

Mazingira Bora



TIST

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

English Version

*TIST is an innovative, time -
tested, afforestation program led
by the participants.*



TIST Kenya Cluster Servants during a recent seminar. We now have over 90 Cluster Servants. TIST is growing!

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TIST: Working Towards 100% Cluster Completion.

In January, a new task force was formed to help better support Cluster Servants as they work towards 100% Cluster completion. Over the last two weeks, the task force has met, listening to each other's good ideas and creating new ideas together. We would like to share these ideas with you.

Our goal is for all Clusters to reach 100% completion in 2022. 100% does not mean only quantification; it includes the many other valuable activities both Cluster Servants and Farmers are doing. 100% means:

- Baseline data, and a recent quantification is taken so that farmers are eligible for profit sharing.
- Creating raised nursery beds.
- Ensuring Small Groups are paid pre-payments and profit sharing.
- Practicing Conservation Farming.
- Building efficient cookstoves.
- New Small Groups are joining TIST.
- Monthly trainings are occurring .

To accomplish these important goals, the task force is suggesting we begin to pilot in select regions a new operational structure.

In these regions, Cluster Servants from different Clusters will work as a team to complete their home Clusters, train new CS applicants, and then they will work on Clusters that are falling behind on the 100% goal. Their work will rapidly bring the selected Clusters towards 100%. They will accomplish this by:

1. Working as a team with the local Cluster Servants, Leaders, Trainers, Accountability Person to create a quantification calendar, so each group knows when they will receive their quantification in 2022.
2. New trainees nominated by the Cluster or within the Cluster leadership team will begin Cluster Servant training using the new Learning Center. They will access the Learning Center with an android device provided to the Cluster for training.
3. New trainees will work with their Team of Cluster Servants for several months as they learn to become an excellent Cluster Servant.

We expect that these teams of Cluster Servants travelling to other regions when necessary can all TIST Clusters to 100% so that farmers can receive Profit Sharing, and we can train many more Cluster Servants to help in this important work.



TIST: Doing Celebrations at the Cluster Meetings.

One of TIST Best Practices is Kujengana. It says in Ephesians 4:15 - 16 that we are to build each other up into the fullness of Christ. Each person in your TIST Small Group / Cluster brings his or her own special talents and gifts to the entire group. One of the wonderful things that happen in the Small Group / Cluster is recognizing, sharing and using those God-given talents.

In your Cluster meetings, it is important, besides doing Kujengana for the Leader and co-leaders, you also celebrate other important things that different farmers and their groups have accomplished.

Here are some of the achievements that can be celebrated.

1. A raised nursery bed with hundreds of mixed species seedlings.
2. A Conservation Farming plot. You can celebrate when a farmer starts preparing the plot and when she gets the harvest.
3. A compost manure practice.
4. A TIST improved Stove.
5. Established bee hives.
6. A new Best practice in farming, tree planting, nutrition, health etc.
7. A New TIST tree grove.
8. When a Group plants new trees to reach, say 1,000, 5,000 etc.
9. When a Cluster adds more trees towards the goal of 200,000 trees.
10. When a new Group joins your Cluster
11. When a new Accountability person is elected and the leader rotates out.
12. When a New Cluster Servant is trained and added.
13. When your Cluster Multiplies.
14. When your Cluster expands to a new area.

Other than celebrating successes in your Clusters, you may consider these Best Practices.

1. Develop a schedule of Training Topics every month. You can choose Training Topics that will go with your tree planting seasons – from seed collection / harvesting, nursery management, transplanting, taking care of the tree groves etc.
2. Other Training Topics schedules may cover crop seasons from land preparation to harvesting.
3. Develop a Quantification calendar. Work with your Cluster Servant to develop a Quantification calendar that will help each Small Group in your Cluster when they will be Quantified.
4. Keep a record of Small Groups in your Cluster and number of trees each have. Let each Small Group develop an Action Plan on how they will increase their trees.
5. In addition to the record of Small Groups and their trees, make follow-up that no group is doing clear cutting. Those who plan to do clear cutting should be discouraged and reported to TIST Leadership Council.
6. And any other Best Practice you may have or think of.



Small Group Best Practices: Action Steps and Action Planning.

TIST groups do a lot of practical activities: 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. We are going to 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 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 planning. Here an example is given in brackets. 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 per 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).

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)

Now, try to practice action planning in your next Small Group meeting.



Conservation Farming: Time to prepare your shamba.

TIST Small Group members who have practiced CF have testified it produces a greater harvest more reliably than traditional farming, especially when the rain is scarce. The holes help catch whatever rainfalls and make it available to the crop. This article will help you understand better how to practice kilimohai. Following these best practices can help you get better yields this coming season.

Preparing the land

- Prepare your land at least one month before the rains
- Clear your plot of weeds and bushes, but do not plough
- Prepare your holes oblong (rectangle) shape. They should each be 15 cm wide, 35 cm long and 15 cm deep. Space holes at least 75 cm apart.
- Take some manure or compost manure and good topsoil and mix it together. Fill the hole with the mixture up to five cm below the surface.

Planting

- When you plant maize seeds (1-2 days before rains start), plant four seeds in the soil across the hole.
- 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. After this the soil in the hole should be about 2.5 cm below the surface of the field.
- The space at the top of the hole enables water to get to the plants when the rains come.

- You do not need to use chemical fertilizer on the Conservation Farming plot. Your crops will still do better without chemical fertilizer, if you put enough manure.

Weeding

- Weed around the holes regularly
- Do not weed the entire plot completely. Outside the holes, plants can cover the soil, keeping it cooler and keeping it from eroding in rain and wind. Just weed in and near the holes. Use a panga to clear weeds between the lines or spaces from one hole to the other. Weed frequently to keep weeds from going to seed and spreading in the holes.
- Leave the weed residue in the plot to rot. This will help add soil fertility.

Post harvest practices

- Do not burn off the remains on the plot. Leave the residue on the ground so that they make the soil more fertile. Crop remainders can also be used for compost manure.
- Do not graze cattle in the plot.

We will be glad to celebrate your successful harvest and learn from best practices in your area through this newsletter as well during your cluster meeting. Take pictures as you prepare the holes, and then every two weeks take a picture of your CF as it grows. Send all of the pictures to us. Start working now!

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Kimereu Version

*TIST is an innovative, time -
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Watumishi wa Nguzo wa TIST Kenya wakati wa semina ya hivi majuzi. Sasa tuna zaidi ya Watumishi 90 wa Nguzo. TIST inakua!

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TIST: Gwita ngugi ya clasta gukinyira.

Mweri jwa Januari, nikwathondekirwe gikundi gia gutigiira atari ba miti ni bagutetheka kiri ngugi baumbe gukinyira 100% kiri o clasta. Gwa nkuruki ya biumia biiri bikurukite, gikundi giki ni giacemanirie, kiathikaniria mathuganio ja mathongi na kiathondeka jangi. Nitukwenda gukumenyithia mathuganio jaja.

Mworonto jwetu ni gutigiira clasta jionthe mwaka uju wa 2022 ni iritiri ngugi 100%. Kuuga 100% ti Kiri utari miti aki; ni amwe na ngugi cionthe ciitagwa ni atari miti amwe na arimi. 100% Ni kuuga:

- Rugano rua munda na gutarirwa miti Ni kuthithikite nikenda arimi boomba kwona mbeca cia baita.
- Kuthithia nasari jjuukiritue.
- Gutigiira arimi nibakwona mbeca jia o mwaka na cia baita.
- Kuthithia urimi bubwega(CF).
- Gwaka mariko ja mega ja kuruga na jakumenyeera nku.
- Ikundi injeri Ni ikuthungira ndeene ya TIST.
- Micemanio ya o mweri ya Clasta ni igwita mbere.

Gukinyira mworonto uju, gikundi giki Kiri na iromba ria kwambiria na region iri njira ya kugeria witi ngugi. Kiri region iji, atari ba miti kuuma o region bagaitaga ngugi amwe Kiri kurikia ngugi ndeene ya Clasta ciao, kuthomithia Atari miti bangi, na bacoke batege clasta iria ititariri miti ikinyira 100%. Ngugi yao igatuma clasta ikinyira 100%. Ngugi iji ikombika niuntu:-

1. Gwita ngugi amwe na mutari wa ntuura, atongeria, athomithania na accountability person kuthithia mutaratara wa utari miti nikenda o gikundi gikoomba kumenyaga riria kigatarirwa miti.
2. Atari miti ba beeru kuuma kiri clasta kana kuuma Kiri gikundi gia atongeria bakambiria kuthoma kuuma kiri Learning Center. Bakoomba gukinyira Learning center na thimu iria akaninkanirua kiri clasta ya kuthoma.
3. Atari miti ba beeru bagaitania ngugi na gikundi gia Atari miti gwa kagita ka mieri i mingi gutigiira bakoomba ngugi bweega.

Turi na mwirigiro ati gikundi giki gia atari miti bageta regions nkurani kuria kuri na ubatu nikenda Clasta ikinyira 100% na arimi bagwata baita na tuumba kuthomithia atari bangi ba miti gutetheeria ngugi iji ya bata.



TIST: Gukunguira Kiri micemanio ya Clasta.

