



# THE TREE

The International Small Group  
and Tree Planting Program

CLEAN AIR  
**ACTION**  
CORPORATION

TIST NEWSLETTER JANUARY 2025



TIST Best practice of sitting in a circle in a cluster meeting  
Parwacha cluster - Amuru



Cluster meeting at Bikone in Kasese



Parubanga Farmers after cluster meeting in Amuru



Parubanga Farmers after cluster meeting in Amuru



Farmers received calendars after cluster meeting in Kitagwenda

**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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## SOIL CONSERVATION THROUGH TREE PLANTING

Healthy soil is the foundation of life. It supports plant growth, stores water, and sequesters carbon, playing a critical role in combating climate change.

Trees are natural guardians of the soil. Their roots, leaves, and canopies work together to prevent erosion, improve soil structure, and enhance fertility.

Let's explore how tree planting helps with soil conservation:

**Preventing Soil Erosion:** Tree roots bind the soil together, creating a network that holds it in place. This prevents soil from being washed away by rain or blown away by wind. In areas prone to landslides or flooding, trees act as natural barriers, stabilizing slopes and reducing the risk of erosion.

**Improving Soil Structure:** Trees enhance soil structure by increasing its organic matter content. Fallen leaves, twigs, and branches decompose, enriching the soil with nutrients and improving its ability to retain water. This creates a fertile environment for plants and microorganisms to thrive.

**Reducing Water Runoff:** Tree canopies intercept rainfall, reducing the impact of heavy drops on the soil surface. This slows down water runoff, allowing more water to infiltrate the ground and recharge groundwater supplies. Trees also reduce the risk of flash floods by absorbing excess water.

**Combating Desertification:** In arid and semi-

arid regions, tree planting can reverse desertification by restoring vegetation cover and improving soil moisture. Trees like acacia and mesquite are particularly effective in drylands, as they are drought-resistant and help stabilize sandy soils.

**Enhancing Biodiversity:** Trees create habitats for soil organisms such as earthworms, fungi, and bacteria, which play a crucial role in maintaining soil health. These organisms break down organic matter, recycle nutrients, and improve soil fertility.

Trees are more than symbols of life—they are vital life-savers for both our soil and our planet. By planting trees, we can prevent soil erosion, restore degraded landscapes, and ensure the long-term health of our ecosystems.

## TIST IS A LIVELIHOOD PROGRAM

TIST is the backbone for subsistence farmers, supporting their livelihoods by guiding them through weekly Small Group meetings and monthly Cluster gatherings. This support helps them stay steady in their economic, social, and religious lives.

All of the above help them to develop in all aspects. Those who have accurately and respectfully followed TIST's values have been highly successful, as shown by the testimonies of real farmers.

Fellow Ugandans, let us join hands and work together- join TIST as we take a step forward in improving our lives today.



**RUNYAKORE**

By Mbabazi Maritazari

**TIST STRONG: SMALL GROUPS AS MODEL OF EXCELLENCE**

- We share knowledge about tree planting: we all know different things, and can learn from each other. In Small Groups, we discuss factors like where to plant, the benefits of different tree species, when to plant, when to prune, and when to thin.
- We learn improved farming methods: in Small Groups we can learn, discuss and share improved farming methods such as Conservation Farming.
- We share challenges met and solutions: in our groups, we share the challenges we face in tree planting, such as pests and animals that destroy trees and crops, and explore ways to overcome them.
- We work together as a team: in Small Groups we develop a spirit of working together. Cooperation makes farm work easier. Some groups choose to work together to help prepare Conservation Farming holes for each Small Group member, working one day on one farm, and another day on another, in turn.
- We build friendships and improve our relationships: in forming groups and working together, we improve our relationships between families and individuals for a better functioning society.

Let's all continue to work together in our Small Groups for more benefits!

**Uhifadhi wa udongo kupitia upandaji wa miti**

Udongo wenye afya ni msingi wa maisha. Inasaidia ukuaji wa mimea, Ghala ya maji, na wafuasi wa kaboni, wakicheza jukumu muhimu katika kupambana na mabadiliko ya hali ya hewa.

Miti ni walezi wa asili wa udongo. Mizizi yao, majani, na canopies hufanya kazi pamoja ili kuzuia mmomonyoko wa ardhi, kuboresha muundo wa udongo, na kuongeza uzazi.

