

Mazingira Bora

Newsletter June 2026

tist Growing Trees
Growing Leaders

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

www.tist.org

English Version

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

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.



**Ikindu TIST Cluster meeting held on 13/05/2026.
Next meeting will be held on 10/06/2026.**

- Inside:**
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How TIST Works to Achieve Sustainable Development Goals.

TISTVision has always been to empower Small Groups of subsistence farmers to reverse the devastating effects of deforestation, drought, and famine. TIST farmers work together to identify local sustainable development goals that include tree planting and sustainable agriculture. TIST creates a communication and administrative structure that also addresses health (including HIV/AIDS, /COVID 19), education, and nutrition.

Most TIST farmers feel the work they are doing is closely matching the global goals popularly known as Sustainable Development Goals (SDGs).

The Sustainable Development Goals (SDGs), officially known as “Transforming our World: the 2030 Agenda for Sustainable Development” is a set of 17 “Global Goals” with 169 targets between them. They are spearheaded by the United Nations through a deliberative process involving its 193 Member States.

The 17 SDGs are listed below, together with TIST contributions in italics:

Goal 1: No Poverty.

No Poverty - End poverty in all its forms everywhere

- Extreme poverty has been cut by more than half since 1990, however, more than 1 in 5 people live on less than \$1.25 a day.
- Poverty is more than lack of income or resources. It includes lack of basic services, such as education, hunger, social discrimination and exclusion, and lack of participation in decision-making.
- Gender inequality plays a large role in the perpetuation of poverty and its risks. They then face potentially life-threatening risks from early pregnancy, and often-lost hopes for an education and a better income.

- Age groups are affected differently when struck with poverty. Its most devastating effects are on children, to whom it poses a great threat. It affects their education, health, nutrition, and security. It also negatively affects the emotional and spiritual development of children through the environment it creates.

What TIST Farmers have done.

Many TIST farmers have made their degraded land productive again. Through tree planting, Conservation Farming (CF) and Agro forestry practices, thousands of hectares of small farms have gained fertility and productivity.

- *Though rotational and servant leadership are both service and leadership points of TIST, both women and men have gained equal access to opportunities and benefits.*

Goal 2: Zero Hunger.

Zero Hunger - End hunger, achieve food security and improved nutrition and promote sustainable agriculture.

What TIST Farmers have done.

- *Many TIST farmers have practiced Conservation Farming. Majority of them have reported increased yields through CF.*
- *Today, thousands of TIST farmers who have planted fruit and nut trees are reporting good harvest of fruits and nuts, thereby increasing their nutritional supply for their families.*

Goal 3: Good Health and Well-being.

Good Health and Well-being - Ensure healthy lives and promote well-being for all at all ages.

What TIST Farmers have done.

TIST farmers through seminars and Cluster trainings receive HIV and Aids, malaria, nutritional, hygiene trainings, etc. They encourage and support those in need.

**Goal 4: Quality Education.**

Quality Education - Ensure inclusive and equitable quality education and promote lifelong learning opportunities for all.

What TIST Farmers have done.

- *In TIST, we have heard farmers sharing stories of how tree payment incentives help with school fees and or learning materials.*
- *TIST Mazingira Bora Newsletters and training at Clusters promote lifelong learning opportunities.*

Goal 5: Gender Equality.

Gender Equality - Achieve gender equality and empower all women and girls.

What TIST Farmers have done.

- *At the Small Groups, Cluster level, GOCC and LC level, members practice rotational leadership, thereby giving women more empowerment.*
- *In TIST, the number of women working and serving farmers is even. Women have equal opportunity for leadership training, etc.*

Goal 6: Clean Water and Sanitation.

Clean Water and Sanitation - Ensure availability and sustainable management of water and sanitation for all.

What TIST Farmers have done.

- *Through Riparian program that was received well by farmers whose land touches water ways, many of them reported increased water quality and quantity.*
- *At Cluster meetings and through newsletters, farmers share a lot of ideas of how to improve hygiene and sanitation.*

Goal 7: Affordable and Clean Energy.

Affordable and Clean Energy - Ensure access to affordable, reliable, sustainable, and modern energy for all.

What TIST Farmers have done.

- *When TIST introduced clean stoves, most farmers embraced them because they were*

affordable and helped save wood fuel and reduced smoke in the cooking areas.

- *Through pruning and thinning of trees, farmers are now able to get sustainable fuel source - wood, and improved ways to use.*

Goal 8: Decent Work and Economic Growth.

Decent Work and Economic Growth - Promote sustained, inclusive, and sustainable economic growth, full and productive employment, and decent work for all.

What TIST Farmers have done.

- *TIST farmers led program has engaged more than 150 persons with flexible hours to allow continued management of primary asset - the farm.*
- *As trees matures, they continue to provide valuable income to support livelihood through sale of fruits, nuts, honey, wood products, etc...*
- *Cash income via tree payment incentives.*

Goal 9: Industry, Innovation, and Infrastructure.

Industry, Innovation, and Infrastructure - Build resilient infrastructure, promote inclusive and sustainable industrialization and foster innovation.

What TIST Farmers have done.

TIST's use of innovation, Information Technology, and existing transport to allow youth, women, and men to immediately access new 'industry' (carbon) and create a 'virtual cash crop', which eliminates infrastructure limitations and restores productivity of degraded lands

Goal 10: Reduced Inequalities.

Reduced Inequalities - Reduce income inequality within and among countries.

What TIST Farmers have done.

- *TIST farmers have shown incredible support for youth and women, especially at the Cluster meetings*



- *Tree incentives are additional income to the farmers, increased income through improved yields, making degraded land productive again, etc.*

Goal 11: Sustainable Cities and Communities.

Sustainable Cities and Communities - Make cities and human settlements inclusive, safe, resilient, and sustainable.

What TIST Farmers have done.

- *TIST farmers have embraced diverse cultures working closely with different languages, communities and supporting one another.*
- *TIST values encourage inclusion, safety, and sustainability.*

Goal 12: Responsible Consumption and Production.

Responsible Consumption and Production - Ensure sustainable consumption and production patterns.

What TIST Farmers have done.

TIST has improved land fertility through CF, compost manure, and agro forestry, thereby increasing production sustainably, and provide for consumption.

Goal 13: Climate Action.

Climate Action - Take urgent action to combat climate change and its impacts by regulating emissions and promoting developments in renewable energy.

What TIST Farmers have done.

- *Today, TIST farmers worldwide have planted 23+ million trees, thereby improving adaptation strategies to cope with vagaries of climate change.*
- *Today, out of tree planting efforts, TIST farmers have removed over nine million tonnes of CO2 from the air.*

Goal 14: Life Below Water.

Life Below Water - Conserve and sustainably use the oceans, seas, and marine resources for sustainable development.

What TIST Farmers have done

A significant number of farmers have planted water friendly trees in wetlands and along the waterways thereby protecting aquatic life.

Goal 15: Life on Land.

Life on Land - Protect, restore, and promote sustainable use of terrestrial ecosystems, sustainably manage forests, combat desertification, and halt and reverse land degradation and halt biodiversity loss.

What TIST Farmers have done

TIST farmers have planted millions of biodiversity enhancing trees and kept alive, bee habitats have thrived, agro forestry, degraded land put into productive use again.

Goal 16: Peace, Justice, and Strong Institutions.

Peace, Justice, and Strong Institutions - Promote peaceful and inclusive societies for sustainable development, provide access to justice for all and build effective, accountable, and inclusive institutions at all levels.

What TIST Farmers have done.

TIST works with diverse communities, promoting cohesion through Cluster meetings, TIST Values!

Goal 17: Partnerships for the Goals

Partnerships for the Goals - Strengthen the means of implementation and revitalize the global partnership for sustainable development.

What TIST Farmers have done.

TIST works with different partners including Kenya Forest Service, KTDA, Taylors of Harrogate and USAID.



TIST: Trees make the environment better for us all.

In TIST, we plant trees to take part in the carbon market and earn income from carbon-offset sales. However, the other benefits of trees are enormous!

Here are just a few benefits we (and the rest of the world) enjoy:

- ❑ Trees serve as natural habitat to support a wide variety of flora and fauna. They provide a sense of privacy and security to wildlife seeking shelter in the woods and provide them with food. Protecting biodiversity makes our farms and our planet more productive and resilient to climate change and other challenges.
- ❑ Trees improve the quality of air and reduce dangerous pollution. Trees remove excess carbon dioxide and air pollutants including sulfur dioxide, ozone, and nitrogen oxide. In return, they give us oxygen required for life.
- ❑ The visual quality of a landscape is improved by planting trees, which, in turn, improves the quality of life. The greenery of trees adds color to the landscape and enhances the picturesque beauty of the environment.
- ❑ Trees control the climate by moderating the effects of sun, wind, and rain. They can help prevent severe floods, landslides, and wind damage. Trees moderate flood hazards by allowing the rainwater to percolate into the soil instead of running over it.
- ❑ Trees reduce soil erosion. Their roots bind soil that would otherwise wash away in rainstorms and floods. Trees also help improve the fertility of soil. Rich soil transfers nutrients to food, which contributes to human health.
- ❑ Trees are great absorbers of noise. Noise pollution can be reduced to a great extent by planting more and more trees.
- ❑ The demand for clean drinking water can be met by planting indigenous trees. Forests and plant cover naturally slows the runoff of rainwater and filters it into the soil. Once slowed, rainwater seeps down to refill underground aquifers we depend on for our use. Trees also shade rivers, keeping water cool, and slowing its loss through evaporation.



TIST: Practicing Mulching in your farm.

Mulch is dry, vegetative material used to cover the soil. It helps reduce evaporation and retain moisture, reduce soil erosion, suppress weed growth and provide plant nutrients as the material decomposes.

Mulch can be used in fields before and after planting, as well as around young crop plants. It is especially useful for high-value vegetable crops, and for growing crops in dry areas, during dry-season cropping, and in places where the soil is easily eroded by heavy rains.

What are the advantages of mulching?

- Mulch keeps the soil underneath moist longer than bare soil.
- Controls soil erosion by cushioning the impact of raindrops and by slowing runoff.
- Suppresses weeds by shading them out.
- Leads to healthy crop growth.
- Mulch acts as an insulating layer on top of soil, keeping it cooler.
- Mulching is essential to the survival of your farm during a drought. Mulch will reduce the amount of water that evaporates from your soil, greatly reducing your need to water your plants.

What are the disadvantages:

- Mulching is labour-intensive.
- It can introduce new pests and diseases into a field. Make sure crop residues or materials you are using had no pests or diseases.
- Mulch material may not be available.

How to do it:

1. Before applying mulch, remove weeds and water thoroughly. This will help you get the most benefit from your new mulch.
2. Carry to the field the material you want to spread as mulch.
3. Spread it on the soil using your hands or a rake. Put a layer of mulch 7-15 cm (3-6 inches) deep all over the bed, or around the growing plants. Do not put on so much mulch that you bury the plants or shade them out.
4. Keep mulch 6-to-12 inches away from the base of trees.

Do's and Don'ts:

- Use dry plant material that does not rot quickly.
- Don't use wet or green material as mulch.

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Ikindu TIST Cluster wakiwa kwa mkutano wao tarehe 13/05/2026.
Mkutano mwingine utakuwa 10/06/2026.

- Inside:**
- ✓ Uria TIST iritite ngugi gukinyira mworoto jwayo jwa Gukura. Page 2
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 - ✓ TIST: Gwita mbere gutandika mati miundene. Page 6



Uria TIST iritite ngugi gukinyira mworoto jwayo jwa Gukura.

TIST yakurirue ni arimi ba irio biria bitumagirwa nja cietu mwanka barathithia ikundi biniini biria batetherie kuthiria kutemwa kwa miti, mpara na kiara muu. Arimi ba TIST baritanirie ngugi bari amwe kumenya njira cia gukuria micii amwe na kwaanda miti and urimi bwa gwita na mbeere. TIST niyambiritie mitaratarata ya kwaraniria na ni amwe na ugima bwa mwiri amwe na HIV/AIDS/Covid 19, kithomo na biakuria bibiega

Mweri muthiru, nindombire kugwatira TIST kiri mucemano jwa Carbon Africa jugwati mbaru ni UNFCC, Nairobi Framework Partnership, UNDP amwe na bangi. Mucemano juju jwa thithitue Conotou, Benin naria West Africa. Nindaririe iguru ria mawega ja **Climate Action na uguni bwa SDG**. Ja kanya gakwa ga kwithuranira na kumenya antu baria betetite kwariria urimi bwa gwita na mbere, jabu **Sustainable Development Goals (SDGs)**, indathithirie unchukuni mutandaone jwa Wikipedia. Ndienda kubwaa nteto oiria ndacithomere and mburie buntethie gutaara njira iria TIST yumba gutetheria na mioroto iji na kwejana njira iria TIST igachangira mono kinya au nyumene.

