

TIST

MPWAPWA KONGWA HABARI MOTO MOTO ©

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UPENDO B Small Group

Upendo B Small Group is the group which is present at Suguta village in Kongwa district. We are six members, 4 women and 2 men. This group started in March 2003. This group is dealing with tree planting, and keeping bees and ducks. When the group heard about TIST and how they planted trees in groups they were encouraged to join. So far the group has 3423 trees which are milonge, neem and paw paw.

We are so glad to have joined TIST because we have increased our experience of conservation farming, alternative energy sources and other good training from TIST. We ask our neighbours to join this program in order to liberate ourselves on economic and health issues from TIST training. Thank you very much, we are Upendo B, Suguta.

KIKUNDI CHA UPENDO B

Kikundi cha Upendo B ni kikundi kidogo ambacho kipo kijiji cha Suguta wilaya ya Kongwa.

Idadi yetu ni wanakikundi sita, wanawake wanne na wanaume wawili. Kikundi hiki kimeanza mwaka 2003 mwezi wa tatu. Kikundi hiki kinajishughukisha na upandaji miti na ufugaji wa nyuki, na bata. Tuliposikia TIST inashughulikia vikundi vyenye kupanda miti basi nacho kilijiunga na TIST mpaka sasa kina miti 3423 ambayo ni milonge, mimelea na mipapai. Kimefurahi sana kilipojiunga na Tist maana kimeongezea ujuzi mwingi kama kilimo hai, nishati mbadala na mafunzo mazuri ya vikundi. Tunaomba ndugu zetu tujiunge na mradi wa TIST ili tujikomboa kiuchumi na kiafya kutokana na mafunzo mazuri yatokanayo na TIST.

Asanteni sana ni sisi kikundi cha UPENDO B SUGUTA.

TIST expands to Kenya!

TIST Kenya has started! From 21-26 February 80 participants representing groups interested in TIST attended the initial seminar in Nanyuki, Mount Kenya region. It was an exciting time where participants learnt more about the TIST program and helped to develop an action plan for starting the work in Kenya. Four trainers from Tanzania also attended the seminar to share stories and experiences with the Kenyan team. The success stories from Tanzania have encouraged people in Kenya to try the program for themselves. In the seminar there was some new teaching on action planning that we want to share with you.

TIST imeenea hadi Kenya

TIST ilianzishwa Kenya! Kuanzia tarehe 21-26 Februari, washiriki wapatao 80 waliovutiwa na TIST wakiwakilisha vikundi vyao walihudhuria semina ya kwanza huko Nanyuki, Mount Kenya region. Ulikuwa ni mudamuafaka kwa washiriki kujifunza zaidi kuhusu mpango wa TIST na walisaidia kuendeleza mpango wa kuanzisha kazi nchini Kenya. Wawezeshaji wanne kutoka Tanzania walihudhuria semina hiyo ili kuchangia mawazo na ujuzi kwa wanatimu wa Kenya. Habari za mafanikio kutoka Tanzania ziliwapa hamasa watu Kenya kujaribu programu ya TIST wao wenyewe. Katika semina kulikuwa na mafunzo mazuri kuhusu mipango wa TIST ambao ningependa tushiriki kwa pamoja.

Kenya TIST participants

Action Steps for Action Planning (An example is given in brackets)

When your group is planning what to do, make sure your plans are:

Washiriki wa TIST katika vikundi vidogo

Hatua za utekelezaji katika maandalizi (mifano imeonyeshwa katika mabano)

Wakati kundi lako linapanga nini cha kufanya, hakikisha unakuwa na mpango wako.

