



# THE TREE

A TIST UGANDA'S Publication  
Volume 1 Issue No. 64 August. 2014

TIST Uganda

August 2014 Newsletter

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

#### OKUKORA KWAITU

TIST n'ekigombe ekyehalireyo kwimutsya omufindo gwabahingi aba hansi kirikubongyeramu amaani gokurwanisa okucwekyerezibwa kw'ebibara, okwejuna obwono nekyenda kitari kyaburijo.

#### EBIGYENDERERWA BYAITU

Omukunyanyisa entunguka yentuura nokurundana orwoya orurungi orurukuruga omumiti. TIST nehweza abahingi abarikurenga 25,000, ebyokwerinda Sirimu, endisa erungi yabomumaka nokucendeza yenku namakara.

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## EIHURIRE RW'OKWAMUNANA 2014.

### EDITORS MESSAGE.

It is now maize, beans, sorghum and other annual crops planting season. Make sure planting is done timely. On top keep in mind planting indigenous trees of different species as agreed in our trainings to clean our environment.

Ara.

### OBUTUMWA BWA EDITA.

Egi nshumi neibyaara ryebihimba, ebicoori, omugusha nebindi bihingwa bya buri mwaka mureebe ngu mwabyaara mwaheza omubwire buhikire.

Obwo muteebirwe nokugumizamu nimubyara emiti yenzarwa nkoku twaikirii zeine omumishomo yaitu kushemeza obuhangwa bwensi yaitu.

Ara.

## INDIGENOUS TREES ARE ENVIRONMENTALLY FRIENDLY

Frank Arinaitwe  
Nyabubaare Tree Planting.

Indigenous trees are trees found in our localities for thousands of years. Our forests and lands are naturally rich and diverse, and included Red Stinkwood, *Cordia Africana*, and some Acacias and kinds of Albizia, to name just a few. These trees are useful to us and other creatures that live under their protection.

### Benefits of indigenous trees

Many indigenous trees in our localities provide beauty and shade. They are also functional and helpful as they provide medicine, fodder, fruits, and can produce valuable timber. They also cool the environment and make us feel comfortable.

We like to plant them around our premises for a pleasant life. They act as windbreaks and provide cleaner air that supports our health.

These indigenous trees were honored because some could be planted on memorial days if some rituals were performed. Tree planting and important events go hand-in-hand. Today, we can still see some trees planted by our fathers and mothers, our grandfathers and grandmothers, and remember these important occasions. Protecting and promoting these trees will help generations understand our unique values, events, and traditions proudly for years to come.

Indigenous trees are environmentally friendly. They consume a lot of carbon dioxide to help make the environment cool and regulate the temperature. They provide homes and food for beneficial insects and other organisms that protect our crops from pests and disease.

Deciduous indigenous trees, which shed their leaves during the dry season, can fertilize and protect soil. The leaves are used on the ground as mulch and roots hold the soil, thereby preventing soil erosion.

Economically, we may choose to invest in tree planting for carbon income and to fight climate change and the harm that causes our farms and families. We each have a choice in what we plant, and with our choice, can transform communities for a long period

of time. We can choose indigenous trees that provide all of these diverse benefits for years to come.

Indigenous trees produce fruits, bark, and wood, and can restore forests that are important for our rains and rivers.

Let's plant indigenous trees for a better Uganda and a better world.

## QUALITIES OF A GOOD SMALL GROUP FOR TIST PROGRAM

Caleb Kayabuki

When we talk of the qualities of a good group for TIST program, we are referring to things a good group should have so as to qualify it to be called a good or even the best one.

These include among others the following.

- It should have a number of six to twelve members.
  - It should be registered with TIST.
  - It should be having all the members who have signed the registration form.
  - Every member should have at least more than 100 trees and ready to plant more.
  - A group should have one thousand trees and ready to plant more every year.
  - Members should be those ones who will not cut down the trees until a period of 30 years.
  - A group should have a chairman who should mobilize meetings for the group members.
  - A good group should be that one whose members are ready to clean their groves.
  - Members of this group should all sign a quantification form.
  - A good group should make sure that their groves are quantified every year.
  - It should be made up men and women.
  - Members should have trees planted on their own land and not Government land.
  - A group that has a grove to be quantified should be less than two years.
  - Members should be at least from three nearby families and NOT only one family.
- All these and many more makes up a TIST group to be referred to as the best.

We encourage the already registered group and those ones who have just registered to make sure that you the qualities mentioned above.

More information can be got from TIST trainers in your areas.

## ROTATIONAL LEADERSHIP WITH COMPETENCY MODEL.

From Florence Byaruhanga.

Rotational leadership has the competency skills and model. It is the SGs responsibility to share the skills so as to play a role model in the society. This is with integrity and credibility in the public. The objects of it are ever smart, which means Specific, Measurable, Realistic and Time bound or Frame.

The concept in it is capacity building and transformation. Therefore the results are admirable and then this is sustainable development, working together as a team is very acted up with a sense of concern.

Rotational leadership has in mind the comprehensive plans for its members at all levels. Therefore many projects in a program for the peoples needed are uplifted in good limited time.

Rotational leadership gives the participating process that will always give the better results. The best practices as far as TIST Values are the guidelines.

## NUTRITION.

By Enoch Tumwebaze.

Our bodies need a balanced diet if we want to be healthy. The International Small group and Tree Planting Program has enlightened us on how to take care of ourselves by providing knowledge to plant trees as a scope in planning for our health. Therefore we should integrate projects under this program for the betterment of our lives.

When we talk of nutrition and balanced diet, one may internalize the food stuff values and gradients that make our bodies to be in good health and to run our daily activities well. If we are to achieve the above mentioned issue we have to consider the land use where both plants and animals will be kept so as to have in different menus for our bodies.

- In food preparations therefore, there are Energy Giving foods like cassava
- Growth; we need proteins which help body growing.
- Vitamins for body to resist illness. This is very important in our bodies.

So if we encourage our small group members to have fruits, nuts root tubers and cereals. We are promoting health and our societies shall be sustainable in agriculture which in result brings about sustainable development.

Animals contribute a lot of fats and protein content. Milk and its bi-products are essential needs in the blood stream so it is good to practice dairy farming, conservation farming and food security to have qualitative life.

Conclusively, Nutrition and food values to our bodies are wanted. We shall get them when we plan to work hard and use modern farming systems.