

Mazingira Bora



TIST

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

English Version

An Environmental, Sustainable
Development and Community Forestry
Program.



TIST Farmers from Karaba Cluster, Laikipia West take a group photo during their meeting last month.

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TIST: Yet another Verification coming up this month.

TIST Kenya will once again be verified this month. An Indian Company, EPIC Sustainability, will visit Small Group groves that will be sampled from various Project Designs (PDs).

The purpose of verification is to ascertain the amount of carbon sequestered by TIST trees. Verification is a crucial part in getting and selling the carbon credits. It involves auditing the work done by Quantifiers/Cluster Servants and Auditors. It also

determines whether TIST farmers understand why they are in the carbon business, and if they are abiding by the Green House Gas (GhG) agreement especially in keeping the trees alive for 30 or more years.

During the field trip, verifiers besides auditing the tree counts will also talk to a few farmers about TIST. It is important that we give them maximum cooperation and accurate and honest responses.

Preparing Compost Manure - a natural fertilizer.

Compost manure is a natural fertilizer that helps your crops grow. It is better than chemical fertilizer because it is natural, free, and will not damage crops and the environment as some chemical fertilizers can. There are many ways to make compost manure, but the following method has been useful in some areas. Ask your neighbors in your Cluster what has worked well for them.

Preparation of compost:

1. Choose an area for your compost pit measuring 4m by 4m.
2. Clean the area.
3. Dig a hole of diameter 3 - 4m and 1.5m deep.
4. Collect all the remains of the crops you have (e.g. leaves and stalks of maize, millet, beans) and cut these remains into small pieces.
5. Put these crop remains into the hole up to a depth of 0.5m.
6. Add 5 liters of ash.
7. Next add about 30cm (or as much as available) of animal dung (e.g. dung from pig, cow, goat or chicken).
8. Put another layer of crop leaves and stalks (0.5m).

9. Add another 5 liters of ash.
10. Repeat adding the leaves and stalks again until the hole is almost filled.
11. Finally add a layer of soil until the hole is filled.
12. While filling the hole with soil, put a long stick in the middle of the hole so it reaches the bottom.
13. Leave the compost pit for 90 days (3 months).
14. During this period use your dirty water to water the compost pit. For example, after cleaning your house or clothes, empty the used water over the compost pit. If you have animals, you can also pour animal urine over the pit.
15. This adds extra nitrogen to the compost.
16. Try to water the compost pit in this way every day, or whenever water is available.
17. After 90 days the manure will be ready.

Use the stick as a thermometer – when the compost is ready it should be hot and you may even see steam coming from the stick after you have removed it.

Use of compost:

When you have dug your holes for planting maize, millet or other crops, add one handful of your compost manure to each hole. Watch for the results!

HIV & AIDS: Caring for PLWHA.

PLWHA stands for 'People Living with HIV and AIDS'. In this article, we will be discussing the topic of looking after PLWHA at home by caregivers. Remind people that the best way to prevent complications is to encourage people to be diagnosed early through HIV testing and to start ARV medication at the time the doctor advises. This information is for when caregivers are looking after PLWHA who have some medical complications. This article is not designed to scare people, and not all PLWHA will develop these complications. In fact, much of the advice given below is useful knowledge for looking after people both with and without HIV. They are based on good home nursing practices.

Giving proper care to PLWHA when medical complications arise may take a lot of love, patience and

self-sacrifice. However, the right care can significantly increase both the quality and length of life of the patient.

Anyone who is committed to the patient is able to look after him or her at home. However, some guidelines must be followed to make sure care is given in the best way.

Best practices while providing care to protect both the caregiver and the patient

Caregivers have a very low risk of being infected with the virus from the patient they look after if they follow some common sense principles. Here are some general guidelines written for caregivers:

- Wash your hands with water and soap before and after doing any tasks.
- Cover any scratches or wounds on your body



(especially on your hands) with a plaster before providing care to the patient.

- If blood, vomit or feces spill on the bed or the floor, you should wipe them up carefully using gloves and diluted bleach if available. The gloves should be made of rubber, and should be washed carefully after each use. If gloves are not available you can use small plastic bags. Wash your hands afterwards as well.
- Clothes or any articles soiled with the patient's body fluids should be placed in boiling water and left there for 20 to 30 minutes before they are then washed and hung for drying.
- Pieces of cloth and bandages from wounds or boils should be burned.
- Items used for cleaning, such as cotton wool and toilet paper should be put down the pit latrine or burned.
- Collect all needles and sharp objects in a box and take to the nearest health centre for proper disposal.
- Wear gloves when you are touching items that have been in contact with infected body fluids.
- If you accidentally come into direct contact with the patient's blood or body fluids wash the area with water and soap. If the area is bleeding, allow it to bleed for a little bit. Remember the risk of transmission is only if the infected body fluid enters your bloodstream. Intact skin is a good barrier.

However, if you think the body fluids may have entered your bloodstream, for example through an open wound on your skin, get advice from your local health worker.

Home cleanliness

Long-term patients and especially those with HIV & AIDS are susceptible to infectious diseases. It is therefore important for patients and caregivers to observe strict cleanliness in order to reduce the chances of contracting these diseases, especially diarrhea.

Patients and caregivers should make a habit of washing their hands before preparing food and before eating.

- Hands should be washed with water and soap after using the toilet.
- Utensils for food should be washed with water and soap.
- Cover the mouth when coughing or sneezing.
- Spitting should be done into a container set aside for that purpose. The container should have a lid and you can place some ash in it. Empty the contents into a pit latrine and clean the container with hot water and detergent.

If the patient is taking ARV's, help the patient to take the drugs at the right time and in the right dose. This is the best preventative measure. Always monitor the patient and refer to a health facility if things appear to be getting worse.

The following table is a guide on how to treat patients at home according to the illness they have.

Symptom	Home care
Fever	<ul style="list-style-type: none"> • Take off unnecessary clothes and coverings. • Put the patient where there is plenty of air. • Wipe the patient with a cloth moistened with warm water. Give the patient water, porridge or tea to drink. • Give Paracetamol 500 mg tablets: 2 tablets every 4 hours but not more than 8 tablets per day.
Cough	<ul style="list-style-type: none"> • There should be enough air in the room. • Encourage the patient to sit or walk around if possible rather than lying down. • Shield the mouth with hand when coughing. • Give plenty of fluids and citrus fruit. • Try lemon tea with honey. • Medicated cough mixture may help.
Difficulty breathing	<ul style="list-style-type: none"> • Treat any cough (see above). • If the nose is blocked try using steam and menthol or eucalyptus leaves to clear the airways. • Help the patient find a more comfortable position. Often sitting is best, with pillows for back support. • Drink plenty of water.
Mouth ulcers	<ul style="list-style-type: none"> • Keep the teeth brushed. • Avoid very hot, very cold or spicy foods. • Rinse with salt water after eating and before bed (a pinch of salt in a glass of water). • Mix two tablets of aspirin in water and rinse the mouth (spit the solution out) up to 4 times a day.
Nausea and vomiting	<ul style="list-style-type: none"> • Make sure the patient has plenty of clean air. • Try to eat small amounts of plain foods such as boiled potatoes, cassava etc. • Drink water, tea or juice slowly and frequently. • Some ARV drugs are better taken with food, but not all – check with your health centre



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Diarrhea	<ul style="list-style-type: none">• Drink plenty of clean water or liquid foods such as soup, porridge, black unsweetened tea and juice.• Take oral rehydration salts (this can be made by dissolving six teaspoons of sugar and half a teaspoon of salt in 1 liter of cooled boiled water).• Drink liquid foods with no sugar added• Eat starchy foods like Ugali, cassava• Potatoes, plain rice, plain bread, dry biscuits, bananas and tomatoes are good to eat as well.• Try 5-6 small meals rather than 3 larger meals <p>Avoid:</p> <ul style="list-style-type: none">• Fruit and vegetables, except bananas and tomatoes• Dairy products, including yoghurt• Spicy foods• Greasy foods• Coffee and alcohol• Raw foods <p>Normal breastfeeding of a child should continue. If passing stools is painful put some petroleum jelly on the rectal area.</p> <p>Help prevent diarrhea by:</p> <ul style="list-style-type: none">• Always boil water for drinking.• Keep drinking water in clean and covered utensils.• Always wash hands with water and soap before eating and after using the toilet.• Patient should always be given properly cooked food.• Leftovers should always be properly heated before they are consumed. Leftovers should only be re-heated once.
Dry and itchy skin	<ul style="list-style-type: none">• Wash with mild soap and water• Keep dry in between washings• Avoid strong soap and detergent.• Apply oils like Vaseline, coconut oil, vegetable oil, glycerin etc.• In the case of itchy skin, cooling the skin and fanning it may provide some relief. Avoid scratching and apply Calamine lotion.• Tea leaves soaked in hot water may be good for itchy skin.• If possible, ensure the diet contains eggs, green vegetables, pumpkins, and pawpaw.
Scratches/small wounds	<ul style="list-style-type: none">• Wash with clean water. Apply an antiseptic if available.
Sores and Boils	<ul style="list-style-type: none">• For small sores and boils wash with salty water and allow to dry.• If very painful give Paracetamol or aspirin.• Applying ripe pawpaw flesh may help soothe the area.
Headache	<ul style="list-style-type: none">• Some headaches are caused by tension and massaging the scalp may help.• A general guide for managing minor pain is as follows: Give 2 tablets of Paracetamol (500 mg per tablet) every 4 hours, and aspirin (500mg per tablet) or ibuprofen (400 mg per tablet) at night.
Wounds or discharge- from the penis/vagina	<ul style="list-style-type: none">• Wash wounds with salt water and soap then dry them with a clean cloth.• These signs may also be due to sexually transmitted diseases. It is good to take tests at a clinic to check for these diseases and take the appropriate measures.
Mental confusion	<ul style="list-style-type: none">• Sharp objects like knives and machetes should be put out of reach of the patients for fear of harming themselves or others.• The patient should be supported when walking• The patient should not be left alone in the room.• Keep drugs out of reach of the patient.
Bed ridden	<ul style="list-style-type: none">• Turn over patient in bed after every two hours to avoid bedsores.• Get help to lift the person to move. Do not drag the patient on the bed.• Remove folds on beddings.• Change wet or soiled beddings without delay.• Wash body with water and soap daily.• Observe oral cleanliness daily by brushing teeth or gargling with salt water.• Help the patient do body exercises such as moving the joints at the wrists, elbows, shoulders and knees.• Check for bedsores. See section on sores and boils for treatment.

The above guidelines are for managing minor illnesses. If symptoms get worse then help should be found from a health facility.



Time to prepare your shamba for CF.

TIST Small Group members who have practiced CF have testified that produces a greater harvest more reliably than traditional farming, especially when the rain is scarce.

The holes help catch whatever rain falls and makes it available to the crop.

This article will help you understand better how to practice kilimo hai. Following these best practices can help you get better yields this coming season.

Preparing the land.

Prepare your land at least 1 month before the rains.

- Clear your plot of weeds and bushes. Do not plough.
- Prepare your holes oblong (rectangle) shape. They should each be 15 cm wide, 35 cm long and 15 cm deep. Space holes at least 75 cm apart.
- Take some manure or compost manure and good topsoil and mix it together. Fill the hole with the mixture up to 5 cm below the surface.

Planting.

- When you plant maize seeds (1 -2 days before rains start), plant 4 seeds in the soil across the hole.
- 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. After this the soil in the

hole should be about 2.5 cm below the surface of the field.

- The space at the top of the hole enables water to get to the plants when the rains come. You do not need to use chemical fertilizer on the Conservation Farming plot. Your crops will still do better without chemical fertilizer, if you put enough manure.

Weeding.

- Weed around the holes regularly
- Do not weed the entire plot completely. Outside the holes, plants can cover the soil, keeping it cooler and keeping it from eroding in rain and wind. Just weed in and near the holes. Use a panga to clear weeds between the lines or spaces from one hole to the other. Weed frequently to keep weeds from going to seed and spreading in the holes.
- Leave the weed residue in the plot to rot. This will help add soil fertility.

Post –harvest practices.

- Do not burn off the remains on the plot. Leave the residue on the ground so that they make the soil more fertile. Crop remainders can also be used for compost manure.
- Do not graze cattle in the plot. Please remember, we will be glad to celebrate your successful harvest and learn from best practices in your area through this newsletter as well during your cluster meeting.

Start working now!



The Rains Have Come – Time to Plant Many More Trees.

Preparing seedlings for transplanting (Hardening Off)

Now that rains have come, seedlings need to be planted out. It is important this month to make sure that seedlings will be ready to be moved from the nursery and planted in the field.

Seedlings first need to be prepared for the harsher conditions of the field. If seedlings have been properly looked after in a nursery, they may have received more water and shade than they will have once they have been planted. Gradually reduce the watering and expose the seedlings to full sunlight to make this transition successful.

Characteristics of good seedlings

As a general guide (remembering different species have different characteristics) good seedlings for planting out have the following characteristics:

- The shoot should be twice the length of the roots or the pot.
- The stem should be strong and woody.
- The seedlings should have many thin roots in addition to the main roots.
- Many seedlings will achieve these characteristics two months after germinating.

Transplanting

- Transport the seedlings in an upright position
- Mark out a circle with a diameter of 30cm in the field
- Remove the topsoil and place in a pile
- Remove the next soil layer to a depth of 30cm and place in a separate pile
- Put in a 5cm layer of grass (dry grass in rainy season, fresh grass in dry season), (called *mulching*). Some groups add manure as well.
- Remove the seedling from the polythene bag. Do not break the earth-balls around the roots.
- Place the seedling in the hole
- Replace the topsoil first, then the second soil layer.
- Some groups do not fill the hole completely, but leave a gap of a few cm. This helps the rainwater enter the hole and infiltrate the soil. This can be especially helpful in dry areas.
- Any remaining soil can be placed in a mound on the downhill side of the seedling. This will help trap any rainwater and divert it into the hole.
- Water the seedling.

Also remember that to give your seedling the best chance of survival you should plant the 3m - 4m apart. If you plant them closer together then the seedlings will not get all the water and soil nutrients they need because there is much competition. They will become weak and may die, so follow the best practice of a spacing of 2.5 - 3m.

The Importance of Trees

Trees are very important for environmental and material reasons:

A. *Environmental improvement:*

- Trees cover soil, which protects it from wind and water erosion.
- Leaves and twigs fall to the ground and provide the soil with extra nutrients.
- Trees increase soil moisture by covering the soil and hence reducing evaporation.
- Tree roots help bind the soil and therefore reduce erosion.
- Tree roots also help water to enter the soil and hence improve underground water circulation.
- Trees improve local weather conditions by increasing the amount of water vapor in the air (increased humidity).
- Trees improve air quality by absorbing carbon dioxide and releasing oxygen.
- Trees provide shade and shelter.

B. *Material and nutritional value:*

- Construction materials (furniture, posts, fences, rope etc.)
- Fuel wood
- Medicine
- Food/fodder

These benefits are really valuable for farmers and for the world. A recent survey of TIST farmers in Kenya showed that the value of fruits, nuts, fodder, and firewood from trees they have planted in TIST and improved yield from using Conservation Farming averaged almost 37,000 shillings per farmer. It's harder to put a value on the benefits of cooler, moister soil, cleaner air and some of the other benefits of the work we do in TIST, but we feel it on our farms every day.

Promoting tree planting is hence of great importance to the community. Imagine what we can do when we plant more together!

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Kimereu Version

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TIST: Utegi ngugi mbungi bukwathithua mweri juju jwijite.

TIST ndene ya Kenya igategerwa ngugi kairi mwaka juju. Kambuni ya India igwitwa, EPIC Sustainability, ikariungira miunda ya ikundi bibinini biria bigatarwa kuumania na mibango ya ngugi (PDs).

Utegi ngugi bubu ni gutega kethira kaboni iria iriti ruugone ni miti ya TIST ni ing'ana. Utegi bubu burina bata kiri kugwata na kwendia ruugo ruruthuku. Ni utegi ngugi buria bukwathithua ni Atari miti kana nthumba ndene ya cluster na ategi ngugi.

