually lasts about two weeks depending on the species. Germination of over 50% generally means you have good seed, but germination rate can vary a lot depending on tree species. Small-seeded species having only 5% germination are still worth keeping.

Do we plant or store the seeds?

- Some seeds do not store and should be planted straight away (especially soft, fleshy seeds, fruit tree seeds or seeds with high oil content).
- For seeds with harder coats, the basic rule is to keep the seed clean, dry and cool.
- Seeds should be removed from the fruit/cone and dried thoroughly. To dry the seeds put them in the sun for 2-3 days.
- Storing in a paper bag or metal container out of the sun is good (avoid plastic bags as this makes the seed sweat and rot). Make sure the container is clean and air-tight.
- Label the container with the name of the seeds and the collection date.
- Remember that the germination ability of the seeds can decrease with time. If seeds have been stored for too long, they may expire. Some species lose germination ability faster than others.

Do all seeds germinate?

The percentage of seeds, which germinate, varies greatly between species. Some seeds require some form of pre-treatment.

What kind of pre-treatment might be needed?

- If the seeds have a very small or thin coat, often no treatment will be needed.
- Seeds that have thick coats usually will need

some form of pre-treatment. Some need to have their seed coat cracked with a hammer or a stone. Seeds should be planted immediately after cracking.

- Some seeds just require a small cut in the seed coat to help water infiltrate (nicking). Do not cut the part that was attached to the pod or capsule as this part contains the baby plant.
- Others need to be soaked in mild acidic solutions for 5-20 mins before sowing.
- Another method for hard-coated seeds is to boil them in water for 5-10 minute. Then put the seeds in cool water. This weakens the coat and helps water to enter.
- Some seeds can be soaked in normal water for 12-24 hours.
- All seeds, once pre-treated, need to be planted straight away.

How do we plant the seeds?

- Some seeds that germinate readily can be sown directly into the field or into pots. Species that require special conditions to germinate are sown into a seedbed first.
- The time taken for germination depends on the seed type, the temperature, the amount of water available and the age of the seed.
- Generally sowing is done just before the rainy season starts.
- As a general guide, for direct sowing, seeds should be planted at a depth two to three times their diameter and should be covered firmly with soil. The soil should then be kept moist.
- Details on seedbeds are to follow.

Do seedlings grow only from seeds?

Some tree species produce root suckers (young plants growing from the mother plant's roots). These can be cut and transplanted.

Cuttings of some species can be used: take a young tree branch with at least three nodes or buds. Choose a long, healthy branch and make a clean, angled cut. Strip off the leaves. Plant the cutting in soil at least two nodal lengths deep, with at least one exposed. Keep it watered until sprouting occurs. Trees grown in this way will have the same characteristics as the parent tree and can be useful for making sure a productive fruit tree is grown.



Seedbed Preparation

Seed sowing

- Some seeds that germinate readily can be sown directly into the field or into pots. Species that require special conditions to germinate are sown into a seedbed first.
- Remember that some seeds will require pretreatment.
- The time taken for germination depends on

the seed type, the temperature, the amount of water available and the age of the seed.

- Generally sowing is done just before the rainy season starts.
- As a general guide, if seeds are being sowed directly into the field they should be planted at a depth two to three times their diameter and should be covered firmly with soil. The soil should then be kept moist.

TIST Members to test New Models for Improved Jikos.

TIST would like to thank all of the members who have been supporting in building a strong Improved Stove Jiko program. We are learning more every day from members who have tested the stoves!

What is an improved stove jiko?

Improved stoves are jikos that use a lot less fuel wood than a three-stone fire, and save the household time and money for getting fuel wood. This also reduces deforestation and is better for the environment. When the jikos have chimneys that direct the smoke away from the cook, they improve the health of women and children who are normally breathing smoke in the kitchen.

Over the last several months, TIST has been gathering information from members about what types of features would improve their jikos. Members have also been testing a few types of stoves:

- Portable Manufactured stoves: Jikopoa, Envirofit (one-pot, no chimney)
- Stationary Mud stove: Built by trained TIST members (2-pots, with chimney)

All of the stoves showed that they use much less fuel than a three-stone fire. Many members who tested the stoves said they preferred to have a place for a second pot, and they wanted more stove options that have chimneys to improve their health.

As a result, TIST has worked with stove manufacturers to offer new models which provide more options. Some of these new models have been installed in TIST areas around Mt. Kenya. TIST will now offer these additional models on a pilot basis:

- Envirofit Portable with two-pot /chimney attachment
- Envirofit Insert for Stationary Stove (improves fuel savings of the regular TIST mud stove)

Current stove options:

- Portable Manufactured stoves:
 - o Jikopoa, Envirofit - one-pot, no chimney
 - o Envirofit with two-pot /chimney attachment
- Stationary Mud stove: built by trained TIST members
 - o All clay; 2-pots, with chimney
 - o Clay stove with Envirofit Insert (improves fuel savings of the regular TIST mud stove)

To find out more about where you can see these stoves and how you and your cluster members can order stoves, contact:

Charles Kamunya, Clay Stove Coordinator: 0724327794

James Mwai, Manufactured Stove Coordinator: 0715 460 195

Stove orders will be taken at the cluster meetings, so tell your cluster reps you are interested. Prices will be released as the stoves become available in the coming weeks.



Photo: Portable Envirofit G-series stove with 2-pot chimney attachment. (Attachment sold separately.)

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Kimereu Version

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Mukathe Daktari Noah Wekesa, Ben Henekke, Mutongeria wa KFS Monica Masange na Simon Wahome bakiandaga muti ntuku ya kuambiria TIST ntuurene ya Kitale. Mutongeria wa KFS naria Mt Elgon, Mr. Ombiri, mutongeria wa USAID Erna Kerst bari nyuma mbichene.

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Cluster ya Kisima – Aria tuumite.

Ni Isaac M. Munyua

Mwakene jwa 2005, mukuru Henry Gituma, muciritiri wa TIST, nietire micemano ya ikundi bibinini bia TIST Kibirichia. Nendere jaria ikundi bia TIST biathithagia na eeta aritani beeja Kisima- ntuura yetu. Mwaka ojou, Gituma nabanganirie antu kuthithia ikundi, baria kanyuma baritanirwe na baandikithua. Cluster niyari inini ikiambiria: ni ikundi biiri aki biaandikithirue mwakene jwa 2005. Ikundi bibi bia mbele biari Ndenda A – 2005KE 1099 na Ndenda B – 2005KE 1100.

Ndene ya mwaka jwa 2006, uritani na uandi miti nibwetire na mbele, na ikundi bingi biatonya. Ikundi bia Muthetu – 2006KE 1330, Ndurumuru farmers – 2006KE 508, Mijikenda – 2006KE 507 nibiatonyire TIST

Mwaka jwa 2007 jugikinya, mbeu cia cluster ciambiria kuuma miri imiriku nkuruki na njira ya Ndurumuru farmers – 2007KE 708, Ndurunuru B – 2007KE 795, Muguna kisima – 2007KE 204, Muguna kisima – 2007KE 224, Greenland afforestation – 2007KE664, Mwongera – 2007KE823, Weru SHG – 2007KE 835, Mbumi – 2007KE945, Kamantereki – 2007KE663, Mwega – 2007KE894, Murutu – 2007KE 946, na Ndurumuru farmers – 2007KE998 gutonya ndene ya cluster. Cluster niyetire na mbele gukura, ikundi bibieru bigitonyaga o uria bamenyaga nkuruki kwegie mantu jamega jaria aturi ba TIST bathithagia. Ndene ya mwaka jwa 2008, gikundi kia Ndurumuru E – 2008KE 88 giatonya, na ikundi bingi bibingi biatonya mwakene jwa 2009. Bibi ni amwe na Center C – 2009KE 295, Center A – 2009KE 296, Center B – 2009KE 297, Denda D – 2009KE 299, Greenland C – 2009KE 300, Green E – 2009KE 301, Muguna group 2009KE309, Ngwatanaro B – 2009KE 317, Greenland D – 2009KE 302, Mbumi B – 2009KE 305, Muguna G – 2009KE 307, Muguna E – 2009KE 308, Muguna group – 2009KE 302, Ndurumuru B – 2009KE 312, Ndurumuru C – 2009KE 313, Ndurumuru E – 2009KE 314, Ndurumuru F – 2009KE 315, na Ngwatanaro – 2009KE 316.

Utari miti bwa kwambia bwathithirue mweri jwa ikumi 2005. Mukuru Gituma niwe wabanganirie utari miti bubu na ikundi bimwe biakinyirwa ni mbeba ciao nyuma ya mwaka jumwe.

Ndene ya 2010, Kisima yakurukua kua cluster irina ikundi mirongo ithatu na mugwanja. No tugwitia kwingiyia miti yetu kuuma miti ngiri mirongo mugwanja iria turi nayo narua tukinyire kioneki gietu kia miti ngiri magana jairi. Notugwitira ngugi kinya kuthongomia njira yetu ya gucokia ripoti cia micemano ya cluster na utumiri mbeba bwa

cluster gukurukira ntumwa cia thimu.

Mwakene jwa 2011 nitwathithirie ithurano bietu na nitwatarire baba:

1. Mutongeria – Mr. Henry Gituma
2. Mutetheria wa Mutongeria – Mr. Johnstone Kinoti
3. Mumenyeri mauku ja utumiri bwa mbeba cia cluster – Mrs. Mercy Kagendo

Nitwathurire Gituma gututongeria niuntu ni muntu uria utwonetie weru ari muciritiri kuuma mwaka jwa 2005 kwija narua.

Niaumire utongeriene atigira Kinoti kua mutongeria wetu, mwekuru Mercy Kagendo aa mutetheria wa mutongeria na Isaac nawe a mumenyeri mauku ja utumiri bwa mbeba cia cluster na rekondi ingi. Gukurukira bubu, nitukumenya mantu ja utongeria na nitukwona baita kumania na inya ya aciritiri baria bakuumba bubu ndene ya cluster yetu. Mukuru Gituma neekite wirane gwita na mbele gwitaniria ngugi natwi na kinya gutetheria aria gukwendeka.

Igitene riria TIST yari ngeni ndene ya ntuura yetu, nitwatirimanire na magitaria jamaingi. Antu bamwe bathuganagia kuriwa mbeba gutingi umbika kethira miti no yaku. Bamwe nibathuganirie mbeba iji ni kuuma kiri aroambi nkoma. Nandi arimi nibonaga ubatu bwa jaria bakuthithia kiri rera ya aria kubathurunkite akui na nthiguru yonthe. Nitukwenda kua igita riria riathiririe kurutira kwa nthiguru iji.

Gituma nagaanire natwi kioneki gia cluster yetu ja uju;

1. Witi na mbele : Nakwenda cluster ita na mbele bwega na na njira iria njega buru.
2. Utongeria bubwega : Nioritie atongeria ba ruju ba cluster kuthingatira mantu jaria TIST iikirite na njira iria njega buru cia kuthithia mantu.
3. Kuanda miti ingi ya gintwire. Natwikirite inya kuanda miti ingi ya gintwire ndene ya miunda yetu na miunda ya thirikari.
4. Urimi bubwega: Nitubati kumenya bata ya urimi bubwega buteganiritue na urimi bwa tene.

Nitukwigua tutei kwithira turina kanya ga gutongerua ni Gituma na kinya kuthoma kumania na mantu jagwikira jaria onantie kiri miitire yawe.

We are glad that he has agreed to assist when need be. Nitugwiritue ati netikiritie gututetheria aria gukwendeka. Iromba rietu ni Murungu amutharime na njira inene.

Isaac M. Munyua ni mumenyeeri wa mauku na utumiri mbeba cia cluster, ndene ya cluster ya Kisima.



TIST niitambite yeta kirima kia Elgon.

