

# TIST

## MPWAPWA KONGWA HABARI MOTO MOTO ©

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### KAZI MOJA SMALL GROUP-PEMBAMOTO

Kazi Moja small group is a small group which is found in Pembamoto in Kongwa District.


Total number of the group is 10 male and 5 female, this group started on September 1999. this group deals with tree planting and environmental conservation when we heard that Tist form a small group deals with tree planting together with sustainable agriculture therefore we decided to join, up to now the group have 5000 trees including misaji, mikungugu and mipera, the group has happy about Tist program while the group continual to learn the meaning of sustainable agriculture, for now the group have 5 acres for conservation farming and they expecting to harvest 25 bags ,either Tist program will be able to help the group in the following points.

1. Important of tree planting.
2. Sustainable agriculture so that we can increase our income through node training.

Its us kazi moja group member of PEMBAMOTO

### Agriculture

Read testimonies from people about how conservation farming has made a difference to their lives is probably the best form of teaching.:

 Small groups that use conservation farming best practices always seem get

### KIKUNDI CHA KAZI MOJA -PEMBAMOTO

Kikundi cha kazi moja ni kikundi kidogo ambacho kipo kijiji cha Pembamoto Wilaya ya Kongwa.

Idadi ya wanakikundi 10, wanaume 5, wanawake 5 kikundi hiki kimeanza mwezi wa 9 mwaka 1999.

Kikundi hiki kinajishughulisha na upandaji miti na uhifadhi mazingira, tuliposikia TIST inashughulikia kuunda vikundi vya upandaji miti, pamoja na kilimo endelevu basi nacho kikajiunga. Hadi sasa kikundi kina miti 5000, ikiwemo Misaji, Mikungugu, na Mipera. Kikundi kinafurahia mpango wa TIST kwani wanakikundi hadi sasa wanaendelea na kufahamu maana ya kilimo endelevu hadi sasa kikundi kina ekari 5 za kilimo hai na wanatarajia kuvuna gunia 25, aidha mradi wa TIST umeweza kuwasaidia wanakikundi uelewa wa mambo yafuatayo

1. Upandaji miti na faida zake
2. Kilimo endelevu ili kuongeza kipato kutokana na mafunzo ya mara kwa mara wakati wa NODI, wanavikundi wamenufaika sana

Ni sisi wanakikundi wa kikundi cha KAZI MOJA PEMBAMOTO

### Kilimo

Soma shuhuda kutoka kwa Watu jinsi maisha yao yalivyo badilika kwa kutumia Kilimo cha kuhifadhi Mazingira kwa kupitia maada zifuatazo:

- Vikundi vidogo vinavyotumia njia madhubuti za kuhifadhi Mazingira kila mara vinaonekana kupata Mazao, Hata wakati wa miaka mibaya kabisa wakati Mvua ni chache na isiyo aminika.
- Katika miaka mizuri mazao huwa mazuri na yakupendeza vikundi vidogo ambavyo utumia mbinu za kuhifadhi mazingira hupata mazao mazuri na kuona tofauti kubwa katika mazao yao. vikundi vingine vimepata ongezeko la mazao

some harvest, even in the very worst years when rainfall is little and unreliable.

◆ In good years the harvest can be spectacular! Small groups who use conservation farming are seeing a huge difference in their crop yields. Some groups have reported 5-10 times improvement in their crop yields.

◆ Farmers who use traditional farming methods cannot always be certain that he or she will get any harvest. Most years the harvest is small, and sometimes there is no harvest.

◆ Conservation farming works by digging the holes for the crops and filling the holes half full with good soil and manure or compost. The seeds therefore get many more nutrients than 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. 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.

● Do not let your animals eat the crop remainder like maize and millet stalks, beans, legume leaves, groundnut leaves, sunflower stalks etc. Also do not burn the remainders. Instead you should collect them and store them in a safe place where they won't be disturbed by animals or fire. This is so that in July you can use the crop remainders to make compost manure, a very effective natural fertilizer. Details about how to make compost manure will be given in the July training. We encourage all the small group farmers to collect and take care of crops remainders soon after harvesting.

● If you have excess crop remainders leave them on the fields so that there is a covering over the field. The crop remains will rot down returning many good nutrients to the soil preparing and enriching it for crops next year.

● 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

mara 5-10 zaidi.

- Kwa wakulima wanaotumia njia ya asili hawana uhakika wa mavuno kwa miaka mingi mavuno ni madogo na wakati mwingine hakuna kabisa.
- Kilimo hai hutumika kwa kuchimba mashimo ya mazao na kuyafukia kidogo kwa mbolea ya asili au samadi, hivyo mbegu hupata virutubisho zaidi kuliko kupanda katika udongo usio na mbolea.
- Rutuba zaidi husaidia mbegu kuota na kuwa mmea wenye nguvu na kutoa mazao zaidi. Matundu ya kupandia hulinda mbegu na kuwazeshia kupalilia magugu kuzunguka mmea unao ota.
- Mashimo ni kitu muhimu kabisa. Mvua inapokuja badala ya kuchukua udongo mzuri pamoja na mbegu maji huzama chini katika mashimo na kusaidia mbugu ziote zaidi. mchanganyiko wa mashimo na mbolea ndio unaoshika maji yawe pamoja na mbegu kwa muda mrefu zaidi kwahiyo jua linapokuja tena halikaushi maji yote kwa haraka

