

# Mazingira Bora

Not for sale

**tist** Growing Trees  
Growing Leaders

Newsletter February 2026

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

www.tist.org

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

Dial \*709# (Safaricom) or \*789\*7000# (Other Networks) and get to know more about TIST and your Small Group. Follow the prompts. Safaricom is Free.



Some of old TIST Farmers during a recent Seminar held in Nanyuki, Kenya.

- Inside:**
- ✓ TIST: Catherine Maingi - My vision is to encourage farmers to make use of TIST Best Practices. Page 2
  - ✓ TIST: Leah Njeri - Too late is Better than Never! Page 2
  - ✓ TIST: Francis Kaigai - Lets Continue planting more trees, Preserving and Taking Care of Existing ones. Page 3
  - ✓ TIST: Silas Makandi Francis - Do not harvest your TIST Trees. Page 3
  - ✓ TIST: Participating in TIST Helped rebuild our lives, Says from Gulu District Northern Uganda. Page 4
  - ✓ TIST: Gervasio Gianka - Being in a Small Group build each other's by doing team work. Page 5
  - ✓ TIST: Samuel Wanjohi Muchiri – Cluster Meetings are oasis of Knowledge and Information. Page 5
  - ✓ Komakech Johnson: From Police Service to Environment Service. Page 6
  - ✓ Atto Alice: I joined TIST to help combat Deforestation in my Area. Page 6



## TIST: Catherine Maingi - My vision is to encourage farmers to make use of TIST Best Practices.

I am Catherine Maingi from Machakos County, Kenya. I belong to Ndalani Cluster. My Small Group name is Center farmers TIST number 2015KE141. I joined TIST in 2015 when the program was introduced in our area by our Cluster Servant.

I never knew anything about TIST program until it was introduced in Cluster meetings and I started getting training with other Small Group members.

During the Application Process, we got trained about nursery establishment by using the local available material like used plastic bottles, old tins, empty milk papers. Since the Kenya Government had banned use of polythene bags, this training helped us create big results with very low budget.

We were also taught about seed collections and species selection. We started collecting seeds of different species like Gravellia, Moringa

aloevera, Mangoes, Acacia just to mention a few.

When we were eventually registered in TIST, we continued to receive more trainings and practicing them. We were trained about; preparing compost manure, conservation farming, energy efficient stoves, gender inclusivity among others. The exciting part is when I started practicing conservation farming using compost manure. This has given me more harvest as compared to when I used conventional farming.

Before joining TIST, I used to face challenges when maintaining the young trees due to the area experiencing low rainfall. I have now learnt TIST Best Practices. I do mulch, have a water pan where I draw water for drip irrigation.

My trees started getting enough water. I am now a happy farmer. My vision is to encourage farmers to make use of TIST Best Practices.

---

## TIST: Leah Njeri - Too late is Better than Never!

When I learnt about TIST during a Chief's baraza meeting at Rwambiti in the year 2008, I was skeptical about joining. I was not convinced enough having experienced other community programs that had started in my area quickly "die" thereafter.

But I was amazed to see TIST program continue to expand and more farmers joining years later. I had thought TIST "would go away" by 5<sup>th</sup> year. Many programs did not last more than five (5) years in our area. TIST proved me wrong. TIST continued to work with farmers beyond "my five years lifespan." I thought I should give them two (2) more years. Behold! TIST continued to live!

Having lost seven years doubting TIST, I eventually joined in 2015. My Small Group is known as Karura Women Group, TIST Number 2015ke41.

When I joined TIST, I worked hard to catch up with other farmers who had joined earlier in

2008. But at this time, they were already enjoying TIST benefits. Their fruits and trees were already giving them fruits and nuts. During this time, prices for nuts were very good. I missed the opportunity but still continued planting.

My shock came when our local Cluster Servant visited our farms to count trees. A Few trees that I had planted in 2008 didn't qualify as TIST trees. They were considered as *Baseline trees*. When payments came, I received little money compared to those that had joined earlier.

I have now embraced TIST fully. Too late is better than never. I have planted mixed species of trees in my farm. I have indigenous, fruit and nut trees. I also practice conservation Farming, have an energy efficient stove. I do also keep dairy cattle, goats, sheep, pig and poultry.

I have now become an active TIST member. I attend Cluster meetings every month. I have become a good TIST Trainer.



## TIST: Francis Kaigai - Lets Continue planting more trees, Preserving and Taking Care of Existing ones.

I am Francis Kaigai from Tandare TIST Cluster. My Small Group is Kahiriga, TIST Number 2008KE1962. I joined TIST in 2008. I am an active member of the Cluster where I have been in Cluster Leadership.

I have planted several species of trees both indigenous and exotic trees. I have planted Muiri, Mutero, Red cedar, Muthiga, Mutundu, Muthigio, Acacia, Podo, Murembu and Mukuyu. I am proud of these trees because some have become very rare to find them even in natural forest. I have two big traditional beehives but planning to have more as a result of the benefit I get from them.

I have also planted several fruit trees species like Avocado, Mangoes, Apples, Oranges, Custard Apple. I am happy when my grandchildren visit me during school holiday and enjoy various the

fruits. I do sell the surplus.

From their income, I have purchased a solar powered water pump which help pump water from my water pan during the dry season and irrigate my trees. This boosts their fruits production all year round.

I always attend Cluster Meetings. I have learned a lot from the meetings. We share best ideas from other farmers and Government officers from different departments whom we do invite to attend our TIST meetings.

My Small Group has been receiving Profit share payments. Our goal is to continue planting more trees, preserving and taking care of the existing ones. We are also recruiting more new groups to join TIST.

---

## TIST: Silas Makandi Francis - Do not harvest your TIST Trees.

My name is Silas Makandi Francis from Abogeta TIST Cluster. I learned about TIST in the year 2021 September through our Cluster Servant, Jurswinnie Nkirote.

Later on, in the year 2022 month of March I joined TIST. Together with members of my Small Group, we were taken through Application process that involved trainings and making a free, informed consent about joining TIST. We choose the name of our Small Group – Abo 4. It was registered in TIST with TIST number 2022KE720.

Since joining TIST, I run many activities in my farm such as developing tree nurseries. I distribute seedlings to the farmers so that we can conserve our environment by planting more trees. I have an improved cooking stove. Through this stove, I have reduced cutting trees as I save on firewood. I do also keep bees for honey.

I have planted different tree species in my farm. Fruits and nuts trees are Avocado and

Macadamia; Indigenous trees such as Miahangua, Mururi, Muringa, Mwiria, Minguani; Exotic trees are Gravellia. Whenever, I need firewood, I do practice thinning and pruning. I do not harvest my TIST Trees.

I attend Cluster meetings every month. It is through the Cluster meetings; I have learnt many things which has been very useful in my life. I have learnt how clear cut affects my Small Group; how to plant indigenous, fruits and nuts trees; Learned about Global Warming, Carbon Credits, TIST Values and many more. I also get an opportunity to receive monthly *Mazingira Bora* Newsletter.

Additionally, being in a Small Group, I continue to benefit in many ways such as receiving profit share payments, learning and practicing servant and rotational leadership among many others.

In my Cluster, I am elected as a Cluster Leader. we receive our monthly cluster budget which has really boosted our cluster projects and table-banking. I am a proud TIST farmer.



## TIST: Participating in TIST Helped rebuild our lives, Says from Gulu District Northern Uganda.

**M**y name is Okot Jacob from Gulu District, Northern Uganda. For many years, our region has been ravaged by war and conflict. When peace returned, we went back to our farms. Initially, it was difficult doing farming because at this time, climate change had already started affecting rainfall patterns. Moreover, we had little knowledge on how to adapt to climate changes. In a number of consecutive seasons, our crops failed.

However, in the year 2020, I came to learn about TIST. I got more interested because I heard about Conservation Farming which was helping overcome crop failures. TIST required us to form and work in Small Groups. I therefore recruited my neighbors and in the year 2021, after going through the “Application process” we were eventually registered in TIST. Our Small Group name is Tii Ki Kumi, TIST Number 2021UGI336.

During and after Application Process, we continued attending Cluster Meetings on monthly basis. It is at the Cluster Meetings we learned about Tree Planting, Carbon Business, Conservation Farming, Servant Leadership among many other important trainings.

I personally took the trainings seriously and started practicing it. I began by planting different species of trees in my farm. Before TIST, I was not caring much about Trees. So, the soil was

mainly bare and exposed to sun and wind. TIST Trainings helped me get well organized in my farm. I planted fruit trees such as Avocado, Mangoes, Oranges, White teak and Guava. I also planted indigenous trees. One thing that I learned in TIST is about taking care of trees by use of compost manure and mulching. This helped my trees not only survive but grow strong and health.

I decided to mix trees with the crops. I adopted Conservation Farming for my food crops. I stopped tilling my land and used TIST Best Practice of Conservation Farming. My farm started to have healthy crops even in seasons of low rainfall. Among the food crops I do practice include maize, beans, soya beans, groundnuts and also vegetables like cabbages, onions, eggplant and okra.

The crops and fruits harvest have been good over the years. I do sell the surplus in our local market. Besides sales of crops and fruits, I also earn Carbon credit revenue from TIST. My farm income has been diversified and has expanded in great measure.

I am now planning to incorporate Bee Keeping. This will help me boost income for my family. I am now happy I am able to educate my children, provide them with nutritious food and help the World combat effects of Climate Change.



## **TIST: Gervasio Gianka - Being in a Small Group build each other's by doing team work.**

**M**y name is Gervasio Gianka. I am TIST farmer from Kingo TIST Cluster, Meru County in Kenya. I heard about TIST program way back 2007 thorough a TIST pioneer volunteer in my area Mr. Itirikia.

I joined TIST in 2007 through a Small Group named as Ruunju T Planters, TIST number 2007KEI091. Since then, I have been practicing TIST activities like, planting trees every year and monitoring by Cluster Servant; Practicing Conservation Farming; Establishing Trees nursery; Bee keeping and improved stoves.

My farm has many tree species including Cordia African, Mukwego, Grevilia, Macadamia, Orange,

Minguani, Avocado, Mango, Meru Oak and many others.

I regularly attend Cluster meeting every month. I have learnt many things which benefited me a lot such as Leadership and Management skills. Rotational leadership has many benefits as everybody has opportunity to lead and serve others. I have learnt to follow TIST Values to make program stable , introduction of new farming using compost manure for low budget.

Being in a Small Group build each other's by doing team work. Our Small Groups has received profit from the sale of carbon sequestered from our trees.

---

## **TIST: Samuel Wanjohi Muchiri – Cluster Meetings are oasis of Knowledge and Information.**

**M**y Small Group is Named Okoa with TIST number 2008KE232. My is name Samuel Wanjohi Muchiri and I normally attend cluster meetings and requestany of my family members or farm helpers to attend these meetings whenever I am not be available.

Cluster meetings have helped me learn how to grow trees and take care of them. There are some trees I have planted that I only came to learn at the Cluster meetings. A tree like Muthiga tree which has multiple benefits where leaves are used as green tea, the twigs as tooth brushes and it's bark for chest pain. Another tree Muiri is used to ease pain that comes with prostates. Mexican green ash tree acts as fire breaker. It hinders fire from spreading. Because I have pastures I my farms, I have planted Mexican Green ash along the paddock's boundaries.

I have also leant and practiced fruits trees farming. I get enough not only for my home but I do sell the surplus. I have tried bee Keeping in my farm and I was astonished to harvest from one bee hive twelve Kgs of honey, I kept this for my own use. My plan is to continue planting many more trees. As my farm gets more trees, I plan to have better hives .

My kitchen garden is also benefitting from TIST Trainings. I have learnt how to make compost manure out kitchen waste and animals' manure. Now I have a thriving Kales, Cabbages, Spinach that are grown without using chemical fertilizers. My farm used to be bushy with little activity but now with TIST Trainings it has been changing to be more beneficial to me and my family.



## Komakech Johnson: From Police Service to Environment Service.

I am Komakech Johnson, a TIST farmer from Kica Ber B Small Group, TIST Number 2021UG2259. I come from Teolam village, Kal Ali Parish, Gulu District. I belong to Paicho TIST Cluster.

I previously worked with Police Service for a number of years but later, out circumstances beyond my control, I left the police service and became a farmer. It was a difficult moment for me because I always wanted to serve people. I didn't know where to start.

When I came back home, I couldn't find the best way of uplifting the entire family out of poverty. I thought of engaging into farming as the only solution to this problem. However, all the family land we had was barren and couldn't support the growing of food crops.

In 2021, I got information about TIST program. I, together with my close neighbors formed our Small Group. We started attending trainings on different TIST training topics which includes; TIST Values, Small Group Eligibility Requirement, Nursery bed establishment and so on.

Under nursery bed establishment, I mobilized members of our Small Group to collect seeds on our own. We had learned valuable trainings about Seed Collection, Species selections, Nursery care management from our Cluster meetings.

Our first seedlings went to our farms. We shared amongst ourselves and donated a few to the neighbours. However, because we had raised very strong and healthy seedlings, many farmers started asking for more. They were even ready to pay for them. As such, a business opportunity presented itself to our Small Groups. We immediately began a community and commercial tree nursery. In every rainy season, we make sure we plant some in our farms as part of TIST Trees, but sell the rest.

I feel strong and happy again. I am now a true servant of the environment. Besides earning good income from sale of seedlings, our Small Group continue to receive Carbon revenue from TIST. We have now started Goat and poultry keeping projects to further supplement our income.

---

## Atto Alice: I joined TIST to help combat Deforestation in my Area.

My name is Atoo Alice. I am 62 years old widow. For many years, and because of war and conflict in my district of Gulu in Northern Uganda, deforestation was the norm. Trees and especially indigenous trees were cut down for timber and charcoal. Our land was left bear with little support for crop farming. This disturbed me a lot. I knew the future of our area was getting compromised by this harmful practice. I wanted to help but there were little options to intervene.

When I heard about Tree planting program in 2021, I was excited. I got interested to learn more about TIST program which was spearheading tree planting efforts in our area. I quickly mobilized other farmers in our Arut Central Village. Several Small Groups were registered. My Small Group under the name Atek ki Lwak was among many that were

registered. Our TIST number is 2021UG1314.

We began attending Cluster Meetings. We got a platform to discuss many issues affecting our lives. We are grateful to TIST because it doesn't limit us to address issues related to TIST only. We have now established a Saving Group where we pull our resources together. From this Saving Group, I have started a pig project.

Importantly, we have started many trees nurseries bed through the guidance of a Cluster Servant. We share seedlings amongst ourselves and to the community while training them against deforestation. We have now become champions of Afforestation and Reforestation. Our area is becoming green again. Our farms are becoming productive again. Joining TIST is the best decision we have made.

# Mazingira Bora

Not for sale

**tist** Growing Trees  
Growing Leaders

Newsletter February 2026

Kimera 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

www.tist.org

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

Dial \*709# (Safaricom) or \*789\*7000# (Other Networks) and get to know more about TIST and your Small Group. Follow the prompts. Safaricom is Free.



Baadhi ya Wakulima wa zamani wa TIST wakati wa Semina ya hivi majuzi iliyofanyika Nanyuki, Kenya.

- Inside:**
- ✓ TIST: Cathrine Maingi -Kioneki giakwa ni gwikira arimi inya ya gwita mbere gutumira njira injega cia TIST. Page 2
  - ✓ TIST: Leah Njeri-Gucererwa ti gutira! Page 2
  - ✓ TIST: Francis Kaigai-Nituite mbere kuanda miti ingi imingi, kumenyeera na kugitira iria iri miundene. Page 3
  - ✓ TIST: Silas Makandi Francis: Utikagite Miti yaku ya TIST. Page 3
  - ✓ TIST: Kuritania ngugi na TIST nigututethetie gwaka miturire yetu ringi, rwaria kuuma Northern Uganda district ya Gulu. Page 4
  - ✓ TIST: Gervasio Gianka-Kwithirwa Uri ndeene ya gakundi kanini nigwakaga muntu na ungi na njira ya gwita ngugi amwe. Page 5
  - ✓ TIST: Samuel Wanjohi Muchiri-Micemanio ya clasta niyo kaumo Ka uume na ntumiiri. Page 5
  - ✓ Komakech Johnson: Kuuma Kiri utungata bwa ubolisi gwita Kiri utungata bwa jaria jatuthiurunkite. Page 6
  - ✓ Atto Alice: Ndathungiire ndeene ya TIST gutethia kurua na kuthira kwa Miti nturere yakwa. Page 6



## TIST: Cathrine Maingi -Kioneki giakwa ni gwikira arimi inya ya gwita mbere gutumira njira injega cia TIST.

**M**bitagwa Cathrine Maingi kuuma County ya Machakos aja Kenya. Clasta yakwa ni Ndalani. Gakundi gakwa kanini ni Center Farmers 2015KE141. Ndathungiire ndeene ya TIST meal jwa 2015 riria muradi jwamenyithanirue nturene yakwa ni clasta servant.