Kiri mutaratarata juju jwa witi na mbere jabu **Sustainable Development Goals** buria bugwitua kugarura nthiguru mworoto jwa muratarata jwa gukuura mwaka jwa 2030 (**Transforming our world: the 2030 Agenda for sustainable Development**) ni gikundi ka mwioroto ikumi na mugwanja ya kinthiguru iri na mioroto igana ria mirongo itantatu na kenda (169) gatigati kayo. Itongeretue ni Ngwataniro ya Kinthiguru jayo United Nations gukurukira mutaratarata jwa gwikinyiria juri na amemba ba nthiguru igana ria mirongo kenda na ithatu (193)

Mioroto iji ikumi na migwanja niyariritue aja nthiguru. Bujathome kenda bujamenya. Kiri mpongeri, nimbikirite mathuganio kuuma kiri antu bangi uria TIST yumba kwongera na maandiko jamaceke.

Mworoto Jwa Mbere: Guti Ukia Kana Kuthina Guti Ukia : Kuthiria Ukia kana Kuthina na njira ciabu mwanya mwanya guntu kunthe

- Ukia buria bwingi nkuruki nibuthiritue na akui nusu yabu kuuma mwaka jwa 1990 indi nkuruki ya muntu umwe kiri antu batano baturaga na rungu rwa dora imwe na ingotore mirongo iri na bitano (1.25) o ntuku.

- Ukia kana kuthina ni kwaga njira ya kureta mbecha kiri nja cietu. Niamwe na kwaga into ja kithomo, mpaara, kwonerwa na kimicii, na gutiganirua amwe na kurega kugwatanira na bangi kiri Ubangi bwa mitaratarata.
- Kwithirwa guti na unganania bwa akuru na ekuru ni kwongagira mono uthini kana ukia bubu. Aka mono nibo bari atarine ya mantu ja aari kugia aana bari baniini na kwaga wirigiro bwa kithomo kana kinya njira cia kwona mbecha cia kubatethia kuthiria ukia bubu
- Nthuki kinya cio nicigatagwa ni mantu mwanya riria bagwatwa ni thina kana ukia bubu. Twaana mono nitu tugwatagwa ni mauthuku nkuruki kumania na mantu ja uthini. nikuthukagia kithomo kiao, inya ya kimwiri, kwaga biakuria biagutethia mwiri na ukaria . niithukagia mono kinya mithuganirie yao na gukura kwao gwa moyo .

Uria Arimi Ba TIST Bathithitie

- **Arimi babaingi ba TIST nibokiritie miunda yao ikagia mboreo kairi gukurukira waandi bwa miti, kurima na njira ya kurigiria (CF) na kungania miti na imera, miunda imiingi niigite mboreo inyingi na yambiria kugia imera bibingi nkuruki.**
- **Gukurukira urimi bwa kuthiurukania mimera na utongeria bwa uriti ngugi bwa TIST akuru na ekuru nibombitie kwithirwa baari na twanya tunganene kiri kwona mawega.**

Mworoto jwa iri: Guti Mpara.

Kuthiria Mpara: Kuthiria mpara, gukinyaniria ukaria na irio na kwongera irio bibiega na urimi bwa gwita na mbere.

Uria Arimi ba TIST bathithitie...

- **Arimi babaingi nibathithitie urimi bubu bwa kurigiria na babaingi na baringite riboti ati nibongerete maketha gukurukira (CF)**
- **Narua mangiri ja arimi baria baandite miti ya matunda na nkandi nibaringete riboti ati nibonete maketha jamega na niuntu bubu kwongera irio bibiega kiri micii yao.**

Mworoto jwa ithatu: Inya ya kimwiri na Gukara bwega.

Inya ya kimwiri na Gukara bwega: Kumenyera inya ya kimwiri na gukara bwega kiri antu ba nthuki cionthe

**Uria Arimi ba TIST bathithitie...**

Arimi ba TIST gukurukira uritani bwa micemanio yetu na ya Cluster nibaritani mantu ja HIV/AIDS, rwagi (malaria), kumenyera mirire imiega na utheru.naboragua guthetheria baria bari na ubatu.

Mworoto jwa Inya : Jithomo Gikiega.

Kithomo gikiega: Kumenya ati kithomo ni nigigukinyira bonthe baria bari na ubatu bwakio na kumenya ati kuri na kaanya ga gutura ga gwitithia na mbere kithomo giki.

Uria Arimi ba TIST bathithitie...

- **Ndene ya TIST, nitwigitue arimi bakiejana ntento iguru ria uria marii ja miti jabatethetie kuria mbeca cia cukuru na kugura mauku ja kuthoma najo.**
- **Nkathiti ya Mazingira Bora na uritani buria buthithagirua micemanione ya Cluster ni kwejaga arimi kaanya ga gutura ga gwita na mbere kuthoma.**

Mworoto jwa Itano: Twanya Tung'anene.

Twanya Tung'anene: Gukinyira antu a twanya tunganene kiri ekuru na aari

Uria Arimi ba TIST bathithitie....

- **Kiri Ikundi Biniini, mucemanio jwa Cluster, GOCC and LC, amemba bathithithagia utongerria bwa kuthuriukana na njira iji niejaga ekuru kaanya ga kugwata inya ya utongerria kinya bo.**
- **Ndene ya TIST, namba ya ekuru baria bakurita ngugi na kuritirwa ngugi ninganene. Ekuru kinya bo bari na kanya kanganene na kiri utongerria na uritani.**

Mworoto jwa Itantantu: Ruuji rurutheru na kwebia ruko.

Ruuji rurutheru na Kwebia ruko: Kumenya ati kuri na ruuji rwa kungana na rumenyeri na kwebia mati na njira iria yagiri.

Uria arimi ba TIST bathithitie....

- **Gukurukira mubango jwa naria kuri na ruuji thiguru juria jwamukirwe ni arimi na njira ya nkeeru mono baria miunda yao iri akui na ruuji, babaingi bao nibongerete ruuji rurwega na rwaingia nkuruki.**
- **Kiri micemano ya Cluster na gukurukira nkatheti , arimi niberanaga mantu jamaingi iguru ria uria bakongera utheru na guta ruko uria kwangiri.**

Mworoto jwa Mugwanja: Njira iti na goro na intheru cia gutumira mwanki.

Njira iti na goro na intheru cia gutumira mwanki – Kumenya kuri na njira cia mwanki jwa kuruga na ngugi ingi juti na goro, juria jugeta na mbere kwithirwa juri oo kinya nyuma ya kagita kenda jutumirwa ni antu bonthe.

Uria Arimi ba TIST Bathithitie.....

- **Riria TIST yaretere mariko jamatheru ja kuruga, arimi babaingi nibajwamukire niuntu jutari na goro na nijwabatetherie niuntu jatitumagira nku inyingi na kunyiyia togi naria biakuria birugagirwa.**
- **Gukurukira gwita miti cakasi na guchekeyia miti, arimi nandi nibombaga kwona nku cia kuruga na njira injega cia gutumira**

Mworoto jwa Inana: Ngugi Injega na Gukuria biashara.

Ngugi injega na gukuria Biashara – Gukuria ngugi cionthe iria itumaga twona mbeca igatwika bwega na tucikuria na njira ya kwejana ngugi cia kuria antu micaara.

Uria Arimi ba TIST bathithitie....

- **Arimi ba TIST batongererie mubango jwa nkuruki ya antu igana ria miringo itano (150) baria bari na mathaa jatikubainyiria beta na mbere kubangania miunda yao**
- **Miti itite na mbeere gukura, ni itaga na mbere kubaa mbeca cia mpogeri iria igwataga mbaru uturo bwao na njira ya kwedia matunda, nkadi, naincu, na into binghi bithithitue na mbau.**
- **Mbeca cia mpogeri kumania na marii ja miti.**

Mworoto jwa kenda: Viwanda, Njira Injeru cia gwita ngugi na barabara

Viwanda, Njira Injeru cia gwita ngugi na barabara - gwaka barabara injega , gukuria njira injeru cia kuthithia mantu, na viwanda biri na wirigiro bwa gutura.

Uria arimi ba TIST bathithitie...

TIST nitumagira njira injeru cia kuthithia mantu, gutambia nteto na njira cia kinandi kenda twitikiria antu babethi, ekuru na akuru kaanya ga gukinyira viwanda bibieru (Carbon) na bathithia kimera gikieru gia mutambo kiria gikurukaira ithimi bia barabara na gucokia unoru bwa miunda iria miondu.

Mworoto jwa Ikumi: Gutaukirwa ni ung'ananu.

Gutaukirwa ni ung'ananu: Kunyiyia twanya twa kwona mbeca cia mpongeri thigurune yetu na nthiguru ingi.

**Uria arimi ba TIST bathithitie...**

- **Arimi ba TIST nibonanitie ugwati mbaru bwa antu babethi na ekuru mono mono kiri micemani ya Cluster.**
- **Mbeca cia marii ja miti ni mbeca mpogeri kiri arimi, mpongeri gukurukira maketha nkuruki na kwongera mboreo miunda iria miondu.**

Mworoto jwa ikumi na jumwe: Micii iminene iri na witi na mbere na ntura cietu Micii iminene iri na witi na mbere na ntura cietu – kuthithia micii imenene na ikaro bia antu bibiega ,biri na ukaria na biri na witi na mbere.

Uria Arimi ba TIST bathithitie...

- **Arimi ba TIST niamukirite mikarire ya antu mwanya mwanya nani ba kurita ngugi na nthiomi mwanya, ntura mwanya na bakagwatana mbaru.**
- **Mauritani ja TIST ni amwe na Ukaria na witi na mbere.**

Mworoto jwa Ikumi na iri: Gutumira na guciarithia na umenyeri.

Gutumira na guciarithia na umenyeri- kumenya uciarithia na utumiri nibigutumirwa bwega.

Uria arimi ba TIST bathithitie....

TIST nitethetie gukuria mboreo ya miunda gukurukira CF , mboreo ya kirinya, urimi bwa kungania miti na imera na uju kwongera iciarithia na utumiri.

Mworoto jwa ikumi na ithatu: Mathithio ja Kiriera.

Mathithio ja Kiriera: kujukia itagaria iguru ria ugaruku bwa riera rietu na ugaruruku buria bwijaga na njira ya kunyiya riera ririthuku na gukuria mwanki juria jugakara kara igita ririraja

Uria arimi ba TIST Bathithitie...

- **Narua Arimi ba TIST nthiguru yonthe nibaandite miti nkuruki ya million ikumi na ithanthatu, na njira iji kwongera njira injega cia kumenyera riera na ugaruruku bwario.**
- **Narua , kuuma kiri inya ya kwaanda miti, arimi ba TIST nibaritite nkuruki ya tani million 3 na nusu cia Carbon kuuma kiri riera.**

Mworoto jwa ikumi na Inya: Uturo bwa rungu rwa Ruuji.

Uturo rungu rwa Ruuji – Kumenyera ba gutumira Iria, na nduui ingi bwega na njira iria igatuma uturo bwa rujiine butikathire

Uria arimi ba TIST bathithitie...

Arimi babaingi nibaandite miti iri ucore na ruuji naria miundene iri na ruuji kana iri akui na ruuji na kwou kumenyera uturo bwa rungu rwa ruuji.

Mworoto jwa Ikumi na Ithano: Uturo nthigurune injumo.

Uturo nthigurune Injumo: Menyera na ucokanirie urimiri bwa miitu, kuthiria ndwanda na kuthiria kuthukua gwa miunda.

Uria Arimi ba TIST bathithitie...

Arimi ba TIST nibaandite mamillioni ja miti ya kumenyera riera na gwika njuki iri moyo na kungania miti na imera na gucokaniria miunda iria yondere.

Mworoto jwa Ikumi na Itantatu: Ukiri, Ugambi, na micii iri na inya.

Ukiri, ugambi na micii iri na inya – Gukuria ukiri kiri micii yetu kenda tuumba kwithirwa na gukura, kwejana twanya kiri twinthe twa ugambi na gwaka micii imiega kiri mantu jonthe.

Uria arimi ba TIST bathithitie...

TIST iritanagiria ngugi na micii ya antu mwanya mwanya, gutetheria kugwatithania antu gukurukira micemania ya Cluster na mauritani ja TIST.

Mworoto jwa ikumi na mugwanja: Ngwataniro ya mioroto

Ngwataniro ya Mioroto – gikwira inya uriti ngugi na kugwatithania ngwataniro ya mioroto kenda gukura gutura.

Uria arimi ba TIST bathithitie...

TIST iritaga ngugi na agwati mbaru babaingi amwe na Kenya Forest Service, Taylors Harrogate, Freshfiels na USAID.

Nandi turienda butwee maoni jenu iguru ria mantu jaria ugwe na gikundi kienu kiniini kithithitie kenda koingera kiri mioroto iji ikumi na Mugwanja (I7SDS)

Nitukwenda kumenya mathuganio jaku iguru ria uria Arimi ba TIST kana micemania ya uritani ya TIST yumba gutetheria guchangira kiri mioroto iji SDGs kenda tumba kwithirwa na mpumi inene nkuruki na utumiri buniini bwa mbeca.

