



THE TREE

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"The tree" n'orupapura rw'amakuru orurikuhandikwa aba TIST uganda itaagi rya The International Small Group and Tree Planting Program.

OKUKORA KWAITU

TIST n'ekigombe ekyehaireyo kwimutsya omutindo gw'abahingi aba hansi kirikubongyeramu amaani gokurwanisa okucwekyerezibwa kw'ebibira, okwenjuna obworo nekyanda kitari kyaburirije.

EBIGYENDERERWA BYAITU

Omukunywanisa entunguuka yentuura n'okurandani orwoya orurungi orurikuru ga omumiti. Nokunyunyuta orwoya orube kuruga omu mwanya TIST nehweza abahingi abarikurenga 25,000, eby'okwerinda sirimu, endiisa enungi yab'omumaka nokucendeza enkoresa y'enku n'amakuru.

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EBIRY'OMUNDA

Emiti y'enzaarwa eyomugasho omu uganda; omushambya.

Vacado zinuzire kandi ziine ekirisa!

Orukiiko rwobwebembezi rwa tist; emitwarize mirungi.

Engyenderwaho /enyomyo za tist)

Obutumwa bwa edita.

Amakuru marungi gaba ekyomuhendo.

Ebibira/ amahamba gaitu meingi gahinguzibwe gaikirizibwa aba E S ku abahingi baitu ba TIST batandika kushashurwa sente zorwoya oru emiti erikukwata. Mube mugumisirize okuhisya obukirakorweho.

Ara.

Great news is a pleasure.

Many of our SGs/ groves were validated by E.S.Inc. Our TIST farmers will in future be paid according to how much carbon has been sequestered by their groves. Be patient for that great news.

Ara.

Useful Indigenous Trees of Uganda: Musambya

The *musambya* tree (*Markhamia lutea*, Nile Tulip, Bell Bean Tree) is a common native tree in Uganda. It is fast growing, and many farmers find it to be a useful tree to grow on their farms. It improves soil and its long taproots help prevent erosion. *Musambya* grows easily from seeds, so it's simple to grow in your own nursery bed, using seeds you gather, to get very good seedlings to plant on your farm.

Like many native Ugandan trees, it does well with a biannual rainy season and good soils. Once established in the ground, it grows fast.

It's a drought resistant tree. Take care not to over-water it, as water logging causes root rot in *musambya*.

Musambya once was once common, but is quickly disappearing from Ugandan forests and fields because it is a major source of firewood and charcoal. In northwestern Uganda, it is also used to cure tobacco. Its poles are useful in banana plantations, and its flowers are good for bees making honey.

Wood from *musambya* is fairly termite-resistant and can be used for furniture and boat building, but is not recommended for construction.

Musambya leaves are known to have medicinal value.

The *World Agro forestry Center* recommends widespread planting of musambya to help in soil conservation, for use as a windbreaker and to enhance soil moisture.

Try planting some today!

Composting Livestock Manure: Here's How!

Composting livestock manure has many important benefits for small farm owners.

- Compost improves the health of both plants and the soil.
- Compost improves the physical structure by making soil more porous, adds fertility and increases the ability of the soil to hold moisture and nutrients.
- Manure provides the owner with a free, rich source of compost for the yard, garden, pasture, or gardening neighbors that slowly releases nutrients and won't burn plants.
- It reduces flies and the diseases they spread by eliminating their breeding ground

- It reduces parasite re-infestation of your animals- the heat generated in the composting process kills parasite eggs
- It reduces pollution of streams and ground water since it limits runoff of manure
- It reduces mud in your confinement area, and increases the life of organic footing material
- It prevents some weed problems since heat from compost kills weed seeds in the manure.

To get started, first, select a site for your compost bins or pits. You want to put them in a high, dry area of your property, not in a low-lying area or in an area that receives surface flows. Otherwise, compost may become a soggy mess and the nutrients will be lost. A location close to your stall and paddock areas will make the chore of cleaning up easier.

Next, decide on the number of bins or pits needed. At least two bins are best for 1 to 3 large animals. Pile manure and organic waste in one bin. When that bin is full, allow it to compost and start filling the second bin. Once the material in the first bin is decomposed, you can start using it.

If you have more animals or want more storage capacity,

consider using a three bin or pit system. This allows you to have one bin where daily waste can be stored, another bin which is full and in the composting stage, and a third bin for the finished compost to be stored for when you need it.

After you have decided where to put your compost bins, and how many bins you need, it is time to gather or purchase materials. Compost bins can be made of something as simple as wood pallets placed on end and nailed together, or of more durable and aesthetically pleasing landscape timbers. Pits also work well, and do not require additional material purchases.

To make good compost, you need to manage the amount of water and heat in the compost through tarping, turning, and watering. Like all living things, the micro-organisms which break down the manure and bedding require air and water. Too much or too little of each can cause problems.

