



THE TREE

The International Small Group
and Tree Planting Program

CLEAN AIR
ACTION
CORPORATION

TIST NEWSLETTER MAY 2025



An Auditor during audit exercise and verification on Nursery Bed Activities



Energy saving cookstove made by TIST Farmers as a best practice to save fuel and trees



Weeding and preparing seedling for planting during rainy season

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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PLEASANT ENVIRONMEN

Pleasant environment and nature may refer to natural around us and the Ecosystem that support life on Earth. Natural environment with un touched ecosystem like forests, mountains have been deteriorated by different factors but under TIST program and activities, together we can rehabilitate the nature and natural appearance with its resources.

Nature refers to the physical world and living organism that aren't significantly altered by humans.

Relationship between Environment and nature: A health environment sustains nature and biodiversity. Nature provides vital resources like air, water and food.

Human activity can damage the environment affecting natural systems through pollution, deforestation and climate change.

Planting of indigenous tree species can easily make a conducive environment and together we restore the nature and environment. Let us plant trees to be in companion with our God creation

By Mbabazi Maritazari-Kiyanga Cluster

CONSERVATION FARMING: PROTECTING SOIL AND ENHANCING CARBON STORAGE

Conservation farming emphasizes minimal soil disturbance, permanent soil cover, and crop rotation. These practices improve soil fertility and reduce erosion, which enables

healthier trees to grow and sequester more carbon. Healthy soil acts as a carbon sink, storing significant amounts of carbon that would otherwise be released into the atmosphere. By preserving soil organic matter and improving water retention, conservation farming reduces the need for chemical fertilizers, which contribute to greenhouse gas emissions.

Farmers involved in the TIST program are encouraged to adopt conservation agriculture practices on their farms to actively capture carbon while increasing crop productivity. This approach turns farms into tools for climate change mitigation, restoring degraded land and increasing the carbon value of tree planting efforts.

ENERGY-SAVING COOK STOVES: REDUCING DEFORESTATION AND EMISSIONS

Traditional open-fire cooking methods consume large amounts of firewood, contributing to deforestation and the release of harmful greenhouse gases. Energy-saving cook stoves offer a sustainable alternative. These stoves use significantly less wood and burn fuel more efficiently, reducing pressure on forests and allowing planted trees to grow undisturbed to maturity. Additionally, energy-saving cook stoves produce minimal smoke, thereby contributing to the efforts to reduce emissions.

By decreasing the rate of tree harvesting for fuel, these stoves support the long-term survival of trees and enhance their carbon storage potential. Furthermore, they im-



prove indoor air quality and reduce health risks associated with smoke inhalation, creating a win-win situation for both people and the planet.

REFORESTATION: RESTORING WHAT WAS LOST

Reforestation involves planting trees in deforested areas to restore carbon sequestration capacity. Benefits include:

- Increased carbon storage in trees and soil.
- Prevention of soil erosion and better water retention.
- Restoration of biodiversity, supporting wildlife and local ecosystems.
- Afforestation: Creating New Forests

Afforestation is the process of establishing forests where none existed before. This is particularly useful in degraded landscapes and areas prone to desertification. However, for afforestation to be effective:

- Native species should be prioritized to support ecosystems.
- Avoid monoculture plantations, as they can harm biodiversity and deplete soil nutrients.

SMALL GROUP TECHNIQUES:

Group interaction

What is the best way to arrange people during a Small Group meeting?

A small circle is the best. Don't have a table

because it creates barriers between

people. Don't have a chair and a large seat for the most important person. In

TIST, we all sit the same way. We either all sit on the ground, or we all sit on chairs.

b) What do you do if more than twelve people want to join your group?

If there are more than twelve people interested in joining your group, it is best

to form a new group. The group can multiply with two, or three or four members of the original group forming the core of the new group. This is better than one member trying to start a group alone. Remember to start using rotating leadership straight away.

c) What techniques can you use if the group energy is low?

Split up the group into pairs and get each pair to talk about the task. Dramas also

help. Sometimes stopping and each person saying something good that their group is doing can also motivate people again. Also remember to keep the meeting from

becoming too long. By having a Co-leader who is keeping time, you can focus the

group's energy on making sure the work gets done in the agreed upon time period.

Meeting Schedule:

To manage time well, a Small Group should have a well-organized meeting schedule.

This is important because it will help you keep focus on your agenda and the most important activities. It is also important because in TIST, we commit to work together for the long-term to improve our farms and grow and maintain our trees for the carbon market. We need to know our fellow Small Group members well, since each person's actions impact our whole group and all of TIST. It is important, too, for your Small Group to have regular meetings, preferably once a week or once in two weeks. This will give all members in your group an opportunity to strengthen your group and share and learn new ideas.

During your meeting, it is necessary to focus on important issues. Many TIST Small Groups have found the process below as a Best Practice for successful meetings:

Step I. Greetings and introductions for any new members (5 – 15 minutes):

Make sure everyone feels welcomed. Make it brief but let each person introduce him or herself.

Step II. Opening prayer (2 minutes):

A short word of prayer can help the group unite.

Step III. Songs (5 minutes):

These could be songs written by your group, or songs that encourage people such as religious songs.

Step IV. Agreement on task and time

(5 minutes):

The meeting's leader explains what was planned for the meeting and the group members discuss and then agree on what the agenda should be.

The time spent on each task or discussion should be agreed so that the co-leader can help keep the meeting on time.

Step V. Group work on tasks (1 hour):

Ideally, tasks should have been discussed at the end of the last meeting. Tasks might include sharing what each person has done to help TIST activities, sharing Best Practices, training on some subject of interest, and any other important issue that will help your Small Group to prosper.

Step VI. Kujengana (5 minutes):

Each group member makes one positive, specific statement to that week's leader about his or her observable leadership of the meeting. In addition, anyone may identify a gift seen in the leader.

Step VII. Closing prayer (2 minutes)

Editt



OBURUNGI **BW'EBITWEHINGURIRIIZE**

Oburungi bw'eby'obuhangwa n'ebitwehinguririize nikimanyisa ebintu ebitutwiremu ebyashangirweho ebirikuwera emituurire y'abantu n'ebimera. Eby'entuura ebitwehinguririize birimu ebita-siisirwe; nk'ebibira, enshozi bisiisirwe ebintu bingi, baitu ahabwa puroguraamu ya TIST, n'emirimo yaayo, nitubaasa kubihunduza bigarukeho.

