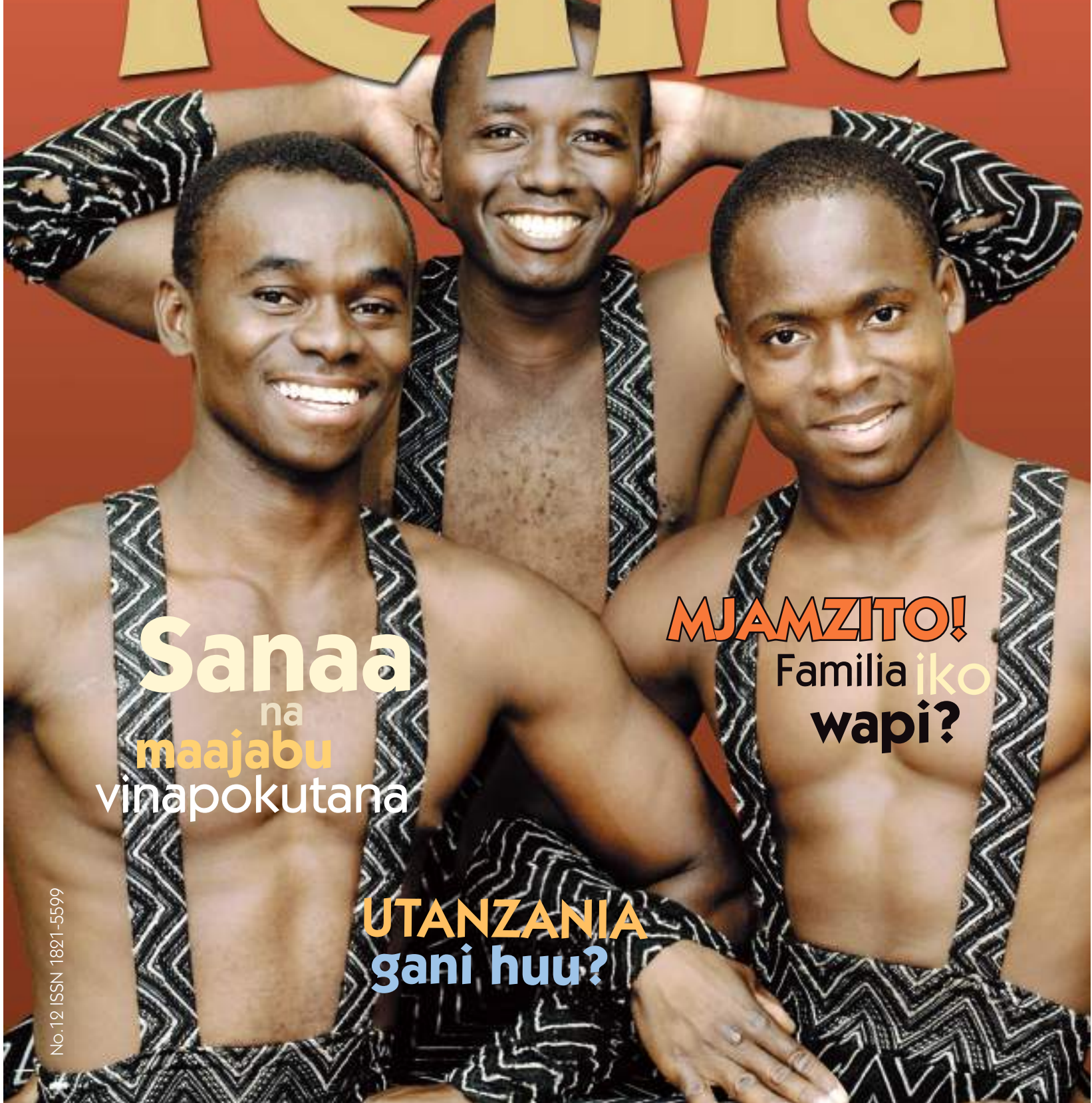


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femina



Sanaa
na
maajabu
vinapokutana

MJAMZITO!
Familia iko
wapi?

UTANZANIA
gani huu?

No.12 ISSN 1821-5599



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Karibu! Hapa ndio Femina HIP, tumetimiza miaka 10. Ni familia iliyosambaa Tanzania nzima. Je wewe ni mwanafamilia? Jiunge; soma, toa maoni, kuwa chachu ya mabadiliko chanya.

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YALIYOMO CONTENTS

FROM THE EDITOR

We are ten years, big and nationwide! Turn the pages to taste the thrill of *full burudani* that was a special evening of celebrations to mark the Femina HIP tenth 'Birthday'.

Catch a moment in the lives of circus artists of international acclaim, they make it look easy and leave us entertained. We are reminded that art is very much part our lives and the essence of our creativity and joy.

In this issue travel with us to CARE International sites in Mwanza. Read about men of change and women of courage, we have a lot to learn from them. We delve in the souls of the injured and reveal the pain of unbelievable inhuman acts of Albino killings.

Meet our student hosts as we introduce the new way of presenting our regions in Tanzania, a quest to enhance our patriotism.

This issue is *full utilio*, you won't put it down! And now it is more affordable, 500 Tshs! For those buying commercial copies, can you feel the difference? SMS back and tell us what you think.

Amabilis

Tumkaribishe. Intro binafsi tafadhali!

Naitwa Robert, namba mpya Fema.

Mnamuona kijana huyu?



Femina HIP is a multimedia edutainment and sexual health information initiative, funded and supported by the Swedish, Swiss, Danish Embassies, GTZ, RFE, USAID/FHI, TACAIDS and CARE INTERNATIONAL.



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BURUDANI

Sanaa na



maajaji

Hamisi Zubwa (25), Juhudi Maulidi (26) na Hussein Bangusilo (23) katika utatu wao wanacheza onesho la kuning'inia na kuzunguka kwenye kamba, moja kati ya mambo mengi ya kila siku ambayo wataamazaji wameyashuhudia katika maonesho ya Sarakasi ya Mama Afrika hapa Tanzania. Na pia ilikuwa moja kati ya mambo yaliyoonyeshwa wakati wa sherehe za miaka 10 ya Femina HIP zilizofanyika katika hema la Mama Afrika mwezi Februari mwaka huu ambapo pia kulikuwa na utoaji

wa tuzo, muziki na maonesho ya mitindo ya mavazi ya Khanga.

Watazania wengi watakuwa wameona aina mbalimbali za sanaa ya sarakasi. Shuleni na katika maeneo mbalimbali yanayokutanisha vijana siyo ajabu sarakasi kuwa sehemu ya burudani. Katika Chuo cha Sanaa Bagamoyo wanafunzi wengi wanapata mafunzo ya sarakasi ikiwemo, miruko na kurusha vitufe, vitu ambavyo wanavitumia katika maonesho yao au hata kuwafundisha wengine.

Hata hivyo bado Watazania wengi hawajaweza kufanya maonesho ya kuisimua ya sarakasi katika kiwango ambacho kimeonyeshwa na Mama Afrika katika miezi ya hivi karibuni jijini Dar es Salaam.

Nguvu jukwaani

Wakati msanii akijiandaa kuruka hewani analizunguka jukwaa mithili ya ndege inayotaka kupaa na hatimaye anapaa hewani! Akiwa huko huko angani anafanya vitu vyake



mbu vinapokutana

NA DIANA NYAKYI PICTA KWA HISANI YA MAMA AFRIKA

Hamisi, Hussein na Juhudi, wao wanapingana na hali halisi ndani ya hema la sarakasi la Mama Afrika ambapo Sanaa, maajabu na ujasiri vinapokutana. Hawana mbawa wala mhimili badala yake wanakwea hewani kwa kutumia mikanda maalum iliyoshikizwa kwenye dari ya hema hilo ambayo hujifunga mwilini.

anatoa tabasamu kwa watazamaji. Huwezi kujizuia, utasikia woga tu ukidhani wanaweza kujigonga mahali fulani au hata kuanguka chini, lakini wapi! Hapo ndipo watazamaji wanashangilia na kupiga makofi huku wakivuta pumzi na nyoyo zao kupata ahueni.

Wasanii wanajisikiaje?

“Inaleta raha sana pale watazamaji wanapofurahia, unaskia furaha ya ajabu,” anasema Akanashe Joan Mwanga huku akitoa taba-

sam kubwa. Anafahamika zaidi kama Joan, anafanya vyote; kucheza ngoma, sarakasi, mazingaombwe na anashiriki kwenye maonesho yote ya Mama Afrika ikiwemo yale ya utangulizi ambayo yanahusisha ngoma. Utaratibu mwingine unahusisha ‘gumboot dance’, ngoma inayotu-

“Sarakasi inachezwa sehemu nyingi zinazokutanisha vijana.”

mia nguvu ambayo asili yake ni katika machimbo huko Afrika Kusini ambapo wachezaji huvaa viatu maalum vya mvua na hucheza kwa kugongesha miguu yao ardhini.

Wamejifunzaje hayo?

Utaratibu wa kuruka kwa kutumia kamba unahitaji stamina ya kipekee ya mwili, uwezo wa kuweka uwiano na nidhamu ya mazoezi ya

kila siku. Huwezi kupata ujuzi huo kiholela. Kundi hilo lilijikusanya jijini Dar es Salaam katika shule ya sarakasi ya Hakuna Matata iliyoanzishwa na kuongozwa na Winston Ruddle mwenye asili ya Zimbabwe, ambaye pia ni mtayarishaji wa Mama Afrika. Baada ya mafunzo ya miaka miwili walijiunga kufanya maonesho mwaka 2008.

Joan alihitimu Diploma ya uigizaji na uchezaji wa ngoma katika Chuo cha Sanaa Bagamoyo na baadaye akasomea sarakasi nchini China. Baada ya kusoma kwa miaka minne alitunikiwa tena Diploma ya sanaa za maonesho, akajiunga na Mama Afrika kufanya ziara barani Ulaya mwaka 2006.

Mapokeo ya sanaa ya sarakasi

Wakati uwanja wa sanaa za maonesho unapata kasi hapa Tanzania, Mama Afrika inapata hamasa ya kuvutia ili kukubalika zaidi kwa fani ya sarakasi hapa nchini.

Baada ya mafanikio ya Mama Afrika huko Ulaya, kundi hilo liliwasili jijini Dar es Salaam mwezi November 2008. Winston alia-

mua kutimiza ndoto ya maisha yake, “uongo uliopo hapa Afrika kwamba msanii hawezi kuwa na maisha mazuri kutokana na kazi ya sanaa tu...kama vipaji vyetu vingetunzwa na kupokewa kwa moyo na serikali zetu na wanasiasa, asikwambie mtu tungekuwa mbali sana katika masuala haya ya ubunifu.”

Kwa sasa sanaa ya sarakasi bado inahitaji kutangazwa. “Bado haijapokewa vizuri hasa,” anasema Hamis kuhusu changamoto ya kupata watu wengi watakaokubali maonesho yao hapa Tanzania.

Sanaa za maonesho ni ajira

Hata hivyo, Hamisi na wenzake wanaamini katika kazi yao. Juu ya swali kwamba wanaushauri gani kwa wanafunzi wanaotaka kusoma sanaa hiyo, Juhudi anasema “Kuna wanafunzi ambao wangependa kujifunza tunavyofanya lakini wanaogopa. Hawapaswi kuogopa, hii ni kazi hasa na naitegemea katika kuendesha maisha yangu.”

Hussein anaeleza kwamba kwa baadhi ya wanafunzi, wazazi wao huwasukuma kwenda kwenye fani zingine. Anasema wazazi wa aina hiyo wanatakiwa kuwaacha watoto wao ku-

soma masomo ya sanaa kama wameonyesha moyo wa kuyapenda.

Sarakasi pia inatoa fursa kwa kijana kusafiri na kufanya kazi nje ya nchi hasa Ulaya kitu ambacho labda kinaweza kutokea kwa Hamisi, Hussein na Juhudi hivi karibuni. Joan, ambaye ni msanii tangu utotoni na ambaye alikuwa akipata msaada kutoka kwa familia yake anaweza kuwa mfano wa hili: “Ninafuraha sasa kwa sababu ninafanyakazi na nimepata nafasi ya kwenda nchi za nje, hivi sasa najitegemea.”

Tujifunze toka kwao

Kuwa na msimamo ni moja ya funguo katika maisha. Vijana waanze kutafakari tangu wakiwa na umri mdogo juu ya vitu gani wavyovipenda, taaluma gani zilizopo na ya kupia kufanikisha, haijalishi njia hizo ni za kawaida au laa.

Funguo zingine za mafanikio ni kufanya kazi kwa bidii na nidhamu. Hii inahitajika katika fani kama vile Uuguzi, Sheria, Uhasibu na Ualimu. Na kama jinsi walivyotuonyesha wasanii wa Mama Afrika, hata kwenye sanaa inahitajika pia! Hii siyo rahisi, kujifunza na kuwa mtaalam katika jambo lolote mara nyingi ni changamoto, lakini kama unafuata kile ukipendacho na unaamini katika jambo hilo, hiyo inafanya changamoto kuwa na thamani.

“Vipaji vingetunzwa na kukuzwa tungekuwa mbali.”





BURUDANI

WHERE ART AND MAGIC MEET

BY DIANA NYAKYI

For Hamisi, Hussein and Juhudi, defying gravity is a reality under the Mama Afrika Circus tent where art, magic and bravery meet. They don't have wings or propellers. Instead, they glide through the air using long straps that are attached to the tent ceiling and hooked to their bodies.

Hamisi Zubwa (25), Juhudi Maulidi (26) and Hussein Bangusilo (23) form a trio that performs the 'Straps' act, one of the many awe-inspiring routines that audiences have witnessed at the Mama Afrika Circus in Tanzania. And it was one of several acts performed at Femina HIP's ten-year anniversary celebration which was held at the tent this past February and which mixed award presentations, live music and khangas fashion with the circus show.

Many Tanzanians have seen circus art in some form. In schools and other forums that bring young people together, acrobatics is not an unusual form of entertainment. At the Bagamoyo College of Arts, many students get training in circus related acts such as acrobatics and juggling and go on to use them in performance careers or to teach others.

Still, many Tanzanians had not been treated to the fascinating circus shows of the standard that Mama Afrika brought to Dar es Salaam in recent months.

The energy on stage

When one of the Straps artists is about to take flight, he circles the stage like a plane preparing for takeoff and then...there he goes! He's up in the air flashing you a grin as

performing daring stunts. You can't help but fear they're going to smash into something or tumble to the ground. But they don't! So the audience shouts and claps with awe and relief.

How does it feel for the artists? "It's really nice when the audience reacts and you get that 'wow' moment," says Akanashe Joan Mwangi with a big smile. Better known as Joan, she does both Dance and Magic and has performed in all the Mama Afrika dance routines, including the captivating opening sequence that features a commanding drums element. Other routines include the 'gumboot dance', a very physical dance that originates from South Africa's mines and in which dancers wear rain boots and stomp and slap their feet.

How did they learn that?

A routine such as the Straps act needs exceptional upper body strength, ability to balance and a lifestyle of discipline and daily exercise. You don't gain such skills just anywhere. The trio was assembled in Dar es Salaam at the Hakuna Matata Acrobats School, an academy founded and directed by Winston Ruddle, the producer of Mama Afrika, who is originally from Zimbabwe. After training there for two years, they joined the show in 2008.

Joan graduated with a Major in Drama and a Minor in Dance from Bagamoyo College of Arts where she got the opportunity to study Acrobatics in China. After four years there, she had a Diploma in Performing Arts and later joined the Mama Afrika Europe tour in 2006.

The reception of circus art

As the field of Performing Arts gains momentum in Tanzania, Mama Afrika seeks to inspire an appreciation for professional large scale circus in the country.

After the success of Mama Afrika in Europe, the circus came to Dar in November of 2008. Winston has made it his life goal to do away with "the myth that exists in Africa, that an artist is unable to make a good living from his

or her art alone...If our talents are groomed and embraced by our own governments and politicians, there is actually no telling, how far we can go in terms of creative growth."

So for now, circus artistry still needs more exposure. "It's not that widely received yet," says Hamisi about the challenge of getting more people to embrace such shows in Tanzania.

Performance Art is real work

Regardless, Hamisi and the rest of the Straps trio believe in their work and their art. On the question of what advice they have for students who want to study performance art, Juhudi says "there are students who would like to do what we do but they are afraid. They shouldn't be. This is real work and I depend on art for a living."

Hussein acknowledges that for some students, it's their parents who push them to go for more conventional careers. He says that those parents should let their kids study performance art if they show interest.

The circus also opens up opportunities for its youth to travel and work abroad in Europe, something that may be in the near future for Hamisi, Hussein and Juhudi. Joan, a performer at heart since childhood who always had her family's support, can testify to this: "I'm happy now because I'm working and I get chances to go overseas. I'm Independent."

Learn from them

Having ambitions is one key to a successful life. Youth should start thinking from an early age about what their interests are, what professions are out there and how to get on the right path, no matter how common or unusual the path is.

Other keys to success are hard work and discipline. This counts for fields such as Medicine, Law, Accounting and Teaching...and as the Mama Afrika Circus performers have shown us, it counts for Arts too! This is not easy. Studying to become a specialist in anything is always a challenge, but if you are following your interests and you believe in your field, that makes the challenge worthwhile.

"If our talents are groomed and embraced by our own government and politicians, there is no telling, how far we can go in terms of creative growth."

WHAT'S UP FEMA Clubs



Shule yako ina Klab?

WanaFema mpo? Nimewasikia. Salamu kibao toka hapa meza ya Klab za Fema. Maombi ya kujiunga na familia hii ni mengi na tunayakaribisha mengine mengi pia. Hata Serikali inatuunga mkono jamani, inatambua nguvu na umuhimu wa kuwa na Klab za Fema katika shule za sekondari. Hivi karibuni Waziri wa Maendeleo ya Jamii, Jinsia na Watoto, Mh. Margareth Sitta, alirudia kauli yake ya kutaka kila shule nchini iwe na Klab ya Fema. Waziri wa Elimu Mh. Prof. Jumanne Maghembe akaweka bayana haja ya kuhakikisha kila shule ya sekondari nchini inapokea nakala za Fema. Makofi tafadhali!!!!

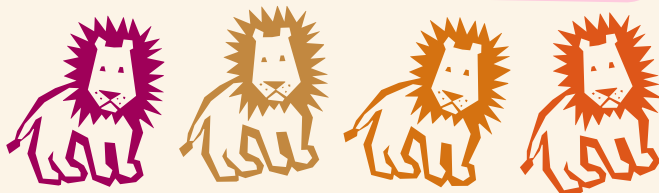
Kwa mtiririko huu, hatuna sababu ya kungoja. Je shule yako inapokea Fema? Klab je, ipo? Klab inasaidia sana mawasiliano na mazungumzo miongoni mwa wanafunzi na hata kati ya wanafunzi na walimu. Klab ya Fema ni jukwaa la majadiliano na stadi za maisha. Tathmini changamoto zilizoko shuleni, tengenezeni mkakati wa kulitumia jarida la Fema kuzitatu changamoto hizo, anzisha Klab kisha tuandikie tuisajili.

Sina mengi zaidi.
Dada Cos.



MEETING THE LIONESSES

Wow! Look at these cheerful faces, isn't it amazing? These are Lioness Fema Club members of Nganza High School posing with Fema editors Amabilis and Robert, and Mussa Mhoja of Care International Mwanza, shortly after a meeting with Femina team who paid a visit to the school. The Club has many goals to achieve, they believe in togetherness as their motto goes *'Together as one, live as one is our target'*. Go get it girls.



Wasikie hawa wadada wa Jangwani!

"Sisi ni wanafunzi wa shule ya Sekondari Jangwani, tunaomba tupewe usajili wa Klab yetu ya Fema. Klab hii tumeianzisha sisi wanafunzi kwa hiyari yetu, chini ya uangalizi wa mwalimu Ali J. Kunga. Pamoja na kusajiliwa, tunaomba msaada wowote ambao mnaona kuwa utatusaidia kufanikisha uwepo wa Klab hii. Tumepanga kufanya mengi kama vile usafi wa mazingira, kutembelea yatima na wagonjwa, kutoa elimu kwa jamii ya shule juu ya VVU/Ukimwi na mambo mengine ya afya ikiwemo dawa za kulevya. Pia tumepanga kutembelea shule jirani kwa ajili ya kubadilishana uzoefu, kuendesha midahalo juu ya maswala mbalimbali"

Duh! Mko juu. Mlikuwa wapi lakini?





ZANAKI WAMESIMAMA

Washkaji wa Zanaki Sekondari nao wameamua kujiunga na the big family ya Fema, wameanzisha Klab iitwayo CHAUZA Fema Club, yaani Chama cha Uelimishaji Zanaki. Wana malengo kibao na wako speed ile mbaya. Klab yao wameizindua hivi karibuni ambapo Franco na Hassan kutoka Femina HIP waliwakilisha vilivyo na kuhojiana na vijana hao kuhusu mambo mbalimbali.

Haya yetu macho...tunausubiri moto wa CHAUZA.

Kigoma nao waja na kimbunga!

Duh! Hii siyo mpya tu ila pia ni kali! Hivi mnakijua kimbunga nyie? Eti washkaji wa Kigoma High School katika n'toke vipi nd'o wametoka na Kimbunga Fema Klab! Mambo hayo! Washkaji hawa wana malengo kibao, zuri zaidi ni nia yao ya ku-shirikiana na jamii inayowazunguka katika kuelimishana juu ya masuala mbalimbali ya kijamii. Hiyo imekaa vizuri, au sio?

Haya wana-Kimbunga, tuko pamoja.



PAMBA FLOURISHING

Time wa not enough when Fema editors visited Pamba Secondary School in Mwanza. There was a lot to be discussed and reported. We save you the rest and happily ask you to welcome this pictured group as a new, strong addition to the Fema Club family. They are seen here with Robert and Amabilis of Fema. Some of the Club members host us on the Regional Focus page.

Safi Cotton, oh! Sorry, I mean Pamba Sec, we are waiting!



Ni zamu ya Kwiro 2008!



Taji lilianza kunyakuliwa na Mkoa wa Morogoro pale Klab ya Mgeta ilipofungua pazia na kuwa klab bora ya kwanza katika utaratibu huu. Sabasaba Sekondari kutoka Mtwara wakafanya makubwa kwa mwaka 2007 na kutwaa tuzo hiyo, lakini vijana wa Kalembo kutoka pale Kwiro sekondari mkoani Morogoro wamerudisha tena heshima mkoani kwao kwa kutwaa tuzo ya klab bora ya Femina HIP mwaka 2008.



ili kufanya shughuli mbalimbali zinazoendana na malengo na dira ya Femina HIP.

