



THE TREE

The International Small Group
and Tree Planting Program

CLEAN AIR
ACTION
CORPORATION

TIST NEWSLETTER FEBRUARY 2025



Small group members during weekly meeting and training



Promoting Indigenous trees, Redstink wood and
Mahogany during Quantification



Small group seedlings ready for planting



Nursery bed preparation and management by Small groups

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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USING TREE CIRCUMFERENCE AS A BASIS FOR CARBON CALCULATION

Trees play an important role in sequestering carbon dioxide (CO₂) from the atmosphere, making them essential in the fight against climate change. To quantify the amount of carbon stored in trees, scientists and researchers often use measurements such as tree circumference (or diameter) to estimate biomass and, subsequently, carbon storage. This method is widely used because it is cost-effective, and provides a reliable approximation of a tree's carbon sequestration potential.

1. Why Use Tree Circumference for Carbon Calculation?

Tree circumference is a key parameter in estimating a tree's biomass because it correlates strongly with the tree's volume and overall size. By measuring the circumference, researchers can calculate the tree's diameter, which is then used in allometric equations to estimate the tree's above-ground biomass (AGB).

Since carbon sequestration is estimated through circumference, I encourage TIST farmers not to harvest and also to plant trees in proper and good spacing.

By planting trees in good spacing, your trees grow big and hence sequester much carbon.

TIST farmers do not plant trees below minimum spacing that is NOT recommended by TIST.

Farmers, plant more of the indigenous trees this season for sustainability and more benefits.

THE IMPACT OF TIST PROGRAM IN OUR COMMUNITY AS A FARMER

This is our story about TIST program from a Small Group called Jericho Breakers

TIST program has encouraged smallholder farmers to plant trees and adopt sustainable agricultural practices and here are some of practices and their impacts in our community and our group in particular.

1. Environmental Benefits

- Soil improvement through tree planting that helps prevent soil erosion, improves soil fertility, and promotes water retention, which can enhance crop yields.
- Climate resilience whereby trees act as carbon sinks, mitigating climate change. Farmers benefit from a more stable microclimate.

- Biodiversity through planting trees which can improve ecosystem health and provide natural pest control.

2. Economic Benefits

- Additional income whereby farmers earn carbon credits for the trees they plant, which can be sold, providing an additional source of income.
- Diversified livelihoods whereby trees planted can provide fruits, nuts, timber, and other products, diversifying income streams.
- Long-Term Investment whereby trees grown/planted can add value over time, offering long-term financial security.

3. Social Benefits

- Community empowerment whereby TIST farmers are encouraged to form Small Groups, fostering collaboration, knowledge sharing, and community support.
- Education and training whereby farmers receive training on sustainable farming practices, tree planting, and environmental conservation.
- Improved health whereby trees planted improve air quality and provide shade, contributing to better health for farmers and their families.

4. Sustainability

- TIST promotes sustainable land use practices, ensuring that farmers can maintain productivity without degrading their land.
- By integrating trees into farming systems, farmers can adopt agroforestry practices, which are more sustainable in the long run.

Much as there has been an impact among farmers, there are also challenges

- Initial investment to planting and maintaining trees require time, effort, and resources, which can be a barrier for some farmers.
- Long wait for returns from trees take time as trees take long to grow, and the benefits (e.g., carbon credits) may not be immediate.

In all, TIST program has a transformative impact on farmers by improving their environmental conditions, increasing their income, and empowering their communities. However, success depends on proper implementation, support, and addressing potential challenges.

Bachwa Hakim-Farmer -Jericho Breakers -Bushenyi Cluster

ADVANTAGES OF BOUNDARY TREE PLANTING



Boundary tree planting is planting trees along the edges of properties, fields, or roads for economic and social benefits.

Key advantages

1. Trees act as Natural Fencing

- Trees act as a natural barrier, providing privacy from neighbors or passers-by.
- They can replace or complement man-made fences, reducing the need for costly materials.

2. Trees act as Windbreaks and Shelter

- Trees planted along boundaries can reduce wind speed, protecting homes, crops, and livestock from strong winds.

- They create a microclimate that can moderate temperatures and reduce energy costs for heating and cooling.

3. Soil Conservation

- Tree roots stabilize the soil, preventing erosion caused by wind or water.
- They improve soil fertility by adding organic matter through fallen leaves and decaying roots.

4. Improved Air Quality

- Trees absorb pollutants like carbon dioxide (CO₂), sulphur dioxide, and nitrogen oxides, releasing oxygen in return.
- They trap dust and particulate matter, improving air quality in the surrounding area.

5. Biodiversity and Habitat Creation

- Boundary trees provide habitats for birds, insects, and small animals, promoting biodiversity.
- They create ecological corridors that allow wildlife to move safely between habitats.

6. Noise Reduction

- Trees act as natural sound barriers, absorbing and deflecting noise from roads, railways, or neighbouring properties.
- This creates a quieter and more peaceful environment.

7. Shade and Cooling

- Trees provide shade, reducing the temperature in and around your property.

- This can lower cooling costs during hot weather and create comfortable outdoor spaces.

8. Increased Property Value

- Well-maintained boundary trees can increase the value of a property by improving its curb appeal and environmental sustainability.

- Buyers often appreciate the privacy, beauty, and energy-saving benefits of trees.

9. Carbon Sequestration

- Trees absorb CO₂ from the atmosphere, helping to mitigate climate change.

- Boundary trees contribute to carbon sequestration, especially when planted in large numbers.

10. Water Management

- Trees help regulate the water cycle by absorbing rainwater and reducing runoff.

- They can prevent flooding and improve groundwater recharge.

11. Economic Benefits

- Fruit or nut trees planted along boundaries can provide a source of food or income.

- Timber or firewood from boundary trees can be harvested sustainably for economic gain.

12. Cultural and Social Value

- Trees can have cultural or symbolic significance, adding meaning to a property.

- They create spaces for social gatherings, relaxation, and recreation.

13. Pest Control

- Certain trees attract beneficial insects or birds that help control pests naturally, reducing the need for chemical pesticides.

14. Climate Resilience

- Boundary trees can help properties adapt to climate change by providing shade, reducing heat, and protecting against extreme weather events.



RUNYAKORE

OKUKORESA OBUSHANGO BW'OMUTI KUMANYA OBWINGI

BW'ORWOYA

Emiti n'ey'omugasho muhango omu kunyuunyuuta orwoya rwa kaboni kuruga omu mwanya, ekiri-kugireetera okurwanisa okusiisikara kw'embeera y'obwire. Okumanya obwingi bwa kaboni obu omuti gwine, abakurugu n'abacoondoozi nibakoresa orupimo rw'obuhango bw'omuti. Embara egi, ninungi ahakuba neetwara sente nkye kandi neer-eeta ekibaro kya kaboni ekihikire.