Muriti ngugi wenu wa Cluster akethirwa na rwaria na babwi kiri mucemania juu jungi jwenu jwa Clsuter na aandike email kiri ni uria bukauga na mpumi cia rwaria ruu.



TIST: Miti nitumaga naria gututhiurukite gukethira kuthongi nkuruki kiri batwi twinthe.

Ndene ya TIST, nituandaga miti nikenda tuumba gutonya thokone ya ruugo na twona mbeca kumania na kwendia ruugo. Indi-ri, baita ingi cia miti ni inene!

Aja ni baita imwe inkai iria batwi (na nthiguru yonthe) twonaga:

- ❑ Miti ni gikaro kia mithemba imingi ya imera na nyomoo. Niiejanaga antu a gucioga kumania na bangi na gicitho kiri nyomoo cia kithaka iria cigucua gikaro mitine na kucia irio. Gukaria mithemba imingi ya nyomoo na imera nigutumaga miunda yetu na nthiguru yetu ikagia maciara jamaingi nkuruki na ikaregana na kugaruka kwa rera na magitaria jangi.
- ❑ Miti nithongomagia ruugo na ikanyiyia kuthukua gukuthuku kwa naria gututhiurukite. Miti niritaga ruugo ruruthuku rwaingia na bingi biria bithukagia ruugo ta sulfur dioxide, ozone na nitrogen oxide. Gucokia, nituejaga ruugo rurwega ruria rendekaga kiri utuuro.
- ❑ Uthongi kiri metho bwa miunda nibuthongomagua ni kuanda miti, naku gukathongomia miturire. Rangi ya miti niongagira miunda rangi na kuthongomia uthongi bwa kimbicha bwa naria gututhiurukite.
- ❑ Miti nigaruraga rera na njira ya kunyiyia jaria jaumanagia na riuu, ruugo na mbura. Miti noitethie kurigiria kuigara kwa ruuji, kwaruka kwa nthi na magitaria ja ruugo. Miti ninyiagia mathukia ja mbura inyingi na njira ya kureka ruuji rwa ngai rutonya muthetune antu a guitira iguru ruri muguo.
- ❑ Miti ninyiagia gukamatwa kwa muthetu. Miri yayo nigwataga muthetu juria antune angi juringi gukamatwa mburene. Miti kinya nitethagia kunoria muthetu. Muthetu jumunoru nijuikagira irio nutrient na kwou bikathongomia thiria ya miri.
- ❑ Miti nijukagia gituma na njira inene. Kuthukia kwa naria gututhiurukite ni gituma kwomba kunywua na njira inene na njira ya kuanda miti ingi na ingi.
- ❑ Kwendeka kwa ruuji rurutheru rwa kunyua kwomba gutetheka na njira ya kuanda miti ya gintwire. Miitu na imera nibinyiagia kumatuka kwa ruuji rwa ngai na kurukemba mbele ya rutonya muthetune. Kumatuka kwaru kwanyiwua, ruuji rwa ngai nirutonyaga nthi kuujuria marinya jaria jari ndene muthetune na jaria jari bata mono kiritwi. Miti kairi nikunikagira nduujji, ruuji rugakara rurina mpio na mpaari ikanyiyia kuura kwa ruuji gukurukira kujukua ni riuu.



TIST: Gwita mbere gutandika mati miundene.

Gutandika mati, ni njira ya gukunikira muthetu. Gutethagiria kurigiria gwita kwa ruuji kuuma muthetune ni riuga na kumenyera ruuji ruru, gukarigiria gwita kwa muthetu, kurigiria kumera kwa iria na kunenkera imera biakuria o uria mati jetite mbere kuora.

Gutandika mati nokuthithue mbere ya kuanda imera kana ona nyuma ya kuanda, o amwe na kuthiurunkiria imera l nini. Gutandika mati ni kwa gitumi muno kiri imera iria irijagwa mabuura, na gukuria imera Kiri guntu gu kuumu, kagita ga koomu na guntu kuria mithetu ikamatagwa ni mbura l nene.

Baita jia gutandika mati ni iruku?

- Nikurigagiria gwita kwa ruuji na riuga na rugekara kagita ka nene nkuruki ya guntu gutikunikiri na mati.
- Nikunyihagia gwita kwa muthetu na njira ya kunyihia inya ya matanta ja mbura na kunyihia gwita kwa migwuu.
- Kunyihia kumera kwa iria.
- Imera ni ikuraga bwega.
- Mati jaja ni jakunikagira muthetu kwogu jukethirwa juti na mwanki.
- Gutandika mati ni gutethagiria imera kagita ga koomu. Nijanyihagia gwita kwa ruuji kuuma muthetune na kwogu gukanyihia kagita ka gwikira imera ruuji.

Mathina ja gutandika mati.

- Nikwendaga ngugi inene.
- No kurte tunyamu twa kwinyangia imera na mirimu ingi Kiri munda.
- Mati ja gutandika no jarege kwoneka.

Gutandika mati kuthithagua atia?

1. Mbere ya gutandika mati, thwria iria na wikire kimera ruuji bweega Bubu bugakumbithia kugwata baita injega muno ya utandiki wa mati.
2. Kamata mati jaria ukwenda gutandika muundene.
3. Tandika mati jaja muthetune na njara kana uuma. Ikira mati 7-15cm (3-6 inches) mundene na uthiorukirie imera. Utigakunikire imera na mati.
4. Ikira mati araja na kimera na 6-12 inches.

Mantu jaria ubwiri kuthithia na jaria utibwiri kuthithia:

- Ikira mati ja imera ja mumu jaria jatikooro na mpui.
- Utigatumire mati jari na ruuji kana jatiumi kiri gutandika.

Mazingira Bora

Newsletter June 2026

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- Inside:**
- ✓ Uria TIST ikoretwo ikihingia matanya ma uthii wan a mbere (Sustainable Development Goals) Page 2
 - ✓ TIST: Miti niyagirithagia maria maturigiciirie. Page 5
 - ✓ TIST: Kwaririra maragara (Mulching) mugunda-ini waku. Page 6



Uria TIST ikoretwo ikihingia matanya ma uthii wan a mbere (Sustainable Development Goals)

TIST yambiriirio ni arimi anini magithondeka tukundi tunini negetha mahote kuhurana na thina wa guthukangia kwa mititu, riuu inene na ng'aragu. Arimi a TIST marutaga wira na ngwataniro nigetha mahote gucaria ihonia na kugia na ciiko iria iri hamwe ni uhandi wa miti na urimi mugaciru. TIST niikirite mitaratara miega iria ihotithagia guthomithia andu uhoro ukonie ugima wa mwiri (hamwe na githomo kia murimu wa mukingo/Covid 19) na mirire miega.

Mweri muthiru, nindagiire na kamweke ga kurugamiririra TIST thiini wa mucemano wa Africa Carbon Forum uria warugamiriirwo ni UNFCCC, Nairobi Framework Partnership, UNDP hamwe na honge ingi. Mucemano ucio wari bururi wa Benin , Afrika ya ithuiro, mucii wa Cotonou. Ningagiire na kamweke ga kwaririria umithio uiria wonekaga kumanagia na wira wa kuhurana na ucenjia wa riera ungiringithanio na Sustainable Development goals (uthii wan a mbere mugaciiru). Hari mehariria makwa, ndina umenyo ati maundu mari makaririo ni makonie uthii wan a mbere mugaciiru, nindekire utuiria kuuma mtandao wa internet ugitwo Wikipedia. Nigwenda kukumenyithia maundu maria ndathomire na ngurie ututeithie hari ni njira iriku tungimenya wega ati wira waku wi murimi wina umithio uthiite kuhanana ta SDGs na makiria ya uguo tuthomithanie ni atia tungigaciiria.

Matanya maya ma uthii wa nambere mugaciru (**Sustainable Development Goals - SDGs**) na nomo maukaine ta Kugacirithia thii itu: agenda wa mwaka 2030 hari uthii wa na mbere (**transforming our world: the 2030 Agenda for Sustainable Development**). Matanya maya ni ikumi na mugwanja (17) mena ichunji 169 gatagati kamo. Matongoragio ni ruhonge rwa United Nation na kunyitwo mbaru ni mabururi 193.

Matanya maya 17 ndimandikite haha muhuro. Mathome wega. Hamwe nauguo, niheanite ngerekano kuuma kuri andu mwanya uria TIST ikinyaniirie matanya maya:

Goal 1: Kunina ukia.

Kunina ukiay – Kunina ukia wa muthemba o wothe kundu guothe

- Ukia munene niukoretwo unyihite na gichunji kia nuthu kuuma mwaka wa 1990. No onakuri uguo, mundu umwe hari andu atano onoga mbeba nini makiria ya dollar 1.25 kana shilingi 125 o muthenya.
- Ukia to kagwa mbeba kana utonga. Ukia ni hamwe na kwaga githomo, gukorwo na ng'aragu, guthutukano, kwaga kamweke ga gutua matua bururini kana maturaini.
- Kwaga uigananu wa arume na atumia niguchangagira muno hari kuongerereka kwa ukia. Atumia nimakoragwo na ugwati riria manyita nda mari na miaka minini na makaga mieke ya githomo na wira mwega
- Marika onamo nimanyitagwo ni ukia kwa njira ngurani. Ciana ni ikoragwo ugwati-ini tondu ukia niutumaga mage guthoma , kwaga ugima wa mwiri, irio njega ona ugitiri.
- Age groups are affected differently when struck with poverty. Its most devastating

Uria arimi a TIST mahotete gwika....

- **Arimi aangi a TIST nimahotete guchenjia migunda yao iria itagiaga kindu na riu kugia na umithio. Kuhanda miti, urimi wa CF, gukuria miti ya gutwarana na irio mugunda, migunda miingi niigite na unoru wa tiri na kugia na umithio.**
- **Kuhitukira utongoria wa gucenjania na utungata thiini wa TIST, atumia na athuri nimagite na mieke miigananu na uteithio**

Goal 2: Kunina Ng'aragu.

Kunina ng'aragu – Kunina ng'aragu, kugia na irio cia kuigana na kugacirithia urimi

Uria arimi a TIST mahotete gwika....

- **Arimi aangi a TIST nimarimite Conservation Farming(CF). aingi aao nimaugite nimonete maciaro maingi kuhitukira CF**
- **Nginyagia riu, arimi makiri a TIST aria mahandite miti ya matunda na makandamia nimaugite nimonaga magetha mega ma matunda na ngandamia kuguo makongerera irio ciao matunda.**



Goal 3: Ugima mwega wa mwiri na muikarire mwega.

Ugima mwega wa mwiri na muikarire mwega – Gutigirira ugima mwega wa miiri na miikarire miega hari andu oothe.

Uria arimi a TIST mahotete gwika....

Arimi a kuhitukira seminars na micemano ya Clusters nimamukiraga ithomo cia murimu wa muingo, malaria, mirire miega, utheru na maingi maingi. Arimi nimahenaga hinya kuria aria me hatikaini.

Goal 4: Githomo kiega.

Githomo kiega – Gutigirira githomo kirakinyira andu oothe na gutigirira kwina mieke ya mundu guthi na mbere na guthoma muturire-ini wake.

Uria arimi a TIST mahotete gwika....

- **Thiinii wa TIST, arimi nimakoretwo magitwira uria marihi ma miti yao makoretwo makimateithiriria hari kuriha marihi ma cukuru na kugura mabuku na turamu.**
- **Ngathiti ya Mazingira Bora na urutani thiinii wa Clusters niuheaga andu mieke ya kugia na umenyi miturere-ini yao.**

Goal 5: Uiganinia wa Arume kwa Atumia

Uiganania wa Arume kwa Atumia – Gutigirira ni kwagia na uigananu wa arume kwa atumia na kuhe uhoti atumia na airitu.

Uria arimi a TIST mahotete gwika....

- **Kuuma ikundi nini, Cluster-ini, GOCC na LC, amemba nimakoragwo na utongoria wa mithiururukano kogu ukahe atua mieke miega ya utongoria.**
- **Thiinii wa TIST, namba ya atumia aria marutaga wira nay a arume niiganaine. Atumia makoroga na mieke iganaine ya utongoria na maundu maangi.**

Goal 6: Maai matheru na utheru wa ciooro

Maai matheru na utheru wa ciooro – Gutirira kwina maai ma kuigana na utheru wa ciooro.

Uria arimi a TIST mahotete gwika....

- **Kuhitukira mubango wa kuhanda miti hakuhi na njuui, arimi aria mahandite nimakoretwo makiuga ati nimonete utheru na uongereku wa maai.**

- **Kuhitukira micemano ya Clusters na ngathiti ya Mazingira Bora, arimi nimechenjanagia uugi hari uhoro wa utheru wa micii.**

Goal 7: Uhoti wa kugura mwaki na mwaki mutheru.

Uhoti wa kugura mwaki na mwaki mutheru – Gutigirira andu nimagia na Uhoti wa kugura mwaki na mwaki mutheru

Uria arimi a TIST mahotete gwika....

