

TIST

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Technical advice and suggested trainings.

TIST has been looking forward to find how they can help people in small groups so that they can plant trees and their trees to survive instead of died. In July some Experts came from Lachlan Agriculture in Nairobi. They recommended the following so we can make our trees to survive. Because of a short period of time they trained in 4 Parishes, Tubugwe, Mseta, Kongwa Mjini, and Ibwaga. They will come for training in other areas.

Mpwapwa Diocese is a dry, semi-arid area that has minimal and sparse water supplies. Water collection and transport is all consuming in thoughts, time, energy and money. It is not free unless collected from unsafe, stagnant pools but these dry up quickly after the last rains. Water for trees is the lowest priority.

It is thus imperative that the preparation and planting of the trees with the rains is done correctly and on time to ensure survival during this crucial first dry season with no or minimal subsequent watering.

Maoni juu ya mambo ya kufanya katika kufanikisha Mradi.

Kama kikundi chako hakipati taarifa kutoka Ofisi ya TIST kila Mwezi kwa mfano HMM, Fomu za ripoti ya mwezi au Kwantifaya hawajafika kukagua kikundi tangu mlipopanda miti basi toa taarifa kwenye Bodi ya Wadhamini ya Parish yako nao wataiarifu Ofisi .

- **Unashauriwa kupalilia shamba lako la miti na kutoa nyasi kuepuka Moto usiunguze miti yako.**
- **Kabla ya kupalilia shamba zima mnaweza kupalilia mabarabara kuzunguka shamba la miti kuepuka moto usiruke kutoka kwenye shamba la jirani kuja kwenye shamba la miti, kwani wakati huu ni wakupalilia mashamba hivyo watu wanaweza kuchoma mabua.**
- **Usisahau kuandaa shamba la mazao kwa kutumia njia Bora ya mashimo ili hata kama mvua itakuwa chache ufanikiwe mavuno ya kutosha.**

Ushauri wa Kitaalamu na Mafunzo yaliyopendekezwa.



Alphonse Tem na Richard Stonewigg wakifundisha Tubugwe

TIST ilikuwa ikitafuta jinsi itakavyoweza kusaidia watu katika vikundi vidogo ili miti wanazopanda ziweze kuishi badala ya kufa. Mwezi Julai baadhi ya watu walikuja kutoka kitengo cha Lachlan cha kilimo Nairobi. Walishauri yafuatayo ilikuifanya miti kuishi. Kwa sababu ya kipindi kifupi walichokuwa nacho walifundisha Parish nne. Tubugwe, Mseta, Kongwa Mjini, and Ibwaga. Watakuja tena kufundisha kwenye maeneo mengine.

Dayosisi ya Mpwapwa ina eneo kame, nusu jangwa ambalo lina kiasi kidogo cha maji yanayopatikana kwa taabu. Upatikanaji wa maji na usafirishaji wake kwa pamoja vina gharimu ufikirivu, muda, nguvu na pesa nyingi sana. Maji hayapatikani bure labda yanayotoka sehemu isiyo salama, yakusanyikayo wakati wa mvua nayo hukauka haraka sana mara kipindi cha mvua kinapoisha. Maji kwa ajili ya kumwagilia miti hayapewi umuhimu.

Na hivyo inalazimu uandaaji na upandaji wa miti wa wakati wa mvua ufanyike kwa usahihi na kwa wakati muafaka ili kuhakikisha kuwa miti inakuwa hai kwa kipindi hiki cha kiangazi ambapo huwa kuna uwezekano mdogo wa kumwagilia au kukosekana kabisa.

TIST inajaribu kutafuta jinsi itakavyoweza kuwasaidia watu katika vikundi vidogo vidogo waweze kupanda miti na miti kuwa hai badala ya kufa. Mwezi wa saba walikuja baadhi ya wataalum kutoka Lachlan Nairobi. Nao walishauri mambo yafuatayo ili kwamba tuweze kuifanya

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The following were the advice and suggested training to people of Mpwapwa and Kongwa.

Technical Advice.

Site analysis and hole layout.

Check the direction of the slope to determine water flow and run off during the rains.

Avoid black cotton soils and areas that are prone to water-logging, or ensure that these areas are planted with species that can survive these conditions, such as Eucalyptus. -----Contour across the ridge to maximise water collection and minimise run-off and topsoil erosion. Tree holes will be best dug within the ridges.

Identify the proposed use of the land beneath the trees. Inter-cropping will require wider spacing or avenue planting.

Identify tree species to be planted and space according to species and use of that tree. (firewood and coppiced trees will be closer together than fruit and nut trees)

Hole and soil preparation.

Dig deep square holes. The bigger the better, but as a guide holes should be 60-100cm deep and 40-60 cm wide.

Optimum is that the hole goes through the hard pan (depth varies from 18 inches downwards) into the sub-soil. This pan is not thick but requires a bit of sweat to break.

Separate the topsoil from the panned, gravel soil and the subsoil.

Mix the topsoil with farmyard manure, or mulch made from weed vegetation (cut and collected ahead of the weeds seeding.)

Mix the sub-soil and pan soil with mulch and refill the hole, putting the topsoil/manure mix on top (into which the seedling will be transplanted.)

Leave a few centimeters recess at the hole top to allow water collection and harvest.

Place the soil balance below the hole in a semi-circle, to aid rainwater harvest.

