



# THE TREE

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## TIST Uganda September 2011 News letter

"The Tree" N'orupapura r'wamakuru orunkuhandikwa aba TIST Uganda, etagi rya the International Small Group and Tree planting program.

### OKUKORA KWAITU

TIST n'ekigombe ekyehaireyo kwimutsya omutindo gwabahingi aba'hansi kirikubongyeramu amaani gokurwanisa okucwekyerezibwa kw'ebihara, okwejuna obwono nekyenda kitari kyaburijo.

### EBIGYENDERERWA BYAITU

Omukunyanyisa ontunguka yentuura nokurundana orwoya orurungi orurukuruga omumili. TIST nehwera abahingi abarikurenga 25,000, ebyokwerinda Sirimu, endisa enungi yabomumaka nokucendeza yenku namakara.

### PREFACE

HIV / AIDS-no cure. What can we do?  
Try this liquid manure plus natural pesticide  
Meetings for Unity and success  
Farming in dry areas and in droughts  
Trash to treasure composting  
How can we fight forest fires? A little prevention goes along way.

### EBIYOMUNDA

HIV / AIDS Tenkutambwa tukoreki?  
Orweezo n'enkari otairoho emibazi yenzarwa ebinga ebikooko  
Enkiiko zokweteerana n'obusinguzi  
Okuriisa nokuhinga omunsi zoomire nezekyanda kitari mubwire bwakyo.  
Orweezo  
Turwanisetura emifiro y'ekyanda?  
Okwerinda nikutuhwera.

## SEPTEMBER 2011 NEWSLETTER

### TIST FARMERS.

It is a pleasure to see the big number of trees you have planted within few years of the program.

You are encouraged to use this chance of heavy rains and plant more, especially indigenous/ fruit trees.

Nice planting season.

Ara.

### ABAHINGI BEMITI AHABWA TIST.

Nikirungi kureeba emiti ei mubyaire omumyaka egi mikye kwiha ekibiina eki kitondwaho.

Nimuteebwaho omujinya/ omuzimbwe kwongyera kubyara mingi omubwire bwenjura nyamwingi okukira eyenzarwa neyebijuma.

Mukagire obugingo omukubyara omubwire obu.

Ara.



## **HIV/AIDS-NO CURE: WHAT CAN WE DO?**

HIV/AIDS has no cure.

It has made families slide back in their activities.

AIDS causes poverty, hunger, and internal conflicts.

When the devastation of AIDS arrived, communities lost trust in one another because of suspicion of charms. People at first thought that demons, evil spirits were sent by satanic powers to disturb them. Some thought the suffering was the curse of their forefathers and grand parents who suffered during their stay on earth. It was not until that screening and testing for HIV/AIDS was done and people were educated about the disease that we knew the true cause. We also learned that the disease has no cure, and so prevention is critical!

AIDS is devastating to those who contract it and to their families. A suffering parent will not go to the garden for digging, and so hunger and poor diet strikes the feeble and their household. The family spends the little money and time they have to treat the patient. Some young children stop schooling because there aren't enough funds for fees, food, and domestic needs.

The patient's clothes grow old and tear, leaving them in unwashed rags. Nobody cares for these people: the government doesn't have enough facilities for treatment of the disease, and families are stretched beyond their limits to help. Poverty and hunger slow the development of the community. AIDS sweeps all regardless of the colour, age, size

and behavior. We are nurturing orphans, living with widows and widowers in our societies and communities because of AIDS. Sick people who are not counseled often have no hope since they don't know how they can live longer and be healthier despite AIDS and so start to spread the disease to fellow comrades.

Because AIDS impacts families and whole communities, budget and development may fail, and the world is in chaos.

Grants and donations alone are not enough to solve this problem. Prevention, support, and education and training through organizations like TIST. We need to work together to help people understand AIDS and how to prevent it. In TIST, people with HIV may plant trees while they are strong. In years to come, even if the person becomes weaker, these trees can provide income for the patient their family. We should support and include our neighbors with HIV/AIDS and their families. To save our communities, and ourselves we need to take strong action in education, tree planting, and conservation. We need to know our HIV status and plan for the future. When we make these changes in our sexual behavior, when we conserve the environment and plant trees for our future that is how we shall be saved from danger.

