

# Mazingira Bora



# TIST

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

English Version

An Environmental, Sustainable  
Development and Community Forestry  
Program.



**TIST New Leadership Council Members**

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# TIST Leadership Council has expanded: Regional Representatives now incorporated.

**T**IST is continuing to grow, and we are finding new ways to organize to be sure all TIST voices are heard. The Group of Cluster Councils elected representatives to the Regional Councils for eight (8) TIST regions. These include;

1. Laikipia West, Nyahururu , Wiyumiririe
2. Narumoro , Lamuria
3. Timau and part of Ntugi
4. Igembe, Kinyaritha, Imenti North and part of Ntugi
5. Chugu, part of Tharaka, part of Wendo
6. Kirimara, part of Tharaka, part of Wendo
7. Kirinyaga, Mbeere
8. Mara, Mau

Each of the above regions elected 2 representatives (1 woman and 1 man) to represent their region at the TIST Kenya Leadership Council. The Leadership Council is now composed of Regional Representatives and Operational Servants. Leadership Council (LC) will meet every third week of the month. Regional Councils (RC) will have their respective meetings every second week of the month while the Group of Clusters Councils (GOCC) will be meet in the first week of the month.

## Responsibilities of elected Group of Clusters Representatives

- 1) Discover and share Best Practices from Clusters;
- 2) Assure high quality training for the Clusters following TIST Values;
- 3) Assure high quality Quantification following TIST Values;
- 4) Maintain working equipment for training and Quantification;

- 5) Report concerns and make recommendations for policies to Regional Council (and from them to the LC);
- 6) Expand TIST through present Clusters;
- 7) Hold Administrative Hearings if a Quantifier or Trainer is suspended to investigate facts and make recommendations on suspension;
- 8) Hold Administrative Hearings if a Cluster Leader is not following TIST Values;
- 9) Recommend people from the Group of Clusters for additional TIST responsibilities such as Auditor, TSE, or Master Trainer.

## Current LC members ( Jan – June 2012) Elected Representatives

### Chugu/Wendo/Tharaka

1. Mishech Mwithi Mwenda - 0720173680.
2. Joan Wangari - 0725649763

### Kirimaara/Wendo/Tharaka

1. Grace Gatheri Nyamu (Kiburia) - 0720 918 461.
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### Timau/Ntugi

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### Naromoru/Lamuria

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### Kirinyaga/Mbeere

1. Regina Mweni - 0715555726.
2. Jamlick Nyaga - 0725609745

### Operational Representatives

1. Mary Kathei - 0726 283425
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6. Dorothy Naitore – 0726 788 662
7. Charles Ibeere – 0720 474 209
8. Peter Hinga –0724 259 797
9. Martin Weru 0722 846501



# HIV and AIDS:

## Why and how we should give counseling

**C**ounseling means listening to someone and giving them helpful advice and hope. It is true that some issues need trained counselors. However, each of us can help by taking time to listen to friends, family and neighbors with HIV/AIDS, putting ourselves in their position, and giving words of comfort and practical help.

### The purpose of counseling is to:

- Assist someone to understand the problems facing him/her
- Help find ways of overcoming those problems
- Making good, correct decisions concerning the problems at hand.

The responsibility of the counselor is to sit with the concerned and to **listen**. Listen to their questions; discuss their problems, hear about their feelings and fears of what has happened to them. Give them correct and useful information depending on their needs, and give them hope and strength. Remember: it is fine if we do not know all the answers! Answer as best you can and get help from other people when you need it.

Imagine you are counseling an AIDS patient. What would your words of comfort and advice be to:

1. Someone who has just tested HIV positive.
2. Someone with HIV/AIDS who is scared of death.
3. Someone with HIV/AIDS who wants to continue having sex?

### Ideas:

1. For someone who has just tested positive
  - Reassurance that being positive does not mean the patient is necessarily going to die soon. Patients can live decades with the right treatment and care.
  - That the patient is not alone, and many others have found ways to live with the illness.
  - To encourage the patient to abstain from sex so that the illness does not spread and to avoid re-infection which can make the problem worse.

- Encourage to continue with work while they are strong, to continue making an investment for their family. People do not have to stop working just because they are positive.
  - Reminders of healthy eating and frequent check-ups at clinics.
2. For someone who is HIV positive who is scared of death
    - Everyone has to face death whether having AIDS or not, and it is natural to feel afraid.
    - Draw on any religious hope the patient might have.
    - Remind the patient about how proper care and treatment can extend life and improve quality of life.
    - Encourage the patient to make steps to achieve some of their ambitions before they become too ill (e.g. making restitution with people, planting trees, forming self-help groups)
  3. For someone who is HIV positive who wants to continue having sex
    - Continuing to have sex can spread the illness on to other people. Even if the patient got AIDS by accident, making other people suffer will not bring happiness or change the situation.
    - There are many different strains of the HIV virus. Continuing to have sex may expose the patient to different strains which worsen illness and create complications. Avoid re-exposure to HIV to remain as strong as possible.
    - How does the patient view deliberately infecting another person? What are the moral arguments against this?
    - Remind the patient that sex is not the only form of intimacy or enjoyment, nor the only expression of love. There are many other things in life that can bring fulfillment.



## Preparing Compost Manure, a natural fertilizer.

**T**his compost manure is a natural fertilizer to help your crops grow. It is better than chemical fertilizer because it is natural, free, and will not damage crops and environment as some chemical fertilizers can. There are many ways to make compost manure. This method has been useful in some areas, but ask neighbors in your cluster what has worked well for them.

### Preparation of compost

1. Choose an area for your compost pit. It should be 4m by 4m.
2. Clean the area.
3. Dig a hole of diameter 3 - 4m and 1.5m deep.
4. Collect all the remains of the crops you have (e.g. the leaves and stalks of maize, millet, beans). Cut these remains into small pieces.
5. Put these crops remains into the hole up to a depth of 0.5m.
6. Then add 5 litres of ash.
7. Next add about 30cm (or as much as available) of animal dung (e.g. dung from pig, cow, goat or chicken).
8. Next put another layer of crop leaves and stalks (0.5m)
9. Add another 5 litres of ash.
10. Add the leaves and stalks again until the hole is almost filled.
11. Finally add a layer of soil until the hole is filled.
12. Whilst filling the hole with soil, put a long stick in the middle of the hole so it reaches the bottom.
13. Leave the compost pit for 90 days (3 months).
14. During this period use your dirty water to water the compost pit. For example, after cleaning your house or clothes, empty the used water over the compost pit. If you have animals, you can also pour animal urine over the pit. This adds extra nitrogen to the compost.
15. Try to water the compost pit in this way every day, or whenever water is available.
16. After the 90 days the manure will be ready. Use the stick as a thermometer – when the compost is ready it should be hot and you may even see steam coming from the stick after you have removed it.

### Use of compost

When you have dug your holes for planting maize, millet or other crops, add one handful of compost to each hole.

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## Karoki Cluster, A child Cluster growing day by day.

**W**e, Karoki Cluster, multiplied from our mother cluster Manyatta. By multiplying, and being sure that groups are within walking distance of a meeting point, we are better able to serve all TIST members in the cluster, and to grow for success!

Today, we have 33 Small Groups. Each day, we are getting requests from neighbours to join TIST. We will soon have 50 Small Groups in our Cluster.

We are preparing ourselves to establish more nurseries. We have agreed that each group should have at least 1 nursery. Our goal is to attain 100,000 trees planted and kept alive this year.

Today, 30 Small Groups in our cluster receive payments. This means more groups are meeting TIST Small Group payment eligibility. We want to be the leading Cluster by the year 2013!



# Deforestation and forest land degradation are serious problems. What can we do?

**Deforestation is the removal of trees and other woody vegetation cover.**

**F**orests and woodlands cover about a third of the world's land surface. They regulate climate, protect water resources, provide forest products (e.g. timber, medicine, fruit etc) worth billions of dollars and support millions of plant and animal species. Yet they are being destroyed at a rate of 20 million hectares per year. Half of the world's population depends on these forests for fuel, yet roughly 100 million people do not have enough fuel for minimal energy requirements.

## Major causes of deforestation :

- Deforestation occurs when vegetation is cleared for activities like farming or grazing and uses such as: firewood, brick-making, fish-smoking, tobacco-curing, tea-drying, construction, and timber.
- Forest degradation is when a forest becomes less diverse and resilient due to poor use and management (for example, when old trees are all cut, leaving mainly brush, or when a useful plant species is all harvested, or when forest is heavily grazed, so that trees can't grow to replace those that die).
- Much of deforestation and forest land degradation results from a lack of awareness of the full value of trees.
- In some cases, the value of trees may be known but poverty and the idea that there are no good alternatives lead people to clear trees.

## Consequences of Deforestation.

- **Soil erosion:** lack of tree cover and root binding exposes soil to erosion.
- **Lack of forest resources:** removing trees destroys habitats, reduces biodiversity, removes food and medicinal resources, and increases competition for construction materials. People

will have to walk further for firewood, and if forest products are being bought, prices will rise.

- **Lack of other environmental benefits of trees:**

Trees act as a windbreak, retain moisture, add oxygen to the air, and add nutrients to soil. Hence without trees the local climate will become drier with increased risk of flooding, wind erosion, decreasing soil fertility and diminished air quality.

## What can we do to prevent deforestation and forest degradation?

- Establish tree nurseries and distribute or sell seedlings to the community.
- Use energy-saving cook stoves that use less firewood and charcoal.
- Use alternative sources of energy and fuel when possible (e.g. heating from the sun, sawdust, coffee and risk husks, grass, weeds, crop wastes, animal waste).
- Carry out tree planting activities. Become a successful, effective TIST group! Encourage your neighbors and friends to join TIST as well.
- Do not cultivate land bordering a river or swamp. Leave trees and vegetation to grow to protect these waters.
- Be careful to not over-graze land. Limit animals' access to tree seedlings that they may destroy to give the forest a chance to regrow.
- Encourage agro-forestry or the use of woodlots. Having trees on your land provides good access to forest products and helps protect nearby forest.



# TIST improved stove testimonials.

Since the improved jiko program began, TIST servants have become passionate leaders to bring these jikos to more and more TIST clusters. These TIST servants have done careful testing on several different stoves to ensure the stoves give important benefits to the users.

This month, Ms. Dorothy Naitore (Leadership Council Member), Mr. Charles Kamunya and James Mwai (Improved Jiko Coordinators), and Ms. Salome Mbaabu (long time TIST stove builder) share with us some results.

Dorothy: "With the Jikopoa, I can cook for 4 people using only 4 kg of fuel per day. Also, it is very fast. Boiling 1 liter of milk takes only 5 minutes, 4 liters of tea takes only 10 minutes, and I can cook mashed foods like Githeri for 5 people in just 45 minutes."