Ebitwehinguririize eby'entuura n'ebyo ebitari-kushishwa abantu.

Omutaano ahagati y'ebitwehinguririize n'eby'obuhangwa: ebitwehinguririize ebirungi nibihwera emibeereho y'abantu n'enyamaishwa hamwe n'ebimera, kandi eby'entuura ni nka; orwoya, amaizi n'eby'okurya.

Emirimo y'abantu neebaasa kushiisha eby'obuhangwa nk'orwoya rubi, okutema ebibira, n'empinduka y'obwire.

Okubyara emiti y'enzaarwa nikireetaho eby'obuhangwa byabonera. Twena nitabaasa kugaruraho ebyobuhangwa n'ebitwehinguririize. Reka tubyare emiti nk'oku Ruhanga yaaragiire.

Nebya Mbabazi Maritazari- Kiyanga Cluster.

OKUHINGA ORIKURINDA EITAKA NOKUGUMYA ORWOYA:

Omu nimwe hari okurinda eitaka obutaricuukuura, kugumya obuhangwa bwaryo. Eki nikireetera orwezo rwaguma omu eitaka

kandi ritaatwarwa mutunga, reeru emiti eku-ra gye kandi erugamu orwoya rwingi. Eitaka ry'orwezo nirikora nkeibiikiro rya kaboni eyaakubaire neetuntumuka omu mwanya. Empinga egi nereetera orwezo rw'enzaarwa omwitaka, amaizi gaguma omwitaka, etubya okutamu orwezo rw'engurano, kandi kihwera okusharuura orwoya rwingi.

Abahingi ba TIST nimwehanangiribwa kukoresa empinga egi kusharuura orwoya rwingi n'okusharuura kihango omu bihingwa.

Okukoresa amahega garikutwara enku nkye, kucendeeza okutema emiti n'okukanyisa emiti erikunyuuta orwoya.

Okutekyera aha mahega gatangaire nitkitwara enku nyingi okukira agombekire, agarikukora enku nkye. Nikikyendeeza aha kutema emiti reeru emiti ekura, enyuunyuuta orwoya rurugamu sente. Kandi amahega aga, nigashohoza omwika mukye ogurikuza omu mwanya. Abantu n'ensi byona bigoba.

Okubyara emiti: Okugaruraho eyasiisikare.

Emigasha:

- Okugumya orwoya rwa kaboni omu miti n'omwitaka
- Okurinda eitaka butatwarwa mutunga n'okugumya amaizi omwitaka
- Okurinda emituurira y'abantu n'enyamaishwa
- Okubyara emiti misya.

Okubyara emiti ahi yaabaire etari nikireetera eitaka eryabaire niryenda kuhinduka eirungu ryagira omugasho, kandi yaaza kuba gye

nihentegwa ebi:

- Okubyara emiti y'enzaarwa kurinda obuhangwa.
- Obutabyara kika kimwe ky'emititi, ekiri-kureetera kushiisha emituriire y'ebimera n'enyamaishwa hamwe n'okucuukuura eitaka.

Enkora ya za guruupu enkye.

Oku abantu barikweteerana

Abantu nibashutama bata? Mutagira emeeza ahakuba neereetaho omutaano omu ba memba. Mutagira entebe, mwena mushutame ahansi omu mbuga nari mwagira entebe, mushutameho mwena. Omu TIST twena nitwingana.

Nimukoraki abantu 12 baaba nibenda kutaaha omu guruupu yaanyu?

Muzibaganisemu kabiri, buri emwe egire emyomyo yaayo. Mwihe mu ezindi nyingi. Eki nikikira omuntu omwe kutandikaho guruupu ye nk'omuntu. Mureebe ngu mwatandika n'obwebembezi bw'ensikirano. Abantu baine kugamba aha birungi ebiri omu guruupu yaabo.

Okaakoraki guruupu yaagira emusindo mukye?

Mugibaganisemu, reeru ekicweka kimwe kigambe ahabi ekozire. Emizaano nayo neekora. Buri guruupu yaagamba ahabikozirwe nakyo nikyongyera amaani. Orukiiko rutatwara eshaaha nyingi. Mwagira omwebembezi omwe arikurinda obwire niki hwera guruupu.

Okutebekanisa orukiiko.

Mugire enkiiko zitebekaniise gye kandi mugyendere aha bimwaba mutebekaniise kugambaho. Mutemu ebigyendererwa bimwaba nimuza kukiikaho. Itwe omu TIST nitukorera hamwe omu kubyara n'okugumyaho emiti kwenda kusharuuramu orwoya tukaihamu sente. Mwine kumanya bamemba banyu ahakuba buri omwe haine omuganda gw'arikuta aha guruupu ye. Mugire enkiiko za buri mwanya, nkomu saabiiti emwe nari ibiri. Nikiija kureetera buri memba yaayega kutensa. Omu TIST za guruupu zishangire ebinti kuba birungi ahabw'enkiiko zaabo.

- 1) Okuramusya n'okweyanyura kw'aba memba abasya (edakiika 5-15). Kikorwe juba kandi buri omwe ayayanjire.
- 2) Okushaba(Edakiika 2) Eshaara neekwatanisa ba memba.
- 3) Ebyeshongoro. Nibibaasa kuba biri ebya guruupu nari eby'enyikiriza.
- 4) Okwikirizana aha bi muragyenderaho n'obwire. Omwebembezi ashabe ba memba babikirizaganeho, n'obwire obu biratware.
- 5) Kugamba aha ki buri omwe akozire omu guruupu. Kugamba aha mirimo n'entwaza ya TIST ahari buri omwe kandi mukabagana aha bi mukozire kwenda kutunguura guruupu yanyu.
- 6) Kwombekana. Buri memba kugamba ekirungi ahabw'ebembezi bwa memba ayebembeire esaabiiti egyo.
- 7) Eshaara y'okuhendera. (edakiika 2).

ENDS



EMBEERA ENNYUVU.

