



THE TREE

The International Small Group
and Tree Planting Program

CLEAN AIR
ACTION
CORPORATION

TIST NEWSLETTER APRIL 2023



Cluster meeting held in Soroti in Tubur Custer



SG Members after a Cluster meeting held in Serere in Bugondo Cluster



Home based Nurserybed to support on tree increment for an SG.

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 addressing Agriculture, HIV/AIDS, Nutrition and Fuel W

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

Contents

This newsletter has been translated into different languages;

English.....1
 Runyankole.....2
 Kiswahili.....3
 Luo.....4
 Luganda.....5

IN THIS ISSUE:

- UNDERSTANDING CLIMATE CHANGE AND CARBON BUSINESS
- LET US PLANT INDIGENOUS TREES
- CHANGING TRENDS



UNDERSTANDING CLIMATE CHANGE AND CARBON BUSINESS

I would like to bring TIST farmers' attention to global warming and climate change.

Many farmers have received trainings from Small Group meetings and monthly Cluster meetings to learn and understand what global warming is, and its effects on the climate mitigation approaches.

Global warming in simple terms is - "things that people do"- that are helping to make the Earth warmer, by burning of fossil fuels including coal, petrol and natural gas and cutting of forests and managing land poorly.

Talking about Greenhouse Effects – it is the rise in temperature that the Earth experiences due to atmospheric gases called greenhouse gases like carbon dioxide, nitrous oxide, sulphur dioxide and methane that trap energy from the sun.

Major causes of carbon are deforestation, gases emitted from industries, motor vehicles, burn of wood fuel / charcoal and burning of forests.

Due to all the above, the likely dangers are:

- Severe water stress that that would result in more areas becoming desert.
- Spread of diseases like malaria, average lifespan declines, infant mortality rates rise.
- Decrease in agricultural production, higher worldwide food prices.
- Water supply will be affected.

Effects of flooding and landslides, driven by projected increase in rainfall intensity and rising sea level

LET US PLANT INDIGENOUS TREES

• This is a calling to all TIST Farmers. Earlier on, we did not know that indigenous tree species

are of high value compared to exotic. Findings have proved that any indigenous tree of the same weight as pine, doubles the amount of carbon sequestered.

Today, TIST Uganda is encouraging farmers to plant more indigenous tree compared to exotic.

We have a number of advantages when planting indigenous:

- These trees are rarely affected by diseases.
- Do sequester much carbon.
- Last for a duration of time
- Indigenous are soil friendly and add manure.
- They are good TIST Best Practices
- Provide us with a big shade compared to exotic.
- Carbon offsets are of high value.
- Let's collect indigenous seeds for planting and reap big.
- Thank you for taking it as an important matter.

By Alex Oile CS Obule Cluster - Amuria, Kalaki Districts

CHANGING TRENDS

The hills were once bare, with erosion taking its toll. Now the trend has changed, the hills are now green and blossoming with life. Beautiful birds in the trees are singing as they take shelter, human beings enjoy the cool breeze as winds blow through the trees, water runoff is prevented by the leaves that fall off the trees and mulch the ground, the roots have compacted the soils preventing wind erosion. Thanks to TIST trainings and activities within the communities, observed from different areas where TIST has been embraced.

By Agaba Denis CS Burere - Bushenyi District



TIST QUANTIFIER SAFETY IS OF THE UTMOST CONCERN

- General safety of the Quantifiers is much emphasized and discussed during every meeting and seminar, to ensure that if any of these circumstances are encountered, you must notify the UG Team.

a) Matatus and boda-bodas. Do not take rides if the driver appears to be intoxicated or drives in a reckless manner. If the driver is driving too fast, or unsafe, tell the driver to drive slower and safer. If it persists, ask to be let out or off the vehicle. In case of a robbery, do not resist and surrender the TIST equipment if it is demanded. Report the incident to the UG Team within 24 hours.

b) Snakes. Be aware when moving through areas where you cannot see where you are placing your foot. If unsure, use a long stick to prod the bushes or grass to identify the presence of snakes. If a poisonous snake is seen, leave the area and notify the farmer. There are NO first aid treatments for poisonous snake bites. If you are bitten by a poisonous snake you must go to the nearest hospital for anti-venom. The bite may be fatal if not treated.

c) Elephants. Elephants are extremely dangerous. The best way to avoid an elephant attack is to not get in that situation. If an elephant is present in a project area, back away trying not to disturb it. If it attacks, your choices are:

i) Stand your ground; it may be a bluff charge.