Njira imwe ya bata kiri TIST ni kujengana. Ndeene ya mbuku ya murungu Ephesians 4:15-16 yugaga nonkinya tugaaka muntu na ungi thiini wa Christo. O muntu Kiri gakundi kenu kanini kana Clasta ari na talanda na kiheo kia mwanya. Untu buria bunene muno na bwa mwanya ni gutigiira gakundi kana Clasta nikuona iheo iji na igaitumira .

Kiri micemanio yenu ya Clasta, kuri na gitumi amwe na kujengana gwa atongeria, gukenera mantu jangi ja mwanya jaria arimi nkurani na ikundi bathithitie.

Jaja Ni jamwe ja maria buumba gukenera:-

1. Nasari yukiritue iri na miti mithemba magana.
2. Muunda jwa CF. No bukeneere murimi athithia na aketha maketha jawe.
3. Njira jia kuthithia mboleo.
4. Kiriko ki thongi gia TIST.
5. Miatu ya njuki.
6. Njira i njeru ya urimi, uandi miti, miriire, ugima bwa mwiri na jangi.
7. Muunda ju mwwru jwa miti jwa TIST.
8. Riria gakundi kaanda miti i mieru ja 1000,5000 gwita mbere.
9. Riria clasta ya aanda miiti imweru gukinyira 200,000.
10. Riria gakundi ga keeru kathongira ndeene ya Clasta.

11. Riria accountability person athurua u mweru na mutongeria nawe akauma utongeriene.
12. Riria Mutari miti ungi athomithua ngugi na ongerua ngugine.
13. Riria clasta yagia na ingi.
14. Riria clasta yatamba guntu gu kweru.

Amwe na gukenera mantu ja bata kiri Clasta, Ririkana mantu jaja ja bata:

1. Thondeka mutaratara wa ithomo o mweri. Nobuthuure ithomo iria igwitania na magita ja kuanda miti-kwithirania mbeu, kuthithia nasari, gwita kuanda miti miundene na umenyeri.
2. Mitaratara ya ithomo ingi ja kuanda imera jia gukunikira muunda, kuuma kuanda mwanka guketha.
3. Thondeka mutaratara wa gutarirwa miti. Ritania ngugi na Mutari miti kubanga mutaratara wa utari aria o murimi akoomba kumenya ni ri agatarirwa miti.
4. Ika record ya ikundi na miti ya o gikundi ndeene ya Clasta. Tiiga gikundi gikubanga buria bakongeera miti.
5. Amwe na record ya ikundi na miti tiigira niukuthingiira ikundi itigutema miti Baria bari na mubango wa gutema miti nibwega bakanue na ripoti iji kinyire TIST Leadership council.
6. Amwe na njira



Mitire iria miega buru ya ikundi bibinini: Matagaria na kubangira matagaria.

Ikundi bia TIST nibiritaga ngugi inyingi iria cionekaga: kuanda miti na kuthongomia njira cia kurima. Riria kurina ngugi inyingi cia kugita, nibwega kubangira matagaria. O mumemba wa gikundi nabati kwira gikundi nimbi bakomba gukinyira kiumia kiu. Tukaburitana na kuritana gikundi giaku uria matagaria jabangagirwa. Itu gaana bubu na amemba bangi ba gikundi giaku igitene ria mucemanio jwenu.

Itagaria ni gintu kiri:

- Gikwirungamira kiongwa.
- Gikwonekana (ngi iri ruthingone yomba gukwona ukithithia!).
- Gikuthimika.
- Kirina mwambirio na muthia.
- Menyeera ati itagaria riaku rikombika na rikathithika!

Mung'uanano, kuuga 'Nkaanda miti' ti itagaria niuntu giki ni gintu gikiarie. 'Nkarita ngugi mithenya ithatu kiumia giki kuthamiria miti ya kuanda mirongo mugwanja na itano muundene jwetu jumweru' ni itagaria niuntu

ni gintu gikwirungamira (kuthamia miti mirongo mugwanja na itano), gikwoneka (antu bagakwona ukithithia uju), gikuthimika (miti mirongo mugwanja na itano, mithenya ithatu) na kirina mwambirio na muthia (nyuma ya ntuku ithatu ukoona maciara).

Riria gikundi giaku gigatirimana kairi, ejana dagika ikumi muthiene jwa mucemanio jwa gikundi gikinini nikenda o muntu wonthe aejana ripoti ya itagaria riawe. O muntu wonthe nampwi:

(1) Eere gikundi itagaria riawe ria kiumia kiu kithiri.

(2) Akauga nimbi yongwa athithirie.

(3) Akauga itagaria riawe ria kiumia kiu kithingatite.

Kethira muntu uju noombanire kiri itagaria riawe, gikundi nikigwiranagirua amwe.

Kethira, ja uria jaria maingi kwithagirwa gukari, mumemba wa gikundi nombire kuthithia gicunci kia uria eendaga, gikundi nikimwikagira inya na gitimuthumbagia. Riria antu boomba kugaana batigukirana



kuumbana na kugwa kwao, bagekirwa inyo kuthithia bwega nkuruki o kiumia. Ikira inya amemba ba gikundi giaku kuthuganiria matagaria jaria boomba kujukia. Menyeera ati o itagaria nirikwirungamira, ni rikuthimika na rikoombika! Gaana na bugwirirue matagaria jaria gikundi kienu gikinini kijukitie.

Matagaria riria bukubangira mantu jaria bukathithia

Njira ikwenda gukara uju no itumirwe kubangira. Aja mung'uanano nijuejani. Riria gikundi giaku gikubangira jaria gikathithia, menyeera ati mibango yenu iri:

Specific- Yakuirungamira yongwa (Gikundi gikinini gietu gia TIST gikaanda miti ngiri cibitari iria iri akui igikinya mweri jwa ikumi na jumwe tariki mirongo ithatu)

Measurable- Ikuthimika (Ing'ana? – Miti ngiri ikaandwa)

Achievable/Realistic- Igakinyirika (Gikundi gikinini gietu gia TIST kiomba kuanda miti ngiri ndene ya biomia bitano-miti igana o Jumanne na Alhamisi, miti ikumi o muntu o ntuku)

Time-bound- Ithimiri mathaa (Burina mwambirio na muthia – tukaanda miti gati gati ka Mweri jwa ikumi tariki ikumi na ithano na mweri jwa ikumi na jumwe tariki mirongo ithatu)

Observable-Ikooneka (Ngi iri ruthingone igatwona tukianda) SMARTO!

Jaja nijo ubati kuthingata kiri kuthithia matagaria ja mubango jwenu nijagutethagia kuuga jaria jongwa bukwenda jairungamirite:

- 1) **Nimbi**– (Kuanda miti ngiri imwe).
- 2) **Nuu** – (Amemba ba gikundi gikinini giia TIST).
- 3) **Rii** – (October 15 – November 30).
- 4) **Naa** – (Cibitari).
- 5) **Atia** – (Tugatirimana o jumanne na jumatano ugoro mwanki jwa ntuku jwathira na kwinja marinya, riu tuande miti).
- 6) **Niki**– (Kuthongomia aria kuthiurukite cibitari, kugia irundu bia aajii na ageni bibingi nkuruki, antu no bakare rungu rwa miti na kirundu gigatuma cibitari igie gapio)

Nandi, gerieni bubangire matagaria jenu ndene ya mucemanio jou jungi jwa gikundi gikinini.



Ni igita ria kuthuranira munda jwaku niuntu bwa urimi bubwega.

Amemba ba ikunbi bibinini bia TIST baria bageretie kurima na urimi bubwega nibaritite ukuji ati nibuciaraga iciara ririnene na rumba gweterwa guti na uguaa kiri urimi bwa kawaida, mono mono ririangai itikung'ana.

Marinya nijatethagia kugwatia ngai iria ikagua na gutuma ruuji ruru rwithirwa rurio kiri kimera. Mantu jaja jagagutethia kwelewa bwega nkuruki uria ubati gutumira njira ya urimi bubwega. Kuthingatira miitire iji iria miega buru gugagutethia kwona iketha ririega nkuruki mbura iji ijite.

Kuthuranira muunda

Thuranira munda jwaku no mweri jumwe kabele ka mbura.

- Rita maria na ithaka muundene jwaku. Ukarima.
- Thuranira marinya jaku. Nijabati kwithirwa jari na warie bwa sentimeta ikumi na ithano, uraja bwa sentimeta mirongo ithatu na ithano na kwinama sentimeta ikumi na ithano. Taarania marinya jaku na sentimeta mirongo mugwanja na ithano kana nkuruki.
- Jukia mboleo inkai na muthetu jumwega jwa iguru na uunganie. Ujuria kirinya na muunganio juju mwanka gikinye sentimeta ithano nthiguru ya nthiguru itirimi.

Kuanda

- Waanda mbeu cia mpempe (ntuku imwe gwita ijiri mbele ya mbura kwambiria), anda mpindi inya kiri muthetu kugitania kirinya.
- Kethira ni ugimbi ukuanda, anda mpindi ithano gwita ithanthatu o muthiene jwa o kirinya gia kuanda nyuma ya mbura injega mma yaura.
- Kunikira mbeu na sentimeta 2.5 cia muunganio juria jwa muthetu jumunoru na mboleo. Nyuma ya kwongera muunganio juju kirinya

kibai kwithirwa kiri senimeta 2.5 nthiguru ya naria nthiguru itirimi.

