

Mazingira Bora

Newsletter October 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.



**Kaguma TIST Cluster meeting held on 3/09/2026.
Next meeting will be held on 1/10/2026.**

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Preparing Farmers for El Niño and Heavy Rains.

Weather forecasts and warnings from government authorities indicate that heavy rains, including possible El Niño conditions, may occur in some areas. TIST farmers, TIST Servants, and communities should prepare early to reduce risks to people, homes, livestock, crops, and farms.

1. Protect People and Families.

- Follow weather warnings, safety instructions, and evacuation advice from the government and local authorities.
- Avoid travelling unnecessarily during very heavy rains, especially at night.
- Do not cross flooded rivers, seasonal rivers, bridges, or fast-moving water. Never assume that a familiar crossing is safe when water levels have risen.
- Avoid low-lying areas, flood-prone locations, and areas at risk of landslides.
- Families living in low-lying or flood-prone areas should identify safer, higher ground where they can move if flooding occurs.
- Keep children away from rivers and flooded areas. Take extra care when children are travelling to or from school, particularly where they must cross seasonal rivers.

- Do not shelter under trees during thunderstorms because of the risk of lightning and falling branches.
- Avoid going deep into forests to collect firewood during periods of heavy rain.
- Farmers should work together to look out for vulnerable neighbours, older people, children, and other community members.

2. Protect Farms from Flooding and Soil Erosion.

Farmers should prepare their farms before heavy rains begin:

- Clear existing drainage channels so that water can flow freely.
- Dig appropriate drainage channels and trenches to control running water.
- On sloping and hilly land, use terraces, contour trenches, grass strips, and other soil and water conservation measures to slow down runoff.
- Use water-harvesting techniques where appropriate to capture and store rainwater safely.
- Avoid directing drainage water onto neighbouring farms, roads, homes, or other areas where it can cause damage.



- Do not plant crops in areas known to flood regularly or in locations vulnerable to landslides.
- Strengthen soil conservation measures in areas with steep slopes.
- Farmers should inspect their farms early and repair weak drainage channels before heavy rains arrive.

3. Protect Crops and Food Security.

Heavy rains can destroy crops through flooding, erosion and waterlogging. Farmers should:

- Harvest mature crops on time rather than leaving them in fields where they may be washed away or damaged.
- Choose crops and varieties that are appropriate for the expected weather and local conditions.
- Consider quick-growing food crops where suitable for the local area and season.
- Practice conservation farming to protect soil and improve food production.
- Maintain food reserves and prepare for both floods and possible dry periods after the rains.
- Store harvested food in safe, dry places protected from water, pests and mold.

- Avoid planting crops in flood channels, riverbanks and other areas where water is likely to move rapidly.

4. Trees and Agroforestry.

Trees can help protect soil and improve farm resilience, but farmers should also manage existing trees safely.

- Continue planting and protecting appropriate trees as part of conservation farming and long-term food and environmental security.
- Farmers with older or large trees should inspect them before the rains.
- Where necessary, safely prune weak, damaged, dead or overgrown branches before heavy rains and strong winds.
- Farmers should not attempt dangerous tree work themselves; seek appropriate assistance where necessary.
- Do not shelter under trees during thunderstorms.

5. Communication and Emergency Preparedness

Communication is especially important during severe weather.

- Keep mobile phones and other essential communication devices charged.



- Have alternative charging arrangements where possible.
- Keep important emergency contacts readily available.
- During thunderstorms and severe weather, follow appropriate electrical and device-safety precautions.
- Continue monitoring reliable information from government authorities, local administration, radio, television and other trusted sources.
- Do not rely on rumours or unverified social-media information.

6. What TIST Servants Should Do.

TIST Servants should make El Niño and heavy-rain preparedness an important topic during Cluster Meetings.

TS should:

1. Sensitize farmers on the expected rains and the risks associated with flooding, landslides, lightning, strong winds and waterlogging.
2. Encourage farmers to clear drainage channels and dig appropriate trenches before heavy rains.
3. Discuss water harvesting and soil-conservation practices.
4. Identify farmers and communities in flood- and landslide-prone areas and encourage early preparation.

5. Remind farmers about safe river crossings and the dangers of travelling during heavy rains or at night.
6. Emphasize children's safety, particularly around seasonal rivers and during travel to and from school.
7. Discuss timely harvesting, food storage and household food security.
8. Encourage farmers to follow official government weather and safety information.
9. Share important warnings through WhatsApp, SMS and other appropriate communication channels.
10. Report serious risks or emerging problems affecting farmers so that TIST leadership can consider how best to support the affected communities.

7. Important Reminder.

Prepare early—do not wait until the heavy rains arrive.

Every farmer should take practical steps to protect people, homes, livestock, crops, trees, soil and food supplies. TIST Servants should use Cluster Meetings, newsletters, WhatsApp and other appropriate communication channels to ensure that farmers receive timely and reliable information.

Stay informed. Stay prepared. Stay safe.



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

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

What is an indigenous tree?

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

Why are indigenous trees important?

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

When we plant indigenous trees on our farms, we are helping protect species that have been useful to our mothers and fathers, to our grandparents, and to the people and wildlife of Kenya for generations. We are

still learning about the benefits of the many species around us. When we plant indigenous species, we can help ensure that the trees and their benefits are there for our children.

Which tree species are indigenous?

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

Indigenous trees for Kenya.

Cordia africana

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

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

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



TIST: Guidelines when TIST Grove changes ownership – Through land sub-division, Sale of land, death of a TIST member etc.

One of the requirements set out by World bodies that regulate carbon emission trading is the need to keep a carbon project grove intact for the period that carbon will be sequestered (harvested by trees from atmosphere and stores in trees trunks and branches). In TIST Program and other similar Tree planting programs that are doing Carbon sequestered projects, trees must be kept alive for minimum 30 years within that grove.

However, some changes happen during this time. Some Groves get sold, others are subdivided or a Small Group member dies. Yet, we are required by world regulations to keep those groves and their trees intact for a period of 30 years.

What to do when a TIST Member dies or land is sub-divided among family members.

1. Your Small Group members should convene a meeting with deceased family members who are beneficiaries of the departed loved one. Explain to them that their Groves is still eligible to continue receiving carbon revenue profits in the future. Family members will still retain the name of the Groves that were under care of their deceased member. They can sub-divide their land, but allow TIST to continue quantifying the original grove the way it was created. When payments come, they can share as per their own agreement. Please note, TIST is not allowed to alter the grove boundaries once the Grove has been included in Project Design (PD) documents.
2. Remind them their participation in TIST program is the best honor they can give their departed one. That legacy is important. They will not only be getting co-benefits and profit share, but will be helping planet earth combat the effects of climate change.

3. Further, encourage them to continue adding more trees in their farm as they continue taking care of already planted trees.
4. Give them Cluster meeting schedules. Encourage them to be attending Cluster meetings to learn other important topics.

What to do when a TIST Grove is sold.

1. Your Small Group members should convene a meeting with the new owner of the land where TIST Grove is located.
2. Talk to them and inform them the Grove they bought is still eligible for carbon project in TIST program.
3. That they can begin participating in TIST program and benefit from co-benefits, profit sharing and TIST Trainings.
4. They don't need to plant new trees to qualify. Trees that were already in the Grove they bought already qualify. They only need to plant additional new trees!
5. Take them through TIST Trainings and procedures for Quantification, payments etc.
6. Invite them to your next Cluster meeting. Introduce them and let the Cluster welcome them.
7. Ask the Cluster servant to add them in your Small Group.
8. Remind them the Grove name will still remain with previous owner name (Because rules do not allow us to change) but they will be now become beneficiaries.

Encourage them to activities participate in your Small Group and Cluster activities.

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**Kaguma TIST Cluster wakiwa kwa mkutano wao tarehe 3/09/2026.
Mkutano ujao utakuwa tarehe 1/10/2026.**

- Inside:**
- ✓ Kumenyithia arimi mantu jegie El Nino na mbura inene. Page 2
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Kumenyithia arimi mantu jegie El Nino na mbura inene.

Ataramu a rera na nkinya watho thirikarine nibakumenyithania ati mbura inene, na nkinya El Nino yomba gukarika guntu mwanya. Arimi a TIST, Atari miti na antu bonthe nibwega kwibanga kunyihia ugwati kiri antu, nyumba, ndithia, imera na mwiunda.

1. Kugitira antu na micii.

- Kuthingatiira uria ataramu a rera bagukanukia, njira via kwigiyira, na nkinya kuthama riria thirikari yaejana mwerekera.
- Tiga gucera muno kethira gutina gitumi kagita ka mbura inene, muno kagita ka utuku.
- Ebera guntu kwi minamone, guntu nduuji itigwita, na nkinya guntu kuri na matwika ja mitheru.
- Micii iria iri minamone kana guntu nduuji cikwaraga nibwega bacue guntu gutina ugwati guntu kuri iguru kuria bageeta nduuji ciambiria kwaraga.
- Eberia ciana miurone na guntu nduuji ikwaraga. Gitira cana magita jaria bagwita na bakiuma cukuru, muno magita jaria bagukurukiira miurone.
- Utikeoe mbura rungu rwa miti kagita ga nkwa niuntu bwa ugwati wa rweni na kung'uka kwa mpang'i cia miti.

