

femina  
hip



APRIL - JULY 2023

HALIUZWI

# femina

**Kutana na  
Ubunifu Wangu**

**Bees; Small but  
mighty!**

**Ndoto hutimia**

**KIGOMA**

# WASILIANA NA FEMINA



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Una maswali, mrejesho au mapendekezo kuhusu kazi zetu?  
Au kuna tatizo lolote la ufikaji wa Fema katika shule yako?  
Tuma SMS kwenda **0753003001** kuwasiliana nasi!



# Hey, hey, hey!

Green Gen is here, and so is Fema 65; full of exciting stories that will inspire and challenge you to take an active role in natural resource management (NRM).

In this edition we partner with the Jane Goodall Institute and their USAID supported Landscape Conservation in Western Tanzania project, to explore the adventures and treasures of nature, and the relationships we must protect, including the one with our distant cousin, the chimpanzee. For that we went to Kigoma.

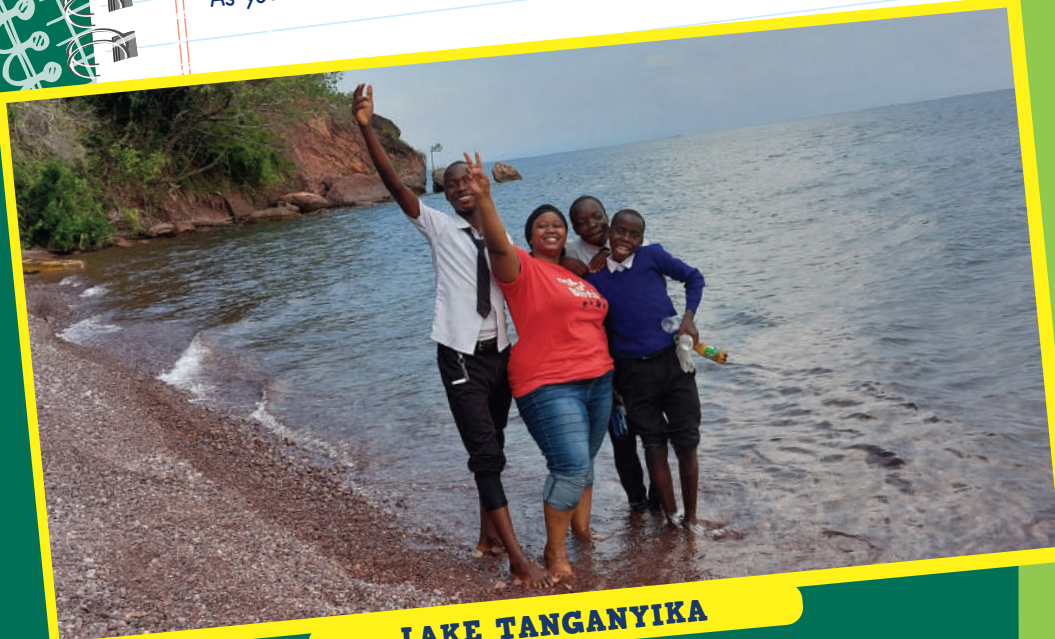
Read the cover story and meet Edson Mamba, an amazing young man, whose creative mind, and love for animals beats the odds he has encountered in life. Also in the cover story, meet the Chimpanzee and learn some interesting facts that will make you want to visit Gombe National Park **leo leo**.

There are many ways we can practice conservation, you can even make money while at it. In Cheza Salama, Felister Joachim says family planning can help us protect our environment. The Power Teams share the story of Neema Elias, a forest protector and mushroom collector. And from Jane Goodall herself, we are reminded that giving up is not an option you bring to the table when it comes to protecting our mother earth.

Who said conservation can't be fun? The cartoon story is one good story of a family that pokes the wrong bear - **sio ya kukosa!**

Does the word Funza ring a bell? Yes, Funza! Sounds gross but in this case it is the opposite. The clock is ticking, and the world is changing. In Story Yangu we take you on a journey to **Samaki Farms** in Dar es Salaam, where a group of young people is making a difference with an affordable service.

As you have a copy, keep reading, you will be inspired!



**LAKE TANGANYIKA**

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# KUTANA NA UBUNIFU WANGU

NA SUMAIYA KARIM AND AMABILIS BATAMULA

Edson Mamba alizaliwa kiziwi. Wakati akikua kule kijijini kwao, kama ilivyo kwa watu wengi wenye ulemavu, hakuwa na chaguo ilipofika kufikiria awe na ndoto gani. Shule kwake ilikuwa ni darasa la kwanza tu pale kijijini Kandaga, Kigoma, alipozaliwa. Ikawa ndiyo imeishia hapo.

Miaka kadhaa baadaye, kijana huyu asiyekauka tabasamu, alikutana na furaha yake katika kuumba sanamu kwa kutumia maboksi yaliyolowekwa. Halafu, mapenzi yake kwa wanyama ambayo hakuwahi kujua kama anayo yakaibuka kutoka ndani. Kazi yake ya ubunifu, sanamu kubwa ya sokwe mtu iliyombwa kutokana na maboksi inawakaribisha wageni kutoka karibu na mbali, wanapofika Green View Hotel Kigoma mjini, mahali ambapo pia ndiko anakofanyia kazi na kuishi na familia yake.

Tulimwomba nafasi ya mahojiano, na kwa msaada wa rafiki zake na mkalimani wa lugha ya alama, tukazungumza. Jamani, wote tujifunze lugha ya alama.

## MEET MY CREATION

Edson Mamba was born deaf. Growing up in his village, as experienced by many people who live with a disability, he didn't have a lot of options when it came to pursuing or choosing a dream. School for him was only one year of standard one in Kandaga village, Kigoma, where he was born. That was it.

Years later, this ever-smiling young man, found joy in creating sculptures from soaked cardboards. Then his love for animals emerged from depths he had not explored. His giant creation that is a cardboard chimpanzee, welcomes guests from near and far as they arrive at Green View Hotel in Kigoma town, a place where he also works and lives with his family.

We asked him for an interview, and with the help of his friends and a sign language interpreter, we had a conversation. We should all learn sign language.

### Mtoto mzuri huyu! Ni mwanao?

Ndiyo, huyu ni mwanangu wa kiume. Mimi na mke wangu tumejaliwa watoto wawili wa kiume na mmoja wa kike. Ninaipenda sana familia yangu.

### Ulizaliwa wapi?

Nilizaliwa tarehe 28 Januari mwaka 1991, katika kijiji cha Kandaga, hapa mkoa wa Kigoma.

### Ulikwenda shule huko?

Ndiyo, lakini niliacha baada ya darasa la kwanza kwasababu ya tatizo la kusikia, ilikuwa ngumu kwangu kuelewa kilichokuwa kinafundishwa.

### Sasa, ulijifunzaje lugha ya alama?

Nilipokuja Kigoma mjini, nikajiunga na Chama cha Viziwi Tanzania (CHAVITA). Hapo nikajifunza lugha ya alama, nikatengeneza marafiki, na kuanza kuwasiliana na watu wengine ambao walikuwa wanafahamu lugha ya alama. Najitahidi pia kuongea na watu ambao hawatamii lugha ya alama.



### This Kid Is Lovely! Is He Yours?

Yes, he is my son. My wife and I have two sons and a daughter. I love my family a lot.

### Where were you born?

I was born on January 28, 1991, in a village called Kandaga, here in Kigoma Region.

### Did you go to school there?

Yes, but I dropped out after standard one due to the hearing problem, it was hard for me to understand what was being taught.

### Now, how did you learn sign language?

When I came to Kigoma town, I joined the Tanzania Association of the Deaf (CHAVITA). There, I learnt sign language, made friends, and started communicating with other people who could understand sign language. I also try and talk to people who don't use sign language.



**Tumeambiwa kwamba wewe ndiye umetengeneza ile sanamu ya sokwe mtu pale getini. Ulijifunza wapi umahiri huo?**

CHAVITA. Kwetu sisi ni rahisi kujifunza na kuelewa kwa kuona, kwa hiyo tulikuwa tunatengeneza vitu mbalimbali na maumbo ya wanyama. Tulikuwa tunaumba maumbo ya wanyama na kazi nyinginezo za sanaa, tulijifunza kwa njia iliyokuwa asili na ya kufurahisha. Kwangu mimi, sikuishia hapo, hii ikawa jambo la kufanya kujiburudisha na pia kujipatia kipato.

**Kuna wanyama wengi tu, kwa nini sokwe mtu?**

Napenda sokwe, ni alama ya mkoa wa Kigoma. Kabla sijamtengeneza huyu wa kwangu nilienda kuangalia vizuri yule wa round-about ukiwa unaingia Kigoma, yule aliyebeba mtoto. Nilienda pale kujifunza. Lakini pia ninapenda wanyama wengine kama simba na mbwa.

**Safi sana! Ulitumia nini?**

Natumia maboksi na unga wa muhogo. Kwanza naloweka maboksi kwenye maji, yakishalainika nayachanganya na unga wa muhogo kisha ninaumba sanamu la mnyama nimitakaye.

**Kwa nini maboksi, ungeweza kutumia mbao au udongo mfyanzi badala yake?**

Kuna maboksi yametupwatupwa tu, ni uchafu na pia ni mbaya kwa mazingira.

**Unawezaje kuumba sanamu la mnyama likafanana na mnyama halisi?**

Huwa naangalia picha ya mnyama, kisha ninaumba sanamu. Picha zinasaidia.



**We have been told that you made the chimpanzee sculpture at the gate. Where did you learn to do that?**

At CHAVITA. For us, it is easier to learn and understand by seeing, therefore we used to make different things and animal figures. We crafted animal figures and other works of art, we learned in a way that was both fun and natural. For me, it did not end there, it became my hobby and partly a way to earn some income.



**There are many animals, why chimpanzee?**

I love chimpanzee, it is a symbol of Kigoma. Before I did mine I went to look at the one on the round about as you enter Kigoma, the one holding a baby. I went there to learn. But I also love other animals like lions and dogs.

**Wonderful! What materials do you use?**

I use cardboard boxes and cassava flour. I first soak the boxes into water, after they smoothen, I mix in cassava flour then make the statue of an animal that I want.

**Why boxes, you could use wood or clay soil instead?**

There are boxes thrown around, it is dirt and bad for the environment.

**How are you able to make the animal statues that are very similar to real animals?**

Usually, I look at a picture of an animal, then craft the statue. Pictures help.



Intepreter Benson Kalokola chatting with Edson

## Binamu zetu kwa mbali - Sokwe Mtu

Wakati Edson anajivunia sokwe mtu kama alama ya mkoa wa Kigoma, Watanzania wote inabidi tujivunie mnyama huyu; sokwe anaiweka nchi yetu kwenye ramani mbalimbali Kimataifa. Hivi unajua kwamba utafiti unaofanywa na taasisi ya Jane Goodall katika hifadhi ya Taifa ya Gombe umesaidia kuionesha dunia kwamba, tukizungumza kwa kuzingatia vinasaba, sokwe na binadamu tunafanana kwa asilimia 99? Ukweli!

Katika misitu iliyoshona ya Afrika wanaishi binamu wa mbali wa binadamu! Na kama tunavyopenda vituko katika maisha yetu, wao nao wana vituko vyao; kuanzia kupambania uongozi mpaka mikasa ya mapenzi, mikwaruzano ya hisia, na tabia za kijamii!

Wanaishi katika makundi ya kifamilia na wanawasiliana kwa sauti, udhihirisho wa sura, na lugha za mwili, kama sisi tu. Umeshawahi kuwaza kuhusu kufanana kwetu?

### Jina

Simulizi za asili zinadai kwamba sokwe ni binadamu aliyekosa nafasi ya kujificha wakati wa kupatwa kwa jua, kwasababu zamani iliaminika kwamba kuwa mahali pa wazi wakati jua linapatwa lilikuwa ni jambo la hatari. Simulizi hizo zinaongeza kwamba jina la sokwe mtu, linatokana na hadithi za mtu aliyetoka mabondeni au msituni. Neno *insoko* lina maana ya sokwe kwa Kiha, lugha ya wenyeji wa Kigoma. Neno hilo pia linamaanisha bonde, na mabonde yanahusishwa na msitu. *Mtu* ndio kama hivyo, katika lugha nyingi za Kibantu linamaanisha binadamu. Ndio ikawa hivyo - mtu wa msituni.

Tunaambiwa kwamba binadamu na sokwe wameishi pamoja kwa miaka, tangu miaka milioni 5-8 iliyopita. Tamaduni mbalimbali duniani zimeishi nao tofauti tofauti. Wengine wamewawinda kwa chakula, wengine wamethamini ufanano wetu na kuwacha aidha kwa kuwahofia au kuwaheshimu. Wengine wamewapa majina ya ukaribu zaidi - mtu wa msituni.

Unashangaa kwa nini anaitwa mtu wa msituni? Ni kwasababu ya tabia zake, muonekano na mahitaji yake. Wacha tudadavue

### Muonekano

- Macho yao yako mbele, tena yamepangwa katikati, kama ya kwetu.
- Wana kidevu kilichochongoka, na meno 32 meupe.
- Wanatembea kwa miguu miwili na kubeba vitu kwa mikono miwili.
- Wanaweza kutengeneza na kutumia zana!

## Our distant cousins - chimpanzees!

While Edson is proud of the chimpanzee as a symbol of Kigoma, as Tanzanians, we should all be proud of the animal; the chimp puts our country on several maps globally. Did you know that extensive research conducted by Jane Goodall Institute in the Gombe National Park, Kigoma, has helped the world realize that genetically speaking, chimpanzees and human beings are 99% similar? Fact!

In the dense forests of Africa, they live, the distant cousins of human beings! And just like we mount our life drama, they too have their own; from power struggles to love triangles, to emotions, and social behaviors!

They live in family groups and communicate through vocalizations, facial expressions, and body language, just like us. Have you ever thought about the similarities?

### The name

Mythology has it that the chimpanzee is the human who missed a chance to hide during the solar eclipse, because being in sight as solar eclipse unfolded was once believed to be a dangerous thing. The folklore adds that the Swahili name for chimpanzee, sokwe mtu, comes from stories of a man who came from the valley or forest.

The word *insoko* means chimp in Kiha, the language of the locals in Kigoma. The same term means valley, and valleys are associated with forest. *Mtu* means a person/human in most Bantu languages. And there you have it - a forest man.

We are told human and chimpanzees have existed alongside each other since 5-8 millions year ago. Various human cultures globally have lived and interacted with them differently. While some cultures hunted them for food, others appreciated the semblance and let them be, because of both fear and respect. Others even referred to them closely - forest man!

Wondering why the chimp was called forest man? Well, it's because of their behavior, appearance, and needs. Let's dive in!

### The Appearance

- They have eyes in front, and center, just like ours.
- They sport a sharp chin and 32 white teeth.
- They walk on two feet and carry things with two arms.
- They can make tools and use them.



## Sokwe mtoto atakushangaza

- Sura zao za kitoto zinapendeza.
- Wanapenda kucheza na kurukaruka, kila wakati kwenye matukio
- Wanajishikiza kwenye vifua vya mama zao, kama sisi tulipokuwa wachanga
- Huku wakiwa tayari kuichunguza na kuiona dunia, sokwe watoto wanaanza taratibu kutembea wakiwa na miezi sita hadi nane.
- Mama sokwe anambeba mtoto wake kwa miaka 3-4, daima akihakikisha usalama wa mtoto.

### Tabia

- Mama sokwe anazaa mtoto mmoja tu kwa wakati. Mapacha hutokea lakini kwa nadra sana. Rekodi za Gombe zinaonesha waliwahi kuzaliwa mapacha mara 6, na zote zinafuata vinasaba; mapacha kuzaa mapacha. Kama binadamu!
- Kila jioni sokwe anategeneza kitanda kwa ajili ya usiku
- Sokwe mtoto analala na mama yake mpaka azaliwe mtoto mwingine. Nani hapendi kudeka?
- Sokwe hawajamiiani na wazazi wao wala ndugu zao. Wanaheshimiana haswaa! Ingawa wapo wanaouvunja huu utaratibu, ni wachache sana.
- Sokwe wanajamiiana kwa ajili ya uzazi tu. Sokwe dume hawapendi kupanda jike lisiloweza kupata watoto.
- Na kama ilivyo kwa binadamu, sokwe wanakula vyakula vitokanavyo na majani na nyama pia. Wanakula matunda, mboga mboga, nyama, we leta tu. Wana meno na tumbo linaloweza kuchukua chochote!

Katika boksi (Ujauzito wa sokwe ni takriban miezi 8 tu, na punde mama sokwe kurudi kutawala pori) (Muda wa kuishi wa sokwe ni wastani wa miaka 40, lakini wapo sokwe waliowahi kuishi miaka 70 na zaidi) **Source: Jane Goodall Gombe Stream Research**

### Hisia

- Uhusiano wa karibu: sokwe wanawajua mama zao na hata wakizeeka bado wanadumu katika mahusiano ya karibu na familia zao. Wanakaa na mama zao. Si ajabu kuwaona wajukuu na bibi yao.
- Hawa viumbe wanajua umuhimu wa familia na kujenga uhusiano madhubuti wa kudumu maisha yote. Wanatambua hata wajomba na dada zao. Wakati wa taabu ni mwendo wa kusaidiana tu.
- Mmoja wao akifa wanaomboleza. Iliwahi kutokea sokwe akakataa kula kwa kuomboleza mpaka akafa kwa njaa na huzuni.

### Tuwalinde!

Kwa sababu ni wa muhimu! Sokwe ni wasambazaji wazuri wa mbegu, hasa zile kubwa ambazo haziwezi kusambazwa na wanyama wadogo. Hii ni muhimu kwa ajili ya kudumisha uendeleu wa misitu. Sokwe wanavutia watalii hivyo kuchangia pato la taifa. Na wao ndio watu wa msituni! Kuwalinda ni rahisi, inawezekana, ni kuyalinda makazi yao - misitu hii maridhawa!

## Baby chimpanzees will amaze you

- Their baby faces are adorable.
- They love to play and have fun, always up for an adventure.
- They attach to their mama's chests, just like we did when we were young.
- Ready to explore the world, the baby chimpanzee usually starts walking, slowly, at the age between 6 - 8 months.
- Mama chimp carries her baby for 3-4 years, making sure they're always safe and sound.

### Behaviors

- Mama chimpanzee gives birth to one child at a time. Twins happen but they are rare. There are 6 cases of twins in Gombe, and it follows genetics; twins giving birth to twins. Just like humans!
- Every evening a chimpanzee makes a new bed for the night.
- Baby chimpanzee sleeps with their mother until a new baby comes. Who doesn't like kudeka?
- Chimpanzees don't mate with their parents or siblings. Respectful indeed! Deviants are present but few indeed.
- Chimpanzee mate only for reproduction purposes. Male chimpanzees don't like to mate with female chimpanzees who can't have babies.
- And like us humans, chimpanzees are omnivorous; they can eat animal and plant-based food. Fruits, veggies, meat, you name it. They have teeth and a stomach that can handle everything!

In boxes (Pregnancy takes about 8 months, so mama chimp can get back to ruling the forest in no time.) (Life expectancy among chimpanzees is on the average of 40 years, but there are known cases of chimpanzees that lived to turn 70 and older)

### Emotions

- Strong relationships: Chimpanzee know their mothers even when they grow old and have strong family relationships. They walk with their mothers and it's not surprising to see grandkids with grandma.
- These funky apes know the importance of family and building strong relationships that last a lifetime. They even recognize their uncles and sisters, helping each other out in times of need.
- When one of them dies they mourn. There are cases of chimpanzees who refused to eat in mourning and died out of hunger and grief.

### Let's protect them!

Because they matter! Chimpanzees are known to be good distributors of seeds, especially those that can't be carried by smaller animals. This is important for the sustainability of forests and natural vegetation. Chimpanzees attract tourism, contributing big to our economy. And, they are the forest man! Protecting them is easy and can be done by protecting their homes - the wonderful forests!

# Twende KIGOMA

NA MASHARUBU SEMENI

## Acha Tujidai!



Huku mkoa wa Geita, kwa juu Kagera, pale Tabora, kule Katavi na pembeni nchi za Burundi na Jamhuri ya Kidemokrasia ya Kongo. Pakiwa ni makazi ya Waha, Wamanyema, Wabembwe, Watongwe na mchanganyiko wa makabila mengine mbalimbali kutoka Tanzania. Hii ni Kigoma!

Mtu anapotamka jina la mkoa wa Kigoma, huwa ni kama halijakamilika hivi mpaka usikie na ile sifa yake kuu "MWISHO WA RELI!". Ukiachana na sifa hiyo, kuna sifa nyingine kedekede, jionee.....



Mkoa wa Kigoma vingi vyasifika,  
Hii ni faida kwetu sote waafrika,  
Ninaweza kuvitaja kwa jamii nikasikika,  
Ziwa Tanganyika hili siwezi kulificha,

Mkoa wa Kigoma uchumi uhakika,  
Kupitia Gombe uhakika twaupata,  
Uchumi uliofichika kutoka nchi jirani wajileta,  
Mkoa wa Kigoma wawakilisha taifa,

Mkoa wa Kigoma tuna samaki watamu,  
Yaani nikizitaja lazima upate hamu,  
Migebuka uhakika, wakigoma wafahamu,  
Kigoma twajivunia tuna samaki watamu,



Mkoa wa Kigoma michikichi twajivunia,  
Mawese bila shida kila siku twajipatia,  
Hakika wana Kigoma tumejaaliwa,  
Kigoma mkoa wangu daima najivunia,

Mkoa wa Kigoma ulinzi tunao pia,  
Jeshi kuu Tanzania tunajivunia pia,  
Usalama mipakani asilimia mia,  
Usiku au mchana amani imeenea,

Mkoa wa Kigoma chumvi pia twaipata,  
Kama unabisha pita uvinza utaikuta,  
Mkoa wa Kigoma umaarufu tumepata,  
Chumvi yaongeza ladha kwa hili taifa



Mkoa wa Kigoma vipaji uhakika,  
Wasanii mbalimbali Kigoma ndio wanapotoka  
Daimondi, Alikiba na wengine kadhalika  
Mlicheza Lekadutigite si mnaikumbuka?