Vikundi hivi vimekuwa vikifanya kazi kubwa na nzuri katika jamii za shule na hata nje ya shule, kutokana na hilo kwa miaka mitatu sasa shirika la Femina HIP limekuwa likitoa zawadi kwa klab moja ambayo imeng'ara katika shughuli zake katika kipindi cha mwaka husika kwa lengo la kutambua, kuthamini na kuunga mkono jitihada zinazofanywa na klab hizo.

Sifa za klab bora!

- Ambayo inafanya shughuli na kutimiza malengo yake kama iliyo-pangwa
- Inayofanya mawasiliano ya kila mara kwa mara yaani updates na Femina HIP kuhusu shughuli zake na maswala mbalimbali ya vijana katika jamii.
- Iliyoainisha vema mpango wake wa kazi na kuu-fuata
- Inayojihusisha na shughuli mbalimbali za kusaidia jamii mfano utunzaji wa mazingira.

Kama kawaida vinara hawa pamoja na wengine kama vile mwalimu bora wa mwaka 2008, walitangazwa katika Mkutano wa Kitaifa wa vijana wa Femina HIP ambao ulifanyika kwa mara ya tatu na kushirikisha klab kutoka mikoa yote ya Tanzania.

Klab ya Kwiro imekuwa ikifanya shughuli mbalimbali shuleni kwao na katika jamii inayozunguka shule yao. Wanaelimisha wanafunzi wenzao na hata wanajamii juu ya masuala mbalimbali kama vile usafi wa mazingira na maisha ya ujana, VVU na Ukimwi pamoja na ujinsia.

Ushindi wa Kwiro klab haumaanishi kwamba klab zingine hazifanyi vizuri, tunathamini na kutambua mchango wa klab zingine ila tu kwa kuwa ni shindano lazima mmoja ashinde, au siyo?

Kwa kuwa klab bora, Kwiro fema klab na mwalimu wao walialikwa katika sherehe za kuanzimi-sha miaka kumi ya Femina HIP ambapo pia walipewa barua ya pongezi kutoka Wizara ya elimu na Mafunzo ya ufundi ambayo walikabidhiwa na Waziri Prof: Jumanne Maghembe mwenyewe.

Mwongozo wa Femina HIP

Klab za fema ni vikundi vya vijana, klab hizi zimekuwa zikiongezeka kwa kasi kubwa. Hivi sasa zipo klab zaidi ya 512 ambazo zimesajiliwa na bado tunapokea maombi mengi ya vikundi vya vijana vikiomba kupatiwa usajili



Basi hivi ndiyo vigezo vilivyotumika kuchagua Kwiro fema klab kuwa the best fema club 2008. Tunakubali juhudi za fema klab zote na ongeza kasi ili uweze kuwa mshindi wa mwaka huu.

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DAR ES SALAAM.

February 20, 2009

Excutive Director,
Femina HIP,
P.O.BOX 2065
DAR ES SALAAM.

RE: RECOGNITION LETTER OF FEMINA HIP

On the occasion of the **Femina HIP 10** year Anniversary the Ministry of Education and Vocational Training would like to take this opportunity to commend the **Femina HIP multimedia education initiative** for its committed and inspiring work during a decade to assist the government in ensuring that new generations of Tanzanians in our secondary schools across the country get access to HIV, sexuality and life skills education through extracurricular materials.


The Ministry issued its guidelines for HIV/AIDS and life skills education in secondary schools in the year 2006. The Guidelines also encourages extra curriculum components, including peer education and establishment of school counseling and HIV/AIDS education committees. Students are encouraged to involve themselves in activities such us Clubs, peer education, drama, debates and sports etc.

Every young person has the right to HIV/AIDS and sexuality education, but the lack of materials, and trained teachers make this education a challenge. The Ministry appreciates the efforts of **Femina HIP** to *produce materials (Femina magazine)* that help students and teachers to facilitate the HIV/AIDS, sexuality and Life skills education in secondary schools.

The Ministry would like to **congratulate Femina HIP** on its committed work, in supporting the Guidelines for implementing HIV/AIDS and Life Skills Education in schools. Aiming to reach every secondary school in the country is ambitious but we support this effort to ensure that our young generation receives comprehensive education on healthy lifestyles.

The Femina HIP deserves continued support from the Ministry as well as funding agencies in order to secure its continued work in Tanzania.

Yours sincerely,


Prof. Jumanne A. Magembe (MP)
MINISTER FOR EDUCATION AND VOCATIONAL TRAINING

WRITE TO US

Do you have comments, views or opinions on the magazine's content or anything else which you would like other readers to hear? Please send them to:
FEMA - Your letters
 P.O. Box 2065
 Dar es Salaam
 E-mail:
 info@femahip.or.tz

Mpendwa Mhariri
 Hongereri sana kwa kutimiza miaka kumi ya uelimishaji kwa njia ya uburudishaji na sisi kama jamii tunaipokea njia hiyo kwa mikono miwili kwani ndio njia ambayo inawafikia wengi zaidi na kwa haraka zaidi, hasa sisi wanafunzi ambao ndio Taifa la leo na kesho pia.

Napenda kutoa maoni kwa wale ambao wanapinga kuwepo kwa mazao haya kwa kigezo cha dini, ningependa watambue kwamba malengo halisi ya Femina HIP ni kumjenga kijana aachane na maovu na kuwa katika mstaari ulionyooka na si kumuingiza katika maovu.

Watambue kuwa Femina HIP ndio jibu kwa wale wanaokosa nafasi ya kufundishwa mambo mbalimbali ya afya na mabadiliko ya

mwili pia elimu juu ya Ukimwi kwa ujumla kutoka kwa wazazi wao ambao ndio kimsingi hutakiwa kutoa taarifa hizo. Hivyo Femina ndio kimbilio letu sisi tunaokosa elimu hizi kwa wazazi wetu majumbani. SAFARI NDIO IMEANZA FEMINA HIP KAZENI BUTI KWANI NDIO JIBU KWETU.

Haji H. MUSSA,
KIBASI SEC SCHOOL, DAR ES SALAAM,
TANZANIA

Ahsante sana Haji kwa maoni yako mazuri kabisa, tunajitahidi kufanya kila tuwezalo kufikisha ujumbe sahihi kwa wote huku tukikabiliana na Changamoto kama hizo. Tunaamini siku moja tutaeleweka kwa wote kama jinsi ulivyotuelewa wewe na wengine wanao-tuunga mkono - Mhariri.



Barua Bomba!

Mpendwa Mhariri
 Hi naitwa Anna nawapa Big up Fema kwa kazi nzuri mnayoifanya. Mimi ni msomaji mzuri wa majarida ya fema, tangu nimeanza kusoma nimefaidika na mambo mengi sana. Kwa mfano, nimejifunza stadi za maisha, sija-wahi kuona elimu kama hii, endeleeni kwa moyo huohuo.

ANNA ALLEX, MOSHI, MTAU WA LOMBETA

Ahsante sana Anna kwa ujumbe wako, tunafurahi kama Fema linakusaidia, tunaendelea, na moyo tunao, nawe endelea kusoma Fema mengi zaidi yanakuja - Mhariri.

Mpendwa Mhariri
 Hi mimi naitwa Imelda, nina umri wa miaka 15. Ninaishi Nairobi nilipata naweza kuiita bahati ya mtende nilipokuja kumtembelea shangazi yangu anayeishi Dar es Salaam mwezi December mwaka jana ambapo nilipata jarida la Fema, nilipolisoma nilijifunza mambo mengi sana na muhimu katika maisha yangu. Sasa nauliza hivi, nawezaje kuwa napata copies za jarida hili bila kukosa maana huku Nairobi hayafiki? Natarajia majibu yenu.

IMELDA, IMEKUJA KWA EMAIL.

Tunashukuru sana Imelda na pia tunafurahi kusikia kwamba jarida letu limekufundisha mambo mengi. Ombi lako tumelipokea na tunalifanyia kazi, lakini pia waweza kumwambia shangazi yako aje ofisini kwetu hapa Dar es Salaam kuku-chukulia kisha akutumie - Mhariri.

Mpendwa mhariri,
 Awali ya yote napenda kutoa pongezi zangu za dhati kwa kazi nzuri mnayofanya ya kuelimisha jamii juu ya masuala mbalimbali. Ninafurahishwa sana na ubunifu wenu na njia rahisi mnayoitumia kufikisha ujumbe kwa jamii yetu. Jarida lenu liko bomba, ni rahisi kwa msomaji yeyote kuvutiwa kulisoma.

Mtazamo binafsi, ni kwamba naona kuna haja ya kuwa na jarida linalozungumzia masuala ya Lishe, Afya na Uzazi. Masuala haya nimeyapa kipaumbele kwa kuzingatia kuwa ni muhimu sana katika ustawi wa jamii yoyote.

Naamini kuwa jamii ikipatiwa elimu hiyo kwa usahihi, itasaidia kukuza ustawi wa jamii na hivyo kuwa chachu ya maendeleo katika jamii zetu.

YAHAYA MAHAMUDU, AMKENI FEMA CLUB, CHUO CHA MAJI

Ni wazo zuri sana Yahaya, masuala yote uliyotaja tumekuwa tukiyazungumzia kwenye jarida hili na machapisho yetu mengine. Hata hivyo maoni yako tutayafanyia kazi na kufanya hivyo endapo italazimu. Endelea kusoma Fema - Mhariri.

Dear Editor
 My name is Frank J. Mwarimbo a form six student at Longido High School. I decided to write to you so that I can present the appreciation of Longido members since you helped us a lot through your Fema Magazine. We learn a lot about AIDS, love, relationships, environmental conservation and so much more. We, as Longido Fema Club, wish you best of luck and continue to educate the world and not only East Africa.

FRANK J. MWARIMBO, LONGIDO HIGH SCHOOL

Frank, we appreciate you brother. It's our pleasure to get your views about our work, thank you so much, give our regards to Longido's. - Editor

Dear Editor,
 Hi to the Femina HIP team members, Big up for the good education that you offer to the society about HIV/AIDS. I am a teacher at Ilemi High School, and a trainer of counselors recognized by ADRA under the project of TOT. I am also the HIV/AIDS coordinator at our school. We are very happy with your Magazine especially education that you are offering to youth as well as adults, we are very much impressed and we have formed a club called ILEMI ANTI AIDS FEMA CLUB which has 35 members .

MR ELIUD A. SIKOMBE, ILEMI HIGH SCHOOL, MBEYA.

Good to hear that Mr Eliud, we thank you for the feedback, we are also happy to hear that our work helps you in various ways. - Editor

DfID yawezesha vijana kujua haki zao za afya ya uzazi

“Tumegundua kuwa kuna mambo mengi tulikuwa hatujui,” anasema Amina Msosa (25), mmoja wa vijana waliohudhuria mafunzo ya haki za afya ya uzazi yaliyotolewa na Shirika la Marie Stopes kupitia mradi wa DFID yaliyofanyika katika kituo cha Ufundi cha Moyo Mmoja, Bagamoyo.

Akizungumza kwa niaba ya wenzake wa Moyo Mmoja, Amina anasema kuwa Marie Stopes kwa kupitia mradi wa DFID imewafungua macho kuhusu haki zao za afya ya uzazi, “Awali hatukujua kama vijana tuna haki ya kupewa taarifa za afya ya uzazi hata kama hatuumwi.”

Ili kuwawezesha vijana kupata haki zao hizo, vijana hao wa mkoani Pwani wameiomba serikali na wadau wa afya nchini kuiga Marie Stopes kuwatengea majengo maalum ya kupata huduma za afya ya uzazi badala ya mtindo wa sasa ambapo hupata huduma hizo na watu wazima. Marie Stopes imeanzisha huduma rafiki kwa vijana katika hospitali za wilaya na vituo vya afya katika sehemu mbalimbali nchini.

Wamesema kuwa utoaji wa huduma hizo kama unavyofanyika hivi sasa, umekuwa kikwazo kikubwa kwa vijana kupata taarifa na huduma hizo hivyo kuchangia kwa kiasi kikubwa wao kutopata haki zao za taarifa na huduma hasa zinazohusiana na masuala ya afya.

“Huu ni ukiukwaji mkubwa wa haki za vijana, kwani mara nyingi tumekuwa tunashindwa kwenda hospitali kupata matibabu au ushauri kwa kuogopa watu wazima, maana



wamekuwa (watu wazima) wakisema sana tunapokwenda kupata huduma,” analonga Amina.

Naye msichana Neema Ramadhani anasema tokea alipopata ujauzito hajawahi kwenda kwenda kliniki kwa kuogopa kusemwa vibaya na watu wazima. “ Kama unavyoniona mimi umbo langu ni dogo sana, na mwaka jana nimemaliza darasa la saba, nilikuwa naogopa kuhudhuria kliniki kwa kuogopa wakubwa, lakini kama kungekuwa na huduma maalum kwa vijana basi ningekuwa nakwenda,” anasema.

Neema anasema kuwa waelimisha rika wa Marie Stopes walimshauri kwenda kliniki lakini bado anasita, “ ukosefu wa huduma hizo kwa vijana pia umechangia kushamiri kwa tabia hatarishi miongoni mwa vijana hivyo kujiweka katika hatari ya kupata magonjwa.”

Mzazi mmoja, Bi Mwanalipi Seif, alikiri umuhimu wa kuwatengea

vijana eneo kwa ajili ya kupata huduma za afya ili kupunguza matatizo mbali mbali yanayowapata kama la mimba katika umri mdogo. “Ili kudhibiti tatizo la mimba katika umri mdogo kuna umuhimu kwa vijana kupewa elimu ya afya ya uzazi,” anasema Bi Seif.

Naye Afisa Mwelimisha Rika wa Marie Stopes wilayani ya Bagamoyo, Bi Hawa Feruzi , anasema kuwa kama wadau wa afya chini ya ufadhili wa Shirika la Maendeleo la Kimataifa la Uingereza (DFID)wamekuwa wakitoa elimu ya afya ya uzazi kwa vijana elimu ambayo imesaidia kubadili mwelekeo wa vijana wengi.

DFID inafadhili Mpango wa Kutetea Haki za Afya ya Uzazi kwa vijana katika wilaya nne za Tanzania Bara za Meru, Simanjiro, Kibahana Bagamoyo. Mpango huu, unatekelezwa kwa msaada wa utaalamu kutoka Marie Stopes Tanzania (MST).





MWANZA

“Mwanza yetu”

NA KULTHUM BAKARI, EDITHA KAZINJA NA NAOMI JOVIN

Baada ya matoleo 11, tumerejea katika mkoa ambako kwa mara ya kwanza jarida la Fema lilizalishwa na mara hii kwa ushirikiano na shirika la Care International. Wenyeji wetu waliotupa stori ya Mkoa wa Mwanza ni Naomi Jovin, Kulthum Bakari na Editha Kazinja kutoka pale Pamba Sekondari jijini Mwanza. Soma uone wanavyoelezea mkoa wao.

“ Mwanza ni jina ambalo lilitokana na Mtemi wa Kabila la Wasukuma aliyejulikana kwa jina la Mwanang’wanza aliyeishi miaka mingi iliyopita katika maeneo ilipo Benki Kuu ya Tanzania tawi la Mwanza kwa sasa.

Mkoa huu wenye hadhi ya jiji uko kandokando ya Ziwa Victoria. Ziwa maarufu sana kwa Samaki aina ya Sangara, Sato, Nembe, Kambale, Mumi, Gogo, Furu, na dagaa wataumu maarufu kama dagaa wa Mwanza.

Wenyeji wa Mkoa wa Mwanza ni Wasukuma ambao ni asilimia kubwa, lakini pia wapo Wakerewe kutoka visiwa vya Ukerewe, Wakara na Wazinza. Lakini wapo wakazi wengine kama vile Wanyamwezi na makabila mengine ya Tanzania. Wenyeji wa mkoa huu wanajishughulisha na kilimo, uvuvi na ufugaji.

Mkoa wa Mwanza una Wilaya nane ambazo ni Ukerewe, Misungwi, Magu, Kwimba, Geita, Sengerema, Ilemela na Nyamagana.



Vivutio kibao

Mwanza yetu imejaliwa kuwa na vivutio kibao, vya asili na vingine vya kutengenezwa. Vichache kati ya hivyo ni:

- Bismarek Rock - mwamba wa mawe ulio ndani ya Ziwa Victoria katika eneo la Capri Point.
- Kisiwa cha Saa Nane chenye wanyama na ndege wa aina mbalimbali, na sehemu mwanana za kupumzikia.
- Mti wa kihistoria uliotumika kunyongea wahalifu wa makosa mbalimbali ambao upo katika eneo aliloishi Mtemi Mwanang’wanza
- Jiwe kubwa la maajabu linalopatikana eneo la Mwaloni lenye chem chem ya maji katikati. Chem chem hii pamoja na kwamba iko juu ya mwamba huwa haikauki, na pia kuna alama za mikono, nyayo na makalio ya Mtemi wa Kisukuma aliyeitwa Ng’wanamadunde.

- Soko la Kimataifa la Samaki la Mwaloni linalohusisha nchi za Afrika Mashariki pia ni kivutio kikubwa kilichopo kwenye mkoa wetu.
- Mnara wa MV Bukoba uliopo kwenye eneo la Bwiru ambao unaonyesha muelekeo wa sehemu ilipotokea ajali ya kuzama kwa Meli ya MV Bukoba. Mnara huo pia una majina ya watu waliopoteza maisha kwenye ajali hiyo.
- Hospitali ya Bugando pia ni moja ya vivutio . Ni jengo la kwanza la ghorofa katika mkoa wa mwanza likiwa limejengwa kwenye kilima.
- Mawe matatu yanayotumika kama alama ya siri katika noti ya shilingi elfu tano, ambayo yapo wilayani Misungwi.
- Ujenzi wa nyumba katika milima ya mawe ni moja ya mambo yanayostaajabisha na kuvutia zaidi na kuupa Mwanza hali tofauti na miji mingine hapa Tanzania.
- Makumbusho ya Bujora, yaliyopo Kisesa nje kidogo ya Jiji ni kivutio. Huko kumehifadhiwa historia ya masuala mengi ya kiutamaduni na mila za Wasukuma.

Mambo mengine...

Huduma za afya

Mbali na Hospitali ya rufaa ya Bugando, mkoa wa Mwanza una hospitali zingine za Wilaya, Zahanati na vituo vya Afya vya Serikali na watu binafsi.

Mawasiliano na usafiri

Mkoa wa Mwanza unaunganishwa na mawasiliano ya aina zote, mitandao yote ya simu inapatikana hadi vijijini, Internet pia siyo tatizo. Pia mkoa wa Mwanza unafikika kwa Barabara, Ndege na Meli kwa kupitia Ziwa Victoria.

Huduma za jamii

Huduma za jamii kama kawaida zipo, hoteli za kila aina kulingana na uwezo wa mtu. Umeme na maji ni vya uhakika, masoko na huduma zingine zinapatikana kirahisi.

Elimu

Kuna shule zaidi ya 1050 za msingi na Sekondari zimeongezeka kwa kasi kubwa. Kuna vyuo mbalimbali vikiwemo Chuo cha Uuuguzi Bugando, Chuo cha Kilimo Ukirigulu kilichopo Misungwi, Chuo cha Ualimu Butimba, VETA, vyuo vingine vya mafunzo ya ufundi na Chuo Kikuu cha Mtakatifu Augustine.

Viwanda

Kuna viwanda vikubwa kadhaa vikiwemo vya kutengeneza soda, nguo, bia na viwanda vya usindikaji wa minofu ya samaki, pia kuna viwanda vidogovidogo ambavyo vyote hutoa ajira za msimu na za kudumu kwa vijana wa Mwanza na maeneo mengine ya Tanzania.

Karibu sana Mwanza. Tumeleza machache, njoo ujionee mengi zaidi. »



REGIONAL
FOCUS



Tuidumishe sanaa yetu

Ilikuwa mchana wakati natembea katika mitaa ya mji wa Morogoro, nikaona umati wa watu wamezunguka sehemu moja huku wakipiga kelele na kushangilia. Nilishangaa, “wanampiga kibaka nini?” Nilisogea kuangalia na ndipo nilipogundua kwamba lilikuwa ni igizo lililokuwa limekusanya watu wote hao. Igizo hilo lilimhusu jamaa mmoja ambaye alimuibia jirani yake. Nilivutiwa kiasi kwamba nilisimama na kuangalia mpaka mwisho.

NA ROBERT ZEPHANIA PICHA KWA HISANI YA WASANII

Si Morogoro pekee, sanaa za maonesho nchini Tanzania ni utamaduni ambao umeenea kila mahali. Zinatumika kuburudisha na kuelimisha jamii. Katika maeneo ya mijini na vijijini maigizo kama haya huwavutia watu wengi sana kiasi kwamba karibu kila kijiji kina kikundi cha wasanii wa maigizo kinachowaburudisha watu. Vikundi hivi huigiza vitu ambavyo vina-tokea kwenye jamii, na siku hizi mashirika mengi yanatumia vikundi kama hivi kufikisha elimu kuhusu mambo mbalimbali katika jamii kama vile maji safi, elimu kwa mtoto wa kike, au mahusiano ya kimapenzi.

Wasanii hawa, ambao wengi hawana elimu ya sanaa ya maigizo, kutokana na mapenzi yao ya sanaa hii wanajitolea kuburudisha watu. Malipo kwa sanaa hii ni kidogo kiasi kwamba wasanii wengi wanatafuta njia zingine za kipato. Wengine wanaithamini sana na wanapenda kuiendeleza sanaa hii. Wanajitahidi kujiunga na shule chache za sanaa zilizopo hapa nchini kwa matumaini ya kuwa wataalamu katika weledi ya sanaa za maonesho. Msanii wa maigizo kujijenga kimaisha kwa kutumia sanaa hii bado ni kitendawili kigumu.

Sanaa ya maigizo nchini Tanzania bado si za kitaalamu sana kama inavyotakiwa kuwa.

Sanaa ya maigizo inazofanywa katika kumbi siyo nyingi pamoja na kwamba maigizo ya televisheni yamefungua ukurasa mpya kwa sanaa hii na kwa waigizaji wenyewe. Sasa ukizingatia umaarufu wa sanaa ya maigizo nchini, kwa nini sekta hii ya sanaa haina mwamko mkubwa hapa Tanzania?