- Utigeete ndeene ya miitu iminene gucua nku riria kiri na mbura inene.
- Arimi nibwega barite ngugi amwe kumenyeera aturi baria bari thinene, antu bakuru, ciana, na antu bangi.

2. Gitira muunda kuumania na kwaraga kwa nduuji na mitheru gukamatwa.

Arimi ni bweega kubanga mwiunda yao mbere ya mbura ikinya:

- Theria guntu kuria nduuji ikurukagiira nikenda nduuji cieta na njira injega.
- Inja mitaro na njira injega cia kugitira nduuji iria igwita na mpui.
- Kiri miunda iria iri na irima na mitumbara, ika mpeji, mitaro ya contour, anda nyeki, na nkinya njira ingi cia kugitira gwita kwa mithetu.
- Tumira njira injega cia guketha ruuji na woke ruuji rwa mbura bweega.
- Utikareke ruuji rwita kiri miunda ya muturi, kana barabara, micii, kana guntu kuria ruuji tuumba kuthukia.
- Utikaande imera guntu kuria nduuji ciraraga magita jonthe kana kuria kuri na matwika ma miunda.
- Ongeru inya njira cia kugitira mithetu kuria kuri na irima inene.



- Nibwega arimi gutegagiira miunda Yao kagita Kari o na kuthithia ringi kuria kuthukite mbere ya mbura inene ikinya.

3. Gitira imera na biakuria.

Mbura inene yomba kuthukia imera na kwaraga kwa nduuji, gwita kwa mithetu na wingi wa ruuji.

Arimi Nibwega:-

- Guketha imera cia kura nkuruki ya gutiga imera miundene kuria ciumba gukamatwa ni nduuji na kwinyangika.
- Kuthuura mbegu injega cia kagita Karia getereete mbura inene na nkinya kuringana na ugaruruku.
- Kuanda imera iria ikuraga na mpui kuringana na guntu na magita.
- Kurima urimi nibwega kugitira mithetu na kwongera maketha.
- Kumenyeera biakuria kagita ka mbura inene na nkinya kagita ka rouge mbura yathira.
- Ika maketha bweega guntu gutina nduuji na tunyomoo twinyangia.
- Utikaande imera kuria nduuji ciitagiira, ruteere rwa miurone kana naria ruuji rumba gwitiira.

4. Miti na urimi uungene na miti.

Miti yomba kugitira mithetu na yongeeere kuumiria kwa muunda, indi nonkinya arimi boombe kumenyeera miti iria iri miundene bwega.

- Beete mbere Luanda miti na nkinya kugitira Miti Ka njira ya urimi Nibwega na njira ya kagita karaja ga kuejana biakuria na kugitira jaria jatuthiurunkite.
- Arimi baria bari na miti imikuru kana iminene nibwega bamitegeere bwega mbere ya mbura ikinya.
- Aria kwina gitumi, gita mpang'i iria itina inya, kama ciunikite, kana injumu kana cikuri muno mbere ya mbura na ruugo runene.
- Arimibatikagerie kuritira miti ta iko ngugi indi no bacue utethio aria bukwendeka.
- Menya ucioga mbira nthiguru ya miti kagita ga nkwa.

5. Gukinyia ntumiiri na kujukia matagaria ja mpui.

Gukinyia ntumiiri ni until bwa gitumi riria kwina thina ya riera.

- Ika thimu yaku na na ingi cia kwaraniria iri na mwanki.



- Ithirwa uri na njira ingi ya gwikira thimu mwanki uria kumbuka.
- Ika bweega namba cia gukinyagia ntumiiri cia mpui.
- Kagita ga nkwa na riria riera riathuka, thingatira njira injega cia kwigiyira na stoma.
- Ita na mbere kugwata ntumiiri cia thirikari, watho bwa matura, tumeme, TV, na kungi kuria umba kugwata ripoti.
- Utigakara na nteto cia urongo kana nteto iti cia uuma.

6. Uria ariti ngugi a TIST boomba kuthithia.

Ariti ngugi a TIST nibwega bajukie ntumiiri ya El Nino na mbura inene na kithomo kagita ka micemanio ya clasta.

Atiti Ngugi a TIST nonkinya:

1. Bamenyithie arimi mantu jegie mbura iria yeteri na mathina jaria joomba kwoneka riria kwagia na kwaraga kwa nduuji, kumomoko kwa mithetu, mpeni, nkungo inene na nkinya kugia kwa nduuji inyingi.
2. Baritane arimi kuthithia njira via gwiitiira ruuji na kwinja mitaro imiega ya gukurukia ruuji mbere ya mbura ikinya.
3. Bathomithanie njira injega cia guketha ruuji na cia kumenyeera mithetu.
4. Bamenye arimi na antu baria bari guntu nduuji ciraraga kana kumomokaga na baboneria bata wa kwibanga kwina kagita.

5. Kuririkania arimi njira injega cia kuriuka miurone na thina ya gwita kagita ka mbura inene kana utuku.
6. Kinyiiria bata ya umenyeri wa ciana, muno gukuhi na miurone ya magita na kagita ka gwita na gucoka kuruma cukuru.
7. Bwaririe magita jamega ja maketha, gwika maketha na umenyeri wa biakuria boa micii.
8. Ikira arimi inya kuthingatiira ntumiiri cia uma cia thirikari jegie umenyeri wa riera.
9. Kumenyithania riria kiri na thina gukurukiira WhatsApp, SMS na njira ingi cia gukinyaniria ntumiiri cia gitumi.
10. Ejana ripoti kuria kuri na thina kana ugwati ugukinyira arimi nikenda atongeria TIST boomba kumenya uria boomba gutetheria antu baria boona thina.

7. Kiririkania kia gitumi.

Ibange kuri na kagita-utigeteere mwanka mbura inene ikinya.

Murimi wonthe nonkinya ajukie itagaria ria kumenyeera-antu, bangi, micii, nyomoo, imera, miti, muthetu na biakuria. Ariti ngugi a TIST nibwega batumire micemanio ya clasta, ngathiti ya o mweru, WhatsApp na njira ingi cia gukinyia ripoti gutigiira arimi nibakugwata ntumiiri ya uuma magita jongwa.

Ikara wina umenyo. Ikara wibangite. Ikara na ugitiri.



Miti ya Gintwire: Imbiyo na niki iria na gitumi?

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

Muti Jwa Gintwire Nijuriku?

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

Niki Miti Ya Gintwire Iri Na Gitumi?

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

imingi ithiri. nutukwiritana iguri ria mawega ja miti iji ya gintwire iria itucigiritie. Riria twaanda miti ya gintwire, nitwiji miti iji igatethia ana betu,

Ni miti iriku ya gintwire?

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

Miti ya Gintwire ya Kenya

Cordia africana

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

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Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

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

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



TIST: Mutaratara jwa kuthingatiira riria muunda jwacinjia mwene- na njira ya kugaukanua, kwendia muunda, gukua kwa mumemba wa TIST na ingi.

Riendekithia rimwe riria rikitue ni nthiguru yonthe kiri biashara ya kaboni ni kwiga kamuunda ka biashara iji ya kaboni kamenyeretue gwa kagita karia miti ikajukia kaboni kuuma rerani na kumiika kiri muti na kiri mpang'i. Kiri TIST na miradi ingi iria iri na biashara ya kaboni, miti nonkinya ikwe iri moyo gwa kagita gatikunyiha miaka 30 iri muundene.

Kunari uu, nikugijaga na ugaruruku. Miunda imwe ikendua, ingi ikagaukanua kana ona mumemba wa gakundi agakua. Na, nitukwendwa ni watho wa ki manthiguru gutigiira miunda iji ni ukumenyerwa gwa kagita ga nkuruki ya miaka 30.

Uria ukathithia riria mumemba wa TIST akua kana muunda jwagaukanua kiri amemba ba famili.

1. Amemba baku ba gakundi nibathondeke mucemano na amemba ba famili ya mubatigi. Nibamenyithie famili ati muunda jwao jugeeta mbere kugwata mbeca jia kaboni. Amemba ba famili bamenye riiwa riticinjia rigekara o uria riakarii. Nibamenye ati no bagaukanie muunda jwao o uria benkienda, nobetikirie TIST gutaraga miti o uria yataraga kuuma ikwambiria. Marihi riria makeja, bakagaana o uria bakenda bari famili. Ririkana, TIST itibwiri gucinjia mikumbu ya miunda kuuma muunda jwa thungirua kiri PD (Project Design)
2. Ririkania amemba ati gwita na mbere na gwita ngugi ya TIST ni njira ya gitio kiri mubatigi. Bubu ni untu bwa gitumi muno. Batituika ba kwonaga mbeca cia baita kaboni na Co-benefits aki noo bageeta na mbere gutetheria kuthondeka ugaruruku wa rera.
3. Nkuruki, Bekire inya ya gwita mbere kuanda miti ingi na nkinya kumenyeera iria iandi.

