

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



KITE, A NEW TIST CLUSTER IN LAIKIPIA WEST REGION

Kite, a child Cluster shown below receiving training on TIST Values, TIST Eligibility and Conservation Farming (CF) from Anselim Gitahi. Kite Cluster has so far registered 21 Small Groups, which have submitted their application to join TIST.

Kite Cluster meets every 3rd Monday of the month from 10:00AM – 12:00 noon.

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Mutamaiyu Cluster: Ready to get going.

Mutamaiyu Cluster is one of the (3) child clusters recruited from Munyu Cluster by Mary Kathei and Anselim Gitahi, a former Trainer. It has 18 Small Groups whose application forms are ready and eagerly waiting for registration forms to sign so that they can start enjoying tree

carbon payments.

This cluster meets every 4th Wednesday of the month and our next meeting will be on the 26th March 2014 at Mutamaiyu chief's post from 10:00a.m to 12:00 noon.



Green Gram harvest this season.

By Elizabeth Nkio

TIST Help-To-Help (H2H) Program allows (5) TIST farmers per Cluster to receive a loan of 5kg of Green Gram (mung bean). When this is harvested, those farmers give 5g of Green Gram to two more farmers.

Green Gram does very well in areas that are semi-arid. TIST farmers prefer crops with short growing and harvesting season and Green Gram is a crop that takes a short time to mature. Most of the time, regular rainfall is not enough to help Green Gram grow properly. This planting season most of

our area farmers experienced rather poor harvest of ½ sack because the rains failed to come. In the previous seasons when rains were plentiful, most farmers harvested 3 sacks and more depending on how each farmer had taken care of his farm. Weeding and spraying the crop to control pests is important to the success of Green Gram.

Clusters wanting to be included in TIST H2H Green Gram Program can contact Jeniffer Kithure at 0726319539.



Best Tree Species: Indigenous trees.

a. **African cherry (*Prunus Africana*, Kikuyu: Muiri, Kimeru: Mweria)**

This indigenous tree is mainly found in forest reserves where seeds are available in forests during the dry season. Collect only dark brown ripe fruits from the crown of the tree or the ground. Remove the pulp by soaking for 24 hours, then wash over a wire mesh. Spread in a thin layer in an airy shaded place to dry – but for 4 hours only.

The seed does not store well, so use the fresh seed. Wrapping moist leaves around the seed minimizes moisture loss during temporary transport and storage. Sow directly into the seedbed or pots with germination taking 6-8 weeks.

These indigenous trees have many uses such as, repelling some pests like aphids, and nematodes (those which attack crops) by its smell. Flowers have sufficient nectar and pollen for good bee forage and these trees produce high-quality firewood. Medicines can be found in the liquid extracts from bark and are used in the treatment of prostate cancer. Leaves are used as an inhalant for fever or are drunk as an infusion to improve appetite. Water is added to pounded bark, and the red liquid is used as a remedy for stomachache; bark extract may be used as a purgative for cattle. For erosion control these trees can be grown along contour ridges and terraces, which provide useful shade and act as a windbreak. When used as a soil improver, the leaves can be used as mulch and green manure. They serve also as an ornamental and make an attractive garden shade tree.

b. **Peacock Flower (*Albizia gummifera*, Kikuyu: Mukurwe)**

This tree is commonly found in the lowland and upland rainforests and in open habitats near forests. Either untreated or soaked seeds are sown while fresh seeds need no pre-treatment. Stored seeds are soaked in warm water and left to cool to room temperature. The seed coat may be nicked at the cotyledon end to hasten germination. Seed germination is good approximately 70-80% of the time within 10 days. Seeds should be collected while still on the tree to minimize insect damage and stored for at least a year if kept dry and insect free through addition of ash.

Peacock Flower trees are useful for bee-forage, fuel wood, timber, gum, and tannin. Medicinal properties come from the extracts of the crushed pods and are given for stomach pains. The bark is used as a

decoction mash for malaria and the root system holds soil well and prevents gully erosion. These trees provide shade, nitrogen fixing (improves the soil) and is known as a good mulch tree as leaf litter is abundant during the leaf shedding season. Peacock Flower trees are ornamental when planted in town avenues for aesthetic purposes, boundary planting; the leaves quicken the ripening process in bananas.

c. **African wild olive (*Olea Africana*, Kikuyu: Mutamaiyu, Kimeru: Muthata)**

This evergreen tree is found in a variety of habitats, usually near water, on stream banks, and also in open woodlands. It is resistant to both frost and drought, while the fresh seeds are used for sowing. Old seeds can be soaked in cold water for 48 hours before using.

Seeds are often pre-treated by cracking with a hand vice or by rolling a stone over seeds. This is because removing the endocarp can enhance germination. The seeds can be stored at dry room temperature for a few years.

Food from these trees is obtained mainly through olive products like olive oil and edible olives. The plants are much browsed on by livestock for fodder. African wild olive trees are used for fuel, timber, charcoal, toothbrushes and ornaments. These trees have a high drought tolerance suggesting it is a good candidate for reforestation in semi-arid zones of Africa with the capacity to beautify the landscape.

d. **Waterberry (*Syzygium guineense*, Kikuyu: Mukoe, Kimeru: Muriru)**

This tree usually occurs in lowland rain forest and mountain rain forest areas. It commonly grows in moist conditions, sometimes even in water, and is usually found along streams.

Seeds need no pre-sowing treatment, as germination rates are good and uniform up to 80-90% is attained after 20 to 50 days. Direct sowing into pots is recommended. Waterberry fruits are perishable and should be picked from the ground soon after falling. Shaking the branches with hooks will help in collecting them. After collection, the fruits should be sown out immediately, as seeds will lose viability if they are dried. If this is not possible, fruit can be stored for a few days in moist sawdust and open containers in well-ventilated rooms.



These trees provide many uses like fruit, bee forage, timber, fuel wood, shade, and medicine. The fruit is used as a remedy for dysentery, while a decoction of the bark is used to prevent diarrhea. Use caution when dealing with the poisonous bark. It has been reported to cause human deaths, so advice should be sought from people experienced in using the products from this tree.

e. Avocado (*Persea Americana*)

Avocado trees tend to grow in all moist areas and normally planted around the home. To start, soak the seeds in cold water for 24 hours, then plant directly into pots. Use fresh seeds, as they do not store well. Seedlings can also be grafted with germination taking 3-4 weeks with spacing at least 6m and intercrop well with beans. These trees provide firewood, charcoal, food, shade, cosmetics, and oil. The fruit is nutritious, rich in fat, protein and vitamins. The bark, leaves and seeds are toxic to browsing animals so take caution. Give avocado trees a try – they are a good income-earner.

f. Guava (*Psidium guajava*, *Kikuyu: Mubera*)

Guava trees require rainfall and are drought resistant but can't tolerate waterlogging. Their seeds take no pre-treatment with germination in approximately 3 weeks when spaced 4m apart.

Under favorable conditions it will bear fruit in 3-4 years. These trees perform well when intercropped with fodder crops such as maize, sorghum and cowpeas.

These trees are useful for firewood, charcoal, poles, food, and edible fruit rich in vitamin C and A. An added bonus – the wood is termite resistant. None of this tree goes to waste as the dried ripe fruits are recommended as a remedy for dysentery, while the leaves and fruits are used as a cure for diarrhea. Guava oil exhibits anti-inflammatory properties while the leaves or bark are made into a lotion for skin complaints, ringworm, wounds, and ulcers. The leaves are also used for digestive tract ailments, cold, and high blood pressure, trauma, pain, headache, and rheumatism. Guava juice can be used to help hepatitis, gonorrhea, and diarrhea.

g. Mango (*Mangifera indica*)

Mango trees need well-drained soil and do quite well in dry areas. Try to avoid water logging. When planting mango seeds, no pre-treatment is required, although nipping the seed helps germination. Seeds can be stored up to a month at room temperature, but fresh seeds are best or grafts work well. Mango trees offer many uses like fuel wood, fruit, fodder, bee-forage, windbreaks, mulch, shade, soil conservation, and gum.

Sustainable Development.

What is the environment? The Oxford Dictionary defines it as the surroundings or conditions in which a person, animal or plant lives or operates. These surroundings include the land, soil, water, buildings, political structures, and social networks. Everything we do as humans has an impact on the environment - it does not just affect us here and now. We also have to consider our impact over time. The way we treat the environment today will affect the quality of life for future generations.

Ask yourself these questions:

- What kind of world do you want your children and grandchildren to inherit?
- How important will the quality of the environment be to my children?
- Is it important to consider future generations?

- Do they have rights?

Our everyday activities not only have a local effect, but can also have a regional and global effect. As an example, the Nile Basin is a major source of water for many Northeastern African countries. If Uganda decided to block the water, then Sudan and Egypt would suffer. It affects all of us.

Planting trees in East Africa is helping western countries to reduce their carbon dioxide emissions. By planting TIST trees in your field, you are helping to improve the atmosphere of the whole world. Considering our environment now is not only essential for our quality of life in this area, but is important for future generations and other parts of the world. Environmental education is so important – share this information with your neighbors.



Athi Cluster approaching TIST vision - SACCO.

By: Lucy Munjuri

Athi cluster is now approaching a TIST vision for every Cluster to form a SACCO. SACCO's are Savings and Credit Cooperative Organizations that are owned, managed and run by the members. Members of the SACCO can issue loans to Small Groups.

In Athi Cluster, every Small Group brings 120KSH to their Cluster Meeting where the money is collected and given to Small Groups that need a loan. At the same time, the ones that received a loan from a previous Cluster meeting repay their loan. When the loans are repaid, it includes an interest payment of 200KSH. As an example, if a Small Group was given a loan of 900KSH, they pay back a total of 1100KSH.

Athi cluster has 18 Small Groups and at every meeting they give 15 Small Groups loans to boost their tree planting and nursery preparation activities. This helps the Cluster to be strong. The capital collected for this loan program was a total of 15080/KSH as a revolving fund for helping their Small Groups get started.

Athi Cluster plans to register their group with the Social Services office so they will be accepted to interact with the Ministry of Co-Operative to prepare and register as a SACCO. Mr. William Mwito, Athi Cluster Servant, reiterated that for a Cluster to have a sustainable project and seek support from other agencies boosts the Cluster and community at large.



On February 2, 2014, members of the Athi Cluster in Meru met to collect loan repayments. The funds collected from these loan repayments were used to give loans to other Small Groups so they are able to plant more TIST trees and start nurseries like Athi Cluster! Athi Cluster joined TIST in April 2013 and currently has 18 Small Groups, 69 members and has planted a total of 14,697 trees.



Hygiene & Sanitation: Hand washing.

Hand washing with soap is among the most effective and inexpensive ways to prevent diarrheal diseases and pneumonia, which together are responsible for the many child deaths in Kenya.

Hands often act as vectors that carry disease-causing pathogens from person to person, either through direct contact or indirectly via surfaces. Humans can spread bacteria by touching other people's hand, hair, nose, and face. Hands that have been in contact with human or animal feces, bodily fluids like nasal excretions, and contaminated foods or water can transport bacteria, viruses and parasites to unwitting hosts. Hand washing with soap works by interrupting the transmission of disease.

Washing hands with water alone is significantly less effective than washing hands with soap in terms of removing germs. Effective hand-washing with soap takes 8 - 15 seconds, followed by thorough rinsing with running water.

Critical times in hand washing with soap

Here are some critical times to clean your hands:

1. Before and after meals and snacks
2. Before caring for young children
3. After touching a public surface.
4. Before and after preparing food, especially raw meat, poultry, or seafood
5. After using the restroom
6. When hands are dirty
7. After touching animals
8. When you or someone around you is ill

Awareness of hand washing with soap

Hand washing is likely to be especially important where people congregate (schools, offices, church, meetings), where ill or vulnerable

people are concentrated (hospitals, nursing homes), where food is prepared and shared and in homes, especially where there are young children and vulnerable adults.

A simple facility for washing hands after visiting toilet

The simplest facility is just to have a small jerry can filled with water placed outside latrines. Soap should also be provided.

However, this method is not ideal as people have to touch the jerry can before and after washing their hands which can still spread germs. An alternative hand-washing facility can be made like this:

1. Make a simple wooden frame with a nail in the middle for a peg.
2. Make a soak pit for the waste water by digging a hole around the frame and filling it with stones. This will let the waste water drain away into the soil.
3. Get one big open container (a barrel or cut-open jerry-can) and fill it with water.
4. Find a smaller open container, like a cut-open water bottle.
5. Make a small hole in the bottom of this container and fix a handle to it.
6. Dip the small container into the larger one to fill it with water.
7. Hang the small container on the peg so that the water starts to drip through the hole like a tap.
8. Wash your hands with soap.

The advantage of this system is that you only touch the small container once to fill it with water.

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KITE, CLUSTER INJERUYA TIST NDENEYA LAIKIPIA WEST.

Kite, cluster inini yumenie na cluster ingi niikuritanwa kwegie jaria TIST ikirite, jaria babati kujuria nikenda batonya kiri TIST na urimi bubwega ni Anselim Gitahi.