Ahabw'enki nitukoresa embara y'obuhango bw'omuti?

Abakugu nibagikoresa kumanya obuhango bw'omuti waagwetoorooza reeru bamanya obwingi bwa kaboni obu omuti gurikunyuunyuuta.

N'ahabw'ekye abahingi b'emitii nimwehanangirizibwa kureeba ngu timwatema miti yanyu kandi mwagireebereera gye.

Emiti mwagiha omwanya muhango ogu TIST erikuhabura, neija kuhaanguha reeru erugyemu orwoya rwingi. Kandi mubyare emitii eyenzaarwa ahabw'amagoba mingi.

EBI TIST ETUKOREIRE OMU KICWEKA KYAITU

Eki n'ekitebyo kyaitu kuruga omu Jericho Breakers Small Group

Ebi nibyo TIST etwegyeise omu guruupu yaitu:

1) Ebyobuhangwa

-Kubyara emitii ekarinda amaizi omwitaka kandi eitaka butatwarwa omutunga kandi rikagira orwezo rwingi.

-Okurinda embeera y'obwire, ahi emitii erikunyuunyuuta orwoya omu mwanya reeru bakakanyisa amagoba.

- Okukora nk'obutuuro bw'ebyobuhangwa byona nk'ebimera n'enyaishwa n'okurinda obukooko bw'omwitaka.

2) Okwihamu entatsya.

- Abahingi kubyara emitii bakagiguza ekongyerera aha ntatsya yaabo

- Emiti ei barikubyara nibaihamu ebijuma, embaaho, n'ebindi kwongyerera ahantatsya yaabo.

-Emiti waagirinda gye ekaturraho neerugwamu kihango omubwire bw'omu maisho.

3) Emituuriire y'abantu.

Okweteerana nikireetera abantu bamanya kandi baayega kukorera hamwe.

- Abahingi nibatunga emishomo, batendekwa emihingire mirungi okubyara emitii n'okurinda eby'obuhangwa.

- Emiti neeretaho ebibunda kandi enyuunyuuta orwoya omu mwaya kireetera abahingi baabagye hamwe n'amaka gaabo.

4) Okwebeisaho omu bwire bw'omumaisho.

- Abahingi nibaihamu entaasya n'amagara marungi n'okuhinga emitii erikuriibwa, reeru emitii egumaho mpaka.

Ebi n'obu biraabe biri birungi kwonka hariho obureemeezi:

Abahingi nibabaasa kushanga oburemeezzi omu kubyara emitii barukukireeba nk'omwaga ahabw'okugibyara nokugireeberera.

Okushaarura emitii kwihamu orwoya nikitwaraho abwire reeru abahingi abamwe bakireeba nk'ekiri hare kwihamu amagoba.

Omuri byana, TIST neehwera abahingi omu mituuriire yaabo okurinda eby'obuhangwa, okwombeka omu bicweka byabo. Kwonka eki, nokyenda okukora n'omujinya okugumisirisa n'okwemera ebihikiirizi.

Nebya Bacwa Hakim- Jericho Breakers-Bushenyi Cluster.

OMUGASHO GW'OKUBYARA EMITI OMUNSHARASHARO

-Neekora nk'orubeerera nari obutuura, n'abahinguzi butakutahirira

- Noogibyara omurundi gumwe. Torikugura bikondo ebindi.

Neetangira omuyaga butatwara amaka, emi-



- Aisinyikoikinio na itunga adukunun atukona nu didik ko toma TIST ka nu aimor acoa ,atiokisio ka aisinyikoinikin bonik ka bonik
- Aisisia kede aitutorio neda edumuniata akoriok aisisianakino koipone lo akoru na tinen kwana , aira ikito ka ayuwar isuban luka Edeke
- Angaleu na eyuvara narai ikito lu nu iraikino ingarakinete aitojokar ekwam lo ekusi ka ayinakin etolim ibore da yen iyatakini angaleu ka ne ja akoriok ka ikec kalia

4.Ainyikokinit

- Ikeunit TIST aisinyikoikinio na aitwasam alupok jokan , aanyun nata ebe epedorete akoriok ainyikokinit adumunun inyamat komam alupok emunarios
- Koipone lo aimormor ikito kede ikorion ice , epedorete akoriok aswam nu tetere itojokarete ejautene lo alupok

Karaida ejai adumun ka ne ja akoriok konye ejai ainingosia da

- Aitegearo na airayo na ikito ka ayuwar kesi ekotosi apak , agogong ka apiyai da ibore yen epedori araut ainingosit ka ne ja akoriok
- Aidar apak na ewoja ka nu adumun araito , ido da eyingaikini ekito apak na eoja ka nu apolor tetere kipedori adumun ikapun lu ekabon.

Bachwa Hakim : Akorion lo Jericho Breakers – Bushenyi Distrik

AJOKISIO NU AIRA IKITO TOMA OIKORWON

Airayo na ikito toma okorwon imorarit airai oikor lo amisiri ,alupok, arai bon at orotin ka nu aitojokario na ejautene

Ajokisio

1.Iswamaete ikito kwape aigalisit

- ingarakinitos ikito araut kwape ejenunet lo eikor lo ma epetana ajulakin / aisuksuny. Ka ne ja idunyeta
- epedorete aingarakin airigaun ere kitidisari da igaraman lu agwelaasuwa nu irigaunet ere nu ekotosi ikapun lu ipu

2.iswamaete ikito kwape etolim ka aigaligal ekwam

- Ikito lu iraitai toma oikoru ingarakinete aitidisari adedengu na ekwam , koyuaritos ireria , ikorion ka ibaren da
- Eyangaunete ikito alilimu na ejok na na itidisari amwanis kotoma apakio nu ededengar akolong

3.Ayuwar alupok

- Alias nu ikito eraasi nu itogogongoete alupok tetere mam epedorete ailotanar kede akipi arai ekwam
- Itojokari ejautene lo alupok koipone lo aiyatakin ebolia toma kec. Ka ne ja akwii ngun nu ecakunonos ka da alias nu ebosianarete

4.Ekwam lo itojokara

- Ematanarete ikito ikwamin lu arokok kwape nat ekabon dioxide, sulphur dioxides ka nitrogen dioxide kere kitolomikinete ooni ekwam lo iyanganari oni loka oxygen

-itikokinete ikito apuwa kede agasia kere na ekeritor ekwam koinakini da ikwamin eraasi lu elaeete

5.Ejautene lo isuban luka Edeke

- Ikito lu irayi ooni toma oikoruon eraasi aiboisio nu ejotoete itiang , ikweny ka lu

eporete da aitojokar ejautene lo isuban luka Edeke.

