

# Mazingira Bora

Newsletter January 2025

**tist** Growing Trees  
Growing Leaders

1. We are Honest
2. We are Accurate
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English Version

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



**Marega TIST Cluster meeting held on 11/12/2024. Next meeting will be on 8/01/2025.**

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## **Nkumbo TIST Cluster: Leaving no one behind.**

**W**e, Nkumbo TIST Cluster, are proud to be in TIST. Our Cluster is at the border of Meru and Tharaka Nithi counties along the Meru- Nairobi highway.

Our Cluster multiplied from the Kairuni Cluster back in 2012. Since then, we have been recruiting new Small Groups who have continued to embrace TIST.

Today, Nkumbo Cluster members have a reason to celebrate the multiple benefits from the TIST program. The trees planted

are now a source of income from sale of fruits, income through carbon revenue, honey from the beehives, firewood from pruning of the trees, shade and fertility from trees leaves.

Nkumbo Cluster has so far managed to train new members and start Ntue Cluster. As a Cluster we will leave no one behind. Come one, come all and reap the benefits from TIST program. Our monthly Cluster meetings are done every first Wednesday of the month.

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## **Nturukuma TIST Cluster: We are Learning more about water harvesting and storage.**

**O**ur regular and monthly meetings offer us an opportunity to learn and go and do different activities.

We have started a program named “Maji nyumbani” meaning securing water in our homes. Members of Small Groups work together to support one another with resources to install water harvesting systems.

When we harvest water, we store it for domestic use while the rest is stored in water pans to irrigate our crops and trees during the dry season. We have farmers now engaging in fish farming in water ponds.

Having realized the importance of this water, we are now keen on learning about water purification. Our goal is to help each household attain water sufficiency for domestic and farming use.



## TIST: Why should I want to be elected as a Cluster leader?

**W**ith over 500 Clusters now in TIST, we have over 1500 new leaders being identified each year by their fellow TIST participants. This is wonderful proof of how much capacity the TIST Program is developing in Kenya.

It is a great opportunity for individual TIST participants. Someone who is elected as a Cluster Leader (Accountability Person, Co-Leader, or Leader) has a one-year opportunity to receive additional education, serve in Group of Clusters Council (GOCC), practice their leadership gifts, learn much more about the equipment and techniques used for Quantification, better understand the carbon business, and serve their fellow TIST members in their community. They will have the opportunity to attend Seminars, to work with the Cluster Servants/Quantifier and visit each of the TIST Small Groups in their Cluster, to see the Best Practices that are being used in their Cluster, learn about improved stoves, learn about the benefits of many tree species, and many other topics.

Of course, being a Cluster Leader is hard work.

Going and visiting the Small Groups in your Cluster involves lots of walking, talking, watching, and learning. Also, keeping the records of the achievements of the Cluster requires time and concentration.

Organizing TIST Small Groups so they can get paid is hard work. Learning to use the handheld computers, GPS, reporting systems, and organizing for excellent training and interesting monthly meetings — all of that is hard but rewarding work. As many of you know, when you go to a TIST Seminar you have a good time-but you also work very hard. You work the whole day, and then have homework at night!

So, you should only be interested in being elected as a Cluster Leader if you have a great desire to learn more and work hard to be a good servant to the Small Groups in your Cluster. If you have those desires, and you do get elected, it can be the beginning of even more opportunities in the TIST Program. You decide.



## TIST: Sustainable Development.

### **Global Environmental Overview.**

Kenya does not exist in isolation from the rest of the world and having knowledge about world environmental problems can help to identify future risks to Kenya. It is important to look at the world's environmental problems and understand the negative effects on our environment.

### **Climate change.**

The burning of fossil fuels (coal, oil, natural gas) produces carbon dioxide. This traps heat in the atmosphere causing the earth's temperature to increase, polar ice caps start to melt, and the sea level rises. This results in an increased risk of flooding and increasing temperatures which have negative effects for agriculture in parts of the Africa continent and the world.

### **Air pollution**

Poisonous fumes from industries and vehicles can cause respiratory problems for people. The fumes can dissolve in rainwater forming acid rain, which damages plants and buildings. Many cities have problems with smoke where the pollution hangs over the city like low-lying clouds or mist that

reduces visibility and causes health problems.

### **Water pollution.**

Industry waste, sewage and chemical fertilizer waste from farmers can enter streams, rivers and oceans polluting the world's water sources and causing harm to plants, animals and human health.

### **Decreasing biodiversity.**

Biodiversity means the total variety of all different plants and animal species. Pollution and deforestation decrease the number of living species with over 100 species becoming extinct each day. This reduces resources used for materials, energy and medicine.

### **Desertification.**

When land loses all vegetation and the soil becomes dry and blows or washes away, land becomes less productive. This is also known as the 'spread of deserts' turning fields and pastures into barren wastelands encompassing many hectares of land areas, which are potentially at risk.

**Hazardous Waste.**

Toxic and poisonous waste can come from factories using chemical or radioactive materials. The waste harms all ecosystems through disasters such as when a Union Carbide pesticide factory leaked chemicals in Bhopal, India, causing the factory to explode.

**Acid Rain**

Already mentioned under the air pollution section above, acid rain destroys forests and lakes, especially in Europe and North America. When pollution dissolves in water it makes the rain acidic. Trees, plants, fish and even buildings are all affected.

**Ozone Depletion.**

Certain chemicals like chlorofluorocarbons (CFC's) are used in products for refrigeration and other industrial processes but are now found to destroy the ozone layer. The Ozone layer protects the earth from harmful sunrays known as ultra-violet rays (UV). When the chemicals destroy the ozone layer, increased levels of UV rays can reach the earth's surface and are harmful to human health, causing skin cancer and other illnesses.

**Urban Problems**

Many towns and cities suffer from litter, air pollution, noise pollution, congestion and decreasing areas of countryside.

**Resource Depression.**

Increased energy and material requirements throughout the world are causing natural resources like oil, coal, minerals and forests to become depleted. This encourages competition for resources causing increased international conflict. Finding more resources for energy requirements will soon become a big problem unless alternative sources of energy are used like water, wind or nuclear energy instead of using finite resources of oil, coal and gas.

**Trainers ask Cluster participants these questions:**

What do you think TIST should do about these problems?

Encourage your TIST Clusters and other community members to plant more trees to minimize some of these climatically bad effects so our environment can be better!



## TIST: Kujengana - Don't miss the blessing for your Small Group and Cluster.

**K**ujengana is a very important part of your Cluster monthly meeting and Small Group weekly meeting.

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

- Before the closing prayer, every person in the group says one specific, positive thing that the leader did at that meeting. For example: they smiled, kept to time, made good plans, encouraged all group members to speak, greeted me and made me feel welcome, pointed out something that was going very well at the meeting or in the work the group was doing, etc. Each member needs to say something different. This is not optional. Everyone gives Kujengana to the Servant Leader. Some groups also give Kujengana to the co-leader.
- In addition, if someone sees a gift shown by the leader, a group member can also say that. With Rotating

Leadership, each week a new leader will receive Kujengana. Through Kujengana, we encourage each other on the good things that week's leader did in the meeting and the talents the person showcased. Kujengana is also the way we learn to look for positive things about people and then say them. We all need to train our tongues to say the positive. In addition, the whole group learns what it is that the group thinks is important in a Servant Leader. The next leaders will benefit from what they have heard in Kujengana about previous leaders and know what the groups think is important in a Servant Leader.

In response to Kujengana, that week's Servant Leader says, "Thank you" after each group member's specific, positive statement. There is no discussion about how it could have been done better, or differently. Often, the person is happy when he or she is told the good things they did during the meeting. Sometimes we learn things about ourselves we didn't know! Kujengana helps the leader on that day to recognize his or her talents. Kujengana also helps the Small Group because the members improve their servant leadership as they learn. Kujengana is a double blessing!

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**Mkutano wa Nguzo wa TIST wa Marega uliofanyika tarehe 11/12/2024.  
Mkutano ujao utakuwa tarehe 8/01/2025.**

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## **Nkumbo TIST clasta: Guti muntu agatigwa oome ya TIST.**

**B**atwi clasta ya Nkumbo, turi na gikeno kwithirua turi amemba ba TIST. Clasta yetu iri mukumbune jwa county ya Meru na ya Tharaka Nithi akuhi na barabara nene ya Meru-Nairobi.

Clasta yetu yakurire kuumania na clasta ya Kairuni mwaka jwa 2012. Kuuma kagita kau, Nitwithiritue ikundi ingi cia TIST iria ciitite mbere gukeneera TIST.

Narua iji, Amemba ba clasta ya Nkumbo bari na gitumi gia gukena niuntu bea baita inyingi iria boonete kuuma kiri muradi jwa TIST. Miti iria baandite nandi

nikubaretera mbeca kuuma kiri windia bwa matunda, baita ya kaboni, uki kuuma kiri miatu ya njuki, nku kuuma kiri gucaa mpang’i imwe cia miti, mwigunyi na nkima unoru bea miunda kuumania na mabuura ja miti.

Clasta ya Nkumbo niumbite gwitana amemba eeru na nkinya kwambiria clasta ya Ntue. Turi clasta nitubangite gwitana aturi bonthe mantu jegie TIST gutigiira gutiwe ugatigwa nyuma. Ijeni bwithe kukethe baita kuuma kiri muradi jwa TIST. Micemanio yeetu ya o mweri ni jumatano ya mbere ya mweri.