Uoto wa Asili Kigoma twajivunia,  
Miti mirefu na nyasi kila kona zimeenea  
Ardhi yenye rutuba twajilimia,  
Kwa masharti ya kilimo bora kuzingatia,

Mkoa wa Kigoma sanaa haijalala pia  
Sio muziki na maigizo ninayoongelea,  
Ni stadi mbalimbali za kazi za kuvutia,  
Kama mashuka ya Kigoma tunayotumia

Sabuni za mawingu unaziita za magadi?  
Kuku mgeni huku tunaziita Gwanji,  
Tambo za manju kwenye beti si zaidi,  
Njoo ujionee kwa macho kuna mengi siyataji  
Leka dutigite, hapa namaanisha acha tujidai, na  
Kigoma yetu, acha tujidai na Tanzania yetu!





NA: MARY MBAGO NA ASHA MANENO

# Harakati na nusu

Sema na Fema Clubs... Halafu tupaze sauti zetu namna hiyo!!!! Najua harakati ni nyingi sana na zinapishana tu shuleni, mara test, kidogo paaap umepigwa assignment, ndio shule hiyo na huo ndio utamu wa shule, ubongo lazima uchagamke, au sio?

Tunaita harakati za skonga!. Yaani harakati ni nyingi lakini Fema Club hatukwepi kuifanyia kazi; muda wa kutuliza akili kimasomo tunafanya mambo mengine ambayo nayo yana tija, na yanatujenga. Kama haya:



## Mpaka macho yanafurahi!!!

Bassotu sekondari Fema Club wameanzisha Biology Botanical garden shuleni yenye mimea yote muhimu ya kujifunza kwa vitendo kwenye somo la Biology kama vile cactus, mimosa pudica (mmea ambao ukigusa unajikunja), hibiscus, variegated plant na maua ya kupendeza mazingira. Mimea hii huwasaidia sana hata kwenye vipindi vya shule, tena haswaa wale wanaochukua masomo ya sayansi. Ie mida wanapotaka kufanya masomo ya practical, basi wao kazi yao ni kuchuma na kuingia mzigoni kwenye kufanyia uchunguzi wa kibilojia. Aisee, nipeni tano.

## Wakikata miti sisi tunapanda miti

"Kamwe hatutaacha kupanda miti. Tunapanda mazingira ya shule yetu yapendeze. Tulifanya zoezi la kupanda miti tukishirikiana na walimu wetu walezi, zoezi lilienda vizuri sana maana lilikuwa ni zoezi la kushirikiana. Tulipomaliza kupanda miti tukaipa na chakula yaani tukaimwagilia na maji." Nata Fema walikiwasha kwa staili hiyo.



## Pamoja na kubanwa, tuliingia mzigoni

Wanasema haina mbambamba wala kufeli, January ilianza kwao ikiwa ina mambo mengi lakini walipambana zao na kupata walau dakika 10 ili mradi waweze kupendeza mazingira yao. Hao ni vijana wa mwalimu Baraka Luambano kutoka katika Club ya Buyuni.



## Kona yetu

Wenzetu wametupa swali la kufikirisha. Tukifika hapa tupozi kidogo, tupate muda kutafakari, kisha tusikilize mawazo ya wenzetu. Inaweza ikawa ni sababu ya kusaidiana. All the best!

## Kwetu ni furaha teleee...!!!

2023 kwao imeanza kwa kishindo kikubwa, shamba la mahindi lazima lisimamiwe na mahindi yapatikane. Ni mwendo wa kumwagilia mpaka kieleweke. Jitihada zimeshaanza kuonesha matunda maana mahindi yamestawi vizuri. Hiyo kusubiria mavuno sasa, habari nyingine kabisa, uvumilivu unahitajika, maana kuna ambayo wanataka kula, na ambayo wanataka kuuza watunishe mfuko wa Club. Subira yavuta heri. Hii ni Igwaseco Fema Club!



## Vizuri, kula na wenzio....

Nzondahaki Fema Club iliyopo Mbeya waliamua kutembelea shule jirani ya Lupeta Sekondari kwa ajili ya kuzindua klabu mpya pamoja na kuwapa semina kuhusu shughuli za Femina Hip na Fema Club katika kuwaelimisha vijana. Aisee, hongereni sana Nzondahaki Fema Club.





## Tunaendelea na Kupinga Ukatili

Wakati wengine wanaendelea na mazingira sisi tukaamua tuendelea na kuelimisha wadogo zetu wa kidato cha kwanza waliojiunga na club ya Fema kuhusu maswala ya ukatili wa kijinsia. Mambo yalikuwa ni mteremko maana nondo zilikuwa ni nyingi, si mnajua kwenye vipindi vyetu vya club tunaile mijadala yetu flani hivi halafu tunakazia kwa kuangalia nondo za kwenye jarida. Tuliweza kuandaa jumbe mbalimbali zinazo husu ukatili wakijinsia zenye kuelimisha. Misozwe Fema Club lao moja tu HAKUNA UKATILI, NI USAWA KWA KILA MMOJA WETU



## Utu si kitu, ni matendo

Bujiku Sakila Fema Club siku ya fulani nzuri ya mwezi wa pili, walienda kutembelea gereza la Ngudu kusalimia wafungwa, wakawabebea na mahitaji muhimu mbalimbali ikiwemo sabuni, mafuta, dawa ya meno na mengine mengi. Zawadi hizo ziliwafikia walengwa na wao wakashukuru na kuwaombea baraka waleta zawadi. Bila shaka tumejifunza jambo kutoka Bujiku Sakila Fema Club, na wenzetu wa Sengerema High Fema Club wanafanya hii mara nyingi. Na sisi tujipange tukawasalimie watu wenye uhitaji, kisha tushirikishane kutiana hamasa.



## Vile tunawaona mamilionea wajao

Wanachama wa Kindimba Juu Fema Club wakiweka mambo sawa kwenye shamba lao la alizeti. Ujuzi tosha hapo, wakimaliza shule ujuzi unahamia nyumbani, wanalima kibiashara. Keep it up pipooo!

## Kimambele zaidi

Ki namna flani hivi, ndugu zetu wakapiga jaribio lao halafu likafanikiwa! Jaribu lao lilikuwa ni kwamba waweze kutengeneza bustani ya mboga mboga lakini bila kuharibu mazingira. Yaaani wanasema, HATUTIFUI TIFUI OVYO! Sasa, walichokifanya ni kukusanya viroba vilivyotupwa na kisha kujaza udongo na kupanda mboga zao. Ukiachana na kupanda mboga, kujipatia kipato, cha zaidi, pia wametunza mazingira! Aisee, sijui hawa watu ni wataalam wa mambo ya kijiografia au vipi. By the way, Hii ni Fema Square ya Bukara Fema Club.



## Shout Out ya toleo!

Bweni Sekondari all the way from Mafia, mambo ya kisiwani haya bwana! Wametupia picha moja matata wakiwa na vibe kama lote baada ya kupokea toleo la Fema. Tunafurahi kuona kwamba mnapokea jarida kwa furaha na vibe dizaini hii, si mchezo! Basi na kwingine mkishapokea jarida, pigeni picha mtupie tulione vibe lenu. Wenye picha kali tutakuwa tunawapa special shout out kwenye jarida. Bweni mmeonekana!

# Tunayoyapenda ndani ya Club



NA MARY MBAGO

Hakuna kipindi kizuri ambacho wana Fema huwa tunakisubiria kwa hamu sana kama kipindi cha mahafali ya Fema Club. Watu hujikoki kipekee, ni full kpendaza; yaani nguo zinapigwa pasi hadi pasi inaomba po! 'Famasihara nini?'



## Ka-vibe flani hivi ka Iringa

Hawa watu wana balaa sana! Walikutana shule tatu tu ndani ya ukumbi mmoja ila vibe lao sio la nchi hii. Kulikuwa na Ifunda Girls Secondary, Ifunda Tech na Tosamaganga. Humo ndani walikuwemo madancer, waimbaji, waigizaji hadi ma-MC wenye amsha amsha la kutosha ukumbini. Baada ya ma vibe yote wakapata na madini kidogo kutoka kwa Mary na Castory kutoka Femina Hip mjengoni Dar es Salaam. Ikawa ni burudani, elimu, burudani, elimu. Amsha amsha mwanzo mwisho, na mapicha picha kibao. Hongera sana kwao.

## Mambo ya Mpandandogo na Kakoso

Ukisikia Mpandandogo usidhani ni wadogo, ni wakubwa mno, na mambo yao ni makubwa. Basi bwana ilipofika Siku ya Wanawake Duniani, Fema Club wakasema hii ni shughuli ya kimataifa hatuwezi kusherehekea peke yetu. Wakafanya michakato, wakajiunga na Kakoso Fema Club, wakaona bado haitoshi. Wakajumuika na akinamama kutoka maeneo mbalimbali ya Mkoa wa Katavi ili jambo liwe zuri zaidi. Na kwa hakika kulikuwa na mengi ya kujifunza kutoka kwa akinamama hao.



## Miamba hawa hapa!!

Kondoa hiyo. Kibabe zaidi, wakapiga tukio moja lenye A na B! Kipengele A ilikuwa ni kuzindua Network ya Wilaya ya Kondoa, kwa Halmashauri zao zote mbili. Mambo ya umoja ni nguvu yakachukua nafasi yake hapo. Kipengele B wakawapongeza wale ambao walikuwa wana Fema na sasa wanamaliza kidato cha sita. Shughuli nzima ilikuwa pale Kondoa Girls Secondary School. Shule 16 zilishiriki. Mwalimu Mavunde kutoka network ya Dodoma City naye akaenda kuwapa hamasa. Halafu unajua nini, Mgeni Rasmi, Bakari Chikawe kumbe naye mwanafamilia, kwa sasa ni Afisa Elimu Kata, na siku za nyuma aliwahi kuwa mlezi wa Club ya Fema. Makofi tafadhali! Kondoa ee, tunasubiri mambo yenu!



## Nyumbi ii, bombi ii, Limbo umefika!

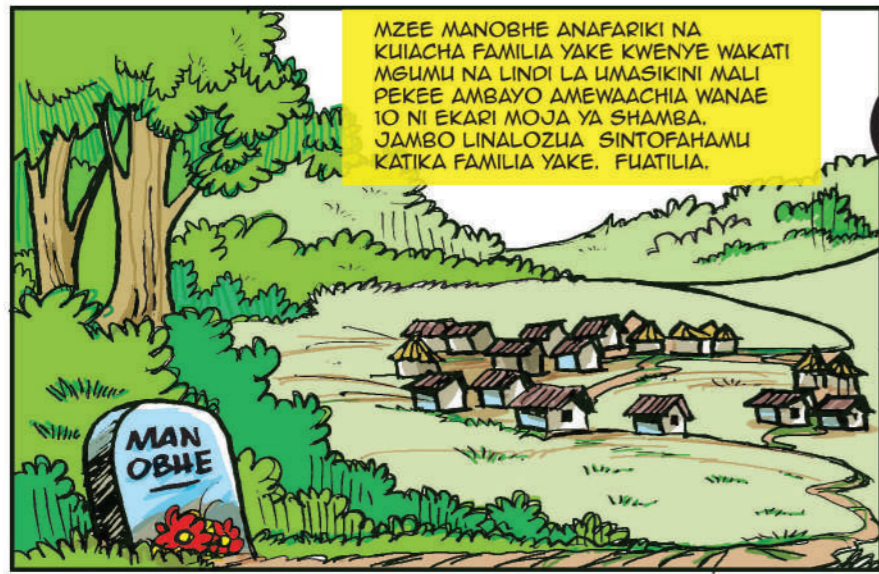
Tukisogea Ruvuma sasa, twende mpaka Wilaya ya Nyasa, hapo ndipo Limbo Fema Club walipomkuna Mgeni Rasmi, Mkuu wa Mkoa, kwenye maadhimisho ya Siku ya Wanawake Duniani kimkoa. Alipofika kwenye banda lao wakampa picha zima la namna Club za Fema zinavyofanya jitihada za kumnasua mtoto wa kike kutoka kwenye ukatili wa kijinsia, kumpa elimu ya kujitambua na kujithamini, ili aweze kutimiza ndoto zake. Kwao ikawa si maadhimisho tu, bali pia fursa ya kuongea na kiongozi mkubwa uso kwa uso. Ina raha yake.



## Hakuna kuwapokea kizembe

"Katika harakati za kupokea wadogo zetu tukasema tusiwapokee kizembe," hayo ni maneno ya nguvu kutoka Igwamanoni Fema Club a.k.a IGWASECO Fema Club "Tuliandaa bonanza la kufa mtu tukisaidiwa na walimu wetu walezi. Kulikuwa na michezo mbalimbali, ikiwemo mpira wa kikapu na mpira wa miguu, mwisho wa siku kidato cha pili walibeba mbuzi wa soka na kidato cha kwanza wakachukua ubingwa wa kikapu wakaondoka na kreti mbili za soda kutoka kwa mkuu wa shule. Shamrashamra hazikuishia hapo, vinara wa kufanga magoli walilamba wekundu wa msimbazi kila mmoja! Raha iliyoje! Karibu Form One.





MZEE MANOBHE ANAFARIKI NA KUIACHA FAMILIA YAKE KWENYE WAKATI MGUMU NA LINDI LA UMASIKINI MALI PEKEE AMBAYO AMEWAACHIA WANAE TO NI EKARI MOJA YA SHAMBA. JAMBO LINALOZUA SINTOFHAMU KATIKA FAMILIA YAKE. FUATILIA.



KIKAO CHA FAMILIA BAADA YA MSIBA

BAADA YA KUKUSANYA MAJINA YA WATOTO WA MAREHEMU, TUORODHESHE MALI ZA MAREHEMU ILI ZIGAWANYWE. MAREHEMU AMEACHA NYUMBA NA EKARI MOJA YA SHAMBA



KHE, WATOTO KUMI! EKARI MOJA! WATAGAWANA VIPI SASA?



HIYO EKARI MOJA MTAGAWANA ILA MSISAHAU KUMHUJUMIA MAMA YENU!

SAWAA!

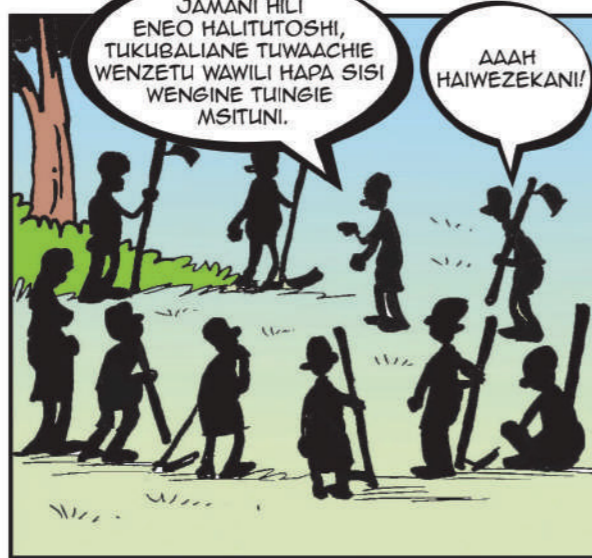


MAISHA YAKAENDELEA

ANGALIA USIINGIE KWENYE ENEO LANGU. HALAHALA JEMBE HILO TUSIJE TUKAUMIZANA! MMH, HAPA HAMNA TIJA KABISA



JAMANI EEH! NJOONI KWANZA TUSIKILIZANE MARA MOJA. NOIO BOSS



JAMANI HILI ENEO HALITUTOSHI, TUKUBALIANE TUWAACHIE WENZETU WAWILI HAPA SISI WENGINE TUINGIE MSITUNI. AAAH HAIWEZEKANI!



MJADALA UKAWA MREFU



SASA SI TUMEKUBALIANA JAMANI TUNAINGIA MSITUNI, SAWA?

SAWAA!



SAA TANO, SAA SITA USIKU NDIO MDA YENYWE, LAZIMA NI SAFISHE ENEO LA KUTOSHA

KWA MITI HII LAZIMA TUPATE MKAU WA KUTOSHA



HAKIKISHENI TUNACHOMA SEHEMU SEHEMU KAMA BABA ALIVYO TUFUNDISHAGA! HAKUNA MTU WA KUTUSTUKIA HUKU!



MOTO UKAENEA MSITUNI



HAPA TUKIJA KUMALIZIA, TUNANG'OA HADI VISIKI. SASA KUMBE JE!



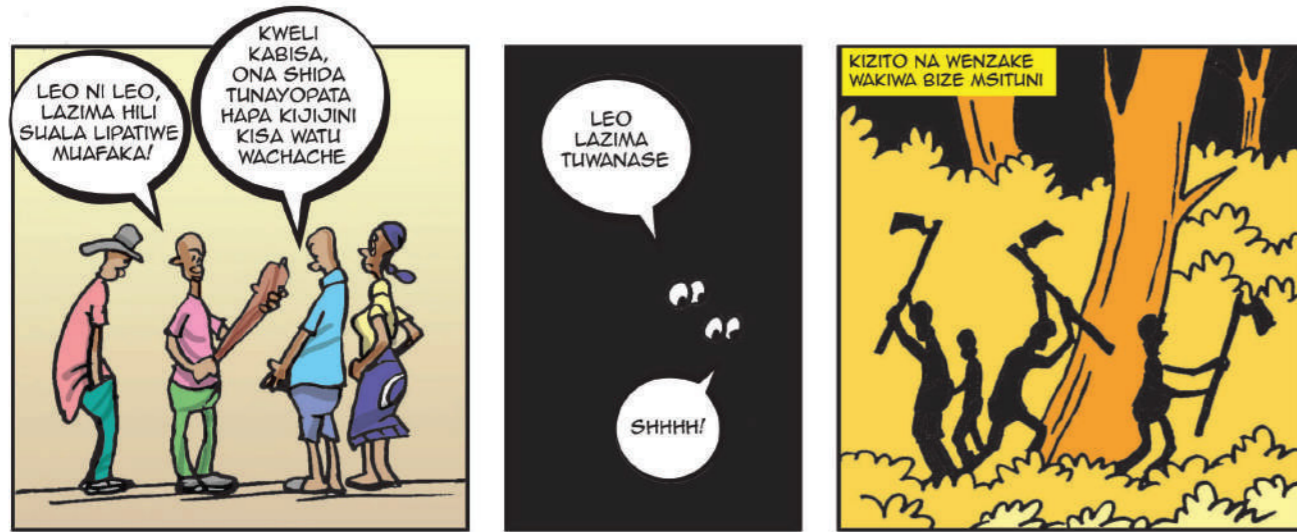
PAMEKLIWA NA UPEPO MKALI SANA HAPA SIKU HIZI. HUONI KAMA SIKU HIZI MITI INAONDOKA KWA KASI NA JUA LIMEZIDI KUIWA KALI?



KIZITO, VIPI SHUGHULI MNAENDELEAJE NAONA KIMYA? HIIYO HIIYO TU KIONGOZI, HATUWEZI KUKUSAHAU MTU MUHIMU SANA WEWE!



ANHAHA KUMBEE! HAWA NOIO CHANZO, BASI SAWA!



## Wajibika, usijewajibishwa

NA RAPHAEL NYONI

Vijana wanalamika ardhi haiwatoshi, wanaingia msituni. Wananchi wanaona msitu unapungua, badala ya kuchukua hatua stahiki wanabaki kulalamika; wazee wanalamika zamani hali ilikuwa bora kuliko sasa, vijana wanasema sa itakuwaje? Hongera sana kwa mgambo wa kijiji na wenzake ambao walichukua hatua!

Si nimesahau hata kusalimia jinsi mchezo ulivyonoga ukanigusa na mimi nitoe ya moyoni!? Mambo zenu? Sema na Fema... Paza sauti yako... haya sasa tuendelee.

Basi bwana, wakati tunajadili tuandike nini kwenye katuni stori, tulikuwa na wanaFema Amahoro Sekondari, wakuambia misitu inapotea kwa kasi isipolindwa na wakatuonesha hadi eneo lao la msitu wa shule ambalo 'wahuni' walikuwa wamekata miti. Ilinisikitisha sana.

Mida ambayo shughuli hizi zinafanyika ni usiku na saa nane za mchana, wakati watu wapo kwenye mihangaiko yao. Kwanini mida hii? Kwasababu wanaofanya vitendo hivi wanajua wanavunja sheria, hivyo hawataki kuonekana, kama ilivyo kwa Kizito na nduguze.



## Nini chanzo?

Tulijadili mengi na Amahoro Fema Club. Waliweka bayana suala la dharau juu ya umuhimu na thamani ya kutunza misitu, kwamba wananchi wanajisahau, na wanaofanya vitendo hivyo pakubwa ni watu wazima, kuliko vijana. Wakaongeza pia kwamba familia inapokuwa kubwa na hasa ikiwa na uwezo mdogo kiuchumi, halafu wakashindwa kuangalia vyanzo vingine vya kujikimu, wanakimbilia porini, wanafyeka ili wafanye kilimo. Hapo sasa hawajali cha mazingira wala misitu, ni fyeka fyeka, choma choma. Tutfatika kweli? Inabidi kubadili mbinu za kulima, wajanja wanalima sehemu ndogooo, mavuno makubwa. Kuna kilimo mseto, kuna kutumia mbolea vunde ili kuhuisha afya ya udongo na mengine mengi. Akili yetu itahama lini kutoka kwenye kila msimu ni shamba jipya?

Wakati wa kupiga stori na wenyeji tukaambiwa huku ukisikia mtu anaitwa Buchumi, ujue huyo ni mtoto wa kumi, na Jezaho ni wa kumi na nne. Sio tu Kigoma, maeneo mengi ya Tanzania watu wanaona fahari kuwa na watoto wengi. Wakati tunaendelea kulitafakari hilo, tujiulize, je wazazi wanaweza kuwahudumia vizuri watoto wote? Je, watakapoanza kujitafutia wenyewe, watakuwa tayari kufanya hivyo kwa kujali mazingira na maliasili? Maana haya mazingira na maliasili vikifutika, sipati picha, au nyie mnapata?

Halafu kuna hili swali hapa: Hivi kwanini Kizito na nduguze hawakwenda Serikali ya Kijiji na kueleza shida yao ya uhitaji wa ardhi ya kulima? Kulikuwa na njia gani nyingine mbadala ya kutatua changamoto yao? Kwa kukamatwa kwao, nani alaumiwe na kwanini?