## BAADA YA MAVUNO

- Kama umeshavuna mazao yako usiwaache wanyama kula mabaki ya mimea yako kama mabua ya mahindi, mtama, majani ya maharage, majani ya kalanga, kunde, alizeti na mazao mengineyo. Pia wala usiyachome moto. Kama unaona kuna uwezekano wa mabaki hayo kuliwa na wanyama au kuungua kwa moto unaweza kuyakusanya na kuyahifadhi sehemu nzuri ambayo unajua hayawezi kushambuliwa na wanyama au moto. Hii ni kwa sababu ya maandalizi ya mafunzo ya mwezi wa saba kutumia mabaki ya mimea kutengeneza mbolea ya mboji/mapambano, mbolea nzuri ya asili na yenye nguvu sana na inayofanya kazi vizuri. Maelezo kuhusu ni jinsi gani ya kutengeneza mbolea hii yatatolewa kwanye jaridala mafunzo la mwezi wa saba. Hivyo ndiyo sababu tunashauri wakulima wote wa vikundi vidogo kuyatunza na kuyahifadhi mabaki ya mazao yenu mara tu mtakapovuna mazao yenu.
- Kama una mabaki ya kutosha, acha mengine kwenye shamba laka ili yaendeleo kunfunika ardhi kwenye shamba lako. Magugu huoza na kurudisha rutuba katika udongo tayari kwa mazao mwaka unaofuata.
- Kama mwaka huu utakua na mashimo ya kilimo cha hifadhi usiyafunike bali yaache

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 reddish brown color to a dark brown / black color. The change in color shows that it has many more nutrients than before.

- 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.
- Put a good floor in your storage room by using cement or cow manure.
- Inspect your crops from time to time as to see if termites are eating them.

### Traditional crop storage

This information is for those who store their grain in a traditional crop store (kihenge, kilindo, Idong'ha). The following practice has been tried and found to be effective for maize. The example is for 10 bags of maize, but the process can be scaled up or down as necessary.

#### Requirements

- 5 kg of dried by neem seeds
- 10 bags of maize (each bag contains 7 tins of maize. A tin is a 20litre container). The maize should be dried and cleaned.
- Traditional crop store made of wood, soil and animal dung. The inside of the store is plastered with animal dung.

#### How to store

1. Grind the neem seeds to get a powder.
2. Sprinkle two cups of the neem seed powder over the floor of the store.
3. Pour in three bags of maize into the store.
4. Pour 1.5kg of neem seed powder over this maize.
5. Add another three bags of maize.
6. Pour 1kg of seed powder over this.
7. Add the remaining four bags of maize, then the remaining seed powder.
8. The store can be covered with soil, dung and wood if desired.
9. The stored crops can last for three years without being destroyed by pests. The crops can continue to be used throughout the years.

wazi tayari kwa mwaka ujao, jinsi unavyozidi kutumia kilimo cha kihifadhi mazingira kwa miaka mingi (ni vizuri zaidi ukitumia kilimo cha kubadilisha mazao) ndivyo udongo wako unavyo rutubika zaidi na unapata mazao mengi zaidi. utaona udongo wako unarutubika zaidi na kugeuka kutoka kwenye udongo mwekundu kuwa rangi nyeusi. babiliko la rangi nyeusi ni alama ya rutuba zaidi kuliko ilivyo kuwa mwanzo.

## KUHIFADHI MAZAO

### Jinsi ya kuhifadhi mazao.

1. Twanga mbegu za mwarobaini na kupata unga wake
  2. Nyunyiza unga wa mwarobaini vikombe viwili ndani ya kilindo kabla ya kuweka mahindi.
  3. Weka magunia 3 ya mahindi kwenye kilindo
  4. Nyunyiza tena lita 1.5 za unga wa mwarobaini juu ya mahindi ya kwenye kilindo
  5. Weka magunia mengine 3 ya mahindi
  6. Nyunyiza tena lita 1 ya unga wa mwarobaini juu ya mahindi
  7. Weka kiasi cha mahindi kilichobaki, halafu nyunyiza kiasi cha unga wa mwarobaini uliobaki.
  8. Unaweza kufunika kilindo chako kama kuna ulazima mfuniko unaweza kutengenezwa kwa miti, udongo na kinyesi cha ng'ombe.
  9. Mazao yanaweza kudumu kwa muda wa miaka 3 bila kuharibiwa na wadudu yakiwa ndani ya kilindo na huku unaendelea kuyatumia.
- Acha Mazao yako Shambani mpaka yakomae na kukauka kabisa kabla ya kuvuna
  - Hakikisha Mazao yako yamekauka barabara kabla hujahifadhi kwa kuyaweka katika Magunia.
  - Tengeneza Sakafu yako imara kwa Saruji au kusiliba kwa mavi ya Ng'ombe
  - Kagua Mazao yako uliyo hifadhi mara kwa mara ili kuona kwamba Mchwa na Wadudu wengine hawayashambulii au Mbegu nzuri katika Miaka 2-3

## Tree Planting

For this section there are a list of questions and answers. You can either choose to go through the list as a mini-lecture,

### 1. Which tree species should we grow in our area?

The best ones are those growing naturally in the area. Select ones that meet your needs.

### 2. Are all trees good?

Not necessarily! Some may be difficult to control, be poisonous to your animals or use too much water. Choose ones you know will benefit your area.

### 3. Do trees produce seeds every year?

Most trees do, but observe your local trees to be sure. Some may only produce good quality seeds every 2-3 years.