“Riria uandaga muti, nuitethagia na ugatethia muntu wonthe ndene ya nthiguru” Ben Henneke

Mageni! Mukathe daktari Noah Wekesa, mutongeria ndene ya ofisi ya miitu na nyomoo cia kithaka ndene ya Kenya nathuranire kiatho gia kwambia TIST ntuura iria ithiurukite murimajwa Elgon tariki ikumi na kenda mwaka jwa 2012. Nikiari kiatho kiujuri ndwimbo na kwaria naria kieni gia kwonania mantu mwanya mwanya ndene ya Kitale aria antu nkuruki ya magana jathatu baketherie mutongeria uju wa thirikari, mutongeria wa ngugi ya USAID ndene ya Kenya Erna Kerst, mwene giti wa kياما gia KFS muthomi Ridhard Musangi, munini wa mutongeria wa KFS Monica Kalenda, mutongeria wa thirikari Wilson Wanyanaga, mutongeria wa gikundi kia NRM kia USAID Azharul Mazumder na atongeria ba thirikari ba district, atongeria ba thirikari (MP), arungamiri na amenyeeri miitu ba KFS. Arimi ba TIST kuuma Meru, Nanyuki, Naru Moro, Kinyaritha, Chugu na Ntugi nibetire na matatu

na bomba kwaria na antu babaingi nao na kubera kwegie TIST kuumania na tunyua twao bongwa. Mutongeria uria munene wa kambuni ya ruugo ya Clean Air Action Corporation jawe Ben Henneke na Vannesa Henneke wa Institute for Environmental Innovation, co-founders of TIST nibombire kinyabo gukinya kiathone.

Mutongeria Wekesa naambirie na kuuga ati biumo bia ruuji, tabio Mt Kenya na Mt Elgon biiri bia bitano biabio, nibithukitue mono na nibikwenda gucokanirua tuti. Kinya naugire ati Kenya nikinyiritwe ni mantu jamathuku jaria jaretagwa ni kugaruka kwa rera. “ Ntuura iria ciakinyagirwa ni mbura ing’ani nandi nicigukinyirwa ni ngai inkai iria itiumba gukuria irio. Bubu nibunyiitie mbeba iria ikinyagira arimi babaingi baria boombaga kumenyeera miturire yao kuumania na ndithia na imera bikuritue ni mbura aki.”

Nikwari gwitwa gwa gukenera kwa amemba ba TIST ndene ya ntuura injeru! Mantu jangi mweri jou jungi kwegie kirima kia Mt Elgon

Cluster inyingi nandi niciambiritie gwita mbele.

Ni Aaron Kaindio

Amemba ba ikundi bibinini bia TIST kuuma kiri cluster inyingi nibagwiritue kuuga ati nibajukitie itagaria rimwe kwerekera kioneki gia cluster gia guciatha, kioneki kiria bethirite bagitagira ngugi ndene ya igita ririnene, indi mono kuuma gati gati ka mwaka jwa 2010.

Ndene ya cluster ya Kigucwa, amemba ba ikundi bibinini nibejite kuelewa kinya nkuruki uria kuthingatira jaria TIST iikirite kurina bata kiri kuthithia cluster irina inya nkuruki.

Twinthe nitwije ati TIST niambiritiw kua cluster cietu mbeba nikenda ciumba kugijjanga inya na ntuti. Nikenda bubu buthithia mantu jamanene na butumira mbeba inkai, atongeria ba cluster baria banenkagirwa mbeba iu cia o mweri nibabati kua antu ba umma, ba jaria jario jongwa naba weru kwegie uria mbeba iji igutumirwa kuritira cluster ngugi nikenda igia inya nkuruki. Miitire imwe iria miega buru iria itaari niitumiritwe gutumira mbeba iu kuria ngari gwita kujukia gatheti cia Mazingira

Bora na Vocha, kugurira thimu cia atongeria baria babanganagia na ofisi ya TIST na amemba ba cluster mbeba, na kinya gwikira baria batethagiria Atari miti ndene ya uteri miti ndene ya cluster ubatu bwa gwita na mbele. Riria cluster ikomba gwita ngugi amwe bwega, tukoona njira injega cia gwika mbeba, nikenda mumemba ajukia gatheti na vocha cia TIST riria etite town gwita ngugi ingi. Bubu bugatutiga na mbeba cia kuthithia mantu jamanene.

Kwongera, nitugwitua kumenya ati bangi nibagucokia biuria bwega na tuciriitire kuritanira ngugi nikenda cluster ciumba gwita mbele. Nandi wombwa kwona uria kuthingatira jaria TIST iikirite gugaaka cluster irina inya, ntuura igukuura na kinya nthiguru ya mantu jamanene.

Uuga li kiri jaria TIST iikirite na waake cluster yaku!

Aaron Kaindio ni mutari miti , ndene ya cluster ya Kiguchwa



Kwooja mbeu na kuthuranira antu a kuumithia.

Ni mithemba iriku ya miti tubati kuanda ntuurene yetu?

Miti iria miega buru ni iria yuumite yongwa ntuurene. Thuura miti iria igakua biria ukwenda. TIST mono nigwataga mbaru mitunda na miti ya gintwire. Rikana, neka ukuejana wirane gwika miti iu ya TIST muundene miaka mironko ithatu kana nkuruki. Taara iria igakua baita iu ukwenda igitene riri rionthe: matunda, iria, kuumenyera muthetu kuumania na gukamatwa kana iria ikagira nitrogen kuumania na miti imwe, nkuu kuuma kiri maang'i na baita ingi.

Miti yonthe nibui?

Miti imwe iri inya kumenyeera, iri sumu kiri ndithia ciaku kana niitumagira ruuji rurwingi. Taara iria ukumenya ikaa baita kiri ntuura yaku.

Miti niciaraga mpindi o mwaka?

Miti iria mingi nithithagia uju, indi tega miti iria iri akui nagwe kenda umenya bwega. Miti imwe no iciare mpindi iria cirri mbegu injega rimwe nyuma ya o miaka iiri kana ithatu.

Ni muti juriku juri jumwega jwa kwoja mbegu kuuma kiriju?

- Ojania mbegu kuumania na miti iria iri na thiria ya mwiri nontu niyo ithagirwa iri na mpindi injega.
- Ebera miti iria iri yonka. Muti ja juju no jwithire juciaranite jungwa na kwou mbegu ciaju citithirwa cirri iria njega buru.
- Ebera miti iria iticiarene na iria itegi itikwonania ithongi.
- Ni bwega nkuruki gutaara muti kuuma gatigati ka miti imingi iri na thiria ya muthemba jumwe.
- Mbegu ikethirwa iri injega nkuruki ciethirwa ciumite mitine irina maua jaria jatariene nkuruki ya iria irina maua jakimene amwe.
- Muthemba jwa muti jukalingana na uria ubangite kujutumira. Mung'uanano, miti imiega ya mpao ni iria iamburuki, irina biang'i bibikai na iria ikurangaga. Miti imiega ya iria ni iria yuumangaga, irina biang'i bibingi na itina bibingi na mathangu jagukuranga jaria joorangaga jarikia kugitwa. Mitunda imiega ni iria ikwonania irina maciara jamaingi
- Geria kuthuura mbegu kuumania na muti juria jukurite antu gukari na muthetune jukari ta juria witite kuanda kiriju.
- Taara muti jukuri, ti jumunini

Niri tuojava mbeu?

- Menya igita ria mwaka riria mpindi ciithagirwa cikuri.
- Uria antu ba ntuura riu utege wengwa.
- Rimwe mpindi ikuraga riria itunda kana gikonde kigarukaga rangi, kiumaga kana gikagua raisi kuuma kiri kiang'i.
- Mpindi iria nyingi cibati kujukua ciamba kugua ciongwa kuuma mutine.

Niatia tubati kujukia mbeu?

- Ni bwa gutethia mono kurita mati aria ukwoja rungu rwa muti mbele. Mbeu inyingi yomba kuojava kuuma nthi. Tega mbeu umenye itirumi ni tunyomoo.
- No witie muti gutua mpindi indi menyeera!
- Matunda jamwe nijarugukaga jongwa na jakagera mbeu, ti mwanka jagwe nthi. Mbeu iji iri inya kwojania kethira mpindi ni inini. Oja matunda na macau jagunda indi mbele ya jaruguka kana jaguar nthi. Riu umia matunda kana macau antu atheru na gukunikiri nikenda uumba kurita mpindi.
- Mbeu imwe no cigwithue kuuma mutine na rwogoro.
- Geria gwika gintu rungu rwa muti riu winainie muti mpari.
- Kiri miti imiraja, no ujukie magasi ujaogere kiri muturo jumuraja. Rutere rungi no ruogwerwe murigine
- Rikana ati mithemba imwe ya mbeu itiumba kuojava nthi na no mwanka yambe iume. Mbeu iji iumite niithagirwa rungu rwa miti iria ikuri. Mbeu iji no cithamue cigekirwa tuungune munandene jwaku. Iji ni njira iria njega buru jaria maingi kiri kuanda miti iria iri inya gukuria munandene kana iria mbeu ciayo iri inya kwoja.
- Mpindi no mwanka ciitwe gitundene kana gicaune. Rita na njara kana wike riuwene na wetere iruguke ciamba kuuma.

Niatia tumba kumenya kethira mbeu nibui?

- Kwambiria, tega mpindi. Ta iria cinyiyi, cirri imbuthu kana iria cirina rangi iri mwanya na ya ingi. Ta iria ikethirwa ikionanagia nirumi ni tunyomoo.
- Kiri mithemba imwe iria irina macau jamomu, kuerera ruujine ni kigerio gikiega. Maingi, mpindi injega ikaraga nthi na inthuku niereraga.
- No uthithie kigerio gikiuthu gia kuumithia.



Juukia namba ukumenya inkai ya mpindi (mirongo iri gwita igana).Thithiria mbegu jaria jonthe ibati kuthithirua mbele ya kuanda. Ikira mpindi kiguone kirina ruuji na wikire mukebene. Kunikira na nguo ingi, na umikire ruuji bwega na wike antu kwina murutira. Tegera mpindi o ntuku nikenda woona kethira nigukura na umenyeere ati nguo ina turuji rionthe. Mbegu yaambiriakuuma, ika rekondi ya ntuku na naamba ya mpindi iria cikuuma. Kigerio giki nikibati gukara o biumia biiri ikiringanaga na muthemba. Nkuruki ya mpindi nusu ciauma ni kwonania urina mbeu injega, indi kuuma ni mwanya kuringana na muthemba jwa muti. Kiri mithemba iria iri mpindi inini, kinya mpindi ithano kiri igana ciauma, mbeu iji no iikwe.

Tuande kana tuike mbeu?

- Mpindi imwe itiikagwa na niibati kuandwa orio (mono mpindi cia mitunda kana iria cirri maguta jamaingi iria cirri imboro, itiumi.)
- Kiri mpindi cirina gicau gikumo nkuruki, untu bwa kurikana ni ika mbeu antu atheru, aomo na arina mpio.
- Mpindi nicibati gwita kuuma gitundene kana gicaune na cikomua bwega. Kuumia mpindi iji ciike riuene ntuku ijiri gwita ithatu.
- Make sure the container is clean and air-tight. Gwika kiratasine kana mukebene jwa cuuma juti riuene ni bubwega (ugatumira maratasi ja mubira niuntu jaja nijatumaga mpindi ikathithina na ikoora).
- Andika mukebene riitwa ria mbeu iu na ni ntuku iria ciojerwe.
- Rikana ati kuumba gwa mpindi kuuma nokunyie o uria igita rigwita. Mpindi cigetwa igita ririraja no ithuke. Mithemba imwe niremangagwa kuuma nyuma ya igita ririkai yategeganirua na ingi.

