



TIST HABARI MOTOMOTO AUGUST 2026

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***Photo 1:** Rafael's Grove with a bee hive, a TIST Farmer from Yeriko Group, Mpwapwa*

In this newsletter, we are going to have three articles, one story and TIST Values;

- I. Visible Benefits
- II. A story from a TIST Farmer Rafael Kadili from Yeriko Group, Mpwapwa
- III. TIST Values

(I) Visible Benefits

Visible benefits are the tangible and usable advantages obtained from planting trees.

The trees we plant with TIST provide us with more than just carbon benefits. Every day, they yield benefits that we can see, touch, and measure. We call these **VISIBLE BENEFITS**—for example, money in our pockets, fruit on our tables, and firewood for our kitchens.

Objectives:

- To identify 5 key benefits
- To learn how to measure and record them
- To understand the importance of being part of TIST

5 key benefits of planting trees

1. Financial Income

- Selling fruit: Mangoes, papayas, avocados, etc.
- Selling honey, timber, and firewood
- TIST Farmers get finance from carbon payments
- Example: 100 trees can generate more than TSh 200,000 per year

2. Food and Nutrition

- Trees provide fruits (for vitamins) and edible leaves (vegetables)
- Livestock fodder
- Benefit: Reduced reliance on market purchases

3. Farm Improvement

- Trees enhance your farm and improve soil fertility
- Rainfall is retained effectively in the ground
- Prevention of soil erosion
- Increased crop yields

4. Energy and Utility

- Sourcing firewood and charcoal from the farm
- Poles and timber for construction
- Shade for people and livestock

5. Health and other Opportunities

- Medicinal trees
- Beekeeping = Honey and income
- Clean air and rainfall
- A healthy environment

How to measure benefits

During the quantification process, we ask:

- What have you achieved?
- Where did the profit come from?
- Let us record and calculate the value in TSh.

Why being part of TIST is important

- It gives you a reason to care for trees every day.
- It provides you with income even before carbon payments.
- It significantly increases the value of your farm.
- Also learning about and using organic manure provides big benefits for a TIST farmer.
- Even if carbon payments are delayed, you still enjoy many other benefits.

Call to Action

- Your trees are an asset.
- Every tree has value.
- By working together, we gain more.

Question: *Are you ready to start with 50 trees today?*

(II) Rafael Kadili: Planting trees for the carbon business has enabled me to gain other visible benefits!

My name is Rafael Kadili, a TIST Farmer from Kisokwe, Mpwapwa; My Group name is Yeriko with TIST number 1999TZ16 within the Kisokwe Cluster. I was among the TIST pioneer Farmers who attended the first TIST seminar for small groups held in Mpwapwa.

Regarding my reasons for joining TIST, I remember during that seminar, we established goals centered on sustainable agriculture and tree planting. I was deeply inspired by these goals.

Consequently, after the seminar, I actively involved in its initiatives by start planting trees different types of trees including Acacia, Cordia, senna, leucaena, Mangifera, Syzygium, Java plum, Citrus, and Olea trees. I also do Conservation Farming, digging pits well before the rainy season begins; this method helps conserve the environment by avoiding the disturbance of the entire soil surface, while also ensuring high yields and providing my family with sufficient food. I am also conducting TIST seminars for other farmers in my area as a TIST Champion.

I can tell that different types of trees I planted have provided me with many visible benefits as explained; the trees surrounding my home protect the roof from being blown off by strong winds, it provides shade; livestock fodder from tree foliage, as well as maize and sorghum stalks.

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I have set up beehives in my grove; we get fuel wood from pruning the trees, prevent soil erosion, and provide me with income, food, improved nutrition, and herbal medicines. Apart from tree planting and crop cultivation, I do raise cattle, goats, and chickens. These are the benefits I got from selling fruits and excess crops I harvested from conservation farming. From livestock keeping I get manure that enriches my farm, while income from livestock sales helps pay for my children's education; I have also built a modern latrine and acquired an additional two-acre plot to expand my tree-planting activities.

Beyond these visible benefits, my family gets better health from a reliable supply of nutritious food—including fruits, vegetables, meat, and milk—as well as natural herbal remedies from trees. Indeed, being part of TIST has improved both my health and that of my family through these visible benefits!

My family uses jiko banifu for cooking; it consumes very little firewood—just single firewood is enough to cook a meal! This allows me to protect the environment by avoiding cutting of trees for firewood or charcoal use.

In our group we continue apply the lessons learned during seminars; for instance, we were taught about rotational leadership—a system where leadership rotates, giving everyone the opportunity to lead; leadership within our group changes every month, while at the Cluster level, it rotates after every four months.

