

Mazingira Bora

Not for sale

tist Growing Trees
Growing Leaders

Newsletter October 2024

English Version

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

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

www.tist.org



Kathwene TIST Cluster meeting held on 18/9/2024. Members present were 81 women 45 men, 16 topics trained were 2023 profit share payments and TIST values. Next Cluster meeting will held on 16/10/2024.

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TIST is committed to serve Farmers better.

Dear TIST farmers, as we prepare to pay 2023 Profit Share, we are glad to announce to you that your payment receipts that you signed are well received and are being taken care of.

Cluster Servants, team leaders and the Leadership team are fixing issues as far as inaccurate data is concerned that was detected in many Small Groups that were ready for payments.

In order to have prompt payments and resolve the delayed payments, TIST has embarked on the collection of the missing information during 2023 Profit Share payments, so that by next year all the groups can qualify for 2024 Profit Share.

TIST Tech support staff, CS and Leadership are working hard fixing all the errors to resolve delayed payments and this is done through collecting minimum evidence from Small Group members who signed receipts. The minimum evidence includes national identification photocopies, signatures of the members on the receipts and GHG, names of the members on the receipts, names of the members on GHG, names of the members in the registration form in the system and names of the members whose trees were quantified.

The inaccurate data identified include missing or bad tracks: If your Small Group

has bad or missing tracks, it won't qualify for payments, as this is one of the requirements for having accurate data. This also helps to mark the grove boundary, location and area.

Missing GHG for some groups, especially members whose trees got quantified, their names not matching with registered members in system, and members who signed receipts not matching with names of members whose trees got quantified.

Missing baseline information (partial data in the system): Baseline information is very vital for the success of the program. When the baseline information is missing (information about Displacement and Deforestation) the Small Group may not be eligible for payments.

It's our humble request that as we look for the required information to fix issues so that your Small Groups get paid quickly, TIST needs your support as a farmer to help the CS get the required information about your Small Group and minimum evidence so that your group qualifies for Profit Share payments.

The good news is that all the groups whose information is right and have minimum evidence have started receiving payments. Let's all work together to serve each other in a better way for the future success of the program.



TIST: Important Reminders for our own safety as we carry out TIST duties.

Key minimum safety requirements are as follows;

1. It is not the policy of TIST, CAAC or any of the partners to put TIST workers in harm's way.
2. We want everybody working for TIST to be safe and act safely. And no one is allowed to ask you to do something that is unsafe. You should refuse to do it and report immediately to one of the KE Team members.
3. The Recognized Policies will be discussed: Summaries of the recognized policies will be presented. If any of these circumstances are encountered, notify the Kenya Team.
 - a. Matatus and Boda-bodas. Do not take rides if the driver appears to be intoxicated or drives in a reckless manner. If the driver is driving too fast or unsafe tell the driver to drive slower and safer. If it persists, ask to be let out or off the vehicle. In case of a robbery, do not resist and surrender the TIST equipment if it is demanded. Report the incident to the KE Team within 24 hours.
 - b. Snakes. Be aware when moving through areas where you cannot see where you are placing your foot. If unsure, use a long stick to prod the bushes or grass to identify the presence of snakes. If a poisonous snake is seen, leave the area and notify the farmer. There are NO first aid treatments for poisonous snake bites. If you are bitten by a poisonous snake you must go to the nearest hospital for anti-venom. The bite may be fatal if not treated. You could lose a limb or suffer permanent injury if bitten. You, your partner or the farmer should try to identify the type of snake so that the correct anti-venom can be selected. Even if the snake is killed it can still bite!
 - c. Elephants. Elephants are extremely dangerous. The best way to avoid an elephant attack is to not get in that situation. If an elephant is present in a project area, back away trying not to disturb it. If it attacks, your choices are:
 - i. stand your ground, it may be a bluff charge.
 - ii. if you are close enough to shelter (house, vehicle, fence, large tree), try to back away slowly (keep facing the elephant) and move to the shelter. Elephants run much faster than humans so if you cannot reach shelter, running may just trigger an aggressive response.
- d. Encountering dangerous people. Should you encounter hostile or dangerous TIST or community members, leave the area and try to get to a place where there are other people present. Do not engage in arguments or physical confrontation. If you are with a partner, stay together and support each other. In case of a robbery, do not resist and surrender the TIST equipment if it is demanded.
- e. Sexual Assaults. Females should work with a partner in new areas to avoid sexual assaults. If you end up in a situation where you fear an assault, leave the area and try to get to a place where there are other people present. If attacked, yell for help. Report any assault to the police and to the Kenya Team.
- f. Dogs. If a hostile dog is present or you are concerned about a dog that is present, ask the farmer to secure it until you finish quantifying. If the farmer refuses, leave the area and notify the Kenya Team. If bitten by a dog, go to the doctor. Since dogs can carry rabies, try to determine who owns the dog for incase it needs to be tested. Rabies are fatal without treatment and treatment is necessary within days.
- g. Bees. The effects of bees stings can range from annoying and painful to fatal, depending on whether you are allergic to the venom. Avoid being stung by avoiding swarming bees and try to remain calm if they are present. Do not agitate the bees. Avoid wearing perfume or scents. If stung, remove the stinger as soon as possible because the longer it stays in the body, the more severe the reaction. If you know you are allergic to bee stings; get stung in the mouth, nose or throat; have shortness of breath; or have severe swelling or swelling away from the site of the sting; get medical help immediately. If you know you have severe allergic reactions to bees stings, you should carry an epi-pen (ask a doctor about this).
- h. Crossing rivers. Do not attempt to cross rivers with high, fast flowing water. You could drown.
- i. Working on Steep Slopes. Take extra care when working on steep slope. Do not put yourself in a situation where a fall could kill you.

**Grievance Procedure.**

The grievance procedure is intended as the tool by members and workers may formally have a grievance heard by TIST management.

All grievances are first brought to the attention of the Leadership Council where the issues are compared to standard TIST policy, TIST values and/or the Greenhouse Gas agreement among the Small Group members and CAAC. TIST policies and values are the subject of training at seminar, cluster meetings, Small Group meetings and are published periodically in the Mazingira Bora. The Leadership Council shall give the aggrieved party an answer within 30 days of receipt of the formal complaint.

If the issue is not resolved within 30 days, the aggrieved party shall be informed that the case must be presented to TIST Management and shall inform TIST Management of the issue. Where precedence or policy exists, TIST Management shall use such documents in final decision making and respond to the aggrieved person within 30 days of their receipt of the formal complaint. Where new issues arise that are outside the existing precedence, or policy, the issue shall be brought to the next seminar or Leadership Council meeting, where decisions are made by representatives of the Small Groups, Kenya Staff and TIST Management.

If conflicts or grievances cannot be resolved internally, CAAC and the aggrieved party shall agree upon a mediator to whom they shall submit the issue. Any grievances not resolved through mediation shall be subject to arbitration in through the Chartered Institute of Arbitrators, Kenya Branch within 30 days of the close of mediation.

Sexual Harassment Policy.

TIST is committed to providing a working environment free from discrimination, and to prohibit harassment of its employees and applicants, including sexual harassment.

Sexual harassment is defined as 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.

Conduct constitutes harassment when:

- Submission to such conduct is made, either explicitly or implicitly, a term or condition of an individual employment;
- Submission to or rejection of such conduct by an individual is used as the basis for employment decisions and/or retaliation; or

- Such conduct has the purpose or effect of interfering with an individual work performance or creating an intimidating, hostile or offensive work environment.

Harassment due to race, religion, sex, sexual harassment, national origin, disability or age status will not be tolerated in TIST. Such conduct is subject to discipline, up to and including termination. Any worker whom believes he or she is a victim of sexual harassment must immediately report any incident to the Leadership Council. TIST will not tolerate retaliation against any worker who complains of sexual harassment or provides information in connection with any such complaint. If you have any questions regarding this policy, please contact the Leadership Council.

According to the preamble of the GhG contract, Member shall abide by each and every law and regulation that applies to their activities. Sexual harassment is against the law and Members that have been found to sexually harass can be removed from TIST. TIST worker that sexually harass can be dismissed.

Non-Discrimination Policy.

TIST does not and shall not discriminate on the basis of race, color, religion (creed), gender, gender expression, age, national origin (ancestry), disability, marital status, or sexual orientation, in any of its activities or operations. These activities include, but are not limited to, hiring and firing of staff, selection of volunteers and vendors, and provision of services. We are committed to providing an inclusive and welcoming environment for all members of our staff, clients, volunteers, subcontractors, vendors, and clients.

TIST is an equal opportunity employer. We will not discriminate and will take affirmative action measures to ensure against discrimination in employment, recruitment, advertisements for employment, compensation, termination, upgrading, promotions, and other conditions of employment against any employee or job applicant on the bases of race, color, gender, national origin, age, religion, creed, disability, veteran's status, sexual orientation, gender identity or gender expression.

If a TIST member or worker feels that they have been discriminated against, you should contact the Leadership Council and request to begin the formal grievance procedure. According to the preamble of the GhG contract, Member shall abide by each and every law and regulation that applies to their activities. Discrimination is against the law and Members that discriminate can be removed from TIST. TIST worker that discriminate can be dismissed.



Seed Storage & Pre-treatment.

Seed Storage.

- ❑ Make sure that if you are transporting fruit from the site of seed collection that you keep them dry, shaded and well ventilated so that the seeds inside the fruit do not spoil.
- ❑ Transport your fruit and seeds in woven sacks or baskets. Do not transport them in plastic bags or tins which have no ventilation and can cause the moisture to collect and spoil the items.
- ❑ Make sure you have sorted the good quality seed first (see unit 2) and that the seed is clean and dry before being stored. Dry seed rustles and cracks when you shake it. Most seeds need to have been dried in the sun for 2-3 days before they are ready.
- ❑ Store your seeds in a dry, shaded place. Use storage material such as cloth sacks or clay pots to reduce the chances of mould. Use air-tight containers or jars for high-value seeds, filling your containers completely to reduce air space.
- ❑ If you do not have enough seed to fill your containers, fill the gaps with material such as charcoal, rice husks, or crumpled newspaper. These will absorb air moisture.
- ❑ Use wooden pallets or poles to make sure the seed containers do not touch the ground (this can make them more susceptible to changes in temperature, damp, pests etc.). If you are using sacks or bags, you can hang them.
- ❑ Obtain advice from your nearby small groups and local extension workers to know if you need to use a pesticide or fungicide to protect your particular seeds from pests. For example, neem oil or leaves, gliricidia leaves and soap may offer some protection.
- ❑ Remember to check your seeds regularly to ensure they are not being damaged.
- ❑ Obtain local information on how long your seeds can be stored for. This is dependent on the species. Many species, if stored properly, can be kept for a year or more.
- ❑ You can experiment at different time periods to check the germination rate of your seeds. Pick a small sample of seeds (for example, 100), record the number of seeds chosen, sow them and count how many germinate. If you do this every month, for example, you will be able to see when the seed quality is starting to deteriorate. Share your findings with your cluster.
- ❑ The cooler the storage environment, the longer your seeds can be stored for. Ensure the seeds are not exposed to light. If the storage area is too humid the seeds will spoil more quickly.
- ❑ Note there is one category of seed called 'recalcitrant seed'. These seeds ideally need to be sown straight away after collection and extraction because they require high moisture content. If they are wrapped in damp cloths they can be stored for a few days up to a week. Recalcitrant seed dies once it is dry. Tree species which are examples of recalcitrant seeds include: *Artocarpus heterophyllus* (jackfruit), *Azadirachta indica* (neem), *Calamus* species (rattans), *Duriozibethinus* (durian), *Eusideroxylon zwageri* (ulin), *Theobroma cacao* (cacao) and many dipterocarps (*Shorea*, *Hopea*, *Palaquium*, etc).



- ❑ Finally, when you are transporting your seeds to the nursery, remember to keep them dry and covered.

What kind of pre-treatment might be needed?

- ❑ Sow some seeds and see how long they take to germinate. If they take longer than one week, consider pre-treatment.
- ❑ If you are not sure which of the following advice is best, do an experiment and try different pre-treatment techniques and share your findings with your cluster leader to share the best practices.
- ❑ If the seeds have a very small or thin coat often no treatment will be needed e.g. Croton megalocarpus, Neem, Cassia species and Kei apple can be sown directly into a pot.
- ❑ If you have collected fruit, you can soak the fruit for 1-2 days, then get a wire mesh and squeeze the fruit against it to release the seed using water to wash away the fruit pulp e.g. for Syziumcumini, Dovyalscaffra, Trichiliaemetica, Vitellariaparadoxa, Prunus Africana, Gmelinaarborea (gmelina), Azadirachtaindica (neem) and Tamarindusindica (tamarind).
- ❑ Some fruit just needs the outer layer removing by rubbing together e.g. Tectonagrandis (teak) and Calamus species (rattans).
- ❑ Some fruits have seeds that need to be pounded. After soaking the fruit for 1-2 days, pound the fruit with a pestle and mortar e.g. for Meliavolkensii, Meliaazedarach, Sclerocaryabirrea, Cordia Africana.
- ❑ Some pods need to dry for 3-5 days (in the semi-shade) and then be threshed to extract the seed e.g. Leucana species, Calliandracalothyrsus, Acacia species, Sesbaniasesban, Grevillearobusta, Casuarina species and Eucalyptus species.
- ❑ Seeds that have thick coats will need some form of pre-treatment. Some need to have their seed coat cracked with a hammer or a stone after drying for 3-5 days to allow water to enter the seed for germination. Seeds should be planted immediately after cracking. Species that may need cracking include Melia (mukau), Podo species, Croton megalocarpus, Adansoniadigitata, Swieteniamacrophylla, Delonixregia. For small, hard seeds place them in a jar lined with sand paper and shake hard, enough to scratch the surface.
- ❑ Some seeds just require a small cut in the seed coat to help water infiltrate (nicking). Do not cut the part that was attached to the pod or capsule as this part contains the baby plant.
- ❑ Some seeds respond well to soaking in hot water e.g. Calliandra, most Acacias, Tamarind, Leucaena and Albizia. Put the seeds in a container, boil the water and pour it over the seeds. Allow the water to cool remove the seeds from the water after they look swollen.
- ❑ Some seeds can be soaked in normal (cold) water for 12-24 hours e.g. Sesbania, Tephrosia, Dalbergia species, Gmelina, Gliricidia and Acacia augustissima. Put the seeds in a container and add the cold water (roughly double the volume of the seeds). Remove any seeds which are floating.

All seeds, once pre-treated, need to be planted straight away.

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Mkutano wa Nguzo wa Kathwene TIST uliofanyika tarehe 18/9/2024.

Wanachama waliohudhuria walikuwa wanawake 81 wanaume 45, mada 16 zilizofunzwa na zilikuwa malipo ya hisa za 2023 na maadili ya TIST. Mkutano ujao wa kikundi utafanyika tarehe 16/10/2024.

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 - ✓ TIST: Kiririrkania kia gitumi kia ugitiri kagita ka gwita ngugi cia TIST. *Page 3*
 - ✓ Gwika mbeu na kwithuranira niuntu bwa kuanda. *Page 5*



TIST kwiritaniria nikenda itungatira arimi bweega.

Arimi endwa a TIST, tukibangania kuriha baita ya 2023, turi na gikeno kubumenyithia ati riciti jia marihi iria bwacainire ni itukinyirite bweega na nitwiitite kuiritira ngugi.

Clasta servants, atongeria ba timu na nkinya timu ya Atongeria nibakuthondeka mantu jegie wagi bwa data cia uuma ja uria kwonekete kiri ikundi inyingi iria jiaru tayari kuriwa..

