



THE TREE

The International Small Group
and Tree Planting Program

CLEAN AIR
ACTION
CORPORATION

TIST NEWSLETTER February 2019



**Raised seed bed done by small group
members in Kyenjojo**



Fruit tree grove with Minimum spacing



Rwajere cluster members after the monthly meeting



The TREE is a monthly newsletter Published by **TIST** Uganda, a project area of **The International Small Group and Tree Planting Program**.

MISSION STATEMENT:

TIST Uganda is a community initiative dedicated to empowering small groups of subsistence farmers to combat the devastating effects of deforestation, poverty and drought.

OBJECTIVE STATEMENT:

Combining sustainable development with carbon sequestration, TIST supports the reforestation efforts of over 25,000 subsistence farmers. Sales of carbon credits generate participant income while TIST today also addresses Agriculture, HIV/AIDS, Nutrition and Fuel Wood challenges.

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ENGLISH

TIST - AN EVERLASTING SOLUTION TO HUMAN PROBLEMS

Why do I call it everlasting?

TIST is there to stay. Its activities /results are meant to benefit generations upon generations, the present and the future, the young and the old. When the environment is restored, life is made easier for all creation including mankind, animals, birds, land and the waters.

TIST Small Group members have multiple benefits from the programme in all aspects of life i.e. Socially, Economically and Politically.

Economically:

TIST has economically empowered the Small Groups majorly through the annual incentive which is paid to the Small Group members for every live tree and the carbon credits that are sold off in the world market and the farmers receive 70% of the net profits.

When the farmers practice CF, they realize excess harvest out of the good yields. This has enabled them to sell off the surplus and get money which helps them to sustain themselves.

The farmers also sell the fruits, nuts and timber from their trees and get money.

Socially:

TIST has improved on the relationship and cooperation amongst members because Small Groups come together to form clusters whereby they meet monthly and share ideas opinions and challenges.

Planting of trees along the boundaries has helped to resolve land disputes which are a problem majorly in Teso.

TIST has also created awareness to its Small Group members on health-related issues i.e. HIV/AIDs and others.

TIST encourages Small Group members to use improved stoves which are economical in using fuel, so hygienic and health friendly because some of us suffer from diseases that do not need smoke, such as Asthma.

TIST has also helped the Small Group members to fight malnutrition by eating the fruits from our trees, enough vegetables and food from our CF.

Politically:

TIST has groomed leaders through trainings, seminars and practicing rotational leadership.

By: Atim Petua -Quantifier Soroti

PROCEDURES FOR SELECTING BEST SEEDS FOR A NURSERY BED

- Soak the seeds in cold water which is 2 times its volume
- Remove all floating seeds
- Sow the remaining seeds at the bottom, in containers, in the nursery, or sow directly in the field after cracking - the seed shell method.

Cracking the seed shell: This method is used for tree species with a hard coat like melia (mukau), podo. Species, croton megalocarpus, etc. The cracking is done to allow water penetration for easy germination. Cracking is done using a sharp knife, a stone or a cracking machine. Nicking-cut slightly the seed at one tip to allow water penetrate. Seeds such as Croton megalocarpus, Neem, Cassia spp. and Kei apple can be sown directly into the container. Fine and light seeds such as Eucalyptus, Casuarina are sown in transplant beds and later pricked out into containers. It is important that fine seed is mixed with sand and uniformly broadcast on the seedbed to avoid overcrowding that can lead to damping off.

Do not sow the seed too deep in the soil; the depth of holes should depend on the size of the seeds (usually 5 mm to 1 cm). Sowing too deep is likely to prolong seed germination period, or seeds may rot. Put a seed in each hole; gently cover with soil equal to the size of the seed itself. Water the pots.

Make a light shade with grass to cover the pots or the seed bed after sowing.

Water the sown seeds twice a day, early in the morning before 9.00 am and in the evening after 4.00 p.m. If this is not possible then water in the evening only, since most of the water at this time is taken-up by the plant, since there is very little evaporation.

IMPROVED ENERGY SAVING STOVES

This is the modern, less fire wood consuming cook stove used by many households in our community in Soroti district. This energy saving cook stove is helpful in cooking prepared meals in less hours. This energy saving cook stove is made out of cheaply available resources in order to fit and be adoptable to the climatic changes. These energy saving cook stoves were introduced by TIST Uganda in community in Soroti district.



a) MATERIALS USED FOR MAKING ENERGY STOVES (LORENA)

- (i) Water
- (ii) Soil (Anthill)
- (iii) Ash
- (iv) Cow dung
- (v) Dry grass
- (vi) Pieces of fresh banana stem
- (vii) Bricks
- (viii) Sand (local)
- (ix) Okra squeezes water

b) HOW TO MAKE IMPROVED ENERGY SAVING STOVES. (LORENA).

