



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 skyehaireyo kwimutsya omutindo gwabahingi aba'hansi kirkubonyeramu amaani gokuwanisa okucwekyerezibwa kw'ebibara, okwejuna obwono nekyenda kitari kyaburijo.

EBIGYENDERERWA BYAITU

Omukunyanyisa entunguka yentuura nokurundana orwoya orurungi orurukunga omumiti. TIST nehweza abahingi abarikurenga 25,000, abyokwerinda Sifimu, endiisa enungi yabomumaka nokucandeza yenku namakara.

EBIRYOMUNDA

Obutuura bwensi namagara aha bwaawe Nanyo Byara emiti mingi. TIST nebitworoire Okuhinga n'okurinda orweezo nokukora orweezo. TIST okurwanisa manywengye (AIDS/HIV). Okwerinda okujanjara kwaayo. Okwombakana.

PREFACE

Your environment, my environment is life.
Plant more trees to clean the air.
Conservation farming and how to make.
TIST and the environment.
Composit Manure.
Poverty in our land.
Building one another

JUNE 2011 NEWSLETTER

TIST UGANDA FARMERS.

As you are aware it is dry season, you are advised to open your fire lines where it is bushy so that trees are protected from wild fire. Remove all the dry branches pruned from trees. Use them for cooking at home. This will reduce strength of fire if it accidentally attacks your grove.
Ara.

TURYAKIRA TREE PLANTING GROUP

Ekibiina eki kikatandika omu mwaka gwa 2005 na ba members 6. Bakatandika nokubendeka emiti ya Pinus Patula, Entusi, nebijuma, nabwanyima batandlika kuhinga emwe hamiti egi omumisiri yaabo. Omu mwaka gwa 2006, kubahurire ebyekitongole kya TIST Uganda, kikaba ekyetengo kyaabo kumanya ebigyendererwa, kandi nokubakubasa kukyeyumbiramu. Bakeebuza 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 bakehandikisa nka ba members 1/3/2006. Bakaguma baine omuzimbwe omubyokuhinga emiti ya Pinus Patula, Entusi hamwe na Alnus. Obwahati batandikireho kubendeka Avocado ezinywanisibwe (Grafted Avocados) ezibarateekateeka kuhinga omumisiri yaabo omu kwezi kwa mwenda 2008.

Nibaragaanisa kukwatanisa nekitongole kya TIST Uganda omukurinda obyobuhangwa obwo bagumilizemu okuhinga emiti nokuglirebeerera gye, nokuhinga ebijuma habwa magara marungi gaabo na bomumaka gaabo.

**By Barigye Pamela
Kabale Quantifier.**

YOUR ENVIRONMENT, MY ENVIRONMENT IS LIFE.

Environment is the air you breathe, the water you drink, the soil where crops are grown, the hygienic standards in and all around your place of living. The vegetation that supports the cooling systems of the earth is an important part of the environment.

So take care of your environment and me.

In everything we do in our daily lives, it is very important to mind the environment and how we are impacting it. It supplies us and our families and neighbors, too, with the basic requirements: the air we breathe, the water we drink and the foodstuffs for our lives.

A well-kept, clean environment ensures our lives; therefore plant more different kinds of trees to support this. Planting diverse trees gives us diverse benefits and helps protect us from pests. Practicing Conservation Farming protects the soil, since it is not tilled and will not wash easily away. This means the soil will be better for many seasons. Using an improved cook stove uses less wood, and makes the air in our homes cleaner, and protects us from lung and eye troubles caused by smoke. If we take care of our environment, it will take care of us. The vital things for our lives will be available. The diseases shall be kept away and we shall live longer than today.

By Apollo Tushabemukama.

PLANT MORE TREES TO CLEAN THE AIR: TIST AND THE ENVIRONMENT.

The major goal of TIST is to clean up the environment by helping in removing bad gases emitted into the air from factories, vehicles, deforestation and bad agricultural practices that damage soil, from kitchens, and other human activities.