**Kumbuka:** Maamuzi unayoyafanya sasa yanakuathiri wewe mwenyewe na vizazi vijavyo. Kuwa makini.

# SI VYOTE VIOZAVYO VIBAYA

NA AMABILIS BATAMULA

Ile methali ya nanihii huwa inajibiwaje tena? Ile inayouliza mvumilivu hula... Achana na wale wanaoweka majibu yao ya njaa, weka lile jibu halisi la methali hii walilotupatia wahenga. Ewaaaa, mvumilivu hula mbivu. Sikiliza hii, twende pamoja, nikujuze kama mimi nilivyojuzwa na wataalamu.

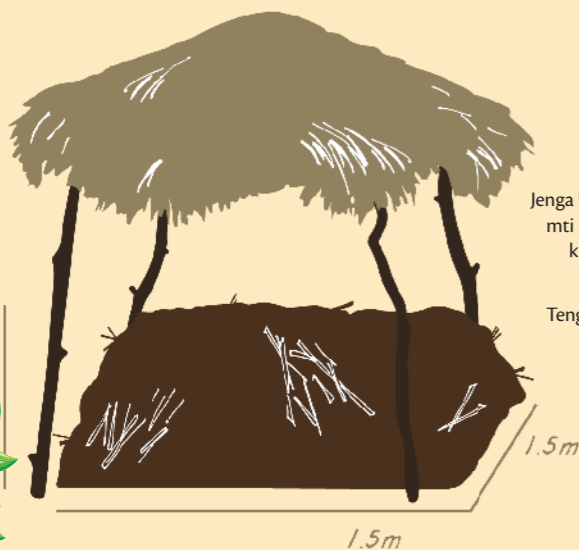
Kuna kitu kinaitwa Mbolea Vunde, a.k.a mboji ushawahi kukisikia? Hii ni mbolea ya asili ambayo hutengenezwa kwa kuozesha mchanganyiko wa vitu mbalimbali ambavyo vinatokana na viumbe hai. Vitu hivyo vinaweza kuwa mabaki ya mimea, chakula na wanyama au hata wadudu. Mbolea vunde iliyoiva vizuri huwa na rangi iliyokolea, ina utifutifu na hutoa harufu fulani hivi ya udongo asili.

Mbolea hii, ikilinganishwa na mbolea za viwandani ina faida kubwa katika suala la utunzaji wa mazingira. Ni rahisi kutengeneza na gharama yake ni nafuu. Wataalam wanashauri mbolea hii itengenezwe karibu na mahali ambapo itatumika ili kupunguza usumbufu wa kuisafirisha.



1

## Jinsi ya Kutengeneza Mbolea Vunde



Jenga biwi lako chini ya kivuli cha mti au jenga kibanda kuweka kivuli kwenye biwi lako.

Tengeneza biwi katika vipimo vya mraba ambavyo ni: 1.5 mita x 1.5 mita na 1 mita kwena juu.



Mimea ya maharage iliyopandwa bila mbolea vunde

Mimea ya maharage yenye iliyopandwa na mbolea vunde.

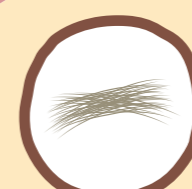


Unaweza kuweka biwi chini ya mti

## 2 Mahitaji Ya Mbolea Vunde



Mabua, matete au fito za miti



Nyasi kavu



Nyasi mbichi



Mabaki ya mimea



Tabaka la juu la udongo



Makasha ya konokono



Samadi ya kuku



Samadi ya mbuzi



Samadi ya ng'ombe



Maji



Majivu/vumbi la mkaa



Mifupa ya wanyama



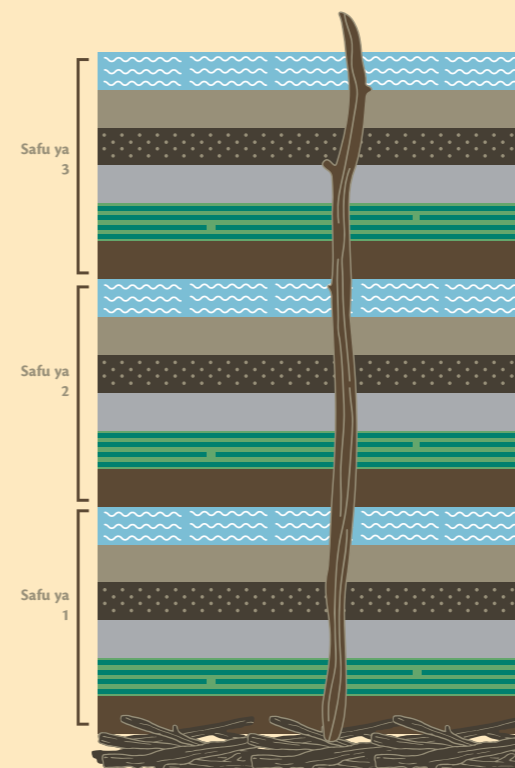
Mifupa ya samaki



Samadi ya wanyama

3

## Namna Ya Kutengeneza Matabaka Ya Mbolea Vunde



- Maji
- Udongo wa juu
- Samadi ya wanyama
- Majivu/vumbi la mkaa
- Nyasi mbichi
- Nyasi kavu
- Maji
- Udongo wa juu
- Samadi ya wanyama
- Majivu/vumbi la mkaa
- Nyasi mbichi
- Nyasi kavu
- Maji
- Udongo wa juu
- Samadi ya wanyama
- Majivu/vumbi la mkaa
- Nyasi mbichi
- Nyasi kavu
- Mabua, matete au fito za miti

4

## Usiweke Vitu Vifuatavyo Katika Biwi

- Kinyesi cha paka na mbwa
- Kiini cha yai
- Kitunguu swaumu
- Minofu ya wanyama na samaki
- Majani ya mikaritusi
- Plastiki

# SEMA TENDA



5

Mwagilia biwi lako mara mbili kwa juma kwa kutumia keni ya kumwagilia au kwa kutumia bakuli ambalo utachota maji kwenye ndoo.



6

Geuza biwi lako baada ya majuma matatu au mwezi mmoja.



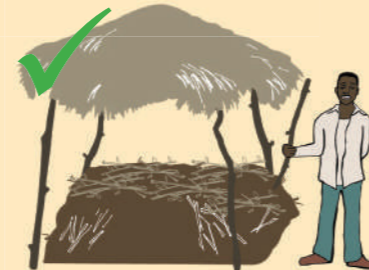
7

Weka mbolea vunde kwenye shimo au sambaza shambani.



8

Kuangalia hali ya joto - ikiwa ni moto sana haiko tayari.



## Faida za kutumia mbolea vunde

Zipo faida nyingi za kutumia mbolea hii, lakini hapa tumezichagua tano ambazo tunaamini zinabeba uzito zaidi.

1. Hujenga mpangilio mzuri wa udongo ambao huruhusu mzunguko mzuri wa virutubisho vya mmea, hewa na maji. Kutokana na mpangilio huo mzuri maji yanayotiririka pia huondoka vizuri bila kusababisha mmomonyoko.
2. Mbolea vunde haibebwi kirahisi na maji ya mvua kama ilivyo mbolea ya kiwandani, na hudumu kwa muda mrefu. Inaweza pia kutumiwa kufunika udongo ili kulinda unyevunyevu. Linapofanyika hili basi ni vizuri mkulima akaongeza matandazo ili kuifunika mbolea isipoteze rutuba yake. Matandazo yanaweza kuwa majani au hata nyasi.

3. Udongo unapowekwa mbolea hii, kama ulikuwa umeshikamana unabadilika na kuwa laini hivyo kuisaidia mizizi kupenya na kutambaa kwa urahisi kutafuta virutubisho vya mmea.
4. Hutengenezwa kwa vitu vya kawaida ambavyo pengine tungevitupa tu vikachangia uchafuzi wa mazingira. Badala yake mabaki ya mavuno na chakula yanaweza kutumika kutengeneza mbolea ikarudi shambani kukuza mazao mapya.
5. Kutokana na uwezo wa kuzuia mmomonyoko na kutunza kiasi sahihi cha maji kwenye ardhi, mbolea vunde inatoa mchango mkubwa katika kupambana na mabadiliko ya tabia nchi. Ukame na mafuriko ni matukio yenye madhara makubwa kwa binadamu, na kwa sehemu kubwa yanaongezwa na mabadiliko ya tabia nchi. Kwa kutumia mbinu kama hizi ambazo zinatuisaidia kukabiliana na mabadiliko ya tabia nchi, tunakuwa pia tumechukua hatua kuacha tabia ya kila mara kukata miti ili kutafuta sehemu yenye rutuba ili kuanzisha mashamba mapya.

## Unasema ni ngumu?

Ngoja tuweke sawa. Sio siri kwamba kutengeneza mbolea vunde ni kajimchakato fulani kanakohitaji kujituma, na uvumilivu juu, maana hadi ikamilike ni kipindi. Hata hivyo, faida zake zinazidi nguvu na uvumilivu utakaowekeza. Halafu ukitaka raha, tengeneza mabiwi mengi ili ikifika siku ya kuchekelea uchekelee kweli kweli. Kwa kutumia mbolea vunde unaweza kupanda mazao eneo dogo ukapata mazao bora kuliko shamba kubwa lisilo na rutuba.

CHUKUA

HATUA

Hapa patamu zaidi! Si mmeona hizo hatua za kutengeneza mbolea vunde? Hakuna kuchoma mabaki ya mavuno shambani. Katika Club tengenezeni biwi lenu la mbolea vunde, fuatilia mwongozo mwanzo mwisho, halafu mtupatie mrejesho; mmejifunza nini?

## Inawekwaje?

Zipo njia kadhaa za kuitumia mbolea hii. Hata hivyo matumizi bora zaidi ni pale ambapo kiasi kidogo cha mbolea kinawekwa kwenye shimo utakapopandwa mmea. Hii inasaidia mbolea isitumike nyingi lakini pia iwe sehemu ambayo mmea unaihitaji.

Kama mbolea hii ipo nyingi ya kutosha inaweza kusambazwa shambani kwa kuchanganywa na udongo wa juu, ili mradi tu isiende chini sana kiasi kwamba mizizi ya mimea itashindwa kufikia. Katika maeneo yenye ukame, wakulima hufanya ujanja wa kuchimba mitaro, wakaiweka humo mbolea vunde, halafu wanapojaza maji yanamwagilia lakini pia yanayonywa pamoja na virutubisho kutoka kwenye mbolea hiyo.



KUMBUKA

Matumizi ya mbolea vunde sio tu yanaboresha kilimo bali pia yanasaidia kuzuia mabadiliko ya tabia nchi. Kila mmoja akifanya sehemu yake akatekeleza wajibu wake tutafanikiwa.



Wanachama wa Roots & Shoots Kajeje A Primary School na biwi lao



# Mchongo wa ukweli

NA GRACE MWAKALINGA



Vijana mpoo? Kuna habari hapa, njooni msome. Tena mkishasoma msogeze na nyumbani, manake habari hizi ni njema kwa vijana hadi wazee. Iko hivi; mnakuwa kikundi, mnazichanga nguvu na akili, kidogo mnachopata kinakuwa cha kikundi lakini cha mtu mmoja mmoja pia, kinawasaidia, halafu kinasaidia jamii nzima, tena kinasaidia dunia nzima! Hapo vipi? Imejaribiwa, imefanikiwa. Endelea upate maujanja.

"Haikuwa rahisi kufanikisha jambo hili ambalo kwa sasa limesaidia wengi." anasema Phoibe. "Hii ni kutokana na dhana potofu iliyokuwa imejengeka kwamba watu hawawezi kupata faida yoyote ya kiuchumi kutokana na uhifadhi wa misitu. Lakini sasa wanakopeshana fedha na wanafanya shughuli za maendeleo."

Phoebe Samuel ni Afisa Maendeleo ya Jamii katika Shirika la Jane Goodall Institute (JGI) ambalo linaendesha mradi wa utunzaji wa mazingira na uhifadhi wa maliasili magharibi mwa Tanzania. "Tulifanikiwa baada ya kuongea na wananchi, wakasema changamoto yao ni mitaji, na kwa kuwa sisi hatuna fedha za kuwapatia tuliwafundisha namna ya kutumia rasilimali walizonazo na kuungana ili kujikwamua kiuchumi."

Hadi sasa vikundi 468 vyenye watu zaidi ya milioni tisa vimejengewa uwezo katika wilaya nne za mradi wa kuhamasisha uhifadhi wa mazingira kwa ajili ya kujijengeza kipato.

## U'shawahi kusikia kuhusu VICOBA?

Wengi wenu mtakuwa mnafahamu kuhusu VICOBA au aina nyingine za kuweka na kukopeshana, au sio? Si unajua kuna zile ambazo wazazi na walezi wakiwa wanaenda wanatuaga "Naenda kwenye VICOBA, angalia nyumba na wadogo zako," halafu siku ya 'kuvunja' linapatikana gawio nyumbani kunapendeza balaa. Hizo!

Sasa bwana, wakati VICOBA ikiendelea kufanya vizuri kwenye jamii wadau wa kutunza mazingira wakaja na jambo lingine zuri, ambalo linahamasisha uhifadhi huku ukijijengeza kipato.



## Sema COCOBA

**COCOA** - Ni Vikundi vya Kijamii vya Uhifadhi wa Mazingira vya kuweka na kukopa (Conservation Community Bank) ambavyo vinaratibiwa na JGI tangu mwaka 2018, kwa ajili ya kuhamasisha utunzaji wa mazingira katika wilaya mbili za Mkoa wa Kigoma, Uvinza na Kigoma, na mbili za Mkoa wa Katavi; Nsimbo na Tanganyika. Kama tumetaja kwenu piga makofi kidogo.

Lengo la kuanzisha COCOBA ni, kuhamasisha utunzaji wa mazingira na kilimo mseto, lakini pia kuelimisha wananchi kuacha shughuli zinazohusisha uharibifu wa mazingira kama vile ukataji miti, uchomaji mkaa na badala yake watumie rasilimali walizonazo za kuhifadhi mazingira kujiingiza kipato.

Sharti la kuwa mwanachama ni lazima kujihusisha na shughuli za utunzaji wa mazingira kama vile kilimo mseto na ukusanyaji wa uyoga kwenye misitu.

## Uanzishaji wa COCOBA unapaswa kuzingatia mambo yafuatayo:

- Kikundi lazima kiwe ni cha wahifadhi mazingira na taarifa ya kuanzisha kwake itolewe kwa uongozi wa Kijiji, na kufanyika mkutano.
- Afisa anayehusika na mazingira ataeleza kuhusu COCOBA, faida zake, zinavyofanya kazi, muundo wake na wanachama wake. Baadae watu watapelele nafasi ya kujiunga kwa hiyari.
- Wakishajiunga wataelekezwa sifa na kazi za viongozi watakaowachagua ambao watafundishwa kwa muda wa siku tatu jinsi ya kuendesha vikundi, uongozi, katiba, mikopo, utunzaji wa kumbukumbu na usajili wa vikundi.



## Siri ni kujituma

Neema Mabarage (35) anaishi Kijiji cha Kajeje, wilayani Katavi. Yeye ni mnufaika wa COCOBA tangu 2018. Halafu tena ni mchakarikaji haswa. Anajishughulisha na biashara ya uuzaji wa pembejeo, muuzaji wa bidhaa za matumizi ya nyumbani, mzalishaji wa mbegu za mihogo na kuongeza thamani ya unga wa mhogo kwa kutengeneza lishe. Hatujamaliza bado, vile vile Neema ni muuzaji wa uyoga, mfugaji wa nyuki na mwalimu wa COCOBA. Anasema, "nilihamasika kujiunga kwa sababu mimi ni mdau mkubwa wa utunzaji wa mazingira, hata kabla ya kupata fursa hii." Kutokana na shughuli zake za kujiingiza kipato kutoathiri uoto wa asili, alichaguliwa na wenzake ili awafundishe.

Kwa mbwembwe na bashasha anajitapa juu ya mafanikio yake, "Mpaka sasa nimewafikia wananchi 1500 kuwapatia elimu ya uanzishwaji wa COCOBA wilayani Nsimbo na wamebadili maisha yao na kuongeza jitihada za uhifadhi wa mazingira ambayo ndio habari ya mjini kwa sasa," anasema Neema. Biashara yake ya duka la pembejeo za kilimo aliyoianzisha mwaka 2019 ilitokana na fedha za COCOBA. "Tulipogawana fedha mzunguko wa kwanza nilipata shilingi 340,000, zikawa mtaji wangu wa duka, ambalo nina ndoto ya kulikuza hadi liwe kampuni kubwa." anafanua Neema.

"Utaratibu huu wa vikundi umenijengea uwezo wa kuwa jasiri wa kukopa na kurejesha kwa wakati, na pia nimepata uwezo wa kuwapa watu wengine elimu ya ujasiriamali kwa ajili ya kukuza biashara zao na kulinda mitaji".

## Fanya jambo

Kuna fursa nyingi ambazo zimejificha kwenye utunzaji na uhifadhi wa mazingira, na hakuna fursa ambayo itakufuata miguuni pako. Wakati mwingine huwa tunapata bahati ya kujifunza kwa waliotutangulia au hata kwa 'exposure' za kutembea huku na kule aidha katika uhalisia au hata kwa kusoma majarida kama la Fema na kujifunza vitu vipya. Usiishie tu kufahamu kuhusu COCOBA, chukua hatua.



## MCHEZA KWAO HUTUZWA

NA GRACE MWAKALINGA

Hebu fungua macho kidogo. Pata picha ya mkutano wa kijiji sehemu fulani nchini Tanzania. Watu nyomi wanasikiliza yanayojiri; maelezo, maelekezo, mijadala, maoni na wachekeshaji wanaochangia mada kwa kutoka nje ya mada. Kaa hapo hapo. Kwenye picha lako ongeza binti wa miaka 21 amesimama mbele ya umati huo akizungumza na wananchi wenzake juu ya jambo muhimu lenye manufaa kwa maisha yao. Wapo wanaomsikiliza, wapo wenye minong'ono, lakini mwisho wa siku ujumbe wake unafika, na anapigiwa makofi ya hongera na asante. Ulikuwa bado umefunga macho? Fungua sasa.

Kutana na Felister Joachim. Na hapo kijijini ni lsubangala, mitaa ya Mishamo mkoani Katavi. Mkutano wa leo sio mgumu sana kwake, amezungumza na wanakijiji wenzake kuhusu umuhimu na namna ya kutumia mbolea vunde. Wiki moja iliyopita alikuwa anafanya uelimishaji kama huu sehemu nyingine, na mada ya huko ilikuwa uzazi wa mpango; maswali kama yote! Hiyo ilikuwa kwenye kikundi cha COCOBA.

*"Ukiachana na niliyowaambia kuhusu uzazi wa mpango, mnaweza kupata elimu zaidi katika vituo vya Afya,"* akawaambia.

*"Asante sana Felister"* wakamjibu. Lakini alihisi kwamba kulikuwa na wenye madukuduku yao, akaona asimwache mtu hata mmoja gizani. Akatoa neno.

*"Kuweni huru kunifuata baadae kama mtu yeyote ana swali au anahitaji maelezo,"* halafu huyoo akasepa kuelekea nyumbani kwa Mama Dodi alipokuwa anasubiriwa akawape darasa kama familia kuhusu uzazi wa mpango.



## Safari yake

Mwaka 2019 Felister alipohitimu kidato cha nne, hakuyapenda matokeo yake. Daraja la nne lisingemwezesha kwenda kidato cha tano kama alivyotamani. Upande mwingine alifahamu fika uchumi wa familia ulikuwa chini, wasingeweza kumsomesha sehemu nyingine. Akabaki nyumbani kuendelea na shughuli za uzalishaji mali, ikiwemo kilimo, akishirikiana na wazazi wake. Yeye ni mzaliwa wa tano katika familia ya Mzee Joachim, yenye watoto tisa. Pamoja na hayo yote, alitamani sana kupata nafasi ya kufanya kazi na taasisi au mashirika ambayo yanatoa fursa kwenye kijiji chao, kwani ndoto yake haikuwa kuishia kidato cha nne bali ni kuendelea zaidi na masomo.

"Nilikuwa nimejaribu kuomba kazi zaidi ya mbili kwenye taasisi na mashirika yaliyotoa nafasi kijijini, nikakosa," anasema Felister. Mara paap, mwaka 2021 akaliona tangazo la fursa aliyotamani. Moyoni aliamini zamu hii itakuwa zamu yake. Lilikuwa tangazo kutoka shirika la Jane Goodall Institute kwa kushirikiana na Pathfinder International, katika mradi wa uhifadhi wa Maliasili Magharibi mwa Tanzania, yaani Landscape Conservation in Western Tanzania (LCWT) na masuala ya uzazi wa mpango. Walikuwa wakihitaji watu wa kujitolea kwa ajili ya kutoa huduma na elimu ya afya ya uzazi wa mpango kwa wilaya ya Tanganyika na Nsimbo, mkoani Katavi.

"Vigezo na masharti vilihitaji mtu yeyote mwenye umri kuanzia miaka 18 na kuendelea, awe anajua kusoma na kuandika. Kiwango cha elimu hakikuwekwa," anasema Felister na kuongeza. "Niliandika barua na kuipeleka ofisi ya kijiji kama walivyoelekeza."

## Brrrrr.....brrrrrrr....

Simu ya Felister iliita, alipopokea akapewa taarifa ya kuchaguliwa kushirika mafunzo ya Uzazi wa Mpango. Ukawa mwanzo wa safari mpya kwake. *"Washiriki wengine walikuwa watu wazima ukilinganisha na mimi. Ilinipa wasiwasi kama kweli nitamudu,"* lakini alikaza roho akamaliza vizuri kabisa. Alirudi kijijini kwao kuanza kazi.

Hivi sasa Felister ni mmoja wa Wahudumu Afya Ngazi ya Jamii (CHWs), na mshirika wa JGI chini ya mradi wa LCWT. Anatumia mikutano ya kijiji kujenga uelewa katika teknolojia ya kutengeneza mboji, uhifadhi wa misitu na upangaji uzazi.