### 4. Which is a good mother tree to collect seeds from?

- Collect seeds from healthy trees that are good seed producers.
- Avoid isolated trees. In this case the seed is likely to have been self-pollinated which leads to poorer quality seeds.
- Avoid unproductive trees and ones with a bad shape.
- It is better to choose a tree in the middle of a healthy group of trees of the same species. Seeds will be higher quality from trees with flowers that are spread out rather than packed closely together.
- The exact type of tree depends on what you want to use the tree for. For example, good trees for timber are straight, few branches and fast growing. Good trees for fodder should be fast growing, many branches with multiple stems, and fast growing leaves with the ability to recover after being pruned. Good fruit trees should obviously have good quantities of healthy fruit!
- Try to choose seeds from a tree growing at the same altitude and soil type as where you want to plant.
- Choose a mature tree, not a young one.

### 5. When do we collect the seeds?

- Learn the time of the year when the seeds are ripe.
- Ask other local people or observe the tree yourself.
- Sometimes seeds are ripe when the fruit or pods change color, become dry, or break easily from the branch.

## Dawa za asili za kuhifadhi mazao

Taarifa hii ni kwa wale ambao wanatumia njia za asili za kuhifadhi mazao kwanye vifaa vya asili kama Kihenge, Kilindo, Idong'ha. Njia hii imejaribiwa na kuona inafanya kazi kwa zao la mahindi. Mfano huu ni kwa ajili ya kuhifadhi mahindi gunia 10, lakini unaweza kutumia kwa ajili ya mazao kiasi chochote chini au zaidi ya gunia 10 kwa kadiri uwezavyo.

### Mahitaji

- Lita 5 za mbegu za mwarobaini zilizokauka
- Mahindi gunia 10 (kila gunia liwe na ujazo wa debe 7) mahindi yawe yamekauka vizuri
- Kilindo, Kihenge au Idong'ha vinatengenezwa kwa miti, udongo na kinyesi cha ng'ombe. Kinyesi cha ng'ombe husilibwa vizuri ndani.

### Jinsi ya kuhifadhi mazao.

10. Twanga mbegu za mwarobaini na kupata unga wake
11. Nyunyiza unga wa mwarobaini vikombe viwili ndani ya kilindo kabla ya kuweka mahindi.
12. Weka magunia 3 ya mahindi kwenye kilindo
13. Nyunyiza tena lita 1.5 za unga wa mwarobaini juu ya mahindi ya kwenye kilindo
14. Weka magunia mengine 3 ya mahindi
15. Nyunyiza tena lita 1 ya unga wa mwarobaini juu ya mahindi
16. Weka kiasi cha mahindi kilichobaki, halafu nyunyiza kiasi cha unga wa mwarobaini uliobaki.
17. Unaweza kufunika kilindo chako kama kuna ulazima mfuniko unaweza kutengenezwa kwa miti, udongo na kinyesi cha ng'ombe.
18. Mazao yanaweza kudumu kwa muda wa miaka 3 bila kuharibiwa na wadudu yakiwa ndani ya kilindo na huku unaendelea kuyatumia.

### Upandaji miti

Tafadhali soma sehemu hii kuna orodha ya maswali na majibu. Unaweza kupitia orodha ya maswali kama mafundisho mafupi.

#### 1. Je tupande jamii ipi ya miti katika maeneo yetu?

Miti mizuri ni ile inayoota kirahisi katika maeneo yetu. Chagua inayokufaa.

#### 2. Je miti yote inafaa?

Si kweli, baadhi ni migumu kuitunza, inaweza kuwa sumu kwa wanyama au kusababisha ukame. Chagua itakayofaa katika eneo lako.

#### 3. Je miti hutoa mbegu kila mwaka?

- Most seeds are ready for collection when they fall from the tree naturally.

## 6. How do we collect the seeds?

- It is helpful to clear the area around the bottom of the tree first. Many seeds can be collected from the ground. Inspect the seeds for insect damage.
- The tree can be climbed to collect the seeds, but take care!
- Some fruit dry, open and disperse their seeds without falling to the ground. These are hard to collect if the seeds are small. Collect the fruit or pods after they are ripe but before they have split or fallen to the ground. Then dry the fruit or pod in a clean, sheltered place to obtain the seeds.
- Some seeds can be knocked from the tree with a long stick.
- Try putting a sheet under the tree and gently shaking the tree.
- For tall trees a simple tool can be made by attached one end of a pair of shears to a long, strong stick. The other handle can be attached to a rope
- Note that some seed species cannot be collected from the ground and have to be collected as *wildlings*. These are newly germinated seedlings found growing under mature trees. These can be transplanted to pots in your nursery. This is often the best method for trees that are hard to grow in a nursery or whose seeds are hard to collect.
- All seeds must be removed from their fruit or pods. Hand, or putting the fruit/pod in the sun and waiting for it to dry and split can do this.

## 7. How can we tell if the seed is good?

- Firstly look at the seed. Discard ones that are smaller, lighter or a different color than the others. Insects may damage some.
- For some hard-coated species floating in water is a good test. Normally the good seed sinks and the bad seed floats.
- You can do a simple germination test. Take a small counted number of seeds (20-100). Do any pre-treatment needed. Put the seeds on a damp cloth in a bowl. Cover with another fold of the cloth, moisten it thoroughly and put in a warm (not hot) place. Check the seeds daily for signs of germination and keep the cloth moist. When germination begins keep a record of the day and number. The test usually lasts about two weeks depending on the species. Germination of over 50% means you have

Miti mingi hufanya hivyo, lakini chunguza miti yako ili uhakikishe.baadhi hutoa mbegu bora kila baada ya miaka 2-3.

