

# TIST

(MPWAPWA KONGWA) HABARI MOTO MOTO ©

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## HISTORY OF DAUDI SMALL GROUP - KANISA KUU

The Small Group Daudi is found in Kanisa Kuu. The group started after the seminar at LITI Morogoro which took place in July - August 2003 to empower villagers from the Vinghawe, Mpwapwa-Kanisa Kuu area.

The group has six(6) active members. Group members were happy and accepted the TIST program which is an international program to improve the environment. The group started a nursery with 8060 seedlings from August 2003 throughout the period before the rainfall season started. The types of trees planted include Milonge, Mijohoro, Luciner, Mimelea, Mikungu, Miarobaini which are good for shade. Fruit trees planted are Pawpaw, Mango, Mitopetope and Mistafeli. When the rainy season started they transplanted seedlings from the nursery to transplanting holes on their farm. Up to now they have managed to transplant 6411 seedlings. The group expects to finish transplanting by April since this will be the completion of rains.

The group has opened a bank account at NMB branch of Mpwapwa. They have also received a Voucher which is the fruit of their hard work in the past. Therefore they would like to encourage other group members in the program to increase their efforts in planting trees and instead of just focusing on payments for trees also focus on the benefits of the trees in general. Also, Conservation farming is not something to close our eyes to for it is the savior to small scale farmers. Instead of getting 2-3 bags per acre, now you get 5-6. And the crops grow more healthy in comparison to other crops grown on farms where CF is not used.

Therefore I would like to urge other group members in TIST program to use Conservation Farming.

God bless you all

### **HIV/AIDS- Do you really know?**

**I hear so much about HIV/AIDS- What is it really?**

HIV/AIDS is the name of a virus that attacks the body's immune system so that the body becomes weak. When the body's immune system breaks down a

## HISTORIA YA KIKUNDI CHA DAUDI - KANISA KUU

Kikundi cha Daudi kipo Kanisa Kuu, ni kikundi kilichoanza baada ya waseminishaji waliotoka kwenye semina ya LITI Morogoro ya mwezi Julai - August 2003 kuwaseminisha wanakijiji wa kijiji cha Vinghawe, eneo la kanisa kuu Mpwapwa.

Kikundi kina wanachama sita (6) ambao ni hai. Wanakikundi waliupokea kwa furaha na nguvu mpango huu wa TIST ambao ni wa kimataifa wa kuboresha mazingira. Walianzisha kitalu cha miche 8060 kuanzia mwezi August 2003 kipindi chote hadi msimvu umefika. Aina ya miti iliyokuwepo ni milonge, mijohoro, milusina, mimelea, mikungugu, miarobaini hiyo ni miti ya kimvuvi. Miti ya matunda ni mipapai, miembe, mitopetope na mistafeli. Msimu wa mvua ulipoanza walianza kuhamisha miche yao kutoka kwenye kitalu chao na kwenda kupandikiza kwenye mashimo katika mashamba yao. Mpaka sasa wameshapanda miche 6411. Wanategemea kumaliza kupandikiza miche yote hadi kufikia mwezi wa Aprili ambao ni mara huwa na mvua za mwishoni.

Kikundi kimefungua akaunti benki, katika tawi la NMB Mpwapwa. Pia wamekwisha pokea vocha ya malipo yao ya awali ambayo ni matunda ya kazi yao. Kwa hiyo wanapenda kuwahamasisha wanavikundi wa vikundi wengine vilivyopo katika mpango huu kuongeza bidii katika upandaji wa miti bali kuangalia zaidi malipo yatoanayo na miti bali ni faida za miti kwa ujumla. Kilimo hai si jambo la kulifumbia macho maana ndio mkombozi kwa wakulima wadogo wadogo. Kwa sababu badala ya kupata gunia 2-3 katika heka moja unapata gunia 5-6. Na zao lake hustawi vizuri zaidi ukilinganisha na mazao ya mashamba mengine ambapo kilimo hai hakijatumiwa. Hivyo basi wanapenda kuwasisitiza wanakikundi wengine katika mpango huu wa TIST kutumia kilimo hai.

Mungu awabariki

### **Je unafahamu Virusi na UKIMWI ?**

***Tumesikia sana kuhusu virusi na UKIMWI sasa tuangalie je ni nini hasa?***

UKIMWI ni jina lililopewa ugonjwa unasababishwa na virusi ambavyo huvamia kinga za mwili hata kuifanya mwili kuwa dhaifu. Kinga ya mwili inapungua mtu anakosa uwezo wa kupigana na magonjwa kama Malaria na Kifua kikuu(TB).

person cannot fight off other infectious diseases like Malaria and TB. AIDS (ukimwi) is a condition of the body when the body's immune system has broken down and the body easily becomes very sick. There is no cure for AIDS, and the treatments are extremely expensive and difficult to obtain in many areas. People who contract HIV usually die within 10 years of malaria, TB, diarrhea, or other infectious diseases.

### **How is the HIV virus transmitted?**

The virus is transmitted in two main ways: through contact with blood or sexual fluids of an infected person. There are many stories about other means of transmission: kissing, hugging, coughing, and sharing food or clothing with an infected person. BUT THERE ARE **NO** KNOWN CASES OF THE VIRUS HIV BEING TRANSMITTED IN THESE WAYS. The most common method of HIV/AIDS transmission is through sexual intercourse.

### **What does a person with HIV look like?**

A person with HIV looks just like everybody else. They do not look sick- they can look completely healthy- but they still have the virus  **and they can transmit the virus to others!**

### **If I can't tell if someone has it HIV, how can I protect myself?**

The most common way to contract HIV is through sexual contact- so the best way to protect your self is to remain celibate. If you cannot remain celibate, remain faithful to one partner. If you are unable to control yourself, or have no control over your sexual partner, always insist that the man wears a condom. But remember, NO SEX is the best way to protect yourself from contracting HIV/AIDS through sexual fluids.

