



## ENGLISH

### At Glance

- Chugu office; Reaping the benefits of Conservation Farming.
- Kinyaritha office; Bird tree and Kamiriru BSGs doing wonders.
- Ntugi office; Fighting Desertification.
- Lamuria office; Muguna disabled, what is a tree?
- Naro moru; Rongai silk worm small group, try burry culture and see for yourself.
- Depression and its management.
- Its time to prepare our shambas; Conservation Farming
- FOR OUR HEALTH: Malaria – Prevention and Care



**TIST**  
The International Small  
Group & Tree Planting  
Program

## KIKUYU

### Maria tuhaririire

- Wabichi ya Chugu: Magetha mega ma urimi mugaciruru.
- Wabichi ya Kinyaritha: Magegenia ma Gikundi kiega kinini kia bird trees na Gikundi kiega kinini kia kimiruru.
- Wabichi ya ntugi: Kurua na wanangi wa mititu.
- Wabichi ya Lamuria: Muguna Disabled, Muti ni kii?
- Naro moru: Urimi wa igunyu cia silk Rungai, tageriai na nimukuona.
- Kunina na kugiririria mirimu ya mechiria.
- Ni mahinda ma kuhaririria migunda itu; urimi mugachiruru.
- Ugima wa mwiri- Malaria – Kugiririria na Kuhonia.
- Gikundi kinini gia TIST; Mabaturo ma wiandikithia.



**TIST**

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## CHUGU OFFICE

### CONSERVATION FARMING

Fantastic!! Conservation farming has improved the social and economic welfare of communities served by TIST program. The current harvest season is a growing evident that conservation farming is not only economical to practice but also yielding more yields than conventional farming.

Among the hundreds small groups that have experienced conservation farming include Kamithagana A, Kamithagana C, Gaitune B, Muregwa small groups in Meru Central district. In Meru South district, small groups such Kamuti, Pamoja and others are enjoying good maize production.

Mr. Justin Njeru of Kamuti small group says of conservation farming, “ I have harvested 8 bags of grains from ¼ an acre piece of land from conservation agriculture. On a equal piece of land under traditional farming I got only two bags.”

Elsewhere, Mr. Jason Karia of Kameregwa small group couldn't hide his joy having harvested 21 bags of maize grain from 1 ¾ acre of land.

Chugu office takes pride from these high results. There's a growing evidence that the trainings they have conducted have borne fruit. Indeed, the greater Meru region has undergone food security transformation, from hunger to surplus. It's a important milestone for Chugu office.

We are therefore calling upon other farmers who didn't practice conservation farming in the last season to try it this season.

## WABICHI YA CHUGU.

### URIMI MWEGA

Chanjamukai!! Urimi mwega niwongereire miturire na muno makiria ki mihuko hari nduriri iria cirri hamwe na TIST. Magetha ma kimera kiu kirahitukire nimaronania ati Urimi mwega ni muhuthu ki mbecha na ukaruta maciaro maingi kuri urimi wa tene.

Hamwe na ikundi igana rimwe iria igeretie urimi mwega ni ta: Kamithagana A, Kamithagana C, Gairune B, Muregwa small groups iri Meru ya Gatagati. Na thiinie wa Miru ya muhuro, Kwina ikundi nini njega ta Kimuti, Pamoja na ingi nyingi iria irakenerera maciaro mega ma Mbembe ciao.

Muthuri ti Justin Njeru wa gikundi Kinini kia Kamuti arari na uu wa kuga, “Ni ngethete ngonia 8 cia mbembe kuma hari gichinji kia inya (1/4) kia Acre thutha wa kuhuthira urimi mwega. Ndagethaga ngonia igiri (2) hindi iria itamenyete urimi uyu mwega.”

Kunginakuo, Muthiri ti Jason Karia wa Gikundi kinini gia Kameregwa arari na gikeno kiingi muno thutha wa kugwthe ngunia 21 kuma hari gichunji kia Acre imwe na gichunji gia ithatu hari inya kia mugunda wake.

Wabichi ya chugu ina gikeno kiingi niundu wa maumirira mega. Kwina uira uronika ati urutani uria marutanite ni uciarite matunda. Gichunji kinene kia Meru nikigite na magetha manene na gutiri na wagi wa irio. Uyu ni uhoro mwega wa wabichi ino.

Nitungioria arimi aria matatumirire urimi mwega kimera kiu kingi matumire kimera giki.



We feel more motivated to double our efforts in making the program a success in all its core components. Trainers have done exceptionally well for the last three months having trained and recruited 100 new groups. Quantification is as well moving on well with each pair of quantifiers accomplishing the minimum 15 groups per every month.

Our combined efforts with the small groups and the helpful support from TIST Kenya administration is making TIST program to grow and grow more.

