



THE TREE

The International Small Group
and Tree Planting Program

CLEAN AIR
ACTION
CORPORATION

TIST NEWSLETTER JULY 2024



Members after Cluster meeting held in Ihunga Cluster in Rukungiri



Muhokya Cluster meeting held in Murambi village kitwamba subcounty



Cluster meeting for Rukoki held at Mburakasa primary school in Kasese



Small Group members witnessing the tree counting exercise in Punena cluster in Gulu

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 79,200 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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LET'S LEARN ABOUT TIST BEST PRACTICES

TIST Best Practices are TIST principals that enable Small Group members to find out things that work from many other Small Groups around their country and the world. TIST Program is empowering Small Groups to identify, adopt and share Best Practices appropriate for their local environment and circumstances.

Here is the list of the Identified TIST Best Practices that are being Shared among TIST members and community.

Conservation Farming: Conservation Farming Best Practice has made such a difference in the lives of Small Group members and their families. TIST groups need to have one acre of CF average per group member to be in good standing.

Improved cookstoves: These are cook stoves that use less wood and are more efficient. TIST provides training and access to improved cook stoves. Improved cook stoves are good for your health, because you breathe in less smoke.

Training on compost manure: TIST gives training on making compost manure. This allows farmers to avoid buying fertilizer, get more yield, and help the environment.

Health: A farmer's health is their biggest resource. TIST provides trainings on staying healthy and common health issues.

Rotational Leadership (Leadership development): Every TIST participant has the chance to be a leader. TIST provides training on leadership for women, men, and youth. TIST program practices Rotational Leadership, which allows everyone a chance to lead.

Kujengana: Kujengana is a very important part of each weekly Small Group meeting, monthly Cluster meeting, and at TIST seminars. Kujengana is a practice of identifying one positive thing about the leader and giving appreciation about that positive aspect. This practice brings confidence to leaders who know that they have done something good. Kujengana helps future leaders to learn from the success of current leaders.

Prayers, Praise and Worship: TIST is a secular program and does not promote any religious practice, however TIST groups may include prayers as part of their traditional beliefs. The focus of TIST is environmental conservation, poverty reduction and sustainable livelihood through the implementation of agroforestry practices.

Nursery Beds: To increase the number and quality of trees planted, TIST groups initiated the practice of starting nursery beds at Small Group level that serves as a means of training and adopting new tree species, by carefully managing these species in their nursery beds. In other words, a nursery bed is a place where seedlings are grown before being transplanted to their permanent location.

Other Best Practices include Sitting in Circle, Apiary (Bee Keeping), Leadership Training Seminars, Education Sponsorship.

TREE PLANTING FOR BUSINESS

Tree planting mostly indigenous trees by subsistence farmers in rural areas is more beneficial.

A farmer may start planting one tree and end up on having thousands of trees. It is better to start small and grow big. By encouraging individuals to come together as Small Groups, it helps one another through sharing knowledge, skills and experience to develop together.



Planting trees is a good business. Start with ten thousand shillings' business and end up as a millionaire, if you keep your trees alive and keep planting more. You are advised before planting trees in your area or community to go through training and be advised by TIST Cluster Servant on the spacing to consider and forming of Small Group of 6-12 members.

It is only through TIST that you can plant trees for business, if you keep your trees alive for 30 years. Based on TIST values of being honest and transparent, local communities can transform their lives by engaging in tree planting for business and lifesaving.

I therefore call upon all Ugandans to join TIST, plant indigenous trees and always attend meetings.

May God give you health and courage to plant more trees to save life, nature and human beings.

By Mbabazi –Kiyanga Cluster Servant -Bushenyi

STARTING A VEGETABLE GARDEN AT HOME IS A NO-REGRET ACTION

Home vegetable gardening is an ancient sustainable practice of growing common vegetable foods (leafy and root vegetables) nearer to residences for easy access throughout the day. The common vegetables include eggplant (*solanum melongena*), cabbage, dodo, spinach (*Spinacia Oleracea*), tomatoes, carrots, and sukuma wiki among others. While it is clear that traditional cultural knowledge of home gardening is being lost over time, TIST Uganda through well-trained TIST cluster servants, is taking a grassroots initiative to re-establish this knowledge among households in local communi-

ties.

Home vegetable gardens offer multiple benefits for families at a relatively low cost:

- Small vegetable gardens at home improve daily household vegetable consumption and dietary diversity, leading to better family health and preventing nutritional deficiencies.
- Vegetable gardening households get enhanced food security and steady access to fresh, organic vegetables rich in essential nutrients. This provides a better livelihood for vulnerable populations, such as the elderly, people living with HIV/AIDS, or those with dietary restrictions.
- Specifically, for people living with HIV/AIDS, higher daily vegetable consumption helps strengthen the immune system and improve overall health, which is crucial for managing the effects of the virus.
- Besides nutritional benefits, these gardens can be a source of income, as families can sell surplus produce at local markets. The income generated can be saved in village savings groups, and ultimately contribute to household welfare, for example paying school fees.

