



# THE TREE

The International Small Group  
and Tree Planting Program

CLEAN AIR  
**ACTION**  
CORPORATION

TIST NEWSLETTER OCTOBER 2024



Small group Farmers taking care of the Nursery bed as they are planning for planting



Farmers in Kanungu-Kirima Cluster after cluster meeting



Small group farmers after Cluster meeting in Soroti



During cluster meeting in Lira

**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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**IN THIS ISSUE:**

- TIST IS A CANDLELIGHT UGANDA
- TREES COMMUNICATE THROUGH THE AIR
- TIST IS COMMITTED TO SERVING FARMERS

**Contents**

This newsletter has been translated into different languages;

English.....1  
 Runyankole.....2  
 Ateso.....3  
 Luganda.....4  
 Kiswahili.....5  
 Luo.....6



## TIST IS A CANDLELIGHT UGANDA

TIST is a candle, and Uganda is a shade. If you feel you want to walk in light; walk with TIST. It empowers you with employment, food, shelter, shade, oxygen, and much beauty through the planting of trees. TIST trains subsistence farmers on how to get money, keep money, and use money without extravagances. TIST is a source of joy to every member. I call upon everyone to join TIST and live a joyful life. "I love TIST!"

*By Mbabazi Maritazari -CS Mitooma District -Kiyanga Cluster.*

## TREES COMMUNICATE THROUGH THE AIR

Trees live in constant interference with their environment, the root system is not the only way trees communicate with each other. Like us, they have developed several senses. It is not just touch but taste, smell, and even sight. Look at two large beech or oak trees growing side by side for decades. Neither bothers the other and each, out of modesty or respect, holds back the growth of its largest branches so that they don't worry about the other while it pushes them away from the side that doesn't bother it. In the same way, their crowns will not touch, and unless they are

competing for light, which generally happens when they are not the same age, both will respect their neighbour's living space.

Phytoncides are another way for trees to communicate. The Russian biologist, Boris Petrovich Tokin, coined this term to describe all the volatile antimicrobial organic compounds emitted into the air by trees and herbaceous plants. These are molecules biosynthesised by plants to defend themselves against pathogenic microorganisms. They are present in the air surrounding the plants that emit them, and although invisible, humans and animals inhale them through the skin and the respiratory tract. This is one of the main subjects of the famous sylvotherapy, which the Japanese call shinrin-yoku, which leads them to say that a walk in the forest is an excellent way to get rid of pathogens.

This elaborate chemical language enables trees to exchange information, if not beneficial elements constantly. So, trees are in constant contact with each other, warning each other of dangers, supporting each other in difficult times and redistributing the fruits of their labours through the air and underground. Yes, trees communicate, and we are far from finished discovering everything they have to say and offer each



other.

*Louise Frederikke Kofoed-Dam-Extracted from Internet*

## TIST IS COMMITTED TO SERVING FARMERS

Dear TIST Friends,

First, we need to apologize to you that this letter has taken so long to get to you! Ben promised that we'd get you something in a week or two - and it has been over a month! We are sorry for that delay. Most of the delay has been because we really liked some of the ideas you gave us, and it took much longer to figure out how to make them work - and we are still not done.

Thank you for these good ideas

Moving forward;\* continuing the 'co-benefits' separate payment to be discussed and divided up by your small group;

\* Having the Profit Share Payments split into 2 (or 3) payments at different times;\*

\* Work with you to make sure we get accurate information about your trees and your other biodiversity and leadership actions;

\* Provide you with electronic access to the information about your farm and about the

payment process.

We have also been held up by the folks at MTN who have been very slow in providing the ability to make the electronic payments easier and automatic. This has been a particular frustration for Sarah - but she may have good news in less than a week.

Ben has had other frustrations in getting the technical pieces of the Profit Share for 2023 (and 2024) to come together. However, we think we are finished! Within 10 days you should get a statement here on WhatsApp that will give you the specifics of anything you must do to complete all of the evidence needed for your Small Group's 2023 Profit Sharing payment.

When you get that information back, we'll send out the first payment (1/3 of the total) to the Small Group, and a form for the members to discuss and decide the share for each member for the second payment. When that is complete, the members will get electronic payments. Then the 3rd payment will be sent to the Small Group.

Again, forgive us that this has taken long, but we hope that the progress we have made is worth the wait.