Anasema, *"uzazi wa mpango unasaidia utunzaji na uhifadhi wa rasimali misitu kwani hakutakuwa na idadi kubwa ya watu katika familia ambayo itaharibu mazingira; badala yake watahifadhi kwa ajili ya shughuli rafiki zinazotunza mazingira."*

Anatamani kuongeza ujuzi katika masuala ya afya, na anaamini siku moja atapata fedha za kumfikisha kwenye hiyo ndoto yake. Anafurahia baadhi ya mafanikio kupitia mradi huo kwamba amewafikia watu wengi na kuwapa elimu, lakini pia amechaguliwa kuwa mjumbe wa kamati ya Afya ngazi ya kijiji.

CHUKUA

HATUA

Watafute watu kama Felister katika jamii mnayoishi, au watoa huduma kwenye vituo vya Afya, muombe nafasi ya kuwatembelea ili muulize maswali.



KUMBUKA

Uzazi wa mpango unasaidia utunzaji na uhifadhi wa rasilimali misitu na maliasili nyingine.

## TIRIRIKA

Utafanya nini ili uweze kuhakikisha kijana mwenzako anapata elimu ya afya uazazi katika sehemu sahihi?



CHRISTIAN MICHAEL  
KIGOMA GRAND SECONDARY SCHOOL

Nitamshauri kijana mwenzangu kwakutumia mifano ya mafanikio ya watu waliopata elimu hio na imeweza kuwasaidiaje



MALIMA LUCAS  
KIGOMA GRAND SECONDARY SCHOOL

Kwanza kabisa nitamshauri kutokana na madhara yake ambayo atapata endapo hatopata elimu hiyo. Mfano kupata mimba za utotoni



CHARLES TUNGU MJANASA  
KIGOMA SECONDARY SCHOOL

Nitamuelezea umuhimu wakupata elimu ya afya ya uzazi ikiwemo kutambua afya yake na kujikinga na maabukizi ya virusi vya ukimwi

## SERVING YOUR COMMUNITY PAYS

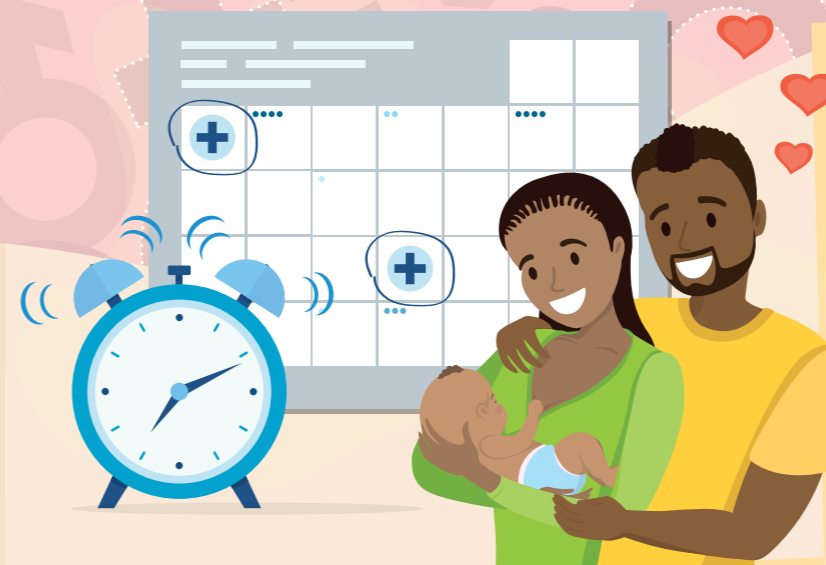
Close your eyes. Imagine a scene of a village meeting somewhere in Tanzania. People listening to what is happening; information, instructions, discussions, comments and jokers commenting off points. Stay right there. Now add a 21-year-old girl into your imagination, standing in front of the crowd, talking to her fellow citizens about something important to them all and their lives. Some are listening to her, but whispers can also be heard, however, her message get through, nevertheless, and she is applauded with congratulations and gratitudes. Still have your eyes closed? You can open them now.

Meet Felister Joachim. That village is Isubangala, Mishamo area, in Katavi region. Today's meeting is not too difficult for her, she is talking to fellow villagers about the importance of making and applying compost. A week ago she was delivering this kind of education in another place, but the topic was family planning; lots of questions! The group was different too, it was at her Community Conservation Banking (COCOBA) group meeting.

*"Apart from what I told you about family planning today, you can get more education at health centers,"* she told them.

*"Thank you very much Felister"* they replied. But she felt that some were silently keeping questions, and she didn't want to leave anyone in the dark. She had to say something.

*"If any of you has a question or needs further explanation, feel free to come talk to me later,"* then off she went to go to Mama Dodi's house where she was scheduled to deliver family planning education to the family.



## Brrrrr....brrrrrr....

Felister's phone rang, when she picked it up she was informed that she had been selected to participate in Family Planning training. It was the beginning of a new journey for her. "The other participants were much older than me. That made me doubt my ability," but she persevered and did well. She then returned to her village and got to work.

Felister is currently one of the Community Health Workers (CHWs), under Pathfinder International and a JGI partner, in the LCWT project. She uses village meetings to create awareness on composting technology, forest conservation and family planning.

She says, *"family planning helps in conservation of forest resources because, there won't be large families that can overwhelm the environment; instead they will conserve for friendly activities that protect the environment."*

She wishes to expand her knowledge in health related matters, and believes that one day she will get the money to support that dream. She is proud of successes she has achieved through the project, that she has reached a lot of people with education, and that she been elected as a member of the Health Committee at the village level.

## Her journey

In 2019, when Felister completed secondary school, she was not happy about her results. The fourth division score would not get her a place in form five as she had wished. She also knew that her family was not economically able to give her further education. She engaged in production activities including agriculture, working with her parents. She is the fifth born in Mzee Joachim's family of nine children. Despite all that, she really wanted to get a chance to work with institutions or organizations that can provide opportunities in her village, because it was not in her dream to accept a form four ceiling, she wanted to study further.

*"I had tried to apply for more than two jobs at institutions and organizations that offered opportunities in the village, I wasn't successful,"* says Felister. Then one day in 2021, she saw this advertisement that she believed would finally give her the opportunity she was looking for. She believed this time it was her turn.

It was an announcement from the Jane Goodall Institute in collaboration with Pathfinder International, for the Landscape Conservation in Western Tanzania (LCWT) and family planning issues. They were looking for volunteers to deliver services and health education on family planning in Tanganyika and Nsimbo districts, Katavi region.

*"The qualifications were just that one had to be aged 18 and above, able to read and write. The level of education was not one of the criteria,"* says Felister. "I wrote the application letter and sent it to the village office as they instructed."

## TAKE ACTION

Find people like Felister in your community, or health care workers at health facilities, ask for a chance to visit them to ask questions.



### Remember:

Family planning in conservation of forest resources and other natural resources.





## Wanyama na uzazi wa mpango!

Naam.....wacha tukujuze! Sokwe huzaa mtoto kila baada ya miaka 5-6 na humnyonyesha kwa miaka mitatu mfululizo bila kumpa chakula kingine.

Tembo pia hukaa miaka 2.5 hadi 4 ndipo azae mtoto mwengine.

## Amini kwamba...

Vipepeo huonja ladha kwa miguu yao.

## Desa hili hapa!

Zaidi ya asilimia ishirini (20) ya usambazaji wa Oksijeni duniani huzalishwa na msitu wa Amazon.

## Desa hili hapa!

- Sokwe ni mmoja wa wanyama wenye akili zaidi duniani.
- Kuku huota ndoto.
- Kuna aina zaidi ya 70 za paka.
- Siafu anaweza shona kidonda.
- Mnazi huishi hadi miaka 100 na mbuyu miaka 5000.
- Twiga hubeba mimba kwa miezi 15.
- Mbuni wana macho makubwa kuliko ubongo wao.
- Mwaka mmoja wa paka ni sawa na miaka 15 kwa binadamu.



## Beekeeping Training Institute

Hiki ni chuo cha Serikali kilichopo Tabora, kinatoa mafunzo ya ufugaji wa nyuki kwa ngazi ya Cheti na Astashahada. Miaka yako miwili tu unajiri! Nondo si zipo?

## Unaweza kuamini?

Tembo wanaogopa nyuki, baadhi ya vijiji hutumia nyuki kama uzio kujikinga nao.

## Hivi unajua?

Alama za pua za mbwa zinatofautiana! Yaani ni kama alama za vidole za binadamu zinavyotofautiana.

## Kitulo hii hii!

Ni Hifadhi ya Taifa iliyopo katika mikoa ya Mbeya na Njombe, inayotunza mimea yake hususani maua asili. Unaambiwa kuna aina 350 za maua, halafu sasa, aina 40 kati ya hizo zinapatikana Kitulo pekee!

## He! Kumbe!

Kama ilivyo kwa binadamu, mzunguko wa hedhi wa chimpamzee hutofautiana toka mmoja hadi mwingine; wapo wanaopata kila baada ya siku 28, lakini pia wapo wa mzunguko unaoweza kufika siku 45.

## Fahamu

Kuna Sokwe takriban 2500-2600 Tanzania. 90 Gombe, 600-700 Mahale, na wengine katika misitu ya Masito na Tongwe

## Tarehe 20 Mei

Ni maadhimisho ya siku ya Nyuki Duniani. Hii ni kwasababu, Anton Jansa, mwanzilishi wa ufugaji nyuki alizaliwa tarehe kama hii mwaka 1734. Madhumuni ya maadhimisho haya kimataifa ikiwa ni kutambua umuhimu na nafasi ya nyuki na wachavushaji wengine katika mfumo wa ikolojia. Wanachama wa Umoja wa Mataifa uliidhinisha pendekezo la Anton na kutangaza tarehe 20 Mei kama Siku ya Nyuki Duniani mnamo Desemba 2017.

## Tofauti ya sokwe, gorilla na nyani.

Ukubwa, mkia, rangi za miili yao na urukaji wa kwenye mti.



Gorilla



Sokwe



Nyani



**TULISHINDA!  
TUNAENDELEA  
KUSHINDA!**

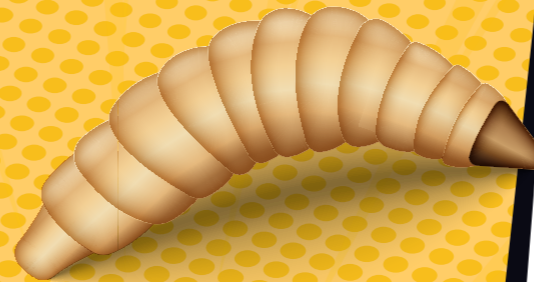
**WE WON!  
STILL WINNING!**

Niliruka ruka kwa furaha na kuwakumbatia wenzangu! Ilikuwa kweli imetokea! Sikuweza kuzuia machozi ya furaha kuchuruzika mashavuni mwangu! Tulikuwa tumeshinda Tuzo ya Wanafunzi Wajasiriamali Duniani chini ya "Together We Grow Awards" tukijinyakulia kitita cha dola za Kimarekani 1,000 (sawa na TShs 2,300,000), na nafasi ya kushiriki mashindano mengine Kimataifa. Ishu ni kwamba: sisi ndio tulikuwa washiriki pekee kutoka Tanzania na tukaenda hadi fainali, tukajinyakulia pia kitita kingine cha dola za Kimarekani 3,500 (sawa na TShs 8,050,000)!

Jina langu ni Nusra Mfikilwa, ni mjasiriamali. Nilihitemu Chuo Kikuu cha Dar es Salaam mwaka 2021 nikapata shahada ya awali ya Sayansi Akua na Uvuvi. Nina umri wa miaka 25, ninaishi Buza, Dar es Salaam. Mimi na rafiki zangu tulijitosa kutekeleza wazo la ndoto yetu, na unajua nini, hatujakwama, mambo ni murua! Hiki ndicho kilichotokea...

I jumped up and down and hugged my teammates in excitement! It was happening for real! I couldn't stop the tears of joy flowing down my cheeks. We had won the Global Student Entrepreneur Award under 'Together We Grow Award's with USD 1,000 (2,300,000 Tsh) and a card to compete Globally. Get this: we were the only Tanzanian team there and we made it to the finals and took an extra USD 3,500 dollars (8,050,000 tsh)!

I'm Nusra Mfikilwa, I am an entrepreneur. I just graduated in 2021 from the University of Dar es Salaam with a degree in Aquatic Sciences and Fisheries. I am 25, living in Buza, Dar es Salaam. My friends and I ventured into this dream idea of ours, and guess what, so far so great! Here is what happened.



## Tulifikaje hapa?

Ilikuwa mwaka 2021, nilipokuwa mwanafunzi wa mwaka wa tatu. Mwanafunzi mwenzangu, Arnold Shoko, alikuja na wazo zuri la kuanzisha Samaki Farms, shamba ambalo lingezalisha funza weusi kwa ajili ya biashara. Niliunga mkono wazo lake mara moja, wanafunzi wenzetu watano kutoka programu yetu wakajiunga nasi. Tulipanga na kuweka mikakati, na kwa namna hiyo, nikawa mwanzilishi mwenza wa kampuni hii adimu, na safari ikaanza...

## How did we get here?

It goes all the way back to 2021, when I was a third year student. My colleague, Arnold Shoko, came up with the brilliant idea of starting Samaki Farms, a farm that would breed black soldier flies' larvae (aka Funza) for business. I immediately bought into his idea, five more classmates from the same program joined us. We planned and strategised, and just like that, I became a co-founder of this rare enterprise, and the journey began...

## Funza?

Ndiyo, funza. Ishu ni kwamba, funza, au larvae kwa Kiingereza, ni chakula kwa kuku, samaki, nguruwe na hata binadamu. Ndiyo, binadamu! Na hawa funza wana kiwango kikubwa cha protini zaidi ya maziwa na maharage ya soya. Inashangaza ee? Tukiwa na hilo akilini, Samaki Farms ilianzishwa ili kuleta suluhisho la ukosefu wa chakula cha mifugo chenye lishe ambacho ni cha bei nafuu. Kutatua tatizo ndio njia rahisi ya kufanikiwa katika biashara, na ndivyo tulivyofanya - TULITATUA tatizo!

## Larvae?

Yes, larvae. The thing is funza or larvae in English, are food for chicken, fish, pigs and even humans. Yes, humans! And these larvae have more protein than milk and soybeans. Amazing, right? With that in our minds, Samaki Farms was established to provide a solution to lack of affordable nutritious animal feed. Solving a problem is the easiest way to make a business a success, and that is what we did - SOLVED a problem!





## Jinsi tunavyofanya

Tunakusanya mabaki ya chakula kutoka kwenye masoko, tunayaleta kwenye kituo chetu, tunachanganya vizuri na kuyaweka katika chumba maalum ambapo yanaweza kuoza. Kwa kawaida tunakuwa na mtu ambaye amewazoea watu sokoni, anatusaidia kukusanya mabaki, hii inafanya iwe rahisi kufanikisha zoezi hilo, huduma hiyo huwa tunailipa Tsh 2,000. Baada ya mabaki ya chakula kuoza, mchakato unaanza.

## Mchakato wa kuzalisha funza:

1. Pata mayai kutoka chanzo kinachoaminika.
2. Weka mabaki ya chakula kwa ajili ya uzalishaji kwenye chombo na hakikisha kuna unyevu wa kutosha lakini chapachapa.
3. Sambaza mayai vizuri kwenye mabaki yako ya chakula.
4. Funika chombo na ukiweke mahala joto la wastani na giza.
5. Subiri mayai yaanguye funza ambao wataanza kula mabaki ya chakula.
6. Hakikisha funza wana chakula na unyevu wa kutosha, ongeza chakula pale kinapohitajika.
7. Wakishakua, funza watajitenga na kutafuta mahala pakavu ili kujitengenezea vifukufuko.
8. Subiri pupa wabadilike na kuwa nzi weusi waruke na kuzaliana.
9. Nzi wakubwa watazaa mayai zaidi kwenye mabaki ya chakula, na mzunguko unaanza tena.

## How we do it

We collect food waste from marketplaces, bring it to our base, mix it properly and keep it in a special room where it can rot. Normally, we have a person who is used to the people in the market, who helps us go around, it makes it easy to collect the food waste, and we pay Tsh 2,000 for the service. After the food waste rots, the process begins.

## The breeding process:

1. Get eggs from a trusted source.
2. Put a suitable breeding material in a container and make sure it is damp, but not too wet.
3. Spread the black soldier fly eggs evenly on the material.
4. Cover the container and put it in a warm and dark place.
5. Wait for the eggs to hatch into larvae that will feed on the material.
6. Ensure the larvae have enough food and moisture, and add fresh material as needed.
7. When mature, the larvae will leave the material and go to a dry place to pupate.
8. Wait for the pupae to transform into adult black soldier flies and mate.
9. The adult flies will lay more eggs on the material, and the cycle starts again.

## Pesa!

Tunauza funza kwa bei ya shilingi 2,500 kwa kilo. Wakati mzuri zaidi wa kuuza ni wakati ambao funza bado ni weupe, na hapo ni kati ya siku 10-14 tangu mayai kuanguliwa. Wakiendelea kukaa kwa zaidi ya wiki mbili, wanabadilika na kuwa weusi na muda si mrefu kuanzia hapo wanabadilika kuwa nzi weusi. Halafu kwa wastani wanakufa siku 28. Wale wanaofikia hatua ya nzi huwa tunawaacha wazaliane kwa kutaga mayai na hivyo tunakuwa hatuna haja ya kugharamia mayai mapya, inaokoa pesa. Mwaka jana, tulipata zaidi ya milioni 10 kutokana na tuzo na mauzo, tulitisha sana! Sasa hivi tunataka kupanua na kuboresha mchakato wetu. Tunatumia faida zetu kukuza biashara na wakati mwingine tunaweka pesa zetu wenyewe. Biashara bado ni changa lakini timu ina nia ya kuipeleka kwenye kiwango cha juu kabisa.

Arnold Shoko, mwanzilishi mwenzangu, ndiye Afisa Mtendaji Mkuu. Mimi ni Meneja Mauzo na Masoko! Washirika wetu wengine nao wana nafasi maalum kwa kila mmoja. Ni timu nzuri.

## Tumejenga eneo letu la uzalishaji

Ndiyo! Baada ya kupata fedha za zawadi kutoka kwenye tuzo, tulikodi eneo la ardhi mitaa ya Mbopo, hapa hapa Dar na tukajenga eneo letu la kwanza la uzalishaji na ofisi. Kabla ya hapo, uzalishaji wetu ulikuwa ukifanyika chuoni tulipokuwa tunasoma - tuliomba nafasi na chuo kilitupatia. Yaani siwezi kuelezea furaha tuliyonayo kwamba sasa tuna sehemu yetu wenyewe! Ndiyo, bado hatujafikia lengo letu, siyo rahisi, lakini tutafanikiwa!

## Money!

Well, we sell the larvae for Tsh 2,500 per kilogram. The best time to sell is when they are still white, and that is like from day 10-14 since hatching. If they stay around for more than two weeks, they turn black and soon become flies. Then they die like on the 28th day on average. Those that grow to the fly stage we let them mate and lay eggs so we don't have to buy new eggs, that's a saving. Last year, we made over 10 million from prizes and sales, we killed it! Right now, we're all about expanding and improving our processes. We're using our profits to grow and sometimes put in our own cash, the business is still young, but the team is determined to take it to the highest heights.

Arnold Shoko, my fellow co-founder, is our Chief Executive Officer. I am the Sales and Marketing Manager! Our other colleagues also have specific roles. It's a great team.

## We built our own production site.

Oh, yes. After getting the prize money from the awards we rented a piece of land at Mbopo, here in Dar, and built our very first production site and office. Before that, our production was based at our university - we asked to use a space there and they let us. I can't explain how excited we are that we have our own base! Yes, we aren't there yet, it's not easy, but we will make it!

CHUKUA

Hebu tulijadili hili; ni kwa namna gani mnaamini Nusra, Arnold na wenzao wamekuwa na mchango katika kutunza na kulinda mazingira?

HATUA

TAKE

ACTION

Let's discuss this; in what way do you believe Nusra, Arnold and their friends have played a role in conserving the environment?



# Kitaeleweka tu!

NA SUMAIYA KARIM

"Hahaha! Hu hu huuu! Hi hiii!"

Shule nzima iliangua kicheko pale Alex, mmoja wa wanafunzi wa kidato cha nne katika shule ya Sekondari Songombingo alipoganda, macho yakamtoka pima, wasiwasi ukaonekana hadi kwenye viganja vyake ambavyo alivuunganisha bila kuviunganisha! Wasiwasi! Mbele ya kadamnasi, akasahau alitaka kusema nini. Lahaula! Ukizingatia ni wakati wa assembly, kila mtu alikuwepo. Iliwahi kumtokea darasani, akaganda, lakini zamu hii ilikuwa kali haswaa.

"Hayaa, wewe unayecheka pita mbele uongee wewe," alisema Mrs. Michael, mwalimu wa zamu. Ghafila kimya kikatawala, utadhani hapakuwa na mtu. Nani aende? Kutoa prizenteshen darasani tu jau, sembuse PAREDI! Wakakausha kimyaaaaa.

## BAADAE DARASANI

"Usijali, kaka" alisema mmoja.

"Una bahati uliambua hata sentensi mbili. Kama ningekuwa mimi, ningeshia kwenye salamu tu. Hahahaha," akaongezea.

Aisee, kama mimi, naonaga miyeyusho kwenda staff kuuliza maswali sijui kupeleka madaftari," aliongeza mwingine.

"Nakuelewa, yaani mimi ni bora niwaulize wanafunzi wenzangu au nivunge tu potelea pote," alisema wa tatu.

"Mmesahau ile unaenda shule mpya, kila kitu unaona giza yanii, hujui unanzaje kuuliza na kuongea na watu.

Si mnakumbuka nilivopataga tabu nilivohamia," aliingilia mwingine.

"Enhee, angalia Mage na Editha kwa mfano, wangeweza tu kulizungumza tatizo lao, lakini bado wanapigana," akaongea tena yule wa pili. "Kuzungumza ni ishuru nyie, sio mchezo!"

## MUDA WA MAPUMZIKO!

Wakati Alex anatembea nyatu nyatu kurudi darasani, akakutana na Bitulo, msichana anayesoma naye darasa moja. Bitulo ni mzungumzaji mzuri, na shule nzima inamtegemea kwenye mashindano ya debate.