Kwwongera igatethia kumenya kethira arimi ndene ya TIST nibakwelewa niki bari kiri biashara ya kwendia ruugo na kethira nibakuthingatira jaria jari kiri GhG kiri gwika miti moyo miaka mirongo ithatu kana nkuruki.

Igita riu bakariunga muundene, ategi ngugi amwe na gutega ngugi ya utari miti bakaria na arimi babakai kwegie TIST. Burina bata kubaa utethio bwa iguru na kubaa macokio ja biuria kuringana na uria kuri bungwa na na njira ya mma.

Kuthithia mboleo yaku gwengwa – fertilizer itiongeri into bia kuthithua ni muntu.

Mboleo ya kuthithia na imera ni fertilizer ya kuumania na into bitina ugwati ya gutethia imera biaku bikura bwega. Ni injega nkuruki ya fertilizer cia nduka niuntu icithithitie yongwa na itina ugwati kiri imera na kiri naria kuthiurukite. Kurina njira inyingi cia kuthithia mboleo, indi njira iji ithingatite nitethetie ndene ya guntu kumwe. Uria muturi waku ndene ya cluster yaku jaria jabatethetie nkuruki.

Kuthithia mboleo:

- 1) Taara antu aria ukeenja kirinya giaku kia warie bwa mita inya na uraja bwa mita inya.
- 2) Theria antu au
- 3) Inja kirinya kirina warie bwa mita ithatu gwita inya na mita imwe na nusu kwina.
- 4) Uthurania matigari ja imera biaku jaria urinajo na ugitange tue tunini. (mung'uanano mathangu na mati ja mpempe, miere na ming'au)
- 5) Ikira matigari jaja kirinyene mwanka gitigare nusu mita.
- 6) Ongeera lita ithano cia muju
- 7) Riu wongere centimita mirongo ithatu (kana o iria ikwoneka) cia mburi kana nguku).
- 8) Ongera matigari ja imera nusu mita
- 9) Ikira lita ingi ithano cia muju
- 10) Ongera matigari ja imera kairi mwanka kirinya kiende kuujura

- 11) Muthia, ikira muthetu mwanka kirinya kiujure
- 12) Ukiujuria kirinya na muthetu, tonyithia muti jumuraja gatigati ga kirinya mwanka jukinye nthiguru buru.
- 13) Tigana na kirinya giki ntuku mirongo kenda (mieri ithatu)
- 14) . Igite riri tumira ruuji rwaku rwa ruko gwikira boleo. Mung'uanano, warikia kuthambia nyomba kana nguo ciaku, ituura ruuji ruru ugutumagira kirinyene. Kethira urina ndithia ituura maumago jacio iguru ria kirinya.
- 15) Untu bubu nibwongagira nitrogen kiri mboleo yaku
- 16) Geria wikagire kirinya kiu ruuji na njira iji ntuku cionthe kana oriria ruuji rurio.
- 17) Ntuku mirongo kenda ciathira, mboleo ikethira iri tayari.

Tumira muti kuthima mwanki – mboleo yayia no mwanka ithirwe irina mwanki mwanka toi yoneke ikiumaga mutine wajurita ku.

Utumiri bwa mboleo:

Warikia kwinja marinya jaku ja kuanda mpempe, muya na imera bingi, ongera nkundi ya mboleo yaku kiri o kirinya. Etera wone uria gugakara!

HIV & AIDS: Kumenyera PLWHA.

PLWHA irirungamira 'Antu baria bagutura na HIV na AIDS'. Ndene ya maandiko jaja, tukaaraniria kwegie kumenyeera antu baba bagwitwa PLWHA riria bari natwi nja

Rikania antu ati njira injega buru ya guciebaniria na uumo bwa mantu riria murimo juju jumba kwithirwa jurio ni gwikira antu inya ya gutegwa kurio gukurukira kuthimwa HIV na kwambiria kunyua ndawa cia ARV riria daktari akauga wambirie. Mantu jaja jari aja ni jab aria bamenyagira antu baba PLWHA baria bejagirwa ni thina ingi cia thiria ya mwiri. Jaja jari aja ti ja kumakia antu, ti PLWHA bonthe bagacemania na thina iji. Kwaria mma, kirira kiria kiri aja ni umenyo bwa bata riria ukumenyeera antu baria bari na HIV na kinya baria batina yo. Mantu jaja ni jegie njira cia kumenyeera ajii riri turina bo nja.

Kua PLWHA umenyeeri buria bubati riria thina ingi cia kithiria cikwija nikwendaga wendo, uumiria na

kuciritira gukwingi. Indiri, umenyeeri buria bubati nobwongere nainya uthongo na uraja bwa uturo bwa mwajii ou.

Uria wonthe uciritirite kiri mwajii noombe kumumenyera ari nja. Indiri, mantu jamwe nomwanka jathingatirwe nikenda umenyeera ati umenyeeri bubu ni bukuejanwa na njira iria njega buru.

Mitire iria miega buru ya kumenyeera mwajii na njira iria ukumenyeera mumenyeeri na mwajii

Amenyerani barina kanya kanini ga kugwatwa ni virusi kuumania na mwajii uria bakunyeera kethira bakathingatire mantu jamwe jaria muntu wonthe abati kumenya. Jaja ni jamwe ja mantu jaria mumenyerani abati kuthingatira:

- Thambia njara ciaku na sabuni mbele na nyuma ya kuthithia mantu jonthe.



- Kunikira naria ung'ari kana urina kironda mwiline jwaku (mono njarene) na plaster mbele ya kuthithiria mwajii untu kinya buriku.
- Kethira ndamu, mataika kana kioro gigwitika gitandene kana nthiguru, nubati kwanguria na umenyeri mono ugitumaira gloves na Jik yongeru ruuji kethira irio. Gloves iji nicibati kwithirwa ciri cia mubiranna nibati kuthambua bwega rionthe warikia gwitumira. Thambia njara ciaku kinyacio warikia.
- Nguo na into bingi biakwa ruuko ni nduui cionthe kuumania na mwiri jwa mwajii nibibati gwikirwa ndene ya ruuji rukutheruka na bitigwe ku ndaika mirongo iiri gwita ithatu mbele ya biritwa na biurwa riu bianikwa binyara.
- Inuku bia nguo na itambaa biria biogi irondene kana kiri kiuti nibibati kuithua.
- Into bia kutheria ja bamba na kiratasi gia kwanguria kioro nibibati kugerwa kironde kia oome kana kuithue.
- Uthuraniria sindano na into bibiugi bionthe kiri boxi na wikie cibitari iria ikuiiritie nikenda bitewa uria kubati.
- Ikira gloves riria ugutonga into biria bitongete nduui kuumania na mwiri.
- Ukeja gutongwa ni ndamu ya mwajii kana nduui ingi cia mwiri thambia antu au na ruuji na sabuni. Kethira antu au nigukuuma ndamu, kureke kuume igita ririkai. Rikana kanya ga kugwatwa ni aki kethira nduui iu ciumenie na mwiri jwina murimo jou igatonya kiri ndamu iria iri mwirine jwaku. Muguta

jwa mwiri jukethirwa jutiuniki ni gintu gikiega mono kiri gutigithia untu bou. Indiri, ukeja kwona jaka nduui iu cia mwiri ciumba kwithirwa cigutonya kiri ndamu ndene ya mwiri jwaku, ja mung'uanano gukurukira kironde mwirine jwaku, cwaa utethio kuumania na muriti ngugi ndene ya cibitari.

Utheru bwa nja

Ajii ba igita ririraja mono baria bari na HIV na Mukingo nibagwatagwa ni mirimo ya kwijira mono. Kwou burina bata kiri ajii na abamenyeeri kumenyeera utheru bwa iguru nikenda banyiyia kanya ga kugwatwa ni mirimo iji, mono murimo jwa kwarwa.

Ajii na abamenyeeri nibabati kumenyeria kuthambia njara ciao mbele ya kuthuranira irio na kuria.

- Njara nibati kuthambua na ruuji na sabuni warikia kuuma kioro.
- Into bia kuriira nibibati kuthambua na ruuji na sabuni.
- Kunikira muromo riria ugukoora kana ukumira.
- Mata jabati gutwirwa mukebene jwiki juri jwa ngugi iji. Mukebe juju jubati kwithirwa jurina nkuniki na nowikire muju ndene. Ituura mata jaja kiorone kia oome na uthambia mukebe jou na ruuji rwa mwanki na sabuni.

Kethira mwajii nakunyua ndawa cia ARV, tetheria mwajii kunyua ndawa iji magitene jaria abati na iria abati kunyua. Iji niyo njira iria njega buru ya kwebera mirimo iji ya kwijira. Tegeera mwajii rionthe na umwikie cibitari wona mantu kajagwita na mbele kuthuka nkuruki.

Aja kuthingatite ni mantu jaria ubati kuthingatira riria ukumenyeera ajii nja na kulingana na murimo jaria bari naju.

Jaria jakwonania	Uria ubati kuthithia wona mantu jau
Mwanki mwiri	<ul style="list-style-type: none"> • Rita nguo na biria bimugwikite biria bitikwendeka. • Ika mwajii aria kwina ruugo rung'ani. • Anguria mwajii na gitambaa giaki ruuji ruri na murutira. Kuundia mwajii ruuji, ucuru kana chai kenda anyua. • Mukundie ndawa ya Paracetamol 500 mg; mpindi ijiri o mathaa janna jakuruka indi ti nkuruki ya mpindi inyanya ndene ya ntuku imwe.
Gukora	<ul style="list-style-type: none"> • Nikubati kwithirwa kurina ruugo rung'ani ndene ya nyomba iu ari. • Ikira inya mwajii gukara nthi kana gwitaita riria gukuumbika antu a kumama. • Kunikira muromo na njara riria agukora. • Mwee nduui inyingi na ntunda • Geria chai irina ndimu na naicu. • Ndawa ya kibara ya kugura no itethie.
Thina ya gukucia miruki	<ul style="list-style-type: none"> • Kethira nagukora muthithirie ou twauga. • Kethira nyiuru niingine geria gutumira ntoo kuumania na ruuji na menthol (ja kaluma) kana mathangu ja mubau maguta nikenda ukunura antu a ruugo gutonyera. • Tetheria mwaji gukara uria akwenda. Jaria maingi gukara nthi niku kwega nkuruki, kurina pillow mugongone kumutetheria. • Nanyue ruuji rurwingi.
Marondo ja muromo	<ul style="list-style-type: none"> • Maigo nijakirwe rionthe • Ebera irio birina mwanki, mpio kana ururu bubwingi. • Kamura na ruuji rwa cumbi ariki kuria na mbele ya kumama (kunya gacumbi kanini ugere ruujine rwa gilasi). • Ungania mpindi ijiri cia aspirin ruujine na ukamure muromo (riu uture) mwanka maita janna o ntuku.
Nkoro njiru na gutaika	<ul style="list-style-type: none"> • Menyeera ati mwajii arina ruugo rurutheru rung'ani.



	<ul style="list-style-type: none"> • Geria kuria twirio tunini twa irio bituungeneue ja ikwaci bitherukitue, mwanga na bingi • Nyua ruuji, chai kana ruuji rwa matunda mpari na maita jamaingi. • Ndawa imwe cia ARV ni bwega nkuruki cirijaniritue na irio, indi ti cionthe – uria daktari waku.
Kwarwa	<ul style="list-style-type: none"> • Nyua ruuji rurutheru na irio bia nduui bibingi ja subu, ucuru, turungi irina cukari na ruuji rwa matunda. • Nyua cumbi iria cia gucokia ruuji mwirine (iji no ithithue na njira ya gwikira iciko bibinini bitantatu bia cukari na giciko gikinini kimwe kia cumbi kiri ruuji lita imwe ruria ruchamukitue na rwora). • Nyua irio bia ruuji bitongereri cukari. • Ria irio bia kwongera inya mwirine ja nkima, mianga • Ikwaci, mucere jukari u, mugate, biskuiti injumu, marigu na nyanya niinjega kuria kinyacio. • Geria kuria twirio tunini maita jatano gwita jatantatu antu irio bibingi maita jathatu ntuku <p>Ebera:</p> <ul style="list-style-type: none"> • Matunda na nyani, ria marigu na nyanya aki • Iria na biria biumanagia nario, kinya yoghurt • Irio biikiri into bia kururia • Irio birina maguta jamaingi • Kauwa na ncobi • Irio bitirugi <p>Mwana nenderee gwonkua ja ringi. Kethira gwita kioro kurina ururu aka maguta jamoro aantu au kioro kiumagira.</p> <p>Tethia kwebera kugia guku gukurukira:</p> <ul style="list-style-type: none"> • Chamukia ruuji rionthe mbele ya kunyua. • Kara ukinyunyaga ruuji kuumania na into bitheri na bikunikiri. • Rionthe thambia njara na ruuji na sabuni mbele ya kuria na nyuma ya gwita kioro. • Ajii nibabati kuewa irio birugi bwega. • Irio biatigara nibabati kurutirua bwega mbele ya kuriwa. Birutirue rimwe aki.
Kuumagara na- kwigua gwikura	<ul style="list-style-type: none"> • Thambia na sabuni na ruuji • Gwike kuumi gatigati ka magita ja kuthambia antu au • Ebera sabuni irina inya mono. • Aka maguta ja Vaseline, maguta ja coconut, maguta jakuumania na into bia kuruga, glycerine na jangi • Riria ukwigua gwikura, kuumia na kubebeta antu au no gutume ukaigua bwega. Ebera kung'ara na wake maguta jagwitwa Calamine lotion. • Majani jarinditwe ruujine rwa mwanki no gutethie antu au ukwigua gwikura. • Kethira nigukumbika menyeera irio birina nkara, nyani, malenge na kibabai.
Kwing'ara na irondo bibinini	<ul style="list-style-type: none"> • Thambia na ruuji rurutheru. Aka antiseptic ja Dettol kethira irio.
Biaru na kiuti	<ul style="list-style-type: none"> • Kiri biaru na iuti bibinini thambia na ruuji rwa cumbi na urekerie binyare. • Kethira birina murimo mono mukundie paracetamol na aspirin. • Guaka kibabai gikigundu kigiti orio no gutetherie kunyia murimo antu au
Murimo jwa mutwe	<ul style="list-style-type: none"> • Mirimo imwe ya mutwe iumanaiya na kwithira urina mantu jamaingi mutwe na kuthathayia mutwe na njara nogutethie. • Mwongozo jwa kunyiyia mirimo iminini ni ja uju: mukundie mpindi ijiri cia Paracetamol (500mg o mpindi) o mathaa janna jakuruka na aspirin (500mg o mpindi) kana Ibuprofen (400mg o mpindi) utuku
Ironda na ruuko kuumania na guntu kwa witho	<ul style="list-style-type: none"> • Thambia ironda na ruuji rwa cumbi na sabuni riu unyarie na gitambaa gikitheru. • Mantu jaja kinya nojaumanie na mirimo ya gutambua gukurukira kumama na muntu. Ni bwega kuthimwa cibitari nikenda utegwa mirimo iji na ujukia matagaria jaria jabati.
Kuangeratana	<ul style="list-style-type: none"> • Into bibiugi ja tuciu na ibanga nibabati gwikwa kuraja kuuma kiri niuntu bwa gukira bacigitaria kana bagitaria bangi. • Mwajii nagwatinwe riria agwita • Mwajii atibati gutigwa wenka nyomba. • Ika ndawa kuraja kuuma kiri mwajii.
Kuremwa kwebaeba	<ul style="list-style-type: none"> • Garura mwajii gitandene o mathaa jairi nikenda atiriritwe biaru ni gitanda • Cwa utethio gukiria mwajii nikenda ebaeba. Ugakuria mwajii gitandene. • Rita mikunjano kiri shuka iria amamirite. • Rita nguo cia gitanda ciagia ruuji kana ruuko orio. • Thambia mwiri na ruuji na sabuni ntuku cionthe. • Menyeera utheru na njira ya kuthambia maigo kana kubucabucia ruuji rwa cumbi. • Tetheria mwajii kuritithia mwiri ngugi gukurukira kwebaebia jointi cia njara, mature na maru. • Tega wone kethira kwina biaru bia gitanda. Tega au iguru kiri Biaru na kiuti nikenda umenya njira ya kumenyeera.