Place a stick in the hole center to mark transplant spot.

These preparations should be done 4-6 weeks ahead of the expected rains to allow soil/manure formation and settling, and to avoid clashing with work necessary for crop planting.

(If it is possible to water the soil in the holes after

miti kuwa hai. Kwa sababu ya kutokuwa na muda wa kutosha walifundisha katika parishi 4 ambazo ni Tubugwe, Mseta, Kongwa Mjini na Ibwaga. Watakuja tena kufundisha maeneo mengine.

Yafuatayo maelezo ya ushauri yaliyotolewa kwa watu wa Mpwapwa na Kongwa

Ushauri wa Kitaalum

Maelezo juu ya sehemu ya kupanda miti na muundo wa mashimo.

Tazama upande wenye muinuko ili kutambua muelekeo na mtiririko wa maji wakati wa mvua.

Kuweka makinga maji kwa zile sehemu zenye muinuko ili kuongeza kiasi cha ukusanyikaji wa maji na kupunguza kutiririka kwa maji ovyo na kuepuka mmomonyoko wa udongo. Mashimo ya kupanda miti yachimbwe vizuri kwenye muinuko.

Tambua matumizi ya ardhi yaliyopendekezwa chini ya miti.

Ukichanganya miti na mazao unahitaji nafasi pana au kupanda kwa uwazi.

Tambua aina ya mti ambayo itapandwa kwa nafasi kulingana na aina na matumizi ya miti hiyo. (Kuni na Miti ya kawaida inaweza kuwa karibu zaidi kuliko miti ya matunda na miti ya mbegu za mafuta)

Maandalizi ya mashimo na udongo

Chimba mashimo marefu ya mraba. Shimo kubwa ni zuri lakini, kwa kitaalamu yanatakiwa yachimbwe mashimo yenye urefu wa sentimita 60 – 100 na upana wa sentimita 40 – 60.

Ni vizuri zaidi kama utachimba shimo refu hadi kupita lile tabaka la udongo lililo gumu (Urefu wake unaweza kuwa inchi 18 kwenda chini) ndani ya tabaka la juu la ardhi. Tabaka hili lililo gumu sio pana au kubwa sana lakini huhitaji nguvu ya kutosha ili kuivunja sehemu hii.

Tenganisha udongo wa juu na ule wa kwenye tabaka gumu, udongo wenye mawe mawe na ule udongo baada ya kupita tabaka gumu.

Changanya udongo wa juu na mbolea ya samadi, au mbolea uliyotengenezwa kutokana na mimea ya magugu (Yaliyokatwa na kukusanywa kutokana na mbegu za magugu).

Changanya Udongo wa ndani kabisa na ule udongo wa kwenye tabaka gumu halafu ufukie shimo kwa mchanyiko huo, weka udongo wa juu/mbolea changanya juu (ambamo ndimo miche itapandikizwa).

Acha sentimita chache za shimo bila kufukiwa ili kukusanya na kuvuna maji.

Weka udongo upande wa chini wa shimo lako nusu duara ili kusaidia ukusanyaji wa maji.

Chomeka kijiti katika shimo ili kuweka sehemu ambayo utapandikiza mche wako baada ya mvua kunyesha.

Maandalizi yote haya ni lazima yafanywe wiki 4 - 6 kabla ya mvua ili kuwezesha mchanyiko wa udongo na mbolea kuchangamana vizuri na kutulia na ili kuepuka maingiliano ya kazi za upandaji wa mazao ya kawaida ambayo ni ya lazama.

(Kama kuna uwezekano wa kumwagilia udongo wa

preparation benefits will be derived from Microbial breakdown of the manure to useable elements.

Seedling selection.

Ideally seedlings should be 30cm high.

Smaller seedlings tend to be easily damaged and less successful in competing with weeds.

Larger, overgrown seedlings are also easily damaged and can have lost their vigour due to too-small root mass compared to the shoot.

In dry areas it is more important to have good root development and minimal shoots. Excess shoot area quickly drains by evaporation the water uptake of the small root mass and leads to wilting and death.

Tree planting procedure.

At transplant take the seedlings in their tubes to the planting site, carrying the seedlings by the tubes and not by the stems.

Wait for first rains to thoroughly wet the soil in the holes.

Water the seedlings the night before transplanting,

Dig a small hole in the topsoil of the prepared hole and lower the transplant into the space, removing the plastic tube with minimal disturbance of the roots and ensuring the soil from the tube is retained around the roots.

Refill the hole, packing the soil firmly around the seedling to ensure firm contact with the roots and no air pockets.

Water if there is no rain.

Do-not cover the stem with soil as this will encourage microbe and insect attack to the delicate seedling bark.

Mulch near the seedling to reduce surface evaporation and to suppress weeds.

If it is accessible, root stimulating Phosphorous, that can be derived from crushed bones meal (or ash). These should be added to the hole at transplanting

Note: Some experts, such as the Australian Dryland Forest Development recommend transplanting BEFORE the rains.... but with adequate watering. This gets the seedlings planted and established ahead of the rains in order to maximise growth in the optimum growing conditions. In short rainy seasons (2-3 months) it is crucial to use all the natural growing season possible.

Care after Planting.

shimo lako baada ya maandalizi itakuwepo faida hasa kwa upande wa mbolea kuchanyika vizuri na udongo na wadudu wadogo wadogo waliyomo

kwenye mbolea hiyo.

