



# THE TREE

The International Small Group  
and Tree Planting Program

CLEAN AIR  
**ACTION**  
CORPORATION

## TIST NEWSLETTER FEBRUARY 2020



Gender Equality is one of TIST goals where by women can form groups and engage in TIST activities



Different Small Group members during their meeting in Northern Uganda



Mature grown trees can provide good shade for Small group during meeting

**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](http://www.tist.org), [info@i4ei.org](mailto:info@i4ei.org)*

#### **IN THIS ISSUE:**

- FACTS ABOUT TREES
- IMPACT OF HUMAN ACTIVITIES TO THE ENVIRONMENT
- FARMERS WAKE UP AND USE ENERGY SAVING STOVES
- WAYS TO ENSURE A SMALL GROUP HAS SUCCESSFULL
- PAYMENTS
- IMPORTANCE OF AGRO – FORESTRY TREES

## **Contents**

This newsletter has been translated into different languages;

<b>English.....</b>	<b>1</b>
<b>Runyankore.....</b>	<b>2</b>
<b>Ateso.....</b>	<b>3</b>
<b>Luganda.....</b>	<b>4</b>
<b>Luo.....</b>	<b>5</b>
<b>Kiswahili.....</b>	<b>6</b>



### ENGLISH

#### FACTS ABOUT TREES

Mature trees reduce pollution

When properly mature they increase property value like timber

Trees provide enough oxygen

Mature (bigger) trees absorb more carbon dioxide than small trees

Trees reduce soil erosion

Provide building materials

Source of income to farmers

#### IMPACT OF HUMAN ACTIVITIES TO THE ENVIRONMENT

Over population has been seen as a multiplier of environmental problems.

Over consumption of natural resources has destroyed ecosystems.

Deforestation has also affected the environment.

Agriculture, which has led to too much cultivation and led to land degradation.

Pollution from industries and factories has also affected the environment. And our relationship with trees has encouraged us to care for trees, thus trees providing to us nuts and fruits as sources of food and income, medicine and animal feeds and more so oxygen for breathing.

**By: Mugisha –Apex Agro-Farm and Nursery bed**

#### FARMERS WAKE UP AND USE ENERGY SAVING STOVES

An energy saving stove is a kind of cook stove which uses less firewood and the kitchen does not get filled with smoke. This stove is made using clay and mud, which are locally sourced materials that people are able to get at a little cost.

Farmers should use energy saving cook stoves, started by TIST program.

TIST cook stoves from TIST training are so durable and can last a long time.

Why we should use TIST promoted energy saving cook stoves.

1. TIST new improved cook stoves can be used both at home and in institutions.
2. Energy saving stoves conserve heat and cooking is done very fast and food is kept warm for members at home.
3. Energy saving stoves use less firewood, leading to reduced cutting down of trees in rural areas.
4. Construction of these new cook stoves also ensures that there is less smoke emitted, hence preventing smoke related disease.
5. Improved cook stoves have become an important part of climate change adaption, helping communities reduce the amount of firewood they use, and saving more trees in different communities across Uganda.
6. Through using energy saving cook stoves, two meals are prepared once -that is, you can prepare source, water for drinking at the same time.

**By: Natukunda Jennisstar – Quantifier-Kabale**

#### WAYS TO ENSURE A SMALL GROUP HAS SUCCESSFULL PAYMENTS

7. Always attend the Cluster meetings on time
8. Make sure your Small Group is represented every Cluster meeting - atleast two members of the group must be present.
9. When your Small Group is issued a voucher, try to inform all the members of the group.
10. Make sure that your Small Group's registered mobile number is correct and active.
11. At least three members of your group should sign the voucher.

Let's work together to develop TIST.