Cover each of your bins to prevent your manure piles from becoming too soggy or too dried out. A tarp also prevents the nutrients you are trying to save from being washed out.

Turning the piles allows oxygen to get to the bacteria and organisms which break down the manure into a soil-like substance. How often the pile is turned, determines how quickly the compost will be ready. Keep

the manure pile as damp as a wrung out sponge. Water the pile every time you add a wheelbarrow of new material and when you turn it.

If you follow the above guidelines, your compost can be ready as soon as 21 days. Depending on how often you turn it and whether it stays damp, composting usually takes between 1 and 3 months. You will know when your compost is ready when the material looks evenly textured and crumbly like soil.

It is easy to make and use this livestock manure compost for its goodness to our gardens. Together, we can.

(Adapted from Washington State University Stewardship Gardening Extension)

Avocados are delicious and nutritious!

Avocados are a very useful tree to grow on farms for TIST farmers, producing fruits that are valuable both for home and market. Avocado fruit has fantastic nutritional value.

Some people avoid avocados because they have a higher fat content than most fruit. However, most of the avocado's fat is mono-unsaturated. Mono-unsaturated fat is the healthiest kind of fat. Although it has the same amount of calories as any other type of fat, mono-unsaturated fat has been

strongly linked to reducing cholesterol and in reducing heart disease.

Other benefits include:

- Gives you a feeling of fullness
- Nourishes the skin and joints
- Soothes the gut and digestive system
- Avocados are one of the highest protein fruits

Not only are Avocados packed with healthy fats they are also high in vitamins and minerals, making them one of the most nutritionally dense foods around. Avocados are abundant in anti-oxidants: vitamin E, beta-carotene, and vitamin C.

Plant more avocados, they are good for our health, and can be sold to increase household income.

By Sarah Nankunda.

TIST Uganda Leadership Council: a new best practice

TIST Uganda is learning from best practices from its neighbors to improve service to TIST Uganda farmers: we started a new system of Leadership Council. This Leadership Council is composed of 12 members, one of whom is elected leader and another one as co-leader. In the leadership council, we will build the strengths of more TIST members to serve TIST farmer members well, improve

training, and help TIST Uganda grow stronger. We will use the best practice of rotational leadership. After serving for 4 months, the co-leader becomes leader, and a new co-leader is elected from the members and council

The members of the LC were selected by the quantifiers. The selection was among trainers, quantifiers and office staff. The members were chosen from the three districts of project areas of Kanungu, Kabale and Bushenyi to represent all of TIST Uganda's members. In the future, strong group members will also serve and share their strengths.

The role of the leadership council is:

- To sensitize and train farmers about TIST program.
- To ensure more regular payments of small groups
- To ensure better understanding of the farmers' problems, build the bridge between the US team, the farmers, office and the Government.
- Bring good ideas and implement them for better program, demonstrate TIST values.
- Building up one another with mutual love and understanding.
- To motivate the communities with good insights for the future.

The first LC calls upon every TIST member to work hard as a team and keep TIST values for great results. Together, we can.

By Hakim Bachwa.

TIST VALUES

To begin, we want to remind you about the TIST Values.

They are the foundation and heart of the TIST Program.

Without them, the program and the work that all of us do will not thrive.

This will help all the TIST participants have a better understanding of: Who we are, how we do things *that other people can see*; what we do and what we create. This is how we can contribute to the well-being of our families, our communities and to the sustainability of the TIST program;

Who We Are

- 1) We are honest.
- 2) We are accurate.
- 3) We are transparent

- 4) We are servants to each other.
- 5) We are mutually accountable to each other.

How We Do Things that other people can see

- 1) We are volunteers.
- 2) We do the work ourselves in small groups
- 3) We develop and use best practices
- 4) We use our head and hands.

What We Do

- 1) We plant a variety of trees for the long-term.
- 2) We find ways to improve our health.
- 3) We practice Conservation Farming.
- 4) We do other projects and businesses.
- 5) We sell carbon credits.

What We Create.

This is different from what we do. When we have these values and as we live and do business the way on

Projects, we create something that was not there before.

These include;

- 1) We create Team Work—by doing things this way; we end up working like a team.
- 2) We create Capacity—we create organization, strength, and a system that is strong.
- 3) We create Enjoyment—we see results, we accomplish big things that we enjoy
- 4) We create Big Results—Big results in planting trees. Big results in Conservation farming, energy saving cook stoves and from other projects and business that we do.
- 5) We create Low Administrative costs, yet we achieve big results. If there are

things that are confusing or that you do not understand about the TIST Values, please ask questions so we can serve you better.

By Sarah Nankunda.



TIST Leadership Council Members in a meeting - Kabale.



TIST trees being planted around land boundary.