- isinyikoikinitos itiang lu aijar na ilajara

7. itidisarete eiwek lo itunga

-Eraasi ikito lu itikokinitos eiwek lo itunga , aruo na imotakan na elomuni kotoma ogudoi , agaalim nu apuru arai bon at oidunyeta.

-Eyinakini na aiboisit araut na ililingi ido kojai ayuwara

8. Shade and cooling

-Ijaikinete ikito etolim ka aitidisiar amwanis kotoma aiboisio wok

-itidisari na igaraman lu agwela iboro lu itiliimete aiboisit kotoma apakio nu emwaniar akolong, kitojokari da aiboi ko kinga

9. Iyatakini etyai lo iboro

-Ikito lu iraitai toma oikorwon joka kidaritete da ejok , iyatakini ameda toma aiboisit ngin

- Lu agwelak da duc itojokaritos aiyeya , atemelel ka aila ka ajokisio kere nu eyaunete ikito

10. Amasio naka ekwam loka Kabon

- Ematarete ikito ekwam ngon loka kabon dioxide kotoma okwam ibore da yen itojokari ekuse lo ikwamin

- Ikito lu iraitai toma oikorwon ingarakinete amatar ekwam lo no aronon kacut arai iraikinitai kesi ko naba lo elai

11. Aidario na akipi

- ingarakinete ikito aitkitik ejautene lo akipi kotoma alupok narai na etepia edou ematarete kesi akipi ngun

- Itikokinete ailotanario naka alupok

12. Ka nu apiyai

-Ikito lu araito ka emaido kerel u iraitai toma oikorwon eyangaunete apiyai kede inyamat

- ikito lu nu iraitai oikor eyinkinete ooni akito nu inoka ka abaoi nu dukes

13. Inonosio kede ejautene lo itunga

-Epedorete ikito araut lu ebwoikinitos einono

- Itolomunete ikto aiboisio nu ejok aiyengia , aipikanikin atukonikin ka aboliasio da

14. Ayuwar ikorion ka ne ja ikur

- Ikito ice eraasi nu irunete ikweny ka nu eporete ice lu epedorete ainyam ikur ngun lu emunamunaete iwok raan.

15. Angirikinit na ikwamin

Ikito lu iraitai oikoru ingarakinete aitkitik amwanis kotoma aiboisit narai eyangau- nete etolim , itidisarete amwanis ka ayuwar amwanis na ilamara.



LUGANDA

**OKUKOZESA EBIIMO EBYO OBWE-
TOOLOVO BWO'MUTTI NGA OMUSINGI
GW'OKUBALIRIRA KABONI .**

Emiti gikola kinene mu kukwata kaboni dayokisayidi (CO2) okuva mu bbanga, ekigifuala egymigaso mu kulganyisa enkyukakyuka y'obudde. Okusobola okugera obungi bwa kaboni aterekeddwa mu miti, bannassaayansi n'abanoonyereza batera okukozesa ebipimo nga emiti okwetoloola (oba dayamita) okubalirira ebiramu era, oluvannyuma, okutereka kaboni. Enkola eno ekozesewba nnyo kubanga tesaasaanya ssente hnyingi, era egaba okugerageranya okwesigika okw'obusobozi bw'okukwata kaboni omuti .

1. Lwaki okozesa ebipimo ebyo'bwtolovo bwo'mutti okubala kaboni?

Ebipimo bino kye kigerageranyo ekikulu mu kuteebereza ebiramu by'omuti kubanga kikwtagana nnyo n'obunene/obuggazi bw'omuti Nga bapimira okwetoloola, abanoonyereza basobola okubala dayamita y'omuti, oluvannyuma ekozesewba mu nsengekera za allometric okubalirira ebiramu ebiti waggulu w'omuti (AGB).

Okuva bwe kiri nti okukwatibwa kaboni kubalirira okuyita mu bipimo byobwetoolovu bwo'mutti, nkubiriza abalimi ba TIST obutakungula era nbasaba basimbe emitti mu bbanga ettuu era ennunu.

Nga osimba emiti mu bbanga eddungi, emiti gyammwe gikula nnyo era n'olwekyo gikwata kaboni mungi.

Abalimi ba TIST tebasimba miti wansi wa bbanga etasengeteddwa TIST.

Abalimi, simba emitti enzaaliranwa obo giiyite ginasangwa mingi sizoni eno okusobola okuyimirizaawo n'okuganyulwa.

EMUGASO GWA TIST PROGRAM MU KITUNDU KYAFFE NGA OMULIMI .

Eno ye mboozi yaffe ku pulogulaamu ya TIST okuva mu kibina ekitono ekiyitibwa Jericho Breakers TIST Programu ekubirizza abalimi abowansi okusimba emiti n'okwettanira enkola z'ebiyobulimi eziwangaala era wano waliwo enkola n'ebikosa mu kitundu kyaffe n'ekibina kyaffe naddala.

1. Emiganyulo gy'obutonde bw'ensi .

- Okulongoosa ettaka okuyita mu kusimba emitti ekiyamba okuziyiza okukulugguka kw'ettaka, okulongoosa obugimu bw'ettaka, n'okutumbula okusigala kw'amazzi, ekiyinza okutumbula amakungula g'ebirime.

- Okugumira embeera y'obudde , emitti gye gikola kaboni, okukendeeza ku nkyakayuka y'obudde. Abalimi baganyulwa mu mbeera ya microclimate esinga okubeera ennyewe.

- Ebitonde eby'enjawulo mu kifo ekimu , nga tuyita mu kusimba emitti egisobola okulongoosa obulamu bw'obutonde n'okuwa okulwanyisa ebiwuka mu butonde.

2. Emiganyulo mu by'enfuna .

- Eningiza endala abalimi mwe bafuna ebbanja lya kaboni olw'emiti gye basimba, egisobola okutundibwa, nga giwa ensibuko y'ensimbi endala.

- Eby'okweyimirizaawo eby'enjawulo emitti ebisimbibwa gye gisobola okuva ebibala, entangauzu, embaawo, n'ebantu ebitrala, enjawulo mu nfuna y'ensimbi.

- Okuteeka ssente mu bbanga eggwanvu emitti egaylimibwa/egisimbibwa giyinza okwongera omuwendu mu biseera, nga giwa obukuumi bw'ensimbi obw'ekiseera ekiwanu.

3. Emiganyulo gy'embeera z'abantu .

- Okuwa abantu amaanyi mu kitundu abalimi ba TIST mwe bakubiriziba okukola ebitono, okukaza enkolagana, okugabana okumanya, n'okuwagira abantu.

