



THE TREE

The International Small Group
and Tree Planting Program

CLEAN AIR
ACTION
CORPORATION

TIST NEWSLETTER AUGUST 2025



Farmers after cluster meeting in Kabale Kyanamira



Cluster meeting held in Amuria and farmers received training documents



Farmers after quantification



Cluster meeting held in Kasese and demonstrating Kujengana

The TREE is a monthly newsletter Published by **TIST** Uganda, a project area of **The International Small Group** and Tree Planting **Program**.

MISSION STATEMENT:

TIST Uganda is a community initiative dedicated to empowering small groups of subsistence farmers to combat the devastating effects of deforestation, poverty and drought.

OBJECTIVE STATEMENT:

Combining sustainable development with carbon sequestration, TIST supports the reforestation efforts of over 79,200 subsistence farmers. Sales of carbon credits generate participant income while TIST today also addresses Agriculture, HIV/AIDS, Nutrition and Fuel Wood challenges.

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IN THIS ISSUE:

- TREE PLANTING AS A KEY TO CHANGING LIVES
- BANANA FIBRE POTTING BAGS: A SIMPLE INNOVATION WITH BIG IMPACT.
- KEEP TREES FOR GENERATIONS: WHY TIST FARMERS ARE CHOOSING THE LONG-TERM PATH

Contents

This newsletter has been translated into different languages;

English.....	1
Runyankole.....	2
Luganda.....	3
Kiswahili.....	4
Ateso.....	5
Luo.....	6
Lhukonzo.....	7



TREE PLANTING AS A KEY TO CHANGING LIVES

TIST doesn't only aim at planting of trees as a key format but it emphasizes on shaping its members numerously in ways like:

1. Leadership training.
2. Nutrition information.
3. Moral conduct.
4. Best methods of farming.

And when all above are put into practice, health and love for one another is affected well, and place get better. More to that, "Flora and Fauna" is rehabilitated.

I call upon everyone to come and join TIST.

An article by Mbabazi Maritazari.

BANANA FIBRE POTTING BAGS: A SIMPLE INNOVATION WITH BIG IMPACT.

Each banana fibre bag eliminates the use of a plastic one!

In Kasese's Mughete Cluster, TIST farmers are leading the way with a new, climate-smart practice - making potting bags for seedlings out of banana fibres. This local eco-friendly solution is quietly reshaping how tree seedlings are nurtured, and is already showing benefits for the environment, the soil, and the farmers themselves.

How they are made.

Banana stems, usually left to rot after harvesting the fruit, are cut and stripped to extract strong fibres. These fibres are dried and shaped into small, firm bags that hold soil and seedlings. The result is a natural, breathable pot that looks simple but carries many advantages over plastic.

Why they are better than plastic.

Banana fibre potting bags decompose naturally, letting roots grow and enriching the soil with organic matter. No waste, no pollution—just healthy growth. Plastic bags, must be removed before planting, or else they block roots, suffocate the soil, and pollute the land for years.

Benefits to farmers and the environment.

- **Cost-effective:** Banana fibres are free and locally available, turning farm waste into a valuable resource.
- **Sustainability:** Banana fibres regenerate quickly, and are otherwise an agricultural byproduct. Turning waste into a resource aligns perfectly with circular economy principles - closing the loop between food production and reforestation
- **Stronger seedlings:** Farmers note that seedlings experience less "transplant shock" because their roots grow through the decomposing fibre, integrating smoothly into the soil, hence healthier trees with higher survival rates.



A climate-smart Best Practice: In Mughete Cluster, use of banana fibre potting bags has quickly become recognized as a Best Practice. Farmers share knowledge, demonstrate the technique in Small Group meetings, and encourage others to shift from plastics.

The way forward.

Banana fibre potting bags deserve recognition, support, and expansion. They are proof that the best solutions to global problems often lie close to home, in the creativity of farmers who work with the land every day. If Uganda is to lead in climate-smart agriculture, this innovation should not only be celebrated but recommended across the country and beyond.

By Noel Mwebaze - Cluster Servant, Kasese District.

KEEP TREES FOR GENERATIONS: WHY TIST FARMERS ARE CHOOSING THE LONG-TERM PATH

Planting a tree is a gift to the future—but keeping it alive for 60 years or more is true greatness. Through the TIST Program, farmers are proving that trees can be more than short-term benefits; they can become lasting legacies, inherited just like land or a home.

How to keep trees thriving for decades

With TIST guidance, success becomes possible. Farmers are encouraged to:

- Prune wisely to keep trees strong and productive.
- Protect against fire and grazing with simple and clear boundaries.
- Preserve mature trees, focusing on long-term value instead of quick cutting.

By following these practices, trees not only survive but also bring continuous rewards—shade, soil fertility, water conservation, and carbon income.

Trees as household inheritance

Through TIST, trees are recognized as household wealth. Families can register them under their names, ensuring children and grandchildren inherit not just land but living assets that continue to pay through carbon credits. This transforms trees into a family treasure—passed on without cutting them down.

Why join TIST?

TIST equips farmers with knowledge, support, and carbon income that make it easier to plant, care for, and keep trees alive for generations. More than that, it builds passion—helping farmers take pride in creating a green legacy that outlives them. Join TIST today. Plant, protect, and pass on your trees. A tree planted is good, but a tree kept alive for 60 years or more is greatness.