Nitwirutiire kwongerera kio gito niguu mibamgo itu igacire kuri ithui ona kuri aruna aitu. Mweri muthiru arutani nimarutire wira mwega muno na makihota guthomithia ikundi igana rimwe (100). Uteri wa miti unaguo no urathii na mbere wega na omutari ni arahota kurikia ikundi 15 (ikumi na ithano) hari mweri.

Unyitaniri witu na ikundi nini ohamwe na kunyitwo mbaru ni TIST ni utumite tukure makiria.



**ENGLISH:** TIST farmers participants in a local seminar. They are being demonstrated on tree planting outside venue of the seminar at Muriru Catholic Church in Narumoro.

**KIKUYU:** Arimi a TIST mari themina. Maronererio njira njega ya kuhanda miti.



## KINYARITHA OFFICE

### KAMANJA GENERATIONS SELF HELP GROUP (KINYARITHA OFFICE)

We the Kamanja generations self help group TIST members, thank our two selected BSG (Bird tree and Kamiriru) from Kagaene area of Mbeu location for it was through them that made the area TIST small groups know more and understand Tist better and the importance of the program to the local community.

After the area two BSG attended the seminar at Gitoro in Meru last year they came back and shared much of what they learnt in that seminar which was very beneficial to the other small groups in the area.

In Dec 2006 Mr. Joshua, Peter, and Grace visited the area and sensitized the small groups the importance of the program in relation to economic empowerment and sustainable development. Through our TIST trainers from Kinyaritha office many small groups have made good progress especially on agriculture. Maize yields from our farms have been very high due to practicing of conservation farming.

We also want to thank the TIST Kenya office for conducting a local seminar in our area where most people were trained about the group both those who are members and those aspiring to join. This was facilitated by Mrs. Mary Wanyoike, Mrs. Zipporah Muna both from Kinyaritha office and Mr. Peter from TIST Kenya office. This seminar had a very great impact to those who attended since they able to understand all about the program. Mr. Peter is a modest teacher, trainer, mentor and visionary educator. Thanks all for your dedication towards the success of the local community.

## WABICHI YA KINYARITHA.

### KAMANJA GENERATIONS SELF HELP GROUP (KINYARITHA OFFICE)

Turi ta gikundi kinini gia Kamanja niturachokeria ngatho ikundi igiri nini njega iria iracaguriruo icha ikuhi (Bird tree and Kamiriru) kuma Kigaene gicigo gia Mbeu nitondu nicitumite TIST imenyekane ohamwe na bata wayo hari aikri a matura macio.

Ikundi igiri nininjega niciathire Themina yari gitoro mwaka muthiru na magichoka na uhoro mwega uria matariirie aria angi na ugitwika wa kumaguna muno.

Mwerini wa Dithemba, Mr. Joshua, Peter na Grace nimacereire matura maitu na makimenyithia andu wega wa mibango ya TIST hari uthii wa nambere. Ikundi nini niitiite na mbere na makiria hari urimi Kuhitukira arutani aitu kuma kinyaritha. Mbembe niciongererekete niundo wa urimi mwega.

Niturenda guchokeria ngatho Wabichi nene ya TIST thiinie wa Kenya niundu wa kuhaririria Themina kuria andu aria mari a ikundi ona aria marenda kuingira ikundi icio mathomithirio. Mrs. Mary Wanyoike, Mrs. Zipporah Muna akuma Kinyaritha na Mr. Peter Wa Wabichi ya TIST nio marugamiriire themina ino. Maumirira ma themina ino mari mega tondu andu aingi nimahotire kumenya wega wa TIST. Mr. Peter ni murutani wa kiriu na wina ugi muingi muno.



We as Kamanja generations self help group together with other small groups in our area have set a target of recruiting at least two hundred groups by the end the year in new Tigania division. In fact through the spirit of cooperation of small groups we aim at making the newly created Tigania district to be a district for learners, beautifully green and nice place for all residence and visitors from other parts of the world.

We humbly request the TIST Kenya office to establish an office at Kagaene so as to serve the small groups in this area better.

### NTUGI FIELD OFFICE

Its measurable results from the efforts put forth by fields office. Despite the two year drought that we have experienced previously. We have tried to beautify our Arid and Semi Arid areas in that we have planted trees on own lands and in public lands as well. In the public lands like Kamburugu hill where we have about 3,000 trees on Kamerene and 4,900 on Ntugi hill and Kiborone dispensary we are on our effort to start on planting there.

We have about 526 groups of which 246 of these groups are an effort added from our four BSGs. Which include Bejolulafrigeo which covers from Kirua, Mbeania, Ndungu, Mailikumi, Maunya-a-Juniour and Nkando. Wendo Ruankuru, which goes round from Kirachene, to Ntugi.