Ukusanyaji wa miche.

Kwa uhakika kabisa miche inatakiwa iwe na urefu wa sentimita 30.

Mche mdogo huwa ni rahisi sana kudhuriwa na ni vigumu kwa mche huo kupambana na magugu.

Miche iliyo mikubwa sana kuliko ukubwa ulio shauriwa nayo pia ni rahisi kudhuriwa na unaweza kupoteza nguvu au stamina yake kwa sababu ya uwepo wa mizizi midogo mno ukilinganisha na shina la mche.

Wakati wa kiangazi ni muhimu sana kuwa na mizizi iliyokita vizuri na mashina ya wastani. Sehemu nyingine za mashina hunyauka kwa haraka kwa sababu ya uvukisho wa maji kutoka ardhini ambao huchukuliwa na mizizi kidogo na husababisha kusinyaa au hata mti kufa kabisa.

Maelekezo ya upandaji mti.

Wakati wa kupandikiza chukua miche ikiwa kwenye viriba vyake hadi pale inapotakiwa kupandwa, shika miche kwenye viriba vyake na siyo kwenye mashina yake wakati wa kubeba.

Subiri mvua za mwanzoni ili zilowanishe udongo wa kwenye mashimo .

Mwagilia miche usiku mmoja kabla ya kupandikiza asubuhi inayofuata.

Chimba kijishimo kidogo kwenye udongo wa juu wa shimo ulilokwisha kuandaa na kisha weka mche wako unaotarajia kuupandikiza kwenye kijishimo hicho, ondoa kiriba kwenye mche wako pasipo kutumia nguvu na kuhakikisha kuwa udongo uliyopo kwenye mche unabaki kama ulivyokuwa kuzunguka mizizi.

Kisha fukia shimo, Na ujaze uzaje udongo kikamilifu kuzunguka mche wako kuhakikisha udongo na mizizi vimeshikana vizuri na hakuna sehemu ya kuisha hewa.

Kama hakuna mvua mwagilia.

Usifikie shina la mche wako na udongo, kwa sababu tendo hilo litachochea wadudu wadogo wadogo waishio ardhini kuvamia na kudhuru magome ya shina la mche huo.

Tandaza majani karibu na mche wako ili kupunguza mvukisho na kupunguza oataji wa magugu.

Kama kunapatikana madini ya Phosphorous ambayo yanapatikana kwenye vumbi la mifupa iliyopondwaponwa (au majivu. Hivi vyote vinatakiwa kuongezwa kwenyeshimo wakati wa kupandikiza mche wako.

Kumbuka: Baadhi ya wataalum, kama vile wale Waasraalia wanaojishughulisha na maendeleo ya misitu katika sehemu zilizo kame. Wanapendekeza upandikizaji wa miche KABLA ya mvua.....lakini ni lazima kuwe na umwagiliaji wa kutosha. Kwa kufanya hivi basi miche iliyopandikizwa kabla ya mvua itakuwa katika viwango vizuri vya ukuaji. Kwa kipindi kifupi cha mvua (Miezi 2 – 3) ni vema kutumia njia zote za

Regular spot weeding should continue for at least 1 year after planting.

Weeding reduces competition for nutrients and moisture and dramatically enhances growth.

Mulching helps retain moisture and suppress weeds. It may attract termites and an application of ash around the base and on the mulch can help suppress an attack.

Crushed leaves of the Neem tree (Muarubaini) also act as termite repellent. Add to the topsoil and mix in.

Shade (overhead or side) or staking is advised in hot windy areas to help prevent heat stress through evaporation and to keep the tree seedling growing straight.

Protection from livestock, especially goats, may require a more permanent shade barriers.

Semi-circular micro-catchments around individual trees will help maximise collection and water retention in the erratic rain fall areas.

Sub surface watering in the dry weather if water is required. MUST avoid shallow, surface applied watering that brings roots to the surface. Roots must be trained to go down for water, following it into the sub-soil.

TIST, TIST Groups, and Whose Trees?

Recently, visitors from Nairobi and Moshi did four seminars. During the seminars one question was a reoccurring. "Who owns the trees? TIST, or the groups that plant them?"

The groups own the trees.

As we have said repeatedly in the HMM, there are multiple benefits from trees. Some provide shade or fruit; others bring water closer to the surface, and reduce pollution from the air. This last benefit should be of great interest to all groups in the TIST program. Trees reduce pollution by removing Carbon Dioxide Gas (CO₂) from the air and adding Oxygen Gas (O₂) back into it. This biological process is called "photosynthesis" and occurs in the tree leaves. The more leaves, the more CO₂ is removed each year. The CO₂ is stored in the woody mass of the tree. Therefore, a large tree is more valuable because it holds more CO₂ in its trunk and limbs. Currently companies around the world are becoming more aware of this new added benefit of trees and planting them; particularly those emit large quantities of CO₂ into the air. Companies from the USA, Europe, Asia, and Africa may be interested in paying to have trees planted, then paying to have them kept alive

ukuzaji zinazowezezana.

Kutunza baada ya kupanda

Upaliliaji wa magugu wa mara kwa mara uendeleo kwa muda wa mwaka mmoja au zaidi baada ya kupanda.

Upaliliaji hupunguza ushindani wa magugu na miti katika virutubisho na unyevu na kuchochea ukuaji.

