**OBUUMWA BWA EDITA.**

Ahingi benifita亲近 TIST.

Nkokumurukirinya nga emiti yaito eyenzerwa neekura gye omunsi yaito emanyiira nebyo akibugishasha kigirereka okuhangoora mbwama ninungi kuvingwa omu marifisa gaito kandi omunsi erikumanywa abo bwa TIST. Emiti yenzarwa kwerabyarwe netija kwikiriza gye omurimo gwaitu ogwokweyesa.

Ebigombe ebikye ebokyukinga emiti, abo Uganda hatti mwine akasilmo kuruga obwemiti ebyarwa enyima kuhinduramu omu mugasho gwomuti omu sente, TIST Uganda omumashura omuri ogurebereirwe gye haati ni sh 48 buri mwaka. Ntwesibura abahingi obelbigombe ebikye ohabwokukora munonga kuburya emiti kugirinda ekaguma ekokura gye ekonyera enagl yakijibwe omu buntu na nenzi kubeera klimwe kikibwe kandi eyecumire.

Ara Baanyanga.

**EDITOR’S MESSAGE.**

Dear TIST Farmers,

As you know local tree species are adapted to our weather conditions, to our soils, and pests. This can make them very resilient and a good choice to grow on our farms in our TIST groves. Indigenous tree planting will top our training program.

TIST Small Groups in Uganda now have more incentives than ever to plant trees! To adjust for changes in the value of the shilling.

TIST Uganda is increasing its payment per live tree to 48/- per year.

We thank TIST Small Groups for the hard work they are doing to plant trees, keep them alive, and make our communities and our Earth greener and cleaner.

Ara Baanyanga

**TURYAKIRA TREE PLANTING GROUP**


Kibaragaasina kukwanisa nkilongo kale TIST Uganda omukunzira obyobuhangwa obo baguminzeeko ekuhinga emiti okuginesereera gye, nokuhinga obijuma habwasa magura marungi gaabo na bonukuka gaabo.

By Barigye Pamela (Kabale Quantifier.)
ROTATIONAL LEADERSHIP WITH COMPETENCY MODEL

Rotational leadership is a TIST Best practice that is important not only in TIST, but in society. It is the SG’s responsibility to share skills and serve as a role model in society, with integrity and credibility in public.

When we practice rotational leadership in our TIST Small Groups and in our communities, we build capacity in many people, hear many good ideas and transform people and organizations. The results are admirable and this is sustainable development: we work together as a team connected with shared concern.

Rotational leadership helps bring ideals and strengths from all members. Therefore many projects can be uplifted in a short time and gives better results. The best practices as far as TIST Values are the guidelines.

From Florence Byaruhanga.

NUTRITION.

Our bodies need a balanced diet 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 planting for our health. Thinned trees and pruned branches help us have wood for cooking. Fruit trees produce vitamins—rich fruit, while nut trees provide protein and oil—rich nuts. We should integrate projects under this program for the betterment of our lives.

Our bodies need varied nutrients to function well. To provide varied nutrients, we need to consider how we use our land to grow varied plants and keep animals so we can have varied menus for our bodies.

1- In food preparations therefore, there are Energy giving foods like cassava.

2- Growth; we need proteins which help body growing.

3- Vitamins for body to resist illness. This is very important in our bodies.

We encourage our Small Group members to have fruits, nuts, root tubers and cereals. These provide varied nutrients. Because the plants are diverse, we are more likely to get a harvest and not go hungry if there is drought or a pest outbreak. We are promoting health and our societies shall be sustainable in agriculture, which results in sustainable development.

Animals contribute a lot of fats and protein content. Milk and its by-products provide
calcium for bone growth, fats, and protein. It is
good to practice dairy farming, and by choosing
trees that provide fodder, we can provide good
food for dairy cows and other animals. We can
practice zero-grazing techniques, so cattle do not
damage fields of crops. By choosing multi-benefit
trees and practicing conservation farming, we
improve, food security to have a better, life.
We need balanced nutrition. We shall have good
nutrition with diverse farming from planning, hard
work, and modern, sustainable farming systems.

By Enoch Tumwebaze.

IMPROVED ENERGY SAVING COOKSTOVE
FROM TIST PROGRAM HELPS.
The construction of improved energy saving cook
stove has helped us. People do their activities
without bothering about the food and the
fireplace.
This cook stove has no smoke since it has a chimney
to direct smoke outside. This prevents people from
developing sore eyes due to smoke. Doctors say
that reducing smoke also decreases the risk of
chronic diseases like cancer and problems with the
lungs. There is lack of firewood these days. The
TIST cook stove uses little firewood. It is of much
profit to the tree farmers because they won’t need
to cut trees. Since it uses little wood, dead wood
from tree plots, thinned trees and pruned
branches can provide for household cooking.
Farmers with these stoves can let trees grow for
thirty years, as in Greenhouse Gas contract, and
harvest their trees at a time when they are mature
and ready. Let us all construct improved energy
saving cook stove so as to conserve the nature as
we develop.

By Annah Musiime –Kanungu.

AIDS KILLS.
AIDS kills, has made the parents to lose their
offspring. AIDS is an enemy that has killed old
men, youth, children and young babies. AIDS
has made families fall apart. In some places,
only the ruins of houses are seen. Our years
have been lowered. The widows are in
despair. AIDS has caused poverty for many
families. There is no one who is clever or dull to
act on deed of sexuality. Test yourself before
you unite with your lover.
AIDS kills. If you have more than one lover you
increase your risk. If you are a couple, get
tested before you unite to protect both of you.
Visit the nearby counselor for counseling; you
will be in safe hands. We can help stop AIDS
from stealing our men, women, and children.
Visit a counselor and get tested today.
Let us take the lead and visit the counselors who
are nearby so that we remain on safe side.
With education and knowledge, when we open
our eyes to AIDS in our communities, the
population may increase and life expectancy
will rise once again.

By Violet Kibanda-Rugarama Bakyara
Twetungure