**ENGLISH:** Conservation maize grain produce

**KIKUYU:** Magetha ma urimi mwega.

Ithui turi ta gikungi kinini gia Kamanja Generations hamwe na ikundi ingi iria iri gicigoini gitu tubangike guthomithia ikundi igana rimwe gugikinyiria muicho wa mwaka uyu thiinie wa tigania. Turenda kuhitukira unyitaniri witu tutue Tigania gicigo gia kuirorerwo ni andu kuma icigo ngurani cia bururi.

Nitungiuria TIST ihingure Wabichi Kagaene niguo gutungatira aikari a gicogo kiu.

### WABICHI YA NTUGI

Kuri na maumirira mega kuma kuri Wabichi nini. Ona kuri na riuwa inene, niturahotire guthakaria icigo iria itonaga mbura nyingi na njira ya kuhanda miti migundaini itu ona ya muingi. Miti 3,000iri kirima kia Kamburugu , miti 4,900 iri Kamerene na turi mibangoini ya kuhanda miti irimaini cia ntugi na Thibitari nini ya Kiborone.

Turi na ikundi 526 na 246 hari icio twongereire kuma hari ikudi inya iria njega nene. Ikundi icio nita Bejolulafrigeo iria inandu kuma Kirua, mbeania, Ndungu, Malilikumi, Maunya-a-Juniour and Nkando. Wendo Ruankuru iria iri nandu kuma kirachene nginya Ntugi.



### **Our collective efforts in fight against desertification**

Following the high temperature and climate in the region, we have come up with ways to combat the problem. Initially, we used to plant trees but the survival rate was about 10%. Trees were watered yet they hardly survived drought.

We tried drip irrigation whereby we have the bottles above the ground level but still the trees continues to dry due to the heating up of the water by the scorching sun. Many farmers were frustrated and disappointed.

However, through sharing ideas and best practices, we have developed a new best practice where we have increased the survival rate up to 70%. Mzee George Itonga, one of our field trainers who came up with this best practice shares how he developed it. "when I first came to this land of Ntumbiri, there were no trees save for the shrubs in the field. I started planting trees only 5% used to survive.. Some experts advised me to practice drip irrigation whereby the bottles were above the ground. But this increased the survival rate to about 10%, meaning my problem was not solved and went with my tins and dug holes for the transplanting and then besides the tree inserted a tin with a hole adjacent to the tree. This increased the survival rate up to 70%"

He adds, "The result for the bottle above the ground were discouraging because when the sun shone, the water heated up and therefore instead of cooling up it acted vice versa. With this practice, I have planted more than 1,000,000 (one million) trees on my farm." Other small groups such as Muruguna,

### **Wirutiri witu hari kurua na wanangi wa mitu**

Kuringana na kuambatira kwa urugari na uchenjia wa riera, nitugite na njira cia kunina mathina maya. Hari miti iria twahandaga no gicunji kia ikumi hari igana yaringukaga. Ona twaitiriria mai no yomaga.

Thaheaga miti mai tukihuthira cuba no miti ikoma niundu wa mai macio kuhuhio niria, mchungirira arimi aingi ni makuaga ngoro na makaga mwihoko.

Kuhitukira unyitaniri, nituhotete kwongerera miti iria iraringuka kuma ikumi hari igana nginya mirongo mugwanja hari igana. Muthuri ti Muthee George Itonga omwe wa arutwo aitu niaratutariria uria ateithikite. "Riria ndokire mugunda uyu, gutiari miti kana ihinga. Ndambiriirie kuhanda miti no no gichunji kia 5 hari igana yahomokaga. Ataaramu amwe manjiraga huthire muchuma no njira ino yongereire nginya gichinji kia 10, nitakuga thina wakwa dwathirre. Nindathire na ngienja marima na ohau hakuhi na muti ngikira mukebe wina werekeire na hari muti. Nindahotire kuongerera nginya motongo mugwanga hari igana."

Ni arongereire aroiga "uhuthiri wa cuba wari wa kuraga ngoro tondu riu riaraga rikahuhia maia na machungirira miti ikoma. Ni handite makiria ya miti milioni imwe (1,000,000) mugundaini wakwa" ikundi ingi iria igeretia njira ino ni ta; Muruguna, Umoja A kuma Mworoga, Lairongi, Xkoroiboro, Mumiri na Ruri.



Umoja A from Mworoga, Lairongi, Xkoroiboro, Mumiri, Ruiru have tried the same method.”.

We endeavor to train more groups and make them achieve the requirements of Best Small groups so that they may serve other areas. We have a keen interest with areas like Ntumbiri, Ngusishi and W-Lewa where there is high potential for the program. Most of the residents, we have learnt, have large tracks of lands.

