



THE TREE

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The Tree* Nonsapura rwamakuru orurikuhandikwa aba TIST Uganda, etagi ryà the International Small Group and Tree planting program.

OKUKORA KWAITU

TIST nekigombe ekyahareyo kwimutsya omulindo gwabahingi aba'hansi kirukubongyeramu amaan' gokurwanisa okucwekyerezibwa kw'ebibara, okwejuna, obwona nekyenda kifari kyaburjo.

EBIGYENDERERWA BYAITU

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

PREFACE

- Tist Cluster Best Practices.
- About climate change and carbon emissions.
- Composting livestock manure - here's how!
- Good nutrition for chronically ill people.

EBIROMUNDA

- Oburungi oburi amukukurera hamwe omu za gurupu.
- Gyezaho kuhinga amapaapari amurutookye.
- Tist niki kandi nekoraki?
- Okurya gye ahabwabantu abarwaire

EIHURIRE RYO KWAMWENDA 2014.

EDITORS MESSAGE.

TIST FARMERS

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

OBUTUMWA BWA EDITA.

Egi nshumi neibyaara ryebihimba, ebicoori, omugusha nebindi bihingwa bya buri mwaka mureebe ngu mwabyaara mwaheza omubwire buhikire.

Obwo muteebirwe n'okugumizamu nimubyara emiti yenzarwa noku twaikirii zeine omumishomo yaitu kushemeza obuhangwa bwensi yaitu.

Ara.

TIST CLUSTER BEST PRACTICES.

Created by Ben Henneke on 12-Dec-2012.

Why Do We Work in Clusters?

- To keep costs of serving TIST Small Groups low so that more carbon money goes to farmers
- To allow Small Groups to serve themselves more easily
- To allow TIST to expand more quickly by partnering with organizations who want to join TIST

What Does a Good Cluster Look Like?

- ∅ A Cluster should have 30-50 Small Groups
- v A Cluster should meet every month for training, sharing of best practices, distribution of Newsletters, payments, and other matters
- ∅ A Cluster should have at least 100 hectares of land set aside for tree planting
- ∅ A Cluster should have at least 200,000 live trees
- ∅ A Cluster should do accurate quantification and high quality training
- ∅ A Cluster should have enough seedlings in nurseries for annual planting needs. Each Small Group should plant at least 1,000 trees per year to have 5,000 trees by the fifth year

What Should a Good Cluster Do?

- v A Cluster should hold elections each 4 months to select an Accountability Person who will rotate through the positions
- v A Cluster should meet every month for training, sharing of best practices, distribution of Newsletters, payments, and other matters

- v At Cluster meetings, representatives should share information transparently with other members, such as how the cluster budget was used
- v At the monthly Cluster meeting, a Cluster should submit their Cluster Meeting Record and their Cluster Accounting Form by Palm or phone
- v A Cluster should actively request quantifications when needed
- v A Cluster should ensure that quantification is accurate
- v A Cluster should work to improve data quality of its Small Groups so that more trees can be eligible for the carbon market (included in Carbon Project Documents)
- v A Cluster should work to make payments to each Small Group
- v A Good cluster is always recruiting and training new Small Groups. GROWTH makes the TIST program stronger! A Cluster should multiply to 2 when it reaches 400 members

The Best TIST Clusters Will be Able to:

- v Receive more budget to manage more of your own operations
- v Get more money per tree for each farmer
- v Be invited to a Best Clusters Seminar
- v Take on responsibilities for training other clusters

Paw paws in my banana plantation: try my best practice!

I never knew that paw paws were good for my banana plantation, but when I planted them, I found that they acted as wind breaks

for my bananas. They are the best, friendly crops for my plantation.

The paw paws inter planted with bananas grow well and yield many nutritious fruits that are good for our health. I sold surplus to increase on our household income. Furthermore, these paw paws are medicinal: the fruits are rich in enzymes that aid digestion and so can help with stomach problems. They may also help when we have intestinal parasites.

Pawpaws can be planted along paths, in our compounds, and in our garden. We can sell the fruits, and this has helped me raise school fees for my children.

Paw paws grow fast and look good in our compounds. They do not prevent bananas from growing well when planted in banana plantations. They are good fruit trees.