**Bagyenda George**

### **TRY THIS! LIQUID MANURE PLUS NATURAL PESTICIDE**

I have legumes in my banana plantation and I use liquid manure to

prevent the spread of some diseases and pests.

#### **Liquid manure composition.**

The liquid manure is made of urine, pepper, tobacco, and ash in the following way:

- 1 plastic mug of pepper
- 1 plastic mug of tobacco
- 1 plastic mug of crushed ash

#### **Preparation:**

Mix the above ingredients to 20 liters of urine and let them stay for 14 days. By this time, the mixture will have decomposed. Add two jerry cans of water, and then filter for application to the banana plantation.

#### **Application:**

Spraying of this component to sword sucker, and is very important for controlling banana weevils and other insects that affect the plants.

This manure is also used in orchards for spraying of fruits to control pests and diseases and as it goes down to the roots, to feeds the plant as liquid manure. It is valuable both as a natural pesticide and to feed the plants as organic fertilizer. I have also used this to increase yield in market gardening, fruit growing and in banana plantations.

I give this testimony to my fellow TIST members to apply. I have found it to be one good way to control pests and diseases in damp and humid conditions in our agricultural lands.

Let us work together for better yields!

**Joyce Murungi**

**Trainer Bushenyi**



## MEETINGS FOR UNITY AND SUCCESS

Meetings play important roles. They collectively unite us, widen our thoughts and make us aware of new ideas. The Cluster meeting usually is a time of worship. It is the time of reunion for fellowship. It is the time for new friends who want to co-operate and create good attitudes and actions toward our environment. Meetings bring harmony and reconciliation.

Meetings are times of planning together. Feedback from meetings is key to creating new initiatives and opportunities in TIST. By reviewing what we did, what worked and what didn't, we can improve our work, our communities, and all of TIST. Projects are ap, raised and duties assigned are assessed and examined effectively by the group.

At meetings, capacity building therefore is done. New ideas from different villages help us create good objectives and goals for our economic and communities' development.

When we meet and share best practices, we can be aware of the TIST Values and can hit our targets with low budgets, with volunteerism, honesty, accuracy and mutual accountability, as we are good servants to each other. I do not want to miss meetings because when I participate, I learn more and more how to take action to improve the environment.

**Orishaba Joshua**

**TIST Quantifier, Kanungu.**

## FARMING IN DRY AREAS AND IN DROUGHT.

Times are changing. Agricultural production is becoming lower due to climate change. If we don't adapt, the results will be hunger for many families. The best way to overcome this problem shall be learning and practicing dry land farming techniques.

Many different techniques can help us succeed in a drier climate. Harvesting rainwater will help the subsistence farmer. We can learn to building underground tanks and reservoirs for water collection, and catch rainwater from our roofs. This will improve on the crop production, since harvested water can be used for irrigation for cereal crops. We can use Conservation Farming, since the water is concentrated on crop plants in the pits, meaning we can use less water for big results.

If we adopt techniques of dry land farming, growing crops that require less water, we won't need to migrate as much for water to protect our animals from thirst and or for pasture. New technologies shall help keep our land productive. Sprinkling water pumps may also help farmers increase their yields. Using agro forestry techniques with cereals can also create great results. Many different systems have been developed, and many yield good results. Nitrogen-fixing trees can improve fertility, while roots hold soil and prevent erosion even when weather is dry.

Diversifying what we plant, for example, practicing agro forestry

with cereals can protect us in the face of problems like bacterial wilt in bananas.

Therefore, as the climate and times change, we will adopt new crops and technologies; grow maize, rice, sorghum and beans to make food production more secure and sustainable.

**Arinaitwe Frank**

**Nyabubaare Farmers.**

## TRASH TO TREASURE: COMPOSTING

Much of what we throw out as worthless garbage has great value if we use it to make compost manure.

To make compost manure, collect garbage and sort out organic matter to make into compost. Kitchen waste, animal manure, eggshells, leaves, and more can be heaped in one place to collect it.