- Depending on the size, dig anthill soil 3-wheel barrow / four basins because it has starch
- Collect 1 ½ wheel barrow of local sand
- Collect 1 basin of cow dung (fresh ones)
- Get 1 ½ wheel barrow of chopped dry grass
- Collect worm ash 1 basin
- Get water mixed them together and at least allow them to last for one week, before starting to use them
- After one week, turn them and get okra water mix with them
- Get a piece of banana to place on the mouth and where the sauce pan will be and chiming for smoke
- Get either burnt / mud brick and fixed them on the corners, before getting the already mixed mud
- After making, allow it to stay for one month before starting to use it

NB: Energy saving stoves should be made next to the wall/ lining to the wall.

c) ADVANTAGES OF IMPROVED ENERGY SAVING STOVES.

- (i) It is not hot because of chiming which takes out smoke.
- (ii) It is hygienic.
- (iii) It is cheap in terms of using locally available materials for making it.
- (iv) It fastens cooking.
- (v) You can prepare two meals at the same time.
- (vi) Controls deforestation.
- (vii) Less fire wood used.

BY Joseph Savior Eturot- Quantifier Soroti

TIST NIYO EYINE OMRINGO OGURIKUBASA KWIHAHO EBIZIBU BYA'OMUNTU

Ahabwenki ningira ngu eiyine omuringo ogwo. TIST eriho okutuura ebiro bingi, emirimo yayo neganyira obusingye nobusingye oburiho noburijja, abato nabakuru. Obuhangwa kuburikugarirwa busya, amagara niganguha ahabwe ebhangirwe byoona nka omuntu, ebinyonyi, eitaka hamwe na amaizi. Ebyobushubuzi: TIST ebasize kugaruramu amani ebibiina ebikye kurabira omu kubaha akasimo ka buri mwaka barikushashurira emiti eya abanyakibina ahabwa buri muti ogubyairewe kandi gurikukura kurungi hamwe nesente zorwoya orubi orurikuguzibwa omukatata kensiyooona kugira ngu abahingi batungye obucweka 70% ahari igana eza amagoba. Abahingi nibagaruka baguza ebijuma hamwe nembaho reru batunga esente. Ebyentuura: TIST eyengyeire omubyentuura yabantu hamwe nabanyakibiina obwo bariwerundaana buri kwezi omunkiko za obuhagara (Cluster) reru babagana amagezi. Okuhinga emiti omunsharoharo kihweirere abantu okucendeeza endure ezemyatano yamataka. TIST etireho okuhabura nokushomesa abantu omukwerinda endwara ya sirimu. TIST ehwereire omukwegyesa abanyakibiina omukwobeka nokukozesa amahega agarikukozesa enku nkye okubasa kucendeeza endwara nk Asthma. Ebyobutegeyeki: TIST ebasize kushongora abebembezi kurabira omumishomo, enkiiko barikurabira omubwebembezi obwokwihihihana.
Nebya Atim Petua-Quantifier Soroti

OMURINGO OGWORIKUBASIZAMU KURONDA ENSIGO NUNGI NURSERY

Yibika ensigo omumaizi haza amaizi gazishweke ahamutwe. Yihaho ensigo ezirikuguma ahamutwe gwamaizi. Basa kusiga ezasigara ahansi omumaizi ahonaho omukasiri (seedbed) reru kuziramere ozikure ozite omubukopo aha Nurserybed. Okushenya Ekishushu ekyensigo: Ogu omuringo nigwejunisibwa aha bwa ensigo ezine ekishushu ekigumire nka za Podo hamwe nomurangara. Okushenya okwo nikikorwa ngu amaizi gatahe omunda ye nsigo egyo. Okushenya okwo nikukorwa orikwejunisa omusyo , eibare ninga ekyoma ekirikushatura ekikoko nekishushu ekya ahaiguru. Ensigo ezorobi nka eza karutusi zo nizisigwa omubedi reru bazita omubukopo abwo zaheza kumera. Nikirungi okujwanzya eitaka nomushenyi waba noza kusiga ensigo ezitiine ekishushu ekigumire rere ozishwekye neitaka rikye munonga. Otasiga obusigo obwo ahansi munonga omwitaka. Okusiga ensigo ahansi munonga nikisibyayo ensigo okukura narishi obumwe ensigo egyo effa. Reeba ngu ensigo wagita omwitaka kurungi reru washwekaho eitaka rikye kandi oshukyerere amaizi buri izooba.



Rebeka ngu wataho ekibunda hamwe nebinyansi okushweka obukopo.

Rebeka ngu washukyerera amaizi emirundi ebiri buri runaku. Omukasheshe munonga shaaha 9:00am hamwe na omumwebazyo shaaha 4:00pm. Kyaba kitarikubasika kushukyerera emirundi ebiri, reba ngu washukyerera omumwebazyo munonga omurundi gumwe ahakuba ebimera nibinywa amaizi munonga omukiro kandi kandi tigarikutwarwa mushana nko ku shukyerera omukasheshe.

Nebya Mugisha – Apex Agrofarm and Nurserybed.