Nikenda tuumba kwona marihi na njira ya mpui na kuthiria thiina ya marihi gucererwa, TIST nandi ni icokereete kujuriria mantu jaria jakuura kiti marihi ma baita ya mwaka wa 2023, nikenda mwaka wa 2024 ikundi cionthe ciumba kugwata baita ya mwaka wa 2024.

TIST Tech support Staff, Clasta Servant na Leadership ni bagwita ngugi na inya gutigiira guti gikundi kiri na makosa jagatuma marihi macererwa na bubu buriikika na njira ya kujukia mantu jaria jakwendeka kuuma kiri amemba ba ikundi baria bacainite riciti.

Mantu jaria jakwendika ni mbica jia ibande, caini cia amemba iria iri kiri riciti na GHG, mariitwa ja amemba kiri riciti, mariitwa ja amemba kiri GHG, mariitwa ja amemba kiri kwiandikithia kiri system ya TIST na mariitwa ja amemba baria batariri miti.

Mantu jaria jakwoneka jati ja uuma bungwa ni ja: Kwaga map jia miunda kana map itibuui-kethira gikundi giaku kiri na thina ya kwaga map kana map itibuui gitiumba kugwata

marihi niuntu iji ni njira ya gutegeza mantu jaria jakwendeka. Kujukia map iji ni gutethagiria kujukia mikumbu ya miunda, aria muunda juri na nkinya mugana jwa muunda. Kwaaga kwa GHG kiri ikundi imwe, muno kiri ikundi iria miti itari, mariitwa kwaga gwitania na mariitwa jaria jandiki kiri system, na amemba baria bacainite riciti kwaaga gwitania na mariitwa ja amemba baria batariri miti.

Kwaaga mantu jegie baseline (kana data itiujiuri kiri system) Mantu jegie ngano cia miunda jayo baseline ni ja gitumi muno kwona muradi nijugwita mbere. Riria ntumiiri iji jiejie ngano jajio baseline jiaura (mantu ja Kuthamia kwa into kana kuthiria kwa miitu) gikundi gitiumba kwona marihi.

Ni iromba rietu na kubwerenca ati tugiita mbere gutegeza mantu jaria jakwendeka nikenda tuthondeka na gikundi kiumba kugwata marihi na haraka, TIST ni ikwenda utwathio bwaku ja murimi gutethia clasta servant agwata mantu jaria jakwendeka jegie gakundi keenu na mantu jakwendeka na gakundi gaku koomba kugwata marihi ja baita.

Mantu jaria mageni najo ni ikundi cionthe iria mantu jao jiri sawasawa na ikinyaniritie minimum evidence niciambiritie kugwata mbeba cia marihi.

Nituriteeni ngugi amwe tutungatanire na njira injega nikenda nyumene tugia na umbani kiri muradi.



TIST: Kiririrkania kia gitumi kia ugitiri kagita ka gwita ngugi cia TIST.

Mantu ja gitumi muno ni:

1. Gutina watho wa TIST, CAAC kana antu bangi bagwataniri kuona aruti ngugi a TIST bari thinene.
2. Nitukwenda muntu wonthe ugwita ngugi na Tist akithirwa agitiri na akaimenyeera. Guti muntu etikiritue gukuria wita ngugi atu ari na ugwati. Utigetikire kuthithia uu, tigiira ukuejana ripoti iji kiri timu ya Kenya.
3. Mawatho jageta mbere kwaririrua: kwa njira ikuhi mawatho nijo jaja. Gukagia na mauntu ta jaja menyithia timu ya Kenya.
 - a) Matatu na bodaboda. Utigetithue ni ndereba murebi kana ugwitithia ngari buthuku. Ndereba agetithia ngari na rwiro muno kana bitibuuii mwire ete mpaara na njira injega. Enkirega, mwire agukimyithie nthi. Wingicemania na mwamba, utikaregane na into cia ngugi cia TIST kethira nicio akwenda. Ejana ripoti iji kiri timu ya Kenya ndeene ya mathaa 24.
 - b) Njoka. Tigagiira niukwimenyeera riria wiritire guntu ukikuumba kwo a aria ugukinya. Ukethiira ukwiona ja kwina thina, tumiira kamuti riria ukurukirite ithakene na nyakine gutigiira gutina njoka. Ukona njoka ina sumu, uuma munda jou na umenyithie murimi. Guti njira na kwigitira na cumu ya njoka. Ukeja kurumwa ni njoka iri na cumu, nonkinya wite cibitari umuntwe sindano ya kugitira cumu iji. Kurumwa ja guku no kurete thina inene muno gukaaga kurigitwa. No ute kuguru kana ukagwata mbajua ya gutuura. Ugwe kana uria bwitanagia nawe kana murimi butigiire bukumenya muthemba wa njoka iu nikenda buumba kugwata urigiti bubwega. Njoka nkinya ikethira ni yuragi no irumane!
 - c) Njogu. Njogu ni ugwati umunene muno. Njira injega ya kwigitira na njogu ni kurega gwita buru aria iri. Kethira njogu iri aria ugwitira ngugi, ita mpaari utikumitanga ume antu au. Njogu ikabanga gukuthingata, njira ni iji:
 - i. Rungama oo au uri, yoomba gucoka
 - ii. ukethira uri akuhi na antu a gwicitha ja nyomba, ngari, rwego kana muti ju munene geria gucoka mpaara na wite utegeete njogu nkinya wiciithe. Njogu ni imatukaga rwiro gukira antu kwogu ukethiira utikanya bantu ba gwicitha, kumatuka no gutume njogi ikabanga gukuretera thina.
 - d) Gucemania na antu bari na thina. Ukeja gumania na amemba bari na thina kana nkinya ntura iri na thina, uuma guntu ja guku wite kungi kuri na antu bangi. Utigeete kugia na manegene na kuonana. Kethira kuriwe burinawe, ikaraniani amwe na butethanie. Kethira kuri na wamba, utikarege na into cia ngugi cia TIST ukeja gwitua.
 - e) Thina ya kiwendo. Aruti ngugi a ekuru nibwega barute ngugi bari na muntu ungi riria bari guntu kugeni kwigitira kwona thina ya kiwendo. Ukeja kwi ithira thinene ja iji, uuma guntu ja guku na wite kungi kuri na antu bangi. Ukeja kwona thina, uga mbuu urombe utethio. Ejana ripoti ja iji kiri polici na timu ya Kenya.
 - f) Kuru. Gukethira kuri na kuru ina thina kana ukwona kwomba kwithirwa kuri na thina ya kuru, menyithia murimi akugitire nkinya urikie ngugi. Murimi akeja kurega, uuma guntu ja guku na umenyithie timu ya Kenya. Ukeja kurumwa ni kuru, ita kiri dagtari. Kuru jiomba kwithirwa na murimu jwa rabies, kwogu tigiira ukumenya mwene kuru gwikigia na bata wa kuru iji kuthimwa imenyeka. Rabies ni murimu juri na ugwati muno jwinkiaga kurigitwa na urigiti jutikajukie ntuku nyingi.
 - g) Njuki. Murimo jwa kurathwa ni njuki jwomba kuuma kiri kuthuura, kwigua murimo kana ona thina inene, kuringana na kethira muntu oomba kwithua ari na allergy. Imenyeere kurathwa ni njuki na njira kwiebaniria na njuki iri amwe kana gwita ukiritie aria njuki iri. Utigacumbure njuki. Utigeete kiri njuki wi akite maguta manunki. Ukeja kurathwa ni njuki, ruta muboora na mpui niuntu oo buria jugakaara nou ugeeta mbere kwigua murimo. Kethira ni wiji uri allergic kiri kurathwa ni njuki: ukinarathwa kanua, nyuru kana numero, ukinagia na thina ya gwita miruke, kana wagia na wiimba cua urigiti na njira ya mpui. Ukethira ni wiji uri na allergy ya kurathua ni njuki, tigiira niugukamata epi-pen (uria dagtari).
 - h) Kuuna miuro. Utikagerie kuuna miuro iri na ruuji rugwita na mpui. No rugukamate.
 - i) Gwita ngugi guntu kuri na irima inene. Imenyeere muno riria ugwita ngugi guntu kuri na irima inene. Utigeete kuria uri na ugwati wa kugua na gukua.

**Njira ya gukinyia Mathina.**

Njira iji niyo ya amemba na aruti ngugi gukinyithia mathina kiri urungamiri ndeene ya TIST.

Mathina jaja jonthe mbere jakinyagua kiri leadership council aria jategagirua kulingana na mawatho, TIST values, kana contract ya GHG amwe na amemba a tukundi na CAAC. Mawatho jaja na values cia TIST nijo jaragiirua kiri seminar, micemanio ya clasta, micemanio ya tukundi tunini na jekaraga jakiandikagwa kiri mazingira bora. Mwena juria jwareta mathina jao baejagua macokio nyuma ya ntuku 30 kuuma bakinyithia mathina jao.

Kethira thina iji itoomba kuthira kagitene ga ntuku 30, mwene thina iji niamenyithagua ati arungamiri muradi wa TIST bagakinyirua ni ntumiro iji. Aria kuri na watho wigie thina ja iji, arungamiiri a TIST bagatumira mawatho jau kuejana macokio ja muthiana bamenyithanie nyuma ya ntuku 30 kuuma ripoti yabakinyira. Aria mantu ja mageni jaumiira jaria jati kiri watho, untu ja bubu bwikagua kiri seminar kana mocemanio leadership council aria macokio jaejanagua ni arungamiiri a tukundi tunini, Kenya staff na arungamiiri a TIST.

Kethira mathina jatiumba kuthirua ndeene ya TIST, CAAC na mwene mathina bagetikaniiria niku bakaira mathina jao. Mathina jaria jatikathirua na njira ya gucua wa kubagwatithania jageta kiri chartered institute of arbitrators, Rwang'i rwa Kenya ndeene ya ntuku 30.

Watho wigie gutangwa ki wendo.

TIST ni irutaniritie gutigiira niikuejaga kaanya ga keega ga gwita ngugi itina kumena bamwe na nkinyia kurigiiria gutangwa ki wendo kwa aruti ngugi bayo na nkinyia arimi baria bakwija.

Gutangwa ki wendo ni njira o yonthe itigwikirika kana kukujirirua, kurombwa kwenderua niuntu bwa ki wendo kana ona nkinyia kiri ndwaria kana kwonana kwa mthemba o uriku kuuma kiri muntu o wonthe wa TIST buria bwagithagia muntu ukirii kana gutanga muntu kuumba gwita ngugi.

Gutangwa ki wendo kwonekaga riria:

- Wahinyirirua gwitikira utikwenda kana ukaracimithua uri muriti ngugi.
- Kuhinyirirua kana kuregua niuntu bwa murugamo waku kiri kaanya ga kuwaga ngugi kana kurugamua ngugi; kana
- Njira iji iri na mubango wa gutanga muntu gwita ngugi, kumwagithia gitio kana kumwagithia kaanya ga keega ga kurita ngugi.

Gutangwa niuntu bwa ki ndini, rurijo rwenu, kethira wi muntu murume kana mwekuru, kethira uri na thina ya ki mwiri kana miaka yaku gutitikirika kiri TIST. Kuthithia uju nonkinya ugwate adabu nkinyia ya kurungamua ngugi. Muriti ngugi o wonthe enkithirwa ari na ugwati wa gutangwa ki wendo nonkinya aejane ripoti kiri leadership council na mpui. TIST itiumiria muntu o wonthe aumba kwithirua agitangaga bangi ki wendo kana aejane ripoti yegie gutangana gwa ki wendo. Ukethira uri na kiuria kiegie watho uju, menyithia leadership council.

Kuringana na maandiko ja mbere kiri form ya kwiandikithia gutuika mumemba wa TIST jayo GHG, mumemba nonkinya athingatiire mawatho jonthe na mendikithia jaria jakendeka kiri ngugi ya TIST. Gutangana ki wendo gutitikiritue na mumemba uria enkioneka agitangana nika agatuika wa kurutwa kiri muradi wa TIST. Aruti ngugi baria batanganaga ki wendo nabo nika bekibutwa ngugi.

Watho wa kwaga kugaukania.

TIST itigaukania na itakagaukania antu niuntu bwa witikio wao, ni akuru kana ni ekuru, ki miaka, thiguru iria uumite, rangi, waathe wa mwiri, kwithira uigurene kana utigurene, kana ona mwonere wa kiwendo kiri ngugi ciayo cionthe. Ngugi iji na utigutigiira, wandikani na ubuti wa ariti ngugi, kuthuura antu ba kwiritira na endia, kana twanya o tunthe. Turutaniritie kuejana kaanya kagwitikira antu bonthe ba gwita ngugi, aguri, antu ba kwiritira, subcontractors, vendors na a biashara bonthe.

TIST ni mwandikani o ja bangi. Tutigaukania na tukajukia makinya ja meega gutigiira gutikugaukania kiri wandikani, kwandikithia amemba, matangazo ma ngugi, gucokerua into ciaku, kurungamua ngugi, guukiria muradi, guukiria ariti ngugi na mantu jangi jegie wandikwa na mwandikwa kana kuromba wira utigeerete rangi, wi mukuru kana mwekuru, nthiguru iria uumite, miaka, ndini, witikio, waathe, veteran status, kana wendi waku wa ki wendo, buria wimenyithanagia ja mukuru kana mwekuru.

Kethira mumemba wa TIST kana mwiti ngugi nikwigua niagaukanitue, nibwega amenyithie leadership council na ambirie gukinyithia mathina jawe. Kuringana na maandiko ma mbere ma GHG contract, amemba nonkinya bakathingatiira mawatho na mendikithia kiri ngugi ciao. Kugaukania antu guti kiri watho na amemba baria bagaukania bangi no barutwe kiri TIST. Muriti ngugi wa TIST uria ugaukanagia antu nawe no arungamwe ngugi.



Gwika mbeu na kwithuranira niuntu bwa kuanda.

Gwika Mbeu.