## 4. Ni mti gani mzuri kwa kukusanya mbegu?

- Kusanya mbegu kutoka kwenye miti yenye afya na ambayo huzaa kwa wingi.
- Epuka miti iliyojitenga mmoja mmoja, katika hali hiyo mbegu zake huwa hazina dume kwahiyo zinakua mbedu hafifu.
- Epuka miti isijozaa na yenye umbo baya.
- Ni afadhali kuchagua miti iliyo katika msongamano wa miti mingine yenye afya ya kabila hiyo hiyo. utapata mbegu nzuri kutokana na iliyo na maua yaliyo sambaa badala ya miti iliyo na maua yaliyojikusanya pamoja.
- Mti mzuri ni ule ambao unataka kutumia. Kwa mfano mti mzuri kwa mbao umenyooka, ulio na matawi machache na kukua kwa haraka. Miti mizuri kwa malisho iwe inayokua haraka na kuwa na matawi mengi yenye mashina mengi na kukua kwa haraka na majani yenye kukua kwa haraka yanapopunguzwa.miti mizuri ya matunda ni ile yenye kuwa na matunda mengi na mazuri.
- Jaribu kuchagua miti inayokua katika ukanda ulele kama unaotaka kupanda.
- Chagua miti iliyo komaa na sio michanga.

## 5. Ni wakati gani tukusanye mbegu?

- Jifunze wakati ambao mbegu huiva.
- Waulize wenyeji wa sehemu hiyo au uchunguze mti wewe wenyewe.
- Wakati mwingine mbegu huwa zimekomaa wakati tunda linapobadilika rangi, kukauka au kudondoka kutoka kwenye tawi.
- Mbegu nyingi huwa tayari kukusanywa wakati zikianguka kutoka mtini zenyewe.

## 6. Je, tunakusanyaje mbegu?

- ♣ Ni vizuri kusafisha mazingira yanayo zunguka mti kwanza. Mbegu nyingi zinaweza kukusanywa chini.kagua mbegu kama zimeharibiwa na wadudu.
- ♣ Unaweza kupanda juu ya mti kuangua mbegu, lakini kuwa mwangalifu!
- ♣ Kwa matunda yaliyokauka, hupasuka na kusambaza mbegu bila yenyewe kudondoka chini.ni vigumu kukusanya kama mbegu ni ndogondogo.kusanya mbegu au maganda baada ya kuiva lakini kabla hayajapasuka au kudondoka chini.halafu kausha matunda au maganda katika sehemu safi na salama ili kupata mbegu.
- ♣ Baadhi ya mbegu unaweza kuziangua kwa



good seed. Small-seeded species having only 5% germination are still worth keeping.

### 8. Do we plant or store the seeds?

- Some seeds do not store and should be planted straight away (especially soft, fleshy seeds, fruit tree seeds or seeds with high oil content).
- For seeds harder coats the basic rule is to keep the seed clean, dry and cool.
- Seeds should be removed from the fruit/cone and dried thoroughly. To dry the seeds put them in the sun for 2-3 days.
- Storing in a paper bag or metal container out of the sun is good (avoid plastic bags as this makes the seed sweat and rot). Make sure the container is clean and airtight.
- Label the container with the name of the seeds and the collection date.
- Remember that the germination ability of the seeds will decrease with time. If seeds have been stored for too long they may expire.

### 10. Do all seeds germinate?

The percentage of seeds, which germinate, varies greatly between species. Some seeds require some form of pre-treatment.

### 11. What kind of pre-treatment might be needed?

- If the seeds have a very small or thin coat often no treatment will be needed.
- Seeds that have thick coats will need some form of pretreatment. Some need to have their seed coat cracked with a hammer or a stone. Seeds should be planted immediately after cracking.
- Some seeds just require a small cut in the seed coat to help water infiltrate (nicking). Do not cut the part that was attached to the pod or capsule as this part contains the baby plant.
- Others need to be soaked in mild acidic solutions for 5-20 mins before sowing.
- Another method for hard-coated seeds is to boil them in water for 5-10 minute. Then put the seeds in cool water. This weakens the coat and helps water to enter.
- Some seeds can be soaked in normal water for 12-24 hours.
- All seeds, once pre-treated, need to be planted straight away.

kutumia fimbo ndefu.

- ♣ Tandika turubai au mkeka chini ya mti halafu tikisa mti kwa uangarifu.
- ♣ Kwa miti mirefu njia iliyo rahisi, unaweza kuunganisha kipago na mti mrefu na imara. Upande mwingine unaweza kuunganisha kwa kamba.
- ♣ Elewa kwamba jamii nyingine za mbegu huwezi kuzikusanya chini na nyingine zinajiokea zenyewe. Hii ni miche inayojiokea chini ya miti.hii inaweza kuhamishiwa kwenye vitaru.hii ni njia bora kwa miti ambayo ni vigumu kupanda katika vitaru au mbegu hizo ni vigumu kukusanya.
- ♣ Mbegu zote lazima ziondolewe kwenye matunda au maganda.na hii inaweza kufanyika kwa mikono, au kuanika juani mpaka zikauke na kupasuka.

