



THE TREE

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"The Tree" N'orupapura r'wamakuru orurikuhandikwa 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'ebibara, okwejuna obwono nekyenda kitari kyaburijo.

EBIGYENDERERWA BYAITU

Omukunyanyisa entunguka yentuura nokurundana onwoya orurungi orurukuruga omumiti. TIST nehwera abahingi abarikurenga 25,000, ebyokwerinda Sirimu, endisa enungi yabomumajira nokucendeza yenku namakara.

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EIHURIRE RYO KWIKUMI NEBIRI.

EDITORS MESSAGE.

To TIST farmers

Thank you for planting trees in the year 2013 and receiving validators for carbon sale in the best way.

The focus for 2013 is M.M.M

Many TIST farmers

Many trees

Much money to farmers

God bless you as we start the New Year 2014

Ara.

OBUTUMWA BWA EDITA.

Abahingi bemiti aba TIST.

Mwebare kubyara emiti nokugirebereragye omwaka 2013 hamwe nokwakiiragye abashwijumi bemiti ahabwokuguza omwoya.

Omu 2013 amani katugate ahanyuguta ezi M.M.M.

Many TIST farmers- Abahingi baingi ba TIST

Many trees-Emiti mingi

Much money to TIST farmers-Esente nyingi ahaba TIST

Ruhanga abahe omugisha twaba nitutandika omwaka musya 2014.

Ara

RED STINKWOOD - A GOOD INDIGENOUS TREE

Red stinkwood (*Prunus africana*) is a useful indigenous tree to plant on your farm. It grows in all soils in our land, and requires from 890 to 2,600 mm of rainfall per year. It is used for timber, and its leaves, roots and bark are valued for herbal medicine. Because of its value as medicine, stinkwood trees have been over-exploited in the wild and become rare.

Stinkwood grows fairly quickly and its leaves rot quickly allowing the leaf litter to enrich the soil or be added to make good compost manure. It can be grown independently along the paths in the crop gardens or along the roads and streets. Stinkwood is excellent at preventing erosion proving to be very useful when planted following the contour of land for soil conservation.

The tree's scent repels mosquitoes with a strong scent of bitter almonds – hence the name stinkwood!

I encourage TIST farmers to grow stinkwood trees because of its many benefits. After receiving seedlings from the TIST Uganda office, I planted them on my farm and they are growing very fast. It is also easily grown from seeds in your tree nursery. The trees are in excellent condition and really look good. I expect to get a lot of benefit from these stinkwood trees. Thanks to TIST for sharing information on the tree's benefits and seedlings so that I could see these benefits myself.

My fellow farmers, plant indigenous trees. Trees like stinkwood are good for our soils, grow fast, look pleasing and have the best wood. Other indigenous species have other diverse benefits. Try and see for yourself, and share with other TIST members what works well for you. We shall achieve more for many years to come. Plant stinkwood!

By Karimasi, Kandari Group in Kabale.

GOOD NUTRITION FOR CHRONICALLY ILL PEOPLE

Eating the right foods is important for all of us, but it is especially important for people who are ill. Diabetes, Cancer, HIV/AIDS, and Tuberculosis (TB) are all chronic illnesses, meaning they recur or last a long time. In many cases of AIDS, a long-term patient can lose a lot of weight and children may fail to grow normally. Chronic diarrhea is often a problem, along with many other illnesses. Patients suffering from such diseases need to be fed the right, nutritious food to make them as strong as possible and help fight other infections. Good nutrition includes food which:

Carbohydrates - provide energy to the body

- Foods in this category include:
 - Ugali (porridge from maize), sorghum, millet, finger millet or cassava.
 - Rice, sweet or Irish potatoes
- (Note that oils and fats, in moderation, provide energy as well as add taste to the food.)

Proteins – use for body building – which include:

- Meat (beef, chicken, goat, mutton, duck, guinea fowl).
- Fish (sardines, tilapia, Nile perch, mud fish).
- Eggs, milk, legumes and groundnuts

Vitamins – help maintain your health

Vitamin A is especially important for people living with HIV/AIDS. Many vitamins, especially Vitamin A, are available in good quantities from:

- Green vegetables (cowpea leaves, okra, cassava leaves).
- Orange fleshed vegetables (orange fleshed sweet potato, pumpkin, carrots, tomatoes)
- Plantain (matoke)

- Fruits, especially those with a yellow color (oranges, paw paws, mangoes, guavas)

Keep Hydrated – drink lots of water

- Sick people need to drink a lot of water. Drinking water should be boiled for at least 10 minutes, cooled and stored in a clean, covered container. Clean water is important for all members of the family, but is especially critical to those with a chronic illness, since they cannot fight other diseases as well as someone who is strong.
- If the patient has chronic diarrhea you can make a simple rehydration drink to help replace the fluids the patient has lost. Dissolve six teaspoons of sugar and half a teaspoon of salt in one litre of clean water. You can also add fruit juice to make it taste better.