*Many thanks, Sarah and Ben*



## TIST N'ORUMURI RWA UUGANDA

1Tist n'orumuri kandi Uganda n'ekibunda. Waaba nooyenda kugyendera omu mushana, gyendera omu TIST. Neekubangira omu kuha emirimo, eby'okurya, obutuuro, omwoya gw'okwitsya, n'oburingi bw'ensi kurabira omu kuhinga emiti. TIST neetendeka abahingi ab'empoha nkye okubarikukora sente, okubarikuzirinda, n'okuzikoresa batarikizaatagura. TIST n'tamasiko ga buri memba waayo. Nimbahinga ku muza omuri TIST mukatuura n'okushemererwa. Ninkunda TIST.

## EMITI NEEREETAHO EMPURIZAGANA OMU MWANYA.

Emiti neekoragana n'ebigyehinguririize omu kubaho kwayo. Emizi yaayo tiyo yonka eriikweshumikanisa yonka baitu n'emitu yona. Nitutuura nayo kandi nitushushana nayo.

Tikugikwataho kwonka baitu n'okugiryaho n'okugireeba. Reeba nk'emitu eya beech na oak eku erikurira hamwe etarikutegansana kumara emyaka mingi. Amataagi gaayo n'amababi nigakura hamwe garikukoozana, shana waashanga etarikwingana mummyaka ngu yaahayanira ekyereerezi.

Emiti neeyerinda butaatahirirwa burwaire kuruga omu mwanya n'obukooko oburi-

kureetaho oburwaire ebubinga omu nkora yaayo kurabira omu kusho-hoza omwoya. Kandi neekoragana kweyihamu emiika yona emibi eyakubaire neerwaza abantu reeru eginyuunyuuta kandi endiijo egibiika . Omusayansa omwe wa Rassia nuwe yaajumbwire eki. Emwe omu miika egi neeturiza abantu n'enyamaishwa kurabira omu kugiisya n'omu kugikwataho. Aba Japan bakakimanya ngu okutambatambura omu kibira ky'emitu ni gumwe oha miring y'okweyihamu obutwa omu mubiri n'okurimbagirirwa omu bantu.

Enkora egi y'ekisayaansi neeshoborora gye orurimi rw'emitu gu erikigamba ekabagana amakuru kandi garikugigasira. N'ahabw'ekyo emitu neekoragana, eraburana omu bunaku bwakabi, eshagikana, omu bunaku obubi kandi ebagana ebijuma bw'amagoba gaayo omu mwanya n'omwitaka. Emitu neekoragana kandi tukiriyo nitujumbura bingi aha kugambirana kwayo.

Nebya Louise Frederikke Kofoed-Dam, kuruga aha mikura ya kanyabwengye.

Banywani bangye ba TIST,



ATESO

Okubanza nitubetondera ku ebaruha egi etwire obwire bwingi etakabahikire! Ben akaraganisa ngu nimuza kutunga akantu omu sabiiti emwe nari ibiri, kwonka mutusaasire kubakyerereza. Kikareetwa enshonga zimwe zimwatuhaira haza kyatwaraho akaire tutakazitebetaniise, kandi tutukaheriza.

Mwebare ebiteekateeko byanyu.

Nitugumizamu omu maishokukora ebi;

- Nitugumizamu kujwangurira enshashurwa yanyu omu za guruupu enkye.
- Kujwangurira enshashurwa yanyu omu miringo 2 nari 3 omu bwire butarukushushana.
- Kukoragana naimwe omu makuru gakwatiraine na guruupu zanyu, ebi abeebembezi banyu bashaziremu n'omwoya kuruga omu miti yanyu.
- Kuguma nitubahisyaho amakuru g'emiti yanyu kurabira aha mutimbagano hamwe n'enshashura.

Tukyererezibwe aba MTN kushoronzya emishashurire n'enkora egi yona aha mutimbagano gwayo. Oku kubaire okushobangirirwa kwa Sara, baitu nikibaasa kuhwa omu saabiiti emwe yonka.

Ben atwire aremesiibwe kutunga oku obu-

papura bw'okushashuriraho bukwateine kuruga ahamitimbagano obwa 2023 kuza 2024. Kwonka kuhwaire. Hati nimwija kutunga amakuru aha Whatsup (amasimu) zanyu okumurabagane sente z'amagoba ganyu 2023. Kuturagatunge, nitwija kuha kimwe 1/3 ky'amagoba ga 2023 na foomu ya ba memba ei barahamyeye okubarabagane amagoba gaabo. Ekyo kukiraahwe ba memba nibaija kutunga amagoba gaabo. Reeru enshashura endiijo neija kuza omu guruupu zanyu enkye.

Mutusaasire kwonka nitugira ngu enkora ei turiho mutegyerezeho kakye.

