



MAZINGIRA BORA

April/May 2009 Newsletter



www.tist.org

ENGLISH VERSION

The International Small Group and Tree Planting Program (TIST)

An Environmental, Sustainable Development and Community Forestry Program.



TIST Farmers planting trees. Rains have come. It is time to plant more trees. To replace those that dried because of drought.

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To submit your Small Groups articles or to advertise in this publication contact;

TIST Kenya-0722-846501

martinweru@tist.org.

- Field Offices Staffs in Narumoro, Lamulia, Ntugi, Kinyartha, Chugu, Wendo and Kirimara.
- TSE Laikipia West - 0724 - 255 369
- TSE Nyahururu - 0722 - 477 321
- TSE Wiyumiririe - 0724 -365 431
- TSE Timau - 0725 - 527 831
- TSE Imenti North - 0726 - 319 539
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It's Planting Season – Time to Plant Many More Trees!

Preparing seedlings for transplanting (Hardening Off)

Rains have come. It is time to plant more trees. To replace those that dried because of drought. It is important, therefore, to make sure that seedlings will be ready to be moved from the nursery and planted in the field.

Seedlings first need to be prepared for the harsher conditions of the field. If seedlings have been properly looked after in a nursery, they may have received more water and shade than they will have once they have been planted. Gradually reduce the watering and expose the seedlings to full sunlight during this month.

Good seedlings for planting out have the following characteristics:

- The shoot should be twice the length of the roots or the pot.
- The stem should be strong and woody.
- The seedlings should have many thin roots in addition to the main roots.
- Many seedlings will achieve these characteristics two months after germinating.

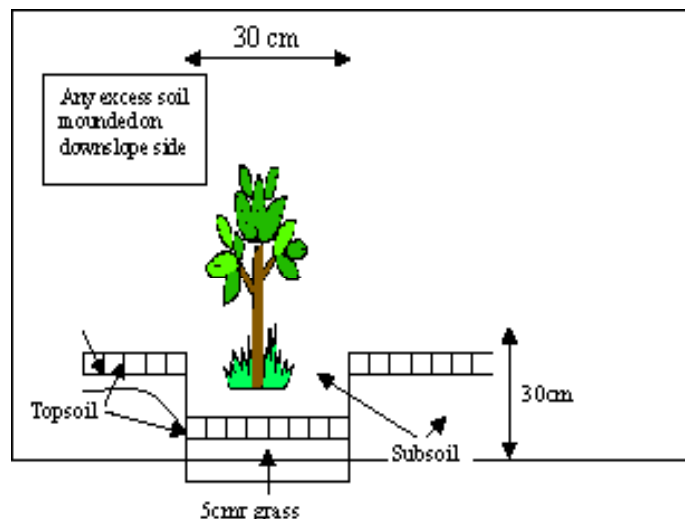
Transplanting

When transplanting, make sure you do the following:

- ✓ Transport the seedlings in an upright position
- ✓ Mark out a circle with a diameter of 30cm in the field
- ✓ Remove the topsoil and place in a pile
- ✓ Remove the next soil layer to a depth of 30cm and place in a separate pile
- ✓ Put in a 5cm layer of grass (dry grass in rainy season, fresh grass in dry

season), (called *mulching*). Some groups add manure as well.

- ✓ Remove the seedling from the polythene bag. Do not break the earth-balls around the roots.
- ✓ Place the seedling in the hole
- ✓ Replace the topsoil first, then the second soil layer.
- ✓ Some groups do not fill the hole completely, but leave a gap of a few cm. This helps the rainwater enter the hole and infiltrate the soil.
- ✓ Any remaining soil can be placed in a mound on the downhill side of the seedling. This will help trap any rainwater and divert it into the hole.
- ✓ Water the seedling.



Also remember that to give your seedling the best chance of survival you should plant the 3m - 4m apart. If you plant them closer together then the seedlings will not get all the water, light and soil nutrients they need because there is much competition. They will become weak and may die, so follow the best practice of a spacing of 3m - 4m.



Hygiene & Sanitation: Hand washing.

Hand washing with soap is among the most effective and inexpensive ways to prevent diarrheal diseases and pneumonia, which together are responsible for the majority of child deaths.

Hands often act as vectors that carry disease-causing pathogens from person to person, either through direct contact or indirectly via surfaces. Humans can spread bacteria by touching other people's hand, hair, nose, and face. Hands that have been in contact with human or animal feces, bodily fluids like nasal excretions, and contaminated foods or water can transport bacteria, viruses and parasites to unwitting hosts. Hand washing with soap works by interrupting the transmission of disease. Washing hands with water alone is significantly less effective than washing hands with soap in terms of removing germs. Effective hand-washing with soap takes 8 - 15 seconds, followed by thorough rinsing with running water.

Critical times in hand washing with soap

Here are some critical times to clean your hands:

1. Before and after meals and snacks
2. Before caring for young children
3. After touching a public surface.
4. Before and after preparing food, especially raw meat, poultry, or seafood
5. After using the restroom
6. When hands are dirty
7. After touching animals
8. When you or someone around you is ill

Awareness of hand washing with soap

Hand washing is likely to be especially important where people congregate (schools, offices), where ill or vulnerable people are concentrated (hospitals, nursing homes), where food is prepared and shared and in homes, especially where there are

young children and vulnerable adults.

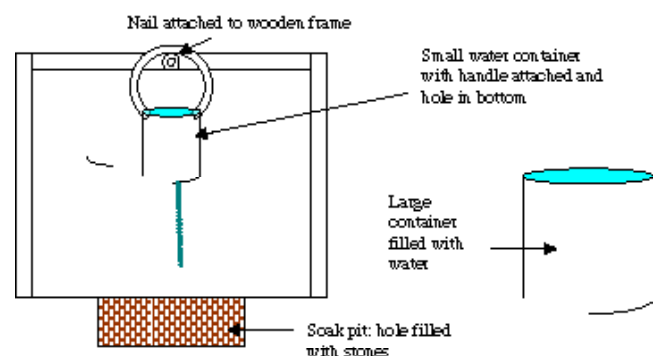
A simple facility for washing hands after visiting toilet

The simplest facility is just to have a small jerry can filled with water placed outside latrines. Soap should also be provided. However, this method is not ideal as people have to touch the jerry can before and after washing their hands which can still spread germs.

