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APRIL - JUNE 2016

KEMI TALKS
STYLE

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NA 'MAISHA BORA'

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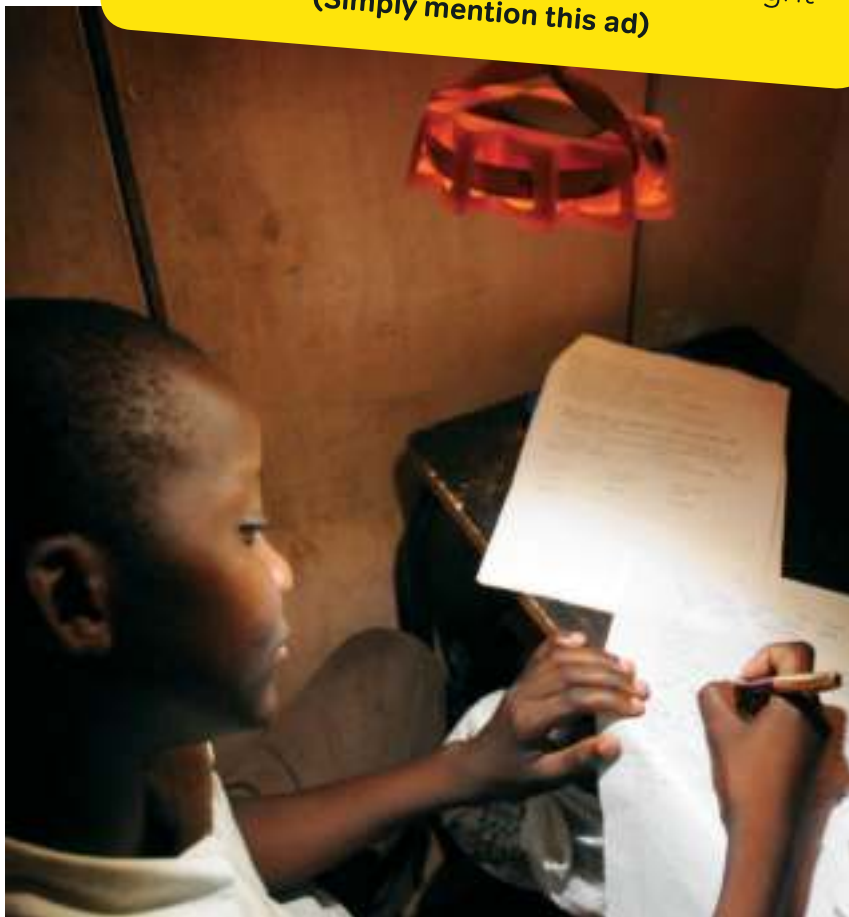
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From the Editor

Everyone wants a 'Good Life.' So we dream, we plan, we make choices, and we 'style' our lives as best as we can. We make the most of the opportunities we get, and learn from the challenges we meet along the way. We need to dare to fail, then we learn how to be strong and stand on our own two feet.

In this issue you will read about fabulous Kemi, a young entrepreneur and fashion designer, a 'cheetah' who is leaping forward in her life. She has talent and a vision of what she wants, and she is not willing to compromise! She is working hard to gain income and experience before starting a family.

Read about the exciting fashion and clothing industry in Tanzania, what it has to offer in terms of jobs and money, and how we all express our personalities through what we wear.

'Get connected' is the fashion today. Mobile phones, Facebook and Internet use is exploding. Be like a 'cheetah' and leap into the new world of technology and use information and social networks to your advantage. Be smart like Kemi, Elida, Doreen and Miss Marie Stopes who you can read about in this issue. Be sure to use modern birth control technologies to protect yourself and plan your life. Remember that these methods are safe, and you now have the right and the means to decide when to have a child!

In this and upcoming issues, we are expanding our dear Auntie Page! Auntie Cos is joined by Auntie Marie to better help answer your questions. Read also about the community mobilisers from Marie Stopes who help people, in Kigoma and elsewhere, to access better information about health and contraceptives. So plan your life, if you are in school wait to engage in sexual activities, there is no hurry! Be prepared, get ready and GO! Chagua Maisha, choose the good life!

Anaitwa Mgebuka

Kigoma ndo kwao



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NA Femina **PICHA** Frank Kimaro



Nchini Tanzania, mitindo ni zaidi ya unadhifu, mkato wa vazi lenyewe na hata rangi. Ili ufanikiwe ni lazima uwe mbunifu, mvumilivu na mwenye ari ya ujasiriamali. Hicho ndicho tunachojifunza kutoka kwa Kemi Kalikawe (32), kijana mwenzetu, mbunifu wa mitindo ya mavazi anayezungumza nasi kuhusu ndoto zake tangu alipokuwa mtoto na jinsi alivyopambana kuhakikisha ndoto hizo zinatimia. Kemi anaamini kwamba, chini ya uongozi mpya wa kisiasa, vijana tuna fursa nyingi mbele yetu, hususan kwa wale tutakaokuwa tayari kuthubutu!!

NA Femina **PICHA** Frank Kimaro



There is more to fashion design in Tanzania; it is beyond the elegance, the cuts and the colours. To succeed, creativity, perseverance and an entrepreneurial spirit are crucial. That's what we learn from Kemi Kalikawe (32), a young, self-proclaimed 'fashion entrepreneur', who talks to us about her childhood dreams, how she protected her aspirations and built her career. She believes that with a new political era in Tanzania, there are lots of opportunities for young people who are prepared to take a risk, stand out and persevere!

Kemi talks STYLE

Je, nini staili yako katika ubunifu wa mitindo? Navaa kitenge, rangi zilizochangamka. Napenda pia kutupia hereni kuuuubwa au bangili zenye rangi zinazovutia. Na hivi karibuni niliamua kuanza kusokota nywele. Napendelea zaidi rangi ambayo kwa kimombo inaitwa turquoise. Nakuwa na rangi hii kwenye kucha, hereni, vito, nguo, viatu, mikoba..... naivaa kana kwamba maisha yangu hayawezi kwenda bila hiyo rangi! [kicheko]

Je, kila mtu ana mtindo wake? Watu wengine hujisemea 'Sina mtindo wowote,' au 'Sitaki watu wadhani kwamba mwonekano wangu unanishughulisha sana,' lakini kwa kusema hivyo tu, tayari wanajitengenezea mtindo. Kwa hiyo, ndiyo, naamini kila mtu ana mtindo wake. Ninapojitambulisha kwamba mimi ni mbunifu wa mitindo ya mavazi, ghafla watu hunitazama juu mpaka chini kisha husema 'Ahaaa, kweli! Naweza kuliona hilo.' Mtindo wako utaonyesha wewe ni mtu wa aina gani.

Watu wengine wanaweza kusema 'Siwezi kuonekana nadhifu, kutoka kimtindo.' Huhitaji kununua nguo mpya ili utoke kimtindo au uheshimike. Mitindo yote unayoiona kwenye luninga, kwenye video za muziki na kwenye mitandao ya kijamii, inapatikana kwenye mitumba, tena kwa bei chee.

Ulipokuwa mtoto, ulidhani ungekuwa nani? Nikiwa mdogo, mara kwa mara nilipenda kuchora au kuunda. Nilijua kwamba nitafanya kazi ya kudizaini vitu. Kwa bahati, mambo yalikuwenda kama nilivyotamani. Ubunifu ndo kipaji changu. Sishangai.

What is your fashion identity or style? I wear Kitenge, bright colors and I love big bold fashion statement pieces such as over-sized earrings or colorful bangles. I've also recently decided to dread my hair. My favorite color is turquoise. I have it in nail polish, earrings, jewelry, clothing, sandals, bags... I wear turquoise as if my life depends on it! [Giggles]

Does everyone have a style? Some people say to themselves 'I don't have any style,' or 'I don't want people to look at me and think that I am trying too hard,' but this manner of thinking reflects an active style choice. So yes, I believe everyone has style. When I introduce myself and say 'I'm a fashion designer' people immediately look me up and down and say 'Ah ok! I can tell.' Style is a representation of who you are.

Some people might say 'I can't afford to look good or to be stylish.' You don't need to buy new clothes to look fashionable or respectable. All the fashion you see on TV, in the music videos, on social media, is available and affordable in mitumba.

When you were a child, what did you imagine you would be when you grew up? I was always drawing and creating things as a child. I knew that I would work in design. Luckily the cards were in my favor. Design is my purpose! I never question it.





Ulianza lini ubunifu wa mitindo? Nilipohitimu mafunzo ya upambaji na upangaji wa nyumba (interior design) nchini Kenya, nikaja Tanzania. Nilizunguka katika maduka yote yanayouza vitu vinavyoendana na upambaji na upangaji wa nyumba nikawapatia mawasiliano yangu na kuwaambia: 'Hello. Mimi ni mgeni hapa mjini. Ikiwa wateja wako watahitaji mtaalam wa upambaji na upangaji wa nyumba, tafadhali wape namba yangu.' Mojawapo ya kampuni hizi iliniajiri kama mbunifu wa upambaji na upangaji lakini badala ya kufanya nilichotazamia, nikaishia kuwa mtu wa mauzo zaidi. Nilifanya juhudi kubwa sana kuijenga fani yangu, hivyo nisingekubali kuendelea kuwa mtu wa mauzo katika duka hilo la pazia. Niliwashukuru, nikaacha kazi.

Kwa kuwa sikuwa na ajira, niliamua kuutumia muda wangu kufanya jambo litakalokuwa na faida, hivyo nikajitolea kuanzisha kitengo cha mitindo pale British Council kwa ajili ya mradi wao wa WAPI (Words And Pictures). Kadri nilivyofanya kazi na wanamitindo chipukizi, ndivyo nilivyojihusisha zaidi na ubunifu wa mitindo. Watu wakaanza kuona nguo zangu na kusema 'Wow! Umepata wapi hiyo?' Kutokana na kutiwa moyo na wabunifu wengine wa mitindo, nikajikuta nimeingia moja kwa moja katika ubunifu wa mitindo. Tangu wakati huo, ubunifu wa mitindo imekuwa ndiyo kazi yangu; imeonekana kwenye TV, filamu na kwenye matangazo. Hivyo ndoto zangu zote mbili zimeendelea kujidhihirisha, wakati mwingine moja huwa juu zaidi kuliko nyingine, lakini zote nazipenda.

Je, ni uzoefu wa aina gani uliokuwepa tayari kwa kazi hii? Ni mchanganyiko wa mambo matatu; shule, kufanya kazi na British Council pamoja na Swahili Fashion Week. Haya ndiyo yaliyorifanya kuwa mjasiriamali katika masuala ya ubunifu wa mitindo, lakini kubwa kuliko yote, mama yangu ameendelea kuwa mwongozo wangu na kunitia moyo katika maisha yangu. Anasimamia jambo analoliamini. Msimamo nilionao na uwezo wa kuelekeza nguvu katika kuhakikisha ndoto yangu inatimia, yote hii ni kwa sababu ya mama yangu. Nadhani watu wengi hawafuati ndoto zao kwa sababu wanaogopa. Lakini, kama kweli una wito wa kufanya jambo, lifanye. Unaweza kujaribu kidogo kidogo na hatimaye utafika pale ulipotaka kufika, kama nilivyofanya mimi. Kubuni nguo zangu mwenyewe na kuzivaa kulinileta wateja wangu wa kwanza! Inaweza kutokea ukashindwa, lakini uzuri wa kushindwa ni kwamba utakuwa umejifunza mengi katika hilo ulilolaribu.

When did you become a fashion designer? When I finished studying interior design in Kenya, I moved back to Tanzania. I visited shops geared towards interior design, handed them my business card and said: 'Hi, I am new in town. If your customers are in need of interior design services, please pass along my contact details.' One of these companies offered me a job as their in-house interior designer but I ended up being more of a sales person. I had worked so hard to become an interior designer, I couldn't settle for being a sales person at a curtain store, so I thanked them for the experience and quit.



While being unemployed, I decided to do something productive and volunteered to set up a fashion department with British Council for their WAPI program (Words And Pictures). The more I worked with young designers, the more I got involved in designing and sewing myself. People started to notice my clothes and said 'Wow! Where did you get that?' Through the encouragement from other designers, I made myself a career in Fashion Design. I have since taken my interior and fashion design to TV, Film and advertising doing set design and wardrobe styling. So my two passions continue to work alongside each other sometimes one takes precedence, but I love them both equally!

Ni jambo gani unajivunia zaidi? Nilipochaguliwa kuiwakilisha Tanzania katika Programu ya Wanawake Wajasiriamali kutoka Afrika (AWEP) nikapata trip ya kwenda Marekani! Kuona changamoto ambazo Afrika tunakumbana nazo na namna tunavyoweza kukabiliana nazo kwa kushirikiana ndicho kitu nilichokifurahia zaidi katika trip ile. Sasa hivi nimejipatia familia mpya ya wanawake ambao tulipata pamoja fursa ya kubadilishana mawazo katika program hiyo, na bado tunawasiliana na kujadili tufanye nini kwa ajili ya Afrika na kwa ajili ya nchi zetu.

What experiences best prepared you for the job?

A combination of schooling, working with British Council and Swahili Fashion Week have helped me become a fashion entrepreneur, but more than anything my mother continues to be an inspiration and a driving force in my life. She pushes for things she really believes in. This persistence and ability to focus all my efforts into visualizing my goals is because of her. I believe many people don't follow their dreams because they are scared, but if you are passionate about something, you should dive in head first. You can try it out on a small scale, then slowly work your way towards it, just like I did. Designing, making my own clothes and wearing them brought me my first clients! You may fail at first, but the beauty of failing is you learn so much from it.

What is your proudest moment?

Being selected to represent Tanzania in the African Women's Entrepreneurship Program (AWEP) and going on a trip to America! Seeing the challenges that we face in Africa and the possibilities for overcoming them by working together was the most beautiful thing about the trip. I have a new found family in the women with whom I shared this experience. We still discuss the way forward for Africa and our prospective countries.

How did you end up on AWEP?

I'd spoken to a client about transforming the fashion sector in Tanzania. Almost a year later, she nominated me for this program. By sharing ideas with others, I was given a once in a lifetime opportunity with AWEP. In Tanzania, we are guilty of

keeping ideas to ourselves because we are afraid someone might steal them. The truth is that nobody can realize your dream in the exact way you envision it. It is uniquely yours. There is no such thing as bad competition. When you have an idea, share it! The more people know what you are doing, the better your chances are to get connected with individuals in the industry who can help you build up your career.

Ilikuwaje ukajikuta AWEP? Nilizungumza na mteja kuhusu namna ya kuendeleza sekta

ya mitindo nchini Tanzania. Kama mwaka mmoja baadaye akanipendekeza kwa ajili ya program hii. Kutokana na kubadilishana mawazo na kuzungumza na watu, nilipewa fursa hii kubwa ya kushiriki AWEP. Watanzania tunafanya makosa kwa kutokuwashirikisha wengine mawazo yetu tukihojia kwamba mtu anaweza kuiba mawazo yetu. Lakini, ukweli ni kwamba hakuna anayeweza kuitekeleza ndoto yako kwa namna ile ile ambayo uliitazamia wewe. Inabaki kuwa yako kwa namna ya pekee. Hakuna ushindani mbaya kwako. Unapokuwa na wazo, washirikishe wengine! Kadri watu watakavyofahamu unachokifanya, ndivyo watakavyokuwa tayari kukusaidia kutimiza ndoto yako; kukuunganisha na watu sahihi.





Unaweza kusema umeamua kujitoa muhanga kutokuwa na familia kwa sasa ili utimize ndoto zako za ubunifu wa mitindo?

Hapana. Sioni kama ni kujitoa muhanga, ila naichukulia kwamba ni uamuzi. Ukiwa na mipango, ukitaka kufanya jambo fulani, ni muhimu kujilinda; na kwa kujilinda unakuwa umelinda ndoto zako na matarajio yako. Fikiria kama ungepata mimba ukiwa sekondari; ungepaswa kuwa na ujasiri wa hali ya juu kuweza kutunza familia katika umri huo na bado ukafikia malengo yako ya kazi. Hivyo ni muhimu sana kuwa makini tunapochagua tufanye nini, kwa wakati gani. Uamuzi utakaoufanya ndiyo utakaoamua maisha yako yaweje. Kwa sasa tayari ni mzigo mkubwa kuwa kijana mwanamke Mwafrika! Ninachoweza kusema ni kwamba, timiza malengo yako kwanza. Jikinge mpaka hapo utakapokuwa umejiridhisha kwamba uko tayari kuanzisha familia. Kila jambo na wakati wake. Bado nina mpango wa kuanzisha familia yangu.

Ni uamuzi gani mwingine uliufanya katika mtindo wa maisha?

Nadhani kuchagua mitindo bora ya maisha kunamwezesha mtu kuishi maisha mazuri. Nimechagua mitindo bora ya maisha; situmii kemikali kwenye nywele zangu wala mwilini, sili vyakula vilivyotengenezwa kiwandani ambavyo vina kemikali. Nina furaha kwa sababu nimechagua hivyo.

Ni kitu gani unakithamini sana katika vitu unavyomiliki?

Kama nikilazimika kuchagua kimoja, nitachagua simu. Nina smart phone, hivyo naitumia kupiga picha kazi zangu na kuzipost Facebook na Instagram. Naitumia kuwasiliana na watu. Natafuta taarifa mtandaoni kwa kutumia simu – taarifa zinazohusiana na kazi yangu, lakini na za mambo mengine, kwa mfano namna ya kuepuka kemikali. Nadhani 50% ya muda wangu nautumia kutafuta taarifa kwenye mtandao na kujifunza mambo. Siwezi kuishi bila simu!

Kama una swali wasiliana na Kemi kupitia:

@ info@naledi.co.tz f Naledi Fashion House

📷 kemikalikawe



Would you say you've sacrificed having a family in order to pursue a career in design?

No I don't see it as a sacrifice, but more as a choice. If you have a plan, a certain career you want to pursue, it is important to first protect yourself. By doing so, you protect your dreams and aspirations. Imagine you got pregnant in high school; you would have to be very strong willed to raise a child and still reach your full potential career-wise. So being sensible about life choices is essential. These choices determine the course of your life. It is already hard enough being a young person, especially female, and being African! I would say achieve your dreams first. Protect yourself until you are in a place where you feel ready to start a family. Trust that there is a time for everything. I still plan on starting my own family eventually.

What are some other lifestyle choices that you've made?

I think living a healthy lifestyle means living a better life. I personally choose to live a mostly natural life by avoiding the use of chemicals on my hair and body, or eating processed foods. Living a healthy life makes me happy.

What is your most treasured possession?

If I had to pick one, it would be my phone. I have a smart phone so I use it to photograph my work then post it on Facebook and Instagram. I use it to communicate with people. I do research online for work, but also for personal matters like how to live a more organic life. I'd say 50% of my time is spent researching topics I know nothing about. I definitely can't live without my phone!

If you have any questions contact Kemi via:

@ info@naledi.co.tz f Naledi Fashion House

📷 kemikalikawe

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KIGOMA

LEKA DUTIGITE

MSIMULIAJI KITU PHILIPPO WA WPC KIGOMA
PICHA FRANK KIMARO

'Kigomaaaaa ale Kigoma weeee, Leka Dutigite,' unakikukumbuka hicho kibwagizo cha wimbo wa **Leka dutigite?** Basi kuna wengine watajifanya hawakijui... huo wimbo uliimbwa na baadhi ya mastar wa muziki wanaotoka hapa mkoani Kigoma kwa dhumuni la kuusifia mkoa wetu.

Kwa wale ambao hamjui, Kigoma ni mkoa wenye wilaya 7 ambazo ni Kigoma Mjini, Kigoma Vijijini, Uvinza, Kasulu, Kibondo, Kakonko na Buhingwe. Makabila yaliyomo ndani ya mkoa huu ni pamoja na waha, wabembe, wamanyema na watongwe.

Kuna sifa nyingi hapa sio masihara nikianza kusifia nadhani sintomaliza leo ila wacha nikudokeze kidogo tu.



Kitu Philipo wa WPC



Jiparulie samaki wakavu

Ziwa Tanganyika

Hili ni ziwa la pili kwa kina kirefu duniani, refu sio masihara. Wengi wetu hutegemea ziwa hili kwa shughuli za kujipatia kipato kama Uvuvi. Samaki wa kipekee wanaopatikana ndani ya

ziwa hili ni migebuka na kuhe na pia dagaa wa Kigoma kama ushawahi kuwasikia, nao hutoka huku.

Kuna samaki anaitwa Nyika huyo, huwezi amini anapiga shoti kama ya umeme. Basi huyu huwa anashikwa maeneo ya mkia.



Sokwe wapo Kigoma.

Tuna hifadhi za wanyama huku, Gombe na Mahale. Ndani ya mbuga hizi kuna misitu mikubwa ambamo ndani yake huishi Sokwe, wanyama ambao baadhi ya matendo yao hufanana sana na binadamu. Kwa mfano Sokwe ndani ya Gombe wana uongozi, kuna Mfalme na hufanya kazi kwa ushirikiano.

Ukiacha hifadhi ya Gombe na Mahale pia kuna pori la akiba la Moyowosi linalopatikana wilaya ya Kibondo, ambalo ndani yake pia kuna wanyama mbalimbali.



Sanamu la Sokwe linalowakilisha uwepo wa Sokwe

Michikichi Je?

Michikichi ndo kwao huku na tunaitumia vizuri kweli-kweli. Tunaitumia kutoa mafuta ya mawese ambayo hutumika kwa shughuli za mapishi. Vilevile tunaitumia kutengeneza sabuni, maarufu kama sabuni za magadi.



Hapo unajionea miti ya michikichi na chikichi zenyewe



Ruka juu ndani ya makumbusho ya Dr. Livingstone

Kuhusu Makumbusho ya Dk. Livingstone

Eeh kwa wale wasiomjua Dk. Livingstone alikuwa mmisionari na mpelelezi kutoka ughaibuni. Anakumbukwa zaidi kwa harakati zake za kupinga biashara ya utumwa. Na mpaka leo hapa kwetu Kigoma kuna sehemu iliyotengwa kama makumbusho ya mmisionari huyo kwani inasemekana aliishi eneo hilo.

Njia za watumwa

Kama unavyoona kwenye picha, hizo ndo njia zilizotumiwa na watumwa enzi hizo.

Wafanyabiashara maarufu kama Tiptip walitumia njia hiyo ambayo ilikuwa inaanzia maeneo ya Ujiji na kupita mikoa mbalimbali ikiwemo Tabora mpaka Bagamoyo.

Njia zilizotumiwa na watumwa ndani ya Ujiji mkoani Kigoma



Mto Malagarasi na Chumvi Uvinza

Ni moja kati ya mito maarufu hapa nchini na inasemekana ni miongoni mwa mito yenye idadi kubwa ya Mamba. Ukiacha mto huo nadhani ushawahi kusikia chumvi ya Uvinza. Hii hupatikana wilayani Uvinza na ndio maana ikaitwa hivyo.



Hiyo ni chumvi sio mlima

Na yale mashuka ya Kigoma?