Dorothy has also tested a new 2 pot jiko with a chimney. She estimates that, by switching from using gas and charcoal fuel to using wood fuel on these improved stoves, she has gone from spending 4,200 ksh/ month to just 900 ksh per month on fuel. In this way, improved stoves pay for themselves quickly.

James, Charles and Salome also tested 3 stone fires and compared them to the 2 pot mud stoves. In each case, they saw between 20-50% fuel savings.

TIST is now taking orders for improved stoves. Costs of the stoves have gone up over the last year, as manufacturing and transportation costs have risen. However, members should see big savings in fuel-costs that make up for these increases. As always, TIST will work hard to keep low cost and big results!

## IMPROVED STOVES AVAILABLE FOR PURCHASE

### Portable Manufactured Stoves.



Jikopoa: 1,400 ksh



Envirofit G-3300: 2,500 ksh



Envirofit 2-pot/ chimney attachment (to be used with G-3300): 1,200 ksh

### TIST Stationary 2-Pot Stoves with Chimney:

Prices vary based on materials used These can be built with mud (if the right type of soil is available in your area), cement or brick. Ask your cluster leaders what options are available in your area.

Note: TIST mud stoves can also now be built using the best new technology from Envirofit. These combustion chambers and 2-pot chimney attachments can be built into the stationary stove to improve durability and efficiency of the artisan built stoves.

Envirofit Stationary Stove Combustion Chamber: 2,000 ksh + labor and outer materials

Envirofit 2-pot/ chimney attachment: 2,000 ksh

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## ***Inside:***

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## **Kiama gia utongeria bwa TIST ndene ya Kenya nikineneete. Arungamiri ba o rurijo ibatonyithitue utongeriene bubu.**

**T**IST nigwita na mbele gukura na itukumenya njira injeru cia kubanga mantu nikenda tumenyeera ati tunyua tunthe twa TIST nitukwigika. Biama bia ikundi bia cluster nibiathurire arungamiri baria bagatonya kiri kiama kia rurijo kiri ndijo inyanya cia TIST. Iji niamwe na;

1. Laikipia West, Nyahururu , Wiyumiririe
2. Narumoro , Lamuria
3. Timau na gicunci gia Ntugi
4. Igembe, Kinyaritha, Imenti North na gicunci gia Ntugi
5. Chugu, part of Tharaka, gicunci kia Wendo
6. Kirimara, part of Tharaka, gicunci kia Wendo
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O rurijo rumwe rwa iji nirwathurire arungamiri bairi (muka umwe na ntomurume umwe) kurungamira rurijo rwao kiri kiama kia utongeria ba TIST ndene ya Kenya. Kiama giki kia utongeria ndene ya Kenya nandi kirina arungamiri ba o rurijo na airitiri baria barungamagira mantu mwanya mwanya.

Kiama kia utongeria gikatirimana o kiumia kia bithatu ndene ya o mweri. Kiama kia rurijo gigatirimanaga o liumia kia biiri kia mweri na kiama nakio kia gikundi gia cluster gigatirimanaga o kiumia kia mbele kia mweri.

### **Ngugi cia athure ba kurungamira ndene ya gikundi gia cluster**

- 1) Kumenya na kugaana mitire iria miega buru ya kuthithia mantu kuumania na cluster;
- 2) Kumenyeera ati kurina uritani bwa iguru buru bwa cluster bukithingatagira mantu jaria TIST iikirite;
- 3) Kumenyeera utari miti bwa iguru buru bukithingatagira mantu jaria TIST iikirite;
- 4) Kumenyeera into bia kurita ngugi niuntu bwa uritani na utari miti;
- 5) Kunenkanira kana kujukia biuria na mathuganio kuuma kiri kiama kia rurijo niuntu bwa kuthithia mawatho;
- 6) Gutambia TIST gukurukira cluster;

- 7) Kuthithia micemano ya kuthikira riria mutari miti kana muritani arungamua ngugine nikenda bamenya uumma bungwa bwa jaria jathithikire na baejana mathuganio jao jegie kurungamua ngugi kou;
- 8) Kuthithia micemano ya kuthikira mutongeria wa cluster riria atikuthingatira jaria TIST ithagirwa iikirite;
- 9) Antu baria bathuuri kuumania na gikundi gia cluster inyingi niuntu bwa kuthithia mantu ja TIST ta ategi ngugi, TSE na muritani umunene.

### **Current LC members ( Jan – June 2012) Elected Representatives**

#### **Chugu/Wendo/Tharaka**

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## Mukingo:

### Niki na Niatia tubati kwariria antu barina murimo juju.

**K**wariria muntu ni kuthikiira muntu na kumwaa kirira na wirigiro buria bukabatethia. Nimma mantu jamwe nijagwitia antu baritani kwaraniria na antu. Indi-ri, o umwe wetu no atethie gukurukira kujukia kanya kuthikira acore, antu ba nja na aturi baria barina Mukingo, guciikira iratune biao na kubekira inya na kubatethia uria uumba.

#### Ubatu bwa kuariria antu ni:

- Kumutethia kumenya thiina iria imutegerete
- Kumutethia gucua njira cia gukabana na mathiina jau
- Kugiita magamba jamathongi na jaria jabati kwegie mathiina jau

Ngugi ya counselor ni gukara nthi na muntu ou na kuthikira. Thikira biuria biawe, aririeni thiina ciawe, thikira kwegie uria bakwigua na uguua bwawe kwegie untu bou bumukarikirite. Mue utethio buria bubati na buria bugatethia kuringana na mantu jaria bakwenda, na mue wirigiro na inya. Rikana: ni sasawa kethira tutikumba gucokia biuria bionthe! Cokia bwega buru uria umbu riu ucue utethio kuuma antu bangi riria ukubwenda.

Nandi thuugania kuthikirite mwajie wa mukingo. Ni mantu jeku umbu kwira na kuatha:

1. Muntu uria urathimwa na ethirwa arina mukingo.
2. Muntu uria urina mukingo na uria urina uguua bwa gukua.
3. Muntu uri na mukingo indi nakwenda gwita na mbele kumama na muntu kana antu bangi?

#### Mathuganio:

1. Kiri muntu uria urathimwa ethirwa ari namukingo
  - Kumwira kairi na kairi ati kwithirwa urina mukingo tiku kuuga ugakua ukui. Ajii no bakari miaka makumi jamaingi bakinyunyaga ndawa iria babati na bakimenyagirwa uria babati.
  - Kumwira ati ati wenka na bangi babaingi niboonete njira ya gutuura namurimo juju.
  - Kumwatha mwajii atigane na kumama na antu nikenda murimo jutigatambe na kenda eebera kugwatithua murimo

riajairi untu buria bumba kuneneyia thiina iu.

- Kumwatha gwita na mbele gwita ngugi riria barina inya, nikenda betana mbele gwikira nja ciao mbeca cia gutumira. Antu batibati gutiga kurita ngugi niuntu barina mukingo.
- Kurikanaua kuria bwega na gwitaga o igita o igita cibitari gutegwa.

2. Kiri muntu uria urina mukingo na nagukira gukuaa

- O muntu no mwanka akue urethira arina mukingo kana atinaju kwou ni untu bwa rionthe kwigua uguua.
- Cuaa wirigiro bwa kanisa buria mwajii omba kwithirwa arina bu.
- Rikania mwajii uria kwimenyeera na kunyua ndawa kuuma kureia utuuro na kuthongomia uturire bwawe.
- Atha mwajii kujukia matagara gukinyira bioneki bimwe biawe mbele ya kwajua mono (mung'uanano, gucokanira na antu, kuanda miti, kuambiria ikundi bia gwitethia)

3. Kiri muntu uria urina mukingo na nakwenda gwitana mbele kumama na antu

- Gwita na mbele kumama na antu no gutambie murimo kiri antu bangi. Kinya kethira muntu agwatirwe ni mukingo aticiunganitie, gutuma bangi bahangika butireta kugwirua kana bugarura aria ari.
- Kurina mianya ya mukingo. Gwita na mbele kumama na antu gugatuma mwajii atirimane na mianya ya mikingo untu buria buumba gutuma akajua nkuruki kana thiina ingi ikaumira. Ebera gutirimana na mukingo kairi nikenda ukara uri na inya uria kuumbika.
- Mwajii arithuganiria atia kugwatithia muntu ungi murimo juju? Untu bubu butegagirwa atia ni antu bangi?
- Rikania mwajii ati kumama na muntu ti njira yonka ya gukaranira kana kugwirua, na kairi ni njira yonka ya kuonania rwendo.



## Kuthithia mboleo, batereza iria njega buru.

**M**boleo iji itiongeri into bia nduka na ni ya gutethia imera biaku bikuura bwega. Niinjega nkuruki ya batereza ya kugura niuntu itithithitue ni muntu, iti na uguri na itithukia imera na naria gututhiurukite uria batereza imwe ithithagia. Kurina njira inyingi cia kuthithia mboleo. Njira iji niithiritwe igitethagia ntuura imwe, indi uria atuuri ndene ya cluster yaku ni njira iriku iritite ngugi bwega kiribo.

### Kuthuranira mboleo.

1. Taara antu a kwinja kirinya giaku. Nikibati kwithirwa kiri na uraja bwa meter 4 na warie bwa meter 4.
2. Theria antu au.
3. Inja kirinya kiarami meter ithatu gwita inya na kwinama meter imwe na nusu.
4. Ooja imera biria urinabio ( Mung'uanano, mathangu na micakwe ya mpempe , ugimbi na mung'ao). Giitanga bibi binyie.
5. Ikira imera bibi kirinyene mwanka gutigare nusu meter.
6. Ongera litre ithano cia muju.
7. Riu wongere centimeter mirongo ithatu (kana kuringana na iria irio) cia ntaka ya nyomoo (ta kumania na ngurue, ng'ombe, mburi kana nguku)
8. Nandi ongera mathangu na micakwe ya imera (0.5)
9. Ongera litre ingi ithano cia muju
10. Ongera mathangu Na micakwe kairi mwanka kirinya kiende kuujura.
11. Muthiene ongera muthetu mwaka kirinya kiujure.
12. Whilst filling the hole with soil, put a long stick in the middle of the hole so it reaches the bottom.
13. Tigana na kirinya kiu kia mboleo mwanka ntuku mirongo kenda ithire (mieri ithatu)
14. Igitene riri ituura ruuji rwaku rwa ruoko kirinyene. Mung'uanano, wathiria kuthambia nyomba kana nguo, ituura ruuji riu iguru ria kirinya kiu. Kethira urina ndithia, noutuure kinya maumago jacio iguru ria kirinya. Bubu nibwongagira nitrogen kiri mboleo.
15. Geria gwikira kirinya kiu ruuji na njira iji ntuku cionthe, kana riria ruuji rukwoneka.
16. Ntuku mirongo kenda ciarika, mboleo yako ikethirwa ikuya. Tuumira muti kuthima mwanki- riria mboleo iite, niibati kwithirwa irina mwanki na nowone toi ikiuma kiri muti wajurita.