Embeera ennyuvu n'obutonde ebisanyusa biyinza okutegeeza obutonde obutwetoolodde n'enkola y'obutonde ewagira obulamu ku nsi.

Embera yo'butonde bw'ensi no'obutonde obutakwatibwako ng'ebibira, ensozi zibadde zoonoonese olwe'nsonga ez'enjawulo naye wansi wa pulogulaamu ya TIST n'emirimu, awamu tusobola okuddaabiriza obutonde n'endabika y'obutonde n'eby'obugagga byayo.

Obutonde butegeeza ebye'nsi e bilabibwako ebitakyusibwa nnyo bantu.

Enkolagana wakati w'obutonde n'ebitonde: Embeera y'ebyobulamu eyimirizaawo obutonde n'ebitonde eby'enjawulo. Obutonde buwa eby'obugagga ebikulu ng'empewo, amazzi n'emmere.

Emirimu gy'abantu giyinza okwonoona obutonde bw'ensi obukosa enkola z'obutonde nga ziyita mu bucaafu, okutema ebibira n'enkyukakyuka y'obudde.

Okusimba ebika by'emiti enzaaliranwa kyangu okukola embeera ennungi era awamu tuzzaawo obutonde n'ebitonde. Tusimbe emiti tubere wamu no'butonde bwa katonda waffe .

Bya Mbabazi Maritazari-okuva mukibiina ekinene ekya TIST ekya Kiyanga.

ENIMA ENUNGI ETAATAGANYA ETEKATEKA YE TAKKA:

Okukuuma ettaka n'okutumbula okutereka kaboni .

Enima enungi etaataganya etekateka ye takka ,essa essira ku butaataaganyia ttaka, nokukendeza okubiika ettaka ne'nima yokukyusakyusa ebirime. Enkola zino zitumbula obugimu bw'ettaka n'okukendeeza ku kukulugguka kw'ettaka, ekisobozesa emiti emiramu okukula n'okukwata kaboni omungi. Ettaka ery'obulamu likola nga sinki ya kaboni, nga litereka kaboni munene ennyo era nga mu ngeri endala yandifulumiziddwa mu bbanga. Nga ekuuma ebirungo ebiramu n'okulongoosa okusi-gala kw'amazzi, ennima y'okukuuma ekendeeza ku bwetaavu bw'ebigimusa eby'eddagala, ekiyamba okufulumya omukka ogufulumu mu bbanga.

Abalimi abeenyigira mu nteekateeka ya TIST bakubirizibwa okwettanira enkola z'obulimi ez'okukuuma ennimiro zaabwe okusobola okukwata ennyo kaboni ate nga bongera ku bibala by'ebirime. Enkola eno efuula ennimiro ekikozesebwa mukuter-

eza ekyukakyuka yo'budde, okuzzaawo ettaka eryonooneddwa n'okwonger ku muwendo gwa kaboni mu kaweeefube w'okusimba emiti.

AMASIGGA AGAKEKEREZA: OKUKENDEEZA KU KUTEMA EBIBIRA N'OKUFULUMYA OMUKKA .

Enkola z'okufunbira ku masigga ga'mayijja asatu etwala enku nnyingi, ekivirako okutema ebibira n'okufulumya omukka ogw'obulabe mubuwengula . amasigga agakekereza gakuwa enkola yobuwangazi

Amasigga gano gagozesa enku ntono ate nga ofunye omuliro ogumala

, ekiyamba mubutalowoleza mu tema emitti n'okusobozesa emiti egyasimbibwa okukula nga tegitaataaganyizibwa okutuuka ku bukulu. Okugatta ku ekyo, amasigga gano gayamba emiti okusi-gala nga gilya omukka omubi, bwe kityo ne kivaako kaweeefube w'okukendeeza ku bucaafu obufulumu mu bbanga.

Ekirala, zitumbula omutindo gw'empewo mu funbiro n'okukendeeza ku bulabe bw'obulamu obukwatagana n'okussa omukka, ne kireta embeera y'obuwanguzi eri amuntu n'ensi.

Okuzzaawo ebibira: Okuzzaawo emitti egyatemebwa .

Okuzzaawo ebibira kizingiramu okusimba emiti mu bifo ebitemed-dwamu ebibira okuzzaawo obusobozi bw'okukwata kaboni. Emigas mulimu:

- Okwonger okutereka kaboni mu mitti n'emuttaka.
- Okuziyiza okukulugguka kw'ettaka n'okukuuma amazzi muttaka obulungi.
- Okuzzaawo ebitonde eby'enjawulo, okuwagira ebisolo by'omu nsiko n'ebitonde eby'omu kitundu.
- Okusimba ebibira: okutandikawo ebibira ebipya .

Okusimba ebibira y'enkola y'okusimba emitti we gitaberangako, Kino kya mugaso nnyo mu bifo ebyayononebwa n'ebitundu ebitera okufuuka eddungu. Kyokka, okusimba ebibira kusobola okuba okulungi nga:

- Ebika binasagwa eby'enjawulo bikulembezebwa okusobola okuwagira enkola z'obutonde nebitonde.
- Weewale ensimba yemitti egye kika ekimu , kuba zisobola oku-kosa ebitonde eby'enjawulo n'okuggwaamu ebiriisa by'ettaka.

ENKOLA YE'KIBIINA EKITONO EKYA TIST:

Enkolagana y'ekibina

a) Engeri ki esinga okutegeka abantu mu lukiiko lw'ekibiina ekitono?

Okutula mu bwetolovu kye kisinga. Tetubera na mmeza kubanga ekola ekiziyiza wakati wa'bantu. Tetubera na ntebe oba entebe ennene eya bakulu. Mu

Tist, ffenna tutuula mu ngeri y'emu. Ffenna tutuula ku ttaka, oba ffenna tutuula ku ntebe.

b) Okola ki singa abantu abasukka mu kkumi na babiri baagala okwegatta ku kibiina kyo?