Mwebare munonga.

***Sarah na Ben.***



## ERAI TIST ATAALA NA AICA KO UGANDA

Erai TIST ataala, ido erai Uganda etolim. Arai ipupi ijo bala ikoto ijo alosit kotoma aica , oupakinos kede TIST . Erai TIST ibore yen ikeuni jo koipone lo ayinakin ijo aswam, inyammat, etolim , nejtot ka ekwam lo iyenganara ka aibuses nae pol koipone lo aira ikito . Ituu-tonori TIST akoriok lu didik koipone lo adumunun apiyai , aingada apiyai ka aitwasam apiyai komamei aicanican. Erai TIST alibunet na aiyalama ka nu angin mweba . Anyarakinit engo ngin mweba abunere alomar toma TIST tetere ijarete aijar na aiyalama. "Amina engo TIST".

Ewadikan: Mbabazi Maritazari  
Ejaanakinan lo Mitoma distrikt aibunget na o'Kiyanga

## INERASI IKITO KOTOMA OKWAM

Ejarete ikito koipone lo aitapas ejautene lo ikwamin kotoma aiboisit , Mam erai toma alias kec bon epedoroto ikito aineranikin bonik ka bonik. Kwape ka ooni adumutu

kesi da ipupeta lu ipu. mam erai lo atiror bon konye lo ainguun ka aanyun da .Koanyu ber jo ikito iyarei lu apolok epoloete nepepe kisieponoro adaun ikaru lu ipu . mam itapasi loce koipone edio kere , konye epuponoro ko camanara ko yonganara da , itikokini apol na ake tenieik lu apolok tetere mam itolitoli yeni ce konye kiyatakinite apol kosiep lo emamei ekitoi ece .koipone ka ngopekangol akec kwes da mam iriamakinos dimi kito arai emariaete aica, ibore da yen emina atakanunun arai mam ikito eraasi lu ediopekaru. Kesi kere eyongitos ne epoloyenice .

Ejai eipone ece lo ineratotor ikito lo ebakai phytoncides. Etunganan lo esiomit nu ikamanara kede aijar ka isuban lo enyaritai Boris Petrovich Tokin kolomunite ko Russia abu koruconik akiro nu kere ka nu aitemun eipone lo ejariatar ikito ka iraan kere . eraasi lu iboro lu itolomunete iraan ka nu ayuwar akec aijar .Era lu iboro lu ejaasi toma okwam lo elukunit ekitoi ngesi itolomunete kesi ido karaida mam itun-



ga epedorete aanyun konye iyen-  
ganarete itunga kede itiang ngesi  
kotoma omukule ka ekume . Erai  
na idiope kotoma aisisia na epol na  
ipiriotin lu esiomitos akiro nu ikito  
ka iraan ido ngesi eyinakinit ebakai  
ebe ne ilosio ijo kotoma okibira erai  
ibore yen ejok noi narai iyenganari  
ijo ikwamin lu ajokak bon

Koipone lo aijar nepepe engaraki  
ikito kowai lo apuponor ka aijar. Erai  
duc ibore yen ameda narai narai  
ejarete ikito nepepe ido kopuponor  
bonik ka bonik , ido kopedoritos  
aikwenyanar bonik ka nu arokok lu  
epedorete atakanikin kesi .aingara-  
nikin bonik ka bonik kotoma apakio  
nu ejaar ationis ka akoranar araito  
na akec swam kotoma okwam ka  
aliasi da . Erai abeit inerasi ikito ido  
elwana ooni amisiikin iboro kere nu  
ikamanara kede eipone lo ineratar  
ikito ka ainganikin.

TIST lye taala ate Uganda kye kisiki-  
rize, bwoba nga owulira Oyagala ku-  
tambulira mu kitangala, tambulira, tam-  
bula ne TIST.

Ekufunira emirimu, emere, enyumba,  
ekisikirize omukka gwa oxygen ne bila-  
bisa obulugi awaka nga emitti egisim-  
bidwa. TIST eyigiriza abalimi abowansi  
engeri yo kufunamu sente, okutereka  
sente, nokukozesa sente, nga tebadim-  
bode. TIST lye sanyu weliva eri buli  
memba wayo. Nkubiriza bulyomu okuy-  
ingira TIST owangalire mu sanyu.

Njagala TIST.

### ***Bya Mbabazi maritazari***

CS okuva mu Disitikiti ye Mitooma mu  
kibiina kya TIST ekinene ekye Kiyanga.

