

TIST

(MPWAPWA KONGWA HABARI MOTO MOTO) ©

Tel. +255748-537720/466545 P.O.BOX 6049 MOROGORO E-Mail info@tist.org February, 2006

TIST 2006 NEW PLAN

We would like to take this opportunity to inform all TIST groups that we have a new plan for 2006. This new plan will be reviewed in October 30th this year. The new plan aims at strengthening TIST program and make it successful program with low budget. The following are some of the important changes that has been made

1. **Changes of node centers and number of nodes.**

- ❖ Node has been put in a place where there is enough water through the year and a place where the groups are most active.
- ❖ All groups in the surrounding areas are encourage to attend at nearby node
- ❖ Areas that are far from any node (I, e Mima, Lumuma, Wotta, Kibakwe etc) they are not required to attend any node. We encourage you to continue to meet in your groups every week and to keep the trees arrive and to plant more trees. Your trees will be quantified and you will be paid according to your trees. The attachment is the list of the node centers and the name of trainers with the number of groups.

2. **Identify and start nursery Centers**

The responsibility of starting a nursery is of the group itself, however we have identified areas that we will work with the groups in that area to establish a tree nursery. Those seedlings will be given as a loan to groups that will be paid through vouchers. The list of those centers, name of groups and village is in this HMM. The aim is to have 40,000 seedling in each center for 10 groups. That means each

MPANGO MPYA WA TIST WA 2006

Tunapenda kwaarifu wanavikundi wote wa TIST kuwa tumefanya mabadiliko makubwa katika mpango wa TIST. Mabadiliko hayo yanalenga katika kuboresha zaidi mpango wa TIST. Mambo mengi yaliyobadilika na yale mapya mtayaona katika kurasa za gazeti hili la Habari Moto Moto. Lakini kwa ufupi tu naomba mzingatie yafuatayo:-

1. **Mabadiliko ya vituo na Idadi za nodi.**

- ❖ Vituo vya nodi vimewekwa mahali palipo na maji ya uhakika na vikundi vingi vyenye miti mingi
- ❖ Vikundi vyote vilivyo karibu na eneo hilo vinaombwa kuhudhuria nodi katika eneo lao
- ❖ Maeneo yaliyo mbali na nodi (Mfano Mima, Lumuma, wotta, Kibakwe) hawatakuwa na nodi lakini miti yao itafanyiwa ukaguzi na wataendelea kulipwa kama kawaida kutokana na idadi ya miti waliyokuwa nayo katika ukaguzi utakaofanywa. Tumeambatisha na orodha ya vituo vya node pamoja na wawezeshaji na idadi ya vikundi.

2. **Uanzishwaji wa vituo vya ukuzaji wa miche.**

Wajibu wa kukuza miche ni wa wanavikundi wenyewe, hata hivyo tumetenga maeneo ambayo tutakuwa na vituo vya vitalu vya miti. Vituo hivyo vitakuza miche mingi ambayo vikundi vitapanda aidha kwa kukopeshwa na baadae kulipa kwa kupitia kwenye vocha zao. Orodha ya vituo vya vitalu, majina ya vikundi na vijiji imeambatishwa katika gazeti hili. Lengo ni kuwa kila kituo kiwe na miti isiyopungua 40,000 elfu arobaini kwa vikundi 10, kila kikundi kupanda miti 4000 msimu wa mvua ufikapo. Vituo vya vitalu vya miche ni vituo vya node kama ilivyo kwenye kiambatisho.

3. **Uombaji wa maeneo ya kupanda miti.**

Ofisi ya TIST itashirikiana na wanavikundi ili kuomba kwa Serikali za vijiji maeneo ya kupanda miti. Tungependa kila kijiji kiwe na eneo lililotengwa la msitu ambalo vikundi vya

group to have 4000 seedling for transplanting next season. As it shown on the attachment

3. **Acquiring Land for groups**

TIST office will work with the groups to apply for land from the village governments. The land acquired will be for tree planting. Trainers in each node should coordinate the groups in their area to implement this action

4. **Group Payments**

All groups that have been quantified will be paid soon. We advise the group with less than 1000 trees to open accounts at their local Saccos and we will pay them through Saccos, and from now on all groups will be paid twice a year, that is June/July and December/January of each year. That means the groups will receive 10 Sh per tree per 6 months.

5. **TIST Trainers.**

We have put 2 (two) trainers in each node. These trainers will continue to work voluntarily until when the program will be in a good shape. A small amount of Tsh 2000 per node will be given to trainers from march. All the trainers that are not selected are still TIST trainers and will continue to hold our Ids. Their responsibility is to continue to encourage the group in their areas to continue to meet weekly and to keep their trees alive. This is important because the trees will continue to be quantified and paid. There are some nodes which shows only one name of trainer this will change soon after getting the second name and we will add on the list.