ii) If you are close enough to shelter (house, vehicle, fence, large tree), try to back away slowly (keep facing the elephant) and move to the shelter. Elephants run much faster than humans, so if you cannot reach shelter, running may just trigger an aggressive response.

d) Encountering dangerous people. Should you encounter hostile, or dangerous, TIST or com-

munity members, leave the area and try to get to a place where there are other people present. Do not engage in arguments or physical confrontation. If you are with a partner, stay together and support each other. In case of a robbery, do not resist and surrender the TIST equipment if it is demanded.

e) Sexual assaults. Females should work with a partner in new areas to avoid sexual assaults. If you end up in a situation where you fear an assault, leave the area and try to get to a place where there are other people present. If attacked, yell for help. Report any assault to the police and to the UG Team.

f) Dogs. If a hostile dog is present, or you are concerned about a dog that is present, ask the farmer to secure it until you finish quantifying. If the farmer refuses, leave the area and notify the UG Team. If bitten by a dog, go to the doctor. Since dogs can carry rabies, try to determine who owns the dog, in case it needs to be tested. Rabies is fatal without treatment and treatment is necessary within days.

g) Bees. The effects of bee stings can range from annoying and painful to fatal, depending on whether you are allergic to the venom. Avoid being stung by avoiding swarming bees and try to remain calm if they are present. Do not agitate the bees. Avoid wearing perfume or scents. If stung, remove the stinger as soon as possible because the longer it stays in the body, the more severe the reaction. If you know you are allergic to bee stings; get stung in the mouth, nose or throat; have shortness of breath; or have severe swelling or swelling away from the site of the sting; get medical help immediately

h) Crossing rivers. Do not attempt to cross rivers with high, fast flowing water. You could drown.

i) Working on steep slopes. Take extra care when working on a steep slope. Do not put yourself in a situation where a fall could hurt or kill you.



RUNYAKORE

OKWETEGYEREZA AHA MPINDUKA

Y'OBWIRE N'OKUSHUUBURA KABONI•

Ninyenda abahingi ba TIST kwetegyereza ahampinduka y'obwire nokwosa kwensi.

- Abahingi baingi batungire okushomesibwa ahakabi kokwosya kwensi noburemeezi bwko aha mpinduka yobwire nokugirwanisa.
- Okwosya kwensi nikimanyisa ebintu ebi abantu baikukora bikareetera ensi yaayotsya nk'okwotsya ebirikurugamu amajuta nka coal, peteroori n'orwoya orw'obuhangwa, okutema emiti n'enkoresa mbi yeitaka.
- Okugamba ahabuzibu bwa Greenhouse. Eki nokukanya omubutagasi bwensi okurikureetwa emyoya eri omumwanya ahaiguru nka kaboni dioxide, nitrons oxide, sulphurdioxide na methane ebirikutunga amaani kuruga aheizooba.
- Ebi nibireetwa munonga nkokutema ebibira, emiika erikuruga omumakorero omumamotoka, okwosya emiti amakara nebibira.
- Oburemeezi oburikurugamu ni;

- Okubura amaizi endi ekooma
- Okukanya kwendwara nk'omushwija, kicacendeenza emyaka yokutuura omunsi, okufa omu baana kukakanya.
- Eibura ry'ebyokurya nokutemba kwemihendo y'ebyokurya
- Amaizi gacendeera
- Emyegemure ekakanya nokusinguka kwebitaka birikureetwa enjura nyingi nokubooga kwamanyanja.

REKA TUBYARE EMTI ENZAARWA

- Nitwehanangiriza abahingi ba TIST kutunga emiti y'enzaarwa ahabwamagoba maingi kukira ey'encootara okucondooza nikworeka ngu oburemeezi bw'omuti gw'enzaarwa nitubazamu kabiri

omu gwa pine okurugamu orwoya rwa kaboni.

- TIST neyahanangiriza abahingi baayo kubyara emiti y'enzaarwa.

Emigasho y'emiti y'enzaarwa.

- Neegumire endwara
- Neerugwamu kaboni nyingi
- Neetuura emyaka mingi.
- Tekutonda eitaka neeyongyera orwezo omwitaka.
- Neemwe ahamihingire mirungi ya TIST
- Eine ebibunda birungi kukira encootara
- Orwoya rwayo norwobuguzi bwingi
- Katurundaane ensigo nyingi zaayo twihemu kihango.
- Mwebare kukitwaramu nenshonga nkuru.

Nebya Alex Oile CS obute cluster – Amuria Kalaki Districts.