- Kanya karia gagutigwa kirinyene iguru nigatethagia ruuji gukinyira imera riria mbura ijaga.
- Gutina aja ya gutumira fertilizer cia kuguura kiri muunda jwaurimi jumwega. Imera biaku bikathithia bwega kinya warega gutumira fertilizer, wekira mboleo ing'ani.

Gukuurira iria

- Kuurira iria akui na irinya o igita o igita.
- Ugakurira munda junthe iria rionthe. Oome ya marinya, imera nobikunikire muthetu, bikajuika jurina gapio na bigatuma jutakamatwe ni mbura kana ruugo. Kuurira iria aki marinyene na akui na marinya. Tuumira kibanga gukurira iria gati gati kalaini kana itigatinekuuma kirinya gwita kingi. Kurira iria o igita o igita nikenda maria jatiraciare mbeu na jatamba marinyene.
- Tiga matigari jam aria muundene kenda joorera ku. Bubu bugatethia kuongera unoru bwa muthetu. aria ubati kuthithia warikia guketha
- Ukaithia matigari ja muunda. Jatige nthiguru nikenda jomba gutuma muthetu junora nkuruki. Matigari ja imera no jatumirwe kinya kuthithia mboleo.
- Ukarithia ndithia muundene. Itu rikana, tukagwirua mono gukeneera iketha riaku ririnene na kuthoma kuumania na miitire imiega buru ntuurene yaku gukurukira gazeti iji amwe na igitene ria mucemanio jwaku jwa cluster.

Ambiria kurita ngugi thaa iji!

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Aruti wira a ikundi nini cia TIST Kenya mari serminar. Riu turi na makiria ma aruti wira a Clasta mirongo kenda. TIST ni irakura.

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Mahinda ma kuhariria mugunda waku niundu wa Kilimo Hai. Page 6



TIST: Kuruta wira 100% kurikiriria Clasta.

Kuri January, wira mweru wa guthondeka na guteithia wega aruti a wira a Clasta makiruta wira 100% kurikiriria Clasta. Ciumia igiri hituku, aruti wira aya nimathikaniriirie na guthondeka maundu meru hamwe. Maundu maya meru niturenda kugayana na inyui.

Wendi witu kuri Clastas ciothe gikinyia 100% completion mwaka wa 2022. 100% ti kuga ati no quantification; ni hamwe na maundu mangi maingi maria mareka kuri aruti wira a Clasta na arimi. 100% ni kuga:

- Kuoya data na quantification iria ya ica ikuhi gwikwo kuri arimi na kugia na kugayana faida.
- Kuhariria tuta (nursery beds).
- Gutigirira ikundi nini (Small Groups) niciarihwo marihi mao na kugayana faida.
- Kurima kilimo hai (Conservation Farming).
- Guthondika cookstoves.
- Ikundi njeru cia Small Groups kuingira TIST.
- Guthomitho oro mweri ni kurahanika.

Niguo kuhingia maundu maya, task force irenda kugie na kugeria maundu maya miena na miena. Miena ino Clasta Servants kuma kundu na kundu marute wira hamwe kurikiriria Clasta ya mucii, guthomithia CS applicants, na makuruta wira gukinyia 100% goal. Wira wao niugukinyithia Clastas 100%. Undu uyu ukuhotekeka niundu:

1. Kuruta wira hamwe na aruti wira a Ikundi nini, Atongoria, Arutani hamwe na Andu mari na uigiririki guthondeka Quantification Calendar, niguo o gikundi kimenye riria makagia na quantification mwaka wa 2022.
2. Andu eru a guthomithio ni ikundi nini kana kuri utongoria wa Clasta ni makugia na githomo kuhitukira kuria kurathomithanirio.
3. Andu aria marathomithio marute wira hamwe na aruti wira a ikundi nini handu-ini ha mieri iigana una nigetha matuika aruti wira a ikundi nini agiriru.

Ni turehoka ati ikundi ici cia aruti wira a ikundi ni marathiururuka matura mangi riria kurabatarania niguo TIST Clastas makinyie 100% nigetha arimi magie na kugayana faida, na guthomithia aruti wira a ikundi nini guteithiriria wira uyu mwega.



TIST: Gwika cherehe mucemano-ni wa Clasta.

Imwe ya TIST Best Practices ni gwakana. Ibuku ria kirikaniro ria Ephesians 4:15 – 16 irauga nitubatie gwakana umwe na uria ungi thiini wa Yesu Kristo. Mundu oro umwe wa gikundi kinini gia TIST / Clasta arehaga taranda na kiheo giake kuri gikundi. Imwe ya maundu mega maria mahanikaga ikundi-ini nini ni gukurana, kugayana na kuhuthira wega taranda iria uhetwo ni Ngai.

Micemano-ini ya gikundi giaku kinini, ni wega hamwe na gwakana niundu a atongoria na atongoria anyitiriri, niugukenenera maundu mangi maingi mega maria arimi na ikundi magite namo.

Maya ni maundu mamwe maria magite namo na gukenerera.

1. Tuta njoe iguru iri na magana ma mimera mitukanu.
2. Kieya gia Conservation Farming. No ukenerere riria murimi ambiriria guthondeka kieya na kugia na maciaro.
3. Thumu
4. Thitofu hariririe cia TIST.
5. Githondeka miatu ya Njuki.
6. Mehariria meru hari urimi, uhandi wa miti, mirire miega, ugima wa mwiri etc.
7. Utungata mweru wa TIST tree grove.
8. Riria gikundi kiahanda miti gukinya 1,000, 5,000 guthii na mbere.
9. Riria ikundi nini ciongerera miti gukinya wendi wao wa miti 200,000.
10. Riria gikundi kieru kiangira gikundi-ini kianyu.
11. Hindi iria mundu mwihokeku athurwo na atongoria guthiururukana.

12. Hindi iria aruti wira a Clasta mathomithio na kwongerereka.
13. Hindi iria Clasta ciongerereka.
14. Riria Clasta yanyu yaneneha na gutherema matura mangi meru.

Hamwe na gukenerera uthii wa na mbere wa Clasta, no uhuthire maundu maya mega.

1. Ukuria maundu maria marithomithagio o mweri. No uthure maundu maria marithomithagio kuringana na mahinda maria miti irahandwo – kuma ungania wa mbegu / kugetha, umenyereeri wa tuta, ukui, kumenyererera miti na guthie na mbere.
2. Maundu mangi ta maguthomithio no makorwo mari ta imera cia irio oro kuma uhaririria wa migunda nginyagia kugetha.
3. Thondeka Quantification Calendar. Rutithania wira na aruti wira a Clasta guthondeka Quantification Calendar iria iguteithiriria ikundi nini riria miti yao igatarwo.
4. Iga record cia ikundi nini cia Clasta na namba ya miti iria o gikundi gikoragwo nayo. Reke oro gakundi kanini kagie na mubango wa uria makwongerera miti.
5. Hamwe na record ya Ikundi nini na miti yao, ni wega kurumirira niguo miti ndigatemwo. Aria marena gutema miti niwega kumera tiwega na kumachuka kuri utongoria wa TIST.
6. Kana maundu mangi maingi maria ungiciriria.



Mitaratara miega ya ikundi nini: Makinya ma ciiko na makinya ma mibango.

Ikundi cia TIST niciikaga maundu maingi makwoneka: kuhanda miti na kwagirithia urimi. Riria kuri na wira muingi wa kurutwo, niwega guthondeka makinya ma ciiko. O memba wa gikundi niagiriirwo nikwira aria angi uria magiriirwo ni gwika kiumia kiu. Nituguguthomithia ohamwe na gikundi kianyu uria muguthondeka mubango wa ciiko. Menyithia amemba aria angi uhoru uyu mucemano-ini.

Mubango uyu ni kindu ta giki:

- Maundu ma bata.
- Maundu maria maroneka.
- Maundu maria mangithimika.
- Maundu maria mari na kiambiriria na muthia.
- Tigirira makinya maku nomahoteke.

Kwa muhiano, kuga niukuhanda muti ti giiko.

Kuga (giroko ithatu niguhanda miti 75 mugunda-ini) ni giiko tondu undu ucio uri na bata na niurauga kaundu(kuhanda miti 75), niuroneka (andu nimakuona) nouthimike (miti 75, irooko 3) na uri na kiambiriria na muthia (thutha wa matuku 3 niukuona maciaro).

Gikundi giaku giacemania ringi, itikiria ndagika 10 mucemano ugithira niguo o mundu aheane mubango wake wa ciiko. Omundu naihehnya:

(1) Ira gikundi mubango wao wa kiumia kihituku.

(2) Hutia maundu maria mekite.

(3) Uga mibango iria igukorwo kuo kiumia giukite.

Murimi angihota gukinyaniria mubango wa ciiko aria angi nimagiriirwo ni kumukenerera.



Na angikorwo, ta uria maita maingi gukoagwo andu makiambiriria ati mukinyaniirie ciiko imwe, gikundi nikiagiriirwo gwikira murimi hinya na matikamurute mahitia. Riria andu mari na kamweke ga kwiyaria na kuga maria mahotete na maria matanahota nimahotaga kugia na hinya wa guthii na mbere a kiumia. Hinyiriria arimi a gikundi giaku makorwo na mubango wa ciiko ungihoteteka. Tigirira ati mubango ucio niuraririria kindu! Araniriai na muonanie ciiko iria muhotete.

Makinya ma mbango wa ciiko.