Mantu jau twariria au iguru ni ja kumenyeera tumirimo tunini. Jaria jakwonwa kumania na murimo jongereka riu utethio nibubati gucuwa kuumania na cibitari.



Ni igita ria kuthuranira munda jwaku niuntu bwa urimi bubwega.

Amemba ba ikunbi bibinini bia TIST baria bageretie kurima na urimi bubwega nibaritite ukuji ati nibuciaraga iciara ririnene na riumba gweterwa guti na uguaa kiri urimi bwa kawaida, mono mono ririangai itikung'ana.

Marinya nijatethagia kugwatia ngai iria ikagua na gutuma ruuji ruru rwithirwa rurio kiri kimera. Mantu jaja jagagutethia kwelewa bwega nkuruki uria ubati gutumira njira ya urimi bubwega. Kuthingatira miitire iji iria miega buru gugagutethia kwona iketha ririega nkuruki mbura iji ijite.

Kuthuranira muunda

Thuranira munda jwaku no mweri jumwe kabele ka mbura.

- Rita maria na ithaka muundene jwaku. Ukarima.
- Thuranira marinya jaku. Nijabati kwithirwa jari na warie bwa sentimeta ikumi na ithano, uraja bwa sentimeta mirongo ithatu na ithano na kwinama sentimeta ikumi na ithano. Taarania marinya jaku na sentimeta mirongo mugwanja na ithano kana nkuruki.
- Jukia mboleo inkai na muthetu jumwega jwa iguru na uunganie. Ujuria kirinya na muunganio juju mwanka gikinye sentimeta ithano nthiguru ya nthiguru itirimi.

Kuanda

- Waanda mbeu cia mpempe (ntuku imwe gwita ijiri mbele ya mbura kwambiria), anda mpindi inya kiri muthetu kugitania kirinya.
- Kethira ni ugimbi ukuanda, anda mpindi ithano gwita ithanthatu o muthiene jwa o kirinya gia kuanda nyuma ya mbura injega mma yaura.
- Kunikira mbeu na sentimeta 2.5 cia muunganio juria jwa muthetu jumunoru na mboleo.

Nyuma ya kwongera muunganio juju kirinya kibai kwithirwa kiri senimeta 2.5 nthiguru ya naria nthiguru itirimi.

- Kanya karia gagutigwa kirinyene iguru nigatethagia ruuji gukinyira imera riria mbura iijaga.
- Gutina aja ya gutumira fertilizer cia kuguura kiri muunda jwaurimi jumwega. Imera biaku bikathithia bwega kinya warega gutumira fertilizer, wekira mboleo ing'ani.

Gukuurira iria

- Kuurira iria akui na irinya o igita o igita.
- Ugakurira munda junthe iria rionthe. Oome ya marinya, imera nobikunikire muthetu, bikajuika jurina gapio na bigatuma jutakamatwe ni mbura kana ruugo. Kuurira iria aki marinyene na akui na marinya. Tuumira kibanga gukurira iria gati gati kalaini kana itigatinekuuma kirinya gwita kingi. Kurira iria o igita o igita nikenda maria jatiraciare mbeu na jatamba marinyene.
- Tiga matigari jam aria muundene kenda joorera ku. Bubu bugatethia kuongera unoru bwa muthetu. aria ubati kuthithia warikia guketha
- Ukaithia matigari ja muunda. Jatige nthiguru nikenda jomba gutuma muthetu junora nkuruki. Matigari ja imera no jatimirwe kinya kuthithia mboleo.
- Ukarithia ndithia muundene. Itu rikana, tukagwirua mono gukeneera iketha riaku ririnene na kuthoma kuumania na miitire imiega buru ntuurene yaku gukurukira gazeti iji amwe na igitene ria mucemanio jwaku jwa cluster.

Ambiria kurita ngugi thaa iji!



Mbura ikwija- Ni igita ria kuanda miti ingi imingi.

Kuthuranira miti iria iumithitue ithamua ita muundene (Kumithithia uria ikomba kuumiria muundene)

Nandi niuntu mbura ikwija, miti iria iumithitue nigwiia kuandwa ome ya munanda. Burina bata mweri juju kumenyeera ati miti iu yaku iri tayari kuthamua kuuma munandene iandwa muundene. Miti iji iumithitue mbele nikwenda kuthuranirwa niuntu bwa mantu jamomu nkuruki naria muundene. Kethira miti nithiritwe ikimenyirwa bwega munandene, no ithirwe ikiiri ruuji na kirundu gikingi nkuruki ya kiria kiri muundene yarikia kuandwa. Mpari mpari nyiyia ruuji ruria ukumikiira na umirugurire riu rionthe nikenda yumba gukara bwega yathama.

Miti ya kuanda iria miega ithagirwa irina jaja

Ta njira ya kawaida (ukirikanaga mithemba mwanya irina mantu mwanya) miti imiega ya kuanda niithagirwa irina jaja:

- Gitina kiria kiumirite kithirwe kiri na uraja bwa miri kana mubuko jairi
- Gitina kithirwe kirina inya na kiri gikiumu
- Miti ithirwe irina miri imiceke imingi na imwe iminene
- Miti iria mingi nikinyithagia mantu jaja na igita ria mieri iiri yarikia kuuma

Kuthamiria miti muundene

- Kamata miti irungi
- Maka kithiururi kiri na warie bwa 30cm muundene kana aria ukwenda kuanda
- Rita muthetu jwa iguru na urikire amwe
- Rita muthetu jou jungi mwanka 30cm kwinama na urikire muthetu juju angi.
- Ikira nyaki centimeter ithano (nyaki imbumu riria gukuura, nyaki itiumi igitene ria uumu)
- Rita muti mubukone. Ukagwithia muthetu jou jugwatene na miri.
- Ikira muti kirinyene
- Cokia muthetu jwa iguru mbele, riu jou jungi jwa iiri
- Ikundi bimwe bitiujuragia kirinya buru, indi nibatigaga kanya ga cm inkai. Bubu nibutethagia ruuji rwa mbuura gutonya kirinyene na kwou gutonya muthetune. Bubu nobutethie mono mono naria kuri gukuumu
- Muthetu jungi juria jumba kwithirwa jutigere nijwikagwa na kibango bwagaiti ya muti. Juju nijugwatagia ruuji rwa mbuura na jukarutongerira gutonya kirinyene
- Ikira muti ruuji.

Ririkana kinya ati nikenda ua muti kanya gakanene ga gukura nuubati kuanda utarenie meter

ithatu gwita inya. Waanda ikwianiritie nkuruki miti itikinyirwa ni ruuji na irio biria ikwenda nontu kwina gushindana gukwingi. Ikaaga inya na no ikue, kwou thingata mwitire jumwega buru jwa gutarania na meter ijiri na nusu gwita ithatu.

Bata ya miti

Miti iri bata mono niuntu bwa mantu jeienaria gututhiurukite na biria tutumagira:

A. *Kuthongomia naria gututhiurukite:*

- Miti nikunikagira muthetu, untu buria buebithagia gukamatwa kwa muthetu ni ruugo na ruuji.
- Mathangu na maang'i nijagujaga muthetune na jakongeera irio muthetune
- Miti niingiagia ruuji muthetune gukurukira gukunikira muthetu na kwou kunyiyia gukamatwa kwa ruuji ni riuu.
- Miri ya miti nitethagia kugwata muthetu na kwou kunyiyia gukamatwa kwa muthetu.
- Miri ya miti nitethagia kinya ruuji gutonya muthetube na kwou kuthongomia kuthiuruka kwa ruuji nthiguru ya muthetu.
- Miti nitethagia kutongomia rera ya aria iandi gukurukira kwingiyia ruuji ruria ruri ruugone.
- Miti nithongomagia uthongi bwa ruugo gukurukira gukucia ruugo ruruthuku na kurita ruugo rurwega.
- Miti niejanaga kirundu na antu a gwikunikira.

B. *Into na irio biria miti iejanaga:*

- Into bia gwaka (into bia nyomba, ikingi, ndwego, mikanda)
- Nkuu na makara
- Ndawa
- Irio bia antu na ndithia

Baita iji icithiritwa ciri inene mono kiri arimi na nthiguru yonthe. Uteri bwarua bwa arimi ba TIST ndene ya Kenya nibwonenie ati baita cia matunda, nkandi, iria ria ndithia na nkuu kuumania na miti iria baandite ndene ya TIST na maciara jamathongi nkuruki kuumania na urimi bubwega niikinyite baita ya ngiri mirongo ithatu na mugwanja kiri o murimi. Burina inya nkuruki kuthima baita ya muthetu juri na ruuji rurwingi nkuruki na ruugo rurutheru nkuruki na kinya imwe cia baita ingi cia ngugi iria turitaga ndene ya TIST, indi nitucigagua ndene ya miunda yetu ntuku cionthe.

Kwou gwitithia na mbele uandi bwa miti kurina bata mono kiri antu betu.

Thugania jaria tuthithia tukeja kuanda miti ingi turi amwe!

Mazingira Bora



TIST

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

Kikuyu Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Arimi a TIST kuma Karaba Cluster, Laikipia West mbicha-ini yao ya gikundi mari mucemanio-ini wa gikundi kiao mweri ucio urathirire.

Thiini wa ngathiti:

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Kuhariria thumu wa mborera – bataraita ya kimerera. Page 2

HIV & AIDS: Gutungata arwaru kana nio PLWHA. Page 2

Mahinda ma kuhariria mugunda waku niundu wa Kilimo Hai (CF). Page 5

Mbura niyukite ni mahinda makuhandu miti ingi miingi. Page 6



TIST: Uthuthuria ungi kana Verification niutanyitwo mweri-ini uyu.

Mradi wa TIST Kenya niuguthuthurio kahinda kangi mweri uyu turi wa October. Kambuni imwe kuuma India itagwo EPIC Sustainabilitygakorwo igicerara tukundi tunini twaTIST na migunda-ini itia mahandite miti.

Bata wa uthuthuria uyu nikuhakikisha riera ria carbon ria miti itu iguciitie. Uthuthuria uyu uria witagwo na githungu Verification ni ikinya ria bata hari wonjoria wa riera ria carbon. Uthuthuria uyu ukoragwo ukirongoreria kana wira uria Atari a miti na nio Quanti-

fiers kana Cluster servants ni wa ma na ugachiru. Hamwe na uguo, athuthuria aya nimendaga kumenya kana arimi a TIST nimakoragwo na utauku hari ngirimiti iria mekaniriire na TIST na muni makiria hari gutigirira miti nikumenyererwo gwa kahindi ka miaka mirongo itatu na guthii na mbere.

Makiria ya uguo, athuthuria acio no makoria arimi ciuria ikonainie na mradi wa TIST. Nikwagiriire tukamagwata ugeni na tucokie ciuria na njira ya ma na ugachiriku.

Kuhariria thumu wa mborera – bataraita ya kimerera.

Thumu wa mborera ni bataraita ya kimerera iria iteithagia mimera gukura wega. Bataraita ino ni njega gukira ya nduka tondu l ya kimerera, ndiri thogora, ndithukagia mimera hamwe na maria maturigiciirie ta uria bataraita imwe cia nduka ciikaga. Kuri njira ngurani uria unghota gwithondekera thumu waku wa mborera. Hari njira imwe iria tuguthomithia iria ikoretwo igitumirwo ni andu aiangi. Niwega urie arimi aria angi muri mucemano wa cluster ni njira iria matumagira.

Kuhariria guthondeka thumu:

1. Chagura handu haria ikwenja irima riaku ria mita inya kwa inya.
2. Theria handu hau
3. Haririria kana uchimbe irima ria warie wa mita ithatu nginya inya na iriku wa mita imwe na nuthu.
4. Cokeria hamwe maragara maku moth eta mahuti, mabebe , maboco kana muhia na umatinangie tuchunji tunini
5. Ikia maragara macio irima-ini riaku kwa uriku wa nuthu mita.
6. Ongerera lita ithano cia muhu
7. Thutha ucio, ongerera thumu wa ng'ombe kana mburi kana nguku kana nguruwe kwa uriku ta fiti imwe.

8. Ongerera maragara mangi inguru ta nuthu mita
9. Ongerera lita ithano cia muhu
10. Ongerera maragara maku nginya irima riaku rikirie kuiyura
11. Wa muthia, humbura na tiiri nginya iria riyyure
12. Hindi iria urahumbira na tiri, handa kamuti nginya kahutie irimariaku gitina
13. Eterera gwa kahinda ka thiku 90 kana mieri itatu
14. Gwa kahida gaaka korwo ugutiriria thumu waku maai maku ma giiko. Ungikorwo ni ukuhota ona mathugumo ma mahiu maku uitiririe.
15. Mathugumo ni mateithagia kuongera nitrogen.
16. Geria guitagiriria maai na muthugomo kwa mahinda makuhi
17. Thutha wa thiku mirongo kenda, thumu waku ugakorwo uri muhiu

Tumira kamuti karia uhandire ta githimi giaku. Hindi iria thumu waku wahia, wagiririrwo gukorwo wi muhiu na wacomora kamuti niwagirirwo ni kurata ndogo ya urugari.

Uhuthiri wa thumu waku wa mborera:

Warikia kuhariria marima maku ma mbembe kana muhia kana o mimera iria ingi urahanda, ikira thumu muigana wa m oko maku o hari o irima. Eterera wone maciaro!

HIV & AIDS: Gutungata arwaru kana nio PLWHA.

PLWHA irungamagirira 'People Living with HIV and AIDS'. Uguo ni kuuga "Andu aria maturaga na murimu wa muingo. Muthi tukwaririria ndereti ikonie nadu aria matungataga arwaru a muingo me mucii. Kana home caregivers.

Niwega kuririkania andu ati njira imwe ya kugiriria kuhatiririo muno ni kuhinyiriria andu mathimwo o ri otene, na moneka mena virusi mambiririe kunyua dawa cia ARV hindi iria dagitari atariria. Ndereti ino ni ya gukumakia no niyagukuhe uugi wa uria unghoota gutungatira muruaru uhinyirikite. No akorwo ari muruaru wa muingo kana muruaru o wotho.

Gutungata muruaru wa Muingo riria ahinyiriirio ni mwiri nigukukwenda wendo muingi, gukiriria na

wirutiri . Utungati mwega na uria wagiririire niuhotithagia uturo wa muruaru wongerereke na akorwo na uturo mwega.

Mundu o wotho wina wendo na muruaru no ohote kumutungata wega ari mucii. Ona kuri uguo, mitaratara miege niibatarike nigetha utangata uyu ugaciire.

Njira njega riria uratungata muruaru hamwe nawe kwigitira

Aria matungataga aruaru a muingo kana Caregivers matikoragwo na ugwati munene wa kunyitwo ni virusi cia muingo kuuma kuri muruaru angikorwo nimakurumiriria maundu maya;

- Gwithamba mooko na maai na thabuni mbere na



thutha wa wira o wothe.

- Kuoha kirona kana handu hatihie muno mokoini na plaster mbere ya gutungata muruaru
- Angikorwo thakame kana matahiko kana kahinda kanene nigaitikiire uriri kana thi, wagirirwo ni kuhura na utabaririri munene wikirite gloves na nutumire kindu ta jik. Gloves ciaku ciagirirwo gukorwo iri cia mubira na wagiriirwo ni gucithambia wega thutha wagucitumira. Thutha ucio uthambie moko maku wega.
- Nguo iria muruaru angikorwo athukitie na kahinda gaaka ciagiriirwo ni kucamukio na mai mahiu gwa kahinda ka dagika 20 nginya 30. Icooke ihurwo wega na cianikwo.
- Itambaya iria ingikorwo ciohete irona kana bandigi thutha wa kuruto ciagiriirwo ni gucinwo.
- Cokaniriria cindano na kindu kingi ta tuhiu tutia tungikorwo tutumikite hari muruaru na utware thibitari iria I hakuhi ni getha tugate na njira iria yagiriire.
- Hingo ciothe ugekira groves riria ukunyita kindu o giothe kiratumagirwo ni mururu na gikahutania na maai make ma mwiri.
- Kwa mutino angikorwo ngothi ya mwiri waku niyanyita thakame kana mai ma mwiri kuuma hari muruaru, wagiriirwo ni gwithamba na main a thabuni. Ririkana unguigwato ni virusi angikorwo ni ikuungira mikiha ya thakame yaku. No angikorwo

niuruno ta maai kana thakame ya muruaru ingirite mwiri waku, niwega uthii kuri muritigitane nigetha agutare uria ugwika.