Kama unasafiri kutoka mkoa mwingine kuja Kigoma ni kawaida kuambiwa niletee 'shuka la Kigoma'. Mashuka flani hivi ambayo hufumwa kwa mkono na baadhi ya wakazi wa Kigoma. Ni mazuri, yanadumu na ni mazito ukulinganisha na mashuka mengine.



Ukisikia mashuka ya Kigoma ndo haya

Watu maarufu

Kigoma ina watu maarufu kibao wakiwemo viongozi wa kisiasa kama Zito Kabwe na David Kafulila. Wasanii ndo usipime huku ndo walipotoka wakina Diamond, Ali Kiba, Abdu Kiba, Banana Zoro, Linex, Rachel, Mwasiti, Chege, Peter Msechu, Baba Levo, Upendo Nkone na Christina Shusho.

Mpaka wacheza mpira tunao kibao anza na Juma Kaseja, Said Maulidi, Yusuph Macho na Said Swedi, wengine endelea tu, orodha ni ndefu.

Mimi naitwa Kitu Philipo, ni mzaliwa na mwenyeji wa hapa hapa Kigoma, umri wangu ni miaka 28. Nafanya kazi shirika la WPC, kwa kirefu Women's Promotion Center, hapa hapa Kigoma.

Karibu.

Kama una swali kwa Kitu, muulize kupitia namba 0712 322296

Mwanza Zone moto chini

HABARI NA PICHA AMABILIS BATAMULA

Mtaani wanasema ukiikubali isifite. Unauliza ni nini? Endelea kusoma.

Ni pale vijana wanachama wa Klab za Fema mkoa wa Mwanza walipofunga kazi kwa kufanya boooonge la tamasha - kama ingekuwa shughuli ya uswahilini wangesema tamasha limefunga barabara, lakini lilifanyika katika viwanja vya Shule ya Sekondari Buswelu, moja ya shule maarufu sana katika jiji hilo la miamba a.k.a Rock City. Kulikuwa na watu, maelfu. Kulikuwa na burudani, za kumwaga. Kulikuwa na elimu, ya kushiba! Wacha kabisa, hapana chezeyaaa!

Kulikuwa na shindano la Miss and Mr Fema, hawa ni mabalozi ambao hubeba ujumbe wa shirikisho na kuupeleka mbali zaidi. Shindano hilo ambalo lilianza miezi kadhaa kabla ya siku ya tamasha ndilo lililobeba shughuli ya siku hiyo. Washiriki walipimwa kwa vigezo maalum ambavyo vilikuwa vinazingatia maudhui ya tamasha, lengo la Klab za Fema na wajibu wa kijana wa Kitanzania kwa nchi yake, jamii yake na yeye mwenyewe.

Watu wakafanya yao; waku-shake waka-shake, waku-dug waku-dug wengine wakapiga ile kama Ronaldo, ili mradi raha tu. Lakini katika yote hayo ujumbe mkuu ulikuwa ni Yes We Can – kwa maana ya Ndio Tunaweza, au kwa ufafanuzi zaidi, vijana tunaweza. Ma-MC wa ukweli waliiongoza shughuli ikakaa mwake mwake.

Mwanza zone Miss. and Mr. Fema



Mwanza zone Best Club

Walijipanga

Shirikisho la Klab za Fema Mwanza a.k.a Fema Mwanza Zone, inajumuisha shule ambazo zina Klab za Fema katika wilaya za Nyamagana na Ilemela. Mkakati wa muda mrefu ni kutimiza heshima ya jina, yaani kushirikisha shule zote zenye Klab katika mkoa mzima. Na mkakati mwingine ni kuhakikisha shule ambazo hazina Klab za Fema zinafanya hivyo kwa msaada na mwongozo wa wazoefu.

Kila mwaka Shirikisho wanafanya shughuli za pamoja kuhusu mada wanayoichagua. Kwa kutambua kwamba mwaka 2015 ni mwaka wa Uchaguzi, walikubaliana kauli mbiu ya mwaka iwe Yes We Can, na baadhi ya ujumbe ambao ulikuwa ukitolewa ni kuhimizana kujiandikisha, kupiga kura pamoja na kujituma kikamilifu katika kujenga nchi; kila mtu kwa nafasi yake na kama kikundi. Yes we can vote, yes we can be responsible citizens, yes we can! Shule zaidi ya 65 zilishiriki, kila moja kwa nafasi na uwezo wake. Nyingi ziliwakilishwa na wana-Klab kwa idadi nzuri, na baadhi ziliwakilishwa na wanafunzi wachache au walimu walezi wa Klabu. Shule nyingine zilituma wawakilishi ili wajifunze mambo yanavyokwenda na bila shaka sasa unaposoma hapa tayari wameanzisha Klab.



MaMC wa shughuli.

Mambo makubwa yalikuwa mengi, tuzo nazo zilikuwepo! Alitunukiwa Mwalimu Bora, tuzo ikaenda kwa Mwalimu Robert Sinde wa Loreto Girls. Wakatunukiwa Klab Bora ya Mwaka, tuzo ikaenda kwa Klab ya Buswelu Sekondari. Bila kuwasahau mabalozi wa Fema, Miss na Mr Fema, tuzo zikaenda kwa Nyangeta Thomas wa Nganza Fema Club na Elias Bihemo wa Bwiru Boys Fema Club.

Mazawadi mengine kibao yalienda kwa waliojibu maswali wakati wa vipindi mbalimbali na wale walioonyesha vipaji vyao wakatoa burudani mwanana kwa umati uliohudhuria na kutulia tangu saa tatu asubuhi mpaka saa kumi na moja jioni. Sio mchezo. Mko juu Mwanza Zone.



Hawa walifunika, wakatunzwa.



Vumbi lilitimka!



TULITOKA KIVINGINE

Eee bana eeh! Si unajua ile kitu inaitwa Femina Youth Conference? Enhee, hiyo hiyo tunayofanya kila mwaka ambapo Fema Klabs kibao hupiga kambi Dar siku tatu za nguvu wakielimika na kubadilishana mawazo, kisha kutembezwa viwanja.

Basi bana! Safari hii Youth Conference tuliifanya kivingiine kabisa. Kwa kuwa mwaka jana ulikuwa ni mwaka wa uchaguzi, tuliona tunawajibika kushiriki ipasavyo katika kusambaza "Ujumbe wa Amani", hivyo badala ya kufanya mkutano mmoja mkubwa Dar, tulifanya mikutano mikubwa sita mikoani. Wow!

Tulikuwa Mtwara, Iringa, Shinyanga, Kigoma, Arusha na Mbeya. Klab kibao zilialikwa kushiriki matamasha hayo. Yaani kwa ufupi palikuwa hapatoshi!

Klab Bora 2015 ikatangazwa.

Si wengine, ni Ukombozi Fema Club ya Ngweli Sec. Klab hii iko Sengerema, mkoani Mwanza na ilitangazwa na kutunukiwa katika Femina Peace Festival iliyofanyika Arusha. Hawa walipewa ngao, pesa taslimu na cheti. Na kwakweli walistahili, kwani wamefanya mambo kibao yakiwemo haya yafuatayo:

- ★ Klab yao iko 'stebo' mpaka raha! Wamekuwa 'active' kwa muda mrefu na hata mwalimu wa klab anapohama, klab haiyumbi.
- ★ Wana bustani ya mboga, wanaiuzia shule na jamii inayoizunguka shule, hivyo wana mfuko uliohiba kwelikweli.
- ★ Walifyatua matofali wakayakabidhi kwa uongozi wa shule na yametumika kujenga maabara ya shule. Big up sana kwao.
- ★ Kwa kuwa wana mfuko uliotuna, hawachangishani hata senti wanapofanya ziara au kuchapisha vyeti vya wahitimu.



Klab bora wakiwa na tuzo

- ★ Ni washiriki wazuri wa Klab Chalenji. Tangu shindano hilo lianzishwe hawajawahi kukosa hata Chalenji moja.
- ★ Klab yao inatumiwa na shule kuelimisha wanafunzi wengine na wanatembelea hata shule za jirani.
- ★ Ni watumaji wazuri wa ripoti za robo mwaka. Kipengele hicho pia wako kamili sana tu! Ripoti inakuja imeshiba vilivyo na picha hazikosekani

Mwalimu Bora pia alitangazwa

Naye ni Anna Melkyori wa Azania Sec School ya Dar es Salaam. Hongera nyingi kwake kwa kunyakua tuzo hii kwa mwaka 2015. Ni mwalimu wa kwanza wa kike kuibuka Mwalimu Bora wa Fema. Sifa zake ni nyingi; hebu tutazame chache tu hapa;

★ Anajitoa vilivyo kwenye counselling. Wanafunzi wako huru kumwenda kwa ushauri na wanachomweleza inabaki kuwa siri yake. Wanamwamini.

★ Ni mtu mzima mwenye familia, lakini hata wanafunzi amewafanya kuwa sehemu ya familia yake kiasi kwamba hata kama sio siku ya kazi yuko tayari kushiriki katika shughuli za klab.

★ Anasaidia baadhi ya wanafunzi wenye hali ngumu kimaisha. Sifa hii iliwahi kumpatia tuzo ya Best Charitable Teacher (Mwalimu anayetoa msaada)

Mwalimu huyu pamoja na wawakilishi wa Klab yake walihudhuria Femina Peace Festival iliyofanyika Mtwara. Naye alizawadiwa ngao, fedha taslimu na cheti. Makofi mengi kwake!



Hongera ticha la mwaka!



Mwalimu bora akiwa na wadau wa Femina baada ya kupata tuzo



NASH

Mambo yalikuwa moto sana!

Hatukuwasahau pia washindi wetu wa Klab Chalenji. Ni shule nne zilizoshinda mwaka jana na wote walialikwa katika mikoa mbalimbali na huko huko wakakabidhiwa zawadi zao.

Madaba Sec School (hawa ni washindi wa Klab Chalenji kwa mara ya pili) walishiriki tamasha la Mbeya, Simbani Fema Club ya Kibaha walishiriki tamasha la Iringa, Chabalisa Fema Klab ya Karagwe walishiriki tamasha la Shinyanga na Rwemondo Fema Klab ya Karagwe walishiriki tamasha lililofanyika Kigoma.

Afu nina mtonyo wa nguvu--- sikiliza! Tumetoka hivyo this time, next time kuna mambo mazuri mengine tunawaandalia. Je, tutakuwa na ule mkutano mkubwa wa Dar? Au tutakufuata huko uliko? Surpriiise! Sisemi!

*Kwaheri.
Nash*

SMS: Andika **FEMA** acha nafasi andika maoni yako kisha tuma kwenda **0753 003 001**. SMS tu, usipige!





....UTENGANO NI UDHAIFU

Umewahi kuona mshkaji ana boonge la screen geto, sofa la maana, bongwe moja la feni, ana dish la ukweli, kalipia kifurushi cha maana, anaweza kuona channels kibao duniani, lakini inapofika ile saa ya game kali la soka anakwenda kubanana kwenye banda fulani hivi kitaa, full bati, full joto, full kelele, anakalia benchi na jero analipa? Yes! Anatafuta kampani.

Kampani ni kitu muhimu sana. Na hapa nazungumzia umuhimu wa kujiunga na kikundi cha vijana. Kuna mambo kibao unaweza kuyafanya peke yako na ukafanikiwa. Unaweza kusoma jarida la Fema ukapata ujumbe, unaweza kulima bustani peke yako ukafanikiwa, unaweza kuwa na mgogoro na ukautatua peke yako, unaweza kupiga mishe kibao kivyakovyako, lakini ukweli ni kwamba mafanikio yako yangukuwa maradufu kama ungekuwa katika kikundi rasmi cha vijana wenzako.

Jichanganye, usijitenge

Utasikia mtu anasema "siwezi kuwa kwenye kundi na vijana wenzangu wa hapa kitaa kwa sababu nina kiwango kidogo cha elimu, sina cha kuchangia, wenzangu ni wasomi". Mwingine utasikia anasema "siwezi kujiunga na kikundi cha vijana hapa mtaani, wachovu tu hawana cha kunisaidia....najitosheleza na wala sina muda wa kupoteza".
TUNAKOSEA.

UMOJA NI NGUVU

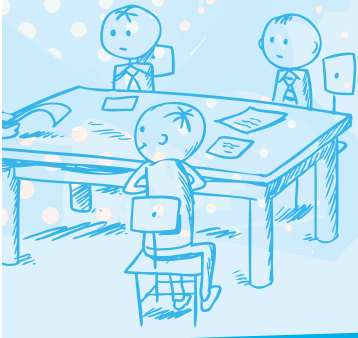
Mnapokuwa katika kikundi mnakutanisha karama mbalimbali, aina mbalimbali za watu, mawazo na mitazamo mbalimbali, hivyo kila mmoja anaweza kufaidika kwa kuwa pamoja na wenzake, na kuna mambo mengi makubwa na mazuri mnayoweza kuyafanya ikiwa mtaunganisha nguvu.

Hizi ni baadhi ya faida za kuwa kwenye kikundi

- * Utajifunza kuwakubali wengine jinsi walivyo
- * Inatufungulia milango ya kusaidiana
- * Unapata amani unapokuwa na uhakika kwamba kuna kundi kubwa la watu nyuma yako.
- * Unagundua kwamba si wewe peke yako mwenye tatizo fulani, wapo wengine kadhaa wenye tatizo kama lako.
- * Unajifunza mbinu za utatuzi wa matatizo.
- * Unajenga uhusiano na watu.
- * Unajenga mtandao wa marafiki.
- * Unajoy kampani ya wenzako.
- * Unapata fursa ya kutoa maoni na kupata maoni ya wenzako, na kwa pamoja mnaboresha maamuzi yenu.

EH BANA KUMBE KUJUMUIKA KUNA FAIDA EEH!





**MI NIKO ZANGU
TANDALE YOUTH
GROUP**



GLORY

Hizo ni faida za mtu mmojammoja, lakini kama kikundi pia kuna faida lukuki:

- * Kwakuwa mko wengi, mtakuwa na wigo mpana wa taarifa kwani mmoja anajua hili, mwingine anajua lile
- * Ni rahisi kusikilizwa na kutimiziwa matakwa yenu kwani sauti ya wengi ina nguvu zaidi kuliko sauti ya mtu mmoja mmoja
- * Mnaweza kufanya mambo makubwa mnapounganisha vipaji vyenu
- * Mnapojadili jambo mnakuwa na wigo mpana wa mawazo, hivyo ni rahisi kufikia uamuzi wenye faida kwa kundi zima
- * Kunapotokea mgogoro ni rahisi kushauriana na kuutafutia ufumbuzi na mchakato huo utamwezesha kila mwanakikundi kujifunza namna ya kutatua migogoro
- * Ni fursa ya kujadili na kujifunza. Mnapojadili ni rahisi kuelewa zaidi ujumbe na ni rahisi kwa kila mmoja wenu kukumbuka mlichokijadili.
- * Mnapotaka kufanya miradi ya kikundi, ni rahisi kwenu kupata msaada wa mafunzo, ushauri au mitaji kwani umoja wenu tayari ni dhamana mojawapo.



**UTENGANO NI
UDHAIFU**



Tuko pamoja wadau?

Nadhani nimesomeka. Kama hauko katika kikundi cha vijana hapo kita ni wakati wa kuchangamka na kujiunga. Angalia kikundi ambacho unapendezwa na malengo yake, kikundi ambacho malengo yake yanashabihiana na yako. Kikundi ambacho wanachama wake wanafuata mitindo bora ya maisha, jiunge na upige kazi pamoja na wenzako.

Kinaweza kuwa ni kikundi kinachojihusisha na michezo, biashara, kilimo, mijadala, maigizo, na vitu vingine kibao kwa kadri mtakavyoona inafaa. Na kama hakuna kikundi cha vijana katika eneo unaloishi, hamasisha vijana wenzako muanzishe.

Nakuaga kwa kusema: Umoja ni Nguvu, Utengano ni Udhaifu. Wewe ni mzuri katika hili, mwingine ni mzuri katika lile. Kujumuika kuna faida.

*Bye bye
Glory*

SMS: Andika **FEMA** acha nafasi andika maoni yako kisha tuma kwenda **0753 003 001**. SMS tu, usipige!





MITINDO, AJIRA NA RAHA!

NA TIMU YA FEMA Picha FRANK KIMARO

Nani hapendi kuonekana nadhifu? Wazungu wanasema Dress for success! Naam! Wanamaanisha tokeleza kimafanikio. Utakachokivaa ndicho kitakachoufahamisha umma wewe ni mtu wa aina gani. Mavazi na mitindo ni utambulisho - yataueleza ulimwengu maadili yako, mapigo unayopendelea na hata malengo yako. Wengi wetu tunapenda kutoka kimtindo, NI RAHA!



Ubunifu wa mitindo ya mavazi unakua kwa kasi nchini. Vijana tuko bize na kazi za kila namna, iwe ni katika muziki, filamu au ubunifu wa mitindo. Uwepo wa teknolojia, mitandao ya kijamii, na ukuaji wa uchumi, yote haya yanachangia mlipuko huu wa ubunifu.



Wabunifu wa mitindo ya mavazi

Wabunifu wa mitindo ya mavazi wanaibuka kila uchao hapa nchini kwetu. Hapa napo tunashuhudia vijana wenye ari na malengo ya kutoka kimaisha wakiichangamkia hii fursa. Haswa! Lengo ni 'kupata maisha bora'.

Binti Shangwe katikati ya mavazi aliyobuni mwenyewe

Mukwaya Lugoe, maarufu kama 'Binti Shangwe', ni binti wa miaka 31, na ni miongoni mwa wabunifu wa mitindo ya mavazi wanaokuja juu kwa kasi. "Nilisoma Shahada ya Sanaa ya Sayansi ya Siasa, lakini ilikuwa vigumu mno kupata kazi, hivyo ikabidi nibadili mwelekeo," anakiri. "Napenda mitindo, na najua kuchanganya rangi zikanoga. Napenda kuwapendezesha watu! Hivyo nikaamua kutumia kipaji hiki kwa sababu niligundua kwamba kuna fursa katika sekta ya mitindo. Nafurahia uamuzi wangu; huku ndiko nilikojikita na maisha yanakwenda."

"Ninamiliki biashara," anaongeza. "Nabuni mitindo ya ukweli, nanunua vitambaa, kisha nafanya kazi na mafundi wazuri ambao wanashona dizaini zangu. Nalipia nafasi katika maduka mbalimbali ili niweze kuonyesha na kuuza kazi zangu. Mwakani nitaonyesha kazi zangu katika Swahili Fashion Week hapa hapa nchini. Maonyesho haya ni fursa kwetu wabunifu chipukizi kutangaza kazi zetu."



Binti Shangwe akitoa maelekezo kwa fundi wake juu ya vazi analotaka lishonwe

TIRIRIKA

Unanunua wapi nguo zako? Kwanini?



Mashati makali ya mtumba .
we chagua... bei poa tu

Binti Shangwe anatueleza kuhusu sekta hii. "Vitambaa vya kiafrika bado vinapendwa sana kila mahali. Kila baada ya miezi michache dizaini mpya, tamu, inaingia sokoni! Tunaweka ubunifu wetu katika vitambaa hivi na kutoka na mitindo ya kila namna." Anaeleza kwamba "nguo za kushona bado zinapendwa sana nchini. Ni rahisi kushona nguo kwani kuna mafundi wengi wazuri."

Changamoto kubwa inayoikumba sekta ya mitindo nchini ni kushindwa kufurukuta katika soko ambalo limefurika nguo za bei rahisi zinazolingizwa nchini, kwa mfano mitumba. Hata vitambaa huingizwa kutoka nje. Kununua vitambaa vilivyotengenezwa nchini wakati mwingine ni changamoto kwasababu havizalishwi kwa wingi, hali ambayo huwalazimu wabunifu wa mitindo kutumia bidhaa kutoka nje ambazo mara nyingi huwa za gharama kubwa. Kwa sababu hiyo, mitindo ya hapa nchini inayobuniwa na wanamitindo kama Binti Shangwe ni gharama. Pamba ya Tanzania ni miongoni mwa malighafi zinazosafirishwa nje kwa wingi, licha ya kwamba viwanda vichache vya nguo tulivyonavyo nchini bado havijatoshelezwa kimahitaji. Pamba hii hurudi Tanzania ikiwa imeshatengenezwa bidhaa mbalimbali, jambo ambalo halitunufaishi.



Pamba za ukweli



ABASS ABDALLA, 22, Bangwe, Kigoma

Napenda kununua nguo dukani kwa sababu ndo kuna vitu vikali ambavyo naamini vina ubora zaidi kuliko vile vya mitumba.



ELISHA JOHN, 21, Kasulu, Kigoma

Mimi bwana za dukani ni mara chache sana. Zaidi napendelea kununua vitambaa na kushona kwa fundi. Nguo za kushona kwa fundi hunifanya kuonekana nadhifu na mtanashati. Basi nikipiga suruali ya kitambaa na shati nakuwa bomba zaidi.



HAMISA NKONE, 23, Kigoma Mjini

Mimi napenda kwa mafundi washonaji na mitumbani, napenda kwa sababu huwa zina staili mbalimbali na nguo zao zinakuwa na ubora zaidi. Zinadumu kwa muda mrefu pia. Mafundi huwa wabunifu sana kwa nguo za kushona na ndio maana zinapendwa zaidi.



SMS: Andika **FEMA** acha nafasi andika maoni yako kisha tuma kwenda **0753 003 001**. SMS tu, usipige!



Utitiri wa Mitumba

Mitumba ni nguo zilizoletwa Afrika kutoka mataifa ya Magharibi. Ingawa ni changamoto kwa ukuaji wa sekta ya mitindo nchini, mitumba inatoa fursa kwa watu kupata nguo za bei nafuu, mapigo ya ukweli na yenye ubora.

Juma Lipemba, Makamu Mwenyekiti wa Chama cha Wauza Mitumba wa Soko la Karume, anaeleza “mitumba inawawezesha watu wa kipato cha chini kununua nguo nzuri. Fulana nzuri ya mtumba inaweza kugharimu sh 3,000/- wakati fulana ya kiwango hicho hicho kwa mbunifu wa mitindo inaweza kuuzwa mara mbili ya bei hiyo”.

Kama Juma, vijana wengi wameiona fursa kwenye biashara ya mitumba. Biashara hii inachangamsha uchumi na kutengeneza fursa za ajira. Tani kibao zinaingizwa nchini, hivyo maelfu ya watu wamepata fursa za ajira katika usafirishaji, uuzaji wa jumla na rejareja.

“Katika soko la Karume pekee, kuna vibanda karibu 1,200 na kuna wauza mitumba takriban 8,000. Baadhi ya wafanyabiashara wanashea vibanda,” anasema Juma. Zaidi ya hapo, kuna masoko mengine kibao madogomadogo nchini Tanzania, ambayo nayo yanatoa fursa za ajira. Kwa machinga, kwa mfano, unaweza kuanza na mtaji mdogo tu, hata sh 10,000. Hii itatosha kununua mzigo wa kuanzia na utauza kwa faida.