Ntamenyaga untu noburiku bwegie TIST nkinya riria muradi WA TIST wamenyithanirue ndeene ya micemano ya clasta na nkianjiriria kuthoma Amwe na amemba angi.

Ndeene ya kagita ga kuomba gutuika mumemba wa TIST, nitwathomire njira ya kuthithia nasari tugitumagira mikebe imikuru, Cuba itumiri, maratasi ja iria na jangi. Gitumi niuntu thirikari niyatejanirie utumiri bwa maratasi, kithomo giki nigiatetherie twthithia mpumi inene na matumiri ja makai.

Nitwathomire nkinya njira cia kuuthurania na kuthuura mbeu cia miti. Twambiririe kuuthurania mbegu CIA mithemba mwanga ja migrivellia,

molinga, muembe, mikicia na ingi imingi.

Riria twarikirie kwiandikithia ndeene ya TIST, nitwetire mbere kugwata ithomo na kuiritithia ngugi. Nitwaritanirwe kuthithia mboleo ya mati, urimi bubwega CF, Mariko ja kumenyeera nku na nkinya gutegagiira ekuru na akuru nibakwona twanya bonthe. Kaanya karia ndakenerere muno ni Ka urimi bubwega gitumagira mboleo ya kwithithia. Kiri urimi bubu maketha nijongerekete gukura urimi bwa au kabere.

Mbere ya kuthungira ndeene ya TIST, nindacemanagia na thina ya gukuria Miti niuntu bwa kwagia mbura ya kugana. Nandi ninthomete njira injega cia TIST. Nintandikaga mati Kiri imera na nkinya Kiri Miti, ninkethete ruuji ruria ntumagira kurima.

Miti yakwa niambiririe kugwata ruuji rwa kwigana. Narua iji ndi murimi umukenu. Kioneki giakwa ni gwikira inya arimi kuiritithia ngugi njira injega cia TIST.

---

## TIST: Leah Njeri-Gucererwa ti gutira!

**R**iria ndamenyere jegie TIST Kiri Baraza ya cibi Rwambiti mwaka wa 2008, ntagia mpui ya kuthungira ndeene ya TIST. Ntoomba gwikira na mpui niuntu bwa muradi inginiria yanaanjiriria na gukua gwa kagita gakai.

Bwa kurigaria ni ATI TIST yeetire mbere gutamba na arimi beeta mbere kwongereka. Ndathunganigia TIST nkinya Yoo itithiria miaka itano. Miradi imingi iteeta nkuruki ya miaka itano ndeene ya ntuura yakwa. TIST ikionania ati buu ni urongo. TIST yeetire mbere gwita ngugi nkuruki ya miaka iria ndamiete itano, ndamiongera miaka ingi iri. No ri, TIST nietire mbere nkuruki.

Mbithiritue ntete miaka mugwanja ndina nkanja na TIST, nindathungiire ndeene ya TIST mwaka jwa 2015. Gakundi gakwa getagwa Karura Women Group namba ya TIST 2015KE41.

Riria ndathungiire ndeene ya TIST, nindaritire ngugi na inya Nigeria kugwatagwata baria bathungiire mwaka jwa 2008. No ri, kagitene gaka, Bari bakwambiria gukeneera baita cia TIST.

Miti yao yari ikwambiria kubanenkerwa matunda na nkinya makandamia. Kagitene gaka, bei ya macadamia yari injega muno. Nindateere kaanya gaka no nimbitite mbere kuanda miti.

Untu bwa kumakia ni riria clasta servant ijire guitar Miti miundene yetu. Miti iria ndaandite mwaka jwa 2008 itatarwa ja Miti ya TIST. Miti iji yekirwe kiwangone Kia baseline. Riria marihi jokire ndonire tubeca tukai nkiringithania na baria bathungiire TIST au mbere.

Narua iji nimbitikirite TIST na inya yonthe Gucererwa ti gutiira. Nimbandite Miti mithemba imingi ndeene ya muunda jwakwa. Ndina Miti ya kinduire, ya matunda na nkinya ya macadamia. Nithiithagia urimi bubwega, na nkinya kiriiko Gia kumenyeera nku. Ndina ndithia ja ng'ombe, mburi, ng'onde, ngurwe na nkinya nguku.

Naria iji ndina inya ndeene ya TIST. Mbitaga micemano ya TIST o rimwe mweri. Nintuikite muthomithania umwega.



## **TIST: Francis Kaigai-Nituite mbere kuanda miti ingi imingi, kumenyeera na kugitira iria iri miundene.**

**M**bitagwa Francis Kaigai kuuma clasta ya TIST ya Tandare. Gakundi gakwa kanini getagwa Kahiriga namba ya TIST 2008KE1962. Ndathungire ndeene ya TIST mwaka jwa 2008. Ndi murimi wirutaniritie ndeene ya TIST nkinya nimbithiritue ndi mutongerira Kiri clasta.

Nimbandite mithemba imingi ya Miti ya kinduire na ya kigeni. Nimbandite Miti ja Muiru, mutero, red cedar, muthiga, Mutuntu, Muthigio, Acacia, podo, murembu na mukuyu. Ninkenagiira Miti iji niuntu nkinya iri na inya kwoneka nkinya Kiri Miitu. Ndina miatu iri iminene ya tene no ndina mubango wabkwongera ingi kuumania na baita iria bonaga kuuma Kiri miatu iji.

Nimbandite nkinya Miti ya matunda ja mibokando, muembe, mi apple, michungwa na mutomoko. Ninkenaga muno riria tucucu tweja gakwa kagita Ka ruutha na gukeneera mithemba

imingi ya matunda. Nimbendagia matunda jaria jatigaraga.

Mbeca iria ndoona kuuma Kiri wendia wa matunda ningurite pump ya solar ya gwita ruuji ndeene ya kuthoma na gwikira Kiri Miti. Miti iji niumbaga kurita matunda kagita konthe ndeene ya mwaka.

Nimbitaga micemanio ya clasta rionthe. Ninthomete muno kuumania na micemanio. Nitumenyithanagia njira injega cia urimi na arimi angi na nkinya atalamu a urimi kuuma Kiri thirikari baria twitaga o kagita micemanione yetu.

Gakundi gakwa nikethiritue gakigwata marihi ja baita ndeene ya TIST. Mworonto wetu ni gwita mbere kuanda miti ingi imingi, kugitira na kumenyeera Miti iria turi nayo. Nitugwita mbere kwiandikithia ikundi ingi ithungire ndeene ya TIST.

---

## **TIST: Silas Makandi Francis: Utikagite Miti yaku ya TIST.**

**R**itwa riakwa ni Silas Makandi Francis kuuma clasta ya Abogeta. Ndamenyere jegie TIST mwaka jwa 2021 Septemba gukurukiira clasta servant, Jurswinnie Nkirote.

Nyumene, mwaka jwa 2022 mweri jwa kathatu nkithungira ndeene ya TIST. Amwe na amemba a gakundi gakwa tugiita mbere na iromba ria kuthungira ndeene ya TIST Amwe na mathomo na tugitikira kuthungira ndeene ya TIST. Twathurire ritwa ria gakundi geetu Abo 4 namba ya TIST 2022KE720.

Kuuma ndathungira ndeene ya TIST, nthithagia ngugi inyingi ja nasari, nkagaira arimi Miti ya kuanda nikenda bamenyeera jaria jathiorunkite. Ndina nkinya kiriiko Kia gutumira nku inkai. Gukurukira kiriiko giki, Ntumagira nku inkai kwou nkanyihia utemi wa miti. Ndina nkinya urithi wa njuki.

Nimbandite mithemba imingi ya Miti muundene jwakwa. Miti ya matunda ja mabokando na macadamia, Miti ya kinduire ja miahangua, mururi, Muringa, minguani na ya kigeni ja migrivellia.

Riria ndina ubatu bwa nku, ni ncaaga Miti imwe mpang'i nkoomba kwona nku. Uni ntitemaga Miti yakwa.

Nimbitaga micemanio ya clasta o mweri. Ni Kiri mucemanio iji mbuumbite kuthoma mantu ja Maingi jari na baita ndeene ya muturire wakwa. Nimenyete uria gutema miti yonthe muundene buumba kuretera gikundi thina, uria tuumba kuanda miti ya kinduire, ya matunda na macadamia, ndathoma jegie murutiira jwa nthiguru, biashara ya kaboni krediti, TIST Values na jangi. Ningejaga na kaanya GA kugwata ngathiti ya Mazingira Bora o mweri.

Na ringi, ndi mumemba wa gakundi kanini, ningwita mbere kugwata baita ingi ja kugaa baita ya wendia wa kaboni, kuthoma na na gwitithia utongeeria bwa muthiorunko na jangi.

Ndeene ya clasta nintongeretie ja mutongerira. Nitugwataga budget ya clasta iria itetheretie clasta na nkinya Kiri table banking. Ndi murimi urina gikeno wa TIST.



## **TIST: Kuritania ngugi na TIST nigututethetie gwaka miturire yetu ringi, rwaria kuuma Northern Uganda district ya Gulu.**

**R**itwa riakwa ni Okot Jacob kuuma Northern Uganda ndeene ya Gulu district. Kwa miaka mingi, ituura rietu nironete thina ya mbaara. Riria kwagiire na ukiri, nitwetire ringi miundene yetu. Kiambiriria, kwari na inya kuthithia urimi niuntu magita jaja ugaruruku wa riera niwagarurite uria mbura yuraga. Kunari uu, twari na uume bukai bwa kumenyaniria na ugaruruku bubu. Mbura ithinganite imera itathithagia bweega.

Kunari uu, mwaka jwa 2020, nindamenyire jegie TIST. Nindagiire na wendi muno kwigua urimi bubwega buria bwatumaga imera ikura bweega. TIST yendagua tugwatana ja gakundi. Nindagwatanire na atuuri bakwa na tukithithia gakundi mwaka jwa 2021, tukurikania na mutaratara jwa kwiandikithia. Gakundi getu getagwa Tii Ki Kumi namba ya TIST 2021UGI336.

Kagitene kau ga kuomba kuthungira ndeene ya TIST, Nitwetire mbere gwita Kiri mucemano ya clasta ya o mweri. Ni Kiri mucemano ya clasta twamenire mantu ja uandi WA Miti, biashara ya Kaboni, Urimi bubwega, utongoria WA kwiritira na mathomo jangi.

Nindajukirie mathomo jaja na inya muno na nkiambiriria kujarutithia ngugi. Ndajiriroe na kuandamithemba imingi ya Miti ndeene ya muunda jwakwa. Mbere ya Gitonga Kiri TIST, ntamenyagiira Miti bweega. Kwou, Mithetu

jutari na gintu nonka jwaringagua nibriuga na ruugo. Ithomo cia TIST niciantethererie muno kwibanga bweega Kiri muunda. Nindaandire Miti ya matunda ja mibokando, miembe, michungwa, Mupera na ingi. Ninda andire Miti ya kinduire. Untu bungi ndathomere ndeene ya TIST ni kumenyeera Miti na njira ya gwikira mboleo na nkinya gutandikira mati. Untu bubu ni bwatetherie Miti gukura bweega na nkinya iri na inya.

Nindajukirie ikinya ria kuanda miti Amwe na imera. Nindajukirie urimi bubwega na ndatumira Kiri imera ciakwa. Nindatiganire na gucimba muunda na ndathithia urimi bubwega. Imera ikiambiria gukura bweega ona riria Kiri na mbura inkai. Imera iria ndimaga ni mpempe, ming'au, soya, karanga na mpoga, matunguru, eggplant na okra.

Imera na nkinya matunda ni jethiritue jakithithia bweega gwa kagita nandi. Nimbendagia maketha jaingia thokone. Amwe na kwendia matunda na imera ningwtaga marihi ja baita ya Kaboni kuuma Kiri TIST. Mbeka kuuma Kiri urimi bwakwa Nandi nicingerekete.

Nandi ninkwenda kuambiriria urithi wa njuki. Urithi uku ugaukiria familia yakwa ki mbeca. Nandi ndina gikeno niuntu ninkuumba kuthomithia aana bakwa, kubaa biakuria bia gitumi, na gutetheria nthiguru kurua na ugaruruku bwa riera.



## **TIST: Gervasio Gianka-Kwithirwa Uri ndeene ya gakundi kanini nigwakaga muntu na ungi na njira ya gwita ngugi amwe.**

**M**bitagwa Gervasio Gianka. Ndi murimi WA TIST kuuma clasta ya Kingo, Meru Kenya. Ndamenyere jegie TIST mwaka jwa 2007 gukurukiira Mr Itirikia uria Ari TIST pioneer volunteer.

Ndathungiire ndeene ya TIST mwaka wa 2007 ndeene ya gakundi kagwitwa Ruunju T Planters namba ya TIST 2007KEI091. Kuuma kagita kau, Nimbithiritue nkirita ngugi CIA TIST jakuanda miti o mwaka na Gutegerwa ni clasta servant, Kuthithia urimi bubwega, nasari, urithi wa njuki na nkinya Mariko ja nku inkai. Muunda jwakwa juri na Miti mithemba imingi na Muringa, Mukwego, grivellia, macadamia, michungwa, mingwani, mibokando, miembe, miuru na ingi.

Nimbitaga micemanio ya clasta o mweri. Ninthomete mantu ja Maingi jari na baita ja utongeeria na njira CIA kubanga ngugi. Utongeria bwa muthiorunko ni jwa gitumi niuntu o muntu niagwataga kanya ga gutongeria na gutangata anti bangi. Ninthomete TIST values iria ciurite muradi inya na nkinya urimi bubwega bwa gutumira mboleo ya kwithithiria na gutumira mbeba inkai.

Kwithirwa Uri ndeene ya gakundi kanini ni gwakaga muntu niuntu bwa Kuritania ngugi Amwe. Gakundi gakwa kanini nikagwatite baita kuumania na wendia wa kaboni iria Miti ikethete.

---

## **TIST: Samuel Wanjohi Muchiri-Micemanio ya clasta niyo kaumo Ka uume na ntumiiri.**

**G**akundi gakwa kanini getagwa Okoa namba ya TIST 2008KE232. Ritwa riakwa ni Samuel Wanjohi Muchiri. Nimbitaga micemanio yonthe ya TIST. Riria ndaaga kaanya Ka gwita mucemanio nintumaga mumemba ungi wa familia eta kanyene gakwa.

Micemanio ya clasta ninthomete njira ya gukuria Miti na kumimenyera. Kuri na Miti mbandite iria ndamenyere ndeene ya clasta. Muti ja Muthiga juria juri na baita inyingi, mathangu ni majani ja chai, mpang'i ni mikinyi ya mega na gicau kiuju ni kioragia mirimu ya Kibara. Muti jungi ni Mwiria juria jukunya murimu wa cancer ya undurume. Muti ja mexican green ash najua nijunyiagia mwanki ithakene riria jwaumira. Niuntu ndina muunda jwa ndithia, ninjugaukenie na Miti iji ya mexican green ash.

Ninthomete nkinya urimi wa Miti ya matunda. Riria maketha jaingia nimbendagia jamwe. Ndina urithi wa njuki ndeene ya muunda jwakwa na nindari na kumakia kunene riria ndakethire nainchu kilo 12 kuuma Kiri iugu rimwe na ngiwika niuntu bwa matumiri jakwa. Mubango jwakwa ni gwita mbere kuanda miti imingi. Na o uria muunda jukugia Miti nou ngeeta mbere na urithi bwa njuki.

Kamunda gakwa ga kitchen nkinya ko igakugwata baita kuumania na ithomo CIA TIST. Nimenyete kuthithia mboleo yakwa kuumania na matigari ma kitchen na mboleo ya nyomoo. Narua iji ndina mpoga, spinach, sukuma iria ndimaga ntigutumira fertilizer iri na chemical. Muunda jwakwa kwari kithaka no narua iji ni muunda juri na baita Kiri famili yakwa.



## Komakech Johnson: Kuuma Kiri utungata bwa ubolisi gwita Kiri utungata bwa jaria jatuthiurunkite.

**M**bitagwa Kokech Johnson, murimi WA Kica Ber B Group namba ya TIST 2021UG2259. Mbumite ntuura ya Teolam, Kali Ali Parish, District ya Gulu. Clasta yakwa ni Paicho TIST clasta.