- Okusomesa n'okutendeka abalimi mwe bafuna okutendekebwa ku nkola y'okulima mu ngeri ey'olubeerera, okusimba emiti, n'okukuma obutonde bw'ensi.

- Obulamu obulongooseddwu emiti egyasimbibwa giyamba okulongoosa omutindo gw'empewo n'okuwa ekisiikirize, ekiyamba ku bulamu obulungi eri abalimi n'amaka gaabwe.

4. Okuyimirizaawo .

- TIST etumbula enkola z'okukozesa ettaka mu ngeri ey'olubeerera, okukakasa nti abalimi basobola okukuma ebibala nga tebatyoboola itaka lyabwe.

- Nga bateeka emitti mu nkola z'okulima, abalimi basobola okwettanira enkola z'okulima ebibira, ezisinga okuwangaala mu bbanga eggwanvu.

Nebwekiri nti tulina emiganyulo mu balimi, naye waliwo n'okusoomoozebwu . • Okusooka okuteeka ssente mu kusimba n'okulabirira emiti gyetaaga obudde, okufuba, n'ebikozeseewa, ekiyinza okuba ekizibu eri abalimi abamu.

- Okulinda okumala ebbanga eddene okuva mu miti kitwala obudde ng'emiti gitwala eki-seera kiwanvu okukola, era emigaso (e.g., carbon credits) giyinza obutaba gya mangu.

Mu byonna, TIST Program erina enkyukakyuka mu balunzi nga erongoosa embeera z'obutonde, okwongera ku nnyingiza yaabwe, n'okutumbula ebitundu byabwe. Naye, obuwanguzi businziira ku kuteeka mu nkola obulungi, okuwagira, n'okukola ku kusoomoozebwu okuyinza okubaawo.

Bya: Bachwa Hakim-Farmer -Abamenya Jericho -Ekibinja ky'Ababushenyi

EBIRUNGI EBIRI MU KUSIMBA EMITI MU NSALO .

Okusimba emiti mu nsalo kwe kusimba emiti ku mabbali g'ebantu, ennimiro, obo en-guudo ezifuna emigaso mu by'enfuna n'embeera z'abantu.

Ebirungi Ebikulu.

1. Emitti gikola nga olukomera olwo'obutonde

- Emitti gikola ng'ekiziyiza eky'obutonde, nga giwa eby'ekyama okuva mu baliraanwa obo abayitawo.

- Ziyinza okukyusa obo okujuliza ebikomera ebikoleddwa abantu, ekikendeeza ku bwetaavu bw'ebantu ebigula ssente ennyingi.

2. Emiti gikola nga ebiziyiza empewo obo okweggama.

- Emiti egyasimbibwa ku nsalo giyinza okukendeeza ku sipiidi y'empewo, okukuma amaka, ebitime, n'ebisolo okuva ku mpewo ez'amaanyi.

- gikola embera yobude esobola okukakkanya ebugumu n'okukendeeza ku nsaasaanya ye sente mu kubuguma n'okunyogoza.

3. Okukuma ettaka .

- Ebikoola by'emitti bitebenkeza ettaka, okuziyiza okukulugguka kw'ettaka olw'empewo obo amazzi.

- Zirongoosa obugimu bw'ettaka nga ziteekamu ebirungo ebiramu nga ziyita mu bikoola ebigudde n'ebikoola ebivunda.

4. Omutindo gw'empewo oglulongooseddwu .

- Emitti ginywa obucafu nga kaboni dayokisayidi (CO2), sulfur dioxide, ne nitrogen oxides, hga zifulumya oxygen mu kuddamu.

- Batega enfuufu n'obutundutundu, ne balongoosa omutindo gw'empewo mu kitundu ekiriraanyewo.

5. Ebitonde eby'enjawulo n'okutonda ebifo mwe bibeera .



- Emiti egy'ensalo giwa ebinyonyi, ebiwuka, n'ebisolo ebitonotono ebifo owokubera, zikola emikutu gy'obutonde (ecological corridors) egisobozesa ebisolo by'omu nsiko okutambula obulungi wakati w'ebifo mwe bibeera.

6. Okukendeeza ku maloboozi .

- Emiti gikola ng'ebiziyiza amaloboozi ag'obutonde, nga ginyiga n'okuwugula amaloboozi okuva ku nguudo, eggala y'omukka, oba ebantu ebiriraanyewo.

7. Ekisiikirize n'okunyogoza .

- Emiti giwa ekisiikirize, ekikendeeza ku bbugumu mu kibanja kyo n'okwetooloola.

8. gyongeza kumuwendu gw'ebintu .

- Emiti egy'ensalo egayaddaabiriziba obulungi giyinza okwongera ku muwendo gw'ekibanja nga kilongoosa okujulira kwakyo ku curb n'okuyimirizaawo obutonde bw'ensi.

9. Okukwata kaboni .

- Emiti gilya CO₂ okuva mu bbanga, ne giyamba okukendeeza ku nkyukakyuka y'obudde.

10. Enzirkanya y'amazzi .

- Emiti giyamba okutereea enzirkanya y'amazzi nga ginywa amazzi g'enkuba n'okukendeeza ku mazzi agakulukuta.

11. Emiganyulo mu by'enfuna .

- Emiti gy'ebibala oba entangawuuzi egasimbiba ku nsalo giyinza okuwa ensibuko y'emmere oba ssente.

12. omugaso gw'ebiyobuwangwa n'embeera z'abantu .

- Emiti giyinza okuba n'amakulu ag'obuwangwa oba ag'akabonero, nga kyongera amakulu ku kibanja.

13. Okuziyiza oba okufuga ebiwuka .

- Emiti egimu gisikiriza ebiwuka oba ebinyonyi eby'omugaso ebiyamba okufuga ebiwuka mu butonde, ekikendeeza ku bwetaavu bw'eddagala lyakemiko eritta ebiwuka.

14. Okugumira embeera y'obudde .

- Emiti egyo'kunsalo giyinza okuyamba eby'obugagga okukwatagana n'enkyukakyuka y'obudde nga biwa ekisiikirize, okukendeeza ku bbugumu, n'okukuma embeera y'obudde embi ennyo.

KISWAHILI

Kutumia mzunguko wa miti kama msingi wa hesabu ya kaboni

Miti hucheza muhimuJukumu katika sequestering dioksidi kaboni (CO₂) kutoka anga, na kuwafanya muhimu katika kupambana na mabadiliko ya hali ya hewa. Ili kuhesabu kiasi cha kaboni iliyoifadhiwa katika miti, wanasyansi na, hatimaye, kuhifadhi kaboni. Njia hii inatumwiwa sana kwa sababu ina gharama nafuu, na hutoa takriban ya kuaminika ya uwezo wa mfuatiliaji wa kaboni

1. Kwa nini kutumia mzunguko wa mitiErence kwa hesabu ya kaboni?

Mzunguko wa miti ni parameter muhimu katika kukadiria biomass ya mti kwa sababu inaunganisha sana na kiasi cha miti na ukubwa wa jumla. Kwa kupima mzunguko, watafiti wanaweza kuhesabu kipenyo cha miti, ambacho kinatumwiwa katika usawa wa kila aina ya kukadiria mimea ya juu ya ardhi (AGB).

