

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



TIST Farmers from Kianjagi Cluster near Chogoria during their Cluster Meeting last month.

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Kirubia Cluster - TIST has taught us self-reliance.

Prepared by Festus Mutegi

Learning about TIST Values and practicing them is one of the key benefits we have gained from TIST. Our teamwork embraces honesty; accountability and transparency while serving each other and ensuring the things we do are accurate. Coupled with servant and rotational leadership has made our Cluster grow stronger.

Our leadership, along with the spirit of volunteerism and helping each other has borne fruits. We have established a giant seedlings nursery that currently has many different species including *Moringa oleifera*, *Makandamia*, *Gravellia*, *Mukwego*, *Mwiria*, *Mutuntu*, *Mango*, *Agricapasy*, *Avocado*, *Croton megalocarpus*, *Acacia*, *Minguani*, *Mukui* and *Miahangua* seedlings.

Today, we have over 6,000 seedlings undergoing care at the Cluster nursery. Some of the seedlings will be planted along the nearby river in order to improve the quality and quantity of water. Our goal is to plant more than 10,000 trees this year and plan to establish another tree nursery for the October rains.

Our nursery is situated along the Naka stream near Chuka Town. This is a good site because other farmers interested in buying seedlings have easier access. Our Cluster meets twice per month. One meeting is held at the Cluster venue during monthly Cluster meeting, while the other is held at the Cluster tree nursery.

We have incorporated the support of the local administration. Our Cluster Servant, Festus Mutegi, has played an important role in organizing and teaching us about the TIST Values and Best Practices.

Going forward, we plan to include other activities in our Cluster, such as starting a table banking, which is a micro finance that allow people to save and borrow money. We also would like a commercial tree nursery to supplement our table banking efforts. Another goal is to obtain registration with the Department of Social Services to gain legal status and be able to trade using our Cluster name as a legal entity.



Kirubia Cluster members tending their tree nursery.



How to Organize your Cluster for Success.

Action Steps and Action Planning.

TIST groups do a lot of practical activities like planting trees and improving agricultural techniques. When there is a lot of work to be done, it is good to create Action Steps. Each group member should tell the group what they are going to achieve that week. TIST will teach you and your Small Group how to do Action Planning. Please share this with other members of your Small Group during your meeting.

An action step is something that is:

- Specific
- Observable (a fly on the wall can see you do it!)
- Measurable
- Has a beginning and an end
- Make sure your action step is realistic and that you can achieve it!

For example, saying 'I will plant trees' is not an action step because it is too general. 'I will work on three mornings this week to transplant 75 seedlings into our new grove' is an Action Step because it is specific (transplant 75 seedlings), observable (people can see you do it), measurable (75 seedlings, 3 mornings) and has a beginning and an end (at the end of three days you can see the results).

When your Small Group meets again, allow ten minutes near the end of the Small Group meeting for each person to report on his or her Action Step. Each person quickly:

- (1) Tells the group what their action step was for the past week.
- (2) States what they actually did.
- (3) States what action step they will take for the following week.

If the person succeeded in his or her Action Step, the group celebrates the success.

If, as often happens to start with, the group member met only part of his goal, the group encourages him / her and does not criticize or blame. When people are able to freely share their successes and failures they will be encouraged to do better each week. Encourage your Small Group

members to think of possible Action Steps. Make sure each is specific, measurable and realistic! Share and celebrate the action steps that your Small Group has accomplished.

Action Steps for Action Planning

A similar method can be used when Action Planning. When your group is planning what to do, make sure your plans are:

Specific (Our TIST Small Group will plant 1000 trees at the local hospital by November 30)

Measurable (How many? - 1000 trees will be planted)

Achievable/Realistic (Our TIST Small Group can plant 1000 trees in 5wks – 100 trees each Tuesday and Thursday, 10 trees per person/per day)

Time-bound (Has a beginning and an end - we will plant the trees between October 15 to November 30)

Observable (A fly on the wall can see us planting)
SMARTO!

This is the guide and test of your Action Steps for your plan and helps you be specific:

- 1) **What** – (Planting 1000 trees)
- 2) **Who** – (TIST Small Group members by name)
- 3) **When** – (October 15 – November 30)
- 4) **Where** – (At the hospital)
- 5) **How** – (We meet every Tuesday and Thursday afternoon after the heat of the day and dig holes, then plant the trees)
- 6) **Why** – (To improve the area around the hospital, have more shade for patients and visitors, people can sit under trees and the shade will make the hospital cooler)

Practice Action Planning at your next Small Group meeting!



TIST Small Group Undu Ti Umwe Cluster embraces. Best Practices to gain more.

Christine Ndinda is a member of Undu Ti Umwe Small Group in Karaba Cluster, Mbeere. She joined TIST in 2013 together with five other members; Benedertah Mwikali, Esther Ndila, Flotena Ndungwa, Monicah Kanini, and Morah Mwethya Kimoyu. They joined TIST after realizing there are many good things in the world one can do to help herself, our neighbors, the local community and even our global community. One such thing is combating Climate Change. Hence, they named their Small Group, “ Undu ti Umwe” loosely translated, “Life is not about one thing.”

Christine has become an outstanding member not only for her Small Group but also for

the entire TIST region of Mbeere. She has embraced TIST fully, making all efforts to plant trees, practice conservation farming, volunteering in leadership and above all reminding members about TIST Values.

Moreover, Christine trains other women in TIST on income generating activities. She teaches and demonstrates on preparation of soaps and detergents. This has not only improved cleanliness and sanitation in the households, but many of her beneficiaries are now earning income from the sale of these detergents.

We, in TIST, celebrate her and we are very proud of her work.



Christine Ndinda, a dedicated TIST member.



“I have practiced Conservation Farming and the harvest was great”, says Simon Gichuki.

Simon Gichuki is a TIST farmer and belongs to Muteithia Small Group, TIST number 2008KE2153. He is in Burguret Cluster, Narumoro Region.

When Cluster Servant, Eunice Wambui, visited his farm she found Simon planting more trees. During this day, Simon had planted 60 new trees in his farm, which adds to the over 500 trees on his small shamba.

Simon got interested with Conservation Farming after attending a Cluster meeting where the topic was taught and said, “I decided to try it. I was skeptical at the beginning but still decided to

give it a try. I was amazed when I watched my maize do so well, even when the rains were scarce. I harvested 2 bags of maize from a ¼ acre. This was incredible!” says Simon.

From this harvest, Simon became a “Conservation Farming Ambassador” in his Cluster. He encourages other farmers to try and practice Conservation Farming especially in their dry region of Narumoro where rains are scarce and unpredictable.

This season, Simon crop looks more productive.



Simon Gichuki inspecting his CF maize plot.



How to practice Conservation Farming.

After the harvest, do not burn the crop residues. Instead, leave them on the ground. The more residues left on the ground the better because they enrich the soil, making it more fertile. A layer of crop residue around the bottom of trees and seedlings will help increase the amount of moisture in the soil which prevents trees from getting too dry. Remember that crop remainders can also be used for compost manure.

- Try to stop animals from grazing on the area. If they graze there will be less crop remainders left covering the ground.
- Conservation farming holes have to be dug before the rains come. It is therefore vital to start digging them early.
- Mark out where you are going to dig your holes, and get a long piece of rope or string and squeeze bottle tops on to it 70cm apart. Stretch the rope across the width of your field. Each bottle top marks the centre of a hole and makes sure that the holes are correctly spaced out. Mark out the rows of holes using a hoe. Each row should be 90cm apart. Just mark out the rows and holes you think can be completed that day.
- On the same day as you mark a block of holes, dig the holes. The holes need to be oblong. They should be between 15cm wide, 35cm long and 15cm deep.
- When you are ready to plant the grain, it is important to put some very fertile soil into the holes to help the crop to be stronger. Take some manure and good topsoil and mix it together, or use compost manure. Fill the hole with the mixture up to 5cm from the surface. That space will help capture more rain.
- If you are planting maize, soak the seeds in some water for 6-7 hours before planting them. This speeds up germination and ensures that more will survive. When you plant the seeds, plant 4 seeds in the soil across the hole. Cover them with 2.5cm of the rich soil and manure mixture. After this, the soil in the hole should be about 2.5cm below the surface of the field. It should never be more than this. Clods (big lumps of soil) should always be broken up so that the soil makes good contact with the seed.
- If you are planting sorghum, plant 5-6 seeds at each end of the planting hole after a good shower of rain. Cover the seeds with 2.5 cm of the rich soil and manure mixture.
- The space at the top of the hole enables water to get to the plants when the rains come. Without this space the rain will just run off the land, taking a lot of the soil nutrients with it.
- Weed around the holes regularly and each year you will find there will be fewer and fewer weeds.
- Don't be discouraged! Digging the holes now will mean they are ready for this year and you will not have to dig them next year.

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“Indimite na njira ya CF (Urimi bubwega) na maciara jethirwa jari jamanene mono,” niu Simon Gichuki akuuga. Page 5

Njira ya Urimi bubwega. Page 6



Cluster ya Kirubia - TIST nituritanite gucithithiria mantu jonthe.