Utandazaji wa majani husaidia kuhifadhi unyevu na kuzuia magugu. Njia hii inaweza ikasababisha uwepo wa mchwa na kwa kuweka majivu kuzunguka mti na juu ya majani yaliyotandazwa inaweza ikasaidia kuzuia mchwa.

Majani yaliyopondwapondwa ya mti wa Muarobaini pia husaidia kuzuia mchwa. Ongeza udongo wa juu na uchanganye pamoja.

Wekea kimvuli juu ya miche yako au zungushia fito eneo ulilopanda miti kusaidia kuzuia joto kwa njia ya uvukisho na upepo na kuifanya miche kukua ikiwa imenyooka.

Kuzuia wanyama, hususani mbuzi, huhitaji kizuizi cha kudumu.

Makinga maji kuzunguka kila mti yatasaidia ukusanyaji wa maji katika kiwango cha hali ya juu na kuhifadhi maji kwa muda mrefu katika maeneo yenye mvua ambazo zinanyesha bila mpangilio.

Umwagiliaji wa ndani ya ardhi katika maeneo yaliyo kame kama maji yanahitajika. Epuka umwagiliaji usio wa kikamilifu, ambao husababisha mizizi iende juu. Mizizi ni lazima ionyeshwe njia ya kwenda chini, kupita udongo wa tabaka gumu la udongo.

TIST, Vikundi Vya TIST, Na Miti Ni Ya Nani?

Hivi karibuni tu, wageni kutoka Nairobi na Moshi walifanya semina nne. Wakati wa semina kuna swali moja lilitokea. "Miti ni ya nani? Ni ya TIST, au ni ya kikundi kilichopanda miti hiyo?"

Vkundi ndiyo wamiliki wa miti.

Kama tulivyokwisha kusema kwa kurudia katika jarida la HMM, kuna faida nyingi tu zitokanazo na miti. Baadhi ya miti hutoa kivuli au matunda; mingine huvuta maji na kuyaleta karibu zaidi na tabaka la juu la udongo, na kupunguza hewa chafu kutoka katika tabaka la hewa. Faida hii ya mwisho ni lazima iwe ndiyo yenye manufaa zaidi kwa vikundi vyote katika mpango huu wa TIST. Miti hupunguza uchafuzi wa mazingira kwa kuondoa hewa chafu ya carbondioxide (CO₂) kutoka katika tabaka la hewa na kuongeza hewa safi ya oxygen (O₂) kwenye tabaka hilo la hewa. Tendo la kibaiolojia ambalo huitwa "Photosynthesis" na hutokea katika majani ya miti. Kwa kadri mti ulivyo na majani mengi ndivyo kiasi kikubwa cha hewa chafu huondolewa kila mwaka. Hewa chafu ya CO₂ huhifadhiwa ndani ya mti. Kwa hiyo, kwa kadri mti ulivyo mkubwa ndivyo unakuwa na thamani zaidi kwa sababu una uwezo wa kubeba hewa chafu ya CO₂ ndani ya shina lake na ndani ya matawi yake. Kwa hivi sasa makampuni mengi yamekuwa makini kutokana na faida hii mpya ya miti na yapanda miti sasa; Hususani wale ambao wamekwisha punguza kiasi kikubwa cha hewa chafu katika tabaka la hewa. Makampuni kutoka Marekani, Ulaya, Asia na Africa yamependelea kutoa fedha ili miti ipandwe, na hata kutoa fedha pia ili miti hiyo itunzwe na kuweza

to remove CO₂ from the air.

A new agreement has **just** been signed by a majority of governments around the world making it possible for companies to buy this CO₂ from projects like TIST. When the tree grows big enough, the Quantifiers and Clean Air Action can work together to calculate how much the tree weighs, and therefore how much carbon has been taken out of the air by the growth of the trees. Companies that burn oil, or natural gas, or coal are able to calculate how much carbon they are putting in the air, and if they want to, they can pay the TIST groups money each year for the healthy, growing trees. So the more healthy trees TIST Groups have, the more the groups will benefit from the sales of these carbon credits. Therefore, TIST Groups are in a position where in the near future they might benefit from the sale of these Greenhouse Gass Reductions. Currently Clean Air Action Corporation is negotiating with companies about trying to get some of the money now, and a little more each year for trees that are alive and well maintained by groups. The reason behind this is so groups may benefit now instead of in five to ten years when the trees are larger and are reducing larger quantities of CO₂ from the air.

As groups plant more trees, the TIST groups will continue to sell these new credits produced, creating more income for the groups and the TIST program as a whole. This income will be used for future projects and loan programs, provided groups repay on time. While the TIST groups own the trees, CAAC will buy the CO₂ the trees remove from the air.

Therefore, if healthy trees are equivalent to income, then here is incentive for groups to maintain their trees from the beginning. Strong seedlings from the nursery, good holes mixed with manure, followed by continual weeding and watering will give the trees an excellent start in their growth. Unhealthy or dead trees are of no use to TIST or the groups for they don't remove CO₂ from the air. This is another request to keep the trees healthy. Now you understand why we continue to reiterate this topic.

TIST is very concerned with trees because we believe that this will help the program continue. We have also been writing about Conservation Farming methods and the crop holes. We suggest these methods to so group members may raise yields from the land members are farming now. By raising yields, groups will have more food for the families and will not have to clear more land or move. In addition, as you use conservation farming each year, the soil gets richer and more productive. Thus, groups can stay on the same land

kuondoa hewa chafu ya Carbondioxide (CO₂) kutoka katika tabaka la hewa.