Specific (Our TIST Small Group will plant 1000 trees at the local hospital by June 30)

Observable (a fly on the wall can see us planting)

Measurable (How many? - 1000 trees will be planted)

Timebound (has a beginning and an end - We would plant the trees between March 1 to March 31)

Achievable/Realistic (Our TIST Small Group can plant 1000 trees in 31 days – 200 trees per Tuesday and Thursday, 20 trees per person/per day with one day left over)

This is the guide and test of your action steps for your plan and helps you be specific:

- 1) **What** – (Planting 1000 trees)
- 2) **Who** – (TIST Small Group members by name)
- 3) **When** – (March 1-31)
- 4) **Where** – (at the hospital)
- 5) **How** – (we meet every Tues and Thurs afternoon after the heat of the day and dig holes, then plant the trees)
- 6) **Why** – (to improve the area around the hospital, have more shade for patients and visitors, people can sit under trees and the shade will make the hospital cooler)

New Node Training Material

TIST trainers have been using new training material for the past three months. There have been encouraging reports about how this training is being used at the nodes. The trainers have just finished another seminar in Kongwa where the new training material for April, May and June was taught. At the nodes there will now be lot of new information about tree-planting, agriculture,

Wazi (kikundi chetu kidogo cha TIST kitapanda miti katika hospitali yetu kabla ya mweziwa sita)

Inayochunguzika (hata nzi wakiwa ukutani watuone tukiwa tunapanda)

Inayopimika (Ni kiasi gani?- tutapanda miti 1000.)

Kipindi maalum (Ionyeshe mwanzo na mwisho wa tukio- Tunategemea kupanda miti kuanzia tarehe 1 – 30 march)

Yenye mwelekeo wa mafanikio / yenye uhalisia (kikundi chetu kitapanda miti 1000 kwa siku 31 – tutapanda miti 200 kila siku ya jumanne na Alhamisi, kila mmoja atapanda miti 20 kwa siku)

Ufuatao ni muongozo na jaribio katika hatua zako za utekelezaji na utakusaidia kufanya vizuri zaidi.

- 1) - **Ni nini utakachokifanya** - (kupanda miti 1000)
- 2) - **Nani** – (wanakikundi wote kwa majina yao)
- 3) **Lini** – (kuanzia tarehe 1 – 30 Machi)
- 4) **Wapi** – (maeneo ya hospitali)
- 5) **Mnafanyaje** – (Tunakutana kila siku ya Jumanne na Alhamisi baada ya jua kutoka na tunachimba mashimo na kupanda miti)
- 6) **Kwa nini** – (kuyapendezesha mazingira yanayozunguka hospitali, kuongeza vivuli kwa ajili ya wagonjwa na wageni, watu wataweza kupumzika katika vivuli navivuli hivyo vitasaidia kupunguza joto katika maeneo ya hospitali.)

Mafunzo mapya ya node

Wawezeshaji wa TIST wamekuwa wakitumia makabrasha yenye mafunzo mapya kwa kipindi cha miezi mitatu iliyopita. Kumekuwa na taarifa zenye kuridhisha kuhusiana na jinsi

HIV and AIDS, sustainable development and other TIST topics. Please attend your nodes to find out more! The articles in the HMM are summaries of this new training material. Remember to give the TIST office your comments and suggestions so that we can continue to improve the training at the nodes.

Sustainable Agriculture

‘Sustainable agriculture’ is agriculture which:

- ✿ Does not damage the environment
- ✿ Is not expensive to maintain
- ✿ Is fair to all people working on the land
- ✿ Uses appropriate technology

After the Second World War many farmers across the world started to use heavy machinery, chemical fertilizers and pesticides to reduce labor requirements and to increase crop yields. However, this has often resulted in:

- The rich farmers getting richer and the poor farmers getting poorer
- Dependency on Western technology instead of using local resources
- Increased soil erosion through machinery
- Poison in the food chain and polluted water from chemical use
- Pests and diseases that are resistant (difficult to kill)

‘Sustainable agriculture’ tries to address these problems. The results have proved to be beneficial across the world, even in places that have never used machinery or chemicals. There are four main principles.