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## **Nturukuma TIST clasta: Nitukuthoma nkuruki mantu jegie guketha ruuji na kwiga.**

**M**icemanio yetu ya o mweri nituejaga kaanya ga kuthoma na gwita kuthithia mantu ja maingi.

Nitwambiritie muradi ugutwa “maji nyumbani” kuuga kumenyeera ruuji kiri micii yetu. Amemba ba gakundi kanini ni batethanagia kuona into cia guketha na kwiga ruuji.

Riria twaketha ruuji, tuikaga tugatumira kiri micii yetu na rungi rugekwa rwa kurima imera cietu na miti kagita ga komu. Nandi turi na arimi bagwika samaki kiri marinya ja nduui iji.

Turikitie kumenya baita ya ruuji ruru, nandi nitukuthoma mantu jegie kutheria nduui. Mubango jwetu ni gutigiira micii nikugwata ruuji rwa kugana kiri ndithia na miundene.





## Nimbi ituma mpenda kua mutongeria ndene ya cluster?

**K**urina nkuruki ya cluster 500 narua ndene ya TIST, turina kanya ga kuthura atongeria baberu nkuruki ya 1500 bakionekaga o mwaka ni amemba ba TIST. Giki ni gintu gikinene gikwonania jaria muradi jwa TIST jukumba gukinyira ndene ya cluster.

Ni kanya gakanene kiri o mumemba ndene ya TIST. Muntu uria uthuragwa ta mutongeria wa cluster (mwiki mauku na mbeba, mutethia wa mutongeria, mutongeria) arina kanya ka mwaka jumwe ga gukinyirwa ni kithomo gia kwongera, kurita ngugi ndene ya GOCC, kuritithia kiewa kiawe kia utongeria ngugi, kumenya biashara ya ruugo bwega nkuruki na kuritira amemba bangi ba TIST nturene yao ngugi. bakethira barina twanya twa gwita ssemina, kurita ngugi na nthumba cia cluster/atari miti na kuriungira o gikundi gikinini gia TIST ndene ya cluster yao, kwona mitire imiega ya kuthithia mantu iria igutumirwa ndene ya cluster yao, kumenya kwegie mariko jamega nkuruki, kumenya kwegie baita cia kuanda miti ya mithemba mwanya amwe na mantu jangi jamaingi.

**Ni mma, kua mutongeria ni ngugi indito.**

Gwita kuriungira ikundi bibinini ndene ya cluster yaku nigukujukia gwita na maguru, kwaria, kwona na kuthoma. Kwongera, gwika rekondi cia mantu jaria cluster ikinyirite nigukwenda mathaa na gwika akili o.

Kubanga uria ikundi bibinini bia TIST bikariwa kinya ku ni ngugi indito. Kumenya gutumira Palm, GPS, njira ya gutuma ripoti na kubangira uritani bwa iguru na micemanio ya o mweri irina mantu jagukenia antu - jaja jonthe ni ngugi indito irina macokio. Ja uria baingi benu baiji, riria weta Semina ya TIST niwithagira urina igita ririega- indi nuritaga ngugi nainya mono. Nuritaga ngugi ntuku yonthe, riu ukathithia ngugi ingi ugoro!

Kwou ubati kwenda kuthurwa ja mutongeria ndene ya cluster kethira urina wendo bwa kumenya jangi nkuruki na kurita ngugi nainya kua mutongeria umwega kiri ikundi bibinini ndene ya cluster yaku. Kethira urina wendo bubu, na ukuthurwa, no kwithirwe kuri mwambirio jwa twanya tungi tutwingi ndene ya muradi jwa TIST. Ugwe Thuura.



## **TIST: Witi na mbele bwa gutura.**

### **Mwonerwa bwa nthiguru bwa kumenyeera riera.**

Kenya itiumba kwi ebaniria na nthiguru ingi na iri na umenyo bwigie mathina ja nthiguru jegie jaria jatuthiurukite yomba gutethia kwona thina iria ciumba kwoneka. Nibwega gutega mathina ja kinthiguru jegie jaria jatuthiurukite na kumenya thina yajo kiri jaria jathurukite.

### **Ugaruruku bwa Riera.**

Kuithia makara, utumiri bwa maguta na gas niku kuritaga togi ta carbon dioxide. Bubu nibu bugwata mwaki kuuma kiri riera na kureta murutira ju munene ndeene ya nthiguru na gukagia na kureruka kwa mbarabu na nduji cia maria ikambiria kuneneha. Bubu burtaga thina ya kwijura kwa nduujini na wongereku wa murutira uria uretaga thina kiri urimi guntu kumwe kwa Afrika na nthiguru yonthe.

### **Ruko rwa riera.**

Ruko rwa miruki kuuma kiri macini na ngari ni iretaga thina cia kuhuhia kiri antu. Miruki iji ni itukanaga na mbura na ikareta mbura iri na acid iria ithukagia imera na nkinya miako ya nyomba. Tauni ingi nacio iri na thina ya toogi iria icucuraga rerene igakara ja matu

ja mbura kana ikareta nduume nkinya kwona gukareta thina na nkinya thina ya kuhuhia.

### **Ruko rwa nduujini.**

Ruko kuuma kiri makambuni, siwage na ruoko rwa kemical cia betiliza kuuma kiri arimi niciitaga kiri tumiuro, miuro na maria jagikira ruoko kiri naria nduujini ciumaga na rukarta thina kiri imera, nyamu na nkinya ugima bwa antu.

### **Kunyahia utuuro bwa mimera na nyamu.**

Jaria jatuthiurukite ni kuuga mithemba ya imera na mithemba ya nyamu. Gwaka riera ruko na kunyahia miti nikunyahia imera na nyamu gwa kiwango kia mithemba 100 o kiri ntuku.

Bubu nibunyahia utonga bwa into, inya wa stima na ndaawa.

### **Kuthira kwa mimera.**

Riria nthiguru yathira imera na muthetu tukauma na jugatuika jwa gukamatwani ruugo, miunda ithagirwa itina maketha kairi. Guku gwitagwa gutamba kwa ndwanda, kugarura bieni igatuika itina gintu kwogu gukareta nthiguru kiri thina.

**Matigari jari na sumu.**

Matigari jari na sumu jaumaga kiri facory iria itumagira ma kemical. Matigari jaja jathukagia mantu jonthe kiri nthiguru ja uria Union Carbide yaumiri kiri factory ya Bhopal nthiguru ya Infia na gutuma yalipuka.

**Mbura iri na Acid.**

Oja uria twaririe kiri gwaka riera ruko au kabere, mbura iri na acid ni ithukagia miitu na maria, muno kiri nthiguru ya Europe na mwena wa ruguru wa America. Riria ruko ruru rwatukana na nduui gutumaga mbura ithirwa iri na acid. Miti, imera, samaki na nkinya miako ni itukaga cia kuona thina.

**Kuthiria Ozone.**

Kemical imwe ja Chloroflourocarbons (CFC's) ni itumikaga kiri into imwe kujieka gwa kagita kanene na nkinya kiri ma industry no nikumenyekanite ati ni ikuthukia murengeti juria tutugitagira kuumania na riuga. Murengeti uju ni utugitagira kuumania na riuga jario Ultra-Violet Rays (UV) Riria kemical iji ciathukia murengeti uju, murutira ni jwongerekaga na jukareta thina kiri antu gukoneka mirimu ja cancer ya ngosi na mirimu ingi.

**Mathina ja Matauni.**

Matauni ja maingi ni joonaga thina ya ruuko rwa mati, rwa miruki, rwa kinene, rwa antu kwingia na kuhinyikana na nkinya kunyia kwa guku kwa gukara.

**Kunyiha kwa utonga wa into.**

Kwongereka kwa ubataru wa into ja mwaki wa stima na into cia gwita ngugi kiri nthiguru nigutumite into ja maguta, makara, minerals ona miitu kuthira. Guku kwongagiira ubataru munene wa into iji na gukareta thina kiri nthiguru yonthe.

Kugwata into inyingi cia gutumira kugatuika thina umunene tiga gucuiwe njira ingi cia kuona into iji ja ruuji, ruugo, nuclear energy kanyene ka into ja maguta, makara na gas.

**Arimu, urieni biuri bibi kiri amemba:**

Buriona TIST ibwirite kuthithia atia mantu jegie thina iji?

Ikirani inya clasta cia TIST na amemba bangi nturene baande miti imingi banyihie jamwe ja mathina ja ugaruruku bwa riera nikenda jaria jatuthiurunkite jabue.!



## Gwakana: Bukaaga kitharimo kia gikundi kienu.

**G**wakana ni gicunci kirina bata mono ndene ya mucemanio jwa gikundi kienu jwa o kiumia. Iugaga ndene ya Aefeso 4:15,16 ati nitubati gwakana tugakinyira uujuru bunthe bwa Kristo. Muntu wonthe ndene ya gikundi gikinini gia TIST naretaga talanta na biewa bia mwanya kiri gikundi kionthe. Gintu kimwe kiria kiri gia kurigaria kiria gikarikaga ndene ya gikundi gikinini ni kwona, kugaana na gutumira talanta iu tuei ni Murungu.