Cluster ya Kite mwankira nandi nitonyithitie ikundi bibinini mirongo iiri na kimwe biria binenkanirite baruga ciao cia kuuria batonyithue kiri TIST.

Cluster ya Kite nitirimanaga o jumatatu yonthe ya ithatu o mweri kuuma thaa inya mwanka thasita muthenya.

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Cluster ya Mutamaiyu: Niithuranirite gwita na mbele na ngugi.

Cluster ya Mutamaiyu ni imwe ya cluster inini iria ciaumenie na cluster ya Munyu ni Mary Kathei na Anselim Gitahi- uria wari muritani au kabele. Irina ikundi bibinini ikumi na banana biria baruga ciao cia kuuria gutonyithua kiri TIST ciri tayari nuntu niciojurirue mieri mugwanja ithiri. Arimi baba nibeterete mono fomu ciao cia gutonya

nikenda basaina na baambiria kugwata mbeba kuumania na ruugo.

Cluster iyi nitirimanaga ojumatano ya inya ya o mweri – kwou mucemania jwetu juria jwijite jukethira juri tariki mirongo iiri na ithanthatu, mweri jwa ithatu mwaka 2014 Mutamaiyu gwa chibu kuuma thaa inya mwaka thaa thita mthenya.



Iketha ria ndengu mweri juju.

Ni Elizabeth Nkiougutwaa nteto

Mubango jwa TIST jwa Tethua Utethie (H2H) nijwitikagiria arimi batano ndene ya o cluster bajukia irandu ria kilo ithano cia ndengu na baaketha nabo baejane kilo ithano cia ndengu kiri arimi bangi bairi kana nkuruki.

Ndengu niithithagia bwega mono kiri guntu kuria kuri gukumu. Arimi ba TIST nibeendaga imera biria bikurangaga na gukethangwa na ndengu ni kimera kijukagia igita ririkui gukura. Jaria maingi, ngai ya igita nyuma ya igita iting'anaga gutethia ndengu cikura bwega. Ilanda riri arimi babaingi ba ntuura

yetu niboonere iketha ritibui ria nkunia nusu niuntu mbura niyaurire.

Kiri maanda jau jakurukite riria ngai yari inyingi, arimi babaingi nibakethere nkunia ithatu na nkuruki kulingana na uria o murimi amenyerere muunda jwawe. Kurimira na kuugira kimera kunyiyia tunyomoo kurina bata kiri uandi bubwega bwa ndengu.

Cluster iria ikwenda gutonyithua kiri mubango bwa TIST jwa Tethua Utethie jwa ndengu, no baringire Jeniffer Kithure 0726319539.



Mithemba ya miti iria miega buru : Miti ya gintwire.

a. *Prunus africana* (Kikyuyu: Muiri, Kimeru: Mweria)

Muti juju jwa gintwire jwonekaga mono ndene ya miitu. Mpindi niciithagirwa cirri miitune igita riria kuumi. Oja ntunda iria aki cigarukite rangi ciairua na iria cigundi kuuma kiri muti kana nthiguru.

Rita kiu kithiurukite mpindi na njira ya kurinda tunda mathaa mirongo iri na jannari unyarie iguru ria wire. Ara utirikanirite antu ari na ruugo na kirundu nikenda ciama- indi ugakurukia mathaa janna. Mpindi itumbaga gwikwa kwou tumira woja orio. Gukunikira mbegu na mabura jarina ruuji nikunyiagia kuura kwa ruuji igitene ririkai ria gukamata na gwika. Anda munandene kana maratasine. Kuuma kwijaga nyuma ya biumia bitantatu gwita banana.

Utumiri: **Kwinga tunyomoo turia tugitaragia:** No juinge tunyomoo tumwe turia tugitaragia imera niuntu bwa mununko jwaju. Maua jarina sukari ya kung'ana kuthithia naicu. Jurina nkuu injega mono.

Ndawa: Ruuji kuuma gicaune nirutumagirwa kworia kunenea gwa prostate. Mathangu nijutumagirwa gukucia niuntu bwa gwtia kwa mwanki jwa mwiri kana jakanyuwa jakimenu nikenda muntu omba kwenda kuria irio. Ruuji nirwongagirwa kiri gicau gikimenu, na ruuji ruru rutune nirutumagirwa kworia kiu; gicau no gitumirwe kiri ndithia. **Kunyiya ukamati bwa muthetu:** Miti noiandwe nterene cia mitaro na naria kwinji, niejanaga kirundu kiri na baita na ninyiagia ruugo. Nijuthongomagia muthetu: Mathangu no jatumirwe gukunikira muthetu na ta mboleo imbithi. **Kuthongomia:** Nijuejaga muti jumuthongi jwa kuanda kienine jwa kuejana kirundu.

b. Peacock Flower (*Albizia gummifera*, Kikuyu: Mukurwe)

Muti juju mono nijwonekaga naria gutina ibari na miitune iria iri guntu kwa mbura na ndene ya mathaka jaria jatirimagwa akui na miitu

Mpindi cioji orio itiendaga uthuraniri. Mpindi (mbegu) iria ikarite cieki nicirindagwa ruujine rwa murutira na rugatigwa kwora mwanka mwanki jwa nyomba. Gikonde kia mpindi no gikunywe aria mpindi yumagira nikenda yumba kuumanga. Mpindi niumangaga, na ntuku ikumi. Mbeu niibati gutua cirri mutine nikenda tunyomoo tutikacigitarie. Mpindi no ciikwe nkuruki ya mwaka aki ciekwana antu gukuumo na aria gutina tunyomoo na njira ya kwongera muju jwa riiko.

Utumiri: **Nijutumagirwa ni njuki kuthithia naicu, nkuu, mpao, gum, tannin, ndawa -**

kuumania na mpindi cikimitwe nicinyunyagwa kworia thina cia kiu na ruuji kuumania na gikonde kia muti rugatumirwa kworia rwagi, Kunyiyia ukamati bwa muthetu (uria miri iri nigutethagia kugwata muthetu na kunyiyia ukamati bwa ruuji ni ngai), **Kirundu**, gwikira ruugo rwa Nitrogen muthetune (kuthongomia muthetu), kuria kujukagua kuri njira inthongi ya gukunikira muthetu niuntu mathangu nijaguaga jamaingi igitene riago riakugua, **Kuthongomia** (Nijuandagwa njirene ya town niuntu bwa uthongi bwaju), **Kuanda mianka**, Mathangu nijatumaga marigu jakagundanga.

c. *Olea africana* (African wild olive, Kikuyu: Mutamaiyu, Kimeru: Muthata)

Muti juju nijwonekaga guntu gukwingi mono akui na nduui na nterene cia miuro iminini n kinya ndene ya miitu ya mpao iminene. Jutigitaragua ni mpio inyingi kana uumo.

Mpindi ciumite muundene orio nicitumagirwa kuanda. Mpindi inkuru no cirindwe ruujine rwa mpio ntuku ijiri. Mpindi niciambagwa kuthuranirwa na njira ya kuuna gikonde na gantu ga kugwata na njara kana kwingiritiria iiga iguru ria mpindi iu. Bubu nibuthithagua niuntu kurita gikonde giki nigutumaga muti jukaumanga. Mpindi iji no ciikwa atu gukuumo miaka imikai.

Utumiri: **Irio:** Biria muti juju juejanaga na wingi ni maguta na ntunda cia kuria. Imera bibi nibirijagwa ni ndithia mono. Kinya nijutumagirwa ta nkuu, mpao, makara, mirashi ya maigo na kuthongomia. **Gucokia uria munda jwari:** Uumbi bwaju bwa gutuura kinya igita ria uumo nibutumaga jukaa muti jumwega jwa kuanjia miitu kairi guntune gukuumo ndene ya Africa. **Kuthongomia:** Muti juju nijuumbaga kuthongomia uria muunda jukari

d. Waterberry (*Syzygium guineense*, Kikyuyu: Mukoe, Kimeru: Muriru)

Muti juju nijwonekaga ndene ya miitu ya mbura iria iti irimene na kinya iria iri irimene. Mono niumaga guntu kurina ruuji rionthe, mono kinya ndene ya ruuji, na niithagirwa mono nterene cia nduui inini. Mbegu itiendaga kuthuranirwa mbele ya kuandwa, niuntu kuuma nikwijangaga na kwambagiria o rimwe.

Nijukurangaga niuntu nijwithagirwa jukunenea mono ndene ya ntuku mirongo iiri gwita mirongo itano. Kuanda o rimwe turatasine nigwiikagirwa.

Matunda nijathukangaga na kwou nijabati kwojangwa nthi jarikia kugua orio.



Kinya nojojwe warikia kwinainia muti na rwogoro. Joojwa, matunda jaja nijabati kuandwa orio niuntu nijathukangaga jooma. Kethira bubu butiumbika, itunda noriikwe ntuku inkai jaumbiki kiri sawdust na jari mikebene itikuniki nyomba iri na ruugo rurwega

Utumiri: Kuthithia naicu, Mpao, Nkuu, Kirundu, Ndawa Menyeera: gicau kiu kiri sumu na kairi no gitume muntu akue, kwou nubati kwamba kuuria baria batumirite gikonde kia muti juu kiri kuthithia ndawa

e. Mubukando (*Persea americana*)

Naria jubujaga: Juandagwa guntu kunthe kuria kwina ruuji.

Kuthuranira kuumithia: Riinda mbeu iji ruujine rwa mpio mathaa mirongo iiri na janna, riu uande mibukone. Tuumira mpindi orio watura gitunda nontu mpindi itikarakaraga. Nijuumaga na biumia bithatu gwita bina na ibati kuandwa itarenie na nkuruki ya meter ithanthatu. Miti iji niandagwa mono akui na nja.

Utumiri: Nku, makara, irio, kithiiki, guaka mwiri, maguta ja kuruga. Gitunda nigikiega kiri mwiri, kina maguta, nigiakaga mwiri na nigitethagia mwiri kwinga mbajua. Gicau, mathangu na mpindi ni sumu kiri nyomoo iria irijaga imera. Muti juu nijuretaga mbea inyingi.

f. Mubera (*Psidium guajava*, Kikuyu: Mubera)

Naria jubujaga: Jutiigagua uumo indi jutikara antu kwina ruuji ruigarite.

Mbeu: Itiitagia kuthuranirwa. lumaga na biumia bithatu. Ibatu kuandwa itarenie na meter inya.

Mootumiri: Nkuu, makara, ikingi, irio, gitunda kirijagwa kina vitamin A na B. juciaraga nyuma ya miaka ithatu gwita inna. Rubao rwaju rutirijagwa ni muthwa. Matunda jaju jamagundu nijatethagia murimo jwa kuugia, mathangu na matunda najo nijatethagia kworia kioro gikiuthu. Maguta jaju jatigwataga mwanki. Mathangu na gicau kiaju nibitumagirwa kuthithia maguta ja gwaka ja kuthiria thiina cia mwiri, mathainya, irona na ulcers. Mathangu nijatumagirwa kinya kuthiria thiina cia mwiri cia naria irio biitagira, mpio na gwitia kwa ndamu, kuthangika nkoro, murimo, mutwe na mbajua ya kugia murimo icunci bibingi bia mwiri. Ruuji rwaju nirutumagirwa gutethia ajii ba hepatitis, gonorrhea na kioro gikiuthu. Kuandaniria na imera: nijuthithagia bwega riria jwaandanirua na imera bia ndithia ta mpempe, muya na ncugu. Mibera noiume antu amwe imingi na iujure muundene kana kienine.

g. Muembe (*Magnifera indica*)

Naria jubujaga: Jutumba kubua antu ruuji ruigaraga na nijuendaga muthetu jutigwika ruuji igita ririnene. Nojuthithie bwega guntu gukuumo.

Mbeu: Can also use grafts. Mbeu itiendaga kuthuranirwa mbele ya iandwa, kinyethira gukunyakunya mpindi nigutethagia kiri kuuma. Mpindi nocikare mweri antu gutina mwanki, indi mpindi ciaritwa orio nicio njega nkuruki.

Mootumiri: Nkuu, matunda, iria ria ndithia, irio bia njuki, kunyiyia ruugo, gukunikira muthetu, kithiiki, gwika muthetu bwega, gum.

Witi na mbele bukuumbika.

Environment nimbi? Dictionary ya Oxford iugaga ni biria kana mantu jaria jathiurukite aaria muntu, nyomoo kana kimera gituuraga kana kithagirwa kiri jaria maingi.

Mantu jonthe jaria batwi ja antu tuthithagia jarina ugwati kiri biria kana jaria jatuthiurukite-jatitotongaga twinka aja na thaa iji. Nitubati kuthuganiria kinya mantu jaria jakaumani nabundene ya igita ririraja.

Uria tuthithagiria naria gututhiurukite narua gugatonga uthongi bwa miturire ya nthuki iria ikeja.

