

Mazingira Bora



TIST

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

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Some of the TIST Masters Trainers in a group photo. Last month, TIST Trained 100 Trainers to serve 50 Group of Clusters (GOC).

Inside:

We are Servants to each other and Taking Service into practice at Kangeta / Mutuati Cluster. Page 2

Rotational Leadership is working, says Antubochio Cluster. Page 2

We are experiencing the effects of deforestation in Ngaya Forest. Page 3

We are grateful for the good rains this season, but let's remember to weed our crops. Page 3

TIST Improved Stoves—Get your stove while stocks last! Page 4

TIST:Waste Management. Page 5

How to prevent HIV & AIDS. Page 5

Fast growing indigenous trees. Page 6



We are Servants to each other and Taking Service into practice at Kangeta / Mutuati Cluster.

BY Nkatha Grace

In TIST, We Are. We do use our hands and minds! We members of Kangeta/Mutuati Cluster have, besides doing TIST activities such as tree planting, conservation farming and making tree nurseries, have incorporated other social welfare and support services to meet other basic needs in our families. Our Cluster decided to make small contributions together, and in revolving manner, we buy members mattresses in rounds. We realized good sleep is good for our health! We also help members buy kitchen utensils. As a result, many of our Small Group members have gained more interest and motivation to attend monthly Cluster meetings. The more we come together to share and serve, the more we can learn,

and the better our lives, our communities, and TIST become. We have been encouraged to learn that TIST supports microfinance activities. In our Cluster, we have a goal of starting to pool our money for onward lending to the members to enable them either advance their TIST activities or start other businesses. We are happy to report that quantification is going on very well. Our Group of Clusters Quantifier, William Mugambi, is serving us well. We want to be sure all Small Groups are well monitored so we qualify to participate in the carbon market in TIST. On our part, we will plant more trees for better carbon income in the future. God bless TIST!

Rotational Leadership is working, says Antubochio Cluster.

By Millicent Wambogo

When we first learned about rotational leadership, we thought that it was a concept that would not work for us because we were used to conventional leadership. Today, at Antubochio Cluster, rotational leadership has become our best practice so far.

We have seen our cluster develop rapidly, with a new leader taking her turn each four months, adding to the strength of the team of Cluster Leader, Co-leader and Accountability Person. It is the Accountability Person whom we elect, while the previous Accountability Person becomes Co-Leader, the previous Co-Leader becomes Leader, and the previous Leader rotating out. This happens after every four months.

Rotational leadership has many benefits. They include:

- Each person has different ways of leading, and each person has different gifts. Rotating the leadership means group members can all learn from each other about leadership.
- If everyone is supportive and encouraging, even shy group members will have the chance to grow in confidence and leadership abilities. We are able to learn something from everyone.

- Rotating leadership also reduces the stress of one person being responsible all the time. Because the responsibility is equally shared, no one person should be overly burdened or tired by the job.
- Rotating the leadership means there will be fewer problems if one person likes to dominate the conversation and be in charge all the time. Each person will have his or her own chance to lead the meeting.
- Because the Accountability Person stays on to serve a term as a Co-leader and a Leader, they have a full year to develop and share their strengths, and to teach newly elected Accountability People.

For instance, on 20th April 2012 (2 months ago), we elected a new Accountability Person, Madam Rebecca Karimi from Kinyaunka Tree Nursery Small Group, TIST No. 2008KE2461.

We can demonstrate that rotational leadership is a best practice. We encourage Small Groups and Clusters to continue practicing them.



We are experiencing the effects of deforestation in Ngaya Forest.

By Nyagah Zaberio

In recent times, we have experienced wanton destruction and degradation of Ngaya Forest. This has caused phenomenal negative impacts to the environment, agriculture, wildlife and the ecosystem.

For instance, we have experienced less rain, and hence dwindling agriculture production, with each passing season. Streams and rivers have continued to dry up thus straining our ability even to irrigate our crops. Further, the wild animals are forced out of forest in search of water and food. This has resulted to human-wildlife conflict.

However, all is not lost. We have established

a Community Forest Association (CFA) which is keen on conserving, protecting, and reforesting our forest. We are glad that TIST is working with communities' members in Kawiru MCK Cluster, which is adjacent to this forest. Our work can enhance biodiversity, and gives us in the community's access to and responsibility for own forest resources. It empowers us economically and socially.

We are hopeful that reforestation of Ngaya Forest will begin to cause an increase in water levels in our rivers, and increase rain for the good of our crops, animals, and the good of human life

We are grateful for the good rains this season, but let's remember to weed our crops.

Weeding is important for these reasons:

1. Your crops need water, soil nutrients and light to grow strong. If there are weeds they will compete with your crops for these things. The weeds will use the soil nutrients and water that your crops need. The result is that your crops will be weaker and may not survive.
2. If your area is not weeded, more pests may be attracted to the area. Pests can damage and kill your crops. The fewer weeds there are, the less chance there will be of snakes and insects.

Here are some of the advantages of weeding your fields:

- Crops grow faster because weeds don't take the nutrients and water from the soil.
- Crops will become stronger and grow taller in a shorter period of time.

- Crops can get the sunlight they need unhindered.
- Crops are not exposed to as many diseases.
- Crops are more protected from a fire spreading.
- Clean fields indicate that small groups are maintaining them and are good examples of the TIST program. This will attract many people to come and see your work.

Once you have weeded the area, make sure you remove the weeds from the field. If you leave the dead weeds by the crops they may still attract pests and diseases that can damage your crop. You may be able to use weeds in compost manure since the heat from decomposition can kill weed seeds and some diseases.

Remember to keep weeding your tree groves too!



TIST Improved Stoves—Get your stove while stocks last!

What are improved stoves?

Many people in Kenya still use the three-stone stove for cooking. This consumes a lot of firewood quickly. Improved stoves are stoves that use less firewood and direct smoke out of the kitchen.

Improved stoves have many advantages compared to traditional stoves:

I. For the user

- Improved stoves minimize the use of firewood. Firewood for three days' use in a traditional stove can be more than enough for a week in the improved stove!
- Heat lasts longer in the improved stove as the fire and heat stay inside the stove e.g. improved clay stove.
- Minimizes accidents by the fire, as the fire is covered.

- Minimizes cost of buying firewood.
- Saves time for women searching for firewood.
- The stove uses one fire to heat up to three pots, thus saving time and firewood.
- Smoke is taken out of the kitchen. This reduces health-related problems from smoke such as respiratory disorders and eye irritation.

2 For the environment

The reduced demand for firewood helps to:

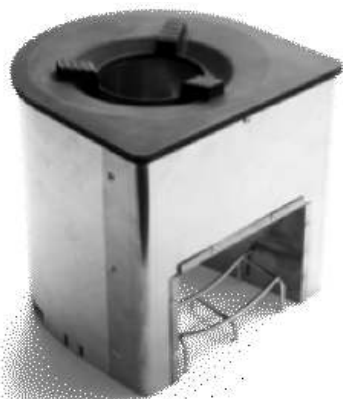
- Reduce deforestation
- Reduce desertification
- Prevent dangerous flooding
- Protect water resources and catchment areas

You can experience these benefits when you order a TIST improved stove today. Stoves that are available for sale in TIST today are:

TIST IMPROVED JIKOS



NEW!! Updated JIKOPOA
1,400 ksh



ENVIROFIT Z-Insert for built-in stove
can be used with 2-pot/ chimney attachment!
2,000 ksh



2-pot Chimney clay stove: built using Envirofit Z insert (2,000 ksh) and 2-pot chimney attachment (1,200 ksh); labor est. 400 ksh



ENVIROFIT G can be used with 2-pot/ chimney attachment!
2,500 ksh



ENVIROFIT M-Jiko Tasha can be used with 2-pot/ chimney attachment!
Coming soon...

ENVIROFIT 2 pot-Chimney Attachment (for all Envirofit models): 1,200 ksh
SOLD SEPARATELY

FOR MORE INFORMATION ON IMPROVED JIKOS CONTACT:

Charles Kamunya (built-in models)
Mobile: 0724 327 794
James Mwai (portable manufactured)
Mobile: 0715 460 195

The mud stove with ceramic fire chamber is ONLY AVAILABLE IN Ngariama, Kianyaga, Salama, Tunyai, Matakiri, Pondo, Kilia, Kamwendei, Nthingini, and Kagaene clusters.

TIST:Waste Management.

Definition of waste: waste is any material that is a by-product of human activity and that may not have immediate value. This includes

- Human excreta/waste
- Domestic rubbish like left-over food
- Waste paper
- Polythene bags
- Scrap metal, old batteries (dry cells)
- Sewage sludge etc.

What causes rubbish problems in your community?

Waste is inevitable but is made more problematic by:

- Wasteful / inefficient use of resources
- Lack of methods for reusing waste
- Lack of waste disposal sites (latrines, rubbish pits)
- Lack of knowledge about the dangers of poor waste management

Consequences of poor waste management are.

- Ugly littering of fields and compounds, loss of beauty of the area
- Pollution of water, air and soil

- Disease outbreaks
- Blockage of drainage channels
- Toxic poisoning and fumes from old batteries
- Children and animals may be poisoned or injured if they pick up and play with old batteries or other rubbish.

What can your small group do to help the problem?

Solutions

- **Reduce:** minimize generation of waste. Consider using solar powered products instead of those that use disposable batteries when possible.
- **Reusing:** use materials again where possible (e.g. plastic bags)
- **Composting:** Save organic waste (left-over food and fodder) as a natural fertilizer for use in gardening
- **Dig a rubbish pit in your compound.** Remember only to burn paper and card. Do not burn batteries as they may explode – put them into the pit latrine.

How to prevent HIV & AIDS.

How can you prevent the spread of HIV?

- **Protect from infected blood:** Make sure that any instruments that have been in contact with blood have been completely sterilized (e.g. razors, knives, needles). Sterilization should be done after each new person has used the instrument. Care should therefore be taken in all places with a potential risk (clinics, hospitals, barber shops, traditional practices such as circumcision and body scarring).
- **Abstain from sexual intercourse.**
- **Be faithful:** Sexual intercourse should be between a man and woman who are faithful to each other and who are not infected with HIV. It is best for both partners to know their HIV status as one partner may have been infected before he or she started the relationship. The HIV virus can be in someone for ten years or more before making someone ill.
- **Use a condom:** This reduces the risk of being infected, but only if the condom is used correctly at all times during sexual intercourse. Even if both partners are HIV positive, it is

advised for them to adopt safer sex practices to avoid repeated exposure to HIV and other sexually transmitted diseases.

- **Get tested:** Having an HIV test is important. If people know they are infected they can make the decision not to infect other people.
- There is no vaccine yet to prevent HIV. It is best to avoid getting into contact with HIV in the first place!
- HIV can be passed to a child from an infected mother. This can be through breast milk. However, remember that a mother's milk is much better for the child than cow's milk or powdered milk. Some anti-retroviral drugs can decrease the risk of passing HIV from mother to baby. Mothers should be aware of the issue and talk to area health care experts so that they can make their own, best decision about what to do.
- HIV can also be passed onto the baby through the birth process. Dramatic reductions in infection rates can be made if the mother is given anti-viral medication before and immediately after birth (under medical supervision).



Fast growing indigenous trees.

By Christine Yankel

Indigenous trees provide many different benefits. This month, we focus on some indigenous trees that are especially useful because they are fast growing. In the wild, often these species are pioneer species, growing first and fast when space is opened by fire or cutting. Talk to trainers and other Small Groups in your cluster and discuss together which species are best in your area.

Hagenia abyssinica, African redwood, muhooru



With its beautiful red timber, and growing quickly up to 20 m, *Hagenia abyssinica* is a good tree to grow in high elevations that receive 1,000 to 1,500 mm of rainfall each year. It has many benefits: its leaves enrich soil, and make it a good tree for planting in farm fields for agroforestry. It is a medicinal tree, and can help preserve the soil. Its wood is valuable timber and also makes good firewood or charcoal.

The tree grows easily from seed. Pretreatment is not necessary and seeds germinate within 10-20 days of planting with a germination rate of 40-60%.

If planted in together with crops, plant at a low density. Prune branches to encourage straight growth of the trunk.

Macaranga kilimandscharica, mukuhakuha/mukura



Macaranga is a fast-growing tree that is a good choice for growing together with coffee or bananas.. It grows best with 1,500 to 2,500 mm of rainfall each year. It is a good barrier tree, and because of its fast growth, can protect soils from eroding. Its wood is good for firewood and is used in making boxes or fencing. An extract of its roots is useful medicine.

Grow macaranga from seed. The tree grows well and with minimal care once well established

Mazingira Bora



TIST

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

Kimereu Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Some of the TIST Masters Trainers in a group photo. Last month, TIST Trained 100 Trainers to serve 50 Group of Clusters (GOC).

Inside:

Turi nthumba gatigati getu na nituonanitie bubu ndene ya cluster ya Kangeta/Mutuati. Page 2

Utongerira bwa kithiuruko ni bugwita ngugi bwega, cluster ya Antubochio niu ikuuga. Page 2

Nitukinyiri ni mantu jaria jaretagwa ni ugiti miti ndene ya mwitu jwa Ngaya. Page 3

Nitugucokia nkatho niuntu bwa ngai inthongi ya mbura iji, indi gaturikane kurimira imera bietu. Page 3

Mariko ja TIST jamega nkuruki – Jukia riiko riaku riri jario! Page 4

TIST: Kubaangira ruuko. Page 5

Njira cia gucimenyera utikagwatwe ni mukingo. Page 5

Miti ya gintwire iria ikurangaga. Page 6



Turi nthumba gatigati getu na nituonanitie bubu ndene ya cluster ya Kangeta/Mutuati.

