



THE TREE

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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 25,000 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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TIST CLUSTER BEST PRACTICES

Why do we work in Clusters?

- To keep costs of serving TIST Small Groups
- To allow Small Groups to serve themselves
- To allow TIST to expand more quickly

What does a good Cluster look like?

- A Cluster should have 30-50 Small Groups
- A Cluster should meet every month for training
- A Cluster should have at least 200,000 like trees

By **Kyomwaka Betath**
Quantifier Rukungiri District

TREE OF LIFE: MORINGA OLEIFERA (Drum stick)

This is a fast-growing tree that can reach about 12m in height when mature. It is a medicinal tree and has so many uses in it.

The tree of life (moringa) is described in the Bible as miracle tree healing.

It originated from India, its wood is soft, its bark is light and it tends to be deeply rooted. This tree grows from seeds or cuttings.

It grows in poor soils and it prefers well-drained sandy soils.

The leaves contain a lot of vitamins A, B and C and many minerals, particularly calcium, iron phosphorus and rich proteins. Also, the leaves are used to help malnutrition, particularly in children, when eaten

They can be used as fresh or can be cooked. Can be stored in shade be pounded and be used as vegetables. Dried morning seeds can be pounded and be used to purify drinking water. Seeds also can be fried and eaten as nuts.

Imagine a plant that is nutritious, grows rapidly without special care, has medicinal values and provides chemical to purify water. It's used in Agriculture as Agro-forestry

Plant moringa tree, use moringa in your home for its benefits and you will not regret it.

By **David Murungi**
Quantifier Bushenyi District

TIST FARMERS LET US WAKE UP AND COLLECT SEEDS AND MAKE RAISED BEDS

Before you collect seeds observe parents trees, seed trees or mother trees.

The following are characteristics of good parent's trees for timber production:

- It should have a straight cylindrical stem with a narrow crown.
- It should have small branches in relation to stem size
- It should be free from diseases or insect attack
- It should be good vigorous growth

On the other hand, trees with the following characteristics should be avoided:

- Trees with dead branches, cracks in the bark (stem) or any other signs of diseases
- Trees with small diameter growth and short in height
- Trees with curved or distorted stems
- Trees with large course branches