Ciurie biuria bibi:

- Ni nthiguru ya muthemba juriku ukwenda aana na bajuju baku beethira?
- Uthongi bwa naaria kubathiurukite bukethira burina bata ing'ana atia kiri aana baku?
- Kurina bata kuthuganiria nthuki iria cikeja?

Barina mantu jaria babatiri?

Mathithio jetu ja ontuku jatitongaga aki au, indi nijatongaga antu aanene na kinya nthiguru yonthe. Ja mung'uanano, Nile basin ni kiumo gikinene mono kia ruuji ruria ruri nthiguru inyingi cia rutere rwa NortEastern rwa Afrika. Uganda ikabanga kuingiira ruuji, Sudan na Egypt bakaria ukia. Untu bubu bugatutonga twinthe.

Kuanda miti ndene ya East Afrika nigugutethia nthiguru cia rwongo cia West kunyiyia ruugo ruruthuku ruria ciitaga. Gukurukiira kuanda miti muundene jwaku, nugutethia kuthongomia ruugo ndene ya nthiguru yonthe. Kuthuganiria naria na biri bituthiurukite narua gutina bata aki kiri uthongi bwa miturire yetu antu aria turi, indi burina bata kiri maciara ja ruuju na kiri icunci bingi bia nthiguru. Mathomo jegie naria na biria bituthiurukite jarina bata mono – gaana umenyo bubu na aturi baku.



Cluster ya Athi nierekerete kioneki gia TIST gia SACCO.

Ni Lucy Munjuri ugutwaa nteto

Cluster ya Athi nandi nierekerete kioneki gia TIST gia o cluster yonthe kuthithia sacco. SACCO ni kambuni cia gwika na gukobithania Mbeka (Savings and Credit Cooperative Organizations) iria ciri cia amemba, irungamagirwa ni amemba na gwitithua na mbele ni amemba.

Amemba ba SACCO no bae ikundi bibinini marandu. Ndene ya cluster ya Athi, o gikundi gikinini nikiretaga igana na mirongo iri kiri mucemano jwa cluster aria mbeca ciuthuranagua na kunenkanirwa kiri ikundi bibinini biria bikwenda irandu. Oriu, baria baei irandu indene ya mucemano igita riu ringi nibariaga irandu riao. Marandu jariwa, nijariagwa amwe na mbeca ingi Magana jairi. Ja mung'uanano, gikundi gikinini gikethirwa kiaerwa irandu ria Magana kenda, nibariaga ngiri na igana.

Cluster ya Athi irina ikundi bibinini ikumi na banana na kiri o mucemano nibaejaga ikundi ikumi na bitano marandu ja kwongera kiri mantu jao ja uandi miti na uthuraniri bwa minanda. Bubu nibutethagia cluster kugia inya. O mweri, nibothuranagia ngiri ijiri na igana na mirongo itantatu niuntu bwa mubango jou jwa gukobithania gatigati ga ikundi biao.

Cluster ya Athi nikubanga kuandikithia gikundi kiao kiri ofisi ya social services nikenda betikirua kurita ngugi na ofisi ya Co-operative nikenda bathuranirwa na kuandikithua bari SACCO. Mukuru William Mwito, nthumba ya cluster ya Athi, noongerere ati cluster kwithirwa irina mubango jukuumbika ndene yaigita riraja na bacwa utethio kuumania na kambuni ingi ni untu bwikagira cluster na ntuura yonthe inya.



Tariki ijiri mweri jwa iiri, 2014 amemba ba cluster ya Athi ndene ya Meru nibatirimanire kujukia mbeca iria bakobithitie ikundi bibinini. Mbeca iria ciothuranirue kuumani na gucokua guku kwa marandu niciatumirwe kubia ikundi bibinini bingi nikenda boomba kuanda miti ingi ya TIST na baambiria minanda ja Cluster ya Athi!

Cluster ya Athi niyatonyere TIST mweri jwa inna 2013 na thaa iji irina ikundi bibinini ikumi na banana, amemba mirongo itantatu na kenda na niandite miti ngiri ikumi na inyaa, Magana jatantatu mirongo kenda na mugwanja.



Utheru: Kuthambia njara.

Kuthambia njara na sabuni ni njira imwe ya iria njega buru na iria itina goroya kuebera miromo ya kuugia na ndimoni, iria amwe citumaga gukua kwa aana babaingi ndene ya Kenya.

Njara jaria maingi niikamataga tuginyo turia tutumaga antu baajua kuuma kiri muntu umwe gwita kiri uungi, rimwe gukurukira gutong'ana na ringi gukurukira gutonga aria bangi batongete. Antu nobatambie mirimo tunginyo tutu batonga njara, mutundu, nyiuru kana uthiu bwa antu bangi. Njara iria itongete kioro kia antu kana nyomoo, nduui cia mwiri ta mamira na irio kana ruuji ruri na ruuko no rukamate bacteria, virusi natunginyo. Kuthambia njara na sabuni nikuritaga ngugi ya kunogokeria gukamatwa guku.

Kuthambia njara na ruuji ruunka ni kuritaga ngugi inkai mono nkuruki ya kuthambia na sabuni tugitaraga ngugi ya kurita tunginyo. Kuthambia njara gukwega ni kwa secondi inyanya gukinya ikumi na ithano, kuthingatite kuthamikura na ruuji rugwitika.

Magita jaria ubati kuthambia njara

Aja ni magita jaria ubati kuthambia njara ciaku:

1. Mbele na nyuma ya kuria irio
2. Mbele ya kumenyeera twana tutunini
3. Nyuma ya gutonga antu gugutongangwa ni babaingi.
4. Mbele na nyuma ya kuthuranira irio , mono nyama itirugi, nguku kana irio bia iriene
5. Nyuma ya gutumira kioro
6. Riria njara cirina ruuko.
7. Warikia gutonga nyomoo
8. Riria ugwe kana muntu uri akui nagwe aajitue

Mantu jaria ubati kumega jegie kuthambia njara na sabuni

Kuthambia njara kurina bata mono aria antu batirimanite (cukuru, ofisi, kanisene, micemanione), aria aajie kana baria bagwatangagwa ni mirimo bangei (cibitari, njia cia kumenyeera ajie), aria irio bithuranagirwa, bikagaanwa na njia, mono naria kurina aana babanini na antu babanene baria baajangagua.

Gantu ka kuthithia na uuthu gakuthambiria njara warikia kuuma kioro

Gantu karia koothu buru ni kwithirwa urina kibuyu kiujuritue na ruuji giiki oome ya bioro. Sabuni niibati kwithirwa irio.

Indi-ri, njira iji itibui niuntu antu nibatongaga kibuyu mbele na nyuma ya kuthambia njara, untu buria bado bugatambia tunginyo. Ngantu karia koomba kuthithua nit a uju:

1. Thithia karubao karina mucumari gatigati jwa kugwatia.
2. Thithia kirinya gia kunyua ruuji rwa ruuko, winje kirinya kithiurukirite karubao na ukiujurie na maiga. Bubu bugetikiria ruuji rwa ruuko rutonye muthetune.
3. Cua gikebekimwekiruguri gikinene (mukebe kana kibuyu kigiti) na ukiujurie na ruuji.
4. Cuaa gakebe kangi karuguri gakanini, ta chuba ya ruuji igiti.
5. Tura karinya rutere rwa nthi rwa gakebe gaka na wikira njara ya kugwata.
6. Tonyithia gakebe gakanini kiri gikinene na ukojurie na ruuji.
7. Curia gakebe gakanini mucumarine nikenda ruuji rwaambiria gwikirira karinyene ja tapu.
8. Thambia njara na sabuni.

Wega bwa njira iji ni ati ugatonga gakebe gakanini rimwe aki gukojuria na ruuji.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kikuyu Version

An Environmental, Sustainable
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CLUSTER NJERU YA KITE THIINI WAGICIGO KIA LAIKIPIA WEST.

Cluster njeru ya Kite niiramukira mathomo megii values cia TIST, gukinyaniria maundu makuingira ohamwe na Kilimo Hai kuma kuri Anselim Gitahi.

Cluster ini ya Kite niyandikithitie ikundi 21 iria citumite marua ma kwandikithio kuingira TIST. Cluster ya Kite niicemanagia Monday ya gatatu ya mweri kuma 10.00AM - 12noon

Inside: Cluster ya Mutaaiyu: Nitwihariirie Guthii Riu. Page 2

Magetha ma ndengu. Page 2

Mithemba miega ya miti: Miti ya Ki-nduire. Page 3

Ukuria wa gutuura. Page 4

Athi Cluster gukuhiriria gukinyaniria kioneki gia TIST - SACCO. Page 5

Utheru: Guthambia moko. Page 6



Cluster ya Mutamaiyu: Nitwihariirie Guthii Riu.

Cluster ya Mutamaiyu ni imwe ya ciana kuma cluster ya Munyu iria ciandikithirio ni Mary Kathei na Anselin Gitahi-muthomithania wa tene. Arimi nimetereire na njira nene kuheo fomu cia kwandikithio niguu mekire kiore na mambiririe

kwendia carbon credits.

Cluster ino icemanagia wednesday ya kana ya mweri-nikuga mucemanio ungi ni mweri 26th March, 2014 kambi-ini ya chifu ya Mutamaiyu kuma 10.00AM-12noon



Magetha ma ndengu.

Mwandiki: Elizabeth Nkio

Mutaratara wa TIST wa Help-To-Help (H2H) niwitikiritie arimi 5 hari o cluster kwamukira ngombo ya 5ks cia ndengu(mukeye) na riria ciagetwo makaheana 5g kuri arimi angii eeri.

Ndengu nicikuraga wega kuria kwaraga. Arimi a TIST mendaga gukuria kimera kinini. Mahinda maingi, mbura ya mahinda tinjiganu gukuria ndengu wega. Kimera giki kia mahanda arimi matinagia na mbura njega na magetha marakorwo mari na nuthu ikonja.

Kimera kiu kingi riria mbura yari nyingi, arimi angii aingi nimagethire makonia 3 na makiria kuringana na uria murimi atungatire mugunda wake. Kurimira na kuhuhira mimera nigutumaga ndengu cikure wega.

Cluster iria cikwenda kuingira mutaratara-ini uyu wa H2H nomaranirie na

Jeniffer Kithure – 0726319539.



Mithemba miega ya miti: Miti ya Ki-nduire.

a) *Prunus Africana*(Kikuyu: *Muiiri, Kimeru: Mweria*)

Muti uyu wa kinduire wonekaga muno mititu-ini. Mbegu niconekaga mititu-ini kimera kia riuu. Ungania o mbegu iria ciririire kuma miti-ini. Ruta ngothi ya iguru na kurinda matunda maai-ini gwa kahinda ka 24hrs ucoke uthambie na wanike waya-ini. Aragania na utaganie niguu magie na riera gwa kahinda ka mathaa 4 tu.

Mbegu ici citikaraga muno kwa uguo uhande tene. Kwaha mbegu na mahuti magunyu nigutumaga mbegu citigate ugungu wacio. Handa mbegu irima-ini kanda mukebe-ini. Kumera ni thutha wa 6-8wks.

Mahuthiro: niuingataga tutambi turia tugumagira mimeru niundu wa munungo waguu. Mahua maguo nimakoragwo na mhungo maingi ma uki wa njuki. Niukoragwo na ngu njega.

Dawa: maai maguo ma makoni nimahuthikaga guthondeka muthiori. Mahuti nimahuthagirwo kuhingura maniuru riria wanungira kana ukanyua niguu wongerere muriire. Maai nimongagirirwo kuri makoni maria mathio na maai macio matune makahuthika na kuhonia gutuurwo ni nda; makoni nimahuthikaga guthondeka mahiu. Muti uyu niunyitagirira tiiri kumana na gukuu ni maai ohamwe na guthondeka kiiruru kiega na kunyihia ruhuho. Niwongagirira unoru wa tiiri na mahuti magathondeka thumu. Niukoragwo uri muthaka uri mugunda.

b) *Peacock Flower*(*Albizia gummifera*, Kikuyu: *Mukurwe*)

muti uyu wonekaga ciandaini na mititu-ini kana kundu gukuhi na mutitu.

Uri muthondeke na dawa kana utari muthondeke mbegu nocihandwo. Mbegu njithi citibataraga guthondekwo no cirindagwo maai-ini mararu na cigatigwo. Nowature mbegu niguu cimere na-ihanya. Kumera gwacio ni gwa gicunji kia 70-80% hari thiku 10. mbegu ciagiriirwo nikunganiociri o mutiini niguu citigathuke. Mbegu nicigwo bwa kahinda ka mwaka ingikoro ciri nyumu na gutari na tutambi ukihuthira muhu.

