

# THE TREE

The International Small Group  
and Tree Planting Program

CLEAN AIR  
**ACTION**  
CORPORATION

TIST NEWSLETTER JANUARY 2022



A farmers taking pronus seedling to plant.



Small group meeting and training in Bushenyi-Kyaruganda Cluster



Weeding and removing weeds in a nursery bed



Small group meeting and training in Soroti

**The TREE** is a monthly newsletter Published by area of **The International Small Group** and Tree Planting

**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 25,000 subsistence farmers. Sales of carbon credits generate participant income while addresses Agriculture, HIV/AIDS, Nutrition and Fuel W

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## OUR STORY OUR BENEFITS THROUGH TIST PROGRAM

We are pleased to share our story as TIST members of 2004ug12 as TIST women members among our group what we have achieved, benefited from TIST.

First and foremost, we had our training and sensitized by ARA after Morogoro seminar, at first much emphasis was put on tree planting to earn TIST incentives. But there are more benefits than tree payments which we benefited as ladies in TIST group.

- We had training on nursery bed management, we started our nursery bed especially fruit trees i.e., grafted mangoes, oranges, avocado among others this project earned us good money through selling of seedlings and even planting some on our farms which also generated income to our families as ladies.
- We practiced rotational leadership which builds our confidence and skills to leader. We are proud that one our member i.e., Doreen is mothers' union leader at parish level this attributed to TIST as best practice,
- We also had training on planting trees along the farm boundary, alongside roadside and compound these flashes away excuses of no land to plant TIST trees. If you happen to visit our homes you are welcomed by trees and cool air.
- Also training on CF especially planting vegetables and maize for this case nutrition is at most no meal without vegetables. We introduced planting using used sacks, buckets around our compound and vellanders. No moving far distance to get vegetables either from markets this save some money to spend.
- We marginalize the trees payments we received from TIST, we started box banking this has generated a lot of profits to our group. We used this money as pool to borrow to ourselves at low interest and lend to other non-members at slightly higher rate.
- Seminars and trainings to our members especially Joyce who is our TIST trainer who has even traveled to Kenya to train Kenyans on energy saving cook stoves and this is our privilege to say long live TIST.

- Lastly trainings on mushroom growing, energy saving stoves, tree management, soil erosion control, nutrition.

*By Doreen Arimubyoona-Abamaraire-Bushenyi Cluster*

## PROTECTING SOIL AND CROPS BY USE OF DRY MULCHING•

Mulching is the use of any material that covers the soil's surface to help regulate soil temperature and control soil erosion.

Mulching can be dry mulch or green mulch.

Dry mulch include dry grass, liter from trees that is fallen leaves, sawdust and other dry materials.

### Benefits of Dry Mulching

1. Reduces weed growth by keeping light from reaching the soil surface.
2. Reduces water loss from the soil surface, which helps maintain soil moisture.
3. Moderates soil temperatures, keeping it warmer on cold nights and cooler on hot days.
4. Protects bare soil thus reducing erosion and soil compaction.
5. Protects plants from the harsh conditions of winter freezes and winds.
6. Mulching feeds our soil's living microorganisms with nutrients.
7. Creates healthier soil structure for plants, limiting compaction.
8. Keeps soil from splashing onto leaves thus reduces the chance of plants getting fungal and bacterial diseases.
9. Mulching makes gardens look attractive thus giving a uniform appearance to the garden design
10. Keeps plants clean and off the ground, especially tomatoes and melons, to avoid plant disease.
11. Mulching slowly increases soil fertility and may make micronutrients already in the soil more available.
12. Mulching make water moves more readily



into soil covered with mulch instead of running off.

13. Mulching improves plant health and growth (due to fewer weeds and more consistent moisture and soil temperature).

14. Mulching breaks down and feeds the soil (if it's organic mulch).

15. Mulching improves the structure of clay soils and the moisture-holding capacity of sandy soils.

### **SUSTAINABLE DEVELOPMENT GOALS ADDRESSED IN TIST**

The following are the sustainable development goals that TIST addresses.

- **No Poverty:** TIST provides cash income from carbon credits and sustainable development benefits monetized at over 13,000,000 UGS per person.
- **Zero Hunger:** TIST promotes Conservation Farming to improve crop yields and planting fruit and nut trees as part of the tree planning program.
- **Good Health and Well-being:** TIST provides training in many health topics including HIV/AIDS, malaria, clean water, hygiene and indoor air pollution.
- **Gender Equality:** TIST creates an environment for gender equality whereby women are given the same opportunities as men. It is enforced by ensuring there is a gender balance in employment, leadership and representation.
- **Clean Water and Sanitation:** TIST provides training in clean water and hygiene. TIST also trains and encourages tree plant along water courses to reduce run-off and erosion.
- **Affordable and Clean Energy:** TIST trains in the building and use of more energy efficient cook stoves.
- **Climate Action:** TIST is a climate mitigation program.
- **Life on Land:** TIST provides biodiversity benefits by adding indigenous tree, fruit trees, nut trees and canopy. TIST farmers are trained in biodiversity. TIST project areas provide linkage and buffers with high conservation value areas.