Also, avoid contact with other people's blood. Do not share needles for vaccines or medicine NO MATTER WHAT! They can carry the virus inside the needle, even if washed. If someone is bleeding and you are going to help them, wear plastic/latex gloves. If gloves are not available, put a plastic bag over your hand so that their blood does not touch your skin.

### **When a person with HIV develops the condition of weakness known as AIDS, what happens to them? Are there any symptoms I should watch for?**

When people have TB they cough a lot. When people have Malaria they have fever and are very weak, also they can have diarrhea. A person with AIDS may exhibit these symptoms when their weakened body is attacked by Malaria or TB, just as a person without AIDS can become sick from these diseases. However a person with AIDS will have a harder time to recover from the diseases because their body cannot fight well.

UKIMWI ni hali ya mwili ambapo kinga inakuwa imepungua na inakuwa rahisi kwa kupata magonjwa na kusababisha mdhaifu. Hakuna tiba ya UKIMWI, na matibabu kuongeza nguvu yanayopatikana ni ya ghali na hayapatikani kwa urahisi katika maeneo fulani. Watu wanaopata UKIMWI mara nyingi hufa baada ya muda fulani inaweza kuwa baada ya miaka 10 kwamagonjwa mengine kama vile Malaria, Kifua kikuu, au kuhara au magonjwa mengine.

### **Virusi vya UKIMWI vinasambazwa vipi?**

Virusi hivi huambukizwa kwa njia kuu mbili: Kupitia kugusana kwa damu au majimaji kutoka sehemu za siri za mtu aliyeathirika.

Kuna hadithi nyingi kuhusu njia nyingine : Kama vile kubusu, kukumbatia, kukohoa, na kushirikiana chakula au mavazi na mtu aliyeathirika. LAKINI **HAKUNA** MATUKIO YOYOTE AMBAYO YAMEWAHI KUONYESHA VIRUSI VIMEWEZA KUSAMBAZWA KUPITIA NJIA HIZI. Njia kuu zinazoambukiza ni kupitia tendo la NDOA AU NGONO.

### **Mtu mwenye UKIMWI anafanana vipi?**

Mtu mwenye UKIMWI anafanana na mtu mwingine yeyote. Huwezi kuwatambua watu walioathirika na wanaweza kuonekana wazima kabisa – lakini bado wana virusi **na wanaweza kusambaza virusi hivyo kwa wengine!**

### **Kama siwezi kumtambua mtu mwenye UKIMWI nitajikinga vipi?**

Njia kuu ya kupata UKIMWI ni kupitia ngono - kwa hiyo ili kujikinga ni kutokufanya ngono. Kama huwezi kuachana na ngono kuwa na mpenzi mmoja mwaminifu. Kama huwezi kujizuia kabisa, hakikisha kwamba unatumia condom kila wakati. Lakini kumbuka kwamba kuepukana na ngono ndio njia nzuri na salama ya kuepukana na virusi vya UKIMWI kupitia maji maji ya sehemu za siri.

Pia epukana kugasana na damu za watu wengine. Usishirikiane sindano za matibabu au dawa HATA KAMA IWE VIPI! Virusi vinaweza kubebwa humo humo ndani ya sindano, hata kama ikiwa imeoshwa. Kama mtu anatoa damu na unakwenda kumsaidia, vaa mipira ya mikono. Kama mipira hii haipatikani basi tumia mfuko wa plastiki kuweka juu ya mikono yako ili damu yake isikuguse kabisa.

### **Wakati mtu anaendelea kuzofika ndipo anaanza kuitwa mtu mwenye UKIMWI, kitugani kinatokea? Je dalili zozote ninazotakiwa kuangalia?**

Kama kuna mtu ankifua kikuu na anakohoa sana. Wakati mtu ana maralia au anahoma na ni mzaifu sana, pia anaweza kuanza kuharisha. Mtu mwenye ugonjwa wa UKIMWI anaweza kuwa na dalili kama hizo pale anapokuwa amezofika na mwili wake unaweza kupatwa na magonjwa kama Malaria au Kifua Kikuu, magonjwa ambayo yanaweza kumpata mtu yeyote hata kwa wale ambao hawana virus. Hata hivyo mtu mwenye UKIMWI huwa na wakati mgumu sana kupata nafuu kutoka kwenye magonjwa haya kutokana na mwili wake kuwa dhaifu.

A person with AIDS may have diarrhea, night sweats, vomiting, and any other symptom associated with being sick. They can become sick for long periods of time, or get sick again soon after treatment.

People who have had many sexual partners in the last 10 years (or who's husband or wife has had many partners) are at high risk of carrying the hidden HIV virus, and can pass it to any new partner they have. People who may have been in contact with someone's blood through an accident or by sharing needles or syringes may be at risk.

If you believe you may be at risk, or if you have any of the above symptoms along with significant weight loss, you may want to consider getting a **free, private, and confidential** test at your local clinic or hospital.

## Take care of your trees

This year, thousands of trees have been planted in the TIST program. Take some important steps NOW to make sure the trees stay alive.

1. Organise the small group to take care of the trees. Make sure members know which trees they are responsible for, and that there is a schedule for working to take care of trees.
2. Pull weeds from around the trees. Weeds steal nutrients and water from the trees.
3. Keep cattle and goats away from the trees. Try putting thorn bushes around trees. Some groups have just planted their trees. Newly planted seedling may need to be watered if we have more than a few days of little or no rain. Keep checking seedling after the rains stop to see if they need extra water.

## FISH POND

People in the world know something about fish. In short, a fish is an edible animal. Fish can be raised in a pond or found naturally growing in a lake, ocean, sea, river etc.

### **What is fish pond ?**

A fish pond is a specially dug hole filled with water, food and fish in it. Fish ponds are very good especially in rural areas since raising fish can increase the income of a family and improve the health of that family. You can eat some of the fish from the pond to improve your nutrition and also you can sell some of them to get additional money to fulfill other home needs.