- **Hindi iria TIST yarehire mariko ma ngui nini na kunyihia ndogo, arimi aaingi nimamukirire mariko macio tondu mari ma mbeca nini, nimahotaga kuhonra ngu, na kunyihia ndogo kuuma riko-ini.**
- **Hindi iria arimi magucheha miti yao kana kwahura iria itumanite, nimahotaga kugia na ngu cia kuigana..**

Goal 8: Wira mwega na gukura ki utonga

Wira mwega na gukura ki utonga – Gutigirira andu othe nimagia na wira mwega na gukura ki utonga

Uria arimi a TIST mahotete gwika....

- **Program ya TIST niyandikite makiria ya andu 150 na ikamahe mathaa mega maria mamahotithagia mahote gutungata migunda yao.**
- **Riria miti irathii na mbere na gukura, noguo irarehe utonga kumanagia na wendia wa matunda, ngando, uuki, mbao, ngu.**
- **Marihi ma miti ni njira ya kuongerera utonga.**

Goal 9: Iganda, uhumburi wa maundu na miako.

Iganda, uhumburi wa maundu na miako – Gukuria Iganda, uhumburi wa maundu na miako.

Uria arimi a TIST mahotete gwika....

TIST niihuthagira maundu meeru ta kuhithirira njira cia computer, gutumira maundu ma kiriu kuhotithia andu ethi, atumia na athuri magie na mieke miega hari wonjorithia wa carbon.

Goal 10: Kunyihia kwaga waragania.

Kunyihia kwaga waragania – Kinyihia kwaga waragania wa utonga thiini wa bururi na gatagati ka mabururi.

**Uria arimi a TIST mahotete gwika....**

- **Arimi a TIST nimonanitie wendi munene hari guteithia andu ethi na atumia thiinii wa Clusters.**
- **Marihi ma miti nimateithagia kuongera utonga, o hamwe na wendi wa magetha ma CF.**

Goal 11: Micii ya ma-town na nduriri.

Micii ya ma-town na nduriri – Kuona micii ya ma-town na kuria andu maikaraga kwina ugitiri na miikarire miega.

Uria arimi a TIST mahotete gwika....

- **Arimi a TIST nimarutithanagia wira wega me nduriri na thiomi mithemba miingi.**
- **TIST values ni iteithagia andu gukorwo na urumwe na thayu.**

Goal 12: Utumiri na uthondeki muigiririku

Utumiri na uthondeki muigiririku – Gutigiria kwina **Utumiri** na uthondeki muigiririku na wa gutura.

Uria arimi a TIST mahotete gwika....

Arimi a TIST nimagacirithitie migunda yao kuhitukira urimi wa CF, utumiri wa mborea ya mahuti ma mugunda, gukuria miti na irio na kiguo makongerera uthondeki wa irio makiriria na koguo makigia na indo cia gutumira

Goal 13: Wira ukonie kuhuruna na ugaruruku wa riera (Climate Action).

Wira ukonie kuhuruna na ugaruruku wa riera (Climate Action)- Kwina bata wan a ihenya kuhuruna na ugaruruku wa riera na kunyihia ndogo ya iganda na kutheremia mwaki uteri na miruki miuru ta solar.

Uria arimi a TIST mahotete gwika....

- **Nginyagia riu, arimi a TIST thiinii wa thi nimahandite miti makiria ya milioni 16 iria iteithiriirie kuhuruna na ugaruruku wa riera.**
- **Kumanagia na miti iyo, arimi a TIST nimatheritie tani million 3.5 cia riera ria carbon.**

Goal 14: uturo na nyamu cia maai-ini

Uturo na nyamu cia maai-ini – Kugitira iria na icigirira cia maa-ini.

Uria arimi a TIST mahotete gwika....

Arimi aaingi a TIST nimahandite miti miega na maai hakuhi na njuui iria iteithitie nyamu iria ikoragwo maai-ini.

Goal 15: Uturo na nyamu iria ikoragwo thi nyumu.

Uturo na nyamu iria ikoragwo thi nyumu – kugitira mititu, kuhurana na uthukia wa mititu na kugitira guthuka kwa migunda.

Uria arimi a TIST mahotete gwika....

Arimi aaingi a TIST nimahandite miti ya kiunduire iria ihotithitie indo ta njuki na ingi, guthondeka migunda.

Goal 16: Thayu, kihooto na honge nu'mu.

Thayu, kihooto na honge nu'mu – Kugacirithia thayu, unyitaniri na gutigirira kwina kihooto kuri andu oothe.

Uria arimi a TIST mahotete gwika....

Arimi a TIST nimarutithanagia wira me hamwe ona maumite nduriri ngurani kuhitukira Cluster meetings na makirumirira TIST Valuaes.

Goal 17: Ngwataniro hari kuhingia matanya maya.

Ngwataniro hari kuhingia matanya maya – Kunyitanira hari gutigira matanya maya nimahinga

Uria arimi a TIST mahotete gwika....

TIST nikoretwo ikirutithania wira na honge ingi ta Kenya Forest Service, Taylors of Harrogate, Freshfields na USAID.

Riu, tukwenda kuigua woni waku uria gakundi kanini gaaku gekite ukonainie na matanya maya 17 ma SDGs

Ningi, nitukwenda wendekithia waku uria arimi a TIST kana ithomo cia TIST ingithondekwo wega nigetha ihotithie gukinyaniria matanya maya – nigetha tuthii na mbere kugia na umithio munene wina gharama nini.

Cluster servant waku niakamuteithiriria mucemanio-ini wa Cluster na atwandikire mawoni maaku na email.



TIST: Miti niyagirithagia maria maturigiciirie.

Thiini wa TIST, tuhandaga miti niguu tukorwo thoko-ini ya carbon na tugie na marihi

kumana na wendia wa carbon. Na ningi, mawega mangi ma miti nimaingi!

Maya ni mamwe ma mawega.

Miti niituteithagia kwagirithia maundu ma ki-nduire. Niituheaga kwiikaria na kuhe nyamu wihitho na micii ohamwe na irio ciacio.kugitira biodiversity migunda-ini iito na gutuma thi yothe yongerere umithio na kwagirithia riera.

Miti niyagirithagia riera na kunyihia uthukangia wario. Miti niyehutagia carbon hawe na indo ingi ta Sulfur dioxide, ozonena nitrogen oxide. Naithui tukagia na oxygen njega niundu wa miturire miega.

Uria migunda iitu iikarite niwagirithagio ni miti iitu na miturire igathakara. Uthaka

wa iti niukoragwo uri mwega na tukagia na mbica njega ya migunda iitu.

Miti niiroraga riera na kunyihia riuu, ruhuhona mbura. Miti noigitire kumana na muiyuro wa maai, ituika, na ugwati wa ruhuho. Miti niitumaga gutikagie na ng'aragu nitondu niithotithagia maai gutonya tiiri-ini wega handu ha umaruta.

Miti niitumaga tiiri ndugakuuo ni maai. Miri yayo niyumagiriria tiiri na kuhe unoru. Tiiri munoru niutumaga irio cikure na njira njega.

Miti niinyihagia inegene. Inegene norinyihe na njira nene unghanda miti.

Kugia na maai matheru nogukinyirike riria twahanda miti ya ki-nduire. Mititu na miti ingi niitheragia maai na kumacunga. Riria uteng'eru wa maai wanyiha maai nimatheraga. Kiiruru kia miti nigiteithagia njuui kumana na kuhua.



TIST: Kwaririra maragara (Mulching) mugunda-ini waku.

Maragara (Mulch) ni mahuti momu maria mahuthikga kumbira tiiri. Mateithagia kunyihia kuura kwa ugunyi wa tiri, kugitira tiiri kumana na kiguo, kurigiriria ria na kuhe mimera thumu ria maragara macio mabutha.

Maragara no matumirwo mbere kana thutha wa kuhanda kana guthiuririkiria mimera iri minini. Maragara nimateithagia muno kuri mimera miingi na makiria kundu kuria kwi mbura nini, kana hindi ya riuu kana kundu kuria mimira ikoragwo ugwati wa gutwarwo ni kuguo.

Mawega ma maragara?

- Maragara nimateithagia tiiri kuiga ugunyu.
- Maragara nimagiragiria kiguo na kunyihia hinya wa matata ma mbura.
- Maragara nimagiria ria gukura.
- Maragara nimatumaga mumumera gukura na hinya.
- Maragara nimagitagira tiri.
- Maragara nimateithagia tiiri kuiga ugunyu hindi ya riuu na kuhinyihia uhuthiri wa maai ma kuhe mimera yaku.

Mathina na maragara:

- Wira wa kwara maragara ni muingi.
- Maragara no marehe mirimu na tutambi. Niwagiriirwo ni gutigirira ati maragara maku matira na tutambi kana mirimu.
- Maragara no makorwo hinya kuona.

Kuhaririria maragara mugundaini waku:

1. Mbere ya kwara maragara, niwega wehirie ria na uhe mugunda waku maai wega.
2. Twara mugunda maragara maku.
3. Haragania wega wikire maragara maku na githimi kia 7-15 cm kuuma tiri-ini. Menyerera kuhumbika mimera yaku.
4. Ni wega urahiririe maragara maku 6- 12 inches kuuma gitina-ini kia miti yaku.

Uria wagiriirwo ni gwika na uria utagiriirwo.

- Uhuthire maragara momu matekubutha naihenya.
- Ndukahuthire maragara matari momu kana mari oo green.

Mazingira Bora

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- Ndani ya Gazetti:**
- ✓ Jinsi TIST inavyofanya kufanikisha malengo ya maendeleo endelevu. Uku.2
 - ✓ TIST: Miti huboresha mazingira kwa ajili yetu sote. Uku. 5
 - ✓ TIST: Kufanya Mazoezi ya Kutandaza shambani kwako. Uku. 6



Jinsi TIST inavyofanya kufanikisha malengo ya maendeleo endelevu.

TIST ilianzishwa na wakulima wadogo ili kuwawezesha kuunda vikundi vidogo vinavyoweza kuwasaidia kutupilia mbali madhara mabaya ya ukataji miti, ukame na njaa. Wakulima wa TIST wanafanya kazi pamoja ili kutambua vitendo vya maendeleo endelevu vinavyojumuisha kupanda miti na kilimo endelevu. TIST inaunda miundo ya mawasiliano na utawala ambayo pia inashughulikia afya (ikiwa ni pamoja na VVU / UKIMWI/Covid 19), elimu na lishe.

Mwezi uliopita, nilikuwa na fursa ya kuwakilisha TIST kwenye mkutano wa Carbon Afrika Forum uliofadhiliwa na UNFCCC, Nairobi Framework Partnership na UNDP kati ya wengine. Mkutano huo ulifanyika Conotou, Benin, Afrika Magharibi. Nilizungumzia juu ya faida za matendo ya mazingira yanayolenga Mafanikio ya SDG almaarufu (**Co-benefits of Climate Action on the Achievements of SDG**). Kama sehemu ya maandalizi yangu na kujua kuwa watu wanaohudhuria wangukuwa wakijadili Malengo ya Maendeleo Endelevu (SDGs), nimefanya utafiti na kuchunguza kwenye Wikipedia. Ninataka kuwajua yale niliyojifunza, na kuomba usaidizi kutambua njia ambazo TIST inachangia kwenye Malengo hayo, na kupendekeza njia ambazo TIST inachangia hata zaidi nyakati zijazo.

Malengo ya Maendeleo Endelevu (SDGs), yanayojulikana rasmi kama **kubadilisha dunia yetu: Agenda ya 2030 ya Maendeleo Endelevu** ni mojawapo ya 'Malengo ya Kimataifa' kumi na saba (17) yenye Malengo mia moja sitini na tisa (169) kati yao. Inachangiwa pakubwa na Umoja wa Mataifa kupitia mchakato wa makusudi unaohusisha majimbo yake mia moja, tisini na tatu (193).

Malengo hayo ya Maendeleo kumi na saba (17) yameorodheshwa hapa chini. Tafadhali uyatathmini. Nimeweka mawazo ya hapo awali kutoka kwa watu wengine kuhusu jinsi TIST inaweza kuchangia katika italiki (*Italics*) ili kuongeza:

Lengo la 1: Hakuna Umaskini.

Hakuna Umasikini – Kuondoa umaskini wa aina wowote, kila mahali.

- Umaskini uliokithiri umekatwa kwa zaidi ya nusu tangu mwaka wa 1990, hata hivyo, mmoja kati ya watu watano (5) wanaishi chini ya dola 1.25 kwa siku.