Twine amashemererwa itwe ab'ekibiina kya 2004 ug12 ekyabakyara agu twihire omu TIST.

Ekyokubanza tukatungaho omushomo ogwaba ARA twaruga Morogoro.

Tukabanza twateeka amaani omukubyaara emiti namagoba garikurugamu, kwonka nkabakyara twihiremu ebintu bingi.

- Tukatandika n'okubendeeka emiti omu nasare bed eyebijuma nka emiyembe, emicungwa, vakedo n'ebindi. Eki kikatuha sente nyingi omu-kuguza ensigo kandi twabyara ebijuma omu maka gaitu ahu amaka gaitu gaihire entatsya.

- Tukakoresa obwebembezi bw'omweteroro obwatwombekire omukugunjuka. Twine okwesiima ngu memba waitu omwe Doreen hati ni mukuru wa Mothers union aha buriisa bwaitu. Aga namaani ga TIST.

- Waatutayayira nooyakirwa emiti n'embeho nungi bwanyima y'okutendekwa okubyaara emiti omurusharasharo, omurubaju rw'enguuto n'omumbuga zaitu. Kikaihaho rwekwaso y'okubura eshambu.

- Tukatendeka okuhinga orikurinda orwezo, ahiturikuhinga emboga nhebicoori, ebirikurugamu ebiriisa. Tihariho kihuro kyona ekitariho emboga. Nituzibyara omu bukutiya bukuzire n'omubiceebe omumabaraza gamaju. Kituyambire okucendeeza ahanshohoza turikuza kugura emboga omukatara.

- Nitubiika akasente akaturikwiha omukasiimo k'emiti tukata omu bubox, tuzeeguza ahamagoba makye, hamwe nabatari ba memba twihamu amagoba.

- Tutungire emishomo n'okutendekwa nka memba waitu Joyce omutendeki wa guruupu yaitu. Obwahati yaagire na Kenya kutendeka abaayo omukukora amahega agarikukoresa enku nkye. Hangaara TIST.

- Ekyahamuheru tukatunga okutendeka omu-

kuhinga obutuuzi, amahega, okubyara emiti, eitaka obutatwarwa mutunga nendya nungi.

*Nebya Doreen Arimubyoona – Abamaraire – Bushenyi cluster*

## **OKURINDA EITAKA N'EBIHINGWA N'OMWARIRO GW'EBINYANSI**

### **BYOMIRE**

- Okwarira n'okukoresa ekintu kyona kusan-gira eitaka ahamutwe kurihwera okugumyamu obu-fukirizi nobutatwarwa mutunga.
- Noobaasa kukoresa ebintu ebyomire nari ebibisi.
- Omwariro ogwomire harimu ebinyansi byo-mire, amababi g'emiti garagarikire ahansi, obu-teizire nebindi.

### **Amagoba gari omu mwariro gwomire**

- Kukyendeza okukura kw'omwata ahabw'omushana butahika eitaka.
- Nikihwera eitaka butatwarwa amaizi
- Nikirinda eitaka butahwamu orwoya
- Nikihwera eitaka butashiishwa obufukirizi bw'orubaare n'omuyaga.
- Omwariro niguhereza obyokurya obukooko bw'omwitaka.
- Nikihwera eitaka kuguma niryisa
- Nikihwera amababi g'emiti butahika haihi n'ebihingwa bikaihamu oburwaire.
- Omwariro nigushemeza omusiri gurebeka-gye.
- Niguhwera ebimera nk'enyanya na meloni butahika eitaka.
- Nigureeta ekiriisa omwitaka.
- Nigureetera amaizi gashensheragye om-

witaka.

- Nigureetera ebihingwa byagira amaga-ra marungi.
- Omwariro kugurikujunda gurugamu eitaka.
- Omwariro nigukwatanisagye eitaka namunonga eibumba nari omushenyi.

### **EBIGYENDERERWA**

### **BY'ENTUNGUUKA EBI TIST ERIKU-KORAHO**

- Obworo – TIST neheereza abahingi baayo akasiimo kuruga omu miti garikwinga-na 13,000,000= buri muntu.
- Kurwanisa enjara – TIST nebyaza emiti ahabwebiriisa, ekanyisa amasharuura, ehinga ebijuma n'ebindi.
- Amagara marungi n'obugwagye. TIST neetendeka eby'amagara nka siriimu, omush-waija, amaizi marungi n'obwecumi omumaka.
- Omwiringangano omubuhangwa bw'abantu: Eki nikikoresibwa omukuretaho obwebembezi bw'abakazi n'endiijo migisha omuby'emirimo.
- Amaizi marungu n'obwecumi: TIST neetendeka omukunywa amaizi marungi n'obwecumi omumaka. TIST neetendeka okubyara emiti ahamyegyeeego y'amaizi kugarinda oburofa.
- TIST neetendeka okukora amahega garikukoresa enku nkye.
- Kurinda embeera y'obwire. TIST nee-shomesa ahabirikurinda embeera y'obwire.
- Amagara kutuura omunsi: TIST neer-eetaho emiturire mirungi ahabirikuretaho embeera nungi nk'okubyara emiti yenzaarwa, eyebijuma n'endiijo



ATESO

**.AITATAMUNET NA ADUMUNUNETA KOSI  
KOTOMA AINAPETA NUKA TIST**

Iyalama sio ka nu aimor Aakosi tatamunet kwape imwebai nuka TIST 2004Aug12kwape angor nuka TIST kotoma atukot kosi nu ipedo sio adumun ka aitodolikin kotoma TIST.