Mbeu yonthe niuamaga?

Mbeu iria yuumaga ni mwanya na iringanaga na muthemba. Mithemba imwe nitagia njira imwe kana ingi ya kuthuranirwa.

Ni muthemba jwiku jwa kuthuranirwa juumba kwendeka?

- Kethira mpindi cirina gikonde gikinini kana gigeceke mono, jaria maingi guti uthuraniri bwendekaga.
- Mpindi iria cirri macau jamanene jaria maingi nijendaga njira imwe ya kuthuranirwa. Imwe

niciendaga makonde jao jaunwa na nondo kana na iiga. Mpindi niibati kuandwa orio ciaunwa makonde.

- Mpindi imwe ciitagia aki kugitwa gicau anini nikenda bubu butetheria ruuji gutonya. Ukagiita antu aria mpindi yagwatanirite na gicau nontu antu aja nio kwithagirwa kurina mwana wa kimera.
- Ingi niciendaga kurindwa ruujine rurina ururu ndaika ithano gwita mirongo iri mbele ya kuumithia.
- Njira ingi kiri mpindi cia makonde jamomu ni kuitherukia ruujine ndaika ithano gwita ikumi. Riu ugaciikira ruujine rwa mpio. Bubunibuoroagia gikonde na bugatetheria ruuji gutonya.
- Mpindi imwe nocirindwe ruujine rwa kawaida mathaa ikumi na jairi gwita mirongo iiri na janna.
- Mpindi cionthe, ciarikia kuthuranirwa, niciendaga kuandwa orio.

Niatia tubati kuanda mbeu iji?

- Mpindi imwe iria ciumangaga nociandwe muundene kana nyungune. Mithemba ya mpindi iria iitagia kumenyerwa nkuruki nikenda iuma niandagwa munandene mbele.
- Igita ria kuuma niriringanaga na muthemba jwa mbeu, murutira, ruuji ruria rurio na ukuru bwa mpindi.
- Jaria maingi kuumithia nikuthithagua mbele ya ngai yaambiria.
- Ta gintu gia gututongerua, riria ukuanda muundene jungwa, mpindi nicibati kuandwa kirinyene kirei jairi kana jathatu gukuruka warie bwa mpindi na cigakunikirwa bwega na muthetu. Muthetu nijubati gukara jurina ruuji rionthe.
- Mantu jegie minanda ya mbeu jakathingata.

Imeraabiumaga aki kuuma kiri mpindi?

Miti imwe niuamagira bianana kuumania na miri ya muti jou mukuru. Iji nogitwe na ithamirue muundene.

Itina bia mithemba imwe no bitumirwe: jukia kiang'i kirina nkuruki ya ndungu ithatu. Taara kiangi gikiraja, kina thiria ya mwiri na ukigite o rimwe ukigite. Rita mathangu. Anda giki muthetune uria nkuruki ya ndungu ijiri ikethirwa iri rungu rwa muthetu na imwe itigi iguru. Menyeera ati kirina ruuji rionthe mwanka kiambirie kuumira. Miti iria ikuragua na njira iji nithagirwa ikari ta ng'ina na nitethagia gukuria mutunda juria juciaraga mono.

**Uthuraniri bwa munanda
Kuumithia mbeu**

- Mpindi imwe niciumanga na nociandwe muundene jungwa kana tuungune. Mithemba iria itagia kuthuranirwa niandagwa munandene mbele.
- Ririkana ati mpindi imwe ikenda kuthuranirwa.
- Igita riria mpindi ijukagia gukura niringanaga na muthemba, murutira, ruuji ruria rurio na ukuru bwa mpindi.

- Jaria maingi kuumithia nikuthithagua mbele ya ngai yaambiria.
- Ta gintu gia gututongerira, riria ukuanda muundene jungwa, mpindi nicibati kuandwa kirinyene kirei jairi kana jathatu gukuruka warie bwa mpindi na cigakunikirwa bwega na muthetu. Muthetu nijubati gukara jurina ruuji rionthe.

Amemba ba TIST bakaageria mariko jameeru jamega nkuruki.

TIST nikwenda gucokeria nkatho amemba bonthe baria batetheretia kuthithia mubango jwa mariko jamega nkuruki. Nitukuthoma jamaingi o ntuku kumania na amemba baria bageretie mariko jaja!

Riiko ririega nkuruki ni rikari?

Mariko jaja ni jaria jatumagira nkuu inkai nkuruki ya riiko ria maari jathatu na jakanyiyia mathaa na mbeba cia gucua nkuu. Jaja kinya nijanyiagia ugiti miti na ni untu bubwega kiri naria gututhiurukite. Riria mariko jarina njira ya kumaria toi kuuma kiri murugi, nijatethagia kuthongomia thiria ya ekuru na aana baria jaria maingi bakucagia toi iji rikone.

Igitene ria mieri imikai iria ikurukite, TIST nithirite ikiuragia na kumenya mantu kumania na amemba kwegie ni mantu jariku jomba kuthongomia mariko jao nkuruki. Amemba nibethiritwe kinya bakigeragia mariko mwanya jamakai:

- Mariko jagukamata jathithitue: Jikopoa, Envirofit (nyungu imwe, guti chimney)
- Mariko ja kuthithia ja ntaka: rithithitue ni amemba ba TIST baria baritani (nyungu ijiri, irina chimney)

Mariko jonthe nijonanirie ati nijatumagira nkuu inkai nkuruki ya riiko ria maari jathatu. Amemba babaingi baria bageretie mariiko jaja nibaugire ati benda riiko riithirwa riri ria nyongu ijiri na nibakwenda mariko jamaingi ja gutara kumania jaria jarina chimney cia kuthongomia thiria ya mwiri.

Kumania na jaja TIST niritite ngugi na athithia ba mariiko nikenda bareta mariiko jameru nikenda kwithirwa kuri na gutaara kumania na jamaingi. Jamwe ja mariiko jaja nijathithitue ntuura ya Murima Kenya. TIST nandi ikaejana mariiko jangi kiri mubango jwa kwambiria :

- Riiko ria Envirofit ria gukamata ririna antu a nyungu ijiri /ririna chimney
- Riiko ria Envirofit riikiri kiri riiko riria ritikamatagwa (nirinyagia mbeba iria itumagirwa kiri riiko ria kawaida ria TIST ria ntaka)

Mariiko jaria uumba kuthuura kumania:

- Mariiko ja gukamata:
 - Jikopoa, Envirofit – riiko rimwe, guti chimney
 - Envirofit ririna mariko jairi na chimney
- Riiko ria ntaka riria ritaitithagua: riaki na amemba ba TIST baria baritani
 - Jonthe ni ja clay; mariko jairi, na chimney
 - Mariko ja clay jekiri Envirofit (nirinyagia mbeba iria itumagirwa kiri riiko ria kawaida ria TIST ria ntaka)

Ukenda kumenya jamaingi nkuruki kwegie naria uumba kwona mariko jaja na uria ugwe na amemba ba cluster yaku bumba gwitia mariiko jaja ringira:

Charles Kamunya, Mubangiri mantu ja mubango jwa mariko ja clay:**0724327794****James Mwai, mubangiri mantu ja mubango jwa mariiko ja kugura: 0715 460 195**

Mariiko jagetua micemanione ya cluster, kwou ireni arungamiri ba cluster yaku nuukwenda. Maguri jakeranwa mariiko jeja ndene ya biumia biijite.



Mbicha: Riiko ria gukamata ria Envirofit ririna 2-pot mariko jairi na chimney yakwongera (Biakwongera biendagua mwanya.)

Mazingira Bora



TIST

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

Kikuyu Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Mugathe Dr. Noah Wekesa, Ben Henneke, KFS Deputy Monica Masange na Zonal Simon Wahome uhandi-ini wa miti ya TIST iria yambiriirie Kitale. Zonal manager kuma Mt. Elgon Mr. Ombiri, USAID Mission Director Erna Kerst nio mari thutha wao.

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Cluster ya Kisima - Kuria tumite.

Mwandiki : Isaac Munyua.

Mwaka-ini wa 2005, Mr. Henry Githina niathire mucemano-ini wa gikundi kinini kia Kibirichia, niakenirio ni niuria mekaga na akiuria athomithania maceerere gikundi giitu. Mwaka o ucio Gituma nionganirie andu niguo mathondeke gikundi aria mathomithirio namakiandikithio. Cluster ikiambiriria yaari nini na no ikindi igiri ciandikithitio gugikinyiria mwaka wa 2005. Ikundi ciambere ciari Ndenda A - 2005KE 1009, na Ndenda B 2005KE1100.

Mwaka-ini wa 2006, githomo na uhandi wa miti niciathire na mbere na ikundi ingi cikiingira. Muthetu - 2006KE 1330, Ndururumu Farmers - 2006KE 508, Mijikenda - 2006KE 507 niciaingirire TIST.

Gugikinyiria mwaka wa 2007, mbegu cia cluster niciagiire na miri kuria Ndururumu farmers - 2007KE 708, Ndurunuru B - 2007KE 795, Muguna kisima - 2007KE 204, Muguna kisima - 2007KE 224, Greenland afforestation - 2007KE664, Mwongera - 2007KE823, Weru SHG - 2007KE 835, Mbumi - 2007KE945, Kamantereki - 2007KE663, Mwege - 2007KE894, Murutu - 2007KE 946, na Ndururumu farmers - 2007KE998 ciaingirire Cluster.

Nitwathire na-mbere na gukura ikundi njeru cikiingagira niundu wa githomo kiega. Kuri mwaka wa 2008, Ndururumu E -2008KE 88 niyaingirire, nacio ikundi ingi cikiingira 2009. Na nicio Center C - 2009KE 295, Center A - 2009KE 296, Center B - 2009KE 297, Denda D - 2009KE 299, Greenland C - 2009KE 300, Green E - 2009KE 301, Muguna group 2009KE309, Ngwatanaro B - 2009KE 317, Greenland D - 2009KE 302, Mbumi B - 2009KE 305, Muguna G - 2009KE 307, Muguna E - 2009KE 308, Muguna group - 2009KE 302, Ndururumu B - 2009KE 312, Ndururumu C - 2009KE 313, Ndururumu E - 2009KE 314, Ndururumu F - 2009KE 315, na Ngwatanaro - 2009KE 316.

Utari wa mbere wa miti wekikire October 2005. Mr. Gituma niwe wahaririirie utari wa miti na ikundi ikiamukira marihi thutha.

Kuri mwaka wa 2010, Kisima niyetikirikire gutuika cluster iri na ikundi 37. Ona kuri o uguo

nitwagiriirwo kuongerera miti iitu kuma 70,000 iria turi nay o riu nginya 200,000 iria ni kioneki giitu. Ningi noturathii na-mbere na kwagirithia ripoti cia micemano ya cluster na mathabu kuhitukira SMS reporting.

Thiini wa 2011 nitwathuranire na tugithura

1. Leader - Mr. Henry Gituma
 2. Co-leader - Mr. Johnstone Kinoti
 3. Accountability person - Mrs. Mercy Kagendo
- Twathurire Mr. Gituma atuike mutongoria tondu ni mundu wonanitie utheri na wirutiri kuma mwaka wa 2005 nginya umuthi.

Nianeanire utongoria niguo kuhe kamweke Mr. Kinoti atuike mutongoria, Mrs. Mercy Kagendo uria wari munini wa mutongoria na Isaac muigi wa mathabu. Na njira ino nituhotete gikuria utongoria na kugunika kumana na uhoti wa erutiri aingi thiini wa cluster. Mr. Gituma niaugite niaguteithiriria haria arabatarania.

