

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 Mitheru Cluster During their Cluster Meeting Last Month.

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Small Group Techniques: Group interaction.

a) What is the best way to arrange people during a small group meeting?

A small circle is the best. Don't have a table because it creates barriers between people. Don't have a chair and a large seat for the most important person. In TIST, we all sit the same way. We either all sit on the ground, or we all sit on chairs.

b) What do you do if more than twelve people want to join your group?

If there are more than twelve people interested in joining your group it is best to form a new group. The group can split in two, or three or four members of the original group form the core of the new group. This is better than one member trying to start a group alone. Remember to start using rotating leadership straight away.

c) What techniques can you use if the group energy is low?

Split up the group into pairs and get each pair to talk about the task. Dramas also help. Sometimes stopping and each person saying something good that their group is doing can also motivate people again. Also remember to keep the meeting from becoming too long. By having a co-leader who is keeping time, you can focus the group's energy to making sure the work gets done in the agreed upon time period.

Meeting Schedule.

To manage time well, a Small Group should have a well-organized meeting schedule. This is important because it will help you keep focus on your agenda and the most important activities. It is also important because in TIST, we commit to work together for the long-term to grow and maintain our trees for the carbon market. We need to know our fellow Small Group members well, since each person's actions impact our whole group and all of TIST.

It is important, too, for your Small Group to have regular meetings, preferably once a week or once in two weeks. This will give all members in your group an opportunity to strengthen your group and share and learn new ideas.

During your meeting, it is necessary to focus on important issues. Many TIST Small Groups have found the process below as a best practice for successful meetings:

Step I. Greetings and introductions for any new members (5 – 15 minutes):

Make sure everyone feels welcomed. Make it brief but let each person introduce him or herself.

Step II. Opening prayer (2 minutes):

A short word of prayer can help the group unite.

Step III. Songs (5 minutes):

These could be songs written by your group, or songs that encourage people such as religious songs.

Step IV. Agreement on task and time (5 minutes):

The leader explains what will be done in the meeting and the group members agree to do the task. The time spent on each task or discussion should be agreed so that the co-leader can help keep the meeting on time.

Step V. Group work on tasks (1 hour):

Ideally, tasks should have been discussed at the end of the last meeting. Tasks might include sharing what each person has done to help TIST activities, sharing best practices, training on some subject of interest, and any other important issue that will help your Small Group to prosper.

Step VI. Kujengana (5 minutes):

Each group member makes one positive, specific statement to that week's leader about his or her observable leadership of the meeting. In addition, anyone may identify a gift seen in the leader.

Step VII. Closing prayer (2 minutes):



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.



Preparing Compost Manure - a natural fertilizer.

Compost manure is a natural fertilizer that helps your crops grow. It is better than chemical fertilizer because it is natural, free, and will not damage crops and the environment as some chemical fertilizers can. There are many ways to make compost manure, but the following method has been useful in some areas. Ask your neighbors in your Cluster what has worked well for them.

Preparation of compost:

1. Choose an area for your compost pit measuring 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. leaves and stalks of maize, millet, beans) and cut these remains into small pieces.
5. Put these crop remains into the hole up to a depth of 0.5m.
6. Add 5 liters 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. Put another layer of crop leaves and stalks (0.5m).
9. Add another 5 liters of ash.
10. Repeat adding the leaves and stalks again until the hole is almost filled.
11. Finally add a layer of soil until the hole is filled.
12. While 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.
15. This adds extra nitrogen to the compost.
16. Try to water the compost pit in this way every day, or whenever water is available.
17. After 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 your compost manure to each hole. Watch for the results!



Ndalani TIST Cluster in Machakos County. Growing Steadily in TIST.

We are Ndalani cluster, in Machakos county. We joined TIST in the year 2013. We had heard about TIST and when we were invited to a “come and see seminar “at Gitoro conference center in the year January 2012, we began talking to other farmers about TIST. Many more farmers got interested and eventually we formed our Cluster in 2013.

We have so far registered 34 TIST Small Groups. Twenty eight (28) have applied to join. Following TIST Best Practices of monthly Cluster Meetings, we hold our monthly meetings at Ndalani chiefs office, every third Monday of the month.

We are glad for many things we have learned in TIST in the last three years. We have practice rotational and servant leadership in our Cluster and in our Small Groups. We held our last Cluster elections on 20th June, 2016. The following are our Current Cluster leaders. If you are interested learning or joining TIST, you may talk to any of them;

- Leader: Christine Nthenya 0714260544,
- Co-Leader: Catherine Maingi 0725610569,
- Accountability Person: Simon Kioko
0700710745,

Our Cluster Servant is Naomi Kamau 0710101747

We have a goal of planting 200,000 in our Cluster. We have started by implementing TIST Best Practice of preparing the raised seed bed .

This month, each member has contributed we have contributed KES 10 towards purchase of wire mesh so that we can build a demonstration nursery for learning and encouraging farmers.

We are also keen on energy saving jikos. Farmers are interested in ways that they can save firewood and at the same time reduce smoke in the cooking area.

Mary Mwikali, a TIST farmer, Center Farmers, 2015KE141 says, “TIST Benefits are everlasting to those who actively implement what they are taught.” We too share her sentiments.



TIST Mobile Website: A New, innovative way to get information about your Small Group and Cluster quickly and easily.

TIST has developed a new website – a mobile website. This website will enable thousands of farmers to get information about their own groups and clusters quickly and easily. It will help us be mutually accountable, transparent, and accurate if we use it well. Now you can get information such as number of trees counted for your group, in each individual grove, the members of your group, whether your group is qualifying for payments and if it has been paid recently.

In regard to your Cluster, you will be able to view the total number of groups in your cluster (and you can compare with other clusters), your next cluster meeting date, the current leaders of your cluster and when last elections were held. Further, you will be able to know how your Cluster has been spending its monthly budget.

Steps to login to this mobile website

There are 2 ways you can access this mobile website. If you are a TIST member and you have been assigned a TIST email address, you can login directly using your password. Signing in in this way gives you access to more information. If you do not have TIST email address, you can sign in as a guest. You can access this site from your phone if it has internet capabilities or from cybercafes.

TIST Quantifiers have been asked to be available in all Clusters meetings to train and support in other activities. They have been asked to provide palms to the Clusters during the Cluster meetings and members can view information about their Small Groups or Clusters or about TIST program right at the Cluster meetings.

Here are steps.

1. Go to **www.tist.org/mobile**
2. If you have TIST email address, log in with your TIST email address and use your password.
3. If you don't have TIST email address, you can log in as a guest. Put in your name and organization and then tap log in. Organization can be name of your Small Group.
4. You will be directed to the next page. At the top, you will find "Cluster", "Groups", "groves" and "Log out"
5. If you want to view your Cluster, tap on "Cluster". You will be directed to a page that shows TIST project areas worldwide. Choose and tap an area of your interest (for example, Meru). From here, you will move to the next page where you will find a list of Clusters under Meru (or any other area you chose) with number of groups and trees listed plus the next meeting dates and last election.
6. Tap your Cluster (for example, Ciakanyinga). A new page will open and you will find Small Groups listed by their names, TIST number, Number of trees and last date of quantification.
7. Tap on your Group. (for example, TARADA). This will take you to a new page. You will find details about this group, including payment eligibility and whether the group has met requirements to take part in the carbon market.

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Kimereu Version

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Arimi ba TIST ba Mitheru Cluster igita ria mucemano jwao jwa Cluster mweri muthiru.

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Njira cia ikundi bibinini: Gukaranira gwa gikundi.

a) Ni njira iriku iri injega buru ya kubangania antu mucemanione jwa gikundi gikinini?

Kithiururi gikinini ni njira iria njega buru. Gukethirwa kurina metha niuntu nitumaga gukagia kigitaria gati gati ka antu. Gukethirwa kurina giti kana giti gikinene kia muntu uria urina gitio kiria kinene buru. Ndene ya TIST, twinthe tukaraga nthi na njira imwe. Twinthe tukaraga nthi muthetune kana tugakarira iti

b) Niatia buumba kuthithia kethira antu nkuruki ya ikumi na bairi ibakwenda gutonya gikundine kienu?

Kethira kurina antu nkuruki ya ikumi na bairi baria bakwenda gutonya gikundine kienu, ni bwega nkuruki kwambiria gikundi gikieru. Gikundi nokigaane jairi, kana amemba bathatu kana banna ba gikundi kiu gikuru baambie gikundi gikieru. Iji ni njira injega nkuruki ya mumemba umwe kugeria kwambiria gikundi wenka. Ririkana kwambiria utongeria bwa kithiuruko orio.

c) Ni njira iriku umbu gutumira kethira inya ya gikundi iri nthiguru?

Gaana gikundi kie antu bairi bairi na antu bau bairi baririe ngugi iria irio. Matinda kinya jo nijatethagia. Rimwe na rimwe kurungamithia na kuuria o muntu auge gintu kimwe gikiega kiria gikundi kienu gikuthithia o gutethia gwekira antu motisha ingi. Ririkana kinya kumenyeera ati mucemanio jutarea mono. Na njira ya kwithirwa kurina muthetheria wa mutongeria wa gwika mathaa, bukomba kwerekeria inya ya gikundi kiri kumenyeera ati ngugi ikathithika ndene ya mathaa jaria ibangiri.

