



Mazingira Bora

January 2007

ENGLISH

At Glance

- Ntugi Office. Capturing New Areas.
- TIST: The Environment and Quality of Life.
- Conservation Farming: How To Practice.
- Kinyaritha office: Small Groups Reaping Benefits.
- Kiambogo BSG: Empowering Others Towards Self- Reliance.
- Chugu Office: We Have Accomplished Much in Year 2006.
- Living positively with HIV/Aids.
- Poems

KIKUYU

Maria mari gathiti-ini ino

- Wabich ya Ntugi . Gutheremia wira ichigo-ini njeru.
- TIST: Kugachiria mituririre ya andu hamwe na maria maturigichiirie.
- Urimi Mwega: Njira cia kuutungata.
- Wabichi ya Kinyaritha: Ikundi nini kugia na maciaro ma wira wao.
- Kiambogo BSG: Gwikira angi hinya hari uhoro wa kwirugamirira.
- Wabichi ya Chugu: Maundu maria tuhingitie mwaka muthiru- 2006
- Uria ungitura muikarire mwega wina murimu wa Mukingo.
- Marebeta.



TIST: The environment and quality of life

Managing our relationship with the environment properly is essential for the quality of our lives. For us to get adequate food, we need to care for the environment by practicing proper agricultural practices such as soil conservation measures. When this is ignored, hunger and famine become inevitable. TIST is encouraging and training small groups members in conservation farming which when properly practiced increases crop yields over traditional farming. It also improves soil fertility, protects the crop seeds, retains water in the holes and fertilizes the seeds.

Water is life. However, constant interference with water catchments areas through deforestation and farming often cause drying up rivers. Moreover, when our rivers or streams are polluted through dumping of chemicals and other waste materials, the consequences of this often result to water-borne disease. This increases mortality rates and also the cost of medication. It is important, therefore, to avoid dumping any materials that would result to water pollution.

Another health – related issue that can be caused by managing our environment poorly is air pollution. Smoke from our cooking stoves, from cars and industries are examples of air pollution. TIST is working towards mitigating the effects of air pollution by training members of small groups on development of improved Jikos / Stoves. These stoves are smoke free, venting the smoke outside the cooking area with chimneys.

TIST: Kugachiria mituririre ya andu hamwe na maria maturigichiirie.

Utungata mwega wa maundu maria maturigichiirie ni wa bata muno hari uturire witu. Nigetha tukorwo na irio ciakuigana, ni kwagiriire tukorwo tukigitira tiiri witu. Twaga wika uguo, ng'aragu na riu inine irikoragwo na ithui hingo ciothe. TIST ni ikoretwo igithomithia ikundi nini njira cia urimi mwega uria ungirumirirwo wega ni urehaga maciaro na magetha maingi gukira njira ya unduire. Urimi uyu no ukoragwo ukiongerera unoru wa tiri, ukagiriria mbegu, ugatuma maai kana ugunyu uikare gwa kahinda karaya na mbegu igakorwo iri na unoru mwega.

Maai ni muoyo. No riria twathukia icigo iria maai makoragwo magikunuka, kwa njira ya gutema miti, na kurima, kaingi njuui iria ikorogwo igikunuka ni ikoragwo ikihua.

Makiria ya uguo, riria tuguikia dawa na indo ingi ta cia maratathi na mikebe njui-ini ciitu, ni tukoragwo tugithukia maai maria turicoka gutaha ma kunyua na thutha magaturehera mirimu. Ikuu na thogora munene wa guthondeka mirimu ino ni iingihaga. Koguo, ni kwagiriire tukagitira njui ciitu kumanagia na giko ta kiu kiria kingithukia maai.

Njira ingi ya ugima wa mwiri ingirehwo na kwaga gutungata maundu maria maturigichiirie ni guthukia kwa riera. Ndogo iria yumaga mariko-ini maitu, ndogo ya mitoka na iganda ni imwe cia guthukia riera. TIST ni ikoretwo igithomithia amemba a ikundi nini njira ya gwaka mariko maria marihotaga kunyihia ndogo riiko-ini. Mariko maya makagwo undu uritumaga ndogo igakorwo iri nini kwa njira ya gutumira chimuni. Mariko maya nimateithagiriria kunyihia ndogo iria ingikorwo ikirehe mirimu ta ya mahuri.



This reduces lung infection diseases caused through inhaling the smoke. As a result, people, especially women and children in the coking area can lead healthier lives.

When we nurture our environment, more resources continue to generate. For instance, where a community plants more trees, they get more materials for construction of their shelters.

Moreover, nurturing the environment bring about economic benefits too. For instance, small groups that have been trained on nursery management are able to sell surplus seedlings and thus earn some income. In TIST core areas of operation, price for one seedling ranges between Ksh 5.00 to Ksh 10.00. Trees such as Mutero have been known for medicinal value which on average costs Ksh 5,000.00 – ksh 8,000.00.

Small groups such a Muchai Women Group who have adopted Macadamia cultivation are reaping multiple benefits. Macadamia trees produce nuts which are today in high demand in the market, and also benefit from the green house gas business as the trees continue to nurture environment.

Another group that is reaping multiple benefits is Kaimbogo Best Small Group which is using avocado fruits in manufacturing of soaps and other ointments. Avocado trees also produces fodder which is helpful in rearing of cattle.

Other economic benefits include making of compost manure, production of fruits, timber, charcoal, carvings and fibres.

Koguo, magokorwo magiteithiriria miturire ya atumia na ciana aria kaingi makoragwo riiko-ini magakorwo na mituriri miega itari na mirimu ta iyo.