EMPINDUKA Y'EMITWARIZA

Enshozi ezabaire ziri emparamaata, emyegemure erikuhintika, hati eruho obunyansi kandi eriho amagara. Enyonyi ziri omumiti nizeshongora abantu nibaisya emyoya mirungi kandi niboota amabehe g'emiyaga agarikurararika ahansi nigareeta omwariro gatungira eitaka kutwarwa omutunganda kandi amizi neekwata eitaka.

Mwebare aba TIST ahabwemishomo yanyu kwegyesa abahigi omubyanga byabo.

Nebya Agaba Denis CS Burere – Bushenyi district



OBWERINZI BWABABAZI B'EMITI NIBUTUKWATAHO

Obwerinzi bw'ababazi b'emiti nitukyecumintirizaho munonga omumishomo yaitu kwenda ngu haagira ebibizibu byahonaho bamanyise tiimu ya UG.

a) Za takisi na boda: Gambira dereva agy-ende mpora mpora yaaba naavuga mononga ahabwesindo nari okuvugira eryo. Ku arayangye kufayo, mugambire orugyemu. Kandi washan-gamu ba koondo otabangira, heerezayo ebikwato bya TIST kubarabikushabe. Heerezayo ekyakuba-ho ahari tiimu ya UG omushaaha 24.

b) Enjoka: Yegyendesereze ahu waaza kurib-ata waaba ori omukishaka kyotarikumanya. Ko-resa ekibingo orikuteera orubande kureeba haaba harimu enjoka. Waashanga enjoka omumusiri manyisa omuhingi kandi kandi oze ahandi. Obush-egu tibugira bujanjabi bwahonaho. Waateerwa enjoka gyenda omwirwariro. Obushegu nibwita ahonaaho.

c) Enjojo: Enjojo nezomutawaana. Okuzeer-inda nokuzirira hare. Wareeba enjojo omumwanya gworimu kora ebi;

i) Yemerera mashaija, neebaasa kuba ney-enda kukanga.

ii) Waaba orihaihi nenju nari omuti guteembe, kandi yakwizira garuza ebigyere enyima otahe omunju otairuka. Enjojo neiruka kukira omuntu kandi ku orikwiruka nooba waagikora kubi nekurya.

iii) Abantu ababi: Waabuganan abantu baabi bahungye oze ahandi, otatongana nabonari ku-tongana nabo waaba one mutaahi waawe guma nawe, muhwerane mwabugana abashuma mu-tabangira kandi basbashaba ebikwato bya TIST, mubiheyo.

iv) Ekikorwa kyobuhambi: Abakazi mutakaaza omumwanya musya muri mwenka. Mugyende nabataahi banyu nari nari muze ahu abantu bari kubarabakwate, muteere enduuru mumanyiseho

poriisi nari tiimu ya UG.

v) Embwa: Waashanga omuhingi aine embwa enkambwe, mugambire agikwate oheze kubara emiti. Ku arayangye mutsigeyo oze ahandi kandi amanyise tiima ya UG. Embwa ku erikuruma banza omanyeye mukama waayo kandi oze owom-ushaho. Obushegu bwembwa nibwita ahonaaho.

vi) Enjoki: Enviri zenjoki nimbi kandi nikiru-girira ahamubiri gw'omungu ou zaateera. Yetware ogume obureire waaba ori omu mwanya gwazo. Otaziteganisa kwonka yetantare amajuta gokwesi-iga againe akahooho, guma nokuura enviri waa-heza kutonerwa enjoki. Nari zakuteera, rahuka kureeba omushaho akuhe omubazi.

vii) Emigyera: Yeetantare kucwekanisa emigy-era y'amaizi garikuhimintika. Nobaasa mumirwa.

viii) Enshozi ndeingwa: Yetantare kukorera ahanshozi ndeingwa kandi otakayeta omumbeera erikukureetera akabi, nk'okuhutaara nari okafa.



KUFAHAMU MABADILIKO YA HEWA NA BIAHARA YA KABONI

Ninge penda kuaaletea wa mkulima wa TIST,umakini kuusu ongezeko la jotoo na mabadiliko ya hewa.

Wamkulima wengi wamepokea mafunzo kutoka kwa mkutano ya kundi ndogo na kwa mkutano ya kila mwezi ya nguzo kwa kujifunza na kufahamu jiinsi nini ongezeko la jotoo na madhara yao juu ya mbinu ya kukabiliana na mabadiliko ya hewa .

Ongezeko la jotoo kwa urahisi ni,vituu ambae watu nazo fanya,zenye ziko zinaa saidia kufanya nchi kua na jotoo,kupitia kuunguza mafuta ya udongo kama makaa ya mawe,petroli na gesi ya Asili na kukata msitu na kusimamia Ardhi hafifu.