Ni Festus Mutegi uthuranirite.

Kuthoma mantu jaria TIST iikirite na kujathingatira ni baita imwe ya bata iria twonete kumaania na TIST. Kuritanira ngugi gwetu nigwikagiira umma; kumenyaniira kingugi na weru riria turi nthumba gatigati getu na kumenyeera ati mantu jaria tukuthithia ni jaria jabati jongwa. Amwe na uthumba na utongerira bwa kithiuruko, mantu jaja nijatumite cluster yetu yagia inya nkuruki.

Utongerira bwetu, amwe na Kirundu gia kwiritira na gutethania ni mantu jaciirite matunda. Nitwambiritie munanda jumunene jwa miti juria nandi jurina miti mithemba imingi amwe na miti ya mithemba ya Molinga oleifera, Makandamia, Gravellia, Mukwego, Mwiria, Mutuntu, Muembe, Agricapasy, Avocado, Croton megalocarpus, Acacia, Minguani, Mukui na Mihangua.

Narua, turi na nkuruki ya miti ngiri ithanthatu ndene ya munanda jwa cluster. Imwe ya miti iji ikaandwa rutere rwa muuro juria juri akui nikenda twongera uthongi na wingi bwa ruuji. Kioneki gietu ni kuanda nkuruki ya miti ngiri ikumi mwaka juju na nitubangite kwambiria munanda jungi jwa miti mburene ya mweri jwa ikumi.

Munanda jwetu juri akui na muuro jwa Naka akui na Chuka. Aja ni antu aega nontu arimi bangi baria bari na ubatu bwa kugura miti nibombaga kumikinyira. Cluster yetu nitirimanaga jairi o mweri. Mucemanio jumwe nijuthithagua aria cluster itirimanaga igitene ria mucemanio juria jubati kwithirwa jurio o mweri, jungi jwithagirwa juri munandene jwa cluster.

Nitwithagirwa turina kinya utethio bwa anene ndene ya ntuura iji. Nthumba ya cluster yetu Festus Mutegi, naritite ngugi ya bata mono ya kubanga na guturitana kwegie mantu jaria TIST ikiirite na mitire imiega ya kuthithia mantu.

Gwita mbele, nitubangite kwambiria mantu jangi ndene ya cluster yetu, ja kwambiria guchanga mbeba cia gukobithia amemba, aria antu bakoomba gwika na kuomba mbeba. Nitukwenda kinya kwambiria munanda jwa miti ya kwendia nikenda tutetheria mubango jou jwa gwika na kuomba mbeba. Kioneki kingi ni kuwera baruga kuumania na ofisi cia Department of Social Services nikenda tua gikundi gikumenyewa ni thirikari nikenda tuumba kuthithia mantu tugitumagira riiwa ria cluster yetu.



Amemba ba cluster ya Kirubia bagitaga ngugi munandene jwao.



Njira ya kubangira kuumbana gwa cluster yenu Matagaria na kubangira mantu.

Ikundi na cluster cia TIST niithithagia mantu jamaingi: kuanda miti, kuthongomia njira cia urimi. Riria kurina mantu jamaingi ja kuthithia, ni bwega kuthithia matagaria ja kuthithia mantu jau. O mumemba nabati kwira gikundi kienu mantu jaria akathithia kiumia kiu. Tugakuritana, turitane gikundi giaku na kinya cluster yaku uria buumba kubangira untu.

Itu thomeni amwe na amemba bangi ba cluster yaku ndene ya mucemanio jwenu.

Itagaria ni gintu:

- Gikwirungamira kiongwa
- Gikwoneka
- Gikomba kuthimwa
- Kirina mwambirio na muthia
- Menya ati itagaria riu ni gintu gikoombika na gintu bukomba kuthithia!

Mung'uanano, kuuga 'nkaanda miti' ti itagaria nontu niuntu buri bubwarie mono. 'nkarita ngugi mithenya ithatu kiumia giki kuthamia miti mirongo mugwanja na itano gwita muundene jwetu jumweru' ni itagaria niuntu nibukwirungamira (kuthamia miti mirongo mugwanja na itano), nibukwoneka (antu bagakwona ukithithagia), nibukuthimika (miti mirongo mugwanja na itano, mithenya ithatu), na burina mwambirio na muthia (ntuku ithatu ikithira ukoona ngugi ithiri).

Cluster yaku yatirimana kairi, jukieni ndagika ikumi muthiene jwa mucemanio jwa gikundi gikinini nikenda muntu wonthe auga itagaria riawe. Muntu wonthe na ukui:

- (1) Eere gikundi itagaria riawe ria kiumia kithiru riari mbi.
- (2) Auge uria ungwa athithirie.
- (3) Auge itagaria riria akajukia kiumia kiria kithingatite.

Kethira mumemba ou noombanire kiri kujukia itagaria riawe, gikundi nikigwiragirua uumbani bubu.

Kethira, ja uria gukarikaga jamaingi, mumemba ombire gukinyira nusu ya itagaria riawe, gikundi nikimwikagira inya na gitimwonagiria uria athukitie. Riria antu boombaga kugaana na uuthu kwegia uumbani bwao na naria bakuremerwa bagekirwa inya kuthithia bwega nkuruki kiumia kiu kingi. Ikira

inya amemba ba gikundi kana cluster yaku kuthuganiria matagaria jaria boomba kujukia. Menyeera ati itagaria rionthe nirikwirungamira, nirikuthimika na rikombika! Gaana na ugwiranirue na gikundi kana cluster yaku riria wakinyira itagaria riaku.

Matagaria riria ukubangira kuthithia untu.

Njira igukara o tai u iri au iguru noitumirwe riria ukubangira kuthithia untu. Aja mung'uanano nijwonenu aja. Riria gikundi giaku gikubanga mantu ja kuthithia, menyeera ati mibango yenu iri:

Nikwirungamira (Cluster yetu ikaanda miti ngiri mirongo itano ndene ya miunda yetu mbele ya tariki mirongo iiri mweri jwa December)

Niikuthimika (Ni ing'ana? - Miti ngiri mirongo itano ikaandwa)

Igakinyirika/ ikoombika (O gikundi gia TIST ndene ya cluster gikaanda miti ngiri ndene ya biumia bitano- miti igana o Jumaine na Alhamisi cionthe, miti ikumi o muntu o ntuku)

Nibuthimiri ntuku (Burina mwambirio na muthia – tukaanda miti iu gatigati ka Novemba tariki ikumi na ithano na Decemba tariki mirongoiiri)

Nibukwoneka

SMARTO!

Aja ni mantu jaria bukathingata na jaria bugatumira kuthima matagaria jenu riria bukubanga na kinay jakabutethia kuthithia matagaria jakwirungamira:

- 1) **Nimbi** – (Kuanda miti ngiri mirongo itano)
- 2) **Nibau** – (mariitwa ja amemba ba gikundi gikinini gia TIST)
- 3) **Rii** – (Mweri jwa ikumi tariki ikumi na ithano – Mweri jwa ikumi na iiri tariki mirongo ithatu)
- 4) **Naa** – (Cibitari)
- 5) **Na njira iriku**– (Tugatirimana o jumaine na alhamisi ugoro riu riathira na twinje marinya, riu tuande miti)
- 6) **Niki** – (Kuthongomia aria cibitari iri, kwongera kirundu aria bwa ajii na ageni, antubaghi rungu rwa miti na kirundu gikongera gapio cibitari)

Gerieni kuthithia mibango ya kuthithia untu ndene ya mucemanione jwenu jwa cluster jou jungi.!



Gikundi gikinini ndene ya TIST kia Undu Ti Umwe ndene ya Cluster Karaba nibagucunca mitire imiega ya kuthithia mantu nikenda boomba kwona baita inyingi nkuruki.

Christine Ndinda ni mumemba wa gikundi gikinini kia Undu Ti Umwe ndene ya cluster ya Karaba, Mbeere. Natonyere TIST mwaka jwa 2013 amwe na amemba bangi batano; Benedertah Mwikali, Esther Ndila, Flotena Ndungwa, Monicah Kanini, na Morah Mwethya Kimoyu. Batonyere TIST bakwona mantu jamaingi ndene ya nthiguru jaria muntu omba kuthithia gwitethia, gutethia atuuri, ntuura na kinya nthiguru yonthe. Untu bumwe bwa jaja ni kunyiyia kugaruka kwa rera. Au nio kiumo kia riiwa ria gikundi kiao, “Undu ti Umwe” ja kuuga, “Utuuro ti kwegie gintu kimwe aki”.

Christine naete mumemba wa bata ti aki kiri

gikundi gikinini kiawe indi kinya ndene ya naria kunthe TIST iri ndene ya Mbeere. Najukitie mantu ja TIST jonthe, akithithagia ngugi cia uandi miti, urimi bubwega, kwiritira kiri utongereria na iguru ria jangi jonthe kurikania amemba kwegie mantu jaria TIST iikirite.