Riria twathii na mbere na gutungata maundu maria maturigichiirie, nitukoragwo tukigachiria utonga na indo. Kwa ngerekano, riria andu mahandite miti, ni makoragwo makigia na miti miingi ya waki wa nyumba Makiria ya uguo, utonga muingi ni ukoragwo ukionekana. Kwa ngerekano, ikundi nini iria ithomithitio njira ya utungata wa miti nathari-ini, ni makoragwo makihota kwendia miti iria yatigara thutha wa kuhanda migunda-ini yao na makahota kugia na mbeba. Kuria TIST ikoretwo na ikundi, mbei ya muti umwe kuuma nathari-ini ukoretwo ukiendio kuuma ciringi ithano nginya ikumi. Miti ta Mutero ni uikaine niukoragwo ugutumirwo ta dawa na ukoragwo ugithogorwo kuuma ciringi ngiri ithano nginya ngiri inyanya.

Gikundi kinini kia Atumia a Muchai, nimakoretwo makihanda miti ya Mikandamia na magakorwo makiona baida maita meri. Nimakoragwo makiendia ngandamia, iria ikoretwo iri na ubatari munene thoko, na magakorwo mari wonjoria –ini wa riera na makagia na marihi, na magakorwo makigitira maundu maria maturigichiirie.

Gikundi gia Kiambogo, onao nimakoretwo makiona baida maita meri kumanagia na uhandi wa miti ya makondobia. Ni makoretwo makihuthira makondobia hari guthondeka thabuni na makiria ya uguo makahuthira mahuti ma mikondobia ta irio cia mahiu.

Uteithio makiria ni wonekaga kumanagia na guthondeka thumu, gukorwo na matunda, kugia na mbau, makara na guthondeka miichuhio.



From the foregoing, TIST is encouraging the small groups to continue to nurture the environment by using best practices in sustainable development. What TIST small group members do can be an example to others, have an impact on our current generation and provide major benefits for the future generation.

Conservation Farming

Why do Conservation Farming?

Conservation farming makes a very big difference in how much grain your fields will produce at harvest. When you use conservation farming best practices on your land, it will become more and more fertile and produce higher yields. The holes protect the seeds and collect water. By mixing manure in the soil, the seeds will be fertilized and grow much better. By not burning the Stover after harvesting, more nutrients go into soil and weeds are suppressed. By weeding around the holes, fewer weeds will grow each year.

How do we do Conservation Farming?

Here are the steps you should take when practicing conservation farming.

- After harvest do not burn the crop residues but leave them on the ground. The more residues remaining on the ground the better because they enrich the soil, making it more fertile. Remember that crop remainders can also be used for compost manure. Try to stop animals from grazing on the area. If they graze there will be less crop remainders left covering the ground.

Kumanagia na macio na mangi maingi, TIST niikoretwo ikihe hinya ikundi nini ithii na mbere na kugachiria maundu maria maturigichiirie na gutumira njira iria njega hari kugachiria uthii wa na mbere wa gutura. Ikundi nini cia TIST no ikorwo iri cia kionereria kinene hari andu aria angi na kuonekane uturo mwega hari ruciaro rwa riu na tuhote guteithia njiaro igoka.

Urimi Mwega.

Urimi mwega wina bata uriku?

Urimi mwega niurehaga utigithukanu munene hari magetha maria tugiaga kuuma migunda-ini itu. Hindi iria ukuhuthira urimi mwega, niurikoragwo na magetha maingi tondu tiiri uthia na mbere na kunora. Marima maria makoragwo mahaririirio, nimakoragwo makigitira mbegu na magatega maai. Hindi iria tiri watukana na thumu, mbegu niikoragwo igikura wega. Riria waga guchina mabebe thutha wa kugetha, niutumaga tiri ugiiie na unoru na ria rikaga gutherema . Niwagiriirwo ni kurimira mimeru yaku hau irima-ini na uria uramira kaingi noguo ria rithiaga na mbere na kunyiha o kimera o kimera.

Urimi mwega uharagirio atia?

Maya nimo makinya maria wagiriirwo niguthingata riria uratumira urimi mwega.

- Thutha wa kugetha, ndugachine mabebe kana mahuti o mothe no matige kuu mugunda. Mabebe macio nimateithagiriria hari unoru wa tiri. Mabebe macio no mahuthike hari guthondeka thumu.



- Conservation farming holes have to be dug before the rains come. It is therefore vital to start digging them early.
- Mark out where you are going to dig your holes. Get a long piece of rope or string and squeeze bottle tops on to it 70cm apart. Stretch the rope across the width of your field. Each bottle top marks the centre of a hole and it makes sure that the holes are correctly spaced out. Mark out the rows of holes using a hoe. Each row should be 90cm apart. Just mark out the rows and holes you think can be completed that day.
- On the same day as you mark a block of holes, dig the holes. The holes need to be oblong. They should be between 15cm wide, 35cm long and 15cm deep.
- When you are ready to plant the grain it is important to put some very fertile soil into the holes to help the crop to be stronger. Take some manure and good topsoil and mix it together, or use compost manure. Fill the hole with the mixture up to 5cm from the surface.
- If you are planting maize, soak the seeds in some water for 6-7 hours before planting them. This speeds up germination and means that more will survive. When you plant the seeds, plant 4 seeds in the soil across the hole. Cover them with 2.5cm of the rich soil and manure mixture. After this the soil in the hole should be about 2.5cm below the surface of the field.
- Ndukariithie mahiu mugunda tondu mahuti moothe maninwo mugunda ugutigwo uri njaga.
- Marima ma urimi uyu mwega magiriirwo ni kwenjo mbere ya mbura yurite. Koguo nikwagiriire maharirio o gatene.
- Niwagiriirwo ni guthima utigithukanu wa marima maku. Wagiriirwo ni gutumira mukanda kana rurigi woherere tukuniko twa cuba hari utigithukanu wa 70 cm. Tamburukia rurigi rwaku. Oharia gakunio kari, hau niho hagiriirwo nigukorwo hari gatagati ka irima. Tumira theci hari kumaka marima. Wagiriirwo nigutigithukania raini na fiti ithatu (90cm). Thima marima maria ungiiona ta ungithiria hari munyetha umwe.
- Muthenya ucio wathima marima, tigrira ni wenja marima macio. Irima riagiriirwo ni gukorwo na warie wa 15 cm, uraihu wa 35cm na uriku wa 15cm.
- Hindi iria urahanda, niwagiriirwo nikuhuthira tiiri uria munoru. Wagiriirwo ni gutukania tiri wa iguru na thumu na wikiri irima –ini riu. Wagiriirwo ni gikwira mutukanio ucio nginyagia 10cm na ugutigia 5cm.
- Angikorwo ni mbembe urahanda, niwagiriirwo nikwamba kurinda mbegu maai-ini gwa kahinda ka mathaa matandatu nginya mugwanja. Njira ino niiteithagiriria mbegu hari kumera na ihenya na ina hinya. Wagiriirwo ni kuhanda mbegu inya ikigie hari o irima. Ucithike na tiri na thumu kwa githomo gia 2.5 cm koguo ukorwo utigitie cm ingi 2.5 kuuma iguru wa irima. Ndwagiriirwo ni gukiria githimi giki. Niwagiriirwo nikuraga mathui no utigirire tiri ni urekanitie.