Kuzungumuza kuusu madhara ya chafu (nyumba ya kijani) – hii ni kufufuka ya jotoo ya kwamba Nchi ina zoefu wao kutokana kwa ma gesi ya Anga yenye ina hitwa gesi ya chafu (nyumba ya kijani) kama hewa mbaya, nitrous oxide,salfoksidi na methane yenye ina tega nishati kutoka kwa jua.

Sababu kuu ya kaboni ni ukataji wa mtii,gesi kutoka kwa viwanda,Gari,kuchoma mbao ya mafuta au makaa na kuchoma msitu .

Kutokana na hayo juu,uwa wezekana kua na hatari ya fatao:

Ukali wa dhila ya maji yenye na weza kitokea kwa maeneo nyingi kua jangwa.

Kuenea ya magonjwa kama maleria,wastani wa maisha ina pungukiwa,vifo vya watoto wachanga na kiwango chao upanda.

Kupunguzwa kwa uzalishaji ya kilimo,Bei ya chakula kwa dunia mbalimbali ina kuua juu sana .

Usambasaji wa maji itta athirika .

Madhara ya mafuriko na mkubwa wa Ardhi,inaendeshua na muongezeko ya mradhi ya kiwango ya nvua na kuamuka kwa nganzi ya Bahari.

BASI SISI TUPANDENI MTII ZA ASILI

Hii ni wito kwa wote wa mkulima wa TIST . Mape-

ma nyuma sisi hatukujua yakwamba Aina ya mtii Asili nia thamana ya juu kuilinganisha na ya kigeni . Kufatilia imetuonyesha yakwamba kila mtii yote ya Asili yenye uzito sawa kama pine,ina leta kiasi ya malipo ya kaboni ilio patwa mara mbili.

Leo,TIST Uganda ina hamasisha wamkulima kupanda mtii ya Asili kwa wingi, kuilinganishwa na ya kigeni .

Tunakua na faida kwa wingi sana kama tuna panda mtii za Asili :

Mtii hiizi hazi shikwi na magonjwa sana.

Zinaa tupea kaboni kwa wingi ilie nyonywa.

Zinaa hiishi kwa mudha murefu

Mtii za Asili ni zaurafiki kwa udongo na Zina oongezea mbolea kwa udongo .

Ni Bora kwa kufinyia mazoezi ya TIST

Zinaa tupea kivuli kubwa kushinda za kigeni .

Kaboni ilie tokana ya kiwango ya juu sana na ya thamana pia.

Basi sasa tusanye mbego za Asili kwa kupanda na ndie tuvuune kwa wingi .

Asante kwa kuipeleka kama jama ya muhimu.

By Alex Oile CS wa nguzo ya obule- wilaya kalaki/Amuria.

KUBADILISHA MYENENDO.

Milima zilikua wazi tangu,na ummomonyoko iki- chua ikijisimamia. Sasa myenendo imebadilika,na milima niza kijani na zime chanualiwa maisha.wa ndege nzuri kwa mtii wanayimba wakiji pelekea makazi yao,wanadamu pia wana furahia burudani baridhi vile upepo ina pigwa kupitia kwa mtii,na kurudiwa wa maji ime zuiwa na majani yenye kuan- guka kutoka kwa mtii na ina tandanza Ardhi,mzizi pia zime uunganisha udongo ndie sasa ina zuia upepo wa mmomonyoko . Asante sana kwa mafunzo ya TIST na shughuli zau ndani ya eneo,ilie



chunguzwa kutoka ma eneo mbalimbali walie karibisha TIST.

By Agaba Denis CS wa nguzo ya Burere -wilaya Bushenyi .

USALAMA WA ANA KWANTIFAYA WA TIST INA JALIWA KWA UKUBWA SANA.

• Usalama wa ujumla kuusu waana kwantifaya ime sisitizwa kwa wingi na ime jadhiliwa kwa mkutano na semina, ndie tuakikishe ya kwamba kama hali hiizi ime kua lazima tupeleke hatua ya kufamisha Timu ya UG.

Matatu and ma boda-boda. Usipeleke safari kama dereva ana wonakana sasa ametumia vilevyo au kama anaendesha kiholela, kama dereva anaendesha haraka sana, au bila usalama, mua mbie apunguze mbio na kwa usalama, kama anaendelea nayiyo omba utolewe inje, au tokaa kwa gari, kama Kuna po uwuizi usi pingane nao, ujisalimisha na uapea viffa vya TIST kama ime hitajika, alafu usitaki tokio hio kwa Timu ya UG kwa massa ishirini na Nne.