6. **Forming CBOs**

We encourage and where possible will help the groups to form CBOs in their areas. The aim is to have at least one CBO in every node. CBOs may be about HIV/AIDS, environment etc. After a CBO has been formed its important that you register it at form council or municipal in order that may be eligible to receive grants from different areas.

7. **Node attendance and teaching.**

We encourage each group in the node area to send two (two) people to attend node every month. TIST staff and trainers will continue to service at the node. SGMR and HMM will continue to be given to the active groups. This also

TIST na vikundi vingine wanaweza kupanda miti. Maeneo yatakayopatikana yatakuwa kwa ajili ya upandaji miti.

4. **Malipo ya miti**

Malipo ya miti kwa vikundi ambavyo havijalipwa na vimefanyiwa ukaguzi yanaandaliwa, na wote watalipwa hivi karibuni. Tunashauri wale walio na miti michache chini ya 1000 kufungua akaunti zao katika Saccos za Kata zao na malipo yatalipwa kupitia akaunti zao. Tunaomba radhi kwa kuchelewa kulipa kwa kuwa na vikwazo vingi vya kushughulikia juu ya malipo hayo. Kuanzia sasa malipo yatafanyika mara mbili kwa mwaka yaani mwezi June-July awamu ya kwanza na Desemba-Januari awamu ya pili. Hii ni maana kwamba kikundi kitapokea TSh 10 /= kwa miti kwa miezi 6.

5. **Wawezeshaji wa TIST**

Tumeandaa orodha ya wawezeshaji 2 kwa kila node mpya. Wawezeshaji hawa wataendelea kujitolea kwa sasa kwa sababu ya idadi ndogo sana ya miti iliyo katika maeneo yao. Pale hali ya miti itakapokuwa nzuri watapewa posho kama tulivyokubaliana. Wawezeshaji wengine ambao maeneo yao hayana nodi na hawakutajwa katika orodha hii bado ni wawezeshaji wa TIST na watapewa vitambulisho. Tunawaomba waendeleo kuvitia moyo vikundi kutunza miti yao ya TIST kwa kuwa itaendelea kukaguliwa na kulipwa kama kawaida. Vituo vingine vimeonyesha mwezeshaji mmoja tu, hii itarekebishwa baada ya kupata jina la mwezeshaji wa pili na kuona wingi wa kazi za mwezeshaji aliyepo.

6. **Uanzishaji wa CBOs**

Tunashauri na tutasaidia uanzishwaji wa mashirika ya kijamii (CBOs) katika maeneo yenu. Lengo ni kuwa tuwe na Mashirika ya kijamii moja katika kila nodi zetu. Mashirika hayo yatakuwa yanahusu UKIMWI namazingira lakini muwe huru kubuni vitu vingine pia. Kwa kawaida Mashirika yakishaanzishwa inapaswa kuandikishwa kwenye Halmashauri au Manispaa yenu. Mashirika yaliyoandikishwa yanaweza kupata misaada toka sehemu mbalimbali.

7. **Mahudhurio na mafundisha katika nodi**

Ingawa baadhi ya vikundi vitakuwa viko mbali na nodi, tunaomba sana vifanye utaratibu wa kutuma watu 2 kila siku ya node. Hii itasaidia kupata mafunzo na

will keep close communication between TIST office and your TIST group members. All your trainers are equipped with knowledge and teaching materials.

8. **Other projects**

We encourage TIST groups also to have projects other than trees planting and agriculture. Such projects are

- Business
- Animal husbandry and bee keeping
- Fish pond
- Improved stove including biogas
- Gardens for those groups who living in the place where there are water availability.

TIST will keep record of all groups with their activities so that to have a record for TIST groups with the activities

9. **What you are expected to accomplish**

This plan aim at achieving the following

- ◆ To keep the present trees alive and those which will be planted
- ◆ To start nurseries and to plant as many trees as we can
- ◆ To dig CF holes
- ◆ To plant more trees this year and always
- ◆ To write accurate data in SGMR
- ◆ Good attendance and get good teaching at nodes
- ◆ To run a program at low cost

10. **Finally**

This year our plan country is facing drought. We encourage each group to dig CF holes, Plant crops that are drought resistance and to plant trees. We all continue to pray for better rains.

Thanks

HIV/AIDS

In our HMM we need to add more point to follow up for giving an aid for the person who have some of disease accompany by HIV/AIDS. Some of this points are on our January HMM

1 **Boils**

- This may be because of poor skin care or from infections. So Wash the patient body with water and soap daily.
- Take patient to health center if the boils are big or causing fever.

kuwasiliana na ofisi ya TIST mara kwa mara. Habari Moto moto na fomu za ripoti ya mwezi zitaendelea kutolewa katika nodi na kwa vikundi vilivyo hai.