### Utumiri bwa mboleo

Warikia kwinja marinya jaku jakuanda mpempe, muya kana imera bingi, ongera nkundi imwe ya mboleo kiri o kirinya.

## Cluster ya Karoki, cluster kaana iria igukura o ntuku o ntuku.

**B**atwi, cluster ya Karoki, itwaciarirwe kuumania na cluster ya Manyatta. Gukurukira guciarana nakumenyeera ati ikundi biri antu aria antu ba cluster bonthe boomba gukinya antu a mucemano na maguru, twomba nkuruki kuritira ngugi amemba bonthe ba TIST na tukure na tuumbane!

Narua, turina ikundi bibinini mirongo ithatu na bithatu. O ntuku nituuragua ni bamwe ba aturi beetu uria bomba gutonya TIST. Ruua tukethirwa

turina ikundi bibinini mirongo itano ndene ya cluster yetu.

Nitukuithuranira kuthithia minanda ingi. Nitwitikaniritie ati o gikundi nikibati kwithirwa kiri na no munanda jumwe. Tutegerete kuanda na gwika miti ngiri igana rimwe.

Narua, ikundi bibinini ndene ya cluster yetu nibiriagwa. Guku ni kuuga ikundi bingi nibikuujuria jaria gikundi gikinini gia TIST kibati kuujuria nikenda kiumba kuriwa. Nitukwenda kwithirwa turi cluster iria itongeretie ndene ya TIST tugikinya mwaka jwa 2013!



## Ugiiti bwa miti ya miitu na kuthukua kwa muunda jwa mwitu ni thiina inene. Niatia tuumba kuthithia?

**M**iitu na ithaka nibikunikirite gicunci kimwe kiri bithatu kia muunda juria nthiguru yonthe irina ju. Niithithagia rera, ikamenyeera nduuji cietu, ikaejana into bibingi (Mung'uanano; mpao, ndawa, matunda nabingi bibingi) biria bigurwa na mbeba inyingi na biria bimenyagiira mithemba imingi ya imera na nyomoo. Obou burio, miitu na ithaka biri ndene ya milioni mirongo iiri cia hectare o mwaka nibikwinyangua. Nusu ya antu baria bari nthiguru batumagiira miitu iji ta nkuu, indi akui antu million igana bationaga nkuu cia gutumira kinya anini.

### Mantu jaria manene jaria jatumaga miitu igitwa

- Riria imera biagitwa kenda mantu jangi jeeta na mbele ta urimi, kurithia kana utumiri: nkuu, kuthithia maiga ja miako, kuumia makuyu, kuthithia mbaki, kuumia majani, gwaka na mpao.
- Kuthuukua kwa miitu ni riria mwitu jwanyiyia mithemba na wingi niuntu bwa utumiri bubuthuku na kuremwa kubangira (mung'uanano, riria miti imikuru igitagwa, kana riria muthemba jurina bata jwa kimera jugiitagwa, kana riria mwitu juriithagua nainya, mwanka miti ikaremwa gukura antu a iu igititwe).
- Ugiti miti na uthukia bwa muunda jwa miitu buria bunene buumanagia na kwithirwa guti na umenyo kwegie bata ya miti.
- Rimwe na rimwe, bata ya miti no ithirwe ijikene indi ukia na kwaga njira ingi nigutumaga antu bakagiita miiti.

### Ugiti miti nibutumaga

- **Muthetu jugakamatwa:** kwithira gutina miti na miri nigutumaga muthetu jugakamatwa.
- **Kwaga mantu jaria jaumanagia na miitu:** Kugiita miti nikwinyangagia naria nyomoo ikaraga, gukanyia wingi bwa mithemba ya imera

na nyomoo, gukanyiyia kiumo kia irio na ndawa na gukaingiyia gushindanira mpao cia gwaka. People will have to walk further for firewood, and if forest products are being bought, prices will rise.

- **Kwaga baita ingi cia miti kiri naria gututhiurukite:** Miti niritaga ngugi ya kunyiyia ruugo, kumenyeera ruuji ruria ruri ruugone, kwongera ruugo rurwega kiri rungi na kwongera irio bia imera muthetune. Kwou gutina miti rera yetu ikaaga ruuji o uria kuumbika kwa ngai inyingi, gukamatwa kwa muthetu ni ruugo, kunyiyia kwa unoru bwa muthetu na kunyiyia kwa ruugo rurwega gukwingia.

### Niatia tuumba kuthithia nikenda tuthiria ugiti bwa miitu na kwinyangua kwa miunda ya miitu?

- Twambirie minanda na tutambie kana twendie miti ya kuanda kiri ntuura.
- Gutumira mariko ja nkuu na makara jamakai
- Gutumira njira ingi cia mwanki na taa aria gukumbika (Mung'uanano, kurutiria na riuu, sawdust, kauwa, nyaki, maria, matigari ja imera, ntaka ya ndithia)
- Kuanda miti. Ithirweni buru gikundi gia TIST gikuumbana na gigwita ngugi irina maciara! Atha atuuri na acore baku gutonya kiri TIST kinya bo
- Ukarima miunda iri nterene cia ruuji kana aria kwithagirwa kurina ruuji. Tiga miti na imera bikure bikunikire nduuji iji.
- Ukarithia munda nkuruki ya uria ubati. Menyeera ndithia itiukinyira miti kenda itaminyangie kenda mwitu juumba kuuma kairi.
- Athana kuungania imera na miti kana gutumira tumiunda tugaanitue na miti. Kwithirwa urina miti muundene jwaku nigukuejaga baita cia miiti na gugagutethia kumenyeera mwitu kuria juri akui.



# Ukuji bwegie mariko jameega nkuruki ja TIST.

**K**uuma mubango jwa mariko jameega nkuruki jwambirie, ariti ngugi ba TIST nibethiritwe bari atongeria barina wiiru bwa kuleta mariko jaja kiri cluster ingi na ingi cia TIST. Ariti ngugi baba nibathimiti mariko mwanya mwanya bwega buru kumenyeera ati mariko jaja nijakuleta baita cia bata kiri atumiri.

Mweri juju, Ms. Dorothy Naitore (Mumemba wa kiama gia atongeria ndene ya Kenya), Mr. Charles Kamunya and James Mwai (Abangiri ngugi cia mariko jaja), and Ms. Salome Mbaabu (mwaki wa mariko wa TIST ndene ya igita ririnene) nibakugaana natwi jamwe ja jaria boonere.

Dorothy: "Na Jiko Poa, ndoomba kurugira antu bana ngitumagira kilo inya aki cia nkuu o ntuku. Kwongera, riko riri nirirugangaga. Guchamukia litre imwe ya ruuji kujukagia ndaika ithano aki, liter inya cia chai ikajukia ndaika ikumi na nonduge mukimo kana muthere jwa antu batano na ndaika mirongo inna na ithano aki."

Dorothy naathimite riiko ririeru ririna mariko jairi na chimney. Naathimire agutiga gutumira gas na makara aambiria gutumira nkuu agitumagira riiko riri, naumite kuuma kiri gutumira ngiri inya na Magana jairi o mweri mwanka Magana kenda aki o mweri kiri nkuu. Na njira iji, mariko jaja mathongi nijairiagaira ntuti.

James, Charles na Salome kinya bo nibathimire utumiri ba riiko ria maari jathatu na bateganiria na riiko ria nyungu ijiri ria ntaka. Kiri o muntu, niboombire kunyiyia utumiri bwa mbeca gicunci kimwe kiri o bitana gwita kimwe kiri o biiri.

## IMPROVED STOVES AVAILABLE FOR PURCHASE MARIKO JARIA JARIO JARIA UMBA KUGURA

### Mariko ja kugura jaria jombwa gukamatwa



Jikopoa: 1,400 ksh



Envirofit G-3300: 2,750 ksh



Envirofit 2-pot/ chimney attachment (to be used with G-3300): 1,200 ksh

### Riiko ria TIST riria ritumba gukamatwa ria nyungu ijiri ririna Chimney:

Mooguri nijakuringana na biria bitumiritwe kujathithia. Jaja nojathithue na ntaka (kethira muthetu juria jubati juri ntuurene yenu), simiti kana maiga. Uria atongeria benu ba cluster ni mariko jeku jabua ntuura yenu.

Menya: Mariko ja TIST ja ntaka nandi nojathithue gutumira njira injeru kuuma Envirofit. Aria gwikagirwa nkuu na chimney ya mariko jairi no itonyithue kiri riiko riri rithithitue riti ria gukamata nikenda rikara igita riraja na ririta ngugi bwega nkuruki

Antu a kuithiria nkuu kiri riiko riri ritikamatagwa kumania na Envirofit : 2,000 ksh na ariti ngugi na into bingi biria bikendeka Chimney ya Envirofit ya nyungu ijiri ya kwongera: 2,000 ksh

# Mazingira Bora



# TIST

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

**Kikuyu Version**

An Environmental, Sustainable  
Development and Community Forestry  
Program.



**TIST New Leadership Council Members**

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# **Kanju ya utongiria ya TIST kuneneha: Arugamiriri a icigo ngurani kuingirio kanju-ini.**

**T**IST no irathii na-mbere na gutherema, na niturathii na-mbere na guthondeka njira cia gutigirira migambo ya TIST niyaiguika. Gikundi gia kanju ya cluster nigithurire arugamiriri kuma kanju ya icigo hari icigo 8 cia TIST na nicio;

1. Laikipia West, Nyahururu , Wiyumiririe
2. Narumoro , Lamuria
3. Timau na icigo imwe cia Ntugi
4. Igembe, Kinyaritha, Imenti North na icigo imwe cia Ntugi
5. Chugu, na icigo imwe cia Tharaka, na icigo imwe cia Wendo
6. Kirimara, na icigo imwe cia Tharaka, na icigo imwe cia Wendo
7. Kirinyaga, Mbeere
8. Mara, Mau

O gicigo nigithurire arugamiriri 2(muthuri umwe na mutumia umwe) mamarugamirire icigoini ciao thiini wa kanju ya utongoria Kenya. Kanju ya utongoria riu ithondeketwo ni arugamiriri a icigo na atungati a kwirutira.

Kanju ya utongoria iricemanagia kiumia gia gatau hari o mweri, kanju ya icigo niirikoragwo na mucemanio kiumia gia keeri hari o mweri nayo kanju ya ikundi cia cluster iricemanagia kiumia kia mbere o mweri.