Tunasagura sagura

Changamkia fursa

Kadri watu wanavyovutiwa na mitindo, ndivyo fursa zinavyoongezeka katika sekta hii. Vijana wanajijiriri katika ubunifu wa mitindo, ushonaji, na uanamitindo. “Kuna fursa kubwa katika sekta ya mavazi na mitindo nchini Tanzania hivi sasa. Inakua kwa haraka na tunashuhudia muongo mpya kabisa,” anasema Binti Shangwe.

Tunapaswa kushinikiza serikali yetu iweke nguvu zaidi katika kufufua na kuwzesha viwanda vyetu vya nguo. Serikali inaweza kufanya hivi kwa kudhibiti uingizaji wa nguo nchini na kusaidia viwanda vya ndani.



Kumbuka:

Mavazi na mitindo ni sekta inayoweza kukupatia ajira na kuendeleza kipaji chako.

CHUKUA

HATUA

Katika klab yenu, andaeni shindano la maonyesho ya mavazi na kila mwanachama abuni vazi ambalo atatoka nalo. Hii inapaswa kuwa kitu ‘simpo’, tumieni vitu vinavyopatikana shuleni/nyumbani. Muombeni mwalimu wa klab au hata viranja wawe majaji katika shindano hilo. Kisha mtutumie picha za tukio zikiwa na maelezo, tutazipost kwenye page yetu ya facebook.

FASHION, JOBS AND FUN!

BY FEMINA PHOTOS FRANK KIMARO

Who doesn't enjoy looking smart!? Dress for success they say; what you wear will tell the world who you are. Clothes and fashion are style statements. Dressing is a way to express yourself, to demonstrate your values, your tastes and your ambitions. Most of us love to play around with fashion styles, its FUN!

Fashion and style are mediums to explore our creative sides. These days young people are actively engaging in a variety of artistic fields whether it be music, film, or clothing design. Exposure to technology, social media, global 'pop culture' and growing wealth all contribute to this creative cultural outburst.

Local fashion designers

Tanzanian fashion designers are on the rise. We are witnessing the passionate engagement of a younger generation with progressive ideas about living the 'good life' in Tanzania.

Mukwaya Lugoe alias 'Binti Shangwe' 31, is one of the many upcoming fashion designers in the country. "I completed my university degree in Political Science but found that it was difficult to secure a job. I decided that I had to find an alternative route to success!" she admits. "I have always loved fashion and I have a good eye for color schemes and patterns. I like making people look and feel good! I decided to use my talent since there are employment opportunities in the fashion industry. I'm so happy I made that decision; designing clothes has now become the main focus of my life"

"I set up my own business" she adds "I design unique patterns, buy textiles and work with tailors who help me to assemble articles of clothing. I also rent racks in various shops so that people can see my products. Next year my designs will be shown at Swahili Fashion Week, an event that now showcases young designers"

Binti Shangwe explains the nature of the fashion industry. "African print textiles are still very popular. Every few months we receive new, surprising prints. We transform them into tailored dresses that reflect local fashion trends. Tailored clothing is still popular in Tanzania", she continues. "Getting a dress made is easy, due to the large number of skilled tailors and seamstresses across the country."

The main challenge faced by local fashion industries is competing in a market that is flooded with cheap imported goods, such as second hand clothing. Textiles are often imported as well. Buying a particular local fabric from vendors can be problematic because it is often not in stock. This forces designers to use costly imported material as an alternative. Consequently, articles of clothing made by designers like Binti Shangwe tend to be quite expensive. Raw cotton is one of Tanzania's largest exports, yet the majority of textile industries within the country are not sufficiently supplied. Cotton is exported as a raw material and is returned to Tanzania in the form of finished produce, which inhibits local production.

Mitumba dominance

Mitumba is second-hand clothing that has been imported from the West to Africa. Though Mitumba challenges the development of a local home grown fashion industry, it provides easy access to affordable, stylish and good quality clothing.

Juma Lipemba, vice Chairman of the Mitumba Sellers Association at Karume Market explains the benefits of Mitumba industry. "It gives underprivileged people the opportunity to purchase nice clothing. A good quality second hand T-shirt at a Mitumba stall costs 3,000/-Tshs while the same T-shirt sold by local designers is double the price"

Like Juma, many young people have discovered business prospects in Mitumba trade. The business stimulates economic activity and creates job opportunities. The textile trade imports a lot of tons, and employs tens of thousands of people through transportation, wholesale as well as retail businesses.

"In Karume market alone, there are about 1200 stalls, and about 8,000 mitumba sellers. Some sellers are sharing stalls or working on different days of the week," says Juma. In addition, there are a dozen or so smaller markets in Tanzania, creating more employment opportunities. As a hawker, machinga, you start with as little as 10,000 shillings, enough to buy a clothes bundle that will earn a profit.

Changamkia fursa

As interest in fashion grows, so do the number of career specializations available within the sector. Youth are seizing jobs in designing, tailoring, modeling and styling. "There is huge potential in the Tanzanian clothing and fashion industry right now. It's growing quickly and we are seeing a new, exciting fashion decade emerge," says Binti Shangwe.

We must put pressure on our government to support and revive the textile and clothing industry. This can be achieved by strict control over imports and government investment in equipment to assist the local textile industry.

Remember:

The style, clothing and fashion industry is a sector where jobs can be found and careers developed.

TAKE

ACTION

As a club, organize a fashion show where each clubber comes up with a creative idea for her/his costume. Use materials from school or home and have your club teacher/prefects serve as judges for the competition. Send us captioned photos from your event and we will post them up on facebook!

CHAGUA MAISHA

HABARI NA PICHA FRANK KIMARO

Kutana na Stella Kabelu, nesi anayeipenda kazi yake. Stella anafanya kazi Marie Stopes na ni miongoni mwa manesi saba wanaotumia usafiri wa bajaj kuwafikishia vijana wa Dar es Salaam, wa kike na wa kiume, njia mbalimbali za kuzuia mimba. Stella na dereva wake wako kwenye bajaj kila siku, jambo ambalo limepelekea watu kumpa jina la 'Bajaj Nurse'.

"Kila siku tunakutana na watu kati ya 17 na 20. Tunatoa huduma za kuzuia mimba kwenye kaya. Vijana wanapata kujua namna wanavyoweza kuzuia mimba zisizopangwa na wenzu wanajifunza namna ya kupanga uzazi. Nazungumza nao kuhusu njia zinazoshauriwa kama vipandikizi, sindano, vidonge, kondom za kike na za kiume na nyinginezo" Stella anaeleza.

"Wanaume/wavulana wanapendelea zaidi kondom wakati wanawake/wasichana walio wengi wanapendelea vipandikizi kwa sababu ni njia ya muda mrefu. Sio kama vidonge, kwani inakulazimu kumeza kila siku", anaeleza, "Kabla sijampatia mtu yeyote njia ya kuzuia mimba, nawashauri na kuwaelekeza kuhusu faida za njia za kupanga uzazi ili waweze kufanya uamuzi sahihi."

Jamilah Hassan ni mmoja wa wasichana ambao wamepata ushauri kutoka kwa 'Bajaj Nurse', na anasema, "hapo kabla, sikuwahi kufikiria kutumia njia za kuzuia mimba, hasa kwa sababu ya uzushi mwingi niliokuwa nausikia mtaani kuhusu njia hizi. Imani iliyoenea kila mahali ni kwamba ukutumia njia za kisasa za kuzuia mimba, isipokuwa kondom, utapoteza uwezo wa kuzaa, utapata kansa au utakuwa na matatizo kwenye mfumo wako wa uzazi. Sasa nafahamu vizuri kwamba hizi ni imani potofu tu, hazina ukweli wowote."

Bajaj Nurse Stella, anaamini kazi yake imebadilisha maisha ya watu wengi, na anasema anafurahi kwakuwa amekuwa mtu wa msaada kwa jamii. Anasema wakati umefika sasa tuondokane na imani potofu, kwani ni kikwazo kikubwa kwa maendeleo ya watu binafsi na Taifa. Katika dunia ya leo huduma za kuzuia mimba zimeenea na inachangia kuleta mitindo bora ya maisha na hatimaye maisha bora – The Good Life!

Kama una swali kwa Stella muulize kupitia namba 0767 170146



Vijana wakimsikiliza kwa makini 'Bajaj Nurse'

Kumbuka:

Jipange. Omba ushauri kutoka kituo cha Marie Stopes kilicho karibu nawe. Watoa huduma wako tayari kujibu maswali yako yote kuhusu njia za kuzuia mimba. Una haki ya kupata taarifa ili ufanye uamuzi.

Hivi ndivyo nesi wa bajaj na dereva wake wanavyoingia mzigoni

KIPAJI MTAJI

VIKWAZO NI VINGI PALE UNAPOTAKA KUTIMIZA MALENGO YAKO KWENYE MAISHA. NDOTO ZAKO ZINAWENZA KUFANIKISHWA AU KUKWAMISHWA HATA NA MTU WAKO WA KARIBU. KWENYE HILO KUNA KITU CHA KUJIFUNZA. FUATILIA STORI HII





LEO NIKIRUDI NITAONGEA NAYE...



KASHINDI!!!!!!

NAAMMM !!



KASHINDI HVI UNAJUA TUNAGHARAMIA ELIMU YAKO MPAKA TUNASHINDWA KUYAAP?

NAFAHAMU BABA



SASA KAMA UNAFHAMU KWA NINI UNACHORA GHORA KATUNI TU HAUSOMI?

MBONA NASOMA BABA NA KULFAULU NAFALU VIZURI?



PAA!!



UPUMBAVU HUU, MGHORA KATUNI GANI MWENYE MAFANIKIO DUNIANI??



MOJA KWA MOJA MZEE AKAENDA KWENYE BAO

MZEE MPANDA MBONA LEO MAPEMA??



MWANANGU NASKIA SKU HIZI UNACHORA SANA KATUNI?

NDIO BABA TENA NATAKA KUWA KAMA KIPANYA



TENA WACHA NKULETEE NILIZOCHORA LEO

HEBU KAA CHINI HAPO



UNAFULU LAKINI UNAPOTEZA MUDA MWINGI KWENYE KUCHORACHORA

SIPOTEZI MUDA BABA, NITAKUNA MCHORAJI MKUBWA MWENYWE UTASHANGAA



WE MAMA KASHINDI NJOO UMDIKIE MWANAO

NINI TENA??

ANAONGEA UPUMBAWU WAKE HAPA



NA HUKU MI NAKUSOMESHA ILI UJE KUWA DAKTARI

NAPENDA KUCHORA BABA



MATATIZO NDUGU YANGU....



YAMEKUKUTA YAPI TENA?

SI HYLE KIJANA WANGU ANANIPASUA KICHWA



KULIKONI!!!!

MI NAMSOMESHA AJE KUWA DAKTARI LEO AMENIAMBIA ANATAKA AWE MCHORA VIBWENGO



BABA KALETEWA JARIDA ANATIZAMA KATUNI ZA MWANAYE ANACHEKAAAAA



**UONGOZAJI: PENDO MASHULANO PICHA : FRANK KIMARO
 UIGIZAJI : MAPENSI ARTS GROUP NA MAENDELEO SANAA GROUP, HIVYO NI VIKUNDI VYA VIJANA VINAVYOFANYA KAZI NA WOMEN'S PROMOTION CENTER (WPC)**

KIPAJI CHAKO, AJIRA YAKO

NA FRANK KIMARO

Mitazamo hasi juu ya fani mbalimbali ni jambo lililojengeka wazi ndani ya jamii zetu. Wengi wamekuwa wakizika vipaji vyao na kujikuta wakishindwa kutimiza ndoto zao kwa sababu tu ya kukosa support kutoka kwenye familia na hata jamii inayowazunguka.

Wakati ambapo vijana wengi huamini kwamba wana vipaji kwa mfano kuimba, kuigiza, kuchora ama pengine kucheza mpira wa miguu, wazazi walio wengi huamini kwamba kuna kazi fulani watoto wao wanapaswa kufanya kwa mfano udaktari, uhandisi, kuwa mwanasheria au ualimu.

Hapo kwenye igizo tunaona baba yake Kashindi anatamani mwanae awe daktari, anaamini hiyo ni kazi bora kwake na kwa familia yao kiujumla. Haelewi kipaji alichonacho Kashindi kinaweza kumfikisha mbali na hata kuisaidia familia.



Behind the scenes. make up-muhimu

Kwani wangapi wamefanikiwa?

Mifano hai ya waliofanikiwa kupitia vipaji vyao ni mingi sana. Wasanii maarufu kama Professor Jay, Diamond na Ali Kiba. Wacheza mpira kama Mbwana Samata, Thomas Ulimwengu na Simon Msuva. Waigizaji kama JB, Johari na wengine wengi ni matunda ya vipaji vilivyopata ushirikiano toka kwenye jamii. Kutokana na vipaji vyao leo wameweza kupiga hatua chanya wakilitangaza taifa na kuisaidia jamii kiujumla.

Komaa

Kama kipaji chako na ndoto zako hazivunji sheria ya nchi wala kukuharibia maisha ni vyema ku-focus. Angalia watu wanaofanya vizuri katika fani kama yako na ufikirie kufanya vizuri kama wao na mara nyingine hata zaidi yao. Usikubali kuzisikiliza sauti zinazokukatisha tamaa. Jikubali. Unaweza kuwa vyovyote unavyotaka kuwa kama tu utaweka nia na kuazimia kuyafikia malengo yako.

Wacha nikuambie kitu

Mi nishawaona watu kibao ambao walikuwa na vipaji enzi zileee, wengine walikuwa waigizaji wengine wanapiga soka hatari lakini leo hii wapo tu kitaa na hawana mafanikio yanayoendana na vipaji walivyokuwa navyo. Unajua kwa nini?

Kuvunjwa moyo na watu wa karibu ni miongoni mwa sababu kubwa utasikia 'We muziki utakupeleka wapi wewe?' mara 'Nguvu unazopoteza si bora ungeenda kulima!' au 'Mi nakupeleka shule ukasome we unaenda kuchorachora katuni' mara nyingine watoto huadhibiwa kwa sababu tu ya kufanya vitu fulani halali ili kutimiza ndoto zao.

Lakini usisahau...

Hii stori ibebe nzima nzima, usiikate vipande. Elimu ni muhimu. Kwenye fani yoyote ile unapokuwa na elimu inakuwa tofauti na wengi ambao hawana kabisa kwani elimu husaidia katika uelewa wa mambo mbalimbali.

Kama upo shule na unaamini una ndoto fulani maishani kama Kashindi, kwanza, soma kwa bidii ili upanue uwezo wako wa kufikiri, ufaulu vizuri na kuwaonyesha wazazi kwamba unachopenda hakikukwamishi kwenye masomo yako.

Ni vyema kuwa na ratiba ya kila jambo hususan muda wa kusoma na muda wa kufanya kile unachokipenda zaidi. Shule ni muhimu, panga vipaumbele vyako.



**cheza
salama**



DUMA NA 'MAISHA BORA'

NA TIMU YA FEMA

Mruko wa Duma

Sisi vijana wa leo ni kizazi cha 'teknolojia', wengine wanaitua 'kizazi cha mnyama Duma', kwa sababu tuko bize kuboresha mambo na tuko fasta kuliko vizazi vilivyotangulia. Tunaamini hakuna lisilowezezana na tunataka kuishi 'maisha bora'.

Tumeshuhudia ukuaji wa kasi wa teknolojia katika miaka kumi iliyopita; simu za mkononi, mtandao wa intaneti, mitandao ya kijamii na TV. Ghafila tumekuwa na taarifa na mawasiliano yanayotuwezesha kupata elimu bora, fursa za ajira, ukuaji wa kiuchumi na maendeleo ya jamii kwa ujumla.

Leo hii tunapata burudani kedekede kutoka kila kona ya dunia. Muziki wa kizazi kipya, muvi na video pia vinatuunganisha na watu na tunapata mawazo mapya kutoka kila kona. Ni vigumu kupata picha maisha yangukujawe bila teknolojia hizi!

Tuna fursa ya kupata aina nyingine ya 'teknolojia', ambayo inabadili maisha ya mwanamke na uhusiano wa kijinsia duniani kote – njia za kuzuia mimba! Leo hii, njia hizi zinapatikana, zinaongezeka kila uchao, na zinatusaidia kupanga tuzae lini. Kwa kutumia njia za kuzuia mimba tunaweza kujikita katika elimu, kupata kazi na kuhakikisha tunaishi 'maisha bora' kwa kuwa tutakuwa na uhuru wa kuamua tuanze lini kuzaa.



Kiboko mnyama mzito

Duma tunaamini kila jambo linawezezana, tofauti na kizazi cha wazazi wetu, 'kizazi cha mnyama Kiboko'. Jamii yetu inabadilika kila wakati na kutupatia fursa mpya. Tunaishi katika zama tofauti na tuko bize kuhakikisha tunapiga hatua, tunasonga mbele na kuboresha maisha yetu ya baadaye. Tunaishi katika nchi ambayo ina utajiri wa maliasili lakini watu bado wamegubikwa na umasikini, ukosefu wa mikakati ya maendeleo ambayo ni madhubuti na ya muda mrefu. Pia wamegubikwa na imani za jadi. Watanzania tumeshuhudia utawala mbovu na mipango dhaifu ya maendeleo ya kiuchumi ambayo imesababisha tusijue namna ya kutengeneza 'maisha bora'.

Mama zetu walizaa watoto wengi, katika umri mdogo. Wengi wa watoto hawa hawakuweza kuishi. Hawakuwa na elimu bora wala fursa ya kushiriki katika kuboresha maisha. Maisha yao yalikuwa ni nyumbani na shambani. Walichokifanya wao ilikuwa ni kufuata nyayo za wazee wao na chochote kilichokwenda kinyume na mila na desturi kilichukuliwa kwamba ni utovu wa nidhamu. Ilikuwa ni lazima ufuata taratibu na maelekezo pasipo kuhoji. Kama Viboko, kizazi kilichotutangulia kilikwama katika dimbwi la tope hawakuweza kujinasua kutoka katika minyororo ya mila, desturi na mfumo dume.



Tunataka 'maisha bora'

Leo hii, dunia inabadilika. Uchumi wetu unakua na tunatazamia mambo mazuri zaidi mbeleni. Kizazi chetu kiko tayari kukabiliana na changamoto mpya na kuendeleza nchi yetu na maisha yetu!

Kila mmoja anatamani 'maisha bora. Na kwanini tusichangamkie fursa? Tunataka kazi, kipato kizuri, nyumba bora na bima za afya. Tunataka kusafiri kujiona dunia na tamaduni za wenzetu. Duma anafikiria maendeleo na maisha bora.

Zaidi ya yote tunataka tujiamulie wenyewe aina ya mahusiano tunayoyataka. Tujichagulie wenzi, tuamue ni wakati gani muafaka kwetu kujamiiana, nani wa kujamiiana naye, tuingie kwenye ndoa au la, lini, tuanze lini kuzaa.

Changamoto kubwa tunalizonayo ni kufanikiwa kuhitimu masomo pasipo kukwamishwa na mimba zisizopangwa au maambukizi ya VVU. Vijana wanaanza kuona faida za kutumia njia za kuzuia mimba. Kuwa na uwezo wa kupanga na kuamua lini uanzishe familia si tu kwamba ni uhuru bali pia ni haki yako. Tuache kudhani kwamba njia za kuzuia mimba ni hatari na kwamba zinasababisha magonjwa na kuharibu kizazi. Badala yake tuzione njia hizi kwamba ni 'zana' yenye faida katika maisha yetu ya kila siku. Njia za kuzuia mimba ni teknolojia kama teknolojia nyingine tunazotumia. Kama zingekuwa na madhara zisingetumiwa na mamilioni ya watu duniani. Njia za kuzuia mimba ni 'poa' na ni vyema tuzitumie! Njia za kuzuia mimba zinatupatia uhuru na mafanikio!

TIRIRIKA

Je, ungependa kuwa na watoto wangapi katika maisha yako na kwanini idadi hiyo?



Hemedi Moshi, 25, Kigoma

Ningependa kuwa na watoto watatu. Naamini hawa ndio nitakaomudu kuwatimizia mahitaji yao ya kimaisha. Pia ningependa watoto wangu wapishane miaka saba ili kumpa nafasi mama yao kushiriki shughuli za uzalishaji, hivyo ndiyo maana naona watatu watatosha.



Sophia Petro, 20, Bangwe

Mungu akijalia ningependa kuwa na watoto watatu na wapishane miaka mitano mitano. Nadhani idadi hii itanitoshwa kwa sababu maisha ni magumu na nisingependa nizae watoto wengi halafu nishindwe kuwatimizia mahitaji yao, hata yale ya msingi.



Willson Ayoub, 23, Kigoma

Ningependa kuwa na watoto watatu na kuwe na tofauti ya miaka mitano baina yao. Hii itanisaidia kumudu mahitaji yao na pia itawawezesha kuwa na afya bora.



SMS: Andika FEMA acha nafasi andika maoni yako kisha tuma kwenda **0753 003 001**. SMS tu, usipige!

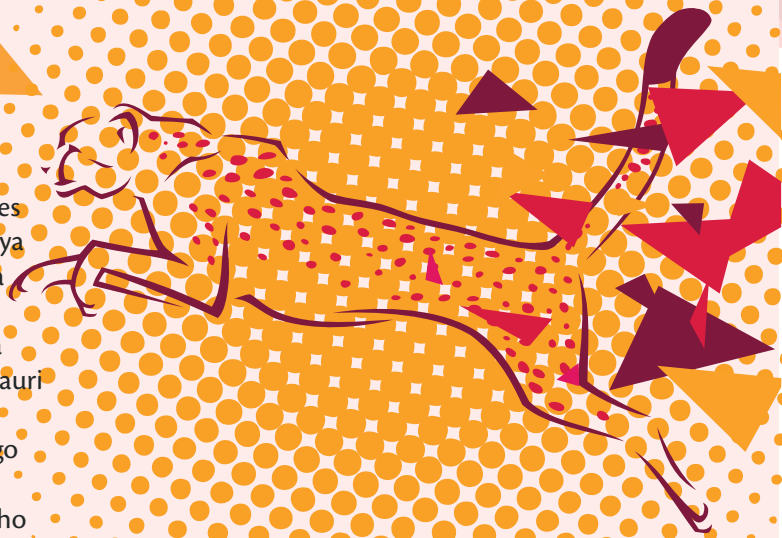


Duma wa ukweli, mwanamabadiliko

Sofia ni binti ambaye hakuwahi kuigusa kompyuta mpaka alipotimiza miaka 20. Alifanya vizuri mno katika masomo yake na kupata scholarship. Hivi sasa binti huyu ambaye ana miaka 30, amejiriwa katika kampuni inayojihusisha na TEHAMA jijini Dar es Salaam. Amejipatia namna ya kutumia teknolojia ya mawasiliano ya kompyuta kufanya kazi yake lakini pia ni mpenzi wa njia za kuzuia mimba. Anasema “nina mpenzi lakini bado siko tayari kuwa na mtoto mpaka nitakapoyaweka maisha yangu vizuri. Nisingependa kujiweka hatarini. Kwa sasa natumia kijiti/kipandikizi, nilipata ushauri mzuri wa mtaalam na sina tatizo na njia niliyoichagua. Sijapata maudhi yoyote, najisikia huru na salama katika kutekeleza malengo yangu ya kimaisha”.