An alternative hand-washing facility can be made like this:

1. Make a simple wooden frame with a nail in the middle for a peg.
2. Make a soak pit for the waste water by digging a hole around the frame and filling it with stones. This will let the waste water drain away into the soil.
3. Get one big open container (a barrel or cut-open jerry-can) and fill it with water.
4. Find a smaller open container, like a cut-open water bottle.
5. Make a small hole in the bottom of this container and fix a handle to it.
6. Dip the small container into the larger one to fill it with water.
7. Hand the small container on the peg so that the water starts to drip through the hole like a tap.
8. Wash your hands with soap.

The advantage of this system is that you only touch the small container once to fill it with water. After washing your hands





Wiyumiririe Cluster of Wiyumiririe TSE.

Wiyumiririe TSE was established in December 2007. Currently, there are 55 Small Groups registered in our Cluster.

We have ten trainers and four (4) quantifiers. The work of trainers is to help the TSE leader, Jinaris Gachoya, and his two partners, Mary Mwariri and Susan Wamuya, in training Small Groups in our Clusters.

The core training topics include Conservation farming, nursery management, small Groups best practices, health issues and other important trainings.

We have 4 quantifiers who are in charge of taking baseline quantification. So far, our quantifiers have baselined 45 Small Groups. We are expecting our cluster to be audited for 12 Months goals soon. After this audit, which we are confident to pass, our quantifiers will start counting trees paving way for payments which we are eagerly waiting.

We are encouraging our Small Groups to take advantage of this rainy season to plant many more trees, but with the best practice spacing of 3 – 4m, so that

our trees may grow strong and healthy and be able to sequester lots of carbon that we will later sell through CAAC in international carbon markets.

Last season, we had a crop failure due to failed rains. However, a few farmers who practiced conservation farming got some yields despite harsh climatic conditions. Mr. David Theuri, a member of Miatu-ini Small Group got 1

bag of maize from his plot of slightly above an eighth acre. This taught us the importance of practicing kilimo hai. Mr. Mwangi says, "I wish I had planted in a larger area. This season I am going to plant in 2 acres."

Mr. Benjamin Maina, a member of Mutamaiyo Small Group, also practiced conservation farming. He got better yields as compared to other areas where he had practiced traditional framing. Mr. Maina also practices vertical farming – where he uses sacks filled with soil and manure and grows vegetables.

We meet every second of the month. We meet at Catholic Church compound in Wiyumiririe market center.



A CRY FROM THE TREES

Look every where. I mean everywhere.
I am all there.
From the humblest of shelters to magnificent
of buildings.
From a poor makeshift in a remote village
to state houses in all countries.
Just to make sure I shelter you
Yet you want to extinct me!

Look everywhere, I mean everywhere
I am all there
From the remotest part of the world to most
developed parts
Among the poor and the rich
Just to provide you with fresh air you breathe
Yet you want to extinct me!

Look everywhere, I mean everywhere
I am all there
From the smallest market to the largest
markets
Among the rich and poor
To provide you with fruits and food
Yet you want to extinct me.

Look everywhere, I mean everywhere
I am all there

From south to north, East to west
Among the rich and poor
To make sure you get rain
Yet you want to extinct me.
Look everywhere, I mean everywhere
I am all there
Give me a chance to live
I want to take care of your children as I have
taken care of you
Let my brother and sisters – mutamaiyo,
mutarakwa, mupondo, muiiri live.
Let my children too live – muroha, muhuti,
mukwego, muuru, murukati live.
Take care of trees – do not destroy us!

Look everywhere, I mean everywhere
I am needed everywhere
From the humblest of shelters to magnificent
buildings.
From south to north, East to west
Among the rich and poor
Plant more trees. Plant many trees.

Esther Wanjiku
Quantifier, Pondo Cluster
Nyahururu TSE



Tree Nursery. Trees support life. Give them a chance to grow.



TIST: Building Leadership Capacity Through Rotational

What is rotational leadership?

Rotational leadership is where each group member takes it in turn to lead and co-lead the group meeting. There is no one single leader. There is a new leader and co-leader for each weekly meeting. The responsibility is equally shared amongst all group members.

Why rotational leadership?

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 conversations and be in charge all the time. Each person will have his / her own chance to lead the meeting.

What you should do when practicing rotational leadership?

- Begin rotating leadership as soon as possible.
- At the end of each meeting decide who will be a leader and co-leader next time.
- Everyone should get a chance to lead and co-lead.
- If a group member does not want to lead, or is shy, the group can let him or her watch others lead first. Then they can co-lead before leading

next time.

- Pass any teaching materials on to the next leader.
- Remember to wait for people to speak after asking a question.

What makes a good servant leader?

- ✓ The leader should be humble, patient, accepting and honest.
- ✓ The leader should show the same acceptance and respect for every group member, regardless of what they do outside the group.
- ✓ The leader should speak very little. He or she should encourage all members to share ideas and have the chance to speak.
- ✓ Leaders should make sure they properly listen to the group members. Encourage people when they have made a contribution.
- ✓ Don't pretend you know all the answers!
- ✓ Even if you do know the answer, it is better to let the group discuss the question themselves. If someone asks a question, offer it to the rest of the group to discuss.
- ✓ Try to recognize the gifts that each person has, and to encourage them in the things they do well.
- ✓ Accept people and statements without criticism or judgment.
- ✓ Acknowledge and demonstrate respect for the person with whom you may not agree.
- ✓ Don't debate! Acknowledge even the most unusual statement with: "That's an interesting view. Does anyone else have any thoughts on that?" Throw it back to the group so others may contribute.
- ✓ Remember to share your own stories, strength and weaknesses with the group. An honest leader makes others feel comfortable to share themselves.



