

# TIST

MPWAPWA KONGWA HABARI MOTO MOTO ©

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## UTAFITI MADAWA ASILI GROUP

We are Utafiti Madawa Asili group. We are 7 - 4 male and 3 female. This group was started in March 2003. This group is in Suguta Village which is in Kongwa village.

This group mainly works in finding herbal medicine for livestock and plants. Also we work on tree-planting so as to get herbal medicine, and livestock-keeping like chickens (broilers) and ducks.

When we heard about the program working in our area we joined together to form a group so as to join with the program. Up to this time we have already planted 3276 trees which are of different species, like Milonge, Misaji, and Mimelea.

We are happy we joined because now we have knowledge in Conservation Farming, Improved stoves and good training for the groups.

We ask other people to join with this program so as to reduce poverty, to have a good economic standard and good health condition. You may get all this training from the TIST program.

Thanks

## KIKUNDI CHA UTAFITI MADAWA ASILI.

Sisi wanakikundi wa Utafiti madawa asili tupo wanakikundi saba, Wanaume 3, wanawake 4. kikundi hiki kimeanza 2003 mwezi 3 kikundi hiki kipo katika kijiji cha Suguta wilaya ya Kongwa.

Kikundi kinajishughulisha na utafiti madawa asili ya mifugo na mimea, pia kinajishughulisha na upandaji miti kwa sababu ya kupata madawa asili, pia kinajishughulisha na ufugaji kuku wa nyama wapo 26, na bata 2.

Basi kikundi kiliposikia habari ya mradi wa TIST nao walijiunga. Mpaka sasa kimeshapanda miti 3276 ambayo ni aina nyingi kama miarobaini, milonge, misaji, na mimelea.

Kimefurahishwa sana na kujiunga na TIST maana wamepata ujuzi mwingi kama kilimo hai nishati mbadala na mafunzo mazuri ya vikundi.

Tunaomba ndugu zetu tujiunge na mradi wa TIST ili tujikomboe kiuchumi na kiafya kutokana na mafunzo mazuri yatokanayo na TIST .

Asanteni



## Small group Best Practices

### Action steps

TIST groups do a lot of practical activities: planting trees and improving agricultural techniques. When there is a lot of work to be done by the group it is good to have **action steps**. Each group member should tell the group what they are going to achieve that week.

#### **An action step is something that is:**

- ⊕ Specific
- ⊕ Observable (a fly on the wall can see you do it!)
- ⊕ Measurable
- ⊕ Has a beginning and an end
- ⊕ Make sure your action step is realistic and that you can achieve it!

For example, saying ‘I will plant trees’ is not an action step because it is too general. ‘I will work on three mornings this week to transplant 75 seedlings into our new grove’ is an action step because it is **specific** (transplant 75 seedlings), **observable** (people can see you do it), **measurable** (75 seedlings, 3 mornings) and **has a beginning and an end** (at the end of three days you can see the results).

When the group meets again, allow ten minutes near the end of the small group meeting for each person to report on his or her action step. Each person quickly:

- (1) Tells the group what their action step was for the past week.**
- (2) States what they actually did.**
- (3) States what action step they will take for the following week.**

If the person succeeded in his or her action step, the group celebrates the success.

If, as often happens to start with, the group member met only part of his goal, the group encourages him and does not criticize or blame. When people are able to freely share

## Njia Bora za Vikundi vidogo vidogo

### Hatua za utekelezaji

Vikundi vya TIST vimefanya kazi nyingi kwa vitendo: Upandaji miti na njia bora za kilimo. Ni lazima kwa kikundi kuweka **hatua za utekelezaji** kwa kila lengo wanaloliweka. Kila mwanakikundi lazima aseme kwenye kikundi nini atafanikisha wiki hii.

#### **Hatua za utekelezaji wa malengo zinatakiwa ziwe na sifa zifuatazo:**

- ⊕ Wazi
- ⊕ Halisi
- ⊕ Pimika(muda na kiasi)
- ⊕ Zina mwanzo na mwisho
- ⊕ Hakikisha hatua zako za utekelezaji ni za kweli na unaweza kuzitekeleza

Kwa mfano ukisema “ Nitapanda miti” sio hatua za utekelezaji kwa sababu iko jumla sana. “Nitafanya kazi siku tatu asubuhi kila siku kupanda miche 75 katika shamba letu jipya” inaonyesha hatua za utekelezaji kwa kuwa ni **wazi** (Kupanda miche 75) **Halisi** (watu wanaweza kuona ukifanya) **Pimika** (miche 75, asubuhi 3) na lina mwanzo na mwisho (Mwisho wa siku tatu utaona matokeo)