Kubaliano jipya limewekwa sahihi na serikali nyingi karibu duniani kote kwamba kuwe na uwezekano wa makampuni kununua hewa chafu kutoka kwenye miradi kama TIST. Pindi mti unapokuwa mkubwa vya kutosha, Wasimamizi (Makwantifaya) na watu wa CAAC (Kampuni inayoshughulikia masuala ya usafishaji wa hewa angani) kufanya kazi kwa pamoja kukokotoa ili kupata uzito wa mti na kwahiyu kufahamu ni kiasi gani cha hewa chafu CO₂ kimeondolewa katika tabaka la hewa kwa upandaji wa miti. Makampuni yale ambayo yanajishughulisha na uchomaji wa Mafuta, au makaa ya mawe au hewa asili zenye madhara kwa wanadamu yapo tayari kukokotoa na kufahamu kuwa wamechafua anga kwa kiasi gani cha hewa chafu ya Carbon, na kama wakitaka pia wanaweza kuvilipa vikundi vya TIST kila mwaka kwa ajili ya miti iliyo hai na iliyo katika hali nzuri. kwa hiyo basi kwa kadri kikundi kilivyo na miti ilivyo na hali nzuri, Ndivyo jinsi kikundi kinavyoweza kunufaika kutokana na mauzo haya ya biashara ya uondoaji wa Carbon. Kwa hiyo hapo baadae vikundi vya TIST vina uwezekano wa kunufaika na mauzo ya hewa inayotokana na miti yao. Kwa hivi sasa Makampuni la Clean Air Action Corporation inaongea na Makampuni juu ya kujaribu kupata baadhi ya fedha sasa, na kupatiwa kiasi kidogo kila mwaka kwa ile miti ambayo itakuwa hai na kuwekwa katika hali nzuri na vikundi. Sababu iliyopo ni kwamba vikundi vinaweza kunufaika na mauzo ya miaka mitano hadi kumi wakati miti itakapo kuwa mikubwa na kuanza kupunguza kiasi kikubwa cha hewa chafu kutoka kwenye tabaka la hewa.

Kwa kadri vikundi vinavyopanda miti kwa wingi, TIST ikiwa ni wakala itaendelea kuuza hewa hii safi itakanayo na miti, kutengeneza fedha nyingi kwa vikundi na mpango wa TIST kwa ujumla. Kipato hiki kitaweza kutumika kwa ajili ya miradi ya kipindi kijacho na mipango ya mikopo, ili mradi tu vikundi vilipe kwa wakati muafaka. Miti ikiwa chini ya vikundi vya TIST, Clean Air Action Corporation itanunua CO₂ ile ambayo miti imetoa kutoka katika tabaka la hewa.

Kwa hiyo, kama miti iliyo na hali nzuri inakuwa sawa na kipato, basi hii inawatia moyo wanavikundi na kuhakikisha kuwa wanaitunza miti yao kutokea mwanzo. Miche iliyo na nguvu kutoka kwenye vitalu, mashimo mazuri yaliyochanganywa na mbolea ya samadi, ikifuatiwa na palizi ya mara kwa mara na umwagiliaji, basi mambo hayo yataiwezesha miti yako kuwa na mwanzo mzuri sana katika ukuaji. Kwa ile miti isiyo kuwa katika hali nzuri au iliyokufa haina faida kwa TIST au hata kwa vikundi, kwa kuwa haiwezi kuondoa hewa chafu kutoka katika tabaka la hewa. Hii ni ombi lingine kuhakikisha kuwa miti inakuwa katika hali nzuri. Sasa unaelewa ni kwa nini tunaendelea kurudia rudia silabasi hii.

Kutokana na yote yaliyo zungumziwa hapo juu inaonekana kuwa TIST yenyewe inahusika na miti tu. TIST inajihusisha zaidi na miti kwa sababu tunaamini kwamba hii itasaidia mpango huu kuendelea. Pia tumekuwa tukiandika juu ya Utanzaji wa Mashamba na upandaji wa mazao ya nafaka katika mashimo. Tunashauri njia hizi kwa wanavikundi kwa sababu yainua kipato chao katika sehemu ambayo

wanavikundi wanalima sasa. Kwa kuongeza kipato wanavikundi watakuwa na vyakula vya kutosha kwa ajili ya familia zao na hakutahitajika maandalizi makubwa au kuhama kwa msimu unaofuata. Kwa nyongeza, unapokuwa

and harvest better and better crops. As the soil gets better from using Conservation Farming, it also takes more CO2 out of the air and helps with the pollution.

So, there are many reasons to follow the TIST program requirements. You will have better crops, more food for you and your family, income from the trees, and a more pleasant environment to live in.

Help the HMM staff by writing in the ways that your group has found that make the trees very valuable to the groups.

Kujengana

Kujengana is a very important best practice in Christian small groups. It is the Swahili word used in the Bible for "building up", as in building up into the fullness of Christ. Kujengana goes hand in hand with rotating leadership.

Sadly we usually give and receive more criticism than praise. We should look to Ephesians 4: 15,16: "But speaking the truth in love, we must grow up in every way into him who is the head, into Christ, from whom the whole body, joined and knit together by every ligament with which it is equipped, as each part is working properly, promotes the body's growth in building itself up in love".