Mubango jwa mucemanio.

Kenda mathaa jatumika bwega, gikundi gikinini nikibati kwithirwa kiri na mubango jubangi bwega jwa gwitithia mucemanio. Bubu burina bata niuntu bugatetheria kumenyeera ati mathuganio nijerekerete mantu jaria jabangiri na mantu jaria jarina bata nkuruki. Kinya burina bata niuntu ndene ya TIST, nituciritahira gwitaniria ngugi amwe kenda igitene riraja tukura na twika miti yetu bwega niuntu bwa thoko ya ruugo. Nitugwitia kumenya amemba ba gikundi gietu gikinini bwega niuntu mathithio ja o muntu nijathithagia mwanya kiri gikundi na TIST yonthe.

Kairi burina bata gikundi giaku kinini gwita micemanio ya igita nyuma ya igita, mono o kiumia kana rimwe ndene ya biumia biiri. Bubu bukaa amemba bonthe ndene ya gikundi giaku kanya ga gwikira gikundi inya na kugaana na kuthoma mantu jameru.

Mucemanione, kurina bata kwerekeria mathuganio mantune jaria jarina bata nkuruki. Ikundi bibinini bibingi bia TIST nibionete njira iji iri mwitire juria mwega buru kiri kuthithia micemanio ya bata:

Itagaria ria mbele. Gukethania na gucimenyathia kwa amemba baaberu (Dagika ithano gwita ikumi na ithano): Menyeera ati muntu wonthe nakwigua ang'anirite. Dagika inkai itumirwe indi umenye ati o muntu nakwimenyithania wengwa.

Itagaria ria jairi. Iromba ria kwambiria (Dagika ijiri): Iromba ririkui noritethia kureta gikundi amwe.

Itagaria ria jathatu. Ndwimbo (Dagika ithano): Iji nociithirwe ciandiki ni gikundi kienu kana ndwimbo cia gwikira antu inya ta ndwimbo cia kidini.

Itagaria ria janna. Gwitikaniria ngugi na mathaa (Dagika ithano): Mutongeria naugaga jaria jakathithua mucemanione na amemba ba gikundi bagetikaniria kurita ngugi iu. Mathaa jaria jagatumika kuthithia o ngugi kana kwaniria nijabati gwitikanirua nikenda mutetheria wa mutongeria agatetheria gwika mathaa ja mucemanio.

Itagaria ria jatano. Gikundi gikarita ngugi iria irio (Ithaa rimwe): Kiri njira iria bwega buru, ngugi nicibati kwithirwa ciaariritue mucemanio jugikinya muthia. Ngugi nociithirwe ciri amwe na kugaana jaria o muntu athithitie gutethia mantu ja TIST, kugaana mitire iria miega buru, kuritana kwegie mantu jaria antu bakwenda na gintu kingi kiria kirina bata na kiria giatethia gikundi giaku gwita na mbele.

Itagaria ria jatantatu. Gwakana (Dagika ithano): O mumemba wa gikundi auge gintu kimwe gikiega kiri mutongeria wa kiumia kiu kwegie utongeria buria bwonekete ndene ya mucemanio. Kwongera, muntu omba kuuga kiewa kiria oonete ndene ya mutongeria ou.

Itagaria ria mugwanja. Iromba ria kuthiria (Dagika ijiri):



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 nojatumurwe 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. Ungania 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 juungenue 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 jungenue 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 gutumurwa mwaka juju na utitia kwinja kairi mwaka jou jungi.



Kuthithia mboleo yaku gwengwa – fertilizer itiongeri into bia kuthithua ni muntu.

Mboleo ya kuthithia na imera ni fertilizer ya kuumania na into bitina ugwati ya gutethia imera biaku bikura bwega. Ni injega nkuruki ya fertilizer cia nduka niuntu icithithitie yongwa na itina ugwati kiri imera na kiri naria kuthiurukite. Kurina njira inyingi cia kuthithia mboleo, indi njira iji ithingatite nitethetie ndene ya guntu kumwe. Uria muturi waku ndene ya cluster yaku jaria jabatethetie nkuruki.

Kuthithia mboleo:

- 1) Taara antu aria ukeenja kirinya giaku kia warie bwa mita inya na uraja bwa mita inya.
- 2) Theria antu au
- 3) Inja kirinya kirina warie bwa mita ithatu gwita inya na mita imwe na nusu kwinama.
- 4) Uthurania matigari ja imera biaku jaria urinajo na ugitange tue tunini. (mung’uanano mathangu na mati ja mpempe, miere na ming’au)
- 5) Ikira matigari jaja kirinyene mwanka gitigare nusu mita.
- 6) Ongeera lita ithano cia muju
- 7) Riu wongere centimita mirongo ithatu (kana o iria ikwoneka) cia mburi kana nguku).
- 8) Ongerera matigari ja imera nusu mita
- 9) Ikira lita ingi ithano cia muju

- 10) Ongerera matigari ja imera kairi mwanka kirinya kiende kuujura
- 11) Muthia, ikira muthetu mwanka kirinya kiujure
- 12) Ukiujuria kirinya na muthetu, tonyithia muti jumuraja gatigati ga kirinya mwanka jukinye nthiguru buru.
- 13) Tigana na kirinya giki ntuku mirongo kenda (mieri ithatu)
- 14) Igitene riri tumira ruuji rwaku rwa ruko gwikira bolelo. Mung’uanano, warikia kuthambia nyomba kana nguo ciaku, ituura ruuji ruru ugutumagira kirinyene. Kethira urina ndithia ituura maumago jacio iguru ria kirinya.
- 15) Untu bubu nibwongagira nitrogen kiri mboleo yaku
- 16) Geria wikagire kirinya kiu ruuji na njira iji ntuku cionthe kana oriria ruuji rurio.
- 17) Ntuku mirongo kenda ciathira, mboleo ikethira iri tayari.

Tumira muti kuthima mwanki – mboleo yayia no mwanka ithirwe irina mwanki mwanka toi yoneke ikiumaga mutine wajurita ku.

Utumiri bwa mboleo:

Warikia kwinja marinya jaku ja kuanda mpempe, muya na imera bingi, ongerera nkundi ya mboleo yaku kiri o kirinya. Etera wone uria gugakara!



Ndalani TIST cluster county ya Machakos. Gukura bunene kili TIST.

Twi Ndalani cluster, county ya Machakos. Twatonyere tist mwaka jwa 2013. Twali tukwigwa mantu ja tist na riria twarikirwe seminar Gitoro conference mweri jwa January mwaka jwa 2012, irio twambirie kwariria arimi bangi mantu ja tist. Arimi bangi babaingi ibendere kumenya mono na irio twambirie cluster yetu mwaka jwa 2013.

Mwaka nandi twandikithitie ikundi 34 bia tist. 28 ibichiandikithitie kutonya. Kulingana na micemania ya tist ya o mweri, tuthithagiria micemano yetu Ndalani chiefs office jumata tu ya ithatu ya o mweri.

Tugwiritue mono I mantu jaria tuthomete kiri tist miaka ithatu ithiri. Twina utongerira bubwga kiri cluster yetu na ikundi biu bingi. Twari na mucemano jwa muthia jwa cluster tariki 20th mweri jwa itatantu 2016. Baba ibo batarirwe ja atongerira ba cluster. Kethira nokwenda kuthoma, kana kutonya tist, no warie na umwe wa baba.

- Leader: Christine Nthenya 0714260544,
- Co-Leader: Catherine Maingi 0725610569,
- Accountability Person:
Simon Kioko 0700710745,
Our Cluster Servant is
Naomi Kamau 0710101747

Twina bwa kuanda miti 200,000 kiri cluster yetu. Twambiritie kuthithia mantu ja mega ja tist, ja kuthitia kamunda ka mbeu. Mweri juju o mumember aitite Ksh 10 kiri kugura thithinki kenda tugaka kanyomba ga kuitana na kwonia arimi.

Itukwenda kinya kwambiria mantu ja mariko. Arimi ibakwenda mono kumenya uria bomba kunyia gutumira nkuu, and kunyia toi nyomba ciao.

Mary Mwikali, a tist farmer, center farmers, 2015 KE 141, "Kithomo kia tist igia utura kiri baria bathingataga mantu jaria baitanagwa" na kinya twii twamuunga jara mantu jau,



Njira injeru ya kwona mantu jegie gikundi na cluster yaku ntuti na nauthu.

TIST niambiritie website ingi-ya thimu. Website iji ikoombithia arimi ngiri inyingi kwona mantu jegie ikundi na cluster ciao na ntuti na nauthu. Igatutethia kumenyanira, kua antu ba weru na ba jaria jario jongwa twamitumira bwega. Nandi no umenye mantu ta miti iria itari gikundine giaku, ndene ya o munda, amemba ba gikundi giaku, kethira gikundi giaku gikariwa na kethira nikirii rua.

Mwegie cluster yaku, ukoomba kwona ni ikundi bing'ana biri kiri cluster yaku (na nouteganiria na cluster ingi), tariki iu ingi ya mucemano jwa cluster, atongerira ba cluster yaku igitene riu na riria iithurano bia muthia biari. Kwongera, ukoomba kumenya uria cluster yaku ithiritwe igitumagira mbeba iria iejagwa o mweri.