### **What is required in order to have this fish pond?**

Dig a hole. Fill the hole with water. Put food into the pond for that. Put fingerlings into pond. Remember that all these requirements need lots of time and some knowledge. So you are supposed to work hard and be patient. After finishing all of the above requirements, the fingerlings will grow very large after six months. You can then start catching a few. You can eat them and sell them in the

Mtu mwenye UKIMWI anaweza kuharisha, anavuja jasho wakati wa usiku, anataipika, na dalili nyingine nyingi zinazoashiria mtu kuumwa. Mtu huyo huweza kuendelea kuumwa kwa kipindi kirefu, au ugonjwa kumrudia kila mara baada ya kupata nafuu (homa za mara kwa mara)

Watu waliofanya mapenzi na watu mbalimbali katika kipindi cha miaka 10 ( Au mume au mke kama alikuwa na mtu wa pembeni) wanaweza kuwa kwenye hatari ya kuwa na virus vya UKIMWI (VUV), na wanawezakuwa ambukiza wapenzi wengine wasipokuwa waangalifu. Watu ambao walikutanisha damu zao kupitia ajali au kwa kushirikiana sindano au syringi pia kuna uwezekana wakawa waliambukizwa virusi.

Kama kuna kitu chochote kinakufikirisha kuwa unawezakuwa kwenye hatari hiyo kuwa huenda uliambukizwa, au kama unadalili zilizotajwa hapo juu na kwamba uzito wako umepungua, unaweza kuamua kwa **uhuru** kwenda kupimwa, mwenyewe, na **kwa siri** katika hospitali au Klinik iliyo karibu nawe.

## Kutunza miti yako.

Mwaka huu, maelfu ya miti yamekuwa yakipandwa katika mradi huu wa TIST. Chukua baadhi ya hatua zilizo muhimu sasa kuhakikisha kuwa miti inadumu kwa muda wote.

1. Kuvihimiza vikundi vyote kutunza miti yao. Hakikisha kuwa wanachama wanafahamu kuwa ni miti ipi wanawajibu nayo, na kuwa kuna ratiba ya kazi juu ya utunzaji wa miti.
2. Ng'oa magugu yote yanayozunguka miti, magugu hunyang'anya miti yako virutubisho na maji.
3. Usiwaachie ng'ombe au mbuzi kwenda kwenye eneo uliilopanda miti. Jaribu kuzungushia miti kwenye miti yako. Baadhi ya vikundi ndiyo kwanza vimemaliza kupanda miti yao. Kwa miche iliyopandikizwa hivi karibuni inahitajika kumwagiliwa kama kutakuwa na mvua kidog au hakina kabisa. Endelea kuangalia baada ya mvua kusimama kama miche yako iliyopandikizwa bado inahitaji maji ya ziada.

## BWAWA LA SAMAKI

Asilimia kubwa ya watu ulimwenguni wanafahamu samaki ni kitu gani. Kwa kifupi, samaki ni chakula. Samaki wanaweza kufungwa katika bwawa au kuzaliana wenyewe katika ziwa, bahari, mito, n.k

### **Dimbwi la samaki ni nini?**

Bwawa la samaki ni shimo maalum lililochimbwa na kujazwa maji, chakula na kuwa na samaki ndani yake. Kuwa na bwawa la samaki ni kitu kizuri sana hususani katika maeneo ya kijijini hasa kwa sababu ya kuongeza kipato cha familia na kuboresha afya ya familia yako. Unaweza ukatumia baadhi ya samaki kutoka katika bwawa lako kwa chakula ili kuboresha afya ya familia yako na pia unaweza kuuza baadhi kwa ajili ya kupata kiasi fulani cha fedha ili kukidhi mahitaji ya nyumbani kwake.

market and get extra income. This is very good because it helps to overcome the poverty. For example last July during the seminar in Morogoro, seminar participants got a chance to see a fish pond at Mr. Raphael Chinolo farm in Chamkoroma

## Preparation of storing crops

Many people think that after harvesting their crops, Maize or Millet, and putting it in bags is when they need to prepare storage techniques. This is not true. It is better to start the process for storage before harvest time. The following are explanations for the preparation.

Leave your crops in the field until they are mature enough before you harvest. Make sure crops are well dried before you process them for storage in the bags. If your group uses Harts as temporary storage for crops before storing grain in bags; please keep the materials for next year instead of cutting down more trees. The materials may be reused for three to four years.

Put floor in your storage room by using cement, or manure from the cow, inspect your crops from time to time as to see if termites are attacking them.

## How to Prevent Soil Erosion

Soil erosion is the removal of the upper surface of the land from one place to another place. For example, topsoil is washed out from one place to another in heavy rain. Some causes of soil erosion are listed below.

The most important factor causing soil erosion is poor farming practices. When people cultivate land without taking care to use the Njia Bora of checking the slope of the land in their farms, then rainfall can wash the good topsoil down the slope of that area.

Another thing is grazing larger numbers of cattle in a small area. When cattle graze the same area for a long time they always break the layer of the soil into small particles. This makes it easy for the topsoil particles on the surface to be carried away by water or wind.

There are good measures to prevent our land from the problem of soil erosion. First of all is for those who are preparing their farms to not remove or burn dead weeds.

You can divide your farm into portions of 30 to 35 meters and arrange the residues from one side of the farm to another side making terraces against the slope. Then take the soil and put on top of the residues to make the terraces against the slope.

Another way is to put some residues between lines of crops. Also remember that the farm needs to have 30% of residues remaining in order to decompose and improve soil fertility. This method of making terraces works in other areas to prevent soil erosion.