As a member of the TIST family, I embrace and practice our TIST values; "Low Budget, Big Results" I take this value into action by collecting used containers and reusing them as tree seedling pots, rather than purchasing expensive ones from shops.

The Best Practice that led to my success include attending and paying close attention to the various training and seminar sessions provided by TIST leaders and other experts including environmental and agricultural experts.

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Photo 2: Rafael's goats



Photo 4: Jiko banifu



Photo 3: Rafael's mango trees



Photo 5: Latrine

(III). TIST Values

As TIST Family we have our Values which most of TIST Small Groups know and practice. We always reflect on these Values and to ensure that we all are truly living by them. The success of TIST is based on the integrity and effort of individual members within TIST. What we can achieve depends on each of us following these Values;

Who are we?

- (i) We are Honest
- (ii) We are Accurate
- (iii) We are Transparent
- (iv) We are Servants to each other
- (v) We are Mutually Accountable to Each Other and
- (vi) We create Low Budget/ cost, yet we achieve Big Results

How we do things that other people can see

- 1) We are committed
- 2) We do our work in small groups
- 3) We seek and use the best way
- 4) We use our minds and hands.

What do we do?

- 1) We plant different species of trees for long -term
- 2) We find ways to improve our health
- 3) We practice Conservation Farming
- 4) We do other projects and businesses (sustainable agriculture, nurseries, citrus growing, dairy goats and farming, chickens, bee keeping, fishponds and fish keeping, silkworm farming etc.)
- 5) We sell carbon credits

What do we create?

- 1) We create team work - by doing things this way; we end up working as a team.
- 2) We create capacity - we create organization, strength, and a system that is strong.
- 3) We create enjoyment - we see results, we accomplish big things that we enjoy.
- 4) We create Big Results - In Conservation Farming and from other projects and business that we do.
- 5) We create Low Budget/Cost, yet we achieve big results.

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Picha 1: Shamba la miti la Mkulima wa TIST Rafael Kadili kutoka kikundi cha Yeriko Mpwapwa likiwa na mzinga wa nyuki

Katika jarida hili, tutakuwa na makala tatu, hadithi moja na Maadili ya TIST:

- (I) Manufaa yanayoonekana
- (II) Hadithi kutoka kwa Mkulima wa TIST Rafael Kadili, Kikundi cha Yeriko, Mpwapwa
- (III) Maadili ya TIST

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(I) Manufaa Yanayoonekana

Manufaa yanayoonekana ni kitu unachokiona na kukitumia kutokana na kupanda miti. Miti tunayopanda na TIST haitupi faida ya kaboni tu. Kila siku inatupa faida tunazoziona na kuzigusa na kuzipima. Hii ndio tunaita **MANUFAA YANAYOONEKANA**. mfano pesa mfukoni, matunda mezani na kuni jikoni.

Malengo:

- Kujua faida kuu 5 unazopata
- Kujifunza kuzipima na kuzirekodi
- Kuelewa kwa nini kuwa kwenye TIST ni muhimu

Faida kuu 5 unazopata kutokana na kupanda miti

3. Pato la Pesa

- Kuuza Matunda: Embe, Papai, Parachichi n.k
- Kuuza Asali, Mbao na Kuni Mfano
- Malipo ya kaboni ya TIST
- Miti 100 inaweza kukupa Tshs 200,000+ kwa mwaka

4. Chakula na Lishe

- Miti inakupa matunda kwa ajili ya vitamin na mboga za majani
 - Malisho ya mifugo
- Faida:* unapunguza matumizi ya sokoni

5. Unaboresha Shamba

- Miti inafanya shamba lako kuwa bora na udongo wenye rutuba
- Mvua inanyesha na inatuama vema ardhini
- Hakuna mmomonyoko wa udongo
- Mazao yanazidi kuwa mengi

1. Nishati na Matumizi

- Unapata kuni na mkaa kutoka shambani
- Nguzo na mbao za kujengea
- Kivuli kwa watu na mifugo

2. Afya na Fursa Nyingine

- Miti ya dawa za asili
- Ufugaji wa nyuki unapata Asali na Pesa
- Hewa safi na mvua
- Mazingira mazuri

Jinsi ya kupima na kuzirekodi kwa pamoja

Wakati wa quantification tunauliza:

- Umefanikiwa nini?
- Umeipata wapi faida?
- Tuandike na tuhesabu kwa thamani ya Tsh

Kwa nini kuwa kwenye TIST ni muhimu

- Inakupa sababu ya kutunza miti kila siku
- Inakupa kipato hata kabla ya malipo ya Kaboni
- Inafanya shamba lako liwe na thamani kubwa.
- Pia kujifunza na kutumia mbolea ya asili huleta faida kubwa kwa mkulima wa TIST.
- Hata malipo ya kaboni yakichelewa bado una faida nyingine nyingi

Wito kwa vitendo

- Miti yako ni mali
- Kila mti una thamani
- Tushirikiane pamoja tunafaidika zaidi

Swali: Je uko tayari kuanza na miti 50 leo?