By **Natukunda Jennastar**
Quantifier Kabale District

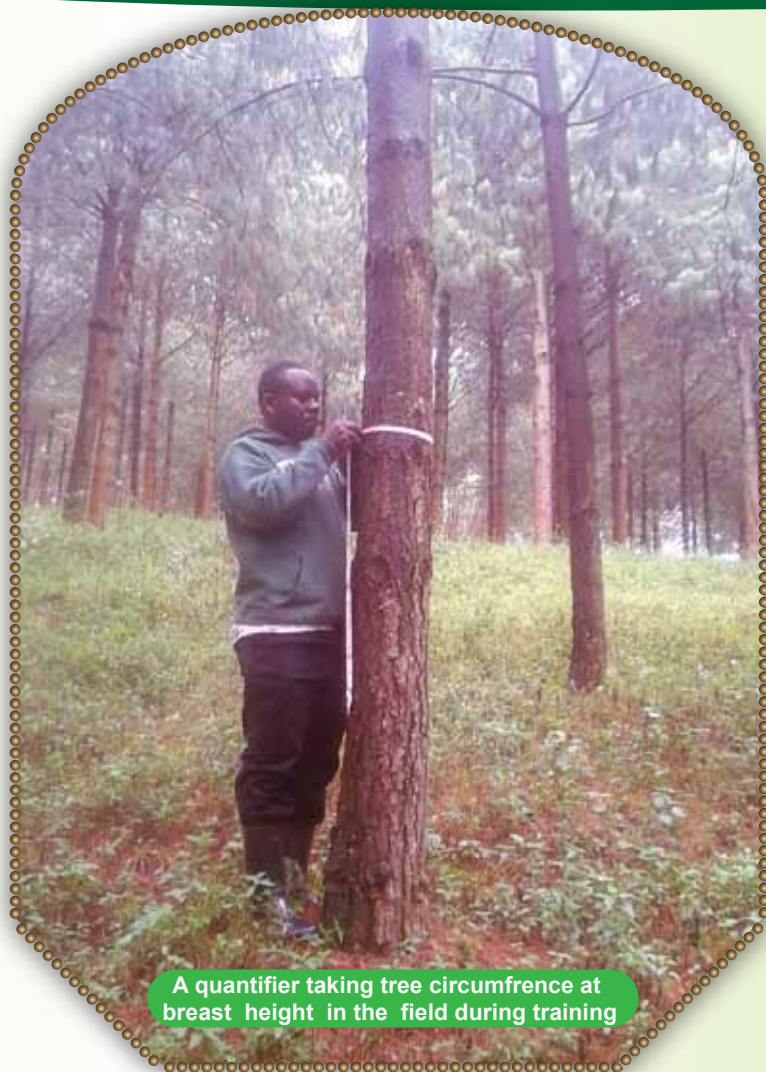


Leadership Council members after their meeting in Bushenyi

QUALITIES OF A GOOD CLUSTER

- A Cluster should hold elections at every 4 months. That is rotational leadership.
- A Cluster should meet every month for training and sharing Best Practices.
- At Cluster meetings, Cluster Servants should inform the members about updates such as payments, or any new information from the head office.
- Cluster members should inform Cluster Servants to quantify the groups, in case they are ready for quantification.
- A Cluster should ensure that quantification is accurate.
- A Cluster should work to improve data quality of 1st groups, so that more trees can be added to carbon business.
- A Cluster should work to make payments to each Small Group.
- Cluster should always recruit new Small Groups.
- A Cluster should be divided into two, when it reaches 400 members.

By Kyorimpa Millian
Quantifier Bushenyi District



A quantifier taking tree circumference at breast height in the field during training

DEFORESTATION

What is deforestation? It is the reckless cutting down of trees and leaving the land to rest and bare without planting other trees.

EFFECTS OF DEFORESTATION

- Prolonged drought
- Reduction in the number of trees
- Shortage of pastures
- Destruction of properties
- Loss of firewood and fuel
- Floods
- Change of climate
- Spreading of diseases
- Poverty
- Famine
- Loss of lives and properties
- Land slides
- Reduced clean air (oxygen)
- Soil erosion
- Prolonged drought

Furthermore, in the TIST program, farmers are advised to conserve the wild life and the environment through planting different types of trees species.

By KICONCO EVALYNE
Quantifier Kanungu District

MAZOEZI MAZURI YA NGUZO ZA TIST

Kwanini tuna fanya kwa nguzo?

1. Kwendelea ku garamika na kuhudumia kwa vikundi vidogo vya TIST.
2. Kuruhusu vikundi vidogo kuji hudumia.
3. Kuruhusu TIST kwa ku panuka kwa haraka

Nguzo nzuri huonekana jee?

- Nguzo nzuri ni lazima iwe na vikundi vidogo kama 30-50.
- Nguzo nzuri ni lazima iwe namukutano kila mwezi.
- Nguzo nzuri ya faa iwe na miti kama 200,000 tafadhali.

Nae Kyomwaka Betath

Kwatifaya wa wilaya ya Rukungiri.

MTI WA MAISHA: MORINGA OLEIFERA (Kijiti cha ngoma)

Huu ni mti unao komea kwa haraka nakufikisha mita 12kwa urefu

Ni mti wa madawa ya aina mbali mbali

Mti wa maisha (moringa) ume elezwa katika bibilia kama mti wa uponwaji wa ki miujiza.

Mti huu ulitoka kwa taifa la India , una mbao laini, na hupeleka mizizi yake chini zaidi.

Na mti huu upandwa kwa mbegu na kwa kukata tawi lake, pia katika sehemu yeyote na kuko maa.

Matawe yake hua na madini ya vitamini A, B na C hata na zaidi, kama calcium, iron, phosphorus na pia protein nyingi. Hata hivio, matawe yake hu funya kwa kuko maa kwa watoto wa kiyatafuna.

Hufanya vizuri yakipikwa au kwa kutafunwamabichi.

Yanaweza ku wekwa katika kivuli ili kupondwa na kutumiwa

kama mboga. Mbegu zake kupondwa na kuboresha maji ya kunywa, na pia mbegu hizo hu kaangwa na kuliwa kama njugu. Mti huu ni wamaana, humea hovyoyo na bila gharama, u na madawa ya maana nah u toa kemikali ye kuboresha maji ya kunywa, na hutumiwa kwa ukulima kama kilimo cha misitu.

Panda mti wa moringa, tumia moringa nyumbani kwa faida zake na hauta juta.