4. Bamenyithie ntuku jia micemano ya clasta. Bonererie gitumi gia gwita micemano ya clasta kuthoma mantu jangi.

Uria ukathithia ria muunda wa TIST wendua

1. Amemba ba gakundi bathithie mucemano na uria agura muunda wina miti ya TIST.
2. Araniria nabo na ubamenyithie ati muunda jou bagurite jwina kaanya ga kugwata baita ya wendia wa kaboni kiri muradi wa TIST.
3. Bamenyithie ati nobambiririe gwita ngugi na muradi wa TIST boone baita cia kaboni, co-benefits na nkinya ithomo.
4. Tonkinya baande miti imweru nikenda boona baita. Miti iria yari ndeene ya muunda mbere ya bagura ikaleta baita. Ngugi yao nikwongera imweru aki.
5. Betithie kiri kithomo gia TIST na mutaratara wa gutara miti na kuriwa na ingi.
6. Beete kiri mucemano jwa clasta jou jungi. Bamenyithie kiri clasta na clasta ni ibagwate ugeni.
7. Menyithia clasta servant abongerere kiri gakundi kenu kanini.
8. Baririkanie ati ritwaria muunda riticinjia rigekara o riria riari au mbere (nuntu watho utigwitikiria tucinjia) no bakathi mbere kugwata baita.

Bekira inya ya gwita ngugi amwe na amemba bangi ba gakundi na nkinya clasta.

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**Kaguma TIST Cluster mari mucemano-ini wao mweri 3/09/2026.
Mucemano ucio ungi ugakorwo mweri 1/10/2026.**

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Kuhaririria arimi niundu wa El Nino na mbura nene.

Aria maheanaga uhoru wa riera na mikaana kuma kuri thirikari irauga ati mbura nene, oro hamwe na El Nino ni ikuonekana miena itiganite. Arimi a TIST, aruti wira a TIST, na andu othe mabatie kwihariria tene niguu kunyihia mitino ya andu, micii, nyamu, mimera na migunda.

1. Gitira andu na aria twitainwo.

- Rumiririra mikana iria tukuheo ya riera, mawatho ma ugitiri na mikana ya guthama kuma kuri thirikari na utongoria wa matura.
- Nyihia na mithiire itari na uguni mahinda ma mbura nene, na makiria mahinda ma utuku.
- Ndugakirire rui ruihuru, njuu cia mahinda, matiki, kana handu hothe mai marahanyuka. Ndukaneciririe ati handu hothe haria umenyereite ati ni hega angikorwo mai ni maingihite.
- Witheme na kundu kuria kwaraganu, kuria mai marahaga na kuria kugiaga na kwenyuka gwa tiri.
- Andu aria maikaraga kuria ngurumo kana kuria kwarahaga mai mabatie gwetha na kumenya kuria mangithamira riria kwagia na muihuro wa mai.
- Iga ciana kuraihu ma njuu na kuria kwarahu. Gitira ciana iria cirathii kana kuma cukuru, na makiria riria cirangina turui twa mahinda.

- Ndugaikare rungu rwa miti riria kuri na ngwa niundu wa heni na gwang'a cia miti kugwa.
- Witheme guthii mititu gatagati kungania ngu riria kuri na mbura nene.

- Arimi mabatie kuruta wira hamwe na kugitira aria mariganitie, andu aria akuru, ciana, oro hamwe na andu a itura.

2. Gitira migunda kwaraha na gakuo ni kigwu

Arimi mabatie kwihariria migunda yao mbere ya mbura nene kwambiriria:

- Theria kuria mai mageragira niguu mai matherere wega.
- Cimbura wega kuria mai mageragira wenje mikaro iria mai mangigerera.
- Kuria kuinamu na kuri na irima, thondeka mitaro, mitaro ya muthiururuko, handa nyeki, hamwe na maundu maria mangigitira tiri gukuo ni kiguu kana mai kuhanyuka.
- Tumira njira cia kugetha mai kuria unghota niguu kwiigira mai ma mbura wega.
- Ndukonererie mitaro ya mai miguranda-ini ya aria muriganitie, barabara, micii, kana kundu kungi oro guothe kuria mangithukia.



- Ndukahande mimera kundu kuria kwarahaga mai kana kuria tiri ukuagwo ni kigwu.
- Thondeka wega maundu maria manyitagirira tiri kuria kuinamu.
- Arimi mabatie guthurima migunda yao tene na guthondeka kuria mai mangiunira mbere ya mbura nene yuke.

3. Gitira mimera ya irio na irio iria ciikwo.

Mbura nene no ithukie mimera kuhitukira kuhitukira kwarahirwo, gukuo ni kiguo na mai kurugama.

Murimi abatie:

- Getha mimera iria mikuru mahinda maria magiriire handu ha kumitiga mugunda tondu no ithererio kana ithukio.
- Thura mimera na mithemba iria yaganiriire na riera na mahinda.
- Thura mimera iria ikura na ihenya mahinda maria magiririru.
- Huthira conservation farming niguo kugitira tiri na kwongerera maciaro ma irio.
- Menyerera uige irio na wiharirie niundu wa ngaragu mbura yathira.
- Iga irio iria ugethete handu hega, haniaru hatari na mai, tutambi na ugungu.

- Ndu kahande mimera kuria kwarahu, rutere-ini wa rui na kundu kungi kuria mai mangihitukira materigiriirwo.

4. Miti na agroforestry.

Miti no iteithiririe tiri na kunuria migunda, no arimi mabatie kumenyerera miti wega.

- Thii na mbere kuhanda miti na kumenyerera miti iri ta umenyereri wa urimi niundu wa kugia na kimera kiega na kumenyerera maria maturigiciirie.
- Arimi aria na miti mikuru kana miti minene mabatie kumithurima mbere ya mura kura.
- Kuria kwagiriire, ceha miti iria itari na hinya, mithuku, miumu kana iria iri na hwang'a ikurite muno mbere ya mbura nene na huho nene.
- Arimi matiagiriire kurutira wira miti iria iri na ugwati; etha uteithio kuria kwagiriire.
- Ndu gaikare rungu rwa miti hingo ya marurumi.

5. Kwaraniria na wihariria hingo ya ugwati.

Kwaraniria ni kwagiriire hingo guthuka kwa riera.

- Iga thimu cianyu na indo iria ingi ciri na mwaki (charged).



- Gia na indo ingi cia gucharge kungihotekeka.
- Iga contact cia bata handu ingikinyirika raithi.
- Hingo ya marurumi na riera rithuku, ukirumirira mawatho ma thitima.
- Thii na mbere guthurima mohoro kuma kuri thirikari, wathani wa matura, radio, television na kundu kungi kuria unghoka.
- Ndu kehoke ndeto cia muhuhu kana ndeto itari thurime kuma social-media.

6. Uria aruti wira a TIST mabatie gwika.

Aruti wira a TIST mabatie kwihariria niundu wa El Nino na mbura nene riria marathomithia micemano-ini ya clasta:

1. Menyithia arimi kiria kingihanika mbura yaura na ugwati uria ungirehwo ni kwaraha kwa mai, tiri gukuo ni kigwu, heni, huho nyingi na mai kwaga gutherere.
2. Hinyiriria arimi gutheria mitaro ya mai na gucimba wega mitaro mbere ya mbura nene.
3. Araniriai umwe na uria ungi ugoro wa kugetha mai na kugitira tiri.
4. Menyai arimi na andu aria mari hatika-ini cia kwarahirwo na kuria mangikuo ni tiri na kumaiguithia makorwo mehariiire.

5. Ririkania arimi njira njera cia kuringa rui na mogwati ma guthii riria kuri na mbura nene kana utuku.
6. Kinyiriria ugitiri wa ciana, makiria aria maikaraga hakuhi na turui twa mahinda na guthii na makiuma cukuru.
7. Ariririai uria mukugetha, kuiga mageha na umenyereri wa irio.
8. Encourage farmers to follow official government weather and safety information. Hinyiriria arimi kurumirira mataro ma thirikari ma riera na ugitiri wanyu.
9. Gayanai mikana ya bata kuhitukira WhatsApp, SMS na mithemba ingi oro yothe ya ukinyaniria.
10. Mogwati mangiyumiria kana mathina kuri arimi menyithia utongoria wa TIST niguo mone uria mangiteithania na aria mahatiriirio.

7. Undu wa bata kuririkana.

Wiharirie tene – ndugeterere nginyagia mbura ikaura.

Murimi oro wotha abatie kuoya makinya ma kugitira andu, micii, mahiu, mimera, miti, tiri na irio. Aruti wira a TIST mabatie kuhuthira micemano ya clasta, ngathiti, WhatsApp na mithemba ingi ya ukinyaniria niguo arimi makinyirwo ni mohoro makinyaniru.

Ikara na umenyo. Ikara wihariiire. Ikara wigitiire.



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

Arimini a TIST nimahandaga miti mithemba ngurani imwe yao iri miti ya matunda, miti ya mahuti ma mahiu, miti ya kuongera unoru wa tiri na ingi ya gwatura mbau. Arimi angini marahanda miti ya kiunduire muno.

Muti wa kiunduire ni uriku?

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

Miti ya kiunduire ni ya bata nikii?

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

Hindi iria twahanda miti ya kiunduire migunda-ini itu, nitukoragwo tugitheremia miti iria ikoretwo iri ya uguni kuri aciari aitu, na iria igokorwo

na uguni kuri njiarwo iguuka hamwe na nyamu cia githaka..

Mithemba ya miti ya kiunduire (indigenous)

Kenya kwina miti ya kiunduire mithemba miingi muno.