RUNYAKORE

OKUBYARA EMITI N'EKISHUMURUZO KY'AMAGARA

TIST terikubyara miti kwonka baitu nk'ekishumuruzo ky'okuhindura emituuriire y'abantu omu miringo nk'egi:

- 1- Okubatendeka omu by'obwebembezi
- 2- Amakuru aha miriire mirungi.
- 3- Omitwarize mirungi
- 4- Emihingire mirungi.
- 5- Ebi byona waabita omu nkora, mwakundana, emituuriire neebonera, kandi ebimera n'abantu nibituura gye.
- 6- Nimpiga abantu kuza omuri TIST.

N'ebya Mbabazi Maritazari

OKUKORESA EBIREERE BYEMI-TUMBA; EKIKWATO KIRUNGI.

Okukoresa ebireere nikiihaho okukoresa akaveera.

Omu guruupu ya Maghete omuri Kasese, abahingi bajumbwire okukoresa ebireere kutamu ensigo z'emiti.

Entwaza egi eine obuzaare burungi n'eby'obuhangwa, ereesire amagoba omu bahingi kandi yaareetaho oku orikubiyara ensigo omu bireere kutari kaveera. Eki kihwereire eitaka, eby'obuhangwa n'abahingi.

Okubarikubikora

Waaheza kutema ekitookye, omutumba gugongooreho ebireere, reeru obyanike byome. Waaheza ebizingemu obushaho, otemu eitaka reeru otemu ensigo z'emiti. Obushaho niburungi, bworobi eikora kandi ensigo nizikuriramu gye okukira obushaho obw'obuveera.

Ekiburikukizaho obuveera.

Obushaho bw'ebireere nibujunda, emizi ekwataka n'eitaka kireetera eitaka ekiriisa, tihariho ekirikusigara ho byona nibijunda, tibirikutokooza mwanya. Kandi obuveera tiburikujunda, nibutokooza orwoya omu mwanya, bushiisha eitaka emyaka mingi.

Amagoba baabyo

- Tibiine eikora, nibijunda juba, biriho-buriho kandi nibireeta orwzo omw'itaka.
- Nibijunda ahonaano kandi nibirungi omu by'obuhingi reeru bikwatana n'emihingire mirungi kandi bikwatanisa n'okukanyisa eby'okurya n'ebitwehinguririize
- Emizi neegira amaani omwitaka ahabw'okufumura ebireere kare, kata-ri kaveera.

Ekitushemereire kukora.

Okukaresa ebireere kushemereire kutibwamu ekitiinisa, omutindo,



kukwatirwaho n'okukijaanjaaza omu mwanya muhango. Nibyoreka ngu okuceendeeza oburemeezi omu nsi kuri haihi n'omu maka omu bahingi. Uganda yaaza kumaraho oburemeezi omu kuhinduraho omu by'obuhangwa, eshemereire kuki-tamu amaani n'okihangira.

Nebya Noel Mwebaza, Cluster servant kasese District.

Okubyara emiti yobusingye burikwija

Okubyara emiti n'ekiconco ky'eby'omumaisho, kwonka okugirinda ekamara emyaka 60 na n kikuru munonga.

Okubyara emiti omu TIST kishangirwe kiri ekikwato kikuru kitari ky'omwanya mugufu baitu eky'obutuura kandi kikaba ekyeijusyo nk'eitaka n'ebindi.

Oku orikurinda emiti obutwire.

Omu buhabuzi bwa TIST nikibaasika. Abahingi bashemereire kukora ebi:

- Kusharira emiti ekaguma eine amaani ekarugwamu kihango.
- Kugirinda emiriro n'okuriisizamu amatungo orikutaho ensharasharo z'amaani
- Kugirinda emyaka mingi kutari kureebera aha magoba ga haihi.

Waagyendera aha mitwarize egi, emiti terikutuuraho kwonka, kwanka neereeta amagoba maingi nka; ekibunda, ekiriisa

omwitaka, okubiika amaizi omwitaka n'entaasya kuruga omu rwoya.

Emiti nk'ekiri kubangira eka.

Omu buhabuzi bwa TIST, emiti neetwara nk'eky'obugaiga bw'eka, amaka niga-baasa kugihandiisa omu maziina gaabo ekaguma neebareetera entasya omu kuguza orwoya. Eki nigireetera waagiraga abaana n'abaijukuru otarikugitema

Ahabw'enki nooza omu TIST?

sTIST neeha abahingi obukugu kubyara emiti ebakwatiraho baguza orwaya rwabo bwanyima y'emitu kukura ekagumaho ebyanda n'ebyanda. Nebatamu okukunda emiti ekareetaho erangi ya kinyansi, ensi ekabonera ekatuuraho obunaku bwona.

Za omuri TIST hati, obware emiti, ogirinde kandi ogirage abaana baawe nyensya.

ENDS

LUGANDA

**OKUSIMBA EMITTI
NG'EKISUMULUZO KY'OKUKYUSA
OBULAMU.**

TIST tegenderera kusimba mitti gyokka ng'enkola enkulu naye erina enkola nnyingi mu kukulankulanya bammemba baayo nga:

1. Okutendekebwa mu bukulembeze.
2. Ebikwata ku ndiisa.
3. Eneyiisa mu mpisa.
4. Enkola ezisinga obulungi ez'okulima.

Era byonna waggulu bwe biteekebwa mu nkola, obulamu n'okwagalagana bigya kubawo mubammemba, era ekifo kitereera. Ebisingawo ku ekyo, "Flora ne Fauna" biddabirizibwa.