Gwakana ni njira ya kureka talanta iu cionwa na citumirwa. Kurina icunci biiri ndene ya Gwakana:

- Mbele ya iromba ria muthia, o muntu ndene ya gikundi auge gintu kimwe gikieega gikwirungamira kiria mutongeria athithirie ndene ya mucemanio. Mung'uanano, nathekerie, nekire mathaa, nathithirie mibango imiega, neekire amemba bonthe inya, nanketherie na natumire ndaigua nkinyite, naugire akwona gintu gigita bwega mucemanione kana ngugine ya gikundi, na jangi jamaingi. O mumemba nagwitia kuuga gintu mwanya. Bubuti bwa kwithurira. Muntu wonthe naakaga mutongeria wa uthumba. Ikundi bimwe ibakaga kinya mutetheria wa mutongeria.
- Kwongera, kethira muntu akwona kiewa ndene ya mutongeria, mumemba noauge.

Gukurukira utongeria bwa kithiuruko, o kiumia mutongeria umweru agakwa. Gukurukira Gwakana, nitwikanagira inya kiri into bibiega biria mutongeria wa kiumia athithitie mucemanione na talanta iria muntu ou onenie. Gwakana ni njira ya kinya kuthoma mantu jamega kwegie antu na riu kujauga. Twinthe nitugwitia gwitana nduume cietu kuuga mantu jamega. Kwongera, gikundi kionthe nikimenyaga jaria gikundi kithuganagia jarina bata kiri mutongeria wa uthumba. Atongeria bangi bakoona baitakuumania na jaria baigitue ndene ya Gwakana kwegie atongeria bangi na bakamenya jaria gikundi kithuganagia jarina bata kiri mutongeria wa uthumba

Ariki gwakwa, mutongeria wa kiumia kiu naugaga, 'lbwega' nyuma ya o mumemba wa gikundi auge gintu gikithongi na gikwirungamira. Gutikwariria uria aringi kuthithia bwega nkuruki kana na njira ya mwanya. Jaria maingi, muntu nethagirwa akeni erwa mantu jamega jaria athithirie mucemanione. Rimwe na rimwe nitumenyaga mantu kwegie twingwa jaria tutikwiji! Gwakana nigutethagia mutongeria wa ntuku iu kumenya talanta ciawe na gwita na mbele gwitumira. Gwakana kinya nigutethagia gikundi gikinini niuntu amemba bonthe nibamenyaga gutongeria bwega nkuruki o uria bakuthoma. Gwakana ni kitharimo nteere ijiri!

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**Mucemanio wa Marega TIST Clasta uria wari mweri 11/12/2024. Mucemanio ucio ungi ugakorwo mweri 08/01/2025.**

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## Nkumbo TIST Clasta: Tutiratiga mundu ona umwe na thutha.

Ithui, Nkumbo TIST Clasta, ni tukenete gukorwo turi thini wa TIST. Clasta itu iri muhaka-ini wa County cia Meru na Tharaka Nithi barabara-ini ya Meru – Nairobi Highway.

Clasta itu yahukire kuma Kairuni Clasta mwaka-ini wa 2012. Kuma hindi iyo, ni tukoretwo tukiongerera ngurubu nini njeru iria cithiite na mbere gukorwo thiini wa TIST.

Umuthi, ambemba a Nkumbo Clasta turi na gitumi gia gukena ni faida iria tuonete kuma mibango-ini ya TIST. Miti iria tuhandite

ikoretwo iri kiambiriria kia utonga witu thutha wa kwendia matunda, kwendia carbon, uki kumanagia na miatu itu, ngu thutha wa guceha miti, kiruru na unuru wa tiri thutha ma mathangu maiti kugua.

Nkumbo Clasta ni tuhotete guthomithia amemba eru na kwambiriria clasta njeru itagwo Ntue Clasta. Ithui ta clasta tutigutiga mundu oro na umwe na thutha. Uka umwe, ukai inyuothe mugethe faida ya mibango ya TIST. Mucemano wa clasta wikagwo oro wagatatu (Wednesday) oro mweri.

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## Nturukuma TIST Cluster: Ithui ni turathoma makiria uria tungihota kugetha mai na kumaiga.

Mucemano-ini itu ya oro mweri ni ituteithagia na gututhomithia uria tungika maundu matiganite.

Ni twambiriirie mubango witagwo (“Maji nyumbani” uguo ni ta kuga kugia na mai miciini itu. Amemba a ngurubu nini turutaga wira hamwe na guteithania na indo iria cingituteithia kugetha mai.

Riria twagetha mai, tumaigaga ma kuhuthira miciini itu na maria mangi tukaiga ma guitiriria mimera itu na miti riria kwara. Turi na arimi angi maingiriire urimi wa thamaki.

Thutha wa kumenya bata wa mai, ni turageria muno kumenya uria mai macungagwo. Mworoto witu ni guteithania na kugia na mai magutuigana miciini itu na makurima.



## Nikii kingituma nyende guthurwo ta mutongoria wa Cluster?

**K**uri na makiria ma cluster 500 thiini wa TIST, turi na mweke guukorwo na atongoria 1500 eeru aria makwoneka o mwaka kumana na amemba a TIST. Uu niundu wa magegania kwonania uria TIST ihotete guthundura iheo cia utongoria thiini wa bururi wa Kenya.

Ni mweke wa bata muno kuri mundu kiumbe. Mundu uria wathurwo ta mutongoria wa TIST ari na mweke wa mawka 1 kwamukiraa githomo kia uria angihota gutungatira cluster na gukorwo thiini wa Group of Cluster Council (GOCC) niguu magacirithie utongoria wao ohamwe na kumenya kuhuthira indo cia utari wa miti, gutaukwo ni thoko ya carbon na gutungatira amemba a TIST kwao. Nimagukorwo na mweke wa guthii semina, kurutithania wira na atari a miti na guceerera o gikundi thiini wa cluster niguu kuona mitaratara iria marahuthira ohamwe na guthoma uhoro wigii riiko ria TIST na githomo kia miti mithemba miingi.

**Nima gukorwo uri mutongoria no muhaka wirutanirie.**

Guthii na guceerera ikundi nini thiini wa cluster nikubataraga rugendo runene, kwaria muno, kwirorera na guthoma. Na ningi, kuiga rekodi cia uria wona na maundu maria cluster irabataa.

Khariria cluster niundu wa marihi ni undu ubataraga wira munene. Kumenya kuhuthira computers, njira ya gutuma uhoro ya GPS na kuhariria githomo gikinyaniru na micemanio-maya mothe mabataraga kwirutira. Ta uria aingi anyu muui, riria wathii thiini wa semina ya TIST ukoragwo na kahinda keega no ugakorwo ukiruta wira muingi muthenya wothe!

Kwa uguo niwagiriirwo ni kwenda guthurwo ta mutongoria tondu noukorwo uri kiambiriria kia mieke ingi miingi thiini wa TIST. Tua itua.



## **Mogaruruku mangihoteteka.**

### **Global Environmental Overview.**

Kenya ndikoragwo keheri-ini kuma kuri thi yothe na riria twagia na umenyo wa mathina ma maria maturigiciirie notuhote kumenya ugwati uria utung;etheire turi Kenya. Niundu wa bata kurora mathina ma maria maturigiciirie thi yothe na tutaukwo ni mathina maria mangirehwo kuri ithui.

### **Ugaruruku wa riera.**

Gucinwo kwa indo cia tene ta (coal, maguta na natural gas) nikuvingihagia carbon dioxide. Njira ino nihitagiriria urugari riera-ini na kwa uguo gutuma thi kwongerereke urugari. Barafu cia riera-ini cikambiriria gutwekuka na maai ma iria makambatira. Maundu maya nimatumaga kugie na miyuro ya maai na kwongerera riera njira iria ikoragwo na mathina ma kuhotomia urimi na makiria icigo cia Africa thiini wa thi..

### **Uthukia wa riera.**

Ndogo njuru na iri na giko kuma iganda-ni o hamwe na ngari nocirehe thina wa mahuri kuri andu. Ndogo ino riria yathii riera-ini niithondekaga mbura iri na acid, iria ithukagia mimera na miako. Cities nyingi nicioletwo na thina wa ndogo kuria ndogo ino

iinyitagirira na igacuha ta matu kana thatu na andu makaga gukorwo makiona wega ohamwe na gukorwo na ugima muuru wa miiri.

### **Uthukia wa maai.**

Giko kia iganda, giko kia ciuro ohamwe na fertilizer kma kuri arimi nocingire njuui-ini na iria-ini na cithukie maai na mimera ohamwe na indo iria cekaraga maai-ini na ningi ugima wa miiri ya andu.

### **Kunyahia biodiversity.**

biodiversity nikuuga mithemba yothe ya miti na ya nyamu.

Uthukia na utemi wa miti niunyahigia muigana wa mithemba ya indo iria cikoragwo thi na igathira na muigana wa 100 o muthenya. Njira ino niunyahigia indo iria ithondekaga hinya na dawa.

### **Desertification.**

rira mugunda wanina miti na mimera yothe na tiiri waniara biu, mugunda ucio niunyahigia maciaro maguo. Njira ino ningi niitagwo “spread of desert” kugarura migunda ituike mihinju na gutuma migunda miingi muno igie na mogwati maingi.



**Giko kiri na ugwati.**

giko kiria gikoragwo na poison nokiume thiini wa factories iriri cihuthagira chemical na indo iria cikoragwo ciri radioactive. Giko giki nigithukagia ecosystems kuhitukira ugwati ta wa riria Union Carbade kiganda kiria githondekaga dawa cia tutambi kiaunithirie chemicals thiini wa Bhopal, India na gutuma kigana kiu gituthuke.

**Mbua iri na acid.**

Kuri maundu maria magwetagwo ma uthukia wa riera, mbura ya acid niithukagia mititu na iria na muno Europe na North America. Riria giko kiaingira maai-ini nigitumaga mbura igie na acid. Miti, mimera, thamaki na miako cigakorwo ugwati-ini.