"Alex, nataka kukwambia kitu," alisema Bitulo. "Mm mmh, niambie," alijibu Alex.

"Naweza kufundisha ili uwe mahiri kuzungumza, kama utapenda..." alisema Bitulo huku akitabasamu.

"Kweli? Mi naona nitakupotezea muda," akajibu Alex.

"Usijali, nitafurahi ukiweza. Haitakuwa rahisi, inahitaji nidhamu na kujituma, ila utaweza," alijibu Bitulo. "Unajua nini Alex, wakati mwingine tunakosea kwasababu tunaogopa kukosea. Daah, kuongea mbele za watu raha sana."

"Asante Bitulo" alijibu Alex kwa wasiwasi.

## HIVI NDIYO WALIVYOFANYA...

- Bitulo alianza kwa kumpa Alex zoezi la kutoogopa umati. Akawaomba marafiki waje kumsikiliza akiongea, na baadae wakaongezeka wanafunzi wa madarasa mengine. Akamwambia asiogope kwa kuwa hawa nao ni watu na wao pia hukosea. Alex akajaribu mara kadhaa, akagundua kwamba mazoezi na kujiandaa vinasaidia kutengeneza mtiririko mzuri.
- Kisha, Bitulo alimfundisha Alex jinsi ya kuzungumza kwa uwazi na kwa ujasiri. Akamshauri afanye mazoezi ya kuzungumza mbele ya kioo huku akijitathmini, na kuzungumza taratibu ili apate muda wa kufikiria maneno yake yanayofuata. Akafanya. Akapata ujasiri zaidi na kujihisi huru zaidi anapozungumza mbele ya hadhira.
- Baada ya hapo akamfundisha umuhimu wa kusikiliza kwa makini; Kwamba unahitaji kusikiliza kwa makini wakati mtu mwingine anaongea, kuuliza maswali na kumuangalia mtu wakati unapooonea. Alex alifanya mazoezi aliyoelekezwa na akagundua kwamba ilimsaidia kuelewa zaidi na kuwa karibu na wengine.
- Bitulo pia alimsaidia Alex kuelewa umuhimu wa kuelewa hisia za wengine. Akamshauri ajiweke kwenye nafasi ya watu wengine, aelewe hisia zao na mitazamo yao. Alex akajifunza kuheshimu mitazamo ya wengine na kuelewa hisia zao, ambayo pia ilimsaidia kujenga mahusiano mazuri zaidi na wenzake na familia yake pia.
- Baada ya hapo, Bitulo alimshauri pia Alex kufanya mazoezi ya kuheshimu wengine wanapokuwa wanazungumza. Alex alijaribu kuepuka kumkatiza mtu wakati anaongea. Akagundua kwamba hata wengine wameanza kufanya hivyo hivyo kwake.
- Kisha zoezi likahamia kwenye lugha ya mwili. Akamweleza umuhimu wa kumwagalia mtu unayeongea naye, kutumia ishara chanya zinazoashiria uko makini kwenye mazungumzo, na si zile hasi kama vile kujikunyata au kung'ata kucha, ambazo zinaashiria woga au wasiwasi. Alex alijaribu hayo yote akagundua kwamba amesogea sana.

Baada ya miezi kadhaa wanafunzi wengine nao wakaanza kumfuata Bitulo awasaidie, naye hakuwa na hiyana. Siku moja aliingia darasana akakuta ubaoni kumeandikwa "Bitulo ajengewe sanamu..." Akacheke kwa furaha.

**Hebu tufanye zoezi kidogo; je hapo tulipo wapo kina Bitulo? Na kina Alex wanakubali kusaidiwa?**



## Ndoto hutimia



### NA AMABILIS BATAMULA

Darubini, daftari dogo na mapenzi yake makubwa kwa wanyama wa porini, ndivyo vitu vikubwa zaidi ambavyo alivibeba msichana mdogo wa miaka 26 alipojitosa katika msitu magharibi mwa Tanzania. Ilikuwa mwezi Julai wa mwaka 1960. Leo hii, miaka zaidi ya 60 baadae, kwa kupitia ujasiri, uthubutu na nia yake ya dhati, ulimwengu umejifunza mengi kuhusu uhusiano wetu binadamu na wanyama hasa, sokwe mtu, hawa jamaa zetu wa karibu kabisa. Aliingia msituni Gombe, akawa karibu kabisa na wanyama hawa, hata akawapa na majina, akajua kwamba wanashabihiana nasi kwa mengi. Wakati huo Gombe ilikuwa sehemu ya msitu mkubwa uliotandaa hadi Equatorial Guinea.

Hivi sasa amekula miaka yake mingi, lakini pia kwa kupitia tafiti nyingi alizozifanya au kuziwezesha, ameshiba haswaa na kuboea katika mengi yanayohusu sokwe, mazingira na mama dunia ambaye ndiyo makazi pekee tuliyonayo. Ametuonesha umuhimu na dharura ya kuwalinda sokwe mtu wasitoweke, amefanua upya uhifadhi ili kuzingatia mahitaji ya wanyama na binadamu wanaoishi maeneo ya jirani, na ameanzisha afua kibao zinazotusaidia kumlinda mama dunia na viumbe vyake. Binti aliyetoka kwenye familia

ya kawaida nchini Uingereza, aliongozwa na mapenzi yake kwa wanyama na shauku yake ya kutaka kuelewa mambo. Changanya humo hamasa ya mama yake ambaye daima alimtia moyo pale wengi walipomwambia anawaza mambo makubwa ambayo hatayaweza.

Leo hii anasafiri ulimwenguni kote, akizungumza juu ya vitisho vinavyomkabili sokwe na migogoro ya mazingira, akihimiza kila mmoja wetu kuchukua hatua kwa niaba ya viumbe vyote vilivyo hai. Anaitwa Dr. Jane Goodall, mwanzilishi wa Taasisi ya Jane Goodall. Mshindi wa tuzo kibao duniani. Tulipopata nafasi ya kumuuliza swali moja kwa niaba ya vijana wote, tulimuuliza hili hapa:

Je, ni stadi gani za maisha ambazo vijana wanaweza kujifunza kutoka katika maisha yako, hususan swala la uhifadhi.

Katika majibu yake aliliboresha swali, akaliongezea kilo; akaeleza mambo mengi ambayo kwa ujumla wake yanamhamasisha kijana kuweka nia thabiti katika jambo lenye manufaa na ndoto anayotaka kuifanikisha. Haya hapa ni baadhi:



- Ikiwa aina ya kazi wanayotaka kuitumia kutunza mazingira haitapatikana haraka hawapaswi kukata tamaa. Unaweza kusaidia juhudi za uhifadhi kupitia chochote unachofanya maishani. Fikiria, wewe binafsi unafanya nini katika kutunza au kuharibu mazingira, fanya maamuzi yenye tija katika kulinda mazingira; unanunua nini, unahusiana vipi na watu wengine, wanyama na mazingira? Changia juhudi za uhifadhi, toa elimu kwa ambao hawana, yapo mengi.

- Wanaweza kujifunza kuwa kila kitu kimeunganishwa na kila kitu. Kwamba huwezi kuhifadhi eneo ikiwa watu wanaoishi huko ni maskini sana. Kupunguza umaskini ni muhimu sana, na wenyeji wanahitaji kushirikishwa katika juhudi za uhifadhi.

- Lazima wawe na subira ikiwa wanataka kuwachunguza wanyama. Na ni ngumu kufanya kazi nzuri ya uhifadhi ikiwa haelewi tabia za wanyama, anuwai zao na mwingiliano kati ya vikundi vyao.

- Hawapaswi kukata tamaa, hata wanapokabiliwa na matatizo makubwa, kama ilivyokuwa wakati wanafunzi wangu wanne walipotekwa, halafu ufadhili wa utafiti wa Gombe ukaondolewa. Ni kwa bidii tu ndipo nilifanikiwa kutafuta fedha za kuendeleza kazi.

- Njia bora ya kubadilisha mawazo ya mtu si kwa kubishana au kumnyooshea kidole, bali kwa kusimulia hadithi zinazogusa moyo. Kwa kusikiliza kwa makini ukajiuliza, KWA NINI huyu anahisi jinsi anavyohisi. Wanaweza kujifunza jambo ambalo hawakuwahi kufikiria, na huenda hilo likabadili jinsi wanavyozungumza na watu.

- Wanaweza kujifunza kwamba katika mahusiano na wengine kuna muda na hali mnaweza mkakubali kuafikiana hata kama hamkubaliani na kila kitu - lakini kamwe hupaswi kuathiri maadili yako. Ni muhimu pia kuzungumza na watu wenye mtazamo tofauti na wa kwako, na kufanya majadiliano.

- Wanaweza kujifunza umuhimu wa huruma, kujali, heshima kwa kila mmoja, kwa wanyama na kwa mazingira.

- Wanaweza kujifunza kwamba msaada unaweza kutoka kwa vyanzo ambavyo hawakuvitarajia.

- Wanaweza kujifunza kuhoji wanachokiona - niliambiwa, huko Cambridge, kwamba sokwe nilipaswa kuwapa namba, sio majina, na kwamba sikupaswa kusema wana haiba, akili au hisia, kwani hizo zilikuwa za kipekee kwa wanadamu. Wanafunzi wanaweza kujifunza, ikiwa hawajui tayari, kwamba sisi sio viumbe pekee wenye hisia hapa duniani, na hata sisi sayansi inatutambua kama wanyama.

- Wanaweza pia kujifunza kwamba ikiwa wangependa kusaidia kuhifadhi maliasili zetu zinazotishiwa, wapendeleo kula lishe inayotokana na mimea

Haya sasa, tufanye kuorodhesha, ni stadi gani za maisha tumevuna hapo? Ama kweli penye nia pana njia.





# STUDY TOUR

WANAFUNZI WANAPENDEKEZA KWA MWALIMU WAO WAENDE KUJIFUNZA ZAIDI KWA VITENDO KATIKA HIFADHI YA MSITU WA KITWE. WANAFUATA UTARATIBU WA KUOMBA KIBALI KWA MKUU WA SHULE NA KUUTAARIFU UONGOZI WA KITWE NA KUKARIBISHWA - JE, STUDY TOUR HII NI MUHIMU SANA KWAO KUJIFUNZA AMA NI SEHEMU TU YA KU REFRESH MIND? TWENDE NAO PAMOJA...

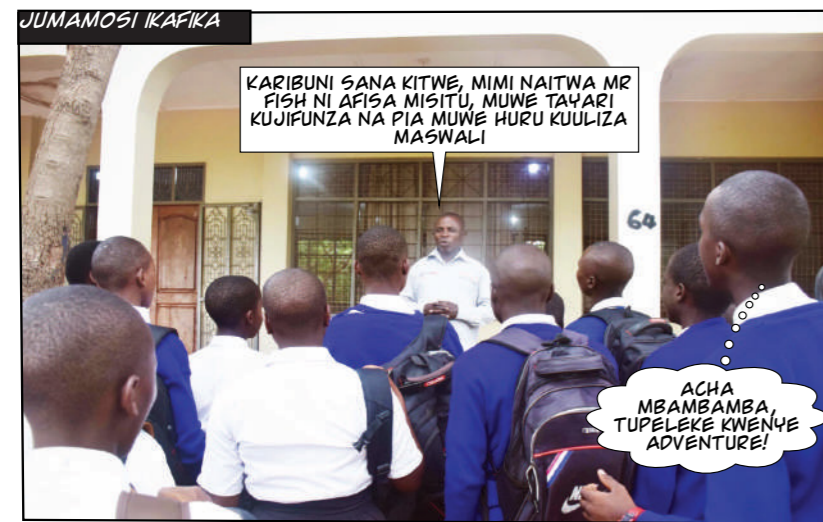


SHULENI

TUMEPATA KIBALI NA SASA ILE STUDY TOUR YETU ITAKUWA NI JUMAMOSI YA WIKI HII KAMA TULIVYOPANGA

WEWEEEE! HAIKATAI HAIKATOX!

...NA KILA MMOJA AJE NA SARE YA SHULE.



JUMAMOSI IKAFIKA

KARIBUNI SANA KITWE, MIMI NAITWA MR FISH NI AFISA MISITU, MUWE TAYARI KUJIFUNZA NA PIA MUWE HURU KUULIZA MASWALI

ACHA MBAMBAMBA TUPELEKE KWENYE ADVENTURE!



SASA NI KWAMBA, HUKU HAMRUHUSIWI KUCHAFUA MAZINGIRA, KUPIGA KELELE WALA KUWAPA WANYAMA CHAKULA!

ENEO LA HIFADHI YA MSITU WA KITWE  
TARIFA MUMBU  
ENEO LA MSITU WA KITWE NI ENETA 80-78  
MOTO WA MSITU WA KITWE NI MICHOGI  
WANYAMA PORA-PONDAMILLA, TUMBU, KONDONGO NI ENETA  
MISUHU, MIMBA, MANDARA, PORA, WADU, NANGI, MIBAMBA  
TANZI, NA SIKORISHA MATAJI YA ASILI  
HUSIWA MOTO "USICHUNGIE MIFUGO"  
HUSIWA MOTO "TUSHIRIKIANE KUTUNZA MAZINGIRA"

KUMBUKENI KUWA TUNATUNZA MAZINGIRA ILE MAZINGIRA YETU YATUTUNZE PIA NA SISI HAPA NI MFANO



NAONA MMEJIANDAA HASWAA NA MASWALI YAMESHAANZA ENHE!

HUU NI MSITU WA ASILI AU WA KUPANDA?



HUU MWANZO ULIKUWA NI MSITU WA ASILI, BAADA YA UKATAJI MITI, TUKAPANDA MINGINE KUFIDIA NA SASA NI WA ASILI KWA ASILIMIA MIA



OYA, CHEKI MTI ULIVYONYOOKA! HUNAFAA SANA KWA MBAO HUU, NGOJA NIANZE NA KUANGALIA NA CHOCHO ZA KUIINGIA HUMU MSITUNI KAMA VIPI BAADAE NIURUDIE NA MA BRO!

MTI PESA HUU! SIO WA KUULAZIA DAMU



ACHA TAMAA WEWE HII NI HIFADHI, UKITAKA KAMA HUU NA WEWE KAPANDE KWENU

MHN?

HUU NAE KATOKEA WAPI?



AAAH! ACHANA NA MIMI WEWE, HUU MSITU UNAKUHUSU?

NDIO UNANIHUSU! HATA WEWE PIA UNAKUHUSU NDIO MAANA TUMEKUJA KUJIFUNZA



MM H! ANAFANYA NINI?

NSHACHOKA KUBEBA HII CHUPA WACHA NIITUPE TU



ASHA! UME SAHAU MAELEKEZO YA KUTOTUPA TAKA MSITUNI?

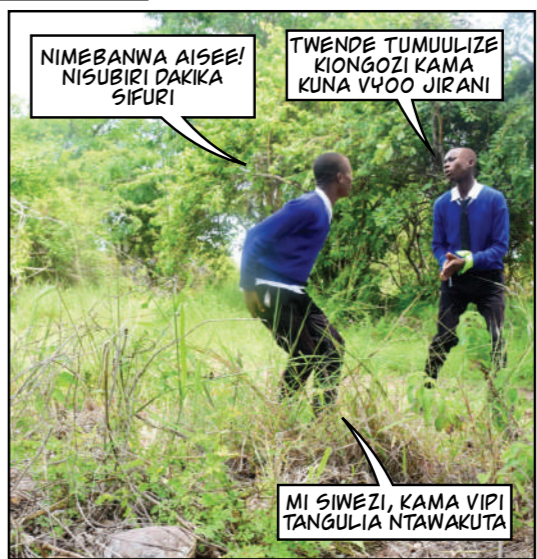
AAH! WE NAWA CHUPA MOJA TU? KAMA IMEKUKERA WE IOKOTE!



WENGINE NAO

OYA HEBU TUWAACHE WATUTANGULIE KIDOGO

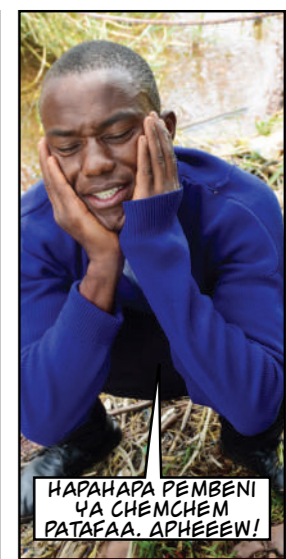
NYAKAMWE KUNANI TENA?



NIMEBANWA AISEE! NISUBIRI DAKIKA SIFURI!

TWENDE TUMULIZE KIONGOZI KAMA KUNA VYOO JIRANI!

MI SIWEZI, KAMA VIPI TANGULIA NTAWAKUTA



HAPAHAPA PEMBENI YA CHEMCHEM PATAFAA. APHEEEW!



HIKI NI KITALU CHETU CHA MICHE YA MITI MBALI MBALI IPATIKANAYO HUMU MSITUNI. LEO MITAJIFUNZA NAMNA YA KUANDAA KITALU



SAFARI IKAENDELEA

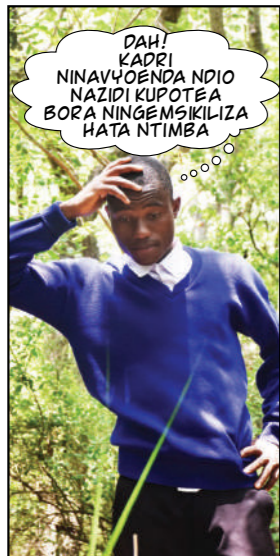


NYAKAMWE ANAWATAFUTA WENZAKE

WAMEENDA HUKU AU HUKU?



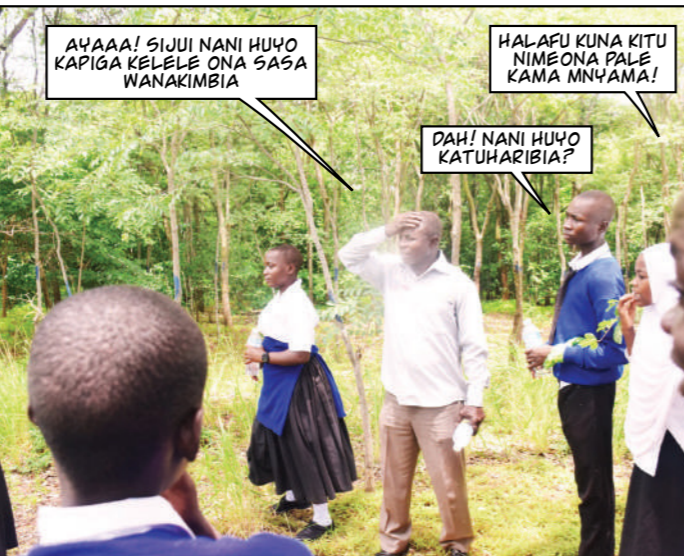
SHHH! NYAMAZENI TUONE WANYAMA, MAENEO HAYA HUWA WANAPUMZIKA



DAH! KADRI NINAVYOENDA NDIO NAZIDI KUPOTEA BORA NINGEMSKILIZA HATA NTIMBA



NTIMBAAA AA!



AYAAA! SIJUI NANI HUYO KAPIGA KELELE ONA SASA WANAKIMBIA

HALAFU KUNA KITU NIMEONA PALE KAMA MNYAMA!

DAH! NANI HUYO KATUHARIBIA?



ANAKUOMBA, WE MPE TU!

HALAFU MBONA NI KAMA ANATAKA KUNIPORA?



HEEY! ACHA, USIMPE!

KWA NINI ASIMPE NA WAKATI NGEDERE MWENYEWWE ANATAKA?



HATURUHUSU KUWAPA CHAKULA SABABU YA USALAMA WAO MAANA WANAWEZA KUUGUA



KISHA WAKAFIKA BEACH KUFANYA USAFI

TUKIMALIZA, TAKA TUKATUPE KULE, TUHAKIKISHE TUNATENGA CHUPA NA PLASTIKI



HIVI KWA NINI WATU HAWAJALI MAZINGIRA? UNATUPAJE CHUPA HUKU?



ZIARA IKAMALIZIKA

MMEONA JINSI MISITU NI MUHIMU KWA MAISHA YA BINADAMU?

MR FISH! NIMEMKUTA HUYO AMEPOTEA PORINI



NANI MWINGINE HATAFUATA MAELEKEZO KAMA NYAKAMWE?

DAH! HII NOMA SASA!

\*PICHA: RAPHAEL NYONI  
 \*UONGOZAJI: SUMAIYA KARIM  
 \*WAIGIZAJI: LUICHE SEC FEMA CLUB  
 \*SHUKRANI: WALIMU WALEZI WA LUICHE FEMA CLUB NA UONGOZI WOTE LUICHE SEC.  
 \*TAASISI YA JANE GOODALL NA MAJALIWA NKOROGO (MR FISH)

# Sheria Na Taratibu Kuzingatiwa!

NA RAPHAEL NYONI

Nianze kwanza kwa kukupa hongera kwa kuhitimisha study tour katika msitu wa Kitwe. Kabla mjadala haujanoga, hivi tulikuwa wote pamoja au wengine ndio mlifuata nyanyo za Nyakamwe?

Kinachotugarimu ni ubinafsi na umimi! Kwa kweli huwa tunajisahau, kuna wakati unaweza ukawa unafanya kitu kwa kujifikiria wewe mwenyewe, kumbe hilo jambo lina athari kubwa sana kwenye jamii kwa ujumla.

Chukulia mfano mtu fudenge na rafiki yake, yeye alikuwa anaupigia hesabu mti arudi kuukata ilia pate mbao. Kama kila mtu kwa wakati wake akifikiria hivyo na kutekeleza, hifadhini patabaki na nini?

Je, kila mtu akiamua kuwa kama Rukundo, akawa anatupa taka ovyo kila atembeleapo maeneo ya hifadhi, hizo hifadhi zitakuwaje? Si zitageuka kuwa dampo? Nani atapenda kwenda kutembelea huko? Halafu kama kawaida yetu, tutaanza kuilamu serikali kwa kutotunza mazingira, wakati serikali ni watu na watu ndio sisi.