Position of TIST Uganda in promoting home vegetable gardening.

TIST Uganda is encouraging households in local communities to engage in low-input home vegetable gardening projects. The initiative involves sensitizing local farmers about growing vegetables on small plots near homes using Conservation Farming techniques such as conservation tillage, organic gardening, mulching, and mixed cropping/intercropping. These practices improve soil fertility, conserve water, and reduce the use of synthetic chemicals, ultimately leading to more sustainable



RUNYAKORE

and environmentally friendly gardens. This approach enables local households to make use of smaller plots at home or in the backyard, helping them overcome the baseline challenge of limited land access.

In conclusion, home vegetable gardening is a simple yet effective way to promote health, sustainability, and self-reliance. By utilizing Conservation Farming techniques and cultivating a variety of nutritious vegetables, households can improve their overall well-being and contribute to a healthier environment as well.

By Noel Mwebaze –Cluster Servant Kasese District

Reka twegye aha mitwarize mirungi ya TIST

Okubyara emiti namunonga ey'enzaarwa aharurengo rw'ahansi nikigoba omu bahingi ab'ebyaro.

Omuhingira naabaasa kubyara omuti gumwe ahendere aine emiti mingi aha muheru. Nikirungi kutandika na kakye okaihamu kihanogo, okuhagira abantu kwerundana hamwe, omu guruupu, nikibahwera kubagana amagezi, obukugu n'obumanyi kwetunguura.

Okubyara emiti ni bizineesi nungi. Tandika n'omutwaro gumwe, ohendera n'oba mirioniiya waaguma n'emiti yaawe otagitemire. Otakatandikire kubyara emiti owaawe nari omukyanga kyanyu, banza otungye obuhabuzi kuruga ow'omutendeki wa guruupu z'empagara, nk'aha myanya, n'okutandikaho za guruupu enkya eza ba memba 6-12. Omu TIST nimwe orikubyara emiti okaihamu akasente emiti yaaheza emyaka 30 otakagitemire.

Omu nkora ya TIST ey'amazima n'okukora bwerure, abantu nibitunguura amagara gaabo n'emituurire mirungi.

N'ahabw'ekyo niimpiga abantu mwena kuza omu TIST, mubyare emiti ey'enzaarwa kandi muze omunkiiko.

Ruhanga abahe amagara, mubyare emiti mingi, kurinda amagara, obuhangwa n'abantu

N'ebya Mbabazi- Kiyanga-Cluster servant, Bushenyi



Torikwefuuzwa waatandika omusiri gw'emboga ahaka.

Okuhinga emboga ahaka n'enkora y'ira erimu okuhinga emboga ez'amababi n'ez'emizi ahabw'okuba haihi n'eka. Emboga ezi zirimu entonga, kabegi, dodo, spinach, enyaanya, karoti, na sukuma wiki n'ezindi. N'obu okuhinga emboga ahaka kuriyo nikuhwaho, aba TIST Uganda kuraabira omu beegyesa ba guruupu z'empgara eriyo neekora n'amaani kugaruzaho enkora egi omu byanga byaitu.

Okuhinga emboga ahaka kwine emigasho mingi orikutamu kikyey.

- Nikireetera eka kurya emboga z'ebika bingi reeru endya eba nungi, eka egira amagara marungi, kireeta ekiriisa omu baana.
- Nikireetera eka yaagira ebyokurya by'oburiho, bisya kandi biine ekiriisa. Eki nikihwera abantu abari aharutezo nk'abaana, abantu abakuzire, abantu abarikutuura n'akakooko ka siriimu, naabo abarikutonda ebyokurya.
- Ahabantu abarikutuura n'akakooko ka siriimu okurya emboga nikihwera omubiri gwabo gwagira abaserikare barikurwanisa endwara n'okubaha amaga marungi.
- Nikireetera eka kwihamu sente baaheza kuguza enshagi baihamu entasya. Sente bazita omububox reeru kibabaasisa kushashurira abaana baabo fiizi.

Oku TIST Uganda erikushagika enkora y'okuhinga emboga ahaka.

TIST neeta amaani omu kushomesa abantu omu bicweka byabo kuhinga emboga ahaka ahabw'emigasho yaayo, nk'okuhinga obusiri bukya aha maka gaabo, barikukoresa okuhinga

orikurinda orwezo, kukoresa kasasiro ekoreirwe ahaka, okwarira, kandi orikuhingirana n'ebindi bihingwa. Empinga egi, neereetera ekiriisa kyaguma omwitaka, eitaka ryaguma riine amaizi kandi n'obutakoresa fatariiza. Nikireetera eka yaakoresa omwanya mukye, ekasharuura kihango, kandi ekarinda n'eby'obuhangwa. Nikireetera eka yaakoresa omwanya mukye reeru kibahwera kwihaho oburemeezi bwitaka rikye.

Ahabw'okukoresa enkora y'okukekerezwa eitaka, nikireetera eka yaihamu kihango, etunga eby'okurya, entasya, amagara marungi n'okwebaisaho.