Miaka-ini ya hau kabere ya TIST guku, nitwari na mathina maingi. Andu aingi matietikagia nomarihuo miti iri yao. Angi magiciria mbeba cirauma kuri uhoi wa ngoma. Umuthi arimi nimaretiira wira uria mararuta kuagirithia riera na maria maturigiciirie. Niturenda gukorwo turi a ruciaro ruria rukunina thina wa riera thiini wa thi.

Mr. Gituma niatuheire kioneki ta uu.

1. Kwihota: arenda cluster itwarithio na njira huthu na nginyaniru.
2. Utongoria mwege: nioririe atongoria aria maukorwo kuo mthingate TIST Values.
3. Uhandi wa miti ya ki-nduire: niatuhinyiriirie tuhanda miti ya kinduire migunda-ini iitu na migundaini ya muingi.
4. Kurima Kilimo Hai: nitwagiriirwo kumenya bata wa Kilimo Hai kuri urimi wa kawaida.

Nituraigua tutiikite kwigwatira kamweke gaka gutongorio ni Mr. Gituma na ningi guthoma mitaratara miega iria atuthomithitie.

Nitukenetio ni gwitikira gwake guteithia. Ngai aro murathima.

Isaac Munyua niwa Mathabu Kisima cluster.



TIST gukinya Mt. Elgon.

"Riria wahanda muti, witeithagia na ugateithia andu oothe" Ben Henneke.

NEWSFLASH! The Hon. Dr. Noah Wekesa, Minister wa Forestry na Wildlife thiini Kenya, niathondekire ukunguiri wa kwambiririo gwa TIST thiini wa Mt. Kenya kuri mweri 19th January 2012. Wari ukunguiri waiyuire miario na nyimbo thiini wa showground ya Kitale kuria makiria ma andu 300 mageithirie Minister, Director wa USAID Kenya mission Erna Krest, muikariri giti wa KFS Prof. Richard Musangi, Senior Deputy Director wa KFS Monica Kalenda, Regional Commissioner Wilson Wanyanaga, USAID NRM Team Leader Azharul Mazumder na district commissioners, members of Parliament, KFS zonal managers na foresters. Arimi a TIST kuma Meru, Nanyuki, Naromoru Kinyaritha,

Chugu and Ntugi nimathire na matatu na makiariria andu aingi thiini wa kiharo uhoro wigii TIST. Ben Henneke President wa Clean Air Action Cooperation na Vennesa Henneke wa Institute for Environmental Innovation, co-founders of TIST, onake ari kuo.

Minister Wekesa niaugire miario-ini yake ati ihumo cia maai ta Mt. Kenya na Mt. Elgon iri igiri cia iria ithukangitio na cirabatara gucokererio. Ningi niaugire ati Kenya niitutuo ni thina wa ugaruruku wa riera. "icigo iria ciamukagira mbura nene riu ciamukira mbura nini iria itangihota gukuria irio. Maundu maya nimahotomithitie umithio wa arimi aingi aria mehokaga mahiu na mbura miturire-ini yao

Riari ikinya ritana ria ikinya riega kuri arimi a TIST icigo-ini njeru! Uhoro ungi wigii Mt. Elgon mweru uukite.

Cluster nyingi niciambiriirie gukinya makinya ma na-mbere.

Mwandiki Aaron Kaindio.

Ikundi nyingi cia cluster nyingi nicikenete na makauga nimakinyite makinya gukuhiriria kwirugamirira gwa cluster undu uria makoretwo makienda gukinyaniria gwa kahinda kanene na makiria kuma gatagati ka mwaka wa 201.

Thiini wa Kiguchwa cluster, ikundi nicikuukiirwo ni TIST values niguu guthondeka cluster ciri na hinya. Ithuothe nitui ati TIST niituhete mbeba niguu twikire cluster hinya na ihenya. Na niguu tugie na maciaro tukihuthira mbeba nini, aongoria aria makwamukira mbeba cia o mweri nimagiriirwo kugia na uigananu, wihokeku na utheri gutigirira cluster niyagia na hinya. Mitaratara miega imwe ni kuhuthira mbeba guthii kugira ngathiti ya Mazingira Bora na voucher ohamwe na kugura Airtime cia atongoria niguu

mahote gutwarithia cluster na mbere ohamwe na kwaraniria na aruti wira a TIST na kuheana incentive kuri a meba aria mateithiria utari-ini wa miti thiini wa cluster. Riria cluster yaruta wira hamwe, notukorwo na njira cia kumyihia mahutho ngikorwo mundu ari na nata town no arute wira ucio. Na njira ino igatuhotithia kujota maundu maingi.

Makiria nitwagiriirwo kurorana na kwirutira niguu tuthii na mbere. Riu no uhote kwona uria kurumirira TIST vakues guthondekaga cluster ciri na hinya, gukuria muiingi na bururi. Uga II kuri TIST values na ucirumirire. Aaron Kaindio ni mutari wa miti wa TIST, Cluster ya Kiguchwa.



Mitaratara miega ya unganiana wa mbegu na uhariria wa tuta.

Ni muthema uriku wa miti twagiriirwo nikuhanda gwitu?

Mithemba iria miega ni iria ikuraga itakurorwo ni mundu kuu kwanyu, chagura miti iria iguguteithia. TIST ni hinyagiriria uhandi wa miti ya matunda nay a ki - nduire . ririkana niwagiriirwo gukorwo namiti ya TIST gwa kahinda ka miaka 30 namakiria. Chagura iria igukuhingiria mabata maku mahinda moothe: matunda, irio cia mahiu, uthondeki na wagirithia wa tiiri kumana na mbura, ngu kuha kuhurura na mawega mangi maingi,

Miti o yothe ni miega?

To muhaka! Ingi nimiru kugitira na ingi niikoragwo na thumu ungiuraga mahiu, chagura iria iguteithia kuu kwanyu.

Miti niiciaraga mbegu o mwaka?

Iri kuri miti miingi, no roar miti ya kwanyu niguo ukorwo na ma. Ingi no irutire mbegu njega thutha wa miaka 2-3.

Ni miti iriku miega ya kunganirio mbegu?

- Ungania mbegu kumamiti iria iri na hinya na iri an mbegu njega..
- Witheme miti iikairie tondu mbegu nocikorwo citari njega.
- Witheme miti itaciaraga naitari miega.
- Chagura muti kuma ahri miti ingi miega.
- Mbegu cia miti iria irutaga mahua maingi nicikoragwo iri njega.
- Muthemba mwega wa muti uringanaga na bata waguo, kwa muhiano, miti miega ya mbau ni mirurungaru, ndikoragwo na honge nyingi na niikuraga na -ihanya. Miti miega ya irio cia mahiu niikuraga na-ihanya na igakorwo na honge nyingi na mahuti marakura na ihanya maria mathundukaga na ihanya mahururwo. Miti miega ya matunda niyagiriirwo gukorwo na matunda maingi na mega.
- Chagura mbegu kuma iria ikuranagiria kundu kumwe nathiini wa riera riiganaine.
- Chagura muti mukuru.

Twagiriirwo kunganiana mbegu ri?

- gura kahinda ka mwaka riria mbegu iri nguru.
- Uria andu angu makurorere miti
- Mahinda mangi mbegu cikoragwo ciri nguru riria matunda nacenja rangi na moma.
- Mbegu nyingi ni njega riria cieguithia kuma miti-ini

Twagiriirwo ni kunganiana miti atia?

- Theria haria muti uguithagia mbegu na urore iria citharikiirwo ni tutambi.
- No uhambe miti-ini urute mbegu no wimunerere!
- Mbegu ingi nicirutaga mbegu citakugua na nicikoragwo na uritu kunganika angikoro ni nini. Ungania mbegu riria ciri nguru no mbere ya ciguite tiiri-ini. Umithia na urute mbegu.
- Mbegu ingi nociguthuo na muti niguo cigue.
- Inainia muti warite kindu gitina-in kia muti.
- Kuri miti iria minene huthira mukwa kuinainia.
- Ririkana ati miti ingi ndingiunganirio mbegu no wetereire cimere niguo uhande tumimera tuu.
- Mbegu no muhaka cirutwi makoni-ini na ciumithio riuu-ini

Tungimenya atia mbegu ni njega?

- Wambere, roar mbegu, eheria iria nini, huthu nairia ciri na rangi ngurani ona iria ndie ni tutambi
- Iria iri na ngothi nyumu, guikia maai-ini ni njira njega tondu iria njega nigikurika nacio iria thuku cirere.
- No ugerie kuhanda nini, oya nini(20-100), thondeka na dawa. Ikira mbegu thiini wa gikuo kihuhu thiini wa bakuri nauhumbire na gikuo kingi ucoke uige maai-ini mararu. Roar mbegu o muthenya niguo wone kana kuri na dariri cia kumera. Ciambiriria kumera, iga rekodi ya iria ciamera o muthenya na uhandi uyu uthiaga gwa kahinda ka ciumia 2 kuringana na muthemba wa muti. Cingimera na makiria ma gicunji kia 50 % nikuga mbegu ciaku ni njega.

**Tuhande kana tuige mbegu icio?**

- Mbegu imwe itihandagwo na ciagiri-ire kuhandwo orokahinda kau (makiria mbegu iria huthu , mbegu cia miti ya matunda nambegu iria cirri mai maingi.
- Mbegu iria iri gikothi kiumu, undu uria mwega ni kumithia mbegu icio na guciga wega.
- Mbegu ciagiri-ire kurutwo hari itunda na ciumithio muno. Iga mbegu ciaku riuaini thiku 2-3 nigetha ciume.
- Kuiga karatathini kana mukebe wa chuma no ukorwo haraya na riuu nowega. (ndukaige mukebeini wa "plastic" tondu nigitumaga mbegu cioro). Thingata ati mukebe waku ni muniaru wega.
- Andika mukebe waku ritwa riambegu na riria wonganirie.
- Ririkana ati umeru wa mbegu ciaku ukuringana na kahinda katria ukuiga mbegu ciaku. Kuiga mbegu kahinda karaya no gutume mbegu ciaku ithuke.

Mbegu ciothe nicikuraga?

Kumera kwa mbegu kuringanaga na muthemba wacio. Nikuri mbegu ciendaga kuhariririo na njira mithemba na mithemba nigetha cimere.

Ni kuhariririo kuriku kubatarikanaga?

- Angilkrwo mbegu iri na ngothi huthu gutiri uharirira urabatarikana.
- Mbegu iria iri na gikothi kiumu no cibatare kuharirio wega mbere ya kuhanda. Imwe cibataraga cibaturwo na nyundo kana ihiga. Wagiri-ire kukanda mbegu ici thutha wa guchibatura.
- Mbegu imwe cibataraga kamwatuka kanini gakuingirira mai. Ndugatinie kamukiha karia kameraga.
- Imwe cibataraga kurikio mutukanio-ini wa mild acidic" kahinda ka ndagika 5-20 mbere ya kuhanda.
- Mbegu iria cirri na gikothi kiumu no uchitherukue ta ndagika 5-10 na thutha ucige mai-ini mahehe. Gwika uu kuhuthagia ngithi na gugatuma mai mone

- gwakuingirira.
- Imwe no cirikio mai-ini mathaa 12-24.
- Handa mbegu ciaku thutha wa guchihariria.

Tuhandaga mbegu atia?

- Begu iria ci-imeragia cio nyene cihandagwo orio. Iria ibataraga umenyereri makiria
- ciambaga kuhandwo tutaini.
- Kumera kwa mbegu kuringanaga na muthemba wa tiri, urugari, mai, na ukuru wa mbegu
- Maita maingi kuhandagwo mbere ya mbura yurite.
- Mbegu ciagiri-ire kuhandwo uriku wa maita
- matatu mayo na uchoke uchithike na tiri
- munini na uitiririe mai.
- Ndeto makiria ma tuta nicio ici.

Tumimera tukuraga kuma oro mbegu-ini?