Changamoto ya kukuza sanaa za maonesho

Kwanza, hakuna soko kwa maigizo ya ukumbini yaani maonesho ambayo watazamaji wanatoa kiingilio. Watanzania wengi, kutokana na kipato kidogo, hawawezi kumudu viingilio vya maonesho hayo. Mfano mzuri ni maonesho yaliyoisha hivi karibuni ya Mama Afrika. Pamoja na kuwa na ubora wa kimataifa na kuwa na wachezaji wengi wa Bongo, hayakuweza kuvutia watazamaji wengi. Wengine walisema kwamba, “maonesho ya Mama Afrika yalikuwa mazuri sana lakini kiingilio kilikuwa kikubwa kwa Mtanzania wa kawaida.” Kiingilio cha awali katika maonesho hayo kilikuwa shilingi

16,000/-, kiasi ambacho kiliwashinda Watanzania wengi.

Ni gharama sana kuandaa maonesho ya sanaa za maonesho kutokana na vitu kama vifaa, mishahara na kodi zinazolipwa pamoja na ukumbi. Gharama zote hizi zinafanya kiingilio kuwa kikubwa kwa watazamaji. Ndio maana vikundi vingi vinakufa muda mfupi tu baada ya kuanzishwa, kwa sababu wanashindwa kutegemea sanaa hii kujikimu kimaisha.

Tuvutie
wawekezaji
katika sanaa, kama
ilivyo katika sekta
zingine.

Vikundi vichache ambavyo vimeweza kuhimili mazingira haya magumu kama vile Parapanda Theatre Lab wameamua kupanua wigo wao kwa kujiingiza katika shughuli zingine kama vile kuwa washauri na kutoa mafunzo mbalimbali. Wanashirikiana na vikundi mbalimbali vya maigizo kuelimisha jamii kwa njia ya maigizo. Mfano Parapanda kwa kushirikiana na UJANA na Family Health International (FHI) wametengeneza mwongozo wa sanaa ya maonesho itakayotumiwa na vikundi vingine kuelimisha jamii.

Wasanii wachache wenye vipaji katika Tan-



zania wanapata fursa ya kualikwa kwenda kufanya maonesho nje ya nchi. Wengi wao wakienda nje ndipo wanapata muamko kuliko hapa.

Sababu nyingine inayozifanya sanaa za maonesho kudorora ni kwamba pamoja na watu kupenda sanaa hizi, sanaa hii inadharauliwa na bado juhudi zinahitajika kubadilisha mtazamo wa wananchi. Wasanii wa kazi hizi wanaonekana wababaishaji wanaobangaiza maisha na dhana hii potofu imeganda akilini mwa watanania wengi.

Kumbi zenye hadhi bora

Wasanii wengi wanasema serikali haiwapi ushirikiano wa kutosha katika kuendeleza sanaa ya miagizo na sarakasi. “Serikali inatakiwa iwashauri wawekezaji waingie katika sanaa za maonesho kama wanavyofanya katika sekta zingine. Inatakiwa iwaajiri wataalamu wa hii fani kama vile rais Kikwete alivyofanya katika soka. Tunatakiwa kuwa na kina Maximo wakwetu katika sanaa hii”, anasema Michuzi Jr mwandishi wa blog.

Pia kuna malalamiko kwamba Tanzania haina ukumbi mkubwa wa maonesho kitu ambacho ni kawaida kama vile uwanja wa taifa! Sehemu kubwa ya wasanii kutumia kufanya maonesho yao inahitajika na ni chachu katika kuendeleza sanaa ya maonesho.

Kwa mujibu wa sheria na. 23 ya mwaka 1984, Baraza la Sanaa Tanzania (Basata) lina wajibu wa kuainisha matatizo yanayowakabiri wasanii na vile vile kuwapa mafunzo mbalimbali yanayohusu sanaa ya Tanzania.

Akijibu hoja ya ukosefu wa ukumbi, Rajabu Zubwa ambaye ni mkuu wa kitengo cha Sanaa za Maonesho katika Basata anasema, “Basata imeliona tatizo hili na juhudi zinafanaywa ili kujenga ukumbi mkubwa wa kisasa katika eneo la Basata. Ukumbi huo utakuwa na vifaa vyote na kuchukua watazamaji wapatao 2,500.”

Mradi wa Jumba la Utamaduni unaoendeshwa chini ya Makumbusho ya Taifa unaonekana kuleta matumaini kwa wasanii na mashabiki wa fani hii ambapo ukumbi mkubwa na wa kisasa unajengwa Dar es Salaam katika eneo la makumbusho ya Taifa. Utakuwa na vifaa vya kisasa na studio ya kurekodi. Ukumbi huu mkubwa unategemea kukamilika baadaye mwaka huu.

Hata hivyo, Mkurugenzi Mtendaji wa Parapanda Theatre Lab, Mgunga Mwa Mnyenyelewa anaonya kwamba, “kuwepo kwa kumbi za maonesho hakumaanishi maendeleo ya hii fani. Gharama kubwa zitakazodaiwa na waendeshaji wa kumbi hizi zitakwamisha vikundi vingi.” juhudi zingine za ziada zinahitajika kuendeleza sanaa ya maonesho Tanzania.

Zubwa anafikiri kwamba baraza linafanya kazi nzuri tu. Anasema, “tumetoa mafunzo kwa wasanii wengi juu ya masuala kama vile jinsi ya kuongoza vikundi vyao, masuala ya haki miliki, kuandika michanganuo ya miradi na stadi zingine ambazo wanahitaji ili kujiendeleza katika fani yao.”

Wasanii wenyewe wanatakiwa kujifunza jinsi ya kuwa na mtizamo wa kibiashara zaidi. Mradi unaoitwa WAPI ulioanzishwa na British Council una lengo hili. Wana programu ya kuendeleza vipaji asili vya vijana. Ni mkakati ambao unalenga kukuza uwezo wa kijana kujitambua na kujiendeleza kwa kipaji alichonacho.

Ubunifu kiini cha tasnia zote

Ni dhahiri kwamba wadau wengi wana mitazamo tofauti kuhusu hoja ya kutoendelea kwa sanaa za maonesho Tanzania. Hoja ya muhimu hapa ni nini kifanyike ili kuendeleza hii sanaa. Tunahitaji kuzisikia hoja zote hizi kwenye mijadala ya nguvu!

Hata hivyo kuna juhudi zinafanywa kuhamasisha hili. Kwa mfano vyombo vya habari vinatoa habari na kuandika makala kuhusu sanaa hasa muziki wa asili na sanaa ya maigizo. Hii ni muhimu kwa sababu kama wasanii wakipewa nafasi na kusikilizwa, sanaa hii itakua na kuvutia washabiki wengi sana. Tunatakiwa pia kutambua kwamba usanii ni fani inayobadilika. Katika nchi za magharibi, sanaa ya maigizo na sanaa zingine ni tasnia kubwa inayoingiza kipato kwa watu binafsi na pia serikali.

Wasanii wamepewa mafunzo mbalimbali muhimu juu ya kuendesha vikundi vyao.



LET'S EMBRACE OUR ART

BY ROBERT ZEPHANIA

One afternoon as I was walking downtown along a street in Morogoro, I found a huge crowd of people busy cheering and commenting. Wondering if they were butchering some pickpocket I approached only to witness them enjoying a captivating show staged by amateur performing artists. They were acting a scene in which a neighbour was caught breaking into his neighbour's house. I too was immediately drawn into the ambiance as the drama of the story unraveled.

In Morogoro, as elsewhere in Tanzania, amateur theatre is a flourishing tradition and source of entertainment and education. In urban as well as rural areas drama performances attracts huge crowds and just about every village has a group of amateur artists who indulge in entertaining friends and family with comedy, irony or satire. The stories are often reflecting local issues and these days many organizations use the local groups to get their social messages across, whether it is clean water, girls education or reducing numbers of sexual partners. Most of the performing artists are local talents, amateurs who for the love of the art devote their free time to theatre. Payment for this kind of a job is minimal, so for most there is no option but to have an income on the side. Some theatre lovers take their craft very seriously though and want to develop it further. They manage to make it into the few schools we have in the country and hope in some way to become 'professionals'. But to make a living in the creative sector in Tanzania is still a challenge.

Considering the popularity of performing and dramatic arts in Tanzania, why is it that the performing arts sector creative is so weak here.

Challenges to 'professionalism'

Well, for one there still isn't a market for professional performances, that is performances where people have to pay. People simply can't afford it and are not willing to spend thousands of shillings on tickets. A good example of fascinating, world class professional arts performances that featured a hugely talented Tanzanian cast but did not manage to draw a massive crowd in Tanzania is the Mama Africa Circus. "The Circus was a captivating attraction, but it was just too expensive for

the average Tanzanian", says one source. The initial entrance fee of the show was 16,000/- that caused the lack of turn out of the local audience. If you produce professional theatre or circus art it costs. There is equipment, salaries, costumes to be paid for plus a hall or tent for the staging. You have to sell the product and 'charge' the public. That is why many of the local drama groups that start off in a strong way soon collapse and die. They just can't generate the funds they need to continue producing theater. They have to live as well.

One of the few art groups that have survived the test of time here in Tanzania is the Dar es Salaam based Parapanda Theatre Lab. They have had to branch out, become consultants and trainers. They get involved with theatre groups that do social messaging and train other groups to do that in an efficient way. Parapanda with UJANA and Family Health International (FHI) have for instance developed a theatre manual to be used by other local groups when integrating social messaging into their performing arts. A few of the very talented performing artists in Tanzania, who are creative entrepreneurs, manage to get invitations to participate in theatre performances and collaborations abroad. Many of them end up having more exposure there than here at home!

In spite of peoples passion for drama and performance in Tanzania it is still considered a low status career, and much still needs to be done to enhance the image of performers. Artists are still considered vagabonds. The age-old stereotype of art as a weak and non-achieving line of work seems to be stuck in the minds of many.

Spaces for shows

Local performing artists claim that there is little government support for performing arts, whether dramatic theater or circus arts. "The government should attract potential investors to the industry like they are doing in other sectors. They should do for the arts what the President has done for sports like football. We should have our own Maximo of the performing arts to train the artists" says Michuzi Jr, a blog journalist.

Furthermore there are complaints that Tanzania don't have a national theater hall, something which should be there just like

a national stadium! A space, a stage for the performing arts is definitely sorely needed in this country and surely a prerequisite to developing the industry and cultivating both an audience and a tradition. The National Arts Council (BASATA) is mandated to support and address the problems of all artists as well as to train them on issues related to art in Tanzania, according to statute number 23 of 1984.

About the lack of national theatre halls, Rajabu Zubwa, the head of Basata's Performing Arts Department says: "BASATA has seen the problem and is now building a modern theatre stage within its premises. The theatre is going to have all the important facilities." The House of Culture project under the National Museum of Tanzania is also good news to arts professionals and fans. A theatre is being constructed within the premises of the museum and will contain amongst other things, modern technical facilities and a recording studio. It is expected to be opened this year.

However, Parapanda's Executive Director, Mgunga Mwa Mnyenyelwa warns that; "Having such modern theatre stages is not a guarantee for the development of the industry. Performing art may still not attract crowds due to the high charges that may be demanded by the operators of these halls". Other things are also needed to nurture the development of a blooming performing arts environment.

That the artists themselves need to learn how to become more business minded seems reasonable. A programme called WAPI - words and pictures - is an initiative set up by the British council in Tanzania that aims to do just that. They have a programme to encourage cultural entrepreneurship. It is basically a business development project for the arts that aims to improve the business knowledge of creative minds.

Various stakeholders have of course diverse views on the issue of cultivating the creative industries in Tanzania. Yet we don't really have a flourishing debate about how we should go about developing the creative industries, the performing arts and our theater tradition here in Tanzania. We need to hear all the interesting angles and initiate a debate! We also need to communicate that the creative arts can become dynamic industries.



onelove

mlinde • mheshimu • mhusishe



OneLove na wiki ya Chezasalama.com

Kwa mara nyingine tovuti ya Chezasalama.com iliandaa mashindano ya kuchemsha bongo kwa washirika wake. Hii ilikuwa kuanzia Februari 9 hadi 15, 2009. Mambo yalikuwa baab kubwa. Wiki hii ya Chezasalama ilifanyika wakati wa siku ya Wapendanao, watu wa malovee! Hivyo ikawa **OneLove** kuanzia mwanzo hadi mwisho. Wiki hiyo ilipambwa na mambo kedekede manake ilikuwa mambo ni kwa harakati za elimu-burudishi. Tulikuwa tukiburudishana huku tukielimishana.

Kama hukushiriki, basi ulikosa uhondo wa kukata na shoka kitaarifa na kizawadi. Washkaji walijibu maswali kibao kucheki uelewa wao kuhusu **OneLove** dhana inayohamasisha watu kupunguza idadi ya wapenzi wanaoshirikingononaokwawakatimmoja. Hii inalenga

kupunguza uwezekano wa maambukizi ya VVU na magonjwa ya kujamiiana. Kwani, si ni bayana kwamba kuwa na wapenzi lukuki kunamaanisha uwezekano lukuki wa kupata maambukizi? Watu walijadiliana jinsi ya kupunguza ulukuki huo! Wakasema ni bora watu wa malavidavi wakaheshimiana, wakahusishana ili kuweza kulindana kiafya na kisaikolojia.

Bado washindi wa michuano ya wiki ya Chezasalama wanaendelea kujizolea mijizawadi kibao kutoka Femina HIP. Aliyekosa fursa hiyo asikate tama, nenda ukabofye tovuti ya www.chezasalama.com kisha jisajili ili uweze kujichanganya na vijana wenzako kila siku! Ni rahisi sana! Huko utapata taarifa kibao za ujinsia, mapenzi, maisha, kazi, burudani na VVU/UKIMWI na bila shaka mashindano!



NEWS BULLETIN



Adha ya safari

Hii ilitokea baada ya gari tuliyokuwa tukisafiria kupata pancha katika eneo fulani wakati tukitoka kijiji cha Langi wilayani Magu. Suka wao Abas Baras na Hassan wanashughulikia chombo kitembee.

Kasheshe kona

Juliet na James wamekuwa wapenzi kwa miaka 3 sasa na wamekuwa wakitoka outing wote kila mara. Siku moja Juliet akiwa na rafiki yake Mary, wanamuona James akiwa amekaa Bar na msichana! Juliet anachanganyikiwa ghafla baada ya kuona mapozi ya hao wawili ya 'malovee'!

Juliet anaamua kumpigia simu amulize mpenzi wake yuko wapi. James anatoka alipokaa na anajibu simu kwa sauti ya chini ... "Niko kwenye mkutano mrembo ndiyo natoa mada, nikimaliza nitakupigia... Nimekumiss sana honey..." Juliet mdomo wazi!! Je wewe ungekuwa Mary ungemshauri vipi Juliet?

MBINU MPYA!

Kiko kama redio, lakini kina tofauti kidogo! Ni kifaa ambacho unaweza kukitumia kusikilizia sauti ambazo zimenaswa. Mradi wa ROADS ambao hufanya kazi za kuelimisha watumiaji wa barabara hasa madereva wa malori ya mizigo, umevileta nchini kwa ajili ya kufanikisha kazi hiyo. Vitagawiwa kwa zamu miongoni mwa madereva na jamii zao, vikiwa vimesheheni ujumbe husika na burudani ya kutosha. Ukimwi upo, na hatuna budi kutumia mbinu mbalimbali kuukabili, hii ni mojawapo.





Wasukuma tunalima hivi

Wanafunzi wa shule ya msingi Mwagala wakifanya usafi wa mazingira katika moja ya viunga vya shule yao. Utamaduni wao katika ufanyaji wa kazi unavutia, hasa kutokana na kuimba nyimbo za kuhamasishana kufanya kazi. Katika tukio hili walikuwa wakiimba wimbo kwa lugha ya kisumuma, tafsiri inasema hivi... *“tufanye usafi, tusiwe wavivu kama watu wa mjini... watu wa mijini hawajui kulima.. ni wavivu... tujitume tuwaokoe....”* Inafurahisha sana.



Pokea mzigo

Mmoja wa wasambazaji wa majarida ya Fema mkoani Mwanza Hosea Mbugita, akikabidhi majarida kwa vijana wa Capripoint Youth Development Organization ya jijini Mwanza. Kituo hiki cha Vijana ni moja kati ya vituo vyenye mafanikio makubwa katika utoaji wa mafunzo ya ujasiriamali kwa vijana. Capripoint ni wadau wazuri wa Fema tangu mwaka 2006, ambapo wamekuwa wakitumia majarida ya fema kupata ujuzi na kuwaelimisha vijana wengine jinsi ya kukabiliana na changamoto za maisha.

NANI KASEMA HAIWEZEKANI?

Wadada mpo? Nani kasema Sayansi haiwezekani kwa wasichana? Hivi karibuni shirika la ndege la Precision Air lilirusha ndege kutoka Dar kwenda Shinyanga na Tabora ikiwa inaongozwa na kuhudumiwa na wadada watupu, tena vijana tu kama sisi!! Majina tuliyoyapata toka jarida la shirika hilo ni kama hivi; Captain Lydia Bakri Mulokozi, Specioza Rweyemamu, Jemimah Lauwo, Della Moses, na Elizabeth Kizingo. Hata wewe unaweza ukiwa na mikakati na malengo makini katika maisha.

CHECK IT OUT...

- If you don't stand for something, you will fall for everything.
- A smile is a curve that can straighten out a lot of things.
- Be yourself, there are enough other people.
- A person who asks a question is a fool for five minutes. A person who doesn't is a fool forever.
- Yesterday is history, tomorrow is a mystery, today is a gift – that is why we call it the present!
- It's better to be hated for who you are than loved for what you are not.

MUZIKI na HB



D. Knob sasa acheza na teknolojia

Baada ya kuchoshwa na dhuluma ya wasambazaji wa kazi za muziki, msanii mahiri wa muziki wa kizazi kipya, D. Knob ameamua kutafuta soko na kusambaza mwenyewe.

“Nilipotoa albam ya Bomoa mipango nilitafuta soko kwa njia ya mtandao na baadaye nilisambaza mwenyewe ilinilipa hivyo nitaendelea kufanya hivi hivi,” anasema. Pamoja na ugumu

na gharama za kutumia mtandao, D. Knob anasema ni bora kuliko kumpatia msambazaji ambaye si mwaminifu.

Bomoa Mipango ni albam ya pili kwa D. Knob baada ya ile ya `Elimu Mitaani` aliyoitoa mwaka 2005. Anasema mcheki na ununue kazi yake kupitia www.dknob.mwambaproduction.com. **Saft D. Knob twakutakia mafanikio katika hilo**

Makamua, Q.J kiyaooyao

WASANII wa bongo fleva Makamua na QJ kutoka kundi la Wakali Kwanza wameamua kutoka kiyao tena hasa baada ya single yao ya *Natamani* waliyoitoa pamoja kufanya vizuri.

Marafiki hao wa muda mrefu wanasema wanaachofanya sasa ni kuwaonyesha wapenzi wa

muziki kuwa wanaouwezo katika gemu hata wakiwa nje ya kundi lao la Wakali Kwanza. “Ifahamike kwamba hatujajiondoa katika kundi letu, ila hizi ni kazi za nje ni kama vile mtu akiamua kutoka kama solo, so isitafsiriwe vibaya bado tupo Wakali Kwanza kama kawa,” anasema Makamua. **Mbona haina kwere washkaji, kazeni buti tu!**



Nakaaya na mafanikio ya Sony BMG

Baada ya kuingia kwenye gemu na kupata mafanikio ya kushtukiza mkali wa Rap kwa akina dada Nakaaya Sumari amepania kupata mafanikio zaidi hasa baada ya kupata ‘dili’ la kurekodi albam zake mbili na kusambazwa na kampuni ya Sony BMG.

“Najiimarisha ili nifanye vizuri katika albamu hizo, nataka nifanye vitu vizuri zaidi ambavyo vitanijengea heshima katika fani ya muziki na katika jamii,” anasema Nakaaya ambaye ametamba

na kibao chake *Mr Politician*.

Msanii huyo amekuwa balozi mzuri kwa kazi za sanaa na mambo ya kijamii na hiyo ilimfanya ateuiliwe kuwa balozi wa East Africa Community, na hivi sasa anatarajia kuingia mkataba na kampuni ya Et el Saat kuwa balozi wa kampuni hiyo.

Haya uje ki-kwelikweli Nakaaya maana ‘Mr. Politician’ tu ndiyo wengi tunaijua. Kazi kwako.



Deplaizir ataka kutengeneza himaya

Msanii chipukizi wa miondoko ya rhumba Blanchard Deplaizir kutoka Congo DR amejipanga kuwateka mashabiki wa muziki hapa Tanzania hasa baada ya kuona wasanii wa kizazi kipya wa bongo wameanza kulegeza uzi.

“Nilishakuja Bongo na kufanya kazi na wasanii hapa, naona wamelegeza uzi, hivi sasa najiandaa kuachia kazi am -

bazo zitatikisa vilivyo katika anga ya muziki,” anasema. Chipukizi huyo alishawahi kufanya kazi na Tarsis wa Akudo Impact na Banana Zorro, Kende Kaka na Lady Jay Dee.

“Naona wasanii wa Bongo hasa hawa wa bongo flava wamelegeza kamba, ingawa wao wanasema gemu iko juu, hii imenipa tamaa kuja nitoe kazi ambazo zitakuwa juu zaidi ili nijenge himaya nuri hapa Tanzania,” anasisitiza. **Duh! Kazi ipo, yaani aje awafunike hivi hivi tu, naamini hii italeti ushindani, haya karibu lango li wazi kaka Deplaizir.**



Washakaji tukomae katika ubunifu, tuache longolongo.



Kuhusu 'kamati za ufundi'

Kuna mtu aliwahi kuniambia uchawi michezoni upo, hadi huko wanakoendesha mashindano makubwa na maarufu duniani, wanaamini uchawi. Sikuweza kukataa, kwa sababu sikuwa na ushahidi wa utetezi. Ninachojua ni kwamba, hapa kwetu 'tiizedi' wapo watu wengi sana ambao wanaamini kwamba uchawi ni njia murua ya kutengeneza majina michezoni, na ziko timu ambazo bila 'kamati ya ufundi' kufika wachezaji hawaingii uwanjani. Jamani!!



Naigopa sana hali hii. Mara kwa mara imeandikwa kwenye magazeti juu ya suala hili, katika michezo yote, lakini ukweli lazima usemwe, kwenye soka mambo ni zaidi. Hata mechi za mchangani – kamati ya ufundi! Ukiuliza kamati ya ufundi yuko nani na nani utaoneshwa watu ambao 'ufundi' wao una mikoba badala ya vyeti.