- Menyeera ati kethira nugukamata matunda kuuma antu aria ukuuthurania mbeu, jeke janyaari na antu kurina kirundu na kuwi na ruugo nikenda mpindi iria iri ndene ya ntunda itithuka.
 - Kamata itunda riaaku na mpindi iri nkuniene kana gikabune. Ugaikamatira kiratasine kia nailoni gitina antu a gukurukia ruugo na aria gugatuma ruuji ruuthurane amwe na kuthukia ntunda na mbeu iu.
 - Menyeera ati ukuathurana mbeu injaga mbele na ati mbeu nitheri na niumi mbele ya gwika. Mpindi injumu niciritaga sauti na kuunika wainania. Mpindi iria nyingi niciendaga kuumua riuene ntuku ijiri gwita ithatu mbele ya cibua cia gwika.
 - Ika mbeu yaku antu gukuumo na kurina kirundu. Ikira nkuniene kana nyongune ya muthetu nikenda uniyia kanya ga kuthuuka. Tuumira mikebe itigutonyithia ruugo riria ugwika mbeu ya goro na ujurie mikebe iu buru nikenda uniyia kanya ka ruugo.
 - Kethira utina mbeu ing'ani kuujiuria mikebe yaku, ujuriria na gintu ja makara, mati ja mucere kana maratasi ja ngazeti. Bibi bikajukia ruuji ruria ruri ruugone.
 - Tuumira mpau kana mbito kumenyeera ati mikebe iu irina mbeu itigutonga nthiguru (guku nigutumaga mbeu ikathukua ni kugaruka kwa murutira, ruuji, na tunyomoo). Kethira uritumira nkunia kana mibuko, curia.
 - Uria kirira kuumania na ikundi bingi biria bigukuiritie na ariti ba ngugi ya gutetheria arimi nikenda umenya uria ugutumira dawa cia tunyomoo na cia iria nikenda umenyeera mbeu yaku kuumania na tunyomoo.
- Mung'uanano, maguta kuumania na muarubaine kana mathangu, mathangu ja muti jugwitwa gliricidia na sabuni imwe nocikue utethio.
- Rikana gutega mbeu yaku o nyuma ya igita ririkai nikenda umenyeera ati itirathuka.
 - Cuaa umenyo kwegie ni igita ring'ana mbeu yaku iumba wikwa. Bubu bukaringana na muthemba jwacio. Mithemba imingi, igekwa bwega, noikare mwaka kana nkuruki.
 - No ugerie gwika igita ria uraja mwanya nikenda utegera ni ririku ritumaga mbeu ikaumanga na mpwi. Jukia mpindi inkai (mung'uanano igana), andika ni ing'ana wathuura, ciumithie na utare ni ing'ana ikauma. Ukaththia uju o mweri, mung'uanani, ukomba kwona riria uthongi bwa mbeu bukambiria kuthira. Gaana jaria ukoona na cluster yaku.
 - O uria antu aria wikite mbeu yaku kurina mpio nou igakara igita riraja nkuruki. Menyeera ati mpindi iu itiki werune. Kethira antu aria ugwika kurina ruugo rurina ruuji rurwingi, mbeu ikathukanga na mpwi nkuruki.
 - Rikana ati kurina mithemba imwe ya mbeu ciitagwa 'recalcitrant' mbeu iji niciendaga kuandwa orio ciothurana kuuma mitine na ciaritwa ntundene niuntu niciendaga ruuji rurwingi. Cikaogwa na nguo irina ruuji no cikare ntuku inkai mwanka kiumia kimwe. Mpindi iji nicikujaga ciaga cioma. Mithemba ya miti iria iri muthemba juju jwa mbeu ni amwe na *Artocarpus heterophyllus* (jackfruit), *Azadirachta indica* (muarubaine), *Calamus species* (rattans), *Durio zibethinus* (durian), *Eusideroxylon zwageri* (ulin), *Theobroma cacao* (cacao) na mithemba inyingi ya dipterocarps (*Shorea*, *Hopea*, *Palaquium*, na nkuruki).



- ❑ Muthia, ukithamia mbeu yaku wikia munandene rikana guciika itina ruuji na cikunikiri.

Ni uthuraniri bwiku buumba kwendeka?

- ❑ Umithia mbeu imwe na woone ni igita ring'ana ikujukia kuuma. Ciajukia nkuruki ya kiumia, tugania kwithuranira.
- ❑ Kethira utikumenya bwega ni uthuraniri buriku kiri njira iji ubati gutumira, geria na njira mwanya na ugaana jaria ukoona na mutongerira wa cluster yaku nikenda ugaana nawe njira iria njega buru.
- ❑ Kethira mpindi niinini mono kana irina gikonde gigiceke jaria maingi guti uthuraniri bwendekaga ja mithemba ya *Croton megalocarpus*, muarubaini, *Cassia* na *Kei apple* no iandwe mikebene o rimwe.
- ❑ Kethira nuuthuranitie matunda, no urinde matunda jau ruujini ntuku imwe gwita ijiri, riu ujukie nkunju uinye matunda nacio nikenda urita mbeu ugitumagira ruuji kurita itunda mung'uanano kiri *Syziium cuminii*, *Dovyalis caffra*, *Trichilia emetica*, *Vitellaria paradoxa*, *Prunus Africana*, *Gmelina arborea* (gmelina), *Azadirachta indica* (neem) na *Tamarindus indica* (tamarind).
- ❑ Matunda jamwe nijendaga gikonde kia iguru kiriti na njira ya gukirithania matunda jairi mung'uanano mithemba ya *Tectona grandis* (teak) na *Calamus* (rattans).
- ❑ Mithemba imwe ya matunda iri mpindi iria ciendaga gukaburwa nainya. Warikia kurinda ntuku imwe kana ijiri, kabura na muti na ntiri mung'uanano *Melia volkensii*, *Melia azedarach*, *Sclerocarya birrea*, *Cordia Africana* .
- ❑ Mithemba ingi niendaga kuumua ntuku ithatu gwita ithano (kirundune kirina riu ririkai) riu ikaurwa nikenda mbeu iitwa mung'uanano *Leucana*, *Calliandra calothyrsus*, *Acacia*, *Sesbania sesban*, *Grevillea robusta*, *Casuarina* na mithemba ya mibau.
- ❑ Mpindi iria ciri makonde jamanene niciendaga muthemba jwa uthuraniri. Imwe niciendaga gikonde gikaringwa na nondo kana iiga nikenda kiunika ciarikia kuumua ntuku ithatu gwita ithani nikenda ruuji rumba gutonya mbeune nikenda iuma. Mbeu nibati kuandwa orio warikia kuuma gikonde. Mithemba iria yendaga kuunwa ni ta *Melia* (mukau), *Podo* , *Croton megalocarpus*, *Adansonia digitata*, *Swietenia macrophylla*, *Delonix regia*. Mpindi inini cirina gikonde gikiumu niibati gwikwa mukebene juthiuruki na sand paper ndene na jukainainua nainya, mkanka mbeu ikang'arangwa.
- ❑ Mbeu imwe niciendaga kugitwa antu anini gikondene nikenda ruuji rumba gutonya. Ukagita aria mpindi iu iragwatene na gicau niuntu aja niu gukaumira.
- ❑ Mpindi imwe niciendaga kurindwa ruujine rwa mwanki ja *Calliandra*, *Acacia* iria nyingi, *Tamarind*, *Leucaena* na *Albizia*. Ikira mbeu mukebene na ucamukie ruuji riu witurire mpindi iu. Eteera ruuji rwore riu wite mpindi ruujine ciakara jaka ciimbi.
- ❑ Mpindi imwe no cirindwe ruujine rwa mpio mathaa ikumi na jairi gwita mirongo iiri na janna mung'uanano *Sesbania*, *Tephrosia*, *Dalbergia*, *Gmelina*, *Gliricidia* na *Acacia augustissima*. Ikira mpindi iu mukebene na wongeere ruuji rwa mpio mwanka rukinye maita jairi aria mpindi ikinyi. Rita mpindi iria cikwerera.
- ❑ Mpindi cionthe, ciarikia kuthuranirwa, niciendaga kuandwa orio

Mazingira Bora

tist Growing Trees
Growing Leaders

Newsletter October 2024

Kikuyu Version

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

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

www.tist.org



Mkutano wa Nguzo wa Kathwene TIST uliofanyika tarehe 18/9/2024.

Wanachama waliohudhuria walikuwa wanawake 81 wanaume 45, mada 16 zilizofunzwa na zilikuwa malipo ya hisa za 2023 na maadili ya TIST. Mkutano ujao wa kikundi utafanyika tarehe 16/10/2024.

- Inside:**
- ✓ TIST ni irutiire guturutira wira wega. Page 2
 - ✓ TIST: Kiririkano kia bata kuri ugitiri witu riria turaruta wira wa TIST. Page 3
 - ✓ Uigi mwega wa mbegu na guthondeka. Page 5



TIST ni irutiire guturutira wira wega.

Kuri arimi a TIST, o tukiharagiriria kuriha marihi ma faida cia share cia mwaka wa 2023, turi na gikeno kwanirira ati receipts cianyu cia marihi iria mwekirire kiore ni ciamukiritwo na ni cirarutirwo wira.

Aruti wira a Clasta, atongoria a team na utongoria wothe ni marathondeka maundu ma megie data maria monekanire kuri ngurubu nini iria ciehaririirio kurihwo. Niguo kugia na marihi mega na kugiririria gucererwo na marihi, TIST ni magite na uigiririki wa wa gucokaniriria maundu ma marihi ma faida ma mwaka wa 2023, niguo mwaka ukite wa 2024 ngurubu ciothe cikahitukio kurihwo marihi ma share.

Ateithiriria a TIST Tech, CS na atongoria ni mararuta wira na hinya guthondeka mahitia maria maracerithiria marihi na undu uyu urahanika thutha wa kungania uma kuhitukira amemba a ngurubu nini aria mekirite kiore marithiti.

Maundu maria maroragwo ni ta kibandi kia bururi, signatures cia amemba iria ciri rithiti-ini na GHG, maritwa ma amemba maria mari rititi-ini, maritwa ma amemba maria mari GHG, maritwa ma amemba maria mari form-ini ya kwiandikithia na maritwa ma amemba aria miti yao itaritwo.

Data iria itari ya ma ni ta kwaga kana kuremwo ni kurumirira: Angikorwo ngurubu yanyu nini iri na njira njuru kana kwa mubango, ndingitikirika kurihwo, na ino ni

njira imwe ya maundu maria marabatarikana niguo kugia na data nungiririku. Undu uyu ni uteithagia kugia na mihaka ya grove, location na ni ku.

Kwaga kwa GHG ngurubu-ini imwe, na makiria amemba aria miti yao itaritwo, ma maritwa mao matiratwarana na maritwa maria mandikitwo thiini wa system, na amemba aria mekirite sign thiini wa rithiti na citiratwarana na maritwa ma amemba aria miti yao itaritwo.

Kwaga baseline information (data thiini wa system kwaga gukinyanira): Baseline information in ya bata muno thiini wa program. Riria baseline information yaga (uhoro wigie guthamio na gutheria githaka) ngurubu nini ndingikinyanira ya kuritwo.

Niturenyihia tukimuria oro tugithiaga na mbere gwetha uhoro niguo tuthondeke maundu niguo ngurubu yanyu nini irihwo naihenya, TIST ni irabatarite uteithio wau ta murimi niguo guteithia CS kugia na uhoro uria ri wa ma wigii ngurubu yanyu nini niguo ngurubu nyanu nini ihitukio kuritwo marihi ma faida cia share.

Uhoru uria mwega ni ati ngurubu iria uhoro wao ni mwega na itari na mawathe ni ciambiriire kwamukira marihi mao.

Rekei ithii othe turute wira hamwe guteithani umwe na uria ungi niguo tugie na umithio thiini wa program.



TIST: Kiririkano kia bata kuri ugitiri witu riria turaruta wira wa TIST.

Maundu maria ma bata hari ugitiri witu ni;

1. Ti wendi witu kuiga TIST, CAAC kana aria turutithanagia wira nao kuiga aruti wira a TIST hatika-ini.
2. Turenda muruti wira oro wothe wa TIST akoragwo ari na thayu na mugima. Na gutiitikiritio mundu oro wothe kuria mundu uria ungi gwika uria gutagiriire. Ndwagiriirwo gwitikira na ubatie gucuka mundu ucio kuri amemba a timu ya KE.
3. Maundu maria moikaine ni magirie: Maria metikanirio makerwo muingi. Maundu ta macio mangihanika, menyithia timu ya Kenya.
 - a. Matatu na Boda-bodas. Ndugetikire gukuo ni ndereva muriu kana uratwarithia atari na kihariro. Angikorwo ndereva ni aratwaritha ngari na ihenya inene mwire atwarithie kahora. Angirega, uma ngari iyo. Kungigia na uici, ndukarege kuneana indo cia TIST cingitio. Cukana undu uyu kuri timu ya KE handu-ini ha mathaa 24.
 - b. Nyoka. Wimenyerere riria urathii kuria utarona haria uraranga. Okorwo nduri na ma, huthira muti kweheria mahuti niuguo umenye haria hari na nyoka. Nyoka ya thumu ingionekana, ehara hau na umenyithie murimi. Gutiri uthondeki wa mbere ungirumwo ni nyoka ya thumu. Ungirumwo ni nyoka ya thumu wagiriirwo ni guthii thibitari uheo ndawa ya kunina thumu. Kurumwo kuu no gukorwo kuri na hathara. No utinio kuguru kana ugie na wonje wa tene na tene. We, muiuru waku kana murimi mwagiriirwo ni kumenya mithemba ya nyoka niguo ndawa cia kunina thumu cimanyeke. Ona angikorwo nyoka ni nguu no irume!
 - c. Njogu. Njogu ni njuru makiria. Ugitiri uria mwega wa njogu no gucieherera. Angikorwo njogu iri haria murarutira wira, eherai hau na mutikacimakie. Ingigukora, ubatie:
 - i. Rugama haria uri, no icierie kwehera.
 - ii. Angikorwo uri hakuhi na mucii (nyumba, ngari, rugiri, muti muraihu), geria gucoka na thutha kahora (o urorete njogu) na uingire mucii. Njogu ni iteng'eraga gukira mundu na angikorwo ndungikinya nyumba guteng'era no kurakarie njogu muno.
- d. Gucemania na andu oru. Ungicemania na andu arakaru, ehara hau na ugerie guthii kuria kuri na andu angi matari arakaru. Ndukaingiriire gucokaniria ciugo kana kurua. Ungikorwo uri na muiruguo, ikarai hamwe na mumaniririe. Hangikorwo hari na uici, manengere indo ciothe cia TIST mangitia.
- e. Kuhahamwo ki mwiri. Atumia mabatie kuruta wira mari hamwe angikorwo ni itura rieru niguo megitire kuhahamwo ki mwiri. Ungiigua nduraiganira na haria uri, ehara hau na wethe handu hangi haria hari andu. Ungitharikirwo, uga mbu witeithie. Thitanga kuri borithi giko kiu oro hamwe na timu ya Kenya.
- f. Nguu. Hangikorwo hari na ngui ndiani kana ni urekuwa ngui, uria mwene amieherie nginyagia murikie uria mureka. Na tondu ngui ni cikoragwo na murimu wa rabies, geria kuria mwene kana ngui yake ni thime. Murimu wa rabies ni muru ungiaga kurigitwo riria kwagiriire.
- g. Njuki. Kurathwo kwa njuki kumanaga na kurakaria njuki na kuri ruo muno, angikorwo ukoragwo uri allergic kuri rubua. Wigitire kurathwo ni njuki iria cirathama na kurugama utaguthii. Ndukarakarie njuki. Ndukehake maguta manungi wega. Ungirathwo, ruta rubua oro naihenya uria unghota tondu oro uria ruraikara mwiri-ini, noguo mundu aimbaga. Angikorwo ukoragwo uri allergic na ni warathwo kanua, iniuru kana mumero; waremwo ni kuhuhia; kana ukaimba muno thii wamukire urigiti naihenya muno.
- h. Kuringa rui. Ndukagerie kuringa rui riria ruri ruihuru kana riria rurahanyuka. No utwarwo.
- i. Kuruta wira kuria kuinamu muno. Wimenyerere muno riria uraruta wira kuria kuinamu. Ndugaikare handu haria uramenya ati no ugwe tondu no ukue.

Mutaratara wa mateta.

Mutaratara wa mateta ni uteithagia aruti wira guteta kuri utongoria wa TIST.

Mateta mothe mambaga gutwarwo kuri atongoria (Leadership Council) kuria maundu maigananagio na mutaratara wa TIST, maundu ma TIST kana



witikanirio wa Greenhouse Gas hari amemba a ngurubu nini na CAAC. Maundu ma TIST ni ta guthomithia, micemano ya clasta, micemano ya ngurubu nini na kwandikwo thiini wa ngathiti ya Mazingira Bora. Atongoria ni maheanaga macokio handu-ini ha thiku 30 thutha wa mateta.

Angikorwo undu ucio ndunahingio handu-ini wa thiku 30, aria mari na mateta ni makwirwo na undu ucio ugatwarwo kuri utongoria wa TIST. Riria mawatho mahingagio, utongoria wa TIST mahuthagira maundu maria mandikitwo gutwithania undu ucio na maumirira makaheanwo handu-ini ha thiku 30 kuma riria mateta maheanirwo. Angikorwo undu ucio nduri mawatho-ini maitu, undu ucio waragirio kigomano-ini kia Leadership Council kiria kirumiriirie, kuria wamurani uheanagwo mbere ya ngurubu nini, Kenya Staff na utongoria wa TIST.