Ni Nkatha Grace

Ndene ya TIST batwi turi. Nitutumagira njara na mathuganio jetu! Batwi amemba ba cluster ya Kangeta/Mutuati, amwe na kuthithia mantu ja TIST ja uandi miti, urimi bubwega na kuthithia minanda ya miti, nitutonyithitie mantu jangi ja gukaranira na kugwatana mbaru nikenda tuumba kuujuria mootumiri ja ntuku cionthe ja nja cietu. Cluster yetu niyagitire igamba kurita mbeba inini amwe iria na njira ya kithiuruko, nituguragira amemba mattress cia kumamira. Nitwamenyere kumama bwega ni gukwega kiri thiria yetu ya mwiri! Kinya nitutethagia amemba kuguura into bia gutumira riikone.

Ja maciara, amemba babaingi ba gikundi gikinini nibagiite na bata inyingi na motisha ya kwija micemanione yetu ya o mweri. O uria twijaga amwe kugaana na kuritanira ngugi, nou tuumbaga kuthoma nkuruki na nou miturire yetu, ntuura cietu na TIST

ikathongoma.

Nitwikiri moyo kumenya ati TIST nigwataga mbaru mibango ya mbeba inkai. Ndene ya cluster yetu, turina kioneki gia kwambiria gwika mbeba cietu amwe niuntu bwa gukobithagia amemba nikenda tubombithia gwitithia mantu jao ja TIST na mbele kana kuambiria biashara ingi.

Nitugwiritue kuuga ati utari miti bwetu nibwitite na mbele bwega mono. Mutari miti wetu wa kiama gia gikundi gia cluster, William Mugambi, nagutwitira ngugi bwega mono.

Nitukwenda kumenyera ati ikundi bibinini bietu nibanganitie bwega, nikenda tuumba gutonya thokone ya ruugo ndene ya TIST. Kiri ngugi yetu, twi tukaanda miti ingi niuntu bwa mbeba inyingi kuumania na thoko ya ruugo ndene ya ntuku cijite. Murungu natharime TIST!

Utongeria bwa kithiuruko ni bugwita ngugi bwega, cluster ya Antubochio niu ikuuga.

Ni Millicent Wambogo

Tukuritanwa utongeria bwa kithiuruko ria mbele, nitwathuganirie ati ni ithuganio riria ritingiumba gwita ngugi gatigati geetu niuntu nitumenyeretie utongeria bwa kawaida. Narua, ndene ya cluster ya Antubochio, utongeria bwa kithiuruko nibweete mwitire jwetu juria mwega buru mwankira au.

Nitwonete cluster yetu yakuranga, na mutongeria umweru akijukia igita riawe o nyuma ya mieri inna, bubu bukiongagira inya ya uritaniri ngugi gatigati ka mutongeria, mutetheria wa mutongeria na mukiki wa mauku na mbeba cia cluster. Ni mukiki uju tuthuuraga, nikenda mukiki ou mukuru akaethua mutetheria wa cluster, mutetheria wa cluster uria mukuru akaa mutongeria na mutongeria uria mukuru akauma utongeriene. Bubu nibukarikaga o nyuma ya mieri inna.

Utongeria bwa Kithiuruko burina baita inyingi. Iji ni amwe na:

- O muntu arina njira mwanya cia gutongeria na muntu wonthe arina iewa mwanya. Kuthiurukia utongeria nikuuga amemba ba gikundi nobathome o muntu kuumania na ungi kwegie utongeria
- Kethira muntu wonthe nakugwata ungi mbaru na kumwikira inya, kinya amemba ba gikundi baria bari nthoni bakoona kanya ga gukuria kuumiria kwao

na kuumba gutongeria. Nituumbaga kuthoma gintu kuumania na muntu wonthe.

- Kuthiurukia utongeria kinya nikunyiagia urito bwa muntu umwe gutongeria rionthe. Niuntu ngugi nigai gatigati ka amemba uria bang'ana, guti muntu umwe ubati gukamata murigo jumunene kiriwe kana ukunoga ni ngugi iu.
- Kuthiurukia utongeria nikuuga gukethirwa kurina thiina inkai kethira muntu umwe neendaga kwaria wenka kana gutongeria rionthe. O muntu akoona kanya kawe ga gutongeria mucemanio.
- Niuntu mukiki wa mauku na mbeba cia cluster nakaraga utongeriene kairi kua mutetheria wa mutongeria riu mutongeria, arina mwaka junthe jwa kumenya na kugaana inya ciawe na kuritana akiki baria batarwa bari baberu.

Ja mung'uanano, tariki mirongo iiri mweri jwa inna mwaka juju (mieri iiri ithiri), nitwathurire mwiki wa mauku na mbeba cia cluster umweru, Mrs Rebecca Karimi kuuma gikundi gikinini gia Kinyaunka Tree Nursery, TIST No. 2008KE2461.

No twonanie utongeria bwa kithiuruko ni mwitire juria mwega buru. Nitugwikira ikundi bibinini na cluster mwoyo gwita na mbele gutuumira mwitire juju.



Nitukinyiri ni mantu jaria jaretagwa ni ugiti miti ndene ya mwitu jwa Ngaya.

Ni Nyagah Zaberio

Ndene ya igita riri ria akui nitwonete mwitu jwa Ngaya jukiinyangua na kuthirua buru. Bubu nibutumite kwagia mantu jatithongi kiri naria gututhiurukite, urimi, nyomoo cia kithaka na gukaraniria kwa nyomoo na imera bia mithemba mwanya mwanya.

Ta mung'uanano, nitukinyiritwe ni ngai inkai na kwou maketha kuumania na urimi jeeta jakinyiaga, o mbura uria igukuruka. Nduuji inini na inene niciitite na mbele kunyara na kwou ikinyiagia kanya getu ga kinya kurima na ruuji.

Kwongera, nyomoo cia kithaka nicikwingwa ni mpara na nyonta kuuma miituni gucua ruuji na irio. Bubu nibutumite kwagia ndua gatigati ka antu na nyomoo cia kithaka. Indi-ri jonthe jatiurite.

Nituthithitie gikundi gia CFA kiria gitegerete kumenyeera, gukaria na gucokia mwitu jwetu. Nitugwiritue ati TIST nigwitaniria ngugi na amemba ba cluster ya Kawiru, iria iri akui na mwitu. Ngugi yetu no ithongomie gukaranira kwa mithemba mwanya ya imera na ndithia cia kithaka na igatua batwi ndene ya ntuura ruutha rwa gutonya mwitune na ngugi ya kumenyeera mwitu jwetu twingwa bwega. Niitwikagira inya kimbeca na kiri gukaraniria

Turina witikio ati gucokanira kwa mwitu jwa Ngaya gukaambiria, gutuma ruuji rwetu rukaingia ndene ya miuro yeti na mbura ikaingia nikenda imera bietu, nyomoo cietu na miturire yetu ibua.

Nitugucokia nkatho niuntu bwa ngai inthongi ya mbura iji, indi gaturikane kurimira imera bietu.

Kurimira kurina bata niuntu bwa mantu jaja:

1. Imera biaku nibigwitia ruuji, irio kuumania na muthetu na weeru nikenda bigia inya. Kethira kurina iria, rigacindanira bibi na imera biaku. Iria rigatumiira irio bionthe muthetune na ruuji ruria imera biaku bigwitia. Muthiene imera biaku bikaaga inya na no biremwe gutuura.
2. Kethira munda jwaku jutirimiri, tunyomoo turia tuthukagia imera notukucue tukeja antu au. Tunyomoo tutu no tuthukie na tukoraga imera biaku. O uria iria rinyii nou twanya twa njoka na tunyomoo tukanyia

Aja ni mantu jamwe ja mantu jamega jaria jaumanagia na kurimira miunda yaku:

- Imera nibikurangaga niuntu iria ritikujukia irio kana ruuji kuuma muthetune.
- Imera bikagia inya na binenee nkuruki igitene ririnini.

- Imera bigakinyirwa ni riuu riria bigwitia ritithiikwi
- Imera bitiruguriri kiri mirimo imingi ta riu ringi
- Imera nibimenyeeri nkuruki kuumania na gutamba kwa mwanki.
- Miunda itina iria nionanagia anti ikundi bibinini nibikumimenyeera na ati bari ming'uanano imiega ndene ya muradi jwa TIST. Bubu bugakucia antu babaingi beeje boone ngugi iria bugwita.

Warikia kurimira munda jwaku, menyeera ati ukurita maria muundene. Wajatiga akui na imera, nojakucie tunyomoo tututhuku na mirimo iria yumba kuthukia kimera giaku. No utumire maria kuthithia mboleo niuntu mwanki jwa kuumania na kuya kwa mboleo jukoraga mbegu cia maria na mirimo imwe.

Rikana kurimira kinya munda jwaku jwa miti!



Mariko ja TIST jamega nkuruki – Jukia riiko riaku riri jario!

Mariko jamega nkuruki ni jakari?

Antu babaingi ndene ya Kenya nibatumagira mariko ja maari jathatu mpaka narua kuruga. Jaja nijatumagira nkuu inyingi o rimwe. Mariko jamega nkuruki ni mariko jatumagira nkuu inkai na jaria jaumaragia toi kuuma riikone.

Mariko jaja jarina mantu jamaingi jamega nkuruki ya mariko jaria jatumagirwa:

1. Kiri mutumiri

- Mariko jaja nijanyiagia nkuu iria ugutumiira. Nkuu iria iringi tumirwa ntuku ithatu ni riiko ria kawaida no ing'ane kiumia na igatigara kiri riiko riri riega!
- Mwanki nijukara igita riraja nkuruki kiri riiko riri riega niuntu mwanki jukaraga ndene ya riiko ta riiko ria muthetu ririeru
- Riiko nirinyiagia mantu jamathuku jaria jomba kuumania na mwanki niuntu mwanki nijukunikiri.
- Nijanyiagia mbecha cia kuguura nkuu.

- Ninyiagia thaa iria ekuru batumagira gucwaa nkuu.
- Riiko riri niritumagira mwanki jumwe kuithia nyungu ithatu, kwou ikanyiyia thaa na nkuu iria iringitumika.
- Toi niumaragua oome ya riiko. Bubu ni bunyiagia thiina cia thiria iria ciumanagia na toi ta thiina cia gukucia miruki na gwakana metho

2. Kiri naria gututhiurukite

Gutumika gwa nkuu inkai nigutethagia:

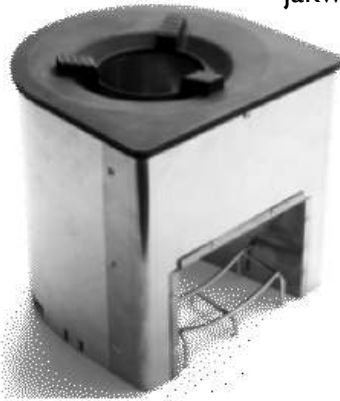
- Kunyiyia ugiiti bwa miitu
- Kunyiyia uumo bwa ntuura iu
- Gutigithia gutamba kwa ruuji kuria kuretaga mantu jamathuku
- Kumenyeera nduui cietu na naria ciumaga

No ukinyirwe ni baita iji weetia riiko ria TIST ririaga nkuruki narua. today are Mariko jaria jario jakwendua ni TIST narua ni:

TIST IMPROVED JIKOS



NEW!! Updated JIKOPOA
1,400 ksh



ENVIROFIT Z-Insert for built-in stove
can be used with 2-pot/ chimney attachment!
2,000 ksh



2-pot Chimney clay stove: built using Envirofit Z insert (2,000 ksh) and 2-pot chimney attachment (1,200 ksh); labor est. 400 ksh



ENVIROFIT G can be used with 2-pot/ chimney attachment!
2,500 ksh



ENVIROFIT M-Jiko Tasha can be used with 2-pot/ chimney attachment!
Coming soon...

ENVIROFIT 2-pot-Chimney Attachment (for all Envirofit models): 1,200 ksh
SOLD SEPARATELY

FOR MORE INFORMATION ON IMPROVED JIKOS CONTACT:

Charles Kamunya (built-in models)
Mobile: 0724 327 794
James Mwai (portable manufactured)
Mobile: 0715 460 195

Riiko riu ririna antu a mwanki gwaki na muthetu juria muthongi jari aki ndene ya cluster cia Ngariama, Kianyaga, Salama, Tunyai, Matakiri, Pondo, Kilia, Kamwendei, Nthingini, na Kagaene.

TIST: Kubaangira ruuko.

Ruuko: Ruuko ni gintu kionthe kiria kiumanagia na mantu jaria jathithagua ni muntu na kiria jaria maingi gitumba gutumika gikari ou kiri. Ruuko ni amwe na:

- Ntaka kana mai ja muntu
- Ruuko rwa nja ta irio biria bitigarite
- Maratasi jaria jathiritie ngugi
- Maratasi ja mubira
- Chuma iria itigutumika, maiga jamakuru ja tochi kana kameme
- Ruuko rwa sewage

Nimbi itumaga kugia na thiina cia ruuko ndene ya ntuura yaku?