Hebuvumbuajinsi Kupanda miti husaidia pamoja na Uhifadhi wa udongo:

**Kuzuia udongo Mmomonoko:** Miti Mizizi hufunga udongo pamoja, kuunda mtandao unaoishi. Hii inazuia udongo kuachwa na mvua au kupigwa na upepo. Katika maeneo yanayopatikana kwa maporomoko ya ardhi au mafuriko, miti hufanya kama vikwazo vya asili, miteremko ya kuimarisha na kupunguza hatari ya mmomonyoko wa mmomonyoko.

**Kuboresha udongo Muundo:** Miti Kuimarisha muundo wa udongo kwa kuongeza maudhui ya kikaboni. Majani yaliyoanguka, matawi, na matawi huvunja, kuimarisha udongo na virutubisho na kuboresha uwezo wake wa kuhifadhi maji. Hii inajenga mazingira yenye rutuba kwa mimea na microorganisms kustawi.

**Kupunguza maji Kurudiwa:** Miti Canopies kuzuia mvua, kupunguza athari za matone nzito juu ya uso wa udongo. Hii inapunguza kasi ya maji, kuruhusu maji zaidi kuingilia ardhi



na kurejesha vifaa vya chini ya ardhi. Miti pia hupunguza hatari ya mafuriko ya flash kwa konyonya maji ya ziada.

**Kupambana Kuenea kwa jangwa:** Katika Mikoa yenye ukali na nusu, kupanda miti kunaweza kugeuza jangwa kwa kurejesha kifuniko cha mimea na kuboresha unyevu wa udongo. Miti kama Acacia na mesquite ni yenye ufanisi hasa katika kavu, kwa kuwa ni sugu ya ukame na kusaidia kuimarisha udongo wa mchanga.

**Kuimarisha viumbe hai:** Miti Unda makazi kwa viumbe vya udongo kama vile udongo wa ardhi, fungi, na bakteria, ambayo ina jukumu muhimu katika kudumisha afya ya udongo. Viumbe hivi huvunja suala la kikaboni, kurejesha virutubisho, na kuboresha uzazi wa udongo.

Miti nizaidi yaalama ya maisha-wao nimuhimumaisha spararekwawote wawili Udongo wetu na sayari yetu. Kwa kupanda miti, tunaweza kuzuia mmomonyoko wa udongo, kurejesha mandhari yenye uharibifu, na kuhakikisha afya ya muda mrefu ya mazingira yetu.

## **TIST ni mpango wa maisha**

Tist ni Mgoji wa wakulima wa kudumu, kusaidia maisha yao kwa kuwaongoza kupitia kila Kwa kukuwajenga na mkutano ya kila wiki ya kundi ndogo na kila mwezi mikusanyiko ya nguzo. Msaada huu huwasaidia kukaa imara katika maisha yao ya kiuchumi, kijamii na ya kidini.

Zoteyathe Juu ya kuwasaidiakwakuendelezakatika nyanja zote. Those ambao wana usahihi nakwa heshima ikifuatiwa TIST'S maad

iliwamekuwasanamafanikio, kama inavyoonyeshwana Ushuhudaya Wakulima halisi.

**Wafanyabiashara**  
wenzake, basisisi Jiunge mikono na ufanyie kazi pamoja- Jiunge na TIST Tu- napochukuahatua mbele kuboresha letu- maishaleo.

Na Mbabazi Maritazari

## **TIST imara: Vikundi vidogo kama mfanano wa Ubora**

- Tunashiriki ujuzi kuhusu upandaji wa miti: wE wote kujuamambo tofauti, na wanaweza kujifunza kutoka kwa kila mmoja. Katika vikundi vidogo, tunazungumzia mambo kama wapi kupanda, the Faida za aina tofauti za miti, wakati wa kupanda, wakati wa kupanuka, na wakati wa nyembamba.
- Tunajifunza njia bora za kilimo: mimin makundi madogo Tunaweza kujifunza, kujadili na kushiriki mbinu za kilimo borakama vile Conservation Fkuwapatia silaha.
- Tunashirikisha changamoto na ufumbuzi: mimin letu Vikundi, tunashiriki the Changamoto sisiusokatika kupanda miti, kama vile wadudu na wanyama wanaoharibu miti na mazao, navumbuanjia za kuwashinda.