### 7. Tutatambua je kama mbegu ni bora?

- Kwanza iangalie mbegu.tenganisha mbegu ndogo, nyepesi, na zenye rangi tofauti kuliko nyingine.baadhi zinaweza kuwa zimeharibiwa na wadudu.
- Njia bora kwa mbegu zenye ganda zilowekwe kwenye maji. Kawaida mbegu bora huzama na mbaya huelea
- Unaweza kujaribu kuotesha.chukua kiasi kidogo cha mbegu (20-100). Ziwekewe dawa kabla.weka mbegu kwenye tambala ndani ya kopo.funika na tambala lingine kwa juu, lowesha na weka sehemu yenye joto (sio moto). Chunguza dalili za kuota kwa mbegu na hakikisha tambala lina unyevu.wakati uchipuaji unianza weka rekodi ya siku na namba. Kawaida jaribio huchukua wiki mbili kutegemea na jamii ya mbegu.uchipuaji zaidi ya asilimia 50 ina maanisha una mbegu nzuri, jamii ya mbegu ndogo ina uchipuaji wa asilimia 5.

### 8. Tunapanda au kuhifadhi mbegu?

- Baadhi ya mbegu hazihifadhiwi zina pandwa moja kwa moja (hasa laini, mbichi, mbegu za matunda au zilizo na mafuta mengi)
- Kwa mbegu zenye ganda gumu njia nzuri ni kuziweka safi na kavu.
- Mbegu zilizo ndani ya matunda/kokwa zitolewe na kukaushwa. Kuzikausha anika siku 2-3 juani.
- Hifadhi mbegu kwenye mifuko ya karatasi au debe mbali na jua ni vizuri (epuka mifuko ya nailoni kwani hufanya mbegu kulowa na kuoza). Hakikisha chombo ni safi na kisichopitisha hewa.
- Weka alama ya jina na siku ya kukusanya mbegu kwenye chombo.
- Kumbuka uwezo wa kuchipua kwa mbegu utapungua kulingana na muda.kama mbegu ikihifadhiwa kwa muda mrefu zinaweza kuharibika.

## 11. How do we plant the seeds?

- Some seeds that germinate readily can be sown directly into the field or into pots. Species that require special conditions to germinate are sown into a seedbed first.
- The time taken for germination depends on the seed type, the temperature, the amount of water available and the age of the seed.
- Generally sowing is done just before the rainy season starts.
- As a general guide, for direct sowing seeds should be planted at a depth two to three times their diameter and should be covered firmly with soil. The soil should then be kept moist.
- Details on seedbeds are to follow.

## 12. Do seedlings grow only from seeds?

Some tree species produce root suckers (young plants growing from the mother plant's roots). These can be cut and transplanted.

Cuttings can be taken of a young tree branch with at least three nodes or buds. Choose a long, healthy branch and make a clean, angled cut. Strip off the leaves. Plant the cutting into soil at least two nodal lengths deep, with at least one exposed. Keep it watered until sprouting occurs. Seedlings grown in this way will have the same characteristics as the parent tree and can be useful for making sure a productive fruit tree is grown.

## HIV & AIDS

Remind yourself about the teaching of last month: HIV is spread by infected body fluids (blood, semen and vaginal fluids), and is most commonly spread through infected blood, sex and mother to child).

● **Protect from infected blood:** Make sure that any instruments that have been in contact with blood have been completely sterilized (e.g. razors, knives, needles). Sterilization should be done after each new person has used the instrument. Care should therefore be taken in all places with a potential risk (clinics, hospitals, barber shops, traditional practices such as circumcision and body scarring).

● **Abstain from sexual intercourse.**

● **Being faithful:** Sexual intercourse should be between a man and woman who are faithful to each other and who are not infected with HIV. It is best for both partners to know their HIV status as one partner may have been infected before he or she started the relationship. The HIV virus can be in someone for ten years or more before making someone ill.

● **Use a condom:** This reduces the risk of being infected, but only if the condom is used correctly at all times during sexual intercourse. However,

## 19. Je mbegu zote huchipua?

Idadi ya mbegu kuchipua hutegemeana sana jamii ya mbegu. Baadhi ya mbegu zinahitaji maandalizi ya awali.

## 20. Maandalizi gani ya awali yanayohitajika?

- Kama mbegu ina ganda laini au jembamba haihitaji maandalizi.
- Kwa mbegu zenye gamba gumu zitahitaji maandalizi ya awali. nyingine huhitaji kupasuliwa kwa nyundo au jiwe. mbegu zipandwe haraka baada ya kupasuliwa.
- Baadhi ya mbegu zinahitaji kukwanguliwa au kukatwa ili kusaidia maji kupenya. usikate gamba lenye mbegu maana hapo mbegu ndipo inapoanza kuchipulia.
- Nyingine zinahitaji kulowekwa katika asidi kwa dakika 5-20 kabla ya kupandwa.
- Njia nyingine kwa mbegu zenye gamba gumu ni kuzichemsha kwa dakika 5-halafu weka mbegu kwenye maji baridi. hii husaidia kulainisha gamba na maji kupenya.
- Baadhi ya mbegu unaweza kuziloweka kwenye maji ya kawaida kwa masaa 12-24.
- Baada ya maandalizi ya awali mbegu zote zipandwe moja kwa moja.

