

# TIST

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### Vikao vya kila wiki kwa vikundi vidogo vidogo vina umuhimu mkubwa sana.

Mkiwa kama kikundi, mliokubaliana kupanda miti, kukuza miche, shughuli za kibiashra, kilimo, faragha, michezo n.k. kufanya vikao vya kila ni jambo muhimu sana kutokana na sababu mbalimbali.

Wanakikundi wamefanya makubaliano ya kushirikiana muda wote, hii inamaanisha katika raha na hata katika matatizo mbalimbali. Hivyo mkiwa kama kikundi mnapaswa kukutana kila wiki ili kupashana habari mbalimbali, kama vile kazi zinazowakabili kwa wiki ijayo, kushirikishana na kila mmoja njia bora na matatizo ya wanakikundi kipekee, n.k. Vikundi ni njia ambazo kwa pamoja na kwa upendo mwili wa Kristo kumjenga kila mmoja hadi ujao wa Kristo, kuwa mashahidi kwa wengine juu ya ufalme wa Mungu, Pia kupokea maelekezo kutoka kwa roho mtakatifu ambayo yataleta manufaa katika kazi za kikundi.

Vikao vya kila wiki vitawaimarisha katika mambo mengi katika kutembea na Kristo. Mnaweza mkafarijiana, kuombeana na kusaidiana katika magumu kutokana na vikao vya kila wiki. Pia kujifunza neno la Mungu, kuwa na uhusiano wa karibu na watu wengine kwa kuwatembelea na hata kusaidiana kila mmoja kufikiri juu ya kuyaendesha maisha yake.

Kama wewe ni mwanakikundi wa vikundi vilivyosajiriwa na Mradi huu wa mazingira (TIST), Kukutana kila wiki ni muhimu sana ili kupanga mambo mbalimbali, kama vile Kuandaa vitalu, kuzunguzia mbuni za kilimo hai. Maana huu ni wakati muhimu kujadili Njia Bora ambazo zitavinufaisha vikundi.

Kumbuka kwamba kukutana kila wiki kwa kikundi ni muhimu sana kwa sababu hii hufanya kikundi kuonekana kuwa ni hai.

Nakutakieni mafanikio mema katika yote myafanyayo sasa kuhusuana na mradi huu na hata shughuli zenu za kibinafsi, Mungu awabariki sana.

Asante.

### Weekly Meetings for the Small Groups are very Important

As a group, you have agreed to plant trees, grow seedlings, do business activities, agriculture, fellowship, games etc. together. To have weekly meetings is very important for many reasons.

The group members have made a covenant to cooperate at all times, i.e. during good times and even hard times. So as a group, you should meet weekly in order to pass various information to each other such as planning for next weeks work, share with each other best practices and individual problems, etc. Small groups are a way for the Body of Christ to gather in love to build each other up into the fullness of Christ, to be witnesses to others of the Kingdom of God, and to receive instruction from the Holy Spirit that benefits the tasks of the small group.

Weekly meetings strengthen in many ways walking with Jesus. You may encourage each other, pray together and help each other in difficulty at weekly meetings. Also groups can learn from the Word of God, have a good relationship with other people i.e. (those who are not members of the group) by visiting them, and help each other figure out how to apply God's Word in your lives.

Weekly meetings are also important for small groups registered in the TIST program. You can arrange various things such as preparing a nursery, and digging holes for your conservation farming method. Weekly meetings are a good time to talk about Best Practices that will benefit the small groups.

Remember that, for the group to meet weekly is very important because this will let the group be very strong and alive all the time.

I wish the best in all you are doing now concerning the program, God bless you.

Thanks.

## Maandalizi ya Kilimo Hai

Kwa kuwakumbusha tu, ni kwamba kutokana na mavuno yaliyopatikana msimu wa mvua uliopita baadhi ya wanavikundi waliotumia Njia Bora mwaka jana, matokeo yanaonyesha kuwa waliotumia njia hizo bora za kilimo hai walipata mafanikio kama mara mbili au tatu zaidi ya wale ambao hawakutumia Njia Bora katika kilimo.