TIST Quantifiers dancing a song composed by Nkodi Cluster in Tharaka TSE.



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KIMERU VERSION

The International Small Group and Tree Planting Program (TIST)

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Arimi a miti a TIST: Mbura niyurite. Ni ihinda ria kuhanda miti miingi gucokereria iria iromire ihinda-ini ria riuua

Ndene ya gazeti iji

- ✓ Riri ni igita ria kuanda-igita ria kuanda miti mingi!
- ✓ Utheru na biuro-kuthambia njara
- ✓ Cluster ya Wiyumiririe ya TSE ya Wiyumiririe
- ✓ Kiriro kuuma kiri miti
- ✓ Kugea kiewa kia utongerira kumania n a utongerira bwa kithiuruko.

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Riri ni igita ria kuanda-Igita ria kuanda miti ingi imingi!

Kuthuranira miti ya nursery ya kwija kuanda(kuumia)

Mbura ikwija. Ni igita ria kuanda miti ingi. kuanda ingi antu a iria yomire ni untu bwa uumo. Kwou nikubui kuhakikisha miti ya nursery nithuraniribwega kenda yumba kuritwa kiri nursery na kuandwa miundene.

Miti iji ya nursery nibatiri mwambirio kuthuranirwa uria ikomba kuumiria muundene

Kethira nimenyeeri bwega ndene ya nursery, niikiri ruuji na kirundu gikiinginkuruki ya miti iji yaaandwa muundene.o uria miti ii iri nursery igukuura nyiyia ruuji na umirugurire riuu mpari mpari mweri juju. Miti ya nursery imiega ya kuanda ikari uju;

- ☐ Ureu buria bukwonwa iguru ria muthetu bwthirwe buri mainda jairi ureu bwa miri kana nyongu iria waandirite muti jou
- ☐ Muti jwithire jwina inya na mpao
- ☐ Miti iu ithirwe ina miri imiceke imingi amwe na miri iminene
- ☐ Miti imingi ikaraga uju mieri iri nyuma ya kuumira kuuma kiri mbeu

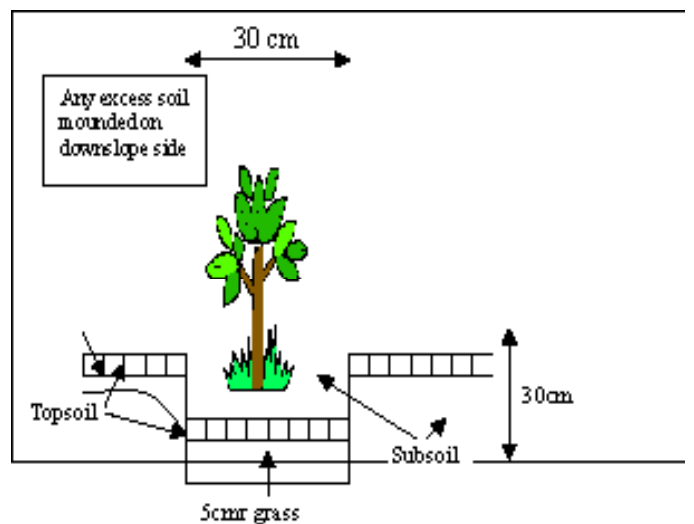
Kurita miti kuuma kiri nursery

Ukirita miti nursery wita kuanda nthin-gata mantu jaja;

- ☐ Kamata muti jurungi
- ☐ Maka kithururi kia warie bwa 30cm muundene
- ☐ Rita muthetu jwa iguru na ujuthuranie amwe
- ☐ Rita muthetu jwa iri mwanka uraja bwa 30cm na ujuthuranie angi
- ☐ Ikira yaki mwanka uraja bwa 5cm[nyaki injumu kwethira kuu-

rite, iti injumu kwethira kwarite] [itawa mulching]. Ikund bimwe nibiongagira kinya mboleo

- ☐ Rita muti karatasine. Ukagwithia muthetu juria juri kiri miri
- ☐ Ikira muti kirinyene.
- ☐ Ikira muthetu jwa iguru mbele riu wikire juria jwa iri.
- ☐ Ikundi bimwe bitiujuragia kirinya buru'batigagakanya gakanini. Buu nibutethagiaruuji rw mbura rutonya kirinyene na kwou muthetune bwega.
- ☐ Muthetu juria jugatigara nojurikirwe amwe rutere rwa bwagaiti rwa muti. Bubu bugatetheria kugwatia ruuji rwa ngai na kuruchokia kirinyene.
- ☐ Ikira muti ruuji



Rikana atiri,kenda ua muti jwaku kanya gakega ga kurega gukua, no mwanka umiande iteene na warie bwa 3m-4m. Wamianda akui , miti iji itiona ruuji, werukana irio biria ikuenda nontu bwa gushindanira bio na miti ingi. Itiona inya na no ikue kwou njira iria njega buru ni kumianda itariene na 3-4m



UTHERU NA BIORO; KUTHAMBIA NJARA

Kuthambia njara

Kuthambis njara na sabuni ni njira imwe kiri njira iria ciumbaga kurigiria mirimo ya diarrheal na ndimonina iria yiungene itumaga ikuo bibingi bia aana na iria. ci-tumagira mbeba inini

magitene jamaingi njara nicio cikamataga germs iria citambagia mirimo kuuma mtu umwe mwanka ungi gukurukira gutongithania kana kugwata into bimwe. Antu nibatambagia germs iji gukurukira gutongithia bangi njara, mutundu, nyioro na kirera, njara iria ciringithitie ntaka ya ng'ombe kana ya antu, nduujii cia kuuma nyioro, irio biri na ruuko kana ruuji rukamatite virusi na bacteria na kugwatithia mtu atikumanya.