Utheru wa Mucii

Aruaru a kanda karaya muno ta aruaru a muingo nimakoragwo na ugwati wa kunyitwo ni mirimu ingi ngurani muno mirimu ya gutherema. Koguo nikwagiriire atungati makorwo na utheru munene wa mucii nigetha kunyihia mieka ya mirimu ya kugwatanio ta kuharwo gatema gutherema.

Aruaru na atungati ao nimagiriirwo ni gwithamba moko mbere ya kuhariria irio na mbere ya kuria irio.

- Moko mathambio na thabuni na mai thutha wa guthie kahinda
- Indo cia riiko ithambio na maai na thabuni
- Humbira kanua ugikorora kana ukiathimuka
- Okorwo ni gutua mata, etha kamukebe kena nguniko na wikire muhu hau thiinie. Ukonoragia mata macio irima ria kioro na ugagathambia wega na maai mahiu na jik.

Angikorwo muruaru ni aranyua dawa cia ARV, niwega kumuteithiriria nigeha akanyua ihinda riria riagiriire na githimi kiria kiagiriire. Niwega kumurora kaingi nigetha angihatiririo muno umutuare thibitari o na ihenya.

Haha thi ni uria mundu angirigitwo kuringana na murimu uria ari na guo.

Ndariri	Njira ya gutungata
Kuhiuha mwiri	<ul style="list-style-type: none"> • Murute nguo iria itabatarainie kana uthathure miringiti • Muiige haria hena riera riega na riingi • Muhure na gitambaya kina ugunyu muraru. Muhe maai kana ucuro kana iria kana cai. • Muhe dawa ya Paracetamol 500 mg tablets: Dawa igiri thutha wa mathaa mana no ndugakirie dawa inyanja hari muthenya.
Gukorora	<ul style="list-style-type: none"> • Tigirira kwina riera ria kuigana nyumba yake • Muringiririe akorwo agithii kana guikara thi no ti gukoma • Humbira kanua ugikorora • Muhe maai maingi na mai ma matunda • Geria kumuhe maai ma ndimu na uuki • Dawa ya gukorora no ieithie
Kuremwo ni kuhuhia	<ul style="list-style-type: none"> • Honia gikorora ta ugo twatariria hau iguru • Angikorwo maniuru nimahingiku, giria gutumira miruki mihiu ya maai kana methol kana mahuti ma miti ya mibau/minyua maai nigetha ahinguke • Geria wone muruaru ni akarite wega. No umuhe pillow ya gutira mugongo • Reke anyue maai maingi.
Irona cia kanua	<ul style="list-style-type: none"> • Thambia magego hingo ciothe • Tiga kumuhe indio hiu muno kana hehu kana cien ururu • Muhe maai ma cumbi abuchabuchie kanua thutha wa kuria na mbere ya gukoma. • Ikiria asprini igiri maaini na abuchabuchie kanua maita ta mana muthenya



Kuiria ngoro na gutahika	<ul style="list-style-type: none"> • Tigirira muruaru ena riera riakuigana. • Geria kuria irio cia gucamurwo ta ngwaci na mianga • Nyua maai, chai kana juice kahoro na kwa mahinda • Dawa imwe cia ARV inyuagwo na irio, no ti ciothe. Uria murigitani waku
Kuharwo	<ul style="list-style-type: none"> • Nyua mai maingi matheru kana thubu kana ucuru kana juice ya matunda • Nyua mai ma mcumbi na cukari. Ikira tuciiko turia tunini tutandatu twa sukari na nuthu gachiko ga cumbi tukania wega maai mahoru macamukie. • Nyuma maai ma irio matari mekire cukari • Urie irio ta ngima kana mianga kana waru, muceere, mugate, marigu • East starchy foods like Ugali, cassava • Geria kuria maita matano kana matandatu hari muthenya handu ha kuria maita matatu <p>Tigana na :</p> <ul style="list-style-type: none"> • Iria igatatu ta yoghurt • Indo cia gukwira irio mucamo kana ururu • Irio cirri na maguta maingi • Kahua kana njohi • Irio itari nduge <p>Kuongitha mwana kwagiriirwo ni guthii na mbere Guthii kahinda kanene kungikorwo na ruo haka maguta njira ya kioro.</p> <p>Giriria kuharwo na njira ici:</p> <ul style="list-style-type: none"> • Hingo ciothe ugacamura maai ma kunyua • Ikira maai ma kunyua handu hatheru. • Hingo ciothe ugethamba moko na maai na thabuni mbere ya kuria na thutha wa kioro • Muruaru agiriirwo ni kuheo irio nudge wega • Irio cia hwai kana ciagitigara ciagirirwo ni kuhuhuo wega
Ngothi niaru na ina mwithua	<ul style="list-style-type: none"> • Withambe na thabuni uteri na munongo na maai • Ikara wi muniaru • Ndugatumire thabuni wina mutaririko • Tumira maguta ta Vaseline, coconut oil, vegetable oil, glycerin • Angikorwo ngothi yaku ina mwithua, ndugathue na nuutumire Calamine lotion. • Machani maikitio mai-ini mahiu no mateithie ngothi ina mwithua • Irio ciaki niciagiriirwo nigukorwo na nyeni, marenge, matumbi. Mapaipai ni meega
Turonda	<ul style="list-style-type: none"> • Thambia na main a deto
Iroruha na mahuha	<ul style="list-style-type: none"> • Thambia na mai ma cumbi • Angikowo na ruo, muhe panadol kana aspirin • Tumia ibaibai kuhaka turonda tuu
Kurio ni mutwe	<ul style="list-style-type: none"> • Kurio ni mutwe no kurehwo ni meciria. Guthugua kiongo no guteithie • Muhe panadol igiri
Ironda ciroira kuma ciiga ciake cia thiri	<ul style="list-style-type: none"> • Thambia ironda na mai ma cumbi na urihure na gitambaya githeru. • Ironda ta ici no ikorwo iri ndariri ya murimu ya kugwatanio kimwiri na niwega umutware thibitari.
Guchanganyikirwo / gutukanirwo hakiri	<ul style="list-style-type: none"> • Indo ta tuhiu kana banga ikwenda kuiguo haraya na mururua ndakegere ngero na cio • Muruaru agiriirwo ni kunyitirwo agithii • Muruaru ndagiriirwo ni gutigwo ari woika rumu yake. • Iga dawa haraya na muruaru
Riria e gitanda-ini atakwihota	<ul style="list-style-type: none"> • Mugarurure thutha wa mathaa mere nigetha ndakagie ironda mwiri • Geria kumuteithiria riria arenda gukira. Ndukamugucanie. • Mwehererie kindu kingimuhihinya uriri wake • Mucenjerie macuka na miring angithukia na kahinda o hindi iyo • Muthambie na maai na thauni oo mthenya • Reke ethambe kanua o muthenya na kabuchabucia maai ma cumbi • Teithia muruaru kunogora ciiga cia mwiri • Rora kana ni aragira turonda na ututhonoke toguo tutariirie hau iguru

Njira ici tutariirie hauiguru ni cia gutungata tumathina tunini. Ndwari ingeneneha, niwega umutware thibitari.



Mahinda ma kuhariria mugunda waku niundu wa Kilimo Hai (CF).

Arimi aria marimite na Kilimo Hai mari na uira ati magetha ni maingi gukira urimi wa ki-nduire na makiria riria mbura iri nini.

Marima nimateithagia maai ma mbura kuigika na guteithia mimera na njira iria njega.

Uhorro uyu niuguguteithia gutaauko wega uria unguiteithika na Kilimo Hai. Kurumirira mitaratara miega niguguguteithia kugia na magetha mega.

Kuhariria mugunda waku.

Hariria mugunda waku mweri umwe mbere ya mbura yurite.

- Tuguta mahuti maria mari mugunda-ini, ndukarime.
- Enja marima ma rectangle. Magiriirwo nigukorwo na warii wa 15cm na uraihu wa 35cm na uriku wa 15cm na umataganie na utaganu wa 75cm.
- Ikira thumu na tiiri wa iguru na utukanie. Ikira mutukanio ucio na utigie 5cm.

Kuhanda

- riria wahanda mbembe(matuku 1-2 mbere ya mbura yurite), handa mbegu 4 irimaini.
- Wahanda muhia, handa 5-6 irima-ini thutha wa mbura kuura.

- Humbira mbegu na tiiri muigana wa 2.5cm.
- Haria irima ritaiyurite hateithagiriria kuiga maai.

Ndurabatara gutumira fertilizer ukihuthira Kilimo Hai. Mimera yaku no igukura wega ona hatari fertilizer ungikira thumu muiganu.

Kurimira

- rirmira irimaini maita maingi.
- Ndukarimir mugunda wothe. Nja ya irima, mimera no ihumbiretiiri, niguu kuuiga uri mugunyu. Rimira hakuhi na irima. Huthira ruhiu kwehuthia riia riria riri gatagati-ini ka mimera. Rimira maita maingi niguu riia ritikaingihe irima-ini.
- Mahuti ma riia riria watuguta matige mugunda-ini. Njira ino niyongagirira unoru tiiri-ini.

Maundu ma thutha wa kugetha.

- Ndugacine mahuti mugunda thutha wa magetha. Tiga mahuti macio mugunfa-ini niguu manorie tiiri. Matigari ma mimera nomathondeke thumu.
- Ndukariithie mahiu mugunda-ini, ririkana nitugakena tugikunguira magetha maku na guthoma kuma kuri wee.

Ambiriria wira riu.



Mbura niyukite ni mahinda makuhanda miti ingi miingi.

Kuhariria mimera niundu wa mahanda.

Tondu mbura niyurite, mimera niirabatara kuhandwo. Niundu wa bata gutigirira ati mimera niihariirio kuma tuta-ini niguo ihandwo mugunda. Mimera wambere niyagiriirwo kuharirio niundu wa mahinda maritu mugunda-ini, angikorwo mimera niitungatitwo wega iri tuta-ini na ikaheo maai makuigana na kiruru kiega noikorwo iri na unyihu wa indo ici yahandwo mugunda-ini. Mbere ya uthamitie mimera thii ukiminyihagiria maai niguo yahandwo ihoye kumenyera.

Mimera miega yagiriirwo;

Kionereria kiega, (ukiririkana mithemba ngurani ikoragwo na mauthi ngurani) kia mimera iria miega ya kuhandwa.

- Yagiriirwo gukorwo na miri maita meri ma mumera.
- Yagiriirwo gukorwo iri na hinya.
- Yagiriirwo ni gukorwo na miri miingi

Mimera miingi niikinyanagiria maundu maya iri na mieri 2 thutha wa kumera.

Kuhanda.

- Ndukainamania mimera.
- Thiururukiria handu ha warii wa 30cm mugunda-ini.
- Eheria tiiri wa iguru.
- Eheria tiiri ungu uriku wa 30cm na uuige mwanya.
- Ikira nyeki 5cm kana wikire thumu.
- Ruta mumera karatathi-ini na ndugatinie tiiti uria winyitiriire miri-ini.
- Ikira mumera irima-ini.
- Cokia tiiri wa iguru uria ukurutite.
- Ikundi imwe citihuragia irima biu na njira ino niiteithagia maai ma mbura kuingira irimaini.
- Tiiri ucio ungi watigara nowuigwo na-kianda niundu wa gutega maai.
- Itiriria mimera maai.

Ningi ririkana kuhe miti yaku kahinda ga gukura na gutagania 3cm - 4cm. ungiaga kumitagania ndingikinyirwo ni maai na unoru uria wagiriire niundu wa gutharana na noyume kwa uguo rumirira utaganu uyu.

Mawega ma miti.

Miti ni ya bata muno kuri maria maturigiciirie ohamwe na njira ingi.

A. Kwagirithia maria maturigiciirie:

- miti niuhumbagira tiiri, njira iria imigitagira kuma kuri ruhuho na muiyuro wa maai.
- Mahuti maria magua thi nimongagirira unoru.
- Miti niyongagirira ugunyu wa tiiri na kuhumbira tiiri.
- Kugitira tiiri gukuo ni maai.
- Miri ya miti niiteithagiriria maai kuingira tiiri-ini wega.
- Miti niiteithagia guthondeka riera.
- Miti niituheaga kiruru kiega ohamwe na micii ya nyamu.

B. Indo cia gwaka na irio.

- mbau cia gwaka
- ngu cia gwakia mwaki.
- Dawa cia kuhonania.
- Irio cia mahiu
- matunda.

Mawega maya nimabata muno kuri murimi thi yothe. Uturia uria wikitwo ni TIST wonanitie ati arimi a Kenya nimonanitie bata wa matunda nathi na irio cia mahiu ohamwe na ngu cia gwakia mwaki kuma miti-ini iria ihandito ni arimi a TIST na magetha kuma Kilimo Hai iria cikinyaga 37,000 kuri o murimi. Hari na hinya kuheana githimi kia ugunyu kana riera riega hamwe na mawega maria maumanaga na wira wa TIST no nituuiguaga kuma kuri arimi aiitu o muthenya.

Kwagirithia ukuria wa miti ni kwongerera bata wa ruriri.

Tawicirie uria tungika tungihanda miti miingi!

Mazingira Bora



TIST

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

Kiswahili Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Wakulima waTIST kutoka Cluster ya Karaba, Laikipia Magharibi kwenye picha waliopigwa wakati wa mkutano wao mwezi uliopita.

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TIST: Uhakiki mwingine unafanywa mwezi huu.

TIST katika Kenya kwa mara ingine itafanyiwa uhakiki mwezi huu. Kampuni ya India, inayoitwa EPIC Sustainability, itatembelea mashamba ya vikundi vidogo ambavyo vitachaguliwa katika sampuli kutokana na miundo ya miradi (PDs).

Madhumuni ya Uhakiki ni kujua kiwango cha kaboni kilichonyonywa na miti ya TIST. Uhakiki ni sehemu muhimu katika kupata na kuuza kaboni. Huhusisha ukaguzi wa kazi iliyofanywa na watakwimu wa miti/ watumishi katika cluster na

wakaguzi. Pia huamua ikiwa wakulima katika TIST wanaelewa sababu za kuwa katika biashara ya kaboni, na ikiwa wanafuatilia agano la GhG hasa katika kuweka miti hai kwa miaka thelathini au zaidi.

Wakati wa matembezi haya katika mashamba, wahakiki pamoja na ukaguzi wa idadi za miti pia wataongea na wakulima wachache kuhusu TIST. Ni muhimu tuwape ushirikiano zaidi na majibu ya uhakika na ya kweli.

Kutengeneza mbolea kutokana na mimea – mbolea ya kiasili.

Mboleo ya majani ni mbolea ya kiasilia ya kusaidia mimea yako kukua. Ni bora zaidi ya mbolea za viwanda kwani ni ya kiasili na haina athari za kuumiza mimea na mazingira. Kuna njia nyingi za kutengeneza mbolea, lakini njia ifuatayo imekuwa saidifu katika baadhi ya maeneo. Uliza majirani zako katika cluster yako ni gani imewaonekana.