Kikundi kinapokutana tena, ruhusu dakika 10 karibu na mwisho wa mkutano kwa kila mwanakikundi kutoa taarifa kuhusu hatua za utekelezaji. Kila mwanakikundi haraka haraka:

- (1) Waambie wanakikundi juu ya hatua za utekelezaji kama zilivyokuwa wiki iliyopita.**
- (2) Waeleze nini wamekifanya**
- (3) Waeleze hatua za utekelezaji ambazo watatumia wiki hii.**

Kama watu wamefanikiwa katika hatua zao za utekelezaji, wanakikundi washerekee mafanikio yao. Kama inatokea mara kwa mara, wanakikundi wanafanikiwa nusu ya malengo yao, watie moyo wanakikundi na usiwalaumu au

their successes and failures they will be encouraged to do better each week.

### **Small Group Techniques**

- a. What is the best way to arrange people during a small group meeting?

A small circle is the best - avoid using tables because they create barriers between people..

- b. What do you do if more than twelve people want to join your group?

If there are more than twelve people interested in joining your group it is best to form a new group. The group can split in two; or three or four members of the original group can form the core of the new group. This is better than one member trying to start a group alone. Remember to start using rotating leadership straight away.

- c. What techniques can you use if the group members are tired?

Split up the group into pairs and get each pair to talk about the task. Dramas also help. Sometimes stopping and each person saying something good that their group is doing can also motivate people again.

### **Sustainable use of timber resources**

You don't have to cut down a tree to have fuelwood.

- 1) Try to limit fuelwood to sticks, branches, shrubs and diseased trees. This is better than cutting down a living healthy tree.
- 2) Avoid harmful activities such as uncontrolled fire clearance.
- 3) Decide in your TIST group to create new nurseries.

kuwapinga. Kama watu wapo tayari kushirikishana mafanikio na madhaifu yao watie moyo ili kufanya vizuri kila wiki.

### **Mbinu za vikundi bora**

- a. Nini Njia bora za kugawa watu katika mikutano ya vikundi vidogo

Duara dogo ni bora, epuka kutumia meza kwa sababu zinaweka vizuizi kati ya watu.

- b. Utafanyaje kama zaidi ya watu 12 wanataka kujiunga katika kikundi chako?

Kama kuna watu zaidi ya 12 wanaopenda kujiunga ni vizuri kuunda kikundi kipya. Wanakundi wanaweza kugawanyika makundi mawili au matatu au manne ya wanavikundi wa zamani na kuunda vikundi vingine vipya. Hii ni nzuri kuliko mwanakikundi mmoja akijaribu kuunda kikundi kwa peke yake. Kumbuka kuanzisha kwa kutumia uongozi wa mzunguko mara moja.

- c. Utatumia njia gani kama wanakikundi watakuwa wamechoka?

Gawanya kikundi katika jozi na kila jozi ijadili kuhusu mada. Maigizo pia yanasaidia. Wakati mwingine kusimama na kuelezea kitu kizuri ambacho kikundi kimefanya huwachochea watu pia.

### **Njia bora za matumizi ya mazao ya mbao**

Hautakiwi kukata mti ili kuwa na kuni

- 1) Jaribu kuzuia kuni kwa kutumia vijiti, matawi, vichaka na miti iliyokauka. Hii ni nzuri zaidi kuliko kukata mti wenye afya .
- 2) Zuia shughuli za uharibifu kama moto usiozulika kihakika.
- 3) Amua kwenye kikundi cha TIST

- 4) Use energy-saving cookstoves which use less fuel wood. Details about this will be in the April and May node meetings, or you can ask other groups to train you.
- 5) Use other sources of energy and fuel where possible (e.g. heating from the sun, sawdust, coffee and maize husks, dried grass, weeds, animal waste).
- 6) Think about planting trees on the same land as you are growing crops. This is called agro-forestry and will be studied later in the year.

- kuanzisha huduma mpya.
- 4) Tumia nishati inayosaidia, majiko ya kupikia ambayo yanatumia kuni kidogo. Habari zaidi kuhusu hii zitakuwa kwenye mikutano ya nodi ya mwezi wa nne na wa tano, au unaweza kuomba vikundi vingine vikufundishe.
  - 5) Tumia nishati mbadala na mafuta kama inawezekana (mfano joto la jua gas, mabua ya mahindi, kahawa na majani makavu, magugu, na kinyesi cha wanyama)
  - 6) Fikiria kuhusu kupanda miti kwenye ardhi moja kama unavyopanda mazao. Hichi kinaitwa kilimo mseto na kitafundishwa baadae mwaka huu.