Singa wabaawo abantu abasukka mu kkumi na babiri abaagala okwegatta ku kibiina kyo, kino kisingako

okukola ekibiina ekipya. Ekibiina kisobola okukubisaamu emirundi ebii, oba esatu oba ena, bamemba ab'ekibiina ekyasooka bakola omusingi gw'ekibiina ekipya. Kino kisinga mmemba omu agezaako okutandika ekibiina. Jjukira okutandika okukozesa obukulembeze obukyukakyuka.

c) Bukodyo ki bw'oyinza okukozesa singa amaanyi g'ekibiina gaba gakendede?

Ekibiina kyawulem bantu babiri babiri, buli babiri bawe obuvu-nanyizibwa okukola oba okutesa kunsonga zekibiina, no kukola kunsonga nga bayiita mu katemba nakyo kikulu.

Oluusi buli muntu okuyimirira nabako kyagamba, okusingira dala kubirungi ekibiina kyekirimukola kiba kizamu banakibiina amanyi. Era jjukira okulaba nga olukiiko telutwala budde buwanvu.

Bwoba no'mukulembeze omubeezi nga akuuma obudde, osobola okussa essira ku bintu byemwakiziganyizidwako mubude era gemaanyi g'ekibiina ku kukakasa nti omulimu gukolebwa bulungi

Enteekateeka y'olukiiko:

Okusobola okuddukanya obulungi obudde, ekibiina ekitono kirina okuba n'enteekateeka y'olukiiko olutegekeddwa obulungi. Kino kikulu kubanga kija kukuyamba okukuuma essira ku byemwakirizibwako okutesa era mubude

Era kikulu kubanga mu TIST, twewaayo okukolera awamu okumala ebbanga eddene okutumbula ennimiro zaffe n'okulima n'okulabirira emiti gyaffe olw'akatale ka kaboni. Tulina okumanya bulungi bammemba bannaffe ab'ekibiina ekitono, okuva ebikolwa bya buli muntu bwe bikwata ku kibiina kyaffe kyonna ne TIST yonna. Kikulu, era, ekibiina kyo ekitono okubeera n'enkiiko eza

bulikisera, nga mukikola omulundi gumu mu wiiki oba omulundi gumu mu wiiki bbiri. Kino kija kuwa bammemba bonna mu kibiina kyo omukisa okunyweza ekibiina kyo n'okugabana n'okuyiga ebirowoozo ebipya.

Mu lukiiko, kyetaagisa okussa essira ku nsonga enkulu.

Ebibiina ebitono bingi ebya TIST bifunye enkola eno wansi ng'enkola esinga obulungi esobola okubatusa kubuwanguzi:

I. Okulamusa n'okwanjula Bammemba bonna abapya (eddakiika 5 – 15): Kakasa nti buli muntu awulira nti ayanirizidwa. Kozesa edakika ntono naye buli muntu muleke yeyanjule eri bamemba.

II. Okusaba nga olukiko lugulwawo (eddakiika 2): Ekigambo ekimpi eky'okusaba kisobola okuyamba ekibiina okwegatta.

III. Ennyimba (eddakiika 5): Zino ziyinza okuba ennyimba eziwandikiddwa ekibiina kyo, oba ennyimba ezikubiriza abantu ng'ennyimba z'eddiini.

IV. okukkaanya ku nsonga ezokutesako n'obudde (eddakiika 5):

Omukulembeze w'olukiiko annyonyola ebitegekeddwa mu lukiiko n'abakiise b'ekibiina ne bateesa n'oluvannyuma bakkiriziganya ku nteekateeka y'ensonga gy'erina okuba.

Obudde obumala ku buli kunsonga oba okukubaganya ebirowoozo bisaana okukkirizibwa ko awo omukulembeze omubeezi nasobola okuyamba okukuuma obudde.

V. okwawulamu obubijja nebuba ne kye butesako oba nensonga zzebukubaganyako (essaawa 1):

Ekisinga obulungi, ensoga gyandibadde giteesebwako ku nkomerero y'olukiiko olwasembayo. Ensoga giyinza okuba nga buli muntu by'akoze okuyamba kumirimu gya TIST, okumanya kubalala enkola ennungi gyebakozesa okufuna obuwanguzi, okusomesebwa ku nsonga ezimu eziba zetagisibwa, n'endala bwezityo.

Ensonga enkulu eziyinza okuyamba ekibiina kyo ekitono okuku-laakulana.

VI. Kujengana (eddakiika 5):

Buli mmemba w'ekibiina ayogelayo ekigam



KISWAHILI

Mazingira mazuri

Mazingira mazuri na asili inaweza kutaja asili karibu nasi na mazingira ambayo yanaunga mkono maisha Dunia. Asilimazingira na mazingira ya kugusa kama misitu, milima inalmeharibiwa na mambo tofauti lakini chini ya mpango wa TIST na shughuli, pamoja tunaweza kurekebisha asili na kuonekana kwa asili na rasilimali zake.

Hali inahusu ulimwengu wa kimwili na viumbe hai ambavyo havibadilishwa sana na wanadamu.

Uhusiano kati ya mazingira na asili: mazingira ya afya huhifadhi asili na viumbe hai. Hali hutoa rasilimali muhimu kama hewa, maji na chakula.

Shughuli za binadamu zinaweza kuharibu mazingira yanayoathiri mifumo ya asili kupitia uchafuzi wa mazingira, ukataji miti na mabadiliko ya hali ya hewa.

Kupanda kwa mti wa asilies inaweza kufanya urahisi Mazingira na pamoja tunarudi asili na mazingira. Hebu tupate miti kwa Kuwa katika rafiki na uumbaji wetu wa Mungu

NaMbabazi Maritazari- nguzo ya Kiyanga

Uhifadhi Kilimo: Kulinda Udongo na kuimarisha hifadhi ya kaboni

Ukulima wa hifadhi unasisitiza usumbufu mdogo wa udongo, kifuniko cha udongo wa kudumu, na mzunguko wa mazao. Mazoea haya yanaboresha uzazi wa udongo na kupunguza mmomonyoko, ambayo inawezesha miti bora kukua na sequeter kaboni zaidi. Udongo wa afya hufanya kama shimoni la kaboni, kuhifadhi kiasi kikubwa cha kaboni ambacho kitatolewa katika anga. Kwa kuhifadhi udongo wa kikaboni na kuboresha uhifadhi wa maji, kilimo cha uhifadhi hupunguza haja ya mbolea za kemikali, ambazo zinachangia uzalishaji wa gesi ya chafu.

