



# Mazingira Bora

January 2007

## ENGLISH

### At Glance

- Ntugi Office. Capturing New Areas.
- TIST: The Environment and Quality of Life.
- Conservation Farming: How To Practice.
- Kinyaritha office: Small Groups Reaping Benefits.
- Kiambogo BSG: Empowering Others Towards Self- Reliance.
- Chugu Office: We Have Accomplished Much in Year 2006.
- Living positively with HIV/Aids.
- Poems

## KIMERU

### Kuuma Gataria.

- Ofisi ya ntugi: kugwata guntu gukweru.
- TIST: Mantu jaria jatucirigitrite na utuuro bubwega.
- Urimi bubwega: Kuthithia urimi bubu.
- Ofisi ya Kinyaritha: Ikundi bibini kwoona utethio.
- Ikundi gikiega kia Kiambogo:Kuritana antu bangi mantu ja kujitegemea.
- Ofisi ya Chugu:Tuthitie mantu ja mainigi mono ndene ya mwaka jwa 2006.
- Gutura bwega na murimo ja muingo.
- Mabetera.

**TIST**  
The International Small  
Group & Tree Planting  
Program



## TIST: The environment and quality of life

Managing our relationship with the environment properly is essential for the quality of our lives. For us to get adequate food, we need to care for the environment by practicing proper agricultural practices such as soil conservation measures. When this is ignored, hunger and famine become inevitable. TIST is encouraging and training small groups members in conservation farming which when properly practiced increases crop yields over traditional farming. It also improves soil fertility, protects the crop seeds, retains water in the holes and fertilizes the seeds.

Water is life. However, constant interference with water catchments areas through deforestation and farming often cause drying up rivers. Moreover, when our rivers or streams are polluted through dumping of chemicals and other waste materials, the consequences of this often result to water-borne disease. This increases mortality rates and also the cost of medication. It is important, therefore, to avoid dumping any materials that would result to water pollution.

Another health – related issue that can be caused by managing our environment poorly is air pollution. Smoke from our cooking stoves, from cars and industries are examples of air pollution. TIST is working towards mitigating the effects of air pollution by training members of small groups on development of improved Jikos / Stoves. These stoves are smoke free, venting the smoke outside the cooking area with chimneys.

## TIST: Mantu jaria jatucirigitie na Utuuro

Gukaraniria bubwega na mantu jaria jatuciigitie nigutumaga twithirwa turina utuuro bubwega. Tubwirite kumenyeera into biri bituciigitie tukithithagia mantu ja kurima miundene yetu bubwega ta kumenyeera muthetu jutigeete na jangi. Twathithia tukoona biakuria bia gutung'ana indi jau jarega kuthithua gukeethirwa kurina mpara na kwaga mbura gukwingi. TIST nigwikira moyo na kuritana ikundi mantu ja urimi bubwega kuria kwathithua gukoongera maketha nkuruki ya uria kurima gwa kimeru kwongeraga. Urimi bubwega bwongeraga unoru kiri muthetu, bukamenyeera mbeu iri yaanditwe, igeeka ruuji marinyene na igeekira mbeu inya.

Ruuji ni uturo, kugita miti na kurima uria gutiagirite niku gitumi kia nduujii kuomagara. Ndiria nduujii cietu ciikagirwa ndawa cia kuuma naria factori na into bingi bibithuku, ruuji ruu niruretaga mbajua inyingi. Mbajua ii ciongeraga ikuu na mbeca igatumirwa mono kiri kugura ndawa. Tontu buu nibwega tutige guta ndawa na into bingi biumba kuthukia ruuji nau muuro.

Thiina ingi ya afia ya mwiri iretagwa ni kurega kumenyeera naria tukaraga ni kuthukua kwa ruuo. Ntogo iria yuumaga kiri mariko jetu, ngarine na kinya kiri naria into bithithagirua (factori) niyo iretaga ruuo ruruthuku. TIST nikuritana amemba ba ikundi biniini kuthithia mariko jatikureta ntogo nyomba. Mariko jau jaturagia ntogo ome. Iiji ni njira imwe ya kurigiiria kuthukia ruuo. Gukarigiria mbajua cia mauri iria iretagwa ni gukucia miruki ya ntogo. Kurina mariko jaja antu baria bagukara riikone tontu eekuru na aana bagatura utuuro butina ugwati.



This reduces lung infection diseases caused through inhaling the smoke. As a result, people, especially women and children in the coking area can lead healthier lives.

When we nurture our environment, more resources continue to generate. For instance, where a community plants more trees, they get more materials for construction of their shelters.

Moreover, nurturing the environment bring about economic benefits too. For instance, small groups that have been trained on nursery management are able to sell surplus seedlings and thus earn some income. In TIST core areas of operation, price for one seedling ranges between Ksh 5.00 to Ksh 10.00. Trees such as Mutero have been known for medicinal value which on average costs Ksh 5,000.00 – ksh 8,000.00.

Small groups such as Muchai Women Group who have adopted Macadamia cultivation are reaping multiple benefits. Macadamia trees produce nuts which are today in high demand in the market, and also benefit from the green house gas business as the trees continue to nurture environment.

Another group that is reaping multiple benefits is Kaimbogo Best Small Group which is using avocado fruits in manufacturing of soaps and other ointments. Avocado trees also produce fodder which is helpful in rearing of cattle.

Other economic benefits include making of compost manure, production of fruits, timber, charcoal, carvings and fibres.

Twamenyeera into biria bituciigirite, mootonga jakaingia. Jontu, ntuura yaanda miti imingi bakoona mbau cia gwaka nyomba ciao.