Nkwoola buli muntu ajje okwegatta ku TIST.

Bya: Mbabazi Maritazari.

Obusaawo bwe byaayi obutekebawamu ensigo oba endokwa mumesezo zemitti:

Obuyiia obwangu nga bukola kinene.

Buli kasawo kano kamalawo okukozesa akaveera!

Mu kibiina ekinene ekya Mughete, mukasese abalimi ba TIST be bakulembeddemu n'enkola empya, ey'amagezi ku mbeera y'obudde – okukola obusawo bwo'kusiimba endokwa okuva mu byaayi, enkola eno enungi bwetuda ku luda lwobutonde bwensi eyabye mukulaga endokwa bwezirina okulabilirwa ne mukutereza obutonde bwensi.

era nga ziraga dda emigaso eri obutonde bw'ensi, ettaka, n'abalimi bennyini.

Engeri gye zikolebwamu.

Ebyayi ebitera okulekebwa okuvunda oluvannyuma lw'okukungula amatoke, bisalibwa ne biggyibwamu ebiwuzi ebinywevu. Awo Ebiwuzi bino bikalizibwa ne bikolebwamu obusawo obutonotono obunywevu obulungi obusobola okukwa ta ettaka n'edokwa. Ekivaamu kye kiyungu eky'obutonde, kirabika nga ekyangu naye kiyamba kinene era nga kyamigaso eri obutonde bwensi okusinga obuвеera.

Lwaki enkola eno nnungi okusinga obuвеera.

Ensawo buno obwebyayi bivunda nebikola ekigimusa awo emirandira gyemiti negikula bulungi n'okugaggawaza ettaka, Tewali kasasiro, tewali bucaafu —kukula bulungi kwokka. obusawo bw'obuveera, burina okuggyibwamu nga endokwa tennasimbibwa, bwe kitakolebwa buletera emirandira obutafuna byetagsibwa mukukula, buziyiza ettaka, n'okwonona ettaka okumala emyaka.

Emigaso eri abalimi n'obutonde bw'ensi.

- Kikendeeza ku nsimbi: Ebyayi bino bya bwereere era bifunibwa mu kitundu, nekifuula kasasiro w'oku nimiro yo ekintu eky'omuwendo.

- Obuwangaazi: Ebyayi biddako mangu kukitoke era mu ngeri endala biba biva mu nimiro, Okufuula kasasiro mu kifo ky'eby'obugagga kikwatagana bulungi n'emisingi gy'ebyenfuna - okuggalawo olukoba wakati w'okukola emmere n'okuzzaawo ebibira.

- Ensigo ez'amaanyi: Abalimi bategedwa okutegera nti endokwa zikula bulungi munkola eyo olwokuba emirandira gikulira mubigimusa muttaka.

Enkola eno eyokukozesa ebyayi nga obusawo: Mu kibiina ekinene ekya mughete ekasese, kimanyiddwa nyo ng'enkola ennungi. Abalimi bagabana



okumanya.

Abalimi bagabaana nebanabwe enkola eno bwekolebwa nga bayiita mu nkiiko z'ebiina ebitono, n'okukubiriza abalala okukyuka okuva ku buveera.

Ekidako mu maaso.

Ekozesa yo busawo bwe'byayi esaana okusiimibwa, okuwagirwa, n'okugaziwa. Buno bukakafu nti okugonjoola ebizibu ebisinga obulungi mu nsi yonna kutera okubeera okumpi n'awaka, mu kuyiia abalimi abakola n'ettaka buli lunaku. Uganda bw'eba egenda okukulembera mu bulimi obugaziye mumbeera y'obudde, obuyiia buno tebulina kukuzibwa kwokka wabula okusemba okwetoolola eggwanga lyonna n'okusingawo.

Bya Noel Mwebaze - Omuweereza w'ekibiina ekine, mu Disitulikiti y'e Kasese.

KUUMA EMITTI MUMIREMBE GYONA: LWAKI ABALIMI BA TIST BALONDAWO EKKUBO ERY'EKISEERA EKIWANVU .

Okusimba omutti kirabo eri ebiseera eby'omu maaso —naye okugukuuma nga mulamu okumala emyaka 60 n'okusoba bukulu bwa mazima. Okuyita mu nteekateeka ya TIST, abalimi bakakasa nti emitti giyinza okusinga emigaso egy'ekiseera ekitono; Ziyinza okufuuka eby'obusika eby'olubeerera, nga zisikira nga ettaka oba amaka.

Engeri y'okukuuma emiti nga gikulaakulana okumala emyaka mingi .

Nga olina obuyambi mu nkola za TIST, obuwanguzi busobola okusoboka. Abalimi bakubirizibwa:

- Okusalira emitti mu ngeri ey'amagezi okukuuma emitti nga gya maanyi era nga givaamu ebibala.

- Kuuma omuliro n'okulunda n'ensalo ennyangu era entegeerekeka.

- Okukuuma emitti emikulu, nga essira olitadde ku muwendo ogw'ekiseera ekiwanvu mu kifo ky'okusala amangu.

Mu kugoberera enkola zino, emiti tegikoma ku kuwangaala wabula era gireeta empeer ezitasilako —ekisiikirize, obugimu bw'ettaka, okukuuma amazzi, n'enyengiza ya kaboni.

EMITI NG'OBUSIKA BW'AWAKA .