Our message to our small group is “plant more trees, maintain them to maturity so as to have a clean environment”.

Twirutaniirie guthomithia ikundi ingi nyingi niguu tuhote gutungatita icigo ingi. Twinabata muno na icigo ta ntumbiri, ngusishi na W-Lewa kuria kwina mwihoko munene tondu aikari aingi a icigo icio mena migunda minene.

Ndumiriri itu kuri ikundi nini ni “Muhande miti miingi, mumimenyerere nginya ikure na nigetha maria matuthiurukiirie magire.”



**ENGLISH:** Members of small groups showing their maize combs harvested from conservation farming.

**KIKUYU:** Amemba a ikundi nini aria magethe megtaha maingi kumanagia na urimi mwega.



### **Our collective effort in fight against malaria.**

Most of us think that when we sleep under mosquito nets we are completely free from malaria, is it true?

If we remind our self on how we contract malaria and how can we prevent it; malaria is a killer disease that gets to a human body through a female Anopheles mosquito bite which is infected. Since prevention is better than cure, let's walk over the steps of prevention.

- Make sure that the stagnant water is dried up.
- Bushes around our homestead should be cleaned.
- Dark corners on our house should be kept clean.
- When resting in our houses especially at night see to it that they are well lit.
- Sleep under treatment mosquito nets.
- Immediately seeking of medical attention at the first symptom of infection.

### **Some of the symptoms of malaria.**

- Nausea and sometimes vomiting.
- Yellowish or greenish vomit remains.
- Headache.
- Sometimes diarrhea.
- Dehydration under severe circumstances.

Are there any other notes on care of someone with malaria?

### **Wirutiri witu hari kurua na malaria**

Andu aingi meciragia ati hindi iria wakoma ngu rwa neti ya kuria na malaria ati wi mugitire, nima?

Tanitwiririkanie uria tunyitagwo ni malaria na uria tungiigiririria; malaria ni murimu muru uria uingiraga miriini itu kuhitukira kurumwo ni rwagi rwa nga ruria rwina m urimu ucio. Na tondu kugiririria nikwega kuri kuhonia ri., reke tuone njira imwe cia kwigiririria:

- Niarithia mai mothe maria marahu.
- Ihinga iria irigichiirie michie itu tucitherie.
- Hindi iria tuhurukite miciiini itu namakaria utuku tuikare kundu kwina utheri.
- Tukome runguru rwa neti ina ndawa.
- Ungiona ndariri ociothe cia murimu uyu, wethe urigiani wa Ndagitari.

### **Ndariri imwe cia malaria**

- Gutahika muno.
- Matahiko mena rangi wa ngoikoni na wa mathangu.
- Kurio ni mutwe.
- Kuharwo.
- Kwaga mai mwiri na ukanyota muno.

Kuri na undu ungi hari umenyereeri wa mundu wina malaria?





## LAMURIA OFFICE

### MUGUNA DISABLED

#### Best Small Group TIST NO. 2006 KE56

Muguna disabled was started in November .2005 as a TIST small group.

We commenced with launching seminars where we gained knowledge and also made a lot of friends, who visited us.

Our first seminar that was held on 18th to 24th June 2006 widened our eyes. We got visitors from USA, India, Tanzania and others from ASG. A young seedling was one of the awards that we were issued with by the BSG, and we planted it including other indigenous seedlings at Male Primary School to commemorate TIST in Lamuria.

We have been to other seminars where the theme was about conservation farming and also nursery preparation.

In other seminars, Ben and Vannesa Henneke visited us from the USA. Their advice was helpful to us and made us work more hardworking with determination and so far we have distributed some seedlings to some community to plant.

We are now able to carry out nursery preparation, where we have over 6,000 seedlings. Not all the seedlings survived due to the following reasons: -

1. The animals destroyed some since there no hedges to keep the animals at bay. Financial problems also undermine us because we cannot afford ordinary nails or even barbed wire to fence the area.

## LUMURIA OFFICE.

### MUGUNA DISABLED.

#### B.S.G. TIST NO. 2006 KE56

Muguna disabled twambiriirie Nov 2005 ta Tist group. Tutiri na nganja hari gutwra na Tist tiga gwikira kiyu niguu ikure muno. Tugeretie na hinya witu wothe kuona ati ni yagia na maciaro mega na makwendwo ni andu. Undu wa mbere ni guthii seminar kuria tuhotete kugia na ugi ohamwe na aarata aingi a gutecerera guku gwitu Lumuria (tigithi Location).

Seminar ya mbere ni ya tuingurire maitho 18th kinya 24th june 2006. iria twahotire kwigira na aarata kuma USA India, Tanzania na Kiheo kia Muti ni B.S.G ya itanya -ini na tugiuka na guo na tukihanda Male primary school na tukongerera ingi ya kinduire ihana ta kiririkano gia kwambiriria gitu gia gukunguira Tist na kumihunjia wega Lumuria.