Nyumba anayoishi iko mbali mno na kijiji alichokulia, kijiji ambacho hakikuwa na umeme wala maji ya bomba. “Mama yangu alikuwa akiniambia, ‘fanya kazi kwa bidii ili usiishi maisha kama ninayoishi mimi’,” anasema. “Malezi niliyoyapata ndiyo yanayonihamasisha kila siku. Nilifahamu kwamba napaswa kukata mnyororo wa umasikini, hivyo nilifanya kazi kwa bidii.”

Sofia ni Duma na ni mwanamabadiliko. Ni sehemu yetu sisi kizazi cha Duma wa Tanzania. Nyinyi wasomaji wa Fema mnaweza kuwa Duma na wanamabadiliko!



KUMBUKA

Sote tungependa kuwa na afya na kuishi maisha mazuri, lakini ili haya yote yawezekane ni lazima ufanye uamuzi mzuri, kwa sababu huna maisha mengine! Fukuzia fursa, hamasika, panga maisha yako na timiza ndoto zako!



CHEETAH'S LEAP FOR THE 'GOOD LIFE'

BY FEMINA HIP

Young people today are part of a 'technology' generation, some describe us as the 'cheetah generation', because we are restless for a new world and move faster and shrewder than previous generations. We are more optimistic and we want to live 'the good life'. Access to technology such as mobile phones, the Internet, social media and TV has increased dramatically over the past ten years. Suddenly we have information and communication which lead to better education, job opportunities, economic growth and more progressive societies. We are exposed to a never ending flow of entertainment from across the globe. Pop music, movies and video games also connect us to people and ideas everywhere. Nowadays, we can't imagine our lives without these technologies!

We can also access other kinds of 'technology', that are changing the lives of women and gender relations around the world – contraceptives! These are available more and more, and they help us control when we have babies. With the use of contraceptives, we can invest in our education, find jobs and make sure we live the 'the good life' by having the ability to choose when to start a family.

Hippo heavy

The Cheetahs are far more optimistic than our parent's generation, the 'hippo generation'. We are different from our parents. Our society is constantly changing and offering us new opportunities. We live in a different time and we are a generation restless to move and take charge of our future. We live in a country that is rich in natural resources but people here have been bogged down by poverty, a lack of longstanding development initiatives and by traditional values. Tanzanians have witnessed poor governance and ineffective economic planning that leaves us unsure about how to create 'the good life'.

Our mothers had too many babies, too early. Many did not survive. They didn't have access to quality education or the chance to play an active role in public life. Their lives were tied to the home and the farm. The attitude adopted by our parent's generation was to follow the ways of the ancestors, and anything that opposed traditions was considered disobedient. You accepted rules and authority without question. Like hippos, the generation preceding ours were stuck in their pond and were unable to break free from the chains of tradition and gender stereotyping.

REMEMBER

We all want to be healthy and live happier lives, but to make that happen you have to make good choices because you only have one life! Seize opportunities, be motivated, plan your life, and make things happen!



Wanting the 'good life'

Today, the world is changing. Our economy is growing and we are hopeful for the future. Our generation is ready to take on new challenges and to innovate our country and our lives!

Everybody strives for the 'good life'. And why shouldn't we want to take advantage of new opportunities and benefits. We want careers, a steady income, better housing and medical insurance. We want to travel and be exposed to foreign lands and unknown cultures. The cheetah outlook is a progressive way of thinking and living. More than anything we want to decide for ourselves the kinds of relationships we have. We want to choose our partners, when and with whom we have sex, when and if we marry and when we have children.

Our biggest challenge is successfully completing our schooling without interruption from unwanted pregnancy or HIV infection. Youth are starting to see the lifestyle benefits of using contraceptives. To have the ability to plan and decide when we start a family is not just a freedom, but a right. We have to stop seeing contraceptives as a potential risk associated with illness and infertility. Rather, we should see contraceptives as empowering 'tools' that can benefit our everyday lives. Contraceptives are simply tools, like all the other technological tools we use. If they were dangerous they would not be used by millions of people worldwide. Contraceptives are 'cool' and we should all be using them! Contraceptives are means to freedom and success!

A typical cheetah, a change maker

Sofia is a young woman who didn't touch a computer keyboard until her early 20s. She did very well in school and was offered a scholarship. At the age of 30, she has a job with a technology software company in Dar es Salaam. She found ways to use ICT technologies to promote her career and she is also a big fan of contraceptives. She explains "I have a boyfriend but I'm not willing to have a child until I am well established in my career. I just don't want to take the risk. I use an implant now, I received valuable advice from a clinic on what to use and I'm fine with it. It has not given me any problems and I feel safe and secure in pursuing my life goals".

The house where she lives today is a world away from the remote village where she grew up with no electricity or running water. "My mother used to tell me, 'You have to work hard so you do not live the kind of life I'm living', " she says. "My upbringing was a driving force that motivates me everyday. I knew I had to break the poverty cycle, so I worked very hard."

Sofia is a Cheetah and a change maker, part of the cheetah generation in Tanzania. You, Fema readers, can be Cheetahs and change makers too!



MPENDWA ANTI



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

FEMA

S.L.P. 2065, Dar es Salaam

e-mail: info@femahip.or.tz

SMS: 0753003001

Mpendwa Anti pole na kazi, Wazazi wangu wametengana kwa muda mrefu. Mimi naishi na baba yangu. Baba hapendi nikae kwa mama muda mrefu na mimi ni msichana nataka nikae na mama kumueleza mambo yangu ya kisichana. Mpendwa anti naomba ushauri nifanyeje?

◆ Habari. Pole sana kwa kujikuta katikati ya ugomvi wa baba na mama. Jambo muhimu la kuangalia kwa sasa ni kwamba una malengo gani maishani na ni wapi ambako patakusaidia kutimiza malengo yako. Ongea na baba, kuhusu hamu yako ya kukaa na mama, pia msikilize naye ni kwa sababu gani hapendi uende kwa mama, angalia sababu zake kama ni za msingi. Kama unapata nafasi japo mara chache kuonana na mama tumia nafasi hiyo kungea naye, ukijua kuwa pale utakapomaliza shule na kufikia malengo yako utakuwa na uhuru wa kukaa na unayetaka kuwa naye. Pia unaweza kungea na watu wengine wa karibu zaidi mama wadogo na wengine ambao wanaweza kukupa msaada kama wa mama. Kwa sasa usijiingize sana kwenye ugomvi wa wazazi fuatilia zaidi malengo yako. Unaweza kupata ushauri na mwongozo zaidi kwa Afisa Ustawi wa Jamii aliye karibu nawe. Hakikisha unapata mwongozo huo pasipo kuharibu uhusiano wako na baba.

Kwa wale ambao wanatumia dawa za kupunguza na kuongeza unene, je, dawa hizo zina madhara gani katika mwili wa binadamu?

◆ Habari. Ni vema sana kupunguza unene kwa njia za asili kama mazoezi na kupangilia chakula, kupunguza wanga na mafuta na kula zaidi mboga na matunda na protini kiasi. Matumiti ya madawa ya kupunguza unene yanaweza kuwa na madhara tofauti kulingana na aina ya dawa. Zinazofanya watu watapike kwa mfano, zikitumika sana zinaweza kusababisha tatizo linaloitwa anorexia nervosa, mtu akashindwa kabisa kubaki na chakula mwilini. Kila anapokula hutapika. Pia zinazopunguza hamu ya kula kwa kuingilia utendaji kazi wa vimeng'enyō zinaweza kusababisha mtu akose kabisa hamu ya kula ama hamu kuzidi sana aachapo kutumia hizo dawa. Zinasozababisha mtu aharishe zinaondoa uwiano wa madini na vimiminika mwilini pamoja na virutubisho vingine mwilini. Pia mtu anatakiwa kupunguza kiasi fulani cha cha kilo ndani ya mwezi mmoja, madawa haya yanaleta punguzo la ghafla na kusababisha mtu kutetereka kiafya. Dawa nyingi pia hazijathibishwa na wataalmu wa afya hapa nchini kwetu hivyo zinaweza kuwa na madhara zaidi kuliko tunavyofikiria. Zaidi ya hayo yote, madawa mengi ni gharama sana na yanaleta changamoto kwenye uchumi wa wahusika.



Hivi ni kweli mwanaume mwenye tabia za kike kama kupaka rangi kwenye kucha, Lipstick na kuwa na chunusi usoni anakuwa na homoni za kike?

◆ Habari. Vijana walio katika rika la balehe wana uwezekano mkubwa sana wa kuwa na chunusi, bila kujali jinsi zao. Vijana wote, wa kike na wa kiume hupata chunusi kutokana na mabadiliko ya homoni mwilini, ambayo husababisha ngozi kuwa na mafuta zaidi. Mafuta hayo yakiziba matundu ya vinyweleo husababisha chunusi. Kwa hiyo chunusi si kigezo cha kusema huyu ana homoni za kike au la. Kuhusu kupaka rangi, kupaka lipstick au kuvaa nguo za kike, hili nalo lina sababu nyingi. Wapo wanaopaka rangi kwa kuwa wanaona zinapendeza na wanapenda kujaribu vitu vingi, lakini kuna ambao wanadhani, ndani ya miyo yao kuwa wangukuwa wasichana na hivyo hutamani kuvaa nguo za kike, hili linatokea zaidi katika nchi za magharibi ambapo kuna uhuru zaidi wa kuishi unavyotaka bila kuvunja sheria. Hapa kwetu japokuwa wapo, bado wanabanwa sana na sheria na mila na desturi zetu zinazotegemea mtu aliyezaliwa na viungo vya kiume kuishi kama inavyowapasa wanaume kwenye jamii yetu. Kwa hiyo kupaka rangi na kuvaa nguo za kike pekee si kigezo cha kuona kwamba huyu ana homoni za kike au ni shoga, si kweli. Unaweza tu kujua kuwa ana homoni nyingi zaidi za kike kwa kupima homoni zake.



ANTI COS ANAJIBU MASWALI YENU

Mpendwa Anti, pole na kazi. Naomba unisaidie swali lifuatalo. Je, ni kweli kuwa anaweza kuzaliwa mtoto mwenye jinsi mbili? Kama ni kweli ni sababu zipi zinazosababisha iwe hivyo?

◆ Ni kweli. Wapo wanaozaliwa na viungo viwili. Viungo hivyo vinaweza kuwa vya jinsi moja (double genitalia), au anazaliwa na nusu nusu, yaani hajakamilika kwa jinsi zote (ambiguous genitalia). Kundi la pili hutokea zaidi.

Pamoja na kwamba mimba yoyote inapotungwa tayari vinasaba vinaonyesha kama ni wa kike au wa kiume, lakini mwanzoni watoto wote hufanana. Na viungo vya uzazi, vya kike na vya kiume, hutengenezwa kutoka eneo moja. Kadri mimba inavyokua viungo navyo hukua na kuchukua umbile ama la kike au la kiume kulingana na jinsi. Hivyo kama kutatokea tatizo wakati wa ujauzito, kabla viungo havijakamilika, basi kama ilivyo kwa ulemavu wa aina nyingine, katika viungo vya uzazi ulemavu hutokea na kusababisha mtoto asieleweke kama ni wa kike au wa kiume. Wakati mwingine hutokea makende yakakua lakini uume usijitokeze na kuacha uwazi na kitu kinachoonekana kama ni kiungo cha kike, watoto wengine huzaliwa na uume lakini ndani ana tumbo la uzazi na ovari. Sababu nyingine ni kukosa homoni husika, kwa wanaume kukosa homoni za kiume wakiwa tumboni husababisha viungo kutokamilika vile inavyotakiwa na kuonekana kama ni vya kike. Wasichana wakiwa na homoni za kiume nyingi husababisha kuonekana kama ana uume. Kama kulivyo na aina nyingi za ulemavu wa via vya uzazi (congenital abnormalities) pia kuna sababu tofauti zinazopelekea hayo kutokea. Kama mtu ana tatizo hilo ni vema kumuona mtaalam wa afya ili kupata msaada.



Mwanamke ambaye anabadilisha jinsi kwenda ya kiume, je anapataga hedhi? Na kama hapati kwa nini?

◆ Ili kupata hedhi mwanamke inabidi awe na ovary, yaani kiwanda cha mayai, pamoja na uterus, yaani mji wa mimba. Pia inabidi awe na uwezo wa kuzalisha homoni muhimu zote zinazohusika kwenye mzunguko wa hedhi. Wengi wao wanaobadilisha jinsi wanaongeza homoni za kike na kubadilisha viungo vya nje kama ngozi, na kuondoa ndevu na hata sauti, na pia kubadili mgawanyo wa mafuta mwilini. Lakini homoni hizi hazivezi kuwasaidia kupata hedhi kwa kuwa hawana kizazi yaani uterus ambacho kitawawezesha kupata hedhi. Pamoja na kuwa mabadiliko ya jinsi kwa nje yanaweza kufanyika kwa kutumia viungo alivyonavyo mwanaume, kuweka uterus inabidi itoke kwa mwanamke ndio iwekwe kwa mwanaume, na ndio maana wanaishia kubadilisha kwa nje tu kwa sasa. Hapa kwetu upasuaji wa kubadili jinsi bado haujaanza kufanyika.



Je ni kweli kwamba shahawa (manii) husaidia kuondoa chunusi katika mwili wa msichana na pia shahawa (manii) husababisha msichana kuwa na maumbile makubwa hasa makalio?

◆ Habari. Si kweli kabisa. Makalio makubwa hutokana na maumbile ya kuzaliwa lakini pia yanaweza kuchangiwa na unene. Chunusi hutokana na ngozi kuwa na mafuta mengi na kuziba vinyweleo na hivyo kusababisha bakteria kuzaliana. Vijana wengi walio kwenye rika la balehe wanaweza kupata chunusi kutokana na mabadiliko ya homoni kwenye miili yao, kwa walio wengi chunusi huisha baadaye. Vitu vinavyoweza kusaidia kuondoa au kupunguza chunusi usoni ni pamoja na kusafisha uso kwa maji ya uvuguvugu, angalau mara mbili kwa siku na kuacha kula vyakula vyenye mafuta mengi. Shahawa ni usafiri wa mbegu za kiume, hivyo zinaweza kusababisha mimba au kuambukiza magonjwa kutoka mtu mmoja kwenda mwingine, na si unene au chunusi.



Mimi ni msichana mwenye miaka 17 nasoma Form Four. Tatizo ninasumbuliwa sana na wavulana ila najitahidi kuepuka lakini bado nakuta hela kwenye daftari zangu, mara wanipige njiani. Nifanye nini na mimi sitaki kufanya mapenzi kwa sasa. C J, Morogoro

◆ Mpendwa C J, Wasichana na wanawake kwa kawaida hukumbana na changamoto hii. Kumbuka, siku zote wewe ndio mwenye mamlaka juu ya mwili wako, si mtu mwingine yeyote, hata kama amekupa zawadi, si kakupa mwenyewe kwani umemlazimisha? Cha muhimu ni wewe kusimama imara na kuhakikisha

msimamo wako haubadilishwi na vizwadi au vihela vyao wanavyokuweka katika daftari. Weka wazi msimamo wako mbele ya wanafunzi wenzako ili wajue kwamba kwa sasa hujafikiria kuwa na uhusiano wa kingono hadi pale utakapokuwa tayari. Pia epuka kukaa karibu na watu ambao unahisi ndio wanaokuweka hela hizo kwani wanaweza hata kukubaka. Hakikisha muda wote uko sehemu yenye watu na ya wazi. Usikubali kukatishwa ndoto zako za maisha na mtu yeyote, na usifanye ngono ili kumridhisha mtu. Kama unapewa vitisho na kupigwa ni kinyume cha sheria na una haki ya kumshitaki mtu yeyote anayekufanyia unyanyasaji wa kijinsia.

MUULIZE ANTI MARIE WA MARIE STOPES



Tatizo la kuharibika kwa mimba kila mara linasababishwa na nn?

♥ Mpendwa, mwanamke yeyote anaweza kupata tatizo la kuharibika mimba, lakini kama linatokea mara kwa mara, tambua kwamba inaweza kusababishwa na mambo mbalimbali kama kunywa pombe kupitiliza (ulevi), kutumia dawa za kulevya, unene, kisukari, malaria, uvutaji wa sigara au shinikizo la damu. Magonjwa ya ngono pia yanaweza kusababisha mimba kuharibika.

Wakati mwingine hakuna sababu zozote zinazojulikana kitaalam.

Kama hali hii inakutokea mara kwa mara tafadhali hakikisha unawasiliana na mtaalamu wa afya kwa ushauri zaidi.



Je, mwanamke akifikia muda wa kupata mimba na awekewe zile mbegu za mwanaume alizotoa alipopiga punyeto, je, kuna uwezekano wa mwanamke huyo kupata mimba?

♥ Ndiyo mpendwa. Kwa kuwa mbegu zinaweza kuogelea na kulifikia yai, si lazima zimwagwe ukeni ili zisababishwe mimba, hata zikiingizwa pia zinaweza kusababisha mimba. Njia hii pia hutumika na wataalamu ili kuwasaidia watu ambao wanashindwa kupata mimba kwa wale ambao wanashindwa kupata mimba kwa njia ya kawaida, mradi mbegu ziwe hazijaathirika na mazingira. Mgusano wowote kati ya uke na mbegu za kiume unaweza kusababisha ujauzito. Tafadhali hakikisha unakuwa mwangalifu kama lengo ni kuzuia mimba.

Hivi ni kweli mwanamke akitoa mimba zaidi ya mara moja anakuwa hana uwezo wa kuzaa tena?

♥ Mpendwa msomaji, hili hutegemea kama utoaji ulikuwa salama au sio. Utoaji wa mimba ulio salama ni ule ambao mtaalamu wa afya anatumia vifaa salama ambavyo havitaleta uharibifu wowote hapo baadaye. Ila utoaji wa mimba wa mitaani ambao hautumii vifaa vilivyo salama unaweza kusababisha kutokuzaa hapo baadaye kwa kuharibu kizazi, na pia inaweza kusababisha kifo

Shkamoo anti. Mimi ni msichana mwenye umri wa miaka 16. Je, ni kabla ya siku ngapi au ni baada ya siku ngapi kuingia kwenye hedhi nikifanya mapenzi sipati mimba?

♥ Marahaba. Kwanza ni muhimu kujua mzunguko wako wa hedhi ni siku ngapi, ili uweze kuhesabu vizuri maana watu hutofautiana. Siku za kupata mimba ni ya 11 hadi 17 tangu kuanza hedhi, kumbuka na siku za hedhi unazihesabu pia, hii ni ukiwa na mzunguko wa siku 28. Ila kuna wengine siku zao hutofautiana na hutegemea na mzunguko wake.



Naomba unifahamisha nini maana ya kukojoa nje kwa mwanaume halafu mwanamke atapataje mimba wakati mwanamme amekojoa nje?

♥ Hello. Kukojoa nje kwa mwanaume ni pale shahawa za mwanaume zinapomwagwa nje ya uke wakati wa kujaamiana, hivyo kupunguza uwezekano wa kupata mimba. Lakini njia hii bado ni hatari maana kuna uwezekano wa mbegu nyingine kuingia ndani kabla ya kutoa uume (Hapo ndipo mwanamke anapoweza kupata mimba). Utumiaji wa njia za kisasa za kuzuia mimba ni salama zaidi na ni njia bora zaidi katika kuzuia mimba.



Mimi ni kijana mwenye umri wa miaka 20, nina mchumba wangu wa kike mwenye umri wa miaka 18. Sasa kuna tatizo limemtokea baada ya kuchoma sindano ya kuzuia mimba. Sasa hivi ana miezi 7 hajaziona cku zake, na kingine tumbo lake limekuwa kubwa halafu limekaza. Je nifanyeje?

♥ Mpendwa. Ni mara chache sana maudhi haya kutokea kutokana na matumizi ya njia za kuzuia mimba. Ila, ili kujua mpenzi wako ana tatizo gani, ni vizuri apate uchunguzi kutoka kwa mtaalamu wa afya. Nakushauri umpeleke kwenye kituo cha afya afanyiwe uchunguzi vizuri.



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b... rison

Je, mama mwenye mimba akiendelea kumeza vidonge vya uzazi wa mpango anaweza kupata madhara gani?

♥ Hello mpendwa, hatopata madhara yoyote lakini pia hazitakuwa na kazi (faida) yoyote kwenye mwili katika kipindi hicho cha ujauzito. Hivyo nashauri asitumie.



Je, ni dalili zipi za mtu aliyetoa mimba ambazo huweza kuonyesha kuwa amekuwa mgumba?

♥ Kiukweli hakuna dalili zozote za nje ambazo zinaweza kuonyesha kwamba mtu ni tasa. Kama wewe na mpenzi wako mmejaribu kupata mimba kwa kipindi cha miezi 6 hadi mwaka 1 bila mafanikio basi kutakuwa na uwezekano mkubwa kwamba mmoja wenu atakuwa na matatizo ya utasa. Kama hii ndio hali yenu, nawashauri muende kwenye kituo cha afya muonane na mtaalamu wa afya, hasa daktari wa magonjwa ya wanawake, kuweza kubaini tatizo na kupata ushauri zaidi.

Eti mwanaume ili aweze kuzalisha anatakiwa awe na uume wenye urefu gani na je, endapo atakuwa na urefu mdogo eti hazalishi?

♥ Hello mpendwa msomaji, urefu wa aina yeyote wa uume unaweza kuzalisha yaani unatosha kumpa mwanamke ujauzito. Kinachosababisha mimba si urefu wa uume bali ubora wa mbegu za kiume zinazozalishwa na mwanaume.



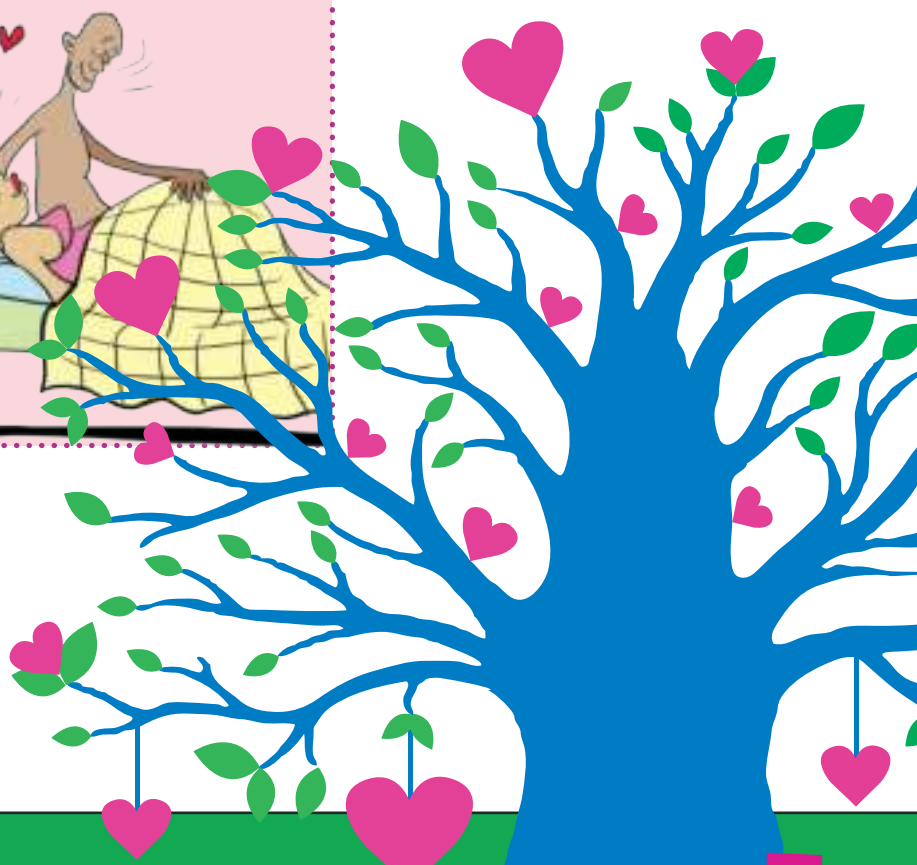
Je, kuna madhara kwa mwanamke mjamzito kushiriki kwenye tendo la ndoa?