Kinya nkuruki kumenyeera naria tuturaga kuretaga mawega ta mbeca. Ikundi biniini bia TIST biria biritani mantu ja kumenyeera nasari ya miti nobendie mbeu cia miti iria itigarite na bakoona mbeca. Naria TIST iri mbeu imwe ya miti yeendagua kuuma siringi 5.00 mwanka 10.00. Miti ta Mutero niijikeene kuthithia ndawa. Ndawa iu ciendagua kuuma Siringi 5,000 mwanka 8,000.



Ikundi ta Muchai Women Group ibarimaga nkandania na ibakwona marii jamaingi mono kuuma kiri cio. Miti ya nkandania iciaraga nkandania na iciendagwa mono ntuku iji ontu bwa kwendia na kinya kuthithia biashara ya ruuo.

Gikundi kingi gikwona maciara jamaingi ni gikunfi gikiega kia Kiambogo kiria gikutumira matunda ja makondobia kuthithia sabuni and maguta jaangi. Matunda jaja nijatumagirwa kurithia ngombe. Kinya mathangu jaja nijatumagirwa kuthithiamborea, matunda, mbao, makara na iinto bia kwaja.

From the foregoing, TIST is encouraging the small groups to continue to nurture the environment by using best practices in sustainable development. What TIST small group members do can be an example to others, have an impact on our current generation and provide major benefits for the future generation.

## Conservation Farming

### Why do Conservation Farming?

Conservation farming makes a very big difference in how much grain your fields will produce at harvest. When you use conservation farming best practices on your land, it will become more and more fertile and produce higher yields. The holes protect the seeds and collect water. By mixing manure in the soil, the seeds will be fertilized and grow much better. By not burning the Stover after harvesting, more nutrients go into soil and weeds are suppressed. By weeding around the holes, fewer weeds will grow each year.

### How do we do Conservation Farming?

Here are the steps you should take when practicing conservation farming.

- After harvest do not burn the crop residues but leave them on the ground. The more residues remaining on the ground the better because they enrich the soil, making it more fertile. Remember that crop remainders can also be used for compost manure.

TIST nigutetheria ikundi kutheria nthinguru na gukuria nthinguru na gutetheria nthuki iria ikeeja.

### Urimi bubwega.

### Gitumi kia kuthithia urimi bubwega.

Urimi bubu ni butetheretie mono kiri maketha jaria murimi umbiite kwoona. Urimi bubu nibutethagiria kuthithia muunda na unoru na mwishone maketha jamaingi. Mariinya jaja nijamenyagiira mbegu na jageeka ruuji. Kuungania muthetu na mborea gutethagiria mbegu guciara maketha jamaingi. Nyuma ya maketha ukaithia mati jaria jagatigara muundene jakaithua na keenda muunda jugia unoru. Ukirima urime akui na aria mbegu iandi na nyumene iria riria rikuuma rigeeta rikinyanyiaga.



### Urimi bubwega buthithagua atia?

Njira cia kuthithia urimi bubwega:

- Nyuma ya maketha ukaithia mati jaria jagatigwa muundene. Mati jaja jagutigwa nthiguru nijaongagira muthetu unoru. Mati jaja nujatumirwe kuthithia mborea ya mati kirinyene.

- Try to stop animals from grazing on the area. If they graze there will be less crop remainders left covering the ground.
- Conservation farming holes have to be dug before the rains come. It is therefore vital to start digging them early.
- Mark out where you are going to dig your holes. Get a long piece of rope or string and squeeze bottle tops on to it 70cm apart. Stretch the rope across the width of your field. Each bottle top marks the centre of a hole and it makes sure that the holes are correctly spaced out. Mark out the rows of holes using a hoe. Each row should be 90cm apart. Just mark out the rows and holes you think can be completed that day.
- On the same day as you mark a block of holes, dig the holes. The holes need to be oblong. They should be between 15cm wide, 35cm long and 15cm deep.
- When you are ready to plant the grain it is important to put some very fertile soil into the holes to help the crop to be stronger. Take some manure and good topsoil and mix it together, or use compost manure. Fill the hole with the mixture up to 5cm from the surface.
- If you are planting maize, soak the seeds in some water for 6-7 hours before planting them. This speeds up germination and means that more will survive. When you plant the seeds, plant 4 seeds in the soil across the hole. Cover them with 2.5cm of the rich soil and manure mixture. After this the soil in the hole should be about 2.5cm below the surface of the field.
- Geria kurigiria nyamu iria urithitie gwita muundene. Urigirie nyamu iji itatonya muundene keenda mati jaja jakunikira muunda jutikaye ni riu.
- Mariinya ja kuanda jabaterie kwinjwa mbere ya mbuura ija kwou marinya jaja jabaterie kwinjwa kurio.
- Ikira arama ya naaria mariinya jaja jakenjwa. Ikira maki cia nchangiri kiri murigi ugitigata kaanya ka 70cm. Ikira murigi jugitenia muunda na nchangiri iji ikamaka naaria mariinya jaja jakeenjwa. Kuuma laini gwiita kiri ingi utiige kaanya ka 90cm. Umake marinya jaria uumba kwinja ndene ya ntuku imwe.
- Ndene ya ntuku imwe wiinje mariinya ja kieni jaja laini igitiganana na muthetu jwa iguru juria munoru iguru keenda ujungania na mborea. Marinya ja na waarii bwa 15cm, uraja bwa 35cm na 15cm gutoonya ndene.
- Wikire muthetu jwa iguru ndene ya irinya riaku keened mbegu ciaku igia na inya. Utumire mborea na mborea na muthetu 5cm.
- Kethira niukuanda mpempe, urinde mathaa 6-7 mbere ya kuanda keenda mpempe iji ciumba kuuma. Ukianda mpempe uande 4 ndene ya irinya riaku. Kunika mpempe na muthetu na mborea. Muthetu juju jubati kwithirwa juri 2.5cm kuuma kiri nthiguru. Ntiro inene itibati gwikirwa irinyene keenda muthetu juju jutikathukie mbegu.
- Kethira urienda muya, aanda mpindi 5-6 koomemem cia marinya jaria wiinjite na weetere mbuura yambe ing'ane. Kuniika irinya riri muthetu jungenua na mborea na muthetu 2.5cm.