(III) Rafael Kadili: Kupanda miti kwa ajili ya biashara ya kaboni kumeniwezesha kupata manufaa mengine yanayoonekana!

Ninaitwa Rafael Kadili, Mkulima wa TIST kutoka Kisokwe Mpwapwa, Kikundi changu ni Yeriko chenye namba ya TIST 1999TZ16 Klasta ya Kisokwe. Mimi ni mmoja wa waanzilishi wa wakulima wa TIST waliohudhuria semina ya kwanza ya ufuatiliaji ya TIST kwa ajili ya vikundi vidogo iliyofanyika Mpwapwa.

Miongoni mwa sababu zilizofanyika nijiunge TIST, nakumbuka wakati wa semina hiyo tuliweka malengo yanayohusu kilimo endelevu na upandaji miti. Nilivutiwa sana na malengo haya.

Hivyo, baada ya semina hiyo, niliamua kushiriki kikamilifu katika mipango ya TIST kwa kuanza kidogo kidogo kupanda aina mbalimbali ya miti kwenye shamba langu la ekari 3, ambapo nimepanda miti ya aina mbalimbali ikiwemo Mikungugu, Midawi, Mijohoro, Milusina, Miembe, Mizambarau, Michungwa na Mizeituni.

Pia ninajishughulisha na kilimo hai kwa kuchimba mashimo mapema kabla ya msimu wa mvua kuanza; mbinu hii husaidia kuhifadhi mazingira kwa kuepuka kutifua udongo kwenye eneo lote la shamba. Kilimo hiki kinanihakikishia kupata mavuno mengi na kuipatia familia yangu chakula cha kutosha pamoja na akiba. Aidha, ninaendesha semina za TIST kwa wakulima wengine katika eneo langu nikiwa Mhamasishaji wa TIST (TIST Champion).

Miti niliyopanda nikiwa TIST imenipatia faida nyingi ambazo zinajulikana kama manufaa yanayoonekana, ndivyo tumekuwa tukifundishwa kwenye semina mbalimbali za TIST; Miti niliyopanda kuzunguka eneo la nyumba inalinda nyumba yangu isiezuliwe na upepo mkali na kutupatia kivuli, ninapata malisho ya mifugo kutokana na mabaki ya majani ya miti, mabua ya mahindi na mtama nk.

Pia nimeweka mizinga ya nyuki, shamba langu limekuwa bora kwa kuwa na rutuba kutokana na majani ya miti yanayoanguka na kuoza, ninapata kuni za kupikia kutokana na kupruni miti, nimezuia mmomonyoko wa udongo kwa kupanda miti. Manufaa ni mengi kwa kweli ambayo yananiifanya nipate kipato, kivuli, chakula na lishe bora na madawa ya asili.

Mbali na kilimo cha miti na mazao ya chakula, pia ninafanya ufugaji wa ng'ombe, mbuzi na kuku ambapo ninapata mbolea inayoboresha shamba langu, kipato kutokana na mauzo ya mifugo kinanisaidia kusomesha watoto, nimejenga choo cha kisasa, na nimeongeza shamba lingine la ekari mbili kwa ajili ya kuendelea kupanda miti.

Kutokana na manufaa yanayoonekana pamoja na kufanya kilimo hai, familia yangu imekuwa na afya bora kwa kupata chakula cha uhakika ambacho kina mlo kamili wa matunda, mbogamboga, nyama, maziwa na madawa ya asili kutoka kwenye miti.

Hakika nikiwa ndani ya TIST nimeboresha afya yangu na familia yangu kutokana na manufaa yanayoonekana!

Familia yangu inatumia jiko banifu kupikia, jiko hili lina matumizi kidogo sana ya kuni, ukiwa na kuni moja tu inaivisha chakula! Kwa hiyo ninatunza mazingira kwa kutokukata miti ovyo kwa matumizi makubwa ya kuni na mkaa.

Kwenye kikundi chetu tunatekeleza uongozi wa mzunguko ambao ni wa kupokezana, kama tulivyofundishwa kila mtu ana haki ya kuwa kiongozi. Ndivyo tunavyofanya kwenye kikundi chetu, kila mwezi uongozi kwenye kikundi unabalidilika, na kwenye Klasta ni kila baada ya miezi 4.