Nituthiite seminar igiri iria itwakite muno uhoro wa C.f na uhandi wa miti guthondeka nursery wega na guita mbegu nyingi. Gatagati ga seminar igiri iria tucereirwo ni Tiat Kenya Director, Bed na Bensa na tugikena muno ni mataro mao, maria matumite tuhote gukura na kuruta wira nakio kinene. Kinya tukahota kwiheanira miti kuri community ihande.

Thutha wa kugwata mataro mega ni twahotire guthondeka nursery itu wega twakorirwo na 6,000 seedlings. Imwe niyathukirio ni ng'ombe na kihuriro kimwe tondu:

1. Wambere ni kwaga uhoti wa rugiri rwega, kwaga mbeca ciagwiteithia na indo ta thigingi oro yothe nundu wa riuu na ng'aragu iria irikuo.



2. Borehole is another problem undermining us especially when it dries up leading to withering and finally dry up of our seedlings. During such dry season, we try our best to see to it that we do some watering so that we may save some of the seedlings. One jar of 20litres normally cost Ksh.10/= due to long distance (about 3Km.) between the nursery site and the nearby river. We were able to safe about 5,000 seedlings, which we gave to the Tist members, Macaci Nursery School and some to our neighbours so that they can plant them and skyrocket Tist. Now we are very much emphasizing in nursing more seedlings to replace the ones that dried up during the dry season.

In our farms, the maize is doing well and we are expecting high yield.

We are still advocating the good news of the energy saving jiko. The group will make more of these to reduce the use of firewood, which destroys our forest and the good nature

2. Nitukoragwo na thina muno riria mai ma irima mathuka (bore hole) thina wa mai ukaingiha na ugatuma miti itu yume.

Hindi ino nitugeragia na kiyo gwethana na mai kinya tukona ati nitwahonokia. Tuguraga mutungi wa 20 litres 10/= tondu rui rui haraya na nursery itu (3km). Ihinda riri ni tuongereire uhandi wa miti muno kuringana na miti iria twahonokirie nursery in 5,000 tree seedlings niyo twahonokirie, na tukihe members aitu a tist, macaci, nureseery schools na aria tukoragwo na icagi-ini (neighbours) ni guo mahote gukuria na gukiria Tist.

Nituthiite na mbere na C.F nituhandite kimera giki mbembe muno nanitwetereire magetha mega.

Uhoru wa mariko no turahunjia nguma njega ya mo na nitwiharirie gwaka tunyihie uhuthiri wa ngu na wanangi wa miti. Nituciariire maciaro mega twina ikundi igiri njeru kuuma kuri yo uguo no tuhoye ithii na mbere gwikiriruo.



**ENGLISH:** TIST farmers participants in a local seminar in Kigucwa.

**KIKUYU:** Arimi a TIST mari themina mwena wa Kiguchwa.



### **The conversation between man and the family members (By Margaret)**

**The man:** “My wife and my lovely kids, what is s tree? A tree, what is a tree?”

**The Wife:** “we don’t know, can you please tell us.?”

**The man:** “He is our best friend, it’s actually the best friend than all the friends that you see around you.”

**The kid:** “What did you say dad?”

**The man:** “Whatever you have heard!!”  
“The first and fore most, it give us clean air which we breath, every furniture that you can see in this house is made from trees: nice sofas, wall units, and any other kind furniture. Despite that, it gives us medicine and also fruits, which are very good for our health.

The rainfall, the home of wild birds and wild creature to mention just a few are the best thing that trees give us.”

**The wife:** “Hey!, my Husband, we are very happy to hear all the good things and benefits about these trees that we see here around us. The tree is actually our best friend. Why don’t we join hands and make our best out of it to take care of this friend of us, and by doing so, our children and their future will be a bit better.”

**The kid:** “Dad, Mum, let us join hands as you have said and plants trees so that we can get all those benefits you have just mentioned.”

**The Man:** “I can see you have agreed with my advice, we will start it during this rainy season by planting trees. The nest step will to register with TIST and we will be able to have clean air in our Villages and also in our country. By doing that our environment will be the best.”