Angikorwo mateta maya matinginika, CAAC na aria mari na mateta no metikanirie methe mwamurani uria mangihe mateta. Mateta macio mangirema kwamurano ni mwamurani no matwarwo kwa (Chartered Institute of Arbitrators, Kenya Branch) handu-ini ha thiku 30.

Watho wa kuhahamwo ki mwiri.

TIST ni merutiire kuhe aruti wira riera riega ritari na muthutukano, na ni kugirie guthumbura kwa aruti wira oro hamwe na kuhahamwo kimwiri.

Uhahami wa kimwiri utauragwo ta kuhutia kana gukoma na mundu atakwenda, kuria mundu mukomanie kana kugweta, gwika ciiko ciigimanie na gukomania iria cingituma mundu thiini wa TIST kwaga thayu/kugiria arute wira.

Mitugo iria itumaga kugie na wagagu:

- Gwitikira maundu macio, mari mega kana moru, ihinda na undu wa mundu wira-ini;
- Gwitikira kana kurega maundu macio hari oro mundu kuhuthika ta wamurani wa mawira kana kurega; kana
- Mitugo ino igatuma wira urege kurutika kana kuhinyiririka kana kwaga thayu.

Kuhahamwo irehagwo ni kabira, kanitha, gukomania ki mwiri, kuhahamwo ki mwiri, bururi uria umite, wonje kana miaka ndungwitikiria thiini wa TIST. Mitugo ino ni ikoerwo ikinya, kana mundu akekeherio ngurubu-ini. Muruti wira oro wothe uria uhitukiire undu uyu abatie kuheana uhoru uyu kuri utongoria wa TIST (Leadership Council). TIST ndigwitikiria maundu maya ma kuhahamwo ki mwiri kuhanika kana gukorwo na mateta ta maya. Ungikorwo na ciuria cigimainie na mateta maya reboti kuri Leadership Council.

Kuringana na mawatho ma GhC contract, mumemba abatie kurumirira mawatho mothe maria mandikitwo. Kuhahama ki mwiri ni mugaru na watho na mumemba oro wothe uria wanyitikana abatie kweherio gwa TIST. Muruti wira wa TIST uria unginyitikana akiahama ki mwiri abatie kubutwo wira.

Watho wa guthutukania.

TIST ndithutukanagia na ndiri hindi igathutukania kumanagia na kabira, rangi, kanitha, mumbire, miaka, kuria umite, wonje, kihiko, wira-ini oro wothe. Maundu maya ni ta, no matiikirirwo mukana, kwandika na kubuta aruti wira, gucagura erutiri wira na kuruta mawira. Ni twirutiire kuheana riera riega kuri amemba othe na aruti wira, aguri, erutiri kuruta wira, aria tuhete contract.

TIST ni iigananagia aruti wira othe. Tutiguthutukania na ni tukwoya makinya marumu kuri aria marathutukania kuri aruti wira, hingo ya guthura andu eru, kwanirira kwa aruti a wira, marihi, kunina contract, kwongerera madaraka na maundu mangi maingi hari aruti wire kana mundu kuria wira hamwe na kabira, rangi, muciarire, bururi, miaka, kanitha, wonje, ukuru, mumbire.

Angikorwo mumemba wa TIST kana muruti wira angigwa ni arathutukano, ubatie kuriboti kuri Leadership Council na kuria mubango wambiririe wa kuhona. Kumanagia na mawatho ma GhC, mumemba abatie kurumirira mawatho mothe wira-ini oro wothe. Muthutukano ni mugaru na watho na mumemba abatie kweheria gwa TIST. Muruti wira wa TIST uria urathutukania abatie kubutwo wira.



Uigi mwega wa mbegu na guthondeka.

Uigi wa mbegu.

- Tigirira ati angikorwo niurathamia matunda kuma kuria uronganiria niwagiriirwo ni kwamba kumomithia na kumaiga kiiruruini na makorwo na riera ria kuigana na ndukamathukie.
- Kuaa matunda maku na makonia ma gutumwo kana ikabu. Ndumamakuue na makonia ma plastic kana mikebe iria itari na kundu gwa kuingiriria riera na gutuma magie na ugunyu muingi na mathuke.
- Tigiriira niwacagura matunda maria mega mbere na makorwo mari matheru na makomithio mbere ya gukuuo. Umithia matunda na miatuka riria ukuinainia. Mbegu nyingi citibataraga kumithio riuaini gwa kahinda ka 2-days mbere ya gukorwo cirri njega..
- Iga mbegu cirri nyumu na cirri hehu. Huthira indo njega cia kuiga ta itambaya kana nyungu cia ndoro niguu unyihie kuguma. Huthira indo citangiingiria riera kana mikebe ya kuiga mbegu, na uihurie mikebe biu niguu gutikagie na mwanya wa riera.
- Angikorwo nduri na mbegu njiganu cia kuihuria mukebe, huthira indo ingi ta makara, mahuti ma mucere kanamaratathi ma ngathiti niguu cihote kunina ugunyu.
- Huthira turubau kuigirira niguu gutigirira mikebe ndiikarite thi niguu citikanyitwo ni tutambi kana mirimu na ugaruruku wa riera. Angikorwo urahuthira makonia noumacurie iguru.
- Geria gwetha utaari kuma kuri ikundi iria cirri kwanyu niguu umenye kana niukuhuthira dawa cia kuingata tutambi niguu ugitire mbegu ciaku. Kwa muhiano, maguta kana mahuti ma neem, mahuti ma gliricidia na thabuni nocihuthikekugitira
- Ririkana kurora mbegu ciaku maita maingi niguu gutigirira citirathukio.
- Geria gwetha uhoro wa kuria uri wigii kahinda karia mbegu cingiigwo. Uu nikuringana na muthemba wa mbegu. Mithemba miingi ingiigwo wega niikaraga miaka miingi.
- Nougérie kurora mahinda maingi niguu umenye cimeraga na njira iriku. Cagura mbegu cia kugeria ta 100, andika muigana uria woza, handa na ucitare na wone nicigana cikumera na ungika uu o mweri kwa muhiano niukwona riria na uria mbegu ciaku cingimera na uheane uhoro uyu thiini wa cluster yanyu.
- O uria haria uigite mbegu hari hahehu noguo mbegu ciaku ciguikara na utigirire mbegu ciaku citinanyitwo ni riuu. Angikorwo kuria uigite nikugunyu niciguthuka naihenya.
- Ririkana kuri na mithemba iiri ya mbegu, “recalcitrant seed”. Mbegu ici ciagiriirwo ni kuhandwo marimaini thutha wa kunganio tondu cibataraga ugunyu muingi. Cingikunjwo na gikuo kigunyu nocikare ta wiki kana mieri.
- Recalcitrant cikuaga riria cioma. Mithemba ya miti iria ni ya recalcitrant ni *Artocarpus heterophyllus* (jackfruit), *Azadirachta indica* (neem), *Calamus species* (rattans), *Durio zibethinus* (durian), *Eusideroxylon zwageri* (ulin), *Theobroma cacao* (cacao) and many dipterocarps (*Shorea*, *Hopea*, *Palaquium*, etc).



- ❑ Muthia, riria urakuu mbegu nginya nathariini ririkana guciiga cirri ngunike wega.

Ni njira iriku cia guthondeka mbegu ciagiriire?

- ❑ Amba uhande mbegu imwe niguu wone kahinda karia cikwoya kumera. Angikorwo nicikwoya kahinda kanene niwagiriirwo ni gucithondeka. Angikorwo nduri na uuma ni njira iriku njega geria njira ngurani na wone niiriku njega ya guthondeka na uheane uhoro ucio kuri cluster yanyu.
- ❑ Angikorwo mbegu cirri nangothi huthu nikuuga ndurabatara guthondeka kwa muhiano Croton megalocarpus, neem Cassia na Kei apple nocihandwo imwe kwa imwe marimaini.
- ❑ Angikorwo niunganitie mbegu, nourinde maaiini gwa kahinda ka 1-2 days thutha ucoke wethe waya ya gicungina wanike mbegu ho na uhihinye niguu ciume wega ucoke uhuthire maai gucithambia ta Syzium cuminii, Dovyalis caffra, Trichilia emetica, Vitellaria paradoxa, Prunus Africana, Gmelina arborea (gmelina), Azadirachta indica (neem) and Tamarindus indica (tamarind).
- ❑ Matunda mangi mabataraga o gukumuthwo niguu mambegu ciume ta Tectona grandis (teak) and Calamus species (rattans).
- ❑ Mangi nimakoragwo na ngothi ibataraga kunurwo thutha wa kurinda maai-ini gwa kahinda ka 1-2 days, uraga makoni na ndiri ta Melia volkensii, Melia azedarach, Sclerocarya birrea, Cordia Africana.
- ❑ Makoni mamwe nimagiriirwo ni kumithio 3-5 days kiiruruini na ningi marutanio niguu mbegu ciume ta Leucana species, Calliandra calothyrsus, Acacia species, Sesbania sesban, Grevillea robusta, Casuarina species and Eucalyptus species.
- ❑ Mbegu iria cirri namakoni momu niciagiriirwo guthondekwo. Imwe ciagiriirwo kuragwo na nyundo kana ihiga thutha wa kurindwo maai-ini thiku 3-5 niguu maai maingire wega na cihote kumera wega. Mbegu ciagiriirwo nikuhandwo imwe kwa imwe irimaini thutha wa kuragwo na mithemba iria yagiriirwo ni gwikwo uguo ni (mukau), Podo species, Croton megalocarpus, Adansonia digitata, Swietenia macrophylla, Delonix regia. Niundu wa mbegu iria nyumu na ni nini, ciikire mukebeini na uthuke nginya cikue.
- ❑ Mbegu ingi cibataraga o gutinio hanini. Ndugatinie mwena uria uri na kamera tondu hau niho mbegu imeragira.
- ❑ Mbegu ingi nicikoragwo cirri njega riria warinda maaiini mahiu ta Calliandra, most Acacias, Tamarind, Leucaena and Albizia. Ikira mbegu mukebeini, therukia maai na uitiririe mbeguini. Eterera maai mahore na urute mbegu thutha wa kuimba.
- ❑ Mbegu ingi nociikirwo maaiini mahehu mathaa 12-24 ta Sesbania, Tephrosia, Dalbergia species, Gmelina, Gliricidia and Acacia augustissima. Ikira mbegu mukebeini na wikire maai mahehu na wongerere mangi tamo ucoke wehuti mbegu iria cikureera.
- ❑ Mbegu ciothe, riria ciathondekwo ciagiriirwo ni kuhandwo orio.

Mazingira Bora

tist Growing Trees
Growing Leaders

Newsletter October 2024

Kiswahili Version

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

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

www.tist.org



Mkutano wa Nguzo wa Kathwene TIST uliofanyika tarehe 18/9/2024.

Wanachama waliohudhuria walikuwa wanawake 81 wanaume 45, mada 16 zilizofunzwa na zilikuwa malipo ya hisa za 2023 na maadili ya TIST. Mkutano ujao wa kikundi utafanyika tarehe 16/10/2024.

- Inside:**
- ✓ TIST imejitolea kuwahudumia wakulima vyema zaidi. *Uku. 2*
 - ✓ TIST: Vikumbusho Muhimu kwa usalama wetu tunapotekeleza majukumu ya TIST. *Uku. 3*
 - ✓ Kuhifadhi na kutibu mbegu kabla ya kupanda. *Uku. 5*



TIST imejitolea kuwahudumia wakulima vyema zaidi.

Wapenzi wakulima wa TIST, tunapojitayarisha kulipa Hisa ya Faida ya 2023, tuna furaha kuwatangazia kwamba stakabadhi zako za malipo ulizotia saina zimepokelewa vyema na zinashughulikiwa.

Watumishi wa Nguzo, viongozi wa timu na timu ya Uongozi wanarekebisha masuala kadiri data isiyo sahihi inavyohusika ambayo iligunduliwa katika Vikundi Vidogo vingi ambavyo vilikuwa tayari kwa malipo.

Ili kuwa na malipo ya haraka na kutatua malipo yaliyocheleweshwa, TIST imeanza kukusanya taarifa zilizokosekana wakati wa malipo ya Hisa ya Faida ya 2023, ili ifikapo mwaka ujao vikundi vyote viwe na sifa za kupata Hisa ya Faida ya 2024.

Wafanyakazi wa usaidizi wa TIST Tech, CS na Uongozi wanafanya kazi kwa bidii kurekebisha makosa yote ili kutatua malipo yaliyocheleweshwa na hii inafanywa kwa kukusanya ushahidi wa chini kabisa kutoka kwa wanachama wa Kikundi Kidogo waliotia saina risiti.

Ushahidi mdogo ni pamoja na nakala za vitambulisho vya taifa, saina za wanachama kwenye risiti na GHG, majina ya wanachama kwenye risiti, majina ya wanachama kwenye GHG, majina ya wanachama katika fomu ya usajili katika mfumo na majina ya wanachama ambao miti ilipimwa.

Data isiyo sahihi iliyotambuliwa ni pamoja na nyimbo zinazokosekana au mbaya: Ikiwa

Kikundi chako Kidogo kina nyimbo mbovu au zinazokosekana, hakitahitimu kulipwa, kwa kuwa hili ni mojawapo ya masharti ya kuwa na data sahihi. Hii pia husaidia kuashiria mpaka wa shamba, eneo na eneo.

Kukosekana kwa GHG kwa baadhi ya vikundi, hasa wanachama ambao miti yao ilipimwa, majina yao kutolingana na wanachama waliosajiliwa katika mfumo, na wanachama waliosaina risiti zisizolingana na majina ya wanachama ambao miti yao ilipimwa.

Maelezo ya msingi yanayokosekana (sehemu ya data katika mfumo): Maelezo ya msingi ni muhimu sana kwa mafanikio ya programu. Wakati maelezo ya msingi yanapokosekana (taarifa kuhusu Uhamishaji na Uharibifu wa Misit) Kikundi Kidogo kinaweza kutostahiki malipo.

Ni ombi letu la unyenyekevu kwamba tunapotafuta taarifa zinazohitajika ili kurekebisha masuala ili Vikundi vyenu Vidogo vilipwe haraka, TIST inahitaji usaidizi wako kama mkulima ili kumsaidia CS kupata taarifa zinazohitajika kuhusu Kikundi chako Kidogo na ushahidi mdogo zaidi ili kikundi chako inahitimu malipo ya Hisa za Faida.

Habari njema ni kwamba vikundi vyote ambavyo taarifa zao ni sahihi na zina ushahidi mdogo wameanza kupokea malipo.

Hebu sote tushirikiane kuhudumiana kwa njia bora zaidi kwa ajili ya mafanikio ya baadaye ya programu.



TIST: Vikumbusho Muhimu kwa usalama wetu tunapotekeleza majukumu ya TIST.