Kwongera, Christine naritanaga ekuru bang indene ya TIST ngugi cia kureta mbeca. Naritanaga na akonania kuthithia sabuni injumu na cia mutu. Untu bubu butiongerete utheru akin dene ya nja cia antu indi babaingi ba baria baritanitwe nandi barina ngugi ya kureta mbeca ya kwendia sabuni.

Batwi ndene ya TIST nitukumutia na nitugwikumiria ngugi yawe.



Christine Ndinda, Mumemba wa TIST uria uciitagira mono.



“Indimite na njira ya CF (Urimi bubwega) na maciara jethirwa jari jamanene mono,” niu Simon Gichuki akuuga.

Simon Gichuki ni Murimi ndene ya TIST wa gikundi gikinini kia Muteithia, gikundi namba 2008KE2153. Ari ndene ya cluster ya Burguret, Narumoru.

Riria nthumba ya cluster, Eunice Wambui, ariungire muundene jwawe neethire Simon akiandaga miti ingi. Ntuku iji, Simon naandire miti imieru mirongo itantatu, iria yoongerere miti yawe yakurukia miti magana jatano ndene ya kamuunda kawe gakanini.

Simon nagiiire ubatu bwa urimi bubwega akurikia gwita mucemanione jwa cluster aria untu bubu bwaritanirwe na naugire, “indagitire igamba kugeria njira iji ya urimi bubwega. Indamarayia

mwambirio indi ndauga kangerie. Indarigarire ndikwona mpempe ciakwa cithongi nainya ou, kinya riria mbura yauraga. Indakethere nkunia ijiri cia mpempe kuumania na munda kuota ya acre. Untu bubu nibwari bwa kirigaria!” Simon akauga.

Kuumania na iketha riri, Simon naere wa kwonania urimi bubwega ndene ya cluster yao. Nekagira arimi bangi moyo jwa kugeria urimi bubwega mono ndene ya Narumoru naria kuri guntu gukuumo naria mbura ijaga rimwe ndene ya igiita riraja na itiumba kubangirwa.

Mbura iji, imera bia Simon nibikwonania jeka bigaciara iciara ririnene nkuruki.



Simon Gichuki agitegaga munda jwawe jwa mpempe juria arimite na njira ya CF .



Njira ya Urimi bubwega.

Warikia guketha utibati kuithia matigari ja imera. Antu a kuithia, jatige nthi. Wajatiga jamaingi nthi nibwega nkuruki niuntu jakanoria muthetu nikenda jugia maciara nkuruki. Matigari ja imera akui na miti iminene na iminene jagatethia kwongera ruuji muthetune untu buria bumenyagiira miti itiume. Rikana Matigari ja imera nojatimirwe kuthithia kinya mboleo.

- Geria kumenyeera nyomoo itareta kuriao niuntu ciarea ni imera bibikai bigatigwa nthiguru.
- Marinya ja CF nijabati kwinjwa mbele ya kuura na kurina bata kwambiria kujeenja kurio.
- Maka aria ukeenja marinya jaku, riu ucue murigi na uoge nkuniki cia cuba citarenie na centimita mirongo mugwanja. Kucia murigi kugitania munda jwaku nikenda o nkuniki ithirwa iri gati gati ga kirinya na ikamenyeera ati marinya jaku nijatarenie uria jabati. Tumira gicembe kumaka milaini ya marinya nikenda o milaini ithira itarenie na centimeta mirongo kenda. Maka milaini na marinya jaria ukomba kuthiria ntuku iu.
- O ntuku iu ukamaka marinya, jeenje jarina nteere inya intamburuku. Nijabati kwithirwa jarina warie bwa centimita ikumi na ithano, uraja bwa centimita mirongo ithatu na ithano na kwinama centimita ikumi na ithano.
- Riria waa tayari kuanda mbeu, burina bata gwikira muthetu jumunoru nkuruki ndene ya marinya nikenda jutethia gwikira imera biaku inya. Uungania na mboleo inkai na muthetu jwa

iguru jumuthongi, kethira urina lime kana fertilizer, ikira ndene kirinyene na ujurie o kirinya na muunganio juju mwaka gutigare centimita ithano.

- Kethira urianda mpempe, riinda mbeu ruujine mathaa jatantatu kana mugwanja mbele ya kuanda. Bubu nibutumaga ikauma ntuti na inyingi cikomba gutura. Riria ukuanda mbeu, anda mpindi inya ndene ya muthetu kugitania kirinya na wikunikire na centimita ijiri na nusu cia muthetu jumunoru juungenu na mboleo. Muthetu ndene ya kiriinya jubati kwithirwa jutigeria centimita ijiri na nusu kirinya kiujura. Ithumbwa bibiumu bia muthetu nibibati kuunangwa rionthe nikenda muthetu jukinyira mbeu bwega.
- Kethira ni mwere ukuanda, anda mpindi ithano kana ithanthatu kiri o muthia jwa kirinya gia kuanda kwarikia kuura bwega na ukunike mpindi na centimita ijiri na nusu cia muthetu jumunoru jungenu na mboleo.
- Kanya kau kari iguru kirinyene nigatethagia ruuji gukinyira imera riria kwaura. Gutina kanya kau, ruuji rwa ngai rugakamatwa iguru ria muthetu na rukamate unoru bubwingi bwa muthetu.
- Rimira kuthiuruka kirinya o igita. O mwaka gukethirwa kurina maria jamakai na jamakai nkuruki.
- Ukagituka moyo! Kwinja marinya nandi nikuuga jakethirwa jari tayari gutumirwa mwaka juju na utitia kwinja kairi mwaka jou jungi.

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Kikuyu Version

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Arimi a TIST kuma Kianjagi Cluster hakuhi na Chogoria thiini wa mucemano wa Cluster mweri muthiru.

Thiini wa ngathiti:

Kirubia Cluster - TISTniututhomithie kwihota na kwirugamirira. Page 2

Njira njega ya kugaciria Cluster yaku. Gutabariria mibango. Page 3

TIST Small Group Undu Ti Umwe kwamukira ithomo njega kuuma TIST. Page 4

Simon Gichuki: Ni handi mbembe ya urimi wa CF na maciaro mari mega amkiria. Page 5

Uria wagiriirwo ni gwika riria ugutumira urimwi mwega wa Conservation Farming. Page 6



Kirubia Cluster - TIST ni ututhomithie kwihota na kwirugamirira.

Muhariri ni Festus Mutegi

Kumenya na guthomithio TIST Values ni undu umwe wa uguni tuteithikite nago kuuuma TIST. Riria tukuruta wira na ngwataniro, nitukoragwo turi ehokeku, aigiriruku, uaragania hamwe na gutungatira andu aria angi oo tukuionaga wira wiitu ni urarumirira ikinyo iria coagiririire. Utongoria wa utungata na gucjenania kaingi ni utumite Cluster iitu ikurwe na hinya

Utongoria wa Cluster iiti, hamwe na wirutiri na wendi wa guteithania niucirite maciaro mega. Nituhotete kwambiriria nathari nene ya miti iria gwa kahinda gaaka ina miti ngurani ta Molinga oleifera, Makandamia, Gravellia, Mukwego, Mwiria, Mutuntu, Mango, Agricapasy, Avocado, Croton megalocarpus, Acacia, Minguani, Mukui na Miahangua.

Gwa kahinda gaaka turi na miiti makiria ya ngiri ithathatu (6,000) iria imwe turenda kuhanda ndere-ini cia ruui. Kioneki giitu nigukorwo na makiria ya

miti ngiri ikumi (10,000) mwaka uyu na nitukuhariria nathari ingi mweri ini wa ikumi mwaka uyu.

Nathari itu ya miti iria hakuhki na ruui rwa Naka hakuhi town ya Chuka, Twonire niwega ikorwo hau nigetha ona aguri a miti magakorwo na kahinda kahuthu. Cluster iitu tucemanigia maita meeri hari mweri. Mucenio umwe tucemanagia nathari-ini na ucio ungi ni wa cluster meeting.

Nitukorewo tukinyitanira muno na ruhonge rwa thirikari. Mutari wa miiti kana niwe Cluster servant, Festus Mutegi niakorwtwo agituthomithia na njira njega ithomo ciothe cia TIST.

Mworoto witu wa guthii na mbere ni kwambiria maundu maingi magututeithia. Twina mwihoko wa kwambiriria Table banking nigethea tuhotage kuuiga na gukomba mbeca. Makiria ya uguo, niturenda na gukorwo na nathari ya kwonjorithia miiti. Twina mutarara wa kwandikithia Cluster iitu kwa Department ya social services.



Amemba a Cluster ya Kirubia Cluster magitungata nathari ya miiti.



Njira njega ya kugaciria Cluster yaku. Gutabariria mibango.

kundi cia TIST niiruta wira muingi ta hunda miti ,urimi mweg. Hindi iria andu makorwo na wora muingi ta ucio na makiria, ni wega kwibanga.