Each member of the small group should come with an attitude of building up the others in the group. God has gifted each one of us as part of the Body of Christ. By giving and receiving Kujengana, group members train their eyes to see, ears to hear, and tongues to speak the good they see in others. This takes practice.

There are two steps of Kujengana:

Step one: Each group meeting will have a different leader and Co-leader because of rotating leadership. At the end of each session, each group member says one positive, affirming, honest statement to the leader about how he or she has led the group during the meeting that week. It can be something that the person did during the meeting (such as "I really liked how you smiled, and it made me feel welcome." or "Your plan of Bible study was very good."). It can be something about how the person acted as he or she was a servant leader (such as "You have a way of encouraging every group member." or "You are very humble." It is important that every group member does this. And remember, kujengana is never used as criticism. Some groups choose to give kujengana to the co-leader as well.

Step two: In addition, if any member of the group identifies a gift he or she sees in the leader and wants to see more, tell the leader that too. We sometimes see gifts in others that they don't know.

The leader's response should always be "Thank you."

unatumia njia za utunzaji wa shamba kila mwaka, udongo unakuwa na virutubisho vya kutosha na kuwa unatoa mazao mengi. Na hivyo basi vikundi kubaki vinaweza kubaki katika sehemu moja na kuvuna mavuno bora zaidi na zaidi. Kwa kuwa udongo utakuwa umeboreshwa kutokana na utumiaji wa Njia Bora za utunzaji wa shamba, na pia huondoa hewa chafu angani kwa wingi zaidi na husaidia kurekebisha uchafuzi wa mazingira.

Hivyo basi, kuna sababu nyingi tu zinazosababisha kufuata masharti ya mpango huu wa TIST. Utakuwa mazao bora, chakula kingi kwa ajili yako na familia yako, kipato kutokana na miti, na kuishi katika mazingira mazuri.

Saidiana na waandishi wa HMM kuandika jinsi vikundi vyenu vinavyoiona thamani ya miti na manufaa yake kwa vikundi hivyo.

Kujengana

Kujenga ni njia bora iliyo muhimu sana katika katika vikundi vidogo vidogo vya Kikristo. Ni neno la kiswahili ambalo hutumika katika Biblia kwa "Kujenga" katika kujenga kwa ujumla ndani ya kikristo. Kujengana inakwenda pamoja na uongozi wa mzunguko.

Jambo la kusikitisha zaidi ni kwamba mara nyingi tumekuwa kutoa na tukipokea malalamiko badala ya kusifu Mungu. Hebu utazame Wefeso 4: 15, 16: "Lakini tuishike kweli katika upendo na kukua hata tumfikie yeye katika yote, yeye aliye kichwa, Kristo. Katika yeye mwili wote ukiungamanishwa na kushikanishwa kwa msaada wa kila kiungo, kwa kadri ya utendaji wa kila sehemu moja moja, kuukuza mwili kupata kujijenga wenyewe katika upendo".

Kila mwanakikundi katika vikundi vidogo vidogo lazima awe na mtazamo wa kujenga wenzake katika kikundi chake. Mungu ampatia kila mmoja wetu zawadi kama sehemu ya mwili wa Kristo. Kwa kujengwa na kujenga wengine, wanakikundi watakuwa wameyaweza macho yao kuona, masikio kusikia, na ndimi zao kuongea mambo mazuri waliyo yaona kwa wenzao. Hii inafanyika.

Kuna hatua mbili za Kujengana.

Hatua ya kwanza: Kila kikao cha kikundi kutakuwa na Mwezeshaji na Mwezeshaji mwenza wengine kutokana na uongozi wa mzunguko. Mwisho wa kila kikao, kila mwanakikundi anatakiwa kusema kwa uaminifu jambo moja lililo zuri ambalo Mwezeshaji wa kikao kwa wiki alilolifanya. Inaweza kuwa ni kitu ambacho mtu huyo alikifanya wakati wa kikao

(Kama vile "Kwa uhakika niifurahia kwa jinsi alivyokuwa akitabasamu, na nilijisikia kweli nimekaribishwa". Au mawazo yake juu ya usomaji wa Biblia yalikuwa ni mazuri sana". Inaweza kuwa kitu fulani ambacho mtu aliigiza akiwa kama ni kiongozi mtumishi (kama vile "Una njia ya kuwatia moyo wanakikundi kila mmoja." Au "wewe ni mpole sana." Ni muhimu kwamba kila mwanakikundi afanye jambo hili. Na kumbuka kwamba kujengana na Mwezeshaji mwenza pia.

Hatua ya Pili: kwa nyongeza, kama mwanakikundi yeyote katika kikundi hicho ametambua mambo mengi na anatarajia kujua mambo mengi zaidi basi ni vema

Amwambie Mwezeshaji juu ya jambo hilo pia. Wakati fulani huona mambo yaliyo muhimu kwa watu wengine

Don't say how it might have been better, or get into a discussion about kujengana. Just enjoy the blessings

that God is giving you through your fellow group members.

Set a time in the group meeting agenda for 5 minutes at the end of the meeting and have the co-leader keep that time for kujengana. Remind people at the beginning that there will be kujengana at the end.