Matagaria ja gutonya kiri website iji ya thimu Kurina njira ijiri uumba gutumira gutonya kiri website iji ya thimu. Kethira uri mumemba wa TIST na nuei email address ya TIST, no utonye ugitumagira namba yaku ya witho. Gutonya nanjira iji nigukwonagia mantu jamaingi nkuruki. Kethira utina email address no utonye ja mugeni. No utonye kiri website iji na thimu yaku kethira niumbaga gutonya kana kiri nduka ciitagwa cyber.

Atari miti ba TIST niboritue gwita micemanione ya cluster kuritana na gutetheria kiri mantu jangi. Niboritue kuejana Palm ciao kiri cluster igitene ria micemano ya cluster nikenda amemba bomba kwona mantu jegie ikundi na cluster ciao kana kwegie muradi jwa TIST ndene ya micemano ya cluster.

Jaja nijo matagaria.

1. Ita kiri **www.tist.org/mobile**
2. Kethira urina email address ya TIST, tonya na email address yaku na utumire namba yaku ya witho.
3. Kethira utina email address ya TIST, no utonye ja mugeni. Andika riitwa riaku na kambuni yaku riu uinye au kwandiki "Log In". riitwa ria kambuni no riithirwe riri riitwa ria gikundi giaku.
4. Ugaikua kiri page iu ingi. Au iguru, ukoona "Cluster", "Groups", "groves" na "Log out"
5. Kethira urienda kwona cluster yaku, inya "Cluster". Ugaikua page ikwonania ntuura cia TIST ndene yanthiguru yonthe. Taara na uinye aria ukwenda gutega (mung'uanano, Meru). Kuuma ja, ugeeta page iu ingi aria ukoona mariitwa ja cluster iria ciri Meru (kana naria naangi watara) jarina namba ya ikundi na miti iandiki amwe na tariki cia mucemano jou jungi na tariki cia muthia cia ithurano.
6. Inya cluster yaku (mung'uanano, Ciakanyinga). Page injeru ikaruguka na ukoona ikundi bibinini biandiki na mariitwa jao, namba ciao, miti iria biri nayo na tariki cia muthia cia utari miti.
7. Inya riitwa ria gikundi giaku (mung'uanano, TARADA). Ugaikua page iu ingi. ukoona mantu jegie gikundi giki, amwe na kethira bukariwa na kethira gikundi nikithithitie jonthe jaria kibati nikenda gitonya thokone ya ruugo ruruthuku.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kikuyu Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Arimi a TIST kuma Mitheru Cluster mucemano-ini wao mweri muthiru.

Thiini wa ngatheti:

Maundu ma ikundi: Uikarania wa ikundi. Page 2

Uria wagiriirwo ni gwika riria ugutumira urimwi mwega wa Conservation Farming. Page 3

Kuhariria thumu wa mborera – bataraita ya kimerera. Page 4

Ndalani TIST Cluster kuuma Machakos County. Guthii na mbere na kugaciria thiinii wa TIST Page 5

Mutambo mweru wa Website wa thimu: Njira njeru na njega ya kuhotithia arimi aingi kunyita mohoro megii ikundi na cluster ciao naihenya. Niuugututeithia kugia na uigiririki, utheri na ukinyaniru. Page 6



Maundu ma ikundi: Uikarania wa ikundi.

a) Ni njira iriku njega ya kubanga andu mucemano-ini wa ikundi?

Githiururi kinini nikio kiega. Mutigakorwo na metha tondu niikoraga mikira andu-ini. Mutigakorwo na giti kinene kuri iria ingi kia mutongoria. Thiini wa TIST, ithuothe tuikaraga andu umwe. Tuikaraga thi kana tugaikarira iti.

b) Twikaga atia riria andu makiria ma 12 magia na wendi wa kuingira gikundi?

Riria kwagia na andu makiria ma 12 marena kuingira gikundi, niwega guthondeka gikundi kingi. Gikundi giki nokigayanio maita 2 kana 3 ona kana 4 na niwega andu a tene gikundu mambiririe icio ingi mari o. njira ino ni njega gukira amemba eru makigeria guthondeka gikundi kieru mari oiki. Ririkanai guthiururukia utongoria.

c) Ungika atia riria hinya wagikundi wathii thi?

Gayania amemba eri eri na umere mariririe uhoro ucio. Geriai guthaka mithako ya ngerekano tondu niiteithagia. Maita maingi riria mundu umwe arugama kuga maundu maria mega muhotete gwika niguteithagia muno na gugekira hinya ringi. Na ningi ririkana ndukareke micemano inenehe muno. Riria muri na muteithia wa mutongoria uria uraiga mathaa, nouhote kuhuthira mucemano wega na mukaiguithaniria.

Mutaratara wa mucemano.

Niguo kuhuthira mathaa wega, ikundi ciagiriirwo nigukorwo na micemano mibang wega. Njira ino niya bata tondu niigutuma murumirire mutaratara na muhote kwaririria maundu maria ma bata. Nangingi niyabata tondu thiini wa TIST nitukoragwo twiheanite gukiria na gutungata miti gwa kahinda kanene niundu wa thoko ya carbon. Nitwagiriirwo nikumenya arimi othe a ikundi wega, tondu ciiko cia I mundu nicia bata kuri gikundi.

Niundu wa bata, na makiria kuri gikundi gukorwo na micemano ya o hindi na mungihota o wiki. Uu niukuhe amemba thiini wa gikundi kamweke ga gwikira gikundi hinya.

Riria muri na micemano, niwega murore maundu maria ma bata. Ikundi nyingi nicionete mutaratara uyu ukimateithia muno.

Ikinya ria I: Kugeithania na kumenyithania amemba eru(Ndagika 5-15):
tigirira o mundu niaigua amukiritwo wega. Mutikoe kahinda kanene no utigirire andu nimemenyithania.

Ikinya ria II. Mahoya ma kuhingura (Ndagika 2):
Mahoya manini nimateithagia kunyitithania giundi.

Ikinya ria III Ruimbo(Ndagika 5):
Ici nocikorwo iri nyimbo citungitwo ni gikundi kana ciagwikira andu hinya na cia kugooa Ngai.

Ikinya ria IV. Kuiguithania kiria gikwariririo na mathaa(Ndagika 5):
Mutoingoria agatariria maundu maria makwariririo nao amemba magetikaniria. Mahidam a r i a makuhuthirwo kwaririria makaiguithanirio niguo muteithia wa mutongoria akahota kuiga mathaa.

Ikinya ria V. Kwaririria maundu (ithaa I):
Niwega maundu maria makwariririo makoragwo mathondeketwo mucemano-ini urcio ungi. Maundu maya nita uria andu mahotete gukuria TIST, guthomithania maundu na mitaratara bata iria iguteithia gikundi gukura wega.

Ikinya ria VI. Kujengana(ndagika 5):
O memba wa gikundi niaheanaga kaundu kega ka wiki iyo na akauga uria onete utongoria thiini wa mucemano. Na makiria, mundu o wothe akauga kiheo kiria onete hari mutongoria.

Ikinya ria VII. Mahoya ma kuhinga (Ndagika 2):



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 kahu.
- Ambiria kwibanga riu.



Kuhariria thumu wa mborera – bataraita ya kimerera.

Thumu wa mborera ni bataraita ya kimerera iria iteithagia mimera gukura wega. Bataraita ino ni njega gukira ya nduka tondu I ya kimerera, ndiri thogora, ndithukagia mimera hamwe na maria maturigiciirie ta uria bataraita imwe cia nduka ciikaga. Kuri njira ngurani uria unghota gwithondekera thumu waku wa mborera. Hari njira imwe iria tuguthomithia iria ikoretwo igitumirwo ni andu aiangi. Niwega urie arimi aria angi muri mucemanio wa cluster ni njira iria matumagira.

Kuhariria guthondeka thumu:

1. Chagura handu haria ikwenja irima riaku ria mita inya kwa inya.
2. Theria handu hau.
3. Haririria kana uchimbe irima ria warie wa mita ithatu nginya inya na iriku wa mita imwe na nuthu.
4. Cokeria hamwe maragara maku moth eta mahuti, mabebe , maboco kana muhia na umatinangie tuchunji tunini.
5. Ikia maragara macio irima-ini riaku kwa uriku wa nuthu mita.
6. Ongerera lita ithano cia muhu.
7. Thutha ucio, ongerera thumu wa ng'ombe kana mburi kana nguku kana nguruwe kwa uriku ta fiti imwe.
8. Ongerera maragara mangi inguru ta nuthu mita.
9. Ongerera lita ithano cia muhu.
10. Ongerera maragara maku nginya irima riaku rikirie kuiyura.
11. Wa muthia, humbura na tiiri nginya iria riigure
12. Hindi iria urahumbira na tiri, handa kamuti nginya kahutie irimariaku gitina.
13. Eterera gwa kahinda ka thiku 90 kana mieri itatu.
14. Gwa kahida gaaka korwo ugitiriria thumu waku maai maku ma giiko. Ungikorwo ni ukuhota ona mathugumo ma mahiu maku uitiririe.
15. Mathugumo ni mateithagia kuongera nitrogen.
16. Geria guitagiriria maai na muthugomo kwa mahinda makuhi.
17. Thutha wa thiku mirongo kenda, thumu waku ugakorwo uri muhiu.