Preparation of compost:

- 1) Chagua eneo lenye upana wa mita nne na urefu wa mita nne la kuchimba shimo lako la taka
- 2) Fagia sehemu hiyo
- 3) Chimba shimo la mduara lenye upana wa mita tatu au nne na mita moja na nusu kina.
- 4) Kusanya masala yote ya mimea uliyo nayo na uyakate kuwa sehemu ndogo ndogo (kwa mfano majani na mashina ya mahindi, mtama, maharagwe)
- 5) Weka masala haya ya mimea katika shimo ilo hadi kina cha nusu mita.
- 6) Halafu ongeza lita tano za jivu
- 7) Halafu uongeze centimita thelathini (ama kiwango kilichopo) za kinyesi cha mifugo (kwa mfano kinyesi cha nguruwe, ng'ombe, mbuzi au kuku).
- 8) Ongeza safu nyingine ya majani ya mimea na mashina (nusu mita)

- 9) Ongeza lita zingine tano za jivu.
- 10) Ongeza majani na mashina tena hadi shimo likaribie kujaa.
- 11) Hatimaye, ongeza safu ya udongo hadi shimo lijae.
- 12) Unapokuwa ukiweka udongo shimoni, ingiza fimbo ndefu katikati mwa shimo hadi ifike chini ya shimo.
- 13) Liache shimo la taka kwa miezi mitatu (siku tisini).
- 14) Katika kipindi hiki tumia maji yako machafu kuweka katika shimo hili. Kwa mfano, baada ya kuosha nguo au nyumba, yamwage maji uliyotumia juu ya shimo. Ikiwa una mifugo waweza pia kumwaga mikojo ya mifugo juu ya shimo.
- 15) Jambo hili litaongeza naitrojeni kwa mboleo yako.
- 16) Jaribu kuweka maji kila siku kwa njia hii, ama wakati maji yapo.
- 17) Baada ya siku tisini mbolea itakuwa tayari.

Tumia fimbo kama kipima joto – mbolea inapokuwa tayari lazima iwe na joto na waweza kuona mvuke ukitoka kwa fimbo hiyo baada ya kuitoa.

Matumizi ya mbolea hii:

Ukishachimba mashimo yako ya kupanda mahindi, mtama au mimea mingine, ongeza mboleo kiwango kinachotoshea katika kiganja chako katika kila shimo. Angalia ili kujua matokeo!

VVU na UKIMWI: Kuwatunza PLWHA.

PLWHA husimamia 'Watu wanaoishi na VVU na UKIMWI'. Katika makala haya, tutajadiliana mada ya kuwatunza PLWHA nyumbani kazi inayofanywa na walezi.

Kumbusha watu kuwa njia bora ya kujiepusha na matatizo ni kuwahamasisha watu kutambulikana mapema ikiwa wanayo kupitia kupimwa VVU na kuanza dawa za ARV daktari anaposhauri. Maelezo haya ni ya walezi wanaotunza PLWHA walio na matatizo ya kimatibabu. Makala haya hayajatengenezwa ili kuwashtua watu, na si PLWHA wote hupata matatizo haya. Kwa kweli, ushauri mwingi uliopo ni ujuzi muhimu wa kutunza watu walio na wasio na VVU. Ushauri huu una msingi katika mazoea ya uuguzi mzuri nyumbani.

Kuwapa PLWHA huduma mzuri walipo na matatizo ya kimatibabu waweza kuhitaji kwa wingi, upendo,

uvumilivu na kujitolea. Hata hivyo, huduma inayostahili yaweza kuongeza sana ubora na urefu wa maisha ya mgonjwa.

Mtu yeyote aliyejitolea kwa mgonjwa aweza kumtunza akiwa nyumbani. Hata hivyo, baadhi ya miongozo lazima ifuatwe ili kuhakikisha huduma inapeanwa kwa njia bora zaidi.

Mazoea bora zaidi wakati wa kuhudumia ili kuwalinda mlezi na mgonjwa

Walezi wana hatari ndogo sana ya kuambukizwa na virusi kutokana na mgonjwa anyehudumiwa ikiwa watafuatilia baadhi ya kanuni za akili ya kawaida. Iliyo hapa ni baadhi ya miongozo iliyoandikiwa walezi:

- Safisha mikono yako kwa maji na sabuni kabla na baada ya kufanya shughuli yoyote.



- Funika mikwaruzo au vidonda katika mwili wako (hasa mikononi) kwa plasta kabla ya kuhudumia mgonjwa.
- Ikiwa damu, matapishi au kinyesi kimemwagika kitandani au chini, wafaa kupanguza kwa uangalifu ukitumia kinga za mikono na Jik iliyoongezwa maji ikiwa ipo. Ikiwa kinga za mkono hazipo tumia makaratasi ya mipira. loshe mikono yaoko baadaye pia.
- Nguo na chochote kilichomwagikiwa na majimaji yoyote kutokana na mwili wa mgonjwa vyafaa kuwekwa katika maji yanayochemka na kuachwa ndani dakika ishirini kufika thlathini kasha kuoshwa na kuanikwa ili kukauka.
- Vipande vya nguo na bandeji kutoka kwa vidonda au majipu vyafaa kuchomwa.
- Vitu vinavyotumika kuosha kama pamba na karatasi ya choo vyafaa kuangushwa katika vyoo vilivyochimbwa au kuchomwa.
- Kusanya sindano zote na vifaa vikali katikasanduku na hupeleka hospitali iliyo karibu ili viweze kufanyiwa inavyofaa.
- Vaa kinga za mikono unaposhika vifaa vilivyoguzwa majimaji kutokana na mwili wa mgonjwa.
- Ikiwa umeguzwa na damu au majimaji ya mwili wa mgonjwa kwa ajali osha mahali hapo kwa maji na sabuni. Ikiwa mahali hapo mnatokwa na damu, ruhusu damu izidi kutoka kwa muda mdogo. Kumbuka kuwa hatari ya kuambukiza ipo tu ikiwa

majimaji ya mwili hlio na virusi yataingia katika damu ndani ya mwili wako. Ngozi iliyoshikana ni kizuizi kizuri. Hata hivyo, ikiwa unafikiria kuwa majimaji ya mwili yameingia katika damu yako, kwa mfano kupitia kidonda kilichofunguliwa, tafuta ushauri kutokana na mfanyikazi katika kituo cha afya.

Usafi wa nyumbani

Wagonjwa wa muda mrefu hasa walio na VVU na UKIMWI wana hatari ya kupatwa na magonjwa ya kuambukizwa. Hivyo basin i muhimu kwa wagonjwa na walezi kuhakikisha usafi wa hali ya juu ili kupunguza nafasi za kupata magonjwa haya, hasa kuhara.

Wagonjwa na walezi wafaa kujizoesha kuosha mikono yao kabla ya kutengeneza chakula na kabla ya kula.

- Mikono yafaa kuoshwa kwa maji na sabuni baada ya kutumia choo.
- Vyombo vya kulia vyafaa kuoshwa kwa maji na sabuni.
- Funika mdomo unapokooa au kuchafya.
- Kutema mate kwafaa kufanywa katika mkebe uliowekwa kwa sababu hii. Mkebe huu wafaa kuwa na kifuniko na waweza kuweka jivu ndani. Mwaga mate haya katika choo kilichochimbwa na huusafishe mkebe kwa maji moto na sabuni ya unga.

Ikiwa mgonjwa anameza dawa za ARV, msaidie kumeza dawa hizo wakati unaofaa na idadi inavyofaa. Hii ndiyo hatua bora zaidi ya kuzuia. Fuatilia mgonjwa na hurejeele hospitali ikiwa mambo yanazidi kuwa mabaya zaidi.

Ulio hapa ni mwongozo kuhusu jinsi ya kuwahudumia wagonjwa nyumbani kulingana na ugonjwa walio nao.

Dalili inayohitaji huduma nyumbani	Huduma inayohitajika kwa dalili
Joto mwilini	<ul style="list-style-type: none"> • Toa nguo na vitandikio visivyohitajika. • Mpeleke mgonjwa palipo na hewa tosha. • Panguza mgonjwa kwa nguo iliyowekwa kwa maji yenye joto. Mpe mgonjwa maji, uji au chai ya kunywa. • Mpe dawa za Paracetamol 500 mg; mbili kila baada ya masaa manne laini si zaidi ya nane kila siku.
Kukohoa	<ul style="list-style-type: none"> • Kuwe na hewa tosha katika chumba. • Himiza mgonjwa kuketi au kutembea inapowezekana badala ya kujilaza chini. • Funika mdomo kwa mkono unapokohoa. • Mpe maji maji mengi na matunda ya familia ya machungwa. • Jaribu majani chai ya ndimu na asali. • Dawa ya kikohozi ya kununua yaweza pia kusaidia.
Kupumua kwa ugumu	<ul style="list-style-type: none"> • Tibu kikohozi kama ilivyo hapo juu • Ikiwa pua imefungana jaribu kutumia mvuke na menthol au majani ya mkaratasi ili kufungua mahali pa hewa kupitia. • Msaidie mgonjwa kukaa vizuri. Mara nyingi kuketi ni bora zaidi, kukiwa na mito ikiwa inaupa mgongo usaidizi. • Kunywa maji mengi.
Vidonda mdomoni	<ul style="list-style-type: none"> • Meno yawe yameoshwa kila wakati. • Epuka vyakula vyenye joto jingi, baridi nyingi au viungo. • Osha mdomo kwa maji ya chumvi baada ya kula na kabla ya kuingia kitandani (chumvi kidogo katika maji ya gilasi). • Changanya aspirini mbili katika maji na uoshe mdomo (Yateme maji hayo) hadi mara nne kila siku.
Kichefuchefu na kutapika	<ul style="list-style-type: none"> • Hakikisha mgonjwa ana hewa safi kwa wingi. • Jaribu kula chakula kidogo kidogo cha vyakula visivyochanganywa kama viazi chemsha, muhogo na kadhalika. • Kunywa maji, chai au maji ya matunda polepole na kila baada ya muda mfupi. • Baadhi ya madawa ya ARV ni vizuri zaidi kuyanyua na chakula, lakini si yote, uliza katika hospitali yako.



Kuhara	<ul style="list-style-type: none"> • Kunyua maji safi au vyakula majimaji kama supu, uji, majini yasiyo na sukari na maji ya matunda. • Kula chumvi za kurudisha maji mwilini (hii yaweza kutengenezwa kwa kuweka sukari vijiko vidogo sita na chumvi kijiko kidogo nusu katika maji yaliyochemshwa na kupoa lita moja). • Kunyua vyakula vya majimaji visivyoongezwa sukari. • Kula vyakula vya kuongeza nguvu kama ugali, mihogo • Viazi, mchele usio na kingine, biskuti kavu, ndizi na nyanya, nivyakula vizuri sana pia. • Jaribu kula chakula kidogo mara tano au sita badala ya kula chakula kingi mara tatu. <p>Jiepushane na:</p> <ul style="list-style-type: none"> • Matunda na mboga, isipokuwa ndizi na nyanya • Vinavyotokana na mifugo pamoja na maziwa lala • Vyakula veyenye viungo • Vyakula vyenye mafuta mengi • Kahawa na pombe • Vyakula visivyopikwa <p>Kunyonya kwa mtoto kama kawaida kwafaa kuendelea. Ikiwa kuenda choo kuna uchungu paka mafuta hapo karibu na kinyesi kinapotokea.</p> <p>Saidia kuepukana na kuhara kwa:</p> <ul style="list-style-type: none"> • Chemsha maji ya kunyua kila wakati. • Weka maji ya kunyua katika vyombo vilivyo safi na vilivyofunikwa. • Osha mikono kila wakati kwa maji na sabuni kabla kunyua na baada ya kutumia choo. • Mgonjwa anafaa kupewa chakula kilichopikwa vizuri. • Chakula kilichobaki chafaa kupashwa moto vizuri kabla ya kuliwa. Chakula kilichobaki chafaa kupashwa moto mara moja tu.
Ngozi kavu na kuhisi kujikuna	<ul style="list-style-type: none"> • Safisha kwa sabuni isiyo kali na maji • Weka eneo hilo likiwa kavu kati ya miosho • Epukana na sabuni na sabuni za unga zilizo kali. • Paka mafuta kama Vaseline, mafuta ya nazi, mafuta ya mboga, glycerin na kadhalika. • Ikiwa unahisi kujikuna, kupoza mahali hapo na kupunga hewa husaidi kupunguza hisia hiyo. Jiepushe na kukwaruza na upake mafuta ya majimaji ya Calamine. • Majani chai yakiloweshwa kwa maji moto yaweza kuwa mazuri kwa ngozi unayohisi kukuna. • Iwezekanapo, hakikisha chakula kina mayai, mboga ya kijani, malenge, na papai.
Vikwaruzo na vidonda vidogo	<ul style="list-style-type: none"> • Safisha kwa maji safi. Paka dawa ya kuzuia vijidudu ikiwa ipo.
Vidonda na majipu	<ul style="list-style-type: none"> • Kwa vidonda vidogo na majipu, osha kwa maji ya chumvi na huruhusu kukauka. • Ikiwa vina uchungu sana mpe Paracetamol au aspirin. • Kupaka papai iliyoiva kwaweza pia kusaidia.
Maumivu ya kichwa	<ul style="list-style-type: none"> • Baadhi ya maumivu ya kichwa huletwa na mvutano na kuguza kichwa kwa njia inayofaa kwaweza kusaidia, • Mwongozo wa kijumla wa kukumbana na uchungu ucsio mwingi ni kama ifuatavyo: Mpe Paracetamol mbili (500mg katika kila mojayapo) au aspirin (500mg katika kila mojayapo) au ibuprofen (400mg kila mojayapo) usiku.
Vidonda au kutokwa na visivyozoea katika uke au uume	<ul style="list-style-type: none"> • Safisha vidonda kwa maji moto na sabuni halafu hukausha kwa kitambaa safi. • Dalili hizi zaweza kutokana na magonjwa ya zinaa. Ni vizuri kupimwa hospitalini ili kuangaliwa magonjwa haya na kuchukua hatua zinazohitajika.
Kuchanganyikiwa kiakili	<ul style="list-style-type: none"> • Vifaa vikali kama visu na panga vyafaa kuwekwa asipofikia mgonjwa kwa kuogopa mgonjwa kujiumiza au kuwaumiza wengine. • Mgonjwa afaa kusaidiwa anapotembea. • Mgonjwa asiachwe katika chumba peke yake. • Weka dawa asipofikia mgonjwa.
Kushindwa kusonga kitandani	<ul style="list-style-type: none"> • Geuza mgonjwa kitandani kila baada ya masaa mawili ili kuepuka vidonda vinavyotokana na kukaa sana kwa kitanda. • Tafuta usaidizi kuinua mgonjwa ili aweze kusonga. Usimkokote mgonjwa kitandani. • Toa mikunjo katika matandiko. • Badilisha matandiko yaliyo na maji au yaliyochafuka mara hiyo hiyo. • Osha mwili kwa maji na sabuni kila siku. • Zingatia usafi wa mdomo kwa kuosha meno au kugogomoa maji ya chumvi • Saidia mgonjwa kufanya mazoezi ya kimwili kama kusongesha viungo vinaposhikashwa kama mkononi, kiwikoni, mabegani na kwa magoti • Angalia kuona kama ana vidonda kutokana na kulala sana kitandani. Angalia mahali pa vidonda na majipu kujua matibabu.

Miongozo iliyopo hapo juu ni ya kukumbana na magonjwa madogo. Ikiwa dalili zazidi, usaidizi wafaa kutafutwa hospitalini.



Ni wakati wa kutayarisha shamba lako la Kilimo hai.

WanaTIST katika vikundi vidogo ambao wamelima kwa kutumia njia ya Kilimo hai wameshuhudia kuwa ukulima bora una vuno bora na la kuaminika kuliko ukulima wa kawaida, san asana wakati mvua haitoshi. Mashimo husaidia kushika mvua wowote unaonyesha na kuyawezesha haya maji kupatikana kwa mmea.

Makala haya yatakusaidia kuelewa zaidi kuhusu jinsi ya kujaribu kilimo hai. Kufuatilia mienendo bora ifuatayo kutakusaidia kupata mavuno bora zaidi msimu unaokuja.

Kutayarisha shamba.

Tayarisha shamba lako angalau mwezi mmoja kabla ya mvua.

- Ondoa magugu na vichaka kutoka shamba lako. Usilime.
- Tayarisha mashimo yako ya umbo la mstatili. Yapaswa kuwa na upana wa sentimeta kumi na tano, urefu wa sentimeta thelathini na tano na kina cha sentimeta kumi na tano. Nafasi kutoka shimo hadi lingine iwe sentimeta sabini na tano.
- Chukua mbolea na udongo wa juu na uchanganyishe. Jaza shimo kwa huu mchanganyiko hadi sentimeta tano chini ya ardhi ya kawaida.

Kupanda.