Fellow TIST members, let us all work together to plant indigenous trees, and fruit trees like paw paws, mangoes, oranges, and jackfruits. We shall get money and fruits from them.

By Kabikire Milton, Trainer

ABOUT CLIMATE CHANGE AND CARBON EMISSIONS.

By Hakim Bachwa

Climate change is a significant and lasting change in the statistical distribution of weather patterns over periods ranging from decades to millions of years.

A **greenhouse gas** (sometimes abbreviated **GHG**) is a gas in an atmosphere that absorbs and emits radiation within the thermal infrared range.

Gases that trap heat in the atmosphere are called greenhouse gases.

Carbon dioxide enters the atmosphere through burning fossil fuels (coal, natural gas and oil), solid waste, trees and wood products, and also as a result of certain chemical reactions (e.g., manufacture of cement). Carbon dioxide is removed from the atmosphere (or sequestered) when it is absorbed by plants as part of the biological carbon cycle.

Climate change is real, we are all responsible for it and we all must be part of the solution. *Since the Industrial Revolution* started in the middle of the 19th century, carbon dioxide emissions in our atmosphere have increased steadily and dramatically from the burning of fossil fuels, namely coal, oil and lesser degree from industrial gases

The cause of climate change is manmade and we must solve the problem by reducing our emissions.

COMPOSTING LIVESTOCK MANURE - HERES HOW!

(Adapted from Washington State
University Stewardship Gardening
Extension)

Composting livestock manure has many important benefits for small farm owners.

- Compost improves the health of both plants and the soil.
- Compost improves the physical structure by making soil more porous, adds fertility and increases the ability of the soil to hold moisture and nutrients.
- Manure provides the owner with a free, rich source of compost for the yard, garden, pasture, or gardening neighbors that slowly releases nutrients and wont burn plants.
- It reduces flies and the diseases they spread by eliminating their breeding ground
- It reduces parasite re-infestation of your animals- the heat generated in the composting process kills parasite eggs
- It reduces pollution of streams and ground water since it limits run off of manure
- It reduces mud in your confinement area, and increases the life of organic footing material
- It prevents some weed problems since heat from compost kills weed seeds in the manure.

To get started, first select a site for your compost bins or pits. You want to put them in a high, dry area of your property, not in a low-lying area or in an area that receives surface flows. Otherwise, compost may

become a soggy mess and the nutrients will be lost.

A location close to your stall and paddock areas will make the chore of cleaning up easier.

Next, decide on the number of bins or pits needed. At least two bins are best for 1 to 3 large animals. Pile manure and organic waste in one bin. When that bin is full, allow it to compost and start filling the second bin. you can start using it.

If you have more animals or want more storage capacity, consider using a third bin or pit system. This allows you to have one bin where daily waste can be stored, another bin which is full and in the composting stage, and a third bin for the finished compost to be stored for when you need it.

After you have decided where to put your compost bins, and how many bins you need, it is time to gather or purchase materials. Compost bins can be made of something as simple as wood pallets placed on end and nailed together, or of more durable and aesthetically pleasing landscape timbers. Pits also work well, and do not require additional material purchases.

To make good compost, you need to manage the amount of water and heat in the compost through tarping, turning, and watering. Like all living things, the micro-organisms which break down the manure and bedding require air and water. Too much or too little of each can cause problems.

Cover each of your bins with a tarp to prevent your manure piles from becoming too soggy or too dried out. A tarp also prevents the nutrients you are trying to save from being washed out.

Turning the piles allows oxygen to get to the bacteria and organisms which break down the manure into a soil-like substance. How often the pile is turned, determines how

quickly the compost will be ready. Keep the manure pile as damp as a wrung out sponge. Water the pile every time you add a wheelbarrow of new material and when you turn it.

If you follow the above guidelines, your compost can be ready as soon as 21 days. Depending on how often you turn it and whether it stays damp, composting usually takes between 1 and 3 months. You will know when your compost is ready when the material looks evenly textured and crumbly like soil.

It is easy to make and use this livestock manure compost for its goodness to our gardens. Together, we can.

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: Carbohydrates-Provide energy to the body

Foods in this category include:

- Ugali (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, cowpea, green grams, peas), Groundnuts.

3: Vitamins- help maintain your health.

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 color (oranges, paw paws, mangoes, guavas)

Keep Hydrated-drink lots of water.

- 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,