## **EMITTI GIWULILIZIGANYA NGA GIYIITA MU MPEWO**

Emitti giwangalira obutajako mumbera  
yagyo ne byegyeto lodde, enkola yem-  
irandira gyagyo siyegeri gye giwuliliza-  
ganyamu kyoka naye nga ffe abantu  
girina enkola ezenjawulo gyegiwigulizag-  
anyamu.

Tetuwulirizaganya mukukwatako kwoka  
naye tuwunyiriza, tukozesa olulimi,  
nokulaba na'maso. Tunulira emitti



nga gi Oak ngajiri ebiri eminene, nga gyakulira kumabali ga buli gunagwo okumala ebanga edene teri gutataganya mulala, buli gumu guwa ekitibwa gunagwo, sikumala ga sindika mulala na matabigagwo amanene, Teri kugyo kuyingira mu mulala okujako ekitangala ekiberawo okusingira dala nga tegiri mumyaka gye gimu. Girina okwewa ekitimbwa

Okulwanyisa endwadde, nayo ye'geri emitti gye giwulizaganyamu, Munasayansi omu okuva e Russia (boris petrovish token) agamba nti kino kiyamba nti emitti giteka omukka mu mpewo oguyamba mukulwanyisa obuwuka obubi, obuyiiza okuvako akabi, wadde nti obuwuka buno tebulabika na maso eriffe abantu, emitti gituyamba nyo era kiyamba nyo omuntu ne bitwetolodde

Omuntu bwatambulira mukibira, afuna okuyambibwa kuno eri emitti. Nga afuna omuka ogulwanyisa endwade ezenjawulo egibera mu mpewo.

Emitti giwulilizaganya nyo kunsoga eyo nga gyelabula kububenje bwedwadde

Bino banasayansi era bakyanonyereza ebitu bingi ebikwata ku kino

## TIST NI MSHUMAA WA MWANGA KWA UGANDA

TIST ni taa, na Uganda ni kivuli. Ikiwa unasukia unataka kutembea kwa mwanga; Tembea na TIST. Inakuwezesha kwa ajira, chakula, makao, kivuli, oksijeni, na uzuri sana kupitia upandaji wa miti. TIST treni wakulima wadogo juu ya jinsi ya kupata pesa, kuweka pesa, na kutumia pesa bila ya ziada. TIST ni chanzo cha furaha kwa kila mwana-chama. Ninawaita kila mtu kujiunga na TIST na kuishi maisha ya furaha. "Ninampenda TIST!"

### *Na Mbabazi Maritazari -Cs Wilaya ya Mitooma -Nguzo ya kiyanga.*

Miti huwasiliana kupitia hewa

Miti huishi katika kuingiliwa mara kwa mara na mazingira yao, Mfumo wa mizizi sio njia pekee ya miti inayowasiliana na kila mmoja. Kama sisi, wamebanzisha akili kadhaa. Sio tu kugusa lakini ladha, harufu, na hata kuona. Angalia miti miwili ya beech au mialoni inayoongezeka kwa upande kwa miongo kadhaa. Wala husumbua nyingine na kila



mmoja, bila ya upole au heshima, anashikilia ukuaji wa matawi yake makubwa ili wasiwe na wasiwasi juu ya nyingine wakati unawafukuza mbali na upande ambao haujisumbuki. Kwa njia hiyo hiyo, taji zao hazitagusa, na isipokuwa wanapigana kwa mwanga, ambayo kwa kawaida hutokea wakati sio umri ule ule, wote wawili wataheshimu tna-fasi ya kuishi ya jirani.

Phytoncides ni njia nyingine ya miti ya kuwasiliana. Biologist Kirusi, Boris Petrovich Tokin, aliunda neno hili kuelezea misombo yote ya kikaboni ya antimicrobial iliyopigwa ndani ya hewa na miti na mimea ya herbaceous. Hizi ni molekuli biosynthesised na mimea kujitetea dhidi ya viumbe vidogo vya pathogenic. Wao wanapo katika hewa inayozunguka mimea inayowaondoa, na ingawa haionekani, wanadamu na wanyama huwaingiza kwa njia ya ngozi na njia ya kupumua. Hii ni moja ya masomo kuu ya sylvotherapy maarufu, ambayo Kijapani wito Shinrin-Yoku, ambayo inawaongoza kusema kwamba kutembea katika msitu ni boraT njia ya kuondokana

na pathogens.