Mubango mwega uhana ta uu:

- Wina utauruku
- Uroneka
- Urathimika
- Uramenyeka kiambiriria na muthia
- Mubango unghoteka gukinyirika

Kwa muhiano; Ninguhanda miiti. Uyu ti mubango mwega tondu nduratria weega.

Wagiriirwo ni kuuga: Ndikoragwo ngiruta wira iroko ithatu hari o kiumia nigetha hande miti mironga mugwanja na itano gichunji kiria ndiramuriire miiti.

Uyu ni mubango mwega tondu wina utauruku (ukuhanda miiti 75), Ni uroneka (niukwoneka ukiruta wira), wina kiambiriria na muthia (thutha wa thiku ithatu)

Ihindi iria mugacemania gikundi kiany, niwega mogakorwo na kanya taga dagika ikumi mikiurania o mundu mubango wake kiumia githiru

Oumdu ataririe ;

- (1) Mubango waku kiumia githiru urahanaga atia.
- (2) Wekirie atia.
- (3) Mubango wa kiumia gi guka ugakorwo uhana atia.

Niwega gukunguira uria uhotete gukinyaniria mubango wake

Ona uria utagakorwo ahingitie maundu moothe niwega gukunguira na kumwikira hinya . Niwega muheane hinya wa guthie na mbere na guthondeka mubango mwega ta uria tutariirie .

Makinya mega ma guthondeka mubango mwega.

Hindi iria murathondeka mubango wanyu, kana waku, ni wega kurimirira mubano ta uyu

Utaururuku (Gikundi giitu gia TIST tukuhanda miiti ngiri imwe thibitari-ini gugikninyia mweri wa ikumi na umwe mwaka uyu)

Urathimika: (Tukuhanda miti ngiri imwe)

Ungihoteteka: (Tukuhanda miiti ngiri imwe gwa kahinda ka ciumia ithano. Miiti igana o muthenya thiku ya wakeri na wakana, o mundu miti ikumi o muthenya)

Wina kiambiriria na muthia (Tukuhanda kuuma mweri ikumi na ithano mweri wa ikumi nginya mweri 30 wa ikumi na umwe)

Uroneka: (Nituroneka tukiruta wira)

Inno no njira ya kumwoneriria uria mubango wanyu wagiriirwo ni kuhana

- 1) **Kii** – (Kuhanda miti ngiri imwe)
- 2) **Uu** – (Gikundi giitu)
- 3) **Ori** – (October 15 – November 30)
- 4) **Oku**– (Thibitari-ini)
- 5) **Atia** – (Turecemania muthenya wa keeri na kana mathaa ma miaraho tukenja marima na tukuhanda miiti)
- 6) **Nikii** – (Tondu niturenda ararwu na ageni thibitaritie magie na handu hakwigitia riu na thibitari igie na riera riega)

Niwega riu muthondeke mubango wanyu mukirimirira mubano uyu.



TIST Small Group Undu Ti Umwe kwamukira ithomo njega kuuma TIST.

Christine Ndinda ni mumemba wa Undi ti Umwe Small Group Cluster ya Karaba, Mbeere. Christine hamwe na amemba angi atano a gikundi kiao maingirire TIST mwaka wa 2013. Amemba acio angi ni Benedertah Mwikali, Esther Ndila, Flotena Ndungwa, Monicah Kanini, na Morah Mwethya Kimoyu. Maingiririe TIST thutha wa kumenya undi ti umwe thiini na kuri maundu mega muundu anghihoota gwiteithia, guteithia andu a itura ohamwe na thii yothe. Nikio métier gikundi kiao, Undu Ti Umwe.

Christine niakoretwo ari mumemba mugacuru

hari gikundi giake ona makaria ta mwena uyu wiitu wa Mbeere. Akoretwo akirumirira na kuhingia ithomo iria amukirite kuuma TIST; niahandite miiti, akahanda mbembe na njira ya Conservation Farming (CF), agatongoria, na agekiriria hinya TIST Values.

Makiria ya uguo, Christine niakoretwo agithomithia atumia maundu makurehe mbeca na utonga ta uthondeki wa thabuni, na utheru wa micii. Aria athomithite uthondeki wa thabuni riu nimakoretwo makiendia na kugia mbeca.

Ithui turi ni TIST niturakenera wira wake mwegu.



Christine Ndinda, a ni mumemba mugacuru wa TIST.



Simon Gichuki: Ni handi mbembe ya urimi wa CF na maciario mari mega amkiria.

Simon Gichuki ni mumemba na murimi wa TIST. Gikundi giake Muteithia Small Group, TIST namba ni 2008KE2153. Cluster ya ni Burguret , mwana wa Narumoro.

Hindi iria mutari wa Miiti kana Cluster Servant, Eunice Wambui acerireire mugunda kwa Simon, amukorire akihanda miiti mirongo itandatu iria yongagirira ingi magano matano iria irakura weega.

Simoni niendirekumenya weega urimi mwega wa Conservation Farming thutha wa guthomithio cluster-ini. “ Ni ndonire wega ngerie ona gutuika ndari na nganja kiambiria. No ndacokire kumaka ni

gikeno ndona mbembe ciakwa ikutite na njira njega muno. Ni ndahotire kugetha ngonja igiri cia mbembe kuuma robo (1/4) ya kamugunda. Uyu wari undu wa magegania.” Simon agatariria.

Kumanagia na magegania, riu Simon agitukia mundu wa ndumiriri njega wa urimi wa CF cluster yake. Niakoretwo akira arimi aria angi magerie CF muno muno mwana ucio wao wa Narumoro uria utakoragwo na mbura ya kuigana.

Kimera giiki Simon ni ahindite na CF na magegania nimaroneka nimagukorwo mari meega



Simon Gichuki ari mugunda-ini wa mbembe cia CF .



Uria wagiriirwo ni gwika riria ugutumira urimwi mwege wa Conservation Farming.

Thutha wa kugetha, ndugacine mabebe kana matigarino mothe. Wagiriirwo ni kureka mahuti macio matuike thumu nigetha muganda waku uthii na mbere na kunora. Thumu ucio niutethia mimera yaku kana on miiti igie na ugunyu wa kuigana. Ririkana na mabebe macio niuhuthire guthondeka thumu.

- Niwagiririo ni kugitira mugunda waku hari kurithia mahiu. Riria mahiu mathie mugunda niguthukia mathukagia tiiri na kuria mahuti maria mangithondekire unoru
- Enja marima maku ma CF mbere ya mbura yurite
- Ithimi cia marima maku ciagiriirwo ni gutigana kuuma irimwe nginya riria ringi ta uu. 70 cm mwena wa ukigie na 90 cm mwena wa guikuruka. Geria uhuthire rurigi wohereire mbota
- Githimi kia irima riria ukuhanda mbembe ni 15cm warie, 35cm uraihu and 15cm uriku.
- Hindi ya kuhanda tukania tiiri wa iguru uria munoro na thumu waku. Ikiria irima na utigie

mweke wa 5cm . Koguo ndukaiyurie irima riaku biu.

- Angikorwo ni mbembe urahanda, niwega ucirindi maaini gwa kahinda ka mathaa matandatu nginya muganya. Gwika uguo ni guteithagia mbegu ciaku imera na ihenya na gucigitira kurio ni tutambi. Wagiriirwo ni kuhanda mbembe inya o hari irima. Mbegu ihando hakuhi na kona ya irima iri imwe.
- Angikorwo ni muhia urahanda, no uhanda mbegu 5 nginya 6 o hari irima thutha ya mbura kuura. Ota irima ria mbembe, tukania tiiri wa iguru na thumu waku wega.
- Mweke uria tutigirie hari irima twaga kuihuria tiiri na thumu ni getha ria mbura yaura , mweke ucio ugakorwo ukiiga maai . Mumera waku niugorwo na ugunyu gwa kahinda karaya. Hamwe na uguo, thumu wa mumera ukagitiro gukuo ni kiguo.
- Hindi ya kurimimira wa giriirwo ni gukonya ria hau irimaini na kuuu kungi utugute. No ndukarime na icembe kana kahiu.
- Ambiria kwibanga riu.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kiswahili Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Wakulima wa TIST kutoka Kianjagi Cluster karibu na Chogoria wakati wa mkutano wa Cluster Meeting mwezi ulioppita.

Ndani ya gazeti:

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Cluster ya Kirubia - TIST imetufunza kujitegemea.

Umetayarishiwa na Festus Mutegi.

Kusoma kuhusu maadili ya TIST na kuyafuatilia ni moja ya faida muhimu zaidi tu tunazopata kutokana na TIST. Kufanya kazi pamoja hukumbatia ukweli; uwajibikaji na uwazi tunapotumikiana na kuhakikisha mambo tunayofanya ni sahihi. Pamoja na utumishi na uongozi wa mzunguko, haya yamefanya cluster yetu kuwa yenye nguvu zaidi.