It should never be more than this. Clods (big lumps of soil) should always be broken up so that the soil makes good contact with the seed.

➤ If you are planting sorghum, plant 5-6 seeds at each end of the planting hole after a good shower of rain. Cover the seeds with 2.5 cm of the rich soil and manure mixture.

➤ The space at the top of the hole enables water to get to the plants when the rains come. Without this space the rain will just run off the land, taking a lot of the soil nutrients with it.

➤ Weed around the holes regularly. Each year there will be few and fewer weeds.

➤ Don't be discouraged! Digging the holes now will mean they are ready for this year and you will not have to dig them next year.



➤ Angikorwo ni muhia urahanda, wagiriirwo ni kuhanda mbegu ithano nginya ithathatu thutha wa gukorwo ni guthuthuite. Tukania tiri na thumu na uhumbire kwa githimi gia 2.5 cm.

➤ Hindi iria waga kuiyuria tiri irima-ini biu, niguteithagiriria riria kwaura, maai magitahirira irima-ini na koguo gukagiriria kiguo hari gukururia thumu.

➤ Rimira hau irima-ini kaingi kaingi. O uria urarimira kaingi, noguo ria rithiaga rigikunderega hari kimera o kimera.

➤ Ndukanoge. Wenja marima mwaka uyu, niugakorwo wina wira muhuthu mwaka uguka.

Ntugi Office. Capturing New Areas.

By the end of year 2006, we have registered more than 485 groups. This is due to combined effort of our 4 Best Small Groups (BSG) which include Lower Nguriga, Wendo Runkuru, Benjo Lulafrieo, Umoja A who have taken an active role in training of other small groups. Moreover, we also count the support from –Kenya staff.

We are grateful that we have a large area that we now cover. We have worked so hard that we have extended and now serve areas expanding from Kandebene in Isiolo and Ruiru, Ntirimiti up to Timau. These are high potential areas since they have adequate land to plant tress.

Wabichi ya Ntugi . Gutheremia wira ichigo-ini njeru.

Gukinyanagia na muthia wa mwaka wa 2006, ithui turi wabichi ya Ntugi nitwakoretwo twandikithitie ikundi nini 485. Tuhotete kugachiria wira uyu niundu wa unyitaniri witu hamwe na ikundi nini njega iria tukoragwo nacio iri Lower Nguriga, Wendo Runkuru, Benjo Lulafrieo na Umoja A. Ikundi ici ni ikoretwo ikitura muno hari guthomithia ikundi nini iria ingi. Makiria ya uguo, wabichi ya TIST- Kenya onayo ni ikoretwo iri ya uteithio munene kuri ithui.



We are happy for having hosted a number of visitors in the previous year. In August 2006, Charles Sturge visited us. In November, we had guests who had attended the international conference on climate change in Nairobi.

We are expressing our gratitude to the TIST staff for facilitating with us an in-housing training in Mid December last year. This benefited many groups who have not been able to qualify as best small groups and others that have not previously benefited from TIST seminars at Gitoro Conference center.

The trainings focused on disseminating and sharing information with the small groups on the best practices in order to nurture growth in sustainable development as well as measures to increase profitability in green house gas business. For instance, it was noted that bringing the costs of running the program low with an increased planting and nurturing of trees will significantly bring more income to the small groups.

The participants learnt on best practices and were taught on such topics as Conservation farming, TIST values, green house contract and many others. During this two- day training, the participants had interactive sessions with the trainers from the field office and TIST –Kenya office where they engaged them on issues they wanted more clarification and or information.

Significantly, the attendees had aired concerns on payments of the small groups. They wanted to know the requirement for payments if any. In response, the trainers outline the requirement for payments as here under;

Twina gikeno niamu mwaka muthuru nitukoretwo na ageni mwanya mwanya. Mweri wa kanana mwaka wa 2006, Muthuri ti Charles Sturge niatuchereire na agicherera ikundi nini. Mweri wa ikumi na umwe, mwaka-ini o ucio, nitwagiire na ageni angi aria makoretwo mokite Nairobi hindi ya mucemano wa thi yothe wa ugaruruku wa riera.

Mweri-ini wa ikumi na igiri kana dithemba, hamwe na wabichi ya TIST – Kenya, nitwahaririire themina mwena wa Ntumbiri. Themina ino niyateithirie ikundi nini nyingi iria ikoretwo itari na mieke ya gukorwo igitwo themina ya TIST iria kaingi ikoragwo ikaharirio mucii-ini wa Gitoro Conference center.