Ma.nyoka.ufahamu hii kama una tembelea kwa eneo yenye auwezi kuona mali pakuweka migu Yako, kama aujihakikishi tafadhali tumikia fimbo murefu kukupenyeya njia kwa pori au kwa majani kutambua wepo wa ma nyoka, kama nyoka ya sumu ime onwa, oundoka utoke kwa eneo hiyo na ufahamishe mkulima . Kumbuka yakwamba hakuna matibabu ya kwanza kwa kuumwa nyoka ya sumu, lakini kama ume uumiwa na nyoka ya sumu, nafaa lazima uende kwa sipitali karibu kwa kupata matibabu kwanza, kuumwa naweza kua mbaya au ni ya kutibiwa.

Tembo. Tembo niza hatari sana ,njia bora ya kuepuka na mashambulizi ya tembo ni kussipo jepata kwa hali hiyo, kama tembo ikoo kwa mradhi ya eneo, rudi nyuma na ujaribu usihisumbue , Kama ina kushambulia ma muzi yako nii:

Simama hodari, ina weza kua ya tatizo ya malipo .

Kama uliko karibu na makazi (nyumba, gari, uzio, mtii kubwa) jaribu urudi nyuma polepole (baki ukiangalia tu tembo) na utembea uende kwa makazi yako, juua ya kwamba tembo

ina kimbia mbiyo sana kushinda wanadamu, kama hauwezi kufikia makazi, kukimbia ina weza kuhakisha tuu uchungu ya tembo .

Washambulizi wa ngono. Wanawake lazima wafanye kazi na wafanya kazi wenzao (wapenzi) kwa eneo mpya, kwajili ya kujiepuka na washambulizi wa ngono , ukifikia kwa hali kwenye unaogopa kama kuna washambulizi, ondoka kwa eneo hiyo na ujaribu kupata sehemu kwenye kuna na watu wengine walipo, kama umeshambuliwa pigga kelele ya kuomba usaidizi, au shitaki kushambuliwa kwokwote kwa polisi na kwa Timu ya UG .

Mbwa. Kama kuna po mbwa ya hatari, au una wasiwasi kuusu mbwa yenye iko karibu, omba mkulima ayifunge kwanza paka umalizie upimaji na kuesabu, Tena kama mkulima amekataha , ondoka na utoke kwa eneo hiyo na ufahamishe Timu ya UG, kama ume umiwa na mbwa, eanda kwa dakitari, vilee mbwa zinakua na kichaa cha mbwa, jaribu ugundue mwenye mbwa, Kama inahetajika kujipima , au kichaa cha mbwa nia hatari bila matibabu na matibabu nia muhimu kwa masiku hiizo ulie umiwa.

Nyuki. Athari ya kuumiwa na nyuki ina weza kitokea kwa kukushisha na kwa kuumiwa paka hatari, kulingana kama uko wamzio kwa sumu, ujie puke kuumiwa kupitia kwa kuepuka nyuki za kundi, kuuna jaribu kua mutulivu, kama zipo, usi-jaribu kutikisha nyuki, ukiepuke na manukato au harufu, kama umeumiwa, ondoa meno yake kwa haraka, kwajili kila ikikaa sana kwa muhili Ina kuumiza natena ina ongezeko kuumiza, kama unajua ukowamzio kwa sumu yao shika yenye kukuuma nauyiweke kwa mudomo, au kwa mapua au shingoni, pata kupumua kidogo, au kama umepata kuumiwa hile ya hatari na kuvimba kutoka kwa kuumiwa, sasa pata matibabu ya udakitari kwa haraka.

Kuvuka mto. Usijaribu kuuvuka mto ya maji ambae nii murefu au yenye kutirika kwa haraka, unaweza kuuzama.

Kufinyia kazi kwa mwinuko na mteremko : peleka hatua ya kujeadhari sana ukiwa ukifanyia kazi kwa mahali ya mwinuko, kama sio uko unajiweka kwa hali ya kuanguka na kujiumiza au kukuua.



Niang I Kum Aloka Loka Me Piny Ki Biacara Me Carbon.

Kum – Kom

Amito kelo wii lupur me TIST ikom aloka loka me piny ikom wilobo.

Lupur mapol gunongo pwonye manok ki I kacoke me dul matidi ki dong I kacoke me dwe me nyang ikum lyeto me lobo kidong adwogine kit ma da nya kwede me romo wilobo weng.