N'ebya Noel Mwebaze, Cluster servant – Kasese.

ENDS.



ESISIATANU EJOKAK NOI IKAMANARA KA ESWAMAE LO “TIST”

eswamae lo' ajokan kes ainapeta nukajokak ninga-
rakitos abungena nudidik aisisyaun/ angicun eswa-
mae loka tisa akwap kanatar akwapin kere .

Ainapeta nu TIST ingarakiniaisicat abungena
nudidik amisikin kajaun kaimo eswamae loajokan
kotoma abosya kec.

Nuitodunitos eswamae lokajokan lo TIST kesi
nutaikama ejasi imemban ka aibosyo kec.

AKORU NA ITOJOKARITAI.

akoru na itojokaritai ejulaki ejautene lo akoryok
kokalya kec katutubet da.

Abungena nu TIST ipudasi ajaut kamisiri adyope
tetere epedorete aidodolikin akoru naitojokaritai.

IKIYAL LUITOJOKARITAI.

Lukes ikiyalan lu itwasamaete akito adis ido inga-
rakinitos atipet. Eryonet lo TIST isisyanakini epone
lo iswamaere ikiyal ngul luitojokaritai.

Ikiyal luitojokitai ejokuka anu angaleu na itunganan
naraai iyenganari apuru na edit.

AISISYA AISWAMAUN EBOLIYA.

Eryonget lo TIST isisyanakini eone lo iswamaunet
ebolija. Ingarakini na akoryok adumun araito na-
jokan ka aitidisyar agwel ikee lu isikere; ingarakini
aiboisit esalit ejok.

ANGALEU.

Erai aijar akoryok ainakinet na epol .

Isisyanakini eryonget loka TIST nukamanara ka
angaleu kasalakinit ingalei.

EINGARONONE LO IKOPANAR.

Ngini itunganan na ejai atukot na TIST ejaasi
karereng na araun engarenon.

Isisyanakini atukot na nu ikamanara ka eigarenone
ne ejaas engor, ikilyok pepepe katumunak ido
ngitunganan kere einakinitai arereng na aingar-
enikin.

“KU JENGANA”.

“kujengana” ngesi epone lo idukiya oni lucewok
kotoma airyamuneta nuka ngolsabiti, toma abun-
geta wok nu didik kotoma ariyamun nangolilap ka
atukonokin naka “TIST”.

“kujengana” ngesi eswamae edyopet lo ipedora
oni angicun ibore yen ajokan kane ejai engarenon
kaisyalamikin kanu ajokak.

Eyauni eswamae lo amunokina ne ejai engarnok
lu oingaren aisisyaun eswamae lokajokan kama
ejaas ingarenok lu eyaitos.

AILIP, AIMA, KAITURIT.

Atukot na TIST erai eryonget lomam ekodakina/
erucokina kede ediyo dini kere konye abungena
nu TIST epedorete aitwasam ailip kwape einono
toma apak na airyamun kec.

Apeleikinet na TIST ngesawanyunebe edyekuni
isuban lu edeke, alemar ibakor kosodiadukun ejau-
tene lo ajokan itoritete airayo na ikito.

NEIPEPERE IRAAN.

Anu aiyatakin etiyai lo ikito lu ebeit aira aibungena
nu TISTopotu ageutuaswam na aitemonokin aboisit
nai pepere ikito kotoma abungeta kec karokun ikito
lu itetyak kotoma aboisit na iepere ikito naitopolou-
ni ikitoeroko ikobanara aria ebeit airanakin.

Ice kotoma oponesyo lukajokak lu TIST nes aiboi
kolukunitos aujo, aipit auu, aitutuonor ingarenok ka
ainakin asyoman natitai.



ARA IKITO KWAPE AISUBUS.

Aira ikito kacut nu “ngo” kama ejasi akryok erai ibore yen imedauni epedori akoryon eraikin ediyope kitoi .ageunet kon-getakini erasi ikito lu edolitos elukumit.

Ejok ageun kanedit /mot-mot kosodi apoloor opone kalo aisinyikokin aibungena nudidik, ingarakini kotoma opone lo aimor acoa, akeryanut kaijen tetere kipoloi nepepe.

Aisubus na aira ikito ipedori ageyar kede ilukumin tomon kongetakini kede aritai aria idari ijo ikito kon ejok irai bobo ice da .

Kisinyikokitai ijo eroko iraa ikito atutubet kon adumun aitu-tuoro kane ejai eswaman loka TIST loeyait abungena toma opone lo alanakin ikito kadukun abungena nucicik nuitunga ikanyape kiton itomonarei (6-12)

Itorit oryonget loka TIST ngesi ipedorya jo aira ikito kwape aicurus aria idari ijo ikon kito ejok I do olaete adepar ikaru aaisauni.

Kotupitete ajokusyo nuka TIST nua araut yen imunono, komam aria yeni imuduci epedorete kwana atutubena/ icaloi aijulakin akec aijar kotoma aira ikito anu aisubus ka adyekun aijar kotoma okwamin kalu aronok. Kanukangun, ekwenyarit eong itunga luka akwp wok (ganda) eraata ikito lu “ngo” kalosenen airyamuneta.