Njira ihanaine no ihuthirwo riria urehariria. Haha hari na cionereria.

Kwaririria kindu (gikundi gitu kia TIST nigikuhanda miti 1000 thibitari-ini tugikinyiria November 30)

mangithimika (Miti iigana? Miti 1000 niyo ikuhandwo)

Ingihoteteka (Gikundi gitu gia TIST nokihande miti 1000 hari ciumia 5 – miti 100 o wakeri na wakana, miti 10 o mundu o muthenya.)

Mahinda (turi na kiambiriria na muthia-nitukuhanda miti gatagati ka October 15 – November 30)

Ingioneka (nginya ngi niirakwona ukihanda miti) Smarto.

Giki nikigeranio giakuonania kana niurarumirira mubango waku:

1. **Kii?** (Kuhanda miti 1000).
2. **Uu?** (Riitwa ria memba wa TIST).
3. **O ri?** (October 15 – November 30).
4. **O ku?** (Thibiari-ini).
5. **Atia** (tucemanagia o wa-keri na wa-kana miaraho thutha wa kuruta wira na tukenja marima na tukahanda miti).
6. **Niki?** (niguo kwagirithia thibitari niguo kuhe arwaru handu ha kiiruru)

Niwega kugeria maundu macio mucemano-ini wa ikundi cianyu.



Mahinda ma kuhariria mugunda waku niundu wa Kilimo Hai.

Arimi aria marimite na Kilimo Hai mari na uira ati magetha ni maingi gugira urimi wa ki-nduire na makiria riria mbura iri nini.

Marima nimateithagia maai ma mbura kuigika na guteithia mimera na njira iria njega. Uhorro uyu niuguguteithia gutaukuo wega uria ungiteithika na Kilimo Hai. Kurumirira mitarataru miega niguguguteithia kugia na magetha mega.

Kuhariria mugunda waku.

- Hariria mugunda waku mweri umwe mbere ya mbura yurite.
- Tuguta mahuti maria mari mugunda-ini, ndukarime.
- Enja marima ma rectangle. Magiriirwo nigukorwo na warii wa 15cm na uraihu wa 35cm na uriku wa 15cm na umataganie na utaganu wa 75cm.
- Ikira thumu na tiiri wa iguru na utukanie. Ikira mutukanio ucio na utigie 5cm.

Kuhanda

- riria wahanda mbembe(matuku 1-2 mbere ya mbura yurite), handa mbegu 4 irimaini.
- Wahanda muhia, handa 5-6 irima-ini thutha wa mbura kuura.
- Humbira mbegu na tiiri muigana wa 2.5cm.

- Haria irima ritaiyurite hateithagiriria kuiga maai.
- Ndurabatara gutumira fertilizer ukihuthira Kilimo Hai. Mimera yaku no igukura wega ona hatari fertilizer ungikira thumu muiganu.

Kurimira.

- rirmira irimaini maita maingi.
- Ndukarimir mugunda wothe. Nja ya irima, mimera no ihumbiretiiri, niguo kuuiga uri mugunyu. Rimira hakuhi na irima. Huthira ruhiu kwehutia riia riria riri gatagati-ini ka mimera. Rimira maita maingi niguo riia ritikaingihe irima-ini.
- Mahuti ma riia riria watuguta matige mugunda-ini. Njira ino niyongagirira unoru tiiri-ini.

Maundu ma thutha wa kugetha.

- Ndugacine mahuti mugunda thutha wa magetha. Tiga mahuti macio mugunfa-ini niguo manorie tiiri. Matigari ma mimera nomathondeke thumu.
- Ndukariithie mahiu mugunda-ini, ririkana nitugakena tugikunguira magetha maku na guthoma kuma kuri wee.

Ambiriria wira riu.

Mazingira Bora



TIST

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

Kiswahili Version

*TIST is an innovative, time -
tested, afforestation program led
by the participants.*



Watumishi wa Nguzo wa TIST Kenya wakati wa semina ya hivi majuzi. Sasa tuna zaidi ya Watumishi 90 wa Nguzo. TIST inakua!

Ndani ya gazetti: TIST: Kufanya Kazi Kuelekea Kukamilika kwa Nguzo 100%. Uku. 2
TIST: Kufanya Sherehe kwenye Mikutano ya Nguzo. Uku. 3

Mienendo bora zaidi ya vikundi vidogo ya kufanya mambo tofauti: Hatua za kuchukua na kupangia hatua. Uku. 4

Ni wakati wa kutayarisha shamba lako la Kilimo hai. Uku. 6



TIST: Kufanya Kazi Kuelekea Kukamilika kwa Nguzo 100%.

Mnamo Januari, kikosi kazi kipya kiliundwa ili kusaidia vyema Watumishi wa Nguzo wanapofanya kazi kuelekea kukamilika kwa Nguzo kwa 100%. Zaidi ya wiki mbili zilizopita, kikosi kazi kimekutana, kusikiliza mawazo mazuri ya kila mmoja na kuunda mawazo mapya pamoja. Tungependa kushiriki mawazo haya nawe.

Lengo letu ni Makundi yote kufikia 100% kukamilika mwaka 2022. 100% haimanishi tu quantification; inajumuisha shughuli nyingine nyingi muhimu ambazo Watumishi wa Nguzo na Wakulima wanafanya. 100% inamaanisha:

- Data ya msingi, na ukadiriaji wa hivi majuzi unachukuliwa ili wakulima wastahiki kugawana faida.
- Kutengeneza vitanda vya kitalu vilivyoinuliwa.
- Kuhakikisha Vikundi Vidogo vinalipwa malipo ya awali na kugawana faida.
- Kufanya Kilimo Hifadhi.
- Kujenga majiko ya kupikia yenye ufanisi.
- Vikundi Vipya Vidogo Vidogo vinajiunga na TIST.
- Mafunzo ya kila mwezi yanafanyika .

Ili kutimiza malengo haya muhimu, jopokazi linapendekeza tuanze kufanya majaribio

katika maeneo fulani muundo mpya wa utendaji. Katika maeneo haya, Watumishi wa Cluster kutoka Kundi tofauti watafanya kazi kama timu kukamilisha Kundi lao la nyumbani, kutoa mafunzo kwa waombaji wanya wa CS, na kisha watafanya kazi kwenye Makundi ambayo yanarudi nyuma kwa lengo la 100%. Kazi yao italetwa kwa kazi Nguzo zilizochaguliwa kuelekea 100%. Watafanikisha hili kwa:

1. Kufanya kazi kama timu na Watumishi wa Nguzo wa ndani, Viongozi, Wakufunzi, Mtu wa Uwajibikaji ili kuunda kalenda ya upimaji, ili kila kikundi kijue ni lini watapokea kaida mwaka 2022.
2. Wafunzwa wanya walioteuliwa na Kundi au ndani ya timu ya uongozi ya Kundi itanza mafunzo ya Watumishi wa Nguzo kwa kutumia Kituo kipya cha Kujifunza. Watafikia Kituo cha Kujifunza na kifaa cha android kilichotolewa kwa Kundi kwa mafunzo.
3. Wanafunzi wanya watafanya kazi na Timu yao ya Watumishi wa Nguzo kwa miezi kadhaa wanapojifunza kuwa Mtumishi bora wa Kundi.

Tunatarajia kwamba timu hizi za Watumishi wa Cluster wanaosafiri kwenda mikoa mingine inapohitajika zinaweza Makundi yote ya TIST hadi 100% ili wakulima wapate Ugawanaji wa Faida, na tunaweza kuwafunza Watumishi wengi zaidi wa Nguzo ili kusaidia katika kazi hii muhimu.



TIST: Kufanya Sherehe kwenye Mikutano ya Nguzo.

Mojawapo ya Mbinu Bora za TIST ni Kujengana. Inasema katika Waefeso 4:15-16 kwamba tunapaswa kujengana katika utimilifu wa Kristo. Kila mtu katika Kikundi/Kundi Kidogo chako cha TIST analeta talanta na zawadi zake maalum kwa kikundi kizima. Moja ya mambo ya ajabu yanayotokea katika Kundi/Kundi Ndogo ni kutambua, kushirikishana na kutumia talanta hizo tulizopewa na Mungu.

Katika mikutano yenu ya Nguzo, ni muhimu, zaidi ya kufanya Kujengana kwa Kiongozi na viongozi wenza, pia mnasherehekea mambo mengine muhimu ambayo wakulima mbalimbali na vikundi vyao wamekamilisha.

Hapa kuna baadhi ya mafanikio ambayo yanaweza kusherehekewa.

1. Kitanda cha kitalu kilichoinuliwa na mamia ya miche ya aina mchanganyiko.
2. Shamba la Kilimo Hifadhi. Unaweza kusherehekea wakati wakulima wanaanza. kuandaa shamba na atakapopata mavuno.
3. Mazoezi ya mbolea ya mboji. 4. TIST iliboresha Jiko.
5. Mizinga ya nyuki iliyoanzishwa.
6. Mbinu mpya Bora katika kilimo, upandaji miti, lishe, afya n.k.
7. Shamba la miti la TIST.
8. Kikundi kinapopanda miti mipya kufikia, sema 1,000, 5,000 n.k.
9. Kundi linapoozongeza miti zaidi kuelekea lengo la miti 200,000.
10. Wakati Kikundi kipya kinapojiunga na Kundi lako la
11. Mtu mpya wa Uwajibikaji anapochaguliwa na kiongozi kuzungushwa.