Tumira kamuti karia uhandire ta githimi giaku. Hindi iria thumu waku wahia, wagiririrwo gukorwo wi muhiu na wacomora kamuti niwagirirwo ni kurata ndogo ya urugari.

Uhuthiri wa thumu waku wa mborera:

Warikia kuhariria marima maku ma mbembe kana muhia kana o mimera iria ingi urahanda, ikira thumu muigana wa m oko maku o hari o irima. Eterera wone maciaro!



Ndalani TIST Cluster kuuma Machakos County. Guthii na mbere na kugaciria thiinii wa TIST

Ithui twi Ndalaini TIST Cluster thiinie wa Machakos County. Twamenyire TIST riria twetirwo themina ya “come and see seminar” mucii wa Gitoro, Meru mwaka wa 2012 mweri wa January, na tukiambiriria kumenyithia arimi angu uhoro wa TIST. Arimi aingi nimendire kuibgira TIST na gugikinyia mwaka wa 2013, tugithondeka Cluster.

Nginyagia riu, nitwandikithitie ikundi nini 34. Ingi 28 iri mutarataraini wa kwiandikithia. Tukirumirira njira njega cia gwika micemano, ithui tucemanagia o mweri rita rimwe, jumatatu ya gatatu, wabichi ya Chibu Ndalani.

Nitukenete ni mathomo maria tuthomete kuuma TIST hari kahinda ka mieri itatu. Nitukoretwo twamukirite utongoria wa gucenjania thiini wa Cluster itu na ikundi ini ciitu. Thiiniie wa Cluster, nitwiriga gwika githurano gia guchagura Accountability person mweri 20th June, 2016. Atongoria aitu matarie ta uyu. No warie nao angikirwo uri undu ukwenda kumenya makiria.

- Leader: Christine Nthenya 0714260544,
- Co-Leader: Catherine Maingi 0725610569,
- Accountability Person: Simon Kioko 0700710745,
- Cluster Servant ni Naomi Kamau 0710101747

Twina itanya ria kuhanda miti makiria ya 200,000 Cluster-ini itu. Nitwambiriirie guthondeka nathari ya giito ya kuoywo na iguru. Mweri muthiru, o mumemba ni akorewto akiruta shilingi ikumi cia kugura wire mesh nigetha tuhoote guthondeka giito giiki kiria kiriteithagia arimi guthoma nakio.

Twina bata ungi wa mariko ma kuhuthira ngu nini. Arimi mena wendi wa kumenya uria mangikorwo na mariko marahuthira ngu nini na kunyihia ndogo riko-ini.

Mary Mwikali ni murimi wa TIST wa gikundi Center Farmers, 2015KE141. Ekuga uyu. “Maundu ma uguni thiinie wa TIST ni magutura ihinda iraya kuri aria mekuruta wira na kumarumirira kuringana na uria mathomithio.” Ona ithui nitukinyita mbaru miario ya Mary.



Mutambo mweru wa Website wa thimu: Njira njeru na njega ya kuhotithia arimi aingi kunyita mohoro megii ikundi na cluster ciao naihenya. Niuugututeithia kugia na uigiririki, utheri na ukinyaniru.

TIST ina mutambo mweru wa website. Mutambo uyu urahuthika na thimu ya guoko. Tunguhuthira wega. Riu nouhote kumenya muigana wa miti iria itaritwo gikundi-ini kianyu ona kana mugundai-ini waku kiumbe, amemba a gikundi kianyu kumenya kana gikundi giaku nigikinyaniirie ikiro cia gutairwo miti na kwamukira marihi ana kana nikirigite kurihwo.

Kuringana na cluster yaku, niukuhota kuona ikundi iria ciri thiini wa cluster ino(nanouroranie na cluster iingi), mucemano ucio ungi wa cluster ni wa ri, tongoria aria mari ho a cluster na riria ithurano ciekitwo. Na makiria niukuhota kumenya cluster yaku uria ikoretwo ikihuthira mbeba ciayo.

Makinya ma kuingira mutambo-ini uyu.

Kuri na njira igiri iria unghota kwamukira mutambo uyu nacio. Angikorwo uri memba wa TIST na uri na email adress ya TIST, nouhot kuingira mutambo-ini uyu orio ukihuthira password yaku. Kuingira na njira ino nouhote kwamukiauhoro muingi. Angikorwo nduri na email address ya TIST, nouingire ta mugeni, no urote kwamukira utungata uyu angikorwo thimu yaku iri na uhoti wa internet kana thiini wa cyber cafe.

Atari a miti a TIST nimoritio makorwo kuo micemano-ini ya TIST niguo mathomithie arimi kuhuthira mutambo uyu na mangi maingi. Nimoritio maheane palms kuri cluster thiini wa micemano ya cluster na niguo amemba mahote kuona uhoro uyu wa cluster na ikundi ciao kana mibango ya TIST riria mari mucemano-ini.

Makinya ni maya

1. thii www,tist.org/mobile
2. angikorwo uri na email ya TIST, inira nayo na uhuthire password yaku.
3. Angikorwo nduri na email address ya TIST, no uigire ta mugeni. Ikira ritwa na kuria urutaga wira ta gikundi giaku.
4. Niugutwaro page iyo ingi. Hau iguru, niukwona “cluster”, :Group”, na “Log out”
5. angikorwo urenda kumenya uhoro wa cluster, hihinya “Cluster”. Niugutwarwo handu hagukwonia project cia TIST thi yothe. Hihinya kuria urenda kuona(kwa muhiano Meru). Kuma haha uguthii page iyo ingi kuria ukuona cluster iria iri Meru(kana gicigo kiria wathuura.) hamwe na muigana wa ikundi na miti ohamwe na muthenya wa mucemano na ithurano hituku.
6. Hihinya cluster yaku(kwa muhiano, Ciakanyinga). Page ingi niikuhinguka na niukwona ikundi nini na maritwa macio, namba ya TISY, muigana wa miti na mweri wa muico wa gutarirwo miti.
7. Hihinya gikundi giaku. (kwa muhiano, TARADA). Niugutwarwo thiini wa page ingi. Niukwona uhoro wa gikundi, hamwe na kana gikundi nigitikirikite kwamukira marihi na kana nigikinyaniirie ikiro cia gukorwo thoko-ini ya carbon.

Mazingira Bora



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Kiswahili Version

An Environmental, Sustainable
Development and Community Forestry
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Wakulima wa TIST kutoka Mitheru Cluster wakiwa mkutanoni mwezi uliopita.

Ndani ya Gazeti:

Mbinu za vikundi vidogo: Mwingiliano wa kikundi. Page 2

Jinsi ya kulima kwa njia ya kilimo hai. Page 3

Kutengeneza mbolea kutokana na mimea – mbolea ya kiasili. Page 4

Cluster ya Ndalani kaunti ya Machakos. Kukua kwa kasi ndani ya TIST. Page 5

Tovuti ya simu za mkononi ya TIST: Njia mpya na yenye ubunifu ya kupata taarifa kuhusu kikundi na cluster yako haraka na kwa urahisi. Page 6



Mbinu za vikundi vidogo: Mwingiliano wa kikundi.

a) Ni njia gani bora zaidi ya kuwapanga watu wakati wa mkutano wa Kikundi kidogo?

Msiwe na meza kwa sababu inajenga vuzuizi kati ya watu. Msiwe na kiti cha kukaliwa na mtu aliye na muhimu zaidi kati yenu. Katika TIST, sote twaketi kwa njia iliyofanana. Sote hukaa chini udongoni au sote kukalia viti.

b) Mtafanyaje kukiwa na watu zaidi ya kumi na wawili wanaotaka kujiunga na kikundi chenu?

Kama kuna zaidi ya watu kumi na wawili wanaotaka kujiunga na kikundi chenu ni vizuri zaidi kuanzisha kikundi kipya. Kikundi chaweza kujigawanya na kuwa vikundi viwili, ama wanakikundi asili watatu au wanne wawe msingi wa kikundi kipya. Hii ni vizuri kuliko mwanakikundi mmoja kujaribu kuanzisha kikundi peke yake. Kumbuka kuanza uongozi wa mzunguko kutoka mwanzo.

c) Ni mbinu zipi mwaweza kutumia ikiwa nishati ya kikundi iko chini?

Gawanya kikundi kiwe wawili wawili na uulize kila jozi kujadiliana kuhusu kazi iliyopo. Michezo ya kuigiza husaidia pia. Mara kwa mara kuwasimamisha na kila mtu kusema kitu kizuri ambacho kikundi chao kinafanya husaidia kuwapa watu motisha nyingine. Pia kumbuka kuuachisha mkutano usiwe mrefu. Kwa njia ya kuwa na msaidizi wa kiongozi anayesaidia kuweka masaa, unaweza kuelekeza nishati ya kikundi kuhakikisha kazi inafanyika katika muda uliopangiwa.

Ratiba ya mkutano.