Nasema naigopa kwa sababu tunapojenga wachezaji ambao mategemeo yao yako kwenye 'mikoba' ya hawa mafundi, tunaua ari ya kweli ambayo nehi nyingine wanailea na kuikuza, na inawasaidia katika nyakati zote. Hebu tafakari hii, mchezaji ambaye ameambiwa akavunje yai golini kwa mwenzake kisha akacheze



gemu, mara lile yai halivunjiki, au likivunjika kinatoka kifaranga, itakuwaje? Au fundi kase ma leo hata dakika 10 hazitapita, tutakuwa tumewaonesha wenzetu sisi ni akina nani, ghafla kibao kinageuka sisi ndo tunaoneshwa wao ni akina nani! Doh!

Katika hali ya kawaida kabisa ya mwanadamu, kile unachokitegemea kinaposhindwa kuku-letea matokeo uliyotarajia, cha kwanza kukupata inakuwa ni kuchanganyikiwa, japo kwa kiwango kidogo – je katika timu zetu tunalitaka hili?

Vipaji mbona vipo tu jamani? Tusivipagawishe, tuvilee. Ule usemi kwamba "tabia haina dawa" bila shaka unahitaji dawa, tunaweza kubadili tabia tukaendeleza vipaji badala ya kuendekewa 'ufundi'.

Ni hayo tu.



Hebu tulizungumze hili

LAWRENCIA

PICHA NA HABARI
AMABILIS BATAMULA

Lawrencia ana umri wa miaka 17. Ni yatima, anaishi na bibi yake katika kijiji cha Langi wilayani Magu mkoa wa Mwanza. Miaka miwili iliyopita, miezi michache kabla hajafanya mihani wa kuhitimu darasa la saba alipata ujauzito. Hakutaka kuitoa mimba, alijua hilo linaweza kuumumiza zaidi. Na tofauti na wasichana wengine kwenye jamii yake, hakupata mimba ili aolewe, ilikuwa kwa bahati mbaya tu, na aligundua kwamba kijana aliyempa mimba hakuwa na haja naye tena, na pia hakutaka hata kumlea mtoto wao Benson. Ameishi katika maisha ya majuto lakini sasa anaangalia mbele akiwa na mwelekeo chanya.

“**S**itaki kuolewa kwa sasa, najitahidi kadri niwezavyo kumlea mwanangu, na pia nahitaji kujifanyia kitu chenye manufaa katika maisha yangu. Hakuna mtu anakay-enilaghai tena kwani nimeshajifunza tayari.

Ningependa kurudi shule, sijui ni kwa namna gani lakini nitaendelea kuangalia fursa za ku-niwezesha,” anasema Lawrencia.

“Wakati nasubiri, nataka kuwahamasisha wasichana wengine hapa kijijini kwa pamoja

tuwe tunakutana na kuzungumzia athari za kupata ujauzito katika umri mdogo. Siyo rahisi kuwa katika umri kama wangu na kuwa na mtoto wa kumhudumia. Zipo njia za ku-zaia haya yasitokee. Unapoona ni muda mufaka kuanza ngono basi iwe ngono salama, na



ASTERIA NA BINTI YAKE

ni muhimu kuhusisha uzazi wa mpango,” anasema na kuongeza kuwa kabla hajapata ujauzito alisikia habari kuhusu dawa hizo lakini hakujua atazipataje. Hivi sasa anaelewa.

Katika jamii kubwa ya Wasukuma msichana anaonekana yuko tayari kuolewa anapokuwa na mtoto. “Kuna wasichana wengi wa rika langu ambao waliopata ujauzito kwa ajili ya kutaka kuolewa. Kupata mimba kunachukuliwa kama ndiyo mlango wa kuolewa kwa sababu kila mtu anafahamu kwamba una uwezo wa kuzaa,” anasema Monica, pia mkazi wa Langi.

“Huku tunao watoto ambao wanazaa watoto wenzao.”

Katika jitihada za kutatua tatizo hili, shirika la CARE International Tanzania, limekuwa likiendesha mafunzo ya stadi za maisha kwa makundi ya vijana katika maeneo mbalimbali ya mkoa wa Mwanza. Mafunzo haya yanahusisha kwa karibu elimu ya ujinsia, afya ya uzazi na haki ili kuwasaidia walengwa kupata stadi za kujikinga na maambukizi ya VVU, mimba zisizotarajiwa, ndoa za utotoni na kuwajengea uwezo na kuwapa mitazamo mipya katika maisha.

Asteria, 24, kutoka kijiji cha Nyamatala wilayani Misungwi, ameshiriki mafunzo hayo. Anaamini vijana wote hasa wasichana wa Kisukuma wanatakiwa kuwezesha kupata habari na huduma hizo, lakini anasema haitakuwa na tija sana endapo mafunzo hayo yatawafikia wachache tu.

“Huku tunao watoto ambao wanazaa watoto. Bado wadogo sana lakini wanajikuta kwenye matatizo kwa sababu ama hawana taarifa au hawajajengewa uwezo katika kupata huduma zitakazowasaidia kuepukana na matatizo hayo,” anasema.

Takwimu kutoka kliniki ya uzazi na watoto ya Hopitali ya wilaya ya Misungwi zinaonesha kwamba kuna wasichana wa umri mdogo

UJINSIA NA MAHUSIANO



BAADHI YA WAHITIMU WA MAFUNZO YA CARE WILAYANI MISUNGWI.

hadi miaka 12 ambao ama wamejifungua hospitalini hapo au wanahudhuria kliniki kutokana na ujauzito.

Sera ya Taifa ya afya ya uzazi inatoa maelekezo kuwa huduma kama hizo zinatakiwa kutolewa kwa wanawake walio katika umri wa uzazi ambao wanaanzia kati ya umri wa miaka 15-49. Hata hivyo hali halisi inaonesha kwamba upatikanaji na ufikiwaji wa huduma hizo hautoshelezi mahitaji. Vijana wengi huogopa wanapokutana na mtoa huduma anapokuwa mkubwa.

“Tunatakiwa kufundisha watoa huduma vijana ili wateja vijana wajisikie amani kuzungumza na watu wa rika lao. Wanaogopa wakiniakuta mtu kama mimi wanaona kama wazazi wao hivyo wanaogopa kutueleza kwa undani kama ambavyo wange-waeleza vijana wenzao,” anasema Esther Sono, ofisa msaidizi wa huduma za uzazi na afya ya mtoto wa Wilaya ya Misungwi.

Esther anaona haja ya haraka ya kuingiza rasmi mafunzo ya uzazi wa mpango katika mfumo wa elimu. Anafikiri kuwa watoaji wa huduma za afya wanatakiwa kufanya kazi pamoja na waratibu wa afya mashuleni ili

kuhakikisha kwamba vijana wanapata habari sahihi zitakazowasaidia kufanya maamuzi sahihi hasa linapokuja suala la kujikinga na mimba zisizotarajiwa na maambuziki ya VVU.

Kilio cha upatikanaji wa habari kwa wingi na huduma bora kimewasilishwa na kusikika kutoka sehemu mbalimbali. Seleman, 25, mmoja wa vijana waliohudhuria mafunzo ya CARE katika kijiji cha Matela wilayani Magu anaamini kuwa zinahitajika jitihada zaidi katika uhamasishaji.

“Tatizo ni kwamba ingawa dawa zipo ni za aina chache tu.”

“Hii ni jamii ambayo mtu akiwa na watoto wengi kiutamaduni inaaminika kwamba amebarikiwa na ni sehemu ya utajiri. Kwa hivyo watu wengi hawapendelei uzazi wa mpango, wanaona kuwa suala hili ni njia tu ya kuwarudisha nyuma kimaendeleo,” anasema Seleman.

Sarah Deus anaunga mkono hilo, yeye ni msichana pekee aliyefanikiwa kupata elimu ya sekondari katika kundi lao. Anasema bado kuna kusita miongoni mwa wasichana na hata wanawake katika kutumia dawa za uzazi wa mpango. “Najua kwamba katika kijiji chetu kuna zahanati inayotoa huduma za uzazi wa mpango, lakini watu wengi wanaamini kwamba dawa hizi zina madhara,

wengine wanasema kama mwanamke akitumia vidonge atatoka damu hadi kufa wakati wa kujifungua,” anasema Sarah.

Lakini si hayo tu, Fortunata Nkwande, mwezeshaji wa shirika la CARE wilayani Misungwi anaeleza; “Tatizo ni kwamba, ingawa dawa zipo na kuna watu waliochagua kuzitumia, zipo za aina chache. Utaratibu wa kitaalam wa matumizi wa njia hizi za uzazi wa mpango unashauri mtumiaji apewe uwezo wa kufanya chaguo, lakini wale wanaohitaji kuzitumia wanajikuta mara nyingi wakipata aina mbili - kondom na vidonge tu. Kama mtu hapendi vyote viwili kuna uwezekano kwamba hatatumia kabisa,” anasema.

Kuna haja ya kuyaelezea masuala haya kutoka mitazamo tofauti. Lawrencia anaamini katika makundi rika, anataka kujifunza zaidi na kujadiliana na wenzake. Elimu rika ambayo ni endelevu imethibitika kuleta mabadiliko mazuri sehemu nyingi Duniani, kwa aina tofauti za elimu. Majarida kama Fema linalotoa mifano, ushauri na kuchochea majadiliano yanaweza kusaidia hili kutokea. Jamii inahitaji kuwa na msimamo maalum wa uhamasishaji na utoaji wa elimu ili kuelewa, kukubali na kutumia huduma zinazopatikana. Na kwa upande mwingine ubora wa huduma zinazotolewa ni njia muhimu kufikia malengo.



LET'S TALK ABOUT IT

Lawrencia is 17 years old. She is an orphan, living with her grandmother in Langi village, Magu district, in Mwanza. Two years ago, a few months before writing her national standard seven exams, she got pregnant. She ruled out abortion, it could hurt her more. And unlike many other girls in her community, she didn't get pregnant to secure marriage, it was by accident but he has learnt that the guy who made her pregnant is not interested in her anymore, not even in taking care of baby Benson. She has lived through her regrets and is now looking ahead with a positive attitude.

“I don't want to get married now. I am trying as much as I can to provide for my son, then I want to do something for myself. No one will take advantage of me again, I have learnt my lesson. I would like to go back to school. Now I don't know how, but I will keep looking for opportunities,” says Lawrencia.

“While I am waiting, I am want to mobilise other girls in my area so that we together talk about the cost that comes with getting pregnant when you are this young. It is not easy to be my age and have a baby to take care of. There are ways to prevent it from happening! If we choose to have sex it has to be safer sex and we should consider contraceptives,” she says, adding that before she got pregnant she had heard about contraceptives but didn't know how to get them. Now she knows.

In most Sukuma communities, a girl is considered 'okay for marriage' if she has a baby. “There are many among my age mates who got pregnant so that they can get married. Getting pregnant is seen as a door to marriage because then everybody knows that you are able to bear children,” says Monica, also from Langi.

In order to address this problem, CARE International in Tanzania has been running lifeskills education to groups of young people in different parts of Mwanza. The training includes strong elements of sexual and reproductive health and rights to help the beneficiaries gain skills in prevention of HIV, unplanned pregnancies and teenage marriages, and empower them to a whole new outlook.

Asteria, 24, from Nyamatala village in Misungwi district, attended the training. She believes all youth, especially girls of her culture, should get more access to such information and services. It doesn't make a big difference if only a few of them know.

“Here we have a lot of children who give birth to children, they are still young but find themselves in trouble because either they are not informed or are not empowered to access services that could help them avoid such problems,” she says.

Records from the maternal and child health clinic at the Misungwi District hospital show that there are girls as young as 12 years who have either given birth at the hospital or are pregnant attending clinics.

The national policy on reproductive health directs that such services should be provided to all women of child bearing age, identified as 15-49 years. However, reality shows that both access and availability are not satisfactory. Young people tend to shy away when the service provider is an adult. “We need to train young services providers that our younger customers can relate to.

They get scared when they find someone like me, they look at us as their own parents and hesitate to open up us they would to their peers,” says Esther Sono, the Assistant District Reproductive and Child Health officer for Misungwi.

She sees an urgent need to integrate family planning training into the official education system. She also thinks that health service providers should work together with school health coordinators to make sure young people are equipped with relevant information to help them make better choices when it comes

to preventing unplanned pregnancies as well as HIV infection.

The cry for more information and better service delivery is heard from many sources. Seleman, 25, one of the young men who attended the CARE training in Matela village, Magu, believes more efforts towards sensitization is needed.

“This is a society where having many children has traditionally been believed to be a blessing and part of wealth. So some people are not interested in family planning, they look at it as a way of slowing down their development,” says Seleman.

He is supported by Sarah, the only girl with secondary education in her group. She says there is still reluctance among girls and even older women, to make use of contraceptives. “I know that in our villages there are clinics that provide family planning services, but most people tend to believe that contraceptives are harmful. Some say if a woman takes the pills she will bleed to death when she gets a baby,” says Sarah.

But that is not all, as explained by Fortunata Nkwande, CARE's Community Resource Person in Misungwi; “The problem is that although contraceptives are there and some people choose to use them, there is a limited choice. Unlike what good practice advices, those who seek family planning services find themselves stuck with two choices mostly – condoms and pills. If someone is against both, chances are they will choose none,” she says.

There is obvious need to address these issues from different approaches. Lawrencia believes in peer groups – she wants to learn more and share more with her peers. Continued peer education has proved effective in many parts of the world, for various kinds of education. Magazines like Fema that offer examples, advice and stimulate conversation can help make this happen. Societies need systematic persistent sensitization and education to understand, accept and utilise available services. And on the other hand, quality provision of services is key to attaining this goal.

“Here we have a lot of children who give birth to children.”



TUANDIKIE!

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

FEMA HIP

P.O. Box 2065, Dar es Salaam
E-mail: info@femahip.or.tz

Mpendwa Anti

My name is Obby from Karatu Boyz High school, Arusha. Pole na kazi ya kutuelimisha. Nina swali concerning HIV. Tuli-fundishwa kuwa HIV vinaweza kuishi even kwenye maji ya centigrade 100 bila kufa na haviwezi kuishi kwenye hewa kwa muda mrefu. Je ni kweli? Kama ni kweli kwanini?

OBBY, KARATU BOYS HIGH SCHOOL, ARUSHA.

Asante, si kweli kwamba HIV vinaweza kuishi kwenye maji ya centigrade 100 bila kufa ila pia ni kweli kuwa HIV haviwezi kuishi kwenye hewa kwa muda mrefu. Kwa ujumla ni kwamba HIV haviwezi kuishi kwenye maji ya aina yoyote au kuishi kwenye hewa kutokana na asili yake (nature).

Mpendwa Anti

Sisi ni wanafunzi wa Mtwango Sekondari, kwa nini mvulana na msichana wanapokuwa na mahusiano ya kimapenzi msichana ndiye anayeathilika zaidi kitaaluma?

WANAFUNZI, P.O. BOX 370, NJOMBE, IRINGA

Poleni na masomo, mvulana na msichana wanapokuwa na mahusiano ya kimapenzi yeyote anaweza kuathirika kitaaluma kutokana na jinsi gani ameshindwa kuweka uwiano (balance) kati ya mapenzi na taaluma (masomo). Kuna hali ya mazoea kwamba msichana ni dhaiifu hivyo wawulana wengine hutumia nafasi hiyo kuwahasasi katika muda ambao wanahitaji utulivu hivyo kujikuta wakifanya vibaya. Pamoja na hivyo, si vyema kwa wanafunzi kujiingiza katika mahusiano ya kimapenzi, ni vyema mkakazania masomo zaidi.



Mpendwa Anti

Mimi ni msichana mwenye miaka 16, ninaishi na wazazi wangu ila mzazi mmoja kati yao ananihisi vibaya kwamba nimejiingiza katika mapenzi. Hata hela ikipotea nyumbani naambiwa nimechukua mimi, mambo ambayo siyo kweli, inaniuma sana naomba ushauri wako, Anti.

ALIADINA RUGAIKA

Pole, wazazi wanayo haki ya kukulinda na kukutunza ikiwa ni pamoja na kukushauri katika mema, suala la mzazi wako mmoja kukuhisi vibaya inategemea ameona mabadiliko gani ya tabia kutoka kwako, ni vema kama hujajiingiza katika masuala hayo ukamweleza wazi na jitahidi kufuata anayokueleza, na kuhusu suala la pesa ni vema pia ukamweleza mzazi wako na mpange mkakati wa kulitatua tatizo hilo. Kumbuka kuwa ni vizuri kuwaheshimu na kuwasikiliza wazazi wako.



Mpendwa Anti

Mimi ni mwanafunzi wa kidato cha tano Milambo High School, Tabora. Nimeokoka sasa najikuta katika wakati mgumu hasa vipindi vya dini na masomo vinapoingiliana, nisipoenda kwenye kipindi cha dini wenzangu husema nimepotoka na sijaokoka sawasawa, na nisipoenda darasani wenzangu hudai kuwa nitafeli kwani mambo muhimu yananiipita. Mimi napenda sana dini lakini pia masomo ni muhimu sana, je Anti nifanyeje? nisaidie katika hili.

JORAM M. NYINENGABO, MILAMBO HIGH SCHOOL, BOX 356, TABORA.

Pole sana kwa tatizo linalokusibu, na pia nakupa hongera kwa kupenda sana masomo na dini, ni jambo jema, masomo ni muhimu na dini ni muhimu pia, ila kwa Ushauri ukiwa mwanafunzi inakubidi uzingatie zaidi masomo na dini kwa kiasi ili uweze kufaulu vizuri kwenye masomo yako. Pindi vipindi vinapogongana ni vyema ukaenda darasani, masomo ya dini yanaweza kusubiri, maana si kipaumbele chako ukiwa shuleni.



Mpendwa Anti

Katika majadiliano yetu sisi wana Fema Club hapa Milambo kuna swali lilituchangan-ya kidogo, eti anti unapochagua mchumba kipi ni bora, je uchague mabinti wengi halafu ufuatilie tabia zao na kisha baadaye umuo mmoja au unatakiwa kuchagua mmoja tu ambaye utamuoa? Wanachama wanatofautiana, wengine wanasema bora uchague wengi maana kumtegemea mmoja anaweza kukuacha ukaumia, wengine wanasema kuwa na wengi ni noma, hebu tusaidie katika hili Anti.

KURWA MAGUSA

MWENYEKITI FEMA KLAB, MILAMBO HIGH SCHOOL, BOX 356, TABORA.

Hongereni sana wana fema club kwa kazi nzuri ya kuelimishana. Kuchagua mchumba ni suala la mtu binafsi na pia kwa jinsi gani au njia gani ampate huyo mchumba bado linabaki kuwa suala binafsi. Ni vizuri kuchagua mchumba mmoja ambaye mtapanga malengo pamoja na kisha kuoana mkiwa mnafahamiana vizuri, wote mkiwa na upendo wa kweli mtafikia malengo yenu. Kuwa na wasichana wengi kuna hatari nyingi ikiwepo ya uwezekano wa kupata maambukizi ya VVU.

Mpendwa Anti Pole na kazi, mimi nina tatizo la kukojoa kitandani, ingawa siyo kila siku lakini linan- isumbua sana hasa kwa kuwa niko shule ya bwani. Pia tatizo lingine ninapokaribia ku- ingia period tumbo huwa linauma sana chini ya kitovu, je hili ni tatizo gani?

**NI MIMI MSOMAJI WA FEMA
MKUU -ROMBO
KILIMANJARO.**

Asante, pia pole kwa matatizo yanayoku- sumbua. Kuhusu tatizo la kukojoa kitan- dani ni vema ujitahidi kuepuka kutumia vitu vya maji maji muda mfupi kabla ya kulala, pia kukojoa kila kabla ya kulala na kama una rafiki unayelala naye muombe awe anakuamsha usiku ili uweze kukojoa. Kama tatizo litaendelea nenda kamwone daktari atiyekaribu nawe kwa msaada zaidi.

Pia kupata maumivu chini ya kitovu un- apokaribia period, ni hali ya kawaida, kwa kuwa ni kipindi ukuta wa uzazi (en- dometion) unajiandaa kumeguka. Ila kwa ushawiri kama tatizo litazidi ni vema kum- wona mtaalam wa afya.



Mpendwa Anti Mimi ni X nina umri wa miaka 23, tatizo langu ni kwamba natoka usaha kwenye uume tangu mwaka 2002. Nimetibiwa mara nyingi lakini hali inajirudia, sasa sijui nifanye nini?

Na pia naomba unieleze je ugonjwa huu un- aweza kutibika? Maana umekaa kwa kipindi kirefu sana.

MSOMAJI WA FEMA, RUANGWA, LINDI

Pole sana, inawezekana ukawa na maam- bukizo ya ugonjwa wa Gono (Gonorrhoea) ambao unatokana na kujamiana. Ugonjwa huu unatibika, lakini kwa kuwa umekaa muda mrefu ni vema ukaenda kumuona daktari upatiwe vipimo sahihi na utum- iye dozi stahili kulingana na maoni yake. Epuka kujiganga mwenyewe au kutumia dawa bila kupata vipimo.



Mpendwa Anti Mimi ni mwanafunzi wa kidato cha pili shule ya sekondari Nzega. Nauliza hivi, ndoto nyevu zinatokana na nini? Mimi huwa siwazi sana mademu na najihusisha na mazoezi na ukweli ni kwamba sina fikra zozote juu ya is- sue za sex lakini nikilala hizi ndoto huibuka. Sasa nataka kujua zinasababishwa na nini na nifanyeje kuziepuka?

**MWANAFUNZI NZEGA HIGH SCHOOL, BOX 4030
NZEGA TABORA.**

Hongera kwa kutowaza sana mademu na kuzingatia masomo. Ndoto nyevu inaweza kutokana na mkusanyiko wa mawazo au inatokana na vichochea mvili (hormone- drives). Endelea kufanya mazoezi na kuzingatia masomo na zitaisha tu, lakini lisikupe shida sana maana ndoto nyevu hazina madhara yoyote kiafya.

Mpendwa Anti Mimi ni msichana wa miaka 18, ninaso- ma kidato cha tatu hapa Peraminho. Nauliza eti Anti msichana wa umri kama wangu asi- popata hedhi kwa miezi 6 anakuwa na tatizo gani? Na je tatizo hili ni la kawaida tu au, je

afanye nini ili aweze kuendelea kupata he- dhi?

BAHATI MLOWE, BOX 21 PERAMINHO.