Nae David Murungi

kwantifaya wa wilaya ya Bushenyi



A farmer in his grove during quantification

WA KULIMA WA TIST AMKENI TUKUSANYE MBEGU ILI TUTENGENEZE NA KU AMUSHA VITALU

Kbla ya ukusanyaje wa mbegu fanya uchunguzi thidi ya miti zenye mbegu. Kifatacho ni kubaini miti ambazo ni bora kwa ukataji wa mbao

- Unafaa uwe na mwili ulio nyoroka kwenda juu
- Uwe na matawi mebamba ya nayo upa uwezo wa kukomaa kwa urefu
- Miti huoni lazima uwe huru mbali na magonjwa awu wadudu wasumbufu
- Unafaa kuwa na uwezo wa kukomaa ki urefu na kwa upande mwingine, miti zenye matatizo kama yafatayo ni lazima ku tengana nazo.
- Miti zenye matawe mengi, kupasuka kwa maganda au ishara za magonjwa.
- Miti zinazo komaa kwa saizi ndogo
- Miti zilizo kunjana
- Miti zenye matawi makubwa makubwa

Nae Natukunda Jennastar

Kwantifaya wa wilaya ya Kabale



A quantifier entering grove baseline data during quantification in Kabale

UBORA WA NGUZO NZURI

Nguzo ina faa ku fanya uchaguzi kila baada ya mwezi 4. Hii ni mzunguko wa uongozi

- Nguzo lazima kukutana kila mwezi kwa mafunzo na kubadilishana mazoezi.
- Katika mikutano za nguzo, watumishi wa nguzo ni lazima kufaamisha wanachama kuhusu matukio mapya kama malipo, au habari mpya kutoka afisi kuu.
- Wanachama wa gunzo wa toe habari kwa wa tumishi wa nguzo ili ku boresha vikundi, ikiwa wako tayari kwa ubora zaidi.
- Nguzo ni lazima ku hakikisha upimaji bora zaidi.
- Nguzo ina kufanya kazi ili ku boresha kundi la kwanza, ndio miti nyingi iweza ku oungzewa katika viashara vya kaboni
- Nguzo lazima ifanye bidi ili kulipa kila kikundi kidogo.
- Nguzo ina lazima yakuandaa vikundi vidogo vipya kila mara
- Nguzo lazima igawanywe katika vikundi 2, iwapo ita fikia wanachama 400.

Nae Kyorimpa Milian

Kwantifaya wa wilaya ya Bushenyi

UKATAJI MITI

Ukataji miti ni nini? Ni kukata miti kiholela na ku wacha mashamba bila ku panda miti nyingine

MADHARA YA UKATAJI WA MITI

- Ukame wa mdaa mrefu.
- Upungufu wa miti.
- Uhaba wamalisho kwa wanyama .
- Uharibifu wamali.
- Hasara yakuni na mafuta
- Mafuriko
- Mabadiliko ya hali ya hewa
- Kuenea kwa magonjwa
- Umasikini
- Njaa
- Hasara ya maisha na mali
- Mporomoko wa ardhi
- Upungufu wa hewa nzuri
- Mmomonyoko wa udongo

Kwazaidi, katika mipango ya TIST, wa kulima wa mishauriwa kwa ku hifadhi wanyama porini na mazingira yao ku pitia upandaji wa aina za miti mbali mbali

Nae Kicoco Evalyne

Kwantifaya wa wilaya ya Kanungu

Maisha marefu TIST Uganda



Quantifier taking circumfrence using random sampling method

ENKOLA ESINGI MU KIBIINA (CLUSTER) KYA TIST

Lwatukolera mu kibiina (cluster)?

Tukume omuwendo ogwo kuweraza obubiina obutono mu TIST .

Tukirize obubiina obutono bwekolere bwenyini.

Tusobole okugaziwa / okusasanya TIST amangu mu bitundu ebipya.

Ekibiina (cluster) ekirungi kifanana kitya?

- Ekibiina kitekedwa okuberamu obubiina 30-50 obutono.
- Ekibiina kitekedwa okusisinkana bulimwezi mu kutendekebwa mu misomo egyenjawulo.
- Ekibiina kitekedwa okubera nemitti etwalo abiri (200,000/=) emiramu.

Bya

KyomwakaBetath

Quantifier- Rukungiri District.



Group members with a quantifier during quantification ready to guide the quantifier to the groves in Gulu

OMUTTI OGW'OBULAMU: MORINGA OLEIFERA (DRUM STICK)

Mutti gukula mangu okutusa kubuwanvu bwa (12m) bweguba gukuzze. Mutti gwaddagala era gulina emigaso mingi mugwo.