It should never be more than this. Clods (big lumps of soil) should always be broken up so that the soil makes good contact with the seed.

➤ If you are planting sorghum, plant 5-6 seeds at each end of the planting hole after a good shower of rain. Cover the seeds with 2.5 cm of the rich soil and manure mixture.

➤ The space at the top of the hole enables water to get to the plants when the rains come. Without this space the rain will just run off the land, taking a lot of the soil nutrients with it.

➤ Weed around the holes regularly. Each year there will be few and fewer weeds.

➤ Don't be discouraged! Digging the holes now will mean they are ready for this year and you will not have to dig them next year.



➤ Kaanya karia gatigagwa wekira muthetu gatethagiria gwika ruuji riria mbura ikeeja. Kwethirwa guti na irinya ruuji rwa mbura rugeeta ruunthe na write na mborea yaku.

➤ Riima marinyeene jaaku. Oo uira ntuku igwita na mbere iria rigeeta rikinyiaga.

➤ Ukanoga ni ngugi ya kwinja marinya untu jakethirwa jario mbura iu ingi.

### Ntugi Office. Capturing New Areas.

By the end of year 2006, we have registered more than 485 groups. This is due to combined effort of our 4 Best Small Groups (BSG) which include Lower Nguriga, Wendo Runkuru, Benjo Lulafrieo, Umoja A who have taken an active role in training of other small groups. Moreover, we also count the support from –Kenya staff.

We are grateful that we have a large area that we now cover. We have worked so hard that we have extended and now serve areas expanding from Kandebene in Isiolo and Ruiru, Ntirimiti up to Timau. These are high potential areas since they have adequate land to plant tress.

### Ofisi Ya Ntugi :Tugwita Guntu Gukweru

Mwaka jwa 2006 jugikinya muthia itwaandikithitie ikundi bibieru 485. Twombire kureta ikundi biu kiri TIST I kwona utethio kuuma kiri ikundi biniini bibiega bina(Our 4 Best Small groups (BSG). Mariitwa ja ikundi biu ni Lower Nguriga, Wendo Runkuru, banjo lulafrieo na umoja A. Batutethetie na njira ya gwikia uritani kiri ikundi bingi biniini bia TIST. Staff ya Kenya inya yo nitutethetie mono kureta ikundi bibieru kiri murandi jwa TIST.

Turina kugwirua niuntu TIST iri guntu gukwingi. Nituumbite kurita ngugi inyingi mono mwanka twomba gwikia TIST ruteere rwa Kandebene nau Isiolo na Ruiru, kuuma Ntirimiti gukinya Timau. Guntu kuu kurina miunda iminene na imingi e kwanda miti kuu turina wirigiuro bubwingi mono kuuma guntu kuu.



We are happy for having hosted a number of visitors in the previous year. In August 2006, Charles Sturge visited us. In November, we had guests who had attended the international conference on climate change in Nairobi.

We are expressing our gratitude to the TIST staff for facilitating with us an in-housing training in Mid December last year. This benefited many groups who have not been able to qualify as best small groups and others that have not previously benefited from TIST seminars at Gitoro Conference center.

The trainings focused on disseminating and sharing information with the small groups on the best practices in order to nurture growth in sustainable development as well as measures to increase profitability in green house gas business. For instance, it was noted that bringing the costs of running the program low with an increased planting and nurturing of trees will significantly bring more income to the small groups.

The participants learnt on best practices and were taught on such topics as Conservation farming, TIST values, green house contract and many others. During this two- day training, the participants had interactive sessions with the trainers from the field office and TIST –Kenya office where they engaged them on issues they wanted more clarification and or information.

Significantly, the attendees had aired concerns on payments of the small groups. They wanted to know the requirement for payments if any. In response, the trainers outline the requirement for payments as here under;

Itugwiritue mono I kugwata ageni babaingi mono ndene ya mwaka muthiru. Itwariungiire ni Charles Sturge mwerine jwa August 2006. Mweri jwa November 2006 twagwatire ugeni ageni baria baumite Nairobi mucemanione jwa nthiguru yonthe jwa Climate change.

Itugucokeria staff ya TIST nkaatho niuntu bwa kwona na kumenyeera uritani kiri ikundi biao mwerine jwa December 2006. Uritani buu bwari bwa baita mono kiri ikundi biria bitiumbite kuthithua Best Small Group na inya biria bitari biri gwita semina naria Gitoro.

Mathomo jau ja ikundi I ja gutetheria kumenya uria tuumba gukuria na kwongera baita ya biashara ya kwendia ruuo. Ya tukajukia uria gwategi ati kunyigia ngarama cia murandi juu na tukoongera kwanda na kumenyeera miti gukareta marii kiri ikundi bia TIST.