## Vitu vinavyohitajika ili kuwa na bwawa la samaki?

Chimba eneo kubwa kiasi kwa ajili ya bwawa Jaza maji kwenye eneo ulilochimba Weka chakula kwenye bwawa hilo kwa ajili ya samaki, Weka mbegu za samaki. Kumbuka kwamba, mahitaji yote hayo yanahitaji muda wa kutosha. Hivyo basi unatakiwa kufanya kazi kwa bidii na kuwa na uvumilivu. Baada ya kumaliza mahitaji yote hayo hapo juu samaki watakuwa wamekuwa wakubwa baada ya miezi sita. Unaweza ukaanza sasa kuvua baadhi ya samaki. Unaweza ukatumia baadhi ya samaki kwa kitoweo nyumbani na unaweza kuuza wengine sokoni na kupata fedha. Hii ni nzuri kwa sababu inaondoa umaskini. Kwa mfano mwezi wa saba mwaka jana wakati wa semina ya Morogoro, washiriki wa semina walipata nafasi ya kuona dimbwi la samaki la Bwana Raphael chinolo

## Matayarisho ya kuhifadhi mazao

Wengi hufikiri kuwa baada ya kupiga mahindi au mtama na kuweka kwenye magunia ndipo unapoanza kutayarisha uhifadhi wa mazao "Hapana". Ni vizuri kutayalisha kuhifadhi mazao yako yakiwa bado shambani. Yafuatayo ni maelezo ya matayalisho.

Acha mazao yako yakomae vizuri kabla ya kuyavuna. Acha mazao yakauke kabisa kabla ya kuvuna au kuyapiga kwa ajili ya kuhifadhi punje kwenye magunia. Kwa wale wanaotumia Mabanda kwa kukaushia mazao kabla ya kuyapiga basi ni vizuri wahifadhi miti waliyotumia ili iweze kutumika mwakani badala ya kukata miti mingine, miti hiyo yaweza kutumika zaidi miaka mitatu hata minne.

Sakafia chumba utakacho weka mazao yako kwa saruji, au kwa kutumia kinyesi cha ng'ombe, hakikisha unatembelea kukagua mazao yako mara kwa mara ili kuona kama kuna mchwa unatakakuvamia mazao yako.

## Jinsi ya kuzuia mmomonyoko wa udongo

Mmomonyoko wa udongo ni kitendo cha kuondolewa kwa tabaka la juu la udongo kutoka sehemu moja kwenda sehemu nyingine. Au sehemu ya juu kuzolewa kutoka sehemu moja hadi nyingine. Sasa hebu tuone vyanzo vinavyosabisha mmomonyoko wa udongo:

Chanzo kimoja kikubwa kinachosababisha mmomonyoko wa udongo ni kilimo kisicho na mpangilio wa utumiaji wa njia Bora. Wakati watu wanapolima bila kujali athari zinazoweza kutokea au kutumia njia Bora kwa kuangalia miteremko ya ardhi na wakati mvua zinaponyesha maji yanayotiririka huhamisha udongo wa juu na kuelekea bondeni mwa eneo hilo.

Kitu kingine ni kufuga idadi kubwa ya mifugo na kuchunga katika eneo lililo dogo. Hii hutokea wakati mifugo inapochungwa katika eneo moja kwa muda mrefu husababisha kuvunjika vunjika kwa tabaka la udongo. Na kuwa rahisi kwa eneo hilo kuchukuliwa na maji au upepo.

Kuna hatua ambazo zinawezakuchukuliwa ilikuzuia mmomonyoko wa udongo. Kwanza kabisa kwa wale

On top of the terraces you may plant trees 5 to 10 meters apart so that when they grow the roots may hold the soil and keep it from being taken away by running water. You may make as many terraces as you can depending on the size of your farm. You may put one terrace after 30 to 35 meters.

For the problem of over grazing, it is better for livestock keepers to keep the animals indoors for zero grazing, or reduce the number of animals that go on the land.

## **NODE SYSTEM IMPROVES TIST PROGRAM**

It is true that TIST has improved since the node system started. To day there are more than 2000 small groups in the TIST program compared to two years ago when there were fewer than 1000 small groups. The node system makes it possible to be more organized in getting things from the main office to the small groups. The idea of node system came last summer during the Morogoro seminar when we were looking for the best way to serve the small groups. By using coordinators in the node areas, it is possible to get all small groups monthly and registration forms entered into the web. Also the communication between the office and the small groups is easier now because they only meet at a certain point where they able to walk or ride the bicycles and submit their small group monthly report forms and registration forms or ask any questions they have about the program in general. The small groups receive vouchers, HMMs, new blank small group monthly report forms and registration forms and any other important information from the office through these nodes.

Before that node system, it was difficult for the office staff to move around all Mpwapwa, Kongwa, Tanga, Kibondo, Gairo areas to collect all small group monthly report and registration forms on time. It was difficult even to know if the small group were having problems. Passing on important information was problem. It was taking lots of time to finish just a little work in one place.

After the node system started in all project areas, everything has improved. We have provided and still we are providing the coordinators with training on how to lead the node meetings with information like what are the requirements to form more new groups, how to fill in small group monthly report forms (SGMRs) and all other best ways to solve small group problems. Coordinators have been working hard to serve and encourage the small groups. When you go to the web today you will see more than 18 million trees planted by small group and more 17 million seedlings grown by small groups in Tanzania.

Most important -- The nodes are a place to share best practices in small groups, conservation farming, tree planting and care of newly transplanted seedlings. There will be training at the monthly node meetings in all the different elements of the TIST program.

So by all the above successes, show that improvement in the TIST program. So I would like to tell all small group members to attend the closest node to your small group in order to share best practices, receive training, receive your HMM, submit your small group monthly report or registration forms, ask any

wanaotayarisha mashamba msiondoe majani yaliokufa au kuyachoma moto.

Unaweza kugawanya shamba lako katika visehemu vyenye umbali wa Mita kuanzia 30 hadi 35 na kuyaweka baadhi ya masalia wakati wa kutengeneza matuta au makinga maji, kukingama mteremko. Fukia kwa udongo utakaochimba kutengeneza tuta. Njia nyingine ni kuweka baadhi ya mabaki ya mazao katikati ya mistari miwili ya mazao. Hata hivyo kumbuka eneo zima la shamba linatakiwa liwe na mabaki ya mazao au majani yalisambazwa kiasi cha asilimia 30%. Njia hii ya kuweka makinga maji inaonekana kuwa na mafanikio sana katika maeneo mengine. Watu wamefanikiwa kuzuia mmomonyoko wa udongo kupitia njia hii.