## **Uigiririki wa arugamiriri aria mathuritwo a cluster.**

- 1) Guthundura na guthomithania mitaratara miega;
- 2) Gutigirira kuri na githomo kia iguru kuri cluster kuhitukira mitaratara miega ya TIST;
- 3) Kumenyarera mitambo na indo cia guthomithania na gutara miti.;
- 4) Gukinyia mathinana mawoni niguo gukinyaniria mitaratara kuri kanju ya icigo(na kuma kanju ya utongoria);
- 5) Gutheremia TIST kuhitukira cluster iria ciri kuo;

- 6) Gutabania guthikiririo kwa ciira angikorwo quantifier kana muthomithania niarugamitio wiira na atuithanie;
- 7) Atabanie ciira angikorwo mutongoria wa cluster ndararumirira njira cia TIST;
- 8) Guthuura andu kuuma ikundi cia cluster hari uigiririki makiria thiini wa TIST ta Auditor,TSE kana mathomithania munene.

## **Current LC members ( Jan – June 2012) Elected Representatives**

### **Chugu/Wendo/Tharaka**

1. Mishech Mwithi Mwenda - 0720173680.
2. Joan Wangari - 0725649763

### **Kirimaara/Wendo/Tharaka**

1. Grace Gatheri Nyamu (Kiburia) - 0720 918 461.
2. Joseph Kilonzi (Tunyai) - 0723 002 976

### **Timau/Ntugi**

1. Catherine Karambu- 0718601468
2. Geoffrery Mbaavu - 0720906127.

### **Naromoru/Lamuria**

1. Ruth Kawira -0716106318
2. Richard Kahora - 0721153484

### **Kirinyaga/Mbeere**

1. Regina Mweni - 0715555726.
2. Jamlick Nyaga - 0725609745

## **Operational Representatives**

1. Mary Kathei - 0726 283425
2. Jeniffer Kithure – 0726 319539
3. William Mugambi – 0723 642069
4. Kimani Mwangi – 0722 477321
5. Purity Mugo – 0724 1198 15
6. Dorothy Naitore – 0726 788 662
7. Charles Ibeere – 0720 474 209
8. Peter Hinga –0724 259 797
9. Martin Weru 0722 846501



## Murimu wa Mukingo: Itumi cia gutaarana.

**G**utaara kuugite guthikiriria mundu na kumuhe uteithio wa kumuguna na kumumiriria. Nima kuuga ati maundu mamwe nimarabatara mundu uthomeire utaarani. Onagutuika ithuothe turi na ikinya ria guthikiriria arata, na aria turiganitie mari na murimu wa Mukingo, tukeikira iratu-ini ciao na kumahe ciugo ciakumomiriria na uteithio.

### Itumi cia gutaarana ni;

- Guteithiriria muruaru gutaukwo ni thina uria ari naguo.
- Gucaria njira cia kuhurana na thina uyu.
- Gutua matua mega na magiriire megii thina uyu.

Uigiririki wa mutaarani ni guikara thina guthikiriria. Thikiriria ciuria ciao, araniria nao iguru rigii mathina mao, thikiriria na unyite maundu maria maretigira. Mahe ugoro wama na wakuigana kuringana na mabata mao, mahe mwihoko na umomiririe. Ririkana: niwega angikorwo tutikugia na macokia mothe kuma kuri muruaru! cokia ciuria haria wahota na no ucarie uteithio.

Tawicirie urataara muruaru wa murimu wa mukingo. Ciugo ciaku cia kumutaara na kumumiriria ni iriku?

1. Mundu uria umenyete kahinda gatari kanene ati ari na murimu wa mukingo.
2. Mundu uramenya ari namurimu wa mukingo na niaretigira.
3. Mundu urina murimu wa mukingo na niarenda guthii na-mbere na kuonana ki-mwiri.

### Ideas

1. Kuri mundu wamenya ari ari na murimu wa mukingo.
  - Muririkanie ati mundu ari na murimu wa mukingo tikuuga ati niegukua na-ihanya. Aruaru nomatuure miaka miingi mangiamukira urigitani na umenyerezi mweka.
  - muririkanie ndari nyika na kuri angi aingi

mahotete gutuura na murimu uyu.

- Muhinyiririe atigane na kwonana ki-mwiri niguo murimu ndugathereme na kurwara makiria.
- Muhinyiririe athii na-mbere na kuruta wira riri ari na hinya na athii na-mbere nakwonjorithiria nyumba yake. Andu matiagiririe gutiga kuruta wira tondu nimanyitwo ni murimu wa mukingo.
- Muririkanie arie weega na akoro agiceerera thibitari.

2. Kuri mundu uria uri na murimu wa mukingo na niaretigira gukua

- Mudu o wothe no muhaka agacemania na gikuu ari na murimu wa mukingo kana Atari nan i kawaida gwitigira gikuu.
- Geria kumumiriria kuhitukira njira ciagikanitha iria athomaga
- Muririkanie uria urigitani mweka na mirire miega yongagirira muturire.
- Mumiririe arute wira na hinya akinyanirie cioneki riria ari na hinya.

3. Kuri mundu uri na murimu wa mukingo na niarenda guthii na-mbere na kuonana ki-mwiri.

- Guthii na-mbere na kuonana ki-mwiri nigugetheremia murimu kuri andu angi, anaangikorwo muruaru anyitire murimu na mutino, gutuma angi mahanane tikweka na gutingicenia maundu.
- Nigukoragwo nga mathina ngurani murimu-ini wa mukingo. Guthii na-mbere na kwonana ki-mwiri nigukumuiga ugwati-ini kuri mathina mangi na mirimu ingi na guthukie maundu.
- Eciragia atia ugoro-ini wa gutheremia murimu wa mukingo mundu akimenyaga na mawoni make ni mariku undu-ini uyu?
- Muririkanie kwonana kimwiri toyo njira ya kwonania wendo nikuri na njira ingi nyingi.



## **Kuhariria thumu, fertilizer yaki-nduire.**

**T**humu uyu ni fertilizer yak i-nduire guteithiriria gukuria irio. Nimwega gukira fertilizer iria cikoragwo na chemicals tondu niya ki-nduire, utari na marihi na nduthukagia mimera kana maria maturigiciirie ta fertilizer iria ingi. Kuri na njira nyingi cia guthondeka thumu. Njira ino niikoretwo ikihuthika kundu kuingi no uria arimi a cluster yanyu njira iria mahuthagira na cimatheithagia.

### **Kuhariria thumu.**

1. Caria handu hega haguthondekera, hagiriirwo gukorwo hari 4m by 4m.
2. Theria handu hau.
3. Enja irima riri na warii wa 3-4m na uriku wa 1.5m.
4. Ungania matigari ma mimera(mahuti na mabebe kana maboco). Matinangie.
5. Mekire irima-ini na utigi 0.5m.
6. Ikira 5lts cia muhu.
7. Ikira mai ma ng'ombe 30cm
8. Ikira mahuti mangi(0.5m)
9. Ikira muhu ungi (5lts)
10. Ikira mahuti mangi na uiyurie irima.
11. Ikira tiiri
12. Ukiiyuragia irima na tiiri handa muti gatagati ak irima kuma thi.
13. Reke thumu unine 90day
14. Kahinda-ini gaka, huthira maai ma giko gutiriria irima, angikorwo uri na mahiu nowikire mathugumo mamo.
15. Itiriria o muthenya kana riria maai monekana.
16. Thutha wa 90days thumu wagira wagiriirwo gukorwo uri muhiu. Huthira muti kana thermometer thumu wahia na wagiriirwo gukorwo uri muhiu.

### **Mahuthiro ma thumu.**

Riria wenja marima makuhandira mbembe, muhia na mimera ingi, ikira thumu ruhi rumwe o irima.

---

## **Karoki Cluster, cluster nini irakura o muthenya.**

**I**thui turi cluster ya Karoki, nitwaciarirwo kuuma cluster nene ya Manyatta. Niundu wa gutherema na gukorwo na uuma ati ikundi iri thiini wa hadu hangithiio na marugu nituhotete gutungatira amemba a TIST thiini wa cluster na gukura makiria!

Umuthi uyu turi naikundi 33. O muthenya nitukoretwo tukiamukira mahoya makuigira TIST kuma kuri aria maturigiciirie. Nitukugia na ikundi 50 thiini wa cluster iitu.

Niturehariria niguu tuthondeke tuta ingi. Nitwitikaniirie ati o gikundi no muhaka gikorwo na tuta imwe. Kioneki giitu nikuona ati nituagia na miti 100,000 iria iri muoyo.

Umuthi, ikundi nini 30 thiini wa cluster niciasukagira marihi. Uu nikwonania ikundi nicikoretwo cikinyaniirie ikiro cia kwamukira marihi. Niturenda gukorwo turi cluster iria itongoretie gugikinyiria mwaka wa 2013!





## Utemi wa miti na uthukangia wa migunda ya mititu ni thina munene, tungika atia?

**M**ititu ikoragwo ihumbirite gicunji kia imwe hari ithatu gia thi. Niyo inyitagirira riera, kugitira ihumo cia maai, gutuhe mbau, dawa na matunda iria ni cia goro muno na gutuma nyamu na andu maturue. Na noirathii nambere na guthukangiona njira nene muno. Nuthu ya muingi wa thi ukoragwo wihokete mititu, na andu ta 100 milion matiri na ngu ciakuigana.

### Itumi nene cia utemi wa miti:

- Utemi wa miti wonekaga riria kwoneka nokurimike kana kuriithio mahiu na njira ingi ta gutema ngu, ucini wa maturubari, utegi ucini wa thamaki, ucini wa mbaki, umithia wa macani waki na waturi wa mbau.
- Uthukangia wa mititu ni riria mititu yanyiha niundu wa kuhuthirwo uuru na kwaga kumenyererwo (muhiano ta riria miti minene yatemwo gwatigara miti itari miraihu kana miti ya bata riria yatemwo ona kana kuriithio mahiu)
- Uthukangia na nutemi wa mititu muingi umanaga na kwaga umenyo wa bata munene wa miti.
- Njira-ini ingi, bata wa miti noumenyeke no ukia na andu gwiciria gutiri na njira ingi niguumaga mititu ithire.

### Maciaro ma uthukangia wa mititu.

- Gukuuo gwa tiiri ni maai: kwaga kindu kihumbirite tiiri

- Kwaga mawega maria maumanaga na miti ta nyamu, dawa irio, andu mathiaga kundu kuraihu gucietha.
- Kwaga mawega maria marehagwo ni miti: miti ni huthikaga kunyihanyihia ruhuho, kuiga ugungu na gutheria riera o hamwe na kwongerera tiiri hinya. Tutari na miti riera riitu niriguthuka na tukorwo ugwati-ini wa wa ng'aragu.