### **Conservation Farming - Weeding Reminder**

#### **Weeding is important for these reasons:**

1. Your crops need water, soil nutrients and light to grow strong. If there are weeds they will compete with your crops for these things. The weeds will use the soil nutrients and water that your seedlings need. The result is that your crops 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 crops. The fewer weeds there are, the less chance there will be of snakes and insects.

#### **Here are some of the advantages of weeding your shambas:**

- Crops grow faster because weeds don't take the nutrients and water from the soil
- Crops will become stronger and grow taller in a shorter period of time
- Crops can get the sunlight they need unhindered
- Crops are not exposed to as many diseases
- Crops are more protected from a fire spreading

### **Kilimo Hai - Palizi Marudio**

#### **Palizi ni muhimu kwa sababu hizi:**

1. Mazao yako yanahitaji maji, virutubisho vya kwenye udongo, na mwanga ili kukua na nguvu. Kama kuna magugu yatamaliza mazao yako kwa kuchukua vitu hivi. Magugu yatatumia virutubisho vya udongo na maji yanayohitajika na miche yako. Matokeo yake mazao yako yatadhoofika na hayataishi.
2. Kama eneo lako halijapaliliwa kutakuwa na wadudu wengi watawutiwa katika eneo hilo. Wadudu wanaweza haribu na kuuwa mazao yako. Magugu machache yatakuwa na nafasi ndogo ya kuruhusu nyoka na wadudu.

#### **Hapa kuna faida za kupalilia shamba lako:**

- Mazao yanakua haraka kwa sababu magugu hayachukui virutubisho na maji kutoka kwenye udongo
- Mazao yatakuwa yenye nguvu na yatarefuka haraka kwa muda mfupi
- Mazao yatapata mwanga bila kuzuiwa
- Mazao hayatakuwa na magonjwa mengi
- Mazao yatakuwa yamezuiwa na moto unaosambaa
- Mashamba masafi yanaonesha kuwa vikundi vidogo vinatunzwa na ni mifano mizuri ya

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

Once you have weeded the area make sure you remove the weeds from the field. If you leave the dead weeds by the crops they may still attract pests and diseases that can damage your crop.

**Remember to keep weeding your tree groves too!**

### **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 2708

Trees alive 5,033,570

Seedlings 4,022,859

shughuli zaTIST., hii itavutia watu wengi kuja kuuangalia kazi yako

- Shamba safi linamrahisishia mwezeshaji kuhesabu miti haraka na kwa makini

Mara tu unapopalilia hakikisha unaondoa magugu shambani. Kama utaacha magugu yaliyokufa shambani pamoja na mazao yatakutia wadudu na magonjwa yanayoweza kuharibu mazao yako.

**Kumbuka kuendelea kupalilia magugu katika miti yako tena .**

### **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 ya mwezi 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**

Vikundi vya TIST 2708

Miti 5,033,570

Miche 4,022,859

## Ratiba ya Nodi

<b>APRILI</b>	<b>Jumatatu</b>	<b>Jumanne</b>	<b>Jumatano</b>	<b>Alhamisi</b>	<b>Ijumaa</b>	<b>Jumamosi</b>
<b>Wiki 1 4<sup>th</sup> – 10<sup>th</sup></b>		Kibakwe Pwaga Lupeta	Wotta Lumuma Bumila	Iyenge Kitati Makutupa	Mzase Kanisa Kuu Inzomvu	Chogola Manghangu Kimagai
<b>Wiki 2 11<sup>th</sup> – 17<sup>th</sup></b>	Ilolo Godegode	Mazae Matomondo	Mima Mwenzele	Sazima Tambi - Igunga	Mkanana Tubugwe	
<b>Wiki 3 18<sup>th</sup> – 24<sup>th</sup></b>	Mseta Pembamoto Banyibanyi	Chamkoroma Ngumbi Mkoka	Iduo Lengali Matongoro	Suguta Kibaigwa Songambebe	Mlali Iyegu Pandambili Mkutani	Majawanga
<b>Wiki 4 25<sup>th</sup> – 30<sup>th</sup></b>	Kisokwe Sejeli	Idilo Hogolo	Nghambi Chamae	Kongwa Gairo	Manungu Lubeho	Mbande Ibuti