Na sodit kakere apotu sio adumutu aituutorio ka aisinyikoikino ka ne ejai atukot na ARA akaulo na aituutorio na Morogoro, kageunet apol aisinyikoiki-nit kotunga ka nu aira ikito tetere edumunete apiyai nuka TIST . Konye ejaasi adumuneta nu ipu noi adepar apiyai nu aira ikito nu apotu sio adumutu kwape angor nu kijai toma ainapeta nuka TIST.

□ Kapotu adumutu aituutorio kotom oipone lo aipepe ikito, kapotu etegiasi aipepe ikito kosi kanoinoi ikito lu araito kwape nat imiebeko nu eropitai emucuga , ovakedo ka ice da. Abu as-wamisioit na koinak sio apiyai nu ajokak kotoma agwelanar ikito lu didik ido da apotu keraata ice toma amisirin kosi ibore yen abu koyau apiyai toma okalia kosi kwape angor.

□ Kapotu etetemonosi aingarenikin na isrimo na kobu oduk akosi titingu ka aperianut kotoma aingarenikin . Ipoga sio narai adiope kotoma omwebai kosi kwape angor kokiroriai Doreen erai na ingarenikit aibunget ka nu atoto kokanisa kadoke-tait ka na oitela ka aituutorio kotoma TIST.

□ Kapotu adumutu aituutorio kotoma aira ikito okoruon kosi , orotin kosi ka alarieik kosi. Elemari na ayiyanar ebe emameete alupok nu iraa ikito ka-nuka TIST . Kitema jo aipejokin ikalia kosi erai ikito isukunyunete ijoka ka ekwam lo ajokan lo elilim .

□ Ka aituutorio kotoma akoru na tinen kwana kanoinoi akoru idiasio lu kwii ka ekirididi ka nu anu ejok do enyame kosi . kapotu ketegiasi akorinikin idiasio toma opukoi, abaketin ka ice kotoma alar-ieik kosi ka obalasanakosi da. Mam bobo alosite ne elwana arai bon at osokooni ka nu amoot idiasio ibore yen ayua apiyai kosi

□ Kotoma apiyai nu kidumununei kokito luka TIST kapotu ketojokaasi aitegiar aimono ibore da yen ayau ameda nae pol ne ija sio kwape atukot . Kitosomai apiyai nu aibanyanakin bonik ka da aibanjanar awai awai ka nu adumun ameda .

□ Aituutonorio ne jasi imwebai kosi kacut Joyce nae rai atuutoron kosi nako TIST na da adumu arereng alosit kitoni akwap na oKenya ka nu aituutor itunga lu angina ko wai lo aisub ikiyal ngun lu itojokaritari ido erai na arerengu isio alimun ebe TIST kobusi

□ Nawasia aituutorio kotoma akoru ebaale , ikiyal ngun lu itojokaaritari , aidario na ikito, aitikitik aitolanar na alupok ka enyame lo ajokan

*Ewadikan : Doreen Arimubyoona –*

*Abamaraire – Bushenyi Cluster*

**AYUWARI ALUPOK KEDE IKORION  
KOIPONE LO AITOSOMA ANYA NU EWOK-  
ITOS ARAPAARA ALUPOK**

Ipedori jo aitwasam idio bore kere ka nu arapaara alupok ka nu aingarakin aitidisiar amwanis nae jai toma alupok ka aitolanario na alupok

Ipedori jo aitwasam anya nu ewokitos arai nu ep-alal

Anya nu ewokitos imoriaritos akwii nu eraraunos okito nu awokoto akiseta ka iboro ice nu awkok.

Ajokisio nu airap emisiri kede anya nu ewkitos

1. Itidisiari ailom na edowan narai mam aica edolonokini toma alupok
2. Itidisiari apurionor naka akipi kotoma alupok na eyinakini alupok as alit iyinatos
3. Itikitikei amwanis kede alilim na ka alupok, aidarit alupok kolilim ne emwanar akwap ka aidarit alupok komwaka ne elilimor akwap.
4. Eyuwari alupok lu larong itidisiari da aitolanaro na alupok.
5. Eyuwari ikorion ka ne ja ikwamin lu amwakak arai nu elilim lu epedorete amudiari ikorion.
6. Iyatakini aiboliaikit toma alupok
7. Eyinakini alupok araut nu eyuara kongalete da ka nu iraan apolo
8. Eyuwari ikorion ko wai lo aitidisiar alupok nu edetanakinos okoruon arai epol edou aitidisiar adekasinei
9. Einakini na amisiri aibusuun arai erapitai kede anya lu ewokitos airimor emisiri kere
10. Igarakini na ayuwarit iraan tetere ma epe-rete kokwap kwape nat enyanya ka emelon lu eliaete kokwap kitidisiari adekasinei
11. Arapar na alupok kede anya nu ewokios iyatakini ebolia toma alupok narai ebosiarete anya ngun asubun ikur lu iboliaiyete kotoma alupok.