Ngerekano nita;

Cordia Africana, muringa.

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

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

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



TIST: Mubango wa guteithia riria ithaka cia TIST ciacenjia ene – Kuhitukira migunda kugaywo, migunda kwendio, gikuu kia mumemba wa TIST etc.

Maundu mamwe maria mabatarikanaga na makambuni ma thi yote maria marugamagirira biacara ya carbon ni kuiga ithaka cia carbon wega nginyagia riria carbon (ikagethwo kuma kuri riera na kuiga kuri muti na macang’l) Thiini wa program cia TIST uhandi wa miti ya carbon, miti ibatii gukurio handu-ini ha miaka 30 thiini wa githaka.

Hamwe na uguo, maundu mangi ni macenjagia. Ithaka imwe cikendio, ingi cikagayano kana mumemba wa small group gukua. No riri, turabatarikana na ikundi cia thi kumenyerera ithaka na miti handu-ini ha miaka 30.

Uria ubatie gwika riria mumemba wa TIST akua kana mugunda wagayanwo ni family.

1. Amemba a gurubu yanyu nini mabatie gwita mucemano na family ya aria makuiirwo na aria mabatie kugaya ucio uhurukite. Mataririe ati githaka kiao no kirathie na mbere kwamukira faida marihi ma carbon. Amemba a family no mahuthire ritwa ria githaka kiao riria riahuthagirwo ni uria uhurukite. No mature mugunda no metikirie TIST guthii na mbere na gutara miti ya githaka kiao o ta uria yari mbere. Riria marihi moka, no magayane uria mangiigwithania. Menya wega, TIST nditikirikio kuingirira mihaka ya ithaka ta uria iri thiini wa Project Design (PD).
2. Maririkanie kwirutira program-ini cia TIST no kio kiheo kiria mangihee uria uhurukite. Ngumo ni ya bata muno. Mariamukagira maundu mega na kugayana faida, oro ho magateithiriria thi kuhurana na gucenja kwa riera.

3. Hamwe na uguo, momiririe guthii na mbere kuhanda miti migunda-ini yao na gutungata iria ihanditwo.
4. Mare uria micemano ya clasta ithiagwo. Maguciririe guka micemano ya clasta nigu mathome maundu mangi maingi.

Uria ungika riria githaka gia TIST kiendio.

1. Amemba a ngurubu nini yanyu mabatie gwita mucemano kwa ucio wa gura mugunda uria uri na githaka kia TIST.
2. Mamenyithie at githaka kiu no kirataranirio na carbon project na kiri thiin wa TIST program.
3. Na no mambiririe guthii na mbere na program cia TIST na guteithika na maundu maria mega, kugayana faida na guthomithio ni TIST.
4. Matirabatarikana kuhanda miti ingi nigu mamukirwo. Miti iria iri githaka-ini kiria magurite ni irametikiria. Mangienda no mahande miti ingi mieru.
5. Matwarithi uria githomi gia TIST gikagwo na njira ya gutara miti, na marihi ets.
6. Mere riria gugakorwo na mucemano wa clasta. Matware na ureke amemba aria angi a clasta mamwamukire.
7. Uria muruti wira wa clasta amwongerere gikundi-ini kinini kianyu.
8. Maririkanie ati ritwa ria githaka giguikara na ritwa oro riu (tondu mawatho matiratwitikiria gucenja) no nimetikiritio kugunika na ritwa riu.

Maringiririe kwirutira thiini wa ngurubu nini na mawira ma clasta.

Mazingira Bora

Newsletter October 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

Kiswahili 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.



**Kaguma TIST Cluster wakiwa kwa mkutano wao tarehe 3/09/2026.
Mkutano ujao utakuwa tarehe 1/10/2026.**

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 - ✓ Miti ya asili: Je, ninini, na yana umuhimu upi? Page 5
 - ✓ TIST: Miongozo wakati TIST Grove inabadilisha umiliki - Kupitia sehemu ndogo ya ardhi, uuzaji wa ardhi, kifo cha mwanachama wa TIST n.k. Page 6



Kuandaa wakulima kwa El Niño na mvua kubwa.

Utabiri wa hali ya hewa na maonyo kutoka kwa mamlaka ya serikali yanaonyesha kuwa mvua kubwa, ikiwa ni pamoja na uwezekano wa hali ya El Niño, inaweza kutokea katika baadhi ya maeneo. Wakulima wa TIST, Watumishi wa TIST, na jamii wanapaswa kujiandaa mapema ili kupunguza hatari kwa watu, nyumba, mifugo, mazao na mashamba.

1. Linda Watu na Familia.

- Fuata maonyo ya hali ya hewa, maagizo ya usalama, na ushauri wa uhamishaji kutoka kwa serikali na mamlaka za mitaa.
- Epuka kusafiri bila ya lazima wakati wa mvua kubwa sana, haswa nyakati za usiku.
- Usivuke mito iliyofurika, mito ya msimu, madaraja, au maji yaendayo haraka. Kamwe usifikirie kuwa kivuko kinachojulikana ni salama wakati viwango vya maji vimeongezeka.
- Epuka maeneo ya tambarare, maeneo yanayokumbwa na mafuriko, na maeneo yaliyo katika hatari ya maporomoko ya ardhi.
- Familia zinazoishi katika maeneo ya tambarare au maeneo yanayokumbwa na mafuriko zinapaswa kutambua sehemu iliyo salama na ya juu zaidi ambapo wanaweza kuhamia mafuriko yakitokea.

- Weka watoto mbali na mito na maeneo yaliyofurika. Kuwa mwangalifu zaidi wakati watoto wanasafiri kwenda au kutoka shuleni, haswa pale ambapo lazima wavuke mito ya msimu.
- Usijikinge chini ya miti wakati wa radi kwa sababu ya hatari ya radi na matawi kuanguka.
- Epuka kuingia ndani kabisa ya misitu kutafuta kuni wakati wa mvua kubwa.
- Wakulima washirikiane kuangalia majirani walio hatarini, wazee, watoto na wanajamii wengine.

2. Linda mashamba na mafuriko na mmomonyoko wa udongo.

Wakulima waandae mashamba yao kabla ya mvua kubwa kuanza:

- Safisha mifereji iliyopo ili maji yaweze kutiririka kwa uhuru.
- Chimba mifereji na mitaro ifaayo ili kudhibiti maji yanayotiririka.
- Kwenye ardhi yenye mteremko na yenye vilima, tumia matuta, mifereji ya kontua, vipande vya nyasi, na hatua nyinginezo za kuhifadhi udongo na maji ili kupunguza kasi ya mtiririko wa maji.
- Tumia mbinu za kuvuna maji inapofaa ili kunasa na kuhifadhi maji ya mvua kwa usalama.
- Epuka kuelekeza maji ya mifereji ya maji kwenye mashamba ya jirani, barabara, nyumba, au maeneo mengine ambayo yanaweza kusababisha uharibifu.



- Usipande mimea katika maeneo yanayojulikana kwa mafuriko mara kwa mara au katika maeneo ambayo yanaweza kuathiriwa na maporomoko ya ardhi.
- Imarisha hatua za kuhifadhi udongo katika maeneo yenye miteremko mikali.
- Wakulima wanatakiwa kukagua mashamba yao mapema na kutengeneza mifereji dhaifu kabla ya mvua kubwa kunyesha.

3. Linda Mazao na Usalama wa Chakula.

Mvua kubwa inaweza kuharibu mazao kupitia mafuriko, mmomonyoko wa ardhi na mafuriko. Wakulima wanapaswa:

- Kuvuna mazao yaliyokomaa kwa wakati badala ya kuyaacha mashambani ambako yanaweza kusombwa na maji au kuharibika.
- Chagua mazao na aina zinazofaa kwa hali ya hewa inayotarajiwa na hali ya mahali hapo.
- Zingatia mazao ya chakula yanayokua haraka pale yanapofaa kwa eneo na msimu wa eneo husika.
- Fanya mazoezi ya kilimo hifadhi ili kulinda udongo na kuboresha uzalishaji wa chakula.
- Dumisha akiba ya chakula na ujitayarishe kwa mafuriko na vipindi vya kiangazi vinavyowezekana baada ya mvua.
- Hifadhi chakula kilichovunwa katika sehemu salama, kavu zilizokingwa na maji, wadudu na ukungu.

- Epuka kupanda mimea kwenye mifereji ya mafuriko, kingo za mito na maeneo mengine ambayo kuna uwezekano mkubwa wa maji kwenda kwa kasi.

4. Miti na Kilimo mseto.

Miti inaweza kusaidia kulinda udongo na kuboresha ustahimilivu wa shamba, lakini wakulima wanapaswa pia kusimamia miti iliyopo kwa usalama.

- Kuendelea kupanda na kulinda miti inayofaa kama sehemu ya kilimo hifadhi na usalama wa chakula na mazingira wa muda mrefu.
- Wakulima wenye miti mikubwa au mikubwa waikague kabla ya mvua kunyesha.
- Inapobidi, kata kwa usalama matawi dhaifu, yaliyoharibika, yaliyokufa au yaliyositawi kabla ya mvua kubwa na upepo mkali. Wakulima wasijaribu kufanya kazi ya miti hatari wenyewe; tafuta usaidizi ufao pale inapobidi.
- Usijikinge chini ya miti wakati wa radi.