- Umaskini ni zaidi ya ukosefu wa kipato au rasilimali. Inajumuisha ukosefu wa huduma za msingi, kama elimu, njaa, ubaguzi wa kijamii na kutengwa, na ukosefu wa ushiriki katika maamuzi.
- Usawa wa kijinsia una jukumu kubwa katika kuendeleza umaskini na hatari zake. Wanawake wanakabiliwa na hatari zinazohatarisha maisha kutoka mimba za awali, na matumaini potevu ya elimu na mapato mazuri.
- Vikundi vya umri vinaathiriwa tofauti na umasikini. Madhara yake huwa makubwa zaidi kwa watoto, ambao huwa tishio kubwa. Inathiri elimu, afya, lishe, na usalama. Pia huathiri vibaya maendeleo ya kihisia na kiroho ya watoto kupitia mazingira ambayo yanajengwa.

Yale yaliyofanywa na wakulima wa TIST.....

- **Wakulima wengi wa TIST wamefanya ardhi yao iliyokuwa na uharibifu kuwa na uzalishaji. Kupitia upandaji wa miti, Kilimo cha Uhifadhi na mazoea ya misitu ya Agro, maelfu ya hekta za mashamba madogo yamepata uzazi na uzalishaji.**
- **Kupitia uongozi wa mzunguko na mtumishi katika sehemu zote za huduma na uongozi wa TIST, wanawake na wanaume wamepata upatikanaji sawa wa fursa na faida.**

Lengo la 2: Kuondoa Njaa

Kuondoa njaa – Ondoa njaa, hakikisha usalama wa vyakula na kuboresha lishe na kukuza kilimo endelevu.

Yale yaliyofanywa na wakulima wa TIST

- **Wakulima wengi wa TIST wamefanya Kilimo cha Uhifadhi. Wengi wao wameripoti mazao yaliyoongezeka kupitia Kilimo cha Uhifadhi,**
- **Leo, maelfu ya wakulima wa TIST ambao wamepanda matunda na miti ya mbegu hutoa mavuno mazuri ya matunda na karanga na hivyo kuongeza usambazaji wao wa lishe kwa familia zao.**

Lengo la 3: Afya Bora na Ustawi.

Afya Bora na Ustawi - Kuhakikisha maisha mazuri na kukuza ustawi kwa wote kwa miaka yote.

**Yale yaliyofanywa na wakulima wa TIST.....**

Wakulima wa TIST kupitia semina na mafunzo ya Cluster hupokea mafunzo kuhusu VVU na Ukimwi, malaria, lishe bora, mafunzo ya usafi, nk. Wanahimiza na kuwasaidia wale wanaohitaji.

Lengo la 4: Elimu Bora.

Elimu Bora - Kuhakikisha elimu yenye ubora na usawa na kukuza fursa za kujifunza kwa kila mtu kwa wote.

Yale yaliyofanywa na wakulima wa TIST.....

- **Katika TIST, tumewasikia wakulima wakiongea kuhusu jinisi malipo ya motisha ya miti yanavyowasaidia kulipa karo ya shule na vifaa vya kusoma.**
- **Majarida ya TIST Mazingira Bora na mafunzo katika Cluster hupeana fursa ya masomo ya muda mrefu.**

Lengo la 5: Usawa wa Kijinsia.

Usawa wa Kijinsia - Kufikia usawa wa kijinsia na kuwawezesha wanawake na wasichana wote.

Yale yaliyofanywa na wakulima wa TIST.....

- **Katika vikundi vidogo, kiwango cha Cluster, kiwango cha GOCC na LC, wanachama hufanya uongozi wa mzunguko, na hivyo huwapa wanawake uwezo wa kutosha.**
- **Katika TIST, idadi ya Wanawake wanaofanya kazi na kuwahudumia wakulima ni ya wastani. Wanawake wana nafasi sawa ya mafunzo ya uongozi, nk.**

Lengo la 6: Maji Safi na Usafi.

Maji safi na usafi - Kuhakikisha upatikanaji na usimamizi endelevu wa maji na usafi wa mazingira kwa wote.

Yale yaliyofanywa na wakulima wa TIST.....

- **Kupitia mpango wa Riparian uliopokelewa vizuri na wakulima ambao ardhi yao inagusa juu ya njia za maji, wengi wao waliripoti kuongezeka kwa ubora wa maji na kiasi.**
- **Katika mikutano ya Cluster na kwa njia ya majarida, wakulima wanashiriki kwa kubadilisha mawazo juu ya jinsi ya kuboresha usafi na usafi wa mazingira.**

Lengo la 7: Nishati ya bei nafuu na safi.

Nishati ya bei nafuu na safi - Kuhakikisha upatikanaji wa nguvu za bei nafuu, za kuaminika, za kudumu na za kisasa kwa wote.

Yale yaliyofanywa na wakulima wa TIST.....

- **TIST ilipoanzisha pofu safi, wakulima wengi waliitumia kwa sababu zilikuwa na gharama nafuu na zilisaidia kuokoa mafuta ya kuni na kupunguza moshi katika maeneo ya kupikia.**
- **Kwa njia ya kupogoa na kuponda miti, wakulima sasa wanapata vyanzo vha mafuta endelevu - mbao, na njia bora za kutumia.**

Lengo la 8: Kazi nzuri na ukuaji wa uchumi

Kazi nzuri na ukuaji wa uchumi - Kazi nzuri na Ukuaji wa Kiuchumi - Kukuza ukuaji wa uchumi unaoendelea, jumuishii na endelevu, ajira kamili na yenye ufanisi na kazi nzuri kwa wote

Yale yaliyofanywa na wakulima wa TIST.....

- **Wakulima wa TIST wakiongozwa na mpango wamewakabili watu zaidi ya mia moja hamsini (150) wenye masaa rahisi kuruhusu usimamizi wa mali ya msingi - shamba.**
- **Jinsi miti inavyokomaa, inaendelea kutoa mapato ya thamani kwa kuunga mkono maisha kupitia uuzaji wa matunda, karanga, asali, bidhaa za mbao nk**
- **Mapato ya fedha kupitia motisha ya malipo ya miti.**

Lengo la 9: Sekta, Uvumbuzi na Miundombinu.

Sekta, Uvumbuzi na Miundombinu - Kujenga miundombinu ya ustawi, kukuza viwanda vya umoja na endelevu na kukuza uvumbuzi.

Yale yaliyofanywa na wakulima wa TIST.....

TIST ina matumizi ya uvumbuzi, Teknolojia ya Habari na usafiri wa kisasa ili kuruhusu vijana, wanawake, na wanaume kupata nafasi kwa 'sekta' mpya (kaboni) na kujenga mazao ya fedha, ambayo hupunguza mapungufu ya miundombinu na kurejesha uzalishaji wa nchi zilizoharibika.

Lengo la 10: Kukosekana kwa Usawa

Ukosefu wa usawa - Kupunguza usawa wa mapato ndani na kati ya nchi.

Yale yaliyofanywa na wakulima wa TIST.....

- **Wakulima wa TIST wameonyesha msaada wa ajabu kwa vijana na wanawake hasa katika mikutano ya Cluster.**
- **Vidokezo vya miti ni mapato ya ziada kwa**



wakulima, kuongezeka kwa mapato kwa njia ya mazao bora, na kuzalisha ardhi yenye uharibifu, nk.

Lengo la 11: Miji na Mikoa endelevu.

Miji na Mikoa Endelevu - Kufanya miji na makazi ya watu kuwa ya kwa pamoja, salama, ustahimilivu na endelevu.

Yale yaliyofanywa na wakulima wa TIST.....

- **Wakulima wa TIST wamekubali tamaduni mbalimbali kwa kufanya kazi za karibu na lugha tofauti, jamii na kusaidiana.**

Lengo la 12: Matumizi ya Ufanisi na Uzalishaji

Matumizi ya Ufanisini na Uzalishaji – Ili Kuhakikisha smatumizi endelevu ya uendeshaji na mifummo ya uzalishaji.

Yale yaliyofanywa na wakulima wa TIST.....

TIST imeboresha uzazi wa ardhi kupitia ukulima wa uhifadhi, mbolea ya mbolea, misitu ya kilimo na hivyo kuongeza uzalishaji kwa ustawi, na hutoa matumizi.

Lengo la 13: Hatua ya Hali ya Hewa

Hatua ya Hali ya Hewa - Kuchukua hatua ya haraka ili kupambana na mabadiliko ya hali ya hewa na athari zake kwa kusimamia uzalishaji na kukuza maendeleo katika nishati mbadala.

Yale yaliyofanywa na wakulima wa TIST.....

- **Leo, wakulima wa TIST ulimwenguni kote wamepanda miti ya milioni kumi na sita (16), na hivyo kuboresha mikakati ya kukabiliana na kukabiliana na athari za mabadiliko ya hali ya hewa**
- **Leo, mbali na jitihada za kupanda miti, wakulima wa TIST wameondoa tani zaidi ya milioni tatu unusu) (3.5) za CO₂ kutoka kwenye hewa.**

Lengo la 14: Maisha Chini ya Maji.

Maisha Chini ya Maji - Uhifadhi na kutumia viendelezi bahari, bahari na rasilimali za baharini kwa ajili ya maendeleo endelevu.

Yale yaliyofanywa na wakulima wa TIST.....

Idadi kubwa ya wakulima wamepanda miti ya kirafiki ya maji katika maeneo ya mvua na karibu na njia za maji na hivyo kulinda maisha ya majini

Lengo la 15: Maisha kwenye Ardhi.

Maisha ya Ardhi - Kulinda, kurejesha na kukuza matumizi endelevu ya mikoa ya ardhi, kusimamia misitu, kupambana na vurugu, na kusimama na kuharibu uharibifu wa ardhi na kusimamisha kupoteza kwa maisha ya wanyama na mimea.

Yale yaliyofanywa na wakulima wa TIST.....

Wakulima wa TIST wamepanda mamilioni ya miti ya kuimarisha viumbe hai na kuendeleza uhai, mazingira ya nyuki yameongezeka, misitu ya kilimo, ardhi yenye uharibifu huwekwa katika matumizi ya uzalishaji tena.

Lengo la 16: Amani, Haki na Taasisi Zenye Nguvu.

Amani, Haki na Taasisi Zenye Nguvu - Kukuza jamii za amani na umoja kwa ajili ya maendeleo endelevu, kutoa fursa za haki kwa wote na kujenga taasisi za ufanisi na za umoja katika ngazi zote.

Yale yaliyofanywa na wakulima wa TIST.....

TIST inafanya kazi na jamii mbalimbali, kukuza ushirikiano kupitia mikutano ya Cluster, TIST Values!

Lengo la 17: Ushirika kwa Malengo

Ushirikiano kwa Malengo - Kuimarisha njia za utekelezaji na uimarishaji wa ushirikiano wa kimataifa kwa maendeleo endelevu.

Yale yaliyofanywa na wakulima wa TIST.....

TIST hufanya kazi na washirika tofauti ikiwa ni pamoja na Huduma ya Misitu ya Kenya, Taylors of Harrogate, Freshfields na USAID.

Sasa, tunataka mapendekezo yako kuhusu mambo maalum ambayo wewe au Kikundi chako Kidogo kimefanya kuchangia kati ya SDG zozote kumi na saba (17).

Tunataka pia kujua mawazo yako kuhusu jinsi wakulima wa TIST au jinsi mafunzo ya TIST yanaweza kuboresha michango yetu kwa SDG zilizotajwa - ili tuweze kuwa na MATOKEO BORA kwa Bajeti ya Chini!

Mtumishi wako wa Cluster atakuwa na majadiliano kwenye mkutano wa Cluster unaofuata, na ataandika barua pepe kwangu kuhusu mapendekezo yako na matokeo.



TIST: Miti huboresha mazingira kwa ajili yetu sote.

Katika TIST, sisi hupanda miti ili kujiingiza katika soko la hewa na kupata mapato kutokana na kuuza hewa hii. Hata hivyo, faida zingine za miti ni kubwa!

Zifuatazo ni faida chache ambazo sisi (pamoja na dunia yote) hufurahia:

- Miti hutumika kama makazi asili ya kusaidia aina nyingi za mimea na wanyama. Hupeana faragha na usalama kwa wanyama wa pori wanaotafuta makazi mitini na huwapa chakula. Kulinda bionuwai au viumbe hai hufanya mashamba yetu na sayari yetu kuwa yenye uzalishaji zaidi na pingamizi dhidi ya mabadiliko ya tabianchi (hali ya anga ya muda mrefu) na changamoto nyinginezo.
- Miti huboresha hewa na hupunguza uchafuzi wa hatari. Miti hutoa hewa ya kaboni ya ziada na vichafuzi vya hewa kama dioksidi sulfuri, ozoni na naitrojini yenye oksidi. Kurudisha, hutupa oksijeni inayohitajika kuishi.
- Ubora unaoonekana wa ardhi pia unaboreka kwa kupanda miti ambayo, inaboresha maisha. Rangi ya kijani ya miti huongeza rangi kwa ardhi na kuongeza urembo wa kipicha wa mazingira.
- Miti hudhibiti tabianchi kwa njia ya kupunguza athari za jua, upepo na mvua. Yaweza kusaidia kuzuia mafuriko kali, miporomoka ya ardhi, uharibifu wa upepo. Miti hupunguza madhara ya mafuriko kwa kuruhusu maji ya mvua kuingia udongoni badala ya kupita juu yake.
- Miti hupunguza mmomonyoko wa udongo. Mizizi yake hushika udongo ambao badalayake hungebebwa wakati wa dhoruba za mvua na mafuriko. Miti pia husaidia kuboresha rotuba ya udongo. Udongo wenye rotuba huhamisha virutubisho hadi kwa chakula, jambo ambalo huchangia kwa afya ya binadamu.
- Miti ni mizuri katika kunyonya sauti. Uchafuzi wa kelele waweza kupunguzwa sana kwa kupanda miti mingine na mingine.
- Mahitaji ya maji safi ya kunywa yaweza kukamilishwa kwa njia ya kupanda miti ya kiasili. Misitu na mimea hupunguza kasi ya maji ya mvua na huyachuja yanapoingia udongoni. Yanapopunguzwa kasi, maji ya mvua huingia ardhini kujaza vyanzo vya maji vilivyo chini ya maji na ambavyo tunategemea ili kuishi. Miti pia huipa mito kivuli, na kuyaacha maji kukaa baridi na kwa hivyo kupunguza kasi ya kupotea kwa maji kwa njia ya uvukizi.