There are many benefits to the whole group, as well as to each leader, from this best practice. We are training our tongues to say positive things. The group members began to look for positive traits and actions during the meeting rather than our human tendency to be critical. This gives group members an attitude of expectancy and eagerness to look for the good things. All the group members begin to hear what the group thinks are important traits of leadership for that particular group. Potential leaders learn what the group enjoys in a leader. The Holy Spirit is instructing and the Body of Christ listens.

Practicing kujengana also flows out to building up our families, our friends and people with whom we work. Everyone can experience God's blessing through kujengana.

AIDS seminar held at LITI Mpwapwa

Today we have a report about the AIDS seminar held at LITI College in Mpwapwa. Attendants were from every parish in Mpwapwa Diocese and Blair Henneke from America, was their teacher. After the seminar, those who attended took the things they learned back to their parishes and villages to teach other about HIV and AIDS. In this way, we hope that everyone in Mpwapwa Diocese will become more informed about this dangerous disease.

Ms. Henneke explained the major ways in which AIDS is spread: The primary method is through sexual intercourse between an infected person and someone who is not. It is by this method that the disease has spread so widely. The best protection from getting HIV through sex is not to have sex. Next best is to be faithful to your wife or husband, who is faithful also. In addition, condoms, when used properly, can prevent the transmission of HIV.

Another way HIV spreads is from mothers to children. This can happen during birth, or by breast-feeding. To prevent this type of transmission, the teacher suggested feeding the baby formula made with boiled water, or having the child nurse from an HIV-negative mother.

Another way, which leads to the spread of HIV, is by sharing razors, syringes and all sharp pointed

ambayo wao hawayajui.

Jibu la Mwezeshaji siku zote ni lazima liwe "Asante". Ni jinsi gani imewezekanaje kuwa jambo zuri kiasi hicho au kuingia tena kwenye majadiliano ya Kujengana. Cha msingi ni kukubali tu baraka ambazo mwenyezi Mungu anakupa kupitia wanakikundi wenzio.

Tenga muda wa dakika 5 mwishoni mwa Agenda za kikao cha kikundi kwa siku hiyo na kuwe na Mwezeshaji mwenza wa kuangalia muda wa kujengana. Wakumbushe mwanzoni mwa kikao kuwa kutakuwa na kujengana mwishoni.

Kuna faida nyingi kwa kikundi kizima kwa ujumla, na hata kwa kila Mwezeshaji pia, kutokana na njia bora. Tunaziwezesha ndimi zetu kuongea mambo yaliyo mazuri. Wanakikundi walianza kufikiria mambo ya kuongea na kufanya wakati wa kikao badala ya mambo kuanza kufikiri mambo ya mwanadamu ya kila siku ambayo baadaye huleta migogoro. Hii huwapa wanakikundi upeo wa matazamio na juhudi ya kutafuta mambo yaliyo mema. Wanakikundi wanaanza kusikia kuwa fikira za kikundi ni mambo muhimu sana ya mwezeshaji kwa kikundi hicho. Mwezeshaji bora anajifunza mambo ambayo kikundi kimeyafurahia kutokana na uwezeshaji. Roho Mtakatifu ndiye mwelekezaji na Mwili wa Kristo husikiliza.

Kwa njia hii ya kujengana pia huweza kuzijenga familia zetu, rafiki zetu na watu ambao tunafanya pamoja. Kila mmoja anaweza kupata baraka za Mungu kwa kupitia njia hii ya kujengana.

Semina ya UKIMWI yafanyika Mpwapwa.

Leo tuna taarifa juu ya semina ya UKIMWI ilifanyika katika chuo cha LITI Mpwapwa. Waliohudhuria walikuwa ni kutoka kila parish katika Dayosisi ya Mpwapwa na Blair Henneke kutoka Marekani alikuwa ndiye Mkufunzi. Baada ya semina, wale waliohudhuria semina hiyo walipata elimu hiyo na kwenda na katika parish zao na vijiji vyao na kufundisha wengine juu ya virusi vya HIV na UKIMWI. Kwa njia hii, ni matumaini yetu kuwa kila mmoja katika Dayosisi ya Mpwapwa ataariifiwa juu ya gonjwa hili la hatari .

Binti Henneke alieleza kuwa kuna njia nyingi ambazo zinaeneza UKIMWI : Njia kuu ni ya kujamiiana kati ya mtu aliyenao na yule ambaye hajaathirika. Njia hii ya kujamiiana imefanya ugonjwa wa UKIMWI umeenea sehemu kubwa. Njia bora ya kujikinga na UKIMWI ni kuepuka kabisa tendo la Kujamiiana. Njia nyingine ni kuwa mwaminifu kwa mkeo au mumeo, ambaye naye pia anatakiwa kuwa mwaminifu. Kwa kuongezea , mipira ikitumiwa ipasavyo, zinaweza kuzuia kuenea kwa virusi vya UKIMWI.

Njia nyingine virusi hunea kutoka kwa mama kwenda kwa mototo. Hii inaweza kutokea pale mama anapojifungua, au kwa kunyonyesha. Kuzuia

aina hii ya kuenezwa kwa ugonjwa huu, tumia vyakula vya kwenye makopo maalum ambavyo hutayarishwa kwa maji ya moto, au mtoto kunyonyeshwa na mama mwingine asiye na vuris.

Njia nyingine, ambayo hueneza UKIMWI, ni kwa kuchangia nyembe, kuchangia mabomba ya sindano na vitu vingine vyenye ncha kali ambavyo vinaweza kuwa na damu ya mtu

utensils which may have another person's blood on them. The trainer asked attendants to inform the local medicine men who make circumcisions locally. They should change blades for each person, rather than using the same blade multiple times.