- Unapopanda mbegu ya mahindi (Siku moja au mbili kabla ya mvua), panda mbegu nne kuvuka shimo.
- Kama unapanda wimbi, panda mbegu tano au sita katika kila mwisho wa shimo la kupanda baada ya mvua tosha.

- Funika mbegu kwakutumia mchanganyiko wa udongo na mbolea. Baada ya haya udongo katika shimo uwe sentimeta mbili na nusu chini ya ardhi ya kawaida.
- Nafasi iliyopo juu ya shimo itasaidia maji kufikia mimea mvua ijapo.
- Hauhitaji kutumia mbolea za viwandani katika shamba lako la kilimo hai. Mimea yako itafanya vizuri hata bila ya mbolea za viwandani.

Kuondoa magugu.

- Ondoa magugu kuzunguka mashimo mara kwa mara.
- Usipalilie shamba lote. Nje ya mashimo, mimea yaweza kufunika udongo, huku ikiuweka baridi na kuuzuia kumomonyeshwa na mvua au upepo. Tumia panga kutoa magugu katikati ya mistari au katika nafasi iliyopo kati ya mashimo. Palilia mara kwa mara kuzuia magugu kuzaa na kuenea mashimoni.
- Yawache mabaki ya magugu shambani ili yaoze. Haya yatasaidia kuongeza rutuba ya udongo.

Unayofaa kufanya baada ya kuvuna.

- Usiyachome mabaki ya shamba lako. Yawache udongoni ili yaongeze rutuba ya udongo. Mabaki ya mimea yaweza pia kutumiwa kutengeneza mbolea.
- Usiwalishe ng'ombe shambani lako. Tafadhali kumbuka, tutafurahi kusherehekea vuno lako kubwa na kuijua mienendo bora katika eneo lako kupitia jarida hili pamoja na katika mkutano wako wa cluster.

Anza kufanya kazi sasa!



Mvua imefika- Wakati wa kupanda miti mingine mingi.

Kutayarisha miche ili kuihamisha (Kuitayarisha kuishi katika hali ngumu)

Sasa kwa kuwa mvua imefika, miche inahitaji kupandwa. Ni muhimu mwezi huu kuhakikisha kuwa miche iko tayari kuhamishwa kutoka kitaluni na kupandwa shambani.

Miche kwanza inahitaji kutayarisawha kwa hali ngumu iliyo shambani. Kama miche imekuwa ikichungwa vyema kitaluni, inaweza kuwa ikipata maji zaidi ya ambayo itapata ikishapandwa shambani. Kidogo kidogo, ipunguzie maji unayoipa na uifungulie jua lote kuhakikisha itaweza kuhimili uhamisho huu inavyofaa.

Sifa za miche mizuri

Kama mwelekezo wa kijumla (ukikumbuka namna mbalimbali huwa na sifa mbalimbali) miche mizuri ya kupanda huwa na sifa zifuatazo:

- Shina linapotokeza lafaa liwe na urefu wa mizizi au mfuko mara mbili.
- Shina lafaa kuwa lenye nguvu na gumu.
- Miche inapaswa kuwa na mizizi myembamba mingi pamoja na mizizi mikubwa.
- Miche mingi itakuwa na sifa hizi baada ya miezi miwili ikishaota.

Kuhamisha

- Beba miche ikiwa imesimama inavyofaa
- Pima duara lenye upana wa sentimeta thelathini shambani
- Toa mchanga wa juu na huuweke kwa pango
- Toa safu la pili la mchanga hadi sentimeta thelathini na uweke kwa pango lingine.
- Safu la nyasi sentimeta tano (nyasi kavu msimu wa mvua, nyasi mbichi msimu wa ukavu). Vikundi vingine huongeza mbolea pia.
- Toa mche mfukoni. Usivunje mchanga uliozunguka mizizi.
- Weka mche shimoni
- Rudisha mchanga wa juu kwanza, halafu safu la pili la mchanga.
- Vikundi vingine havijazi shimo hadi pomoni, ilhali huacha pengo lasentimeta chache. Hili husaidia kuingiza maji ya mvua shimoni na mchangani. Hili sana sana husaidia maeneo makavu.
- Mchanga ambao hubaki unaweza kuwekwa kwa pango kwa upande wa chini wa mche. Tendo hili husaidiakushika maji yoyote ya mvua na kuyarudisha shimoni.
- Chotea mche maji.

Kumbuka pia kuwa ili kuupa mche wako nafasi nzuri ya kuishi inafaa huipande ikitengana meta tatu kwenda nne . Ukiipanda karibu kuliko hivyo, miche

yako haitapata maji na madini ya mchanga yote inayoitaji kwa sababu ya ushindani mwingi. Itakosa nguvu na yaweza kufa, kwa hivyo fuata mwenendo mwema zaidi wa kutenganisha kwa meta mbili na nusu kwenda tatu.

Umuhimi wa miti

Miti ni muhimu sana kwa sababu za kimazingira na kibidhaa:

A. Kuboresha mazingira:

- Miti hufunika mchanga, tendo ambalo hulinda mchanga kutokana na mmomonyoko unaosababishwa na upepo na maji.
- Majani na matawi huanguka ardhini na kuoongeza madini mchangani.
- Miti huongeza unyevu mchangani kwa kuufunika mchanga na kupunguza (kukauka) **evaporation**.
- Mizizi ya miti husaidia kuushika mchanga na hivyo basi kupunguza mmomonyoko.
- Mizizi husaidia maji kuingia mchangani na hivyo basi kuboresha mzunguko wa maji yaliyo chini ya ardhi.
- Miti huboresha hali ya anga ya ilipopandwa kwa kuoongeza unyevu hewani (kuoneza ubaridi)
- Miti huboresha uzuri wa hewa kwa kunyonya hewa chafu na kupumua hewa safi.
- Miti hutupa kivuli na pa kujifunika.

B. Thamani ya kibidhaa na kilishe:

- Bidhaa za kujenga (vyombo vya kutumia ndani ya nyuma, gogo, kamba na kadhalika)
- Kuni au makaa
- Dawa
- Lishe ya watu na ng'ombe

Faida hizi ni zenye thamani sana kwa mkulima na kwa dunia yote. Utafiti wa hivi juzi wa wakulima wa TIST katika Kenya ulionyesha kuwa thamani ya matunda, lishe ya ng'ombe na kuni kutoka kwa miti waliyopanda wakiwa TIST na mavuno bora kutokana na Ukulima Bora ilifika elfu thelathini na saba kwa kila mkulima. Ni ngumu kupima thamani ya faida za mchanga baridi na wenye unyevu zaidi na faida zingine za kazi tunayofanya katika TIST, lakini tunaiona thamani hii mashambani mwetu kila siku.

Kupendakeza upandaji wa miti hivyo basi, ni muhimu sana kwa jamaa.

Fikiria ambayo twaweza kufanya kukipanda zaidi tukiwa pamoja!

Mazingira Bora



TIST

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

Kikamba Version

An Environmental, Sustainable
Development and Community Forestry
Program.



Visa wa kikundi kya ngwatanio ya Karaba, Laikipia West me wumbanoni woo wa kila mwai, mwaini muthelu.

Thiini:

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HIV na AID: Kusuvia andu ala mena uwau wa muthelo (ukimwi) (PLWHA). Page 2

Ni ivinda ya kuseuvia miunda kwa nima ya kusuvia (CF). Page 5

Nikuie - kwoou ni ivinda yingi ya uvanda miti ingi mingi. Page 6



TST: Ingi Mwai uyu kwina kuvitukithw'a kwa miti.

TIST Kenya yina muvango ingi wa kwika uvitukithya wa miti mwaini uyu. Kambuni ya India kwa isyitwa EPIC Sustainability ikavika miundani ya ikundi nini na mitini ila ivandite nguumoni sya mbusi ta kelekano ya project kivathukano (Project designs (PDs)).

Kitumi kya uvitukithya unyu ni kuikiithya kana nzeve ila itavisaa ivetetwe ni miti ya TIST. Kuvitukithw'a ni kwavata kwa kuvikiia kilungu kyavata na kuta Carbon Credits. Uu wiikwa kwa kwisila wiani ula uneekiwe ni

Athiani na avitukithya vamwe na athukumi ma ngwatanio na kuisya kana aini ma TIST nimekuelewa niki me wiani uyu w uta nzeve itavisaa kwa kwikala walanioni wa Green House Gas (GhG) na wiw'ano wa kwikalialia miti kwa ivinda ya myaka miongo 30 kana miaka mingi mbeange.

Ivindani yii kuthi miundani na kuisya miti ino, kutala na kuneena na aimi o amwe iulu wa TIST. Niuseo kumanenga ivinda yite yumu kwa kukwatania namo na kwithiwa muineena w'o yila uumasungia.

Kuseuvya vuu wa yiima - Vuu ute na kemikoo.

Vuu wa yiima ni vuu usevitw'e vate ndawa na mimea kuma muundani na nutumaa mimea yiana nesa. Ni museo kwi vuu wa kua ula wina kemikoo nundu niwakuma mniemani na niwamana ti wakua na nwanangaa liu kana mawithyululuko ta vuu / vatalisa wa kua. Ve nzia mbingi sya useuvya vuu uyu, lakini ve nzia imwe nzeango kwi syothe isioni imwe. Kulya mutui waku wa ngwatanio yenyu kila kithukumite nesa kwoo.

useuvya vuu wa yiima.

- 1) Kusakua kisio kya matambya 4 x 4m na kwisa yiima
- 2) Enga kisio
- 3) Inza yiima uthathau wa 3 - 4m na 1.5uliku
- 4) Kolany'a matialyo ma mavemba, muvya, mavoso na uitilanga tulungu tuniini
- 5) Ikia yiimani itumie uliku wa 0.5m
- 6) Ikia muu wa lita itano
- 7) Ongela kyaa kya indo ethiwa kivo kya uliku wa 30cm ethiwa vaii oundu kiana (uyu ni vuu wa nguluwe, ng'ombe, mbui kana nguku)
- 8) Ongela matu na makusa uliku ungi wa 0.5m
- 9) Ikia muu ungi wa lita itano

- 10) Ongela matu na makusa withie yiima notayausua
- 11) Ususya yiima na muthanga
- 12) Uyusuya yiima ikia muti muasa kati withie utinite yiimani ungu.
- 13) Eka yiima yiu yiyiue vandu va myai itatu kana mithenya miongo kenda
- 14) Ivindani yii yonthe osaa kiw'u kila kina kiko uketa vo ngelekany'o kila wavua nakyo kana kuthambya miiio. Ethywa wina maumao ma indo no wite vo.
- 15) Kii nikyongelaanzeve ya Nitrogen nthini wa vuu
- 16) Tata navinya unghye yima yii kila muthenya kwa nzia ila utonya.
- 17) Itina wa mithenya miongo keenda vuu wiithiwa wi tayali.

Tumia muti uyu wikati ta kithimi kya uvyuvu. Vuu wasuva ukeethiwa wimuvyu na nowone muti uuyu waumya uitoa.

Utumii wa Vuu wa yiima.

wenza maima ma uvanda mbemba, muvya kana o mimea ingi ikia ngundi imwe ya vuu kila yiimani. Syaisya wone kila ukwata kuma vo!

HIV na AID: Kusuvia andu ala mena uwau wa muthelo (ukimwi) (PLWHA).

PLWHA iungamiasa (People Living With HIV and Aids) andu ala mekalaa na uwau wa muthelo: Nthini wa ithangu yii nituukunikila iulu wa undu wa usuvia awau ala mekalaa mena uwau wa ukimwi/muthelo kuu misiyini. Lilikania andu kana nzia nzeo ya kusiia uwau uu kuvinyiia mundu nikwa kwiyikia vinya na kuthi kuthimwa kana mundu enaw'o na uvikite kiwang'o kiva naindi ayambiia utumia ndawa sya ARV kwianana na utao ula ukunewa ni ndakitali.

Uu ni uvo kya ala meusuvia awau ma muthelo (PLWHA) ala mena manthina na ndawa. Ithanguu yii yiyandikitwe kutelemya awau ma muthelo nundu ti andu othe mekalaa na uwau uyu methiawa na

mathina maitumia ndawa. Kwa w'o kila tuuneenea vaa thini wa ithangu yii ni undu wa kusuvia muwau wa muthelo na kwikalania ona ala matenaw'o. Ni nzia ya kwonania undu andu matonya kwikalania musyi na kusuvia awau ala menamo.

Andu aya mekalaa na uwau uyu na methiawa na mathina maw'a indawa nimendaa kwonw'a wendo kwa wingi, wumiisyo na mundu kwiyumya. Ona ingi usuvia mwayu niutumaa thayu wa muwa uyu wongeleka nundu nukusuviwa undu vaile. Mundu wiyumitye kusuvia muwau wa muthemba uyu musyi niwaile kuatiia kwoundu wa uima wake na wa muwau wake.

**Mawalanio maseo waile ika yila uusuvia muwau kwoondu wa uima waku na wa muwau.**

Asuvii ma awau aya maina muisyo munene wa ukwatw'a uwau uyu maatiia nzia ila syaile ta

- Kuthamba moko na kiw'u na savuni mbee wa kwika undu na itina wa kumina.
- Vwika itau kana kula withwa mukalye mwiini(munamuno moko) na plaster(elastoplast) mbee wa kukwata muwau
- Ethiwa nthakame kana mataviko kana kyoo kitandani kana nthi niwaile ututa wikiite gloves na uyikia ndawa ta bleach ethiwa yivo. Gloves nomuvaka syithiwe sya muvila na itina wa kutumia nisyaiile uthew'a ethiwa vaina gloves no utumie mathangu ma nailoni. Itina wa uu niwaile uthamba moko.
- Ngua na kila kingi muwau utonya ithiwa athokoania nisyaiile ikiwa kiw'uni kivyuu na kwikala vandu va ndatika ta 20-30 mbee wa kuvuwa na kwanikwa.
- Ilungu kana bandage ila syiovete itau syathaw'a nisyaiile uvivw'a.
- Ethiwa ni kindu ta vamba kana ithangu ya kyooni yatumiwa niwaile kwikya kyooni kya yiima kana uvivye.
- Ethiwa ve singano kana syindu ta suva kolaniilya kakotonini noitwaa sivitali ila yi vakuvi nikekw'e kula syaile.
- kia gloves yila uukwata syindu ivikiie kiw'u kuma mwiini wa muwau waku.

- Ethiwa kwa vaati thuku niwakwata nthakame kana kiw'u kuma mwiini wa muwau waku thamba na kiw'u kimuutia na savuni. Ethiva vandu vau nivekuua eka vauange mbee wa kuthamba. Liikana kana uwau uyu utonya ukukwata thakame kana kiw'u kuma mwiini wa muwau nikyalika nthakameni yaku. Ethiwa nukwisilya kana nitonya kwithiwa yalika mikivani no ukwate itao kuma sivitali ila yi vakuvi.

Utheu wa musyi.

Awau ma kwikala ta mauwau wa muthelo nimethiwaw matonya ukwatwa ni uwau ona ula muniini. kwoou ni useo kwa awau na asuvii moo kwikalya utheu nikana kuola ivuso ya kukwatwa ni uwau munamuno kwituu. Awau na asuvii moo nimaile utw'a mutuo wa kuthamba mioko kila ivinda mbee wa kuseuvya liu na kuya.

- Moko maile uthmbwa na kiw'u na savuni itina wa utumia kyoo.
- Miiio ya liu niyaile uthambw'a na saviuni na kiw'u.
- Kukunika munika yila mundu ukukooa kana kwathimua.
- Mata nimaile utwilwa kamukeveni kala kaseuvtw'e kwa wia usu na itina nimaile itwa kyooni kya yiima. Thambya kamukeve na kiw'u kivyuu na savuni. kila ivinda.

Ethiwa mutau nukutumia ARV's mutetheesye kunywa ndawa saa ila syaile na kithimo kila kyaile. Ikala uisyaiisya muwau na ethiwa nukwona ataendee nesa mutwae sivitali ila yi vakuvi.

Vaa vena mwolooto wa undu utonya usuvia muwau e musyi kwianana na uwau ula winaw'o.