Kutumia muda vizuri, kikundi kidogo chapaswa kuwa na ratiba ya mkutano iliyopangika vizuri. Hii ni muhimu kwa sababu itakusaidia kuzingatia yaliyo katika ajenda na mambo yaliyo muhimu zaidi. Ni muhimu pia kwa sababu katika TIST, tunajitolea kufanya kazi pamoja kwa muda mrefu ili kukua na kudumisha miti yetu katika soko la hewa. Tunahitaji kujua wanakikundi wenzetu vizuri, kwa sababu matendo ya kila mtu hushikilia kikundi chote na TIST yote.

Ni muhimu pia, kwa kikundi chako kidogo kuwa na mikutano ya mara kwa mara, ikiwezekana mara moja kila wiki au mara moja kila wiki mbili. Hili litawapa wanakikundi chenu nafasi ya kuimarisha kikundi na kugawana na kujifunza mafunzo mapya.

Wakati wa mkutano, ni muhimu kuzingatia mambo yaliyo muhimu. Vikundi vingi vya TIST vimeona utaratibu unaofuata ukiwa mwenendo bora zaidi ili kuwa na mikutano ya kufanikiwa:

Hatua ya kwanza. Salamu na kujijulisha kwa wanakikundi wapya (dakika tano kufika kumi na tano): Hakikisha kila mtu anajisikia nyumbani. Hakikisha ni fupi lakini muache kila mtu ajijulisha.

Hatua ya pili. Maombi ya kuanza (Dakika mbili):

Ombi fupi laweza kusaidia kuunganisha kikundi.

Hatua ya tatu. Nyimbo (Dakika tano):

Hizi zaweza kuwa zilizoandikwa na kikundi chako, au nyimbo zinazowatia watu nguvu kama nyimbo za kidini.

Hatua ya nne. Kuitikiana kuhusu kazi na masaa (Dakika tano):

Kiongozi anaeleza yatakayofanyika mkutanoni na wanakikundi waitikie kufanya kazi hiyo. Masaa yatakayotumika kwa kazi hiyo au mjadala yakubalianwe ili msaidizi wa kiongozi aweze kuweka masaa ya mkutano.

Hatua ya tano. Kazi ya vikundi (saa moja):

Ili kufanya vizuri zaidi, kazi yapaswa kujadiliana mkutano wa mwisho ukiisha. Kazi zaweza kuwa pamoja na kugawana ni nini kila mtu amefanya ili kusaidia kazi za TIST, kugawana mienendo bora zaidi ya kufanya mambo tofauti, kufunza kuhusu vitu fulani na jambo lingine lolote la maana litakalosaidia kikundi chenu kukua .

Hatua ya sita. Kujengana (Dakika tano):

Kila mwana kikundi anasema jambo moja nzuri kwa kiongozi wa wiki hiyo kuhusu uongozi wake ulioonekana katika mkutano. Kuongezea, mtu yeyote aweza kusema ni zawadi gani katika uongozi ameona katika kiongozi huyo.

Hatua ya saba. Ombi la kufunga (Dakika mbili):



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 mvingo. 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.



Kutengeneza mbolea kutokana na mimea – mbolea ya kiasili.

Mboleo ya majani ni mbolea ya kiasilia ya kusaidia mimea yako kukua. Ni bora zaidi ya mbolea za viwanda kwani ni ya kiasili na haina athari za kuumiza mimea na mazingira. Kuna njia nyingi za kutengeneza mbolea, lakini njia ifuatayo imekuwa saidifu katika baadhi ya maeneo. Uliza majirani zako katika cluster yako ni gani imewaonekana.

Preparation of compost:

- 1) Chagua eneo lenye upana wa mita nne na urefu wa mita nne la kuchimba shimo lako la taka
- 2) Fagia sehemu hiyo
- 3) Chimba shimo la mduara lenye upana wa mita tatu au nne na mita moja na nusu kina.
- 4) Kusanya masala yote ya mimea uliyo nayo na uyakate kuwa sehemu ndogo ndogo (kwa mfano majani na mashina ya mahindi, mtama, maharagwe)
- 5) Weka masala haya ya mimea katika shimo ilo hadi kina cha nusu mita.
- 6) Halafu ongeza lita tano za jivu
- 7) Halafu uongeze centimita thelathini (ama kiwango kilichopo) za kinyesi cha mifugo (kwa mfano kinyesi cha nguruwe, ng'ombe, mbuzi au kuku).
- 8) Ongeza safu nyingine ya majani ya mimea na mashina (nusu mita)
- 9) Ongeza lita zingine tano za jivu.

- 10) Ongeza majani na mashina tena hadi shimo likaribie kujaa.
- 11) Hatimaye, ongeza safu ya udongo hadi shimo lijae.
- 12) Unapokuwa ukiweka udongo shimoni, ingiza fimbo ndefu katikati mwa shimo hadi ifike chini ya shimo.
- 13) Liache shimo la taka kwa miezi mitatu (siku tisini).
- 14) Katika kipindi hiki tumia maji yako machafu kuweka katika shimo hili. Kwa mfano, baada ya kuosha nguo au nyumba, yamwage maji uliyotumia juu ya shimo. Ikiwa una mifugo waweza pia kumwaga mikojo ya mifugo juu ya shimo.
- 15) Jambo hili litaongeza naitrojeni kwa mboleo yako.
- 16) Jaribu kuweka maji kila siku kwa njia hii, ama wakati maji yapo.
- 17) Baada ya siku tisini mbolea itakuwa tayari.

Tumia fimbo kama kipima joto – mbolea inapokuwa tayari lazima iwe na joto na waweza kuona mvuke ukitoka kwa fimbo hiyo baada ya kuitoa.

Matumizi ya mbolea hii:

Ukishachimba mashimo yako ya kupanda mahindi, mtama au mimea mingine, ongeza mboleo kiwango kinachotoshea katika kiganja chako katika kila shimo. Angalia ili kujua matokeo!



Cluster ya Ndalani kaunti ya Machakos. Kukua kwa kasi ndani ya TIST.

Sisi ni Cluster ya Ndalani ndani ya Kaunti ya Machakos. Tilijiunga na TIST mwaka wa 2013. Tulikua tumeskia kuhusu TIST na wakati tulialikwa kwa mkutano wa mafudisho ulioandaliwa kwa jumba la mikutano la Gitoro mwaka wa 2012, tilianza kuongea na wakulima wengine kuhusu TIST. Wakulima wengi walionyesha nia na mwishowe tuliunda Cluster yetu mwaka wa 2013.

Hadi sasa tumeandikisha vukundi vidogo thelathini na vinne (34) Vikundi ishirini na vinane (28) vimeomba kujiunga nasi. Kufuatia njia bora za TIST za mikutano ya TIST, tunafanya mikutano yetu kwa ofisi ya chifu wa Ndalani kila Jumatatu ya tatu ya mwezi kila mwezi.

Tunashukuru kwa yale mengi tumejifunza kwa TIST kwa miaka mitatu iliyoisha. Tunaweka vitendoni uongozi wa mzunguko kwa Cluster yetu na pia kwa vikundi vyetu vidogo. tulifanya uchaguzi wetu wa mwisho wa Cluster tarehe 20 Mwezi wa sita 2016. Wafuatao ni ndio viongozi wetu Cluster wakati huu

- Kiongozi: Christine Nthenya 0714 260 544
- Kiongozi Mwenza:
Catherine Maingi 0725 610 569
- Mtu wa uwajibikaji Simon Kioko 0700 710 745
- Mtumishi was Cluster ni
Naomi Kamau 0710 101 747

Tuko na lengo la kupanda miti elfu mia mbili (200,000) kwa Cluster yetu. Tumenza kwa utekelezaji wa njia bora za TIST za kuandaa minanda ya mbegu iliyo inuliwa. Mwezi huu, kila mwanachama amechanga shilingi kumi kuelekea kununua waya yenye matundu ili tujenge mnada wa maonyesho kwa madhumuni ya kusomesha na kuhamasisha wakulima wengine.

Vile vile, tuko na nia kwa majiko yanayo okoa nashati. Wakulima wana nia ya kujua vile wanaweza kuokoa kuni na pia kupunguza kiasi cha moshi mahali pa upishi.

Mary Mwikali, ni mkulima wa TIST, Center Farmers 2015KE141 anasema “faida za TIST ni za kudumu kwa wale waotekelaza kwa kimalifu wanayo funzwa” hata sisi tunashiriki hisia zake.



Tovuti ya simu za mkononi ya TIST: Njia mpya na yenye ubunifu ya kupata taarifa kuhusu kikundi na cluster yako haraka na kwa urahisi.

TIST imeanzisha tovuti mpya- ya simu za mkononi. Tovuti hii itawezesha maelfu ya wakulima kupata taarifa kuhusu vikundi na cluster zao haraka na kwa urahisi. Itatusaidia kuwa wenye kuwajibika, wenye uwazi na sahihi tukiitumia vizuri. Sasa waweza kupata taarifa kwa mfano nambari ya miti iliyohesabiwa katika kikundi chako, katika kila shamba, wanakikundi chako, kama kikundi chako kimehitimu kulipiwa miti na kama kimelipwa hivi karibuni.

