



THE TREE

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TIST Uganda

MAY 2016 Newsletter

'The Tree' N'orupapura r'wamakuru orukufandikwa aba TIST Uganda, etagiyira the International Small Group and Tree planting program.

OKUKORA KWAITU

TIST n'akigombaye ekyehajireyo kwimutsya omutindo gwababingi aba hansi kw'ibongyiramu amasira gokuwarisa okucwibwira kw'ebihara, okwejuna obwono neyenda kitari kyaburija.

EBIGYENDERERWA BYAITU

Omukunyarisi amurunguka yentura nokuzundana owoya omurungi omurungu amumuti. TIST nehweta ababingi abantu banga 25,000, ebyekwirinda Sironi andisa enungi yabomizaka nokucendaza yanku namakara.

PREFACE

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- SG Payment in Bushenyi
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EBIRI OMUNDA.

- Obwecumi bw'omu maka na bantu ubarukwara obunaku buringwa.
- Okuba empaha ebibina ebikye omuri Bushenyi.
- Nkubwera ekibina kyangye kushashurwa?
- Amapeera game omugasho.

EIHURIRE RW'OKWAKATANO 2016.

EDITORS MESSAGE.

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

Jennifer

OBUTUMWA BWA EDITA.

Egi nshumi neiyombeera ryebihimba, ebicoori, omugusha nebindi bihingwa bya buri mwaka mureebe ngu mwayombeera mwaheza omubwire buhikire. Obwo muteebirwe n'okugumizamu nimubyara emiti yenzarwa nk'okutwaikiriizeine omu mishomo yaitu kushemeza obuhangwa bwensi yaitu.

Jennifer

HOME CLEANLINESS, HYGIENE AND LONG TIME PATIENTS

By Joyce Koojo, Rugarama Kyangyenyi.

People with chronic diseases—diseases that last a long time or recur—especially those with HIV/AIDS, can easily get additional infectious diseases. It is very important, then, for patients and caregivers to observe good hygiene and strict cleanliness to reduce the chances of contracting these diseases, especially diarrhea. Following these best practices helps keep us all healthy, whether we have chronic disease, care for someone with chronic disease, or just want to stay healthy!

Patients and caregivers should make it a habit to wash their hands before preparing food and before eating.

Hands should be washed with water and soap after using the latrine.

Utensils for food should be washed with water and soap and dried well under sunshine.

Cover the mouth when coughing or sneezing.

Spitting should be done into containers set aside for that purpose.

Drinking water should be well boiled and kept in a clean container. Food should be well prepared with clean hands and clean utensils and stored carefully.

Patients with HIV/AIDS may also easily catch diseases from raw meats or un-pasteurized milk.

Take care when handling them, and wash your hands before and after touching these foods.

The bleeding patients should be taken to health centers for treatment and caretakers should make sure that the patients take their medicines as prescribed by the doctors.

Long time patients should be given a well balanced diet to help them live longer and healthier lives.

SG PAYMENT IN BUSHENYI.

Kamu Tubenawe group, Katerera.

We are very happy to have received our long awaited tree incentive. We last got our tree incentive two years back, so it was good news to receive our money now.

We are motivated to clean our tree groves and continue to plant more trees, especially indigenous and fruit trees.

We will use our tree incentive to pay school fees for children, increase stock in our shop in Katerera town and some for domestic uses.

We are proud of TIST workers for bringing this money and we are ready to keep our trees live for 30 years. We request for regular payments so as to keep us on good terms with the program.

We encourage farmers who have not gotten their tree incentive to be patient. You will receive your money with their arrears when your time comes.

Fellow farmers, let's keep our groves clean, well thinned and pruned and keep them alive for 30 years. Together we can promote TIST.

HOW CAN I HELP MY SMALL GROUP GET PAID?