AMAHEGA AGARIKUTWARA ENKU NKYE

Ogu nomuringo ogwomutindo ahabwa amahega agarikukoresa enku nkye kandi garikukozesibwa abantu baingi omukya kyaitu omuri Soroti District. Amahega ago nigayamba omukurahusya okuhisa ebyokurya omukaire kakye. Amahega ago nigakorwa omubintu bitagumire eitunga nka ebinyansi, ebirere kandi nimarungi ahabwa embeera zoonza nempinduka yobwire. Amahega gakaretwa kandi gatandikwaho aba TIST Uganda omukyanga kyaitu omu District eya Soroti.

(a) Ebyorikwejunisa okukora amahega.

- Amaizi
- Eitaka eiju ryakashenda
- Amasha gente
- Ebinyansi ebyomire
- Ekitma kyekitumba ekibisi
- Amatafari
- Omushenyi
- Amaizi agarikunyururuka nka aga (emikamba narishi Okra)

(b) Okuturi kukora agomahega

- Kurugirira aha kingano kyamahega, ronda eitaka okuruga ahankungu eye ncebebe.
- Ronda kahuuba 1 nekiweka eya omushenyi
- Ronda ebafu 1 eyamasha gente
- Ronda kahuuba 1 eya ebinyansi ebitemirwe bika cwanyaguzibwa.
- Ronda amaizi reru ebyagambwaho aharuguru obijwanze kurungi orikubitabura.
- Bibike kumara esande emwe reru bwanyima obitaburemu amaizi agarikunyururuka nka aga (emikamba na Oakra)
- Tunga amatafari ogate omunshonda ina eza amahega.
- Bwanyima yokwombeka ago mahega garekye kumara okwezi kumwe otakagakozise.

(c) Oburungi bwamahega ago

- Tigarikwosya ahakuba gaine omuhanda gwomwika.
- Tigaine burofa
- Amahega ago ganguhi eikora ahakuba nigakorwa ebintu ebirikureebeka juba.
- Nigangusya okuhisa ebyokura
- Nobaasa okuteeka enyungu ibiri omurundi gumwe
- Nigakyeendeza okutema ebibira ahakuba nigatwara enku nkye

Nebya Joseph Saviour – Quantifier Soroti District

TIST – ABONGOKINET NA MAM ENANGI KA NU ATIOKUSIO NU ELOMAKITOS ETUNGANANE

Inyobo abalaar engo ebe mama enangi?

Ejai TIST ka nu ikaru kere. Ake swamisio kede adumuneta ke eraasi nu imedaunete aturio ka aturio, lu alolo kede lu oingaren da, lu didik ka lu mojong da. Ne inyakinere ejautene lo akwap kwape ebeitor, itapatani aijar na ngin subat kere yen ka Edeke aimoriarit itunga, itiang, ikweny, akwap ka akipi da.

Ejaatar imedan lu ka atukona nu didik nuka TIST kede aimedaun na epol noi kotoma oprogram koiponesio nu egelegela aimoriarit ejautene lo itunga toma atutubet, edumune lo api ai ka eingarenikine.

Edumune lo api ai:

Etogogong TIST atukona nu didik koipone lo edumune lo api ai kotoma api ai ngun nu etcanakino imeban nu oguru-pun ka nu ngin kitoi lo ejari ka da ekwam lo ka carbon lo emasete ikito lu lo egwelar kotoma osokoni lo akwap kere neda edumunata akoriok da a meda na 70% kotoma ameda na edumuna.

Ne itwasamata akoriok akoru na itojokaaritai na tinen kwana, edumunete aisak na ikeuna. Neda egwelarata kesi inyamat ice ka nu aingarakinor.

Ejautene lo itunga toma atutubet:

Esinyikoiki TIST eidicane ka aimor kotoma otunga narai ngon lap iramunonos imeban lu ka aibungena nepepe kanu aitamitam apol naka atukona kec nu didik

Aira na ikito toma oikoruon etidisia iceleta nu alupok nu lem idilasi noi ka aiboisio kwape nat Teso ne.

Eyataki TIST aijen ne eja imeban ke lu atukona nu didik kotoma akiro nu ikamanara kede aijar na ajokan, angaleu, ekurut kede adeka na eseny ka ace da.

Isinyikoikinit TIST imeban lu atukona nu didik aitwasam ikiyal nu itojokaritai lu itwasamaete akito adis ido da koyuwara da toma aila kede angaleu. Mam itolomete apuru nada emina araut ainingosit toma aijar wok aitelekarit ngun lu edekasi Asthma.

Engaraki TIST aitiji ekadakada kowai lo enyame kotoma omeban lu atukona nu didik narai enyamete araito na elomuni kotoma okito, ejaasi idiasio ka iyamat da lu elomunete kotoma akoru na tinen kwana.

Eigarenikine :

Ipepei TIST engarenok ka ainakin acoa da kotoma aituutonor, anyaranareta toma aisia ka da aingarenikin na isirimo.