Pole sana kwa tatizo linalokusumbua, msichana wa umri kama wako asipopata hedhi kwa kipindi cha miezi 6 inaweza kuwa ni kutokana na mambo mbalim- bali kama vile, kubadilisha mazingira ya kuishi, kubadilisha au kukosa vyakula vya aina fulani, kuwa na mawazo fulani (psychological problems) n.k. Vyote hivi vinaweza kupelekea kukosekana kwa hedhi, yanapotokea mambo kama niliyoyataja ni la kawaida ila kama litaendele ni vema kumuona mtaalamu wa afya kwa msaada zaidi.

Mpendwa Anti Pole na majukumu Anti, tatizo langu ni kwamba mara kwa mara nashikwa na hisia za mapenzi hasa ninapomuona msichana mwenye chuchu zilizosimama. Yaani ni- kimuona tu najikuta uume umesimama inabi- di nikiona msichana niangalie chini tu. Hebu nisaide Anti nifanyeje kuepuka tatizo hili?

BABUN, TEGETA, DAR ES SALAAM

Asante, pole kwa tatizo linalokusumbua, tatizo lako linaweza kuwa linatokana na kusoma magazeti au majarida yanayo- husu ngono, kuangalia picha za ngono, kuongelea mambo yanayohusu ngono, mara kwa mara na mengineyo. Ni vema ukatumia muda wako mwingi kujishu- ghulisha na masuala ya maendeleo na kuacha vitu vinavyoweza kukusababishia kuwaza ngono. Jitahidi kuzoea na kuona kuwa ni mambo ya kawaida, usipende kuangalia sana wasichana maeneo hayo na inapotokea tafuta shughuli ya kufanya ili kuondoa mawanzo ya kingono.



Kuna dhana potofu juu ya uzazi wa mpango

Uzazi salama ni pamoja na kuzingatia masuala muhimu likiwemo suala la uzazi wa Mpango. Katika jamii zetu tumeshuhudia mambo mengi yakijitokeza ikiwemo uzazi usiofuata mpangilio maalum. Kwa vijana, mimba zisizotarajiwa ni ishara pia kwamba matumizi ya dawa za uzazi wa mpango (contraceptives) bado ni tatizo.

Tulipotia timu mkoani Mwanza, shirika la CARE International lilituwezsha kukutana na vijana katika wilaya za Magu na Misungwi na tulilonga nao ili kujua hali ikoje kwao hasa kuhusiana na suala zima la matumizi ya dawa hizo za uzazi wa mpango zikiwemo kondom.

Katika majadiliano yetu na vijana sehemu zote walikiri kupata taarifa ya kuwepo kwa dawa hizo na kwamba zinapatikana katika vituo vya Afya, lakini kuna matatizo kadhaa kama jinsi Shija na Sarah wanavyoyachambua.



SHIJA MATHIAS: Ni kijana mwenye umri wa miaka 27 anaishi kijiji cha Langi aki-jishughulisha na kilimo, Shija anasema kuwa alisikia juu ya kuwepo kwa dawa hizo miaka kadhaa iliyopita na kweli zinapatikana.

“Dawa zipo tatizo ni kwamba watu hawana elimu ya kutosha juu ya matumizi ya dawa hizo, watu hawazitumii kutokana na mambo kadhaa ikiwemo imani potofu wanazojengea-

na hasa katika jamii yetu ya Wasukuma ambapo wengine wanaambiana kwamba zinamadhara kwa afya,” anasema.

Anashauri wahudumu wa vituo vya afya wawe wanatoa elimu na maelekezo sahihi ya jinsi ya kutumia na manufaa yake kwa watu wanaowapatia. Anasema tatizo lingine ni woga kwa wavulana wanaogopa kuonekana wanachukua au kununua kondom.

Shija anakiri kwamba dawa hizo zinasaidia sana kwani ameona mabadiliko kwa familia kadhaa ambazo zinatumia dawa hizo. “Uzazi wa kila mwaka umepungua na kwa watu walioelewa kumekuwa na mabadiliko, hata kina mama wameonekana kuwa na afya nzuri tofauti na mwanzo walipokuwa wakijifungua karibu kila mwaka,” anasema.

Anatoa ushauri kwa wanajamii hasa huko vijijini kuachana na mila potofu kwamba dawa hizo zina madhara. “Tuache kudanganyana, tukapate taarifa sahihi kwa wataalamu. Mashirika nayo yahamasisha na kutoa elimu sahihi ya matumizi ya dawa hizo kwa wananchi. Wahudumu nao watimize wajibu wao waache kuwababaisha wananchi wawasaidie kama serikali inavyowaagiza,” anasema.

SARAH DEUS: Anaishi Matela Wilayani Magu, ni msichana mwenye umri wa miaka 22. Anasema hali ya upatikanaji ni nzuri na dawa zinaweza kutosheleza mahitaji, tatizo ni watumiaji hawana mwamko, watu hawatumii dawa hizo kwa sababu hawajahamasika.

“Pia kuna suala la imani potofu miongoni mwa wanajamii kwamba dawa hizo zitawafanya wawe wagumba yaani wasizae. Binafsi nikiwa sekondari nilisikia juu ya dawa hizo, naelewa umuhimu wake, lakini kwa jamii zetu huku vijijini watu hawajaelimika hivyo mambo ninayosikia yanapotosha kabisa na huwezi kuwaeleza kitu wakakuelewa hasa nikiwa mtoto mdogo kwao,” anasema.

Anasema pia matumizi ya dawa hizo katika jamii ya Wasukuma yanaathiriwa zaidi na mila na desturi zao kwani kuzaa watoto wengi kwa Wasukuma ni ufahari. “Msichana kama mimi nina miaka 22 bado sijazaa naonekana msichana wa ajabu sana, wengine wanasema ni hasara kwetu, hivyo nitakapoamua kuolewa kazi ninayo. Lakini pia kuna suala la kuwa na wahudumu wachache kwenye zahanati zetu utakuta zahanati inawahudumu wawili wanafanya kazi nyingi na wanachoka, hivyo muda wa kumwelekeza mtu kwa undani hawana” anasema.



Muuguzi katika hospitali ya Wilaya ya Misungwi Bi. Esther Sono, anasema: “Ni kweli kuna matatizo lakini kubwa zaidi ni kwamba wananchi wamekuwa na imani potofu wanadhani kwamba dawa hizo zinasababisha ugumba, lakini pia kuna suala la mila na desturi, mtu anayezaa sana ndiyo mwanamke bora. Ni vyema wakafahamu kwamba dawa hizo hazina madhara yoyote kiafya, cha msingi wafike kwenye vituo vya afya wapate maelekezo

sahihi. Pia mashirika kama Femina HIP mtusaidie kutoa elimu hii na kuhamasisha wanajamii juu ya masuala haya,” anasema.

Umeyasikia hayo? Sisi kama Femina HIP tunatimiza wajibu wetu katika kutoa machapisho mbalimbali yanayobeba elimu ya masuala mbalimbali, nawe mwanajamii timiza wajibu wako.

INAKUWA VIPI?

Wakati Mama Linja na mwenzake wanajadili na kuona umuhimu wa kuweka pesa ili zivasaidie katika kipindi cha ujauzito na wakati wa kujifungua, waume zao wanapokea maoni yao kwa namna tofauti. Endelea kupata uhondo uone kinachotokea...

Karibu mama Linja...



Ahsante, nilijua sitokukuta.



Mwenzio mjamzito nimekuja tupange kuhusu kuhudhuria kliniki.

Mke wangu naona nianze leo leo, weka hii hapa.



Ahsante mume wangu, ngoja niziweke sehemu maalumu.

Kwa mama Linja mmh....



Duh Baba Linja asubuhi yote hii ameleva!?

Alipofika home



Baba Linja jana nilikueleza kuwa mwenzio mjamzito hukunijibu kitu.

Siku inayofuata.. Baba Linja kilabuni kama kawa...



Lete pombe nyingine tajiri ameshafika.

Baba Linja leo umechelewa ulipitia wapi.

Weka pombe haraka, koo limekauka sana.

Mama muuza hii ya leo kali sana.



Jamaa kafika bila shaka nasi tutakunywa sasa...

Aliporudu home mweupee..



Ngoja nisachi niwe naficha pesa hata kwa kumuibia.

Kroogh! Kroogh!



Hilo ni jambo la msingi mama Linja.



Cha msingi tuwambie waume zetu tuanze kujiwekea akiba kwa ajili ya kutusaidia siku zikifika.

Kweli maana siku hizi mambo haya huwezi jua.



Baada ya muda

Nimekuelewa mke wangu.

Nimeona ni vyema nikuambie mapema, ni muhimu tuanze kuweka akiba itakayotusaidia wakati wa kujifungua.



Sasa kama mjamzito mi nifanyeje?



Tuanze kuweka akiba ya pesa.

Za nini? Kwenda huko, siku hizi huduma zote bure unanifanya sijui mambo eeh?



Lazima ufahamu kwamba yapo mambo yanayohitaji fedha, hospitali hawawezi kutoa kila kitu.



Duh yaani hakuna hata senti!? Jana tu alikuwa na hela kibao...



Baada ya miezi kadhaa uchungu ukamshika mama Linja

Yowee! Uuuh mama wee!

Pole sana, vumilia mama Linja.



Aaah Hivi baba Linja hujamuona kweli?

Ngoja nikufikishe hospitali nitamtafuta.



Bwana Mabele ninamaongezi muhimu na wewe.

Aongee hapahapa anakusumbua tajiri wetu.



Bwana, mkeo ameshikwa na uchungu nimempeleka hospitali.

Unasemaje wewe? Kweli?



Ngoja kwanza, usinivute. Haya ni masuala muhimu.



Wee usiondoke! Lipia hii pombe uliyotuagizia.

Nitalipa bwana ngoja nisikilize haya kwanza.

Baada ya taarifa akaenda hospitali kutafuta mkeo



Mkeo kahamishiwa hosptali ya mjini, kuna vifaa inabidi ununue na pia uwe na pesa ya akiba maana hali siyo nzuri.

Loh! Kwa hiyo inabidi niende mjini.



Sina hela, na mambo yameshakuwa hivi, sijui nitafanyaje?

USHIRIKI: VIJANA KUTOKA VIJJI VYA LANGI NA MATELA (WILAYANI MAGU.)
HADITHI: FEMINA HIP, CARE NA VIJANA.
PICHA: AMABILIS BATAMULA
UONGOZAJI: HASSAN BUMBULI & ROBERT ZEPHANIA
SHUKRANI: CARE INTERNATIONAL

*** kumbuka!** Ni muhimu sana kuweka akiba ya pesa pale mkeo anapokuwa mjamzito ili iweze kusaidia mahitaji muhimu wakati wa kujifungua ikiwemo kukodi gari au baiskeli ili kumfikisha kliniki. Ni hatari kuendekeza ulevi au matumizi ya pesa yasiyokuwa ya lazima.

TUOKOE MAISHA YA MAMA WAJAWAZITO

NA HASSAN BUMBULI



Ni muhimu tujiwekee pesa ili zitusaidie katika masuala mbalimbali hasa katika kipindi kama hiki.



Matumizi yasiyo ya lazima ni vyema yakaepukwa na kutoa nafasi kwa masuala muhimu kufanyika.



Ni muhimu kushirikiana na kuwa na umoja katika kuwasaidia akima mama wajawazito.

Duh! Washkaji mmeona hali iliyomkuta bwana Mabele a.k.a Baba Linja? Hii ndiyo hali inavyokuwa katika baadhi ya familia ambazo hazina mipango mizuri ya matumizi ya pesa hasa katika kipindi muhimu kama cha mama kuwa na ujauzito.

Hadithi ya picha tuliyoiona bila shaka imetupa mwanga wa mambo fulani yalivyo katika baadhi ya jamii zetu. Hadithi hii inaakisi maisha ya wanajamii wengi hasa katika maeneo vya vijiji ambako tafiti zinaonyesha kuwa vifo vya akina mama vinavyotokana na matatizo ya kujifungua vinatokea sana na ushiriki wa akina baba katika masuala ya uzazi ni mdogo.

Madhara makubwa

Kwa familia yenye mama mjamzito kutoa kuwa na mipango mizuri ya kumtunza mama huyo na kujiwekea akiba ya pesa kwa ajili ya dharura ni hatari kubwa. Mama anapokuwa mjamzito anahitaji uangalizi wa hali ya juu kwani jambo dogo tu linaweza kusababisha madhara makubwa au hata kifo cha mama, mtoto au wote wawili.

Yanatokea sana tu

Mambo kama ya Baba Linja yameshahudiwa sana katika jamii zetu na yanasababisha mambo mengi sana ikiwemo vifo vya akina mama wajawazito. Hayajaanza leo, yameanza muda mrefu sana ndiyo maana hata shirika la Afya Duniani likaona umuhimu wa kuwepo na siku maalum ya kuwakumbuka

akina mama waliopoteza maisha wakati wa kujifungua, siku hii inajulikana kama siku ya utepe mweupe (White Ribbon Day).

Ni muhimu

Ni muhimu kufahamu kwamba suala la uzazi ni suala la pamoja katika familia, Baba kama kiongozi wa familia anawajibu mkubwa wa kumuangalia mama mjamzito kwa macho yote tena yaliyo makini. Pia ni muhimu kuweka akiba ya pesa ili ziweze kusaidia katika mahitaji muhimu kwa mama mjamzito kabla, wakati na baada ya kujifungua. Ni muhimu pia kupunguza matumizi yasiyo ya lazima kama vile ulevi wa pombe na starehe zisizokuwa na msingi.

Jukumu letu

Kama wanajamii ni jukumu letu kufahamu umuhimu wa kujiwekea akiba si tu pindi mama anapokuwa mjamzito bali wakati wote, ni jukumu letu pia kuelimishana juu ya masuala muhimu yanayojitokeza katika jamii zetu na pia ni vyema kuelewa na kupanga mambo kulingana na vipaumbele. Hii itatusaidia kujipanga vizuri kukabiliana na changamoto zinazojitokeza katika familia na jamii yetu.

Tunaweza kufanya hivi

Kwa akina baba walioko kwenye familia wanaweza kuanza kuweka akiba kidogo kidogo ikumbukwe kwamba kidogo kidogo hujaza kibaba. Kama hii haitoshi tunaweza kuitumia hadithi hii kama mfano kuelimisha jamii zetu juu ya masuala haya. Jambo la kuzingatia ni kuiboresha hadithi hii na pia kumtafuta mtaalamu wa afya aweze kutoa elimu iliyosahihi kwa wanajamii.

* kumbuka!

Ni vyema kumpa matunzo stahili mama mjamzito ilikumsaidia yeye pamoja na mtoto kukua vizuri. Ni muhimu pia kwa wanaume kushiriki kwa ukaribu zaidi kujua hali na maendeleo ya mama mjamzito na pia si vibaya hata kwenda nae kliniki ili kwa pamoja muweze kupata ushauri kutoka kwa daktari au wauguzi. Suala la kujiwekea akiba ya pesa ni muhimu pia kwani katika kipindi cha ujauzito tatizo lolote linaweza kujitokeza ghalifa kulingana na hali ya mama.

VUMILIA atoboa



Tuondoe woga

Kuna kuwepo na habari nyingi kuhusu jamii inayoogopa kupima afya, hususan vijana ambao hawajaoa au kuolewa, na wale ambao hawajapata watoto. Wanasema ukipima Virusi vya Ukimwi na ukikutwa navyo basi hautoweza tena kuoia ama kuolewa au kupata watoto.

Jamani safari hii ninawaletea habari kemkem iliyo na matunda mazuri ya kukuondoa wewe hofu ya namna hiyo.

Leo napenda kuwaletea ukweli wa mambo kuhusiana na jambo hili. Ungana nami kwa kusoma ushuhuda huu wa kaka yetu Timoti na dada yetu Suzana.

Timoti John Seme alizaliwa mwaka 1970, katika kijiji cha Mtwiga wilaya ya Chunya mkoa wa Mbeya. Alisoma shule ya hapo hapo kijijini akamaliza shule ya msingi mwaka 1988.

Baada ya kumaliza masomo alifanya kazi katika kampuni ya saruji ya Twiga Mbeya. Kati ya mwaka 1999 na 2000 alipatwa na jambo ambalo lilimshangaza. Aliugua ugonjwa ambao huitwa mkanda wa jeshi. Baada ya hapo alianza kusakamwa na magonjwa mbalimbali kwa muda mrefu. Homa, kifua na miguu ilikufa ganzi akawa hawezi kabisa kutembea. Mwaka 2003 ndugu zake walimpeleka kwa mganga wa kienyeji lakini kwa mwaka mzima hakupata nafuu, hali ikazidi kuwa mabaya.



VUMILIA OMAR AKIPOKEA TUZO ALIYOTUNUKIWA NA FEMINA HIP KUTOKA KWA DR. RAPHAEL KALINGA WA TUME YA KUDHIBITI UKIMWI (TACAIDS) WAKATI WA SHEREHE ZA MIAKA 10 YA FEMINA HIP

Alichukuliwa na dada yake, akapelekwa hospitali ya mkoa na kuchukuliwa vipimo vyote kwa sababu alikuwa anakohoa damu. Vipimo vikaonesha kwamba alikuwa ameambukizwa VVU, lakini majibu hawakumpa yeye, akapewa mama yake.

Baadaye alichukuliwa na kaka yake kwenda naye Dar es Salaam, akaenda WAMATA ambako alirudia tena vipimo, majibu akapewa yeye mwenyewe yak-iwa yanaonesha pia kwamba ameambukizwa VVU. Alishauriwa aanze kutumia dawa za ARV kwa sababu kinga zake zilikuwa zimeshuka sana. Akapewa utaratibu wa kuhudhuria mikutano ya kupata elimu endelevu ili aweze kuishi kwa matumaini.

Timoti anasema yeye alikuwa hajawai kuoia wala kupata mtoto. Baada ya harakati za kuhudhuria mikutano katika vikundi ndipo alikutana na dada aitwaye Suzana Stanley wakapendana. Kwa vile Timoti alikuwa hajaoa wala hana mtoto, lakini yeye Suzana alikuwa na mtoto mmoja wa kike, waliamua wapate mtoto pamoja.

Walikwenda kwa washauri wakapewa miongozo. Suzana alipata ujauzito akajiunga na kliniki kuzuia maambukizi ya kutoka kwa mama kwenda kwa mtoto, na walibarikiwa kupata mtoto wa kiume. Mtoto alipotimiza miezi 18 sawa na mwaka mmoja na nusu alipimwa mara ya tatu na hana maambukizi ya Virusi vya Ukimwi. Kwa hiyo baba na mama wana Virusi vya Ukimwi lakini mtoto kazaliwa hana maambukizi.

“Katika vikundi akakutana na Suzan, wakapendana”

Kwa hivi sasa kaka yetu Timoti anajishughulisha na ukulima wa bustani za mboga mboga na anauza anajipatia pesa za kujikimu wakati dada yetu Suzana anajishughulisha na mama lishe kama chanzo cha kipato.

Ujumbe wao ni kwamba wanajamii tusiogope kupima afya zetu, kwani ukijifahamu mapema ni vizuri, utaweza kuchukua uamuzi sahihi. Hata kama haujaoa ama kuolewa unaweza kufanya hivyo. Na kama hujapata mtoto, unaweza kuzaa mtoto ambaye hajaambukizwa VVU ukizingatia masharti.

VIDONGE NA KONDOMU ZA FAMILIA
NI NJIA HAKIKA YA KUPANGA UZAZI



familiaTM
TUPANGE PAMOJA



Sauti YAKO

Sauti yako

ni ukurasa unaokukaribisha kuchangia mawazo yako binafsi. Unaweza kutuandikia kwa Kiswahili au Kiingereza. Usisahau kutuletea picha na maelezo yako binafsi. Karibu sana! Haya ni maoni binafsi yatolewayo na wasomaji wetu na sio lazima kwamba yanakubaliana na mawazo ya FEMINA HIP.

Tupambane kwa ujasiri

Siku zote maisha ni vita na maadui ni wengi ukiwemo Ukimwi. Nasi tungari katika mapambano yatupasa tusimame kwa ujasiri, kwani katika vita kama hii ya Ukimwi sisi tunahitaji ushindi tu na nia, uwezo, na sababu za kumshinda tunazo.

Hivyo basi wanafema wote mashuleni na hata nje ya shule yatupasa kuwa maaskari wa kweli kwa kuyafanyia kazi yale tunayoyapata ndani ya Fema na tuwe mifano ya kuigwa katika jamii juu ya vita hii dhidi ya maambukizi ya VVU na si vinginevyo. Isitokee Club zetu kuwa vyanzo vya kampeni feki au zikawa sehemu za kutafutia umaarufu na matokeo yake zikawa klab za kuchochea na si kudhibiti maambukizi ya VVU.

Wanafema tunahitaji mambo yafuatayo katika mapambano dhidi ya Ukimwi ambayo ni, Maarifa, mbinu za mapambano, mazoezi yenye kutupa nguvu/stamina, zana za mapambano na lengo ambalo ni ushindi. Ni vyema tujipange upya tupitie upya malengo ya klab zetu na tuweke mikakati imara zaidi.

TUMSIME KATUNZI
P.O.BOX 143 , KIGONSERA HIGH SCHOOL



Panga mikakati

Ni jambo la kawaida kwa mwanadamu kuwa na malengo fulani katika maisha yake. Lakini unapoweka malengo na kupanga muda wa kuyatimiza unatakiwa kuweka mikakati maalumu na endelevu ni kwa namna gani utafikia malengo yako na katika muda gani? Jambo la muhimu unatakiwa kuangalia ni vitu gani vinaweza kukuzuia wewe usitimize malengo yako katika muda uliopanga? Baada ya kuvijua vizuizi hivyo, unatakiwa kuangalia ni njia zipi utazitumia kukubaliana na vizuizi hivyo.

Kwa mfano, ukiwa mwanafunzi bila shaka kuna malengo ama ndoto za kuwa mtu fulani au mtaalamu wa fani fulani baada ya kuhitimu elimu yako. Moja ya sababu ambazo zinaweza kukufanya usifikie malengo yako inaweza kuwa kufeli mitihani yako ya mwisho, kizuizi kama hiki unaweza kukitatu tu kwa kusoma kwa bidii ili ufaulu mitihani yako vizuri na kuendelea na masomo yako.

Kizuizi kingine ambacho kinawakumba wasichana wengi ni kupata mimba katika umri mdogo ama wakati bado wakiwa mashuleni. Hapa msichana anatakiwa kuwa mwangalifu anapokua na mahusiano ya kimapenzi na wavulana katika maisha yake. Hii inamaanisha kua msichana anatakiwa kujizuia na kuepukana na uhusiano wa kimapenzi anapokuwa mwanafunzi.