12. Wakati Mtumishi Mpya wa Nguzo amefunzwa na kuongezwa.
13. Wakati Cluster yako Inazidisha.
14. Wakati Nguzo yako inapanuka hadi eneo jipya.

Kando na kusherehekea mafanikio katika Vikundi vyako, unaweza kuzingatia Mbinu hizi Bora.

1. Tengeneza ratiba ya Mada za Mafunzo kila mwezi. Unaweza kuchagua Mada za Mafunzo ambazo zitaendana na misimu yako ya upandaji miti - kuanzia ukusanyaji wa mbegu/ uvunaji, usimamizi wa kitalu, upandikizaji, utunzaji wa mashamba ya miti n.k.
3. Tengeneza kalenda ya Quantification. Fanya kazi na Mtumishi wa Nguzo yako kutengeneza kalenda ya Ukadiriaji ambayo itasaidia kila Kikundi Kidogo katika Kundi lako watakapothibitishwa.
4. Weka rekodi ya Vikundi Vidogo katika Nguzo yako na idadi ya miti kila moja inayo. Acha kila Kikundi Kidogo kitengeneze Mpango Kazi wa jinsi watakavyoongeza miti yao.
5. Pamoja na rekodi za Vikundi Vidogo na miti yao, fuatilia kuwa hakuna kikundi kinachofanya ukataji wa wazi. Wale wanaopanga kufanya ukataji wazi wanapaswa kukatishwa tamaa na kuripotiwa kwa Baraza la Uongozi la TIST.
6. Na Mazoezi mengine yoyote Bora ambayo unaweza kuwa nayo au kufikiria.



Mienendo bora zaidi ya vikundi vidogo ya kufanya mambo tofauti: Hatua za kuchukua na kupangia hatua.

Vikundi vingi vya TIST hufanya kazi nyingi zinazoonekana: kupanda miti na kuboresha mbinu za ukulima. Wakati kuna kazi nyingi inayohitaji kufanyika, ni vizuri kufanya mpango wa hatua zitakazochukuliwa. Kila mwanakikundi afaa kuambia kikundi ni kitu gani wataweza kufanya katika wiki hiyo. Tutawafunza nyinyi na kikundi chenu jinsi ya kufanya mpango wa hatua zitakachochukulia kufanya kazi hiyo. Tafadhali gawana haya na wanakikundi wengine wakati wa mkutano.

Hatua ya Utekelezaji ni iliyo:

- Maalum.
- Inayoonekana (Nzi iliyo ukutani yaweza kukuona ukifanya!)
- Inayopimika.
- Iliyo na mwanzo na mwisho.
- Hakikisha hatua yako ya utekelezaji ni itakayowezekeka na unayoweza kufikia!

Kwa mfano, kusema 'Nitapanda miti' si hatua ya Utekelezaji kwa sababu ni taarifa ya

ujumla. 'Nitaifanya kazi asubuhi tatu wiki hii kupandikiza miche sabini na tano shambani letu jipya' ni hatua ya utekelezaji kwa sababu ni **iliyo maalum** (kupandikiza miche sabini na tano), **inayoonekana** (watu waweza kukuona ukifanya), **inayopimika** (miche sabini na tano, asubuhi tatu) na **ina mwanzo na mwisho** (mwishoni mwa siku tatu utaona matokeo).

Kikundi chako kitakapokutana tena, ruhusu dakika tano mwishoni mwa mkutano ili kila mtu aripoti kuhusu hatua yake mwenyewe ya utekelezaji. Kila mtu haraka:

(1) Aambie kikundi hatua yake ya utekelezaji ya wiki iliyopita.

(2) Aseme ni nini chenyewe alichofanya.

(3) Aseme hatua yake ya utekelezaji ya wiki inayofuata.

Kama huyo mtu alifanikiwa katika hatua yake ya utekelezaji, kikundi kinasherehekea fanikio hilo.

Ikiwa, kama mara mengi inavyotokea,



mwanakikundi ameweza kufanikiwa kufikia kiwango fulani cha lengo lake, kikundi kimtie nguvu na kisimkosoe au kumtia lawama. Watu wanapoweza kugawana bila hofu kuhusu mafanikio na kutofaulu kwao, watahimizwa kufanya vyema zaidi wiki inayofuatilia. Himiza wana kikundi chako kufikiria hatua za utekelezaji zinazowezezana. Hakikisha kila mojawapo ni maalum, inapimika na inawezekana! Gawana na msherehekee hatua za utekelezaji kikundi chako kilichotimiza.

Hatua za utekelezaji unapofanya hatua za mipango

Njia sawa yaweza kutumiwa unapopangia kitu. Hapa ni mfano katika mabano. Wakati kikundi chako kinapopanga kitakavyofanya, hakikisha mipango yenu ni:

Specific- Maalum (Kikundi chetu cha TIST kitapanda miti elfu moja katika hospitali mtaani kabla ya tarehe thelathini, Novemba)

Measurable- Inapimika (Ngapi? - Miti elfu moja itapandwa)

Achievable/Realistic – Inayoweza kufikiwa (Kikundi chetu cha TIST chaweza kupanda miti elfu moja katika muda wa wiki tano- miti mia moja kila jumanne na alhamisi, miti kumi kwa kila mmoja kila kila siku)

Time-bound- Inapimiwa muda (Ina mwanzo na mwisho- tutapanda miti kati ya tarehe kumi na tano, Octoba hadi tarehe thelathini Novemba)

Observable- Inaonekana (Nzi ukutani yaweza kutuona tukipanda miti.)

SMARTO!

Huu ni mwongozo na kipimo cha hatua zako za utekelezaji na unakusaidia kuwa maalum:

- 1) **Nini** – (Kupanda miti elfu moja).
- 2) **Nani** – (Wana Kikundi kidogo cha TIST kwa jina).
- 3) **Lini** – (Octoba 15 – Novemba 30).
- 4) **Wapi** – (Hospitalini).
- 5) **Aje** – (Tutakutana kila Jumanne na Alhamisi alasiri baada ya joto la siku na kuchimba mashimo, halafu tupande miti).
- 6) **Kwa nini** – (Kuboresha eneo linalozunguka hospitali, tuwe na kivuli zaidi kwa wagonjwa na wageni, watu waweze kukaa chini ya miti na kivuli kitafanya hospitali iwe baridi zaidi.)

Sasa, jaribu kujizoeshwa kufanya hatua za mipango katika mkutano wako wa kikundi kidogo ujao.



Ni wakati wa kutayarisha shamba lako la Kilimo hai.

WanaTIST katika vikundi vidogo ambao wamelima kwa kutumia njia ya Kilimo hai wameshuhudia kuwa ukulima bora una vuno bora na la kuaminika kuliko ukulima wa kawaida, san asana wakati mvua haitoshi. Mashimo husaidia kushika mvua wowote unaonyesha na kuyawezesha haya maji kupatikana kwa mmea.

Makala haya yatakusaidia kuelewa zaidi kuhusu jinsi ya kujaribu kilimo hai. Kufuatilia mienendo bora ifuatayo kutakusaidia kupata mavuno bora zaidi msimu unaokuja.

Kutayarisha shamba.

Tayarisha shamba lako angalau mwezi mmoja kabla ya mvua.

- Ondoa magugu na vichaka kutoka shamba lako. Usilime.
- Tayarisha mashimo yako ya umbo la mstatili. Yapaswa kuwa na upana wa sentimeta kumi na tano, urefu wa sentimeta thelathini na tano na kina cha sentimeta kumi na tano. Nafasi kutoka shimo hadi lingine iwe sentimeta sabini na tano.
- Chukua mbolea na udongo wa juu na uchanganyishe. Jaza shimo kwa huu mchanganyiko hadi sentimeta tano chini ya ardhi ya kawaida.

Kupanda.

- Unapopanda mbegu ya mahindi (Siku moja au mbili kabla ya mvua), panda mbegu nne kuvuka shimo.
- Kama unapanda wimbi, panda mbegu tano au sita katika kila mwisho wa shimo la kupanda baada ya mvua tosha.

- Funika mbegu kwakutumia mchanganyiko wa udongo na mbolea. Baada ya haya udongo katika shimo uwe sentimeta mbili na nusu chini ya ardhi ya kawaida.
- Nafasi iliyopo juu ya shimo itasaidia maji kufikia mimea mvua ijapo.
- Hauhitaji kutumia mbolea za viwandani katika shamba lako la kilimo hai. Mimea yako itafanya vizuri hata bila ya mbolea za viwandani.

Kuondoa magugu.

- Ondoa magugu kuzunguka mashimo mara kwa mara.
- Usipalilie shamba lote. Nje ya mashimo, mimea yaweza kufunika udongo, huku ikiweka baridi na kuuzuia kumomonyeshwa na mvua au upepo. Tumia panga kutoa magugu katikati ya mistari au katika nafasi iliyopo kati ya mashimo. Palilia mara kwa mara kuzuia magugu kuzaa na kuenea mashimoni.
- Yawache mabaki ya magugu shambani ili yaoze. Haya yatasaidia kuongeza rutuba ya udongo.

Unayofaa kufanya baada ya kuvuna.