Wakulima wanaohusika katika mpango wa TIST wanahimizwa kupitisha mazoea ya kilimo kwenye mashamba yao ili kukamata kikamilifu kaboni wakati wa kuongeza uzalishaji wa mazao. Njia hii inarudi mashamba katika zana za kupunguza mabadiliko ya hali ya hewa, kurejesha ardhi iliyoharibika

na kuongeza thamani ya kaboni ya juhudi za kupanda miti.

Jiko za kuokoa nishati: Kupunguza ukataji miti na uzalishaji

Mbinu za kupikia za moto za wazi za moto hutumia kiasi kikubwa cha kuni, na kuchangia kutengeneza misitu na kutolewa kwa gesi za chafu za hatari. Kuokoa Nishati na jiko mpishi kutoa mbadala endelevu. Miiko hii hutumia kuni ndogo sana na kuchoma mafuta kwa ufanisi zaidi, kupunguza shini-kizo kwenye misitu na kuruhusu miti iliyopandwa ili kukua bila kudumu kwa ukomavu. Zaidi ya hayo, vituo vya kupika nishati huzalisha moshi mdogo, na hivyo kuchangia jitihada za kupunguza uzalishaji.

Kwa kupungua kwa kiwango cha mavuno ya mti kwa ajili ya mafuta, miiko hii inasaidia kuishi kwa muda mrefu ya miti na kuongeza uwezo wao wa kuhifadhi kaboni. Zaidi ya hayo, wao huboresha ubora wa hewa wa ndani na kupunguza hatari za afya zinazohusishwa na kuvuta pumzi, na kujenga hali ya kushinda kwa watu wote na sayari.

UFUFUJI: Kurejesha kile kilichopotea

Uvutaji unahusisha kupanda miti katika maeneo yaliyopangwa ili kurejesha uwezo wa ufuatiliaji wa kaboni. Faida ni pamoja na:

- Kuongezeka kwa kuhifadhi kaboni katika miti na udongo.
- Kuzuia mmomonyoko wa udongo na uhifadhi bora wa maji.
- Marejesho ya viumbe hai, kusaidia wanyamapori na mazingira ya ndani.
- Ufafanuzi: Kujenga misitu mpya

Abstrestation ni mchakato wa kuanzisha misitu ambapo hakuna kuwepo kabla. Hii ni muhimu sana katika mandhari na maeneo yaliyoharibika yanakabiliwa na jangwa. Hata hivyo, kwa ajili ya upasuaji kuwa na ufanisi:

- Aina za asili zinapaswa kuwekwa kipaumbele ili kusaidia mazingira.



- Epuka mashamba ya monoculture, kwa sababu wanaweza kuharibu viumbe hai na kupungua virutubisho vya udongo.

Mbinu ndogo za kikundi:

Ushirikiano wa kikundi

Nini njia bora ya kupanga watu wakati wa mkutano mdogo wa kikundi?

Mduara mdogo ni bora. Hauna meza kwa sababu inajenga vikwazo kati ya

watu. Hauna kiti na kiti kikubwa kwa mtu muhimu zaidi. Katika

TIST, sisi sote tunakaa kwa njia ile ile. Sisi ama wote kukaa chini, au sisi wote kukaa viti.

b) Unafanya nini ikiwa watu zaidi ya kumi na wawili wanataka kujiunga na kikundi chako?

Ikiwa kuna watu zaidi ya kumi na wawili wanaotaka kujiunga na kikundi chako, ni bora

kuunda kundi jipya. Kikundi hicho kinaweza kuzidi na wanachama wawili, au watatu au wanne wa kikundi cha awali kinachofanya msingi wa kikundi kipya. Hii ni bora kuliko mwanachama mmoja akijaribu kuanza kikundi pekee. Kumbuka kuanza kutumia uongozi unaozunguka mara moja.

c) Ni mbinu gani unaweza kutumia ikiwa nishati ya kikundi ni ya chini?

Split up kundi katika jozi na kupata kila jozi kuzungumza juu ya kazi. Dramas pia

kusaidia. Wakati mwingine kuacha na kila mtu akisema kitu kizuri kwamba kundi lao linafanya pia linaweza kuwahamasisha watu tena. Pia kumbuka kuweka mkutano kutoka

Kuwa muda mrefu sana. Kwa kuwa na kiongozi wa ushirikiano ambaye anaweza muda, unaweza kuzingatia

Nishati ya kikundi juu ya kuhakikisha kazi inafanywa kwa muda uliokubaliwa.

Ratiba ya mkutano:

Ili kudhibiti wakati vizuri, kikundi kidogo kinapaswa kuwa na ratiba ya mkutano iliyopangwa vizuri. Hii ni muhimu kwa sababu itakusaidia kuzingatia ajenda yako na shughuli muhimu zaidi. Pia ni muhimu kwa sababu katika TIST, tunajitolea kufanya kazi pamoja kwa muda mrefu ili kuboresha mashamba yetu na kukua na kudumisha Miti yetu kwa soko la kaboni. Tunahitaji kujua wanachama wenzetu wadogo vizuri, kwa kuwa vitendo vya kila mtu huathiri yote yetukikundi na wote wa TIST. Ni muhimu, pia, kwa kundi lako ndogo kuwa na mikutano ya kawaida, ikiwezekana mara moja kwa wikiau mara moja kwa wiki mbili. Hii itawapa wanachama wote katika kundi lako fursa ya kuimarisha kundi lako na kushiriki na kujifunza mawazo mapya.

Wakati wa mkutano wako, ni muhimu kuzingatia masuala muhimu. Vikundi vingi vya TIST vimegundua mchakato hapa chini kama mazoezi bora ya mikutano yenye mafanikio:

Hatua ya I. Salamu na utangulizi kwa

Wanachama wapya (5 - dakika 15):

Hakikisha kila mtu anahisi kukaribishwa. Kufanya hivyo kwa kifupi lakini basi kila mtu ampeleke aumwenyewe.

Hatua ya II. Sala ya kufungua (dakika 2):

Neno fupi la sala linaweza kusaidia kikundikuunganisha.