Uongozi wetu, pamoja na pepo la kujitolea na kusaidiana kumezaa matunda. Tumeanzisha kitalu kikubwa cha miche ambacho kwa sasa kina miti ya aina mbalimbali pamoja nayo miche ya aina ya Molinga oleifera, Makandamia, Gravellia, Mukwego, Mwiria, Mutuntu, Mango, Agricapasy, Avocado, Croton megalocarpus, Acacia, Minguani, Mukui na Miahangua

Leo, tuna zaidi ya miche elfu sita inayohudumiwa katika kitalu cha cluster yetu. Baadhi ya miche itapandwa kando yam to uliopo karibu ili kuboresha na kuongeza maji. Lengo letu ni kupanda zaidi ya miti elfu kumi mwaka huu na tunapanga kuanzisha kitalu kingine cha miti mvua wa mwezi wa kumi inapoanza.

Kitalu chetu kipo kando yam to mdogo wa Naka karibu na mji wa Chuka. Hapa ni pahali pazuri kwa sababu wakulima wengine walio na nia ya kununua miche wataweza kuifikia kwa urahisi. Cluster yetu hukutana mara mbili kila mwezi. Mkutano mmoja hufanywa mahali pa mkutano wakati wa mkutano wa kila mwezi wa cluster, huku mkutano mwingine huwa palipo kitalu cha miti cha cluster,

Tumeshirikisha usaidizi wa utawala katika eneo letu. Mtumishi katika cluster yetu, Festus Mutegi, amefanya kazi muhimu sana ya kupangia na kutufunza kuhusu maadili ya TIST na njia bora zaidi za kufanya shughuli mbalimbali.

Kuendelea, tunapanga kujihusisha na shughuli zinginezo katika cluster yetu, kwa mfano kuanza benki yetu, ambayo itakuwa kuweka pesa ambazo zitawaruhusu watu kuweka na kuomba. Pia tungetaka kuanzisha kitalu cha miti ya kuuza ili kusaidia juhudi zetu za kuweka pesa za kuomba. Lengo linguine ni kupata usajili na idara ya huduma za ujumii ili tupate hadhi ya kisheria na tuweze kufanya biashara tukitumia jina la cluster yetu likiwa chombo cha kisheria.



Kirubia Cluster members tending their tree nursery.



Jinsi ya kupangia mafanikio katika cluster yako Hatua na Mipango ya utekelezaji.

Vikundi na cluster za TIST hutenda vitendo vingi: Upandaji miti na kuboresha njia za kilimo. Kunapokuwa na kazi nyingi ya kufanyika, ni vizuri kuunda hatua za utekelezaji. Kila mwanakikundi lazima aseme kwenye kikundi nini atafanya wiki hiyo. Tutawafunza, Kikundi chako kidogo na cluster yako jinsi ya kufanya upangaji wa utekelezaji wa kitendo.

Tafadhali jifunze pamoja wanachama wengine wa cluster yako wakati wa mkutano wako.

Hatua ya utekelezaji ni kitu ambacho ni :

- Mahsusi
- Kinaonekana
- Kinachoweza kupimika
- Kina mwanzo na mwisho
- Hakikisha hatua yako ya utekelezaji ni ya kweli unaweza unayoweza kufikia!

Kwa mfano, kusema ‘Nitapanda miti “sio hatua ya utekelezaji kwa sababu iko jumla sana.” Nitafanya kazi siku tatu asubuhi wiki hii kupandikiza miche sabini na tano katika shamba letu jipya’ ni hatua ya utekelezaji kwa sababu ni maalum (kupandikiza miche sabini na tano), inaonekana (watu wanaweza kuona ukifanya) inapimika (miche sabini na tano, asubuhi tatu) na ina mwanzo na mwisho (mwisho wa siku tatu unaweza kuona matokeo).

Wakati cluster yako itakutana tena, mruhusu dakika kumi karibu na mwisho wa mkutano wa kikundi kidogo ili kila mtu aweze kutoa taarifa kuhusu hatua yake ya utekelezaji. Kila mtu kwa haraka :

- (1) Aeleza kikundi hatua yake ya utekelezaji ya wiki iliyopita.
- (2) Aseme alichofanya kwa ukweli.
- (3) Aeleze hatua ya utekelezaji ya wiki inayofuata.

Kama mtu alifanikiwa katika hatua yake ya utekelezaji, kundi lisherehekee mafanikio. Kama, kama mara nyingi inavyotokea, mwanakikundi alikuweza kufanya sehemu tu ya lengo lake, kundi linamhimiza na halimkosoi au kumpa lawama. Wakati watu wana uwezo wa kuongea kwa uhuru kuhusu mafanikio yao na kushindwa kwao watakuwa na moyo wa kufanya vizuri zaidi kila wiki. Hamasisha wanakikundi / wanachama wa cluster yako kufikiria hatua wanazoweza kuchukua. Hakikisha kila

mojawapo ni maalumu, inapimika na yaweza kufanyika! Ongeeni na msherehekee hatua za utekelezaji ambazo kikundi au cluster yenu imeweza kukamilisha.

Hatua za Utekelezaji katika Mipango ya utekelezaji

Mbinu sawa inaweza kutumika wakati wa kupanga. Hapa, mfano umetolewa katika mabano. Wakati kundi lako linapanga cha kufanya, hakikisha mipango yenu ni:

Maalum (cluster yetu itapanda miti elfu hamsini katika mashamba yetu kabla ya Desemba tarehe ishirini)

Inayopimika (mingapi -? Miti elfu hamsini itapandwa)

Inayoweza kufikiwa / Ya Kweli (Kila Kikundi kidogo cha TIST katika cluster yetu kinaweza kupanda miti elfu moja katika wiki tano - miti mia moja kila Jumanne na Alhamisi, miti kumi kwa kila mtu / kwa siku)

Imefungwa kiwakati (ina mwanzo na mwisho - sisi kupanda miti kati ya Novemba kumi na tano - Desemba ishirini)

Inaonekana
SMARTO !

Huu ni mwongozo na mtihani wa hatua zako zampango wako wa utekelezaji na inakusaidia kuwa maalum :

1. **Nini** - (Upandaji wa miti elfu hamsini)
2. **Nani** - (Wanavikundi vya TIST kwa majina)
3. **Wakati** - (Novemba 15 - Desemba 20)
4. **Wapi** - (hospitali)
5. **Jinsi** - (Sisi kukutana kila alasiri ya Jumanne na Alhamisi baada ya joto ya siku na kuchimba mashimo, kisha kupanda miti)
6. **Mbona** - (Kuboresha eneo linalozunguka hospitali, kupata kivuli zaidi kwa ajiri ya wagonjwa na wageni, watu wataweza kukaa chini ya kivuli na kivuli kitafanya hospitali kupunguza joto.

Jaribuni mipango na hatua za utekelezaji katika mkutano wa kikundi chako unaofuata!



Kikundi kidogo katika TIST cha Undu Ti Umwe katika Cluster ya Karaba wakumbatia njia bora za shughuli mbalimbali ili kufaidika zaidi.

Christine Ndinda ni memba wa kikundi kidogo cha Undu Ti Umwe katika cluster ya Karaba, Mbeere. Alijiunga na TIST mwaka wa 2013 pamoja na memba wengine watano; Benedertah Mwikali, Esther Ndila, Flotena Ndungwa, Monicah Kanini, na Morah Mwethya Kimoyu. Walijiunga na TIST baada ya kutambua kuwa kuna mambo mengi mazuri katika dunia ambayo mtu aweza kufanya ili kujisaidia, kusaidia majirani, jamii na pia dunia nzima. Jambo moja ni kupambana na mabadiliko ya tabianchi. Ndiposa, wakalipa kundi lao jina “ Undu ti Umwe” ambalo laweza tafsiria kumaanisha, “Maisha hayahusu jambo moja pekee.” Christine amekuwa memba bora sana si tu

katika kundi lake bali pia kwa eneo la TIST lote katika Mbeere. Amekumbatia TIST kwa ukamilifu, akitia juhudi zote katika kupanda miti, kilimo hai, uongozi wa kujitolea na zaidi ya yote kuwakumbusha memba maadili ya TIST.

Kuongeza, Christine huwafunza wanawake wengine katika TIST kuhusu shughuli zinazoleta pesa. Yeye hufunza na kuonyesha kutengeneza sabuni ya mti na yanay a. hili halijaboresha usafi tu katika nyumba za watu bali waliofaidika na mafunzo haya sasa wanapata mapato kutokana na kuuza sabuni za unga.

Sisi, katika TIST, tunamshangilia na pia tunajivunia kazi yake.



Christine Ndinda, Memba wa TIST anayejitolea sana.



“Nimejaribu Kilimo Hai na vuno lilikuwa zuri sana”, asema Simon Gichuki.

Simon Gichuki ni mkulima katika TIST aliye memba wa kikundi kidogo cha Muitethia, kikundi nambari 2008KE2153. Yumo katika cluster ya Burguret, eneo la Narumoru.

Wakati mtumishi katika cluster, Eunice Wambui alipotembelea shamba lake alimpa Simon akipanda miti zaidi. Siku hiyo, Simon alipanda miti sitini katika shamba lake na kuifanya miti ifike mia tano katika shamba lake dogo.