Githomo kiu kiarongoretie njira iria njega ingitumika ya kugachiria uthii wa na mbere wa gutura hamwe na njira iri ingitumika hari kuongerera baida kumanagia na njira ya kwendia riera ithuku. Kwa ngerekano, nikwamenyekire ati o uria mahuthiro marathie na mbere kunyihio hari gutwarithia mubango uyu, noguo faida irithiaga na mbere na kuongerereka na kuguo ikundi nini igathie na mbere na guteithika.

Andu aria mari giikaro-ini kiu mnimathomithirio maundu mwanya mwanya ta njira njega cia kugachiria gikundi, urimi mwega, maundu ma bata makurumirirwo ni ikundi niguo ituike cia kugachira, kandarathi ya wendi wa riera na mangi maingi.. Themina-ini iyo iria yari ya thiku igiri, andu nimakoririrwo na miario ya bata na arutani kuria mamoririe ciuria iria mari nacio.

Ciuria iria cioririo na makiheo macokio imwe ciacio ciari cia marihi, na ni mendaga kumenya makinya maria gikundi kiagiriirwo ni kuhingia niguo kirihwo. Nimathomithirio makinya ta maya.



Payment

1. The group has to have all their trees counted by a TIST quantifier. The quantifier also has to be audited by a TIST program staff member.
2. The group should sign a Greenhouse Gas Contract. Each member has to print his or her name, sign, and write the current date. The group should then ensure the signed contract gets back to their local Field Office. This contract will then be signed by a member of Clean Air Action Corporation.
3. The Field Office will photocopy the completed contract and return it to the group. The Office will then record on the palm computer that the group has submitted their contract.
4. Once palm has been synced by the Field Office the database will mark the group as eligible to be paid. The group should open a bank account with Cooperative Bank.
5. The group will be given their money by their Field Office. At least 3 group members have to be present to sign to say the Office has given the group the correct money.

Kinyaritha office: Small Groups Reaping Benefits.

Kinyaritha Office is situated at the boundary of Meru Central and Meru North. We hold our weekly meetings at Lower Imenti Forest Department, a place endowed with marvelous of nature. Elephants mingle harmoniously with other animals in the forest and bath gracefully in a nearby stream. It is a fantastic experience.

Marihi kuri ikundi nini.

1. Gikundi no muhaka gikorwo gitariirwo miti ni TIST quantifier. Mutari wa miti nake niachokaga akarorerwo kana ni atarire miti wega ni andu a wabichi ya TIST –Kenya.
2. Gikundi kinini no muhaka gikorwo kiuyiritie kandarathi ya wendia wa riera wega. O mumemba hari gikundi kiu akorwo andikite ritwa riake, akahura kirore na akandika tareki ya muthenya ucio. Gikundi nikiagiriirwo ni gutigirira kandarathi iyo ni yakinyira field office na thutha ucio mumemba umwe wa Claen Air Action Corporation (CAAC)ni achokaga akahura kirore.
3. Wabichi ya Field niyagiriirwo imuchokerie copy iria mwahurire kirore. Wabichi ino itumuga kandarathi iyo thiinii wa machini ya komputa ya guoko na igatumira wabichi ya CAAC.
4. Hindi iria kandarathi iyo yekirwo kumputa-ini, gikundi kiu nigikoragwo gitikirikite gia kuriho kuringana na miti yao.
5. Riria mbeba cioka kana riria iririhwo ni wabichi ya Field, amemba atatu a gikundi kianyu nimagiriirwo gukorwo meho na mahure kirore ati nimamukira mbeba na muigana uria wagiriire.

Wabichi ya Kinyaritha: Ikundi nini kugia na maciaro ma wira wao.

Wabichi itu ya Kinyaritha ikoragwo iri muhaka-ini wa Meru ya gatagati na ya rugongo. Tucamanagia wiki orita rimwe haria wabichi-ini ya forestor Lower Imenti Forest Department. Ni handu hakoragwo hari na nyamu mithemba mithemba na hakoragwo na utonga muingi wa githaka. Nyamu ta njogu ikorogwo igiikarania na nyamu iria iingi na kaingi nitucionaga igithambira karui-ini kari ha hakuhi.



Our office continues to register more groups. We have extended the program to areas such as Kagaene, Mulika, Miathene and others. Most of the groups have received payments and are now more encouraged to plant more trees. A significant number of small groups that have been inactive for a while have now been revived and are expecting to reap the benefits of the program too.

We conducted in-house trainings where 256 participants attended. Out of this number 156 were women and 100 were men. The facilitators include Peter Ndirangu, Elijah and Elizabeth. Elizabeth did the introductions, TIST benefits and its history. Elijah taught on conservation farming and conducted a demo while Peter taught on the contents of the green house gas contract.

Specifically, the participant were taught in length key articles in the green house gas contracts. In order to make the participants fully averse with the contract, throughout elaboration were made as here under;

Wabichi itu no irathiii na mbere na kwandikithia ikundi. Riu nitutheremetie wira witu nginya kundu ta Kagaene, Mulika, Miathene na kungi kuingi. Ikundi nyingi riu niciamukirite mbeca na no irathie na mbere na kuhanda miti. Tukundi tuingi tukoretwo tutakuruta wira gwa kahinda riu nituriukitio na twina mwihoko onatuo nitukuona maciaro onatuo.

Nitwari na githomo gia themina cia maturaini kuria twari na amemba a ikundi nini 256 aria mekinyitie. Hari andu acio, 156 maria atumia na 100 mari arume. Aria mathomithanagia mari peter Ndirangu, Elijah na Elizabeth. Elizabeth ni amukiririe andu na agithomithia uhoro wigie maundu ma kuguna ma TIST na uria yambiriirie nginyagia riu. Elijah athomithirie uhoro wigie urimi mwega na akionereria andu uria magiriirwo ni gwika. Peter niathomothirie uhoro wigie kandarathi ya wendia wa riera.