**Ozone Depletion.**

Chemicals ingi ta chlorofluorocarbons (CFC's) nicihuthagirwo hari kuhehia na njira ingi thiini wa iganda. No riu niconekete nocitukie layer ya ozone. Layer ya ozne igitagira thi kumana na miruri ya riu iria itagwo Ultra Violet rays (UV). Riria chemical yathukia ozone, muigana wa UV niukinyafira thi na nourehe murimu wa cancer ya ngothi na mirimu ingi miingi.

**Mathina ma town.**

matown maingi nimakoragwo na thina wa giko, guthuka kwa riera, inegene na muhinyano wa andu na kunyihia andu ichagi-ini.

**Kunyiha kwa indo cia bata.**

Kuongoereka kwa ma-hinya ma ai ma kinduire thiini wa thi nigutumite mahinya ma ki-nduire ta maguta, coal, minerals na mititu cinyihe. Njira ino niiratumacindano ma indo ici cia bata makorwo iguru thi yothe. Kuhota kuona indo ici ci kinduire niugukorwo uri thina munene muno gutangikorwo na njira ingi ta maai, ruhuho na hinya wa nuclear handu ha kuhuthira maguta, coal kana gas.

**Athomithania uriai ciuria ici kuri arimi a cluster.**

Kenya niikoragwo ni mogwati ma mathina maya?

Kenya niichangagira kana igatuma kugie na mathina maya?

O kenya igithiaga na mnere, ni thina uriku munene urona ta ungineneha makiria?

Hinyiriria amemba a cluster yaku kuhanda miti miingi niguo kunyihia mathina ma kirirea niguo tuthondeke maria maturigiciirie.



## Gwakana: Ndukahitukwo ni irathimo thiini wa gikundi kianyu.

**G**wakana ni gicunji kia bata thiini wa TIST micemanio-ini ya o wiki. Thiini wa Ephesians 4:15,16 ati twakane turi thiini wa Kristo. O mundu thiini wa gikundi kinini kia TIST arehage kiheo giake kia mwanya na akahe gikundi giothe. Maundu mamwe ma magegania mahanikaga thiini wa gikundi ni gukurana na kuhuthira iheo iria mahetwo ni Ngai.

Gwakana ni njira ya kuona na kurutithia iheo wira. Kuri na miena iiri thiini wa gwakana:

- Mbere ya mahoya ma kuhinga, o mundu thiini wa gikundi akauga kindu kime kirahutia kaundu ka uthii wa na-mbere karia mutongoria eka thiini wa mucemanio. Kwa muhiano, atheka, aiga mathaa, akorwo na mubango mwega, ekira arimi hinya kwaria, angeithia na atuma njigue ndi mucii, auga kaundu thiini wa mucemanio na gatuma mucemanio uthii na-mbere wega. O mundu agiriirwo nikuga kaundu ngurani. Kaundu gaka ni ka muhaka. O mundu auge kaundu ga gwakana kuri atungata. Ikundi ingi niciheanaga kujengana kuri munini wa mutongoria.
- Na makiria, angikorwo mundu nionete kiheo kuma kuri mutongoria, no age uguo.

Tukihuthira utongoria wa guthiururukana, o kiumia mutongoria mweru niakwamukira kujengana. Kuhitukira gwakana, niturahinyiriria arimi na mutongoria guthii na-mbere na maundu mega kiumia kiu.

Gwakana ni njira njega ya gukurana na kumenya kiria mundu arathimiiro. Ithuothe twirute kwaragia maundu meega. Na makiria gikundi gikona maundu maria mega na mabata mekitwo ni atungati. Mutongoria uria uguka niagukorwo athomete kuma kuri atongoria aria angi.

Hari kujengana ututngati wa kiumia kiu agacokeria andu ngatho o thutha wa o mumemba kuheana uhoru wake. Mutikariririe uria kaundu kangiekirwo wega na njira ngurani. Muno, mundu niakenaga riria erwo maundu mega maria ekite thiini wa mucemanio na makiria nituthomaga maundu maitu maria tutoi!

Gwakana niguteithagia mutongoria kumenya kiheo giake na guthii na-mbere na gugitumira. gwakana niguteithagia atongoria kwagirithia utongoria o magithomaga, gwakana ni kirathimo maita meeri.

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**Kiswahili Version**

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**Mkutano wa Nguzo wa TIST wa Marega uliofanyika tarehe 11/12/2024.  
Mkutano ujao utakuwa tarehe 8/01/2025.**

- Ndani ya gazetti:**
- ✓ **Nguzo ya TIST ya Nkumbo: Bila kumwacha mtu nyuma. Uku. 2**
  - ✓ **Nguzo ya NturukumaTIST: Tunajifunza zaidi kuhusu kuvuna na kuhifadhi maji. Uku. 2**
  - ✓ **Mbona nitake kuchaguliwa kuwa kiongozi katika cluster? Uku. 3**
  - ✓ **Maendeleo Endelevu. Uku. 4**
  - ✓ **Kujengana: Msikose baraka ya kikundi chenu. Uku. 6**



## Nguzo ya TIST ya Nkumbo: Bila kumwacha mtu nyuma.

**S**isi, Nkumbo TIST Cluster, tunajivunia kuwa katika TIST. Nguzo yetu iko kwenye mpaka wa kaunti za Meru na Tharaka Nithi kando ya barabara kuu ya Meru- Nairobi.

Kundi letu liliongezeka kutoka Kundi la Kairuni mwaka wa 2012. Tangu wakati huo, tumekuwa tukisajili Vikundi Vidogo Vipya ambavyo vimeendelea kukumbatia TIST.

Leo, wanachama wa Nkumbo Cluster wana sababu ya kusherehekea manufaa mengi kutoka kwa mpango wa TIST. Miti iliyopandwa sasa ni chanzo cha mapato

kutokana na mauzo ya matunda, mapato kupitia mapato ya kaboni, asali kutoka kwenye mizinga ya nyuki, kuni kutokana na kupogoa miti, kivuli na rutuba ya majani ya miti.

Nkumbo Cluster hadi sasa imeweza kutoa mafunzo kwa wanachama wanya na kuanzisha Ntue Cluster. Kama Nguzo hatutamwacha mtu nyuma. Njooi mmoja, njooi nyote mpate manufaa kutoka kwa mpango wa TIST. Mikutano yetu ya kila mwezi ya Nguzo hufanyika kila Jumatano ya kwanza ya mwezi.

---

## Nguzo ya Nturukuma TIST: Tunajifunza zaidi kuhusu kuvuna na kuhifadhi maji.

**M**ikutano yetu ya kawaida na ya kila mwezi hutupatia fursa ya kujifunza na kwenda na kufanya shughuli mbalimbali.

Tumeanzisha programu inayoitwa “Maji nyumbani” ikimaanisha kuweka maji majumbani mwetu. Wanachama wa Vikundi Vidogo wanafanya kazi pamoja kusaidiana na rasilimali za kuweka mifumo ya kuvuna maji.

Tunapovuna maji, tunayahifadhi kwa matumizi ya nyumbani huku mengine yakihifadhiwa kwenye sufuria za kumwagilia mimea na miti yetu wakati wa kiangazi. Tunao wakulima sasa wanaojihusisha na ufugaji wa samaki kwenye madimbwi ya maji.

Baada ya kutambua umuhimu wa maji haya, sasa tuna nia ya kujifunza kuhusu utakaso wa maji. Lengo letu ni kusaidia kila kaya kupata maji ya kutosha kwa matumizi ya nyumbani na kilimo.



## Mbona nitake kuchaguliwa kuwa kiongozi katika cluster?

**K**ukiwa na zaidi ya cluster mia tano katika TIST sasa, kuna nafasi za kuwa na viongozi wanya zaidi ya elfu moja mia tano wanaochaguliwa kila mwaka na wanaTIST. Hili ni onyesho la kuajabisha kuhusu uwezo ambao mradi wa TIST unakuza katika Kenya.

Ni nafasi kubwa kwa kila mmoja katika TIST. Mtu anayechaguliwa kuwa kiongozi katika cluster (mweka vitabu na hazina, msaidizi wa kiongozi, au kiongozi) ana nafasi ya mwaka mmoja ya kupata mafunzo nyongeza, kutumika katika chama cha GOCC na kupata mafunzo ya vifaa vya uhesabu miti, kuelewa biashara ya hewa chafu na kutumikia memba wenzao katika TIST. Watakuwa na nafasi ya kujiunga na semina, kufanya kazi na watumishi wa TIST/ Wahesabu miti na kutembelea kila kikundi kidogo cha TIST katika cluster yao, kuona njia bora za kufanya mambo, kusoma kuhusu jiko bora, kujua faida za miti ya aina mbalimbali, na mambo mengine.

**Ni ukweli, kuwa kiongozi wa cluster ni kazi ngumu.**

Kuenda na kutembelea vikundi vidogo katika cluster yako hutaka kutembea kwingi, kuongea, kuangalia na kusoma. Pia, kuweka rekodi za mambo yaliyofanyika katika cluster huhitaji wakati mwingi na kujiweka kazini sana.

Kupanga ili vikundi vidogo vya TIST vipate malipo pia ni kazi ngumu. Kusoma kutumia Palm, GPS, njia za kuripoti, na kupangia mafunzo ya hali ya juu na mikutano ya kila mwezi inayofana - haya yote ni kazi ngumu. Kama wengi wenu wanavyojua, ukienda katika semina za TIST unakuwa na wakati mzuri- lakini pia unafanya kazi kwa bidii. Unafanya kazi siku yote, halafu unapata kazi ya ziada ya jioni!