Wonanio wa uwau wi musyi.	Utethyo wa mituki wimusyi kwa wonanio uyu.
Uvyuvu	<ul style="list-style-type: none"> • Muwau muolange ngua ila wivwikite kana wikie. • la muwau vandu vena nzeve. • Muvanguule na kitambaa kiu na uimunenge kiw'u, usuu kana kyai anywe. • Munenge ndawa ya paracetamol 500mg mbeke 2 itina wa kila masaa 4 na ndukavitukya mbeke 8 kwa muthenya.
Kukooa	<ul style="list-style-type: none"> • Vinguanga ndilisya withie ve nzeve ya kwiana. • Muthuthie muwau atembee kana ekalethe vandu va ukoma. • Muvwike kanywa ikooa na kw'oko. • Munenge syindu sina kiw'u ta masungwa, matimo. • Atate kyai kya matimo kikiitwe uki wa nzuki • Ndawa ya ukooa nitonya utethya.
Kuemwa ni kuveva	<ul style="list-style-type: none"> • Ita kukooa kw'othe (kwanzia ii syivaa iulu). • Ethiwa iny'uu nivingalu tumia kaluma, matu ma kyulu kana Eucalyptus kuingua nikana nzeve ilike na kuma nesa • Tetheesya muwau uyu ekale undu ukwiw'a atonya uveva nesa ta kumutwiika na vilo • Munenge kiw'u kwa wingi.
Itau sya kanyw'a	<ul style="list-style-type: none"> • Ikalya kanywa wi muswake. • Ndukaye syindu mbyu muno kana nthithu ona kanaliu wina spices. • Thukathukya munuka na kiw'u kina munyu itina wa uya na mbee wa kuthi Ukoma/too. • Ikia mbeke ili sya spirin thini wa kiw'u ukusakusye/uthukathukye kanywa na uitwila nthi mala ona ta ana kwa muthenya.
Kiw'a ngoo na kutavika	<ul style="list-style-type: none"> • Ikiithya kana vena nzeve theu vala ve muwau. • Tata kuya liu utemukaange ta maluu kana manga mautheukya.



	<ul style="list-style-type: none"> Nywa kiw'u, kyai kana kiw'u kya matunda. Nwawa imwe sya ARV syithiawa nzeo iyyiisaniw'a na liu, onakau ti syothe - Kulya kwa muiiti ula wivakuvi kana sivitali ila yi vakuvi.
Kwituuu	<ul style="list-style-type: none"> Nywa kiw'u kitheu na kuya maliu mena kiw'u ta suvu, usuu, kyai kya tulungi na kiw'u kya matunda Nywa kiw'u kivulanitw'e munyu na sukali (sukali tusiko 6 na munyu nyusu kasiko kwa kiw'u kitheukya na kikavoa kya lita) Nywa liu sya kiw'u utongelele sukali Ya maliu ta manga kana ngima ala mongelaa vinya mwii. Ingi makwasi, maluu, musele muthei, mukate utenakindu, misukuti, maiu kana manyanya nonzeo onasyo kuya. Tata uya mala 5 -6 liu munini munini vandu va kuya liu mwingi savali itatu kwa muthenya Ivetangane na Matunda na mboka sya matu ateo manyanya na maiu Syindu kuma indoni ta yia ithumo kana itkakaatu Liu wina spices Liu wina mauta Kaawa kana uki Liu utemuue <p>Ethiwa ni mwana ukwonga niwaile ueleenda na kwonga Ethiwa kuthi kyoo kwina woo vaka mauta muyovoni</p> <p>Tetheesya kusii kwituuu kwa:-</p> <ul style="list-style-type: none"> Kutheukya kiw'u kya unywa Kwikalya kiw'u kya unywa kikitheu na kikikunike vamwe na miio ya uia. Kuthamba moko na savuni na kiw'u itina wa kuthi kyooni Muwau ivinda yoothe ni ekiwe liu muue ukavya. Liu wa kutiala niwaile uvyuvw'a nesa mbee wa kuiwa. matialyo maile uvyuvwa na kuiwa oimwe. Kikonde kiny'au na kina unyeeo • Nthambya na savuni na kiw'u Ikalya kikiny'au itina wa uthambya Ivetangane na savuni muto Tumia mauta ta vasiline, mauta ma nathi, mauta ma kimolo kana glycerin Ethiwa kikonde nikiunyee kikalala vandu vathithu na kwikala uteuthua na kwivaka mauta ma Calamine lotion. Matu ma maiani wainda kiw'uni kivyuu mavoa noutumia ta ndawa kwa kikonde kina unyeeo. Ethiwa nivatonyeka ikiithya liu ula uya wina matumbi, Malenge na mavavai
Uuma /malanga jana tutalu tunini	<ul style="list-style-type: none"> Thambya na kiw'u kitheu. vaka ndawa ya usiia ukwatwa ni uwau ta detol
Itau na miimu	<ul style="list-style-type: none"> Ethiwa ni tutalu tunini kana miimu thamya na kiw'u kimunyu na uyieka vome/ Vany'ae Ethiwa nukwalya kana wina woo muno nywa panadol kana aspirin Kuvaka kiw'u kuma ivavaini yiu niutetheesya kuola uito.
Kwalw'a ni mutwe	<ul style="list-style-type: none"> Imwe mutwe niwalasya nundu wa ulea uthumua na kwoou waukwatanga na kuutitia okavola nutonya ueka ukuya Nzia ingl ya utetheesya unyalw'a kana kwiw'a mutwe wina woo ni kwa kuya mbeke 2 sya panadol (500mg) kila masaa ana na aspirin (500mg) mbeke kana ibuprofen (400mg) wioo.
Itau, kana kiw'u kuma mamuthani ma	<ul style="list-style-type: none"> Nthambya na munyu na kiw'u na savuni na unyasya na kitambaa kimbiti (nziani ya maumao) kyumu Kiseuvitw'e na vamba Mawonano amwe no kwithwa nekumana na uwau wumanite na kumanyana kimwii na mundu muwau (STD). Ni useo kuthi sivitali na kuthimwa kwa itambya yila yaile.
Kuvuvuana kiliko	<ul style="list-style-type: none"> La syindu ta tuvuyu, ivanga, mathoka, syindu ila mundu wina kiliko kivuvuano utonya utumia kwiyumisya kana kuumisya mundu ungi nisyaiile kw'iwa vandu ivithitwe. Mundu uyu niwaile ukwatiwa aendete vandu Muwau uyu ndaile uekwa eweka nyumba. La ndawa vaasa nake.
Muwau wakitandani	<ul style="list-style-type: none"> Ikala uimuvindua itina wa kila masaa eli ndakakwatwe ni itau Tetheew'a kumutwaa vandu ndukatate umukusithya vetanga mitulo kitandani Veta ngua kana matandiko ala mathokoany'e Muthambye mwii na savuni na kiw'u kila muthenya Muswake maeo na kuthukathukya kanywa na kiw'u kimunyu Tetheesya muwau kutambuukya mwii kwa kumukoota Itaa, mau, ikokoa, ituo na malangu. Ikala uimusisya kana niwithiwa na miimu nundu wa ukoma. ethiwa yivo atia nzia ila inenganitwe sya kuitaa itau na miimu vaa iulu.

Maundu aa mevaaiulu no mawolooto ma undu wa kuiita tuuwalu tunini. Woono mawonano ma uwau maendee ni useo kwona ndakitali.



Ni ivinda ya kuseuvia miunda kwa nima ya kusuvia (CF).

Tukundi tunini twa Tist tula twithiitwe tuitumia nzia ino ya nima ya kusuvia (CF) nimaendee na kukwata ngetha mbingi na nzeo kwi yila mana tumiaa nzia sya kitene sya nima ona yila mbua nini.

Maima nimatetheeasya kutumaninia kiw'u yila mbua yaua kwoou uyithia kivakuvi kwa mimema.

Ithanguu niyukutwetheesya kuelewa na kumanya mbee iulu wa Kilimo hai. Kuatiia nzia ithi nikuukutetheesya kukwata ngetha nzeo mbua ino yukite.

Kuseuvia muunda.

Seuvia muunda waku vainyiva mwai umwe mbee wa mbua kwambiia.

- Thesya kisio withie kiina yiia kana ikuthu. Ndukaime.
- Seuvia maima maku mema kona inya. Kila yimwe yaile ithiwa yina uthathau wa 15cm, uasa wa 35cm and uliku wa 15cm. Utaaniu wa maima waile ithiwa wi 75cm.
- Osa vuu na muthanga wa iulu uvulany'e na uyususya yiima yii ta 5cm na muvulany'o usu.

Kuvanda.

- Yila ukuvanda mbemba (mithenya ili ka umwe mbee wa mbua kwambiia) vanda matonya ana muthangani usu ikelene ma mbemba.
- Ethiwa wi vanda muvya vanda matonya 5-6 kithyululu mwisoni wa yiima itina wa mbua kua nesa.
- Vwika mbeu na muthanga muvulanye na vuu uliku wa 2.5cm itina wa uu yiima yitiwa yina mwanya wa 2.5cm.

- Mwanya uyu watiwa niw'o utetheeasya kiw'u kuvikia mbeu/ngii yila mbua yaua.
- Tilasima utumie mbolea ya kuaa (fertilizer) yila ukwika uimi wa kusuvia muundani waku. mime yaku noikwika nesa watumia vuu wa yiima.

Kuimia.

- ima uthyululukite maima kaingi
- Ndukaime kisio kiu kyothe savali umwe vuu. Nza wa maima, mimea noivwike muthanga na kutetheesya kuuthithya na kusiiia kukuwa kwa muthanga ni nzeve kana mbua. Ima tu vakuvi na yiima na yimani. Tumia kilovoo/kivanga kwenga yiia yila yi mwanyani ula uaanitye maima. Ima kaingi kusiiia yiia kuvikia mimea .
- Tia mavuti aya na yiia moee kisioni kiu, nundu moa meendee na kuete unou wa muthanga.

Kuvutha Itina wa ngetha.

- Ndukavivye matialyo/mavuti muundani. Ekana namo nundu ni unou wa muthanga, kana ukue ukamainde yiimani useuvye vuu/mbolea.
- lilikana ndukaingiie indo muundani wamina ngetha.
- Kwa ndaia lilikana kana tukatana naku weethiwa na ngetha nzeo itina wa kwimanyisya na kuatiia nzia nzeo sya uimi wa kusuvia kwisila ithanguni yii na mbumbanoni sya ngwatanio yaku sya kila mwai.

Ambiia uthukuma oyul!



Nikuie - kwoou ni ivinda yingi ya uvanda miti ingi mingi.

Kuseuvya mbeu undu wa kumithamya kuma kivuioni (Kumiumiisya)

Yu nundu mbua niyukie, miti ila yikivuioni yu nikwenda kuvandwa kula iseuviw'e. niuseo kiikiithya kana miti ino yi kivuioni niyavandwa yu kwina mbua.

Miti itanamba uthamw'a niyendaa kumanyiw'a kwithiwa yiyumiisye. Ethiwa miti yi kivuioni ninasuviitwe nesa na kwikiwa usyaiisyonni muno ta kwa kungithw'a kaingi, kwithiwa muunyini maundu ala matethiawa yamina kuvandwa kithekani. Umiumiisya ola mavinda ma kungithya na kiw'u nikana itonye kumiia nikana onayavandwa vandu vena sua itonye kumiisya.

Mawonany'o amwe ma mbeu nzeo.

Mwolooto umwe wa mbeu nzeo (uililikana kana mithemba kivathukany'o yi mawonany'o kivathukany'o) sya kuvanda nita ino

- Munguthe waile ithiwa wi muasa mala eli ma mii
- Muthamba waile ithiwa wi mulumu
- Niwaile ithiwa wina tumili tunini eka mii ila milumu
- Miti mingi akavikiia mawonany'o aya yina myai ili.

Kuthamia.

- Kuthamya kuma kivuioni na kuvanda
- Kua miti iungye
- Vana muvilingo wina uthathau wa 30cm kithekani
- Umya muthanga wa iulu uliku wa 30cm na uyumba vu utee
- Ikiya nyeki uliku wa 5cm (Nyeki mbumu ivinda ya mbua na nyeki mbiu ivinda ya sua).
- Nyeki imwe nisyongelaa vuu.
- Umya mbeu (muti) ithanguni/mbisuni/mukeveni, ndukaumye muthanga ula ukwatiwe ni mii.
- Ikiya muti/mbeu yimani
- Vika na ula muthanga.
- Kaingi ndukavwike yiima vya tya yiteyusuu yitetheesye kiw'u kutwiikana yila mbua yaua.
- Ethiwa ve muthanga watala wumbiie kithyululu mutini wongeleee yiima ya ukwatya/kutwiikana kiw'u, vana niyithiwa ya utethyo ivinda ya sua.
- Ngithya mbeu/muti usu wamina uvanda

ingi lilikana kana kutaanisya miti na uthathau wa matambya atatu kana ana (3m-4m) nikana withie ndinethiwa na uyivu wa unou wa muthanga kana kuvivany'a nikana yiane na kuvituka neyithiwa na vinya.

Vaita wa miti.

Miti niyavata nthini wa mawithyululuko na ueti

A. Useo kwa mawithyululuko.

- Miti niwika muthanga na kusiiia kukuwa ni nzeve na kiw'u.
- Matu na tuukava twavaluka twoaa na tuyongeleela unou wa muthanga.
- Miti niyongelaa wiu wa muthanga kwa kwikia muunyi ungu.
- Mii ya miti nikwatanasya muthanga ukethia ndukuwa ni kiw'u kana nzeve.
- Mii ya miti nitetheesya kiw'u kilika muthangani na kunyaiika kwa kiw'u thini muthangani
- Miti niseuvya nzeve ya vandu ta ukethia tikuvyu muno na kwina nzeve yina uthithu
- Miti nitheesya nzeve kwa kwosa nzeve itavisaa na kutunenga nzeve ila ivisaa
- Miti ninenganae muunyi na mawikaloo

B. Ueti wa miti wa syindu na liu.

- Wakini (ta kuseuvya ivila, makanda, miti yaaka)
- Ngu (Mwaki)
- Ndawa
- Liu wa andu na nyamu

Mauseo aya nimavata kwa aimi na nthi yonthe. Ukunikili ula uneekiwe kwa aimi ma TIST nthini wa Kenya woonanisye kana useo wa matunda, mbindi, uithyo na ngu kuma mitini ila ivanditwe ni aimi ma TIST nthini wa uimi wa kusuvia (CF) yaina wongeleku wa ueti na yai vakuvi silingi 37,000/= kwa kila muimi. Ve vinya kwikia kithimo kwa kila useo ta uthithu, kwia kimeu, kuthesya nzeve na moseo angi ma miti wiani wa aimi ma TIST, indi nitumew'aa na kwona kila muthenya.

Kuendeesya uvandi wa miti ni undu wa vata kwa kila mundu. Kweesilye undu tutonya kwika tuivanda ithyonthi vamwe!

Mazingira Bora



TIST

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

Kipsigis Version

An Environmental, Sustainable
Development and Community Forestry
Program.



TIST Farmers from Karaba Cluster, Laikipia West take a group photo during their meeting last month.

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TIST: En arawani kotiyе chigilisiet.

Tinye en arawaninyone TIST Kenya chigilisiet chebuwone koyobu kobunitap EPIC kobunu India. Niton kotolonchi chigilisiet en Kenya korutechi temik cheten en kurubisiek mising ko chemi en (PDs).

To kinenyuan ko konai kole tinye TIST Kenya kaumanik che tian en ketik chemi kenya. Asi ko muhe konyor oliyet en mungaret. Tinye kora konai agobo kiboitinikab Kilasta ole

boisiyoto koboto chigilik tungul (Auditors).Tinye kora meget konai igotinye maget temik agobo mungaretab koristo ak igotinye kabuwatet agobo koyochinet ne kiyochin ak (GHG) nebo ribetab ketik got koit kenysisiek 30 ak kosir

Tinye maget kara ko ngolonchin ak temik kisome mising ogochi tegisto agobo ichек oboru ngalalet en kayanet litit ak imanit en oguwек tugul chegirutechok.