Ewadikan Atim Petua- emaran ikito Soroti

AINAPETA NU ASEKUN IKINYOM NU EJOKUKA KA NU AIPEPE

- Kitabau icok lu ikinyom toma akipi nu elilim kikeuna irwan arei adepar icok.
- Kolemana ngun kere lu ikalelosi ko kuju na akipi
- Koweinik icok ngun lu esalete kwap na akipi toma aiboisit ngin na itemokit jo ka nu aipepea ikinyom kon, aria apopulai nu ikapakit ijo, araibo nat misiri cut.



Alemar abulukuk na agogongon kotoma

ocokit: Erai na na iswamao kotoma ocok ngun lu ejasi kede abulukuk ngin nan agogongon kwape nat elira, epodo, eteak ka ice da .

Elemaro abulukuk na ka nu acamakin akipi Alomar tetere epatanikini ekinyomit abwangun. Ipedori aitwasam ekilengh lo ekwana , engarot, aria bon at acuma na epaci. Ka da atubor epuwai lo ekinyomit tetere epedorete akip Alomar toma ke. Eja ikinyom ice lu ipedori oni airaikin cut toma apopula kwape nat eneem, egasia ka apple. Icook lu didik noi kwape nat lu ekaltusi, erai aweikin kesi toma aiboisit ngin na itemonokit ijo kanu aipepe ikinyom kon. Ejok ainyal kwesi kede asinge tetere mam etukoki-nos nepepe kisimiki da kwes ailom ejok.

Mam ejok aibok aipanyia nu idulok aria ipepei ijo icok. Aidules na aipany elomuni kotoma abures na ekinyomit/ecokat. Anukakin ecokat kede alupok nu ipu einakini ecokit ayangar awojau eroko elomuna ido da epedori aibos. Ipikanik icok toma aipanyia mot ido korai jokan kosodokini arapar kede alupok adis nu erianasi kede ecokit elopet . Kicokicok do.

Kiswamao etolim lo mam elangir kanu aigalikin kuju na icok ka ngun.

Icokcok ikinyom ngun irwan arei aparan, tupuruc sek eroko edolo isawan 3 (9:00am)ka da ebong osawan 10 alosit ingaren. Arai mam epedor, kicokicok ebong bon narai toma apak na ematari iraasit akipi nuipu narai edit apurior.

IKIYAL LU ITOJOKARITAI

Eraasi lu ikiyal nu atinen kwana lu itojokaritai ,itwasa-maete akito adis. Itwasamaete ikalia lu ipu epone ikiyal ka lu kaiboisio wok kotoma Soroti. Eraasi ikiyal lu lu itapatanete aipo kododdor da noi. Epatana aiswamaun ikiyal nu narai iswamauno kwesi kede iboro lu ijaatatar oni ido da kipopounite erionget loka TIST.

IBORO LU ITWASAMA KOTOMA ASBUN EKIYALA LO ITOJOKARITAI

- i. Akipi
- ii. Alupot na otitipu
- iii. Ekuron
- iv. Aworet
- v. Anya nu ewokitos
- vi. Atutubena nu atorom nu amugog
- vii. Amatapalin
- viii. Asinge
- ix. Akipi nu itabaterere eparis

EIPONE LO ASUBUN EKIYALA LO ITO- JOKARITAI

- Otupitete ejautene lo ekiyala lo ekot akorion aisomaun, ibokuni ijo alupot na atitip awilibaron auni/akalaian 4 naarai ejaatatar emina lo epol.
- Otuk awilibaro adiope kede atutubet na asinge
- Otuk akalaya adiope na aworet na paalan
- Otuk awilibaro adiope kede atutubet naka anya nu awokok nu etubutubitai
- Otuk ekuron akalaya adiope
- Imorikik iboro lu kere nepepe ka aicak elupe ngon ido ajalakin ngesi kodau esabiti ediope eroko itwasama
- Akaulo na esabiiti, igur bobo elupe lo kede akipi nu itabaterere eparis eroko egeuna aitwasam.
- Kolem atutubena nu amugog kipikak akituk ne ebeit esopula ajaut kede da ne eyangari apuru kinga
- Kodum amatapaalin kipikanik okonai nu ekiyala eroko egeuna airwat ngesi kede alupot
- Kidau aisub nges, kojalak ngesi kodau elap ediope eroko egeuna aitwasam

Ekot ikiyal lu iswamatete osiep kede arwatat

AJOKUSIO NU IKIYAL KALU

- Mam emwana narai elosi akepuru kinga
- Isinyikoikit aila
- Epatana aiswamaun narai itwasamao iboro lu idilasi
- Isunyari inyammat
- Ipedori aipoo inyammat lu egelegela toma apak adiope
- Itidisiari amunamunao na amagoron
- Itwasamai akito adis

*Ewadikan Joseph Savior Eturot –Emaran
ikito Soroti*



LUGANDA

TIST YE NGERI ENPAGAZI YO KUVUNUKA ERI EBIZIBU BYABANTU

Lwakinki ngiyita enpagazi?

TIST yakuberawo ebanga lyona emirimugyayo/ebivamu, bya kuganywurwa emigigin'emigigi. Egiriwo negiridawo, abatto n'abakulu.