TIST: Kufanya Mazoezi ya Kutandaza shambani kwako.

Matandazo ni kavu, nyenzo za mimea zinazotumika kufunika udongo. Husaidia kupunguza uvukizi na kuhifadhi unyevu, kupunguza mmomonyoko wa udongo, kukandamiza ukuaji wa magugu na kutoa virutubisho vya mmea kadiri nyenzo zinavyooza.

Matandazo yanaweza kutumika shambani kabla na baada ya kupanda, na pia karibu na mimea michanga ya mazao. Ni muhimu hasa kwa mazao ya mboga yenye thamani ya juu, na kwa kukua mazao katika maeneo kavu, wakati wa upandaji wa mazao ya msimu wa kiangazi, na mahali ambapo udongo unamomonyoka kwa urahisi na mvua kubwa.

Je, ni faida gani za mulching?

- Matandazo huweka udongo chini ya unyevu kwa muda mrefu kuliko udongo usio na kitu.
- Hudhibiti mmomonyoko wa udongo kwa kuzuia athari za matone ya mvua na kupunguza kasi ya mtiririko wa maji.
- Hukandamiza magugu kwa kuyaweka kivuli.
- Husababisha ukuaji wa mazao yenye afya.
- Mulch hufanya kazi kama safu ya kuhami joto juu ya udongo, na kuifanya iwe baridi.
- Kuweka matandazo ni muhimu kwa maisha ya shamba lako wakati wa ukame. Mulch itapunguza kiwango cha maji ambayo huvukiza kutoka kwa udongo wako, na kupunguza sana hitaji lako la kumwagilia mimea yako.

Je, ni hasara gani:

- Kuweka matandazo ni kazi kubwa.
- Inaweza kuingiza wadudu na magonjwa wapya shambani. Hakikisha kuwa mabaki ya mazao au nyenzo unazotumia hazikuwa na wadudu au magonjwa.
- Nyenzo ya matandazo huenda isipatikane.

Jinsi ya kuifanya:

1. Kabla ya kuweka matandazo, ondoa magugu na umwagilie maji vizuri. Hii itakusaidia kupata manufaa zaidi kutoka kwa matandazo yako mapya.
2. Beba hadi shambani nyenzo unayotaka kueneza kama matandazo.
3. Ieneze kwenye udongo kwa kutumia mikono yako au reki. Weka safu ya matandazo yenye kina cha sentimita 7-15 (inchi 3-6) juu ya kitanda, au kuzunguka mimea inayokua. Usiweke matandazo kiasi kwamba unazika mimea au kuiweka kivuli.
4. Weka matandazo umbali wa inchi 6 hadi 12 kutoka chini ya miti

Cha Kufanya na Usichopaswa Kufanya:

- Tumia mimea iliyokauka ambayo haienzi haraka.
- Usitumie nyenzo mvua au kijani kama matandazo.

Mazingira Bora

Newsletter June 2026

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Growing Leaders

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

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Kikamba Version

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.



**Ikindu TIST Cluster wakiwa kwa mkutano wao tarehe 13/05/2026.
Mkutano mwingine utakuwa 10/06/2026.**

- Inside:**
- ✓ Undu TIST ithukumaa kuvikia maendeeo ma kwikala. Page 2
 - ✓ TIST: Miti niseuvasya mawithyululuko kwitu ithyoothe. Page 5
 - ✓ TIST: Kwika nima ya kuvwikithy'a miundani yenyu. Page 6



Undu TIST ithukumaa kuvikia maendeeo ma kwikala.

TISTS yaseuviw'e ni aimi ma nima ya liu na ndithya ite ya viasala kwa nzia ya tukundi nikana matetheesye kuviundua mauthuku ala maetetwe ni miti kutemwa na kuete uvinduku wa nzeve ta mayua na Nzaa. Aimi ma TIST mathukumaa vamwe kuikiithya meko ma maendeeo kwithiwa kwa ivinda iasa ila nivamwe na kuvanda miti na nima utonyeka. TIST niseuvitye nzia sya mineenele na utongoi na kwia usyaiisyonu uima wa mwii (ila ni vamwe na uwau wa muthelo/Covid 19), kisomo na maliu ma kwaka mwii.

Mwai muthelu, nineethiwe na ivuso ya kuungama kilioni kya TIST nthini wa wumbano wa Carbon Africa Forum ula waiviiitwe ni UNFCC, Ilovi (Nairobi) Framework Partnershi, UNDP na angi.Conference / wumbano uu wai Conotou, Benin thini wa West Africa. Ni na neeneie mavaita wa itambya ya kwosa iulu wa uvinduku wa nzeve na kila kivikiie nundu wa kwosa itambya ya kwikia maendeeo ma kwikala (**Co-benefits of Climate Action on the Achievements of SDG**). Ta nzia imwe ya kwiymbanisa wumbano uyu na nisi kana andu aingi ala me uvika nimatonya kwithiwa maineenea kwia woni wa Maendeeo ma kwikala, ni neekie ukunikili mbeange na nasisya thini wa Wikipedia. Ni kenda kumuaia kila neemaisye na kukulya mutetheesye kumanya nzia ila TIST yiyumasya kuvikia mawalanio aya na angi maingi ivinda yukite.

Mawoni ma Maendeeo ma kwikala (**Sustainable Development Goals (SDGs)**), mesikanie kwa kuvindua nthi yitu nthini wa agenda ya 2030 ya maendeeo ma kwikala ni me thini wa set 17 "Global Goals" mena woni wa kuvikia 169 kati woo. Matongoew'e ni United Nations kwa nzia ya uneenania ila yina nthi ila ni memba 193.

17SDGs ni ii vaa ungu. Kwandai sisya. kwongeleela ni nikiite mesilya ma andu amwe ma TIST na Italics.

Ngolu ya mbee: Vai ukya

Vai ukya - kumina ukya wa mithemba yothe kila vandu

- Ukya muvituku niwa olilwe ta yusu kuvikia 1990 vala andu mbee wa 1 nthini wa kila 5 utindaa kwa utumia itheo wa ndola 1.25 kwa muthenya.
- Ukya nimbee wa kukosa ikwati. Uu nivamwe na kukosa syindu sya kukwikalya ta kisomo, nzaa, kutengwa na kulea kutalika andu maiamua undu.
- Kulea kwinanw'a kwa aka na aume ni kusangiaa muno nthini wa ukya na mavuso mathuku. Aka

nimethiawa na ivinda yumu na mathina maingi ta kukua mavu tene na kuelea kuendeeo na masomo kwoou maikosa mawia ma umanenga ukwati.

- Ingi ukuu nukwatawa ni ukya kivathukanio. Ala mathinikaa muno ni syana nundu nisyo ikwatawa ni mathina menene ma ukya ukatuma makosa kisomo, uima wa mwii, liu wa uima woo na usuvio. Ingi syana nikwatawa ni nthini wa mesilya na kwiana kiveva na mwikalile kwisila kwa mathina ma mawithyululuko.

Undu Aimii ma TIST mekete.....

- **Aimi aingi ma TIST nimaseuvitye miunda yoo ila yai yaekie kuete usyao na ikambiaa uete usyao. Na ni kwa nzia ya kuvanda miti, Nima ya kusuvia (CF), kuvanda mititu, na kutuma heaka sya tumilunda tunini tusyoka kwithiwa na unou wa muthanga na kwithiwa na wumi/ngetha.**
- **Kwisila kwa nzia ya utongoi wa kithyululu na utongoi wa uthukumana wa TIST kwa aume na aka makethiwa na ivuso ya kwianana kwa kutongosya na ukwata vaita wianene.**

Ngolu ya keli. Nzaa kuthela

Nzaa kuthela - Kumina nzaa, kuvikia usuvio wa kwithiwa na liu mwianu, kwongela useo wa liu wa kwii na kwambatya na kukwatiia nzia sya kwailya nima.

Undu aimi ma tist mekete.....

- **Aimi aingi ma tist nimethiitwe mayika nima ya kusuvia (Cf) aingi maitana nikwithiwa ngetha ni mbongeleku nundu wa nzia ino ya nima ya kusuvia.**
- **Umuthi makili ma aimi ma TIST ala mavandite miti ya matunda na mbindi nime utunga livoti ya ngetha nzeo ya matunda na kwoou kwailya uima wa andu ma misyi yoo kwa kumane liu ula waile.**

Ngolu ya katatu. Uima museo wa mwii na kwikala nesa

Uima museo wa mwii na kwikala nesa - kuikiithya andu nimekala nesa na kwisuviana na mauwau kwa muika w'oonthe.

Undu Aimi ma TIST mekete.....

- **Aimi ma tist kwa nzia ya semina na movundisyo ma ngwatanio ni mama manyiit'we undu wa kwisuviana na muthelo, Ndetema, utheu, maliu ma kuete uima wa mwii, movundisyo na amundu angi.**



- ***Nimathuthanasya kukwata mbau na kumatethye ala osu na mena mavata.***

Ngolu ya kana: Kisomo kithianu

Kisomo kithianu - Kuikiithya kana kisomo nichavikia kila umwe na ukwata mbau ivuso iasa ya kusoma kwa oothe.

Undu aimi ma TIST mekite...

- ***Nthini wa TIST, nitwiw'ite aimi maineenania undu ndivi sya miti syithiitwe syi utethyo woo kwa kumatonyethya kuiva viisi wa sukulu wa syana na kuithooea mavuku,***
- ***Ithangu ya TIST ya Mazingira Bora na movundisyo ala mekawa nthini wa ngwatanio ni ivuso iseo ya kwimanyisya ivinda iasa yila mundu wi thayu.***

Ngolu ya katano: Kianana kwa aka na aume Kwianana kwa aka na aume - Kuvikia kiwango kii na kumekia vinya aka na eitu

Undu aimi ma TIST mekite.....

- ***Tukundi, ngwatanio, GOCC na Kanzu na LC na memba nimekaa utongoi wa kithyululu kwoou kunenga aka ivuso ya kwiyikia vinya nthini wa utongoi.***
- ***Nthini wa TIST namba ya aka ala me uthukuma na kutumikia aimi niyianenen na ya aume. Kwoou aka mena ivuso yianene na ya aume ya kwivundisya iulu wa utongoi.***

Ngolu ya thathatu: Kiw'u kitheu na utheu Kiw'u kitheu na utheu - kuikiitya kana kiw'u kitheu nikyakwatikana nii kusuviwa na utheu kwa onthe.

Undu aimi ma TIST mekite.....

- ***Kwa nzia ya kuvanda miti nguumoni sya mbusi ila yoosiwe nesa ni aimi ala me mikaoni na nguumoni sya mbusi ni kwatungie livoti kana nikutetheesye kwongela utheu wa kiw'u na wingi wakyu.***
- ***Nthini wa mbumbano sya ngwatanio na kwisila ithangu ya mazingira bora na aimi kutethania kwa ndeto undu wa kwailya utheu na kwikalya utheu.***

Ngolu ya muonza: Mwaki mutheu na utena ngalama

Mwaki mutheu na ute na ngalama - Kuikiithya vena nzia ya kuvikia mwaki wa kiumunthi ula wivo, na utena ngalama nene, na uteuvoa mana na utonya kwikala kwa onthe.

Undu aimi ma TIST mekite.....

- ***Yila TIST yaetie maiko matheu aimi aingi nimendeeiwe na moosa itambya ya kumaua nundu mayai na ngalama yi iulu na nimasuviaa ngu na kuola syuki vala vekuuiwa.***
- ***Kwisila kuseani na kuola miti aimi nimethiawa na ngu vate kwaiwa na kwailya nzia sya utumia ngu.***

Ngolu ya nyaanya: Wia museo na kwiana kwa ikonomi.

Wia museo na kwiana kwa ikonomi - nikukilasya na kukwatiia, na kuete vambe kwiana kwa ikonomi na kuete mawia ma andu kuandikwa na wia mwailu kwa onthe.