Mahuthiro:

Mahuti maguo nimakoragwo na mahungo ma uuki wa njukim nukoragwo na mbau njega Dawa:

niuhuthagirwo kuhonia gutuurwo ni nda ona guthondeka murimu wa malaris. Kugiririria tiiri gukuu ni maai: miri yaguo nihotaga kunyita tiiri wega na ikagiririria ndugakuo ni maai. Niukoragwo na kiiruru kiega na ukongerera unoru wa tiiri, niuikaine nigukorwo na mahuti mega makuiga ugungu, niuthakaragia mugunda na ukahuthika mihaka-ini ya migunda na mahuti nimahuthagirwo kurinda na kwiruhithia marigu.

c) *Olea Africana*)*African wild olive*, Kikuyu: *Mutamaiyu, Kimeru: Muthata*)

Muti uyu niwonekaga kundu kuingi na makiria ruui-ini na kundu gwa kurimwo. Niwiritagia riuu na mbaa.

Mbegu ciri njigu nirio cihandagwo. Mbegu nguru ciagiriirwo ni kurindwo maai-ini mahehu gwa kahinda ka mathaa 48.

Mbegu niciagiriirwo niguthondekwo mbere ya kuhandwo na njira ya gwaturwo na ihiga. Uu nitonduriria wehutia ngothi ya iguru niguteithagiriria kumera. Mbegu nocigwo kundu kuri na urugari muigananiru kwa miaka.

Mahuthiro:

Irio: Mahuthiro maria moikaine muno ni maguta ma olive ma kuruga. Irio cia mahiu: mahuti ma mutamaiyu nimaheagwo mahiu mari irio. Na ningi, nimahuthikaga ta maguta, ngu na makara ohamwe na kuhuthika ta mukinyi wa magego. Niwiritagia riuu na kwa uguo ugakorwo uri mweha na gucokereria mititu kuria kwaraga thiini wa Africa. Muti uyu niuthakaragia mugunda wega muno

d) *Water Berry*)*Syzgium guineese*, Kikuyu: *Mukoe, Kimeru: Muriru*)

muti uyu muno wonekaga kuria mbura yuraga muno na irima-ini. Ukuraga kundu kuri naugungu muingi na maita mangi ugakura maai-ini na niwonekaga njuui-ini.

Mbegu ciaguo citiagiriirwo niguthondekwo nitonduriria ukoragwo uri wa iguru muno na gicunji kia 80-90% na wonekaga thutha wa thiku 20-50. wagiriirwo ni kuhanda mikebeini. Matunda maguo nimathukaga na-ihanya na magiriirwo ni kunganio thi thutha wa kugua kuma muti-ini. No uinainie muti niguu matunda mague kana uhuthire muti muraigu gutua matunda macio. Thutha wa kungania, mbegu ciagiriirwo nikuhandwo orio niguu citigathuke cioma. Angikorwo uguo gutingihoteka,



matunda nomaigwo gwa kahinda kanini handu hagunyu na muura.

Mahuthiro: Irio: (Matunda), mahungo ma uuki, mbau, ngu na kiiruru ohamwe na dawa(Matunda nimahuthikaga gucokia maa mwiri-ini na kunyihia kuharwo). Niwagiriirwo umenye ati makoni nimanekete mari na indo citari njega na mwiri na nomatume mundu akue, kwa uguo ukahoya kirira kia kiria ukuhuthira.

e) *Avocado (Persea Americana)*

Niukuraga kundu kugunyu wega.

Guthondekwo mbere: rinda mbegu maa-ini hamehu thutha wa mathaa 24, coka uhande mikebe-ini. Huthira mbegu itari njikaru muno tondu citikaraga muno. Mimera niiciarithanagio. Mbegu cimeraga thutha wa 3-4wks na utaganu wagiriirwo nigukorwo uri wa 6m. Miti ino ihandagwo mucii-ini makiria.

Mahuthiro: ngu, makara, irio, kiiruru, uthaka na maguta. Matunda maguo nimakoragwo n indo cia guteithia miiri ta maguta na vitamins. Makoni, mahuti na mbegu nicikoragwo citari njega na mahiu. Mimera niikuranagirio na mboco riria iri minini na muti uyu nimwega na biashara.

Guava (Psidium guajava, kikuyu:Mbera)

Ni muti ubataraga mbura. Niwitiragia riua no ti muno.

Mbegu: Citibataraga guthondekwo mbere ya kuhandwo. Cimeraga thutha wa 3weeks. Utaganu niwa 4m

Mahuthiro: ngu, makara, ikingi, irio, maguta, matunda makoragwo na Vitamins C na A. uciaraga matunda thutha wa miaka 3-4. mbau citiriagwo ni muthua. Matunda meru na momu nimakoragwo mari mega na kuongerera maa mwiri-ini namo mahuti makahonia kuharwo. Maguta nimakoragwo mari mega. Mahuti na makoni nimathondekaga matunda makwihaka na kunina tugunyu tew ngothi ohamwe na irona cia mwiri na cia nda. Mahuti ningi nimathondekaga mirimu ya nda na njira ya irio, homa, na kuhaica thakame, kumaka, ruuo, guturwo ni kiongo na hepatitis, gonorrhea na kuharwo. Niuhandanagirio na irio mugunda: niukuraga wega riria wahandanirio n airio cia mugunda ta mbembe, muhia kana njugu.

Mango(Maembe- Magnifera indica)

ndwitiragia muiyuro wa maa na ubataraga tiiri muniaru. Niukuraga wega kundu kung'aru.

Mbegu: citibataraga guthondekwo no kwagura niguteithagia kumera. Mbegu nocigwo gwa kahinda ka mweri urugari-ini muigananiru, mbegu citari njikaru nicio njega na niucarithanagio.

Mahuthiro: ngu, matunda, mahungo ma uuki, kunyihia ruhuho, mahuti hari kuiga ugungu tiiri-ini, kumenyerera tiiri na ngamu.

Ukuria wa gutuura.

Maria maturigiciirie nikii? Kuringana na dictionary ya Oxford, ni maundu na kuria nyamu na mimera ckaraga. Maundu maya ni mugunda, tiiri, maa, miako, uteti na miikaranirie.

Maundu maria twikaga turi andu nimakoragwo makihitania na maundu maya – matihitanagia na ithui o rio, nitwagiriirwo kurora kahinda karaihu.

Uria twoyaga maria maturigiciirie umuthi nigukoragwo na andu thutha-ini.

Wiyurie ciuria ici:

- Ni thi iriku ungirnda ciana ciaku cigakora na ciigaire?
- Wegu wa maria maturigiciirie ni wa bata na kii?

- Niwega gwiciria muturire wa thutha-ini wa njiro ingi?
- Mari na ihooto?

Maundu maria twikaga o muthenya nimakoragwo na effect guku turi na thi yothe. Kwa muhiano, Nile Basin nikio kihumo kinene kia maa kuri mabururi maing ma Afrika ya rugongo. Uganda ingiciria ihinge maa, sudan na Egypt mangikowo ugwati-ini na tuhutio ithuothe.

Kuhanda miti thiini wa East Africa niguteithagia West Africa kunyihia carbon dioxide. Riria twahanda miti ya TIST migunda-ini, niurateithia kwagiritia riera thi yothe. Kuringana na maria maturigiciirie ti kwa bata o riu no kuri njaro cia kabere kwanyu na thi yothe. Githomo kia maria maturigiciirie ni kia bata – thomithia aria angi kuu kwanyu.



Athi Cluster gukuhiriria gukinyaniria kioneki gia TIST - SACCO.

Mwandiki: Lucy Munjuri

Cluster ya Athi niikuhiriirie gukinyaniria kioneki kia TIST kia o cluster guthondeka Sacco. SACCO ni Saving Credit Cooperative Organizations iria cikoragwo cigitongorio ni amemba.

Amemba a SACCO nomaheane loan kuri ikundi nini. Thiini wa Athi, o gikundi nikirehage 120ksh micemanio-ini kuria mbeca ciunganagio na cikaheanwo kuri ikundi iria cirabatara loan. O rio, aria maheo loan kuma mucemanio ucio ungi makariha loan rwao. Riria loan rwarihwo nirurihagwo na faida ya 200KSH. Ta muhiano, , angikorwo gikundi kiaheirwo 900KSH, marihaga

1100KSH.

Cluster ya Athi iri na ikundi 18 na o mucemanio maheanaga loan kuri ikundi 15 niguu mahote gutheremia uhandi wa miti na njira ino igateithia cluster. O mweri nimonganagia 2160KSH niundu wa loan kuri ikundi.

Cluster ya Athi niirabanga kwandikithia gikundi na Social Services niguu metikirio kuruta wora rundu rwa Ministry of Co-operative niguu mandikithie SACCO. Mr. William Mwito, ndungatha thiini wa Athi, niakinyiriirie ati niguu cluster ikorwo na mitaratara irerugamirira na igiire mawega kuma kundu kungi.



Kuri February 2, 2014, amemba kuma cluster ya Athi thiini wa Meru nimacemanirie kuoya loan. Mbeka iria cionganirio nicaheanirwo ta loan kuri ikundi niguu cihande miti makiria.

Cluster ya Athi yaingirire TIST mwaka-ini wa 2013 na riu iri na ikundi 18 na amemba 69 na iri na miti 14,697.



Utheru: Guthambia moko.

Guthambia moko na thabuni ni umwe wa maundu maria mahuthu ma kugitira mirimu ta kuharwo na pneumonia iria irehaga ikuu nyingi cia ciana Kenya.

Moko mahuthikaga gutambia mirimu kuma mundu kuri uria ungi kuhitukira kuhutania kana njira ingi. Andu nimatheremagia bacteria na kuhutania moko, njuiri, maniuru na uthiu. Moko maria mahutanitie na nyamu kana giko kia nyamu hamwe na irio ciri na giko nimatheremagia mirimu, viruses na tutambi. Guthambia moko na thabuni nigutumaga utheremu uyu uthire.

Guthambia moko na maai matheri gutinginina utheremu uyu biu ta riria wathambia na thabuni. Uthambia mwega wa moko na thabuni uhuthagira 8-15 seconds na thutha kuniarithia biu.

Ikoro cia bata ugithambia moo na thabuni

maya nimo mahinda maria ma bata wagiriirwo niguthambia moko.

1. Thutha wa kuria irio.
2. Thutha wa kunyita kundu kwa muingi.
3. Thutha wa kunyita ciana.
4. Thutha na mbere ya kuhariria irio na muno nyama.
5. Thutha wa kuhuthira kioro.
6. Riria moko mari na giko
7. Thutha wa kunyita nyamu.
8. Riria wee kana mundu uri hakuhi nawe ari muruaru.

Kumenyithania guthambia moko na thabuni.

Guthambia moko na thabuni nikwa bata muno na makiria kuria andu macemanitie(cukuru, ofisi, kanitha, micemania), kuria andu aruaru mari(thibitari, nursing home), kuria irio cirathondekerwo na makiria kuria kuri na ciana nini.

Njira ya naihenya ya githambia moko thutha wa kuhuthira kioro.

Njira iria huthu ni gukorwo na kibuyu kri na maai hakihi na kioro na uige thabuni hau. No ona kuri ouguo, njira ino ti nginyaniru tinu andu nomarinyita kibuyu njira iria ingitambia erms. Njira ingi na njega noithindekwo na njira ino:

1. Thondeka rubau rwega na uhuririre kamucumari.
2. Enja irima ria uitira maai.
3. Thondeka mukebe munene na uiyurie maai.
4. Etha mukebe ungi munini na uuture irima.
5. Tura karima kanini na-thi na na wikire kamuti.
6. Rikia mukebe munini hari uyu munene na uiyurie maai.
7. Cuuria mukebe munini rubau-ini ruria niguo maai mabiririe guitika.
8. Thambia moko maku na thabuni.

Weega wa njira ino ni ati unyitaga o mukebe uria munini o rimwe niguo wikire maai.

Mazingira Bora



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Kiswahili Version

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KITE, CLUSTER MPYAYA TIST KATIKA ENEO LA LAIKIPIA WEST.

Cluster changa ya Kite iliyotokana na cluster nyingine inapata mafunzo kutokana na Anselim Gitahi kuhusu maadili ya TIST, yanayohitajika ili kuingia katika TIST na Kilimo hai Kufikia leo, cluster ya Kite imesajili vikundi vidogo ishirini na moja ambavyo vimepeana fomu za kuuliza kuingizwa katika mradi wa TIST.

Cluster ya Kite hukutana kila jumatatu ya tatu ya kila mwezi kutoka saa nne hadi saa sita mchana.

Inside: Cluster ya Mutamaiyu: Ipo tayari kusonga mbele. Page 2

Vuno la ndengu msimu huu. Page 2

Aina bora zaidi ya miti :Miti ya kiasili. Page 3

Maendeleo endelevu. Page 4

Cluster ya Athi yaelekea kufikia ono la TIST-SACCO. Page 5

Usafi : Kuosha mikono. Page 6



Cluster ya Mutamaiyu: Ipo tayari kusonga mbele.

Cluster ya Mutamaiyu ni mojawapo ya cluster tatu zilizzosajiliwa kutokana na cluster ya Munyu na Mary Kathei pamoja na Anselim Gitahi- ambaye alikuwa mwalimu hapo mbeleni. Ina vikundi vidogo kumi na nane ambavyo fomu zao zipo tayari kwani zilijazwa miezi saba iliyopita. Wakulima wanangoja kwa amu kupewa

fomu za kujisajili ili watie saini ndiposa waanze kufurahia malipo ya kaboni.

