

# TIST

The International Small  
Group & Tree Planting  
Program



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### MAANDALIZI YA WAKATI WA KIANGAZI.

Ushauri wa Njia Bora za TIST ambazo sasa ndiyo wakati wake na baadhi ya njia tayari wanavikundi wamekwisha anza kuzitumia na kuandaa kwa ajili ya msimu ujao wa kilimo. Baadhi ya njia inabidi kuanza kutumika mapema msimu wa mvua zilizopita kuacha kunyesha. Wakati huo ni rahisi kuchimba mashimo na baadhi ya kazi nyingine nyingi zinaweza kufanyika na kuwa na kipindi kirefu cha matayarisho. Mashimo yanaweza kuchimbwa kwa ajili ya kupanda mazao au miti mingine mipya. Kama mashimo uliyochimba yatakuwa bado hayajakamilika, kwa mfano hayana mbolea, yanaweza kuendelea kuchimbwa na kuendelea kutafuta muda wa kuweka mbolea kabla ya kupanda mazao. Pia huu ni wakati mzuri kuanza kuweka vitalu tayari kwa ajili ya kuotesha miche, hii itakuwa rahisi na kuwa na miche tayari ya kupandikiza mwanzoni mwa msimu wa mvua.



### DRY SEASON PREPARATION

TIST njia bora suggest that now is a great time to start preparing and some of this Njia bora the group member have already started to use and prepare for the next rainy season. Some of Njia bora must started soon after rain season, because at this time it is easier to dig holes so more work can be done and have a lot of time for preparation before planting season. Holes can be prepared for crops and for planting new trees. Even if the holes cannot be completely prepared, e.g. with manure, they can still be dug and you will continue to find a time for putting manure while you continue to dig the holes. Now is also a good time to start nurseries so there are seedlings ready to transplant at the beginning of the next rainy season.

## **KILIMO HAI !!!!!**

*Je umekwisha sikia jinsi Kilimo Hai kinavyoweza kubadili maisha ya familia ya wanavikundi? Kumekuwa na mfululizo wa makala za Kilimo Hai katika kila gazeti katika kipindi cha miezi iliyopita. Je unajua ni kwa nini? Kwa sababu kwa kutumia Njia Bora za Kilimo Hai hakika unaweza kubadili maisha yako. Je umeshawahi kujaribu? Je kuna wanavikundi au watu wengine katika kijiji chako ambao wameshajaribu njia hii ya Kilimo Hai?*

Karibu wote mnafahamu kuwa Kikundi chochote cha TIST ambacho hakitakuwa na wastani wa ekari moja Kilimo Hai kikundi hicho hakitakuwa hai na hivyo hakitapokea Vocha. Sisi tuna anaamini kuwa Kilimo Hai ni muhimu sana na walikubaliana kwamba vikundi vyote vya TIST vitumie njia hii ya Kilimo Hai. Tunanaamini kuwa kila mwanakikundi akitumia Kilimo Hai basi maisha ya watu yatabadilika na maisha yatakuwa yameokolewa.

Kwasababu utaongeza kiasi cha mavuno kutoka shambani na utakuwa na chakula cha kutosha katika familia yako. Hata kwa miaka ambayo haitakuwa na mvua za kutosha, bado utaweza kuvuna na familia yako itakuwa na chakula cha kutosha kutokana na Kilimo Hai. Wakati mvua zinapokuwa nzuri, yaani za kutosha, kutakuwa na mavuno ya kutosha, na vikundi vinaweza kuuza baadhi ya mazao ya ziada na kuwa na fedha za kununulia mahitaji mengine yanayohitajika.

Baadhi ya vikundi wametumia Kilimo Hai katika sehemu ya shamba kwa mwaka mmoja na kutumia kilimo cha njia za asili katika sehemu ya shamba iliyobaki. Walifanya hivi kuona kama kweli njia hii ya Kilimo Hai inaweza kuonyesha mabadiliko. Wamegundua kwamba ni kweli inaleta mabadiliko na sasa hivi wanatumia njia bora za Kilimo Hai katika maeneo yote ya mashamba yao.

## **CONSERVATION FARMING !!!!!**

*Most if not all of you have heard and tried and sow how much difference Conservation Farming makes to Small Group members and their families? There have been articles about CF in almost every HMM for the last months... why? Because using Conservation Farming best practices really can change YOUR life. Have you tried it before? Have other Small Groups in your village tried it?*

All of you know that, any TIST Small Group that does not have an average of 1 acre of Conservation Farming per group will not be in good standing and therefore not receive a voucher. We believe that Conservation Farming is so important that all the TIST Small Groups should use this sustainable farming method. We believe that if everyone used Conservation Farming, lives would be changed and lives would be saved

Because you will increase your crop yield and have more food for your family. Even in years when there is little rain like this year, there is some harvest and your family will have grain with CF. When the rains are good, there is a greater harvest, and Small Groups who sell the extra grain have more money for the things they need.