- Usiyachome mabaki ya shamba lako. Yawache udongoni ili yaongeze rutuba ya udongo. Mabaki ya mimea yaweza pia kutumiwa kutengeneza mbolea.
- Usiwalishe ng'ombe shambani lako. Tafadhali kumbuka, tutafurahi kusherehekea vuno lako kubwa na kuijua mienendo bora katika eneo lako kupitia jarida hili pamoja na katika mkutano wako wa cluster.

Anza kufanya kazi sasa!

Mazingira Bora



TIST

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

Kikamba Version

*TIST is an innovative, time -
tested, afforestation program led
by the participants.*



Athukumi ma ngwatanio sya TIST Kenya semina ila yila ithiwa. Yu twina athukumi ma ngwatanio mbee wa 90. TIST no ineana!

***Inside:* TIST: Kuthukuma kuikiithya Nwatanio nisyeethiwa 100%. Page 2**

TIST: Kwithiwa na mboka ivindani ya mbumbano sya ngwatanio. Page 3

Mawiko maseo ma tukundi tunini, matambya maosa na walany'o wa meko/wiko. Page 4

Ni ivinda ya kuseuvia miunda kwa nima ya kusuvia. Page 6



TIST: Kuthukuma kuikiithya Nwatanio nisyeethiwa 100%.

Mwaiwa mbee (January) nivaseuviw'e kikundi kya utetheesya athukumi ma ngwatanio kuthukuma na kwailya kwithiwa kwa 100% ngwatanio. Sumwa ili thelu kikundi kii nikipomanite na kwithukiisya mawoni maseo na kuseuvya mawoni ma vamwe. Tiende ukumanyithya mawoni aa.

Mwolooto witu ni kwithiwa na ngwatanio 100% tuvika mwiso wa mwaka uyu wa 2022. 100% nikuelekela kuthiana na kuvitukithya kw'oka indi maundu angi mavata kwa ngwatanio aimi ma tist na athukumi ma ma ngwatanio meika. 100% yimaanisya

- Uvoo (Baseline data) na kuthiana na kuvitukithya ni kukwikwa nikana withie aimi nimatonya utalika kwa ndivi na kuaana kwa vaita.
- Kuseuvya ivuio sya itanda.
- Kuikiithya tukundi tunini nituukwata aluvasi ya ndivi na uaani wa vaita.
- Kwika nima ya kusuvia (CF).
- Kwaka maiko makusuvia mwaki.
- Tukundi tunini kulika ngwatanioni ya TIST.
- Kuikiithya momanyisyo ma kila mwai nimeethiwa.

Nikana kuvikia mwolooto uyu, kikundi kila kinaseuviw'e ni kyatie woni wa kwambiia na isio imwe tuatiee walanio mweu. Isio isu athukumi ma ngwatanio kuma isioni ingi

nimeuthukuma kwa vamwe na ngwatanio ila maendete kwayo kunyanyisya athukumi eu ma Ngwatanio ala makulitye mwanya na maithukuma kwa ngwatanio ila itilitwe na itina kuikiithya kuvikia mwolooto 100%.Wia woo nukuete ngwatanio ila meuthukuma kuvikia 100% na kuvikia uu:

1. Kuthukuma vamwe ta timu na anthukumi ma ngwatanio ila mathi kwayo, atongoi, amanyiw'a na eki ma masavu kuseuvya kalenda ka uvitukithya nikana kila kikundi kimanye yila kiukwata uthiani na uvitukithya wakyo mwaka uu wa 2022.
2. Amanyiw'a eu ala masakuitwe ni ngwatanio kana ala me utongoini wa ngwatanio na timu ya utongoi nimekwambiia kimanyisya kya uvundisya atangoi ma ngwatanio. Makeethiwa matonya uvinka kimanyisyonni kii na kutumia adroid device ila inenganitwe kwa kumanyisya atangoi ma ngwatanio.
3. Amanyiw'a eu nimeuthukuma na timu na athukumi ma ngwatanio kwa ivinda ya myai kauta maiendee na kwimanyisya na kuelewa kutwika athukumi mena utuika ma ngwatanio.

Twii kwata kana timu ino ya athukumi ma ngwatanio kutembea isioni ingi yila vata waumila nikana kwailya ngwatanio sya TIST 100% nikana aimi makangwata uaio woo wavaita, na kumanyisya athukumi aingi ma ngwatanio undu vatonyeka kutetheesya wuani uu wavata.



TIST: Kwithiwa na mboka ivindani ya mbumbano sya ngwatanio.

Wiki umwe museo wa TIST ni kwakana/kukwatana mbau. Ivukuni ya Aeveso 4:15-16 yiasya twakane umwe kuthi ula ungi kwa uima wa Klisto. Kila umwe nthini wa kakundi kenyi ka TIST kana ngwatanio ni uetae kinengo/talendi kyake kimwanya na munthinzi wake kwa kikundi kyothe. Umwe kati wa maundu wa usengy'a ala mekikaa kwa kakundi, kikundi kana ngwatanio ni kumanya kuaana na kutumia talenti isu Ngai utunengete.

Nthini wa umbano wa ngwatanio yenyu, ni undu wa vata, eka tu kwakana, ni useo kwa mutongoi na ala angi, kutania na kuvoka mboka nundu wa maundu angi maseo mekivathukano ala aimi ma kikundi kana ngwatanio yenyu mavikiie.

Vaa ve mauseo amwe mutonya utania mavikiie ni aimi ala mwiimwe kikundini.

1. Kivuo kya kitanda kina miti maana ma mavai ivulene ya miti.
2. Vuloti yina nima ya kusuvia. no mutane yimwe na muimi ila wambii kuseuvya vuloti yake kana yila ukuketha.
3. Kuseuvya Vuu wa yiima na mawiko ma kuseuvya.
4. Kwithiwa na yiiko ya kusuvia mwaki.
5. Kwithiwa anikite myatu.
6. Mawiko meu maseo ma nima, kuvanda miti, liu wina uima wa mwii, kuvoa uwau etc.
7. Kwithiwa mwina kamutitu keu ka miti thini wa TIST.
8. Yila kikundi kyavanda miti myeu na twasye yavika ta 1,000, 5,000 etc.
9. Yila ngwatanio yongeleela miti na kuvika mwolooto wa 200,000.
10. Yila kikundi kye kyalika nthini wa ngwatanio yenyu

11. Yila mwii wa kinandu/mwiki wa masavu ukuma kana kulika nundu wa utongoi wa kithyululu.
12. Yila muthukumi wa ngwatanio wamanyiw'a kana ongelwa.
13. Yila ngwatanio yenyu yasyaa ngwatanio ingi kisioni kingi.
14. Yila ngwatanio yenyu yongeleka.

Eka kutania kwaila kwa ngwatanio yenyu, no musisye amwe kati wa mawiko maseo ta.

1. Kuseuvya ivinda ya kwimanyiasya kila mwai na masomo makila mwai. No kumanyiw'a musakue masomo melekele uvandi wenyu wa miti - kukolania mbeu - kuketha kusuvia kivuo - kumya miti kivuioni - kusuvia miti isu.
2. Movundisyo angi no masisye iulu wa ivinda ya kuvanda liu kuma kuvanda nginya ngetha.
3. Kuseuvya kalenda ka kuthianwa na kuvitukithw'. Thukumai na muthukumi wenyu wa ngwatanio kuseuvya kalenda ka kuthianwa an kuvitukithw'a kala keutetheesya tukundi tunini tula twi ngwatanioni yenyu kumanya yila keuthianwa na kuvitukithw'a.
4. Kwia mathangu ma tukundi tunini tule twi nthini wa ngwatanio yenyu na miti ila kila kakundi kenayo. Eka kila kakundi kose itambya na mvango wa undu matonya kwika kwongela miti yoo.
5. Kwongeleela kwa mathangu na mavuku na miti ya tukundi tuu, atiaumanye kana vai kakundi kakwete kwenga na kutema miti yoo. Ala mena mvango wa kutema miti nimaile ukanw'a maikeke uu na ingi muimanyithya utongoi wa kanzu ya TIST.
6. Na walanio ungi wa wiko museo ula mutonya kwisilya.



Mawiko maseo ma tukundi tunini, matambya maosa na walany'o wa meko/wiko.

Ngwatano na ikundi sya TIST nisyikaa maundu maingi ta kuvanda miti na kwongela utuika wa nima. Yila kwina wia mwingi ni useo kwosa matambya na kutavya kila umwe kila wailwe nikwithiwa avikiite kyumwa kiithela. Nituu mumanyisya undu wa kuvanga na matambya maosa. kwandaia neenanisyai kana utavye angi ma kakundi kenyu yila mwakomana mbumbanoni.

Itambya ya meko ni kindu:-

- Kiamuitwe nikiva.
- Kitonya kwoneka.
- Kitonya uthimwa.
- Kina mwambiio na muthya.
- Ikiithya itambya na wiko yila woosa noyivikike na yina kitumi.

Kwa ngelekany'o 'Ni nguvanda miti' usu

nuneeni ti wiko . “Kyumwa kii nithukuma mithenya itatu kumya miti 75 kivuioni na kumivanda vala yaile” yii ni itambya ya meko nundu niwinengete nginya ivinda ya kukuna wia uu. No yoneke nundu nukwoneka uivanda, ve kwambiia na kumina nundu itina wa ila mithenya itatu nitukwona undu wikite.