Hatua ya III. Nyimbo (dakika 5):

Hizi zinaweza kuwa nyimbo zilizoandikwa na kikundi chako, au nyimbo ambazo zinawahimiza watu kama nyimbo za kidini.

Hatua ya IV. Mkataba juu ya kazi na wakati

(Dakika 5):

Kiongozi wa mkutano anaelezea kilichopangwa kwa ajili ya mkutano na wanachama wa kikundi kujadili na kisha kukubaliana juu ya kile ajenda inapaswa kuwa.



LUO

Wakati uliotumiwa kwenye kila kazi au majadiliano yanapaswa kukubaliwa ili kiongozi wa ushirikiano anaweza kusaidia kushika mkutano kwa wakati.

Hatua ya V. Kundi kwenye Kazi (saa 1):

Kwa kweli, kazi zinapaswa kujadiliwa mwishoni mwa mkutano wa mwisho. Kazi zinaweza kujumuishisha kugawana kile ambacho kila mtu amefanya kusaidia shughuli za TIST, kugawana mazoea bora, mafunzo juu ya suala fulani la maslahi, na nyingine yoyote

Suala muhimu ambalo litasaidia kikundi chako kidogo kufanikiwa.

Hatua ya VI. Kujengana (dakika 5):

Kila mwanachama wa kikundi hufanya taarifa moja, maalum kwa kiongozi wa wiki hiyo kuhusu uongozi wake wa mkutano. Kwa kuongeza, mtu yeyote anaweza kutambua zawadi inayoonekana katika kiongozi.

Hatua ya VII. Sala ya kufunga (dakika 2)

KABEDO MA MIT

kabedo ma mit ki ginacweya twero nyutu gin ma a ki i kom wa ki kit ma kwo pa jami makwo konyo kwede kwo i lobo.

kwo ma tye ki jami makwo ma pe kigudo calo lum, godi tye ka rweny ki jami mapat pat ento i te yub me tiw ki tic matino tino, kacel watwero dwoko rwom me kwo pa dano piny ki kit ma en nen kwede ki jami ma tye iye.

kit ma kwo tye kwede nyuto lobo me kom ki jami makwo ma pe giloko tutwal ki dano.

wat i kin kabedo ki jami ma tye iye: kabedo me yotkom gwoko jami ma tye i lobo ki jami ma kwo mapatpat.

cwec miyo jami ma pigi tego calo yamo, pii ki cam.

tic pa dano twero balo kabedo ma tye ka weko yub me cwec bedo ka rweny kun kitiyo ki yamo ma kelo yamo, dwoko piny yadi ki alokaloka me piny.

keto kit yat ma tye i kabedo meno twero weko bedo yot me weko kabedo bedo yot dok kacel wa dwoko kit ki kabedo ma tye iye.

wek waput yadi wek wabed ki wat maber ki lubangawa.

Kacel ki Mbabazi ma gitye i kin dul kom ma kiyubo ki Ki-yanga.

GWOKO NGOM: GWOKO NGOM KI GWOKO KA GWOKO CARBON

tic me gwoko lee ma gwoko ngom keto cwinye i kom rweny pa ngom, gwoko ngom ma pe gik, ki dong dwoko rwom me cam piny.

tic magi weko dongo lobo bedo maber dok dwoko piny rwom me dongo lobo, ma weko yadi ma tye ki yotkom twero dongo dok gwoko jami ma tye i ngom mapol.

carbon ma tye ki yotkom tiyo calo carbon, gwoko wel carbon mapol ma ka onongo pe kitwero weko yamo.

ki gwoko jami ma kwo i ngom ki yubo gwoko pii, gwoko cam dwoko piny miti me pur, ma weko yamo ma kelo ngwec i kom yamo.

lupur ma gitye i yub me gwoko cam kicuko cwinygi me gwoko kit me gwoko cam ma tye i potogi me gwoko carbon ki mit kom kun medo rwom me dongo cam.

yoo man loko poto me doko jami tic me dwoko piny alokaloka me piny, dwoko cen ngom ma obale ki medo wel carbon me tic me pur.

DUL MA GWOKO TEKOKO: DWOKO PINY RWOM ME NGWEC KI YAMO MA NGWECO KI I KOM DANO

kit me tedo cam ma kiyubo ki mac macon-ni tiyo ki yen mapol, ma weko dano gibaloko woko dok giweco yamo ma kelo peko i kom yamo.



dul ma gwoko teko me mac miyo yo mukene ma twero bedo tye pi kare malac.

dul magi gitiyo ki yat manok adada dok giwango maber adada, ma weko yat dongo maber dok weko yadi ma kipito dongo ma pe dongo me dongo.

medo i kom meno, citen me tedo ma gwoko teko kelo kongo manok, ma man weko tute me dwoko piny yamo ma kicwalo woko.

ki dwoko piny wel yat ma ki kwanyo ki ikom moo, jami magi konyo me kwo pi kare malac ki medo kero me gwoko carbon.

Medo ikom meno, gi medo rwom me yamo ma i ot ki gi dwoko piny peko me yot kom ma mako yweyo, ma weko dano ki lobo gi bedo maber.

DWOKO CEN YADI: DWOKO GIN MA ONONGO TYE KA RWENY

dwoko rwom me kwo pa yadi piny tye ki yat i kabedo ma tye ki goro me dwoko rwom me ngwec pa yamo piny.

ber bedo tye iye:

- medo gwoko yamo ma tye i wi yadi ki ngom.
- gengo ngwec pa ngom ki gwoko pii maber.
- dwoko cen kwo pa jami makwo mapatpat, konyo lee tim ki jami ma kwo i lobo.
- dongo yadi: yubu lum manyen

dongo yadi obedo yub me keto lum ma pe tye iye con.

man tye ki kony tutwal i kom lobo ma obale ki kabedo ma tye ka dongo.

ento, wek yat ma kitiyo kwede me keto yat obed maber:

- myero kiket iye jami ma pigi tego ma myero kiket i yub me konyo jami ma kwo i lobo.
- pe iwek dongo yat, pien twero kelo peko i kom jami makwo mapol ki jami ma konyo kom i ngom ma pe tye kakare.