Omutti ogw'obulamu (moringa) gunyonyolwa mu bayibuli (bible) ngao mutti ogwebyamagero oguwonya.

Gwava mu buyindi, embaawo zagwo zigonda, ekikuta kyagwo kiwewuka era emirandira gyagwo gisimbwa mu takka wansi. Moringa asimbwa nansigo oba obutabi bwa gwo.

Moringa akula mutakka neweribera kadde era ayagala nyo etakka ly'omusenyu.

Ebikoola bya moringa bifumbekeddemu vitamin nga A,B ne C era ne minerals okusingiraddala kalisiyamu (calcium), ayoni (iron), fosifolasi (phosphorus) era bigagga mu kuzimba omubiri. Era moringa ebikoola bye biyamba mu baana abazingamye olwendya embi (malnutrition) singababilya.

Moringa alibwa ngamubisi obanga mufumbe

Moringa atekedwa mu kisikirizze nakozesebwa nga omaze okumussa ngobuwunga enva endirwa (vegetables) ensse.

Ensigo zamoringa ozissa nozikozessa okulongosa amazzi ag'okunywa. Era ensigo zamoringa oyzina okuzisiika nozirya ngansiike.

Tebeereza ekibala ekifumbekedde mu ebirisa kikulamangu awatali kulabirirwa kwanjawulo, kirimu eddagala elyomugaso era kivamu kemiko (chemical) okulongosa amazzi mu byobulimi n'obulunzi.

Simba omutti gwa moringa, kozessa moringa mu makaggo kulwemiganyiro jalina era tojja kwejjusa.

Bya

David Murungi

Quantifier- Bushenyi District.

EBIFULA EKIBIINA EKIRIMU OBUBIINA 30-50 (CLUSTER) OKUBA EKIRUNGI.

- Ekibiina kitekedwa okulonda abakulembeze buli mu myezi enna. Bwebukulembeze obukyukakyuka.
- Ekibiina kitekedwa okusisinkana bulimwezi mu kutendekebwa era nogabana enkola ennungi mu nkulakulana.
- Munkungana z'ekibiina abakulembeze batekedwa okubulira bamemba ebipya okugeza nga ensasula oba amawulire okuva mu Heddi ofiisiy'ekibiina.
- Bamemba be kibiina batekedwa okutegeza abakulembeze baabwe babale emitti mukabiina kabwe singa baba batusizza okubalibwa.
- Ekibiina kitekidwa okukakasa nti okubalibwa kwemiti gwabwe kutufu.
- Ekibiina kitekedwa okukola okulungosa omutindo gwa Data mu mulundi ogusoka 1st mu gulupu (group) kubanga emiti emilala gisobole okugatibwakoku carbon business.
- Ekibiina kitekedwa okukola kubyensasula eri buli kabiina akatono.
- Ekibiina kitekedwa okuwandiika nga obubiina obupya buli kiseera.
- Ekibiina kitekedwa okugabanyizibwamu emirundi ebiri, singa kiweza bamemba ebikumibinna (400).

Bya

KyorimpaMilliam

Quantifier- Bushenyi District.



Trees planted in a minimum spacing of 2 Metres can grow well and be counted well

ABALIMI BA TIST TUZUKUKE TUKUNGANYE ENSIGO ERA TUKOLE NASARE BEDI EZAWAGULU.

Ngatona kunganya nsigo, wetegereze emitti emikulu, okuva ensigo z'emiti oba maamaw'emitti. Bino by'olabirako omuti omulungi ogwembawo.

- Gutekedwa okubanga gwakula bulungi era nga gwegolola bulamba lamba.
- Gutekedwa okubanamatabi matono musayiizi bwogerageranya n'endduli.
- Gutekedwa okubanga tegulumbibwa ndwadde oba ebiwuka.
- Gutekedwa okubanga gwakula bulungi era nga gwamanyi.
- Kusayidi endala emitti ejengeri eno gitekedwa okwewalibwa.
- Emitti egyamatabi agaffa, enjatika mu nduli (stem) oba obubonero bwonna obwendwadde.
- Emitti egy'endoddo entono era nga mimpfi.
- Emitteri egyewetaweta mu endoddo.
- Emitteri egyamatabi amanene.

Bya

NatukuundaJennastar

Quantifier Kabale District.