Obutonde bwebuzibwawo, obulamu bufukka bwangu eri bulikitonde okugeza omuntu, ebisolo, ebinyonyi, etakka n'amazzi.

Bamemba ba TISTmu bubiina obutono baganyulwa mu bintu bingi mupulogulamu okugeza embera zabantu, ebyenfuna ne'obyobufuzi.

EBYENFUNA

TIST ewagidde bamemba mu bubiina obutono nga ebasasula buli mutti mulamu ne carbon credits (Omukka omubili) ogutundibwa mukatale kensi yonna era abalimi bafuna ebitundu nsanvu kubuli kikumi (70%) kubulima-goba.

Abalimi webakozesa nakavundira, bafuna amakungula amangi, kino kibasobozesa okutunda kumakungula ne bafuna sente ezibabezawo.

Abalimi era batunda ebibala ensigo ne mbaawo okuva kumitti ne bafuna sente.

EMBERA ZA' BANTU

TIST eyongedde enkolaganna ne mpuliziganya mu bamemba, bo bubiina obutono nga bakungana okukola ekibiina ekinene (cluster) mwebakunganira bulimwezi era ne bagabana ebirowozo ne'bibasomoza. Okusimba emitti kumabali ge takka lyaffe kiyambye okumalawo enkayana zetakka nga ekizibu abangi mu Teso.

TIST emanyisiza bamemba bayo abobubiina obutono okukozesa ebyoto ebikekerezwa enku, kiyonjo era kikolaganna no'bulamu bwaffe kubanga abamu tulina endwadde eziva kumukka nga okuziyiira (Asthima).

TIST era eyambye bamemba bobubiina obutono okulwanyisa endwadde eziva ku ndya embi nga balya ebibala ebiva kumiti gyabwe, enva endirwa n'emere okuva munima eyokukozesa nakavundira.

EBYOBUFUZI

TIST etendese abakulembeze nga eba somesa okuyitta mu semina, n'obukulembeze obukyukakyuka.

Bya: AtimPetua Abala emitti (Quantifier) SOROTI

EMITENDERA GYOYITAMU NGA OSUN- SULA ENSIGO EZEMEZESO

- Nyikka ensigo mumazzi aganyogoga mukikopo zibuliremu.
- Yolako zonna ezize wagulu kumazzi ozisule.
- Ensigo ezise wansi zoba osimba mumezesero oba munimiro mwenyini.

Okwasa ekikutta kyensigo, enkola eno ekozesebwa kubikka byemitti ebirina ensigo ezikaluba ebikutta okugeza nga melia (lira), podo, croton megalocarpus nebiraba.

Okwasa ensigo kukolebwa nga okozesa akambe, eginja oba ekyuma ekyasa.

sala ekitundu kimu ekyesingo kisobozese amazzi okuuyingira. Ensigo nga Neem, gassia ne kei apple zisobola okusimbibwa buterevu munimiro oba mukon-
teyina.

Ensigo empewufu okugeza nga kalitunsi Casuarina zisimbibwa mu muzeso etangala.

Tosimba esigo wansi nnyo mutakka obuwanvu bwekin-
nya businzira kusayizi yensigo (5mm ku 1cm)

Okusimba ensigo wansi ennyo kiretera ensigo okul-
wawo okumera no okuvunda.

Tekka ensigo mutakka bikako etakka tono, yiwakko amazzi. Bikkako no muddo kubuvera oba emezeso.

Fukirira emezeso emirundi ebiri buli lunakku kumakya saawa emu (7:00am) no lwegulo okuva esaawa kumi nemu (5:00pm)

EBYOTO EBIRONGOSDWAMU EBIKEK- EREZA ENKU

Bino byebyoto ebirongosedwamu bikozesa enku ntono mukufumba era bikozesebwa abantu bangi mu disitwikiti ye Soroti.

Ebyoto bikekerezwa era byanguya okufumba, bikolebwa mubintu ebyalayisi era ebirabika mubitundu abantu gyebabera, Ebyoto ebikekerezwa byatandikibwawo TIST Uganda nemukitundu ekyesoroti .

a) Ebikozesebwa mu kukola ebyoto ebirongosedwamu ebikekerezwa enku (lorena)

- Amazzi
- Etakkalyekiswa
- Evu
- Obussa
- Omuddo omukalu
- Ekitundu kyomugoggo
- Amatafali
- Omusenyu ogwabulijo
- Okra owamazzi



b) Okola otya ebyoto ebirongosedwamuebikekeraza enku (Iorena)

Ok=usinzira kusayizi, tema wheelbarrow 3 eze takka lyekiswa kubanga dyolikwata.

Kunganya wheel barrow 1½ eyomusenyu.

Kunganya ebaflu emu eyobussa obubisi

Kunganya wheel barrow 1½ emu nekitundu eyo omuddo omukalu omusale sale

Kunganya ebaflu emu eyevu

Funa amazzi bigatte wamu era birekemu wiiki emu nga tonabikozesa.

Oluvanyuma lwawiiki emu (1) bikyuse era obigatte namazzi ga Okra.