DIRO ME GURUP MATINO TINO:

rwateyo maber loyo me yubo dano i kare me cokke matidi me gurup?

dul matidi aye obedo gin maber loyo.

pe ki meja pien en kelo peko i kin

dano.pe itye ki kom ki kom madit pi ngat ma pire tek loyo. iye

Host, wan ducu wabedo kit meno.

wan ducu wabedo piny, nyo wan ducu wabedo i wi kom.

b) ngo ma itimo ka dano ma kato apar wiye aryo gimito donyo i gurupwu?

ka tye dano mapol ma tye ki miti me donyo i gurup ni, ber loyo

me yubo gurup manyen.

gurup man twero nya ki jami aryo, nyo adek nyo angwen me gurup ma tye ki gurup manyen.

man ber loyo ngat acel ma tye ka temo cako gurup kene.

wi opo ni myero icak tic ki tela ma loko leb cutcut.

c) diro ango ma itwero tic kwede ka teko me gurup tye piny?

poko gurup i kin dul aryo ki wek pair acel acel me lok i kom tic meno. kit me tuku bene

kony. i kare mukene cung ki ngat acel acel ma waco gin mo maber ma gurupgi tye ka timone bene twero cuko cwiny dano dok.

bene myero wi opo ni myero iwek cokke ki .

doko bor tutwal.

ka itye ki ladit ma tye ka gwoko kare, ci itwero keto cwinyi i kom .

teko pa gurup me neno ni tic meno kitimo i kare ma kimoko.

Yub Me Cokke:

me tic maber, gurup matidi myero obed ki yub me cokke ma kiyubo maber.

man pire tek pien bikonyi me keto cwinyi i kom yub me tic ki jami ma pire tek loyo.

bene pire tek pien ni wa moko tamwa me tic kacel pi kare malac me yubo poto wa ki pito yadiwa pi rwom me cato carbot.

omyero wange jo mukene ma gitye i gurupwa matino maber, pien tic pa ngat acel acel tye ki adwogi i kom gurupwa ducu ki jami ducu ma timme.

pire tek, bene, pi gurup matidi me bedo ki cokke kare ki kare, maber loyo kicel i cabit acel nyo tyen acel i cabit aryo.

man bimiyo lumemba ducu me gurupwu kare me jingo gurupwu ki poko ki pwonyo tam manyen.

i kare me cокkewu, mitte ni iket cwinyi i kom jami ma pigi tego.

gurup mapol matino tino gunongo ni yub ma tye piny kany obedo tic maber loyo pi cokke maber:

i. lyel ki nyutu pi



LHUKONZO

jo manyen mo keken (dakika 5 – 15):

nen ni dano ducu giwinyo ni kijologi.

wek obed pi kare manok ento wek ngat acel acel onyute nyo en kikome.

tyen lokke.

lega me yabo (dakika 2):

lok matidi me lega twero konyo gurup me ribbe.

cilo.

wer (dakika 5):

magi onongo twero bedo wer ma gurupwu gicoyo, nyo wer ma cuko cwiny dano calo wer me dini.

rwom me v.

rwate i kom tic ki cawa

(dakika 5):

latela me cokke tito gin ma onongo kiyubo pi cokke ki jo ma i gurup giloko iye ci dong gimoko tam ikom ajenda ma myero obed.

kare ma kitiyo kwede i tic nyo lok acel acel myero kimok iye wek ngat ma tye ka telo yub man obed ki kony me gwoko cokke i wang cawa ma mitte.

rwom v. tic i kom tic (cawa 1):

i yo ma opore, tic onongo myero kilok iye i agikki me cokke me agikki.

tic twero kwako poko gin ma ngat acel acel otimo me konyo tic me tic, poko kit me tic maber, pwonyo dano i kom pwony mogi ma tye ki miti, ki mukene .

lok ma pire tek ma bikonyo gurup matidi ma itye kwede me nongo lonyo.

tye kakare.

kopia (dakika 5):

ngat acel acel i gurup miyo lok acel maber, ma rwate ki latela me cabit meno ikom tela ma en tamo i kom yub me cokke.

medo i kom meno, ngat mo keken twero ngeyo mic ma kineno i latela.

kit ma kitiyo kwede.

lega (dakika 2)

Yub

OBUBUYA BWEBI THUTHIMBIREKO

Obubuya obwebithuthimbireko nebyobuhangwa kyikamanyisaya ebindu ebyethwikaliremu nebyasangahwahu. Ekyihugho nebyasangahwahu ebithat-sandire ng' ebibira, ebithwa byabiribya ibikat-sandibawa betu omwamibiri eye TIST ethwabosi thwangana kokothya ebyobuhangwa.

Eby'obuhangwa kyikamanyisaya ekyihugho omuli ebindu ebithasisawa nabandu.

Engolengana eyebithuthumbireko nebyobuhangwa : Ebithuthimbireko ebiwene bikawathikaya eby'obuhangwa n'obuyingo bunene. Eby'obuhangwa bikathuha ebindu by'omughaso ng' omuka, amaghetse n'ebyalya. Emibiri y'abandu yanganatsandya eby'obuhangwa omwihulhukya ebyukyi ebibi, erithema ly'emithi n'embinduka y'obuthuku.

Erihera emithi eyobuhangwa kyanganawanya ekyipindi kandi haghumerere thwanganasubياهو eby'obuhangwa. Muleke thuhere emithi erilinda ndeke ebihangwikwa bya Nyamuhanga.

Nibya Mbabazi Maritazari- Kiyanga Cluster

OBULIME OBO MULEMBE: Erilinda omuthaka neriyongera eribika embeho omwakyithaka.

Obulime obomulembe muli erilinda omuthaka erithendihwamu omubogha. Kyikongera obuwane obomuthaka kandi ikyakehya erisenda ly'omuthaka, ekyikawathikaya emithi erikulha ndeke, kandi iyabika embeho nyinene. Omuthaka owuwene akabika embeho nyinene eyangabere iyabirighenda omwakyanya. Omwirinda omubogha omwakyithaka, nerikanya erihamba amaghetse, obulime obomulembe bukakehya erikolesya emibatsi, eyikongera erihulhukya embeho nyibi. Abalimi abe TIST bakahabulhawa erikolesya obulime obomulembe omwa malima wabo. Omwibika



embeho kandi banimughulhulha binene, omubere ono akakolha amalima eribya ebikakolesibawa omwirinda embinduka y'obuthuku, erisubya omuthaka owabiritsanda neriyongera obubuya bw'embeho eyomwihera ry'emithi.