♥ Hakuna madhara yoyote kwa mwanamke mjamzito kujamiiana, ili mradi wote mnajisikia vizuri wakati huo. Ila tambua kwamba magonjwa ya ngono yanaweza kusababisha kuharibika kwa mimba kwa hiyo tunashauri matumizi ya kondomu.



Mimi ni msichana mwenye umri wa miaka 18 nimemaliza shule ya sekondari lakini najihisi nina mimba na ninataka kutoa kwa sababu nina uhakika wa kufaulu, naomba ushauri wako, nitoe au niiache, na kama nitoe naomba nitajie dawa ya kutolea na madhara gani nitakumbana nayo.

♥ Hello msomaji! Ni nyema kupata uchunguzi zaidi na ushauri kutoka kwa mtaalamu wa afya ili kutambua kwa kina hali yako. Marie Stopes (MST) inaweza kukupa ushauri zaidi kutoka kwenye vituo vyao mbalimbali. Kuna sheria juu ya mazingira ambayo utoaji mimba hufanyika na ni hatari sana kwa jaribio la kutoa mimba kwa njia ambayo si salama.





Kijiti kimeniweka HURU!

NA PENDO MASHULANO, Picha FRANK KIMARO



Implants Set me FREE!

BY PENDO MASHULANO, PHOTOS FRANK KIMARO

Naitwa Elida Tokas Tokas Gonza. Nina miaka 20. Naishi Basanza, Uvinza, Kigoma. Nilizaliwa Kasulu na kusomea Kasulu. Baada ya kuhitimu elimu ya msingi nilikaa nyumbani nikifanya shughuli za kilimo kwenye shamba la familia. Nilijua kitakachofuata ni kuolewa.

Nilipotimiza miaka 17, kijana mmoja alinitokea, akaniambia anaamini mimi ni 'kware' mzuri, angependa 'kunifuga' nyumbani kwake. Kwa ufupi alitaka kunioa.

Ilikuwa ni mara yangu ya kwanza kumuona kijana huyu, lakini nilimfia vibaya mno! Alinivutia kwa kila kitu; Nilipenda mwonekano wake, nilipenda namna anavyoongea, nilimpenda kwelikweli! Alitambulishwa kwangu na kijana mmoja wa kijijini kwetu ambaye namwamini, hiyo ilinifanya nimpende zaidi na zaidi!

Nilimuuliza kila nilichotamani kujua juu yake; Akanambia anaitwa Stanley, na kwamba ni mkulima, anaishi Uvinza. Akaniambia ana miaka 22 na kwamba anaishi na mama yake mzazi. Nikamuuliza kama ameo, akasema "sijaoa" na kuongeza "sijawahi kuona 'kware' mrembo kama wewe. Nilitabasamu, nikaishiwa maswali. Kwa ufupi nikaanza kujiona kama mkewe muda ule ule!

Ilianza kwa stori ya mahaba

Kwakuwa nilishampenda, niliona hakuna sababu ya kupoteza muda. Tulikwenda pamoja kupima VVU. Sikuwa nimewahi kufanya ngono, hivyo sikuwa na hofu yoyote. Zoezi la upimaji lilikwisha salama; wote tulikutwa hatuna maambukizi. Tulifurahi mno!

Baada ya hapo tukakubaliana tukutane mahali siku inayofuata. Alikuwa na rafiki zake wakiwa na baiskeli, wakanibeba na kunipeleka kijijini kwake Uvinza, na hapo ikawa nimeolewa!

Sijui ikoje kwa watu wa mijini, lakini huku kwetu kijijini ukishaolewa, kinachofuata ni kuzaa. Nilishika mimba fasta, mwezi ule ule, hivyo miezi tisa baada ya kuolewa nilipata mtoto, tukamwita Stella.

Hadi dakika hiyo sikuwa nimewahi hata kufikiria kuhusu njia za kuzuia mimba. Baada ya kujifungua mtoto wangu wa kwanza ndipo wazo liliponijia kwamba nahitaji kuzuia mimba nyingine mpaka hapo nitakapokuwa tayari.

My name is Elida Tokas Gonza. I am 20 years old. I currently live in Basanza, Uvinza, Kigoma but I was raised in Kasulu. After completing primary education, I stayed at home and started to work on the farm. I knew that the next step in my life was marriage.

When I turned 17, there was a man who approached me and said he would like to 'rear' me in his house. In short he wanted to marry me.

It was my first time ever meeting this guy but he was amazing! I found him extremely attractive and smart. A trusted member of the community introduced him to me, which made me like him even more!

I asked all the necessary questions to understand this mystery man who had come into my life unexpectedly. His name was Stanley, age 22 and a farmer. He currently lived in Uvinza with his mother. I asked if he was married, he said no and added, "I have never met a girl as wonderful as you". I smiled, and didn't have any further questions. I started to feel like his wife immediately!



It started with a love story

Because I was head over heels in love, I figured there was no time to waste. We went and got tested for HIV together. I was a virgin so I was not worried. The results came back and we were both HIV negative. We were overjoyed!

After that, we agreed to meet the following day. He came to pick me up and took me to his home village, Basanza in Uvinza and I was married!

I do not know customs in the city but here in the rural areas, once you are married a baby is to be expected shortly afterwards. I got pregnant that month, so nine months after marriage I had my first child, a daughter named Stella.

Up until that point, I had never thought about contraceptives. After Stella was born, I realized that I wanted to control when I would become pregnant again.

STORI YANGU



Sikujua la kufanya

Tulianza kutumia njia ya kalenda, sisi huku tunaita “majira ya ndani”. Lazima niwe mkweli, njia hii ilinipa wasiwasi mkubwa. Baada ya muda tukaanza kutumia kondom, njia ambayo ilinifanya niwe huru na kujiona niko salama. Mara nyingi tulizipata bure zahanati lakini wakati mwingine zilikosekana, hivyo tulilazimika kununua madukani. Wakati mwingine mnagundua mmeishiwa lakini inakuwa ni saa mbaya, maduka yamefungwa, hivyo mnaomba “lisitokee la kutokea”. Nilikuwa natamani njia ya muda mrefu, ambayo haina gharama na haihitaji kukumbuka mara kwa mara lakini sikujua hasa ni njia gani.

Baada ya miezi 18 mimi na mume wangu tulishauriana na kuamua kwamba sasa tuzae mtoto mwingine. Tukafanya mchakato na kumpata mtoto wetu wa pili, Richard.

Sisi ni wakulima, lakini hatuna shamba kubwa, hivyo matunzo ya watoto wawili tu yalianza kutuelemea. Nilipokuwa na mimba ya mtoto wa pili sikuwa nashiriki kikamilifu kwenye shughuli za shamba; nguvu ikapungua; hivyo mavuno pia yalianza kupungua. Maisha yakawa magumu mno, hivyo mume wangu akaamua kwenda Dar kuona kama anaweza kusaka hela huko ili amudu kutunza familia. Hakuwa amewahi kufika Dar kabla na wala hakuwa anafahamiana na mtu yeyote. Aliyokumbana nayo huko ni makubwa na mazito, nayo ni stori nyingine ndefu, tuiache!

Siku moja kuna mtu wa Marie Stopes aliyepita mtaani kwetu akiwa na kipazasauti. Alitangaza kwamba tarehe fulani watakuja wataalam kutoka Marie Stopes na watatoa bure huduma za kuzuia mimba. Tangazo lilinivutia nikatoka nje kusikiliza kwa makini kisha nikachukua karatasi na kuiandika ile tarehe.

Mume wangu, akiwa Dar, alipiga simu kutujulia hali na nikatumia fursa hiyo kumjulisha kuhusu tangazo hilo la Marie Stopes. Naye aliniambia kwamba mambo hayamwendei vizuri huko Dar, hivyo alikuwa anajipanga kurudi kijijini. Sote tulikubaliana kwamba tutumie njia ya kuzuia mimba, akashauri niwepo zahanati siku hiyo ili nichague njia itakayonifaa kwa kuwa hatukuwa tayari kupata mtoto mwingine.

Siku ilipowadia nilidamkia zahanati hapa hapa kwetu Basanza. Tulikuwa wengi kwelikweli! Wataalam wa Marie Stopes walikuja kutoka Kigoma Mjini. Tukakusanyika katika chumba na kupewa somo kuhusu njia za kuzuia mimba. Nilisikiliza kwa makini sana na maswali yangu yalijibiwa. Nilivutiwa na njia za muda mrefu (Kitanzi na vijiti), nikaamua kwamba nitatumia mojawapo, ndipo nilipochagua vijiti.

I didn't know what to do

We started using the calendar method though I was still worried. After a while we started using condoms, which made me feel more comfortable and safe. Most of the time, we got them from our local dispensary but often, it would run out so we had to buy them instead. Sometimes you realize you have run out of stock and it is a bad time of day, shops are closed, so you just hope ‘nothing goes wrong’. I was looking for an alternative that was long-term, inexpensive and did not have to be taken everyday.

After eighteen months my husband and I decided to have another child. I became pregnant and we welcomed our second born, little Richard.

We are farmers, but don't have much land so taking care of two kids became difficult. When I was pregnant with my second child, I could not help in the fields so our harvests dropped. Life was tough so my husband traveled to Dar in search of employment. He had never been there before and he met some serious challenges in the city! That is another story altogether!

One day, there was a Marie Stopes representative who came to our village. He announced that on a certain date experts from the organization would give out free family planning services. My interest was stirred and I noted down the date.

My husband, while in Dar, called to check in and I took this opportunity to tell him about the Marie Stopes announcement. He had called to inform me that things were not going well in Dar so he was coming home shortly. We both agreed that I should go get a birth control method that best suited me because we were not ready for another child.

When the day came I went to the dispensary in Basanza.

The Marie Stopes experts had come from Kigoma. We all gathered in a room and received a lesson on contraceptive use. I was extremely attentive and asked many questions. I liked the long-term methods (IUDs and implants), and decided to try one, I chose implants.





Sasa niko huru

Kwakuwa nina vijiti kwenye mkono wangu, nina kinga ya miaka mitatu. Nikiamua kuzaa kabla ya muda huo nakwenda kliniki, vijiti vinatolewa. Nikiamua kuendelea kusubiri hata baada ya miaka mitatu ni suala la kuwaona wataalam wakaniongezea dozi, kisha nakuwa huru tena kwa miaka mingine mitatu. Kusema kweli najisikia huru kama ndege angani!

Mengi yanasemwa kuhusu njia za kisasa za kuzuia mimba. Tulipopata semina pale zahanati, maswali mengi yaliulizwa. Watu walitaka kujua kuhusu imani nyingi zilizoenea; kwamba njia za kuzuia mimba zina madhara, kwamba zinaweza kusababisha kansa, kwamba zinavuruga mzunguko wa hedhi, kwamba zinakondesha au zinanenepesha na mengine kibao! Maswali yote haya yalijibiwa na wataalam, hivyo sina wasiwasi hata kidogo. Habari njema ni kwamba tangu nilipoweka vijiti sijapata tatizo lolote mwilini mwangu.

Nawashauri wasichana na wanawake wengine ambao hamko tayari kuzaa, tutumie njia za kisasa za kuzuia mimba. Ndizo njia za uhakika, zitakusaidia KUPANGA MAISHA YAKO na zitakuweka huru!

A choice to freedom

With implants in my arm, I am safe for three years. If I decide I want a child before the three years is up, I will simply go to the clinic and have the implants removed. If I decide I need more time, I can receive another doze of the implant and be free for another three years. To be honest I feel free like a bird!

There is a lot of misunderstanding surrounding birth control. When we attended the seminar at the dispensary, people had questions related to various myths and rumors they had heard. Ideas that contraceptives can cause cancer, they mess with your menstrual cycle; they make you lose or gain weight and so on. The questions were addressed and we were given accurate information from experts. The good news is that since I received implants, I have not experienced any problems whatsoever!

I would advise girls and women who are not ready to start child bearing to use modern contraceptive methods. They are a sure way to PLAN YOUR LIFE and they allow for freedom of choice!



Miss Marie Stopes

Miss family planning

"If there is anything I have enjoyed doing in life is inspiring young people to use contraceptives to protect themselves against unwanted pregnancies, says Doreen Benne (22), a lawyer.

Doreen was one of the Miss Tanzania Beauty pageant contestants who acquired the title of Miss Marie Stopes 2014. Since then she has been serving as a 'birth control' ambassador and she says; "Even though I didn't win the Miss Tanzania title, I like the title that I got. For me, this is a great job experience!"

It all started at the Miss Tanzania Camp. "People from Marie Stopes came and gave a seminar and asked what we thought about contraceptives and abortion. I was the only one with strong views about it, the others were shy," she says, adding that she grew up in Tanzania and knows how hard it is to talk about such issues here.

"It was somehow easy for me, probably because I went to college in the UK where it is not a taboo to talk about protection and sex in general.

"I was nineteen, in college and in a relationship when I started using contraceptives to protect myself," she explains. I have tried several methods. I started out with pills but stopped because sometimes I would forget to take them. I tried implants but didn't suit me so I thought I would try a different method. Then I settled for an IUD and was happy about that," she adds. "One of the great things about contraceptives is that you can choose the method that works for you."

As the Marie Stopes Ambassador, she has traveled across the country talking to young people, inspiring them to use contraceptives to avoid unwanted pregnancies if they are sexually active.

"I have seen a lot! I have met couples who have up to seven children and they simply do not know how to stop! Men have asked me if there are special pills for them", she says. Doreen has encountered many myths around contraceptive methods, an indication that there is still much to do to educate Tanzanians. "People are in need of these services, it is a pity that they are not more accessible" she says. "That is why I will be a lifetime ambassador for contraception even after my contract with Marie Stopes has ended, she concludes.

Michelle Obama highlights girl's education

America's first lady, Michelle Obama announced a new campaign to raise awareness about the girls education issue dubbed 62 million girls. That's the number of girls around the world who are not in school.

And she said "I see myself in these girls. I see my daughters in these girls. These girls are our girls, and I simply can't walk away from them. So for me, this is truly a moral issue," she said in a videotaped message played for the public.

She explained, "If we want to end global poverty, if we want to improve the plight of our countries, educating girls is the key to all of that. It just is."

The first lady launched the 'Let Girls Learn' campaign to promote projects that fight the forces that keep girls out of classrooms - economic pressure to work to support their poor families, teen pregnancy and early marriage, and attitudes in some communities that schooling for females is not necessary.



Let Girls Learn Initiative

WPC na siku 16 za Kupinga Ukatili

Novemba 25 ni siku ya Kimataifa ya Kupinga Ukatili wa Kijinsia. Desemba 10 ni Siku ya Haki za Binadamu Duniani. Ukipiga hesabu fresh unapata siku 16, na hizo ndizo zinazoitwa siku 16 za Kupinga Ukatili wa Kijinsia, siku ambazo huadhimishwa kwa maandamano, maigizo, hotuba na mengine kedekede kadri kila mdau atakavyoona inafaa.

WPC ama kwa kirefu Women's Promotion Centre ni Asasi isiyo ya kiserikali yenye makao yake makuu mkoani Kigoma. WPC inatamani kuona jamii ambayo inatambua na kuheshimu haki na utu wa mwanamke, na kuzingatia usawa baina ya wanawake na wanaume.

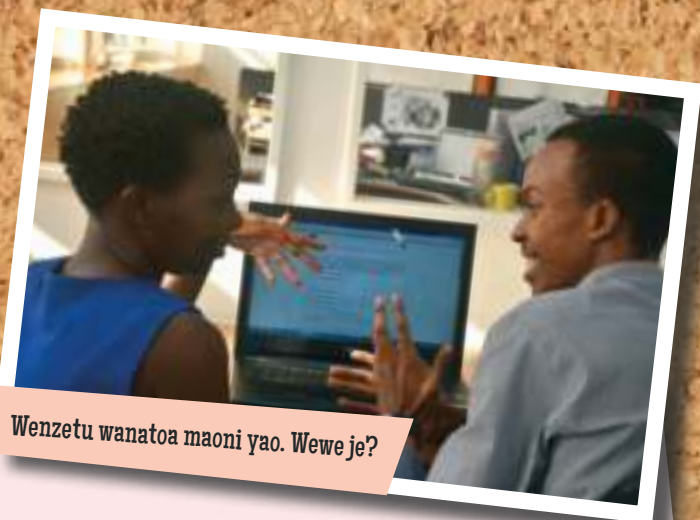
Wakati dunia nzima inaadhimisha siku 16 za kupinga ukatili wa kijinsia, WPC haikubaki nyuma. Waliandaa tamasha murua katika viwanja vya Bangwe, yalipigwa maigizo ya kufa mtu, na kila baada ya igizo wananchi walipata nafasi ya kuchangia walicho jifunza kutokana na igizo hilo. Femina tulikuwepo, hata sisi tulijifunza mengi.

Miongoni mwa watu walioalikwa kuzungumza na mamia ya wananchi katika tamasha hilo ni Mwenyekiti wa Dawati la Jinsia Mkoa wa Kigoma, ASP Amina Kahango, ambaye aliwahimiza wananchi wasiogope kwenda Dawati la Jinsia kutoa taarifa za ukatili wa kijinsia wa aina yoyote, kwani hapo ndipo wanapoweza kupata msaada na huduma ya haraka.

"Kazi yetu ni kutokomeza kabisa ukatili. Ukatili unaweza kuleta shida ya kudumu katika maisha yako yote, haijalishi umefanyiwa lini. Kesi nyingi tunazokumbana nazo hapa Kigoma ni za ubakaji. Kesi hizo zileteni kwetu, dawati la jinsia lina usiri wa kutosha. Leteni kesi," alisema.

Chimbuko la siku 16 za kupinga ukatili wa kijinsia ni mauaji ya kinyama ya akinadada yaliyofanyika nchini Dominica mwaka 1960. Ukifanyiwa ukatili wowote wa kijinsia, usisite kutoa taarifa katika Dawati la Jinsia lililoko katika vituo vya polisi popote nchini.

WPC ni washirika wa Femina na wametusaikia katika kufanikisha toleo hili.



Wenzetu wanatoa maoni yao. Wewe je?

Sera yetu vijana yatazamwa upya

HABARI Na: HASSAN PUKEY

Vijana ndiyo nguvukazi ya Taifa. Maneno haya si mageni masikioni mwetu. Ili nguvukazi hii itumike ipasavyo, lazima kuwe na sera na mikakati mizuri ya kutupatia fursa ili tupige kazi, tulindwe na maisha yasonge mbele.

Kwa sababu hiyo, Serikali ya Tanzania kupitia Wizara yake ya inayohusika na maendeleo ya vijana ikishirikiana na Economic and Social Research Foundation (ESRF), wanakusanya taarifa muhimu kutoka kwa vijana na wadau wa maendeleo ya vijana ili kuona kama malengo na matamko ya Sera ya Maendeleo ya Vijana ya mwaka 2007 yamefikwa kwa kipindi cha miaka 8 ya utekezaji wa Sera hii.

Taarifa zitakazopatikana zitakuwa ni siri na zitatimika kwa malengo yaliyokusudiwa. Wizara inatoa uhuru kwetu vijana na kwa wadau mbalimbali wa maendeleo ya vijana nchini kuchangia mawazo yao ili kupata Sera bora zaidi na inayokwenda sambamba na ukuaji wa teknolojia na maisha ya vijana kwa wakati huu na miaka ijayo.

Wizara imeweka njia mbalimbali za kupata michango ya mawazo juu ya Sera tunayoitaka. Michango hiyo itapatikana kupitia mijadala ya wazi (Group Discussion) na njia ya mtandao kupitia <http://tzoneonline.org/sera/> ambapo utatuma ujumbe wa maandishi. Changamka! Vijana ndo sisi na Sera hii ni yetu.



Vijana wakipiga show kali kwenye tamasha





Mambo vipiiiiiiiiiiiiiii??? Hope uko poa sana, hususan wakati huu unapoperuzi jarida lako la Fema. Kupiga stori, kuSEMA NA FEMA ndo kawaida yetu kwenye kurasa hizi. Hii ndo sehemu yako ya kufunguka au kutuandikia chochote kinachohusiana na Fema. Wale wa mashairi, wanaochora na hata ma-sms hapa ndo mahali pake. We Sema na Fema kupitia sms za kawaida, barua, website yetu au hata page yetu ya facebook. Hivyo yaani.



UZAZI WA MPANGO



Mahaba yamenijaa, ndo mana nakusalimu
Nimejawa na hadaa, mimi tena sina hamu
Nimeshiba sina njaa, na chakula si muhimu
Uzazi ulio bora, ni uzazi wa mpango

Baba upange na mama, mipango ya kupangika
Msije jaza lawama, kwa mimba kuzipachika
Zimepita hizo zama, za watoto kufurika
Uzazi ulio bora, ni uzazi wa mpango

Watoto mkiwapanga, mtafurahi milele
Mtatafuna karanga, mpige vigelegele
Mtaepuka majanga, watawaonea gele
Uzazi ulio bora, ni uzazi wa mpango

Mama mshauri baba, muupange uzazi
Mambo yasije wakaba, ndimi zikabaki wazi
Mama nyanyua mkoba, bila kufanya ajizi
Uzazi ulio bora, ni uzazi wa mpango

Serikali imeleta, huduma mpaka nyumbani
Mambo sasa yanapeta, uzazi u mipangoni
Uzembe msije leta, mkamuiga fulani
Uzazi ulio bora, ni uzazi wa mpango

Mawazo nimeshakupa, usije kuyapuza
Mambo yakienda pupa, yatakuja kukuliza
Wana utaja watupa, utaambulua giza
Uzazi ulio bora, ni uzazi wa mpango



Imeandaliwa na:
HAMISI CHRISTOPHER
SHULE YA SEKONDARI KISIMIRI
S.L.P 14480,
MERU, ARUSHA.