1. Correct land use

- ⌘ Try not to plough steep areas
- ⌘ Follow the natural contours of the land when ploughing
- ⌘ Plant crops appropriate to the local climate and conditions
- ⌘ Re-use by-products (e.g. use crop waste as fodder)

mafundisho hayo yanavyotumika katika node. Wawezezeshaji wamekwisha maliza semina yao iliyofanyika kongwa ambako walijifunza makabrasha mapya kwa ajili ya miezi ya Aprili, Mei na Juni. hivyo katika node kutakuwa na mafunzo na habari nyingi mpya kuhusu upandaji miti, kilimo, ukimwi na virusi, maendeleo endelevu, na masomo mengine ya TIST. tafadhari hudhuria node ili uweze kupata na kujifunza mengi zaidi! Mafundisho yaliyomo katika HMM ni muhtasari au mafupisho ya yale yaliyomo katika makabrasha hayo mapya. Msisahau kutoa maoni na mapendekezo yenu katika ofisi za TIST ili kuongeza ufanisi wa mafunzo katika node zenu.

Kilimo Endelevu

‘Kilimo endelevu’i kilimo hiki:

- Hakiharibu mazingira
- Hakitumii gharama kukiboresha
- Kilimo ambacho kitakuwa na manufaa kwa watumiaji wote wa ardhi.
- Kinatumia teknolojia inayofaa

Utangulizi: Baada ya vita kuu ya pili wakulima wengi walianza kutumia mashine za kisasa, mbolea za kemikali na dawa za kuua wadudu kupunguza matumizi ya vibarua na kuongeza mavuno ya mazao. Hata hivyo, hii imeleta matokeo yafuatayo:-

- Wakulima matajiri walipata uwezo mkubwa na wadogo walipata umasikini
- Utegemezi wa teknolojia kutoka nchi za magharibi badala ya kutumia njia za nyumbani
- Ongezeko la mmomonyoko wa udongo kwa kutumia mashine
- Matumizi ya kemikali yalileta machafuko kwenye maji na kuleta sumu kwenye mimea hadi mazao
- Wadudu na magonjwa yashindikanayo kutokomezwa

‘Kilimo endelevu’ kimejaribu kuelezea matatizo. Matokeo yameleta faida ulimwenguni, hata katika sehemu ambazo hazijawahi kutumia mashine au kemikali.

2. Improve soil fertility

- ⊖ Try to keep the soil covered as much as possible (this will improve the quality of the topsoil) e.g. with mulch or tree cover.
- ⊖ Increase organic matter in the soil by using animal manure and natural compost.
- ⊖ Minimize tillage
- ⊖ Crop rotation can help the soil to retain its nutrients
- ⊖ Try to leave land fallow once every few years (where the land is not farmed so it can regain its nutrients)

3. Reduce use of fertilizers and other chemicals

Shift to using natural fertilizers where possible

4. Biological diversity

- ⊖ Try not to grow just one crop. Plants can be grown together at the same time or rotated. Mixing and alternating different types of plants can often help to improve soil nutrients and conserve moisture.
- ⊖ The greater the variety of plants grown, the safer the farm will be. If shambas suffer drought, flood, disease outbreak or fire, there is a better chance of survival if there are a greater variety of species.

HIV & AIDS

1. What is HIV?

- HIV is a small germ called a virus. A virus makes people sick. When people get infected with the HIV virus they are said to be 'HIV positive'.
- The HIV virus attacks our bodies' immune system. The immune system is what helps us fight diseases. So HIV makes our bodies weaker and less able to fight

Hizi ni kanuni kuu nne.