**By: Olivia Niwaha – Quantifier-Kabale**



**RUNYAKORE**

**IMPORTANCE OF AGRO – FORESTRY TREES**

- Planting trees in agricultural lands can help increase food production and boost food security
- Helps in health and nutrition improvement due to increased diversity and quality of food outputs
- Can provide nutritious fruits, nuts and leaves for consumption in households
- Reduces soil erosion
- Increases biodiversity and soil in fertility
- Felled trees can be used as wood energy for cooking and heating while leaves can be used as forage for livestock
- Supports the production of a wide range of products such as timber, fiber, fodder & forage, craft products, medicinal products, gums & resins, among others.

By: Kyomwaka Betath-Quantifier - Rukungiri

**AMAZIMA AGARI OMU MITI**

- Emiti ekuzire nenyuunyuuta orwoya orubi
- Yaaba ekuzire gye, nerugamu embabaaho
- Neshohoza omwoya oguturikwitsya ogwa oxegyen
- Emiti emihango nenyuunyuuta orwoya orubi rwingi okukira emitি emitо
- Neetangira eitaka obutatwarwa omutunga
- Neerugamu ebikondo by'okwombekyesa
- Nitwithamu entaasya

**OMUNTU OKU ARIKUSHISHA EBYOBUHANGWA**

- Okukanya kwabantu omukicweka kureeteire ebyobuhangwa byasiisikara
- Okukoresa munonga eby'obugaiga by'obuhangwa kusiisire embeera yensi
- Okutema ebibira nakwe kusiisire eby'obuhangwa
- Okuhinga eitaka munonga kireeteire ryaku-kuuka
- Emiika y'obutwa kuruga omumakorero, nayo esiisire eby'obuhangwa. Nahabwekyo kireeteire abantu baakunda emitи, baagifaho, ahakuba neetuha ebijuma, ebyokurya, emibazi, ebyokurya

**Nebya:Mugisha Apex Agro- Farm and Nursery bed.**



- BAHINGI, MUREKYE TUKORESE AMAHEGA AGARIKUKORESA ENKU NKYE
- Waakoresa amahegaaga, nigatwara enku nkye, kandi ekiyuungu tikikwijura mu mwika. Amahegaaga, nigakorwa omwibuumba, obudongo, ebirikutuugwa kuruga omubitwetoraire, kandi birikutwara sente nkye
- Nitushaba abahingi kukoresa amahega aga agareesirwe aba TIST. Nigatwara enku nkye kandi namahangaazi.
- EMIGASHO ERI OMUKUKORESA AMAHEN-GA AGA
- Nigakoresibwa omumakan' omubitongore
- Amahega aga, nigabiika omuriro, reeru ebyokurya biguma nibyosya
- Nigatuubya okutema emitia ahakuba nigakoresa enku nkye
- Nigareeta omwika mukye, reeru kicendeeza endwara ezikureetwa omwika zaatuuba
- Amahega aga nigarinda eby'obuhangwa ahab-wokoresa enku nkye.
- Nigateeka ebiintu bingi omurudi gumwe kandi hamwe
- Nebya NatukundaJennestar – Quantifier Kabale.
- EMIRINGO MIRUNGI YOKUSHASHURA ZA GURUUPU ENKYE
- Muze omunkiiko omubunaku bwazo
- Mureebe ngu mwagira abajwekyerwa omuzaguruupu ze mpagara, haihi abajwekyerwa babiri bonka
- Sente zakasiimo kuziraije,reeba ngu bamemba baakimanya boona.
- Reeba ngu enamba yesimu ahi barazirabye ehandiikiise, kandi amaziina nigo
- Mureebe ngu haihi bamemba 3 baata ekinkumu aha kapapura k'okushashuriraho.
- Tukorerehamwe tutunguure TIST
- Nebya Olivia Niwaha – Quantifier Kabale
- EMIGASHO Y'OKUBYARA EMITI ERIKURI-IBWA
- Nikimanyisa obwingi bw'eby'okurya kandi kitamba enjara
- Nikireetera abeka baagira amagara marungi ahabwa ebijuman'amababi agarikuriibwa
- Netangira eitaka butatwarwa mutunga
- Nikikanyisa orwezo omu eitaka
- Emiti ku eriikukura nibagyombekyesa kandi amababi garugamu ebyokurya byamatungo
- Emiti eine emigasho mingi nkembaaho, emigoye, ebyokuryaby'amatungo ebirukire, emibazi nebindi bingi

**Nebya: KyomwakaBetath – Quantifier - Rukungira**



**ATESO**

**.....EBALUWA LO IYEMUTO**

**ABEIT NA IKAMANARA KEDE IKITO**

Ikito lu apolokoto itidisiarete ekwam lo aronon.