Antu baria baari mathomone jau bathomere mantu ja mathithio jamega ja TIST, urimi bubwega, kandarasi ya biashara ya ruuo mantu jaria TIST yendaga na jangi jamaingi. Ntuku iu ijiri cia mathomo baria baari ku I boonere kagita gakega ga kwaria na arimu ba Ofisi cia makwao ona kinya ba kuuma ofisine ya TIST –Kenya na ibabatetherie mono kumenya mantu jamaingi beendaga kumenya na gucokia biuria biria bari nabio untu bwa TIST.

Mono mono baria baari mathomone jau bauragia biuria bia marii ja ikundi. Beendaga kumenya kethira muntu akiriwa kuri mantu jeendekanaga. Arimu ibaberire uria kubwirite kuthithua antu bakiriwa ta uu.



## Payment

1. The group has to have all their trees counted by a TIST quantifier. The quantifier also has to be audited by a TIST program staff member.
2. The group should sign a Greenhouse Gas Contract. Each member has to print his or her name, sign, and write the current date. The group should then ensure the signed contract gets back to their local Field Office. This contract will then be signed by a member of Clean Air Action Corporation.
3. The Field Office will photocopy the completed contract and return it to the group. The Office will then record on the palm computer that the group has submitted their contract.
4. Once palm has been synced by the Field Office the database will mark the group as eligible to be paid. The group should open a bank account with Cooperative Bank.
5. The group will be given their money by their Field Office. At least 3 group members have to be present to sign to say the Office has given the group the correct money.

## Kinyaritha office: Small Groups Reaping Benefits.

Kinyaritha Office is situated at the boundary of Meru Central and Meru North. We hold our weekly meetings at Lower Imenti Forest Department, a place endowed with marvelous of nature. Elephants mingle harmoniously with other animals in the forest and bath gracefully in a nearby stream. It is a fantastic experience.

## Marii

1. Gikundi kibwite gutarirwa miti ni mutari o miti o kuuma TIST. Mutari uu o miti nabwite gutegerwa ngugi yawe ni mwandikwa o murandi jwa TIST.
2. Gikundi kibwite gwikira saine murandine kandarasine ya kwendia ruo. (Greenhouse Gas Contract). O mumemba abwite kwandika riiwa riawe, eekire saine na aandike tariki ya ntuku iu. Gikundi kibwite kwona ati kandarasi iu cikiri saine igucoka kiri ofisi yao (Field Office). Kandarasi iu riu igekirwa saine ni mumemba wa Clean Air Action Corporation. Kiuria aja untu bwa mumember wa CAAC.
3. Ofisi yao ikaruta kopi ya kandarasi iu riu icokerie antu ba gikundi. Ofisi iu ikaandika komputene ya njara ati gikundi gikunenkanira kandarasi yao.
4. Komputa iu ya njara yasynchroniswa l ofisi ripoti ikoonania ati gikundi kiu ikibwite kuriwa. Gikundi kiu kibwite kurugura akaunti na bank ya cooperative.
5. Gikundi gikaewa mbeba ni ofisi yao. Antu bang'anona ta bathatu babwite kwithira baio kenda beekira saine kuuga ati ofisi ikubaa mbeba iria ibwite.

## Ofisi ya Kinyaritha: Ikundi Biniini Ibikoona Marii

Ofisi ya kinyaritha iri mwankene jwa Meru Central na Meru North. Micemanio yetu o kiumia tucemanagiria au Mwitune, guntu kurina into bibiega bia kwona bia nthiguru. Njogu ithambagira au ruujine riu nyamu ingi cia mwitu ikiruuga nau tu.





Our office continues to register more groups. We have extended the program to areas such as Kagaene, Mulika, Miathene and others. Most of the groups have received payments and are now more encouraged to plant more trees. A significant number of small groups that have been inactive for a while have now been revived and are expecting to reap the benefits of the program too.

We conducted in-house trainings where 256 participants attended. Out of this number 156 were women and 100 were men. The facilitators include Peter Ndirangu, Elijah and Elizabeth. Elizabeth did the introductions, TIST benefits and its history. Elijah taught on conservation farming and conducted a demo while Peter taught on the contents of the green house gas contract.

Specifically, the participant were taught in length key articles in the green house gas contacts. In order to make the participants fully averse with the contract, throughout elaboration were made as here under;

Ofisi yetu niitite na mbere kwandikithia ikundi bindi kenda bitonya ndene ya TIST. Nituumbite gwikia murandi jwa TIST guntu o mwanya ta Kagaene, Mulika, Miathene na Kungi. Ikundi biria biingi ibiriikitie kuriwa na kabigwikirwa inya bianda miti imingi nkuruki. Ikundi bimwe biramami kagita gakaraaja ibirookire na inya bio ibiirigirite kwona mawega ja murandi juu.

Itwaritirwe kuuma Ofisi yongwa na antu 256 ni beejire. Kiri antu bau bonthe eekuru bari 156 na akuru bari 100. Atongeeria bari Peter Ndirangu, Elijah na Elizabeth. Elizabeth aariri mantu ja TIST, kaumo ka murandi juu na ofisi ciao naria iri. Elijah niwe aritanire antu mantu ja urimi bubwega na Peter aritana mantu ja kandarasi ya kwendia ruuo.

Bungwa moritani ja kandarasi ya kwendia ruuo ijaritani nooraja. Gitumi kia moritani jau ni gutuma antu bamenya bwa kandarasi iu bubwega. Antu ibooneerue ta uju.



Article 1: The agreement lasts for 60 years from when you sign the agreement.