Tukitilia maanani cluster yako, utawezak kuona nambari kamilifu ya vikundi vilivyomo katika cluster yako (na unaweza kulinganisha na cluster zingine), tarehe ya mkutano unaofuata wa cluster, viongozi wa cluster yako na tarehe za uchaguzi wa mwisho. Pia, utaweza kujua jinsi cluster yako imekuwa ikitumia pesa za bajeti ya cluster kila mwezi.

Hatua za kuchukuwa ili kuingia katika tovuti hii ya simu za mkononi

Kuna njia mbili za kuingia katika tovuti hii. Kama wewe ni mwanaTIST na umepewa anuani ya barua pepe, waweza kuingia ukitumia nenosiri. Kuingia hivi kutakuwezesha kuona taarifa zaidi. Kama hauna anuani ya barua pepe ya TIST, waweza kuingia kama mgeni. Waweza kuingia katika tovuti hii ukitumia simu yako kama yaweza kuingia kwa mtandao ama katika maduka yenye mtandao.

Wahesabu miti wa TIST wameulizwa kuwa katika mikutano yote ya cluster kufunza na kusaidia katika mambo mengine. Wameulizwa kuleta vifaa vyao vinavyoitwa Palm wakati wa mikutano ya cluster na wanacluster wanaweza kuona taarifa kuvihusu vikundi na cluster yao au kuhusu mradi wa TIST wanapokuwa mkutanoni.

Hapa ni hatua za kufuatilia

1. Nenda kwa **www.tist.org/mobile**
2. Kama una anuani ya barua pepe, ingia ukitumia anuani yako ya TIST na nenosiri.
3. Kama hauna anuani ya TIST, waweza kuingia kama mgeni. Andika jina lako na kampuni halafu chagua “log in”. kampuni yaweza kuwa jina la kikundi chako.
4. Utaelekezwa ukurasa mwingine. Hapo juu, utapata “Cluster”, “Groups”, “groves” na “Log out”
5. Kama unataka kuangalia cluster, chagua “cluster”, utaelekwa ukurasa unaoonyesha maeneo ya mradi wa TIST duniani. Chagua na uguze mahali unapotaka (kwa mfano, Meru). Kutoka hapa utaelekezwa katika ukurasa mwingine ambapo utapata majina ya cluster zilizopo Meru (ama eneo lingine lolote ulilochagua) pamoja na nambari ya vikundi na miti na tarehe za mkutano unaofuata pamoja na tarehe za uchaguzi wa mwisho.
6. Chagua cluster yako (kwa mfano, Ciakanyinga), ukurasa mpya utafunguka na utaona majina ya vikundi vidogo, nambari zao za TIST, nambari ya miti na tarehe ya mwisho ya kuhesabiwa miti.
7. Chagua kikundi chako, (kwa mfano TARADA). Utaelekezwa ukurasa mpya. Utapata habari kuhusu kikundi hiki, pamoja na kama wamehitimu kulipwa na kama kikundi kimehitimisha yanayotakikana ili kuingia katika soko la hewa chafu.

Mazingira Bora



TIST

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

Kikamba Version

An Environmental, Sustainable
Development and Community Forestry
Program.



“Aimi ma Tist Kuma Mitheru nthini wa wumbano woo wa mwai muthelu.

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Mwinamo na ni indii mwasakuanie. Ingi ni ukwithiwa utonya umanya undu mbesa syenyu sya kila mwai itumikite. Page 6



Nzia ila itumiawa ni tukundi tunini: Ta kulikangana na kukwatangana.

a) Ni nzia yiva nzeo ya kuvanga andu tukundi yila mwi mbumbanoni?

Kilinge kinini nikiseo muno. vaikethiwe na mesa kati nundu noithukume ta ukuta kati wa andu vaikethiwe uvanthukanu wa kila kikwikalilwa ethiwa ni kivila ateo kwa mundu munengete ndaia mbee. Ingi nthini wa TIST ithyoo the twikalaa nthi undumwe ethiwa ni muthangani kana ivilani kwa kila umwe.

b. Nata mutonye kwika ethiwa andu mbee wa 12 nimekwenda kulika kakundini kenyu?

Ethiwa ve andu aingi mekwenda ulikana nenyu nikavaa kusevya kakundi kangi kana tungi twili vena mainyiva ene ana kana atatu kuma kakundini kala kambee (amemba ala akuu). Uu ni useo mbee kwi mundu umwe kwenda kwambiia kakundi eweka. Lilikanai kwambiia utonoi na kusumia nzia ya utongoi wa kithyululu.

c. Ni nzia myau utonya utumnia ethiwa vinya wa kakundi winthi?

Aanai withie ni andu eli eli na kila umwe ayosa undu uu ta muio wake. Ingi mathau ma malimano na nthekany'a ni matetheeasya kwongela ngwatanio vinya na uthangaau. Ingi kunee niea wia wenyu museo kwakwiyonany'a mwi mbee nikutumaa angi makwata vinya na thambuu. Lilikanai yila mwoombana kulea kuselewa na kumina mbumbano tene. Kwithiwa na munini wa muungamii imusyaisya wa masaa nokutume kila umwe ekia vitii na kuthangaa kwona wia ula walanitw'e niwathela masaani ala maile.

Walany'o wa kukomana

Nikana musuvie ivinda tukundi tunini nitwaile kwia walany'o museo wa mbumbano. uu ni useo nundu nukumwia mwina mwolooto wa kila angyendani ya muthenya usu na mawia ala maile kwianiw'a muthenya usu. Ingi ni useo nundu nthini wa TIST nitweeyumisye kuthukuma vamwe kwa ivinda yiasa kuvanda na kuea miti yiane kuvikia soko wa nzave itavisaa. Nitukwenda kumanya tukundu tunini twitu na ena mwatw'o na kwona ni itambya yiva tutonya kwosa kuikiithya ithyotho na TIST nitweethiwa na kivathukany'o.

Ni undu wavata kumanya kakundi kaku kanini nikaile kumbana kaingi ona ethiwa ni keli kwa mwai. Kii nokiete kwosa vinya kwa kikundi kyenyu kwa kuthuthany'a na kila umwe kunenga ula ungi utao na undu wikite kwake omithenya ila mutela onana na kila kinakivathukany'o na kitonya uete ualyuku museo kwa kila umwe vamwe na uu mawoni meu.

Yila mwoombana niuseo kwia mbee maundu ala mavata. Tukundi tunini twingi nitwoonie kuatiia nzia ithi syi vaa nthi kwi kwavata nthini wa mbumbano, na matambya asu ni:

Itambya 1. Ngethi na kwimanyithany'a kwondu wa andu ala eu kikundini (Ndatika 5-15):

Ikiithyayi kila umwe niweew'a e muthokye, kila umwe etavany'a kwa mituki.

Itambya 2. Mboya sya kwambiia (ndatika ili (2))

Mboya nini nguvi noitethye kwa kwongela ngwatanio.

Itambya 3. Wathi (ndatika itano 5)

Uyu no withiwe wi wathi usevitw'e ni kikundi kyenyu kana wathi wa Ngai wina uthuthio kwa kila umwe

Itambya 4. Kwiw'ana undu mukwika na mwitumia ivinda yiana ata (Ndatika itano(5))

Mutongoesya akaeleany'a kila kikwikwa wumbanoni na ene kikundi mayitikila kwika. Masaa ala meutumika kwa kila undu nonginya mambe uneenewa na munini wa mutongoesya no ethiwe emusyaisya wa masaa.

Itambya 5. Wia wa kikundi (Isaa yimwe I)

Nonginya muimina kila wumbano nimwithiawa muneene wia ula mukoka uthukuma wumbanoni ula ungi. Ngelekany'o ethiwa no kila umwe kutunga livooti ya undu wikite kutetheesya TIST na mawalany'o na uthukumi wayo museo. Kumanyiany'a nzia nzau na maundu angi mavata ala matonya utuma kakundi kenyu keana na kwaila.

Itambya 6. Kwakana (ndatika itano (5))

Kila mumemba kunengane ondeto imwe ya kwakana onaethiwa ni yiulu wa utongoi. ingi kinengo kila kikivathukany'o kyonekete kwa mutongoi nikyaile uwetwa ethiwa kivo.

Itambya 7. Mboya ya kumina/ kvinga wumbano (ndatika ili (2))



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 wetelee mbua yukite na ndukenza ingi mwaka wukite.



Kusevya vuu wa yiima - Vuu ute na kemikoo.

Vuu wa yiima ni vuu usevitw'e vate ndawa na mimea kuma muundani na nutumaa mimea yiana nesa. Ni museo kwi vuu wa kuuu ula wina kemikoo nundu niwakuma mniemani na niwamana ti wakuu na nwanangaa liu kana mawithyululuko ta vuu /vatalisa wa kuuu. Ve nzia mbingi sya usevya vuu uyu, lakini ve nzia imwe nzeango kwi syothe isioni imwe. Kulya mutui waku wa ngwatanio yenyu kila kithukumite nesa kwoo.

usevya vuu wa yiima.