OKUSANYAWO EBIBIRA/ EMITTI

Okusanyawo emitti kyeki?

Kwekutema emitti nolekanga etakka lyerere awatali kusimbako mirala.

EBIVA MU KUSANYAWO EMITTI

- Ekyeya ekyebanga egwanvu.
- Okukendera mu namba yemitti
- Omuddo gwebisolo gukendera
- Ebintu bisanawo
- Tufirwa enku ne bifumba
- Amataba
- Enkyukakyuka mu mbeera y'obudde
- Endwadde zisasana mu bitundu ebyenjawulo
- Obwavu
- Enjala
- Okufiirwa obulamu n'ebintu
- Okubumbulukuka kwetakka
- Omukka gwetussa gukendera (omulungi)
- Etakka ly'okungulu litwalibwa mu biffu ebirala.

Nokweyongerayo mu pulogulamuzi TIST, abalimi bakubirizibwa okukuma ebitonde ebyomunsiko mu biffu gyebibera nga basimba ebikka byemitti ebyenjawulo.

Bya

Kiconco Evalyne

Quantifier- Kanungu District.



Quantifiers counting trees and taking records in Kiryandongo

EMIKORERE YA ZA GURUUPU Z'EMPAGARA OMU TIST

Ahabwenki nitukorera omu guruupu

- Kwenda kukorera ahashohoza nkye omu za guruupu
 - Kwenda ngu za guruupu zeeheereze gye
 - Kwenda ngu TIST ejaanjaare haingi
- Guruupu enungi neba neshuusha ki?
- Eshemereire kuba eine bwa guruupu obukye ahagati 30-50
 - Nizibugana buri kwezi kushomesibwa.
 - Zishemereire kuba ziine emiti haihin 200,000 eyemerire

Nebya

Kyomwaka Beteth- Quautifier- Rukungiri District

MORINGA: OMUTI GW'AMAGARA:

- Omuti ogu nigukura juba kandi gugira oburingwa bwa mita 12 gwaba gukuzire. Nigurugamu emibazi ne'bindi
- Omu Baibuli, Moringa nemanywa nk'omuti gwebyokutangaaza ogurikukiza.
- Omuti ogu ogwarugire India, gwine embaaho zoorobi gwine ebikoko byanguhi kandi gwine emizi miraingwa .Nigubyarwa ensigo nari akati kaagwe
- Nigukuragye omu itaka ribi namunoga eryomushenyi
- Amababi gaagwe garimu ebiriisa bingi nka vitamin A,B na C. Ebindi ni karishiamu, Ayoni nebindi Kandi amababi nigahwera abaana obutashinya
- Amababi gaagwe nigaribwa mabisi, nari gateekire.Nobaasa kugashekura gabe nk'embonga. Ensigo zaagwe ezomire nizigyegyena amaizi garugwamu oburofa.
- Omuti nkogu, ogwine emigasho mingi nkegi nimurungi gwokubyara omumusiri gwawe. Mugihingye omumaka ganyu ahabwe migasho yaayo, timuryefuuzza

Nebya David Murungi

Quantifier- Bushenyi District

ABAHINGI BA TIST: MUREKYE TURONDE ENSIGO TUBENDEEKE EMTI

- Waaza kuronda esigo, reebera ahari nyinazo, hamwe nomuti ogu wazeihaho
- Emiti yembaaho nungi eshemereire kuba eine ebi**
- Eshemereire kuba eine empimbi etereire n'omutwe gushongoize
- Amataagi gashemereire kuba gari makye
- Teshemereire kuba nekwatwa obukooko nari endwara
- Eshemereire kuba neekura juba.
- Yerinde emiti egi ahabw'embaaho:**
- Omiti eine ebitaagi byomire nari empimbi zishatukire nari ziine ebikoko nari gurwaire
- Emiti eine empimbi nkye nari eri migufu
- Emiti eine empimbi zikiikami
- Emiti eine amataagi, namashanju maingi
- Nebye**
- Natukunda Jennastar-Quantifier-Kanungu**



A quantifier recording tree data and species during quantification in Amuru

OBURUNGI N'EBYETAAGO BYA GURUUPU Z'EMPAGARA

- Zishemereire kuronda obwebembezi bwomwatororo buri Meezi ana
- Abeebembezi bashemereire kuheereza amakuru ahari ba memba ebikwatiraine nebyempeera nebindi kuruga omu ofiisi zahaiguru
- Zishemereire kumanya ngu za guruupu enkye nizenda kubarwa emiti yaazo, kandi ebyarugamu bihikire
- Zishemereire kureeba zaguruupu enkye zashaashurwa
- Zishemereire kuhangaho za guruupu enkye nyingi
- Kandi guruupu ebaganisabwemu kabiri yaahisya ba memba 400.