## Tukumbushane faida za hifadhi:

- Kuzalisha mapato, mkwanja.
- Uhifadhi wa maliasili.
- Kulinda mifumo ya ikolojia, viumbe tunategemeana.
- Kulinda mimea na wanyama walio kwenye hatari ya kutoweka.

Unakumbuka baada ya kufika msituni Mr Fish alitulisitizia nini? Iko hivi, kila mahali pana sheria na taratibu zake, kama ilivyo shuleni au kwenye klabu ya Fema basi hata kwenye maeneo ya hifadhi napo ni vivyo hivyo.

## Amri kumi za Hifadhi za Taifa

Inawezekana tuliyachukulia poa maneno ya Mr Fish lakini aliongea maneno mazito sana. Alichokuwa anatuambia ni kwamba popote pale utakapoamua kutembelea maeneo ya hifadhi basi zingatia:-

1. Usibughudhi wanyama kwa kupiga kelele, miluzi, filimbi au hata kuwatupia mawe.



2. Hairuhusiwi kuwapa wanyama chakula, hata kama wanakuangalia kwa huruma kiasi gani.
3. Usichume maua au kukata mimea.
4. Usitupe taka za aina yoyote ile hifadhini, bali zitupe mahala panapostahili. Vinginevyo, zihifadhi mpaka utakapoona sehemu maalum iliyoainishwa kuweka taka.
5. Usiende kutembea safari za miguu bila ya kuwa na askari/kiongozi.
6. Usiwasho moto hifadhini; kuchoma misitu ni kuchoma makazi ya wanyama na wadudu. Jaribu kufikiri usumbufu utakaoupata kama mtu akija akachoma nyumba yenu.
7. Usiende kwa lengo la kuwinda, kama una manati, panga, kisu au fimbo viache tu nyumbani.
8. Usiache chochote ulichoenda nacho kwenye hifadhi.
9. Hauruhusiwi kwenda na wanyama wa kufugwa kwenye hifadhi.
10. Usiendeshe gari nje ya barabara za hifadhi, liache mbali.

**Sikia hii;** Unajua kwamba ukikamatwa umevunja mojawapo ya hizo amri unaweza ukapigwa faini, kufungwa jela au vyote viwili kwa pamoja? Kubwa kuliko, kutokujua sheria sio utetezi wa kuvunja sheria. Ukijichanganya, huchomoki!

Hivi, mitaa yenu hakuna kama Kitwe? Fanyeni basi na nyinyi, ka study tour fulani hivi, halafu mtujuze mmejifunza nini.



# Fikiri Kabla Ya Kutenda

Hapo zamani za kale alikuwepo kijana mmoja mwindaji jina lake aliitwa Mzilambali. Mzilambali aliilisha na kuitunza familia yake kupitia uwindaji na katika shughuli yake hiyo alikutana na changamoto mbali mbali kama kukutana na wanyama wakali. Mzilambali aliwinda kwenye mapori mbalimbali pale kijijini kwao ila kadri siku zilivyoenda mapori yalianza kutoweka pale hivyo ilimlazimu kwenda kwenye mapori ya vijiji jirani.

Siku moja Mzilambali alienda kuwinda kwenye pori la kijiji jirani. Aliianza safari yake saa kumi na moja alfajiri, na kama ilivyokua ada yake alichukua zana zake za kazi pamoja na kikombe cha maji. Alitembea umbali mrefu sana na kisha alifika porini ambapo alikaribishwa kwa sauti nzuri za ndege na upepo mwanana mnamo saa nne na kisha alianza kutafuta mawindo. Ghafila, alimwona swala na akaanza kumkimbiza, hakika Mzilambali alikua na mbio ila kwa huyo swala hakufua dafu.

"Duh nimechoka na ninahisi kiu" kijana alisema kisha alijipa moyo konde "ngoja nisogee nitafute angalau basi maji" alitafuta maji bila mafanikio ndipo aliamua kukaa chini ya mti mkubwa, ghafila akasikia tone la maji kichwani na akachukua kikombe na kuweka pale alipohisi tone lilikua limeanguka "tototototot" hadi kikombe kikajaa. Alipotaka kunywa tu, alipita ndege mdogo akayamwaga chini. Mzilambali akamfukuza yule ndege na akakinga tena, alipotaka kunywa tu, yule ndege akayamwaga tena. Awamu hii kijana alimua yule ndege na aliporudi ili kujua chanzo cha maji yale kijana hakuyaamini macho yake loo!! Nyoka mkubwa! Kijana aliona hatia ya kumuua yule ndege.

Hadithi hii inatufunza tutunze mazingira, tufikirie kabla ya kutenda na tusiwe wepesi wa kuhukumu.

**Dodi .K. luke**  
**Nkundutsi secondary school**  
**S.L.P 55,**  
**KASULU**

**Una hadithi uliyotunga mwenyewe?**

email: [info@feminahip.or.tz](mailto:info@feminahip.or.tz)  
 (kwenye subject andika UTAM KOLEA)

Hadithi isiyozidi maneno 350



# Zama Zetu

NA MARY MBAGO

Hapo zamani za kale, katika kijiji cha Olimpompoko kulikuwa na binti mmoja aitwae Nyansokwe. Nyansokwe alikuwa anaishi pamoja na bibi yake. Siku moja Nyansokwe alienda mtoni kuchota maji baada ya saa moja alirudi nyumbani.

**Nyansokwe:** Bibi nimechoka sana

**Bibi:** Pole ila mbona hujarudi na maji?

**Nyansokwe:** Yaani bibi, leo nimepata tabu sana ya kutafuta mto

**Bibi:** Mjukuu wangu, umechanganikiwa au shida ni nini? Wiki iliyopita tu si ulienda kuchota maji?

**Nyansokwe:** Mto hauna maji kabisa umekauka peeeh ni mawe tu mpaka nilihisi labda umehama nikaanza kuutafuta bibi!

**Bibi:** Hiki ndio kitu nilichokuwa nakifikiria jana tu

**Nyansokwe:** Kitu gani hicho bibi?



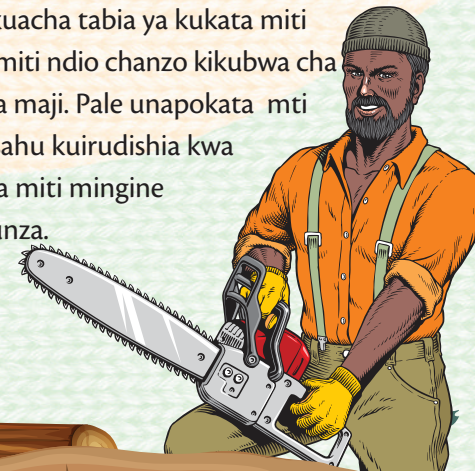
## Fikra za bibi

Mjukuu wangu, zama zetu sisi ilikuwa huwezi kabisa kuona mambo kama haya ya mito kukauka. Maji yalikuwa ni mengi mno, kijiji chetu kilikuwa kimepambwa na rangi ya kijani. Usingekuta sehemu haina miti ya kimvuli lakini siku hizi unaweza kutoka shambani kurudi nyumbani usipate mti wa kupumzikia. Mbali na hilo, hali imebadilika kuhusu afya za watu, hatuli matunda ya kutosha, sababu hakuna miti ya matunda ya kututosheleza.

Mbali na hilo, dawa za miti shamba nazo zimeadimika. Kuna baadhi ya dawa ambazo zilikuwa nzuri sana ila siku hizi hatuzioni kabisa au upatikanaji wake ni wa nadra sana. Athari ya ukataji miti ni kubwa kuliko hata vile ambavyo tunafikiri. Kutatua changamoto zetu za muda mfupi bila kuangalia kama tunabaki na maumivu ya muda mrefu.

## Bibi unadhani nini kifanyike?

Kutokana na changamoto ya maji tunayoipata, tunajiumiza wenyewe kwa kweli, maana hapa ni kama tumejitia kitanzi wenyewe kama ujuavyo kuwa maji ni uhai. Hivyo basi tunachotakiwa kufanya kwa sasa ni kuacha tabia ya kukata miti sababu miti ndio chanzo kikubwa cha mvua na maji. Pale unapokata mti basi usisahu kuirudishia kwa kupanda miti mingine na kuitunza.



## Vijana niazimeni sikio kidogo

Wajukuu zangu huko shuleni kwenye Fema club nawasihi muweke kiupaumbele katika suala la upandaji miti. Hakikisheni mnapanda miti kwa wingi katika maeneo yenu ya shule na kuitunza pia, kwanza mtazidi kupendezesha mazingira yenu lakini pia mtapata miti ya kimvuli kwa ajili ya kujisomea



## Ngoja niseme na wazazi pia

Nyie ndio mnaongoza zoezi la ukataji miti kwa ajili ya shughuli zenu au wakati mwingine kujitafutia kipato. Ikiwa nyie ndio wafanyaji wa hayo mambo, basi angalieni, sio kila mti ni wa kukata, kuilinda misitu ni kuulinda uhai wetu hata sisi wenyewe. Zama zetu wazazi ndio walikuwa watu pekee wa kuhamasisha utunzaji wa mazingira, basi muwafundishe watoto kwa mifano, muyaishi hayo.

# Mkutano, uyoga na mambo mengine

NA POWER TEAMS

Sumaiya amerudi kutoka Kigoma alikokwenda kuzalisha toleo jipya la Fema. Alipofika ofisini, Mary akamkumbusha kwamba inabidi wawapigie simu wenzao wa kwenye timu ya Nguvu ya Binti na Nguvu ya Kaka ili kuwapa taarifa ya siku ya kikao kinachofuata. Wakaanza kumpigia simu Daniel. Fuatilia mazungumzo yao.....



**Krrr...krrr.....simu inaita**

**Daniel:** Oy Mayyah

**Sumaiya:** Mambo Daniel?

**Daniel:** Poa, za kwako?

**Sumaiya:** Niko poa boss, uko on speaker. Niko na Mary hapa.

**Daniel:** Hihhi au sio, niaye Mary?

**Mary:** Fresh tu, kitambo...

**Daniel:** Nipo, nipo, si unajua tena tunapambana.

**Mary:** Kaz kaz, hakuna namna.

**Daniel:** Sumaiya, umerudi kutoka Kigoma kwa hiyo, Migebuga nije kufata lini?

**Sumaiya:** Uwiii hata sijabeba. Ila nimebeba mahindi, utayakuta ukija.



**Wote wakacheka.**

**Mary:** Sumaiya anazingua bhana, wenzake wanabeba dagaa wa Kigoma, yeye kabeba mahindi. Hahahaha

**Sumaiya:** Bwana bwana, nimekuja na vitu vizuri kuliko dagaa

**Daniel:** Vitu gani tena

**Sumaiya:** Nilipokuwa Kigoma bwana, nliongea na huyu dada, shkamoo.

**Mary:** Shkamoo nini tena jamani, si utusimulie.

**Sumaiya:** Huyo mdada anaitwa Neema Elias. Anaishi kwenye kambi ya wakimbizi inaitwa Katumba, ipo Katavi. Sasa, huyo dada aliishia darasa la saba halafu hakuweza kuendelea na shule. Kuna program ya vikundi vya COCOBA, kama VICOBA hivi lakini tofauti kidogo, halafu wanaokota uyoga.

**Daniel:** Eeh?

**Sumaiya:** Sasa bwana, hiyo program ililetwa kijijini kwao na shirika la Jane Goodall Institute, lile lenye clubs za Roots and Shoots, akaifuatilia kwa makini. Sasa hivi ana duka la pembejeo, na ana miliki bodaboda.



**Mary:** Sasa my dear, ni uyoga huu huu anauza kijijini ndo umempa faida kiasi hiki?

**Daniel:** Bora umeuliza Mary, maana nlikuwa nshaanza kupiga hesabu hapa za kuzamia Katavi.

**Sumaiya:** Oooh, ishuh ni kwamba alijifunza namna ya kukausha na kupaki uyoga katika hali ya juu katika hiyo programu. Baada ya hapo akaanza kuwa anapeleka kusambaza Katavi mjini, sasa hivi anapeleka kuuza hadi Arusha kwa bei za mambele.

**Mary:** Shoga yangu unaonaje ukinipa namba ya Neema hahhaha.

**Wakacheka wote**

**Daniel:** Embu tuanze kuyajenga, huo uyoga analimia wapi?

**Sumaiya:** Boss unafeli wapi? (hahahaha) halimi boss, anaenda kuokota msituni.

**Mary:** Anaokota msituni? Kesho naenda Katavi kwa herini. (Hahahaha, wanacheka tena)

**Sumaiya:** Sasa nyie watu wa Dar mmemaliza misitu yote, mtajulia wapi haya mambo.

**Daniel:** Hatari, kwa hiyo ikoje hiyo?

**Sumaiya:** Kipindi cha masika au kipindi cha mvua, uyoga huota kwenye misitu, halafu watu wanaenda kukusanya. Lakini hiyo ni kwasababu wametunza misitu, wanayo mikubwa, na kwa hiyo wanapata uyoga wa kutosha. Akishapata uyoga, anauanika hadi ukauke kau kau kisha anaupaki tayari kwa ajili ya kuuza. Ukiachana na kuuza, huwa inamsaidia kama mboga kipindi ambacho uyoga haupatikani kwa wingi, hasa kipindi cha kiangazi.

**Mary:** Hivi, ameanzisha duka lake la pembejeo pamoja na pikipiki amenunua kutokana na biashara yake ya uyoga?

**Sumaiya:** Anha, sasa si mnakumbuka niliwaambia kuhusu kikundi cha COCOBA ambacho yupo?

**Mary na Daniel:** Ndio ndio

**Sumaiya:** Kwenye hicho kikundi unaruhusiwa kukopa hadi mara tatu ya hisa zako, kwahiyo aliingia kwenye kikundi kwa biashara ya uyoga, akapata mkopo kutoka COCOBA umemsaidia sana. Na pia, hakuanza kuwa na duka Pamoja na pikipiki kwa wakati mmoja. Alianza na kimoja kimoja.

**Daniel:** Aisee, watu wanapambana!

**Mary:** Sio kidogo.

**Sumaiya:** Lakini pia Neema hana kuremba wala kujivunga ndio maana ameweza kufika hapa. Si nliwaambia kwamba sasa hivi anaenda mwenyewe Arusha kuuza uyoga... yaani haachii fursa. Wakati nipo Kigoma alikuwa amelikwa kwenda Mbeya kwenye semina ya wafanyabiashara wa uyoga ili aweze kuwapa madini washiriki. Pata picha!

**Daniel:** Kwahiyo sisi tusio na misitu tunafanyaje?

**Sumaiya:** Hahahah imekula kwenu. Nakuzingua bwana, unaweza kulima uyoga, wacha siku moja tumwalike Afisa Kilimo atupe darasa. Ila ngoja niseme hivi, hii anayoifanya Neema, na wenzake wengine, ni nzuri sana kwasababu inaua ndege wawili kwa jiwe moja; yaani unatunza misitu ili upate uyoga, na unakusanya uyoga unaongeza thamani, unapiga mkwanja.

**Mary:** Hapo kwenye misitu nimeelewa, manake kutunza misitu ni kutunza mazingira na kupunguza athari za Climate Change, au naongopa?

**Sumaiya:** Hahaha, Mary mpaka umetia na ung'eng'e tukuelewe vizuri?

**Mary:** Ndio manake. Ila Sumaiya asante, nimependa hiyo kitu.

**Daniel:** Hata mimi.

**Mary:** Halafu sikia Danny, kikao ni Jumatano, tukishamaliza yetu mengine huu mjadala uendelee. Usiache kuja.

**Daniel:** Kuacha kuja labda nipate dharura.

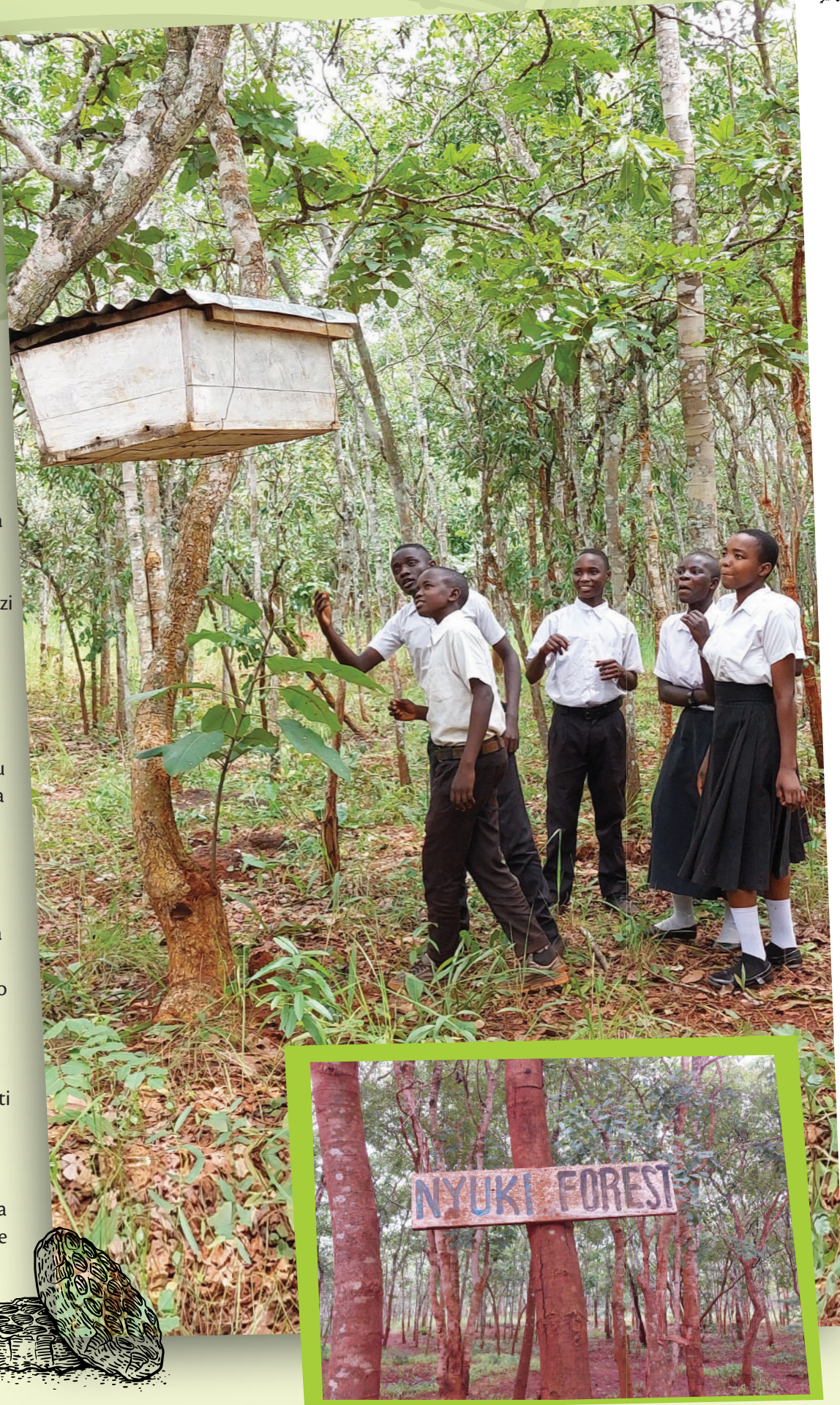
**Mary na Sumaiya:** Poa basi, bye.

**Tuu....tuu....tuu..... Simu ikakata.**





# Wadogooo, lakini wee!



NA GRACE MWAKALINGA

Je, wajua? asilimia 80 ya vyakula na matunda tunayokula vimetengenezwa na nyuki? Na Mei 20 kila mwaka ni Siku ya Nyuki Duniani.

Baraka Wilson, ni mwanafunzi wa kidato cha nne, katika shule ya Kandaga Sekondari, iliyoko Halmashauri ya Wilaya Kigoma. Yeye na wenzake pale shuleni kwao wanapenda kutunza mazingira, wamejiunga katika kikundi cha Roots and Shoots na humo ndimo juhudi zao za kuhakikisha ulinzi na uhifadhi wa mazingira husimamiwa na kutekelezwa. Ukifika tu shuleni kwao utaona msitu ambao wanautunza, na humo utaona pia mizinga kadhaa ya nyuki ambayo ni fahari ya shughuli yao ya ufugaji nyuki.

"Tulihamasishwa kutunza na kuhifadhi misitu ya shule yetu ili kuanzisha miradi mbalimbali kama vile uvunaji wa uyoga na ufugaji wa nyuki," anasema Baraka. "Nyuki sio tu ni chanzo cha kipato, bali pia ni muhimu sana katika uhai wetu binadamu."

"Kwa sasa tuna mizinga 11 ya nyuki na tunavuna asali mara mbili kwa mwaka kati ya Aprili na Agosti. Tunachovuna tunauza hapa hapa kwa watu waliotuzunguka, maana bado hatujapata soko la uhakika," anasema Baraka na kuongeza.

"Mwalimu Heri Mathias anatusaidia sana kutunza na kuhakikisha tunapata asali na kuiuza. Lita moja tunauza kati ya shilingi 8,000/= na 10,000/=. Mwisho wa siku hatukosi 100,000/="

Tunaona fahari kuanzisha mradi huu wa nyuki. Unatusaidia kujiingiza kipato, na pia unatufanya kuwa mfano kwa shule nyingine maana huwa wanafika hapa kujifunza tulichofanikiwa sisi," anasema Neema Audax, mwenzake Baraka katika kikundi hicho chenye wanafunzi 80.



## Nyuki ni nani?

Nyuki ni wadudu warukao ambao ni jamii ya nyigu, wana sehemu kuu tatu za mwili zilizounganishwa kwa karibu, kichwa, kifua na tumbo, wana mbawa mbili nyororo ambazo hutoa sauti ya muziki zinapotetema, wana miguu sita yenye vinyweleo vingi na nyuki wote wana rangi ya kahawia.

Utofauti kati ya nyuki na nyigu ni kwamba, nyuki ni wengi na wanaishi kwenye himaya moja ikiongozwa na malkia mmoja ambaye kazi yake ni kuendeleza kizazi kwa kutaga mayai.