Kwenye makinga maji haya unaweza kupanda miti katika umbali kuanzia mita 5 hadi 10 ambayo itakapokuwa mizizi itashika udongo na kuzuia usichukuliwe na maji. Unaweza kutayalisha makinga maji mengi kulingana na ukubwa wa shamba lako. Kumbuka kuweka kinga maji kila baada ya mita 30 hadi 35.

Kwa tatizo la ufugaji wa wanyama wengi katika eneo dogo, ni vizuri mkatumia ufugaji wa kulisha mifugo katika mazizi yao, au kupunguza idadi ya mitugo ili itosheleze eneo unalochungia.

## **MFUMO WA NODE WABOresha MRADI WA TIST**

Ni kweli kwamba TIST imeboreka sana tangu kuanzishwe mfumo huu wa vituo maarum vinavyoitwa nodi. Leo hii TIST in vikundi zaidi ya 2000 ukilinganisha na miaka miwili iliyopita kulikuwa na vikundi chin ya 1000. Mfumo wa nodi umefanya mambo kufanyika kwa utaratibu mzuri kuanzia ofisi kuu hadi kwenye kikundi kidogo. Wazo la kuwa mfumo wa nodi lilikuja mwaka jana wakati wa semina iliyofanyika Morogoro tulipokuwa tukijaribu kutafuta Njia Bora ya kutumikia vikundi vidogo. Kwa kutumia waratibu wa maeneo hayo imekuwa ni rahisi kupata fomu za taarifa ya mwezi na zile za usajili na kuingiza kwenye tovuti. Pia mawasiliano kati ya ofisi na kikundi yamekuwa rahisi kwa sasa kwa sababu wanakutana katika eneo maalum ambapo wanaweza kutembea au kutumia baiskeli na kukusanya fomu zao za taarifa ya mwezi au za usajili au hata kuuliza swali lolote walilionalo lihusulo mradi kwa ujumla. Pia kikundi kinaweza kupata vocha, HMM, fomu mpya za taarifa ya mwezi, fomu mpya za usajili na hata kupata taarifa nyimngine yoyote ile muhimu kutoka ofisi kupita nodi hiyo.

Kabla ya mfumo wa nodi ilikuwa ni vigumu sana kwa wafanyakazi wa ofisini kuweza kuzunguka na maeneo yote ya Mpwapwa, Kongwa, Tanga, Kibondo na Gairo kukusanya fomu za taarifa ya mwezi na zile za usajili kwa wakati muafaka. Hivyo ilikuwa ni vigumu hata kujua matatizo ya vikundi au hata kufikisha taarifa Fulani ambazo ni muhimu sana kwa kikundi, ilikuwa inachukua muda mrefu sana kumaliza kazi kidogo katika sehemu moja.

questions, and receive very important information at that node meeting.

## **Taking Care of Trees In Your Grove**

It is time to remind group members about taking care of trees in our groves. Conserving our groves is very important. Groves are the source of the life of our trees we transplant. Remember that, if trees are not well taken care of, they will become weak and lack energy and even die. Trees have many important uses for people and animals.

Here are some of the important benefits of trees. Trees planted by TIST Small Groups:

- Give fresh air that's good for people and animals
- Absorb carbon and put it back into the soil
- Encourage rain
- Prevent soil erosion
- Give shelter to wild animals
- Provide firewood for cooking
- Provide timber for building, making furniture, etc
- Give shade
- Shelter our houses from wind
- Provide fruit and nuts

Those are some of benefits from tree planting. There are many profits which are in touch with daily human life. Therefore groups members, take care of your trees for our benefits.

In order for our trees to grow well it is very important to know one of the most effective practices which is frequent weeding. Clean groves will make your trees grow healthy and faster. Also when weeds contaminate trees it is attractive to the dangerous animals like snakes. Meanwhile, weeds take nutrients and water from the soil so trees cannot use them. Hence trees become thinner and unhealthy. In our travels, TIST staff have seen small groups that have put more efforts on keeping their groves weeded. This is Njia bora. These groups gave weeding a high priority in their weekly activities and this is keeping the trees healthy. As a reminder to all TIST small groups, here are some of the advantages of weeding your groves:

- Trees grow faster because weeds don't take the nutrients and water from the soil
- Trees will become stronger and grow taller in a shorter period of time
- Trees can get the sunlight they need unhindered
- Trees are not exposed to as many diseases
- Trees are more protected from a fire spreading
- Clean groves are an example to others and they become eager to learn Njia Bora
- Clean groves indicate that small groups are maintaining them and are good examples of the TIST program, that

Baada ya kuanzisha mfumo wa nodi katika maeneo yote ambayo mradi unafanya kazi, kila kitu kimeboreka. Tumewapatia na tunaendelea kuwapatia waratibu mafunzo jinsi ya kuendesha mikutano ya nodi kama vile mambo yanayotakiwa katika kuunda vikundi zaidi, jinsi ya kujaza fomu ya taarifa ya mwezi na njia nyingine bora za kutatua matatizo ya vikundi kidogo. Waratibu wamekuwa wakifanya kazi kubwa sana kutumikia vikundi na kuvitia moyo vikundi vidogo. Kama ukienda kwenye tovuti ya TIST leo utaona miti zaidi ya milioni 18 na pia utaona miche zaidi ya milioni 17 ambayo vikundi vimepanda katika inchi ya Tanzania. Kitu muhimu – Sehemu ya kituo maarum ni mahali pa kushirikishana Njia Bora kwenye vikundi, Kilimo Hai, Upandaji wa miti na utunzaji wa miche. Kutakuwa na mafunzo mbalimbali ya mradi wa TIST kwenye vituo maarum.

Hivyo basi kwa mafaniko yote hayo hapo juu, inaonyesha ni jinsi gani mradi ulivyoboreka. Ningependa kuwaomba wawakilishi wa vikundi kuhudhuria nodi iliyokaribu na kikundi chako ili mshirikishane Njia Bora, kupewa mafunzo, mpatiwe fomu ya taarifa ya mwezi ya kikundi chako, fomu ya usajili au hata una swali lolote, pia mnaweza kupata taarifa muhimu katika mkutano huo wa nodi.