12. Eynakinete anya nu akipi alomolom toma alupok kede oraan jokan komam ilotari alupok nu okuju
13. Eynakinete anya nu iraan apolo ejok kongaleete narai edisiar edowan kede da ejai alilim na edolit toma alupok.
14. Anya nu awokok itanete alupok
15. Ingarakinete anya nu aitojokar alupok ngun lu eraasi elupe ka ngun da nu isingeikitos koipone lo aidarit alilim

**ENGARAKI TIST AITODOLIKIN AINAPETA NGUN NU IGRUNITOS AKWAPIN KA NU AITOJOKAR EJARE KOTUNGA**

Ainapeta nu igirunitos akwapin nu etemoki TIST

- Alemar ibakor: Eynakini TIST apiyai ka nu ekwam lo egwelanaro loka carbon kede akiro kere nu itojokarete ejare kodoli ekec tyai 13,000,000 ikapun lu ko Uganda ka ngin tungenen
- Alemar etenge: Isinyikoikinit TIST akoru na tinen kwana ka nu aitojokar esake lo ikorion kede da aira ikito lu araito ka imaidoko kotoma ainapeta nu aira ikito.
- Angaleu kede ejare lo ajokan : Ingarakinit TIST aisisianakin kotoma adekasinei ka iponesio lu angaleu kimoriarite eseny , eimidi, akipi nu elaete , aila kede ejautene lo okale.
- Eipamorane: Esubuni TIST ejautene lo isinyikoikinit ikiliok kede angor kere ejaatar areren-gesio nu erianasi . Itodolikitai na koipone lo aanyun ebe ikiliok kede angor kere edumunete aswamisi-nei , ido ejasi toma oingarenone ka abwoikinit
- Akipi nu elaete kede aila : Einakini TIST aituutorio owai lo akipi nu elaete kede aila . Ituu-tore da TIST koipone lo aira ikito toma aiboisio nu akipi ka icorin tetere mam akipi ekerete noi koyauni ailotanario na alupok.
- Akim na elai kodit atyai : Ituutori TIST kowaitin lu asubun ka aitwasam ikiyal lu atinen kwana
- Aitojokari ekuse : Erasi ainapeta nuka TIST nu itojokarete ekuse lo ikwamin
- Aijar toma alupok : Isinyikoikinit TIST airayo na ikito wok lu epoloete toma aiboisio wok , ikito lu araito, imaidoko ka etolim . Eraasi akoriok lu ituu-torio kotoma aswam lu . aboisio lu ejai TIST toma , ejai ayuwaro na alupok.

**OLUGERO LWAFFE, OKUGANYULWA KWAFFE NGA TUYIITA MU TIST.**

Tuli ba sanyufu okugabana olugero lwaffe nga bamemba ba TIST mukiibina 2004UG12 , fe nga abakyala mukibiina kyaffe ekya ekya TIST byetu-funye, byetuganyundwa okuva mu TIST bye twa-gala okugabanako namwe.

Okusokera daala twafuna okusomesebwa omwami ayitiibwa ERA nga omusomo ogwali mu lukungana olwe morogora Luwedde.

Esira lya soka kutekebwa mu kusimba miiti, oku-sobola okufuna ku sente ezisokebwa okuwebwa (prepayments) nga emiiti tezinakula bulungi .

Naye waliwo emiganyulo emilala mingi nga ojeko Okufuna sente ezokusasulwako (prepayments) zetwafuna nga abakyala mu bubiiina bwafe obwa TIST.

- Twafuna emisomo mu kulabilira obulimiro obutono emiiti we gitandikira (zinasale bedi), twatandikawo zinasale zaffe.

Okusingira ddala egyebibala nga emiyembe emi-gatte, emicungwa, ovakedo, ne emiiti emilala.

Polojekiti eno yatufunyisa kinene nga tufuna sente mu kutunda endokwa ne mu kusimba egimu mu-nimiro zaffe era ekyaleta ebyenyigiza mu makka gaffe nga abakyala.

- Twatandika okukola enkola ya TIST eyo kukyusakyusa abakulembeze ekyaletawo okweka-kasa mu bukulembeze, era twenyumiriza mukyo era ne memba munaffe Doreen kati mukulembeze mu kibiina kyabakyala ekya mothers union kumu-tendera gwo'muluka, kino kyekyongera okukakasa nti enkola eyo mu TIST nkola nungi.

- Era twa funa ne'misomo mu kusimba emiiti ku nsalosalo zenimiro zaffe, kumabali gamakubo ne mu mpya zaffe. Kino kigyawo okwemulugunya nga tuwoza nga bwetutalina ttaka limala.



Bwaba otukyalideko mumaka gaffe emitti gyegiso-ka okwaniriza ne'mpewo enungi.