Ninditite ngugi na polisi gwa kagita,nyumene niuntu bwa itumi,ndatiga ngugi ya polisi ndatumira murimi. Kari kagita ga koomu Kiri uni niuntu magita jonthe ndaigagua gutungatira anti. Ntamenyaga aria nkianjiriria.

Riria ndakinyire mucii, ntamenyaga njira injega ya gukiiria familia kuumania na thina. Nkithugania njira no urimi niuntu moyo ndari nayo yakuthiria thina iji. Kunari uu, muunda junthe jwa familia jutari gintu na kwou jutikirombere gutetheria imera.

Mwaka jwa 2021, nkigwata ntumiiri yegie TIST. Uni Amwe na atuuri bakwa tukithithia gakundi kanini. Tukianjiriria gwita mucemano ya TIST na kugwata mathomo ja TIST values, mantu jaria jendekaga ja gakundi, kuthithia nasari na jangi.

Kiri kithomo Gia kuthithia nasari,

Nindabanganirie amemba na gakundi gakwa twithiranie mbeu cietu. Nitwathomete mantu jegie kuuthurania mbegu, kuthuura mithemba ya Miti, umenyeeeri bwa nasari Kiri micemano ya clasta.

Mitinyetu ya mbere twaandire miundene yetu. Twagaanire Miti iji Kiri amemba betu na tukigaira aturi imikai. Kunari uu,niuntu nitwathithitie nasari injega muno, arimi baingi bakigia na baita WA Miti nkinya imingi. Bari nkinya na wendi wa kugira. Niuntu bubu,gakundi geetu gakiona kaanya ga kuthithia biashara. Tukiambiria kuthithia nasari ya antu bonthe na ya biashara. O kiri kagita ka mbura tugatigiira tukuanda miundene yetu Miti ya TIST na tukendia ingi.

Ninkwigua ndina inya na ndina gikeno ringi. Narua iji ningutungatira jaria jatuthiurunkite. Amwe na kugwata mbeca injega kuumania na wendia wa Miti ya nasari ya kuanda,gakundi geetu GA TIST ni kagwitwa mbere kugaa baita ya wendia wa kaboni ndeene ya TIST. Nandi nitwambiritie urithi wa mburi na nguku nikenda twongera mbeca cia kumenyeera familia cietu.

## Atto Alice: Ndathungiire ndeene ya TIST gutethia kurua na kuthira kwa Miti nturene yakwa.

**R**itwa riakwa ni Atop Alice. Ndi mwekuru wa ntigwa wa miaka 62. Kwa miaka imingi, na niuntu bwa mbaara na kwaaga kwiganua Kiri district ya Gulu, Northern Uganda, gutema kwa Miti kwari kawaida. Miti na muno ya kinduire ni yatemagwa muno niuntu bwa mbao na makara. Miunda yeti yatigwa itigintu na na imera ciaremwa kukura. Untu bubu nibwa cumburire muno. Nindamenyeere ruuju rwetu nonka rukugia thina niuntu bwa mutugo ujue wa utemi miti. Nindeendaga gutethia no gitari na njira injega.

Riria ndamenyere muradi wegie uandi wa Miti mwaka wa 2021, nkegia na kugwirua. Nkigia na wendi wa kumenya jegie TIST iria yambagiria ngugi ya uandi Miti nturene yeti. Nindabanganirie arimi angi a ntuura yakwa ya Arut Central. Ikundi inyingi nicie andikirie. Gakundi gakwa Atek ki Lwak ni kamwe Ka inyingi iria cie andikithirie.

Namba ya TIST 2021UG1314.

Nitwambiritie gwita micemano ya clasta. Tukigwata kaanya GA kwariria mantu jaria jaretagira miturire ytu thina. Turi na kugwirua niuntu TIST ititugiragiiria kwariria mantu jangi. Narua iji nitwambiritie gwika mbeca aria tuietaga Amwe. Kuuma Kiri gakundi gaka, nimbambiritie urithi wa ngurwe.

Untu bwa gitumi, nitwambiritie nasari inyingi gukurukiira utongeeria bwa clasta servant. Tugaaga Miti iji Kiri amemba na atuuri o tukibathomithagia baita WA kumenyeera Miti. Narua iji turi nchamba CIA kuanda miti na gugokia Miti juria itemi. Ntuura cietu ni ikugia Miti ringi. Miunda yeti ni ikugia na maketha ringi. Kuthungira ndeene ya TIST ni itagaria ria bata muno riria twathithirie.

# Mazingira Bora

Not for sale

**tist** Growing Trees  
Growing Leaders

Newsletter February 2026

**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

www.tist.org

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

**Dial \*709# (Safaricom) or \*789\*7000# (Other Networks) and get to know more about TIST and your Small Group. Follow the prompts. Safaricom is Free.**



**Amwe a arimi aria atene mari semina-ini iria yekirwo Nakyuki, Kenya.**

- Inside:**
- ✓ **TIST: Catherine Maingi – Kioneki giakwa ni kumiriria arimi gutumira maundu maria mega ma TIST. Page 2**
  - ✓ **TIST: Lea Njeri – Gucererwo ni kwegu gukira kwaga! Page 2**
  - ✓ **TIST: Francis Kaigai – Rekei tuthii na mbere kuhanda miti, kugitira na kumenyerera miti iria iri kuo. Page 3**
  - ✓ **TIST: Silas Makandi Francis – Ndukagethe miti yaku ya TIST. Page 3**
  - ✓ **TIST: Kuruta wira na TIST guteithitie maicha makwa, uge kuma Gulu District Northern Uganda. Page 4**
  - ✓ **TIST: Gervasio Gianka – Ona akorwo turi ngurubu nini twakanaga na kuruta wira hamwe. Page 5**
  - ✓ **TIST: Samuel Wanjohi Muchiri – Micemanio ya Cluster ni githima kia ugi na umenyo. Page 5**
  - ✓ **Komakech Johnson: Kuma uborithi gutuika mugitiri wa maria maturigiciirie. Page 6**
  - ✓ **Atto Alice: Ndaingirire TIST guteithia kuhurana na wagi wa miti itura-ini riakwa. Page 6**



## TIST: Catherine Maingi – Kioneki giakwa ni kumiriria arimi gutumira maundu maria mega ma TIST.

**N**jitagwo Catherine Maingi kuma Machakos County, Kenya. Ndi wa clasta ya Ndalani. Ngurubu yakwa nini ni Center farmers namba ya TIST ni 2015KEI41. Ndaingirire TIST mwaka-ini wa 2015 riria githomo giki giokire itura-ini ritu na muruti wira wa clasta.

Ndiamenyaga undu ona umwa wigie TIST kinyagia riria yarehirwo kuhitukira mucemano wa clasta na ngiambiriria guthomithio turi hamwe na aria angi a ngurubu itu nini.

Mahinda ma kwiyaandikithia, ni twathomithio uria tungithondeka tuta tugitumira o indo iria tukoragwo nacio ta cuba cia mai iria huthiku, mikebe mikuru, maratathi ma iria maria matari kindu. Na tondo thirikari itu ni yagiriria kuhuthitha maratathi ma polythene, githomo giki ni giatuteithirie guthondeka indo njega tukihuthira mbeca nini.

Oro ho nitwathomithio uria mbegu cicokanagirio na guthuranira. Ni twambiririe

gucokaniriria mbegu cia mithemba maingi ta Gravellia, Moringa Aloe vera, Mangoes, Acacia na ingi nyingi.

Riria twa ndikithio ni TIST, ni twathire na mbere guthomithio oro hamwe na gwika na ciiko. Ni twathomithio uria tungithondeka thumu, urimi wa gutukania, stove cia urugari, mutukanio wa andu na mangi maingi. Undu uria wa mwega ni kurima ngitumira thumu. Urimi uyu ni uheaga magetha maingi ngiringithania na riria ndarimaga kiunduire.

Itanaingira TIST, ndari na mathina maingi ma kumenyerera miti minini niundu wa kwaga mbura. Riu ni ndathomire maundu maria mega ma TIST. Ni humbagira gitina-ini kia muti, na ndi na githima kiria huthagira kurima na mai makio.

Miti yakwa ikiambiriria kwiigira mai makuigana. Riu ndi murimi mukenu. Kiroto giakwa ni kumiriria arimi kuhuthira githomo gia TIST wega.

## TIST: Lea Njeri – Gucererwo ni kwegu gukira kwaga!

**R**iria ndamenyire uhoro wa TIST kigomano-ini gia Chief guku Rwambiti mwaka-ini wa 2008, ndoire ikinya na ngaingira. Ndiaiganiire na ikundi ingi iria ciambirio itura-ini ritu “kua” ona kuri oro uguo.

No ni ndamakire kuona TIST igithii oro na mbere gutherema miaka maingi. Ndeciragia ati TIST igathira thutha wa miaka itano. Ikundi nyingi citiakiragia mika itano citathirite. No TIST ikinyonia ni hitagia. TIST igithii na mbere kurutithania wira na arimi makiria ma miaka itano. Ngiciria ndimahe miaka ingi iri. No TIST igithii na mbere gukura!

Thutha wa gute miaka mugwanja ndi ona nganja ati TIST ni iguthira, nirio ndaingirire TIST mwaka-ini wa 2015. Ngurubu yakwa itagwo Karura Women Group, namba ya TIST ni 2015ke41.

Riria ndaingirire TIST, ni ndarutire wira na hinya niguo nginyire arimi aria angi aria maingirite mbere yakwa mwaka-ini 2008. No mahinda maya ni mariaga umithio TIST. Matunda na miti

yao ni yambiririire guciara. Mahinda maya, mbei ya matunda ni njega muno. Ni ndahitirie kanya gaka no ni nguthii na mbere kuhanda.

Ndagiire kimako riria muruti wira wa clasta macerire migunda-ini gutara miti. Tumiti tunini turia ndahandite mwaka-ini wa 2008 ndahitukire ta miti ya TIST. Yatwikire ta miti ya *tuhu*. Riria marihi mokire, ndaheirwo oro tubeca tunini tukiringithania na aria maingirite mbere yakwa.

Riu nihimbiire TIST. Gucererwo ni kwegu gukira kunina. Ni handite miti ya mithemba maingi mugunda-ini wakwa. Ndi na miti ya kiunduire, matunda na miti ya makandamia. Oro ho ni njikaga urimi wa gutukania na stove cia urugari. Oro ho ndi na ngombe cia iria, mburi, ng’ondu, ngurwe na nguku.

Riu ni nduikite mumemba murumu. Ni thiiaga micemano ya clasta oro mweri. Ni nduikite mwarimu wa TIST.



## TIST: Francis Kaigai – Rekei tuthii na mbere kuhanda miti, kugitira na kumenyerera miti iria iri kuo.

**N**ii njitagwo Kaigai kuma Tandare TIST clasta. Ngurubu yakwa nini ni Kahiriga, namba ya TIST 2008KEI 962. Ndaingirire TIST mwaka-ini wa 2008. Ndi mururumiriri woma wa clasta kuria ngoretwo ndi mutongoria wa clasta.

Ni handite miti ya mithemba maingi hamwe na miti ya kiunduire na ya kiiriu. Ni handite Muiri, Mutero, Red cedar, Muthiga, Mutundu, Muthigio, Acacia, Podo, Murembu na Mukuyu. Ndi na gikeno tondu miti imwe ti mioneki mititu-ini itu. Ndi na miatu iri minene ya kiunduire no ndi na wendi wa kuongerera niundu wa faida iria ndiragia kumanagia na yo.

Oro ho ni handite miti ya matunda ta Avocado, Mangoes, Apples, Oranges, Custard Apple. Ndi na gikeno riria ciana iria cinjitaga cucu cianjerera

riria cukuru ihingitwo na gukenerera matunda ma mithemba. Maria matigara ngendia.

Mbeca ciamo, ni ngurite solar powered water pump iria indeithagia indeithagia kuhura mai kuma githima-ini giakwa riria gutari mbura na ngarima namo.

Hingo ciothe nithiiga micemanio ya clasta. Ni thomete maundu maingi micemanio-ini. Ni tugayanaga meciria maria ma bata na arimi aria angi na arugamiriri a thirikari kuma honge itiganite aria twitaga maririe micemanio ya TIST.

Ngurubu yakwa nini ni twamukirite faida ya marihi ma share. Wendi witu ni kuhanda miti maingi, kugitira na kumenyerera miti iria mihande. Ni turaringiriria andu angi aingi kuingira nugurubu ya TIST.

## TIST: Silas Makandi Francis – Ndukagethe miti yaku ya TIST.

**R**itwa riakwa ni Silas Makandi Francis kuma Abogeta TIST Clasta. Ndamenyire ugoro wa TIST mweri wa kenda mwaka-ini wa 2021 kuhitukira muruti wira wa clasta, Jerswinnie Nkirote.

Thutha ucio, mwaka-ini wa 2022 mweri wa gatatu ngiingira TIST. Hamwe na amemba a ngurubu nini, tukihitukirio hari kwiandikithia oro hamwe na guthomithio ati ni tuhu, na kwiyendera kuingira TIST. Tugithura ritwa ria ngurubu nini – Abo 4. Ni riandikithirio gwa TIST na namba ya TIST ni 2022KE720.

Kuma hindi iria ndaingirire TIST, ni njikite maundu maingi mugunda-ini wakwa ta guthondeka tuta cia miti. Ni heaga mbegu arimi aria angi niguo tumenyere maria maturigiciirre niundu wa kuhanda miti. Ndi na stove ya kuruga ya kiiriu. Kuhitukira stove ino, ni nyihitie gutema miti na nganyihia kuhuthira ngu. Oro ho ni njigite miatu ya njuki.

Ni handite miti ya mithema maingi mugunda-ini wakwa. Matunda, miti ya mbegu, Avocado na Macadamia; Miti ya kiunduire hamwe na Miahangua, Mururi, Muringa, Mwiria, Minguani;

Miti ya kiiriu ta Gravellia. Riria ndirabatara ngu, hururaga ma guthathaura miti. Ndigethaga miti yakwa ya TIST.

Ni thiaga micemanio ya clasta oro mweri. Ni kuhitukira micemanio ya clasta; ni thomete maundu maingi maria makoretwo mari ma uteithio muturire-ini wakwa. Ni menyete uria gutemba kunina miti uhinyiririe ngurubu yakwa nini; uria ndingihanda miti ya kiunduire, matunda ma matunda ma mbegu; Nithomete ugoro wa kuhuha kwa riera, Carbon Credits, TIST Values na mangi maingi. Oro ho ni nyamukagira ngathiti ya oro mweri ya *Mazingira Bora*.

Hamwe na ugwo, turi ngurubu nini, ni thiite na mbere kugunika na maundu maingi ta kwamukira marihi faida ya share, guthoma na kuhingia ta muruti wira na utongoria wa guthiururukana hamwe na mangi maingi.

Clasta-ini yakwa, ni thuritwo ta mutongoria wa clasta. Twamukagira budget ya oro mweri ya clasta iria itumite mibango ya clasta na table-banking gutherema. Ndi na gikeno gukorwe ndi murimi wa TIST.



## TIST: Kuruta wira na TIST guteithitie maicha makwa, uge kuma Gulu District Northern Uganda.

**R**itwa riakwa ni Okot Jacob kuma Gulu District, Northern Uganda. Handu-ini ha miaka maingi, bururi witu ukoretwo na mbara. Riria thayu wonekire, twacokire migunda. Kiambiriria, kwari na hinya kurima tondu mahinda macio, ucejia wa riera ni wambiriire na gucejia uria mbura yuraga. Na uguo, tutiari na ugi wa kumenya uria tungiekire. Mahinda maria marumiriire, tutiagire na mageha.

No, mwaka-ini wa 2020, nirio ndamenyire mubango wa TIST. Ngienda kumenya muno tondu ni ndaiguite uhoro wa urimi wa gutukania tondu ni wateithagia kuhurana na mageha kwaga. TIST igitwatha tuthondeke na kuruta wira ta ngurubu nini. Ngiambiriria gucokaniriria aria turiganitie na mwaka-ini wa 2021, thutha wa kuigwithania tukiyandikithia thiini wa TIST. Ngurubu itu nini itagwo Tii Ki Kumi, namba ya TIST ni 2021UG1336.

Mbere na thutha wa kwiandikithia, ni twathiaga micemano ya clasta oro mweri. Ni kumanagia na micemano ya clasta twathomire uhandi wa miti, biacara ya carbon, urimi wa gutukania, utongoria wa utungata na mangi maingi mathomo-ini.