Arai kemojongata ejok, iyatakinete ajokisio nu iboro kwape nat abaoi.

Einakinete ikito ekwam lo edolit loka oxygen .

Ikito lu epolok komojongitos emasete ekwam loka carbon dioxide adepar lu didik.

Itidisiarete ikito ailotanaro naka alupok.

Einakinete ikito akito lu dukis.

Eyaunete da apiyai toma okale.

**EIPONE LO AMUNARATA ASWAMISIO NUKA ITUNGA EJAUTENE LO AIBOISIO WOK**

Eiyas lo itunga lo apoloor noi ngesi idiope bore yeni ayau atiokisio toma atutubena wok .

Aitosomao na elamar naka isuban luka Edeke amuna-muna ejautene kec.

Ajepio naka amagoron wok da amunamuna atutubena wok.

Akoru da kotoma oponesio lu mam ejokuka amunasi alupok wok.

Apuru na elomunenei kotoma ocuman lu etatai ka aisub da emunamunaete atutubena wok. Eidicane kidding wok kede ikito ngesi esinyikoiki ooni aidar ka ayuwar kesi , tetere ooni ipedor adumun iboro kwape nat imaidoko, araito, kwape inyamat wok ka adumunia apiyai da , ikee ka inyamat lu ibaren ka kere da ekwam lo iyenganari ooni .

**Ewadikan : Mugisha – Apex Agro -Farm and Nursery bed**

**AKORIOK AKWENYUTU AGEUTU AITOSOMA IKIYAL NGUN LU ITOJOKARITAI LU ATINEN KWANA**

Ikiyal ngun lu itojokaritai kesi ikiyal ngun lu itosomaete akito adis ido da mam illelebete apuru toma oipois . Iswamauno ikiyal lu kitwsamaete alupot kede elupe iboro da lu epatana adumun kotoma okalia wok komam adis piyai da.

Isinyikoikinitos ainapeta nuka TIST akoriok aitwasam ikyal lu

Ikiyal luka TIST lu edukete itunga akaulo na aitutorio eraasi lu iboyete aojau.

Ibore yen ibusakinitor ooni aitwasam ikiyal lu isinyikoikit TIST

1. Ikiyal lu itojokaritai lu ipedori ooni aitwasam kotoma okalia ka aiboisio nu apolok kwape nat osomeroi adekesia ka ace da .
2. Eraasi ikiyal lu nu idarete amwanis ido da ipoyete atipet kododor inyamat da akokere . esalakinete da inyamat emwaka kanu itunga lu okale aparan kere.
3. Itwasamaete ikiyal lu akito lu ikidioko apolokec itidi-siari ajepio na ikito kotoma aiboisio wok .
4. Ajaut na ikiyal ka lu itidisiari apuru kotoma otogoi wok itikitikete da adekesia ngun lu eyauni apuru
5. Arautu ikiyal lu nu itojokaritai ibore yen epol noi kotoma aitojokaar ekuse lo ikwamin , ka nu aitidi-siar ejepe lo ikito kotoma aiboisio wok ka nu aipoyo ka ayuwar da ikito lu egelegela kotoma akwap wok Uganda
6. Kotoma aitosoma ikiyal lu , ipedori ooni aipo iymat aiboisio arei nepepe arai bo nat aidor ediya kidorite atap da epuwai