Mahitaji muhimu ya chini ya usalama ni kama ifuatavyo;

1. Sio sera ya TIST, CAAC au washirika wowote kuwaweka wafanyakazi wa TIST katika hatari.
2. Tunataka kila mtu anayefanya kazi kwa TIST awe salama na achukue hatua kwa usalama. Na hakuna mtu anayeruhusiwa kukuuliza ufanye kitu ambacho sio salama. Unapaswa kukataa kuifanya na uripoti mara moja kwa mmoja wa washiriki wa Timu ya KE.
3. Sera Zinazotambuliwa zitajadiliwa: Muhtasari wa sera zinazotambuliwa utawasilishwa. Ikiwa mojawapo ya hali hizi itakabiliwa, ijulishe Timu ya Kenya.
 - a. Matatus na Boda-boda. Usipande magari ikiwa dereva anaonekana kulewa au anaendesha kwa uzembe. Ikiwa dereva anaendesha kwa kasi sana au si salama mwambie dereva aendeshe kwa mwendo wa polepole na salama zaidi. Ikiendelea, omba uruhusiwe kutoka au kutoka nje ya gari. Katika kesi ya wizi, usipinga na kusalimisha kifaa cha TIST ikiwa kitadaiwa. Ripoti tukio hilo kwa Timu ya KE ndani ya saa 24.
 - b. Nyoka. Jihadharini wakati wa kusonga kupitia maeneo ambayo huwezi kuona mahali unapoweka mguu wako. Kama huna uhakika, tumia kijiti kirefu kupeperusha vichaka au nyasi ili kutambua uwepo wa nyoka. Ikiwa nyoka yenye sumu inaonekana, ondoka eneo hilo na umjulisha mkulima. **HAKUNA** matibabu ya huduma ya kwanza kwa kuumwa na nyoka wenye sumu. Iwapo utaumwa na nyoka mwenye sumu, lazima uende hospitali ya karibu kwa ajili ya kuzuia sumu. Kuumwa kunaweza kuwa mbaya ikiwa haitatibiwa. Unaweza kupoteza kiungo au kupata jeraha la kudumu ukiumwa. Wewe, mpenzi wako au mkulima jaribu kutambua aina ya nyoka ili dawa sahihi ya kuzuia sumu iweze kuchaguliwa. Hata nyoka akiuawa bado anaweza kuuma!
 - c. Tembo. Tembo ni hatari sana. Njia bora ya kuzuia shambulio la tembo ni kutoingia katika hali hiyo. Ikiwa tembo yuko katika eneo la mradi, rudi nyuma ukijaribu kutomsumbua. Ikiwa inashambulia, chaguo zako ni:
 - i. Simama msimamo wako, inaweza kuwa malipo ya bluff.
 - ii. Ikiwa uko karibu vya kutosha kujikinga (nyumba, gari, uzio, mti mkubwa), jaribu kurudi nyuma polepole (endelea kumtazama tembo) na sogea kwenye makazi. Tembo hukimbia kwa kasi zaidi kuliko wanadamu kwa hivyo ikiwa huwezi kufika mahali pa kujificha, kukimbia kunaweza kusababisha mwitikio mkali.
 - d. Kukutana na watu hatari. Iwapo utakumbana na TIST au wanajamii wenye uhasama au hatari, ondoka eneo hilo na ujaribu kufika mahali ambapo kuna watu wengine waliopo. Usijihusishe na mabishano au makabiliano ya kimwili. Ikiwa uko na mpenzi, kaeni pamoja na kusaidiana. Katika kesi ya wizi, usipinga na kusalimisha kifaa cha TIST ikiwa kitadaiwa.
 - e. Mashambulizi ya Ngoni. Wanawake wanapaswa kufanya kazi na wenza katika maeneo mapya ili kuepuka unyanyasaji wa kijinsia. Ikiwa unaishia katika hali ambayo unaogopa kushambuliwa, ondoka eneo hilo na ujaribu kufika mahali ambapo kuna watu wengine. Ikishambuliwa, piga kelele kwa usaidizi. Ripoti shambulio lolote kwa polisi na kwa Timu ya Kenya.
 - f. Mbwa. Ikiwa mbwa mwenye uhasama yupo au una wasiwasi kuhusu mbwa aliyepo, mwombe mkulima amlinde hadi umalize kuhesabu. Ikiwa mkulima atakataa, ondoka eneo hilo na uarififu Timu ya Kenya. Ikiwa mbwa ameumwa, nenda kwa daktari. Kwa kuwa mbwa wanaweza kubeba kichaa cha mbwa, jaribu kuamua ni nani anayemiliki mbwa ikiwa anahitaji kupimwa. Ugonjwa wa kichaa cha mbwa ni mbaya bila matibabu na matibabu ni muhimu ndani ya siku.
 - g. Nyuki. Madhara ya kuumwa na nyuki yanaweza kutoka kwa kuudhi na kuumiza hadi kuuu, kulingana na ikiwa una mzio wa sumu. Epuka kuumwa kwa kuepuka nyuki wanaozagaa na jaribu kuwa mtulivu ikiwa wapo. Usiwasumbue nyuki. Epuka kuvaa manukato au manukato. Ukiumwa, ondoa mwiba haraka iwezekanavyo kwa sababu kadiri unavyokaa mwilini, ndivyo majibu yanavyokuwa makali zaidi. Ikiwa unajua kuwa una mzio wa kuumwa na nyuki; kuumwa kwa mdomo, pua au koo; kuwa na upungufu wa pumzi; au kuwa na uvimbe mkali au uvimbe mbali na eneo la kuumwa; pata msaada wa matibabu mara moja. Ikiwa unajua kuwa una athari kali ya mzio kwa nyuki, unapaswa kubeba epi-pen (muulize daktari kuhusu hili).
 - h. Kuvuka mito. Usijaribu kuvuka mito yenye maji mengi yanayotiririka kwa kasi. Unaweza kuzama.
 - i. Kufanya kazi kwenye Miteremko mikali. Kuwa mwangalifu zaidi unapofanya kazi kwenye mteremko mwinuko. Usijiweke katika hali ambayo kuanguka kunaweza kuuu.

**Utaratibu wa Malalamiko.**

Utaratibu wa malalamiko unakusudiwa kwani chombo cha wanachama na wafanyakazi kinaweza kusikilizwa rasmi na wasimamizi wa TIST.

Malalamiko yote yanaletwa kwanza kwa Baraza la Uongozi ambapo masuala hayo yanalinganishwa na sera ya kawaida ya TIST, maadili ya TIST na/au makubaliano ya Gesi ya Kuchafua Mazingira miongoni mwa wanachama wa Vikundi Vidogo na CAAC. Sera na maadili ya TIST ni somo la mafunzo katika semina, mikutano ya vikundi, mikutano ya Vikundi Vidogo na huchapishwa mara kwa mara katika Mazingira Bora. Baraza la Uongozi litampa mhusika jibu ndani ya siku 30 baada ya kupokea malalamiko rasmi.

Ikiwa suala halijatatuliwa ndani ya siku 30, mhusika atafahamishwa kwamba kesi lazima iwasilishwe kwa Usimamizi wa TIST na ataarifu Usimamizi wa TIST kuhusu suala hilo. Pale ambapo kuna umuhimu au sera, Menejimenti ya TIST itatumia nyaraka hizo katika kufanya maamuzi ya mwisho na kujibu mtu aliyedhulumiwa ndani ya siku 30 baada ya kupokea malalamiko rasmi. Pale ambapo masuala mapya yatatokea ambayo yako nje ya utangulizi, au sera iliyopo, suala hilo litaletwa kwa semina inayofuata au mkutano wa Baraza la Uongozi, ambapo maamuzi hufanywa na wawakilishi wa Vikundi Vidogo, Wafanyakazi wa Kenya na Menejimenti ya TIST.

Iwapo migogoro au malalamiko hayawezi kutatuliwa ndani, CAAC na upande uliodhulumiwa watakubaliana juu ya mpatanishi ambaye watawasilisha suala hilo kwake. Malalamiko yoyote ambayo hayatatatuliwa kwa upatanishi yatakabiliwa na usuluhishi kupitia Taasisi ya Waamuzi, Tawi la Kenya ndani ya siku 30 baada ya kufungwa kwa upatanishi.

Sera ya Unyanyasaji wa Kijinsia.

TIST imejitolea kutoa mazingira ya kazi bila ubaguzi, na kukataza unyanyasaji wa wafanyakazi wake na waombaji, ikiwa ni pamoja na unyanyasaji wa kijinsia.

Unyanyasaji wa kijinsia unafanuliwa kama hatua yoyote ya ngono isiyokubalika au isiyotakikana, ombi la upendeleo wa kingono, au tabia nyingine ya matusi au ya kimwili ya asili ya kingono kutoka kwa mtu katika TIST ambayo inaleta usumbufu na/au kuingilia kazi.

Mwenendo unajumuisha unyanyasaji wakati:

- Uwasilishaji kwa tabia kama hiyo hufanywa, ama kwa uwazi au kwa uwazi, masharti au masharti ya ajira ya mtu binafsi;
- Kuwasilisha au kukataliwa kwa mwenendo kama huo na mtu binafsi kunatumika kama msingi wa maamuzi ya ajira na/au kulipiza kisasi; au

- Mwenendo kama huo una madhumuni au athari ya kuingilia utendaji wa kazi wa mtu binafsi au kuunda mazingira ya kazi ya kuogofya, chuki au kukera.

Unyanyasaji kutokana na rangi, dini, ngono, unyanyasaji wa kijinsia, asili ya kitaifa, ulemavu au hali ya umri hautavumiliwa katika TIST. Mwenendo kama huo uko chini ya nidhamu, hadi na kujumuisha kukomeshwa. Mfanyakazi yeyote ambaye anaamini kuwa yeye ni mwathirika wa unyanyasaji wa kijinsia lazima aripoti tukio lolote kwa Baraza la Uongozi mara moja. TIST haitavumilia kulipiza kisasi dhidi ya mfanyakazi yeyote anayelalamika kuhusu unyanyasaji wa kijinsia au kutoa taarifa kuhusiana na malalamiko hayo. Ikiwa una maswali yoyote kuhusu sera hii, tafadhali wasiliana na Baraza la Uongozi.

Kulingana na utangulizi wa mkataba wa GhG, Mwanachama atatii kila sheria na kanuni zinazotumika kwa shughuli zao. Unyanyasaji wa kijinsia ni kinyume cha sheria na Wanachama ambao wamegundulika kuwa na unyanyasaji wa kijinsia wanaweza kuondolewa kwenye TIST. Mfanyakazi wa TIST anayenyanyasa kingono anaweza kuachishwa kazi.

Sera ya Kutobagua.

TIST haibagui na haibagui kwa misingi ya rangi, rangi, dini (imani), jinsia, maelezo ya kijinsia, umri, asili ya kitaifa (nasaba), ulemavu, hali ya ndoa, au mwelekeo wa kingono, katika shughuli au shughuli zake zozote. Shughuli hizi ni pamoja na, lakini sio tu, kuajiri na kufukuza wafanyakazi, uteuzi wa watu wa kujitolea na wachuuzi, na utoaji wa huduma. Tumejitolea kutoa mazingira ya kujumuisha na ya kukaribisha wanachama wote wa wafanyakazi wetu, wateja, watu wanaojitolea, wakandarasi wadogo, wachuuzi na wateja.

TIST ni mwajiri wa fursa sawa. Hatutabagua na tutachukua hatua za uthibitisho ili kuhakikisha dhidi ya ubaguzi katika ajira, uajiri, matangazo ya ajira, fidia, kuachishwa kazi, kupandishwa cheo, kupandishwa cheo, na masharti mengine ya ajira dhidi ya mfanyakazi yeyote au mwombaji kazi kwa misingi ya rangi, rangi, jinsia, asili ya kitaifa, umri, dini, imani, ulemavu, hadhi ya mkongwe, mwelekeo wa kijinsia, utambulisho wa kijinsia au kujieleza jinsia.

Ikiwa mwanachama wa TIST au mfanyakazi anahisi kwamba amebaguliwa, unapaswa kuwasiliana na Baraza la Uongozi na uombe kuanza utaratibu rasmi wa kulalamika. Kulingana na utangulizi wa mkataba wa GhG, Mwanachama atatii kila sheria na kanuni zinazotumika kwa shughuli zao. Ubaguzi ni kinyume cha sheria na Wanachama wanaobagua wanaweza kuondolewa kutoka TIST. Mfanyakazi wa TIST anayebagua anaweza kuachishwa kazi.



Kuhifadhi na kutibu mbegu kabla ya kupanda.

Kuhifadhi mbegu.

- Hakikisha ikiwa unahamisha matunda kutoka pahali pa kukusanya mbegu uyaweke yakiwa pakavu, yamefunikwa na kufikiwa na hewa vilivyo ili mbegu zilizo ndani ya matunda ziziharibike.
- Beba matunda na mbegu zako zikiwa katika magunia au vikapu. Usizibebe katika makaratasi ya plastiki au mikebe isiyo na hewa na ambayo inaweza kufanya unyevu kukusanya na kuharibu mbegu hizi.
- Hakikisha umechagua mbegu nzuri zaidi kwanza na kuwa mbegu hiyo ni safi na kavu unapohifadhi. Mbegu kavu hupiga kelele na kuvunjika unapotikiza. Mbegu nyingi huhitaji kukaushwa juani kwa muda wa siku mbili kufika tatu kabla ya kuwa tayari.
- Hifadhi mbegu yako pahali pakavu na penye kivuli. Tumia kifaa cha kuhifadhi kama gunia au chungu cha udongo ili kupunguza uwezekano wa mbegu kuharibika. Tumia mikebe isiyoruhusu hewa kuingia au kutoka unapohifadhi mbegu zenye thamani ya juu, na ujaze mikebe yako kabisa ili kupunguza pahali pa hewa.
- Ikiwa hauna mbegu tosha kujaza mikebe yako, jaza ukitumia kitu kama makaa, maganda ya mchele au magazeti yaliyokunjana. Haya yatanyonya unyevu ulio katika hewa.
- Tumia mbao au fito kuhakikisha mikebe haiguzi chini (jambo hili laweza kuzifanya mbegu kushambuliwa na mabadiliko ya hewa, unyevu, wadudu na kadhalika kwa urahisi. Iwapo unatumia magunia au mifuko, waweza kuining'iniza.
- Uliza mawaidha kutoka kwa vikundi jirani au wafanyikazi wa kilimo kujua ikiwa unahitaji matumizi ya dawa za wadudu kulinda mbegu zako kutokana na wadudu. Kwa mfano. Mafuta au majani ya muarubaini, majani ya gliricidia na sabuni zaweza kukupa ulinzi.
- Kumbuka kuangalia mbegu zako kila baada ya siku chache kuhakikisha hazijaharibika.
- Tafuta ujuzi kuhusu muda mbegu yako yaweza hifadhika. Muda huu hulingana na aina. Aina nyingi, zikihifadhiwa vizuri zaweza kukaa mwaka au zaidi.
- Waweza jaribu muda wenye upana mbali mbali kujua ni mbegu ngapi zinaota. Chukua mbegu chache (kwa mfano, mia moja), andika nambari uliochagua, zioneshe halafu uhesabu nambari iliyoota. Ukifanya jambo hili kila mwezi, kwa mfano, utaweza kujua ni lini thamani ya mbegu yako inaanza kudhoofika. Gawana matokeo yako na cluster yako.
- Jinsi pahali pa kuhifadhi kupo baridi ndivyo muda ambao mbegu yako yaweza kuhifadhiwa huongezeka. Hakikisha mbegu yako haijawekwa palipo na mwangaza. Ikiwa pahali pa kuhifadhi pana unyevu mwingi mbegu itaharibika kwa haraka zaidi.
- Jua kuwa kuna kikundi kimoja cha mbegu kinachoitwa “mbegu kaidi”. Mbegu hizi kwa kawaida huhitaji kuoteshwa mara moja baada ya kukusanywa na kutolewa kwa tunda kwani huwa zinahitaji unyevu mwingi sana. Zikifungwa kwa nguo zenye unyevu, zaweza kuhifadhiwa siku chache ata kufika wiki moja. Mbegu hizi hufa zinapokauka. Aina za miti zilizo mfano wenye mbegu hizi ni pamoja na: *Artocarpus heterophyllus* (jackfruit), *Azadirachta indica* (neem), *Calamus* (rattans), *Durio zibethinus* (durian), *Eusideroxylon zwageri* (ulin), *Theobroma cacao* (cacao) na aina nyingi za aina zinazoitwa ‘dipterocarps’ (*Shorea*, *Hopea*, *Palaquium*, na kadhalika).