Oinak yesi ejakait edeke angaleu kaijar kaisinyikokin aira ikito luipu tetere idyekuni isuban lu edeke ka itunga kere.

Eong Lokus

Mbabazi Kiyango Ayaiton Abunet Na Obusenyi

AITEGEYAR AIRAYO NAKI IRAAN LU'KWII KOR- ERYA WOK ERAI NA NA EMAMEI AITIKADIKINET.

Aira na iraan lu'kwii erai ibore yen asonya (einono) yen isinyikoikini akoru na eropya na inyamat lu'kwi kwape nat akwii ka luliyas oyapyonoro kede ekal ido opatana adumun.

Ikwii/ iraan lu eyapiyete kaoni kesi ebirinyanya, ekabej,aboga, enyanya, karots, sukuma, emalakany, eboo, kaluce da.

Ejena duce be acoa na einono lo ateker na aira iraan osiyep ere ejai aolyor.

Atukot na TIST kane ejai etutuoron lo aibunget ejai aiyan-gar anapeta ne ejaas lu akwap aisiteteun aijen na ne ejaasi

ikaliya kaboisyo kec.

AIRA IRAAN LU OSIYEP ERE EJAAS KEDE AIDU- MUNETA NUIPU NEJAAS IKALYA KOTOMA OTYAI LO EDIT

Iraan lu osyep ere itojokari ejautene lo ainyam ka aijul ewode koyauni angaleu najokan kaititik adeka naikamanara kede inyamat.

Ajaut kede iraan lu osiyep ere kadumunun inyamat lukelidyo ingarakini ayuwara na inyamat.

Itojokari na aijar najokan kane ejaas lu etyono ejautene kwape nat ipolok, lu ejarete ka ekurut lo eseny araibo ngul lu ejai ekada-kada lo ainyam. Aitelekarit anu itunga lu ejarete ka ekurut lo eseny; ingarakini ainyam ikwii ngini paran ai-togogong ikur lu itijiyete adekasinei..

Bobo da alemar ainyam, ingarakinte iraan lu adumun apiyai okaliya ne igwelara jo luilamara-neigwelara jo osokoni epedo-rete ikapun lu ainyarakin aimoono akaulo ke ingarakini owai lo asoman.

AGWOETAIT NA TIST UGANDA KOTOMA AKORU INYAMAT LU'KWII OSIYEP ERE.

Isinyikoikit eryonget loTIST uganda ikaliya aitudisyarit eitwasa-mae lu ikapun lu ipu kotoma akoru ikwii lu osiyep ere.

Erai na aomisyoit naisisyanakinere akoryok akoru iraan lu ikwii amisirin nuedisyak isyeposi korerya kitwasamaete akoru naitojokaritai.

Imoryaritos nu aiswamao na eboliya, ailele na alupok, eny-alinyal na iraan. Aswamisyoit na itojokari ejaute/ayobokok nu alupok, eyuwari akipi itidisyari eitwasamae nu ikee lu ikiket lu itopolrete ejautene loajokan ka eidare lo amisiri.

Ingarakini da ikalyaaitwasam amisirin nu edisyak kosiyep ere (agule) aingarakinit kesajuarakotoma amamus na alupok nu ipu.

Auryanut iraan lu ingarakinete kotomaaikeun angaleu ka ejau-tene lo angin tunganan kopone lo aitwasam akoru naitojokari-tai kowai lo aisak iraan lu egelegela.

NOEL MWEBAZE

EJAANAKINAN LO ABUNET KASESE DISTRICT.



LUGANDA

KATUYIIGE KUNKOLA ZA TIST EZISINGA

• Enkolazatiste zisingazempagiezisobozesaobubiinaobutonookuzulaebintuebikolaokuvamububiinaobutonookwetoloraegwanga ne nsiyona. Entekatekaza TIST zisitulaobubiinaobutonookuzulan`okugabanaenkolaezisi ngamubitundubyabweebibetoredde.

Zinozenkolaza TIST ezisingabamembazebagabana ne bitundubyabwe:

1. Enimaeyomulembeeseenjaulomubulamubwabamemba mu bubiiinaobutono ne famirezabwe.
2. Amasigaagakekereza. Binobyebiyotoebikeker-ezaenku era biyamban`okukendezaomukkaogusibwaab antuekyongerakubulamubw`abantu.
3. Eyigirizaokwekoleraebigimusa. Kino kiyambaabali-miobutagulabigimusa era nefunaamakungulaamalungi.
4. Ebyobulamu. TIST eyigirizaabalimiebikwataku-bulamungaekyomuwendu.
5. Okukyusakyusaobukulaembeze. TIST eyigirizaa balimienkolayobukulembezeabamin`abakyala.
6. Kujengana. yenkolaeyokuzimban`okusi-mabulimembaarinakyabaakozemulukiikolwabuliwiikimu kabiinaobamukibiinaekinene.
7. Okusaba ,okusinza`okutendereza: TIST esimbaesir-akunsongaeyowagulu era ekubirizabamembaokugiso-sowazamubulikyebakolaokugezamunkiiko. TIST erwan yisaobwavun`okutumbulaobulamubwabantu.
8. Emezeso: Okwongerakunambayemitiesimbib-waobubiinabwa TIST bwatandikawookusimbaemez-esoyemitimububiinaobutonoobwa TIST.

