



THE TREE

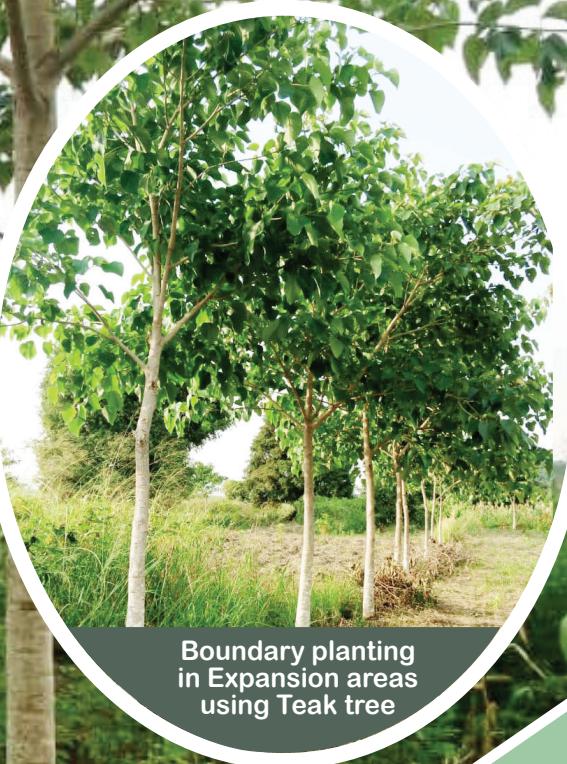
The International Small Group
and Tree Planting Program

CLEAN AIR
ACTION
CORPORATION

TIST NEWSLETTER AUGUST 2021



Boundary planting along maize garden



Boundary planting
in Expansion areas
using Teak tree



Energy saving cookstove that reduce smoke in the Kitchen



Energy saving cookstove with a smoke chimney to direct the smoke outside the kitchen

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.

ADDRESS:

TIST Uganda.

Bushenyi Town, Liberation Road - Kitokye Lane

P.O. Box 232, Bushenyi,

Uganda, East Africa. Tel: 0772 058 868 / 0773 716960 / 0772360429 / 0783910878

Website: www.tist.org, info@i4ei.org

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ENGLISH

IMPROVED ENERGY SAVING COOK STOVES

This is the modern and less fire wood consuming cook stove used by many people in our District Rukungiri.

It is helpful in cooking because materials are available in our area.

1. **Materials used are**, water, soil (ant hill), Ash, dry grass, cow dung , bricks, sand(local), pieces of fresh banana stem.
2. **How to make it,**
 - Dig an anti-hill about 3 wheel barrows.
 - Get one and a half wheelbarrow of local sand.
 - One basin of cow dung (fresh)
 - Collect Ash of one basin
 - Get water and mix them together
 - Turn it after one week
 - Get a piece of banana stem and place to at the fire gate and where the pan will be placed and where smoke will pass.
 - Allow the mud to stay for a month.

ADVANTAGES

- It's hygienic
- It is cheap because materials are locally available.

- Not hot because of the chimney which takes out smoke.
- More meals are cooked with less fire wood.
- Controls deforestation.

By cluster servant Caleb Turyamureeba Rukungiri District specialist in construction.

CROP ROTATION

This is the growing of different crops in the same piece of land season after season (at different times).

And crops grown in gardens with less fertility will yield less and look weak hence little harvest.

This practice prevents and controls pests and diseases by breaking their life cycle.

It also recovers or adds nutrients into the soil.

INDIGENOUS TREES ARE GOOD

Oh, what good news! Planting indigenous trees is very useful to my land. This season the rains are heavy and the atmosphere is always intense. I would have experienced the landslides and heavy soil erosion, but the planting of stinkwood and Markhamia protected my farm from these dangers. The trees are quick to grow and cover the land as they shed their leaves. These leaves decompose and form organic manure that improves their



growth and the soil.

We were trained that some indigenous trees are medicinal. I learned the trees can have other benefits as I established the nursery bed of Stinkwood. The strong smell scares away ants and mosquitoes, which used to disturb me. Local people often prefer indigenous species for a variety of uses such as charcoal, furniture, housing material, and medicine to mention just a few. Clearly, indigenous species are valuable. It is good to see my neighbors come to understand this value and to plant indigenous tree species.