Kwa kuwa mimi ni mwana familia ya TIST ninapenda Maadili yetu ya TIST na kuyatekeleza. Ninafurahia na kutekeleza ***Bajeti Ndogo Matokeo Makubwa*** kwa kukusanya makopo na kutumia kusiha mbegu za miti badala ya kununua viriba madukani kwa gharama kubwa.

Mbinu Bora nilizotumia hadi kufikia mafanikio yangu ni kuhudhuria na kuzingatia mafunzo na semina mbalimbali yanayotolewa na uongozi wa TIST pamoja na wataalamu mbalimbali wakiwemo wataalamu wa mazingira na kilimo.



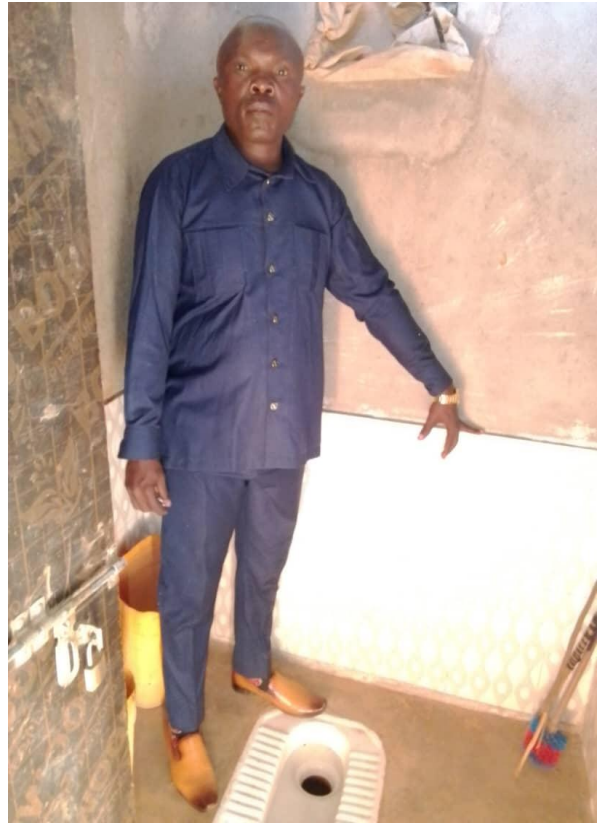
Picha 2: Mbuzi wa Rafael



Picha 3: Miti ya miembe



Picha 4: Jiko banifu



Picha 5: Choo

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(III) MAADILI YA TIST

Kama Familia ya TIST tuna Maadili yetu ambayo wengi wa Wanavikundi Vidogo vya TIST wanayajua na kuyatekeleza. Daima tunatafakari juu ya Maadili haya na kuhakikisha kwamba sote tunaishi kulingana nayo. Mafanikio ya TIST yanatokana na uadilifu na juhudi za wanachama binafsi ndani ya TIST. Tunachoweza kufikia inategemea kila mmoja wetu kufuata Maadili haya;

Sisi ni Nani?

- 1) Sisi ni waaminifu.
- 2) Sisi tunatoa taarifa sahihi.
- 3) Sisi ni wawazi
- 4) Sisi tunatumikiana.
- 5) Sisi ni wawajibikaji
- 6) Bajeti Ndogo, Matokeo Makubwa

Jinsi tunavyofanya mambo ambayo watu wengine wanaweza kuona

- 1) Sisi tunajitolea.
- 2) Tunafanya kazi zetu katika vikundi vidogovidogo
- 3) Tunatafuta na kutumia njia bora
- 4) Tunatumia akili na mikono yetu.

Tunachofanya

- 1) Tunapanda aina mbalimbali za miti itakayodumu kwa muda mrefu.
- 2) Tunafanya mambo kuboresha afya zetu.
- 3) Tunafanya Kilimo Hai.
- 4) Tunafanya miradi na biashara zingine.
- 5) Tunafanya biashara ya hewa ya kaboni.

Tunafanya.

- 1) Tunaunda kazi ya timu—kwa kufanya mambo kwa njia hii; tunaishia kufanya kazi kama timu.
- 2) Tunajenga Uwezo-tunaunda shirika, nguvu, na mfumo ambao ni imara.
- 3) Tunafanya mambo yanayotufurahisha-tunaona matokeo, tunatimiza mambo makubwa ambayo tunafurahia
- 4) Tunafanya mambo yanayoleta matokeo makubwa-matokeo makubwa ya upandaji miti. matokeo makubwa katika Kilimo Hai na matokeo makubwa kutokana na miradi na biashara zingine tunazofanya.
- 5) Tunatumia gharama ndogo za Utawala, lakini tunapata matokeo makubwa.