Kwa jina naitwa Michael Nkio wa Morogoro nataka kutoa pongezi kwenu Femina. Hongereni sana kwa huduma zenu zinazotuelimisha sisi vijana kwa kiasi kikubwa mno. Big Up Sana Femina.

Asante kwa pongezi Michael, tunafurahi kusikia kuwa unaelimika vyema kupitia kazi zetu. Nakusihi uendelee kufuatilia kazi za Femina na usiishie hapo tu, pia uzitumie katika kuwaelimisha vijana wengine kwenye jamii, – Mhariri.

Naombeni majarida ya Fema ili niweze kuwa msambazaji wenu kwenye vituo mbalimbali kama mashuleni, vyuoni na taasisi za uma. Pewa Lihugu.

Asante kwa moyo wako wa ukarimu Pewa. Nakala za jarida la Fema huwa zinasambazwa na wakala maalum wa usambazaji hapa nchini. Wakala hawa hupatikana kwa utaratibu wa zabuni, na huhakikisha nakala zinafika kila sehemu inayopaswa kufikiwa. Asante, – Mhariri.

Nawapongeza sana kwa kazi yenu nzuri, imenisaidia katika mambo mengi sana ikiwemo kukubali na kutambua mabadiliko ya mwili wangu, jinsi ya kuandika Curriculum Vitae [CV] kwa usahihi na mengine mengi. Nawashukuru sana, Mussa Andrea wa Kamena Secondary School.

Safi sana Mussa, wewe ni mmoja kati ya vijana wengi wanaonufaika na jarida la Fema. Ulisoma makala inayoelekeza namna ya kuandika CV na sasa unaweza kuandika. Usiache kusoma jarida hili na kuwaelimisha vijana wengine juu ya umuhimu wa kusoma jarida la Fema. Asante, – Mhariri.

Thank God am alive, above, not under the grave, to see, observe, watch, and enjoy while focused, enduring gr8 hope followed with gr8 success 4 Fema Club... Salutes!!

Nawazimia sana Editors and participators wa hii magazine... naitwa Conrad Bubex from Mwanza, ila schooling at King's College Buddo Sec. School, Uganda. F.5 Science PCM.

Asante sana Conrad. You, and all the youth of Tanzania, are the reason why we exist. Keep reading and sharing Fema – Editor.

Naitwa Mussa Nyikonde, napatikana Iringa, Mafinga. Nawapongeza wote washiriki wa kuandaa kipnd hik, kuptia fema la Nguvu ya Binti nmejifunza meng sana. Asanten.

Aaah! Naona lugha ya vifupi inakolea kwelikweli! Tunafurahi kusikia ulijifunza mengi kwenye toleo hilo. Kila toleo la Fema lina mengi mapya ya kujifunza. Usiache kusoma toleo hata moja – Mhariri

Maoni ni kwamba kila mkoa muwe na ofisi za Fema pia vilabu vya fema. Tonny, from Arusha.

Asante sana Tonny. Ni wengi pia wenye ushauri kama wa kwako, nasi tungependa iwe hivyo. TUNAKUSANYA NGUVU. Ipo siku kitaeleweka – Mhariri.

FEMA UP!!!? Kiukweli Exactly! Napenda Kusoma jarida la FEMA toka nikiwa primary school na nimeona umuhimu wake na nafasi yake katika maisha yangu kama kijana kwenye safari ya kutimiza ndoto zangu, kwani inaniELIMISHA, BURUDISHA na kunipa UJUZI MPYA. Pia hunipa NJIA SAHIHI za jinsi ya kupangilia MIPANGO yangu kwa nia ya kufanikisha MALENGO na NDOTO zangu. Kwa kutambua hili nimeona ni haki nichukue fursa hii nzima nzima ili kuwapongeza kwa kile mnachokifanya. "CONGRATULATIONS..!". Lakini ninasikitika kuwa jarida la 2015 na mwaka 2016 sijayapata! Naomba nitumiwe – Patrick J. Malema, Mafulala Sec, Sumbawanga.

Asante sana Patrick. Unaposema umeelimika basi nasi tunasema NAAAM, lengo letu limetimia! Endelea kusoma Fema maana elimu haina mwisho. Pia, ni kweli kwamba kwa sababu zilizo nje ya uwezo wetu tulichelewa kuwafikishia toleo la 38, lakini bila shaka kwa sasa limekwishawafikia – Mhariri.



Naitwa Baraka Kabata kutoka Tabora. Ujumbe wangu hongereni sana Fema kwa kuweza kutoa elimu juu ya masuala mbalimbali hasa ya kiuchumi, mengi tumeyapata. Niseme tu mzidi kuendelea kuelimisha zaidi ya hapo ili nasi tupate elimu zaidi ya hii tuliyoipata

Asante sana Baraka. Tuendeleo kuwa pamoja – Mhariri.

Nimekubali sana elimu inayotolewa na Fema kupitia majarida yenu. Naamini jamii ikifuatilia kwa msingi na kutekeleza ipasavyo mafundisho ya Fema itaweza kusonga mbele kimaendeleo katika nyanja zote (kiuchumi, kisiasa, kielemu, kiutamaduni na kielimu). Naitwa Shaji Elias Mwazembe kutoka Tunduru, Ruvuma.

Asante sana kwa ujumbe wako Shaji. Ni kweli kabisa – Mhariri

MUULIZE ANKO PESA!



Una maswali lukuki kichwani mwako? Unataka kuwa mjasiriamali lakini hujui pa kuanzia? Unaogopa kujitosa katika biashara? Biashara inakwenda mrama? Una senti mbilitatu lakini hujui uwekeze wapi? Una maswali kedekede kuhusu mambo ya mshiko? USITAABIKE! Uliza ujibiwe na ANKO PESA, mtaalam wetu wa masuala ya ujasiriamali! (angalia mawasiliano uk wa 7).



Habari Anko Pesa! Naitwa Njiwa Nanga nipo Lindi. Naomba unisaidie namba za watu wa freemason au nielekeze ni wapi nitawapata?

Asante sana Njiwa Nanga. Habari za kwako na wewe? Naamini hapo Lindi mpo salama na mnaendelea vizuri na kazi za kujikimu na mahitaji ya kila siku. Swali la kwanza ninalojiuliza ni “kwanini utafute namba za watu wa Freemason?” Labda nianze kidogo kwa kukupa habari za uhakika pengine kuliko ulizo nazo kuhusu Freemasons.

Kwa mujibu wa mtandao wa Wikipedia “Freemason” ni klabu au chama cha watu wenye hali moja ya kufanana au wenye malengo sawa ambao hukutana kwenye nyumba ya wanachama maalum iitwayo “Masonic Lodge/ temple” yaani nyumba au hekalu la mason.

Kwa mujibu wa mtandao huo; uanachama wa kujiunga na Freemason hufanyika hatua kwa hatua kabla mtu hajaingizwa uanachama kamili. Aidha Freemason hukutana na kufanya shughuli mbalimbali kuanzia michezo ya viungo hadi shughuli za kiutafti.

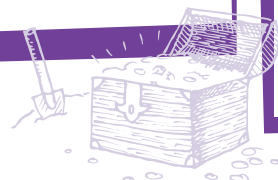
Baada ya kusema haya, natambua kwamba vijana wengi Tanzania huwa na mawazo potofu ya kutaka kujiunga Freemason wakidhani wanaweza kujipatia fedha kwa urahisi bila kufanya kazi kwa njia ya nguvu za “miujiza” au “kishetani.” Uptosaji huu unaendelezwa na baadhi ya waganga wa kienyeji wanaoweka vibao wakisema wanawezesha watu kujiunga na Freemasons. Jihadhari na matapeli! Wikipedia inasema mtu hawezi tu kujiunga Freemason mwenyewe; ni lazima aalikwe na mmojawapo wa wanachama hai wa Freemason kwa kualikwa kwenye tafrija ambazo huandaliwa. Hivyo kwa ushauri wangu, mwanangu Njiwa, jepushe na matapeli. Tafuta njia halali ya kujipatia riziki kwa kutumia stadi za ujasiriamali.

Anko Pesa! Kufanya biashara ya kukusanya pesa zilizoharibika kwa kuzinunua kisha unapeleka kwenda kubadilisha BOT ni kosa kisheria ama siyo? Niambie ili nianze kukusanya manake naona ni mradi kama biashara zingine. Ezboni Abihudi Manase. Mwanza.

Habari gani Ezboni? Habari za Mwanza? Kwanza nikupongeze kwa kuibuka na wazo la kutafuta biashara ambayo kwanza itatatua matatizo ya wateja wako hivyo kuwa na uhakika wa soko; na pia kukupatia faida. Jibu rahisi ni kwamba kununua fedha chakavu na kwenda kuzibadilisha BOT si kosa kisheria. Swala la kuangalia hapa ni kiwango cha uchakavu cha hiyo noti. Kama imechakaa sana na

kuchanika kiasi cha nusu yake kupotea haitapokelewa BOT hivyo utakuwa umepata hasara. Ushauri wangu katika hili ni kwamba kwa kuwa unaanza biashara mpya, anza kidogo kidogo, pima changamoto za biashara hii uone faida yake. Kwa mfano, angalia kama wateja wako wanakubali kutoa noti za thamani kubwa kwa kupewa zenye thamani ndogo.

NANUNUA HELA
MBOVUU... MBOVUU!!



Naomba mniunganishe na wakulima wa Moro au Iringa. Mwanzo ndio mgumu ila mkiniunganisha nao ntajifunza mengi toka kwao na hatimae na mimi nianzie hapo.

Wakulima ni rahisi kufikiana au kuwafikia kupitia vyao vya ushirika pamoja na jumuiya zao. Njia moja ya kuwafikia ni kuwasiliana na Umoja wa Vyama vya Wakulima, mfano kwa Iringa wasiliana na Tanzania Farmers Association (TFA) Simu: 026 270 2049, ambao pia huandaa maonyesho ya nanenane mwezi Agosti kila mwaka. Unaweza pia kuwasiliana na Taasisi ya Biashara, Viwanda na Kilimo (TCCIA) katika mikoa ya Morogoro na Iringa. Kwa Iringa wapo Uhuru Avenue, Simu: 026 270-0071, Baruapepe: iringa@tccia.com au makao makuu ya TCCIA, Ghana Avenue, Dar es Salaam; Simu: 022 211-9436/212-8136, baruapepe: info@tccia.com, tovuti: www.tccia.com. Kila la heri!

Mimi ni Edward Paul, napenda sana ufugaji wa kuku. Naomba unisaidie namna ya kuzuia magojwa yanayoshambulia kuku na matumizi ya madawa.

Habari gani Edward? Unaposema "napenda sana ufugaji wa kuku" naamini umeianza, umeufanya na faida imeonekana, ila tu umekumbana na changamoto ya magonjwa, au sio?



Kuna aina mbalimbali za magonjwa yanayoshambulia kuku kama mafua, kuharisha n.k. Hili linahitaji ushauri na huduma za mtaalam wa mifugo. Unachopaswa kufanya ni kumwona afisa mifugo katika ofisi ya Kata ili aweze kubaini magonjwa yanayosumbua mifugo yako na dawa zake. Ushauri mwingine ni kwamba siku hizi kuna watu wenye maduka binafsi ya mifugo ambao pia wana taaluma ya tiba ya mifugo. Kwa kuwa ni wajasiriamali, watu hawa ni wepesi kuwafikia wafugaji kwenye maeneo yao. Watafute watakupatia msaada. Kila la heri kwenye mradi wako, nijuze utakapofanikiwa.



Anko Pesa. Mimi ni kijana mwenye umri wa miaka 20. Sina bahati ya kazi hata kidogo. Nimechoka! Nimechoka sana na vibarua vya mitaani. Nahitaji ushauri wa biashara. Je, nifanye biashara gani?

Ona Mchawi Nowe kutoka Mtwara

Habari yako Nowe! Siku hizi ajira za ofisini au za kiofisi, iwe serikalini au sekta binafsi, zinapungua kutokana na ongezeko la watu hasa mijini, wahitimu katika fani mbalimbali na sekta binafsi kufanya shughuli nyingi ambazo hapo awali zilikuwa zinafanywa na taasisi za kiserikali. Hakuna ajira nyingi za kazi rasmi za kiofisi hasa serikalini! Ajira nyingi zaidi kwa vijana zinazalishwa kwenye kazi za biashara na ujasiriamali. Njia ya kuanzisha biashara ni wewe kuangalia mazingira uliyopo, kutambua fursa, kutafuta mtaji huku ukitambua mtaji wa kwanza ni ujuzi na nguvukazi uliyonayo lakini pia ukajiunga na taasisi za fedha pamoja na zile za VICOBA au SACCOS ambazo zinalenga wanyonge.

Biashara ni hatua; anza kufanya kidogo kidogo, hatua hadi hatua na kisha utajikuta umeshatambua biashara gani na kuanza kuifanya.



Habari yako Anko Pesa! Naitwa Madaha Patco, nipo Igunga, Tabora. Mimi ni mjasiriamali mdogo, naomba mbinu za kuzungusha fedha kidogo ninayoipata. Kwa wiki napata 35,000 kwa kuzalisha uyoga. Nishauri niwe naizungushaje ili iongezeke. Kazi njema.

Habari yako Madaha? Naamini maisha yanakwenda vizuri hapo Igunga. Kwanza nakupongeza kwa kazi ambayo unayo tayari ya ujasiriamali ya kuuza uyoga ambayo inakupatia 35,000/= kwa wiki. Hii ni kama 5000/= kwa siku katika siku saba za juma, au 7000/= kwa siku kama tukichukua siku tano za kazi (Jumatatu hadi Ijumaa). Ni kiwango kizuri cha kujikimu lakini ni vema unavyosema unataka kujiendeleza zaidi kwa kuzungusha hizo fedha kwa kuingia katika biashara nyingine. Unaweza ukafuata moja ya yafuatayo:

Kwanza: Unaweza ukaongeza mapato yanayotokana na biashara yako ya sasa ya uyoga ama kwa kuipanua au kwa kuongeza eneo unalotumia, kuikausha na kuifunga, kuitafutia jina la pekee linaloitambulisha katika soko na kutafuta masoko yatakayokupa kipato kikubwa zaidi kama supermarkets, hoteli, ndani na nje ya mkoa wa Tabora.

Pili; katika 140,000/= unazozipata kwa mwezi, unaweza ukawekeza 50,000/= kwa mwezi

au ukanunua hisa kwenye vyama vya kuweka na kukopa kwa hiyo baada ya miezi sita ukawa na hisa za 300,000/= na kule unaruhusiwa kukopa zaidi ya mara nne hivyo unaweza kuchukua mkopo wa 1,200,000/=, na kwa mtaji huu ukatazama fursa zilizopo ukaanza kununua uyoga kwa wakulima wengine na kuufunga na kuuza, ukiongeza na mazao mengine kama vile asali bora ya Tabora, ambayo utaiuza nje ya Tabora, na kuzungusha hela kwa kununua bidhaa nje ya Tabora ili kuuza Tabora. Kwa namna hiyo utakuwa umepanua biashara yako na kuzungusha hela yako. Kila la heri tukutane kwenye mafanikio!





Laiti Ningejua!

Betina na Bella ni marafiki walioshibana mno! Alipo Betina na Bella yupo. Wenyewe wanajiita Double B. Wamehitimu chuo cha ufundi, wote wamesomea upishi. Siku zote marafiki hawa wamekuwa na mitazamo inayofanana kwa mambo mengi, isipokuwa kwa jambo moja tu. Ni lipi hilo? Kwanini? Fuatilia hadithi hii.....



BESTI, NILICHOKUITIA SIO KUSUKA TU NATAKA TUONGEE

NINI TENA, HALAFU MBONA HUNA RAHA!



EE NDO HIVO TENA NA WALE WALISEMA MWOMBAJI ASIWE MJAMZITO

BELA WE MBISHI NIMEKUPIGIA KELELE SANA...



SI UNAJUA MAISHA YENYEWI YA KIJUJINI!

NA HIVO JAMAA MWENYEWI HANA KAZI!



ILA SASA BESTI, UKISHA JIFUNGUA CHOMA SINDANO ACHA UBISHI

SINDANO YA UZAZI WA MPANGO? ... MIYE HAPANA!



MWENZANGU ILE SKOLASHIPU YETU YA KENYA MIYE IMESHA NISHINDA!



MWENZIO YAMENIKUTA SI NNA MIMBA



MAMAAAAA! HALAFU WEWE!



NANI KAKWAMBIA NJIA ZA UZAZI WA MPANGO ZINALIA KIZAZI?

NAJUTA, ILA SITAKI NIHA RIBU KIZAZI CHANGU!



KWAHIO MPAKA UKOSE MTOTO NDO UTAAMINI?

ACHA KUAMINI UZUSHI NJIA ZA KISASA NI SALAMA KABISA!



KUHUSU UZAZI WA MPANGO? KWA HILO SITOKAA NIKUELEWE



YANI MIPANGO YANGU YOTE IMEVURUGIKA!

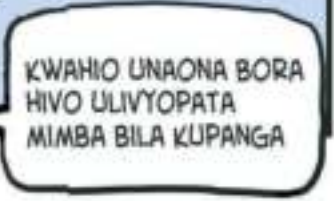
DUH! HATA SIAMINI!



SAFARI YA KENYA KAWADIA

SASA BESTI ITAKUWAJE?

ITABIDI NIKOMAE TU HAPAHAPA KIJUJINI



KWAHIO UNAONA BORA HIVO ULIVYOPATA MIMBA BILA KUPANGA



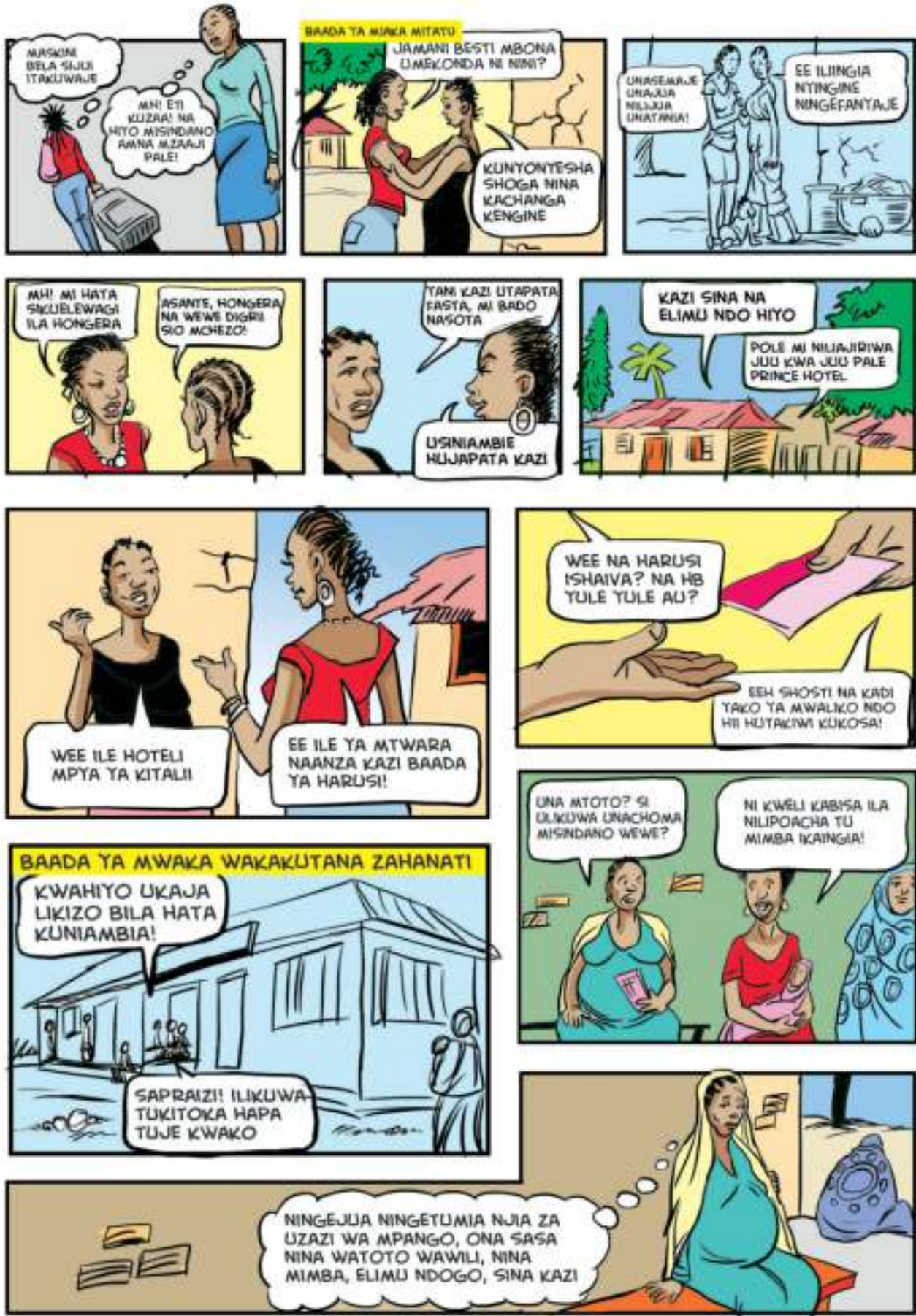
BYE BESTI, BASI LETU LINAKARIBIA KUONDOKA!

BYE BESTI, MIAKA MITATU TUTAKUMISUJE!



NIKIRUDI TU NDOA FASTA NA KUANZA KUZAA!

YANI HAPO NA DIGRII YAKO UNAYO!





USIDANGANYIKE!

NA FRANK KIMARO

Hizo imani potofu zipo nyingi sana kwenye jamii zetu. Kila mtu ana lake zinapoanza stori za kupanga uzazi utasikia mara 'Oh! ukiweka kijiti kinapotelea mwilini' mara 'utakuwa hauna uwezo wa kupata mtoto tena'. Ziko nyingi sana, zicheki ukurasa wa 52 ili zikivuma zikakufikia uzipuuzi. Kwa hapa, hebu tumjadili Bella kidogo.



Bella hakufahamu kwamba:

Njia za kuzuia mimba hutumika kwa maana kubwa moja tu; Kuzuia upatikanaji wa mtoto katika muda ambao haukukusudiwa. Kwa mfano, upo kwenye mahusiano na mnaona kabisa hamko tayari kupata mtoto, ili kujiepusha na mimba isiyotarajiwa ni vizuri mtumie njia za kuzuia mimba.

Labda ndo mmepata mtoto wa kwanza mnahitaji kusubiri kwa muda fulani ndo muongeze wa pili, basi ni vyema kutumia njia hizo. Pengine mmeridhika na idadi ya watoto mlionao mnaamua kutumia njia za kuzuia mimba ili msipate watoto zaidi.

Haya maisha bana! Hivi kuna haja gani ya kuwa na mtoto na manung'uniko kibao moyoni mwako. Kwa nini uwe na mtoto au watoto utakaoshindwa kuwalea na kuwasababishia mateso tu? Kuna haja ya kujipanga sana kwenye hili.