Kuthambia njara na sabuni nikunyiagia kugwatithania mirimo.

Kuthambia njara na ruuji runka gutikinyira kuthambia kuthambia na sabuni kiri kurita germs. Kuthambia njara na sabuni gukwega gutumagira second inyanya gwita ikui na ithano, kuthingati ni kuthamikura ruujine rugwitika

Riria ubatiri kuthamba njara na sabuni .

1. mbele na nyuma ya kuria irio
2. mbele ya kumenyera aana babanini
3. nyuma ya gutonga antu aria atongagwa ni antu babaingi
4. mbele na nyuma ya kuthuranira irio mono nyama imbiithi, nyama cia nyoni kana nyama cia nyomoo cia ruuji
5. nyuma ya gutumira kioro.
6. riria njara ciri na ruuko
7. nyuma ya gutonga ndiithia
8. riria ugwe kana ungi akui na ugwe aajitue

Kumenyera kuthamba njara na sabuni

Kuthambia njara na sabuni nikwendekaga mono naria antu bothuuranaga[skulu, ofisi], naria antu babajie kana baria boomba kuajangua bari[sibitari, nursing homes],

naria irio bithuranagirwa na kugawa na nja , mono naria kurina twana na antu babakuru baria bajangagua

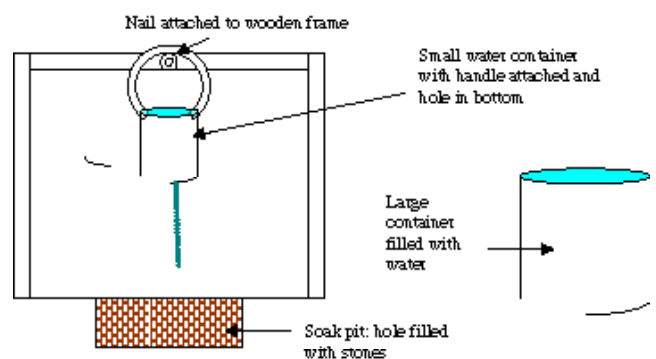
Gintu gikiuthu gutumira kuthambia njara nyuma ya gwita kioro

Gintu kiria kiuthu buru gutumira ni kwithira uri na kagereni gakanini kojuritie ruuji ome ya bioro bia ome bia kwinja. Sabuni kinya yo ithirwe irio au. Kinya riu njira iji iti injega buru nontu antu no mwanka batonge kagereni mbele na nyuma ya kuthambia njara kwou batambie germs

Untu bungi bubuuthu no buthithue uju;

1. thithia plemu ina musumari gatigati jwa gwikira pegi
2. inja kirinya kia ruuji rwa ruuko akui na na plemu na ukiujurie maiga. Bubu bugatuma ruuji rou rwa ruuko rutonye muthetune
3. juukia mukebe jumunene jukunuri na ujujurie ruuji
4. chua mkebe jungi jumunini ta chuba ya ruuji igitwi
5. tura gakutho gakanini rutere rwa nthiguru rwa mukebe juju na wikwire gakugwata
6. tonyithia mukebe juju munini ndene ya juria munene kenda ujujuria ruuji
7. ongera mukebe juju munini kiri pegi nikenda ruuji rwambiria kuumira gakuthone ta ruuji rwa tapu
8. thmbia njara na sabuni

Wega bwa kuthithia uju ni ati ugatonga





Cluster ya Wiyumiririe ndene ya TSE ya Wiyumiririe

TSE ya Wiyumiririe yaambirirue Desemba 2007. nandi kuri na ikundi bibinini 55 biria biandikithitue ndene ya cluster yetu

Turi na aritani 10 na atari miti 4. Ngugi ya aritani ni gutethia mutongeeria wa TSE , Jinaris Gachoya na atethaniria bawe Mary Mwariri na Susan Wamuya kuritana ikundi bibinini bia cluster yetu.

Mantu jaria jaritanagwa mono ni urimi bubwega, kumenyeera nursery, mitire iria mithongi buru ya ikundi bibinini, mantu jegie inya ya mwiri na moritani jangi jaria jari na gitumi.

Turi na Atari miti bana bari barungamirite gutara miti iria irio mbele ya miti ya TIST kuandwa. Mwanka au Atari miti betu niubatarite miti ya ikundi 45. nitweterete cluster yetu kuthithirua audit nontu bwa gukinyira mubango wetu jwa mieri ikumi na iiri na iri igita ritikuraja. Nyuma ya audit, iria turi na uchamba gukuruka, Atari miti betu bakambiria gutara miti na kwou barugurir njira kuliwa gwetu kuria tweterete na inya mono.

Nitugwikira wiru ikundi bibinini nikenda batumira igita riri ria mbura kuanda miti ingi imingi, infi bagitumagira njira

injega ya kuanda na gataria ka 3M-4M, nikenda miti ikura iri na inya na afya na yumba gwika carbon inyingi iria nyumene tukeendia gukurukira CAAC kiri thoko ya carbon ya nthiguru yonthe.

Mbura nthiru imera nibiathukire. Indiri, arimi baria barimire urimi bubwega nibonere maketha kinya kethita rera itabui. David Theuri mumemba wa gikundi gikinini kia Miatuini nakethere nkunia ya mpempe kumania na mounda jwawe jumunene anini kiri nusu ya kuota ya acre. Bubu nibwatitanire wega bwa urimi bubwega.

Benamin Maina, mumemba wa gikundi gikinini kia Mutamaiyo, kinyawe narimire urimi bubwega. Araketha maketha jamega nkuruki ya miundene iria atumire urimi bubukuru. Maina nathithagia kinya urimi bwa VERTICAL- aja atumagira nkunia ciujuri muthetu na mboleo na akaanda nyani

Nitutirimanaga tariki ijiiri cia omweri. Tutirimanaga kanisene ya catholic iria iri wiyumiririe market.