Nginyita githomo na hinya na ngiambiriria gwika uria ndathomaga. Ngiambiriria kuhanda miti ya mithemba itiganite mugunda-ini wakwa. TIST itanoka, ndiari na bata na miti. Na, tari ndwari

na kindu kia uhumbirite ugakorwo wiyankite kuri riua na ruhuho. Mathomo ma TIST mandeithitie kubanga mugunda wakwa. Ni handite miti ya matunda ta Avocado, Mangoes, Oranges, White teak na Guava. Oro ho ni handite miti ya kiunduire. Undu umwe thomete thiini wa TIST ni kumenyerera miti ngihuthira thumu na kuiga mahuti gitina-ini. Undu uyu uteithagia miti yakwa gukura wega na iri na hinya.

Ni ndeciririe gutukania miti na irio. Ngirumia urimi wa gutukania niundu wa irio. Ngitiga gucimba mugunda wakwa na ngiambiriria gutumira TIST Best Practice urimi-ini wa gutukania. Mugunda wakwa ukiambiriria kugia na mageha mega ona riria gutari na mbura. Hamwe na mimera ya irio ni mbembe, mboco, mboco cia soya, njugu na mboga ta cabbages, nyaya, eggplant na okra.

Mageha ma mimera ya iro na matunda makoretwo mari mega miaka-ini ya hakuhi. Iria ciatigara ndwaraga thoko. Hamwe na mimera na matunda, ni thukumaga kumanagia na Carbon credits kuma kwa TIST. Umithio ni mwega na ukangenia.

Ni ndireciria kwongerera urimi wa njuki. Undu uyu ni ukwongerera utonga wa family. Ndi mukenu na ni nirahota guthomithia ciana ciakwa, huni wa irio na guteithia thi kuhurana na ugaruruku wa riera.



## TIST: Gervasio Gianka – Ona akorwo turi ngurubu nini twakanaga na kuruta wira hamwe.

**R**itwa riakwa ni Gervasio Gianka. Ndi murini wa TIST kuma Kingo TIST Cluster, Meru County guku Kenya. Ndamenyire mibango ya TIST mwaka-ini wa 2007 kuhitukira mwirutiri umwe wa TIST uria witagwo Mr. Itirikia kuma itura riri ritu.

Ndaingirire TIST mwaka-ini wa 2007 kuhitukira ngurubu nini itagwo Ruunju T Planters, namba ya TIST ni 2007KE1091. Kuma hindi iyo, ngoretwo ngika maundu ma TIST ta kuhanda miti oro mwaka na guthurimwo ni aruti wira a clasta; urimi wa mutukano; guthondeka tuta cia miti; kurithia njuki na kuhuthira stoves cia kiiriu.

Mugunda wakwa uri na miti maingi ta Cordia Africana, Mukwego, Grevilia, Macadamia,

Orange, Minguani, Avodado, Mango, Meru Oak na ingi maingi.

Ni thiaga micemano ya clasta oro mweri. Ni thomete maundu maingi maria mandeithitie muno ta utongoria na ugi wa kwimenya. Utongoria wa muthiururukano ni iteithitie mundu oro wothe kumenya na gutungata andu aria angi. Ni menyete kurumirira values cia TIST nia program ciihande, kumenyithia andu angi urimi wa thumu unyihitie thogora.

Turi ngurubu nini twakanaga na kuruta wira hamwe ta ngurubu. Ngurubu itu nini ni twamukirite marihi ma faida thutha wa kwendia carbon kuma miti-ini itu.

---

## TIST: Samuel Wanjohi Muchiri – Micemano ya Cluster ni githima kia ugi na umenyo.

**R**itwa ria ngubu ya nini ni Okoa na namba ya TIST ni 2008KE232. Ritwa riakwa ni Samuel Wanjohi Muchiri na ni thiaga micemano ya clasta kana ngatuma mumemba wa family riria itari hakuhi.

Micemano ya clasta ni indeithitie kumenyerera na ukuria wa miti. Kuri miti handite na ndamenyire wega wayo kuhitukira micemano ya clasta. Muti na Muthiga iria ikoragwo na faida maita maingi ta mathangu mahuthagirwo ta macani, honge citumagirwo ta brush ya guthambia magego na magoko ni ndawa ya githuri. Mundi ungi ta muiro uhuthikaga na ndawa ya kunina ruo njira-ini ya undu urume. Muhi wa muti wa Mexican uhuthikaga kuhoria mwaki. Ugiragia mwaki gutherema. Ndondu ni na warie mugunda-ini wakwa, ni handite Mexican Green ash kurigiciria kiugu.

Oro ho ni thomete uhandi wa matunda. Ni ngiaga na makuigana mucii gwakwa na matigari ngendia. Ni ngeretie kuiga njuki mugunda-ini wakwa na ndiramaka kugetha kilo ikumi na igiri cia uki, uyu ngaiga wa mahuthiro makwa. Mubango wakwa ni kuhanda miti maingi. O uria nguhanda miti maingi noguo nguongerera miatu maingi.

Kamugunda gakwa ga mucii ni karandeithia niundu wa githomo gia TIST. Ni thomete guthondeka thumu kumanagia na matigari ma riko na matigari ma ngombe. Riu ndi na matharu, mboga, spinach iria ndirakuria citari na bataraita. Mugunda wakwa waturite uri mutitu no githomo gia TIST ni gicenjetie na gutuma mugunda wakwa utuike wa uguni kuri nii na nyumba yakwa.



## Komakech Johnson: Kuma uborithi gutuika mugitiri wa maria maturigiciirie.

**N**jitagwo Komakech Johnson, murimi wa TIST kuma ngurubu nini ya Kica Ber B, namba ya TIST ni 2021UG2259. Gwitu ni Toelam Village, Kal Ali Parish, Gulu District. Clasta yakwa ni Paicho.

Ndarutaga wira ba borithi handu-ini wa miaka maingi no thutha, niundu maundu matangiririka, ngitiga wira wa borithi na ngituika murimi. Hari na uritu tondu ndendaga kurutira andu wira. Ndioi kuria ngwambiriria.

Riria ndacokire mucii, ndioi uria ngwika kuruta nyumba yakwa kuma thina-ini. Ngiciria nyingire urimi-ini ndore kana ni tuguteithika. No, mugunda wa family wa muhinju na ndungiahotire gukura iro.

Mwaka-ini wa 2021, ngimenya mibango ya TIST. Nii, hamwe na aria turiganitie tukiambiriria ngurubu nini. Tukiambiriria guthiaga githomo gia TIST na tugithoma maundu ta; TIST Values, Small

Group Eligibility Requirement, guthondeka tuta na mangi maingi.

Guthondeka tuta, ngihinyiriria a memba a ngurubu nini itu kungania mbegu citu. Ni tuthomete maundu maingi ma bata ta kungania mbegu, guthuraniria, kumenyerera tuta kuma micemanio ya clasta.

Tuta itu ya mbere igithii migunda. Tukigayana na iria ingi tukihe aria turiganitie. Hamwe na uguo, tondu mimera itu yari na hinya, andu magithii na mbere gwitia ingi. Ona ni mendaga kurihira. Niundu wa uguo, biacara ikiyumiria ngurubu-ini itu nini. Hau na hau tukiambiriria biacara ya gukuria miti ya tuta. Ihinda ria mbura, tutigagirira ni twahanda miti migunda-ini itu ta miti ya TIST, na iria ingi tukendia.

Ndiraigua ndi na hinya na na gikeno. Ndi gitungati kia maria maturigiciirie. Ni twambiriirie kuriithia mburi na nguku niguo kuongerera mbeca muhuko.

---

## Atto Alice: Ndaingirire TIST guteithia kuhurana na wagi wa miti itura-ini riakwa.

**R**itwa riakwa ni Atto Alice. Ndi na miaka 62 na mutumia wa ndigwa. Handu-ini ya miaka maingi, na niundu wa mbara itura-ini ritu ria Gulu, Northern Uganda, wagi wa miti ni muingi. Miti ta iria ya unduiri yatemirwo niundu wa mbau na makara. Migunda itu yatigirwo itari kindu ona itangirimika. Undu uyu ni wamakirie muno. Ni ndamenyiri ati itura ritu ni rithukitio niundu wa mitugo ino miuru. Ni ndendaga guteithia no ndiari na uhoti.

Riria ndaiguire ati kuri na uhandi wa miti mwaka-ini wa 2021, ni ndamakire. Ngigia na wendi wa kumenya makiria uhoro wa mibango wa TIST iria yarugamagirira uhandi wa miti itura-ini ritu. Ngiethana na arimi angi itura-ini ritu ria Arut Central Village. Ngurubu nini cikiandikithio. Ngurubu yakwa nini itagwo Atek Ki Lwak na ni

imwe yandikithirio. Namba itu ya TIST ni 2021UG1314.

Tukiambiriria guthii micemanio ya clasta. Tukigia na handu ha kwiitururaga maundu maitu maichaini. Ni tukenete niundu wa TIST tondu nditugiragia kwaria maundu ona maria matari ma TIST. Ni twambiriirie ngurubu ya gucokaniriria mbeca kuria tuigaga mbeca citu hamwe. Kumanagia na ngurubu ino ni nyambiriirie urimi wa ngurwe.

Undu wa bata, ni twambiriirie tuta cia miti nyingi tugitongorio ni aruti wira a clasta. Tugayanaga mbegu riria turathoma uhoro wigie uhandi wa miti. Tutuikite atongoria a uhandi wa miti. Itura ritu ni rituikite ria green ringi. Migunda itu ni ituikite ya umithio ringi. Kuingira TIST ni rio itua riega twa na tua.

# Mazingira Bora

**tist** Growing Trees  
Growing Leaders

Newsletter February 2026

**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

www.tist.org

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

**Dial \*709# (Safaricom) or \*789\*7000# (Other Networks) and get to know more about TIST and your Small Group. Follow the prompts. Safaricom is Free.**



**Baadhi ya Wakulima wa zamani wa TIST wakati wa Semina ya hivi majuzi iliyofanyika Nanyuki, Kenya.**

## **Ndani ya gazetti:**

- ✓ TIST: Catherine Maingi - Maono yangu ni kuwahimiza wakulima kutumia Mbinu Bora za TIST. Uku. 2
- ✓ TIST: Leah Njeri - Kuchelewa sana ni Bora kuliko Kamwe! Uku. 2
- ✓ TIST: Francis Kaigai - Tuendee kupanda miti zaidi, Kuhifadhi na Kutunza Miti Iliyopo. Uku. 3
- ✓ TIST: Silas Makandi Francis - Usivune Miti yako ya TIST. Uku. 3
- ✓ TIST: Kushiriki katika TIST Kumesaidia kujenga upya maisha yetu, Anasema kutoka Wilaya ya Gulu Kaskazini mwa Uganda. Uku. 4
- ✓ TIST: Gervasio Gianka - Kuwa katika Kikundi Kidogo hujenga kila mmoja kwa kufanya kazi ya timu. Uku. 5
- ✓ TIST: Samuel Wanjohi Muchiri - Mikutano ya Nguzo ni chemchemi ya Maarifa na Habari. Uku. 5
- ✓ Komakech Johnson: Kutoka Huduma ya Polisi hadi Huduma ya Mazingira. Uku. 6
- ✓ Atto Alice: Nilijiunga na TIST ili kusaidia kukabiliana na Ukataji miti katika Eneo langu. Uku. 6



## **TIST: Catherine Maingi - Maono yangu ni kuwahimiza wakulima kutumia Mbinu Bora za TIST.**

**M**imi ni Catherine Maingi kutoka Kaunti ya Machakos, Kenya. Mimi ni wa Ndalani Cluster. Jina la Kikundi changu Kidogo ni nambari ya wakulima wa Kituo TIST 2015KEI41. Nilijiunga na TIST mwaka wa 2015 wakati programu ilipoanzishwa katika eneo letu na Mtumishi wetu wa Nguzo.

Sikuwahi kujua lolote kuhusu mpango wa TIST hadi ulipoanzishwa katika mikutano ya Nguzo na nikaanza kupata mafunzo na washiriki wengine wa Vikundi Vidogo.

Wakati wa Mchakato wa Maombi, tulipata mafunzo kuhusu uanzishaji wa kitalu kwa kutumia nyenzo zilizopo kama vile chupa za plastiki zilizotumika, makopo kuukuu, karatasi tupu za maziwa. Kwa kuwa Serikali ya Kenya ilikuwa imepiga marufuku matumizi ya mifuko ya nailoni, mafunzo haya yalitusaidia kupata matokeo makubwa na bajeti ndogo sana.

Pia tulifundishwa kuhusu ukusanyaji wa mbegu na uteuzi wa aina. Tulianza kukusanya mbegu za aina mbalimbali kama vile *Gravellia*, *Moringa*

aloevera, Maembe, *Acacia* kwa kutaja chache tu.

Tuliposajiliwa hatimaye katika TIST, tuliendelea kupokea mafunzo zaidi na kuyafanyia mazoezi. Tulifunzwa kuhusu; kuandaa mbolea ya mboji, kilimo hifadhi, majiko yanayotumia nishati, ushirikishwaji wa kijinsia miongoni mwa mengine. Sehemu ya kulisimua ni nilipoanza kufanya kilimo hifadhi kwa kutumia mbolea ya samadi. Hii imenipa mavuno mengi ikilinganishwa na nilipotumia kilimo cha kawaida.

Kabla ya kujiunga na TIST, nilikuwa nikikumbana na changamoto wakati wa kutunza miti michanga kutokana na eneo hilo kuwa na mvua kidogo. Sasa nimejifunza Mbinu Bora za TIST. Ninatengeneza matandazo, nina sufuria ya maji ambapo ninachota maji kwa ajili ya umwagiliaji wa matone.

Miti yangu ilianza kupata maji ya kutosha. Sasa mimi ni mkulima mwenye furaha. Maono yangu ni kuwahimiza wakulima kutumia Mbinu Bora za TIST.

---

## **TIST: Leah Njeri - Kuchelewa sana ni Bora kuliko Kamwe!**

**N**ilipofahamu kuhusu TIST wakati wa mkutano wa baraza la Chifu huko Rwambiti mwaka wa 2008, nilikuwa na mashaka kuhusu kujiunga. Sikushawishika vya kutosha kuwa na uzoefu wa programu zingine za jamii ambazo zilianza katika eneo langu haraka “kufa” baada ya hapo.

Lakini nilishangaa kuona mpango wa TIST ukiendelea kupanuka na wakulima zaidi kujiunga miaka mingi baadaye. Nilidhani TIST “itaondoka” kufikia mwaka wa 5. Programu nyingi hazikudumu zaidi ya miaka mitano (5) katika eneo letu. TIST ilinithibitisha kuwa si sahihi. TIST iliendelea kufanya kazi na wakulima zaidi ya “miaka yangu mitano ya maisha.” Niliona niwape miaka miwili (2) zaidi. Tazama! TIST iliendelea kuishi!

Baada ya kupoteza kwa miaka saba nikiwa na mashaka na TIST, hatimaye nilijiunga mwaka wa 2015. Kikundi changu Kidogo kinajulikana kama Karura Women Group, TIST Number 2015ke41.

Nilipojiunga na TIST, nilifanya kazi kwa bidii ili kupata wakulima wengine ambao walikuwa

wamejiunga mapema mwaka wa 2008. Lakini kwa wakati huu, walikuwa tayari wanafurahia manufaa ya TIST. Matunda na miti yao ilikuwa tayari inawapa matunda na karanga. Wakati huu, bei za karanga zilikuwa nzuri sana. Nilikosa nafasi lakini bado niliendelea kupanda.

Mshtuko wangu ulikuja wakati Mtumishi wetu wa Cluster alipotembelea mashamba yetu kuhesabu miti. Miti michache ambayo nilikuwa nimepanda mwaka wa 2008 haikuhitimu kuwa miti ya TIST. Walizingatiwa kama miti ya msingi. Malipo yalipokuja, nilipokea pesa kidogo ikilinganishwa na wale waliojiunga hapo awali.

Sasa nimeikubali TIST kikamilifu. Kuchelewa sana ni bora kuliko kamwe. Nimepanda aina mchanganyiko za miti shambani mwangu. Nina miti ya kiasili, matunda na kokwa. Pia ninafanya Kilimo hifadhi, nina jiko lisilotumia nishati. Pia ninafuga ng’ombe wa maziwa, mbuzi, kondoo, nguruwe na kuku.

Sasa nimekuwa mwanachama hai wa TIST. Ninahudhuria mikutano ya Cluster kila mwezi. Nimekuwa Mkufunzi mzuri wa TIST.



## **TIST: Francis Kaigai - Tuendelee kupanda miti zaidi, Kuhifadhi na Kutunza Miti Iliyopo.**

**M**imi ni Francis Kaigai kutoka Tandare TIST Cluster. Kikundi changu Kidogo ni Kahiriga, Nambari ya TIST 2008KEI962. Nilijiunga na TIST mwaka wa 2008. Mimi ni mwanachama hai wa Kundi ambapo nimekuwa katika Uongozi wa Nguzo.