### **Ndereti ya muthuri na nyumba yake (By Margaret)**

**Muthuri:** Inyui ukai haha, Mutumia na ciana ciakwa, tamwicirie muti niki; Muti, Muti, niki?

**Mutumia:** Tutingemenya na ciana ciakwa twire.

**Muthuri:** Muti, Muti, ni murata witu mwega; gukira arata aria othe mwonaga.

**Kaana:** Ati woiga atia baba?

**Ithe:** Uguo ndoiga. Wambere wina riera itheru ria muhugagia wina mwako taugu twakite nyumba mukona hakuraraga mukegitera mbura; Iti njega, ndiro ici mukuona ona indo ici ciothe muona thina wa nyumba, Kinya miti imwe niya dawa iria munyuiga mwarwara, na ingi maratathi na mbundi iria mwarimu na matunda ma guaka mwiri. Miti nayo irehaga mbura na ikahinga ruhuho. Na nyoni ikona gwa gwaka nyumba cia itara

**Mutumia:** Haiya muthuri wakwa ni ndakena ohamwe na ciana cikwa ni kumetha bata wa miti Hi,Hi ucio niwe murata witu munene. Nituchokanirirei timenye uria tukumuhunia tuteithie ciana citu ohame na njarua cio.

**Ciana:** Mami baba, nituchokanirirei ouguo mwoiga tuige itheru thi, tuhande miti tugwatie utonga ucio, wothe baba aiga.

**Muthuuri:** Muri gwitikira mataro makwa, ukai, ukai tukwambiriria kimera giki na twiandikithie gwa Tist tuture twendagia riera itheru na tuturie mutitu icagini bururini, na uthii wa nambere ya maundu maria marurigichiirie.

## **NARO MORU:RONGAI SILK WORM SMALL GROUP**

We as TIST small groups members are very happy, since we have learnt new ideas that have enabled us become economically sufficient. We have learnt about. Berry- culture (Planting of Mara-berry trees). The tree is very important; it helps us with the following ways:

- Human consumption.
- Cleaning of the air.
- Fodder feed.
- Medicine
- Soil-fertility
- Feeding
- Silk Worm
- Timber
- Firewood. Etc.

Why don't we as Tist group members plant the trees?

In case we plant Mara- berry trees we practice the semi-Culture process. Do you know the process?

Plant a ¼ acre, 1000 trees. With a measurement of 5ft / 2½Ft. then start feeding silk – worms coming from cocoons. After wards you will earn more. Benefits with Mara burry tree.

Remu –pause N/Trees planting group

**(Rongai silkworm groups)**

### **DEALING WITH DEPRESSION.**

DEPRESSION is discouragement of the highest level. It makes one feel hopeless, negative, and overwhelmed in life. Everything around you looks useless because of the wrong attitude imposed on your mind by the devil.

## **NARO MORU: URIMI WA IGUNYU CIA SILK RUNGAI.**

Ithui ta gikundi kinini gia TIST twina gikeno kinene muno tondu nituthomete maundu maing muno. Nituthomete uhoro wa Berry culture. (Kuhanda miti ya Mara-berry) miti ino niya bata muno tondu ni ituteithagia na:

- Kuhuthirwo ta irio.
- Gutheria riera.
- Irio cia ngombe.
- Ndawa.
- Kunuria tiiri.
- Tugunyu twa silk.
- Mbau.
- Ngu na ingi nyingi.

Nikii kingiria ithui ta gikundi gia TIST tuhande miti ino?

li tungihanda Mara Berry .Niui uria guthiaga?

Handa gichunji kia inya hari acre miti 1000 iri na utiganu wa 5ft/ 2½ na wambiririe gukuria tugunyu twa silk kuma kuri cocoon. Thutha ucio ni ukugia na maciaro maingi kuma kuri miti ya Mara burry.

**(Gikundi kinini gia tugunyu twa silk gia Rongai).**

### **KUHURANA NA MIRIMU YA MECIRIA.**

Murimu wa mechiria ni utumaga mundu age mwihoko uturoini. Utumaga wone indo ciothe itari na bata ni udu wa mechiria maru maria makoragwo thiinii waku.



### Symptoms of depression.

- One is unable to make decisions.
- Fatigue-have no strength to work and no desire for any hobby.
- Have no company i.e. lack of friends.
- Hibernation-hiding from people
- Hopelessness and sadness.

### Types of depression

- Discouragement
- Real depression-the victim likes to sleep and avoid people.
- Clinical depression-it affects your thinking and the brain doesn't work accordingly.

### Causes of depression

- Joblessness.
- Family strife
- Drugs
- Financial complications
- Single parent hood
- Do something in life that you never intended to do.

### How to handle depression.

- Share your problem with a person who you trust in life, may be parent, close friend or church minister.
- Learn that there is some one who cares and knows what you are going through. That's God. When he created you his plans for you were good and have a future.
- Learn to praise God in every situation because all things work together for good to them that love that Lord and are called according to his purpose.

### Ndariri cia murimu uyu

- Kuremwo nigutua matua.
- Kuhurikana.
- Kwaga arata/ kenda kwiikaria.
- Witigira andu
- Kwagamwihoko nakugia na kieha.

