

TIST

MPWAPWA KONGWA HABARI MOTO MOTO ©

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Welcome!

Greetings to all TIST small groups. We hope that the month of January was successful with lots of transplanting and weeding. Thank you for your continued work.

In January there was a seminar in Kongwa for the trainers. It was a very good time of sharing ideas about how to improve the training at the nodes. The trainers will be working very hard this year to give you good teaching at all the node meetings. There will be lots of new material and we think it will benefit your groups greatly.

Please come to the node meetings to hear the training. Training is such an important part of the TIST program

The new node program is in action. Please look at the node schedule on the last page to see when to meet. We look forward to seeing you there.

Small Group Best Practices

Co-leaders

- *What does a co-leader do?*

Help keep the group on time and help the leader when needed.

- *Why does the co-leader have an important job?*

Leaders do a better job when they know they have someone helping them. Keeping the group on time helps people to focus on the important

Karibu!

Salam kwa vikundi vyote vya TIST. Tunaamini kwamba mwezi wa kwanza umefanikiwa kwa kupanda miche mingi na kupalilia. Tunashukuru kwa kuendelea kufanya kazi.

Mwezi wa Kwanza kulikuwa na semina Kongwa kwa wawezeshaji. Ulikuwa ni muda mzuri wa kushirikishana mawazo kuhusu kuongeza mafunzo wakati wa mikutano ya nodi. Wawezeshaji watafanya kazi kwa nguvu sana mwaka huu kwa kuwapa mafunzo mazuri kipindi chote cha mikutano ya nodi. Kutakuwa na mafunzo mengi na mazuri, tunaamini kuwa yatasaidia vikundi pakubwa.

Tafadhari njooni kwenye Mikutano ya Nodi Kusikiliza Mafunzo. Mafunzo ni chungu muhimu sana kwa Mradi wa TIST

Mpango mpya wa nodi unafanya kazi. Tafadhari angalia ratiba ya nodi kwenye ukurasa wa mwisho kuona ni lini Mtakutana. Tunategemea kuonana na nyinyi huko.

Njia bora za vikundi vidogo

Mwezeshaji mwenza

- *Mwezeshaji mwenza anafanya nini?*

Atasaidia kutunza muda kwa kikundi na kumsaidia mwezeshaji akimhitaji

- *Kwa nini mwezeshaji mwenza ana kazi muhimu?*

Viongozi hufanya kazi vizuri wakijua kuwa kuna watu wa kuwasaidia. Kuwapangia vikundi muda

issues. It also avoids the meeting taking more time than needed and people losing motivation.

Best Practices

- When keeping time, communicate with the leader regularly. Try not to disturb the group unless needed. Telling the leader the time every half an hour is useful, as well as 15 minutes and 5 minutes before the end of the section or meeting.
- If time has become a problem, ask for the group's help to get back on track.
- Don't miss having a co-leader – if someone is absent, have the leader ask for a co-leader at the beginning of the meeting.
- Remember that the co-leader should rotate every week, just like the leader.
- Design a schedule for who will be leader and co-leader each week. It is good for each person to be co-leader on one week and then leader the next week.

Kujengana

- ✿ At the end of each meeting, every member of the group makes one **positive** statement to the leader about his or her leadership of the meeting.
- ✿ Instead of making a general statement, like "You did well," it should be a **specific** statement about an observable behavior of the leader such as, "You came to greet me and I felt welcome." or "I really liked how you encouraged us to speak, but also kept the discussion moving."
- ✿ Some groups also choose to include the co-leader in Kujengana.
- ✿ Each group member's Kujengana must be **different** than what has been said by other group members.
- ✿ Encourage the leader to do more of the

vizuri ili kusaidia watu kufanya mambo muhimu. Pia Kuzuia mikutano kutuua muda mrefu na watu kupoteza mwamko.