5. Mawasiliano na Maandalizi ya Dharura

Mawasiliano ni muhimu hasa wakati wa hali ya hewa kali.

- Weka simu za rununu na vifaa vingine muhimu vya mawasiliano vikiwa na chaji.
- Kuwa na mipangilio mbadala ya kutoza inapowezekana.



- Weka anwani muhimu za dharura zinapatikana kwa urahisi.
- Wakati wa radi na hali ya hewa kali, fuata tahadhari zinazofaa za usalama wa umeme na kifaa.
- Kuendelea kufuatilia taarifa za kuaminika kutoka kwa mamlaka za serikali, utawala wa mitaa, redio, televisheni na vyanzo vingine vinavyoaminika.
- Usitegemee uvumi au taarifa za mitandao ya kijamii ambazo hazijathibitishwa.

6. Watumishi wa TIST Wanafaa Kufanya Nini.

Watumishi wa TIST wanapaswa kufanya El Niño na maandalizi ya mvua kubwa kuwa mada muhimu wakati wa Mikutano ya Nguzo.

TS inapaswa:

1. Kuhamasisha wakulima juu ya mvua zinazotarajiwa na hatari zinazohusiana na mafuriko, maporomoko ya ardhi, umeme, upepo mkali na mafuriko.
2. Wahimize wakulima kusafisha mifereji ya maji na kuchimba mitaro ifaayo kabla ya mvua kubwa kunyesha.
3. Jadili uvunaji wa maji na mazoea ya kuhifadhi udongo.
4. Tambua wakulima na jamii katika maeneo yanayokumbwa na mafuriko na maporomoko ya ardhi na kuhimiza maandalizi ya mapema.

5. Wakumbushe wakulima kuhusu vivuko salama vya mito na hatari za kusafiri wakati wa mvua kubwa au nyakati za usiku.
6. Sisitiza usalama wa watoto, haswa karibu na mito ya msimu na wakati wa kusafiri kwenda na kutoka shuleni.
7. Jadili uvunaji kwa wakati, uhifadhi wa chakula na uhakika wa chakula cha kaya.
8. Wahimize wakulima kufuata taarifa rasmi za serikali kuhusu hali ya hewa na usalama.
9. Shiriki maonyo muhimu kupitia WhatsApp, SMS na njia zingine zinazofaa za mawasiliano.
10. Ripoti hatari kubwa au matatizo ibuka yanayoathiri wakulima ili uongozi wa TIST ufikirie namna bora ya kusaidia jamii zilizoathirika.

7. Kikumbusho Muhimu

Jitayarishe mapema—usisubiri hadi mvua kubwa ifike.

Kila mkulima achukue hatua za kiutendaji kulinda watu, nyumba, mifugo, mazao, miti, udongo na chakula. Watumishi wa TIST wanapaswa kutumia Mikutano ya Nguzo, majarida, WhatsApp na njia nyinginezo zinazofaa za mawasiliano ili kuhakikisha kwamba wakulima wanapata taarifa kwa wakati na za kuaminika.

Endelea kufahamishwa. Kaa tayari. Kaa salama.



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

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

Mti wa kiasili ni upi?

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

Miti ya asili ina umuhimu?

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

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

Wakati tunapopanda miti ya asili kwenye mashamba yetu, tunasaidia kulinda aina

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

Aina zipi za miti ni wazawa (indigenous)?

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

Miti ya asili nchini Kenya

Cordia africana

Meru oak, muhuru, (*Vitex keniensis*)

Mugumo, Mirumba, (*Ficus thonningii*)

Podo, Muthengera (*Podocarpus falcatus*)

Mwiria, (*Prunus africana*)

Mutoo, mukeu, *Dombeya rotundifolia*

Murubati, Muuti, (*Erythrina abyssinica*)

Sesibania, (*Sesbania sesban*)

Muuuku (*Terminalia brownii*)

Mikongoro, (*Acacia albida*)

Mihogoro, (*Acacia abyssinica*)

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

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



TIST: Miongozo wakati TIST Grove inabadilisha umiliki - Kupitia sehemu ndogo ya ardhi, uuzaji wa ardhi, kifo cha mwanachama wa TIST n.k.

Mojawapo ya mahitaji yaliyowekwa na mashirika ya Ulimwenguni ambayo yanadhibiti biashara ya utoaji wa hewa ukaa ni hitaji la kuweka shamba la mradi wa kaboni katika kipindi ambacho kaboni itatwaliwa (inayovunwa na miti kutoka angahewa na kuhifadhi katika vigogo na matawi ya miti). na programu zingine zinazofanana za upandaji Miti ambazo zinafanya miradi iliyotengwa na Carbon, miti lazima iwekwe hai kwa muda usiopungua miaka 30 ndani ya shamba hilo.

Walakini, mabadiliko kadhaa hufanyika wakati huu. Baadhi ya Groves zinauzwa, zingine zimegawanywa au mwanakikundi Kidogo anakufa. Hata hivyo, tunatakuwa na kanuni za ulimwengu kuweka miti hiyo na miti yake bila kudumu kwa muda wa miaka 30.

Nini cha kufanya Mwanachama wa TIST anapokufa au ardhi imegawanywa kati ya wanafamilia.

1. Wanakikundi chako Kidogo wanapaswa kuitisha mkutano na wanafamilia waliofariki ambao ni wanufaika wa mpendwa aliyeaga. Waelezee kwamba Groves zao bado zinastahili kuendelea kupokea faida ya mapato ya kaboni katika siku zijazo. Wanafamilia bado watahifadhi jina la Groves waliokuwa chini ya uangalizi wa mwanafamilia wao aliyefariki. Wanaweza kugawa ardhi yao kidogo, lakini waruhusu TIST kuendelea kukadiria shamba asili jinsi lilivyoundwa. Malipo yanapokuja, wanaweza kushiriki kulingana na makubaliano yao wenyewe. Tafadhali kumbuka, TIST hairuhusiwi kubadilisha mipaka ya miti shamba mara tu Grove itakapojumuishwa katika hati za Usanifu wa Mradi (PD).
2. Wakumbushe ushiriki wao katika mpango wa TIST ni heshima bora wanayoweza kumpa marehemu wao. Urithi huo ni muhimu. Hawatakuwa tu wakipata faida za ushirikiano na sehemu ya faida, lakini watakuwa wakisaidia sayari ya dunia kupambana na athari za mabadiliko ya hali ya hewa.

3. Zaidi ya hayo, wahimize kuendelea kuongeza miti zaidi katika shamba lao huku wakiendelea kutunza miti ambayo tayari imepandwa.
4. Wape ratiba za mikutano ya Nguzo. Wahimize kuhudhuria mikutano ya Nguzo ili kujifunza mada nyingine muhimu.

Nini cha kufanya wakati TIST Grove inauzwa.

1. Wanachama wa Kikundi chako Kidogo wanapaswa kuitisha mkutano na mmiliki mpya wa ardhi ambapo TIST Grove iko.
2. Zungumza nao na uwajulishe kuwa Grove waliyonunua bado inastahiki mradi wa kaboni katika mpango wa TIST.
3. Kwamba wanaweza kuanza kushiriki katika mpango wa TIST na kunufaika na manufaa ya pamoja, kugawana faida na Mafunzo ya TIST.
4. Hawana haja ya kupanda miti mipya ili kustahili. Miti ambayo tayari ilikuwa kwenye Grove waliyonunua tayari inafuzu. Wanahitaji tu kupanda miti mipya ya ziada!
5. Wapeleke kwenye Mafunzo ya TIST na taratibu za Ukadiriaji, malipo n.k.
6. Waalike kwenye mkutano wako ujao wa Nguzo. Watambulisha na acha Kundi kuwakaribisha.
7. Uliza mtumishi wa Nguzo kuwaongeze katika Kikundi chako Kidogo.
8. Wakumbushe jina la Grove bado litabaki na jina la mmiliki wa awali (Kwa sababu sheria hazituruhusu kubadilika) lakini sasa watakuwa wanufaika.

Wahimize kwa shughuli kushiriki katika shughuli zako za Kikundi Kidogo na Nguzo.

Mazingira Bora

Newsletter October 2026

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Kikamba Version

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**Kaguma TIST Cluster wakiwa kwa mkutano wao tarehe 3/09/2026.
Mkutano ujao utakuwa tarehe 1/10/2026.**

- Inside:**
- ✓ Kumbany'a aimi iulu wa mbua mbingi ya El Nino. Page 2
 - ✓ Miti ya kiene (Kikamba): Yo ni yiva na niki yavata? Page 5
 - ✓ TIST: Walanio wa undu nguthu ya miti ya TIST itonya usesya mwene kwa nzia ya kitheka kuaanwa, kitheka kutewa kana kikw'u kya memba wa TIST. Page 6



Kumbany'a aimi iulu wa mbua mbingi ya El Nino.

Uvinduku wa nzeve na muvea ula uthianaa movinduku wa silikali wiasya kwina mbua mbingi ikwikwatiw'a kua mbua ino nguvi ya nthwa na muno iilye ta El Nino ila ikethiwa isioni imwe. Aimi ma TIST, athukumi ma TIST na kila mbai yi kenya niyaile kwiymbanisya tene mbua ino nikana kusia wanangiko kwa andu, misyi, mimea na miunda.