Nebya

Kyorimpa Milliam

Quantifier-Bushenyi District

OKUTEMA EMITI EKAHWA OMUMWANYA

Okutemera eryo emiti ekahwa omumwanya n'omuze mubi munonga ahabwokuba kiine akabi kahango

Eki nikireeta ebi:

- Ekyanda
- Emiti kuhwaho
- Obunyanse kubura
- Ebyombeko kuhwerekyerera
- Eibura ry,embaaho n'enku
- Emyegyemure
- Empinduka y'obwire
- Okukanya kwendwara
- Obworo
- Eifa
- Okuhwerekyera kwamagara nebintu
- omutunga kutwara eitaka
- Okucendeera kw'orwoya ruturikwisya
- Omu program za TIST, abahingi nimushabwa kubyara emiti yebika bingi kwenda kurinda enyamaishwa n'ebya'obuhangwa

Nebya

Kiconco Evalyne

Quantifier- Kannungu District



Energy saving cook stoves made by TIST trainers

ASKAMISIO NU ITOJOKAARITAI KANU AIBUNGENA NU OTIST.

Kanubo inyo iswama oni toma aibungena?

- Kanu aitidisiar igaraman nu aijanakin igirupun lu didik lu ko TIST
- Kanu acamakin igurupun ludidik aijanakin kwesi bonik.
- Kanu acamakin TIST anyanyar noi atipet.

Epone ani ejar aibunget na ejok?

- Ekot aibunget ojaatar igurupun lu didik 30-50
- Ekot aibunget iriamunun ngon lap kanu aitutorio.
- Ekot aibunget kojatatar nepetai ikito 200,000.

By Kyomwaka Betath

Quantifier Rukungiri District

EKITOI LO AIJAR: EMORINGA

Erai lo ekitoi lo epoloi atipet opedori adolere imitai 12 lu awojau ke tiono. Erai ekitoi lo kia kipu aswamsio kotoma ke.

Itatamitai ekitoi lo ajar ko baibuli kwape ekitoi lo aumokin lo itangalei.

Elomunit akwap na ilugai (india), Enonok eke kitoi, kobenen emukule, idirete ake lias noi. Epolouni ekitoi lo kotoma ocok ka atubesia.

Epoloi kotoma alupok nu emamai ebolia noinoi alupok nu isigeikitos.

Ejatatar ake kwi kede inyammat nu eyangaunete angaleu ka nu edukete akuan. Ingarakitos da kanu adeka na aitar (ekadakada lo inyammat) noinoi kotoma odwe arai kenyamata.

Epedoro aitwasam ojokito arai kokokito. Ipedori aitoon kotolim ka airuk da aitwasam kwape idiasio lu kwi. Epedorete icok lu emoringa lu itoonitai ka airuk aitwasamao kanu aijlil akipi nu emasio. Epedorete icok ke aiwowao ka ainyam kwape emaido.

Nu aumokin erai lo ekitoi lo ipu inyammat lu edukete akuan, kopoloi atipet oamei aidario na itegelikina, kojatar ajokusio nu ikee ka aitwasam aitalauna akipi. Itwasamao kotoma akor kwape amagoro na imormoruna.

Kira emoringa, kitosom emoringa ko kale kon kanu ajokusio ke, mam ijo ibuni aimony.

By David Murungi

Quantifier Bushenyi District

AKORIOK LU OTIST, AKWENYUTU KATUKONIKISI ICOK AIPEPE KOTOMA AIBOISIO ANU IKEUNA.

Eroko jo etukokina icok nu ekitoi, kirere ber ejautene lo ekitoi kangol.

Aanyununeta nu ikito lu ejokak kanu aitolom abaoi.

- Ejaatatar atorom na erioro kilungurur ikidioko isongen.
- Ekot kojatatar atenun nu edisak itiriani kede atorom na ekitoi.
- Ekot orai ekitoi lo engalei.
- Ekot orai ekitoi lo ejok ko poloi atipet.

Kanenice da aanyununeta nu ikito lu ibusakinit ainac.