Simon alipata nia ya kujaribu kilimo hai baada ya kuhudhuria mkutano ambapo swala hili lilifunzwa na akasema, “Niliamua kujaribu kilimo hai. Nilikuwa

na wasiwasi hapo mwanzo lakini nikaamua kujaribu. Nilishangaa sana nilipoona mahindi yangu yakifanya vizuri hata mvua ilipopungua. Nilivuna magunia mawili ya mahindi kutokana na robo ekari. Hili likawa la kuajabisha!” asema Simon

Kutokana na vuno hili, Simon akawa “Balozi wa Kilimo Hai” katika cluster yake. Yeye huwahamasisha wakulima wengine kujaribu kilimo hai san asana katika maeneo makavu ya Narumoru ambapo mvua huwa haba na haiwezi kutabirika.

Msimu huu, mimea ya Simon inaonekana kuwa na uzalishaji zaidi.



Simon Gichuki akagua shamba lake la kilimo hai.



Jinsi ya kulima kwa njia ya kilimo hai.

Baada ya kuvuna, usiyachome mabaki ya mimea, badala yake yaache chini. Jinsi unavyoacha mabaki zaidi chini ndivyo unavyorutubisha udongo na kuufanya kuwa wenye rutuba. Safu ya haya mabaki yakizunguka chini ya mti au miche husaidia kuongeza kiwango cha maji katika udongo jambo ambalo huzuia miti kutokana na ukavu mingi. Kumbuka kuwa Mabaki ya mimea yanaweza pia kutengeneza mbolea.

- Jaribu kuweka mifugo mbali kwani mifugo ikila itaacha mabaki machache yakifunika udongo.
- Mashimo ya kilimo hai yafaa kuchimbwa kabla ya mvua kuja na ni muhimu kuanza kuyachimba mapema.
- Tia alama utakapochimba mashimo yako, halafu utafute kamba ndefu na ufungie vifuniko vya chupa vikitengana na centimita sabini. Nyoosha kamba kuvuka shamba lako ili kila kifuniko kiwe kati kati ya shimo ili kuhakikisha kuwa mashimo yana nafasi inayofaa kati yao. Tumia jembe kutia alama ya kuonyesha mistari ya mashimo ili kila mstari uwe centimita tisini kutoka kwa huo mwingine.
- Siku hiyo hiyo unapotia alama, chimba mashimo yaliyo na umbo la mviringo. Yafaa kuwa na upana wa centimita kumi na tano, urefu wa centimita thelathini na tano na centimita kumi na tano kwenda chini.
- Unapokuwa tayari kupanda mbegu, ni muhimu kuweka udongo wenye rutuba shimoni ili kusaidia kutia mimea nguvu. Changanya mbolea na udongo mzuri wa juu, au utumie mbolea ya mimea. Ikiwa una saruji na mbolea ya viwanda, iweke shimoni na ujaze kila shimo na mchanganyiko huo hadi centimita tano chini ya ardhi ya kawaida.
- Ikiwa unapanda mahindi, lowesha mbegu kwa maji masaa sita kufika saba kabla ya kupanda. Jambo hili hufanya mbegu kuota haraka na kuweza kuishi. Unapopanda mbegu, panda mbegu nne udongoni kuvuka shimo na ufunike na mchanganyiko wa udongo mnono na mbolea sentimita mbili na nusu. Udongo katika shimo utakuwa sentimita mbili na nusu chini ya ardhi ya kawaida. Mavimbe makubwa magumu ya udongo yanafaa kuvunjwa ili udongo ufikie mbegu vizuri.
- Iwapo unapanda mtama, panda mbegu tano au sita katika kila mwisho wa shimo baada ya mvua nzuri halafu ufunikie mbegu na centimita mbili na nusu za udongo wenye rutuba uliochanganyika mbolea.
- Nafasi inayoachwa juu husaidia maji kuingia kwa mimea wakati mvua inapofika. Bila nafasi hii maji ya mvua yatabebwa juu ya ardhi na kubeba virutubisho vingi.
- Toa magugu karibu na mashimo kila baada ya muda na kila mwaka hutapata kutakuwa na magugu machache na machache zaidi.
- Usife moyo! Kuchimba mashimo sasa kutamaanisha yatakuwa tayari mwaka huu na hutachimba tena mwaka ujao.

Mazingira Bora



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Kikamba Version

An Environmental, Sustainable
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TIST Farmers from Kianjagi Cluster near Chogoria during their Cluster Meeting last month.

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Kakundi kanini ka Undu Ti Umwe nthini wa kwitikilana na mawiko maseo kwa ukwati mwingi. Page 4

“Nineekie nima ya kusuvia (CF) na nakentha nesa” Niw’o Simon Gichuki unaisye. Page 5

Undu nima ya kusuvia yikawa. Page 6



Ngwatanio ya Kirubia - TIST nitumanyiitye undu wa kwitengemea.

iandikitwe ni Festus Mutegi

Kwimanyisya iulu wa mawalany'o maseo ma TIST na kumaatia kwa kwika nikutunengete vaita munene kumana na TIST. Ngwatanio yitu ya uthukumi nithuthikite kwitiwa na ukiiku, utaliku na kuthukumana kyenini umwe kwa ula ungi na kuikiithya maundu nimeekwa undu vaile. Twavulania na utongoi wa kithyululu na wa kuthukumana ithyi kwa ithyi ngwatanio yitu ni iendee kwiana yina vinya.

Utongoi witu vamwe na ngoo syina kwiyumya kutetheesya umwe kwa ula ungi nikusyaite matunda. Ni tusevitye kivuio kinene kila kina miti mithemba kivathukano yivo Molinga Oleifera, Makandania, Mikuvulya (gravellia), Mukwego, Mwiria, Mutuntu, iembe, agricapasy, ivakato/ikolovea, Itomoko (Croton megalocarpus), Acacia, Miunguani, Mukui na Miahangua.

Umunthi twina mbeu sya miti mbee wa 6,000 ila syi kivuioni kya ngatanio yitu. Mbeu imwe ikavandwa nguumoni sya usi wivaa vakuvi naitu nikana twailye utheu wa kiw'u kila kiusini uyu vamwe na kusuvia uusi. Ingi walany'o witu ni kana nitwaile uvikia uvanda miti mbee wa 10,000 mwaka uyu na

kuseuvya kivuio kwondu wa mbua ya mwai wa ikumi.

Kivuio kitu ki vakuvi na mukao/usi wa Naka ula wivakuvi na musyi wa Chuka (chuka town). Vandu vaa ni vaseo nundu aimi angi ala mekwenda kuuma miti ya uvanda nimatonya utuvikia yila mooka musyini uu na kuaa miti ino kuma kivuioni kitu. Ingi ngwatanio yitu nikomanaa keli kila mwai.

Tukomanaa vala twaile ukomania kila mwai kwa umbano wa kila mwai na ya keli tumbaniaa vala twikiite kivuio.

Nitwakwatanie na atongoi ma kisio nikana kwikiana vinya. Mutongoi witu Festus Mutegi nithaukite kilio kinene kutumanyisya na kutungwatania undu wa mawalanio maseo ma TIST. Kuthi na mbee nitwiite walanio ula ni vamwe na kwambii kwia mbesa na vengi wa mesani, ila ni nzia imwe ya ututhuthia kwia mbesa na kukova. Ingi twina woni wa kwenda kwambii kuvuia miti ya uta nikana twiyikie vinya. Ingi twina woni wa kwiandikithya na muvea wa Social Services nikana withie nitutonya utumia isyitwa ya ngwatanio yitu kwa viasala kivathukano.



Ene Ngwatanio ya Kirubia maimia miti yoo ila yi kivuioni.



Undu wa utongoesya ngwatanio yenyu kuvia matunda maseo kwanzia ya Matambya ma kwosa na walanio wa kwosa matambya.

Ikundi mbingi sya TIST nisyikaa maundu maingi maseo ta kuvanda miti na kutumia nzia nzeo sya nima. Yila vena wia mwingi wa kwika, ni useo kuseuvia matambya ma vala ukwa mbiia na nzia ila utumia kwa wia ula ukwenda kwika na kumanya nita ivinda yiana ata yila waile utumia kuvikia mawia maku othe methiwe maendee na memathelu ivindani yila yaile. Kila memba wa kikundi niwaile utavya amemba ala angi kila mavangite kwika na kumina kyumwa kiu. TIST nikuumanyisya we na kakundi kaku undu wa kwosa matambya iulu wa mwolooto ula wi mbee. Kwandaia tavya angi ma kakundi kenyu yila mwi nthini wa wumbano wenyu.

Itambya ya kwika ni kindu kila ki:

- Wisi ni kyau
- Kitonya kusyaiiw'a (kake ke ukutani nikatonya kwina undu ukwika)
- Kithimika
- Kina mwambiio na muthya
- Ikiithya itambya yila wosete na undu ula ukwenda kwika nutonyeka na nutonya uvikia.