Ni kweli kwamba kilimo hai kinahitaji kujitua kwa muda mwingi sana na nguvu zaidi. Lakini kumbuka kwamba kila kitu kinahitaji kuandaliwa au kufanyika kwa wakati muafaka/ maalum ili kufanikiwa. Hivyo basi ili kufanikiwa katika kilimo hai ni kwamba yakupasa kuanza maandalizi mapema. Basi ndugu mwanakikunndi huenda unaweza ukajiuliiza swali kwamba maandalizi ya kilimo hai ni kama yapi hayo? Basi kwa kufuata muongozo wa yale mliyofundishwa na wakufunzi wenu kutoka LITI mwishoni mwa mwaka jana (2001) katika maparishi yenu. Lakini kwa kujikumbusha baadhi ya mambo yaliyo muhimu katika kilimo hai ni kwamba.

Kwanza kabisa ni kuwa shamba katika eneo lisilo la udongo wa kichanga.

Kuberega/kuliandaa shamba lako mapema kabisa hususani kuanzia mwezi huu wa Tisa.

Kuhakikisha kuwa katika kuberega kwako huchomi takataka zote shambani mwako ili usiharibu virutusho vilivyomo.

Kuhakikisha kwamba unaandaa mbolea ya samadi ya kutosha shamba lako mapema.

Unachimba mashimo kutokana na vipimo ulivyofundishwa na wataalamu wa LITI mwishoni mwa mwaka jana.

Kisha kuchanganya udongo na mbolea.

Mbegu pia ni kitu muhimu sana katika maandalizi yako. Ni vizuri kama ukitumia mbegu ambazo ni za kisasa.

Basi hayo ni baadhi tu ya mambo upaswayo kuyafanya kuanzia hivi sasa yaani mwezi huu kabla msimu wa mvua haujaan za. Hii itapunguza msongamano wa kazi wakati wa msimu wa mvua utakapoanza.

Hivyo basi si vibaya kukukumbusha juu ya maandarizi yote yahasuyo kilimo maana huu ndio wakati muafaka. Ni muhimu sana kuziwahi mvua za kwanza.

Nakutakieni maandalizi mema na kazi njema .

## Kufungua Akaunti Ya Benki kwa Vikundi Vidogo Vidogo.

Sasa ni muafaka kwa kikundi kuanza kufikiria juu ya kufungua Akaunti benki ili kuweza kupokea sehemu ya malipo ya awamu nne katika malipo ya robo mwaka kwa miti na miche iliyo hai. Sehemu ya malipo yatakayofanyika yatategemeana na idadi ya

## Conservation Farming Preparation.

To remind you, according to the harvest for the previous rainy season, some of the group members who used conservation farming got a better yield. The results show that those group members who used conservation farming best practices got a higher yield – up to two or three times more than those who did not use conservation farming.

It is true that the conservation farming best practices take a lot of your time and effort. But remember that to do something well takes time if it is done well, you will reap a harvest and achieve much. Therefore in order to succeed on Conservation Farming you should start the preparation early. So, small group members, you may be asking yourself, what are the best practices of the conservation farming? They are the instructions/techniques that you were taught by the LITI trainers at the end of the last year

( 2001 ) in your Parishies. They are the ones to follow. To remind you, here are some of the very important things to do:

### **First, have a place that has no sandy soil.**

Clean your shamba as right away, in September and October.

Make sure that you don't burn the all rubbish on your shamba in order to preserve/conservate soil nutrients that are in the soil.

Make sure that you prepare manure as much as required on your shamba early.

Dig holes according to the specific measurements that LITI trainers taught you last year.

Then mix the right amount of soil in the hole with manure.

Seeds are a very important issue in your preparation. It is better to use improved seeds.

That's all you are supposed to do right at this time before rainy season. This will greatly reduce the concentration of work to be done once the rainy season begins.