- Hatimaye, unapohamisha mbegu kuzipeleka kitaluni, kumbuka kuziweka zikiwa kavu na zimefunikwa.

Ni matibabu gani yaweza kuhitajika kabla ya kupanda mbegu?

- Otesha baadhi ya mbegu ili huoneni muda gani zinachukua kuota. Iwapo zitachukua saidi ya wiki fikiria kuzitibu.
- Ikiwa hauna uhakika ni mawaidha gani hapa ni bora zaidi, jaribu njia mbali mbali za kutibu na ugawane matokeo yako na kiongozi wa cluster yako kuhusu njia bora zaidi.
- Ikiwa mbegu ni ndogo sana au ina ganda nyembamba mara nyingi haihitaji matibabu yoyote kwa mfano aina za *Croton megalocarpus*, *Neem*, *Cassia* na *Kei apple* zaweza kuoteshwa moja kwa moja mkebeni.
- Ikiwa umekusanya matunda, unaweza kuyalowesha majini kwa muda wa siku moja au mbili, halafu uchukue waya na kuitumia kufinya tunda na kutoa sehemu majimaji ili kutoa mbegu ukitumia maji kuosha hayo mabaki ya tunda kwa mfano katika mbegu za *Syziium cuminii*, *Dovyalis caffra*, *Trichilia emetica*, *Vitellaria paradoxa*, *Prunus Africana*, *Gmelina arborea* (gmelina), *Azadirachta indica* (neem) na *Tamarindus indica* (tamarind).
- Baadhi ya matunda huhitaji tu maganda ya juu kabisa kutolewa kwa kuyagwaruzana kwa mfano matunda ya *Tectona grandis* (teak) na *Calamus species* (rattans).
- Baadhi ya matunda huwa na mbegu inayoitaji kugonwa kwa nguvu. Baada ya kulowesha tunda katika maji kwa muda wa siku moja au mbili, bonda tunda kwa mchi na chokaa kwa mfano matunda ya *Melia volkensii*, *Melia azedarach*, *Sclerocarya birrea*, *Cordia Africana*.
- Maganda mengine huhitaji kukaushwa kwa siku tatu kufika tano (chini ya jua lenye kivuli) halafu kufinya kwa kutumia waya ili kutoa mbegu kwa mfano maganda ya *Leucana*, *Calliandra calothyrsus*, *Acacia*, *Sesbania sesban*, *Grevillea robusta*, *Casuarina* na mikaratusi.
- Mbegu zilizo na maganda manono huhitaji matibabu ya aina maalum. Baadhi huhitaji maganda yake kuvunjwa kwa kutumia nyundo au jiwe baada ya kukaushwa ka siku tatu kufika tano ili kuruhusu maji kuingia ili mbegu iweze kuota. Mbegu zafaa kupanda mara moja baada ya kuvunja maganda. Aina ambazo huhitaji kuvunjwa ni kama *Melia* (mukau), *Podo*, *Croton megalocarpus*, *Adansonia digitata*, *Swietenia macrophylla*, *Delonix regia*. Mbegu zilizo ndogo na ngumu ziwekwe katika mkebe uliowekwa karatasi ya mchanga ndani na mkebe utikizwe kwa nguvu hadi ganda likwaruzwe.
- Baadhi ya mbegu huhitaji kukatwa kidogo tu ili kusaidia maji kuingia. Usikate ambapo mbegu ilishikana na ganda kwani sehemu hii ndio iliyo na mmea utakaokua.
- Baadhi ya mbegu hutibika vizuri zinapoloweshwa kwa maji moto kwa mfano *Calliandra*, most *Acacias*, *Tamarind*, *Leucaena* na *Albizia*. Weka mbegu katika mkebe, chemsha maji na uzimwagilie mbegu. Ruhusu maji yapoe halafu utoe mbegu kutoka kwa maji baada yakuona kuwa zimefura.
- Baadhi ya mbegu zaweza kuloweshwa kwa maji baridi kwa masaa kumi na mawili kufika ishirini na manne kwa mfano *Sesbania*, *Tephrosia*, *Dalbergia*, *Gmelina*, *Gliricidia* na *Acacia augustissima*. Weka mbegu katika mkebe na uongeze maji baridi (mara mbili mbegu zilipofika kwa mkebe). Toa mbegu zinazoelea.
- Mbegu zote, baada ya kutibiwa, zahitaji kupandwa mara moja.

Mazingira Bora

tist Growing Trees
Growing Leaders

Newsletter October 2024

Kikamba Version

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

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

www.tist.org



Mkutano wa Nguzo wa Kathwene TIST uliofanyika tarehe 18/9/2024.

Wanachama waliohudhuria walikuwa wanawake 81 wanaume 45, mada 16 zilizofunzwa na zilikuwa malipo ya hisa za 2023 na maadili ya TIST. Mkutano ujao wa kikundi utafanyika tarehe 16/10/2024.

- Inside:**
- ✓ **TIST ni yiyumitye kuthukuma aimi nesa. Page 2**
 - ✓ **TIST: Mawililikany'o mavata kwitu iulu wa usuviiku witu yila tukwika mawia ma TIST. Page 3**
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TIST ni yiyumitye kuthukuma aimi nesa.

Kwa aimi ma TIST, tuendee na kwiymbanisia ndivi ya kuaana ya mwaka wa 2023, twina utanu kumumanyithya kana mathangu menyu ala mweekiie ngiithilo / sai nitunamakwatie na nimasuviiku.

Athukumi ma Ngwatanio, Atongoi ma tukundi na utongoi w'onthe nuendee na kwailya kula kwina mavityo ala moonu iulu wa tukundi tula twaile ukwata ndivi.

Nikana twinthiwe na ndivi kwa mituki na tuisisya ivinda tueke kuselewa nikyo tunoonie twambe kuseuvya kula kwina makosa na uvoo mutie wa ndivi ya kuaana ya 2023 nikana mwaka wa 2024 kila kakundi kavitukithw'a kukwata ndivi ya kuaana ya 2024.

Athukumi ma TIST, Atongoi ma ngwatanio, na utongoi w'onthe wa TIST kwa vamwe uthukumite navinya kuikiithya niwaailya makosa ala mevo na ala matumite ndivi iselewa, na kii kineekwa kwa kwosania uvoo kuma kwa amemba ma tukundi tunini ala maneeikiie sai mathangu ma ndivi.

Uikiithyo munini nita - kovi sya ivandi, sai sya amemba ma kakundi ila syi lisitini na GhG, masyitwa ma amemba ala me lisitini na masyitwa ma amemba ala me kwa mathangu ma GHG, na masyitwa ma amember ala me nthini wa mathanguma kwiandiikithya na masyitwa ma amemba ala miti yoo ivitukithitw'e.

Uvoo ula utewaw'o tunoonie nita kwaa kana uvoo utaatianie. Ethiwa kakundi kenyu kena uvoo utaatianie, kaivitukithw'a kukwata ndivi, nundu

uvoo uu niwendekaa nikana kwia uvoo waw'o.

Kii ingi nikitetheesya kwikia mivaka ya miti ya TIST, vala ii na kisio. Kwaa kwa uvoo wa tukundi thini wa GHG, munamuno amemba ala miti yoo inavitukithiw'e, kana masyitwa moo kulea kwosana na masyitwa ala meeyiandikithisye namo, na masyitwa ma ala mekiite sai kulea kwosana na ma ala miti yoo mivitukithye. Kwaa kwa mauvoo ma miti la yaivo mbee wa kwambiia uvanda miti ya TIST, uvoo wa miti ila yaivo mbee niwavata munu.

Yila uvoo wa miti ino wakosa (uneenea kutemwa kana kukuanw'a na miti ingi) kakundi nowithie katatonya ukwata ndivi.

Kwandaia twikulya mutunenge ivinda twambe umatha uvoo uu na kuwailya undu vaile nikana kakundi kenyu kaivwe kwa mituki TIST nikwenda ukwatwa mbau nue ta muimi nikana kutetheesya atongoi ma ngwatanio kukwata uvoo wa kakundi kenyu ula ukosete kwa kunengane ukusi munini ta kovi sya ivandi nikana kutuma kakundi kenyu kwithiwa katonya kukwata ndivi ya vaita wakuaana.

Uvoo museo nikana kila kakundi kena uvoo waw'o na uatianie na walany'o witu nitwambiie ukwata ndivi.

Ekai tuthukume vamwe na kuthukumana ithyi kwa ithyi kwa nzia nzeo na undu wa kuunika vamwe walany'oni uu.



TIST: Mawililikany'o mavata kwitu iulu wa usuviiku witu yila tukwika mawia ma TIST.

Maundu ala mavata munomebndekaa iulu wa usuviiku / uima witu ni aa maatii:

1. Ti wendi wa TIST, CAAC kana amwe ma ngwatanio yitu. TIST ndyendaa kwikia athukumi muisiyoni wa kuumia kwa nzia oan imwe.
2. Ndwinda kila umwe ukuthukumia TIST ethiwe e musuviiku na aithukuma esuviite. Na vai mundu utonya ukwia niwike undu utonya ukuetee mbanga. Niwaile ulea mundu anakwia niwike wia utonya ukuwatithya mbanga na uikuna livoti kwa memba umwe wa Timu ya KE.
3. Miao ila yitikiee kuneenaniw'a. Kwokuvi miao ila yisikie ya kwisuvia ikaneenaniw'a. Ethiwa kati wa maundu aa nimeethiwa manyithya Timu Kenya.
 - a. Matatu na bodaboda. Ndukalike matatuni ya ndelewa mumile kana kukuwa ni kamota mutwai wako uilye ta unywite kana ukutwaa ngali kana mota nai. Ethiwa ndelewa nukusembya ngali kuvituka kiasi mutavye aole kusemba, ethiwa niwalea ukwithukiisya mwie aungame wume. Ethiwa ni ungei undee, ndukambiie kukitana na ingei ona ethiwa nimio ya TIST ukuite lekya na uikuna livoti kwa timu ya KE iulu wa kisa kiu mbee wa masaa 24 kuthela.
 - b. Nzoka. Ikala wituie yila walika kithekani na kula utatonya kwona vala uukinya. ethiwa ndwina muiikio nakw'o tumia muti kuthookanga nyeki kana ikuthu nikana umanye kana nivethwa nzoka yivithitevo. Ethi nzoka yisumu niyooneka uma kisioni kiu na uimanyithya muimi ula ni mwene kitheka. Vai utethyo wambee wa mundu aumwa ni nzoka yina sumu. Ethiwa niwaumwa ni nzoka yi sumu niuseo kusembwa sivitali ila yivakui kuitwa. Kuumwa kuu nikutonya ithiwa kwa muisyo walea kuitwa. Nutonya kwasya ona imutha ya mwii kana kukwata uumisye wa kwikala waumwa. Ula winake kana muimi ula wivakui niwaile utata amanye waumwa ni muthemba wiva wa nzoka nikana wavika sivitali unewe ndawa ila yaile. onaethiwa nzoka niyooawa nitonya kuumana!
 - c. Nzou. Nzou nimuisyo munene. Nzia ila nzeo ya kulea kuumiw'a niyo nikwikala vaasa yano na kulea umikyokosa. Ethiwa nzou yi kisioni kila kina wia wenyu tata na vinya ndukamitelemye ekan na u wia. Ethiwa niyaamua kumusyima ika uu:
 - i. Ungama vala uui uteithingithanga.
 - ii. Ethiwa wivandu vakui ulika ta nyumba, ngali, wiio kana muti munene wisesyany'a

- d. Kukomana na ing'endili: Undu ukomana nandu mengoo thuku na mena ung'endu kwa andu ala angi kana kwa TIST, uma kisioni kiu na utata uvike vandu ve andu angi ndukethiwe wi weka. Ndukakwatane na ngavano, iteta kana kau. Ethiwa wina mundu ingi ikalai vamwe na mwikiane vinya. Ethiwa ni ung'ei/ uvenani muikaembe na mii/syindu ona ethiwa ni sya TIST maekee ethiwa nisyo mekwenda.
- e. Kuthinw'a kwa ki muvai. Aka maile uthukuma na andu angi isio ila nzeu nikana maikathinwe. Indi ukeyithia vandu uukia kuthinw'a nundu wa muvai waku, uma kisioni kiu na uithi vandu vana andu aingi ala mevo, kana ethiwa niuukwatwa uua mbu witye utethyo. Kuna livoti kiseseni kya polisi na kwa Kenya timu.
- f. Ngiti. Ethiwa vala wanhi niweenthiana na ngiti yikau, kulya muimi amyove muvaka umine wia wa uthianana na kuvitukithya. Ethiwa muimi usu niwalea, uma kisioni kiu na uimanyithya timu Kenya. Ethiwa niwaumwa ni ngiti ona ndakitali. Nundu ngiti nisiyithiawa na mungethya, manya mwene ngiti nikana undu vendeka kithimo. Mungethya nimuisyo munene walea kuitwa kwa mithenya ila yaile.
- g. Nzuki. Mathina ma kuumwa ni nzuki ni kuma kunyata nginya kwithiwa na woo mwingi, kulinganana kana niwimbiawa. Ivathane na kuumwa ni nzuki kwa kwikala uteuthingithanga kana kuithinya ethiwa niweethiana nasyo syumbiie vandu. Ndukevuvu manukato ethiwa nuuvika vandu kana kitheka kisungi. Waumwa kua umoa wa nzuki okwamituki uteketeela nundu undu umoa wekala mwiini now'o ukueteae woo wiana. Ethiwa niwisi nimuthuanite na umoa wa nzuki, waumwa onaethiwa waumwa kanyw'a, iny'uu, muluku na kana ethiwa ukwatawa ni kwimba, kuemwa ni uveva, ikiithya niwakwata utethyo wa sivitali kwa mituki. Ethiwa niwisi nuthuanite na umoa wa nzuki kua ndawa yitawa "Epi Pen" (No ukulya ndakitali iulu wayo ethiwa ndumisi)
- h. Kukila usi: Ndukakile usi usie kiw'u na munomuno kiw'u kisembete, niuu kuwa na uthita witwe.
- i. Kuthukuma itiuukoni. yila uuthukuma kundu kula kutiuuku ithiwa wimetho na wituie. Ndukeyikie muisiyoni wa kutiuuka na kulika ukongoni no uumie kana ukakw'a.

**Kuthinikia mathina / kulea kwianiwa.**

Nzia ya kuthinikia mathina kana imena ila syivo ni muio kwa amemba na athukumi undu itonya kuneenaniw'a ni uvisi wa TIST.

Mathina na kulea kwianiwa kwaumila kwambaa kuetwe methoni ma utongoi wa kanzu ya TIST vala isianiaw'a na mawalanio sya TIST, kyavata kwa TIST na/kana wiw'ano wa Greanhouse Gas kati wa amemba ma tukundi tunnini na CAAC. Mawalanio na kyavata kwa TIST nisyo kyongo kya momanyisyo nthini wa semina, mbumbano sya ngwatanio, mbumbano sya tukundi na ithangu ya Mazingira Bora yila yitumbithaw'a mavinda kwa mavinda.

Utongoi wa kanzu ninengae ula utemwianie kana wina nthina na utw'i wivo usungop nthini wa mithenya 30 itina wa kutwaa kulea kwianiwa kwa ula uetete ukuklyo. Ethiwa nthina usu nduto uthinikiwa na mithenya 30, memba ula waetie vata uu nutavaw'a kana vata wake nuu vikw'a kwa uungamii na utongoi wa TIST na niwaile utavya uungamii wa TIST iulu wa vata uu.