Ruuko rutumba kwebereka indi niruejithagua thiina ni:

- Gutumira na kwinyangia into uria gutibati
- Kwaga njira cia gutumira ruuko ruru kairi
- kwaga guntu gwa guta ruuko ruru (bioro, kirinya kia ruuko
- Kwaga umenyo kwegie mantu jamathuku jaria jaumanagia na kuremwa kubaangira ruuko bwega.

Kuremwa kubangira ruuko bwega nigutumaga gukethirwa kurina:

- Ugly littering of fields and compounds, loss of beauty of the area Ruuko rutigutegeka nirujuraga

miundene na bienine bia nja, uthongi bukathira antune au.

- Ruuji, ruugo na muthetu jukathukua
- Mirimo ikaambiria na igatamba
- Mitaro kana paipu iria cikamataga ruuji ikaingana.
- Sumu na toi inthuku kuumania na maiga ja tochi jamakuru
- Aana na ndithia no bajue ni sumu kana bakagitarua riria baajukia na guchetha na maiga jamakuru kana ruuko rungi.

Niatia gikundi gikinini giaku kiumba kuthithia gutetheria thina iji?

Mantu jaria jagatethia

- **Nyiyia:** Nyiyia mantu jaria jatumaga gukugia ruuko. Thugania gutumiira into biria bitumagira solar antu a gutumira biria bitumagira maiga riria gukumbika
- **Gutumira gintu kimwe jamaingi:** Tumiira into kairi na kairi riria gukumbika (ta Maratasi ja gukamata into)
- **Kuthithia mboleo:** lika ruuko kuumania na nyomoo na imera (ta irio biria bitigere na iria) ta batereza ya gutumira mundene
- **Inja kirinya kia ruuko kienine giaku.** Ririkana kuithia aki maratasi ja mauku. Ukaithia maiga niuntu no jaripuke- jeekire kiorone kia oome.



Njira cia gucimenyera utikagwatwe ni muingo.

Niatia uumba gutigithia gutamba kwa muingo?

- **Imenyeere kuumania na ndamu irina murimo juju:** Menyeera ati gintu kionthe kiria kiringithitie ndamu gikuthambua bwega na njira iria ibati (ta ndwembe, icio, cindano). Kuthambua kwa bibi nikubati kuthithua o muntu umweru atumira. Kumenyeera mono kwou nigukwendeka guntu kuria kunthe muntu ombika kugwatirwa ni murimo juju (cibitari inene na inini, antu gwa kwenjwa mutundu, naria antu batanagirwa na kinya naria antu bekagirwa alama cia mwiri).
- **Cieberanie kuumania na kumama na antu.**
- **Ithira uri muntu ugwitikika:** Ntomurume na muka baria bagwitikika gatigati kao nab aria batiajitue ni murimo jwa muingo nibonka babati kumama amwe. Ni bwega mono kiri bo bairi kumenya kethira ni bajitue kana batiajitue nontu umwe no ethire agwatithirue mbele ya baambiria gukaranira na uria bari nawe. Murimo juju no jukare kiri muntu kinya mwanka miaka ikumi mbelee jucionania gukurukira kwajua kwa muntu.
- **Tumira mibira:** Mibira ninyiagia twanya twa muntu twa kugwatwa ni murimo juju, indi riria itumiri bwega igita rionthe riria ukumama na

muntu. Kinya kethira antu bau bobairi barina muingo, ni untu bubwega kumama na njira iria ibati nikenda bairigiria kuumania na kugwatwa ni muingo kairi kana kugwatwa ni mirimo ingi iria itambagua gukurukira kumama na mtu.

- Ita uthimwe: Kuthimirwa muingo kuri na bata mono. Kethira antu nibaiji nibajitue no bagite igamba kurega kugwatithia antu bangi
- Guti cindano mwankira narua ya kurigiria muingo. Ni bwega nkuruki kuebera kugwatwa niju antune a mbele.
- Muingo nojugwatithue mwana kuumania na ng'ina waajitue. Bubu ni gukurukira iria ria nyonto. Indi-ri, rikana ati iria ria ng'ina nirio riega nkuruki kiri mwana nkuruki ya iria ria ng'ombe kana ria kugura. Ndawa imwe nocinyie kanya ga gutambia murimo kuuma kiri ng'ina gwita kiri mwana. Ekuru baria barina aana nibabati kwithirwa baiji uju na bakaria na daktari ba cibitari iria iri akui nikenda bagita igamba riao bongwa kwegie uria bakathithia.
- Muingo no jugwatithue mwana kinya gukurukira guciarwa. Twanya twa bubu gukarika notunyuwe kethira ng'ina o mwana akaeawa ndawa cigittwa 'anti-viral' mbele na nyuma ya guciara (bari cibitari).



Miti ya gintwire iria ikurangaga.

Ni Christine Yankel

Miti ya gintwire nithagirwa iri na baita inyingi mwanya. Mweri juju, tugategera miti ya gintwire imwe mono iria itethagia nontu nikurangaga. Nau mwitune, jaria maingi mithemba iji ni mithemba ya kwambia, ikuraga mbele na ikurangaga riria kanya kathithua gukurukira kuithia kana kugiita. Uria aritani na ikundi bingi bibinini ndene ya cluster yaku mithemba iria iri imiega ntuurene yaku

Hagenia abyssinica, African redwood, muhooru



na mbao ciaju imane imwongi, na jugikurangaga mwanka uraja bwa 20m, muhooru ni muti jumwega jwa kuanda guntu kuria kuri iguru kuria kwithagirwa kuri na ngai inyingi (1000 gwita 1500mm ya ngai o mwaka). Muti juju jurina baita inyingi: mathangu jaju nijanoragia muthetu, na bubu nibujuthithagia muti jumwega jwa kuanda miundene ya imera amwe na imera riria ukwenda kuungania. Ni muti jurina ndawa, na jumba gutethia gukaria muthetu. Mbao ciaju

ni injega mono cia gwaka na kinya niithithagia nkuu injega kana makara

Muti juju nijukuraga jutina thina kuuma kiri mbira. Ti lazima mbegu iji cithuranirwa nontu mbira niciumaga ndene ya ntuku ikumi gwita mirongo iiri na niikurangaga (na rate ya 40 gwita 60%).

Jukaandwa amwe na imera, ukaanda imingi. Gita mathangu nikenda muti jukuura jurungami bwega

Macaranga kilimandscharica, mukuhakuha/ mukura



Mukura ni muti jukurangaga na ni muti jumwega riria ukujuandaniria na kauwa kana marigu. Nijukuraga bwega buru guntu kuri kuri na mbura inyingi ya kuuma 1500 gwita 2500mm omwaka. Ni muti jumwega jwa kunyiyia ruugo na niuntu nijukurangaga, jwomba kumenyeera muthetu kumania na gukamatwa. Miiri yaju nithithagia ndawa iria itethagia mono.

Anda mukura kuuma kiri mbira. Muti juju nijukuraga bwega na kumenyeerwa gukai riria jwagata.

Mazingira Bora



TIST

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

Kikuyu Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Arutani a TIST mbica-ini. Mweri ucio urathirire ni marathomithirie arutwo 100 aria magutungatira ikundi 50 cia cluster (GOC).

Inside:

Nitutungatanagira maundu-ini maingi thiini wa cluster ya Kangeta/Mutuati. Page 2

Utongoria wa guthiururukana niuraruta wira, niguu cluster ya Antubocio marauga. Page 2

Nituraigua uritu wa guthukangio kwa mutitu wa Ngaya. Page 3

Niturakena ni mbura kimera giiki, no nituririkane kurimira mimera iitu migunda-ini. Page 3

Riiko ria TIST- wigire na riiko riaku matanathira! Page 4

TIST: Waste Management. Page 5

Uria ungiigitura kumana na murimu wa Mukingo. Page 5

Miti ya ki-nduire iria ikuraga naihenya. Page 6



Nitutungatananagira maundu-ini maingi thiini wa cluster ya Kangeta/Mutuati.

Mwandiki: Nkatha Grace.

Turi ho nitondu wa TIST. Tuhuthagira moko na meciria maitu! Ithui arimi a cluster ya Kangeta/Mutuati, onatukirutaga mawira ma TIST ta kuhanda miti na Kilimmo Hai o hamwe na kuhariria tuta cia miti, nitukoretwo tukiruta mawira mangi maria maratuteithia miturire-ini iitu na ya micii iitu. Cluster iitu niyatuire kuruta mbeba nini na tukaguranira mikondoro. Nitwakuukiirwo ati toro mwega nimwega na ugima wa mwiri! Ona ningi nituteithagiriria amemba kugura indo cia riiko. Niiundu wa uguo, arim aingi a cluster ino nimekiritwo hinya na mwihoko wa guthii micemano ya o mweri. O uria twanyitana utungata-ini noguo turathoma maundu meeru na tukagirithia

mituurire iitu na ya matuura maitu na tugatuika a TIST kuna.

Nituhinyiriirio tuthome ati TIST niinyitaga mbaru uiigi wa mbeba na itati. Thiini wa cluster iitu, turi na kioneki kia gukombithania mbeba niguo mateithike kuagirithia mawira maa ma TIST kana mambiririe biashara.

Turi na gikeno tukiuga ati utari wa miti niuthiite na-mbere o wega. Giikundi kia atari a miti, William Mugambi, nimatutungatite wega. Niturarora gutigirira ati ikundi ciothe niciakinyaniria maundu maria magiriire niguo tuingire thoko ya carbon market thiini wa TIST. Mwena-ini wiitu, nitukuhanda miti ingi miingi niguo tugie na marihi meega thutha-ini. Ngai arathime TIST.

Utongoria wa guthiururukana niuraruta wira, niguo cluster ya Antubocio marauga.

Mwandiki: Millicent Wambogo

Riria twaiguire ugoro wa utongoria wa guthiururukana tweciragia ndungihuthika gwitu tondu twamenyerete njira ingi. Umuthi, thiini wa Antubochio cluster, utongoria uyu niutuikite mwega kuri ithui.

Nituo nete cluster iitu igikura na igatherema na-ihanya thutha wa mutongoria mweru guthurwo thutha wa mieri ina, tugikira atongoria aitu hinya. Muigi mathabu niwe tuthuraga nake uria urari munini wa mutongoria agatuika mutongoria nake uria urari muigi mathabu agatuika munini wa mutongoria thutha wa kahinda ka mieri 4.

Utongoria uyu niukoragwo na mawega maingi, namo nita;

- omundu akorago na njira ciake ciagutongoria na o mundu akoragwo na iheo ngurani. Guthiururukia utongoria nikuga ati amemba a gikundi nomathome kuma kuri aria angi.
- Angikorwo nitukuhe hinay na kumiriria atongoria, nginya uria uri na thoni noagie na

hinya na thoni ithire. Nituathomithania ithui ene.

- Utongoria uyu niuninaga ugoro wa ati murigo wa cluster ndukoragwo na mundu umwe tondu mawira nimagayane.
- Utongoria uyu ningi niuteithagia angikorwo kuri mundu wendete kwaria ari o we wiki kana gukorwo agitongoria hingo ciothe tondu o mundu ari na kahinda gake ga gutongoria.
- Natondu muigi mathabu aguthii kahinda ka maita matatu ka utongoria, agukorwo na mwaka 1 wa gutongoria.

Kwa muhiano, mweri 29th April 2012 (mmieri 2 mhituku), nitwathurire muigi mathabu mweru, Rebecca Karimi kuma gikundi kia Kinyuka Tree Nursery Small Group TIST No. 2008KE2461.

Notuge ati utongoria uyu nimwega muno. Niturahinyiriria ikundi nini na cluster mathii nambere na utongoria uyu.



Nituraigua uritu wa guthukangio kwa mutitu wa Ngaya.

Mwandiki: Nyaga Zaberio.

Mahinda-ini maya, nituraigua uritu wa uthukangia wa mutitu wa Ngaya na njira nene muno. Nitukoretwo na mathina maingi ma ki-riera urimi nyamu cia githaka.

Kwa muhiano, nitukoretwo tukiamukira mbura nini muno na urimi wiitu ugathuka muno na njuui cikhua muno na guthira. Makiria nyamu cia githaka nicirauma mutitu cigietha maai ma kunyua na irio na tugakworwo tukigiana nacio muno.

Ona kuri o uguo, turi na kahinda gaguthondeka maundu maya. Nituthondekete

gikundi gia kuhanda miti mutitu nikiyo Community Foret Association(CFA) kiria githiite na-mbere na guthondeka mititu ringi. Niturakena nikwona TIST niiraruta wira na arimi aya thiini wa cluster ya Kawiru MCK, iria iriganitie na mutitu uyu. Wira witu niuragirthia maundu maingi na ukahe arimi gitumi gia gutua mutitu wao na kwagirthia miturire.

Niturehoka gucokereria miti thiini wa mutitu wa Ngaya niugutuma maai mongerereke na njuui kuneneha, kwongerereka kwa irio ohamwe na nyamu cia githaka.

Niturakena ni mbura kimeraga giiki, no nituririkane kurimira mimera iitu migunda-ini.