**Ewadikan; Nankunda Jennester- Emaran ikito-Kabale**

**EIPONE LO ITOJOKARET ETACE LO APIYAI NE JA ATUKONA NU DIDIK**

1. Ajainikin ka aitolot aurianeta nuka aibunget kotoma apak
2. Kowanyu nuta ebe ejaikinos itunga iyarei lu elomunitos kotoma atukot nadidi kotoma aurianet kere na ejaikin na aibunget kangon lap.
3. Arai keyinakin akon tukot na didi avoca na etace , kowanyu nuta ebe itejenikin ijo imweban kon kere.
4. Kowanyu nata ebe enaba lo ipikakinitos eesi lo esimu ka nu etace erai lo isomai korai da lo abeit .
5. Ekot imwebai iuni lu elomunitos katukot kon kidokokisi akanin kec.

Eswamata nepepe ketopoloto TIST

**Ewadikan : Olivia Niwaha Emaran ikito Kabale**



**LUGANDA**

**AJOKIS NA IKITO LU EPOLOETE KEDE IRAN**

Aira ikito toma amisirin ngun nu ikoriei ooni ingarakin aikeun inyamat ka aitojokar esake ka adumun na akorion.

Ingarakini kotoma angaleu ka enyame da lo ajokan koipone lo aitolomun ikorion lu ipu kogelegela.

Einakinete araito na jokan , imaidoko ka akwii nu enyamasi kotoma okalia wok

Itidisiari ailotanario na alupok

Itojokarete ka aiyat da ebolia toma alupok .

Ikito lu ejepet einakinete ooni akito nu inoka ido da akec kwii epedorete ibaren ainyam.

Airayo na ikito einakinete iboro lu ipu noi kwape nat abaoi, iwusiok /ayeneta, inyamat lu akituk, iboro lu esubio nu akan , ikee, emina, ka ice da kere .

**Ewadikan : Kyomwaka Betath-Emaran ikito Rukungiri.**

**AMAZIMA AGALI MU MITTI**

- Emitti egikuzze jikendeza obukyafu mu mpewo.
- Bwejikula obulungi gyongeza ku muwendo gwagyo nga embawo.
- Emitti gituwa empewo enungi emala gyetussa (oxygen).
- Emitti egikuze nga minene gilya empewo embi(carbondioxide) okusinga emitti emitano.
- Emitti gikendeza ku kukulukusa kwetaaka.
- Emitti gituwa ebizimbisibwa
- Emitti kyanyingiza eri omulimi.

**OKUKOSA KWA EKOLA YO MUNTU ERI OBUTONDE BWE NSI.**

- Obungi bwomuntu bulabidwa nga ekyongera mu buzibu bwo butonde bwe ensi.
- Okozesa ekisuse mu bugaaga bwo omuttaka kyononye Enkola yobuwangazi bwensi mwetubera.
- Okusanyawo emitti nakyo kikoseza obutonde.
- Okulima nga odingana mu kitundu ekisuse kyononye ettaka.
- Omuka oguva mu makolero nakyo kyononye obutonde. Ekologana yaffe ne emitti etukubiliza okulabilira emitti, awo emitti ne gituwa ebinyebwa ebibala nga emere ne kyenfunya, edagala, emere yebisolo byaffe no omuka omulungi gwe tuusa.

**Bya: Mugisha- Owa Apex Agro-Farm and Nursery Bed.**

**ABALIMI MUZUKUKE NGA MU KOZESA AMASIGGA AGAKEKEREZA.**

Amasigga agakekereza, kwe tufumbira nga kikekereza enku era nga nefumbiro terijjula mukka.

Amasigga gano gakolwa mu toosi, etaaka lye kiswa, ebi-ri nti bye bintu ebikozesebwa nga bilabika mangu, nga tofolumiza kinene.

Abalimi bandikozeseza amasigga gano agattandikibwa mu TIST.

Amasigga agasomesebwa mu TIST mapangazzi okumala ekiseera ekinene.



