



THE TREE

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

OKUKORA KWAITU

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

EBIGYENDERERWA BYAITU

Omukunyanyisa entunguka yentuura nokurundana orwoya orurungi orurukunaga omumiti.

TIST nerwera abahingi abankurenga 25,000/ ebyokwarinda Sinimu,endiisa enungi yabomumaka nokucendeza yenku namakara.

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EIHURIRE RYOKWAKATAANO 2015.

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.

MAY 2015 NEWSLETTER.

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.

MAY 2015 NEWSLETTER.

Stinkwood is a good indigenous tree.

By Karimasi, Kandari Group, Kabale.

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, so that the leaf litter can enrich the soil or be added to make good compost manure. It can be grown independently along the paths in the crop gardens and along the roads and streets. Stinkwood is excellent at preventing erosion and so is very useful when planted following the contour of land for soil conservation. The tree's scent scares away mosquitoes.

Researchers say that hard timber of this tree is very valuable and durable and so can be used in construction. It is easily grown from seeds in your tree nursery.

Dear farmers, use stink wood because of its many benefits. I received seedlings from TIST Uganda office, which I planted on my farm and they are growing very fast.

I am very happy because the trees are in excellent condition. They really look good. I expect to get a lot of benefit from these stinkwood trees I have planted.

I am proud of stinkwood, and thankful 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 yourself, and share with other TIST members what works well for you. We shall achieve more for many years to come. Plant stinkwood!

GOOD NUTRITION FOR CHRONICALLY ILL PEOPLE.

By Sarah Nankunda.

Eating the right foods is important for all of us, but it is especially important for people who are ill.

Illnesses such as Diabetes, Cancer, HIV and AIDS, and Tuberculosis (TB) are 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:

1: Provide energy to the body

Foods in this category are sources of carbohydrates and include:

- Ugali (stiff porridge made from maize) and thinner porridge made out of maize, sorghum, millet, finger millet or cassava.

- Rice.
- Sweet potatoes or Irish potatoes.

Note that oils and fats, in moderation, provide energy as well as add taste to the food.

2: Are used for body building (Proteins)

- Meat (beef, chicken, goat, mutton, duck, guinea fowl).
- Fish (sardines, tilapia, Nile perch, mud fish).
- Eggs.
- Milk.
- Legumes (beans, cowpeas, green grams, peas).
- Groundnuts.

3: Are sources of Vitamins

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 colour (oranges, pawpaws, mangoes, guavas)

Drink

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. Add fruit juice to make it taste better.
- **Remember the basic hygiene principles.** 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.

In Groups, we have strength: why Groups are important in TIST

By Caleb Kayabuki, Quantifier
Kabale

TIST encourages farmers to form groups and to get to know their group members well before they register as TIST members. Small Groups are so important to TIST that they are even part of our name: The International Small Group and Tree Planting Program. Groups have a lot of benefits:

- Share knowledge about tree planting. We all know different things, and can learn from each other. In Small

Groups, we discuss factors like where to plant, benefits of different tree species, when to plant, when to prune, and when to thin for best results.

- Learn improved farming methods. In Small Groups, we can learn, discuss and share improved farming methods like Conservation Farming.
- Share challenges met and solutions: In groups, we share challenges we met in tree planting like pests and animals that destroy trees and crops, and suggest ways to overcome them.
- Working together as a team: In groups, we develop a spirit of working together. Cooperation makes farm work easier. Some groups choose to work together to help prepare Conservation Farming holes for each Small Group member, working one day on one farm, and another day on another in turn. Others choose to build and share work in a group nursery.
- Improving relationships: In forming groups and working together, we improve our relationships between families and individuals for a better functioning society.
- Sharing farm equipment: Group members come to know and trust each other, and so can share some equipment used in farming such as hoes, pangas, machines used for pruning. Sharing equipment can reduce the cost of each member buying individually.
- Easier, better training and quantification: When groups are formed, it becomes easy for TIST trainers to reach the farmers and for quantifiers to count trees for these farmers in an area. Trees must be quantified for sale of carbon offsets and for farmers to receive a tree payment. It's important that all members of a Small Group live near enough to each other to meet regularly. It's important that they plant their tree groves close together so the Quantifier can easily walk from one to the next. This helps keep costs lower. When costs are low, we all benefit since TIST Small Groups share 70% of profits from carbon sales.

It is important that we know other members of our Small Groups well because we work together for the long term. When we join TIST as groups, we commit to keep the trees we have planted growing for at least 30 years. We are paid together as groups. We learn from each other and teach each other. For all of these reasons, making sure we form strong groups is important for our Success.

Nurseries: source of income and key to big results

By Ndyabawe Carl Peters, Trainer Kabale.

It is now time to start nurseries. When we start 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 water runs off. The place should be out of flood, but near a water source like a river or water tap so 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 way, it is easy to carry the saplings to the groves, so that 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. After that, prepare the fertile seedbed soil. There are many ways to make good seed soil. One way is to use 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. This will 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 seed from healthy parent trees with good traits (good strong trunk for a tree you are growing for timber; 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.

- 1) You should time when you plant the seed 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.
- 2) Put the seed in some sort of bag or tube filled with the fertile soil mixture so the bag constrains the plant vertically. Some Groups use polytubes. Others make tubes from clean, used plastic sacks from shopping, or from pieces of sacks from charcoal cut in strips and sealed with an ember. Others use banana leaves. It is better to leave the bottom of the tube open for root pruning, and very important that if the bottom is closed, that there are holes for drainage.
- 4) Seedlings should be checked at least every week and probably more often than that. They need to be watered and weeded.
- 5) 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 TIST.

Start your nurseries now so we can grow more trees, grow our profits and benefits, and grow TIST!

We are Accurate, Honest, and Mutually Accountable: Small Groups play key role in making sure TIST data are correct for success in carbon market

By Perry Karamuzi, KyeitembeM U IV.

Working together in TIST, we have accomplished great things. Today, there are more than 4.3 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 the their TIST trees early despite their commitment to maintain the trees for at least 30 years as the market and Green House Gas contract require. Some groups have been paid for trees they have not planted. When we have problems like this, it hurts all TIST farmers since if data is not accurate, we cannot take part in the carbon market. When we make payment for trees that are not there, it hurts all TIST farmers since it delays the time when we can be profitable and share the 70% profit with farmers. Buyers want to buy from people they trust and who they know are honest.

Small Groups can play a very important role in making sure that the data we have are correct and that we are managing our groves in ways that qualify for the carbon market.

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