Nimepanda aina kadhaa za miti ya kiasili na ya kigeni. Nimepanda Muiri, Mutero, Red cedar, Muthiga, Mutundu, Muthigio, Acacia, Podo, Murembu na Mukuyu. Najivunia miti hii kwa sababu mingine imekuwa adimu sana kuipata hata kwenye misitu ya asili. Nina mizinga miwili mikubwa ya kienyeji lakini ninapanga kuwa na zaidi kutokana na faida ninayopata kutoka kwayo.

Pia nimepanda aina kadhaa za miti ya matunda kama Parachichi, Miembe, Tufaha, Michungwa, Tufaha la Custard. Ninafurahi wajukuu zangu wanaponitembelea wakati wa likizo ya shule na kufurahia matunda mbalimbali. Mimi nauza ziada.

Kutokana na mapato yao, nimenunua pampu ya maji inayotumia nishati ya jua ambayo husaidia kusukuma maji kutoka kwenye sufuria yangu ya maji wakati wa kiangazi na kumwagilia miti yangu. Hii huongeza uzalishaji wao wa matunda mwaka mzima.

Mimi huhudhuria Mikutano ya Nguzo kila wakati. Nimejifunza mengi kutokana na mikutano. Tunashiriki mawazo bora kutoka kwa wakulima wengine na maafisa wa Serikali kutoka idara mbalimbali ambao tunawaalika kuhudhuria mikutano yetu ya TIST.

Kikundi Changu Kidogo kimekuwa kikipokea malipo ya hisa za Faida. Lengo letu ni kuendelea kupanda miti mingi zaidi, kuhifadhi na kutunza ile iliyopo. Pia tunasajili vikundi zaidi vipya ili kujiunga na TIST.

---

## **TIST: Silas Makandi Francis - Usivune Miti yako ya TIST.**

**J**ina langu ni Silas Makandi Francis kutoka Abogeta TIST Cluster. Nilijifunza kuhusu TIST katika mwaka wa 2021 Septemba kupitia Mtumishi wetu wa Kundi, Jurswinnie Nkirote.

Baadaye, katika mwaka wa 2022 mwezi wa Machi nilijiunga na TIST. Pamoja na washiriki wa Kikundi changu Kidogo, tulichukuliwa kupitia mchakato wa Maombi uliohusisha mafunzo na kutoa idhini ya bure, iliyoarifiwa kuhusu kujiunga na TIST. Tunachagua jina la Kikundi chetu Kidogo - Abo 4. Kilisajiliwa katika TIST kwa nambari ya TIST 2022KE720.

Tangu nijiunge na TIST, ninaendesha shughuli nyingi katika shamba langu kama vile kukuza vitalu vya miti. Ninasambaza miche kwa wakulima ili tuweze kuhifadhi mazingira yetu kwa kupanda miti mingi zaidi. Nina jiko la kupikia lililoboreshwa. Kupitia jiko hili, nimepunguza kukata miti huku nikiokoa kuni. Mimi pia hufuga nyuki kwa asali.

Nimepanda aina mbalimbali za miti shambani mwangu. Miti ya matunda na karanga ni Parachichi na Makadamia; Miti ya kiasili kama vile Miahangua, Mururi, Muringa, Mwiria,

Minguani; Miti ya kigeni ni Gravellia. Wakati wowote, ninapohitaji kuni, mimi hufanya mazoezi ya kukata na kupogoa. Sivuni Miti yangu ya TIST.

Ninahudhuria mikutano ya Cluster kila mwezi. Ni kupitia mikutano ya Nguzo; Nimejifunza mambo mengi ambayo yamekuwa ya manufaa sana katika maisha yangu. Nimejifunza jinsi kukata wazi kunavyoathiri Kikundi changu Kidogo; jinsi ya kupanda miti ya kiasili, matunda na karanga; Umejifunza kuhusu Ongezeko la Joto Ulimwenguni, Salio za Carbon, Thamani za TIST na mengine mengi. Pia napata fursa ya kupokea Jarida la kila mwezi la *Mazingira Bora*.

Zaidi ya hayo, nikiwa katika Kikundi Kidogo, ninaendelea kufaidika kwa njia nyingi kama vile kupokea malipo ya hisa, kujifunza na kufanya mazoezi ya uongozi wa utumishi na zamu miongoni mwa nyingine nyingi.

Katika Cluster yangu, nimechaguliwa kama Kiongozi wa Nguzo. tunapokea bajeti yetu ya kila mwezi ya nguzo ambayo imekuza miradi yetu ya vikundi na benki ya meza. Ninajivunia mkulima wa TIST.



## **TIST: Kushiriki katika TIST Kumesaidia kujenga upya maisha yetu, Anasema kutoka Wilaya ya Gulu Kaskazini mwa Uganda.**

**J**ina langu ni Okot Jacob kutoka Wilaya ya Gulu, Kaskazini mwa Uganda. Kwa miaka mingi, eneo letu limeharibiwa na vita na migogoro. Amani iliporejea, tulirudi kwenye mashamba yetu. Hapo awali, ilikuwa vigumu kufanya kilimo kwa sababu wakati huu, mabadiliko ya hali ya hewa yalikuwa tayari yameanza kuathiri mifumo ya mvua. Zaidi ya hayo, tulikuwa na ujuzi mdogo wa jinsi ya kukabiliana na mabadiliko ya hali ya hewa. Katika misimu kadhaa mfululizo, mazao yetu hayakufaulu.

Hata hivyo, katika mwaka wa 2020, nilikuja kujifunza kuhusu TIST. Nilipendezwa zaidi kwa sababu nilisikia kuhusu Kilimo Hifadhi ambacho kilikuwa kikisaidia kushinda kuharibika kwa mazao. TIST ilituhitaji kuunda na kufanya kazi katika Vikundi Vidogo. Kwa hivyo niliajiri majirani zangu na katika mwaka wa 2021, baada ya kupitia “mchakato wa kutuma maombi” hatimaye tulisajiliwa katika TIST. Jina la Kikundi Chetu Kidogo ni Tii Ki Kumi, Nambari ya TIST 2021UG1336.

Wakati na baada ya Mchakato wa Maombi, tuliendelea kuhudhuria Mikutano ya Nguzo kila mwezi. Ni katika Mikutano ya Nguzo tulijifunza kuhusu Upandaji Miti, Biashara ya Kaboni, Kilimo Hifadhi, Uongozi wa Watumishi kati ya mafunzo mengine mengi muhimu. Binafsi nilichukua mafunzo hayo kwa uzito na nikaanza kuyafanya mazoezi.

Nilianza kwa kupanda aina mbalimbali za miti katika shamba langu. Kabla ya TIST, sikuwa nikijali

sana kuhusu Miti. Kwa hiyo, udongo ulikuwa wazi na unakabiliwa na jua na upepo. Mafunzo ya TIST yalinisaidia kujipanga vyema katika shamba langu. Nilipanda miti ya matunda kama Parachichi, Miembe, Michungwa, Miti Mweupe na Mapera. Pia nilipanda miti ya kiasili. Jambo moja ambalo nilijifunza katika TIST ni kuhusu kutunza miti kwa kutumia mbolea ya samadi na kuweka matandazo. Hii ilisaidia miti yangu sio tu kuishi lakini kukua kwa nguvu na afya.

Niliamua kuchanganya miti na mazao. Nilikubali Kilimo Hifadhi kwa mazao yangu ya chakula. Niliacha kulima shamba langu na kutumia Mbinu Bora ya TIST ya Kilimo Hifadhi. Shamba langu lilianza kuwa na mazao yenye afya hata katika misimu ya mvua chache. Miongoni mwa mazao ya chakula ninayofanya ni pamoja na mahindi, maharagwe, soya, karanga na pia mbogamboga kama kabichi, vitunguu, biringanya na bamia.

Mavuno ya mazao na matunda yamekuwa mazuri kwa miaka. Ninauza ziada katika soko letu la ndani. Kando na mauzo ya mazao na matunda, pia ninapata mapato ya mkopo wa Kaboni kutoka TIST. Mapato yangu ya shamba yamegawanywa na yamepanuka kwa kiwango kikubwa.

Sasa ninapanga kujumuisha utunzaji wa Nyuki. Hii itanisaidia kuongeza kipato kwa familia yangu. Sasa nina furaha ninaweza kusomesha watoto wangu, kuwapa chakula chenye lishe bora na kusaidia Ulimwengu kupambana na athari za Mabadiliko ya Tabianchi.



## **TIST: Gervasio Gianka - Kuwa katika Kikundi Kidogo hujenga kila mmoja kwa kufanya kazi ya timu.**

**J**ina langu ni Gervasio Gianka. Mimi ni mkulima wa TIST kutoka Nguzo ya TIST ya Kingo, Kaunti ya Meru nchini Kenya. Nilisikia kuhusu mpango wa TIST huko nyuma 2007 kwa kina mwanzilishi wa kujitolea wa TIST katika eneo langu Bw. Itirikia.

Nilijiunga na TIST mwaka wa 2007 kupitia Kikundi Kidogo kilichoitwa Ruunju T Planters, TIST nambari 2007KE1091. Tangu wakati huo, nimekuwa nikifanya shughuli za TIST kama vile, kupanda miti kila mwaka na ufuatiliaji wa Mtumishi wa Nguzo; Kufanya Kilimo Hifadhi; Kuanzisha kitalu cha Miti; Ufugaji wa nyuki na majiko yaliyoboreshwa.

Shamba langu lina aina nyingi za miti ikiwa ni pamoja na Cordia African, Mukwego, Grevilia,

Macadamia, Orange, Minguani, Parachichi, Mango, Meru Oak na mingine mingi.

Mimi huhudhuria mkutano wa Cluster mara kwa mara kila mwezi. Nimejifunza mambo mengi ambayo yameninufaisha sana kama vile Uongozi na ujuzi wa Usimamizi. Uongozi wa mzunguko una manufaa mengi kwani kila mtu ana nafasi ya kuwaongoza na kuwatumikia wengine. Nimejifunza kufuata Maadili ya TIST ili kufanya programu kuwa thabiti, kuanzishwa kwa kilimo kipya kwa kutumia mbolea ya samadi kwa bajeti ndogo.

Kuwa katika Kikundi Kidogo hujenga kila mmoja kwa kufanya kazi ya timu. Vikundi vyetu Vidogo vimepokea faida kutokana na mauzo ya kaboni iliyokatwa kutoka kwa miti yetu.

---

## **TIST: Samuel Wanjohi Muchiri - Mikutano ya Nguzo ni chemchemi ya Maarifa na Habari.**

**K**ikundi changu Kidogo kinaitwa Okoa chenye nambari ya TIST 2008KE232. Jina langu naitwa Samuel Wanjohi Muchiri na kwa kawaida mimi huhudhuria mikutano ya vikundi na kuomba yeyote kati ya wanafamilia au wasaidizi wa shambani kuhudhuria mikutano hii wakati wowote nisipopatikana.

Mikutano ya vikundi imenisaidia kujifunza jinsi ya kupanda miti na kuitunza. Kuna baadhi ya miti nimeipanda nilikuja tu kujifunza kwenye mikutano ya Cluster. Mti kama Muthiga ambao una faida nyingi ambapo majani hutumiwa kama chai ya kijani, matawi kama mswaki wa meno na gome kwa maumivu ya kifua. Mti mwingine Muiri hutumiwa kupunguza maumivu yanayotokana na tezi dume. Mti wa majivu ya kijani kibichi wa Mexico hufanya kazi kama kizima moto. Inazuia moto kuenea. Kwa sababu nina malisho mimi mashamba yangu, nimepanda Mexican Green ash kando ya mipaka ya pad-dock.

Pia nimejishughulisha na kilimo cha miti ya matunda. Ninapata vya kutosha sio tu kwa nyumba yangu lakini nauza ziada. Nimejaribu Utunzaji wa nyuki katika shamba langu na nilishangaa kuvuna kutoka kwenye mzinga mmoja wa nyuki Kilo kumi na mbili za asali, nilihifadhi hii kwa matumizi yangu mwenyewe. Mpango wangu ni kuendelea kupanda miti mingi zaidi. Shamba langu linapopata miti zaidi, ninapanga kuwa na mizinga bora.

Bustani yangu ya jikoni pia inanufaika na Mafunzo ya TIST. Nimejifunza jinsi ya kutengeneza mboji kutoka kwa taka za jikoni na samadi ya wanyama. Sasa nina Kales, Kabeji, Spinachi inayostawi ambayo inalimwa bila kutumia mbolea ya kemikali. Shamba langu lilikuwa na shughuli nyingi kidogo lakini sasa kwa Mafunzo ya TIST imekuwa ikibadilika na kuwa ya manufaa zaidi kwangu na familia yangu.



## **Komakech Johnson: Kutoka Huduma ya Polisi hadi Huduma ya Mazingira.**

**M**imi ni Komakech Johnson, mkulima wa TIST kutoka Kikundi Kidogo cha Kica Ber B, Nambari ya TIST 2021UG2259. Ninatoka kijiji cha Teolam, Parokia ya Kal Ali, Wilaya ya Gulu. Mimi ni mshiriki wa Kundi la Paicho TIST.

Hapo awali nilifanya kazi na Huduma ya Polisi kwa miaka kadhaa lakini baadaye, kutokana na hali zilizokuwa nje ya uwezo wangu, niliacha huduma ya polisi na kuwa mkulima. Ilikuwa wakati mgumu kwangu kwa sababu sikuzote nilitaka kuwatumikia watu. Sikujua nianzie wapi.

Niliporudi nyumbani, sikuweza kupata njia bora ya kuinua familia nzima kutoka kwenye umaskini. Nilifikiria kujihusisha na kilimo kama suluhisho pekee la shida hii. Hata hivyo, ardhi yote ya familia tuliyokuwa nayo ilikuwa tasa na haikuweza kuhimili kilimo cha mazao ya chakula.

Mnamo 2021, nilipata habari kuhusu mpango wa TIST. Mimi, pamoja na majirani zangu wa karibu tuliunda Kikundi chetu Kidogo. Tulianza kuhudhuria mafunzo kuhusu mada mbalimbali za mafunzo ya TIST ambayo ni pamoja na; Thamani za TIST, Mahitaji ya Kustahiki kwa Kikundi Kidogo, Uanzishaji wa vitanda vya watoto na kadhalika.

Chini ya uanzishwaji wa vitanda vya watoto, nilihamasisha wanachama wa Kikundi chetu Kidogo kukusanya mbegu peke yetu. Tulikuwa tumejifunza mafunzo muhimu kuhusu Ukusanyaji wa Mbegu, uteuzi wa Spishi, usimamizi wa utunzaji wa Vitalu kutoka kwa mikutano yetu ya Nguzo.

Miche yetu ya kwanza ilienda kwenye mashamba yetu. Tulishiriki baina yetu na tukatoa machache kwa majirani. Hata hivyo, kwa sababu tulikuwa tumekuza miche yenye nguvu na yenye afya, wakulima wengi walianza kuomba zaidi. Walikuwa tayari hata kuwalipia. Kwa hivyo, fursa ya biashara ilijitokeza kwa Vikundi vyetu Vidogo. Mara moja tulianza kitalu cha miti cha jamii na biashara. Katika kila msimu wa mvua, tunahakikisha kwamba tunapanda baadhi katika mashamba yetu kama sehemu ya Miti ya TIST, lakini tunauza mingine.

Ninahisi nguvu na furaha tena. Sasa mimi ni mtumishi wa kweli wa mazingira. Kando na kupata mapato mazuri kutokana na mauzo ya miche, Kikundi chetu Kidogo kinaendelea kupokea mapato ya Kaboni kutoka TIST. Sasa tumeeleza miradi ya ufugaji wa Mbuzi na kuku ili kujiongezea kipato zaidi.

## **Atto Alice: Nilijiunga na TIST ili kusaidia kukabiliana na Ukataji miti katika Eneo langu.**

Jina langu ni Atoo Alice. Mimi ni mjane wa miaka 62. Kwa miaka mingi, na kwa sababu ya vita na migogoro katika wilaya yangu ya Gulu, Kaskazini mwa Uganda, ukataji miti ulikuwa jambo la kawaida. Miti na hasa miti ya kiasili ilikatwa kwa ajili ya mbao na mkaa. Ardhi yetu iliachwa dubu bila msaada mdogo kwa kilimo cha mazao. Hili lilinisumbua sana. Nilijua mustakabali wa eneo letu ulikuwa unaathiriwa na tabia hii mbaya. Nilitaka kusaidia lakini kulikuwa na chaguzi ndogo za kuingilia kati.