Kwa urikuru, githomo nikiarongoririe muno makiria maundu maria me thiinii wa kandarathi iyo. Na nimo ta maya;



Mzee George M'ltonga, a TIST trainer demonstrating on best practice in planting trees.
Murutani wa TIST, Mzee George M'ltonga akionereria njira njega ya kuhanda miti.



Article 1: The agreement lasts for 60 years from when you sign the agreement.

Article 2: Your group continues to own the trees.

Article 3: You need to list your grove names on the last page of the contract. These can be added to in the future.

Article 4: You must own the land you are planting trees on. If you don't own the land, you must show proof that you have the right to plant trees there.

Article 5: Your group is allowing Clean Air Action Corporation to try and sell your greenhouse gas credits on your behalf.

Article 6: Remember that the trees are not yet large enough to absorb enough carbon dioxide. CAAC can only sell the greenhouse gas credits after 20 years when the trees are large. So in the meantime CAAC is providing the incentives of 1.5 shillings per live tree per year. This rate will change according to the exchange rate of \$0.02 per tree per year.

Clean Air Action Corporation will be selling the greenhouse gas credits on the market. At 20 years, when all the program costs have been covered, the small group will be given 70% of what is remaining. That is why we stress the importance of the program being small cost – big results as possible. The fewer costs we spend today, the more money there will be available for the Small Groups in the future.

Article 14: Make sure that you write down the address or location where CAAC can contact you.

Gichunji kia mbere: Kandarathi ino niya miaka 60 kuma riria yahurirwo kiore ni amemba othe a gikundi kinini na kambuni ya CAAC.

Gichunji gia kere: Miti iria gikundi gikuhanda irikoragwo iri yanyu.

Gichunji gia gatatu: Nimwagiriirwo nikwandika migunda iria muhandite miti karatathi-ini ka muisho ka kandarathi. Uu no mwike o na thutha ucio.

Gichunji kia kana: No nginya migunda iria murahanda miti ikorwo iri yanyu. Angikorwo migunda iyo ni ya andu angi kana ya muingi, na mukorwo muhetwo muhande miti, nimwagiriire mwandikanire nimwitikiritio muhande miti na mwamukagire maciaro o mothe mangiumana na miti iyo.

Gichunji kia gatano: Gikundi kianyu nigietikiria Clean Air Action Corporation magerie na mendie riera riria rianyu ni miti handu-ini hanyu.

Gichunji gia gatandatu: Ni mwagiriirwo ni kuririkana ati miti iri minini ndikoragwo inyuite riera riingi. Na koguo CAAC ikahota kuendia riera riu thutha wa miaka 20 riria miti iyo igakorwo iri minene. No gwa kahimda gaka, nimurinyitaga uteithio wa gutungata miti iyo o hari muti mukaheo shilingi imwe na thumini o mwaka

Thutha wa kahinda ka miaka mirongo iiri, CAAC ni ikendia riera riria rinyuitwo ni miti yaku, na thutha wa kuruta mahuthiro maria monekete ya biashara, nimukarihwo gwa 70% ya mbeca iria igakorwo itigarite. Koguo ni kwagiriire tugakorwo na mahuthiro manini nigetha tukona baida nene.

Gichunji gia ikumi na inya: Nimwagiriirwo muheane ithanduku ria marua rianyu na itura rianyu.

We had several other in-house trainings at Kagaene on 20th December 2006, Kigucwa on 21st December 2006 and on the same day, we had another one at Kinyaritha Central office.

All the trainings had a positive impact. Participants were enthusiastic and requested more trainings. We envisage to arrange for more training this year.

Kiambogo BSG: Empowering Others Towards Self-Reliance.

During our last node meeting, we took some time training other small groups on preparation of home - made bar soaps by use of local available materials such as avocados, bananas, peeled sweet potatoes and calectic soda.

Other materials used include candles and engine oil.

Members were happy, as they will be able to manufacture their own soaps to use at home and also to sell in the market.

This technique has been tested and majority of people practicing it are able to supplement their incomes.



A section of participants from small groups in an in-house training at Maritati Center on 9th –10th January 2006.

Arimi kuma ikundi nini mari githomo-ini mwena wa Maritati Mweri 9 – 10 January 2006.

Ni twari na ithomo ingi mwena wa Kagaene mweri 20/12/2006 na Kigucwa mweri 21/12/2006 na o muthenya ucio nitwari na ithomo Kinyaritha Central office.

Ithomo ciothe ciari cia uguni munene. Andu nimakenire na makiuria marehagirwo mathomo maingi ta macio. Twina mwihoko ati nitukuhaririria murutani mangi maingi mwaka uyu.

Kiambogo BSG: Gwikira angi hinya hari uhoro wa kwirugamirira.

Hindi ya muchamano uria twiriga, ni twarutire ikundi nini iria ingi njira ya gwithondekera thabuni hari gutumira makondobia, makoro ma ngwachi na thota ya calectic.

Indo ingi ihuthikaga ni michumaa na oiro ya ingini.

Amemba ni makenire tondu riu nimarithondekagira thabuni wa kuhuthira kwao micii na hamwe na kwendia.

Njira ino nigeretio na andu aingi aria marahuthira njira ino nimahotete kugia na mbeca.



A section of participants from small groups in an in-house training at Maritati Center on 9th –10th January 2006.

Arimi kuma ikundi nini mari githomo-ini mwena wa Maritati Mweri 9 – 10 January 2006

Chugu Office: We Have Accomplished Much in Year 2006.

We are proud of the accomplishments we have achieved last year. We have registered 644 small groups by the end of the previous year which have a sum total of 394,587 live trees and 662, 086 seedlings in the nurseries.