8. **Miradi mingine**

Tunaandika tena kusisitiza kuwa ni muhimu sana kila kikundi kuwa na miradi mingine zaidi ya upandaji miti na kilimo. Miradi au shughuli hizo zinaweza kuwa:-

- Biashara mbalimbali
- Ufugaji wa vitu mbalimbali ikiwemo nyuki na samaki
- Mjiko banifu na kutumia gesi ya wanyama (biogas)
- Bustani kwa wale walio na maji karibu.

Ofisi ya TIST itatunza orodha ya vikundi vyote pamoja na shughuli zao kwa ajili ya kumbukumbu za vikundi vya TIST

9. **Nini malengo ya mpango huu.**

Mpango huu kama utaendelezwa vema unalenga kufanikishwa yafuatayo:-

- ◆ Kuendelea kutunza miti iliyo hai sasa na itakayopandwa
- ◆ Kupanda miti mingi kila mwaka kwa kuwa na vitalu vya miche
- ◆ Kulima kilimo hai
- ◆ Kupata mafundisho mazuri kupitia nodi
- ◆ Kupata taarifa sahihi kupitia taarifa za mwezi
- ◆ Kuwa na miradi ya uzalishaji
- ◆ Kuendesha mradi kwa gharama ndogo sana.

10. **Mwisho**

Inaonekana mwaka huu kuna ukame katika maeneo mengi, kila mtu ajitahidi kutumia ubichi kidogo unaopatikana kupanda mazao yanayostahili ukame bila kusahau kupanda miti iliyopo kwenye vitalu, pia atumie kilimo hai. Wote tunaendelea kuomba Mungu atubariki kwa Mvua.

Asanteni sana.

VVU NA UKIMWI

Katika gazeti letu la mwezi huu tutaongeza mambo ya kuzingatia katika kutoa msaada kwa baadhi ya matatizo yanayojitokeza kwa wagonjwa wa UKIMWI, mengine tulikwishatoka katika Habari Moto moto ya mwezi wa Januari.

1 **Majipu.**

- Hii huweza kuwa ni kwa sababu ya matunzo mabaya ya ngozi au ni kwa sababu ya kuambukizwa, hivyo basi yakupasa kusafisha mwili wa mgonjwa kwa maji na sabuni kila siku.
- Mpeleke mgonjwa kwenye kituo cha afya kama

- 2 **Drying of skin itching and scaling**
- This because of poor nutrition and skin infection, So eat food like eggs, green vegetables, pumpkins, pawpaws
 - Apply oils like Vaseline, coconut oil glycerine etc.
- 3 **Wounds/Discharge from the penis or vagina**
- This is because of Terminal AIDS and poor nutrition
 - Wash wound with salt water and soap then dry them with a clear clothes
 - Take patient to a health center if Wound increase in number, pus is oozing from the wound. This sign may also be due to sexually transmitted disease. It is good to take test at a clinic to check for these disease and take the appropriate measures.
- 4 **Mental confusion**
- This is from effect of fear, Despair, Direct effects of HIV on the brain.
 - Sharp objects like knives and machetes should be put out of reach of the patients for fear of harming themselves or other
 - Patient should be supported when walking
 - The patient should not left alone in the room
 - Keep drug out of reach of the patient.

BEE KEEPING PHASE 2

Who to keep bee

1.You can keep bee

You can keep bee after havaing a beehive, bee farm, special clthes for protection when you cre the bees and harvest honey.

The important thing when choosing the bee farm, for bee keeping, choose the area with the following:

- The avirable of enough water in the area of bee keeping.
- The avirable of trees and other plants which have sweet water and much pollen.
- Avoid the avirability of fire and other bee enemy.
- The shade to protect behives against rains and hot from the sun.

Also the bee keeping it can use wood hole or the holes under the land surface. Your behives you

majipu yamekuwa makubwa au yanasababisha homa

2 **Kukauka kwa ngozi, kuwasha na kutoka mabaka**

Hii yaweza kuwa ni kwa sababu ya kupata milo mibaya au Madhara ya ngozi

- Mpe mgonjwa chakula kama mayai,mboga za majani ,maboga na mapapai
- Tumia mafuta kama vaseline, Mafuta ya nazi, glycerine n.k.kumpaka mgonjwa.

2 **Vidonda hutokea sehemu za Uke au Uume**

Hatua ya mwanzo ya ukimwi (Terminal AIDS) Dalili hizi zinaweza kutokana na magojwa ya zinaa. Ni vizuri kuchukua vipimo kwenye kituo cha afya kuangalia magonjwa haya na kuchukua hatua madhubuti.

- Safisha vidonda kwa maji ya chumvi na sabuni kisha kausha kwa kitambaa safi.

