

Mazingira Bora

Newsletter November 2024

tist Growing Trees
Growing Leaders

1. We are Honest
2. We are Accurate
3. We are Transparent
4. We are Servant to each other
5. We are Mutually Accountable to each other

www.tist.org

English Version

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



TIST Chania Cluster, in Murang'a County during their monthly meeting held on 25/10/2024. 57 members attending. Next meeting on 22/11/2024.

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TIST: Getting your suggestions, ideas, concerns, complaints shared and heard.

TIST Values requires us to be honest, accurate, transparent, mutually accountable, and servant to each other. TIST is a family. We want everyone to feel involved and participate fully. Any suggestion, idea, concern or complaint should be heard and addressed.

In order to accomplish the above, Small Groups are encouraged to talk to each other, hear their members out, share ideas and Best Practices. In Cluster meetings, open discussion and participation should be encouraged. Issues that need clarity or need support or questions should be documented and passed to Group of

Clusters Council (GOCC) or to the Leadership Council. Cluster Leaders and Cluster Servants should ensure such information is effectively communicated to GOCC and LC.

On the other hand, GOCC and LC should communicate back to Clusters or Small Groups giving honest, accurate and transparent feedback. GOCC should communicate issues that need clarification or support to LC.

Let's listen to each other. Let's be servant to each other. Let's help each other. Lets share best practices and best ideas. To accomplish big results with low budget.



Sexual harassment, discrimination and grievances.

As part of the new Community Climate and Biodiversity Alliance (CCBA) process, we want to remind everyone that TIST, and TIST Values, do not allow sexual harassment or discrimination. Sexual harassment is any unwelcome or unwanted sexual advance, request for sexual favors, or other verbal or physical conduct of a sexual nature from someone in TIST that creates discomfort and/or interferes with the job.

Discrimination is the unjust or prejudicial treatment of a person due to race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability,

marital status, or sexual orientation, in any TIST activity or operation. If you feel that you have been sexually harassed or discriminated against, contact the Leadership Council and request an investigation or ask to begin the formal grievance procedure. Copies both policies are available on TIST Mobile.

The grievance procedure is also available on TIST Mobile (www.tist.org/mobile) . If you don't have access to it on your phone, have the Cluster Leader or Cluster Servant pull it up for you at the next Cluster meeting. Otherwise call one of the LC members and ask them to help you start the process.



Indigenous trees: What are they, and why are they important?

Farmers in TIST plant hundreds of species of trees, including fruit and nut trees, trees for fodder, trees that improve soil fertility, and species that can be harvested for timber. More and more farmers are choosing to plant indigenous tree species for their many benefits.

What is an indigenous tree?

An indigenous or native tree is one that is well adapted to an area because it has grown and reproduced naturally there over a long period of time. Not all species that are familiar to us are indigenous. Many have been introduced by people from areas far away. There are over 800 species of trees that are indigenous to Kenya.

Why are indigenous trees important?

Because indigenous trees have evolved with the local environment, animals, plants, and other organisms around them, they are well suited to the area. Often, this means that they can grow well without expensive additional inputs like pesticides or fertilizers. They often require less maintenance than exotic, introduced species. They diversify our farms, so that risks of pest outbreaks can be lower. They provide habitat and food for wildlife and diverse benefits for us from their fruits, timber, leaves, and traditional medicine. Introduced, or exotic species, can provide many benefits, but some can become weedy and crowd out other trees or crops.



When we plant indigenous trees on our farms, we are helping protect species that have been useful to our mothers and fathers, to our grandparents, and to the people and wildlife of Kenya for generations. We are still learning about the benefits of the many species around us. When we plant indigenous species, we can help ensure that the trees and their benefits are there for our children.

Which tree species are indigenous?

There are hundreds of indigenous tree species in Kenya, and many introduced species that also provide good benefits. Here are some examples of each:

Indigenous trees for Kenya.

Cordia africana

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

Some other trees have been in Kenya for a long time, and are very useful, but are not indigenous. Some of these include mango, macadamia, casuarina, gravellia, bottlebrush, and Mexican green ash.

Try planting some indigenous trees in your shamba today! Look around and see what species grow in the forests near you. Ask your neighbors and cluster members what trees they grow, and which trees in forests provide important benefits for them. If we work together, we can protect this great resource of diverse forests for our children and generations to come.



TIST: The Importance of Trees.

Trees are very important for environmental and material reasons:

A. Environmental improvement:

- Trees cover soil, which protects it from wind and water erosion.
- Leaves and twigs fall to the ground and provide the soil with extra nutrients.
- Trees increase soil moisture by covering the soil and hence reducing evaporation.
- Tree roots help bind the soil and therefore reduce erosion.
- Tree roots also help water to enter the soil and improve underground water circulation.
- Trees improve local weather conditions by increasing the amount of water vapor in the air (increased humidity).
- Trees improve air quality by absorbing carbon dioxide and releasing oxygen.

- Trees provide shade and shelter.

B. Material and nutritional value:

- Construction materials (furniture, posts, fences, rope etc.)
- Fuel wood.
- Medicine.
- Food/fodder.

These benefits are really valuable for farmers and for the world. A recent survey of TIST farmers in Kenya showed that the value of fruits, nuts, fodder, and firewood from trees they have planted in TIST and improved yield from using Conservation Farming averaged almost 37,000 shillings per farmer. It's harder to put a value on the benefits of cooler, moister soil, cleaner air and some of the other benefits of the work we do in TIST, but we feel it on our farms every day.

Promoting tree planting is of great importance to the community. Imagine what we can do when we plant more together!

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- Inside:**
- ✓ **TIST : Kijukia mathuganio jenu, mateta kuthikirua na kwiranua. Page 2**
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TIST : Kijukia mathuganio jenu, mateta kuthikirua na kwiranua.