Therefore it is good to remind ourselves about all the preparations concerning conservation farming, because this is the right time.

I wish you the best in your preparations.

## Opening a Bank Account for Your Small Group

Now is the time for your small group to start thinking about opening a bank account to receive the quarterly payments for your live trees and seedlings. Quarterly payments will be made to the groups based on how many live trees and seedlings the group has. This will be done through bank

miti na miche iliyo hai katika kikundi. Hii itakuwa ikifanyika kupitia Akaunti zilizoko benki.

Mfumo utakao kuwa ukutumika kulipa kikundi chako ni huu:- Kwanza, kikundi chako kinahitajika kufungua benki akaunti ya kikundi kimoja peke yake au akaunti ya pamoja ya vikundi vilivyoungana katika Parish. Hivyo malipo yatawekwa moja kwa moja kwenye akaunti ya kikundi kimoja peke yake au katika akaunti ya pamoja.

### **Jinsi gani ya kufungua Benki Akaunti?**

Kila kikundi kina uhuru wa kuamua ni aina gani ya akaunti kati ya hizo zilizoenezwa hapo juu kinapotaka kufungua.

Chaguo la kwanza: Kikundi chako kinaweza kufungua akaunti yake peke yake. Kutahitajika kuwa na muhtasari wa kikao cha kikundi kinachoeleza uamuzi wa kufungua akaunti hiyo pia wanakikundi watatu ambao watakuwa waweka saina katika akaunti ya kikundi na kusaini pale kikundi kinapohitaji kuchukua fedha.

Chaguo la pili: Kikundi chako kinaweza kuungana na vikundi vingine katika [parishi/Dinari](#) yako ili kufungua akaunti ya pamoja au umoja. Akaunti hiyo inatakiwa kuwa na wanavikundi ambao watakuwa wanasaini ikitokea kikundi kinataka kuchukua fedha kwa biashara zake au matumizi yake. Katika akaunti ya pamoja ya vikundi katika [parishi/Dinari](#), si lazima kwa wanavikundi wata tu waweka saina kutoka katika kila kikundi. Itaamuliwa katika kundi kubwa ambalo litakuwa na waweka saina watatu wa akaunti ya pamoja wa kikundi kimoja kimoja.

Mkurugenzi kutoka JITUME na wanachama wa baraza la parish watawasaidieni kwa kuwapatia maelezo zaidi juu ya jambo hili, lakini ni vizuri kwako kuanza kufikiria juu ya jambo hilo sasa katika vikundi vyenu.

Kama vikundi ni moja kati ya vile vilivyo kwenye akaunti ya pamoja, vinapaswa kuwa na kamati ya parish ambayo itakuwa inatunza kumbukumbu ya malipo yaliyofanyika na kwamba kiasi cha fedha kwa kila kikundi kulingana na idadi ya miti ya kikundi kiliyonayo. Utaratibu huu utatakiwa kutolewa maamuzi ya pamoja ili kila Dinari iweze kuwa na utaratibu wa aina moja. Wanavikundi wakishirikiana na viongozi wa Parish/Dinari wanauhuru wa kuamua juu ya utaratibu wa kufungua aina ya Akaunti.

### **Vigezo gani vitatumika kupata/kupokea malipo**

Kwanza, kikundi kinapaswa kusaini mkataba/Makubaliano wa uuzaji wa hewa taka ( Green House Gas) na JITUME hasa vile vikundi ambavyo ni vya kianglikana vilivyoko katika Dayosisi ya Mpwapwa.

Pili, kikundi ni lazima kiwe katika msimamo mzuri katika mpanngo huu wa TIST. Hii ina maanisha kwamba kiwekimelipa mikopo yake yote. Kama kitakuwa bado kinadaiwa deni, basi malipo ya kwanza yatakawenda Dayosisi ya Mpwapwa ili kulipia deni lake lililobaki. Baada ya deni lililobaki katika mkopo kulipwa na kuisha kabisa, malipo ya robo yataanza sasa kuja kwenye kikundi.