Pia kama vijana na wanafunzi yatupasa kuwa makini na kujilinda kwa namna yoyote dhidi ya ugonjwa wa Ukimwi ambao ndiyo tishio kubwa kwa nguvu kazi ya Taifa. Tupange mikakati mizuri na tumuombe Mungu.

MWL. M. MNELE
MVOMERO SEKONDARI, S.L.P 2163, MOROGORO.

True love waits

My dearest young sisters and brothers, I would like to take this opportunity to share with you some important issues about life. Most of you have passed the stage of puberty. This is a period at the beginning of adolescence when your sex glands start to function. I'm sure you have noticed the changes physical, psychological and emotional that have occurred or are occurring to you. During this period there is one obvious change, this is the growing feeling of attraction towards the other sex. Boys become aware of their appearance and tend to take time to be smart and attractive like wise the same applies to girls. This is natural, BUT it doesn't mean that you go to the extreme and become involved sexually. Rather we should learn how to respect and behave accordingly. We are still young and there is so much that we haven't done, we need to study and to work for our families and Nation as well. If you truly love a person you can wait. Remember saying TRUE LOVE WAITS



SHARK SHEIKH (LADY HEART).
ZANAKI SEC SCHOOL, DAR ES SALAAM.

Elimu itukomboe

Karamu na karatasi, nimeshika mkononi Fema kanipa nafasi, nayasema ya moyoni Kwa weupe na weusi, sikieni kwa makini Elimu itukomboe, Taifa liende mbele

Elimu ya duniani, hajaleta binadamu Kaileta maanani, toka enzi za Adamu Akaiweka kichwani, nakuongeza fahamu Elimu itukomboe, Taifa liende mbele

Adui wetu ujinga, elimu siraha yetu Hatuitaji mapanga, bunduki wala mtutu Tunapaswa kujipanga, tuwaokoe wenzetu Elimu itukomboe, Taifa liende mbele

Umuhimu wa elimu, hakuna Asiyejua Mambo mengi hutukimu, na mengine kuvumbua Kuwa nayo yalazimu, wengi imewakomboa Elimu itukomboe, Taifa liende mbele

Ikitumiwa vibaya, pia huleta madhara Inatenganisha kaya, vijiji hata mabara Ili kuepuka haya, tujenge elimu bora Elimu itukomboe, Taifa liende mbele

Tamati sasa nafika, kalamu naweka chini Na niliyoyaandika, muyaweke akirini Yasije yakawatoka, mkasema yamkini Elimu itukomboe, Taifa liende mbele.

DEOGRATIAS A. CHUMA
S.L.P 45675, DAR ES SALAAM

Mwanaume wa kuigwa

“Mama anapokuwa mjamzito ni vyema utunzaji wa mtoto ukaanza mara moja. Baba awe wa kwanza kushirikiana na mama kulea ujauzito. Ampende mkewe, wasaidiane kulea mimba na watoto. Waende wote kwa watalaamu, wapime afya zao, warejee kwa mashauriano kama inavyoshauriwa na wapange utaratibu mzuri wa kujifungua kwenye kituo cha afya.”



Mama Salma Kikwete

WANAWAKE NA MAENDELEO

Huu ni ujumbe kutoka kwa Mama Salma Kikwete, Mke wa Rais wa Jamhuri ya Muungano wa Tanzania na Mwenyekiti wa Taasisi ya Wanawake na Maendeleo (WAMA), alioutoa katika ufun-guzi wa mkutano wa wadau wa afya ya mama na mtoto mkoani Tabora.

Mama mjamzito anahitaji kupata chakula cha kutosha kinachompa virutubisho muhimu kwa ajili yake na kwa mtoto. Mama mjamzito pia anatakiwa awe na afya njema kwa kuepuka maambukizo na kupata huduma za matibabu zinazofaa na kwa wakati muafaka.

‘Mwanaume wa Kuigwa’

WAMA imeanzisha mkakati uitwao “Mwanaume wa Kuigwa” ambao unahamasisha mwanaume kuwajibika katika kumsaidia mama kuanzia akiwa mjamzito hadi anapojifungua na baadaye kumlea mtoto wao wote pamoja.

Dr. Emmanuel Matechi ambaye ni afisa mradi wa Utetezi na Uboreshaji afya wa WAMA anasema, “mpango huu ni moja tu kati ya mingi ambayo WAMA imeanza kuifanya, kwanza tumeanza mkoa wa Tabora na baadaye tutaueneza katika mikoa mingine nchini”.

Nafasi ya mwanaume

Kwa kuamini kwamba mwanaume ni wa muhimu sana katika kampeni ya uzazi salama kwa mama mjamzito, akina baba wanatakiwa kuwa karibu sana katika kumsaidia mama mjamzito tangu mwanzo mwa ujauzito mpaka mwisho.

Baba anatakiwa kushirikiana na mama au mwenzi wake kupanga na kufanya maandalizi ya kumpokea mtoto ikiwemo kutambua dalili za uchungu na dalili hatarishi. “Wanaume wajandae kuona ni wapi mtoto atazaliwa na waweke mkakati madhubuti wakishirikiana na kamati maalumu za wanajamii”, anasema mama Salma alipozungumza na wananchi huko Tabora.

Kuwa mstari wa mbele

Mwanaume anatakiwa kuwa mstari wa mbele kumsindikiza mkewe au mwenzi wake kuhudhuria kliniki. Anatakiwa kuhakikisha mama anapata lishe bora na pia kupima afya kila wakati ili kujua maendeleo ya mtoto tumboni.



45,000 hufariki kabla ya kutimiza mwaka mmoja.”

Haya kina baba, tuwe wanaume wa kuigwa katika jamii ili tuokoe maisha ya akina mama wajawazito na watoto. Wanaume tuna nafasi kubwa sana ya kuleta mabadiliko makubwa kuzuia vifo visivyo vya lazima vya kina mama na watoto. Inawezekana bwana, mabadiliko yaanzie kwako na kwa jirani yako.

Kuwa balozi

Mwanaume wa kuigwa anatakiwa kuwa balozi mzuri wa kuwahamasisha akina baba wenzake waambatane na wake zao kwenda kliniki. Mama mjamzito anatakiwa angalau aende mara nne katika kliniki ya wajawazito kwa ajili ya ufuatiliaji wa ujauzito na huduma za kinga.

Balozi mwenyewe anatakiwa awe mfano wa kuigwa ndani ya jamii katika masuala ya uzazi salama. Kwa kuhamasisha mabadiliko chanya kwa wanaume dhidi ya suala la kushiriki katika masuala ya uzazi. Atoe elimu na msaada inapoonekana kuna tatizo la uelewa wa dhana hii.

Ukubwa wa tatizo

Tanzania ni moja ya mataifa 10 ambayo yanachangia asilimia 61 ya vifo vya kina mama wajawazito duniani kote na asilimia 66 ya watoto wachanga. Mama Salma pia alisema kwamba hapa nchini inakadiriwa kuwa “mama 8,100 hufariki kila mwaka wakati wa ujauzito na watoto mmoja.”

Mjamzito!

Familia iko wapi?

NA ROBERT ZEPHANIA
PICHA AMABILIS BATAMULA

Frank alipogundua kuwa mke wake Neema ni mjamzito alianza kuweka pesa kidogo kidogo akijua kwamba mke wake atahitaji malezi mazuri wakati wa ujauzito. Kijana Frank alihakikisha kwamba mke wake mpendwa anapata lishe bora inayoendana na hali yake ya ujauzito. Alikuwa akimsindikiza Neema kwenda kliniki. Siku zilipokaribia Frank alimpeleka mkewe katika zahanati iliyokuwa karibu na hatimaye Neema alijifungua salama mtoto mzuri wa kiume, Albert.

“Semina ya Care imetusaidia kufanya maamuzi ya busara ili kuwa na maisha mazuri ya ndoa.”

Mradi huo pia umetoa mafunzo kwa wanakijiji ambao wamekuwa watoa huduma za afya katika maeneo yao. “Mafunzo hayo yametuisaidia kupata elimu ambayo tunayieneza kwa wanajamii na kweli mabadiliko yanatokea siku hizi”, anasema Mzee Mangalu ambaye ni mmoja wa wahudumu wa afya katika kijiji cha Langi wilayani Magu.

Mzee Mangalu anaongeza kwamba wanawake wengi siku hizi wanajifungua katika kituo cha afya, “tofauti na zamani ambapo kina mama walikuwa wanajifungua majumbani bila hata maandilizi yeyote kabla ya kujifungua”.

Je kama ungekuwa wewe!

Tunachojifunza kwenye jamii kama hizi za Mwanza zinatukumbusha ni jinsi gani wanaume hawatimizi majukumu yao kwa mama mjamzito. Yaani wangejaribu kujiweka ndani ya viatu vya mwanamke mjamzito na kutambua ni jinsi gani ujauzito unahitaji matunzo na ukaribu wa hali ya juu kwa mama mjamzito.

Tumeambiwa kwamba mpaka hivi karibuni katika jamii za wasukuma ilikuwa ni vigumu sana kwa mwanamke kumwambia mume wake juu ya mtoto wao mtarajiwa! Iliaminika kwamba endapo mwanamke angemwambia mume wake juu ya ujauzito wake basi angepata maumivu makali sana wakati wa kujifungua. Katika mazingira haya, mwanaume aliweza kujitenga na shughuli yeyote inayohusiana na ujauzito wa mke wake hata kama anaona kabisa kwamba mke wake anateseka na ujauzito huo. Mwanamke pamoja na ujauzito wake bado alifanyishwa kazi ngumu kama kawaida ndani ya nyumba!

Hata hivyo pamoja na juhudi za campeini mbalimbali kama WAGE ya CARE International, bado kuna vidume ambao wanafunga masikio na macho yao kwa ujumbe wowote ambao unaongelea kuhusika kwake katika ujauzito kwa namna yeyote.

“Mke wangu akipata ujauzito anajipanga mwenyewe kwa sababu yeye ndo kabeba

Hali ya kujitambua

Mtazamo na mwenendo wa Frank unatokana na kitu alichokiita ‘kengele’ ambayo ilim-uamsha usingizini na kumtambulisha kwa ulimwengu mpya wa maisha ya raha katika mahusiano. Frank anasema, “zamani kabla sijaoa sikufikiria hata siku moja majukumu kama haya yangenikuta katika maisha yangu ya ndoa. Hasa suala la kumsindikiza mkeo kliniki ambalo tulikuwa tumezoea kuona kina mama wajawazito wakienda zahanati wenyewe”. Ilikuwa ni baada ya kufuatilia kwa karibu campeini ya uhamasishaji iliyo- tolewa na shirika la CARE International kupitia mradi wake uitwao ‘Women and Girls Empowerment (WAGE) yaani mradi wa kumuwezesha msichana na mwanamke na hapa ndipo Frank aliposikia ile sauti ya kengele.

“Mradi wa WAGE umeenea sana katika vijiji vya wilaya za Magu na Misungwi katika mkoa wa Mwanza ukilenga kutoa elimu kuhusu masuala ya uzazi salama na uwezeshwaji wa mtoto wa kike na mwanamke”, anasema Mussa Muhoja wa CARE International tawi la Mwanza. Miaka ya nyuma mradi wa WAGE ulifanya kazi katika wilaya ya Kwimba na sasa unafanya kazi katika maeneo mengine manne ya Tanzania.

Frank ambaye ni mkazi wa kijiji cha Mwagala katika wilaya ya Misungwi mkoa wa Mwanza ni mfano mzuri wa mwanaume mshiriki hai wakati wa ujauzito wa mwenza wake. Wanaume wengi katika jamii yetu hawatoi ushirikiano mzuri kwa wapenzi wao wakati wa ujauzito.

“Zamani sikufikiria kama majukumu kama haya yangenikuta, lakini sasa naskia fahari kwamba namsadia mwenzangu.”



mimba na sio mimi. Anaenda zahanati mwenyewe maana mimi huwa niko bize na shughuli zangu za shamba”, anasema Mabula ambaye ni mume. Na bwana Mabula pamoja na ubize wake shambani anachovuna hapo shambani anauza na kwenda kunywa pombe kuliko kumpeleka mkewe kliniki!

“Hii injili ya uzazi salama kwa mama mjamzito bado haijasambaa vizuri kwa wanajamii hasa wanaume. Ushiriki wa wanaume katika hili suala ni mdogo sana katika jamii yetu. Ni suala ambalo wamerithi na kuzoea toka zamani lakini naamini wanaweza kubadilika”, anasema Mary ambaye ni mhudumu wa afya.

Frank na Neema ni wanajamii ambao semina za CARE International zimewabadilisha mtazamo katika suala la ujauzito na wote sasa ni mabalozi wazuri sana katika suala la uzazi salama. “Semina ya Care imetusaidia kufanya maamuzi ya busara ili kuwa na maisha mazuri ya ndoa. Tunatumia uzazi wa mpango kuzuia mimba tusizotarajia ili tuwe na maisha bora”, anasema Frank.

Baiskeli za kubeba wagonjwa

Katika maeneo ambayo ujumbe wa uzazi salama umesambaa, jitihada za uokoaji wa maisha ya mama na mtoto zinaonekana. Familia zinakubaliana na utaratibu unaoanzishwa katika jamii zao na kuufuata. Mfano mzuri

ni wa mradi wa baiskeli za kubeba wagonjwa katika kijiji cha Gambajiga kilichopo katika wilaya ya Misungwi. Wengi wetu bila shaka tunafahamu juu ya utamaduni wa baiskeli katika jamii ya ndugu zetu wasukuma, mtu anaonekana kupungukiwa iwapo hamiliki baiskeli - ni vijimambo tu. Vile vile tunafahamu kwamba juhudi za kusambaza elimu ya uzazi salama katika maeneo ya vijijini zina-kumbwa na vizuizi mbalimbali ikiwemo umbali mkubwa kati ya vijiji na vituo vya afya.



Katika kijiji cha Gambajiga kuna baiskeli za magurudumu matatu iliyotolewa na shirika la CARE International. Hii baiskeli ina nafasi kubwa ya kubebwa mgonjwa akiwa amekaa na hata kwa kulala na inaifadhiwa katika ofisi ya kijiji. Kuna watu watatu wenye ruhusa ya kuendesha hiyo baiskeli ambao wanaitwa ‘madereva’. Panapotokea dharura kama vile mjamzito anayehitajika kupelekwa hospitali haraka dereva anaitwa kumpeleka katika za-

hanati iliyopo karibu. Huyu dereva analipwa shilingi 2000 na pia 1000 kwa ajili ya matengenezo ya baiskeli na pesa huchangwa na wanafamilia, lakini ikionekana kwamba familia haina kiasi hicho cha pesa, wanakijiji wanakubaliana na mgonjwa anapelekwa hospitali.

“Huu utaratibu ambao umetusaidia sana sisi na hata vijiji jirani maana sio rahisi kubeba mama mjamzito katika baiskeli ya kawaida,” anasema mwanakijiji.

Katika shida na raha

Mwanaume anatakiwa kushiriki na kumuunga mkono mama mjamzito kuanzia mwanzo hadi mwisho wa ujauzito. Ushirikiano wa familia katika kumtunza mama mjamzito mpaka anapojifungua ni muhimu sana kuzuia matatizo mbalimbali ambayo yanaweza kujitokeza. Mama mjamzito asifanyishwe kazi ngumu eti kisa kufuata mila na desturi, hiyo inadhoofisha afya ya mama na hata mtoto atakayezaliwa. Hili ni jukumu letu sote. Tushirikiane katika raha, na shida pia.

LIFESTYLES

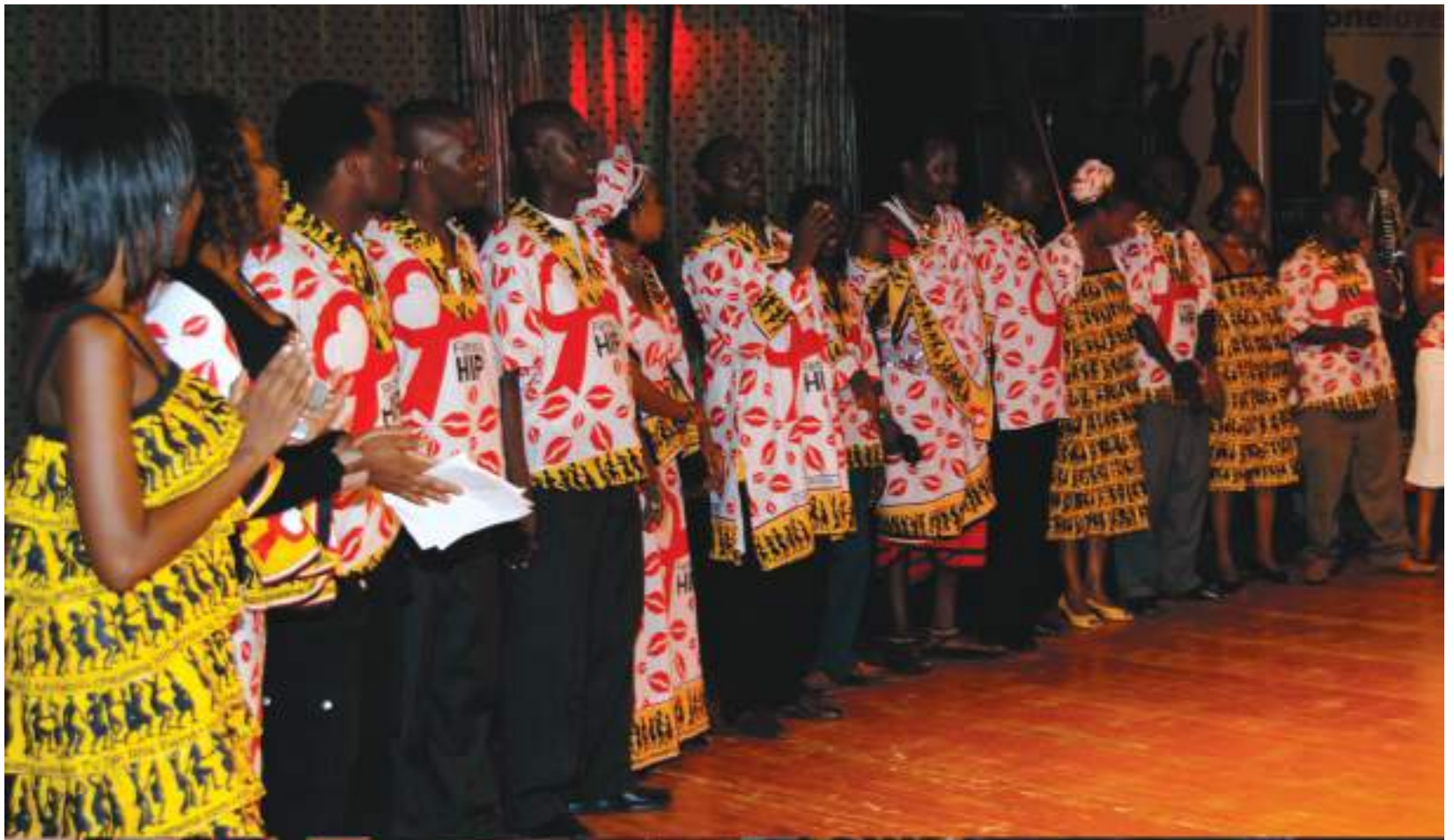


Full

burudani

PICHA NA LEAH WA SAMIKE
NA EMMANUEL KWITEMA

Tarehe 21 mwezi wa pili mwaka huu, Femina HIP ilifanya tafrija ya kuadhimisha miaka 10 tangu kuanzishwa kwake. Tafrija hiyo ambayo ni sehemu ya shughuli tofauti zitakazofanyika mwaka mzima, ilipambwa na burudani za kila aina, zikiambatana na utoaji wa tuzo kwa watu na makundi mbalimbali ambayo yametoa mchango wa kujipambanua kwenye mafanikio ya Femina HIP. Pengine wewe ni mmoja wa waliokuwepo pale viwanja vya Biafra ndani ya tenti la Mama Afrika, au wewe ni mmoja wa wale ambao hawakuwepo, usikonde, picha hizi zitakupa mwanga kidogo wa yale yaliyotokea. Pata uhondo, ilikuwa full burudani!!!



Mambo yalikuwa Bam! Bam! Picha za juu ni wafanyakazi wa Femina HIP wakiwa wameji-panga mstari wakati wa utambulisho na wengine wakifurahia jambo na wageni waalikwa akiwemo Lydia Igarabuza mtangazaji wa kwanza wa kipindi cha Fema TV Talk Show.



Chini wasanii wa Sarakasi wa Mama Afrika wakifanya mambo, MC Idd Ligogo na mwenzake Bongi, waonesha mitindo ya mavazi ya khanga nao walikuwepo. Fid Q, Karola na Enika wali-tumbuiza, na watoto pia walikuwa na nafasi yao wakiwakilisha wasomaji wote wa Watoto Bomba.

LIFESTYLES



Utunuku wa Tuzo! Shangwe na vigelegele kwa washindi, mshindi wa shindano la uandishi wa insha Christine Peter Bisangwa akipokea Tuzo iliyokabidhiwa kwake na Waziri wa Maendeleo ya Jamii jinsia na Watoto, Magreth Sitta, huku Betty Liduke na Vumilia Omar walitunukiwa tuzo za heshima zilizokabidhiwa kwao na Dr. Raphel Kalinga wa TACAIDS. Tuzo zote zilitolewa na Femina HIP.



Wafanyakazi wa Femina HIP nasi tulimtunuku Mkurugenzi wetu tuzo maalum ya heshima kwa uchapakazi wake, Klab Bora ya mwaka, Kwiro Fema Klab, na mwalimu bora wa mwaka wa Femina HIP walialikwa na kutunukiwa tuzo zilizokabidhiwa kwao na Waziri wa Elimu na Mafunzo ya Ufundi, Profesa Jumanne Maghembe. Insha bora ilisomwa siku hiyo mbele ya wageni wote waliohudhuria.

Ndugu hawa walikuwa wanaoongea, kwaamani...



Kwa hiyo mjomba akilipa ada mambo safi?

Yaani nina furaha sana kwenda shule!

Ntasoma mpaka nigalegale!



We dogo ndo unadandia mademu wa watu ee? Utantambua!

... Ghafla jamaa akavamia maongezi



Kuamua na kuto

Kila siku katika maisha yetu tunakutana na changamoto, lakini jinsi tunavyokabiliana na changamoto hizo tunatofautiana kutoka mtu mmoja hadi mwingine. Wengine tunachagua kupigania haki zetu, wengine huchagua kudai haki na kuna wengine ambao huzungumza tu na kupata haki zao. Wakati mwingine tunafanya mambo haya kukidhi matakwa ya mioyo yetu.