Mithemba ime ya miti ikuraga ta honge iria ingitinio na cihandwo

No utinie kahonge kamwe kari na tumabiri twiri. Charia kihonge kiria kiri na hinya na kiri na ugima mwega utinie kuma hau na utinie mathango.thika kahonge gaku ugithika tomabiri twiri na utige kamwe karungii. Itagiriria mai nginya kahethuke.miti iria ihandagwo na njira ino ikoragwo na muhiano taw a nyina nano ukorwo na matund mega orota hari awarutitwo.

Uhariria wa Mbegu. Kuhanda.

- Mbeguria cimeraga naihenya no cihandwo marimaini orio na iria ciendaga utungata wa mwanya ciambagwo kuhandwo tutaini. Ririkana mbegu imwe ni ciendaga gutungatwo na ndawa mbere ya kuhanda ta uria twaririr-irie ngathetini ya mwaka muthiru.
- Mahinda maria mbegu cioyaga nigetha cimere, kuringanaga na muthemba wa mbegu, urugari, mai hamwe na ukuru wa mbegu. Maita maingi uhandi wikagwo mbere ya mura yurite.
- Angikorwo mbegu irahandwo orio, ciagiriire cihandwo uriku wa maita matatu wa uria cigana na cithikwo wega na tiri na uitagiririe mai.



Arimi a TIST kugeria muthemba mweru wa jiko.

TIST niikwoya kamweke gaka gucokeria ngatho ameba othe haria manyitite mbaru uthondeki na uhuthiri wa jiko. Niturathoma o muthenya kuma kuri aria marahuthira!

Jiko ino ya mwanya ni iriku?

Jiko cia mwanya cihuthagira ngu nini kuri riiko riria tumenyerete na tukahonokia mathaa o hamwe na ngu. Njira ino niinyihagia utemi wa miti nan i njega kuri maria maturigiciirie. Riria riiko riri na chimney ya gute ndogo ni rigitagira ugima wa mwiri wa atumia na ciana aria magucagia ndogo ino.

Gwa kahinda ka mieri miingi, TIST niikoretwo ikiungania mawoni kuma kuri arimi ma maria mangiongererwo hari riiko riri na nimakoretwo makigeria mithemba miingi ya riiko;

- Riiko ringikuika - Jikopoa, Envirofitlirima rimwe, chimney imwe)
- Riiko ria ndoro: riakitwo ni amemba a TIST aria athomithie (marima meri na chimney igiri)

Mariko mothe nimonanirie ati nomahuthire ngu nini gikira maria mangi tumenyerete. Aria mahutirite maugire nomende kwoongerera irima na chimney. Heana

Niundu wa uguo, TIST ninyitaniire na athondeki niguo kugia na mithemba ingi iri na njira nyingi na njega. Imwe ya mithemba miingi niirututhitio wira gicigo-ini kia Mt. Kenya. Tlst riu niikuheana mithemba ino njira-ini ya kugeria

- Envirofit Portable riria riri na chimney igiri.
- Envirofit Insert for stationery stove (riiko

riagirithie na rirahonokia ngu)

Mithemba iria iri kuo riu.

- Riiko ringikuika;
 - Jikopoa, Envirofit - irima rimwe na ritiri na chimney.
 - Envirofit riria riri na marima meeri na chimney
 - Riiko ria ndoro riria rithondeketwo ni arimi a
- TIST aria marhomithitio
 - All clay - marima meeri na chimney
 - Clay stove with Envirofit Insert (nirihonokagia ngu)

Niguo kumenya wega kuria ungiiona riiko na uria mungiheana order no waranirie na;

Charles Kamunya, Clay Stove Coordinator: 0724327794

James Mwai, Manufactured Stove Coordinator: 0715 460 195

Order cia riiko cirioyagirwo micemanio-ini ya cluster, kwa uguo menyithia murugamiriri wa cluster yanyu ati niurenda. Thogora niukuheanwo riiko riathondekwo ciumia ciukite.



Mbica: Portable Envirofit G-series riiko riri na marima meeri na chimney (chimney yendagio kando).

Mazingira Bora



TIST

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

Kikamba Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Visa uyu ungi niwa:- Hon. Dr. Noah Wekesa, Ben Henneke, KFS Deputy Monica Masange na Zonal Simon Wahome maivanda muti kuinguani kwa TIST uvonge wa Mt. Elgon na Zonal Manager Mr. Ombiri, USAID Mission Director Erna Kerst me itina.

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Ene ma TIST kusama muthemba mweu wa maiko ula usevitw'e wina wailu munenange. Page 6



Mwikalo wa ngwatanio ya kisima.

na Isaac M. Munyua

Mwakani wa 2005 Mr. Henry Gituma umwe wa enyuma ma TIST niwavikie umbanoni wa kakundi kanini ka Kibirichia. Niwendeeiw'e ni undu tukundi tuu twa TIST tweekaa na athokya amanyisya moke thini wa Kisima kisioni kitu. Mwaka ousu andu ma Gituma nimakwatanie nthini wa ikundi ala mamanyiw'e na maandikithw'a. Ngwatanio ino iyambiia na kuandikithw'a yaina ikundi ili mwakani wa 2005. Ikundi ithi sya mbee syai Ndenda -2005KE 1099, na Ndenda B - 2005KE 1100.

Mwakani wa 2006 uvandi na umanisa iulu wa miti niwaendeeie na ikundi ingi syaendeeie na ungwatana.

Muthetu - 2006KE 1330, Durumuru Farmers - 2006KE 508, Mijikenda - 2006KE507, Muguna Kisima 2007KE204, Muguna Kisima - 2007KE 224, Greenland Afforestation - 2007KE664, Mwongera - 2007KE83, Weru SHG - 2007KE835, Mbumi - 2007KE945, Kamantereki - 2007KE663, Mwega - 2007KE894, Murutu-2007KE946, na Ndurumuru Farmers - 2007KE998 nimalikile ngwatanioni ya Kisima.

Kikundi kii nikyaendeeie kwiana kwa kukwatana na tukundi tunini na atui ma aimi ma TIST kwendeew'a na kukwatana na kikundi kii. Mwakani wa 2008 Ndurumuru E - 2008KE 88 nimalikile ngwatanioni ino, vala angi ta Centre C - 209KE 295, Centre A - 2009KE296, Centre B - 2009KE 297, Denda D - 2009KE 299, Greenland C - 209KE30, Green E - 209 KE 301, Muguna Group 2009KE309 Ngwatanaro B - 209KE317, Greenland D - 2009KE299, Mbumi B - 2009KE305, Muguna G - 2009 KE307, Munguna E - 2009KE 308, Muguna group - 2009KE302, Ndurumuru B-2009KE312, Ndurumuru C - 2009KE313, Ndurumuru E - 2009ke 314, Ndurunuru F - KE 315 and Ngwataniro - 2009KE 316.

Kuvitukithya kwambee kweekiwe mwai wekumi 2005. Mr. Gituma niwatonyethisye undu uu na ndivi yeekwa kwa ikundi imwe.

Nthini wa 2010 Kisima niw'o yatwikithiw'e kikundi kina tukundi 37. No tukwenda kwongelelea miti ila tuvandite kuvika umunthi ila ni 70,000 kuvika ngolu yitu ila ni miti 200,000. Notuendee kuthukuma kwailya nzia ya kutunga livoti kwisila utumani muni wa simu (SMS)

Mwakani wa 2011 nitwanzakuanie na twavitukithya aya

1. Mutongoi/ muungamii - MR. Henry Gituma
2. Munini wake - Mr. Johnson Kinoti
3. Mwii wa kinandu - Mrs. Mercy Kagendo

Nitwamusakuie Mr. Gituma ta mutongoi nundu niwe watwonisye kyeni kii kwa kwinegane mwene kuma mwaka wa 2005 kuvika umunthi.

Nimaendie kithyululu na Mr. Minoti atwika mutongoi na munini wake atwika Mercy Kagendo na Isaac asakuwa ta mundu wa Masavu/Kinandu. Kwa nzia ino nituendee na kutetheka kwa kumanya kila mundu noethiwe na utuika wa kutongosya. Nituendee na kutetheka ni utuika na inengo sya andu aingi kikundini ala maendee na kututethya kwa kwiyumya na Mr. Gituma niutwathite kuthukuma naitu na kututetheesya vala utonya.

Myakani ya mwambiio ya TIST nitweethiwe na matatwa maingi. Andu aingi nimoona vatatonyeka mundu kuivwa nundu wa kuvanda miti na amwe nimaasya mbesa ithi nisa uthaithi wa uimuni. Umuthi aimi nimatungaa muvea nundu uimi uu wa miti uendee na useuvya nzeve na mawithyululuko ma nthi yonthe. Nitukwenda ithyi twithiwe amwe ma ala matetheisye kuoleka ka uvyuvu wa nthi kwa kisyo kyukite.

Mr. Gituma niwatutethisye na ndeto ithi iulu wa kielelo kitu.

1. Kwikala: Kwenda kikundi kiendeew'e wa nzia ila yaile vate kukungulanya.
2. Utongoi Museo: Kila umwe wanyuvwa ta mutongoi kuatia walany'o wa TIST na mwikalo wayo museo.
3. Kuvanda miti mingi ya kiene: Nututhuthitye kuvanda muno miti ya kiene nthini wa miunda na itheka situ na isio sya ngwatanio (Nzelo)
4. Kutumia nzia ya uimi wa kusuvia (Conservation Farming) Nitwailwe umanya vaita wa uimi wa kusuvia tuisianisya na uimi wa kithyululu.

Twiiw'a twi anenge ndaia na twailite utongoini wa Mr. Gituma na kuvindiw'a kula tutesi iulu wa uimi uyu niwe.

Twina utanu nundu wake na nitwitikilite kumutetheesya vala ukwenda nikana tuvikie kielelo kitu ithyothye. Ngai niamuathime muno.

Isaac M. Munyua, Mwii wa kinandu Kisima Cluster.



Kunyaaiika kwa tist nginya kiimani kya Elgon (Mt.)

“Yila wavanda muti weetethya we mwene na watethya kila mundu ungi nthi yothe” Ben Henneke.

“News Flash” Mukyumbwe wa ndaia Dr. Noah Wekesa e minister wa mititu na nyamu sya kithekani thini wa nthi yitu Kenya ni wakwatie ueni utanu wa kuingua TIST nthini wa Mt. Elgon kwi matuku 19/1/2012. Wai utanu wasiwe ni wathi moneeni ula wai Kitale showground vala andu mbee wa 300 makethisye minister, USAID Director nthini wa Kenya Mission Erna Kerst, Chairman wa KFS Board Prof. Richard Musangi, Senior deputy Director wa KFS Monica Kalenda, regional Commissioner Wilson Wanyanaga, USAID NRM Team leader Azharul Mazumder na District Commissiones, ene ma mbunge, KFS zinal managers na asuvi ma mititu. Aimi ma TIST kuma Meru, Nanyuki, Naru Moro, Kinyartha, Chugu na Ntugi nimatambukie kuuna matatu na nimeethiwe makineenania na andu

wumbanoni usu na kumatavya useo na kila makwatite kuma ngwatanioni ya TIST. Ben Henneke ula ni musumbi wa Clean Air Action Corporation na Vannesa Henneke wa Institute for Environmental innovation, na amwe ma ngwatanio ya ambiliisya ma TIST onamo maivo.

Minister Wekesa niwambiie uneeni wake kana wumo wa kiw’u ala ni Mt. Kenya na Mt. Elgon syi imwe katiwa mbumo itano nisyithiitwe syanangikite kwa mituki na nikwenda kuseuvw’a na kwailw’a kwa mituki. niwaisye kana movinduku maseve ni methiitwe me ukune munene kwa Kenya. Isio ila syakwataambua mbianiu yu ikwataa mbua nini ila itatonya ona kwiania liu nginya kwithiwa na usyao. Undu uyu niwithiitwe utete unyivu kwa aimi nundu mbua ila yikw’o ndina wianiu kwa aimi ma indo kana liu wa miundani.”