Njia bora

- Wakati unatunza muda,wasiliana na mwezeshaji kwa mpangilio maalum.Jaribu kutosumbua vikundi labda itakapohitajika. lazima.Kumwambia mwezeshaji muda kila baada ya nusu saa inatumika,hata kwa dakika 15 na dakika 5 kabla ya kufunga kipindi au mkutano.
 - Kama muda utakuwa na tatizo, waombe vikundi wakusaidie.
 - Usisahau kuwa na mwezeshaji mwenza– kama mmojawapo hayupo,kuwa na mwezeshaji na omba mwezeshaji mwenza mwanzoni kabisa mwa mkutano.
 - Unakumbushwa kwamba uongozi wa mwezeshaji mwenza uzunguke kila wiki kama wa mwezeshaji
 - Pangilia ratiba wa nani atakuwa mwezeshaji na nani mwezeshaji mwenza kila wiki ni vizuri kwa kila mtu kuwa mwezeshaji mwenza kwa wiki moja na kuwa mwezeshaji kwa wiki ijayo.

Kujengana

- ✿ Mwisho wa kila mkutano,kila aliyehudhuria atatoa sentensi moja ya kitu kimoja kizuri alichokiona kwa mwezeshaji wakati akiongoza mkutano
- ✿ Badala ya kusema kwa ujumla ,kama "Ulifanya vizuri" lazima uwe muwazi kwenye sentensi kuhusu muonekano wa tabia ya mwezeshaji kwa mfano,"nilijisikia kukaribishwa ulivyokuja kunisalimia" au "Nilipenda kweli jinsi ulivyotupa moyo kuongea,na pia kufanya mjadala uendelee".
- ✿ Kwa vikundi vingine chagua mwezeshaji mwenza kujumuisha kujengana
- ✿ Kila wanakikundi wakijengana lazima wawe tofauti sana na vilivyosemwa na wanavikundi wengine.
- ✿ Mpe moyo kiongozi kufanya vitu vingi

things that were good.

- ✿ Tell the leader when you think he or she has a special gift.
- ✿ If you are receiving Kujengana, just say 'thank you' after each comment. You don't have to question it or discuss it, just accept it!

The importance of Kujengana:

- We often hear more criticism than praise. It is good to train ourselves to look for the good in people. Because each person needs to say a different encouragement people are forced to look for more than one good thing.
- Often we think we are not good enough and do not let people point out our strengths. It is encouraging to know what we have done well, and then we can make sure we do more of the same in the future.
- When people give Kujengana to the leader it becomes clear what leadership characteristics people value. This means the leader next week will know what the group thinks are important in a leader. The quality of the leadership should improve week by week as people learn what makes a good leader.
- Kujengana helps there to be a positive energy in the group. Members will be more motivated when they give and receive Kujengana.

Meeting Schedule

The following is only an example, but includes some of the important steps.

- **Greetings and introductions for any new members (5 – 15 minutes):** Make sure everyone feels welcome. With a new person in the group, use the Pair/Share method for introductions. For example, you could break into pairs with the following instructions:
 1. Give your name
 2. Tell something about your family
 3. Tell something about yourself others might not know.

ambavyo vilikuwa ni vizuri.

- ✿ Mwambie kiongozi kama unafikiri kuwa mume au mke ana kipawa maalum.
- ✿ Kama utajengwa sema 'asante' kila baada ya neno. Hautakiwi kujiuliza au kulijadili, likubali tu!

Umuhimu wa kujengana:

- Kila mara tunasikia kukosoa kuliko kusifia, ni vizuri kujifunza wenyewe kuangalia mazuri kwa watu, kwa sababu kila mtu anahitaji kusema kitu tofauti kumpa moyo mtu na inamlazimu kuangalia mambo mazuri zaidi ya moja.
- Kila mara tunajiona si bora sana na hatuwapi nafasi watu kuonesha uwezo wetu. Inatupa moyo sana kujua tuliyofanya vizuri, na tena tutahakikisha tutafanya vizuri zaidi baadae.
- Wakati watu wanajengana inakuwa rahisi kwa mwezeshaji kujua tabia zipi za uongozi watu wanakuwa nazo. Hii inamaanisha mwezeshaji wa wiki ijayo atajua mambo gani kikundi kinaona ni muhimu kwa uongozi. Ubora wa mwezeshaji utaongezeka wiki hadi wiki jinsi watu wanavyojifunza nini kinafanya mwezeshaji bora.
- Kujengana kunasaidia kuwa na nguvu inayokubalika kwenye kikundi. Wanakikundi wanapata moyo wanapotoa na kupata kujengana.