Kwa hivyo unafaa kutaka kuchaguliwa kama kiongozi katika cluster tu kama una upendo mwingi wa kusoma mengi zaidi na kufanya kazi kwa bidii kuwa mtusishi mzuri kwa vikundi vidogo katika cluster yako. Kama unaupendo huo, na uchaguliwe, inaweza kuwa mwanzo wa nafasi zingine nyingi katika mradi wa TIST. Wewe Amua.



## **Maendeleo Endelevu.**

### **Kuangalia mazingira ya dunia kwa ufupi.**

Kenya haijatengwa kutokana na sehemu zingine za dunia na kuwa na ujuzi kuhusu matatizo ya kimazingira ya dunia nzima kwaweza kusaidia kutambua hatari kwa Kenya kwa umbali. Ni muhimu kuchambua matatizo ya dunia ya kimazingira na kuelewa madhara hasi yanayoweza kufikia mazingira yetu.

### **Madaliko ya hali ya anga ya muda mrefu.**

Kuchoma ngataa au mafuta ( makaa yam awe, mafuta, gesi asilia) hutoa hewa chafu ya kaboni. Hii hewa hutega joto katika anga na kusabasisha joto duniani kuongezeka, kofia za barafu katika maeneo ya milima kuanza kuyeyuka na kiwango cha maji katika maziwa kupanda. Haya husababisha uwezekano wa mafuriko na joto kupanda jambo ambalo huwa na athari mbaya kwa kilimo katika sehemu za bara la Afrika na dunia nzima.

### **Uchafuzi wa hewa.**

Mafusho yenye sumu kutoka viwandani na kwa magari yaweza kusababisha shida za kupumua kwa watu. Mafusho haya yaweza kuingia katika maji ya mvua na kutengeneza mvua wenye asidi, ambao hudhuru mimea

na mijengo. Miji mingi huwa na matatizo ya moshi ambapo machafuko hutanda juu ya miji kama mawingu ya chini na kupunguza uwezo wa kuona mbali na kusababisha shida za kiafya.

### **Uchafuzi wa maji.**

Maji na uchafu kutoka viwandani na kemikali kutoka kwa wakulima zaweza kuingia katika vijito, mito na maziwa na kuchafua vyanzo vya maji vya dunia nzima na kudhuru mimea, wanyama na afya ya binadamu.

### **Kupunguza bionuwai.**

Baonuwai ni wingi wa aina mbalimbali za mimea na wanyama. Uchafuzi na kukata miti hupunguza nambari ya viumbe hai na kumaliza zaidi ya aina mia moja kila siku. Jambo hili hupunguza rasilimali inayotumika kama vifaa, nishati na dawa.

### **Kuenea kwa jangwa.**

Ardhi inapoteza mimea na udongo unapokauka na kubebwa, ardhi hukuwa na uzalishaji uliopungua. Hili pia linajulikana kama 'kuenea kwa jangwa' na hugeza mashamba na mahali pa kulisha wanyama kuwa ardhi isiyona uzalishaji iliyo hectare nyingi, zilizona uwezekano wa kupotezwa.

**Uchafu wenye madhara.**

Uchafu wenye sumu unaotoka kwa viwanda vinavyotumia kemikali na mionzi. Taka hii hudhuru mazingira yote kupitia majanga kama kiwanda cha chama cha kutengeneza dawa ya magugu kilipovuja kemikali huko Bhopal, India, kiwanda kililipuka.

**Mvua ya acidi.**

Imetajwa hapo juu chini ya uchafuzi wa hewa, mvua ya acidi huharibu misitu na maziwa hasa katika Europa na Amerika Mashariki. Uchafuzi unapoingia majini na kufanya mvua kuwa yenye acidi, miti, mimea, samaki na hata mijengo huathirika.

**Kupungua kwa safu ya ozoni.**

Baadhi ya kemikali kama chlorofluorocarbons (CFC's) hutumiwa katika vitu vinavyotumika katika majokofu na katika taratibu nyinginezo za viwandani lakini sasa zinaonekana kudhuru safu ya ozone. Safu ya ozone hulinda ardhi kutokana miale hatari ya jua inayoitwa ultra-violet rays (UV). Kemikali zinapoharibu safu ya ozone, kuongezeka kwa miale ya UV hufika ardhini na kudhuru afya ya binadamu huku ikileta kansa ya ngozi na magonjwa mengineyo.

**Matatizo mijini.**

Miji mingi hukabiliwa na shida za taka, uchafuzi wa hewa, kelele, msongamano na kupungua kwa maeneo yakuishi.

**Kupungua kwa rasilimali.**

Ongezeko la mahitaji ya nishati na rasilimali katika dunia nzima linasababisha rasilimali ya kiasilia kama mafuta, makaa ya mawe, madini na misitu kuisha. Jambo hili linaongeza ushindani wa rasilimali jambo ambali linaleta migogoro ya kimataifa. Kutafuta rasilimalizaidi ili kutimiza mahitaji kutakuwa shida kubwa hivi karibuni isipokuwa vyanzo vya nishati badala vvitumike kama maji, upepo au nishati ya nyuklia badala ya rasilimali inayopimika kama mafuta, makaa ya mawe au gesi ya kiasilia.

**Wakufunzi, uliza wanacluster maswali haya:**

Je, nchi ya Kenya hufikiwa na athari za baadhi ya shida hizi?

Je, Kenya huchangia au kusababisha yoyote ya shida hizi?

Jinsi Kenya inavyokua, unafikiria ni shida zipi za kidunia zitakuwa mbaya zaidi?

Hamasisha cluster yako ya TIST na wanajamii wengine kupanda miti zaidi ili kupunguza baadhi ya athari hizi mbaya kwa hali ya anga ili mazingira yetu yawe bora zaidi!



## Kujengana: Msikose baraka ya kikundi chenu.

**K**ujengana ni sehemu muhimu sana ya mkutano wa kila wiki wa kikundi chako. Inasema katika Aefeso 4:15,16 kuwa tujengane hadi tuwe na utimilifu wa Kristu. Kila mtu katika Kikundi chako cha TIST huleta talanta na zawadi zake maalum kikundini. Moja ya vitu vya kuajabisha inayotokea katika kikundi kidogo ni kujua, kugawana na kutumia talanta hizo ulizopewa na Mungu.

Kujengana ni njia moja ya kufanya hizo talanta kuonekana na kutumika. Kuna sehemu mbili za Kujengana:

- Kabla ya ombi la kufunga, kila mtu katika kikundi aseme kitu kizuri maalum ambacho kiongozi amefanya katika mkutano huo. Kwa mfano, alitabasamu, aliweka masaa, alifanya mipango mizuri, aliwatia nguvu wanakikundi wote kuongea, alinisalimu na alinifanya nijisikie nimekaribishwa, alisema kitu kilichokuwa kinaendelea vizuri katika mkutano ama katika kazi iliyokuwa ikifanywa na kikundi, na kadhalika. Kila mwanakikundi anahitajika kusema kitu tofauti. Hili si la kujichagulia. Kila mtu ajenge kiongozi wa utumishi. Vikundi vingine hujenga hata msaidizi wa kiongozi.
- Kuongezea, ikiwa mtu ameona zawadi iliyoonyeshwa na kiongozi, mwanakikundi anaweza pia kusema ni zawadi ipi.

Kwa kupitia uongozi wa mzunguko, kila wiki kiongozi mpya hujengwa. Kupitia Kujengana, tunatiana nguvu kati yetu kuhusu vitu vizuri alivyofanya kiongozi wa wiki hiyo mkutanoni na talanta alizoonyesha mtu huyo.

Kujengana pia ni njia ya kujua kuangalia vitu vizuri kuwahusu watu halafu kuvisema. Sote twahitaji kufunza ndimi zetu kusema yaliyo mazuri. Kuongezea, kikundi chote hujua ni nini kikundi kinafikilia ni muhimu katika kiongozi mtumishi. Viongozi wanaofuata watafaidika kupitia waliyosikia katika Kujengana kuhusu viongozi waliopita na kujua ni nini muhimu katika kuwa kiongozi.

Kujibu wakati wa kujengana, kiongozi wa wiki hiyo atasema, “Asante.” baada ya kila mwanakikundi kusema taarifa nzuri iliyo maalum. Hakuna kujadiliana kuhusu vipi kungekuwa kuzuri zaidi ama tofauti. Mara nyingi, mtu huyo hufurahi anapoambiwa kuhusu mambo mazuri aliyofanya wakati wa mkutano. Wakati mwingine, huwa tunajua mambo kujihusu ambayo hatukuwa tunajua! Kujengana husaidia kiongozi wa siku hiyo kujua talanta zake na kuzidi kuzitumia. Kujengana pia husaidia kikundi kidogo kwa sababu wana kikundi wote huboresha uongozi wao wa utumishi wanapozidi kujifunza.

Kujengana ni baraka mara mbili!