Lyeto ki aloka loka me piny I leb mayot “obedo jami ma dano aye timo” ma tye ka weko lobo bedo lyet ki wango jami kwi mogo macalo moo peterol, yamo ki dong tongo bunga ki yadi ma doru Ngom marac.

Lok I kom adwogi pa Green House (YAMU MA-LUBT/C02).

Obedo mede malo pa lyeto malo I wilobo ma lobo nongo I yamo ma kilwongo ni green house en aye yamo ma owang, nitrous oxide, sulphur dioxide ki methane ma mako kero ma aa ki icing.

Gin madit makelo yamo ma owang en aye tongo yen labongo leyo kakare ki yen Mukene, lyeto ma aa ki I Cuma ma dongo, mutoka, wango yen / wango maka I bunga.

Makato wemg, Adwpgi ne romo bedo ene.

- Dwoko rwom me pii piny ma romo weko kabedo ma pol dwogo aro labongo pii.
- Nyayo tuo nyaa paa nya macalo malaria wel me kwo pa dano dok piny, tuo pa lutino ma mwaka gi abic odwogo kwede piny too ne mede malo.
- Kero me nongo pii dok woko piny.
- Peko me pong pa pii onyo aluka piny ki mol pa ngom ma gin makelo mede I rwom pa kot ki rwom pong pa nam yile malo matek tutwal.

Wa pito yadi pa won del col ma nonge I ka bedo ma orumu wa, pa kwari wa con.

Man lwongo ni ceto bot lupur me TIST weng con

onongo pe wangeyo kwayi yadi me tekwaro wani ki poro ki man pa muni. Kwed onongo dok omoko ni, yadi ma meg wani gi tye gubu ki kero marom calo la wiwiyo dodo wel carbon.

Tin dong TIST Uganda tye ka cuku cwing lupur me pito yadi me tekwaro wani makato man pa muni ni.

Watye ki adwogi ma ber ka wa pito yadi me tekwaro wani.

- Two pe maro yelo yadi meno.
- Kelo carbon madwong.
- Ri pi mwaka mapol I wi lobo.
- Gin tye lurem ki ngom dok bene medo moc ngom.
- Gin aye tic maber par TIST.
- Mini wa tipu maber ka I poro ki yadi pa muni.
- Kelo yamo carbon I rwom ma la-mal.
- Wa cok kodi me tekwaro wa ma pol wek adwogi kac wa obed madit.
- Wapwo metero lok man calo gin ma pire tek tutwal.

Man Alex CS Obule lakwan yen me Amuria, Kalaki District aye ocoyo.

Kit ma Loke Kwede.

Cere ka dong tye nono, ka dong mol pa ngom tye matek, komdedi dong kit matime kwede oloke cere dong tye ki yadi, lum dong nen Alum Alum tye dong ki kwo. Winyi ma munya I wi yadi ma gi kok, wero macalo abedo pa winyi, dano nongo yamo ma okwe dok mit, yamo kodo I kin yadi, pii mole ki gengo ki pot yadi ma gi poto matek I ngom. Lwit yadi omak ngom ni king ma gengo yamo me bano ki molo ngom. Wa pwoyo TIST me pwonyo tic man ikin paci ki neon ki I kabedo mapat pat TIST gu keto iye cing gi dok ki jolo.

Man Agaba Denis CS Burere ki Bushenyi District aye ocoyo.

Be bedo pa lukwan yen pa TIST.

Ber bedo pa lukwan en aye gin mapire tek I kare me kacoke, me neno ni ka jami eni onyo te kare



eni onen omyero I por wi dul me Uganda. (UG)

a) **MUTAKA KI BODA-BODA:**

Pe I tir ki Boda Boda onyo ladwo mutoko ma pe wore; ka ladwo mutoka tye ka tic ki speed ma lamal ma pepore, onyo I nongo nip eke maber ki berbedo, wac ki Ladwojo odwok speed piny. Ka bene pe oword lok ma megi, penye owek I kat woo ki imotoka ma mege. Ka onongo layak, pe I jal jami tic pa TIST ka inen ki penyoy. Cwal loke bot dul me UG ikine me cawa pyera ryo wiye angwen (24).

b) **TWOL:**

Gwoke ki keto tyeni kama pe ineno kama I tye kaketo iyetyeni maber. Ka ipeke ka nyang maber ikom odo mabor matye I bunga, onyo I lum nge mede angeya tye pa twol. Ka twol ma tye ki kwi onen, wek kabedo meno poo wi lapur onyo twol otongi omyer icet I OT YAT macok pi nongo kony me yot ma lwenyo I kom kwi pa twol. Awano meno romo bedo marac k ape latic me yot kom otiyo iye.

c) **LYECI:**

Lyeci dok rac tutwal, yoo me gengo mony pa LYECI en aye pe mi oo ika bedo meno nyo itekare meno. Ka Lyec tye I kabedo me tic meno, pe iteme me yelo ne ka omony motoka ni, diro ma iromo timo ne gin aye en;

(i) Cung matek kum I bed ki tek cwing: Romo bedo tek tutwal.