### Mithemba ya murimu wa mechiria.

- Kwaga umuriru.
- Kwenda gukoma muno na kwiheta andu.
- Hakiri ciaku kwaga kuruta wira wega.

### Nikii kirehaga mirimu ya mechiria.

- Kwaga mawira.
- Mathina ma kimuchii.
- Uhuthiri wa dawa.
- Wagi wa mbecha.
- Gukorwo wi muchiari umwe thiinie wa muchii.

### Tungirua na murimu wa mevhiria atia?

- Aria iguru ria mathina maku na mundu uria wihokete, muciaru kana mutongoria wa kanitha.
- Umenye ngai niakui na oii maria mothe uragerera, na agikumba ari na mibago miega iruru riaku.
- Maundu mothe maria mariukaga ukagocha ngai.
- Ugie na mwihoko wa uturo.
- Uhoe ngai nigetha akuhe wega wake na umenye akumbire na gitumi.



**(English)**

- Make up your mind to stay positive. Change your attitude and view every situation in your life as a stepping-stone to your miracle thus better life.

**(English)**

- Pray to God that he gives you sufficient grace to overcome because he created you with a purpose. Stay and think positive.

**ENGLISH:** A grafted mango tree. TIST program is encouraging farmers to plant such fruits trees.

**KIKUYU:** Muti wa muembe wa gucharithania. Mradi wa TIST riu ni uraringiria arimi makurie miti ya matunda.



**IT'S TIME TO PREPARE OUR SHAMBAS - 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.

**NI MAHINDA MA KUHARIRIRIA MIGUNDA ITU; URIMI MUGACHIRIRU.**

- Thutha wa kugetha ndugachine matigari ma mumera no umatige okuu mugunda. Wingi wa matigari maria me mugunda noguo unuru wa tiri waku uri muingi.



- Try to stop animals from grazing on the area. If they graze there will be less crop remainders left covering the ground.
- 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 center 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.
- Ndukariithie mahiu mugundaini nigetha gukorwo na mimera ya kuhumbira tiri waku.
- Wenjage marima ma kuhandira mimera yaku mbere ya mbura kuringa.
- Haririria haria urenda kwenja marima maku.
- Oherera nguniko cia cuba utiganu wa 70cm rurigini ruraya. Gucia rurigi ruu nginya haria mugunda waku uigana. Chimba marima oharia nguniko iri ukihuthira thechi. Miraini waku yagiriire gukorwo iri na utiganu wa 90cm. Haririria marima maria unghota kurikia muthenya ucio.
- Marima maku magiriire gukorwo mari na warie wa 15cm, uraihu wa 35cm na uriku wa 15cm.
- Ukihanda mumera waku, tukania tiri munoru hamwe na thumu na uchoke uthike na utigie uriku wa 5cm haha iguru.
- Angikorwo urahanda mbembe, amba uchirinde maiini kahinda ka mathaa 6-7. gwika uguo nigutumaga nyingi imere na ihenya. Handa mbegu inya irima rimwe ikiranite. Chinhumbire na tiri utukanitio na thumu muigana wa 2.5cm. matiri maria momu na manene magiriire kunyihio nigetha mbegu ihumbirwo wega.
- Angikorwo urahanda muhia, handa mbegu 5-6 irimaini rimwe, uchoke uthike na tiri nginya 2.5cm utukanitie na thumu.
- Irima riu ritigagio iguru ni ria kuhyita na kugiririria mwaraho wa mai maria makuaga tiri uria munoru.
- Rimagira mimera yaku kaingi na kaingi.



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. 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.

### **TIST Small Group Eligibility Requirements**

**Here are the main requirements that have to be met by your Small Group to qualify for the TIST Program:**

- Marima maria ukwenja kimera giki nomo ukahuthira kimera kiu kingi.

### **MABATARO MA WIANDIKITHIA.**

- Mukorwo na andu 6-12 kuma michii itatu ngurani.
- Gikundi nonginya gikorwo na makiria ma miti 1,000 kahinda ka mwaka umwe kuma yanyitanira na TIST.
- Gikundi nonginya gikorwo na makiria ma miti 5,000 kahinda ka miaka itano kuma yanyitanira na TIST.
- Gikundi nonginya gicokererie mimera (Miti) iria yakua, hari kimera ogiothe kahinda ka miaka 20.
- Mumemba wothe wagikundi kianyu nonginya ahuthire urimi mwega (C.F) makiria gichigo kia Acre imwe kia mugunda wake. Na angikorwo mugunda wake ni munini gukira Acre imwe ahuthire nuthu yaguo na njira ya urimi mwega.
- Ikundi ciothe nini nonginya ciiguithanirie iguru ria riera ria Greenhouse.
- TIST iririhaga shilingi imwe na thumuni hari muti kahinda ka miaka 20 na thutha ucio iririhaga 70% ya gasi iria irendio.
- Miti iria irahuthika ta rugiri na irithi wa uraihu wa mita inya ndiritaragwo ta miti.
- Miti ihanditwo na uraihu wa thi wa mita 2 ndiritaragwo.