KIRIRO KUUMA KIRI MITI

Tega kunthe, ndiuga kunthe.
Ndi kunthe
Kuuma biicitho biria bithuku mwanka nyomba inene inthongi
Kuuma tunyomba twa kurikira turia tui nturene itijikene mwanka nyomba cia anene nthiguru cionthe
Aki mbona ningukunikirite
Indi nibukwenda kunthiria buru

Tega kunthe, ndiuga kunthe
Ndi kunthe
Kuuma guntu gutijikene mwanka kuria gwakitwe mono
Kiri nkia ona kiri itonga
Kenda mbua ruogo rurwega
Indi nibukwenda kunthiria buru

Tega kunthe, ndiuga kunthe
Ndi kunthe
Kuuma thoko inini gwita thoko inene
Kiri nkia ona kiri itonga
Kenda mbua matunda na irio
Indi nibukwenda kunthiria

Tega kunthe, ndiuga kunthe
Ndi kunthe
Kuuma bwagaiti gwita bwaruguru rutere rwa urio gwita rwa umutho

Gatigati ka itonga naga nkia
Aki mbona kwina mbura
Indi nibukwenda kunthiria buru

Tega kunthe, ndiuga kunthe
Ndi kunthe
Mpa kanya ga gutuura
Nikwenda kumenyeera aana baku ouria nkumenyerete
Reka arocia na antanocia- mutamaiyo, mutarakwa, mupondo, muiri bature
Reka aana bakwa kinyabo bature-muroha, muhuti, mukwego, muuru, murukati bature
Menyeera miti- ugatuthiria

Tega kunthe, ndiuga kunthe
Nikwendeka kunthe
Kuuma biciithobiria bithuuku mwanka nyomba inene inthongi
Kuuma bwagaiti gwita bwagaiti, rutere rwa urio gwita rwa umotho
Gatigati ka itonga na nkia
Anda miti ingi. Anda miti imingi

Esther Wanjiku
Quantifier, Pondo cluster
Nyahururu TSE



Nathari ya miti. Tuhande miti na tumihe kamweke ga gukura.

**TIST: KUGEA KIEWA KIA UTONGERIA KUMANIA NA UTONGERIA BWA KITHIURUKO.****Utongeria bwa kithiuruko imbi?**

Utongeria bwa kithiuruko ni area o mumemba wa gikundi ethagirwa ari na kaanya ga gutongeria na mwandiki (motongeria na muniini wawe) kiri micemano yao. Guti mwene giti. Kwithagirwa kurina mutongeria na munini wawe mwanya kiri o mucemano jwa kiumia. Kiewa kia utongeria ikiumbaga kugaanwa kiri amemba bonthe ba gikundi.

Nimbi itumaga kwithirwa kuri na utongeria bwa kuthiurukana.?

O muntu ari njira mwanya kwithirwa kuri na utongeria bwa kuthiuruka ibutumaga amemba bathoma kumania na utongeria bwa bangi.

Bonthe bakethirua bakinanagira mwoyo, kinya amemba baria bari nthoni ibagijaga kiewa kia utongeria. Ibombaga kuthoma kiri bangi.

Utongeria bwa kuthiurukana ibutumaga muntu aigua atikinyirika niuntu bwa gutongeria igita rionthe. Murigo ijuganagwa, gutiwe ukamataga murigo wenka kana aigua anogi ni ngugi.

Utongeria bwa kuthiurukana igutumaga gikundi kithirwa gitina mathina niuntu gutiwe ukethirwa ukiugaga igita rionthe. O mumemba akethirwa arina kaanya ga gutongeria.

Uria ubwirite kuthithia ukigeria utongeria bwa kithiuruko.

- Ambiria utongeria bwa kithiuruko orio.
- Nyuma ya o mucemano itikanirieni na uria mutongeria na munini wawe mucemanione juu jungi.
- O mumemba no mwanka aewe kaanya ga kwa mutongeria na munini wawe.
- Mumemba akethirwa atikwenda gutongeria kana nakwigua nthoni, amemba ababwirite

kumwaa kaanya ga kwona gugitongerua. No acoke ae munini wa mutongeria akija lwa mutongeria mucemanione jungi.

- Nenkaniria biria uri nabio bia uritani kiri mutongeria uria ungi ukeeja.
- Rikana utige amemba bacokie kiuria woria.

Nimbi itumaga ethirwa ari wa kwinyiyia?

- Mutongeria no mwanka ethirwe ari wa kwinyiyia, wa gwetera, ugwitikiria na mwikua.
- Mutongeria no mwanka onanie gwitikiiria na heshima kiri amemba bangi na atigane na mantu jaria jangi bathithagia oome ya gikundi.
- Mutongeria aragia bukai. Nabwirite gwikira bangi mwoyo jwa kwaria na kuganaga jaria bari najo.
- Atongeria no mwanka bathikiire amemba bangi mono. Bekire mwoyo jwa kwaria batigakire kii.
- Ugaciethia nukumenya macokio jonthe.
- Kinya ukethirwa ukimenyaga macokio, tigana na amemba bambe bariirie biuria bongwa. Mumemba oria kiuria nenkera amemba bariirie.
- Geragia kwona kiewa kia o mumemba na kumwikira mwoyo kiri mantu jaria akuthithia bwega.
- Itikiiria rwaria ruria rukwarua utigukararia kana kugita igamba.
- Itikiiria na wonanie heshima kiri muntu uria butikwiganua.
- Tiga nkanja. Itikira kinya mantu jaria jati ja kawaida na kuuga "ithuganio riu iririega, kuri ungi uri na ithuganio kiri untu buu?" Gerera amemba kenda baraniria.
- Rikana kugaanaga ngono ciaku inya na kugwa na amemba bangi. Mutongeria wa ma nabwirite bangi baigua bang'aniri ni gikaro kiu.