- Ikito lu etwakitos ateniek, kocilicila atorom arai bo nat aanyununeta ace nu adekasinei.
- Ikito lumam etumete ka awojari da.
- Ikito lu ekudukudo atorom.
- Ikito lu eburok ateniek.

By Natukunda Jennestar

Quantifier Kabale District

AANYUNUNETA NU AJOKAK NU AIBUNGET.

- Ekot aibunget aitolot aseu angin kaulo na ilapio iwongon kede nges aisirim engarenone.
- Ekot aibunget airiamunun angon lap kanu aitutorio ka aimor aswamasio nu itojokaritari.
- Kotoma airiamununeta nu aibunget ekot ejaanakinak nu aibunget aitijenikin imeban nu iswamasi kwape nat etace arai akiro ace nu itetiak nu elomunito oyapesi alo apolon.
- Ekot imeban lu aibunget aitijenikin ejaanakinak nu aibunget kanu aimario na ikito arai ekapakina kesi kanu aimario.
- Ekot aibunget aanyun be ibecokina aimario.
- Ekot aibunget aanyun be itojokario eiswamae lo igurupun lu sodit tetere ikito iyatakinio kanu aicurus na ekwam.
- Ekot aibunget aswam kanu aanyun be etacakino agin tukot yen didi.
- Ekot aibunget aitolom atukona ace nu didik nu itetiak.
- Ekot aibunget atiak iruan aarei arai edoloto imeban 400.

By Kyorimpa Millian

Quantifier Bushenyi

AMUNAMUNAO NA AMAGORON

Inyobo amunamunao na amagoron?

Ngesi atubtubio na ikito toma onaba lo elal ajalakin akwap ilarongong komam iraikinio ice.

ATIOKUSIO NU AMUNAMUNAO NA AMAGORON

- Akolong na iriikina
- Aitidisiaro na enaba alo ikito
- Aikidiokus na anya
- Amunamuna na iboro
- Atwaniaro na akito nu inoka
- Akalele
- Aijulujula na ekuse lo ikwamin
- Awearo na adekasinei
- Ibakor
- Ekenge
- Atwanario na aijar kede iboro
- Atiyaunun na alupok
- Aitidisiaro na ekwam lo elai
- Ailotaro na alupok

Kaidules, kotoma ainapeta nu oTIST, icorakinitai akoriok ayuar itiang lu ais kede aiboisit toma aira abilasinei nu ikito lu egelegela.

By Kiconco Evalyne

Quantifier Kanungu District

WARAGA ME LOK ANGEYA PA TIST , DWE ME 5/2018 TIC MABECO LOYO DUCU PA DUL MADIT ME TIST

Pingo watiyo i dwe madito pa TIST?

- Wek wagwok wel metiyo tic bot dul matino.
- Wek gimikare ki dul matino me tic pigi-kengi
- Wek TIST onyar tic-ce oyot yot, orom kabedo mapol

Dul madit pa TIST mono nen nining?

- Dul madit omeyro obed ki dul matino 30 me oo 50.
- Dul madit omeyro obed I kaoke dwe kid we pi nongo pwonye.
- Dul madit omeyro obed ki yadi matidi loyo- ne 200,000.

Kyomwaka Betath, ma obedo lakwan yadi me Rukungiri District, en aye ocoyo lok angeya man.

YAT ME KWO: MORINGA OLEIFERA (LUT BUL)

Yat man dongo oyotyot, kun twero oo wa i mita 12 malo, ka otegi, yat man obedo yat ma cango two mapol mapatpat, kun bene tye ki tic mukene madwong ma en tiyo.

Yat me kwo (Moringa) gitito pire I Baibuli ni obedo yat matye ki tango me cango dano.

Yat man oa ki India, obedo yat ma yom, pok ngeye yot, dok nen calo yat ma cwwalo lwite donyo matut i ngom. Gitwero pito ne ma nyinge onyo gitongo jange onyo lwite ka gipito.

En dongo maber kadi ingom ma moce nok, dok en maro ngom ma obedo kweyo-kweyo, ma pii pe pong iye.

En tiye ki vitaminA, B ki C, moc cam mukene ma gi lwongo ni mineral, tutwale calcium, iron, phosphorous ki protein madwong. Pote-ni ka gicamo, medo moc cam kun dano, tutwale bot lutino.

Gitwero camo pote ni manumu, onyo ma gitedo, gitwero gwoko ne i tipu, odo-ne woko onyo gicano calo pot dek. Nyig moringa ma otwor gitwero odo-ne ka gionyo i pii me lwoko pii wek obed maleng. Nyinge ni bene gitwero celone ka gimwodo calo nyig pul.