OKUSIMBA EMITI NGA BUSINENSI

Okusimbaemitigyinansangwamubalimiabasokerwa-kokyamigasomingi.

Omulumiyayinzaokutandikaokusimbaomutigumunako-merezangaasimbyeenkuminenkumizemiti. Otandikaok-ufunaomutwalogumun`okomerezangaofunamilliyoning aokumyeemitingamilamu era ngaoyongeraokusimba. Okubirizibwanganasimbaemitimukitundukyotende-kebwokuvaomuwarezawa TIST kumanyabyogobereran-gaosisimbaemiti era otandikewoakabiinaakatonoka bantu 6-12.

TIST yokamwoyitaokusimbaemitiegyabusinensi. Woku-maemitiokumalaemyaka 30 ngaogobereraemiramwa-gya TIST okuberaomwesimbu era omulambulukuffu.

N`orwekyotukowoolabanayugandamwenaokwegata ku TIST musimbeemitigyinasangwa era mwetaben-gamunkiiko.

Mukamaabaweobulamu era mweyongereokusimbaemiti okutasaobulamuobutonden`ebitonde.

ByaMbabaziKiyanga AbalaEmiti – BushenyiDistrict

OKUTANDIKA ENIMIRO YENVA SIKWEJUSSA

Enimiroyenvayenkolaeyokulimaenvazemere (eze-bikoola ne mirandira) okumpinewobera. Ebikkaebi-manyidwamulimuentula ,emboga, ddodo , Sukuma wiki, enyanyaetc

Amagezigannogagwawodda. TIST etendeseabawer-ezabaayookutandiikaokusomabulikabiina.

ENIMIRO ZENVA ENDIRWA EZ`AWAKA ZIWA EMIGASO MINGI ERI FAMIRE KUMUWENDO OGWAWANSI.

- Akalimiroakenvakongerakunvamumakkazebaly-aekivirakoobulamuobulungin`okuziyizaendwadde.
- Enimiroyenvaeyongerakubungibwemere era n`o kufunaenvaezijuddeobutondengazirimuekirisaekyonger-akubulamubwabakadden`abantuabalinaakawukakamuk enenya.
- Okusingiraddalaabantuabalinaakawukakamuke-nenyaokukozesaenvaendirwakibayambaokwongeraa-manyimusingitumuyomubiri.

TIST Uganda mukutumbulaenimiroyenvaeyawaka

TIST Uganda ekubirizabulimakamukitunduokuli-maenvazawaka. Kino kirimukukubirizaabalimiku-kulimaenvamubufuobutonookuliranaamakangaba-kozesanemaeyomulebeokugezaokubiikaenimiro, okulimaebilimeebyenjaulomukifokimu. Kino kiyam-baetakaokugimuka, okukumaamazzin`okukendezaebira galaragala.

Mukumaliriza, enimirozenvaendirwakyangu era kiyam-baebiyobulamu.

Bya Noel Mwebaza

AbalaEmiti – Kasese District



KISWAHILI

Basi's tujifunze kuusu mazoezi bora ya TIST

Mazoezi bora za TIST ni Mkuu ya kuwawezesha Wanachama wa kikundi kidogo ili kujua mambo ambayo yanafanya kazi kutoka kwa makundi mengine mengi karibu na nchi yao na ulimwengu. Mpango wa TIST unawezesha vikundi vidogo kutambua, kupitisha na kushiriki mazoezi bora zinazofaa kwa mazingira yao na Halii yao.

Hapa ni orodha ya Kutambuliwa mazoezi bora ya TIST ni kuwa Kushiriki kati ya wanachama wa TIST na jamii.

Ukulima wa Uhifadhi: Ukulima wa Uhifadhi ni mazoezi bora imefanya tofauti kama vile maisha ya wanachama wa kikundi kidogo na familia zao. Vikundi vya TIST vinahitaji kuwa na ekari moja ya wastani wa CF kwa mwanachama wa kikundi kuwa katika msimamo mzuri.

Jiiki mpishi l'lie boreshwa o: Hizi ni Mikoba ya kupika ambayo hutumia kuni chini na ni ufanisi zaidi. TIST hutoa mafunzo na upatikanaji wa vituo vya kupikia vilivyoboreshwa. Kuboresha vituo vya kupikia ni nzuri kwa afya yako, kwa sababu unapumua katika moshi mdogo.

Mafunzo kuusu mbolea: TIST inatoa mafunzo juu ya kufanya mbolea ya mbolea. Hii inaruhusu wakulima kuepuka kununua mbolea, kupata mavuno zaidi, na kusaidia mazingira.