- SisiwOrk pamoja kama timu:miminNdogo groupsTunaendeleza roho ya kufanya kazi pamoja. Ushirikiano hufanya kazi ya shamba iwe rahisi. Vikundi vingine huchagua kufanya kazi pamoja ili kusaidia kuandaa mashimo ya kilimo ya hifadhi kwa kila mwanachama mdogo wa kikundi, akifanya kazi siku moja kwenye shamba moja, na siku nyingine kwa mwingine,Kwa upande mwingine.

- Tunajenga urafikisna kuboresha mahusiano yetu:mimiN Kuunda makundi na kufanya kazi pamoja, sisi kuboresha mahusiano yetu kati ya familia na watu binafsi kwa jamii bora kazi.

Hebu tuendeleo kufanya kazi pamoja katika vikundi ndogo yetu kwa faida zaidi!

## **AYUWARIO NA ALUPOK KOIPONE LO AIRA IKITO**

Alupok nu engaleete kesi apetetait naka aijar. Ingarakinitos apolo naka iraan, ingadaete akipi, emasete ekwam ngon loka kabon ido kiswaaete aswam na e pol noi koipone lo aitojokar ekuse lo ikwamin .

Eraasi ikito lu eyuwaritos alupok koipone kere. Akec alias, akwii, ka etolim da kere iswamaete nepepe ka nu aitikitik ailotanaro naka alupok , aitojokar ejautene loka alupok ka aiboliaikit kec.

Kerereosi eipone lo ingarakinitor airayo na ikito ayuwar alupok

Aitikitik ailotanaro naka alupok : ingarakinitos alias nuka ikito atukokinit alupok nepepe , kosubunete elago lo itingit alupok nu baba. Erai yen ibore yen itikokini alupok koipone lo ailotario na edou arai bon at ekwam lo ekusi. Toma aiboisio ngun nu ipu iwukona kopatanikite alupok atiyaunun arai bon at aiboisio nu emina ebulone , eraasi ikito lu igaligaleete , ayinakinit ajestat erai na eyuwara , kitidisiari arerengu na ailotanaro naka alupok

Aitojokar ejautene lo alupok : Itojokarete ikito ejautene lo alupok koipone lo aiyatakin ebolia kotoma kec . Akwii , aturo ka atenieik nu ecakununos kere ebosiarete aiswamaun ebolia koraunos alupok nu iboliaikitos ka aiyatakin ejutene lo aidar akipi kotoma alupok .Edukuni na ejautene lo ingarakinit iraan ka ikur nu eja toma alupok apolo ejok .

Itidisiari akerit na akipi : Etolim lo ikito erai lo igalikinit edou , kitidisiari da alangiru na edou lo etepi toma alupok . Itikokini na akerit naka akipi kokuju naka alupok , kiyatakini da arerengu naka alupok aimat akipi ngun kipuwakaros akipi kotoma alupok .Itidisiarete bobo ikito arerengu na ebulone koipone lo amatanar akipi

Aiemar amodingot: Toma aiboisio nu imodingikitos kopol noi ecaye , epedori airayo na ikito aijulakin ejautene lo aiboisit ka ngin koipone lo acamakin inya apolo kaiboisit ka ngin ka da aitikun ejautene lo akipi kotoma alupok . Ikito kwape nat egasia ka emiti erasi lu iswamaete ejok noi kaiboisio ka ngun nu epol ecae kowokitos . Narai eraasi lu engirikinitos akolong ka alupok da nu isingeikinitos

Isinyikoikinitos ejautene lo iraan, itunga ka itiang : Eraasi ikito lu isinyikoikinitos ejare lo itiang ka ikur kiboyete da kotoma kec . Ikur lu kesi ingarakinitos aitojokar ejautene lo alupok .Ikur lu kesi ingarakinete aitobos ibor kwape nat akwii ,atenieik ka nu aitarauun kesi ebolia .

Mam ikito eraasi aanyuneta nu aijar konye eraasi isuban lu epolok noi kotoma aijar koipone lo ayuwarit alupok ka akwap wok kere . Ne iraya ooni ikito ibuni ooni aitidisiar ailotanario na ka alupok , aitojokar aiboisio nu adisiar ameda kotoma ka angaleu da na itunga kere.