1. Matumizi sahihi ya ardhi

- ⊖ Jaribu kutolima na plau sehemu zenye miteremko
- ⊖ Fuata kontua/kingamaji za asili kwenye ardhi wakati wa kulima na plau
- ⊖ Panda mazao kwa uhakika kwa kufuata majira ya hali ya hewa
- ⊖ Rudia kutumia mabaki ya mazao (tumia uchafu wa mazao kama mbolea)

2. Ongeza rutuba ya udongo

- ↪ Jaribu kufunika udongo kwa majani au matawi ya mti (hii itasaidia kuongeza ubora wa udongo wa juu)
- ↪ Ongeza virutubisho kwenye udongo kwa kutumia samadi na virutubisho vya asili.
- ↪ Punguza kuchimba chimba shamba kwa kina kirefu.
- ↪ Mzunguko wa mazao utasaidia ardhi kuwa na rutuba
- ↪ Jaribu kuacha ardhi ya matuta mara moja kila baada ya miaka michache (kwenye ardhi isiyolimwa itasaidia kurudisha rutuba yake)

3. Punguza matumizi ya mbolea za chumvichumvi na kemikali zingine

Ikiwezekana tumia mbolea za asili.

4. Ushauri wa ki-baiolojia

- Usilime zao moja. mazao yanaweza kulimwa pamoja au kwa mzunguko. Kuchanganya au kubadilisha aina tofauti za mimea zinaweza kusaidia kuleta virutubisho vya udongo na kuhifadhi unyevu.
- Ubora wa shamba utatokana na aina nyingi za mimea itakayopandwa. Kama shamba litapatwa na ukame, mafuriko, mlipuko wa magonjwa au moto, kutakuwa na nafasi kubwa ya kuhimili kutokana na aina nyingi za mimea.

other sicknesses.

- People may not look any different when they catch HIV.
- After the HIV virus has stayed in the body for a long time, the body is not able to fight off disease any more. This stage is called AIDS.
- People with AIDS are therefore very vulnerable to other diseases. People often die due to other illnesses that the body can no longer fight, such as TB.
- This illustration may help: HIV invades the body like termites invading a mud hut. To begin with, there is no apparent damage. But slowly the termites eat up the poles and grass which hold the hut together. One day a strong wind comes along and knocks the house down. What caused the house to collapse: the wind or the termites?

2. Where does HIV come from?

- No-one knows exactly where AIDS comes from.
- Even if we knew where it came from, would it really help us in our daily village lives?
- Just because the HIV epidemic is bad in some places it does not mean it started there. HIV is now a problem in every country.
- Everyone likes to blame another group! Rather than looking to blame other people it is better to face-up to the problem and see how to move forward.

VIRUSI NA UKIMWI

1. Nini maana ya virusi/ukimwi?

- Kirusi cha Ukimwi ni mdudu mdogo anayeitwa kirusi. Kirusi kinafanya watu wawe wagonjwa. Wakati watu wanapoathirika na kirusi cha ukimwi wanasema ana virusi vya Ukimwi
- Virusi vya Ukimwi vinavamia mifumo ya kinga za miili yetu. Mfumo wa kinga ndio unaosaidia kupigana na magonjwa. Kwa hiyo virusi vinafanya miili yetu iwe dhaifu na kushindwa kupigana na magonjwa mengine.
- Watu hawataonekana tofauti wakipata virusi vya Ukimwi
- Baada ya virusi vya Ukimwi kukaa kwa muda mrefu mwilini, mwili unashindwa kabisa kupigana na magonjwa mengine, na hatua hii inaitwa UKIMWI.
- Watu wenye UKIMWI wanapatwa sana na magonjwa mengine. Mara nyingi watu wanakufa kutokana na magonjwa mengine ambayo mwili hauwezi kushindana nayo, mfano Kifua kikuu.
- Maelezo haya yanaweza kusaidia: Virusi vinashambulia mwili kama mchwa wanavyoshambulia kibanda cha udongo. Kwa kuanzia kunakuwa hakuna uharibifu. Lakini taratibu mchwa wanakula nguzo na majani yanayoshikilia kibanda. Siku moja upepo mkali unakuja na kuangusha nyumba chini. Nini kinasababisha nyumba kuanguka: Ni upepo au mchwa?

2. Virusi vya ukimwi vinatoka wapi?

- Hakuna mtu anayejua kwa uhakika UKIMWI unatoka wapi
- Hata kama tukijua unatoka wapi, ni kweli itatusaidia katika maisha yetu ya kila siku vijijini?
- Hii ni kwa sababu virusi vya ukimwi ni vya muda mrefu katika baadhi ya maeneo, haimaanishi vilianza hapo. Virusi vya Ukimwi sasa ni tatizo katika kila nchi.