**LWAKI TWANDIKOZESEZA AMASIGGA TIST GETU- EKIRUNGI EKIRI MU MITTI EGIBERA AWAMU NEM-MERE KUBIRIZA OKUKOLA.**

1. Amasigga amalongose gamu, TIST getukubiriza okozesa gasobola okukozesebe awakka ne mu masomero oba ebitongole ebynjawulo.
  2. Amasigga gano gakuma ebuggumu/ omuliro, okufumba nekukolebwa mangu nemmere ne kumibwa nga ebugumye kulwa abantu bawakka.
  3. Okuzimba/ okukola amasigga gano agakekereza kiraga nti waliwo okukendeza mu mukka ogufulumizibwa, awo nekikendeza kundwadde eziva mu mukka.
  4. Amasigga gano kifusse kikulu nyo mu kutaasa ekyukakyuka yo budde, nekiyamba abantu mu kukend-eza enku ne batassa emitti mu bitundu ebyenjawulo mu Uganda.
  5. Mu kukozesa amasigga gano osobola okufumba entamu biri omulundi gumu, emmere nenva oba naamazzi ogokunywa omulundi gumu.
- Okusimba emitti mu kitundu ekirimilwamu emmere kyongeza mu makungula kwe emmere nekyongeza mu kuba nemmere.
  - Kiyamba mu byobulamu ne kirisa okuva mu birungi ebiva mummere.
  - Kituwa ekibala, ekinyebwa, na makola aga ko'zesebe awakka.
  - Kikendeza mu kukulukusa kwettaka.
  - Kiyamba kumanyi muttaka mukirisa / oba obugimu.
  - Emitti egigwa/ amatabbi gasobola okukozesebe nga ekifubisibwa, ebikoola bikozesebe nga ekyokulisa ebisoolo byaffe.
  - Kiyamba mukwongeza mubiva mu mutti nga embawo, emmere ye bisoolo, ebintu ebilukwa, eddagala nebilala.

**Bya Natukunda Jenestar:Quantifier Kabale**

**Bya: Kyomwaka Betath:Quantifier Rukungiri,**

**ENGERI YOKULABA NTI AKABIINA AKATO-  
NO KAFUNA ENSASULWA ENUNGI.**

1. Okwetaba mu nkungana ze kibiina ekinene (Cluster) mu budde.
2. Laba nti akabiinako kakikilidwa buli kiseera mu nkungana, nga bantu bubbiri ku ba memba bakikilide.
3. Ekibiina kyo bwe kifuna akapapula ke sasulwa (voucher), gezako okutegeza abalala ba memba bo.
4. Gezako okulaba nti enamba yesimu ya mobile money esasulwako sente mu kabiina kamwe ntufu era ekozesebe.
5. Abantu basaatu ku bamemba batekka ekinkumu oba omukono ku kiwandiko ekyo.

Leka tukolere wamu okukulakulanya TIST.

**Bya: Olivia Nivaha:Quantifier Kabale.**



### LUO

#### LOK ADA MABECO I KOM YADI

Yadi ma gitego dwoko wolo yamo piny

Yadi miyo yamo mangic me aywaya (oxygen)

Ka gutegi maber, anyaki-ne ma calo bao bene becho maber.

Yadi konyo dwoko mol pa kalele piny.

Nanongo jami me gedo ki I kom yadi

Yadi kelo cente bot lupur-ne

#### ADUKI MARAC I TIC PA DANO I KOM KABEDO MA ORUMU-WA

Wel dano madwong mukato kare kelo peko ikom kabedo ma orumu-wa

Tic ki jami ma I kabedo ma orumu-wa I yoo marac balo kabedo meno abala

Tongo yadi ki I bunga I yoo marac balo kabedo ma orumu-wa

Pur I yoo marac bene balo ngom ki kabedo ma orumu-wa

Ito macol dok marac ma aa ki nyongo madongo wa matino balo yamo, ento kun wat-wa ki yadi miyo waparo pigi, pien gin miyo-wa nyig me acama, yat me cango two, cam bot lee ki bene jami muklene mapol ataas

#### Man Mugisha me Apex- Agro farm aye ocoyo.

#### LUPUR UAA MALO CI OCAK TIC KI KENO MAPBALO YEN.

Keno mape balo yen oboe keno matiyo ki yen manok dok pe miyo ito pong I ot tedo. Keno man giyubo ki lobo ki daba ki jami mogo ma gitwero nongo-gi I wel mayot .