Kwa kuwa ufuatiliaji wa kaboni unakadirwa kupitia mzunguko, ninahimiza wakulima wa TIST wasio na mavuno na pia Kupanda miti kwa nafasi nzuri na nzuri.

Kwa kupanda miti katika nafasi nzuri, miti yako inakua kubwa na hivyo seksi sana kaboni.

Wakulima wa TIST hawapati miti chini ya nafasi ndogo am-bayo haipendekezi na TIST.

Wakulima, mmeaZaidi yatheMiti ya asili msimu huukwa ajili ya uendelevu na faida zaidi.

Athari ya mpango wa TIST katika jamii yetu kama mkulima

Hii ni hadithi yetu kuhusu mpango wa TIST kutoka kwaS1. Faida za Mazingira

- Udongo na kuiboresha kupitia upandaji wa mti ambayo husaidia kuzuia mmomonyoko wa udongo, inaboresha uzazi wa udongo, na kukuza uhifadhi wa maji, ambayo inaweza kuongeza mavuno ya mazao.

- Hali ya hewaresilienceambapoMiti hufanya kama kuzama kaboni, kupunguza mabadiliko ya hali ya hewa. Wakulima wanafaidika na microclimate imara zaidi.

- Bionwai kupitia miti ya kupanda ambayo inaweza kuboresha afya ya mazingira na kutoa udhibiti wa wadudu wa asili.

2. Faida za kiuchumi

- Ziada mingi kwenye Wakulima wanapata mikopo ya kaboni kwa miti wanayopanda, ambayo inaweza kuuzwa, kutoa chanzo cha ziada cha mapato.

- Mseto kwenye Miti iliyopandwa inaweza kutoa matunda, karanga, mbao, na bidhaa nyingine, miti ya kuchanya mapato.

- Uwekezaji wa muda mrefu ambao miti imeongezeka / kupandwa inawenza kuongeza thamani kwa muda, kutoa usalama wa muda mrefu wa kifedha.

3. Faida za kijamii

- Jumui a wapia Wakulima wa TIST wanahimizwa kunda kundi ndogo na, kukuza ushirikiano, kugawana maarifa, na msaada wa jamii.

- Elimu namafunzo ambapoWakulima wanapata mafunzo juu ya mazoea ya kilimo endelevu, kupanda miti, na uhifadhi wa mazingira.

- KuboreshwahAmbapo miti iliyopandwa na kuboresha



ubora wa hewa na kutoa kivuli, na kuchangia afya bora kwa wakulima na familia zao.

4. Uendelevu

- TIST inalenga mazoea ya matumizi ya ardhi endel-levu, kuhakikisha kwamba wakulima wanaweza kudumisha uzalishaji bila kudhalilisha ardhi yao.

- Kwa kuunganisha miti katika mifumo ya kilimo, wakulima wanaweza kuitisha mazoea ya kilimo, ambayo ni endelevu zaidi kwa muda mrefu.

Kama vile kumekuwa na athari kati ya wakulima, pia kuna changamoto

- Awali na uwekezaji ya kupanda na kudumisha miti inahitaji muda, jithada, na rasilimali, ambazo zinaweza kuwa kizuizi kwa wakulima wengine.

- Muda mrefu Wa kungojea kutoka miti huchukua muda kama miti huchukua muda mrefu kukua, na faida (k.m., mikopo ya kaboni) haiwezi kuwa ya haraka.

Katika kila mpango wa TIST una athari za kubadilisha kwa. Hata hivyo, mafanikio yanategemea msaada, na kushughulikia chaingamoto zinaozoweza.

Bachu hAkim-mkulima Wa nguzo ya-Jericho Breakers - wilaya Bushenyi

Faida za kupanda kwa mti wa mipaka

Upandaji wa mti wa mipaka ni kupanda miti kando ya mali, mashamba, au barabara kwa faida za kiuchumi na kijamii.

Faida muhimu

1. Miti hufanya kamaUzio wa asili

- Miti hufanya kama kizuizi cha asili, kutoa faragha kutoka kwa majirani au wapita.

- Wanaweza kuchukua nafasi au kuimarisha ua wa kibinadamu, kupunguza mahitaji ya vifaa vya gharama kubwa.

2. Miti hufanya kama upemo wa upemo na makao

- Miti iliyopandwa kando ya mipaka inaweza kupunguza kasi ya upemo, kulinda nyumba, mazao, na mifugo kutoka kwa upemo mkali.

- Wao huunda microclimate ambayo inaweza kupunguza joto na kupunguza gharama za nishati kwa joto na baridi.

3. Uhifadhi wa udongo

- Mizizi ya mti imetulia udongo, kuzuia mmomonyoko wa mmomonyoko unaosababishwa na upemo au maji.

- Wao huboresha uzazi wa udongo kwa kuongeza suala la kikaboni kuititia majani yaliyoanguka na mizizi ya kuoza.

4. Ubora wa hewa ulioboresha

- Miti hutengeneza yumbi na chembechembe, kuboresha ubora wa hewa katika eneo jirani.

5. Viumbe nya viumbe hai na makazi

- Miti ya mipaka hutoa makazi kwa ndege, wadudu, na wanyama wadogo, kukuza viumbe hai.

- Wanaunda mipangilio ya mazingira ambayo inaruhu-

su wanyamapori kuhamia salama kati ya makazi.

6. Kupunguza kelele

- Miti hufanya kama vikwazo vya sauti vya asili, kuyonya na kufuta kelele kutoka barabara, reli, aujiranimali.

- Hii inajenga mazingira ya kimya na ya amani zaidi.

7. Kivuli na baridi

- Miti hutoa kivuli, kupunguza joto na karibu na mali yako.

- Hii inaweza kupunguza gharama za baridi wakati wa hali ya hewa ya joto na kujenga nafasi nzuri za nje.

8. Kuongezeka kwa thamani ya mali

- Miti iliyoifadhiwa vizuri inaweza kuongeza thamani ya mali kwa kuboresha rufaa yake ya kukata tamaa na uendelevu wa mazingira.

- Wanunuzi mara nydingi wanafurahia faragha, uzuri, na faida za kuokoa nishati.