Here is how to make a compost pit to make rich compost manure:

Dig compost pits 4 feet wide by 4 feet long and by 2 feet deep. Add the organic matter, including garbage you have collected, to the pits.

Then, chop dry sticks into small pieces and place these chopped pieces as the 1<sup>st</sup> layer in the pit hole.

Next, add dried grass also cut into small pieces of 3-5cm.

Then add the 3<sup>rd</sup> layer of animal droppings.

Add dried grass. Put on the top a layer of ash and cover thinly. Always add water, at least 20 liters, two times a week. Water helps the microbes that break down the organic material



into good compost. It also keeps the pile from getting too hot and catching fire. After a month, turn this compost out into another pit, mixing it well, and add a thin cover layer of ashes, then topsoil to cover. When the second month is over, mix and turn it to another compost pit, and leave it for a month. Therefore, in three months time, your manure is ready for crops.

You can use the pit many times, so when you transfer the manure from the first to the second pit, you can start making new compost manure in the first hole. This way, you will have a good supply of manure for your crops all year.

Manure, especially compost manure, is needed these days to enrich our soils. It can help any crop grow better.

When we collect garbage and make manure, we get two great yields. Our crops yield better, and, the best yield may be that we are clean and do not stain our environment.

Let's collect our garbage and make this trash into a treasure.

Thank you.

Rev. Enoch

### HOW CAN WE FIGHT FOREST FIRES? A LITTLE PREVENTION GOES A LONG WAY!

By Ben Misleh

Fire is natural, and under the right conditions, may improve soil and tree health. However, fire can also be bad for forests and dangerous to people if not managed appropriately. As TIST members, we should understand what causes fires and

how we can to minimize the risk of large, dangerous, tree-killing fires.

There are two basic types of forest fires. The first is ground fire. Ground fire is usually slow moving and of relatively low temperature. A ground fire can help remove dead brush, grasses, and other low-lying debris.

Because the temperature is low, it leaves only small burns on the base of the tree, and the bark protects the tree. This means ground fire generally will not kill the tree. When a ground fire gets too hot or fast-moving it can become a crown fire. In crown fires, fire spreads through tree canopies. Crown fire can be deadly for trees because it kills all of the leaves on trees and often kills the living tissue in twigs and branches. Death of leaves and tissue in branches makes it extremely difficult for the tree to recover after the fire.

A few easy steps can help ensure that if a fire burns through your forest, it does little damage to trees:

1) Plant trees at the recommended spacing of two meters by two meters (or more!). This is one of the easiest and most important things you can do to prevent deadly fires. This spacing gives the fire less fuel since there will be fewer branches on the ground and fewer dead trees in the forest. In a fire, these dead branches and trees act as ladders for fire to reach the tree canopy.

2) Cut low branches, especially dead branches, from the trees and remove dead trees entirely. Again, dead branches and trees provide access to the tree canopy for the fire and make the fire burn hotter. Make sure you remove these pruned branches as well as other limbs or trees that have

fallen naturally from the forest.

Debris on the forest floor can quickly turn a low intensity fire into a stronger, damaging one that kills trees by destroying tissue in the stem and in fine roots near the soil surface. Gather dead wood, and benefit from both the reduced risk of fire and useful fuel wood!

3) Create firebreaks by leaving space between rows of trees to limit fire spread. You should not harvest forest you have already planted to create space between rows of trees, but when you plant a new forest, you may want to sacrifice planting a few trees to help decrease the risk of fire. There is no "standard" distance between firebreaks, and they are not always necessary. The purpose of a firebreak is to create an area with little or no fuel through which the fire cannot burn. When it reaches this bare ground, the fire will stop and not burn adjacent areas.

When making firebreaks, build with the contours of the landscape. Leave a bare strip across a hill, not up and down. Fires generally burn uphill, and on steep slopes easily go from slow, low intensity ground fire to fast-moving, high-intensity crown fire. Heat from flames lower on the slope rises, and preheats fuel further upslope. These fuels then ignite more easily when the fire reaches them. Because of this, it is especially important to do all we can to decrease fire risk on hills.

Every site has a different fire risk, and different techniques can be useful in different sites. Talk with your neighbors to learn what they are doing to prevent damaging fires.

By Ben Misleh