### **ERAASI AINAPETA NUKA TIST NU ITOJOKARETE EJAUTENE**

Erai TIST egura loka akoriok ka lu didik. , apedo TIST aijulakin ejautene lo itunga koipone lo aisinyikoikint kesi ajainikin toma aurianeta nu ka ngin sabiiti ka da angin lap kwape aibunget .Toma aurianeta ka nu apedosi kesi aisinyikoinikin bonik ka bonik ibore da ye ayangau apol ka aijulakinet toma aijar kec na duc ka ikalia kec da ..

Itunga lu ipu lu apedosi atop anianapeta ka ikisila luko TIST koidoco apedosi akerianar ka aiulakin ejautene kotoma okalia kec ido da alimonosi ajenanuto.

Ikatunga luko Uganada , kacamu kere kalomasi toma ainapeta nuka TIST tetere kipedori adumun

aimedaun kejulakisi ejautene wok.

Ewadikan : Mbabazi Maritazari

### **ATUKONA NU DIDIK NU EGOGONG NUKA TIST KWAPE AANYUNET**

Imori sio acoa na ikamanara kede aira ikito : Kirai ooni kere nu ija kede acoa na egelegela , ido ne ki tukokinor ooni kere toma aurianet epatana ooni aicec aomisio ka da aimor ainingosia wok .Kotoma atukona wok nudidik ipedori ooni aitamitam aiboisio nu iraikini ooni ikito wok, abilasia nu ikito lu ikoto ooni ka akec jokisio, iwori bo ibusakinitor ooni aira ikito ka aitala kesi.

Kisisiauni ooni iponesio lu ajokak lu akoru : Kotoma atukona wok nu didik ipedori ooni aitamitam iponesio lu ajokak lu akoru kwape nata koru na tinen kwana na itojokaritari

Imori ooni ainingosia ka ka eipone lo itemokinet : Kotoma atuna wok nudidk imori ooni ainingosia nu itereikina kede ooni koipone lo aira ikito , ainingosia kwape nat itiang ka ikur lu eminasi aitapas/ ayaranar ikito wok ka iraan wok ka adumun da iponesio nu itikitiket .

Iswamai sio nepepe kede aimorikikina : Ajaut toma atukona wok nudidik engaraki ooni aswam nepepe kede aimorikikina . aimorikikina eyinakini aswam epatana, ice tunga itojokarete aswam aleya toma amisirin ka nu ngin diopen diopen

Idukuni ooni epaperone ka aisinyikoikin eidicane kiding wok : Kotoma adukuun atukona nu didik lu ka aswam nepepe isinyikoikini eidicane kiding wok ka wok ikalia da

Kenyikokisi ooni kere aswam nepepe kotoma atukona wok ka nu aimedaun nae pol .



**LUGANDA**

**OKUKUUMA ETTAKA NGA TUYITA MU  
KUSIMBA EMITTI .**

Ettaka eriramu gwe musingi gw'obulamu. Ewagira okukula kw'ebimera, etereka amazzi, n'okukwata kaboni, ng'ekola kinene mu kulwanyisa enkyukakyuka y'obudde.

Emiti gye gikuuma ettaka ery'obutonde. Ebikoola byabwe, ebikoola n'ebikondo bikolagana okuziyiza okukulugguka, okulongoosa ensengekera y'ettaka, n'okutumbula obugimu.

Ka twekenneenye engeri okusimba emiti gye kiyambamu mu kukuuma ettaka:

Okuziyiza okukulugguka kw'ettaka: Ebikoola by'emitti bisiba ettaka wamu, ne bikola omukutu ogugikwata mu kifo. Kino kiremesa ettaka okunaazibwa enkuba oba okufuuwa empewo. Mu bitundu ebitera okubumbulukuka oba okubooga, emitti gikola ng'ebiziyiza eby'obutonde, okutebenkeza emiserengeta n'okukendeeza ku bulabe bw'okukulugguka.

Okulongoosa ensengekera y'ettaka: Emiti gyongerera ku nsengeka y'ettaka nga gyongerera ku birungo ebingi. Ebikoola ebigudde, amatabi n'amatabi bivunda, ne bigaggawaza ettaka n'ebiriisa n'okulongoosa obusobozi bwago okukuma amazzi. Kino kireeta embeera eggimu eri ebimera n'obuwuka obutonotono okukulaakulana.