Undu aimi ma TIST mekite.....

- ***Walanio utongoew'e ni aimi ma TIST ni utongoesye andu mbee wa 150 kwithiwa na masaa meleketye kutuma methiwa na ivinda na kuungamia na kusuvia miunda***
- ***Ingi undu miti yianite niw'o iendee na kumanenge vaita na kumatethya kwiyoungamia mikalileni kwa kuta matuna, mbindi, uki wa nzuki, na usyao ungi wa miti.***
- ***Ukwati kuma miti ila iivawa ta ndivi ya nzeve itavisaa (carbon credits).***

Ngolu ya kenda: Kambuni, kwambiia na myako

Kambuni, kwambiia na myako - kwaka myako ya kwikala, kukwata mbau na kwikalya industri na wambiliilyo wa undu.

Undu aimi ma TIST mekite.....

TIST itumia wambiliilya, utuika wa kompyuta na malelu ala mekw'o kunenga muka, iveti na aume ndia nzau sya umanya na uvikia industry ya carbon na kuseuvya nima ya viasala ila ivetaa mathina ma malelu mathuku na kwilya wumi na uthukumi wa miundani.

Ngolu ya ikumi: Kuola kulea kwianana

Kuola kulea kwianana - nikwasya kana nitwaile kuola kulea kwianana kwa ukwati katikati wa nthi na nthini wa nthi.

Undu aimi ma TIST mikite.....

- ***Aimi ma TIST nimonanitye kukwata mbau muika na iveti munamuno nthini wa mbumbano sya ngwatanio sya kila mwai.***
- ***Ndivi ya uthuthio kuma mitini ni vaita mwonge kwa muimi, wongeleku kuam ukwati wa ngetha mbongeleku, na wailu wa muthanga na miunda kwithiwa na wumi.***



Ngolu ya ikumi nemwe - matoni ma kwikala na mbai.

Mataoni ma kwikala na mbai - kusevuyamataoni na mawikalo ma mundu ala maile ithiwa na muuo, usuvio na matonya umakwatiia.

Undu aimi a TIST mekite....

- **Aimi ma TIST nimetikilanite na mituo ya mbai kivathukano na kuthukuma vamwe na andu mena ithyomo kivathunano na kukatana mbau kwa vamwe umwe kwa ula ungi maitwiikana.**
- **Mawalania ma TIST nimathuthitye uumwe, usuvio na kwikala.**

Ngolu ya ikumi na ili: Utumiku na useuvya italika.

Utumiku na useuvya wa syindu utalika - ni kuikiithya useuvya was syindu na utumiku ni syaendania kwa vamwe.

Undu aimi ma TIST mekite....

TIST niyongelele unou wa muthanga kwa nzia ya nima ya kusuvia, kuima na kuvanda miti kwa vamwe na kuende undu liu isu, miti itonya utumuka na ni kwa ivinda yiendee vate kutilika.

Ngolu ikumi na itatu: Itambya ya uvinduku wa nzeve.

Itambya ya uvinduku wa nzeve - Kwosa itambya ya mituki kuola uvinduku wa nzeve na manthina ala maetawe ni nzeve ila yumaw'a ni maendeeo thni wa vinya ula utumikaa uitungiliilwa.

Undu aimi ma TIST mekite....

- **Umuthi , aimi ma TIST nthi yoonthe nimavandite miti mingi mbee wa milioni 16, kwoou makailya na makaola uvindu wa nzeve.**
- **Umunthi kumana na uvandi wa miti, aimi ma tist nimaotele nzeve ta tani milioni 3.5 sya nzeve itavisaa kuma mawithyululukoni.**

Ngolu ya ikumi na inya: Thayu ungu wa kiw'u

Thayu ungu wa kiw'u - Suvia na kwikalaya ukanga, maia na kula kiw'u kithiawa kwa maendeeo makwiana na kwikala.

Undu aimi ma TIST mekite....

Aimi amwe nimavandite miti ila isunga na kusuvia kiw'u nziani sya kiw'u na nguumoni sya mbusi kusuvia mathayu ala mekalaa kiw'uni.

Ngolu ya ikumi na itano: Thayu muthangani
Thayu mutangani - Nzuvia, tungiia na sumbiliila mathayu ala mekalaa muthangani. Ikalya mititu na uiola mangalata na uii/weu na kutungiia kula

muthanga mwanangiku na kuola ukui wa muthanga na kwailya kula kwanangiku muthangani.

Undu aimi ma TIST mekite....

Aimi ma tist nimavanditi mamiloni ma miti kivathukano na kumia thayu ta nzia imwe ya kusuvia mawikalo ma yamu, nzuki na kutusia muthanga na kutuma withiwa munou na utonya kuete usyao museo ingi.

Ngolu ya ikuni na thanthatu: Muuo, sila wa kati na mauvisi malumu.

Muu, sila wa kati na mauvisi malumi - kwenda na kukwata mbau muuo na kwikia vamwe maendeeo ma kwikala na kwithiwa na sila wa kati na ulungalu utalika kwa kila mauvisi na ngaliko syothe sya mwikalile.

Undu aimi ma TIST mekite.....

TIST nithukumaa na mbai kivatghukano, na kwoou kwa nzia ya mbumbano sya ngwatanio sya kila mwai iyikiithya kukwatania na kwikalania kwa vamwe kwa mbai kivathukano na muuo na kuatiia mawalania ma TIST!

Ngolu ya ikumi na muonza: Kukwatana na kuvikia ngolu Kukwatana na kuvikia ngolu - Vinya umaniasya kwikia na kuthukania kwa nthi yonthe kwikiana vinya kwa maendeeo me kwikala.

Undu aimi ma TIST mekite....

Tist ithukumaa na ngwatanio kivathukano ta Kenya Forest Service, Taylors of Harrogate, Freshfields an USAID mateusakua nikana kwikiana vinya.

Yu twienda kumya woni wa ati sisya ni ata kakundi kenya kana we undu wikite kati wa maundu aa ma maendeeo ma kwikala ikumi na muonza (17 SDGs.)

Ingi nitukwenda umanya ni woni mwau winaw'o utonya kwailangya aimi ma Tist kana momanyisyo ta utethyo umwe waku wa kutetheesya nthini wa 17SDGs. - Ni kana tuvikie ukwati munene kwa utumiku munini!

Muthukumi wa ngwatanio yaku akamutongoesya mwithiwe na uneenania iulu wa maundu aya yila mukwithiwa na umbano wa kila mwai na aiandika na kutuma email ya mawoni, moelelyo menyu na kila muukwata.



TIST: Miti niseuvasya mawithyululuko kwitu ithyoothe.

Thini wa TIST nituvanaa miti nikana twithiwe sokoni wa nzeve itavisaa na kuta na kuseuvya mbesa. onakau moseo ma miti ikwitu nimaingi. Vaa ve amwe kati wa moseo asu tukwataa kuma miti ino onakau tumivandaa ta ya uta nzeve itavisaa (carbon market).

Moseo aa nitutaniaa vamwe na nthi yonthe:

- Miti yithiawa yi mawikalo ma wanake, na useo mbee nundu niyithiawa yi wikalo wa nyamu na kuinenge liu. Kusuvia uvathukanu nikutumaa miunda yitu na ilembeta yitu yithiwa yi inou na kutune liu na kwailya movinduku ma nzeve.
- Miti niseuvasya nzeve ila tuvevaa kwa kuola kiko kila kilikaa nzeveni, kaingi miti niyumasya nzeve ila itavisaa kuma nzeveni na nzeve ingi thuku ta Nitrogen Oxide, Sulfur dioxide na Ozone. itina wa miti kutumia nzeve ithi thuku nitunengae nzeve nzeo ya kuveva (Oxygen) ila yendekaa kwikala thayu.
- Miti nitumaa vandu voneka vevailu na ve vavata na kwailya mathayu ala mevo

na niyongelaa langi kwa nthi na kumyanakavya.

- Miti nietae movinduku ma nzeve na kuola uvyuvu kana uthithu ta sua, mbua, nzeve. Nitetheeasya kusuvia kiw'u kingi kukua, na nzeve kwananga.
- Miti ni iolaa kukuwa kwa muthanga nundu mii yaw'o nitumaa muthanga na kuukwatany'a, kiw'u ukethia nikyaolwa uthangaau ula kiiendete naw'o. Kuete unou wa muthanga yila yita matu na moa na kunenge tusamu/tulinyu tula twikalaa muthangani kukwata liu na kwoou mundu nake akwata liu umwianie yila waima muthanga usu.
- Miti niolaa kineene.
- Miti niseuvasya kiw'u kwa kukithesya. mititu na miti ya kiene yavandwa niseuvasya kiw'u kwa kusiiia muthanga na kiko kukuiwa kula kiw'u kitwiikene kya kutumia. miti niyikiaa muunyi na kusiiia kiw'u kukuwa ni nzeve kwoou uyinthia kivakuvi kwa mundu kwisa na kukitjumia.



TIST: Kwika nima ya kuvwikithy'a miundani yenyu.

Kuvwikithya kwikawa na ma mimea mavuti momu na matumiawa kuvwika muthanga ueke uny'aa. Kuvwikithya nikuolaa kiw'u kung'ala na kutetheesya kimeu kwikala, ni kuolaa kukuwa kwa muthanga nikinzeve kana kiw'u, nikutumaa yia yitamea navinya na nikunengae mume liu yila matu aya momu mooa.

Kuvwikithya nokwikwe mbee wa kuvanda kana itina wa kuvanda kana kukwekwa ungu wa mumea wamea wimunini. Kuvwikithya kwithiwa kwinautethyo muno kwa mithemba ya mboka na kwa miti ila ivanditwe kundu kumu, yila kwina thano na isioni ila muthanga ukuawa ni kiw'u kwa mbua.

Vaita wa kuvwikithya nimwau?

- Muthanga muvwike niwikalasya kimeu kwi muthanga utemuvwike.
- Kuvwikithya nikusiia muthanga kukuwa ni kiw'u kana kiseve na kuola uito wa malovoto ma mbua kunyaiikya muthanga.
- Kusii yia kumea kwa kulea uyitiia mwanya wa uvea.
- Kuvwikithya nikutumaa mumea wiana wina vinya.
- Kuvwikithya nikutumaa muthanga wikala wi muthithu.
- Kuvwikithya kwithiwa kuseo muno ivinda ya munyao nundu nikusiia kiw'u kukauka kuma muthani na kuola kiw'u kila utumia kungithya miti yaku.

Mathina ma kuvwikithya nimeva?

- Uu withiawa wi wia mwingi mavuti aa uvwika namo nimatonya kuka na tumitutu twauya mumema waku kana kuete uwa na kwoou kuola usyao waku na kwoou mavuti ala utumia ona ethiwa ni mamimea ikiithya maina uwau kana mututu.

- Mavuti ma uvwikithya nomethwe matevo

Undu kuvwikithya kwikawa:

1. Mbee wa kuvwikithya kuanga yia yothe na uingithya nesa, Kii kiutethya kukwata useo w'onthe.
2. Kuuia muundani mavuti ala ukwenda utumia kuvwika.
3. Tandaasya muthangani na moko kana rake. iliila muvuti mena uliku wa 7-15cm iulu wa kivuio kana ungu wa muti. ndukailiile mavuti maingi uvwike nginya muti kana withie ndwoneka.
4. Ikia mavuti me vaasa na muthamba wa muti ta inch 6-12.

Maundu makwika na makulea kwika

- Tumia mavuti mamiti momu na ala matoaa namituki.
- Ndukatumie mavuti meu kana ma ngilini kuvwikithya.

Mazingira Bora

Newsletter June 2026

tist Growing Trees
Growing Leaders

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

www.tist.org

Kipsigis Version

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.



**Ikindu TIST Cluster wakiwa kwa mkutano wao tarehe 13/05/2026.
Mkutano mwingine utakuwa 10/06/2026.**

- Inside:**
- ✓ Ole imuchi TIST koboisiyoto konyor bandab tai ne tononot. Page 2
 - ✓ TIST: Ketik kokororonite emet nyon komyeit. Page 5
 - ✓ TIST: Ketuch minutik en mbarenikwok. Page 6



Ole imuchi TIST koboisiyoto konyor bandab tai ne tononot.

TIST ko kitou temik che kironochi koto kurubisiek che mengechen che kiborchigei kotononsi musugetab Timwek, Kemeut a Rubet. Kiboisaanyun Temik en kibagenge en kerenyuan ak kotete bandabtai ku minetab ketik ak koletab minutik. Kitoo TIST ortinuwek ak koborunoik che kimuchi kengalalen agobo tililindo (kou HIV/AIDS/Covid 19) konetisiet ak omituwogik.