### Niatia tungika kugitira uthukangia wa mititu?

- Ambiriria tuta na uheane kana wendie mimera ya miti.
- Huthira riiko ritarahuthira ngu nyingi. huthinra njira ingi ya kuruga na kuhiuhia maai (ta kuhiuhia maai na riua, mhanda mitiura, makoni ma kahua nyeki na mai ma ng'ombe).
- Handa miti kwa uingi, ingira TIST na uingiria angu.
- Ndukarime mugunda hakuhi na ruui. Reke miti na mimera ingi cikure na ugitire maai.
- Ndukariithie mahiu mugunda muno. Ndukareke ng'omb irie kuria kuri na mimera ya miti.
- Handa miti mugunda-ini uria uria urahanda irio. Riria wahanda miti mugunda niuhotaga kwigwatira mawega ma mutitu.



# Uira wa riiko ritarahuthira ngu nyingi.

**K**uma riria mutaratara wa riiko ritarahuthira mwaki muingi wambiriirie, atungati a TIST nimakoretwo na wendo munene wa guthongekera arimi aingi thi-ini wa cluster mariiko maya. Atungati nimakoretwo makigeria riiko riri na njira ya umenyereeri munene niguu gutigirira riiko niriaheana uteithio uria wagiriire kuri ahuthiri.

Mwari uyu, Ms. Dorothy Naitore (mema wa kanju ya utongoria), Mr. Charles Kamunya na James Mwai atabania a riiko), na Ms. Salome Mbaabu (muthondeki wa kahinda karaya wa riiko) nimaraheana mawega ma riiko riri.

Dorothy” ndi na *jikopoa*, nohote kurugira andu 4 ngihuthira ngu 4kgs o muthenya. Na ningi, nirirugaga na ihenya. Gucamura iria 1lt kuhuthagira 5mins, chai 4lts ni ndagika 10, na nonduge irio ta githeri kia andu 5 na ndagika 45”.

Dorothy niageretie mariiko mangi 2 mari na chimney. Niaregereria ati, angitiga kuhuthira gas na makara na ambiriirie kuhuthira ngu na riiko riri niakoretwo akiuma kuhuthira 4,200 ksh o mwari nginya 900ksh o mwari. Na kuhitukira njira ino, riiko riri niricokagia mbeca ciario na ihenya.

James Charles na Salome onao nimageretie mariiko mangi 3 na makaringithania na riiko ria nyungu 2 ria ndoro. Nimonire nouhonokie mahuthiro na gicunji kia 20-50%.

TIST riu niroya orders cia mariiko maya. Thogora wa riiko riri niuthiite iguru kuuma mwaka muthiru tondu athondeki nimakoretwo na ngarama ya ukuu na nihaicite. Ona kuri o uguo amema nimagiriirwo nikwona kiria marahonokerio na ta uria tukoretwo tugiika, nituguthii na mbere na gwika maundu manene tukihuthira mbeca nini.



Envirofit G-3300: 2,500 ksh



Envirofit 2-pot/ chimney attachment (to be used with G-3300): 1,200 ksh



Jikopoa: 1,400 ksh

## TIST Stationary 2-Pot Stoves with Chimney:

Thogora uringanaga naindo iria cihuthirikite guthondea riiko, uria mutongoria wa cluster yanyu muthemba uria uroneka kwanyu.

Ririkana: riiko ria TIST ria ndoro riu norithondekwo na njira cia ki-riu kuma Envirofit na rihote gutuura matuku maingi na rirute wira na njira ya uhuthu.

Envirofit Stationary Stove Combustion Chamber: 2,000 ksh + wira na indo cia guthondeka. Envirofit 2-pot/ chimney attachment: 2,000 ksh

# Mazingira Bora



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**Kikamba Version**

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**TIST New Leadership Council Members**

## ***Inside:***

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**Nzia ya kuseuvia vuu wa yiima vandu va vuu usevitw'e na ndawa (Fertilizer). Page 4**

**Ngwatanio ya karoki, ngwatanio kana ila iendee kwiana munyenya kuthi ungi. Page 4**

**Kwanangwa kwa mititu na kwanangika kwa itheka sya mititu ni withiitwe wi thina munene.**

**Nata tutonya kwika? Page 5**

**Mokusi iulu wa yiiko ya tist yakusuvia mwaki yila yisevitwe na useo ungi mwingi mbee wa yambee. Page 6**



# Utongoi wa kanzu ya TIST ni uthathaite na kulikana na ayumbe ma isio.

**N**undu TIST ni yiendee na kwiana ni tuendee na umantha nzia nzau sya kwailya kwalania na kuikiithya kana wasya w'othe wa TIST niweew'ika. Kanzu ya Ikundi sya ngwatanio ninyuvite na niisakuite ayumbe moo nthini wa kanzu na isio nyaanya (8) sya TIST nisyikite uu. Isio ii nita:-

1. Laikipia West, Nyahururu, wiyumiririe
2. Narumoro, Lamuria
3. Timau na isio sya Ntugi
4. Igembe, Kinyaritha, Imenti Nort na isio sya Ntugi
5. Chugu, isio sya Tharaka, isio sya Wendo
6. Kirimara, Isio sya Tharaka, Isio sya Wendo
7. Kirinyaga, Mbeere
8. Mara, Mau

Kila kisio kya kila kimwe kati wa ii nisya nzakuie ayumbe eli nthini wa kikundi kyoo ala ni mundu muka umwe na munduume umwe matonye kulikana na utongoi wa kanzu ya TIST Kenya (TIST Kenya leadership council). Kanzu ya utongoi yu iseuvitw'e ni ayumbe ma isio na athukumi ma TIST ala matwaiiasya uthukumi wa TIST (operation servants)

Kanzu ya Utongoi (Leadership council (LC)) ikakomanaa kila kyumwa kya katatu kya mwai. Kanzu ya Isio (Regional Councils (RC) ikakomanaa kila kyumwa kya keli kya kila mwai na indi mbumbano sya ikundi (Group of Cluster Councils (GOCC)) makakomanaa kyumwa kya mbee kya kila mwai.

Mawia ma ayumbe ma ikundi (Group of Cluster Representatives)

1. Kumanya/kuvuania nzia nzau na mbailu na kuvundisya ala angi ma kikundi.
2. Kuikiithya kumanyiw'a kwa nzia yi iulu kuatania na mawalany'o ma TIST nthini wa ikundi
3. Kuikiithya kuthian'wa/kukunikilwa na kuvitukithw'a kwa uimi wi iulu na mwailu kuatania na mawalany'o ma TIST
4. Kusuvia miiyo ya kuthukuma ya kuvundisya naya kuthuima.
5. Kunengane livoti iulu wa syindu ila syaile ukunikilwa na mawoni kwa kanzu ya isio na kuma kwoo kuthi kwa LC
6. Kuthathasya TIST maitumia ngwatanio sya

ikundi ila syivo

7. Kwika ukunikili wa kiutongoi ethiwa Muthiniani/muvitukithya kana muvundisya/mwalimu niwaungamw'a wia kumanya uw'o vala ui na kunengane mawoni iulu wa kuungamw'a kuu.
8. Kwika ukunikili wa kiutongoi ethiwa mutongoi wa ngwatanio ya ikundi ndekuatia mawalany'o ma TIST.
9. Kukusiia andu kuma ikundi sya ngwatanio kwongelwa mawia thini wa TIST ta kukunikila masavu (Auditor), TSE kana Master Trainer.

## **Ayumbe ala mevo yu (LC) (Jan - June 2012) ayumbeayuve ni:-**

### **Chugu/Wendo/Tharaka**

1. Misheck Mwithi Mwenda - 0720 173680
2. Joan Wangari - 0725649763

### **Kirimaara/Wendo/ Tharaka**

1. Grace Gatheri Nyamu (Kiburia) - 0720918461
2. Joseph Kilonzi (Tunyai) - 0723002976

### **Timau/Ntugi**

1. Catherine Karambu - 0718601468
2. Geoffrey Mbaavu - 0720906127

### **Naromoru/Lamuria**

1. Ruth Kawira - 0716106318
2. Richard Kahora - 0721 153484

### **Kirinyaga/Mbeere**

1. Regina Mweni - 0715555726
2. Jamlick Nyaga - 0725609745

### **Operational Representatives**

1. Mary Kathei - 0726283425
2. Jeniffer Kithure - 0726319539
3. William Mugambi - 0723642069
4. Kimani Mwangi - 0722477321
5. Purity Mugo - 0724119815
6. Dorothy Naitore - 0726788662
7. Charles Ibeere - 0720474209
8. Peter Hinga - 0724259797
9. Martin Weru - 0722846501



# Uwau wa muthelo (HIV and AIDS)

## Niki na niaata tutonya kutaana?

**K**utaa ni kwithuthiisya kana kwithukiw'a ni mundu akautavya ndeto sya umiisyo na wikwatyo'o. Niw'o maundu amwe nimendaa andu asomethye iulu wa motao. Onavala kila umwe witu niwaile kwosa ivinda ya kwithukiisya anyanya, andu ma musyi na atui ala mena tulinyu tuu twa uwau wa muthelo, tuyiyikia mavusoni moo na tuimanenga ndeto sya uthuthio na utethyo undu tutonya.

### Kitumi kya kutawa nikyau

- Kutuma mundu aelewa mathina ala mamwikumbilite
- Kumantha nzia ya kukilya mathina aya
- Kutw'a utw'i museo iulu wa nthina usu wi kw'okoni

Wia wa mutai ni kwikala na ula wina nthina na kumwithukiisya. Ithukiisye makulyo, neenanisyai manthina, iw'a iulu wa undu unukwiw'a, kwisilya na w'ia wake iulu wa kila kyeethiwe. Munenge ndeto itonya umutethya kwianana na nthina ula winaw'o, mathuthye na kumanenga umiisyo vamwe na wikwatyo. Lilikana:- niuseo tutesi mosungio oothe, sungia undu utonya na uimatha utethyo kuma anduni angi ula utonya kwithiwa uyenda.

Kwoosa ta ukutaa mundu wina uwau wa muthelo.