Okuyita mu TIST, emiti gimanyiddwa ng'obugagga bw'awaka. Amaka gasobola okugawandiisa wansi w'amannya gaago, okulaba ng'abaana n'abazzukulu tebasikira ttaka lyokka wabula n'eby'obugagga ebiramu ebigenda mu maaso n'okusasula nga bayita mu kaboni credits. Kino kikyusa emitti ne kifuuka eky'obugagga eky'amaka —nga kiyisiddwa nga ekitasala.

Lwaki weegatta ku TIST?

TIST eyamba abalimi okumanya, obuwagizi, n'enyengiza ya kaboni ebiyamba okusimba, okulabirira, n'okukuuma emiti nga mulamu okumala emirembe. Okusinga ekyo, kizimba obwagazi —okuyamba abalimi okwenyumiriza mu kutondawo omusika ogwa kiragala ogubasinga.

Weegatte ku TIST leero. Simba, kuuma, era oyitire ku mitti gyo. Omuti ogusimbibwa mulungi, naye omuti ogukuumibwa nga mulamu okumala emyaka 60 oba okusingawo guba mukulu era nga gwamuwendo.



KISWAHILI

KUPANDA MITI KAMA UFUNGUO WA KUBADILISHA MAISHA

TIST haina tu lengo la kupanda miti kama muundo muhimu lakini inasisitizajuu ya Shapingwanachama wake kwa njia nyingi kama:

- 1.Uongozimafunzo.
- 2.Lishehabari.
- 3.Maadilimaadili.
- 4.BESTNjia za kilimo.

Na wakati wote hapo juu huwekwa katika mazoezi, afyaNa upendo kwa mtu mwingine niwalioathirika vizuri,namahaliPata vizuri.Zaidi ya hayo, “Flora na Fauna” ni rehabilitated.

NinaitaJuu ya kila mtu kuja na kujiunga na TIST.

Makala ya Mbabazi Maritazari.

Banana Fiber Potting mifuko: innovation rahisi na athari kubwa.

Kila mfuko wa nyuzi ya ndizi hupunguza matumizi ya plastiki moja!

Katika nguzo ya Mughete ya Kasese, wakulima wa TIST wanaongoza njia na mazoezi mapya, ya hali ya hewa-smart - kufanya mifuko ya kupiga mifuko kwa miche kutoka kwa nyuzi za ndizi.Suluhisho hili la kirafiki la eco ni kimya kimya kimya jinsi miche ya miti imehifadhiwa, na tayari inaonyesha faida kwa mazingira, udongo, na wakulima wenyewe.

Jinsi ya kufanywa.

Banana inatokana, kwa kawaida kushoto kuoza baada ya kuvuna matunda, hukatwa na kuondo-

kana na kuchochea nyuzi kali.Fiber hizi zimeuka na zimeumbwa katika mifuko ndogo, imara ambayo inashikilia udongo na miche.Matokeo yake ni sufuria ya asili, yenye kupumua ambayo inaonekana rahisi lakini hubeba faida nyingi juu ya plastiki.

Kwa nini wao ni bora kuliko plastiki.

Banana Fiber Potting Mifuko Kuvunja Kwa kawaida, kuruhusu mizizi kukua naenrichingudongo na jambo la kikaboni.Hakuna taka, hapanapollution-Ukuaji wa afya tu.Mifuko ya plastiki,Lazima kuondolewa kabla ya kupanda, au labda wanazuia mizizi, huzuia udongo, na kuidhuru ardhi kwa miaka.

Faida kwa wakulima na mazingira.

- Ufanisi wa gharama: nyuzi za ndizi ni bure na zilizopo ndani, kugeuza taka ya shamba kuwa rasilimali muhimu.
- Uendelevu: nyuzi za ndizi zinazorejeshwa-Haraka, naVinginevyo ni kilimo cha kilimo.Kugeuza taka ndani ya rasilimali inafaa kikamilifu na mvirngouchumiKanuni - Kufunga kitanzi kati ya uzalishaji wa chakula na ukataji miti
- Miche yenye nguvu: Wakulima wanasema kuwa miche hupata chini ya “mshtuko wa kupandikiza” kwa sababu mizizi yao inakua kwa njia ya fiber ya kuharibika, kuunganisha vizuri katika udongo, hivyo miti yenye afya yenye viwango vya juu vya maisha.

Mazoezi ya hali ya hewa-smart: Katika nguzo ya Mughete, matumizi ya mifuko ya mifuko ya nyuzi ya ndizi imetambuliwa haraka kama mazoezi bora. Wakulima wanashiriki maarifa, kuonyesha mbinu



katika mikutano ndogo ya kikundi, na kuhimiza wengine kuhama kutoka plastiki.

Njia ya mbele.

Banana Fiber Potting mifuko inastahili kutambua, msaada, na upanuzi. Wao ni ushahidi kwamba ufumbuzi bora wa matatizo ya kimataifa mara nyingi hulala karibu na nyumba, katika ubunifu wa wakulima wanaofanya kazi na ardhi kila siku. Ikiwa Uganda ni kuongoza katika kilimo cha hali ya hewa, innovation hii haipaswi kuadhimishwa tu lakini ilipendekezwa nchini kote na zaidi.

Kwa Noel Mwebaze - Mtumishi wa Cluster, Wilaya ya Kasese.

Weka miti kwa vizazi: kwa nini wakulima wa TIST wanachagua njia ya muda mrefu

Kupanda mti ni zawadi kwa siku zijazo-lakini kuiweka hai kwa miaka 60 au zaidi ni ukuu wa kweli. Kupitia mpango wa TIST, wakulima wanaonyesha kwamba miti inaweza kuwa zaidi ya faida za muda mfupi; Wanaweza kuwa hadithi za kudumu, kurithi kama ardhi au nyumba.