Kwa ngelekany'o kwasya "ninguvanda miti" ti wiko na ti itambya ya kwika. "Ni thukuma makwakya atatu kyumwa kii na ndivanda miti 75 kuma kivuioni" Yii ni itambya yina wiko na yina mwolooto (Kuvanda miti 75), nitonya kwoneka (andu nimekwona uivanda), Kuthimika (miti 75 kwa makwakya 3) kina mwambiio na mutyya (itina wa mithenya itatu nukwina wia ula mukune).

Yila kakundi kenyu kakomana ingi, nenganei ndatika ikumi kwa kila umwe kuweta ni ata mundu wikite o kwamituki.

- (1) Mundu kuweta niwalany'o mwau unai naw'o wa kyumwa kiu
- (2) Kuweta undu mundu uneekie
- (3) Na kuweta walany'o ula ukwenda kuvikia kwa kyumwa kyukite.

Ethiwa mundu niwavikiie walany'o wake ula waiite kuvikia na matambya ala waatie kikundi kutana.

Oundu vatonyeka kaingi kwa kila kikundi

kuweta na kuthuthania vate kutulana muti. Andu meethiwa matonya uneenanisya kwaila na umwe kuvikia walany'o wake na kukuania mawonzu niw'o matonya uthuthania vate kimena kana iteta o kila kyumwa. Thuthya ngwatanion na kakundi kenyu kwosa itambya yii. Ikiithyai ni wia uthimika, na uvikiika tanai na kuthuthania vamwe undu wa kila umwe kuvikia mawalanio make.

Nzia ino no itumiwe ni kikundi kyenyu muyenda ika undu mwiw'anite.

Ikiithya kana matambya menyu mwam,alania ta uu:-

Nata mukwenda ika (kakundi kaitu keenda uvanda miti 1000 sivitalini wivaa vakuvi tuivika mwai wa ikumi nomwe matuku 30)

Kuthima (miti yiana - 1000 niyo ikuvandwa) Niundu uvikiika (li nitutonya uvanda miti 1000 kwa ivinda ya sumwa itano tuivanda miti 100 kila wakeli na wakana).

Ivinda (Twinengete ivinda ya kuma October 15 kuvika novemba 30)

Kwoneka (ona khaki kavuilite ukutani nimekwona tuivanda). SMARTO!

Kii nikya ukutongoesya undu wa kwosa matambya na kuatiia na kuvikia mawalanio na kumavikia ivindani:

- 1) **Ata** - (kuvanda miti 1000)
- 2) **Uu** - (amemba ma Tist tukundi tunini)
- 3) **Indii** - (15/10 kuvika 30/11)
- 4) **Va** - (Sivitali)
- 5) **Ata** - (kila wakeli na waka iamawioo kwisa maima na kuvanda)
- 6) **Niki** - (Kwailya mawityululuko ma sivitali, ingi kuete muunyi vala awau matunya uthyumua na ingi kutuma vau sivitali vethiwa na uthithu.)

Tatai maundu aa nthini wa kakundi kenyu yila mwina umbano wenyu wa kila mwai.



Kakundi kanini ka Undu Ti Umwe nthini wa kwitikilana na mawiko maseo kwa ukwati mwingi.

Christine Ndinda ni memba wa kakundi ka Undu ti Umwe kala ke nthini wa ngwatanio ya Karaba, Mbeere niwalikile nthini wa TIST kwi 2013 vamwe na andu angi atano ala ni Benedetar Mwikali, Esther Ndila, Flotena Ndungwa, Monicah Kanini na Morah Mwethya Kimoyu. Malikile nthini wa TIST itina wa kwona na kumanya kana kwi mauseo maingi nthi ino mundu utonya kwika na kwitetheesya we, atui make, na andu othe kwa vamwe. Umwe kati wa useo ula moonie wina vaita ni kwailya nzeve na kusiiia uvinduku wa nzeve. Kwa nzia isu matwiia kakundi koo isyitwa ya “Undu Ti Umwe” ila ikueleeka ta “thayu ti iulu wa undu umwe nthi ino”.

Christine niwe withiitwe ayoneka muno nthini wa kakundi kau koo na tiko koka indi ona nthini wa TIST kisioni kya Mbeere. Niwalikile walanioni wa Tist e w’ontho, kutata kuvanda miti, kwika nima ya kusuvia, Utongoi wa kwiyumya na muno kulilikany’a ala angi iulu wa mawalanio maseo ma TIST.

Ingi Christine nuvundiasya iveti ial ingi iulu wa maundu ma TIST ila mena ueti wa mbesa. Numanyiasya, kuvundisya na kumonia undu matonya kuseuvya savuni sya kiw’u. Ino ninzia imwe ya kwongela utheu na ti uu w’oka indi nitumaa methiwa na ukwati mata savuni ula maseuvitye.

Ithyi twi nthini wa TIST nituumutania na kwikathiia va kwiyonea kwithiwa tuithukuma nake.



Christine Ndinda, memba wa TIST wiyumitye.



“Nineekie nima ya kusuvia (CF) na nakentha nesa” Niw’o Simon Gichuki unaisye.

Simon Gichuki ni memba wa TIST kwisila kakundini ka TIST kitawa Muteithia namba 2008KE2153 kala ke nthini wa ngwatanio ya Bruguret ila yi kisioni kya Narumoro.

Yila muthukumi wa TIST Eunice Wambui wavikie muundani wa Simon amwinthiie aivanda miti ingi. Muthenyani uyu Simon vandie miti myeu 60 muundani kwake vala wina miti mbee wa 500 kalundani kake.

Simon eethiwe na wendi wa kwika nima ya kusuvia (CF) itina wa kuvika umbanoni umwe na ngwatanio wa kila mwai vala mamayiiw’e iulu wa nima ino ya kusuvia. Niwaisye “eka niamue utata

nzia ino twa vundiw’a unakau ndyai na muikio vo indi nenda utata. Ninanzengie kwona mbemba iyiana na kwika nesa onakau mbua yai nini ninakethie makunia eli ma mbemba kuma kwa kasio ka 1/4 acre. Uu wai usengyo!” niw’o Simon ukwasya.

Amina uketha ngetha isu nivo Simon watwikie “mutumwa wa nima ya kusuvia” ngwatanioni yake. Nuthuthasya aimi ala angi matate nima ino ya kusuvia (Cf) muna muno ala me isioni mbumu kana sya mang’alata sya Narumoro kula mbua ni nini na ti ya kwikwatw’a.

Mbua ino liu wa Simon wioneka wina usyao mwingaingi.



Simon Gichuki aisisya mbemba syake muundani kwake vala uvandite kwa nzia ya nima ya kusuvia.



Undu nima ya kusuvia yikawa.

Itina wa ngetha ndukavivya matialyo ma mimea. Vandu va kuvivya ekana namo nundu nimeunenge

muthanga unou yila me kwoa ona ingi nimavwikite muthanga ethiwa kuna mbua. ukavwika mimea vaa wungu na matilyo asu niwasiia kiw'u kuny'aa na uyithia kimeu nikyekala kwa ivinda iasa na uyikala uteungithya miti / mimea isu kwa kavinda nundu kimeu kivo. Ingi lilaka matialyo asu no umatumie kuseuvya vuu wa yiima.

- Tata usiie indo iikalike muundani na kuya vo, nundu mimea na mavuti ala mavwikite muthanga nitonya uya ikamina kyothe kila kiwwikite muthanga.
- Ingi maima ma nima ya kusuvia maile kwiswa mbee wa mbua itanambiia. Kwoou ni useo kumesa tene.
- Ikiya uvano vala ukwenda kwisa maima, osa ikanda iasa kana ulii na uyiveea tuvululu twina utaaniu wa 70cm. Tambuukya ikanda /ulii usani wa muunda waku. Kila kavululu ni vala ukwisa yiima na katetheeasya kwikia utaaniu wianene. Vana utaaniu wa misitali uitumia iembe. Misitali yaile utaaniu wa 90cm. Ikiya uvano wa maima na misitali ila ukwona utonya umina muthenya usu.
- Muthenya ula weekia uvano now'o waile inza maima asu. Maima aya maile ithiwa mena uthathau wa 15cm na uasa wa 35cm na uliku wa 15cm.

- Wamina kwiyumbania uvanda ni useo utumie muthanga ula munou kuvika mbeu nikana imee yina vinya. Osa vuu na muthanga wa yiulu uvulanie vrika naw'o yiima utie uliku wa 5cm wa kutetheesya kutwiikania / kutuumania kiw'u kwaua.
- Ethiwa wivanda mbemba inda vandu va masaa 6-7 mbee wa kuivanda. kii kitetheeasya mbemba kumea na mituki na mbingi kwikala. wamina vanda mbeke inya uasani wa yiima. Vrika na muthanga wina vuu ta uliku wa 2.5cm. Itina wa uu mwanya ula uutiala wiithia nita 2.5cm. uliku ula uutiala ndwaile ithiwa muliku kwi uu, maveli indi yothe nimaile uawa mbee nikana muthanga uvikie mbeu nesa.
- Etiwa wivanda muvya ngii / mbindi 5-6 nisyaille uvandwa yiimani yimwe itina wa mbua kua nesa. vrika na muthanga uvulene na vuu uliku wa 2.5cm.
- Mwanya ula watiwa maimani aa utetheeasya kutuumania / ukwatya kiw'u kiikanthi kitananya nthi. Vande mwanda uu wa nyiima kiw'u ni ukita uyululuka na kuthi kikuite muthanga na unou waw'o.
- Ima uthyululukile maima aya kaingi nikana kuveta yiia na withie niyaoleka muno.
- Ndukakw'e ngoo! Inza maima maku oyu wetele mbua yukite na ndukenza ingi mwaka wukite.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



TIST Farmers from Kianjagi Cluster near Chogoria during their Cluster Meeting last month.