Ni ndeto syiva sya umiisyo na sya utethya umutavya mundu ethiwa:-

1. Mundu auma kuthimwa na eethiwa ena tulinyu tuu twa muthelo
2. Mundu wina uwau uyu wa muthelo ula ukukia kikw'u
3. Mundu wina uwau wa muthelo unukwenda kuendee na kumanyana kimwii na mundu ungi.
  1. Kwa mundu ula wathimwa na eethiwa ena t ulinyu tuu
    - Muikiithye kana kwithiwa wina uwau uyu tikwasya kana wikw'a oyu. Mutavye awau ma uwau uu nomekale mithenya mingi ethiwa nimeukwata uiiti na ndawa ila syaile.
    - Mutavye kana ndeweka, andu aingi nimawaie uwau uu nanimamanyie nzia sya kwikalaa naw'o.
    - Muthuthye aekane na kumanyana kimwii na andu angi kusii kunyaiika na kuveta

kukwatwa ni uwau uyu ingi (reinfection) ila itonya utuma uwau uu umuemee munombee.

- Mathuthye kuendee na wia na kukwata vinya na kusevisya musyi wake uthwii. Andu maiekaa kuthukuma ati nundu mena tulinyu tuu twa uwau wa muthelo.
  - Mulilikanye kuya liu wina vinya na kuthi kiliniki kila ivinda kusiw'a
2. Kwa mundu ula wina uwau uyu na nukukia kukw'a
    - Kila mundu nilasima akakw'a emuwau ona atemuwau na niundu wa kila mundu kukia kikw'u
    - Muthuthye kwa nzia ya muikiio wake ona ethiwa niwa ndini yiva
    - Mulilikany'e kana kuyanese, kutumia ndawa nikutonya kwailya thayu wake na akekala muno
    - Muthuthye ekie vitii kuvikia mawendi make mbee wa atanamba kuvinyiwa ni uwau uyu. (Ta kusevya ikundi, kuvanda miti, kukwatana na andu)
  3. Mundu muwau unukwenda kuendee na umanyana kimwii na mundu ungi
    - Kuendee na kumanyana kimwii na mundu ungi nokuete kunyaiika kwa uwau uyu kwa andu angi. Ona ethiwa mundu akwatiw'e uwau uyu kwa mutino muthuku, kuunyaiikya kana kukwatya andu angi kuinenganae utanu kana kualyule maundu.
    - Kwimithemba mingi ya tulinyu tuu na kuendee na kumanyana kimwii nokutume tualyuka ukethia ona nitwaingiva natwatwika muthemba ungi muthuku kute ula winaw'o natuite mathina angi. Vatonyeka ivetane na nzia ila itonya utuma ukwatw'a uwau uyu ingi yakeli nikana wikale wi mulumu kwa ivinda yiasa undu vatonyeka.
    - Nikyau kiutuma wenda kunyaiikya uwau uyu? Ni mwikalo wiva wiualyukanu na mwikalo uu?
    - Mulilikany'e kana kumanyana kimwii tiyo nzia ya kutana yoka kana kwonania wendo. Ve maundu angi maingi matonyakuete kwianiwa thayuni uyu.



## Nzia ya kuseuvya vuu wa yiima vandu va vuu useuvitw'e na ndawa (Fertilizer).

Vuu utetheeasya liu/kila uvandite kumea wina vinya, Nimuseo nundu ndwithiawa na ndawa ta fertilizer, nawiseuvasya mwene kwoou ndutumiaa mbesa kuua, ndwanangaa liu ona nduthukasya mawithyululuko ta vuu useuvitw'e na ndawa (Fertilizer). Kwinzia mbingi sya useuvya vuu wa yiima. Nzia ithi nisyithiitwe syisya vata kwa isio imwe, indi kulya atui kana ala mwikundini kimwe ni nzia yiva ila ithukumite nesa kwoou thini wa kuseuvya vuu wa yiima.

Nzia ya kuseuvya vuu wa yiima

1. Sisya vala ukwisa yiima ya matambya ana kwa ana(4 x 4).
2. Nthesya kisio kiuu
3. Inza yiima ya matambya atatu kwa ana na uliku wa itambya na nyusu (3x4x1.5)m.
4. Kolany'a matialyo oothe ma mimea ta matu ma mboso, mavemba, mithamba noitilanga tulungu tunini.
5. Matialyo aya ikia yiimani mavike ta nyusu itambya (0.5m)
6. Itikisya lita itano sya muu
7. Mantha mai ma ngombe, mbui, nguku ka ngulue iulu uliku ta wa 30cm
8. Ikia mavuti/matialyo angi ma mimea uliku wa nyusu itambya(0.5m)
9. Ongela muu ungi wa lita itano
10. Ongela matu, mithamba, makusa muvaka yiima yusue
11. Mwisu indi alala na muthanga iulu .
12. Uendee na kusuya yiima ikia muti kati kumanthi vala yiima yivikite.
13. Tia yiima yii ya vuu vandu va mithenya 90 (Mwai itatu)
14. Ivindani yii tumia kiw'u kithuku kwita iulu wa yila iima onaethiwa ni maumao ma indo undu uu wongelaa nzeve ya unosya (nitrogen) vuuni.
15. Tata kungithya yiima yii uu kila muthenya kana yila kiw'u kyooneka
16. Itina wa myai itatu kana mithenya miongo keenda (90days) vuu ukeethiwa wimuvye. Tumia ula muti ta kithimi kyaku - Wawumya waile ithiwa wimuvyu na nowone uitoa kana vala muti usu waumya vaitoa.

### Utumii wa vuu wa yiima.

Yila watema mitau kana wenza maima ma kuvanda ta yila uuvanda mbemba, muvya kana okila withwa uivanda ikia ngundi imwe ya vuu iimani yiu kana mitau isu ukuvanda.

## Ngwatanio ya karoki, ngwatanio kana ila iendee kwiana munyenya kuthi ungi.

Ithi nthini wa ngwatanio ya Karoki, nitweanie kuma ngwatanioni ya ikundi sya ngwatanio ya Manyatta. Kwa kwingiva na kwona ikundi nithengeanie na vandu va ukomania nivandu vaseo vauthukuma ene oothe ma TIST ngwatanioni ino na kwiana kwailu..

Umunthi twina tukundi 33 na kila muthenya nitukwataa atui mekwenda ulika TIST. Omituki nitukwithiwa na tukundi 50 nthini wa ngwatanio

yitu. Tuendee na kwivanga kuseuvya ivuuo ingi. Nitueleanitwe kana kila kakundi nikaile inyiwa vainyina na kivuio kimwe. Kieleelo kitu nitwithiwe na miti 100,000 mivande na yianite tuivika mwiso wa mwaka uyu.

Umunthi tukundi 30 thini wa ngwatanio yitu nitukwataa ndivi. Undu uyu wionany'a tukundi tunini twa TIST notwithiwe tutonya ukwata ndivi. Twienda twithiwe tutongoetye tuivika mwiso wa mwaka wa 2013!



# Kwanangwa kwa mititu na kwanangika kwa itheka sya mititu ni withiitwe wi thina munene. Nata tutonya kwika?

**M**ititu yanangawa yila miti yatemwa na ikuthu ila iwwikite kisio kiu kuvetwa.

Mititu niwwikite kisio kya ta imwe iulu wa itatu kya nthi yothe. Mititu niyietae uvinduku wa nzeve, ikasuvia w'umo wa kiw'u, ikatune mosyao mayo ta ngu, mbwau, matunda, ndawa na angi maingi maundu aya ni malato munene na nitetheeasya mithemba ya miti na nyamu kwithiwa/kwikala. Indi niendee na ngwanangwa kwa kilungu kinene kya milioni miongo ili kwa kila eka umwe kila mwaka. Nyusu ya ekali manthi metethasya kwisila mitituni ino ta kwa mwaki/ngu, navaili oou andu ta milioni iana yimwe mena uvungulu wa mwaki/ngu wa kutuma meka maundu maniini ala maile ika.

Ni itumi syiva ietae Thina wa Mititu munamuno:

- Mititu yanangawa yila andu meenga mayenda kuima, kuithya, na kutumia ngu, kuvivya mavali/matuvali, kutoeesya makuyu, kuthia mbaki, kumya maiani, kwaka na mbwau.
- Kwanangika kwa mititu kwithiawa yila mutitu wavutha na weethia ndutonya kwikala nundu wa kutumiwa nai na vate muvango. Ngelekany'o yila miti mikuu yatemwa na vaitiwa ikuthu syoka, kana yila muthemba muna wa muti niw'o ukutemwa na kuvetwa, kana yila mutitu usu waithw'a muno uteunewa nzeve ukeyaka, na yila mutitu uteuekwa miti ikeana kuvwika kilio kya ila mikw'u.
- Kwanangika kwa mititu na itheka syayo kuetawe ni unyivu wa umanyi iulu wa vata na vaita wa mititu/miti.
- Kundu kungi vata wa mititu nowithiwe wisikie indi nundu wa thina andu mayona titave nzia ingi ya kwikala andu maitema miti na kwananga mititu.

Mathina ala maumanaa na kwanangwa kwa mititu

Kukuwa kwa muthanga:- Yila vate kindu kivwikite muthanga muthanga niwithiawa ute mulumu na kwoou kukuwa ni mituki.

Kwaa kwa maueti ma mititu:- Yila miti/mititu

yeethiwa itevo vethiawa vate wikalo wa syindu ila syaile ithiwa vo nundu vayithiawa liu, ndawa, naindi kulimana kuyingiva na thoowa wa syindu ta ngu nakila kingi kikwatikanaa mitituni uyithiwa wi iulu muno.

Kwaa kwa vaita ingi sya miti thini wa mawithyululuko:- Miti nisuviaa kiseve kikanange, nitumaa kimeu kikala, niseuvasya seve ya andu kutumia, niyongelaa unou muthangani. Indi vate miti withiaa nzeve ya kisio niyavinduka na kweethiwa na munyao ingi kukethiwa na muthanga kukuwa ni nzeve kana kiw'u, unou wa muthanga kuoleka na nzeve ntheu ya kuveva.

Tutonya kwika ata indi kusiiia kwanangika kwa mititu na itheka syayo?

- Kuseuvya ivuio na kunengane ka kuteea atui na mbaitu miti ino ya kuvanda.
- Kutumia maiko ma usuvia mwaki/ngu ala mendaa makaa kana ngu nini.
- Kutumia nzia ingi sya mwaki (ta kutumia sua, makavo, nyeki, yiia, kyaa kya indo, makoloso)
- Kuvanda miti na kutwika umwe wa nduika sya TIST. kuthuthya atui na anyanya malike ngwatanioni na ikundini sya TIST.
- Ndukaime nguumoni sya mbusi kana vala ve ndia. Eka miti na ikuthu imee isuvie kiw'u kiu.
- Ithiwa wi metho ndukaithye kitheka kikaue vvu. Siia indo kuthi vala ve miti minini iendee kwiana (nundu indo niisaa mithya na kutuma ieka kwiana) nikana yithiwe itonya kuseuvya mutitu.
- Thuthya andu kuvanda miti ona miundani kana kuvanda miti mithei kisioni kinini kithekani kwoo/kwaku. Kwithiwa na miti kithekani kyaku kwiutetheesya we kwithiwa utonya ukwata syindu syothe utonya kwithiwa uyenda kuma mutituni na kwoou usuvia ula mutitu wivakuvi naku.