En arawet ne kosirto ko kiyamuch oiti tuiyetab TIST nebo Carbon Africa Forum ne kitoreti UNFCCC, Nairobi Framework Partnership, UNDP ak alak chechang. Tuyosiek chon ko kigiyoen Conotou, Benin in West Africa. Kiya ngalalen agobo **Co-benefits of climate Action on the Achievement of SDG**. En yoton ko kiyongen ole biik che kimiten yoton komuche kongalalen agobo kobwate ne tononot nebo bandabtai, Kiyonyorunen naet ye kinonyon ogetigei. Osome ole kigochingei wolulik chuton bo kabwatet anan keret nebo TIST en betusiek che bwonei

Keretab Tononetab Bandabtai, ne naat kole imutech ketech Nguwondoni komiten chuton ko Agenda cheboTononetab bandabtai ko kinyor kerutik 17 che imutech kot koit kenytib 2030. Ako titye tokinet ab ge en kwenunywany. Tononjin united Nationen komoswekab ngwony komiten emotinwek 193.

Kerutik choton ko 17 ago miten kouni:

Keretab. I. Motimiten bananda.

- Kigebos bananda ago agenge en oeng kongeten 1990, kou 1 en biik 5 konyoru che miten ngwony en \$1.25 an betut.
- Kiit neibu bananda koye monyor kii ne chutu anan ole kisigen. Yon monyor chii kou somanet, rubet, ngalalet, ngalalet en biik ak en kabwatet en kii ne imoche.

- En kobokorisiek ko nyumnyum kobe komonunet kou somanet ak imuchi kotoretyon koik chi ne nyigis.
- Ye nyor ibinda age bananda komuche koyesta en komoswek chechang. Missing kobutyin kebebertab lagok. Amun tityei en kou; somanet, tililind, omitwogik ak komonyoru ribset. Moityin konyor mogutik chebo kimugul met en sobenyin tugul.

Nee kiit ne kiyai temik en TIST..

- **Chechang en temikab tist ko kikoyai imbarenikwak konyorunen tukuk chemongerin kou (CF), minetab ketik ak rurutik, chechang en imbarenik ko kikonyor okwoindo nebo ngungunyek**
- **waletab kandoinatet ak konunetage en TIST, en murenik ak kobokorisiek ko kinyor borotet ak boroinde nebo boisiet.**

Keretab 2. Momiten rubet.

Momiten rubet ye kinyoru omitwogik che imuchi koribech ago che tityei kimnotet komuche kogochi kimnotet agobo kolset.

Nee kiit ne kiyai temik en TIST..

- **Chechang en temik chuton ko kigo-omta agobo(CF), ko mwoe icheget kole nyorunen borotet neo missing.**
- **En betusiechu ko kigomin logoek biik en chongindo niton kogochin konyor omitwogik che kororonen ago chegimen.**

Keretab 3. Tililindo ak ribet na kararan.

En niton konyor ibinda age tugul tililindo ago itin konyor yamet en tuguk che kororonen.



Nee kiit ne kiyai temik en TIST,..

En seminaisiek ak konetisiosiek en kilastaisiek koityin konetisiet kou; HIV, AIDS, malaria, omitwogik, tililindo ko nyoru chi ne mogingen.

Keretab 4: Somanet nebo barak.

Igochin chitugul en ole miten konyor somanet ak kogiletagei ak boroindo.

Nee kit ne kiyai temik en TIST...

- **En ngalaletab biik chechang komwoe kole kigotoret ichek rabisiek chebo ketik en lagokwak en somanet ak konetisiet ne kikonyor chechang.**
- **Kinyorunen alak kelchin en Mazingira bora.**

Keretab 5: Kogimitetab kwonyik.

Kinyor kwonyik ak tibiik kimnotet ak boisionik en koyometabgei.

Nee kiit ne kiyai temik en TIST...

- **En kurubisiek, kilastaisiek, GOCC ak LC ko enchuton tugul komiten waletab kandoindet en biik tugul konyor kimnotet.**
- **Tinye kwonyik boroindo koboisiechi biik en utugul en boisiet.**

Keretab 6: Beek chetililen ak tugul che kiboisien.

Ribetab beek ak ole kiboisioto en kasarta age tugul.

Nee kiit ne kiyai temik en TIST...

Chechang en Temik che kiit imbarenikwak onosiek ko kigonyor ribset imbarenik ak konyor beek che kororon ak kotesak beek en onosiekwak. Tinye temik koyometab ngalek ak biik alak.

Keretab 7: Boisietab kwenik ak tuguk che kiboisien.

Miten maisiek che keboisien ago che kororonen che konu kenyorunen tililindo en abogora.

Nee kiit ne kiyai temik en TIST...

- **Ye kingoit Tist jikosiek che kiboisien, kocham temik amun momiten barak missing oliyet. Ago toreti en kwenik amun boisien che ngerin.**
- **En amun tinye temik ketik koitin kochor temenik ak koboisien.**

Keretab 8: Boisiet ak kelunoik che kinyor.

En nito kogochin tononet, ak kobarait kelunoik en biik ak konyor biik boroindo en tuguk alak.

Nee kiit ne kiyai temik en TIST...

- **Tinye temik kiboitinik 150 cheboisiechin en imbarenikwak.**
- **Tinye ketik chebo logoek chenyorunen melekwek, segemik, kwenik.**
- **Tinye kora rabisiek che nyoru en ketikwak.**

Keretab 9: Musoknotet, Tounik ak Tesosiek.

Miten anyun teksosiek ak kogimitetab tuguk che kigetoo ak ngalalet nebo musoknotet ne miten barak missing.

Nee kiit ne kiyai temik en TIST...

Keitigei en ngalalet ko nyumnyum en murenik ak kwonyik kobo neranik. Kigeto kaumetab koristo (Carbon) miten kora minutik che konu rabisiek ak en let konyor imbarenik ribet ne kararan.

Keretab 10: Boisetab koyometabge.

Bose melekwek che chutu en echek ak en emotiinuek alak.

Nee kiit ne kiyai temik en TIST...

- **Tinye neranik ak kuwonyik toretet koyob temik noton kotogunen en tuyosiekab kilasta.**
- **Melekwekab ketik kotoreti temik ye nyoru rurutik chechang ye ribe imbarenikwak.**

**Keretab 11: Tononetab to-onisiek ak Bororosiek.**

Kigochi to-onisiek ak kimugulmet mengot, ribset ak magutik chemiach.

Nee kiit ne kiyai temik en TIST...

- *Itinge temik ak biikab boror en toretosiek.*
- *Igimite tolochigab tist chi tugul.*

Keretab 12: Ribetab amituwokik ak ole kisigen.

Nyolu komiten ribet ne kararan ak kosibet agobo niton.

Nee kiit ne kiyai temik en TIST...

Tinye temiik imbarenik okwoen en toretetab (CF) boisien keturek, minetab minutikak ketik konyorunen omituwogik.

Keretab 13: Waletab Emet.

Ibi boroinde neo missing en tetetab watetab emet amun miten korisuwek che ngeme emet, ak koboisien tuguk che mongeme.

Nee kiit ne kiyai temik en TIST...

- *En inguni kotinye temik tugul en tist ketik chesire 16+ million che toreti en waletab emet.*
- *En ketik che miten kotinye konoruwetab tannisiek 3.5M che bo koristo ne yaa.*

Keretab 14: Sobet ne miten Beek

Ribet ak koboisien kou nyochosiek, onosiek che echen ak tuguk chegonu mogornotosiek chebo bandabtai.

Nee kiit ne kiyai temik en TIST...

En temik che chang ko kigomin ketik che nomege ak beek ngeusiek ak ole bune beek.

Keretab 15: Sobet en Koret.

Nyolchin kerib kegonorchi, kerib timwek, kerib melewet komatesak ak kerib mengotosiek chebo tiony ak ketik.

Nee kiit ne kiyai temik en TIST...

Kigomin temiik che chang chebo ketik chetoreti mengotosiekab segemik, timwek ak kowech imbarenik che kigage musuch koboisien konyor omituwokik.

Keretab 16: Kaliet, imanda ak ole somonen kipsomaninik.

Kigimit kalyet ak keribchi biik imandanyuan asi konyor bandabtai ak konyor chi tugul naenyin kou ole kaimuch.

Nee kiit ne kiyai temik en TIST...

Boisie temik ak bororiosiek che chang kogimitetab tolochigab TIST.

Keretab 17: Koyometab kibagengeisiek en keroniton.

Kogimitetabge en tuguk che kimoginge en bandabtai.

Temik en TIST...

Boisie tist ak toretik kou, Kenya Forest Service, Taylors of Harrogate, Freshfields ak USAID.

En anyun kenutichuton kainyori, kemoche igonech kabuwatengung ne noton kit ne giya kurubit ago monyuru en chu 17.

Kimoche kora igonech naengu ole imuchi kotoretito temik anan ko konetisiet ne momiten en chuton asi kimuch kenyorunen melekwek che miten barak.

Ongalalen en tuiyetab kilasta as komuch koyok kiboitiyot nebo kilasta.



TIST: Ketik kokororonite emet nyon komyeit.

En TIST, kemine ketik asi ketestch en carbon markets akityo kesich chebkondo chebo carbon sales . lakini manufaachebo ketik kochang ochei!

Ichochu ko alak en manufaa che kinyoru en keitik;

- Ketik ko ole menye tyongik che chang' chebo flora ak fauna. Ikochin tyongik ole urenke ak ole unyen ke asi makibar . ribet 'ab osnoshek ko toreti minutik chok komosib komeyo yon miten climate change.
- Ketik kokonu koristo ne kararan ak koisto koriswek che yachen en emet. Ketik koisto carbon di oxide chechng' an emet ak koriswek che yachen cheu sulfur dioxide, ozone ak nitrogen oxide. Akityo kokonech oxygen nekimokchinike .
- Kororonindab emet ketesen minet 'ab ketik , ne en let kotese kororonindab sobet . yon nyalil emet kokararan.

- Ketik kocontroleni ateptab emet kou asista, koristo ,ak robta. Imuch koter floods, landslides, ak koriswek che yachen . ketik kotere floods yon kochochi bek koba ngweny, ne katarwae en barak .

- Ketik kobose ibet 'ab ng'ung'nyek yon korobon . tikitik kwai koyoe ng'ung'nyek konamke ne katarwoe ak bek. Ketik kora koimproveni fertility nebo ng'ung'nyek. Ng'ung'nyek che kororon kokochin minutik omitwokik asitya en let koik ehek chesiche health nekararan.

- Isto bolet . Noise pollution kimuche kebos yon kakimin ketik .

- Maket 'ab bek che tililen kimuche kenyor yon kokimin ketik che indegenous.. ketik kokochin uronok bek 'ab oinoshek , agityo koyai kokoititekitun akityo kobos evaporation nebo bek.



TIST: Ketuch minutik en mbarenikwok.

Tugetab minutik ko keboisien sogek anan ko suswek che kikoyomyo koteer ng'ungunyek en mbarenik. Toretu koteer beek komoiyeso ak kogonor beek, teere ng'ung'unyek komala beek, tere komarut chemasai ako ikochin minutik amitwakik yon kainaam konunio sogechoton.

Kimuche keboisien tugetab mbarenik yeibata minsetab tuguk ak yon tomo keminso, ak en minutik che mengechen. Bo komonut missing en ing'kwek chonbo komonutiet, ak yon kimine tuguk en emeet ne yamaat, en kasarta ne momi ropta ako kiminse, ak en emeet ne imuche koib ropta ne oo ng'unyunyek en chokinet.

Ne borotetab ketuch minutik?

- Toretu kotwonit ng'ung'unyek en kasarta ne koi kosir yon mokituch.
- Toretu komala mokokeet ng'ung'unyek ako toretu komabir en kimnatet ropta minutik.
- Tere komarut chemasai ne mbar amun urtoo.
- Igochin minutik kobwa komie.
- Ikoitite ng'ung'unyek komabeel asista missing.
- Toretu mbaret ne leel en kasarta ne momi ropta. Toretu komoiyendo beek en ng'ung'unyek, ako noton ko toretin kometumchi beek minutik en abokora.

Ne yoityetab tugetab minutik?

- Boisienyin ko moche biik che chang'.
- Imuche koree tiongik che lelach ak mionwokik en mbar.
- Ma nyumnyum kenyor tuguk chekiboisien en tugetab mbarenik.

Ole kiyoo:

1. Kotomo inaan ituch, iiste chemasai ak beek en kimnatet. Inoni ko konin inyorchigee kelchinoik en tugetab mbareng'ung'.
2. Laa koba mbar tuguk che imoche iboisien itugen tuguk.
3. Iserser en ng'ung'unyek iboisien eunek anak ko *mogombet chepsng'eny*. Inde tuguchoton tororindab inchisiek 3 akoi 6 (7-15 cm) en kitokut anan ko komutyi minutik. Mat inde che chang' che imuche kotuch minutik komanyor asista.
4. Loindab tuguchoton kong'eteen kel nebo minutik ko nyolu ko inchisiek 6 akoi 12.

Che Kiyoe ak Che Yetan:

- Boisien sogek nana ko saratik che masibkoyamtoos.
- Mat iboisien sogek anan ko suswek che twoneen yon ituche tuguk en mbar.