TIST nijukagia na urito maritani utethio kana biuria nijabwiri kwandikwa jayo ja witikua, gwika mantu najagaikua kiri ikundi bia Council ya Cluster werune na umenyeri bwa (GOCC) kana kiri Council ya atongeria. mantu kuma kiri muriti ngugi umwe gwita Atongeria na ariti ngugi ba Cluster nibabwiri kiri ungi. TIST ni ja Nja.Turienda oumwe gutigira ati ntento iu igukinyira GOCC na wetu aigue ari ndene ya mubango juju na LC kurita ngugi uria kubwirite.Mathuganio jenu Njarene ingi, GOCC na LC nibabwiri gwikia , njira injeru iria tumba gutumira, kiuria kana macokio kiri Clusters kana Ikundi biniini mateta nijabwiri kuthikirwa na kuritirwa bakiejanaga ntento cia uma na iri werune. ngugi. GOCC nibwiri kwaria ntento iria ikwenda Kenda tumba kithithia mantu jaja kugwatwa mbaru na gutaورانua. jonthe, ikundi biniini nibikurua biaranairie, Nituthikanire, nitwe ariti ngugi oba muntu bathikanire, berane njira injeru iria obaria ungi, nituthethanie, nitwirane njira iria njega bari nacio. Kiri micemano ya Cluster, buru. Niturite ngugi injega buru na mbeca kwaranira werune nikugwati mbaru. Mantu iniini . jaria jakwenda kumurikwa kana jakwenda



Gutumirwa buthuku kiwendo, kwonerwa na mateta.

Ja njira injeru ya mutaratara jwa Community Climate and Biodiversity Alliance (CCBA), nitukwenda kurikania omuntu wonthe ati TIST na Mauritani ja TIST, jatitikagiria gutumira bangi buthuku kiwendo kana kwonerwa. Gutumira bangi buthuku kiwendo gutitikiritue buru kana kwonia muntu ungi wendo na we atikwenda, kwenda muntu ungi akuthuthiria wendo kenda umuthithiria untu, kana njira ya kwaria kana kuthithia na mathithio ja kiwendo kuma kiri munti uri TIST kana gutuma muntu ungi aigua atinganiri na nithukagia ngugi. Kwonanira ni gwata bangi haki yao kuringana na rangi, kabila, witikio, Miaka ,muka kana ntumurume, kaumo kao, muntu utugiciumba, muntu uguri kana utiguri

na mantu jaja jatitikiritue ni TIST na uriti ngugi bwayo. Ukeja kwigua utumiri uria gutiagirite kiwendo kana woneri kuringana na mantu jau jaandiki au iguru, araniria na mutongeria wa Council na witie ucunkuni kana wambirie mutaratara kureta mateta. Kuri na marataci jario na maandiko jaja jari kiri mutandao jwa TIST Mobile.

Mutarata jwa kureta mateta kinya jo jari kiri TIST Mobile (www.tist.org/mobile) kethira uti na thimu, ira mutongeria wa Cluster kana Muriti ngugi wa Luster agwitire marataci jau kiri mucemano juu jungi. Au angi ringira umwe wa Amemba ba LC na uborie bagutethie kwambiria mutaratara juu.



Miti ya Gintwire: Imbiyo na niki iria na gitumi?

Arimi ba TIST bandaaga miti ya mithemba imingi amwe na Mitunda na miti ya nchugu, miti ya irio bia ngombe, na ingi ya gutetheria kunoria muthetu na ingi ya gwatura mbau. Arimi babaingi nibathurite kwaanda miti ya gintwire niuntu bwa mautethio jayo mwanya mwanya.

Muti Jwa Gintwire Nijuriku?

Juju ni miti juria jumenyeretie bwega antu aria jwaandi niuntu nijuciairitwe au igita ririraja rithiri. Ti miti yonthe iria twiji iri ya gintwire. Iria mingi ireti ni antu bakuuma kuraja mono. Kuri na miti gintwire nkuruki ya mithemba Magana janana (800) iria iri ya gintwire aja Kenya.

Niki Miti Ya Gintwire Iri Na Gitumi?

Niuntu miti ya gintwire ikuranitie na riera ria aria imenyeretie, na nyomoo, mimera na tunyomoo tungi tutwingi turia tumithiurukite na yamenyaniria na antu au buru. Magita jamaingi ikuraga bwega iti na mpongeri ingi ja mboreo, kana dawa cia kugira. Miti iji itienda kumenyerwa mono ja iria ingi ya kuretwa. Niitethagia miunda yetu na njira ya kunyiya tunyomoo turia turijaga imera bietu, miti iji niejaga nyomoo cia kithaka guntu gwa gukara na kinya irio na mantu jangi ja matunda, mbau, mabura na ndawa cia gintuire. Miti ya kuretwa nitwejaga mawega jamaingi , indi imwe yejaga iria na ikaitha mimera iu ingi. Riria twaanda miti ya gintwire miundene yetu, nitugutethia kumenyera mithemba ya miti iria na gitumi kiri ba mami na ba



baaba betu na bajuuju betu na kiri antu
na nyomoo cia kithaka cia Kenya miaka
imingi ithiri. nutukwiritana iguri ria
mawega ja miti iji ya gintwire iria
itucigiritie. Riria twaanda miti ya
gintwire, nitwiji miti iji igatethia ana
betu,

Ni miti iriku ya gintwire?

Kuri na mithema Magana ja miti iji ya
gintwire aja Kenya na ingi ireti ya
kwejana mawega. Aja kuri na miguanano
ya ojuria.

Miti ya Gintwire ya Kenya

Cordia africana

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

Miti ingi iria itwire Kenya igita ririraja
na iri gitumi mono indi ti ya gintwire.
Miti iji ni ja Miembe, Mikandania, casua-
rina, gravellia, bottlebrush, and Mexican
green ash.

Geria kwaanda miti imwe ya gintwire
narua! Tega tega wone ii muthema jwiku
jukuraga bwega mwitune juria juri akui
nagwe. Uria kinya aturi baaku na
amemba ba Cluster, ni miti iriku baandite
na ni miti iriku iri mawega kiri bo.
Twaritaniria ngugi amwe, tugaretheria
kithima giki gia mwitu iri na miti mwanya
mwanya niuntu bwa ana betu na nthuki
ingi iria ikeja.