By Sarah Nankunda

Each of us in TIST plays an important role in making TIST work. There are many things you can do to make sure that your group receives payment for the work you do in TIST:

- *Plant trees!* Remember, to receive payment, each Small Group must have planted at least 500 trees.
- *Make sure your trees have been quantified accurately!* In TIST, we are accurate, and high accuracy is required by buyers of carbon offsets. Regular Quantification, at least once within the past 18 months, is needed for your Small

Group to be paid. Keep your grove well tended to make it easier for Quantifiers to count and measure your trees, and contact the TIST staff if your group needs to be quantified.

- *Sign the Greenhouse Gas contract!* Organize your Small Group, and make sure that all members have signed the Greenhouse Gas contract. This document lays out your promises to TIST, including the promise to care for your TIST trees for at least 30 years, and TIST's promises to you. It is also required by the carbon market.
- *Make sure that all of your Small Group members have signed the voucher!*
- *Attend TIST training and payment meetings!* This is important so that we can answer questions, so you can receive important training and news, and so that you can share best practices to make TIST even better! The better we organize to meet together regularly, the easier it is for payments to take place. In Kenya, where TIST Small Groups meet regularly in groups and clusters, payments are happening frequently.

GUAVAS ARE USEFUL FRUIT TREES

Jolly Imaniraguha, Ibambiro Tree Planting.

Guava fruit trees are good for our compounds. They keep it cool and pleasant and give us delicious and nutritious fruits. They provide us shade, have many medicinal uses, and are useful to honeybees. The fruits are eaten by animals like cattle, goats, pigs and sheep.

The guava fruits can be sold in markets to increase household income. The guava fruit trees are counted by Quantifiers as TIST trees and qualify for the tree incentive as TIST trees if they are to be kept alive for 30 years.

The guava fruit trees can be planted on a farm, in our compounds, on paths to our home, along the roadside and in our banana plantations. You should take care, though, since the trees can become weedy in some places, like some pastures.

The branches of the guava fruit trees when pruned, dry fast, and thus can be used for firewood. The trees act as windbreaks and they hold the soil firmly to prevent soil erosion.

We can plant the guava fruit trees on our land to get money from carbon sales through TIST and at the same time sell the fruits for income.

TRY THESE USEFUL INDIGENOUS TREES

**Enoch Tumwebaze, Training coordinator
TIST Uganda.**

Farmers in TIST plant hundreds of species of trees, including fruit and nut trees, trees for fodder, trees that improve soil fertility, and species that can be harvested for timber. More and more farmers are choosing to plant indigenous tree species for their many benefits.

What is an indigenous tree?

An indigenous, or native, tree is one that is well adapted to an area because it has grown and reproduced naturally there over a long period of time. Not all species that are familiar to us are

indigenous. Many have been introduced by people from areas far away.

Why are indigenous trees important?

Because indigenous trees have evolved with the local environment, animals, plants, and other organisms around them, they are well suited to the area. Often, this means that they can grow well without expensive additional inputs like pesticides or fertilizers. They often require less maintenance than exotic, introduced species. They diversify our farms, so that risks of pest outbreaks can be lower. They provide habitat and food for wildlife and diverse benefits for us from their fruits, timber, leaves, and traditional medicine. Introduced, or exotic, species can provide many benefits, but some can become weedy and crowd out other trees or crops.

Try these, or ask your neighbors and members of your Small Group which species grow well in your area!

Peacock Flower (*Albizia gummifera*)

This tree is commonly found in lowland and upland rainforest and in open habitats near forests. Either untreated or soaked seeds are sown. Fresh seeds need no pre-treatment. Stored seeds are soaked in warm water and left to cool to room temperature. The seed coat may be nicked at the cotyledon end to hasten germination. Seed germination is good, 70-80%, within 10 days. Seeds should be collected while still on the tree to minimize insect damage. Seed can be stored for at least a year if kept dry and insect free through addition of ash.

Uses: Bee-forage, fuel wood, timber, gum, tannin, medicine (extracts from the crushed pods are taken for stomach pains and the bark decoction for malaria), erosion control (the root system holds soil and prevents gulley erosion), ((shade, nitrogen fixing (improves the soil), known as a

good mulch tree as leaf litter is abundant during the leaf shedding season, ((ornamental (planted in town avenues for aesthetic purposes), ((boundary planting, the leaves quicken the ripening process in bananas.