Some Small Groups have used Conservation Farming on some of their land in one year and used the traditional farming method on the rest of their land. They did this to see if it really would make a difference. They have found that it really does - and soon they will use CF all on all of their land.

Each year that you use Conservation Farming your land will become more fertile. The soil will become richer. With richer, better soil, your crops will grow stronger and you will get a greater yield.

Kila mwaka unapotumia Kilimo Hai udongo wako utakuwa na mbolea yakutosha. Udongo utakuwa na virutubisho vya kutosha. Na shamba lako linapokuwa na udongo wenye rutuba, mazao yako yatakuwa na nguvu na utavuna mazao yakutosha.

Ni kweli Kilimo Hai kinaweza kuleta mabadiliko. Kinaongeza kiwango cha mavuno ya mazao. Kinaokoa maisha. Kitakusaidia kulisha familia yako. Na ukumbuke, kuwa ilikikundi chako kiwe mwanachama Hai wa TIST na muweze kupokea vocha kila mwanakikundi anahitaji kuwa na angalau heka moja ya Kilimo Hai cha kuchimba mashimo ya kiangazi, Kila mtu anatakiwa awe tayari amechimba mashimo ifikapo tarehe 30 Septemba 2009.

### **Muhimu kuhusumashimo ya kilimo hai**

- Mashimo ya Kilimo hai ni lazima yachimbwe kabla ya mvua kuanza kunyesha. Ni muhimu, hivyo yanatakiwa kuanza kuchimbwa mapema.
- Weka alama unapoanza kuchimba mashimo yako. Kitu cha muhimu hapa ni kutumia kamba. Kamba hiyo ni rahisi kutengenezwa. Pata kamba au waya na kisha upunguze katika urefu wa sm 70 kutoka kifundo kimoja hadi kingine.
- Kila kifundo kimoja kinakuwa ni katikati ya shimo na hii itakuhakikishia kuwa mashimo yapo katika umbali unaotakiwa. Weka alama za mashimo kwa kutumia jembe. Kila mstari ni lazima uwe umbali wa sm 90. Weka alama za mashimo utakayochimba siku hiyo tu.
- Kwa siku hiyo, kama ulivyoweka alama za mashimo, chimba mashimo. Mashimo yanapaswa kuwa katika umbo la duara dufu. Ni lazima yawe na ukubwa wa sm 15 upana, sm 35 urefu na kina chake ni sm 15.

Conservation Farming really can make a difference. It increases the amount of grain at harvest. It saves lives. It helps you feed your family. And remember, to be a TIST Small Group in good standing and receive a voucher, one acre per group member of Conservation Farming holes needs to be dug NOW!

### **Reminders about digging CF holes:**

- Conservation farming holes have to be dug BEFORE the rains come. It is important therefore to start digging them early.
- Mark out where you are going to dig your holes. The best thing to use for this is a Teren rope. A Teren rope can be made very easily: get a rope or string and squeeze bottle tops on to it 70cm apart. Each bottle top marks the center of a hole and it makes sure that the holes are correctly spaced out. Mark out the rows of holes using a hoe. Each row should be 90cm apart. Only mark the number of holes that you can dig that day.
- On the same day as you mark a block of holes, dig the holes. The holes need to be oblong. They should be between 15 cm wide, 35 cm long and 15 cm deep depending on the crop that you are planting.
- Refill the hole with a manure and soil mixture leaving a space of 5 cm from the top of the hole.

### **How to Prevent Soil Erosion**

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

- Fukia shimo na mbolea na mchanganyiko wa udongo acha nafasi ya sm 5 kutoka juu mwa shimo hilo.

## **Jinsi ya kuzuia mmomonyoko wa udongo**

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

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

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

Kuna hatua ambazo zinawezakuchukuliwa ilikuzuia mmomonyoko wa udongo. Kwanza kabisa kwa wale wanaotayarisha mashamba msiondoe majani yaliokufa au kuyachoma moto.