We are indebted to the support we have received from the best small groups. They include Kamithagan A, Kamithagana C, Inono A, Athomi A, Kairu, Upendo, Kaaga, Giantune AAKI, and PAA A. They have taken an active role in disbursement of payments to other small groups. We cannot forget the helpful support from TIST-Kenya.

Conservation farming is producing higher yields. We are encouraged by the current crop in the fields which is doing exceptionally good this season. Farmers who have practiced conservation farming are assured of better yields.

So far, 87 groups are practicing conservation farming. Among the groups that are doing exceptionally well include Kamithagan A, Kamithagan C, Gieto A, Mugune, Muregwa, Inono D, Upendo, Kairu, Karurune, Damaris, Kabii, Uwezo, Furaha, kagwira, Mukioa, Gaitune, Muchwiri II CF in chogoria, Mariara in Katheri and Giantune AAKI.

So far, 75% of our registered groups have received their cash incentives. During the last disbursement quarter, more than Ksh 200,000.00 was paid to groups under our office. This is a remarkable achievement. We are putting more efforts to ensure more groups continue to receive payments.

Wabichi ya Chugu: Maundu maria tuhingitie mwaka muthiru- 2006

Ni turakenira maundu maria tuhingitie mwaka muthiru. Gukinyagia mwaka muthiru, nitwandikithitie ikundi nini 644 iria ciina miti 394,587 na iria iri nathari- ini ni 662, 086.

Twina ngatho hari ikundi nini njega niundu wa ngwataniro itu nao. Ikundi icio Kamithagan A, Kamithagana C, Inono A, Athomi A, Kairu, Upendo, Kaaga, Giantune AAKI, na PAA A. Ikundi ici ni ikoretwo igiteithiria muno mwena wigie kuriha ikundi nini iria ingi. Tutingiriganirwo ni uteithio kuuma wabichi ya TIST – Kenya.

Urimi mwega niukoretwo ukireha maciaro mega. Nitukenetio ni irio iria iri mugunda kimera giki na ni ikoretwo igika wega makiria . Arimi aria mathingatite urimi uyu mena mwihoko wa magetha mega.

Nginyagia riu, ikundi 87 ni ikoretwo igithingata urimi uyu. Ikundi iria ikoretwo igika wega makiria ni ta Kamithagan A, Kamithagan C, Gieto A, Mugune, Muregwa, Inono D, Upendo, Kairu, Karurune, Damaris, Kabii, Uwezo, Furaha, kagwira, Mukioa, Gaitune, Muchwiri II CF kuria chogoria, Mariara kuria Katheri na Giantune AAKI.

Nginyagia riu ikundi 75% iria nyandikithie ni ikoretwo ciamukirite marihi. Hindi ya marihi maria meriga, nitwarihire ikundi muigana wa chiringi ngiri Magana meri na makiria. Uyu ni uhotani munene na niturathie na mbere na kuruta wira na hinya na tutigirire ikundi nyingi ni ciarihwo.

We had in-house trainings during the month of December 2006 where a significant number of small groups benefited. Among the topics taught were Conservation farming, Best practices, green house gas contract, Requirements for payments, TIST values among others. Facilitators include Martin, Joshua, Mzee John, Dorothy, Lydia and Peter. 376 participants from the small groups attended a two-day training at Kitoka Kenya Wildlife service on 18th and 19th December 2006. At Nyweri, 400 participants were in attendance during the same dates as above.

We are at the present liaising with TIST Kenya office in process of recruiting more quantifiers whom will be sourced from the Best Small Groups in order to serve areas such as Chogoria and parts of Meru South more effectively.

Positive Living with HIV/Aids.

It might help to remember that HIV/Aids is a very peculiar disease. Some people come down with opportunistic infections soon after contracting the virus while others may take up to 10 years or even more to develop symptoms.

In order to lead a healthy life, it is important to adopt a positive attitude in life and be able to life positively. Among the things to observe include;



Ni twari na marutani mweri-ini wa dithemba mwaka muthuru kuria ikundi nyingi ciateithikire. Morutani maria mathomithirio ni urimi mwega, kandarathi ya wendia wa riera, njira njega cia kugachiria gikundi, maundu maria gikundi kiagiriirwo ni kuhingia nigetha kiamukire marihi, maundu maria mari itugi cia TIST na mangi maingi. Arutani mari Martin Weru, Joshua, Mzee John, Dorothy, Lydia na Peter Ndirangu. Andu 376 kuuma ikundi nini nimekinyitie urutanini ucio mwena wa Kitoka Kenya Wildlife service mweri 18th na 19th December 2006. Kuria Nyweri, andu 400 ni mathomithirio o thiku icio.

Gwa kahinda gaka, ni turanyitanira na wabichi ya TIST Kenya hari kuona ni twongera Atari a miti aria magiriirwo ni kuma ikundi nini iria njega na muno mwena wa Chogoria na mwena wa Meru wa muhuro.

Muturire mwega hari muruaru wa murimu wa muingo.

Murimu wa muingo niwa mwanya muno. Andu amwe aria manyitagwo niguo nimahotekaga naihenya na aria angi makahota gutura gwa kahinda ona ka miaka ikumi ona makiria matari maragia na ndariri cia murimu uyu.

Nigetha muruaru akorwo na ugima mwega wa mwiri, niagiriiro niguthingata muturiri mwega. Maundu maria agiriirwo ni kuhingia nita maya;



Counseling. Talk about it.

Counseling is primarily a dialogue between a person in need and a care provider in an effort to reduce the impact of stress on the individual. The goal of counseling as part of a treatment plan is to promote and maintain a maximum possible level of psychological and physical well-being. To go for counseling means you are seeking a professional assistance to be able to manage your life better. Patients who accept counseling are able to cope better and respond positively and start to change their lifestyle to help themselves and those close to them.