Mpeleke mgonjwa kituo cha afya kama:

- Vidonda vinaongezeka.
- Usaha unatoka kwenye vidonda.

3 **Kuchanganyikiwa**

Hii hutokana na madhara ya kuwa na wasi wasi. Kukata tamaa pia ni madhara ya moja kwa moja ya VVU kwenye ubongo.

- Vifaa vikali kama visu na mapanga viwekwe mbali na wagonjwa ili wasiweze kujidhuru wenyewe na wengine
- Mgonjwa asaidiwe wakati anatembea.
- Mgonjwa asiachwe peke yake chumbani
- Dawa zote ziwekwe mbali na wagonjwa.

UFUGAJI WA NYUKI SEHEMU YA PILI

JINSI YA KUFUGA NYUKI

1 **Unaweza ukafuga nyuki**

Unaweza ukafuga nyuki baada ya kupata mizinga, shamba la nyuki (apiary), kundi la nyuki na mavazi rasmi ili kujikinga na nyuki wasikuume wakati wa kuwahudumia au kuvuna asali.

Mambo muhimu ya kuzingatia wakati wa kuchagua eneo la kufugia nyuki ni kama yafuatayo:

- Kuwepo maji ya kutosha karibu na eneo lako.
- Kuwepo miti na mimea mingine inayotoa maji matamu na shamvua kwa wingi
- Kusiwepo maadui wa nyuki na moto
- Kuwepo na kivuli ili kuwakinga nyuki na mvua pamoja na joto la jua.

can hang on the trees or you can put on scrubs with height of 1.5m according to your farm if there is no bee enemy or your other animals.

2. Where to keep bee

bee are kept far away about 100 – 500 from the road, path way, school, village, etc.

Also many bee keeper they keep far about 40km or above from the village in the forest (eg in Tabora),this is because of shortage of raw materials (feed) for bee in the area around the village, this is because of deforestation.



Picture No 1: Left side - labour bee, middle – Queen, right side is male bee.



Picture No 2: Labourer`s bee around the Queen ,

Nyuki wanaweza pia wakafugwa ndani ya mapango ya miti au matundu ya ardhini.

Ukitumia mizinga kufugia nyuki, mizinga yako unaweza ukaiining'iniza kwenye miti au ukaiweka kwenye vichanja vyenye urefu wa mita 1.2 kutegemeana na eneo lako kama halina maadui wa nyuki au wanyama wa misituni na wakufuga.

2 Nyuki wafugwe sehemu gani

Nyuki wanaouma inabidi wafugwe maeneo yalio umbali (kuanzia mita 100-500) kutoka barabara, njia za miguu shule hospitali na makazi ya watu kwa ujumla.

Hata hivyo wafugaji wengi wa hapa nchini wanafuga nyuki maeneneo ambayo yako umbali wa kilomita 40 au zaidi kutoka vijijini ndani ya misitu ya Miombo, kwa mfano huko Tabora. Hali hii imesababishwa na upungufu wa malisho ya nyuki katika maeneo yaliyo karibu na Vijiji kutokana na ufyekaji ovyo wa misitu kwa ajili ya kilimo, utengenezaji wa mkaa, kupasua mabao.



Picha Na 1: Kushoto – Nyuki kibarua. Kati – Nyuki Malkia . Kulia – Nyuki dume

Recent TISTY Statistics

Total groups quantified: 229

Total trees: 171646

Total seedling: 10008

NODE MEETING SCHEDULE FOR FEBRUARY 2006

Feb 2006	M`day	T`day	W`day	Th`day	Friday	Saturday
2 week	-	Igovu	Bumila	Lupeta	Mbori	Tambi igunga
3week	Chamkoloma	-	Matongoro	-	Majawanga	



Picha Na 2: Malkia akiwa amezungukwa na nyuki vibarua

Takwimu za TIST za hivi karibuni.

Idadi ya vikundi vilivyokaguliwa: 229

Idadi ya miti: 171646

Idadi ya miche: 10008

RATIBA YA MIKUTANO YA NODI MWEZI WA PILI 2006

Feb 2006	J`tatu	J`nne	J`tano	Alhamisi	Ijumaa	Jumamosi
2 wiki	-	Igovu	Bumila	Lupeta	Mboli	Tambi igunga
3 wiki	Chamkoloma	-	Matongoro	-	Majawanga	-

Ratiba ya mikutano ya nodi na vituo vya nodi mwezi Machi 2006.

Machi 2006	Jumatatu	Jumanne	Jumatno	Alhamisi	Ijumaa	Jumamosi
Wiki la 2	-	Igovu	Bumila	Lupeta	Mbori	Tambi Igunga
Wiki la 3	Chamkolo ma	-	Matongoro	-	Majawanga	-