I am planning to plant more than 100 trees this season on my own land and put many more in pots for my group members use to increase the number of stinkwood trees in our group.

Indigenous trees are really good looking. I encourage everyone to plant them. Also, plant fruit trees for their nutritious fruit and benefits to our bodies and money from fruits sold.

We shall continue to plant indigenous tree species because these species:

Are well suited to local environment in which they have grown for years;

Are known and respected by the users;

Can help us achieve big results at low cost when

we gather seeds and wildlings from local trees;

Provide diverse, beneficial products that many exotic species cannot

Indigenous trees are good! Let's all plant them.

Ndyabawe Carl Peters, Ababarisa Group, Kabale

OTHER SOURCES OF INCOME FROM TIST TREES

My name is **Nigo Iddi** from Namirembe village, Namirembe Parish, Busaana Subcounty, Kayunga District from Namirembe cluster. I am TIST farmer from a small group called Namirembe community Agenda 1. I joined TIST since 2016 with a motive of money oriented factor, that is carbon money, but before that money I have benefited more in selling fruits like mangoes, oranges, firewood from tree branches, getting money from some of the fire wood. All that knowledge I got from TIST. I am grateful that even if the carbon money delays, I have other sources of getting money because of TIST.

TIST does not discriminate the gender, education level, rich or poor. So, I advise everyone to join TIST for better livelihood.

By Nigo Iddi from Namirembe Cluster –Kayunga District



THE IMPORTANCE OF BOUNDARY TREE PLANTING.

Boundary tree planting is where farmers plant trees along the boundaries of their land. There are several tree species that can do well with system of farming; they include gravelia, stinkwood, pine and the majority of the fruit trees.

It's an important system of farming and encouraged among TIST farmers because it's environmentally friendly.

These trees planted along the boundary tend to act as demarcations amongst different farmers.

Trees planted along the boundaries tend to act as windbreaks to the rest of the garden especially during periods of heavy rains and strong wind.

They also act as a fence to the garden.

These trees also generate a lot of income to the farmers through fruits harvested, carbon benefits and also through the sale of other wood related products.

It would therefore be wise if all our Farmers engaged in this system of farming.

By Andrew Arinda.-Cluster servant Kanungu and Katojo.

RUNYAKORE

AMAHEGA GARIKUKORESA ENKU NKYE

Aga ni amahega g'omurembe garikutwara enku nkye agarikukoresibwa abantu baingi omuri Rukungiri.

Nimarungi ahakuba ebirikugakora nibishangwa omu kicweka kyaitu.

1. **Abintu ebiturikugakoresa harimu** amaizi, eitaka (ryekikungu), kashenda ebin-yansi byomire, amasha g'ente, amatofaari, omushenyi, nebigogo by'emitumba.

2. **Okugarikukorwa**

- Timba eitaka ry'ekikungu kahuuba ishatu
- Omushenyi ekicweka kyakahuuba
- Ebaafu emwe y'amasha g'ente mabisi
- Ebaafu emwe ya kashenda
- Gira amaizi obitabure
- Bihindure hanyima y'esabiiti emwe
- Tema ekitumba okite ahamuriro gurarabe, ekindi okite ahamutwe ahu esafuriya erashutame ekindi ahu omwika guraarabe.
- Risiige ebyondo, kumara omwezi gumwe.



OBURUNGI BWARYO

- Neriyonjo
- Ebirikukoresibwa nibishangwa haihi
- Tirikayosya ahakuba omwika nigushohora
- Niriteeka ebyokurya bingi n'enku nkye
- Tokutema emitii mingi

**Nebya Cluster Servant – Caleb Turyamureeba –
Rukungiri**

OKUHINGA OKUHINDURA EMBIBO

- Oku ni okuhinga ebika byembibo bingi aha musiri gumwe orikutaana embu. Embibo emwe wagihinga omusiri gumwe nigucuukuuka, zinyuruza, osharuura kukye.
- Empinga egi nebinga ebikooko n'endwara
- Neeyongyera ekiriisa omwitaka.

EMITI YENZAARWA NIMIRUNGI

Amakuru marungi! Okubyara emitii yenzaarwa kimpweriire aha eitaka ryangye. Enjura ninyingi kandi eiguru riremeire. Tukabaire nitutunga omwegyemure n'okusindika kweitaka, kwonka ahawokubyara emitii nk'omunyamazi na markhania birinzire eitaka ryangye. Emitii egi nekura juba eshangira eitaka n'amababi gaayo. Amababi aga kugarikuragara gakora orwezo rweitaka.