Cluster hii hukutana kila jumatano ya nne ya kila mwezi – hivyo basi mkutano wetu unaokuja utakuwa tarehe ishirini na sita, mwezi wa tatu, 2014 pale ofisi ya chifu ya Mutamaiyu kutoka saa nne hadi saa sita mchana.



Vuno la ndengu msimu huu.

Umeletewa habari na Elizabeth Nkio

Mradi wa TIST wa Saidiwa-Usaidie (H2H) huruhusu wakulima watano wa TIST kuchukua mkopo wa kilo tano za ndengu na wanapovuna nao, hupeana kilo tano kwa wakulima wengine wawili au watatu.

Mmea wa ndengu hufanya vizuri sana katika makao yaliyo kame. Wakulima wa TIST hupendelea mimea inayochukua muda mdogo kukua na kuvunwa na ndengu ni mma unaochukua muda mfupi kukomaa. Mara nyingi, mvua ya kila baada ya

wakati haisaidii ndengu kukua inavyofaa. Msimu huu wa kupanda wakulima wengi walipata vuno baya la nusu gunia kwani mvua ilikosa.

Katika misimu iliyopita, mvua ilipotosha, wakulima wengi walipata gunia tatu na Zaidi kulingana na jinsi kila mkulima alivyolichunga shamba lake. Kupalilia na kupulizia dawa dhidi ya wadudu ni muhimu katika mafanikio ya ndengu.

Cluster zinazotaka kuingizwa katika mradi huu wa Saidiwa-Usaidie zaweza kumfikia Jeniffer Kithure kwa nambari 0726319539.



Aina bora zaidi ya miti: Miti ya kiasili.

a. *Prunus africana* (Kikuyu: Muiri, Kimeru: Mweria)

Mti huu wa kiasili unapatikana sana katika hifadhi za misitu. Mbegu zipo misituni wakati wa kiangazi. Kusanya tu matunda yaliyoiva ya hudhurungi kutoka taji la mti ama ardhini.

Toa rojo kwa kulowesha masaa ishirini na nne, kisha uoshe juu ya waya wenye matundu. Eneza kwa safu nyembamba katika eneo lililo na hewa na lililo na kivuli ili kukauka- lakini kwa masaa nne pekee. Mbegu haikai kwa hivyo tumia mbegu mpya.

Kufungia majani yakizunguka mbegu hupunguza upotevu wa unyevu wakati wa kusafirisha na kuweka.

Panda kitaluni au mifukoni moja kwa moja.

Kuota huchukua wiki sita kufika nane.

Matumizi: *Dawa ya kukimbiza wadudu*

waharibifu: yaweza kukimbiza wadudu waharibifu kamachawa, viwavi (ambao hushambulia mimea) kwa harufu yake. Maua yana nta na poleni tosha ya kulisha nyuki. Ina kuni bora. **Dawa:** Rojo kutoka kwa gome hutumiwa kutibu uvimbe wa kibofu. Majani hutumiwa kuvuta ili kutibu homa ama kunywa kama njia ya kuboresha hamu ya kula. Maji huongezwa kwa gome lililopondwa na maji hayo mekundu kutumiwa kutibu maumivu ya tumbo; dondoo la gome kutumiwa kulisha ng'ombe. **Kuzuia mmomonyoko wa udongo:** Miti yaweza kupandwa matutani, huwa na kivuli chenye manufaa na huzuia upepo. Huboresha udongo.

Majani yaweza kutumiwa kufunika udongo ama kama mbolea. **Urembo:** Huwa mti mzuri wa kivuli unaovutia katika bustani.

b. *Peacock Flower* (*Albizia gummifera*, Kikuyu: Mukurwe)

Mti huu hupatikana sanasana katika misitu ya mvua iliyo mahali tambarare au nyanda za juu na katika makazi wazi karibu na misitu. Mbegu safi hazihitaji kutibiwa kwanza. Mbegu zilizowekwa huloweshwa katima maji yenye joto na kuachwa kupata baridi kwenye joto la kawaida. Gome la mbegu laweza kuvunjwa ili kuharakisha kuota. Mbegu huota vizuri, asilimia sabini kufika themanini katika siku kumi. Mbegu zafaa kukusanywa zikiwa bado mtini ilikupunguza uharibifu wa wadudu. Mbegu yaweza kuwekwa kwa muda wa mwaka mmoja ikiwekwa ikiwa kavu na mbali na wadudu kwa njia ya kuongeza majivu.

Matumizi: Chakula cha nyuki, kuni, mbao, gundi, tanini, dawa (dondoo kutokana na kuponda maganda hutumiwa kumaliza uchungu wa tumbo na maji ya gome kutibu malaria), kuzuia mmomonyoko wa udongo (mizizi hushika udongo na kuzuia mmomonyoko wa udongo kupitia mitaro), **Kivuli**, kuweka naitrojeni (huboresha udongo), hujulikana kama mti mzuri wa kufunika udongo kwa sababu majani yanayoanguka ni mengi wakati wa msimu wa kuangusha majani, **Urembo** (Hupandwa katika miji kwa sababu ya urembo wake), **Kupanda mipaka**, matawi huharakisha kuiva kwa ndizi.

c. *Olea africana* (African wild olive, Kikuyu: Mutamaiyu, Kimeru: Muthata)

Mti huu hupatikana maeneo mengi, sana sana karibu na maji, mito na ata maporini. Ni sugu kwa baridi na kwa ukavu.

Mbegu kutoka kwa matunda hutumika kuotesha. Mbegu nzee yaweza kuloweshwa kwa maji baridi kwa masaa arobaini na nane.

Mbegu sanasana hutibiwa kwa kuvunja na kifaa au kwa kuachilia jiwe juu ya mbegu. Hii ni kwa sababu kutoa ngozi ya ndani ya mbegu husaidia kuota haraka. Mbegu huwekwa mahali pakavu na penye joto la kawaida kwa miaka michache.

Matumizi: Chakula: Bidhaa kuu ya mzeituni ni mafuta na matunda yanayoliwa. **Lishe:** mimea hii huliwa na mifugo. Hutumika pia kama kuni, mbao, makaa, miswaki ya meno na kurembesha. **Kuimarisha:** kuwa sugu kwa ukavu inapendekeza kuwa mti huu waweza kutumika kuimarisha maeneo Africa yenye ukame. **Kurembesha:** mzeituni huweza kurembesha ardhi/mazingira.

d. *Waterberry* (*Syzygium guineense*, Kikuyu: Mukoe, Kimeru: Muriru)

Mti huu sana sana hupatikana misitu iliyo kwa tambarare na iliyo milimani. Hukua sana mahali penye unyevu, mara nyingine ndani ya maji na hupatikana kando ya mito

Mbegu hazihitaji kutibiwa, kwani huota haraka na vizuri. Huota kwa asilimia themanini kufika tisini kwa siku za kwanza ishirini hadi hamsini. Kuotesha mifukoni hupendekezwa. Matunda huharibika kwa yanafaa kuokotwa mara moja yakishaanguka. Yanaweza pia kwa kutikisa matawi. Ukishakusanya, matunda yanafaa kuotesha mara moja kwani yanaweza kupoteza uwezo wake wa kuota



yakikauka; kama ili haliwezekani, matunda yanaweza kuwekwa kwa siku chache kwa machujo ya mbao na ndani ya mikebe kwa chumba chenye kuingiza hewa tosha.

Matumizi: Chakula (Matunda), lishe ya nyuki, mbao, kuni/makaa, kivuli, dawa (tunda utumika kutibu ugonjwa wa kuhara damu, maji ya gome nayo hutumika kuzuia ugonjwa wa kuhara).

Kumbuka gome ili lenye sumu limeripotiwa kuua watu, kwa hivyo tafuta ujumbe tosha kwa watu wenye uzoefu wa kutumia bidhaa za huu mti.

e. **Avocado** (*Persea americana*)

Ikolojia: Hukua katika maeneo yote yenye unyevu, pamoja na aina zingine zinazofaa katika maeneo kavu.

Matibabu kabla ya kupanda: Lowesha mbegu katika maji baridi kwa masaa ishirini na nne, halafu panda katika mifuko. Tumia mbegu iliyoanguka wakati huo kwa sababu mbegu huharibika. Miche pia yaweza kupandikizwa.

Kuota huchukua wiki tatu kufika nne na wafaa kupanda ukiachia kila mti nafasi ya mita sita. Miti hii hupandwa sanasana karibu na manyumba.

Matumizi: Kuni, makaa, chakula, kivuli, vipodozi, urembo.

Matunda ni lishe bora, yenye mafuta, protini na vitamini. Gome, majani na mbegu ni sumu kwa wanyama. Miche yaweza kupandwa pamoja na maharagwe ilipo change. Mti huu waweza kuleta pato kubwa.

f. **Guava** (*Psidium guajava*, Kikuyu: Mubera)

Ikolojia: Sugu kwa ukame lakini hauwezi kuvumilia mafuriko.

Seeds: Hakuna matibabu ya kabla. Kukua: wiki tatu. Nafasi: mita nne.

Matumizi: Kuni, makaa, fito, chakula kilicho katika tunda lililo na vitamin c na A kwa wingi. Huzaa matunda nyuma ya miaka mitatu kufika minne. Mbao haliwi na mchwa. Matunda yaliyokauka hupendekezwa kama dawa ya kuhara, nayo majani na matunda hutumika kuponya kuhara. Mafuta hupambana na shida za kijoto. Majani na gome hutengenezwa na kuwa mafuta ambayo humaliza shida za ngozi, bato, majeraha na vidonda. Majani pia hutumika kwa shida za utumbo, baridi, na shinikizo la damu, majeraha, maumivu, kuumwa na kichwa na baridi yamisi. Maji hutumika kusaidia ugonjwa wa hepatitis, kisonono na kuharisha.

Mseto: Hufanya vizuri ikipandwa pamoja na mimea ya chakula cha mifugo kama mahindi, mtama na kunde. Mti huu wa Guava waweza kuvamia katika maeneo mengine na kujaa shambani.

g. **Mango** (*Magnifera indica*)

Ikolojia: Hauvumilii mafuriko na wahitaji udongo usiofurika na maji. Waweza kufanya vizuri katika maeneo kavu.

Mbegu: Haziitaji kutayarishwa, ingawa kutoboa mbegu kwaweza kusaidia kukua. Mbegu zaweza kuwekwa kwa muda wa mwezi mmoja chumbani, mbegu safi ni bora zaidi. Yaweza pia kutumia vipandikizi.

Matumizi: Kuni, matunda, lishe ya mifugo, chakula cha nyuki, kupunguza upepo, kufunika udongo, kivuli, kuhifadhi udongo, fizi.

Maendeleo endelevu.

Mazingira ni nini? Kamusi ya kingereza ya oxford hueleza mazingira kama vitu au hali inayozunguka anapoishi au kukaa mtu, mnyama au mmea. Haya ni pamoja na ardhi, udongo, maji, manyumba, miundo ya kisiasa na mitandao ya kijamii.

Yote tunayoyafanya kama watu yana athari fulani kwa mazingira- hayatuathiri sisihapa na saa hii tu. Pia twafaa kufikiria athari za muda mrefu. Tunavyotumia mazingira yetu leo kutaathiri ubora wa maisha ya vizazi vijavyo.

Jiulize maswali haya:

- Ni aina gani ya ulimwengu unayotaka watoto na wajukuu wako kupata?
- Hali ya mazingira itakuwa na umuhimu kiasi gani kwa watoto wako?
- Ni muhimu kufikiria vizazi vijavyo? Je wana aki

zipi?

Shughuli zetu za kila siku hazina athari ndogo, bali pia zaweza kuwa na athari kwa eneo kubwa au nchi yote. Kama mfano, bonde la Nile ni chanzo kikubwa cha maji yanayotumika na nchi nyingi zilizo kusini mashariki mwa Afrika. Iwapo Uganda itaamua kuyazuia maji, nchi za Sudan na Misri zitateseka. Jambo ili laweza ata kutuathiri sote.

Kupanda miti Afrika Mashariki kunasaidia nchi za magharibi kupunguza hewa chafu wanayotoa. Kupitia kupanda miti ya TIST katika shamba lako, unasaidia kuboresha hali ya hewa katika dunia yote. Kufikiria kuhusu mazingira wakati huu si muhimu tu kwa ubora wa maisha katika eneo hili bali ni muhimu kwa vizazi vijavyo na kwa sehemu zingine katika ulimwengu. Elimu ya mazingira ni muhimu sana- gawana habari hii na majirani wako.



Cluster ya Athi yaelekea kufikia ono la TIST-SACCO.

Umeletewa habari na Lucy Munjuri

Cluster ya Athi sasa inakaribia kufikia ono la TIST la kila cluster kutengeneza SACCO. SACCO ni mashirika ya Akiba na Mikopo ni ya wanachama na yanasimamiwa na kuongozwa na wanachama.