(ii) Ka itye cok ki ka gwoke (OT, motoka, cell, yat ma lace dit) teme me lwii dok I kane kwede mot mot (mede ki neon lyec meno) kun iceto ikakane meno. Lyec ringo madwir kato dano ngwence romo bedo kony dong ma ger loyo weng.

d) **RWATE KI DANO MARACO:**

Ka I rwate ki dano mager dok rac TIST onyo lumemba me kabedo meno ocet I ka bedo ma dano ne beco. Pe ikeme kwedgi onyo I lar lok kwed gi wang ki wang ka itye ki lwoti mo bed kara-cel kwede dok I kong ngat Acel ka I nen layak pe I

jal jami tic me TIST ma gin gu penyoy.

e) **NWARA IYO ME BUTU TEK TEK**

Mon omyero oti ki lawote I ka bedo manyen me gengo gero I yoo me butu kadong I neni dong itye I kabedo meno ka ma itye ki lworo pi tim meno yele meceto I ka bedo madano gi tye iye.

Ka inen anyar meno ocobe cwal loke bot Police ma cok kwedi ki bot dul me (UG).

f) **GWOGI:**

Ka gwogi mager tye onyo inyang pi gwok ni tye, peny lapur gwok. Gwok meno nio wang ma ityeko kwano yadi. Ka lapur okwero, wek kabedo meno kun I por wi dul me UG. K ace gwok okai cet bot latic me yot kom ka inen gwoke tye ki kwi me ting-wic yele me nyang rwe gwok meno. Kwi pa gwok romo bedo rac k ape I nen latic me yot kom pe otiyo iye kine me nino.

g) **KIC:**

Adwogi pa kac pa kic cake ki I keco, ki arem wa I awano marac lube kitma kwi komi jolo kwede.

Gwoke wek kick i dul kic pe okayi bed ma cwinyi opye mot ka inen gi te. Pe iyel kic, gwoke ki wiro moo ma ngwec kur ka I nen okayi, yele cut me kwango lak kic meno ka I nen ori ikomi ki mari kwede en aye kit materi kwede. Ka I nen ni ka kic okayi teri marac, I dogi, umi, onyo dwoni welo yweyo ni bedo cek onyo iyele ayela ki yweyo onyo akwota onyo kama okayo ni okwot yeny kony pa Dakta cut cut.

h) **NGOLO NAM:**

Pe I ngol nyo iteme me ngolo nam ma tye lamal onyo tye ka mol matek ki kero. I romo mwony woko.

i) **WOT I LUNG MATUT:**

Gwoke matek ki wot I lung matut tutwal. Pe iket kwoni kama rac meno ma poto romo wani onyo neki.



LUGANDA

Okutegeraenkyukyukay'obuddeneBi sinensiyaKaboni.

Nandyagaddeokufayokw'abalimibaTISTeriokubugumirakwensi

Abalimbibangibafunyeokutendekebwakuyitamunkunganazabweez'obubinnabwabweobutono,n'ez ekibinnaekineneezobulimweziokuiigan'okutegera okubugumirirakwensikyeki,erakirinabulabekierie mberayobuddemukugitereza.

Okubugumirirakwensimunyinyonyoenyangu,bye bintuabantubyebakola,ebiyambaensiokubuguma ngabokyaamafutanen'omukkaogw'obutonden'ok utemaebibiran'okukozesaobubbietaka.

Okwogerakubivamumakkaomubi-kwekw-eyongerakwebugumuokuvakumiikaegirimubangaegyitibwaomukaomubiokugezakabondidiyiokisidi,salufadiyiokisayidi,mensane,ebikwataokuvak unjuba.

Ebisingaokuletaomukaomubikutemamitiemikaeg ivamufaskitole,pikipiki,okwokyaAmandan'okwokya aebibira.

Bunobwebubiobuvamwebyowaggulu.