Funa ekitundu kyekigogo okiteke mumumwa gwekyoto wonoteka enku nawanabera kyumuni efulunya omukka.

Funa etafali oliteke kunsonda nga tonakozesa takka lyosambye.

Womala okuzimba kirekemu ebanga lyamwezi gumu kikale.

N.B Ekyoto kitekedwa okwesigama ekisenge.

b) Emigaso gyebyoto ebirongosedwamu

- i. Tekyokya kubanga kiriko kyumuni etwala omukka ebweru.
- ii. Kiyonjo.
- iii. Sikyabusere okukikola kubanga tukozesa bintu byetulina mubitundu byaffe.
- iv. Kyanguya okufumba
- v. Osobola okufumba ebintu bibiri omulundi gumu.
- vi. Kikendeza kukusanyawo kyebibira.
- vii. Enku ntono ezikozesebwa okufumba.

Bya

Joseph Sevir Eturot Abala emitti (Quantifier) Soroti.

TIST OBEDO YOO ME COBO PEKI PA DANO MA RII PI KARE DUCU.

Pingo alwongo ni obedo yoo ma rii pi naka?

TIST dong tye me bedo, pe me ceto kamo. Tic pa TIST ki adugi maber me tic-ce tye me miyo kony bot yalwak, ki yalwak, jo matino ki jo madongo, ki bot gin aketa ducu, ma tye iye dano, lee, winyi, ngomki pii, I kare-ni ki I kare ma bino anyim.

Lumema me dul matino pa TIST gitye ki kony mapol I yoo me kwor ducu, meno ene I yoo me kit kwor pa dano, nongo lim ki lok me cungu I wi byer.

I YOO ME KELO LIM I CING DANO.

TIST otyeko medo kero me lim I cing pol lupur I dul matino niwok ki I cente ma giculo mwakaki mwaka , pi yadi makwor ducu ki cente me carbon magicato I cuk me wilobo ma lupur nongo pacen 70 (70%) me mugobane-ni.

Ka lupur tiyo ki yoo me pur magwoko moc ngom (CF), ginongo kac mabup ma gicato mukene weko ginongo cente me konyo-gi. Lupur bene gicato nyig yadi ki bao ma medo cente I cing-gi.

I YOO ME KIT KWOR PA DANO.

TIST okelo aloka loka I wat matye I kin lupur I dul matino, ma omedo winye I kin-gi, omiyo gicoke kacelo macalo dul madit (cluster). I dul madit, gi coke dwe ki dwe ka nywako tam ki gin madiyo-gi. Pito yadi I wang ngom odwoko lara ngom I kin dano piny, ma obedo peko madit bot jo mapol I Teso.

TIST bene pwoonyo lumema me dul matino I lok kom yotkom, labole, lok kom TWO JONYO ki mukene TIST cuku cwiny lupur I dul matino me tic ki keno ma pe balo yen, ma tero cente manok me tic kwede, ma gwoko bene yot kom dano pien ito-ne nok, dok gwoko lengo-ne yot, man konyo dano mogo ma twoyo twor ma pe miteo ito calo Asitma ki mukene. TIST bene okonyo lupur I dul matino me lweny I kom twor ma nok pa moc cam kelo I kom dano. Man time pien gitye ki nyig yadi mapol mapat pat me acama, ki pot dek, ki cam mukene nia ki pur magwoko moc ngom (CF)

IYOO ME CUNGU I WI BYER

TIST opwoonyo dok oilo lutela mapol malo niwok ki I miyo pwoonye ma gilwongo ni ceminars ki leyo tela ma omiyo jo mapol tye ki ngec itela .

Man Atim Petra lakwan yadi me Soroti aye ocoyo

YOO MA OMYERO GIKWANY PI YERO KODI MABECO LOYO ME APITA I NURSERY BEDI.

- Bid kodi I pii ma dit-te dodo pa kodi kiryo.
- Kwany kodi ma pyer I wi pii woko
- Pit kodi ma dong I tere-ni I nursery bedi, onyo i poto pito yadi-ni ma nongo ityero poke ma woko matek-ni



TYERO POKE MA WOKO MATEK-KI

Man gitiyo kwede I kom kwayi kodi ma tye ki pok nger-gi matek, macalo melia , podo, megolo carpus ki mukene. Ngeye ni gityero wek pii odony I kodi oyot wek otwir bene oyot. Giromo tyero-ne ki pala ma bit, got, onyo nyonyo (machine). Omyero obed ma rwatte ki dit onyo tidi pa kodi. Polkare dedo 5mm me or 1cm. Ka I pito I bur matut miyo kodi rii ka twir; ony lobo marep iwi kodi ma I pito ka I ony pii I wiye
Pet lum mutwor marep I wi kodi ma I pito-ni. Yoo pii I wi kodi kiryo I nino acel, odiko ki otyeno ka pe ci yoo otyeno ducu wek kodi omat pii pi dye wor-ni ducu.