***Olea Africana* (African wild olive)**

This tree is found in a variety of habitats, usually near water, on stream banks, and also in open woodland. It is resistant to both frost and drought. Fresh seeds are used for sowing. Old seeds can be soaked in cold water for 48 hours.

Seeds are often pre-treated by cracking with a hand vice or by rolling a stone over seeds. This is because removing the endocarp can enhance germination. The seeds can be stored at dry room temperature for a few years.

Uses: Food: the main olive products are olive oil and edible olives. Fodder: The plants are much browsed on by livestock. Also used for fuel, timber, charcoal, tooth brushes and ornaments. Reclamation: The high drought tolerance suggests that it is a good candidate for reforestation in semi-arid zones of Africa. Ornamental: Olive trees have the capacity to beautify the landscape.

WHAT IS TIST, AND WHAT DO WE DO?

By Hakim Bachwa

Who is TIST? We are! TIST Uganda is a community initiative empowering people, small groups of local farmers to come together to earn money and improve their land and the world by planting trees for the carbon offset market. TIST combines sustainable development with carbon sequestration.

TIST trains on best practices like Conservation Farming. TIST combats the devastating effects of deforestation by encouraging tree planting. TIST combats poverty and drought.

TIST Small Groups plant many trees to improve their land and earn money from fruit trees, fodder trees, and fertilizer trees that improve crop yields. TIST Small Groups plant indigenous trees that provide all of these benefits and improve biodiversity.

Because we are TIST, and we make TIST, TIST today also addresses other concerns we share. Today, we share training in groups on agriculture, food security and nutrition, HIV/AIDS awareness and prevention, and building of improved stoves that save us money and time, protect forests, and improve our health. TIST is international: we work with our brothers and sisters around the world, and invite our neighbors to join to create more TIST small groups in more places working for a better world.

The TIST Values

We are honest.

We are accurate.

We are transparent.

We are mutually accountable.

We are servants to each other.

We are TIST!

OBWECUMI BW'OMU MAKANA BANTU ABARIKURWARA OBUNAKU BURINGWA. Nebya Joyce Koojo, Rugarama Kyangenyi.

Abantu barikurwara endwara empango namunonga
nkaabaine akakooko kasiriimu nibarahuka kutunga
oburwaire obundi. Nahabwekyo nikikuru
Munonga kureeba ngu abarwaire aba nabajanjabi
baabo bayerinda endwara ezi nk'ekirukano.

❖ Wakuratira emitwarize mirungi yobwecumi
noguma oine oburwaire burikumara obunaku
buringwa.

❖ Abarwaire nabajanjabi bashemereire kunaba
omungararo baaza kuteeka nari kwihura ebyo
kurya. Naaba engaro nasabuuni waanuga omukiigo.

❖ Yozya ebintu ebyokuriira hona sabuuni kandi
obyanike aha mushana.

❖ Sangira ahamunwa buri kwesyamura nari
waaza kukorora. Guma ocwere ekikororo omu
kintu ekicumirwe aha bw'omurimo ogwe gwonka.

❖ Teeka amaizi g'okunywa kandi ogate omu
kikwato ekicumire. Ebyokurya bishemereire
kuteekwa nengaro ezi cumirwe obite aha bantu
bicumirwe kandi bibi kwegye.

❖ Abarwaire abaine akakooko ka siriimu ni
barahuka ku kwatwa obundi burwaire baarya,
enyama mbisi nari amate gatateekire. Bareeberere
n'obwegye ndeserera kandi yonja engaro zaawe
otakakwasire aha by'okurya byabo.

❖ Abarwaire abari kujweshagama bashemereire
kutwarwa omu bashaho kandi abajanjabi
bashemereire kureeba ngu abarwaire bamira
emibazi yaabo nk'oku eragiriirwe abashaho.

❖ Abantu abari kurwara obunaku buraingwa
nibetenga kurya ekiihuro kihikire kubaabasisa
kugira amagara marungi n'okutuura obunaku
buraingwa.