Yila kakundi kenyu koombana mwiikithya nimwoosa ndatika ta 20 kila umwe kuweta itambya ya meko yila wosete okwa mituki.

Kila umwe akaweta:- Itambya yila wosete kyumwani kiu kithelu Mawete kila mekite Na maiweta ni itambya na wia ungi mwau mekwika kyumwa kiatie.

Kethiwa umwe ni wa vitukiwa ni itambya yake kikundi kyothe kikatana nundu wa kwithiwa niwikite nesa.

Na ethiwa mundu akivikia yusu ya walany'o wake kikundi kikamuthuthya kumina indi ti kumutula muti na kumutalila makosa. Nundu yila andu meyelene na ukethia useo kwa umwe kana uvaluku nomawetanie na



kuthuthania kwindu wa kwika nesa mbee. Thuthania tukundi tunini na kutaana iulu wa matambya na mawalany'o ala mutonya kwika kwona kila umwe akitana na kuvikia mawendi ma TIST kwa vamwe.

Itambya ya wiko na walany'o wa itambya

Nzia ino no itumike kwia walany'o ta wa mbee kwa ngelekany'o yila kakundi kenyu ke kwia walany'o ikiithya.

Amuai undu mukwika (Kakundi kaitu ka TIST nikevanda miti 1,000 tuivika November 30th)

Kithimo (Yiana? - 1000 miti nikuvandwa)

Niuvikiika (kakundi kaitu no kavande miti 1000 kwa ivinda ya sumwa itano - 100miti kila wakeli na waka, miti ikumi kwa kila umwe kwa muthenya mithenyani isu)

Ivinda (vena kwambiia na kumina - ta twivanda miti kuma October 15 kinya November 30)

Kwoneka (wia uyu no woneke ona ni kaki ke ukutani)

UI! Kii ni kithimi kya matambya na mawiko na ni kitetheeasya kwithiwa na kuamua

1. **Ata** - Kuvanda miti 1000.
2. **Nuu** - Kakundi kanini ka TIST - ene kwa masyitwa.
3. **Indii** - Oct 15 - Nov 30.
4. **Va** - kiwanzani kya sivitali.
5. **Kwa nzia yiva** - Kukomana kila wakeli na wakana iya mawiyoo na kwisa maima naindi kuvanda miti.
6. **Niki** - Kwailya mawithyululuko ma sivitali , kwithiwa vena muunyi awau na ala mavika vau sivitali matonya kwikala na kuikiithya ona sivitali niyeethiwa na uthithu kumana na nzeve ila ikuma mitini.

Yu tatai kwosa itambya ya kwika itambya ya wiko yila muukomana ingi wumbanoni.



Ni ivinda ya kuseuvia miunda kwa nima ya kusuvia.

Tukundi tunini twa TIST tula twithitwe tuitumia nzia ino ya nima ya kusuvia (CF) nimaendee na kukwata ngetha mbingi na nzeo kwi yila mana tumiaa nzia sya kitene sya nima ona yila mbua nini.

Maima nimatetheeasya kutumaninia kiw'u yila mbua yaua kwoou uyithia kivakui kwa mimema.

Ithanguu niyikutwetheesya kuelewa na kumanya mbee iulu wa Kilimo hai. Kuatiia nzia ithi nikuukutetheesya kukwata ngetha nzeo mbua ino yukite.

Kuseuvia muunda.

Seuvia muunda waku vainyiva mwai umwe mbee wa mbua kwambiia.

- Thesya kisio withie kiina yiia kana ikuthu. Ndukaime.
- Seuvia maima maku mema kona inya. Kila yimwe yaile ithiwa yina uthathau wa 15cm, uasa wa 35cm and uliku wa 15cm. Utaaniu wa maima waile ithiwa wi 75cm.
- Osa vuu na muthanga wa iulu uvulany'e na uyususya yiima yii ta 5cm na muvulany'o usu.

Kuvanda.

- Yila ukuvanda mbemba (mithenya ili ka umwe mbee wa mbua kwambiia) vanda matonya ana muthangani usu ikelene ma mbemba.
- Ethiwa wi vanda muvya vanda matonya 5-6 kithylulu mwisoni wa yiima itina wa mbua kua nesa.

- Vwika mbeu na muthanga muvulanye na vuu uliku wa 2.5cm itina wa uu yiima yitiwa yina mwanya wa 2.5cm.
- Mwanya uyu watiwa niw'o utetheeasya kiw'u kuvikia mbeu/ngii yila mbua yaua.
- Tilasima utumie mbolea ya kuaa (fertilizer) yila ukwika uimi wa kusuvia muundani waku. mime yaku noikwika nesa watumia vuu wa yiima.

Kuimia.

- ima uthylulukite maima kaingi
- Ndukaime kisio kiu kyothe savali umwe vuu. Nza wa maima, mimea noivwike muthanga na kutetheesya kuuthithya na kusiiia kukuwa kwa muthanga ni nzeve kana mbua. Ima tu vakuvi na yiima na yimani. Tumia kilovoo/kivanga kwenga yiia yila yi mwanyani ula uaanitye maima. Ima kaingi kusiiia yiia kuvikia mimea .
- Tia mavuti aya na yiia mroe kisioni kiu, nundu moa meendee na kuete unou wa muthanga.

Kuvutha Itina wa ngetha.

- Ndukavivye matialyo/mavuti muundani. Ekana namo nundu ni unou wa muthanga, kana ukue ukamainde yiimani useuvye vuu/mbolea.
- lilikana ndukaingie indo muundani wamina ngetha.
- Kwa ndaia lilikana kana tukatana naku weethiwa na ngetha nzeo itina wa kwimanyisya na kuatiia nzia nzeo sya uimi wa kusuvia kwisila ithanguni yii na mbumbanoni sya ngwatanio yaku sya kila mwai.

Ambiia uthukuma oyul!

Mazingira Bora



TIST

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

Kipsigis Version

*TIST is an innovative, time -
tested, afforestation program led
by the participants.*



Watumishi wa Nguzo wa TIST Kenya wakati wa semina ya hivi majuzi. Sasa tuna zaidi ya Watumishi 90 wa Nguzo. TIST inakua!

Inside: TIST: Kebois Ketokigee Kiwong' Kilasta 100% (bogol en bogol).
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TIST: Kebois Ketokigee Kiwong' Kilasta 100% (bogol en bogol).

En arawet nebo Mulgul (netai), ko kikitoi kibagengeit ne toreti kiboitinikab Kilastaisiek asi koomuch kobois ak koiti bogol en bogl en boisienyan nebo Kilastaisiek. En wikisiek oeng' che kokosirto, ko kituyo kibagengeinoto ak kokassiit ng'alekab iko ak kobwotutik ak kotoo kobwotutik chelelach tugul. Kichome kepjei tugul kobwotutichoton kobotook ogwek.

Tokinenyon bo gee ko kowong' kilastaisiek tugul boisienyan en kenyni bo 2022. Ingele 100% ko makimwa kele koitosiek ichegen; bo kora tugul alak chebo komonutiet cheyoe kiboitinikab kilasata ak temik. 100% ko mwoe kou ni:

- Logoiwek tugul chebo komonut, ak koitosiek chebo konegit asi komuch temik konyorchigee melekweek ,
- Taunetab betisiek che tororen
- Keliponchi kurupisiek che mengechen lipanet ne tai ak melekweek
- Keyai temisiekab ripetab itondab emet,
- Taunetab sikgirisiek che ripe maat
- Kegeer kele kasisrge kurupisiek che lelach en TIST
- Kotestai kanetisiek nebo arawet agetugul.

Asi kimuch kiwong' boisosiechu, ko mwoe kibagenge ne leel kole keyai en komoswek che tutigin korook ole boisioito tetutichoton. En komoweche, ko boisie

kiboitinikab kilasta chebo komowek che terchin en kibagenge asi komuuch kowong boiset en kilastaisiekab gaa, koneet kiboitinikab kilasta cvhe lelach, ak anyun kobois en kilastaisiek che mi let en boiset en tokinetab keiti 100%. Choton ko asi kimuuch keiti tuguk cheisibu:

1. Kebois en kibagenge ak kiboitinikab kilastaisiek chebo kokwet, kandoik, kanetik, ak bik chenomu tuguk asi ketoo betusiek chebo koitosiek, asi konai kurupit agetugul kole ityin au koitosiek en kenynibo 2022.
2. Kanetich che lelach che koitoror kilastait anan ko che mi orit en kandoikab kilasta ko tau kanetisietab Kiboitinikab Kilasta koboisien Komosto ne leel ne kinetisien. Itin komosoto koboisien simoit nebo android (non kiwostos)
3. Kipsomaninik che lelach ko boisie ak Kibagengeitab Kiboitinikab Kilasta en arawek che chang' oloon inetegee koik kiboitinik cheititotin.
4. New trainees will work with their Team of Cluster Servants for several months as they learn to become an excellent Cluster Servant.

Kimong'uu kele kibagengeini bo Kiboitinikab Kilasta yon bendote en komosweek che chang' koite kowong' boisionikab Kilastaisiekab TIST koityi 100%asi komuuch temiik konyorchigee melekweek ako kimuche kinet kiboitinik alak chebo kilastaisiek asi komuuch kotoret en boisioni bo komonut.



TIST: Yaetab Igorwekab Boiboiyet en Tuyosiekab Kilasta.