Tunaposema asilimia 80 ya vyakula na matunda tunavyotumia vinatengenezwa na nyuki ni kwenye uchavushaji wa mimea na maua ukilinganisha na wadudu wengine ambao wana asilimia 20 tu.

"Waswahili husema kwamba hata nzi angeacha ujinga angekuwa anatengeneza asali kama nyuki"

Je unafahamu kuwa nyuki wakitoweka kwenye uso wa dunia hata binadamu tunapotea? Hivyo ni jukumu la kila mwananchi kuwatunza wadudu hao.

## Pata nondo hapa

Kumbe nyuki wapo aina aina?

### VIBARUA

Hili ni kundi la nyuki jike ambao wana umbo dogo, wanatafuta na kutengeneza chakula na asali, humlisha malkia, hujenga masega na huyajaza mayai baada ya kutagwa na malkia. Ushawahi kudungwa na nyuki? Hawa ndio kazi yao, walenzi fulani hivi hawapendi ujinga. Halafu ni viranja, wana jukumu la kupanga ratiba kwa wenzao. Sijui nani aliwapa jina la vibarua...?

### MALKIA

Ni mwembamba ana tumbo kubwa kuliko mabawa na anakuwa peke yake kwenye mzinga wa nyuki lakini ukiona kuna malkia wawili kwenye mzinga basi ujue wanatengeneza kundi lingine ambalo litaondoka na kwenda kuanzisha maisha sehemu nyingine ambayo kwa kawaida huwa siyo mbali na makazi mama au ya awali.

Malkia hutoa manukato ambayo yanaashiria maelekezo ya jambo gani la kufanya. Ni kiongozi wa familia. Hadungi na anataga mayai.

# TIRIRIKA

Utafanya nini ili uweze kuhakikisha kijana mwenzako anapata elimu ya afya uazazi katika sehemu sahihi?



**FRED NICOLAUS KISOVU**  
KIGOMA SECONDARY SCHOOL

Nitamshauri kijana mwenzangu kutokana na adhali zinazo tokana pale misitu inavyo tumika vibaya mfano watu wafanya kata miti bila kupanda huchachangia kutokea kwa acidic rainfall pia inapelekea kupotea kwa viumbe hai vilivyopo katika misitu.



**WINFRIDA AUGUSTINO**  
KIGOMA GRAND SECONDARY SCHOOL

Nitamshauri kijana mwenzangu aachane na hizo biashara kwasababu hizo biashara ndio zinazo sababisha uharibu ozone layer ambayo itakayo sababisha global warming.



**JOHARI YASSIN**  
KIGOMA GRAND SECONDARY SCHOOL

Nitamshauri afanye biashara nyingine ambazo hazichafua mazingira na nitampa mbinu mbalimbali za biashara zitakazo muongezea kipato



**DUME**

Ni wanene kuliko vibarua, hawana mwiba wa kudunga, sio wengi lakini cha kushangaza ni kwamba kila nyuki dume anapofanya mapenzi na malkia hupoteza maisha. Hawa husaidia kurekebisha hali ya hewa kwenye mzinga, kwa mfano, kipindi cha baridi hupanua mabawa yao au hujirundika sehemu moja ili kuhakikisha joto linakuwepo la kutosha kwenye mzinga.

**Tuwalinde**

Kwa mujibu wa Mtaalam wa Mazingira na Mratibu wa programu ya Roots and Shoots kutoka Taasisi ya Jane Goodall (JGI), Annolbert Alexander, nyuki wapo katika hatari ya kutoweka kutokana na mabadiliko ya tabia nchi ambayo chanzo chake kikubwa ni binadamu. "Shughuli za kibinadamu katika hifadhi za misitu kama vile kilimo, ukataji miti hovyoy, uchomaji mkaa na matofali, zinachangia wadudu hao kupungua duniani kutokana na kukosa makazi, kupotea na kufa."

"Matumizi ya kemikali kwenye kilimo yanachangia nyuki kufa, kupungua ubora wa asali na kuhatarisha afya ya binadamu. Kwa mfano kuna asali nzuri ambayo imekuwa ikizalishwa na wakulima makazi ya Mishamo wilaya ya Tanganyika mkoani Katavi, kwa sasa iko hatarini kukosa soko kwasababu ya kilimo cha tumbaku ambacho kimekuja kwa kasi."

Tumbaku huzalisha kemikali iitwayo Nicotin, nyuki wanapoibeba wakati wa uchavushaji wanaipeleka ndani ya mzinga. Hii hupelekea vifo vya nyuki na magonjwa, na huhatarisha afya ya watumiaji wa asali.

**Faida za ufugaji nyuki**

Asali kama chakula - matumizi ya asali yana faida nyingi kama vile kutumika badala ya sukari kwenye chakula, kuzuia vitu visiharibike (antimicrobial properties), tiba kwa magonjwa mbalimbali.

- Asali kama biashara - Husaidia kukuza kipato cha watu, jamii na huongeza pato la taifa, watu wanasomesha watoto shule na wanazihudumia familia zao kupitia ufugaji nyuki.
- Unaongeza upatikanaji wa mimea na chakula kama matunda kupitia uchavushaji
- Ufugaji nyuki ni chachu ya uhifadhi wa mazingira, ukitaka kufuga nyuki lazima uwafugie kwenye eneo lilolo na msitu.
- Ufugaji huu unamhamasisha mtu kuwa rafiki wa mazingira, kwasababu haelelwani kabisa na uharibifu wa mazingira.



- Nta ni zao litokanalo na nyuki wachanga - hutumika kutengeneza mishumaa, vipodozi na kuimarisha nyuzi za nguo viwandani.
- Gundi ya nyuki hutumika kusiriba mzinga wao na kuziba mianya ili kuzuia maji na vijidudu vidogo vyenye madhara ambavyo hupatikana kwenye mimea mbalimbali.

**Tufanyeje?**

Mei 2018, Umoja wa Ulaya ulitoa marufuku viuatilifu vinavyofahamika kama neonicotinoids ili kupunguza tishio la sumu kwa nyuki na kwa uchavushaji. Vinara wa masuala la ya kukabiliana na mabadiliko ya tabia nchi katika mkutano wa Umoja wa Mataifa (COP15) mwaka 2020 waliitaka dunia kupunguza matumizi ya viuatilifu kwa angalau theluthi mbili ifikapo 2030 ili kuwalinda wachavushaji. Umeisikia hiyo? Halafu sasa, tunashauriwa kufuga nyuki kwa kutumia mbinu za kisasa, na elimu inatolewa kila mahali kwa maafisa wa maliasili nchini.

**CHUKUA**

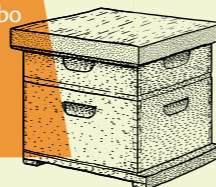
**HATUA**

Tumeambiwa maafisa maliasili wapo kila kona, maalikeni wa karibu nanyi aje kuwapa elimu zaidi juu ya ufugaji nyuki katika eneo lenu.



**Kumbuka:**

Bila nyuki maisha yetu yanakuwa hatarini, mambo ya chakula yatakuwa mgogoro.



**Small but mighty!**

Did you know? 80% of the food and fruits we eat have been made by bees? And May the 20th every year is Global Bees Day.

Baraka Wilson is a form four student at Kandaga Secondary School in Kigoma. He and his school friends like to care for the environment and so have decided to join a Roots and Shoots group to ensure that their efforts in protecting and caring for the environment are guided and properly channeled. Once you arrive at their school you cannot miss to see a forest that they tend to and in there you will find also a couple of beehives, a pride of their bee keeping efforts.

"We were encouraged to care of the forest at our school so that we can start various projects such as mushroom harvesting, and bee keeping" says Baraka. "Bees are not only a source of income, they are also very important for the lives of human beings." "Right now we have 11 beehives and we harvest honey two times a year between April and August. We sell what we harvest to the community around the school because we are yet to find a reliable market," adds Baraka.



"Teacher Heri Mathias helps us to care for the bees and ensuring that we get honey and sell it. We are pricing one liter between 8,000 and 10,000 shillings." "We feel proud to have started this bee keeping project. It helps us get income, and makes us an example to other schools because they usually come here to learn how we have done it," says Neema Audax, a fellow to Baraka in their group of 80 students.

**Let's know the bee**

Bees are flying insects, relatives of wasps, and have bodies divided into three parts that are closely joined: head, thorax and abdomen. They have soft wings which make the musical hum sound when vibrating. They have six legs that are very hairy and all bees are brownish. The difference between bees and wasps is that, bees are many and live in a colony led by one queen whose job is to propagate the generation by laying eggs. When we say 80 percent of the foods and fruits that we eat are produced by bees it is because pollination of plants and flowers depends of bees, other insects and animals

account for only 20 percent. There is a Swahili saying that goes something like, "even a housefly could make honey like bees if only it could get serious" Did you know that if bees were to disappear on the face of the earth then even humans will disappear? So it is the responsibility of every one of us to care for the bees.

**Get educated here**

There are different castes of bees  
**WORKER BEES** – This is a group of female bees that have a small body, they look for food and make honey, they feed the queen, and they make honeycombs and fill them with eggs laid by the queen. Have you ever been stung by a bee? It was a worker bee, it's their job, and they are no-nonsense kind of bees. Furthermore, they are overseers with responsibility of guiding their kind and allotting works and timetable. Whoever gave them the name worker bees!  
**QUEEN** – Slender with an abdomen bigger than the wings you will usually find just one such a bee in a hive. If you find two of them then know that another colony is in the making and soon will branch out to live at another place normally not far from the mother colony. The queen gives out pheromones which instruct what is to be done. She is a leader of the family. She does not sting but lays eggs.  
**MALE** – They are bigger than worker bees, have no stinger and are not many. Surprisingly, male bee dies every time he mates with the queen. They help in controlling the environment in the hive. For example, when it's too cold they widen their wings and cram together to ensure that there is enough heat in the hive.

**Let's protect them**

According to environmental expert and coordinator of Roots and Shoots project from Jane Goodall Institute, Annolbert Alexander, bees are in danger of extinction because of climate change which is largely caused by man. "Human activities in forest reserves such as agriculture, uncontrolled cutting down of trees, charcoal production; contribute in the reduction of bees by destroying their habitats and killing them." "The use of chemicals in agriculture contributes in the killing of bees, reducing the quality of honey produced and endangering human

health. For instance, there is a superb honey produced by farmers in Mishamo in Tanganyika district in Katavi region, but it's now in danger of losing market because of tobacco cultivation that is getting popular." Tobacco produces chemical called Nicotine, when pollinating the bees carry this chemical into the hive. This causes death and diseases to bees, and put the lives of the people using the honey in danger.

**Advantages of bee keeping**

- Honey as food – the use of honey has many advantages such as use as an alternative to sugar, its antimicrobial properties makes it useful in storage of some foods, and it's a cure to some ailments
- Honey as a business – helps to grow people's income, societies and nation. There are people who send their children to school and take care of their families through bee keeping
- Bee keeping increases availability of plants and food because of pollination
- Bee keeping is an incentive to caring of the environment because if you want to keep bees you must keep them where there is a forest
- It motivate one to be a friend of nature because beekeeping and environmental degradation don't go together
- Beeswax is a product of beekeeping and is used to make candles, cosmetics and to strengthen strings for cloth production in factories
- Bee glue is used to cover the hives to keep out water and small insects that are destructive to bees and their products

**What shall we do?**

In May 2018, the European Union banned neonicotinoids in order to reduce threat to bees and pollination

Members of the UN Biodiversity Conference (COP 15) in their 2020 meeting called for a global reduction in the use of pesticides for at least two thirds by the year 2030 in order to protect pollinators. Have you heard that? And now, we are advised to keep bees using modern methods, and training is given everywhere by forest officers



# MPENDWA ANTI



Iwapo una tatizo lolote kuhusu mabadiliko ya mwili wako, afya yako, matatizo ya kifamilia, shule na hata marafiki tafadhali tuma kwa Mpendwa Anti:

**FEMINA HIP**  
S.L.P. 2065, Dar es Salaam  
e-mail: info@feminahip.or.tz  
SMS: 0753003001

**Mpendwa Anti, je, kondomu yaweza kukuingia na mimba pamoja na magonjwa?**

Habari? Kutokana na tafiti za kisayansi, imethibitika kuwa kondom ikitumika wakati wote na kwa usahihi (consistent and correct condom use), inaweza kuzuia maambukizi ya Virusi vya UKIMWI (VUU) na mimba zisizotarajiwa kwa zaidi ya asilimia 98. Pamoja na hayo njia salama zaidi ya kuepuka maambukizi ya Virusi vya UKIMWI na mimba za utotoni ni kusubiri kwanza na kutokufanya ngono kabisa.



**Dear Anti, naomba ushauri. Ninapoiingia hedhi tumbo linauma sana. Pia napatwa na maumivu kwenye kiuno na mapaja. Nikienda kituo cha afya wanasema hii ni hali ya kawaida na wananipa dawa za kutuliza maumivu lakini haisaidii. Je, nifanyeje? Ni mimi Fausta ahsante!**

Pole sana Fausta. Maumivu ni njia mojawapo ya mwili kukutaarifu kuwa kuna tatizo na halipaswi kuwa jambo la kawaida. Wengine hupata maumivu kutokana na matatizo ya homoni na wengine kutokana na uvimbe au tatizo jingine kwenye kizazi. Umefanya vema kufika kituo cha afya, ni vema uonane na daktari bingwa wa masuala ya akina mama, au uombe kufanyiwa vipimo ili kujua ni jambo gani linakusababishia maumivu na tiba sahihi ifanyike ya kukupunguzia au kukuondolea maumivu hayo.



**Aunt je? Unaweza kupata mimba bila kupata hedhi?**

Habari? Msichana anapofikia umri wa kubalehe, ovari zake huanza kupevusha na kutoa mayai. Jambo la kwanza ni kwamba yai hutolewa kwenye ovari, kisha huingia kwenye mirija na kama halitarutubishwa hufa. Siku ya kumi na nne baada ya yai kutolewa, hedhi huanza. Hapo utagundua kwamba yai hutangulia hedhi. Hivyo msichana anaweza kupata ujauzito hata kama hajavunja ungo (kupata hedhi mara ya kwanza) kwani yai lake la kwanza linapopita kwenye mirija na mji wa mimba, binti huyu anakuwa hajawahi kuona hedhi.

Kumbuka, wasichana wengi huvunja ungo wakiwa na umri kati ya miaka 12-15; kipindi ambacho bado ni watoto kimaumbile na kisheria. Pia, kufanya ngono na mtoto ni kosa kisheria, adhabu yake inaweza kufikia miaka 30 au kifungo cha maisha jela.



# ANTI COS ANAJIBU MASWALI YENU

**Mpendwa Anti, je, ni kwanini hedhi hutokea mara mbili kwa mwezi? Ni mimi kutoka Sumbawanga.**

Mpendwa, habari za Sumbawanga? Ni vema kufahamu mzunguko wako wa hedhi ni siku ngapi. Kwa mfano, mtu mwenye mzunguko wa hedhi wa siku 28, akaanza hedhi tarehe moja mwezi wa saba, hedhi inayofuata itakuwa tarehe 29 mwezi wa saba. Hivyo ndani ya mwezi wa saba atakuwa amepata hedhi mara mbili, lakini hana tatizo lolote kwani yuko ndani ya siku zake za kawaida ambazo ni 28. Kwa kawaida mzunguko wa hedhi unaweza kuanzia siku 21 - 35.

Ni vema kila msichana kuweka kumbukumbu ya siku gani anaanza hedhi na kwamba inaendelea kwa siku ngapi ili kujua endapo atapata mabadiliko yoyote, na kutafuta msaada pale inapobidi.



**Hello Anti! Mimi naitwa Daines natokea Karance, nina umri miaka 21. Anti sijawahi kukatwa kisimi ila wenzangu wananiambia nisipokatwa sitaolewa. Je, kwa umri wangu huu inawezekana tena kukatwa?**

Habari Daines? Kukatwa kisimi, ukeketaji au tohara kwa wanawake (Female genital mutilation) ni jambo lenye madhara makubwa kiafya na kihisia. Madhara hayo ni pamoja na kupata maumivu makali, kupoteza damu nyingi, kupata maambukizi ya bakteria, virus au magonjwa mengine, na hata kifo. Pia, kwa baadaye mwanamke aliyekakwa kisimi anaweza kuchanika vibaya wakati wa kujifungua na kupelekea kupata tatizo la fistula au hata kupoteza maisha kutokana na kupoteza damu nyingi. Pamoja na hayo, kitendo hicho hupunguza uwezo wa mwanamke kufurahia tendo la ngono.

Serikali imepiga marufuku tohara kwa wanawake. Na jamii nyingi zimeacha kufanya tohara hii. Wapo wanawake wengi ambao wameolewa bila kufanyiwa tohara na wanafurahia ndoa zao. Usishinikizwe. Uko salama.



**Mpendwa anti pole na shughuli ya kuelimisha jamii kupitia majalida ya Fema. Swali langu ni kwamba, eti mazingira, mabadiliko ya hali ya hewa pamoja na baadhi ya vyakula husababisha wasichana kubalehe na kudevelop breast wakiwa wadogo hatimaye kuwa na mihemko na kujiingiza kwenye mapenzi katika umri mdogo.?????**

Baadhi ya tafiti za kisayansi zinaonesha kuwa baadhi ya kemikali /sumu zilizomo kwenye baadhi ya madawa ya kuulia wadudu na zikaingia kwenye mazingira, maji na chakula zinaharibu mfumo wa makuzi ya mtoto. Pia watoto wenye uzito mkubwa wasiofanya mazoezi wanaketi tu kutwa, wanashindwa kuzalisha kemikali asili ya mwili inayoratibu ukuaji wa mtoto na suala zima la balehe, hivyo watoto wanabalehe mapema zaidi. Kijana aliyefika rika la balehe anapata hamu ya kufanya ngono. Kinachohitajika kwanza kuhakikisha watoto wanapata nafasi ya kucheza na kufanya mazoezi zaidi. Pia waliofika rika la balehe wajitambue na waweze kuhimili hisia za ngono kwa kuwa na vipaumbele, kujiunga na club mbalimbali kama Fema Club ili kujifunza zaidi jinsi ya kutumia muda vizuri na kupata elimu zaidi hasa ya masuala ya ukuaji wa miili yao na kuhimili mhemko.

**Shikamo mpendwa Anti, mimi naitwa Keneth natoka Kigoma Kibondo, Kagezi. Mimi nina mpenzi ila yeye kila siku anadai nimpe hela za matumizi. Na nisipompa huwa hataki tuwasiliane au tukutane, na mimi jinsi ninavyo muona ni kama amenipendea pesa. Anti, mimi nampenda sana! Je, nifanyeje ili niendelee kuwa naye?**

Mahusiano si kitega uchumi na kila mtu anapaswa kuwa na njia za kujiingiza kipato na sio kutegemea fedha kutoka kwa mpenzi wake. Ni vizuri ukapata muda muafaka wa kuongea nae na kuangalia jinsi gani unaweza kumshauri kuanzisha mradi ambao utamsaidia kupata fedha za kujikimu kwa kufanya kazi halali zitakazoweza kumpatia kipato kama hana mwelekeo wa kutafuta pesa kwa kufanya kazi au biashara, basi ni wakati wa kufikiria upya mahusiano yenu na kuangalia kama hii ni tabia ambayo unaweza kuishi nayo au la. Hakuna kitu chochote kinachomzuia msichana au mwanamke kufanya shughuli za kumuingiza kipato ila mara nyingine sio wasichana/wanawake wote wanajiamini, hivyo ni vema kumshauri ili aachane na mila ana desturi ambazo zimemfanya kufikiri kuwa mpenzi wake anapashwa kumuhudumia kwa kila kitu.



# MUULIZE ANKO PESA!

Una maswali lukuki kichwani mwako? Unataka kuwa mjasiriamali lakini hujui pa kuanzia? Unaogopa kujitosa katika biashara? Biashara inakwenda mrama? Una senti mbili-tatu lakini hujui uwekeze wapi? Una maswali kedekede kuhusu mambo ya mshiko? USITAABIKE! Uliza ujibiwe na ANKO PESA, mtaalam wetu wa masuala ya ujasiriamali!

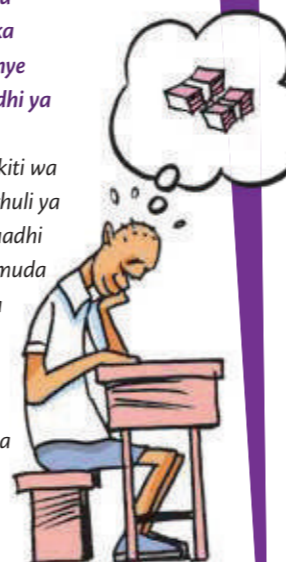
**Anko Pesa, mimi nipo kijijini. Je, ni kazi gani ambayo mimi naweza kufanya bila mtaji?**

Habari kijana wangu. Ningepua ni kijiji gani hasa ulipo ingefaa zaidi. Hata hivyo, mtaji unao. Na mtaji siyo lazima pesa. Mtaji ni taarifa, elimu, watu unaoujana nao, ujuzi, kipaji, nguvu, akili n.k. Kwa mfano, unaweza kukuta huko kijijini kwenu kuna gazeti halifiki lakini mhariri wa hilo gazeti yuko mjini na anpenda gazeti lake lisomwe na anaweza kukupa magazeti kadhaa ya kuanzia bila wewe kutoa hela yoyote ila uaminifu wako ukawa ndiyo mtaji. Sasa, naamini kuna fursa kama hizo tofauti tofauti kutegemea na mahali ulipo. Mfano mwingine ni kuwa, inawezekana huko kijijini kwenu kuna bidhaa zinazopatikana kwa bei ya chini, na ukiwasiliana na baadhi ya watu sehemu nyingine ikauzwa kwa faida. Hii itakupatia wewe kiasi cha fedha cha kukuwezesha wewe kuifanya kama kazi yako, pamoja na kuwapa vijana wenzio ajira. Mfano mzuri ni mkoani Njombe, ambapo kilo moja ya maharage ya njano huuzwa 2,500/=, lakini kwa mkoa wa Dar es Salaam, kilo moja ya maharage hayo hayo ya njano huuzwa kwa 3,600/= hadi 3,800/=.