Tatu, kikundi ni lazima kiwe na akaunti benki peke yake au akaunti ya pamoja kati ka parish.

accounts.

The system that will be used to pay your group is this: First, your group needs to open either an individual account for the group or a consolidated account for groups who decide to join together in a parish. Then payments will be deposited quarterly directly into the group's individual or joint bank account.

### **How to open the Bank Account?**

Each group is free to decide which type of account described above it wants to open.

Option one: Your group could open its own individual bank account. There would need to be three group members from your group who would be signatories on the account and sign whenever the group wanted to withdraw money.

Option two: Your group could join with other groups within your parish to open a joint or consolidated bank account. That account would have three group members who will be signatories in case a group wanted to withdraw cash for its own business or uses. In the joint parish group account, it is not necessary for three signatories to come from each group. It will be decided in the larger group which three people will be the signatories for the joint group of individual groups.

The executive director from JITUME and the members of the Parish council will help you by giving more explanation about this, but it is good for you to start thinking about it now in your small groups.

When small groups are part of a consolidated account, they should have a Parish committee that keeps records of the deposits made and which groups the money belongs to based on the number of trees each group has. [This Decision of opening back account need to be reached in a conclusion together in order to have the same agreement in your Deanery level. The group members by working together with their leaders in the Parish/Deanery are free to choose whether to have Individually or joint account](#)

### **What conditions will be considered to receive the payments**

First, the group should sign the Greenhouse Gas contract/Agreement with JITUME for those groups which are Anglican in the DMP.

Second, the group should be in good standing in the TIST program. That means it should have fully repaid its loans. If there is still money owing on a loan, the quarterly payments will go to DMP to pay off what is left as a debt. After the loan is paid off completely, the quarterly payments will come to the small group.

Third, the group must have an individual bank account or be part of a joint Parish account

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# NJAA NI UGOJWA NA UNAUWA

Na Dr. D. Sendalo

Njaa ni ugojwa unao tokana na ukosefu wa chakula. Hakuna binadamu anaye weza kuishi endapo, hatapata chakula kwa kipindi fulani. Kipindi hicho kikipita bila ya kupata chakula hu fa . Ukiacha kufa, madhara mengine yanayo tokana na upungufu, na sio ukosefu wa chakula ni utapia mlo. madhara haya yanatokea kwa jamii nzima . Watu wazima wanakua dhafi na hawawezi kufanya kazi itakiwavyo. Napia kwa watoto, hupata madhara mbalimbali, Je njaa inatokana na nini? Zipo sababu nyingi ambazo zinaweza kuleta njaa katika jamii ,chache ya sababu hizo ni:

- Uhaba /ukosefu wa mvua
- Mvua nyingi kupita kiasi
- Jamii hushindwa kulima kutokana na sababu mbalimbali
- Maandalizi mabaya ya mashamba) kilimo duni n.k.

L eo napenda nizungumzie zaidi kuhusu uhaba/ ukosefu wa mvua na kilimo duni. Sehemu nyingi za mkoa wa Dodoma zinafahamika kuwa nauhaba wa mvua. Mvua zinazonyesha hazitoshi na mara nyingi hunyesha kwa muda mfupi. Lakini pia, kwa sehemu kubwa kilimo chetu bado ni duni. Kwa mfano maandalizi ya mashamba yetu bado niyakutumia mtindo wa kubelega katika aina hii ya kilimo nyasi na mabaki ya mazao hulimwa, hukusanyawa na kama haitoshi huchomwa moto . Shamba huachwa peupe.