1. Kusuvia andu na misyi.

- Atiia mokanyo na motao ala manenganitwe ni silikali iulu wa uvinduku wa nzeve, undu wa kwisuvia na weewa uthame uyitikila.
- Ndambuka itesya vata ekana nasyo ivindani yila kwina mbua munamuno utuku.
- Ndukakile usi wusie kiw'u, withwe ni mukao kana usi, kiao kiw'u kisile iulu kana kiw'u kisembete. Ndukavuthye kana kwasya niwisi nzia ya usi wikiw'u.
- Vatonyeka ndukatembeele syandani, kula kwi sookea, kana isio ila kiw'u kyusuaniaa kana isoo na isio ila itonya utuuuka.
- Andu ala itheka na misyi yoo yi nguumo na isio ila ndindimalu kiw'u kyusuaniaa nimaile kumantha isio syinyiulu vala matonya kwamba uthamiia nginya mbua kuoleka.
- Suvia syana kumana na mbusi na isio ila situuumanaa kiw'u na isoo. Kaingi ikiithya syana ni nzuviiku yila sumite kana kuthi sukulu munamuno ethiwa nimesilaa vandu ve usi na kiw'u.

- Kuyaile kwiyusya kana kwivitha mbua ungu wa miti ila miasa nundu wa kukavukiwa ni ngava naingi kitandaliki na utisi nimuisyo munene ethwa kikakwata muti usu.
- Ndukathi kunangu mitituni ivindani yii ya mbua mbingi.
- Aimi nimaile ukwatana vamwe kusuvia atui moo, andu ala akuu na syana vamwe na w'onthe ula utonya ukitikiwa ni muisyo ivindani ya mbua ino.

2. Suvia muthanga kukuwa ni kiw'u

Aimi nimaile kwambiia uvuthya na kuseuvya miunda yoo mbee wa mbua kwambiia.

- Thesya mitau na nzia sya kiw'u kikiko withie vai kindu kiukisiia.
- Inza mitau na kwale sya usiia kiw'u kusemba miundani.
- Kundu kula kwina ivauuko kana mitiuuko tumia nzia ya laini kuima, vanda nyeki ikelene na nzia ingi sya kuola kiw'u kusemba muno ivauukoni.
- Tumia nzia nzeo sya uketha kiw'u kya mbua.
- Ndukathukiisye kiw'u kithekani kana muundani wa mutui, kana kukyelekelya misyini yeene, malelu vala kitonya kwananga.



- Ndukavande kula kutindiaa kana kutwiikaanaa kiw'u, kana isioni ila muthanga utiuukaa wanywa kiw'u kingi.
- Lulumiilya mitau na kuola kiw'u kusemba isioni sya mitiuuko.
- Muimi niwaile usisya muunda wake tene kana vevandu ukwenda kutungiiwa mbee wa mbua nene kwambiia.

3. Suvia mimea na liu.

Mbua nene niyanangaa mimea kwa kukua muthanga kana kutuumana kwa kiw'u. Muimi niwaile.

- Kuketha liu ula mwiu ivindani vandu va kuueka muundani vala ikuendee kwanangwa ni kiw'u.
- Sakua mbeu ila itonya kumiisya mbua mbingi.
- Sisya mivea ya mimea ya liu ila ikuaa ivinda inini kukethwa na ila nzeo kwa kisio kyaku.
- Tumia nzia nzeo ya nima ya kusuvia nikana kusuvia muthanga kwondu wa ivinda ya thano itina wa mbua.
- Iyyumbany'e kwa kwia liu utonya utumia ethiwa nikuaa muno kana yua itin wa mbua.
- Suvia ngetha kwa kumia vaasa na kiw'u, mbuka na ngulu.
- Ndukavande liu nziani sya kiw'u kana utee wa mbusi kana isioni ila wisi kiw'u nikikwisila.

4. Miti na kuvanda miti na liu.

Miti nitonya kusuvia muthanga na kwailya unou wa muthanga, indi aimi nimaile kuungamia miti ila yivo kwosuviiiku.

- Endee na uvanda na kusuvia miti ta nzia imwe ya nima ya kusuvia kwondu wa usuviikuwa mawithyululuko na usuviiku wa liu.
- Aimi ala mena mmiti mikuu kana minene nimaile umisisya kana nilumu mbee wa mbua kua.
- Vala vevata, sea miti ila myonzu, mbanangiku, ngava ila mbumu na ila imeete nai mbee wa mbua na kiseve kina vinya kwambiia.
- Muimi ndiale kwambiia wia wina muisyo wa kutema miti, matha utethyo kwa ala mena utuika.
- Ndukeyusye kana kwivitha mbua ungu wa muti ivindani ya kitandaliki na utisi.

5. Nzia sya Uneenany'a na kwiymbanisa miisyo kana kitaee kila kitonya uvithuka kwa mituki.

Nzia sya kuvikya utumani kana uneenania kwa mituki ivindani ya nzeve thuku nikwavata.

- Ikalya simu ya kw'oko yina mwaki na yivakuvi.
- Ikiithya wina nzia ya ikia simu mwaki ona sitima ukethiwa utevo.
- Ikiithya namba sya kukuna yila vena vata wamituki winasyo vakuvi.



- Ivindani ya kitandaliki na kitundumo ikiithya niwatumia wisuviite syindu ila itumiaa sitima.
- Ikala withukiisye mwolooto ula silikali ikunenange ethiwa mbua niyaingiva kwisila kamemeni, utongoi wa kisio, tiivii na kwisila nziani sya uneenany'a ila siikiika.
- Ndukaikiie uvoo na nguma kuma mitandaoni ila itemiikiithye.

6. Undu athukumi ma TIST maile kwika.

Athukumi ma TIST nimaile kwiymbanisya mbua nene na kuneenanisya maundu mavata na maito nthini wa mbua ino ikwikwatiw'a kwithiwa yi mbingi kana elnino.

Muthukumi wa TIST aile:

1. Kumanyithya aimi iulu wa mbua ila yukite na mavuso mathuku ala mokanasya kusuania kwa kiw'u, muthanga kutiuuka, utisi na kitandaliki, kikungi kana kiseve kingi na nzookea.
2. Kuthuthya imi iulu wa mitau ya utwaa kiw'u na undu wa kwinza mitau/ mbenzi mbee wa mbua kwambiia.
3. Neenanisyai iulu wa kuketha kiw'u na undu wa usuvia muthanga.
4. Kumanya aimi ala me isioni ila itonya utuumana kiw'u, kula muthanga kana mavia matuuukaa na kumathuthya meyumbanie tene.

5. lilikania aimi kwisuviana na mbusi yila meukila na muisyo ula utonya ukitika ivindani ya ndambuka masaa ma utuna na yila kwina mbua mbingi.
6. Nthingiliilai usuviiku wa syana, muno tulusini tula tutekalasya kiw'u masaani ma kuthi na kuma sukulu.
7. Neenanisyai undu wa kuketha ivindani yila yaile na undu wa kusuvia na kwia liu nesa.
8. Thuthyai aimi kuatiia mwolooto wa silikali iulu wa nzeve na kwisuvia.
9. Ethiwa nimwakwata utisyo wa muisyo yaiikyai kwa kutumia utumani munini (sms), whatapp kana nia ingi ila utonya umanyithya aimi ala me muisyoni wa kukitikiwa ni mbanga kumanan na mbua mbingi.
10. Nengane livoti kwa utongoi wa TIST ethiwa ve aimi makitikiwe ni mathina kana muisyo nikana utongoi wone nata utonya kwithiwa umatethya naw'o.

7. Kililikany'o kyavata.

Iyumbany'ei tene - muiketeele mbua yingive nikana mwiymbany'e.

Muimi niwaile kwosa matambya tene ma kusuvia andu make, musyi, indo, mimea ya liu, miti, muthanga na liu wa uya ivindani yiu ya mbua. Athukumi ma TIST nimaile utumiambumbano sya ngwatanio, mathangu ma kila mwai (Newsletter), WhatsApp na nzia ila ingi nzeo sya uneenany'a na aimi kwa uvoo muikiithye.

Ikalya wimumanyithye. Ikala wiyumbaniteye. Ikala wi musuviiku.



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

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

Muti wa kiene niwiva?

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

Niki Miti ya kiene niyava ?

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

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

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

Ni mithemba yiva ni yakiene ?

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

Miti ya Kiene kuma Kenya.

Cordial africana.

Meru Oak, Muhuru (*Vitex Keniensis*).

Mugumo, Mirumba, Muumo (*Ficus Thonningii*).

Podo, Muthengera (*Podocarpus Falcatus*).

Mwiria (*Prunus Africana*).

Mutoo, mukeu, (*Dombeya rotundifolia*).

Murubati, Muuti, (*Erythrina Abyssinica*).

Sesibania, (*Sesbania Brownii*).

Mikongoro, (*Acacia Albida*).

Mihogoro, (*Acacia abyssinica*).

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

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



TIST: Walanio wa undu nguthu ya miti ya TIST itonya usesya mwene kwa nzia ya kitheka kuaanwa, kitheka kutewa kana kiku'u kya memba wa TIST.