Agenge en Ole Kiyoi to Boisiet en TIST ko mwaet ne leel kujengana (ketechee). mowe en kitabutab Epesoek 4: 15-16 kole kitechegee akoi keitin kerkeindab Kristo. Chi agetugul ne mii Kuruping'ung' ne Ming'in nebo TIST/Kilastait koibu talentainyin ak konunotoik koiti kurupit tugul. Agenge ne tuguk che yoyogse en Kurupit ne Ming'in / Kilastait ko keibchi komonut, kepeji ak keboisien talentaisiek che kikonech Kiptaiyat.

En tuyosiekwok chebo Kilasta, ko bo komonut, tabala Kujengana/Ketechee en Kanoik ak che kiimu koik kandoik ko bopiboiienchi ak ichek tuguk alak chebo komonut che kikoyai temik alak che ter en kurupisiekchwak.

Chisipu ko tuguk alak che kikomuch alak ko boiboienchi:

1. Kabeti ne toror che tindo ketik che terterchin.
2. Temisiet nebo Ripetab emet. Kimuche keboiboienchi yon kainaam temindet agenge kotoo chuton en mbarenynin ak koit kokess minutikyik.
3. Katurek chebo kiyakik ak sogek.
4. Sigiri/stovit nebo TIST ne ribe maat.
5. Mongonikab segemik che lelach.
6. Oret ne leel nnebo oli kiyoi too boisiet, minsetab ketik, amitwogik che miach, chametabgee nebo borto, ak alak.
7. Taunetab kurupitab temik che lelach
8. Oloon kamiin Kurupit ketik che lelach cheite, ngele 1500, 5000 ak alak.
9. Oloon katess Kilastait ketik chetokyingee ketik 200,000.
10. Oloon kachut kurupit ne leel Kilastaing'wong'.
11. Oloon kokilwen kandoindet ne leel ak kosungukan kandoinatet neu noton.

12. Oloon kakineet kiboitiot ne leel ak ketisi che komi.
13. Oloon katesak Kilastaing'wong'.
14. Oloon katesak kilastaing'wong' koit emet ne leel.

Tabala oboiboienchi tunenet en Kilastaisiekwok, ko omuche okusikong' Ortinwechu Miach:

1. Otau kasarta nebo Konestisiet ak Tugukab komonut che kinetegee en arawet agetugul. Omuche otau Tugukab komonut che tinyegee ak kasartab minsetab ketik - kong'eteen kayimetab logoek/ndendereek, akoi kasartabe kesisiet, telechineta betisiek, minset, ribsetab ketich che mengechen, ak alak.
2. Konetisiet age komuche kotinyegee ak kasartab kesisiet ak chobetab mbarenik akoi kasartab kesisiet.
3. Otaun Kalenda nebo Koitosiek. Oboisien ak Kiboitiotab Kilasta otau kalenda nebo koitosiek neimuche kotoret kurupit agetugul en kilastaing'wong' oloon mi koitisienywan.
4. Osir ng'alekab Kurupit agetugul ne Ming'in ak koitetab ketik che tindo agetugul. Ingotoo Kurupit ne Ming'in agetugul Tetutikab Boisiet nebo ole imuktoo kotes ketik che kikomin.
5. Kora, en baragutab ng'alekab Kurupit agetugul ne ming'in ak ketikwak, ogeer ole koyai kosipet ogeer ole momi kurupit ne tile ketik. Chon tete kotil ketik keng'ololchin kobakagta ak kemwochi Council nebo Kandoinateb TIST (TIST Leadership Council.).
6. Ak Ortinwek alak Che Miach che omuche oboisien anan obwat.



Practice che koron en Groupishek che meng'ech: Steps chebo boishonik ak panganet.

Gropishek en TIST koyoe kasishek che chang che practical: minet'ab ketik ak ripetnywai, ak koimproven temishet. Yon miten kasit newo ne keyoe , ko kararan kechob **action steps**. Membayat ake tugul komwoi ki neyochin groupit wiki noton. Kipendi kinetok ak groupishek kwok o;e kichopto action planing. Kaikai omdechin membaek alak chebo groupishek chemeng'echen yon omi tuyet.

Action step ko kit ne:

- Mwoe direct.
- Tokunot.
- Pimonoshek.
- Tinye kanamet ak mwisho.
- Yoche ko itchinoshek panganet!

Yon kotuyo kora gropitngung', ichomchi minutishek tamain ko aror chitugul agobo action plan nenyinet. Chi ake tugul en harak:

- (1) Kit ne kiu action plan nenywan.**
- (2) komwa tuguk che kiyai.**
- (3) Komwa action plan che tinye en wikit ne isupu.**

Ango ko kibor chito en action plan nenyinet koboiboiyenchin groupit.

Angot koimuch kotimisan membayat action plan nenyinet, kokochin muguleldo groupit inendet. Yon kakomuch pik kopchei kabutoshechwaik ak siroshekchwai koibu ki bageng'e en groupit. Igil membaek chebo groupishek che meng'echen koker ole tot kochopto action steps chechwaget.



Yoche ko pimonoksek, itchinoksek alak tugul en action steps ichuton. Yon kokotar chi tugul, obchei chuton akityo oboiboiyenchi chuton.

Action Steps chebo Action Planning

Kimuche kora keboishen oret noton yon kiyoe planning. Ne isubu ko koborunet.yon yoe groupit neng'ung pang'anet iker ile pangonuti choton kou ni:

Che tetoyotin (Groupishek che meng'ech en TIST ko mine ketik 1000 en sipitalishek chebo karibu kotomo koit November 30)

Pimanoksei (Ata? – Ketik 1000, che kemine)

Itchinoksei, (Groupishek che meng'ech komuche komin ketik 1000 en 5wks – 100 ketik en Tuesday ak Thursday, ketik 10, chito age tugul kila petut)

Tinye kanamet ak mwisho (October 15 agoi November 30)

Togu. SMARTO!

Inoni ko kit ne iborun ako testen action plan ne karo chob:

- 1) **Ne**– (Minet 'ab ketik 1000).
- 2) **Ng'o**– (TIST membaek 'ab groupishek che meng'echen).
- 3) **ou'**– (Oct 15 – Nov 30).
- 4) **Ano** – (En sipitali).
- 5) **namna gani**– (kituitosi kil Tuesday ak Thursday jioni yon kokobata asita nepele ketik , akityo kemin ketik).
- 6) **Amune** – (Kikararanit compound nepo sipitali ak kechopchi uronok pik che mionidos ak pik chenyokokotisie).

Ingunon jaribunanan oyai action planning en tuyet ne isubu nebo groupit.



Kasarta nepo, chopet ‘tap imbaret kokany.

Groupishek chepo TIST che kikonetke akopo CF, kokobaoryan kole chang’ ruutik kosir yon kakiminso keboishen oratinwek chepbo kenya, sanasana yon wo robta.

Toreti kering’oik chhoton bek koma rwai en imbar, ak ko’kochi minutik bek che yomotin. Ng’alek chuton kotoretin inai kilimo hai komye ak ole kiboishoten. Ang’ kot isib oratinwek che choton kochong’oite ruru.

Ole kitayorishondo imbarenik.

I’ngol imbaret arawet ageng’e kotomo kobwa robwek.

- I’tilil imbaret koisto ke chema’si .Amati ng’ol.
- Bal kering’oik che rectang’ular . Nyolunot ko 15 cm en boroindo , 35 cm koindo and 15 cm loindab kering’et. Lochindap kering’oik keyoche ko 75 cm.
- inde mbolea safi che ing’olotin ak mbolea chebo duka, ng’ung’unyat ‘ab barak. Inyit kering’et ak kong’olanik choton agoi 5 cm.

Minet.

- Yon imine keswek ‘ab andek (betushek 1-2 kotomo konam robta),Min kewek 4 kong’et kering’et.
- Ang’ot imine , min 5-6 keswek en mwisho nebo keringoik yon kokorobon.
- Tuch keswek ak ng’ung’unyek ak mbolea 2.5 cm. Koboch yuton konyolunot koloidab ng’weny ko 2.5 cm kong’eten barak.
- Nafasi nemiten barak ko’kochin.

- Molazima iboishen mbolea chebo fertilizer en Conservation Farming plot. Keswek kuk korurtos ogot ang’o meboishen mbolea chebo fertilizes .

Istoet ‘ab saratik en imbar.

- Isten saratik en kering’et kila weekit.
- Mati’iste saratik en imbaret tugul.Tobonwokik ab kering’oik ,Minutik kotuche ng’ung’unyek, koko’koite ng’ung’unyek agityo koter komoib robta ana ko koristo. Iten saratik chemi yebo kering’et kityo. Boishen panget ltilil imbaret koistoke saratik. Isten saratik kila mara asi maibista kochut kering’et.
- Bakaten saratik che’ketutu en imbar asi konuno. Tese bombonindab imbaret.

Tuguk che kiyoe yon kakebutis.

- Matibel saratik che kong’et en imbar.Bakagten saratik choton en imbar asi kotes mbolea en imbar. Kimuche kora keboishen ke chobe manure .
- Amati bokokchi tuga koaget en imbaret.Kaikai ibwat ile,Tun kiboiboienchini tugul tun koruryo minutik kuk ak inetke en youtik che miten en erea neng’unget ak tuyoshek ‘ab cluster asi kotesak rurutik.

Inam ing’unon!