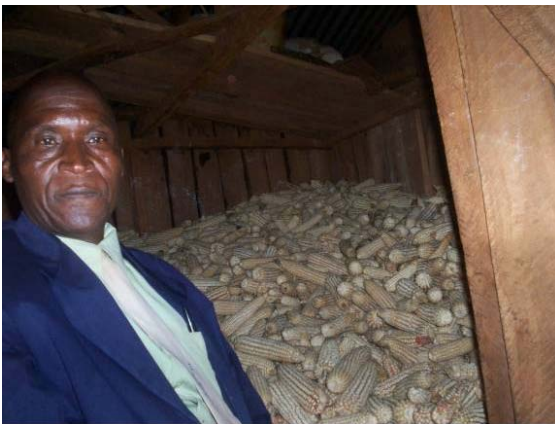




- There should be 6 to 12 members in your Small Group from at least 3 different families.
- Each Small Group should have a minimum of 1,000 live trees within 1-year after joining the TIST program.
- Each Small Group should have a minimum of 5,000 live trees within 5-years after joining the TIST program.
- Your Small Group should replant trees that die, for any reason, each year for at least 20 years
- Each member of your Small Group should practice Conservation Farming (CF) in at least 1 acre of land. If total agricultural land owned by a small group member is less than 1 acre, then at least half of that land area should be used to practice CF.
- All Small Groups should sign the Greenhouse Gas contract.
- TIST will pay US\$ 0.02 (Ksh.1.50) per live tree per year for the first 20 years. After 20 years, when tree are expected to have reached maturity age, TIST will pay 70% net value of proceeds from green house gas sales / carbon credits.
- Tree species that are treated as bushes or hedges (less than 4 meters tall) would not be counted as TIST trees.
- TIST ni iritikagiria utemi wa miti iria ina ukuru wa miaka ikumi kana makiria. Miti iria iritemagwo hari mwaka umwe ndigakirie gichunji kia ithano hari igana ya miti yothe.
- Gikundi gitigakorwo na makiria ma 35 ya miti iria ikuraga na ihinda inini (ta Mibao) gikundi kiria kinamakiria ma uguo kirorio gike uguo kahindaini ka miaka itano.
- Ikundi nini ciitikagirie Atari a miti a kuma TIST gutara miti yao rita rimwe hari mwaka. Ikundi icio nocio ciaririire kubanga haria Atari aya a TIST magukoma na kiria makuria
- Ikundi ici ciagiriire gucemanagia rita rimwe hari wiki, na angikorwo uguo ti uhuthu, icemanagie rita rimwe hari mweri.
- Ikundi ici nini nonginya cionanie uira ati kuria mahandite miti ino ni kwao.
- Ikundi ici nini cinyitanagire na TIST hari guthomithania wega na ugi uyu.
- Hari gikundi kianyu nonginya hakorwo na ikundi ingi iri handu unguthii namaguru, iria ihandite miti 100,000 kahin daini ka mwaka umwe na ciina uhoti wa kuhanda miti 300,000 kahinda ka miakaitano



- Trees planted at a spacing of less than 2 meters will not be counted as TIST trees.
- TIST will allow harvesting of live trees that are 10 years or older. However, total trees harvested in any year should not exceed 5% of the group's total live trees.
- Each Small Group should have less than 33% "short rotation trees" (example Eucalyptus). Present groups who have planted much more than 33% short rotation trees will have five years (until 2012) to plant additional trees and or harvest present trees until they meet this requirement.
- TIST Small Groups should allow TIST quantifiers to come and quantify their trees once a year. Small Groups should organize with other Small Groups in their area to provide food and shelter for the quantifiers during these annual quantification visits.
- Members of each Small Group should meet together to share ideas and best practices every week. If meeting every week is not possible then group members should meet at least once a month.
- Small Group members should provide proof of land ownership or control for land where they have planted TIST trees.
- Small Group members should participate in TIST training to help develop and share best practices with other TIST groups.
- The area where your Small Group is located should have other Small Groups, that are all within walking distance of each other, that have planted a combined total of 100,000 live trees within 1-year with a potential to plant a combined total of 300,000 trees in 5-years.



**ENGLISH:** TIST farmer from Muregwa small group in his maize granary. He says that he has doubled his grain production for having practiced conservation farming.

**KIKUYU:** Murimi wa gikundi kia Muregwa ari Ikumbi-ini riake. Arauga ni onete maciaro maingi kumanagia na urimi mwega.