Ratiba ya mikutano

Ufuatao ni mfano tu, lakini unajumuisha kati ya vitu muhimu vya kufuata.

- **Salamu na utambulisho kwa mgeni yeyote (Dakika 5-15):** Hakikisha kila mtu anajisikia amekaribishwa. Kukiwa na mtu mgeni kwenye kikundi, tumia njia ya wawili/au kushirikiana kujimbulisha. Kwa mfano, mnaweza kujigawa kwa vikundi na kutoa maelezo yafuatayo:
 1. Toa jina lako
 2. Eleza kitu chochote kuhusu familia yako
 3. Eleza kitu chochote kuhusu wewe

wengine wanaweza wakawa hawakujui

Each person should share the answers with a partner (one minute each). Then the whole group comes together again and each person introduces his or her partner to the whole group (allow 10-15 minutes).

- **Opening prayer (2 minutes):** Only do this if your group wishes! Many groups find this the best way to begin.
- **Songs (5minutes):** These could be songs written by your group, or songs that encourage people (e.g. religious songs, traditional songs).
- **Agreement on task and time (5 minutes):** The leader explains the proposed schedule for the meeting. The group members agree to do that task unless something else important needs to be done instead or in addition. The time to spend on the task should be agreed so that the co-leader can help keep the meeting on time.
- **Group work on tasks (1 hour):** Ideally the tasks should have been discussed at the end of the last meeting. Tasks might include sharing what each person has done to help TIST activities, sharing best practices, training etc.
- **Kujengana (5 minutes):** Each group member makes one positive specific, observable statement to that week's leader about his leadership of the meeting. In addition, anyone may identify a gift seen in the leader.
- **Closing prayer (2 minutes):** If agreed upon.

Kila mtu atachangia majibu na mwenzake (dakika moja kwa kila mtu).halafu kikundi kizima watakuja pamoja tena na kila mtu atamtambulisha mwenzake kwa wanakikundi wengine (ruhusu dakika 10-15)

- **Maombi ya kufungua (dakika 2.):** Fanya hivyo kama tu wanakikundi wanaamini, vikundi vingi wanaona hiyo ndio njia ya kuanza nayo.
- **Nyimbo (dakika 5):** hizi zinaweza kuwa nyimbo zilizoandikwa na wanakikundi, au nyimbo zinazowapa moyo watu (mfano: nyimbo za dini, utamaduni n.k)
- **Makubaliano ya malengo na muda (dakika 5):** mwezeshaji anaelezea mipango ya ratiba iliyowekwa kwa mkutano huo. Wanakikundi wanakubalina kutimiza malengo. Labda kama kunakitu chochote cha muhimu kinachotakiwa kufanywa kabla au kwa nyongeza. Muda utakaotumika kwenye lengo ukubaliwe ili mwezeshaji mwenza anaweza kusaidia kutunza muda katika mkutano.
- **Kazi ya kikundi na malengo (saa 1):** mawazo ya malengo lazima yawe yamejadiliwa mwisho wa mkutano uliopita. Malengo yanaweza kujumuisha mawazo ya kila mtu anayofanya kusaidia shughuli za TIST, kuchangia njia bora, mafunzo n.k.
- **Kujengana (dakika 5):** kila mwanakikundi anatoa sentensi moja ya wazi kukubaliana na mwezeshaji wa wiki jinsi alivyoongoza mkutano. Kwa kuongezea, mtu yeyote anaweza kuonesha kipawa alichokiona kwa mwezeshaji
- **Maombi ya kufunga (dakika 2):** kama mtakubaliana kufanya hivyo.

Covenant

Makubaliano

Each small group should agree on a set of group values, expectations and behaviors that they will follow. This should be done during the first or second meeting. Covenants are based on love and respect and only work if everyone agrees to follow them. Some groups create a written covenant, asking each group member to sign it. Members can agree to add further points later.

The covenant should include:

1. The time and place you will meet. Some groups rotate meeting places among members' homes. Others meet at a church or restaurant. It can be good to rotate the location so that no single person has the responsibility all the time.
2. Confidentiality—members agree not to share personal information outside the group. Best practices can be shared with anyone!
3. The Basic Purpose of the group--- Group members should agree generally on what they are going to have as a task. E.g. Work together to plant 3000 this year.
4. Agreeing to do the work necessary between meetings.
5. Selecting a group name. It should not be someone in the group's name. Be creative!