KENO MA PE BALO YEN

Man eni obedo keno ma pe balo yen ma gitiyo kwede I kare-ni kun jo mapol tiyo kwede I gangi-wa ki I kabedo-wa I Soroti kany. Keno man tedo dek I cawa manok. Gin ma gitiyo kwede me yubo keno ma nonge I kabedo-wa dok konyo me dwoko piny aloka loka piny marac (lyeto pa wilobo). Kodi keno man TIST Uganda aye okelo I Soroti District.

a). JAMI MA GITIYO KWEDE ME YUBO KENU MAN.

1. Pii
2. Ngom (lobo byer)
3. Cet dyang
4. Lum ma -otwor
5. Kor labolo madyak ma ginguno ma cego.
6. Buru
7. Matafali
8. Kweyo

b) KIT ME YUBO KENO MAN

Malubo dit pa keno-ni, tong lobo byer bap 3

Tok kweyo wilba 11/2 .

Tok cet dyang madyak bap 1

Tong lum ma otwor wilba 11/2

Tok buru ma murumuru bap 1

Ony pii I jami ma maloni weng ma irubu kacel ci I wek okwok pi cabit 1

Inge cabit acel, nyong gi kacelo wang ma odoko nwang

Nong odul kor labolo madyak ci iket ka ma cupuriya bedo iye ki ot ito

Nong matafali ci iket gi I rukun me keno

Ka dong I yubo keno man, wek otwor pi dwe 1 ma peya I cako tic kwede

Gin pire tek: keno man omyero I yub otene ki apama me ot megii.

BER PA TIC KI KENO MAN

1. Pe lyet, pien tye ki ococ me cwalo ito woko
2. Pe kelo twor I kom dano
3. Yubo- ne yot, pien gitiyo ki jami ma pe giwilo awilo
4. Tedo dek oyot
5. Twero tedo dek aryo (2) I cawa acel (1)
6. Dwoko balo bunga piny, pien tiyo ki yen manok
7. Tedo dek ki yen acel (1) keken.

Man Joesph Eturot-lakwan yadi me Soroti aye ocoyo



**TIST –NI UFUMBUZI YA MILILE NA MILELE
KUHUSU MA TATIZO YA BINADAMU.**

Kwa nina liyiita ya milele?

TIST iko pale kukaa. Shughuli zake / matokeo yake ni kwa faida ya vizazi juu ya vizazi, sasa na ya baadaye, vijana na wazee. Wakati mazingira yanaporejeshwa, maisha hufanywa rahisi kwa viumbe vyote ikiwa ni pamoja na wanadamu, wanyama, ndege, ardhi na maji. Wanachama wa Vikundi vya TIST wana manufaa nyingi kutoka kwa programu katika nyanja zote za maisha, yaani, Kijamii, Uchumi na Kisiasa.

Uchumi:

TIST ina uwezo wa kiuchumi kwa vikundi vidogo kwa njia ya motisha ya kila mwaka ambayo hulipwa kwa wanachama wa Kikundi Kikubwa kwa kila mti wa kuishi na mikopo ya kaboni ambayo huuzwa katika soko la dunia na wakulima wanapata asilimia 70 ya faida halisi. Wakati wakulima wanavyofanya CF, wanatambua mavuno mengi ya mazao mazuri. Hii imewawezesha kuuza ziada na kupata pesa inayowasaidia kujiendeleza. Wakulima pia huuza matunda, karanga na miti kutoka kwa miti yao na kupata pesa.

Kijamii:

TIST imeboresha juu ya uhusiano na ushirikiano kati ya wajumbe kwa sababu Vikundi vidogo vinakusanyika ili kuunda vikundi ambavyo hukutana kila mwezi na kubadilishana mawazo maoni na changamoto. Kupanda miti kwa mipaka imesaidia kutatua migogoro ya ardhi ambayo ni shida sana katika Teso. TIST pia imewajulisha wanachama wake wa Vikundi Vidogo kuhusu masuala yanayohusiana na afya yaani VVU / VVU na wengine.

TIST inawahimiza wanachama wa Vikundi vidogo kutumia pofu bora ambazo ni kiuchumi kwa kutumia mafuta, hivyo usafi na afya ya kirafiki kwa sababu baadhi yetu tunakabiliwa na magonjwa ambayo hawana haja ya moshi, kama vile Pumu.

TIST imesaidia pia wanachama wa Kikundi Kikundi kupambana na utapiamlo kwa kula matunda kutoka kwa miti yetu, mboga za kutosha na chakula kutoka kwa CF yetu.

Kisiasa:

TIST imewashawishi viongozi kupitia mafundisho, semina na uongozi wa uendeshaji. Kwa: Atim Petua -kwantifaya Soroti

**MIPANGO YA KUTAKA SEBE ZA BEST KWA
BEDA YA KITALU**

- loweka mbegu katika maji baridi ambayo ni mara 2 kiasi chake
- Ondoa mbegu zote zinazozungukia juu ya majji
- Panda mbegu iliyobaki chini, katika vyenye, kwenye kitalu, au kupanda moja kwa moja kwenye shamba baada ya kufuta - mbinu ya mbegu ya mbegu.