Kurimira nikwega niundu wa maundu maya:

1. mimera yaaku niirabatara maai, unoru wa tiiri na utheri niguo ikure na-hinya. Nagikorwo kuri na riia thiini wa mugunda waku, nicigucindanira indo ici. Riia riri rikuhuthira maai na ugunyu uria wagiriirwo nikuhuthirwo ni mimera yaaku.
2. Angikorwo mugunda waku uri na riia, tutambi notuingire. Tutapi notuthukie na turage mimera. O uria kuri na riia noguo gutangikorwo na nyoka na tutambi.

Maya nimo mawega maria ungiiona riia wehutia riia mugunda-ni;

- mimera niigukura na-ihanya tondu riia ritirahuthira indo cia mimera.
- Mimera niikugia na hinya na iraihe gwa kahinda kanini.

- Mimera ndirarigiririo gukinyirwo ni utheri wa riua.
- Mimera ndinginyitwo ni mirimu.
- Mimera ndiri na ugwati wa gucinwo ni miaka.
- Migunda mitheru yonanagia ikundi niciramenyerera migunda yao na ni kionereria kiega thiini wa TIST. Njira ino niikuguciriria amdu aingi kuingira TIST.

Riria warikia kurimira, tigrira niwehutia riia riothe kuma mugunda. Ungitiga riia kuu noriguciririe tutambi na mirimu ingi miingi iria cingithuki mimera. No uhuthire riia riri guthondeka thumu wa mahuti.

Ririkana kurimira miti ya mugunda onayo.



Riiko ria TIST- wigire na riiko riaku matanathira!

Riiko riri niririku?

Andu aingi thiini wa Kenya mahuthagira riiko ria maguru matatu mirugire-ni yao. Mariiko maya nimahuthagira urugri muingi muno wa ngu. Mariiko maya ma TIST mauthagira urugari munini na uhuthiri wa ngu ukanyihanyiha.

Mariiko ma TIST mari na mawega maingi muno gukira maya mangi ma ki-nduire:

1. Kuhuthira

- Riko riri ria TIST niunyihagia uhuthiri wa ngu. Ngu cia matuku 3 cia riiko ria ki-nduire nichithike kuruga kahinda ka kiumia 1 na riiko ria TIST!
- Urugari thiini wa riiko ria TIST niuikaraga muno tondu ndumaga na-nja.
- Nirinyihagia ugwati wa mwaki tondu mwaki nimuhingiririe.
- Nirinyihagia ugwati wa ngu...

- Nirihonokagia mahinda ma atumia kuna ngu.
- Riiko riri rihuthagira mwaki umwe gwakia mariiko 3.
- ndogo ndionekaga riiko gwaku na kwa uguo kunyihia ugwati wa mirimu iria irehagwo ni ndogo ta ya githuri na maitho.

2. Niundu wa maria maturigiciirie.

Riria ngu citarabatarania muno niguteithagiriria maundu-ini maya;

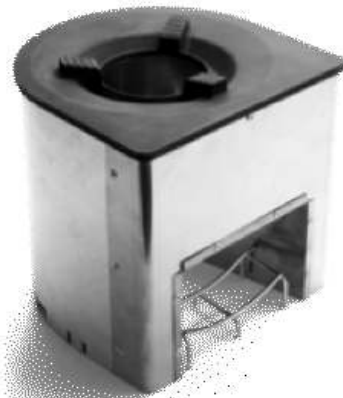
- kunyihia utemi wa miti.
- Kunyihia wagi wa miti.
- Kunyihia tiiri gukuo ni maai.
- Kwagirithia ihuma cia mbura ba njuui.

Nowamukire mawega maya riria wegira riiko riri na njira ya gwtia kuma kuri TIST umuthi. Mariiko...

TIST IMPROVED JIKOS



NEW!! Updated JIKOPOA
1,400 ksh



ENVIROFIT Z-Insert for built-in stove
can be used with 2-pot/ chimney attachment!
2,000 ksh



2-pot Chimney clay stove: built using Envirofit Z insert (2,000 ksh) and 2-pot chimney attachment (1,200 ksh); labor est. 400 ksh



ENVIROFIT G can be used with 2-pot/ chimney attachment!
2,500 ksh



ENVIROFIT M- Jiko Tasha can be used with 2-pot/ chimney attachment!
Coming soon...

ENVIROFIT 2 pot-Chimney Attachment (for all Envirofit models): 1,200 ksh
SOLD SEPARATELY

FOR MORE INFORMATION ON IMPROVED JIKOS CONTACT:

Charles Kamunya (built-in models)
Mobile: 0724 327 794
James Mwai (portable manufactured)
Mobile: 0715 460 195

Mariiko maria makitwo na ndoro na rumba maroneka o mwena wa Ngariam, Kianyaga, Salama, Tunyai, Matakiri, Pondo, Kilia, Kamwendei, Nthingini, and Kagaene clusters.

TIST: Waste Management.

Waste: Ici ni indo o ciothe iria ciumanaga na mawira ma andu na cingiteithia.

- Giko kia mundu
- irio iria itigitwo
- maratahi maria matarahuthika.
- Maratathi ma naironi
- cuma nguru, betiri nguru.
- Sewage

kiria gitumaga kugie na giko matura-ini maitu.

Giko gitingigiririka no nigithukagio ni

- kuhuthira indo uuru
- kwaga njira cia kuhuthira maratathi ringi.
- Kwaga kundu guthure kwa gute giko.
- Kwaga umenyo wa mogwati maria mangioneka kumana na giko.

Mogwati ma kwaga kunina giko.

- Gwikira giko micii-ini iitu, kwaga uthaka wa micii.
- Guthukia maai, riera na tiiri.
- Kumira kwa mirimu.
- Kuhinga njira cia maai.
- Guthukia riera na mahiga ma toci mathiru.
- Ciana na nyamu nocirogwo kana kugurario riria mathaka na mahiga maya.

Niatia gikundi kianyu kingika kunyihia thina uyu?

- Reduce(kunyihia): kunyihia uteangi wa giko. Huthira hinya wa solar
- Reusing(kuhuthira ringi): kuhuthira ringi indo riria kwahoteka(ta maratathi ma naironi)
- Guthika: gutua giko giki thumu na njira ya kumathika.

Enja irima ria guthika giko. Ririkana gucina maratathi. Ndugacine betiri cia toci tondu nomatuthuke-maikie irima ria kioro.

Uria ungiigitura kumana na murimu wa Mukingo.

unginyihanyihia gutherema kwa murimu wa Mukingo atia?

- Wigitire kumana na thakame iri namurimu uyu: tigrira indo ciothe iria ihutanitie na thakame niciathambio na ciathondekwo na dawa(ta kanyoi, tuhiu,cindano). Guthambia guku kwaagiriirwo ni gwikika o thutha wa kuhuthirwo ni mundu umwe. Umenyereri niwa bata kuria kuri na ugwati ta uyu(thibitari, kinyozi, marua-ini)
- Ndukonane ki-mwiri
- Tuika mwihokeku: kwonana ki-mwiri kwagiriirwo nigukorwo kuri kwa muthuri na mutumia aria mahikanitie na aria matari na murimu wa mukingo na nimehokanite. Niwega andu mathimwo kana mari na murimu wa mukingo mbere ya mambiriirie kwonanan ki-mwiri. Murimu uyu noukorwo uri thiini wa mundu gwa kahinda ka miaka 10.
- Huthira condom: njira ino niinyihagia ugwati wa kunyitwo ni murimu uyu no ni riria condom yahuthirwo wega. Ona angikorwo andu acio



eeri tiaruaru, niwega merute kuhuthira condoms.

- Thii uthimwo: guthimwo murimu wa mukingo nikwa bata muno. Andu mangimenya mari na murimu uyu nomahote gutua matua ria kwaga gutheremia murimu uyu
- Gutikoragwo na dawa yakugiririria mukingo. Niwega kwigitira.
- Murimu wa mukingo nougwatanio kuri mwana kuma kuri nyina kuhitukira kwongithia. No ona kuri o uguo, ririkana iria ria nyina wa mwana niriega gukira ria ng'ombe kana ria mutu. Dawa ingi cia kunyihia murimu uyu nicinyihagia gutambio kwa murimu kuma kuri nyina. Mutumia magiriirwo kumenya maundu na maranirie uhoro wa ugima wao wa mwiri niuo matue matua meega.
- Murimu uyu nitambagio kuri mwana riria araciarwo.
- Kunyihia na njira nene kwa gutherema riria mutumia ahuthira dawa ici mbere na thutha wa guciara.

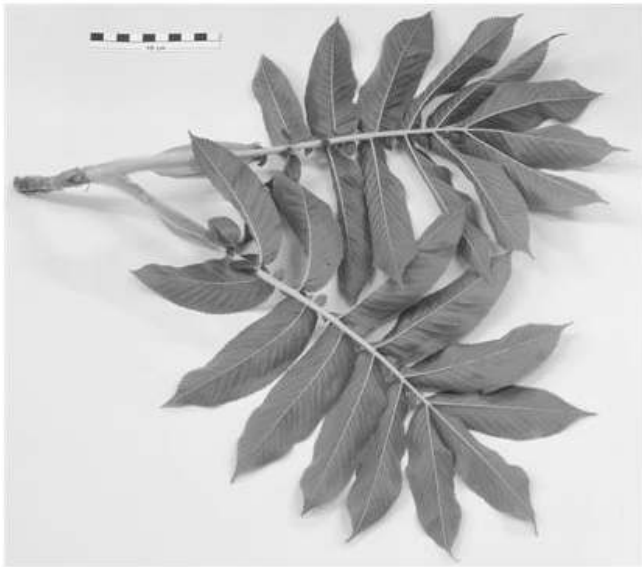


Miti ya ki-nduire iria ikuraga naihenya.

Mwandiki Christine Yankel

Miti ya ki-nduire niikoragwo na mawega maingi. Mweri uyu tukurora miti ingi ya kinduire iria ihuthikaga tondu ikuraga na ihenya. Ithaka-ini, mahinda maingi miti ino ikoragwo iri ya kiambiriria na ikuraga naihenya riria yatemwo kana yacinwo ni mwaki. Ariria athomithania na ikundi ingi thiini wa cluster yanyu na mwariririe ni mithemba iriku miega.

Hagenia abyssinica, African redwood, muhooru



Uri na mbau thaka na ndune, na ugikura naihenya nginya uraihu wa 20m Hagenia abyssinica ni muti mweka ungikurio kundu kwamukagira githimi kia mbura kia 1.000-1,500mm o mwaka. niukoragwo namawega maingi, mahuti maguo nimega na tiiri na kwa uguo ugakorwo uri mweka kuhanda kundu kuri na irio. Niukoragwo na dawa na nouhuthike

kumenyerera tiiri. Niukoragwo na mbau njega muno na ngu njega ohamwe na makara.

Muti uyu ukuraga kuma mbegu-ini. Guthondeka mbegu mbere ya uhandite nikwagiriire na imeraga na thiku 10-29 na kumera na gicunji kia 40-60%.

Ungihandanirio hamwe na irio cia mugunda ceha mahuti niguo mimera ikure wega.

Macaranga kilimandscharica, mukuhakuha/mukura



Macakanga ni muti ukuraga na-ihenya hamwe na kahua kana marigu. Ukuraga wega na githimi kia mbura kia 1,000-1,500mm hari mwaka. Niundu wa gukura na-ihenya, niugitagira tiiri kumana na kiguu. Nimweka na mbau na ngu hamwe na kuiriga na ugakorwo na dawa.

Kuria macakaranga kuma mbegu-ini. Muti uyu ukuraga wega na mubacirire munini.

Mazingira Bora



TIST

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

Kikamba Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Some of the TIST Masters Trainers in a group photo. Last month, TIST Trained 100 Trainers to serve 50 Group of Clusters (GOC).

Thiini:

Twii athukumi umwe kwa ula ungi ngwatanioni ya kangeta kana mutuati cluster. Page 2
Utongoi wa kithyululu/kumanisya nuthukumite nesa ngwatanioni ya antubochio cluster.

Page 2

Nituendee na ikumbilwa ni nthina wa mititu kutemwa nthini wa mutitu wa ngaya. Page 3

Twina muvea nundu wa mbua mbungi ivindani yii, no tulilikane kuimii mimea yitu. Page 3

Maiko ma tist ala mena wailu mwongele - itya yiiko yu twinamo! Page 4

TIST: kusii takataka/ kiko. Page 5

Undu wa kusii uwau wa muthelo/ukimwi (HIV & AIDS) Page 5

Miti ya kithio ila imeaa mituki. Page 6



Twini athukumi umwe kwa ula ungi ngwatanioni ya kangeta kana mutuati cluster.

na Nkatha Grace

Nthini wa TIST twivo, nitutumiaa moko maitu na iliko. Ithi ene ma Kangeta/ Mutauti Cluster otui kuna mawia ma TIST ala ni kusevuya ivuio na kuvuia kuima tuisuvia (CF) na kuvanda miti nitwika maundu angi ma kutukwatania na kutwiikana kwianana na mavata ma kimisiyi. Ngwatanio yitu niyaamuie tukaumaniasya mbesa nini kuma kwa kila umwe na tuiuania mito kila mundu nundu nitwonete kana too museo niwavata kwa uima wa mwii. Nitusyokaa tukatetheanisyaa kuuu miio ya ikoni.