Bata ya miti.

Miti iri bata mono niuntu bwa mantu jeienaria gututhiurukite na biria tutumagira:

A. Kuthongomia naria gututhiurukite:

- Miti nikunikagira muthetu, untu buria buebithagia gukamatwa kwa muthetu ni ruugo na ruuji.
- Mathangu na maang'i nijagujaga muthetune na jakongeera irio muthetune
- Miti niingiagia ruuji muthetune gukurukira gukunikira muthetu na kwou kunyiyia gukamatwa kwa ruuji ni riua.
- Miri ya miti nitethagia kugwata muthetu na kwou kunyiyia gukamatwa kwa muthetu.
- Miri ya miti nitethagia kinya ruuji gutonya muthetube na kwou kuthongomia kuthiuruka kwa ruuji nthiguru ya muthetu.
- Miti nitethagia kutongomia rera ya aria iandi gukurukira kwingiyia ruuji ruria ruri ruugone.
- Miti nithongomagia uthongi bwa ruugo gukurukira gukucia ruugo ruruthuku na kurita ruugo rurwega.

- Miti niejanaga kirundu na antu a gwikunikira.

B. Into na irio biria miti iejanaga:

- Into bia gwaka (into bia nyomba, ikingi, ndwego, mikanda)
- Nkuu na makara
- Ndawa
- Irio bia antu na ndithia

Baita iji icithiritwa ciri inene mono kiri arimi na nthiguru yonthe. Uteri bwarua bwa arimi ba TIST ndene ya Kenya nibwonenie ati baita cia matunda, nkandi, iria ria ndithia na nkuu kuumania na miti iria baandite ndene ya TIST na maciara jamathongi nkuruki kuumania na urimi bubwega niikinyite baita ya ngiri mirongo ithatu na mugwanja kiri o murimi. Burina inya nkuruki kuthima baita ya muthetu juri na ruuji rurwingi nkuruki na ruugo rurutheru nkuruki na kinya imwe cia baita ingi cia ngugi iria turitaga ndene ya TIST, indi nitucigagua ndene ya miunda yetu ntukucionthe.

Kwou gwitithia na mbele uandi bwa miti kurina bata mono kiri antu betu. Thugania jaria tuthithia tukeja kuanda miti ingi turi amwe!

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Kikuyu Version

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TIST Chania Cluster, iria iri County ya Murang'a mari mucemaniao-ini wao wa oro mweri uria wahanikire mweri 25/10/2024. Amemba 57 nio mari kuo. Mucemaniao ucio ungi ugakorwo mweri 22/11/2024.

- Inside:**
- ✓ **TIST: Gutiriria riendikithia riaku, mawoni maku, mateta kana mecurania nimathikirio. Page 2**
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TIST: Gutiriria riendikithia riaku, mawoni maku, mateta kana mecurania nimathikirio.

Tukirumiria TIST Values na makinyirio GOCC kana LC. Atongoria a nitwendekaga tukoro turi Cluster yaaku nimagirirwo nigutigira ehokeku, andu a utheri, manundu macio nimakinyara GOCC kana LC .

aigiririki ma atungataniri. TIST tuuri nyumba imwe. Nitukwenda oo mundu wothe aigue endekete na akorwo akinyitanira na murandi. Nao GOCC na LC nimagiriirwo ni kuheana Riendekethia riothe, mawoni, mateta macokio mari na wihokeku na utheri kuuri nonginya mathikiririo na maiguo. Clusters na Ikundi nini. GOCC niyagirirwo nikumenyithia LC ciuria o ciothe Nigetha tukinyanirie uguo, ikundi nini ni mangikorwo nacio. ikurio maranagirie, magathikaniria, Rekei tuthikaniririe. Rekei tutanganire. magakurania meciria na njira iria ngaciiru Rekei tukuranie meciria na njira iria ngaciru. cia ukuria. Muri mucemanio wa Cluster, Nigethe tuone umithuo munene na gharama kwaraniria na njira njaramu nikwagiriire. nini. Maundu maria makwenda macookio kana gutaririo wega nimagiriirwo ni kwandikwo



Kunyamarania ki mwiri, Gutugukania, na mateta mangi.

Hari mutarata mweru rurira rwake, rangi, ndini, mumbiri wa wa new Community kimwiri, meririria ma kimwiri, ukuru wa Climate and miaka, kihumo, wathe wa mwiri, kihiko Biodiversity Alliance (CCBA), na kwaga kihiko, hindi iria mundu ucio nitukwenda kuririkania o mundu o araruta wira wa TIST. wothe thinie wa TIST, ati tukirumirira TIST, kunyamarania ki mwiri na Ungiigua ta uranyamario na kugutukania andu ti gwitikirie. guthutukano, niwagirirwo umenyithie Leadership Council na urie uthuthuria Kunyamarania ki mwiri ni njira o yothe wikwo. Cerere mutambo wa computer mundu angikorwo akiendithia mundu wa TIST Mobile www.tist.org/mobile. uria ungi kiahinya etikire manyitanire kwa mutarara na ugoro makiria. kimwiri nigetha wa utethio o wothe, Angikorwo nduri na uhoti kana umenyo kana njira ya miario kana kuhutia mwiri wa mundu ungi na njira itagiriire na wa gukinyira TIST mobile, uria Cluster kugutuma mundu ucio aremwo ni wira Servant waku akuonie muri mecemanio na kuigua ndaiganiire. Kugutukukania ni wanyu. Ririkana kumenyithia LC nigetha rumena kuri mundu ungi niundu wa maguteithiririe.



Miti ya kimerera/kiunduire: Niiriku, nikii iri uguni? (indigenous trees).

Arimu a TIST nimahandaga miti mithemba ngurani imwe yao iri miti ya matunda, miti ya mahuti ma mahiu, miti ya kuongera unoru wa tiri na ingi ya gwatura mbau. Arimu angi nimarahanda miti ya kiunduire muno.

Muti wa kiunduire ni uriku?