Vala ve mawalanio na nzia syovo sya kuatiia, utongoi wa TIST nutumiaa maandiko asu mevo kumya utwi na kusungia ula wina nthina nthini wa mithenya 30 kuma makwata kiovisi vata uu wake. Vala nimaundu meu maumila kivathukanio na ala maaithiwa, nthina uyu ukaetwe kwa semina kana umbanoni wa utongoini wa kanzu ya TIST vala utw'io ukekwa ni ala maungeme kilioni kya tukundi tunini, athukumi na utongoi wa TIST.

Kenyiwa mathina kana kulea kwianiwa maitonya uthiniwiwa vaa nthini wa tist CAAC ba ula mwene vata nimakwataniaa undu matonya nuu ula meutwaia nthina uyu. Nthina ula waema kunthinikliwa kwa nzia ya kueleanwa nutwaawa wa Arbitration kwisila kwa Chartered Institute of Arbitrators, uvonge wa kenya nthini wa mithenya 30 itina wa kuema ukwatania/kueleanwa.

Walanio wa Kuthinwa nundu wa muvai.

TIST niyiyumitye kunengane mawithyululuko maseo ma utukumia mena uthasyo navate kuvathukania na kulena na kuthinwa kwa nthukuni na amemba kwa nzia ona yiva muvaka ndwaile uthinwa nundu wa muvai waku. kuthinw'a nundu wa muvai withiawa ni kwamundu kwenda kumanyana kimwii kana kutwata isio sya mwii wa mundu atekwenda kana kwa vinya, kana kwenda unew'e kyendi uitumia nzia ya mwii ila nditikilitw'e kwa TIST nundu ietae kuemanwa na kulikiliila wia. Ila italikaa ta uthinio yila:

- Kwinyivya kwa mundu waete kivuthya kii kwa kwiyielesya na kwa tavia ya mundu ya luandikwa.
- Kwinyivya kana kulea tavia isdu kwa mundu nikusumiaa ta unyuvu na utwi wa kuandikwa kana kwiivanisya; kana

- Tavia ino nitumiawa kwa vata kana kuate kulikiliila mundu uthukumini wake kana kuate kivuthya, kimena na kuemanwa isioni sya uthukumi.

Kunthinwa nundu wa mbai, muikiio, muvai, wumo waku, uema/mamutha mosu, ukuu kana ukwati kii kiyitikilika na kiyumiiw'a nthini wa TIST. Tavia ya muthemba uyu niyoseawa itambya ya kulunga na vaemela ona kuvutwa. Muthukumi ona wiva ula ukuikiwa ni muthiny'e kwa nzia imwe kana ingi niwaile kwa mituki kumanyithya utongoi wa kanzu. TIST nditonya kumiisya itambya kwa muthukumi uetete kuthinwa kimwii kana kunengane uvo ukonanitye na kuteta nundu wa kuthinwa ni mundu ukwenda mumanyane kimwii. Ethiwa wina ikulyo iulu wa undu uu, kwandaia neenania na atongoi ma kazu.

Kwianana na kwielesya kwa ukwatianio wa GhG, memba aile kwikala aatiie miao na kwika meko ala maile kwianana na wia ula wivo. Kuvuthw'a na kuthinwa kimuvai nileetwe ni miao na amemba ala mekwithiwa maithinanya kwa kwenda umathanya kimwii nimekumwa nthini wa TIST, muthukumi wa TIST ulu ukuthinania kwa nzia ya kwenda umanyana kimwii niwaile uvitwa.

Walanio utewa kuvathania/kutenga.

TIST ndikwataa mbau kuate uvathukanu kwa nzia ya kavila, muvai, langi, muikiio, mundu muka kana munduume, mwaka, w'umo, wonzu wa mamutha/uema, utwae, nthini wa maundu moo kana mawiko. Mawiko na maundu moo nita kuandika, na kuvuta athukumi, kusakua andiu ma kwiyumya na atandithya na anangani ma uthukumi. nitwiyumitye kunengane mawithyululuko matena uvathukanu na mekwendeesya kwa amemba, athukumi, aui, endu ma kwiyumya, na atandithya.

TIST niyandikanaa kwa wiananu kwianana na ivuso. Tuyiikia uvathukanu kana kwosa itamyua ya kuikiithya iulu wa uandikani, kumanyiany'a, kutangaasithya wia, kuivana, kuvutana, kwambatia kiwango, kukanthiia na maundu ang ma uandikani iulu wa mundu ukwenda kwia kana muandikwa tuyiatiia kavila/mbai, langi, muvai, nthi ila wumite, ukuu wa mundu, muikiio wa mundu, uema/wosu kana muvai wa kwiyielekana.

Ethiwa memba wa TIST kana muthukumi nukwiw'a kana nimutenge/nimuvathule, niwaile uvikia utongoi wa kanzu na ayitya mwanya wa kuate nthina wake kwa nzia ila yaile, kwiananan na uelesyo wa wiw'ano wa GhG.

Memba niwaile kuatiia kila mwiao ula wikiitwe kwa kila wiko/uthukumi. Kutenga/kivathukanio ni uteena miao na memba ula ukuete uvathukanu niwaile umwa nthini wa TIST. muthukumi wa TIST ula ukuete kutenga/kuvatha niwaile uvutwa.



Kwia Mbeu na undu wa kuiita mbee wa uvanda.

Kwia Mbeu

- Ikiithya ethiwa wiumya matunda kuma kisioni kii kuthi kingi niwamekalya me many'au, memuunyini na vandu vena nzeve nesa nikana ngii ila syi nthini iikanangike.
- Kua matunda maku na kyondo kya ikanga kana ikunia. ndukakue na mathangu ma nailoni maikanyale na ukosa nzeve na mayanangika.
- Ikiithya niwanzakua matunda ala maseo (unit 2) na ni manyau na matheu mbee wa kumaia. Mbindi na ngii mbingi syendaa kwanikwa suani vandu va mithenya ili kana itatu iny'ae nesa.
- Ila mbeu yaku vandu vany'au , ve muunyi na ve nzeve nesa. Tumia makunia ma ikonge, mbisu nikana uole ivuso ya mbeu kuunda. Kunika na nguniko nesa wusuity'e mbeu nesa kuola nzeve nthini wa kikuu, mbisu kana ikunia yila wiite mbeu.
- Ethiwa ndwithiawa na mbeu ya kususya vala ukwenda kwikia ususya na makaa kana makanzeti nikana makanyusaa nzeve ila yina kiw'u.
- Tumia miti kuseuvya makumbi kana utaa wi yiulu kwa kwia mbeu nundu waia nthi mbeu nitonya kuunda kana kwanangwa ni uvyuvu na tusamu kuma muthangani. Ethiwa witumia makunia kana syondu no ususye mitini nyumba.
- Kulya mawoni kivathukany'o kuma kakundini kaku kala ke vakuvi naku kana kwa athukumi ma ndilikasa iulu wa utumia ndawa sya kuaa mitutu na mauwau kusuvia mbeu yaku. Ngelekany'o Matu ma Neem kana mauta, matu ma Gliricidia, savuni nisuvia mbeu.
- Lilikana Kusisya mbeu yaku kaingi kuikiithya ti mbanangiku.
- Umbany'a uvoo iulu wa mbeu ino na undu wa kumia kuma kisioni kyaku kulingana na ni muvai wiva nundu kwi imwe itaiawa kwa ivinda iasa.
- No utatithye kusianisya ivinda ya kumea kwa kwosa ngii ta 100 na kwia lekoti ya ivinda yilaiutumia kumea kwa kutala nisiana imeete kwa ivinda yiana ata. Weeka uu kila mwai ukeethiwa utonya umanya kwa ngelekany'o undu siekete kwithiwa na vinya wa kumea na wamanya tavya ala ma ngwatanio yenyu undu usomete iulu wa mbeu isu na kumanya.
- Oundu vala wiite mbeu yaku vathithite now'o itonya kwikala kwa ivinda iasa. Ikiithya mbeu ndinalika kyenini muno na ethiwa vala wiite vena uthithu muvituku nilaisi mbeu kwanangwa ni mbuka.
- Manaya kana vena mbeu syitawa recalcitrant (ila syi vinya kuvinduwa). Mbeu sya muthemba uyu nila itendaa kwiwa syendaa ukethwa ivanditwe nundu syendaa wiu mwingi. Kwa kwia kwa ivinda inini ta kyumwa waile ulinga na makula meu. Mbeu muthemba uu utavinduwa nikusaa yany'aa. Mithemba ya miti ila mbeu yasyo iilye uu nita:- Artocarpus Heterophyllus (Jackfruit), Azadirachta Indica (Neem), Calamus Species (Rattans), Durio zibethinus (Durian), Eusideroxylon zwageri (Ulin), Theobrona caci (Cacao) na ingi ta Dipterocarps (Shorea, Hopea, paolaquiquium etc)
- Na muthya, yia uukua mbeu kuma kivuioni lilikana kumya na kuvwika.

**Ni Uiiti wau utonya kwendeka mbee wa mbeu kuvandwa?**

- Vand mbeu imwe na uisisya syikua ivinda yiana ata kumea. Ethiwa syikua ivinda iasa kwi kyumwa kimwe nuseo kwamba kuiita mbee wa kuvanda.
- Ethiwa ndwina muikiio na mawoni ala unengetwe iulu wa mbeeu ino ni useo kwamba kutatithya kwa nzia kivathukanyoo na uitavya amemba ma ngwatanio yenyu undu wonete itina wa kutumia nzia isu ethiwa ni nzeo.
- Ethiwa mbeu ii ni tungili tuniini kana twiona ikonde yumu ni useo kwamba kuiita ngelekany'o ya mivai ya ngii ila yithiawa na ikonde yumu nita Croton Megalocarpus, Neem, Cassia Species na kei appel ila syaile amaba uvandwa mukeveni.
- Ethiwa ukolanitye matunda amba uinde vandu va mithenya ili kana umwe, osa kisungi kya waya uvinyianisye na kusunga utiwe na iongii na kiw'u na nyama sya itunda iisungwa sume. Mithemba ya miti ila yikawa uu nita Syzium cuminii, Dovyalis Cffra, Trichilia Emitica, Vitellaria Paradoxa, Prunus Africana, Gmelina Arborea (gmelina), Azadirachta indica (neem) na Tamarindus Indica (Tamarind).
- Matunda amwe nimendaa kwamba kumwa kikonde kya nza na kutitianwa vamwe ngelekany'o Tectona grandis (Teak) na Calmus species (Rattans).
- Matunda angi methiawa na ngii ila syendaa uthiwa. Itina wa kuinda itunda vandu va muthenya kana mithenya ili, kima itunda na ndii na mwithi mithemba ino nita Melia volkensii, Melia Azedarach, Sclerocarya birrea, Cordia Africana.
- Mikea imwe niyendaa kwanikwa suani kwa mithenya 3kana 5(vandu vatena sua nyingi) na itina kutuangwa kumya mbindi/ngii. negelekany'o ni Laucana Species, Calliandra calothyrsus, Acacia species, Sesbania Sesban, Grevillea robusta, Casuarina Species na Eucalyptus species.
- Mbeu imwe syithiawa na ikonde yumu na syendaa kwamba kuiitwa. Imwe nisyendaa ona ikonde yasyo kwamba kwatuwa na yundo kana ivia itina wa kwanikwa vandu va mithenya 3 - 5 nikana kiw'u kilike na kutuma imea. Mbindi ii nisyendaa uvandwa mituki undu vatonyeka itina wa kwatuwa ila nita Melia(mukau), podo species, Croton megalocarpus, Adansia digitata, Swietenia macrophylla,, Delonix regia. kwa ngii iola ninin na syendaa kwatuwa ikia mukeveni wina nguniko na uyikia kithangathi na uikusakusya kwa vinya nikana syatuke.
- Mbindi imwe nisyendaa utilwa o vanini kutitheesya kiw'u kulika. Ndukatile muno ndukatile munguthe.
- Mbeu imwe nisyikaa nesa kwa kuindwa kiw'uni kimuutia kana kivyuu ila nita:- Calliandwa, most acacias, Tamarind, Leucaena na Albizia. ikia mbeu mukeveni, na uyitii kiw'u kitheukite. Eteela kiw'u kivoe na uyumya mbey ila ukwithia syaimba.
- Mbeu imwe syendaa kuindwa kiw'uni o kithithy kwa masaa ta 12-24 ila nita Sesbania, Tephrosia, Dalbergia Species, Gmelina, Gliricidia na Acacia augustissima. Ikia mbeu mukeveni ongela kiw'u kithithu kila kyaile ithiwa kundu kwili kwa imbindi, umya ila itonya kwithiwa ithambalalite.
- Mbeu yoothe yamina uitwa niyaile utwawa muundani kana kivuioni na kuvandwa.

Mazingira Bora

tist Growing Trees
Growing Leaders

Newsletter October 2024

Kipsigis Version

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

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

www.tist.org



Mkutano wa Nguzo wa Kathwene TIST uliofanyika tarehe 18/9/2024.

Wanachama waliohudhuria walikuwa wanawake 81 wanaume 45, mada 16 zilizofunzwa na zilikuwa malipo ya hisa za 2023 na maadili ya TIST. Mkutano ujao wa kikundi utafanyika tarehe 16/10/2024.

Inside: ✓ TIST ko tindoo mageet koboisieche temik en oret ne kaikai. Page 2

✓ TIST: Tuguk che nyolu obwat akobo ole kiyooitoo boisionik en TIST en oret ne kiribootik. Page 3

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TIST ko tindoo mageet koboisieche temik en oret ne kaikai.

Temikab TIST Chekichome, oloon kichoboksei kelipan Pjeutikab Melekweekab 2023, ko kiboiboi kibarastewok kele risitisek che kionde siyeet ko kokenyoru komie ako tesetai keyochin boisiet.

Kiboitinikab Isasamok, kandoikab timisiek ak timitab Kandoinatet ko tesetai kolitite ng'alek che momi komie chebkikinyorchi Katuiyosiek che Mengechen che kikakochobok keliponchi melekweek.

Asikomukak kenyor lipanosiek en chokinet ak keisto chelewanetab lipanosiek, ko tesetai TIST ko cheng'e logoiwek che betiotik akobo Pjeutikab Melekweekab 2023 asi komukak en kenyt ne kibendi keliponchi katuiyosiek tugul Pjeutikab Melekweek.

Kboitinikab musognoteet chebo TIST ko boisie en kimnatet kogeer kole kachulak logoiwek tugul che kimakomii komie ako niton keyoe koyoob kayumetab baornatet ne bunu membaekab Katuiyosiek che Mengechen che kikonde siyet risitisekkuak. Baornateet ne mi ng'wony ko kibandet, kondeetab siyeet en vochaisiek ak GhG, kainutikab biik che mii vochaisiek, kainutikab membaek che mii GhG, kainutikab membaek che mi fomisiekab siretab gee kou oleu en olekikonoreen tuguk ak kainutikab membaek che ki kiit ketikuak..

Alak en tuguk che betiotik ko kou kiwotosiek che momi komie: Angot kotindoo Katuiyeng'ung' ne Ming'in kiwoteet ne ya anan ko ne betoot, ko monyorchingee lipanosiek, amun niton ko agenge en tuguk

che kimoche. Niton kora ko toreti kooboor kiwotosiekab ngonosok, ak kokwotinwek che mi.

Oloon momi kandeetab siyet missing' en katuiyosiek che kikiit ketikuak, ako monemegee kainutik ak che kikisir, ak membaek che kiinde siyet ako mo nomegee mainutik ak membaek che kikiit ketikuak.

Beteetab logoiwekab kiwoteet (oolon mi tuguk che tuten che betiotik): Logoiwekab Kiwotet ne betoot ko bo komonutiet missing' en tuneneetab tetutiet. Oloon betoot logoiwekab kiwoteet (logoiwekab Koutoet ak Tiletab Ketik) ko imuch ko monyorchigee lipanosiek Katuiyet ne Ming'in.