9. Ufutiliaji wa kaboni

- Miti hutengeneza yumbi na upemo na makao inaweza kupunguza mabadiliko ya hali ya hewa.

- Miti ya mipaka huchangia ufutiliaji wa kaboni, hasa wakati wa kupandwa kwa idadi kubwa.

Usimamizi wa maji

- Miti kusaidia kudhibiti mzunguko wa maji kwa kuyonya maji ya mvua na kupunguza runoff.

- Wanaweza kuzuia mafuriko na kuboresha recharge ya chini ya ardhi.

10. Faida za kiuchumi

- Miti ya matunda au mbegu iliyopandwa kando ya mipaka inaweza kutoa chanzo cha chakula au mapato.

- Mbao au kuni kutoka kwa mipaka ya mipaka inaweza kuvuna endelevu kwa faida ya kiuchumi.

11. Thamani ya kitamaduni na ya kijamii

- Miti inaweza kuwa na umuhimu wa kitamaduni au mfano, na kuongeza maana ya mali.

- Wanaunda nafasi za mikusanyiko ya kijamii, kufurahi, na burudani.

12. Udhibiti wa wadudu

- Miti fulani hutengeneza wadudu wenye manufaa au ndege zinazosaidia kudhibiti wadudu kwa kawaida, kupunguza umuhimu wa dawa za dawa za dawa.

13. Ustahimilivu wa hali ya hewa

- Miti ya mipaka inaweza kusaidia mali kubabiliana na mabadiliko ya hali ya hewa kwa kutoa kivuli, kupunguza joto, na kulinda dhidi ya matukio ya hali ya hewa kali.

- Tunajenga urafikisna kuboresha mahusiano yetu:mimiN Ku



LUO

**TIC KI KOO YAT MA CALO YOO ME
KWANO WEL YAMO MA OWANG GWOKO
NGOM NI WOK KI I PITO YADI**

Yat tye ki tic ma pire tek me gwoko yamo ma tye ka kodo (CO2) ki i yamo, ma weko gibedo gin ma pire tek i lweny i kom alokaloka me piny. Me kwano wel carbon ma ki gwoko i kom yadi, lucayan ki lutim kwed pol kare gitiiyo ki pimo calo rwom me ngwec pa yat (nyo rwom me niom) me pimo kit me gwoko jami makwo ki, ma lubo, gwoko carbon. Yo man kitiiyo kwede mapol pien nongo tye ki cente madwong, dok miyo kero me dwoko piny kero pa yat carbon.

1. Pingo ki tiyo ki koo yat me kwano wel yamo ma owang?

Labol, ka itye ka pwonyo kit me tic ki yat, ci myero inge ni yat ma kitiiyo kwede me cango two mapol tye ka dongo matek. Ka ki pimo rwom me pii, lutim kwed gitiiweri kwano rwom me dongo pa yat, ma ki tyo kwede i rwom me rwom me yat ma malo (AGB).

Kit ma rwom me rwom me carbon ki kwano ki i rwom me rwom, acuko cwiny lupur pe me kwanyo ki bene me pito yadi i kabedo ma opore dok maber.

Ka ipito yadi i kabedo maber, yadi ni dongo madongo dok man weko gi gwoko carbon mapol.

Lapur pe keto yadi ma pe ki keto i poto ma pe kicwako ki TIST.

Lupur, gipito yadi mapol ma gibedo i kare man pi gwoko kwo ki adwogi mapol.

BER PA YUB PA TIST I KA BEDO MA ORUMU WA MACALO LAPUR

Man obedo yub me TIST ki bot gurup matidi ma kilwongo ni Jeriko Bhakers .

Yub me TISTS ocuko cwiny lupur matino me pito yadi ki me tic ki kit me pur ma twero bedo tye dok man obedo tic mogo ki adwogi gi i kabedowa ki gurup wa tutwalle.

1. Adwogi maber me cwec ma ikabedo wa

- Kit me yubo ngom ki yat ma konyo me gengo rweny pa ngom, weko ngom dongo maber, dok konyo gwok pil, ma twero weko cam dongo maber.

- Teko me piny ma nongo ki yat tiyo calo yat ma kelo yamo, dwoko piny alokaloka me piny. Lupur ginongo adwogi maber ki i kom jami matino tino matino tino ma tye ki kero.

- Kit me kwo mapol kun kitiiyo ki yadi ma twero konyo me dwoko piny yotkom pa lee ma gikwo i poto dok miyo twero me gwoko cam.

2. Adwogi maber me lim

- Cente mukene ma lupur ginongo ki ikom yat ma gipito, ma twero calo, ma miyo lim mukene ma nongo.

- Kwo me kwo ma pat pat ma tye ki yadi ma kipito twero miyo nyig yat, nyig yat, yat, ki jami mukene, ma poko kin rwom me lim mapol.

- Yub me keto cente pi kare malac ki dini ma yadi ma dongo/kipito twero medo iye wel pi kare malac, ma miyo gwok me lim pi kare malac.

3.ber pa dano

- Kimiyo teko bot lwak ka ma bot lupur ki cuko cwinygi me yubo gurup matino tino, kelo tic kacel, poko ngec, ki kony pa lwak.

- Kwan ki pwonyo dano ka ma lupur ginongo pwony ki bot lutic me pur ma twero bedo tye, tic me pur, ki gwoko kabedo.

- Medo yotkom ma yat ma kipito iye weko yamo bedo maber dok miyo tipo, ma weko yotkom bedo maber bot lupur ki jo me odigi.

4. Gwoko

- TISS kelo tic me gwoko ngom ma twero bedo maber, neno ni lupur twero gwoko tic maber labongo balo ngom gi.

- Ka ki keto yadi kacel i yub me pur, lupur twero tic ki yat ma kitiiyo kwede me pur, ma twero bedo ma twero bedo pi kare malac.

Kit ma tye ki adwogi maber i kin lupur, bene peko tye

- Keto cente i acaki me pito ki gwoko yadi mito kare, tute, ki jami ma mite, ma twero bedo gin ma gengo lupur mogo.

- Kur pi kare malac pi dwogo pa yadi kwanyo kare ma yadi tero kare malac me dongo, ki adwogi ne (e.g., lim ma ki deno) pe twero bedo cut cut.

Bachwa Hakim-Lapur- Jericho- Dul ma tino I Bushenyi

BER PA PITO YADI ME WANG NGOM

Tic ki yadi ma tye i poto tye ka pito yadi i nget dog poto, poto, nyo yo me nongo adwogi maber ki i kom lim ki kwo pa dano.