Muti wa kiunduire kana wa kimerera ni muti uria ukurite kundu kwa miaka miingi muno nginyagia ukamenyerana na riera ria kundu kuu. Ti miti yothe tui iri ya kiunduire. Miti miimbi yarehirwo ni andu kuuma mabururi mangi . Bururi wa Kenya wina miti mithemba ngurani wa miti ya kiunduire makiria ya 800.

Miti ya kiunduire ni ya bata nikii?

Tondu miti ya kiunduire niokoretwo igikura handu-ini hamwe kwa miaka Magana na Magana, nikinyite nandu ikamenyerana na riera na nyamu iria imirigiciirie, na kogwo igakorwo igikura wega itaguthmburwo ni tutambi kana igakorwo ikienda gwikirwo bataraita. Kaingi muti wa kiunduire ndwendaga utungata muingi ta muti wa guuka. Miti yakiunduire niitethagia kuhurana na tutambi, na igatuhe mbau njega muno, matunda o hamwe na dawa. Onaguika miti ya guuka niri utethio onaya, no ti makiria ya miti ya kiunduire.

Hindi iria twahanda miti ya kiunduire migunda-ini itu, nitukoragwo



tugitheremia miti iria ikoretwo iri ya
uguni kuri aciari aitu, na iria igokorwo
na uguni kuri njiarwo iguuka hamwe na
nyamu cia githaka..

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

**Mithemba ya miti ya kiunduire
(indigenous)**

Kenya kwina miti ya kiunduire mithemba
miingi muno.

Miti iria ingi ikoretwo Kenya gwa
kahinda karaya no ti ya kiunduire nit a
Maembe, Macadamia, Kasurina, Mukima,
Bottlebrush, na Mexican green ash.

Ngerekano nita;

Cordia Africana, muringa.

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Geria mbura iguuka uhande miti ya
kiunduire. No umione hakuhi wa githaka
kana mutitu uria ugukuhiriirie. Uria andu
aria murigainie na memba a Cluster yaku
ni miti iriku marakuria na ni miti iri ina
uguni kurio. Twaruta wira hamwe na
guteithania nitukugitira utunga wa miti
na mititu niundu wa ciana ciitu na
njiarwa igoka.



Bata wa miti.

Miti niiri bata wa maundu maria maturigiciirie.

A. Kwagirithia maria

maturigiciirie:

- Miti ni humbagira tiiri, njira iria iugitagira kumana na ruhuho na maai.
- Mahuti magwa thi nimatumaga iiri ugie na ugunyu.
- Mahuti magwaa thi nimongagirira thumu tiiriini.
- Miri ya miti niinyitagirira tiiri kumana na gukuuo ni maai.
- Miri ningi niiteithagia maai kuingira tiiriini
- Miti niyagiragia riera na ikaingiria maai rieraini.
- Miti niitheragia riera na njira ya kugucia carbon dioxide na kuruta oxygen.
- Miti niikoragwo na kiiruru.

B. Indo cia micii na cia kuria:

- Indo cia gwaka(mbau, rugiri, ndigi etc).
- Ngu.
- Dawa.
- Irio cia mahiu.

Maundu maya nimakoragwo na umithio kuri arimi othe thi yothe. Uthuthuria uria wikitwo ni TIST thiini wa Kenya wonanitie ati umithio wa matunda na iria cia mahiu na ngu kuma mitiitni iria ihanditwo ni arimi a TIST niikoretwo ikiongereka kumana na urmi wa Kilimo Hai na igateithia arimi na 37,000 hari o murimi. Niuritu kumenya umithio kumana na tiiri na riera riega na maundu mangi maingi no nituonete TIST igiteithia arimi o muthenya.

Kwa uguo kuhanda miti nikuo kumgiteithia arimi na matuura. Tawicirie maundu maria tungika riria twahanda miti ino turi hamwe!

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- Ndani ya gazetti:**
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 - ✓ **Umuhimi wa miti. Uku. 6**



TIST: Kupata Mapendekezo yako, Mawazo, Wasiwasi, Malalamiko ya pamoja na ya Kusikika.

Maadili ya TIST yanatuhitaji tuwe waaminifu, sahihi, wazi, tuwajibike, na tuwe watumishi wa kila mmoja. TIST ni familia. Tunataka kila mtu kujisikia kuhusika na kushiriki kikamilifu. Mapendekezo yoyote, mawazo, wasiwasi au malalamiko yanapaswa kusikika na kushughulikiwa.

Ili kuyakamilisha yaliyotajwa hapo juu, vikundi vidogo vinasisitizwa kuzungumza na kila mmoja wa wanachama wao, kuwasikia ili kubadilishana mawazo na njia bora za utendakazi. Katika mikutano ya Cluster, majadiliano ya wazi na ushiriki ni lazim. Masuala ambayo yanahitaji ufafanuzi au yanahitaji msaada au maswali lazima yawe katika kumbukumbu nayapitishwe kwa Vikundi vya Clusters Council almaarufu GOCC

au katika Baraza la Uongozi. Viongozi wa Cluster na Cluster Servants wanatakiwa kuhakikisha habari hizo ni zimewasilishwa kwa ufanisi kwa GOCC na Baraza la Uongozi.

Kwa upande mwingine, GOCC na Baraza la Uongozi yanapaswa kuwasiliana na Clusters au vikundi vidogo ili kutoa maoni maaminifu, sahihi na wazi. Vikundi vya Clusters Council (GOCC) vinapaswa kuyawasilisha masuala ambayo yanahitaji ufafanuzi au msaada kwa Baraza la Uongozi.

Tunafaa kumsikiliza kila mmoja. Tuwe watumishi wa kila mmoja. Tusaidiane na tushiriki kusaidiana na mawazo na utendakazi bora ili kukamilisha matokeo makubwa kwa bajeti ya chini.



Unyanyasaji wa Kimapenzi, ubaguzi na Malalamiko.