Chukua tahadhari

Kama ulivyomuona Bella kwenye stori yetu ya katuni, wapo wengi tu ambao hupoteza mwelekeo wa maisha kwa sababu tu ya kushindwa kujua wanataka nini na ni muda gani wa kufanya kitu fulani? Upo kwenye mahusiano na haupo tayari kupata watoto we tumia njia za kisasa za kuzuia mimba. Ni salama.

Betina alitambua fika kwamba haikuwa muda sahihi kwake kupata watoto na alifahamu ni vyema kutumia njia za kuzuia mimba ili kujiepusha na mimba ambayo inaweza kuharibu malengo yake.

Usikubali uzushi

Pale unapokubali kudanganyika ndo unapobughi stepu, kama Bella alivyokubali kutawaliwa na fikra potofu na baadaye akajikuta kwenye majuto makubwa huku akimshuhudia rafiki yake akipiga hatua na kufanikiwa zaidi.

Una uwezo wa kupima baya na jema na pia kuna wataalamu wa afya kibao, wafuate uwaulize maswali yako badala ya kuamini uzushi tunaousikia kitaa.

Kataa kuwa muhanga wa imani hizo potofu. Soma ukurasa wa 57 kuelewa kiundani juu ya imani potofu zilizokithiri kwenye jamii. Pia ukurasa wa 60 umeainisha vyema juu ya njia mbalimbali za kuzuia mimba, na hapo utaweza kuanza kuona njia inayokufaa.



.....Na Mshindi ni Husna John Agger

Kama ilivyo ada, kwenye toleo la 37 tulitoa swali ambalo lilikutaka wewe msomaji upaze sauti yako kwa kutuandikia. Swali hilo lilisema “Je, kura yako ina mchango gani katika maendeleo ya jamii yako? Wengi walichangamkia fursa; walitiririka mpaka basi! Pongezi kwenu nyote mliojitosa na mshichoke kujaribu. Lakini; kwakuwa mshindi wetu katika shindano hili ni mmoja, hii hapa ya Husna John Agger wa Farkwa High School ya Dodoma imefunika! Hebu tuicheki.

ESSAY YA TOLEO HILI

Kura ni maamuzi au chaguo ambalo mtu hulifanya katika uchaguzi kwa lengo kuu la kumchagua kiongozi anayefaa kwake. Pengine yeye na watu wengine kwenye jamii humuona mtu huyo kwamba ni bora zaidi. Kura ndio njia pekee itumikayo katika uchaguzi mkuu na chaguzi ndogondogo kupendekeza nani wa kupewa jukumu la kuongoza. Kura yangu ina mchango mkubwa katika kuleta maendeleo ya jamii yangu kwa njia zifuatazo.

Hupelekea kuchagua kiongozi bora. Kiongozi ambaye atakuwa chachu ya maendeleo. Kura yangu ina thamani ya kumuweka kiongozi wa namna hiyo, kiongozi bora na sio bora kiongozi, muadilifu ambaye atatumika kujenga jamii mpya yenye maendeleo katika nchi yangu.

Kura ni siri ya mtu na ni njia salama ya kuepusha ugomvi wa kisiasa katika jamii yangu. Pengine kura isingekuwa ya siri ingeweza kusababisha uvunjifu wa amani kwenye jamii. Kura ninayopiga hupelekea shughuli za maendeleo kwenye jamii yangu kufanyika kwa amani na usalama pasipo kuingiliwa na ugomvi wa waniasia unaoweza kukwamisha shughuli za kimaendeleo.

Kura huwa ni kipimo cha ubora wa sera za wagombea; sera za wagombea mara nyingi ndio chanzo kikubwa cha maendeleo. Baada ya viongozi kunadi sera zao naweza nikaamua kumchagua mtu kulingana na sera zake. Sera zenye mashiko na ukweli ndani yake. Zitakazoweza kutuongoza kwenye maendeleo kwenye sekta mbalimbali zikiwemo elimu, uchumi, afya na miundombinu. Kura yangu huamua yupi na nani anafaa kutekeleza yote hayo kwa manufaa ya jamii.

Katika uchaguzi mkuu nilipiga kura kwa usalama na haki, kumchagua kiongozi mwenye ufanisi wa kuongoza jamii yangu bila kuangalia itikadi za vyama vya siasa na kuleta serikali mpya yenye uhitaji wa maendeleo.

Kwa hiyo kupiga kura ni haki ya kila raia wa Tanzania mwenye umri wa miaka 18 na kuendelea. Kutafakari na kupima sera za wagombea ni muhimu zaidi kuliko ushabiki wa vyama vya kisiasa. Piga kura kwa haki na usalama. Kura yako, chaguo lako.

Imeandaliwa na:
Husna John Agger
Farkwa High School,
Chemba, Dodoma.

**Big up sana Husna.
Umejishindia fulana
maridadi ya Femina
Hip - Mhariri**

Mada ya toleo hili inasema

Taifa linafaidika vipi kutokana na watu wake kupanga uzazi?

How does the nation benefit from birth control?

Mwisho wa kutuma ni August 15, 2016.

Lugha: Kiswahili au Kiingereza

Idadi ya maneno: Yasizidi 300

Vijana wote ndani na nje ya shule mnaruhusiwa kushiriki

Usisahau kuambatanisha na picha yako.

TREE OF LIFE!



The tree is a powerful symbol.

Throughout the ages, communities and religions across the world have given the tree deep and sacred meanings. They are seen as: powerful symbols of growth and re-birth – fertility. It is also associated with physical and spiritual nourishment, transformation, liberation and union.

The Marie Stopes's Chagua Maisha – the Good Life Campaign, uses the Tree of Life as its symbol. Its aim is to help us understand the birth control issues so we can use contraceptive tools and technology to our benefit, so that we can realize our dreams and aspirations. The tree stands for Strength, Growth and Love.

- STRENGTH:** because it helps us to be healthy and strong by avoiding the sufferings from an unwanted pregnancy and unsafe abortion.
- GROWTH:** because family planning helps us grow into strong, independent young adults who have completed education and are ready to work and contribute to society.
- LOVE:** because using contraceptives means loving and protecting yourself and your partner.

Family planning' offers us all of these three!
Find a contraceptive that fits your lifestyle!



**Sema.
Tenda!**

WAMELETA TOFAUTI

NA PENDO MASHULANO PICHA FRANK KIMARO



Kashindi Kamoma Munga (44) ni mume wa wake watatu na ana watoto 12! Kama asingefanya uamuzi muhimu katika maisha yake, yeye na wake zake wangekuwa na watoto wengine kibao leo hii! Wanaishi kwenye jamii ambayo kadri unavyokuwa na watoto wengi, ndivyo unavyoonekana tajiri. Mara kadhaa wamesikia watu wakisema “sikujaaliwa pesa, nikose hata watoto?” Wengine wanasema “Utajiri wangu unatoka kwenye ardhi, hivyo lazima ‘nifyatue’ watoto wa kulima nao”.



Kashindi na baadhi ya wajukuu zake

Lakini kauli hizi hazimuingii akilini Kashindi! Akiangalia idadi ya watoto alionao anaiona ni kubwa mno. Wanahitaji kusoma, kula vizuri, kuvaa na wakiugua wanahitaji matibabu. Hii sio kazi ndogo! Akiwatazama wake zake anawaona wanachoka kwa kasi ya kuzaa. “Idadi hii inatutosha,” anajisemea moyoni bila kujua afanye nini ili aache kuendelea kuwapa mimba wake zake.

Siku moja akiwa kwenye kijiwe cha kahawa na wenzake, Kashindi akapata jibu la swali lake. Alikuwa kijana mmoja na kuanza kugawa vipaperushi ambavyo vilikuwa na taarifa kuhusu njia mbalimbali za kuzuia mimba. Kijana huyo aliwatangazia kwamba kama kuna mtu atahitaji elimu zaidi na hata huduma afike Zahanati ya Sunuka tarehe 15 ya mwezi huo.

“Hii inaweza kunifaa,” Kashindi akajisemea moyoni huku akisoma kipeperushi. Akagundua kwamba kuna njia tofauti za kuzuia mimba; za muda mfupi, za muda mrefu na za kudumu. Akavutiwa zaidi na njia ya kufunga uzazi na akawashirikisha wake zake wazo hilo.

Tarehe 15 ilipotimu, Kashindi chapchap akawahi kituoni, akauliza maswali aliyokuwa nayo, kisha akaamua kwamba anafunga uzazi. Tangu siku hiyo, Kashindi na wake zake hawana tena hofu ya mimba na kumekuwa na furaha zaidi katika familia hiyo kubwa.



Lonka akipiga mzigo



Lonka akielekea mzigoni

Haya ni matunda ya CBM

Lonka Saidi (28) ndiye kijana aliyefika katika kijiwe cha kahawa na kuhamasisha wanajamii, akiwemo Kashindi, kwenda zahanati. Lonka ni

miongoni mwa watu 12 waliosambaa katika wilaya sita za Mkoa wa Kigoma wakifanya kazi ya kuhamasisha jamii kuhusiana na njia za kisasa za kuzuia mimba.

CBM, yaani Community Based Mobilizer, ni mpango ulioanzishwa na Shirika la Marie Stopes, ambapo wanajamii hujitolea na kupatiwa mafunzo ili kuhamasisha wenzao kuhusu uzazi wa mpango na kuwatangazia tarehe na mahali ambapo wanaweza kupata huduma hizi.

Lonka anashughulika na Kata kadhaa za Wilaya ya Uvinza na anasema mpango huo umeleta mabadiliko makubwa katika maisha ya watu wa eneo lake. "Kashindi ni mmojawapo. Wapo wengine wengi. Watu wanatamani kuzuia mimba na hawajui wazuieje. Wengine wanatamani kuacha kuzaa na hawajui wafanyeje ili waache. Wengine wanajua la kufanya lakini huduma hakuna," anasema.

Kessy Ally (49) ni CBM mwingine ambaye pia anashughulika na baadhi ya kata za Wilaya ya Uvinza. Kama Lonka, Kessy anaifanya shughuli hii kwa kujitolea.

"Niliposikia kwamba Marie Stopes wanatafuta watu wa kujitolea kuwa wahamasishaji wa jamii sikujiuliza mara mbili; nilijitokeza, tukapatiwa semina na kuanza kazi mara moja," anasema.



Kessy akiongea na mmoja wa wanajamii

"Kazi yangu ni kuwasiliana na Marie Stopes na kusambaza vipeperushi vijijini. Napita vijijini nikibandika matangazo yanayoonyesha tarehe na mahali ambapo huduma itakuwa ikitolewa," anasema.

TIRIRIKA UNATUMIA NJIA GANI YA UZAZI WA MPANGO NA KWANINI?

FATUMA ATHUMANI, 25, Sunuka

Kwa sasa natumia kitanzi. Naipenda njia hii kwasababu niliwahi kutumia sindano zikaniletea maudhi madogomadogo.

Nilipoachana na sindano na kujaribu kitanzi sijawahi kujuta.



RIZIKI YONA 18, Sunuka

Natumia kijiti. Sikutaka kujichosha kukumbuka tarehe ya sindano kila baada ya miezi mitatu, hivyo nikaamua nitumie njia hii ya muda mrefu. Nimeipenda.



SIAJA JUMA TUNANA 25, Uvinza

Natumia kitanzi. Tangu nianze kutumia njia hii haijaniletea usumbufu wowote, hivyo kwangu hili lilikuwa chaguo sahihi.



MARIETA YONA 20, Sunuka

Nilijaribu kutumia vidonge lakini nikawa nasahau kumeza wakati mwingine, hivyo nikahamia kwenye njia ya muda mrefu. Kwa sasa natumia vijiti.



SMS: Andika FEMA acha nafasi andika maoni yako kisha tuma kwenda **0753 003 001**. SMS tu, usipige!





Kessy anasema pia huzunguka kwenye vijiwe na mikusanyiko ya watu; misiba, sherehe na hata masoko, akihamasisha watu na kujibu maswali yao.

Utaratibu wa CBM umeleta mabadiliko makubwa katika jamii za watu wa Kigoma. Donald Joseph ni Kiongozi wa Timu ya Wafanyakazi wa Marie Stopes wanaotoa huduma katika jamii Mkoani Kigoma. Yeye ndiye anayeratibu zoezi zima la CBMs, na anasema mpango huo umekuwa na mafanikio makubwa.

"CBM wanaifanya kazi yetu kuwa rahisi. Wanatusaidia kuwafahamisha watu huduma zinapatikana wapi na lini. Tunapokwenda tunakuta watu wengi wametushiriki," anasema.

Donald na timu yake ya dereva, nesi na daktari huenda katika Wilaya na kuweka kambi huko kwa siku 21 wakitoa huduma mbalimbali za kuzuia mimba, hasa zile ambazo huwa hazipatikani katika vituo baada ya Marie Stopes kuondoka.

Donald anasema, kabla ya mpango wa CBM, waliokuwa wakifika kupata huduma ni akinamama tu waliokuwa wakihudhuria kliniki za wajawazito, lakini kwakuwa CBM huhamasisha watu wote mitaani, basi wateja wa huduma hizo hivi sasa ni pamoja na wanaume wa rika zote.

Changamoto hazikosekani

Donald anasema, pamoja na mafanikio ya mpango wa CBM, bado kuna changamoto. "Imani potofu zinakwamisha watu kutumia njia za kuzuia mimba. Uvumi kwamba njia hizi zinaweza kusababisha ugumba umeenea kwa kiasi kikubwa, ingawa hauna ukweli wowote.

Anamalizia kwa kusema, "njia za kisasa za kuzuia mimba bado zinahitajika katika maeneo mengi. Tumeshuhudia akinababa wakizikimbia familia kwa kushindwa kuzimudu; kama wangepata kuwa na familia ndogo wangepata familia zao. Tumeshuhudia akinamama wakizeeka kwa kasi kwasababu ya kuzaa kila baada ya miaka miwili au chini ya hapo; na tumeshuhudia wanafunzi wakishindwa kuendelea na masomo kwasababu wamepata mimba! Ili kupunguza matatizo hayo, mpango wa CBM unafaa kutekelezwa nchi nzima.

Kama una swali muulize Kessy kupitia namba 0756 748467



Tunawafata popote, hata kijiweni

"Tukiwa wilayani, tunatoa huduma katika vituo 18; kila kituo siku moja. Tangu mpango wa CBM ulipoanza, watu wamehamasika kiasi kwamba tunapata watu 60 hadi 100 kwenye kituo kimoja tu," anasema.

Kumbuka:

Njia za kuzuia mimba sio tu kwa wale ambao wamekwishaanza kuzaa. Hata ambao hawajaanza kuzaa na wangependa kusubiri, njia hizi zitatusaidia **KUPANGA MAISHA YETU.**

CHUKUA

HATUA

Orodhesheni stori na taarifa mnazosisikia katika jamii yenu kuhusu njia za kuzuia mimba, pamoja na maswali mliyonyo, kisha mmualike mtaalam kutoka Marie Stopes au shirika lolote linalofanya kazi katika masuala ya afya ya uzazi na ujinsia aje kuzungumza nanyi katika mojawapo ya mikutano yenu ya klab.

Remember:

Contraceptives are not just for those who have started child bearing. They are also for young people who want to wait. These methods exist to help us **PLAN OUR LIVES.**

TAKE

ACTION

Put together a list of questions or stories you hear about contraceptives. Invite an expert from Marie Stopes or another organization that specializes in sexual and reproductive health to come discuss your inquiries at one of your club meetings.

MAKING A DIFFERENCE

BY PENDO MASHULANO , PHOTOS FRANK

Kashindi Kamona Munga (44) is a husband of three wives and he has 12 children! If Kashindi had not made an important decision about his sexual health, he and his wives would have had even more children by now! They live in a community where it is common belief that the greater number of children the more wealth you have. Many a time they have heard people say, "I do not have any money, maybe I should start having children instead." Or, "My wealth comes from my land, so I need children who will help me work the land."

But Kashindi thinks differently. He knows he has too many children as he wants them all to get an education, eat properly, be clothed and have access to treatment when sick. This is not cheap! His wives are tired by the speed at which they are giving birth. "We have enough children now" he says, but for a long time he was unsure of how to help prevent his wives from becoming pregnant again and again.

While sitting at a kijiwe chatting with friends, Kashindi would discover the answer to his query. A young man walked by and started distributing flyers. The handouts contained information on various forms of birth control. The man announced that if anyone wanted more information or required services they should go to Sunuka Dispensary on the 15th of that month.

"This may be useful" Kashindi thought to himself while reading the flyers. He noted that there are different birth control methods; short term, long term and permanent. He was curious about a vasectomy and he went home and discussed the idea with his wives in turns.

On the 15th, Kashindi went to the clinic early and asked questions about undergoing a vasectomy. He opted to have the surgery. Since then Kashindi and his wives are no longer troubled with unwanted pregnancies and there is a happy feeling in the big family.

These are the fruits of CBM

Lonka Saidi (28) is the young man who urged Kashindi and his friends to visit the dispensary. Lonka is one of the 12 Community Based Mobilisers who work to educate Kigoma communities on contraceptive methods.

Community Based Mobilizer (CBM) is a program initiated by Marie Stopes. Locals are recruited and trained to raise public awareness on contraceptive methods. They also inform people on dates where they can receive those services in designated clinics.

Lonka works in Uvinza and states that the CBM program has had a profound impact on the people of his region. "Kashindi is one of the many who have received our help. People want to access such services but don't know how to go about it, or the services are unavailable." He says.

Kessy Ally (49) is another CBM who also works in Uvinza. Like Lonka, Kessy works on a voluntary basis to help raise awareness. "When I heard that Marie Stopes had a volunteer program that educates communities about birth control, I did not hesitate to sign up. We received lessons in a seminar and I started working right away. My job now is to coordinate with the Marie Stopes office and distribute flyers around the villages. The posters show dates when medical experts will be coming to hospitals, dispensaries and health centers to offer their services." He says.

Kessy explains that he also targets events where there will be large gatherings of people to distribute flyers and answer questions, "I receive a lot of questions and thanks to Marie Stopes, I am able to answer them".

The CBM program has brought serious changes to the people of Kigoma. Donald Joseph is the head of the Marie Stopes Outreach Team there and he explains that the program is a major success. People are overjoyed to have access to accurate information and services. "The CBM's make our jobs easier. They help to inform people about the services available on a particular date. When we go to the clinic, we always find a large number of people waiting." He explains.

Donald and his team includes a driver, nurse, and a doctor who travel to various districts and provide their services for 21 days. They dispense birth control methods that are not usually available once Marie Stopes has left. "Once in the area, we work in 18 centers, one center per day. The CBM program has allowed us to receive 60 to 100 clients at a single post." He concludes smiling.

Donald explains that before the CBM program started, it was only women who came to the clinics. Now men from all different age groups come to receive services as well.

Overcoming challenges

Donald says that although CBM program has been successful, it still faces challenges. "False stories inhibit the use of contraceptives. Rumors that contraceptives can cause infertility are still common, obviously these are untrue."

He concludes, "Modern contraceptives are desperately needed in many situations. We have seen fathers abandon their families because they cannot support their children. We have witnessed women age rapidly because they gave birth every two years or less. We have also seen very young girls forced to drop out of school because of pregnancy. In order to limit such incidents, the CBM program should be implemented nationwide".



REBECA CHALLENGES THE HIGH COURT

NA JIANG ALIPO PICHA FRANK KIMARO

The former Fema clubber and Fema TV Show hostess and law graduate, is now a human rights activist. She has launched a campaign to fight for girls' rights in marriage and education and has taken on the whole legal system in the process! With the newly set up Msichana Initiative, she seeks to fight unreasonable laws implemented by the High Court of Tanzania. These foster an environment of gender inequality.



Rebeca explains; 'During the past 30 years a lot of work has been done by civil society to lobby for changes in the marriage laws without much success. Child marriage still persists today! I lost my patience and got upset. As a trained lawyer, I decided to seek legal action through the High Court of Tanzania, which is the government's highest legal body.'

She filed a complaint to the High Court on January 25th, 2016 to challenge sections 13 & 17 of the Law of Marriage Act. This Act allows girls to be married off at the young age of 14 (with court leave) and 15 (with parental consent).

Rebeca delineates, 'our petition demands the High Court to publically declare these sections unconstitutional as they contradict Articles 12, 13 and 18 of our Constitution. The Law of Marriage Act had provided a loophole in the Constitution and has been the reason for why we still have child marriages today.'



Rebeca Gyumi is the founder of Msichana Initiative, registered as a non- governmental organization in 2016. They advocate for girls and women's rights in Tanzania. One focus is the marriage act, other agenda is to address key challenges to girls' education. The initiative would like to ensure that education is made accessible to all children regardless of socio-economic status, cultural practices and political/religious affiliations.



Due to the nature of the petition, it has been filed under 'certificate of urgency' so as to speed up the court process. Rebeca is hoping for a decision before the end of 2016. If successful, the Court will revoke sections 13 & 17 of the Law of Marriage Act. This means 18 years will be the minimum age of marriage for girls and boys!

We are very impressed with Rebeca and her determination to make a difference in society and how she is using her knowledge of the law to take action. She explains how she feels about our ability to influence change in our lives: "change is in you and me, it is within us. Our individual actions, however small, contribute to shaping our communities and our lives. As young women, we should not be silent; rather we must speak up and make our voices heard!"

Hongera Rebeca, we are proud of you!!!

KISA CHA KALIBA

Hapo zamani za kale kulikuwepo na nchi iliyoitwa Maweo chini ya mfalme Makonda. Mfalme alikuwa na busara na upendo na pia alikuwa akiwasihi watu kuwa na upendo, busara, fikra pana na kujiamini.

Katika nchi hiyo alikuwepo kijana aliyeitwa Kaliba. Kaliba hakuwa na bahati kwani licha ya kuwa yatima alitengwa na hakupendwa na watu. Kaliba alijipa moyo, aliamini ipo siku atafanikiwa japo aliishi maisha ya dhiki bila mtu wa kumfariji.

Miaka ilienda, mfalme alizeeka, hivyo alihitaji mrithi wa madaraka yake lakini hakuona anayefaa katika uzao wake. Mfalme aliandaa shindano, akatangaza kuwa mshindi atatawazwa kuwa mfalme. Vijana wengi wa nchi hiyo walijitokeza akiwemo Kaliba ambaye alikatishwa tamaa na kubezwa na watu wote.

Shindano hilo lilikuwa ni kutafuta mayai saba yaliyofichwa msituni, atakayeyapata yote ndiye mshindi. Siku ilipofika, washindani waliingia msituni kutafuta mayai hayo. Kaliba alikuwa wa mwisho kuingia msituni.

Katika kichaka kimoja, kulikuwepo fungu la mayai sita. Kwa sababu yalipungua, washindani wote waliyaacha lakini Kaliba aliyachukua na kurudi nayo kwa mfalme.

Muda wa kumtafuta mshindi ulipofika, kila mmoja alipanda jukwaani mbele ya kadamnasi kueleza nini alichokipata. Vijana wote walisema wamekosa, Kaliba alipanda na kuyatoa mayai sita kisha akasema, "Mtukufu mfalme, mimi nimepata mayai saba". Mfalme akamuuliiza "mbona yapo sita?" Kaliba akasema, "Mtukufu mfalme, mayai haya ni sita lakini yai la saba ni mimi mwenyewe kwani sikufahamu ukweli kuwa mayai yaliyofichwa ni sita mpaka nilipoyaona, kama ilivyo kwa yai lisivyofahamu ukweli juu ya dunia mpaka linapototolewa."