Quantifiers aa TIST makiina rwimbo rwathondekirwo ni amemba a cluster ya Nkodi kuuria Tharaka.



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MAZINGIRA BORA

April/May 2009 Newsletter

KIKUYU VERSION

NOT FOR SALE



The International Small Group and Tree Planting Program (TIST)

An Environmental, Sustainable Development and Community Forestry Program.



Arimi a miti a TIST: Mbura niyurite. Ni ihinda ria kuhanda miti miingi gucokereria iria iromire ihinda-ini ria riuua

Maria mari thiini wa gazeti ino

- ✓ Ni kimera gia kuhanda miti-Ihinda ria kuhanda miti miingi
- ✓ Utheru: Guthambia moko
- ✓ Wiyumiririe, Gikundi kia Wiyumiririe TSE.
- ✓ KIRIRO KUMA MITI-INI
- ✓ Kwagiria utongoria kuhitukira utongoria wa guthiururukana.

To submit your Small Groups articles or to advertise in this publication contact;

TIST Kenya-0722-846501

martinweru@tist.org.

- Field Offices Staffs in Narumoro, Lamulia, Ntugi, Kinyaritha, Chugu, Wendo and Kirimara.
- TSE Laikipia West - 0724 - 255 369
- TSE Nyahururu - 0722 - 477 321
- TSE Wiyumiririe - 0724 -365 431
- TSE Timau - 0725 - 527 831
- TSE Imenti North - 0726 - 319 539
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- TSE Kirinyaga - 0721 - 719 353
- TSE South Imenti - 0723 - 817 552

www.tist.org

P.O Box 1508 Nanyuki, Kenya



Ni kimera gia kuhanda miti-lahinda ria kuhanda miti miingi

Kuhariria mimera

Mbura niyurite. Ni ihinda ria kuhanda miti miingi gucokereria iria iromire ihinda-ini ria riuua. Niwega kumenya wina mimera ya guthamia kuma nathari-ini kuhanda mugunda.

Wambere mimera yagiriirwo niundu wa maundu maritu makoragwo mugunda. Angikorwo mimera ni imenyereirwo wega nathari-ini niigukorwo igite na mai maingi ohamwe na kiruru maundu maria Atari onginyagia makorwo kuo mugunda-ini. Nyihia githini kia maim aria uheaga mimera yaku kahora kahora yarirwo ni riuu mweri uyu.

Mimera miega ya kuhanda yagiriirwo gukorwo ina maundu maya

- Mwena wan a iguru wagiriirwo gukorwo uri muraigu maita meri gukira muri wa muti.
- Mumera wagiriirwo gukorwo uri na hinya wa kuigana.
- Mumera wagiriirwo gukorwo na tumiri tunini tuingi kuma hari muri munene.

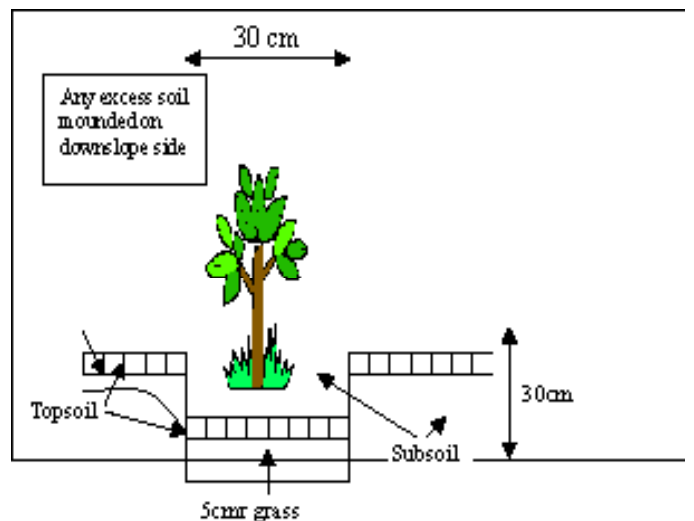
Mimera miingi ni hotaga gukinyia ikiro ici mieri iri thutha wa kumera.

Kuhanda miti

Wagiriirwo gukorwo uri na

- Kuua miti irungii
- Cora githiururi kia warii wa 30cm mugunda-ini
- Eheria tiiri wa iguru na uuige keheri-ini
- Enja uriku ungi wa 30cm ukiigaga tiri ucio keheri-ini kangji.

- Ikira nyeki muigana wa uriku wa 5cm irima-ini. Ikundi imwe no cihuthire thumu.
- Ruta mimera yaku kuma maratathi-ini. Menyerera gatiri karia gakoragwo mithia-ini wa muri gatikaume.
- Ikira mumera irima-ini.
- Cokia tiiri uria urutire mbere irima-ini ucokerere na wakeri
- Ikundi imwe citihuragia marima tiiri undu uria uteithagiriria maai ma mbura kuingira irima-ini na gutonya tiiri-ini.
- Tiiri uria ungikarwo utigarite no uigwo miena-ini gutega maai ma mbura na kumatonya irima-ini.
- Itiriria miti yaku maai



Ririkana kuhe miti yaku warii muiganu wa gukura wa 3m-4m, wahanda miti yaku utumanitie, ime yayo ndirikinyagirwo ni muigana wa maai wa kuigana ohamwe na kwaga indi cia kumihe hinya kumana na utheri ohamwe na tiiri niundu wa kugayana iri miingi. Miti noyage hinya nginyagia ikue kwoguo ni wega kuhanda miti yaku utaganitie na warii wa 3m-4m.