Somenyoon en koming'inetab gee ko kemwaa kele oloon kitesetai kecheng'e logoiwek che kimoche asi kimuch keyai lipanosiek chebo Katuiyosiek che Meng'echen chekuok, ko moche TIST toreteng'uong' ko oo temik ak otoret Kiboitinikab Isasamet konyoor logiweek che kimoche akobo Katuoiyosiekuok che Mengenzen ak tuguk che kimoche missing' che bo baornatet asi komuuch katuiyet konyorchigee Pjeutikab Melekweek.

Logoiwek che miach ko katuiyosiek che mi komie logoiwekuak ako tinye baornatet ko kokoonam konyorchigee lipanosiek.

Ongeboisien tugul asi kimuch keyochingee boisiet en oret ne kaikai asi kimuch kenyorun betusiek che koikoi en taa yun kibendii.



TIST: Tuguk che nyolu obwat akobo ole kiyooitoo boisionik en TIST en oret ne kiribootik.

Ortinwek che ribootik ko cheu che isibu:

1. Mo tetutietab TIST, CAAC anan ko kwanet che boisie tugul konde ole ng'oi kiboitnik en TIST.
2. Kimoche chi tugul ne boisie ne TIST koteb en oret ne mo ng'oi ak kobois en oret ne mie. Ako momi chi ne kechomchin komwowochi chi ko bois en oret ne ng'oi. Nyolu iyiesie iyai kiit ne ng'oi ako nyolu imwaite koityi membaekab kibagengeitab KE.
3. Tetutik che iyonotik keng'ololeen. Tetutichoton che iyonotik kekoonu en nwokinto. Angot kenyoora agetugul en tuguchu ko nyolu kemowchi KE Team.
 - a. Matatoisiek ak boda bodaisiek. Mat in kimutin angot igeere ile bokiti ndereba anan ko kete en oret ne ya. Angot ko kete ndereb en chepchindo ne bob arak anan ko oret ne ng'oi missing, imwochi ndereba koget mutio ak en oret ne mie. Angot ko siten, isoom kiregun en garit. Inda mi chorset nebo kimnatet, ko mat igilgee, igoiten tugukab TIST angot kemach. Ak ibir repot koityi KE Team komoobek saisiek 24.
 - b. Ndarook (erenook. Nai komie ole itiche olon motoogu komie ole itieche en susweek anan ko timto. Angot ko mengen komie, iboisien krogto ne koi itwaitwai timto asinai angot ko mi erenook. Angot igeer indaret nebo sumu, iistegee ak imwochi nebo mbaret en chokinet. Momi kerichiek chebo choginet che kinyoen susetab ndaret. Angor ko susun ndaret nebo sumu, iwe sainoton akoi sipitalit ne negit kinyain ak kerichiekab sumu chebo ndaret. Angot ko mewe kinyain komuche koib meet sumu chebo ndaret. kimuche kemut keldsng'ung' anan kogonin koimutik chebo kipchulio. Inye anan ko chito ne omii tuan ko nyolu onai ole ndarte ne kasusin ko ainoon asikimuch kinya keboisien kerichiek che chototn. Angot matin ko kakebar ndaret komuche kora kosus chito!
 - c. Beleek. Beleek ko ng'oen missing'. Oret ne mie ne kimuche keistoengee kakotonosiek anan ko ng'oiyonditab beleek ko iistegee ne ole mii. Angot ko mii neleek ole oboisien oistoengee mutyo mutyo ak obe ole mii got. Angot kobokiok ko omuche oyai tuguk cheuchu:
 - i. Telelen ole imii. Imuche ko komuiset kitoy.
 - ii. Angot ko inekit en got anan garit anan ng'otwet anan ko ketit neo, iwe mutyo ak itestai igeer beliot ak iwe got orit. Beliot komuche kolabat en chepchepindo ne mii barak missing kosir chito, kou noton ko angot ko memuche ilbata missing akoi go orit, ko angot ilbata ko kekochi kokolkoliit missing.
 - d. Ketuiyo ak biik che ng'oen. Angot inyoru mebaekab TIST che yachen anan ko ng'oen, iistegee en yoton ak iwe ole mi biik alak. Matitorchigee anan otiye anan omach obirgee. Angot omi akchito ne kobendoti tuan, otoretgee. Angot komi chorset nebo kimnatet, ko matigilgee, iyan kora ogoite tugukab TIST angot kemach choriik.
 - e. Nyerseet: Kiboitiot ne kwondo ko nyolu kobois ak kiboitiot age en emet ne leel asikomuch koistoengee nyerseet. Angot imgoen ile kimuche kenyereen, iistegee en ytpn ak iwe olemii biik alak. Angot kibokiyin, iwaach ak igurse ketoretin. Igoiten ripot nebo nyerseet en kapolis ak en KE Team.
 - f. Ng'ogiik (sesenik). Angot inyoru anan ing'oen akobo ng'ogto ne kolkol, imwachi nebo ,baret korat kotogor itar koitisiert ne keyoe. Angot koyesio nebo mbaret, iwe en yoton ak iripoten en KE Team. Angot kosusin ng'ogto, iwe inyoru daktari. Ng'ogik alak kotinye miondab rabies, yom inai ile bo mg'oo ng'ogoton inda kimoche kechigil angot ko mioni. Miondab rabies ko ya ako imuche kobar chito angot komakinya en choginet komaba betusiek.
 - g. Segemik. Angout biik segemi ko konu ng'woninto, anan koime biik anan akot kobar chito, kotiengee angot onamegee anan ko monomegee ak segemik. Yom igeer ile mooutin segemik, istengee en segemik chon chang'ak iyoom isisigee en olemiiten segemik. Matikal segemik. Matiilengee tuguk che ng'uu. Angot koutin, ing'usu koteet en choginet amun angot kogagee koyaitu en borto. Angot ingen ile itinye tamis en kotetab segemiat anan keutin ng'elyepta, serut anan ko mogto, anan inyoru koimutik an kabuset, anan kobwa olekokiutin anan ko mi ole kaibwa en yelo ne ye kokiutin, icheng; konyoiset en chokinet.



Angot ingen ile monomegee missing ak kotetab segemiat, ko nyolu iyai che kiguren *epi-pen* (nyorun daktari asi komwoun akobo noton).

- h. Kelndaen oinet. Mat iyom ilandaen oinet ne chang beek ako rwoe missing. Imuche iliis.
- i. Kebois en tulonok che keikei. Ripgee missing olon iboisie en emet ne keikei. Mat indegee oleimuche ichapaite ak kobarin.

Ole kiteptoo koimutik

Ole kiteptoo koimutik ko oret ne imche membaekak kiboitinik kokosi Telechinetab TIST koimutik che tinye.

Koimutik tugul ko nyolu korook keib kobwa taitab Council nebo Kandoinatet ole kigerchindos ak makutik chebo TIST, ak chebo koyomchinetab Greenhouse Gas en mambaekab Kotuiyosiek che Mengechen ak CAAC. Tetutiak ak Makutikab TIST ko tuguk che kinete en konetitiesiet ak tuiyosiekab isasamook, tuiyosiekab katuiyosiek che mengechenak tuguk che kisire en Mazingira Bora en abokora. Kansol nebo Kandoinatet ko konu walutik koiti biik che kotinye konyonyet en betusiek che mosire 30 kongeten ingonam konyonyonoton. Angot komakitar komutichoton en betusiek 30, kemwochin biik che kotinye koimutik kelenchi kikose koimutichoton en Che telelchin TIST.

Angot komokimuche kilitit terchinosiek en orit, konyolu koyonchin CAAC ak bichoton akobo biik che imuche kotononchi ng;ololutik. Terchinosiek che makimuch kilitit keibchin Chartered Institute of Arbitrators, Mornetab Kenya komobek betusiek 30 kong'eteen ingeger ng'alaletab kochomiet.

Ng'atutietab Nyerseet.

Tetat TIST kogo ole kimuche keboisien ko momi kolotunet age tugul, kotiib kiboitinik komakinyalil ak biik che tinyenge tiliantit kobot nyerseet.

Nyerseet ko kimuche kemwa kele ortinwek tugul che matagaat che toginee anan ko magutikab kesesnotet asikomugak ketoret chito, che choton komuche kobun ng;ololutik ssn ko kimnatetab borto kong'eteen agenge en bikab TIST che konu koimutik en borto anan ko en boisiet.

Tuiyet komi ortinwek cheu chu:

- Konunetab gee en tuiyet neu ni keyoe en toginetab gee anan ko en otinwek alak kotoginee boisietab chito.

- Ingoyesio anan koyan chito keboisien en siretab kasit en chitchoton anan ko en tiletab kiy anan ko yagtaetab mugetut anan
- Atebeet neu noton kotoginee koim chito en yaeab boisienyin anan koib komuiset anan ko kolkoliet anan ko usisiet en ole kiyoen kasit.

Kanyalilet kotiengee kabiletab chi, dini, ole kikiyaita chito (kwony anan ko muren), emet neyobu, kenysisiekab chi, olekikiyaita bortab chi (solomwet_ , ko mokikochin kasarta en TIST. Atebet neu noton kikochin kergong'et akoi ak kobot kitelelsi chito en boisiet. Kiboitiot agetugul nebo TIST ne ingen kole kakinyalil en nyerseet ko nyolu komwaita koityi Kansil nebo Kandoinatetab TIST. Mo yebchinit TIST ng'alekab yaftaetab mugetit amun angot kemwa kele mi kiboitiot ne kayagta mugetut keibchin kergonget ne ngwan ako nyolu kemwochi Kansil Nebo Knadoinatetab TIST.

Kotiengee ng;oliotab taa nebo koyonchinet ak GhG, ko membayat age tugul ko nyolu kosib ng'otutik tugul che tinyegee ak boisienywan. Kanyalilet netinyegee ak nyerseet ko mi kiptuibotoi ak ng'otutik ako agetugul ne kokinyorchi lelutiononoton keisto en TIST. Kiisto en boisiet kiboitiot age tugul nebo TIST ne kayai lelutionoton.

Tetutiet yete Kolotunet.

Moilotu chi TIST kotiengee bororiot, rankiat, dinit, itondo ko muren anan ko kwony. Kenysisiek, ak emet ne bunu, ngo solomwo, anan ko boisietab tuguchu tugul. Boisionichu ko boto ako moregunen ng'wony en siretab anan ko istoetab kiboitinik, lewenetab che konugee ak kokoitoetab boisionik. Kitoginee kikoiten boisionik ak itondab emet ne mie en mebaek tugul ak kiboitinik, oolik, bikab eut, ak oldoik. TIST ko motindoo kolotuneet. Mo kilotuu ako kikoitoi kergeindo en siretab kiboitinik, kabaeastaetab boisionik, wegunetab besenwokik, kotonosiet, kanabtaet, ak tuguk alak chebo boisiet en kiboitinik anan ko sometab boisiet kotiengee bororiot, emet nebunu chi, kenysisiek/yosindab chi, kamugetab chi ak oleu chito en borto.

Angot kobwote kiboitiotab TIST anan ko membayat kole kokiyochi kolotunet, ko nyolu komwochi Kansil Nebo Kandoinatetab TISTak konaam kekosyi kosibgee ak ortinwek che nyolunot. Kotingee Logoiyot nebo taa nebo GhG, ko membayat agetugul ko nyolu kosib ng'otutik tugul chebo boisionik. Kolotunet ko ma chamtayat en membaek tugul ako kiisto chito age tugul ne kayai kolotunet en TIST. Kiboitiot age tugul ne yoe kolotunet en TIST keisto en boisiet.



Konoretab keswek ak ribet.

Konoretab kesuek

- Ibuat ine yon imoche iib logoek kongeten olekebuten komising iyamsi
- Koyomio. ko kararan iur ak kosich koristo ne ome asi mowech kesuot en orit.kararan ingeboisien kuniok chemotinye kongik chebo asi konyor logoek ak keswek koristo
- Maiyanat keboisien tukuk kou sebebeisiek anan plastikisiek amun motinye konyik chebo koristo komuche kowechob tuguk.
- Ibwat ile cheta ko chekororonen ko choton chesib kekonori,amun tililen kiyamsi ak kekonor.
- Amun keswek che yomnyotin ko ngebor koboroksei keswek chechang kemoe en betusiek 2-3 en asistab . kotomo kochobok .
- konor anyun keswek en ole tinye urwet ago yamat. Boisien tuguk kou kuniet ne tinye ole chute koristo ak teretab kipkaa asi momunyok. Konoren tuguk che kororonen asi mowechok keswek ak irib komochut koristo.
- Ago kend lolet keswek ago yemanyi imuchi itesi tuguk kou nesek metetekab muchelek
- ak alak Cheyomyotin niiton kotoreti koyamsi kititindab koristo ne mi orit.
- Ingoteben anyun bogoyot asi mutiny ng'wony keswek amun imuche kowalak konamak anan kochut susurik ak alak tugul che imuch koiti.
- Chang kabwatet en bik alak en kurubit anan ng'omotik asi iteben ngo kimuchi keboisien Kerichek keteren susurik, korokut kou neemol gliricidia leave ak sobunit komuche kotoret.
- Ibwat igergere keswek en abogora asi mowechok, tiny kora ile toss tore betusiek chetian Keswek asi mowechok . niiton kotiyenge koimbot keswek anan korikab keswek amun miiten Chetebie kasarta negoi kou kenyit agenge .
- Imuche iyai korokut en kosorwek che terotin asi iguiye ile ibe keswot agetugul kasarta
- Netyan en rutunet . Inemun keswek 100 ak inde kabeti asi inai ile ata chekorut ak chemorut
- Niiton koboru kimnotet nebo keswek. Obchei ak biik alak en kurubisiekab kilasta.
- Ingotebi keswek ole kaitit asi kokochi kotebi kogagei. Mokimoe keswek en asista agot



Konyor ole kaitit missing koweckoksei keswek. Naiy ile miten keswek che kemine kou

- Noton che mokiyomsie anan kekonor amun moche beek chechang asi korut. Korikab keswechuiton
- Koyomtos en chokinet kou Artocapus, heterophillus (jack fruit) Azadirachuta indica (neem) calamus Rattaus Durio zibethinus (duria) Theobrome (cacao) ak alak che chang .
- Nebo let anyun ibwat ile yon iibe keswek koba kabeti konyolu koyomiotin .
- Miten alake che kinuri en beek betusiek (1-2) asi komuch konur magatete asi
- Komong keswot kou kipkarkaryat chepkomon ak saunet.
- Keswek alak kebore asi komong tenderek . alak kindo koteben beek betusiek (1-2)
- Alak ketue ak kenut kou melia volkensis, melia azadarach ak che chang
- Keswek alak kimuchi kiyamsi betusiek (3-5) asi komuch komong tenderek kou sebesebe. Chepitet ak alak che chang
- Logoek che tinye magatete ne nyigis kimuchi kema en asista asi koter magatet anan ketui. Alk en logoek kimuchi ketil asi kobit ole bune beek asi korut keswot ak irb kometil ole rutunen
- Alage koboisien beek che loltos kou calliandra chebitet ak chepkomon ketorchin beek
- Ak kebakach kotgokoititegitun beek kelol. En saisiek 12-24 ko en keswek che kabwa barak ilolu Amun yachen choton
- Keswek tugul che kagetoret konyolu kemin en sait noton.

Nee ne kimokinigei asi kateren.

- Miin keswek che ng'eriny asi iker kasarta neibe . Angot koib kasarta nebo wikit keib kasarta Kinya angot ko metinye kayanet ko onchu kosibutik ne tai ko iyai koborunet ak obchei ak Kondoikab kilasta asi onyuru walutik .
- Angot ko keswek che tinye makatet ne nyikis anan ko mengechen ko motinye kinde kerichek kou keleluet neem cassia ak kei apple kimuchi kemin kou noton