THE TREE

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

OKUKORA KWAITU

TIST n'ekigombe ekyehakanyo kwimutsya omutindo gwebahinzi aba'hansi kirikubongyeramu amaani gokurwanisa okucwekyerezibwa kw'ebibara, okwejuna obwono nekyenda kitari kyaburijo.

EBIGYENDERERWA BYAITU

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

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EIHURIRE RYO KWIKUMI NA KUMWE 2013

NOVEMBER 2013 NEWSLETTER.

EDITORS MESSAGE.

It is now maize, beans, sorghum and other annual crops weeding. 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.

Ara.

OBUTUMWA BWA EDITA.

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

Obwo muteebirwe nokugumizamu nimubyara emiti yenzarwa nkoku twaikirii zeine omumishomo yaitu kushemeza obuhangwa bwensi yaitu.

Ara.

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 as 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.

Paw paws 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.

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

KEEPING CLEAN, STAYING HEALTHY

Throughout the day our hands get dirty and so we may get harmful germs on them. Germs can enter our bodies and make us sick. Hand washing is one of the best things we can do to stay healthy. We should wash our hands thoroughly with soap and water to kill the germs and stop us getting sick. Important times of the day to wash our hands include before preparing food, after using the latrine and before eating. Studies show that the action of rubbing the hands is the most important factor. If soap is not available, sand and ash can be effective with water.

If we do not wash our hands well, our families may get diseases like frequent diarrhea and other stomach problems. In addition, we have to keep our bodies clean by bathing and washing our clothes and beddings regularly.

It is also important to dry our cooking and eating utensils after washing them because left over water can hold germs. We should use a clean cloth to dry utensils, or can make a simple rack out of wood to let the utensils dry in the sun.

Moreover, we should make sure we boil our drinking water and keep it in well-dried, clean containers.

Pests, like mice or rats, and insects, especially mosquitoes, also can spread disease. To keep these away, clear away leftover food over night and keep rubbish outside the house in a covered container or a rubbish pit. Always sweep houses and compounds to keep them clean.

It is also important to clear our compounds of any unwanted bushes or grasses, and remove rubbish that can hold stagnant water that provides breeding places for mosquitoes. Even a small bit of plastic can hold enough water for mosquitoes to breed. Also remember to use mosquito nets when possible.

Together we can keep our homes, bodies and utensils clean to help our family members stay free of diseases. We are all encouraged to this for healthier homes.

By Sarah Nankunda

TREE SPACING.

Why more than 2m is the best spacing?

TIST has been tracking tree baseline and putting out data over the past three years about tree spacing. We have found the trees and groves where the farmers plant trees will grow the best only if the space between trees is two meters or more. Some farmers have been using this spacing for many years, and their trees have been growing much better and larger than trees planted at one meter.

We have seen that trees planted at one meter grow slower, are smaller, and most importantly, do not sequester a lot of carbon. The main goal of TIST and our farmers is to plant trees to capture carbon and improve the land of the farmer. Our goal is not to plant trees very close together that are going to be harvested and cut down soon for utility poles.

TIST and the farmers who plant at two meters have seen the good results of that spacing. Trees planted at two meters or more do not fight for water and minerals in the ground.

It is important for all TIST farmers to know that quantifiers will only be counting trees planted two meters or more. This spacing still allows farmers to plant up to 1000 trees on a hectare of land! This also means that the trees planted farther apart will grow stronger and yield more fruit and nuts.

By Ara Baanyanga

SOIL EROSION

Soil erosion is the loss of soil due to water or wind transportation.

What causes soil erosion?

(a) **Cultivated soil left uncovered:** Digging land loosens the soil and exposes it to erosion. Such soil is vulnerable to erosion unless it is covered by trees or plants.

(b) **Cultivated of easily covered damaged land:** Certain types of land are unsuitable for agriculture, such as land on steep slopes. When people attempt to cultivate it the soil cannot endure the strain and thus erodes.

(c) **Over grazing:** When too many animals are allowed to use a piece of land there is loss of vegetation and subsequent soil erosion.