- 1) Kusakua kisio kya matambya 4 x 4m na kwisa yiima.
- 2) Enga kisio.
- 3) Inza yiima uthathau wa 3 - 4m na 1.5uliku.
- 4) Kolany'a matialyo ma mavemba, muvya, mavoso na uutilanga tulungu tuniini.
- 5) Ikia yiimani itumie uliku wa 0.5m.
- 6) Ikia muu wa lita itano.
- 7) Ongela kyaa kya indo ethiwa kivo kya uliku wa 30cm ethiwa vaii oundu kiana (uyu ni vuu wa nguluwe, ng'ombe, mbui kana nguku).
- 8) Ongela matu na makusa uliku ungi wa 0.5m.
- 9) Ikia muu ungi wa lita itano.
- 10) Ongela matu na makusa withie yiima notayausua.
- 11) Ususya yiima na muthanga.
- 12) Uyususya yiima ikia muti muasa kati withie utinite yiimani ungu.
- 13) Eka yiima yiu yiyiue vandu va myai itatu kana mithenya miongo kenda.
- 14) Ivindani yii yonthe osaa kiw'u kila kina kiko uketa vo ngelekany'o kila wavua nakyo kana kuthambya miio. Ethiwa wina maumao ma indo no wite vo.
- 15) Kii nikyongelaanzeve ya Nitrogen nthini wa vuu.
- 16) Tata navinya ungithye yima yii kila muthenya kwa nzia ila utonya.
- 17) Itina wa mithenya miongo keenda vuu wiithiwa wi tayali.

Tumia muti uyu wikati ta kithimi kya uvyuvu. Vuu wasuva ukeethiwa wimuvyu na nowone muti uuyu waumya uitoa.

Utumii wa Vuu wa yiima.

wenza maima ma uvanda mbemba, muvya kana o mimea ingi ikia ngundi imwe ya vuu kila yiimani. Syaiisya wone kila ukwata kuma vo!



Ngwatanio ya TIST Ndalani kuma kaunti ya Masaku kuendee na kwiana nthini wa TIST.

thi ma ngwatanio ya Ndalani Masaku County nitwalikile nthini wa Tist mwaka wa 2013. Nitwew'ite uvoo wa Tist na tukatho kw'a thini wa samina ya uka wone ila yai Gitoro Conference mwai wa mbee 2012, Ni twambiie uneena na aimi angi iulu wa Tist. Aimi aingi nimendeeiw'e na kwi 2013 twaseuvya ngwatanio.

Twin atukundi tunini twa tist 34. Kati watukundi tuu tukundi 28 nimetitye mavalua ma kulika nthini wa TIST. Kwa kuatia walanio museo wa Tist nthini wa mbumbano sya kila mwai, nitumbaniaa kila mwai ovisini wa chif Ndalani kila wakwambiliilya wakatatu wa kila mwai.

Twina utanu nikwithiwa nitwimanyiitye maundu maingi kuma TIST kwa myaka itatu ila twithiitwe tuikwatania nayo. Nitumanyite na tukaatiia utongoi wa kithyululu kuma ngwatanioni nginya tukundini tula tunini vyu. Yu nituneeke usakuani witu wa ngwatanio vala tunayuvie atongoi eu matuku 20/06/2016. Na aa nimo manayuviwe kututongoesya ta ngwatanio na ethiwa wina ikulyo no umavikie kwa namba na masyitwa aa

- Mutongoi: Christine Nthenya - 0714260544

- Munini wa mutongoi:

Catherine Maingi 0725610569

- Mwii wa kinandu: Simon Kioko 0700710745

- Muthukumi wa ngwatanio yitu ni

Naomi Kamau 0710101747

Twina walanio wa kuvikia uvanda miti ngili maana eli (200,000) thini wa ngwatanio yitu kwayu nitwambiie kuseuvya kivuio kya kitanda. Mwai uu kila memba niwumitye silingi 10 sya kuaa waya wi maima wa kututetheesya kuseuvya kivuio na kumanyiw'a undu wa kivuio kya kitanda. Ingi twina kithingiisyao kwa maiko ma kusuvia mwaki na aimi nimendeew'e nundu wa kusuvia ngu na kuola syuki kundu kwa kuuia.

Mary mwikali, muimi wa TIST, 2015KEI41 niwaisye "Vaita wa TIST ni wa kwikala kwa kuatia na ithyonthe ni tuukwata mbau ndeto ii.



Mwinamo na ni indii mwasakuanie. Ingi ni ukwithiwa utonya umanya undu mbesa syenyu sya kila mwai itumikite.

Matambya ma kulika kana kulogin nthini wa mobile website ino ve nzia ili (2) ila utonya utumia kuvikia kusisya uvoo nthini wa mobile website. Ethiwa wi umwe wa ene ma TIST na nunengetwe E-mail address, no ulogin imwe uitumia password yaku, uitumia nzia ino withiawa na ivuso ya kuvikia uvoo mwingi. Ethiwa ndwina email address ya TIST no ulogin ta mueni (login as guest). No uvikiie website ino uitumia simu yaku ya kw'oko ethiwa yina internet kana kuma kwa cybercafes.

Avitukithya maTIST (quantifiers) nimakulitw'e methiwe me mbumbanoni syonthe sya ngwatanio nikana mavundisye ene ngwatanio isu. Ni makulitw'e manengane Palms nthini wa kila ngwatanio yila kwina mbumbano nikana ene ngwatanio masisye uvoo wa ikundi na tukundi vamwe na ngwatanio ithi iulu wa walany'o wa TIST na kuikiithya ni waw'o na kana mbumbano isu sya ngwatanio syina uvoo ula waile.

Vaa ve matambya makuatiia uilogin

1. Wavika kwa itaneti andika **www.tist.org/mobile**
2. Ethiwa wina Email address ya Tist lika kwa itaneti na utumia address yaku vamwe na passwork kuvingua website ino.
3. Ethiwa ndwina email address ya Tist no ulogin ta mueni (guest). Andika isyitwa yaku na ngwatanio na uivinyia log in. isyitwa no yithiwe ya ngwatanio, kikundi kana kakundi.
4. Kuma vau nuu tongoew'a kuthi itambya yila yingi nundu nukwithia vaa iulu vaandikitwe "Cluster", "Groups", "Groves" kana "log out"
5. Ethiwa wienda kwona ngwanio yenyu sakua "Cluster" kuma vau nukwona kula kw'othe kwi ngwatanio sya TIST nthe yonthe. Sakua ngwatanio ila ukweda kuma ngwatanioni isu iandikitwe vau (ngelekany'o Meru) wamina usakua twasye Meru nuukwithia ngwatanio ila syi ungu wa meru na nukwithia kila kikundi kiandikitwe vamwe na miti yakyo na ni indii mena wumbano na usakuani woo wi indii.
6. Sakua kikundi kyenyu (ngelekany'o Ciakanyinga) na nukwithia tukundi twothe tula twi ungu wa ciakanyinga tuandikitwe kwa masyitwa, namba yoo ya TIST, utalo wa miti yoo na muthenya wa muthya ula miti yoo yavitukithiw'e.
7. Nzakua kakundi kaku (ngelekany'o, TARADA). vaa nukwithia uvoo wa kakundi kau vamwe na kethiwa nimavikiie ndivi na kana kakundi kaa nikavikiite kwika mawendekethyo other ala mendekaa nthini wa soko ya nzeve itavisaa.

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 Mitheru Cluster During their Cluster Meeting Last Month.

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Mitindoishek chepo groupishek che meng'echen: Kotuyet tap ke en Groupishek.

a) **Ne oret ne kimuche kepanganen pik en tuyoshek chepo groupit?**

Oret ne kararan ko kechop circle. Matonde mezoshek amun iku koimutyet. Matochop ngecherok che echen anan ko ngecherok alak tugul chebo pik che bo maana. En TIST, ketibotosi tukul kokerkeit. Kimuche ke toboten tugul en ng'echerok anan ketobote en ng'weny.

b) **Nen ne iyoe yon moche kochut pik che ite taman ak oeng' grouit?**

Angot komi pik che sire taman ak oeng' che moche kochut groupit kokararan inda kichope groupit ake. Imuch kebchei groupit koyop oengu, anan konget membaek somok anan ko angwan chebo groupit neta kochop core nebo groupit ne kitou. Inoni ko kaikai kosir koto membayat ageng'e. Obwat oboishen zungganet ab kandoinatet kobore konam.

c) **NE oret ne omuche oboishe yon kiten inguvut nebo groupit,?**

Bchei groupit korop pairishek. Toret kora drama. Saaishek alak ketononi, ak kekas komwa chi tugul ki ne ibwate agobo groupit. Obwat kora orib saaishek asimakoit tuyet. Yomeke kecheng' netoreti kondoindet en ripet 'ab saaishek, Imuche igeshi nguvushek chepo groupit iger ile kakai kasit nekokitokchinke.

Ole kiyuito tuyet.

Asi kerip sait komye, Groupit ne kiten koyoche kotinye schedule nebo tuyet. Inoniton koba maana angamun kere kole kotar agendas chebo maana koron. Kora koba maan en TIST angamun, kikekonu ke en boishet nebo minet 'ab ketik, kemin ak kerip ketik chebo carbon markets. Yoche kora kenai membaekchok en groupishek che meng'echen komye, angamun chitukul kotinye jukumu en groupit ak en TIST kotugul.