How is TIST able to clean the environment? TIST helps in cleaning up the environment by encouraging small group members to plant trees. When trees and other plants grow and to survive, they manufacture their own foods, by taking in carbon dioxide from the air and breathe out oxygen, which is needed by mankind and other living creatures to survive. This means that the bad gasses breathed in by the trees are absorbed from the environment and do not go back in the air.

The more the trees planted, the more bad gasses absorbed from the air. We all can do something to clean the air: plant more trees by our homes, by schools, along roads and on hills.

Let's plant more trees so we get more bad gasses absorbed from the air and enjoy a clean environment for healthy lives.

By Agaba Denis, Quantifier Bushenyi.

CONSERVATION FARMING AND HOW TO MAKE COMPOST MANURE

Agriculture is the art or science of rearing animals, plants, fungi and other life forms for food, fiber and products used to sustain life. The practice of Conservation Farming, where we do not till the land but instead leave the soil undisturbed and enrich soil in the holes where plant crops with compost manure, benefits farmers and the land. Subsistence farmers implement it wherever TIST emerges.

Some farmers say Conservation Farming on land is luxury; it cannot be managed by poor man. In Uganda, we are lucky. What I saw in Kenya shows that this is not true: the organization of the Small Group efforts makes it easy for the farmer to use conservation farming. Without using Conservation Farming the poor man will remain poor lagging behind, and will get poorer as soils degrade and erode away.

We are using Conservation Farming to conserve our soil and increase the natural fertility in the soil. Many families practice it to grow seasonal crops to support their families. Farmers in TIST come together to plant trees, but also share and develop other Best Practices like Conservation Farming as they consider the nature of their land.

Conservation Farming makes soil better year after year, increasing yields. It is said that

over 10 years, the pits will serve the farmer with good yields.

Using our local materials for compost manure is of great value. The farmer collects weeds, kitchen refuse, the seasonal crop remains and animal dung, especially that of cows, goats, pigs, rabbits and chickens.

Here is how to make a compost pit to make rich compost manure:

The compost pits are dug 4 feet wide by 4 feet long and by 2 feet deep. Add the organic matter above to the pits.

Then, chop dry sticks into small pieces and place these chopped pieces as the 1st layer in the pit hole.

Next, add dried grass also cut into small pieces of 3-5cm.

Then add the 3rd layer of animal droppings.

Add dried grass. Put on the top a layer of ash and cover thinly.

Always add water, at least 20 liters, two times a week. Water helps the microbes that break down the organic material into good compost. It also keeps the pile from getting too hot and catching fire. After a month, turn this compost out into another pit, mixing it well, and add a thin cover layer of ashes, then top soil to cover. When the second month is over, mix and turn it to another compost pit, and leave it for a month. Therefore, in three months time, your manure is ready for crops.

You can use the pit many times, so when you transfer the manure from the first to the second pit, you can start making new compost manure in the first hole. This way, you will have a good supply of manure for your crops all year.

The compost manure supports agroforestry, since it improves the soil for crops and trees, and since leaves and other materials from trees may be used to enrich the compost. Diverse crops grown will support the subsistence farmer's family to get the right amount of foodstuffs and the surplus may be sold.

When I retired from teaching I had no idea on Conservation Farming until Ara and Rev. Enoch came into my village conveying the TIST program.

I am glad because TIST has improved most of the TIST group member's income in my area.

**Katungye Asaph,
Nyakabingo Tree planting.**

TIST AGAINST HIV/ AIDS.

As TIST encourages people to protect the environment, it also encourages people to take part in the prevention and management of HIV/AIDS and its related diseases.

AIDS is a disease that has killed people without discrimination. In TIST, we train each other in our Small Group, our families, and our communities on how to prevent the spread of HIV/AIDS, and how to support those living with this disease.

It is spread through unprotected sexual intercourse with an infected person, mother to child transmission during delivery or breastfeeding, use of unsterilized medical instruments that have been in contact with blood, and transfusion of infected blood.