### **Utunzaji wa miti ya vikundi**

Ni wakati mwingine tunawakumbusha wanavikundi juu ya utunzaji wa mashamba ya miti. Utunzaji wa mashamba yetu ni jambo la muhimu sana na ndio chanzo cha uhai wa miti tunayoipanda. Ikumbukwe kwamba miti isipotunzwa vizuri huwa dhaifu na wakati mwingine hukosa nguvu na hata kufa kabisa. Kwetu binadamu na hata wanyama miti ina umuhimu mkubwa sana.

Zifuatazo hapa ni baadhi tu ya matumizi muhimu ya miti, inayopandwa na TIST.

- Huleta hewa safi kwa watu na wanyama.
- Huvuta hewa chafu ya kabonidayoksaidi kuirudisha kwenye ardhini
- Huvuta mawingu ya mvua.
- Huzuia mmomonyoko wa udongo
- Hifadhi ya wanyama wa pori
- Tunapata kuni kwa ajili ya kupikia
- Mbao kwa ajili ya kujengea, kutengenezea fenicha, n.k
- Hutupa kimvuli
- Hukinga upepo ili paa za nyumba zetu zisiezuliwe.
- Hutupatia matunda na mbegu za mafuta

Hizo ni baadhi tu ya faida tunazopata kutokana na miti, kuna faida nyingi zaidi za miti, ambazo zinagusa maisha ya kila siku ya mwanadamu. Kwa hivyo ndugu zangu wapendwa wanavikundi tuitunze miti kwa faida zetu wenyewe.

Kwa hivyo basi ili miti yetu ikuwe vizuri ni muhimu kufahamu kuwa, njia mojawapo ya kufaa katika utunzaji wa miti ni kuondoa magugu mara kwa mara. Kusafisha mashamba yenu ya miti kutafanya miti yenu kuwa na afya nzuri na kukua kwa haraka sana. Pia miti inaposongwa na magugu hufanya miti hiyo kuwa makazi ya wadudu hatari kama vile nyoka. Mara nyingine magugu hufyonza maji yahitajikayi katika miti. hivyo kuifanya miti kuwa miembamba na dhaifu. Katika

will attract many people to come and see your work. Clean groves enable the quantifiers to count the trees quickly and accurately. The TIST office staff encourages all small groups to carry on weeding their groves. It is worth the effort of each member of your small group, and you will be able to see the difference in your healthy trees

## Voucher Payments

Sometimes small group members have questions about how to get the group's voucher and why they have not gotten a voucher yet. Here is how the system works.

Each small group must hand in a Small Group Monthly Report (SGMR) each month at their node meeting. The information on that SGMR must be accurate and true. One of the node coordinators will then go to an internet café to enter the forms.

When a small group has handed in three small group monthly reports for three months in a row, and they have met all the requirements, then the coordinator will be able to generate a voucher for the group. Vouchers are generated automatically by the computer.

The small group must have over 1000 trees and seedlings, have a bank account open and have handed in three monthly reports in a row. If you do not meet all these requirements then you do not yet qualify for a voucher. Also, by September 30th, each group member will have to have one acre of conservation farming holes.

When you do meet the requirements, the number of trees and seedlings you report is checked against the audit data provided by the quantifiers when they counted your trees. The computer checks that what you reported matches what the quantifiers found. If it matches, a voucher is generated. You can then take that voucher to the bank and they will put the money into your account.

If the audit data and the number of trees and seedlings reported on the Small Group Monthly Report do not agree, a form will be generated by the computer and your small group will receive it. The form asks you to check a box if you agree with the numbers from the audit, or, if you don't agree with the numbers, you can ask for a reconciliation audit with your coordinator and the quantifiers. If you agree with the numbers (and the coordinator takes the report to the computer the next month) a voucher will be generated. If a reconciliation audit takes place (and that data is put in the computer), a voucher for the correct number of trees and seedlings will be generated.

If you are a historic group with a DMP loan and are unsure of what happens for you please ask your local coordinator or a TIST staff member as the system is

utafiti, wafanya kazi wa ofisi ya TIST wameona vikundi vidogovidogo vimejibidiisha kuweka maeneo yasiwe na magugu. Hii ni njia bora. Hivi vikundi vimeweka kipaumbele kuondoa magugu katika shughuli zao za kila siku katika wiki na hii inafanya miti iwe na afya nzuri. Hili ni kumbusho kwa Vikundi vidogovidogo vya TIST, Hapa kuna faida ya kuondoa magugu mahali pa kupandia miti au katika mashamba ya miti:-

Miti itakua haraka kwa sababu magugu hayanyonyi Virutubisho na maji kutoka kwenye udongo

Miti itakuwa imara na mirefu kwa kipindi kifupi. Miti itapata mwanga wa jua wa kutosha bila ya kipingamizi chochote.

Miti haitakuwa na magonjwa mengi.

Miti itaepushwa na kuungua na moto

Kuondoa magugu ni mfano kwa wengine na watakuwa na hamu ya kujifunza njia bora.

Kusafisha mahali pa kupandia miti inaonyesha kwamba vikundi vidogovidogo vinajali na ni mfano mzuri wa TIST kwa watu wengi kuona.

Kusafisha maeneo ya yaliyopandwa miti inawasaidia quantifiers kuhesabu miti kwa haraka na kwa usahihi. Wafanyakazi wa ofisi ya TIST wanavitia moyo vikundi kuondoa magugu katika mashamba yao ya miti. Bidii ya kila mmoja inahitajika na mtaona tofauti, katika miti yenu yenye afya bora.

## Malipo ya vocha

Wakati mwingine wana vikundi wanamaswali kuhusu jinsi ya kupata vocha ya kikundi na kwanini mpaka sasa wengine hawajapata vocha. Maelezo yafuatayo yanaeleza jinsi mfumo unavyofanya kazi.