Lupur omyero guti ki keno ma pe balo yen ma tist opwonyo-gi kwede, pien keno magi tek dok RII PI kare malac. Pingo myero lupur guti ki keno magi ma oa ki pot tist?

1. Keno pa tist magi gitwero tic kwed-gi I gangi matino ki wa I gang pwonye nyor gure madongo

2. Keno magi gwoko lyeto miyo tedo dek oyot
3. Keno magi tiyo ki yen manok miyo dwoko balo bunga pi yen piny
4. Keno magi cwalo ito manok miyo konyo jo matye ki two kor
5. Keno magi ginongo gudoko gin tic mapire tek tutwal I lweny I kom lyeto pa wilobo (global warming) kit macalo tiyo ki yen manok wek dwoko piny tongoyadi ki bunga pitedo, ma man tye ka time I Uganda olur
6. K a itiyo ki keno man, itedo cam aryo la-wanga acel, dek , pii cayi ki kwon, wa ki pi amata.

#### Man Jennestar Natukunda- lakwan yadi me Kabale aye ocoyo.

#### YOO MA MYERO DUL MATINO OLUBI WEK GICUL-GI OYOT DOK MABER

1. Kare ducu oo I kacoke pa dul madit co, dok pe I keng.
2. Omyero lumema me dul matino-ni obed tye I kacoke madit (olo-twaal jo 2)
3. Ka dul matidi-wu onongo warasa me cul, we lumema mukene-ni gunghee
4. Omyero nama cim ma gicoyo I waraga cul-ni obed kakare dok gicoyo ki nying ngat matye katic kwede-ni
5. Omyero dano 3 ki gurup-wu guket cing-gi I wraga cul

Watiyo kacelo pi dongo TIST

#### Man Olivia Niwaha-lakwan yen Kabale aye ocoyo

#### BER PA PITO CAM LACELO CEKO CAM

- Pito yadi I poto cam medo ceko cam
- Nyig yadi medo cam ki moc cam I kom dano
- Nyig yadi medo kare pa kom dano me lweny I kom twor



- Pito yadi I poto cam dwoko mol pa kalele piny
- Pot yat ma poto I ngom-ni ka otop medo moc ngom
- Giromo tongo jang yadi magi me tedo I paco
- Pito yat ki cam kacelo miyo lupur bedo ki anyaki mapol me acama ki me acata calo, nyig yadi, bao, yen, yen me gedo ki mapol ataa.

**Man Kyomwaka Betath Lakwan yen me Rukungiri aye ocoyo.**

#### UKWELI JUU YA MTI

Miti kukomaa hupunguza uchafuzi wa mazingira  
Wakati kukomaa vizuri wao huongeza thamani ya mali kama mbao  
Miti hutoa oksijeni ya kutosha  
Miti kukomaa (kubwa) huchukua kaboni dioksidi zaidi kuliko miti ndogo  
Miti hupunguza mmomonyoko wa udongo  
Toa vifaa vyta ujenzi  
Chanzo cha mapato kwa wakulima

#### ATHARI YA SHUGHULI ZA BINADAMU KWA MAZINGIRA YAO

Zaidi yaidadiyawatuimekuwaikionekanakamam-zidishajiwashidazamazingira. Zaidi yamatumiziayar-asilimaliasiliaimeharibumazingira. Ukatajimiti pia umeathirimazingira. Kilimo, ambachokimesababishakilimokinginakupelekeauharibifuwardhi. UchafuzikutokakwaViwandanaViwanda pia umeathirimazingira. Na uhusianowetunamitiumettiamoyokutunzamiti, kwahivyomitiinatupakaran-ganamatundakamavyanzovyachakulanamapato, lisheyadawanawanyamanaoksijenizaidiyakupumua.