AMAGHIGHA AWOMULEMBE: Erikehya erithema ly'emithi nerikehya erihulhukya omukyi.

Amaghigha owathahimbire akakolesaya esyangwe sinene ekyikongera erithema ly'emithi nerihulhukya ebyukyi ebibi. Erikolesya amaghigha awomulembe nimubere owathitsweka. Amaghigha anu akakolesaya esyangwe sikesike kandi esyaha ndekendeke, ekyikakehya erithema ebibira kandi n'emithi eyinaherire erithenditalabanizibwa. Ekyindi, amaghigha awomulembe akaghulhukaya okukyi Muke, ikyongera oko mwatsi owerikehya ebyukyi bibi omwakyanya. Omwikehya erithema ly'emithi abwesyangwe, amaghigha awomulembe akawathikaya emithi eribياهو obuthuku bunene kandi ikyakanya obuthokyi bwayo obweribika embeho.

Kandi nekyindi, erikolesya amaghigha awomulembe kyikongera obubuya bw'embeho omwanyumba, ikyathulinda okomalwere ikyaha amaghoba okw'abandu n'ekighugho.

ERIPHERA EMITHI - ERISUBIRIRYA: Erisubياهو eyabiritsandibwa.

Emighaso y'erisubirirya emithi omwamyanya ahabirithemwa emithi:

- Kyikongera eribika embeho omwamithi n'omwakyithaka.
- Eritunga erisenda ly'omuthaka nerihamba amaghetse ndeke.
- Erisubياهو obuyingo bunene omwakyipindi.

ERIPHERA EMITHI EMIHYAKA:

Erihera emithi omwamwanya owathabyamu emithi nikyomughasu omwisubya obuwane bomuthaka, kandi erikyikolha ndeke kyikanza ebindu ebi:

- Emithi eyekyibuthiranwa yisombolhawe kutsibu.
- Erithendihera emithi eyomulingo mughuma, kusangwa kyikatsandaya obuyingo nerighunza omubogha omwakyithaka.

EMIBERE Y'ESYAGURUPU ESIKESIKE

Emisanganire eyegurupu

a) Abandu bakikala bathi omwa ndeku?

Erikala omwa sako womubere owuwene. Mulekendi thekaho emeza kusangwa yikasumbuwa abandu erilangira ndeke. Mulekendiherahu ebithumbi ebawene byabandu bakulhu. Omwa TIST ithwabosi thukikala omwamubere mughumerere. Ithwabosi thwikale aghisi kwetsi ithwabosi okwabithumbi.

b) Ukakolha uthi abandu abalhabire 12 bamanza eringira omwa gurupu yaghu?

Bamalhaba 12 kyitholere imwakolha egurupu eghindi. Abandu babiri, kwetsi basathu kwetsi bani ababya omwa gurupu enkulhu babye esyangusu omwa gurupu empyaka. Kyikasinga omu mamba mughuma eritsuka egurupu ighuwene. Mubuke eritsukiraho erikolesya obwembembetya obukathimba.

c) Ukakolha uthi amani wegurupu amakeha?

Ughabanizaye egurupu mwa bitsweka bitsweka, obuli kitsweka ikyabugha oko byababirikolha. Amasatha naghu akakolha. Buli gurupu eribugha okobyabakakolha nakyo kyikongera amani wegurupu.

Endeku yirekendithwalha obuthuku bunene. Eribya n'omwembembethya owakabara obuthuku



kyikawathikaya egurupu erighunzerera ebyosi omwabuthuku.

ERITAKANIZYA ENDEKU

Erihamba obuthuku ndeke, endeku yitholere iyatakanizibwa ndeke. Kino nikyomughasu kusangwa kyikawathikaya erikwama ndeke ebyomughasu. Nekiindi omwa TIST thukakolera haghumerere erighunza obuthuku bunene eriwaya amalima wethu nerikulhya emithi, nerisubura ly'embeho. Thutholere ithwaminyaba memba bethu ndeke kusangwa ekyobuli mu memba akakolha kyikawathikaya egurupu eyosi ne TIST eyosi. Kandi nikyomughasu egurupu yaghu erikalya endeku obuliwiiki kwetsi omwa syawiiki ibiri. Ekyi kyikisawathikya obuli mu memba wegurupu erigha erikanirya egurupu .

Omwandeku kyitholere erikwama ebyomughasu. Osiyagurupu sinene omwa TIST syabirikolha ebindu ebi eribya nesyandeku esiwene :

1. Eriramukya neriyanzura eryaba memba abahyaka(esyadakiika 5-15)

Mulengesaye obuli mundu amathangirirwa ndeke. Kyikolebawe lhuba betu bulimundu aghikanayeku.

2. Emisabe (Esyadakiika 2)

Omusabe anganawathikya egurupu eribya baghuma.

3. Esiyanyimbo(Esyadakiika 5)

Esiyanyimbo esyabamemba kwetsi esyedini.

4. Erikiriranizya okwamwatsi, n'obuthuku (Esiyadakiika 5)

Mukulhu wegurupu asobolere ekyighendererwa ky'endeku nabamemba ibakiriranizya oko kyerikan-yaku n'obuthuku .

5. Eribugha okubyo buli mu memba akolire omwa gurupu (Esaha 1)

Ng'eribugha ekyobuli mu memba abirikolha eriathikya emibiri ye TIST, emitse emibuya, n'ebyamukakolha erikulhakulhanya egurupu yenyu.

6. Erihimbana(Esyadakiika 5)

Obuli mu memba wegurupu erihimba omwembembetya owesande eyu oko byeyabirikolha. Kandi omundu anganabugha okwa kitembo ekyabirilan-gira omwa mwembembetya oyu.

7. Emisabe eyerihinda (Esyadakiika 2)



Seed collection & preparation for sawing in the mother bed



Preparing seedbed for seed germination and watering 1



A small group farmer in his grove during quantification

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