# Mokusi iulu wa yiiko ya tist yakusuvia mwaki yila yiseuvitwe na useo ungi mwingi mbee wa yambee.

**K**uma yila tweethiwe na walany'o wa maiko aya athukumi atongoi ma TIST nimeethiwe na wendi museo wi mbee na kuete maiko aya kwa ikundi nyingi sya ngwatanio sya TIST. Athukumi aya nimasyimithisye maiko aya na kwona maiko nimeunengane vaita ula ukwendekana kwa ala mekutumia.

Mwai uyu, Ms. Dorothy Naitore mwene umwe wa utongoi wa wa Kanza (Leadership Council Member), Mr. Charles Kamunya na James Mwai (Improved Jiko Coordinators), na Ms. Salome Mbaabu (Musevya wa Maiko ma TIST kuma tene) nimatunengie kila kya kwatikanie na kyoonekie iulu wa maiko aya.

Dorothy: "wina Jikopoa no uue liu wa andu ana (4) uitumia kilo inya (4kg) sya ngu kwa muthenya. na yiuua na mituki nundu kutheukya yia lita umwe ni ndatika itano, kuaa kyai kya lita inya ni ndatika ikumi, na kuaa mukimwa na liu ta isyo sya andu atano ni ndatika miongo ina na itano.

Dorothy ni usyimithitye yiiko ya masilia eli yina mulingoti. Nu naisye nuekete utumia gas na makaa akambiia utumia ngu maikoni aya. Mbeeni ni unatumiaa silingi 4,200/- kila mwai no yu etumia silingi maana kenda (900/-) kila mwai kwa mwaki. kwa nzia ino maiko aya nimeyiivaa.

James, Charles na Salome nimasyimithisye iiko ya mavia atatu maisyaanisya na maiko ma mbisu ili ma yumba. Nthini wa kila isyimithya nimoonie masuviaa mwaki kwa kilungi kikati wa 20 - 50% kwa uyiana.

TIST niyiendee na kuandika maiko ala metitw'e onakau mathooa ma maiko aya nimaendee na kwambata kuma kwi mwaka muthelu kwa kukuithya na kuseuvithya nundu wa kwongeleka kwa thooa wa mauta. Onavala ene nimaile kwona mbee nundu wa undu mekusuvia mwaki. Ota tene TIST nikuthukuma na kithingiisyo kwona kana vei/thooa wamo niwatheeaa kwa usyao museo.



Envirofit G-3300: 2,500 ksh



Envirofit 2-pot/ chimney attachment (to be used with G-3300): 1,200 ksh

## Liko ya tist yina kundu kwili kwa kuuia yina mulingoti na yiteyaukua.

Thooa wayo kaingi uendanasya na undu yiseuvitw'e na nikyau yitumia ethiwa ni ya ndaka/yumba (muthanga ula wivu nimuseo kwa kuyiseuvya), simiti kana mavali. Kulya atongoi menyu ala matongoesye ikundi sya ngwatanio yenyu ni kyau mutonya utumia kuyiseuvya.

**Manya:** Maiko ma ndaka/yumba ma TIST yu nomaseuuvwe kutumia nzia nzau ila iseuvitye "Envirofit". Maima ma mbisu/masilia eli no maseuvye vamwe na mulingoti thini wa yiiko yii ya yumba/ndaka ya TIST yiteyaukua na uyithia no yikale muno.

Enriofit iiko yitenyaukua vandu va mwaki ni Ksh 2,000 na uyongela mbesa sya uthukumi na kila kingi kikwenda useuvya nza ethiwa ni yumba, mavali/matuvali kana simiti.

Envirofit mbisu ili mulingoti wa kumya ni Ksh 2,000



Jikopoa: 1,400 ksh



# Mazingira Bora



# TIST

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

**Kipsigis Version**

An Environmental, Sustainable  
Development and Community Forestry  
Program.



**TIST New Leadership Council Members**

## ***Inside:***

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# **Kogotesak kandoinatetab TIST: kogetesta kandoikab komoswek.**

**T**esetai TIST koetu, kitesetai kechenge oratunwek che lelach che kipanganen sigekeer kele kutuswek tugul eng TIST kogakasak. Kuruputab kandoikab cluster ko kilwen kandoikab komoswek sisit(8) chebo TIST. Chuton koboto;

1. Laikipia West, Nyahururu, Wiyumiririe
2. Narumoro, Lamuria
3. Timau ak komoswekab Ntugi
4. Igembe, Kinyaritha, Imenti ak komoswekab Ntugi
5. Chugu, Tharaka, ak komoswekab Wendo
6. Kirimara, Tharaka, ak komoswekab Wendo
7. Kirinyaga, Mbeere
8. Mara, Mau

Agetugul en komoswechu ko kigilewen tonondaik aeng (kwondo I ak muren I) si kotononchi komoswekwak en kandoinatet ne o ne bo TIST Kenya. Kandoinatet ne o ngunon (leadership council) ko boto kandoik che yobu komaswek ak kiboitinik.

Kandoinatet ne o (LC) ko tuitos kila wikitab somok en arawet age tugul. Kandoikab komaswek (RC) ko tinyei tuiyenwyan en wikitab aegn en kila arawa ak kandoikab klastas (GOCC) kotuitos en wikit ne tai kila arawa.

## **Boisietab kandoik che kigilewen en klastas.**

1. Kocheng ak kopcheita boisionik che miach en klasta;
2. Kogeer kole kanyor klastaisiek kanetisiet ne bo barak kosibi tolochikab TIST;
3. Kogeer kole kaginyor kaitisiet ne bo barak kisibi tolochikab TIST;
4. Kogeer kole kagirib mashinisiek che bo kanetisiet ak koitisiet;
5. Kopcheita logoiwek ak koitchinet ne bo ngatutik koitchi Regional Council (ak kongeten ichek koitchi LC);

6. Kobarait TIST koyob klastas che bo nguni;
7. Koyai tuiyet ne bo kandoinatet kengalalen yon koitindet anan konetindet kogagikochi kamunget si kobit kechigil ak kegeer imanitab katonosionoton.
8. Koyai tuiyet ne bo kandoinatet kengalalen yon maisibi kandoindet tolochikab TIST;
9. Kogoito kainutikab bik che imuche ketesi boisiet age en TIST che u koek auditor, TSE, anan ko kanetindet ne o.

## **Current LC members (Jan – June 2012) Elected Representatives**

### **Chugu/Wendo/Tharaka**

1. Mishech Mwithi Mwenda - 0720173680.
2. Joan Wangari - 0725649763

### **Kirimaara/Wendo/Tharaka**

1. Grace Gatheri Nyamu (Kiburia) - 0720 918 461.
2. Joseph Kilonzi (Tunyai) - 0723 002 976

### **Timau/Ntugi**

1. Catherine Karambu - 0718601468
2. Geoffrey Mbaavu - 0720906127.

### **Naromoru/Lamuria**

1. Ruth Kawira - 0716106318
2. Richard Kahora - 0721153484

### **Kirinyaga/Mbeere**

1. Regina Mweni - 0715555726.
2. Jamlick Nyaga - 0725609745

## **Operational Representatives**

1. Mary Kathei - 0726 283425
2. Jeniffer Kithure – 0726 319539
3. William Mugambi – 0723 642069
4. Kimani Mwangi – 0722 477321
5. Purity Mugo – 0724 1198 15
6. Dorothy Naitore – 0726 788 662
7. Charles Ibeere – 0720 474 209
8. Peter Hinga – 0724 259 797
9. Martin Weru 0722 846501



## HIV/AIDS:

### Amune ak ole kimuche kigoiten kagaigaet.

**K**agaigaet ko kegas che mwae chit oak kigochi katikanutik che imuch kotoret ak kogochi kamangunet. Bo iman kele logoiwek alak komache kagaigaindet ne kignet. Ngandan, agemnge en echek komuche kotoret koib kasarta kogasi choronok, tufhosiek anan ko bikab kokwwet che tinyei HIV/AIDS kindoigei boroindonywan ak kigochini ngalek che imuch kogaigai ak che imuch kotoret.

#### Amune si konyolu kigaigais?

- Ketoret chito koguyo uindo netinyei
- Ketoret kecheng oratinwek che kimuche keistoen uinwechoton
- Keitchi ngalek che kororon, che bo iman kosibgei ak uindo ne mi en ngunon.

Boisietab kaigaindet ko kobuur ak chi ne tinyei uindo ak **kogas**. Kogas tebutikwak, kopchei uinwekwak, kogas agobo kagesenywan ne bo tuguk che kayak en ichek. Kogochi walutik che kororon ak che imuch kotoret kotiengei ak magukwak, ak kogochi kamangunet ak kimnatet. Ibwaat: Mami ngala yon magingen walutik tugul! Walun ole imuche iit ak isom toretet en bik alak yon imakchinigei.

Ibwat ndo yon igoigoe chito ne tinyei HIV / AIDS. Ne ngaleguk che bo kagaigaet ak kotigonet koitchi.

1. Chito ne imuch kokagebiman kotindoi HIV.
2. Chito ne arakenchin agobo meet koyob HIV / AIDS.
3. Chito ne tinyei HIV/ AIDS ne mache kotestai koyai chamnyet.

#### Geeret:

1. En chito ne imuch kokagebiman kotindoi HIV
  - Igochin geeret kole kitiny miando ko ma iboru kole wendi komee chito konegit. Chito ne miani komuch kosob en kenysiek che chang yon Kasich kerichek ak ribet ne mie
  - Konai kole ma inegen ne miani, ak bik che chang kokinyor oratinwek che imuche kosob matin komiandos
  - Kigimit chito ne minai koistaen gei chamnyet asi komatestai miando koet ak komatkoitchi bik alak che imuche kotes uindo

- Kigimit kotestai koois yon tokogimet. Kotestai konde konorwet ne bo kapchiinyin. Bik komanyolu kobakach boisiet amun kagele miandos
- Ibwoatchin agobo amisiet ne mie ak keba chigilat en aba kora en sipitali

#### 2. En Chito ne arakenchin agobo meet koyob HIV / AIDS

- Chi age tugul konyoru meet kotinyei AIDS anan komatinyei, ago kawaida kegas arogenet
- Igochin kamangunet en geeretab kanisa ne imuch kotinyei chichoton.
- Ibwoatchin chito agobo ribset ne mie ak konyoiset ne imcuh kotes boroindaab sobet ak ribset
- Igimit chito kocheng kakwoutik che imcuhe konyorunen magutikwak komait komian missing (ko u pcheet ak bik, minsetab ketik , kanametab kurupisiek che kitoretengei)

#### 3. En chito ne tinyei HIV/ AIDS ne mache kotestai koyai chamnyet

- Tesetab tai keyai chanyet komuch kopcheita miando koitchi bik alak. Agot ngot kinyor chi AIDS en nyasut, koyai bik alak komianso komoibu boboiyet anan walet.
- Mi kebeberwek cheterchin chebo HIV. Ketestai keyai chomiet komuch koityi chito kebebarta ne ter nebo HIV ne imuch kotes miondo ak kogon uinwek. Matitei cheng konamin kogeny sitei ikimitu.
- Kerto ano chito ne mioni yan ka inamda chito age miondo? Ne keeret ne mie eng nitoton.
- Ibwoityin chito ne mioni ile oret ne kinyorunen boiboijet ko mo yaetab chamyet anan koborunetab chamyet. Chang tuguk eng sobet cheimu che koib boiboijet.