Okukendeeza ku mazzi agakulukuta: ebikondo by'emiti bikwata enkuba, ekikendeeza ku buzibu obuva ku matondo amazito ku ttaka. Kino kikendeeza ku mazzi agakulukuta, ne kisobozesa amazzi

amangi okwesogga ettaka n'okuddamu okujjuza amazzi agali wansi w'ettaka. Emitti era gikendeeza ku bulabe bw'amataba nga ginyiga amazzi agasukkiridde.

Okulwanyisa eddungu: Mu bitundu ebikalu n'ebikalu, okusimba emitti kuyinza okuzzaawo okufuuka eddungu nga kizzaawo ebimera ebibikka n'okulongoosa obunnyogovu bw'ettaka. Emitti nga acacia ne mesquite gikola nnyo mu bifo ebikalu, kuba gigumira ekyeya era giyamba okutebenkeza ettaka ly'omusenyu.

Okwongerera ku bitonde eby'enjawulo: Emiti gikola ebifo ebiramu eby'omu ttaka nga ensowera, ffene, ne bakitiriya, ebikola kinene nnyo mu kukuuma obulamu bw'ettaka. Ebiramu bino bimenyawo ebirungo ebiramu, biddamu okukola ebiriisa, n'okulongoosa obugimu bw'ettaka.

Emiti gisinga ku bubonero bw'obulamu —gikulu nnyo mu bulamu eri ettaka lyaffe ne ku nsi yaffe. Nga tusimba emiti, tusobola okuziyiza okukulugguka kw'ettaka, okuzzaawo ebifo ebyonooneddwa, n'okukakasa obulamu bw'ebitonde byaffe eby'ekiseera ekiwanvu.

**TIST PULOGULAAMU YA KWEYIMIRIZAAWO .**

TIST gwe mugongo gw'abalimi ababeezaawo obulamu, nga bawagira embeera zaabwe nga babalungamy mu nkiiko z'ebibinja ebitono ebya buli wiiki n'okukunjaana kw'ebibinja buli mwezi. Obuwagizi buno bubayamba okusigala nga banywevu mu bulamu bwabwe obw'ebyenfuna, obw'embeera z'abantu, n'obw'eddiini.

Byonna ebyo waggulu bibayamba okukulaakulana





mu buli kimu. Abo abagoberedde mu butuufu era mu kitiibwa empisa za TIST bafunye obuwan-guzi obw'amaanyi, nga bwe kiragibwa mu bujulizi bw'abalimi abatuufu.

Bannayuganda bannaffe, twegatte mu mikono era tukole wamu- okwegatta ku tist nga bwe tugenda mu maaso mu kulongoosa obulamu bwaffe leero.

Bya: Mbabazi Maritazari .

## **TIST EYAMANYI: EBIBINJA EBITONO NGA EBYOKULABILAKO MUBUWANGUZI**

- Tugabana okumanya ku kusimba emiti: Ffenna tumanyi ebintu eby'enjawulo, era tusobola okuyi-gira ku buli omu. Mu bibinja ebitono, twogera ku bintu nga wa we tusimba, emigaso gy'ebika by'emitti eby'enjawulo, ddi lwe tulina okusimba, ddi lwe tulina okusala, ne ddi lwe balina okugonza.

- Tuyiga enkola ennungamu ey'okulima: Mu bibinja ebitono tusobola okuyiga, okukubaganya ebirowoozo n'okugabana enkola ennungamu ey'okulima ng'okulima okukuuma.

- Tugabana okusoomoozebwa okusisinkana n'okugonjoola ebizibu: Mu bibinja byaffe, tuga-bana okusoomoozebwa kwe tufuna mu kusimba emitti, gamba ng'ebiwuka n'ebisolo ebisaan-yaawo emiti n'ebirime, n'okunoonyereza ku ngeri y'okubivvuunuka.

- Tukolera wamu nga ttiimu: Mu bibinja ebitono tukola omwoyo gw'okukolera awamu. Enkolagana efuula ennimiro okukola okwangu.