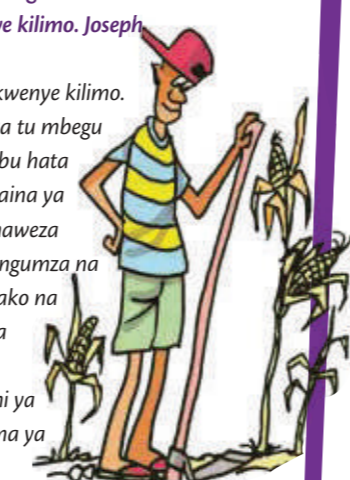
**Shikamoo Anko Pesa. Naitwa Amani Mugisha kutoka Kagera. Mimi ni mwenyekiti wa klabu ya Fema katika shule ya Kayanga sekondari. Nahitaji unishauri nifanye nini ili nisiwe namuomba mzazi wangu pesa ya baadhi ya matumizi?**

Marahaba Amani. Hongera sana kwa kuwa mwenyekiti wa Club ya Fema hapo Kayanga Sekondari. Kuhusu shughuli ya kufanya ili uache kumwomba mzazi wako pesa ya baadhi ya matumizi. Panga ratiba yako vizuri ili utengeneze muda wa ziada hasa wakati wa wikiendi na likizo. Unaweza kuanzisha biashara ndogo ya kitu kipya au ukafanya biashara ya kawaida kwa mbinu tofauti. Wapo wenzako ambao wanafuga; kuku, sungura n.k. halafu wanauza. Wapo wanaoshona viatu, au kuziba pancha za baiskeli. Wapo pia ambao wanalima bustani na kuuza mbogamboga. Mifano iko mingi. Angalia kipi kinakufaa. Mwisho wa siku hakikisha ratiba yako ya masomo haivurugiki. Wahenga walisema penye nia pana njia.



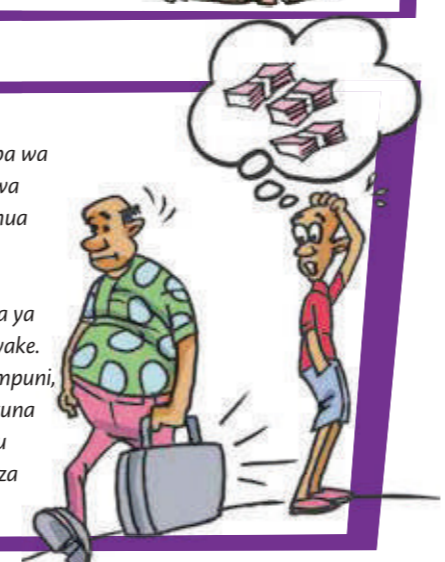
**Anko Pesa mimi naomba unishauri. Ni mbegu gani bora za mahindi ambazo zinazaa sana? Swali langu linatokana na kwamba nimejikuta nafeli sana kwenye kilimo. Joseph kutoka Gairo.**

Pole sana ndugu Joseph kwa kufeli kwako kwenye kilimo. Ili kufaulu katika kilimo sio tu suala la kujua tu mbegu bora yenye kuzaa sana, la hasha. Kwasababu hata ubora wa mbegu hutegemea mazingira na aina ya udongo. Ndiyo maana mbegu bora lringa inaweza isiwe bora huko Gairo. Cha kufanya ni kuzungumza na wataalam wa kilimo walioko kwenye eneo lako na pia wakulima wengine wenye ujuzi wa muda mrefu kuliko wewe na ambao kilimo chao kimefaulu. Hata kama una elimu ya darasani ya kilimo, bado ni vema kuichanganya na hekima ya shambani ili upate matokeo mazuri.



**Kuna uhaba wa pesa na uhaba wa kazi pia. Sasa Anko Pesa, mtu atajikwamuaje?**

Pole kwa shida unayoiona. Mimi kama Anko Pesa maoni yangu ni kwamba; ni kweli kwamba kuna uhaba wa kazi lakini, siyo kweli kwamba kuna uhaba wa pesa. Pesa zipo na zitaendelea kuwepo katika mzunguko wa mapato na matumizi ya nchi. La kuzingatia ni kwamba, njia halali za kujiingiza pesa ni zipi? Ili kujikwamua lazima uanze kuona maisha katika ukweli huo ya kwamba kuna watu hawana uhaba wa pesa na wewe unaweza kuwa mmoja wao. Mwanadamu ana utashi ili aweze kutengeneza maisha kutokana na picha anayojenga ndani yake. Katika shida ndipo fursa zilipo. Huwezi kuwauzia watu maji kama hawana shida ya maji. Anza na hapo ulipo kwa kuangalia matatizo au changamoto zinazowakabili watu, andika orodha yake. Tafuta mahitaji yao, kisha yaongeze kwenye orodha yako. Tembelea biashara za watu binafsi na makampuni, pamoja na taasisi mbalimbali za serikali na zisizo za kiserikali, kujua mambo wanayofanya uone kama kuna wanaohusika na changamoto ulizoandika. Hapo pia utapata mwanga wa kuwa ni changamoto zipi watu wengine wamezigeuza kuwa biashara. Baada ya hapo, kaa chini na kuoanisha uone wapi unaweza kuanza kutokana na uwezo ulio nao. Naamini kwa mtazamo kama huu utafanikiwa!



## FEATURE ARTICLE



# FEMA KALENDA

Maisha bila ratiba hayaendi kabisa, tena kama vijana tunatakiwa kuishi kimkakati ili michongo iweze kwenda. Tunajua mnajua, tena mnajua sana kujipanga. Lakini kwani ziada ya faida ina hasara?

Mchongo upo hivi, tunawaletea kalenda ya Club ili muweze kufanya shughuli zenu kimkakati kama vile kalenda za shule. Yaani mnajua kabisa tarehe fulani kuna ishuhuri fulani. Mnaweza kuamua mkaanza kujipanga leo kwa ajili ya tukio la miezi kadhaa ijayo; hiyo ndo maana yake. Itawasaidia kujiandaa vizuri zaidi.

**Kumbuka**, kalenda hii ni taarifa, ni mapendekezo, sio chalenji. Najua kabisa hamuwezi kufanya vyote. Mnaweza kuamua na kuchagua siku kadhaa za kufanya kitu ili ratiba yenu iendane na shughuli za Club. Yale mambo yetu ya kwenye jarida yanaendelea kivyake kama kawa!

Mkiamua kufanya kitu kutoka kwenye kalenda hii msisahau kututumia na kapicha kwenye group la Facebook. Tunajua walezi wetu wanalitambua, ni suala tu la kuwakumbusha, pale mkimaliza kufanya kazi ya kalenda basi aitupie hiyo picha ili muweze kutisha kwenye jarida au mitandao yetu ya kijamii. Asisahau kuweka hashtag **#FEMAKALENDA**

### MWEZI WA 5

- Siku ya Mtoto wa Kiume Duniani - tarehe 16
- Siku ya Nyuki Duniani - tarehe 20
- Siku ya Hedhi Duniani - tarehe 28

### MWEZI 6

- Siku ya Mazingira Duniani - tarehe 5
- Siku ya Uchangaji Damu Duniani - tarehe 14
- Siku ya Mtoto wa Afrika - tarehe 16
- Siku ya Muziki Duniani - tarehe 21

### MWEZI WA 7

- Siku ya Saba Saba - tarehe 7
- Siku ya Kiswahili Duniani - tarehe 7

### MWEZI WA 8

- Siku ya Nane Nane - tarehe 8
- Siku ya Vijana Duniani - tarehe 12

### MWEZI 9

- Siku ya Hisani Duniani - tarehe 5
- Siku ya Amani Duniani - tarehe 21
- Siku ya Utalii Duniani - tarehe 27

### MWEZI 10

- Siku ya Walimu Duniani - tarehe 5
- Siku ya Afya ya Akili Duniani - tarehe 10
- Siku ya Mtoto wa Kike Duniani - tarehe 11
- Siku ya kumuenzi mwalimu Julius Kambarage Nyerere - tarehe 14
- Siku ya Chakula Duniani - tarehe 16

### MWEZI 11

- Siku ya Wanafunzi Duniani - tarehe 17
- Siku ya Choo Duniani - tarehe 19
- Siku ya Wavuvi Duniani - tarehe 21
- Kuanza kwa maadhimisho ya siku 16 za kupinga ukatili wa kijinsia - tarehe 25

### MWEZI 12

- Siku ya Ukimwi Duniani - tarehe 1
- Siku ya Watu Wenye Ulemavu Duniani - tarehe 3
- Siku ya Kujitolea Duniani - tarehe 5
- Siku ya Haki za Binadamu, pia ni siku ya kufunga siku 16 za kupinga ukatili wa kijinsia - tarehe 10

**KAZI NI KWENU! UFANYE MWAKA UFAHAMU KWAMBA FEMA CLUB IPO!**



# SEMA NA FEMA



Hodiii... Hodiii... ni wakati mwingine tena kwenye ukurasa wetu pendwa kufahamu yapi yaliyojiri katika mitandao yetu ya mawasiliano ya kila siku. Huku ndipo tunapojimwayamwaya, kujiachia na kupaza sauti zetu.

Wadau wetu kupitia barua pepe info@feminahip.or.tz hawakuwa nyuma na wale wa posta walituchorea kupitia S.L.P 2065 Dar. Kwenye -mitandao ya kijamii facebook, instagram na twitter @feminahip nako hakujaboa wala hawajapoa.

Pia ukurasa wetu huu unakupatia nafasi ya kuona maoni, na ushauri mbalimbali kutoka kwa watu wetu wa nguvu.

Basi bwana si huwa tunaweka maswali? Haya hapa majibu yaliyotoka kwa wadau, mashabiki na wapenzi wachangia mada.

## Kona ya Maswali na Majibu



**Swali:** Kijana, umejiandaaje kuhakikisha kuwa huyumbi sana baada ya kutangazwa kwamba hali ya uchumi itakuwa ngumu mwaka huu?

**haule.onesford**  
Hapo nadhani ni akili kumkichwa, to make the most of what we already have itakuwa jambo bora zaidi kuhakikisha myumbo wa kiuchumi haupo. Budgeting na planning katika fedha na vitu tulivyonyavyo ni jambo bora zaidi. Ushauri tuupokee na tuutendee kazi. Uncle pesa bhanaaaa.... unajua kutuelimishaaaaaa

**Swali:** Je, kituo cha polisi ni sehemu sahihi ya kwenda kuripoti ukatili wa kijinsia? Wadau wetu walitujaza haya:-

**magdalenambalamwezi**  
Ndio, tena kuna kitengo maalumu kabisa kinachoitwa Dawati la Jinsia na Ukatili wa Kijinsia.

**johnpaulmsonga21**  
Ndiyo binafsi naamini ni sehemu sahihi sana kwani nitapata msaada wa kisheria lakini pia itanisaidia kuendelea na taratibu zingine kama vile kupata PF3 ili niweze kupata tiba pale inapotokea mtu amejeruhiwa

**Hapa ikawa hivi... Kitendawili...Tega. Lipo kwenye miji yetu na vijiji vyetu! Hatulioni, hatulisikii, zimwi lipo pande zote na hata hatulihisi? Tunaogopa!! Je zimwi hilo ni lipi?**

**yusuphassan927**  
Zimwi la unyanyasaji wa kijinsia ndo limetawala kwenye majumba na vijiji vingi, so ni muhimu sana kuungana kwa pamoja ili kuweza kulitokomeza kwa hali na mali.

**patricia\_sikahanga**  
Femina fahari ya vijana na jamii nzima, tunajivunia kuona ikiishi zaidi.

Asante sana Patricia, Femina tunajivunia nyinyi zaidi.

**fji\_urembo**  
Wakati umekwenda wapi still remember Fema Club ilinijenga na kunipa ujasiri wa kuongea mbele za watu.

Hongera sana @fji\_urembo umetisha sana.nyinyi zaidi.

## SMS

**baajun\_poet**  
I am who I am today because you gave me a platform to network, showcase, learn, and share my hobbies to talent and skills. Now, I am a liaison of many youths behind me, and I feel proud! It wasn't easy but together we made it. Thank you.

Thank you @baajun\_poet! We are proud of you.

**jerrygraphixtz**  
Femina hip mnanikumbusha nikiwa primary na secondary school 2011 niko daras la 5 mpaka namaliza form four 2017 nilikua nasoma sana majarida haya

Karibu sana Jerry, bado unaweza kusoma jarida hili kupitia tovuti yetu [www.feminahip.or.tz](http://www.feminahip.or.tz) pia tutumie namba yako DM ili tuendeleee kupeana maujanja.

## Barua pepe nazo hazijalala.

New message

Naitwa Hussein Zakaria kutoka Turiani Jamani Fema tunaomba mtembelee shule ya Nassoro Seif Sec. School ipo mkoa wa Morogoro wilaya Mvomero.

Hussein, wacha tujipange.

Send

New message

Naitwa Innocent Makaranga mkazi wa Rukwa Sumbawanga - Nkasi. Kwa sasa nipo chuo. Nimekuwa mnufaika mkubwa sana wa Femina tangu O-level Kipili Sec iliyopo mkoani Rukwa. Nawezaje kuanzisha Club chuoni?

Tuko kwenye mchakato wa kuboresha Fema Club Alumni, mambo mazuri yanakuja.

Send

New message

Uongozi wa walimu walezi wa Fema Mkoa wa Iringa (IRINGA NETWORK) unapenda kutoa shukrani za dhati kabisa kwa Femina kwa kuwa nasi katika mahafali ya mkoa ya kuwaaga wanachama wa Fema kidato cha sita 2023 yaliyofanyika 11.02.2023 katika Ukumbi wa Shule ya Sekondari ya Wasichana Ifunda. Hakika tulifurahi sana tulivyowaona mmefrika kufurahi nasi. Hakika upendo wenu kwetu umeonekana.

Mungu awabariki sana. Tunawapenda sana FEMINA. Karibuni tena Iringa.

By. Mwl. Fares Tunus  
Katibu Mkuu Iringa Network

Hadi raha! Hongera sana kwa wahitimu, hongera kwa Network. Sema na Femaaa!

Send

WAKALI



# HILI NI FULL SHANGWEE!



Bonge la shangwe kumtangaza mshindi wetu wa Chalenji namba 34. Kombe limebebwa na vijana wa Dar es Salaam, wenyewe wanajiita Aza Boys! (Azania Secondary School). Mmetisha kinoma noma.

## Mmeua!

Mnakumbuka Chalenji ilikuwaje? Ngoja turudi nyuma tujikumbushe, kama flash back ya movie vile. Chalenji iliwataka wana Fema Club kumualika mtoa ushauri nasaha shuleni ili aje kutoa elimu juu ya masuala ya Virusi vya UKIMWI, au wao waende kwenye kituo cha ushauri nasaha kupata elimu, baada ya kupata elimu sasa, elimu hiyo iende moja kwa moja kwa vijana ambao wako nje ya shule. Tuko pamoja?

Kwa hili sasa tuseme kongole kwao Aza Boys kwa kuliwasilisha vyema jambo letu. Mmetisha sana! Mlijipanga haswaa, maandalizi tumeyaona. Ile mbio mbio mpaka kwa vijana wa boda boda na wenzetu wa kijiweni ilikuwa faya sana. Mkapiga elimu huku mkipiga stori na kucheza draft. Kila kitu kwenye video kimejeleza. Hongera sana!

Sambamba na Aza Boys kuna wababe wengine wanne, hongera kwenu pia:

1. Ndorwe Secondary School – Kilimanjaro.
2. Kishoju Secondary School – Kagera.
3. Businda Secondary School – Geita.
4. Lutozo Secondary School – Geita.

# CHALENJI NO 36

Deadline yetu ni  
AGOSTI 31, 2023  
na washindi watatamba  
kwenye tolea la 66.  
KILA LA KHERI!

Kwa kuwa toleo hili linahusu mazingira basi tuandae akili zetu kwa ajili ya ubunifu zaidi juu ya mazingira yetu tukiwa na lengo la kuweka mazingira safi na salama .

## Mchongo uko hivi...

Najua ni muda mrefu umepita au hata hatujawahi kabisa kufanya kitu hiki; kumpatia mlezi wetu wa Fema Club zawadi kwa kazi nzuri anayoifanya katika Club yetu. Sasa wakati umefika wa kumpa zawadi mwalimu wetu wa Club ikiwa ni ishara ya upendo na kumpongeza kwa kazi nzuri.

## Zawadi yenyewe ni...?

Kuna vitu mbalimbali tunavitupa katika mazingira yetu tukidhani hatuvihitaji lakini kumbe kinaweza kuwa cha thamani sana kwa mtu mwingine. Katika kutunza mazingira kuna kitu kinaitwa urejelezi, a.k.a recycling. Haya tuone ubunifu wenu katika kufanya hiyo ishuru mwalimu apate zawadi nzuri.

## VICEZO VYA USHINDI

1. Kiwango cha ubunifu kitabeba alama nyingi kwa kweli.
2. Umaridadi na uimara wa zawadi utazingatiwa
3. Lazima mtumie kitu/vitu ambavyo vinginevyo vingetupwa kama taka.
4. Piga picha nzuri mkiwa mnamkabidhi mwalimu wenu zawadi, na zawadi yenyewe ipigwe picha.
5. Kazi hii ifanywe na wana Club, sio mtu mmoja.
6. Msisahau kutupatia maelezo na ushahidi wa mchakato mzima

**MNAWEZA KUTUMA CHALENJI YENU  
KWA MAWASILIANO YALIYOPO KWENYE  
UKURASA WA WASILIANA NASI.**

# COMPETE & WIN



**Raha iliyoje kujishindia Tshirt ya Femina Hip! Kwenye kila kipindi au mtoko utakaohusu Fema Club unalitinga zako kinyamaaaa. Vijana mmepeambana kulijaza box la Compete & Win, hongereni sana!**

**Utaratibu wetu ni ule ule, washindi lazima wajulikane, na tshirt wajinyakulie.**

**Haijalishi jina lako litakuwa la kwanza au la mwisho, ila wote mliongia kwenye 20 bora mmepeata alama sawa. Hawa hapa washindi:**

1. JOSELINE BASILL – AZANIA SECONDARY SCHOOL
2. BERTHER BONIFACE – USHOKOLA SECONDARY SCHOOL
3. MAGRETH ODERO – BUKURA SECONDARY SCHOOL
4. MAKALA EDISON – KIBAHA SECONDARY SCHOOL
5. LILIAN OLIA – MJENJE SECONDARY SCHOOL
6. HAPPY MWASHIUYA – MJENJE SECONDARY SCHOOL
7. NEEMA SADIQ – MWAMASHIMBA SECONDARY SCHOOL
8. VENANCE MAPUNDA – DINOBB SECONDARY SCHOOL
9. TANDIKA SALALA – NAMBINZO SECONDARY SCHOOL
10. BRYSON ROSTA – MTIMBWE SECONDARY SCHOOL
11. DAMARIS AMOS – BUKURA SECONDARY SCHOOL
12. BULUBA P MAYENGA – NYAKATENDE SECONDARY SCHOOL
13. YASSIN MNYONGE – MBANDE SECONDARY SCHOOL
14. KELVIN MWITA – REBU SECONDARY SCHOOL
15. RACHEL STEVEN – USHOKOLA SECONDARY SCHOOL
16. MWAJUMA AHMEDY – BOMANI SECONDARY
17. LIGIMA JOHN – NYEHUNGE SECONDARY SCHOOL
18. SHABANI H. IBRAHIM - UKENYENGE SECONDARY SCHOOL
19. BELNADETH NASHON – RUSABA SECONDARY SCHOOL
20. THADEI LUGONGO – MTIMBWE SECONDARY SCHOOL



**MAJIBU YA  
TUMWE KABLA  
YA AGOSTI 31, 2023**  
Angalia mawasiliano yetu ukurasa wa mwanzo wa toleo hili.  
Washindi watatangazwa katika toleo no 66.  
**BASI TUJIPIME AKILI KIDOGO**

G	O	R	A	J	N	A	M	I	L	I	K	I	A
E	A	A	P	U	N	D	A	M	I	L	I	A	A
A	B	R	M	L	G	M	Y	M	N	A	N	N	N
M	M	N	A	M	A	M	O	G	E	W	N	A	O
A	A	A	D	A	L	G	N	S	W	G	L	N	N
L	G	E	M	R	M	A	E	U	G	N	A	B	B
A	A	M	G	I	A	R	I	N	N	U	O	S	S
G	M	Y	Y	I	E	N	U	B	O	Z	B	N	G
A	A	A	M	N	E	I	A	N	S	D	M	I	N
R	J	T	G	G	N	Z	N	M	G	U	R	Y	S
A	K	E	Z	A	R	E	T	M	I	W	T	R	I
S	T	R	D	A	E	T	I	N	A	Z	N	A	T
I	A	A	T	A	N	G	A	N	Y	I	K	A	U
S	A	P	R	T	B	I	T	A	I	Z	W	S	I

**Na wewe unaweza kupata tshirt. Zingatia haya:**

1. Nikuondoe shaka, yeyote anaweza kushiriki shindano hili.
2. Mshiriki ni mtu mmoja mmoja, sio kikundi.
3. Cha muhimu, andika maswali na majibu yako kwenye karatasi nyingine, usichane jarida.
4. Ukimaliza kuandika unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta (mawasiliano yetu yapo kwenye ukurasa wa contact us ndani ya toleo hili)
5. Hakikisha unaweka mawasiliano yako; anwani yako ya posta, barua pepe na namba ya simu ambayo ikipigwa taarifa zinakufikia.
6. Katika shindano hili wanahitajika washindi ishirini (20), tu na kila mshindi atajipatia fulana kutoka Femina Hip!

Katika kila kona ya dunia, iwe kulia, kushoto, iwe juu au chini, iwe jua au mvua, tumezungukwa na mazingira. Shindano letu ndani ya Fema 65 linahusu maliasili zinazo patikana Tanzania. Tafuta maliasili zote zilizo ndani ya box letu na kila neno unalo lipata lizungushie duara ili lisomeke.

**Motisha**

Ukipata maneno yote 10 ukutaja ni aina gani ya maliasili na inapatikana wapi, utajiongezea nafasi ya kuingia katika Top 20 za kujishindia tshirt matata ya Femina Hip!

**We won!**  
**Still winning!**



**SI MCHezo!**