Ketoo keturrek chebo minutik.

Keturek ko toreti mising minutik kochok en ngungunyek. Ago kororonon amun motinye ngemet en rurutik ago nyumnyum kenyor ago motiye oliyet neo mising, motiye ngemet en agobo ltondab emet.

Miten anyun orinuwек chechang che kimuchi ketounen keturek en koboronet ne isibu ko kigoyomnda biik chechang temik. Otebenge en Kilasta ole kiboisito biik alak.

Tounet ketoo kechob keturek.

1. Lewen ole imuchi ichoben keturek (4m by 4m).
2. Itilil yoton.
3. Bal keringet netinye kokwoutik 3m - 4m - 1.5m kochut orit.
4. Iyum anyun ngetunanikab imbar tugul ak itonaton komengegitun ak itorchi keringet chon ko kou (sogegab ketik mobekkab bandek, gendek) ak alakau.
5. Torchi keringt koit 0.5m.
6. Tesin beekab 5ls chebo orek.
7. Tesin sorowekab tuga, neng, lgojenik kot koit 30cm.

8. Tesin ngetunanaik kot koit 0.5m.
9. Tesin beek 5ls chebo orek.
10. Testai itesi ngetunanik got konyi keringet.
11. Tesin baragut ngungunyek.
12. Ye itestai icheng bitoiyot ne koi ak ilumchi kwenutab keringet kot kotiny kwony.
13. Igomuny keringet kotar betusiek 90(orowek somok).
14. En kasariton tugul itestai itumchi beek chon kiunen tuguk en kaa. Ingot itinye tuga imuchi iyum sogororek asi itesi keringet.
15. Niton kotesin nitrogen
16. Yai kouniton en betusiek tugul.
17. Ye kagobata orowek 3 ko koruriyo keturek.

Togunen burget ne mi keringet.

Boisiyetab keturek:

Ye kagoit ichob imbaret inam ibal keringonik kosibgei ak minutik cheimoche igol. Keringet angenge koibe keturekab rubeito, rib anyun wolitik che bitunen imbarengu.

HIV&AIDS: Ribetab PLWHA.

PLWHA-ko tononchin agobo biik chetinye HIVak AIDS ak ole kimuchi keribto en miyoniton. En ngalalet nebo rain nge ngolonon agobo ole kimuchi keribto en kaa ribik anan toretik.

Asi maimuch konyor kaimetabgei biik cheibuwotingei kole tinye, ko netai ko ngengolochi kosibgei ak niton ak nebo oeng ko kochigilgei biik ak yeitiyo konam konyor ARV en koyomisetab Taktari. Niton ko kasarta nebo PLWHA ribindet ne ribe ne miyoni. En

konetisiyoni ko mongele bo chemiondos kitiyo boto che motiye asi komuch konyor tililindo en abogora.

En anyun ye kagobit niton PLWHA ko mising ko konyo chomiet neo, mutaet ak konunetabgei. Niton kobitu keret ne kararan ak sobet negoi en chito.

Age tugul koiti rotutiyoniton komuchi korib ne miyono en kaa. Miten anyun tetutik che yom egei asi kosulda ribet ne kararan.

**Oret ne kararan netoreti ribindet ak nemiyoni:**

Ribindetet ko tinye boroinde ne mingin ye imuch korigei ko monyoru ngoyondit age tugul yeisib tetutichu.

- Nyolu ko keun eut ak sobunit kotomo iyai boisit age tugul.
- Ilumgei bortangung mising ko eunek kotomo iyochi chi nemiyoni.
- Agot komiten kangutaet anan ko korotik ak omitowogik ko ius ak beek.
- Ki tagetugul ne tinyegei ak murindo nebo chi nemiyoni ketorchi kirait kotar saisiek 20-30 asi gemuwet ak lema
- Ingoroik ak tugugab mook ko mogibele
- Tuguk cheu kotok ak sitonok ak kotok kii yumi ak keib koba sibitali ne nekit asi komuch koyaita icheget.
- Tuguk cheu bamba ak chekiusengei ketorchin keringet ne loo
- Illum eunek yeiyoe boisiet age tugul

- Igotiwe got kotinyin korotik chechik iweti sibitali ak inaisi asi kowolun.

Tililindo en kaa:

En biik chemiyondo en kasarta negoi kotiyee HIV & AIDS konyumnyu koiti miyonuek che ter en kasarta age tugul. Bo komonut en ribindet ak ne miyoni koribgei en kimnotet mising asi kobos komoiti miyonuek alak.

Bo komonut en ichet koun eunek ko kaibata anan kotom ko yai boisit agetul

- koun eut
- koun tuguk chegiboisien chebo omitwogik
- kotuch kutit ye iriyonyi
- ko nguti kibabet mat kotiny nguwoy.

Angot ko chito nemiyoni kwome ARV ketoret konyor kerichek en kasarta me yomegei ak kerichi kosibetab kerichek. Niton go oret nebo teret. Rigin en abogora asi monyor siriret.

Neisibu ko tetutik chetoretin en kosibet en kaa en chito ne miyoni:

Koborunet ye biit en kaa	Koborunet ye biit en kaa
Eset	<ul style="list-style-type: none"> • Istechin ingoroik chemotoreti kii ak ituch. • Imut chito ne miyoni kuwo ye miten koristo. • Tuch ak ingoriet ne tuwon ne koginde beek che lolongen ak kigochi chaik goe. • Igochin kerichek paracetamol 500mg oeng ye ibata saisiek 4.
Loliyot	<ul style="list-style-type: none"> • Nyolu komiten koristo ne yamat. • Chomichin ne miyoni kuwendot kosir koru. • Igotuch kutit yon lole ak eut. • Kigochi beek chechang ak logoek. • Igchin chaikab lemom ak kumiyat. • Ka ngoletab kerichek komuchi kotoret.
Igo kerak Teget	<ul style="list-style-type: none"> • Toret kou loliyot. • Agot kogerak serunek itugi sogekab chepgogutgei (blugam). • Igochin koe beek chechang.
Kalutik	<ul style="list-style-type: none"> • Boisien kipsitit en Gelek. • Istoengei burgeiyet neo anan ole kaitit ak omituwogi che mi bilibilik. • Boisien beekab chumbik komo anan ko kaibata omituwogik asi iwendi ruyonik. • Iyome aspirin oeng iunen kutit konyil 4 en betut.



KIPSIGIS VERSION

Koriyonget ak kangutaet	<ul style="list-style-type: none"> • Ingonyor koristo ne yamat. • Ingonyor omituwogik cheu biasinik, mogo cheyomiotin che ichegen. • Ingonyo beek en abokora ak logoek. • Kerichék alak kou ARV kimuchi ketesta omituwogik ago motugul.
Mandaetab moet	<ul style="list-style-type: none"> • Ingonyor beek chechang ak logoek en abogora, kou korik ak sutek. • Ingoe beekab chumbik chelolongen che kechiget agenge koibe 1litait. • Ingonyor omituwogik che bei chemotinye sugaruk. • Ingonyor kou kimiet ak moko. • Ingoboisien biasinik, muchelek, magatiat, nyanyik, indisiot che mogitesi kii•ingoyomis konyil 5-6 kosir 3 ago chechang.
Igoistoengei	<ul style="list-style-type: none"> • Logoekak inguwék akuwam indisiot. • Ingoisitoegei chego tugul. • Omituwogik che muanik. • Kou kawek. • Che kagibe. Igotestai ko chuchun lakwet kouiiu moet keboisien mwaita neu petroleum jelly.
Teretab moet	<ul style="list-style-type: none"> • Kibo beek chegiee • Itaban beekab eet en ole kararan • Keboisiam kounetab eut sobunit kotomo ak yeibata omituwogik • Konyor omituwogik che lologen moche koitit.
Magatet ne yamat ak koutute	<ul style="list-style-type: none"> • Boisien beek che lologen ak sobunit. • Ingonyor yamet yon imuwetisiei. • Mat iboisien sobunit ne kiim. • Boisien muwaita kou vaseline ak alak chetongusen. • Magatet ne iutute keboisien calamit asi kogaitit. • Sogekab chaik che ka kilalak ke muweten. • En omituwogik ko nyolu komiten kou monget, maayat, sogek chenyolilen ak pawpaw. <p>Mook.iun ak beek che tililen ak inde kerichék.</p>
Chesiru	<ul style="list-style-type: none"> • lunen beekab chumbik asi koyamsi • Igochin aspirin ye kose koututos • Boisien pawpaw imalen asi kogaitit.
Ametab metit	<ul style="list-style-type: none"> • Imuchi kobit yon kenyor koimut • Toretet ko kigochi kerichék 2 chebo paracetamol 500mg abo kora yeibata saisiek 4.
Kebebertab borto	<ul style="list-style-type: none"> • Ye kabit mook keboisien beekab chumbik. • Imuchi koruonik anan ko miondo.
Karnet	<ul style="list-style-type: none"> • Tuguk kou panget anan rotuwet keisto koloit. • Nyolu ketoret chi ye nyorgewelnatet. • Mat kebagach inegen en kaa. • Kitaban kerichék en ole ungat.
Rebetab ne miyoni	<ul style="list-style-type: none"> • Nyolu ketore ki wisi en kitok asi manam tomonget borto. • Keganab asi komuch kowendot. • Keistechi ingoroik cheruen. • Kewolchi che iloichi. • Ke muweti bortanyin en abogora. • Kigochi tililindo ne yamat. • Kesochi bortanyin igotinye mook.

En chuton tugul kotoreti chito nemiyoni en kaa ago ye testai mising kimut kuwo sipitali.



Kasarta nepo , chopet ‘tap imbaret kokany CF.

Groupishek chepo TIST che kikonetke akopo CF, kokobaoryan kole chang’ ruutik kosir yon kakiminso keboishen oratinwek chepbo keny, sanasana yon wo robta.

Toreti kering’oik chhoton bek koma rwai en imbar, ak ko’kochi minutik bek che yomotin.

Ng’alek chuton kotoretin inai kilimo hai komye ak ole kiboishoten. Ang’ kot isib oratinwek che choton kochong’oite ruru.

Ole kitayorishondo imbarenik.

l’ngol imbaret arawet ageng’e kotomo kobwa robwek.

- l’tilil imbaret koisto ke chema’si . Amati ng’ol.
- Bal kering’oik che rectang’ular . Nyolunot ko 15 cm en boroindo , 35 cm koindo and 15 cm loindab kering’et . Lochindap kering’oik keyoche ko 75 cm.
- inde mbolea safi che ing’olotin ak mbolea chebo duka , ng’ung’unyat ‘ab barak . Inyit kering’et ak kong’olanik choton agoi 5 cm.

Minet.

- Yon imine keswek ‘ab andek (betushek 1-2 kotomo konam robta), Min kewek 4 kong’et kering’et.
- Ang’ot imine , min 5-6 keswek en mwisho nebo keringoik yon kokorobon.
- Tuch keswek ak ng’ung’unek ak mbolea 2.5 cm . Koboch yuton konyolunot koloindab ng’weny ko 2.5 cm kong’eten barak.
- Nafasi nemiten barak ko’kochin.

- Molazima iboishen mbolea chebo fertilizer en Conservation Farming plot. Keswek kuk korurtos ogot ang’o meboishen mbolea chebo fertilizes .

Istoet ‘ab saratik en imbar.

- Isten saratik en kering’et kila weekit
- Mati’iste saratik en imbaret tugul. Tobonwokik ab kering’oik , Minutik kotuche ng’ung’unek, koko’koite ng’ung’unek agityo koter komoib robta ana ko koristo. Iten saratik chemi yebo kering’et kityo. Boishen panget ltilil imbaret koistoke saratik. Isten saratik kila mara asi maibista kochut kering’et.
- Bakaten saratik che’ketutu en imbar asi konuno. Tese bombonindab imbaret.

Tuguk che kiyoe yon kakebutis.

- Matibel saratik che kong’et en imbar. Bakagten saratik choton en imbar asi kotes mbolea en imbar. Kimuche kora keboishen ke chobe manure .
- Amati bokokchi tuga koaget en imbaret. Kaikai ibwat ile, Tun kiboiboienchini tugul tun koruryo minutik kuk ak inetke en youtik che miten en erea neng’unget ak tuyoshek ‘ab cluster asi kotesak rurutik.

Inam ing’unon!



Kokonyo Ropta - Saaittap minet tap Ketik.

Chopettap kolkeinik chepo ketik asi kemin.

Kokiberurech ak ropta, kayamke ng'uno kemin kolkeinik chepo ketik. Bo komonut en arawani, keker kele chopotin kolkeinik kap ketik kotomo kisipto en petit. Nyolunot en kolkeinik komomeyo ye kiib koba ole kiminen.(nai ile mapuspus ng'ung'nyek kou en betit). Ker ile kebos bek en betit aki bokokchi asista koluchi kolkeinik .En yutok as, kokackoik tayari kolkeinik kisipto koba ole kiminen.

Olenyolut kou kolkeinik kap ketik.

Cheisipu ko koborunoik chepo kolkeinik che kororon.(Tienke terchinoik kap ketik.)

- Metit tap kolkeiyat konyolu ko nyilen oeng' tikityot.
- Nyolu kokim temet tap kolkeyat.
- Nyolunot kotindo tikitik alak chechang kolkeyat en tikityoy n'owon.
- Chechang en kolkeinik chu, kosiche tikitik chotong orowek en oeng' kokakorut.

Kosiptoet 'ap kolkeinik.

- Isipten kolkeiyat kotonot.
- Tem keringet nepo 3o.cm.
- Icherun ng'ung'nyat tap barak.
- Icherun ng'ngunyek iko che kakong'et akinde komosto ake.
- Inde suswek keringet (5.0cm),(suswek che twonen yo momi ropta, ana ko che yomotin yo momi ropta.)
- Icherun kolkeyat en karatasit, ak irip komailyo tikitik .
- Inde kolkeyat keringet mutyo.
- Wekchin ngungunyat nepo barak koron asi kosip iko.
- Matinyit keringet ak ngungunyek. Inoniton ko toreti bek 'ap ropta kochut ng'ung'unek .
- Ng'ung'nyek alak che kakonget kindo taponwokik kap keringet asi kotoret bek che'roponi komarwai.
- Tumchin bek keringet ne kakominak.

Ibwat ile nyolu imin ketik en paroiindap mitaishek 3-4. Toreti inoniton ketik kosich omitwokik ak bek che yomotin. Yon korikchi ken

ketik , kobirchinge omitwikik. En let komeyo alak. So ingunon, isup paroiindap mitaishek 2.5 ana ko 3.

Maana nepo Ketik.

Po maana ketik en oratinwek chechang, en poishnik, ak en emet kotukul.:

A. *Maana nepo ketik en emet:*

- Ketik ak sokek kotuche ngungunyek komala ropta an ko koristo.
- Sokek chepo ketik koteshin ngungunyek kobonbonit.
- Ketik kotese bek chemiten ngungunyek. Pose ketik bek chemondo en ngungek.
- Tikitik kap ketik kotoreti ngungunyek konamke asi mala bek.
- Toreti tikitikap ketik bek chemiten en ngungunyek kosungukan en oritit tap n gungunyek.
- Tese ketik bek chemiten en hewani. Niton koendelezoni atepet tap koristap emet .
- Ketik ko tese kororonindap koristo angamun kule koristo neya nepo(carpon di oxide) ako kokonech nekararan (oxygen.)
- Ketik kokonech urunok.

B. *Poishonikchok ak omitwokik:*

- Tuguk che kiteksen.(pokoinik, breminik..)
- Kwenik.
- Kerichok.
- Omitwokik ketik alak.

Komonut ichu kotoreti temik ak ng'wony komukul. En surpey nepo temik kap TIST Kenya ko koipor kole rurutik chepo lokoek ak pokoinik kap ketik en kenyaen ketik chekimin TIST kokotesak koik 37,000 shillings en temindet aketugul. Ui kenai rurutik tukul chekische en ketik chekimine en TIST lakini siche aketugul en echek faida nepo minet tap ketik.

En yoton achun, minet tap ketik kobo maana en emet ako yomeke keendelezan.

Ipwat ki nekimuche keyai angot kemin tugul kipagenge.