Mfalme alimpongeza akasema, "huyu ndiye mshindi wa shindano." Wote waliokuwa wakimbeza waliabika, lakini mfalme akasema tena, "lakini lipo shindano jingine, wote walioshiriki lazima washindane na atakayeshinda hapo ndiye mfalme." Haaa! Wote walishangaa. Mfalme akaongeza, "shindano hilo ni la riadha ambalo, washiriki watakimbia kilomita elfu moja na kurudi, wa kwanza kurudi ndiye mfalme." Mfalme alipouliza nani yupo tayari, hakuna aliyejitokeza, isipokuwa Kaliba ambaye alisikika akisema, "mimi nipo tayari." Watu wote wakashangaa atawezaje kukimbia kilometa elfu mbili.

Mfalme alimsogelea akamshika mkono na kutangaza, "Kaliba ndiye mfalme wa nchi ya Maweo." Watu waliuliza, "kwanini?" akawajibu, "Kaliba, ametimiza vigezo kwa kuwa na fikra pana na kujiamini."

Hivyo Kaliba alitawazwa kuwa mfalme wa Maweo.

Hadithi inatufundisha kutokata tamaa, kujiamini kutobagua au kudharau wenzetu na kuwa na fikra pana.

Imetungwa na Khalid Issa, Kidato Cha Sita HKL, Shule ya Sekondari
Kisimiri, PO Box 14480, Arusha

**Khalid, Tisha sana mtu wangu!
Umejishindia fulana maridaaaadi
kabisa kutoka Femina Hip. Wasiliana
nasi tukutumie zawadi yako popote
utakapokuwa. Hongera! - Mhariri.**

**Una hadithi
uliyotunga
mwenyewe?**

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

Hadithi isiyoziidi
maneno 350



MA'MDOGO BETTY



NI VYEMA UPATE INAYOKUFIT!

Watu wanapokosa taarifa sahihi kuhusu njia za kuzuia mimba na namna zinavyofanya kazi, ndipo wanapoeneza na kuamini uzushi. Tukiwa Kigoma hivi karibuni tulipata stori kibao kuhusu njia za kuzuia mimba na tulilazimika kutumia muda kufafanua ukweli na uongo juu ya fikra hizo.

Si kweli kwamba njia za kuzuia mimba kama kondom, kitanzi, vipandikizi, vidonge na hata sindano zina madhara. Kama zingekuwa na madhara, hata sisi tusingeshauri zitumiwe. Lakini, kama ilivyo nguo, njia za kuzuia mimba ni lazima zimfit mtumiaji, yaani zimkubali!

Tuko tofauti. Hata tunapotumia tiba mbalimbali miili yetu ina-react kwa namna tofauti. Watu wengine hupata vipede au muwasho wanapotumia antibiotics. Wengine hupata kizunguzungu, kichefuchefu, lakini wengine hawapati maudhi yoyote kwa dawa hizo hizo. Vivyo hivyo, miili yetu inaweza kuwa na mwitikio tofauti kwa aina tofauti za njia za kuzuia mimba.

Leo hii kuna njia nyingi za kuzuia mimba, tuna fursa ya kuchagua! Zungumza na mtaalam wa afya kuhusu maudhi madogomadogo ya njia za uzazi wa mpango kabla ya kuamua utumie njia gani. Ikiwa una tatizo kubwa na njia unayotumia, muone mtaalam akubadilishie – sio lazima uendelee na njia hiyo, ni lazima upate inayokufit!

Hebu cheki hapa chini baadhi ya mambo ambayo wengi wanayaamini lakini si ya kweli, na mengine ni maudhi madogomadogo ya dawa ambayo tunaweza kuyaepuka kwa kuchagua njia mbadala.

Kuna watu wanasema njia za kuzuia mimba zinaleta madhara; kwamba

- Zinasababisha damu ya hedhi kutoka mfululizo pasipo kukata.
- Zinazuia mtumiaji kupata hedhi, baada ya muda mrefu anaweza kupata uvimbe.
- Zinaathiri uzazi; unaweza usizae kabisa. (Hii nayo haina ukweli, labda kama umechagua kufunga uzazi)
- Zinasababisha kunenepa au kukonda sana.
- Mafuta yanayowekwa kwenye kondom yanaweza kuziba mirija ya kupitisha mayai, hivyo matumizi ya muda mrefu ya kondom yanaweza kusababisha ugumba.
- Zinasababisha ujisikie mgonjwa kwa muda mrefu.
- Vijiti havikai mahali vilipowekwa. Husafiri kwenye mishipa ya damu na kupotelea mwilini.
- Kondom zina vitundu vidogo vyenye uwezo wa kupitisha VVU.
- Njia za kuzuia mimba zinasababisha saratani.
- Kipandikizi ni lazima kitolewe na mtu yule yule aliyekiweka, vinginevyo hutoweza kuzaa.

Wapo pia wanaosema njia za kuzuia mimba zinaathiri uwezo wa kujamiiana, kwamba

- Zinapunguza siku ambazo mwanamke anaweza kujamiiana kwa sababu mara nyingi anakuwa hedhi.
- Zinapunguza hamu ya kujamiiana kwa wanaume na kwa wanawake.
- Matumizi endelevu ya kondom yanasababisha ukosefu wa nguvu za kiume kwa sababu kondom inabana mishipa ya damu, hivyo kuathiri mzunguko wa damu kwenye uume.
- Kondom zinapunguza raha ya tendo la kujamiiana.

Na imani nyingine ni kwamba:

- Kondom za bure ni za kiwango cha chini sana cha ubora.
- Njia za kuzuia mimba zimeletwa na mataifa ya Magharibi kwa lengo la kutupunguzia uwezo wa kuzaa.
- Waelimishaji wetu hawaujui ukweli kuhusu njia za kuzuia mimba kwa sababu wazungu hawasemi ukweli kuhusu njia hizi maana wana ajenda ya siri.
- Kutumia njia za kisasa za uzazi wa mpango ni dhambi – Sisi tunaamini ikiwa unajamiiana, ni wajibu wako kujikinga!

Kumbuka:
Unalo chaguo. Chagua njia inayokufit!



CHALENJI NO. 18

Kama kuna wakati tumewahi kupokea 'entries' nyingi za shindano hili, basi ni safari hii! Eee bana klab zimeishambulia chalenji namba 16 kama ugomvi! Big up sana kwenu, maana hata wale ambao hatukuibuka washindi, kwa kuandaa na kufanya debate tulijifunza mengi.

Ila bana, bado kuna katatizo somehow somewhere. Wengine mmejipinda mkapiga debate la kufa mtu, kwamba kweli debate ilifanyika?

Ila fresh tu. Mshindi kapatikana, na chalenji zinaendelea. Kama mlibugi stepu kwa chalenji zilizopita bila shaka mtajipanga vizuri safari hii. Au vipi?

Safari hii tunatoka kivingine. Sio debate. Tunataka mfanye jambo la kiuanaharakati kidogo hahaha. Si mmemsoma Rebeca Gyumi? Ndiyo, wana Fema Klab tunakua, tuonyeshe ni jinsi gani tunawajibika kwa Taifa letu. Shindano lenyewe liko hivi: **Fanyeni mjadala kutambua tatizo moja kubwa la kiutawala katika jamii yenu, kisha fanyeni utafiti kutambua ni nini chanzo cha tatizo hilo**, na nini mnaweza kufanya kulitatua. Toa pia mapendekezo ya nini kifanywe na wadau wengine kulitatua tatizo hilo.

Tuandikie mtupe ripoti ya shughuli nzima, mwanzo mwisho.

Ripoti
za CHALENJI
no 18 zitumwe
kabla ya
15 Agosti 2016
ALL THE
BEST!

NAMNA YA KUSHINDA

Klab yenu ifanye zoezi hilo kisha mtuandikie ripoti mkieleza namna mlivyolifanya.

ZINGATIA: Ripoti mtakayotuma kwetu lazima iambatane na picha.

ZAWADI ZA KUMWAGA!!!

Femina hip itaamua mshindi na klab itakayoshinda itajinyakulia:

- ▶ T-shirt 20 bomba sana za Femina
 - ▶ Klab itauza sura katika ukurasa huu
- Shindano hili ni kwa ajili ya klab za Fema zilizoko shuleni tu.

KUMBUKA

Mnapoandika ripoti msisahau:

- ▶ Jina la klab yenu na taarifa za mawasiliano (simu, SLP, barua pepe, nukushi nk)
- ▶ Jina la shule, wilaya na mkoa
- ▶ Maelezo ya shughuli nyingine zilizofanywa na klab
- ▶ Shughuli zilizopangwa kufanyika miezi mitatu ijayo
- ▶ Wajumbe wapya na viongozi wapya (kama wapo)
- ▶ Maswali na mapendekezo (kama yapo)
- ▶ Picha zinazoonyesha tukio.



Tumbi Fema Club Kidedeaaaaaa



Makofi mazito kwao Tumbi Fema Club ya Tumbi Sec. maana wameunyaka ushindi wa Klab Chalenji namba 16. Ilikuwa ni mada inayosema "Wanasiasa hutoa ahadi feki – jadili". Eee bana waliitendea haki mada hii. Walipiga debate la kufa mtu. Hoja za opposing side na proposing side zote zilikuwa zimeshiba vilivyo. Lakini kama kawaida ya wanafamilia wa Femina, Tumbi walimix na ka-edutainment flani hivi, yaani baada ya mjadala wakafanya maonyesho ya mavazi kuburudisha akili. Hongera nyingi kwenu.

COMPETE & WIN

JINSI YA KUSHIRIKI:

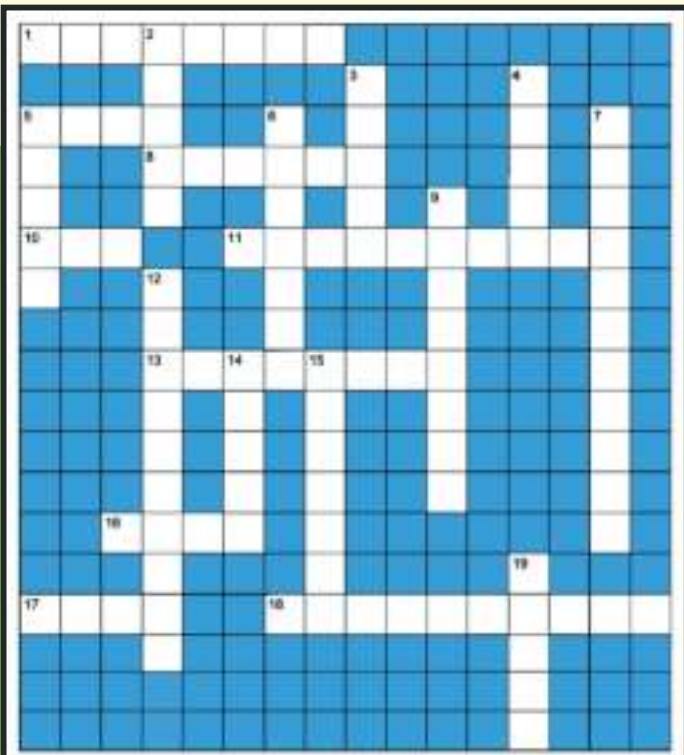
Yeyote anaweza kushiriki. Andika maswali na majibu yako katika karatasi nyingine na siyo kwenye ukurasa huu. Unaweza kutuma majibu yako kwa barua pepe au kwa njia ya posta. Hakikisha umeweka namba yako ya simu kwa mawasiliano.

KULIA

1. Amesomea na upambaji wa nyumba
5. Kemi hawezi kuishi bila
8. Elida Tokas Gonza anatomiakuzua mimba
10. Kitu Philipo anafanya kazi
11. Ni miongoni mwa mito yenye idadi kubwa ya mamba
13. Kemi hatumii..... kwenye nywele zake wala mwilini
16. Duma anafikiria maendeleo na maisha
17. Ndoto zake zote mbili zimeendelea kujidhihirisha katika maisha yake
18. Ni ziwa la pili kwa kina kirefu duniani

CHINI

2. Umoja ni
3. Sasa yuko HURU!
4. Hakuwahi kuigusa kompyuta mpaka alipotimiza miaka 20
5. Ni wanyama ambao baadhi ya matendo yao hufanana sana na binadamu
6. Ni njia ya kuzuia mimba inayofanya kazi kwa miaka 12
7. Alikuwa mmisionari na mpelelezi kutoka Ughaibuni
9. Ni mume wa wake watatu
12. Vijana wa leo ni kizazi cha
14. Kashindi hana tena hofu ya kusababisha
15. Akiwa mdogo, mara kwa mara alipendaau kuunda
19. Samaki anayepiga shoti kama ya umeme anaitwaje?



DAH! KWELI AJIRA NGUMU!

Jamaa mmoja alikwenda kuomba kazi mbuga ya wanyama. Akaambiwa nafasi ya kazi ipo. Wakamwambia, kwakuwa hapa mbugani hakuna sokwe, itabidi wewe ujifanye sokwe. Tunayo ngozi ya sokwe, tutakupa uivae, ukae bandani, watalii wakija wataamini wameona sokwe. Jamaa akakubali, akavaa ngozi, siku ya kwanza walipokuja watalii mambo yakaenda fresh tu.

Siku iliyofuata banda lake likawekwa juu ya banda la simba. Jamaa katika kuongeza mbwembwe akawa anarukuka bandani, kwa bahati mbaya si banda lake likatoboka akadondokea ndani ya banda la simba! Akaanzaje kupiga kelele sasa?! Mamaaaaaa, nakufaaaaa, nisaidieeee! Mara yule simba akamwambia "Acha hizo wewe, kelele za nini sasa? Mi mwenyewe binadamu. Hebu rudi kwenye banda lako fasta kabla watalii hawajaja, watatustukia bure! Chezea ajira wewe!"



MAJINA YA WASHINDI

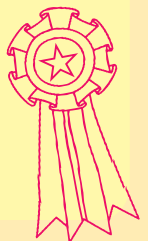
Tabitha Mwakilima
Maposeni Sec School, P.O
BOX 121, Ruvuma

Mwanahamisi M. Dawa
Masasi Girls Fema Club,
P.O BOX 53,
Masasi

Johnson Millinga,
Tosamaganga Sec School,
P.O BOX 569,
Iringa.

Diana S. Faustine,
Masasi Girls Fema Club,
P.O BOX 53, Mtwara

Itaba David Madete,
Kibaha Sec School,
P.O BOX 30053,
Pwani.



IPI INAYOKUFAA?

NA TIMU YA FEMA

Kupata watoto pindi umri unaporuhusu, ukiwa na mtu sahihi na katika wakati sahihi ni baraka. Hii ni pamoja na kujiandaa kuwa mzazi; kiuchumi na hata kihisia.

Ni kweli, wengi wanajamiiana, lakini hawasemi ukweli. Kama umeanza kujamiina na hauko tayari kupata mtoto, unahitaji kujikinga kwa kutumia njia za kuzuia mimba. Ni muhimu kuchagua njia sahihi, lazima iwe ni njia inayokufaa!

NJIA ZA KUZUIA MIMBA NI NINI?

Ni zile zinazotusaidia kuchelewa kuanza uzazi, kutoa muda wa kutosha baina ya mtoto mmoja na mwingine au kuacha kuzaa. Kuna njia nyingi tofauti, nyingine ni za wanawake, nyingine za wanaume. Pia zinajulikana kama njia za uzazi wa mpango. Kuna njia za asili za kuzuia mimba; kwa bahati mbaya njia hizi za asili si za uhakika, na kuna njia za kisasa za kuzuia mimba; hizi ni za uhakika. Hebu tutazame moja baada ya nyingine tukigusia faida na hasara za kila njia!

KONDOM

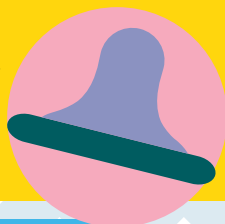
Kondom imetengenezwa kwa mpira maalum, inavaliwa na mwanamke au mwanaume kipindi cha kujamiiana ili kuzuia shahawa kuingia ukeni.

Faida:

- ★ Ni njia pekee ambayo itakuinga na mimba na wakati huo huo itakuinga dhidi ya maambukizi ya magonjwa ya ngono, ikiwemo VVU. Inatoa kinga mara mbili.

Hasara:

- ★ Ni lazima kutumia kondom mpya kwa kila tendo la ngono (kila baada ya mshindo)
- ★ Inahitaji umakini wa kutosha ili itumike ipasavyo.



NJIA YA KALENDA

Wapenzi wanaamua kujamiiana kutegemea mzunguko wa hedhi – yaani kwa kutofanya mapenzi siku za hatari (pindi yai linapopevuka). Kwa kawaida yai la mwanamke linapevuka kuanzia siku ya 10 hadi ya 18 tangu kuanza kwa hedhi.

Faida:

- ★ Mwanamke anaufahamu vizuri mzunguko wake wa hedhi na anapata kuusoma mwili wake.

Hasara:

- ★ Inahitaji umakini wa hali ya juu
- ★ Mwanamke anapaswa kuwa na hakika ni lini yai linapevuka
- ★ Uwezekano wa kushindwa kwa njia hii ni mkubwa kama mzunguko wa hedhi wa mwanamke unabadilika, na kama ni mrefu zaidi ya siku 32 au mfupi chini ya siku 26.
- ★ Inawalazimu kutokujamiiana katika siku za hatari



NJIA YA KUMWAGA MBEGU NJE:

Hapa mwanaume anachomoa uume wake kabla ya kumwaga shahawa (kukojoa).

Faida:

- ★ Haina maudhi yoyote
- ★ Haina gharama

Hasara:

- ★ Ni vigumu kuwa na uhakika wa muda halisi wa kumwaga shahawa/kukojoa
- ★ Baadhi ya mbegu zinaweza kujipenyeza mapema kutoka kwenye uume kabla ya 'kukojoa' na kusababisha mimba
- ★ Mwanamke anamtegemea mwanaume katika kuzuia mimba

KUFUNGA KIZAZI:

Hii ni shughuli ndogo sana ya kitabibu ya kuziba mirija ya kupitisha mbegu (kwa mwanaume) au ya kupitisha mayai (kwa mwanamke), ili kuzuia kuzaa.

Faida:

- ★ Hakuna wasiwasi wa kupata mimba isiyotarajiwa

Hasara:

- ★ Ni njia ya kudumu. Huwezi tena kuzaa. Hivyo wanawake na wanaume ambao wametoshaka na idadi ya watoto wanaweza kuchagua njia hii. Lakini kama hujazaa na ungependa kuzaa hapo baadaye, chagua njia nyingine.

VIDONGE NA SINDANO

Hivi huwa na dawa ambazo zina vichocheo na kazi yake ni kuzuia yai kupevuka na kutoka kwenye ovari.

Faida:

- ★ Inaweza kusaidia damu ya hedhi kuwa nyepesi na mzunguko kuwa wa kueleweka zaidi.
- ★ Inaweza kupunguza maumivu ya tumbo wakati wa hedhi
- ★ Inapunguza uwezekano wa kupata saratani ya ovari na saratani ya kizazi, vivimbe, maradhi kwenye shingo ya kizazi na hata upungufu wa damu.

Hasara:

- ★ Inahitajika kutumika mara kwa mara; kila siku (kwa vidonge) na kila baada ya miezi mitatu (kwa sindano).
- ★ Inaweza kusababisha kichefuchefu, kukuongezea hamu ya kula na/au maumivu ya kichwa.

VIJITI / VIPANDIKIZI:

Hivi vimewekwa homoni na vinawekwa na mtaalam juu kidogo ya mkono wako.

Faida:

- ★ Ni njia ya muda mrefu ya kuzuia mimba kwani inafanya kazi hadi miaka mitano tangu ilipowekwa.
- ★ Vipandikizi vinaweza kuondolewa wakati wowote na uwezo wa kushika mimba utarejea kama kawaida.
- ★ Ni kitu kidogo sana – si rahisi mtu kugundua kwamba umeweka kipandikizi labda aukague sana mkono wako.

Hasara:

- ★ Inahusisha upasuaji mdogo wakati wa kuweka na wakati wa kutoa.
- ★ Mwanzoni inaweza kuvuruga mzunguko wa hedhi, hasira, huzuni, kunyonyoka kwa nywele na kuongezeka uzito. Hata hivyo, kadri mwili unavyozoea maudhi yote hupotea.

KITANZI / LUPU:

Kitanzi ni kitu kidogo ambacho huwekwa na mtaalam ndani ya mfuko wa uzazi. Hiki kinazuia yai kurutubishwa. Kitanzi kinafanya kazi hadi kwa miaka 12 lakini utakapohitaji mtoto wakati wowote kinaweza kuondolewa na mtaalam wa afya.

Faida:

- ★ Huhitaji kukumbuka mara kwa mara kutumia njia ya kuzuia mimba, kwani tayari kinga unayo, mpaka hapo utakapoamua kitolewe.

Hasara:

- ★ Ni lazima kiwekwe na mtaalam wa huduma za afya
- ★ Unaweza kupata damu nyingi unapopata hedhi, hasa hasa siku za mwanzo
- ★ Unaweza kupata maumivu wakati wa hedhi
- ★ Ikiwa kitawekwa bila kufuata tahadhari za usafi kunaweza kuwa na hatari ya maambukizi. Ukiona tatizo lolote wasiliana na mtaalam wa afya.

NJIA YA DHARURA YA KUZUIA MIMBA:

Wakati mwingine huitwa 'the morning after pill' yaani kidonge cha asubuhi baada ya! Ajali hutokea, kwa mfano, kukosea/kusahau kutumia njia ya kuzuia mimba. Ndiyo maana kuna vidonge hivi vya dharura. Hivi ni vidonge ambavyo mwanamke anameza pindi anapokuwa amefanya ngono hatarishi. Hata mtu anapobakwa anaweza kutumia vidonge hivi kuzuia mimba. Vitafanya kazi ikiwa vitatumika ndani ya siku tano tangu tukio lilipotokea. Ni vizuri vikimezwa mapema zaidi. Vidonge hivi havitatoa mimba iliyokwisha tungwa. Unaweza kupata damu nyingi wakati wa hedhi, hali ambayo itakukosesha raha.

Kumbuka:

- Njia zote hizi za kuzuia mimba zinapatikana katika vituo vya huduma za afya.
- Pata ushauri wa mtaalam wa afya kabla ya kuamua utumie njia gani.
- Kama hujaridhika na njia unayotumia, unaweza kubadili mpaka upate inayokufaa.
- Ukiondoa kondom, njia nyingine zote haziwezi kukukinga dhidi ya maambukizi ya magonjwa wala VVU.
- Kuna uzushi mwingi na imani potofu kibao kuhusu njia za kuzuia mimba; ukiwa na wasiwasi mwone mtaalam wa afya.

Kijiti kimeniweka HURU!



SI MCHEZO!