Ber bedogi

1. Yat tiyo calo gin ma celo lobo

TIST UGANDA

- reya tiyo calo gin ma gengo dano, miyo ngec ma mako ngat acel acel ki bot jirani onyo dano ma kato.
- Gin gitiiweri loko nyo dwoko cen cel ma dano aye oyubo, ma weko mitte ni kiket jami ma kelo cente madwong.
- 2. yadi tiyo macalo lageng yamo ma kodo ma tek ki bene kabedo .
- Yat ma kipito i dog lobo twero dwoko piny rwom me yamo, gwoko odi, cam, ki lee ma aa ki i kom yamo matek.
- Gin giyubo jami matino tino ma twero dwoko piny rwom me lyeto ki dwoko piny wel teko me lyeto ki ngwec.
- 3. Gwoko Ngom
 - Yat dwoko piny rwom me dongo lobo, ma gengo ngwec pa yamo nyo pii.
 - Gin weko dongo lobo bedo maber kun medo jami ma kwo kun gitiiyo ki pot yat ma opoto ki yat ma tye ka rweny.
- 4. Ayubu kit ma yamo maber kwede
 - Yat ma ki lwongo ni reya gi kwanyo jami ma balo yamo ma calo yamo ma ki lwongo ni carbox taxide (CO2), lac pa ler ma ki lwongo ni syxide, ki yamo ma mako ler, gi weko oxygen me dwogo cen.
 - Gi mako lum ki jami ma tye i kabedo meno, ma weko yamo bedo maber i kabedo ma orumogi.
- 5. Medo rwom kit me kwo ki kit me yubu piny
 - Yadi ma tye i ngom miyo kabedo bot winyo, winyo, ki lee matino tino, ma kelo kwo mapol.
 - Gi yubu dul ma mako kwo pa ler ma weko ler ma kwo gi wot maber i kin kabedo.
- 6. Dwoko kit me wor piny
 - yadi tiyo calo lageng yamo ma nongo Rubanga aye omiyo mako dok bene gwoko wor ma gin bino ki l gudi, gaa, ki ikom jami ma orumu wa
 - Man weko ka bedo bedo ma oling dok bene bedo ki kuc.
- 7. yadi konyo tibu dok bene kwyeo piny
 - yadi tiyo calo jami ma pe nen, gamo ki kwanyo dwan ma tye i yo, yo me gadigadi, nyo jami ma tye cok kwede.
 - Man kelo kabedo ma oling mot dok ma tye ki kuc.
- 8. medo wel jami
 - Yat miyo tipo, dwoko piny rwom me lyeto i kom jami ma itye kwede.
 - Man twero dwoko wel cente me ngwec piny i kare me ngwec ma piny tye ka lyet dok weko kabedo me ngwec bedo maber.
- 9. Med wel jami ma tye iye
 - Yat ma ki gwoko maber twero medo wel jami ma ki keto i ot kun ki medo rwom me kwan ki gwoko kabedo.
 - Luwil pol kare gi pwoyo jami ma ki gwoko, ber, ki adwogi maber ma yaf gwoko.
- 10. Kwalo two ma mako yamo
 - Opens gamo CO2 ki i yamo, konyo me dwoko piny alokaloka me piny.
 - Yadi ma tye ki pii ma tye i ngom gi tiyo ki carbon, tutwalle ka kipito i wel mapol.
- 11. Gwoko pii
 - Otwel konyo me yubo kit ma pii tye ka mol kwede ki gamo pii kot ki dwoko piny pii ma mol ki i pii.
 - Gin twero gengo pii ma mol ki dwoko rwom me pii piny.
- 12. Adwogi maber me lim
 - Yat ma ki pito i dog gang twero miyo cam onyo cente.
 - Timber nyo yen me mac ma aa ki i kom yadi ma tye i wang lobo kitweri nongogi ma twero bedo pi nongo lim.
- 13. Kit me tekwaro ki kwo pa dano
 - Oyat twero bedo ki tekwaro nyo lanyut me lanyut, medo tyen lok i kom jami.
 - Gin giyubo kabedo me cokke kacel, yweyo, ki galowang.
- 14. Konyo kit me gengo anyai
 - **Yat mogo ma konyo winyo ma konyo** winyo nyo winyi ma konyo me gwoko kwidi ma tye i komgi, ma dwoko piny miti me neko kwidi.
- 15. konyo kit me gwoko ka bedo ma orumu wa
 - Yadi yadi konyo kit me weko jami wa kwo kwede ma ber miyo tibu me yweyo, dok bene gwokoi gi ki l aloka loka me piny ma raco



ERIKHOLHESYA OBUNENE BWOMUTHI OKWIBARA OBUNENE BWEMBEHO

Emithi ghikhakola omubiri munene owerija embeho nyibi omwa kyanya, kyikaleka emithi eyabya yomughasu munene omwiriyanya embinduka yobuthuku.

Eriminyi obunene obywembeho, aba kalimazezi bakakolesaya obunene obwomuthi. Omubera ono akakolesibwa kutsibu, kandi akayisighawa okwiminya obunene obwembeho eyakolesibawa emithi eniwa omwa kyanya.

1. Habwakyi tukakolesaya obunene bwo muthi eriminyi obunene bwembeho?

Obunene bwo muthi ni kaminyikalo kakulu akakaleka iwananya obunene obwembeho ayabilikolesibwa omuthi eyilwulu womutaka eriwa omwa kyanya.

Hakuba tukakolesaya obunene bwo muthi eriminyi obunene obywembeho, nkasaba abalimi bethu aba TIST esimwatema emithi kandi emwahera emithi eyinapangire ndeke.

Erihera emithi eyinapangire kyikaleka eyabya minene-minene kandi eyakolesya embeho nyinene eriwa omwa kyanya.

Abalimi be TIST esimwakuka emithi emwapangayu ndeke ngokutukabalayira.

Kandi muhere emithi eyenzarwa mwanatoka erilabirirayu neritunga mwamaghoba.

OMUGHASU WA TIST OMWABULAMBO BWETHU NG'OMULIMI.

Ono ghomughaneghane wethu okwa TIST eriwa omwa gurupu eya Jericho Breakers.

TIST yabiruwathika itwe abalihimi abawithe ebithaka bike-bike, eritoka erihera emithi kandi nerigha emihire mibuya eyititsweka. Ebi ni biguma okwa mighasu yemihimire mibuya omwa bulambu bwethu:

1. Ebibuya okwa kipindi

• Erihera emithi ghikaleka womutaka injatasenda neryo ekikaleka yakakanyaya obuwane womutaka, kandi yikahambira amaghetse omwakithika eyanganakafya okwabirmwia.

• Erithendihinduka ryobuthuku, iwasangana emithi ghikakolesaya embeho nyibi eriwa omwa kyanya nerikyikaleka obuthuku edwata hinduka-hinduka. Abalimi bakawoba okwa bubuya obomuthi.