Article 2: Your group continues to own the trees.

Article 3: You need to list your grove names on the last page of the contract. These can be added to in the future.

Article 4: You must own the land you are planting trees on. If you don't own the land, you must show proof that you have the right to plant trees there.

Article 5: Your group is allowing Clean Air Action Corporation to try and sell your greenhouse gas credits on your behalf.

Article 6: Remember that the trees are not yet large enough to absorb enough carbon dioxide. CAAC can only sell the greenhouse gas credits after 20 years when the trees are large. So in the meantime CAAC is providing the incentives of 1.5 shillings per live tree per year. This rate will change according to the exchange rate of \$0.02 per tree per year.

Clean Air Action Corporation will be selling the greenhouse gas credits on the market. At 20 years, when all the program costs have been covered, the small group will be given 70% of what is remaining. That is why we stress the importance of the program being small cost – big results as possible. The fewer costs we spend today, the more money there will be available for the Small Groups in the future.

Article 14: Make sure that you write down the address or location where CAAC can contact you.

Untu bwa Mbere:Muntu etikiria wirane buu bugakara miaka 60. Bwitikairua muntu eekira saini.

Untu bwa jairi: Miti ni ya antu ba gikundi bonka.

Untu bwa Jathatu:Bubwirite kwandika mariitwa ja miunda yenu karatasine ka mwisho ka kandarasi. Joomba kwongerwa igita rikeeja.

Untu bwa Jana: Muunda juria miti ikaandwa jubwirite kwithirwa juri jwaku. Ubwirite kwonania ati urina ruutha rwa kwanda miti muundene juu.

Untu bwa Jatano: Gikundi giaku kiriitikiria Clean Air Action Corporation ithithie biashara ye ruuo antu a baubwi.

Untu bwa Jatantu: Riikana ati miti itakura bubwega yuumba kujukia ruo ruruthuku rurwingi. CAAC yuumba kwendia ruo ruo miaka 20 yathira miti I mikuru. Kuu mbere ya kagita kau gakinya CAAC nikunekanira siringi 1.50 kiri o muti juri moyo ndene ya mwaka.Mbeca iu ikagaruka kuringana na uria mbeca ciao me ikwendua,o mwaka dola 0.02.

Clean Air Action Corporation ikeendagia ruo ruo. Miaka 20 yathira ngarama ya murandi yonthe yariwa ikundi biniini bikaewa 70% ya mbeca iria igatigara. Nikio gitumi twendete murandi jutumira mbeca iniini kenda uumithio bwithirwe buri bubunene mono. Ouria ngarama inyii nou mbeca cia ikundi ikethirwa iri inyingi.

Untu bwa Ikumi na jana: Hakikisha ukwandika naria CAAC mboomba gugukinyira.



We had several other in-house trainings at Kagaene on 20th December 2006, Kigucwa on 21st December 2006 and on the same day, we had another one at Kinyaritha Central office.

All the trainings had a positive impact. Participants were enthusiastic and requested more trainings. We envisage to arrange for more training this year.

### **Kiambogo BSG: Empowering Others Towards Self-Reliance.**

During our last node meeting, we took some time training other small groups on preparation of home - made bar soaps by use of local available materials such as avocados, bananas, peeled sweet potatoes and calectic soda.

Other materials used include candles and engine oil.

Members were happy, as they will be able to manufacture their own soaps to use at home and also to sell in the market.

This technique has been tested and majority of people practicing it are able to supplement their incomes.



Itwari na moritani jangi Kagaene tariki 20 cia December 2006, Kigucwa tariki 21 December 2006na ntuku o iu Kinyaritha ofisine.

Moritani jonthe jari na mantu jamega. Antu ibagwiritue mono na bauga.

### **Kiambogo BSG : Turioni bangi kwithithiria mantu bongwa.**

Kiri mucemano juria jungi twari itwaritanire ikundi biu bingi kuthithia sabuni ya miti bagitumira into biria biri miundene yetu ta mabokandu, marigu, ikwacii bia mukuo bibiaje na calectic soda.

Into bingi biumba gutumirwa nimichumaa na maguta ja injini ya ngari.

Amemba bagwirirue mono ni kuumba kuthithia sabuni bongwa cia gutumira nja ciao na ingi cia kwendia.

Untu buu bwa kuthondeka sabuni ni bugeretue mono na babaingi bakuthingata u ni bakuumba gwicuiru mbeca.



**Chugu Office: We Have Accomplished Much in Year 2006.**

We are proud of the accomplishments we have achieved last year. We have registered 644 small groups by the end of the previous year which have a sum total of 394,587 live trees and 662, 086 seedlings in the nurseries.

We are indebted to the support we have received from the best small groups. They include Kamithagan A, Kamithagana C, Inono A, Athomi A, Kairu, Upendo, Kaaga, Giantune AAKI, and PAA A. They have taken an active role in disbursement of payments to other small groups. We cannot forget the helpful support from TIST-Kenya.

Conservation farming is producing higher yields. We are encouraged by the current crop in the fields which is doing exceptionally good this season. Farmers who have practiced conservation farming are assured of better yields.

So far, 87 groups are practicing conservation farming. Among the groups that are doing exceptionally well include Kamithagan A, Kamithagan C, Gieto A, Mugune, Muregwa, Inono D, Upendo, Kairu, Karurune, Damaris, Kabii, Uwezo, Furaha, Kagwira, Mukioa, Gaitune, Muchwiri II CF in chogoria, Mariara in Katheri and Giantune AAKI.