Bo maana kora koyai groupishek tuyoshek kila mara, sana sana en kila wikipit anan ko oeng' en wikishek oeng'. Inoniton kokochin membaek koneteke

en groupit ak kotech groupit ko mugul ak konai tuguj che imbya.

En tuyoshek chuton, kobo maana keker tuguk che bo maana. Groupishek che chang' en TIST kokoker kole boishe mtindo ne isubu en tuyoshek.

Stepit neta; Kokotiet ak Tachet'ab membaek che imbya(5 - 15 minutes):

Hakikishan ile kokas chitugul komi komye. Ingonwakit lakini bokokchin chitugul komwa ge.

Stepit nebo oeng;. Saet ne kiyoten tuyet (2 minutes):

Saet yon kinome tuyet kotoreti groupit koik kibageng'e.

Stepit nebo aomok; Tyenwokik (5 minutes):

Imuche koik tyenwokik che kisire membaek, anan ko tyenwokik che ituitos pik kou chepo kanisa.

Stepit nebo angwan; kiyonchindos sait ak boishonik(5 minutes):

Ororu kondoindet boishonik che kiyoe en groupit ak koyon chin membaek koyai kasishek choton. Kasarta neki boishen en kasit ake tugul koyoche kiyonchin asi kong'et co-leader kotoret korip saishhek en tuyet.

Stepit nebo mut. Kasishek ab groupit (1 hour):

Yoche kokidiscussen boishonik en tuyet ne kikobata. Boishonik komuch koik tuguk che kikoret chitugul groupit groupit anan ko TIST, training en tuguk che bo maana, ak ki ake tugul ne imuch kotoret groupit kota kwo taa kosir ole mi.

Stepit nebo lo. Tachet'ab ke (5 minutes):

Kila membayat koyoi teset en TIST. En teset komuche kobor chei kit ne talenta en kandoindet.

Stepit nebo tisab. Saet ne kikeran tuyet (2 minutes):



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.



Ketoo keturrek chebo minutik.

Keturek ko toreti mising minutik kochok en ngungunyek. Ago kororonon amun motinye ngemet en rurutik ago nyumnyum kenyor ago motiye oliyet neo mising, motiye ngemet en agobo Itondab emet.

Miten anyun orinuwek chechang che kimuchi ketounen keturek en koborunet ne isibu ko kigoyomnda biik chechang temik. Otebenge en Kilasta ole kiboisio to biik alak.

Tounet ketoo kechob keturek.

1. Lewen ole imuchi ichoben keturek (4m by 4m).
2. Itilil yoton.
3. Bal keringet netinye kokwoutik 3m - 4m - 1.5m kochut orit.
4. Iyum anyun ngetunanikab imbar tugul ak itonaton komengegitun ak itorchik keringet chon ko kou (sogegab ketik mobekkab bandek, ngendek) ak alakau.
5. Torchi keringt koit 0.5m.
6. Tesin beekab 5ls chebo orek.
7. Tesin sorowekab tuga, neng, lgogenik kot koit 30cm.

8. Tesin ngetunanaik kot koit 0.5m.
9. Tesin beek 5ls chebo orek.
10. Testai itesi ngetunanik got konyi keringet.
11. Tesin baragut ngungunyek.
12. Ye itestai icheng bitoiyot ne koi ak ilumchi kwenutab keringet kot kotiny kwony.
13. Igomuny keringet kotar betusiek 90(orowek somok).
14. En kasariton tugul itestai itumchi beek chon kiunen tuguk en kaa. Ingot itinye tuga imuchi iyum sogororek asi itesi keringet.
15. Niton kotesin nitrogen.
16. Yai kouniton en betusiek tugul.
17. Ye kagobata orowek 3 ko koruriyo keturek.

Togunen burgeyet ne mi keringet.

Boisietab keturek:

Ye kagoit ichob imbaret inam ibal keringonik kosibgei ak minutik cheimoche igol. Keringet angenge koibe keturekab rubeito, rib anyun wolutik che bitunen imbarengu.



Ndalani TIST kilasta en Machakos County. Kochogu koetu en TIST.

Echek biikab Kilasta nebo ndalani kemiten en county nebo machakos, ko kiginome TIST en 2013. Kiit anyun kekosei akobo TIST en tai ako kiit anyun betut ne kikigurech kebe tuiyet en Gitoro conference centre en January 2012 kebe kesoiten, kiginam anyun kengololchi biik akobo TIST ako kikinyoru koboiboenchin kot en 2013 ketou Kilasta nenyun.

En inguni ketinye kurubishek 34 che mengechen ako miten alak chetomo konyor chomchinet choton ko kurubishek 28. Chuton kotesentai konetishetab TIST kobwonen tuiyet kila arawa en ofisitab chief nebo ndalani en wikit nebo somok en arawa. Miten tuguk che chang che kigenyuru kinkinam TIST en kenysisiek somok che kokobata. Kitinye waletab kandoinatet en Kilsta ak en tuiyetab kila wiki. Kikitinye tuiye nebo lewenishet en June 20th. ichoju ko kondoik che miten en nguni, yeitin maket, iyom ana ngolion iteben bichu, kondoindet ko.

- Christine Nthenya - 0714260544,
- rubeiywot ko – Catherine Maingi – 0725610569,
- chemotogo ko – Simon Kioko, 0700710745,
- kibotiot ne tononchin kilasta ko – Naomi Kamau – 0710101747.

Kitinyei maket kemin ketik en kilasta choton che mogotin 200000, koginam ketounen kabeti ne kanabtaat. Koionchin kurubit ketounen ksh 10/= kibokialen waiyat.

Kitinyei maget keitin kechobchin keei maisiek che koboisien kwenik che ngerin. Toruti niton kobos iyet en ole kiboisien.

Marry Mwikali ko temindet nebo tist, 2015 KE 141, mwoe kole bogomonut en ichek che nyuru kelunoik en TIST amun moite kobe en icheket che kinyor konetisiet en TIST.



Mobile website nebo TIST: Oret ne nyumnyum ne imuche inyorunen logoywek chebo groupit neng'unget.

TIST koko'kochop website ne mpya – ne kimuche kero en simuit. Oranito komukyin temik che chang' konyor lokoywek chebo groupishek kwai ak cluster chechwaget. Niton kotoretch keigun che iyonotin, chebo lobkeyet, ak che . Ingunon imuche inyoru logoywek chebo numbait 'ab ketik chemi groupit ngung', en grovit agetugul, membaek chebo groupit ngung', angot ko qualifyeni groupit neng'ung ke liban ak angot kokokeliban.

Agobo cluster nengung, imuche inyoru logoiywek chetinye'ge ak nambait 'ab groupishek chemiten en cluster nengung' (ak imuche ikerchine ak clusters alak), petut nebo cluster meeting, kondoik chebo cluster chemiten en kasaraton petut nikikiyoe lewenishet neletu. Kora imuche inyoru logoiywek chetinye ge ak budget nebo cluster neng'unget nebo kila arawet.

Oret ole kiloge^ndo kechut mobile website initon.

Miten oratinwek oengu che kimuche kechuten website initon. Angot ko l'membayat 'ab TIST ak itinye emai address nebo TIST , imuche ichut website ak iboishen password neng'ung'. Yon keboishen oraniton kokonin inyoru ngalek chechang'. Angot kometinye email address nebo TIST, imuche I signen – in ko guest(tondet). Imuche ichut website initon iboishen simuit angot kochu'te internet simuit ngung, anan iro en cybercafé .

Kogesom TIST Quantifiers komiten en tuyoshek chebo clusters asi kotoret en traing ak konet membaek . Kokisom icheket kokochi palms koba clusters en tuyoshek chebo clusters ak komuche koker membaek ngalek chetinye ge ak groupishek chemeng'echen anan ko clusters anan ko programs chebo TIST en tuyoshek chebo clustres.

Ichochu ko oratinwek.

1. Inyorunen **www.tist.org/mobile**
2. Angot itinye email address nebo TIST, ichuten email address inoten ak iboishen password.
3. Angot kometiche email address nebo TIST, imuche logen-in ko itondet . Inyit kainet ng'ung ak organization akityo I logen-in. Organization komuche koik groupit ng'ung.
4. Kikonin directions en pagit ne isupu. En parak inyoru Cluster”, “Groups”, “groves” ak “Log out”
5. Yon imoche iker Cluster, ichile en “ Cluster”. Kiborun pagit ne tinye projects chebo TIST en ng'wony. Imuche iker komoswek che kemokyinike (kou, Meru) kong'eten yu imuche iwe pagit ne isupu asiro Clusters chemiten en Meru (anan ko komoswek alak che imokyinike) koboto ketik che miten en komosoton ak petushek chebo tuyoshek ak election che ko'koibota.
6. Chill cluster neng'unget (kou, Ciakanyinga). Ko yotoksek pagit ne impya ne iboru groupishek che meng'echen, nambait nebo TIST, ak nambait ketik petut ne ki-quantification ketik.
7. Chill en Groupit ng'ung. (kou, TARADA). Kosipten inoniton iwe pagit ag'e. Inyoru ngalek che tiny eke ak groupit noton, chetinyege ak ole kilibonden ak angot kokoitchi groupit magutik chebo carbon market.