Jinsi ya kuweka miti ya kuendeleza kwa miongo kadhaa

Kwa mwongozo wa TIST, mafanikio inakuwa inawezekana. Wakulima wanahimizwa kwa:

- Panda kwa busara kuweka miti imara na yenye uzalishaji.
- Kulinda dhidi ya moto na kulisha na mipaka rahisi na ya wazi.
- Kuhifadhi miti ya kukomaa, kwa kuzingatia

thamani ya muda mrefu badala ya kukata haraka.

Kwa kufuata mazoea haya, miti sio tu kuishi lakini pia huleta tuzo ya kuendelea, udongo wa udongo, uhifadhi wa maji, na mapato ya kaboni.

Miti kama urithi wa kaya

Kupitia TIST, miti hutambuliwa kama utajiri wa kaya. Familia zinaweza kujiandikisha chini ya maji-na yao, kuhakikisha watoto na wajukuu hawamiliki tu ardhi lakini mali inayoishi inayoendelea kulipa kwa njia ya mikopo ya kaboni. Hii inabadilisha miti katika hazina ya familia-kupita bila kukata.

Kwa nini kujiunga na TIST?

TIST inawawezesha wakulima wenye ujuzi, msaada, na mapato ya kaboni ambayokufanya Ni rahisi kupanda, kutunza, na kuweka miti hai kwa vizazi. Zaidi ya hayo, inajenga wakulima wenye msaada wa shauku wanajivunia katika kujenga urithi wa kijani unaowapa.

Jiunge na TIST leo. Panda, kulinda, na kupitisha miti yako. Mti uliopandwa ni mzuri, lakini mti uliendelea kuishi kwa miaka 60 au zaidi ni ukuu.

ATESO

**AIRA IKITO KWAPE IBORE YEN
EPOL NOI KOWAI LO AIJULAKIN
AIJAR NA ITUNGA**

Mam TIST elosikinit airayo na ikito bon kwape eipone lo aijulakin itunga konye itogogongit TIST eipone lo ariyor imweban ke koiponesio ka nu egelegela kwape nat:

1. Aituutor engarenok
2. Akiro nu ikamanara kede enyame lo ajokan
3. Iponesio lu ajokak
4. Iponesio nu akoru nu ajokak

Imorikikin iboro lu okuju ngun kere kipikakinai toma aswamisioit, angaleu kede amina kere eraunos nu itodolikinos kotoma aijar na itunga jokan. Koraun aiboisit na itemokin

Anyarauni engo itunga kere abunere alomar toma TIST

Ewadikan: Mbabazi Maritazari.

**AISWAMAUN APOPULAI NU IPEPEE-
RE IKITO KEDE AMUGOG : ERAI NGESI
IBORE YEN EPATANA KONYE KOPOL
ADUMUN**

Itosomao na amugog ka nu elemari aitwasamao na akaverai.

Ko Kasese, toma aibunget na Mughete, ewutasi akoriok nuka TIST aingarenikin erot kede eipone lo itetet, eipone lo elai ka nu ayuwar isuban – aiswa-
maun apopulai nu ipepeere ikito kede amugog .
Eipone lo no aiswa iboro ewuta aitegelikin eililinga eipone lo idarunere ikito ludidik ido da ewuta
aitodun aijulakinet kotoma atutubet kotoma alupok

ka akoriok da ikulepek

Eipone lo iswamaunere.

Erai amugogot duc na ejalakino aibos na edaunere ajepar etaget, eraun atubtub kesi ka nu apacunun akec amugog. Eraasi amugog lu nu itoonio , ko-
sodikinete ailungurun kesi aiswa maun iikaapun lu didik lu epedorete aiting alupok ka ikitoi yen didi. Erai ngesi ibore yen epatana aiswa maun kopatana da eke jautene konye ipu ake jokusio noi adepar akaverai.

Ibore ejokiatotor kesi noi adepar akaverai

likaapun lu didik ngun lu amugog eraasi lu ebosi-
arete kede apatanu, ibore da yen ecamakini alias nu ekitoi apoloo ejok kede da aiyatakin ebolia toma alupok . Enamei aicanican arai amunamunao na atutubet, erai apolo na engalei bon. Konye karai eraun akaverai ibusakinit alemar kesi eroko irakina ekitoi narai itikokini alias apolo , emiedete alupok ido emunarete alupok adaun apak nae pol ikaru ka ikaru.

Ajokisio nae ja akoriok kede atutubet

- Mam etiai epol: Eraasi amugog nu ati tai ido da idumuni ijo ka ngon aiboisit kere, aijulakin iboro lu ajepar kotoma misirir aitarau lu ameda
- Eraasi lu eyingaikinete apak : Eraasi amugog nu elibete atipet ido da erai ibore yen ebeit ti acakar kedaun ajepar etaget . Aijulakin agasia araun ibore yen ejai ameda . Agolokin abangat kidding na akoru inyamat kede aira ikito
- Ikito lu egogong: Ekot akoriok ajenun nae be mam ikito edumunete ariengun kotoma apak na ikobarere ikito toma misiri narai epote alias aiya-



takin apol karaida eja amugog ngun narai eraasi nu ebosiarete koraunos da ebolia toma alupok , koyangauni ikito aijar ka apolo jokan kongaleete .