- Ne nima eyomulembe ekuwa ekinene eya CF okusingira dala okusimba enva endirwa ne kasooli olwensonga eyo tewakyali kijulo okutali nva ndirwa mwetufuna ekiriissa.

Twatandikawo okusimba mu buvera obukozesed-wako, mu peilo, mupyazaffe ne kumabalaza, teri kutanbula lugendo okufuna enva oba okugenda mu kufulumya sente enyingi.

- Mu sente zetwafuna mukusasalwa okusoka twatandikawo okutereka mu busanduku, kino kitu-funisiza amagoba mu bubina bwaffe.

Tukozezeza sente zino nga tuzewola fe benyini ku-magoba amatono, netuwola abo abatali ba memba nga batuteramu amagoba mangiko.

- Enkungana ne misomo eri ba memba okus-ingira dala okuva eri Joyce omusomesa waffe owa TIST eyatanbulako ne Kenya okusomesa abanakenya, mukuzimba amasigga agakekereza . kino kye kituletera no Kwebaza TIST era nti wan-gula TIST

- Ekisembayo gye misomo mu kusimba obu-tiiko, okuzimba amasigga agakekereza, okulabilira emitti, okutasa okulukuta kwettaka ne misomo mukiriissa.

*Bya: Doreen Arimubyoona abamaraine- Bushenyi cluster*

## **OKUWONYA ETTAKA NE BIRIME NGA TUKOZESA ENKOLA EYO KWALILIRA NE BISUBI EBICALU**

Enkola eno yeyo gye twalilira nga tubikka ettaka okufuna ebugumu erimala era nga tuwonya okulu-kuta kwettaka.

Tusobola okwalilira ne bisuubi ebikalu oba okusim-ba omuddo ogubikka ettaka.

Enkola yo kwalilira ne bikalu mulimu okukozesa ebisubi ebikalu ebiva ku mitti ne oba ebikola ebi-

kalu ebirala

## **Ebirungi ebiri mu njalilira eye bikalu**

1. Kiyamba mu kukendeza kumudo munimiiro nga kikendeza ku kitangala okutuka kuttaka.
2. Kikendeza mukufirwa amazzi munimiiro
3. Okufuna ebugumu eryekigero ne kiwa obu-nyogovu oba ebugumu erimala ekiro nokubuguma kwenaku ezokya
4. Kiyamba mu kuwonyu ettaka eriri awatali mitti gimala nga kitasa ettaka okulukuta no kwee-bunga kwettaka.
5. Kiwonya ebirime mu mbera embi eyo'bunyogovu ne mpewo.
6. Okubiika ettaka kino kiyamba mukilisa obu-wuka obuyamba ettaka mu kirisa.
7. Kiyamba mukufuna ekiriissa mu ttaka.
8. Kiyamba ettaka obutayimirira ku makoola goka no'butafuna ndwadde ezenjawulo
9. Kiyamba kunimiiro okulabika obulungi
10. Kiwa ebirime okubera ebijonjo no butakona kuttaka okusingira dala ekibala kye nyanya ne meloni obutafuna ndwadde
11. Enkola eno eyongera ku bujimu bwe bibala no kulaba nti ebiriissa muttaka bibawo
12. Kiyamba kumazzi agayingira muttaka okuba-wo nga gayamba okusinga okulukuta
13. Kiyamba mukutereza ku ndabika ye biba-la ne mu kukula obulungi olwomudo omutono no'bunyogovu, ne'bugumu esamusamu.
14. Okwalirira kuno kuyamba ettaka nga ebisubi bivunda ne biyamba mu kukola ekiriissa muttaka
15. Kiyamba mu kutereza ettaka nga erye kise-nyi ne eryo eryo'musenyu erikwata enyo amazzi

## **EBILUBILIRWA EBIWANGAZI**





## **EBYE'KULANKULANA TIST BYE SOMESA**

- Teri bwavu: TIST ewa sente mu mpeke okuva mu kukendeza omukka omubi ekibalirwamu (carbon credit 13,000,000/=) eri buli muntu.
- Obutaba nanjala: TIST ekulembeza enkola eyokulima eya CF eyokulima awatono nokungula ekinene no'kusimba ebibala ne mitti nga egyebin-yobwa nga ekitundu mu pologulamu yo kusimba emiiti.
- Obulamu obulungi ne'bera enungi: TIST ewa emisomo mu byo bulamu bingi nga mwotadde ne mukenenya (sirimu), omusuja gwensiri, amazzi amalungi, Obunyonyo no kukendeza kumukka munju.
- Omwekanonkano: TIST eretawo embera eyo mwenkanonkano, abakyala bawebwa emikisa nga abami mu mirimu, obukulembeze no'kukikirila
- Amazzi amalungi no'buyonjo TIST ewa emisomo mu kubera na'mazzi amalungi no'buyonjo

TIST era esomesa era ne kubiriza okusimba emitti ku mabali ge bitundu awali amazzi mukukendeza amazzi obutatambula ne mukulukuta

- Obusobozi no'buyonjo bwa amasigga: TIST esomesa enkola eyo kuzimba amasigga agakeker-eza
- Enkola eyokukendeza kunyukakyuka yobu-tonde: TIST pologulamu ya kutereza oba okukend-eza mu nkyukakyuka yobutonde
- Obulamu kuttaka: TIST eleta embera yo kukozeza ettaka obulungi nga tufunamu ffena abalikozeza nga twongeramu emiiti ginasagwa, ebibala,ne emitti emilala nga egikola ebisikirize ebinene. Abalimi ba TIST basomesedwa munkola eyo TIST nga polojekiti mubitundu byerimu ereta enkolagana eyawamu nga bamemba bakulanku-lana munkola esoboka.