- Amazzigakenderaebitundunefukkaendungu.
- Okusasanakwendwaddeokugezaomusujja obuwangazabw'abantubukendera,n'okufakwabanakweyongera.
- Ebirimeebikungulwabikendera,n'omuwendogw'emmereweyongeramunsiyonna.
- Amazzigagyakukenderamn'okwononeka.
- Ebiramukwanjalakw'amazzin'okubumbulukakwetaka,en kubayeyongeran'amazzimugayanja.

TUSIMBE EMITI GINANSANGWA.

KunokuyitibwaeriabalimimwenaabaTIST.

Mukusokatetwamanyantiemitiginansagwagyamugasookusingaginoemirongosemu.

Okunonyerezakulagantiemitiginansangwaegizitowangapine,gyikubyamuemirundiebirimumukaom ubigwegirya.

LeroTISTUgandaekubirizaabalimiokweyongera-okusimbaemitiginasangwaokusingaemirogosemu.

Tulinaemigasomingisingaosimbaemitiginasangwa.

- Emitiginotegikosebwannyondwadde.
- Emitiginogyiryaomukaomubimungi.
- Emitiginogyiwangala
- Emitiginogikolaganan'etakaeragyongeramuobugimu.
- NkolanungimuTIST
- Gyituwaebisikirizeokusingaemirogosemu.
- Tukunganyeensigoginansangwatusimbeeratufunemunnyo.
- Mwebalekukitwalangakikulu.

ByaAlexOileabalaemitiokuvaobuleAmuria,Kalaki Districts.

OKUKYUSAENKOLA

Obusozibwalibwerereerangaetakilukukuta. Nayekatienkolaenkyuseerabujjudeobulamu.Ebinonyonyiebirabikaobulungibiyiimbangabirimumiti,abantubafunaempewoenungiokuvakumiti,mukokkat akyatambulakubangaebikolabigwanebimuziyizan'okubikikaetaka,emirandiragikwataetakanegiziyiz aetakaokutwalibwaempewo.

TwebazaTISTerw'okusomesanemirimumubitund



umweri.

ByaAgabaDenis, abala emitie'Burere, Bushenyi District.

OBUKUMIBW'ABALAEMITIMUTISTKYAMUGA SONNYO.

Obukumibw'abakozibutekebwakonnyoesiramubu lilukiikon'olukungana, okukakasabulimberaosobor aokugyikwasaganyanetimumuUganda.

(a) Matatusn'eBoda-Boda.

Tonywanovugasingasingadulayivaafananangaat-amidde. Singaavugasupidi, mugambeakendezeb waganavako. Singaogwamubabbi, toganakuway-oerawayoebyaTISTsingabababyebagalalipotinga eritimumuUgandamusawa24.

(b) Emisota.

Wegenderezengaotammbulakozesaomugoomu-wanvuokuwenjulaensikosingaolabyeomusota ogwobusagwa, enimirogirekeotegezeomulimi. Teliyobujanjabibusokaobwomusotaogwobutwagendamudwaliroofuneedagalaeliziyizaobutwa.

(c) Enjovu.

Enjovuzabulabennyoekisingabutetantalakiffokiomweziri.

(i) Yimiriramukiffokimu

(ii) Singaswaliwoenyumbayingiramunda.

(d) Okusissinkanaabantuabobulabe.

Abantuobaebitunduebirimuobulabletobirumbagana.

(e) Okutyobolebwamubyomukwano.

Abakazzimutekeddwaokukoleraawamumubitunduebipyakwewalaokutyobolebwamubintuby'om ukwanoemberawebatetegerekekaekiffomukivem-

ueramulipotingeeritimuyaUganda.

(f) Embwa.

Singaembwaeberawo, gambaomulimiaberewoo kutusangaomazzeokubalaemiti. Singaomulimia-ganaenimirogyirekeolipotingeeritimuyaUganda. singaabaokulumyegendamudwaliro, kubangae mbwazibanebigenge, gezakookumanyaembwanyi.

(g) Enjuki

Enjukizabulabeerankambwe, wewaleokutankula enjukieran'okusigaonuwoowo, singazikumaja mumangudalaakannyokayo, singawazimbaebi gorogolabaomusawomubwangu.

(h) Okusalaomugga.

Tugezakokwatantalakubukkaomugga, n'amazzi agadukaennyosoboplaokubira.

(i) Okukolerakubusoziobuwanvuennyoy,

Tekamuobwegenderezaobwenjawulongaokolerakunimiroezobosoziobuwanvutewetekamumber-aeyinzaokukuvirakookugwan'okuffa.



SG Members after a Cluster meeting in Kanungu -Bukono Cluster

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