Tukashomesibwa ngu emitii y'enzaarwa

n'erugwamu emibazi bakangira ngu emitii yenzaarwa nk'omunyamazi eine emigasho mingi. Ekinuuko kyayo nikibinga ebikooko nensiri. Abantu baingi nibakunda emitii yenzaarwa ahaw'enu, amakara, embaaho okugyombekyes, emibazi nebindi. Reka bataahi baitu bamanye emigasho yemiti egi, bagibyaare mingi.

- Ngyendereire kubyara emitii 100 aha musiri gwangye kandi mbendeeka endijo ahawba ba memba ba guruupu yangye.
- Emitii egi neereebeka gye, kandi nimpiga buri omwe agibyare kandi mubyare emitii y'ebijuma ahawekiriisa n'esente zirkuruga omu kuguza ebijuma.

Nitwija kuguma nitubyara emitii y'enzaarwa ahaw'emigasho egi;

- Nekura gye ahamataka gaitu kumara obwire burasingwa.
- Nemanya kandi abarikugibyara nibagitamu ekitinisa
- Ensigo zaayo nizitungwa ahonaaho otatiiremu kihango.
- Eine emigasho mingi okukira emitii eyenkyotera
- Emitii yenzaarwa eboneire! Reka twena



tugibare.

Nebya Ndyabawe Carl Peters, Abariisa group, Kabale.

EMIGASHO ENDIJO KURUGA OMU MITI YA TIST

Amaziina ndi Nigo Iddi kuruga Namirembe omumuruka gwa Namirembe omugomborora ya Busaana omuri Kayunga, omu guruupu yempagara eya Namirembe Cluster Agenda. Nkataaha omu TIST omu 2016 n'ekigyendererwa kyokukora sente. Kuruga omukuguza orwoya. Kwonka esente zorwoya zitakaizire, nimba ninguba enku kuruga omu mataagi, ebijuma nka emiyembe, emicungwa. Amagyezi aga nkagaiha omu TIST. Sente zorwoya zitakaizire nimbi nindya ahari ezi.

TIST terikushoroora, obuhangwa, obwegyese, omutungi nari omworo.

Nimpiga buri omwe ataahe omu TIST ahabwoburungi bwamagara gye

Nebya Nigo Iddi Namirembe Cluster – Kayunga district.

OBURUNGI BURI OMUKUBYARA EMITI OMURUSHAROSHARO

nibibyarwa omunkora egi omu nimwe hari; Gravelia, omunyamazi, pine, nemiti endijo mingi.

- Emiti egi nimirungi ahabwokuba neekora gana n'ebi'obuhangwa.
- Neekora nkorusharosharo nabandi bangi.....
- Netangira ebihingwa butatwarwa omuyaga omu bwire bwenjura.
- Neekora nkenzizi omu misiri.
- Emiti egi nerugwamu entaasya nk'okuguza ebijuma okuguza orwoya, n'okuguza ebindi ebirikuruga omu miti.
- Kikabaire kirungi kuri buri muhingi weena yaayejumbira omu mpinga egi.

Nebya Andrew Arinda – Cluster servant – Kanungu na Katojo.

- Hariho ebika by'emit iebisemereire kuba



ATESO

IKIYAL LU ITOJOKARITAI LU ATINEN

KWANA

Eraasi lu ikiyal lu itojokaaritai lu itwasamaete akito nu ikidioko ido itwasamaete itunga lu ipu ko distrikta kosi lo Rukungiri.

Ingarakinit noi ka nu aipoyo narai ejiasi iboro lu subnet ngesi toma aibosit kosi.

1. **Iboro lu iswamaunere ngesi imoriaritos ,** akihi, alupot na atitipu , ekuron, anya nu ewokitos, aworet, amatapalun, asinge, kede atoromin nu amugog.