So far, 75% of our registered groups have received their cash incentives. During the last disbursement quarter, more than Ksh 200,000.00 was paid to groups under our office. This is a remarkable achievement. We are putting more efforts to ensure more groups continue to receive payments.

**Ofisi Ya Chugu: Nituthithitie mantu jamaingi na jamanene mwakene jwa 2006.**

Nitukwigunira mantu jonthe jaria turathithirie mwakene jwa 2006. Nitwandikithitie ikundi 644 mwaka jukithira na ikundi biu bionthe biri na miti 394,587 imikuru na miti 662,086 iri nasarine.

Ti inya yetu itumite tuumba kuthithia mantu jau jonthe indi ni utethio buria twonete kuuma kiri Best Small Groups ja Kamithagana A, Kamithagana C, Inono A, athomi A, Kairu, Upendo, Kaaga, Giantune AAKI na Paa A. Nibaumbite gutetheria kuria ikundi mbeca iria bonthe babwirite kuriwa. Tutikuurirua ni utethio kuuma kiri TIST-Kenya.

Urimi bubwega nibukureta maciara jamaingi ja miunda. Nituikiri inya ni imera biria biandi igita rii nikuthongoma kuria bithongomi. Arimi baria bagutumira njira ii ya urimi bubwega barina wirigiro bwa guketha maketha jamega kuuma miunda yao.

Nandi ikundi 87 ibigutumira njira ya urimi bubwega. Kiri ikundi bionthe, ikundi biria bikuthithia bubwega ni Kamithagana A, Kamithagana C, Gieto A, Mugune, Muregwa, Inono D, Upendo, Kairu, Karurune, Damaris, Kabii, Uwezo, Furaha, Kagwiria, Mukioa, Gaitune, Muchwiri II, CF iri Chogoria, Mariara iri Katheri na Giantune AAKI.

75% ya ikundi biria biandikithitue kiri murandi jwa TIST ibirii mbeca ciao. Kuuma kiri mbeca iria ciarii igita rithiru nkuruki ya siring 200,000 ciarii ikundi bia ofisi yetu. Jaja ni mantu jamega. Itukugeria mono kwona ikundi bibiingi ibigwita na mbere kuriwa.

We had in-house trainings during the month of December 2006 where a significant number of small groups benefited. Among the topics taught were Conservation farming, Best practices, green house gas contract, Requirements for payments, TIST values among others. Facilitators include Martin, Joshua, Mzee John, Dorothy, Lydia and Peter. 376 participants from the small groups attended a two-day training at Kitoka Kenya Wildlife service on 18th and 19th December 2006. At Nyweri, 400 participants were in attendance during the same dates as above.

We are at the present liaising with TIST Kenya office in process of recruiting more quantifiers whom will be sourced from the Best Small Groups in order to serve areas such as Chogoria and parts of Meru South more effectively.

### **Positive Living with HIV/Aids.**

It might help to remember that HIV/Aids is a very peculiar disease. Some people come down with opportunistic infections soon after contracting the virus while others may take up to 10 years or even more to develop symptoms.

In order to lead a healthy life, it is important to adopt a positive attitude in life and be able to life positively. Among the things to observe include;



Mwerine jwa December 2006 twari na mathomo ofisine yetu. Ikundi bibiingi ibiamenyere mantu jamaingi kumania na mathomo jau. Mantu jamwe jaria jaritanirwe ni Urimi bubwega, Mantu jamega jakuthithia (Best Practices), kanadarasi ya kwendia ruuo (Green house gas contract), uria antu baagirite kuthithia kenda bariwa, mantu ja TIST(TIST values) na jangi jamaingi. Mathomo jau jatongeretue ni Martin, Joshua, Dorothy, Lydia, Mzee John na Peter. Antu 376 kuuma ikundi mwanya mwanya ibeejire ntuju iu ijiri. Twari Kithoka au gwa Kenya Wildlife Service tariki 18 na 19 cia December 2006. Naria nyweri antu 400 ibo beejire mathomone tariki o iu.

Nandi itukwaria na ofisi ya TIST Kenya kenda baandika antu bangi ba gutara miti. Antu bau bakauma ki best Small Groups na bagataraa miti rutere rwa Chogoria na Meru South.

### **Gukara Bubwega na murimo jwa mukingo**

Tubwirite kumenya mukingo ni murimo jwa kurigaria. Kiri antu bamwe bari na ju bagwatagwa ni mirimo iria iijanagia na mukingo igita ririniini bagwatwa I mukingo na bangi bagakara uu miaka 10 bagwatwa ni mukingo antu bamenya barina murimo juu.

Kenda muntu atura maisha jamega nibubwega kumenya gukara bwega, kuthuganagia na kwonaga maisha ja mbere. Mantu jamwe jakuthithia ni ja.



### Counseling. Talk about it.

Counseling is primarily a dialogue between a person in need and a care provider in an effort to reduce the impact of stress on the individual. The goal of counseling as part of a treatment plan is to promote and maintain a maximum possible level of psychological and physical well-being. To go for counseling means you are seeking a professional assistance to be able to manage your life better. Patients who accept counseling are able to cope better and respond positively and start to change their lifestyle to help themselves and those close to them.

### Dealing with other fears.

The immediate fear may concern changes in physical appearances brought about by skin problems and loss of weight. There is also a fear of rejection by loved ones, family members and society in general.