Wai utanukwa aimi ma TIST thini wa kisio kyeu. uvoo ungi kuma mt. Elgon ni mwai wukite.

Ikundi Yingi Ngwatanio mbingi nisyambiie kuthi na mbee.

na Aaron Kaindio.

Tukundi tunini twa Tist mena utanu kwasya kana nimetheengee kwianisya wendi na kuvikia wendi wa Tist kwisila kwitongoesya ene, itambya methiitwe mayithukumite kwa ivinda ta kuma mwai wa thathtu mwaka wa 2010.

Nthini wa Kikundi/ngwatanio ya Kigucwa ene matukundi nimethiitwe mayielewa undu kuatiia nzia sya TIST ni syavata kuseuvya kikundi/ngwatanio numu.

Ithyoothe nitwisi kana TIST niyambiie unenga ikundi utethyo wa mbesa nikana syiane syi numu kwa mituki. Nikana mavikie ngolu na wkithiwa na ukwati munene kwa utumiku munini. atongoi ma ikundi ala makwataa mbesa ithi nimaile kwithiwa me akiikiku na mena w’o na utheu iulu wa mbesa ithi undu syatumuka nikana kikundi kiane na kithiwe kikilumu. imwe katiwa nzia nzeo ila syonekete iulu wa mivango ya utumiku nita kuthi kulatya ithangu ya Mazingira Bora na Voucher / mathangu ma ndivi,

kuaa nzeve ya simu ya uneena kwa atongoi kuneenania na amemba/ene ala angi nakunenga ala matethyeesya kuvitukthya na kuthiana miti htiini wa kikundi uthuthio. Yila kikundi kiuthukuma vamwe nesa nitumathaa nzia sya usuvia mbesa, kila umwe no ose syindu sya Tist yila uendete kyalo kyake taoni. uyu utumaa tutiwa na mbesa sya kwika maundu angi manene. Mbee nitwaile ithiwa tuikwata kwa kwiyumya na ukiikiku na mundu atonyua kumya utalo nikana kikundi kiende na mbee. niukwona yu twaatiia mwikalo na mawalany’o ma Tist undu tutonya useuvya kikundi kilumu na kuendee na mbee na kwithiwa nanthi yi kitumi.

Asya yii kwa mawalany’o ma TIST na nukwaka kikundi kyenyu.

Na Aaron Kaindio ula ni Mukunikila na muthiani nthini wa kikundi kya Kigucwa.



Kukolania mbeu na kuseuvia kivuio nan nzia nzeo sya kutumia.

Nimithemba yiva ya miti ila tutonya uvanda kisioni kitu?

Mithemba miseo ya miti ni ila onayimeasya mana itemivande. Vatha miti ila yaile kwa mavata maku. TIST mathuthasya kuvanda mitunda na miti ya kiene. Lilikana wiathana kwia miti yaku nthini wa muthanga vandu va myaka 30 kana mbee. Nzakua miti ila ikaunenge vaita ula ukethiwa uyenda ivindani yiu yothe. ta matunda , uithyo, unou wa muthanga, kuola kukuwa kwa muthanga na kwongela nzeve ya nitrogen muthangani, ngu kuma ngavani na mautethy angi.

Ni miti yothe miseo?

Ti lasima nundu miti imwe niitonya kwithiwa yi sumu kwa indo kana iitu mia kiw'u kingi. Nzakua miti ila wisi moseo/vaita wayo kisioni kyaku nesa.

Miti niyumasya usyao kila mwaka?

Ni'wo miti mingi nisyaa kila mwaka. Niuseo kusyaiisya miti ya kisio kyaku na kwona ni itina wa ivinda yiana ata yithiawa na usyao / ngii nzeo nundu miti imwe nisyaa usyao museo itina wa myaka 2 kana 3.

Muti museo wa kwosa usyao nitawiva?

osa mbindi / ngii kuma mutini ula wina uima museo/ ute muwau.

- Ndukose usyao wa muti wiw'oka nundu nutonya kwithiwa wisyaithitye na utena ngii/ mbindi syina unou museo.
- Vatonyeka ndukose mbindi/ngii sya muti utasyaangaa na wina sula nthuku.
- Kavaa kusakua mbindi/ngii sya muti wi katikati wa miti ya muthemba umwe ula ukwoneka wimuseo.
- Mbeu nzeo niyumaa mutini ula wina malaa mathambuku na mataanie.
- Mbeu ya muti iamuwawa ni vata ula ukwenda kutumia muti usu ngelekany'o miti ya mbau ndithiawa na ngava mbingi, Miti ya muunyi yendekaa ila ikwiana mituki yina ngava mbingi na matu na itonya kumesya matu kwamituki matuwa. Miti ya matunda otaw/o niyendaa ila

yina matunda maseo ma vaita.

- Tata usakue mbindi/ngii kuma mitini ila ivanditwe muthangani ta ula ukwenda kuvanda.
- Nzakua kuma mutini mukomau na timuti wa kana.

Ni indii twaile kwosania mbeu?

- Manya ni ivinda yiva ya mwaka ngii/mbindi mbiu.
- Kulya atui maku kana wikale usyaiisyonni we mwene.
- Kaingi mbeu niyiw'aa iala ikonde ya itunda ya vindua langi, kutwika kuma mutini mituki kana kuma.
- Kaingi mbeu yithiawa yaile ila yavaluka kuma muti mbene.

Nata tutonya ukolany'a mbeu?

- Nuseo kuthesya ungu wa muti mbee nikana mbeu yaw'o wikolany'a kuma vau nthi. Siysa kana vaitusamu twanangite mbindi/ngii ithi.
- Nutonya ulisa mutini kutwa mbeu
- Miti imwe niyumasya matunda mayo na kumanyaaikya nthi vala utonya ukolany'a na nitonya kwithiwa ve vin ya kukolany'a ethiwa tukili ni tunini kwoou vatonyeka niutwe syamina kwiv'a na uithi wanike vandu ve muunyi syume na iitalikila vo nikana ukwate ngii/mbindi ithi
- Matunda amwe ma miti nimatonya ukunwa na muti muasa makavaluka nikana ukolany'e
- Tata kakwia ithangu ungu wa muti na uithingithya ingii ivaluke vau ithanguni.
- Kwa miti miasya nutonya kwoveea kindu ta mukasi wa kusea ikandani noitumia muti muasya kukuna matunda mavalukite
- Lilikama kana miti imwe ndwiundu ukwata ngii syayo no weteelile yamesya tumiti twa usyao waw'o ukathi na kukua utwaite kivuioni kana ukavanda mathanguni.
- Ngii ila syi mikeani niwaile kwatua na kwoko kusumya kana ukanikia sua ikatuka.
- Tutonya umanya ata kana ngii/mbindi ni nzeo?
- Amba usisya ingii umya ila nini kana ila syina



langi utaili undu syaile ithiwa, umya nginya ila iitwe ni iinyu.

- Kwikia kiw'uni na kumya ila syathambalala, nundu ila itanathambalala yonanyasa ni nzeo.
- Osa usyikithye mutiani ta kutala ni siana wavanda utanamba kusiita na nisiana sya mea ukunikite na ikula yina kiw'u noyika uikunikila kana nimeu yila syiambiia kumya minguthe wiandika ni indii. kaingi ikuaa syumwa ili. Syambiia kuema ta kilungu kwa mingo itano kwa yiana syonany'a wina mbeu nzeo ona kutwika kumea kaingi kuendanasya na muthemba wa muti. ona miti ila yila kumea kwa 5% noyaile kwithiwa vo.

Ni tuuvanda kana twikita kwia mbeu ino?

Mbeu imwe iyawa nisyaille uvandwa syamina ukethwa.

Mbeu ila syina mbidi mbumu nosiwe syi theu navandu vatena kimeu.

Mbeu yakwia niyale kumwa ikonden nakwanikiwa sua inyae.

Kwia na ithangu ya khaki kana kikeve kya kyuma nikuseo mbee, ndukeie ithanguni ya nailoni nundu syanyala nikwoa.

Nenga mukeve waku isyitwa na ivinda/matuku yila wakolanilye mbeu ino.

Lilkana kana mbeu yekala muno noyithiwe itatonya kumea kwianana na muthemba wa muti.

Nimbeu syoothe imeaa?

Mbeu ila imee ilinganaa na muthemba wayo nundu imwe nisyendaa kuutwa mbee wa kkuvandwa.

Nimuuto mwau ula wendekaa mbee wa mbeu kuvandwa?

Kethiwa mbindi ti mbumu muno ndyendaa kuiitwa

Mbindi/Ngii ila syi ikonde mbumu ni syendaa kuutwa kwa kwatua mbindi na ivia kana kiava na iivandwa ovau kwau syamina kwatuwa.

Ingi syendaa kutilwa ovanini kiw'u kilike nikana imee

Ingi syendaa kuindwa kiw'uni kina acid vandu va ndatika ta 20 -50 mbee wa kuvandwa

Ingi nisyendaa utheukw'a ndanu va ndatika 5 -

10 na iyikiwa kiw'uni kithithu nitethekaa kwa kwololosya ikonde na kiw'u kiilika.

Ingi syendaa kuindwa kiw'uni vandu va masaa ta 12-24

Mbeuu yoothe yamina kuiitwa niyale uvandwa.

Twivanda ata mbeu ino?

Mbeu ila imeeaa vatethina nisyaille uvandwa vala ikwendeka muthangani nundu ila syendaa kumea kunduni kuseuvye nisyambaa uvandwa kivuioni.

Mbeu kumea itengemeaa muthemba wa mbindi/ngii na kila yendaa imea ta kiw'u, uvyuvu, na yikalite ivinda yiana ata yimbie.

Kuvanda kwakawaita kuvandawa mbua iyuka kwambiia.

Kwa kawaita mbeu ila imeaa vate thina niyaile uvandwa ulikuni wa katatu kana keli ka uthathau wa imbindi/ngii na ivwikwa nesa.

Walany'o wa ivuio niwakuatiwa.

Miti imeaa kuma ngiini/mbindini syoka?

Miti imwe niyumasya nthongoo ila noikuwe ikathi kuvandwa.

Ingi nithongooaa ikamesya ngava na noitemwe na kuthi kuanwa. Sakua kaukava kaasa kena tukundo ta tutatu kala katena mathina noikaumya matu na indi uivanda muthangani kena kakundo kamwe tu iulu wa muthanga na tula twili twi tuwike ni muthanga. Ngithya muvaka kathongooe na kayambiia kwiana.

Kuseuvya kuvuio na kuvuia.

Mbeu ila imeaa vate thina namituki iyithiawa na vata wa kuvuiwa. Indi mbeu ila yendaa kusesengwa niyo ivandawa kivuioni mbee wa kutwawa vala yaile kwiana.

Lilikana kana mbindi imwe nikwenda kwamba kuiitwa mbee wa kuvuiwa.

Ivinda yila mbindi / ngii ikuaa kumya munguthe ilinganaa na uvyuvu, muthemba wayo, kiw'u kila kivo na mbeu isu yika lite ivinda yiana ata itavandwa.

Kwa undu wa kila ivinda kuvanda kwikawa mbua yivakuvi kwambiia.

Kwa usomi ula waile mbeu yaile uvandwa ulikuni wa maita atatu uthathau wayo na ivwikwa nesa na muthanga uyikalw'a wina kimeu.



Ene ma TIST kusama muthemba mweu wa maiko ula useuvitw'e wina wailu munenange.