Dealing with other fears.

The immediate fear may concern changes in physical appearances brought about by skin problems and loss of weight. There is also a fear of rejection by loved ones, family members and society in general.

A HIV/Aids victim in North America encourages other patients and the society in general to approach it in a more positive way. He says, "On November 28th 1985, I was told by my doctor to inform my family, arrange my finances and funeral. I had six months to live! After four years of living in fear, my life took a dramatic turn and I embarked on a spiritual journey from fear to Love! Healing does not necessarily mean cure of disease, but healing our mind and transforming our body to realize its full potential, joy and purpose! Learning about the influence that our thoughts have on our life and health from breakdown to breakthrough! Living today as healthy and as fully as you can, mentally, emotionally, physically and spiritually! The Abundance of Life does not come from what one can provide for oneself, but it is provided in our connectedness. I Show UP For Life!"

Kuheo mataaro:

Kuheo mataaro ni njira ya mbere ya kuaraniria gatagati ka mundu uria wina thina na mutarani hari kunyihia methikira maria muruaru angikorwo namo. Bata munene wa mataaro hari njira imwe ya kumuhe hinya ni gutigirira muruaru ni akorwo na ugima mwega wa mwiri. Gitikira kuheo mataaro, nikuga ati niwitikirite kuheo uteithio niguu uhotu guikara uturo mwega. Aria metikiraga mataro nimahotaga kuhurana na murimu wega na magatura wega na kwa kahinda kanene.

Kunina guoya.

Guoya wa mbere ni gwigirira ati mundu niagukurwo na ugaruruku munene wa mwiri uria ungirehwo ni mirimu ya ngothi na kuhinja. Mundu no akoragwo na guoya wa kumenwo ni andu ake, a mucii na itura.

Muruaru umwe kuma bururi wa Amerika ya rugongo niarahe hinya aruaru aria angi hamwe na muingi na akamonia njira cia uturo mwega. Akauga atiri, ' Kuri mweri 28/11/1985 athimwo na onekana ena murimu wa mukingo, erirwo ni dagitari ati kumanagia na hindi iyo, athie ere andu ake mambiririe kuhariria mathiko make. Nderirwo ndina mieri itandatu ya gutura muoyo! Thutha wa mieri ina ya gutura na guoya, uturo wakwa niwagarururukire o rimwe na ngiambiriria uturo mweru wa witikio mweru na ngiambiriria uturo wa wendo kuuma wa guoya. Kuhona to kunina murimu mwiri tu. Kuhona ni nginya kuhonia meciria na guchenjia mwiri ni getha tukahota kuruta wira na gukorwo na gikeno. Kumenya uria meciria maitu mangihota guchenjia muturire na ugima wa mwiri ni njira imwe ya kuhotana. Tura mutururi mwega wina meciria mega, mwiri mwega na witikio wa kiroho.

It is fundamentally important whether one is affected by, or infected with HIV/Aids, to cross the boundaries of fear and discrimination. To join our hearts and our hands, in the realization we are all here to love one another.

Eating a balanced diet.

By eating well, HIV positive people can better control symptoms related to AIDS such as diarrhea, vomiting, nausea, fatigue, constant fever, loss of weight and appetite. This enhances body immune system and help in absorption of drugs.

HIV/Aids patients need to take food rich in vitamins and minerals that are directly useful for the proper working of the immune system. Vitamins A, C and E are particularly good for the body in this regard because they are used in breaking down other foods for energy required in the body.

To get vitamin C, patients are advised to eat food rich in vitamin such as avocado, orange, lemon, mango green peas and pineapple.

Vitamin A is anti-infection. Vitamin A protects the cells in the immune system from attack by diseases. Foods rich in Vitamin A like carrots, red pepper, sweet potatoes, vegetables, cold-liver oil and animal liver will help heal stomach and intestinal ulcers as well as skin disorders which are common problems for people with Aids.



Nikwagiriire ati mundu angikorwo ari muruaru murimu wa mukingo kana atari muruaru, niagiriire ni kuregana na guoya kana guthugutukania. Tunyitane moko na twendane.

Kuria irio iria ciagiriire.

Riria muruaru wa murimu wa mukingo aria irio iria ciagiriire, niakoragwo akihota kuhurana na mathina maria mokanezia na murimu uyu ta kuharwo, gutahika, kuhiuha mwiri, kuhinja, kana kuremwo ni kuria. Irio iria cagiriire niiteithagiriria dawa ikorogwo ikitonya thakame-ini wega.

Muruaru niagiriirwo ni kuria irio ciina vitameni na mineral nyingi nigetha akahota kuhurana na mirimu iria ingimunyita. Vitameni ta A,C na E ni ikorogwo iri cia bata muno hari guteithiriria irio iria ingi hari guthiika.

Matunda ta makondobia, machungwa, ndimu, maembe na mananathi ni makoragwo na vitameni C nyingi.

Vitaneni A nihuranaga na mirimu. Irio ta karati, biribiri, ngwachi, nyeni, maguta ma thamaki na ini niiteithagiriria hari kuhonia mara na ulcer ya mara o hamwe na kuhonia mirimu ya ngothi iria kaingi ikoragwo ikinyita aruaru a murimu wa mukingo.

Stop smoking.

Another positive habit to adopt if one is HIV positive is to avoid smoking. It is not always easy if you have started, but you must do everything possible to stop smoking for two main reasons. Since HIV weakens the body's defenses, the last thing an HIV infected person needs is anything to further weaken the body or expose vital organs like lungs and kidney to infections.

Avoiding excessive use of alcohol.

Another advice given to HIV infected people is to avoid excessive use of alcohol in order to stay healthy and live longer. Excessive use of alcohol is harmful to health whether one has HIV/Aids or not. A person who is infected has an already weakened immune system and therefore alcohol should be avoided by all those affected.