A HIV/AIDS victim in North America encourages other patients and the society in general to approach it in a more positive way. He says, "On November 28th 1985, I was told by my doctor to inform my family, arrange my finances and funeral. I had six months to live! After four years of living in fear, my life took a dramatic turn and I embarked on a spiritual journey from fear to Love! Healing does not necessarily mean cure of disease, but healing our mind and transforming our body to realize its full potential, joy and purpose! Learning about the influence that our thoughts have on our life and health from breakdown to breakthrough! Living today as healthy and as fully as you can, mentally, emotionally, physically and spiritually! The Abundance of Life does not come from what one can provide for oneself, but it is provided in our connectedness. I Show UP For Life!"

### Kwathwa Kirira

Ruru I rwaria gatigati ka muntu arina ubatu na ungi oomba kumutethia. Kwaria kuu gutethagia kunyiyia kuthangika kwa mathuganio ja mwajie. Irekeria ria kwaraniria kuu ni kenda muntu ethira arina ugima bwa mwiri na nkoro. Gwita kwatwa I kwonania muntu nagucwa utethio bwa kumutethia kumenyeera maisha jawe bwega nkuruki. Aajie baria betaga kwathwa iboombaa kuthuganiria maisha jao bwega mma, bakagarura miturire yao kenda bacitethia na batethia baria bari akui nabo.

### Kuumbana na moguaa jau jangi

Uguuaa buria bwingi buretagwa ni kugaruka kwa mwiri ta guturikanga, guceng'a na kinya kuregwa I antu bangi. Mwajie umwe wa murimo juu jwa mukingo wa Amerika ariikira ajiee bangi moyo akiberaga atiri, " Tariki 28 cia November 1985 nderirwe ni ndagitari wakwa mbite nkeere antu ba njetu na mbanganie into biakwa bionthe nontu ntigerie mieri itantatu aki ya gutura. Nyuma ya miaka uu ta ina ya gutura na uguuaa bubwingi uturo bwakwa ibwagarukire kuuma kiri uguuaa buraa bwa wendo. Kubua ti kuuga iku kworua kwa murimo, tiga kworia mathuganio na kugarurira miiri yetu ikamenya gikeno na Ngugi ciayo cia gitumi. Mathuganio ja muntu joomba gutuma muntu akabua kana akathuka buru. Muntu abwiri gukara na ugima bubwega bwa mwiri, mathuganio na kirundu. Ukenda uturo bubwega butioneka kuumania na biria tuumba gucia mono nonga kumania na ngwataniro.

It is fundamentally important whether one is affected by, or infected with HIV/Aids, to cross the boundaries of fear and discrimination. To join our hearts and our hands, in the realization we are all here to love one another.

### Eating a balanced diet.

By eating well, HIV positive people can better control symptoms related to AIDS such as diarrhea, vomiting, nausea, fatigue, constant fever, loss of weight and appetite. This enhances body immune system and help in absorption of drugs.

HIV/Aids patients need to take food rich in vitamins and minerals that are directly useful for the proper working of the immune system. Vitamins A, C and E are particularly good for the body in this regard because they are used in breaking down other foods for energy required in the body.

To get vitamin C, patients are advised to eat food rich in vitamin such as avocado, orange, lemon, mango green peas and pineapple.

Vitamin A is anti-infection. Vitamin A protects the cells in the immune system from attack by diseases. Foods rich in Vitamin A like carrots, red pepper, sweet potatoes, vegetables, cold-liver oil and animal liver will help heal stomach and intestinal ulcers as well as skin disorders which are common problems for people with Aids.



Itubwirite gutiga kumenaniria na kinya moguaa niuntu kethira utiajitue muntu ukwegie naajitue. Tugwatanireni tumenye ati muntu ni antu, kwou twendanageni!

### Kuria Biakuria bibiega

Mwajie wa muingo akeja kuria bubwega narigagiria mantu jamwe ta kuuthirua ni kiu, gutaika, nkoro njiru, guceng'a na kuremwa I biakuria. Niongagiira inya ya mwiri kuwa na mirimo na kinya gutetheka ni ndawa.

Aajie ba muingo babwirite kuria biakuria biri na vitameni na cumbi iria itethagiria kwongera inya ya kurwa na mirimo. Vitameni A, C na E ni injega mono kiri miiri yetu nontu nitethagiria kung'enyuranga biakuria biria turijaga kenda biuma inya (Energy).

Kenda boona vitameni C aajie babwirite kuria irio ja mabokando, machunwa, ndimu,, maembe, nono na mananasi.

Vitameni A itethagia muntu atikagwatwe ni mirimo. Irio biria biumaga vitameni ii ni ta karati, mbiribiri, ikwacii bia mukuo, nyani, maguta ja makuyu (Cod-liver oil),na gitema. Irio bii bitethagia kworia ironda bia kiu na mara na kinya guturikanga mwiri, iria ithagirwa iri mirimo ya withire kiri aajie ba muingo.

### Stop smoking.

Another positive habit to adopt if one is HIV positive is to avoid smoking. It is not always easy if you have started, but you must do everything possible to stop smoking for two main reasons. Since HIV weakens the body's defenses, the last thing an HIV infected person needs is anything to further weaken the body or expose vital organs like lungs and kidney to infections.

### Avoiding excessive use of alcohol.

Another advice given to HIV infected people is to avoid excessive use of alcohol in order to stay healthy and live longer. Excessive use of alcohol is harmful to health whether one has HIV/Aids or not. A person who is infected has an already weakened immune system and therefore alcohol should be avoided by all those affected.

### Guarding against re-infection.

One has to guard against infecting others and becoming re-infected. As HIV virus multiplies, it attacks your body's white cells which help to fight infections. The higher the amount of HIV virus one has in his/ her blood, the more white blood cells will be destroyed. When many of your white blood cells are destroyed, you are more likely to contract diseases like TB, Pneumonia, skin cancers and several other infections associated with AIDS.