Lugha hii ya kemikali inawezesha miti ili kubadilishana habari, ikiwa sio mambo yenye manufaa daima. Kwa hiyo, miti ni pamoja na kuwasiliana mara kwa mara, inaonya kila mmoja wa hatari, kuunga mkono kila mmoja katika nyakati ngumu na kugawa tena matunda ya kazi zao kupitia hewa na chini ya ardhi. Ndiyo, miti huwasiliana, na tuko mbali na kumaliza kugundua kila kitu wachosema na kutoa kila mmoja.

***Louise Frederikke Kofoed-Bwawa-Kuondolewa kwenye mtandao***

LUO

**TIST EN AYE DERO ME MAC  
CANDELA I UGANDA**

TIST en tye candela, ki bene Uganda tye tibu, ka itamamo ni I mito wot I dero, wot ki TIST. Mini bene kero ki mi tic me atima, cam me acama, ka butu, tibu me yweyo , yamo me yweyo, ki bene mwonya ki lengo ma pol ni wok ki I pito yadi, TIST miyo pwonye I kit me puru yadi bene ki gi acama dok bene kit me nongo cente, ki bene kit me tic ki cente iyoo ma ber dok ma opore labongo balo ne abala. TIST en aye ka nongo yom cwiny bot lu member weng. Alwongo dano weng me bino ka donyo I TIST dok bene me kwo kwo me yom cwiny. “a maro TIST!”

Ki bot Mbabazi Maritazari- CS mi-tooma District- Kiyanga Dul ma Tidi

**YADI GI LOKO NI WOK KI I  
YAMO MA KODO**

Yadi gin kwo I yo ma gin gwenye ki ka bedo ma orumu wa, kit me lwite pe yoo acel ke ken ma yadi gin gwenye dok winye ki ka bedo ma orumu wad ok bene gin gwenye dok gin loko ki yadi luwot gi. Ma

calo wan, gi bene gi tye ki yoo ma pol ma gin tiyo kwede me winyo jami ma pol. Pe gudu ne keken ento bene temo ne ki bilo ne, ngweno ngwec ping bene wa neon piny bene yadi gin neon piny. Nen kong yoo ma lach bene yadi ma gin tye I dog kulu onyo yadi olam gin dongo bute ki bute dok bene mwaka ki mwaka. Dok bene pe yelo mukene dok bene peg i paro gin mo keken I kom lu wot gi dok bene pe gi woro lu wot gi bene kun nongo gin coro lu wot gi bute ki bute kit bene iyoo ma rom kit meno, atura gi pe gude ki lu wot gi, ni kwanyo ka inen gin tye pa lweny onyo pyem pi nongo dero me ceng. Ma bene meno time ka I neni mwaka gi pe rom ki la wote gin weng ki woro jirani ma gin tye ka kwo kwed gi kara cel I ka bedo ma rom.

Yadi gin loko ikin gi ki I yoo ma ki Waco ni “phytonocide” man ki ma yadi gin loko kwede I kin gi. Dak tari me Russia , Boris Petrovic Tokin, owaco tyen lok man ni en aye gonye ku man ni jami ducu ma gin loo woko ki I yamo ki pii ma tye I yamo ma yadi gin miyo I yamo ma nongo yadi aye tye ki kero me timo ne. man aye



kwii ma yadi gin kelo me gwoko gi ki I kom gin ma raco. Gin tye kunu iyamo dok bene gu rumu yadi weng woko ni weng ma gin tye ki kodi kwi meno kadi bedi dano ki lee gin peg i neon gi ento dano ki lee gin winyo ki ikom del kom gi ki bene iyoo kit ma gin dano ki leyi gin yweyo kede yamo. Magi aye yoo ma jo me japa-nees gin gu ngeyo kwede ma on-ongo gin tye ka wot I bunga ni wok ki wot I bunga weko kwi meno bedo peke.

Magi nyutu dok bene poro kit ma yadi gin loko I kit me kwii ma gin gi yubu me cwalo ki kwena ikin gi, ka nongo jami ma pe bedo me mugoba bot gi onyo konyo gi, ci bene kit meno yadi gin pol kara gin kube ki lu wot gi, poyo wii luwot gi ki ikom jami ma raco, konyo lu wot gi ki ikom tekare ma nongo tek ki bene nyano nig gi dok odojo I kit me tic gi ma calo yadi I yamo onyo piny I te ngom. Adaa yadi gi loko ikin gipud wa boo ki tyeko kin yang jami weng ma gin Waco dok bene gin miyo ki yadi luwot gi.

### *Louise Frederikke Kofoed-Dam- Ki kwanyo ki I yamo pa munu*



Sensitisation meeting in  
Bugondo cluster in Serere-

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