Lugendo, ni mvulana kijana mtanashati anayeishi katika kijiji kimoja mkoani Mwanza. Kila siku alikuwa akimtolea macho msichana aliyekuwa akipita karibu na nyumbani kwao kwenda shule. Siku moja aliamua kumpasulia ukweli msichana yule aliyetwa Regina kwamba anampenda. Regina hakuona kwamba yana umuhimu sana mambo hayo, alimjibu kwa ufupi tu kwamba anamambo mengine muhimu ya kushughulikia.

Lugendo hakukatishwa tamaa na jibu hilo, aliendelea kusubiri akiwa na matumaini kwamba siku moja Regina atabadili msimamo wake na kumkubalia ombi lake kisha kwenda kumtembelea Lugendo nyumbani kwake. Asubuhi moja aliamka mapema na

kwenda kutega mingo katika njia inayolekea kwenye shule ya Sekondari ya Kata aliyokuwa akisoma Regina, aliishia kumuangalia tu msichana yule akipita na sare zake safi bila hata kugeuka nyuma. "Mmmh," alijiuliza "hivi kuna siku atagundua kwamba nampenda?" Subira yake ya muda mrefu sasa ikaingiwa na chuki, akaanza kumfuafuata kwa wiki kadhaa lakini hakuna alichofanikiwa.

Siku moja alimuona uwanjani akiangalia mpira, pembeni yake alikuwepo mvulana aliyeonekana kuwa mchezaji anayesubiri kuingia uwanjani, mvulana yule alikuwa akizungumza kwa ukaribu na Regina

ambaye alionekana mwenye furaha. Lugendo alikwenda kwa hasira na kumpiga jamaa ngumi ya uso akimtuhumu kwamba anamnyang'anya mpenzi wake.

"Kama vijana, tunakumbana na shinikizo la kufanya vile ambavyo makundi rika yanataka, tunasahau vipaumbele vyetu. Hii ni hatari."

Yule mchezaji ambaye jina lake ni Raphael, ni mpole. Yeye hupenda kujiuliza kabla ya kuchukua maa-muzi. Anaamua kutomrudishia Lugendo ngumi, jambo ambalo linausikitisha umati uliopo pale uwanjani. Lakini yeye anaona ni vema kuzungumza tu, anamwambia, "Umekosea mshkaji, huyu siyo mpenzi wangu, na wala siyo mpenzi wako. Mi na wewe tungekuwa tu marafiki."



Ugomvi ni kiusahihi

HABARI NA PICHA
AMABILIS BATAMULA

Uthubutu, na si ugomvi!

Katika hali hii tumejifunza jinsi gani tunavyoyachukulia mambo, hatua kama hii inaweza kuleta ufumbuzi au kusababisha matatizo zaidi. Hapa ndipo tunapotakiwa kutumia stadi za maisha tulizonazo kwa asili au ambazo tumejifunza katika maisha yetu.

Regina alikuwa jasiri, alichagua kufuata ndoto zake alizozisema kwa uwazi bila kupindisha neno. Alikuwa na mambo muhimu ya kufanya zaidi ya kujiingiza katika uhusiano wa kimapenzi. Wengi wetu tunajikuta njia panda hasa linapokuja suala la kuchagua na kupanga vipaumbele. Kama vijana tunapata mashinikizo ya kufanya mambo mengi yanayoendana na makundi rika yetu, na kusahau kuweka mpangilio wa mambo kulingana na vipaumbele. Hatuna sababu ya kuendekeza mashinikizo. Uchaguzi wetu wa mambo unaakisi maamuzi yetu kama kundi na kwa mtu mmoja mmoja. Yaseme wazi mambo ambayo ungependa kufanya ili kila mmoja ajue msimamo wako.

Lugendo aliweka kipaumbele katika kumshinikiza Regina wawe wapenzi. Tatizo lake hakutaka kuheshimu maamuzi ya Regina na hiyo ikamfanya kuchukulia hasira kulazimisha apate anachokitaka. Hii haikusaidia, kwani maamuzi yake yasiyokuwa na busara yalimsababishia kupata aibu, ingawa wengine wanaweza kusema ile ilikuwa siku yake ya bahati kwa sababu Raphael alichukua uamuzi sahihi katika kulitatua tatizo hilo. Tukichagua kutumia mabavu kuumiza wengine ili kupata tunachokitaka lazima tufahamu kwamba hiyo inagharama yake.

Tabia ya ushari haipendezi, hujenga uadui, huleta malalamiko na karaha. Tabia hii inahusisha vitisho, kuita jina lisilofaa na hata mapambano ya kimwili kama tulivyoona kwa marafiki wale watatu kutoka Mwanza. Pia inaweza kuhusisha kejeli na vijembe.

Tunachojifunza kutoka kwa Raphael ni kwamba kujifunza kuwa na stadi bora za mawasiliano kunaweza kutusaidia sote kuepuka

“Tabia ya ushari haipendezi, hujenga uadui.”

matatizo. Yeye hakutaka tabia ya ushari na akaamua kutafuta suluhisho kwa mazungumzo tu baina yake na jamaa aliyemshambulia. Uamuzi huo wa Raphael haukuwa matarajio ya Lugendo, hata wengi wetu tunatarajia kwamba katika mazingira kama yale ugomvi mkubwa ungelipuka na usingi-sha kirahisi hadi mmoja avuje damu! Raphael hakutaka umwagaji damu, alichagua maneno yake, akayapanga na kuyazungumza kwa umakini ujumbe ukafika kwa adui yake, bila kumvunjia heshima. Umati uliokuwepo pengine ungefurahi kuona mpambano, lakini je, kwa faida ya nani?

Stadi za maisha zipo kwa ajili ya kutusaidia kutatua na kukabiliana na changamoto za kila siku zinazojitokeza katika hatua za kutimiza ndoto zetu. Kudai haki haimaanishi uwe mshari. Na katika kuyaweka yote sawa ni vizuri kujifunza jinsi ya kuwasilisha ujumbe katika njia ya amani ambayo haitasababisha matatizo.



STORY AND PHOTOS BY
AMABILIS BATAMULA

GETTING IT RIGHT

Everyday in our lives we encounter challenges. How we react to these challenges can differ from person to person. Some of us choose to fight for our rights, others choose to ask for their rights and there are those who just talk to get their rights. Sometimes we do these things to get what our hearts desire.

Lugendo, a handsome young man from a village in Mwanza, has been eyeing a girl who passes by his home everyday on her way to school. One day he decides to tell the girl, Regina, that he loves her. Regina doesn't seem all that interested and simply tells him that she has more important issues to attend to.

Lugendo doesn't give up, he waits and waits, hoping that one day Regina will change her mind and agree to come visit him at his house. He wakes up early every morning to stand by the narrow path that leads to the ward secondary school, to admire the girl in her clean uniforms as she makes her way past the house without even turning. "Mmmh," he wonders, "will she ever look at me and understand that I love her?" His waiting grows into anxiety, and anxiety grows into hate. He starts following her discreetly and for a few weeks does nothing more.

One day he finds her at a local sports venue watching a football game. Next to her is a young guy who seems to be a player waiting for his turn to get on the pitch. He is talking to her in a friendly way and Regina looks excited. Lugendo goes straight past Regina and punches the guy in the face accusing him of 'taking his girl'.

Raphael, the footballer, happens to be a cool guy, he reasons before acting. He disappoints the crowd by keeping his hands off Lugendo,

and simply tells him; "You are wrong, she is not my girlfriend. She is not your girlfriend either. You and I could be friends."



Assertive, not aggressive!

We learn from this experience that how we react in situations, a problem in this case, can lead us to either a solution or more trouble. This is when we apply lifeskills that we have naturally adapted or learnt through our lives.

Regina was assertive. She chose to follow her dream, said it aloud and didn't mince her words. She had more important things to do than engage in a love relationship. Most of us do face a dilemma when it comes to considering our priorities. As young people we get pressured to do a lot of things to fit in our peer groups, and forget

to keep our list of priorities as organised as possible. We should not feel pressured. Our choices reflect our individual reasoning. Voice out your choice and let everyone know what you stand for.

Lugendo made it his priority to pursue Regina. His problem was that he did not respect her choice and took up aggression as a way of getting what he wanted. This doesn't help much. His negative assertiveness landed him in shame, although one can say it was his lucky day, because the footballer chose a positive way of sorting things out. When we choose to physically harm others to get what we want we should know there are negative consequences attached.

Aggressive behavior is typically harsh, hostile, blaming and demanding. It can involve threats, name-calling, and even actual physical contact as it was in the case of our three friends from Mwanza. It can also involve sarcasm, unkind comments.

What we learn from Raphael though, is that learning to employ good communication skills can save us a lot of trouble. He chose not to be aggressive and decided to communicate to his attacker that all was not what he thought it was. For Lugendo that didn't come expectedly. Most of us know that more often such scenes in such settings lead to heated fights that are hard to end, at least not until someone is bleeding! Raphael didn't want any blood shed. He chose his words carefully and said them aloud, got the message

across without abusing his attacker. The crowd would have been probably happy to see a fight, but hey, then what?

Voice your choice and let everyone know what you stand for.

Lifeskills are there to help us solve the challenges of everyday and leap a step forward in chasing our dreams. Being assertive doesn't mean being aggressive. And to top it all, learning to communicate our message in ways that are peaceful can save us a lot of trouble.



Siku ya Utepe Mweupe

Siku hii huadhimishwa kila mwaka katika kuwakumbuka akina mama na watoto walioiokufa kwa matatizo ya uzazi. Maadhimisho hayo hulenga kuelimisha umma juu ya hilo na kuhamasisha mabadiliko yanayoweza kuboresha mfumo wa afya nchini ili kupunguza vifo vya akina mama na watoto wakati wa kujifungua. Kila dakika 60 mwanamke mmoja nchini Tanzania hufariki wakati wa kujifungua!

Mwaka huu, siku hii maalum itaadhimishwa kitaifa wilayani Mkuranga, tarehe 22 Aprili. CARE International ambao ni miongoni mwa waanzilishi wa umoja wa utepe mweupe nchini Tanzania watafanya maadhimisho maalum katika wilaya za Magu na Misungwi mkoani Mwanza.

Mimi na wewe tuwajibike pia, tuadhimishe katika jamii zetu. Usalama wa mama na mtoto ni usalama wa Taifa lote.

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Na makampuni ya simu





Je, lazima uitumie **yote?**

Msomaji mmoja wa Fema alitutumia SMS juzi na kuuliza kama kuna uwezekano benki zikaanzisha utaratibu ambapo wateja wanaweza kuweka pesa zao kwa kununua vocha kama tunavyonunua vocha za simu!

NA HASSAN BUMBULI PICHA AMABILIS BATAMULA NA HASSAN BUMBULI

Tulivutiwa sana na sms yake! Bila shaka huyu dada alitaka kutunza pesa zake lakini hakujua afanyeje, na hili ni tatizo kubwa ambalo vijana wengi hasa wale wa vijijini hukumbana nalo katika maisha yao ya kila siku. Kama anavyosema; “Hakuna huduma za benki katika eneo ninaloishi, je nitatunza pesa zangu wapi?”

Wakati hilo tunalirusha kwa benki zilita-fakari, sisi tunaangalia ukweli unaotukabili; ni kwa namna gani vijana waliopo vijijini wanaweza kuzifikia huduma za kutunza fedha au hata kuanzisha wenyewe utaratibu wa namna hiyo? Safari yetu huko Mwanza hivi karibuni iliwezesha kukutana na stori mbili za kusisimua.

Stori ya kwanza ni ile ya vijana ambao wanalisha jiji la Mwanza kwa mboga za majani na matunda ya kila aina kutoka katika bustani zao. Vijana hawa wanapata pesa nzuri kwa biashara hiyo lakini wanaishia kutumia pesa zao bila kuweka kwa sababu tu hawajui jinsi ya kutunza pesa zao. Stori ya pili ni ya kina mama ambao wameunda kikundi chao cha kuweka na kukopa (Village Savings and Loans).

Kinachojionyesha hapa ni kwa namna gani binadamu tunafikiria mambo makubwa na kudharau vitu vidogo ambavyo vinaweza kuleta mabadiliko katika maisha yetu. Mfano, hawa vijana wanafikiria tu mabenki wakati wenzao (kina mama) jirani wanafanya vitu vikubwa kuendana na mazigira yanayowazunguka.

Stori ya vijana wa bustani

Wana-bustani hawa wengi wao wakiwa vijana wa kiume, wanalima nyanya, vitunguu, kabaji, na bilinganya na kuvuiza kwa reja reja na jumla kwa wafanyabiashara kutoka Mwanza mjini. Hii ndo shughuri kubwa inayowapatia kipato vijana wengi wa wilaya za Misungwi na Magu.

Mlanda Washa, 24, anasema kilimo cha bustani kinawasaidia sana vijana wa Misungwi. “Tunajishughulisha na kilimo cha bustani kwa sababu mazao yake hayachukui muda mrefu kuvuna na soko lake linapatikana kila siku. Ni vizuri ukafanya shughuli ambayo inalipa haraka na rahisi kuliko ile ya muda mrefu ambayo inatumia muda na gharama nyingi ambazo hatuwezi mudu”, anasema Washa.

Hata hivyo, ukizingatia matatizo na gharama wanazotumia kulima hizo bustani, hatimaye matumizi ya pesa zinazopatikana baada ya mauzo ni mabaya yasiokuwa na malengo. Wengi wa hawa vijana wanaishia kuzifanyia starehe hizi pesa wanazopata kwa mauzo ya mazao yao na kurudi nyumbani bila hata senti mfukoni.

“Ndo maana wengi wetu tunashindwa kupata maendeleo yoyote kutokana na biashara hii. Hatujui kutumia pesa vizuri, na ukizingatia

kwamba hakuna huduma za benki katika eneo letu, utunzaji wa pesa unakuwa mgumu sana”, anasema Boniface Kahindi, mkulima wa bustani.

Pia zao la pamba ambalo ni la msimu lina-waongezea kipato lakini vijana wengi hawapendi kulima pamba wakisema kwamba inachukua muda mrefu kuvuna na soko lake pia halieleweki mara kwa mara linashuka na kupanda.

Hawa ndiyo vijana ambao wamegundua jinsi ya kijipatia kipato kwa haraka sana na pia kupoteza mapato yake kwa kasi kubwa. Lakini iwapo wanaweza kichunguza vizuri kuna mfano mzuri sana kutoka kwa majirani zao kina mama ambao wamejipanga vilivyo kuwekeza mapato yao.

“Utaratibu huu umeniwezesha kuanzisha biashara inayoniwezesha kusomesha wanangu.”

Stori ya mikopo

Wanawake katika stori hii wanaelezea mapinduzi waliyofanya. Huu ni mkakati ambao umebadilisha maisha yao. CARE International imeanzisha utaratibu huu katika wilaya 36 kote nchini na zinatarijiwa kuongezeka 20 ifikapo Juni 2009. Utaratibu huu ulianza miaka saba iliyopita kama mradi wa kumsaidia au kumuinua mwanamke katika jamii ambapo walipatiwa mafunzo mbalimbali kuhusu mambo ya fedha. Leo hii, huu ni mfano mzuri wa kuweka pesa wa



yote?

kuiywa katika ngazi ya kijiji. “Mkakati huu unamsaidia mwanamke kuweza kujipatia kipato na kuwa na nguvu kiuchumi tofauti na hali ilivyokuwa hapo nyuma ambapo mwanamke alikuwa anategemewa kuolewa tu na kuzaa watoto”, anasema Mussa Muhoja kutoka CARE International tawi la Mwanza.

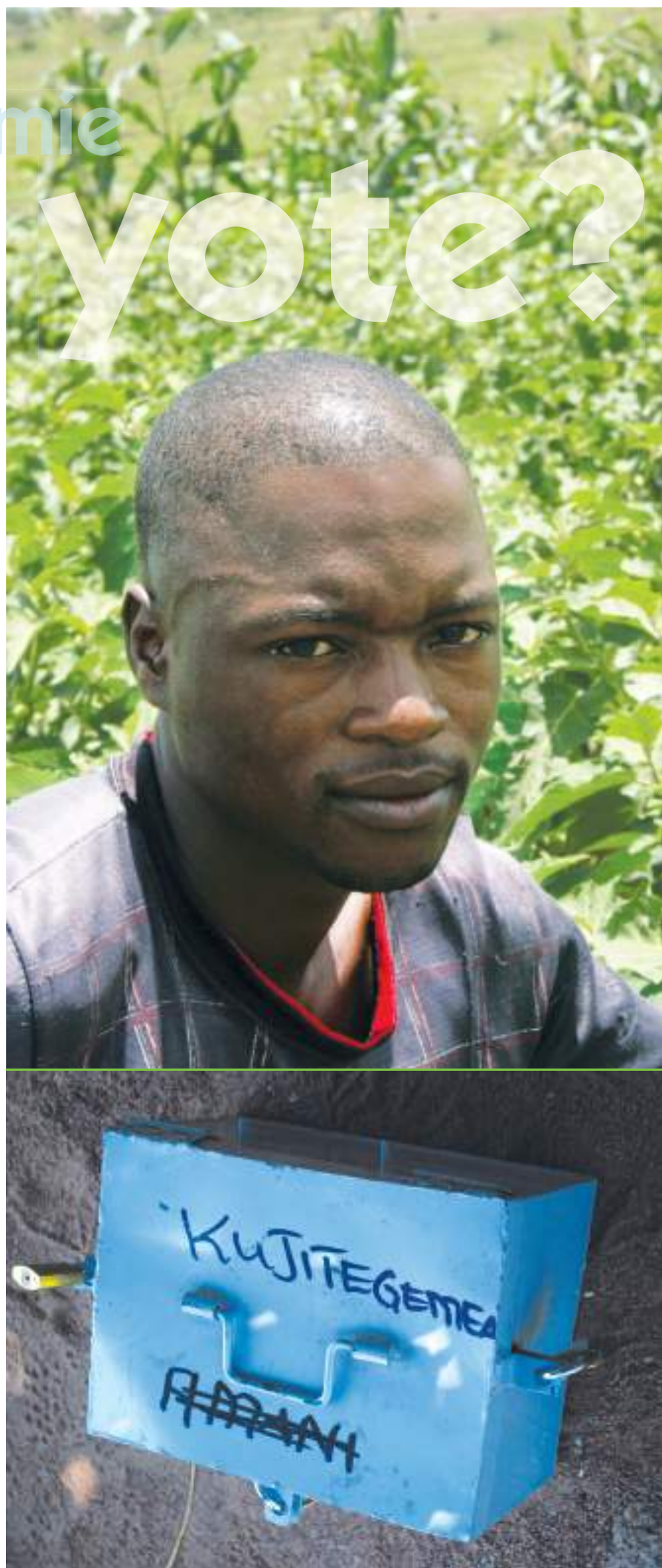
Kikundi hiki kinakuwa na wanachama wasiopungua 10. Kila mwanachama anatakiwa kuweka kiasi cha kuanzia shilingi 2000. Wanachama wanakutana kila wiki kununua hisa ambazo zinazwa kwa bei ya shs. 500 kila moja na mwanachama anaruhusiwa kununua hisa zisizozidi tano kwa wiki.

Pesa inayopatikana kutokana na kuuza hisa hizo inawekwa kwenye sanduku maalumu la chuma ambalo lina sehemu ya kuweka kufuri tatu. Funguo za sanduku zinakaa na wanachama watatu tofauti kila mmoja anakaa na ufunguo wa kufuri moja. Halafu sanduku lenyewe linawekwa kwa mwanachama mwingine ambaye hana ufunguo kabisa. Mtu mmoja peke yake havezi kufungua sanduku hili na hii ni katika hali ya kuweka usalama. Baada ya mwezi mmoja wanachama wanaweza kuomba mkopo kuanzia kiasi cha shs. 20,000/-. Kiasi cha mkopo ambacho mwanachama anaweza kuomba kinategemea na kiasi cha hisa ambazo amenunua. Kuna kiasi cha riba ya asilimia 5 katika malipo ya mkopo huo. Katika vikao hivyo vya kila wiki, wanachama wanajadiliana nani apewe mkopo kama pesa iliyopo haitoshi kwa waombaji wote.

“Tangu tuanzishe utaratibu huu wa kuweka na kukopa mwaka 2006 mikopo imenisaidia mpaka sasa nimeweza kuanzisha mradi wa kupasua kokoto ambao umenisaidia kulipia wanangu watatu karo ya sekondari. Vilevile kupitia mikopo hii nimefungua duka dogo na nina shamba ambalo naajiri watu kulima ili nipate mazao mengi zaidi kwa ajili ya kuuza na kutumia nyumbani”, anasema Anastazia Maiga ambaye ni mwanachama wa chama kuweka na kukopa katika kijiji cha Kitumba, wilaya ya Misungwi.

Wanachama wengine wa kikundi cha Kujitegemea pia wameweza kuanzisha biashara ndogo ndogo kijijini hapo ambazo zinawapatia kipato na maisha yanakwenda. Mkakati huu umesambaa katika vijiji 20 katika wilaya za Magu na Misungwi na Kwimba.

Kila mmoja wetu ana kipato kwa namna moja au nyingine. Kutokana na mahitaji mengi katika maisha ya siku hizi, mtu unaweza kulazimika kutumia pesa yako yote lakini kama ukiweza kujijengea utamaduni wa kujiwekea kidogo kidogo unachopata, unaweza kujikuta umeweka pesa nyingi kiasi cha kuanzisha biashara ama mradi mkubwa na kubadilisha maisha yako. Hebu fikiria tena kwa makini, je, ni lazima kutumia pesa yote unayopata?



DO YOU HAVE TO SPEND IT ALL?

A Fema reader sent in an SMS recently, wondering if it was possible for banks to set up a system where customers deposit their savings by buying a voucher, like we do when we buy mobile phone credit recharge voucher. We found her SMS intriguing! Certainly she wanted to save some of her earnings but didn't know how – one of the biggest questions most other young people in rural areas have. As she puts it, **“There are no banks around where I live, where I am going to save my money?”**

While we leave that to the banks to digest, we chew on present reality; how can young people in rural areas access saving schemes or even develop some? Our recent trip to Mwanza, the ‘Rock City,’ unveils two interesting stories. One is that of young women and men who feed the city with vegetables and fruit from their gardens, make some good money but spend it all because they don't know how to save. The other story is that of women who have come together in groups and operate what they call Village Savings and Loans (VSL).

The interesting bit here is how banking all our hopes on big things can actually obscure simple but useful things that we see and ignore everyday. These guys are only looking at banks while something worthy adapting is happening right next to them.