## **HADITHI NA FAIDA YETU KUPITIA KWA MPANGO YA TIST.**

Tuna furahia kwa shiriki hadithi yetu kama wana chama wa tist wa 2004ug12 sasa wanawake wa kundi yetu ya tist, na chenye tume fikia ina tufaidi-sha kutoka kwa tist.

Cha kwanza kabisa ,tulikuana mafundisho na kumasishwa kutoka ara. Badayi ya semina ya morogoro,cha kwanza mkazo ya mtii,yenye tuli faidikia sasa wanawake wa kundi ya tist.

- Tulikua na mafunzo kuusu usimamizi ya kitanda ya kitalu,tuli hanzisha vitanda ya kitalu yetu hasa mtii ya matunda sasa. Mayembe ya kupandikizwa, machungwa, ovakado, na nyingine zaidi,hii mradi ilitupatia fedha muzuri kupitia kuuza mbengu ndongo na kupanda zingine kwa shamba zetu, yenye pia ilizalisha mapato kwa familia zetu sasa wanawake.
- Tuli fanya mazoezi ya muzunguko wa uon-gozi yenye natujenga kwa kujiamini na ujuuzi ya kuongoza, tuna jigamba kwajili ya mumoja kwa wanachama wetu sasa Doreen ni kiongozi wa muungano ya wamama kwa ngazi ya parokia,hii narudisha sifa kwa TIST kama ni mazoezi Bora.
- Tulikua na mafunzo kuusu kupanda mtii kwa mipaka ya shamba zetu,na kwa kaando ya barabara na kwa eneo,hii ina ondoa udhuru ya kusema hakuna udongo ya kupanda mtii ya TIST. Kama ukii tutembelea kwa boma zetu, una kari-bishwa na mtii pamoja na hewa poa.
- Pia mafunzo kwa CF hasa kupanda mbegu na mahindi, kwa kesii hii lishe,linahitajika sana,kwajili hakuna kyakula bila mboga,tuli anzi-sha kupanda kama tunatumia gunia mzee,ndoo kuzingira eneo yetu na varanda. Hakuna kutembea mbali au kwa soko kutafuta mboga,hii ina okoa kutumika sana ya pesa..Tuli pembezoni malipo ya mtii yenye tuli pokea kutoka kwa TIST, tuli hanzi-sha benki ya bikis,hii ime tuongezea faida mingi kwa kuu denii yetu. Tuli tumia pesa hii kwa kuude-nii wenzetuu na faida ndogo,na tena tukii denii pia wenye sii wanachama kwa faida kubwa.
- Masemina na mafunzo kwa wanachama yetu hasa Joyce kama ni mkufunzi wetu wa TIST mwenye kuusa tembeya Kenya kwa kufunza wanao Kenya kuusu jiko mpishi ya kuokoa nishati,na hii tuna penda kusema maisha marefu TIST.
- Ya mwisho, mafunzo kuusu kukomesha uyoga,jiko mpishi yakuokoa nisheti,usiimamizi ya mtii,kudhibiti mmomonyoko ya udongo,lishe.



- Na Doreen Arimubyonona-Abamaraire Bushenyi cluster-nguzo.

**KULINDA UDONGO NA MAZAO, NA KUTUMIA MATANDAZO KAVU.**

.Matandalio-ni namuna ya kutumika viffa ya kuffu-nika usso ya udongo,kwa kusaidia kudhibiti joto ya udongo na kudhibiti mmomonyoko ya udongo.

.matandalio-ina weza kua kavu au ya kijiani.

.matandalio kavu ni ya nyaasii kavu,lita kutoka kwa mtii,vumbi kutoka kwa mbao na viffa nyingine kavu.

**FAIDA YA MATANDALIO KAVU**

1. ina punguza kukomea ya kwekwe,na kulinda mwanga kwa kufikia uuso wa udongo.
2. ina punguza hasara ya maji kwa uuso ya udongo, yenye ina saidia kuudumisha unyevu ya udongo.
3. ina wastani joto ya udongo,ikilinda kama moto kwa wakati baridi, na kulinda kama baridi kwa wakati zasiku moto.
4. ina linda wazi ya udongo na kupunguza um-momonyoko na kuunganishwa ya udongo.
5. ina linda vimea kwa hali kali ya majira ya baridi,kufungia na upepo.
6. matandalio ina lisha udongo yetu na vimea ya madiini.
7. ina jenga muundo bora kwa udongo,kwajili ya vimea,ikikwaza unganishaji wa udongo.
8. ina linda udongo kwa kuharibu maganda na kupunguza nafasi ya vimea kupata madudu ya magonjwa kwa vimea.
9. matandalio ina fanya bustani,kuonekana mvunto na ina pea mufano sare kwa kubuni ya bustani.
10. ina linda vimea kua safi na kukua mbali kwa ardhi,hasa nyanya na meloni,na kuepuka ugonjwa ya vimea.
11. matandalio,polepole inoengeza mbolea kwa udongo na kufanya lishe kua tayari ndani ya udongo.
12. ina fanya maji ,kutembelea kwa urahisi ndani ya udongo ilii ifunikwe,kushinda kukimbilia

inje.