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**Kikamba Version**

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**Visa uu ni wa ngwatanio ya TIST Marega wumbanoni woo wa matuku 11/12/2012. wumbano ungi ni matuku 08/01/2025.**

- Inside:** ✓ **Ngatanio ya TIST Nkumbo: Vai umwe tuutia itina. Page 2**
- ✓ **Ngwatanio ya TIST Nturukuma: Nitwivundiitye muno iulu wa uketha kiw'u na kwia kiw'u. Page 2**
- ✓ **TIST: Niki nende kusakuwa ta mutongoi wa ngwatanio? Page 3**
- ✓ **Maendeeo ma kwikala meanite. Page 4**
- ✓ **Kwakana: Ndukavitukwe ni uathimo wa kakundi kaku kanini. Page 6**



## **Ngatania ya TIST Nkumbo: Vai umwe tuutia itina.**

**I**thyi, ngwatania ya TIST Nkumbo twina nzasu nundu wakwithiwa nthini wa TIST. Ngwatania yitu yi muvakani wa Meru na Tharaka nithi kaundi leluni munene wa Meru kuthi Ilovi.

Ngwatania yitu yasyaiwe ni ngwatania ya TIST Kairuni mwakani wa 2012 na kuma vau nitwithiitwe tuimanyisya tukundi na kusevya tukundi tweu kulika nthini wa TIST.

Umunthi, amemba ma ngwatania ya Nkumbo mena undu wa kutania nundu wa vaitu kundu kauta kuma walanioni wa TIST.

Miti ila twavandie yi nitunengae ukwati itina wa uta matunda, nzeve itavisaa, uki wa nzuki, ngu sya uvuwa mwaki itina wa kusea miti, muunyi na unou wa muthanga kuma matuni ala moa mauma mitini.

Ngwatania ya TIST Nkumbo nitonyete kumanyisya amemba na kusyaa ngatania ya TIST Ntue. Ta ngwatania tuikutia umwe itina. uka umwe, ukai inywonthe tukethe moseo na vaita wa walanio wa TIST. Mbumbano situ sya ngwatania syithiawa imwe kwa mwai muthenyani wa wakatatu wa kyumwa kya mbee kya mwai.

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## **Ngwatania ya TIST Nturukuma: Nitwivundiitye muno iulu wa uketha kiw'u na kwia kiw'u.**

**N**thini wa mbumbano situ sya kila mwai nitwithiawa na ivuso ya kwimanyisya maundu kivathukano.

Nitwambiie walanyio twawitie “Maji Nyumbani” (Kiw'u musyi), kumaanisa kusuvia kiw'u misyi kwitu. Amemba ma kakundi kanini nimathukumaa vamwe na kukwatana mbau kwikia nzia sya uketha na kwia kiw'u.

Yila twaketha kiw'u nitukiaa kwondu wa kutumia misyini na kingi tukaia kwondu wa ungithya miti na mimea yitu yila kwi munyao. Yu twina aimi mekwika nima ya kuithya makuyu.

Kuma twamanya vaita na useo wa kiw'u, twithiawa na kithikii kumanya undu kikelawa na kuthew'a. Mwolooto witu ni kuikiithya kila musyi niwavikii kwithiwa na kiw'u kianu kwoondu wa kutumia musyi na kwa nima.



## TIST: Niki nende kusakuwa ta mutongoi wa ngwatanio?

**T**wina ngwatanio mbee wa 500 nthini wa TIST twina ivuso ya kwithiwa na atongoi mbee wa 1500 kusakuwa kila mwaka ni aimi ma TIST. Ino ni nzia imwe ya kwonany'a undu TIST yianite nthini wa kenya.

Ni ivuso iseo kwa TIST vala ula weethiwa na ivuso ya kusakuwa ta umwe wa atongoi aya atatu withiawa na mwaka muima wa kumayiwa ethiwe aithukuma thini wa kanzu ya ngwatanio (Group of clusters council GOCC). Kuthukumithya inengo syoo sya utongoi, kumaya mbeange iulu wa miio ya utumia, na nzia ila itumiawa kuvitukithya, kuelewa nesa undu wa viasala wa nzeve itavisaa (carbon business), kuthukuma enen tist ala angi isioni syoo. Makethiwa na ivuso ya kuvika seminani kuthukuma na athukumi angi ma ngwatanio sya TIST vamwe na kutembele tukundi tunini ngwatanioni syoo na kwona ni nzia syiva nzeo iendee na utumika, kwona undu wa maiko ma usuvia mwaki na kumanya vaita wa miti kivathukany'o na miovai yayo na maundu angi maingi.

**Kwithiwa wi mutongoi wa ngwatanio ni undu wi vinya.**

Kuthi kuvikia tukundi tunini tula twi ngwatanioini yaku kwi minoo nundu ve kutembe na kuthi nzi ndasa, ve kusyaiisya, na ve kuneena. Ve kwia lekpti sya undu ngwatanio nyenyu na ii syoothe ni syendaa ivinda na mutwe/kiliko kwithiwa vamwe.

Kumbanya tukundi tunini na kwailya mawalany'o matw'o kuivwa no wia ungi wi vinya. Kuvundisya utumia computer sya ukwata na kw'oko, GPS, nzia sya utunga livoti na kwia walany'o undu wa nzia nzeo sya umanyisya na kuvundisya na kwithiwa na mbumbano sya kila mwai syina wendeesyo kwa aimi, uyu woothe ni wia muto na nimwendaa ndivi. Oundu mwisi yila twathi seminani sya TIST vethiawa na ivinda iseo onakau niwaile uthukuma na kithito. Uthukumaa muthenya muima na wiyoo uinewa wia waika wavika musyi wioo.

Kwoou ethiwa nukwenda unyuvwa ta mutongoi wa ngwatanio ethiwa wina wendi wa wa kumanya, kuthukuma na vinya kwithiwa wi muthukumi museo wa tukundi tunini thini wa ngwatanio yenyu. Ethiwa wina mawendi aya na niwayuvwa kwithiwa wi mutongoi ikeethiwa yi ivuso iseo kwa TIST na mwambiio museo wa mawalany'o ma TIST. Ni vaku utw'e.



## **Maendeeo ma kwikala meanite.**

### **Undu Nthi yonthe isiasya na kwona mawithyululuko.**

Kenya ndikalaa ziyoka itena ikonyo ingi sya nthi. Kwina umanyi iulu wa manthina ala methiitwe na mawithyululuko ni utetheesya Kenya kumanya iulu wa mathima ala makoka ivindani yukite. Ni useo kuisiya mathina ala methiitwe mawithyululukoni nikana kuelewa mothuku ala methiawa kwa mawithyululuko.

### **Movinduku ma Nzeve.**

Kuvivw'a kwa mauta na makaa ma coal nikumasya nzeve itavisaa. Kii kietae uvyuvu mawithyululukoni na kwoou kwambatya uvyuvu wa nthi, Kula kwithiawa na ia yiyambiia uyaiika na utwika kiw'u na kyalika ukangani naw'o uyambiia kwambata na kuvwika nthi nyumu. Kii kitumaa kwithiwa na mavuliko na nzeve kuvyuva na kwoou nima iyanangika munamuno isioni sya ilembeta ya Africa na nthi yonthe.

### **Kuthokoanwa kwa nzeve.**

Miuke kuma kwa maindasituli na ngali nimaetae mauwau ma mimeo na manthina kwa andu maveva nzeve isu. Miuke ino nitonya kulika kiw'uni kya mbua na kutuma kithiwa na asiti na kuete wanangiko kwa mimea na myako. Misyi mingi yithina wa nzeve kuthokoanw'a ni miuke vala yikalaa iniine ta matu kana muumbi na kuola metho kwona na ni itonya kuete mathina ma uima wa mwii.

### **Kiw'u kuthokoanwa.**

Kiko kuma kambunini sya useuvya syindu na siwengyi, vatalinza kuma miundani nutonya uluka mikaoni, mbusini na kula kiw'u kyumaa na kwananga mimea na kuete uwau kwa andu na nyamu.

### **Kuoleka kwa mithemba kivathukanyo.**

Mithemba ya yamu, miti, ikuthi ona mimea yothye niyiolekaa yila kweethiwa na nzeve ka kumiwa kwa nzeveni na miti kutemwa vakuvi mithemba 100 niyaa kila muthenya. Kii nikiolaa matilio na kundu kula kumaa vinya na kula ndawa ikwatikanaa.

### **Kutwika weu/Ing'alata.**

Yila nthi yaasya ngua syayo ila ni mimea muthanga niwumaa na nukuawa ni kiw'u kana nze na uyithiwa utena w'umi nesa. Ingi ii niyiawa ni nzia ya kunyaiikya mang'alata.

### **Kiko kina sumu.**

Kiko kuma kambunini kana vakitolini nikithiawa na kemikoo na matilio itonya uete na kuaa syindu kwa kulivuka kana kuivivya syonthe syi thau. Kwa ngelekany'a yila kambuni kuma India imwe (Bhopal) ya useuvya ndawa sya kuaa mitutu yeethiwe iyita kemikoo matesi niyalivukile.

**Mbua ya Asiti.**

Kiw'u kii kina asiti ni kyanangaa mititu na masiwa munamuno ta ngaliko sya Europe na North America. Yila kiw'u kya mbua kyalikana na kuthokoanw'a ni asiti niw'o kiseuvasya mbua ya asiti. Miti, Makuyu na myako niw'o kietae wanangiko.

**Itu yila yivwikite wingi wa sua kuendee na kwanangika.**

Yila ndawa thuku (kemikoo) ta Chlorofluorocarbons (CFC's) syatumika syinduni kuete mbalavu na kwa indasituli kuseuvya syindu ukunikili weekwa nisyonekete kana nimwe kati ka syindu ila ikwananga itu yila yisiiaa sua kuatha (kuola uvyuvu wa sua) na kwananga (UV " ultra violet rays). Yila kemikoo syaananga itu yii niw'o UV syongelekaa kuvika nthi na kuete mauwau kwa andu ta uwau wa kenza ya kikonde na mauwau angi.