Utheru

Guthambia moko

Guthambia moko ni undu umwe wa maundu maria ma uhuthu na na bata kugiririria mirimu ta Diarrhea na pneumonia iria irehega ikuu nyingi cia ciana. Maita maingi moko nimahuthika gutambia mirimu kuhitukira njira ya kuhutania kana kuhutia handu hakuhutitio ni mundu uri na moko mari na mirimu.

Andu ni matambagia mirimu kuhitura kuhutania na moko, njuiri ona kana moko mahutanitie na kioro kia mundu kana nyamu.

Maai ma mwiri ta kimira na irio citari njega kana maai no cikuee tugunyu turia turehaga mirimu kuri andu. Guthambia moko na thabuni ni kugiragiriria gutambio kwa mirimu.

Guthambia moko gwiki gutingigiririria tugunyu twa gutambia mirimu kwoguo niwagiriirwo guthambia moko maku na thabuni.

Guthambia moko na thabuni kwagiriirwo kuhuthira kahinda ka 8-15 seconds kurumiriorwo ni gukamura wega na maai maratherera.

Ihinda riria wagiriirwo ni guthambia moko maku

- ☐ Mbere na thutha wa kuria
- ☐ Mbere ya kunyita ciana nini
- ☐ Thutha wa kuhutania na kindu kana handu ha muingi
- ☐ Mbere ya kuhariria irio na makiria nyama itari hiu.
- ☐ Thutha wa kuhuthira kioro
- ☐ Hindi iria moko maku mari na giko
- ☐ Thutha wa kuhutania na nyamu
- ☐ Hindi iria wee kana uria ugukuhiririe ari na murimu.

Kumenyithania guthambia moko na thabuni

Guthambia moko na thabuni muno muno gukoragwo kuri kwa bata kuria andu macamanagia ta macukuru-ini kana wafici-ini kana kuria kuri na aruaru ta

thibitari-ini, kuria irio iharagirio ohamwe na kurirwo na muno makiria kuria kuri ciana na andu akuru.

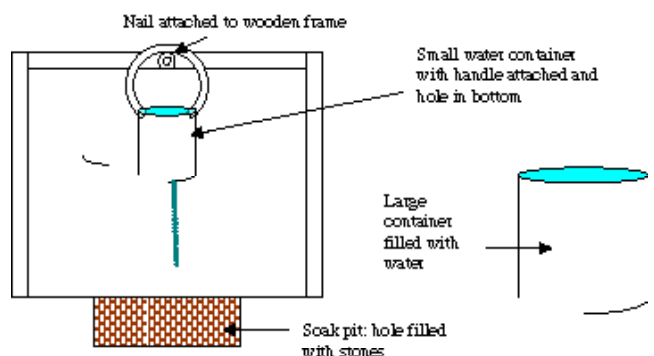
Kundu gwa guthambiria moko thutha wa kuhuthira kioro.

- ☐ Undu uria wa raithi ni kuiga kibuyu na maai ohamwe na thabuni nja ya kioro. Njira ino tiyo yagiriire makiria tondu andu nimakuhutia kibuyu thutha wa gwithamba moko na uguo gutambia mirimu.

Indo ingi cia guthambiria moko nita ici

- ☐ Thondeka rubau ruri na mucumari wa gucuria
- ☐ Enja irima ria gwikira maai ma giko ucoke uriihurie na mahiga kuhotighia maai gutonya tiri-ini.
- ☐ Korwo uri na kibuyu kinene gitari gikunike
- ☐ Korwo na kibuyu kingi kinini onakio gitari na gikuniko.
- ☐ Thondeka irima thiini wa kibuyu kinini
- ☐ Curia kibuyu kinini hari mucumari rubauini
- ☐ Ikira kibuyu kinini maai ukihuthira kibuyu kinene.
- ☐ Thambia moko maku na thabuni.

Wega wa kuhuthira njira ino guthambia moko uhutanagia na kubuyu kinine ougikira maai kibuyu-ini kinini na nduhuthagira maai maingi.





Wiyumiririe TIST

Wiyumiririe TSE yambiriirio mwaka wa 2007. Ngiyagia hau tukinyite, iri na ikundi nini iria ciadikithitio.

Turi na arutani 10 na quantifiers 4. Wira wa arutani ni guteithiriria atongoria a TSE Jinaris Gachoya na arunawe eri nio Mary Mwariri na Susan Wamuya hari guthomithia ikundi nini.

Mathomo maria manene ni Conservation Farming, Nursery management, mitaratara miega ya ikundi, maundu megii ugima wa mwili na mangi maingi ma bata.

Turi na quantifiers 4 aria maroraga ikiri, nginyagia riu quantifiers aitu ni mahitukitie ikundi nini 45. Niturerigirira gikundi gitu guthuthurio hari mieri 12 ica ikuhi, thutha wa uthuthuria uyu utria turi na witikioati nitukuhituka, quantifiers aitu ni makambiriria gutara miti kwoguo gutema njira ya marihi maria twetereire na hinya muno.

Niturahinyiriria ikundi nini kwoya mweke uyu wa kimera kia mbura mbura kuhanada miti miingi kuhuthira njira iria yagiriire ya gutagania miti na utiganu wa 3m-4m niguo miti ikure iri na hinya na ugima mwega nigeta ihote guthondeka

carbon nyingi iria igucoka yendio thokoini ya kimabururi ya kwendia carbon niyo CAAC.

Kimera kiu kirahitukire arimi matinagia na magetha mega ni tondu wa unyihu wa mbura no kuri arimi aria mahuthirire urimi wa Conservation Farming ni magiire na magetha mega ona kuri na tina ucio wa riera. Mr. David Theuri membr wa gikudi kinini kia Miatu-ini niagethire ikania rimwe ria mbembe kuma mugunda wake wa muigana wa 1/8 acre undu ucio ugaturuta kuhuthira Kilimo Hai. Mr. Mwangi aroiga "Nari korwo nindahandie mugunda munene. Kimera giki nguhanda 2 acres."