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

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

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

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

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

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

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

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

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

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

## Utunzaji wa miti ya vikundi

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

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

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

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

## Taking Care of Trees In Your Grove

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

Here are some of the important benefits of trees. Trees planted by TIST Small Groups: Give fresh air that's good for people and animals

Absorb carbon and put it back into the soil

Encourage rain, Prevent soil erosion Give shelter to wild animals, Provide firewood for cooking, Provide timber for building, making furniture, etc Give shade Shelter our houses from wind, Provide fruit and nuts.

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

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

These groups gave weeding a high priority in their weekly activities and this is keeping the trees healthy. As a reminder to all TIST small groups, here are some of the advantages of weeding your groves:

Kwa hivyo basi ili miti yetu ikuwe vizuri ni muhimu kufahamu kuwa, njia mojawapo ya kufaa katika utunzaji wa miti ni kuondoa magugu mara kwa mara. Kusafisha mashamba yenu ya miti kutafanya miti yenu kuwa na afya nzuri na kukua kwa harakasana. Pia miti inaposongwa na magugu hufanya miti hiyo kuwa makazi ya wadudu hatari kama vile nyoka. Mara nyingine magugu hufyonza maji yahitajikayi katika miti. hivyo kuifanya miti kuwa miembamba na dhaifu. Katika utafiti, wafanya kazi wa ofisi ya TIST wameona vikundi vidogovidogo vimejibidiisha kuweka maeneo yasiwe na magugu. Hii ni njia bora. Hivi vikundi vimeweka kipaumbele kuondoa magugu katika shughuli zao za kila siku katika wiki na hii inafanya miti iwe na afya nzuri.

Hili ni kumbusho kwa Vikundi vidogovidogo vya TIST, Hapa kuna faida ya kuondoa magugu mahali pa kupandia miti au katika mashamba ya miti:-

Miti itakua haraka kwa sababu magugu hayanyonyiVirutubisho na maji kutoka kwenye udongo Miti itakuwa imara na mirefu kwa kipindi kifupi. Miti itapata mwanga wa jua wa kutosha bila ya kipingamizi chochote. Miti haitakuwa na magonjwa mengi. Miti itaepushwa na kuungua na moto Kuondoa magugu ni mfano kwa wengine na watakuwa na hamu ya kujifunza njia bora. Kusafisha mahali pa kupandia miti inaonyesha kwamba vikundi vidovidogo vinajali na ni mfano mzuri wa TIST kwa watu wengi kuona.

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

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

Clean groves indicate that small groups are maintaining them and are good examples of the TIST program, that will attract many people to come and see your work.

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

## THE TIST VALUES

To begin, we want to remind you about the TIST values. They are the foundation and heart of the TIST program without them, the program and the work that all of us do will not thrive.

This will help all the TIST participants have a better understanding of: who were, how we do things that other people can see: what we do and what we create: this is how we can contribute to the we well-being of our families and our communities and to sustainability the TIST program:

### Who We Are

- We are honest
- we are accurate
- we are transparent
- we are servants to each other

## KANUNI ZA TIST

Kwa kuanzia tunapenda kuwakumbusha kuhusu kanuni TIST. Kanuni hizo ndizo msingi mkuu wa TIST. Bila kanuni hizo, mradi na kazi zote ambazo tunafanya hazitakuwa na mafanikio.

Kanuni hizo zitasaidia wawakilishi wote wa mradi wa TIST kuelewa vema juu ya sisi ni nani, tunafanyaje mambo na watu wengine wanaona, nini tunafanya, tunaunda nini. Hii ni kwa jinsi tunavyoweza kuchangia hata katika familia zetu na jamii na kuendeleza mradi wa TIST.

### Sisi ni nani?

- Sisi ni waaminifu.
- Sisi tupo makini.
- Sisi ni wawazi.
- Sisi ni watumishi wa kila mmoja.
- Tukotayari kuwajibika kwa kila mmoja.

### Sisi ni waaminifu:- Kanuni moja wapo ya TIST

Kwa wale ambao mmekuwa katika mradi wa TIST tangu kuanzishwa kwake bila shaka mnafahamu kuwa uaminifu ni kitu ambacho tumekizungumza na kukifundisha sana na kwa kweli uaminifu ulitazamiwa kwa kila mwanakikundi na mfanyakazi wa TIST. Ukiangalia mafundisho juu ya vikundi vidogo vidogo na utekelezaji wa majukumu yake utaona kuwa vyote vilitegemea sana uaminifu wa wanavikundi. Mfano kukutana angalau mara moja kila wiki, kutekeleza malengo yenu na hasa wakati ule wa ujazaji wa fomu za kila mwezi utaona yote yalitegemea sana na uaminifu.