## 11. Je Tunapandaje Mbegu?

- Baadhi ya mbegu zilizoanza kuchipua unaweza kuzipanda moja kwa moja kwenye shamba.
- Jamii ambazo zitahitaji vitu muhimu kwa uotaji zipandwe kwanza kwenye vitalu.
- Muda wa kuota kwa mbegu hutegemea aina ya mbegu, joto kiasi cha maji na umri wa mbegu.
- Upandaji hufanywa kabla ya msimu wa mvua kuanza.
- Kwa maelekezo ya jumla, upandaji wa moja kwa moja mbegu ipandwe na kufukiwa vizuri kwa udongo. halafu palowanishwe.
- Fuata maelekezo ya vitalu.

## 12. Je Miche Hutokana Na Mbegu Tu?

Baadhi ya jamii ya miti hutoa viotea (yaani viotea hukua kutokea kwenye mmea rasmi). Hivi vinawezwa kukatwa na kupandwa sehemu nyingine. Ukataji hufanyika kwenye matawi ya miti midogo angalau yenye vifundo vitatu au matawi matatu. chagua tawi refu, lenye afya, likate kwa ncha na ondoa majani. panda tawi angalau vifundo viwili chini, angalau uache kimoja juu. mwagilia mpaka uchipue. Mche unaokua kwa njia hii unasifa sawa na mmea mama na ina faa kuhakikisha ukuaji wa mti unaozalisha.

# Virusi & Ukimwi

## Jinsi ya kuzuia Ukimwi

condoms may be expensive or difficult to find, so it is better to focus on abstaining or being in a faithful relationship with an uninfected partner.

- Even if both partners are HIV positive, it is advised for them to adopt safer sex practices to avoid repeated exposure to HIV and other sexually transmitted diseases.
- Having an HIV test is important. If people know they are infected they can make the decision not to infect other people.
- There is no vaccine yet to prevent HIV. It is best to avoid getting into contact with HIV in the first place!
- HIV can be passed to a child from an infected. This can be through breast milk. However, remember that a mother's milk is much better for the child than cow's milk or powdered milk. Mothers should be aware of the issue so that they can make their own decision about what to do.
- HIV can also be passed onto the baby through the birth process. Dramatic reductions in infection rates can be made if the mother is given anti-viral medication before and immediately after birth (under medical supervision).

## TIST Finance

### Accounting for income and expenditure

- Groups receive payment for their trees through the TIST voucher system. When the group takes the voucher to the bank the money is automatically paid into their bank account.
- Group members have the right to use the money as they wish. They can either withdraw money or save it for a later time.
- One of the group members should act as an accountant. An accountant is responsible for recording everything that happens to the money.
- After any new income is received or any withdrawal made, the accountant should write down all the details.
- It may be useful for the group to have three books:

1. **A receipt book:** This is where the accountant writes down who has received

- Jikumbushe kuhusiana na somo lililopita. Virusi huenezwa kwa maji maji ya mwili (damu, manii na majimaji ya ukeni na mara nyingi husambazwa kupitia damu iliyo athirika ngono na kutoka kwa mama kwenda kwa mtoto).
- **Kujizuia na damu iliyo athirika;** Hakikisha kwamba Vifaa vyote vyenye Damu vimesafishwa (Mfano Nyembe, Visu, Sindano) Usafishwaji ufanywe mara baada ya kutumiwa na kila mtu. Uangalifu ufanywe sehemu zote zenye hatari mfano zahanati, hospitari, vinyozi katika taratibu za kimila kama tohala kuchua
- **Kujizuia na ngono.**
- **Kuwa mwaminifu:** kujamiiana kuwe kati ya mwanaume na mwanamke ambao ni waaminifu na hawaja athirika na virusi. Ni vizuri kwa wapenzi kupima ili wajue kama mmoja wao ameathirika kabla ya mahusiano. virusi vya ukimwi vinaweza kukaa kwa miaka kumi au zaidi kabla ya mtu kuonyesha dalili zozote.
- **Tumia kondom:** hii hupunguza uwezekano wa kuambukizwa lakini kama tu kondomu zitatumika kwa usalama wakati wote wa kujamiiana. Vile vile kondomu inaweza kuwa gharama au vigumu kupatikana, ni vema kuacha au kuwa mwaminifu na mpenzi mmoja ambaye hajaathirika.
- Ikiwa wapenzi wote wameathirika, wanashauriwa kufuata njia salama ili kuzuia maambukizo zaidi na magonjwa mengine ya zinaa.
- Kupima virusi ni muhimu. kama watu wakijua wameathirika wanaweza kuamua wasiambukize wengine.
- Mpaka sasa hakuna chanjo ya ukimwi. ni bora kuzuia maambukizo ukimwi.
- Mtoto anaweza kuambukizwa virusi kupitia maziwa ya mama. Ikumbukwe kwamba maziwa ya mama ni bora kwa mtoto kuliko maziwa ya ng'ombe au ya unga. Akina mama lazima waelewe hali zao ili wafanye maamuzi yaliyo sahihi.