Overall, the best way to guard against infection and re-infection is to protect oneself from infected blood, abstain from sex outside marriage, be faithful within marriage and use a condom if a partner is possibly HIV positive.

### Ukanyua Thigara

Mukarie jungi jumwega jwa gukara naju ni kethira uri munyui wa thigara tigana na cio! Butiithagirwa buri untu bubuuthu gutiga kethira nwambiritie indi nubwiritie guciumia uria kuumbikika ugariga niuntu bwa itumi bibi :- HIV kethiragia mwiri inya, kwou yuumbaga gukura mono riria kwina gintu kingi gia kuthiria mwiri inya ta riria thigara ithiritie mauri na mpigo.

### Tigana na Ncoobi

Mwajie wa musingo abwiritie gutigana na ncoobi kenda ethirwa arina ugima bwa mwiri na atuura utuuro buraaja. Kunyua ncoobi inyingi itibui kiri antu bonthe, aajie ba musingo na baria batiajitue. Mwiri jwa muntu aajitue ni musingo jwithairwa juti na inya, kwou atibwiritie kunyua ncoobi.

### Kurigiiria Kwongereka kwa murimo

Muntu abwiritie kumenyeera kugwatithia bangi murimo na kugwatwa ni ju kairi. Ouria virusi bia HIV bikwongereka birwaga na mwiri (white blood cells) na jukaremwa kurwa na mirimo. Ouria virusi biingiaga nou white blood cells ciuraagwa inyingi ni virusi biu. Riria white blood cells cia muntu ciuragi nou agwatangagwa ni mirimo ta :- TB, ndimoni, Kansa ya ngozi na mirimo iingi iijanagia na musingo.

Njira injega ya kurigiiria kugwatwa ni musingo ni kwirigiria kuringithia ndaru iri na virusi biu, gutiga kumaramara, kwithirwa uri mwitikikua kiri mwekuru kana mukuru waku na gutumira mibira (condom).





## Poems.

### The Cry of Trees

The cry, the cry,  
The cry of trees  
The charcoal man comes  
With an axe on his shoulder  
Down goes the Mugumo

How long shall we cry?  
The farmer comes  
With a bulldozer and moves  
The earth felling down the olive  
And the cedar not leaving the  
Indigenous acacia in the arid areas

The builder comes  
He wants timber, timber for his house  
Timber! Timber! He sings  
Then a sudden demise of the Oak,  
The casuarinas and the Pine  
All are depleted!!

Hey mankind! You are clearing down  
the forests  
And you replace not a single stem  
Shall you ever come to your senses?

Let's stop depleting  
But join hands with TIST  
Plant trees, to clean the air,  
Stop soil erosion and improve  
Our environmental standards

A strong TIST is a healthy forest  
For a healthy mankind  
In a healthy Nation  
With a healthy future!!

By Karani N. Mungania

## Mbugwa

### Kiriro kia miti

Kiriro, kiriro,  
Kiriro kia miti  
Mwakia o makara akeeja  
Na coka iri gituro  
Mugumo jukarikwa

Tukarira mwanka ri?  
Murimi akeeja  
Arina kiragita akaarurania  
Nthiguru akiriika mutero  
Na muraana jutiutigwa nyuma  
Mukururiti jwa ntwire

Mwaki akeeja  
Akienda mbau cia nyomba yawe  
Mbau! Mbau! Akaina  
Oorio muuru jukaura  
Gaterina ona mucababunduki  
Ikathira yonthe!!

Muntu! Gaukuthiria miitu  
Na utigucokia kinya no jumwe  
Ukorokura mathuganio?

Tutige kuthiria  
Tugwatane njara na murandi juju jwa  
tIST  
Tuande miti, ithambie ruuo  
Tutethie muthetu jutige gwita  
Na tuthongomie micigirio yetu

TIST iri na inya miitu yetu iri na inya  
Nawe muntu agite inya  
Ona nthiguru ina inya  
Twithirwe turina inya matuku jakeeja

Yaandikitwe ni Karani N. Mungania



### Quote of the Month.

Tell me and I forget; show me and I remember; involve me and I understand.

### Comments on the New Look Newsletter.

**Chugu Office.** It is excellent and reader friendly. We are certain many small groups will be interested in reading it and also submitting their articles for publication.

**Kinyaritha Office:** Mazingira Bora is now very clear, easy to read and looks nice. The calendar at the back page is also appealing. We want it that way. We wish the entire TIST community a prosperous new year. Tupande miti kwa wingi.

**Ntugi Office.** It's a beautiful work. Keep it up.

### Kiugo Kia Mweri

Wambira, nkorirua, wambonia, nkarikana, wantumira, nkagwata.

### Mioni ya gaseti ii njeru.

**Ofisi ya chugu.** Niinjega mono na ikuumba kuthomeka. Turi na mma ikundi bibiingi bikeenda kumithoma na kunenkaniria maandiko jao kenda jaandikwa ngathitine.

**Ofisi ya Kinyaritha.** Mazingira bora nandi nikuthomeka na niithongi. Kalenda iria iri karatasine ka muthia inya yo no ikumithongomia. Turimienda ikari uu. Itugutumira antu bonthe ba TIST mwaka jumweru jwa mantu jamathongi. Tuande miti kwa wingi!

**Ofisi ya ntugi.** I ngugi inthongi mono, iteni na mbere na ikinya o riu.