Kama sehemu ya mpya ya mchakato wa Community Climate and Biodiversity Alliance (CCBA), tunataka kumkumbusha kila mtu kwamba TIST, na maadili ya TIST, hayaruhusu unyanyasaji wa kijinsia au ubaguzi. Unyanyasaji wowote wa kijinsia ni marufuku pamoja na au kusisitizia ngono ya mapema, kuomba kwanjia ya ngono, au mienendo mingine ya matusi au kimwili ya asili ya ngono kutoka kwa yeyote aliye katika TIST ambayo yanajenga usumbufu na/au kuathiri kazi pia hayakubaliki. Dhuluma ya kibaguzi hufanyika kwawalio na madhara ya matibabu au ya mtu kutokana na rangi, dini (imani), jinsia, kujieleza jinsia, umri, asili ya kitaifa (ukoo), ulemavu, hali ya ndoa, au mwelekeo wa kijinsia, katika shughuli au utendakaziwowote wa TIST. Kama

unajiskia ya kwamba umekuwa ukisumbuliwa kwakusisitizia ngono ya mapema, wasiliana na Baraza la Uongozi na kuomba uchunguzi au uulizienjia rasmi ya kuanza kuwasilisha kero. Nakala zote mbili za sera zinapatikana kwenye TIST Mobile.

Njia rasmi ya utaratibu ya kuanza kuwasilisha kero pia inapatikana kwenye tovuti ya TIST Mobile (www.tist.org/mobile).

Kama huwezi pata usaidizi wa huduma hii kwenye simu yako, muache Kiongozi wa Cluster au Mtumishi wa Cluster kuiwasilisha rasmi kwa ajili yenu katika mkutano wa pili wa Cluster. Unaweza pia kumuita mmoja wa wajumbe wa Baraza la Uongozi na kumuaomba kukusaidia kuanza mchakato huo.



Miti ya asili: Je, ninini, na yana umuhimu upi?

Wakulima wa TIST hupanda mamia ya aina mbalimbali ya miti, ikiwa ni pamoja na matunda na mbegu za mafuta miti, miti kwa ajili ya lishe, miti ambayo kuboresha rutuba ya udongo, na aina ya kwamba inaweza kuvunwa kwa mbao. Zaidi na zaidi wakulima wanaendelea kuchagua kupanda miti ya asili kwa manufaa yao mingi.

Mti wa kiasili ni upi?

Mti wa kiasili ni mti ambao umechukuliwa na eneokwa sababu umeongezeka na kuzalishwa kwa kawaida kwa kipindi cha muda mrefu. Si aina zote ambazo zinajulikana nasi ambazo ni asili. Aina nyingi za miti zimekuwa zikiletwa nawatu kutoka maeneo mbali mbali. Hivi sasa, kuna zaidi ya aina 800 ya miti ambayo ni asili ya Kenya.

Miti ya asili ina umuhimu?

Kwa sababu miti ya asili imekuwa katika mazingira ya mahali hapo, wanyama, mimea, na viumbe wengine karibu nao, miti hii inafaa kwa eneo hilo. Mara nyingi, hii ina maana kwamba inaweza kukua vizuri bila pembejeo ghali za ziada kama dawa au mbolea. Miti hii mara nyingi inahitaji matengenezo chini ya kigeni na pia aina za vishawishi.

Inaleta miseto katika mashamba yetu, ilikuweka hatari ya kuzuka wadudu chini. Hii hutoa makazi na chakula kwa faida ya wanyamapori na mbalimbali kwa ajili yetu kutoka matunda yao, mbao, majani, na dawa za jadi. Miti hii, iwe ya kuletwa, au kigeni aina, inaweza kutoa faida nyingi, lakini baadhi inaweza kuwa na magugu na vinasonga miti mingine au mazao mengine.



Wakati tunapopanda miti ya asili kwenye mashamba yetu, tunasaidia kulinda aina ambayo imekuwa na manufaa kwa mama zetu na baba, na babu zetu, na watu na wanyamapori wa Kenya kwa vizazi vyetu na vijavyo. Tunaendelea kujifunza zaidi kuhusu faida za aina nyingi ya miti karibu nasi. Tunapopanda miti asili, tunaweza kusaidia kuhakikisha kwamba miti na faida zake ni pale kwa watoto wetu.

Aina zipi za miti ni wazawa (indigenous)?

Kuna mamia ya spishi asilia za mti nchini Kenya, na aina nyingi zilianzishwa kwa maana pia hutoa faida nzuri. Hapa ni baadhi ya mifano ya kila spishi:

Miti ya asili nchini Kenya

Cordia africana

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podocarpus, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

Baadhi ya miti mingine imekuwanchini Kenya kwa muda mrefu, na ni muhimu sana, lakini si wazawa. Baadhi ya hizi ni pamoja na maembe, macadamia, mvinje(casuarina), gravellia, bottlebrush, na MexicanGreen ash.

Jaribu kupanda baadhi miti ya asili katika shamba lakoleo! Uangalie karibu nauone ni aina zipi zinazokua katika misitu karibu na wewe. Muulize jirani yako na wanachama wa Cluster ni miti gani ambayo hukua, na ni miti ipi inayotoa faida muhimu kwa ajili yao.. Kama tunafanya kazi pamoja, tunaweza kulinda rasilimali hii kubwa ya misitu mbalimbali kwa watoto wetu na vizazi vijavyo.



Umuhimi wa miti.

Miti ni muhimu sana kwa sababu za kimazingira na kibidhaa:

A. Kuboresha mazingira:

- Miti hufunika mchanga, tendo ambalo hulinda mchanga kutokana na mmomonyoko unaosababishwa na upepo na maji.
- Majani na matawi huanguka ardhini na kuoongeza madini mchangani.
- Miti huongeza unyevu mchangani kwa kuufunika mchanga na kupunguza **evaporation**.
- Mizizi ya miti husaidia kuushika mchanga na hivyo basi kupunguza mmomonyoko.
- Mizizi husaidia maji kuingia mchangani na hivyo basi kuboresha mzunguko wa maji yaliyo chini ya ardhi.
- Miti huboresha hali ya anga ya ilipopandwa kwa kuongeza unyevu hewani (kuoneza ubaridi).
- Miti huboresha uzuri wa hewa kwa kunyonya hewa chafu na kupumua hewa safi.
- Miti hutupa kivuli na pa kujifunika.