TIST nikwenda utungia muvea ene oothe nundu wa kukwata mbau undu uu wa kuseuvya maiko ma kilasi ki iulu kwi ala tunaseuvasya tene. Nituendee na kwivundisya muno kuma kwa ala mambiie kutumia maiko aya.

Liko yina wailu wi iulu ni kyau?

Aya ni maiko ala matumiaa ngu nini kwi yiiko ya mavia atatu, niyisuviaa vinda na mbesa sya kunithya ngu, ila iolaa kutemwa kana kwanangwa kwa mititu ila yailasya mawithyululuko. Kethiwa iiko yina mulingoti wa kumya syuki niyailasya uima wa iveti na syana ala meuveva seve ila yi vala mekuuia/kaikoni.

Nthini wa ivinda ya myai yianona mivituku TIST niyithiitwe iikolanya uvoo kuma kwi ene TIST iulu wa maiko aya na undu mekwenda maseuvwe mailyi. Enen aya nimethiitwe mai syimithya mithemba yianona ya maiko aya ta:-

- Liko ya ukua yila yitwa Jikopoa, Envirofit yila yitena mulingoti.
- Liko yakiiwe vandu ya ndaka yina mulingoti na kundu kwili kwa kuuia.

Maiko aya othe manoonanisye metumia ngu nini kwi maiko ma mavia atatu. Aingi ma ala masamie maiko aya nimaisye meenda mena kundu kwili kana kwingi mbee kwa kuuia na mena mulingoti wa kumya syuki nikana masuvie uima wa mii yoo.

Kumana na uu ene ma TIST nimathukumite vamwe na aseuvya ma maiko nikana matonye kunenga ene ma TIST maioko ala mena syindu ila mekwenda. Maiko amwe ma asu nimethiitwe maitumika ni ene TIST kuma Mt. Kenya. TIST yu nikunengane maiko angi ma kusisya undu maiko aya matonya uthukuma ta:

- Envirofit iiko ya ukua yila yina mulingoti utonya munya na ukatungia yila ukwenda.
- Envirofit iiko yakiiwe vandu vamwe yiteyaukua na ni kuseuviw'a kwa yiiko ya Tist yila ya ndaka.

Maiko ala mevo utonya usakua nita:-

Maiko ma ukua

- Jikopoa yila yina vandu vamwe va kuuia na yiina mulingoti
- Envirofit yina kundu kwili kwa kuuia na mulingoti utonya kumya

Maiko mate maukua (makwakiia)

- Liko ya yumba yina kundu kili kwa kuuia na yina mulingoti wa kumya syuki
- Liko ya yumba yina Envirofit yongeletwe (yiutetheesya kusuvia ngu mbee wa iiko yambee ya tist ya yumba yila yina mulingoti) Wenda kumanya mbee undu kikundi kyaku kitonya ukwata yiiko yii kana undu kikundi kyenyu kitonya kuyitya neenania na

Charles Kamunya, Mukwatania wa maiko ma yumba (Clay Stove Coordinator) namba yake ni:- 0724327794

James Mwai Museuvithya wa maiko namba yake ni:- 0715 460195

Ula ukwenda iiko no etye yila kwina wumbano wa kikundi na mwatavya ala mamuungamie nimakanewa mathooa mama maiko mamina kuseuvw'a syumwanini nini syukite.



Visa wa yiiko ya kukua yila mulingoti na kundu kwili kwa kuuia.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Hon Dr. Noah Wekesa, Ben Henneke, KFS Deputy Monica Masange and Zonal Simon Wahome planting a tree at TIST Launch in Kitale. Zonal manager from Mt. Elgon Mr. Ombiri, USAID Mission Director Erna Kerst are in the background.

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Klastaitab Kisima Tokunenyon.

Kasire Isaac M. Munyua

En kenyitab 2005, kirutechi tuiyetab kurupit ne mining ne bo TIST Kibirichia , Henry Gituma , konunindetabge ne bo TIST. Kicham tuguk che yaei kurupisiekab TIST ak koguor kanetik kobwa Kisima –olinyonet. En kenynoton Gitima kokicheer bik kochut kurupisiek ak kignet ak kesir. Kimining klastait kenaame ak kigisir kurupisiek aeng kityo en kenyitab 2005. Kurupisiek che ki tai ko Ndenda A – 2005KE 1099 ak Ndenda B – 2005KE1100.

En kenyitab 2006, kitestai kanetisiet ak minsetab ketik ak kibwa kurupisiek alak che chang. Ko u Muthetu – 2006KE 1330, Ndurumuru farmers – 2006KE 508, Mijikenda – 2006KE 507.

En kenyitab 2007, konaam kogimit klastait amun Temikab Ndurumuru– 2007KE 708, Ndurumuru B – 2007KE 795, Muguna kisima – 2007KE 204, Muguna kisima – 2007KE 224, Greenland afforestation – 2007KE664, Mwongera – 2007KE823, Weru SHG – 2007KE 835, Mbumi – 2007KE945, Kamantereki – 2007KE663, Mwega – 2007KE894, Murutu – 2007KE 946, and Ndurumuru farmers – 2007KE998 ko kichut klastainiton.

Kitestai koet klastait amun kanestitet ne kararan ne kigeer bikab kokwet en bikab TIST.

En 2008, kichut Ndurumuru E – 2008KE 88, ak kitestai kochut kurupisiek che chang en 2009. Chuton ko boto Center C – 2009KE 295, Center A – 2009KE 296, Center B – 2009KE 297, Denda D – 2009KE 299, Greenland C – 2009KE 300, Green E – 2009KE 301, Muguna group 2009KE309, Ngwatanaro B – 2009KE 317, Greenland D – 2009KE 302, Mbumi B – 2009KE 305, Muguna G – 2009KE 307, Muguna E – 2009KE 308, Muguna group – 2009KE 302, Ndurumuru B – 2009KE 312, Ndurumuru C – 2009KE 313, Ndurumuru E – 2009KE 314, Ndurumuru F – 2009KE 315, and Ngwatanaro – 2009KE 316.

Bimanet ne tai ko kigiyai en arawetab 10, 2005, kichobei Gituma ak kikilibanchi kurupisiek alak rabinikwak en kenyt ne kirubei.

En 2010 kiek Kisima Klastaitab kurupisiek 37. Nyolu ketes ketikyok kongeten ketik 70,000 che

kitinyei raini agoi keitchi ketik 200,000 che magatin. Kichobe kora en walunetab tuiyosiekab klasta ak kaitisiet ne inet keboisen SMS.

Eng 2011 kikigiyai kura ago kikikwei cheisubi;

1. Kandoindet – Mr. Henry Gituma
2. Rubeiwotab kandoindet – Mr. Johnstone Kinoti
3. Chitaab Hesabu – Mrs. Mercy Kagendo

Kikikwei Mr. Gatima amun inendet ko kangochindet ne bog e kongeten 2005 ago kikoborwech labaiyet.

Yeibata kogiikochi kandoinatet Kinoti. Rubeiwotab kandoindet Mercy Kagendo ak Isaack koek chitaab Hesabu. En orani kogigetou kandoinatet ne inet ak kenyoru kelchinet en bik che chang chetnyei talentait che gonu gei koyai boisiet. Kigoyan kobois ak ehek Gitima ak kotoretech ye bit ngala.

En kesyisiek che bo tai en TIST eng olinyonet, kigisich kaimutik che chang. Kibwatei bik alak kole libanetab ketik ko ma imugaksei yetakochegeugut ketik. Kiibwat alage kole tos bunu bikab oik. Raini, temik koboiboenchin kasit ne yaei en tililindaab koristo en emet ak ngwongy komugul. Kimache keegu agenge en ibinda ne istoei ngemetab koristo en emet.

Mr. Gitima kogikonech geeret en klastainyon ko u;

1. Tononetabgei . Mache kendochi klastait komie.
2. Kandoinatet ne mie. Kigosom kandoik che bo tai chebo klastait kosib magutikab TIST.
3. Minsetab ketik che chang che bo gaa. Kigocheerech kemin ketik che chang che bo gaa en imbarenikyok ak chebo serikali.
4. Keyai C.F (Conservation Farming). Nyolu kenetgei kelchinetab temisiet ne mie kotabala temisiet ne iyanaat.

Kiboiboi konyoru kasari kondoiwech Gitima ak kinetegei en toguneiwek che miach che tinyei.

Kiboiboi amun kigonyan kotoretech ye kimachei toretet. Ngo berur Jehova inendet missing.

Isaac M. Munyua ko chitaab hesabu, Klastaitab Kisima.



Testai TIST koitchin Tulwetab Elgon.

“Tos au yeimine ketit, itoretgei ak bik alak en ngwony” Ben Henneke.

TAUNET NE LEL! Ne konyitot Prof. Noah Wekesa, Minister en osnosiek ak tiogik en Kenya ko giindochi boiboiyetab kanaametab TIST en Tulwetab Elgon en tarigit 19/1/202.

Kiboiboiyet ne chang ngalalet ak tienwogik en Kitale show ole kimiten bik che sire 300 asi kogat minister, ne o nebo USAID Erna Kerst, KFS Monica Kalenda, neo ne bo emet ne mining Wilson Wanyanga, bikab USAID ak kandoikab district, membaekab parliament, kandoikab KFS che bo gaa ak bikab timwek. Temikab TIST koyob Meru, Nanyuki, Naru Moro, Kinyaritha, Chugu ak Ntugi ko gibwa en matatu ak kiimuch kongalalchi bik che chang en olotok ak komwachi agobo TIST.

Ben Henneke ne o nebo Clean Air Action Corporation ak Vanessa Henneke ne bo Institute for Environmental Innovation, bik che tai che bo TIST ko kibwa kora.

Kimwa Minister Wekesa en ngalalenyin kole beek, Tulwetab Kenya ak Elgon ko aeng en mut , kogigengem ak komache kechop en kasarta niton. Kimwa kora kole kigongem emetab Kenya yautikab koristo ne ya. “ Ole kinyoru robta ne yamei konyoru nguni robta ne min ngwony che ma imuche kosibpto temisiet. Niton ko kigowal missing rrabinik che nyoru bik che boisien tuga ak minutik en sobengwany.”

Niton kogiguuret nr bo kayaetab kasit en oli lel! Ngalek che chang agobo Tulwetab Elgon en arawet ne rubei.

Kigonaam Klastaisiek che chang ngunon ko ba tai.

Kasire Aaron Kaindio.

Krupisiek chemengech chebo TIST en klasta isiek koboiboi kole nekit koityi magitiet nebo klasta neintogingei, magutiet nekiborchingei kongeten, kobaten koinome koborchin saidi en kwenetab kenytib elifusiek oeng ak taman

En klasta nebo Kiguchwa, kurubisiek chemengech ko kigokuyo missing kolchinet ne bitu en klasta ingisip TIST.

Kingen tugul kele TIST kogogonam kogochi rabinik klastas chechok sigokimekitun en chokienet. Siomuch konyor kelchin neo en beit nemi ngweny, kondoikab klasta chekonyor bachet nebo arawet koyoche kobunji imanit ak en togunet kwororu elekiboisioto rabinichu sikomuch kogimit klasta. Boisionik che kororon chekikimuch keger ke boisien bachet ko koboto rutoito nebo kenyor baonokab

otepto nekararan ak vochas chekiolen rabinikab simoit chebo kondoik che indochin TIST and membaek ak klasta ak rabinik che kiwechen kongoi en membaek che kotoret en kolongunetab ak kotororetab klasta. Ingobois klasta en kibagenge, kenyoru or tiniek chechang chekiriben rabinik, si komuch membayat konem tugukab TIST yon wendi tugosiek cheechen en ngalekwak. Inoni kogonech nabas neo kimukten tuguk tuguk cheechen.