Afya: Afya ya mkulima ni rasilimali kubwa. TIST hutoa mafunzo juu ya kukaa masuala ya afya na ya kawaida.

Mzunguko wa Uongozi (maendeleo ya Uongozi): Kila mshiriki wa TIST ana nafasi ya kuwa kiongozi. TIST hutoa mafunzo juu ya uongozi kwa wanawake, wanaume, na vijana. Programu ya TIST inafanya uongozi wa mzunguko, ambayo inaruhusu kila mtu nafasi ya kuongoza.

Kujengana: Kujengana ni sehemu muhimu sana ya kila mkutano wa kikundi kidogo cha kila wiki, mkutano wa kila mwezi wa nguzo, na katika semina za TIST. Kujengana ni mazoezi ya kutambua kitu kimoja cha chanya kuhusu kiongozi na giving Kuthamini kuhusu kipengele chanya. Mazoezi haya huleta ujasiri kwa viongozi ambao wanajua kwamba wamefanya jambo jema. Kujengana husaidia viongozi wa baadaye kujifunza kutokana na mafanikio ya viongozi wa sasa.

Maombi, Sifana, kuabudu: TIST ni mpango wa kidunia na haukukuza kidini yoyote. Jitayarisha, hata hivyo Makundi ya TIST yanaweza kuhusisha sala kama sehemu ya imani zao za jadi. Lengo la TIST ni uhifadhi wa mazingira, kupunguza umasikini na maisha endelevu kupitia utekelezaji wa mazoezi ya kilimo.

Vitanda vya kitalu: Kwaongezekoidadi na ubora wa miti Kupandwa, TIST Vikundi ilianzisha mazoezi ya kuanza kwa

wauzajieri kitanda wakati Small Group ya kamba ambayo hutumikia kama njia ya mafunzo na kupitisha aina mpya za miti. Kwa makini Kusimamia aina hizi katika kitalu chaovitanda. Katika W nyingineords, Kitanda cha kitalu ni mahali ambapo miche imeongezeka kabla kuwakupandwa kwa eneo lao la kudumu.

Nyingine ya mazoezi bora ni pamoja na Ameketika katika muzunguko, apiary (kuweka nyuki), seminar za mafunzo ya Uongozi, elimu ya udhamini.

Kupanda miti kwa ajili ya biashara

Kupanda miti hasa miti ya asili kwa wakulima wa kudumu katika maeneo ya vijijini ni ya manufaa zaidi.

Mkulima anaweza kuanza kupanda mti mmoja na kuishia juu ya kuwa na maelfu ya miti. Ni bora kuanza ndogo na kukua kubwa. Kwa kuhamasisha watu kuja pamoja kama Small Groups, ni husaidia kila mmoja Kugawana ujuzi, ujuzi na uzoefu wakuendeleza pamoja.

Kupanda miti ni biashara nzuri. Kuanza na biashara ya shilingi elfu na kuishia kama mmilionea, kama Unaweka miti yako hai na kuendelea kupanda zaidi. Unashauriwa kabla ya kupanda miti katika eneo lako au jamiikwa Nenda kupitia mafunzo nakuwakushaurina mtumishi wa nguzo ya TIST juu ya nafasi ya kuzingatia na kutengeneza vikundi ndogo ya wanachama 6-12.

Ni kupitia TIST tu kwamba unaweza kupanda miti kwa ajili ya biashara, kama Unaweka miti yako kuishi kwa miaka 30. Kulingana na maadili ya TIST ya kuwa waaminifu na uwazi, jumuiya za mitaa Je, kubadilisha maisha yao kwa kushiriki katika kupanda kwa miti kwa ajili ya biashara na kuokoa maisha.

Kwa hiyo ninawaita Wauganda wote kujiunga na TIST, kupanda miti ya asili na daima kuhudhuria mikutano.

Mungu awape afya na ujasiri wa kupanda miti zaidi ili kuokoa maisha, asili na wanadamu.

Na Mbabazi -mtumishi wa nguzo ya kiyanga wilaya-bushenyi

Kuanzisha bustani ya mboga nyumbani ni hatua ya kusikitisha

Nyumbani ya mboga ya mboga ni mazoezi ya kale ya kudumu ya kukua vyakula vya mboga za kawaida (mboga za majani na mizizi) karibu na makazi kwa upatikanaji rahisi siku nzima. Mboga ya kawaida ni pamoja na mimea ya mimea (Solanum Melongena), Kabichi, Dodo, mchicha (Spinacia Orarecea), nyanya, karoti, na Sukuma wiki kati ya wengine. Ingawa ni wazi kwamba ujuzi wa jadi wa bustani ya nyumbani unapotea kwa muda, TIST Uganda kwa njia ya watumishi wa nguzo ya TIST, inachukua hatua ya



msingi ya kuanzisha upya ujuzi huu kati ya kaya katika jamii za mitaa.