13. ina boresha afya ya vimea na kukomea kwa awoo/juu ya kwekwe na hali ya joto ya udongo/.

14. ina vunja chini na ina lisha udongo/kama ni ya hai/.

15. ina boresha muundo ya udongo ya kisugu na kushikilia uayevu ya udongo na muchanga.

**UENDELEU YA MAENDELEO NA MALENGO ANWANI KWA TIST.**

Sasa hiizi ndie malengo endelevu ya maendeleo yenye TIST ina anwaisha.

- .Hakuna umasikini-TIST ina pea mapato ya fedha kutoka kwa mikopo ya kaboni na uendelevu ya kufaidisha maendeleo juu ya 13,000,000ugs kwa kila mtu.
- .Sufuri Njaa-TIST ina kukuza ulimaji wa uhi-fadhi kwajili ya kuboresha mavuno ya mazao na kupanda matunda na mtii ya njugu sasa moja kwa mpango ya kupanda mtii.
- .Afya nzuri na kukua vizuri-TIST ina pea mafunzo mingi ya mradhi ya afya sasa ukimwi,malaria,maji safi,usafi na uchafuzi wa hewa ya ndani.
- .Jinsia usawa-TIST ina jenga mazin-gira kwajili ya jinsia usawa,ndie wanawake pia wamepewa nafasi sawa sasa ya wanaume.ina tekelezwa kwajili ya kukua na jinsia usawa ndani ya Ajira,uongozi na uwakilishi.
- .maji safi na usafi wa mazingira-TIST ina pea mafunzo kuusu maji safi na usafi,TIST pia ina finza na kuhamasisha upandaji wa mtii kwa kando ya maji,kwa kupunguza kukatika ya udongo na mmomonyoko ya udongo.
- .Nafuu na nishati safi-TIST ina fundisha kwa kujenga na kutumikia ya jiko mpishi ya nisheti.
- .Hatua ya hali ya hewa –TIST ina kukabili-ana na mpango ya hali ya hewa.
- .Maisha juu ya Ardhi- TIST ina pea fai-da tofauti kwa kuongezea mtii ya Asili,mtii ya matunda,mtii ya njugu na dari, walimaji wa TIST wana fundishwa ndani ya biasara ya tofauti.
- .Mraadhi ya TIST na eneo,ina pea uhusiano na majinuni ya thanani kwa ma eneo ya uhifadhi ya juu kwa eneo.



**LOK-WA I KOM MUGOBA MA WANONGO I TIC PA TIST**

li –wa yom me nywako kwed-wu ber ma wanongo ki I tic pa TIST, macalo mon, ki dul wa ma na ma-ne tye 2004ug12.

Mukwongo, wanongo pwonye ki bot ARA ki inge pwonye ma obedo I Morogoro, I acaki-ne, wa keto cwiny-wa I pito yen, wek wanong cente ki bot TIST. Ento tye bene kony mogo mapol ma dong wanongo, macalo mon me dul man.

- Kipwonyo-wa kit me yubo ki gwoko kapito kodi (Nursery bed), man kadi wa kodi ma kikubo akuba , macalo muyembe, limun, ovacado, ki mukene mapol ataa, ka wacato kodi mogi, wanongo cente.
- Wabedo bene I tela ma gileyo aleya, omiyo okeli-wa tek-cwiny I tela, oweko, lamemba-wa acel madako, nyinge Doreen obedo latela pa mon I Parish, man ducu weng oa I ber pa TIST.
- Gipwonyo-wa pito yen I wang acoo, ki I nget yoo ki I teng gang. Man weko kadi ngom me pito yen pee, bud dano twero pito-ne I kabedo magi.
- Gipwonyo-wa ki pur ma gwoko moc ngom, (CF), oweko wapuru pot dek, muranga ki anyogi. Man omedo kero me cam I paci-wa. Ogiko bene wot ka ma boo ka yenyo pot-dek
- Wacako kalulu ki cente ma wanongo ki bot TIST, man omiyo wanyayo lim ki ideno cente kalulu man.
- Gitero-wa ka pwonye ka mapol, mukene wa I Kenya, labol-le Joyce ma oceto ka pwonyo dano I kit me yobo keno ma pe balo yen.
- Me agiki-ne, gipwonyo-wa I kit me puro obwol, gwoko moc ngom, juko kalele ki dong kit me nongo moc cam ki I cam ma wapiti-ni.