How to prevent the spread of HIV

Protect from infected blood: Make sure that any instruments that have been in contact with blood have been completely sterilized (e.g. razors, knives, needles). Sterilization should be done after each new person has used the instrument. Care should therefore be taken in all places with a potential risk (clinics, hospitals, barber shops, traditional practices such as circumcision and body scarring).
Abstain from sexual intercourse.

Being faithful: Sexual intercourse should be between a man and woman who are faithful to each other and who are not infected with HIV. It is best for both partners to know their HIV status as one partner may have been infected before he or she started the relationship. The HIV virus can be in someone for ten years or more before making someone ill.

Use a condom: This reduces the risk of being infected, but only if the condom is used correctly at all times during sexual intercourse. However, while condoms are effective, they are not fail-proof even when used

properly, so it is good to focus on abstaining or being in a faithful relationship with an uninfected partner.

Even if both partners are HIV positive, it is advised for them to adopt safer sex practices to avoid repeated exposure to HIV and other sexually transmitted diseases. *

Having an HIV test is important. If people know they are infected they can make the decision not to infect other people and to get treatment to stay healthy as possible.

There is no vaccine yet to prevent HIV. It is best to avoid getting into contact with HIV in the first place!

Remember not to discriminate HIV/AIDS victims. These people need to be cared for and taught on how they can live with the virus.

Prevention is better than cure. Let's us all join hands together to prevent the spread of this killer disease. Parents let your children know how it spreads and how it can be prevented.

By Kyorimpa Millian.

POVERTY IN OUR LAND

One Speaker said that "Do not ask me what poverty is!

But see me, how I look: my clothes, my nails, hair, and see where I sleep, my fireplace and utensils. That's when you will know what poverty is"

TIST staff, quantifiers, trainers, and Small Group members visit people who do not have enough food to eat. It sensitizes and trains them to

use Conservation Farming. It trains people to store their food and seeds to keep them nutritious and healthy for growth. TIST advises people to form Small Groups to work together towards a shared vision, develop best practices, and make hard work easier together. The Runyankole wise saying is, "the closed teeth crush the bone." TIST informs people to plan ahead, and that where good things are, bad things can also come.

TIST says, each member should be honest, accurate, volunteer, practice low budget and big results in planning for his/her family, be accountable for things done and money spent and mindful and systematic in work done.

In that format, the TIST member knows to keep away poverty, hunger, diseases, dirtiness, and ignorance, and to keep away from violence for nothing. The TIST member knows to work together according to the needs of Government and his own beliefs.

To scare away poverty, being active in TIST is a good step. TIST members keep nature cool and pleasant. Develop yourself and your community, and together, we shall scare away poverty. Poverty shames, it makes people fight, it brings to a person inferiority complex, to despise him/herself. Come and join TIST and we'll scare poverty together.

By Sarah Nankunda.

BUILDING ONE ANOTHER

Building one another is our Motto in TIST activities and is a good thing we can all do. It helps society and individuals to grow well and builds trust. It helps a person to feel at home in the community. It creates unity and love. Servant leadership comes in as a string to pull some one who is unable.

You come and join us in building one another. We shall have a strong foundation for TIST. You encourage the starters with love and help them to continue. You accept challenges and receive opposition thoughts with good will. You keep moving on a good pace. Welcome strangers. Give them time and comfort them. You will learn many things from their stay! Building one another has no end since we all can always grow and improve. The word "thank you" at any moment is important. Thanking someone for a specific thing they did well will encourage them to do this more. Supporting and making efforts for success is a good way of over coming barriers and problems. We need to build up one another in our environment.

We need food to live. We need shelter. We need clothes, yes, but we also need to feel comfort in order to work together, to fight a good fight against poverty, hunger, and ignorance. We need to support the good thoughts of our working team. Let's build each other. The future will be good.

By Hakim Bachwa.