B. Thamani ya kibidhaa na kilishe:

- Bidhaa za kujenga (vyombo vya kutumia ndani ya nyuma, gogo, kamba na kadhalika).
- Kuni au makaa.
- Dawa.
- Lishe ya watu na ng'ombe.

Faida hizi ni zenye thamani sana kwa mkulima na kwa dunia yote. Utafiti wa hivi juzi wa wakulima wa TIST katika Kenya ulionyesha kuwa thamani ya matunda, lishe ya ng'ombe na kuni kutoka kwa miti waliyopanda wakiwa TIST na mavuno bora kutokana na Ukulima Bora ilifika elfu thelathini na saba kwa kila mkulima. Ni ngumu kupima thamani ya faida za mchanga baridi na wenye unyevu zaidi na faida zingine za kazi tunayofanya katika TIST, lakini tunaiona thamani hii mashambani mwetu kila siku.

Kupendakeza upandaji wa miti hivyo basi, ni muhimu sana kwa jamaa. Fikiria ambayo twaweza kufanya kukipanda zaidi tukiwa pamoja!

Mazingira Bora

Newsletter November 2024

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Kikamba Version

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TIST Chania Cluster, katika Kaunti ya Murang'a wakati wa mkutano wao wa kila mwezi uliofanyika tarehe 25/10/2024. Wanachama 57 walihudhuria. Mkutano ujao tarehe 22/11/2024.

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TIST: Kukwata mawoni maku, kila ukwenda kithinikiwe, kieleelo na kila kina uthinia ukwenda kimanyike na kwiw'ika ni kila umwe.

Mawalanio ma TIST matuvundi a sya kwithiwa twi akiikiku, utalo mwianiu, mekaa maundu kyenini, na matilika kwa masavu moo na muthukumi wakila ungi. Musyi wa TIST. Nitukwenda kila umwe ew'e aitumika na emwianie. Ethiwa wina woni, kana undu ukwenda kana malalamiko maile kwiw'ika na kutethw'a.

Nikana uvikie, tukundi tunini na kututhuthia kwa uneenania, kwithukianisya na kutethania na ndeto na utuika museo. Thini wa mbumbani sya ngwatanio ni useo kuneenanisya kila undu na kuthuthania iulu wa maundu ala memba waete maneenanisya kana ukwiw'a ena thina muna. Mwa uneenanisya na mausungio mauma amembani nimaile uandikwa nthini wa

livoti ikavikia Atongoi ma kanzu ya ngwatanio (Group of Clusters Council GOCC). Atongoi ma ngwatanio na athukumi ma ngwatanio nimaile uikiithya kana uvoo niwavika kwa nzia ila yaile kwa GOCC na LC.

Kwa ngaliko ila ingo GOCC na LC nimaile uneenania ingi na tukundi tunini kwa kunengane uvoo waw'o, muikiikiku na wi kyenini. Na ethiwa ve undu ukwenda uthesyo GOCC nimaile unengane uthesyo usu kwa LC na kumakwata mbau.

Twithukianisye umwe kwa ula ungi. Twithiwe muthukumi umwe kwa ula ungi. Tutethanie. Tuthuthanie iulu wa mawalanio maseo na mawoni. Kuvikia mosungio manene kwa utumiu munini wa mbesa.



Kutengwa na kwonewa, Kuthinwa kimavesi na undu utonya kuweta mathina kwa kwitetea.

Ta nzia imwe nzau ya Community Climate na Biodiversity Alliance (CCBA),

Nitukwenda ulilikania kila umwe wa TIST iulu wa Mivango na mawalanio ma TIST, nduketikile kuthinw'a kimavesi na kutengwa.

Kuthinwa kimavesi kwa nzia yonthe ila kuyaile itikilwa kana kuvoywa ni mundu wa muvai ula ungi nikana autethye unduni ona

wiva, kana kwa nzia ya muneenele kuukwatana nakwithiwa uyiw'a utemwianie

kuma kwa umwe wa andu ma TIST kana kulikiliila wia waku waleana na undu ukwenda uu ndwaile. Kuetenge ni kukuwa

undu vataile ni mundu nundu wa kwithiwa muukwiw'ana ki mbai, langi, ikanisa kana uthaithi, nundu wa kwithiwa wi munduume

kana mundu muka, iika kana myaka, nthi ila

w'umite, nikwithiwa wi kiema kana nundu wa kwithiwa wimutwae kana nutwaanite, kana nikwithiwa mutienie undu nthini wa

wia kana uthukumini wa TIST. Ethiwa nukwiw'a wi mutenge kana uithinwa kimavesi kana kwonewa tavya utongoi wa

kanzu na kukulya ukunikili wikwe kwana ukulye nzia ila waile utatiia uthinikiwe.

Mawalanio aya mevo thini wa TIST mobile

ila ni (www.tist.org/mobile). Ethiwa ndutonya ukwata kwa itaneti ya simu yaku, tavyaa mutongoi wa ngwatanio yenyu

amuelesye na kumwonia nthini wa wumbano wa ngwatanio yenyu wa kila mwai ethiwa ti uu kunia umwe wa memba ma

kanzu na nuutetheka.



Miti ya kiene (Kikamba): Yo ni yiva na niki yavata?

Aimi ma TIST nimavandaa mivai kivathukani ya miti ila ni vamwe na miti ya matunda na mbindi, miti ya uithyo, miti ya kwongela unou wa muthanga na mivai ya kwatua mbwau. Aimi aingi na aingi nimasakuite kuvanda miti ya kiene nundu yina vaita mwingi kwoo.

Muti wa kiene niwiva?