Kupoteza shell ya mbegu: Njia hii hutumiwa kwa aina ya miti yenye kanzu ngumu kama melia (mukau), podo. Aina, croton megalocarpus, nk. Kufungwa kunafanywa kuruhusu maji kupenya kwa urahisi kuota. Kupiga kosa kunafanywa kwa kutumia kisu kisicho, mkali au mashine ya kupamba. Kutafuta - kata kidogo mbegu kwa ncha moja ili kuruhusu maji kupenye. Mbegu kama vile Croton megalocarpus, Neem, Cassia spp. na apple za Kei zinaweza kupandwa moja kwa moja kwenye chombo. Mbegu nzuri na nyepesi kama vile Eucalyptus, Casuarina hupandwa katika vitanda vya kupanda na hatimaye ikapigwa ndani ya vyombo. Ni muhimu kwamba mbegu nzuri ni mchanganyiko na mchanga na hutangaza kwa usawa kwenye mbegu ili kuzuia usingizi ambao unaweza kusababisha kuharibu.

Usipande mbegu sana ndani ya udongo; kina cha mashimo kinapaswa kutegemea ukubwa wa mbegu (kwa kawaida 5 mm hadi 1 cm). Kupanda kina sana kuna uwezekano wa kuongeza muda wa kuota mbegu, au mbegu zinaweza kuoza. Weka mbegu katika kila shimo; Kufunika kwa upole na udongo sawa na ukubwa wa mbegu yenyewe. Maji ya sufuria.

Fanya kivuli kikubwa na nyasi ili kufunika sufuria au kitanda cha mbegu baada ya kupanda.

Maji mbegu zilizopandwa mara mbili kwa siku, mapema asubuhi kabla ya saa 9 asubuhi na jioni baada ya 4.00 p. Ikiwa hii haiwezekani basi maji jioni tu, kwa kuwa maji mengi kwa wakati huu yanachukuliwa na mmea, kwa kuwa kuna uvukizaji mdogo sana.

KUBOresha NISHATI YA KUOKOA JIKO

Hii ni ya kisasa, chini ya kuni ya moto ya jiko la kupikia inayotumiwa na kaya nyingi katika jamii yetu katika wilaya ya Soroti. Jiko la kupikia hili la nishati linafaa katika kupikia chakula tayari kabla ya masaa machache. Nguvu hii ya kuokoa nishati inafanywa kwa rasilimali zilizopatikana kwa bei nafuu ili kuzingatia na kupitishwa na mabadiliko ya hali ya hewa. Maji haya ya kupika ya nishati yaliletwa na TIST Uganda katika jamii katika wilaya ya Soroti.

**a) VIFAA AMBAO INA TUMIKIWA KWA KU
TENGENEZA JIKO YA NISHATI (LORENA]**

- (i) Maji
- (ii) udongo (kichuguu)
- (iii) jivu
- (iv) ndovu ya ng'ombe
- (v) Nyasi kavu
- (vi) Vipande vya shina safi ya ndizi
- (vii) Matofali
- (viii) Mchanga (wa ndani)
- (ix) Okra hupunguza maji



b) JINSI YA KUFANYA JIKO BORA YA NISHATI. (LORENA).

- Kulingana na ukubwa, kuchimba udongo wa udongo 3-gurudumu barrow / mabonde nne kwa sababu ina wanga
- Kukusanya dhahabu ya 1 ½ ya mchanga wa mchanga
- Kusanya bakuli 1 ya ndovu ya ng'ombe (zuri safi)
- Pata gurudumu la 1 ½ la gurudumu la nyasi
- Kukusanya mdudu mchanga 1 bonde
- Pata maji kuwachanganya pamoja na angalau kuwapa wiki moja kabla ya kuanza kuitumia
- Baada ya wiki moja, wageuke na kupata maji ya okra pamoja nao
- Pata kipande cha ndizi kwenye kinywa na mahali ambapo sufuria ya mchuzi itakuwa na kukuma kwa moshi
- Pata matofali ya kuteketezwa / matope na kuyaweka kwenye pembe, kabla ya kupata matope iliyochanganywa tayari
- Baada ya kufanya, kuruhusu kukaa kwa mwezi mmoja kabla ya kuanza kuitumia

NB: Miiko ya kuokoa nishati inapaswa kufanywa karibu na ukuta / bitana kwenye ukuta

C] FAIDA BORA ZA KUAKOIA JIKO YA NISHATI

- (i) Sio moto kwa sababu ya kuchimba ambayo hutoa moshi.
- (ii) ni usafi.
- (iii) Ni nafuu kwa kutumia vifaa vya kutosha vya ndani ili kuifanya.
- (iv) Inatia moyo kupikia.
- (v) Unaweza kuandaa milo miwili kwa wakati mmoja.
- (vi) Kudhibiti uharibifu wa misitu.
- (vii) Chini ya kuni kutumika kwa kuni.

BY Joseph Mwokozi Eturot- kwanyifaya Soroti



Nusery bed for Kyembogo Farmers Group





Small group activities