**Na: Mugisha - Apex Agro - Shambanakitanda cha Waugazi**

**MKULIMA AMUKENI JUU NA MUTUMIA JIKO LA KUOKOA NISHATU.**

Jiko la kuokoa nishati ni aina ya jiko la kupika ambalo hutumia kuni kidogo na jikoni haijazwa na moshi. Jiko hilo limetengenezwa kwa kutumia mchanga na matope, ambayo ni vifaa vyta kahawia ambavyo watu wanaweza kupata kwa gharama kidogo.

Wakulima wanapaswa kutumia majiko ya kupika kuokoa nishati, yaliyoanzishwa na mpango wa TIST.



Jiko la kupika la TIST kutoka kwa mafunzo ya TIST ni refu na linaweza kudumu kwa muda mrefu.

Kwa nini tunapaswa kutumia jiko la kupika la kuoko nishati la TIST.

1. Jiko mpya ya jiko la kupika iliyoboreshwaniaweza kutumika nyumbani na katika taasisi.

2. Jiko la kuoko nishati huokoa joto na kupikia hufanywa haraka sana na chakula huhifadhiwa joto kwa washirika nyumbani.

3. Majiko ya kuoko nishati hutumia kuni kidogo, na hivyo kusababisha kupunguza miti katika mae-neo ya vijiji.

4. Kujengwa kwa majiko mapya ya kupika pia inahakikisha kuwa kuna moshi mdogo uliotolewa, kwa hivyo kuzuia ugonjwa unaohusiana na moshi.

5. Majiko ya kupika yaliyoboreshwaya yamekuwa sehemu muhimu ya kukabiliana na mabadiliko ya hali ya hewa, kusaidia jamii kupunguza kuni zinazotumia, na kuoko miti zaidi katika jamii tofauti za Uganda.

6. Kupitia kutumia majiko ya kupika kuoko nishati, milo miwili imeandaliwa mara moja - ambayo ni, unaweza kuandaa chanzo, maji ya kunywa wakati huo huo.

**Na: Natukunda Jennestar - Quantifier - Kabale**

kondogoi liyosajiliwanisawanainafanyakazi.

5. Angalauwashirikiwatatuwakikundichakowanapaswakutiasainihati. Wachatufanye kazi pamo-jakuza TIST.

**Na: Olivia Niwaha - Quantifier – Kabale**

**UMUHIU WA KILIMO CHA MTI YA MISITU.**

- Kupanda miti katika ardhi ya kilimo inaweza kusaidia kuongeza uzalishaji wa chakula na kuongeza usalama wa chakula
- Husaidia katika uboreshaji wa afya na lishe kwa sababu ya kuongezeka kwa utofauti na ubora wa mazao
- Inaweza kutoa matunda yenyehishe, karanga na majani kwa matumizi katika kaya
- Hupunguza mmomonyoko wa udongo
- Huongeza bioanuwai na mchanga katika rutuba
- Miti iliyokatwa inaweza kutumika kama nishati ya kuni kwa kupikia na kupokanzwa wakati majani yanaweza kutumika kama malisho kwa mifugo
- Inasaidia utengenezaji wa bidhaa anuwai kama vile mbao, nyuzinyuzi, lishe & forage, bidhaa za ufundi, bidhaa za dawa, ufizi na pumzi.

**Na: Kyomwaka Betath - Quantifier - Rukungiri**

#### **NJIA ZA KUHAKIKISHA KUNDI NDOGO INA POKEA MAFANIKIO KWA MALIPO YAO.**

1. Daimakuhudhuri amikutanoyanguzokwawakati

2. Hakikishakikundichakokidogokinawakilishwakilamkutanowa Kundi - angalauwanachamawawiliwakikundilazimawawepo.

3. Wakati Kikundichako Kidogokitape wavocha, jari-bukuwajulishawanachamawotewakikundi.

4. Hakikishakwambanambari ya simuyaki kundicha-