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Kirubia kilasta - kignetgei ketononchige en konetisietab TIST.

Mwoe Festus Mutegei.

Kignetgei agobo Tolochikab TIST ak keboisien kenyorunen kelchin neo. En kibangenge nenyon ko kigigimit agobo che kiyoni, che kiitinigei, che kiyoe boisionik che togu ak chetononchige en boisionik ak keigu che litit. En kaidonatet nebo kondoikiyok ne miye kenyoru kimnotet en kilasta.

En kandoinatetnyon ak en kayanenyon nebo konunetabge kotoretch kenyorunen logoek chemiach. Ye kitesetai ketinye kabeti nemiten ketik che terchin kou: molinga oleifera, makandamia, sebesebe, mukwego, mwiria, mutuntu, mango, Agricapasy, avocado, keleluwet, chebitet ak alak chechang.

En iguni komiten ketik chesire 6,000 che keribe en betit niton kobo kilasta. En tetenyon kemichini alak ngegusiekab oinet asi kimuchi kenyorunen chechang ago che tilinen. Kitinye maget kemin ketik 10000 en kongesunetab

kenyini ye kigesu en kabeti ketestai kibit alak chetun kimine en arwetab Taman.

Kabeti nenyon komiten ngengutab oinetab Naka en Town Chuka. Kararan yoton amun nyorunen biik chechang kesuwekab ketik ago itin en ibet. En kila arawa ketinye tuiyosik oeng nebo tai kobo kilasta ak yon kimi kabeti.

Kigenyoru toretet koyob biik alak chebo county. Festus ko kiboitiyotenyon ne kitoretch koyumech ak konetech agobo Tolochigab TIST ak boisionik che kororonen.

Ye kitesetai ketinye kabuwatet kinam boisionik alak kou Table banking asi kimuch kebesechinigei rabisiek ak kinam kabeti nebo mungaret asi kigimit Table banking ak kinam kesirge en department nebo social service asi kobit chomchinet keboisien kainetab kilasta nenyon.



Kirubia Cluster members tending their tree nursery.



Ole kimuchi ketononchito kilasta asi konyor borotet en Tetet ak en boisiyonik.

Kurubisiekab TIST ko kigoyai boisionuk chechang cheu minetab ketik ak kogimit koletab minutik. Ole miten boisiyonik ko kararan ingetoo kokwoutik chebo boiset. Tinye boroinde chi tugul en kurubit komwa ngolion agobo borotet ne nyoru en wigit. En TIST kenyorunen konetisiet ole imuchi itounen kokwoutikab boiset toreti kurubit obchei ak biik en tuiyetab kilasta.

Kokwoutik chebo boiset kouni:

- kotiyе kiit ne nin
- kiit netogu
- kiit ne tiye kanamet ak kongesunet
- kerile kokwoutiyoniton kenyoru ak ago kiitin.

Koborunet kouni, ingo mwua chi gole omine ketik komomiten kiit ne gayai. Ago ingot kole omine ketik 75 en wigini en imbar niton ko kokwoutiyet amun kinyoru ko min ketik 75 en betusik somok. Amun tinye ganamet ak kongesunet.

En kongesunetab tuiyet kigochi chi tugul komwa en choginet agobo boiset.

- (1) Ingomwochi kurubit agobo wigit ne kogobata.
- (2) Komwa kiit ne koyai
- (3) Ingotechi biik boiset ne nyone.

Angot koboren chito agenge en kurubit konyorunen borotet biik tugul. Amat kesosi chi kabwatenyin ak kerenyin. Ye tesetai kouniton

kotese kogimitu kilasta ak ko nyiganit chi tugul.

Kokwoutik ak tetetab boiset:

Miten kora oret negimuche keboisien en kurubit kounni.

Toginet En arawani ketinye maget kemin ketik 1000 en Dispensary nenyonet.

Tinye koiitet - ketik 1000 che kemine.

Chegitinye |Chebitu en wigisiek mut kemine ketik 1000,100 en kila kasitab oeng ak angwan kasi mine chi tugul ketik 10 en betut.

Besietab betusiek-miten kanamet ak kongesunet amun kimuchi kigesu minet en 15-30 oct.

Tinye keret-amun kere biik boisiyonoton betut ak en wigit komugul.

Niton ko toretet nebo kokwoutik ak kosibet nebo boisit en toginengung:

1. **Nee** - (amin ketik 1000)
2. **Ngoo** - (biik chebo kurubit)
3. **En ou** - (oct 15-30)
4. **En ono** - (en Dispensary)
5. **Betut oinon** - (oeng ak angwan kasi kebole keringonik ak keminse betunoton)
6. **Amunee** - asi kimuch ketoret kewegun itondab Emet ak konyor biik uronok ak

Toek che kabuwa Dispensary.

Ongeyonyen keyai tetab boiset en tuyosiek tugul che kiitini agot en korikyok.



Kurubit neming nebo undu Ti umwe boboinchi agobo boisiet ne kararan asi konyor chechang.

Christine Ndinda ko agenge en kurubinton en kilatsa nebo karaba,mbeere.kiinam inendet kotoo TIST en 2013 koboto alak mut ,Benedth mwikali, Esther ndila, Florence ndugwa,monicah kimani ak Morah kimoyu.Kii yomoge tugul ye kin konyor koguiyet ne kararan en TIST kole itin iganaset nyin tugul, mising kone tinye waletab itondab Emet.

Tinye tononet christine enTIST kurubit ak en region nebo mbeere tugul. Kiboisien kimnotenyin kotugul komwaita agobo TIST ak tetutik tugul chebo TIST.

En noton ko kigona konet chebiyosok agobo ole imugto konyorunen chepgondok kou kotoo sobunisie ak konyor olik.Kiboiboenchin boisieyin kotugul ak ketesetai kemonginigei toretenyim.



Christine Ndinda, a dedicated TIST member.



“Kirayomnde oboisien imbaret ne makibat onyorunen borotet neo. Mwoe. Simion Gichuki.”

Simion Gichuki ko temindet neyobu kurubitab Muteithia 2008KE2153 miten kilasta nebo Burguret en komostab Narumoro region .

Ye kin korutechi kiboitiyotab TIST Eunice wamboi konyor kogigomin ketik chechang. En betunoton ko kinyorta komine ketik 60 ko tesin 500 che kigomin en tai.

Kiyor boibointo neo simion ye kinkonyor konetisiet agobo (cf) kiwol kole otou agol. Amun komonyoru kesutik chechang en ($\frac{1}{4}$) konyor kuniyok oeng).

Ye nging kotestai simion koboiboenchi kolsoniton ak kotok inendet en kurubit kotech biik alak boisietab (cf) en amun ngerin robta en Narumoru.



Simon Gichuki inspecting his CF maize plot.



Ole kisibto.

Ye kaiges kesutik komat ibel
 ngetunanik ingotebi imbar asi
 kogochorotiyo asi konyor

okwoindo ngungunyek, nebo oeng ko kochin
 imbar kotitindo. Agot ketik kosiche beek agichek.

Kimuchi ke tounen keturek.

- Amat ichomchi tuga kwam mobek amun
 mongetu ngetunanik ago menyoru rurutik
 chechang tun.

- Keringonik kesib kebole en kasartab
 kemeut.

- Lewen oleimoche ibal icheng borowet ne
 goi asi imuch koteta keringonik en
 kokwoutik ak en tebesindo ko (90 cm).

- Kokwoutikab keringet kouni:15cm wide,
 35cm long and 15cm deep.

- Ye negit igolse ituch ak ngungunyek
 chebusbusen asi tun kogimit rurutik.Tesin
 keturek ak iburuchen tugul ingonget 5cm
 en barutab keringet.

- Agot ko bandek koibie kesuwek 4
 keringet,tesin ngungunyek kogeny got
 konget 2.5cm nito ko si kotoche beek

- En mosonyik ko 5-6 ak iyai kou bandek.

- Semberet kitutin keringet orit en
 kobogora asi kogochi kesiwot koet ak
 kokimit. En kwenutab tebesinto kesuwoche
 ak ketugen lainit asi kotoret en beek anan
 ngot ko susuwek ibaen tuga.

- Keringonik imuchi iboisien en kenysisiek
 chema ngerin yeirib kome.