Mvua zinaponyesha, baada kuingiachini na kurutubisha mazao yetu , maji yote yanatengeneza vijito vijito na kupotea bure. Ukiacha kilimo cha kubelega hebu huangalia jinsi tunavyopanda mazao yetu. Mara nyingi wakulima huchimba vishimo vidogo na humo mbegu hupandwa. Vishimo hivi haviwezi kuweka maji ya kutosha kwa ajili ya mazao kuota na kukua. Hivyo mbegu zinaweza kuota na kukua. Hivyo mbegu zinaweza zikaota na kukauka au zisiote kabisa.

Tatu, mbegu zetu tunazopanda, nyingi hazina uwezo wakustahimili ukame. Mbegu za asili zinachukua muda mrefu kabla ya kuchanua na kuweka mbegu.

Je tufanye nini ili tuondokane na tatizo hili la njaa? Njaa ni mojawapo kwa kila mkulima kufuata njia bora za kilimo kama zinavyoelekezwa na watalamu . Njia ya kwanzana ya msingikatika kilimo ni maandalizi bora ya mashamba , na kutumia mbegu bora . Kwa hapa kwetu maandalizi bora ya shamba ni yale yatakayowezesha kutunza maji ya mvua katika shamba badala ya kuyaacha yapotee na kutengeneza vijito /mito. CHIMBA MASHIMO katika shamba lako, weka samadi na mara mvua itakaponyesha , panda mahindi, mtama , uwele unaostahimili ukame. Mbegu hizo ni pamoja na PATO (mtama) , TMVI (mahindi) . Ndugu mkulima jalibu NJIA HIZI, na utaona uzuri wa kutumia njia bora katika kilimo chako.

# STARVATION IS A DISEASE AND IT KILLS

By Dr. D. Sendalo

Starvation is a disease caused by lack of food. As we all know there is no human being that can survive without food. If someone does not have food a certain period of time he or she will eventually die. However, apart from death, shortage of food is the main cause of malnutrition. Malnourished people become weak and cannot work properly. Also, children become especially prone to disease.

The causes of starvation can be examined, there are many reasons but the most important are:

- Drought
- Floods
- Failure of society to cultivate due to various reasons, for example, sickness, war, etc.
- Poor farming practices.

We can do little to control natural calamities, so for now we shall forget about them. Let us concentrate on the last reason, poor farming practices.

The Dodoma region is among the semi-arid regions of Tanzania. Rainfall is uncertain and unevenly distributed. Our agricultural practices in many parts of the region are also poor. We still use the slash and burn system of preparing our farms. All unwanted vegetation is collected in heaps and set on fire leaving the ground bare and therefore very prone to water run off. Rainfall water retention is very poor in such soils.

Our planting practices do not take into account the limited amount of rainfall. Crops are planted in very shallow holes. In many cases germination is poor and those seeds that have germinated die within a short period of time. Also many farmers still use local planting materials – seeds, which take longer to mature regardless of the limited soil moisture.

One way of reducing starvation or shortage of food in Dodoma is by using improved methods of land preparation and drought resistant crops. Improved techniques of land preparation take into consideration soil and water conservation. One such technique is the PIT PLANTING SYSTEM as being advocated by TIST. Among the drought resistant varieties of crop there are PATO for sorghum and TMVI for maize.

Dear farmer, TRY THESE TECHNOLOGIES and you will not regret using NJIA BORA in farming.

## Faida za Kutumia Njia Bora za Kilimo Hai.

Kuhifadhi Unyevu nyevu katika udongo, maji ya mvua yatakusanyika katika mashimo mvua zitakapo nyesha. Kukulanyika kwa virutubisho, rutuba muhimu katika udongo itakusanywa na maji yanayotiririka na zitakusanyika kwenye mashimo mvua zitakapo nyesha. Uzuiaji wa mmomonyoko wa udongo, Kupitia katika njia hizi za kuwepo kwa mashimo kutazuia mtiririko wa maji ambao huenda ungeondoa tabaka la juu la udongo. Athali za magugu zitapungua, Katika njia hizi za ukulima mizizi ya mazao haitachangamana na mizizi ya magugu na kwa hiyo mazao yata kua vizuri. Mazao yatakapokuwa yamepandwa chini ya ardhi mizizi yao itakua kuelekea chini ya udongo nchi sita, hii ina maana nchi hizo sita zitakuwa mbali na mizizi ya magugu. Patakuwepo na mzunguko mzuri wa hewa, katika mimea kutokana na kuwepo kwa nafasi zuri itakayo ruhusu hewa kuzunguka katika mimea.