(d) **Cutting down trees:** When land is cleared of trees, soil can become exposed and be eroded.

Consequences of soil erosion:

Food shortage: Soil erosion reduces soil fertility and hence reduces food productivity.

Water impacts: Soil entering water can disrupt habitats, enter the drinking supply, and carry chemicals used on fields into the water supply.

Hazard risk: Soil erosion can cause flooding. When the soil settles in streams and rivers it raises the water level. It can also provoke landslides.

Displacement: When soil erosion degrades land to the extent that it can no longer support agriculture people are forced to move to other land.

Spread of deserts: As soil is lost vegetation also decreases and so the climate gradually becomes drier. Eventually the land is at risk of becoming a desert.

How to reduce the amount of soil erosion:

- **Practice Conservation farming.** When practicing CF, the land is left untilled. You only prepare holes. This prevents erosion in your plot since soil structures are firm.

- **Provide soil cover:** Ensure that soil is continually covered e.g. plant a cover crop, intercrop (plant two or more crops together on the same land), and practice agro-forestry (growing trees on the same land as crops).

- **Plant trees:** Trees cover and bind the soil, and are the most effective solution.

By Ara Baanyanga.

HOW CAN WE FIGHT FOREST FIRES? A LITTLE PREVENTION GOES A LONG WAY!

Fire is natural, and under the right conditions, may improve soil and tree health. However, fire can also be bad for forests and dangerous to people if not managed appropriately. As TIST members, we should understand what causes fires and how we can to minimize the risk of large, dangerous, tree-killing fires.

There are two basic types of forest fires. The first is ground fire. Ground fire is usually slow moving and of relatively low temperature. A ground fire can help remove dead brush, grasses, and other low-lying debris. Because the temperature is low, it leaves only small

tree. When a ground fire gets too hot or fast-moving it can become a crown fire. In crown fires, fire spreads through tree canopies. Crown fire can be deadly for trees because it kills all of the leaves on trees and often kills the living tissue in twigs and branches. Death of leaves and tissue in branches makes it extremely difficult for the tree to recover after the fire.

A few easy steps can help ensure that if a fire burns through your forest, it does little damage to trees:

- Plant trees at the recommended spacing of two meters by two meters (or more!). This is one of the easiest and most important things you can do to prevent deadly fires. This spacing gives the fire less fuel since there will be fewer branches on the ground and fewer dead trees in the forest. In a fire, these dead branches and trees act as ladders for fire to reach the tree canopy.
- Cut low branches, especially dead branches, from the trees and remove dead trees entirely. Again, dead branches and trees provide access to the tree canopy for the fire and make the fire burn hotter. Make sure you remove these pruned branches as well as other limbs or trees that have fallen naturally from the forest. Debris on the forest floor can quickly turn a low intensity fire into a stronger, damaging one that kills trees by destroying tissue in the stem and in fine roots near the soil surface. Gather dead wood, and benefit from both the reduced risk of fire and useful fuel wood!
- Create firebreaks by leaving space between rows of trees to limit fire spread. You should not harvest forest you have already planted to create space between rows of trees, but when you plant a new forest, you may want to sacrifice planting a few trees to help decrease the risk of fire. There is no "standard" distance between firebreaks, and they are not always necessary. The purpose of a firebreak is to create an area with little or no fuel through which the fire cannot burn. When it reaches this bare ground, the fire will stop and not burn adjacent areas.

When making firebreaks, build with the contours of the landscape. Leave a bare strip across a hill, not up and down. Fires generally burn uphill, and on steep slopes easily go from slow, low intensity ground fire to fast-moving, high-intensity crown fire. Heat from flames lower on the slope rises, and preheats fuel further upslope. These fuels then ignite more easily when the fire reaches them. Because of this, it is especially important to do all we can to decrease fire risk on hills.

Every site has a different fire risk, and different techniques can be useful in different sites. Talk with your neighbors to learn what they are doing to prevent damaging fires.

By Hakim Bachwa