Man Doreen Arimubyoona, me Bushenyi cluster aye ocoyo

**GWOKO MOC NGOM KI TIC KI JAMI (LUM) MA OTWOO**

Umu-wi ngom obedo tic ki lum ki pot yat me umo wii ngom, wek ogwok ngicu, ki ogeng/ odwok mol pa kalele piny

Man time ki lum/ pot yat madyak / ma otwoo

Tic ki jami ma otwoo calo, lum yugi, pot yat cung bao konyo matek

**BER PA JAMI MAGI**

1. Dwoko dongo pa doo piny, pien gengo ceng pe me oo I kom doo
2. Dwoko rwenyo pa pii, weko ngom bedo mangic
3. Gwoko lyeto ki ngico me ngom, bedo maber
4. Gwoko gin apita ki I kom mol pa kalele
5. Gwoko gin apita ki I kom lyeto matek me oroo
6. Miyo cam bot jami matino makwo matye I ngom
7. Yabo ngom, weko lwit yat / cam donyo oyot dok maber
8. Gwoko cam ki I kom nongo twoo mogo ma fungi ki bacteria kelo
9. Weko wii ngom pire marom, ma weko neno-ne bedo omit
10. Gwoko nyik cam, weko ngom pe balo, tut-wale nyanya, ki water melon ki nongo two ma aa ki I ngom
11. Ka lum otop, medo moc ngom,
12. Weko pi donyo oyot I ngom, me ka ka ringo kato akata ki I wi ngom
13. Weko kom cam bedo yot, pien pe gilaro



cam ki doo

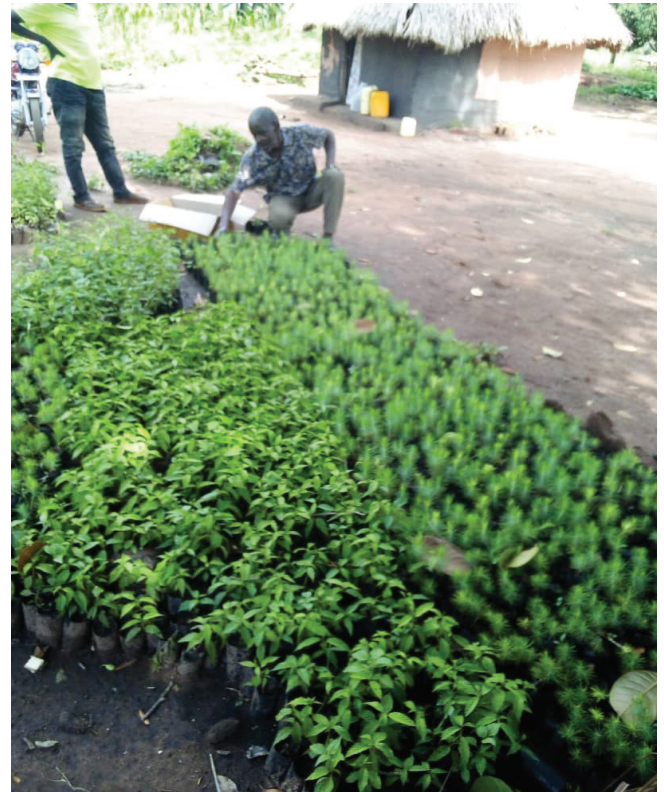
14. Weko ngom gigoyo wiye-ni ginginyo matino, ma man bene medo moc ngom

15. Yubo kit ma ngom myero obed kwede, weko gwoko pii pi kare malac

GIN MA KELO DONGO LOBO MA RII NAKA TYE I TIST

Ma piny-ni aye jami mogo ma TIST timo pi kelo dongo lobo

- TIST jwayo /ryemo can. TIST miyo cente ki dano inge cato carbon ma wel-le twero oo wa I cente 13,000,000 bot dano acelacel
- TIST bene ryemo kec ki paci pa lupur niwok ki I pwoonyo lupur I pito cam kacel ki yadi
- Kelo yot kom ki kwo maber, man bino pi pwoonyo dano I kom ber pa yot kom ki gwoke ki I kom two mogo matego calo, two jonyo, Covid-19, ki mukene mapol ataa.
- TIST kubo kin mon ki coo, wek apoka poka bedo pe I kin-gi, niwok ki leyo tela, keto mon ki coo I dul acel, miyo tic bot mon a ki coo
- Tic pa TIST yubo wang-pii/ it bedo maleng man pien ni TIST pwoonyo lok kom lengo me kom wa ki kabedo ma orumu-wa
- TIST pwoonyo dano ki yubo ki tic ki keno ma pe balo yen, ma nongo-ne ki yubo-ne yot bot lupur
- TIST obedo dul ma tiyo tic ma gwoko cwee pa kot ki ryeny pa ceng, weko bedo maber, ma pe kelo ayella I kwo pa dano.
- TIST miyo kabedo ki gin makwo malak alaka ma I ngom, wa ki lee ki winyi, pi yadi mapol ma gipito.



Seedlings in Nurserybed ready for planting



Small group meeting held in Karungu Kiryandogo

FOR TIST general inquires about TIST expansion, Payments, Trainings, small group formation and registration, and Tree Planting call: **0785 - 322715 (TIST Answer Desk)**