## Chobetab Keturek; katoltoleiwekab gaa.

**K**eturechu ko katoltoleiwekab gaa che toreti minutikuk kobwa komie,kaikai kosir kotoltoleiwekab kerichek amun bo gaa ak maweche minutik kou olewektai chebo kerichek.Orani ko kikobunji kamanut en komoswek alak,teben bikab kokwet en klasta ingung che kikoboisien,

### Chobetab keturek

1. Cheng ole ibolchini keringet. Nyolu ko 4m en 4m
2. Ibuch oloton
3. Bal keringet ne kwenet ko 3 -4m ak 1.5 kwo ngwony.
4. Kwai ngetunikab minutik che itinyei ( sogek ak mobekab bandek, beek ak ngendek) Murmur koyob che mengechen.
5. Nde murmuranichu tugul keringet ne loindo ko 0.5m
6. Tesyin litaisiek 5 che bo orek
7. Ne isibu 30 cm (anan che chang che imuch ko mie) ngatatokab kiyagik (ko u che bo nguronik, tuga, nego anan ko ngogenik).

8. Yeibata inde barak sogek ak timwek alak
9. Tes litaisiek 5 alak che bo orek
10. Tes timwek ak sogek alak agoi kotuchok keringet
11. Ne bo let inde ngungunyek agoi kotuchok keringet
12. Ye ibata indei ngungunyek, inde ketit ne koi kwenut koitchi ngwony.
13. Bakach keturek en kasartab arawek 3 (betusiek 90)
14. En kasari boisien beek che ma tililen. Ko u ye ibata kaunetab kot anan ko ngoroik, tumchin beekchoton keturek. Boisen ketit ipimanenyon chobotin keturek,konyolu kotinyei mat ak imuche ikeer iyet komongu yon kecheru ketit.

### Boisietab keturek

Yon karipal keringoikab pandek,bek,anan ko minutik alak,itesyi eut agenge nebo keturek eng keringet age tugul.

## Karoki klasta, klasta ne mining ne etu betut en betut.

**E**chek, Karoki klasta ko kigitesake koyob klasta ne o ne nyon ne bo Manyatta.Koyob pcheet ak geeret kele kurupisiek konyolu komiten ole kimuche keba ak keldo keitchi ole kiyaen tuiyet, kimuchi keboisiechingei tugul ak membaek che mi klastainyon ak keechegitu kenyoru borotet! Raini, ketinyei kurupisiek che mengechen 33. Betut age tugul kenyoru magutik koyob bikab kokwenyon kochut TIST. Konegit

ketinyei kurupisiek che mengech 50 en klastainyon. Kichopchinigei kechop kabetisiek. Kigiyonchine kele kuru[it age tugul konyolu kotindoi kabet agenge.Tokchinenyon bo gei kogenyorun ketik 10, 000 che kagimin ak kosopcho en keniyini. Raini kurupisiek 30 che mengech en klastainyon ko nyoru libanet. Niton koboru kole kurupisiek che chang konyoru magutikab TIST che bo nyorunetab libanet. Kimache keegun klasta ne indoe keitchini keniytab 2013!



# Tiletab ketik ak wechetab imbarenikab osnet ko uinwek che echen.Nee ne kimuche ke yai?

**Niton kotiletab ketik eng osnet ak bukonok si ketemis.**

**O**snosiek ak bukonok koityin agenge eng somok nebo ngwonydet.terei walutikab barakak,ribei ainosiek ak ko konu (pakoinik,kerichek,logoek ak alak) che konu bilionishek ak kotoreti milionishekab ketik ak tióng'ik. ako any weketab chutan komi barak nebo milionisyek tiptem eng kila kenyt.Nusu chebo bik eng ngwony kotiengei eng kwenik,ako bik che negit millionisiek 100 ko ma tinyei ot kwenik tuten che boisen.

**Taunetab tiletab ketik:**

- Tiletab ketik koname yon kagiisto ketik asi keyai boisionik che bo temisiet anan ko ribsetab kiyagik ak en boisionik che u kwenik, chopetab matubaruk, koyoetab nchirenik, kayamsetb tomotet, kayamsetab majanik, tekset ak bakoinik.
- We getab osnosiek ko yon kainaam osnet ko metinyei ketik ak boisiet ne mie koyob boisiet ne ya ak ribset (ko u yon kakitil ketik tugul che bo keny ak kebakach osnosiek che mengechen anan yon kagitil ketik che eechen keboisien anan yon kaagiboisien osnet en kayagisiet, ago ma imuche kobwa ketik che lelach ne kata che kibek.
- Che chang en tiletab ketik wechetab osnet ko itu yon mamiten naet agobo miendaab osnet.
- En olda age, miendaab ketik ko naat ngandan bananda ak ngalek kele momiten bik che ribe koyaei bik kotil ketik.

**Kareunetab tiletab ketik**

- **Ibetab ng'ung'unyek:** yon mamitei ketik che tereti ak korat ng'ung'yek kokonu ibetab ng'ung'unyek

- **Rarunetab borotetab osnet:** Istoetab ketik koweche oleu osnet ak korar karorindap osnet, Istoi amitwokik ak kerichek ak kotes magetab tuguk che kiteksen. Bik kobendi olelo ko cheng kwenik, ak ngot kialdoi tugukab osnet ,kobendi barak beit
- **Rarunetab baratetab ketik:** ketik kotorei koristo ak koititietab osnet ak kotes koristo ak kotes toldolindap ng'ung'unyek ako yan mamitenketik koyame oleu emet ak komuche kotesak maranet, ibetab ng'ung'unyek koyop koristo, bosetab toltolindap ng'ung'unyek ak wechetab koristo.

**Nee ne kimuche keyai kebos tiletab ketik ak wechetab ketik:**

**Kinam kabetishekab ketik ak kepcheite ketichoton anan kialdechi biikab kokwet.**

**Boisien jikosiekap ribetap kwenik anan ko makaa.**

- Boisien oratinwek che imuche korib mat anan ko kwenik( kou iyoo bek ibaisien asista ,murek,kawek,ak suswek,katukanikap minutik)
- Kinam minsetab ketik, keik chito ne borot en kurupitabTIST, igimit choronok ak bikab kokwet ak choronokuk kochut TIST akichek.
- Matitem olerupegei ak ainet, pakach ketik si korip beek.
- Keer ile machanga kiyagik en olndo agenge. Rib kiyagik komawech kabetisiek che katarutu kogony sikomawech ketik che katarutu en osnet
- Kigimi minsetab ketik ak amitwogik en imbarenik: Yan itinyei ketik eng imbarenikngu . Imuche inyoru tuguk che katebeichengei en osnet ne negitchin ak kerib osnet.



# Jiko sieikab TIST.

**K**inginaam banganetab jikosiekab TIST, kiboitinikab TIST ko jkigotestai kosom kandoik koibchi jikosiek koitchi klasta che chang ak che chang. Kiboitinik chebo TIST kogikoyai chigilet ne o en jikosiek che terterchin si kogeer kole kaigochi boisiet ak borotet ne o bik che boisien.

En arawani, Ms. Dorothy Naitore ( agenge en kandoikab LC ), Ms Charles Kamunya ak James Mwai ( co-ordinator che bo jikosiek ak Mrs. Salome Mbaabu) agenge en jitab kenya ne kiteche jikosiek) kopchee ak echek logoiwek.

Dorothy, “en jikopoa, amuche akwonchi bik angwany aboisien kiloisiek 4 kila betut. Kora, koboisien chokchinet. Kiyo litait agenge ne bo cheko koibe dakikosiek 5. Litait 4 che bo chaik koibe takikosiek 10. Ak amuche akwany amitwogik che u githeri che bo bik 5 en dakikosiek 45.”

Dorothy kora kogichigil jikosiek alak 2 che boisien chimney. Ki irogen kongeten boisetab gsit ak makaa koit keboisien kwenik en jikosiechu kigechigil. Kikowkongeten koboisein 4,200 en arawet ko koit 900 en kila arawa en kwenik. En niton , jikosiek che kigetes kowegu en chokchinet.

James , Charles ak Salome kogichil kora jikosiek che boisien koik 3 ak che boisien ngatatok 2. En age tugul ko kigeer kongeten 20% -50% en konoretab kwenik.

TIST en ngunon kosiche magetab jikosiechu. Beitab jikosiechu kogoba barak n kenyit ne ko wendi amun en tuguk che kiboisien ak ibet kogoba barak.

Ngandan membaek konyolu kogeer konoret ne o en boisietab kwenik che yaei beisiechu koba barak. En kila TIST ko wendi koyaei kasit en kora si konde beisiechu kobwa ngwony ak konyor borotet ne bo barak.

## JIKOSIEK CHE BO KASARI KO MITEN EN ALDAET,



Jikopoa: 1,400 ksh



Envirofit G-3300: 2,500 ksh



Envirofit 2-pot/ chimney attachment (to be used with G-3300): 1,200 ksh

**Jiketab TIST ne magisibtoi ne tinyei kelyek aeng ak chimney-** beinyin koterterchin kotiengai tuguk che kiboisie. Kimuche ketech keboisien (agot ngo miten ngungunyek che korororon en olongony) sementi anan ko matubaruk. Teben kandoikab klasta agobo tuguk che miten olongwong.

Ibwat : Jiketab TIST ne bo ngungunyek kimuche ketech kora keboisien oret ne lele ne bo *Envirofit*. Tolochik ak keringonik 2 che bo chimney kimuche kituiyo en stovit ne tononot asi kotes uindo ak boisienyin.

*Jiketab Envirofit* tekchinyin: ksh 2000 + kasit ak tuguk alak

*Envirofit 2* ak chimney ne kagitekchi ksh. 2000