Wanachama wa SACCO waweza kupea vikundi vidogo mikopo. Katika cluster ya Athi, kila kikundi kidogo huleta mia moja ishirini kwa mkutano wa cluster ambapo pesa hukusanywa na kupewa vikundi vidogo vinavyohitaji mkopo. Wakati huo huo, waliopata mkopo katika mkutano wa cluster uliopita hulipa mkopo wao. Mikopo inapolipwa, ni pamoja na malipo ya riba ya shilingi mia mbili. Kwa mfano, iwapo kikundi kidogo kilipewa mkopo wa shilingi mia tisa, watalipa shilingi elfu moja mia moja.

Cluster ya Athi ina vikundi vidogo kumi na nane na katika kila mkutano, huwapa vikundi kumi na tano mikopo ya kuongeza katika shughuli zao za upanzi wa miti na matayarisho ya vitalu. Jambo hili husaidia cluster kuwa yenye nguvu. Kila mwezi wao hukusanya elfu mbili mia moja na sitini kutokana na mradi wa mikopo miongoni mwa vikundi vidogo.

Cluster ya Athi imepanga kusajili kikundi chao kwa ofisi za huduma za kijamii ili waitikiwe kufanya kazi na wizara ya Ushirika kujitayarisha na kusajiliwa kama SACCO. Bwana William Mwito, mtumishi katika cluster ya Athi, aliongezea kwamba ili cluster iwe na mradi endelevu na kupata usaidizi kutokana na mashirika mengine yanayoipa nguvu cluster na jamii kwa ujumla.



Tarehe mbili februari, 2014, wanacluster ya Athi, Meru walikutana kukusanya malipo ya mikopo. Pesa zilizokusanywa kutokana na malipo ya mikopo zilitumika kuvipa vikundi vingine mikopo ili waweze kupanda miti Zaidi ya TIST na kuanzisha vitalu kama cluster ya Athi!

Cluster ya TIST ilijiunga na TIST mwezi wane 2013 na ina vikundi kumi na nane, wanacluster sitini na tisa na imepanda miti elfu kumi na nne, mia sita tisini na saba.



Usafi : Kuosha mikono.

Kuosha mikono kwa sabuni ni njia moja iliyo katika njia bora na zenye gharama nafuu zaidi katika kuzuia magonjwa ya kuhara na nimonia, ambazo pamoja husababisha vifo vya watoto wengi katika Kenya. Mikono mara nyingi hubeba vijidudu kutoka kwa mtu mmoja hadi kwa mwingine, kupitia kuguzana au kupitia kuguza mahali. Watu wanaweza kutambaza bacteria kupitia kuguza mikono, nywele, pua na nyuso za wengine. Mikono ambayo imeguza mavi ya mtu au mnyama, maji ya mwili kama makamasi na vyakula ama maji yaliyochafuka hubeba bacteria, virusi na vijidudu vinavyobeba magonjwa. Kuosha mikono kwa sabuni husaidia kupitia kuhinikiza uambukizaji wa ugonjwa.

Kuosha mikono kwa maji pekee husaidia kidogo kuliko kuosha kwa sabuni kwa upande wa kutoa vidudu. Uoshaji mikono ulio bora ni kwa sabuni na kwa muda wa sekunde nane kufika kumi na tano, kukifuatiliwa na kusuuza na maji yanayomwagika.

Wakati muhimu sana wa kuosha mikono kwa sabuni

Zifuatazo ni saa muhimu za kuosha mikono yako:

1. Kabla na baada ya kula vyakula na vitafunio
2. Kabla ya kuwatunza watoto wadogo
3. Baada ya kuguza maeneo ya umma.
4. Kabla na baada ya kutayarisha vyakula, sanasana nyama, kuku au vyakula vya kutoka baharini
5. Baada ya kutumia choo
6. Wakati mikono ni chafu
7. Baada ya kuguza wanyama
8. Wakati wewe au mtu aliye karibu nawe ni mgonjwa

Utambuzi wa uoshaji mikono kwa sabuni

Uoshaji mikono unawezekana kuwa muhimu zaidi wakati watu wanakutana (shuleni, maofisini, makanisani, mikutanoni), ambapo wagonjwa wapo (hospitalini, maskani ya ulezi), mahala chakula kinatayarishiwa na kugawanwa na manyumbani, sanasana walipo watoto wadogo na watu wazima wagonjwa.

Kituo cha kuosha mikono baada ya kwenda choo kilicho rahisi kutengeneza

Kituo rahisi zaidi ni kuwa ni kuwa na mkebe uliojaa maji nje ya choo. Sabuni yapaswa kuwepo. Hata hivyo, njia hii si nzuri sana kwani watu watahitaji kushika kibuyu kabla na baada ya kuosha mikono jambo ambalo bado litasambaza vidudu. Njia badala ya kuosha mikono ni kufanya kituo kama ifuatavyo:

1. Tengeza sura ya mbao iliyo na msumari katikati wa kushikilia pegi.
2. Tengeza shimo la kuchukua maji machafu kwa kuchimba shimo likizunguka sura na kulijaza mawe. Hili litaruhusu maji kuingia mchangani.
3. Chukua mkebe mkubwa uliofunguka juu (pipa au kibuyu kilichokatwa) na ukijaze maji.
4. Tafuta mkebe mdogo zaidi uliofunguka juu, kama chupa ya maji iliyokatwa.
5. Toboa shimo upande wa chini wa mkebe huu na huongeze mkono wa kuushika.
6. Ingiza mkebe mdogo kwa ule mkubwa ili kuujaza maji.
7. Tundika mkebe mdogo kwa pegi ili maji yaanze kutoka kidogo kidogo kupitia shimo kama kwa tapu ya maji.
8. Osha mikono yako kwa sabuni.

Ubora wa njia hii ni kuwa unaguza mkebe mdogo mara moja pekee kuujaza maji.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program

www.tist.org

Kikamba Version

An Environmental, Sustainable
Development and Community Forestry
Program.



KITE ILA NI NGWATANIO NZAU (CLUSTER) KUMA KISIONI KYA IULU KYA LAIKIPIA WEST
Kite ila ni ngwatanio kana niyo yina visa uyu vala maendee na ukwata umanyisyo iulu wa mawalany'o ma TIST, undu wa kwitikika kwithiwa me ma ngwatanio ya TIST na iulu wa nima ya kusuvia (CF) kuma kwa Anselim Gitahi. Ngwatanio ya Kite kuvika yu yina tukundi 21 na tula tutwaite valua wa kukulya tuandikithw'e nthini wa Tist. Ngwatanio ino ya Kite ikomanaa kila wakwambiliilya wa kyumwa kya katatu kya mwai kuma saa inya nginya saa sita. (10.00am - 12.00noon).

Inside: Ngwatanio ya Mutamaiyu niyiyumbanitye kuthi. *Page 2*

Ngetha ya ndengu mbua ino. *Page 2*

Mithemba miseo ya miti ya kiene: *Page 3*

Maendeeo ma kwikala. *Page 4*

Ngwatanio ya Athi kuka na woni wa Tist wa Sacco. *Page 5*

Utheu na Kuthesya: Kuthamba Moko. *Page 6*



Ngwatanio ya Mutamaiyu niyiyumbanitye kuthi.

Ngwatanio ya Mutamaiyu ila ni imwe kati wa ngwatanio itatu ila nisyana niyasyaikie kuma

ngwatanioni ya Munyu kumana na usyaiisyo wa Mary Kathei na Anselim Gitahi.. Ngwatanio ino yina tukundi 18 tula mathangu moo nimausuitye

na makeyumbanya kwikia saii na nimetelee na kivia nikana mambiie utania ndivi ya nzeve itavisaa. Ngwatanio ino ikomanaa kila wakatatu wa kyumwa kya kana kya mwai. Yu umbano ula ungi makeethiwa naw'o matuku 26/3/2014 kwa kivu wa Mutamaiyu kuma saa inya nginya saa sita. (10.00am - 12.00noon).



Ngetha ya ndengu mbua ino.

(na Elizabeth Nkio)

Muvango wa tist wa kutethw'a utethye (H2H) nimanengae aimi ma tist mukovo wa ndengu kilo

itano (5kg). Yila ndengu syakethwa ala manengetwe namo nimanengae aimi angi eli kilo itano itano.

Ndengu nisyikaa nesa isioni ila itembumu muno. Aimi aingi ma Tist nimendete mbeu ila itekalaa muno muundani vala ndengu ni imwe ikuaa ivinda inini kwiana na kukethwa. Mavinda maingi yila

mbua itembianu kwa ndengu kusyaa undu vaile. Tayu mbua thelu iineeika nesa nundu kuinai mbua nesa aimi aingi manakethie nusu ikuna. Yila mbua yaua nesa mundu avanda kilo isu itano mundu no akethe makunia atatu kwambata kwianana na undu usuviite mimea yake kwa kuimia, kukuna ndawa ya umuu na mavivi na siinyu na mbolea ila uneekiite.

Ngwatanio ila syeteetele na ikwenda ulika nimani ya ndengu kwisila walany'o wa Tist wa tethw'a utethye (H2H) no ineenany'e na Jeniffer Kithue kwa namba ino ya simu - 0726 319539.



Mithemba miseo ya miti ya kiene:

a. **African Cherry (*Prunus Africana*, Kikuyu: Muiri, Kimeru: Mweria, Kikamba: Matimailu)**

Muti uyu wa kiene munamuno umeaa mitituni vala utonya ukwata mbeu syaw'o ivindani ya sua. Kolany'a matunda maw'o meu kuma ungu wa miti ino kana mutini. Umya nyama sya yitunda utiwe na imbindi kwa kuinda vandu va kilungu kya masaa 24. nthambya wiliile kisungini kya waya.

Anika muunyini uyaiikitye inyae vandu va masaa ana. Ngii/mbindi ithi iyiikaa nesa kwoou wamina vatonyeka linga na matu meu kwondu wa kukua na uivanda mikeveni kana tuvisuno vala ikuaa ivinda ya sumwa 6-8 iimea.

Miti ino ya kiene yimotumiku maingi ta kulungya mavivi na mithowe ila yanangaa liu kwa muuke waw'o. Malaa maw'o methiawa na liu na uki mwianu kwa nzuki kusevya uki na ingi miti ino niyithiawa na ngu nzeo muno. Iki kikonde kyaw'o kyathukw'a ni ndawa na muiito wa kenza ya mee. Ingi matu nimatumiawa ta ndawa ya kuyungia ila mundu wina ikua na kuete wendi wa kuya.

Ingi yikonde yathiwa na yeekiwa kiw'u niyitumiawa ta ndawa ya kuiita ivu na ingi kunewa indo kuiita kwimbanw'a. Ingi nisiiaa kukuwa kwa muthanga yavandwa iatiie laini, nitumiawa kwa muunyi na kwanakavya muunda. Ingi matu maw'o niutumika ta vuu.

b. **Peacock Flower (*Albizia gummifera*, Kikuyu Mukurwe, Kikamba Muoa)**

Muti uyu kaingi uvandawa vakuvi na mititu na kula kute kumu muno. Mbeu yaw'o nitonya uvandwa itainditwe kana oyiinditwe. Mbeu ila mbie niyaile kuindwa kiw'uni kina muutia na iyiekwa nginya kiw'u kivoa. ikonde yila yivwikite ingii noyitilwe nikana itonye kumya munguthe na mituki. Muti uyu mbeu yaw'o nimeaa nesa muno ta kilungu kya 70-80% nthini wa mithenya ikumi (10). Mbeu niyaile ukolanwa yiomutini itanamba kwitika nikana yithwe itanamba kwanangwa ni ngulu na mavivi na mundu noamie vandu va mwaka ekiite muu ndikatonywe. Muoa ni muti museo kwa aithya ma nzuki na atei ma myatu nundu niyithiawa na liu wa nzuki, muti uyu niwithiawa na ngu nzeo, niwumasya kithana/ngamu. Ingi muti uyu mika yaw'o yakimwa nitumiawa ta muiito wa ivu. Kikonde kyaw'o ni kikimawa na kutumiwa ta muiito wa ndetema na mii yaw'o nisiiaa kukuwa kwa muthanga. Ingi muti iyi nunengae muthanga nzeve ila yitawa nitrogen na kwongela mutanga unou kuma matuni maw'o

kwitika na kwoa. ingi niwithiawa museo kwa muunyi. Ingi malaa maw'o nimanakavasya vandu na wavandwa mivakani matu maw'o nimakalaataa kwiw'a kwa maiu kwoou nomatumike kuinda maiu.

c. **African Wild Olive (*Olea Africana*, Kikuyu Mutamaiyu, Kimeru: Muthata, Kikamba: Muthata/Muthika)**

Muti uyu ula wikalaa wi ngilini na ndwitaa matu niwithiawa kaingi vakuvi na kiw'u muna muno nguumoni sya mbusi. Muti uyu ndwiw'aa uthithu kana sua kwoou noumee kundu kwingi. Onakau ngii syaw'o kaingi ivandwa syakethwa oou no siwe na syaiwa nonginya iivandwa iindwe vandu va masaa ta 48 kana mithenya ili miima kiw'uni kithithu. Kaingi mbeu yaw'o niyatuuwa kana ivia yikavingilitwa iulu nikana imbindi syatuke nikana itonye umea na mituki. Mbeu yaw'o noyiwe vandu va ilungu ya myaka kauta. Liu kuma mutini uyu ukwatikanaa kwisila mautani maw'o. Kaingi muti uyu utumikaa ta liu wa indo. Ingi muti uyu nutumiawa kwa miti ya kwaka, ngu, makaa, miswaki na wanake. Miti ino niyumiiasya sua muno ila ikwonany'a no itumike Africa kutungia mang'alata na kwanakavya mawithyululuko.

d. **Waterberry (*Syzygium guineense*, Kikuyu: Mukoe, Kimeru: Muriru, Kikamba: Mukuyu)**

Muti uyu kaingi nimeaa kundu kwina mbua nini na iimani sya mititu kula kwi mbua mbingi. Kaingi muti uyu numbeaa ona kiw'uni na kwoou withiawa nguumoni sya mbusi.