• Yikawathikaya obuyingo munene, omuhera emithi eyikawathikaya obuyingo obwebindi bindu kandi iyikatsunga nebihuka.

2. Ebibuya ebikathuha esyasente.

• Eryongera okusente, ahauskanga abalimi bakathunga esyasente eriwa omwambeho eyemithi eyabakahera.

• Eritunga esasente omwabindu muthina-muthina, iwasangana emithi yanganathuha ebiuma, esyambaho nebindi, iyathuha esasente omwamiringi minene.

• Yikabika esasente eriunza obuthuku obunene, ukasanga emithi yikongera eriulha iyinimukula eriunza obuthuku bunene.

3. Ebibuya ebyobusangasangane.

• Ekipindi kyabiryanzisa, ukasanga abalimi abe TIST bakahabulhawa erikora esyagurupu niku banga kolongan, banahanangana amerge nobuwathika obwe kipindi.

• Erisomesiba nerikangiririba, ukasanga abalimi bakabana erikangiririba okwa milhimire eyiwene, okuhera emithi, neririnda obuhangwa ne kipindi.

• Erikanyaya obuyitsolse, ukasanga emithi yikakanyaya obubuya obomuyagha, neraha ekitsutsu, eryongera obubuya oku balhimi namfaka wabb.

4. Emihimire mibuya eyititsweka

• TIST yikasomesa emihimire eyomulembe niku abalimi bangahulhulha binene isihali omuthaka wabu enifwamu omubogha.

• Erihera emithi mwamalima ngokuyitholerene, abalimi bangana tsrukira omwabulhimi obwemithi eyanganabayahu omwabutuku dow.

Nomuhangabya ebikoliwe binene okwa balimi, betu hanehu nobutsibu :

• Eritsuka obuhere obwemithi nerisekera bikanza obuthuku, amani, nebihakolesebawa, byanganabya bitsibu oku balimi.

• Enilidilia kutsibu amawoba awemithi, kusangwa emithi yikatwala obuthuku bunene erikula kandi namayoba wayo ng'esyasente esyembeho byanganabya isibyalhubalhba.

• Omwabyosi, TIST yikahundula abalimi omukagyirira emibere yekipindi, erikanya esasente syabo nerithokesha abandu mywa bipindi byabo. Betu kandi ensingura kyikarugirira okwa mikolore, obwathikaya ner kokotsya ebisibu.

Nibya Bachwa Hakim-omulimi -Jericho Breakers -Bushenyi Cluster

EMIGHASU EYERIHERA EMITHI OKUSARO

Erihera emithi okusaro nirithimbya emithi okubindu, okwamalhima kwesti okwa syanguda eribanamu amawoba.

Emighasu eyerimanirako

1. Emithi yikhakola ngolughuthu:

• Emithi yikakola ngebindu binu- yikabika ebindu ebithatholere erirangirwa okubataka kwetsi abalhaba abakalhaba.

• Yanganasuba omu mwanya kwetsi eriathikya olhughuthu olwo mundu, kwetsi erikehya eriyithawa ebyebindu elbikaghulawa.

2. Emithi yikakola ngerihamba omuyagha

• Emithi eyiherire okusaro yangana kehya esipidi eyomuyagha, eritsunga esyaka syabandu, na malhima oko moyagha munene.

• Yikakola obuthuku bwandeke obwanganakehya ekyihuhani.

3. Yikatsunga omuthaka

• Emirihya eyemithi yikakola omuthaka wandeke, eritsunga omuthaka owakasenda, nomuyagha kwetsi amaghetse.

• Yikakapyaya ekyirisa kyomuthaka eryongeramu omubogha omulhaba omwabithi ebikathowera omwallima nomwaminnya eyibolire.

4. Yikongera obubuya obomuyagha

• Yikalondaya emiyagha mbi eriwa omomwanya kandi yatuha omuyagha owakingira.

• Yikahamba etsutsu, neryongera obubuya obomuyagha omwakyihugo ekyithimbireko.

5. Yikawathikaya obuyingo bunene neraha obwikalho bwebisoro.

• Emithi yokusaro yikaha esyanyonyi syobwikalho, nebihuka, nebisoro ebike-bike, neraha obuyingo.

• Yikakola esyanzira esiwene omo bwikalho bwebisoro esikaleka ebisoro ibyalhaba ndeke omo bwikalho bwabyo.

6. Yikakehaya okwatoko

• Emithi yikakola neririnda etoko eyikalwa omusyanguda, nesagalji syomukyi kwetsi nebihindi ebithimbireko.

• Yikathuha ekyihugo ekyihumuliken nekyihunire.

7. Yikathuha ekitsutsu nobuthekane.

• Emithi yikathuha ekitsutsu nerikehya ekyihuhanyi omokathi neyisa syebindu byaghu.

• Yanganakehya obugule obwirithekanya omubuthuku obuhuhire kandi yatuha nemanya eyiwene.

8. Yikakanyaya omuhendo webindu

• Emithi eyitsungire ndeke yikakanyaya omuhendo webindu omwikanya obuwane byeyihugo.

• Abaghuli bakasima ebindu ebibisire, obubuya neyindi mighaso eyemithi.

9. Yikakolesaya embeho neribikayu

• Emithi yikabana embeho eriwa omwa kyanya, yikawathikaya eritsunga embinduka yobuthuku.

• Emithi yokusaro yikongera okwambeho eyemithi kutsibu-tsibu warnaherayu omwabunene.

10. Yikatsunga amaghetse

• Emithi yikawathikaya erikura amaghetse wembulha nerikehya emithibitho.

• Yikalinda esyangwangwa nerikanya amaghetse womokyithaka.

11. Ebibuya ebikathuha esyasente

• Emithi eyebiuma yanganathuha ebyalha kwetsi esente .

• Emithi yokusaro yikathuha esyambaho nesyangwe niku twabanamu esyasente.

12. Ebyobuhangwa nebyo bu sangasangane

• Emithi yangana kolesiba emighasu yobuhangwa, neryongera obuminyikalo bwekindu.

• Yikaha emyanya yerihindiranamu, erihumuliramu nerikolheramu ebini.

13. Eritsunga ebihuka

• Eyi mithi yikaletha ebindu bihuka ebyomughaso kwetsi esyanyonyi esikawathikya eritsunga ebihuka, ekyikakehaya enikolesi emibasti.

14. Erithendihinduka lyobuthuku

• Emithi yesaro yikawathikaya ebindu eribegerana embinduka yobuthuku omwihererya eyitsutsu, enikehya ekyihuhanyi neribrinda nomwa mbera esindi estithwene .

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