The Greenhouse Gas Business

- Growing trees eat carbon dioxide through photosynthesis.
- Bigger trees eat more carbon dioxide.
- Carbon dioxide is a 'greenhouse gas' which means it traps heat inside the Earth's atmosphere. Some scientists think the Earth therefore gets hotter and hotter which can be very damaging. This is called the 'Greenhouse Effect'.
- Carbon dioxide is produced by burning fossil fuels such as oil, coal and natural gas.
- Because trees absorb carbon dioxide, they can help reduce the Greenhouse Effect.
- Governments and industries in some countries want to reduce their emissions of carbon dioxide so that the earth does not heat up as much.
- Trees can help by absorbing this carbon dioxide.
- Scientists work out how much carbon dioxide the trees can absorb.
- Companies and governments can then buy 'carbon credits', meaning they can pay for trees to reduce their carbon dioxide emissions.
- We must have **honest**, accurate data on trees to 'sell' these credits to a buyer.
- The carbon credit money can help
 1. Groups to be even more productive and effective.
 2. Groups to be able to start new projects.

TIST groups get paid \$20 for each 1000 trees each year (roughly 20/= per live tree per year).

Remember the greenhouse gas payments are not the only benefits small groups receive. For the small groups the trees are worth 10-40 times as much as money received from the greenhouse gas business.

- Kila mmoja anapenda kulaumu kundi jingine ! kuliko kulaumu watu wengine ni vizuri kuangalia sehemu yenye tatizo na kuona jinsi ya kuondokana nalo.

Biashara ya hewa taka

1. Miti inayokua inakula cabon dioxide (hewa chafu) kwa photosynthesis.
2. Miti mikubwa inakula cabon dioxide.
3. Cabon dioxide ni hewa taka inayoleta joto ndani ya anga la dunia.baadhi ya wanasayansi wanafikiri dunia inaongezeka joto kila siku ambalo linaleta uharibifu mkubwa.Hii inaitwa 'madhara ya joto la dunia'
4. Cabon dioxide inazalishwa na uchomaji mabaki ya mafuta ,maka ya mawe na gesi ya asili
5. Kwa sababu miti inafyonza cabon dioxide inaweza kusaidia kupunguza madhara ya hewa taka
6. Serikali na viwanda katika nchi zingine wanataka kupunguza uzalishaji wa cabon dioxide kwa hiyo dunia haitapata joto jingi
7. Miti inaweza kusaidia kwa kufyonza cabon dioxide
8. Wanasayansi wamefanyia kazi na kujua miti inafyonza kiasi gani cha cabon dioxide
9. Makampuni na Serikali wanaweza kununua 'kadi za cabon' ina maana wanaweza kulipia kwa miti ili kupunguza cabon dioxide.
10. Ni lazima tuwe na **uaminifu** tutoe idadi sahihi ya miti, kwa kuuza kazi hizo kwa wanunuzi.
11. Kadi za cabon zinaweza kusaidia
 - a. vikundi viwe vinazalisha zaidi na kwa nguvu.
 - b. Vikundi viwe tayari kuanza mradi mpya.

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: 2389

Trees alive : 1968708

Seedlings: 981644

Vikundi vya TIST vinalipwa dola 20 kwa kila miti 1000 kila mwaka (ni kama Tsh 20 kwa mti kwa mwaka).

Kumbuka malipo ya hewa taka sio yanatoa faida kwa vikundi vidogo vidogo tu. Kwa vikundi vidogo vidogo miti ina faida mara 10-40 zaidi ya hela wanazolipwa kutoka katika biashara ya hewa taka

Mambo unayotakiwa kufanya ili kuwa 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: 2389

Miti: 1,968,708

Miche: 98,1644

Ratiba ya Nodi

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