Some groups' covenants may include other items such as praying for each other and how to share any money raised.

Kila kikundi kidogo kinatakiwa kikubali mpango wa manufaa ya kikundi, mategemeo na muonekano ambao watafuata. Hii inatakiwa ifanyike wakati wa kikao cha kwanza au cha pili. Makubaliano yanahusisha upendo na heshima na yanafanya kazi tu kama kila mtu amekubali kuyafuata. Baadhi ya vikundi wanatengeneza makubaliano ya maandishi, wanaombwa kila kikundi kuweka sahihi hapo. Wahusika wanaweza kuongeza mambo muhimu baadae.

Makubaliano yanajumuisha:

1. Muda na mahali wa kukutana. Vikundi vingine wanafanya mzunguko wa sehemu za kukutania kwenye baadhi nyumba za wanakikundi. Mikutano mingine kanisani au sehemu za vinywaji (grocery). Inaweza kuwa vizuri kuwa na mzunguko wa maeneo ili kuondoa majukumu kwa mtu mmoja wakati wote.
2. Kwa kujiamini-wanakikundi wasikubali kupata habari za mtu nje ya kikundi. Njia bora zinaweza kuchangiwa na mtu yeyote.
3. Sababu kuu, kikundi kinatakiwa kikubali kwa ujumla kwa yote wanayoenda kupata kama majukumu. Mfano. kupanga kupanda miti 3000 mwaka huu.
4. Watu wanatakiwa kukubali kufanya kazi yoyote muhimu katika mikutano.
5. Wanakikundi lazima wachague jina kwa ajili ya kikundi. Wawe wabunifu.

Vikundi vingine makubaliano yanajumuisha vitu vingine kama kuombeana na jinsi ya kutumia wote fedha zote wanazopata.

Tree Planting - Weeding Reminder

Weeding is important for these reasons:

1. Your seedlings need water, soil nutrients and light to grow strong. If there are weeds they will compete with your seedling for these things. The weeds will use the soil nutrients and water that your seedlings need. The result is that your seedlings will be weaker and may not survive.
2. If your area is not weeded there will be more pests attracted to the area. Pests can damage and kill your seedlings. The fewer weeds there are, the less chance there will be of snakes and insects.

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 indicate that small groups are maintaining them and are good examples of the TIST program This will attract many people to come and see your work.
- ⊕ Clean groves enable the quantifiers to count the trees quickly and accurately.

We encourage you to weed your groves. The hard work will make a difference – your trees will be healthier and stronger.

Upandaji miti - Palizi Marudio

Palizi ni muhimu kwa sababu hizi:

1. Miche yako inahitaji maji, virutubisho vya udongo na mwanga ili kukua vizuri. kama kuna magugu yatamaliza miche yako kwa kuchukua vitu hivyo. Magugu yatatumia virutubisho vya udongo na maji vinavyohitajika na miche yako. Matokeo yake miche yako itakuwa dhaiifu na haitaweza tena kuishi.
2. Kama eneo lako halijapaliliwa kutakuwa na wadudu wengi wanaovutiwa na eneo hilo. wadudu wataharibu na kuua miche yako. Kwenye magugu machache kuna nafasi ndogo kwa nyoka na wadudu.

Hapa kuna faida za kupalilia shamba lako:

- ⊕ Miti inakuwa haraka kwa sababu magugu hayachukui virutubisho na maji kutoka katika udongo
- ⊕ Miti itakuwa yenye afya na itarefuka kwa kipindi kifupi.
- ⊕ Miti itapata mwanga inahitaji kutozuiwa.
- ⊕ Miti inakuwa imewekwa wazi kuepushwa na magonjwa
- ⊕ Miti inakuwa imelindwa na moto unaosambaa
- ⊕ Mashamba safi yanaonesha vikundi vidogo vinayalinda na mifano mizuri kwa mpango wa TIST, hii itavutia watu wengi kuja kuona kai yako.
- ⊕ Mashamba safi yanasaidia wawezeshaji kuhesabu miti haraka na kwa makini.