Kutakuwepo na urahisi wa kutambua wingi wa mimea, chini ya njia hii ya ukulima wa utumiaji wa nafasi maalumu.

Mashimo ya kukuzia mazao yanaweza kutumika tena katika vipindi kadhaa kabla ya kuchimba mengine.

Kutakuwepo na ongezeko la mazao, kupitia utumiaji wa njia hizi za ukulima, kwa hiyo mahitaji muhimu ya ukuwaji wa mimea yatatekelezwa.

Udongo utarutubishwa, kwa ukuwaji wa mimea kutokana na mkusanyiko wa mabaki mbalimbali kutoka sehemu nyinginezo na kuchanganyikana na udongo wenye samadi uliopo katika mashimo.

Kupunguza gharama za ukuzaji mimea, kutokana nautumiaji wa teknolojia rahisi ukiondoa gharama za utumiaji wa Treka na utumiaji wa mbolea za kisasa.

Kutakuwepo na utunzaji wa mazingira, Uchimbaji wa mashimo utapunguza utifuaji wa ardhi mara kwa mara. Hii itapunguza mmomonyoko wa udongo na kilimo cha kuhamahama ambacho huchangia ukataji wa misitu, kutokana na utunzaji wa maeneo ya kudumu yatakayo tumika kwa kilimo.

Kutakuwepo na uhifadhi wa virutubisho vya udongo, pindi mabaki ya mimea yatakapofukiwa katika udongo wakati wa maandalizi ya kilimo wakati wa msimu wa mvua.

Mashimo husababisha mmomonyoko wa udongo, kupitia katika vitundu vya hewa katika mizizi ya mimea udongoni. Udongo huiwezesha mizizi kupenya udongoni kiurahisi.

Udongo utakuwa na uwezo wa kuhifadhi unyevu nyevu kwa muda mrefu, na pia udongo utanyonya maji badala maji kutiririka ardhini.

## Benefits of Using Njia Bora Farming Methods.

Conservation of soil moisture, the running water will be collected in holes whenever it rains.

Collection of soil nutrients, the beneficial soil materials transported by running rainwater will be accumulated in holes whenever it rains.

Soil erosion will be controlled, under these farming methods the existence of the holes breaks up the flow of water that would otherwise remove the surface soil.

The effect of weeds will be less, in these farming methods the roots of crops have no contact with the roots of weeds and will therefore grow more freely.

As the crops are planted in holes below the surface their roots should grow about six inches below the surface, i.e. six inches away from the weed roots.

There will be good ventilation, of the crops due to the use of good spacing, which allows air to circulate around the crops.

Plant population can be simply determined, under this farming method due to the use of defined spacing.

The holes for growing crops can be reused, several times before digging others.

The crops yield is maximized, through the use of these farming methods, as the essential requirements for plant growth will be met.

The soil will be enriched, for plant growth due to the accumulation of eroded materials from other parts and its mixing with the soil containing farmyard manure present in the holes.

Crop production expenses are minimized, due to the use of simple technology excluding tractor land tillage and application of artificial fertilizer.

There will be environmental conservation, as the holes dug in the farm replace the exercise of tilling the land frequently. This minimizes soil erosion and nomadic farming, which encourages deforestation, as controlled permanent plots of land are used for farming.

Soil fertility will be restored, as the plant residues are buried in the soil during farm preparation for the rainy season.

Holes create good aeration, through the pore spaces in the soil for plant roots. The holes enable roots to penetrate easily into the soil.

Soil will be able to store moisture for a long time, and also soil will absorb water instead of the water running on the ground.