



THE TREE

A TIST UGANDA'S Publication
Volume 1 Issue No. 22 March 2011

TIST Uganda April 2011 News letter

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

OKUKORA KWAITU

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

EBIGYENDERERWA BYAITU

Omukunyanyisa entunguka yentuura nokurundana orwoya orurungi orurukuruga omumili. TIST nehweza abahingi abarikurenga 25,000, ebyokwerinda Sirimu, endiisa enungi yabomumaka nokucendeza yenku namakara.

PREFACE

Successful Harvest
Good practices minimize food wastage
Stink wood is a good indigenous tree
The need for clean grovs

EBIRYOMUNDA

-Obwebenbezi bwokwihahaina bwine okwekunda
-Endya Nungi
-Amahega gokuteekyesa enku nkye agari kunogorwa ekitongore kya TIST
-Silimu neita.

APRIL 2011 NEWSLETTER

OBUTUMWA BWA EDITA.

Ahahingi bemiti aba TIST.

Nkokumurukimanya ngu emiti yatu eyenzarwa neekura gye amunsi yatu amanyira nebyo abikugishisha kigireetera okuhangaara mbwenu ninungi kuhingwa omu maritsize gatu kandi omumili erikumanywa aha bwa TIST. Emiti yenzarwa kwerabyarwe neija kwijuriza gye amurimo gwaitu ogwokwegyesa.

Ebigombe ebikye ebyokuhinga emiti, aba Uganda hati mwine akasimo kuruga obwemiti ebyarwa anyima kuhinduramu omu mugasho gwomuti omu sente, TIST Uganda amunshashura amuti ogurebererwe gye haati ni sh 48 buri mwaka. Nitwebaza abahingi abebigombe ebikye ahabwokokora munonga kubyara emiti kugirinda ekaguma ekakura gye ekongera erangi yakijubwe omu bantu na nensi kubeera kimwe kijubwe 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

Ekiolina eki kikatandika omu mwaka gwa 2005 na ba members 6. Bakatandika nokubendeka emiti ya Pinus Patula. Entusi, nobijuma, nabwanyima batandika kuhinga emwe hamili egi omumisiri yaabo. Omu mwaka gwa 2006, kubahirire ebyekitongole kya TIST Uganda, kitaba ekyetango kyaabo kamanya ebigyendererwa, kandi nokubakubasa kukiyejumbiramu. Bakaebuza ahari omwe owabaire ari omukozi wa TIST Omukyara Jennifer Tumushabe, nkoku bokubasa kutaha omukitongole eki. Bwanyima yokumanya ebigyendererwa bye kitongole ekya TIST, bakareeba biri birungi reero nabo bayehandikisa. Baratekateeka okuhinga omumisiri yaabo omu kwezi kwa mwenda 2008.

Nibaraganisa kukwatanisa nekitongole kya TIST Uganda omukurinda

obyo buhangwa obwo bagumizemu okuhinga emiti nokugirebeerera gye, nokuhinga ebijuma habwa magara marungi gaabo na bomumaka 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 Bakyrara Twetungure