Mr. Benjamin Maina member wa Mita-maiyu onake niahuthirire Conservation Farming na akigia na magetha maingi kuringithania na icigo iria ingi atahuthirire urimi uyu. Mr. Maina nake niahuthirire Vertical Farming kuria ahuthagira makonia na tiri kuhanda mboga.

Nitucamanagia maita meri hari mweri kanithaini wa Catholic uria uri thako-ini ya Wiyumiririe.



KIRIRO KUMA MITIINI

Tarora kundu guothe, ndiroiga kundu guothe.
Ndikuo guothe
Kuma tuthunu tunini ngiyagia manyumba manene.

Kuma matura maria mathini muno nginyagia thingira cia iregi cia mabururi mothe.
Nigetha nguhumbire
Na ndurena kunyona

Tarora kundu guothe, ndiroiga kundu guothe.
Ndikuo guothe
Kuma tuthunu kuria kuri thutha nginyagia kuria guthiu na mbere
Gatagati ga itonga na athini.
Nigetha nguhe riera itheru.
Na ndurena kunyona

Tarora kundu guothe, ndiroiga kundu guothe.
Ndikuo guothe
Kuma ndunyu iria nini ngiyagia ndunyu iria nene.
Gatagati ga itonga na athini.
Nigetha nguhe matunda.
Na ndurena kunyona
Tarora kundu guothe, ndiroiga kundu guothe.
Ndikuo guothe
Kuma ruongo nginya kianda, ruguru nginya itherero

Gatagati ga itonga na athini.
Nigetha ugie na mbura.
Na ndurena kunyona

Tarora kundu guothe, ndiroiga kundu guothe.
Ndikuo guothe
He kahinda ngure
Ndirenda kumenyerera ciana ciaku ota uria ngumenyereire.
Reke ari na ariu a maitu- Mutamaiyu, mutarakwa, mupondo, muiri makure.
Reke ciana ciakwa- muroha, muhuti, mukwego, muuru, murukati cikure.
Menyerera miti, ndugatuthukangie.

Tarora kundu guothe, ndiroiga kundu guothe.
Ndiredekana kundu guothe
Kuma tuthunu kuria kuri thutha nginyagia kuria guthiu na mbere
Kuma ruongo nginya kianda, ruguru nginya itherero
Gatagati ga itonga na athini.
Handa miti mingi, handa miti miingi.

Esther Wanjiku
Quantifier; Pondo Cluster
Nyahururu TSE



Nathari ya miti. Tuhande miti na tumihe kamweke ga gukura



TIST: Kwagiria utongoria kuhitukira utongoria wa guthiururukana.

Utongoria wa guthiururukana ni kii?

Utongoria uyu ni riria oro mundu wa gikundu atongoragia gwakahinda na thutha mundu ungi akoerera. Gukoragwo na mutongoria wa oro michemano ya oro wiki. Uigiririki ugayanagwo hari andu othe a gikundi kui.

Gitumi gia guchagura utongoria uyu ni kii?

Oro mundu ari iheo ciake mwanya na njira ciake mwanya cia gutongoria. Gutongoria uu gutumaga oro mundua athome kuma kuri uria ungi iguru ria utongoria.

Mundu wotho angikorwo arateithiriria nigutumaga mundu uria ari na guoya agie na umiriru na kogwo mundu agathoma kindu makiria kuma kuri uria ungi

Utongoria uyu niunyihagiria mundu mechiria maingi angikorwo niwe utongoragia mahinda mothe tondu andu othe marutaga wira na mahinda na gutiri mundu ukugia na murigo.

Utongoria uyu niuninaga mathina tondu oro mundu arikoragwo na mahindamake ma gutongoria muchemano.

Wagiri-ire gwika atia hindi iria uratongoria?

- Ambia naihenya utauria kwahoteka.
- Muthia wa oro muchemano, menyai nima magatongoria ihinda riu ringi.
- Mundo orowotho no nginya agie na mahinda magutongoria.
- Angikorwo mundu arina guoya na ndarenda gutongoria, agiri-irwo ambe ererere achoke

atwike munini wa mutongoria na thutha achoke atongorie

- Nengera indo iria ungi korwo nacio cia utongoria kuri mutongoria ucio ungi
- Ririkana gweterera andu machokie thutha wa kuria kiuri

Nikii Githondekaga mutongori ngombo mwega?

- ✓ Mutongoria akorwo ari mwinyihia, mukiririria na mwihokeku
- ✓ Atongoria magiriire mahe gitio andu othe agikundi gutakuringana uria makoragwo nja ya michemano.
- ✓ Atongoria magiri-ire kwaragia manini muno.
- ✓ Agiri-ire aheage andu othe kamweke ka kuariana kuruta mawoni
- ✓ Mathikagiririe muno uria aria angi mekuga na magatugiria aria angi riria maheana mawoni.
- ✓ Unangikorwo ni uii aja, niwega kuheaga aria angi kamweke ga guchokia na mundu angiuria kiuria niwega urie andu makiariri-rie.
- ✓ Geria kumenya makiria iheo iria mundu ari nacio nigetha iteithie andu angi.
- ✓ Amukura mawoni ma andu utegutua itua.
- ✓ Unagia gitio kuri mundu uri mutereiguithania.
- ✓ Ndukariririe; itikira woni wotho nginya uria utaroneka tauri wa bata nanjira teno "aah, ucio ni woni mwega muno, nikuri mundu ungi uri na woni ta ucio?" Chokia kiuria kiu kuri andu nigetha aronau machange maoni. Ririkana kugayana ngano, mahinya na mathina maku na andu a ikundi. Mutongoria mwinyihia atumaga andua cio angi maigue maigani-ire kuga undu



Quantifiers aa TIST makiina rwimbo rwathondekirwo ni amemba a cluster ya Nkodi kuuria Tharaka.