Niliposikia kuhusu mpango wa upandaji Miti mwaka wa 2021, nilisisimka. Nilivutiwa kujifunza zaidi kuhusu programu ya TIST ambayo ilikuwa ikiongoza juhudi za upandaji miti katika eneo letu. Kwa haraka nikawakusanya wakulima wengine katika Kijiji chetu cha Arut Kati. Vikundi kadhaa vidogo vilisajiliwa. Kundi langu Dogo chini ya jina Atek ki Lwak lilikuwa miongoni mwa

wengi waliosajiliwa. Nambari yetu ya TIST ni 2021UG1314.

Tulianza kuhudhuria Mikutano ya Vikundi. Tulipata jukwaa la kujadili maswala mengi yanayoathiri maisha yetu. Tunaishukuru TIST kwa sababu haituzuii kushughulikia masuala yanayohusiana na TIST pekee. Sasa tumeanzisha Kikundi cha Kuokoa ambapo tunakusanya rasilimali zetu pamoja. Kutoka kwa Kikundi hiki cha Kuokoa, nimeanzisha mradi wa nguruwe.

Muhimu zaidi, tumeanzisha vitalu vya miti mingi kupitia mwongozo wa Mtumishi wa Nguzo. Tunashiriki miche baina yetu na kwa jamii huku tukiwafunza dhidi ya ukataji miti. Sasa tumekuwa mabingwa wa upandaji miti na upandaji miti upya. Eneo letu linakuwa kijani tena. Mashamba yetu yanakuwa na tija tena. Kujiunga na TIST ni uamuzi bora ambao tumefanya.

# Mazingira Bora

Not for sale

**tist** Growing Trees  
Growing Leaders

Newsletter February 2026

**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

www.tist.org

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

**Dial \*709# (Safaricom) or \*789\*7000# (Other Networks) and get to know more about TIST and your Small Group. Follow the prompts. Safaricom is Free.**



Amwe katiwa aimi ma TIST ala akuu nthini wa TIST ivindani ya semina ila inai Nanyuki, Kenya.

- Inside:**
- ✓ TIST: Catherine Maingi: Woni wakwa ni kututhya aimi matumie mawalanio na mwolooto wa meko maseo ma TIST. Page 2
  - ✓ TIST: Leah Njeri - Kava muselee kute kulea kuvika! Page 2
  - ✓ TIST: Francis Kaigai - Ekai tuendee na uvanda miti vamwe na kumisuvia yina ila mikuu. Page 3
  - ✓ TIST: Silas Makandi Francis- Ndukakethe kana kutemanga miti yaku na TIST. Page 3
  - ✓ TIST: Kwithiwa nthini wa TIST nikututethetye kwaka mathayu maisu, uu niw'o Gulu district ngaliko sya Uganda mekwasya. Page 4
  - ✓ TIST: Gervasio Gianka - twi kakundi kanini kakitwe ni ni umwe na ungi kwa kuthukuma vamwe. Page 5
  - ✓ TIST: Samuel Wanjohi Muchiri - Mbumbano sya ngwatanio ni wumo na nthongo sya umanyi na uvoo. Page 5
  - ✓ Komakech Johnson: Kuma musikali wa volisi kutwika musikali wa mawithyululuko. Page 6
  - ✓ Atto Alice: ninalikile TIST kutetheesya kuola utemi wa miti kisioni kitu. Page 6



## **TIST: Catherine Maingi: Woni wakwa ni kututhya aimi matumie mawalanio na mwolooto wa meko maseo ma TIST.**

**N**dyeesi kindu iulu wa walanio wa TIST muvaka yila namanyithiw'e nthini wa wumbano wa ngwatanio na nambiiia umanyiw'a vamwe na amemba angi ma kakundi kaitu.

Ivindani ya kulika walany'oni uu, nitwamanyiiw'e iulu wa kuseuvya kivuio tuitumia syindu ila ikwatikana vakuvi na vate ngalama ta suva sya vulasitiki, mikeve mikuu, manyangu ala twaumya yia. Nundu silikali ya Kenya niyakunie muungu mathangu ma vulasitiki, uvundisyo uu niwatumie tukwata matokeo manene maseo vate ngalama nene.

Yila twesie kuandikithw'a nthini wa tist nitwaendeeie na ukwata momanyisyo na kwika ula twamanyiw'a. nitwamanyiiw'e iulu wa vuu wa yiima, Nima ya kusuvia (CF) maiko ma usuvia mwaki, na kwikalania tuvulene twi mivai kivathukanio. Vala vandanasya muno ni nima ya kusuvia nundu yila nambiiie kutumia nzia ino kwakwa vamwe na vuu wa yiima ninithitwe ndikwata ngetha mbingi nasianisya naivinda yila ndamitumiaa.

Nitwamanyiiw'e undu wa kukolania mbeu na kuvathukania mithema ya mbeu. Nitwambiie ukolany'a mithemba kivathukany'o ya ngii/mbindi yivo mithemba ya Mithulu, Mikima, miaa, minyoonyoo, ilului, misemei kuweta oimwe kati wa ingi.

Nitawa Catherine Maingi kuma kaundi ya Masaky. Ni nthini wa ngwatanio ya Ndelani kakundi kaitu kanini ketawa Center na ni memba namba 2015KEI41. Nalikile nthini wa TIST mwaka wa 2015 yile munthukumi wa ngwatanio watembeie kisioni na kutuelesya iulu wa walany'o uu.

Mbee wa ulika nthini wa TIST nineethiawa na mawumu kivathukanio yila nguea miti yi minini nundu kisioni kitu kwithiawa na mbua nini. Kuma namanya walanio wa tist museo yu nindonya uvwikithya miti ungu na kwoou kutumia kiw'u kinini yila kwisua na indi yu ninisi ungithya na kiw'u kya malovoto ombola kilikite mitini.

Miti yakwa niambiie ukwata kiw'u kya kwiana nayu ni muimi mutanu. Kula ndonya kwika ni uthuthya aimi angi maatiiie mawalanio maseo ma TIST kwa nima yoo.

## **TIST: Leah Njeri - Kava muselee kute kulea kuvika!**

**Y**ila namanyie yiulu wa TIST twi valasani wa kivu ula wai Rwambiti mwakani wa 2008, naina w'ia wa kulika, nundu ninoonete mawalany'o angi ma kisio mayambiia na kuthela o kwaivinda ikuvi.

Indi ninaseng'ie noona walany'o wa tist uendee na kuthathaa na aimi maendee na ulika kwa myaka kauta. Noonaa na ngesilya TIST noo ikuthela kwa ivinda yitevaasa ta myaka itano. Nikwithiwa mawalany'o maingi mayitakaa kuvituka myaka itano kisioni kitu. TIST niyandikiithisye kana mesilya na woni wakwa tiw'o nundu TIST niyiendee na uthukuma na aimi kuvika yavituka ilungu ya ivinda ya myaka itano ila noonaa ta ikwithiwa yithelu, ninaisye eka nisyaisye myaka ingi ili. Itina wa vau neethia kumbi TIST ndiuthela yivo!

Itina wa kwasya myaka muonza nundu wa nzika, itina wavau ninalikile TIST mwaka wa 2015. Kakundi kakwa kanini ketawa Karura Women Group, Nammba ya TIST ni 2015ke41.

Yila nalikile nthini wa TIST ninathukumie kwa kwiyyumya nikiite kithito nikana nivikie aimi ala

angi malikile mwaka wa 2008. Yila kulika mo maendee na utania vaita wa kulika nthini wa TIST. Miti yoo ya matunda nikumane matunda na miti ya mbindi nikusyaa mbindi vala ivindani yii syina thooa museo. Ninavitukwa ni ivuso yii indi noniendee na uvanda.

Kuseng'a kwakwa kuneethiwe yila muthukumi wa kwiyumya wa ngwatanio unookie miundani kwitu kutala miti. Miti imwe minini ila navandie 2008 ndanalika nthini wa TIST ninatalila ta ya TIST, ndi yitalika ta miti ila yaimwambiioni. Yila mbesa inookie sya ndivi ninakwatie mbesa nini nasianisya na ala malikile mbee wakwa.

Yu ninitikilanite na TIST vyu. Kavika kuselewa kwikulea uvika. ninivandite miti mivai kivathukanio muundani kwakwa, ninamiti ya kimbene, miti ya matunda na ya mbindi. Ingi ninikaa nima ya kusuvia (CF) na ninayiiko ya kusuvia mwaki. Niniithasya ngombe sya yia, mbui, malondu/mamaa, ngulue na nguku na mavata.

Yu nimemba wa museo wa TIST. Ninivikaa mbumbanoni sya ngwatanio kila mwai na nimumanyisya wa TIST museo.



## **TIST: Francis Kaigai - Ekai tuendee na uvanda miti vamwe na kumisuvia yina ila mikuu.**

**N**itawa Francis Kaigai kuma ngwatanioni ya TIST ya landare. Kakundi kakwa ketawa Kahiriga namba ya TIST ni 2008KE1962. Nalikile TIST mwaka wa 2008. Ni thiawa ni memba waikwatw'a nundu ninithiitwe ni mutongoi wa ngwatanio.

Ninivandite miti mavai/mithemba kivathukanio nivulanitye ya kimbene na yakuma nza. Nimbandite mivai ta Muiri, Mutero, Red Cedar, Muthiga, Mutundu, muthigio, Acacia, Podo, Murembu na Mukuyu. Nindaniaa mithemba ino ya miti nundu imwe niyikite mwoo ukethia mithemba yayo niendee na kwa iulu wa nthi ona mitituni ya kwimesya. Nina myatu ili minene ya kiitene onakau nimbangite kwongela ya kimuthi nikana none vaita wayo.

Nimbandite mivai kivathukanio ya miti ya matunda yivo, miembe, ikolovia/avakato, Apple, Masungwa, Itoomoko. Ninamuyo nundu yila esukua matambuka kungethya yila sukulu

mbinge nimataniaa matunda kivathukanio. Ala matiala nindesaa kukwata mbesa.

Kuma kwa kuta matunda nithooete katuma keutumia mwaki wa sua (solar pump) vala kandetheesya kukuna kiw'u yila kwina munyao ngangithya miti yakwa ukethia yina usyao ivinda yonthe ya mwaka.

Ninivikaa mbumbanoni sya ngwatanio sya TIST kila mwai na ninimanyiitye muno kuma mbumbanoni ii. Vaa nituneeniansya iulu wa mawiko maseo kuma umwe kuthi ula ungi na kutaana ona kuma kwa ma ovisa ma silikali ilioni kivathukanio nimatuvikaa twamathokya mbumbanoni situ ta TIST.

Kakundi kakwa nikethiitwe kaikwata vaita wa kuaana. Mwolooto witu wi kuendee na uvanda miti kwa wingi, kumisuvia vamwe na ila mikuu. Ingi notuendee na umanyisya angi malike nthini wa TIST.

## **TIST: Silas Makandi Francis- Ndukakethe kana kutemanga miti yaku na TIST.**

**I**syitwa yakwa ni Silas Makandi francis kuma ngwatanioni ya TIST Abogeta, ninimanyie yiulu wa TIST mwaka wa 2021 mwa wa keenda kuma kwa muthukumi wa ngwatanio Jurswinnie Nkirote.

Tuendee mwakani wa 2022 mwai wa katatu nineeyandikithisye nthini wa TIST. Vamwe na amemba ma kakundi kwakwa kanini nitwesiiw'e nziani ya kuandikithw'a kwa kumanyiw'a na kunyuva kwa kwenda kethwa nituulika nthini wa TIST. Nitwasakuie isyitwa Abo. 4 vala twaandikithiw'e ta memba wa TIST namba 2022KE720.

Kuma neeyandikithya nthini wa TIST, ninikaamaundu kivathukanio muundani kwakwa ta kuvuia kivuio, nininyaiikasya mbeu kwa aimi nikana tusuvie mawithyululuko kwa kuvanda miti kwa wingi. nina yiiko ya kusuvia mwaki yila yindeteesye kuola utumiku wa ngu na kwoou miti kwakwa ndiutemwa. Ingi niniithasya nzuki na kukwata uki wa nzuki.

Ninivandite mithemba kivathukany'o ya miti. Miti ya matunda nita ikolovea/ivakato, mikandania miti ya kimbene taMiahangua,

Mururi, Muringa, Mwiria, Minguani na miti ya kuka ta Gravellia. Yila ngwenda ngu ngitaa usea miti kana kumitaanisya kula mithungu kwa kuola ila myonzu. Ndikethaa /kutemanga miti yakwa.

Ninivikaa umbanoni wa kila mwai wa TIST. Nikwisila mbumbanoni ii vala nimanyiitw'e iulu wa maundu maingi ala nimethiitwe me mavata thayuni wakwa. ninamyite kuketha/kutemanga miti yakwa nikwoisasya kakundi kakwa konthe, undu wa uvanda miti ya kimbene, miti ya matunda na mbindi, ngamanyiw'a iulu wa uvyuvu wa nthi yonthe, Kamboni kulenditi, mawoni ma TIST na maundu angi maingi. ingi ningwataa ivuso ya ukwata ithangu ya kila mwai (*Mazingira Bora*).

Kwongeleela, kwithiwa nikakundini kanini niniendee na utetheka na nzia ingi mbingi ta vaita wa kuaana na kwimanyisya utongoi kwa nzia ya utongoi wa kithyululu/kumanisya kwitu amemba kati wa maundu angi maingi.

Nthini wa Ngwatanio yitu ninisakuitwe ta mutongoi. nitukwataa utalo witu wa utumiku kila mwai kila kitutetheesye vanene kuvikia ngolu situ vamwe na kwia mbesa (table banking). Ni ngwiyona kwithiwa ni muimi wa TIST.



## **TIST: Kwithiwa nthini wa TIST nikututethetye kwaka mathayu maisu, uu niw’o Gulu district ngaliko sya Uganda mekwasya.**

Ishyamba yakwira ni Okot Jacob kuma Gulu District, North Uganda. Kwa myaka mingi kisho kitu nikithiitwe na kau na kulea kwithiwa na muo. Yila muo watuumaniw’e nitwasyokie miundani yitu. Mbeeni vaina vinya kuima nundu mawithyululuko maitu na movinduku ma nzeve mayai maseo weethia mbua tiyakwitw’a. Ingi twai na umanyi munini iulu wa uvinduku wa nzeve. Kwa mbua iatiane tweethiwa tuteuketha.

Onakau mwakani wa 2020 ninamanyie iulu wa TIST. Ninendeeiw’e nundu nineew’ie iulu wa nima ya kusuvia (CF) ila yateetheasya kukosa ngetha. TIST yendaa tukwatane na kuseuvya tukundi tunini. Kwoou ninambiie uneena na kuesesya atui makwa iulu wa TIST na mwakani wa 2021, nitwakulilye kwiyandikithya na TIST vala twaandikithiw’e na kakundi kaitu twakane isyitwa Tii Ki Kumi, namba ya TIST 2021 UGI 336.

Tuendeena na kwiyandikithya nitweethiwe tuivika mbumbanoni sya Ngwatanio sya TIST kila mwai. Na ni nthini wa mbumbano ii sya ngwatanio twamanyiiw’e iulu wa kuvanda miti, Viasala wa Nzeve itavisaa (Carbon Business), Nima ya kusuvia (CF), Utongoi wa kwiyumya katikati wa maundu angi mavata ala tumanyiitw’e.

Ny’e ninoosie momanyisyo aya kwa uito nanambiia kumaatiia na kwika undu twamanyiw’a. ninambiie kwa kwosa mithemba kivathukanio ya miti na kuvanda muundani wakwa. Mbee wa TIST ndinasuvia miti kwoou muthanga wai muthei niwamulikitwe ni sua na kiseve.

Movundisyo ma TIST nimandetheesye kuvanga muunda wakwa. Ninavandie miti ya matunda ta lkolovea, isungwa, lembe, lvela na White teak. Ingi ninivandite miti ya kimbene. Kindu kimwe neemanyiisye kwa TIST ni kusuvia miti na kutumia vuu wa yiima na kuvwikithya miti ungu. Kii kitethetye miti kwiana yina vinya na kwianan ona kwisua.

Ninaamuie kuvulany’a miti na mimea ingi ta mboka. Ninambiie nima yakutuvia kwa liu wakwa. ninaekie kuima kitheka kyakwa na kukitumia kwa mawiko maseo ma TIST ta nima ya Kusuvia (CF). Muunda wakwa niwambiie ithiwa na mimea yina uima museo na kusyaa nesa ona mbua yinini. Kati wa mimea ila mbandite ya liu nivamwe na Mbemba, mboso, soya, nzuu kalanga na mbaa mboka ta makovisi, kitunguu, matulu na okra.