Mtoto anaweza kupata virusi vya ukimwi wakati wa kuzaliwa. Majimaji au Damu ya mama yanaweza kumwathiri mtoto wakati wa kuzaliwa. (unahitajika uangalizi madhubuti)

## Fedha Za Tist

### Mapato na matumizi

- Vikundi vinapokea malipo kwaajili ya upandaji



money and for what purpose. For example:

| Date     | Recipient    | Amount (Tsh /=) | Purpose                        | Signatures         |
|----------|--------------|-----------------|--------------------------------|--------------------|
| 09/03/05 | George Mwita | 2000            | Travel to bank to cash voucher | [Mwita signs here] |

**2. A receipt payment book:** Receipts to account for any expenditure are placed here. For example, in the above table George Mwita was given 2000 Tsh by the group. Now he has to account for how he spent that money (and give back any change).

| Name         | Date     | Expense details        | Amount (Tsh /=) | Receipts                           |
|--------------|----------|------------------------|-----------------|------------------------------------|
| George Mwita | 09/03/05 | Travel to bank         | 500             | [Attach receipt here if available] |
| George Mwita | 09/03/05 | Accommodation expenses | 1000            |                                    |
| George Mwita | 10/03/05 | Travel to village      | 500             |                                    |

2. **A ledger book:** This is where all the income and expenditure of the group is recorded so that the group knows exactly how much money they have. After each transaction the new balance should be recorded.

miti kwa kupitia mpango wa vocha za tist.kikundi kinapopeleka vocha benki kina pata fedha zake moja kwa moja kupitia akaunti yao.

- Wanakikundi wanahaki ya kutumia fedha watavyo.wanaweza kuzichukua au kuziacha kwa matumizi ya baadaye.
- Mmoja wa wanakikundi anaweza kuwa kama mhasibu /mhasini ana wajibu wa kutunza kumbukumbu zote za fedha.
- Kila anapochukua au kuweka ni lazima aandike.
- Ni vizuri kwa kikundi kuwa na vitabu vitatu:

**1. Kitabu cha kutunza kumbukumbu za fedha:** Katika kitabu hiki mhasini ataandika nani kapata fedha na kiasi gani na kama kuna matumizi ya kikundi basi iandikwe imetumika kwa matumizi gani.

Kwa mfano:

| Tarehe   | Mpokeaji     | Kiasi | Matumizi                    | Sahihi                |
|----------|--------------|-------|-----------------------------|-----------------------|
| 09/03/05 | George Mwita | 2000  | Kwenda Benki Kupeleka Vocha | (Mwita Amesaini Hapa) |

**2.Kitabu cha malipo:** matumizi ya fedha huandikwa hapa.kwa mfano jedwali la juu linaonesha kuwa mwita alipewa shilingi 2000 na kikundi.kwa hiyo aelezee jinsi alivyotumia fedha hizo na kama kuna pesa iliyobaki arudishe.

| Jina         | Tarehe   | Matumizi       | Kiasi (Sh/=) | Risiti                         |
|--------------|----------|----------------|--------------|--------------------------------|
| George Mwita | 09/03/05 | Kwenda Benki   | 500          | Ambatanisha Na Risiti Kama Ipo |
| George Mwita | 09/03/05 | Malazi         | 1000         |                                |
| George Mwita | 10/03/05 | Kwenda Kijijni | 500          |                                |

E.g.

| Date     | Money in | Money out | Details   | Bank Balance |
|----------|----------|-----------|---|--------------|
| 02/11/04 | 30,000   | -         | Voucher cashed                                    | 30,000       |
| 03/02/05 |          | 10,000    | Cash withdrawal for accountant to keep in village | 20,000       |
| 09/03/05 |          | 2000      | George Mwita expenses                             | 18,000       |
| 09/03/05 | 25,000   |           | Voucher cashed                                    | 43,000       |
| 14/03/05 |          | 8000      | Given to Grace to buy timber for bee hives        | 35,000       |
| 19/07/05 | 28,000   |           | Voucher cashed                                    | 63000        |
| 19/07/05 |          | 6000      | Cash withdrawal, 1000 given to each group member  | 57,000       |

If these guidelines are followed then everybody knows exactly how much money the group has and what exactly the money has been spent on. This is important in helping all the group members being accountable to each other.

**3. Kitabu cha mahesabu:** hiki hutumika kuandika mapato na matumizi ya kikundi ili kielewe kina fedha kiasi gani. kila baada ya mgawanyo wa fedha ile inayobaki iandikwe. Kwa mfano

| Tarehe   | Fedha Iliyolingia | Fedha Iliyotoka | Maelezo   | Kiasi Kilichobaki Benki |
|----------|-------------------|-----------------|---|-------------------------|
| 02/11/04 | 30,000            | -               | Vocha Iliyotolewa   | 30,000                  |
| 03/02/05 |                   | 10,000          | Fedha Ilichukuliwa Na Mhazini Kuleta Kijijini                         | 20,000                  |
| 09/03/05 |                   | 2000            | Gharama Alizotumia George Mwita                                       | 18,000                  |
| 09/03/05 | 25,000            |                 | Vocha Iliyolingizwa   | 43,000                  |
| 14/03/05 |                   | 8000            | Alipewa Grace Kununulia Mbao Kwa Ajili Ya Kutenganeza Mzinga Wa Nyuki | 35,000                  |
| 19/07/05 | 28,000            |                 | Vocha Iliyolingizwa   | 63,000                  |
| 19/07/05 |                   | 6000            | Kila Mwanachama Alipewa Shilingi 1000                                 | 57,000                  |

Kama muongozo huu utafuatwa kila mmoja atajua kikundi kina kiasi gani cha fedha na kiasi gani kimetumika. Hii itasaidia kila mwanakikundu kuwa makini na wanakikundi wenzake.

## TIST Program Participation

- 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 (three consecutive SGMRs are required for a voucher)
- It is also recommended that the small groups sign the GHG contract.
- Remember to meet in your small group as often as possible
- 

## Best Small Groups

### Best small groups

A best small group is a group that is very successful and productive in all their TIST activities. Being a best small group means that they may get invited to seminars to share your ideas. It also means they have an important responsibility in helping to recruit and train other groups. The TIST office wants to serve the best groups as much as possible by equipping them with good training.