2. **Eipone lo subnet ekiyala lo,**

- Oboku alupot na atitipu na edoli awilbaron awuni 3.
- Kodum awilbaro adiopet kede atutubet na asinge
- Kodum akalaya adiopet na aworet na apaalan.
- Kodum akalaya adiopet na ekuron
- Kodum akihi kimormor iboro lu kere nepepe
- Kojalak komurakisi toma apak na esbiiti `ediopet
- Kolem amugogot kipikak aibosit na iru-

panakinere akito kede ne idokokino esopula kede ne itori apuru

- Kojalak ekiyala kodau elap ediopet ka nu awonere

AJOKISIO

- Isinyikoikinit aila
- Edit etiai narai iboro lu esubere ngesi mam egwelio
- Mam emwana narai ejai aibosit na itolomanari apuru kinga
- Idorokini jo iboro lu edeportos idiopet kotoma apak adiopet
- Itidisiari ajepio na ikito

Ewadikan : Ejaanakinan aibunget Caleb Turyamureeba Rukungiri Distrikt

AISIRIMIO NA IRAAN

Erai na akoru na iraan lu egelegela toma misiri adiopet korai da apakio nu egelegela nu akoru

Ido iraan lu ekorio toma amisirin nu edit ebolia mam iswamaete ejok narai epolounete kodit agogong

Erai akoru na na itikitiki ikur kede adekasinei koipone lo aitanang akec aijar

Iyatakin da aiboliaikint toma alupok



EJOKAK IKITO NGUN LU EPOLOETE TOMA AIBOISIO WOK

Erai iyemuto lu ajokak , Erai airayo na ikito ibore yen ameda noi kotoma alupok ka . Toma apak na , ipu idoon ido elilim akwap apakio kere . Ti kwana sio kigea aanyun alupok etiyaununos ka ailotanario na alupok , konye airayo na ikito ka lu emit kede etekwa ayuwasi aka misirin kotoma atiokisio ka nu . Eraasi ikito lu nu isunyitos apol noi ido eraparete alupok kede akec kwii nu eraraunnos . Ebosiarete akwii nu aiswamaun ebolia lo itopolouni ikito lu katipet ido da itojokari alupok . Kotoma aituutorio na apotu sio adumutu, kapotu ajenutu ebe eraasi ikito lu ikee. Abu ajenu ebe ejiasi ikito lu kede ajokisio ace na etolomuna engo aiboisit na ipe-peere ikito kwape nat etekwa. Ake wures na ed-edeng irengiari ikok kede isiru lu etapasete engo. Eminasi itunga ikito lu noi narai ejaatatar ajokisio nu ipu kwape nat aicweya atotole, abaoi nu ikeis , iboro lu dukes itogoi, ikee ka ace da . Ejok aanyun itunga kere emisiikineti ajokis na aira ikito lu kotoma atutubet .

Ajai engo akapanakin aira ikito lu edeparitos ak-watat100 toma misiri ka kede aipikanikin ice nu ipu toma apots ka nu ika mwebai da aira tetere iyatakin enaba lo ikito ka lu kotoma atukot kosi.

Ejokak ikito lu noi narai ibus aite . Esinyikoikinit engo itunga kere aira ikito lu , keraata da ikito lu araito narai kiyinakinete ooni angaleu ido da igwe-lari araito adumunia apiyai

Kibuni aiyatakin aira ikito lu narai

Eraasi lu epoloete ejok kotoma atutubena wok adaun ikaru lu ipu

Ejenete lu itwasamaete kes akec jokisio

Ingarakinete ooni adumun na epol ketwasamatos apiyai adis narai epatana ooni asekunun ikes cok aira

Ipu akec jokisio adepar ikito ice ngun lu itojokaarti

Ejokak ikito lu , eraata kere ikito lu

Ndyabawe Carl Peters, Ababarisa group, Kabale

IPONESIO ICE LU ADUMUN APIYAI KOTOMA OKITO LUKA TIST

Eka kiror erai Nigo Iddi alomunit engo ocaalo lo Namirembe ,oitela lo Namirembe, otem lo Busana, ko distrikta lo Kayunga kotoma aibunget nako Namirembe . Arai engo akorion lo TIST lo alomunit atukot na didi na enyaritai ; Namirembe Community Agenda 1. Alomarit engo toma ainapeta nuka TIST okaru lo 2016 ka nu adumun apiyai nu agwelanar ekwam loka carbon, konye eroko apiyai ngun elomuna, apedo engo adumun ikapun kotoma agwelanar araito kwapenat emiebei, emucuga, akito nu inoka kotoma atenieik keck a agwelanar da akito ace nu inoka adumuna ikapun. Acoa na kere kadumakini engo TIST. Eyalama engo noi narai karaida iyapata apiyai nuka ekwam loka carbon apedorit engo adumun ikapun toma agwelanar iboro ice Kanu a TIST. Mam TIST eseyi ikur obale , arai ikiliok ka angor , adoketait na asioman arai



LUGANDA

ebarit arai icana. Esinyikoikinit engo itunga kere Alomar TIST ka nu ejare lo ajokan.