Mimea na matunda methiitwe mayika nesa na ngakwata ngetha nzeo kila mwaka. ila syavituka syakwa sya utumia ninitesaa na kukwata mbesa na mbee wa ou nikwata ndivi ya kuaana kuma utandithyani wa nzeve itavisaa na TIST. Ukwati kuma muundani wakwa nimwongeleku na kuthathaa kwa unene.

Niendee na kwika muvango wa kwambiia kwanika myatu kana kuithya nzuki. Kii kindetheesya kwongela ukwati kwa musyi wakwa. Yu nina utanu kusomethya syana syakwa na kunenge liu wina lato kwa mwii na kutetheesya kuola mauvindu ma nzeve.



## **TIST: Gervasio Gianka - twi kakundi kanini kakitwe ni ni umwe na ungi kwa kuthukuma vamwe.**

Isyitwa yakwa ni Gervasio Gianka. Ni muimi wa TIST kuma ngwatanioni ya TIST Kingo kuma Meru kaunti ya Kenya. Nineew'ie yiulu wa TIST mwakani wa 2007 kuma kwa mwambiliilya TIST kusioni kyakwa Mr. Itirikia.

Ninalikile Tist mwaka wa 2007 kwisila kakundini kanini ketawa Ruunju T Planters. Ni TIST memba namba 2007KE1091. Kuma ivindani yiu ninithiitwe ndithukumana na tist maunduni kivathukany'o wivo uvandi wa miti kila mwaka, kusyaiisya athukumi ma ngwatanio sya TIST, nima ya kusuvia, kuseuvya Ivuio, Kwanika myatu/kuithya nzuki na maiko ma kusuvia mwaki.

Muunda wakwa wi miti mithemba mingi yivo Cordia African, Mukwego, Grevilia, Makandania, masungwa, Minguani, ikolovea/ivakato, iembe,

meru Oak kati wa ingi.

Ninivikaa mbumbanoni sya ngwatanio sya kila mwai. ninimanyiitye maundu maingi ala mandethetye ta utongoi na uungamii. Urongoi wa kithyululu ula wina vaita kwa kila umwe kwimanyisya nzia sya utongoi na kuthukuma andu angi. Ninimanyiitye kuatiia mawalanio ma TIST na kumekalya mateuvindukanga, kuete walanio mweu wa kutumia vuu wa yiima wiseuvisye kula kuolaa ngalama.

Kwithiwa nthini wa kakundi kanini kutethasya kila umwe kumanya kwikalany'a na kuthukuma na ngwatanio ta kikundi. Kakundi kaitu nikakwatie ndivi ya vaita wa kuaana kuma nzeveni itavisaa na ila mitini yitu mithiane na kuvitukithw'a.

## **TIST: Samuel Wanjohi Muchiri - Mbumbano sya ngwatanio ni wumo na nthongo sya umanyi na uvoo.**

Kakundi kakwa ketawa Okoa na namba yakwa ya TIST ni 2008KE232. Isyitwa yakwa ni Samuel Wanjohi Muchiri na ninivikaa mbumbanoni sya ngwatanio kila mwai na ningulasya ona andu makwa mamusyi na athukumi na atui yila mena mwanya onamo mavike yila ndena mwanya wa kuvika.

Mbumbanoi sya ngwatanio nindethetye muno kuelewa undu wa kua na kusuvia miti. Ve miti imwe nivandite namimanyiie mbumbanoni ii sya kilka mwai. Muti ta muthiga ula wina vaita kivathukany'o wa matu nimatumikaa kwa kyai, tuuvoge tukatumiwa ta muswaki na makonde maw'o ta ndawa ya woo kithuini. Muti ungi ta Muri ula utumia kuola kyalya kila kyukanasya na kanza ya mee. Ninivandite Mexican Green Ash ta wiio wa muvaka.

Ingi ninimanyiitye kuvanda miti ya matunda. Ningwataa matunda makwa mauya na makutwaa soko kuta. Nindatite kuithya nzuki kithekani kwakwa na ngakwata ngetha nzeo ya utelekya nundu mwatu umwe nunengete iinyiva kilo 12 sya uki wa nzuki. Uki uu ninaiie kwa utumia ny'e mwene. Mwolooto wakwa nikuendee na kuvanda miti ingi mingi na undu miti yongelekete niw'o ngwika muvango wa kwanika myatu ingi.

Niona muunda wa ikoni vala uutetheka na walanio wa TIST. ninimanyiitye undu wa useuvya vuu wa yiima kuma matialyo ma liu kuma ikoni na mai ma indo. yu nina sukuma, makovisi na sivinangyi ila ivanditwe na kumea vate ndawa sya kuthooa kana vatalisa. Kitheka kyakwa kyeethiawa kithungu kiteundu uendee indi kwisila mumathiw'a ni TIST nivinduite kitheka kyakwa kikaete vaita kwakwa na musyi wakwa.



## Komakech Johnson: Kuma musikali wa volisi kutwika musikali wa mawithyululuko.

**N**itawa Komakech Johnson, muimi wa TIST kuma kakundi kanini ketawa Kica Ber B, TIST namba 2021UG2259. Numite utuini wa Teolam, parish ya KalAli Gulu District. Ngwatanio ya Tist ni Paicho.

Vau mbeeni ninathukumaa na muvea wa usesei ta volisi kwa myaka kauta, ona kutwika ninaumie wiani usu kwa itumi ndatonya kuelelya. Ninatiie wia usu wa volisi na natwika muimi. Kwakwa yai ivinda yumu nundu ninendaa kuthukuma andu, Ona ndyeesi va kwambiia.

Yila nenukie, ndyaina nzia ya kukilya musyi witu kuma ukyani. nineesililye noona no nima yoka itonya kuete usungio. Onaku kitheka kyothe kila twai nakyo kyai ing'alata na kiyai na lato wa kwiany'a mimea.

Mwaka wa 2021 ninakwatie uvoo iulu wa walany'o wa TIST, ny'e vamwe na atui makwa ala twathengeanie nitwaseuvisye kakundi kaitu na twambiia uvinga movundisyonni ma TIST na mukwata movundisyo kivathukany'a ta Useo wa walany'o uu, undu wa kuandikithya kakundi kaitu, undu wa useuvya kivuio na vuu wa yiima na maundu angi.

Ungu wa kuseuvya kivuio ninoombanisye amemba ma kakundi kaitu na twamatha mbeu sya miti kivathukanyo ithyi ene nundu twai tunamanyiw'a iulu wa kukolany'a mbeu sya mithemba kivathukany'o ya miti undu wa usuvia kivuio nthini wa mbumbano situ.

Mbeu situ syambee syaendie miundani yitu vala twaanie na twanenga atui ominini mavande. Nakwithiwa twaeete mbeu situ nesa weethia aimi nimekwenda mbeu kuma kwitu, ona weethia metayali kua. Yila twoosie ivuso yii ta utandithya wa kakundi kaitu, kwa mituki nitwambiie kivuio kya kisio na kya kisio kitu na kivuio kingi kya viasala. Kila ivindani ya mbua nituiikiithasya kana miti imwe twavanda miundani yitu ta aimi ma TIST na ila ingi tuita.

Niiw'a nimutanu na ukumbau na vinya ingi. Yu nimuthukumi waw'o wa mawithyululuko. Ekwa kwithiwa na ukwati itina wa kuta mbeu ya miti, kakundi kaitu nikatethekete na kuendee ukwata ndivi kuma kwa TIST. Yu nitwambiie ndithya ya mbui na nguku kuendee na kwikala twina ukwati.

## Atto Alice: ninalikile TIST kutetheesya kuola utemi wa miti kisioni kitu.

**I**syitwa yakwa ni Atoo Alice, ni ndiwa na nina myaka 62. Kwa myaka mingi nundu wa kau na kulea kwithiwa na muuo kision kya Gulu ila yi ngaliko ya yiulu ya Uganda, miti kutemangwa niundu utai wa usengyo. miti munamuno ila ya kimbene niyatemiwiwe kuna ngu na kuvivya makaa. Itheke situ nisyatiwe ite miti syithe na itatonya kukwatiia nima ya liu. Kii nikya nthinise muno, ninoonie itheka situ ikekala nai nundu wa meko aa. Ninendaa utetheesya kuseuvya indi ndyai na wikwa.

Yila neew'ie yiulu wa walany'o wa TIST wa kuvanda miti mwaka wa 2021 ninatanie. Ni neethiwe na wendi na kwenda kusoma muno iulu wa walany'o uu wa TIST ula watangaasaa kuvanda miti kisioni kitu. Kwa kwa mituki ninathuthisye atui na aimi kisioni kitu kya utui wa Arut Central. Tukundi twiana una nitweeyiandikithisye. Kakundi kakwa ungu wa isyitwa Atek Ki Lwak kai kamwe kati wa tukundi

tungi tula tweeyiandikithisye na namba yitu ya TIST ni 2021UG1314.

Nitwambiie kuvika mbumbanoni sya ngwatanio. Nitweethiwe na ivuso ya kuneenanisya maiundu maingi ala matukonetye. Twina muvea kwa TIST nundu mayaa tusiia kuneenanisya maundu ala matakonye TIST. Yu twina kikundi kya kwia mbesa vala tukwatanite na kumanisya vamwe na kuma kikundini kii kya kwia mbesa niniuite Ngulue.

Kyavata, nitwambiie ivuio mbingi sya miti mingi kivathukanio utongoini wa mutongoi wa ngwatanio ya TIST. tukaana mbeu katikati waitu na atui maitu yila tuendee na umamanyisya iulu wa kulea utemanga miti. Yu nitutwikite asindi na atuika ma kuvanda miti na kuvanda kula mitemange. Kisio kitu nikitwikite ngilini ingi. Aimi maitu nimaendee na ukwata usyao museo na kwithiwa mema ueti ingi. Kulika nthini wa TIST ni umwe katika motw'i ala neekia mavata.

# Mazingira Bora

Not for sale

**tist** Growing Trees  
Growing Leaders

Newsletter February 2026

**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

www.tist.org

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

**Dial \*709# (Safaricom) or \*789\*7000# (Other Networks) and get to know more about TIST and your Small Group. Follow the prompts. Safaricom is Free.**



**Baadhi ya Wakulima wa zamani wa TIST wakati wa Semina ya hivi majuzi iliyofanyika Nanyuki, Kenya.**

- Inside:** ✓ **TIST: Catherine Maingi–Geerenyun ko acheer temik koboisien Ortinwekab TIST che Miachen chebo Boisionik. Page 2**
- ✓ **TIST: Leah Njeri–Kaikai komakisib keitita kosir Komakiit nebo katugul! Page 2**
- ✓ **TIST: Francis Kaigai–Ongetestaa kemin ketik che chang', Kekendo ak keribe che mii. Page 3**
- ✓ **TIST: Silas Makandi Francis –Mat itil ketikuk chebo TIST. Page3**
- ✓ **TIST: Tesetab taa en TIST ko kikotoretech ketech sobonuekiok, Mwoe OKOT Jacob koyob Gulu District en Uganda Murot Katam. Page 4**
- ✓ **TIST: Gervasio Gianka –Ingemii en Katuiyet Ne Ming'in ko kitechegee oloon kiboisiei en kibagenge. Page 5**
- ✓ **TIST: Samuel Wanjohi Muchiri – Tuiyosiekab Isasamet ko kondametutab Naet ak Logoiwek. Page 5**
- ✓ **Komakech Johnson: Kongeteen Boisietab Police akoi Boisietab Itondab Emeet. Page 6**
- ✓ **Atto Alice: Kiachut TIST asi amuch atoret kitonosi istoetab osnosiek en emenyon. Page 6**



## **TIST: Catherine Maingi–Geerenyun ko acheer temik koboisien Ortinwekab TIST che Miachen chebo Boisionik.**

**A**nee ko Catherine Maigi koyob County nebo Machakos, Kenya. Aboo Isasametan Ndalani. Katuienyun ne Mingin ko Centre Farmers TIST number 2015KE141. Kiachute TIST en kenyitab 2015 ye kin kotoo Kiboitiotab Isasamet tetutiet en korenyoon.

Momii kit ne kiangen akobo tetutietab TIST akoi ketoo en tuiyosiekab Isasamet ak anaam anyoru konetisisiet kobot membaek alak chebo Katuiyet ne Mingin.

Kiin kemii kasartab sometab sireet, ko kikinetech akobo taunetab betisiek keboisien tuguk che kimuche kenyoor en nyumnyumindo cheu chupoinik chebo plastic, kibabook che yoseen, paketisiek chebo kartasisiek chobo cheko chemomii kiy, ak alak. Amuun kikakoyesio serkali boisietab seleleisiek, ko kitoreteech konetisiet kenyorun walutik che echeen en aliet ne mii ng'wony.

Kikineteech kora akobo ole kichengtoo logoekab ketik ak ketik che terterchin. Kikinaam kiyum logoek cheu chebo sebesebe, moringa,

maembe, chebitoik ak alak.

Kin kokakesirech en TIST en let, ko kikitestaa kenyoru kanetisiet ak ketestaa keboisien choton. kikineteech akobo ole kichobtoo keturek, temisietab ribetab emeet, sikiriisiek che ribe maat, kebois biik tugul en kerkeindo kou kwony anan muren, ak alak. Ne kibo barak missing ne anee ko kin anam aboisien temisietab ribetab emeet aboisien keturek. Kikokonon inoniito kesutik che chang' missing kosir kin aboisien temisiet nobo kotugul.

Kiin kotomo achut TIST, ko kicham anyoru kewelutik en ribetab ketik che mengechen amun kimingin ropta en emenyon. En nguni ko kianetgee akobo Ortinwek che Miach chebo Boisiet chebo TIST. Atuche minutik komabel asista, ako atindoi silanget ne aromu beek onde minutik.

Kokonaam ketikiuk konyor beek che mororu. Aa temindet ne baibai en nguni. Kerenyun ko acheer temik koboisien Ortinwek Che Miach chebo Boisiet chebo TIST.

---

## **TIST: Leah Njeri–Kaikai komakisib keitita kosir Komakiit nebo katugul!**

**K**iin anai akobo TIST en tuiyetab kirwokindet en Rwambiti en kenyitab 2008, ko kiatinye tomchinet akobo achut. Kitomo ayan komie amun kiagere komowek alak che kikakonaam ak 'komeyo' en chokinet en emenyoon.

Kobateen kirusan kwongeeet kin ageer tetutietab TIST kotesetaa koetu ak kotese taa temik che chang ko chute en kenysisiek chebo let. Kiabwate ale en kenysisiek 5 ko "ka kobet" TIST. Tetutik che chang ko kima kotebie kenysisiek che sire 5 en ememnyon.

Ye kin kobata kenysisiek tisabu chebo tomtomchinet akobo TIST, ko kiachut en kenyitab 2015. Latuienyun ne Mingin kegureen Karura Women Group, TIST Number 2015ke41.

Kin achut TIST, ko kiayai boisiet en kimnatet ak temik alak che kikakochut en taa en 2008. Kobaten en kasaraton ko ichek ko kitesetaa konyoru borotosiek. Ketichuak ak logoek ko

kikakonaam kogochi logoek. en kasaraton, ko kimii barak alietab logoek. Kiabeet kelchinet kobateen kiatestaa amin ketik.

Kiik kwong'eeet kin koit Kiboitiotab Isasamet mbarenikiok ak koit ketik. Ketik tuteen che kikanamin en 2008 ko moityi kiit kou ketikab TIST. Kikiit kele ketik che kimii kotomo kemin alak. Ye kiin kinaam kelipan, ko kianyoru rapisiek she tuteen missing kosir biik che kikakosib kochut.

Koianaam en nguni acham TIST ak ataach. Kaikai kikagee kosiir komakiitita nebo katugul. Kianam amiin ketik che teerterchin en mbarenyun. Atinye chebo kigaa, logoek ak alak. Ayoe kora temisietab ribetab emeet, atinye sikirii ne ribe maat. Atinye kora tugab grade, ng'ororek, kechirek, nguronik ak ngokenik.

Kianaam aigu membayatab TIST ne utaat. Aititoi tuiyosiekab isasameet en arawet age tugul. Kiagu katetindetab TIST ne mie missing.



## TIST: Francis Kaiagai–Ongetestaa kemin ketik che chang', Kekendo ak keribe che mii.

**A**nee ko Francis Kaiagai koyoob Isasametab Tandare. Katiuyenyin ne ming'in kegureen Kahiriga, TIST Number 2008KE1962. Kiachute TIST en 2008. Aa membayat ne utaat en Isasamet ole kiatestaa amii ne Kandoinatetab Isasamet.