Kindu kimwe kyendekaa nthini wa kambuni sya Nthi yonthe ila isyaanasya na undu nzeve itavisaa ikumwa

niyendaa kwikala ikisisya undu nguthu ya miti ikwikala ivinda yiana iendee na kwosa nzeve ino itavisaa kuma kwa mawithyululuko (nzeve ino yiawa nthini wa mithamba ya miti na ngava). Nthini wa walanio wa Tist na mawalanyo angi ala makuna wia uu wa kuvanda miti na kuta nzeve itavisaa, miti yaile ikala vandu va iiyiva myaka 30.

Onakau, movinduku nimethiitwe kwa ivinda, nguthu imwe sya miti kutewa, ingi kuaanwa kana memba aketwa. Na vailye uu nitukwendeka ni kambuni ila iungamie ndunyu ino ya nzeve itavisaa kwikalya miti ino yivo na iilye nesa kwa ilungu ya myaka ta 30.

Undu wa kwika yila memba umwe wa TIST wakw'a, kana kitheka kyaanwa.

1. Amemba ma Kakundi kenyu nimaile umbana na musyi wa ula memba ula mwite. Maelesye iulu wa undu matonya kuendeesya nguthu ya miti ila watia na nuu utonya ukwatiia mwanya wake na kumuelesya vaita ula utonya ukwata kwa TIST ivinda yukite. Memba uyu kuma musyibni uyu niwikalasya isyitwa ya ula unai mwene nguthu ino ya miti na kumitua tawe memba. Nimatonya kuaana kitheka/muunda na kuka TIST iendee na uvitukithya kisio kila kivanditwe miti. yila ndivi yooka nimatonya kuaana undu mew'anite. Kwandaia manya, TIST ti ndonyethye kuseuvya muvaka wa nguthu ya miti yamina uvitukithya na kwikiwa nthini wa mathangu ma Project design (PD).
2. Malilikanie kana undu mathukuma nthini wa walanio wa TIST niyo ndaia ya muthya matonya unenga usu woo mwite, nundu isu nisyo nguma ila wa matiia. Ti kwithiwa makakwata vaita wa Ndivi ya vaita wa kuaana w'oka indi nimeukwata vaita wa kwailya movinduku ma nzeve.
3. Kuendee mathuthye kuendee kwongela miti kithekani kyoo na kusuvia vamwe na ila mivande.

4. Matavye undu mumbanaa ta ngwatanio na ni indii na niva. Mathuthye kuvika mbumbanoni na kumanyiw'a maundu mavata.

Undu wa kwika ethiwa nguthu ya miti ya TIST niyathoow'a.

1. Amemba ma kakundi kenyu nimaile umbana na mwene kitheka kiu kite kina miti ya TIST.
2. Nenai na mo na kumaelesya kana nguthu ino ya miti no iendee na kwithiwa yi walanio wa TIST na kuiva na tani sya nzeve itavisaa (carbon)
3. Muelesyei nutonya kuendee na isyitwa ya ula unamutee kitheka na kukwata vaita kuma miti muvakaona vaita wa kuaana na momanyisyo ma TIST.
4. Maina vata wa uvanda miti myeu nikana metikilike. Nundu miti ila yikisioni kiu inai mivitukithye na yiendee kumune vaita ula inanengae mwene, kila matonya ika nokuvanda miti ingi kwongeleela..
5. Mesilye momanyisyonni ma TIST na mawalanio na ndivi sya TIST.
6. Muthokyei nthini wa wumbano wa ngwatanio yenyu, mamanyithanie na muimathokya ngwatanioni.
7. Kulya muthukumi wa ngwatanio kumwongela kakundini kenyu.
8. Mulilikanie kana isyitwa ya nguthu ino ya miti yiikala na isyitwa ya ula unai mwene (nundu miao ya TIST ndinenganite mwanya wa uvindua isyitwa), indi nimo ene vaita ula ukwisila isyitwani yiu.

Mathuthye maunduni ala mekwika ni kakundi kenyu na ngwatanio nikana onamo meke.

Mazingira Bora

Newsletter October 2026

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- Inside:** ✓ Ke tete Temik akobo Roptab El Niño ak Ropwek che Echeen. Page 2
- ✓ Ketikab kipkaa: Ochon choton ak amunei asikobo komonut. Page 5
- ✓ TIST: Ng'olion nebo oloon kawalak eunekab telelchinetab Timto nebo TIST - Koyoob pjeetab mbaret, aldaet, meetab membayatab TIST, ak alak. Page 6



Ke tete Temik akobo Roptab El Niño ak Ropwek che Echeen.

Kereetab atebetab emeet ak kateuneet koyob serikali nebo emeet kobooru kele ropta ne oo, ne imuche ko booto EL Nino komuche koiti komoswek alak chebo emeet. Temikab TIDST, kiboitinikab TIST ak boriet tugul ko nyolu kosib kochobok asi komuch kochuchuuch asenet neimuche koiti biik, korik, kiyagik, minutik ak mbarenik.

1. Rib biik ak korik.

- Isiib koteunosiek, arorutikab ribetab gee, ak kotikonetab kosiptoetab gee koyob serikalitab emmet ak chebo ng'wony.
- Bakakten banda nebo lasima en kasarwekab ropta neo, missing ko en kemoo.
- Mat ilandaen oinosiek che kamaaran, ak segenenosiek, etiosiek anan ko beek che rwoe missing. Mat ii tile oinent necham kelondoen en kotugul ko motinye ng'oiyondit akot oloon kakochang'a beek missing.
- Bakach komoswek che mi tembonook, komoswek che imuche komaraan, ak komoswek che imuche kong'osiogenso.
- Korik che menye komoswek che mi tembonok anan ko che imuche komaraani en abokora ko nyolu kocheng'tulonook ole imuche komwechi nda moronic emeet.
- Oriib logok komaba oinosiek ak komoswekche kamaaran. Ogochin ribseet nebo barak logok oloon bendi sukul, missing ko oloon londoan ainosiek che segenenosiek

- Mat oyum ketik oloon mi ropta neo amun mi ng'oiyondit nebo ilotik ak temenik che imuche koilio.
- Bakach mat obe snosiek orit missing okwai kwenik en kasarwekab ropta neo.
- Nyolu kobois en kibagege temik asi komuche konai kole bik anchoon chebo kokweet che nyoliuliotik, biik che yoseen, lagok ak bik alak che boror.

2. Oriib temik en maraanosiek ak laetab ng'ung'unyek.

Nyolu kochob mbarenikuak temik kotomo koit ropta neo:

- Oyaat ortinwekab beek asi komuch kroot beek en oret ne nyumnyum.
- Obal kererutik che yecheen ak baringoisiek asi komuch korib beek kotenteen komie.
- En komoswek che keikei, obisien cherorosienisiek, baringoisiek, susweek che kakimiin, ak ortinwek alak che kimuche keribeen beek kotenteen mutio.
- Oboisien ortinwek che kimuche ketageen beek ak kegonoor komie.
- Mat otilchi beek mbarenik chebo kokweet, ortinwek, korik anan ko komoswek che imuche koko aseneet.
- Mat ominchi minutik komoswek che maraani en abokora anan ko che imuche kong'isiogendos.



- Okimit ribetab ng'ung'unyek en komoswek che keikei.
- Nyolu kosib kochigil mbarenikuak temik ak kochob komie ole bune beek kotom koit ropta neo.

3. Orib minutik ak Ribetatab Amituakik.

Imuche kong'em minutik ropta neo koyob maranet, ibetab ng'ung'unyek ak beek che teremse. Nyolu en temik:

- Koges minutik che kokoyam keges en kasarta ne noton kosir kobakagta en mbarenik ole imuche kola beek anak keng'em.
- Lewen minutik che nome gee ak kasartap ropta neo ni kimong'u koit ak kit neu oliito.
- Kaikai kemiin minutik che chogu missing en komoswek che nome geeak kasarta.
- Oyai temisietab ribetab emeet ne ribe ng'unyek ak kotes rurutikab mbarenik.
- Otestaa orib amituakik ak ochobchigee amituakik ak kemeut ne imuche konyo yeipata el nino.
- Okonoror amituakik en ole mie, ole yaamat ole mo twon, ole momi tiong'ik.
- Mat omiin minutik en ortinwekab beek, tabanusiekab ainosiek ak komosuek alak ole imuche korwoe beek.

4. Ketik ak Temisietab Osnet.

Ketiik komuche korib ng'ung'unyek ak kotes kimnatetab mbarenik, kobateen nyolu korib temik ketik che kikomiin.

- Otestaa omiin ak orib ketik che nyolunot koik oret agenge nebo minsetab ribetab emeet ak ribet nebo koikeney nebo amituakik ak itondab emeet.
- Temik che tindoo ketik che echeen ko nyolu kochigil komie kotomo koit ropta neo.
- Angot komukak, kichoor temenik che mokimen, che kikowechok, che yomotik anan ko che echeenkotomo koit ropta neo ak usonet.
- Monyolu koyai temik boisionik che mi ng'oiyondit en ketik, nyolu kosom toretet en biik che tindoo kamuget ne yome.
- Mat oyum ketik olon mi ropta neo nebo kolieleet.

5. Logoiwek ak Chopchinetab gee nebo Nyosutik.

Bo komonut missing logoiwek en kasarta nemii atebetab emeet ne tindoo ng'oiyondit.