Kora, kemoche kituiyengei en mugulleldo ne mie ak kegonugei keboisien en kibagenge sikwo tai Klasta. Imuche anyun iker kelchinet neginyoro ingisib ngalekab TIST amun teche klasta nekim, nganasetet nekim ak emit neo.

Iyan ngalekab TIST ak tech klasta nengung!

Aaron kaindio ko chito nebimoni TIST, en Kiguchwa Klasta.



Ketik achon cheyoche kemin en emennyon.

Ketik chekororon missing ko ketikab kipkaa, Cheng ketit che ichome.

Igimiti missing TIST ketikab lokoek ak chebo kipkaa. Ibwat ile ikonukei irib ketikab TIST en nwony kotai kobek kenyisiek sosom(30) anan kosir. Chakuan ketik chekonin kelchin neimoche en sait noton cheu; rokoek, omitiokikab kiagik, cheitoltole ngungunyek ak kobos laetab ngungunyek anan ko nitrogen en ketik che tinye, kwenik chebitu en chororetat ketikchoton ak kelchin chechang.

Kororon ketik tugul?

Maimuch !imuch koueng alak kerib, anan ko sumu en kiagikguk anan koei bek chechang. Chakuan che ikoin kelchin emengung.

Ie lokoek kila kenyit?

Ketik chechang koitos, kobaten keren ketikak ab emengung sisich imanda, Alak komuch koitos lokoek che kororon en kila kenyisiek oeng anan ko somok.

Oinon kametab ketit nekararan neomuche osigen lokoek.

- Kwai lokoek en ketit chemomiondos ak cheitos lokoek chechang
- Bagakten ketik chemi ichegen, amun imuch komosich keswek chekororon en ketik alak ak koi lokoek cheyach
- Kagakten ketik chemoitos and chetinye korornindo neya
- Kaigai kecheng ketit en kwenutab ketik chemomiondos ako chebo kot aenge
- Keswek chebo mauwek chekaletagei kokororon kosir chebo mauwek chekaiyumak
- Ketit nenoton kotiengei boisetab ketoton, kou ketitab bakoinik kotetayat, tinye chegisach oko rutu kochokgian. Ketik chebo omituogikab kiagik koyoche kurutu kochokgiin, ak kotinye sakutik chechang ak kosoktos kochogiiin yonkakichoror. Ketikab lokoek chekororon kou etgai tugul koyoche kotinye kamuget koi lokoek chemiach.
- Igilgei inyoru keswekak ketit nerutu en loindab bariit negegei ak ngungunyek che kergei en ole iminyini.
- Cheng ketit nekikoet ama nemingin.

Ou ole okwoe keswek?

- Kenai kasarta nebo kenyit ye karuryo keswek.
- Teben nik alak chebo kokwet ana igeer ketit inyendet.
- Kasarta age koruryotin keswek ye kawalak matundek anan ko wal ole u anan koyomyo.
- Keswek che chang kochobotin keib ngobutyo en ketik ichegen

Kiyumdoi ano keswech?

- Kararan keswach ngunyutab ketit koron. Much kesich keswek che chang en ngwony. Geer keswek ngo kikongem tiongik.
- Imuch ilany ketit si inemu keswek lakini rib gei.
- Matundek alak koyamdos ak koserta keswekwak koba ngwony. Chu ko ui keyum ngo mengech keswek. Iyum keswek yon kagoruryo lakini kot kotomo koputchi ngwony. Ye ibata, iyaam keswek anan ko matundek en ole tilil ak ole mi urwet asi isich keswek.,
- Keswek alak komuch kebir ak ketit kobutyo en ketinyin.
- Yom inde kit ne ibuntchin keswek ak itumtum ketit.
- En ketik che echen, imuch ichop ketit ne tinyei temwek che tilei. Imuch indeole kiname rogoet.
- Nai ile keswek alak ko maimuche kesich en ngwony kobaten komengech ketik .Kinyorchin ngunyutab ketik che echen si kiyapchi lolatinwek en kabetingung. Niton k obo keti che uen kobinyto en kabetit anan ko che tinyei keswek che magi nyoru en kasarta age tugul.
- Keswek konyolu kinem en matundek anan ko lolotinwekwak. Kinemunn eut anan kinde asista kigeni koyomyo ak koter , imuche koyai kou niton.

Tos kinaenee kele kararan keswot?

- Ne tai ,geer keswot. Wirten che mengech anan, wisisen anan ko che ter en alak. Wirten age tugul ne iboru kele kigongem tiongik.
- En keswek alak imuch inde beek barak. Kasarta age tugul kobendi orit che kororon ago ngetu che yachen en beek barak.
- Imuch iyai biteta ne mining ne bo keswek. Boisien keswek tuten che iitokse (20-100).



Yachin katililet ne tai age tugul. Inde keswek ngoriet ne tinyei beek en karait. Tuch ak ingoriet, inde beek ak ole lalang (ma ole o maat). Geer keswek kila ngo ko kago bityo. Sir kila betut ngo etu keswot. Ibei wikisiek 12 kobee e keswot age tugul. Ngo eet en 50% ko boru kole kararan keswot lakini etunatetab kweswot ko ter ter en keswek. Keswek che mengech kotinyei 5% etunatet ago tageribei.

Tos kimine anan kiribe keswek?

- Keswek alak koma kikoori nyou kemin kityo (keswek che bunbun, keswekab matundek anan ko keswek che tinyei mwanik che chang).
- En keswek che uen, rib keswot ko tililit, koyamaat ak en ole kaitit
- Keswek konyolu kenem en matunyat ak kiyaam komie. Koyaam inde asista en betusiek 2-3
- Konoret en selele anan ko kit ne bo chumayot en ole ma mi asista ko kararan (matiboisien lolatinwek che bo plastil amun yaei keswot ko lupchan ak kongemak). Boisien kit ne tilil ago machutei koristo.
- Sir kit ne kemine tarigit ne kiibe ak kainetab keswot.
- Nai ile etunetab keswek komuch kochuchugak en saisiek. Ngot kigekonor keswek koek keny komuch kosir betutsiek che magatin keboisien. Keswek alak kobeteietunet kosir alak.

Tos bitos keswek tugul?

Kebebertaab bokol che bo keswek che bitos koteerterchin en keswek. Keswek alak komache tililindo ne tai.

Tos tililindo aino ne tai ne machei?

- Ngot ko tinyei keswek bertet ne mining, ko magikochin tililindo ne tai.
- Keswekab bertet ne o komache tililindo ne tai. Alak komache ketui ak ngundoit anan ko koita. Keswek konyolu kemin kokagingany.
- Keswek alak komache tilet ne mining asi kosich ole bunei beek koba orit. Maat itill ole kinamei keswot amun yuton kotinyei laketab ketit.
- Alak ko mache kende ole mindiilil en minutisiek 20-50 komakikol.
- Oret age ne bo keswek che uen bertok kiyoi en beeken mintisiek 5-10. Yeitya inde beek che

kaitit. Niton kowiswise makatet ak kochamchi beek ko chut.

- Keswek alak kemuche kende beek che bo kawaida en saisiek 12-24.
- Keswek tugul yegakitilil ne tai konyolu kemin sait noton.

Tos kimindoi ano keswek?

- Keswek alak che boitos ichegen kemuch kemin een imbar anan ko kibabosiek.
- Keswek che mache ole inet kemine en kabetit korok.
- Sait nebiten keswot kobee keswot, lalanyet, beek che miten ak kenyisiekab keswot.
- Minset keyai yon negit konaam kasartaab robta.
- En oret ne o, minset en imbar, keswek konyolu kemin en loindaab mitaisiek 2-3 ak ketuch komie en ngungunyek. Ngungunyekchoton konyolu kerib kotinyei beek.
- Ngalekab kabetit kou ole isibu

Tos minutik che mengech kobitos kityo kobun keswek?

Ketik alak kosiche minutik en taban taban che imuche ketil ak keib ibagemin.

Tilatilwekab ketik alak komuch keboisie, ib temwek che mengech che tinyei bitosiek somok. Ib ne koi ak ko tinyei afya ak itil kotililit. Icherun sogek. Min temwek en ngungunyek kobba oritab ngungunyek bitoseik aeng ak konget agenge en sang. Tumchin beek agoi tun kobit keitit. Ketik che kagimin ko u ni kotinyei karorindo ak ketit ne kisiche ketiito ak komuch keboisien kesich matundek che kororon.

Chobetab kabetit**Minetab kewek.**

- Keswek che bitos ichegen kemuch kemin en imbar anan ko teret age tugul. Keswek che mache ole inet kemine korok en kabetit.
- Nai ile keswek alak komache tililindo ne tai
- Kasartab kobit kobee keswot, lalangindo, beek ak kenyiisekab keswot
- Minset keyaei konegit korobon
- En oret ne o, minset en imbar, keswek konyolu kemin en loindaab mitaisiek 2-3 ak ketuch komie en ngungunyek. Ngungunyekchoton konyolu kerib kotinyei beek.



Membaekab TIST kochamcham jikosiek che lelach che kororon.

Chame TIST kowekji kongoi bik tugul che toreti en teksetab jikosiek che kororon. Kinetegei che chang kila betut koyob membaek che kigoboisie jikosiek chu.

Tos ne jiket ne kararan?

Jikosiek che kororon ko che boisen kwenik che tutten kosir koita maa ne bo kawaida., ak ko tilei sait ak rabinik che kialen kwenik. Niton koboosie tiletab ketitk ak kokararan en emet. Ngo tinyei ole bunei iyet jikosiek, kogochin kamatik kosich tililindo ak lagok che ichute iyet kila en jiekt.

En kasartab arawek che kigobata, kigocheng waluntab bik TIST en membaek agobo ngalek che kimuche ketes ngalekab jikosoiek. Kikochamcham memmabek jikoseikab aina che chang;

- Jikosiek che kiibote: Jikopa, Envirofit)
- Jikosiekab ngunguyek che magiibote (kichobe membaekab TIST

Jikosiek tugul kokiibor kole boisen kwenik che tutn korsir koita maa ne bo kawaida. Membaek che chang chekiboien ko kile mache kosich nafas nebo chebungut ne boa eng ak kimache jikosiek alak che ter kosir ne tindo ole bunei iyet asi korib tililindonywan.

En manguneniton, kibois TIST ak bik che chobe jikosiek kochob jikosiek che ter che tinyei magutik che chang. Jikosiek chuton kogigende komaswek alak che bo TIST ole negitak Tulwetab Kenya. Konu anyun TIST jikosiek alak che ter kotelelen;

- Envirofit ne kiibote ne tinyei komaswek aeng ole kioisen.
- Envirofit en jikosiek che magiibote.

Jikosiek che miten en nguni

- Jikosiek che kiibote che kichobe
 - o Jikopos, Envirofit –olekilalsen agenge, matinyei ole mandaen iyet
 - o Envirofit ne tinyei olekilalsen aeng ak ole mandaen iyet
- Jiket ne makiibote ne bo ngungunyek: chobe temikab TIST
 - o Tugul che menet; olekilalsen aeng, matinyei ole mandaen iyet
 - o Jiket ab menet ak envirofit nekikinde (ribe kwenik en en jiketab TIST)

Sinai chechang en ole imuche ikeren jikosie chu ak ole imuche inye ak membaekuk onyorunde jikosiek ibirchi simoit:

Charles Kamunya, coordinator nebo

jikosiekab menet: 0724327794

James Mwai, coordinator nebo jikosiek che

kikechob: 0715460195

Bik che mache jikosiek keibe kainai kwak en tuiyetab klasta, mwachin tonondoindengwong ngot imache. Beit kegonu ye kagiib jikosiek en wikisiek che bwonei.



Pichait (jiket ne kiibote Envirofit ne tinyei ole kilalishi aeng) (kanamdaet kealdoi ko ter)