Bustani za mboga za nyumbani hutoa faida nyingi kwa familia kwa gharama ya chini:

- Bustani ndogo za mboga nyumbani huboresha matumizi ya mboga ya kila siku ya kila siku na utofauti wa chakula, na kusababisha afya bora ya familia na kuzuia upungufu wa lishe.
- Makazi ya bustani ya mboga hupata usalama wa chakula na upatikanaji wa kutosha wa mboga mboga, mboga mboga yenye matajiri muhimu. Hii hutoa maisha bora kwa watu walio na mazingira magumu, kama wazee, watu wanaoishi na VVU / UKIMWI, au wale walio na vikwazo vya chakula.
- Hasa, kwa watu wanaoishi na VVU / UKIMWI, matumizi ya mboga ya kila siku husaidia kuimarisha mfumo wa kinga na kuboresha afya ya jumla, ambayo ni muhimu kwa kusimamia madhara ya virusi.
- Mbali na manufaa ya lishe, bustani hizi zinaweza kuwa chanzo cha mapato, kama familia zinaweza kuuza mazao ya ziada katika masoko ya ndani. Mapato yanayotokana yanaweza kuokolewa katika vikundi vya akiba ya kijiji, na hatimaye huchangia ustawi wa kaya, kwa mfano kulipa ada za shule.

Nafasi ya TIST Uganda katika kukuza bustani ya mboga ya nyumba.

TIST Uganda inahimiza kaya katika jumuiya za mitaa kushiriki katika miradi ya bustani ya mboga ya ndani ya pembejeo. Mpango huo unahusisha kuwahamasisha wakulima wa ndani kuhusu kukua mboga kwenye viwanja vidogo karibu na nyumba zinazotumia Mbinu za ukulima tuhifadhi silaha kama vile uhifadhi wa kilimo, bustani ya kikaboni, mulching, na kuchanganya / kuingilia kati. Mazoea haya yanaboresha uzazi wa udongo, kuhifadhi maji, na kupunguza matumizi ya kemikali za synthetic, hatimaye inaongoza kwa bustani endelevu na ya kirafiki. Njia hii inawezesha kaya za mitaa kutumia viwanja vidogo nyumbani au katika mashamba, kuwasaidia kuondokana na changamoto ya msingi ya upatikanaji mdogo wa ardhi.

Kwa kumalizia, bustani ya mboga ya nyumba ni njia rahisi lakini yenye ufanisi ya kukuza afya, uendelevu, na kujitegemea. Kwa kutumia Mbinu za ukulima wa Uhifadhi silaha na kukuza mboga mbalimbali, kaya zinaweza kuboresha ustawi wao kwa ujumla na kuchangia katika mazingira mazuri pia.

Na Noel Mwebaze -mtumishi wa nguzo ya wilaya kasese.

KONG WA PWONYE KI IKOM NGO MA TIST TIMO

Tic ma TIST timomaber. Cik en aye wekodulmatinonongo-dokngeyongo ma otiyomaberkidulmatinomukene I lobo ma orumugidokbenewa I wii lobo weng. Yub pa TIST en aye me minokerokidulmatino me ngeno, kid ok metickwede I kabedo ma orumugiweng pi ber ne pi gi.

Magi aye kwaijamiki tic ma TIST gin leyoikinlumembakibenekabedo ma orumugi.

Pur ma gwokongom. Man aye oweko a pokapokatye I kwo pa lumemba pa dulman I kabedo ma orumugikibenewa I pacigi mini gig wok dokbenewekogicung ken gi

Loko kit keno me tede.tye keno me tedomogo ma tiyoki yen manok ma dokbenegityemabeco TIST miyopwonyekioweko keno me tedotyete ma bercodokbeneber pi yotkomipieniiyweyotomanok.

Pwonyeikom kit me yubumwocngom ma kinongokiikom gin apita. TIST miyopwonyeikit me yubumwocngomkiikom gin apita. Man wekolupurjukubalocenteikit me wilomoc cam ma kiwiloawila, dokbenenongoadwogi me cam kibenekacmaberdokbenekonyokabedo ma orumuwa.

Yotkomyotkomlupur en aye gin ma piretek. TIST miyopwonye I kit me bedo ma komyotdokbenekiikitmebedopekeki two ma yelodanoni.

Leno tela: Danoducu me I TIST tyekikare ma keretutwal me bedolatela. TIST miyopwonye pa luteal bot coo ki monk i benebulu mawekotelakileyoaleyawekodanowengbedokikero me bedolatela.