Nundu wa uu tukundi tunini nituendee na kwithiwa na wendi na uthuthio wa kuvika mbumbanoni sya kila mwai. Oundu twakomana kaingi now'o tuu kwatania na kutetheanisyaa na now'o tuendee na umanyiania undu wa kwailya mwikaloo witu na mbai situ.

Nitwathuthikie na twakwata vinya mweu yila tweethiie kana TIST nikwataambau andu kwika maundu matonya kumatetheesya kwithiwa na mbesa. Nthini wa ngwatanio yitu nitwambiie kumya mbesa na kwia vamwe na kukovethanasya ithi kwa ithi kutuma kila umwe aendeesya mawia make ma viasala kana uthukumi wake wa TIST.

Twina utanu kutunga livoti kana kuthianwa na kuvitukithw'a nikuendee nesa. Muthiani ula ututhuimaa ngwatanioni yitu Mr. William Mungambi nututhukumite nesa. Nitukwenda kwona tukundi tunini tuikunikilwa na kukwatwa mbau nikana tuvikiie kuvitukithwa na kwaila kulika nthini wa soko wa nzeve itavisaa (Carbon Market) nthini wa TIST. Kwa ngaliko ila yitu nituuvanda miti kwa wingi nikana twithiwe na ueti museo kuma kwa kuta nzeve itavisaa. Ngai niathime TIST.

Utongoi wa kithyululu/kumanisya nuthukumite nesa ngwatanioni ya antubochio cluster.

na Millicent Wambogo

Yila tweew'ie utongoi uyu wa kithyululu tweesi tuitonyana naw'o nundu twamanyiite utongoi wa ngaliko imwe. Umunthi nthini wa ngwatanio ya Antubochio utongoi wa kithyululu niutwikite utongoi umwe museo mbee. Ni twonete ngwatanio yitu ikiana kwa mituki utongoini mweu wa kwona tuyithiwa na mutongoi mweu itina wa kila myai ina. Na kwongeleka kwa ulumu nthini wa utongoi nundu itina wa mwaka ina nitunyuvaa mundu wa masavu/mwii wa kinandu niwe tunyuvaa naindi ula unai munini wa munene aitwika munene naula unai mwii wa kinandu aitwika munini wa munene, undu uu twikaa itina wa kila myai ina.

Utongoi uyu wa kithyululu wi mauseo maingi ala nita:

- Kila mundu eutongoi wikivathukany'o na ula ungi na inengo syikivathukany'o. Kumanisya kutongosya nikwasya kana kikundi nikiusoma maundu meu kuma kwa kila mutongoi.
- Ethywa kila mundu nukukwata mbau undu uu na kuthuthy'a ala angi, ona ula withoni nukwataa ivuso ya kutongosya na ayithiwa na ulumu nakwiyosa ta utonya. Nakila umwe nusomaa okindu.

- Utongoi wa kithyululu nuolaa uito kwa mundu umwe kwithiwa aitongosya na kwoou uito wa utongoi uyithia niwavuthia kila umwe na vai mundu ukwiw'a akuite kikundi kana kuno nkyo.
- Utongoi wa kithyululu nuolaa manthina alamethiawa yila mundu umwe weethiwa ayenda kumya maw'oni eweka nundu kila mundu niwithiawa na ivinda yake.
- Nundu mwii wa kinandu niwikalaa na kuthukuma ta munini wa munene (mutongosya) na ta munene niwithiawa na ivinda ya mwaka muima ya kwiana na kuaaa molumu na kwonw'a mawonzu make vamwe na kuvundisya ula wayuvwa ta mwii wa kinandu.

Kwa ngelekany'o matuku 20/04/2012 (myai ili mivitu) nitwayuvie mwii wa kinandu ula ni Rebecca Karimi kuma Kivuioni kya Kinyaunka kakundini kanini ka TIST namba 2008KE2461.

Notwonany'e kana utongoi wa kithyululu ni museo. Twithuthya ikundi na tukundi tuendee kutumia nzia ino ya utongoi.



Nituendee na ikumbilwa ni nthina wa mititu kutemwa nthini wa mutitu wa ngaya.

na Nyagah Zeberio

Ivinda inini ivituku, nitwikumbilitwe ni manthina ma miti kutemwa vate muvango na kwanzia itaile nthini wa mutitu wa Ngaya. Nthina uyu nuetete manthina angi ta uvinduku wa nzeve na mawithyululuko makanthuka na liu akaeka kwika nesa vamwe na nyamu sya kithekani kuthama.

Kwa ngelekany'o twithiitwe na mbua nini kila mbua mbituku kwoou kuina liu miundani. Tulusi na mbusi niendee na ung'ala ukethia ona tuitonya ungithya miunda yitu. Ingi nyamu itoloka kithekani ikamathe kiw'u na liu. Undu uu utumite nyamu na andu mathokoana.

Onakau tiuseo w'onthe muthelu. Nituseuvitye ngwatanio ya kisio ya mititu (Community Forest Association (CFA)) ila iendee na mawalanyo ma kutungia na kwailya vamwe na kusuvia mutitu uyu. Twina utanu nundu wa TIST ila ikuthukuma vamwe na ene ma Kawiru MCK Cluster, ila yivakubi na mutitu uyu. Wia witu nutonya kutuma mawithyululuko maseuva na kutunenga ukwati kuma mutituni uyu wa kimbesa/ukwati na ngwatanio.

Twina wikwatyo kana mutitu uyu wa Ngaya nukwambiia kuete wongeleku wa kiw'u mbusini na mbua vamwe na liu wa nyamu na andu.

Twina muvea nundu wa mbua mbungi ivindani yii, no tulilikane kuimiia mimea yitu.

Kuimiia nikuseo nundu wa itumi ii:-

1. Mimea yaku nikwenda kiw'u, liu kuma muthangani na kyeni nikana yiane nina vinya. Ethiwa vena yia niyusindana na mimea yaku kwosa syindu ii ila ikwendeka ni mimea yaku kwiana na kwithiwa yi milumu nanundu wa uu ivikia kwosa na noilee uvituka kana kwikala.
2. Ethiwa kisio kyaku tikiime tusamu ta iinyu nitonya kwendeew'a ni uthungu usu na iyuka kwananga mimea yaku. Oundu vandu vau vatheete vate na yia niw'o vena ivuso inini ya ukwatwa ni iinyu na nzoka.

Vaa vena moseo amwe ma kuimia mimea

- mimea niyanaa na mituki nundu vaina yia yiumina liu na kiw'u.
- Mimea nikwiana yina vinya nakuasava kwa mituki nthini wa ivinda inini.

- Mimea nikukwata kyeni kya sua vate kusiiwa.
- Mimea nisuviikite kumana na mowau ala matonya kuma yiani.
- Mimea nisuviitwe kumana na mwaki kunyaiika.
- Miunda mitheu ni wonany'o kana tukundi nitumitheetye na niwonany'o museo nthini wa mawalany'o ma TIST. Undu uu niwendeesya andu aingi namakendeew'a nikuka kwona wia wenyu.

Itina wa kuima kisio ikiithya kana yia yiu niwayiveta. Yila wayitia vau niyitonya kuete tusamu ta iiyu ila itonya kwana mimea. No utumi yia kuseuvya vuu wa yia nundu mwaki ula wivo niwuaa ngii sya yia na mowau ala yia yithiawa yikuite.

Lilikana kuimia miti yaku onayo.



Maiko ma tist ala mena wailu mwongele - itya yiiko yu twinamo!

Maiko mongele useo mbee nimeva ?

Andu aingi nthini wa Kenya matumiaa maiko ma mavia atatu kuvika umunthi. Maiko aya matumiaa ngu mbingi na kkwamituki. Maiko aya mena useo mbee matumiaa ngu nini na syuki yumaalaa nza.

Maiko aya mena moseo maingi maisianisw'a na maiko ma tene

1. Kwa mutumii

- Maiko aya matumiaa ngu nini. Ngu sya mithenya itatu kwa yiiko ya mavia atatu nitoetye utumiwa kyumwa kiima yikoni yii ya TIST yailu mbee.
- Muutia niwikalaa muno kwa maiko aya ngelekany'o kwa iiko ya yumba
- Niyiolaa mbaka sya mwaki nundu mwaki ni mukunikie
- Niyiolaa ngalama ya kuaa ngu

- Niyisuviaa ivinda yila iveti iendaa kuna/kumatha ngu
- Liko yitumiaa mwaki umwe kuaa maima/masilia atatu na kwoou yisuvia ngu na invinda
- Syuki yumalukaa nza wa ikoni. Kwoou manthina ala maumanaa na syuki ma mwii ta kukooa na metho kuyeea ni maolekaa.

2. Kwa Mawithyululuko

- Uoleku wa ngu kutumika nitetheeasya
- Kuoleka kwa utemi wa miti
- Kuoleka kwa kuyaiika kwa weu/mang'alata
- Kusiiia kuvwikwa ni kiw'u
- Kusuvia maw'umo ma kiw'u

No ukwate moseo aya kwa kuaa iiko yina wailu mwongele ya TIST umunthi. Maiko ala mevo umunthi TIST ikuta nita: _

TIST IMPROVED JIKOS



NEW!! Updated JIKOPOA
1,400 ksh



ENVIROFIT Z-Insert for built-in stove
can be used with 2-pot/ chimney attachment!
2,000 ksh



2-pot Chimney clay stove: built using Envirofit Z insert (2,000 ksh) and 2-pot chimney attachment (1,200 ksh); labor est. 400 ksh



ENVIROFIT G can be used with 2-pot/ chimney attachment!
2,500 ksh



ENVIROFIT M-Jiko Tosha can be used with 2-pot/ chimney attachment!
Coming soon...

ENVIROFIT 2-pot-Chimney Attachment (for all Envirofit models): 1,200 ksh
SOLD SEPARATELY

FOR MORE INFORMATION ON IMPROVED JIKOS CONTACT:

Charles Kamunya (built-in models)
Mobile: 0724 327 794
James Mwai (portable manufactured)
Mobile: 0715 460 195

Maiko ma yumba/ndaka mena vandu va simiti va mwaki mevo kwa ngwatanio ithi syisyoka Ngariama, Kianyaga, Salama, Tunyai, Matakiri, Pondo, Kilia, Kamwendei, Nthingini na Kagaene Clusters.

TIST: kusiia takataka/ kiko.

Takataka/kiko nikyau? Kiko nikindu kyonthe kila kyumanaa na mundu kutumia kana kuthukuma kwake kila kitethia na useo kana vaiota. Ino nita

- Mai ma mundu
- Matilyo ma liu
- Mathangu
- Mathangu ma plastic
- Syuma nguu na mavia ma tosi
- Na kiw'u kithuku kila kyumaa utumikuni wa kiw'u musyi.

Nikyau kietae nthina wa takataka kisioni kyenyu?

Takataka/kiko kiundu kilea kwithiwa na kithiawa ki nthina ethiwa

- Vaina nzia nzeo ya kukiveta.
- Kwithwa vate nzia ingi utonya kutumiwa.
- Kwithiwa vatena vandu va kwikya kiko ta syoo, maima ma mavuti.
- Kwithiwa vate umanyi iulu wa mothuku ma kiko/takataka.

Manthina ala maetawe ni nzia ite nzeo sya kuveta takatak/kiko

- Kuthokoany'a vandu vakekala nai.
- Kuthokoany'a kiw'u, nzeve na muthanga.
- Kuete mowau.
- Kulinda nzia sya kiw'u.
- Kuete wanangiko kwa kuvivya nundu me asiti ta mavia ma tosi/letiu.
- Syana kana indo kuumia yila syakinya kana kuthauka na mavia aya makuu methiawa na asiti

Kakundi kenyu katonya kwika ata kutetheesya iulu wa nthina uyu?

- **Kuola** nzia ila ietae wingi wa kiko/takataka, ngelekany'o kusumia vinya wa sua kwa tosi/letiu.
- **Kutumia** ingi syindu imwe ta mathangu ma nailoni noutumie kuua syindu namo
- **Kuseuvya vuu;** Liu ula watiala wa indo na andu noutumike kuseuvya vuu wa yiima
- **Isa yiima** ya kiko/takataka kwaku lilikana kuvivya mathangu na kandi no ndukavivye mavia ma tosi/letiu nundu no matulike na kuumisya mundu indi mekye kyooni kya yiima.



Undu wa kusiiia uwau wa muthelo/ukimwi (HIV & AIDS)

Nata tutonya usiia kunyaiika kwa uwau uu wa muthelo?

- **Kwivatha na nthakame yina uwau uyu:** Ikiithya kana kindu kyothe kyathengeania na nthakame ino ta kavyu, kawembe kana singano nisya "sterilization" mbee wa kutumiwa kwa mundu ungi kana kwikw'a munamuno nthini wa sivitali, kiliniki, nduka sya enzewa, kundu kwa nzaiko nakungi kwingi kula nthakame.
- **Kulea umanyaka kimwii**
- **Kwithiwa wimuikiikiku:** kumanyana kwa kimwii kwa mundu ume na mundu muka nikwendaa kila umwe umuikiikiku kwa minyanya onthe mesi kana maina uwau uyu. Niuseo kwa kila umwe kithiwe esi ena uwau kana ndenaw'o. Mundu noekale atena nthina wa mwii vandu va myaka ikumi ona atekumanyika movaka athimwa.
- Kutumia mivila ya usyai (Condom): Ila ni iolaa

ivuso ya mundu kukwatwa ni uwau uyu atumia mivila ino kwa nzia ila yaile. Ona ethiwa andu aya eli niawau uwau uyu nimeawa nimatumie mivila ino nikana manyivye ivuso ya kukwatw'a uwau uyu ingi ya keli

- **Thimwa:** Yila mundu wathimwa numanyaa kana ena uwau uyu naethiwa enaw'o numanyaa undu utonya kusiiia kukwatya andu angi.
- Vai muiito kana singano wa kusiiia uwau uyu wa muthelo kwoou niuseo kwisiiia kukwatwa ni uwau uyu kuma mambiio.
- Uwau uyu nutonya ukwatw'a kana ni niny'a kwa nzia ya kukongya onakau niwaile ulilikana yiia ya nondo kwa kana ni iseo mbee wa yiia ya ngombe. Na ndawa imwe sya Anti-retriviral nitumiawa kusiiia ivuso ya uwau uyu kukwatw'a kana yila keonga.
- Uwau uyu nukwatanaw'a kaingi kana kaisyawa. Any'a wa mwana aitumia ndawa yila muiito noasiie kukwatya kana ethiwa akanywa ndawa ithi mbe wa atanasya na amina kusyaa vena usyaiisyo wa ndakitali.



Miti ya kithio ila imeaa mituki.

Na Christine Yankel

Miti ya kithio nitunengae moseo mainngi me kivathukanyo. Mwai uu twikunikila miti mina ya kithio ila yi vata muno nundu niyianaa mituki .Kithekani mbai sya miti ino nisyo mbai sya tene na nisyo imeaa mbee na mituki yila sya temwa kana kuvya ni mwaki. Ta amanyiwa na ikundi ingi nini nduani yaku ni miti yiva ila yikaa nesa nduani yenyu ?.

Hagenia abyssinica, African red wood, muhooru.



Kwoondu wa mbwau syayo ndune, na kwiana kwa wo kwa mituki kivia mita ta miongo ili Hagenia abyssinica ni muti museo uivandwa nthi ila mbukilu na ikwataa mbua ya mm katikati wa 1000 na 1500 kila mwaka. Wi mavata maingi, matu mawo ni manoasya muthanga, na ni muti museo uivandwa kula kwi mititu. Ni muti museo kwa uiiti na nusiiiaa muthanga kutwawa, ni muti museo wa mbwau na na ngu na makaa.

Muti uu numeaa mituki kuma mbeuni yawo. Tilasima ukunwe ndawa na mbeu yayo nimeaa katikati wa matuku 10 na 20 itina wa kuvandwa na niwianaa na mituki na uasa 40-60% itna wa mumea

Ethiwa miti uu nuuvandwa muundani vanda wimutaaniu. Sea mbonge nikana wiane win a muthamba mulungalu.

Macaranga kilimandscharica, mukuhakuha / mukura.



Makaranga ni muti umeaa mitiki na museo uivandaniwa vamwe na kaawa na maiu.

Umeaa nesa kula kwi mbua ya katikati wa mm1500 na 2500 kila mwaka. Ni muti museo kwa wiio na nundu wakumea mituki nusiiiaa kutwawa kwa muthanga. Muti uu ni museo kwa ngu, kuseuvya masanduku na kwa kwiia wiio. Mii yawo nitumika kwa uiiti. Vanda ngii sya makaranga na muti uu ndwendaa usuvii mwinga wa mina kumea.

Mazingira Bora



TIST

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

Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Some of the TIST Masters Trainers in a group photo. Last month, TIST Trained 100 Trainers to serve 50 Group of Clusters (GOC).

Inside:

Echek ko ki kiboitinik ako kiipe boishet neyonet ole kikuren Kangeta / Mutuati Cluster. Page 2

Kokomwa ichek, Antubochio Cluster kole boishe sungukanet nepo kandoinatete. Page 2

Kokenyoru en osnet tap Ngaya deforestation. Page 3

Kimwae kongon'goi en robta ne kokotesak ,lakini koyoche kibwat keisten weeds en mbarenik chok. Page 3

TIST Improved Stoves—Nyorun stove neng'unget kotakomiten stock! Page 4

TIST: Ripet tap Saratik: Page 5

Ole kiistoito AIDS/HIV. Page 5

Ketikab gaa cherutu kochogu. Page 6



Echek ko ki kiboitinik ako kiipe boishet neyonet ole kikuren Kangeta / Mutuati Cluster.

Kasire inendet ,Nkatha Grace

En TIST, Kineteke keboishen kobuotutikchok ak eunek chechoket. !Echek membaek chepo Kangeta/Mutuati Cluster ketindoi, kotabala kait ne ketindoi en TIST cheu minet 'tap ketik , Ripet 'tap minutik ak betishek en mbarenik , kokituye kasishek alak chepo kokwet komugul asi kimuch kitimisan tukuk tugul che kimokchinike en korik chok. Cluster nenyonet ko kikeamuan keyai mcha'ngo ko group , che sungukoni kot nepo chito ake tugul en cluster, Kialchini membaek mattresses .Kikikuye kele ruondo ne yamat ko kararan en borwek-chok.Kora ke'olchini membaek chok tugul che kiboishen en kitchen .

Amun en noton anyun , chechang en membaek chepo group'ishek che mengechen ko kikony'or mag'et koattenden tuyoshek chepo arawet en Cluster meetings. Kote kitaketinye kibakenge kituyen kobuotutik chok, ketese ta

kesiche naet ach'ei ,ako kamyakekitun hali nepo maisha, en kokwet ak en TIST.

Ki kekonech kokuyet kenai kele TISTkotoreti ki nikele 'gmicrofinance activities'h . En Cluster nenyonet ,ke tindoi leng'o nepo kotuyoet'ap chepkondok asi kobeseni membaek chepo cluster , noton kotoreti membaek koendelezan boishonik kwai enTIST anan konamen ogot biashara.

Kiboiboi kereporten kele tese ta qualification komye. En Group neyonet nepo Clusters Quantifier, kotoretch inendet William Mugambi komye.Kitinye komogunet kele tese tai komye groupishek chemeng'en asi komukwech kequalifien en participation chepo carbon market en TIST. En komostonyon ketese tai kemine ketik asi koteswech carbon income en betushek chepwuonen . Ingoberur Jehova TIST!

Kokomwa ichek,Antubochio Cluster kole boishe sungukanet nepo kandoinatete.

By Millicent Wambogo

En ta, kingenai agopo sungukanet 'ap kandoinatet, ko kikibwate kele mo rahisi kobois en gropishek chok ngamun kia-kenaita kandoinatet nepo chito ageng'e. Ra'inin en Antubochio Cluster, sungukanet'ap kandoinatet ko kikitesta.

Kikeker Cluster nenyonet kotese ta, koibe kondoindet age tugul arowek ang'wan, neton kotese kimnote nepo teamit tap kondoindet 'ap Cluster, toretidet 'ap kondoindet ak chito neton'ochin accountability. Chito neton'onchin accountability ne ke chaguani, ago nekotononchin accountability ko iku toretindet 'ap Kondoindet , Ak toretindet koiku kondoindet 'ap groupit,. Kasit niyton ko tese tai la arawek ang'wan.

Sungukanet 'ap kandoinatet koitinye manufaa che chang':

- Chito ake tugul kotinye kandoinatet neter, ag'o tindo chito age tugul taletaishek che-terterchin .
- Angamum kitoreti chitugul en groupit , kokochin membaek che motinye komogunet en orinywan ko netgek kandoinatet ak ng'ikanatet . Kimuche kinet ke koyop kondoindet ake tugul.

- Sungukanet 'ap kandoinatet kobose stress che imuch kosiche chito ageng'e kotononchin kasishek tugul , amun kibche kasisshek koyop tugul. Chito ag'e tugul kotinye komostanyin ne yae.
- Sungukanet 'ap kandoinatet kobose kewelonutik chi kisiche ingo mach kotononchi lit a'ge tugul chito ageng'e.Siche chito age tugul nafasi kondochi groupit.
- Ng'amun chito nepo Accountability kotese ta koiku toretindet 'ap kondoindet ak mkoik kondoindet, kotinye icheket wakati kotes ng'omnote nywai en let kotoret alak che isipu ichek,.

Kou inguno en torikit 20th April 2012 (orowek oeng' che kokoba),kokichag'uan chito ne tononchin Accountability, Madam Rebecca Karimi nep'unu Kinyaunka Tree Nursery Groupit nemingin, TIST No. 2008KE2461.

Kimuche kiborun ngunon kele sungunganet 'ap kandoinatet kotoreti groupit. Kinete groupishek che meng'echen ko testa ak sungukanet 'ap kandoinatet.



Kokenyoru en osnet tap Ngaya deforestation.

Kosire inendet Nyagah Zaberio

En betushek che kokoba ,kokokenyoru baret tap wantonak tilet tap ketik en osnet 'ap Ngaya. Inonito kokoib tukuk che yache en emet ko tugul , agriculture, tyong'ik 'ap timin ak hewa nepo emet . Kou ing'unon, kokobosok ropta en emet, kokobosok rurutik 'ap mbareni. Kokoyomyo Oinoshek ak saoswek, inguno komokimuche kende bek minutik. Kora, tyong'ik 'ap timin komong'u kochengote omitwokik .en let kobit boryetap tyong'ik ak bik .

Lakini, tuguk ene tugul kotomo ke konuge. Kokechop Community Forest Association (CFA)

ne ripe osnosyek, ak kotes minet tap ketik en osnosyek . Kiboibo kemwa kel TIST koyoe kasit ak kokwet tap Kawiru MCK Cluster, nerupe ke ak osnet notok .Kasit neyonet ko tese biodiversity, ak kokonech eched bik kenyorun manufaa chepunu osnet noton ak kora kerip osnosyek. Toretech en economy nenyonet.

Kitinye komong'unet kele Ngaya Forest konome kolibu ropta asi kotes bek en oinoshek, ako kotes rurutik che punu mbarenik chok, tyong'ik chemiten en korik chok ,ak mieindo 'ap sopet tap chi.

Kimwae kongon'goi en robta ne kokotesak ,lakini koyoche kibwat keisten weeds en mbarenik chok.

Istoet tap saratik en mbarenik k obo maana ngamun:

1. Minutik kuk komokchin ke bek, omitwokik 'ap ngweny ak asista . Angot ko miten weeds korepen omitwokik minutik. En let komuch komeyo minutik .
2. Angot ko mokisto saratik en mbarenik ,koibu tyong'ik 'ap timin kobwa mbarenik. Tyong'ik chepo timin kobore minutik. Pose ndarok chemiten mbaret anan ko murek.

Ichochu ko manufaa chepo istoet tap saratik en mbarenik:

- Rutu ko choku minutik en mbarenik ko choku ngamun kokeisto saratik.
- Minutik kokimekitun ngamun mamiten saratik.

- Nyoru minutik asista ne mokyinke.
- Minutik komonyoru mionwokik.
- Terotin minutik , en saait no miten maat .
- Mbarenik che tililen koboru Groupishek che meng'echen koripe mbarenik ak minutik en mbarenik kou en TIST program. Inoniton kolipu bik che chang' kobwa koker mbarenik.

Yon kariiste saratik en imbar ,iiste saratik choton en mbar'. Angot I pakakte saratik che meyotin en mbar korupe kea k minutik kolibu mianwokik ak tyong'ik kobwa mbar. Imuche iboishen saratik chuton ichopen mbolea safi ng'amun 'decomposition' kobore tyong'ik ak mionwokik.

Ibwat istechi kiik akichek saratik!



TIST Improved Stoves—Nyorun stove neng'unget kotakomiten stock!

Ne chuton kibore 'Improved Stove'?

Bik che chang en emet 'ap Kenya kotakoboishen mat nikipo keny' nepo koik somok. Inoniton kotore kwenik che chang ach'ei. Improved stoves ko stoves che boishen kwenik che tuten ak kora komondo iyet en got.

'Improved stoves' kotinye manufaa che chang kosir chu kibo keny':

I. En chito ne-boishen:

- 'Improved stoves' ko bose kwenik che kiboishen en maat. Kwenik chepo betushek somok en stove nikipo keny' kotore ogot weekit en 'improved stoves'!
- Maat kop'ure kokoeke en 'improved stove' ngamun maat ak kwenik komiten stovit orit. Kou enimproved clay stove.
- pose ajalishek chepo maat,ngamu maat komiten oriti tap stove.
- pose rabishek/chepkondok che kiboishen en

alet 'ap kwenik.

- Ripchin icheket chepyosok saait nepo cheng't 'ap kwenik.
- Stovit niton koboishen komoswek somok kilolishen, basi koripe saait.
- Iyet kimong'isto komanda en got. Inonito kobose mionwokik che nomeke ak iyet cheu respiratory diseases .

2. En emet :

Angamun posot kwenik che kemokchinke en kalalet 'ap maat :

- Kopose tilet 'ap ketik.
- Pose bukoshek chemiten en emet.
- Isto ropwek che loe bik.
- Ripe bek che bo emet.
-

Imuche inyore manufaa ichutonk angot iyai order nepo TIST 'gimproved stove'h raini. Stove chemiten inguni ko:

TIST IMPROVED JIKOS



NEW!! Updated JIKOPOA
1,400 ksh



ENVIROFIT Z-Insert for built-in stove
can be used with 2-pot/ chimney attachment!
2,000 ksh



2-pot Chimney clay stove: built using Envirofit Z insert (2,000 ksh) and 2-pot chimney attachment (1,200 ksh); labor est. 400 ksh



ENVIROFIT G- can be used with 2-pot/ chimney attachment!
2,500 ksh



ENVIROFIT M- 'JikoTosha' can be used with 2-pot/ chimney attachment!
Coming soon...

ENVIROFIT 2 pot-Chimney Attachment (for all Envirofit models): 1,200 ksh
SOLD SEPARATELY

FOR MORE INFORMATION ON IMPROVED JIKOS CONTACT:

Charles Kamunya (built-in models)
Mobile: 0724 327 794

James Mwai (portable manufactured)
Mobile: 0715 460 195

The mud stove with ceramic fire chamber is ONLY AVAILABLE IN Ngariama, Kianyaga, Salama, Tunyai, Matakiri, Pondo, Kilia, Kamwendei, Nthingini, and Kagaene clusters.

TIST: Ripet tap Saratik:

Maana nepo saratik: Saratik ko tugun alaktugul che momokchin ke chito , che kobuno kasit agetugul. Ichochu kou:

- excreta/waste chepo bik.
- Saratik chepo ka, kou omitwokik.
- Kartasishek che mokeboishen.
- Paper-bags.
- Chumoishek ,ak old batteries (dry cells)
- Sewage sludge etc.

Ne neibu murindo en kokwotiwekchok?

Wastekomokimuche keisten lakini koibu yoitinkwek che yach yon:

- Poishet neya nepo tuguk.
- Momiten oratinwek che kimuche ke-reusen, saratik
- Momiten ole kindo saratik.
- Momiten ng'omnoten agopo ole kimuche keboishyoten saratik.

Ubaya nepo saratik che mokinde komye:

- Bete kororondo nepo emet .

- Wechet tap bek , koristo ak ngungunyek.l
- Mionwokik
- Keret tap paipushek.
- Sumu che bune koiwek che kikoyachekitun.

Ne kit neimuche koyai groupit ne kiten kopos taapuni.?

Solutions

- **Pose:** saratik che miten ng'weny. Imuche iboishen solaishek , neko ta koiwek chepo radio.
- **Reusing:** Boishen tuguk kora en ole imuche iboishen.
- **Composting:** Rip saraik chepo omitwokik en chopet 'ap mbolea safi.
- **Pal ole bo saratik en compound neng'ung.** lbwat ile kibeke saratik che kartasishek anan ko paper-bags. Makibeke koiwek 'ap radio ng'amun much kotyolso.

Ole kiistoito AIDS/HIV.

Imugtoi ano ipos HIV ko matesta?

- **Ter kometuye ak korotik alaktugul:** lbwat ile kit age tugul e kakatoyo ak korotik koyoche ke sterelisen (kou,. razors, rotwet , sundanut). Kounet 'ap instrument koyoche keyai saait ake tugul yon kobishen chi instrument inoton. Yoche keripke soiti en ole u (clinics, hospitals, kinyozi shops, tumwek chu kibo keny' koche komiten dakitari).
- **Isten ke en sex.**
- **Cham chito agenge:** Sex koyoche ko chit oak kwony, che icheken ko momien mbago nopo tapan . Makat konai age tugul en chamanik staus/oleu , ngamun imuch ko kitindo agenge en ichek UKIWI kotomo kanam chamyet .HIV komuche kopur en chito kenyishek taman komoiborke.
- **Boishen condom:** Inoniton kobose risk

nepo chito kosich UKIMWI , angot keboishen condom komye .Ogot angot kotinye HIV tuan konyolunot koboishen asimonyor mionwokik alak cheu STI .

- **Nyolu ke bimanin:** Yomeke keyor HIV test chi age tugul. Yon kakonai chi kole tindo UKIMWI, kotere ke kospreaden.
- Momiten vaccine chepo HIV, sasa koyomeke keter .
- Hiv kimuche kinamnda lakwet koyop kamet .ichocho komuche kubun cheko chepo kamet. Lakini bo maana cheko chepo kamet kosir cheko chop teta en lakwet ne mingin. Kamatik koyoche konai kiiton ago ngalalen en sipitali.
- HIV kora kimuche kispreaden yon kisiche lakwet. Yoche komiten dakitari asi koter komotuyo korotik.



Ketikab gaa cherutu kochogu.

Kosire Christine Yankel

Ketikab gaa kotinye boishonik chechang che ter. En arawani, kegere alak en ketikab kaa chebo komonut ak kochogu. En timwek mising' ko ketichuton ko che tai, che rutu kochokyin ak kochogu mising' ko ole momi ketik. Ng'ololchin konetik ak groupiskek alak en cluster ing'ung' akobo ketikab kaa en kebebertang'uong'.

Hagenia abyssinica, African redwood, muhooru



Tinye bogoinik chebiriren ak korutu en chokyinet agoi mitaishek tibtem. *Hagenia abyssinica* ko ketit ne kararan negimuche kemin en ole tulwet ole siche milimitaishek 1000 agoi 1500 nebo ropta kila kenyin tinye boishonik che chang': sogek chik kotoldole ng'ng'unyek ak koyai ketit ne kararan ne kimine en imbarenik en minsetab minutik ak ketik. Keti kobo kerichek ak komuche kotoret koter ng'ngu'unyek. Bogoinik kyik kobo olyet

nemi barak ak en kwenik ak makaa keti kemine koyop tenderek. Robsetab tenderek ko mobokomonut ak rutunet koen egosyek 10 agoi 20 ak rutunetab 40-60%.

Ngemin koboto minutik kotinye nyigisindo nebo ng'wony til ketik si kotoret koteta.

Macaranga kilimandscharica, mukuhakuha/mukura



Macaranga ko ketit nerutu kochogu nemie kemin koboto ndisinik ana ko kahaawek. Rutu komie yon kosich roptab milimitaishek 1500 agoi 2500 en kenyt. Kararan en teretab koristo ak amun en rutunetab chokyinet komuche koter ngu' ngunyek en ibet. Bogoinik kyig ko kororon ago tinye kwenik che kororon ak kimuche keboishen en ng'otishet. Tigyondonyin ko kerichek. Kimine *Macaranga* keboishen tenderek.

Keti ko chogu mising' ko yon kagimin komye ko momoche robet ne o.

Mazingira Bora



TIST

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

Kiswahili Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Baadhi ya walimu wa TIST. Mwezi uliopita walifanya walsha ya kufundisha walimu 100 kuhudumia vikundi 50.

Inside:

Sisi ni watumishi kila mtu kwa mwingine na tumeonyesha ili katika cluster ya Kangeta/Mutuati.

Ukurasa 2

Uongozi wa mzunguko unafanya kazi, Cluster ya Antubochio ndivyo isemavyo. Ukurasa 2

Tunayaona madhara ya ukataji miti katika msitu wa Ngaya. Ukurasa 3

Tunashukuru kwa sababu ya mvua tosha msimu huu, lakini tukumbuke kupalilia mimea yetu.

Ukurasa 3

Meko Bora Ya TIST- Pata lako wakati bado yapo! Ukurasa 4

TIST: Usimamizi wa taka. Ukurasa 5

Njia za kuzuia UKIMWI. Ukurasa 5



Sisi ni watumishi kila mtu kwa mwingine na tumeonyesha ili katika cluster ya Kangeta/Mutuati.

Ukiletewa na Nkatha Grace

Katika TIST, sisi tupo. Twafanya kazi yetu tukitumia mikono na ubongo wetu! Sisi wanacluster ya Kangeta/Mutuati, pamoja na kufanya shughuli za TIST kama upandaji miti, ukulima bora na kuanza vitalu vya miti, tumeongeza mengine yanayohusisha ustawi wa kijamii na huduma za kusaidiana kukidhi mahitaji ya kimsingi katika familia zetu. Cluster yetu imeamua kuchanga pesa kidogo kidogo pamoja, na kwa namna ya kuzunguka, kuwanunulia wanakikundi magodoro kila mtu wakati wake. Tulitambua kuwa kulala vizuri ni kuzuri kwa afya yetu! Bado tunawasaidia wanakikundi kununua vyombo vya jikoni.

Kama matokeo, wengi wa wa kikundi chetu wamepata hamu na motisha ya kufika mikutano ya kila mwezi ya cluster. Jinsi tunavyokuja pamoja na kugawana na kutumikiana, ndivyo tunavyojifunza, na

ndivyo maisha yetu, jamii zetu na TIST inavyoboreka. Tumetiwa moyo wa kujua kuwa TIST husaidia shughuli za kuweka pesa kidogo kidogo. Katika cluster yetu tuna lengo la kuanza kuweka pesa zetu pamoja ili tuweze kuwakopesha wanacluster ili kuwawezesha kuzikua shughuli zao katika TIST au kuanza biashara zinginezo.

Tunafuraha kuripoti kuwa uhesabu wa miti unaendelea vyema. Mhesabu miti wetu, kutoka kikundi cha cluster, William Mugambi, anatufanyia kazi nzuri. Tunataka kuhakikisha kuwa vikundi vyetu vidogo vimefuatiliwa inavyofaa ili tuweze kuitikiwa kuingia katika soko la hewa chafu katika TIST. Kwetu, tutapanda miti mingi ili kupata pesa kutokana na soko la hewa chafu siku zijazo. Mola abariki TIST!

Uongozi wa mzunguko unafanya kazi, Cluster ya Antubochio ndivyo isemavyo.

Ukiletewa na Millicent Wambogo

Tulipoelezwa kuhusu uongozi wa mzunguko mara ya kwanza, tulifikiria ya kuwa ilo ni wazo ambalo halingefanya kazi kwetu kwa kuwa tulikuwa tumezoea uongozi wa kawaida. Leo, katika cluster ya Antubochio, uongozi wa mzunguko umekuwa mwenendo bora hadi tulipo.

Tumeona cluster yetu ikikua haraka, na kiongozi mpya akichukua usukani kila miezi nne inapoisha, jambo ambalo linaongeza nguvu ya timu ya kiongozi, msaidizi wa kiongozi na Mweka vitabu na pesa za cluster. Ni huyu mweka vitabu na pesa ambaye tunachagua, naye yule aliyetoka anachukua kiti cha Msaidizi wa kiongozi, naye Msaidizi wa Kiongozi aliyemaliza muda wake anachukua kiti cha kiongozi, Kiongozi aliyekuwa anatoka uongozini. Hili hufanyika kila baada ya miezi minne. Uongozi wa mzunguko huna faida nyingi. Hizi ni pamoja na:

- Kila mtu ana njia tofauti za kuongoza na kila mtu ana zawadi tofauti. Kuzungusha uongozi humaanisha wanacluster wataweza kusoma kila mtu kutokana na mwenzake kuhusu uongozi.
- Kama kila mtu anasaidia na kutiana moyo, hata wenye aibu mbele ya watu watapata nafasi ya kukua katika kujiamini na uwezo wa kuongoza. Tunaweza kusoma kitu kutokana na kila mtu.

- Kuzungusha uongozi pia hupunguza kazi ngumu ya mtu mmoja kuwa mwenye kufanya yote kila wakati. Kazi inagawanwa kati ya watu walivyo, hakuna mtu mmoja ambaye anafaa kuwekelea mzigo mzito ama achoshwe na kazi.
- Kuzungusha uongozi kuna maanisha kuwa kutakuwa na shida chache kama mtu mmoja anapenda kutawala mazungumzo au kuwa msimamizi kila wakati. Kila mtu atapata nafasi yake ya kuongoza mkutano.
- Kwa sababu mweka pesa na vitabu vya cluster anaka uongozini kuwa Msaidizi wa Kiongozi halafu Kiongozi, ana mwaka wote wa kujenga na kugawana nguvu zake na kuwafunza waweka vitabu na pesa wapya wanaochaguliwa.

Kwa mfano, tarehe ishirini, mwezi wa nne, mwaka huu (miezi miwili iliyopita), tulimchagua Mweka vitabu na pesa za cluster mpya, Bibi Rebecca Karimi kutoka kikundi kidogo cha Kinyaunka Tree Nursery, Nambari ya TIST 2008KE2461

Tunaweza kuonyesha kuwa uongozi wa mzunguko ni Mwenendo bora zaidi.

Tunawahamasisha wanavikundi na cluster kuendelea kuhutumia mwenendo huu.



Tunayaona madhara ya ukataji miti katika msitu wa Ngaya.

Umeletewa na Nyagah Zaberio

Hivi karibuni, tumepitia uharibifu wa hali ya juu wa msitu wa Ngaya. Uharibifu huu umesababisha madhara hasi ya kihistoria kwa mazingira, ukulima, wanyama pori na mfumo ikolojia.

Kwa mfano, tumepata mvua kidogo, na hivyo basi mapato kutokana na ukulima yakapungua, kila msimu upitapo. Vijito na mito imeendele kukauka hivyo basi inakaza uwezo wetu hata wa kulima kwa maji. Kuongezra, wanyama pori wamehepa misitu kutafuta maji na chakula. Ili limesababisha kuwe na mgongano kati ya binadamu na wanyama pori.

Lakini hatujayapoteza yote. Tumeanzisha chama cha jamii cha misitu (CFA) ambacho kina nia ya kuhifadhi, kulinda na kupanda miti upya. Tunafurahi kuwa TIST inafanya kazi na wanajamii katika cluster ya Kawitu MCK, ambayo imekaribia na msitu.

Kazi yetu inaweza kuboresha mazingira na viumbe hai na kutupa sisi katika jamii uwezo wa kufikia na kuwajibikia rasilimali yetu sisi wenyewe kutokana na misitu. Kazi hii inatupa uwezo kipesa na kijamii. Tuna matumaini kuwa upandaji miti kiupya katika msitu wa Ngaya hutaanzisha kuongeza maji katika mito yetu na kuongeza mvua kwa uzuri wa mimea, wanyama wetu na hata wa maisha wa binadamu.

Tunashukuru kwa sababu ya mvua tosha msimu huu, lakini tukumbuke kupalilia mimea yetu.

Kupalilia kuna umuhimu kwa sababu hizi:

1. Mimea yako yahitaji maji, virutubisho vya udongo na mwanga ili ikue kinguvu. Kama kuna magugu yatashindana na mimea yako kupata vitu hivi. Magugu yatatumia virutubisho vya udongo na maji ambayo mimea yako inahitaji. Matokeo ni kuwa mimea yako itakuwa dhaifu na yaweza kushindwa kuishi.
2. Kama eneo lako halijatolewa magugu, wadudu watafutwa kwa eneo hilo. Wadudu wanaweza kuharibu na kuuha mimea yako. Kwa hivyo magugu yalivyo chache, ndivyo nafasi ya nyoka na wadudu kuwa inapungua.

Hapa zipo baadhi ya faida za kupalilia shamba lako:

- Mimea Hukua haraka zaidi kwani magugu hayachukui virutubisho na maji kutoka kwa udongo.
- Mimea itakuwa yenye nguvu na ikue kwa urefu kwa wakati mfupi

- Mimea yaweza kupata mionzi ya jua inayohitaji bila kuzuiliwa
- Mimea haijawekwa wazi ksz magonjwa mengi.
- Mimea imezuiliwa kutokana na kuenezwa kwa moto
- Mashamba yasiyo na magugu yanaonyesha kuwa vikundi vidogo vinayadumisha na ni mfano katika mradi wa TIST. Hili litawavutia watu wengi kuja na kuona kazi yenu.

Ukishapalilia eneo hilo, hakikisha umetoa magugu kutoka shambani. Ukiyaacha magugu yaliyokufa karibu na mimea, bado yanaweza kuwavutia wadudu na magonjwa ambayo yanaweza kuharibu mimea yako. Unaweza kutumia magugu kutengeneza mbolea kwa sababu joto la mtengano wa magugu laweza kuuha mbegu za magugu na baadhi ya magonjwa.

Kumbuka kupalilia mashamba yenye miti yako pia!



Meko Bora Ya TIST- Pata lako wakati bado yapo!

Meko Bora ni yapi?

Watu wengi katika Kenya bado wanatumia jiko la mawe matatu kupikia. Hili jiko hutumia kuni nyingi haraka. Meko Bora ni meko ambayo hutumia kuni chache na ambayo hutoa moshi nje ya ambapo unapikia.

Meko Bora yana faida nyingi kulika meko ya kawaida:

1. Kwa anayetumia

- Meko bora hupunguza matumizi ya kuni. Kuni ambazo hutumika kwa siku tatu katika jiko la kawaida zaweza kutosha wiki moja na kubaki unapotumia jiko bora!
- Joto hukaa muda mwingi katika Jiko Bora kwani moto na joto hukaa ndani ya jiko Kwa mfano, Jiko Bora la udongo.
- Hupunguza ajali kutokana na moto, kwa sababu moto humo ndani ya jiko.
- Hupunguza pesa zinazonunua kuni.

- Hupunguza muda kwa wanawake wanaotafuta kuni.
- Jiko hutumia moto mmoja kupika hadi sufuria tatu, kwa hivyo linapunguza muda na kuni zinazotumika.
- Hili hupunguza shida za kiafya zinazosababishwa na moshi kama matatizo ya kupumua na kuwashwa kwa macho.

2. Kwa mazingira

Kupunguzwa kwa kuni zinazotakikana husaidia katika:

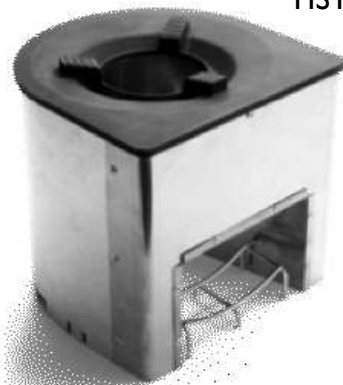
- Kupunguza ukataji miti
- Kupunguza kuenea kwa ukavu
- Kuachisha kutambaa kwa maji ya mvua ambako kuna madhara
- Kulinda rasilimali ya maji na yanapotoka

Wewe pia waweza kuzipitia faida hizi ukiitisha Jiko bora la TIST leo. Meko yaliyopo ya kuuza katika TIST leo ni:

TIST IMPROVED JIKOS



NEW!! Updated JIKOPOA
1,400 ksh



ENVIROFIT Z-Insert for built-in stove
can be used with 2-pot/ chimney attachment!
2,000 ksh



2-pot Chimney clay stove: built using Envirofit
Z insert (2,000 ksh) and 2-pot chimney
attachment (1,200 ksh); labor est. 400 ksh



ENVIROFIT G can be used with 2-
pot/ chimney attachment!
2,500 ksh



ENVIROFIT M-JikoTosha can be
used with 2-pot/ chimney attachment!
Coming soon...

ENVIROFIT 2 pot-Chimney Attachment (for
all Envirofit models): 1,200 ksh
SOLD SEPARATELY

FOR MORE INFORMATION ON IMPROVED JIKOS CONTACT:

Charles Kamunya (built-in models)
Mobile: 0724 327 794
James Mwai (portable manufactured)
Mobile: 0715 460 195

Jiko la udongo lenye mahali pa moto palipotengenezwa na kauri yapo tu katika cluster zifuatazo: Ngariama, Kianyaga, Salama, Tunyai, Matakiri, Pondo, Kilia, Kamwendei, Nthingini na Kagaene.

TIST: Usimamizi wa taka.

Ufafanuzi wa taka: Taka ni kitu chochote ambacho ni bidhaa inayotokana na tendo lolote la binadamu na ambayo haina thamani kwa wakati huo. Ni pamoja na

- Kinyesi cha binadamu
- Taka ya kutoka nyumba kama chakula kilichobaki
- Karatasi taka
- Mifuko ya nailoni
- Chuma chakavu, betri nzee
- Maji taka

Nini husababisha shida ya takataka katika jamii yako?

Taka haiepukiki lakini yafanywa kuwa tatizo kubwa na:

- Matumizi ya rasilmali yasiyokuwa na ufanisi
- Ukosefu wa njia bora za kutumia tena
- Ukosefu wa mahali pa kuweka taka (choo, shimo la taka)
- Ukosefu wa maarifa kuhusu madhara ya usimamizi wa taka usiofaa.

Matokeo ya usimamizi wa taka usiofaa ni

- Kuchafua mashamba na viwanja, kupoteza uzuri wa mahali hapo
- Kuchafua maji, hewa na mchanga

- Kuzuka kwa magonjwa
- Kufungana mifereji au njia za maji
- Sumu na mafusho kutokana na betri zilizozeeka
- Watoto na wanyama wanaweza kugonjeka au kudhurika wanapookota na kucheza na betri nzee au taka nyingine.

Ni nini ambacho Kikundi chako kinaweza kufanya ili kusaidia katika kutatua shida hii?

Suluhisho

- **Punguza:** Fikiria kutumia bidhaa za kutumia nishati ya jua badala ya betri zinazotupwa mahali panapowezekana
- **Kutumia tena:** use materials again where possible (e.g. plastic bags) Tumia bidhaa tena na tena panapowezekana (kama mifuko ya nailoni)
- **Kutengeneza mbolea:** Tumia taka za kikaboni (kama chakula kilichobaki na mimea) kama mbolea asili katika bustani
- **Chimba shimo la taka katika kiwanja chako.** Kumbuka kuchoma tu makaratasi na kadi. Usichome betri kwani zaweza kulipuka- ziangushe katika choo kilicho nje

Njia za kuzuia UKIMWI.

Unawezaje kuzuia kuenea kwa virusi vya UKIMWI??

- **Kujizuia kutokana na damu iliyobeba ugonjwa:** Hakikisha kuwa chombo chochote ambacho kimeguzwa na damu kimeoshwa kwa kuchemshwa vizuri (kama wembe, kisu, sindano) Kuchemshwa kunapaswa kufanywa kila baada ya mtu mpya kutumia icho chombo. . Huduma bora hivyo basi yapaswa kufanywa mahali popote palipo na uwezekano wa hatari(kliniki, hospitali, vinyozi, mambo ya kitambo kama kutahiri na kujeruhi mwili)
- **Achana na ngono**
- **Kuwa mwaminifu:** Ngono yapaswa kuwa kati ya mume na mke walio waaminifu na ambao hawajaambukizwa na UKIMWI. Ni vizuri wote kujua hadhi yao kwa sababu mmoja wao aweza kuwa ameambukizwa kabla ya kuingia katika uhusiano huo. Virusi vya UKIMWI vinaweza kukaa katika mwili wa mtu kwa muda wa miaka kumi ama zaidi bila ya kufanya mtu kuwa mgonjwa
- **Tumia mpira:** Mpira hupunguza hatari ya kuambukizwa, lakini tu ukitumiwa inavyofaa kila wakati unapofanya ngono. Hata kama wenye uhusiano wote wameambukizwa,

imeshauriwa kuwa na ngono iliyo salama kuzuia kuambukizwa virusi hivi ama hata magonjwa ya zinaa.

- **Pimwa:** Kupimwa ni muhimu. Watu wakijua wameambukizwa wanaweza kuamua kutoambukiza wengine.
- Bado hakuna chanjo ya virusi vya UKIMWI. Nivizuri zaidi kuzuia kupatwa na virusi hivi kama jambo la kwanza!
- Virusi vyaweza kupitishwa kwa mtoto kutoka kwa mama. Hili laweza kuwa kupitia maziwa ya mama. Ata hivyo, kumbuka maziwa ya mama ni bora zaidi kuliko maziwa ya ng'ombe ama ya unga kwa mtoto. Baadhi ya madawa ya kupunguza makali yaweza kutumiwa kupunguza uwezekano wa kupitisha virusi kutoka kwa mama hadi kwa mtoto. Mama wapaswa kuyajua haya na kuongea na wataalamu wa kiafya ili waweze kufanya uamuzi wao uliomzuri zaidi kuhusu watakavyofanya.
- Virusi vyaweza pia kupitishwa kwa mtoto anapokuwa akizaliwa. Kupitishwa huku kwaweza kupunguzwa kwa ukubwa mama akipewa dawa za kupambana na virusi kabla na baada ya kuzaa (chini ya usimamizi wa wataalamu)



Miti ya kienyenji inayokua haraka.

By Christine Yankel

Miti ya kiasiri hutupatia faida tofauti. Mwezi huu tunaangalia baadhi ya miti ya kienyeji ambayo ni ya manufaa na kukua kwa haraka. Kwenye poli miti hii hukua haraka ikiwa imekatwa au kuchomwa na moto. Jadiliana na walimu au vikundi vya cluster kuhusiana ma miti hii na hasa ile inayomea huku kwetu.

Hagenia abyssinica, African redwood, muhooru



Mbao yake ya rangi nyekundu inapendeza sana na imamea haraka kwa kufikia meter 20, *Hagenia abyssinica* ni mtu mzuri na unakua ukienda juu na pia unafanya vizuri mahali kuna mvua ya kima cha 1,000 to 1,500 mm kwa mwaka. Ina manufaa mingi kama matawi yake inatoa rutuba. Inatumika kama dawa. Pia inatumika kwa kuzuia mmomonyoko wa udongo. Muti mwenyewe unatoa kuni na makaa mazuri sana na pio mbao.

Muti mwenywe unamea kutokana na mbegu yake. Haihitaji kunyunyizia dawa. Mbegu inamea kwa munda wa siku 10-20 na inamea kwa muda wa 40-60%.

Ikipandwa na mimea mingine hakikicha umekata matawi ili mtu mwenyewe ukuwe ukienda juu.

Macaranga kilimandscharica, mukuhakuha/ mukura



Macaranga ni mtu unaokua haraka sana na unafanya vizuri sana na mimea mingine kama Kahawa ama madizi. Inafanya vizuri sana wakati kuna mvua ya kima cha 1,500 to 2,500 mm kwa mwaka. Kwa sababu ya ukuaji wa haraka wake, inazuia mmomonyoko wa udongo. Ni mzuri sana kwa kuni na kwa kujengea ukuta. Mbao yake ni nzuri sana kwa kujengea masanduku, meaza, viti na kadhhalika. Mizizi yake inatumika kama dawa.

Macaranga inamea kutokanan na mbegu yake macaranga. Haihitaji kuchungwa sana ndio ikue.