Muti wa kiene ni muti ula utonya kwimesya vandu na kusyaana kana wookie vandu na wavamanyia weethia ni undumwe na muti wa kwimesya kisioni kiu kwa ivinda iasa na wa syaana wamanyia. Ti mithemba yothe ya miti itonya utwika ya kiene. Miti mingi yithiawa yumite kuma kundu kuasa. Kwi mithemba ya miti mbee wa 800 ila ni ya kiene Kenya.

Niki Miti ya kiene niyava ?

Nikwithiwa miti ino niyeew'anie na nzeve ya kisio kiu na yeethiwa ya vata ka andu, nyamu, muthanga wa kisio kiu na yithiawa yale kisioni kiu. Kii nikwasya ata, nimeaa nesa itekwenda ngalama ta ya ndawa, vuu wa vatalisa. Niyendaa usuvii munini kwi miti ya kuka. Niyailasya miunda yitu na ikaola mauwau miundani. Ingi ninengae nyamu mawikalo na liu na vaita ingi ta matunda, mbwau, matu na ndawa sya kiene. Miti ya kuka nitonya kuete mathina maingi miundani yitu ta kutwika yiia na kuaa mimea yitu.

Yila twavanda miti ya kiene miundani yitu nitutetheeasya kusuvia mithemba yitu ya miti ila yai yavata kwa asyai maitu, andu maitu na nyamu situ Kenya kwa usyao ukoka. No tuendee na umanya



vaita wa mithemba ya miti ya kiene ila ituthyululukite. Yila twavanda miti ya kiene nitunasuvia miti yitu na vaita wayo kwoondu wa usyao wukite.

Ni mithemba yiva ni yakiene ?

Kwi maana maingi ma mithemba ya miti ya kiene Kenya, imwe nioyookie na yatwika ta imwe yitu na yavata na itunengae vaita. vaa vena ngelekanio ya mithemba imwe:

Miti ya Kiene kuma Kenya

Cordial africana

Meru Oak, Muhuru (*Vitex Keniensis*)

Mugumo, Mirumba, Muumo (*Ficus Thonningii*)

Podo, Muthengera (*Podocarpus Falcatus*)

Mwiria (*Prunus Africana*)

Mutoo, mukeu, (*Dombeya rotundifolia*)

Murubati, Muuti, (*Erythrina Abyssinica*)

Sesibania, (*Sesbania Brownii*)

Mikongoro, (*Acacia Albida*)

Mihogoro, (*Acacia abyssinica*)

Miti imwe yookie Kenya tene na nivaita kwitu onakau tiya kiene. Miti ino nita Miembe, makandania, mivela, casuarina, bottlebrush na Mexican green ash.

Tata uvanda miti ya kiene muundani kwaku umuthi! sisya miti ila ikuthyululukite na yi mutituni ula wivakuni naku. Kulya atui maku na ene ma ngwatanio yaku kila mavandite, na nimiti yiva kuma mitituni ila yivakuvi naku ni miti yiva yavaita kwoo. Twathukuma vamwe nituusuvia mawithyuluyluko maitu na moseo ala me nthini wa mititu yitu kwoondu wa usyao witu ukoka.



Vata wa Miti.

Miti niyavata muno kwa mawithyululuko nundu wa itumi ii:-

A. Kwailya mawithyululuko

- Miti niwika muthanga, na kuusiana na kukuwa ni kiseve kana kiw'u.
- Matu na ngava ila syavaluka nisyooa na kutwika liu kwa muti.
- Miti niyongelaa wiu wa muthanga nundu nisiiia kiw'u kukuwa ni nzeve kuma muthangani.
- Mii ya miti nayo niyovaa na kukwatany'a muthanga na kuola muthanga kukuwa.
- Mii ya miti ingi nitetheasya kiw'u kunywa nthi na kwailya kiw'u kya ungu wa muthanga kuyaiikani.
- Miti niyailasya nzeve ya vandu kwa kuthithya nzeve.
- Miti nitheasya nzeve kwa kuveta nzeve itavisaa nzeveni ila ingi.
- Miti ninenganae muunyi na wivitho / Mawikalo.

B. Kutune unou ula waile na miti ya utumia

- Miti ya kwaka, kwikia wiio, makanda etc.
- Ngu.
- Ndawa.
- Liu wa andu na uithyo wa indo.

Vaita ula miti itunengai niwavata muno kwitu aimi na nthi yonthe. Ukunikili ula uneekiwe o mituki kwa aimi ma tist niwoonanisye kana matuna, mbindi, liu wa indo syonthe kuma mitini ila ivanditwe ni aimi ma TIST kwa nzia ya nima ya kusuvia ninenganite ueti museo na vaita wa silingi 37,000 kwa kila muimi. Ve vinya kwikia thooa kwa vaita ula umanite na uthithu, kimeu kya muthanga na nzeve ntheu wivo vaita na useo ungi mwingi kumana na wia wa TIST, indi nitwiw'aa useo kila muthenya twi miundani yitu.

Kwoou ni useo munene kutavya angi vaita na vata wa kuvanda miti ala twi isioni imwe namo na mbaitu. Kweesilye undu tutonmya kwika tukavanda miti mingaingi mbee kwa vamwe!

Mazingira Bora

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TIST: Nyorunetab Mogutikwok, Kobwotutikwok, Koimutikwok Rirutikwok ko kipchee ak kekose.

Mokutikab TIST ko keikun chemoe imanit, che yoe kimni, che tililen, che loe tugul millet en kibagenge ak keiku chetie kee. TIST ko kot agenge. Kimoche chi tugul kokas koboto ak koyae tuguk en kibagenge ak chi tugul. Kobwotutuiet, koimutik ak rirek ko nyolu kekasa ak kweol.

Asi kimuch kenyor chu tugul, kechere Kurupisiek Che Mengechen tugul kong'ololchi gee, kokas ng'aleek chemwoe membaek tugul, kopchei ng'aleek ak Yaetab tugul en oret ne magaat. En tuiyosiekab kurupit, konyolu keng'alal en oret ne tokunoot ak kecher chi tugul komwa kiy. Tugun chemoche toretet anak ko tebutik konyolu kinde taa ak kiyokto koba Kurupitab Kansin

nebo Kurupisiek (GOCC) anan kwo Kandoinateetab Kansil (LC). Kandoik ak kiboitinikab kurupisiek ko nyolu koyagta ng'alechoton en oret ne ititaat koba GOCC ak LC.