Kujengana: kajugena man aye bute ma piretektutwalibute me cabitkicabitweekodul gin rwatecabitkicabit, dwekid we I dulgimatino kun ki neon latela ma otimomaberloyodokbeneki mine pwochikom gin ma gin gutimomaber man miyotekcinyki luteal kibene mini gikeromaber me tela manbeneweko luteal pwonyekiikom gin ma gin gutimomaberkibeneki gin ma luteal matyekombedi gin porokwededokwekotelabedomaber

Lega, pakkiworo: TIST obedodul ma petiyokidinimokekenentodul ma tino gin room wekolegabedoikin gin ma gin giyeeyeeento neon pa TIST aye en me gwokokabedo ma orumuwa, dwokorwom me can lapinykibene me wekokwoobed ma berni wok kiketo kit me pitoyadi I tic

Pitokodi I kabedogimanongopudpiyakiterogiiptomadit: man me ilomalorwomkiwelkodimalodokmabeco man time idulmatino man wekobenekodi yen ma tinokinongogikiidulmatinodokbenekigwokokodimatinonurseary bed en aye kamakodimatino gin dongokiiyee ci dong ki kobo giipotokama gin dong



dongoiyematwala

Tic mukene en aye bedo I lawala (gwokokic) pwonye pa luteal kibene culukwan.

PITO YA YADI ME ACATA

Pitoyadi muni tutwale pi jo ma gin bedo I caropiretektutwal.

Lapur room cakokipitoyatacelpakaoowa I yadialipiretek me cakomanokdok ci I dongoioowa ma dit. Ki cukucwinyjo ma tinokidul ma tino ,konyongatacel me leno ngec I kin gi ben gin leyodiroweko gin dongodugodano ma tek. Pitoyadi en ayebiyacara ma ber icak9o kiwelyadialiparmecilingdoki-dokolalonyomaditkaigwokoyadinimakwo pi kare ma dit dong benewacucucwinywu me pitoyadimadwong I kabedo ma orumuwodokbenekiwotoki I pwonyodano I dul ma tinokilutice-benekibenekiyubudul ma tino ma bedokidano 6-12.

Ni wok ki I TIST ke ken en aye mini kero me pitoyadi me acatakaigwokoya di ni pi mwaki 30 makwo. Ma nonogo I tiyo ma berkicwinyiwengki TIST ,kikabedo ma orumimaber room lokokwowe kobenekiketogi I yub me pitoyadi.

Ci dong benekimenenoalwongoanwali me Uganda weng me binokapitoyadiniwokka I donyo I TIST, pitoyadikibenebedo I kacokeweng.

Aaki bot Mbabazi- Kiyangalatela me dulmatino- Bushenyi

CAKO POTO ME POT DEK GANG EN AYE TIC MA PE IBIKOKO ANGEE

Magi aye tic ma pol kare con ki con kitimopito pot dek me acamo (ma potedokbene ma lwrite) ma nongocokki gang ma nongoiromoooyeoyotoyot magi aye birinyanya, cabbage , obuga, nyanyaki dong ikine ma pol ataa man beneweko kit me pur me tekwarobene peg i rwenyo pi kare ma pol, dul me TIST ni wok ki I pwony ma oromo ma nongo luteal me kilup-wonye me TIST aye omiyo bot jo mi tederokibenekabedo ma orumuwa .

Poto pot dek ma miyomugoba ma pol botdokpaci ma pol

- Poto pot dekweko pot dek me acama I gangiwabedo ma oromowekocentepekibalowekoyotkom pa dano me pacibedo ma berwekobenedwokopinykare ma nongokere me nongo two ma kinongoki I camo cam ma nongomocepeke

- Wekobenedekbedomuromo I paciacelelwekoki-nongodek ma no kikwanyowaki I poto ne ma wekojo ma goro gin dongodokbenegicamo ma berikineiyeejomadongo, joo ma gin twoyo two jonyo.

- Tutwalejo ma gin tyeki two jonyo mite niomyerogu cam pat dek man wekoyotkomgibedo ma ber man wekokwi-dikidorongimaber.

- I but ber ne me moc cam, beneromobedoyoo me nongocente ma calolupaco gin romocatobutemukeneweko gin gwokocente ne I dul me boli cup magi wekopaci gin bene ko0nyo gi me culukwan.

Rwom pa TIST I Uganda I medorwom pa paci kit me ketopoto me pot dek

TIST tyekacucucwinywopaci ma tye I kabedo ma orumuwa me pitokiyabupoto me pot dek I kabedo ma orumuwa man cukucwinydokbeneketopaci ma cente gin ok I biacara me pito pot dek. Man benewekokirweyopire bot danokikabedo ma orumuwa me donyo I biyacara me pito pot dek I poti ma tino ma nongocokkipaci ma nongokitiyokidiro ma pol me pur man wekomocngombedo ma berikine ma nogo cam ma kipitodok-kikwanyopekidwoko dong man konyo me gwokongomdok-benedwokopiny kit me tic kikwii ma pol ipotokingom.

Ka dong I agiki ne pitokiyubupoto me pot dekweko kit me yotkombedo ma ber ma lamal dong benewekodanocung-pirekene ma nogokitiyokidiro me pur ma polpieni pot dek-mukenetyekimocngom ma pol wekoberbedo pa dano me I pacokibenekabedo ma orumuwabedomaber dokbenelamal.

Ki bot Noel Mwebaze- Latic pa dul ma tino I kasese District.



Bee Hive as part of TIST co-benefits practiced by small group members and farmers in TIST program

FOR TIST general inquires about TIST expansion, Payments, Trainings, small group formation and registration, and Tree Planting call: