

TIST

MPWAPWA KONGWA HABARI MOTO MOTO ©

Tel. +255748-632013/537720 , P.O.BOX 6049 MOROGORO E-Mail info@tist.org May 2004

JIAMINI SMALL GROUP - BUMILA MPWAPWA

Jiamini small Group is a group in Bumila village in Mpwapwa district. The group started in the year of 2003 with 6 group members. It started after hearing about the special program of tree planting UMET. The group started soon after hearing about TIST program from Quantifiers, Coordinators and other small group members of TIST. The group's main activities are Conservation Farming, Livestock keeping and tree planting. About Conservation farming every member in our group, succeed to dug holes in areas of one acre.

Livestock Keeping – This group keep two pigs and we expect to have many pigs so if possible we can divide and give them to every member in our group will have it.

Tree planting – Our group plants trees in a three acre farm plot and in it we have 20,112 trees. Trees species that are in our farm are Mijohoro, Milonge, Mikora and Pawpaws trees. Our goal is to have many trees up to 50000 when it reaches 2005 – 2006. Lastly, we beg our fellow group members to make more effort in tree planting, Conservation farming and Livestock keeping to every group member.

Thanks, May God bless you in all your activities

After Harvest...

After harvest you will have maize stalks remaining in your field. Normally you might let the cattle graze them or burn them. This might prove useful, but it is also very harmful to your fields. The leftover stalks protect the soil from erosion, protect the soil from the sun in the dry season when temperatures soar and improve infiltration. As we recommend last month, topping your maize will benefit the growth. The termite will harvest the organic matter on the ground instead of the stalk itself. The termites will also harvest some of the stalk leftover in the fields after harvest. The termites and other insects leave behind faecal matter that is beneficial to the soil in

KIKUNDI CHA JIAMINI – BUMILA MPWAPWA

Kikundi cha Jiamini ni kukundi kidogo ambacho kipo kijiji cha Bumila wilaya ya Mpwapwa. Kikundi kilianza mwaka 2003 kikiwa na wanakikundi 6. Kilianza baada ya kusikia habari za mradi mahutsi wa upandaji miti wa UMET. Kikundi hiki kilianza mara baada ya kusikia habari za TIST kutokana Makwantifaya na Waratibu na wanavikundi wengine wa TIST. Kikundi hiki cha Jiamini na kinajishughulisha na mambo yafuatayo, Kilimo Hai, Ufugaji na Upandaji wa Miti. Kuhusu Kilimo Hai kila mwanachama amejitahidi kuchimba mashimo katika eneo la ekari moja.

Ufugaji- Kikundi hiki kinafuga nguruwe wawili wa kikundi na tunatarajia kuwa na nguruwe wengi ambao baadae tutawagawa baadhi kwa kila mwanachama.

Upandaji Miti- Kikundi chetu tumepanda miti katika eneo lenye ukubwa wa ekari 3 zenye miti zaidi ya 20,112. Miti iliyopandwa katika eneo hili ni Mijohoro Milonge, Mikora na Mipapai. Malengo yetu wanakikundi ni kuwa na miti isiyopungua 50,000 ifikapo 2005-2006 Mwisho tunawaomba wanakikundi wenzetu wawe na juhudi katika upandaji miti, kilimo hai na ufugaji kwa kila mwanachama.

Asanteni Mungu awabariki katika shughuli zote.

Baada ya kuvuna

Baada ya kuvuna kutakuwa na mabaki katika shamba lako. Kwa kawaida ungeweza kuachia mifugo ichunge kwa kula au hata kuyachoma moto. Haya inaonyesha ni matumizi lakini pia kuna madhara kwenye shamba lako. Mabaki ya mimea huzuia momonyoko wa udongo, huuinga udongo kutokana na mionzi ya jua wakati wa kiangazipindi ambapo jua huwa kali na pia husaidia ufyonzwaji wa maji kutoka ardhini. Kama tulivyoshauri mwezi uliopita juu ya kukatia sehemu ya juu ya mahindi itasaidia katika ukuaji. Mchwa utakula mabaki badala ya kuvuruga udongo wenyewe. Mchwa pi utakula mabaki mengine yaliyobaki baada ya kuvuna. Mchwa na wadudu wanaoishi ardhini karibu na masalio ambayo yana faida kwenye shamba lako. Pia mabaki yatameng'enywa, kuongeza mbolea kwenye udongo

your fields. The stalks also are biodegradable and add to the fertility of the soil next season.

In areas where communal grazing is common you will need to organize yourselves to reduce the removal of too much crop residue. May be you will need to consult with your village government to pass an ordinance keeping cattle off the fields. The most important objective after harvest is to keep the dried stalk on your field. This is for protection and future fertility of your soil. If you do not protect your soil, you will not protect your future.

WHY IT IS IMPORTANT TO SEND INFORMATION TO THE TIST OFFICE.

We send greetings to all the small groups of TIST. We have heard good news that many of you are using Njia Bora. Groups that our TIST reporters have visited have been very successful in using Njia Bora. Their maize is growing well, and are healthy and strong. As we have been hearing from other groups that they have using conservation farming in planting maize, some groups were not aware of conservation farming, so they only planted half acre using that Njia Bora for their first time. We encourage all the groups to continue using Njia Bora and pay attention to future articles. Remember that from October 1st groups must have an average of one acre of conservation farming per group member to get a voucher.

The TIST office and staff are glad to hear that groups are taking this newsletter seriously. It is meant to be a source of information that we can communicate to with you, you can communicate with us and you can communicate with other groups all over Tanzania. With this newsletter, we have been able to give you information about Njia Bora, particularly about the holes for planting maize and about the upkeep of your crops. Some of the groups have been hesitant to use this information but have tried anyway and are seeing the positive results. We are encouraged to hear about successes with the Njia Bora techniques and encourage you to continue using Njia Bora in season to come.

During node meetings of each month, we ask all small groups to turn in their monthly report forms to your area coordinators. This form informs the TIST staff of how well groups are doing. It provides us with very important information about the trees and by handing in SGMRs each month for three months, you will then be able to get a

kwa mwakaunaofuata. Katika maeneo ambayo kuna wafugaji wengi utapanga wenyewe jinsi ya kupunguza kupoteza mabaki. Pengine mnahitaji kuzungumza na serikali za vijiji vyenu katika kuelezana jinsi mtakavyo weka mbali mifugo yenu na mashamba. Pengine mnawza kuchukua mabaki mengine na kuwauzia watu wanaofuga mifugo yao ndani ya banda. Kitu cha muhimu cha kufanya ni kuhakikisha kuwa unaweka kwenye shamba lako baada ya kuvuna. Hii ni njia itakayosaidia na pia kuongeza rutuba kwenye udongo. Kama kuhifadhi udongo wako sasa ujue hutahifadhi maendeleo yako ya baadaye.

UMUHIMU WA KULETA TAARIFA ZA VIKUNDI KWENYE OFISI YA TIST

Tunatuma salamu zetu kwa vikundi vidovidogo vya TIST. Tumesikia habari nzuri kwamba wengi wenu mnatumia Njia Bora. Vikundi ambavyo mwana habari wetu alitembelea na kuona jinsi vilivyofanikiwa katika kutumia Njia Bora. Mahindi yao yamestawi vizuri, yana afya na yenye nguvu. Kama ambavyo tumekuwa tukisikia kutoka kwa vikundi vingine kwamba wameumia Kilimo Hai katika kilimo cha mahindi, baadhi ya vikundi havikufahamu habari za kilimo hai, hivyo basi walipanda nusu heka tu kwa mara yao ya kwanza. Tunawatia moyo wanavikundi wote kuendelea kutumia Njia Bora na kutilia umuhimu kwa makala zijazo. Kumbuka kwamba kuanzia tarehe moja mwezi Octoba vikundi vyote ni lazima viwe na wastani wa heka moja ya Kilimo Hai kwa kila mwanakikundi ili kupata vocha.

Ofisi ya TIST na watumishi wake wanafurahi kusikia kwamba vikundi vinalichukulia Jarida la HMM umuhimu kwa lengo. Hii ina maana kuwa ni chanzo cha taarifa sahihi kwamba wanaweza kuwasiliana na ninyi, mnaweza kuwasiliana nasi na pia mnaweza kuwasiliana na avikundi vingine vyote kwa Tanzania. ya vikundi na vikundi na pia kuwasiliana nasi. Kutokana na Jarida tunaweza kutoa maelekezo kuhusu Njia Bora, hususani juu mashimo kwa ajili ya kupanda mahindi na juu yakuweka mazao yako vizuri. Vikundi vingine vilianza kusita kutumia maelekezo haya lakini walijaribu kutumia njia hizi na kuona matokea mazuri na yenye mafanikio. Tunavutwa na kufarijika kusikia kuhusu mafanikio ya Njia Bora kwa vikundi na tunawapa moyo kuendelea kutumia Njia Bora katika wakati ujao.

. Wakati wa mikutano ya nodi ya kila mwezi, tunawaviomba vikundi vyote kurudisha fomu zao za taarifa ya mwezi kwa mratibu wako wa eneo. Fomu hii huijulisha ofisi ya TIST ni jinsi gani vikundi vinafanya vizuri. Hii inatusaidia sisi kujua taarifa muhimu sana juu ya miti na kwa kurudisha fomu za taarifa ya kila mwezi kwa miezi mitatu mfululizo, mtaweza kupata vocha. Fomu za taarifa ya mwezi

voucher. SGMRs are also the way to communicate with us and with other groups – write your suggestions, new best practices, questions etc on the back of the SGMR then we will get to hear about them from your coordinators.

HMM DISTRIBUTION

Greetings to all small groups. We are writing this to inform you the importance of HMM distribution, distribution in small group centers and within the small groups. We always write this HMM for TIST small groups members in order to read it. But if they will not read it, then you will be missing out on lots of important and helpful information. As TIST brings information about Best practices, so we would like every small group members to be benefited. If HMM gets distributed well, so every TIST group member will read it. Once again I am informing you the importance of making sure that every group member gets the chance to read it. If you have already read all the previous versions of HMM, so make sure that your fellow group members also get a chance to read those HMMs.

Many thanks from TIST office

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 trees. Make sure 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 the 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 water.

Weeding is essential for the trees to stay alive. Many groups now have plots of land a long way from their farms. Groups need to organize to weed these areas. When weeds grow up around the trees it means that they are stealing nutrients from the trees. If the trees do not have enough nutrients and water then they will die. To prevent the trees from dying, make sure you weed regularly.

HIV/AIDS and TIST : what does HIV/AIDS have to do with

pia ni njia ya kuwasiliana nasi na vikundi vingine – andikeni mapendekezo yenu, Njia Bora, maswali n.k nyuma ya fomu ya taarifa ya mwezi kisha tutaweza kuzipata kupitia waratibu wenu.

MGAWANYO WA HMM

Salamu kwa vikundi vyote. Tunaandika kukuarifu umuhimu wa kugawanya HMM, mgawanyo kwenye maeneo na katika vikundi. Siku zote tunaandika jarida hili kwa ajili ya wanavikundi wa TIST wote kwa ili waweze kusoma. Lakini na kama hawatalisoma wote, basi mtakuwa mmekosa taarifa nyingi muhimu sana na zenye msaada. B Ikiwa kama HMM huwasilisha Njia Bora, tunataka wana TIST wote kunufaika. Kama HMM ikigawanywa, basi wana TIST wote wanaweza kulisoma jarida hilo. Kwa mara nyingine tena ninakuarifuni ninyi vyote umuhimu wa kuhakikisha kuwa kila mwanakikundi anapata nafasi ya kulisoma jarida hilo. Kama ukiwa ulisoma matoleo ya majarida yaliyopita basi hakikisha kuwa wanakikundi wenzio pia wanapata fursa ya kusoma majarida hayo. Shukrani kutoka ofisi ya TIST.

Kutunza miti yako.

Mwaka huu, maelfu ya miti yamekuwa yakipandwa katika mradi 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 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 ulililopanda miti. Jaribu kuzungushia miiba kwenye miti yako.

Baadhi ya vikundi vimepandakiza miti yao hivi karibuni.

Kwa miti yote iliyopndikizwa hivi karibuni inahitaji kumwagiliwa kamatutakuwa na siku chache cha uwepo wa mvua kidogo au kutokuwa na mvua kabisa. Endelea kuangalia miche yako baada ya mvua kulisoma kuona kama miti yako itahitaji kumwagiliwa.

VVU/ UKIMWI NA TIST: Ni nini mahusiano kati ya VVU/ UKIMWI kwa Kilimo na Vikundi Vidogo?

Agriculture and Small Groups?

How is AIDS affecting our communities and small groups?

When people become sick with AIDS, they are less able to work because their bodies become weak and they are often sick. They may also have a hard time eating because of mouth sores or nausea, so they do not have the energy and strength they need to work. As they become sicker, their families need to spend more time and money caring for them, and so have less time to work. When they are less able to work, their income level falls. Sometimes the children in the family need to leave school because they need to help care for the sick person, or because there is not enough money for school clothes or materials, hurting the child's long term ability to earn an income because they do not have the education they need for our changing society. Maybe you have seen this in your happen in your family or community?

Most of us are Farmers. What will happen to our farms if we get sick?

In Sub-Saharan Africa, about 80% of the population are farmers. Most of the farming is done without machinery, and so requires people to be strong to plant, weed and harvest the crops. When an adult member of a family becomes sick with AIDS, the labor available to work on the farm drops dramatically. The sick person is unavailable for work, and family members must take care of them, reducing their time on the farm. They have less time to dig good holes or make compost out of manure and decomposing plant material like stover so their crops are not as healthy or abundant. They farm smaller areas because they can't be as far from home. As a result, people plant crops which are easier to grow but less nutritious. So, when only one member of a household becomes sick with AIDS it weakens agricultural production for the entire family, and when many families are coping with this disease, it weakens the agricultural production for the whole country.

So AIDS is hurting the income of families, and weakening the agricultural production of the areas in which it is spreading. Can AIDS cause famine?

Yes. We need to act now to prevent AIDS from spreading in our family and communities by educating people on how to stay healthy by practicing good behaviors and good nutrition. We must also learn and use agricultural best practices on our farms, so that we increase crop production or else we could see a new kind of famine develop in Tanzania, one that is caused not by poor rains, but by lack of education about productive farming and lack of enough people

Ni vipi Ukimwi unahathiri jumuia zetu na vikundi vidogo vidogo?

Wakati watu wanapokuwa wanaugua UKIMWI, wanakuwa hawawezi tena kufanya kazi kwa sababu miili yao inakosa nguvu na huwa wanakuwa wanaumwa mara kwa mara. Pia wanakuwa na wakati na wakati mgumu wa kula kwa sababu mdomo unakuwa mchungu au kuwa na vidonda, kwahiyu wanakuwa hawana nguvu wanazohitaji kufanya kazi. Wanavyozidi kuumwa, familia zinatumia fedha nyingi na muda mwingi kuwahudumia wao, kwa hiyo wanakosa muda wa kufanya kazi. Wakati wanapokosa muda wa kufanya kazi, kipato kinapungua. Wakati mwingine watoto katika familia zao waaacha kwenda shule sababu wanahitaji kusaidia kutunza wagonjwa, au kwa sababu hakuna fedha za kutosha kwa ajili ya sare za shule au vifaa vya shule, hii inawaumiza sana watoto kwa uwezo wa muda mrefu wa kutafuta fedha kwa sababu hawana elimu ya jamii ya dunia hii inayobadilika. Labda unaweza kuwa umeona hii imetokea kwenye familia au jumuia?

Wengi wetu ni Wakulima. Nini kitatokea kwa Wakulima wetu kama wataumwa?

Chini ya Jangwa la Sahara karibu 80% ya watu ni Wakulima. Wengi wao Mashambani mwao hawatumii mashine katika kulima, na kwa hiyo wanahitaji watu wengi wenye nguvu kupanda, kupalilia, na kuvuna mazao. Wakati watu wazima katika familia wanaugua UKIMWI, nguvu inayohitajiwa kufanya kazi inapungua kwa haraka. Wagonjwa wanakuwa hawafanyi kazi na wanafamilia lazima wawahudumie, hii inapunguza muda wa kufanya kazi shambani. Wanakuwa hawana muda wa kutosha wa kuchimba mashimo mazuri au kutengeneza mboji au mazo ya mimea yao kama mabua na kwa hiyo mimea yao haitakuwa na afya au itakuwa na afya mbovu. Watalima eneo dogo kwa sababu hawataweza kufanya kazi mbali na nyumbani. Na matokeo yake watu watapanda mazao ambayo ni rahisi kukua lakini hayana virutubisho. Kwa hiyo kama mtu mmoja katika familia ataugua UKIMWI itapunguza Uzalishaji katika kilimo kwa familia na pindi familia nyingi wanaugua, itapunguza Uzalishaji katika kilimo kwa nchi nzima.

Kwa hiyo UKIMWI unaumiza kipato cha familia nyingi, na kudhoofisha Uzalishaji katika kilimo kwa eneo lililoathirika. Je UKIMWI unasababisha Njaa?

Ndiyo. Tunahitaji kunambana na Kujikinga na UKIMWI ili usiweze kuenea katika familia na jumuia zetu kwa kuwaelimisha watu jinsi gani kuwa na afya njema kwa kuwa na tabia nzuri na kula chakula kizuri. Pia ni lazima tujifunze na kutumia kilimo bora kwenye mashamba yetu, ili tungeze uzalishaji wa mazao au vingine tunaweza kuona aina mpya ya njaa inatokea Tanzania, ambayo haisababishwi na uhaba wa mvua, lakini ni kwa kukosa elimu kuhusu kilimo bora na ukosefu wa watu kwenye mashamba.

to farm.

Does poor agriculture contribute to spreading AIDS?

Yes. When agricultural production is weakened there are food shortages, and the available food is often more expensive and less nutritious. As many people are experiencing this year, when there is a shortage of food, people eat less, and eat less variety of foods, and people get sick more often. Basically, poor agriculture contributes to poor nutrition, and poor nutrition makes people sicker. When a person is sick more often it increases their susceptibility of contracting AIDS or other sexually

transmitted diseases.

What is a nutritious or healthy diet?

Good nutrition is a balanced diet of fruits, vegetables, beans or meat (protein), and grains like corn or rice. To be healthy we must eat some of each of these things each day. This is the most important thing we can do for our bodies to keep them strong and able to fight off disease.

How can good nutrition help stop AIDS?

Good nutrition will help a person with HIV/AIDS stay strong and able to work for a longer time. A good diet will help them to fight off secondary diseases like malaria or TB. Having good nutrition keeps people strong and able to fight off diseases, if they are healthy or if they have HIV.

So AIDS weakens agriculture, and weakened agriculture worsens AIDS. What can we do?

While the effect of AIDS weakening agriculture and poor agriculture worsening AIDS does seem overwhelming, you can make steps to fight the effect and protect your family and community. Here are some basics:

1. Learn about HIV/AIDS. AIDS IS A PREVENTABLE DISEASE. Protect yourself from AIDS by not having sex outside a faithful marriage.
2. Teach your children and your small group about what AIDS is and how to avoid getting it (see last months issue of HMM for more information).
3. *Learn, Teach, and Practice the Agricultural Best Practices for your area.* By doing this you can produce more crops through less labor. This will allow you to maintain crop yield if you or someone in your family becomes sick, or to have a surplus crop that can be used to help others in your small group who are struggling.
4. If you or someone you love has HIV or AIDS, you can still have many years of good life ahead of you. Use this time when you feel healthy to help your families by

Inawezekana Kilimo Duni kinachangia maambikizi ya UKIMWI?

Ndio. Kipindi Uzalishaji katika kilimo unapopungua kunakuwa na upungufu wa chakula, na chakula kilichobakia kinakuwa na bei kubwa na hakina virutubisho. Kama watu walivyoona mwaka huu, kwa kuwa na upungufu wa chakula, watu walikuwa na chakula kidogo, na kula chakula cha aina moja, na watu wanakuwa wanaumwa mara kwa mara. Kwa kawaida, kilimo duni kinachangia kuwa na uhaba wa virutubisho na uhaba wa virutubisho unafanya watu kuwa wagonjwa. Wakati mtu anapokuwa anaumwa mara kwa mara hii inaongeza upungufu wa kupambana na UKIMWI au magonjwa mengine ya zinaa.

Kipi ni Virutubisho au Chakula Bora?

Lishe bora ni virutubisho kutoka kwenye matunda, mboga za majani, maharage au (Protini) na mbegu kama mahindi au mchele. Kuwa na afya tunatakiwa kula mojawapo ya chakula kati ya hivi kila siku. Hiki ni kitu muhimu sana tunachoweza kufanya kwa ajili ya miili yetu kuiweka kuwa imara na kuweza kupigana na magonjwa.

Ni virutubisho gani bora vinaweza kusaidia kuzuia UKIMWI?

Virutubisho bora vinasaidia mtu mwenye VVU/UKIMWI kubaki na nguvu zake na kufanya kazi kwa muda mrefu. Chakula bora kitawasaidia kupigana na magonjwa makubwa kama Maralia au TB. Kuwa na afya bora watu watabakia na nguvu na tayari kupigana na magonjwa, kama watakuwa na afya au watakuwa na VVU

Hivyo UKIMWI inadhoofisha Kilimo, na Kuathirika kwa kilimo kunaiteleza UKIMWI. Sasa tufanyeje?

Wakati madhara ya UKIMWI yanadhoofisha kilimo na Kilimo Dhaifu kinasababisha UKIMWI hii inachanganya, Unaweza kuchukua hatua kupigana na kujikinga wewe na familia na jamaa. Hapa kuna mambo muhimu:-

1. Jifunze kuhusu VVU/ UKIMWI. UKIMWI NI UGONJWA UNAOKINGIKA. Jikinge wewe mwenyewe kutokana na UKIMWI kwa kutofanya ngono nje ya ndoa yako, yaani uwe mwaminifu katika ndoa.
2. Wafundishe watoto wako na wanakikundi kuhusu UKIMWI na nini na jinsi ya kujikinga kuupata (Angalia Jarida la HMM kwa taarifa zaidi).
3. Jifunze, Fundisha, na Tumia Njia Bora katika eneo lako. Kwa kufanya hivi utazalisha mazao mengi kwa nguvu kidogo. Hii itasaidia kupata mazao ya kutosha ikiwa wewe au mmoja wenu katika familia anaumwa, au kuwa na mazao ya kutosha ambayo utatumia kusaidia wengine kwenye kikundi chenu ambao wanahangaika.

- digging the conservation farming holes, which can be used year after year and will make your crops stronger and bigger.
5. Plant trees with your small group so that your families will be helped for many years by the nutritious fruits the trees produce, and by the support that TIST gives to each group for each tree that they grow. Planting trees is an investment of your time and energy now in something that can continue to bless your family long after you are gone.
 6. Your small groups can form small businesses to generate additional income that can help you to get treatment right away for anyone in your family who is sick so that you give them the best chance for good health and a longer life.
 7. Encourage members of your group to join with you in reaching out to those families that have been affected by AIDS, helping them to cope with the fear, alienation and sorrow they feel, as well as the burdens they bear as they try to help the sick member. Help them to develop a plan for supporting their family. Encourage them that there are things they can do to stay healthy, such as make sure they eat a variety of nutritious foods, and share your hope and compassion with them.

You Can Make a Difference in the Fight Against HIV/AIDS, the fight to have healthier families, and enough food for everyone. There are ways to help, and your involvement with organizations like TIST is a great first step. It is up to you, however, to take advantage of that involvement and to use the resources and education that you have to fight this disease and change these effects.

Start this month by discussing the AIDS articles in the last two Habari Moto Moto's with your small group. Have you seen these problems in your community? Come up with a plan to share this education with your families. Many people feel afraid to discuss this issue with their families, so partner up with someone in your small group and help each other. Be sure to teach your Children how to avoid HIV/AIDS. You brought your children life, now teach them to live in a healthy way. If you don't, who will?

CONSERVATION FARMING IS REQUIREMENT WITH TIST

As we said last month, conservation farming is REALLY important. In fact it is so important that small group members at a recent seminar decided that from October 1st 2004 each group had to have an average of one acre of conservation farming per group member to get a voucher.

4. Ikiwa kama wewe au umpendaye ana VVU/ UKIMWI, unaweza kuwa na miaka mingi ya maisha mazuri ya mbeleni. Tumia muda wakati upo mzima na familia kwa kuchimba mashimo ya Kilimo Hai, ambayo unaweza kutumia miaka kwa maika na hii itafanya mazao yako kuwa yenye afya na makubwa.
5. Panda miti na kikundi chako ili familia yako watakuwa wanasaidiwa kwa miaka mingi kwa virutubisho vinavyopatikana kutoka kwenye matunda ya miti, na kwa msaaada utakaopata kutoka TIST kwa kila mti ambao utapanda. Upandaji wa mti ni uwekezaji wa muda na nguvu sasa ni kitu cha kuendelea kubariki familia yako kwa muda mrefu wakati wewe haupo.
6. Kikundi chako kinaweza kuanzisha mradi mdogo ili kukiendeleza na kupata kipato ambacho kitasaidia kumuuguza mmoja wapo yoyote ambaye anaumwa ili kumpa nafasi ya maisha bora na marefu.
7. Wape moyo wanavikundi kujiunga na nanvi kuzifikia zile familia ambazo zimeathirika na UKIMWI, wasaidie kupambana na uwoga, kutengwa, na majonzi wanayoyasikia, pia na mzigo walioubeba wanapowasaidia wenye kuugua. Wasaidie kupanga mikakati ya kuwasaidia wanafamilia. Wape moyo kwamba kuna vitu vingi wanaweza kufanya kubakia salama, kama vile, kuhakikisha kuwa wanakula aina tofauti za vyakula vyenye virutubisho, na kushirikiana nao matumaini na upendo.

Unaweza kufanya mabadiliko kwa kupigana na VVU/ UKIMWI, Kupigana kuwa na Familia zenye Afya nzuri, na Chakula cha kutosha kwa kila Mmoja.

Kuna njia za kusaidia, na kujihusisha na shirika kama TIST ni hatua moja kubwa. Ni juu yako, Itakavyokuwa, kupata faida ya kujiunga ya kutumia vyanzo na elimu ambayo unayo kupigana na huu ugonjwa na kubadili madhara yake.

Anza mwezi huu kulizungumza suala hili la jarida la UKIMWI kwenye Habari Moto Moto mbili zilizopita. Umekwisha ona tatizo lolote katika jamaa zenu? Jengeni mikakati kuwashirikisha kuhusu elimu hii. Watu wengi wanaogopa kuliongelea suala hili katika familia zao, kwa hiyo jiunge na mmoja wa wanavikundi na saidianeni kila mmoja. Pia kumbukeni kuwafundisha watoto wenu jinsi ya kujizuia na VVU/ UKIMWI. Angalieni maisha ya watoto wenu, wafundisheni jinsi ya kuishi maisha bora sasa. Kama utafanya wewe, nani?

KILIMO HAI CHA MASHIMO KINAHITAJIKA KWENYE TIST

Kama tulivyo sema mwezi uliopita, kilimo hai cha mashimo ni MUHIMU sana. Ni muhimu sana mpaka

Soon it will be time to dig the conservation farming holes. Next month we will have a big article about exactly how to do them. But now, as you are harvesting, it is very important not to burn the residue from the crops. Leave a scattering of the crop residues so that nutrients are returned to the soil and the soil is protected from the sun and from soil erosion.

By doing this now, you will make a big difference to your crop yields next year. Next month we will be explaining the best way to do conservation farming holes.

TIST STATISTICS

TIST groups: 2094
TIST trees: 24,593,655
TIST seedlings: 8,395,418

REQUIREMENT OF BEING A TIST GROUP.

- 1) Have at least 1000 trees per group per year,
- 2) An average of one acre of conservation farming per group member;
- 3) Submit small group monthly reports as often as possible
- 4) Transfer the GHG sequestration rights to UMET for the payments received.
- 5) Use small group best practices and work together to develop and share with other groups best practices in all areas of your lives.

NODE MEETING SCHEDULE

Week	Day	Area
1 st Week	Tuesday	Kibakwe
1 st Week	Wednesday	Pwaga
1 st Week	Friday	Mima
1 st Week	Saturday	Mkanana
2 nd Week	Monday	Kanisa Kuu
2 nd Week	Saturday	Mkoka
3 rd Week	Saturday	Pandambili
4 th Week	Monday	Kisokwe
4 th Week	Tuesday	Lupeta
4 th Week	Wednesday	Matomondo
4 th Week	Thursday	Tubugwe
4 th Week	Friday	Chamkoroma

wanavikundi kwenye semina iliokuwepo karibuni wameamua kwamba kufikia Oktoba 1, 2004 kila kikundi kinatakiwa kiwe na wastani wa ekari moja ya kilimo hai kwa kila mwanakikundi ili kupata vocha.

Baada ya muda mfupi utakuwa ni wakati wa kuchimba mashimo ya kilimo hai. Mwezi ujao tutato nakala ya jinsi halisi ya kuandaa. Lakini kwa sasa, mnavuna, ni muhimu kutochoma mabaki ya mazao shambani. Acha na kusambaza mabaki shambani ili rutuba irudi kwenye udongo, na udongo usikaushwe na jua au mmomonyoko wa ardhi.

Kwa kufanya hivi sasa, utafanya tofauti kubwa ya mavuno mwakani. Mwezi ujao tutawaeleza njia bora za kuchimba mashimo ya kilimo hai.

TAKWIMU YA TIST

Vikundi vya TIST : 2094
Miti ya TIST : 24,593,655
Miche ya TIST : 8,395,418

MAHITAJI KWA KUWA KIKUNDI CHA TIST.

- 1) kuwa na miti siyopungua 1000 kwa kikundi kwa mwaka,
- 2) Kuwa na wastani wa ekari moja ya Kilimo Hai kwa kila mwanakikundi.
- 3) Kuwasilisha fomu za ripoti ya mwezi kama kawaida na inavyowezekana
- 4) Kuhamisha haki za kusafisha hewa taka GHG kwenda UMET kwa malipo kiliyopata
- 5) Kutumia njia bora za vikundi vidogo na kufanya kazi pamoja kuendeleza na kushirikishana na vikundi vingine njia bora ulizoziona na kuzitumia katika jamii inayokuzunguka.

Mikutano ya vituo maalum

Wiki	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	Kanisa Kuu
Wiki la pili	Jumatano	Mkoka
Wiki la tatu	Jumamosi	Pandambili
Wiki la nne	Jumatatu	Kisokwe
Wiki la nne	Jumanne	Lupeta
Wiki la nne	Jumatano	Matomondo
Wiki la nne	Alhamisi	Tubugwe
Wiki la nne	Ijumaa	Chamkoroma
Wiki la nne	Jumamosi	Mlali

4th Week

Saturday

Mlali