Kila kikundi kidogo lazima kilete taarifa yake ya mwezi (SGMR) kila mwezi kupitia kwemye mikutano yao ya Node au vituo maarum. Taarifa iliyopo kwenye taarifa ya mwezi lazima iwesahihi na ya kweli. Mmoja wa waratibu anatakiwakwenda kwenye mtandao (Internet cafe) kuingiza taarifa hizo za vikundi.

Baada ya kikundi kidogo kuwakilisha taarifa za mwezi tatu mfululizo, na wamekamilisha mahitaji yote, basi mratibu atakua na uwezo wa kwenda kwenye tovuti kutoa vocha ya kikundi. Vocha hutolewa moja kwa moja na komputa kutoka kwenye tovuti.

Vikundi vidogo lazima viwe na zaidi ya miti na miche 1000, wawe na wamefungua akaunti na kuleta taarifa tatu za mwezi mfululizo. kama haujatimiza masharti yote haya utakuwahustaili kupata vocha. Pia, ikifika septemba 30, kila mwanakikundi anatakiwa kuwa na ekari moja ya mashimo ya kilimo hai.

Utakapo kamilisha masharti yote, taarifa ya idadi ya miti na miche hapitiwa na Quantifier wakati wakihesabu miti. Komputer huangalia taarifa ya mwezi kama zinalingana na za quantifier. Kama zinafanana, vocha hutolewa.

Once you have paid back your loan you will be able to get vouchers under the system described above.

## **Conservation Farming – It really DOES make a difference!**

When we talk to the small groups who are using conservation farming best practices, we hear that they know they will always get some harvest even in the very worst years when rainfall is not steady or not much. In the years that their neighbours get some food at harvest, these small groups get many times more maize and other crops!

Using traditional farming methods, you cannot be sure that you will get any harvest and if you are lucky to get some harvest, it might be very small. Small groups who use conservation farming are seeing a huge difference in their crop yields.

So how does it work? By digging the holes for the crops and filling the holes half full with good soil and manure or compost, it means that the seeds get many more nutrients than they would if they were planted in normal soil. The extra nutrients help the seeds to grow into stronger plants with greater yields. The holes protect the seeds and you can weed around the holes without hurting the germinating plants.

The holes are very important. There is a small seedbed in the hole. When the rains come instead of washing the good soil and the seeds away, the water goes into the holes and helps the seeds grow more. The combination of the holes and the manure means that the water is held near the seeds for longer so when the sun comes out again it does not take all the water away as fast.

When you harvest your crops this year, do not burn the stover on the field but leave it on the field so that there is a covering over the field. The stover will rot down returning many good nutrients to the soil preparing and enriching it for crops next year.

When should you start digging the conservation farming holes? As early as possible! Once the rains start it is too late and some of the benefit has gone.

If you had conservation farming holes this year, do not close them up but leave them open ready for next year. The more years you do conservation farming in your fields (and even better if you can rotate the crops you put into that field) the better the soil will become and the more harvest you will get. You can see the soil in your field getting richer as it turns from a red-brown colour to a dark brown / black colour. The change in colour shows that it has many more nutrients than before.

In the Morogoro Reunion Seminar in January, the small group members who were there decided that conservation farming made such a big difference to their crop yields and their lives that from now on every TIST small group needs to

Utapeleka Vocha hiyo Benk na kuwekewa pesa kwenye akaunti ya kikundi.

Kama takwimu za Audit na idadi ya miti na miche iliyoandikwa na wanavikundi hazikubaliani, fomu ita chapishwa na kompyuta na kikundi kidogo kitapewa. Hiyo fomu itauliza kikundi kiweke alama kwenye kisanduku kama kikundi kinakubaliana na hiyo takwimu ya ukaguzi, au, kama hamkubaliani na hiyo takwimu, unaweza kuomba kufanyike "Ukaguzi mwingine" pamoja na waratibu na quantifiers.

Kama utakubaliana na takwimu (na mratibu kupeleka taarifa kwenye mtandao mwezi unao fuata) Vocha itatolewa. Kama "Makubaliano yakifanyika" (na takwimu kuingizwa kwenye Kompyuta) Vocha ya idadi sahihi ya miti na miche itatolewa.

Kama kikundi kina historia na deni la DMP na hamna uhakika tafadhali muulize mratibu wa eneo lenu au mfanyakazi wa TIST kwa sababu utaratibu uko tofauti kidogo mpaka utakapo rudisha mkopo. Mara utakaporudisha mkopo utapata vocha kwa mfumo ulio elezwa hapo juu.

### **Kilimo hai-Ni Kweli kinaonyesha tofauti!**

Tukiongea na wanavikundi vidogo ambao wanatumia kilimo hiki, wanatueleza kwamba wanapata mavuno zaidi ya wale waliotumia kilimo cha kienyeji hata mwaka wa mazao ukiwa mbaya, ambapo mvua haziji kwa mpangilio au ikiwa chache. Wakati wa miaka ambapo majirani zao wanaambulia mazao kiasi kidogo ya chakula, hivi vikundi vidogo hupata mazao ya mahindi na mazao mengine mara kadhaa zaidi ya wenzao!

Kutumia njia za asili, huwezi kuwa na uhakika wa mavuno, na kama una bahati ya kuvuna, basi huwa ni kiasi kidogo. Vikundi vidogo vinavyo tumia kilimo Hai wanajionea tofauti Kubwa kwenye kipato cha mavuno yao.

Hebu tuone kinavyofanyika? Kwa kuchimba mashimo ya mazao na kujaza udongo mzuri na mbolea ya samadi nusu shimo, hii ikimaanisha mbegu zitapata virutubisho vya chakula zaidi kuliko ukipanda kwenye udongo wa kawaida. Hivi virutubisho zaidi vya chakula cha mimea husaidia mbegu kuota na kuwa mmea wenye afya na kuzaa mazao bora zaidi. Mashimo hulinda mbegu na unaweza kupalilia kuzunguka shimo bila kuumiza mimea.