Ebibinja ebimu bisalawo okukolera awamu okuyamba okuteekateeka ebinnya by'okulima

eby'okukuuma buli mmemba w'ekibiina ekitono, nga bikola olunaku lumu ku faamu emu, ate olu-naku olulala ku lulala, mu ngeri endala.

- Tuzimba emikwano n'okulongoosa enkolagana yaffe: Mu kukola ebibinja n'okukolera awamu, tulongoosa enkolagana yaffe wakati w'amaka n'abantu ssekinnoomu olw'omulembe ogukola obulungi.

Ffenna ka tugende mu maaso n'okukolera awamu mu bibinja byaffe ebitono okufuna emigaso mingi!



**KISWAHILI**

**Uhifadhi wa udongo kupitia upandaji wa miti**

Udongo wenye afya ni msingi wa maisha. Inasaidia ukuaji wa mimea, Ghala ya maji, na wafuasi wa kaboni, wakicheza jukumu muhimu katika kupambana na mabadiliko ya hali ya hewa.

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Zote ya the Juu ya kuwasaidia kwakuendeleza katika nyanja zote. Those ambao wana usahihi nakwa heshima ikifuatiwa TIST'S maadili wamekuwasa namafanikio, kama inavyoonyeshwana Ushuhudaya Wakulima halisi.

Wafanyabiashara wenzake, basisisi Jiunge mikono na ufanyie kazi pamoja-Jiunge na TIST Tunapochukua hatua mbele kuboresha letumaishaleo.



**LUO**

Na MbabaziMaritazari

TIST imara:Vikundi vidogo kama mfano wa Ubora

- Tunashiriki ujuzi kuhusu upandaji wa miti:wE wotekujuamambo tofauti, na wanaweza kuji-funza kutoka kwa kila mmoja. Katika vikundi vidogo, tunazungumzia mambo kama wapi kupanda,theFaida za aina tofauti za miti, wakati wa kupanda, wakati wa kupanuka, na wakati wa nyembamba.
- Tunajifunza njia bora za kilimo:mimin makundi madogoTunaweza kujifunza, kujadili na kushiriki mbinu za kilimo borakama vileConservationFkuwapatia silaha.
- Tunashirikisha changamoto na ufumbuzi:miminletuVikundi, tunashirikitheChangamoto sisiusokatika kupanda miti,kama vilewadudu na wanyama wanaoharibu miti na mazao, navumbuanjia za kuwashinda.
- SisiwOrk pamoja kama timu:miminNdogo groups-Tunaendeleza roho ya kufanya kazi pamoja. Ushirikiano hufanya kazi ya shamba iwe rahisi. Vikundi vingine huchagua kufanya kazi pamoja ili kusaidia kuandaa mashimo ya kilimo ya hifadhi kwa kila mwanachama mdogo wa kikundi, akifanya kazi siku moja kwenye shamba moja, na siku nyingine kwa mwingine,Kwa upande mwingine.
- Tunajenga urafikisna kuboresha mahusiano yetu:mimiN Kuunda makundi na kufanya kazi pamoja, sisi kuboresha mahusiano yetu kati ya familia na watu binafsi kwa jamii bora kazi.

Hebu tuendeleo kufanya kazi pamoja katika vikundi ndogo yetu kwa faida zaidi!

**GWOKO NGOM NI WOK KI I PITO YADI**

Ngom ma kome yot aye obedo guti me kwo. En konyo dongo pa cam, gwoko pii, ki carbon ma tye ki jami ma gwoko kom, ma tye ki tic ma pire tek me lweny i kom alokaloka me piny.

Yadi gubedo lugwok jami ma tye i ngom. Nyiggi, potgi, ki koopii tiyo kacel me gengo oyo piny, weko ngom bedo maber, dok weko dongo pa ngom bedo maber.

Kong dong wanenu kit ma pito yadi konyo kwede me gwoko ngom:

Gengo Tic me Lobo: Iwit yat ribo ngom kacel, ma weko network ma tye iye. Man gengo ngom me alwoko piny ki kot nyo kot ma cwer ki yamo. I kabedo ma tye i dog nyo pii ma mol, yadi tiyo calo gin ma gengo, gwoko kabedo ki dwoko piny peko me rweny.