**Ewadikan : Nigo Iddi , aibunget na Namirembe,
Kayunga District**

AJOKIS NA AIRA IKITO TOMA OIKORUON

Aira ikito toma oikoruon ngesi atupitor ikito eikor u bon airimor emisiri. Ipu abilasia nu ikito lu epedorete aswam ejok koipone lo aira kesi oikoru. Imoriaritos ikito lu gravelia, emitii, epine ka ikito ice lu araito. Erai ngesi akoru na itojokara noi aitelekarit kotoma TIST narai itojokaari aibosit. Ikito lu iraitai toma oikoru ingarakinete araut amatuta kidding na amisirin nu egelegela

Ikito lu iraitai toma oikoru ingarakinete aitikitik eolobos noinoin apakio nu epolor edou kede ekwam noi , eyuwaritos ikorion lu iraitai amisirin ngun.

Ingarakinitos kwape aigalisit toma misiri na ejai ikorion

Eynakinete ikito lu akoriok apiyai kotoma agwelanar araito , agwelanar ekwam loka carbon ka agwelanar iboro ice lu elomunete okito Erai na akoru na jokan na ibusakinit akoriok kere arokor

Ewadikan: Andrew Arinda ejaanakinan aibunget Kanungu kede Katojo

**AMASIGGA AMALONGOSEMU
AGAKEKEREZA**

Gano gamulembe era nga gakozesa enku entoono dala agakozesebwa abantu kati abangi mu district yaffe eye Rukungiri.

Gamugaso kubanga ebikozesebwa birabika mukitundu kyaffe.

1. Ebikozesebwa byebino:

Ettaka (eryekiswa), evvu, ebisubi ebikazze, obussa bwente, amatafali, ebitundutundu bye biggoggo.

2. Engeri gyokolamu amasigga gano:

- Sima ekiswa nga wilubalo ssatu.
- Funa wilubalo emu ne kitundu eyo`musenyu.
- Baffu yo bussa.
- Baffu ye`vvu.
- Funa amazzi obigate wamu byona.
- Bitabulemu nga wayise wikii emu.
- Teka ekitundu kye kigogo woyagala enku okuyiita (gwe mulyango), ekilala esepiki we natula no`mukka we gunayiita.
- Kiwe omwezi mulamba okukala.

EBILUNGI MU MASIGGA GANO

- Kiyonjo.
- Kyangu kubanga ebikozesebwa bilabika.
- Tekyokya kubanga kiriko omudumu oguyisa omukka.
- Emere nyngi esobola okufumbibwa ne`nku



entoono dala.

- Biyamba mukukendeza esanyawo yebibira

Bya: Caleb Turyamureeba Cluster Servant we Rukungiri District, Omukugu mu kuzimba.

ENIIMA EYO KUKYUSAKYUSA EBIRIME

Eno ye niima eyebirime ebye njawulo mukitundu kimu buli sizoni.

Era ebirime ebisimbibwa mu nimo nga birina ekigimusa ekitoono kiwa ekungula entoono era kirabika nga kinafu.

Eniima eno eyo kukyukyusa ebirime eyamba mu kulwaniisa ebiwuka byebirime nendwandde era kiyamba mukuzawo obugimu ne kirisa mu ttaka.

EMITTI GINANSANGWA MILUNGU

Oh, gano mawulire malungi !

Okusimba emitti ginansangwa kyamugaso nyo ku ttaka lyange. Sizoni eno enkuba yamanyi nandibadde nfunya okubulukuka kwe ttaka no kuku-lukusa kwe ttaka naye okusimba emitti egigumira kuttaka kiyambye enimiro yange.

Emitti myangu okukula ne giyamba okubikka ku ttaka nga giyuwa ebikoola, ebikoola biino bivunda ne bikola ekigimusa ekiyamba mu kukula kwe mitti ne mukutereza ettaka.

Twasomesebwa nti emitti egimu gino ginansangwa gyaddagala. Nakiyya nti emitti gilina emigaso emilala bwe natandikawo zinasale zemitti gino. Egilina akawowo akaamanyi kagoba enkuyege nensiri ebyantawanya nga. Abantu abawansi bagala nyo okusimba emitti ginansangwa olwe migaso egyptawulo nga amanda, embawo, ebikozesebwa awakka ne ddagala.