Mbeu yaw'o ndyendaa kuitwa nundu ndiawa na ingi nimeaa nesa nundu imeaa kilungu kya 80-90 kwa yiana (%) itina wa mithanya 20-50. Mbindi/ngii ivandawa mikeveni kana mbisuni vate kuvuia nthi. Matunda maw'o moaa mituki kwoou mavaluka niw'o makolanaw'a nakuvandwa kana mundu akatwa kuma mutini kwa kuthingithya ngava kana kukolya na kutw'a na mboloi/ngoloi. Nundu mbeu ino ndiawa ethiwa nilasima wie kana ndutonya uvanda wa mitw'a ikiithya vala waia niveu na ni mutuni wa musumeno kana makavo ma musumeno na syinduni ngunue nundu mbeu ino yooma withiaa ndimea. Miti ino niyithiawa na utumiku mwingi ta matunda, liu wa nzuki, miti ya kwaka, ngu, muunyi na ndawa. Itunda yaw'o ni muuto wa kwituuu na ikonde yaw'o niyitumiawa kusia kwituuu. Niwaile ithiwa metho yila uutumia ikonde yaw'o nundu ni sumu na niyuaa yatumiwa nai. Ethywa nomuvaka uyuitumie kulya



ala mena utuika wa kuytumia mautetheesye.

e. Avacado (Persea Americana, Kikamba: Ikolovea, Ivakato)

Makolovea nimameaa kundu kw'othe kwi kiw'u na nimavandawa mathyululukite musyi. Kwambiia inda ngii ya ikolovea vandu va masaa 24 kana muthenya umwe na uivanda mukeveni/kavisuni. Vanda ingii waminana nayi oou nundu ndiikaa. Kikolovea kyamina umea no kisikanwe kina ukuu wa sumwa itatu kana inya (3-4) na ethiwa nikiuvandaniw'a na liu utaaniu wa matambya mainyiva thanthatu (6m) niwaile. Miti ino ninenganae ngu, makaa, liu, muunyi, wanake na mauta. Itunda yaw'o niyithiawa na ueti mwingi mwiini nundu niyinengae mwii mauta, protein na vitamin. Ikonde, matu na ngii nisyithiawa muisyo syaiwa ni indo kwoou ikala ngunuu. Tata uvanda ikolovea na wone iikuetee ueti museo (no ute ukakwata mbesa).

f. Guava (Psidium guajava, Kikuyu : Mubera, Kikamba: Ivela)

Ivela nisyendaa mbua na nisyumiiasya sua kana kiw'u kingi. Kumea ngii syaw'o iyendaa kuiitwa nundu nimeaa nesa itina wa sumwa itatu (3) syina utaaaniu wa matambya ana (4m). Syi kundu kwina nzeve nzeo ni isyaaa itina wa myaka itatu kana ina. Miti ino niyikaa nesa ivandaniw'e na liu ungi ta mbemba, muvya kana nthooko.

Muti uyu nutumiawa kwa ngu, makaa, mitambanambia/syambo, liu, na itunda yaw'o niyithiawa na vitamin C na A. Ingi muti uyu nduisawa ni muthwa. vai kindu kya muti uyu kitethiawa na wia nundu ona matunda maw'o ona memomu nimatumiawa ta muiito wa kwituuu, Matu na matunda nimatumiawa ta muiito wa kwituuu. Mauta ma kivela nimatumiawa kuiita miimu na kumivosya na matu na ikonde nitumiawa kuseuvya mauta ma kwivaka na kuiita mauwa ma kikonde ta inguu, itau na miimu. Ingi ethiwa mundu ena nthina wa ivu ta itau sya nda, ikua kwambatwa ni thakame, kulea kwimanya, kyalya, mutwe na kwalw'a ni maleenyu nutumiaa matu ma kivela. Ingi kiw'u ta ivela nikitumiawa kuiita uwau wa itema, kisonono na kwituuu.

g. Mango (Mangifera Indica, Kikamba Muembe)

Kiembe ni muti wendaa vandu kiw'u kiuthi nesa na niwikaa nesa kula kuilye uu. yila uuvanda miembe mbindi/ngii syaw'o iyendaa kuiitwa ateo no utile vala munguthe waile umiliila nikana ukalaate kumea kwa w'o. Mbindi/Ngii sya muembe nosiwe vandu va ivinda ya mwai onakau mbindi/ngii nzau nisyoyikaa nesa nundu wa kusikanwa. miembe nitumiawa kwa ngu, matunda, liu wa indo, liu wa nzuki, kusiia kiseve, kwikia muunyi, muunyi, kusiia kukuwa kwa muthanga na kithana/ngamu.

Maendeeo ma kwikala.

Mawithyululuko nikyau? kwinana na 'Oxford Dictionary' ninzeve na mwikalo wa kisio kila mundu nyamu na mimea yikalaa na kutumia. Isio iii na nzeve syithiawa syina muthanga, kiw'u, myako, siasa na kundu kwa ukwatania kana kwikalany'a. Kila undu tweeka ta andu niwithiawa na kivathukany'o kwa mawithyululuko. Tiithyi tutuvikiawa ni useo kana uthuku wa meko maitu oyu na vaa. Nitwaile usisya undu meko maitu mekuete useo kana uthuku mawithyululukoni kwoondu wa umuthi na uni kana ivinda yukite kwoondu wa syawa ila ikethiwa vo.

Ikulye makuiyo aa:

- Ni nthi yiilye ata ukwenda utiia syana syaku na syana syasyo?
- Ikeethiwa yiya vata mwau kwa syana syaku?
- Ni useo kwisilya iulu wa usyao wukite?
- Mena aki syoo?

Meko maitu ma kila muthenya nimatonya kwithiwa mena moseo kana mothuku kivathukany'o kisioni kila tui na kwi nthi yothe. Kwa ngelekany'o Kiw'u kya usi wa Nile ni kyavata kwa nthi mbingi sya Africa ya iulu. ethiwa Uganda ikaamua kukisiia, Sudan na egypt makeethiwa na nthina na thina uu ukatuvikia onaitu.

Kuvanda miti thini wa Isio sya Africa ya wumiloni wa sua nikuolaa nzeve itavisaa (carbon dioxide). Kwa kuvanda miti ya TIST kisioni kyaku ni kuutetheesya kuseuvya nzeve kwa nthi yothe. Lilkana

kana mawithyululuko ti kwoondu wa thayu witu w'oka ala me kisioni kila tui indi nikwoondu witu, syawa ikoka na nthi yothe. Umanyi iulu wa mawithyululuko niwavata kwitu ithyotho kwoou osa ivuso uelesye atui maku.



Ngwatanio ya Athi kuka na woni wa Tist wa Sacco.

(na Lucy Munjuri)

Ngwatanio ya Athi yu niyukite na woni wa Tist kila ngwatanio kuseuvya sacco. Sacco ni nzia sya kwia na kwosa mikovo kwa ngwatanio ila museuvitye na iungamiwe no inyiwe. Ene ma sacco no manengane mikovo kwa tukundi tunini.

Nthini wa ngwatanio ya Athi, kila kakundi kaniani nikaetae Ksh 120/- kwa ngwatanio yoioo ya Athi vala mbesa ii syakolanyw'a isyokaa ikanengwa tukunditungi tula tutonya kwithiwa tuyenda ukova. Ingi ala manewa mukovo ta uyu nimatungaa wina ueti wa Ks.200/= ngelekany'o ethiwa kakundi nikanewa mukovo wa silingi 900/= kakatunga silingi 1100/=.

Ngwatanio ya Athi yina tukundi 18 na kila

ivinda makomana mena umbano nimanengae tukundi 15

mukovo wa kukilya uvandi woo wa miti na useuvya ivuio. Undu uu nutumite ngwatanio ino yithiwa na vinya. Nundu mbesa ila makolanilye sya mbee sya kusungukaa kutetheesya tukundi tuu twoo syai 15,080/=.

Ngwatanio ya Athi nivangite kulika na kwiyaandikithya nthini wa office sya Social Services nikana methiwa matonya uvika kwa ministry ya Co-operative na kwiyaandikithya ta Sacco. Muthukumi wa

ngwatanio ino Mr.William Mwito niwatungiliile kana nimaile ithiwa na undu wa kwikala na undu matonya kwitya utethyo kuma kundu kungi ta ngwatanio na mbai kwa vamwe.



ino ni ngwatanio ya Athi Meru kwi matuku 2/02/14 vala moombanisye mbesa ila manenganite ta mikovo. Mbesa ila moombanisye nimatumiie kunenga tukundi tungi mikovo matonye kuvanda miti ya TIST na kwambiia ivuio. Ngwatanio ya Athi yalikile kana yaandikithiwe nthini wa TIST mwai wa kana 2013 na umunthi yina tukundi 18 tula amemba ni 69 na yina miti 14,697.



Utheu na Kuthesya: Kuthamba Moko.

Kuthamba moko na savuni ni nzia imwe itethiawa na ngalama ya kusiiia uwau wa kwituua na kyambo ila ni imwe kati wa mowau ala moaa syana thini wa nthi ya Kenya.

Moko kaingi nimo tusamu kana germs ila ietae uwau syisilaa kuma munduni umwe kuthi ula ungi kana kuma vandu mundu weekwatila. Andu ni unyaiikya bacteria kwa kukwata kw'oko kwa mundu ungi kana swii, iny'uu kana uthyu. Moko ala makwata mai ma mundu kana nyamu, kiw'u kuma mwiini ta kimia ni uthokoany'a liu kana kiw'u kila kitonya uwasya andu ang'i. Kuthamba moko na savuni nikusuviaa kunyaaika kwa bacteria kana tusamu tula tuetae uwau munduni.

Kuthamba moko vate savuni kunyumasya bacteria kana virus syothe mokoni, indi wathamba na savuni vandu va sekondi ta 15 na kwithambukya nikuvetaa tusamu tuu.

Ivinda yavata ya kuthamba moko na savuni.

1. Mbee na itina wa kuya liu kana matunda
2. Mbee wa kukwata mwana
3. Itina wa kwikwatila vandu vatumiawa ni andu aingi
4. mbee na itina wa kuseuvya liu munamuno nyama, nguku kana makuyu
5. Itina wa kutumia kyoo
6. Yila moko mena kiko
7. Itina wa ukwata nyamu
8. Yila we kana umwe wenyu ni muwau.

Kumanya na kumanyithany'a iulu wa kuthamba moko na savuni.

Kuthamba moko kaingi nikwaile vala andu aingi makomaniaa ta sukulu, kanisa, mbumbano, Vala andu awau kana matonya ukwatwa ni uwau kwa mituki mai ta masivitali vala liu ukuuwa na kuawa na misiyini munamuno vala ve syana nini na andu aima mii yo itena vinya wa kukita mowau.

Vandu vaseuvitwe va kuthambia moko itina wa utumia kyoo kwa ngalama ninini

Nzia ila yi laisi vyu nikwosa katoma kwikia kiw'u na kwia nza wa kyoo vamwe na savuni. Onakau nzia ino ti nzeo nundu mundu nonginya akwate katoma kaa mbee wa kuthamba na itina undu ula utonya utuma germs iendee na kunyaiika. Kindu kya uthamba moko nikitonya useuvya uyu

1. Seuvya vulemu ya uvwau yina musumaa kati ta kikuli.
2. Seuvya iima ya ulika kiw'u kula kyathamba moko na yiima yiu uyusunya mavia nikana kiw'u kilike muthangani
3. Mantha itoma yime ikunue kana utile katoma na uyusunya kiw'u.
4. Mantha suva munini uu na utila
5. Seuvya iima inini yila itomani vaaya ungu na uyukia kwoko
6. Inda ula suva yila itomani yikiw'u wusue
7. Isilya ula suva kila kikulini withie kiw'u kyambiia uma ta muvelekini
8. Thamba moko na savuni

Useo umwe wa nzia ino ni kana ukwataa kasuva kaa katue oimwe yila ukwikia kiw'u.