Me yubo kit me Yubo Ngom: yat dwoko rwom me dongo lobo piny kun weko jami ma tye iye dongo jami ma tye i ngom. Pot yat, yat, ki jang yat ma tye ki yat ma dongo, weko ngom bedo maber ki cam ma tye ki moc cam dok weko kero me gwoko pii bedo maber. Man weko kabedo bedo maber pi jami ma dongo ki jami matino tino me dongo maber.

Dwoko yamo ma mol ki i kom pii: Yat ma ki lwongo ni yadi ma ki kwanyo ki i pii, ma dwoko piny adwogi pa pii ma mol matek i ngom. Man weko pii mol mot mot, ma weko pii mapol donyo i ngom dok weko pii ma tye i ngom bedo matek. Yamo bene dwoko piny peko me pii ma mol ki i yamo kun gigamo pii madwong.

Ka ki keto jami: I kabedo ma tye ki adwogi ki ma tye ka dongo, dongo yat twero dwoko cen dongo pa yat ma tye i dye tim kun dwoko rwom me dongo lobo ma tye ka dongo ki dwoko piny rwom me dongo lobo. Yadi ma calo aciaa ki jami ma tiyo ki jami ma tiyo ki yat pol kare tiyo maber tutwal i kabedo ma piny tye iye, pien gitye ki kero me ngwec dok gikonyo me dwoko piny ngom ma



tye ki lum.

Medo Kit Me Kwo: Yat yubo kabedo pi jami makwo calo jami ma kwo i lobo, jami ma kwo, ki jami ma kwo, ma tye ki tic ma pire tek me gwoko yotkom me ngom. Jami ma kwo magi gituro jami ma pe kitiyo kwedgi, dwoko rwom me kwo pa dano piny, ki yubo kit ma ngom dongo kwede.

Yadi pe tye pi gin mo keken makato lanyut me kwo —gitye ki kwo ma pire tek pi ngomwa kacel ki lobowa. Ka wapito yadi, watwero gengo rweny pa ngom, dwoko cen kabedo ma obale, ki neno ni kwowa tye pi kare malac.

## TIST OBEDO YUB ME KWO

TIST obedo guti me tyen lok me kwo, ma cwako yub me kwo kun telo gi i cokke matino tino me cabit ki cokke me clusr me dwe ki dwe. Kony man konyogi me bedo ma pe giloko i kom lim, kwo me ot, ki dini.

Jami magi ducu konyogi me dongo i yo ducu. Dano ma gubedo ka lubo rwom pa TISTS gu bedo maber, kit ma ki nyutu kwede ki lok pa lupur me ada.

Lutim biacara luwot, myero wa ribbe kacel ki wa tic kacel- waribbe ki TIST me tero wan anyim me yubu kwo wa tin.

Oa ki bot MBABAZI MARITZARI

## TIST TEK: DUL MATINO MACALO KIT ME TIMO JAMI MA BER

• Wanywako ngec ikom pur:. Wan ducu wangeyo jami mapatpat, dok watwero nongo pwoony ki bot ngat acel acel. I gurup matino, waloko i kom jami calo ka ma myero kipur iye, adwogi maber ma bino pi yat mapat pat, kare me pito, kare me dongo, ki kare ma

tye ka dongo.

• Wapwonyo yubo kit me gwoko cam maber:. I dul matino, watwero pwoony, lok ki poko yoo me pur ma ki yubu calo pur me gwoko jami.

• Wa poko peko ma ki nongo ki i kin gurup wa, wa poko peko ma wa nongo i poto yadi, ma calo jami ma balo yadi ki ler ma balo yadi ki jami ma ki pito, ki wa miyo tam i kom yoo me loyo gi.

• Watiyo kacel macalo gurup: I i gurup matino tino, wadongo cwiny me tic kacel. Tic kacel weko tic me poto bedo yot. Dul mogo gi yero me tic kacel me konyo yubu bur me gwoko jami pi dul acel acel, ma tiyo nino mo acel i poto acel, ki nino mukene.

• Wa gero lurem ki yubo watwa: I In yubo gurup ki tic kacel, wa yubo wat i kin jo me ot ki dano acel acel pi lwak ma tiyo maber.

Wan ducu myero wamedde ki tic kacel i gurupwa matino tino pi nongo adwogi maber mapol!

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