**Mathina ma misyi minene ya mataoni.**

Mataoni maingi mina nthina wa kiko kya mavuti, nzeve kumiiwa, kelele, kusuania na kunyiva kwa isio sya miundani.

**Monou manthi kunyiva.**

Kwongeleka kwa wendi wa matilio sya kutumika ni andu nthi yonthe uthwii wa nthi ta mauta, mavia mavisaa (coal) na mititu

niiendee kuoleka. Kii kithuthasya na kuthingiisya masindano na kuete uvituukanu wa nthi kivathukany'o. Kumatha mothwii ma nthi ma kutunenge vinya na mwaki omituki nukwithiwa wi nthina munene ateo vethiwe na nzia ingi sya kukwata mwaki na vinya ila nisyindu sya vata muno ta kukwata syindu ithi kuma kiw'uni, nzeveni na neukilia vandu va utumia mothwii ala manini ta mauta ma nthi, mavia mavisaa (coal na Nzeve ya kuma nthi.

**Amathisya ma TIST nimakulasya ala mekw'o. kwoondu wa ngwatania syoo makulyo aya:**

Kenya nikwatawaq ni mathina amwe ala maetetwe ni manthina aya twasisya vaa iulu? Kenya ni imwe kati wa nthi ila ietae wongeleku wa mathina aya?

Oundu Kenya iendee na kwiana nimawiko meva ukwisilya maendee matonya kuendee na kwinthiwa me nthina munene oundu Kenya iendee na kwiana?

Thuthya ala mwi imwe nthini wa ngwatania yenyu ya TIST undu wa kuendee na uvanda miti kunyivya mathina ala maetetwe thini wa mawithyululuko na kuete uvinduku wa nzeve ni mawiko ma andu kwoondu wa mawithyululuko maitu methiwe manzeo!



## Kwakana: Ndukavitukwe ni uathimo wa kakundi kaku kanini.

**K**wakana ni kwavata muno nthini wa kakundi kanini yila mwakomana kila kyumwa. Nthini wa Aveso 4:15 - 16 yiasya tuthuthanie ithyi kw aithyi kwindu wa uima wa Klisto. Kila umwe kakundini kenyu kanini nuetae kinengo kivathukany'o kwa kakundi kenyu. Kindu kimwe mwaile ni kwika ni kwona na kwakana na inengo ila Ngai umunengete.

Kwakana ni kueka inengo ila mwinasyo kwoneka kila kimwe kiithukuma. Ve nzia ili sya kwakana

- Mbee wa mboya sya mwise/kuinga wumbano kila umwe niwaile uweta undu wa kuthuthia ula mutongoi wikie nthini wa wumbano usu. Kwa ngelekany'o, kukeny'a, kusuvia masaa, walany'o museo wa mivango, uneeni wa uthuthia andu maneene, ngethi itumie mundu ew'a e muthokye wumbanoni, kumya mwolooto iulu wa undu uwetiwe na weekwa ni kakundi kaa na weethiwa wi museo mbee kwa kila umwe na angi maingi. Kila umwe nowaile uneena undu onakau ni kwenda kwa mwene.
- Ethiwa nimwoona kineng'o kinenganitwe ni mutongoi wenyu nimwaile ukiweta nikana onake amanye na kwiyikia vinya.

Na utongoi wa kumanisya/kithyululu kila kyumwa mutongoi mweu akaakawa. Kwakanani kila umwe watongosya kyumwa kiiu akeethiawa akikite nundu kinengo kyake kila kiteni ungi akeethiawa atonya utavya na kuthuthw'a iulu wakyo ni amemba ala angi yila meuneenea kwakana.

Kwakana ni nzia ingi ya kuisya maundu ala maseo munduni na kumaweta, ithyoonthe nitwailwe uvundisya nimi situ kuneena mauseo ma umwe kuthi ula ungi. Nikana withie kila umwe niwoona na kusoma kuma utongoini wa uthukumi wa kila umwe wanyuvwa kutongosya. Mutongoi ula ungi mukanyuva akeethiwa emanyiity'e maundu meu kuma kwakanani kwenyu kula mwaaka mutongoi ula ei mbee wake. Ethiwa mukaneenany'a kwa kwakana ukeethia vaina mundu ukuthi anyungunyisya ayasya undu, unduu uu wialile kwikwa nundu kila umwe ena muyo na nimwianie nikwithiwa ethiwa motongoi ona akitie kwasya "nimuvea" kila umwe ena muyo na vai mundu ukwiw'a ataille na mundu atavya useo wake nutanaa na kumanya undu uteisi iulu wake mwene. Kwakana ni uathimo keli nundu ula uteisi kinengo kyake akimanya nuendeeaa na kukitumia na ungi akevundisya kuma kwake kwoondu wa utongoi ula wanengwa.

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**Mkutano wa Nguzo wa TIST wa Marega uliofanyika tarehe 11/12/2024.  
Mkutano ujao utakuwa tarehe 8/01/2025.**

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## Isasametab Nkumbo nebo TIST : Momii chi ne kebokoche en let.

**E**cheek, Isasametab Nkumbo nebo TUST, ko kiboiboi kemii en TIST. Isasamenyin ko mii kiwotetab Komoswekab Meru ak Tharaka Nithi en Oret Neo nebo Meru-Nairobi.

Kipjeunengee Isasamenyon Isasamentab Kairuni en olikibo kenytat 2012. Kong’eteen yoton ketesetaa kesire Katuiyosiek che Mengecheen che kikitestaa koboienchi TIST.

En raini, ko tindoo amunee membaekab Isasametab Nkumbo koboiboi enchi kelchinois che chang’ koyoob

tetutietrab TIST. Ketik che kemiin ko en nguni ko olebunu melekweek en logoek che kioldoi, melekweek che bunu aldaetab koristo, kumiat ne bunu moingonik, kwenik che bunu ketik che kichoru, uronook ak toltolindo neibu sogekab ketik.

Isasametab Nkumbo ko kikomuch en nguni koneet membaek che lelach ak kotoo Isasametab Ntue. Koki Isasamet, komokibogoktoi chi en let. Nyon agenge, obuan tugul, ak obwan ogess kelchinois kobun tetutietab TIST. Tuiyosiekiok che bo arawet age tugul keye en Kaitab Somok ne Taa en arawet age tugul.

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## Isasametab TIST nebo Nturukuma: Kinetegge che chang’ akobo kayumetab beek ak konoreet.

**T**uyosiekiok chebo arawet age tugul ko koneech kelchin kinetgee and kebe keyai boisionik che terterchin.

En nguni ko kokinaam tetutiet ne kigureen ‘Maji Numbani’, ne noton ko nemwoe kole kerib beek en gaa. Membaekab katuiyet age tugul ko boisie en kibangenge kialchi chi tugul tuguk che kitogeen beek.

Oloon kakitaach beek kekonotii che kiboisien ko alak kekonori en silankosiek asi keboisien en kobisetab minujtik ak ketik en kasartab kemeut. En nguni ketindoi temik che boe njirenik en tabaiweek.

Oloon kakenai akobo komonutietab beechu, kemoche kinetgee akobo ole kitililindoo beek. Tokyinenyon ko ketoretgee en kot agetugul konyorchigee beek che mo roru asi keboisien en gaa ak mbar.





## **TIST: Amunee asiamach aik lewenintet?**

**K**omi en nguni isasamook che sire 500 en TIST, ko mii kandoik che sire 1500 che lelach che ke kusinkong' biikuak en TIST. Inoni ko bo komonutiet amun ibooru ole testo taa tetutietab TIST en Kenya.

Bo kelchin inoni en biik che tesetaa en noton. Chito ne kileweni koik kandoindet (choton ko ne ribe lengut, rubeiywotab knadoindet ak kandoindet) ko tindoo kenyt agenge konyoor kanetisiet ne tesaat, koboisiechi Kansol nebo Isasamook ( che choton ko Group of Clusters Council - GOCC), koboos kandoinatenyuan, konetgee missing akobo karik chebo musoknotet chebo koitosiek, missing akobo mung'aretab koristo, ak koboisiechi membaek alak chebo boror. Nyoru kora kasarta koba semina, koboos ak Kiboitinikab Isasamook/Koitiik che iite ketik ak koba akoi Katuiyosiek che Mengechen chebo TIST en isasamookuak, konaikonetgee akobo Ortinwek chemkiachen chebo boisiet

chebo isasamet, konetgee akobo mostinwek/jikosiek che bo komonutiet che ribe maat, konetgee akobo kelchinoikab ketik che terterchin, ak tuguk alak che chang'.

**Iman, keik Kandoindetab Isasamet ko boisiet ne ui.**

Keba kerutechi Katuiyosiek che Mengechen e isasamet ko moche banda ne oo, ng'alalet, kegeer ak kinetgee. Kora ko mii ribetab tuguk che kikenyor en Isasamet ako choton tugul ko moche kasarta ak tokinetab gee. Ketet katuiyosiek che Mengechen akoi konyor lipanosiek ko boisiet ne ui. Kinetgee keboisien komutaisiek che kiname en eunek, GPS, ole kiyoktoito logoiwek, ak kete akobo kanetisiet ak tuiyosiek chebo kwong'utik en arawet age tugul, chu tugul ko boisiet ne ui kobaten konu kelchinoik. Kou ole ongente che chang' keba semina nebo TIST ko kenyoru chi kasarta ne kararan, kobaten moche boisiet ne oo. Iboisie betut komugul, ko en kemoi itindoi boisiet ne iyoe ne oo. So kou noton imoche chi kelewenin iiku kandoindetab isasamet yon itinye mageet inetgee boisiet ne tesat ak iyai boisiet ne oo iiku kiboitiot ne mie en Katuiyosiek che Mengechen ak Isasamet. Angot intindoi mogutichoton, ak koit kelewenin, komuche koik kanametab kelchinoik alak che chang' en tetutietab TIST. Neng'ung' tilet.