Tunakushauri upalilie mashamba yako. Kazi ngumu itabadilisha – miti yako itakuwa yenye afya na nguvu.

Utunzaji miche na kuilinda

Seedling care and protection

a. Protect your seedlings from being eaten or stepped on. Some groups put thorns around the seedlings. Others fence the area to stop animals disturbing the area.

b. If you need to use an insecticide then try some you can make using local ingredients. These are some examples used in other parts of Africa, try them and find out which works the best here. Let the office know so we can share best practices.

- Grind neem seeds and add to boiling water. Leave overnight and apply to seedlings when cool.
- Mix neem leaves, washing soap, salt and red pepper (chili). Add to water and cover the pan (this is a dangerous mixture!) and then boil. When cool apply to the seedlings.
- Add ash to the area with seedlings.
- Ensure the area is well weeded to avoid encouraging pests.
- Boil neem / miarobaini leaves in water to make 'bitter water'. Apply the water to the seedlings.

c.

- Remember to weed your seedlings as stated earlier. When you are weeding be careful not to damage the seedling roots.
- Also remember that to give your seedling the best chance of survival you should plant the 2.5-3m apart. If you plant them closer together then the seedlings will not get all the water and soil nutrients they need because there is much competition. They will become weak and may die, so follow the best practice of a spacing of 2.5-3m.

If there has not been rain for some days then water your seedlings.

a. Linda miche yako isiliwe au kupitiwa na vikundi vingine huweka wigo kuzunguka mche.wengine wanaweka wigo kwenye eneo lote kuzuia wanyama kusumbua eneo.

b. Kama unahitaji kutumia dawa ya wadudu jaribu kutumia dawa za asili..Kuna mifano ya dawa zinaotumiwa katika maeneo mengine ya Afrika,jaribu hizo na utaona ipi inafanya kazi vizuri.Ijulishe ofisi halafu tutatumia wote njia bora.

- Zimenye mbegu za mti wa muarobaini na uchanganye na maji ya moto.usiku ziondoe dawa ikishapoa mwagia kwenye miche
- Changanya majani mti wa muarobaini,sabuni ya kufulia,chumvi na pilipili nyekundu,changanya kwenye maji na ufunike mfuniko (huu ni mchanganyiko wa hatari) halafu chemsha,zikishapoa mwagia kwenye miche
- Changanya majivu kwenye eneo lenye miche
- Hakikisha eneo limepaliliwa vizuri kuzuia wadudu wanaovutiwa.
- Chemsha miti/majani ya miarobaini kutengeneza 'maji machungu'.jaribu dawa kwenye miche

c.

- kumbuka kupalilia shamba lako ,kama tulivyoongea mwanzo,wakati unapalilia kuwa mwangalifu usiharibu mizizi ya miche.
- Pia ukumbuke kuipa miche yako nafasi nzuri ya kuishi,unatakiwa upande mita 2.5-3 kwa nafasi.Kama utaipanda yote karibu karibu haitapata maji na virutubisho vinavyohitajika kwa sababu ya kunyang'anyana ,itakuwa dhaifu na inaweza kufa,kwa hiyo fuata njia bora ya kuacha nafasi ya mita 2.5-3

Kama kutakuwa hamna mvua siku nyingine ipe maji miti yako.

Conservation Farming

As with your seedlings, an important activity for conservation farming is weeding the holes. This is hard work but it is worth the effort! If weeds use up soil nutrients and water then your maize will not grow so well. If you weed your holes your maize will be more likely to grow taller and stronger. It is worth the effort! Also, the more weeds you pull up now, the less there will be next year.

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 small groups: 2616

TIST Trees: 4,682, 983

TIST Seedlings: 4,200,114

Kilimo Hai

Ni kama miche yako,shunguli muhimu sana kwa kilimo hai ni palizi kwenye mashimo.Hii ni kazi ngumu lakini inalipa nguvu ,kama magugu yanatumia udongo wa juu wenye virutubisho na maji mahindi yakohayatakua vizuri.kama utapalilia mashimo yako mahindi yako yatarefuka na kuwa yenye nguvu.yatakuwa yamelipa nguvu na pia magugu mengi unavyoyapalilia machache yatakuwepo mwaka ujao.

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 mikataba 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

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