Ekitufu emitti ginasangwa gya muwendo. Kirungi bwendaba bamulinanwa nga battegela omuwendo

guno era nga basimba emitti egijo.

Ndimukutegeka okusimba emitti egitaka wansi wa 100 mu sizoni eno kuttaka lyange ne mukusa mubusawo emirala emingi egyekibiina kyange awo tuwezze mingi mu kibiina kyaffe.

Emitti ginansangwa mirungi nyo dala mu ndabika. Nkubiriza buli muntu okugisimba ne mukusimba emitti egyptibala awo tufunemu mumibiri gyaffe no kufuna sente nga tutunze ebibala.

Tuja kweyongera okusimba emitti gino kubanga ekika kino kisobola okola obulungi mumbera ye kitundu kyaffe mwe gibadde okumala emyaka emingi dala.

Gimanyidwa era giwebwa ekitibwa okuva mub-agikozesa .

Gituyamba okutuwa ekinene nga tutaddemu kitoono.

Bwetukunganya ensigo mu nsiko zaffe okuva kumitti gyetulina, tufunamu nyo okusinga byetufuna mu mitti emigwirwa.

Emitti ginansangwa mirungi ffena tugisimbe.

Bya:

Ndyabawe Carl Peters,

Mu kibiina kya Ababarisa e Kabale District.

AWAVA SENTE AWALALA MU MITTI GYAFFE MU PULOGULAMU YA TIST

Amanyia agange nze Nigo Iddi okuva e Namirembe nga ekyalo, mu Muluka gwe Namirembe, mu Gombolola lye Busaana mu Kayunga District.

Ekibiina kyange ekinene ekya TIST (cluster) kiyitiba Namirembe cluster. Ndi mulimi mu pulogulamu ya TIST okuva mu kabiina akatoono akayiitiba Namirembe Community Agenda 1.



Negatta ku TIST mu 2016 nekigendelerwa ekyo kufuna sente ezo mukka omubi (carbon dioxide) naye nga ezzo sente tezinaba nfunyemu nyo mukutunda ebibala nga emiyembe, Mikyungwa, okutunda enku okuva kumatabi ge mitti gyange ne mukufumbisa ku nku zino eziva kumatabi gano.

Amagezi gano gona ngafunye mu TIST. Ndimusanyufu nti wade nga sente za carbon dioxide (Carbon business) zirwawo nina wenfuna ku sente kulwa TIST.

TIST tesosola mu kikula kyomuntu, Mukazzi oba Musajja , wasoma oba nedda, mugagga oba mwavu.

Nolwekyo nkubibiriza bulyomu okwegatta ku TIST olwe nkulakulana yaffe mumakka.

Nze;

Nigo Iddi OKUVA

e Namirembe – Kayunga District.

OMUGASO GWO KUSIMBA EMITTI KUM-ABALI GE NIMIIRO

Okusimba kumabali kuno omulimi asimba emitti nga yetoloza enimiro oba ettaka lye. Waliwo ebika bye mitti ebyenjawulo ebisobola okusimbibwa ne bikola bulungi mu nkola yo kusimba eno.

Mulimu ebika byemitti nga grevellia, stinkwood, pine ne gye bibala egisinga.

Nkola yamugaso nyo ela nkubiliza abalimi ba TIST okujetanira kubanga nungi kumbera yobutonde.

Emitti gino egisimbibwa ku mabali ge nimiiro gikola nga olusalosalo okuva eri abalimi abasinga, gikola nga ebiziyiiza empewo eyiinza okwonona ebintu

byaffe mu nimiiro okusingira ddala mubisera bye nkuba enyingi ne mu kibuyaga owamanyi. Era emitti gino gikola nga olukomera ku nimiiro .

Emitti gino era giwa omulimi enyingiza musente okuva mu makungula gebibala mukufuna sente mu busubuzi bw'omukka (carbon money) ne mukutunda ebiva mu mbawo.

Kija kuba kyamagezi nga abalimi baffe bona nga betaba munkola eno eyo kusimba emitti.

Bya; Andrew Arinda :Cluster Servant e Kanungu e Katojo District.



Boundary Planting in Tea Plantation for Omusizi

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