Kiamiin ketik che terterchin cheboto chebo kipгаа ak alak che mobo kipгаа. Kiamin cheu muiiri, mutero, tarakonik, muthiga, mutundu, chepnyaliliet, septet, murembu ak mokoiywet. Abaibai en letichu tugul amun alak en ketichu ko mekonyumnyum kenyor akot en osnosiek chebo keny.atindoi moikanik che eechen chebo kipгааako atete anyoor che chang amun en kelchinois che anyorchingee en choton.

Kora ko kiamiin ketik che chang chebo logoeak kou avocado, maembe, apples, machungwek ak alak. Abaibai olon karutechionmochogoronikiuk

olon kerat sukul asi ageer koame logoechoton. Kora aldoi alak en logoechoton.

En rabisiek che kianyore en logoechoton ko kiaal pambitab beek ne kete kimantetab asista (solar) kobir beek kongeten silangenyun en kemeusiek ak anage ketikiuk. Inoni kokochin ketik koiyoso missing en kenyit komugul.

Awendi en kila tuiyosiekab isasamet. Kianetgee che chang en tuiyosiechoton. Kipjee ng'alek ak temik alak ak kiboitinikab serkali che bunu komosuek che chang che ter che kimuche keguur kobwa tuiyosiechoton bo TIST.

Katuienyun ne Mingin ko tam konyoru pjeutikab melekweek. Kitokinigee kemiin ketik alak che chang, ak kerib ketichoton che sobtos. Kora ketesetaa kesiree katuiyosiek alak che lelach kochut TIST.

---

## TIST: Silas Makandi Francis –Mat itil ketikuk chebo TIST.

**K**ainenyun ko Silas Makandi Francis koyob Isasametab TIST nebo Abogeta. Kianai akobo TIST en kenyitab 2021 arawetab Buret koyob Kiboitiotab Isasamet, Jurswinnie Nkirote.

En let en kenyitab 2022, arawetab Kiptamo ko kiachut TIST. Tugul koboto membaekab Katuienyun ne Ming'in, ko kikimutech oretab kesirech ne kiboto kanetutik ak li[panoseik, ak inai chito keomie akobo chutetab TIST. Kikilewenchigee kainet – Abo 4. Kiit kesirech en TIST ak nambaitab TIST 2022KE720.

Kong'eteen kin kechut TIST, ko kiayai boisionikiuk en mbarenyun kou yaetab betisiekab ketik. Abjeitoi ketik che kimine koityi temikasi kimuch kerib itondab emeet kobun minsetab ketik che chang'. Atindoi ole kilole ak koriib maat. Inonito ko kikorib tiletab ketik amun matindoi kwenik. Kora aboe segemik asi anyorchigee komek.

Kiamiin ketik che terterchin en mbarenyun. Ketikab logoeak cheu avocado ak macadamia; ketikab kipгаа kou Miahangua, Mururi, Muringa,

Mwiria, Minguani; ketikab chumbek kou sebesebe. Olon amache kwenik ko kit ne ayae ko aistot ketik che kichilgee anan achoru alak. Anee ko matile ketikiuk chebo TIST.

Awendi tuiyosiekab issamet en araweat age tugul. Kianetgee tuguk che chang koyob tuiyosiekab isasamet che choton k obo komonutiet missing en sobenyun. Kianai ole imuche kong'emta kaluletab ketik katuienyun ne ming'in; ole kimindo ketikab kipгаа; akobo Burgeiyetab Ng'wony, Aldaetab koristo, Tuguk che Miachen en TIST, ak alak che chang'. Atindoi kora kelchin anyorchigee Barwetab Arawet ne noton ko *Manzingira Bora*.

Kora, ko inamii Katuiyet ne Ming'in atesetaa anyoru kelchinois en ortinwek che chang' kou anyorchigee pjeutikab melekweek, kanetutik ak yaetab boisionik ak kandoinatet ne kiwolchingee ak alak che chang'.

En Isasamenyyun, ko kikilwenon aik Kandoinatetab Isasamet. Kinyoru rabisiekab boisionik en arawet age tugul en isasamet che choton ko kikotoretech en boisionik che chang' ak table-banking. Akosegee kou temindetab TIST.



# TIST: Tesetab taa en TIST ko kikotoretech ketech sobonuekiok, Mwoe OKOT Jacob koyob Gulu District en Uganda Murot Katam.

**K**ainenyun ko Okot Jacob kobun Gulu District en Uganda Murot Katam. En kenysisiek che chang ko emenyon ko kikebunu boriosiek che echeen ak tiyosiek. Ye kin konyo kaliet, ko kikiwege mbarenikiok. En taa ko ki ui ketemisien amun en kasaraton, ko kika konaam koyait atebeetab emet ak kowech ole nyonundoo ropta. Ako kora ko kima ketindoi naet missing akobo ole kimuche ketepto en atebeet ne kikowalak. En kenysisiek che kikosipgee ko kikobetyo rurutikab mbarenikiok.

Nganda uu noton, ko en kenyitab 2020, ko kianyion anai akobo TIST. Kianyionu maget neo amun kiakass akobo Temisietab Ribetab emeet ne noton ko toreti en istoetab meetab minutik. Kimach TIST ketoun ak keboisie en Katuiyosiek che Mengechen. Kou noton ko kianam asir bikab kokwenyun ako en kenyitab 2021, ye kin ketar boisietab 'sometab sireet', ko en let ko kiit kesirech en TIST. Katuiyenyon ne Mingin kegureen Tii Ki Kumi, TIST Number 2021UG1336.

Kiin ketesetai ak sometab sireet ak kin kokakesirech, ko kikitestaa kebe Tuiyosiekab Isasamet en arawet age tugul. En tuiyosiekab Isasamet ko kikinai akobo Minsetab Ketik, Mung'aretab Koristo, Temisietab Ribetab Emeet, Kandoinatet ne Kiboisiechin bik ak kanetutik alak che chang.

Kiaib anentet kanutik en oret nebo komonutiet ak anaam aboisien. Kianaam amin ketik che terterchin en mbarenyun. Kotomo koit TIST, ko kimamogen kiy akobo ketik missing. So,

king'ang'aat ng'ung'unyek ako kiitin kobel asista ak koib koristo. Konetutikab TIST ko kitoretan aik ne panganaat en mbarenyun. Kianaam amin ketik cheu avocado, maembe, machungwek, maberek ak alak. Kiramin kora ketikab kipгаа. Kit agenge ne kianetgee en TIST ko ole kiriptoo ketik ak kotoltoleiywek ak keur tigitik keboisien suswek che yomotik. Inoni nko kitoret ketikiuk kosobcho ak ko kimegitu ak komiakitu.

Kiatil amin ketik che terterchin koboton minutik. Kianaam minsetab Ribetab Emeet en minutikiuk chebo amitwakik. Kibakach temisietab mbaret ak anaam aboisien Menseatb Ribetab Emeet. Kiinam mbarenyun konyor minutik che kororon akot en kasorwek che ming'in ropta. Alak en minutik che amine ko boto bandek, ng'endek, kundek, njuku karanga ak ingwek cheu kebich, ketunguik, biringanya ak okra.

Kesutikab logoek ak minutik alak ko kikoik che mii barak en kenysisiek che chang'. Aoldoi choton oloon kachang'a en ndonyoisiek che mii oli bo gaa. Oloon aoldoi logoek ak kesutikab minutik ko kora anyorchinige Pjeutikab Melekweek koyon TIST. Tuguk che anyoru en mbarenyun ko bunu kebeberuek che chang' ako kikoba barak missing'.

En nguni amoche atesi baetab segemik. Inoni ko tun toretan kotes tuguk che kisiche en mbarenyun. Abaibai nguni amun amuche alipan sukul en lakokiuk, ak konyor amitwakik che miachen ak kotoret ng'wony en istoetab tuguk che yachen che weche Atebetab Emeet..



## **TIST: Gervasio Gianka –Ingemii en Katuiyet Ne Ming'in ko kitechegee oloon kiboisiei en kibagenge.**

**K**ainenyun ko Gervasio Gianka. Aa temindetab TIST koyob Isasametab Kingo nebo TIST, Meru County. Kiakass akobo tetutietab TIST kenya en kenya 2007 koyob chito ne kikogee en TIST en emenyon ne kigureen Mr. Itirikia.

Kiachut TIST en 2007 abune Katuiyet ne Ming'in ne kigureen Ruunju T. Planters, TIST number 2007KE1091. Kong'eteen yoton, ko atesetaa ayoe boisionikab TIST kou minsetab ketik en kenya age tugul, ak chigilisiet kobun Kiboitiotab Isasamet, Teisietab Ribetat Emeet, taunetab betisiekab ketik, baetab segemik ak cikosiek che ribe maat.

Mbarenyun ko mi ketik che tereterchin kou Cordia African, Mukwego, Sebesebe, Macadamia, Machungwa, Minguani, Avocado, Maembe, emitik ak alak.

Awendi tuiyosiekab Isasamet en arawet age tugul. Kianetgee tuguk che chang' che kikoik kelchin en aneekou Kandoinatet ak Ngomnotetab Telchinetab tuguk. Kandoinatet ne kiwolchingee ko tindoo kelchinoik che chang' amun chi tugul ko nyoru kasarta koik kandoinatet ak koboisiechi biik. Kianetgee asib Makutik che Miach chebo TIST asi kwo komie tetutietab TIST, taunetab temisiet ne leel kou ole kichoptoo keturek keboisien aliet ne ming'wony.

Ingemii ne katuiyet ne ming'in ketechegee tugul ingeboisie tugul en kibagenge. Katuiyosiekchook che Mengechen ko kikonyorchigee melekweek kobun aldaetab koristo ne ichute ketikiok.

---

## **TIST: Samuel Wanjohi Muchiri – Tuiyosiekab Isasamet ko kondametutab Naet ak Logoiwek.**

**K**atuiyenyun ne Ming'in kefigureen Okoa TIST namba 2008KE232. Kainenyun ko Samuel Wanjohi Muchiri ako en abokora aititoi tuiyosiekab isasamet anan ayokte agenge en kiboitinikiok anan ko membayat agenge en gaa koitita oloon ma anyoru kasarta aitita.

Kikoretan tuiyosiekab Isasamet anai ole kimintoo ak kerib ketik. mi ketik che kiamin che choton ko kianai en tuiyosiekab isasamet. Ketik che Muthiga che tnye kelchinoik che chang ole kiboisien sogekiuk kou chaik, temenikiuk kesiteen keleek ak berikiuk kinyoen tegeet. Ketit age ko Muiri ne kiboisien keistoen ng'wonindo en lupaniat en komoswekab ung'ot en murenik. Orekab ketit ne kigureen Mexican ne nyalil (green) ko toreti kotonosi maat. Toreti komaiyuaktagee maat ne lole. Amun atinye susweekab kiyagik, ko kiamin Mexican Green komuut kiwoto nebo olemii susweekab kiyagik.

Kianetgee kora ak ayai minsetab ketikab logoek. Anyorchinigee che yomeech en konyun ak che amuche aalda. Kianaam baetab segemik ako kirusan kwongee anyoru kiloosiek 12 en monget che choton ko kiatuuch keboisien en konyuun. Atete ates taa amin ketik che chang. Ingotese taa kochong'oitu ketikiuk, atete anyoor moingonik che koikoi.

Kabungunyun ko tesetaa konyoru kelchinoik che bunu konetisietab TIST. Kianetgee akobo ole kichoptoo keturek kobun ng'etunonikab chigee ak soroekab kiyagik. Raini atindoi kelichek, kebich, spinach ak alak che moboisien pospet che tindoo kerichek en minsenyuan. Kabungunyun ko kikakoik timto ak boisiet ne ming'in, kobateen en raini ko kikowalak kotiengee kanetutikab TIST ako anyoruu kelchinoik che chang chechuk ak konyuun.



## Komakech Johnson: Kongeteen Boisietab Police akoi Boisietab Itondab Emeet.

**A**nee koKomakech Johnson, temindetab TIST koyoob Katuiyet ne Ming'in nebo TIST ne kigureen Kica Ber B, TIST Number 2021UG2259. Abunu kokwetab Teolam, Kal Ali Parish, Gulu District. Isasamenyun kegureen Paicho nebo TIST.

En taa ko kiaboisie en police en kenysisiek che chang', ako en let, en amuneisiek che maamuch aistoengee, ko kioisteggee en police ak aiku temindet. Ki kasarta ne ui amun kiamache aboisiechi bik. Ki maanai ole anomeen.

Kin awege gaa ko kima angen ole ataretitoi konyun en bananda. Kiabwat ale ayai temisiet ko oret agenge ne aisto en koimutioni. Nganda uu noton, ko ki kemkem mbarenyon tugul ako kimakomuche korut minutik chebo amitwakik.

En 2021, ko kianyuru logoiyot akobo tetutietab TIST. En yoton ko kikitou Katuiyet ne Ming'in koboto bikab kokwet che chuuk. Kikinam kebe tuiyosiekab kanetisiet en kanetisiosiek che terchin che boto Makutik che Miach chebo TIST, Mokutikab Katuiyosiek che Mengechen, Taunetab betisiek ak alak.

En taunetab betisiek, kokiangat katuiyosiek che Mengechen koyoumat logoekab ketik. Kikakenyuru kanetisiet neo akobo ole kiyumtoo logoek, leweneetab ketik che kimine, ole kiribtoo betisiek en tuiyosiekab Isasamet.

Ketik che taa komong' en betit ko kiba mbarenyon. Kikipjeichigee ak kikochi alak bikab kokwet. Anganda uu noton, amun kikimong'isu ketik che kimen en betit, ko kiinaam temik che chang' komach alak che chang'. Kimoche icheek akot kolipan asi kimuch kikochi ketichoton. Kou noton, ko kibiit kelchinet neo nebo mung'aret en Katuienyon ne Ming'in. en yoton, ko kikinam en chokinet betit nebo boror ako nebo mung'aret. En kosorwekab ropta, kegeere kele kakimiin alak ak kialde che kong'et.

Akose ko akiim ako abaibai. En nguni ko aa kiboitiotab itondab emeet. Nyorchingee katuienyon rabisiek en aldaetab ketik ak kenyonu kora melekweekab aldata koristo. Kokinaam en nguni baetab ng'ororek ak ingokenik asi kotes rabisiek che kenyonu.

## Atto Alice: Kiachut TIST asi amuch atoret kitonosi istoetab osnosiek en emenyon.

**K**ainenyun ko Atoo Alice. Atinye kenysisiek 62 ako aa mosoget. En kenysisiek che chang' ak amun en boriet ne kikitestaa en emenon nebo Gulu en Uganda Murok Katam, ko tiletab osnosiek ko kikakoik kiit nebo kotugul. Ketik ako missing ko chebo kipgaa, ko kikitil missing' koik bogoinik ak neseek. King'et emenyon koik pugeet ako ne moimuche kotoret temisiet. Inoni ko kikonon aimgee missing'. Kiageer ale betusiek chebuone ko bitu kewelinuek en emenyon. Kiamache atoret kobaten kimii ortinwek che tutigin missing'.

Ye kin agas akobo tetutietab minsetab ketik en 2021, ko kiabaibaitu missing. Kiamach missing' anai akobo tetutietab TIST ne noton ko kitesen taa minsetab ketik en emenyon. En kasaraton, ko kiacheng' temik en kokwenyon ne kigureen Arut Central. Kiginaam kesir Katuiyosiek che Mengechen che chang' katuienyun ne Ming'in kegureen Atek ki Lwak, ako kiik agenge en che

kikisir. Namba nebo katuienyon ko 2021UG1314.

Kikinaam kebe tuiyosiekab isasamet. Kikinyuru ole kimuche keng'alaleen tuguk che chang' che tinyeggee ak sobonuekiok. Kiboiboi akobo TIST amun mokoonech keng'alaleen TIST ienegen kobateen kimwoe kora akobo tuguk alak che tinyech tugul. En nguni ko kiketou konorwet ne kikonoreen rabisiekiok. En konorwani, ko kianaam bateab nguroonik.

Nebo komonutiet missing' ko kikinaam betisiekab ketik kobun toretetab Kiboitiotab Isasamet. Kipjee keitk che kimine en echeek ak bikab boror ak ketesetaa kinetegee akobo ribetab osnosiek. En nguni ko kikeigu kobelik chebo Taunetab Osnosiek ak Wegunetab Osnosiek. Emenyoon ko tesetaa konyolilitu kogeny. Kokonaam koakwaigitu mbarenikiok kogeny. Kechut TIST ko leweneet ne bo komonutiet missing ne kikimuch keyai.