The gardening story

These gardeners – most of them young men – farm tomatoes, onions, cabbages and eggplants, which they sell whole sale and retail to businesses and individuals in the city. This business is the main source of income to most of the youth in Misungwi and Magu districts.

Mlanda Washa, 24, says gardening has been a safe haven to many youth in Misungwi. “We engage in gardening because its harvest does not take long and the market is available everyday. Its better to do something that pays

quickly than engage in long term business that demands massive unaffordable investment,” he says.

Sadly though, after going through all the difficulties of gardening and carrying the products to the market, spending of the income isn't that wise. Most youths end up boozing and go back to their homes without any cash. “That's why most of us fail to even improve our tools or raise our lives to higher standards. We don't effectively manage our money, and the fact that banks are far from our areas of operation, it becomes an excuse for not saving,” says Boniface Kahindi, another gardener.

Seasonal cotton farming adds up their income, but not many prefer to go for it saying it takes so long to harvest and market, and as Kahindi highlights, cotton prices have fallen, despite the energy and time put in growing it to high standards.

So here are young people who have learnt to pick the quicker income earner and have as well chosen the quickest way to lose it. But if they can look around, they will see a good example in women who have chosen to carefully invest their earnings.

The VSL story

The women in this story speak of revolution. This is an initiative that has changed their lives. CARE has introduced this initiative in 36 districts accross Tanzania, and by June 2009 in further 20 districts. It was introduced in Mwanza seven years ago as a women empowerment initiative, coupled with training on basics of financial management. Today, there is a potential for it to become a model for village level saving.

“This helps women accumulate their own wealth and become powerful economically, unlike the common state where they are expected to just get married and bear children,”

says Mussa Muhoja of CARE International Mwanza. The group consists of not less than 10 people. Every member must start with a minimum deposit of 2000/-. Then members meet every week to buy shares, going at a price of 500/- each. Each member can buy up to five shares a week.

The money from share sales is saved in a special steel box, padlocked on three sides. There are three members entrusted with keys, each keeps a set for one padlock, while the box is kept by another member who doesn't have any keys. No one alone can open the box. After one month, members may apply for loans starting at 20,000/-. The more shares one has bought the bigger the loan they can apply for. There is a five percent interest on paying the loan. At weekly meetings, the group discusses who should get a loan if there isn't enough saving to give everyone who applied.

“Since we started our VSL in 2006, I have taken a loan to start a rock crushing project, which has paid off, and I have managed to pay fees for my three children who are in secondary schools. I also started a retail shop, and I am paying people to farm for me so that at the end I can get many more harvests for selling and home use,” says Anastazia Maiga, a member of Kujitegemea VSL group in Kitumba village, Misungwi.

Other members of Kujitegemea have also managed to initiate small businesses within the village. The activities of this initiative have now spread to twenty villages in Magu, Misungwi and Kwimba districts.

We all get an income at some point. Spending everything that we earn can seem very necessary sometimes, but if we learn how to creatively save something every time, there is a possibility that our accumulated small savings will grow into a big capital to start a business or pay for our desired projects and dreams. Think again, do you really really have to spend it all?

“This plan has paid off. I am now able to pay for my children's school fees.”



Utanzania gani huu?

NA ROBERT ZEPHANIA
PICHA NA AMABILIS BATAMULA
NA HASSAN BUMBULI

Ilikuwa ni usiku mmoja katika mwezi Februari mwaka 2008. Marietha, 13, alikuwa amelala chumba kimoja na dada yake Mariam mwenye umri wa miaka mitano. Ghafila Marietha aliskia sauti ya miguu ya watu wakitembea, na alipofungua macho aliona kundi la wanaume wanaingia ndani ya chumba chao. Aliamka haraka na kuwauliza hao ni nani ndipo alipoambiwa kwa sauti kubwa “nyamaza na funga macho yako haraka”. Binti Marietha pamoja na kwamba alikua na uoga sana alikuwa hajafumba macho kabisa. Aliona majamaa hawa wakitoa visu vyao na kuanza kumkatakata mdogo wake Mariam. Baada ya muda mfupi walikuwa wameshaenda wakiacha mwili wa mtoto Mariam kitandani bila miguu yote miwili na ulimi.



FLORA NA WANAE, MARIETHA NA LUGENDO, WAKIWA KARIBU NA DIRISHA LA CHUMBA YALIMOTOKEA MAUJAJI YA MARIAM.

Hii sio sinema jamani ila ndo hali halisi jinsi gani Tanzania yetu imebadilika siku hizi na hivyo ndivyo mtoto Marietha alishuhudia mauwaji ya mdogo wake Mariam ambaye alikuwa mwenye ulemavu wa ngozi yaani albino. Marietha wakati mdogo wake anauwawa aliambiwa afumbe macho la sivyo yatamkuta yanayotokea kwa mdogo wake.

Katika Tanzania ya sasa, jua kali sio adui pekee wa maalbino ila wamepata adui mwingine ambaye ni hatari zaidi kuliko jua na adui huyu ni binadamu mwenzake. Binadamu ameanza kumuinda binadamu mwenzake kwa imani potofu kutoka kwa waganga kwamba viungo vya albino vinaweza kukuza biashara na kuongeza kipato chao. Hawa waganga ndio wanaosadikika kuwatuma wateja wao kuleta viungo hivyo vya albino ambapo wanavitumia kwa matumizi mbalimbali.

Stori ya Mariam

Kisa cha mariam kilitokea katika kijiji cha Ukiriguru wilaya ya Misungwi katika mkoa

wa Mwanza. Kwa mjibu wa Mzee Mabula ambaye ni babu wa marehemu Mariam, jamaa aliyepanga mauaji ya mjuu wake alikuwa ni jirani ambaye anafahamika kwenye familia.

Flora Mabula, 28, mama wa marehemu, ameeleza tukio hili la ajabu kwa watu wengi lakini bado anasema kwa masikitiko makubwa sana “mtoto wangu mkubwa baadaye aliniambia huyo jirani (mtuhumiwa) alikuwa amekuja mchana siku hiyo na kuwauliza chumba wanacholala. Na ndiye usiku huo aliyeongoza kundi la wanaume waliovinja nyumba na kumuua mwanangu.” “Baba yangu ambaye alikuwa amelala chumba cha pili na watoto wa kiume hawakusikia kitu kana kwamba walikuwa wamekula kitu kilichowafanya walale sana” anasema Flora.

“Wakati wauaji hao wanaondoka ndipo tuliposhuka. Kaka yangu aliyekuwa amelala

kwenye nyumba nyingine aliamka na kwenda kuangalia nini kimetokea. Alipomulika tochi kitandani, hakuamini kile ambacho macho yake yaliona,” anaongeza Flora.

“Katika maisha yangu yote sijawai kuona kitu cha namna hii na kamwe sintosahau mpaka niingie kaburini,” anasema Mzee Mabula.

“Katika maisha yangu yote sijawahi kuona kitu cha namna hii na kamwe sitosahau.”

Kuishi katika hali uoga

“Siku hizi ukisikia sauti za wanyama katika njia moja na nyingine iko kimya, basi pita ile ya sauti za wanyama maana ile nyingine inaweza kana kuna mwanadamu anakusubiri akudhuru,” anasema Mzee Mabula. Hapa ndipo Tanzania yetu iliyosifika kwa amani ilipofikia! Zaidi ya watoto 60 wenye ulemavu wa ngozi wametenganishwa na familia zao na kuwekwa katika shule ya watoto wenye ulemavu mbalimbali iliyopo wilaya ya Misungwi ili kuwalinda dhidi ya mauwaji haya ya kikatili.



PICHA NDOGO: MZEE SEMEDALI KATWALE, BABA MWENYE WATOTO WAWILI ALBINO: "WAHALIFU WANAOFANYA UNYAMA HUU WACHUKULIWE HATUA KALI."

PICHA KUBWA: SERIKALI IMEFUTA LESENI ZA WAGANGA WA JADI NA KUAGIZA KWAMBA 'HOSPITALI' KAMA HIZI ZIFUNGWE.



Mzee Semedali Katwale na mke wake, waka-zi wa kijiji cha Mwagala wameamua kuwapeleka watoto wao wawili ambao ni walemavu wa ngozi katika hiyo shule kwa kuhofia usalama wao hapo nyumbani. "Kila wanapokuja kututembelea kunakuwa na walinzi ambao wanakaa nje mpaka kunakucha kwa ajili ya usalama wa watoto wangu najisikia vibaya sana," anaelezea Mzee Katwale.

Kubaguliwa

Mnamo Januari 2004, Fema (ikiitwa Femina kipindi hicho) waliandika makala yaliomuhusu Mhe. Al-Shaimaa Kwegyir ambaye alielezea kwa namna gani matatizo aliyoyapata maishani mwake yalivyotengeneza mtazamo wake wa maisha yake.

"Sintosahau maana ilikuwa ni siku kubwa sana kwangu, siku ambayo nilikuwa naolewa. Marafiki zangu, ndugu na jamaa wote walikuwa wamekusanyika kwa wingi kwa ajili ya siku yangu ya pekee lakini mume wangu mtarajiwa hakutokea, tena bila taarifa yoyote! Ndiyo! Hakutokea kunioa kwa sababu mimi ni mlemavu wa ngozi. Hali kama yangu pia ilishawahi kumtokea mdogo wangu wa kike," alisema Al-Shaimaa ambaye hivi sasa ni mbunge wa viti maalum kwa kuteuliwa na Rais.

Mume wake Flora aliitelekeza familia baada ya kuzaa watoto albino, akisema kwamba ni aibu kwake yeye na ukoo wake. "Alisema sio watoto wake kwa sababu yeye hawezi kuwa na watoto albino, akatuacha," anasema Flora.

Juhudi za serikali

Rais Jakaya Kikwete aliangiza kukamatwa kwa watu wanaohusika na biashara hiyo haramu ya viungo vya albino na mpaka sasa waganga 173 na polisi 5 wametiwa mbaroni.

Pia serikali hivi karibuni imeangiza kufutwa kwa leseni za waganga wa jadi wote nchini. Agizo hili linaendelea kutelekezwa ambapo waganga wengi mpaka sasa wamefutiwa leseni zao na zoezi linatelekezwa katika wilaya zote nchini.

Tabia hii ya kikatili katika zama hizi za utandawazi ni lazima ikomeshwe kwa juhudi zote nchini. Tanzania inafahamika kama nchi ya amani na kwamba watu wake ni wakarimu sana, lakini hali ilivyo sasa ni tofauti. Tutakuwa Watanzania wa aina gani kama hatuheshimu haki za binadamu na nguzo zinazotupa sifa Kimataifa? Hii ni tabia ya aibu sana na hali isiyovumilika hata kidogo!

Sisi vijana lazima tuwe mstari wa mbele katika vita hii mpya ya mauwaji ya wenzetu wenye ulemavu wa ngozi. Sisi ndiyo jeshi kubwa ambalo taifa linategemea. Ni lazima tuilinde nchi yetu na watu wake kwa kukataa na kupinga waganga kutawala maisha yetu. Hebu jifikirie mwenyewe. Una nafasi kubwa katika vita hii.



Ukweli kuhusu Ualbino

Ualbino ni tatizo la kurithi ambapo muathirika huwa na kiasi kidogo au kukosa kabisa melanini na hivyo kuathiri kiwango cha melanini kwenye ngozi, nywele, na macho.

Inakadiriwa kuwa duniani, mmoja kati ya watu 17,000 ana aina fulani ya ualbino. Ualbino unaathiri watu kutoka matabaka yote. Watoto wengi wenye ulemavu wa ngozi huzaliwa na wazazi ambao sio maalbino.

Katika Tanzania, mmoja kati ya watu 1,400 ni albino na utafiti bado unaendelea kubaini idadi kamili. Kwa kuwa Tanzania ina watu zaidi ya milioni 40, inakadiriwa kuwa idadi ya maalbino ni 30,000.

Hata hivyo, sensa inaendelea na chama cha maalbino Tanzania kinaamini kwamba idadi ya maalbino nchini ni zaidi ya 150,000.

Ualbino hurithiwa na wala hauambukizwi kwa kugusana, kuwekewa damu au kupitia vijidudu vibebavyo magonjwa.

Ualbino, kama ulemavu wowote, haumaanishi kwamba hawa watu hawawezi kufanya jambo lolote. Watu wenye ulemavu wa ngozi wanauwezo na hata vipaji ambavyo hauwezi kuvikuta kwa mtu ambaye hana ulemavu wa aina yeyote.



HOW UNTANZANIAN!

BY ROBERT ZEPHANIA

One a February night last year, Marietha, 13, was sleeping in the same room as her younger sister, Mariam, 5. She suddenly heard footsteps and on opening her eyes she saw a group of men entering their room. She stood up to ask who they were, only to be told “shut up and close your eyes.” But she couldn’t help glancing from the corner of her eye, scared as she was. The strangers pulled out bush knives and started butchering her young sister Mariam. In no time they had marched out, living Mariam’s small body laying on the bed without two legs and a tongue.

This is not a scene from a movie, it is the reality of how things are happening in Tanzania nowadays, and this is how Marietha witnessed the death of her young sister, Mariam, who was an albino. While her sister was being murdered she was told to act-sleeping (close her eyes) otherwise they would do the same to her...

In Tanzania, nowadays albinos do not have the sun as their main rival but rather a more deadly enemy – man. Man has embarked on hunting down fellow human beings in wicked beliefs that albino body parts can ‘boost’ their businesses and income generating activities. As such witchdoctors are believed to have been ordering their customers to get hold of such body parts and use them in various ways.

Mariam’s story

Mariam’s tragedy took place in Ukiriguru village, Misungwi district, Mwanza. According to Mzee Mabula, the deceased’s grandfather, the man who planned the killings was both a neighbour and a family friend.

Flora Mabula, 28, late Mariam’s mother, has narrated this story to hundreds of people but she still tells it with fresh sadness “My younger children told me later that our neighbour had come earlier that day and asked them in which room they were sleeping. At night he led the group that broke in and killed my daughter. My father who was sleeping in the other room with the boys didn’t hear anything, it was like they had eaten something bad that made them sleep

so deep,” she says.

“As the assailants were leaving, we heard a strange noise. My brother who was sleeping in another house in the compound woke up and went to check out what was happening. As he lit his torch on the bed, he could not believe what he saw,” added Flora.

“I’ve never seen anything like this in my lifetime and I will never forget this incident until I die,” adds Mzee Mabula.

Living in Fear

“If you hear an animal making noise, that’s the way you should take, not the quiet one, because it might be that there is a human being on that route, quietly waiting to harm you,” says Mzee Mabula. Our beautiful country has come to that! More than 60 albino children are separated from their families to stay in a school of children with disabilities in Misungwi, for protection against assailants.

Mzee Semedari Katwale and his wife, of Mwangala village, have decided to take their two albino children to the school in fear of possible assault. “When they are here, we have guards staying outside, during the chilly nights just to keep my children safe, and that makes me feel bad,” says Katwale.

Detached

In January 2004, Fema (Femina at that time) wrote an article about honorable Al-Shaimaa Kwegyir who expressed how her bitter experience has shaped her attitude towards life. “I will never forget it, it was a day of my joy, a day that I was going to get married, my friends and relatives were already assembled at home for celebration, but my expected husband didn’t show up without any information. Yah! It’s just because am an albino so he couldn’t marry me. A similar incident happened to my younger sister,” revealed Al-Shaimaa, who is now a Member of Parliament nominated by President Jakaya Kikwete.

Flora’s husband abandoned the family after she gave birth to albino children considering it a disgrace to him and his family. “He said they’re not his children because he can’t have albinos as his children and left us”, says Flora.

Government measures

The president ordered a crackdown on those involved in the evil market for albino body parts. 173 witchdoctors and five police officers have been arrested so far. The government recently ordered cancellation of all operating licenses and a ban to all witchdoctors in the country. This is under implementation in all regions throughout the country.

This evil practice must come to an end in this era of civilization. Tanzania is known for its kind people and has international recognition as a peaceful country. What kind of Tanzanians will we be if we don’t embrace human rights and the pillars of our international acclaim? This is shameful, intolerable and inhuman. We the young people must take lead in this new war against these killings. We are the biggest army our nation has. We must protect our country and its people by refusing to let witchcraft rule our lives. Think about it, there is something you can do.

Facts about Albinism

Albinism refers to a group of inherited conditions. People with albinism have little or no pigment in their eyes, skin, or hair. They have altered genes that do not make the usual amounts of a pigment called melanin. Around the world, one in 17,000 people have some type of albinism. Albinism affects people from all races. Most children with albinism are born to parents who have normal hair and eye color.

The prevalence of albinism in Tanzania is one in 1,400, but this estimate is based on incomplete data. Since Tanzania’s total population is more than 40 million, that would suggest an albino community of about 30,000. However, a census is under way and the Albino Association of Tanzania believes the total figure could be more than 150,000. Albinism is hereditary; it is not an infectious disease and cannot be transmitted through contact, blood transfusions or other vectors.

Albinism, like any other disability, does not render a person disabled. Most of them are capable of many things, sometimes skills that are not possessed by a person without such a disability.

COMPETE & WIN

Natumaini washkaji mko poa, sisi Femina HIP ni kamili gado, kama kawaida tunaamini umesoma jarida letu vizuri na kwa umakini, sasa basi jibu maswali rahisi tu ujishindie zawadi bomba kutoka Femina HIP. Majibu yote yapo ndani ya toleo HILI HILI haya twende kazi.....

1. Taja jina la kisiwa kimoja maarufu ambacho ni kivutio cha utalii mkoani Mwanza.
2. Taja kitu kinachokosekana kwenye ngozi, nywele na macho ya Albino
3. Taja jina la mradi ulioanzishwa na WAMA kwa ajili ya kuhamasisha wanaume kuwajibika na kuwasaidia akina mama wajawazito.
4. Mpango wa kuweka na kukopa ulioanzishwa na shirika la CARE International unaitwaje?

Jibu kweli au si kweli

1. Mwanaume anatakiwa kushiriki na kumuunga mkono mama mjamzito kuanzia mwanzo hadi mwisho wa ujauzito.
2. Ni vizuri wazazi wakawazuia watoto wao wasishiriki sanaa kwa sababu ni uhuni.
3. Unaweza kuo au kuolewa na kupata mtoto asiye na VVU hata kama wewe unavyo.
4. Ni sahihi kutumia ubabe ili kupata vitu tunavyohitaji.



TAMBUA PICHA:

Picha hii ipo katika ukurasa wa 14, mawe haya ni moja ya alama za siri katika moja ya noti za Tanzania, je ni noti ya shilingi ngapi?



WASHINDI WETU WA TOLEO LA OCTOBER - DECEMBER, 2008

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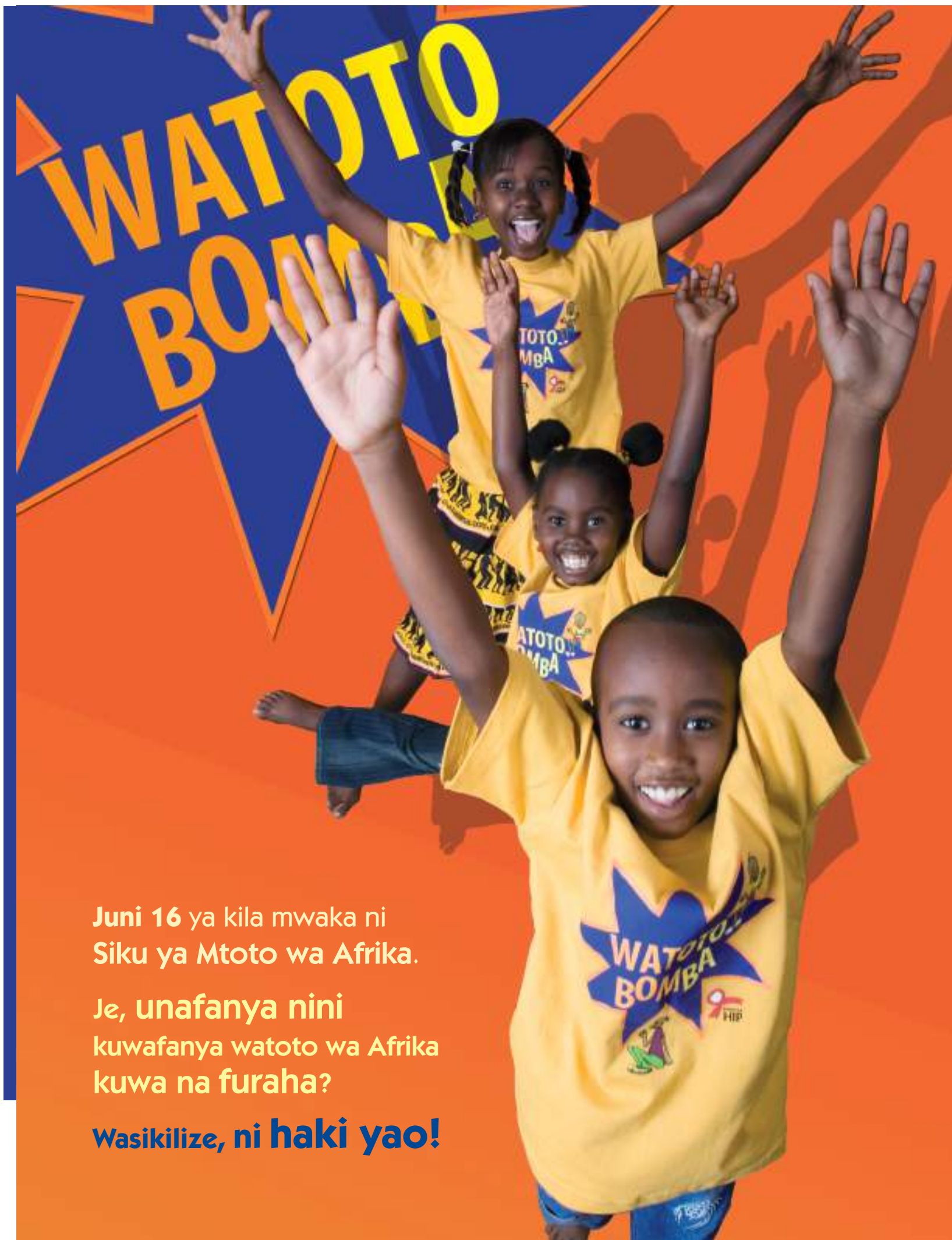
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- Unaweza kutuma majibu yako kwa barua pepe au posta.
- Majibu yatatangazwa katika toleo la tatu kutoka hili, yaani baada ya toleo lijalo.



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