Itojokari ekuse lo ikwamin: Kotoma aibunget nako Munghete , aitwasam amugog kwape iikaapun lu didik lu ipepeere ikito erai aswamisioit na jokan . Emorete akoriok aomisio, itetemonorete aswamisioit kotoma aurianeta kec nu atukona kec nu didik ido da isinyikoikinos bonik ka bonik anyoun kotoma aipepe ikito kede akaverai

Nu ebeit aswam :

Ibusakinit ooni acamun aigang ka aitanyanyar eito-somae lo amugog kwape ibore yen ipepeere ikito . Erai na aitogogongoet ebe abongonikineta nu atio-kisio nu ikamanara kede ekuse lo ikwamin kotoma akwap eraasi nu eyapiete kore.ka ne akoriok lu itwaswamaete alupok ducduc . Arai keraun akwap wok nako Uganda aingarenikin kotoma akoru nae lai na itojokari ekuse , ekot ooni arokoor aswamisioit na tetere eraun ibore yen iswama kotoma akwap wok kere .

Ewadikan: Noel Mwebaze- Ejaanakinan Aibunget O'Distrikta lo Kasese

AIDAR IKITO KA NU ATURIO: IBORE YEN ASEKUNIATA AKORIOK LUKO TIST AITUP EROT LO NO EYINGAIKINI AWOJAU

Airaikin ekitoi erai ayinakinet ka nu oingaren , konye aidar ka ayuwar ekitoi ngon ka nu ikaru 60 ka adepar erai agogongu na abeit. Kotoma ainapeta nuka TIST, ewutasi akoriok aitogogong ebe epedorete ikito araut ibore yen kidumuna ooni apiyai katipet , epedorete araut iboro lu eyingaikiete apak ido epedoro airumun kesi da kwape alupok ka

itogoi .

Eipone lo aidar ikito koyuwara adaun ikaru lu ipu :

Koipone lo aitetenario kotoma TIST, ngin bore kere itodolikin .Isinyikoikinitai akoriok aswam nuta

- Alemanar atenieik nu mam elaete tetere ikito egogong kongaleete
- Aitikokin akim kokito ka amamus ayinakin ibaren adak kotoma koipone lo abwaun kesi jokan
- Ayuwar ikito lu apolok , asesen adumun na oingaren itia aisunyakini ajepar ikito

Koipone lo aitup akirosinei nu kere, mam eyaunete ikito aijar bon konye eyaunete araito da nu ipu, etolim, alupok nu iboliaikitos , ayuwaro na akipi ka apiyai nu elomunete kotoma kabon.

Ikito kwape airumunet nao kale

Kotoma TIST, era ikito ibore yen eyingaritai kwape abar nao kale. Epedorete ikalia aiwadikaun okiror lo ekale akale tetere iduwe kede itata epedorete airumun mere alupok bon konye kede da iboro lu ejarete nu iyatakinete aitac koipone lo agwelanar ekwam loka kabon . Itarauni na ikito araut ibore yen keitai yen da ikoparo arai mam ejepitai ikito

Ka nu inyo ibuskinitor alomar TIST

Einakini TIST akoriok acoa , agangat ka apiyai nu elomunete kotoma agwelario naka ekwam loka kabon , ibore da yen eyinakini aira , aidario kede ayuwaro na ikito epatana ka nu atuurio. Ace da bobo eyinakini akoriok adumun epoget ka amina akwap koipone lo aitojokar ejautene lo itunga kere.

Koloma TIST lolo. Kira , koyuwa ido kikopa ikon kito . Ejok ekitoi lo iraitai, konye ekitoi lo idaritai ikaru 60 ka adepar erai ibore yen epol noi.

LUO

**YAT MA PITO CALO GIN MA PIRE
TEK ME LOKO KWO PA DANO**

TIST pe tye ki yub me pito yadi calo kit ma pire tek ento keto cwinye i kom yubo dul ne pol kare i yo calo:

1. Pwony me Tela.
2. Ngec ikom Cam.
3. Kit me Kwo Matir.
4. Yo maber loyo me Pur.

Dok ka jami ducu ma tye malo i tic, yot kom ki mar pi ngat acel acel nongo tye ki adwogi maber, dok kabedo bedo maber.

mapol i kom lok meno, “labol ki faun” kiyubo me dwoko rwom me kwo piny.

i lwongo dano ducu me bino ka donyo i dul me TIST.

Coc Man Oa Ki Bot Mbabazi Maritazari

YUBU AGULU KI POT LABOLO

**KICA: GIN MA KIYUBO MA YOT MA TYE
KI ADWOGI MADIT.**

Pot labolo acel acel ma ki yubu ki kica dwoko cen piny tic ki jami tic ma ki yubu ki kica ma tye odok!

I Dul pa Kasese, Lupur pa TIST ma gi pito Yadi tye ka telo Yoo ki jami manyen, ma gi yubu Kica me keto nyig yadi matino.

yub man ma rwate ki kwo me kabedo tye ka loko kit ma ki gwoko Kwede Yadi ma Tino, dok dong tye ka nyutu adwogi maber pi Kabedo, ngom, ki Lupur Kikomgi.

Kit Ma Kiyubu Gi Kwede.

Yen koo Labolo, ma pol kare kiweco me ngwec i nge kwanyo nyig yat, kingolo iye dok kikwanyo woko me kwanyo nyig ma tek.