During the November 2004 Dodoma seminar the groups decided what qualifications were needed to become a best small group.

1. Groups, which have, at least 3000 trees and with an additional 2000 trees planted each year.
2. Groups, which have at least 1 acre of conservation farming per group member.
3. Groups, which record their data on the SGMRs very

## Mahitaji katika mpango wa TIST

- Kila mwaka kikundi kiwe na miti angalau 1000.
- Kila mwanakikundi awe na hekari moja ya kilimo hai.
- Kikundi kipeleke ripoti ya mwezi haraka iwezekanavyo (inabidi zifuatane fomu za taarifa ya mwezi tatu ili upate vocha)
- Inashauriwa kila kikundi kijisajiri kununua hewa taka.
- Kumbuka kukutana katika kikundi kadili inavyowezekana.

## Vikundi vidogo bora

### Vikundi Vidogo Bora

Kikundi kidogo bora ni kile ambacho kinazalisha na kina mafanikio katika kazi za tist.kuwa kikundi bora inamaana kwamba kimekaribishwa kwenye semina kubadirishana mawazo. Pia wana umuhimu katika kusaidia kuwaelekeza wanakikundi wapya. Ofisi ya tist wanahitaji vikundi vizuri kwa kuwatayarisha kwa mafunzo mazuri.

Semina ya Dodoma iliyofanyika mwezi November 2004 iliamua sifa zinazohitajika kwa kikundi kidogo kuitwa kikundi Bora ni:-

1. Vikundi ambavyo kina miti angalau 3000 na miche 2000 iliyopandwa kila mwaka

accurately.

4. Groups, which have an open bank account.
5. Groups, which have signed the GHG, contract.
6. Groups, which share ideas for improving the TIST program.
7. Groups, which attend the node meetings and submit their SGMRs.

In addition to these requirements, a best small group will probably also be ready to receive visitors and show them their work, work with the Government to get more land for planting trees, recruit and train other small groups, and have other activities apart from tree planting.

If the group think that meet these requirements they are able to apply to be a best small group. There should be application forms at the node meeting. Fill it out the form and then the office will be able to process their application. There will be a visit to each group that applies with a team of quantifiers and staff.

2. Na kila mwanakikundi awe na angalau hekari moja ya kilimo hai.
3. Na kikundi kinachotoa taarifa za kila mwezi kwa uhakika.
4. Kikundi ambacho kimefungua akaunti ya benki.
5. Vikundi vilivyojisajili katika mradi wa kununua hewa taka
6. Vikundi vinavyobadilishana mawazo katika kueandeleza mpango wa tist.
7. Vikundi vilivyohudhulia mikutano ya node kurudisha ripoti ya mwezi.

Kwa kuongezea katika mahitaji ya vikundi vidogo bora razima tuwe tayari kupokea wageni na kuwaonesha kazi zao, kushirikiana na serikali ili kupata ardhi kwa ajili ya kupanda miti, kuwafundisha wanakikundi wageni, na kushiriki kazi nyingine mbali nakupanda miti.

Kama kikundi kitafuata yale yaliyoorodheshwa hapo kitakuwa ni kikundi bora.kuwe fomu za usajili katika mikutano ya nodi.wajaze fomu harafu ofisi itazifanyia kazi. Kila kikundi kitatembelewa na wafanyakazi wa tist na makwantifaya au Watakwimu

## Ratiba ya Nodi

| <b>Mwezi wa Tano</b>                                | <b>Jumatatu</b>                  | <b>Jumanne</b>                | <b>Jumatano</b>              | <b>Alhamisi</b>                  | <b>Ijumaa</b>                        | <b>Jumamosi</b>                 |
|---|----------------------------------|-------------------------------|------------------------------|----------------------------------|--------------------------------------|---------------------------------|
| <b>Wiki 1<br/>2<sup>nd</sup> – 8<sup>th</sup></b>   |                                  | Kibakwe<br>Pwaga<br>Lupeta    | Wotta<br>Lumuma<br>Bumila    | Iyenge<br>Kitati<br>Makutupa     | Mzase<br>Kanisa Kuu<br>Inzomvu       | Chogola<br>Manghangu<br>Kimagai |
| <b>Wiki 2<br/>9<sup>th</sup> – 15<sup>th</sup></b>  | Ilolo<br>Godegode                | Mazae<br>Matomondo            | Mima<br>Mwenzele             | Sazima<br>Tambi -<br>Igunga      | Mkanana<br>Tubugwe                   |                                 |
| <b>Wiki 3<br/>16<sup>th</sup> – 22<sup>nd</sup></b> | Mseta<br>Pembamoto<br>Banyibanyi | Chamkoroma<br>Ngumbi<br>Mkoka | Iduo<br>Lengali<br>Matongoro | Suguta<br>Kibaigwa<br>Songambebe | Mlali Iyegu<br>Pandambili<br>Mkutani | Majawanga                       |
| <b>Wiki 4<br/>23<sup>rd</sup> – 29<sup>th</sup></b> | Kisokwe<br>Sejeli                | Idilo<br>Hogolo               | Nghambi<br>Chamae            | Kongwa<br>Gairo                  | Manungu<br>Lubeho                    | Mbande<br>Ibuti                 |