## **TIST: Tesetab Taa ne Moimunye.**

### **Oleu Itondab Emet en Ng'wony Tugul**

Kenya ko momii inegen en taban nebo ng'wony tugul ako ingenai akobo koimutik che mii ng'wony chebo itondab emet komuche ko toretch kosib kesich komutik che bwone en betusiek che bwone en Kenya. Bo komonutiet kekusikong' komutik che mi ng'wony chebo itondab emetak kikuiyo tuguk che yachen che ibchin itondab emenyon,

### **Waletab atebetab Emet.**

Belseetab mwanik (koikab nesek, mwanik ak gasit) ko konu koristo ne ya. Inoni ko konu mat en emet barak ak kokochi kwo barak mat en ng'wony tugul, ko chotio koikab ropta che mii olinbo metittab ng'wony ak kotesak beek en barisiek ak nyanchosiek en ng'wony. Inoni koite konyo maranet ak koet burgeiyet ne ng'wony ak koit kowech teimisiet en komoswek alak en Afrika ak nw'ony komugul.

### **Kamuritetab Koristo**

Iyet nesamis nebu kompunisiek che yoe tuguk ak garisiek ko konu koimutikab kabuset en biik. Iyoton ko chote en beekab ropta ak kogo ropta nebo acid nebo ng'wonet ne ite kowech minutik ak korik. Nganasok che echeen che chang' ko tindoo koimutik che chang' chebo iyet ne kobuli nganaset kou boldet ne mii ng'wony anan ko kibungweret ako ichuchuche kereet ak kogo koimutikab chametabgee nebo borto.

### **Komuritetab Beek**

Murindo nebunu ole kichobeen tuguk, ole kisertoen beek che muren ak murindab pospet che bunu mbarenik kobendi segenenosiek, oinosiek ak nyanchosiek ak komurit kondametusiekab beek chebo ng'wony ak kong'em minutik, tiong'ik ak chametabgee nebo borwek en biik.

### **Itonwek che terterchin che Kikochuchukak**

Itonwek che terterchin ko tuguk cheu ketik, minutik ak tiong'ik che terterchin en ng'wony. Murinto ak tiletab osnosiek ko choton che ichuchuche koitosikab ketik ak tiong'ik ne noton ko konu kobetio en ng'wony tuguk cheite 100 en chuton. Inoni kochuchuche tuguk che chang che kiyoen kerichiek, ak kimnotosiek ak tuguk che kiboisien en betut age tugul.

### **Kayuagtaetab Meleweet**

Olon kobetyo minutik en ng'wony ak koyam ng'ung'unyek ak kegutita anan kola beek, ko kemkemitu mbaret. Inoni kora kegureen kayuaktaetab meleweet ne noton ko wole mbarenik koik che kemkem che momi kit ne keitoo cheite ektainik che chang' chebo mbarenik, che choton ko mii ole ng'oi missing'.

**Murindo ne ng'oi missing'**

Murindo nebo ng'wonet ako weche biik komuche kobunu kampunisiech che boisien kerichek anan ko che chute borto en ortinwek che kimeen. Murinoton ko weche emet en ortinwek cheu chonkibo kampunit ne kiyoe kerichekab mbar en olin bo Bhopal en India ne kiit kotiol

**Ropta ne boAcid ne tile biik**

Kou yon kakakemwa en kamuriteteab koristo en barak yu, ropta nebo acid, missing' ko en emetab chumbeek ak Amerika Murot Katam ko bore osnosiek. Oloon komong' murindo ko bendi akoi ko walak koik ropatb acid.ketik, minutik, njirenik ak koboton agot korik koite keweck ak icheek.

**Kokesuneetab tapoiyat**

Kericheek che uu chlorofluorocarbons (CFC's) keboisien en tuguk che ikoitite tuguk ak tuguk alak chebo kampunisiech alak che chobe tuguk che terterchin kobaten kogenai en nguni kele weche ole tere asista en barakutab ng'wony ne ntotn kou kiroisit. Kiroisinoton ko ne tere ng'wony komoiti keliekab asista ne weche tuguk ne noton kegreen ultra-violet rays (UV). Olon kang'em kerichechotonkiroisitab ng'wony, ko imuche koiti ng'wony keliekab asista che yachen ako choton ko ng'eme akot chametabgee nebo biik en ng'wony, ak kogo mionwokik cheu lupaniat nebo magatet ak mionwokik alak.

**Koimutikab Nganasook che Echeen**

Tugosiek che chang' ak Nganasook che echeen ko tindoo koimutik che chnang chebo murindab saratik ak tagatagek, koristo ne murr, bolet ne oo, chiletabgee ne oo ak rorunetab komoswekab resop.

**Rorunetab Tuguk che konu Mogornotet**

Rorunetab kimnotosiek ak tuguk che kiboisien en ng'wony komugul ko noton ne yoe koror tuguk cheu mwanik, koikab kamanut, koik che kibelseen, ak osnosiek. Noton ko konu kemoiyo tuguk che kiboisien ako ite kogo terchinosiek en ng'wony. En konegit koiku koimutiet cheng'etab kimnotosiek che kiboisien angot ko mokinyor tuguk che ter che konu kimnotosiechoton kou che bunu beek, koristo, nuclear kosir keboisien tuguk che roru cheu mwanik, koik che kibelseen, ak gasit.

**Tebeen kanetik biik chebo Isasamook tebutichu:**

Ne neibwote ile nyolu koyai TIST akobo koimutichu?

Ibwat ikochin cherseet Isasamokuok chebo TIST ak biik alak chebo boror komin ketik che chang'asi komuch kochuchuch alak en koimutichubo atebeetab emet ak kokochi tuguk che yaach itonwekab emeet asi kimuch kewal kokaikaiit missing'.



## TIST: Kujengana – Mat ibakach kaberuret en Katuiyeng’ung’ ne Ming’in ak Isasamet.

**K**ujengana (ketechgee) ko bo komonutiet missing en tuiyetab Isasameng’ung’ en arawet age tugul ak tuiyetab wikit age tugul nebo Katuiyet ne Ming’in. mwoe en Ephesoek 5: 15, 16 kole kiiku che techegee akoi keit mitunet tugul nebo Kristo. Chi tugul en Katuiyeng’ung’ ne Ming’in koibu talentaisiekchik ak konunotoek koiti Katuiyet ne Ming’in. Agenge en tuguk che togu en Katuiyet ne Ming’in ko kegeer, kepjei ak keboisien talentaisiek che kigoneechg Kamuktoindet.

- Ketechgee (kujengana) ko oret ne kiboisien talentaisiechoton. Mi kebeberuwk oeng en kujengana: Kotomo kekerr en saet, ko mwoe chi tugul kiit agenge ne mie akobo kiy ne kayai kandoindet en tuiyet. En korogut, kinyimio, kirib saisiek, kiyai tetutik che kororoon, kicher membaekab katuiyet ne ming’in, kocher membaek tugul kong’alalso, kiigatan, kiibor kiit ne mie ne kiteset taa en tuiyet anan ko en tuiyet anan ko en boisiet. Nyolu komwa kiymembayat age tugul ne ter. Igochin age tugul kujengana kandoindet. katuiyosiek alak kogochin rubeiywot kujengana.
- Kora, angot kogeer membayat agenge konunotiot ne ko go kandoindet, komuche komwa kora. En kandoinatet ne kiwolchingeer, ko wikit age tugul ko nyolu konyor kandindet age tugul

kujengana en wikit age tugul en kujengana, kecheregee en kit ne kayai kandoindet en wikinoton en tuiyet ak talenytaisiek che kaiboer chito. Kujengana kora ko oret ne kimuche kecheng’ tuguk che miachen akobo biik ak kemwa. Kimoche tugul kinet ng’eliepikiok kemwa tuguk che kororon. Kora, komuche konetgee katuiyet katugul konai kole nee ne kaibwat katuiyet katugul kobunchikamanut en kandoindet. Kandoik che isibu ko nyoru kelchinet en tuguk che kakimwa en kujengana akobo kandoik chebo taaak tuguk che bo kamanut che ibwote katuiyet akobo Kandoindet.

En walutiet koiti Kujengana, kandoindetab wikinoton ko kimwa kole, ‘Kongoi ‘ en chi tugul en tuguk che kamwa en katuiyet, ng’alek che miachen. Momi ole kimuche kemaw kele kotaimuche ko kakiakit kosir yoton. En abokora, ko bainbai chito ngenwochi tuguk che miachemn che kayai en tuiyet. En kasarta age kinetegee akobo tuguk che kimakingen akobo echeek! Kujengana ko toreti kandoindet en betunoton konai talentaisiekyik che kimakongen. Kora, kujengana ko toreti katuiyosiek che mengechen amun membaek komuche kotes kandoinatenyuan ak konetegee. Kujenana ko koberuret ne nyilen oeng’!