Trainers were advised to be very keen when helping bleeding victims. They were advised not to touch blood with naked hands because they will be in danger of being infected with AIDS virus. Instead, they should use latex gloves. Those who are committed to getting married should take a blood test for HIV before the marriage to avoid new infections.

Finally, HIV may be spread through blood transfusion, if all the safety rules for blood transfusion are not followed. However, no one should fear getting a blood transfusion in a hospital, because their blood is tested for HIV.

Those people who are already infected must take good care of their health. They must take enough time for rest, eat a nutritious and well balanced diet, and they must avoid any condition which might lead to infection of other diseases like malaria and tuberculosis. Therefore, they should be using bed nets, they should boil their drinking water and cook their food carefully, and they should avoid sick people.

Ms. Henneke also taught that the Bible has many things to teach about AIDS. First, by being faithful to Christian Marriage, people can avoid sexually transmitted HIV. Also, Jesus taught us to take care of people who are sick, or are orphans or widows.

Conservation farming article about being ready for 1st rains

This is to remind you about Njia Bora to be used in your farm ready for rainy season. I would like to tell you to start preparing the holes in your farm for maize now and start mixing the soil with manure, so that the soil will be ready to receive the seeds at the beginning of the rainy season. By doing this earlier will help to make your soil mixed with the manure to cool and mixed well. Also if you start digging the holes now you can do slowly by slowly instead of digging them all in a short period of time which makes to be a difficult work. Please I remind you again not to burn your residue when preparing your farm instead make sure the residues are well distributed in your farm in order they may decompose to make soil and add nutrients to the soil. Remember to prepare the farm earlier and prepare the good seeds before the rainy season is one way of preparing good harvest next year.

I wish you a good preparation of your farm so that you can obtain good yield next harvest season.

mmoja na mwingine. Mkufunzi aliuliza waliohudhuria kuwafahamisha

waganga wa jadi ambao huwafanyia watu tohara, kwamba ni lazima wabadilishe nyembe wakati wa kutahiri kutoka mtu mmoja na mwingine, badala ya kutumia wembe kwa watu wote.

Wawezeshaji walishauriwa kuwa waangalifu wanapowasaidia watu walioumia na kwamba wanavuja damu. Wanashauriwa wasiguse damu pasipo na kizuizi chochote mkononi maana watakuwa hatarini kuambukizwa virusi vya UKIMWI. Badala yake wanaweza kutumia mipira (Groves za Latex). Kwa wale wanaokuwa wameahidiana kuoana ni lazima wakapime Virus vya UKIMWI kabla ya ndoa ili kuepuka maambukizi.

Mwisho Virus vya UKIMWI vinaweza kuambukizwa kwa njia ya mtu kuongezewa damu, kama masharti yote ya uongezaji wa damu hautafuatwa. Lakini, mtu yeyote asiogope kuongezewa damu Hospitalini, kwa sababu damu za watakaopaswa kumuongezea ni lazima zipimwe kwana.

Wale wote waliokwisha ambukizwa ni lazima wawe waangalifu kwa afya zao. Ni lazima wawe na muda wa kutosha kwa ajili ya kupumzika, kula vyakula vya kujenga mwili na vyakula vya kulinda mwili na ni lazima wajihadhari na mazingira yote ambayo yanawezakufanya waambukizwe magonjwa mengine kama Malaria na Kifua kikuu. Kwa hiyo, ni vizuri watumie vyandarua, wachemshe maji yao ya kunywa na kupika vyakula vyao kwa uangalifu na kuwaepuka watu wagonjwa.

Binti Henneke pia alifundisha kwamba Biblia ina vitu vingi vya kujifunza juu ya UKIMWI. Kwanza, kwa kuwa mwaminifu katika ndoa za kikristo, watu wanaweza kuepuka gonjwa hili la zinaa la UKIMWI. Pia Yesu alitufundisha kuwajali watu walio Wagonjwa au Yatima au Wajane.

Tayarisha shamba kwa ajili ya msimu Ujao wa mvua.

Hii ni kukumbusha juu ya Njia Bora zinazotumika Kutayarisha shamba lako kwa ajili ya msimu ujao. Ningependa kuwakumbushia kuwa muanze kuchimba mashimo katika mashamba yenu sasa kwa ajili ya kupanda mahindi na kuanza kuchanganya udongo na mbolea, ili viwe tayali kwa ajili ya kuotesha mbegu mwanzoni mwa msimu wa mvua. Kwa kufanya hivi mapema itasaidia udongo na mbolea vichanganyike vizuri na kupoa. Pia endapo utanza kuchimba mashimo sasa itakuwezesha kufanya kazi kwa utaratibu badala ya kusubiri uanze kuchimba mashimo yote kwa kipindi kifupi kazi ambayo huwa ni ngumu.

Tafadhali nakumbusha tena usichome moto masalia yaliyopo shambani utakapokuwa unatayarisha shamba lako badala yake hakikisha umesambaza masalia shambani mwako vizuri ili yaweze kuoza na kuongeza rutuba kwenye udongo. Kumbuka kuandaa shamba lako mapema na mbegu bora kabla ya mvua ni njia mojawapo ya kujiandalia mavuno ya kutosha mwaka ujao.