- Keer ole simoisiek ak tuguk alak che kimuche kiyogtoen logoiwek ko tindoo maat ne yome.
- Keer ile itindoi ortinwek alak che imuche indeen mat simoisiek oloon imukogse.
- Konor komie nambaisiek che kimuche kebichi simoisiek.



- Oloon mi ropta nebo kolieleet, ikeer ile kesib ortinwek che miachen chebo ole kiboisioito sitimet ak iriib tuguk che boisien sitimet komie.
- Testaa isib logoiwek chebo iman chebo serikali, kiruokik, radio, television ak ortinwek alak che iyanaat.
- Mat otienggee pitinaisiek anan ko logoiwekchebo lembeech chebo ortinwek ab koristo.

6. Tuguk che nyolu koyai kiboitikab TIST.

Nyoul koyai kiboititikab TIST logoiwekab chopchinetab gee chebo El Nino ak ropta neo koik chebo komonutiet en Tuiyosiek a Isasamet.

Kiboititikab TIST ko nyolu:

1. Koneet timik akobo itunetab ropta neo ak ng'oiyondit ne mii ak maraanet, ng'osiogemeetab emeet, kolieleetab ilet, usonet neo ak keretabge nebo beek.
2. Ocher temik koyat ortinwekab beek ak kobal mutarosiek ak kererutik kotom koit ropta neo.
3. Ong'alaleen ole kikonortoo beek ak ribetab ng'ung;unyek.
4. Onai temik ak biik chemi ole maraani ak ole ng'isiogeni ak ocher kosib kochobok
5. Ibwatin temik akobo ole kilondoito oinosik che kamaaran ak ng'oyondit ne itu en kasartab ropta neo ana ko en kemo.

6. Okimit ribetab lagok, missing ko en oinosiek che segenenisiek che momi beek en betusiek alak, ak en oloon bendi ak kobuone en sukul.
7. Ong'alaleen ole kigestoo tuguk koloo, ribetab amituagik, ak ribetab amituakik en kapchii.
8. Ocher temik kosib logoiwek chebo serikali chebo itondab emeet ak ortinwekab ribetab gee.
9. Opjei logoiwek kobun WhatsApp, logoiwek che nwooken en simoisiek ak ortinwek alak chebo logoiwek.
10. Oyogten logoiwekab ng'oiyondit anan ko nyosutik che imuche koiti temik asi komugtechii TIST kogeer ole imuche kotoretito biik che koiti choton.

7. Kobwotutietab Komonutiet.

Chobogeen koloo - mat igany kotor koit ropta neo.

Temindet agetugul ko nyolu kokwoutik che boisie asi korib biik, korik, kiyagik, minutik, ketik, ng'ung'unyek ak ole bunu amituagik. Kiboititikab TIST ko nyolu koboisien Tuiyosiekab Isasamet, baruetab logoiwek, WhatsApp, ak ortinwek alak chebo logoiwek kogeer kole konyoor temik logoiwek en kasarta ne noton ako chebo iman che kitienggee.

Ibur ko ii ne ingen logoiwek, Chobogeen, Ribgee.



Ketikab kipkaa: Ochon choton ak amunei asikobo komonut.

En temikab TIST komiten chekikomin ketik che chang chebo korikab ketik kou chebo logoek chebo tenderek, chebo tuga, che tinye kotoldoleiwiek ak chebo bokoinik. Che chang en temik koyome kipkaa asikonyorunen borotosiekwak.

Nee ketibo kipkaa?

Ketibo kipkaa ko ketit nekimiten kongeten tounetab ngwony ne kiyonji mengotetab emonoton anan koronoton en kasartab kenysisiek che chang. Mo ketik tugul che kigere anan che kigenyuru en kasarta ne goi alak en choton ko kiibu bik en emotinwek che terchin. Miten korigab ketik 800 che miten emenyon bo Kenya.

Amunee sikobo komonut ketikab kipkaa?

En ketichuton bo kipkaa kokikotebi en otebet ne noton ak tiongik, ketik ak minutik alak che kikoteben yoton. Niton komotinye konyor susurik anan ko kewelnatosiek. En ketichuton komotinye mogutik chechang komou chebo chumbek, yemiten kipkaa en chongkindo kobose susurik en minutik.

Toretech kenyorunen logoek bogoinik, sokek ak kerichek. Ye kirib ketichuton kenyorunen kelunoik che chang en betusiekyiok ak chebo ibinda ne nyonei.

Achon kobot kipkaa ichoton?

Miten en Kenya kipkaa che chany ak komiten chetinye komonut neo missing en ehek.

Kipkaa che miten Kenya ko:

Simotwet (*ficus Thonningii*),

Tendwet (*prunus Africana*),

Silibwet (*Dombeya rolundifolia*),

Chebitet (*Accacia Nilotica*),

Masaita (*Olea capais*),

Bondet (*Hagenia abyssine*),

Emitiot (*Olea europia*).

Miten kora ketik che miten en Kenya agomobo kipkaa bo komonut kou Mango, Macadamia, Casuarina, Sebesebe, Bottle brush ak Mexican green ash.

Ogeyom kemin ketikab kipkaa amun tinye borotet neo, teben choruengung akobo ketik chenekiten en inye ak osnet nemiten yebo kaa. Ongetiem keribchin ibiinda nenyonen ketik ak timwek ak osnosiek.



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Agenge ne ortinwek che kiketet en tuiyosiekab Ng'wony che tononchin aldatab koristo en ng'wony ko magetab keriiib tetutietab timwekab koristo koratak en kasarta tugul ne kakitabaan kialda (ntoton ko keges en koristo ak keriiib en temenikab ketik). En teutietab TIST ak tetutik alak che kergee chebo minsetab ketik ako che oldoo koristo, ko ketik ko nyolu keriiib en kenysisiek 30 en timoton.

Anaganda uu noton, kobitu wallet en kasaratan. Timwek alak kioldo, alak kepjee anan kosirto agenge en memabekab Kayumet Ne Mingin. Ako kimogenech en ng'otutikab ng'wony keriiib timwechoton en kasarta ne momii ng'wony en kenysisiek 30

Kiit ne kimuche keyai olon kosirto membayat egenge nebo TIST anan ko olon kakipjei mbarenik biik che tupcho.

1. Nyolu koyai tuiyet mebaekab kayumeng'wong ne miningin ak biik che tupcho ak membayat ne kosirto che choton ko che nyorchingee kiy anan ko tienggee membayat ne kosirto. Kiororchin bichoton kelenchi timtonywan ko tesetai konyorchingee pjeutikab melekweek en TIST en betusiek chemii taa. Tesetaa membaekab kooto ak kainet ne kiboisien mebayat ne kosirto. Imuche kotestai kopjei mbaret kobateen nyolu kobokokyi timto TIST kotesta ak aldaetab koristab timoton ak kotestai ak koitosiek kou ole kikakebanganda kiin ketou. Tun kabwa rapisiek komuche kopjei kou en koyonchinywan. Kaikai nai ile, motinye kamuget TIST kowal olibochite mbaretab timtoolon kiketesi tuguk che mii tetutietab.
2. Ibwatan icheck ilenchi yon katestai en TIST ko koik konyit neo en inende ne kokosirto. Indeet kobo komonutiet. Mo nyorchingee kelchinoik alak che tesunotik ak pjeutiab melekweek kityo, kobateen toreti koriib ng'wony tugul koisto waletab itondab emet.

3. Kora, icheer icheget ilenchi kotesta komin ketik en mbarenikuak olon teseta koribee ketik che kikemin.
4. Igochin tetutikab tuiyosiekab Isasamet. Ikochin cheerseet kobwa tuiyosiekab isasamet asi komuch konetgee tuguk che chang'.

Kiit ne kiyoe olon kakialda Timto nebo TIST

1. Nyolu kotuiyo membaekab kayumeng'wong' ne mingin ak chito ne kakioldechi maberanaton mi Timtab TIST.
2. Ng'ololchin ichek ak imwochi ilnchi teseta timto ne kakioldechi konyoru lipanosiek en TIST.
3. Ako imuche konaam kobwa tuiyosiekab TIST ak konyorchingee melekweek che tesunotik, pjeutiak melekweek ak konetisietab TIST.
4. Momi maget komiin ketik che lelach alak asi kotestai en TIST. Ketik che mii timto ne kakioldechi ko tesetai kou en kotugul. Imuche kityo komin ketik alak che lelach kou ole mogtoo!
5. Imut icheck mutyo en konetisietab TIST ak ortinwek che kiyoiito koitosiek, lipanosiek ak alak.
6. Teach ichek en tuiyet ne isipu nebo Isasamet. Ibarten ichek ak kotach Isasamet tugul.
7. Mwochin Kiboitiotab Isasamet kotesyi kainenywan en Kayumet ne Ming'in ne ng'wong'.
8. Ibwoitik ichek ilenchi teseta kainetab timto kou ole kou en membayat ne kokosirto (amun mochomwech ng'otutik kewal noton) kobaten igu icheget che nyorchingee melekweek che lelach.

Cheer icheck koyai boisiet tugul ne kimoche en tetutietab TIST en Kayumeng'wong' ne minng'in ak boisionikab Isadsamet.