Pot labolo magi dong ki twoyo dok kiyubogi i kicar matino tino ma gigwoko ngom ki nyig yat.

adwogine obedo gin ma tye i lobo, ma twero yweyo ma nen yot ento kelo adwogi mapol i kom kavere odok.

Pingo Gitye Maber Loyo Kavere Odok.

Pot labolo ma kiyubo ki kicar kwede me gwoko cam ma tye i poto-ni rweny woko, weko yat dongo dok weko ngom dongo maber ki jami ma kwo.

pe tye gin mo ma obale, pe tye bal mo —dongo ma tye ki yotkom keken.

bongo ma kiyubo ki bongo, myero kikwany woko ma peya kipito, nyo ka pe gigengo yat, gipongo ngom, dok gibalo ngom pi mwaki mapol.

Ber Ne Bot Lupur Ki Kabedo Ma Orumowa.

- Wel cente ne yot: jami ma ki lwongo ni pot labolo ni tye labongo cul mo ki nongo ki i gang, ma gi loko jami ma ki keto i poto me doko gin ma pire tek.
- Gwoke ma ber: pot ko labolo ma kitiyo kwede me gwoko nyig cam ma tye i poto dongo oyotoyot, dok i yo mukene obedo pur.
- Kelo kodi yadi ma teko: lupur gin nyiang pe dong mite ni ki kop kodi yadi ka mukene, gin dong dok bene gin top ma ber gin dongo ma kom gi yot bene
- Kit Me Tic Ma Ber Ki Piny: i dul ma kiyubo ki bongo, tiyo ki pot labolo ma kiyubo ki labolana dong odoko gin ma pire tek oyotoyot calo tic ma-



ber loyo.

lupur ginywako ngec, nyutu diro i cokke matino tino, ki cuko cwiny jo mukene me loko ki i kom plastic. rwenyo jami ma obale i ngom rwate maber ki cik me lim ma rwate - kun umu loop i kin yubu cam ki dwoko cen yadi

Gin Ma Dong Omyero Ki Tim.

Pot labolo me keto yadi ma tino ma kitiyo kwede me yubo ki kicar me pito yadi myero kimok, cwak, dok kimeddo kongo.

gin tye lanyut ni yo maber loyo me cobo peko me lobo pol kare tye cok ki gang, i yub me yubo jami ma tiyo ki ngom nino ducu.

ka gaganda tye me telo i tic me pur ma rwate ki yamo, yub man pe myero kikwer keken ento kimi tam i kom jami ducu i lobo ducu ki i anyim.

Oa Ki Bot Noel Mwebaze- Latic Pi Dul Matino I District Me Kasese

GWOKO YADI PI YALWAK MAPOL: PI NGO LUPUR ME TIST YERO YOO MA BOO

pito yat obedo mic pi anyim —ento gwoko bedo kwo pi mwaki 60 nyo makato obedo dit me ada.

ki i yub me tic, lupur gitye ka nyutu ni yadi twero bedo ma kato adwogi me kare manok;

gin gitwero doko jami ma twero bedo pi kare malac, ma kinywalogi calo ngom nyo ot.

Kit Me Gwoko Yat Tye Ka Dongo Maber Pi Mwaki Mapol

ki bot TIST yo me aluba, ber bedo bedo yot.

lupur ki cuko cwiny gi me:

•Tong jang Yadi ma tino me gwoko yadi wek obed matek dok ma kelo adwogi maber.

• Gwoko kom i kom mac ki cam ki wang ma yot dok ma nen ka maleng.

• Gwoko yadi ma dong guteggi, kun giketo cwinygi i kom rwom me kwo ma tero kare malac ma ka ngologi oyotoyot.

Ki Lubo kit me tic magi, yadi pe kwo keken ento bene gi kelo mot ma mede kare-ni —mac, dongo pa ngom, gwoko pii, ki lim me carbot.

Yadi Calo Gin Alaka Ki I Dog Odi

pi TIST, yadi ki ngeyo ni calo lonyo me ot.

Jo me ot gitwero coyo nyinggi i te nyinggi, neno ni lutino ki lutino pa lutino pe ginywalogi ma pe gi ngom keken ento jami makwo ma gimedde ki culo ki cente me carbon.

man loko yadi doko lonyo me ot —ka kato woko labongo ketogi piny.

Pi Tyen Lok Ango Ma Omyero I Dony I Dul Me TIST?

twero pa lupur ki ngec, kony, ki cente ma kelo cente ma weko bedo yot me pito, gwoko, ki gwo-ko yat makwo pi kare malac.

mapol makato meno, gero miti —ma konyo lupur me bedo ki awaka me yubo jami ma ngwece kur ma loyogi.

nywako lok tin.

yat, gwoko, ki kato ki i kom yadi.

yat ma kipito tye maber, ento yat ma kigwoko kwo pi mwaki 60 nyo makato tye madit adada.



LHUKONZO

ERIHARA EMITHI NG'OMULINGO MUKULHU OWERILINDA ENGHEBE.

TIST siyirilubirira okwihara emithi kyisa beithu nomwathikya abamemba omwamibere nga:

1. Eryeghesya obulemi
2. Emirire
3. Erighithwala omo bandu
4. Obulime obomulembe

Neryo ebyosi ebi byamahirwa omomikolhere, enghebe nolwanzo bikabya ndeke.

Nekyindi ebirimwa nebisoro bikayongera eribya ndeke ndeke.

Ngalariraya obuli mundu eryasingira omwa TIST.