Mazingira Bora



TIST

The International Small Group & Tree Planting Program
www.tist.org

Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



KITE KO TIST KILASTA NELEL EN LAIKIPIA CHERONGO

En kilasta niton kogigonyor konetisiet ab tolochigab TIST, mogutigab tist ak temetab imbar ne mogiboti (CF) koyob asiselim gitahi. Kigomuch kilasta initon konyor kurubisiek 21 che kogoit somenyuan kotagak en TIST. Tuitos anyun en tuienyuan nebo arawet en kila jumatatu nebo somok kongeteb (10:00-12:00pm).

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Mutamaiyu kilasta chebot kotestai.

Mutamaiyu ko angenge en kilasta 3 che mengechen che kimongunen kite ko TIST kilasta nelel en laikipia cherongo Munyu kilasta ko kisire mary kathei ak anselim githai ne mutamaiyu

Munyu kilasta ko kisire mary kathei ak anselim githai ne kogonetintet, tinye kilasta

kurubisiek 18 chemegechen che kogobata orowek 7 kongeten somenyuan, ko igenisiek temik missing komeche konyit koyochinet asi koboboyechi libanetab ketikwak

Tuiyenya kotuitos en kila arawa en wikipab angwan kasitab somok (10:00-12:00pm) en mutamaiyu chief's post



Kigese ndengung en iguni.

by Elizabeth nkio

En TIST ktinye kiit ne kiguren help to help (h2h) tetet nechomchin biik 5 en kilasta konyor besendo nebo 5kg chebo ndengung ak ye kagoges temichon kogochin agiche 5kg temigalak oeng

Ndengu chu korure mising en emet ne moo mising temikab tist rurutikab orowet che ngerin,

en abogora komatamiten robtai asi kotoret ndengung, kogitinye kesisiet ago moginyoru rurutik chegororon, konyor temik ½ kunuwet en kasrta age ko kinyoru temik kuniok (3-4) semberet ak bitet tab susurik kobo komonut

Kilasta chemoche konyor tist h2h chebo ndengung konyor jeniffer kithure en 0726319539



Ketik chegororonen chebo kipkaa.

a) *Prunus africana* (kiyuyu:muiri, kimeru, mweria, kipsigis and tenduwet)

Keti kenyorchin timwek choech, kesuwek kenyo en kasartab kemeut rorogu kobwa nguong, asi kesich kesuwot kewirchi tenrterek koteben beek saisiek 24 ibirir asi komong kesuwot ima en olemiten uruwet saisiek anguwan kitiyo yekogobata komat igonor kesuwek, kotuonen, inde anyun kabeti kounoton tore wigisiek (6-8) asi korut

Boisietab tenduwet Isto susurik kou-aphids, mematades (che ome rurutik) en guunet netinye mauwekik kotinye omituwogikab segemik, tinye kwenik che kororonen, gerichek, beekik konyoe lubaniat, sogek, kotoreti, eset ak moet, kitesin beek cheturingik toreti moet yon lole, toreti tuga yon kagerak moet kigochin asi komanda, toreti ngungunye, tinye uruwet, tere koristo

b) *Peacock flower (albizia gummefera, kikuyu, mukurwe, kipsigis);-*

Keti komising kenyoru en tirikwek ak embwen olemiten robta ak ole motimto en olenegit timdo, kesuwek kegole komo kinur en beek, ngemoche kegonor kesuwek kiindo beek che burgei ak kebagach kogotiligitun, rutunetab kesuwek kogararan mising 70-80% en betusiek 10 tenterek kiyumi komiten ketik amun nyumnyun kuam susurik, imuchi kegonor kesuwek en kasarta kenyit angenge

Boisiet; Kararan en segemik, kuwenik, manget kichoben kerichek, kingoe motogoik toreti moet ne lolei ak eset, toreti goter ngungunyek igotit ngungunyek en kasarta nebo kemeut kimine en kiwotosiek

c) *Olea africana* (kikuyu; mutamaiyu, kimeru; muthata, kipsigis; emitiot)

Keti kenyorchin mengotosiek che tertes, ole negiten beek, ta bandab kererusiek ak ole miten timwek en tirikwek, mutoin en koristo ak en kemeut, kimuche kemin kounoton kesuwek, cheosen kimuche kinur ak beek saisiek 48, tenterek cheyomitin kimuchi kebirirak eut anan ko boreito asi komong kesuwot, kimuche kegonor kesuwek en kasarta kenyisiek chemachang

Boisiet; Omituwokik, mising kochome tuga sogek, konu kora, kuwenik, bogoinik, nesek ago kararan en yaetab tuguk kou korogutik, weche itondab emet kogararanit kimine koik osnet en komosto nemamit robta

d) *Waterberry (syzygium guineanse, kikuyu; mukoe, kimeru; muriru, kipsigis, lamaiyat)*

Kinyorchin timwek chemiten tirikwek ak tulonok ole miten robta, kinyorchin ole miten beek anan ngegusiekab beek, kesuwe koibe kasartab betusiek 20-50 kindo kabeti kounoton nyumnyun koweckok kewekik mogiyomsie kesuwot tenyin

Boisiet; Longoek ko omitwogik, nyoruren segemik omitwogik, bogoinik, kwenik, uruwet ak kerichek, bartenyin keboisien, en moet ne monto, mwaat kele tinye kora sumu bartenyin yon mogichob komie

e) *Avocado (person americana)*

Sobetab avacado; kenyorchin emotinuek che koitit, kesuwekik ingotobie en beek saisiek 24 ak kinem kemin kounoton, en kiit ne kibiten ye kagorut en wekisie (3-4) kimuchi kinamsi asi kosib konyor



logoek en kasarta nebo kenyisiek che ngerin, eminet konyolu kotinye konguoutik 6m keti cheminchin ole negit kaa

Boisiet; kinyorunen kuwenik, nesek, omituogik ago tinye tegetab borto, keti komanyumnyum, kuam toik anam susurik, tinye muwaita sogek ak berik ak tenterek kuwome tuga yon tagoming kemine ak ngendek, konu kora rabisiek

Guava (psidium guajava)

Sobenyin; moche ole miten robta, muto en kemeut ago momoche ole tonone beek, kesuwek, tore wigisiek 3 asi korut en kapeti minet ko kongutik 4m, boisiet, tinye kwenik, nesek, postisiek, kiyome logoegik, siche logoek en kasartab kenyisiek (3-4) logoegik yon kagiyamsi kotoreti moet ne mondo korotik, moet ne mondo sogek ak berik kinyorunen

muyanik chetoreti magatet, olisenik, mook ak kalutik, sogek kotoreti komie ingemin ak bandek, mosongik

Mango (magnifera indica)

Sobenyin momoche ole miten beek moe ole miten ngungunye che kororon, yoe ne mie en emet ne yamat

Kesuwek; motinye kinya, igandan igiruruny kotereti rutunet kochok, kimuchi kegonor kesuwot arawet angenge, netuon kogararan kot mising, kimuchi kinamsi asi konyor ruret en kenyisie (3-4)

Boisiet; kinyorunen kuwenik, logoek, nyorunen segemik omituogik, uruwet, tere ngungunyek ak manget

Tonone nee batabtai.

Itondab emet konee? Mwaat kele ole imenye igotiony anan ketik chemiten ole miten ko kigonooyo ak yet, chuton ko kou emet, ngungunyek, beek tegset, tuguk che togu ak boisiyonik chemiten yoton.

Tuguk alak tugul che kiyoe kimulmet ko keweche itondab emet, nyolu ketinye kabwatet abogora agobo niton, ole kiriptoi emet en kasari komuche tun komonyor ibinda ne nyone borotet.

Tebengei tebutichu inyegen

- Tun imoche nyuwondut netunyoru logok ak bomorisiek neinee?
- Nee kilchinet nebo emet netun nyoru logogiuk?

- Bo komonut kibuat ibinda ne nyone? Tinye imanda ichek?

Boisionik chegiyoe en abogora kotinyech ak komiten emet komugul, kaborunet kou oinetab nile kogochin beek emotinuwek kab murot nebo katam en africa, angot koger beek uganda koseretos emet neu sudan ak egypt ak echek tugul.

Minetab ketik en kongasitab africa kotoreti ememotinuek che miten cherogo en agobo kobos koristo neya ye igole ketik en imbarengung kongetoret ibos koristo neya en soet, ye kiribe itondab emet komanenyon kitio ago asikonyor biik alak chebuone en taiak nguwoyi komugul, oginet gei amun bogomonut mising niton ogechae ak biikab kokwenyon en konetisiet.



Athi kilasta kotinye keret – SACCO.

by lucy munjuri

Athi kilasta kotinye keret en TIST kole en kilasta oge tugul konam sacco, en sacco initon kotononchigei membaek ak koribchigei ichaget, kogochige rabisiek imuchi konyor anan kobesen rabisiek membaek, en athi, kurubit age tugul koibu kshs. 120 asi kobit kurubit nemoche kobesen kogochi tuu anyun kowegu rabisien en arawet neisibu kobwone ak melekwek che mibarak choton ko kshs. 200 kou agot koib kurubit kshs. 900 ko tun kowegu koibu kshs. 1,100

Kilasta nebo athi kotinye kurubisiek taman ak sisit (18) chemegechen en kila en tuiye konyoru kurubisiek (15) rabisiek asi kotoreten minetab ketik ak nasaretisiek, niton anyun kogochin kilasta kogimit, en kila arawa koyumin kshs. 2,160 chebo loan Tinye komongunet ichek ko register kurubit en social service office asi konyor chomchinet kosom koik sacco william mwito ko kiboitiot nebo kilasta yon tinye kilasta project ko kimitu



Kitinye kaumetab rabisiekab loan en 2,2014 asi konyo kurubisiek alak agichek, kiinome kochut tist en arawetab 4,2013, tinye kurubisiek (18), 69 membaek ak ketik, 14,697.



Tililinda ak Sanitation: Kounet ‘ab eunek.

Kounet ‘ab eunek keboishen subunit ko agenge en oratinwek che nyumnyumen che kimuche keistoen miandab diarrheal ak pneumonia, che alak en mionwogik che kigore meoshek ‘ab logok en Kenya. Eunek ko ole bune pathogens koibe mionwogik koba borwekchok , kongeten chito age agoi age, yon kagigat ‘ge anan kenam inat. Bik komuche koib bacteria agoi chito age yo kotuyo eunek, sumek, serunek ak togochik. Eunek che kagotiny tuguk ‘ab tyong’ik anan ko chebo chito , bek chebo borwek aka k chemiten serunek, ak omitwogik che contaminated anan ko bek komuche koibot bacteria, viruses ak parasites koit borwek ‘ab bik . kounet ‘ab eut kobore tyong’ichuton.

Kounet ‘ab yet ak bek icheget komoyome kobar tyong’ichuton agoi ketesta subunit . Kounet ne kararan nebo eut kotore saaishek 8 - 15 seconds, agityo kerinsen ak bek icheget.

Saishek che mogchinge kounet ‘ab eut.

Ichochu ko saaishek che mogchinge kounet ‘ab eut:

1. Kotomo keomishe ak yon kageomishe.
2. Kotomo kebai lagwet.
3. Yon kaginam inatushek.
4. Yon kimoche kechob omitwogik ak yo kagochobok sansana banyek ak ingogenik ak chebo oinoshek.
5. Yon kageboishen toilet.
6. Yon muren eunek.
7. Yon kogitiny tyong’ik
8. Yon imyoni anan komyoni chi age.

Konet ‘ab bik agobo kounet ‘ab eunek.

Kounet ‘ab eut kobo maana sanasan en ole chang bik congregate (sugulishek , offices,

kanisoshek,tuyoshek), ole mitenbik chmyondos kou(sibitalishek , nursing homes), ole kichoben omitwogik en korigchok, sanasan ole miten logok ak bik che yechen.

Kit negimuche keboishen kiunen eut yon kagebunu toilet.

Facility initon ne mingin ko itinye jerry can ne kaginyit bek water agityo kinde pi en latrines.sapunit kora konyolu kebishen.

Lakini ,oranitn komakararan angamun tinye bik jerry can yon iune eunek agityo kosibtot germsKit age ne kimuche keboishen kiunen eunek kechobe kou ni:

1. Chob frame nebo bogoinik netinye kipchumariat en kwenet nekingobunen.
2. Chob ole pune bek yon kagiundo en ng’weny ole negit ak frame inoton ak kinyit ak koiwe. inoniton kotoreti bek koba ng’weny.
3. Cheng’ container newo (jerry can ne kakiti koyatag) agityo inyit ak bek.
4. Cheng’container age neming’, neu chuboit ne tilat.
5. Chob konda ne kiten en chupointon ak inkoig handle.
6. Irogten chuponoton koram bek chemi en newo.
7. Agityo ingopu chupoit ne ming’in en kipchumaryandanikan, itendenunen bek konyigan.
8. lunen anyun eut bechuton ak iboishen sapunit.

Uzuri nebo oraniton ko, kitinye chupoit ne mingin mara ang’enge kityo asikobwa bek.