Kong dang itam, yat matye ki moc cam madwong ikome, dongo bene labongo keto tic matek tutwal ikome, tye bene ki kero me cango two, dok ka gionyo i pii ci lwoko pii onyo neko anyai ki I pii. Yat man gipito i pur me pito yadi ki ipur me pito cam ma girubo ki yadi. Pit moringa tin, tii ki moringa i gangi pi konye madwong tutwal- li, ci pe ibi koko anger.

Man David Murungi aye ocoyo, en tye lakwan yadi ma aa ki Bushenyi District.

LUPUR MA IDUL PA TIST WA AYU WUNU MALO, WACOK KODI CI WA PIT GI I NURSERY BEDS (KA PITO KODI) MA GI ILO GI MALO.

Ma pe ya icoko kodi, kong inen yat ma ibicoko nyingeni. Ma gicoyo – gi piny aye obedo ber pa yat ma imito koko nyinge pi pito yadi me bao:-

- Yat omyero obed ma kore tye atir dok ma olunge kun jange bedo nok.
- Omyero jange obed matino kun poro dit pa kore.
- Omyero obed labongo two onyo cam pa anyai ikome.
- Omyero dong ma kome yot labongo gom ata-tar. Kitung cel, yadi ma gitiye ki lakodi peko ma gicoyo-gi pinyi, omyero pe giyer nyingi me apita.
- Yadi ma gitiye ki jangi mutwo madwong , ma (kor gi otyer) onyo matyer ki kit lanen me two mo keken.
- Yadi ma kor gi bedo tino dok ma dongo macego
- Yadi ma kor gi ogom, ki ma kor-gi odwanye.
- Yadi ma jangi bedo dongo.

Man Natukunda Jennastar, ma obedo lakwan yadi ma bedo I Kabale District, aye ocoyo.=



Team of auditors after auditing in Kanungu

JAMI MABECO MA DUL MADIT (CLUSTER) OMYERO OBEDM KWEDE.

- Dul madit omyero obed ki yer inge dwe angwen-angwen. Man kelo tela ma gileyo aleya.
- Dul madit omyero obed i kacoke dwe ki dwe pi pwonye ki nywako tic mabeco loyo ducu.
- I kacoke pa dul madit, lutic pa dul madit omyero guniang lumemba ilok kom cul ki lok angeya mogo keken manyen ma oa ki opici madit (head office).
- Lumemba me dul madit, omyero guniang lutic me dul madit me kwano yadi pa lumemba, ka dong giromo akwana.
- Dul madit omyero oneni kwano yadi owoto kakare
- Dul madit omyero omed kero pa dul matino wek yadi gimed mapol pi biacara me carbon (carbon business).
- Dul madit omyero ocor dul matino manyen kare ki kare.
- Dul madit omyero gipok iye aryo, ka wel lumemb oo dano 400.

Man kyorimpa Millan aye ocoyo, en obedo lakwan yadi ma bedo I Bushenyi District.

BALO BUNGA

Balo Bunga obedo gin ango? Obed tongo yadi atar, reto-gi piny, labongo pit wange, ma weko ngom dong ma otwo.

ADUGI MARACO PI BALO BUNGA

- Ryeny pa ceng pi kare malac
- Dwoko wel yadi piny
- Weko ka cam pa lee doko nok
- Balo jami ma dano myero obed kwede
- Rwenyo pa yen me moko mac ki jami mukene ma konyo moko mac.
- Kelo pi aluka ka kot ocwee madwong
- Kelo aloka-loka I ryen pa ceng ki cwee pa kot.
- Nyayo two ikom dano
- Kelo kec
- Kelo rwenyo pa kwor pa dano kijami ma omyero dano obed kwede.
- Kelo muk pa ngom ka kalele tye ka mol matek.
- Dwoko yamo maleng me yweyo (oxygen) piny.
- Kelo mol pa ngom onyo piny mabalo ngom me apura.

Ento, itic pa TIST, lapur gicuku cwiny gi me gwoko lee ma I tim, ki ka bedo ma orumu wa niwok ki I pito kwanyi yadi mapol ma pat pat.

Man Kiconco Evalyne aye ocoyo, en lakwan yadi ma bedo I Kanungu District. Ileb Luo – Otema Christopher, xtopherotema@gmail.com