Mashimo ni muhimu sana. Kunakuwa na nafasi kwenye shimo ambayo wakati mvua inapokuja badala ya kuhamisha udongo mzuri na mbegu, maji huingia kwenye mashimo na kusaidia mbegu kuota haraka. Kuwepo kwa shimo na mbolea kunasaidia maji kutuama kwenye mimea kwa muda zaidi hatakama jua likiwa kali kwa kipindi haliwezi kukausha maji yote kwa haraka.

Utakapo vuna mazao yako mwaka huu, usichome mabaki shambani bali uyaache yafunike ardhi. Mabaki ya mazao yakioza hurudisha tena chembechembe za chakula cha mimea na kurutubisha mazao ya msimu ujao.

Ni wakati gani wa kuanza kuchimba mashimo ya kilimo hai? Mapema iwezekanavyo! Ukisubiri mvua zinapokuwa



have at least one acre of conservation farming per member. If they do not have enough conservation farming acres they will not get a voucher. From the 30<sup>st</sup> September if your group does not have 1 acre of conservation farming per member, you will not receive a voucher. Conservation farming really is that important! In the next HMM we will be giving you very clear instructions on the best way to do conservation farming.

## **WHAT YOU NEED TO DO TO BE A TIST GROUP:**

- HAVE AT LEAST 1000 TREES PER GROUP PER YEAR;
- ONE ACRE OF CONSERVATION FARMING PER GROUP MEMBER
- SUBMIT SMALL GROUP MONTHLY REPORTS AS OFTEN AS POSSIBLE;
- TRANSFER THE GHG SEQUESTRATION RIGHTS TO UMET FOR THE PAYMENT RECEIVED;
- USE SMALL GROUP BEST PRACTICES AND WORK TOGETHER TO DEVELOP AND SHARE WITH OTHER GROUPS BEST PRACTICES IN ALL AREAS OF YOUR LIVES.

## **TIST STATISTICS**

Tist groups: 2,223  
Tist trees: 23,248,715  
Tist seedlings: 16,190,639

## **Node meetings**

### **Week of the Month Day Area**

- 1<sup>st</sup> Week Tuesday Kibakwe
- 1<sup>st</sup> Week Wednesday Pwaga
- 1<sup>st</sup> Week Friday Mima
- 1<sup>st</sup> Week Saturday Mkanana
- 2<sup>nd</sup> Week Monday Mkoka
- 2<sup>nd</sup> Week Saturday Kanisa Kuu
- 4<sup>th</sup> Week Monday Kisokwe
- 4<sup>th</sup> Week Tuesday Lupeta
- 4<sup>th</sup> Week Wednesday Chamkoloma
- 4<sup>th</sup> Week Thursday Tubugwe
- 4<sup>th</sup> Week Friday M/Bondeni

zimeanza unakua umechelewa na kupoteza baadhi ya faida. Kama ulitumia kilimo hai mwaka huu, usiyafukie mashimo bali yaache wazi tayari kwa mwaka ujao. Jinsi unavyotumia kilimo Hai kila mwaka unaboresha zaidi ( na pia inakuwa bora zaidi ukipanda mazao kwa mzunguko ) ndivyo unavyo zidi kurutubisha udongo na kupata mavuno zaidi. Utaona udongo shambani ukirutubika na kubadilika toka rangi nyekundu nyekundu na kuwa na rangi nyeusi zaidi. Hili badiliko la rangi linaonyesha kuwepo chembechembe nyingi zaidi za chakula cha mmea kuliko awali.

Wakati wa semina ya kutathimini Morogoro iliyofanyika Januari, vikundi vidogo vilivyo hudhuria waliamua kwamba kilimo hai kinafanya mabadiliko makubwa katika mavuno ya ekari na maisha yao, hivyo kuamua kila mwanakikundi wa TIST anapashwa kuwa na angalau ekari moja ya hiki kilimo hai. Kama hawatakuwa na ekari za kutosha za kilimo hai hawatapata vocha. Kuanzia Septemba 30 kama kikundi chako hakina ekari moja ya kilimo hai kwa kila mwana kikundi, hamtapokea vocha.

Umuhimu wa kilimo Hai! Katika toleo lijalo la HMM tutawaonyesha kwa umakini maelezo ya jinsi ya kufanya kwenye kilimo hai

## **MAMBO UNAYOTAKIWA KUFANYA ILIKUWA KWENYE MRADI WA TIST**

KUWA NA ANGALAU MITI 1000 YA KIKUNDI KILA MWAKA  
KILA MWANAKIKUNDI AWE NA EKARI MOJA YA KILIMO HAI;  
KIKUNDI KIRUDISHE FOMU ZA TAARIFA Y AMWEZI KILA MWEZI;  
KUJAZA MIKATABAB YA KUHAMISHIA HAKI ZA USAFISHAJI WA HEWA KWA MALIPO MLIYOKWISHA LIPWA;  
KUTUMIA NJIA BORA ZA VIKUNDI VIDOGO KWA KUFANYA KAZI PAMOJA KUZIENDELEZA NA KUSHIRIKISHANA NA VIKUNDI VINGINE KATIKA MAENEO YENU MNAYOISHI"

## **TAKWIMU YA TIST**

Vikundi vya TIST : 2,223  
Miti ya TIST : 23,248,715  
Miche ya TIST : 16,190,639

## **Mikutano ya vituo maalum**

### **Wiki la mwezi Siku Kituo**

- Wiki la kwanza Jumanne Kibakwe
- Wiki la kwanza Jumatano Pwaga
- Wiki la kwanza Ijumaa Mima
- Wiki la kwanza Jumamosi Mkanana
- Wiki la pili Jumatatu Mkoka
- Wiki la pili Jumamosi Kanisa Kuu
- Wiki la nne Jumatatu Kisokwe
- Wiki la nne Jumanne Lupeta
- Wiki la nne Jumatano Chamkoloma
- Wiki la nne Alhamisi Tubugwe
- Wiki la nne Ijumaa Mlali Bondeni