Sasa ebu tuone uaminifu nini? Uaminifu ni ile tabia ya mtu kuaminika. Mtu muaminifu ni yule mtu ambaye anaweza kuaminika kwa kauli na matendo yake bila

- we are mutually accountable to other

**Honesty:-** One of the TIST Values Those of you who have been in TIST since its beginning would know that honesty is something that has been taught and expected from each small group member and every one who has worked with TIST. When you look at small group teachings and practice and small group activities you see that everything depends on one being honest. Meeting once every week, agreeing on the group task, filling small group monthly forms, all depends and expects that one is honest.

So what is honesty? Honesty is a state of someone being trustworthy. So, an honest person is someone you can trust, someone one you can believe and whatever he or she says can be accepted as true without doubt or a need of proof. That is way in the beginning of this program we did pay groups based on what you filled in the monthly report form, because we expected everyone to be honest and trustworthy.

→ When you are honest, your group will achieve goals since everyone will stick to a group covenant.

→ When you are honest and people can trust you, you will make this program run at a lower cost since we will not need quantifiers as often as we do now. And that means eventually you will be paid more.

Wengine mtakumbuka kuwa tulipoanza mradi huu tulikuwa tunalipa vikundi kwa kufuata waliyojaza kwenye form bila kutuma wahesabu miti. Hii inaonyesha kuwa mradi ulitazamia mwanakikundi awe mwaminifu.

Kwahiyo;

- Unapokuwa mwaminifu kikundi chako kitatimiza malengo yake mliyo jipangia
- Unapokuwa mwaminifu watu watakuamini, na mradi utaendeshwa kwa gharama ndogo kwa kuwa hatutatumia gharama nyingi kulipa wahesabu miti na fedha hiyo itaongezwa kwenye malipo yenu ya miti.
- Unapoklwa mwaminifu wanunuzi wa hewa taka watakuamini, wataimini TIST, wataiamini CAAC na hii itafanya tupate masoko ya hewa taka kwa urahisi.
- Kwahiyo narudia tena kusema kuwa uaminifu ni kitu muhimu sana na ndiyo maana tumekizungumzia sana na kuweka kuwa kanuni moja wapo ya mradi. Tunaomba kila mwaTIST awe mwaminifu na awe mfano kwa wengine. Toleo lijalo tutaongea juu ya kanuni nyingine.

## **Tunafanyaje Mambo na Watu wengine wanaona,**

- Sisi tunafanya kazi kwa kujitolea.
- Tunafanya kazi pekee yetu ndani ya vikundi vidogo.
- Tunaendeleza na kutumia mbinu bora.
- Tunatumia akili na nguvu/juhudi zetu.

## **Nini Tunafanya**

- Tunapanda aina za miti itakayokaa kwa muda mrefu.

- When you are honest the GHG buyers will trust YOU, TIST and CAAC. This will make marketing easy.
- So you have seen from this article that honesty is a very important TIST Value and that we expect every TIST small group member and staff to be honest and be an example to others. This will mean that the TIST is program sustainable.

## **How We Do Things That Other People Can See**

- We are volunteers
- We do the work ourselves in small groups
- We develop and use best practices
- We use our head and hands

## **What We Do**


- We plant different species of trees for a long-term
- We find ways to improve our health
- We practice conservation farming
- We create big results. Big results in planting trees. Big results in





- Tunatafuta njia za kuboresha afya zetu.
- tunatumia kilimo hai cha kutunza mashamba.
- Tunafanya miradi mbalimbali na biashara mbalimbali
- tunauza hewa taka.

## Tunaunda Nini

Hii ni tofauti kwa yale tunayofanya, wakati sisi ukikosa hizo kanuni tunaishi kwa njia ya kufanya biashara/miradi,tunaunda vitu ambavyo hatukuwa navyo hapo awali navyo inajumuisha na-:

 Tunaunda kazi kwa pamoja - kwa njia hiyo tunafanya vitu mbalimbali, mwishoni tunapenda kufanya kama kundi.


 Tunaunda uwezo - tumeunda makubaliano yenye nguvu na mfumo huu imara.


 Tunaunda furaha - tukiona matokeo ya kukamirisha mambo makubwa tunafurahi


- We create low budget/cost yet we achieve big results.

## What We Create

This is different from what we do. when we have these values and as we live and do business that way on projects, we create something that was not there before. these include,

 We create Team work- by doing things this way, we end up working like team.

 We create capacity- we create organization, strength, and a system that is strong

 We create enjoyment- we see results we accomplish big things that we enjoy