En komosta ake, konyolu kowol GOCC ak LC ng'alek tugul koba kurupisiek che mengech en oret nebo iman, en kimni ak en oret netooku komie. Nyolu kowol GOCC ng'alek che nyolu kota kilitiit anan konakee eun ak LC.

Ongeikun che kosin ke ng'alek.ongikun kiboitinikab chi age tugul.Ongetoreet ke tugul kibangenge. Ongepchei tugul ortinwek chekimuche keyaen boisionik ak ng'alek che kororon.Asikenyorun chu, konyolu keboisien karamet ne mi ng'wony ak kenyoru melekwek che yechen.



Kanyalilet nebo Kwonyik anan ko Murenik, Sosisiet ak Rirek.

bwotin Kibagengeitab Bororietab Itondab Emet (Community Climate and Biodiversity Alliance - CCBA) chi tugul kole kanyaliletab bik anan ko sosisiet ko tuguk che machamdayat. Nyerseet anan ko yaetab tuguk en oret nebo kimnatet eng ng'alekab chorwandidab muren ak kwony, anan ko ng'alalet ne monyolu anan ko nametab chi en kimnatet che tokingee choruanditab muren ak kwony ko machamdayat en TIST amun ni ko moibu boiboiyet ako weche ole kiyoto boisionik. Sosisiet ko keyochi chito tuguk che yach amun en bororienyin, itondanyin, amun en oret ne yaen saenyin, oleu angot ko kwony anan ko muren, kenyisiekchik, ole bunu

biikchwak, kewelutikab borto, kotunisiet, ole mokto choruandit, en boisiet age tugul en TIST. Angot ikose ile kikiseretin amun ikwowny anan ko muren, anan ko kikesasin, konyolu iityi LC ak isom keyai chigiliisiet anan isom kisib en oret ne nyolu. Mi ng'otutik chebo ng'alechu ako kimuche kenyor en TIST Mobile.

Oret ni kimuch kisiben chu kora komi TIST Mobile (www.tist.org/mobile). Angot komemuche inyoru chu en simoing'ung', isom kandoindetab Kurupit anan ko kiboityotab Kurupit konemun en tuiyet neisibu. Konibuch, ibirchi agenge en membaek ab LC ak isom konaam kotoretin.



Ketikab kipkaa: Ochon choton ak amunei asikobo komonut.

En temikab TIST komiten
chekikomin ketik che chang
chebo korikab ketik kou

kigere anan che kigenyuru en kasarta ne goi

alak en choton ko kiibu bik en emotinwek

che terchin. Miten korigab ketik 800 che

chebo logoek chebo tenderek, chebo tuga,

miten emenyon bo Kenya.

che tnye kotoldoleiwek ak chebo bokoinik.

Che chang en temik koyome kipkaa

Amunee sikobo komonut ketikab

asikonyorunen borotosiekwak.

kipkaa?

Nee ketibo kipkaa?

En ketichuton bo kipkaa kokikotebi en

otebet ne noton ak tiongik, ketik ak minutik

Ketibo kipkaa ko ketit nekimiten kongeten

alak che kikoteben yoton. Niton komotinye

tounetab ngwony ne kiyonji mengotetab

konyor susurik anan ko kewelnatosiek. En

emonoton anan koronoton en kasartab

ketichuton komotinye mogutik chechang

kenyisiek che chang. Mo ketik tugul che

komou chebo chumbek, yemiten kipkaa en



chongkindo kobose susurik en minutik.

Chebitet (*Accacia Nilotica*),

Toretech kenyorunen logoek bogoinik,

Masaita (*Olea capais*),

sokek ak kerichek. Ye kirib ketichuton

Bondet (*Hagenia abyssine*),

kenyorunen kelunoik che chang en

Emitiot (*Olea europia*).

betusiekyiok ak chebo ibinda ne nyonei.

Miten kora ketik che miten en Kenya

Achon kobot kipkaa ichoton?

agomobo kipkaa bo komonut kou Mango,

Miten en Kenya kipkaa che chany ak komiten

Macadamia, Casuarina, Sebesebe, Bottle

chetinye komonut neo missing en ehek.

brush ak Mexican green ash.

Ogeyom kemin ketikab kipkaa amun tinye

Kipkaa che miten Kenya ko:

borotet neo, teben choruengung akobo

Simotwet (*ficus Thonningii*),

ketik chenekiten en inye ak osnet nemiten

Tendwet (*prunus Africana*),

yebo kaa. Ongetiem keribchin ibiinda

Silibwet (*Dombeya rolundifolia*),

nenyonen ketik ak timwek ak osnosiek.



Komonut nebo ketit.

Bo komonut ketit eng ribetab Itondab Emet ak amuneisiek checheng:

A - Ribetab Emet:

- Ketik kotere ngungunyek, koristo asi moib.
- Tesin sogek ngungunyek koyor omituwogik.
- Igochin ketik koyor beek ngungunyek ak koter beek komaiyeso koba barak.
- Igochin tigitik koyum asi moib beek
- Nyorunen Emet koristo ne karan.
- Kiyorunen uronok ak teretab koristo.

B - Tuguk chegiboisien ak

Omituwogik:

- Kimyorunen (bogoinikak kwenik)
- Kerichek
- Omituwogik eng biik ak Tuga

Tuguchuton tugul kobo komolut eng temik ak Nguwony komugul. Miten chi en TIST ne koyai kosegei komwa kole bogomolut logoek, kuwelik ak ketik chegigemin ak imarenik chema kigol komuchi koyor Temintet age tugul Ksh 37,000. Kimoginigei tuguk chechang eng kaa ak eng imarenikiyok asi keitin mogutikiyok.

Ogetes ketik eng mbarenik kiyok asi keyorun mengotet ne karan. Ogibwat kemin eng kibagenge keigu koborunet eng biik.