Remember basic hygiene practices

- If you are preparing food for someone who is ill, make a special effort to ensure your hands are clean, food is washed and cooked properly, and that eating utensils are thoroughly cleaned and dried. Following these good nutrition and hygiene principles can make a big difference for the chronically ill people we care for.

By Sarah Nankunda

Nurseries – A source of income and key to big results

It is that time of year again to start our nurseries. By starting our own nurseries, we can keep costs low and results big. We can grow diverse species that provide varied benefits for years to come. First, choose a suitable place for the tree nursery. The place should have a slight slope so the water runs off. The place should be out of floods, but near a water source like a river or water tap, making it is easy to water the seedlings as they grow. It is useful if the nursery is close to where the trees will be planted. This makes it easy to

carry the saplings to the groves, while they are healthy and not stressed during transplanting.

Once you have chosen a site, prepare the seedbed. First, the nursery bed should be surrounded with dried maize stalks or branches as a fence to prevent animals from getting in. Next, prepare the fertile seedbed soil by using 3 parts of topsoil from forest areas, 2 parts of sand and 1 part of manure or plant compost. Make sure the compost is well matured to ensure that the soil is rich with nutrients to help the seeds grow.

TIST members have shared these best practices for raising seedlings:

- Make sure you have gathered good quality seeds from healthy parent trees with good traits (strong trunk, no diseases, good fruits for a fruit tree). Check to make sure the seeds are free of pests and mold. Planting diverse species makes healthy groves that provide long-term benefits.
- Time when you plant the seeds according to how long it will take it to be strong and the right size to transplant into the prepared hole in the field. You want to have the seedlings ready to transplant at a time when rains and weather will be good for their survival.
- Place the seed in some sort of bag or tube filled with the fertile soil mixture so the bag holds the plant vertically. Some Groups use polytubes, while others make tubes from clean, used plastic shopping sacks, or from charcoal sacks cut in strips and sealed with an ember. Some farmers even use banana leaves. It is better to leave the bottom of the tube open for root pruning and very important if the bottom is closed to make holes for drainage.
- Seedlings should be checked at least every week or more often, and need to be watered and weeded.
- When you check the seedlings, look at the roots. You can either clip off the small roots that are coming out or you can just move the seedling in the nursery *once per week*.

With the knowledge I have gained from TIST, I have managed to start nursery beds from which I get money from selling seedlings. I have beds of different species, which I sell and get income for my family. I am proud of be a member of TIST!

Start your nurseries now to grow more trees - grow our profits and benefits - grow TIST!

By Ndyabawe Carl Peters, Trainer in Kabale

We are Accurate, Honest, and Mutually Accountable

Small Groups play key role in TIST data accuracy for success in carbon market

Working together in TIST, we have accomplished great things. Today, there are more than 4.4 million trees growing in Uganda because of our work. We achieved and celebrated successful Validation and Verification of some TIST Uganda tree groves under the Verified Carbon Standard and Climate, Community, and Biodiversity Standards, qualifying many TIST farmers to take part in the global carbon market that supports the payments we receive for our trees and all TIST program activities. When we work together and follow TIST Values, we have great success.

However, we still have a lot to accomplish. In many groups, data collected in Quantification are not yet complete to qualify all groves for the carbon market. In other cases, we have found that trees Quantified are not accurate, or that a farmer has cut their TIST trees early despite their commitment to maintain the trees for at least 30 years as the market and Green House Gas contract requires. Some groups have been paid for trees they have not planted.

When we have problems like this, it hurts all TIST farmers. If our data is not accurate, we cannot take part in the carbon market. When we make payments for trees that are not there, it hurts all TIST farmers by delaying the time when we can be profitable and share the profit with farmers. Carbon buyers want to buy from people they trust and who they know are honest. Small Groups play a very important role in making sure the data we have is correct and we are managing our groves in ways that qualify for the carbon market.

By Perry Karamuzi, Kyeitembe MU IV

What can I do to help TIST succeed?

- Attend and actively take part in TIST Small Group and Training meetings.
- Know the data on groves Quantified in your Small Group and let your TIST leaders know if the counts or other information is not accurate. Let TIST leaders know at once if someone in your Group plans to harvest their TIST trees.
- Plant more trees, and keep the trees you planted growing and healthy.
- Make sure someone from your Small Group is working with the Quantifier during Quantifications to make sure areas, counts, and other information are accurate.
- Tell your neighbors and friends about TIST, and encourage people who live by TIST values to join our work.
- Commit to following the TIST Values yourself, in your Small Group and in all you do.

TIST Values:

1. We Are Honest
2. We Are Accurate
3. We Are Transparent
4. We Are Role Models
5. We Are Servants To Each Other
6. We Are Volunteers
7. We Are Mutually Accountable To Each Other
8. We Are Low Cost, High Results

By Christine Yankel