Nibya Mbabazi Maritazari

OBUKOPO OB'EBEDYA OBUKOLIRE OMOBISIKHA: EKYINDU EKYIYIYIRWE KANDI EKYIWITHE EMBINDUKA.

Obuli kakopo k'ebisikha kakihaho erikolesya akavera!

Omwa Cluster eyemughete, abalimi aba TIST bali embere omo mubere mubuya owerikolha ebikopo ebyebedya omobisikha.

Omubere onno anemuhundulha emilabirire ebyebedya, kandi kyabiritsuka erikanganya obubuya oko kyipindi, omuthaka, nabalimi.

Ngoko bikakolebawa

Emikondekonde eyikakyriramo erilekwa nikwa yibole yikathemawa ithwihako ebisikha. Ebisikha ebi bikumibawa ibyalingwamo ebikopo eby'ebedya. Ebikopo ebi bikakolha ndeke kulenga obuvera.

ra.

Habwakiy bikasinga obuvera.

Ebisikha bikayibolera eriwithikya emirihya erikulha ndeke neriwanya omuthaka. Sihali ekyika-sighala, ekyikatsandaya - hakabya erikulha ryan-deke.

Obuvera bukalusibawako uthewahera, ghuthitha-kihako kakachingha emirihya, ikatsandya omuthaka habw'emyaka.

Emighaso oko balimi nekyipindi

1. Kikathwalha sente sike: Ebisikha nibyabusa kandi biswire. Erihundulha ebithawithe mughaso mu ebyomughaso.

2. Erithindi thwikha: Ebisikha bikasuba lhuba, neribya sibiwithe namughaso. Erihundulha ebithawithe mughaso mu ebyomughaso kyikaghenda haghuma n'emithimbire y'ebyenyinyirya - erichingha omwanya akathikathi k'obulime bwebiyara nerihara ryemithi.

3. Ebedya eyuwene. Abalimi babiriminyerera bathi emithi siyirihongha hongha wamaherayo, kusangwa emirihya yayo yikakulha erilhaba omo bisikha ebibolire, iyingira ndeke omo muthaka, kandi emithi yikakulha ndeke.

Omubere mubuya owakarwanisaya embinduka y'obuthuku.

Omwa Cluster eyemughete, erikolesya ebikopo byebedya ebikolire omo bisikha kyabirithwalibwa ng'omubere mubuya. Abalimi bakaghabana amenghe, ibakanganya omosyandeko syabo, kandi ibahabulha abandi erilwa oko buvera.

Ekyerikolha: Ebikopo byebisikha bitholere ibyaminywa, eriwigirwa neriyongerwayo. Nibwakayiso



ndi ebyerikolha erilwanyisya embinduka y'obuthuku bikasangabawa hakuhi nabandu abakakolesaya omuthaka.

E Uganda yamabya yerikolha ndeke omo bulime bubuya, ekyiyiyirwe ekyi kyitholere icyawagirwa omolihanga eryosi nahandi.

Nibya Noel Mwebaze- Kasese District.

ERIKULYA EMITHI HABW'OBUTHUKU BUNENE: HABWAKYI ABALIMI ABE TIST BAKASOMBOLHA OMUBERE ONO.

Erihera emithi nikiyisembo, beithu erikulyayo erighunza emyaka 60 nerilhaba nikiyamubongho kutsibu.

Erilhaba omo TIST, abalimi babiriminyerera ndi emithi yanginaghunzaho buthuku bunene ng'ekyithaka n'ekha .

Ngoko wanginakulya emithi erighunza emyaka minene.

Omobuhabule bwe TIST kyikathokekana:

1. Themerera n'obughendeserezya erikulya emithi iyanawithe amani.
2. Erilindayo oko muliro n'emirisiye
3. Erilinda emithi emikulhu erilubirira eby'embere.

Omwikwama emibere eyi, emithi siyindikulha kyisa aliriryo yikaletha ebibuya ebindi nga ekyitsutsu, omubogha, erilinda amaghetse, nesya-sente esyembeho.

Emithi ng'ekyobuthekhe omukha.

Erilhaba omo TIST, emithi yikathwalibawa ng'ekyobuthekhe omukha. Amakha akanahandikisayayo omomena wabo, nikw'abana nabatsikulhu ibaghabanayo ngayinimukulhira omokyithaka kyabo, kandi iyinemuthuha esyasente esyembeho. Ekyi kyikakolha emithi ekyobuthekhe omukha - iyabyaho butsira erithemayo.

Habwakyi iwingira TIST?

TIST yikaha amenghe oko balimi, obuwathikya, nesyasente esyembeho ekyikalobaya erihera emithi, erilindayo ndeke, nerikulyayo omobuthuku bunene. Ekyilhabire okwekyi, yikahimba olwanzo - eriwathikya abalimi eryanza erikulya emithi omobuthuku bunene embere.

Wingire TIST munabwire, ghuhere emithi, ghulindeyo, kandi ghukulayeyo obuthuku bunene. Omuthi owaherire ni kyindu kyibuya beithu omuthi owakulirwe erighunza emyaka 60 nerilhaba nikiyibuya obulengererye.



A live demonstration on making Bio Degradable banana fibre potting bags



After the Cluster meeting in Kiryandongo

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

*TIST Uganda. Bushenyi Town, Liberation Road - Kitokye Lane
P.O. Box 232, Bushenyi, Uganda, East Africa. Tel: 0772 058 868 / 0773 716960
Website: www.tist.org, info@i4ei.org*