Guarding against re-infection.

One has to guard against infecting others and becoming re-infected. As HIV virus multiplies, it attacks your body's white cells which help to fight infections. The higher the amount of HIV virus one has in his/ her blood, the more white blood cells will be destroyed. When many of your white blood cells are destroyed, you are more likely to contract diseases like TB, Pneumonia, skin cancers and several other infections associated with AIDS.

Overall, the best way to guard against infection and re-infection is to protect oneself from infected blood, abstain from sex outside marriage, be faithful within marriage and use a condom if a partner is possibly HIV positive.

Gutigana na Thigara.

Njira ingi ya mutugo mwega ya kugachiria ugima wa mwiri hari mundu wina mukingo ni gutiga kuguchia thigara. Onagutuika kaingi mundu umenyerete thigara ni hakoragwo hari na kauritu kanini gutiga, ni kwagiriire kaimana atigane na thigara. Gitumi niundu muruaru uyu niagiriirwo ni kugitira mahuri make na higo kumanagia na mathina maria marehagwo ni unyui wa thigara.

Kwaga kunyua njohi gukiria githimi.

Mataro mangi muruaru wa murimu wa mukingo aheagwo ni gutiga kunyua njohi muno ni getha uturo wake ukorwo uri mwega na wa kahinda karaha. Unyui wa njohi gukiria githimi ti mwega hari o mundu o wothe kana ni muruaru kana ti muruaru. Muruaru kaingi ni akoragwo atari na hinya wa kuhurana na mirimu na njohi ni koragwo ikinina hinya ucio na koguo ni kwagirire atigane na njohi.

Kwirigiriria kugatio murimu keru

Mundu wina mukingo niagirirwo ni kwimenyerera ndakagwatio tugunyu twa murimu wa mukingo rita ria keru. Angigwatio ringi, tugunyo tuu tuthiaga na mbere na kwihura maita na koguo mwiri ugatiguo utari na hinya wa kuhurana na mirimu iria ingukunyita na TB, rimunia, cancer ya ngothi na mirimu ingi igwatanagia na mukingo.

Koguo, njira iria njega kwigitira kunyitwo ni murimu uyu na kugwatio ria keru ni kwirigiriria kumanagia na thakame ina tugunyu twa murimu uyu, kwaga kuma nja ya kihiko-ini giaku na gukorwo wi mwihokeku kihiko-ini, kwaga kuonana kimwiri, kana kuhuthira mubira riria ukuonana kimwiri na muno angikorwo mwendwa waku ni muruaru.

Poems.

The Cry of Trees

The cry, the cry,
The cry of trees
The charcoal man comes
With an axe on his shoulder
Down goes the Mugumo

How long shall we cry?
The farmer comes
With a bulldozer and moves
The earth felling down the olive
And the cedar not leaving the
Indigenous acacia in the arid areas

The builder comes
He wants timber, timber for his house
Timber! Timber! He sings
Then a sudden demise of the Oak,
The casuarinas and the Pine
All are depleted!!

Hey mankind! You are clearing down
the forests
And you replace not a single stem
Shall you ever come to your senses?

Let's stop depleting
But join hands with TIST
Plant trees, to clean the air,
Stop soil erosion and improve
Our environmental standards

A strong TIST is a healthy forest
For a healthy mankind
In a healthy Nation
With a healthy future!!

By Karani N. Mungania

Marebeta.

Kiroi Kia Miti.

Kiroi , Kiroi
Kiroi kia miti
Muchini wa makara agoka
Na ithanwa kiande-ini

Tukurira nginya ri?
Murimi ni we uyu
Agoka na gatinga
Akamunya miti
Michinda nugu ndigitiguo
Ona miti ya kiunduire

Mwaki wa nyumba agoka
Arenda mbau, mbau cia nyumba yake
Mbau, mbau, akaina
Miti yothe akanina

Andu, ni mwanina mititu
Mutagucokia ona kamuti ona kamwe
No mukamenya?

Rekei tutige kunina
Tunyitane moko na TIST
Tuhande miti tutherie riera
Tugiriririe kiguo na tuongerere
Uturo witu hari maundu maria
maturigichiirie

TIST ina hinya, ni mutitu mwega
Uturo mwega wa mwiri
Ni bururi mwega
Wina mwihoko mwega wa hau kabere.

Mwandiki ni
Karani N. Mungania



Quote of the Month.

Tell me and I forget; show me and I remember; involve me and I understand.

Comments on the New Look Newsletter.

Chugu Office. It is excellent and reader friendly. We are certain many small groups will be interested in reading it and also submitting their articles for publication.

Kinyaritha Office: Mazingira Bora is now very clear, easy to read and looks nice. The calendar at the back page is also appealing. We want it that way. We wish the entire TIST community a prosperous new year. Tupande miti kwa wingi.

Ntugi Office. It's a beautiful work. Keep it up.

Igweta ria mweri.

Unjire ndiganirwo, unyonie ndirikane, tunyitanire nyite biu.

Mawoni kuma mabichi hari uria ngathiti ichabitwo.

Wabichi ya Chugu. Ngathiti ni njega biu na nirathomeka wega. Riu ikundi nini nyingi ni irikoragwo na wendi wa guthoma o hamwe na gutuma maundu mao maria makenda mandikagwo.

Wabichi ya Kinyaritha: Mazingira Bora riu ni irathomeka wega na ikoneka iri njega. Karenda iria ikiritwo iratathi ria thutha onayo ni njega. Nitwendera ikundi ciothe cia TIST mwaka mwega wa 2007. Tuhande miti kwa wuingi.

Wabichi ya Ntugi. Ni thaka bui. Thii na mbere na uguo.

